

MOT me

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The latest health-screening clinics combine state-of-the-art technology with a holistic approach and five-star comfort. Sally Brown booked herself in for a service

If you are determined to upgrade your health this year, there is no better way to start than by checking in for a state-of-the-art health MOT. Inspired by the American medispas, which offer healthcare and health-spa facilities under one ultra-luxe roof, today's top screening clinics will pamper you while they give you the once-over.

In some, you can expect five-star-hotel-style changing facilities, freshly squeezed organic juices, cooked-to-order lunches and even a door-to-door car service. In all, you will get the undivided attention of a medical professional to discuss your health worries, as well as a barrage of tests to assess how your heart, lungs, brain and digestive and reproductive systems are functioning. So, if you are thinking of booking yourself in for a service, try the following.



HB HEALTH

Style An airy clinic with white walls, marble floors and cream leather sofas, nestling among the designer shops of Knightsbridge.

USP A truly female-friendly environment. As well as diagnostic tests of your kidneys, liver and thyroid, and the usual blood-pressure, cholesterol and ECG assessments, you can opt for an analysis of how well your skin is ageing, a full hormone profile, including the stress hormone cortisol, and an assessment of your memory and mental agility. A free assessment of your "biological age" is carried out on request. Arrive early for your appointment and you can get your nails done while chatting to a stress counsellor.

Time commitment About two hours spent with a nurse practitioner, doctor and nutritionist, with the option of adding sessions with a stress counsellor.

Instant results? No — you will have a doctor's appointment two weeks later to discuss your blood tests, although you can discuss other results, such as lung function and memory, with a nurse during the check-up. You will be told your "biological age" on the day — and there's the option of squeezing in a session of Botox or microdermabrasion before you leave to help you to feel better about it.

The verdict After just an hour in the clinic, sipping a fantastic fresh juice at the organic juice bar, I felt calmer and healthier.

Cost Life Plus Screen, from £350.

12 Beauchamp Place, SW3; 020 7838 0765,
www.hbhealth.com

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http://www.timesonline.co.uk/article/0,,2104-2543062_1,00.html