

the (sydney) magazine

BEST DE-STRESSER

Peter Bablis has two waiting rooms full to bursting with sleep-challenged newborns, stressed-out CBD types and anxious A-listers. His expertise lies in an alternative therapy known as Neuro Emotional Technique (NET): a method used to access the physiology of emotions through kinesiology and chiropractic. Bablis heals mind and body by way of spinal adjustments, acupuncture and the use of kinesiology to identify debilitating emotional blocks. Getting in ain't easy but he's worth the wait. \$70 per session (eight treatments are recommended). Universal Health, Suite I, Level 5, Park House, 187 Macquarie Street, city. Phone: 9232 8840; www.universalhealth.com.au.

Honourable mentions: Peter Bablis recommends his NET-trained colleagues. Rick Schlederer at Universal Health charges \$65 a session. 8 Patterson Street, Double Bay. Phone: 9302 2888. Gerald Vargas is at Essential Health Chiropractic, \$55 per chiropractic session. Suite 26, 35 Old Northern Road, Baulkham Hills. Phone: 9686 2211.

PEOPLE TOWATCH

It's going to be a big year for these rising stars. **Mark Chipperfield** meets 13 new talents all breaking ground in their chosen fields.

Photography Wilk
Hair and make-up Claire Thomson and Desiree Wise