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IHS

THE HEALTH SUITE ON
**NURTURING
AND RESPECTING
HEALTHCARE**

SCAN FOR
IMMERSIVE
COVER



HIS

THE HEALTH SUITE



FROM LEFT TO RIGHT,
FATEMA CONTRACTOR,
DR DOMINIC GREENYER
AND DR ASIYA MAULA

Futureproofing your wellbeing

As interest grows in proactive, whole-person health, Leicester is home to forward-thinking practitioners redefining what healthcare looks like. I met with the experts who are changing the future of health Words by Emily Miller

Private healthcare in the UK is often misunderstood as merely a shortcut to faster treatment than the NHS. But the reality is far more complex. As the strain on public services continues to grow, private healthcare is increasingly filling a gap by offering something the system often can't: time, space and a more holistic view of wellbeing.

Preventative care is at the heart of this approach. This vision for healthcare sees the human being as more than a set of organs or conditions. It understands health as an interplay of physical, emotional, spiritual and lifestyle factors.

In Leicester, access to this kind of care is closer than many might think. Highly trained, world-class skilled practitioners equipped with both traditional medical expertise and complementary approaches are working to shift the focus of healthcare toward the root causes of illness. Clinics like The Health Suite are not only delivering patient care but also prompting wider conversations about the future of health services.

This team includes GPs, therapists, nutritionists, and complementary therapy practitioners who work collaboratively across physical,

emotional and psychological health needs. As I meet the team (one doctor who was fresh from the red-light therapy machine!), it feels like the future.

"At the core of what we do is the belief that no one practitioner has all the answers," says Fatema Contractor, one of three directors at The Health Suite. "That's why we work together and

They offer a spectrum of services designed to support different life stages and conditions, from perimenopause to postpartum recovery and chronic fatigue. Alongside GP services and minor surgery, patients can access personalised nutrition, mental health support, pelvic floor rehabilitation and treatments like red-light therapy and hyperbaric

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learn from one another. The human body is intricate and layered, and care should reflect that."

Rather than waiting for disease to manifest, their shared philosophy is rooted in early intervention. "We ask not just what's wrong, but why it's wrong," Dr Asiya Maula tells me as I sip on my adaptogenic coffee, "And then we work with the patient to address the root causes, whether that's inflammation, hormonal imbalance, unresolved trauma or any other health concern."

oxygen therapy (technologies often used by elite athletes and biohackers to promote cellular healing).

These options are backed by clinical evidence and regular review. "We use the technology ourselves and assess everything for its merit, not trends," says Director Dr Dominic Greenyer. "Healthcare has to be accountable, especially when it's this personalised."

There's also a strong emphasis on education. Clients are guided through



Maula. "So many chronic conditions can be prevented or managed far more effectively with early intervention and a deeper understanding of the individual."

The Health Suite may be based in Leicester, but its outlook is global. Its clinicians travel regularly for training, collaborate with international peers and attract clients from across the UK and beyond. Dr Greenyer added: "We're proud to be part of a growing community redefining what healthcare looks like."

Dr Greenyer who has advanced training in the use of the Hyperbaric Oxygen Therapy (HBOT), which delivers pure oxygen in a pressurised setting to promote rapid tissue repair, reduce inflammation, and aid recovery from injury and surgery. It's a celebrity favourite with patients able to rest comfortably in a reclining position while undergoing treatment. He said: "The HBOT chamber offers an incredibly effective, non-invasive treatment that supports the body's natural healing processes in ways which are difficult for traditional therapies to achieve."

Alongside HBOT, the clinic also provides advanced diagnostic ultrasound equipment, a surgical theatre and holistic wellness services, aesthetic treatments and with the team keen on technology that works, to say the least, it's ever growing. "We don't invest in equipment that we don't use on ourselves and fully believe in," Fatma tells me. "We love having access to this tech!"

For those inside the clinic's sunlit rooms, where practitioners meet weekly to reflect and grow together, this is not a trend or a business strategy, it's a philosophy. A belief that health is something to be built, nurtured and respected.

As the demands on healthcare systems continue to rise, the lessons from places like The Health Suite may prove crucial. Preventative, personalised, holistic care might just be the future we need. Check their lists of specialities at thehealthsuite.co.uk.

Call it biohacking, call it aging backwards, call it investment in your health, whatever you want to call it, like I said at the start, it feels like the future and that's exciting.

“The cost of absenteeism or poor productivity due to untreated health issues far outweighs the investment in preventative measures”

their treatment options, given time to understand them and supported to make informed decisions. This level of personalised attention can be particularly valuable for individuals navigating complex or ongoing health concerns.

Preventative care is also making waves in the corporate sector. With rising awareness of employee wellbeing, many Leicester-based and national companies are seeking solutions beyond standard occupational health. The Health Suite has developed corporate wellbeing packages that combine health checks,

nutrition advice and mental health support tailored to organisational needs.

Fatma says: "Investing in staff health isn't just ethical, it makes economic sense. The cost of absenteeism or poor productivity due to untreated health issues far outweighs the investment in preventative measures."

As these conversations become more mainstream, there's a growing recognition that holistic, person-centred care is not a luxury but a necessity. "We need to stop firefighting and start futureproofing," explains Dr