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ou remember "massage girl". She was the one with the healing hands back in your rave days, always ready with a cup of tea and a probing D&M ("deep and meaningful") as the sun rose on another night of loved-up "heart-chakra" connection. Ever wondered what happened to her? While everybody else was sorting out their lives and swapping hard-core weekenders for proper jobs, mortgages and merlot, she followed a more spiritual path. Perhaps her sensitive nature (she was always the first to pick up on negative vibes, man) meant she went to India to study yoga or meditation; or got into crystals and angels; or travelled to the Amazon to face her inner demons and find her calling on an ayahuasca trip. Chances are she's now working as a reiki practitioner, radiating white light and talking high vibrations, sound healing and the Hoffman Process. For this has been the evolution of massage girl – from party girl to new-age healer chick.

And the spiritual ex-party girl (SPG) now wants to convert you. Tina Cutler works as a "vibrational healer" offering two-hour-long reiki and visualisation sessions in both London and Ibiza, where she started clubbing at the age of 12. "I've partied from the top to the bottom in my time," she says. "But I was a party girl because I was fascinated by people – how they are in relationships, on drugs, off drugs. I was hugely into self-discovery."

Now 45 and virtually teetotal ("The cleaner I am, the more my spirit guide comes through"), Cutler started a drug- and alcohol-free club night, Vibe Up, in Ibiza last year. "But people got really angry about it. They said I was boring – it created quite a debate. I thought, 'What's wrong with you if you can't come out with your friends and not drink?' But people find it hard to be in a party atmosphere without something to hide behind."

Because, of course, SPG has seen the light. Psychic from an early age ("Even age three, I'd sit in a room with people and hear what they were thinking"), Cutler always felt different. "I would sometimes take drugs to cut off my emotions, then I'd be quite happy and have a nice time. But the best thing about opening up and taking the shield away is the heart-to-heart experiences I have. It's so beautiful, it makes me want to cry."

Larah Davis, a 34-year-old neurolinguistic programming practitioner and life coach, runs the "spiritual concierge" company Ibiza Retreats. Having got into the rave scene aged 14, following a car accident that left her thinking she would never walk – let alone dance – again, her spiritual awakening happened in New York in 2000, where she was managing a restaurant that was "one of the hottest places to be in Manhattan at the time. It was ego central". Lost and searching for "the truth – my truth", one night she found herself in a group chanting session. "I thought I was going to a yoga class," she says. "But I felt like a little girl reborn – confused but relieved. After going up to the guru who was leading the session to receive my blessing, I was up all night, rushing on natural ecstasy. I felt like I was having five orgasms at once."

Well, that was her sold. Out went the late nights and self-destructive behaviour, in came "daily meditation, yoga and qi gong, and massage and energy treatments to keep me on track". Now she is settled in Ibiza with her newborn son, but "it isn't all 'white light'. It's about being able to see the dark and not run away".

GYPSY WESTWOOD

PARTY GIRLS ARE ACTUALLY THE SENSITIVE ONES. THEY'RE TRYING TO FIT IN BECAUSE THEY WANT TO LOOK AFTER PEOPLE

after the afterparty

THE PARTY SCENE HAS GIVEN BIRTH TO A NEW BREED OF SPIRITUAL THRILL-SEEKERS. **RUBY WARRINGTON** MEETS THE GIRLS WHO SWAPPED CLUBBING FOR CHAKRAS

Tina Cutler, 45, gave up partying for reiki. She now promotes 'dry' club nights