

# Time Out

## Beirut

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T.O.Beirut  
March 2012  
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## Nadine Labaki

Guest Editor reveals the  
creative forces behind  
Lebanese cinema

### PLUS

Singing legend  
Engelbert Humperdinck  
&  
Jewellery designer  
Alexis Bittar

### WITH

Georges Hachem  
Alissar Caracalla  
Youssef Haddad  
Ginger Beirut

# THE DIRECTOR'S CUT

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# Chill Out

Edited by MacKenzie Lewis  
www.timeoutbeirut.com/health

Chill Out

Photos credits: Tim Motion



I'm multilingual with acupuncture

## Robert Ogilvie

Acupuncturist **Robert Ogilvie** put down the needles to tell **Amanda Calvo** about alternative medicine and his love for Beirut.

**M**idday, I hustle into Le Gray hotel flustered with deadlines and still recovering from the daily efforts to cheat death on the streets of Beirut. An unfazed Robert Ogilvie greets me, emitting a sea of calm and ready to reflect deeply about health, therapy and alternative medicine.

With 22 years of experience, Ogilvie has drawn on an ancient

tradition of medicine that looks into the root causes of illness. Known especially for his work on fertility, he now splits his time between his practice in London (where he was chosen by Tatler Magazine as one of the UK's Top 150 Private Doctors) and Beirut. This month is his fourth visit offering holistic therapy and treatments at PureGray Health Club and Spa.

Ogilvie is clearly taken by Lebanon's capital. 'I love coming here. The idea is to do what I love and to take it somewhere different,' he explains. 'This place really got into me. Apart from the weather, there was Music Hall - The Chehade Brothers. Their music was vibrating at some kind of frequency that made me think I was connected to this world in some past life. I never felt anything like it'.

From 'menopause' - as Ogilvie terms the male mid-life crisis - to fertility issues and stiff shoulders and necks, the Lebanese seem to be ailing from a distinctly Lebanese lifestyle. 'In London people talk about the stress of their business. Here people talk about the stress of their business, family, extended family and also a lot of past trauma, a lot of death. I've come across some very interesting perspectives'.

Ask whether Lebanon has responded with resistance, given its limited exposure to alternative or complimentary forms to modern medicine.

'People are so open,' Ogilvie replies. 'Far more so than in London. They love the perspective I have on the way the body works, the body [and] mind connection. They're very quick to show their spirit and allow you into whatever aspect of them needs healing'.

The first session goes for two hours, most of which is spent talking to evaluate where the patient is. Ogilvie explains, 'I'm multilingual with acupuncture. I've learned three completely different systems of acupuncture, where one is really about the spirit and the emotion as the root cause of illness. Very few people practice this'.

Ogilvie's treatment goes far beyond what is commonly accepted as acupuncture. 'People think of acupuncture as being about a pain relief, and they don't realise it can be a preventative measure. We're all busy, thinking about how much money we have or don't have,' he says. 'The irony is we don't go until there's something really painful pushing us through that door'.

### Robert Ogilvie

www.robertogilvie.com PureGray Health Club and Spa (01 962885) Martyrs' Sq, Downtown. Sessions offered once per month, dates vary. \$180 for first two hours session; \$110 for one hour follow ups. [timeoutbeirut.com/health](http://timeoutbeirut.com/health)

