

FINANCIAL TIMES

How to spend it

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the aesthete

Gordon Campbell Gray is one of the hotel world's most original tastemakers. His newest venture, Le Gray, opened in Beirut last year.

My personal style signifier is my 22-year-old Hermès jacket, which has been patched, had its frayed cuffs trimmed with velvet and then re-patched. In fact, I have recently resorted to using dark blue marker pens to cover the white showing around the buttonholes. But it is still a beautiful jacket. www.hermes.com.

The last thing I bought and loved was the best imaginable organic chocolate from a

The people I rely on for grooming and style are my acupuncturist, Robert Ogilvie, who I see every Thursday when I am in London, to make sure my energies are balanced and stay healthy. Not so much style as peace of mind, I suppose. And for the looks, it is always a treat to be heading for a fitting at Richard James, where I have my suits made at his bespoke shop. *Richard James, 29 Savile Row, London W1 (020-7434 0605; www.richardjames.co.uk).* Robert Ogilvie Acupuncture, 55 Oxford Gardens, London W10 (020-8969 5262).

organic baby spinach, carrots and courgette for vitamins, an apple for flavour and sugar. And a full dose of the strongest ginger for aroma and its deeply reinvigorating, cleansing effect. From £315, www.breville.co.uk.

The best gift I've received recently was an album of photographs

"The exoticism of Arabic music always puts me in a great mood."

your feet in the water – eating the most fabulous meze and locally caught fish, drinking rosé from Bekaa Valley. Simply sublime. *The Old Sea*

many of whom had walked miles to get this little bit of education – is humbling and uplifting. www.savethechildren.org.uk.

The books on my bedside table are *Eating Animals* by Jonathan Safran Foer. Read it if you dare. You will never look at what's

Arabic music great mood

My favourite website, way. I'm of must check

