

co.uk).

I have always been intrigued by acupuncture and, after a little research, decided Robert Ogilvie was the man to see. Instantly put at ease at my initial consultation at his house in Notting Hill, I told him my troubles (anxiety, stress and exhaustion) then lay on my back as needles were inserted in my feet, face, stomach, arms, legs and hands. My tongue was examined and pulse taken - which got stronger during our session, apparently. A week later I have a spring in my step and a strong sense of optimism. I am addicted and need another appointment. £85 per hour. 55 Oxford Gardens, W11 (020 8969 5262). **SG**