

*When do women reach their sexual peak?*

Most women reach their sexual peak in their mid 30s, while men get there much earlier – from their early 20s!

*What rituals can help boost your chances of conceiving?*

A beautiful ritual that you can do is simply light a candle with your partner. Sit facing each other and start to focus on each other's breath. One of you breathes in and the other breathes out. As you synchronise your breath, massage each other with warm oil. The gentle touch will wake up all your senses!



**A GENTLE TOUCH WILL WAKE UP ALL YOUR SENSES**

*What are the most common causes of infertility?*

There are male and female issues. In women there can be ovulation problems, poor egg quality (due to age), polycystic ovarian syndrome, tube blockages or hormonal imbalances. In men, there can be poor sperm count and abnormal sperm. Stress is the biggest cause of infertility. We're born to reproduce, so women should not be afraid that their biological clock is running out of time! Most of my clients are over the age of 40 and when you walk into my practice, you'll feel as though you're seeing double because I have so many sets of twins!

*What can we do to combat stress?*

Start focusing more on your partner – it's a great way to release stress! As females, we need to go back and remember who we are. Many women today have successful and sometimes stressful careers – we walk in this masculine energy. That's why it's important to pay extra attention to your lover. In the early days, sex was a major part of life. Women used to dress up, wear flowers in their hair and wear make-up, offering their body to their lover as a temple. But now, love-making is sometimes an afterthought. We all need to make time for our partners.

*And when is the optimum time to have sex?*

This is the beautiful part! Every female is different. Every cycle is different. If you try to have sex as many times as possible, you'll go off sex very quickly. Your partner will also feel that you don't want him, and that you just want to have a baby. And as a male, he needs to be wanted! Ideally, the best days to have sex are every second day. We don't know when we're ovulating and we only get one chance in the month, so I recommend trying five days after your cycle, every second day because the sperm lasts three days.

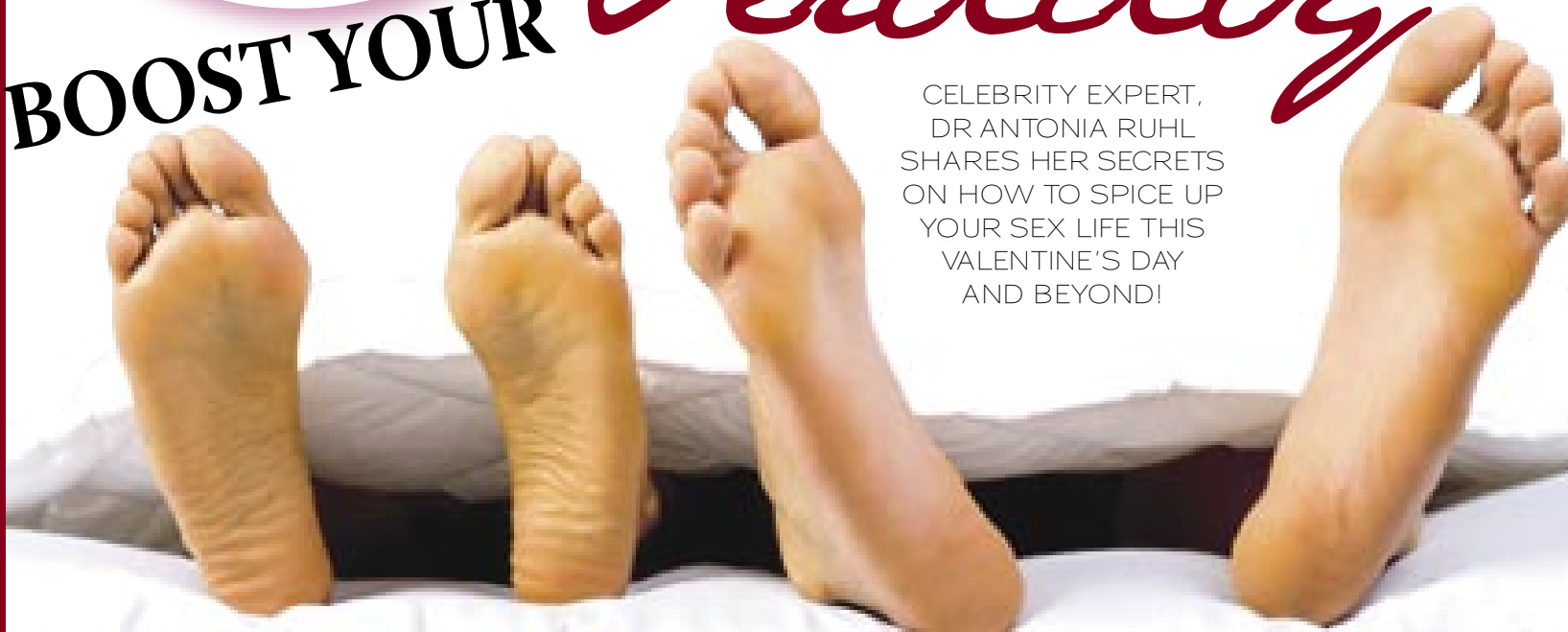


**K**een to have a little bundle of joy sometime soon? Dr Antonia Ruhl can help. An acclaimed author, sex therapist and confidante to many celebrities, this doctor has successfully hosted workshops in countries such as Brazil, India, the US, New Zealand and Australia where she runs the Natural Stress Therapy Clinic in Melbourne focusing on holistic fertility management using Amazonian remedies. Having spent three and a half years in the Amazon, and with a great grandmother who is a Brazilian Medicine Woman, Antonia says her time in the Amazon helped her realise how important it is to prepare the body when you want to be a mum. "The philosophy of the medicine man is about fertile soil – if you haven't nurtured the soil, the plants won't grow. A healthy tree produces healthy fruit," she says. *OK! Middle East* spoke to Antonia to learn how spicing things up in the bedroom can boost your chances of getting a bun in the oven...

**BOOST YOUR**

# *Fertility*

CELEBRITY EXPERT,  
DR ANTONIA RUHL  
SHARES HER SECRETS  
ON HOW TO SPICE UP  
YOUR SEX LIFE THIS  
VALENTINE'S DAY  
AND BEYOND!

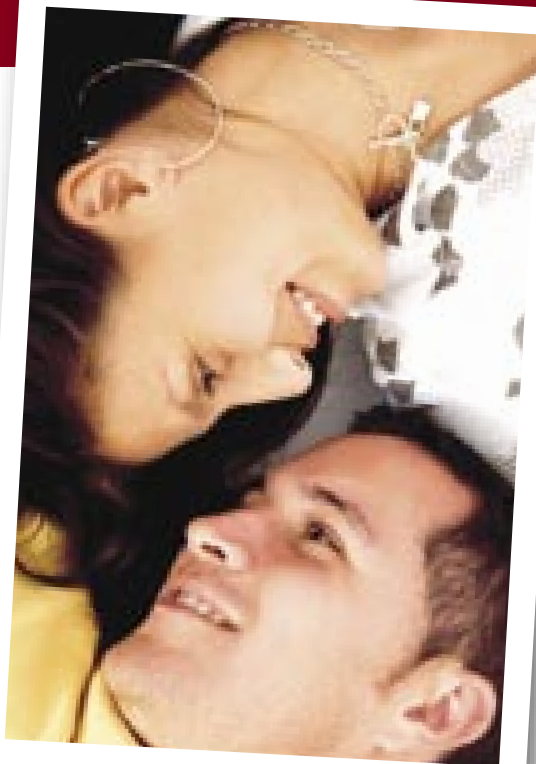


*What are the latest trends in fertility treatments?*

More women are looking for natural treatments such as fertility herbs which have been used for centuries with success. They want solutions that do not harm their bodies and keep their hormones balanced. Of course in some cases IVF works but for some women it doesn't and so they come and see me instead.

*What alternative therapies should people have to boost their fertility?*

Acupuncture is very good. You should also have regular pressure point massages. Meditation is important as well, but if you feel you can't meditate, walk for at least one hour every day.



*What can men do to improve their sperm?*

The male testicles need to be relaxed for a healthier sperm flow, so men should wear cotton or silk boxer shorts. And they should eat foods rich in zinc and drink more water.

*Tell us more about your herbal tea tonics...*

My herbal teas help boost fertility and are based on the knowledge of the Amazon people who have been using them for many centuries. I lived with the Kayapo tribe to learn more about the potency of these herbs. With our Brazilian fertility herbs their potency and healing abilities are recovered, as they always go through a unique blessing ritual and psychic communication, which allow the herbs to reconnect with Mother Earth, by recharging the vital force and healing properties of the herbs.

*What advice do you have for anyone wanting to spice up their lives this Valentine's Day?*

Enjoy your life and live for the moment. Work and career will always be there, but the moments you have with your partner are very magical. Life always begins with passion.

For more information on Dr Antonia Rubl, visit [www.naturalstresstherapy.com](http://www.naturalstresstherapy.com)

WORDS BY NADIA GARDNER  
PHOTOGRAPHS BY KADER PATTAMBI AND GETTY IMAGES / GALLO IMAGES  
SHOT AT FASHION LOUNGE RESTAURANT AND BOUTIQUE, JBR  
VISIT [WWW.FASHIONLOUNGE.AE](http://WWW.FASHIONLOUNGE.AE) OR CALL 04 4270268

**FERTILITY FOOD**

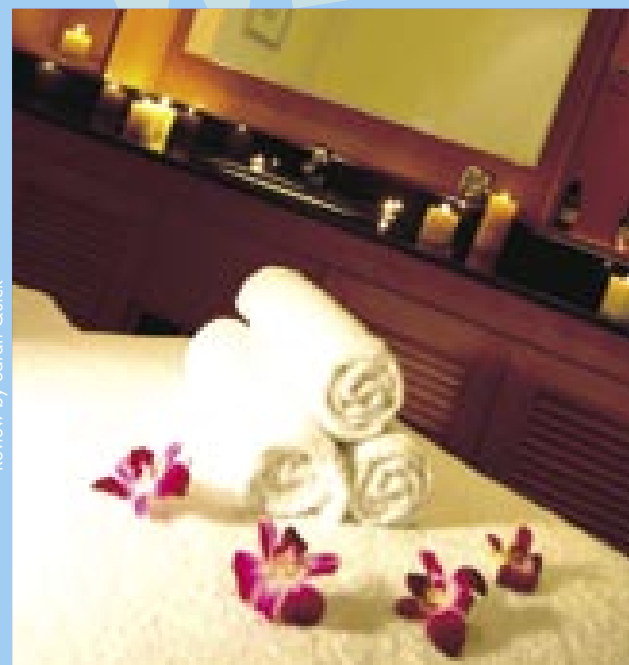
- EAT ALKALINE FOODS. WHEN YOUR BODY IS TOO ACIDIC, THE CELLS BECOME COMPROMISED.
- DRINK WATER – REMEMBER THAT YOUR BODY IS 75 PER CENT WATER.
- OPT FOR ORGANICALLY PRODUCED FRUITS AND VEGETABLES.

**AVOID**

- CIGARETTES, ALCOHOL AND COFFEE REFINED SUGAR.
- PROCESSED MEATS AS THEY CONTAIN PRESERVATIVES AND CARCINOGENS.

DR ANTONIA RUHL IS COMING TO DUBAI FOR A TWO-DAY WORKSHOP ON NATURAL HEALING AND FERTILITY AT JUMEIRAH BEACH HOTEL ON MARCH 6 AND 7. TICKETS COST DHS1090. TO BOOK CALL 050 280 8753

TREAT YOURSELF THIS VALENTINE'S WEEK



Review by Sarah Quick

*What is it?*

Let cupid guide you and your Valentine here for an unforgettable experience. The two-and-a half-hour special package begins with a 50-minute chocolate body scrub and mask ritual. After a warm shower you are taken in to the special couple's suite where you and your partner are treated simultaneously to an 80-minute full-body massage. After 130-minutes of uninterrupted indulgence, your romantic spa day concludes with champagne and chocolate-covered strawberries on a private balcony overlooking breathtaking views of the sea. Swoon!

*What are the highlights?*

Not only does the chocolate-flavoured scrub nourish and hydrate your skin, its intoxicating aroma also acts as an aphrodisiac – raising your endorphin levels – making you feel even more loved-up.

*Are there any downsides?*

None whatsoever!

*Who should do it?*

Anyone wanting to share a romantic pampering session with their other half.

*How much is it?*

Dhs1,550 per couple.

*Where can I try it?*

The Spa, The Hilton Dubai Jumeirah  
04 318 240

★★★★★