

# first Avenue

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HAIR  
TRENDS

FOOD FOR THE  
SOUL  
MUSIC THERAPY

EATING  
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UNDER  
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ANANTARA  
A WORLD  
AWAY!

Jessica  
ALBA

WE NEED TO RAISE OUR CHILDREN IN A HEALTHY WORLD















# EDITOR'S LETTER



JESSICA ALBA - PAGE 26

The subtle dip in the temperature has come as a refreshing change. Long sunny days are quickly being replaced by longer cooler nights and softer days beckoning the most animated season in Dubai. The weariness of the weather is finally getting a makeover as People embrace nature whole heartedly... With the start of the new season, we have a lot of interesting things lined up for you in the current issue. Starting with our cover girl, **Jessica Alba**, the gorgeous actress talks to us about her latest ventures and her most passionate role in real life as a mother.

October unofficially is a health and fitness month in the UAE. With the change in weather people are encouraged to get active and a plethora of events and awareness campaigns are held. Following the same spirit, we are also big on health and fitness this month so don't forget to read our features on various health related topics.

During the Fall season, when things are **crisp and fresh**, and since it is just the start of the season, we took a short break at **Anantara Palm Dubai** for a much needed staycation to feel rejuvenated in preparation for the new season, and it turned out to be a fascinating experience. Don't forget to read our travel feature "A World Away" and be inspired to enjoy your life from a whole new perspective...

All this and more, our usual **fashion report**, **home décor** and **beauty**, there's always something for everyone to read! So step out and embrace the goodness, the new season guarantees! Enjoy reading and yes!

Happy Halloween...

*Lamiya Sami*

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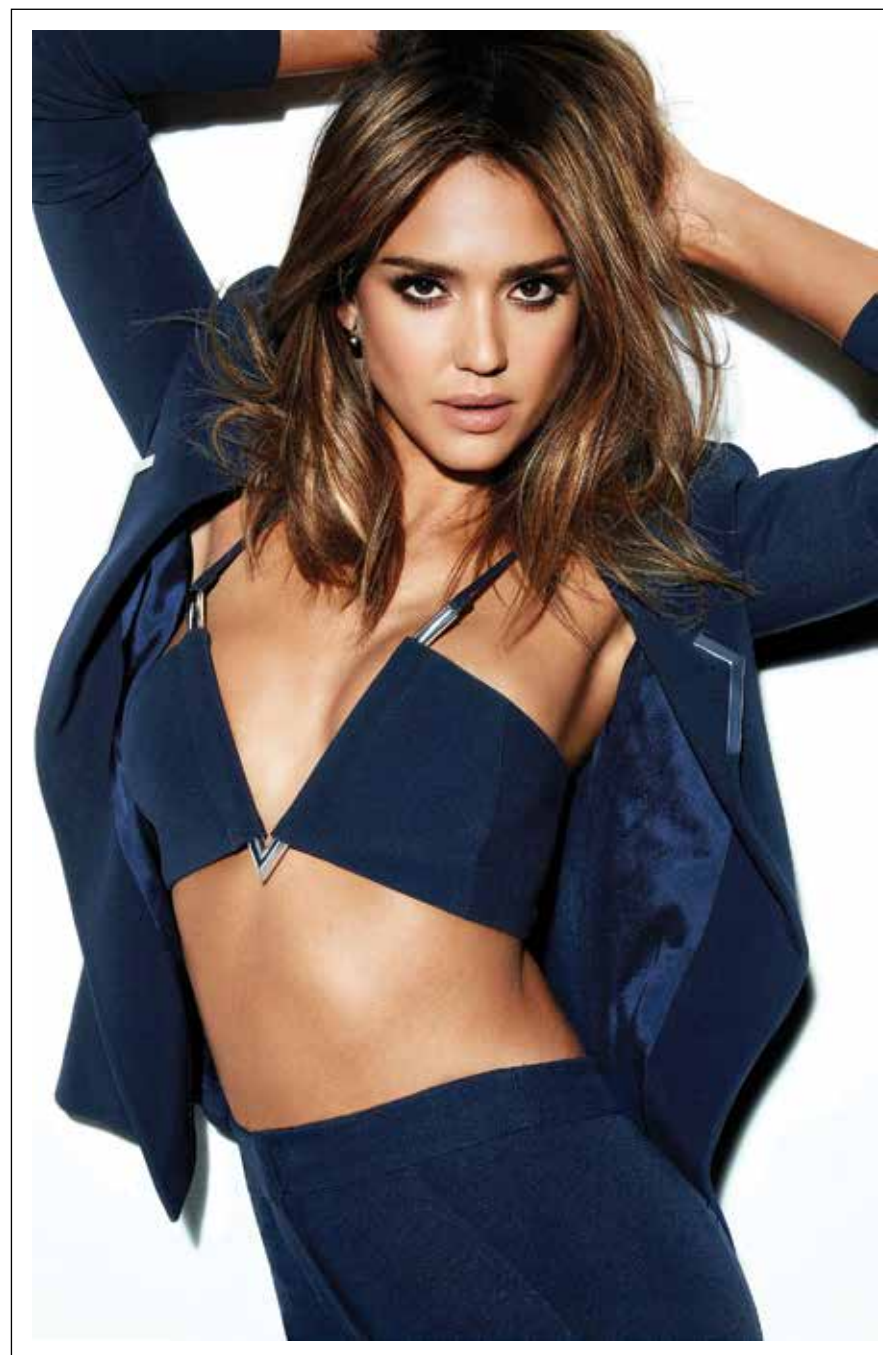
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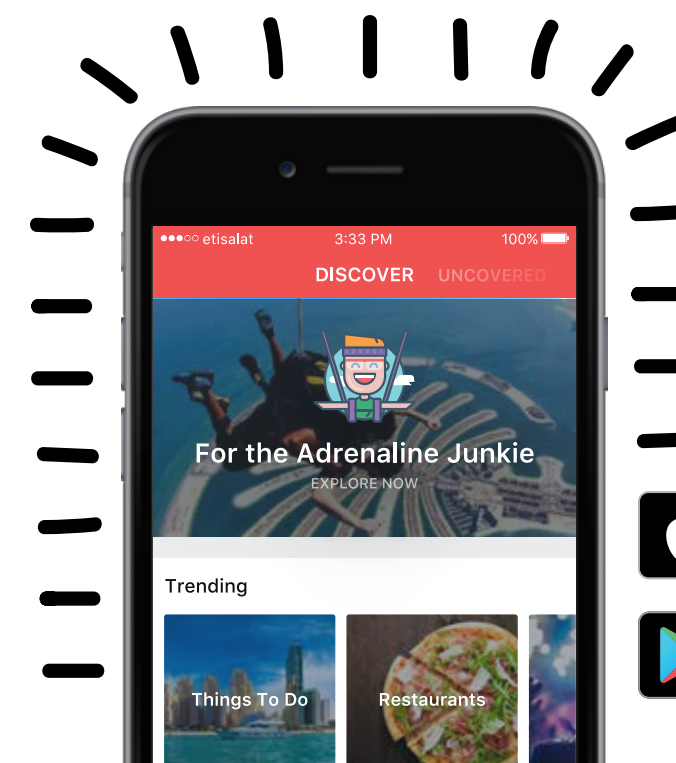


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## DREW BARRYMORE at Beautycon

Drew Barrymore was all smiles while attending the 3rd Annual Beautycon in New York City. The 41-year-old went pretty in a pink dress and flower crown, as she brought her Flower Beauty cosmetics company to the beauty event.



## CHERYL at Fashion Week Event

Cheryl looked glamorous while attending the L'Oreal Paris Gold Obsession Party at a hotel in Paris, France. The 33-year-old entertainer has been dating Liam Payne for around nine months. The couple met eight years ago when he auditioned for The X Factor at the age of 14.



## EMILY BLUNT at Michael Kors NYFW Show

Emily Blunt looked chic at the Michael Kors Spring 2017 Runway Show during New York Fashion Week held at Spring Studios in New York City.



## DAKOTA FANNIN at TIFF

Dakota Fanning looked stunning on the red carpet for the premiere of her movie Brimstone at the 2016 Toronto International Film Festival in Toronto, Canada. The 22-year-old actress wore a Dolce & Gabbana dress and Repossi jewelry.



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## EMILY RATAJKOWSKI

*in London*

Emily Ratajkowski looked sexy in a Julien McDonald silver cutout gown as she showed off her killer figure while attending a VIP preview of the new site for Annabel's in London, England.



## KRISTEN STEWART

*at Chanel's L.A. Event*

Kristen Stewart looked chic at Chanel's New Fragrance event. Kristen hit the carpet wearing Vince pants while attending the Chanel Dinner celebrating N° 5 L'Eau at the Sunset Tower Hotel in Los Angeles.



## JESSICA ALBA

*at Valentino show*

Jessica Alba goes for a cool, casual look at the Valentino show as part of the Paris Fashion Week, Womenswear Spring/Summer 2017 in Paris, France.



## SALMA HAYEK

*at Women's Media Awards 2016*

Salma Hayek was simply gorgeous as she hit the red carpet at The Women's Media Center 2016 Women's Media Awards held in New York City. The 50-year-old actress wore a Christopher Kane dress to the event recognizing and honoring game-changers for women in media.



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## LUSH HALLOWEEN COLLECTION

This Halloween, Lush does the trick with an array of thrilling, spook-tacular themed treats, including Pumpkin bath bomb, Goth Fairy shimmer bar, Sparkly Pumpkin bubble bar, gift sets and more...



## CLARINS BOOSTERS

Boost your life... Boost your skin! After 10 years of research, Clarins launches Booster Energy, Repair and Detox... Clarins new beauty step to mix with your regular moisturizer. Give your skin a tailor-made beauty boost, in just a few drops!



## BOURJOIS LA LAQUE GEL

The new Bourjois La Laque Gel makes the professional manicured finish easy to achieve, thanks to an easy nail routine, which is simple to use for beginners as well as for nail enthusiasts. The new 2-step nail routine requires no UV light and the new La Laque Gel is easy to remove with a regular nail polish remover.



## SONIA RYKIEL X LANCÔME

Lancôme has collaborated with Sonia Rykiel to dream up on-the-go make-up products whose design and textures promise surprising simplicity of use. It allows a quick makeover in the back of a taxi or on a cafe terrace.



## GUERLAIN LINGERIE DE PEAU

The search for the perfect foundation capable of revealing the skin without transforming it is over! Guerlain LINGERIE DE PEAU, enhances complexion without suffocating it, giving a flawless complexion that is the ultimate quest for women worldwide.



## TRICK OR TREAT WITH OPI

For a successful trick or treating, OPI has selected 3 shades to match your manicure to your costume! Be mysteriously terrifying wearing My Red Fortune Cookie, a rich bloody red, or choose In My Back Pocket for a bright pumpkin orange to match Jack-o'-lantern! You can also get the total The Lady in Black look to reveal your dark side...



## SO COOL & J GLOW BY JOELLE PARIS

Joelle Paris' new range, So Cool lays the foundations for a luminous complexion with or without makeup. The triple action cleansing range performs just as hard as you can work or play to leave you feeling clean, refreshed and hydrated. The J Glow range of cleansing, toning and moisturizing products offers a complete daily skincare routine. The multi-tasking treatments rinse away impurities, reduce imperfections and get you ready to face the world with a radiant complexion.



## OXOXO AUTUMN/ WINTER COLLECTIONS

Turkish fashion brand, OXOXO, has launched its Autumn/ Winter (A/W) Collection in the UAE. The fun collection is inspired by the latest in catwalk fashions, street style and seasonal trends, with a distinctive OXOXO twist. This year's top choices have a vintage vibe, with a mix of 90's minimalistic and 70's disco looks, and stylish options perfect for daytime, party and weekends.



## OBAGI MEDISPA HYDRATE LUXE

Middle Eastern weather requires continuous moisturizing. Hydrate Luxe by Obagi MediSpa is an ultra-rich moisturizer which provides overnight nourishment and extra-strength moisturization. Specifically engineered with key biomimetic peptides, this life-changing product has a luxurious balm-like texture with a comforting scent. Clinically proven to improve the moisture content of the skin, it contains Hydromanil - a moisturizer naturally derived from tara seed.



## MONTBLANC SARTORIAL COLLECTION

Defined by the effortless blend of traditional leather craftsmanship and the modern elegance of its designs, the Montblanc Sartorial collection offers timeless pieces for free-spirited individuals who seamlessly transition from day to night or from business to leisure. Montblanc enlarges the line with new colors and functions offering 62 new and different pieces.



# fall hair trends

Celebrity hairstylist Mohamed Al Sagheer shares the top trends for Fall-2016

Fall/Autumn is the season of celebration after those long scorching summer months in the Middle East. The weather cools down as temperatures gradually become moderate and while the seasonal shift may have little impact on Dubai's over-the-top glitz and flair for opulence, the city's well-heeled need a cutting-edge style to match.

Classic styles never fade, only get refined with changing times! This fall, all those good ol' vintage styles are back with a modern spin. So, launch yourself into the new season with these hairstyle trends from the celebrity hairstylist Mohamed AlSagheer. "The days of following the same hair for everyone on the runway are over; the latest hair can be curly, wavy or straight; it is all about keeping the natural texture intact. There has been a shift towards powerful hairstyles, and we at AlSagheer Salons provide each cut tailor-made for the person's hair texture," said, Mohamed AlSagheer.

While an edgy haircut can do wonders with men's looks, women want to go for the sassiest eye-catching low-maintenance looks. The celebrity hairstylist Mohamed AlSagheer shares these trendy hairstyles for fall 2016 which help you instantly earn the highest style points.

**Stylish chignon hair (Messy loops to sleek knots):** The ponytail is no more in fashion, and the knots are the current trend. From soft, side buns to twin top knot and two stranded twists adorned with beads or brooch-this hairstyle is everywhere this season.

**Tousled waves with mauve lipstick:** The favorite hairstyle of supermodels, tousled waves is undeniably the biggest trend



this season. A mauve lipstick to complement the look, adds a major style statement. Perfect for short, medium or long hair lengths, the look is most coveted among style-seekers. Elegant finger waves have also made a comeback; fit for any formal event or red carpet look.

**Above-the-shoulder bob:** Bob cut is iconic and gives that modern, powerful look; long and short bobs are versatile and suit anyone irrespective of age, face shape or hair color/type.

From A-line stacked bob to low/high stacked and asymmetric bob hairstyles, there are myriad ways to add an edge to your bob.

**Side-swept fringe:** Different types of side bangs are in trend. They are a strong element in the repertoire of hairstyles considered de rigueur for the new season. Side-swept bangs add a finishing touch to your haircut and color. Choosing the ideal one for your face shape is the only



daunting task that a professional hairstylist can help you with. **Shag haircuts:** There are different types of shag haircuts for both short and long hair types. The style is really eye-catching and will give 'movement' to your hair, even if your hair is thick or thin, naturally curly or straight. Modern short hairstyles have to be shaggy to get that sleek look you want. Lastly, here is the secret tip to be on trend... Accessorize! This season, tiaras and headbands are back! Boho-chic headbands are also in trend to showcase a carefree, fun attitude. In makeup, the peach lip color tones are on trend for the fall season. Dark lip colors and smoky eyes have also made a comeback for a bold look. While dark colors like black-cherry lipstick have no departure in sight. Finally, the perfect advice in line with the current mood in the make-up and beauty industry...

Ladies, flaunt your personality with colors and hairstyles that reflect every part of you!

## Al Sagheer Salon DIFC

The eponymous Al Sagheer Salon is a contemporary beauty salon located at the heart of the city, DIFC, founded in 1980 by Mohamed Al Sagheer. Since then, the salon has grown exponentially from its humble beginnings in the city of Cairo, Egypt to its present status. Today, the name has become a flagship institute in the beauty sector with spas, boutiques and nail lounges that offer the best services and latest beauty techniques.

We recently set our foot in, to find out more about the acclaimed beauty salon, and we were in for a lot more than we expected. Divided into two floors, the upper portion is dedicated to the female clients with all the salon essentials like the nail spa, hair and color area, massage and makeup areas and a plethora of products on display for purchase and use, it even had copies of Mohamed Al Sagheer's



biography in Arabic, speaking loads about the contributions and the imprint of the maestro in the Arab beauty industry. The ground floor on the other hand was a haven for the metrosexual elite! With well-dressed staff and perfectly coifed do, it was no wonder that the male foot fall was like no other place. It guaranteed to provide the best in grooming services which men are usually unable to find easily. We first tried the nail spa for a little bit of pampering... with comfortable seating area the staff was obliging and well informed. When in nail spa, what everyone looks for is eventually a luxurious experience along with a sense of being pampered, which the salon aimed at giving. After the nail session we headed to the hair station to try some hair treatment. The dedicated area for female hijabi client ensured prefect privacy and comfort. The treatment itself was detailed and the colorist gave attention to all the details, which eventually showed in the results. Last up we tried the back massage which is where



we found out how stress affects the muscles and constantly make us feel tired and listless. The quick back massage literally bought energy back in us that seems to vanish in the midafternoons. An extremely rejuvenating experience that we recommend everyone at least once a week. Being located at DIFC the salon is at close proximity to all the main business hubs, making it an excellent choice for those looking a quick beauty fix in the office hours.

With 26 salons across Egypt with regional branches in Qatar and Dubai. Al Sagheer Salon offers the very best range of high quality hairdressing services for men, women and kids. The salon also provide a large range of skincare products from premium brands. A haven of relaxation, rejuvenation and well-being, Al Sagheer salon provides the true essence of opulent treatments at the hands of highly qualified individuals.

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# Jessica ALBA





**C**harming and charismatic, Jessica Alba is personally and professionally recognized for her determination and strength. Her artistic talents have brought her considerable acclaim in the form of nominations and awards, beginning with her first win at the age of 11; free acting lessons. Jessica gained international fame with her convincing performance in films such as *Honey*, *Machete*, *The Killer Inside Me* as well as *Sin City* and *The Fantastic Four*. Her business acumen has also helped her establish a 1.7 billion dollar business. Co-founded in 2012, The Honest Company creates all-natural, organic, house-hold and baby-care products.

Today, Jessica plays the female lead in *Mechanic: Resurrection*, a film directed by Dennis Gansel in which she co-stars with Jason Statham.

Visiting Paris for the promotion of the action thriller, the Star talked about her current film, her family and her business in an exclusive interview with First Avenue.





**In what way is *Mechanic Resurrection* different from your previous films?**

You ask me that question because I have already played in films about adventure and action, I guess. Except that this is the first time I participate in a film based on the muscular performance of a superstar of the genre, namely Jason Statham. It is as if I had played in a Schwarzenegger or Stallone movie a few years ago when they were on the top. Nowadays, we have Statham. I am a real fan of this type of film, so I gladly accepted the proposal.

**The female characters are rarely well served in such movies, except in this case, as you appear in almost every scene from the beginning to the end. Any comment on that**

Yes. The character of Gina that I play is actively involved in the action and finds herself almost equally important as the hero. I say “almost” because I do not compete with Jason Statham when it comes to bodybuilding, but my character, “Gina” defends herself well against the bad guys. Besides, if the female character had not been expanded in this way, I would not have said yes.

**How did the shooting go with Jason Statham?**

I discovered a true British gentleman disguised as a thug! The combination of these two elements gives the man tremendous charm. And yes, the filming went very well. I have great memories of it all the way.

**You mean “thug” in the film?**

Exactly, since he plays a killer.

**Your films have not all been successful. Do you regret some of your choices?**

Not at all. I take responsibility for all that I do in my life in general, and my career choices are an integral part of my life, so I do not nourish any regrets about them. Some films appear good on paper when reading the script, and then prove to be less effective once shot. Others are good but do not meet their audience or get bad reviews. One can never know in advance which will be successful and which will crash. Artists have a risky job. The key is to remain consistent with yourself. You know the reverse is also true. I happened to turn down some deals

and discovered later that these films I had said no to, achieved huge success at the box office! If we spend our time having regrets, we never move forward in life...

**How do you react to articles that make you *The Sexiest Woman of the Year* or simply *The Most Beautiful Woman in the World*?**

Fortunately for me I am a girl who has her head on her shoulders, through the solid education I received and the family spirit that characterizes me. My priorities are therefore, other than things like physical beauty, which matters, but you have to keep it in its place of course, and to the compliments and flatteries of all kinds regarding the degree of beauty and sensuality one can find in me. I do not revel in titles that are attributed to me in that sense, but I much prefer the artistic rewards which relate to my films and my roles, and I have

received quite a few of them over the years.

**You’re also more than an artist since you’re the head of a company named *The Honest Company*. What about it?**

I have always felt concerned about the protection of the planet and biodiversity. Supported by my artistic success, I decided to invest in a company that would manufacture clothes, especially for children, as well as household products in full respect of nature, and

using only natural materials. I consider it very important to raise our children in a healthy world and get them to feed and clothe “naturally”, away from all that has been offered to us for years now and which only brings us pollution with the sole purpose of enriching some industry groups. So, I created *The Honest Company*, and I am happy and proud to see how well it works, proof that I am not alone in thinking like I do. There is global awareness that evolves from day to day, and I find that really hopeful for the future of our children.

**Do you have children yourself?**

I have two young daughters actually. They fill me with happiness.

**Are you a fashion victim?**

I like to be elegant, but I’m not a fan of any particular designer. As long as it is beautiful and manufactured according to natural standards, it suits me, no matter the brand.

We need  
to raise our  
children in a  
healthy world

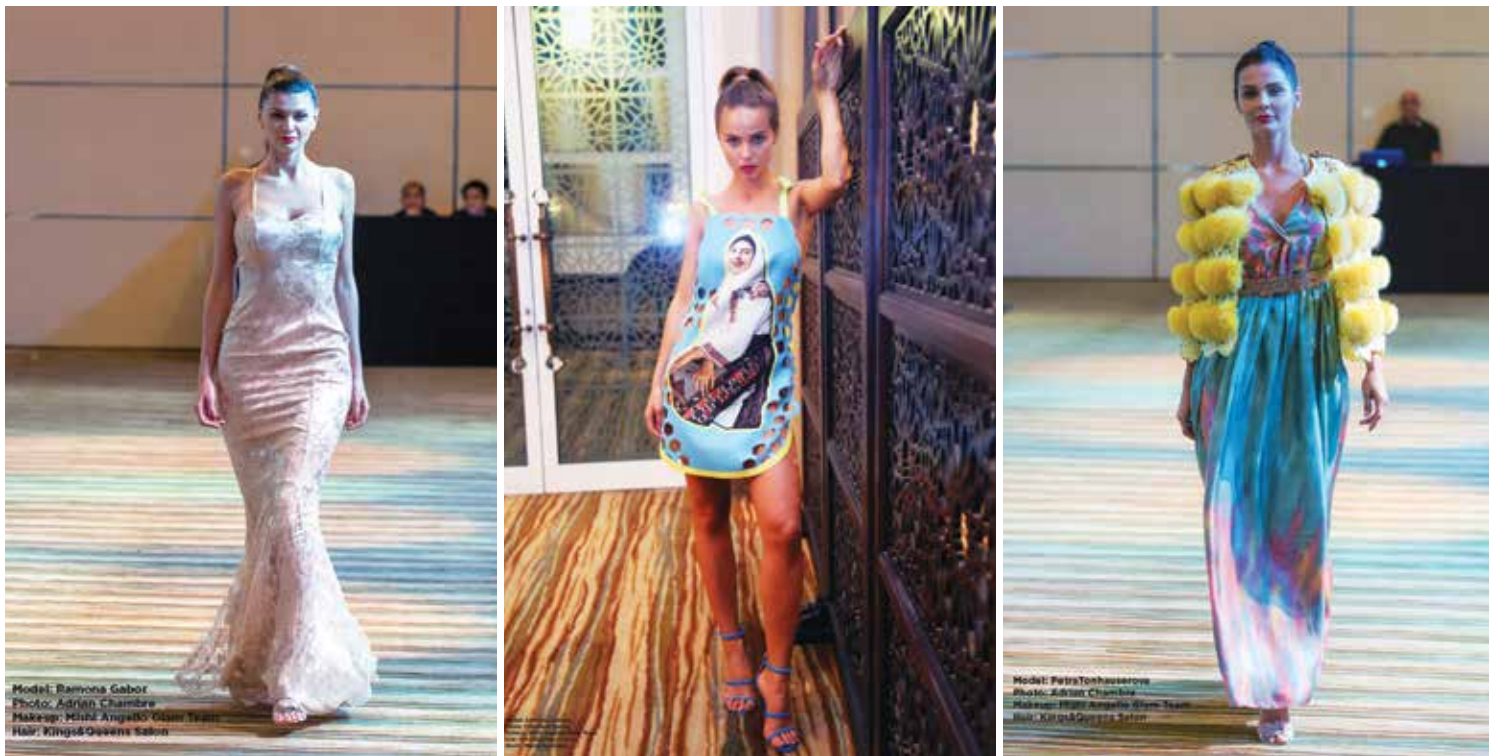




# “FASHION FLAIR”

## Romanian designers inspired by Dubai’s Glam

Unique artworks designed especially for high-end customers.



Fashion Flair event unveiled four distinct collections magically created by very talented Romanian designers, collections covering Prêt a Porter, Haute Couture, Bridal dresses and fur and leather combinations. The event was kicked-off on the 21st of September 2016 with a show where all artworks were presented to distinguished guests, which was followed by a 2-days event called “The Closet” where everyone had the opportunity to meet the designers, to try on and of course to buy the designers’ products.

Fashion Flair 1st Edition meant to give everyone the opportunity to experience unique combinations, in-house made, from funky and quirky for those who want something different to classic yet modern for those who have already a predetermined dressing fashion style.

### LANA DUMITRU - Collection “Happy Nation”

The opening collection came from the best Romanian young designer as awarded by Forbes, who has completed her PhD in Arts and Fashion. Her works can be found in an art gallery or a museum, rather than in a shop. Her work has been showcased at London Fashion Week, Holon Design Museum, Kalmar Art Museum, Malmo Design Centre Sweden, National Village Museum Bucharest, Cultural

Institutes, Art Galleries, Design weeks all over the world and many others.

**Lana Dumitru** is the first Romanian designer to officially collaborate with Puma for a limited edition which was sold out in one day and continues to color her credentials as a previous member of the digital design team for Mary Katrantzou. She has won the jury’s appreciations in various design competitions, held by: Puma, Elle Decoration and Chevrolet. She was also included by the famous Forbes magazine in Top 30 under 30.

Face to face with First Avenue Magazine, Lana spoke about the inception of her career: “I started my career as a model at a very early age before being a designer. My grandmother offered me a huge computer as a present that and all I would do all day long is designing sketches in paint. My collection is called Happy Nation in a love-hate relationship with the memories.

It is about Romania, about the memories seen through the eyes of a post-communism child and the changes our country has suffered. The materials used are always white because I do the digital print and this is what defines my brand. I don’t make plans for future I just express

my opinion and that is why I call my creations wearing opinions”

### Fashion House ADIS EFFECT by Adriana Mandreanu – Collection “Dubai Flamingo Dreams”

The second collection blew all minds and imagination! The designer not only focused on the uniqueness adding a high accent on originality, but she also sealed the promise of an experience of refined clothing, perfectly adapted to fashion trends meant to make the difference. The colors for this collection were produced in house and took days to prepare, making it a unique piece.

**Fashion House Adis Efect** designs clothes and jackets in fur, leather or combinations of leather with fur. The range of dresses, skirts, blouses, shawls, created from refined natural materials (silk, wool, cotton, lace, veil, jacket, tulle, etc.) are hand-painted and configured for each customer, depending on the individual conformation and offers the most demanding quality for them to be unique and refined. Their ultimate goal is to transform

the street, work or leisure in a podium presentation!

Adriana told us what inspired her: “The fact that here is very hot, inspired this collection: hot & sexy, leather corsets combined with hand painted silk. It is basically a story on a canvas. I started working with leather, fur and other materials until I reached the performance of combining fur with lace. You have to know how to combine them, where you need to put the pebble.

For me is a challenge everything I do, however nothing is too difficult. There are already thoughts for a future collection, maybe for Christmas with red fur and leather. “

### HILDA FALATI - Collection “Romantica”

The third collection was a reflection of the designer’s personality and state of mind, being a “romantic at heart” person herself. The cut

of the dresses went from “sleek sophisticated” to “the beauty of the ball”. The color palette was neutral with a minimalistic approach (rose quartz, nude, beige, white and sometimes a bit of black) that complements beautifully all types of body and skin color. When you choose to put on one of the collection’s dresses, you instantly get a refined, sophisticated and understated luxury feel about it!

**Hilda Falati** keeps in mind that for a Couture woman her clothes are like a second skin, an extension of her personality because she knows who she is and she loves herself. She is



a Romanian based fashion designer with an Italian heart.

Back in Italy she attended various high-ranked fashion and Couture courses at the Academia di Luso di Roma. She also studied pattern making and embroidery techniques which helped her develop a strong personal sense of style. She launched her brand: Hilda Falati Couture in Spring 2016.

Her philosophy and aesthetics are best showcased in the brand’s tagline: “Couture is in the details”.

“As a child, I was passionate about fashion, style, and of course drawing. The most beautiful thing in fashion is the freedom to be you, the emotion and story. My collection was inspired by romance, influenced by my Italian residence and passion for nature, flowers, and colors.

My vision is very complex. In the close future I am planning a collection that might be named Dracula, where the main color will be the red that is in our character as a region. I was born in Transilvania and I have all the necessary resources, making me look forward to do this collection.”

### Andreea Dogaru – Collection “Frozen”

The forth designer melted the hearts of the audience with a collection of bridal dresses through elegance and simplicity, which are her preferred modes of expression in her work.

Her style stands out by the quality of special materials and daring cuts. Silk and other fine materials crafted with hand embroidery, lace embroidered with pearls, 3D Embroidery – all are combined perfectly and will appeal to strong, confident and “full of life” women. They are a statement of luxury centrally placing and emphasizing the singularity of the woman wearing them.

“My favorite part in fashion design is seeing the happiness on my clients faces. I work made to measure so I create pieces for

each woman individually. My work highlights beauty, character, attitude in a woman, driving happiness and motivation. I am privileged to be doing what I am passionate about and even though it is a lot of work I cannot get tired of it. I use silk, lace embroidered by hand with pearls, crystals, lace 3d. It is difficult to work with material of this kind because they are very precious and because it is a lot of manual labor. However it is highly esteemed.”

**Andreea Dogaru**, often compared by critics with the famous Alexander McQueen, won many awards, to list a few: “Fastest Climber” in the Romanian Fashion world, twice awarded as “Best Romanian Designer” and in 2015 she was awarded “Best Romanian Haute Couture Designer”.

Collection “Frozen” was first presented right here, in Dubai!



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MWINDA









# LINDA

# Pilkington

Linda Pilkington is the founder of The Ormonde Jayne perfumery, which opened on 30th November 2001 in London's Old Bond Street. The initial launch was followed by a second boutique in Sloane Square, a prestigious counter at Harrods, the launch of ormondejayne.com and finally growth through international distribution. Ormonde Jayne maintains an exclusive clientele for Linda's exquisite scents and she is always working on bespoke perfumes and private commissions. The Ormonde Jayne range of perfumes is vibrant, dramatic, decadent and luxurious.

**Tell us about yourself? What exactly intrigued you about perfumery?**

My interest in perfumery started as a teenager, intrigued by the passion and romance of perfume and perfume bottles. This passion led me to my first career, growing and selling flowers by the roadside outside our Cheshire family home. I also learnt to make scented candles and bathing oils from craft sets and courses, and created beautiful scented cushions for birthdays and made Christmas presents.

**Tell us about Ormonde Jayne perfumery?**

Ormonde Jayne exists today by nothing more than happenstance. I never set out to conceive a perfume house, it came about when I met an old friend I had not seen for 25 years. Mr Andersen worked for Chanel and he wanted to know if I still made lovely scented products, as he remembered from long ago when we were neighbors. He had purchased very expensive large designer candles that would not burn, so he asked if I could re-set them. This was very easy for me as candle making had been my hobby since I was a child, along with other things like making chocolates, growing plants and making bath oil. The candles were returned the next day and he was thrilled. When they were finished he asked me to create a scented candle to burn in their Fine Jewellery shop. Not wanting to disappoint him, I set out to create the best I could. After contacting Grasse, Google, reference books, you name it, I finally came up with the product. He and Madame Sophie loved the candle and ordered 36. I created Ormonde Jayne so I could send them an invoice, so my very first business invoice is Chanel number 001.

That was nearly 10 years ago and I haven't looked back since. To develop my new company, I showed Ormonde Jayne at trade shows. For 3 years running, we won the first prize for style and design. It gave me a lot of confidence that I was doing something right. At this point I had taken on a studio and my main business was private label, creating small runs of scented products, mainly for stylists and designers. As I was also learning at the same time, I enrolled in a number of short courses to understand more about perfume. A very good book is called Pouchers. It is expensive but contains over 100 formulas of how to create basic accords, like tuberose, jasmine, grapefruit and cedar etc. This is very good for practicing and so as time went on, I learnt more and more... until you develop your own style that sets you apart from the rest of the perfume houses.

Today, we are still learning, always looking to be more innovative and creative. I have the luxury of owning the company, and so I am not at the mercy of outside investors. This allows me to be as creative as I like, when it suits me and at whatever cost and I think my clients appreciate

that.

**What are the different kinds of Ormonde Jayne products?**

We have a wide variety of products ranging from Perfumes and Candles as well as Bath and Body products.

Ormonde Jayne's philosophy is one of quality and true luxury, the pursuit of beauty and elegance. This can be seen in each product.

**Where do you get your inspiration?**

My inspiration comes in all forms, shapes, colors, landscapes, botanical gardens, botanical books, materials and food. Inspiration sometimes takes the form of something completely unrelated and unexpected. When I was on holiday in Vietnam, I was on the beach and this woman had the most beautiful scarf that I had ever seen with bright orange, cream, beige and black stripes. I couldn't stop looking at the scarf and when I saw this bright mandarin orange, which is the color of

our packaging, I went into a reverie of Ormonde Jayne and all the different directions I wanted to take the company and other work fantasies. But the whole inspiration came from looking at this beautiful scarf on a beautiful woman on the beach.

**Since you create bespoke perfumes which of course has a niche, how do you bridge the cultural difference through your creations and create that nuance that is essential to maintain a global client base?**

I have relentlessly scoured the globe, obsessed with my quest to source the world's most rarest and exotic oils to complete Ormonde Jayne's exquisite perfume library; a homage to different parts of the

world that have inspired me and acknowledge the rich diversity of my global client base.

My aim is to be at the cutting edge of creativity, defying convention in the world of scent.

**Tell us about your upcoming projects?**

Ormonde Jayne does have a few upcoming projects in the pipeline, one of which will be launched very soon. Each perfume in the collection is my own little work of art, and requires inspiration, time, and attention. I will be launching Rose Gold in the UAE, it is a rich, decadent, floral scent that I think women in the region would appreciate as it is as soft and light as it is strong and captivating.

**How do you find Dubai?**

Exceptionally beautiful! I especially love the wonderful spice souk and the architecture that surrounds the souk. There is something magical about a brand new city with such an exquisite old soul.

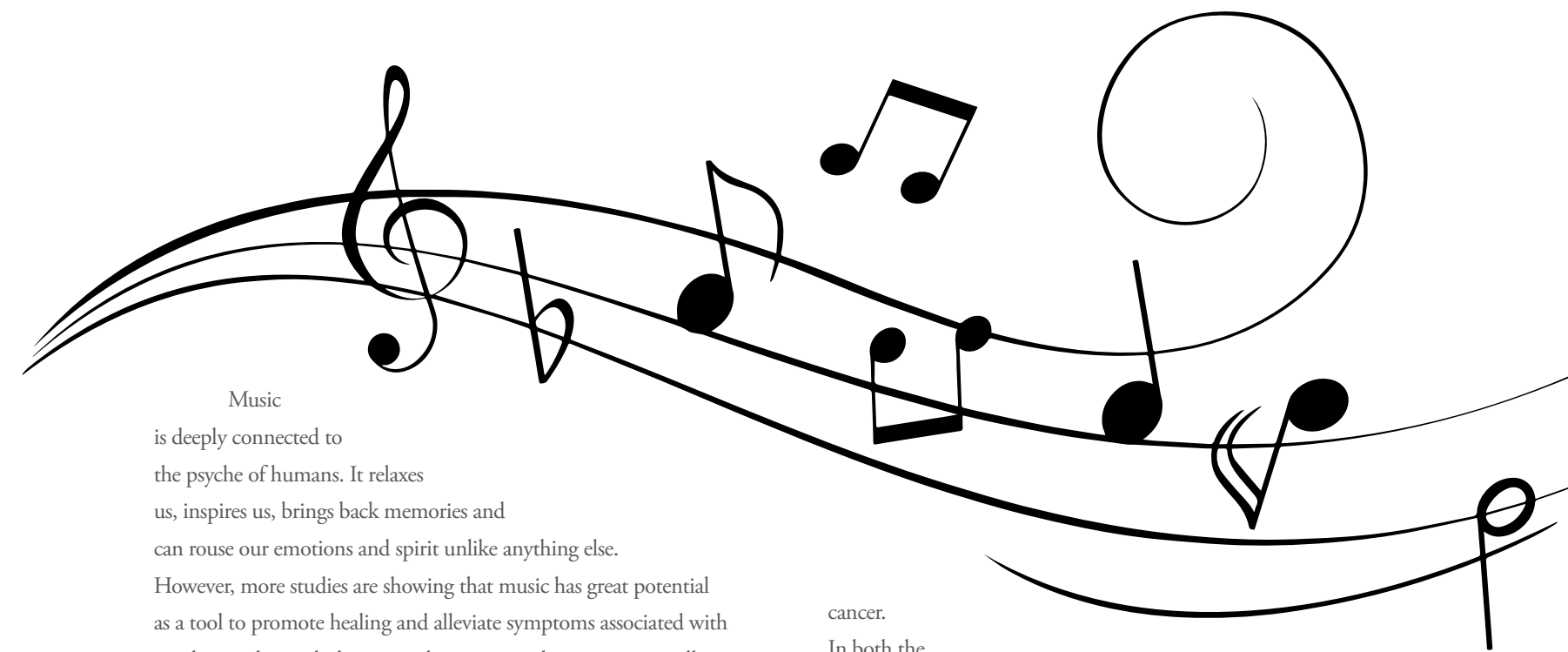
**If you had to define your creation with two adjectives, what would those be?**

Elegance and craftsmanship.



# FOOD for the Soul

Music therapy can aid the healing process...



Music is deeply connected to the psyche of humans. It relaxes us, inspires us, brings back memories and can rouse our emotions and spirit unlike anything else.

However, more studies are showing that music has great potential as a tool to promote healing and alleviate symptoms associated with conditions that include cancer, depression and insomnia, as well as helping with pain management. Recent findings have also shown that music can stimulate the brain. Classical music, specifically pieces from Mozart, has been linked to improving focus and academic performance. A study published by researchers at the Sapienza University in Rome (in the journal *Consciousness and Cognition*) found that Mozart's music has a quantifiable effect on "a pattern of brain wave activity" linked to memory, reasoning, and problem solving. According to information published by the Cancer Research UK, people with cancer use music therapy to help them cope with the side effects of cancer. The cancer foundation refers to a Turkish study carried out in 2013 which examined the use of music therapy and guided visual imagery for 40 people who suffered from symptoms of anxiety, nausea and vomiting due to chemotherapy. The results showed that the patients' anxiety levels dropped considerably and they also had less frequent and less severe nausea and vomiting. A meta-analysis of 400 studies carried out by American psychologist Daniel J. Levitin and researcher Mona Lisa Chanda found that music improves the body's immune system function and reduces stress. Listening to music was also found to be more effective than prescription drugs in reducing anxiety before surgery. Levitin has also published a book *This is Your Brain on Music*, which looks at the effect of music on various processes involving brain activity.

"Music therapy can improve medical outcomes and quality of life in a variety of ways. Many of us know how calming and relaxing it can be to listen to a favorite piece of music or a song. In fact, some doctors even listen to music during surgery to improve their focus. Music cannot prevent or treat a disease but it can definitely have an impact on how people cope with pain, insomnia and depression and other significant symptoms experienced in more serious conditions including

cancer.

In both the West and the East, classical music has also been linked to improving brain function in addition to other mental and physical benefits. Indian ragas or compositions, for instance, have been researched for the effect they have on the mind and body as have the music by Bach, Mozart and other maestros," said Dr. Arun Kumar Sharma, Specialist Neurologist at Medeor 24x7 Hospital, Dubai.

Dr Sharma said that music was helpful in conditions such as depression. In fact, a study by Stanford University supporting that thought found that senior patients who were diagnosed with depression saw a drastic improvement in self-esteem and their mood when they were visited by a music therapist. "Studies show that music can help the brain release dopamine, the feel good chemical, which promotes the healthy functioning of the central nervous system, which in turn, has an impact on emotion, perception and movement. It can help lift your mood and calm anxiety, which is important for patients who suffer from depression and anxiety. There are also studies that show that music can impact people who have suffered a stroke."

A Finnish study published in the medical journal *Brain* stated that stroke patients who listened to music for a couple of hours daily showed improvement in verbal memory and attention span compared to patients who didn't. They also had a better mood as a result. The study focused on patients who had suffered a stroke of either the left or the right hemisphere middle cerebral artery (MCA).

"These studies are encouraging and are helping doctors use music to complement treatment especially for neurological conditions. We have also seen our patients with autism, attention hyperactivity disorder and Alzheimer's disease respond well to music therapy. The important thing is to work with a qualified professional who understands how music and the harmony involved can help a person," said Dr Sharma.



# Eating Healthy UNDER 500 KCAL

Tips by Fadi Ghaly  
and Mahmoud  
Bartawi of Under  
500





As we are all past the entire summer ruckus; the summer vacations, the Eid holidays and the various indulgent treats in between... It is time to prep ourselves for a healthier body. October being a month of health and fitness with lots of health related campaigns taking place, it is time to capitalize on the opportunity and look into the calories we consume and cut down on the carbs without compromising on the taste.

From an exercise novice to a seasoned gym-goer, everyone has become more conscious of what goes into their food and most of us are aware that a well-balanced and nutritious diet is a key component of one's fitness regime and it is as important as exercise. Co-founders of Under 500, Fadi Ghaly and Mahmoud Bartawi, share their advice on maintaining a healthy diet.

## Steak and Mushroom rice – 498 Calories

**Eat the right amount of calories for how active you are**

The first step to a healthy diet is being vigilant about what you eat. Most people assume that calories are bad for you, but they provide your body with energy. It is only when your calorie intake exceeds the amount of calories you burn, you gain weight. We need to make sure that when we consume calories, the fat, protein, and carbohydrates that we choose to eat are as micronutrient dense as possible.

A healthy option would be to replace processed carbohydrates that increase blood sugar and insulin, and shift to unrefined and unprocessed whole grains such as brown rice, whole wheat, quinoa and oats. Eating potatoes with their skins on not only gives you more fibre but leaves you feeling fuller for longer.

A few healthy options from Under500 include quinoa, whole grain pasta, brown rice and sweet potatoes that are baked instead of fried.



## Chicken Burrito Bowl – 479 Calories

**Eat lots of fruits and veggies**

We must make sure the majority of our diet consists of a variety of fruit and vegetable options. This is easier to do than you think, from having vegetables raw and as a snack to preparing fruit and vegetable juices or smoothies. Under500 has a great variety of vegetarian options such as Rainbow Quinoa, the Organic Lentil Salad, and the Chicken Burrito Bowl. Under500 also offers a well-balanced menu and great breakfast options with fruit such as granola and smoothies for a healthy kick-start in the morning.

## Salmon and Quinoa – 441 Calories

**Cut down on saturated fats and sugar**

Although we must pay attention to the fats we consume, fats are a necessary component to our diet. It is important to have foods with unsaturated fats, such as fish, raw nuts and fruits like avocado, as saturated fats can increase cholesterol in our blood and heighten the risk of heart disease.

We need to avoid fatty foods such as hard cheese, cakes, cream and butter, so opt for raw nuts, fish and avocado instead. The Under500 Grilled Salmon Avocado is a great low fat option to keep you light and active.



## Egg Quinoa Tabouleh – 235 Calories

**Eat regularly and in moderate portions**

Keeping your portion sizes reasonable will help you enjoy a variety of different meals while having a balanced diet. Portion control and calorie counting can help you consume meals more frequently, and helps diminish overeating. Snacking can help you curb hunger and Under500 has some great power-packed breakfast options such as Steak and Eggs and Egg Quinoa Tabouleh.



## Slimmed Down Brownie – 208 Calories

**Get active**

Just dieting alone will not help you achieve drastic goals and it is very important to accompany healthy eating with healthy living. This includes getting out, being more active, pushing yourself harder, and finally having an Under500 brownie to reward yourself after all your hard work.

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# FALL JEWELRY TRENDS

Fall is the season of change...

With change comes the need to revamp your look and your wardrobe.

Al Manara

International

Jewellery shares with us the most desirable jewelry and watch trends, to look for this season...

**What are the Fall/Winter jewelry trends?**

Jewelry in rose gold, yellow gold or white gold, with gemstones in darker hues.

The pearls have been on the sideline for some time now and I see it coming back, either as a center drop for a stunning necklace, a strand with a mix of different elements or as a mother-of-pearl inlay in the jewels or watch dials.

**What colors would you say are in this Fall/Winter?**

Purple, green and blue are the colors for this season whether it's through the use of gemstones or watch dials. I noticed that green and purple colored dials have become accepted as not just a trend but a style now.

**What jewelry themes are brands following this season?**

Nature garden themes which is usually associated with spring, is now used for fall/winter but with the use of darker colored gemstones such as emeralds, sapphires and amethysts.

If there is one piece that you think every woman should own this season, what would it be?

A statement watch with a purple or green dial, the more the diamonds the better.

Chokers and collars are taking over the jewelry and accessories market nowadays.

**What chokers and collars do you recommend?**

Although chokers are becoming more popular, women especially in the UAE still prefer a regular collar or princess length necklace and



pendant, especially when it comes to fine jewelry.

**Men are usually limited to watches, what else would you recommend for them this fall?**

We have had a lot of demand for the Piaget

Polo S watch especially the automatic with date in blue

dial. A man can wear it to work, on weekends and for evening occasions

as well. It's versatile, yet stays true to the integrity of the brand.

**Multi-layering your Jewelry is becoming a sort of a trend; do you think that's in this season?**

Multi-layering has always been around especially for bracelets and bangles. Lately, jewelry artisans have raised the bar and created stunning fashion forward chains and necklaces. This season we see more delicate layering compared to bolder designs of the past.

**Do you have any limited collections from your brand portfolio this season?**

Definitely. There will be some unique and exciting pieces in AMIJ this season. One that really excites me is the Ulysse Nardin Grand Deck Marine Tourbillon, with jumping hours, retrograde minutes,

one-minute tourbillon. It is a marvel to watch the time display system and the dial is inspired by a ship's wooden deck, limited to 18 pieces globally and we are anxiously waiting for our piece!

**What watches do you offer to men and women this Fall/Winter?**

We have about 30 brands of Bulgari watches to choose from, on display in our showrooms. Watches with green dials are increasingly becoming an everyday staple for our Middle East

clients. My favorites are the Lvcea two tone steel and rose gold with green dial for women and the Octo steel for men in green dial.

**Fall is the season of change... With change comes the need to revamp your look and your wardrobe. Al Manara International Jewellery shares with us the most desirable jewelry and watch trends, to look for this season...**





### Philip Stein Gold Cocktail Collection

Philip Stein's gorgeous Cocktail Collection in gold, embellished with up to 216 diamonds, is the ultimate party accessory to ensure you sparkle, while keeping you in balance with natural frequencies. Fitted with interchangeable calf leather double or single straps, the wearer can opt for different colours in order to change the look of the watch, to match their outfit or their mood. 18k rose gold set with a unique dual time zone, ensures that you can keep local time, while knowing your time in your home country, or your favourite city.



### Piaget Limelight Stella

The first complication watch dedicated to women, the Limelight Stella watch is writing a new chapter in Piaget's enduring love story with women. While the Moon has been a symbol of timeless femininity since the dawn of time and in all four corners of the earth, Piaget expresses a new approach to this theme focusing on its aesthetic and above all its lyrical nature. Dreams and imagination pervade time's relentless march, infusing it with a unique touch of soulfulness.



### de GRISOGONO NEW RETRO LADY

de GRISOGONO explores the timeless refinement of the 1950's with the introduction of their latest collection; New Retro Lady. With a large rectangular model that is at once minimalist, atypical and intrinsically elegant, the timepiece asserts the inimitable de GRISOGONO style. It appears in colorful or understated versions, the New Retro Lady is all about bespoke and finely tailored details.



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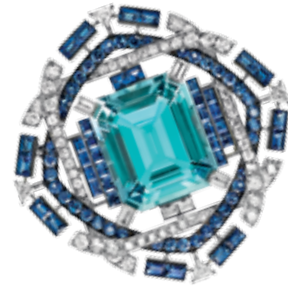
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### Chaumet

For more than 230 years, Chaumet's excellence in High Jewelry has been bequeathed from one master jeweler to another. Bejeweled with diamonds and precious stones, carefully selected for their exceptional purity and sparkle, the jewels are brought to life by the Chaumet jewelers, stone setters, polishers and engravers. Chaumet puts happiness at the heart of its creations, celebrating tender feelings, love and passion. For the holy month of Ramadan, Chaumet selects majestic jewelry pieces that reflect true love and devotion.



### Swarovski Crystal Galaxy

From constellations of stars to planets in orbit, from the colors of the cosmic night to shapes of sparkling icicles, Creative Director Nathalie Colin captured a kaleidoscope of elements she translated into fashionable pieces that feature modernity, brilliance and remarkable craftsmanship. Crystal Galaxy is the perfect theme to play with light and shadow and to exude the mysterious appeal of the galaxy.



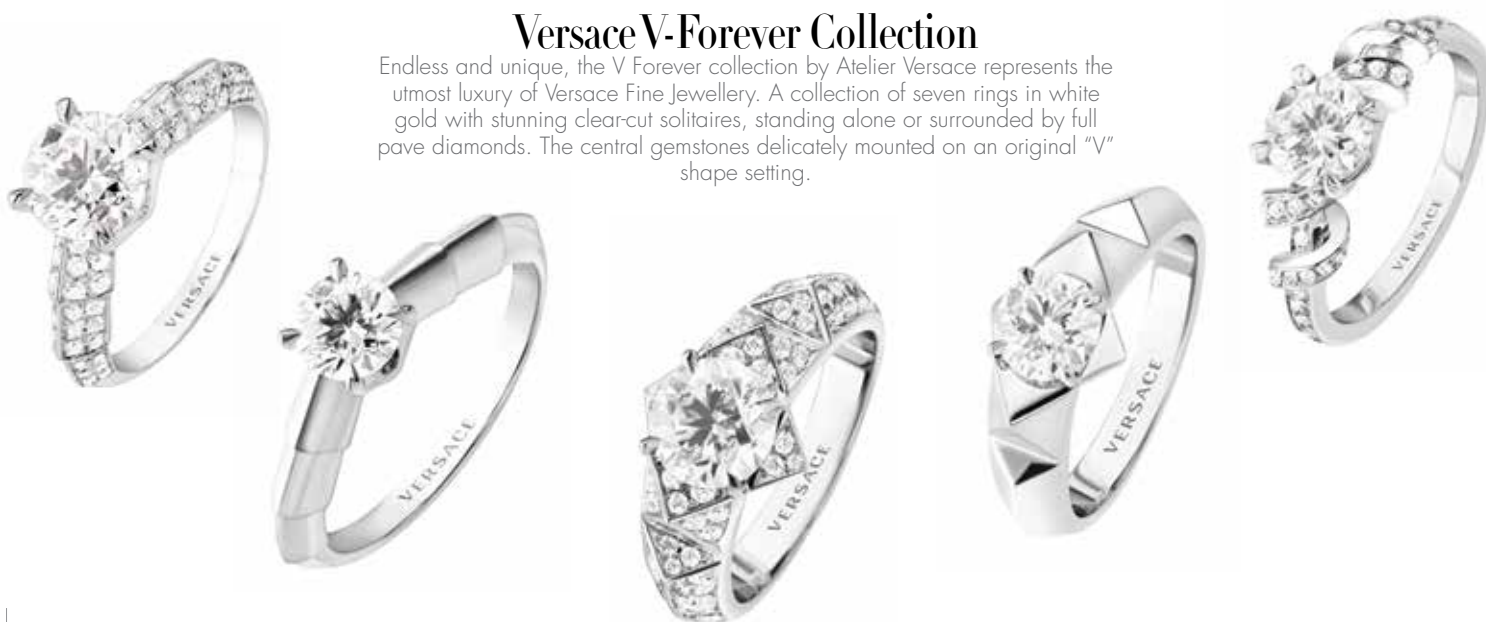
### La Marquise Jewellery

They say that moonlight drowns out all but the brightest stars. Outshine them all with La Marquise Jewellery's enchanting Ramadan Collection. Inspired by the elements of Islamic art and culture, La Marquise's designers and artisans have crafted a Ramadan collection, which is sure to cater to all tastes. Meticulous details such as the setting of the opulent Tanzanite stone and ornaments like the emerald and diamond halo are the signature and unique features of these pieces. The Ramadan Collection is available at La Marquise stores.



### Versace V-Forever Collection

Endless and unique, the V Forever collection by Atelier Versace represents the utmost luxury of Versace Fine Jewellery. A collection of seven rings in white gold with stunning clear-cut solitaires, standing alone or surrounded by full pave diamonds. The central gemstones delicately mounted on an original "V" shape setting.



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There's nothing like a lazy Friday brunch! The mute candor of a stress-free day, slow paced and technically traffic free roads, all add up to the... languid mood. On just such a Friday, we headed to the Shores Restaurant at Ramada Plaza JBR, for a much needed family fun Friday brunch, and quickly immersed ourselves in the undemanding and steady Friday afternoon.

As we stepped into the restaurant, the first thing that we observed was the spaciousness and the airiness of the place, with an open 150 degree view of the surrounding JBR and its distinctive beige brown buildings. The restaurant is located on the ground floor which also makes for easy access, for the residents as well as the guests. The Alfresco dining option on the terrace is also huge and it can accommodate up to 100 guests, but that option is good either during the days when the weather is mild or when you want to enjoy a warm evening meal. Inside the restaurant the ambience is laden with the usual casual vibe, typical of casual diners. With clean and shiny flatware, napkins and geometric mats, the atmosphere is warm and



inviting.

Since we were in for a Friday brunch the food options were in accordance with a brunch menu, umpteen breakfast essentials to light meals and nibbles, a live cooking station for pastas, one sea food station with a huge variety, and pizzas. As an international brunch the dishes featured on the menu, had a little bit of everything from all around the globe...

We started our brunch with the delicious Clam Chowder soup; warm, creamy with the right amount of nautical fare! Moving on, from the extensive salad station what fascinated us, were the melon and mint chilled shots, which came as a refreshing mouth cleanser. Other noteworthy options from the salad station included (Indian) Chana Chat and delicious homemade style Coleslaw and the intriguing Wasabi Glazed Chicken. For the mains we thoroughly enjoyed a white rice base with Caramelized Onions, Garlic Beef with Oyster Sauce, traditional Lamb Stew and Shish Tawook. From the live cooking station we customized for ourselves (as the check prepped it), a spicy (made to taste) beef stir-fry as well as Penne Pasta in Tomato sauce. Our meal was supplied with a free flow of drinks



which made it totally satisfying. Lastly we turned our attention towards the beautifully arrayed dessert counter, which offered a variety of sweets including fresh fruits, bite sized cakes, pastries and some Arabic sweets. The whole concept of brunch over a weekend is to relax and enjoy food in a leisurely manner sans stress... For families with eager beavers, restlessly running around, the restaurant has the perfect arrangement. One of the highlights of the restaurant is the dedicated Kid's Corner, with a separate menu to please them and loads of activities to keep them occupied, while you enjoy that lazy afternoon you've been looking for...

All in all, Shores at the Ramada Plaza JBR offers a sumptuous "trip around the world" buffet which includes Mediterranean, Asian, Italian, Seafood and European corners, along with sushi and sashimi extravaganza and a selection of delectable desserts.

The restaurant also offers special theme nights, discount deals and business lunch offers. The Friday Brunch is priced at Dhs225 (soft drinks), Dhs325 (house beverages), Dhs110 (kids aged six-12). Kids below 6 years dine for free. They are located at the Lower Plaza level of Ramada Plaza JBR Hotel. Ramada Plaza Jumeirah Beach Residence at JBR, Bahar 7, Dubai, UAE [www.ramadaplazajbr.com](http://www.ramadaplazajbr.com)

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Free parking available. Easy access form the Marina side (Jumeirah Beach Road).



# Brunch at Shores...

a trip around the world on a Friday afternoon



# A WORLD away

We all need a good break from time to time. By break I don't mean to imply a visit to the mall to shop, or a coffee break with a friend, or even a day off doing nothing. By break I mean... to shut down everything, shun the stress, bid adieu to the routine, not listen to thoughts reminding you of your pending work. Instead, think of a utopian world where everything kind of slows down. Where stillness serenades and where contentment takes over the mind and the body... This seems impossible in these times though, for nothing is free of the burden we carry with us, known as the modern lifestyle, and yet there are things that can be achieved if we try...

In desperate need for the coveted 'nirvan', we decided to give ourselves a break and checked into the Anantara - The Palm Dubai Resort, for a two day break right before the end of summer vacations. It was meant to bid a final farewell to the sultry, scorching days and savor a few lazy days of good summer fun, before the ruckus of the heavy season in Dubai starts. What we didn't realize was that we were in for a real treat...





A sprawling property, Anantara - The Palm Dubai Resort is set amidst lush tropical landscaping with sinuous cobbled pathways that lead to the 293 luxurious rooms and villas only accessible by foot or by the Thai prototypical “Tuk Tuk”...

We were lodged in the Deluxe Room facing the electric blue lagoon... The room décor radiated Asian inspired luxury elements with dark wooden floor, silk cushions on the bed, a canopied ceiling with a fan in the middle, and a balcony overlooking the beautiful Lagoon. We weren't lucky enough to get the room that opened directly into the lagoon, but we were happy to have the perfect view from the top...

## The Stunning Lagoon

After a little time spent checking in (due to the huge lineup of guests checking in and out) we took our maiden Tuk Tuk ride to our room. It was bumpy, but all the more fun! As soon as we arrived we wasted no time in getting ready for the dip in the teasingly inviting lagoon... The most interesting thing about the lagoon was the sense of privacy it gave. Although all the deluxe villas faced the lagoon, none the less the huge area and design gave room to everyone to enjoy in a private setting, which a pool somewhat lacks. Open 24 hours the lagoon is especially alluring for those looking for a late-night dip or for those who just don't want to face the sun... The lagoon temperature was also controlled to make it even better for the hot summer months. Perfect for a family with kids or young adults alike, it is the most fascinating attraction of the resort.

Infusing luxury with exotic elements from the tropical beauty of Thailand, the lagoon was serviced by longboats. Idyllically indulgent is the phrase that leaps to one's mind, especially when on a bright sunny afternoon the floating market style boats glide across the lagoons, serving perfectly concocted cocktails and other refreshing beverages, making the Thai inspired getaway all the more charming...

After a few hours spent swimming, floating and paddling in the lagoon, hungry was on our minds and stoically we got ready for dinner...

## Dinner at Crescendo

After a few hours of immaculate fun and pleasure at the lagoon, we headed for the themed night dinner at Crescendo, the all-day dining restaurant, serving a variety of international cuisine. We happened to try the French theme night, which included many of the French delicacies and traditional fares. Since it was a buffet, we got the chance to taste a little bit of all the Parisian culinary wonders, and fell in love with, Coq au vin, Lamb Naravin, Ratatouille, Boulanger Potatoes, Veal Blanquette, Pillav rice with green peas, Mud Crab and Lobster Bisque. Having an incurable sweet tooth, I was mesmerized by the variety at the dessert station. A lavish array of pastries and pies piled elegantly





in a decadent display, was pure ‘joie de vivre’ ... We loved the custard pie, crème brûlée and the homemade ice cream, not to mention the insanely delicious éclairs and a luscious flan like chocolate dessert (whose name we forgot to notice while we were busy devouring it). Besides the massive variety on offer at the themed buffet, the salad bar, the live cooking station and the seafood station are permanent staples of the restaurant, offering ample refreshments, starters and palette cleansers.

The restaurant also features live music for dinner which accentuates the mood of the restaurant yet keeps it causal and welcoming. The restaurant seating area is massive... And it is almost impossible to miss a perfect spot. There’s also special buffet for children, in case you have picky eaters with you...

After a sumptuous dinner and a friendly chitchat with the members of the staff, who were well informed and obliging, we headed back to our room, and instead of a tuk tuk we opted to walk to our room. There’s something mysterious and romantic about Arabian nights, they are warm yet light, silent yet animated. It reminds one of the softness of the weather that we often overlook given the fact that it is always humid. Nights are really gentle and mild, even with high humidity levels they are still inviting, even compelling. Enchanted by the balmy weather and allured by a desire to check out the beach, we took a little detour... The resort’s private 400 meter beach felt unsullied at night. Under the Orion it shone with countless sand grains warm and tickly under our feet...

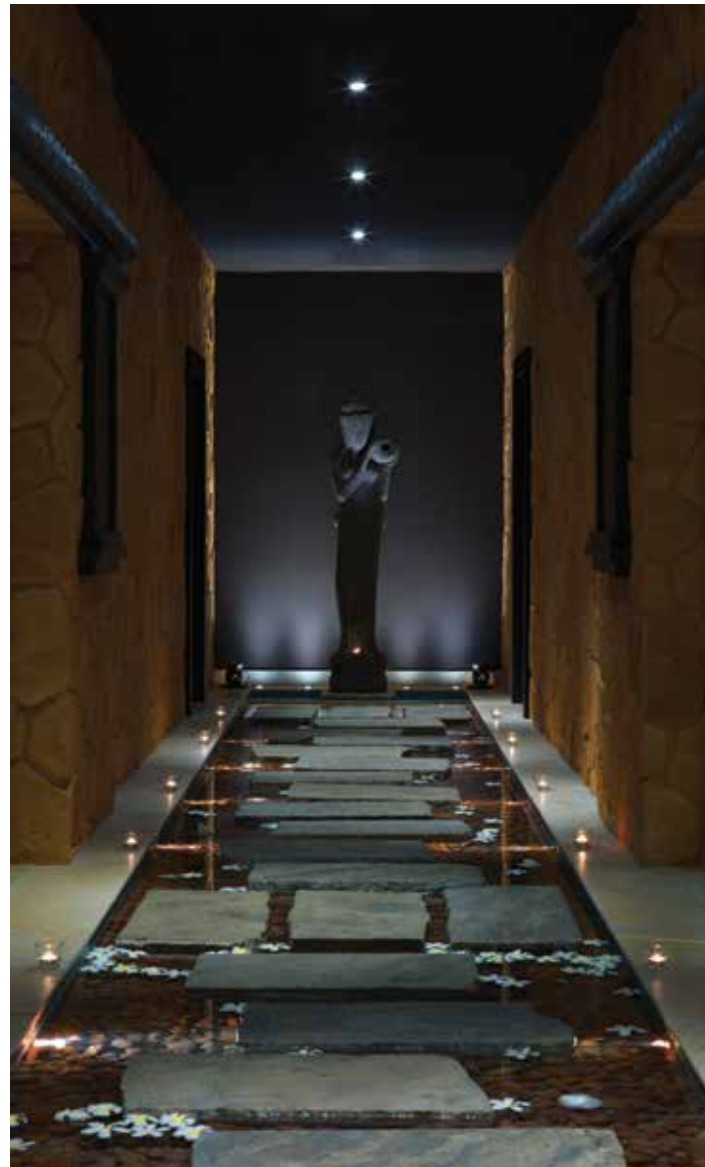
## A day at the pool

In the morning after a hearty breakfast at the Crescendo, we were ready for a day dedicated to the pool. With water that was much colder than the lagoon, the shoreline infinity pool that overlooked the Palm, was huge. With a small tiki bar, a shop to buy swimming gear



in case you need some and plenty of lifeguards, it was immediately engaging. Whether you want to dive in the water, float in a tube, do a cannon ball, or just want to get a good tan while reading a book by the poolside, it is simply relaxing and takes your mind off of things. Another extremely amusing element is the quirky supply of ice pops which were a great hit with the kids and the grown-ups alike.

## Experiencing the Anantara Spa



I strongly believe that no great escape to a wonderful place is ever complete without a trip to the spa, which in fact is the ultimate haven for relaxation. We wanted to try the famous Hamman treatment but we went for the relaxation massage instead. With an extremely genial Thai masseuse, I changed and headed to my very own massage room which also had a changing room inside. Draped with red curtains and embellished with a variety of Thai elements, it looked attractive and relaxing. The massage started off with a five minute foot cleansing and massaging ritual, which was very comforting. The choric element was added by the masseuse, as she explained the massage details and

the areas where stress accumulates in our bodies. After opting for my choice of music, the 50 minutes long massage began. I don’t know if it helped my muscles or not but I dozed off in absolute peace, which in fact vouches for the absolute relief I experienced. 50 minutes of bliss; to heaven and back, it was like dreaming and coming back to life! And I’m sure this is exactly what I came looking for, annihilation, escape from reality, and a place to close my eyes and feel light! Besides the luxurious treatment rooms, the lavish Asian inspired sanctuary also comes equipped with sauna, steam room, showers and whirlpool featuring Microsilk technology, Turkish-styled hammam, relaxation areas, changing rooms and a boutique where guests can purchase their favorite spa products.

## A property tour

Fascinated by the beautiful spread of this wonderful property, I felt compelled to hitchhike and see what more the place had on offer... Anantara The Palm Dubai Resort offers rich journeys of discovery with renowned Thai hospitality in Dubai, offering a unique urban escape that is quite unlike any other. Positioned on the eastern crescent of the iconic Palm Jumeirah, the impressive choice of private villas at the

Resort include Beach Pool Villas each with a personal infinity pool; Over Water Villas poised over the Arabian Gulf with glass viewing panels, completely unique to the Middle East. While, families and friends travelling together will find that the Two Bedroom Anantara Beach Pool Villa provides the epitome of luxury, privacy, space and style.

Amongst the variety of gastronomic offerings, Bushman’s Australian Restaurant & Bar, showcases the art of succulent flame grilled delights and the Asian themed specialty restaurant, Mekong, takes diners on a mouthwatering journey across Thai, Vietnamese and Chinese cuisines. The Beach House expresses the rich simplicity of Mediterranean flavors in a breezy shoreline setting. Lotus Lounge, in the lobby, serves afternoon tea by day and cocktails at sunset. Mai Bar refreshes guests with an enticing beverage and snack menu in shady poolside bliss and at the swim-up bar.

Guests can also keep up with their exercise routine at the fully equipped gym and tennis courts. To keep your young ones engaged the resort also has a Kids and Teen Club, totally equipped with everything to keep them busy with a totally polite staff... at hand.





# I ♥ Dubai

From Halloween specials to lazy Friday brunches, from therapeutic Spa treatment to non-surgical face lift, here's what's hot and happening now...



## Specials at Range, Wyndham Dubai Marina

Known for its premium steaks and authentic Louisiana grill décor, Range at Wyndham Hotel, Dubai Marina is offering promotions all week long. Start the week at Range's Tomahawk Steak Nights every Sunday and enjoy a staggering 1.2kg of the finest steak in town for just AED 405, it includes a free bottle of grape. Monday nights are all about the men; enjoy a selection of drinks and snacks for just AED129 from the 'Lads Beverage' menu, 8:00pm until 11:00pm. On Wednesdays it's the Ladies turn; from 8:00pm until 11:00pm, ladies can enjoy a three course set menu with unlimited selected drinks for just 149 AED. For reservations visit [www.wyndhamdubaimarina.com](http://www.wyndhamdubaimarina.com) or call +971 4 4078847.



## Chilling and Grilling with Perry & Blackwelder's Backyard BBQ Fridays!

Inspired by and named after the legendary Henry Perry and John Blackwelder, the fathers of authentic BBQ, Perry & Blackwelder (P&B) at Souk Madinat Jumeirah is taking Dubai's Friday afternoons to the next level with fun-filled American Backyard BBQ. Perfect long and lazy Friday afternoons, P&B guarantees a 'no fuss' approach to weekend fun – quality food, great service and good tunes create a vibrant atmosphere every Friday from 12pm – 4pm. AED 195 for soft drinks, AED 295 with house beverages. For bookings, call 04 432 3232 or email [restaurants@jumeirah.com](mailto:restaurants@jumeirah.com).

## Brunch at Four Seasons Resort Dubai at Jumeirah Beach

Weekend brunches are back at the Four Seasons Resort Dubai at Jumeirah Beach. From 1pm – 4pm, Sea Fu's Saturday brunch offers Asian-influenced delicacies in a cool, lounge atmosphere. The "Party Blind Brunch"; a concept with an array of food served to the table, allows friends and family to relax in a laid back atmosphere with a Japanese influence. Nonalcoholic Brunch is 295 AED per person. The Suq invites guests to enjoy a scrumptious brunch in a warm and inviting atmosphere complete with live music and a tantalizing buffet of dishes from around the world. Nonalcoholic Brunch is 350 AED per person.



## Halloween Dinner Le Meridien Hotel Dubai

Dress like your favorite monster this Halloween. Watch your back... its dinner or die Halloween special at Meridien Village Terrace. The Halloween Dinner is priced at AED 229 from 8pm – 11pm on 31st October, 2016.







## M Lounge by Mint Leaf of London

Serving modern Indian tapas-inspired dishes from live cooking stations, M Lounge by Mint Leaf of London offers luxe surrounds and a full schedule of live entertainment throughout the week. With a DJ throughout the week and live entertainment every Monday, Thursday and Friday evening, M Lounge brings the inimitable Piccadilly party vibe direct to DIFC. Enjoy one of the city's choicest Ladies' Nights every Monday evening, with complimentary drinks and discounted food and beverage for ladies and gents, or try the Wednesday Social, a relaxed evening of free flowing sparkling, cocktails and house beverages... For more info contact +9714 706 0900 / reservations@mintleafdubai.com



## Sumo Sushi Bento October Specials

Sumo Sushi Bento has geared up for the season by introducing new dishes and drinks to its delectable menu. Starting from Tornado Roll - Crabstick tempura, avocado and cream cheese all rolled together and topped with tuna, spicy mayo, a special crunch, Sumo's secret tornado sauce, and kiwi for a 'tropics meets orient twist', Origami Wonton - A mixture of chicken and shrimp wrapped in a traditional wonton, and Southern Chiller - Orange and yuzu juice mixed with crushed mint and tropical hints of lime, orange and lemon to keep you cool.

## Casa de Tapas Delicious New Dishes

Casa de Tapas the groovy Spanish eatery, has introduced new dishes to its highly acclaimed signature menu. Guests can sample an array of new delectable dishes, including the already popular Navajas A La Plancha Con Ajo Y Perejil, razor clams cooked on a flat top, served with parsley, garlic and olive oil, the wholesome Arroz Cremoso De "Boletus" Y Queso "Idiazabal", creamy Spanish rice cooked with mixed mushrooms and "Idiazabal" cheese and for meat lovers - Entrecot A La Parrilla Con "Escalivada", grilled rib eye steak (400g), served with roasted vegetables and homemade "pico de gallo" and "chimichurri". Guests looking for a lighter bite can enjoy new tasty salads including Ensalada De Pollo, Ensalada Mediterránea and Ensalada De Canónigos Y Bacon. For reservations call +971 4 416 1800 or email reservations@casadetapas.ae



## Delphine's Organic A La Carte Breakfast

Enjoy a delicious selection of freshly prepared buffet dishes, a live egg station, organic specialties from the menu, a detox smoothie counter and a dedicated children's section. Perfect for a business breakfast, pre-work fueling, or a lazy weekend with the family, Delphine Organic Breakfast is possibly the best breakfast in Dubai. Priced at AED 135 per person including buffet, unlimited a la carte dishes, hot drinks and fresh juices.



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# Seasonal home decor



Tips to style your home perfect this season!



With the change in the season outside, it is the perfect time to make a few changes inside as well. Changes, simple or grand, that help meld the old with the new and add a breath of freshness or create the perfect living space. The upcoming winter season in Dubai is warm with shorter days and the perfect time to play with light, add fresh, crisp textures and bright colors to your interior design... Michelle Dinsmore, Head Visual Merchandising, Home Centre, shares the latest trends in home décor and how to incorporate them into your home...

## Latest Tableware Trend

If you like simple and clean tableware – use monochrome tableware in grey and white with marble, concrete, glass and stainless steel for a modern look.

Layer a table setting with stainless steel chargers, crisp white plates and geometric table linens to complete this sleek look.

Natural and organic is also a fun trend to make your table look and feel like a moment from a lovely alfresco Tuscan dinner.

Accent your table with natural wood serving dishes and adorn each place setting with mini wreaths.

To complete the look, use glass vases filled with flowers in greens tones or simply filled with branches or large leaf stems

## The Right Seating Area for any Occasion

To give your living room a warm and welcoming feel, use subtle wall colors like light shades of coral, glossy ivory, light cyan and combine it

with furniture in contrasting shades.

To accommodate extra people add benches or stools. Decorative stools and ottomans can add color and style and they may be used as small side tables, foot stools or extra storage.

Turn a boring seating area into a trend worthy space by adding a rug with geometric patterns in bright colors.

Switch out those bright-high watt bulbs with lights in lower watts to create a soft glow for evening gatherings.

Plants and flowers always brighten a dull seating area by adding texture and pops of color.

## Wall Art

Layer your favorite photos and paintings on a window ledge or shelf above a sofa.

Create a conversation starter with wall art that reflects something personal – collection of vintage airplane stamps from around the world or black and white photos from your travels.

Use your favorite quote in a large oversized frame to create art and daily inspiration.

Select frames of different metals and woods to create an eclectic and energetic look.

Use paint to create wall art by painting large horizontal strips in tones of blue or teal. It can be easy to do and makes a small room look bigger.



## Island style celebration at Trader Vic's

Marking its 12th anniversary at Madinat Jumeriah, Trader Vic's, dedicated a week filled with great offers and special menus. The true island style celebration would have been incomplete without the magnificent live band and dancers that entertained with their exquisite moves and extravagant costumes. Trader Vic's Madinat has been franchised, owned and operated by Rmal Hospitality since 2004. The popularity of the place can be attributed to the eclectic menu, ranging from New York steaks to Asian curries and everything in between. The outlet has been known to sell up to 1000 of its Tiki Puka Puka cocktail infusions in just one night.



## IWC Schaffhausen Welcomes Hend Sabri as Brand Ambassador for the Middle East

The Swiss luxury watch manufacturer has officially announced Hend Sabri as a brand ambassador for the Middle East. The Tunisian actress is known in the region for the various roles she has portrayed in film and on television. The actress and professionally trained lawyer is also an ambassador for the United Nations World Food Program. "It is my pride and honor to have been selected as a brand ambassador for IWC Schaffhausen. I admire the brand's support for local filmmaking and look forward to working with them closely to promote it further in the future", Hend commented on her appointment. IWC Regional Brand Director Luc Rochereau added: "It is our pleasure to welcome Hend Sabri to the IWC Schaffhausen family. She is a powerhouse performer and also makes a difference through her humanitarian work. We have found the perfect partner in her."



## Schwarzkopf Professional Debut in the UAE

World renowned haircare brand, Schwarzkopf Professional recently made its grand debut in Dubai, the fashion capital of Middle East. Owned by German consumer product giant, Henkel, Schwarzkopf Professional has been launched in partnership with DBD Holding, the official distributor of Schwarzkopf Professional in the UAE. Schwarzkopf Professional is a global leader in professional hair care for more than 118 years, providing aspirational innovative brands, technologies, and relevant trend driven services delivered by an inspiring team of experts. The brand also launched its Fall/Winter 2016-2017 color collection at the event, hosted by Schwarzkopf Professional Global Color Ambassador and renowned stylist, Lesley Jennison.



## Rolex Flagship Boutique at Mall Of The Emirates

In partnership with the Middle East's largest Swiss watch retailer, Ahmed Seddiqui & Sons, the prestigious watch making brand, Rolex has launched its new design concept at its relocated flagship boutique at the Mall of the Emirates. Guests and members of the press joined Mr. Abdulhamied Ahmed Seddiqui, Vice Chairman Ahmed Seddiqui & Sons and Mr. Yann Du Pasquier, Rolex Director Middle East, at a morning event to rediscover the new boutique. Special guests came together to celebrate and to mark the occasion. "We are delighted to reopen our doors at Mall of the Emirates, unveiling the latest Rolex design concept to our clients in Dubai, together with our long-standing partners. The boutique perfectly represents the Rolex universe, inviting the customer to experience the brand's legacy," said Mr. Abdulhamied Ahmed Seddiqui, Vice Chairman Ahmed Seddiqui & Sons. "The UAE continues to prove to be a key market in the Middle East and therefore we see the redevelopment and relocation of another important boutique as a step towards reaffirming the brand's positioning."



## MAKE UP FOR EVER The Brow Show Campaign

Make Up For Ever, tuned-in as it is to the beauty needs of professional makeup artists and everyday women alike, is back with a full and revolutionary eyebrow product range as part of THE BROW SHOW. The BROW SHOW campaign took place in collaboration with the international celebrity makeup artist, Hrush Achemyan, known by "Styled by Hrush" and the makeup artist of the Kardashians and the Jenners. The unprecedented BROW SHOW also marks the launch of two new brow products, namely the PRO SCULPTING BROW PALETTE - a 4-in-1 eye makeup signature palette, and the BROW LINER - Intense brow definer, side by side with the timeless star products: AQUA BROW - a long-lasting, smudge-proof eyebrow corrector, and PRO SCULPTING BROW - the 3-in-1 Brow Sculpting Pencil, to complete an absolutely comprehensive and brow-perfecting range.



## DAMAS LAUNCHES SAMA - 'A HIGHER STAGE' OF LUXURY

Damas has launched luxury jewelry brand - SAMA - at a spectacular gala event in the Armani Hotel, Burj Khalifa last Thursday. The launch of this premium line and its association with A-list Hollywood celebrity, Penélope Cruz, marks a significant milestone in Damas' rich history driving the brand to greater heights and further strengthening its position as a leading player in the market. Derived from the Arabic word 'Sumou' meaning elevation or splendor, the Sama line is named as such, for the fact that the pieces represent a 'higher stage' of opulence. Speaking about the collaboration with Penélope Cruz, Anan said, "we are thrilled to be working with Penélope, an ambassador whose values and characteristics perfectly fit the heart of the brand. She is one of many celebrities we've tied up with but this is, by far, our most glamorous campaign. With this launch, and the collaboration, we are truly moving from a famous jewelry retailer in Dubai to conceivers of a famous jewelry brand from Dubai."





# Bourjois Volume Reveal Event

Bourjois recently launched its Volume Reveal Mascara at an event held at a Real Life Studio, Al Quoz Dubai. Social media influencers, Noha Nabil, Dala AlDoub & Ascia AKF collaborated with Bourjois for the event, engaging fans and followers virtually through a real maze. The fans guided them via social media and helped them discover the location of the new Bourjois product- the Volume Reveal Mascara and a way out of the maze... An artist lodge was also dedicated to women and beauty, offering all the guests a chance to be dolled up by Bourjois experts in a Parisian ambiance with Parisian musical notes.



# Al Habtoor Motors presents a perfect time to own a Mitsubishi

Al Habtoor Motors makes this summer very special for its Mitsubishi customers choosing to buy a brand new 2017 Mitsubishi ASX or Attrage, or other 2016 models of Pajero, Lancer EX, Outlander, Montero Sport, or Mirage. The 2016 Pajero customers benefit from special price starting from AED 89,900, also available is a deferred payment plan with installments starting from January 2017 and 0% interest for 2 years. In addition, most models come with Free Insurance, Free 5 years or 100,000 Km Warranty, Free Service up to 10,000 km, Free LLumar® window tinting, and Scotchgard™ protection. Customers can now buy the spacious Lancer 2.0 EX from AED 39,900 and the sporty 2017 ASX crossover starting from AED 59,900. There are also very special deals being offered with Montero Sport, Outlander and Mirage.



# Beautylicious 10th Anniversary

Beautylicious recently celebrated its 10th year anniversary. The exclusive distributor of Alterna Haircare, Eminence Organic Skincare, Zoya Nail Polish (Art of Beauty), Real Techniques and BCL Spa Products, started operating in Dubai in 2006, with Ms. Paula Behrens as General Manager. Beautylicious' main office is in Kuwait with Founder and CEO Areej Sultan heading the entire team. While, Beautylicious Dubai continues to excite and expand with brands that are high-end, luxurious and niche. Beautylicious will soon be introducing more brands in its ever-expanding beauty portfolio.



# Rose Oud nights



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