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Eye on Gemme
Ivana Okereke
GEMME COUTURE

The skinny
on deep
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DERMACARE

Exclusive Interview

ANNA KENDRICK

"DON'T ASK ME HOW ROUGH IT WAS..."



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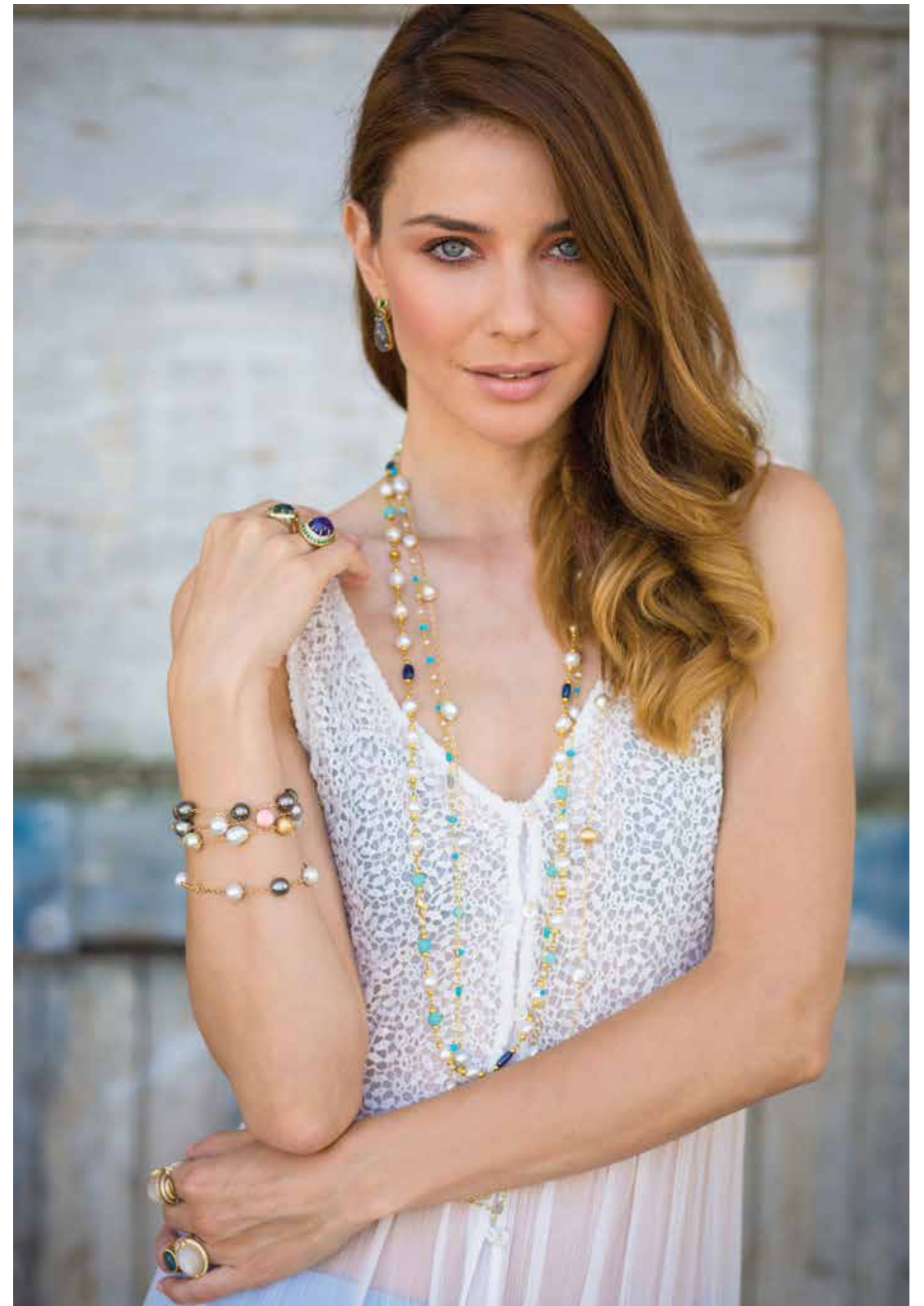




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EDITOR'S NOTE

Ode to woman

It's been quite an eventful month, first it was the empowering women's day then the very emotional mother's day followed by a very happening & wishful bridal season – so, we have been totally busy celebrating womanhood... whether it was about being a mother to becoming an entrepreneur, or seeking inspirations for planning the perfect wedding; this issue certainly carries strong philogynous vibes.

Starting with our cover girl, **Anna Kendrick**, the young and fresh actress who knows what she wants and how she wants it in Hollywood. With a careful approach and a bit of lucky charm, she is on her way to being the next It girl of showbiz, she has already shown a knack for performances that have won her awards, from the early age of 13... we talked to her about her childhood, life in Hollywood and her work with some of the biggest names in the industry.

Since this season is big on weddings, we have plenty in stock for the brides to be, from elegant hair dos to the ultimate tips for selecting the perfect wedding dress, by none other but **Rami Al Ali**... there's something for everyone who is planning to tie a knot this season. A wedding is nothing without a little bit of dazzle, and nothing speaks glam more than colorful gems. **Ivana Okereke** is one such jewelry designer who is creating a stir in the world of custom-made jewelry designs. We sat down with her and spoke to her about her creative inspirations, her fascination with gems and the drive behind **Gemme Couture**; a bespoke jewelry line created by Ivana, perfect to add pizzazz to a wedding or to be given as a gift for that special someone, to make them feel special with one of a kind jewelry piece. We also did some research and brought you the best beauty treatments for a quick glow, whether you are a bride to be or planning for a dinner date, our feature “**Beauty treatments on the go**” give you solutions for your beauty needs.

We, all of us somehow agree that beauty isn't always skin deep, it goes deeper, or sometimes environmental factors and exposure to different elements begin to show up on our skin.

To understand skins core, we talked to **Dr. Ikramullah** from Dermacare with his 7 star specialty clinic dealing with skin related issues and got “The skinny on deep skin beauty care”. Also, don't forget to read our few words of advice if you are a new mom, and wondering about how to get back into shape after your pregnancy.

Our feature article “**Dining Hotspots**” is a well-researched guide to finding best and the most interesting neighborhood eateries, offering a variety of flavors and aromas... And for all the foodies like us, our ‘**I ♥ Dubai**’ section offers a list of the preferred dining out options for this month.

With all this and more, travel story, home décor ideas, runway updates and celebrity fashion; there's a plethora of ideas, inspirations and notions to be explored...

Happy reading,

Lamiya Sami

*I walk into a room
Just as cool as you please,
And to a man,
The fellows stand or
Fall down on their knees.
Then they swarm around me,
A hive of honey bees.
I say,
It's the fire in my eyes,
And the flash of my teeth,
The swing in my waist,
And the joy in my feet.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.
Phenomenal Woman
- Maya Angelou*

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CELEBRITY *Fashion*

The looks that captured our attention from the world of movies and the music industry from the red carpet and some of the biggest Hollywood premieres.

Emma Stone

Emma Stone looked beguiling in a fresh citron coloured beaded chartreuse gown that dripped with elegance and glamour as she walked down the red carpet at the Oscars 2015. The contrast of pale green colour with red hair looked absolutely stunning.



Rita Ora

Rita Ora changed her look three times during the 2015 Oscar awards but while walking down the red carpet she wore a beautiful deep blue Marchesa couture gown layered with bronze gold complimented by Lorraine Schwartz earrings.



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Jennifer Lopez

Songstress and actress Jennifer Lopez attended the 'Home' premiere held in Westwood, and looked radiant in a pretty blue mini dress. The 45 year old opted for her favourite Lebanese designer Zuhair Murad's creation, an icy blue frock from the designer's Fall/Winter 2015 collection.



Taylor Swift

Gracing the 2015 iHeart Radio Music Award at the Shrine Auditorium in Los Angeles. Taylor Swift looked edgy & cute wearing a Kaufman Franco sequined cut-out dress in black.



Rosamund Pike

Rosamund Pike at the 2015 Oscars Academy Awards was a flawless reflection of understated elegance in the Givenchy haute couture gown in deep rose red. The rich hue, soft texture and exquisite lines of the dress lended a stunningly regal look to the actress as she walked down the red carpet with perfect poise.



Cara Delevingne

Cara Delevingne looked super cute on the blue carpet at the 2015 MTV Movie Awards held at the Nokia Theatre in Los Angeles. Cara wore a Reem Acra dress with Saint Laurent shoes.



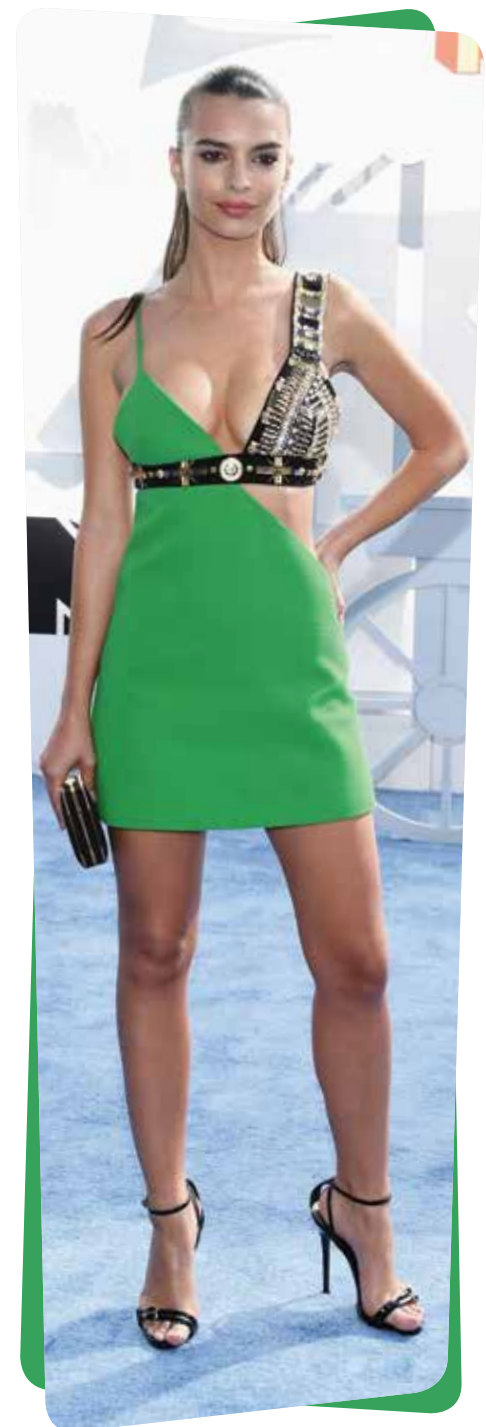
Scarlett Johansson

Scarlett Johansson added a pop of color to the blue carpet at the 2015 MTV Movie Awards held at the Nokia Theatre in Los Angeles. The 30-year-old actress wore a Zuhair Murad dress with Sophia Webster shoes, a Roger Vivier bag, and her own and Sonia Boyajian jewelry.



Emily Ratajkowski

The 23-year-old model/actress Emily Ratajkowski, looked sexy on the blues carpet at the 2015 MTV Movie Awards. Emily wore a Fausto Puglisi dress, Giuseppe Zanotti shoes, and an Amanda Pearl clutch.



FASHION

Must Haves



From cosmetics, shoes to handbags and perfumes. check out the latest fashion accessories and trends that you may want to consider purchasing...



GUCCI COSMETICS COLLECTION

Gucci's latest cosmetics collection is the ultimate fashion accessory for the Gucci woman. Defined by her femininity, Gucci woman represents the glamour and beauty of the fashion house. An essential component of her look, the makeup underscores her many facets, ruled by her confidence and sensuality. Gucci cosmetics collection is available at the Paris Gallery store in the Dubai mall.



Misslyn- Eyes Unlimited Collection

The new Misslyn's Eyes Unlimited Collection is all about those expressive, sultry eyes that never go unnoticed. Transform your look; draw attention to your eyes with the full new collection which includes a variety of products that are all about emphasis - flawless eye make-up, perfect for the day to night look transformation with its bold colors and volumizing mascara.

Moschino Stars

Moschino stars is a bouquet of stars. Like the constellation cassiopeia, it boasts unrivalled beauty and is bright, luminous and embracing. The magic sparkling of citron granita fragrance envelops like an aura and fills the sky full of petals. The melody of peony sensually dances with the golden orange flowers attracting jasmine petals with a wink.



Rimmel Idol Eyes

Kate Moss collaborated with makeup brand Rimmel London to introduce Idol Eyes. For the first time ever, the queen of chic took inspiration from dazzling rocks to reveal her own eye color. Kate brings her eye for style so that your own eyes are always in style!



L'Oréal Extraordinary Facial Oil

The new deeply hydrating Extraordinary Facial Oil by L'Oréal Paris is all the rage. It works with all skin types and adapts to individual, bespoke beauty rituals. Oils are the key ingredients of skincare and directly compensate for the internal lipidic deficiencies and their effects. The Extraordinary Facial Oil is formulated by blending 98% of oils from natural origins.

Serge Louis Alvarez Natural Precious Shadows Palette

Add a dramatic flair to your eyes with Natural Precious Shadows by Serge Louis Alvarez. SLA's new eye shadow palette offers a diverse array of colors. The colors range from earthy tones to vibrant shades in five piece palettes. The shades can also be used for cheeks. The shades can also be used as contour for the cheeks. The pure formula of SLA consists of 100% organic ingredients sourced from fair trade registered companies. The formula is completely phenoxyethanol and PEG free. It contains no petrol derivatives. The brand has a strong, ethical, company philosophy which resonates with the no animal testing policy.





essie's spring 2015

essie's spring collection 'flowerista' draws inspiration from spring, with the reawakening of the season revitalizing our senses and our palette. A time to express oneself in vibrant, beautiful colors, it is a collection for the fashionista who creates her signature style using floral-inspired fashions and the exquisite beauty of gardens in bloom.



Rula Galayini handbags

Rula Galayini contemporary handbags under her new eponymous brand – Rula Galayini, includes four distinctive lines, that are edgy, functional and artsy. The Dubai based designer, launched her first line of handbags in 2007 to much acclaim. It also took a starring role in U.S television series 'The Carrie Dairies' as well as on the arms of countless regional and international celebrities.

SIMONE PÉRÈLE Swimwear Creations Summer 2015

Simone Pérèle's new collection for Summer 2015 is a true chromatic explosion: blazing orange, ocean blue, electric purple... A highly colorful therapy harmonized with a fun mix of cut-outs and graphic design elements, surprising ultra-chic details, or bold prints that will boost your summer mood.



Killer Queen's Royal Revolution by Katy Perry

Created by Pierre Negrin of Firmenich, Royal Revolution, is a tempting and irresistible floral scent that conquers at first breath. Known in the Dark Ages for its magical powers and used in spells of impenetrable protection, the mystical Blackthorn epitomizes the balance of feminine beauty and wild rebellion.



Pumps by Kurt Geiger

Offering versatility like no other shoe style, these pumps by Kurt Geiger can be worn with virtually anything, from a formal work ensemble, an elegant cocktail dress to a jeans-based weekend outfit.



MAKE UP FOR EVER STEP 1 SKIN EQUALIZER RANGE

MAKE UP FOR EVER introduces new STEP 1 SKIN EQUALIZER that can transform any skin. STEP 1 SKIN EQUALIZER goes beyond preparing the skin for makeup, it is an equalizer that can balance out any skin to provide the perfect texture, making your skin smoother, more supple and glowing. Six expert formulas have been designed for six skin concerns and increase the power of the foundation.



OPI Limited-Edition Nail Lacquers Inspired by the Movie Fifty Shades of Grey

OPI has launched six new limited-edition nail lacquers inspired by Universal Pictures and Focus Features' Fifty Shades of Grey, the much anticipated film adaptation of the worldwide bestselling book by E L James. The collection includes five gray nail lacquers in varying shades and textures, along with one rich red hue.



BEAUTY SLEEP WITH KIEHL'S

After enduring makeup, oil, weather, and pollution all day, your skin needs some tender loving care at night. Beauty products also work the best at night when your body naturally restores itself. Kiehl's has just the right night time products you need to look your very best come morning time.

MOR Marshmallow collection Modern Apothecary

The award winning and pioneering creator of bath, body and lifestyle products, MOR is known for its exceptional creations, inspired by the tales of ancient civilizations, by-gone eras, travel and art. The indulgent Marshmallow range features an assortment of fragrant, yet beneficial products. The Fragrance, Vanilla Musk with Jasmine Flower is a feminine scent guaranteed to send you on a unique sensory journey.



Clarins UV Plus Anti-Pollution Day Screen Multi-Protection

Clarins introduces a powerful skin care product to protect not just from UV, but also pollution, to make it the best youth and beauty care for women in the city. The invisible face protection, UV Plus Anti-Pollution SPF 50 by Clarins is a powerful face shelter with a plant-powered multi-protection formula, specifically designed to preserve the beauty of all women, with an incredibly fine, transparent texture.



Lancaster Sun Beauty

A breakthrough product from the Lancaster Laboratories, the Satin Sheen Oil Fast Tan Optimizer SPF 50, allows the pleasure of tanning and optimal suncare to be combined for reinforced protection, with its unique sensual texture, that lets your beauty shine. The Tan Deepener Lancaster's iconic product, a deliciously silky, tinted gel, has taken another leap forward in tanning with a new SPF 30 index, there is no limit to tanning even with optimal protection.



MAYBELLINE NEW YORK Dream Smooth Primer

Now it's easy to get great skin in seconds! Maybelline New York's new Dream Smooth Primer is an essential beauty secret that's a must-have for every woman's make-up bag. What makes Dream Smooth Primer a hit is the sensational formula, which glides on effortlessly and starts to work in seconds. A creamy gel, Maybelline New York's Dream Smooth Primer contains ultra-cushiony elastomers to smooth and perfect the surface of your skin while removing all traces of shine and blurring away imperfections.

ANNA KENDRICK

“Don’t ask me how rough it was...”

Starting her career at an early age, she received her first award for best debut performance on stage at thirteen years of age, ever since then the attractive Anna Kendrick hasn't stopped performing. Whether on stage, on the big screen, television or the social media (we are talking twitter) Anna Kendrick is fast emerging

as Hollywood's 'It' girl with a wicked smart wit. Jumping between big-budget blockbusters and small independent films, it seems pretty obvious that Kendrick, with one Oscar nomination already, is well on her way to shine as the brightest and most talented star in Hollywood. Anchoring a big budget studio musical, Disney's "Into the Woods," based on a beloved show by

Stephen Sondheim and James Lapine, she plays a skewed version of Cinderella, who learns life's little ironies as they come along... We recently spoke to Kendrick at the Mandarin Oriental Hotel in Paris and talked to her about her experience working with Marjane Satrapi in *The Voices*, her character as Cinderella, and about her childhood...



Tell us about your experience with director Marjane Satrapi in the very original movie called *The Voices*?
First of all let me tell you about my surprise when my eyes fell on the script of *The Voices* as I had never read such an odd and original story. The story of a man who, listening to his cat, chops the head of his girlfriend and puts it in the refrigerator and then does the same with a friend of hers so that the two heads keep each other company. A completely crazy story and I love crazy stories. But then of course such a scenario couldn't be appealing to the public unless the film is very well directed, played and edited. I have friends who warned me against that and told me to be cautious. I did not have to as I already knew Marjane Satrapi's work in comics as well as in cinema. I love her style. So I said yes. As for my working experience with Satrapi on the set, it was fulfilling, especially because Marjane combines her strong character with a huge capacity of understanding towards other people. She behaves in a very psychological manner, listening to the actors but then at the end getting from them precisely what she wanted from the beginning. I love that form of intelligence.

How were the scenes shot in which your character is nothing but a head?
You know technology nowadays is so advanced that such sequences are easy to shoot and edit. Of course I had my whole body under my head (laughs) while shooting the scenes, yet I was entirely covered, apart from my head, with a green sheet, a technology that makes the covered parts disappear from the image. And another technology used to insert my head into a refrigerator.



Marjane combines her strong character with a huge capacity of understanding towards other people.

You started very early in show business, how did that happen?
Contrary to what people may believe, my family is not in show business at all. It so happened that on my first trip from Portland to New York with my father and mother, I attended two or three musicals in Broadway. I immediately fell in love with singing, dancing and acting, also as I already knew that I was somehow talented, so when I went back home, my parents allowed me to join an art school. I did and succeeded in my exams and part of the reward was to audition for a Broadway show. I got the part.

You got the part yes, but you also won the award?
Exactly, The Drama Desk award at thirteen years old. I was the third actress in history to get it so young.

And you've stopped working since?
Never indeed, so don't ask me how rough it can be for an actress to make her way up in movies or on stage.

I am going to ask you how rough it was to live your childhood?
It could have been very rough and I could have ended up like many of the children who succeed in acting at a very young age and then fall into the trap of drugs and alcohol and all sorts of excess until they cannot find work anymore because no one trusts them any longer. And if one of them managed to get out of the system, I mean like Drew Barrymore, and the way she pulled herself up a second time - most of the others don't. I was very lucky to have a family that took very good care of me and watched my steps all the time and forced me to attend school in New York and also



I was very lucky to have a family that took very good care of me and watched my steps all the time

to get private lessons whenever it was too difficult to combine normal school hours with my stage performances and rehearsals. So, I guess I can say that I have lived a happy childhood, but never the less I am sure I missed something.

Did you enjoy working in The Twilight Saga?

Yes it was fun to do and most of all it brought me some kind of fame even though my character was a supporting one.

You have worked alongside George Clooney, Ryan Reynolds, Robert Pattinson and a few other male movie stars. Who did you like working with the most?

I shall not fall into that trap. You want me to create enemies!

Not at all, just to find out with whom did you get along well?

Sorry I cannot say unless I lie and tell you that I enjoyed the professional company of all of them. That's all you will get from me.

Do you enjoy Paris?

I love French food and I have just learned how to prepare snails, escargots! And yes I enjoy Paris very much. Who doesn't!



Contrary to what people may believe, my family is not in show business at all!

ELEGANCE & EMPOWERMENT

Aziza El Banna talks about the art of success and woman entrepreneurship

With more than 20 years in the cosmetic retail industry, Aziza El Banna is not a new name in the business. Having started her career with a small cosmetic store and passion in her heart, today she is the General Manager and an asset to Life Cosmetics. Aziza's authority is greatly recognized by the retail industry and her assiduous contributions in developing creative concepts for new make-up lines is at par with the industry norms. From introducing new shades and textures, to getting involved and coming up with attractive packaging for all the brands she manages, Aziza knows well the art of makeup and of success, that made her the entrepreneur she is today... Enjoying close collaboration with the global cosmetics manufacturers, Aziza has the natural ability to transform cosmetic trends and know-how, and communicate this to the market because as a woman, she understands what women all over the world really want. We sat with Aziza and talked to her about her endeavors, her success as a cosmetics mogul and what it takes to be one, as a woman...

I, me, myself...

I've been in the industry for more than 20 years. Since early childhood, I was always interested in makeup. My mother always told me that even when I was very young, I would put lipstick and mascara on and even sleep wearing it... My father would carry me on his shoulders and he'd take me to a small shop, where I would buy lipsticks and nail polish. So, this love for cosmetics was there in me from the beginning. However, I started my career in 1995, from a very small store which grew very quickly, because I was passionate about work and enjoyed it a lot. In 2008, I joined Life Cosmetics. We started from zero and built the company little by little, there were 3 employees when we started and now we are more than 85 employees in Dubai. I have also opened our office in Kuwait with over 45 employees and this year we will be making another move to the rest of GCC, Saudi Arab, Bahrain, Oman, Qatar, and Lebanon.

Cosmetic industry in the region...

Let me talk about the GCC, it's the biggest market in the world. Makeup is the life and passion of every woman, whether she

is working or a home maker, every woman likes to use makeup. In the GCC, women take care of themselves a lot. Their morning starts with a makeup routine and you see only a few ladies who go out without makeup. Nowadays, the media and the internet, all impart knowledge as to how a woman should carry herself, and since most of the women are working, they want to look their best, so the industry is forever growing... The Arab ladies they love buying beauty products, and most of them cannot live without makeup... most of them use a product for a month and go and buy a new one just like that. Research shows that Saudi women spend millions on cosmetics, you can imagine the enormous proportions of this industry and its market.

Marketing it all...

To be in the market and to stay in the market you want to work very hard... As a business woman you have to be well informed about the market and the trends. Dubai is a multi-cultural place, and the people who live here, also travel a lot, they go to Europe, America, and Asia, literally everywhere and they are exposed to the market's trends and fashion... So you have to bring the latest trends, beautiful products and very high quality ingredients, to attract the fashion savvy and style conscious clientele... I always insist on introducing new colors, new collections, and even new ingredients, this is to let our customers know that Dubai can bring fashion trends way before Europe can put it out in the market.

Personal favorite cosmetic brand

Foundation, mascara and eye pencil are the 3 things I cannot live without, and if I ever forget any one of them, I buy it directly. As for the brand; to be very honest not because Misslyn is my brand, but it really is my favorite brand. When we decided to bring Misslyn cosmetics in UAE we gave a lot of products to a lot of people, makeup artists, beauty salons, between the age of 16 and 45, to get their ideas and their feedback, and the results were tremendous, people loved it and ever since it's been launched we've never had any complaints...

Advice to other women

Being a woman I would like to advise other women to be happy and to dream about



Aziza El Banna

things and stay true to their passion, for a time will come when success will follow. She should never let herself feel low, at any time or at any age, whether she's old, not beautiful or has wrinkles, because there's beauty at every age, she just has to believe in herself and her dreams... I would advise them to feel like a queen, and take care of themselves always. I make myself something special to always feel very happy, I don't wait for anybody to make it for me, I make it for myself...

On how to look & feel great...

I take care of myself above everything... When it comes to food I always eat healthy, and make choices that are, also best for my skin. I always try to take care of my skin, using good products, and when I wake up in morning I put soft and very natural makeup, which instantly brightens up my mood. Working women undergo a lot of stress, be it office work or business highs and lows, it shows on the skin, so I try to take the best care of my skin... I like myself a lot and I pamper myself by going to spas... Especially on Friday, it's a date with myself... I like to wake up in the morning, take my coffee, enjoy with my son, and my family. To feel and look great you have to love life, take things and challenges as they come, and always speak from your heart...

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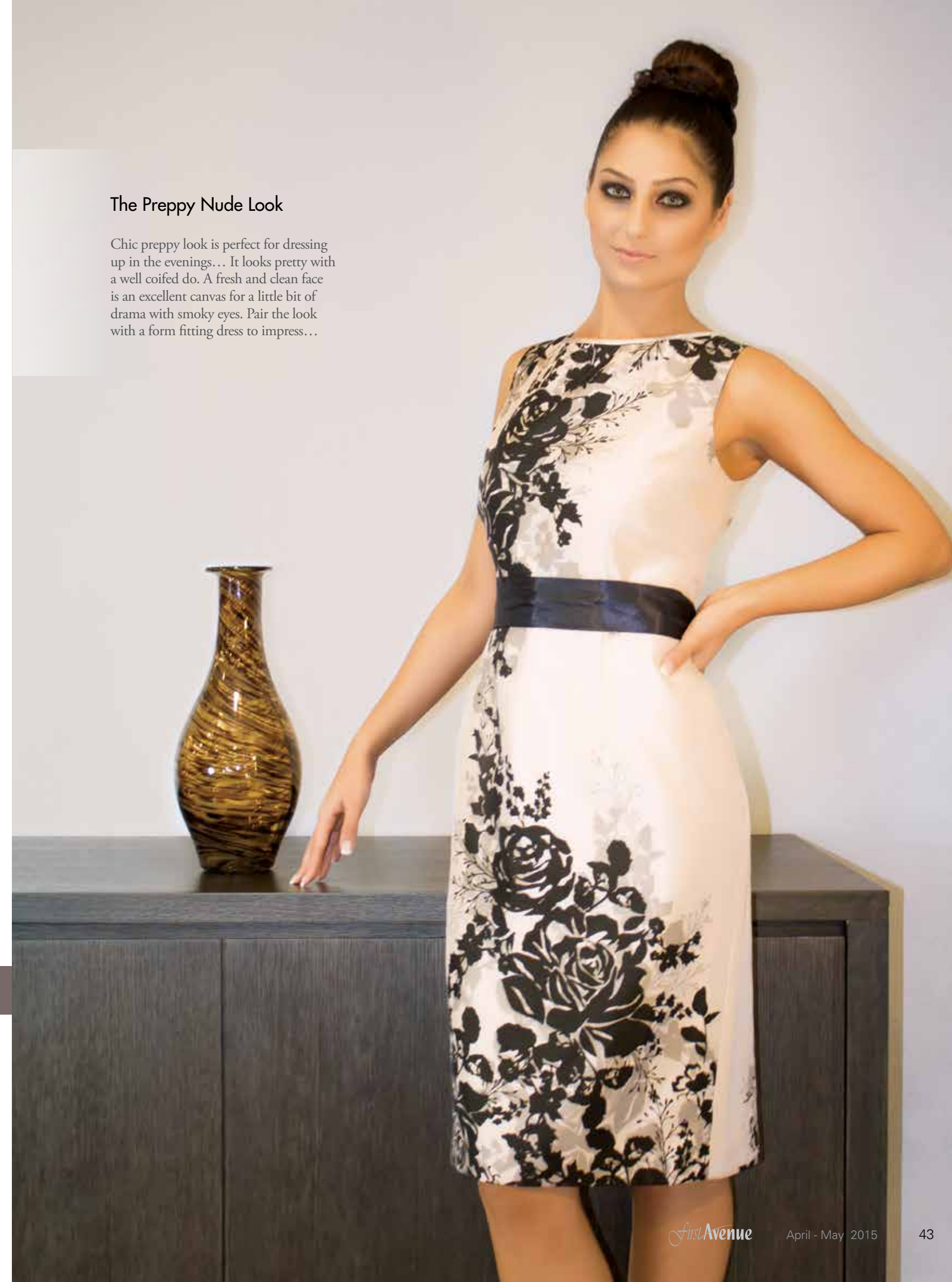
let's PLAY *dress* UP!

Dressing up is one thing we all love to do... We have created four absolutely ravishing looks for you to try this season...

PHOTOGRAPHY IMRAN MOHIDEEN MODEL KRISTINA STOYKOVA MAKEUP AMNA SUHAIL DRESSES BY JACQUES VERT

The Preppy Nude Look

Chic preppy look is perfect for dressing up in the evenings... It looks pretty with a well coifed do. A fresh and clean face is an excellent canvas for a little bit of drama with smoky eyes. Pair the look with a form fitting dress to impress...



The Pinup Gal

From Marilyn Monroe to Dita Von Teese the pin-up look is here to stay. To start channeling your inner pin-up girl, you must balance style with natural beauty, grace, and confidence. Pinup makeup is the classical and timeless look which glamorizes any woman and makes the best features stand out.



Edgy Rock Chic

Edgy & chic wardrobes are sexy, free, badass, and just a little unexpected. For a modern edgy look we paired fresh face with dramatic eyes, giving a little bit of edge yet keeping it feminine at the same time...



The Coral Queen

Coral color is like a visual treat on a warm summer day. The shade adds life to the face instantly and guarantees attention. By keeping the face fresh and dewy you capture the freshness of spring directly in your look.



an eye on

GEMME

crafting inspirations & refining elegance

Ivana Okereke - Gemme Couture



Tahiti and South Sea Pearl and Diamond Necklaces



Color Change Garnet and Diamond Ring

Garnet and Diamond Earrings

Creating a vivid amalgam of eastern nuances and western sensibility, Ivana Okereke shifted gears and applied her ability as a painter and her honed sense of style to the realm of jewelry design. A member of the International Gem Society; having attended graduate art classes at the NY Academy of Art; Ivana started designing, creating and selling fine jewelry in New York City in 2001. A relocation to Dubai in 2007, and a desire, driven by inspirations, a dream; Gemme Couture was born... We sat down with Ivana and talked to her about her inspiration, artistic endeavors and her beautiful creations.

Tell us about yourself? Your background, and how you started?

I was born in Belgrade, Serbia and spent my childhood travelling all over the world including the Middle East, Africa and the US. I went to school in Kuwait and then boarding school in Switzerland, then moved to States for studies, I received my undergrad degree from Brown University and after graduating from Brown I studied Law. I practiced law for a number of years but then decided I needed to be in the creative world and I started doing jewelry. Since then we have grown, substantially with a number of stores that represent us all over the GCC... Gemme Couture is now sold all over the Middle East and parts of Asia. We have also designed bespoke pieces for a discerning clientele in the region and several royal families.

Since you are a painter, how did you find expression in jewelry designing? Or how you took off from painting to designing jewelry?

Well I like to do figurative painting with very strong colors, and colors have been something that inspired me in arts. So the gem stones and their colors the vibrancy that comes from within the stone, I find a very strong correlation between the two.... And then the inspiration just comes from everywhere, from nature from people and from the stones themselves. Very often I start with the stones and then the design follows, because I get inspired by the stone and then design around it... My background in figurative painting also influenced my expression in a way as it is more organic and our designs also have an organic feel to them as opposed to very sharp modern lines.

When designing jewelry where do you look for inspirations?

From everywhere really! I get a lot of inspiration from nature, from gems, from history, I sometimes go back and see those really old jewelry pieces for inspiration... Inspiration comes from many places, the sea or setting of a certain colors, the unusual scheme... I try and live in the moment and be very present....

You incorporate a lot of gems in your designs, what is the fascination behind it, and what's your favorite stone?

I love colored stones, but there's more to them than that... they have this certain energy and a feel about it, the way the stone is made, it has a different kind of refraction, a different kind of reflecting light and shine - all these are fascinating elements... so in terms of colors and other properties I love these stones... I don't really have a favorite I have many Recently I've been obsessed

with color change gemstones. I find garnets very fascinating because they have this incredible shine. One particular garnet has this color changing ability, in the day light it is greenish purplish and under incandescent light it is bright red... it is very rare and I just designed a ring with this stone.

You use leather in your designs, what is the thought behind that, since it is more edgy and different?

We are very much into using natural stones and products... we don't like to buy stones that are dyed or treated or synthetic. We are very much about bringing out this organic characteristic of the materials that we use... and a lot of stones like diamonds for instance, we use rose cut diamonds and kind of rough diamonds, and not necessarily white, since they can be of any color like blue or red etc... we also use a lot of hammered gold, because our jewelry is hand-made and most pieces are one of a kind so we really try to bring out the natural organic feel in the designs as well... Leather always does that, it is very malleable and blends in with your skin...

We see a vivid amalgam of east and west in your design, how would you define your design aesthetics? And also tell us about your collections?

First of all it is very organic, it combines both east and west. In terms of the actual aesthetics we have western designs with a flare of the east put into it. Different from the local jewelry of any particular place, it also shows the influences that I've had, through my travels and people I've met and the cultures I saw. There's a little bit of a twist here; everything is not just about one culture. We have a number of staple collections and we just keep adding to it. We don't usually have new collections coming up all the time because we do more private pieces, most of the time they are added to a particular collection... but the newest kind of general arrivals have been in the Candy Collection where we have single stones, they are less of the bespoke collection and more of the accessible collection.

You are based in Dubai? Do you have expansion plans in the region and beyond?

We do want to expand our market both regionally and further. Outside the Middle East our focus is more in Europe and US, eventually I would like us to be global.

Since you started in Dubai, are there any cultural influences on your creations?

Well, Dubai is a melting pot of everything and in a sense our jewelry is very much

Tanzanite, Emerald and Diamond Ring in Hammered Gold



We are very much into using natural stones and products... we don't like to buy stones that are dyed or treated or synthetic. We are very much about bringing out this organic characteristic of the materials that we use



Sapphire, Tourmaline and Aquamarine Earrings

Dubai, because here you have historical and cultural influences from everywhere and yet you have this very modern new city that has risen out of this integration; people from literally all over the world bringing all kinds of elements, flavors and cultures together. So, I think in a sense our jewelry is really representative of this, we are kind of similar in that we have a little bit of everything and yet we are unique because we really do our own thing. We, at Gemme Couture focus a lot on pearls as well. I'm working on a bespoke piece now which is all gulf pearl, natural pearl and trying to really bring out the beauty of the pearl, with twisted gold wire like a net representing the fisher man's net and in terms of desert, there is the hammered gold, the way we treat it, really brings out the feel of a desert, its texture and its roughness...

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PASSION, PRET & COUTURE...

The glamorous world of

RAMI AL ALI

A name synonymous with fashion and celebrities, Rami Al Ali is the coming of age fashion designer from the Middle East...

Born in Syria, and growing up amid four sisters, Rami Al Ali took an early interest in style and fashion. Fascinated by the dramatic transformation of his sisters – in both appearance and confidence – after stepping into a glamorous dress, he was mesmerized by the power of fashion. In 1991, Al Ali joined the College of Fine Arts to study Visual Communications in Damascus. It was during his time there, that he started to experiment with his interest in creative pursuits, excelling in subjects that allowed him freedom of expression. In 1995, Al Ali's decision to design and produce a fashion show for his final graduation project astounded and impressed his professors; the premise of the project design was a portrayal of fine arts through fashion.



To taste the manna of a cosmopolitan fashion scene, Al Ali travelled to the United Arab Emirates to gain valuable international experience within the prestigious fashion houses. He quickly gained respect in the industry, resulting in a loyal client base, which ultimately led to the creation of the Rami Al Ali label in 2000. Officially recognized for his fashion sense in 2007, Al Ali was invited to showcase his collection at the launch of Abu Dhabi Fashion Week, where he was selected to feature alongside industry icon Valentino.

However, Al Ali's ultimate breakthrough came in 2009, when his Spring/Summer couture collection graced the runway at Rome's AltaRoma couture week. His success was further cemented when he was named, one of the top 50 most influential Arabs by The Middle East Magazine. Further fashion shoots with high-profile celebrities extended Al Ali's fame, with his designs being sought after by celebrities and socialites, like, Beyoncé, Kelly Rowland, Kerry Washington, Chanel Iman, Carla Gugino, Natasha Bedingfield, Vanessa Mae, Ivana Trump, Youssra and Googoosh, to name a few.

In January 2012, Al Ali debuted at the Couture Fashion Week in Paris, showcasing his Spring/Summer 2012 collection amongst the crème de la crème of the fashion world, including Elie Saab, Chanel, Valentino and Dior. In his sixth consecutive season in Paris and with the launch of his debut prêt-à-porter collection, Rami Al Ali completed his transition from a daydreamer to a global trend setter.

Apropos, to the high wedding season in the UAE, we talked to Rami about his passion, his style and his latest seven-piece bridal collection, symbolizing love, hope and dreams. We asked Rami to give his advice and tips on being the perfect fashion savvy bride, for our brides to be...

You have made a name in high fashion; tell us about yourself and your journey to this point?

I was interested in creative pursuits from a young age and always admired the transformation of my sisters and my mother whenever they dressed up for events. However, it wasn't until my final year in college, where I was studying Visual Communications, when I realised that I wanted to pursue a career in fashion. Shortly after I graduated, I moved to Dubai to gain experience at international fashion houses and in 2001, the Rami Al Ali Couture line was established.

How do you find the fashion industry in the Middle East? What are the inspirations, motivations and challenges?

It's very difficult for the fashion scene here in the Middle East to compete with the international fashion scene, which reached its ultimate height years ago – we're competing with a very mature industry. There are definitely obstacles to overcome being based in the UAE, to reach all the right celebrities, buyers and international media, it's easier if you're based in a fashion capital such as London, New York or Paris. That being said, there is more and more talent coming from this region, and with projects like D3 giving homegrown designers a chance to showcase their work, the Middle East is starting to make its mark on the global fashion scene.

Who is your fashion muse or what inspires you to create?

When I design, I never design with a specific muse in mind. However, I've always admired golden Hollywood icons such as Audrey Hepburn, Grace Kelly and Sophia Loren. When it comes to inspiration for a new collection, an initial idea can spark from absolutely anything including travel, architecture and art, or simply being in new surroundings.

Do you have a specific style as a fashion designer, or you still feel you are unraveling your design philosophy?

As a designer, you are undoubtedly always building upon the skills you already possess – this is so important for me as I never want to become stagnant. That being said, I do have a definite design philosophy which is to create beautiful, feminine pieces that stand the test of time. I would like to think

My design aesthetic is simply to create something beautiful when something is beautiful, it's beautiful and you don't question it.

that each of my designs exudes timeless beauty and creates strong impressions that last.

Your creations are mostly clean-lined, flirty and feminine, how do you describe your creative aesthetics?

My design aesthetic is simply to create something beautiful – when something is beautiful, it's beautiful and you don't question it. My designs cater to many different women, whether it's an older woman looking for something sophisticated or a younger woman looking for something a little edgier. I do equally well with both and I enjoy creating pieces for both types of women.

Tell us about your latest Bridal Collection?

My latest bridal collection is a celebration of elegance and comprises seven sophisticated gowns which are enhanced with dramatic trains and elaborate back details – all presented in a contemporary colour palette of beige, champagne and off-white.

What were the elements you used and the silhouettes you created, for this collection?

The collection features an array of shapes from voluminous structures, achieved through copious layers of fabric and dramatic trains, to more contour-hugging silhouettes made up of satin du chez, tulle and silk.

What tips would you give to the brides-to-be, when selecting their wedding dress?

I think the best piece of advice I can offer the bride-to-be is to just be herself – especially when it comes to choosing her wedding gown. A lot of brides come to me looking to try something completely new and more often than not, what they have in mind doesn't suit their body shape or their personality. It's important to remember that this is one of the most, if not the most important day of your life and photos from your wedding day will be with you forever – the last thing you want is to see someone in the pictures who is unrecognisable. The Rami Al Ali latest Bridal Collection is a regal compilation designed to enchant and enhance the feminine silhouette. Layers of satin du chez, tulle and silk create opulence, drama and romance embellished with intricate silk thread embroidery and embossed textures, for the wedding day.

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I ♥ DUBAI

The spring season is in full swing, the breeze is fresh and the heat is just beginning to gather intensity, thus the time is right to enjoy what Dubai has to offer for now! Check out the hottest places to try out the newest flavors, from traditional to fresh, in trendy, urbane and relaxed ambiance. Take a look at events that will enliven the city in the coming months. Here's what hot and happening in Dubai...



THE GRUB

Maui Beach Bar Terrace Sofitel The Palm

Located adjacent to the pool and swelling out onto the beach, Maui Beach Bar is the ultimate spot for relaxation with a serene, Polynesian inspired vibe. This sunset lounge offers a refined twist on fresh salads, sandwiches, juices and snacks – the essence of a casual beach bar and more. Providing BBQ dish delights, guests can indulge themselves under the shade of gazebos or in the relaxing ambience of the bar. Let the breeze wash away the worries of the day and give you a chill out vibe in the open air terrace. For those who wish to sample the Shisha, a rooftop bar provides incredible views of the Palm. Offered daily from 12:00pm – 12:00am



Healthy Menu at Mango Tree



Mango Tree, the award-winning Thai restaurant in Souk Al Bahar, has created a special new menu for health-conscious diners, looking for a flavorful and satisfying meal that is low in calories. This April, the new menu focuses on cooking with fresh and natural ingredients using healthier cooking techniques such as

steaming, wokking and grilling. A signature dish on the new menu is the Pla Yang Hor Bai Kluay Samunprai – the catch of the day, wrapped in banana leaves with Thai herbs and spices, steamed and then charred. Mango Tree is located on Level 3, Souk al Bahar, Downtown Burj Khalifa, open daily 12.30 pm – 12.30 am

Creekside Lounge at Vivaldi by Alfredo Russo

The Sheraton Dubai Creek Hotel & Towers has launched an exclusive lounge concept at the hotel's signature restaurant, Vivaldi by Alfredo Russo Restaurant & Lounge. On the beautiful terrace overlooking the picturesque Dubai Creek, Vivaldi's lounge menu offers a taste of the restaurant, including rosemary wood smoked salmon, mini tartaccio bites, and Alfredo Russo's signature oyster icecream.



Authentic Indian Experience at La Porte Des Indes

Indian cuisine enthusiasts can expect to be delighted with fresh offerings at La Porte des Indes this April. Located in The Address Dubai Mall, the restaurant successfully represents the culture it stems

from, and continues to impress with dishes that are authentically Indian. The fine dining destination has recently launched an exciting business lunch menu that gives diners a taste of several Indian dishes in one

satisfying meal. Furthermore, guests can unwind in the evenings at the lounge and bar with a selection of kebabs and brews to ensure a convivial atmosphere.



Madeleine Café and Boulangerie

Celebrating the World Health Month, Madeleine Café and Boulangerie is preparing a healthy set menu that is both tasty and refreshing for all to revel in. Enjoy a selection of healthy French delights including starters,

mains and desserts and as an added benefit the menu includes the number of calories in each serving. Located at the Fashion Avenue, The Dubai Mall, the café is open from 10am to 10pm.



Time for Tea with Leopold's Of London



Leopold's of London cordially invites guests to enjoy delightful afternoons with the launch of a new quintessential high tea. The café by day and brasserie by evening perfectly complements the venues' unique in-house tea libraries with this new special offering. Guests can sip on a selection of

the finest teas, accompanied by an array of freshly baked scones, cakes, sandwiches and more, available daily. The High Tea menu is available at all Leopold's of London outlets daily, 3pm – 6pm, priced at AED 185.

Boardwalk Restaurant

Mums looking for a place to spend some quality time with their children should pay a visit to the popular Boardwalk restaurant, located at the Dubai Creek Golf & Yacht Club. Every Monday to Thursday, from noon to 5pm until the 31st May, Mums can enjoy two antipasti, a snack or a pizza with a beverage, while children up to 8 years of age can enjoy an item from the kids menu as well as an hour in the Kids Zone, all for just AED 99. With such delicious food and views of the stunning Dubai Creek, there is no better place to relax and have a fun-filled day with the children.



Solo Dubai

Solo Dubai, the Italian Bistronomia & Vinobar, provides an ideal setting paired with the finest, authentic Italian cuisine for professionals looking to meet over lunch or enjoy a break. Chef Corrado Pani's three course set menu comprises an array of carefully selected signature dishes and lighter options featured on the new Business Lunch menu. Located at the opulent Raffles Dubai, the chic New York loft décor of Solo creates the perfect ambiance to enjoy great company or conduct business over lunch. The Business Lunch Menu is available every Saturday to Thursday from 12:30pm to 3:30pm for AED 120 per person.



Afternoon Tea at the St. Regis Saadiyat Island



The St. Regis Saadiyat Island Resort, Abu Dhabi, hosts an award-winning Tea Ritual each day where guests can socialize with friends and family over afternoon tea in The Drawing Room, the hotel's lobby lounge overlooking the resort's white sands and turquoise waters. Time for Tea is a long-standing tradition at St. Regis hotels across the globe, and involves top quality tea blends accompanied by a selection of delectable sweet and savory bites made for sharing. The signature Tea Ritual is available between 2.00 pm and 6.00 pm at The St. Regis Saadiyat Island Resort, Abu Dhabi, and priced at AED 140 per person, AED 180 per person for the sparkling tea option, and AED 70 for children.

El Sur Spanish Family Lunch

Make the best out of a family weekend with El Sur's Spanish Family Lunch every Saturday from 12:30pm to 3:30pm. Rejoice with a selection of starters and desserts to accompany a mouth-watering mixed paella, freshly cooked in the traditional Mediterranean style. To add to it, kids receive their very own El Sur Chef's hat and apron along with fun food activities! Prices begin from AED 195 for soft beverages package and AED 295 for free-flowing sangria, beer and wine. Set menu for kids between 6 – 12 years is priced at AED 95 each. Children under 6 years dine complimentary.



PLACES

The Secret World of Coya

Originating from the 18th century, Members' Clubs have graced the British Empire for many years, bringing people a place to relax, mingle and forget their woes. In a city like Dubai, where daily life is accelerating at 100 miles per hour, it comes as a shock that an old school member's club is yet to appear out on the streets. Coya Dubai has been one of the first to break this boundary, introducing the exclusive Private Members' Club to the Dubai socialite. Offering a cozy yet trendy space where guests can retire after a long

day for a drink or even facilitate a business meeting or dinner, encouraging guests to recline in the drawing room or take in some fresh air on the evergreen terrace whilst delving into tender chunks of ceviche or some tasty tenderloin. Additionally, every member will also be granted with a Latin American inspired gold embellished locker accompanied by a key, facilitating bottle storage for each affiliate allowing them to pop in for their favorite tipple at their leisure or settle in for a night of food, beverage and fun.



Funky Music at The Gramercy DIFC



The Gramercy, DIFC's thriving live music venue and preferred spot for Dubai dwellers to kick back and relax, have introduced an electric line-up of regular live music. The newly re-launched gastro-pub showcases handpicked, well-established local artists, ranging from alternative soul to indie and more alongside prime culinary offerings and quirky concoctions; welcoming guests to enjoy the eclectic live lounge hangout.

Mandara Spa The H Dubai

Enjoy Argan Granita & Arabesque Massage; a sublime Arabian deep cleansing exfoliating treatment at the Mandara Spa, The H Dubai. The massage utilizes an infusion of refined argania nutshells, rice powder, beeswax, Argan oil and rasul powder to dissolve dead cells and absorb impurities. Thermal stones and sensual oil of Patchouli or Amber and Musk are used to perform a therapeutic and uplifting massage to brighten, moisturize and regenerate the skin. Pay for 60 minutes AED 440 and get 90 minutes Aroma Reflex Foot Ritual to help balance energy channels and prepare the body for total relaxation.



EVENTS

Childrens International Film Festival

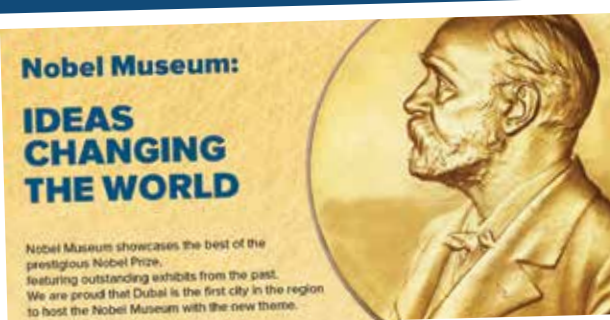
Thursday, 23rd April - Saturday, 2nd May 2015

Children's International Film Festival | 2015
23/04 - 02/05
U. A. E.

The UAE's only national-level children's film festival (CIFF) will host 70 international films in over 50 languages from over 60 countries making this edition an amazing event for the whole family and especially budding film enthusiasts. Having attracted the attentions of schools, families and filmmakers, the CIFF will introduce a few new awards this time around for both national and international levels. Visit the event website for further details.

The Nobel Prize - Ideas Changing the World

Sunday, 29th March - Thursday, 30th April 2015



After visiting New Delhi, Rio de Janeiro, and São Paulo, "The Nobel Prize: Ideas Changing the World" exhibition comes to Dubai at the Burj Khalifa. Under the directives of His Highness Sheikh Mohammed Bin Rashid Al Maktoum, Vice President and Prime Minister and Ruler of Dubai, The Mohammed Bin Rashid Al Maktoum Foundation is bringing the Nobel Museum's travelling exhibition to the masses as a free-for-all public exhibition. The exhibition is split into five pavilions with five respective themes. It introduces the public to the highly esteemed award and how efforts to earn this award have affected and reshaped the world.

Luz Oxidada Photo Exhibition

Monday, 13th April - Saturday, 16th May 2015



Gulf Photo Plus (GPP) present a series of photographs titled Luz Oxidada by Spanish photographer Fernando Manso at the GPP gallery space in Alserkal Avenue. Having travelled extensively both as a commercial photographer and as an internationally exhibited artist, Manso portrays quiet landscapes and architectural structures from Europe, North America, Asia and the Middle East. Shooting with a large format film camera, he later physically manipulates his negatives, adding a textured final layer to each composition. His use of long exposure removes the presence of the human form, leaving the viewer with a feeling of peacefulness and of solitude.

A Prelude to a Kiss by Backstage Productions

Thursday, 30th April - Tuesday, 5th May 2015



Immediately after a young couple, Peter and Rita, have exchanged wedding vows, an unknown elderly man asks to kiss the bride. As he does, Rita's soul and the old man's magically exchange bodies. That is the premise of a brand new play set up by Backstage Productions for 2015. The play will be held at the Kilachand Theatre at DUCTAC.

PERFECT dos for the I do's

Wedding Hair Tips For Summer 2015



The wedding season is approaching and it is definitely the ideal time to start thinking of the perfect hair do for the big day. From the timeless up-dos to some stunning curls, celebrity hair stylist, *Asgar Saboo* has compiled an assortment of bridal styles for Summer 2015. It is however always advised to experiment a little before deciding on the final look for the wedding.



Curly Down-do

Before starting the curling process, make sure you've found the right hairspray and mousse for your hair to give it that extra wedding glam.

Directions:

- 1- Start with wet hair, and brush-in a nice handful of mousse, concentrating on the ends and bottom layer of your hair (since the bottom layer is next to the warmth of your back, and has the weight of the rest of your hair on it, it usually doesn't hold curl as long as the top layers).
- 2- Then blow dry, making sure that it is completely dry. Any wetness left will just make your hair not curl properly, so give it a minute or two of blow drying after your hair has dried.
- 3- Once hair is completely dry, clip up the top layers, so that only the bottom is exposed. You want to be sure you're getting all the layers evenly curled, and it's much easier to grab them if the higher layers are out of the way.
- 4- Take about 1 to 1.5 inch section of hair, and lightly spray it with hairspray. Again, this is something you'll want to experiment with, if you have more delicate hair, and your curling iron is turned up too high, this could cause burning.
- 5- Finally, after spraying the section of hair, quickly wrap it around the curling iron. Don't grab the bottom of your hair with the iron and curl up, as this will just concentrate the curl at the bottom, and it will go flat more quickly. Instead grab the strand of hair with the iron about half way up, twisting the iron in your hands, and work your way down until the end is wrapped around the iron, and hold for a minute or two.



Braided Up-do

Medium to long, curly or wavy hair works best for this style. You'll want the ends of your hair to curl up around the bun.



Directions:

- 1- Part your hair as desired. Don't define your parting past the crown of your head. On one side, separate your hair into three sections at your hairline and begin French braiding until you reach the nape of your neck. Complete the same process on the other side.
- 2- When you reach the nape of your neck, combine the two braids and complete the braid so that it becomes one braid when it's below the nape of your neck. Secure the ends with a ponytail holder.
- 3- Twist the braid and hide the ends so it looks like a bun. Secure it to your head using bobby pins.
- 4- Spray with a light finishing spray.

Timeless up-do

The first thing you need to do before opting for any up-do is to set your hair. You'll give extra body to your hair and smooth out any fly-aways at the same time, so that you're starting fresh with polished strands.



Directions:

- 1- Start on one side of your head and curl a section of hair that is around two inches thick.
- 2- Roll into a pin curl and hold in place with a duckbill clip. Ensure that the curls are going in the direction away from your face.
- 3- Continue curling and pinning. You'll ultimately create your five rows of pin curls around your head: One on each side of your head, then one next to each of those sections and one directly in the centre of your head. Keep the curls in place for at least 15 minutes.
- 4- Pull out the pin curls and comb through your hair with your fingers to shape the curls.
- 5- To get your hair completely ready for the up-do, pin your bangs or the front section of your hair back to help shape this section of hair, or to make it easier, to go back to this section to style later.



BEAUTY

treatments on the go

Looking for beauty solutions for potential concerns like hair loss and aging, yet feel overwhelmed at the thought of long and strenuous beauty sessions... then we have the answer to your beauty qualms. Check out the latest, professional & quick beauty treatments by the best in the industry.



1: L'Oréal Professionnel anti-thinning coaching program with SERIOXYL

A common concern with increasing age is the decrease in hair density. L'Oréal's revolutionary new product range acts from the very first symptoms of thinning hair and provides your hair with more density and more thickness. A result of L'Oréal Advanced Research, Serioxyl offers a personalized answer following a diagnosis by the expert L'Oréal Professionnel hairdressers. Serioxyl addresses hair density and thickness concerns of both men and women thanks to tailored, in-salon and at-home treatments formulated with highly-concentrated ingredients catering to every aspect of thinning hair:

1. Less hair density: Serioxyl provides a breakthrough combination of Neohesperedin and Stemoxydine, a new generation ingredient from L'Oréal Advanced Research.
2. Brittle Hair: Specific anti-breakage duo of Glucoboost and Incell.



3. Thinner Looking Hair: Intra-Cylane™ by L'Oréal provides an exclusive fibre-amplifying action.
4. Volume: A volume-boosting polymer for an immediate, visible effect at the roots. This treatment work in two ways starting with the L'Oréal Professionnel hairdresser's in-salon diagnosis to determine both the hair type and explain thinning hair causes which will be followed by the custom-made hair treatment. Subsequently, the hairdresser will devise the at-home coaching program.

2: Non-surgical lunch hour facelift

Dubai Cosmetic Surgery has introduced a new and exceptional anti-aging and skin-tightening treatment as part of their Laser and Skin care portfolio. According to Olimpia Carmen, a Cosmetology specialist as well as the Head of Laser and Skin Treatments Department at the clinic, this new treatment is a technological combination of deep penetrating Ultra Sound, which tightens the muscles of the dermis and weak collagen in addition to ablative and semi-ablative skin resurfacing. In addition to rebuilding new

collagen and tissues, the treatment is also designed to tighten the laxity of the skin, smooth out wrinkles and fine lines, remove sun damaged skin, hyper-pigmented scars by stimulating new collagen at the deepest layer of the dermis while rejuvenating and adding a glow to the epidermal layer. This lunch-hour facelift treatment takes 1.5 hours from start to finish, adding that recovery will take three to four days, with 30% immediate results visible and the rest over a period of two months. The results are bound to stay for a minimum of two years.

3: LPG New Skin Rejuvenation Program

LPG, the world leader in natural cellular stimulation, has launched an innovative and powerful Skin Rejuvenation Program which combines the proven efficiency of new Endermolift with a superficial peel skin care line, to treat the skin surface for supple, glowing, youthful skin. This non-aggressive treatment is particularly recommended to treat and prevent skin aging, to clarify complexion and to tighten pores.

Step 1: The LPG therapist removes the makeup from the face with the LPG Pre-Treatment Micellar Lotion. Then on the cleansed skin, Endermolift treatment is administrated to boost the micro-circulation for better peeling.

Step 2: The therapist then apply the Peel, to the face and neck which exfoliates the skin and boosts cellular regeneration.

Step 3: The last step is the application of the LPG Post-Treatment Collagen Mask, which soothes and intensely moisturizes the skin after the peel. This 100% natural bio-cellulose mask is highly occlusive and releases collagen, hyaluronic acid and



licorice extract.

Step 4: Lastly, the application of the Intense Hydrating Smoothing Serum completes the protocol, for a new skin result. Immediately you will feel your skin is renewed, with smoothed wrinkles and an enhanced youthful glow.

The new LPG Skin Rejuvenation Program is available in select beauty salons equipped with the latest LPG beauty machines, and in medical aesthetic practices equipped with New Endermolift. The program lasts for only 35 minutes and is inclusive of the Post-Treatment Collagen Mask.

4: Sonic Radiance Brightening Solution by Clarisonic

For the first time ever, device and formulations come together to systematically combat the appearance of hyperpigmentation, acne-induced discoloration, uneven skin tone and dullness. Clarisonic, the pioneer in sonic cleansing, has revealed its newest breakthrough in transformative skincare: the Sonic Radiance Brightening Solution, for a brighter complexion. The synergy of device and innovative formulations works to slow down the synthesis of excess melanin, combat future dark spot formation, and exfoliate existing pigmentation at the skin's surface. Users experience beautifully transformed skin that is brighter, softer, and more radiant. With clinically proven results after four weeks: 89% of consumers with hyperpigmentation saw brighter, more radiant skin. The Sonic Radiance Brightening Solution Regimen includes, Clarisonic Aria Cleansing Device, Radiance Brush Head, Skin Illuminating Cleanser, Brightening Activator Serum and Skin Renewing Peel Wash. The Clarisonic Sonic Radiance Brightening Solution is available exclusively at Sephora in the United Arab Emirates.



THE RIGHT DIET

a key to get back into shape after pregnancy

Post pregnancy advice by Right Bite dietitian Hala Abu Taha...

Motherhood is the greatest gift of nature that is to be celebrated regardless of any special day or time. This is one thing that makes every woman the most precious existence in the life of her child. To revel in the beauty of motherhood; Right Bite shares top secrets on nutrition and losing weight post-pregnancy.

Most people know how important good nutrition is during pregnancy, but it is also necessary to know that eating healthy after you have your baby is equally important!

It is necessary to get all of the required nutrients your body needs, and more, in order to maximize the little energy you may have as a new mother. While breast milk is not generally affected by any specific type of food, however if the body doesn't get the required amount of nutrients, it will start using from its own storage. Eating correctly can combat the exhaustion and mood changes that are associated at the start of motherhood.

Hala Abu Taha, who works closely with pregnant and nursing mothers, explained, "The two most common symptoms of being a new mom are fatigue and depression. Luckily, there are a variety of super foods that can help fight these things. Complex carbohydrates increase serotonin levels in the brain, the hormone that controls your mood. The best way to fight fatigue is by incorporating small, frequent snacks that are loaded with complex

carbohydrates such as trail mix, oatmeal, yogurt, and high fiber cereals. Vitamin B3 has an essential role in energy metabolism; foods such as beef, dried beans, chicken, and fish are a good way to get Vitamin B3 in your diet. Zinc is another important mineral that supports different processes in the brain and body. Lack of zinc in your diet can lead to irritability and depression. Foods that are loaded in zinc include eggs, fish, and yogurt."

Similar to zinc, Vitamin C deficiencies have also been linked with depression. Hala said that increasing your diet with foods such as peas and raspberries can help battle depression. "Adding servings of calcium-rich foods may help ward off depression and anxiety. Your best bets for calcium are yogurt, cheese, sardines with bones, milk, and salmon with bones, sesame seeds, or calcium-fortified juices. The important thing to remember is that you need to eat! This is not the time to follow a strict diet as your body needs enough energy and the right nutrients during this period and so it is necessary to know that it's not about eating less, it's about balancing your meals. Another thing to keep in mind is to watch the clock; eat something about every three or four hours to help keep your blood sugar and energy levels steady throughout the day," she added.

When asked for advice about healthy weight loss after giving birth, Hala commented, "Eating healthily is not the only thing that can get you back into shape and help you lose those extra baby pounds. Most women tend to try too hard to do so much too soon



and if this happens, you're likely to find yourself feeling exhausted and discouraged and less likely to continue, and you'll wind up carrying that baby weight a lot longer. A post-partum mom needs at least 400 extra calories a day if breastfeeding. Whereas if she is exclusively breastfeeding, or giving the baby breast milk only, a woman loses an average of 400 - 600 calories which means that simply breastfeeding can help you lose weight but it is also necessary to make sure your diet is aligned with your new needs. Women aren't necessarily ready for strenuous exercise until 6 months after the birth of their child, however once given the green light from their physician, a walk around the block would be great! Weight training will also go a long way towards speeding up your metabolism. For the first 6 weeks after the baby is born, using gym equipment that could be harmful is not recommended."



THE SKINNY

on deep skin beauty care ...

Skin, the most significant and aesthetically prominent organ of our body, reveals as much as it hides. As a tissue it protects the body and as such the first part of the body to come into contact with the environment. **Dr. Ikramullah Al Nasir** is the man who established the specialized skin care facility, Dermacare fifteen years ago, with the aim of providing solutions for all skin related concerns. Dermacare is a Multi-Disciplinary Specialized Dermatology Centre in Middle East, offering its services with the unique 7 star branded concept, and a clientele that includes Royal Family Members from GCC, dignitaries, diplomats, business leaders as well as movie stars. We spoke to Dr. Ikramullah about skin related issues, Dermacare and his vision...



Dr. Ikramullah Al Nasir

What are the common skin issues faced by people in this region?

Skin issues are very similar in most regions of the world. The difference lies in three concepts about skin issues: skin diseases, skin disorder, skin reaction/sensitivities. Skin diseases are more or less similar in all regions except for tropical areas which are more prone to diseases than others due to climate changes. The colour of skin is also one of the determinant factors in few skin disorders or problems like light skinned people are more prone to certain things than dark skinned people and genetic background is also very important in skin issues. The climate of an area can influence certain diseases or problems rather than becoming the cause like we are in a very sunny environment in this region so there are many sun-induced or sun-sensitive skin disorders. Sun-induced primarily are sun-related skin issues and sun-stimulated

are the ones which pre-exist but get worse through sun exposure or sweating like some fungal infections get worse in the heat or sweat stimulating environments. Conditions like some eczema which get worse with dry skin or dirt or dust; agitation they can get worse here in this region. The concept I'm trying to clear is that in dermatology, it's not really the region which makes a big difference, but the environment of a particular region which can have an influence on the skin diseases. Doctors and physicians should be aware of these influencing factors and same goes for the people moving from one country to another country.

Do you think that allergies are the main cause for all skin related issues?

The word "main" is relative here. In one way, I can answer yes, in many situations, immune system intolerance, which can

be called an allergy can be responsible but whether the typical skin allergy is the main dermatology, then the answer is no. Dermatology has 2,700 skin issues and diseases. Allergy is one of the very main problems of dermatological presentations and we believe that 15 % plus attendance at the dermatology clinics is due to allergy related issues. In that case, of course, the word allergy is a description it is not a diagnosis. Because diagnosis is, what type of allergy it is, what is the cause of this allergy and then comes treatment. Every rash, to a common man looks like an allergic rash. Not all rashes are allergic but allergy comes in the shape of rashes. Allergy in itself is a very vast subject and Dermacare perhaps is one of the pioneer institutes to create an allergic care centre with dedicated staff and doctor's, consultants, with full range of allergy testing facilities and for all the procedures.

What advice do you give your patients when it comes to skin care?

There is no such thing as universal skin care; it varies from one person to another. If some people are in showbiz and use a lot of makeup and have to go for film and photo shoots so advice for that person's skin care will be different. Child skincare will be different, infant skin care will be different. Geriatric skin care, once people turn 50 plus, their skincare guidelines change. In teenagers, care guidelines are different. I believe every individual needs an individual skincare protocol.

With such a busy schedule, you are also involved in a lot of associations and societies, what is the motivation and inspiration behind them?

There was an incident when I was in high school, in grade 9 and there was a school inspection. When the inspection officers came to our class, they gave all 25 of us a small piece of paper. He asked us do you know what a mission statement is, we went blank because we had never heard of mission statements, and then our teacher came forward and explained to us in simple terms the meaning of mission statement. He then gave us 30 seconds and told us that it should not be more than one line. I wrote something, I folded the paper and gave it back to them. He collected all 25 and once he opened them, only 5 people were able to write something and the rest 20 slips were blank. So from the 5 slips he chose one slip at random and asked who has written this line, by chance somehow it was my line, he read it out to the class and he suddenly started interviewing me. The line was "Not to die with the regrets of underutilisation". This was my innermost desire that I could connect the mission statement with. That I should die with the feeling that I know my talent can create opportunities rather than complaining about not getting opportunities. So that one line has been keeping me busy and I never say no to anything which I believe I can contribute in. I don't contribute for the sake of prominence, it is for my self-satisfaction. And to gratify that core nucleus somewhere in my brain and heart that doesn't want to die with the sense of underutilisation.

Tell us about Dermacare, and what exactly is the 7 star practice concept?

I have always been a very imaginative person since childhood and a creative thinker, believing in distinction and creating a difference. Living life by creating a difference, to me is an above average life. Living an above average life asks for more effort and dedication, more commitment and compassion, more passion, more emotional investment and to stay away from typical materialistic greed and to have a purposeful life, fixed goals and objectives. Based on this reasoning, the 7 star practice concept was developed, we do not want to sound arrogant with the 7 star label, but it is more a reflection of our commitment that we are trying to show perfection by calling it 7 star practice. Every day we work towards this objective, this aim and we do our best and nobody in the staff can survive this job if they don't believe in this philosophy.

Being a multi-disciplinary Dermatology Centre, what are the exclusive services that cannot be availed anywhere else?

We have divided Dermacare into 2 major departments; cosmetic dermatology and the other is clinical dermatology. In both these areas, we have created 6 centres of excellence. From the cosmetic dermatology side what we picked is something which is more in trend and in demand and an area where we believe we have extraordinary skills to create a difference. In my personal perception and vision, when you create a superlative degree of care, you become unique. That is also an innovation, because that is one thing which does not exist, so if you can create that, in my broader concept that is also innovation. Our objective is to be innovative in taking dermatological care to that degree which does not exist. I created Dermacare based on a professional statement, that I adopted 15 years ago; it is the blue ocean strategy statement – to create an uncontested marketplace and to make the competition irrelevant. We only focus on in-house expansion of work, in-house elevation of quality care. Every day, every meeting is only focussed on one agenda, and that is how to improve patient care....

The climate of an area can influence certain diseases or problems rather than becoming the cause...

PARADISE found!

Indulgent cafes, decadent menus, fresh & healthy offerings, idiosyncratic settings and pleasant ambience - we unraveled the hidden gems while out and about in Dubai's various neighborhoods....

Dubai has plenty on offer when it comes to eating out. But locating the right place, savoring the right flavors and revering ambience we come looking for, is the hardest job! It is a classic tale of indecision that takes its toll on our taste buds and eventually on our mood.

To complicate things further, the weekend frenzy usually takes over, from beating the traffic to long queues and waiting lists at the choice restaurants. After one has beaten the odds and conquered the queues comes the real test of taste, when the order is served with often a beguiling presentation that ultimately leads to an experience of

unraveling mediocre food & an insipid evening.... To fight the blues, we took on the challenge to search for a superior place to dine and eat out, off the beaten track. A place that offers something of everything, the ambience, the flavors, the setting and of course the ease of getting there.... Here's what we found...



1: Al Fanar Restaurant & Café: Town Center, Jumeirah

If you often feel forlorn at the thought that it is literally impossible to find a place that serves 'authentic' Emirati cuisine, in an absolutely fascinating, culturally absorbing & traditional setting, then look no further, as Al Fanar Restaurant & Café at the Town Center Jumeirah, is the place to go... A place that instantly transports you to the unsullied and quintessential world of the old UAE... The restaurant serves authentic Emirati cuisine, the flavors and aroma that speak of the rich heritage and the culture of this beautiful land that once was a fishing harbor with a blooming pearl diving industry. The restaurant's interior captures the look of a traditional Emirati home, with arabesque details, plenty of old lanterns, vintage wooden windows, a courtyard with a tree and rustic furniture that oozes with the aura of an ancient Bedouin

way of life... Divided into three main sections, the terrace offers breathtaking views of the Arabian Gulf, while the indoor dining area is immersed with the old Emirati charm, and a small souq, selling traditional household items, at an amazing price... It couldn't get much better... The menu includes everything Emirati, from the famous Lentil Soup, Majboos (rice with meat), Saloona (traditional stew), to Date Pudding, there's no stopping this feast that is high in local flavors and aromas. Serving breakfast, lunch and dinner, the menu has been designed by the restaurant's corporate chef who has worked with the royal family, and understands the real essence that enriches the cuisine of the Emirates. Idyllically located at Town Center Jumeirah, Al Fanar is nestled in a spot coveted by those looking for the real taste of local food in a mesmerizing ambience, to enjoy a hassle-free break with family and friends with the touch of Emirati hospitality...

2: Pressman's Pressed Sandwiches - Cluster E, JLT

Pressman's Pressed Sandwiches bring the gourmet taste back into the sandwich, piping hot and oozing with aromas, it brings in the real time #throwbackthursday of the social reformist era of the 1920ies. With a pretty laid back setting, Pressman's uses the fastest grilling machine in the world that prepares sandwiches in 90 seconds or less. Using fresh bread, baked in-house, with fillings made using high quality ingredients, the resident Chef Owen believes in revising the art of sandwich making, by incorporating flavorful ingredients, creatively mixed to suit all palates. Located at the centre of one of the most diverse and bustling communities in Dubai, JLT (Cluster E), Pressman's aims to bring the concept of an American sandwich place to Dubai that encourages

communal interaction as a social hotspot... With the JLT metro station in close proximity, plenty of parking spaces as well as an easy access to the Dubai Tram, Pressman's simply is the best place to go grab a gourmet meal with friends and colleagues without getting lost in the hubbub of urban life... The restaurant becomes a little more calm and unflustered in the evening, as the office hours end the subtle, lively and relaxed, casual evening begins... Try the Spicy Buffalo Chicken Sandwich or go for the Portobello Melt, which melts in the mouth, bursting with flavors distinctive of comfort food. The Sweet Presses (pressed chocolate and marshmallow, pressed apple pie) have the most satisfying taste you can ever experience, the trick is to savour it while it's still hot and experience the warm succulent bite as it melts in your mouth... The restaurant also offers delivery service to close neighbors and communities.



3: Seasons - Pullman Dubai JLT

A treasure trove of retro vintage style, the Seasons at Pullman Dubai Jumeirah Lakes Towers, is the perfect place offering good food, a comfortable setting and an escape from the usual ruckus of surroundings. The restaurant offers both an a la carte menu as well as an extensive buffet, serving various continental varieties along with an open kitchen and a live cooking station, to liven things up. An array of hot and cold starters and mains, including a choice of salads, grilled meats and Tandoori creations, are perfectly complemented by delectable desserts, cocktails and grape beverages. Since the interior exudes the rich style of the 60ties glam, everything has been given a touch of retro warmth from that quintessentially progressive era of our times. A smorgasbord of different style elements; orange sofas, metallic accents, warm

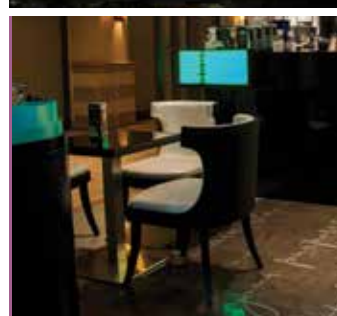
lighting all add up to create the feel of what the 60ties are known to be. If you intend to enjoy your meal outdoors then step outside into Café La Vue, set against the backdrop of Dubai's stunning skyline, offering a beautiful view of the city and its stunning high-rises. La Vue is the ideal venue to relax after work with friends, it also offers a separate eclectic menu with a comprehensive selection of beverages. Located in Cluster T at the Pullman Dubai Jumeirah Lakes Towers, the terrace venue allows guests to sit back with traditional shisha and enjoy special in-house mixes such as Orange Mint, Lemon Mint and Special Fruits Mix, while enjoying a panoramic view of Dubai. Perfect for hitting the town straight from the office, La Vue, which is French for 'the view', is situated on the hotel's first floor and is ideal for an al fresco mellow evening until 1 am.



4: Icons Coffee Couture - Souk Al Bahar

A utopian dream come true for the health and diet conscious people; Icons Coffee Couture at Souk Al Bahar, specializes in delicious savories and delectable desserts that are sugar-free and naturally sweetened for guilt-free joy, guilt that usually follows even after a little indulgence. This fashionable coffee franchise concept has been created

by former German model Elena Weber along with a team of fashion lovers and motivated professionals, who understand the importance of healthy food and have created a place that offers the option of healthy eating without compromising on the taste. Using the all-natural sweetener Stevia, which cuts the typical calories load (from refined sugar) of a dessert to zero, the concept borrows heavily from the latest trends in the fashion industry and strives to promote a healthy, but joyful lifestyle. Located at Souk Al Bahar, next to The Dubai Mall, it is an ideal location to unwind and connect with friends and family, in a stylish yet peaceful setting. The menu features many tempting choices including Snow White Frappe, detoxing Milkshakes, Double Choco Mousse, Raspberry Cheesecake and other enchanting options without the calories load.



5: Eataly - The Dubai Mall

If there's a place, that speaks, breathes and lives Italy, it is Eataly at The Dubai Mall. The ginormous restaurant cum coffee house cum retail space, offers everything Italian, you name it and they have it. With various cooking stations preparing different Italian specialties, like pizza, fresh pasta and bread, the extensive menu offers a huge variety of Italian fare, including the mouthwatering and finger licking Pollo Arrosto (delectable marinated chicken), delicious Pizza Margherita, aromatic Risotto Alla Milanese, mildly spicy Penne All'Arrabbiata to name a few... Whether you are in the mood for a hearty meal, a coffee joint, or just some Nutella drrenched crepes, the place isn't short of offerings for every taste and you can literally find everything that Italian cuisine has to offer...

The sheer size of the place instantly transports one to some bustling old town Italian market, with aromas of genuine Italian specialties wafting in the air. You may also want to make a few purchases, everything ranging from olive oils to fresh pastas, the options are innumerable... Excellent for weekend dinner with family, and especially children, or just a hangout with friends for an indulgent meal, the choices on the menu are unlimited but the only problem is making up your mind... Warm, welcoming and comfortable, you are sure to be lost in this Italian haven for a good few hours...



Java Jolt - Silicon Oasis

It is often hard to find decent neighborhood cafes, even harder at the Dubai Silicon Oasis; a fast growing community some miles away from the media hubs, like the Business Bay and the Media City. Java Jolt is the artisan café with a simple, warm and comfortable ambience. It offers an eclectic mix of organic teas,

coffees, nibbles and more. The variety of coffees are made of organic, hand roasted coffee beans and the café uses organic whole-wheat flour for most of its gourmet creations with that perfectly rustic taste. The South African Chef Khomoto Leluma believes in creating a fine amalgam of flavors for mixed palates.

The outdoor terrace is the most coveted spot when the weather's good, with warm desert zephyrs and a nice view. The indoor seating area is stylish and comfortable, enhanced with a colorful display of modern paintings and photographs on the walls by young artists based in the UAE. Adding to the suave ambience, a touch of local expression and complimented by a small dedicated area for reading with a large selection of books, which makes it a lot more than just a café... A place to connect, unwind, socialize and more; Java Jolt is the perfect communal retreat...



Hattab Kitchen - JLT

Overlooking the new park, the latest addition to the JLT community, Hattab Kitchen is the perfect place to relish fresh, healthy & homemade meals, with family and friends. Using only fresh ingredients Hattab Kitchen offers traditional Arabic cuisine with a creative twist. The contemporary Arabic casual dining concept also has a no fried food policy, with all meats served grilled to perfection. Amongst the most interesting items on the menu are the breakfast clay pots where you choose the ingredients for the pot and away it goes to the oven and comes out as a hearty and healthy meal. The concept behind the eatery is to prepare food the traditional way and with care, hence the pivotal clay ovens as testament to the belief. With an extremely laid back and comfortable setting, Hattab Kitchen is an excellent spot for families with kids,

where one can dine and relax while the kids play around the beautiful community park... The owner Yazen Al Kodmani, strives to provide high quality, traditional food that is not only tasty, but healthy too. For those who have the proverbial sweet tooth, Sukar, next to Hattab Kitchen (a sister concern), provides delectable treats, with Middle Eastern flair like Cheese Cake Kunafa and more... A place with good food, comfortable ambience and taste of home cooking, Hattab Kitchen is the best community hangout around town.



A MAN, A BIKE & a mission...

ONE MAN AND HIS MOTORBIKE: A MISSION FOR CHILDREN IN NEED

Wissam Al Jayyousi, founder of The Goodwill Journey is all set to embark on a round the world motorbike trip of 240,000km in support of the Palestine Children's Relief Fund (PCRF)... The Goodwill Journey, a charitable mission, is raising awareness for the PCRF, a non-political and non-profit entity, by going on an epic one and a half year-long motorbike journey.

Having started his solo journey from Dubai on March 1st, on a customized KTM 1190 Adventure R motorbike, his trip will see him travel around the world following an X-axis and Y-axis route, spanning 240,000kms and visiting 100 countries. When asked about himself, the Goodwill Journey & PCRF, Wissam said "We are a group of enthusiastic individuals from all over the globe that lends a helping hand to heal lives in places torn by war, famine and other perils. Each one of us contributes in a different way according to our professional expertise and related industries, from IT support, advertising, PR and event management, we all join efforts for a bigger objective that brings out a change in the lives of people who need it." Himself being an IT professional based in Dubai for over 13 years, the donations collected directly go to PCRF, however the cost of the trip is being covered by Wissam himself. "The primary objective of the PCRF is to identify and treat every child in the Middle East in need of specialized treatment not available to them locally," added Wissam. Palestine Children's Relief Fund PCRF is an American Registered Non-Political, Non-Profit Organization established in 1991. It operates in 10 Counties via 23 active chapters. Currently 15 chapters are under establishment. "We do not discriminate based on religion, gender, nationality or sect," reflected Wissam about the philosophy behind PCRF. Helping children in war zone, poverty stricken and famine infested areas is an extremely challenging and arduous task. "I was inspired with the great work PCRF was achieving over the years, treating so many children, giving them, smile and faith again after suffering they've been going through. This is what Goodwill Journey is about and my support came naturally," said Wissam. The first project that he participated in was the Goodwill Journey around Asia, when he rode from Dubai to Singapore to support PCRF in building the cancer ward in Bait Jala. An intrepid traveller, his previous missions saw him climb Mount Pumori, and ride a motorbike across 23 countries, all for one reason – to raise awareness for the needy. While talking about how he came up with the idea of The Goodwill Journey, Wissam stated; "It started with a father calling me to ask for help. His daughter got straight A's in her high school but he did not have enough money to put her through college. He told me I wish she'd failed because I wouldn't feel so guilty not being able to afford university, but she got straight A's and now I have to live with this guilt. It all started from there



and climbing mountains to raise money for education of women in war zones. And from there I found that I need to spread the message across the world and decided to do that on a motorcycle by visiting every country in the world." The focus of upcoming journey is medical needs for children in war zones in the Middle East. Wissam will return to Dubai approximately 15 months later hoping to have raised USD2.5 million for the PCRF. The most difficult part of this passionate journey is the route itself... "Harsh environment, desert crossings and harsh terrain. The weather is also a big factor in making this difficult with temperatures ranging from -20 C to +50 C. And finally the security issue in some countries", added Wissam. Wissam will be blogging about his day to day activities as much as the situation allows. Supported by a team who will be supporting him with their network, giving updates on his status, the main blogging will be on the Facebook page and the web page goodwilljourney.org in addition to twitter and Instagram updates. Speaking about why he has chosen to embark on the daring trip, Wissam said: "The worst thing in life is to fall down and realize that there is no one to offer a helping

hand to get you back up. Sometimes you can rise back up on your own; but that isn't always the case. The sick and injured children of the Middle East have fallen down, and they have no strength to rise up on their own. We need to be that hand; we must be that hand. The purpose of this trip is to raise awareness and fund for children with medical needs in war zones. I need everybody's help to be able to do that. I need people to donate and spread the word. This needs to be a global effort, I am just a messenger. Please keep in mind that all donations go towards helping the children.

Expeditions for a cause

Climbing Mount Pumori in Nepal – Nick name (Daughter of Everest)
30 days climb to 7000+ meters to support women education in the Middle East
Episode one – Motorbike Ride through Europe: Dubai to London
Included 36 Countries, 40,000 KM to support of building a playground for children with special needs
Motorbike Ride across Asia on the Silk Route to Singapore
Included 23 Countries, 60,000 KM to support building the first free standing pediatric cancer center in Bait Jala.

TOP 5

INTERIOR DESIGN

trends to look out for



We are heading for a full bloom summer in a landscape accented by the intensity of bright sunlight. To compliment the seasonal change, if you haven't been able to change the look of your interior, now probably is the best time to do so, with plenty of seasonal inspirations and good weather to set the mood for a flourishing year ahead... We talked to some of the great names in the UAE for their projections on what

look to create for the upcoming season and what trends to follow. The design gurus have prophesied that it is going to be a year of transitions and transformations as the upcoming popular trends dictate a mix and match combination of styles, colors, patterns and textures that are an innovative blending of the modern and traditional, while utilizing a fresh approach that is perfect for this time of year with the imminent change in weather.

Hazem Aljesr, the owner of Cities Design & Lifestyle Store in Dubai, gave us his insight on the popular trends for the coming year. Given his background and involvement in the world of design, Hazem Aljesr with his finger on the pulse, knows how to identify a trend. For 2015, he shares the top five trends which have already taken over the design scene by storm. The five trends sure to inspire you to update your interiors are...

1- Industrial Design Accents

The Industrial design style's been popular for a few years, and it is going to remain influential in 2015. The style is characterized by a hint of shine and accents created by metals and natural materials, a minimalist appearance and a focus on functionality. The muted neutrals and metal tones that typify the industrial style can be added to a space through the use of metal light fixtures, lamps, side tables and metallic sofas. Metallic accents add the instant spice of glamour and polish to the decor. This year the focus is on the neutrality and shine of the metallic surfaces as opposed to the appreciation of the shades of rust and grunge styles.



2 - New Eclecticism

A new form of Eclecticism will appear this year, combining elements of industrial design with more traditional decor styles. Mixing bold colors, plush fabrics and textures with stripped down, minimalist items to create an eye-catching dichotomy within a space. This can easily be achieved by blending industrial style accents with brightly colored pieces, especially in shades of orange and yellow, which are sure to be popular this year. Complementing the smooth with textured or ribbed materials will create an interesting play of contrasts - fur, leather, wood, ceramics, etc., each material bringing out the beauty of the other.



3- Nature

Nature will play a big role in interiors for the coming year, on fabrics and in the choice of textures. This organic modernism will incorporate natural shapes and elements in the decor, particularly giving shape to organic forms using earthy materials. Floral, leaf, insect and fossil prints & patterns are becoming quite popular as we bring the outdoors in. Reflecting this trend, natural, unfinished woods will be popular, as will be the use of salvaged wood. This connection to nature can also be seen depicted with animal sculptures. Painted wood and ceramic animal or more contemporary sculpture styles made from industrial materials are appearing everywhere in 2015.



4- Blue

The use of blue will be widespread in 2015. Many designers are incorporating deep, indigo shades into their designs, but dark royal blue is popular as well. This trend is easily reflected through the use of accent pieces and accessories such as throw pillows, candleholders, and curtains. One can also go bold by painting the walls in a deep blue shade or even utilizing it in artwork to reflect your own personality through color. The blue shades that make a statement are Greek blue, the Mediterranean blue and the Cerulean shades. A deep blue shade paired with white, grey or pink creates a sophisticated contemporary look.

5- Minimalist Arabesque

This year the traditional arabesque will appear in a more simplified fashion. There will be an increase in the use of geometric patterns, but curved lines and fluid forms will prevail. This trend will appear in wallpaper, tiles, and fabric accents, but can also be seen reflected in tabletops and wall art. The use of a simplified pattern will bring coherence to a space and tie any contrasting styles and pieces together, while the curves will suggest warmth and sensuality. The patterns gaining popularity are motifs from Morocco and the Far East with Greek or Hellenic patterns and South American elements, magnifying the range of motifs that can add pattern and dimension to your space.



While the trends listed above are sure to be popular, the most influential trend for 2015 is to decorate with what moves you. To find inspiration, embrace your own style, and make your space your own.

the SPICE saga

An Epicurean Tale of Passion & Gastronomical Indulgences...



Inspired by the culinary ventures in the family kitchen, discovering flavors and aromas that stir the imagination and tingle the taste buds, Chef Sanjay Kalamadi's gastronomic saga, is a tale of passion, curiosity and creativity... elements which have played their part in shaping his career. Starting his career in India's Café Mocha as the Commie Chef, Chef Sanjay has since then, gained experience across

three continents of Asia, Europe, Africa and the Middle East. From Café Mocha India, Hilton St. Helens UK, Fujairah Rotana Resort and Spa, Pax Romana- Dusit Thani to Cavalli Club-Fairmont the palm, and not to forget the exciting challenges in Lagos Nigeria, as head chef of Rhapsody and adventures at Rhapsody's Dar es Salaam Tanzania, Chef Sanjay has worked his way up into the epicurean hierarchy... Currently,

Kalmadi has been assigned the task to devise a menu that brings an unassuming flavor centric edge to the cuisine served at the GQ Bar. When he is not busy dexterously devising delectable dishes, Chef Sanjay's free time pursuits include strumming the guitar or running a ball through the ground playing football. First Avenue spoke to him about his inspiration, endeavors that excite him and his vision...



To begin, tell us about yourself, & how did your love for food start?

I was born in Mumbai, India, where my passion and love for well-prepared fare began at a very young age through observing, and later helping, my mother in her daily kitchen work. I began my professional career by undertaking a 3-year culinary diploma from the D. Y. Patil School of Hospitality and Tourism Studies, a reputable hotel management college in Mumbai. During these 3 years, from 2000 onwards, I worked part-time in hotels until I finished my course in 2003. Then I started working full time and worked my way across three continents, starting in Asia (Middle East) before moving to Europe and Africa, and have worked for some reputed hospitality brands, including Grand Hyatt, Conrad Hilton, Rotana, and Dusit Thani.

What was the first dish you ever cooked, when and what was the result?

The first dish I ever cooked was a simple Omelette in the 1990s before going to school. Preparing my own breakfast eventually raised my curiosity and passion for the culinary arts.

What do you love most about your job?

Working at GQ Bar is the kind of challenge that I embrace. I am working on an

exciting new menu for the restaurant and the journey reminds me of why I wanted to be a Chef. My favorite part is the multiculturalism; making new friends has often played a major role in my love for this job. Travelling to new places showcasing cooking, as an art, tasting and learning the history of food. Food for me remains a basic need for the human race because indirectly we all connect through it at some point for sure.

How would you describe your style of cooking?

I have spent a decade working with Italian chefs, so my style of cooking remains simple, using fresh, easily available seasonal ingredients to create dishes with clean, palatable flavors.

Do you have a "signature dish" or a favorite dish you enjoy cooking?

Come and try my pasta dishes – I can take you all around Italy simply through a few pasta recipes! From Linguine al frutti di mare, we would go to the freshly prepared Tortellini with ricotta and spinach, before moving to Spaghetti al pomodoro and Penne arrabiata. All of these dishes are full of flavor, relatively easy to prepare and yet so distinctive; this is what makes Italian cuisine such a reference point in the culinary world.

Do you have a favorite ingredient? Why does it capture your interest?

As long as they are fresh, most ingredients do lend incredible flavor and texture to any dish that you may want to prepare. For me, tomatoes, extra virgin olive oil, garlic, basil and thyme are by far my favorites – they are widely available and can be used in most dishes that you make every day. I would say 95% of people love the flavors of those ingredients!

Where do you look for inspiration, when you want to create something new? What is your food philosophy?

Local cuisine always plays an important role in inspiring my food. I also focus on the clientele we see at our restaurant each day, as we need to accommodate their preferences on the menu too. I also consider staff suggestions, visit restaurants around the city, and check out what's new and trendy in the world of F&B.

How has your background and culture influenced your style of cooking?

I grew up in a small Indian family in metropolitan Mumbai, where time is a major factor of daily life. Quick dishes with simple ingredients that are rich in flavour were always on my mother's mise en place list; this has definitely influenced my style of cooking today.

What is the most exotic dish, you've ever eaten?

Durian fruit – but as much as I love it when prepared correctly, it is a very difficult ingredient to work with from many perspectives. Kobe beef is the most interesting dish for me, because of its unique texture and taste.

Who do you consider your culinary mentor and why?

Every person I have worked with in the kitchen for last 15 years has taught me something about cooking; I don't have anyone in particular as a mentor. My beliefs are simple – observe, try, succeed.

What would you consider your most challenging experiences as Chef?

Not spending time with my family during holidays and weekends. As a chef, I accepted this a long time ago. Over time, I hope they will understand the full-time dedication and passion that drives this business not just with me but also with many of the hospitality professionals that I work with.



2015

FALL

READY TO WEAR

Check out the exclusive photos of the Fall 2015 RTW collections from top fashion designers of the world.

ELIE SAAB

LOUIS VUITTON

CÉLINE

PRADA

ALEXANDER
MCQUEEN

HALA AL GHUSAIN

ELIE SAAB

Fall 2015 Ready-to-Wear

Set in a forest of cardboard cutout trees to create a darkly romantic glade, Elie Saab layered his collection with rustling foliage; motifs of leaves and flowers, embroidered or printed onto macramé lace, appliquéd on leather, patterned on chiffon, tweed and fox

fur, created textured pieces without beading. Yet it had the slickness, the glossiness, and the conventional decadence of New York's commercial designs. The trousers were cut high, skirts were full and intricate cutouts on dresses created a subtle play of leather,

lace and skin. Black with teal and deep reds dominated the runway; the deep shades of red reminiscent of the darkest hues of fall made this autumnal collection the perfect reflection of the season.



ELIE SAAB



ELIE SAAB



LOUIS VUITTON

Fall 2015 RTW

Variety, individuality, simplicity, beauty, practicality, mouth-watering deliciousness is what Ghesquière's Louis Vuitton managed to articulate, through her fall ready to wear collection... With white shearling coats finely combed into deep-pile puffballs, to the tiny

chain belts, to the ribbed knits with their wavy fluted edges, to the embroidered lace leg-o-mutton-sleeved tops, to the A-line miniskirts with their subtle kinky zip-and-buckle fastenings, Nicolas Ghesquière redefined modernity and the feeling of calmness.





W Z E E C



*RTW
Fall 2015*



The inspiration for the Celine RTW FW 2015 fall collection was "the idea of sexuality and sensuality and the fine line" between them which led her to a kind of "tattered glamour", said the designer, Philo.



The show opened with a sweater, its belled cuffs covering the hand, worn over wide pants in what appeared to be embroidered crocheted lace. The fabric recurred in a jacket over pants and a dress, creating an all chaste silhouette but revealing skin via random devoré windows. She also did an exquisite turn with lingerie, corsets undone and deconstructed over slip dresses and deliberately ill-fitting conical bras. Sweater dresses covered up in front, flashed circular, open portholes in the back. Shirts in animal prints striped, spotted and full bodied wolves and stags over roomy skirts or loose plunging necklines and colorful totes negotiated the issues of sexuality and glamour. Slightly puffy coats with provocative sleeves that unbuttoned at the shoulder preceded ultra plain leather



coats cinched at the waists and followed by fur coats radiating movie star élan. "What I try to do is give women a choice," said Philo, the designer as she mused over the role of sexuality in dressing.



PRADA

RTW Fall 2015

For fall, Prada took a respite from deep fashion thoughts and focused solely on “things women like; colors, bows, decorations”... prettiness infused retro shapes with technical foam jersey for a twinge of past-future dissonance. For the show space, Prada created the vague atmosphere of an old-time couture salon, with industrial metal flooring and a mesh ceiling revealing the unglamorous infrastructure. Opening the show with neat Sixties shapes, mixing girly and acid colors to quirky effect, Prada let colors do their work in a vibrant, carefully wrought free-for-all. Trim jackets had schoolboy spunk over cropped bell-bottoms, and shared the runway with lady coats and beautiful high-waisted dresses in cuts derived from midcentury couture.





ALEXANDER MCQUEEN

Fall 2015 RTW

Sarah Burton is at her very best as a designer when she gets in touch with nature. Images of English roses, blooming, dropping their petals, and fading away, inspired her to relax, jettison hardness, and follow her own feelings. “I was thinking about the female form, and some pictures David Sims took of roses,” she explained. “There’s such beauty in all stages of the life of a rose. So there’s this sense of a woman, who becomes slightly unraveled as she goes along and her clothing starts peeling away.” The theme built, allusively, through a sequence of ruche chiffon dresses, under which black lace ran up the sternum and clasped the neck. Then came a palest pink drop-waist dress whose skirts were enormous 3-D whorls—and the flower imagery was suddenly in full bloom. The evening dresses that followed—amazing, body-skimming lace—proved yet again that skills at McQueen are up there with the very best European couture. It’s an even fuller picture, though, when Burton shows her haute but accessible daywear.



HALA AL GHUSAIN

Spring/Summer 2015

Inspired by the powerful femininity, glamour and beauty of women in the region, Emirates Palace and Maison Hala celebrated contemporary fashion trends with Hala's Spring/Summer collection showcased in an "Arabia" fashion party at Emirates Palace Hotel. Under the creative

direction of Hala Al Ghusain, the new collection has evolved into daring and seductive pieces of casual and evening wear using lace, taffeta, denim and African Vlisco. The look is further embellished using crochet designs, flowers, beads and stones to bring out the confidence

and sensuality of the wearer. The elegant collection, inspired by the illustrious desert as Hala's playground, reflects the modernization of traditional couture using trendy interpretations of traditional eveningwear and casuals cleverly crafted using delicate motifs and elements.





WATCH & JEWELRY



Collections

Inspired pieces to unique and exceptional creations, contemporary gem stones to innovative and revolutionary designs; check out our selection from the latest high-end jewelry and watch collections

Chopard Imperiale Collection

The Imperiale watch's appeal lies in its harmonious proportions and refined details. Endowed with a powerful and symbolic character, it asserts itself as the natural choice for daring women. Roman numerals punctuate the dial, while the curved hands are reminiscent of the tapered daggers used by sovereigns in battle. A diamond-set crown delicately curved like a lotus flower is fitted on the case, with its pure, sleek sides designed to give the model a lighter touch.



EBERHARD & CO. GILDA GRAND PAVÉ

The Gilda Grand Pavé is a precious new romantic edition designed for women who want to stand out and feel special. The watch has an elliptical steel case and soft, harmonious lines enveloping a white mother of pearl dial with Arabic numerals at 3, 6, 9 and 12 o'clock. The delicate wave motif is obtained thanks to a special engraving technique and to a precious ellipse of 50 diamonds. The case features 212 stunning diamonds in three rows which enhance the dial, while the crown is wrapped in 14 more diamonds.

Carl F. Bucherer Pathos

Multifaceted and individual – the Carl F. Bucherer Pathos collection in pure rose gold is the latest creation by the traditional Lucerne watchmaker. The new rose gold models are delightfully diverse; the Pathos aureole comes in two different versions, with a wave design or filigree grid. The exquisite dial excites in precious, mother of pearl or with delicate ornamentation on pure white. The case shines in clear rose gold or with sparkling diamonds. Made of finely crafted pure rose gold elements, the Pathos bracelet harmoniously rounds off the composition of the timepiece.



Force Artemis

The Force Artemis models, crafted with simple and minimalistic design, combined with the accuracy of a Swiss movement are beautiful timepieces that accentuate elegance at its best. The Force Artemis model is a perfect statement for the modern woman who is strong, independent but still in touch with her feminine side. Force Artemis comes in two forms, one with stainless steel strap with folding clasp and the other is a black-croco print leather strap with folding clasp.

Tissot Flamingo

Like the supremely elegant bird it is named after, the Tissot Flamingo is a triumph of design. The flamingo is graceful on two slender legs, while the Tissot Flamingo has a wonderful fluidity as a result of its sleek and surprisingly slim attachments. As well as resembling the bird in design, it is also a thing of beauty, an elegant aesthetic lending a jewelry effect that means it will add a hint of glamour to evening wear or a sophisticated touch to off-duty daytime attire.



Ladymatic Omega

The OMEGA Ladymatic is a mesmerizing blend of extraordinary design and truly innovative watchmaking. It was crafted for the woman who cares as much about the technology in her timepiece as she does its appearance. This OMEGA Ladymatic features an imaginatively designed dial in 18K red gold with mother-of-pearl marquetry and diamonds set in the shape of a flower made up of five interlocking OMEGA logos. The #ImagineOMEGA is a photo series that captures the essence and personalities of some of our favorite watches in bell jars.



Rado HyperChrome Diamonds

Glamour, sophistication and a sparkling finish are the distinguishing features of this dazzling, diamond-encrusted beauty. The Rado HyperChrome Diamonds uses Rado's signature high-tech ceramic for the monobloc case and lightweight bracelet in polished monochrome white or black. Studded with a total of 181 diamonds, the Rado HyperChrome speaks with perfect eloquence of timeless beauty and eternal love.



Charmex Malibu

Charmex, Malibu watches, for ladies, evoke sensuousness, elegance and timelessness. The model MALIBU's case-studded with zircon and its elegant dial is a humble homage to the gleaming Pacific Ocean off the Malibu coastline.

Explore the pleasures of life
surrounded by true luxury.



Discover the Dubai Polo & Equestrian Club, a unique destination where polo players and fans can gather together in a world-class venue, designed to showcase the finest the sport has to offer. The Club is an ideal venue for private parties, special events and corporate sponsorships. Ideally situated opposite the Arabian Ranches, the Dubai Polo & Equestrian Club presents the ultimate lifestyle destination, whether it's for horse riding, relaxing or social events.

- 68 acres of majestic desert landscape
- 357 stables and international standard polo fields
- Show jumping and dressage arenas
- Swimming pool, gym, fitness classes and a spa
- Exceptional restaurants and lounges

Chopard Temptations Collection

This freshly colored, delightful collection of jewels by Chopard is the ultimate ode to enchanting luxury. The mouth-watering colors and luscious shapes exude playfulness with an understated elegance. The pear cut shape adds to the versatility by adding a new approach to luxury that is relaxed and casual.



Van Cleef & Arpels Pierres de Caractère™

French High Jewelry Maison Van Cleef & Arpels' Pierres de Caractère™ – Variations collection, highlights the timeless elegance of the Maison's style and patrimony. With this collection, the Maison pays homage to the beauty of stones, to their enchanting hues and the emotions they evoke. The pieces stand out as much for their rare gems as they do for their dazzling color combinations. The collection is also a tribute to the travels undertaken by the Arpels brothers in Asia and India between the 1950s and the 1970s: during this time they acquired exceptional colored gems, which grace the current collection.



Harry Winston Secret Cluster Diamond Necklace

Drawing inspiration from the iconic Winston Cluster motif, the sculptural designs in this series present a delicate ribbon of diamonds that is accented by a rich bouquet of round, pear, and marquise shaped stones. Behind the brilliance, each unique jewel hides an incredible secret waiting to be revealed. Handcrafted using the finest quality diamonds, the enchanting composition of round, pear, and marquise-shaped diamonds, secretly transforms into a hidden locket, keeping one's most precious treasures close to the heart. Elements of the Secret Cluster Necklace may be worn in seven different configurations.



PASQUALE BRUNI FIORI IN FIORE

Pasquale Bruni presents the new iconic collection Prato Fiorito, a unique set that seduces with the refinement of its craftsmanship and the gems of rare beauty. A creation that combines the excellence of Italian manufacturing with an unmistakable contemporary style, the fine jewelry by Pasquale Bruni is masterfully crafted, expressed in the exquisite Fiori in Fiore necklace. The collier is composed of 3421 diamonds for a total of 31.51 carats, one 4.46 carats morganite and 258 pink sapphires for a total of 10.54 carats. The set is completed by chandelier earrings in white gold, diamonds and pink sapphires.

Pandora jewelry

Pandora's beautiful collection of hand-finished jewelry, crafted from precious metals and sparkling stones exudes elegance and glamour. Evoking romance and love through timeless motifs, contemporary trends and innovative techniques, the new collection of treasure-forever jewelry pays homage to love and individuality.



DAVID WEBB JEWELLRY

Renowned American jewelry house David Webb is synonymous with elegance, luxury and style. A quintessentially American jeweler; David Webb designs have adorned celebrities of great renown, Elizabeth Taylor, Jacqueline Kennedy, Jennifer Garner and Beyoncé to name a few. Embracing art deco and heraldic forms, and the beauty of enamel jewelry, his most elegant jewelry makes big pearls sexy and turns a spotlight on rock crystals accented with white diamonds. David Webb returned to the 2015 Doha Jewelry & Watches Exhibition; where the late David Webb drew a great deal of inspiration from the traditional patterns of the Arabian Gulf in his drive to bring greater refinement and simplicity to modern jewelry.



ABU DHABI TOURISM & CULTURE AUTHORITY

A Series of Talks for Zayed National Museum - Multaqa Zayed National Museum



Abu Dhabi Tourism & Culture Authority (TCA Abu Dhabi) public program – Multaqa Zayed National Museum is a new series of talks centered on the narrative of Zayed National Museum that charts the exciting journey of the museum in the lead up to its opening. Scheduled to run from January until May 2015, the program introduces Zayed National Museum to the public, telling the story of the UAE through the life and achievements of the late Sheikh Zayed bin Sultan Al Nahyan. Zayed National Museum celebrates the unification of the Emirates and their transformation into a modern nation under Sheikh Zayed (1918–2004) – the ‘Father of the Nation,’ within the context of the Middle East and the wider world. Designed for the public, the museum enables visitors to encounter an unparalleled collection of art and artefacts from ancient and living cultures of the UAE and the wider Middle East.

FORREY & GALLAND

Dubai is now home to Forrey & Galland, a haute-couture chocolate house with a Parisian touch, adding another achievement to its impressive list of accomplishments. The flagship store of Forrey & Galland in the Dubai Mall is the only one in the world offering a sumptuously tailored experience. Its online boutique makes the desired brand accessible to chocolate aficionados in the UAE.



CX SWISS MILITARY WATCH

regains the world record title

CX Swiss Military Watch™, has unveiled the incredible, world record-breaking 20,000 FEET model across the U.A.E. The 20'000 FEET reaches into a new, hitherto unthinkable dimension of water resistance and is the world's first and only mechanical diving watch, water resistant to an incredible 20'000 feet or 6'000 meters – certified! In reality, the watch is said to be water resistant to 7'500 meters or almost 25'000 FEET, reaching the required 25% safety margin, earning it a place in the Guinness Book of World Records. The 20'000 FEET, a.k.a The Ultimate Diving Watch has achieved its world record-breaking water resistance properties by using state-of-the-art technology and selective materials weld together into a massive yet comfortable to wear diving watch.



SISTERS BEAUTY LOUNGE

City Center Mirdif



Sisters Beauty Lounge recently re-launched a bigger and better branch at City Center Mirdif. Located on Level 1 near the North East Entrance, the branch now includes amenities such as the Moroccan Hammam for body scrubs and massages, Redken hair products that can also be purchased at the salon and the ever-popular Brow Perfect eyebrow extensions.

THE HOUSE OF HARRY WINSTON

Opens a New Salon in Dubai

The House of Harry Winston, the legendary “King of Diamonds,” and international luxury brand announced the opening of a new retail salon in Dubai. Located on the ground floor of the Dubai Mall, the 148 square-meter salon will showcase Harry Winston's exquisite fine jewelry and timepiece collections. The new salon reflects a contemporary variation on the traditional Winston style, drawing references from the eloquence and architecture of the brand's iconic Fifth Avenue Flagship store.



RICHARD MILLE DUBAI BOUTIQUE

Richard Mille officially re-opened its flagship boutique in The Dubai Mall following major refurbishment. The boutique, situated in the world's largest shopping mall, is designed to resemble a salon where Richard Mille can welcome his friends; the new concept creates a graceful space, dedicated to luxury yet it is familiar and welcoming. The re-launched Richard Mille flagship store is located on Level G, The Dubai Mall, near the Grand Atrium.



CIATÉ NAMES OLIVIA PALERMO as Guest Creative Director for 2015



Ciaté, the London beauty brand that revolutionised nail art, has announced the appointment of Olivia Palermo as its Guest Creative Director for 2015. The collaboration will see the style icon creating four limited edition collections for the brand, all of which are set to be stocked at Sephora stores globally.

INFINITI PARTNERS WITH EXECUJET to provide a “First Class Experience” for passengers

Infiniti, the automotive brand has built a new and exciting partnership with the ExecuJet private terminal at Dubai International Airport. As part of the collaboration, and building on the QX80's “First Class, Everyday” positioning, Infiniti will provide ExecuJet with a fleet of their flagship SUVs. The vehicles will be used to shuttle private jet passengers between the aircraft and the ExecuJet lounge. The new QX80 offers a fresh new exterior design, a more crafted interior, and an array of additional standard features. The high-stiffness frame structure enhances comfort during the ride while reducing noise, vibration and harshness.



MONTBLANC GREAT CHARACTERS: *John F. Kennedy Limited Edition*



Paying tribute to one of the most charismatic political figures and a man of extraordinary achievements, Montblanc introduced its new Great Characters Edition commemorating John F. Kennedy at an exclusive diplomats dinner. Recognising the achievements of individuals who have broken new ground in the fields of science, politics, culture and arts, every Montblanc Great Characters Edition commemorates the mark each has left behind. The Montblanc Great Characters John F. Kennedy Edition celebrates one of the most prominent American presidents who inspired the world and left a legacy of optimism, prosperity, technological and social progress.

BILLIONAIRE *Spring/Summer 2015*

Billionaire, the luxury ready to wear brand established in 2005 by Flavio Briatore in partnership with the Italian business company PERCASSI takes a precise challenge and brings the superior quality and attention to detail of couture to its ready-to-wear clothing and accessories lines. Staying loyal to standards that have distinguished the Made in Italy trademark, every piece in Billionaire's collection is carefully crafted by Italian artisans each of whom is an expert in his individual field; from the supplest exotic leathers to the finest Italian silks and cottons, to its wide range of prestigious cufflinks and buckles. A reflection of the menswear collection, the Billionaire Woman continues the strong Australian motifs and unique prints in pastels and corals through to structured black silhouettes.



FIRST AVENUE AT DUBAI WORLD CUP 2015





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