

First Avenue

The Royal
Touch

CAROLYN ROBB

Food
Adventures

VENTURING DEEP
INTO FLAVOR

The Agony &
The Ecstasy

GUILLAUME CUIRY

A Foodie's Guide
TO GOURMET DUBAI

Nip & Tuck

WHEN, WHERE & WHY

DAKOTA
JOHNSON

"I'M AN ACTRESS OF MY TIME"





bYSI®

A New Woman Every Day



JAKE

REGULAR-RISE, SKINNY



PIERRE

REGULAR-RISE,
SLIM STRAIGHT LEG



SERENA

LOW-RISE,
SUPER SKINNY



ADA

BOYFRIEND FIT

First Avenue

EDITOR'S NOTE

The season of mirth and mellow fruitfulness is upon us! So many events and shows are taking place in an infinitum of movement, gyrating in an endless parade of life - palpable & animated... Such is our super city of lights! All this leads to the crescendo, when the city reaches the spiritual harmony with the coming of the **Holy month of Ramadan...**

Welcome to the latest issue of the First Avenue magazine, where we have put all our efforts to bring you the best from the world of gastronomy. From our super hectic adventure around Dubai's various neighborhoods and malls trying to find the real gourmet pleasure for the insatiable foodie in us, all the way to a gastronomic adventure exploring Mexico and Russia, there's decadence that oozes out of these words written in the awe-inspiring wonder food brings to us. We dedicate this issue to all the foodies out there! And while we are on the topic of food, this month our cover girl is also perfect eye candy...

The pretty **Dakota Johnson**! She talked to us about her latest movie, her breakthrough role as Anastasia Steele in 'Fifty Shades of Grey', her lineage of Holly Wood's elite to her simple pet peeves in life...

This issue we didn't just focus on one passionate thing 'food', but we also were in the mood to discover another passion driven form of creativity; Arts! Since last month was all about Art Dubai, so we got a chance to sit down with **Guillaume Cuiry** - Owner and Curator of La Galleria Nationale at the Serkal Avenue Dubai, talking about everything Art and passion. Don't forget to read the interview 'The agony and the ecstasy' with this art connoisseur in the face to face section... We also got a chance to talk to **Cyril Zammit** the man behind Design Days Dubai, and learnt about the essential cultural bridging and the significance of bringing art and design out into the social circuit.

With all this don't forget to read the interview with none other but **Carolyn Robb**, Chef at the Royal Household in England for 13 years. Now with her cook book 'The Royal Touch' her culinary adventure is just getting started with newer horizons... Check out **Carolyn's** interview and learn about her inspirations, experiences and her simple love for food...

And because we are a lifestyle magazine, don't forget to check our carefully crafted **Fashion must have** pages oozing with the best fashion essentials from makeup to perfumes and a lot more, our **watch and jewelry** section with latest collections and of course our curios coverage of the latest from the hi-fashion runway and our what's new section dedicated to the latest events and news from the region and beyond...

So, whether you had a busy hectic day, or just a quiet dull day, this issue sure is sure to bring your best mood out...

Enjoy Reading!

Lamiya Sami

*Our bards are fam'd who strike
the silver wire:*

*Our youth are bolder than the
southern swains:*

*Our maidens fairer in the
sprightly dance:*

*We lack not songs, nor
instruments of joy;*

*Nor echoes sweet, nor waters
clear as heaven,*

*Nor laurel wreaths against
the sultry heat.*

- To Summer by William Blake



BETTER CARE IS
NOW CLOSER
TO YOUR
HEART

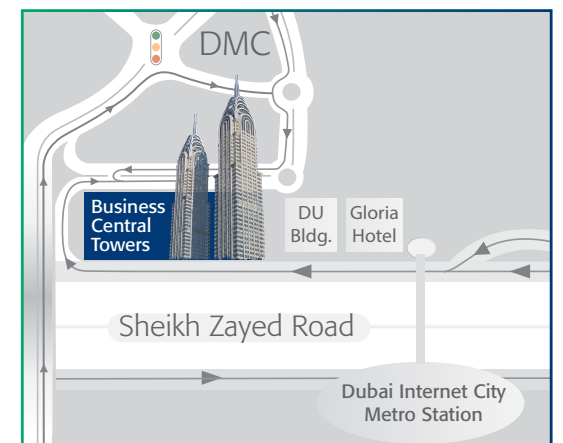
AMERICAN HOSPITAL CLINICS DUBAI MEDIA CITY

The new American Hospital Clinics based in Dubai Media City offers close and convenient access to high quality primary care for adults and children, with Western board certified specialists for patients in the nearby residential areas as well as access to the American Hospital Dubai's full range of specialty services and diagnostics at the main hospital campus.

The American Hospital's new Dubai Media City Clinics is based on the ground floor of the Business Central Towers, Sheikh Zayed Road.

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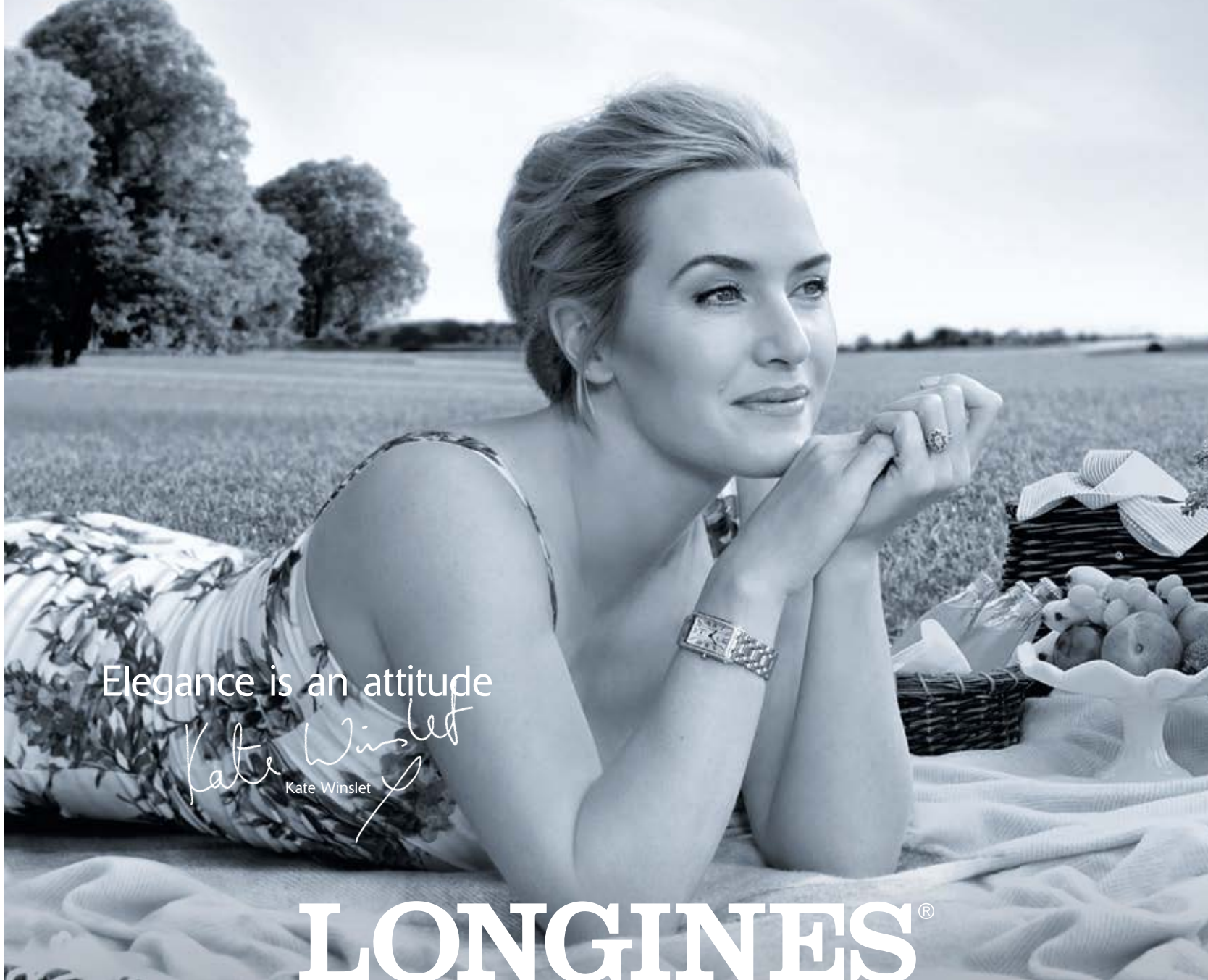
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Elegance is an attitude

Kate Winslet
Kate Winslet

LONGINES®



Longines DolceVita

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 premiers.

Jennifer Lopez

at American Idol Finale

Jennifer Lopez looked chic while making her grand entrance for the finale of American Idol at the Dolby Theatre in Hollywood. The 46-year-old entertainer has been a judge on the singing competition for five non-consecutive seasons. Jennifer wore an Elie Madi dress and Christian Louboutin shoes.



Carrie Underwood

at American Idol Finale

Carrie Underwood looked amazing in her sheer dress while attending the American Idol series finale at the Dolby Theatre in Hollywood. The 33-year-old singer gave a stunning performance on stage during the event. Carrie wore a Yanina Couture sheer dress for the event.



ETXART & PANNO

Dubai Ibn Battuta Mall 04 366 9904



Ashley Greene

at Hollywood Reporter's Event

The 29-year-old showed off her cleavage in a bold low-cut frock while on the red carpet for The Hollywood Reporter's 5th Annual 35 Most Powerful People event. The actress paired the daring number with red lipstick and cascading curls, finishing it off with a structured clutch and black heels



Anna Kendrick

at 'Mr. Right' Premiere

Anna Kendrick looked sleek and chic as she arrived at the premiere of her new movie Mr. Right in New York City. The 30-year-old actress was joined by her 47-year-old co-star Sam Rockwell at the event.



Kate Bosworth

at Montblanc's 110 Year Anniversary

Kate Bosworth looked super chic in her black and floral dress while attending the Montblanc 110 Year Anniversary Gala Dinner in New York City. Also in attendance at the event were Hugh Jackman, Matthew Morrison and Olivia Palermo. Kate wore a Dior dress and Montblanc earrings.



Naomi Watts

at Tribeca Ball 2016

Naomi Watts looked pretty and sophisticated while striking a pose at the New York Academy Of Art's Tribeca Ball 2016 held in New York City. The 47-year-old actress was joined by Rose McGowan, at the event raising funds to support the Academy's scholarships and public programming.

Olivia Wilde

at H&M Conscious Collection

Olivia Wilde was all smiles at the H&M Conscious Exclusive event at the H&M showroom in New York City. The 32-year-old actress was joined at the event by Conscious Commerce co-founder Babs Burchfield. Olivia has been a longtime spokesperson for the line which creates clothing in sustainable ways, using organic cotton, recycled fabrics and techniques like turning plastic bottles into polyester.



Eva Longoria

at White Diamonds By Elizabeth Taylor 25th Anniversary

Eva Longoria looked gorgeous as she struck a pose at the White Diamonds by Elizabeth Taylor 25th Anniversary Celebration held at The Glasshouses in New York City. The 41-year-old actress served as hostess for the event. Eva wore a Ermanno Scervino dress paired with Alaïa heels.

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...



Baldinini

The trend of coordinating looks is timeless and the choicest way to dress this season. Complete your look with a stunning matching bag and shoe with Baldinini SS16 collection. Discover the effortless impact of Baldinini's matching combination available at The Dubai Mall, Outlet Mall, Wafi Mall, Burjuman Center and Yas Mall in Abu Dhabi.

Pro Sculpting Range by MAKE UP FOR EVER

The Pro Sculpting line, a 360 sculpting line for face, brows and lips, by MAKE UP FOR EVER, is ideal for women's daily beauty contouring routine, offering perfect and natural results in all circumstances. The formulas and textures developed by MAKE UP FOR EVER for the Pro Sculpting line are particularly easy to use, allowing each woman to play with light in order to sculpt facial volumes with a natural result.



L'Oréal Paris La Vie En Rose Lipstick

Hard on the heels of its acclaimed True Nudes and Pure Reds Exclusive Collections, L'Oréal Paris Color Riche is launching its all-new La Vie en Rose range of dainty, ultra feminine pinks. The exclusive collection has six velvet mattes in the most flattering, fresh and airy colors, custom-made to suit every woman. Each lipstick has a matching nail polish to complete the look with a stylish finish.



Parah SS16 Collection

Parah SS2016 new collection features minimalist and excessively inspiring creations to complete your look. Parah's line-up is a beautiful mix of tier designs in lingerie, beachwear, nightgowns and ready to wear clothing that are perfect for creating exclusive Italian fashion.

Eminence Rosehip Triple C+E Firming Oil

The Eminence Rosehip Triple C+E a nourishing, hydrating and firming facial oil for all skin types. It increases collagen production, reduces inflammation and soothes the skin. The nonirritating, non-greasy facial oil provides nourishing hydration and diminishes the appearance of fine lines and skin vascularity for a healthy, younger looking complexion.



Laura Mercier Paris After The Rain Collection

This season Laura Mercier is excited to explore the many moods and expressions of a woman. Her passions. Her experiences. Her favourite places to go and see... 'Paris After The Rain' Collection is the reflection of lights on cobblestone streets of the city. The dance of colours on zinc rooftops. As duo-chromatic as sheet lightning, this spring collection of subdued, neutral matte shades changes colors when topped with special effect multi-chrome pearls.

Marc Jacobs Decadence

Marc Jacobs Decadence is an invitation to indulge. It makes a statement with bold styling, luxurious craftsmanship and a revolutionary fragrance design inspired by one of Marc's iconic handbags. Decadence elevates the irreverent spirit of Marc Jacobs fragrances to a new level of luxury.



Obagi's Professional C-Eye Brightener Serum

Obagi's Professional-C Eye Brightener Serum targets and strengthens the delicate eye area featuring Soft Focus Technology that instantly creates an optical diffusion of reflected light to blur the appearance of fine lines and wrinkles. Priced at 350 AED, it is a miracle worker fading dark circles, repairing damaged cells and giving the complexion an overall brighter and healthier look.



Zoya Petals Lips & Tips Quads

The new Zoya floral print "Limited Edition" Petals Quads are perfect for the season and for gift giving. Each set includes three ZOYA Petals shades and one coordinating cream lipstick. As with all Zoya products the nail polishes and lipsticks are BIG5FREE meaning without formaldehyde, formaldehyde resin, toluene, and camphor & dibutyl phthalate free!



EDITOR'S PICK

Eucerin® DermoCapillaire

It is time to say good bye to flaky itchy scalp! The New Eucerin® DermoCapillaire Anti Dandruff Shampoo & Eucerin® DermoCapillaire Intensive Scalp Treatment provides relief from dandruff through the targeted action of an exclusive combination of active ingredients. The products are alkaline-free and contain no silicones, parabens or colorants. The new scalp and hair care range is formulated to specifically address the needs of a problematic scalp to restore the healthy balance of the scalp and hair from root to tip.

Lip Master Lipstick Wow by Wojooh



The Lip Master lipstick collection from Wow by Wojooh has a fabulous moisturizing and waxy texture with a long-lasting formula

that offers high coverage and will stay put from day to night. The perfect partner to lipstick is the Lip Master Lip Liners with a creamy, matte texture for smooth and precise application. All Wow by Wojooh products are sold exclusively at Wojooh.



Layali Dubai by Lootah Perfumes

Lootah Perfumes, a renowned curator of the richest Ouds and oriental essences dripping in luxury, presents its spicy new perfumed oil, Layali Dubai. A rendition of the richness of the city, Layali Dubai is a luxury amber fragrance with regal spicy notes reminiscent of the beauty of the city on a cool evening.. Dive into an intoxicating concoction of delightful Oud and deep spices that linger on much after the night gets washed away by the sun. Available at all leading Lootah Perfume boutiques across the region, bring home Layali Dubai to experience the luxurious haven that is Dubai.



Zoella Beauty Tutti Frutti Collection

Gorgeously fresh and fruity, these new additions to the Zoella Beauty range are perfect for a pamper session! Zoe Sugg, globally known to many of her YouTube fans as Zoella, has released her second range of beauty products. This range expands on her first line of sell-out products from last year and are the perfect 'Tutti Frutti' pamper session solution.

La Perla Sandals Spring/Summer 2016

From the new collaboration with the designer Julia Haart, La Perla presents two sandals in white and black or all white leather. With slender straps across the foot and ankle, these sandals are available with a high wedge or medium heel. The outline of the foot is framed by a gold metal insert under the sole.



Guerlain Terracotta Bronzing Powder

Guerlain's new Terracotta Bronzing Powder is a beauty essential for every woman. The Terracotta formula doesn't dry the skin and provides long-lasting comfort. With six new shades to match all skin types the beauty-enhancing, sheer, luxurious and gentle bronzing powder by Guerlain creates a stunning complexion.



Shiseido Shimmering Eye Creams

Shiseido's signature Shimmering Eye Creams collection is perfect for making that intense eye statement. Choose from a vibrant selection of over 15 unique shades that will keep you in line with the latest beauty trends seen on the Spring/Summer 2016 runways. From aquatic shades of blue, to cotton candy, pastel hues to shimmering metallics, choose your favorite shades from this colorful spectrum of shimmering eye candy.



Agent Provocateur Swim Collection 2016

From poolside lounging to beachside dipping, Agent Provocateur creates some of the hottest swimwear under the sun. Agent Provocateur's new Swim collection 2016 is split into different themes like Iconic Black & Pink Swimwear, the classic styles in the new neutral; Jewels & Strings Story in vibrant colors and details including jewels and strings and finally, Kriss Kross Story with cutaway fabric and straps.



EUTOPIE No 9

EUTOPIE, a stem from the word Utopia launches its exclusive fragrance, EUTOPIE No 9. Tribute to the Parisian elegance, the new fragrance reveals fougère notes and carries the olfactive memories of walks through parks and gardens of Paris.



Swatch the Eyes

Three shapes, 210 different style combinations! Swatch presents "Swatch the Eyes" for the ultimate interchangeable look. Swatch focuses on equipping today's life-styles, where scene changes have to be smooth and fast. Breakfast at a Parisian street café or shopping in Milan, Swatch guarantees enough looks for any day. Swatch The Eyes offer heaps of personalization possibilities, as different combinations provide individual style signatures. A total of 3 classical round, edgy squared or winged core shapes host an exciting palette of 30 patterned, bi-color and mono-chrome front designs.



THE NEW YOU

All about hairstyle trends

By Asgar Saboo

It is never too late to try on a new look especially when it comes to hairstyle. Change is always good for it garners freshness and new beginnings! A new style instantly grabs everyone's attention and takes the boredom and monotony of style away... Whether you brave the chop, dare to dye or simply want to revitalize your look, hairstylist to the stars Asgar Saboo, gives us his recommendations on how you can change things up and start with a new you!

Brilliant bangs

As seen on the SS16 catwalks of Saint Laurent and Alexander Wang, a fringe will instantly add spice to your style. Hot off the runway and recently modelled by the beautiful Kendall Jenner, this is one of the biggest style changes you can make with minimal maintenance effort. Keep hair sleek, straight and smooth to create a glam look for parties or grunge it up by adding a few waves and a product to add an instant edge. Tips: if you brave the bangs, keep the length below the eyebrows for a modern look and if you don't want a blunt fringe, feather the ends slightly so the style isn't as heavy.

Bleach blonde

One of the biggest trends of the year is still lighting up the red carpets and catwalks alike, with many celebrities opting for



a daring white shade of blonde, as seen on Kim Kardashian West and Gwyneth Paltrow. A bright and fresh color is perfect for changing your look, and this will continue to be a top trend throughout the year. Whether you keep it poker straight or add some soft, beachy waves, this color will ensure you stand out at any occasion. Tip: keep hair clean to ensure your hair is soft, healthy-looking and voluminous, and use a purple toned shampoo to avoid any brassiness.



Contemporary crop

2015's lob takes a dramatic turn this year with the contemporary crop, a sexy new take on the traditional bob, as seen on Jennifer Lawrence. The key here is having lots of layers to add texture to the hair, and using a salt spray or texturizing product to create a mussed up, laid back look. This is perfect as it's both sophisticated and modern at the same time, perfect for a night out or casual day relaxing. Not brave enough to go for the chop? Cheat your way to this trend with a faux bob – simply scrunch the hair with salt spray and divide into two loose ponytails. Twirl the ends up and under, and then secure with plenty of grips, and you'll have a new look for one night only, which is what Gigi Hadid did recently.

Celebrate natural waves

If you've been looking for an excuse to

ditch the straighteners, now you're in luck. The catwalks for next season boasted natural texture and waves for a relaxed, bohemian look, which is perfect for dressing down a fussy look or adding a casual element to your style, as seen on Sienna Miller and Blake Lively. However don't let your hair get too frizzy, as the locks still need to look alluring and in good condition. Use a mousse or leave in conditioner and let the hair dry naturally, or use a diffuser and gently scrunch the curls. Ensure you finish with a hair oil at the ends to make sure that the style looks perfectly shiny and frizz-free.

Copper and autumnal reds

This dramatic color is set to be a major trend for 2016, and it's certainly not for wallflowers! It's cooler and quirkier than a traditional red tone, but it's also perfectly matched for someone with a chic and sophisticated sense of style. Take your inspiration from the likes of Emma Stone and Julianne Moore, and go for something which is dramatic but not too bright. Red hair takes a lot of care and attention, so treat your hair to a color treatment masque at least once a week and make sure you go back to the salon for regular touch-ups. If you're in between salon visits then use a glossing spray or serum to add some extra shine which will last until your next color fix.



DAKOTA JOHNSON

“I’m an actress of my time”

From anonymity to instant stardom with the release of the erotic romance, *Fifty Shades of Grey*, Dakota Johnson, is one daring starlet who has taken Hollywood by storm. Daughter of the movie stars (Melanie Griffith and Don Johnson), former stepdaughter of Antonio Banderas, and the granddaughter of the legendary Tippi Hedren, Dakota has her genes well rooted in the Hollywood hierarchy. Acting since she was 10, her star status was cemented last year with her flawless performance as Anastasia Steele in *Fifty Shades of Grey*. The 26 year old recently visited Paris to promote her latest movie, *‘How to be Single’*, where we met Dakota and talked to her about her recent venture, her experiences, her family and her favorite things in life...



“I create my own dress code picking from here and there.”

Did you fly all the way from Vancouver especially to promote *How to be Single*?

Yes, I'm spending 48 Hours in Paris and as much in Berlin, before flying back to Vancouver where we're shooting *Fifty Shades Darker*.

How to be Single is a totally different kind of film compared to *Fifty Shades of Grey*, and naturally *Fifty Shades Darker*. Did you enjoy moving between opposite genres?

This is basically the main reason why I'm an actress. If I had to do the same thing over and over I might as well be a clerk or a secretary in any company. I like to think I'm an artist and therefore move along between genres as you say. *How to be Single* is a sort of romantic comedy spiced with delicious dialogues and funny situations, and I love being in it as much as I enjoyed playing Johnny Depp's wife in the very dark film, *Black Mass*.

You became famous following the release of *Fifty Shades of Grey* and here you are now shooting *Fifty Shades Darker* and waiting for 2018 to be in the third part of *Fifty Shades Freed*. Are you scared or concerned about not being able to break your image as an erotic actress afterwards, the way it happened to Sharon Stone after she did *Basic Instinct*?

Sharon (Stone) did get away with it, even if it took her some time. As for myself, I am

appearing in films in between, such as *How to be Single* and others, and that is what helps me break my image all the time. So, no worries regarding that particular issue...

Yes, but what if your other films do not succeed as well as the *Fifty Shades* series, then people will only remember you as Anastasia Steele won't they?

Well, let's just leave that to fate and see what happens.

In *How to be Single*, you play Alice, a shy, romantic girl. In your real life, are you closer to this character than you are to Anastasia Steele or is it the other way round?

Don't expect me to unveil my private life through our conversation here, and all I can say is that Alice and Anastasia and all my other movie characters are just characters! I'm not these women and they are not me. It's a game, that's all it is.

You are the granddaughter of the star of two of Alfred Hitchcock's most famous films, *The Birds* and *Marnie*. Your mother is Melanie Griffith star of Brian de Palma's famous film *Body Double*. All thrillers. Do you expect to find the director who will offer you the female lead in a similar film some day?

I expect good roles in excellent films, yes.

But I do not believe that either Hitchcock or de Palma have their match nowadays.

Times are different, films are different and I'm an actress of my time, so my answer to

your question is No, not in a similar film as my mother or grandmother.

Being the daughter of Don Johnson and Melanie Griffith, and the granddaughter of Tippi Hedren, could you have been anything other than an actress?

But I have already been something else, I was a model for a few years when I was in my teens, then I decided to focus on an acting career.

So you could not be anything other than an actress, at least not in the long run?

Probably not, no. But do I want to be anything else? That's the real question, and the answer is No.

You grew up among movie stars, what memories do you cherish of your childhood?

Both my parents protected me from the unstable aspect of their business and I had to focus on my studies more than on movie stars. Of course, I met lots of actors and directors at home and attended some shootings in the studios, plus the fact that I appeared in films since I was ten! So I did grow up somehow surrounded by Hollywood people, but still I was protected and spent lots of time at my grandmother's domaine where she keeps hundreds of animal species, and that fascinated me, so that is what I cherish most.



"I listen to all sorts of music from classical to modern, depending on my mood."

How would you describe yourself?

Stubborn, determined to get what I want from life.

Are you a movie goer?

Yes I am, I go to the cinema a lot when I have time to.

Your favorite films?

All the action films, even the bad ones!

Your favorite books?

Love stories and dramas. I love to cry....

Your favorite music?

I listen to all sorts of music from classical to modern, depending on my mood.

Your favorite destination?

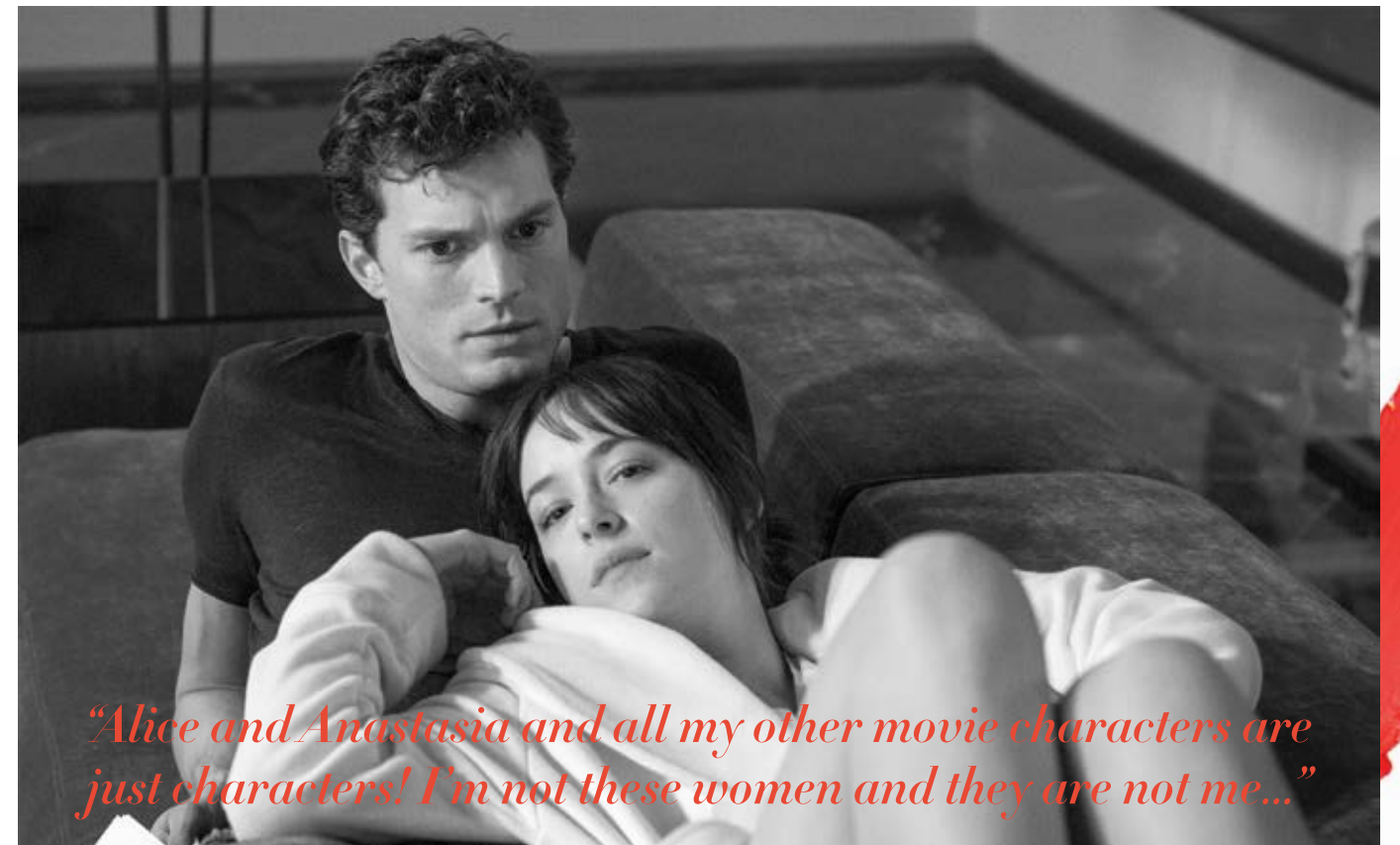
Paris, because of its restaurants and its "crêpes".

Are you a Fashion Victim?

No, I have worked in fashion as a model like I said before, and that helped me never to fall in the Fashion Victim trap. I create my own dress code picking from here and there from what the designers do, but never from one and only one, as if he was the absolute reference.



"I enjoyed playing Johnny Depp's wife in the very dark film, Black Mass."



"Alice and Anastasia and all my other movie characters are just characters! I'm not these women and they are not me..."

THE AGONY & THE ECSTASY

Tete a tete with
Guillaume Cuiry - Owner and Curator of La Galleria Nazionale

Guillaume Cuiry is the passionate founder of La Galerie Nationale. A famous art-furniture dealer and collector and a well-known expert on buying, selling and collecting vintage “art furniture” for 35 years, Guillaume quite literally lives with his passion surrounded by the pieces of art he owns, nurtures and appreciates. He opened the doors to his gallery in 2011, in the UAE, having worked for a long time in Europe and Paris, on original vintage art furniture design of the 20th century by some of the famous furniture designers.

He has made a name in the art scene here in the region and in Europe; Vintage art design furniture is his forte. For him, these vintage pieces have “a story to tell, they have a soul, they have a spirit, a technic and of course an aesthetic” and it is these characteristics that keep his love affair with 20th century design alive. He is often invited to talk about contemporary art and design in universities, public events and even in some private sessions. While, La Galerie Nationale is an independent company based in Alserkal Avenue in Dubai with local representative arms in Paris.

1: Tell us about yourself and what you do?

I am Guillaume Cuiry, an avid art-furniture dealer and collector and I have been buying, selling and collecting vintage “art furniture” for 35 years. I established La Galerie Nationale in Dubai in 2011, after working for a long time in Europe and Paris on original vintage art furniture design of the 20th century from famous

furniture designers. I believe the UAE has a lot of potential to be an art hub and what better way to get involved than now. Our gallery represent artworks made by prominent designers such as Jean Royere, Jean Prouve, Pierre Guariche, Chatrlotte Perriand, Mathieu Mategot, Marco Zanuso, Alexandre Noll, Geoffrey Harcourt, Max Ingrand, Serge Mouille and Warren Platner.

2: How and when did you realize your passion for arts as a collector/curator?

Actually at a young age, I was unknowingly inspired by my parents to follow the art course. Coming from a traditional family, my love for designer art furniture started when my parents, lovers of 18th century decoration, set up my study room with Joe Colombo pieces. Later, my very best friend Jacques, who is into antique furniture, exposed me to 40's and to 50's antique pieces, since then there's been no looking back. It was indeed my friend Jacques who also became a source of inspiration, and who led me to dedicate my free time studying 20th century design and its designers and eventually setting up my own galley in the UAE.

3: What form of art inspires you the most and why?

My forte is vintage art design furniture. For me, vintage pieces created in the era of 1930's and all the way upto 1970's have “a story to tell, they have a soul, they have a spirit, a technic and of course an aesthetic” and it is these characteristics that keep my love affair with 20th century design alive. My knowledge of design was born in France



with French and Italian designers, but the Nordic countries are also very present. My background and expertise is definitely European. But I have, in recent years, taken as much interest to discover the design of Central America and South America. I think their work is underestimated by

specialists. Obviously, living and working in the Middle East, I am completely aware of what might, one day be iconic in the region.

4: What is your definition of fine art?

For me, fine art is visual art created primarily for aesthetic purposes and valued for its beauty or expressiveness. These could take the form of paintings, sculptures, installations, drawings, watercolors, graphics, or architectures.

5: How do you find the Middle East when it comes to art appreciation and understanding?

Arab people are getting excited about art and there is a growing appetite for it in this region. We find that it's not just for investment purposes, but because they love the work and want to put it on their walls or in their homes. Two of the art world's most famous names – the Louvre and the Guggenheim – are scheduled to open branches in Abu Dhabi soon. This shows that the Middle East puts a strong emphasis on growing in the field of arts and culture and they continue to stimulate the local appetite for art.

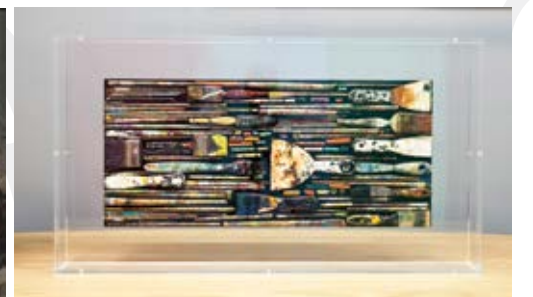
There is also huge potential and interest in original vintage art furniture, as interior architects, interior decorators, connoisseurs, advisors and art lovers definitely update their home decoration plans and their tastes to include genuine vintage furniture. We have 20 years of growth projections in front of us. Of course expatriates are fan of vintage and antique design but now a lot of young Emiratis are changing interior decoration ambiances as well, after their trips around the world. They are keen to invest in genuine pieces.

6: What are the main exhibits at the La Galleria Nazionale, do you change them every once in a while?

At the moment, we have the Face to Face group art exhibition running. We are currently presenting the works of five contemporary artists: Lebanese artist and painter Katya Traboulsi, Belgians Arnaud Rivieren and Anno, and French artists Philippe Pasqua, Fred Kleinberg and Pierre Marie Lejeune. The exhibition of these prominent artists at the gallery is open to

visitors from March 15, 2016 and it will last up till May 14, 2016. So, please come and visit us!

We do present other works in our gallery after a while.



7: Where do you usually get your art pieces?

We have full-time employees placed around the world, whose job is to investigate all over the world and try to find where a certain piece is. We can make deals with collectors, auctioneers, families, or flea markets.

It's also coincidental at times. Sometimes, people don't know what they have, as it's been in their families for generations and they never get to know its value. If I spot it in their house, I can inform them of its history and perhaps ask if they would want to sell it. Sometimes it's a yes and sometimes it's no but that's understandable.

8: As a passionate art collector tell us about one item that you own and will never sell?

My Art Decorative favorite period is definitely the Modernist and inside the Modernist movement designers such as Royere, Prouve, Ingrand, Franck... and so many more. If I have to choose one, I will select Jean Royer as the leader and totally

timeless creator. Most emblematic works he did are the 'Liane' wall lamp and of course the 'polar bear' sofa (see attached pic). Creation, quality, design, comfort, technique, timelessness, all the arguments are in the box. Unfortunately, he produced only a very few pieces. This is the reason why these kinds of pieces are now in the high price range and always sought by worldwide collectors.

9: Any word of advice for the budding artists in the region?

I'm very aware of what's happening in the region regarding design and designers. We are in a very important transition period. Creation is there, but we have to work to reach the international level. An interesting part of my role is to advise and support them as a curator can and should do. The main problem we encounter is a lack of references and lack of a museum. If I could advise budding artists, then it would be to emphasize Functionality. Most of the designers just forget that a chair, before it can be an art work, must be, first, a comfortable chair.

THE ROYAL TOUCH

CAROLYN ROBB

The perfect seasoning for Beautiful Beginnings in The Royal Touch...



Cooking is a technical craft of devising tasty, mouth-watering fare to tempt the eye and the palate; the expertise for discovering new flavors is the forte of a brilliant chef. Carolyn Robb is just such a chef with compliments testifying to her dexterous skill from a prince, no less. "You excelled yourself this evening for dinner, the first course was a masterpiece! Well Done!" A commendation from HRH Prince Charles of England printed as the perfect seasoning for beautiful beginnings in her new cookbook, *The Royal Touch* and the list of compliments continues throughout her book, adding spice to the recipes. These compliments from the royal family during a thirteen year stay as chef in the royal household, first with the Duke &

Duchess of Gloucester and then from 1989 till 2002, as chef to the Prince & Princess of Wales are just the beginning for Carolyn Robb. Carolyn Robb has, since then, become a prestigious name in the culinary industry. The most admirable art, the art of creating delectable delicious dishes with that perfect blend of spices and perfect state of doneness, is something that everyone aspires for and to garner the kind of compliments, Carolyn Robb has garnered from the royal family is a fantasy that is rarely realized. Her stint in Dubai, ensured considerable exposure to the Middle Eastern flavors and her expertise were drawn upon by some major actors in the hospitality business to source and develop products, to consult

and train chefs for seven star establishments and to review the capability and skill of restaurant chefs. Transitioning into personal business upon her return to the UK, Carolyn established 'Calla-Bash', a catering and event management company, catering to high profile clients, simultaneously offering her knowledge and expertise to small organic food companies, hotel groups and restaurants. In the course of her career she has established her position on the culinary map internationally. First Avenue interviewed Carolyn Robb to talk about her experiences as a chef, her catering and event-management business, 'Calla-Bash' and her inspirations. She begins her story from the point her interest in cooking began, her mother's kitchen...



Tell us about yourself? How your love for food began and where do you see yourself today as a chef?

I loved cooking from a very young age, when I was at my mother's side in the kitchen. She was an incredible cook and I learned a lot from her. I am so fortunate to have had such an exciting career; beginning as a chef in the royal household when I was 21 and then working in Dubai. My experience is varied - both in and out of the kitchen. Today I am first and foremost a mother to my 2 young daughters and whilst cooking is still my great passion; as I demonstrate in my cookbook, I am also working hard on establishing my culinary brand, *The Royal Touch*.

How challenging is it to cook for the royalty, especially since you worked there for more than a decade?

It certainly had its challenges but these were far outweighed by the enormous privilege of working for such an incredible family. I believe that in any chefs position it is



important to love what you do as working in kitchens is a high pressure job and it is very hard work.

It seems that you have continuously been on a culinary venture, hitchhiking through continents teaching and learning about food cultures, what have your experiences taught you?

First and foremost, the more you learn about food and understand about different food cultures the more you want to know! Learning about food is a wonderful way to begin to appreciate and understand different cultures.

Do you have a sweet tooth? And what do you love to cook for family and friends?

I do have quite a sweet tooth but mostly for other people's creations - I just love tasting the cakes, cookies, desserts etc that others have made! The food I cook for my family includes a lot of home baked goodies, but my food is simple and runs with whatever fresh produce is in season.

"I believe that in any chefs position it is important to love what you do as working in kitchens is a high pressure job and it is very hard work."

As a chef what has been the most interesting experience you've ever had?

It is impossible to pinpoint one single experience, but I was very fortunate to have the chance to work with some of the greatest Michelin chefs, including Roger Verge, Raymond Blanc, Guiltiero Marchesi and Albert and Michel (Jr) Roux.

How was it working in Dubai and how do you find the food scene in Dubai?

I loved it! I worked in some fantastic locations in Dubai - Al Maha Desert Resort stands out in my mind. My time as food editor for Time Out magazine was also a highlight as having the opportunity to review so many of Dubai's amazing restaurants was fantastic.

What is your favorite type of cuisine?

I think it has to be Italian, although modern British comes a very close second.

What inspires you to cook?

Fresh seasonal ingredients - for example a basket of freshly picked asparagus or summer berries - they make me want to get into the kitchen and create something



special!

What are your future plans?

I am working hard on developing my brand, 'The Royal Touch' which is taking me down many interesting avenues; a cafe in Hong Kong, a range of cookware in South Korea, some great partnerships with travel companies and a second book is never far from my thoughts.

What is cooking to you...?

The process of bringing together carefully chosen ingredients to create something simple but memorable that will bring a smile to the faces of those you are feeding...

Today, Carolyn Robb manages her business and lives with her daughter, Lucy, in a remarkable 900 year old town called Wallingford, on the river Thames. She has managed, directed and advised in a number of roles and acted as a judge in some of the most prestigious British Academy of Culinary Arts competitions, while staying true to her convictions on organic food and home-grown produce.



ETERNAL SUNSHINE

of a spotless mind...

A familiar challenge and a universal objective, for anyone is to feel the liberating, revivifying and positively invigorating feeling of happiness... fuelled by any and all channels possible, ranging from deep seated contentment to intense joy. The best way to achieve this goal is by developing skills to steer through challenges at home or in the corporate or the professional world and thereby achieve a sense of fulfillment. Founder of ITHACA LIFE, a company that specializes in life coaching, career, corporate and leadership coaching plus change management, Sophia Fromell is a certified coach specializing in getting individuals and corporations to achieve the results they want. Sophia works with individuals to help them navigate change in their lives, and progress towards genuine contentment by understanding who they really are and utilizing their full potential. Born and raised in Greece with a Masters degree in International Business Finance, with 15 years in banking and finance, she decided to leave her role and utilize her knowledge and experience in executive life coaching. A qualified life coach with a degree in Life Coaching Skills and practice from Newcastle College, UK, Sophia is also a Board Member of Dubai Chapter of The International Coach Federation, (ICF). When asked what she does exactly, Sophia replied; "For 15 years I worked as a high-ranking businesswoman for some of the biggest banks in UK, Switzerland and the UAE. I had a successful career but I was unfulfilled. I visited a life coach looking for direction and this experience changed my life. After gaining happiness and fulfillment, I decided I wanted to help others achieve what I had, so, I decided to pursue a career in coaching. As a coach you are responsible for helping individuals discover themselves and lead them to the life they are meant to live. Like my mentor, Bob Proctor, who is a legendary personal development figure and best known for his role in the movie, The Secret, my goal is to push people towards their full potential. People who seek the help of a life coach are often unsatisfied with their lives. They

feel stuck. Whether it's with their career, their relationship with other people or with themselves, they don't feel fulfilled at all. My role is to guide them, to help them achieve self-enlightenment and help them gain confidence to pursue their dreams."

Advice on how to be contented in life:

Sophia's advice on how to be contented, is based on a few simple ground rules and she explains them persuasively... "It is important to understand that we are all a product of our thoughts. Our thoughts control our emotions and our emotions control our actions. Consequently, our actions influence our being.

I always encourage my clients and those around me to go after their dreams, to set a goal that is ambitious and inspiring, to push themselves out of their comfort zones. Having a goal will give them the determination to achieve success regardless of all the negativities in life. People might push them down but I always tell them to shut it off and continue fighting. When we chase our dreams, we will be stretched in many ways but it will be worth it. Having a contented life doesn't mean that there will be no problems along the way—it is about accepting change and adapting to circumstances for the sake of reaching a higher goal.

The journey to achieve that goal is as important as the goal itself. It is in that journey that you will discover who you truly are. You get to discover yourself by facing your fears, setting your ambitions and pursuing your dreams."

Tips on staying positive:

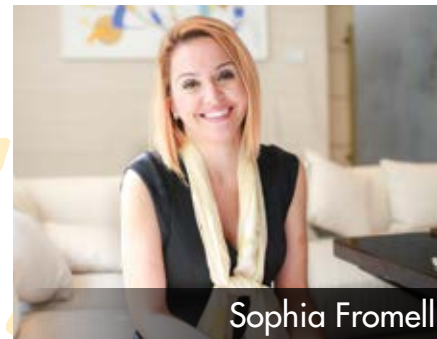
To always stay positive with a Zen-like approach to what life has to offer, Sophia shared with us some of her life changing tips...

Know what you want to achieve in life

When you know your ultimate goal, you will have a clearer direction in life. Find what makes you happy and do whatever it takes to achieve it.

Surround yourself with the right people

Avoid negative people and, instead, surround yourself with like-minded individuals. Studies show that we



Sophia Fromell

subconsciously pick up the traits of the people we spend the most time with. Surround yourself with people who will push you to reach your goal rather than those who will pull you down.

Be grateful for what you have

Especially when you are faced with challenges, it is important to take a moment to appreciate what you have achieved so far. Big or small, remember the things you have done.

Use positive affirmations

It is more like a mantra that will remind you to stay focused. Choose two to three affirmations and repeat them daily or every time you feel down.

Do not beat yourself up

Our thoughts affect our actions and it can sometimes lead to bad consequences. Negative thoughts can stop individuals from unleashing their full potential and it can make them lose their focus. Always try to see beauty in everything and remember those positive affirmations.

Worry less

We all worry about so many things. The trick is to have faith in your capabilities and trust yourself. Most of the things that we worry about will never happen. Don't let your fears affect you.

Don't let a temporary defeat define you

Learn from your mistakes and move on. It is okay to make mistakes as long as we continue to better ourselves. Don't give up!

Stay healthy

Eating a balanced diet, exercising and having a good sleep every night can have a big impact on your emotional outlook. Spend time in parks to get fresh air and take regular short walks—it will clear your mind, and keep you fit.

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CYRIL ZAMMIT

Design Days Dubai

A fair with an intense focus on unique collectible design, Design Days Dubai is a platform and a meeting point of eastern, middle-eastern, European and western sensibilities. At the design fair, global design galleries, renowned designers, architects and other professionals, come together to showcase their distinctive vision to consumers and design collectors. Cyril Zammit the fair director, currently the Senior Sponsorship & Funding Manager at Abu Dhabi's cultural department of Tourism Development & Investment Company (TDIP), is the man responsible for organizing the sponsorship of the event. We talked to Zammit about Design Days, its purpose and its contribution in bridging the cultural gaps...

Tell us about yourself?

I like to see myself as an unsatisfied curious person. I like to travel, meet new people and connect them. Born and raised in France, I've only worked outside of my country: Prague, London, Montreux, Zurich, Abu Dhabi and now in Dubai. An early riser, I start my day at around 5 am by catching up with the world before I reach the office. Long hours are a common routine but the beauty of them is that every day brings a different tempo. I learnt how to switch off and I mean literally switching off my electronic devices at least one day per week. I am an urban nomad, enjoying the sophistication of a large city but need to reconnect with nature and simplicity quiet often. I started to collect design nearly 10 years ago and I now lack space in my apartment. It can be a frustrating exercise to organise a design fair as you wish to keep a lot of the great creations we display! Finally, you can see me as a restrained emotional person. I care but I don't always say it.

How long have you been a part of Design Days Dubai?

When Ben Floyd, the co-founder of Art Dubai approached me in 2011, he had the wish to create a design fair as the art market was maturing. He asked me to create the concept and I had 9 months to

set it all up. It was a thrilling experience and we opened the door for limited edition collectible design in the Middle East. Back then, Dubai was the only destination for any design-related event in the region. We immediately set the trend and we are now glad to see more and more design initiatives in the region.

As a massive design event being held in Dubai what is the philosophy and the purpose behind it?

We first bring the most amazing high end limited edition design on the market. We specialised ourselves in contemporary design. So our line up is very different to other design fairs. We have a fresh and distinctive approach to the design world because the offer needs to match the DNA of Dubai, a point of convergence. Therefore, we have worked as a launch platform for many design galleries and designers. International visitors see us as a fair of discoveries. We also invest a lot in our public programme with a free-to-attend series of talks, workshops, mentorship sessions, and this is unique for a commercial fair.

Do you believe that Design Days Dubai has helped bridge the cultural differences and create a platform for cultural identity?

Totally. We witnessed the awakening of the Middle Eastern design since 2012. From 4 exhibitors the first year (2012) to 20 in 2016, we have been supporting the young and emerging design generation not only in the UAE but also in the entire region – and we do this with our partners like Tashkeel, Dubai Culture, Van Cleef & Arpels and now Dubai Design District. Our competitions are a tremendous boost in confidence and recognition for talents who are not always connected with the international network. Design Days Dubai has also been the place to discover talents from Algeria, Pakistan, Taiwan and so many more countries. During the fair, we have also facilitated connections between galleries and designers. Several great projects found their source in Dubai during Design Days



Dubai. This is the tangible success of a fair. How has the response been for the Design Days Dubai, and do you think that Dubai is the pivot to such events in the Middle East?

Dubai is the natural host for a commercial fair. Its positioning, entrepreneurial spirit, accessibility and political vision make the city the right place to meet. In five years, the government who always supported us through Dubai Culture, launched a design district (d3), an authority (Dubai Design & Fashion Council) and won Expo2020. I cannot think of a more fertile ground for design. Additionally, we have launched a successful tradeshow, Downtown Design, and since last October a design week.

What are the future plans in store for the expansion of the fair?

We want to enhance the experience with exclusive limited edition design and therefore visitors to the 2017 Design Days Dubai will see a kind of evolution. There is a series of new features that we will unveil soon. So the excitement is there to mark our fifth edition a fantastic success, to create this new format next year. As a birthday cake, we have produced WASL, the largest exhibition to date of design by UAE-based designers. A superb testimonial of the boom we accompanied, over the last 5 years or so.



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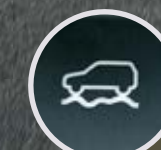
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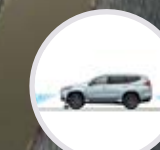
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Reinventing Mommy's

MATERNITY CLOSET

Roshni Shewakramani

A mother of two and an entrepreneur with two commercial outlets in Dubai, Roshni Shewakramani has made her mark in the retail industry with Smitten, her one stop shop for trendy mothers and their little ones. Recognizing a need for a high-end maternity wear retail outlet, Roshni took the initiative and with strong drive, persistence and a lot of planning and organization created a

comfortable space for expecting mothers and their children to cater to their need for smart, stylish exquisite creations. From hand-picked, modish clothes to comfortable, chic shoes, Roshni's aim is to create a shopping experience of comfort and quality. We talked to Roshni about her entrepreneurial endeavors and the idea behind bringing glam maternity wear for the mothers to be...

Tell us about yourself?

My name is Roshni Shewakramani. I'm spearheading the Smitten boutiques, playing multiple roles – owner, chief buyer and merchandiser – to make sure that everything is in line with the boutique's passion and vision. I have a BA (Hons) in Fashion Buying and Merchandising from the London College of Fashion, as well as more than 15 years of experience in the fashion industry and Middle East high-end retail.

How did you come up with the idea of Smitten?

As my own family started to grow – I am a proud mother of two, my daughter Saesha is now 7 and my son Shivraj is 6 – I noticed a gap in the market: neither glamorous maternity wear nor wearable children's fashion was well represented. This became the impetus for me to open Smitten in Dubai Marina Mall in 2011, and not long after... our second branch at The Mall in World Trade Center Abu Dhabi.

The market in Dubai is quite saturated with fashion labels from around the world, what do you offer that sets you apart from the rest?

Smitten is a one-stop shop for trendy mothers and their little ones. I'd like to believe that when we opened, there was a need for something different, out-of-the-box thinking. As all the buying is done from a mother's point of view, we gained appreciation from other mummy clients. Keeping the Middle East in mind and melting pot of cultures we have here, the collection is a hand-picked cool range for maternity and kids wear. We also have something to offer women who love unique fashion pieces. Basically, Smitten caters to this demand of clients who love and understand fashion and style. They are the ones who cannot compromise fashion for comfort – or vice versa – someone who



strongly believes that the two should go hand in hand!

Based on what criteria do you select a fashion brand for the boutique?

Smitten is all about handpicked premium child and maternity couture and designer women's wear as well as accessories collections. Our aim is to offer the widest selection of clothing and accessories for the mums and their kids, but we make it a point to stick to the Smitten criteria when choosing the pieces we stock – fashion forward comfort and style, quality and competitive pricing are musts – I'm very hands on with the business to ensure this. Our collections embody high-quality construction, luxury and practical comfort with hip styling. Every piece in the boutique is meant to accentuate the style of savvy women and refined fashion in comfortable children's clothing that is why we are home to a number of brands favored by the rich and famous, royalties and Hollywood celebrities. However, even choice labels of celebrity wearers, we gauge them also, accordingly against our criteria. We always look for designs that are on trend but we never scrimp on quality.

As a Fashion Graduate and an entrepreneur how do you find the fashion industry in the UAE?

I find the local and regional designer scene extremely creative and cutting edge, and with a healthy dose of glamour. UAE's fashion scene is certainly the place to be!!! And with cool new spaces like Dubai Design District (D3), it's only getting more

professional.

Do you have expansion plans after your flagship store in Dubai Marina Mall and the Abu Dhabi branch?

I hope one day to go into production of garments and to have a whole bunch of Smitten outlets all over the Middle East.

What is your philosophy of a business that involves the moms to be and then the most beautiful relation in the world which is of course mother and child?

Teaching your child that fashion is what you buy, style is what you do with it!

As a mother yourself how do you balance between work and family?

And do your kids play a role in how you make decisions as a chief buyer and merchandiser?

Quality family time is always a daily challenge, but I try to make sure I'm around for school drop off and pick-ups. Being blessed with the luxury of having my own business which means no restricted timings, I can manage to wrap up my meetings, spend a few hours with my 2 store managers conferring on various aspects, and complete any pending work by the time I pick up my younger one from school at 2pm. Evenings are spent with them. Once the kids are tucked in, my husband Nilesh and I catch up with friends over a dinner, or a movie. We usually wrap up by midnight. Organization, planning well ahead and being creative in the whole process are key. It's natural to visualize the collection on your child, it certainly does help. However, as a buyer you do need to cater to all sorts of tastes and needs.

We know that Smitten offers a lot of designs and styles worn by A list celebrities, how has the response been in Dubai and Abu Dhabi, to the availability of such pieces at the boutique?

I am proud to say that our maternity collection is extremely popular, and we do carry established brands from the industry. Maternity can get tricky as it is trend and comfort oriented, equally.

What are your personal favorite fashion Brands that you have at the boutique?

I love Noppies from Holland, amazing quality and cuts, as well as the celebrities' favorite, Seraphine.

I ♥ DUBAI

Lazy brunches, fun filled family weekends, themed nights, spa packages and crazy offers ... there's always something Dubai has in store for everyone... Here's what's hot and happening now!



THE GRUB

Weslodge Saloon Dubai

Creatively cool, elegant and modern, Weslodge is 'rock and roll' chic offering modern American Cuisine. The music, interior design, food, drink and attitude are derived from the concept of 'dare to be different'. An extensive menu explores American cuisine through a modern and

boundless lens while the drinks menu is classically rooted but adventurously reinterpreted. Located at JW Marriot Marquis Tower B, Weslodge is open for guests from 6pm to 2am. For more information please visit www.weslodge.ae



Bombay Brunch at Bombay Brasserie



The Bombay Brasserie located at the Taj Hotel in Business Bay, has launched its newest brunch offering – the Bombay Brunch. The brunch invites guests to embark on a culinary journey through India. Those who choose to dine for the brunch are invited to feast on an unlimited tasting menu of legacy dishes perfectly paired with fine grape and hand-crafted concoctions – all brought to the table. Chef Ajay brings his extensive culinary experience, combining traditional Indian flavors with contemporary culinary techniques to create a magical brunch experience on your plate. Bombay Brunch takes place every Friday from 1:00 p.m until 4:00 pm with three packages available starting from AED 295.

West 14th Family Brunch

West 14th fires up the grill with an all-new family brunch, at The Palm Jumeirah. The steakhouse and grill launched their Weekend BBQ Brunch where parents get to sit back and feast on award-winning US-sourced prime cuts and fresh seafood while younger diners get free access to the Kids Club. Serving up a menu of hand-

selected US-sourced prime beef cuts, tasty kebabs and juicy burgers alongside fresh seafood specialties, crisp salads, hearty sides and appetizing desserts, the Weekend BBQ Brunch runs from 1-4 pm every Friday, with two different brunch packages to choose from.



Theme nights at Emirates Grand Hotel



Explore a new cuisine every day of the week with Daily Theme Nights at Emirates Lounge and Garden Restaurant. Keep the feast going from Sunday to Saturday as the restaurant's chefs take you on a culinary adventure with an exciting array of flavors. Begin the week with a fascinating spread of Italian specialties on Sunday, followed by the very best of Oriental delights on Monday. Delight your taste buds with a lavish spread of international cuisine on Tuesday. Step into the weekend with the BBQ Nights every Wednesday and Thursday, featuring a variety of enticing grills.

Dine at Manzil Downtown Dubai

Manzil Downtown Dubai's Logma Bi Manzil promotion at the Boulevard Kitchen is a crowd-pleasing exclusive offer that includes a three-course lunch menu for AED119 per person, including hubbly bubbly. Manzil Downtown Dubai embraces Dubai's culinary food scene as the iconic spot that always features exclusive offers that are meant to appeal to everyone's palette. Logma Bi Manzil at Boulevard Kitchen is available from Saturday to Thursday, from 12.00pm to 4.00pm.



The Collective



The Collective, an eclectic community of food and drink experiences reflecting on how we eat, relax and socialize, is now open at The Grand Hyatt. A modern retelling of a Boutique Bakery, a classic Levant Emporium, iconic Bombay Café and new wave Grill Bar that brings true food stories to life. Great food and service in a collection of relaxed settings: The Collective, Eat, Life, Stories! The Collective's four flavors offer a range of menus from breakfast through

to dinner and late night bites, as well as signature dishes to highlight each region. The Collective also offers a Friday brunch from 12:30pm to 4pm, prices start at AED 299 per person and this includes unlimited access to the Classic Levantine Emporium, Bombay Café, New Wave Grill Bar and the Boutique Bakery, as well as a free flow of soft beverages and daily creations from its talented bar team.

BikesnBites Buffalo Boneyard Mondays

Head down to BikesnBites for an 'all-you-can-eat' chicken wings challenge. Feast upon unlimited chicken wings paired with over 40 different sauces available at the BikesnBites Sauce Bar between 1:00pm and 11:00pm. While enjoying the feast, make sure to collect your bones in the bucket provided, as the diner who accurately predicts the weight of their boneyard, walks away with the meal on the house, every day between 1:00pm to 11:00pm. For those looking for more, the Phat Boy Feast is

three courses paired with a truck load of happiness - comprising onion rings, chicken wings, veal ribs and more, followed by a main board featuring favorites such as a mini Harley Davidson, a mini Boss Hoss, slow smoked brisket, and a delightful jarred Snickers cheesecake for dessert. Every day between 12:00pm to 11:00pm, and the Phat Boy Feast is priced at AED 175. For reservations or more information, please call 04 343 2855 or visit www.bikesnbites.ae



@blend Nutritionally Advanced Healthy Café



The most nutritionally advanced healthy café in Dubai, @blend [pronounced: At



Blend], has been launched at Shoreline Beach Club 4, Palm Jumeirah. @blend

serves up a deliciously wholesome menu, presenting a range of breakfast bites, unique smoothies, juices, fresh salads and wraps. Head Chef and Outlet Manager, Paul Parik has created the menu based on traditional dietary wisdom and tweaked it as per his nutritionist background to fit the lifestyle of Dubai residents and visitors. The café also has a ready-to-eat section for people on-the-go who can pick up freshly made wraps, salads, protein bars or muffins. Open daily from 11am to 10pm, @blend is located at the Ground Floor, Shoreline Beach Club No. 4, Shoreline Apartments, Palm Jumeirah, Dubai.

PLACES

Rose Season at Alila Jabal Akhdar



Come spring, Oman's Jabal Akhdar will be covered in a blanket of green and pink as 7000 Damask rose shrubs flourish and fill the mountainous region with their sweet perfume. There really is nowhere better to experience this burst of vibrancy peppering untouched and endless rugged landscape than at Alila Jabal Akhdar!



Ideally positioned high up amidst the stunning Hajar Mountains; the escape to nature, fresh-air and the most sublime views of blooming roses is just the place for a mini-break. Throughout the season, Alila Jabal Akhdar is offering a very special 'Rose Package' which includes, Soothing Rose Petal Bath in Suite, Relaxing Balinese



Massage with Scented Rose Oils, and guided tour of the Jabal Akhdar Rose Terraces, valid for stay throughout, 5th April - 2nd May 2016 (Rose Season). For reservations, email: jabalakhdar@alilahotels.com call: +968 2534 4200 / +968 99104204

Cipriani Yas Island's 'Drift & Dine' package

Take a sideways ride into the world of speed and glamour as you discover a tale of two passions that combines the thrill of Yas Marina Circuit's 'Drift Taxi' experience with the delight of trackside dining with Cipriani Yas Island's exhilarating 'Drift & Dine' package. Whether you choose to be behind the wheel or passenger side, this adrenaline-fueled escapade of roaring engines, screeching tyres and swerving around corners at high speeds will leave you feeling you are on the set of Fast & Furious. After getting your fuel fix, it's time to make your way to Cipriani Yas Island for a superlative three-course Italian feast of signature dishes and refreshing drinks whilst marveling at



the sweeping views of the glittering Yas Marina. So buckle up for the ride of a lifetime! The 'Drift & Dine' experience



includes 10 Minute Drift Taxi Experience at Yas Marina Circuit and Three-course Dinner at Cipriani Yas Island.

Dusit Hotel Bonus Night Encore and More



Dusit Hotels and Resorts announces three new promotions offering leisure travelers and event planners incredible value and an enlivening experience of its gracious Thai hospitality. Dusit's Bonus Night Encore, is valid from 17 April to 30 September 2016. Guests who book to stay two nights during this period at Dusit's Best Available Rates receive the third night free at participating hotels and resorts worldwide. Throughout the period from 17 April to 30 September 2016, members of Dusit's loyalty program can enjoy a special offer of their own. For more information, visit www.dusit.com/specialoffers.

EVENTS

Romeo and Juliet

Thursday, 21st - Saturday, 23rd April 2016



DUCTAC (Dubai Community Theatre and Arts Centre) Mall of the Emirates, Al Barsha 1, Dubai
Romeo + Juliet, in association with The British Council's Shakespeare Lives, will celebrate Shakespeare's 400th anniversary with a highly entertaining and interactive production in and around Dubai Community Theatre & Arts Centre (DUCTAC). The classic play will capture your heart in every way and promises an engaging performance in a story of true love and revenge between two rival families, the Capulets and the Montagues.

8th Dubai Tango Festival

Wednesday, 18th - Saturday, 21st May



The Meydan Hotel
Tango Dubai welcomes you to join the 8th edition of Dubai Tango Festival. It's the night to connect tango lovers from all over the globe here in Dubai. The 4 day festival will host various Tango workshops, milongas, an unparalleled Tango night and gala dinner. And to enrich your experience live music will be played every night by the best of tango musicians and singers, as well as some gorgeous performances, and a few surprises! Check out the festival program for more details.

World Classical Music Series presents La Vie En Rose

Friday, 13th May 2016



Al Sufouh Road, Dubai
The Dubai Concert Committee and M Premiere present the spring edition of World Classical Music Series. This year, it brings the world-renowned opera singers to the One & Only Royal Mirage. The French soprano, Sara Gouzy who is a 1st prize winner at the International Song Competition in St Petersburg, Russia and Joel Prieto the Spanish tenor whose big breakthrough came in 2008 when he was unanimously awarded all three prizes at Placido Domingo's Operalia Competition. Throughout the evening, you will enjoy some of the greatest and very well-known arias, songs and chansons.

Italian Opera Gala Dubai 2016

Thursday, 26th May 2016



DUCTAC (Dubai Community Theatre and Arts Centre) Mall of the Emirates, Al Barsha 1, Dubai
The Italian Opera Gala is hosted by the Italian Industry & Commerce office, UAE and promises to be a night of magical music. Experience some of the most famous and well-known opera arias of all time. Listen to the likes of Norma by Bellini among other arias as performed by Monica De Rosa McKay and tenor Gian Luca Pasolini accompanied by the piano duo Larisa Capatina and Vitali Mihailuic and narrated by Silvia Nicolardi.

A i A



Get Your SEXY BACK

Tips for a sexier and healthier body before traveling by Rania Gamal

Dubai-based fitness guru, model and TV presenter Rania Gamal, who is also a frequent traveler, encourages everyone to consider healthy habits and staying fit when travelling. "Travelling is one of the best things in life, it lets you explore different beautiful destinations, understand different cultures and makes you more open minded to different possibilities in life. When travelling, we are also privileged to enjoy different cuisines and taste sumptuous food selections but flight time, pre-planning and other travel-related activities can also exhaust us so we need to take care of our health as our quintessential priority and ensure that we never neglect our fitness and well-being. Below are my 6 Top Hot Tips to Stay Fit While Travelling.

Plan and Have More Fun

Although impromptu travels and quick planning can be fun and exciting, it could be risky as well, especially when you are travelling with your kids or your family. A little planning goes a long way. Everything starts with a well-organized trip so you won't be weary with pressures and problems that may come your way. The basics are to check a flight, there are many airlines flying to different destinations but I suggest you stick to an airline that serves healthy food and it is possible that you can check their website prior to your travel.

Heart is in the Right Place

It is also a given fact that you need to arrange a hotel prior to travelling, but the important things that you should consider is to ask if they have a gym or if there is an area that you can jog, if its near the metro so you can walk and you can lose the extra



pounds that you will surely gain. Try to check the healthy restaurants and cafes that surrounds the area so when you arrive at your destination and the wifi is not working fast or a bit intermittent, you already know where to go. When travelling, it is important that your heart is not just happy but it is also in a healthy place.

Wander the Wonders of Water

It is easy to be dehydrated when you are travelling, starting from the plane so you have to drink as much water as you can. Try to avoid those juices that they serve as most of the time it contains sugar. It is also advisable to take a nap in the plane so you

can recharge and feel energised when you touchdown at your destination.

Work your butt off the ladder

When I was featured in Cosmopolitan magazine last month, I have given them a special lesson for having and enhancing that eye-catching butt. However, if you have no time to follow that exercise while travelling, always opt for the stairs as what Queen B (Beyonce) always does. It will help you have a nice back and will also aid in losing extra shed of pounds. So the moment you entered that hotel, let the bell boy take the elevator and go search for the stairs and use it every time you go out and come back of your hotel room.

Take time to swim and be slim

I always ask for a hotel with a fitness club but a great swimming pool is always a plus. Swimming is one of the best exercises that one can do while travelling, it is also very enjoyable and therapeutic. After a jet lag or before a business meeting, it is advisable to relax and rejuvenate in the form of swimming. You can also try to do yoga as it will give you more energy and rejuvenation so don't forget to bring your mat.

Eat with a grain of salt

We usually tend to become more adventurous while travelling but counting calories is not the only issue here, a lot of times tourist get food poison or stomach upset to a 'stranger' food just because your body is simply telling you that it is a foreign substance that he or she is not used to. There is no harm in trying but not when it comes to food and health. It might be a cliché but you always have to take whatever you eat with a grain of salt.

BEANS & PULSES THE NEW SUPERFOODS

The current nutritional trends focus on energy giving, high fibre, low calorie food, loaded with essential vitamins and minerals. Emphasis, for everyone, is on designing a nourishing meal with balanced nutrient intake to ensure excellent health. According to UAE-based master dietician, Helen Dodd, eating more plant foods, opting for smaller portions and bringing mindfulness to meal times are the top dietary trends for this year.

Another significant dietary trend noticed is the spotlight shed on a particular food group or a specific vegetable. Each year, a new vegetable, fruit or food item is brought into the limelight as the most significant food item or the ultimate recipe ingredient that should be a part of one's regular diet and publicized under the marketing term, Superfood. In the current year, the Superfood is pulses. Helen's trend-watch, written for the UAE's online health and wellness community Enritsch.com, says beans and pulses will be the preferred super foods of the coming year.

"Beans and pulses are big news for 2016. They are filled with protein, fibre and release any carbohydrates they have slowly, they are bursting with nutrients, can actively help lower bad cholesterol and what's more they are extremely comforting and satisfying," said Helen who holds an MSc in dietetics and has been practising nutrition for many years.

A recommendation that is in line with a resolution passed by the United Nations

General Assembly, which declared 2016 the International Year of Pulses, pointing out that "Pulse crops such as lentils, beans, peas and chickpeas are a critical source of plant-based proteins and amino acids for people around the globe"

The resolution points out the environmental benefit as well as the health benefits, "Recognizing that pulses are leguminous plants that have nitrogen-fixing properties which can contribute to increasing soil fertility and have a positive impact on the environment, Recognizing also that health organizations around the

foods. "Try them in soups and stews and with chillies in salads or tossed on baked potatoes," she advises. Pulses have the potential to look very attractive because of their variety of size, shape and colour, with skilful plating.

Meal portion sizes are also something to be keeping a close eye on this year, according to Helen. "This again is not sci-fi revolutionary information, but so many of us struggle to get it just right. Over the years portions have gotten bigger, plates have gotten bigger and it is now acceptable not to share a sharing bag of maltesers.

We have forgotten how to stop." Helen's portion guide to getting it right is to have one palm size of lean protein, one fist size of slow release carbohydrate and two outstretched 'hands' of salad and vegetables for each meal. Fruit is two cupped hands, and nuts one small cupped hand. Two thumbs up for cheese and one index finger for the occasional chocolate!

"If you do you'll have energy, get all your nutrients and feel satisfied, no faddy diet needed," she says.

And this year we'll all be more mindful of what we eat, taking meal times more slowly, savouring the aromas and tastes and switching off from other distractions to enjoy the

experience, "so we can get back to enjoying the simple pleasure of eating."

Helen is a health and wellbeing expert who can be contacted free-of-charge via Enritsch.com, a community where visitors can interact and seek advice to improve their lives.

world recommend eating pulses as part of a healthy diet to address obesity, as well as to prevent and help manage chronic diseases such as diabetes, coronary conditions and cancer".

Helen is recommending that people base half of their lunch and dinners around plant



UNDERSTANDING & TREATING Hyperpigmentation



If you have dark or light patches on your skin, chances are high that you have a symptom of hyperpigmentation. Having this kind of uneven skin tone can be very upsetting. This should not be so because there are steps that can be taken to treat hyperpigmentation.

Hyperpigmentation is described as the production of excess melanin, which leads to the appearance of uneven skin tone, or dark spots on your skin. Although it is not a serious or life threatening condition, it can cause one to feel embarrassed or bothered by one's own looks. Common in both men and women,

according to Lola Ali Muhammad – Medical Aesthetician at Dubai Cosmetic Surgery clinic, hyperpigmentation is caused by a number of factors, some of which we are not aware of. Just like many other conditions, in order to get rid of the uneven skin tone, you have to know the cause.

Common causes of Skin hyperpigmentation

Sun exposure

This is considered the most common cause of hyperpigmentation. By over exposing yourself to the harmful UV rays of the sun, you are exposing your skin to age spots and severe uneven skin tone. These spots appear mostly on the face, hands, and legs; parts of the body which are mostly kept uncovered. How you can avoid this: Lola recommends proper protection of your skin from the sun. This includes using a high spectrum sunscreen with an SPF of at least 30+, minimize the time spent in the sun, and always wear a wide-brimmed hat to protect your face. "When it comes to the sunscreen, it is important to use it even when there is no sun in sight because these UV rays can still penetrate your skin unseen."

Hormonal Imbalance: Hormonal fluctuations can lead to melasma, which is a type of skin hyperpigmentation, also known as a pregnancy mask. These hormone imbalances can be brought on by birth control pills, pregnancy and thyroid dysfunction. Almost 90% of all pregnant women suffer from this, so it is nothing to be seriously worried about. Prevention: If your hyperpigmentation is as a result of pregnancy, Lola recommends waiting until after birth to see if it disappears, which can happen within the first six months after birth. "If it is caused by birth control pills, it would be a good idea to have a chat with your doctor about having a different brand. And if the hormone imbalance is caused by thyroid dysfunction, you should have it checked by a physician."

Genetics: There are people who are genetically predisposed to hyperpigmentation of the skin. "Since one cannot prevent this type of cause, he or she should seek treatment for the discoloration," says Lola.

Certain medications: There are certain medicines which lead to hyperpigmentation, and these include certain anti-cancer drugs, some antibiotics, and certain anti-seizure drugs. "Normally

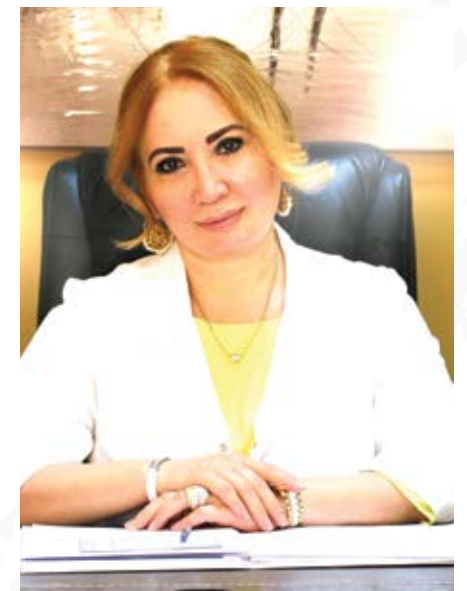
hyperpigmentation caused by medication starts to show within six months of taking the drug," explains Lola adding that if this is the cause, you should see your doctor for a change to a different kind of medication.

Injuries to the skin: This type of hyperpigmentation known as Post-inflammatory hyperpigmentation comes about due to certain skin injuries which can be caused by acne vulgaris, inflammation, psoriasis and even burns.

Treatments for hyperpigmentation

Although hyperpigmentation cannot be cured, it can be treated with several topical products, skin peels and lasers, which include but not limited to:

1. Dermamelan and Cosmelan skin depigmentation treatments: The treatment is applied as a cream mask whereby the person can leave the clinic while wearing it. He/she washes it off with water after a couple of hours then follows further instructions from the doctor in charge. Only one session is recommended in this treatment.
2. Fractional Laser: High energy light is used to zap the affected area reducing the pigmentation marks. By using fractional laser therapy, the deep layers of the skin are targeted and this promotes skin renewal and encourages production of new collagen. You also get an added benefit of skin rejuvenation.
3. Chemical peels: This is a non-invasive treatment option that involves the topical application of certain skin chemicals which work by peeling off the top layer of the skin to reveal clear, healthy, and glowing skin. These come in different strengths depending



on the severity of the hyperpigmentation. 4. Oral Medications: These can also be used as a treatment option for hyperpigmentation, but only for certain cases, not all.

5. Skin creams: These topical creams are only used to treat superficial pigmentation that affects only the upper layer of the skin. There are an array of them in the market today and for one to work it has to consist of agents like hydroquinone, kojic acid, retinoids, and azelaic acid.

Home remedies for hyperpigmentation

Lemon juice: This can be easily done by rubbing a slice of lemon over the hyper pigmented area. It gradually reduces the unevenness because lemon is a natural bleach.

Potato: Just like the lemon, rub a fresh slice of potato on the target area daily until you see a change on the pigmented area. Potatoes contain an enzyme known as catecholase, which lightens the tone of the skin.

Milk and curd mask: These two are known to contain lactic acid which works wonders on uneven skin tone by removing the affected top layer and allowing for skin renewal.

Aloe vera: By applying aloe vera gel on the affected area, it allows the renewal of new skin cells after getting rid of the damaged ones.

While treating hyperpigmentation, it is also important to follow a regular skincare regime which should include exfoliating, cleansing, and moisturizing.



NIP & TUCK

When and Where to Opt for Plastic Surgeries

Cosmetic surgery has gained considerable popularity in recent years, primarily due to a shift in people's attitude towards surgical solutions and secondly due to the technological advances in plastic surgeries. Fuelled by the desire to retain a youthful appearance, the resistance to the idea has been eroded. Youth which lasts for a mere ten years, has become a core requirement for beauty, a standard which fails to account for the beauty of experience and age. Given that growing older with grace has perhaps become a difficult proposition for the generation used to instant solutions and fewer and fewer people can be seen growing older gracefully. Hence, the increasing acceptability for cosmetic nip and tuck. The advancements that have lead to cosmetic surgery becoming an attractive proposition include a conceptual shift in dealing with the forehead, eyelids along with the lower face and accordingly there are a variety of treatments available, from skin resurfacing to injectables and the more familiar face lift procedures. Technologically, the use of laser for cosmetic reasons has increased, particularly for the face and for body contouring. For instance, in skin resurfacing, laser is used to vaporize the superficial layer. As a result, the wrinkles, lines, superficial growths are also removed and collagen works to rebuild the skin surface.

Thanks to the technical advances, the results of such procedures look much more natural and the recovery time after surgery has also decreased. An important point is that one must set realistic expectations and to recognise that cosmetic surgery, like any other surgery, involves some risk. So, in order to adjust a few natural defects or counter the onset of old age, what are the best options for people who choose to undergo cosmetic surgery.

Prof. Dr Abdulbaqi Alkhatib, Consultant

- Plastic Surgery, Burjeel Hospital, Abu Dhabi, is a French qualified pioneer, and one of the best well known plastic and reconstructive surgeon. Known to be at the forefront of introducing innovative cosmetic surgery procedures in the Middle East, Dr. Abdulbaqi Alkhatib shares a piece of advice on the need of undergoing a cosmetic procedure.

Why plastic surgeries

Human beings in general, and women in particular, strive to have the best and most beautiful look. However, there are additional motives encourage people to visit plastic surgery clinics, including:

- Professional reasons which is the case with actresses and TV presenters.
- Problems among husbands and wives make the wives seek plastic surgery clinics to improve their appearance which has been affected over the years as a result of repeated pregnancies and having several children.
- The media plays a key role in promoting plastic surgeries, and sometimes exaggerate in showing their results, which reflects negatively on people's expectations.
- The influence of friends and relatives.

How to choose the right plastic surgeon

Choosing the right surgeons usually depends on their level of experience and efficiency, reputation, professional ethics and the success rate of the operations they have performed. In fact, doctors of other specialties may also play an important role in evaluating plastic surgeons and recommending them to their patients.

The right hospital

To choose the right hospital, consider the following factors like the hospital's reputation and management; the level of experience and efficiency of the medical staff at the hospital, the equipment and resources available at the hospital including medical devices, pharmacy and radiology units. Finally, consider the location of the hospital.

Cons and complications of Plastic Surgery

Plastic surgery specialty is no exception when it comes to the surgical complications that other medical specialties may have. The successful plastic surgeon is the one who can avoid these complications before they occur; make sure that the patient's overall health is well enough to undergo the surgery and general anesthesia; and he should have the ability to deal with the complications properly and promptly as they happen.

Types of plastic surgeries

There are different kinds of plastic surgeries which are being performed at Burjeel Hospital such as; Liposuction, Body Sculpting, Fat Transfer procedures which involve moving fat from one part of the body to another to create a more youthful appearance, Face Lift, Blepharoplasty (lift of eye lids), Eyebrows Lift, Septorhinoplasty (improving the function and appearance of nose), Correction of Protruded Ears, Breast Augmentation, Breast Reduction and Mastopexy (lifting of breast upwards), Abdominoplasty, Thighs Lift. Apart from these cosmetic procedures, they also do reconstructive surgery of congenital anomalies like cleft lip and palate and others. They also treat skin malignant tumors, burns and scars, in addition to other cosmetic procedures which are performed under local anesthesia such as; excision of all types of moles, cysts, tumors and skin tags from the face and other parts of the body, as well as performing Fillers and Botox Injection.

Tips for those who seek out plastic surgeries

Maintain a healthy lifestyle constantly by avoiding smoking for example. Exercise regularly and eat a healthy diet to avoid obesity. Have realistic and logical expectations for plastic surgeries results, as cosmetic procedures are meant to improve the appearance rather than reaching perfection.



DÉCOR DREAMS

Exuding luxury and elegance, these pieces are a décor dream come true. Check out the best of the seasonal home furniture offerings...

Selva

Selva, the leading Italian interior design and furnishing retailer, introduces an exciting new collection of Slamp Lighting to its Sheikh Zayed Road showroom. The new collection has been carefully selected by Selva Middle East to cater to the local market; the chosen pieces are unique and reflect the taste of customers in the UAE. The new collection by Slamp is a selection of exclusive pieces, each designed by artists that are experts in their field and have a truly dynamic sense of design that is visible in each of their creations.

Indigo Living

Make a fresh start this season with Indigo Living. Whether you want an instant update or a complete makeover, Indigo's latest collections for Spring/Summer 2016 offer a wealth of inspiration for all kinds of interiors. This season's five main trends comprise Riviera Retreat, Town & Country, Understated Elegance, Coast to Coast and Northern Light. While it is perfectly acceptable to recreate whichever look you like in its entirety, John McLennan, CEO of Indigo Living, suggests mixing up different styles of furniture and accessories.



Riviera Retreat - Bedroom



Silent Grey - Living



Vittorio living set



Monaliza living set

Al Huzaiifa Furniture

Al Huzaiifa Furniture's latest furniture collection is a selection of exquisite, handcrafted pieces that add elegance and beauty into your home. From the gorgeous Vittorio sofa that radiates timeless appeal to a super stylish yet comfortable Monaliza set, Al Huzaiifa's latest collection adds warmth in your living room. Every design with its Provincial aura is sure to fill any home with luxe and charm.

Vittorio Leather Sofa Set Price: AED

67,200

Monaliza Sectional Sofa Price: AED 44,550

A FOODIE'S GUIDE

TO GOURMET DUBAI

Food is more than just a word; it is an experience, a joyful pleasure and an expression of how we think, aspire and create... Dubai with all its charms is also a hub of varied culinary jaunts... From cafes to restaurants to bars and pubs, there's such

an insatiable gastronomic rush that infuses the city's nights and days, we felt compelled to explore the selection. So, we traveled to various neighborhoods, malls and areas in this quest to discover what flavorful experiences lay behind the façade

of places, and we were not disappointed. We found an abundance of flavors and styles, settings and atmosphere that Dubai had to offer... Here's our selection of some of the best places to experience the culture of both food and mood in Dubai...

Mozzo Centrale

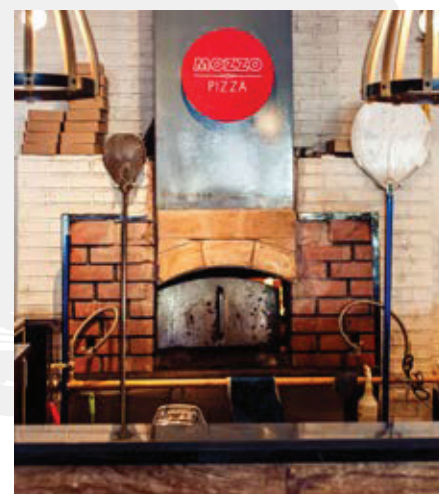
Umm Suqeim
Reason we love it: Family friendly atmosphere & delicious breakfast menu!



It is no wonder that Mozzo Centrale is one of the better family friendly eateries in Dubai. With a menu to please even the pickiest eaters and a relaxed, cozy dining option that diners look for, Mozzo is the place to get away from the vision blasting concrete jungle of high rises. Mozzo offers what technically everyone yearns for- a quiet place to dine, away from the ruckus of mundane urban chaos, set in the quiet suburbs of Umm Suqeim/Jumeriah. A cozy interior with an earthy finish,

wooden tables, wood flooring, earthy colors and warm lights radiating from traditional chandeliers that instantly add to the contemporary chic look of the restaurant, lend Mozzo Centrale a homey feel. A small outdoor lamp-lit terrace, overlooking the iconic Burj Al Arab and the skyline of Dubai at a distance..., completes the picture of this rustic chic Italian eatery. Essentially praised for its scrumptious breakfast which includes modern Italian cuisine and exquisite international options, Mozzo's menu reveals an insanely mouthwatering array of dishes catering for the satisfaction of obsessive indulgences. A caveat though, intense salivation may result while waiting for your food to show up on your table. To name a few of the relentlessly delicious dishes, there is Chilli Al, a delicious combination of eggs and bacon served in a brioche bun; the Huevos Rancheros and Lobster Benny; Mozzo Burger with a finger licking combination of ingredients such as a juicy Angus beef patty, parmesan frico, shitake mushrooms, caramelized onions and roasted tomatoes served in a soft brioche bun...who would want to miss that! Perhaps a dish that stands out, is the Loaded Stuffy French Toast (thick cinnamon brioche, stuffed with mascarpone, fresh bananas and strawberries, coated with Vermont maple syrup). This simple yet curious rendition of

the old favorite French toast is a gluttonous romance between brioche and mascarpone. A dish that is not just delicious to dig into, it is a visual masterpiece... Mozzo meaning the hub in Italian, is the perfect place for people who are looking for a dining option that offers a homey atmosphere, to catch up with friends and family, while having a relaxed afternoon tea break. Not forgetting, that it is a haven for food connoisseurs as well, people looking to sample an authentic home-made yet adventurous cuisine. It opens daily at 7:30 am, the endless breakfast menu is served until 1:00 pm on weekdays and 3:00 pm on weekends. It's your proverbial neighborhood eatery where the dress code is naturally casual!



Eat Greek Kouzina

Mall of The Emirates
Reason we love it: Authentic Greek cuisine in a warm cozy setting



Eat Greek Kouzina at MOE, offers authentic Greek Cuisine for the ultimate Greek/Mediterranean dining experience. Greek Cuisine is not just delicious but it is considered one of the healthiest around the world for a few reasons. One reason being that it uses ingredients that have umpteen health benefits, and secondly, the use of simple methods of traditional cooking that brings out the true essence of the ingredients used... Located in the Mall of the Emirates new extension on the second floor, the restaurant

has a laid back feel that is quintessential to the Mediterranean lifestyle, with soft lighting highlighting the wooden textures, floors and chairs and comfy sofas – a mix of reclaimed furniture such as booths, tables and chairs that simultaneously bring out the sunny feel of the restaurant which is the true essence of Greek weather. Eat Greek is a perfect venue for those visiting MOE and for those who are just looking for a great Greek meal. With an extensive menu that includes an array of authentic Greek Dishes including Tzatziki, baked Feta Cheese and Kontosouvli there's an explosion of flavor in the mouth as soon as you take the first bite. From simple breads to braised meat there's a certain tenderness and warmth in the food that the restaurant offers, making it even more scrumptious and comforting. The selection of sweets from the menu also offers delectable Greek desserts, including candy jars, Loukoumades, Sokolotopia, Galaktoboureko and sweet crepes served from a refurbished cargo container. The crepe station options include the deliciously tempting Nutella Crepes with Nutella ice cream and the Lemon and Sugar Crepes with yoghurt sorbet, which is a favorite

amongst guests and kids. Helpful and attentive, the staff is well-versed in the highlights of the menu and the details of each dish. They are always there to guide the guests to perfect meal choices... Offering lunch and dinner from 12pm to 12am daily Eat Greek Kouzina in the Mall of the Emirates is a simple yet sanguinely warm place to enjoy authentic Greek food in a relaxed setting.



Royal China

DIFC
Reason we love it: Fresh Chinese cuisine and great mood



A secret oriental haven at the heart of DIFC, Royal China Dubai the city's award-winning Chinese restaurant offers delectably scrumptious and refreshingly traditional Chinese food. The moment you step into the little oriental sanctuary which now also has a secret garden with zany eastern charms, it instantly mesmerizes you with its dark red and black contrast representing ancient Chinese royalty. The traditional Chinese red chandeliers against a backdrop of black wood paneling create a softly lit dining space, an absolute retreat for those looking for fresh Chinese food in an authentic setting.

The extensive menu offers the best from the classic Cantonese Chinese cuisine. From traditional Steamed Dim Sum to sautéed Chinese Broccoli with Ginger, Crispy aromatic Duck to sautéed Beef in Oyster Sauce the choices are plenty and the taste is immaculate. The health conscious food connoisseurs can revel in elegant handcrafted Steamed Crab Meat Dumplings with Egg White and Black Truffle before moving on to the rich flavors and luxury ingredients of main dishes such as Organic Chicken Sautéed in Malt Caramel & Light Spicy Sauce or Fillet of Baby Lamb Sautéed in Dried Chili. The menu also includes a repertoire of superb seafood dishes such as whole Lobster with Sugar Snap Peas in XO Sauce and a live selection of fresh Seabass, Prawns and Crab. Last but not the least the meal is complemented with a selection of unique desserts including Green Tea Glutinous Rice Dumplings Filled with Fresh Mango. To add the final cherry on top of the experience, the meals are accompanied with a world-class library of Chinese tea, sipped to aid digestion and numerous other health and cleansing benefits. Some of the unusual blends offered by the experienced

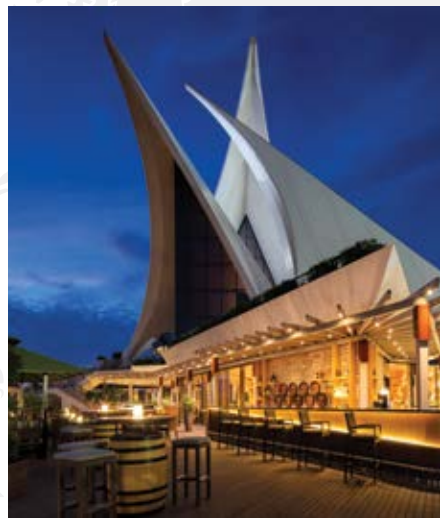
team include Ginseng Oolong Tea, Jasmine Scented Green Tea and Shoumei White Tea. With attentive service and world class cuisine, Royal China DIFC is a perfect place to relish traditional Chinese cuisine with all its simplicity and flavourfulness in a setting reflective of the calm peacefulness of an ancient Chinese royal abode.



LakeView

Dubai Creek Golf & Yacht Club

Reason we love it: Without a doubt the best view in Dubai!



A hidden gem far away from the usual city chaos, LakeView at the iconic Dubai Creek Golf & Yacht Club, is a little oasis offering probably one of the most mesmerizing and serene views of the city, with a lush green golf course at one side and the slowly cascading creek on the other... It couldn't get any better than this.

The recently re-launched LakeView offers guests the perfect escape with its laidback approach, extensive menu, innovative themed nights, cider garden and live entertainment. Perfect for when the weather is mild and absolutely romantic, the modern space is designed entirely in neutral earthy tones, which gives a very intimate feel... But the best part of the restaurant is the stunning terrace, overlooking Dubai Creek and the championship golf course. The terrace is also home to a historic 900 year olive tree transported all the way from Italy to the Middle Eastern turf. Once you settle into the absorbing atmosphere, each night the innovative selection of themed buffet menus calls for another level of indulgence. Featuring international cuisine, signature favorites and a live BBQ, each buffet is made-up of several stations that includes the Churasco Grill, Tandoor Station with dishes being prepared from the Traditional Tandoori oven, Dim Sum Station, Peking Duck Station, Salad Island and Dessert Island, each providing an assortment of freshly prepared seasonal dishes. Lakeview also offers 14 types of shisha, alongside its contemporary drinks menu and cider

garden. Open daily from breakfast onwards and late into the night, Lakeview also offers an a la carte breakfast and lunch menu; the themed buffet will be served from 7pm through to 11pm. With its unique, hidden setting and relaxed ambience, LakeView is set to offer convenient escapism in a vibrant and accessible location for the whole family.



Carter's

Pyramids, Wafi

Reason we love it: Laidback atmosphere, great food with live music



One of the first gastro pubs to open in Dubai in early 1998, Carter's offers the best casual pub dining option in what is now relatively old Dubai. Located at Pyramids, Wafi Carter's is a place where one instantly connects, where you slip into a cozy yet lively mood sustained by a new in-house band, Feti Blue & the Blues Train playing weekly from Tuesday through to Saturday. Playing a mix of blues, rock, disco and funk, the dense atmosphere of the gastro pub gets more animated as the band starts to play. A lively venue exuding colonial charm, Carter's presents a delicious international

menu including English favorites and gourmet delights in a relaxed and informal environment. The diners can enjoy a menu that is really delectable and far superior to the usual bar food. The menu is wide and varied, with decent international fare and a good range of appetizers breaking up the boring pub classics. Including scrumptious savory specialties like stilton blue cheese and oven roasted beet root salad, char grilled miso-soya marinated chicken & vegetable skewers, beef "tomahawk" and lamb shepherd's pie with mushrooms, the meal wouldn't be complete without something sweet, especially the deliciously sticky toffee ice-cream & cake dessert. Divided into three indoor portions, the side

areas with comfortable seating are for diners who wish to focus more on their friends and their food, while the middle area is the dedicated bar area. The outdoor terrace is also a comfortable dining option, ideal for those looking for fresh air, particularly when the weather is great. Al Fresco dining plus Carter's Carvery Brunch every Friday is a true highlight. The theme nights at Carter's are Tuesday – Disco Funk Night, 8:30pm; Wednesdays – Blues & Soul Nights, 9:00pm; Thursdays – R&B, Motown & Reggae Nights, 9:00pm; Fridays – Rock 'n' Roll for Brunch, 2:00pm – 5:00pm, Disco & Funk Nights, 9:00pm; Saturdays – Blues, Souls, R&B Nights, 8:00pm.



Zafran

Dubai Marina Mall

Reason we love it: Authentic Indian flavors and amazing view of the Marina



A true spice saga of North Indian delicacies, Zafran at Dubai Marina Mall is a restaurant that offers not just food but a community experience along with it. The immaculately

romantic view of the Marina and the communal hubbub, a melting pot of nationalities, entertainers from different continents juggling, telling tales of distant lands is what the experience is all about. Long before, even before the meal arrives you are entertained with what is going on around you... A contemporary Indian Restaurant that takes inspiration from the Indian spice, Saffron, the menu features a selection of regional Indian favorites with regular Chef Specials like the Biryani Festival, Seafood Sensations and Jashn-e-Kebab. Recipient of BBC Good Food's Best Asian Restaurant Award, a top rating of 3 Black Hats from What's On and a Time Out Dubai Shortlisted Restaurant, Zafran truly exudes the brilliance of modern Indian cuisine. The menu includes simple snack options to detailed slow cooked meals along with plenty of other enticing options that arrive well-presented. The Dahee Kebab appetiser (deep-fried yoghurt dumplings) is one of the most interesting dishes that stands out, as is the Papdi Chaat, a sweet yoghurt with pomegranate and Tamarind Chutney. Other substantial dishes from the menu include a kebab platter featuring servings of

Chicken Tikka and Seekh (minced lamb) Kebabs; these cylindrical meat Kebabs are moist and juicy and rolled in plenty of chopped chillies and herbs. A trip to any Indian restaurant is never complete without trying the notoriously spicy Biryani. Offering different types of scrumptious biryanis, the Hyderabad Biryani is simply mouthwatering. To finish off the amazing experience, delectable sweets from the menu will certainly put a smile on your face. Traditional sweets like Gajar Halwa (carrot dessert) and Gulab Jaman, there's something totally joyful about these sweet treats. With good food, friendly service, courteous staff and a lovely setting, Zafran can, pretty easily, be a place to remember and revisit.



Alison Nelson's Chocolate Bar

Dubai Mall

Reason we love it: Ambience, decadent menu and of course the variety of chocolate desserts!



To finish any foodie fix, desserts are the way to go. In search of a place that offers a delectable desserts menu, Alison Nelson's Chocolate Bar is what caught our eye... and chocolate is happiness without a doubt! The fabled dessert café, Alison Nelson's Chocolate Bar offers the most decadent experience for chocoholics in Dubai and around. A world of cosmopolitan cocoa with swinging sugar soirees and an endless shindig of good mood and lightness, Alison Nelson's Chocolate Bar is a dessert shop for the entire family. The chocolate fondue served with varied options like bananas, plain cake, strawberries and more is a mouthwatering option, particularly

for those looking for a sweet snack while hanging out with friends and family... Other desserts include classic molten chocolate cake, chocolate bread pudding, melted Nutella cake, along with various ice-creams and shakes... Location's right next to the ice rink at Dubai Mall, the atmosphere is pretty relaxing and laid back, perfect for a jolly good time with friends and family, or simply after a long walk shopping adventure in Dubai Mall. Alison Nelson's Chocolate Bar also offers gourmet savory choices, with delicious pizzas and salads, burgers and sandwiches. For those who have fulfilled their daily dose of sweet can also indulge themselves with savory options on the menu...

FOOD ADVENTURES



Chef Maksim

Whether it's a celebration, a commemoration, a harvest, beginning of a season or a holiday, food, traditional, inventive and fresh, is at the center of each event. It is perhaps the one thing that permeates all experiences and the true essence of a culture. So, what better way to explore the world than to discover the unique flavors that make up a region's culinary character, the taste that spice up an adventure... Venturing deep into authentic cuisine, we spoke to some of the popular chefs in Dubai to get a taste of their cultural favorites. Celebrity chef Daniel Hurtado of La Tablita restaurant is an expert on authentic Mexican cuisine, while celebrity chef Maksim Tvorogov of Vesna Restaurant and Lounge is a proficient artist in Slavic cuisine.



Chef Daniel



Mexican Escapades

Chef Daniel is regarded as a young pioneer in contemporary Mexican cuisine. His reason for settling in Dubai is the newly opened authentic Mexican restaurant called La Tablita, where he is Chef de Cuisine. La Tablita is a vibrant and lively restaurant that boasts an atmosphere similar to a street-side Taqueria

Guacamole Traditional

Ingredients

Avocado (ripe)	2 pcs
Diced White Onion	30 gr
Diced Tomatoes	50 gr
Chopped Coriander	15 gr
Lime Juice	5ml
Salt	2 gr
Black Pepper	1 gr
Tortilla Chips	100 gr

Method

1. In a medium bowl, mash together the avocados, lime juice and salt.
2. Mix in coriander, onion, and tomatoes
3. Deep fry Tortilla, until crispy
4. Serve immediately



with the menu showcasing everyday Mexican dining including 'The Taco Shop' featuring 16 selections of tacos. Daniel's cooking skills and inviting hospitality in this new breathtaking setting located at the Hyatt Regency are a perfect combination of his passion for maintaining traditional Mexican food techniques and famous hospitality. To taste the unique flavors and the variety of cuisines from the various regions, Chef Daniel's hometown, Mexico City is the ultimate destination. A city where the culturally and historically significant 500 year old Aztec ruins add the perfect historical touch, Chapultepec Castle, museums, parks and art galleries create a culturally rich space with eye-catching Rivera and Tamayo murals adding a colourful touch and at the street corners deliciously tempting food stalls and fancy restaurants abound. From Esquites (corn-on-the cob) to Enchiladas, Tacos typical to Yucatán, Guerrero, Puebla, Michoacán and Central Mexico regions as well as Aztec foods like Guacamole and Tamales, are names we are all familiar with and there is a history behind each dish. For instance, Enchiladas, date back to Mayan times, and consist of corn or flour tortillas wrapped around small fish although the filling has changed in contemporary times. While, the Aztec Guacamole is a concoction of mashed avocados, chilli peppers and a hint of lime... Chef Daniel shares his recipes for Traditional Guacamole ...

Russian Explorations

Prize winning, Head Chef Maksim Tvorogov is a celebrity chef who, whilst new to Dubai, is no stranger to the limelight. Apart from a history of working in award-winning restaurants, he also led the TV show "Cooking Light" on "EdaHD". A member of the St. Petersburg's Club of Chefs, Maksim refuses to allow tradition to restrict his imagination.

Beef Stroganoff with Mashed Potatoes

Ingredients

- 1kg sirloin beef
- 75g grass-fed butter
- 4 red onions
- 750g mushrooms
- 1kg (2 tins) chopped tomatoes
- 3 tbsp tomato puree
- 450ml single cream
- 1 ½ veal (or beef)
- 1 tsp paprika
- Salt & pepper

Method

1. Dice the beef into bite size, discarding any fat.
2. Chop the onions & slice the mushrooms into circular discs.
3. Add a large knob of butter to a frying pan & place over a medium-high heat.
4. Add the beef to the frying pan & cook for a few mins until browned. Then, transfer the cooked meat to a deep saucepan.
5. Add a fresh large knob of butter to the empty frying pan.
6. Add the onions to the frying pan and sauté until they turn a golden colour. Then, transfer the onions to the deep saucepan.
7. Add a fresh large knob of butter to the empty frying pan.
8. Add the mushrooms to the frying pan and sauté until they have softened & browned. Then, transfer the mushrooms to the deep saucepan.
9. Add the chopped tomatoes, tomato puree, cream, stock, paprika and plenty of salt & pepper.
10. Place the saucepan over a high heat & bring to the boil.
11. Once boiling, turn the heat down and allow to simmer for 1.5 hours, stirring occasionally.
12. Taste the stroganoff to check the sauce is seasoned to your personal taste.
13. Once the stroganoff has been cooking for just over an hour & the meat has become tender, begin to prepare the mashed potatoes.



He is putting spectacular contemporary Slavic cuisine on the map by headlining at the newly opened restaurant, Vesna located at Conrad Hotel, Dubai. Vesna, the restaurant is poised to push the boundaries of fine dining in the region, showcasing the breathtaking artistry and rich cultural heritage of this exciting cuisine. Chefs menu is a beautifully new and exciting take on the long-lost magnificent imperial style of Eastern and Baltic Europe which is his forte.

To savour the essence of eastern Slavic cuisine and understand its range, Chef Maksim Tvorogov's home and training ground, St.Petersburg, Russia's cultural heart is the ideal place to relish the flavours in picture perfect locations.

Located on the banks of the river Neva, the imperial city of St.Petersburg has been dubbed Venice of the north. The city's iconic landmarks include an incredible array of extravagant and extraordinary estates, with sumptuous palaces and their landscaped gardens like the Peterhof and its spectacular fountain. While enjoying their splendour, munch on the popular Russian snack, cinnamon coated almonds or sunflower seeds. Each palace reflects the unique preferences



of generations of the Russian royal family, in particular the Romanovs. These architectural landmarks fashion a rich cultural legacy to explore, places like the colourful five-domed St. Basil's Cathedral, the iconic Grand Palace and its fountains, Constantine Palace and the Winter Palace, which are perfect examples of the Russian Baroque style, create an elegant

For the mashed potatoes

Ingredients

8 medium-sized potatoes
50g grass-fed butter
250ml semi-skimmed milk
Salt & pepper

Method

1. Peel the potatoes and Add water to just cover the potatoes in a deep saucepan.
2. Place the saucepan with the potatoes over a high heat for 15 mins.
3. After 15 mins, check the potatoes are cooked by piercing them with a knife
4. Once the potatoes have softened, drain the water.
5. Add the milk & butter, and plenty of salt & pepper.
6. Mash the potatoes with a potato masher until all of the liquid is incorporated and the mashed potatoes have reached a rich, creamy, silky smooth consistency.



setting to relish the flavours of Russian cuisine; some traditional and some with strong foreign influences. But the royal setting is only the beginning for the cultural affluence of a city with hundreds of museums, from historical palace museums, to the world-renowned Hermitage with its superb collection of impressionistic and post-impressionistic art, and literary ones of Dostoevsky and Nobokov to ones like the Chocolate Museum on the classic Nevsky Prospect, a chocolate boutique with perfectly crafted edible art. Then there is also Russian ballet, opera and the musicals to round off the cultural experiences. Just as elaborate as the palatial schemes, the dining table for the Russians is an elaborate presentation of delicacies and drink with infinite toasts. One can taste the flavours that tempted the aristocracy, a decadent menu filled with luxury ingredients including fresh

lobster, caviar or oysters. The traditional authentic cuisine of Russia relies on a warm approach, capitalizing on tasteful carbohydrates and fats cooked in traditional ovens, to make such unique elements as rye-based black bread. Other unique Slavic traditional foods include the rich and earthy Borsch made with beets, Solyanka, a tomato-based chowder, Pelmeny dumplings, Blini pancakes, Piroski stuffed buns and for a sweet finish Anna Pavlova. Many a Russian favorites center on the central oven, culinary concoctions like Samovar, the Russian tea. In the baroque splendour of the city and its cuisine there are traces of French, Italian and even Tatar influences. For instance, the world famous Russian Salad, is a salad devised for a Russian Czar by his French chef. Our Dubai based, Russian Chef Maksim shares his recipe for Beef Straganoff with mashed potatoes

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Haute Couture **2016**

*Check out the exclusive photos of the Haute
Couture 2016 collections from top fashion
designers of the world.*

ELIE SAAB

CHANEL

GIVENCHY

VALENTINO

ELIE SAAB

Haute Couture 2016

'Entering India' was the theme behind Elie Saab's latest haute couture collection. The muse of his new couture collection, the notes went on to explain, was a turn-of-the-last-century Englishwoman on a trip to the subcontinent. "India is her

backdrop and her inspiration for a new blend of formalism and ease, opulence and elementary lines." The collection was a call and response between Edwardian silhouettes, and Indian pieces. So you'd have a high-neck Edwardian-style dress followed

by a cropped jacket with a Nehru collar and softly tailored pants trailing a split train, or a gown with a built-in beaded capelet, and coming up right behind it, a thigh-length number with a sari-like sash thrown over one shoulder.



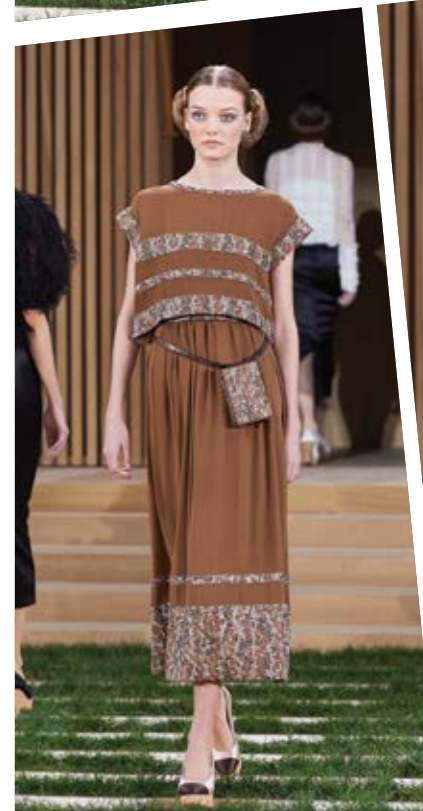
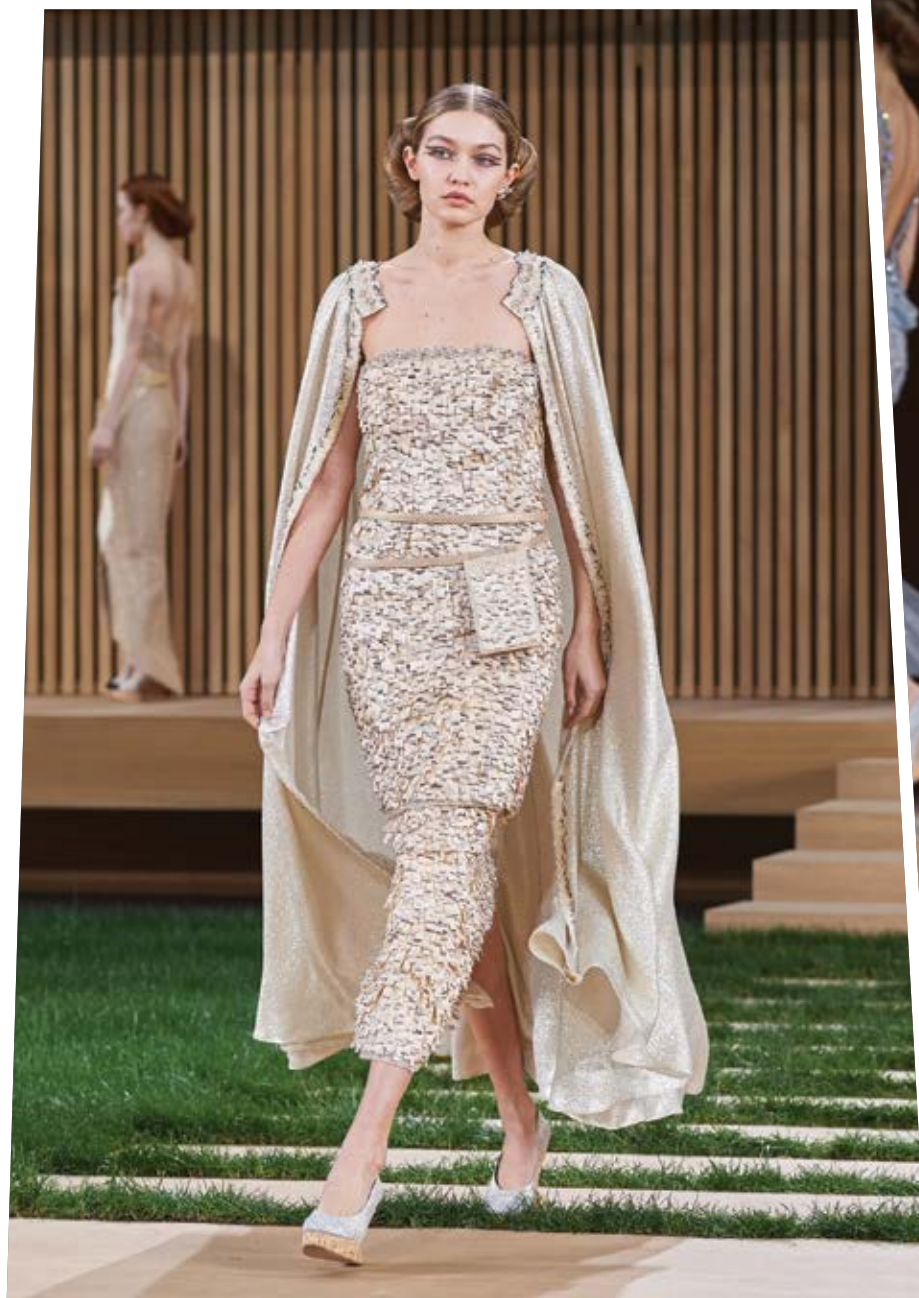
CHANEL

Haute Couture 2016

Fashion is part of the events of our times,” declared Karl Lagerfeld about the Zen-like, eco-conscious serenity of the Chanel Haute Couture collection in the Grand Palais. Karl Lagerfeld insinuated wood shavings into the

decoration for a serenely beautiful Chanel Haute Couture collection. Lagerfeld talked about recycling and reusing elements, like wood which also reflected in a waistcoat made of tiny wooden tiles or a skirt strung

with wooden beads. The motif of the collection was the bee, embroidered in gold throughout celebrating nature with clothes.

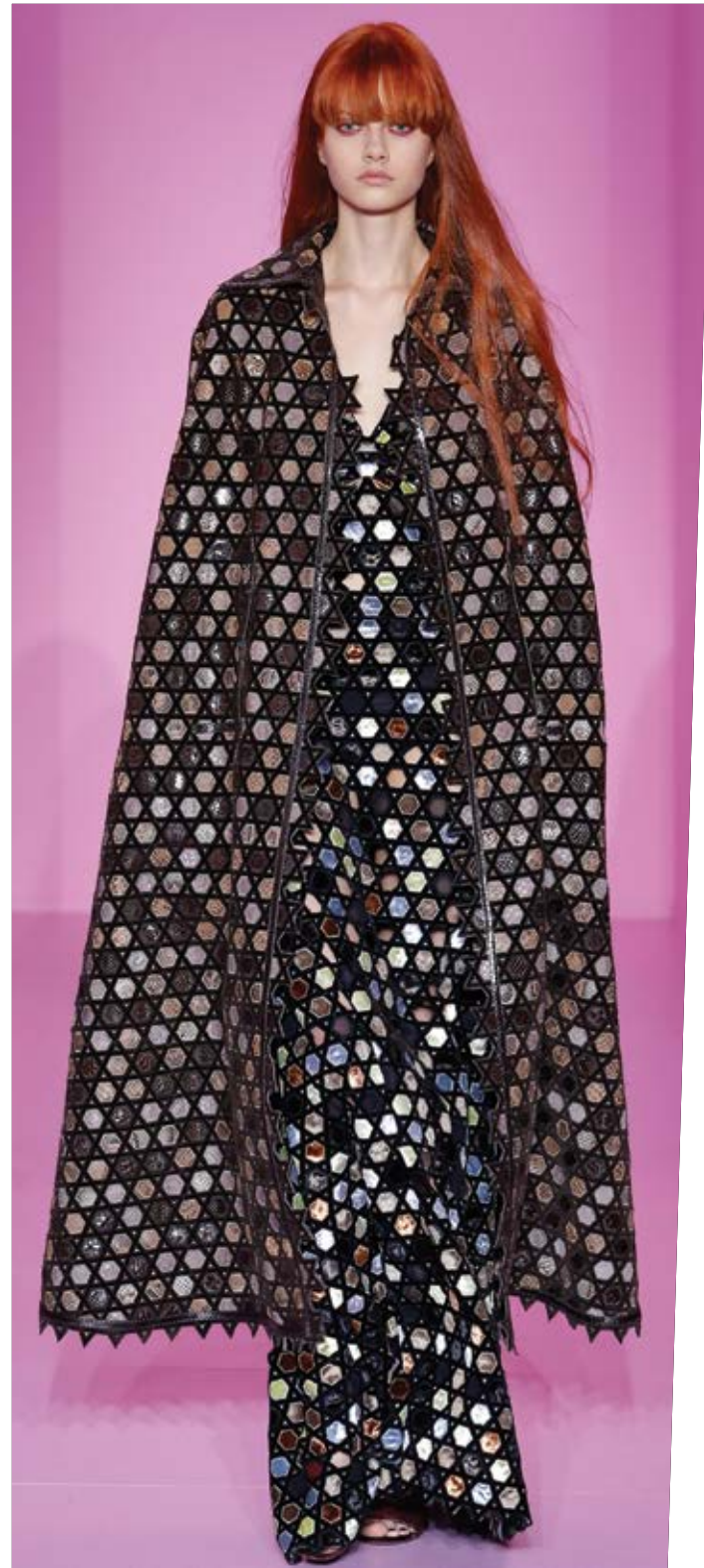


GIVENCHY

Haute Couture 2016

Givenchy presented gowns encrusted with Swarovski crystals, Viktor & Rolf paraded an all-white fashion dissertation on self-identity... An absolutely ethereal collection of airy tulles

and rich velvets. Riccardo Tisci presented a tight offering of just twelve haute couture silhouettes centered around the themes of romanticism, boldness and liberated thinking.



VALENTINO

Haute Couture 2016

Design n duo Pierpaolo Piccioli and Maria Grazia Chiuri seamlessly presented their haute couture collection and the show wasn't a disappointed. There was a layer of newness that came by way of alchemy, with wonderful texture and

fabric combinations of velvet and tapestry patchwork. The muses for the collection are Mariano Fortuny, Isadora Duncan, Martha Graham, medieval maidens with a signature fairytale fluidity.



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

Jacob & Co Arlequino Collection

Jacob & Co is a multifaceted brand, a house that blends the seriousness of watchmaking and jewelry craftsmanship with the joyous delights of precious gems. Exactly like the "Arlequino" design concept launched in 2015 for the Brilliant Flying Tourbillon watch. This year, this colorful variation is found in the two catalogue models: Caviar and Brilliant Baguettes (44 mm).



Concord Impresario

Concord pays tribute to clear-sighted visionaries with the launch of its distinctive new Impresario for men and women in gleaming 18 ct rose gold and stainless steel. In proud keeping with its name – drawn from the Italian word "impresa" meaning "an enterprise or undertaking" – the Impresario pays tribute to the those men and women around the globe who are an inspiration to others: leaders, visionaries and entrepreneurs.

The Reverso by Christian Louboutin

To celebrate this milestone on a high note, the Jaeger-LeCoultre icon appears arrayed in brand-new festive garments born of an encounter between the Manufacture and Christian Louboutin. The designer's rich and original perspective reveals unexpected facets of the Reverso. Guided by his imagination, the designer gave free rein to his inherent inventiveness in exalting the beauty of this emblematic watch and revealing new aspects of its personality. Exuberant, transparent, glowing or ultra-feminine, the Reverso is clothed as if for an exceptional event, an evening that promises to be unforgettable. Available in two sizes, the Reverso Classic Duetto chosen for this transformation retains its emblematic face on the front, with pure, classical Art Deco lines, while the back, framed by two rows of diamonds on either side of the dial, takes on a delightfully crazy touch infused by Christian Louboutin.



CORUM Feather timepieces

Tribute to a model of the 1970s, the contours of the Feather Watch are cut around a 39mm case finely executed. It is available in 18K red gold or in stainless steel when the peacock feather dresses it, and in stainless steel for a striking contrast with the blue jay – fire and ice for three models in a sublimated identity. The design and implementation of these models is distinguished by a combination of excellence and virtuosity.

Charriol St Tropez

Sun, Seashell, Flowers and Love
The glamour of summer in Saint Tropez is magnified in this gorgeous collection of sophisticated St-Tropez TM timepieces that embody the spirit of carefree Mediterranean living. Each of these pretty timepieces is adorned with delicate motifs that invoke images of sun, sea and sentiments.



Gilda Grand Pavé Eberhard & Co.

The glittering Gilda Grand Pavé, is a stunning new addition to the Gilda ladies watch range from master watchmakers, Eberhard & Co. Gilda Grand Pavé has an elliptical steel case and soft, harmonious lines enveloping a white mother of pearl dial with Arabic numerals. The case features 212 stunning diamonds on three rows which enhance the dial, while the crown is wrapped in 14 more diamonds. The result is a breathtaking balance of elegance and style.



Oris Artelier Date Diamonds

Oris Artelier Date Diamonds is a magnificent and charming watch built to last. Beautifully decorated with 12 spectacular diamonds upon a stunning silver guilloché finish, each stone has been chaton set to ensure a truly impressive sparkle. Reimagined with an updated case and dial design, the latest Artelier Date Diamonds, also incorporates a striking silver guilloché dial. Adding to its charm, the Artelier Date Diamonds also boasts an intriguing translucent mineral glass case back revealing the timepiece's intricate inner workings and the unique red rotor at its heart.



Piaget Limelight Stella

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

Damas 'Ummi' pendant

Designed with intricate craftsmanship and utmost attention to detail, the 'Ummi' pendants by Damas tell a unique story while encapsulating the love and gratitude we feel for our mothers. Inspired by the beauty in Arabic calligraphy, the collection features a contemporary take on the Arabic word 'Ummi', which translates to Mother. Each 18k gold pendant celebrates motherhood, and reflects pride in the bond we have with our mothers.



Carrera y Carrera The Year of the Monkey

The year 2016 is the Chinese Year of the Monkey, the ninth of twelve signs that make up the Chinese zodiac. A sign that especially stands out for its strong personality and unique character. This year, therefore, the firm wants to offer women a very special talisman: the Monkey ring. Another small work of art brought to life in white and yellow gold to pass directly from a woman's hands to her heart with all the strength of this powerful mythological monkey that has become a symbol of legend.

Charriol Celtic Collection

Our Creative Director, Coralie Charriol-Paul has taken the essence of the Charriol house, the twisted cable motif, and worked it into a fashionable 'torque' bangle style and matching rings in a multitude of colors. The CELTIC® emblem is a long-standing motif of the house, inspired by the early arts and crafts of the ancient Celtic people.



Amwaj Jewellery All that sparkles

Dare to dazzle with the season's latest collection of stunning jewellery from luxury design house, Amwaj. Exquisite pastel-colored stones such as lilac-hued amethyst surrounded by flawless diamonds provide the perfect palette for spring; while vibrant, yellow-gem necklaces and earrings featuring rare yellow diamonds pay homage to the radiant summer sun. Amwaj Jewellery prides itself as a local homegrown luxury brand and that is evident in every piece of jewellery they create.

BYSI

Spring/Summer 2016

The hot weather is upon us and just in time as Singaporean brand, BYSI, launches a sizzling new Spring/Summer collection. It is inspired by the 50s with a modern twist. The collection highlights all the season's street style trends: oversized sleeves, off-shoulder tops, frills, ruffles and lace. BYSI also offers ultimate feminine silhouettes, fresh floral prints and abundant pastel colors.

BYSI is a fashion forward brand that brings distinctly feminine and chic designs interpreted from the runway of the world's fashion capitals. It is available at The Dubai Mall and Mega Mall - Sharjah.



WAFI MALL

Matryoshka Festival

The sights, sounds, smells and taste of traditional Russia came alive at WAFI Mall this spring as the Matryoshka Festival returned to the Mall. A celebration of spring and vibrant colours coincides with a spotlight on Russia's dynamic culture. The festival is named after the traditional

Matryoshka, or Russian doll, where figurines of descending size nestle into one another. Originating from 1890 when the folk crafts painter Vasily Zvyozdochkin made the first one, the Matryoshka are known for their intricate paintwork and have become a staple export of Russian

culture. The atmosphere of traditional Muscovite Yarmarkas – or open-air markets – was brought to life, with an array of Russian brands descending on the mall. The smallest details were heeded to create an absorbing celebration of folk culture and high street fashion.



KOCCA - 16'SS NEW COLLECTION

is Perfect for a Summer Journey

No matter what your Summer plans are, KOCCA believes you should go about it in style! KOCCA, the Italian premium brand, is here to upgrade your wardrobe to an elegantly chic look. The new collection emphasizes on an oriental touch with colourful, floral prints and versatile details such as high-waists, elastic bands, and simple lines. Some of KOCCA's color themes are romantic pink palettes, sky orange and blue hues, and the timeless monochrome shades. KOCCA explores these color themes with the playful mixture of lightweight denim, the trend of the



season. The new 2016 Spring/Summer collection has been revealed in the KOCCA boutique at The Dubai Mall, located on the First Floor, next to the Dubai Ice Rink.

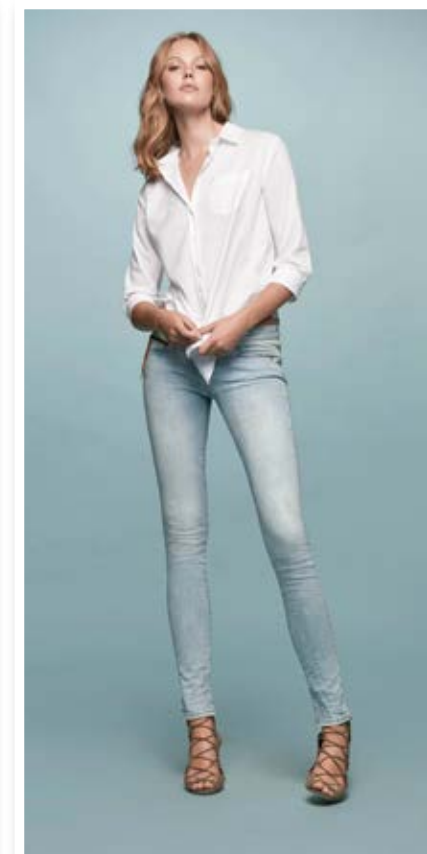


LIGHTEN UP WITH MAVI'S

Spring/Summer 2016 Denim Collection

Utilizing the latest denim technology, MAVI introduces new, high performance, lightweight denims with light washes for men and women, perfect for the summer temperatures. With a wide range of styles, from straight leg, to skinny, to this season's trendiest denim, the bootleg, the collection offers perfect fitting jeans for everyone. The whole collection revolves around easy and effortless silhouettes. For the MAVI man, a wide range of Polos, Shirts and T-Shirts are available to match the denims. The trendy prints and basic styles are mixed and matched to create an urban look. The MAVI woman collection is inspired by a mix of the bohemian style of the 70s and the 90s urban look. The collection ranges from trendy colourful prints, off-shoulder tops, and effortless long dresses for the boho chic woman; and classic blouses with simple details for the city woman to mix and match.

Mavi is available at The Dubai Mall, Abu Dhabi Mall, and Mega Mall, Sharjah.



MENCHIE'S

The Perfect Place to Mix and Chill!



You know the feeling of pure joy when you wake up thinking it's Sunday and it's really Friday? The Menchie's Frozen Yogurt experience is just like that! With an atmosphere that is welcoming and fun, our self-serve concept is loved by all. Our mission is to make you smile! Your mission is to choose from premium rotating flavors, an assortment of waffle bowls and delicious toppings for unlimited combinations. Pile on the strawberries, or fill half of your cup with rainbow sprinkles; any mix is possible! With low carb, no sugar added, gluten-free, non-fat, dairy-free, and low fat flavors – there is something for everyone. Raise a spoon... your taste buds will thank you! Menchie's proprietary collection of frozen yogurt contains live and active cultures and is made from the milk of "happy" rBST-free California cows, for a treat that is both nutritious and delicious! Menchie's Frozen Yogurt is available at The Beach Dubai - opposite JBR, Jumeirah Park Pavilion, and Cascade Walk – Yas Mall.

THE FIRST CEREALS MASTER Class in Dubai

The latest findings on the importance of a healthy breakfast and the benefits of whole grains were emphasized during a cooking session organized by Nestlé, providing participants with the opportunity to bake their own breakfast cereals and receive comprehensive insight on the naturality and simplicity of the ingredients used. The event was held at the Nestlé Customer Engagement Center (CEC) in Dubai, with the participation of two chefs and a regional nutrition expert. "Breakfast like a King, Lunch like a Prince and Dine like a Pauper," is a well-known folk saying that indeed holds true; with research regularly showing that breakfast really is the most important meal of the day.

"Breakfast jumpstarts your metabolism and gives you the energy you need for the rest of the day," said Ece Durukan, Regional Nutrition and External Affairs Manager-Asia, Middle East, Africa at Nestlé. "Studies show that eating breakfast is associated with a number of health benefits, including maintaining a healthy body weight, enhancing school performance of children,



and helping people meet their nutritional requirements." The cooking master class participants attempted to bake their own Nestlé Breakfast Cereals by following simple recipe steps using natural and wholesome

ingredients, one of which is wholegrain flour. Wholegrains, unlike refined grains, preserve all the nutrients naturally found in the grain such as vitamins, minerals and fiber.

THE AJYAL ZAYED Scholarship Programme

Ajyal International School in association with Bin Omeir Educational Foundation launched a fully-funded scholarship programme for academically outstanding students from Grades 7 to 10 at AJYAL International School in Mohamad Bin Zayed City. Keeping in line with the Abu Dhabi Education Council's 2030 vision and their recently launched STEM programme, the scholarship programme aims to reward and support students in their pursuit of careers in the science and technology



sectors. Speaking at the launch, Mr. Nasser Mohammed Bin Omeir, Vice chairman BOEF, highlighted the Foundation's commitment to the development of a skilled workforce in the Emirate of Abu Dhabi, capable of embracing the challenges of the 21st Century which lie ahead.

The scholarship programme is open to students of Grades 7 to 10 and is based on their outstanding academic performance, work ethics and participation in the school community. Once accepted to the programme, students will be entitled to a remission of annual schools fees.

AL HABTOOR MOTORS opens Technical & Training Center

The new center ensures enhanced technical product knowledge for both AHM employees as well as its customers.

In keeping with its vision and mission to build on its continued success and ongoing business growth, Al Habtoor Motors has always focused on shaping a fully qualified team to handle the operations. As part of its ongoing efforts to ensure all employees get the latest technical updates, Al Habtoor Motors has opened a new Technical & Training Center housing better facilities in terms of space and equipment for delivering complete training to AHM employees. The new center also aims to update and train Fleet Users to ensure their vehicles run in the most efficient and economical way, as AHM customers are business partners and not just customers.

The Employees and fleet users will be trained in TRIO business satisfactory link - The Customer: by providing best solutions to his/her satisfaction, The Company: by achieving the targets set by Chairman, and The Employees: by ensuring they work with passion and motivation to be the best in class.

The Technical & Training Center meets the training needs of various departments. It further senses and analyses the employees' needs and delivers training accordingly.

"The newly hired employees will be trained on new vehicle specifications to enable them to possess skills required to understand new products launched in the market for better presentation of the vehicle features and offer better after sales benefits to customers," said Dr. Saleh El Chouli, Director, Technical & Training.

The service centers' technicians will be updated on new technologies applied to new models and existing vehicles, enabling them to maintain and repair vehicles professionally (Do it right the first time) for better customer satisfaction.

Al Habtoor Motors aims to be one of the leaders in introducing new training programs for spare parts department employees. The new center will conduct a special program (Parts Components) during



which parts employees will have a better understanding of construction, function and failure of spare parts they are dealing with.

Service advisors will be given ongoing training to ensure new product knowledge for handling customers and answering all their enquiries.

Customer Relation Management Employees' training focuses on new product features thereby enabling the CRM team to build data base required for improving customer satisfaction.

Al Habtoor Motors understands the initial cost of a vehicle is important, but not as important as its running cost. Keeping this in mind and considering its customers as its business partners, AHM is keen to assist them running their fleet of vehicles in most efficient, safe and economical way. The new center trains their drivers on a program called (Daily inspection, safety and eco drive). By training their foremen, supervisors and technicians, ensures efficient

maintenance of the customer's fleet of vehicles. The new center's technical library is at their disposal and in return Al Habtoor Motors gains customer loyalty by providing the best solutions.

Furthermore, being one of the most well equipped training centers in the region, the new Al Habtoor Motors Technical & Training Center aims to host regional training programs for different automobile brands Al Habtoor Motors represents like Mitsubishi, FUSO, JAC, Chery, Bentley, Bugatti and McLaren.

The new training center is committed to answer employees' and customers' technical inquiries, and delivers its expertise and provides a technical library for strengthening the partnership with customers.

Al Habtoor Motors believes in promotion from within, and by efficiently training employees, they can build a highly skilled team who have the passion to contribute to company growth.

REPUBLIC RESTAURANT

Opens its 4th branch in Beirut and soon in Dubai

Attention all Republicans!! Your favorite and preferred hang-out venue has launched its fourth branch in the heart of Beirut, "Achrafieh" - Facing ABC mall. Surrounded with fun and trendy atmosphere that reflects the ambiance of Republic, VIP, guests and press members were pampered with great food and entertained by a unique mood in the opening event organized by Promar on Sunday the 3rd of April. In dedication towards making every Lebanese a Republican, our branches are extending to reach you wherever you are, and grant you the opportunity to indulge in our offerings. Great mood is in the air. Republic here, there and everywhere!!



Deputy Cheikh Nadim Gemayel at Cake Celebration



Republic Achrafieh Partners



Raffi Farajia



Jessy Mrad of Promar, Organiser of the event



Republic Team



Deputy Serge Torsarkissian with Paul Maarawi and Raffi Farajian

AL HABTOOR MOTORS

makes this summer special with Mitsubishi

0% Interest on Pajero & 0% Down payment on Lancer along with Free Benefits add more value! Mitsubishi customers can gear up for the summer with a special offer from Al Habtoor Motors the official dealer of Mitsubishi in the UAE. The "Summer Special" promotion promises 0% Interest for Pajero customers and 0% Down payment for those choosing a Lancer. Mitsubishi customers also get added free benefits which include Free Insurance, Free Service up to 30,000 Km, Free 5 Years or 100,000 Km Warranty and Free 3M Tinting.

Customers also get the added advantage of buying cars at really low pre-summer prices which include the legendary Pajero for an amazingly low AED 1,240 per month, the new Montero Sport from AED 1,302 per month, the Outlander SUV starting from AED 1,135 per month, the Mirage hot hatchback from AED 581 per month and the spacious Lancer EX from AED 765 per month.

"The current promotion aims to add significant value to the customer's investment. Not only do they get an opportunity to own their favourite model at lower prices, but also have bundled



freebies which ensure a worry free motoring experience." said Mr. C.V Ravin, General

Manager Sales – Mitsubishi Motors Corporation, Al Habtoor Motors.

STRAWBERRY LOTUS

Launches in Dubai



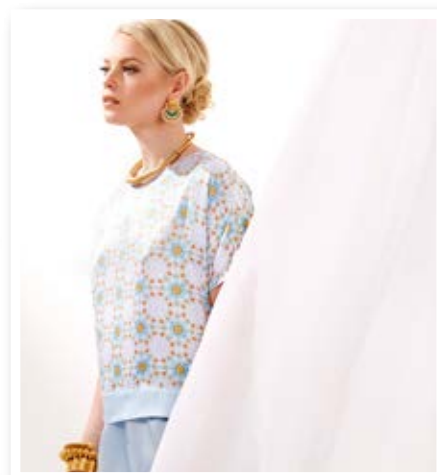
Strawberry Lotus is the latest online boutique to hit our shores, addressing the growing trend in the fitness industry in Dubai and the rest of the region. Strawberry Lotus, www.strawberrylotus.com, is raising the bar by introducing new brands to Dubai, including a range of accessories with an ethical and eco-friendly focus. From leggings and sports tops to hoodies, Tibetan incense and mala beads, Strawberry Lotus caters to every activity you can think of. Terry Dehdashty, co-founder of Strawberry Lotus, said: "We carefully selected the products to ensure they are ideal for enthusiasts of yoga, Pilates, Barre, group fitness classes, dance, pole fitness and much more."

LUXURY LABEL ROSE FULBRIGHT

loungewear inspired by Arabic Art

Luxury brand Rose Fulbright has created a bespoke range of silk loungewear inspired by Arabic art. For the capsule collection, designer Rose Fulbright-Vickers' hand-painted print reflects traditional mosaics. The 5-piece assortment of women's loungewear is sold exclusively in The Burj Al Arab Hotel boutique in Dubai. The new mosaic print is opulent in its careful attention to detail and symmetry. The colors of ocean turquoise, paired with sand-

gold and the purest white, reflect Dubai's surroundings. The collection contains several silk robe styles, such as the kimonos and cocoon-shaped robe.



DISNEY CRUISE LINE

to Sail First British Isles Itinerary in 2016



In 2016, Disney Cruise Line is sailing its first British Isles itinerary, visiting Scotland, England, Ireland and France. Throughout the summer of 2016, Disney Cruise Line also will return to Norway, Iceland and ports of call in more than 15 European countries. In addition to the tour of Europe with limited engagements in the Baltic, Norwegian Fjords, Iceland, British Isles and the Mediterranean, Disney Cruise Line will revisit favorite destinations elsewhere around the globe including Alaska, the Caribbean and the Bahamas. More details can be found on the Itineraries and Ports for 2016 page of disneycruise.com.

THE 2016 HONDA Accord Coupe

Honda Motor Co. Africa and the Middle East Office recently announced the launch of 2016 Honda Accord Coupe. Available across all Honda showrooms in GCC, the ninth generation Honda Accord Coupe is the first in the region to boast of the Advanced Safety Technology namely 'Honda Sensing™'. This advanced safety feature has evolved e-drive assist technologies to provide utmost safety and security to all passengers. Accord Coupe features a brand new shape which primarily focusses on agility and sportiness. The 2016 Accord Coupe comes in three grades for this region with the introduction of the new 3.5L V6 with Honda Sensing™ and the other grades namely the 2.4L EX and the 3.5L V6 grades.



1971 DESIGN SPACE PRESENTS

Contemporary Design Exhibition - Once Upon Design

Once Upon DESIGN: New Routes for Arabian Heritage presents various new paths taken via traditional elements of heritage from the Arabian Peninsula. Collaborating across the fields of architecture, product and graphic design, a select group of designers have developed seven interactive installations that propose new routes and sensibilities responding to age-old traditions and customs by enhancing, altering or destabilising them. Representing an innovative insight into the Gulf contemporary design scene, this exhibition encourages visitors to not only experience the works with their eyes, but also through listening, movement and touch. 1971, the UAE's newest design hot spot, is a creative multi-functional design space on Sharjah's iconic Flag Island, dedicated to exhibiting, displaying, and stimulating discussions surrounding all forms of contemporary design ranging from graphics, furniture and interiors to interactive design and new design technologies. Exhibition is on from march 3 – july 2 at the 1971 design space, flag island, Sharjah



LA GALERIE NATIONALE

Opens 'Face to Face' Group Art Exhibition

La Galerie Nationale's French owner Guillaume Cuiy hosted an Art Preview, an inauguration of its group art exhibition called "Face to Face". Guillaume Cuiy, owner and founder of La Galerie Nationale,

said: "I am excited with the quality and breadth of the art series in our group exhibition. I called it "Face to Face" as it evokes a particular vision on a series of paintings and objects where the visitor's eye

is captured at two levels. First, an approach with a humanistic interrogative perception with the portrait series realized by artists of a sudden sensitivity. Secondly, these works are an invitation to personal reflection, sometimes disturbing for the visitor, in a pure aesthetic, creating an impact that is both light and strong." The work mirrors one's own journey and allows the visitor to make himself even part of this series of portraits, a kind of exploration from within. A collaboration of five artists with diverse backgrounds, the exhibit featured seven artworks from French artist Philippe Pasqua called "The Blind" series; two main artworks from Fred Kleinberg titled "Portrait" series; three pieces by Lebanese artist and painter Katia Traboulsi in the series called "Insider". Belgian sculptor Arnaud Rivieren presented The Console/Bar from the "Meeting Point" series; while French artist Pierre Marie Lejeune showcased Cripito, one of his most iconic artworks. The exhibition is open to visitors from March 15, 2016 and lasts up to May 14, 2016.



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