

first Avenue

**FASHION
SHOOT**
THE DARK
ROMANCE

STAYCATION
THE HOMESPUN
RETREAT

**HOMING
IN FOR**
THE SUMMER
VIBES

**RESTAURANT
REVIEWS**
FOOD FETISHES

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HEALTH & FITNESS

Blake Lively

"I WOULD NEVER REPRESENT A KITCHEN BRAND."

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EDITOR'S NOTE

Life is beautiful it's true

When I balance what I do

And enjoy the world in front of me

And it's time to get away

This is a good time to get away to the

good life

To get away on this perfect day,

I'm gonna take time to work

inside of the city

Or play all day in the country,

this is the good life

I can't help the way I feel

And I know that this is real

The sun is smiling down upon my

face

I am filled up to the brim

And I just can't hold it in

So I laugh out loud and tell the world

It's time to get away

- Tim Myers

We are officially halfway through summers, yet the summer heat seems to be ubiquitously all prevalent. The heat may be challenging but the benefits associated with longer days make work and tasks far more achievable than the usual snippy small winter days. With more hours at hand to work or wander or just chill out, the summer possibilities are endless. With the predominant midsummer vibes, our lovely city has blossomed with cheerful offers and an endless amount of options to ward off the summer woes and make the time more memorable. Our latest issue is about all that and more...

Starting with our cover girl **Blake Lively**, whom we met in Paris & talked to her about motherhood, her career and her summer block buster **'The Shallows'** an aptly named water-logged thriller perfect for summer beach fantasies with the right amount of thrill and scare. Summer is a month we tend to associate with dehydration, but with dehydration comes the loss of essential minerals and vitamins from our body. This month our health and fitness feature talks about everything **Vitamins**; from understanding these diet essentials to their different types and sources found in our food. We also prodded into the latest rage for intravenous **vitamin infusions**, which has taken Hollywood by storm, and talked to the founders of The Elixir Clinic, Mahi Aramideh and Acaena Amoros, to learn what the hype is all about.

Carrying forward the argument for women empowerment, we chatted with Anna Royall-Smith of Stellar Couture Concierge, about the inspiration, the business and fashion philosophy as well as their aim to do away with the woes of fashion hunters in **Red Carpet Ready**. Then, **Talking Business** with Joy Ajlouni, the co-founder of Fetchr, we discover some major challenges overcome by this woman of the world. In **A Shining Star**, Kathryn Winnick chats about special moments, her film career and her relationship with Raymond Weil. Followed by a **Heart-to-Heart** with Claude Gerin, the Export Area Manager of LPG; an interview to get her take on Dubai, the beauty industry and women in business.

Since outdoors activity slows down in Dubai due to high temperature, the city gears up for innumerable indoor recreational options for the visitor and residents to make the most of this leisurely month. **I Heart Dubai**, is a perfect round up of all things good, delectable and happening around us, be it a ludicrously scrumptious brunch at one of Dubai's hip dining spots, or insanely indulgent or thoroughly interesting places to be, our city has laid the options out for us to choose from.

In every issue we endeavor to bring you a uniquely distinct flavor from around the city, this month has been no exception. We tried two different types of places to satisfy the foodie in us. The first one, **The Stuffed Burger Co.**, is a relatively new burger joint at the heart of Jumeirah that offers a unique take on a gourmet burger patty by stuffing it with a variety of assortments, and then there is the modern Pan Asian restaurant **LèTen** at the Dubai Mall, offering delectable pan Asian creations bursting with flavor and aroma.

The past few years have seen a rise in the concept of staycation, and Dubai is the perfect hotspot to revel in its attractions, for its resident to try some of its best known places. On a similar venture, we headed to one of the jewels amidst a surplus of luxury hotels in Dubai, **The Manzil Downtown Dubai**, and indulged in life's little luxuries that are always consumed by the stressful lifestyle we have... A day with a dip in the pool, light-hearted talk at dinner to a casual stroll at the most sought-after places in Dubai downtown, our staycation divulged a new way for its residents to de-stress and refresh in less than 48 hours...

All this and a lot more, including our latest **Photoshoot** with the beautiful Rania Gamal, Home Décor, Fashion must haves, fashion report, watch and jewelry collection, Beauty and lifestyle news from around the UAE, there's plenty to keep you engaged and reading more...

Enjoy reading!

Lamiya Sami

MWINDA



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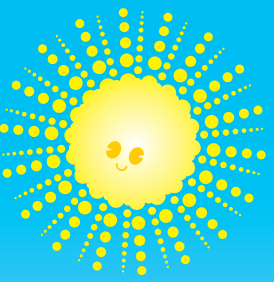
Full of surprises.

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CELEBRITY *Fashion*

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

Jennifer Lopez

at the 'Ice Age: Collision Course' Premiere

Jennifer Lopez looked stunning in a white dress while at the premiere of Ice Age: Collision Course, held at Zanuck Theater in Los Angeles. The 40-year-old actress, who voices Shira in the film, wore a Vatanika dress and Norman Silverman Diamond rings.



Eva Longoria

at the Crosby Street Hotel

Eva Longoria looked radiant in a yellow dress while presenting her new collection for The Limited at the Crosby Street Hotel in New York City.



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Kristen Bell
at 'Bad Moms' Premiere

Kristen Bell looked pretty as she walked the red carpet at the premiere of *Bad Moms* at the Mann Village Theatre in Westwood, Calif. For the event, Kristen wore a Georges Chakra Couture dress, Christian Louboutin shoes and clutch, and Tiffany & Co. jewelry.

January Jones
at Comic-Con

January Jones poses for a photo in the press room after attending the Fox Fanfare panel, held during the 2016 Comic-Con in San Diego, Calif. The 38-year-old actress was joined at the event by her *The Last Man on Earth* co-stars, Will Forte and Kristen Schaal.



Lindsey Vonn
at the premiere of 'Bad Moms'

Lindsey Vonn struck a pose on the pink carpet while attending the premiere of *Bad Moms* at the Mann Village Theatre in Westwood, Calif. The 31-year-old Olympic skier was joined at the event by the stars of the movie, Jay Hernandez and his wife Daniella Deutshe.



Sarah Gadon
at 'Indignation' Premiere

Sarah Gadon looked chic at the premiere of *Indignation* held at the Museum of Modern Art in New York City.

Nicole Richie
at New York Launch Party

Nicole Richie rocked an orange jumpsuit as she hosted a launch party for her House of Harlow 1960 and REVOLVE collection in Southampton, New York. The 34-year-old fashion designer recently opened up about where she gets her inspiration.



Mila Kunis
at the premiere of 'Bad Moms'

Mila Kunis walked the red carpet at the premiere of *Bad Moms* at the Mann Village Theatre in Westwood, Calif. The heavily pregnant actress wore an Atelier Versace dress.

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...



Laura Mercier Face Illuminators

The new Laura Mercier Face Illuminator is a face illuminating hybrid product – which is perfect for highlighting. The unique formula features high pearl levels that provide buildable long-wearing color for an ethereal glow. Its lightweight formula with a smooth, soft, silky texture is comfortable to wear and designed to complement all skin tones.



3D Matrix Pro Age Foundation by Nimue

Nimue Middle East introduces the new generation 3D Matrix Pro Age Foundations with light reflecting pigments that enhance facial contours creating a 3-dimensional effect and pro-ageing double-firming action. Available in four shades, the Nimue Pro Age foundation is suitable for all skin types. Formulated with Ceramide 2, Skin Firming Peptide and Lifting Complex, it works to boost the skin's dermal repair mechanism, helping to visibly reduce the signs of premature ageing while leaving the skin feeling firmer and moisturised.

The product is available in Dermalase Clinic & Aesthetica Clinic Dubai.

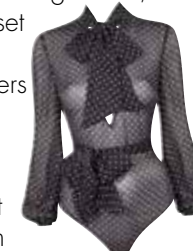


Clarins Daily Energizer Lovely Lip Balm

A springtime burst of flowers and petals, an irresistible candy flavor, the pampering feel of a beauty-enhancing, caring lip balm... The 2016 version of Clarins Lovely Lip Balm celebrates the joys of spring, and captivates all the senses. The lovely Lip Balm awakens all our senses by offering a feast of wonderful sensations for the eyes, taste buds and lips...

Azure by Agent Provocateur

A burst of beautiful color and playful, pretty detailing make Agent Provocateur's 'Azure' unforgettable; the gently frilly, flirtatious set is hand-crafted in all-over cobalt blue leavers lace and features lustrous blue satin bows and pretty floral patterns. Azure is part of the SS16 collection by Agent Provocateur. The pieces are tactile, sensual, and captivating – a veritable symphony of pastoral pleasures.



ban.do New Product Range

No matter how old you are, there's always room for some funky and stylish stationery. Looking cute while staying organized will be one less thing on your to-do list so treat yourself this summer with ban.do's new range of cool products.

M.A.C Fashion Pack

Lead the way with a new wave of front-row worthy hues. Fuchsia, violet, emerald, deepest plum, midnight... ready to wear, any way we dare! So, be a doll and show us how — the fashion pack is always in the know.



Hydrate with Shiseido

With the soaring temperatures taking a hold of the city, it is essential to ensure skin stays hydrated and the complexion remains flawless. Shiseido provides a range of products including Essential Creamy Cleansing Emulsion, Benefiance WrinkleResist24 Balancing Softener, Future Solution LX Concentrated Balancing Softener & more to counteract rough, dehydrated skin and achieve soft, radiantly smooth skin.



Cromia Bags

Cromia Handbag is lined with interiors, detailed with a number of extra pockets for practicality. Cromia also features gorgeous colors and vibrant patterns, giving it the ideal touch for the summer season. Discover the entire line of Cromia handbags and accessories at Wafi Mall in Dubai.



I Saw It First

The first fast fashion online store, www.isawitfirst.com has just received a new collection with a range of fresh pieces that will take you from the beach to an evening party. From matching bralettes and high waist shorts to plunging jumpsuits and bodycon dresses, the latest delivery offers styles that are suitable for all body types and any occasion.



Human & Kind's New 3-in-1 Body Scrub

The Award winning all-natural skincare brand Human & Kind has introduced its 3-in-1 Body Scrub; a gentle yet effective multi-tasking skin miracle formulated without any harmful petrochemicals. Made with natural ingredients including Bamboo Extract, Cornflower Flower Water and Aloe Vera, Human & Kind gentle Body Scrub is both an emollient and a body scrub.



All Things Mochi

East meets west with embroidery-loving label All Things Mochi, where modern silhouettes pair up with traditional fabrics, showcasing designs of traditional African glass beadwork embroidery that were used to create these decorative colorful pieces. From beaded bomber jackets to off the shoulder dresses to flirty skirts, All Things Mochi's handcrafted pieces are perfect to heat up your summer wardrobe. You can order the latest collection right off the Moda Operandi website.



MAKE UP FOR EVER Excessive Lash Mascara

The newest addition to the Mascara franchise, the Excessive Lash mascara by MAKE UP FOR EVER, breaks the idea that volume is necessarily created with a big brush mascara, offering a perfectly mastered movement resulting in long-lasting panoramic volume that fans out for a truly dramatic, eye-opening effect.



Illamasqua VANITAS Collection

VANITAS, an exclusive limited edition collection by Illamasqua is inspired by the dark romance of 17th Century still-life painting. This capsule collection includes a neutral eyeshadow palette alongside a selection of romantic lipstick shades. Washed-out rose tones blended with heavy purple hues and burnt warm browns allow you to create



a pairing of both delicate and dramatic make-up looks.

Color Club 'Halo' Collection.

Color Club extends its super-popular Halo Collection, calling it sophisticated and chic with light and bright hues. The holographic shades are simply gorgeous to rock your summer holiday looks this season.



TIMA Love life Blue Rain Collection

Iconic health and lifestyle brand known for their functional yet fashionable designs, TIMA, has launched its fitness apparel collection Blue Rain. Whether you take on the gym, the beach, or the yoga studio, the new Blue Rain collection by TIMA will get you there in style and in clothes that move as you do.



Steve Madden Carrson Sandals

Find your summer savior this season with Steve Madden's Carrson sandals. Featuring single band across toe with adjustable buckle strap at the ankle and a chunky heel, this sandal is a must-have. Pair it with a cute dress or your favorite jeans for two different looks.



Elizabeth Arden Lipstick Collection

Lush, moisturizing color that lasts for 12 hours — now in a velvety matte finish. Creamy, conditioning lipstick glides on with silky smooth comfort and saturates lips with bold, intense color. Matte lips make a statement, and work on any skin tone at any age for any occasion. These new shades offer bold playful colors, delicate everyday shades and timeless reds for classic or trend driven looks.



La Perla Fall/Winter 2016/17

La Perla completes the F/W 2016/17 collection, presenting the signature Daily Bag and Weekend Bag. Soft tumbled Italian calfskin contrasts with angular leather elements that highlight the geometric design. The collection is complemented by the Beach Bag, a two-tone tote in woven fabric with a raffia effect, with leather and canvas elements.

RED CARPET *READY*



Omni-channel personalised service for the fashion hunters, reinventing online shopping with an offline touch...

Being red carpet ready is no easy job. The oh so immaculate and glamorous ensemble requires much attention and a whole lot of creativity, starting from fitting to styling, to simply finding the right outfit for the occasion. To answer this fashion dilemma, British expats Anna Royall-Smith and Julia MacDonald came up with a fashion concierge service, like nothing else in the region. Stellar Couture Concierge is a luxury fashion showroom cum personal

shopping service that promises to deliver red carpet worthy dresses and party frocks straight to your door. Stellar is the only online shopping destination that brings its showroom (with all the exclusive and new designer brands) without the need for any pre-commitment or purchase to your home. Developed to help busy ladies in the Emirates to have a more leisurely shopping experience, the mobile fashion showroom cum personal shopping service works around your busy schedule, delivering

new wardrobe additions straight to your door. Offering the ultimate in shopping convenience with designer brands such as Patricia Bonaldi, Jovani, Paradizia and Alberto Makali to name a few, in its repertoire. How it works is simple, you order your outfits to be delivered to your home, hotel room or office, and a Stellar fashion representative shows up with a number of tempting wardrobe additions, and for up to two hours you can try before you buy...

To learn more about this interesting service, we talked to Anna Royall-Smith, about her idea and how to rid one self of the shopping stress and yet be the belle of the ball...

Tell us about yourself?

My name is Anna Royall-Smith and I am an expat mother of two children. I've lived away from the UK for the past 12 years, 8 of which have been here in Dubai. I have worked within the Oil and Gas industry and Retail, gaining qualifications as a Personal Shopper/Stylist.

How did you come up with the idea of Stellar Couture?

The idea of Stellar Couture came about when I was shopping for an outfit for a charity event; I didn't like moving from changing room to changing room to try on different dresses. I was flustered and it was time-consuming. My partner, Julia MacDonald, and I thought it would be much more easier if this was at home, without having to pay for the pieces on the spot as usually done when shopping online.

Dubai is no doubt a shopping destination complete with bespoke shopping malls, what distinguishes you from the typical retail industry?

We offer a complimentary service to ensure our customers look and feel their best, whatever the occasion. We don't just sell a dress, but we will do our utmost to create the whole look for our customers by creating the best complimentary outfit for their style and shape, as a personal stylist is available to all customers to assist during their shopping appointment.

Do you think that online shopping is in its nascent stage in Dubai, and do you believe that the trend is changing?

Definitely, it has taken people in the region a long time to gain confidence in online shopping but the ease of this service is now being discovered. The companies that provide the service have become a lot more accountable for their goods and offer more free shipping and returns than previously. But in saying this, the magic of Stellar is our customers don't have to purchase the products before the pieces arrive at their doorstep. It's not until they have tried them on and are 100% satisfied before they make

a purchase.

How many fashion labels do you have? And what's your personal favorite?

We currently have 13 fashion labels available on our website and its very difficult for me to have a favourite as they all have been chosen with a lot of time and consideration.

For Patricia Bonaldi -who is one of our designers- I personally travelled to Brazil and experienced the dresses in production and the intricacy and care that goes into these handmade garments. The brand, Jovani is able to create the most amazing dresses, which are high quality yet affordable and very easy to wear.



Do you consider yourself fashion savvy & does that make a difference being in the same business?

I do have confidence with my fashion choices and feel that I am fashion savvy, which in return leads me to being confident within this business, so yes I do feel it makes a difference.

What is your fashion philosophy & how would you define your personal style?

Don't follow fashion trends to the point that they dress you; it's the quirks that you add to a key piece that transforms it



to an extension of your personality which then turns fashion into style. Defining my personal style is difficult, as I don't pigeonhole myself into one genre. It depends what I am doing on the day, who I will meet, where I will be and how I feel. I enjoy experimenting and love mixing designer and high street pieces together

What advice would you like to give our readers on what to look for when shopping online?

When purchasing online, always look into the terms and conditions of new companies. Where are the products coming from? Can the goods be returned and to which country? Is this service free with no hassle? Do they have a secure online payment system? Have they had good customer reviews? Check out their social media pages and comments. If these are all positive, give them a try by purchasing just one or two products. It feels fantastic when discovering a new shopping destination.

Stellar Couture Concierge is the UAE's first fashion concierge service, conceptualised and founded by British expats Anna Royall-Smith and Julia MacDonald. Visit www.stellar-me.com



Blake

LIVELY

"I would never represent a kitchen brand"

Blake Lively burst onto the Hollywood scene in 2005 with her role in the popular coming-of-age film, *The Sisterhood of the Traveling Pants*, but it was as Serena van der Woodsen on the hit series, *Gossip Girl* that the classic California blonde became a genuine star. Now, with two eagerly anticipated films

arriving in theaters this summer, it is pretty obvious that Blake Lively will be trending all over the globe. Starring opposite, Kristen Stewart in Woody Allen's latest feature *Café Society*, Blake Lively shook Cannes and took it by storm as she appeared on the red carpet. Another one of her movies, *The Shallows*,

a horror picture not far from *Jaws*, is soon to open in French theatres. The beautiful star and brand ambassador of Gucci as well as L'Oréal, attended the Paris Premiere alongside director Jaume Collet-Serra. We met Blake at a hotel in Paris and talked about her characters in her latest movies, family life and working with Woody Allen.



"I am very happy to be in Shallows, especially as I believe it is a very good movie, and I am almost all alone in it from beginning to end."

You are very pregnant, so when is the baby due?

Very soon now, that is the reason why I'm touring Europe very briefly in order to promote *Shallows*, and I shall be flying back to the States in a few days' time.

You star in Woody Allen's *Café Society* alongside Kristen Stewart. So did you two get along well on the set?

Kristen and I did not have many scenes together, but we used to meet in the studio and on the various locations where the picture was shot, and yes we did get along quite well. I remember us laughing out loud a lot and getting remarks about that from Woody Allen who enjoyed behaving like a teacher or a school master. But none of that ever affected our work and Mr. Allen truly worried about nothing at all.

Did you two become friends and still see each other?

We became friends, but me being pregnant and working on *Shallows*, and her being busy working on a new project as well, we

do not get time to really see each other. But we keep in touch. It's quite easy to do so nowadays with all the modern technology.

Your second movie, *Shallows* is a horror film. Did you enjoy working in a horror movie?

Yes I did, and one of my favorite one remains *Jaws* by Steven Spielberg. So when I learned I had to play in a somehow similar film, with a shark trying to eat me, I felt like a little girl whose dream has come true. I am very happy to be in *Shallows*, especially as I believe it is a very good movie, and I am almost all alone in it from beginning to end. What can an actress ask for more than that?

You were pregnant while shooting *Shallows*?

Yes, at least at the very end of it.

You spend the entire film in water with a shark. Was that ok for you?

The shark was not real, and water never harmed a pregnant woman. So I guess everything was fine.

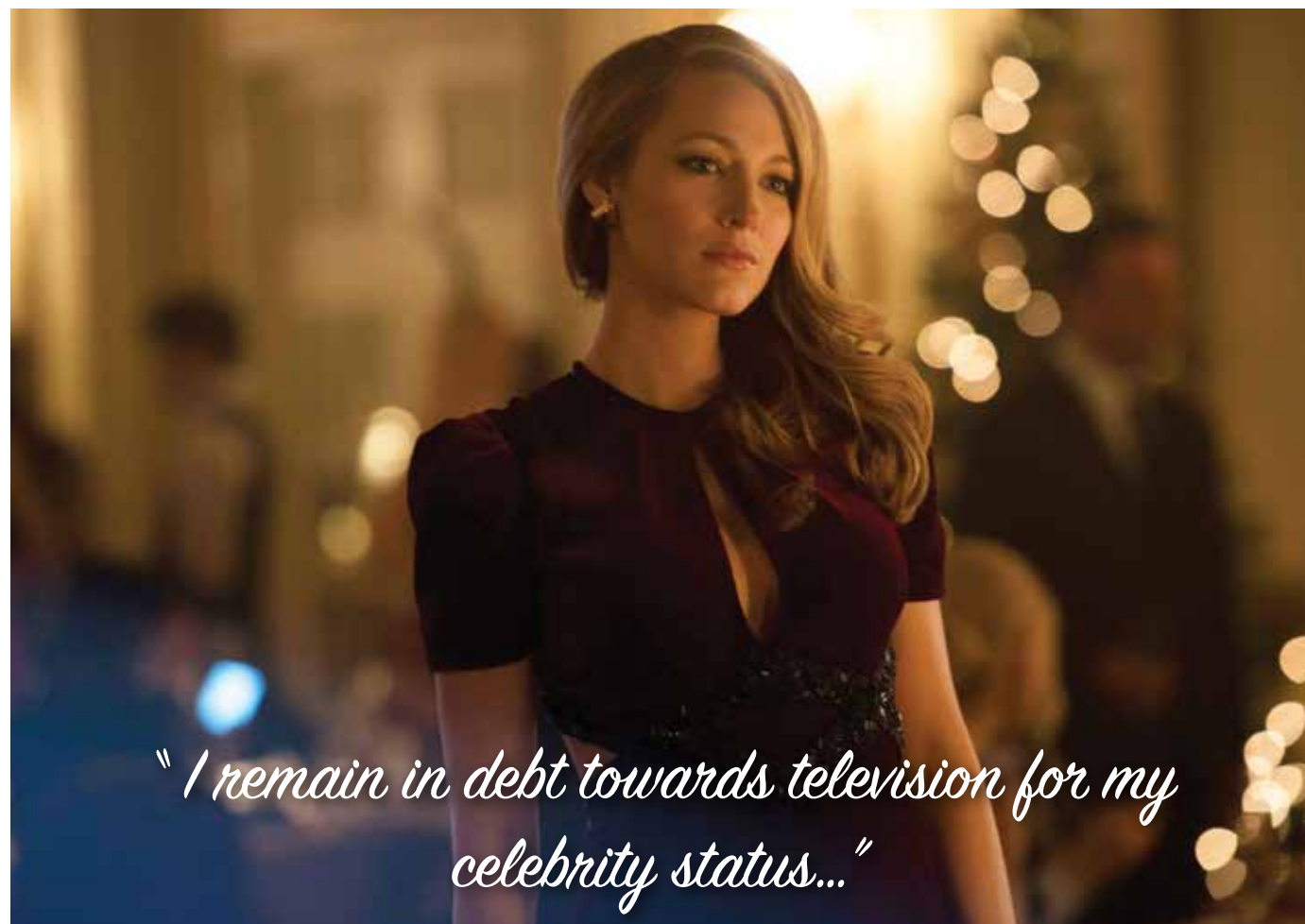
You looked stunning at Cannes

Festival. What memories do you keep of that moment on the red carpet surrounded by dozens of photographers shouting your name just to get a look or a smile from you towards their cameras?

Thank you for the compliment, and I must admit I felt like a goddess! I have never attended a ceremony where people seem to be crazy about cinema like in the Cannes Festival. They truly love films and movie stars. Any actor would be flattered to be there, but I couldn't bear it for more than two days, on the run. Otherwise I'd go crazy myself. Believe me it's odd to go back to a normal life after living the Cannes experience.

Television made you famous through the series *Gossip Girl*. Would you work for TV now, or do you consider yourself a movie star and nothing else?

I remain in debt towards television for my celebrity status, and since cinema took over



I haven't had the time or the opportunity to be in a TV series again. Now if I get such an offer in the future, and if I like the story as well as the characters, mainly the one I shall have to portray, then yes I'll take it at once. There is no such thing for me as movie star or television star or stage star, I'm an actress and I do my job whether it belongs to one or the other of the artistic disciplines that exist. I'm just waiting for the right role in the right series.

You have been appointed Ambassador for Gucci Premiere fragrance, and also for L'Oreal. How does that feel, and in what way is it an actresses' job to promote beauty products?

Well, to answer the first part of your question, it feels great. Why? Simply because I am very much fond in my everyday life of elegance, fashion, beauty products and perfumes. So, if I get lucky enough to be chosen in order to represent a brand that deals with one or more of the things I have mentioned, I would be crazy to say no. Now as for the second part of the question, an actresses' image is often associated with glamour, and that is why the brands choose actresses to represent their beauty products. They also do that with famous super models of course. So for me there is nothing at all shocking in the process, as long as I am truly convinced with the product I represent. I would never agree to become Ambassador for a kitchen brand for instance.

You are already the mother of a little girl, so do you believe you will still find enough time for acting when you'll have your second child, which is very soon now?

Yes absolutely, as I believe it's all a matter of organization, and Ryan (Reynolds) and I, are organized persons, and we intend to have many children without ever quitting our artistic activities. We believe, both in our work and in large families.



"Ryan and I, are organized persons, and we intend to have many children without ever quitting our artistic activities."

TALKING BUSINESS

With Joy Ajlouny, Co-founder Fetchr

With over 20 years in the e-commerce industry, Joy Ajlouny is a professional whose business and fashion influence has spanned the globe. Joy is the co-founder of Fetchr, a company based in Dubai providing online shipping services in emerging markets and it is backed by investors, venture capitalists from the incredible Silicon Valley. Fetchr is the first start-up in the Middle East to be funded by a top venture capital firm in Silicon Valley.

Prior to Fetchr, Joy had founded Bonfaire, an internet-based, discovery platform for luxury footwear and accessories, which was also backed by venture capital. Bonfaire was acquired in 2013 by fashion e-commerce giant Mode Operandi, owned by LVMH (Moët Hennessy Louis Vuitton SE) and Condé Nast. In a world where only a few women have secured venture capital for their emerging businesses or start-ups, statistics say only 2.7% of venture capital funds have been raised by women, Joy has successfully raised funds for two companies from some of the most prestigious Silicon Valley venture capital firms.

A strategic advisor to fashion startups, venture capital firms and major fashion publications, we talked to Joy about her multimillion dollar business, her challenges as an entrepreneur and a woman of the world.



Tell us about yourself? How did you come up with the idea of Fetchr?

Before coming to Dubai and co-founding Fetchr, I started a fashion e-commerce startup called Bonfaire in San Francisco. The website featured new and undiscovered designers, allowing them access to mass-markets. Part of my marketing strategy was to reach the Middle Eastern market as I knew it was filled with highly fashion driven women looking for undiscovered brands, and I also believed it would be highly profitable. My strategy paid off as we successfully marketed to the Middle East, and started to get an unbelievable number of orders.

But frustratingly, most of my shipments would be returned to the USA with a note saying could not find the address, return to sender. Of course, I thought there must be some mistake on the delivery company's part. But upon further investigation, I came to discover that the problem was that there were no addresses in the Middle East. Coming from the USA, this baffled me! So I started to look into how businesses are able to deliver packages. The answer surprised me—it happened through a series of annoying calls asking for directions through landmarks. As a company offering exclusive products from curated designers, I hated that this was part of our customers' experience with our brand.

I knew there had to be a better way. I wanted to solve this problem, especially being an Arab myself (I am originally Palestinian). And thus, Fetchr was born. Fetchr is an app that allows you to use your cell phone number as your address and therefore delivers packages to your phone. We have a patent for using a smartphone's GPS location as an address. No more annoying phone calls with language barriers, asking where you live, and for landmarks and directions. Similar to Uber, a simple tap tells our drivers exactly where you are, and you can track your package coming to you, and no waiting around—we work around your schedule, which is how it should be. We want to make shipping as much fun as shopping.

As a woman what are the major challenges you faced?

Queen Rania had a quote that I loved, saying: "We have to break the molds that shape women and girls from the moment they are born. We must break the molds women are born into; molds that have been passed on through generations, undermining women's talent and ambition." This really sums up what must be done. Mothers must teach their girls that they can accomplish anything they set their minds to. There are no limits, they can achieve greatness, that there must be more to accomplish in life than looking pretty and marrying the right man. Arab women are smart, and we should show the world what we can accomplish. I do believe that this must be embedded in mothers first to teach the next generation that is where it must start to break the pattern that has existed for generations.



You raised \$11 Million for Fetchr? How did you manage the task?

In the world of venture capital, only 2% of all funding goes to women founders, but as a female founder, I raised millions of dollars for my company and later, in Dubai, I helped Fetchr raise our \$11 million Series A funding. Basically my strategy is: don't take no for an answer! If they don't want to take a meeting, request a coffee, find out what events they're going to and speak to them after, find mutual friends on Facebook and LinkedIn and ask for introductions, find their office number and call them, or find their office address and show up! There's always a way—and persistence pays off.

How do you balance your career with your family life being an entrepreneur?

Easy—I find work that I love, and I have a team that I love! My work is my passion, my colleagues are my close friends, and I'm always doing what I love.

What is your major inspiration in life?

That's easy that would be my mom. My mom is a Palestinian refugee, who has not only supported me when it came to following my dreams but encouraged me. She always pushed me to reach my potential, telling me "Joy, if you can dream it you can accomplish it." She told me it's okay to fail, because failure is part of what makes you stronger. She has always encouraged me to get back on my feet and try again. She has also always told me to make my own money because relying on only yourself gives you self-worth and a great sense of self. My mom is my role model and my mentor.

What are your future plans?

Three letters: IPO.

Do you have any word of advice for our readers especially women who are striving to make a career change or start up a business?

Since moving to Dubai, I have become extremely frustrated with what I call the Kim Kardashian generation. The endless posting of women, taking pictures of themselves posing on social media, is annoying and saddening to me. I want our women to recognize themselves as strong, smart, and capable. We need to start valuing substance over appearance.

Why don't we idolize women who dare to make a difference in the world, and pioneer the path for other women? I believe that the world is changing—but we as Arab women are taking a step back not forward with this behavior.

Luckily, I think that we are more than just good looks, and Arab women are incredibly strong, dedicated, intelligent, and passionate. My advice—put down the selfie stick, and let's show the world what we've got!

A SHINING STAR!

Exclusive interview with actress, model, and Raymond Weil brand ambassador Kathryn Winnick



The charming Kathryn Winnick is a Canadian actress of Ukrainian descent. Her rise to fame came with her major role as legendary shield maiden Lagertha in the History Channel's series, Vikings. She is known for her roles in movies like Amusement (2008), Bones (2010), The Art of Steal, etc. Sources say that the actress will join the cast of Sony and MRC's adaptation of Stephen King's "The Dark Tower."

Kathryn Winnick is not just an actress and a model but a woman with a vision to have a positive influence on women and girls, working with two organizations dedicated to the goal of helping women in media, on the one hand and in the larger global context, supporting UN programs to help girls living in difficult circumstances through policy change campaigns and fund raising. In addition, Kathryn Winnick is a business woman as well, with three martial arts schools. Her career in martial arts began

at age seven, with a black belt at age 13 and it was this skill which brought her into the world of movies, when she was asked to teach martial arts to actors while on set. Currently, she is also the brand ambassador for the luxury watchmaker Raymond Weil. In an exclusive interview, the actress, model and brand ambassador of the Swiss watchmaker Raymond Weil, talks about her partnership with the haute horology, her challenges as an actress and her future plans...

How did the relationship with Raymond Weil start and what does this partnership represent?

I received a call from my agent that the CEO, Elie Bernheim, follows our "Vikings" series and is a fan of the show. They asked if I would be interested in becoming the new Brand Ambassador, and that's how it started. I am very excited about this partnership, as Raymond Weil shares a similar passion in celebrating the arts, strength and beauty in women.

What's ultimately most important to you in a watch? Are you more interested in the look and design, or the functions and mechanism, or both?

I feel that both the functionality and the esthetics are important. The Raymond Weil watches are simple and elegant timepieces, which reflect style and individual personality. You can wear it every day as well as take it into the evening. I am an active woman, constantly traveling and on the go. I need a watch which accessorizes and can be worn with many different outfits. Raymond Weil is that brand – beautiful watches for the active, modern woman.

What was your first watch?

When I was 9 years old my father surprised me with a beautiful necklace – a locket – which was actually an open-faced watch when you

unlocked it. It was the moment I realized how intricate and complex watchmaking can be and how it can also be a lovely piece of significant jewelry.

The right person in the right place at the right time makes all difference.

How is timing important for an acting career? Do you remember a special

moment that really changed your life?

I do feel "timing" is key; but I'm also a firm believer in hard work to achieve a goal. "Success is where preparation and opportunity meet", is a quote that I keep in mind. In acting and in life you can meet the right person, in the right place and at the right time, but it is essential that you are prepared to embrace that moment.

You already have a rich career. Can you share with us the special moment where you knew you wanted to be an actress?

I love the art of storytelling. During my high school and university years, I trained actors in martial arts on various movie sets.

The one thing that keeps me excited about acting is the fact that it's so challenging. To find the essence and nuances of a character and to convincingly portray that role to the audience is what keeps me on my toes. Striving to achieve that is rewarding.

What has been the high point of your career?

I feel that I'm still on a journey to the high point, but definitely playing the shield maiden Lagertha on "Vikings" is a significant point in my career. I am inspired to portray such a strong, formidable character who still embraces her femininity as a woman.

You are currently filming the fourth

season of Vikings. How is it going?

I'm having fun on set exploring new ways to show different sides of my character. After four years playing the same role, it's always a challenge to try to discover new aspects of the character that haven't been exposed yet. I welcome the challenge.

If you weren't a talented actress, in what field could you have succeeded?

I love building and creating new ventures. I started my first martial arts school at 16 and developed three schools by 21 years of age. Entrepreneurship and creating your own path excites me.

When not working on a movie, do you have any hobby?

I love traveling, exploring new territories and cultures. We live in a world that is rich and rewarding. Traveling opens up your eyes as well as your heart.

Your future projects?

I am presently looking at various new scripts, as well as a digital project that looks exciting. Stay tuned!



"Take me where I need to go. Show me who I need to see. Tell me what I need to do. And, don't let me get in the way."

I was mesmerized with the set designs, the costumes, and all the different aspects that go into telling a story and evolving a character. That inspired me to move to NYC and get the proper training and acting experience.

What is the biggest challenge as an actress today? The biggest reward?

heart to HEART

talk with Claude Gerin



A charming avant garde with a strong love of nature and a deep respect for women, she believes in natural beauty and constant innovation, and for her aging is beautiful. With a Ph. D., and a Master's degree in Biochemistry from the University of Nice (South of France) and a Doctorat-

es-Sciences thesis from the University of Montpellier, Claude Gerin is the Eastern Europe's Export Area Manager for LPG since 2006, she has ten years of experience in the beauty and medical aesthetics sector. French beauty and fitness brand LPG is the world leader in cellular stimulation and inventors of the Endermologie® technique,

specializing in non-aggressive treatments for fat reduction, skin tightening, lymphatic drainage, wrinkles and cellulite. We got a chance to catch up with Claude at the Bella Concepts LPG office Dubai for a reflective chit chat over things that empower women, family life, work and the challenges along the way...

How do you find Dubai?

I like it very much, Dubai is very faithful and everybody has to experience Dubai at least once. I like the desert of Dubai, I discovered it many years ago. If you are asking in terms of nature then I like Oman. But energy wise, I like Dubai because we meet different nationalities and I like the fact as well that it is not too far from France as well and I can travel easily, it is a 6 hours journey.

You yourself represent cultural diversity, with Middle Eastern roots and European brought up. What do you think is needed to bridge the cultures together?

We need to listen to people and focus on them first, what their need is, concern is, and question is. Sometimes even though you do not like something but you need to simply be more tolerant. We need to respect people, be polite to them and understand what they need and their expectations and listen to everything carefully and act accordingly.

Working in the beauty industry, what are your thoughts on beauty, how would you define it?

For me beauty means happiness first. If you are not happy then you don't look good. Secondly beauty is in health as well, if you are not healthy then your skin will not look good, it will look dull. So, maintaining good health is important. A woman can be beautiful if she's smiling, she's confident, it can reflect in her eyes, her tone of talking etc...

Tell us about your beauty routine and philosophy?

I was taught from a very small age around 10- 12 years by my mom and grandma to take care of my skin. Right from the age of ten I was taught to wash my face twice a day using gel or cleanser anything you have. Water alone makes the skin dry in some countries and you need to make it smooth

and I've used rose water, since then, to clean and even remove the makeup with it. The older you get the better products you need to use for the skin, like for dark circles, wrinkles etc. There are many products that help you maintain your skin... LPG cosmetics also have solutions for wrinkles, dark circles etc. I personally use the serum, night and day cream and eye cream...

As a brand LPG promotes natural and organic products, has that affected you in anyway?

For me to sell or promote something I need to like and be convinced about the products, with the treatment. I went through different packages of treatment for my body... Today, I am 45, after 2 kids, my body is changing and now I take care of my skin but mostly my face. So, I do treatments for my face at least once or twice a week. I combine my LPG treatments with sports. I run every day and that's my recipe for staying fit and not diet. I am never on diet but I don't like oily or too fatty food, everyday. I mostly eat vegetables and I workout one hour everyday either in the morning, if I am fresh or in the evening. I used to do yoga but now I don't because it takes time. I did yoga for 3 years to relax myself because I am a bit nervous and to relax myself now, I meditate by praying to God or I think of life, listen to light music and by stretching for 10 minutes like cats and animals or like a baby. When I am here, I go to a fitness gym and workout inside but I like nature more than a gym because we sweat more naturally and it is good. So, LPG has helped me in many ways to stay fit and live healthy. Life is all about making a good balance. So for me, this is beauty and this is what working with LPG has taught me.

What are your thoughts over women empowerment?

I've been a fighter. I had to fight all my

life because I am from a very small village in France where they would get women married earlier. I had to fight for everything, including my studies as my parents were against my studies. I can say that I make less money than men but I don't care. But women who want to be equal to men, then they are living in a myth because we are different physically, our perception of things is different. We can do business in a different way. Women can handle it in another way as I feel that they give time to listen to others more than men.

Do you think that with the passing of time the world is changing in the way they treat women?

Yes, it has a little because all women in my family work, even my grandma was a pharmacist in 1940ties and even my mom. So, in France I can say at least 60% women are working. Most difficult part for women is to balance between work and family.

Does being a career woman affect your family life?

Yes, definitely, it does for sure but thankfully we have viber, whatsapp etc., so I stay connected with them. But still it affects, as I am most of the time outside the country, which is hard.

Are you happy in life?

Yes, I am very happy in life even if things are not on the right track. Even if the day is bad, I always make it a point to workout, remove my stress and relax, and enjoy the moment.

Tell us your secret of energy and contentment.

The energy I have is given by the people I meet every day and I am also giving them my energy in return. The energy is given by my family as well. And I believe in God and God helps me.

UNDERSTANDING vitamins

Out of all the lessons taught in life, from the time when we were young to the ones we learn today, the ones

that still resonate in our memory are; to be good, to think positive and to take our vitamins regularly... A thick bad tasting syrup that looked like goo and smelt like an open medicine box full of iron supplements that our moms were keen on feeding us ... None the less everyone insisted on their importance and we still believe in them...

But what exactly are vitamins and what do they do?

To answer this the simple way is to know that vitamins and minerals are essential to any diet, and research suggests that they may help prevent cancer and heart disease, not to mention other health problems.

Having said that if you eat a diet rich in fruits, vegetables, and fortified food, you're getting all you need. But sometimes, stress, workload and busy schedules take away the liberty of paying attention to a healthy and fresh meal, eventually we end up eating whatever we can lay our hands on or binging on easy snacks. Vitamin supplements offer an easy way to ensure that we are taking in the essentials that are required and necessary for a healthy body.

The health benefits of vitamins include their ability to prevent and treat various diseases including heart problems, high cholesterol levels, eye disorders, and skin

disorders. Most vitamins also facilitate many of the body's mechanisms and perform functions which are not performed by any other nutrients.

Vitamins can be consumed in a number of ways. The most common vitamins are usually acquired through the foods we eat, but depending on your cultural or cooking traditions, it is very possible to be low in some natural vitamin intake. Therefore, the nutrition industry has made supplements available that can boost the vitamin content in your body. A multivitamin is often considered one of the best options for improving the overall balance of your body, particularly if you have a job or a lifestyle that regularly causes you to miss meals, eat at odd times, or eat the same type of food again and again.

Types of vitamins

There are two types of vitamins: fat-soluble and water-soluble. Fat-soluble vitamins are stored in your fat cells, consequently requiring fat in order to be absorbed.

Water-soluble vitamins are not stored in your body; therefore, they need to be

replenished daily. Your body takes what it needs from the food you eat and then excretes what is not needed as waste. Here is a list of vitamin types and some common food sources:

The fat soluble vitamins:

Vitamin A - comes from orange colored fruits and vegetables; dark leafy greens, like kale or Spinach

Vitamin D - can be found in fortified milk and dairy products; cereals; and sunshine

Vitamin E - is found in fortified cereals, leafy green vegetables, seeds, and nuts

Vitamin K - can be found in dark green leafy vegetables and turnip/beet greens

The water soluble vitamins:

Vitamin B1 or Thiamin - come from whole grains, enriched grains; liver; nuts, and seeds

Vitamin B2 or Riboflavin - comes from whole grains, enriched grains, and dairy products

Vitamin B3 or Niacin - comes from meat, fish, poultry, and whole grains

Vitamin B5 or Pantothenic Acid - comes from meat, poultry, and whole grains

Vitamin B6 or Pyridoxine - comes from fortified cereals and soy products

Vitamin B7 or Biotin - is found in fruits and meats

Vitamin B9 or Folic Acid (Folate) - comes from leafy vegetables

Vitamin B12 - comes from fish, poultry, meat, and dairy products

Vitamin C - comes from citrus fruits and juices, such as oranges and grapefruits; red, yellow and green peppers

Importance of vitamins

Vitamin A is important for vision, reproductive function, and normal cell reproduction. Beta-carotene, a precursor to Vitamin A, helps to fight disease-causing free radicals. Vitamin A is found in milk products, organ meats, and fish oils. Beta-carotene is found in colorful vegetables, such as carrots, broccoli, spinach, and sweet potatoes.

Vitamin B-1 - (thiamin) processes carbohydrates into energy and is necessary for nerve cell function. Breads and cereals are often fortified with thiamin, though it is also found in whole grains, fish, lean meats, and dried beans.

Vitamin B-2 - (riboflavin) helps the production of red blood cells and is important for growth.

Vitamin B-3 - (niacin) helps control cholesterol, processes alcohol, maintains

well as for processing amino acids.

Vitamin B-12 - A crucial component of DNA replication and nerve cell regulation. It is found in milk products, poultry, meat, and shellfish.

Vitamin C - Important in wound healing and acts as an antioxidant. It also helps the body absorb iron. It's found in citrus fruits, potatoes, and greens.

Vitamin D - Helps the body absorb calcium, which creates healthy bones and teeth. The body can synthesize Vitamin D after exposure to sunshine, but it can also be found in fortified milk products and cereals, as well as in fish.

Vitamin E - Helps to combat free radicals, which can damage our cells. It's found in nuts and seeds, green leafy vegetables, corn, asparagus, and wheat germ.

Vitamin K - What makes the blot clot.

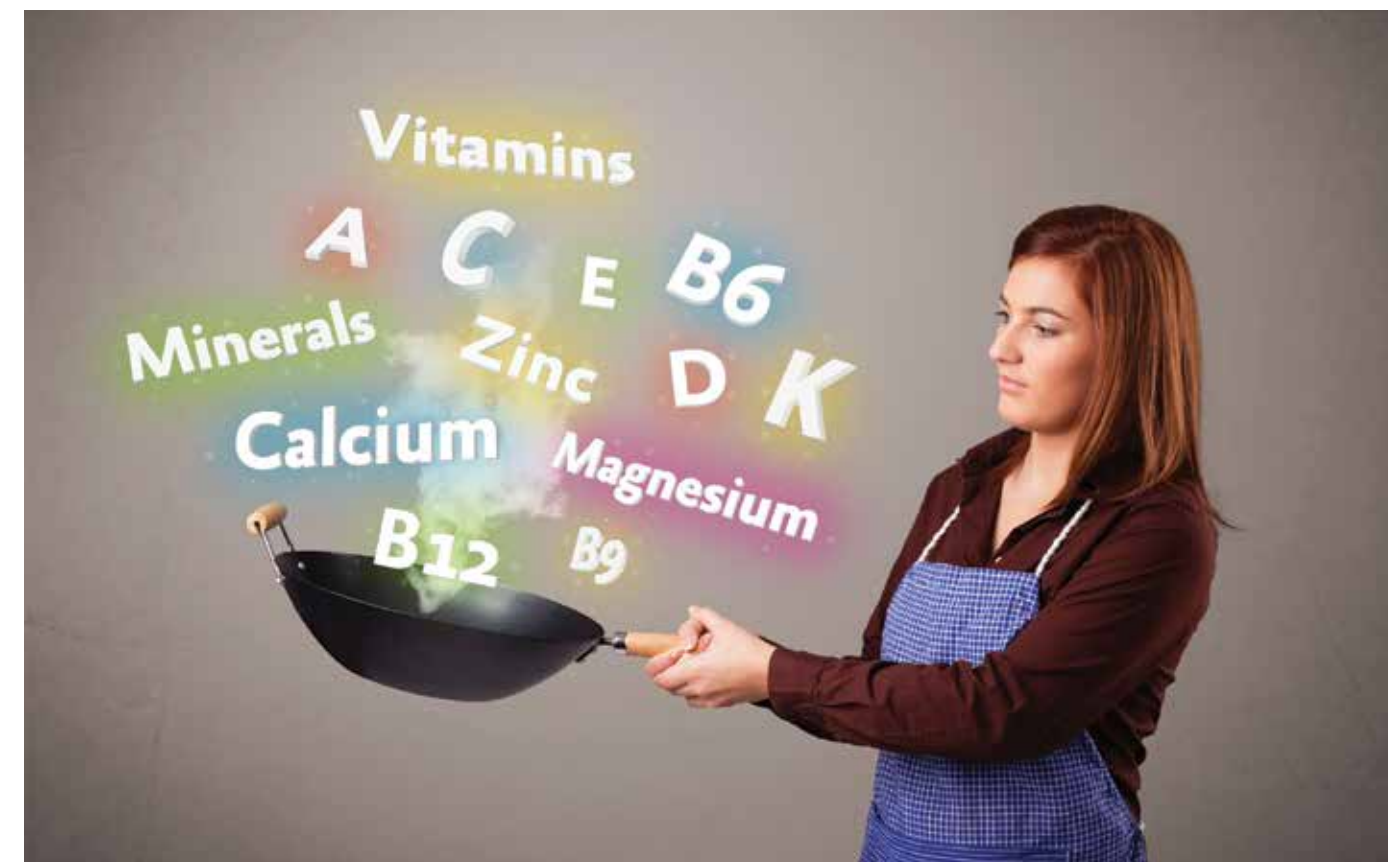
While our bodies produce some Vitamin

that satisfactory amounts of nutrients are obtained on a daily basis, if optimal amounts of the nutrients cannot be obtained through a varied diet. Scientific evidence supporting the benefits of some dietary supplements is well established for certain health conditions, but others need further study.

The best way to get enough vitamins is to eat a balanced diet with a variety of foods.

In some cases, you may need to take a daily multivitamin for optimal health. However, high doses of some vitamins can make you sick. The best way to get enough vitamins is to eat a balanced diet with a variety of foods. In those who are otherwise healthy, there is no evidence yet that supplements have any benefits with respect to cancer or heart disease. Humans may consume vitamins periodically but with differing schedules, to avoid deficiency.

The best way to get all the daily vitamins



healthy skin, and converts carbohydrates to energy.

Vitamin B-5 - (pantothenic acid) serves several bodily functions, such as converting fats to energy and synthesizing cholesterol.

Vitamin B-6 - (pyridoxine) is important in the production of hormones such as serotonin, dopamine, and melatonin, as

K, it can also be found in vegetables like cauliflower and cabbage.

Good to know

Restrictive diets have the potential to cause prolonged vitamin deficits, which may result in often painful and potentially deadly diseases. Dietary supplements, often containing vitamins, are used to ensure

you need is to eat a balanced diet that contains a wide variety of fruits, vegetables, fortified dairy foods, legumes (dried beans), lentils, and whole grains. The ancient Egyptians knew that feeding liver to a person would help cure night blindness, an illness now known to be caused by a vitamin A deficiency...

VITAMIN INFUSIONS



Hydration, energize and release those unwanted toxins! Could a vitamin IV drip really make one look more beautiful and gain all those aforementioned benefits? Intravenous vitamin therapy is the latest celebrity health fad, and proponents say it can do

everything from boost your glow to increase your energy levels. Whether you choose to revamp your tedious beauty routine, work on perfecting beauty from within, Dubai is never late in embracing new ideas. The Elixir Clinic offers tailor-made intravenous infusions to sustain optimum health and ensure long-term well-being with trusted vitamin-packed infusions. The

trademarked VitaDrip, first introduced in The Elixir Clinic London, was carefully engineered by founders Mahi Aramideh and Acaena Amoros, and constitutes a range of intravenous infusions that have been especially formulated to tackle a vast number of health and wellbeing needs. We talked to the duo and learnt more about the whole concept...



Tell us about the idea behind VitaDrips?

They are wellbeing infusions – you don't need to be sick to have them. It's to avoid getting sick, improve quality of life and avoid future diseases. Most of us are stressed, we don't have a proper diet and our bodies cannot absorb all of the nutrients they need. Even the food that we eat doesn't contain the proper vitamins and minerals, so the infusions give your body the boost that it needs to function properly. The infusions give a mix of all of the essential vitamins, minerals, fatty acids and amino acids to help the body function well.

What is the difference between oral vitamin consumption and VitaDrips?

The key benefit of intravenous administration over using supplements or creams is that your body can only absorb between 0-10% of what is contained in pills or creams. The rest is simply wasted. With intravenous infusions, absorption is 100%, this is because the drip goes directly to your bloodstream. In addition, these nutrients, vitamins and amino acids can be safely delivered in high doses because they bypass your gastrointestinal system. Often stomach aches and unnecessary problems are caused when delivering essential substances, such as vitamin C, to your body orally.

We usually associate vitamins with freshness; does the process retain that sense?

Absolutely. Majority of our clients report

the plumped feeling they have the next morning with their skin, plus feeling energized for days.

How do VitaDrips work? And how many does a person need?

Our clients start off by filling out a medical history form, then come and see our in-house doctor who will talk them through their needs and together choose the best VitaDrip for them. The VitaDrips are administered directly into the veins through a cannula by a qualified nurse who explains to the client the process and answers any questions the client may still have. The VitaDrips usually take 45 minutes to be administered.

We advise that to see real results one needs to have an average of 6-12 infusions depending on what a person's goals are. It is of course important to remember in all this that each human body is very different and therefore, a person may need less or more to achieve their goal. It is also very important to bear in mind that after the sessions to maintain and support one's health a session once a month or every six weeks is highly recommended.

Does it have any side effects?

You know many people ask this question, and it is absolutely worth asking, there are no side effects, we are very careful and clients are screened carefully before the VitaDrip is administered. One of the main things we ask clients to be aware of is that some are likely to taste the vitamins and minerals in the back of their throat during the IV but this goes as soon as the IV is completed. Clients may also feel very relaxed either during or after the VitaDrips that contain Magnesium.



For more information check out
www.TheElixirClinic.com

ART AS A THERAPY



With an increasing concern of mainframe careers after an Arts degree, one of the most upcoming options available for students is that of an Art Therapist. An expressive therapy where the therapist uses artistic media to effectively counsel patients is termed as Art Therapy. To support and overcome the issues of individuals suffering from restlessness, anxiety, depression and any physical disability, art therapy can be very effective. According to Intelligent Partners expert team of educational counselors, a typical degree requirement to work as an Art Therapist includes a Bachelor's degree in fields like Art education, visual arts, psychology & counseling. Other than the degree, universities in the US require the

students to possess a dedicated number of hours in psychology and studio art. Universities in the UK have similar degree requirement as the US but they also require the students to submit a portfolio of their artwork. Some Art Therapy exercises to deal with various emotions are:

- To deal with emotions like anger and sadness, the best is to draw or paint those emotions openly. You can even include line art to visually demonstrate your feeling.
- Drawing with your eyes closed, or drawing something huge will help you relax.
- A good way to appreciate and focus on self-happiness is to draw a vision of a perfectly happy day or even make a stuffed animal based on your drawing.
- To understand your relations or even understand yourself better it is best to draw someone you admire of your past, present

or what you see of yourself in the future.

- To overcome some unpleasant facts of life, it would be best to draw a place where you feel safe, or draw someone whom you have lost. This even though would remind you of them, would also help to overcome their loss.

The main goal of art therapy is to bring back the clients feeling of comfort and well-being. This starts as a therapist encourages the client to use creative ways to probe their emotions and have fun in the process of making art. The client need not be an artist to come under this therapy and neither does it require the art therapist to teach art to their client. Art therapy is only used to understand and communicate through the medium of art, while also including the techniques of psycho-therapeutic counseling to develop self-awareness and foster personal development.



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I ♥ DUBAI

Summer is the prime time for travel, especially for families with kids who are on summer break from school. The sun, the beach, the pleasant evenings there's nothing better. Not to mention all the great summer festivals and events, crazy brunch offers, and hotel stays... So, pack your bags, gas up the car, unfold your map, and hit the road, we've got your summer figured out.

Here's what's hot and happening in Dubai – Now!



THE GRUB

The Act Dubai Launches All New “Beats N Brunch”

This summer The Act Dubai has launched an exciting new concept. Once a month only, the world's highest theatre club will open its doors on a Friday to host “Beats N Brunch” a fusion brunch of Peruvian & Japanese Cuisine from 2:00pm to 9:00pm. Guests can enjoy a theatrical show by The Act Dubai's renowned performers

throughout the day, the latest house music by DJs Jean B / Sam Starks. Brunch from 2PM – 5PM (3 Hours); for ladies at 395 AED (1 seating from 2- 5PM) & for gents at 495 AED (1 seating from 2- 5PM), for more information please visit www.theactdubai.com



Sizzling Summer at Tilal Liwa Hotel



Tilal Liwa Hotel, located at the edge of Rub Al Khali Desert in Abu Dhabi's Empty Quarter is offering summer packages aimed at providing relief from the scorching summer heat. Take advantage of the summer package starting from AED 249 for a family of two adults and two kids below six years of age. The deal comes with

a complimentary buffet breakfast at Al Badiya Restaurant where families can enjoy a selection of international cuisine. Summer Savings is available for GCC/UAE nationals and residents till 15th September. For more information, call +971 2 894 6111 or visit www.danathotels.com

Levant Brunch at the Boulevard Kitchen

As the temperatures get higher and the peak of summer hits Dubai, Manzil Downtown Dubai is offering a range of family friendly, indoor options. July brings back the popular family favorite, Levant Brunch at Boulevard Kitchen! While parents are able to sit back

and chill, the restaurant offers the younger guests their own unique dining experience, featuring a dedicated buffet with all their favorites, and entertainment guaranteed to keep even the pickiest little ones occupied for hours. Every Friday from 1PM to 4PM,

at AED 295 (includes a delectable buffet, house beverages and a hubbly bubbly) and AED 195 (includes a delectable buffet, soft drinks, juices and a hubbly bubbly). Children up to age 12 dine complimentary.



Promenade Four Points by Sheraton Bur Dubai



Enjoy a sumptuous lunch buffet at the Promenade Four Points by Sheraton Bur Dubai, and start at the salad bar where you can make your own salad, then make your way to mouth-watering mains. The hot section offers Arabic grills, Rara Gosht, Paneer Pudina Khaas, Chicken Adobo, and Hassle baked potatoes amongst others. Keep room for the indulgent desserts – Mango Mousse, Fruit Tart, Chocolate Pudding, the all-time favorite Umm Ali and the Indian specialty Seviyan Kheer. Time: Daily from 12:00 noon to 3:00PM.

Breakfast at The Brass – City Walk



Start the day with a burst of flavor with breakfast at The Brass in City Walk. The breakfast menu offers healthy and delicious dishes with hot, cold, sweet and savory options and don't miss the chance to pick up one of their specialty coffees for an extra pick-me-up to jump-start your day. With multiple options currently available and being updated monthly, it is a jam-packed menu that is sure to satisfy any craving. With breakfast now being served daily from 7.00AM – 12.00PM, head down to The Brass at City Walk and make it your new morning hangout.

The Bench at The Daily, Rove Downtown Dubai

Kick off the weekend with an open buffet featuring a wide selection of cold cuts, sandwiches and fresh fruits, alongside an a la carte menu of freshly cooked breakfast

treats and main courses. AED 99 per person, inclusive of unlimited buffet, main course and coffee/tea. AED 49 for children aged 6 to 12 years & Complimentary for children under 6

years old. Timings: Friday and Saturday, 11AM – 5PM. No reservation required. For more information visit www.rovehotels.com



Light Up Summer Evenings at LALUZ

LALUZ, the latest dining, bar and lounge destination in the DIFC, brings a sense of elegant European relaxation for the summer months. Located in the Four Seasons DIFC, LALUZ's lounge is a glamorous space where guests can immerse themselves in the spirit of the traditional Pinchos bar, with dishes selected to replicate the social eating experience, lovingly created using world-class ingredients and sophistication by a team that is inspired by the renowned Tragaluz Group in Spain. For an evening full of flavor and innovative twists, light up summer with family and friends at LALUZ lounge. Pinchos at LALUZ starts daily from 7PM – 9PM, Package with two glasses of Estrella Damm 95 AED and Package with two glasses of cava 110 AED. LALUZ is open from 12:00PM until 3AM daily, throughout the summer. For more information check www.laluzrestaurant.com



Spice & Ice Friday Brunch

Spice & Ice has started the new season by launching a swanky Friday Brunch, including a lavish spread of progressive Indian appetizers and a main course, along with a decadent dessert platter, every Friday. The a la carte Friday Brunch, priced at AED 199 per person, begins at 12PM and comes to a close at 4PM. With unlimited house beverages including hops and grape, plus soft drinks, Spice & Ice is located in Cluster A, JLT. For reservations, call 050 552 9686.



All That Jazz at Sass Café Dubai



Sass Café Dubai, brings back All That Jazz on Tuesday evenings, starting 8PM till 2AM. All That Jazz welcomes Anita Williams and the band exclusively for the weekly event. The charismatic Anita Williams leverages a strong, captivating stage presence. The stunning piano bar also hosts a variety of artists flown in from Monaco, along with a resident DJ on additional nights of the week. Known for its superb food and impeccable service, Sass Café offers the cinematic elegance and jetsetter glamour of Monaco right here in Dubai. The restaurant boasts a luscious South of France menu, with signature dishes including Carpaccio de Loup de Mer et Vinaigrette Truffles (Sea Bass Carpaccio with lime and truffle vinaigrette), Filet de Saint Pierre Grilles Sauces Romanesco (Grilled John Dory with Mixed Herbs and Romanesco Sauce) and most famously, their Filet de Boeuf a la Sassa ("Sassa" Beef Fillet with Smoked Garlic and Tomato Relish).

Indulge, Dip and Play at Legends this Summer



This summer, the iconic Legends restaurant at Dubai Creek Golf & Yacht Club is the place to be with its new brunch offer that includes something for everyone. Spend the day indulging in a round of mini golf at #minigolfdubai, take a dip in the resort style swimming pool and enjoy delicious food with friends or family – it is guaranteed to be a day filled with fun in the sun. Priced at AED 175 for food and soft beverages, AED 255 for food and select beverages, AED 55 for children between 7 and 12 years; all prices are inclusive of access to pool and #minigolfdubai course

PLACES

Cruise On Down the River Amsterdam to Budapest

All aboard the river cruise! For those seeking to explore the hidden gems of Europe and enjoy the finer things in life. APT Cruises offer a unique floating boutique hotel with incredible destinations right at your doorstep. At Flight Centre, book your perfect cruise and journey the waters in luxury. Rates start from AED 27,799 per person and are valid for the following sailing dates: 15, 16, 29 July; 12, 13, 26, 27 August; 10, 23 September; 21 October;



18 November; 2 December 2016. Subject to change depending on availability of



the cabin, include Value Add Ons and Complimentary return business class flights.

Get Your Eid Glow with ZO Skin Care Center



Summer means sun, sandals, bathing suits, and beautiful bronzed skin. But the summer



heat can wreak havoc on our skin, causing dehydration, acceleration in the appearance

of fine lines and wrinkles. ZO Skin Centre offers cutting edge skin science, extensive clinical expertise and effective treatments and a range of quality, personalized facials that will renew, rejuvenate, and refresh your skin to restore your healthy, natural glow. Try ZO® Ossential Ultra Hydration Treatment (50 mins) priced at AED 800 or ZO® Offect Acne and Oil Control Treatment (Deep Cleansing Treatment, 50 mins) priced at AED 800 or for instant brightening ZO® Ossential Skin Brightening Treatment (ZO Instant Glow Treatment, 50 mins) for AED 900.

Weekend Feast at Dubai Marina Yacht Club

When the working week ends, the Aquara weekend begins. With back-to-back brunches on Friday and a tapas-fueled fiesta on Saturday, there's no better place to unwind this weekend. Tuck into an incredible selection of seafood at the Aquara Lounge Friday Brunch or choose the succulent meat brunch, Under the Stars in the evening, as Dubai Marina Yacht Club guarantees excellence in choice. Aquara Lounge Friday Brunch (Seafood Inspired)



from 12.30PM – 3.30PM every Friday for AED 220; Brunch Under the Stars (Meat



Inspired) from 7.30PM – 10.30PM every Friday evening for AED 220.

A Thai Culinary Journey at Anantara, The Palm Dubai Resort



Step behind the scenes of Thailand's world famous gastronomy with a richly interactive experience that is designed to immerse you in the colorful culture and traditional heritage of Thai cuisine. Enjoy a captivating cooking class as you learn to master the unique flavor balance of Thai cuisine and prepare a selection of authentic dishes under the expert tuition of our Thai Master Chef. Savor your creations for

lunch and leave with wonderful memories and impressive new skills to entertain your family and friends back home. At AED 750 per person, inclusive of soft drinks or a glass of house beverage with lunch, it runs from Saturday to Thursday. Classes are limited to a minimum of 2 guests, and up to a maximum of 6 guests. Reservations are required at least 24 hours in advance.

EVENTS

The Pearl Fishers at Dubai Opera

01 September - 03 September 2016 - Dubai Opera



Written by Georges Bizet and performed by Fondazione Teatro Lirico "Giuseppe Verdi", Trieste, the story is set in ancient times on the island of Ceylon. The Pearl Fishers centers around two friends, who vow to never let the love of a woman come between them and destroy their friendship. The renowned and deeply moving Pearl Fishers duet is just one of the highlights from the beautiful score.

Cityscape Global 2016

06 September - 08 September 2016 - DWTC



Cityscape Global has been running for years and has now become the key event during which real estate investors, developers, regional and city investment promotion authorities, architects, designers and other real estate professionals gather together to share thoughts and ideas and drive growth in the real estate markets around the world. Cityscape is the annual opportunity to build and maintain your presence across Middle East real estate markets.

Eid in Dubai Eid Al Adha 2016

08 September - 17 September 2016



Eid in Dubai - Eid al Adha aims to highlight the true values of Eid including giving and sharing; the event caters to the needs of the multinational residents of Dubai, visitors from the other emirates, GCC countries, Middle East and Levant markets, as well as tourists from Iran, India, Pakistan, Bangladesh and South East Asia. There will be a number of activities and shows during this period and plenty of other exciting things to do this Eid.

Cirque Du Soleil Varekai

16 September - 24 September 2016 - DWTC



Cirque Du Soleil returns to Dubai after a three year absence, this sold out show returns with a brand new concept, called Varekai, which means wherever. It promises to delight audiences old and young alike, as they witness acrobats leap and jump across the stage with skill. Don't miss out on this spectacular show! Tickets are on sale exclusively on tixbox.com

COLOR YOUR HAIR NATURALLY

Top Five Way to Color Hair Naturally This Summer By Asgar Saboo

Natural is the hot new trend this summer, as people revert to their original shiny healthy hair that is a classic, timeless color. Although a number of celebrities can be seen sporting their baby-blue strands, rainbow wisps, cinnamon swirls, lilac tresses or neon colors that make a statement but the tendency is to opt for dipped ends and highlights. A major reason is the heavy cost in terms of the lost texture

and the amount of chemical exposure for the scalp. Coloring one's hair, without resorting to chemical dyes, seems like a difficult proposition but what is the natural alternative... A renowned figure among celebrities, and a regular on red carpets, the name Asgar Saboo is synonymous with headline grabbing, style-worthy hair. He is trusted by A-list stars such as Aishwarya Rai Bachchan, Katrina Kaif, Deepika Padukone and legend Rekha as well as supermodels

Cindy Crawford, Twiggy and Hollywood actress, Eva Longoria. His work, cutting-edge and sophisticated hairstyles and his hair creations have been showcased at glittering premieres, showbiz events and multiple awards ceremonies. The UK based hair maestro Asgar Saboo, shares with us a step by step guide on how to create gorgeous hue's with natural elements, for an unaffected style that's perfect for the summer sun.

The Dark Coffee Tint

If you naturally have dark hair or even a lighter hue but want to go a shade darker this summer, coffee is the perfect solution for a natural home DIY hair dye. It may require two or more applications but the advantage of using coffee is that coffee helps with hair growth, it adds shine to dull hair and after a one hour application, the hair will be much softer.

How to:

- 1) Mix 2 cups of leave-in-conditioner with 2 table spoons of organic coffee grounds and 1 cup of cold brewed coffee. Prepare a few cups to cover the whole head.
- 3) Pour over clean hair & cover with a shower cap. Let it sit for about an hour. If you want a darker shade, then leave the hair dye on for a longer period of time or even overnight.
- 4) Afterwards, use apple cider vinegar to rinse the coffee out of the hair. This will also help seal in the color. Finally, rinse with warm water
- 5) Repeat the process twice a week until hair reaches the desired shade and follow up every week or two to freshen up the color.



- dry in the sun & then rinse the hair out
- 3) Choose a good nourishing conditioner after rinsing, as lemon can dry out the hair.
- 4) Repeat this 2-3 times per week for best results.

Tip: If you desire highlights in your hair, divide the hair and drag the mixture through chosen sections. The lemon will just add highlights to the areas covered by the mix.



The Nourishing Henna Dye

Henna is a natural dye and hair treatment that is very popular in Asian countries. Henna contains compounds that stain the hair or skin a dark red or brown color and this makes it a wonderful, natural hair dye. Although after using henna, the hair cannot absorb color from conventional dyes. However, as a natural ingredient it nourishes the hair making it beautifully silky and smooth and at the same time it has the same benefits as coffee or lemon.

How to:

- 1) Brew natural henna powder to a dense, muddy paste
- 2) Essential oils, vinegar and even eggs can be added to make the henna even more potent and nourishing for the hair.
- 3) Apply this mixture to the hair and leave on for as long as possible. To get a deeper color, leave on overnight with a shower cap to protect other materials from getting the henna stain.
- 4) Rinse out and condition.

The Lightening Lemon Mix

This lemon mix works best when the sun is out and can naturally dry the mixture into the hair. The sun also works as a natural highlighter by taking away the melanin that gives hair its pigment. This is the no fail remedy for lighter locks in the summer. The benefit of using lemon is that it acts as a cleanser for hair and for oily scalps, it can help reduce the extra oil, while getting rid of any dandruff.

How to:

- 1) Use one cup of freshly squeezed lemon juice with three cups of strong chamomile tea
- 2) Soak hair in the mixture and let your hair

The Beautiful Beetroot and Carrot Juice Soak

If you were not lucky enough to be born with red hair, it is very hard to achieve a natural red by using dyes. Beetroot vegetable juice allows you to have a beautiful natural rich red without the dye or the damage; it is particularly effective in preventing hair loss.

How to:

- 1) Combine equal parts beetroot juice and carrot juice. If a deeper red is preferred use more beetroot or if a softer red is desired use slightly more carrot.
- 2) Massage the mixture into your hair and cover with a shower cap.
- 3) Apply heat from a hairdryer for a few minutes to set the color. The longer you leave on the deeper the color will be.
- 4) Rinse out and condition



The Everyday Vinegar Rinse

Like Lemon, vinegar acts as a natural lightener over a period of time and it can give you beautiful results in the summer. Vinegar, in addition to cleansing the hair, which means it will remove scaly-build up, it has a tonic action which promotes blood flow in the capillaries that irrigate the skin.

- 1) Mix a 1:1 ratio of apple cider vinegar with distilled water.
- 2) Pour into an empty hair spritz bottle.
- 3) Spray all over to lighten all of your hair or apply with a brush for strands of highlights.
- 4) Leave on 30 minutes and rinse out.

Tip: You can also use with baking powder in your daily shower routine instead of using shampoo.

These natural dyes nurture the scalp to promote hair growth; they cleanse hair and remove build-up of from shampoos and other chemical products, they help remove bacteria or fungus that cause dandruff or itchy scalps and finally they leave the hair shiny, smooth and fresh.



HOMING IN FOR THE SUMMER VIBES

Staying home for summer was never so satisfying...

Summer instantly brings to mind an ideal vacation in an exotic location, lazing in the warm hot days, feeling refreshed at the beach, drinking cool summer drinks and just being happy... these are all the ingredients for an idyllic holiday, generally erected upon an edifice of unrealistic

adverbs and adjectives in our mind. Our mind which is otherwise overloaded with work and stress and the nuisance of traffic faced everyday from home to office and from office back home. However, our home which is, as a rule believed to be a refuge and a place to rest and relax, can completely change our mood and the way

we feel about our surroundings, even if we are flustered by the daily inane routine. So why not go a step further and make little changes in your home by assimilating some of the holiday trends and styles. A few small changes can turn one's own home into an ideal retreat perfect for the ultimate staycation you'll ever have.



Here are some of the best summer décor trends that you can easily accomplish to brighten up your space and bring the real spirit of the season into your home!

Open up

Summer is the time to embrace the sun, not to banish it completely from sight.... The summer heat and humidity can be quite challenging in this part of the world, where we live, but letting the light in, can make you more comfortable with the weather. Think of your home as an exotic summer resort and you'll see it in a whole new light. Throw open the doors and windows, pull back the curtains, and get rid of pieces that are dark, gloomy, or elaborate. Put away the heavy accessories, and all the unnecessary small decor items till it's time to cozy up for



fall.

Organic look

Organic look is the ultimate summer décor idea to go for. To add organic appeal, consider planting succulents in a large shell. The tiny plants last for a long time and require little care, making them the perfect addition to a summery tablespace. The natural elements also add texture and character to a table display. Adding refreshing greens into your surroundings will give the feeling of cool freshness which is much needed at this time of the year. Green also adds the Zen appeal, which in



turns is quietly relaxing and satisfying.

Colorful table

Summer time is all about fun with friends and family. If you love hosting a party or if you like to set up the dining table, consider buying accent dishes to add splashes of summertime color and pattern to your next meal or a dinner party. Mix bright floral, tropical, or nautical-theme dishes or colorful glassware. You can also add more fun by adding elements such as stir sticks and paper umbrellas with your tableware to



create a look that is totally summery.

Lights in the night

Although during the summer the nights are short but the most fun part of the season happens to be the night time. When the air tends to mellow down and the heat feels tolerable... Accentuate your summer nights by adding lights into your design. String paper lanterns on tree branches around an outdoor patio or even a small balcony, and if you do not have the luxury of an open space, considering the dense apartment clusters we live in, bring those colorful paper lanterns inside, near your windows to

add a feeling of light airiness to your décor.

Summery scents

There are a lot of good things one loves about the summer, but the absolute best part of the warmer months is, the amazing summer scents. Since summer is the season to evoke the senses so, stir up all your senses with the delightfully refreshing and numerous seasonal aromas. For a continuous seasonal aesthetic in your home, bring in the seasonal scents. Almost all the home décor and lifestyle shops introduce their summer collection complete with all the seasonal scents in the form of candles, sprays, mists etc.... So replace the wintery options of evergreens with fresher scents like the perfect ocean breeze or cucumber-melon and so on, to turn your regular home into your vacation home. Scents like fresh linen, relaxing rosemary, fresh mint or the versatile tropical blends are also great



choices.

Appraise old furniture

The easiest trick of the trade to quickly change the look of some dull and drab old furniture is to simply color it. Give new life to those old tired chairs or side tables using high-gloss spray paint in a summery shade, such as sky blue or grassy green. The glossy paint creates a fun lacquered look and gives an old piece a fresh and modern edge. Make sure to properly prime the furniture to help the paint adhere to the surface and wear longer.



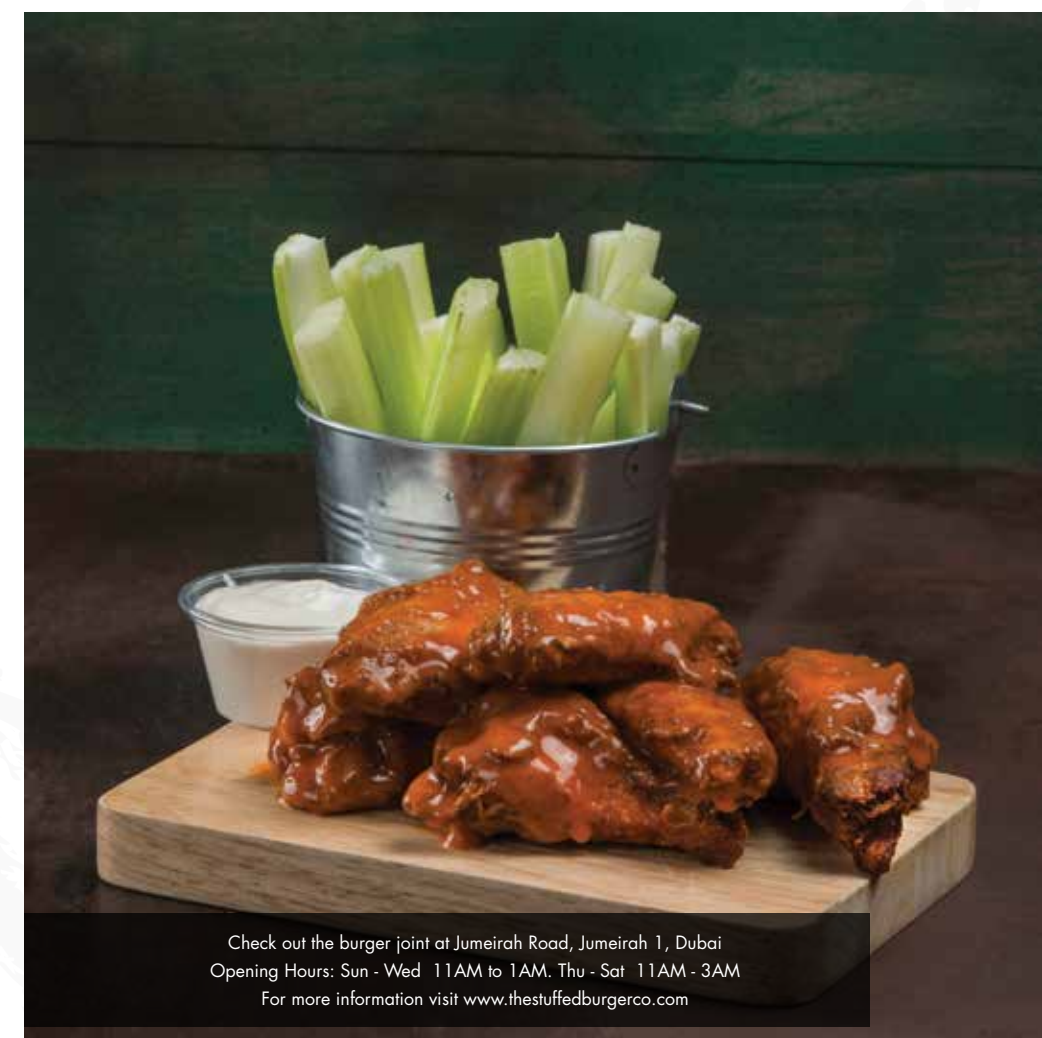
THE BURGER BANQUET

On a quest to try out the different flavors Dubai has to offer we came across the Stuffed Burger Co., offering a gourmet take on the usual burger, only tastier!



Let's admit it no matter how exquisite the culinary art becomes, with all the Michelin stars to brag about and molecular gastronomy to experiment with; there's something about the burger that is always fascinating and intensely satisfying... The chemistry of a perfectly grilled meat patty, oozing tender juices, topped with deliciously soft cheese, fresh and snazzy vegetables with just the right amount of crunch, all perched on an immaculate piece of bun; is the ultimate comfort food we crave time and again... Situated in the serene yet animated Jumeirah neighborhood, Stuffed Burger Co. has brought the real gourmet flavors to the simple burger, with a new approach to

stuffing the burger patty with flavorful and scrumptious fillings. Using the same recipes of stuffed burger patties which he cooked up at home to entertain family and friends, Palestinian American Mohammed Zakout (founder of Stuffed Burger Co.) had a flash of genius to start a business with his coveted burgers. Starting his venture in Dubai, the ultimate city in the Middle East for business startups and entrepreneurial ventures, Mohammed along with his partner Oussama Zakout (who also had more than 30 years of experience in the restaurant industry in the United States) brought his unique concept and vision to Dubai and redefined the meaning and taste of burgers. Serving mouth-watering stuffed burgers (hand stuffed), the burger joint specializes in carefully crafted burger patties, blended with delicious fillings, a secret sauce with potato buns and cooking it all up with prime sourced ingredients. Starting with the best seller, the Three Cheese Burger that delicately hides inside the juicy beef patty savory cheddar, feta and mozzarella cheese and served with the secret homemade sauce is probably the most satisfying burger you can find in Dubai... it has this soft tenderness which is doubled by the cheesy filling of the patties, from the first bite, it



Check out the burger joint at Jumeirah Road, Jumeirah 1, Dubai
Opening Hours: Sun - Wed 11AM to 1AM. Thu - Sat 11AM - 3AM
For more information visit www.thestuffedburgerco.com

is hard to put down... For a different taste experience, the Roasted Tomato & Garlic Burger and the Blue Cheese Burger, offer that unexpected flavorful kick that we often crave in any meal. The menu doesn't exclude other options, for those looking for casual burgers; the Charbroiled Burgers are a must! Boasting to be one of the few facilities in the UAE to offer real charbroiled burgers, their charbroiled beef patty on a toasted bun with their home made sauce, is simple yet satisfying and perfectly delicious. Still looking for more?... the Pulled Beef Burger is just brilliant! With succulently shredded juicy chunks of slow cooked beef with smoky BBQ sauce, it is perfect for those who like sweet and savory together. The menu also offers staple American favorites including chicken wings (our favorite being Honey mustard and Habanero flavors), Fried Jalapeno Poppers, Sliders and the Signature Loaded Fries (drenched in cheese,

bacon, grilled onions and homemade secret sauce). Lastly, the most interesting part of the menu is for a sum of AED 11 you can get bottomless soft drinks and unlimited fries, which is a must for families with kids... After all the savory madness don't forget to try the Signature desserts that include Oreo, Lotus and Brownie S'mores Milkshakes, in addition to a scrumptious Lotus and White Chocolate Cake. And if you like to keep everything a little light try the freshly brewed Ice tea, perfect for the summer months... The Stuffed Burger Co. is a homegrown brand that strives to bring the creative and inventive element back into the Arabian kitchen. With plans to open new branches at various locations soon, the flavors satisfy a variety of palettes, thus making it a favorite amongst the locals and the expat community alike in the cheerful suburbs of Jumeriah...



LèTen

MODERN ASIAN DINING



A treasure trove of oriental flavors, LèTen is a relatively fresh eatery in Dubai that promises to offer creatively fashioned cuisine, packed with flavors from all around Asia. Recently, we had an opportunity to review the restaurant, and found out more about the art of Asian fusion... Located at the Dubai Mall, LèTen boasts

opportunities to dine in the most coveted spaces. With ample seating capacity for diners who wish to enjoy a meal inside, its perfect weather terrace seating overlooking the fountains, is another story. When the weather in Dubai is good, it won't be exaggeration to say that the terrace becomes one of the most relaxing spots to be seated while enjoying aromatic dinner with dancing fountains in the back ground, far,

far away from the maddening crowd! The inner dining area catches your eye immediately with a lavish chandelier that seems to galvanize the whole space with an exclusive and majestic yet warm feel. A huge wall in the background exhibits traditional Asian pots and pans adding to the evocative theme. We opted to sit inside. While seated at the extreme right corner,



I couldn't help but notice a huge painting in classic crimson hue of the orient, with a lady in red, pouting in an amiable way yet haughty and arrogant. It exuded self-assurance and the idea that, what we should expect of the place is all about being open to newness and fusion, and it will be something different from the usual... We started off our dinner with the refreshing Lettuce Wraps placed on top of an ice mound, served with the special roasted sesame and peanut sauce. It was one of the highlights of the evening, regardless of the fact that it was probably the simplest starters ever, it exceeded our expectations. For the soup, we loved the Thai Tom Yum

Seafood soup, with the right amount of zest and spice and chunks of protein. For the main course, we were in for a little surprise. The Mongolian Beef was an unstoppable treat of sweet and savory flavors with a crispy and chewy texture worth relishing; Baked Honey Cod Fish nestled on top of green beans with a sauce to enhance the flavor, and if you like to keep things simple try Pineapple Chicken, succulent and sweet and a typical favorite with diners. One of the most interesting dishes from the menu that we tried was the Wasabi Prawns. The prawns were first fried then smeared with wasabi, placed on top of a watermelon chunk and topped with colorful tobiko, the end result was mind-blowing. Not only that, the canapes sized dish looked teasingly good, the juicy burst of flavors was insanely interesting and refreshing, like something you've never had before and want to have more of! Another feat from the menu is the Crispy Duck, the rolls are prepared right in front of you to visually tantalize your senses...

For the sweet touch, we tried the carrot cake, which was more of a piece of art than cake! Carefully placed on a rectangular dish,

in perfect symmetry to the meal math... the carrots tasted rather crunchier than any other carrot cakes we've tried but it still maintained its creative approach. As a casual Asian cuisine restaurant LèTen brings the creative approach in its presentation and in its cuisine that is frequently missing in traditional style Asian cuisine, which people have become familiar with. Chef Chong Nuan Fui together with his team has crafted an expansive menu with Thai, Malaysian, Singaporean and Chinese delicacies, and successfully connects the yin and the yang with inventive and exotic, intriguing and inspiring dishes from the Far East.





Rest, Relax, Rejuvenate STAYCATION

the good life at home

staycationing at Manzil Downtown Dubai...

The urban dictionary defines it as “A vacation that is spent at one’s home enjoying all that home and one’s home environs have to offer.” Staycation is a great way to enjoy the respite from everyday cares, we all yearn every other day and it is on the rise! Getting away from it all doesn’t mean really getting far and far away from home. Experts say that the key to relaxation is

a change of scene, even if it’s just a few miles from where we normally live. The time constraints, job and family obligations, even changing world scenarios & political crisis have led to an indelible impact on the way people think and take vacations and traveling. Staycation on the other hand is an almost immediate way to get out of the house for a night or two without leaving

town, and this idea is quickly catching on. The concept is simple: check into a local hotel or resort and enjoy down time in your own city... Checking into a hotel allows staycationers to partake in the little luxuries of vacation, such as ordering room service for breakfast, not worrying about cleaning, lounging by the pool, or getting a treatment at the spa...

Luckily, Dubai happens to be one of the most travel-friendly and safe cities in the Middle East and the cherry on top is the fact that the city has a plethora of adventurous escapes to offer. From crazy desert safaris, to audacious water park rides, festive malls and a number of luxury offerings from hotels, which means staycationing in Dubai is irrefutably the best there can be; it redefines luxury travel and brings it all closer and accessible to the expats and the travelers.

On a staycationing adventure we packed our bags for a day and went to the most animated spot in Dubai; the Downtown. Checking in at the Manzil, an upscale boutique hotel with a contemporary Arabesque design, decorated in a palette of brown, beige and white, facing the fascinating Burj Khalifa in all its glory, it promised to offer engaging services. A code reflective of the world famous Arabic hospitality... defined by the tagline, ‘When Home Is Arabic,’ Manzil Downtown Dubai instantly gives you the feel and the sense of flawless identity, bragging a passionate culture of hospitality. With its readiness to absorb you into the edifying traditional allusions yet sparsely modern in its approach, we instantaneously felt warmly welcomed with a sense of sanguine geniality...

At the Pool...

It is strange that when it’s hot in Dubai, people turn away from water, reason being the high humidity and the relentlessly high temperatures. We started our day from the outdoor swimming pool and deck at the hotel... With a temperature controlled pool, it wasn’t difficult to indulge spontaneously in the summer fun with seasonal drinks... The pool is located at the first floor and gives a 180 degree view of the surrounding architecture that reflects the exotic Arabian dream, the low and the mid-rise structure gives it a special charm, especially as the tallest building (Burj Khalifa) soaring high is the perfect backdrop that makes the whole Arabic theme standout even more. The pool may not be of Olympian proportions, but it is pretty good for vacationers and families with kids. With a

friendly staff and life guards, rest assured that you can have some time to relax...to immerse in the warm and calm stillness of the weather. The pool is next to the state-of-the-art gym which is open 24 hours for the guests, so feel free to work those extra pounds off whenever you feel like it... Afternoon from 3pm is the perfect time to take the dip, as the sun calms down a bit and the warm dessert wind starts to lull the sweltering summer woes away... Sipping the drink by the pool unwinding and relaxing, yet being closer to home is indeed a comforting feel, and a song by Tim Myers constantly reverberated in my mind...

*Life is beautiful it’s true
When I balance what I do
And enjoy the world in front of me
And it’s time to get away
This is a good time to get away to the good life
to get away on this perfect day...*

Dinner at the Boulevard Kitchen

After two hours of sipping at drinks, dipping at pool, we headed back to our room. The deluxe room (which definitely was ‘A room with a view’) had a picturesque and an uninterrupted view of Burj Khalifa,

magnificently lit for the evening. The distinctly beaming glass buildings, silently and slow moving traffic on the main Downtown road, the setting sun in the horizon, serenaded an ode to slowness, something I often crave, when things are so fast that nothing seems to stay within grasp...

After an hour spent appropriately refreshing in our room, dressing up, we headed out for dinner at the Boulevard Kitchen, an all-day dining restaurant that serves Levant cuisine and food from across the Middle East. Upon entering the restaurant from within the hotel (it also has direct access to Mohammed Bin Rashid Boulevard), I couldn’t help notice the huge metallic geometric screens covering the wall, small and large ‘Dallah’ (coffee pots), wooden panels and archways leading to the courtyard, high ceiling, tall hanging curtains flowing casually, was a spot on reminiscence from the Arabian nights... After finding a comfortable place to sit, we were eager to try the much talked about food which is freshly prepared in an open plan kitchen. In a mood to try the various tastes from different regions Boulevard Kitchen promises to offer, we ordered a variety. First off Lentil & Harrira soup! An absolutely delicious Lentil soup



where nothing was too much or too little, the right amount of creaminess and grainy texture with exact spice level. The Harrira soup was also a hit with its mellow taste and texture. For the mains, we ordered Mix grill and Jumbo Prawns along with Butter Chicken. The mix grill came packed with a variety of protein (chicken, lamb and beef) and was cooked to perfection on the Josper oven, which helped retain the real juice of the meat, keeping it tender and moist. The Jumbo Prawns came with a feisty presentation; three whole jumbo prawns stacked artfully, rubbed with butter glaze, parsley, a hint of sumac, and no adjectives for us to spell out the pleasure... It delighted us through and through...

The butter chicken had its own story. We were thinking a common run of the mill butter chicken, and honestly although every other restaurant features a succulent butter chicken on the menu but until experiencing it at the Boulevard Kitchen, I had always been totally disappointed. Only this time it tasted exactly how it should be, mildly spicy with a buttery curry sauce. Paired with freshly boiled white rice, it was succulent and delicious and felt like a comfortable and filling, home cooked meal that nothing can replace...

For the final sweet touch, we had just enough room for “Umm Ali”.... The decadent, warm dessert is an Arabic essential. We were blown away by the simple yet immensely gratifying



taste of the dessert...

Hitchhiking Downtown

After the heavy dinner we went for a short walk... As the temperature calmed down a casual stroll at the Mohammed Bin Rashid Boulevard felt very refreshing and light. Strolling, being just minutes away from the Dubai Mall, Souk Al Bahar, Souk Al Manzil and a variety of eateries, it was not difficult to look for something more to do, let alone the walk around town noticing small things like the beautifully decorated date palm trees to the glistening sidewalks and just the crowd moving in and out was an experience in itself, that we often overlook...

Breakfast at The Courtyard

After a peaceful night, we woke up ready for our next foray into the world of possibilities at Manzil, with breakfast at The Courtyard. Located in the center of the hotel, the

Courtyard has developed into a popular Mediterranean restaurant and shisha lounge in Dubai. Combining Arabic tradition with global multicultural tastes, The Courtyard offers spectacular al fresco setting, masterfully blending colors, designs, tastes, and sounds of typical Arabasque architecture. It is also famous for its relaxed ambience and flavorful shisha, ideal for enjoying the company of family and friends. For the breakfast buffet we loved the variety it had to offer, a juice bar with abundant concoctions and flavors, a separate menu for eggs, variety of buns, waffles, croissants, selection of cheese and cold cuts, and a dedicated Indian inspired breakfast station were a few of the highlights. With the perfectly brewed coffee and tea we were ready for the day!

Departure...

After a whole day dedicated to relaxing, relishing food, taking in the good things in life and venting out the stress that accumulates within, it was time to leave...

Checking out with total ease, I started wondering about how sometimes life consumes us intensely. We try to break free but something holds us down and wears us out. To treasure this beautiful life, we have to take small steps to cherish the highlights and appreciate the worth of it. It all begins with accepting what you have, embracing what you own and moving on with what is at hand. A one day staycation for me became an experience of connecting again with myself, indulging in the goodness of life, feeling the often overlooked things and details around me, smiling back at people and welcoming life in every breath I take...



Lahm Bajeen

Courtesy: Boulevard Kitchen

SERVES 8 - 12

Prep Time (10 minutes – rest time 50 minutes)

Cooking Time (6 – 10 minutes)

INGREDIENTS

Lamb

- 500 g minced lamb
- 100 g onion (minced or fine chop)
- 200 g tomato (peeled fine chopped)
- 1 tbs parsley (fine chopped)
- 1 tsp sumac powder
- 1 tsp cumin powder
- To taste salt
- To taste pepper
- 2 tsp pomegranate molasses

Dough

- 1000 g plain flour
- 20 g active dry yeast
- 2 tsp salt
- 1 tsp sugar
- 50 ml olive oil
- 400 ml water

Garnish

- Lemon wedges
- Fresh zatar
- Sliced tomato
- Cucumber
- Mint leaves

Method

Lamb

Put all the ingredients (onion, tomatoes, parsley, sumac powder, cumin powder, salt & pepper, and pomegranate molasses) to flavor the lamb in a bowl and mix.

Keep aside 1 tsp of pomegranate molasses for garnish.

Dough

In a small bowl mix water and yeast to dissolve. Set the bowl aside for 10 minutes for yeast to start to bubble

You can mix the dough by hand or by dough mixer with dough handle attachment. If using a big bowl put the flour in and make a well in the center.

Pour water, yeast, and olive oil into the well. Knead the dough till it starts to come together and not stick to the sides of the bowl. Remove the dough from the bowl and knead on a floured work surface.

Knead the dough till it becomes smooth and elastic. Clean the big bowl, dry and rub with a little oil. Place the dough back into the bowl and cover with a cloth or plastic wrap.

Place the dough in a warm place and let it rise until it doubles in size, (30 - 45 minutes.)

Cut the dough into 8 – 12 equal sizes. Roll into balls and set aside for 10 minutes to rest.

Roll out the dough, and spread meat on top of the dough.

Preheat oven to 250C. Put the Lahm Bajeen on a tray and put it in the oven. Cooking times will vary, so keep an eye (6 - 10 minutes) till sides start to have a nice brown color.

Garnish with lemon wedges, fresh zatar, pomegranate molasses, sliced tomatoes, cucumber, mint leaves & serve.

Kunafa

Courtesy: Boulevard Kitchen

Ingredients

Dough

30 g Kenaffeh Dough

Filling

1200 kg Mozzarella cheese

500 g Akawi Cheese

300 g Fresh cream almarai

Sugar Syrup

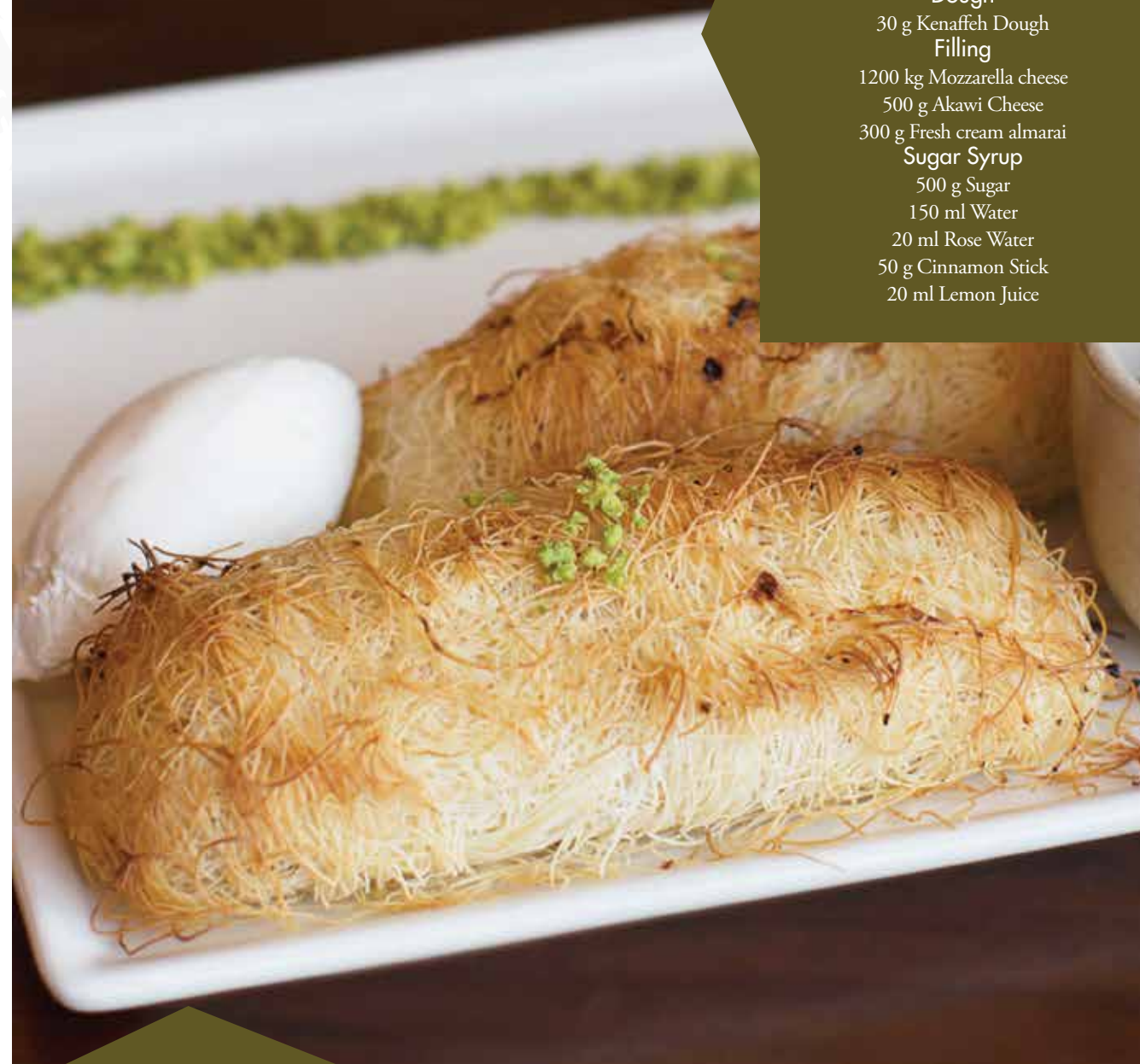
500 g Sugar

150 ml Water

20 ml Rose Water

50 g Cinnamon Stick

20 ml Lemon Juice



Method

Dough

Prepare a wet cloth to cover the dough, so it does not become dry.

Filling

Wash mozzarella cheese and akawi cheese two times, then strain and make sure to squish properly.

Then put them in a bowl and mix the cheese by hand until it gets smooth.

Prepare the sugar syrup and allow to cool completely.

Then add 3 tablespoons of the sugar syrup and continue to mix.

After that pour the fresh cream and mix by hand until it gets smooth.

The filling is ready to use.

Assembling

Take the Kunafa dough and lay it down,

Put the filling on top and then roll it.

Bake at 220c up temperature

down temperature 190c

Time: 12 minutes.

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The Dark ROMANCE

A dream in haze, treading the
land of nightly surreal...
Furne One of Amato
couture, knows the art of
Chiaroscuro too well...

Playing this time in dark murky hues, the
always over the top edgy aesthetic exudes the
medieval charm of the Baroque.

Model **Rania Gamal**, Wardrobe **Furne One of Amato couture**
Makeup **Jojo Dantespadua & Amna Suhail**
Photographer **Rozen Antonio**







Haute Couture Collection
Fall-Winter
2016

Check out the exclusive photos of the Fall-Winter 2016 Haute Couture Collection from top fashion designers of the world.

ELIE SAAB

ATELIER
V E R S A C E

ZUHAIR MURAD

ELIE SAAB

Fall-Winter 2016 Haute Couture Collection

Elie Saab introduced kiddie couture at his fall display, and the little girls looked adorable, glowing in their princess versions of grown-up gowns, as the two paraded side by side. While most of the show was dedicated to evening gowns, Saab also included chic luncheon suits with asymmetrical peplums. It has been an exceptional Elie Saab collection because of how

expressive it was. Birds flocked on the skirt of a gown with a black velvet bodice; hearts appeared as prints and as crystal embroideries. And there were all manner of flowers—picked out in yellow, light blue, black beads on tulle; embroidered in 3-D on Chantilly lace; and appliquéd in watercolor silk on another graceful gown.



ZUHAIR MURAD

Couture Fall 2016

Zuhair Murad's Couture collection was dedicated to a free spirit from the Seventies. Always fascinated with the Queen's 'Bohemian Rhapsody' the designer put it on the soundtrack and gamely offered up his own version of hippie chic, adding velvet capes, macramé embroideries,

and thigh-high boots to the mix. Hats also gave the show an unexpected attitude. The Murad girl appeared in a flamboyant parade of velvet, crepe, tulle, and chiffon dresses in such colors as cyan, purple, plum, iris, and honeysuckle.



ATELIER

V E R S A C E

Fall 2016 Couture

"This collection is different for me. I put a lot of attention on draping, and less on embroideries and super-sexy," said Donatella Versace. Versace toned down the house signature sexy look and toned

it down a little with daring drape and variant volume. The show opened with a dramatic, cinched cashmere coat in blush pink backed in mint green, with one lapel dipping off a bare shoulder over a

scarlet bustier gown. Other shapes in the new collection included strips of sinuous materials, strategical pattern cutting and considerably more effacing bursts and bolts of embellishment.



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

Charriol Forever Collection

Charriol's 'Forever' collection is a stylish & colorful line that spans several jewelry lines, a diverse line of handbags and now a chic dress watch. Released in time for Baselworld 2016, the new bracelet watch embodies all the hallmarks of the Forever collection - Charriol's slim cables, and the Eastern-inspired latticed design, which is a strong theme in the Forever jewelry lines.



Christophe Claret: Marguerite

A new flower is blooming in the Christophe Claret watch garden. The romantic and subtly poetic Marguerite watch embodies the essence of feminine watchmaking as conceived by Christophe Claret. The watchmaker combines a bold, unique aesthetic that captures the imagination, with mechanical virtuosity. The transience of time meets loving passion, as both delicately alight on the wrist with the kind of rare elegance to which all women aspire.

Emporio Armani Autumn 2016 Watch Collection

Echoing autumn's rich jewel tones, the Emporio Armani autumn 2016 watch collection uses deep colors and carefully considered design, elevating its timepieces to a new level of style. Sleek, slimmed-down silhouettes and innovative modern finishes update the most popular ranges and launch the newest watches as stars of the Emporio Armani ready-to-wear accessories collection.



Maurice Lacroix Eliros

The Eliros is a classically designed watch which adds grace to the wrists of stylish wearers, imparting time with precision and reliability. In 2016, Maurice Lacroix, consistent with its culture of continuous improvement, revisited its Eliros collection. The latest models incorporate numerous specification improvements, including a higher level of finish, typically only found on more expensive timepieces within the Maurice Lacroix family of models.

Piaget Sunny Side of Life

This quintessential late summer afternoon deserves to be carved in stone, or make that carved in countless colored stones: pink, blue, yellow or green, as vibrantly diverse as this joyful season. Sunny Side of Life, the new High Jewelry and Fine Watch collection from the Maison Piaget is like a jubilant burst of laughter marking the start of a summer party. A vibrancy clearly perceptible in Palm Springs, not far from Hollywood, the source of inspiration for this collection. Sunny Side of Life studs the bright sky of a dream location with 150 precious treasures, representing as many reasons for believing that life is a party, a sunny moment that can be prolonged at will.



Jardin du Luxembourg Jewelry Collection

The Jardin du Luxembourg Jewelry Collection has been created in line with the watch line: the flower of Jasmin. This collection is delicate and shines elegantly. It is easy-to-wear, and includes a pendant, ring and bracelet.



Liali Blue Topaz Collection

Delight in the vibrant color of blue topaz jewelry from Liali. The vibrant hue of this gemstone possesses a luminous quality that will make you stand out from the crowd. Suitable for all skin tones, these timeless pieces fit both formal and casual occasions.



Etho Maria

Originating from Athens, Greece, Etho Maria is recognized and well regarded in the jewelry trade worldwide for its innovative designs and its unrivalled quality. Etho Maria offer collections that perfectly blend impeccable craftsmanship with exceptional design. Etho Maria has been recognized as one of the most prestigious jewelry houses, winning numerous international jewelry awards and has set goals to continue innovating bold mesmerizing designs.



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MWINDA

MWINDA, meaning light or Noor in Arabic is a fast emerging brand in the UAE. MWINDA's debut collection "Ose" has taken the fashion scene by storm and brought a fresh and whole new perception of design to the region. The dresses bring to mind refined silhouettes and make eccentric use of color in exciting new ways. It is elegant, classy, fun, and conservative, an answer to all those who want to stand out and be unique. The brand goes by the no-rule fashion philosophy, asserting originality and creativity. For more information visit; www.mwinda.co



THE HIGH SOCIETY at RIVAAGE Boutique



In a grand ceremony, Shalky & Rivaage Boutique launched Shalky Resort collection 2016/2017, for the Saudi fashion designer Qassim Al-Qassim exclusively in the UAE, at Rivaage, Sunset Mall, Jumeirah Beach Road, Dubai, in the presence of H.H Sheikh Hind Al Qassimi, elite artists and stars, such as Dominique Hourani, Bahraini artist Shaila Sabt & Layla Iskandar & yaqoub alfarhan, Emarati stars Abdullah bilkhair, Nasrah Alharbi, Amal al Anbari, Maryam al shaibani, Reem al Abdallah, Maha al Abdallah, business woman Shafika Ameri, Dr. Najah Maki, Mariam al Shibani, Poet Dr. Maitha Al- Hamli, and a lot more...

UNICEF AND CEBU PACIFIC Join Forces

Cebu Pacific the Philippines' leading airline, and the United Nations Children's Fund (UNICEF) have partnered to introduce the Change for Good program in the country. CEB is the Change for Good launch partner in Southeast Asia. Change for Good® is an innovative global partnership between UNICEF and the international airline industry. Established in 1987, the program is designed to collect donations

from passengers and convert these into life-saving materials and services for vulnerable

children in more than 150 countries around the world.



JAWAHER AL QASIMI LAUNCHES the First 'Talli' International Product Line



Her Highness Sheikhha Jawaher bint Mohammed Al Qasimi, wife of His

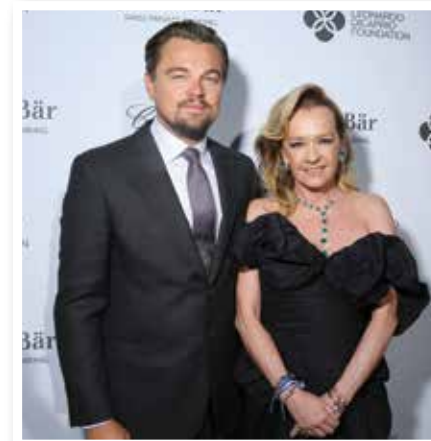
Highness the Ruler of Sharjah, Chairperson of NAMA Women Advancement

Establishment, Founder and Royal Patron of Irthi Contemporary Crafts Council, has launched the first international product line to feature the traditional Emirati craft of 'Talli.' Taking place at British luxury brand Asprey's London boutique, the launch saw the unveiling of the 'One Stitch at a Time' collection of premium leather handbags, all of which incorporate Talli in their designs. The range is the fruit of a partnership between Asprey and Irthi Contemporary Crafts Council, a subsidiary of Sharjah-based NAMA Women Advancement Establishment that works to empower women socially, professionally and economically.

LEONARDO DICAPRIO FOUNDATION RAISES \$45 Million at 3rd Annual Auction Gala in Saint-Tropez

Leonardo DiCaprio Foundation (LDF) hosted its third annual fundraising auction gala, raising nearly \$45 million to support the foundation's mission of protecting the earth and all of its inhabitants from climate change and the environmental crises created. The event was hosted in Saint Tropez, where many of the foundation's donors and guests were present in the third week of July, by LDF Founder and Chairman Leonardo DiCaprio, LDF Global Fundraising Chairman Milutin

Gatsby, who created the concept for the evening, LDF Chief Executive Officer Terry Tamminen and LDF Executive Director Justin Winters, along with the generous support of Julius Baer and Chopard. The event honored victims and survivors of the recent tragedy in Nice, France with LDF donating a portion of the evening's proceeds to GiveforFrance.org. Mr. DiCaprio made a personal donation as did a number of guests in attendance.



BINSINA PHARMACY Continues Expansion

BinSina pharmacy has continued to expand its presence in the UAE with a steadily

growing network. In line with its vision to serve the various communities by bringing

its services closer to customers, six new BinSina pharmacies have opened in Abu Dhabi, Dubai, Fujairah, Ras Al Khaimah and Ajman in the last three months alone. The 50-year old pharmacy chain has always strived to offer customers, the well known personal care, health and beauty products from around the world. With over 75 pharmacies in the network, BinSina's ambitious plans are to open 120 pharmacies by the end of 2017.



| what's new | AL HABTOOR MOTORS *Sizzling Summer Offers*

This summer is all set to be a cool experience for Mitsubishi customers buying a brand new 2016 Mitsubishi Pajero, Lancer EX, Outlander, Montero Sport, L200 or Mirage at Al Habtoor Motors. Pajero customers, in particular, benefit from deferred payment with installments starting from January 2017. Above all, Al Habtoor Motors will pay three installments in 2016. In addition, most models come with Free Insurance, Free 5 years or 100,000 Km Warranty, Free Service up to 30,000 km, Free LLumar® window tinting, and Scotchgard™ protection. Customers can now buy the legendary Pajero at prices starting from AED 94,900; the



spacious Lancer EX from AED 40,500; the Outlander SUV starting from AED 71,000; the brand new Montero Sport from AED

84,900; the tough L200 pick-up from AED 49,900 and the hot hatchback Mirage from AED 37,900.

FASHION FORWARD *Dubai launch EPIC*

Fashion Forward Dubai (FFWD), the region's definitive fashion platform, today announced the launch of EPIC (Empowerment Program through Industry

Collaboration), an empowerment program that provides business development opportunities to regional fashion talent through a series of initiatives. In

collaboration with Samsung Electronics MENA, EPIC will deliver a calendar of events, workshops, sponsorship opportunities, influencer and scholarship programs, all made possible through the synergetic collaboration with industry partners who strive to achieve similar objectives. In 2016, EPIC will focus on five key initiatives with the aim of maximizing exposure, fostering partnerships, creating business and higher education opportunities, and offering practical tools that will enhance the brand.



LPG SPORTS & FITNESS TREATMENTS *in the UAE*

The health and wellness French brand LPG will soon introduce the revolutionary LPG Sports & Fitness Treatments in the country. As the United Arab Emirates leads the way to a healthier lifestyle, the treatment will help basically anyone - newbies, fitness enthusiasts, seasoned athletes or even weekend warriors - to condition their muscles before any workout, optimize their athletic performance, speed up muscle recovery and reduce healing time after any injury. With the use of Endermologie's unique roll and flap technology, which

has its aesthetic benefits as well, the body achieves an excellent circulation, necessary

for peak physical performance to reach one's full potential.



IWC SCHAFFHAUSEN AMBASSADOR ADRIANA LIMA *Boxes with Laureus Kids in Brazil*

IWC brand ambassador Adriana Lima took time to meet with local children from the Laureus-supported "Fight for Peace" project in a local boxing gym. Featuring a braided hairstyle, black sweatpants and boxing gloves in red for one session, silver for the other, the Brazilian supermodel sparred with adolescents and their trainer, as the younger children watched in awe. "I feel

very honoured to have the chance to be in the ring and share my passion for boxing with these children. This project improves their self-esteem and shows them how much they're worth and how much they're capable of. It's a beautiful thing", said Lima, who has been boxing as part of her personal fitness regime for over 10 years.



MINISTRY OF HEALTH & PREVENTION UAE *Awareness Campaign for Hajj Pilgrims*



In cooperation with the Health Authority- Abu Dhabi (HAAD) and the Dubai Health Authority (DHA), the UAE Ministry of Health and Prevention (MOHAP) has launched a large-scale campaign with the aim to ensure the safety and health of Hajj pilgrims. The awareness campaign focuses on the well-being of pilgrims, especially the elderly as well as healthy individuals and patients regardless of their age, who could suffer from chronic illnesses and cardiovascular diseases, as they are more

likely to develop health-related problems particularly those related to overcrowding. The campaign also includes medical advice: on heat exhaustion, awareness about healthy foods, personal care, provision of emergency medicine, and availability of essential vaccinations against: meningitis, pneumococcal disease, and seasonal influenza ...etc. The Ministry also urged all pilgrims to get their recommended vaccines which are currently available at the authorized clinics.

ROLLS-ROYCE MOTOR CARS *Arabic Calligraphy Exhibition*

AGMC, the authorized dealer of Rolls-Royce Motor Cars in Dubai, Sharjah and Northern Emirates, in collaboration with Emirates Society for Arabic Calligraphy

and Islamic Ornamentation, hosted an exhibition of exquisite calligraphy paintings in both AGMC's Dubai and Sharjah Rolls-Royce showrooms. The

event was inaugurated by the author H.E Mohammad Al-Murr and by H.E. Sheikha Nawar al Qassimi in Sharjah. Both showrooms were transformed into Arabic art galleries featuring the works of talented calligraphy artists from around the United Arab Emirates including Khalid Ali Al Jallaf, Chairman of the Emirates Society for Arabic Calligraphy and Islamic Ornamentation and also a renowned calligrapher whose work has been exhibited at Majlis Gallery previously. While viewing the intricate paintings, guests had the opportunity to see the artists writing calligraphy, to appreciate how much patience and precision go in to each calligraphy letter, similar to both, the unparalleled craftsmanship and patience that goes into hand-painting the distinctive Rolls-Royce coach line.



BENTLEY GLOBAL FLAGSHIP SHOWROOM *in Dubai*

Bentley has taken luxury customer experience to extraordinary new heights with the opening of the largest Bentley showroom in the world on Sheikh Zayed Road in Dubai. The pioneering Bentley showroom, which was developed with the region's most discerning customers in mind, is a sector-defining move by the British marque in the world of automotive retail environments. The official inauguration of the showroom took place with the attendance of prominent members of the Al Habtoor Motors, representatives from Bentley's regional headquarters, and friends of the brand.

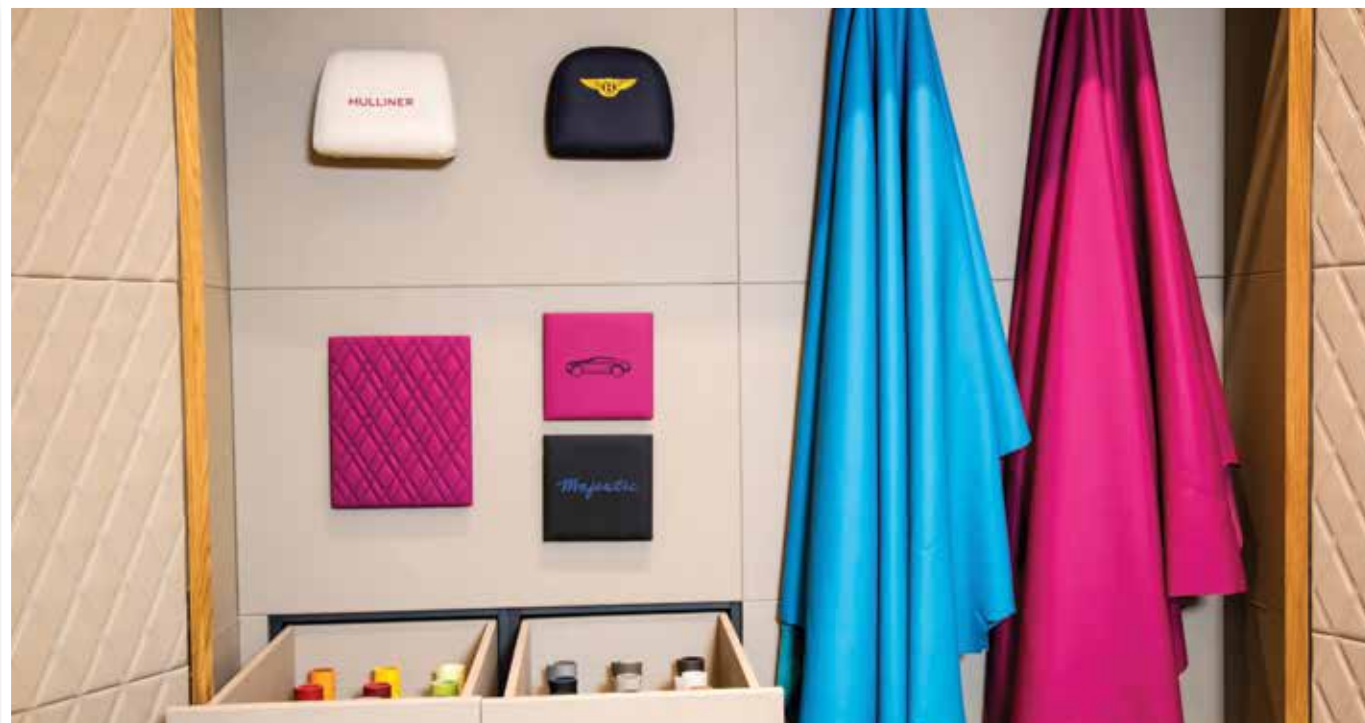
Mr Karl Hamer, the Managing Director of Al Habtoor Motors commented "We are all so proud of the opening of our new flagship showroom on Sheikh Zayed Road. With its iconic design it will truly put a mark on Dubai's skyline where all our current and future customers can indulge in an extraordinary five star experience. We are looking forward to welcoming everyone to the world of Bentley."

Bentley's new flagship showroom is the result of a 100 million Dirham investment from Al Habtoor Motors, Bentley's



exclusive retail partner in the UAE. The colossal 75,000sq.ft showroom is Bentley's largest standalone dealership in the world and is set to revolutionize customer service in the world of luxury motoring. The unprecedented showroom building

encompasses three stories for model display as well as three basement floors for parking, a roof garden and a Bentley merchandise boutique, a VIP Majlis, a specialized customer handover area and Mulliner room for bespoke commissioning.



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