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OFFERS...

**Up-Dos or  
Tumbling  
Tresses**  
PARTY PERFECT  
HAIRSTYLES

**Exclusive Interview**

**ANNE HATHAWAY**

"I HOPED FOR STARDOM SINCE MY EARLY TEENS!"





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# First Avenue

## EDITOR'S NOTE

A warm welcome to our very special **Christmas & New Year** issue, filled with countless festive ideas, suggestions and advice to make your **holiday season** as perfect as can be. Since it is the season full of festivities, our first priority is to go shopping, for the same reason the **Fashion Must Haves** section is all about the trendiest products fit for the festive season.

Moving on, our cover girl for the month is none other but the pretty and very talented **Anne Hathaway**. Anne talked to us about her latest intergalactic venture, 'Interstellar' and how she transitioned from her image of a Disney princess into a mature actress... All this and a lot more as the **Oscar winner** talked to us and revealed more about her self in a very laid back atmosphere at the luxurious Mandarin Oriental hotel in Paris.

Since we are all about the **festive season** this month, staying fit can be a bit of a challenge as we tend to overindulge during those festivities and late night hangouts. But we have the answer to all your **holiday health qualms**. Check out our **Health and Fitness** article to keep a check on the calories intake while still enjoying the season's delights.

Our **Home Décor** section is all about top home décor ideas, with the **Middle Eastern** styles in focus. Learn the hottest trends, weather friendly and tech savvy design ideas to make your home a haven. Next, we invite you to travel with us to some of the best **Christmas destinations** around the globe and learn how the world gathers for the end of the year celebrations.

For our **Fine Dining** section, we talked to Daniel Lewis, Senior Corporate Chef at RMAL Hospitality, who shared with us his career thresholds, fondest childhood memories, and Christmas favorites. Don't forget to try Chef's Daniel patent **recipe of roast turkey**, for that perfect Christmas dinner. And if eating at home isn't on your agenda, then check out our **I Heart Dubai** section for a list of awesome offerings from some of the best restaurants in Dubai and around Emirates. Also, don't forget to explore our hand-picked **gifting ideas** and beauty treatments on offer this holiday season...

All this and a lot more, beauty, style and fashion news, it couldn't be more exciting than this...

'Good tidings ...

To you and your kin

We wish you a Merry Christmas

And a Happy New Year'

Lamiya Sami



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## Full of surprises.



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Distributed in U.A.E, Kuwait,  
Qatar, Bahrain, Oman

[www.firstavenuemagazine.com](http://www.firstavenuemagazine.com)



# ESCADA

S P O R T



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# CELEBRITY *Fashion*

## NICOLE KIDMAN

*at the Agon Channel  
launch party*

Nicole Kidman looked radiant at the Agon Channel launch party's photo call in Milan, Italy. The 47-year-old actress wore a Prada dress and shoes for the evening.



## JENNIFER LOPEZ

*at the American Music  
Awards 2014*

Jennifer Lopez looked absolutely chic, on the red carpet at the 2014 American Music Awards held at the Nokia Theatre in Los Angeles. Jennifer wore a Reem Acra dress with Christian Louboutin shoes, Norman Silverman diamond earrings, Jacob & Co. rings.

## ANGELINA JOLIE

*at 'Unbroken' UK premiere*

Angelina Jolie looked stunning wearing a Ralph & Russo couture dress on the red carpet event for the premiere of *Unbroken* held at the Odeon Leicester Square in London, England. At the event the 39-year-old director posed for pictures with the star of the film, Jack O'Connell.





## EMMY ROSSUM

*at the Cause for Paws event*

Emmy Rossum looked pretty wearing a DSquared2 dress, Bionda Castana shoes and Renee Sheppard earrings for the Fox's Cause for Paws: an All-Star Dog Spectacular held at Barker Hangar Santa Monica Calif.



## ANNALYNNE MCCORD

*stepped out for a great cause*

27-year-old actress AnnaLynne McCord rocked on the red carpet in her low-back dress at the Associates for Breast and Prostate Cancer Studios' 2014 Talk of The Town Black Tie Gala held at The Beverly Hilton Hotel in Beverly Hills, Calif.



## EMILY BLUNT

*at The Late Show with David Letterman*

Emily Blunt looked gorgeous heading into the Ed Sullivan Theatre for an appearance on The Late Show with David Letterman in New York city. The 31-year-old actress is promoting her new movie, Into the Woods. Emily wore a David Koma dress, a Tory Burch coat, and Brian Atwood shoes.



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## SAMANTHA BARKS

*at the BAFTA Awards*

Samantha Barks and her boyfriend Richard Fleeshman stayed close during the 2014 BAFTA Academy Children's Awards held at the Roundhouse in London, England. The 24-year-old actress and her 25-year-old actor beau were joined at the event by Spice Girls' Emma Bunton.



## HEIDI KLUM

*at the American Music Awards 2014*

Heidi Klum looked stunning on the red carpet at the 2014 American Music Awards. The 41-year-old former supermodel chose to wear a leg baring Versace gown.



## JENNY MCCARTHY

*at the American Music Awards 2014*

Jenny McCarthy rocked a form-fitting black dress at the 2014 American Music Awards. The 42-year-old talk show host was joined by her husband Donnie Wahlberg at the event. Jenny wore a Cushnie et Ochs dress, Fendi shoes, a Kotur clutch, an Erickson Beamon necklace, and Graziela gems earrings.

## JULIANNE HOUGH

*stole the spotlight at AMAs 2014*

Julianne Hough showed off a little leg on the red carpet at the 2014 American Music Awards held at the Nokia Theatre L.A. The 26-year-old actress and Dancing with the Stars judge hit the stage at the show to present, 5 Seconds of Summer with the Kohl's New Artist of the Year Award. Julianne wore a stunning Zuhair Murad dress, Tamara Mellon heels, Jacqui Aiche Jewelry, a Hysteric Co. ring and ear cuff, and a Lee Savage clutch.



## KATE BECKINSALE

*at AMAs 2014!*

Kate Beckinsale glowed on the red carpet at the 2014 American Music Awards held at the Nokia Theatre in Los Angeles. At the show the 41-year-old actress hit the stage to introduce One Direction for a live performance. Kate wore a Kaufmanfranco gown, Brian Atwood shoes, Bulgari jewelry, and Lee Savage clutch.



## SELENA GOMEZ

*at the AMAS 2014 red carpet*

Selena Gomez looked stunning in a floor length gown while walking down the red carpet at the 2014 American Music Awards. Selena wore a Giorgio Armani Prive black silk jersey, long-sleeved gown with a plunging back and a dramatic slit down the front with Neil Lane jewelry.





# FASHION

## *Must Haves*



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

## REVLON

### *ColorStay Moisture Stain*

We are in love with Revlon's ColorStay Moisture Stain this season. Its weightless formula moisturizes the lips without causing any stickiness. Available in 12 show stopping shades, drench your lips in colors from the hottest cities around the world.



## VICHY

### *Liftactiv Advanced Filler*

Liftactiv Advanced Filler offers record correction of all types of wrinkles, even deep and vertical ones, with a paraben-free formula that suits even the most sensitive skin. Laugh and glow with abandon as Vichy's Liftactiv Advanced Filler ensures the only lines on your face will be the happy ones.



## UNE

### *eyeliner*

Enhance your eyes with a perfectly imperfect line. The first ever new smoky liner by UNE naturally offers its own reinterpretation of a great make-up classic. The new range of colors in the Night Blues collection includes a trio of cool shades and ashy tones which is designed for everyone and suits all eye colors. A hypoallergenic, ophthalmologic-tested formula of completely natural origin\*, means it's good for your eyes and comfortable to wear.





## REEBOK *Skyscape Collection*

Reebok reveals its fall/winter 2014 Skyscape collection with the introduction of a brand new slim, sleek and athletic silhouette, the Skyscape Chase. The collection was launched with a global advertising campaign featuring supermodel and style-icon Miranda Kerr. In addition to the Skyscape Chase, the original runaround silhouette makes a return – updated with vibrant prints and patterns, allowing for the perfect pairing with any seasonal outfit.



## KATE SPADE *New York fall 2014 collection*

On the yearlong adventure of "places to go and people to see" this season's collection is inspired by travels to Asia. The collection is inspired by high speed flashes of color – electric blue, metropolis green, and shocking pink – popping out against grey, black and porcelain; relaxed rules and silhouettes.



## OROS, luxurious French fragrances, *made with Swarovski Elements*

Oros, the high-end French fragrance brand launches two new fragrances, made with Swarovski elements, in response to customer demands following the success of Oros men and women fragrances. The new luxurious French duo is developed using natural oils and special aromatic ingredients making the fragrances

irresistible and incredibly long-lasting. Oros Fleur and Oros Limited Edition are also encased in handcrafted bottles with a dozen crystals that connote persona and sophistication for each month throughout the year, while the Swarovski stud on the cap lend a touch of opulence as crowning glory.



## ICE QUEEN *by Lipstick Queen*

Lipstick Queen's shimmering white lipstick, flecked with silver and gold is enhanced with ultra-flattering shimmer particles that catch the light to create an ice cool, sexy look. This icy cool shade will tint your lips a sparkling and translucent snowy white, bringing an ethereal beauty to your look, and yet it is still transparent enough to allow the natural pink of your lips to shine through.



## M.MICALLEF *Gift Parfums*

This Christmas gift your loved ones the M.Micallef's limited edition art collection 2014 – the complimentary duo, Puzzle N°1 and Puzzle N°2; the perfect his and hers gifts.



## PEVONIA STEM CELLS *Phyto-Elite*

Pevonia, a world leader in professional skincare, has unlocked the complete solution to signs of ageing skin by launching the next generation of plant stem cell technology to stimulate the reversal of the aging cycle. The Pevonia® Stem Cells Phyto-Elite™ skincare collection harnesses the power and efficacy of natural ingredients and two stem cell sources – the historically reparative argan tree and European comfrey root – to visibly repair aging skin and deliver cumulative anti-aging results at a rapid rate.





# SPARKLING *party palette*

The Sparkling Party Palette is an exquisite expression of Dick Page's philosophy. It is a collection of rich, fun colors inspired by the exuberant energy of a holiday party. Red lips, pink cheeks, copper and gold shaded eyes and an unexpected twist of a shimmering indigo

eyeliner. This limited edition offers the possibility to try a new combination and different makeup styles for every party this season, for those who want an all in-one palette from lip color to face color and for those who like to adapt their look from day to night.



## CIATE HAUTE *House*

Haute House, the latest 'house' collection from the top UK nail care brand, has been inspired by luxe lingerie labels, and features a line-up of ultra-glossy, rich ink shades, perfect for glamorous and seductive manicures. The richly-pigmented formula of the polishes offer full coverage in just one to two coats as it easily glides onto nails for a perfect look.



# FRIDAYS BEGIN HERE

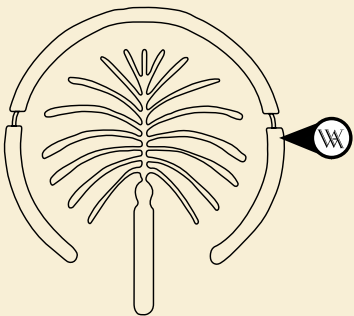
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# PARTY PERFECT hairstyles

*Creating style can be a bit challenging to manage during a hectic festive season. The weather adds a new dimension to the unruly mane that needs to be tamed... But sometimes it isn't as hard as it seems, to achieve that perfect look that we all admire but never try to actualize. Hair maestro and Style Director at the Daniel Galvin Salon in London, has prepared the perfect guide on how to achieve two of the most eye-catching hairstyles to wear during this festive season...*

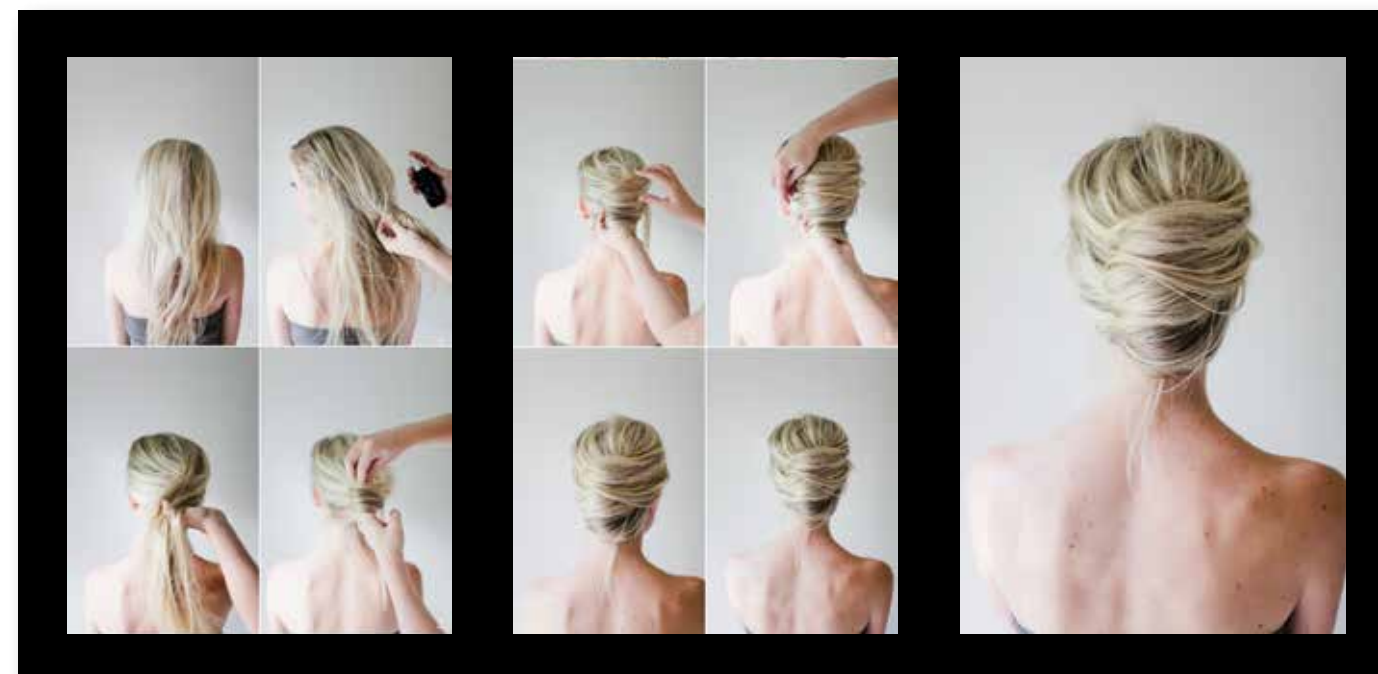


## The French Twist Up-Do

1. Using a fine comb, section off two or three layers of hair at the back of the crown of your head.
2. At each section, brush the hair through and then backcomb by holding each section of the hair up and applying firm brush strokes towards the scalp, creating a cushion of hair at the root, to create volume and a strong hold in the hair.
3. Where each section has been backcombed at the root, apply a small amount of hairspray so that the volume created by the backcombing in each layer remains.
4. Then, take a natural bristle hairbrush and brush all of the hair back into a ponytail, ensuring that you gather the hair around the layers which were backcombed, to create a ponytail with a good root lift and a bouffant style.
5. Once the hair is gathered into a ponytail, twist the hair around and hold against the head, tucking the ends of the hair underneath the twist itself.
6. Using strong kirby grips, secure the twist all the way around and apply medium strength hold hairspray to ensure the hairs do not fall.



**Extra Tip:** For a touch of fun and flirty, let down wisps of hair at the front of the crown.



## Tumbling Tresses Down Do

1. For this style, you will need a pair of medium sized curling irons.
2. First, blow dry freshly washed hair, in a smooth, downward motion.
3. Then, take small to medium sized sections of hair, depending on how thick the hair is and wrap each around the irons, starting at the roots.
4. After working through the whole head, run some light serum through the waves, to help mould the curls.



**Extra Tip:** Always ensure heat protectant is used to protect the hair from any heat damage.



# ANNE HATHAWAY



*“I hoped for stardom since  
my early teens!”*

She won the Oscar for Best Supporting Actress for her role in the musical *Les Misérables* in the year 2013. Now, Anne Hathaway is back on the screen playing a woman who shares a space adventure with Matthew McConaughey and Jessica Chastain. The film is called *Interstellar* and its director is none other but the creative genius, Christopher Nolan. She has huge eyes, and a big smile reminiscent of fellow actress Julia Roberts. But then, once that first impression dissipates, there is no doubt that the lovely Miss Hathaway doesn't resemble anyone, and shines with the looks and personality that are uniquely hers and only hers. While visiting Paris to promote her latest venture *Interstellar*, Anne Hathaway met First Avenue for an exclusive interview held at the Mandarin Oriental luxury hotel.





**You always look very stylish, are you fond of Parisian fashion and elegance?**

Yes, but without excess. In the sense that I choose my outfits from different designers, and sometimes create my own style by bringing together a top and a bottom that belong to two different brands. I mean, that I'm not dependent on trends. At least not one hundred percent. I claim my freedom of choice under any circumstance.

**In other words, you refuse to be a fashion victim?**

Oh yes, totally!

**You are a renowned ambassador for cosmetic brands. Does this mean you are a fan of beauty products?**

I'll answer the same thing as for fashion. Yes, but without falling into the trap of making a lifestyle out of it. Beauty products have become indispensable for us women today, yet it is necessary not to depend mainly on such products. And I'm very happy to have been chosen as ambassador to a brand of excellence in this field.

**I choose my outfits from different designers, and sometimes create my own style...**

**You started in movies with a Disney feature called The Princess Diaries, did you struggle hard to break the image of the good "Disney girl" later on?**

Yes, in fact I immediately knew what to do. And with the help of my agent, I did find a nice role in a movie called Havoc, which included nudity in it. Yet it wasn't exactly an erotic movie, but simply the opportunity to appear in an adult drama feature. And that was it. My good "Disney girl" image, as you express it so well, was broken forever. Moreover, Julie Andrews, my partner in The Princess Diaries had encountered the same problem in her youth, as the image of Mary Poppins and The Sound of Music stuck to her completely. She later appeared in a movie called S.O.B. in which she showed off her intimate assets, and therefore managed her conversion. I think she inspired me.

**You could have then fallen into another trap, the one that leads to X rated movies?**

I fell into it actually, because in the film that followed, Brokeback Mountain I was showing my breasts in a long love scene. But then, it was a masterpiece. And so was Love and Other Drugs in which I also appeared disrobed much later in my career. So, there's no question of refusing. But I promised myself to moderate my

**I promised myself to moderate my participation in daring scenes...**

participation in daring scenes in the future, and life has taken care of it for me. Since the next film that was proposed to me was nothing less than The Devil Wears Prada. And there I was, launched and free to choose my roles and my directors.

**Did you expect overnight stardom?**

I have been hoping for stardom since my early teens. But I did not really have time to worry about it, as I have been working at a breakneck pace. I simply lived my evolution in the business, more than I spent my time dreaming about this and that.

**And do you enjoy having turned into a star?**

Yes, as the benefits are enormous, such as the freedom of choice as I stated earlier, also the international recognition, and of course the money.





It has been a true,  
and pure pleasure  
to work under  
the direction of  
Christopher Nolan...

**What about the disadvantages?**  
I do not consider that aspect of things. I mean it does not really bother me to be recognized in the street or in restaurants, or to appear on the cover of some tabloids, as long as it does not go too far of course. I believe that the benefits are more valuable, so I deal with that.

**Tell us about your latest venture, Interstellar?**  
What to say except that it has been a true, and pure pleasure to work under the direction of Christopher Nolan, the man who made Inception and The Dark Knight, two of my favorite films of all times. And then to imagine myself in outer space, just like Sandra Bullock in Gravity, made me the happiest woman on earth! Also, being part of Interstellar gave me immense satisfaction as an actress.

**You always seem to choose your films and your parts with great intelligence. Is it deliberate or are these the offers that you normally get?**  
Actually, I am a very lucky person. In fact, I get offers for all kinds of movies but my instinct guides me towards those which will



I'm not  
dependent  
on trends

eventually become major works. I think I'm good at sniffing out good deals. And that is what I call luck.

**So what's next after the Disney period, the grown-up movie characters, comedies and now outer space?**  
I am by profession a chameleon. So expect surprises from me.

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# I Dubai

*The festive season is upon us and most of us by now are going bonkers making preparations for the two most treasured events of the year; Christmas and the New Year.... So, whether you are planning a perfect dinner, at a restaurant, or planning one at home, or maybe if you want to amp-up your look before the season, or perhaps you are looking for some unique gift ideas to fill up those stockings and more, don't feel lost and look no further for we have the best of what's hot and trending in Dubai....*



## THE GRUB

### *Christmas & New Year at Na3Na3*

Celebrate in a truly majestic Arabian ambience with cosmopolitan flavors at Na3Na3, at The Address Hotel, Dubai Mall. Relish the traditional turkey, served with all the trimmings for the ultimate Christmas brunch, and then usher in the New Year in grand style with a memorable evening in a spectacular ambience.



Christmas brunch: 25th December 2014, Time: 12:30pm to 4pm  
New Year eve dinner: 31st December 2014, Time: 7pm to 2am.

### *Celebrate Holidays, the Cipriani Style*

Cipriani Yas Island sets the scene for a timeless dining experience, complete with a special festive menu and warmth which extends far beyond the cuisine. Families dine easy this season with a tailored menu created just for children, inviting loved ones to gather together and feel at home at the Italian hotspot. With glass windows and wrap around terraces, Cipriani Yas Island overlooks the magnificent, docked yachts, making it the perfect place for guests to bid the year good bye.



### *RIVA Beach Club Holiday Cheers*



Enjoy a special Christmas at the picturesque Palm Jumeirah. RIVA Beach Club has put together a festive menu for Christmas Eve and Christmas Day; a four-course dinner from 6pm - 11:30pm on Christmas Eve with the specially-tailored menu featuring the traditional Christmas Turkey Roast, Mince Pie & Cream and more. Alternatively, spend Christmas Day with the family where the children will be entertained by Santa Claus and various other fun activities from 11am to 1pm, and the Christmas day lunch available from 12pm - 6pm.





## Habtoor Grand Festive Offerings



Habtoor Grand Beach Resort & Spa is once again embracing the festive season, with a Christmas Turkey takeaway, special promotions, live entertainment and a giant gingerbread house for kids (and adults) to admire. Fish Bazaar and Salamar Bar at the Habtoor Grand is set in the lush gardens of the hotel. For New Year's Eve, dine al fresco under the stars outside Al Basha and Luciano's by the pool with a delicious festive buffet, the event promises to greet the New Year in style with fireworks at midnight from Habtoor Grand's private beach.



## Clé Dubai

Clé Dubai, a homegrown destination restaurant featuring Chef Greg Malouf's award winning contemporary Middle Eastern cuisine, unwraps mouth-watering and sumptuous packages for the season of sharing: the Christmas Day Lunch and the Christmas Eve Dinner, which includes a 3 course set menu with a whole Turkey as main course. The New Year's Eve Package includes sit down Dinner with a set menu serviced on the terrace outside & inclusive of single entry for the New Year's party.



## Celebrate with Meydan Hotels

Add a touch of Meydan sparkle to your festive dinner, whether hosting an intimate family dinner or entertaining a guest list as long as your wish list, a tailor-made festive celebration awaits you at The Meydan Hotel. With dinner served from 7:00 -11:30pm on Christmas Eve, **Farriers** is the perfect choice for a spectacular family get together. **Prime** is offering a festive set menu of 4-courses with special gifts on Christmas Eve and 3-courses on Christmas day dinner.



## Festive Cheer at Emirates Golf Club & Dubai Creek Golf & Yacht Club

Perfect for families, **M's** restaurant at Emirates Golf Club will be hosting a child-friendly brunch with an extensive buffet of seasonal delicacies, while the French restaurant, **Le Classique** will be serving a special festive gourmet four-course menu. The Dubai Creek Golf & Yacht Club venues - **Legends** and **LakeView** - will both be holding special brunch packages full of all your favorite Christmas treats including hand-carved turkey, Christmas pudding and mince pies. Welcome the New Year at **M's** with an enchanting Disney themed international fusion buffet. Tie on a mask and join a captivating Masquerade Ball at Emirates Golf Club's **Le Classique** to toast to the New Year. Dubai's ultimate Creekside venue, **QD's**, will turn into the Caribbean to welcome 2015 with a spectacular view of the fireworks display from the World's tallest building!



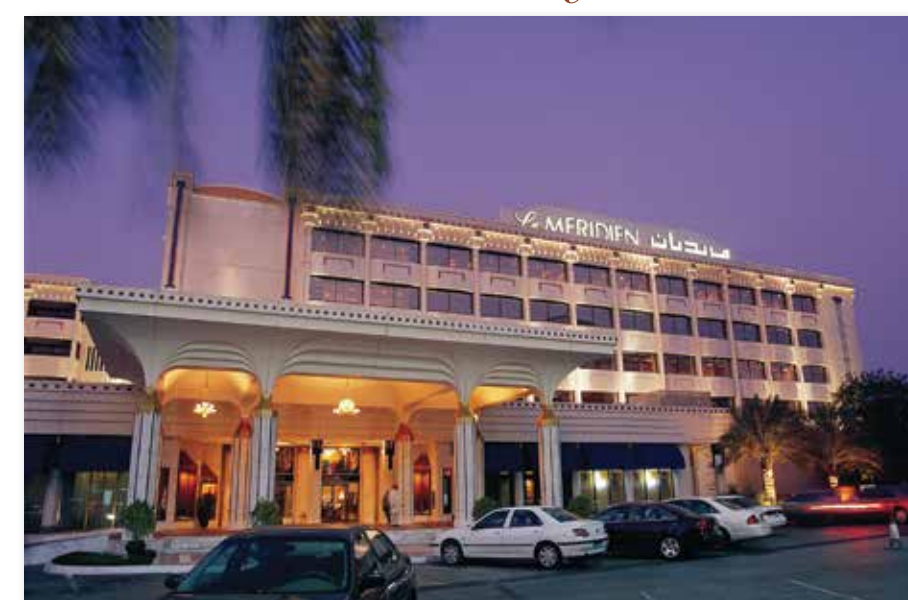
## Christmas with Pantry Café



With the festive season fast approaching, Pantry Café is thrilled to welcome guests to embrace the Christmas season and revel in festive good spirits. Introducing a scrumptious and delectable menu created with a sprinkle of Christmas cheer, Pantry Café menu features the taste and flavors of the seasonal specialties of Christmas including, Forest Mushroom and Chestnut Soup, Roast Turkey Burger with Cranberry & Jalapeño Chutney, Panettone Bread & Butter Pudding.



## Festive Season in Mykonos at LeMeridien



Experience a world of Christmas magic and enjoy the madness of New Year's Eve at Le Méridien Abu Dhabi! On Christmas Eve, enjoy a family style Greek dinner - a 3 course set menu with selections of starters, main dishes and desserts. Savor the flavors of a Christmas Eve gala buffet at **The Latest Recipe** - the brand new all day signature dining restaurant. Feel the true magic of Christmas at Santa's Enchanted Village! Christmas Day will bring you a spectacular brunch spread all across the village. Celebrate New Year's Eve with One Night in Mykonos themed party! Our glamorous resident DJ "Bambina", DJ "Plasma" straight from Mykonos Greece, the "Acropolis Greek" live bouzouki band along with renowned guitarist "Daniel Batchelor" will perform all night long to rock Abu Dhabi, the Mykonos style! It's all about Blue & White that night!



## The Ajman Palace Hotel

Tuck into a sumptuous lunch buffet at Encore Bistro at The Ajman Palace Hotel offering a variety of international dishes from around the world. You will be spoilt for choice with a lavish spread of festive fare. Step into 2015 with the biggest New Year bash. Kick off the party with an extravagant buffet including live cooking stations and wide selection of irresistible international favourites as well as an impressive spread of seafood. Entertaining you throughout the spectacular evening will be a five piece band & a DJ.



## The St. Regis Saadiyat Island Resort

Enjoy the Christmas Eve and Christmas Day at the St. Regis Saadiyat Island Resort, Abu Dhabi. The all-day dining venue, Oléa, will feature a festive twist on The St. Regis Brunch, while a truly exclusive experience awaits at the signature restaurant 55&5th. The Grill, which will be offering a delectable

festive menu with a pianist to entertain diners. For an unforgettable New Year's Eve the Gala Dinner in The Regal Ballroom will create memorable moments in a grand setting, with an international buffet, bringing in the New Year with fireworks on the sea view terrace.



## Bā Restaurant & Lounge

Bā Restaurant & Lounge brings a fresh and unique interpretation of Christmas Eve on Wednesday 24 December. Guests are welcomed with a stunning festive décor, lively settings, and special signature cocktails. An Asian set menu features many of Bā's classic favorites as well as delicious new dishes. Guests will be spoilt for choice with a range of Christmas inspired dishes created especially for the occasion by Chef Lau, such as succulent Turkey Spring Rolls and Braised Pumpkin Soup with Seafood.



## PLACES

### YHI Spa at Meliá Dubai



YHI Spa at Meliá Dubai has created a range of golden rituals for the festive season specifically designed to revitalize your skin, including Gold and Diamond Facial; that combines the special powers of these precious materials and Golden Hammam & Golden Glow. YHI Spa offers are valid until 31st December.



### Party Prep with Anantara Spa Eastern Mangroves



Let Eastern Mangroves Hotel & Spa by Anantara be your one stop shop to get party ready this festive season, as Anantara Spa teams up with The Beauty Spot to ensure

you're party perfect from head to toe, for every occasion throughout the party season. The Party Perfect Package includes, full body exfoliations and a customized Nano

facial at Anantara Spa followed by the Vita Liberata Organic Spray Tan at The Beauty Spot.

### Beauty Treatments at Beverly Hills Aesthetic & Medical Centre

Looking at skincare regimes and advice for the cooler weather and festive season, the Beverly Hills Aesthetic & Medical Centre has a range of completely non-invasive procedures for both men and women, including HydraFacial® for reinvigorating skin, the milk peel for a radiant glow, firm skin & anti-ageing treatments and the LimeLight Facial for pigmentation.





# GIFTING

## Cities - The Gift Haven



Carefully selected treasures from different cities of the World. Cities; the renowned design and home accessories boutique is the perfect haven for festive season's gift shopping. With every piece



within the Cities' collection carefully handpicked from an array of the most select options and sourced from different corners of the globe, your loved ones will be taken on a trip around the world when



they receive their Cities gift. The unique boutique houses creative lifestyle, art, and modern design products all under one roof, with an exquisite collection of seasonal gifts.

## NA3NA3

### Christmas Hampers

Treat someone special this festive season with a classy hamper lavishly filled to delight the most discerning gourmand. Choose from a range of gourmet delicacies from NA3NA3, such as home-made cookies, Christmas goodies & Gold Sparkling Juice, available until 31st of December 2014.



## For the Seasoned Traveler

ARMAGGAN's Leather Collection of hand-made products ranging from personal travel accessories to truly distinctive pieces for the home, are perfect as holiday gifts. Unlike mass-produced leather, all ARMAGGAN leather items are made from individually selected hides that are vegetable tanned using locally harvested natural oak, mimosa and sumac bark, making it a gift that is made to last a lifetime and treasured forever.



## Special Edition Gift Sets

### from Herblin Essentials



UAE's homegrown natural beauty brand Herblin Essentials, all-natural Ayurvedic skin and hair care brand offers four special edition Festive Gift Sets - Sun Care, Dry/Normal Skin, Oily/Normal Skin and Anti-Aging. Each set includes products made from 100% natural ingredients and Himalayan spring water, plus a special gift in festive packaging, perfect for giving and receiving.

# EVENTS

## Souk Festive Market

2014,

Wednesday, 17th - Saturday, 27th December 2014



It's that time of the year again when the red, white and green colors along with the appropriate food and drinks come out and Madinat Jumeirah celebrates this occasion with a festive market. Come and find what you're looking for to make the most of this winter season. Enjoy skating on an ice rink, festive food and drinks such as roasted chestnuts and gingerbread men and be prepared for a special visit from Santa and even a reindeer rodeo.

## Alice in Wonderland Live in Dubai

Friday, 19th - Tuesday, 30th December 2014



Alice in Wonderland is one of the world's most popular tales, a fantastic story by the famous children's writer Lewis Carroll. While the story is for kids, adults can learn a thing or two from the crazy twisted world Alice accidentally falls into. This wondrous tale comes to life on stage at the Madinat Theatre, this Christmas season. Check out the website for more details.

## Dubai Shopping Festival

2015,

Thursday, 1st January - Sunday, 1st February 2015



Celebrating its 20th anniversary in 2015, the Dubai Shopping Festival (DSF) is the largest shopping and entertainment extravaganza in the Middle East. Drawing visitors from across the globe, DSF kicks off Dubai's calendar of events each year with a wide variety of events, activities and promotions. From international concerts, musicals and shows, to sports, outdoor activities and fashion events, Dubai Shopping Festival caters to every age segment.

## New Year Dubai

2015

Wednesday, 31st December 2014



New Year Dubai is not to be missed. With festivities taking place across the entire city, there's something for everyone in this city-wide celebration of fireworks and music. In 2014 Dubai city resonated to the sounds of shooting, twirling, spattering fireworks in spectacular style, setting a new world record for the largest ever fireworks display, marking the end of a memorable year that saw Dubai named the host city for World Expo 2020. Firework displays take place at a number of iconic Dubai landmarks including the Burj Khalifa, Burj Al Arab and The Palm Jumeirah.



# HAIR LOSS

*causes, prevention and treatments...*

Anisa Vrabac; the Head of Hair Transplant Department at Dubai Cosmetic Surgery, tells us about the root cause of hair loss, to help us determine how to prevent and treat this major cosmetic problem.



Losing a strand of hair, here and there is completely normal. But when you start losing your strands en masse, you should start considering hair restoration, by finding out the reason behind your thinning hair. On a daily basis, you lose up to 100 strands due to brushing, showering etc. which is completely ok, considering you have more than 100k strands of hair on your head. But when you start losing more hair, to the point where you notice that your entire

mane is becoming thinner and thinner day by day, or that your hairline is receding, in addition to developing a bald patch on your crown, then the worry starts to settle in. Hair loss is a problem faced by many people. Statistics show that about 50 percent of women and 40 percent of men suffer different kinds of hair loss at different stages in their lives, which starts in the late teens to their 80s. The percentage of course increases with age. Although there are a lot of ways to restore thinning

hair which includes hair transplant using the latest treatments and technologies like Stem Cell FUE Hair Transplantation (available at Dubai Cosmetic Surgery), most people do not really understand the root causes of their hair loss. Either that or they are misinformed about what is causing their hair to fall. And for one to effectively combat hair loss, one must know the root cause. Here are the top reasons why you might be losing your hair according to Anisa Vrabac.

## Genetics:

I have met several of our clients who are convinced that the weather and water in Dubai is causing them to lose their hair. But when I ask them if they have relatives back home who have bald heads or receding hairlines, the answer is always yes. So, in reality, the UAE weather and water is not doing anything to your hair, the root cause is genetics. And it is ok to blame your dad or grandpa for the male pattern baldness you are facing, because you can always go through a hair transplant and get a full head of hair in no time.

## Hormones:

The development of certain hormones in the human body can signal the onset of baldness. This can happen as early as, in your early 20s. The hormone dihydrotestosterone (DHT) is the biggest culprit when it comes to androgenetic alopecia. DHT basically causes hair follicles to die leading to baldness or a receding hairline.

## Stress:

Severe stress, whether physical or psychological can easily lead to excessive shedding of hair. This happens when your body goes into shock, and as a result produces various hormones and metabolites, which lead to loss of hair.

Hair loss is a problem faced by many people. Statistics show that about 50 per cent of women and 40 per cent of men suffer different kinds of hair loss at different stages in their lives, which starts in the late teens to their 80s.



## Traction alopecia:

Although this is more common among women, men also face it. It happens when you pull your hair too tight, e.g. by braiding or holding it in a ponytail. I have seen boys and men who have their hair in cornrows that are too tight, without realizing the damage they are doing to their hairline. To prevent this type of hair loss, it may be a good idea to keep the hair a bit loose.

## Medication:

Other than chemotherapy drugs, there are other medications that can easily lead to excessive shedding of hair. These include migraine medications like beta-blockers, anti-thyroid drugs and some epilepsy medications; though not all.

## Age:

Although hair loss can begin from as early as 20 years of age, there are people who can have a full head of hair well into their 50s, then start losing it as they approach their 70s. This can also occur to those who are not genetically predisposed to hair loss. This happens because as we age, some hair begin to shrink, and eventually fall off, leading to thinning...

Severe stress, whether physical or psychological can easily lead to excessive shedding of hair.



# THE FESTIVE FIT!

*Cheating the bulge, with tricks to make the most of celebrations & commitments without the calorie load...*

"Indulgence in Moderation is key to enjoying the festive season without weight gain..."

**T**here's only one way to avoid starting the New Year in a panic about losing holiday flab – and that's not to put it on in the first place. With the holiday season around the corner, bringing with it mountains of buffets, extensive meals with extended family and friends, crowded calendars and comfort food, trying to maintain both a healthy diet and a healthy frame of mind, simultaneously can be a bridge too wide for many of us.



The answer, according to Right Bite dietician **Maria Abi Hanna**, is to indulge in moderation. The nutrition and catering company, which operates from Abu Dhabi and Dubai, understands the potential pitfalls of the season for all their clientele, whether young or old, single or with families – and they put together a list of tricks and cheats to help navigate the season with a smile and no extra pounds.

"With all the festivities, December can be a difficult month for those of us trying to eat well and maintain a healthy weight. But instead of being obsessive and stressed about what not to eat or worrying about having to start a new diet in January, there is a simpler and happier path," Abi Hanna said.

"Don't deprive yourself or try to be 'perfect' as this will only lead to overeating. Instead, just use a handful of tips that will help maintain weight and still allow for fun."



with low-fat cheese every two to three hours.

Try to avoid getting extra hungry, as that leads to overindulgence when you do finally eat; if that is impossible, when you do sit down to eat, start with water or vegetables – or both – to help you fill up before reaching for everything else.

Balancing meals across the day is another important strategy; for instance, if you know

many of us to distraction, make the most of it by staying active. When you're doing your holiday shopping, park on the far side of the mall and walk to where you need to go. Take stairs instead of escalators and elevators; lend a hand with the housework; make the most of the better weather.

Some of the tips hold true for any time of the year. When you eat, particularly with friends and family, pace yourself. Put your fork down between bites, participate in the conversation, and chew well. Give your stomach the 20 minutes it needs to tell your brain that you're full.

If you're eating at a restaurant buffet – and especially the notorious Friday brunch – practice easy portion control by using appetizer or salad plates instead of dinner plates for your meals. You can load up your plate if you are selective about what you put on it: steer clear of creamy sauces and gravies, and opt for the grilled, roasted and steamed options. More often than not, these days most hotels and restaurants provide bite-size desserts instead of full-size: take your cue from those.

Don't drink your calories – whether in the form of juices, sodas, teas and coffees or alcoholic beverages. Water is the ultimate choice.

Finally, Abi Hanna says, there are two things we should all remember, particularly at this time of year and in a part of the world where there is so much emphasis on hospitality, etiquette and togetherness. First, remember that whether you are a host or a guest, the emphasis should be on family, friends and fun, and not on the food; and second, we all need to learn how to say and accept "no" politely.

"Our tips should help everyone stay lean and happy throughout the holidays, which is just one more reason for celebration in the new year," said Abi Hanna. "Instead of worrying about shedding the extra kilos from the past, you'll be able to look ahead to the future."



Right Bite's **Tips to Avoid Weight Gain for the 2014 holiday season** include: not skipping meals, especially focusing on having a healthy breakfast to get the metabolism going; eating frequently, but healthy snacks like raw almonds or whole-grain crackers

your evening meal is going to be unhealthy, even the scales, by eating a healthy breakfast and lunch principally composed of water, fruits and veggies, lean protein and healthy fats. And even though the holiday season drives





# DAY Desserts!!!

The letter 'D' quite ubiquitously stands for all things delicious! D is for decadent, delectable, divine and irresistibly delicious desserts... With the upcoming festive season, our expectations to dig into our festive favorite treats are also getting higher... Be it an old fashioned apple pie, eggnog, traditional pumpkin pie, croquembouche, candy cane, yule log, baked Alaska, chocolate and the list goes on, the season is nothing short of festive sweetness... All this not only adds pounds and kilo's to our weight, but in addition to continuous anxiety over shape changing

weight gain, it also puts us at the risk of triggering our diabetic tendency... However, having said that, the right decision is not to deprive yourself of the joys of those delectable desserts, but keeping their consumption moderate is the perfect modus-operandi... We talked to diabetes specialists, **Dr. Khalid Alghofaili**, (Specialist - Internal Medicine/Endocrinology, Diabetes and Metabolism) and **Dr. Ahmed El Khashab**, (MD, FRCS (Glsg) Ophthalmology Consultant) who advised us about diabetes and ways to prevent it from happening, and also enlightened us with ways to enjoy the festive season without losing control.



DR. Khalid Alghofaili

## Predisposition to diabetes

When asked about who diabetes affects the most? Dr. Khalid replied, "A predisposition to diabetes is largely genetic, if those with genetic predisposition follow an unhealthy diet, and sedentary lifestyle, then they run a high risk of developing diabetes." With the disease nearly affecting half of the population in the Gulf region, its effects are rooted deep into the kind of lifestyle we adopt. According to Dr. Ahmad, in the gulf region alone both genetics and lifestyle is what plays a major role in having the disease. Furthermore, lack of exercise and consumption of junk foods, also lead to diabetes. We asked the doctors, how much is the GCC society, Dubai in particular, affected by diabetes, and what is the root cause behind it. According to Dr. Khalid, 20 to 25 % of the GCC population has diabetes, and a similar percentage is at risk for diabetes. This is due to strong genetic predisposition, combined with unhealthy lifestyle". 20-25 % of the GCC population is known to have diabetes both type 1 and 2, out of which 10 to 15 % remain undetected, until complications surface.

## Lifestyle change

Can lifestyle change play a significant role in helping to evade this disease? Dr. Khalid commented that "Lifestyle modification, including healthy diet, and physical activity can reduce the risk of developing diabetes, for example simply walking for 30 minutes per day, can reduce the risk of developing diabetes by 50%." Dr. Ahmad suggested by saying "Back to the basics! is what I always ask my patients to do. Exercise regularly, control their food intake with small frequent meals and avoid junk food."

**"A predisposition to diabetes is largely genetic, if those with genetic predisposition follow an unhealthy diet, and sedentary lifestyle, then they run a high risk of developing diabetes."**

## Three rules for waistline friendly festive indulgences

### Devise fresh & unique recipes for old favorites

The old yet adored technique for preparing the favorite baked treats that one usually enjoys during the holidays, can be altered or try a completely new recipe that reduces calorie content and sugar for one's favorite delicacy or luxurious tidbits. So, you can indulge your taste buds and appreciate the flavors without the anxious counting of calories.

### Conscientiously track fluid calories

Vigilantly keeping track of calories consumed in the form of food is only one aspect, a substantial source of caloric load are the alcoholic beverages and spirits. Consuming such fluid calories without food is not the best choice for your health either because body needs substantial amounts of food to absorb alcohol. Again, the best modus operandi to maintain the waistline will be to drink low calorie versions of the drinks you traditionally enjoy during the Christmas festivities, like the 'eggnog'.

### Prep for a party by staving off your hunger

A number of parties during the holidays take place quite late. A late night party's promise of food is most likely to materialize late, so eat a small snack a few hours before the event. Choose a low-calorie healthy drink like a smoothie or an oatmeal bar to ensure that you don't reach the ultimate limit of hunger and become famished, which will drive you to the point of desperation by the time food is served, where one starts binging on unhealthy foods.

### Ward off diabetes

In order to ward off diabetes the one piece of information that is essential for both diabetic patients and any normal healthy individual is that once a patient is diagnosed with diabetes, there is no need for panic, as healthy lifestyle changes may be all that is needed to tackle the problem, often without the need for any further treatment. Healthy individuals need to be checked once annually to diagnose diabetes, and healthy lifestyle will substantially reduce their risk of developing diabetes, according to Dr. Khalid. Unfortunately, it is a worldwide

**"A reasonable and balanced lifestyle is important. Since it also happens to be the time of year with excellent weather for outdoor activities, there remains no excuse not to be active."**

epidemic that is rising through Asia, Africa, and Latin America. The World Health Organization estimates the death rate due to diabetes to double by 2030.

### Balanced lifestyle

According to our specialist a balanced lifestyle is irrefutably essential for a healthy life and according to Dr. Khalid, "Balanced lifestyle is one that is realistic, and sustainable." He refined this further, saying, "There is no point of going on extreme diets with short term success that cannot be sustained. So, reasonable, realistic, and sustained dietary change is the key to a healthy lifestyle."

### Cultural & ethnic influences

Some people believe that cultural and ethnic practices make diabetes more prevalent in one culture as opposed to another and that is why it is fast becoming a global challenge faced by just about every nation in the world. According to Dr. Khalid "Certain races (Asian, African, and Latin American) are more genetically prone to diabetes. In recent years, increasing affluence through these regions, changing dietary habits, and a more sedentary lifestyle, led to expression of the risk into diabetes."

### Festive indulgences

During the festive season people tend to overindulge; so it becomes completely impossible to stay fit, or even keep track of what we intake as food. Dr. Khalid gave us one of the best advices, perfect for the UAE residents. "A reasonable and balanced lifestyle is important. Since it also happens to be the time of year with excellent weather for outdoor activities, there remains no excuse not to be active." The key is to know your limits, but without feeling a sense of deprivation.







# *The Winter Hot Spots & the* **CHRISTMAS** **SPIRIT**

**F**estivities for the fast approaching Christmas celebrations are about to go into full swing. The traditional winter season reveals that warm the hearts and minds of people with their mood, diversions, parties, gifts and cherishing of the religious and the individual ties, that culminate with the razzle dazzle and hope of new possibilities for the New Year; the Christmas and New Year holidays which provide us with yet another opportunity to explore the world from a fresh perspective, are here. Nothing says celebration more than a carnival atmosphere on the streets. An opportunity to enjoy, take pleasure in experiences, new or old with the same old elements but with a new fervour, dressing up, dancing, eating and drinking with family and friends, sharing in the spirit that animates a festive occasion and with the knowledge that this is an experience of shared warmth, cordiality and benevolence.

To extend the essence of such a festive occasion what better place than the Christmas markets around the world, which allow one to explore the world's unique customs and traditions that liven up the revelry. Then, onto the popular destinations of the season.

## **Vienna, Austria**

Austria is a country that blends charming landscape with a zest for life and immersion in a flourishing culture. One can get close to nature and explore the richness of traditions, the history and fine architectural landmarks that dot the landscape, explore the Danube valley, Vienna or Salzburg -the birthplace of Mozart. Endless diversity of experiences in the city or in the Alps, provide a variety of perspectives to appreciate the land associated with so many artistic achievements.

The grandeur of its heritage and the splendor of its contemporary incarnation, is perfectly reflected in its capital, Vienna. Vienna is a

city marked by its architectural tour de force, the gothic buildings, the Hofburg palace, the Museums Quartier, Museum of Modern Art and the Riesenrad, a more modern symbol of the city. Culturally a rich space, Vienna comes alive with the Christmas celebrations on the sixth of December, beginning with the advent of Santa Clause and a demon Krampuslauf.

Christmas in Austria begins with the Perchten runs of the Krampuslauf who punishes the naughty children before the good ones can be rewarded with candy by Father Christmas, Santa Clause, and with one of the oldest Christmas markets. Scenically framed against the gothic towers of the iconic Rathaus City Hall and celebrated since the 13th Century, is one of the oldest Christmas markets in Vienna. The market fills the Rathausplatz, the gardens of the square with the sounds of a celebration associated with the Christmas spirit - at once lively, lit up and warmed

by the aroma of gingerbread, roasted chestnuts, candied fruit and stalls filled with delicacies and traditional treats enjoyed over Christmas by Austrians. On Christmas Eve, the children receive their presents and a tree decorated by Christkindl, along with the traditional Christmas Eve celebrations and the Christmas dinner with a baked carp. In addition, throughout the carnival season there are hundreds of balls all across Austria. To fully enjoy the pleasure of Christmas, dress up in a floor length ball gown and dance the night away till New Year's Eve, particularly at the Le Grande Bal, held at the Imperial Palace (Hofburg).

## **Berlin, Germany**

Germany's contrast of half-timbered medieval towns and hip cosmopolitan cities seamlessly blend the modern with tradition. Baroque palaces in the countryside or historic museums and sites like the Brandenburg Gate in Berlin offer visitors the chance to explore the Bavarian heritage. Peppered with cutting-edge design, museums, art galleries of contemporary art, Berlin has become a prominent destination with cultural highlights, architectural and structural design, entertainment hotspots and night time revels, the concerts, ballet, winter shows and the open air film marathon. The temperature plunges below minus and the lakes freeze over, the ground is covered with snow and so are the trees of the Grunewald forest in Berlin and the winter revels begin with the Christmas markets, Christmas celebrations and culminate with the countdown to New Year at the Brandenburg gate.

The 'Christkindlmarket', true to the European tradition, are one of the most festive whether you try the Marientplatz market or the Tollywood Winter festival of



Munich or enjoy the flavors of lebkuchen (ginger bread), Christmas bread or marzipan potatoes in Berlin's Christmas market annually celebrated in the grounds of Charlottesburg Castle or choose from the eighty and more Christmas markets offering traditional crafts, sustainable products and winter sports fun paraphernalia at the Nostalgic Christmas Market, Alexanderplatz Christmas Market, WeihnachtsZauber and Winterdream at Alexa-The Big Berlin Christmas Market, to name a few.

## **Brussels, Belgium**

Belgium captures one's attention because for a state of small proportions, it has a number of attractions to tempt the traveler. Quaint cobblestone squares lined

with stunning architectural gems of the Romanesque, gothic, baroque styles and more recently, art nouveau. Dubbed the essence of Europe, the multicultural and multilingual country pulses with energy and infused with a spirit and energy of invigorating abandon and the mood to live life to its fullest. In Brussels, explore the world of automobiles at the Autoworld Brussels, art at the Magritte Museum, the royal museum of fine art and for the comic strip buffs, the museum of comic strips just to begin with. There are a number of history museums, art museums and even for trams, puppets and figurines. Then, who can forget the uniquely surreal Atomium and the brazen but iconic Mannekin pis.





One of the most original Christmas markets, Brussels annual 'Winter Wonders Christmas market features stalls spread out over two kilometers. To get a bird's eye view, climb onto the giant Ferris wheel. The activities are various, one can go ice skating, sledding or sit back and enjoy the lightshows while tucking into local specialties, Belgian waffles, croustillons and who can forget, the Belgian chocolates. A perfect treat, gaze at the fireworks while the chocolates just melt in your mouth.

**Explore the extreme**

On the other hand, to enjoy the most spectacular exhibition of lights, why not head out to the Arctic Circle for the most stunning light show presentation by nature, visible for only two hundred nights in winter's perpetual twilight of the Arctic Circle. The icy landscapes of the northern hemisphere, soft atmospheric cerulean blue and sheer white found in the melting Arctic Circle provide the perfect setting to imitate nature and lie back, get warm and go into hibernation to restore balance, to preserve elements that need the winter's touch to blossom and begin anew.

**The Laplands, Finland**

Part of the Arctic Circle, Finland is a country with large open spaces, at once majestic and grand. A summer's day that continues uninterrupted till winter with crystal clear lakes winding through forests perpetually lit by the summer sun. Then a winter's night that lasts until summer, in the northernmost Lapland but where the northern lights light up the sky. Bordering the hustle bustle of cities, is the peace and quiet of the Lapland



wilderness, where every living thing, the rocks, trees, flowers, the foxes and the reindeer are infused with soul, knowledge and wisdom, according to the beliefs of the Sami; the only indigenous people of the European union. The Laplands of perpetual snow are lit up during the winter season by the northern lights; a good way to spot

them is to go snowshoeing, cross-country skiing, snowmobile or dog sledding or from the comfort of one of the glass igloos, in the igloo village, while enjoying the flavors of a traditional Christmas meal eating piparkakku (gingerbread cookies) or kalakukko (fish pie), beetroot salad or Porkkanalaatikko (carrot casserole)traditionally eaten on Christmas.



Rovaniemi, at the meeting point of the Ounas and Kemi rivers is perhaps the most ideal place to begin the Christmas season. Almost on the arctic circle, Rovaniemi is the cultural hub of the Lapland region, at once urban and refined. It is more significantly, the hometown or rather the office of Santa Clause. So grab a reindeer with a sled and head on down to the Santa Clause Village in the Arctic Circle, complete with elves and other fairytale creatures working busily in the Santa Clause workshop beneath the Arctic Circle in a network of caves. Play the angry birds game for real, visit the toy factory on a sleigh, watch the young 150 years old graduates of the school of elves or meet the wise 300 year old Joulouka elves.

**Jukkasarvi, Sweden**

One hears of Ikea furniture, a Volvo S80 sedan or XC90 SUV and perhaps an ABBA beat but rarely about the hotspots! The moment one thinks about Sweden, images of snow-capped peaks and valleys under a blanket of snow and a cultural scene typified by a liberal consciousness, come to mind. Enveloped in white with shades of color peeping through the arctic scene, the crystal clear green, azure or perhaps the blueness of lakes and rivers encapsulated in ice, like cool emeralds, vivid blue sapphires encased in crystals, pulsing beneath the icy crust. The green conifer spindles preserved in clear icy casings laden with piles of snow, like icing on a cake. Capitalizing on their abundant resource, the ice, the Swedes carved out Torne River and built the Ice Hotel in Jukkasarvi. Recreated each year, the ice sculptures, the rooms and the furniture by international artists from around the world is designed to be a unique experience. This year's themes for

artist suites range from fairy forest to chess board, white lullaby, Spring, Renaissance and Rococo, to name a few. Each morning the guests after their winter sleep in thermal blankets are revived with a sauna and a hot lingonberry juice, native to the boreal forest and arctic tundra. Christmas lights, trees and Christmas carols add a whole new ambience, under the light of the aurora borealis, while munching on reindeer meat and other traditional julbord dishes and maybe Pepparkakor(gingerbread). Then, book a trip on Virgin Galactic for a trip to

outer space, as the Ice Hotel is one of their accredited agents.

**and...**

Looking at these surreal images of nature warmed by the winter sun, one can truly appreciate the solar heat, which we, in the UAE, regularly endure. As soon as one imagines the icy coolness, the impulse is to reach out for a warm fabric or drink. Then, finally we come to Dubai, UAE, check out the things to do and experience available during the coming season, in I ❤️ Dubai.





# TOP INTERIOR design trends...

Constant innovation and ever-changing personal preferences make interior design one of the fastest-changing industries. Understanding these issues is an integral part of the design process - designers must ensure they respond to the social context of a project while also supplying creative solutions that address the occupant's

needs and aspirations. Decofair is Saudi Arabia's leading international design show with participants from leading international design brands. The interior design specialists at this year's exhibition suggested 9 major trends that will influence interior design in the Middle East. Here's a list of those trends...

## 1. DIGITISATION

By changing the way that we communicate and connect, digital technology has not only simplified our lives, but has also provided designers and architects with more tools to create individual and customised spaces and bring more comfort into our everyday lives. The seamless integration of technology both at home and in the workplace can be seen in every room from an office to kitchens, bedrooms and bathrooms. Electronically-controlled fittings are becoming increasingly common for lighting and airflow, with complex systems often being combined and operated via universal touch screen panels in central locations.



## 2. SUSTAINABILITY

Twenty years ago the term sustainability was little-known, and personal preference for certain materials created a demand in the mass market, which had considerable impact on the environment. Nowadays, as the issue of sustainability has come to the forefront of society, the design industry has experienced increased pressure to implement environmentally-responsible

practices. Modern designers and clients are equipped with an increased awareness and understanding of materials, and are much more likely to 'go green' and use materials based on sustainability and recyclability. Additionally, architects and designers are more focused on maximising the use of natural light, which not only reduces energy consumption, but also contributes to the health and wellbeing of the occupants.



## 3. CONVERSION OF SPACES

For some, increased real estate value has forced the need to maximise available space. For others, it's about wishing to decorate blank spaces. Whatever the reason, a trend has emerged where designers repeatedly manipulate light and design to convert previously unused spaces into spaces of complete functionality. The most common practices have included turning an alcove or recess into a small study, and the space under one's staircase into a library or gallery. Hallways are increasingly being used as transitional areas in a home or office, with lighting and design playing a big part in changing the energy of a house or office.





#### 4. FENG SHUI

The ancient art of spatial arrangement and its effect on the flow of energy, has been an ongoing trend for a number of years, but it has gained more traction in recent times. People are expressing greater interest in harmonising their living spaces, resulting in clutter-free, clean spaces with good quality air and light. Real Estate brokers and developers are also engaging Feng Shui consultants from the first stage of construction to ensure the property appeals to a wider range of buyers.



#### 5. RESIDENTIAL ENTERTAINMENT AREAS

Heightened interpersonal entertainment is increasingly affecting residential design, with as much emphasis being placed on creating intricate, well-designed outdoor areas along with indoor spaces. Cabanas, hammocks and daybeds alongside swimming pools, comfortable outdoor settings, retractable shade covers, built-in barbeques, sunken fire pits and seated areas, and French-style glass doors that open to seamlessly connect the inside and outside, create perfect entertainment areas that demand to be experienced and enjoyed.



#### 6. THE KITCHEN AS THE 'HUB' OF THE HOUSE

The kitchen is home to a hive of activity, and designers are acknowledging this as one of the most important rooms of the house. The creation of larger, open-plan spaces more conducive to congregating has become very popular. As people are becoming more aware of the importance of a healthy lifestyle and are beginning to cook more at home, there has also been a push towards kitchens with professional fit-outs and an increasing number of areas for growing herbs and vegetables for home use.



#### 7. THE BATHROOM AS A PERSONAL, REGENERATIVE SPACE

The bathroom has recently emerged as an increasingly important living space for personal regeneration and privacy. People are beginning to place greater emphasis on its design, with a shift towards creating a sensory bathroom experience where body, mind and soul can relax and recharge with the aid of nature-inspired fittings, lights and features. For those without budgetary constraints, bathroom design can go as far as to recreate the ultimate spa experience at home with water fixtures, luxurious furniture and materials, dimmed lighting and fragrances.



#### 8. THE BEDROOM AS A PLACE FOR CALM AND RELAXATION

Long regarded as a sanctuary for calm and relaxation, bedroom design has been influenced in recent years by an increased understanding of the importance of sleep and its impact on one's personal health. Whilst color schemes are a matter of personal preference, neutral and soft charcoal colors are featuring heavily due to their calming effect. There has also been a movement towards integrating natural elements and rustic materials into bedroom surroundings such as wooden floorboards and features, as well as brick and aged stone walls that help to create a cozy, warm ambiance.



#### 9. ARABESQUE

Proud of their heritage and enthusiastic about sharing it with the world, architects and designers in the Middle East are embracing traditional design, especially in the hospitality industry, as the region experiences high growth in tourist and expatriate numbers. Largely aware that people who visit the region enjoy immersing themselves in the local culture, many designers are encouraged to fuse traditional Arabic style with modern influences through the use of mosaics, intricately-carved furniture, Arabic calligraphy, rich upholstery and curtains, hanging lamps, Arabic trimmed doors and windows, and the recreation of the Majlis. This contemporary re-interpretation is giving rise to a new and distinctive Arabian style.







## Interview with Daniel Lewis - Senior Corporate Chef, RMAL Hospitality and Wheeler's of St James's

The fine world of haute cuisine delicately peppers the vivid gastronomic universe; a place that defines the laws of flavors and satisfies even the most restive palates. A culinary haven warmed by seamless fusion of aromas and spiced with just the right amount of zing. Ensuring such a seamless experience requires a skilled team creating such delights and an ingenuous culinary expert at the helm. Daniel Lewis is just such a chef – currently Senior Corporate Chef, RMAL Hospitality and Wheeler's of St James's, DIFC, who can frankly be called a food veteran, with experience of more than three decades in the industry, having spent his youth learning the ropes of the catering industry with his grandfather in Kent, who advised him to enroll in a catering college. His passion for food and his creativity soon led to an auspicious beginning in the food and beverage industry working with England's first Michelin star chef Richard Sheppard at the legendary Langan's Brasserie. The

promising start soon crystallized, bolstered by training under Richard Corrigan, Anton Mosimann, then Marco Pierre White and finally, Stephen Bull at his Michelin-starred eponymous eatery. First Avenue spoke to Daniel Lewis about his inspirations, his unique experiences and recommendations for Christmas....

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

I am happily married to Yvonne who hails from Arnhem in the Netherlands we have 3 children. I am from a large Anglo-Irish family, growing up in the London borough of Wandsworth and then my later years in the county of Essex. I love nothing better than socializing with family & friends. When I want to relax especially at home in Spain I go fishing or wild mushroom harvesting or foraging for herbs, berries or other edible items with the family and our dogs. I used to spend most of my holidays at The Royal Albion Hotel in the seaside town

of Broadstairs, Kent. It was owned by my grandfather and his brother in Law. I would say that this was where I started my lifelong love of food and in fact with the whole hospitality business.

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

The first item that I remember cooking was a recipe by the great Jane Grigson for herb jellies as my parents had always had them to accompany meats, fish, vegetables and cold cuts, so I thought it would be great to pick all the herbs in my father's allotment before the winter set in and preserve them all in different combinations. I did not understand why it was called a "jelly" as you do not use gelatin to set your creations? I prepared an apple and mint, also a thyme and lemon combination, but I did not read the instructions correctly, at the time maybe I was 8 or 9 years old? As it had instructed to pour the mixture into a jelly bag and allow to drip overnight... Hence my result was a sugary pulp and an unimpressed father...



### How long have you been cooking personally and professionally? And what do you love most about your job?

I have been cooking for about 35 years now and some of the many things that I find most satisfying about my job are: you will never be bored. There is always something going on in a kitchen. You will always be trying to improve yourself and cook the most memorable meal possible for each of your guests or family. Add to this a dash of the good comments of your customers, a sprinkle of the satisfaction that comes with a job well done at the end of the night, the camaraderie and teamwork in the kitchen, the possibility to apply your creativity on a daily basis are to name just a few...

### How would you describe your style of cooking?

That's a good question, a food Critic once called it "Chic Rustic" and I would have to agree as I am always trying to present the best produce cooked without complication but pleasing to the eye and full of the most important thing, great flavor.

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

The most popular dishes in Wheelers, at the moment are the Lemon Sole Fillets with roasted mash potato, Vermouth and Morecambe Bay Shrimps.

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

Marsh Samphire (Glasswort) is one of the best ingredients that I have worked with over the last 30 years, the problem is, it's only in season from late June until late August. It can be used in salads or with fish and meats. It was used in ancient times in the production of glass hence the name, Glasswort.

### When you're attempting to develop a menu, where do you get your inspiration from?

The most important thing is to take into consideration the season, yes, I agree it's a little different in the Middle East, but as a rule of thumb you should still use this, as unfortunately a large amount of products are still being imported. Create the dish in your mind, think of its origin and the



availability of the items required and then the presentation you want to achieve. My main inspiration comes from fond memories of places that I have travelled to and eaten in.

### How do you ensure that the menu retains freshness, creativity and innovation?

The tricky thing at this moment in time is that too many chefs are using "gimmicks" to look and sound cool. I am sorry to say but massaging their own egos and forgetting that it's the guest experience that is paramount. It is very important to follow global food trends where possible, but I truly believe that if you have sourced the best ingredients, hopefully organic & locally produced where possible, and use tried & tested pairings, cooked well... you cannot go wrong.

### Which restaurant do you most enjoy eating at on your night off?

If we are going out as a family it would have to be Wagamama, great for the whole family and it's just so healthy, but if it's just me and my wife then we both adore Catalan at the Rosewood Abu Dhabi.

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

That would be the Padang food in Indonesia, my wife's uncle insisted, so we tried it at his favorite restaurant. It was defiantly the most amazing food experience, ever, from the whole assortment of food to paying only for what you eat.

### Who do you consider your culinary mentor and why?

Very easy that would be my grandfather and he trained under the guidance of Auguste Escoffier, probably the greatest chef that ever lived, so I was very lucky to have a great mentor. I have to mention that Marco Pierre White did bring out the perfectionist and tenacity in me.

### What would you consider your most challenging experiences as Chef? And then as the Corporate Executive Chef?

There are a few challenges to take into account but the biggest, to me, is the amount of time that I spend at work missing that special time of watching your children grow up and sacrificing many special family and social events.... As the corporate chef the biggest challenge I feel is that of driving the business forward and keeping our fantastic consistency and originality, as the U.A.E at this present time is just full of great concepts coming into the region, this really does keep me focused. We are also always looking at new ventures as a company, whilst still staying true to the group's core values.

### Do you have any personal favorites for the upcoming festive season?

I think that I am one of the few people who really enjoys Christmas pudding. I get really excited when I smell that distinctive rich aroma from the sweet spices and then I hope it's me who gets the lucky coin.

### Since it is the Christmas season, what would you recommend as a recipe or a dish that Christmas revelers should try?

My grandfather had always insisted that you have to serve the turkey "super juice" and to achieve this it has to be placed into a brine solution. It also tenderizes making it easier to carve and adds some subtle extra flavors; it's a really easy recipe to prepare! (Check out chef's special recipe on the subsequent page)

### For Christmas dinner, what menu would you devise?

I like to keep it really simple so I can spend as much time with my loved ones: Placing the all-important festive crackers on the table; maybe a warm festive punch bowl. For starter, a prawn cocktail you can add lobster & crab meat for a luxurious treat like we do in Wheelers. For the main course traditional roasted turkey with wrapped chipolatas, roast potatoes, roasted root vegetables, stuffing, brussel sprouts, bread sauce and a rich gravy & cranberry chutney on the side. And finally for dessert, traditional Christmas pudding, coffee and mince pies!





# SUPER JUICY ROAST TURKEY

*The center of attention at any Christmas Dinner is a perfectly spiced, flawlessly baked Turkey roast that promises to offer a rich experience of flavors, aromas and textures, and when carved, it should cut like a dream. To realize this, we asked Chef Daniel Lewis for his recipe....*

To serve the turkey "super juice" and to achieve this it has to be placed into a brine

solution. It also tenderizes making it easier to carve and adds some subtle extra flavors;

it's a really easy recipe to prepare as you will see below:

## Ingredients

Turkey brine for a 5.5 kg Turkey  
approx. 6 litres water (dependant on the size of the bird)  
1 large orange (quartered)  
250 grams sea salt (or 125g fine table salt)  
3 tablespoons black peppercorns  
1 bouquet garni (bay leaf, celery, parsley stalks, leek, thyme)  
1 cinnamon stick  
1 tablespoon caraway seeds  
5 whole cloves  
2 tablespoons allspice berries  
4 star anise  
2 tablespoons mustard seeds  
220 grams sugar  
2 onions (unpeeled and quartered)  
1 x 6 cm fresh root ginger (unpeeled and cut into 6 slices)  
4 tablespoons maple syrup  
4 tablespoons honey

## Basting glaze

90 grams goose fat /butter  
4 tablespoons maple syrup

## Marination (overnight): The Turkey

Put the water into your largest cooking pot/ bucket /plastic bin. Squeeze the juice from the orange quarters into the water before you add the skins, then add all the other ingredients, stirring to combine the salt, sugar, syrup and runny honey. Remove any string or trussing from the turkey, shake it free, remove the giblets and put them in the fridge (or straightaway set about making the stock for the gravy), then add the turkey to the liquid, topping up with more water if it is not completely submerged. Keep covered in a cold place, even outside (if in a cold climate) overnight, remembering to take it out of the brine (pat it dry with kitchen paper) 1 hour before it goes into the oven.



## Method: Baking the Turkey

Preheat the oven to 200°C/gas mark 6/400°F. (for fan assisted ovens, a little cooler, 150C/350F)  
Prepare the glaze, melt the goose fat/butter and maple syrup together slowly over low heat. Paint the turkey with the glaze before roasting in the oven, and baste periodically throughout the cooking time.  
Roast for 2½ hours or to check, try this, pierce the turkey with the point of a sharp knife where the body meets the leg, and if the juices run clear, it's cooked; if still pink, cook it for longer until they run clear, or if you like use a meat thermometer 75 °C / 168 °F. Take the turkey out of the oven, and let it rest, tented with metal foil, for 30/40 minutes.

## Important Cooking Times:

(preheated oven 200°C/400°F)

Weight of Bird	Cooking Time
2.25kg/5lb	1 ½ hours
3.5kg/8lb	1 ¾ hours
4.5kg/10lb	2 hours
5.5kg/12lb	2 ½ hours
6.75kg/15lb	2 ¾ hours
7.5kg/17lb	3 hours
9kg/20lb	3 ½ hours
11.5kg/25lb	4 ½ hours

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# 2015 SPRING READY TO WEAR

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



ELIE SAAB

CAROLINA  
HERRERA

NINA RICCI

GIVENCHY

MICHAEL KORS

SONIA RYKIEL

ChristianDior

BURBERRY  
PRORSUM



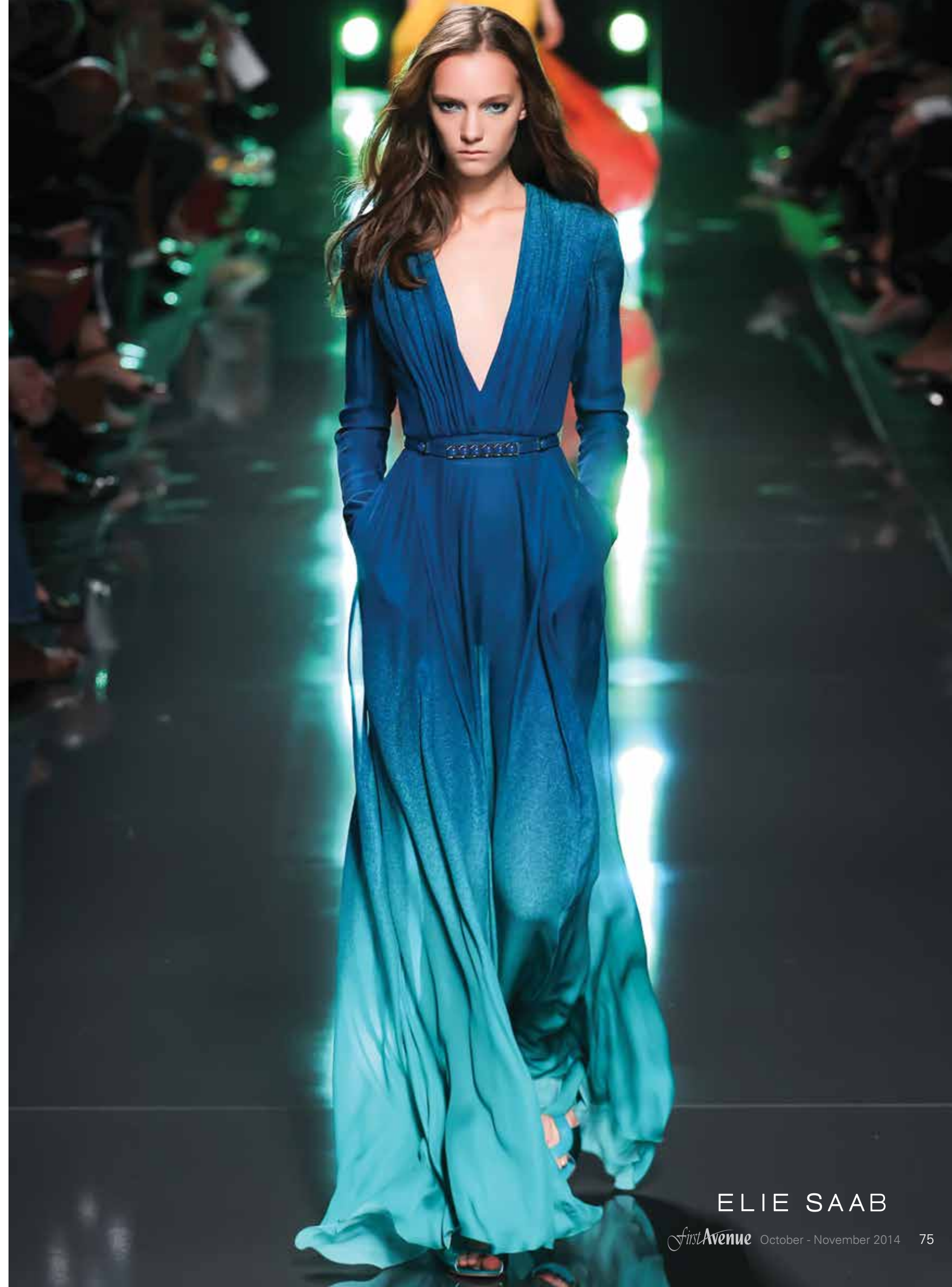
# ELIE SAAB

## 2015 *SPRING SUMMER RTW*

The sound of running water flowing through the vast white tent reflected the season's theme, a plunge into the ocean in search of sunken treasures. He found dresses with a hidden beauty buried in the depths and

hauled them up to the sartorial shore intact. Intense colors, like oranges and blues, glistening sequined surfaces, and what the house calls the "hidden beauty" of the underwater world, was reflected in the label's typically

flowing elegant dresses and sequined garments, some of which looked as opulent as wedding dresses but designed in other colors or made bold with strong shades.



ELIE SAAB

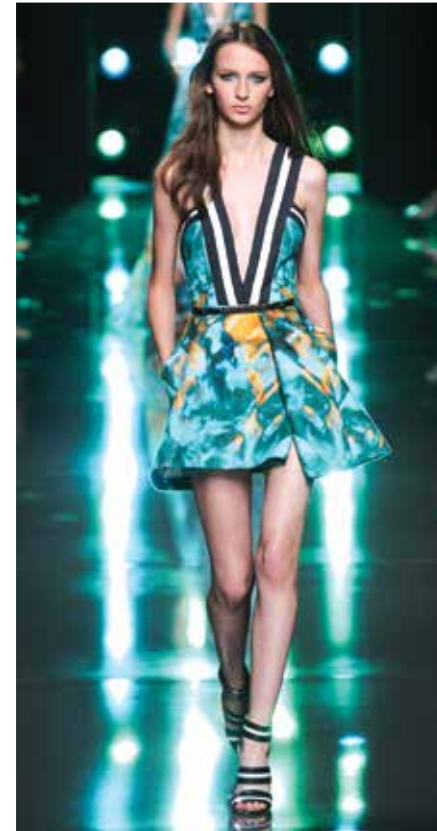




ELIE SAAB



ELIE SAAB



ELIE SAAB





# CAROLINA HERRERA

## 2015 SPRING RTW

Carolina Herrera put forward a "modern garden" setting for her spring collection. "It is an uncomplicated collection... very simple lines with important details. It's very much for

now," said Mrs. Herrera. The designer had been experimenting with "techno fabrics"—variations on piqué, linen, crepe—and using their inherent body to create the dramatic silhouettes,

leaving them unlined and the edges raw while manipulating the shapes through tucking and folding (there was a Kabuki element to the hair, too).



CAROLINA  
HERRERA





CAROLINA  
HERRERA



CAROLINA  
HERRERA



# NINA RICCI

Nina Ricci Spring Summer 2015 collection was filled with lovely ladylike ensembles designed with femininity and beauty in mind. Copping called the collection "Make Do and Mend," in a nod to the fashions of the 1940s; a time when women had to get pretty creative with their clothing to keep themselves looking fresh and polished while rationing was still de rigueur. In a lineup of long and lean looks it was the sweaters that best expressed the DIY idea. A waffle knit v-neck version would turn to reveal a floating georgette back.



## NINA RICCI 2015 SPRING SUMMER RTW







# MICHAEL KORS

*2015 SPRING RTW*



MICHAEL KORS



Clearly Michael Kors doesn't have a dark side and he shows it on the runway with upbeat music, smiling girls, and celebrities like Jessica Chastain, Jada Pinkett Smith, and Olivia Munn, to light up a room. The new spring collection delivered a line of clothing in line with Kors' sunny reputation, and then some. Daffodils, wisteria, and geraniums were picked out in sequins on a tulle dancer skirt, embroidered on a strappy sundress, or printed on a breezy natural linen skirt suit.



MICHAEL KORS







MICHAEL KORS



MICHAEL KORS



MICHAEL KORS





# GIVENCHY



2015 SPRING  
SUMMER  
RTW



GIVENCHY



The dresses were all-out fierce, a little bit edgy enhanced by the thigh-high boots, but all of that is counterbalanced by the divine craftsmanship at work in the spring summer collections of Givenchy. The lace, backless waistcoats, pirate blouses, narrow-shouldered jackets, corseted lacing kept the silhouette tight and lean. With legs clad in leather leggings or spray on jeans, the detail was all about up top. The only sighting of color amongst this entirely monochrome collection came in the shape of a fleshy pink leather dress, plunging, tight to the body with a pleated and ruffled skirt.



GIVENCHY





# SONIA RYKIEL

## 2015 SPRING RTW

Powerful, sexy, independent and saucy, designer Julie de Libran brought the Sonia Rykiel brand back to where it once was and always truly meant to be. To underline this return to the source, De Libran invited guests of her debut collection to the iconic Sonia Rykiel flagship store on the boulevard Saint-Germain-des-Prés on the Left Bank.



SONIA RYKIEL



SONIA RYKIEL



SONIA RYKIEL







SONIA RYKIEL



SONIA RYKIEL





# Christian Dior

## 2015 SPRING SUMMER RTW

Raf Simons redefined what modern is, and that didn't mean sci-fi futuristic! What it meant was an incredible collection that continued on from where his couture show started off in July and gave us

historical clothes and references like we've never seen them before. Never have frock coats or tapestry cuffs and turn-ups looked so appealing, relevant and real. "I started to think 'What is modern?' It was

an idea of confronting what people now think is an aesthetic that is modern - it felt more modern to go to the far past, not the 'modernized' look of the last decade." explained Simons



ChristianDior

ChristianDior





# BURBERRY PRORSUM 2015 SPRING RTW

Christopher Bailey has idealized the vision of an English summertime, drawing inspiration from the joys of a country spring. That's why trainers were the pivot of the collection, something you can actually wear to run through a meadow with a feeling of freedom. Over the dresses, the designer meaningfully laid tiny little shearlings, or wasp-waisted denim jackets, just to create that summertime final look



**BURBERRY  
PRORSUM**



**BURBERRY  
PRORSUM**



**BURBERRY  
PRORSUM**







BURBERRY  
PRORSUM



# 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*



## ALACRIA ROYALROSE Carl F. Bucherer

This radiant masterpiece is inspired by the soft shapes of the violin: convexly curved edges underscore the feminine signature of the watch. The lines of the case made of 18-karat white gold temper the character of the Alacria. Set with 137 dazzling sapphires and diamonds, the floral design in warm, iridescent blue and violet hues of the Alacria RoyalRose, lend it depth and multi-dimensionality. The timepiece is made complete with relief-like, floral elements which cover the entire face; the blossoms set with 89 sapphires and 26 diamonds harmonize perfectly with the mother-of-pearl inlay of the face.



## CHEMIN DES TOURELLES Tissot

The Tissot Chemin des Tourelles Skeleton takes its name from the place in which it was created. Chemin des Tourelles is the street on which the Tissot factory was built in 1907 and where the company still stands today. This watch takes pride in its origins and reflects more than 160 years of expertise. The art of watchmaking is clearly visible through its dial thanks to its skeletonized movement. The beauty lies in the revelation of its works, with further rich details demonstrating its legacy.



## L'ELEGANTE F.P.JOURNE ladies watch of the year 2014

Bestowed the "Ladies Watch of the Year 2014" award at the Montre de l'Année awards, F.P.Journe has developed a revolutionary horological concept, associating elegance and precision, designed and conceived exclusively for women. L'élégante offers the comfort of use and the performance of an electro-mechanical watch providing

an autonomy for 10 years of use when worn and up to 18 years in standby mode. While the watch is motionless, it stops after 30 minutes in order to save its energy. The watch also features the only electro-mechanical movement conceived and created for the luxury market and offering a true vision of luxury.





## CONSTELLATION “PLUMA”

### Omega

The OMEGA Constellation “Pluma” is an exceptional demonstration of the fine art of mechanical watchmaking. The white mother-of-pearl dial is decorated with wavy lines that resemble a feather. Eleven diamond indexes set in 18K gold holders

complement the 18K red gold hands. Diamonds pave the 18K red gold bezel, highlighting the polished claws. At its heart is the OMEGA Co-Axial calibre 8520, a state-of-the-art mechanical movement visible through the sapphire crystal caseback.



## CHRISTOPHE CLARET

### Margot timepiece

Margot, the first Christophe Claret complication specifically developed for women, with diamonds -set in white or red gold, is the perfect allegory for Christophe Claret's desire to create a watch that is both charming and complex, the ultimate embodiment of women. The natural mother of pearl dial exudes romantic femininity, revealing delicately engraved

verses penned by Victor Hugo. A pair of gold-tipped, steel hands glides over the 12 white, satin-lacquered titanium petals that tightly embrace the central citrine pistil. The display back reveals the automatic winding rotor – a delicately carved, flower-shaped carousel of colors symbolizing sentiments of love. Margot blossoms in four variations but limited edition of 20 pieces each.



## ROCHAS CASCADE

### Diamond Collection

Rochas Paris timepieces welcome its newest addition to the Cascade diamond collection. The new design preserves the classic look and feel from the original Cascade with a droplet shaped bracelet

in polished stainless steel, and a beveled bezel piece fully decorated in diamonds. The new model features a dial-side rotor design, with a stylized Rochas logo and gifted in diamond details.



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## Van Cleef & Arpels Zip necklace

In honour of its 10th Anniversary in the region, Van Cleef & Arpels offers an exquisite addition to its collection: a unique Zip necklace, epitomising the Maison's signature flair for sophisticated design. This exclusive edition of the Zip necklace carries all the heritage and expertise of one of the most iconic pieces of the Maison. Honouring the sobriety of the Zip necklace, it cleverly encases a zipper, with the closure sliding up and down, allowing the creation to be left partially open or even closed entirely to form a bracelet. This piece gathers together diamonds, emeralds and sapphires delicately placed in a stunning yellow gold setting, recalling the spirit of the Maison.



## Kate Spade New York Fall 2014 Jewelry Collection

The Kate Spade New York jewelry collection features strong statement pieces this season. The bright lights group features statement earrings, bracelet, and statement necklace in a multi glass stone. Adding a hint of playfulness to the collection, Songbird, features birdcage designs in glass stone and gold plated metal on drop earrings, a charm bangle and pendant necklace.



## Fabergé Rococo High Jewelry egg pendant

Fabergé's one-of-a-kind Rococo High Jewelry egg pendant is crafted in 18 carat yellow gold, embellished with emeralds, rubies and multi-colored gemstones. While the Regalia jewelry suite, is inspired by imperial elegance and comprises ethically-sourced Mozambican rubies set in platinum.



## Gemoro Jewelry

Gemoro jewelry collection embodies intricate designs set delicately on white and yellow gold using precious stones including diamonds, rubies, emeralds and other colored stones, from Italy, Hong Kong, India and Dubai. Offering exquisite, high-end and sophisticated styles for the modern women, Gemoro believes that jewelry is more than just an embellishment; it's a lifestyle and a form of expression.



## Swarovski Blacklight Necklace

A stunning Swarovski statement of exquisite craftsmanship! This versatile necklace offers two different looks: in principle, an amazing eye-catching necklace or remove the centerpiece and it can be worn separately as a brooch. It also features a unique mix of crystals, cupchains, metal, and epoxy.



## IPPOLITA Jewelry

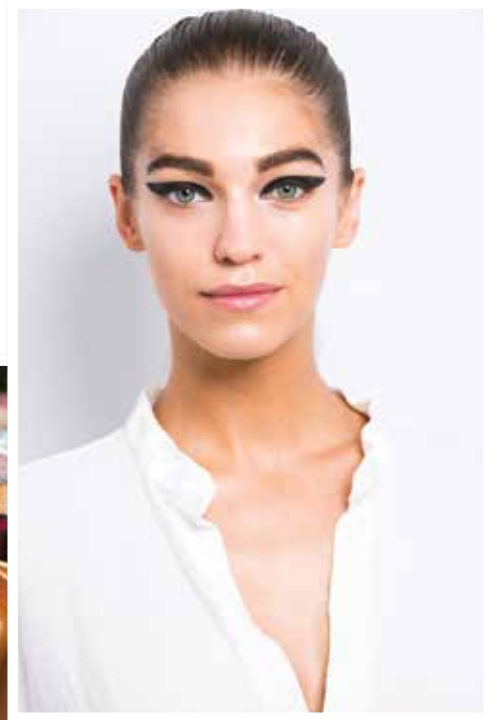
Make a statement this festive season with the stunning and sparkling Christmas collection by IPPOLITA. The luxury jewelry company has a striking array of pieces that will be sure to make your loved one shine this Christmas.





## MAYBELLINE NEW YORK *at the New York Fashion Week*

Stunning Silhouettes complemented by unique looks from Maybelline New York were seen at the New York Fashion Week. Some of the unique and cutting-edge looks by Maybelline New York, predicted the make up trends for the approaching festive winter season.



## JAEGER-LECOULTRE *VIP Opening Party*

Jaeger-LeCoultre further supports the creative ingenuity of filmmakers through its four-year partnership with the 8th Abu Dhabi Film Festival. Jaeger-LeCoultre

hosted the VIP party of the 8th Abu Dhabi Film Festival on the beautiful grounds of Emirates Palace in the presence of Friends of the Brand: Carmen Chaplin and Wonho

Chung, actor Irfan Khan, international blogger WatchAnish, designer Tamara Al Gabbani and Jaeger-LeCoultre's Communication Director Laurent Vinay.



## CINDY CRAWFORD & OMEGA, *with Orbis International in Peru*

Long-time brand ambassador Cindy Crawford spent the day with OMEGA and Orbis International in Trujillo, Peru, where the organisation is currently stationed. While visiting the Flying Eye Hospital and the Instituto Regional de Oftalmologia (IRO), the hospital with which Orbis is working to train the local ophthalmic community, Cindy had the opportunity to witness first-hand the incredible work the Orbis team of medical professionals is doing around the world to treat patients with preventable blindness. Near the end of the day, she spent time with, and spoke to several of the young patients who had recently received treatment from Orbis for their visual impairments.





## A NIGHT OF GLITZ & GLAMOUR at Iris Yas Island

Iris Yas Island, Abu Dhabi's favorite sunset destination, welcomed a stellar line-up of celebrities from this year's Abu Dhabi Film Festival. Celebrities like Farouk el Fishawy, Basel Khayat, Ahmad Bider, Soulafe Meamar, Susan Skaf, Mohammed Karim, Dima Al Joundi, Zahra Arafat, Ibrahim Alzajali, Ibrahim Alhisawi, and Nelly Karim, graced the red carpet for a night of pure glitz and glamour.



## KARL LAGERFELD *Opens in Jeddah, Saudi Arabia*

KARL LAGERFELD has opened its first point of sale in Jeddah, Saudi Arabia, located in the new Al Rubaiyat department store in the Stars Avenue Mall – one of Jeddah's most luxurious retail destinations. This partnership marks the first time the KARL LAGERFELD brand is available in Jeddah / Saudi Arabia. Inside the store, two dedicated shops showcase the latest KARL LAGERFELD collections: a 30-square-meter space featuring ready to wear, and a 25-square-meter space featuring accessories. The award-winning store concept – which has been designed under the creative direction of Karl Lagerfeld – reflect the brand's unique aesthetic and provide a virtual window into the lavish world of KARL LAGERFELD.



## KHAN MURJAN SOUK IN WAFI MALL

### *Artisans from the Arab World*

Khan Murjan Souk, Wafi Mall's authentic homage to the original souk, once bustling with life in 14th century Baghdad, has expanded its selection of offerings by inviting artisans from around the Arabian

world to set up permanent shops. The original 14th century Khan Murjan Souk in Baghdad offered inns and places of rest to travellers and traders, while also serving as a haven for artisans. Wafi

Mall's iteration remains true to that vision, gathering craftsmen from across the Arab world to showcase traditional skills that have been all but lost to history.



## DECK THE HALLS

### *with Dolce and Gabbana*



As London lights up with glittering spectacles and fills up with festive spirit, Claridge's, part of Maybourne Hotel Group, has revealed their must-see legendary Christmas tree once again

decked by legendary designers Domenico Dolce and Stefano Gabbana following the spectacular success of last year's collaboration. The Claridge's Christmas tree has long been a festive landmark,

drawing fashionable visitors and locals to marvel at its magnificent design. The tree was unveiled in all its festive glory on November 19th, 2014 and will be on display until the beginning of January.



## DIANE KRUGER

### *Receives Honors in Germany and France*



Diane Kruger, the face of Jaeger-LeCoultre ladies' collections, recently attended the reopening of the Berlin Walk of Fame to receive her own star. This famous boulevard has welcomed the stars of Romy Schneider and Marlene Dietrich, two of the first few famous personalities to be honored on this celebrity path. The actress sparkled, wearing her personalized Jaeger-LeCoultre Grande Reverso Lady Ultra-Thin watch to unveil her shining star.



## DUBAI PARKS AND RESORTS

### *to Host Themed Family Hotel 'Lapita'*

Dubai Parks and Resorts LLC, a Meraas Holding company, has announced plans to develop a Polynesian-themed family hotel, as a key component of Dubai Parks and Resorts project that is taking shape in the Jebel Ali area. The 503-key Lapita

Hotel will form part of the Autograph Collection, an exclusive ensemble of independent luxury hotels, within the Marriott International brand portfolio. 'Lapita' takes its name from the pre-historic Pacific Ocean people who were

considered nautical experts and ancestors of the Polynesian race. Drawing inspiration from the exotic Polynesian tropical landscapes, Lapita will feature a dramatic façade and lush settings that fuel the imagination.



## DUBAI DUTY FREE

### *Claims Double Victory*

Dubai Duty Free had reason to celebrate with two significant wins at the Gulf Business Industry Awards (GBIA), which include "Retail Company of the Year" and "UAE Company of the Year". The awards were adjudged by the Gulf Business team and a special independent panel of judges, as well as through public voting. Dubai Duty Free President, George Horan, received the awards on behalf of Dubai Duty Free, said, "We are absolutely delighted to have won these two outstanding Gulf Business Industry Awards. It is fantastic recognition of the continuous hard work and dedication of our staff and also the significant investment we are continuing to make, across our whole business. I join our Executive Vice Chairman, Mr. McLoughlin in congratulating our great team at Dubai Duty Free" he added.



## VAN CLEEF & ARPELS' BOUTIQUE

### *10th Anniversary in the Middle East*

A reflection of the Maison's historical address, in Paris' Place Vendôme, Van Cleef & Arpels celebrated its 10th Anniversary in the Middle East, in its newly transformed boutique at the prestigious Dubai Mall. The inauguration was held in the presence of Mr. Alban Belloir, Van Cleef & Arpels Managing Director of Middle East and India. Friends of the Maison were warmly welcomed and invited to discover a dream-like décor, reminiscent of enchanted nature which is evoked in many of Van Cleef & Arpels creations. Influences of a private French Salon of the Art Nouveau period, powdery hues in a sumptuous array of silk and velvet surround the traditional façade, creating a light and airy space, gracefully setting the scene for the renowned High Jewelry collections.





## AL HABTOOR MOTORS

### *Biggest Mitsubishi Showroom*

In keeping with its commitment to offer its Mitsubishi customers a superlative vehicle buying experience and in line with its vision to expand its presence in the United Arab Emirates, Al Habtoor Motors recently opened one of the world's largest Mitsubishi showrooms in Mussafah, Abu Dhabi. The 100 Million

Dirham investment which features a three-storied, state of the art showroom complex, spanning a total area of 200,000 sq. /ft., was launched in the presence of Mr. Sultan Al Habtoor, President of Al Habtoor Motors, Mr. Ahmed Al Habtoor, CEO of Al Habtoor Motors, Mr. Hiroshi Harunari, Executive Vice President, MMC

and senior management of Al Habtoor Motors. Mr. Sultan Al Habtoor presented an honorary trophy to Mr. Hiroshi Harunari as a symbol marking their long-standing and respected relationship. They both unveiled the plaque, marking the launch of the facility.



## MISSLYN

### *Arrives in the Middle East*

Germany's top make-up brand Misslyn, successfully launched a complete collection of luxury make-up in the Middle East, from foundation, lip balm to the newest eyeshadow palettes for a flawless, sexy, seductive and irresistible look. The exclusive event was organized by Misslyn's exclusive distributor in the region, Life Cosmetics at the Al Murooj

Rotana hotel in Dubai. Three core Misslyn products stole the spotlight: new must-have tinted lip balms for soft, shiny lips; long-lasting foundation that lasts up to 24 hours for a naturally fresh and flawless face; and three eyeshadow palettes for an endless variety of eye make-up looks, from natural, classic to party style.



## LEBANESE STAR ELISSA & L'AZURDE

### *Revive Partnership*

An image of simplicity, sophistication and elegance, Lebanese super star Elissa was described as nothing short of an obvious choice by leading diamond and gold jewelers, L'azurde, in their 2015 - 2016 international endorsement signing at the Fairmont Hotel. The official conference saw Elissa and L'azurde reveal the two year endorsement plan to support the

leading regional jeweler's principles of quality and excellence through Elissa's bold feminine image amongst Arab women. The announcement follows the recent filming of the first television commercial on the partnership in Croatia and Paris, reflecting the passionate relationship Elissa has with the L'azurde collection and brand.



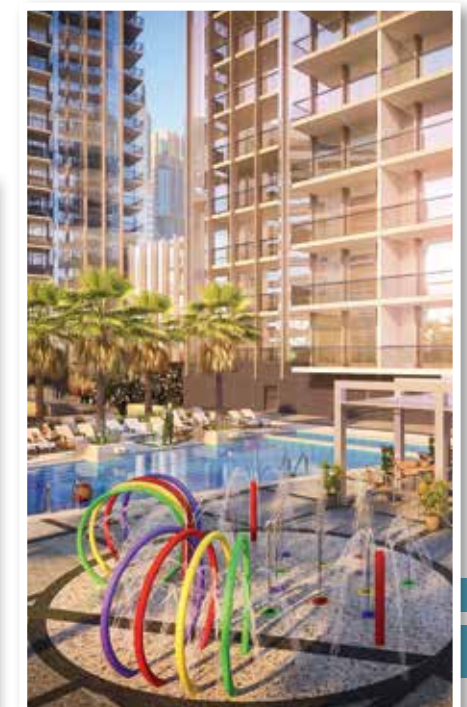
## SWAROVSKI & TEBYAN

### *Sparkle Towers Dubai*



Dubai-based property developer, Tebyan recently signed a partnership agreement with crystal giant Swarovski, to develop

Sparkle Towers at Dubai Marina. Branded as a 'space marvelled by Swarovski', the uber-luxurious resort-style residential



project will feature exquisite crystal-themed innovations, including sparkling lighting solutions and crystal interiors.



## AL HABTOOR MOTORS LAUNCHES

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