

first Avenue



2015
Fashion
Trends
THE HOT
& TRENDY

Makeup
Miracles
THE
RIGHT
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Celebrity
Fashion
RED CARPET
REPORT

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THE
SOUNDS
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Exclusive Interview

ANGELINA JOLIE

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First Avenue

EDITOR'S NOTE

The start of a new year is a moment when time loses its relativity and everything appears to be wrapped in a slow **indolent dreaminess**. . . Though everything is new and fresh, the soft reminder of initiation slows down the passionately apprehensive heart. . . It is the time of the year to **celebrate youth** and the sense of newness . . . so, Welcome to the latest issue of the **First Avenue Magazine**, which is all about the season's ripeness for what is fresh and new!!!

Our first issue of the year is nothing short of the **newness** we all are yearning for. Starting with our cover girl, the biggest icon of the industry, **Angelina Jolie**- not a new face, but certainly the actress turned director has made a new beginning, given a fresh twist to her career path, which the audience will witness in the cinema for years to come. We talked to her in an exclusive interview about her latest directional venture, '**Unbroken**' her experiences and challenges faced as a director, of taking on a role behind the camera, which is usually taken up by men, questioning the credibility of women, with a slightly chauvinistic approach.

And while we are bidding farewell to the colder season, the change in the weather has also changed the way we feel. . . Keeping the new feel in mind we sat down with the Brazilian **makeup artist**, Macedonio Bezerra, and talked to him about the latest makeup trends as well as tips and tricks to keep looking young and fresh. To complement the look, don't forget to check out '**2015 Fashion Trends**' our feature on the latest and most wearable trends for this year.

Our favorite '**I ♥ Dubai**' section gives you the scoop on the most coveted places to be in Dubai and around. From restaurants to resorts to the most exciting happenings, check out what is trending in the city of light and where to go when looking for relaxation, good food and to simply enjoy the best Dubai has to offer.

To make the most of the best season of the year, we have gone all out doorsy!!! Creating a list of outdoors activities in our feature '**Outdoor Excercises**' for you to enjoy outdoors and shed those pounds, before the mercury starts to rise. . . And since it is all about the happy mood, and lightheartedness, check out our Travel and Stay feature '**Festivals & Carnivals**' to live it up a little in a carnival or celebrate the beginning of a new lunar year, the year of the sheep. So, pack your bags for a quick break. . .

With all this and much more, beautiful spreads from the fashion runways of the **Spring Summer Couture** collections; luxury watch and jewelry collections and with incisive reporting on the latest happenings around the world, we have raised our glasses to toast the beautiful season that awaits. . .

Cheers!!!

Lamiya Sami

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S P O R T

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CELEBRITY *Fashion*

Jessica Alba

at the Celebration Party

Jessica Alba looked pretty as always at the Jennifer Meyer x Jessica Alba Necklace Launch Celebration Party held at the Sunset Tower Hotel in West Hollywood, Calif. Jessica wore a Michael Kors crop top and black floral skirt paired with Jennifer Meyer earrings.



Nicole Kidman

Debuts New Short Haircut at 'Queen of the Desert' Premiere

Nicole Kidman shows off her short haircut with a white Valentino dress at the premiere for her upcoming film *Queen of the Desert* during the 2015 Berlinale International Film Festival at Grand Hyatt Hotel in Berlin, Germany. Nicole is wearing a Valentino Haute Couture dress, shoes, and bag with Fred Leighton jewels at the premiere.

Emily Ratajkowski

at InStyle's The Best of British Talent Pre-BAFTA Party

Emily Ratajkowski looked sexy on the red carpet, arriving at InStyle's The Best of British Talent Pre-BAFTA Party held at The Ace Hotel in London, England. The 23-year-old *Gone Girl* actress wore a Cushnie Et Ochs dress and Veronika Borchers for Pearl Collective earrings.



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Julianne Moore

is a Best Actress Beauty!

Julianne Moore exuded radiance on the red carpet while attending the 2015 Academy Awards Nominee Luncheon held at the Beverly Hilton Hotel in Beverly Hills, Calif. Julianne wore a Prabal Gurung top and skirt for the event.



Keira Knightley

at the Pre-BAFTA private reception

Keira Knightley looked radiant with her baby bump at the Pre-BAFTA private reception for her film, *The Imitation Game* at ME Hotel in London, England. The 29-year-old actress wore a Michael Van Der Ham custom dress, Tabitha Simmons shoes, and Aurelie Biderman leaf earrings.



Diane Kruger

Italian Glamour of the Year Award

Diane Kruger, face of Jaeger-LeCoultre feminine collection, won the Italian Glamour of the Year Award for the cinema category. For the occasion, Diane Kruger wore a Jaeger-LeCoultre Joaillerie 101 Art Deco watch and a dress by Chanel.



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Reese Witherspoon

at the 2015 Academy Awards
Nominee Luncheon

Reese Witherspoon looked gorgeous in white while walking down the red carpet at the 2015 Academy Awards Nominee Luncheon held at the Beverly Hilton Hotel in Beverly Hills, Calif. Reese has been nominated for Best Actress this year for her work in *Wild*. For the event Reese wore a Giambattista Valli dress.



Rosamund Pike

at the Louis Vuitton Series 2

Rosamund Pike looked chic at the Louis Vuitton Series 2: Past, Present and Future Exhibit Opening Night in Hollywood. The 36-year-old actress was wearing Louis Vuitton dress and Brian Atwood sandals.



Victoria Justice

at Delta's Pre-Grammy Party 2015

Victoria Justice rocked the blue carpet at the 2015 Grammy Awards Party hosted by Delta Air Lines in West Hollywood, Calif. Victoria wore a BCB Generation jumpsuit, shoes, and necklace with BCBGMAXAZRIA belt and bag.

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Gabrielle Union

at NAACP Image Awards 2015

Gabrielle Union shows off her amazing body in a pink, cut-out dress at the 2015 NAACP Image Awards presented by TV One at Pasadena Civic Auditorium in Pasadena, Calif. The 42-year-old actress wore a Gauri & Nainika gown.



Lea Michele

at DGA Awards

Lea Michele looked stunning in her simple black dress while attending the 2015 Directors Guild of America Awards held at the Hyatt Regency Century Plaza in Century City, Calif. Lea wore a Balmain dress and cuffs with Alexandre Birman shoes and Jennifer Meyer earrings.



Amy Adams

at the BAFTAs Nominee Party

Amy Adams looked pretty in pale purple at the EE British Academy Awards Nominees Party at Kensington Palace in London, England. For the event Amy wore a Vivienne Westwood dress, Christian Louboutin shoes and Irene Neuwirth jewelry.



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| *fashion must haves* |

FASHION

Must Haves



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



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The Gold Collection from AMORINO

Amorino Gold Collection is the iconic collection of exquisite Eau de Parfums stunningly packaged in a gorgeous golden metallic version of Amorino's distinctive flacons. Each one of these six fragrances is adorned with a classic tassel.



Eye of Laura Collection

Carefully crafted Swarovski crystals, in stunning green or blue, form the centre piece of this collection accented in gold or silver to catch the eye. Fashion accessories designer, Evita Peroni has captured the essence of the beauty of the eye in their stunning 'Eye of Laura' collection.



SMOKY STRETCH MASCARA BY MAKE UP FOR EVER

Inspired by Dior's backstage makeup expertise, Smoky Stretch Mascara is an all new clump-free mascara that comes in deep black color, perfectly attuned for everyone to master the intensity of the perfectly structured look and get noticed in style. The molded conical brush applies the perfect amount of mascara to achieve incredible length, perfectly separated lashes and optimal definition.



From Paris with Love

Opulent floral design company, Maison Des Fleurs, has launched their limited edition collection, From Paris with Love to celebrate Valentine's Day. Inspired by the city of love, the luxurious floral arrangements are beautifully presented in Maison Des Fleurs' signature, From Paris with Love boxes, featuring romantic French illustrations of the iconic Eiffel Tower, hot air balloons and accessories inspired by French designs in the soft palettes of pink and grey.



Klapp Cosmetics

Klapp Cosmetic's elite anti-aging collection, 'Repagen Exclusive' offers an over-all anti-aging effect that has an impact on each of the three layers of skin.



Paese Cosmetic

Paese's latest lip product is a unique collection that gives the perfect tint of color to go with many outfits. With strong coverage, intense color and mirror-like shine, these must haves are a perfect choice for this time of the year.



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L'Oréal Paris Pure Red Collection

If you just can't resist a red lipstick, then hear this: the season's biggest beauty news is the huge comeback of the scarlet lip. L'Oréal Paris's all-new, celebrity-favorite Color Riche Collection Exclusive Pure Reds range is the season's key beauty accessory to getting this most-wanted look.



Laudano Nero & Arethusa by Tiziana Terenzi

Here they are, inspired by travel notes in a leather-bound notebook, as ancient and well-worn as the knowledge of our craft (passed down for three generations): two new creations, perfumes with notes of memory and soul, perfectly capturing the emotions. These perfumes represent two more steps in this marvelous and ongoing journey, towards the magnificence of fire and emotions of fantastical experiences and encounters.



Clarins Oriental Kohl

Kohl Eye Pencil is perfect for creating smoldering, smoky eyes. Rich in pigments, it glides on easily, adding intense color from the first stroke. It does not run and gives lasting hold with a formula gentle on even the most sensitive eyes.



Thierry Mugler Valentine's Sets 2015

Valentine always brings some magic and love ... and these Thierry Mugler Valentine's Sets are no exception. Remove from their mysterious sleeve, and discover the tantalizing secrets of absolute seduction in the Angel book of spells, which include a body lotion, shower gel and a mystical angel star.



Wow by Wojoo Khol Design

Give your eyes a smoky, dramatic look by using the Khol Design -Waterproof Eye Pencil, Liquid Liner or Gel Eye Liner, that lasts for minimum 6 hours. This eye pencil will give you an intense look with a matte and silky finish.



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EVA Garden

Eva Garden, the iconic Italian cosmetic brand introduces glamorous lip gloss and lipstick shades for the perfect night out. This premium range of lip gloss and lipsticks keeps up with the current fashion and style, pursuing the universal charm and beauty retaining delicacy and femininity with audacity.

Clarins Garden Escape

The new Clarins Garden Escape luminous make-up collection is inspired by nature, with shades ranging from pastel pink to zesty coral, from woody taupe to pine green. Get the shiny, luscious lips, a delicate complexion and eyes adorned in green, reflective of a real escapade in nature.



Animal Instincts Trending

The new Evita Peroni collection lets you choose from braided soft bands in python print, faux fur hair bands or fun eyewear in animal prints. Wear it with a soft blouse and jeans for a festive yet polished look.



Gap Spring 2015 Collection

Transition seamlessly into spring with Gap's new collection, new fit Denim, stylish Bomber, Shadow Stripe Tee, Knit top and a spring favorite Gap's Soft Pant... for your wardrobe. The new Gap collection is now available across all Gap stores in the UAE and the region.

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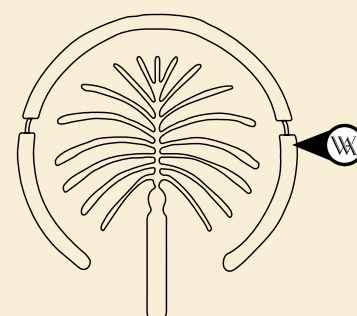
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FASHION TRENDS

Summing the wearable trends of the season is probably the best thing to learn as the weather makes a shift from its severity and our style radars pop out... the good news is that there are numerous fashion trends that we can actually wear in our everyday lives! Because oversize hats and sky-high heels are great, but their wearability factor is pretty low. Our favorite 2014 styles trends served us well, but it's time to move on since the novelty might be starting to fade... Here's how to upgrades in 2015...



The Denim Trend

Jeans are a given for any season, but this time around it's about cropped, baggy cuts, but remember, keep your tops slim to create a cool contrast. With a more advanced crop, a higher rise, and a baggier silhouette, a baggier pant cut in the right way can actually make you appear longer and leaner. Cropped at the skinniest part of your leg and paired with dainty shoes, these are especially flattering.

Memphis Group Prints

The recurring, geometric, candy-colored shapes and prints popularized in the '80s by the design house known as the Memphis Group, is fast becoming a rising trend in the design and interiors decor. Look for small repeating patterns featuring squiggles, zig-zags, and hash marks in a palette of sunny yellow, Pe pink, teal, and lilac. It's all about color with these prints, so don't be afraid of mixing or clashing. Unlike pop-art prints, these feel suitable all year. Wear them with sandals and a margarita, and they look equally cool under a shearling jacket with thick tights.



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Two-In-One

Combining two items into one easy-to-wear showpiece, is a huge trend. Whether it's a wrap dress over a pair of trousers, a sweater over the tails of a shirtdress, or an apron over leggings, these pieces take layering to a whole new level, making a true fashion statement. True, you won't be able to separate for mix-and-match styling, but you're sure to get plenty of mileage out of your one ultra-wearable piece. Finally, a new layering trick for the more daring fashion gal. Rock a skirt, whether short or long, over a dress for a visually stimulating look with an extra dose of coolness.



Puffy Basketball Shoe

The puffer the better... exaggerated shapes, and the puffy basketball shoe, like Puma's Trinomics or Nike Air Jordans, feel just as cool now as they did back in high school days. Like the trainer, these footwear look great in neutral colors like white, black, blush, or gray. With so many iconic brands, styles, and color ways, the fun is in picking out the right pair for you.



Sparkly Silver

The year of gold might have come to an end, for this seems like the year of silver. Instead of pearls and gold hues, we're going to see a lot more glinting stones and platinum finishes. These rings, necklaces, and earrings will still be delicate and worn in multiples, but this added glitz has to be finished with stacking...



Marsala

This certainly is the color of the year, as you all probably know the 2015 Pantone Color of the Year is Marsala, a muddy maroon-ish hue, reminiscent of '90s lipstick. While it's undoubtedly more muted than previous selections, but the shades is about to be everywhere. And, we need not look further than Instagram to see that celebrities and fashion savvies have been embracing Marsala as the new neutral. We've seen it in accessories, embellishments, and even beauty trends. And, while Marsala particularly captures the warmth of fall, it's virtually seasonless...



Less Is More

This year it is all about subtle contouring, which will give you a more natural outcome and still sculpt your cheekbones to perfection. With this trend it is important to remember that less is more, so don't overdo it to make yourself look radioactive rather than radiant.



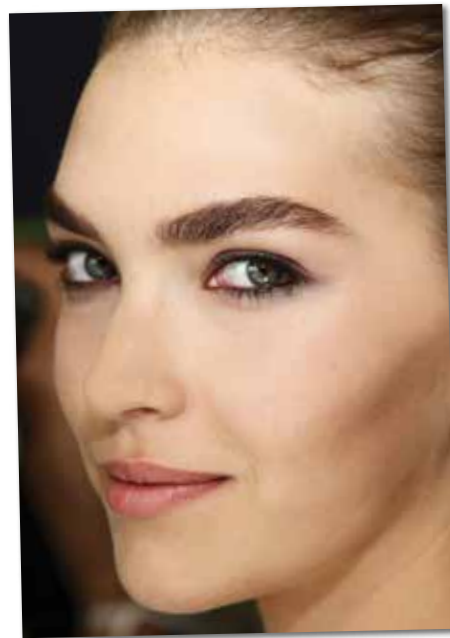
Eye Lashes

Long lashes do draw attention to your eyes, but if you are using fake lashes for the same reason, it has to be done the right way or else!!! To make sure your lashes looking natural instead of like a fan, apply several coats of mascara, waiting a minute in between applications so the formula properly adheres to the coat before it. Or use individual lashes they look far natural than the lash strips.



Pinterest Brows

The stenciled look has finally left the building! You know what they look like, overly filled in and squared off at the beginning... it is about time to realize that makeup isn't a geometry class! Your brows should always look feathery and lightly colored in, so they leave you looking youthful and fresh-faced, rather than harsh and fake.



Highlighter Overload

This season feels like the perfect time to stop shining spotlights on your face with the excessive amounts of white shimmery formulas. If you want your brows or cheekbones to stand out, use a pink champagne (for fair skin tones) or rose gold highlighter (for medium to dark skin tones) - or even a concealer that's one shade lighter than your coloring.



Berry Lips Subtle Eyes

Berry-colored lip color is huge this season. And they complement all skin tones. On the contrary one way to look super gorgeous this season, while incorporating color into the mix, is to use small pops of color, rather than overdoing the eye shadow. So keep it darker on the lip and subtle on the eyes...

It Was All Yellow

Yes! Yellow is back with a bang, and are we super excited!!! From amber and canary to saffron and marigold, trust that there is a shade of yellow for everyone. For those who find it difficult to incorporate remember that the trick is figuring out your skin's undertone, then finding the hue that best complements it.



The Political Front

With an endless stream of bad news from all around the globe the designers have adopted an escapist antidote. Christophe Lemaire, Maria Cornejo, and The Row's Ashley and Mary-Kate Olsen found it in serenely lovely caftan shapes, graceful tunics, and generously proportioned skirts in soothing pale neutrals and shades of white, and this Zen trend is sure to become huge as the mercury rises.



Kimono-Style Trench Coats

Slouchy, lightweight trench coats belted just so were found all over the runways this season. We're huge fans of this trend as it is comfortable, stylish mix between a robe, a proper coat, and a kimono. Come on like who doesn't like a hint of Japanese in their look!!!



Flats, Slides, And Sneakers

Thank the fashion gods, comfortable shoes are here to stay! So whether you're a sneaker lover, obsess over ballet flats, appreciate minimal two-strap sandals, or love plain slides there's something cute and comfy out there for you which is also in style.



*“The Solution for Women lies in
Fighting on and on...”*

ANGELINA JOLIE

If there's ever a Holly Wood icon who exudes confidence, composure, and charisma along with the most attractive looks in the world, it is without a doubt Angelina Jolie. Whether she's working on a film, engaged as a mother, or traveling from continents to continents for her philanthropic endeavors,

Angelina Jolie has never been one for small measures. Earning an Academy Award as the best supporting actress for her role in *Girl, Interrupted*, Jolie has become one of Hollywood's top marquee names, having starred in movies like *Wanted*, *Mr. and Mrs. Smith*, *Salt* and *Changeling*. She's also venturing into the field of direction with films like *In the Land of Blood and Honey*, there's no stopping this Holly Wood icon.



*“The solution lies in fighting on and on to earn our rights.
Women would be wrong to believe that they have won.”*

In Paris to promote her new directional venture *Unbroken*, we talked to the amazing actress at the Hotel Bristol in Paris, about the release of her new movie that tells the story of World War II hero Louis Zamperini...

With this second film as a director, after *In the Land of Blood and Honey*, you go up a notch, since it is a work with grand spectacles and with a very large budget. How have you tackled this project?

First of all, I wish to avoid going into the details of my first film you mention, and that I do not particularly like. Looking back, I consider it as a failure. But perhaps I had to go through it before finding my bearings as a filmmaker and growing the capacity to assert my personality and my talent behind the camera.

To answer your question about how I faced the draft *Unbroken*, I do admit I drew my strength and my energy from the strong character of Louis Zamperini, the hero of which my film is about. This man who was a neighbour in Los Angeles, and died in July, had become a close friend. And the fact of building my script around his life, his courage and hardships he suffered during World War II, galvanized me. So, I confronted Hollywood producers, mostly men, in order to prove that a woman, meaning myself, could do a film on such a scale as well as any man. And I won my bet.



Do you consider yourself as a female Zamperini ?

No, as that would be too pretentious and excessive on my behalf. What Zamperini has encountered was well beyond the difficulties I met in order to realize the project. I'll just say that I needed as much faith in me that he had in his own person to hold on, but that, relatively speaking.

You talk of male Hollywood producers. Is it still so difficult for a woman to find her place in the world of cinema?

More than ever. Except for Kathryn Bigelow who makes big-budget films (*The Hurt Locker, among others*) and some young women who are independent filmmakers, it is clear that Hollywood is driven by men. And as long as these gentlemen who hold



"I confronted Hollywood producers, mostly men, in order to prove that a woman, meaning myself, could do a film on such a scale as well as any man. And I won my bet."



the reins of the budget consider women as creatures whose only artistic desire is condensed in romance and shopping far away from any political and social reality, they will never take seriously any ambitious project coming from a female.

Where is the solution according to you?

The solution lies in fighting on and on to earn our rights. Women would be wrong to believe that they have won. We are still very far away from that.

What role did your popularity as an actress play in implementing your project as a filmmaker in that man's world precisely?

My reputation opened the first door in front of me and allowed my script to be read. But then I fell into the same trap as any unknown person, as they found me too ambitious. And then I had to deploy tons of energy to make myself be heard.

Except for the fact that any unknown person would not even have the right to get her script to be read, isn't it ?
You're absolutely right. And this shows the extent of the struggle that remains to be done by women.

What about your acting career?

I still have two or three films to participate in as an actress before devoting myself entirely to directing. I would like the transition from one activity to the other to be done gradually so as not to cause me too great a shock. But my decision on my future

career is taken. I'm a filmmaker now.

But why give up a flourishing acting career such as yours ?

Because I started this career at a very young age, and I feel at almost forty years now, that I have been far too long under the spotlights and also because my artistic desires and needs have to be expressed differently now.

You no longer want to be directed by great filmmakers?

I prefer to follow their work as an attentive spectator and understand their methods in

order to put them to good use for my own achievements.

You are participating in the remake of Cleopatra, taking on the part initially immortalized by Elizabeth Taylor. What about that?

That is correct, and I am particularly proud of it. And then I will also play in my new film as well as being the director of *By the Sea*. This is the first time I shall be in front and behind the camera at the same time, and I consider it to be a great challenge, especially since I will also direct my husband Brad (Pitt).



"My decision on my future career is taken.
I'm a filmmaker now."

FREDERIQUE CONSTANTE

Integrating & Re-visioning Concepts of Time

CHINESE AND WESTERN TIME WISDOM INTEGRATED MASTERPIECE FREDERIQUE CONSTANT LAUNCHES MANUFACTURE ZODIAC 24H LIMITED EDITION TO CELEBRATE THE YEAR OF GOAT



Why does a day have 24 hours, an hour 60 minutes and a minute 60 seconds? The 24 hours are irrelevant to any planetary movement related with the earth. In fact, as the relative position of the earth and the sun is different, the length of each single day and year is also not the same. Currently, the globally accepted Greenwich Mean Time calendar system is actually not the real "earth time". It is just a set of "hypothetical" schemes established for facilitating and

standardizing various social activities of modern humans. Thus, time is conceived as a well-aligned sequentially accurate measurement to some states, and we are all the offspring of the watch civilization. Ancient Chinese people were long aware that people's life spans were closely related with whether they could reasonably arrange their daily work and rest. According to the Plain Questions Ancient Health Theory, "Balanced diet, regular living and temperate work can help keep your shape and spirit and live a hundred years". So, the Chinese developed a unique Chinese era calendar

system, where different animals represent each period, which is also a kind of an implication reminding people of regular work and rest conforming to the weather. Only by establishing reasonable work and rest regime conforming to the earth time and following the law in resting, working, dieting and sleeping perseveringly, people can improve their health and live a long life. Ancient Chinese people's understanding of time and the health wisdom that "man is an integral part of nature" reflected in its application in life is consistent with the study of modern science on healthy lifestyle.

Peter Stas talks about the inspiration behind the Zodiac 24H Limited Edition. Frederique Constant, the Genevan watchmaking firm is known for the classic look of their creations, top-quality Swiss timepieces crafted with the core ideology of presenting luxury at affordable prices. This, according to Peter Stas, co-founder and co-director of Frederique Constant Manufacture, that he manages in partnership with his wife, Aletta, is the brand's key strength. The current Zodiac 24H Limited Edition watch is based on the Chinese Era Calendar. To salute the long-standing Chinese traditional calendar system, independent Swiss watch brand Frederique Constant launched Manufacture Zodiac 24H limited edition with the coming of the year of goat in 2015. Different from common watches, this is a 24-hour watch, and the hour and takes a turn and runs 24 hours (the common watch runs 12 hours a circle) and the minute hand turns a circle and runs 120 minutes (the common watch runs 60 minutes a circle). Peter Stas talks about the inspiration behind the unique watch.

Why did you come up with this watch?

I saw an Antique pocket watch (which is from 1930s) in Genève and the pocket watch was not branded. The pocket watch had its own style with Chinese time indications. Because of its classical style, it attracted me and it fit with Frederique, as both are classical. Our partners have asked before, whether there will be a Chinese edition with a dragon or horses on it. I rejected the idea because it doesn't fit our brand identity, it is not classical. However, with the idea of a pocket watch, I think we can make a classical and interesting special edition with Chinese time indication.

Does this edition sell exclusively in Asian markets?

No, this edition will be selling in Europe, Genève, US and all over the world. Like in Los Angeles, there are already 5 million resident Chinese. This edition is selling worldwide definitely, especially for collectors or customers who like Chinese culture.

This edition is combined with a Chinese time indicator. What is the reason for developing a 24-hours indication?

We followed the design of the pocket watch. Time moves 120 minutes in one-time division and minute hand runs at half the speed. Now, a mechanical solution has become easier but it is a brand new in-house movement.

How long does it take to develop a movement from idea generation to completion?

Only the change in movement takes us about 2 years.

Did you meet any difficulties in developing a new movement?

We developed this edition from the inspiration of the pocket watch. However, only with the picture, we cannot know how it moves. It takes time to understand more about the pocket watch. Moreover, we didn't have any idea about Chinese time indication. However, it doesn't mean there were any difficulties. As a passionate watch maker, we refine them as part of the development process instead.

Frederique Constant Manufacture Zodiac 24H Limited Edition - 2015 Year of the Goat

The Manufacture Zodiac 24H limited watch carries Frederique Constant in-house movement FC-724, which is the 16th manufacture movement developed by Frederique Constant. The 24-hour full-



automatic movement is decorated with the Perlage & Circular Côtes de Genève and is inset with 26 gems. It has 42-hour power reserve. As an integrated work developed by the young watch-making brand Frederique Constant from Geneva, it inherits Swiss watch-making culture of long standing and salutes ancient wise Chinese 12 two-hour timing system. Stainless steel and Polished rose gold plated steel are available for the watch, and each type has 888 limited editions launched globally, worthy of taste and collection.

Twelve Chinese zodiac signs In the Chinese calendar, a day is evenly divided into 12 periods and they are represented by the twelve Chinese zodiac signs, called the twelve terrestrial branches. The Frederique Constant Zodiac Limited Edition has the twelve zodiac signs as the main index markers on its dial. One Chinese hour is two western hours. Each two hours has an animal zodiac sign. 2015 is the year of the goat, marked at 6 O'clock on the dial.

Twelve terrestrial branches Each period of the day is equivalent to the present two hours, and it is evenly divided into eight quarters. Each quarter is 15 minutes, equivalent to the present quarter hour. Inner Dial: 24 Hours: The small numbers 1-24 on the inner dial function as the GMT indicator to show the exact time/hour.

Outer Track: Chinese Unit: There are small Chinese texts on the outside minute track. Each position is a traditional Chinese unit of decimal time reflecting a quarter (15mins) of western time. As the Chinese hour is equal to 2 hours, the outside minute track has 8 positions.



MAKEUP miracles

*“The right
makeup
works
miracles in
your life!”*

Macedonio Bezerra



Whimsical, talented and clearly an ardent lover of the art of makeup, Macedonio Bezerra is not a new name in the industry. Having started his career at the age of 20, working for the famous Brazilian cosmetic brand, O Boticario, equipped with a natural talent for colour and transformations, he started experimenting with makeup and created beautiful looks for his customers. Inspired by a deep love for fashion and trend makeup as well as innovative styles, he

always believed that makeup can do even more – it can create miracles. After his first makeup workshops in Brazil, he decided to work abroad and moved to Portugal to be the National Makeup Artist and trainer for O Boticario. In 2009, he went to London to study Makeup for Cinema, TV and Theatre at London Fashion College. There, he worked three years for MAC Makeup and at the same time did shows for the London Fashion Week. Being ARTDECO's professional ambassador in more than 70 countries, he relishes bringing joy and new ideas to all the corners of the world, offering training and

motivation in 4 different languages. He has a close connection with different markets and brings new ideas to the brand, helping to create fresh and innovative products that can enhance anybody's beauty. His personal message to all the people he makes up, is: “You can be beautiful, confident and powerful with the right makeup”

We caught up with Macedonio Bezerra at the recent launch of Germany's top make-up brand Misslyn, and talked to him about the upcoming trends and the Middle Eastern market along with his tips and advice on makeup

Tell us about yourself?

I'm Brazilian and was born in Brazil, but now I live in Germany. Before that I used to live in London, where I also studied makeup at the London Fashion College and later worked for MAC cosmetics.

How long have you been with the Misslyn brand?

I am quite new to the Misslyn brand. My career with Misslyn started last summer...

What makes Misslyn stand out amongst other cosmetic brands?

I really like the concept of the brand. The concept is young, trendy and sexy. Because I believe every girl wants to feel attractive and sexy.. and then of course the quality... before I started to work for the company I checked their products and it's quality... and then I gave it a go...

Since you mentioned young and trendy, does that limit your market to younger customers?

Sometimes we think that if something is young and sexy, it is not for me because I am maybe 40 or 50 or even 60... but the truth is you can always be young, sexy and attractive at any age, be it 50 or 60 or even more. The concept is all about being confident and as we really believe that you can be sexy and attractive at any age if you are confident. This also means that the

product is not only for young girls. it is for everybody, women of all ages. Important thing is to be confident and self-assured to wear the product and not to be shy...

How do you see the trends in the coming season?

We have different trends for different areas. Like, for instance, for the skin the trend is all about glowing skin, luminescence... really natural skin, for the eyes the trend is smoky eyes, as it is all the rage and everyone loves doing a smoky eye and it is very easy to do... for the colours since it is still technically winter season, nostalgic colours like greys and blacks, beige and brown are the talk of the town, nothing colourful in winters as we never use colourful tone... then the biggest trend of the season is of course the eyeliner which is totally trendy now especially the cat eye liner... and then comes the lashes, fake eye lashes are all in trend...

Do you think that the fake lash trend is a hit in this region, since women here already have thick and long lashes?

I think this trend is everywhere. Yes! The Middle Eastern women tend to have bigger lashes naturally, but then everybody wants more! It never is enough... I really like the thick lash effect... It looks like the 60ties, a bit sexier and trendy with a little vintage element.

What are your trend predictions for the remaining year?

Like the beginning of a New Year, it is always shinier and sparkly and more metallic...and interesting. I feel the remaining months of the winter season will follow the same trends. But as soon as the summers start the trend is going to be totally colourful...like neon colours, greens and yellows, pink, healthy colours and coral colours. During the winter season the trend was a bit too nostalgic but with the arrival of summers it will be all happy and colourful...

What are Misslyn's expansion plans?

We are already in 40 countries of Europe. Our nail polish is number one in Europe and we want to make it number one, in the rest of the world, because our nail polish is really a good quality product for a very good price. And nail polishes are really hip and everyone likes them, it is almost crazy we now see people wearing different colours on one hand...we want to grow day by day but gradually, this year we are in 40 countries and by the end of the year we might be in 45...

How do you find the UAE market?

The market here is quite big and the customer here...they just love cosmetics. They don't like natural makeup much but they like the “gaga” effect... the customer here also don't mind the price but they look for quality. So, it is good for us as we have both... Although the market is really competitive and I believe as a brand we have to be really trendy and bring new ideas and change every year. Of course, there is the regular collection, but you have to launch new products every year...

Being a professional make-up artist, what are your tips to stay beautiful and sexy in Dubai?

Be confident! And never wear too much makeup... Believe me, you can be confident and sexy by just wearing red lipstick or maybe a liner. Just put red lipstick with black eyeliner on and you are instantly sexy!!! But the most important thing is, it has to be you first and you can be totally confident with the right make up...

...Any special products for the Middle East?

The foundation, it is perfect for the customer here... because it is long-lasting, 24 hours.... All skin types and matte finish especially for oily skin... you can also put terra cotta powder which is also spf 20, it's perfect!



“You can be beautiful, confident and powerful with the right makeup”

I ♥ DUBAI

Dithyrambic rhymes, woozy clamors, nature exuding a sense of glee... it is the season of birth and of mirth... Nothing is concealed but is visibly out there, waiting to deluge the city!!! Dubai in all its glory is ready to embrace the season's load, keeping its tradition of hedonistic offerings alive! Here's whats hot and happening in Dubai....



THE GRUB

Taste of Thailand at Pachaylen

Enjoy a sumptuous Thai feast at Eastern Mangroves Hotel & Spa by Anantara's signature Thai restaurant Pachaylen. Delight that special someone with a romantic degustation menu with perfectly paired beverages. AED 600* per person, including

soft beverages AED 700* per person, including soft and house beverages as well as French sparkling. Valentine's Day menu available at Pachaylen from 7- 11pm, February 12th to 14th



Private Beach Dining Experience Waldorf Astoria



With breathtaking panoramic sea views of the Dubai skyline and the iconic Palm Jumeirah, the private beach dinner experience is the perfect start to an unforgettable romantic evening. Your own personal concierge will welcome you and guide you to a candle lit beach-side cabana where a feast of gastronomic delicacies will await. Experience a personalized select menu by the culinary team, a seafood inspired menu with Waldorf Astoria caviar and the signature dish of Salmon Tartar or an international contemporary inspired menu with beef carpaccio and butternut pumpkin with truffle risotto. The set menu of seafood is priced at AED 1,600 per couple.

Frankie's Italian Bar and Grill

Frankie's Italian Bar and Grill, JBR's favorite award-winning Italian restaurant celebrates Valentine's Day with a special five course menu. Along with a hearty meal, guests will also be serenaded with live performances by the magical duo of Kevin and Donovan. Simply put, there couldn't possibly be a more romantic place to spend this Valentine's Day. Specially designed for the occasion by Chef Fabio Nompieggo, the menu consists of five delectable courses which have been carefully crafted for a bellissimo experience. Price: AED 650 per couple.



Romance at Sheraton Dubai Creek Hotel & Towers

Dubai's most picturesque Creekside address is offering luxury romance this Valentine's Day with delicious cuisine and seductive settings. To mark the occasion, the hotel's three restaurants are offering delectable customized dinner menus. The hotel's

signature restaurant Vivaldi by Alfredo Russo will be serving a 5 course dinner that is specially designed for the occasion. For a more interactive and fun experience, the Creekside Japanese Restaurant will also be serving a customized 5 course dinner.

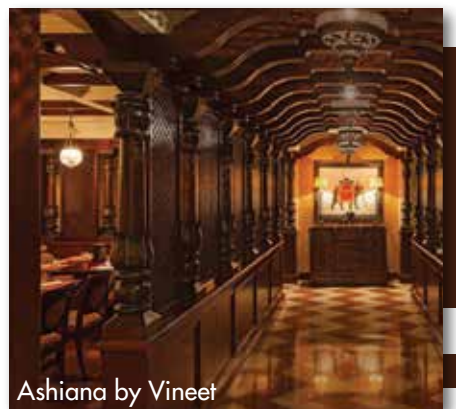
Ashiana by Vineet has also concocted a special Indian Valentine's Day dinner experience. The renowned restaurant will be serving a 5-course dinner.



Vivaldi by Alfredo



Creekside Japanese Restaurant



Ashiana by Vineet

Ruth's Chris

Ruth's Chris, the UAE's finest American Steak House with a 50-year heritage, invites guests and their loved ones to celebrate Valentine's Day at the New Orleans all-American steak restaurant. With Ruth's Chris intimate atmosphere, romantic live music and a scrumptious selection of food it is the perfect location to spend an evening with a loved one. The exclusive three course set menu has been hand crafted for couples to share together.



Romantic Dinner at RIVA



Delight your loved one this Valentine's Day with a sumptuous set menu in a picturesque setting at the idyllic RIVA Beach Club. Located on the iconic Palm Jumeirah and with stunning views of the Dubai coast, RIVA Beach Club is the perfect place to spoil that special person in your life on the most romantic day of the year. To celebrate the occasion, RIVA is offering a three course set menu featuring food inspired from the Mediterranean. The menu is priced at AED550 per couple and is available on 14th February 2015 from 6pm until closing time.

Tepper Treats & Red Roses at Pascal Tepper



Everything is coming up roses at Pascal Tepper French bakery this Valentine's Day as the romance of his native France proves all too much for Chef Pascal. Indeed, the word on the street is that every lady is in for a treat from the PT team in Abu Dhabi and Dubai - from a red rose through to French-inspired dining.

Romance at Jazz@PizzaExpress

With the unmistakable aroma of freshly baked pizza and other Italian delicacies filling the open kitchen, Jazz@PizzaExpress has a fantastic offer for couples looking to celebrate Valentine's Day in style. For just AED350 per couple, starting at 7pm on 14th February 2015, JLT's popular hotspot will set the romantic mood with candles, fairy lights and roses, while offering a mouthwatering set menu, accompanied with the restaurant's signature live music.



Valentine's Day at Cipriani Yas Island



Spoil your loved ones this Valentine's Day at Cipriani Yas Island, the fine-dining restaurant which offers a total package including romantic dining alongside serene views and gifts for both him and her. Diners can enjoy an intimate experience while taking in the tranquil atmosphere - elevated to the next level by the magnificent views of Yas Marina. The elegant and timeless venue is offering a choice between two four-course set menus; Cipriani's signature Italian and Venetian dishes or Japanese plates from Yotto Sushi bar - located in the Bellini Lounge of the restaurant.

Romance under the Stars at Solis Beach Club

Celebrate Valentine's day under the Stars at Solis Beach Club on Saturday, 14th February between 7:30pm and 10:30pm. Unwind under the magnificent skyline on our ambient terrace with breathtaking views of the Palm and Dubai Shoreline with a bottle of selected grape and five course Valentine's menu. AED 599 per couple for dinner, a bottle of selected grape and irresistible ambiance.



Bab Al Shams Desert Resort and Spa



Bab Al Shams Desert Resort and Spa is the ultimate couple's getaway. The award-winning hotel is offering two new romantic packages available until April 2015. The suitably titled Indulgence Package strikes a balance between adventurous and spoiling with pool access, lunch at laid-back restaurant Al Forsan, sunset camel rides, 30-minute archery session, falcon show, lawn games and a 20% discount on a slumber inducing couples massage at the resort's renowned Satori Spa. The Romantic Package includes a treatment for two consisting of Reflexology (hand & foot) and Balinese massage, complimentary light snacks, pool access and more.

Valentine's day at Shades, The Address - Dubai Marina

Experience a romantic evening with views of the beautiful sunset over the Marina. The chill out lounge overlooking the infinity pool and the stunning views of Dubai Marina set the scene for a remarkable evening. Share this stunning moment with your other half and indulge in a three course set menu inspired by the mouth-watering Mediterranean to the Far East tastes.



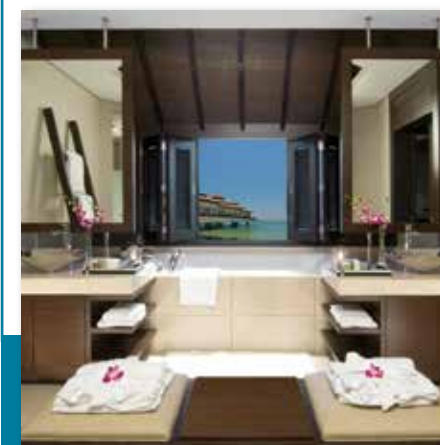
PLACES

Valentine's Exclusive Suite Package The Oberoi, Dubai

Package includes one night in a deluxe suite, a special Valentine's amenity on arrival, 4 course dinner with a bottle of Champagne and a personal butler on the balcony, overlooking the iconic Burj Khalifa. Relax with a 60 minute treatment at The Oberoi Spa. After a night in a luxury suite, breakfast will be served in bed and late check-out is guaranteed. Receive an exclusive gift on departure and a drop-off in a BMW 7 Series Limousine, AED 4,000 per suite per couple (Friday 13th and Saturday 14th February).



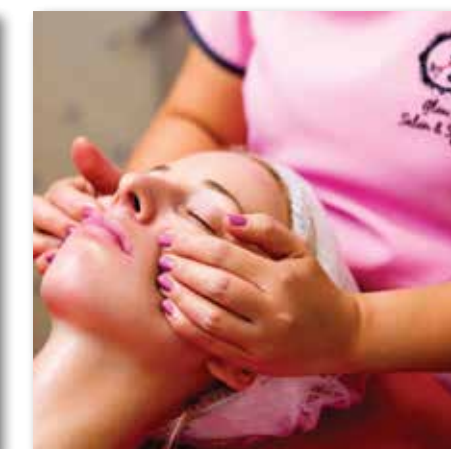
Anantara Spa, Eastern Mangroves



Celebrate love this Valentine's day by customizing your very own Romantic Spa Escape for you and your partner. Simply select one 60 minute and one 30 minute treatment for you to enjoy together and craft an experience that is uniquely yours, this Valentine's day: AED 1,490 per couple, including a romantic set-up. In-room option is available upon request and subject to availability.

Glow Salon & Spa

It's that time of the year again, when cupid brings love and happiness; Glow Salon & Spa is introducing its Valentine's day special package "Glowing with Love" and "Cupid's Tootsie" for that LOVE-ly feeling. The 120 minutes to 60 minutes packages are sure to remove the toxic energy and revive love. If you are looking for a romantic treatment for your beloved, there is no better way to celebrate love and romance than a special Valentine's beauty bespoke package designed with love to pamper your sweetheart. Request for personalized gift vouchers by making a call at the spa.



Couple's Retreat at Waldorf Astoria Spa

Unwind with your partner at the Waldorf Astoria Spa, a luxurious wellness escape which overlooks a lush outdoor garden. A haven of well-being, the Spa focuses on providing highly personalized therapies in an inviting yet intimate and inspirational environment of understated luxury, making it the ideal setting in which to enjoy our 'Couple's Retreat' package. This exclusive package will see you retreat together in one of our private couple suites and experience a luxury body polish to rejuvenate the skin, followed by a bespoke massage tailored to your individual needs. Lastly, relax in the serene surroundings as you submerge in the



aromatic waters of your private Jacuzzi and enjoy the thermal facilities. The Couple's

Retreat package lasts 110 min and is priced at AED 1,695.

Yas Marina Circuit Valentine's Day Offers

Get your love life on track with Yas Marina Circuit's Valentines Gifting Campaign and treat your loved one to one of the wide range of special offers on its thrilling and fun experiences. Any campaign purchased will include a complimentary voucher to enjoy a romantic dinner at Yas Marina's world-famous Cipriani restaurant. Their packages include 'Love Birds Tour' (two adults venue tour + Cipriani voucher) Tandem Love (two Yas Radical SST hot laps + Cipriani voucher), Drifting and Shifting (two x Drift Sprint + Cipriani voucher). Offer valid till 28th February 2015.



Dubai Creek Golf & Yacht Club's Ladies Golf Night



Active ladies in Dubai who are looking to get into the swing of golf, but haven't been able to find the time, can now pack up the heels, grab a pair of trainers and shorts and head to the lively and sociable Dubai Golf's Ladies Night. Previously group ladies lessons were only available during the day, but now ladies can head down to the picturesque Dubai Creek Golf & Yacht Club in the evening after work and make a night of it with sport, fresh air and mixing with like-minded women.



GIFTING

Moon phase by Hermès

The new Arceau Petite Lune by Hermès is bound to sweep any woman off her feet this Valentine's day and would make a memorable gift for a loved one. Now, featuring a manufacture movement

and its 38mm dazzling case set with 60 diamonds, the watch has a white natural mother-of-pearl dial and its moon phase a blue background with rhodium-plated decoration.



Two Hearts gift from LUSH



Treat yourself with three heart shaped beauty products from Lush containing, Heart Throb Bubblebath; Love Locket bathbomb; Cupid's Love soap... It takes two hearts to fall in love and three to share a bath with this limited edition gift filled with love and decadent bathing treats.

The Color of Your Love with Cities

Add a bit of red to your Valentine's home with great interior design pieces from Cities Boutique, the distinctive art and design concept store located at The Galleria Mall, Jumeirah. With a number of unique items and statement pieces in resplendent reds, you are sure to find the perfect gift to show your loved one just how much you care.



Unique pieces from Diesel

This season see Valentines with the color of love; RED! As clichéd as it may sound red is still the most popular color associated with

love and Valentines. This Valentines fall in love with the most stylish and unique pieces from Diesel's SS15 collections.



Lady in Red by Valleydez



For those trying to find the perfect gift, look no further! Valleydez's gift guide will satisfy every personality to ensure that any woman will feel the love, this Valentines.

EVENTS

Dubai Food Festival 2015

6th - 28th February 2015



The Dubai Food Festival returns bigger and better than ever. This year the festival follows the theme of "Find Your Flavour", offering food lovers everything from Emirati cuisine to street foods and independent restaurants and dining concepts as well as multicultural and international cuisine with guest celebrity chefs being the cherry on top of this delectable festival.

Emirates Airline Dubai Jazz Festival 2015

25th - 27th February 2015



Launched in 2003, the Emirates Airline Dubai Jazz Festival or Jazz Fest has attracted thousands of music lovers through the years. Coming this year will be James Blunt on the first day of the festival, musical genius Sting the second night and the third night will feature the undeniably talented John Legend.

Dubai World Cup Carnival 2015 (Race 9)

Saturday, 28th February 2015



A battle between the world's best horses, jockeys and trainers, Dubai World Cup Carnival will feature a series of nine highly-competitive race meetings. Since its inauguration the Dubai World Cup Carnival has served as an avant-garde festival and attracted the most famous stars of the international racing scene. The finale of the Dubai World Cup Carnival, the world's richest race meeting is the Dubai World Cup, sponsored by Emirates Airline which will be held on March 28, 2015.

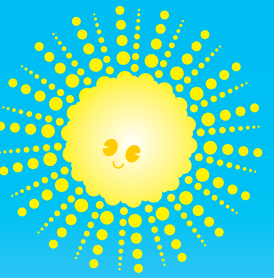
Emirates Airline Festival of Literature 2015

3rd - 7th March 2015



The Emirates Airline Festival of Literature is the Middle East's largest celebration of the written and spoken word, bringing people of all ages, nationalities and backgrounds together with authors from around the world to promote education, debate and, above all, a love of reading and writing, in a celebratory and enjoyable way.

It's time for the beach.
Join us!



menchie's
frozen yogurt



f MenchiesUAE
t MenchiesUAE
i Menchies_AE

THE BEACH, JBR MEGA MALL, SHARJAH

JUMEIRAH PARK PAVILION CASCADE WALK, YAS MALL

info@sahpad.com

menchies.com

THE SHOW Must Go On...

Glamour Collection by Misslyn

Love is in the air, and what better way to express it than by being playful... For the season of love, look your most glamorous with Misslyn's 'The Show Must Go On' make-up wherein you can play and restage the Parisian glamour of the 20's which takes you into a world of parties, sexy vaudeville dancers and luscious opulent costumes. The collection impresses with seductive, elegant reds to sparkling gold, blue and green shades giving your makeup a sophisticated look with that certain show-drama! Part of the exciting product sets of Misslyn's 'The Show Must Go On' Collection are sparkling diamond nail polishes, in particular 85E, Ladies & Gentlemen and the no. 85g, Come in, One and All. It includes the precise liquid eyeliner long-wear no. 9 and 2, lipstick no. 124, eyes on stage eyeshadow set no. 3, and compact blusher no. 30.

Get the look

The Dramatic Eyes:

Prime the entire eyelid with the lightest color of the On stage eyeshadow set. Apply the precise liquid eyeliner no. 2 (acrobat) along the outer lashes and extend the line just past the outer corner of the eye with a slight upward sweep. Reinforce the effect with the precise liquid eyeliner no. 9 (Cirque du soleil) by drawing another thin golden line above. For the perfect look, choose your favorite Misslyn lashes and attach them to your lash line. Wear Misslyn mascara to connect the strip lashes with your own lashes.

Those Luscious Lips:

Apply lipstick no. 124 (Manege) for the perfect kissable lips with

bright red tones that can set the mood for a night of warmth and cheer. For the 20's look, apply the lipstick in the iconic shape of the twenties' Cupid's bow, which focuses on the center of the lip. To achieve the look, overdraw the lipstick to exaggerate the upper and lower curves of the lips, particularly the lower lip and de-emphasize the width, a little. A simple trick is to outline the lips using a lip pencil to highlight the curve points of the upper and lower lip, then blend inwards and leave the outer corners untouched.

For Beautiful Nails:

Stage makeup also includes glamorous nails. Therefore first apply the sparkling diamond nail polish no. 85C (Ringmaster) in two layers and let it dry thoroughly. For a shiny appearance, reinforce the glitter effect with a thin layer of the effect top coat no. 782 (Big top). For the twenties look, apply the nail polish in the middle, creating a half moon shape, leaving the cuticle and tip, bare.

For Rosy Cheeks:

The compact blusher no. 30 (Romantic Rosé) gives instant luminosity and freshness. Apply the blusher directly on the cheekbones and fade it out with a brush. To achieve the twenties look, apply the rouge (the name commonly used in the 20's) to the apple of the cheek in a circular motion to create a crescent shape, with the crescent's center on the cheek bone. Instead of blending it upwards to your hair line, fade it out along the curve of the cheek and blend it downwards, no further than your nose. The desired look

is a cherubic face full of youthful color and a natural blush.



OUTDOOR *exercises*

Get fit, blast calorie load, and have some real fun outside!

It is the best time of the year for the residents and the visitors of Dubai alike. A time when the sun shines happily and a certain chill in the air makes the long nights all too quixotic... With this beautiful weather, there remains no excuse to not partake in the joys of the great outdoors, when burning calories also gets a

lot more fun. Exercising in the gym is great, but we wouldn't exactly call it fun! Taking your workout outside and trying some feel good sunny-weather activities, allows us to burn calories, whilst having a great time with Mother Nature. Besides the overall fun element associated with outdoor activities, research also shows that exercising outdoors is linked with good things such as greater

vitality, enthusiasm, pleasure, self-esteem, and lower levels of stress hormone cortisol and lessening of bad things such as tension, depression, and fatigue. We have created a list of outdoor activities that boost calorie-burn, tone and strengthen muscles, and definitely let you get connected with nature instantly.

Cycling / Biking

This perhaps is the best time of the year to master your cycling skill and burn those calories in the process. Biking is a simple, fun and effective way to get a great workout since it is an excellent cardiovascular exercise. Just imagine your cycling workout routine at the gym, and now bring it outside, the best thing is that time passes much faster and in terms of effort tends to feel a little easier, due to the pleasant distraction of scenery. Cycling outdoors also works the glutes (butt muscles), hamstrings, quadriceps, shins and calves harder than indoor cycling. Another great advantage of biking is that not only do you get the opportunity to just explore new neighborhoods, places or trails, but once you get the knack of it, you can use it as a mode of transport, for your daily household errands and even for commuting to work.



Walking

One of the most easy to execute exercises for just about everyone, walking is one of the best lifetime sports... And getting used to it is as easy as a leisurely walk around the neighborhood. The benefits of walking are that it is easy on the joints, you don't need a lot of fancy equipment, and you can still burn calories. According to the standard guidelines, walking for 30 minutes, 5 days a week, at a brisk pace (about 4 mph) helps ward off chronic ailments. It actually decreases the risk of heart disease, diabetes and high blood pressure. For those who are aiming to lose weight, walking is essentially the easiest workout to start with. Walking for 60 minutes most days of the week with healthy meals can really help in weight loss and then to keep it off, following the same routine can have lasting effects. If this looks overwhelming, then consider incorporating walking into your daily life by breaking the time into several manageable spurts, like, walking the kids to school or the bus stop, running errands at lunchtime, and a stroll after dinner every evening.



Jogging/Running

Jogging is a terrific sport for your heart and lungs, and it also works wonders in building stamina. If you're trying to lose weight, jogging or running burns calories faster than walking & it also challenges your muscles. A study published in the Archives of Internal Medicine in 1999 found that exercise like running may be as effective as medication for treating depression in some people. However, the key is to start slowly and to gradually increase your time or distance.



Beach volleyball

Perhaps the best time of the year to pay a visit to the beach in Dubai is Now! And one of the best beach sports of all time is Beach volleyball. It is an awesome full body workout that targets and tones the legs, arms, shoulders and abs. During a game you're continuously on the move, changing direction, squatting, diving, jumping, serving or hitting. You're also moving on sand, which is more difficult and boosts calorie burn further.

Swimming

Swimming is a wonderful cardiovascular conditioner that also helps tone arms and legs, and it's very easy on the joints, perfect for people who have muscle or joint problems. The weightlessness of the water helps them exercise pain-free. Swimming also increases stamina, it can also help ward off diabetes and high blood pressure, and help to relieve stress. If you do not have easy access to pools, a trip to the nearest beach can be a daylong fun activity and a healthy break...



Hiking

Hiking is one the most spiritually connecting sports. It provides a relaxed atmosphere for a workout that doesn't seem like a workout at all. Listening to the birds and a babbling brook, perhaps enjoying the cool breeze of the forest, provides a break from daily stresses. If you dwell in a concrete jungle don't feel distressed, a trip to a local park will instantly reveal what you have been missing. Hiking is a tremendous workout for your legs along with providing many cardiovascular benefits.

Snorkeling / Scuba Diving

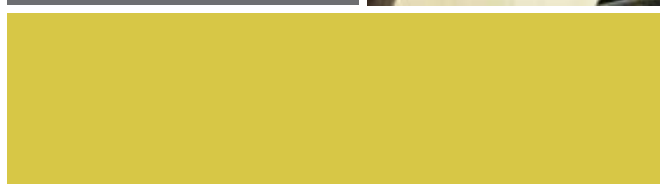
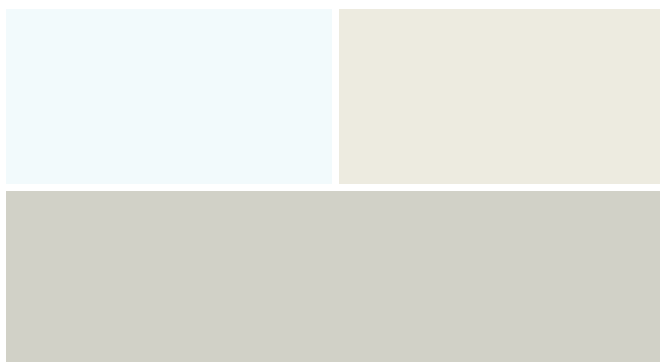
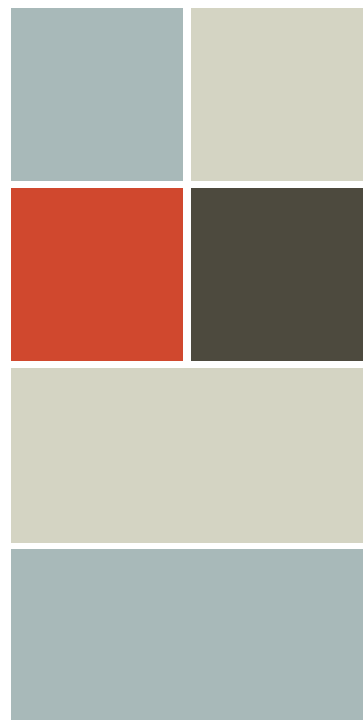
If you're lucky enough to plan a beach vacation, or are even luckier still and actually live near the beach, snorkeling or scuba diving can be the most fun and entertaining of workouts. These activities combine both cardio and strength training, burning a ton of calories while tightening and toning the body. Snorkeling and scuba diving offer the benefits of cardiovascular exercise, minus the strain, sweat, stress, and discomfort of a typical workout. And because you have to work hard to push against the resistance of water (water is hundred times more dense than air) to move forward, it also really works the butt, thighs, hips, back and abs.



THE DEVICE

driven posture

A physical perspective of nine postures and their impact on our body's health...



The impact of technology on the way we live has been immense. The 21st century tools have redefined not only social and professional interaction but also the pose of the pros, the ones who handle the tools. As we

assimilate more and more gadgets into our daily work routine, it becomes evident that each new gadget places a different kind of stress on our mind and body, pushing the body to take on new and unique challenges. Historically, the rudimentary stone tools required one to use a stone to do just about everything - to use the stone wielding skill

to catch his dinner, crouch behind a stone, attack and run with a strong pair of legs. While the hunter gatherer with his search for grains and tools like the bow and arrow, needed a sturdy back, a strong arm and feet plus a keen eye to capture his dinner.

THE IDEAL POSTURE

The ideal shape to be maintained for the back is the natural 'S' curve.

While working it is important to ...

*Ensure that the lower back is supported if it is not supported by the chair, place a cushion or roll a towel.

*Ensure that your feet are supported,

*Keep your head upright while you work and

*Avoid slouching or slumping.

Today, however, the tools that help secure the modern man's dinner are machines and they define the human pose for this century. Where ever one looks, from the farmer's yard to the kitchen counter, from the beauty box to the office table, from full-scale factories and industries to the gadgets in our pockets and purses, not to mention wrists, machines define the perspective and the posture. These gadgets which have become essential tools for the modern man, are the indispensable and increasingly versatile mobile phone, the take it wherever you go computer in the shape of a laptop and a cross between the two, the tablet. Using these tools has considerable effect on our central nervous system, the backbone which controls everything in our body. Steelcase, "the global leader in the office furniture industry", carried out a research on body postures and movements dictated by the use of new technologies. The survey, titled Global Posture Study, found that people now spend "up to six hours a day working on mobile devices rather than desktop computers" and juggle 'between three different devices' in a day, and identified nine new postures dictated by the use of these gadgets. After careful observation of ten thousand, seven hundred and thirty nine employees in 11 countries, the nine new postures adopted most frequently by office employees, as identified by the Steelcase Global Posture Study (Incorporated) along with the area of body they affect, include the fatigue inspired Strunch, the cosy Cocoon and the hunched jugglers Multi-Device posture, among others.

The Strunch: Strunch stands for 'stretched out hunch,' a position commonly assumed with laptops. As people become fatigued, they gradually push their laptop further from the edge of the work surface, resting their weight on the surface. In this position, stretched out and hunched over for long periods of time while keeping their eyes focused on the screen, stress on the spinal cord may put people at risk for discomfort and eventual injury to the back, arm, wrist, neck, and shoulder.

The Draw: The position devised for small and mobile technology, like the tablet, allows people to pull back from their desks, recline and bring in elbows close to the body to hold the device while they use it. This means fatigued arms and without persistent lumbar support, this results in back pain.

The Multi-Device: This posture is assumed while multitasking on multiple-devices—one hand holding a phone to the ear, the other tasking on a laptop, which can lead to a hunched position with eyes focused on the screen and the arm holding the mobile phone. Again, putting stress on the back and the arms leading to fatigue and pain.

The Text: The text typing position is the product of smart phones, which are small compared to other forms of technology like the tablet and, therefore, require unique postures. Usually texting requires that a person hold up the device with arms akimbo and continuous keying and gesturing movements are performed, that can cause stress and fatigue leading to neck pain and shoulder strain.

The Cocoon: The Cocoon is a position preferred by Generation Y. People recline, bring up their feet to a sitting height, and draw their smartphone or tablet close, allowing it to rest on their thighs. Used for smartphones and tablets, the bend in the knee reduces circulation, the neck is angled down and the lower back is not supported, thereby leading to strain.

The Swipe: This posture results when the device, like a tablet, is used on a work surface in "surfing mode", in which people operate the device with one hand, typically with swiping gestures. Most people don't have an elevated display for tablets, so they lean back or hunch over. This position can lead to back and neck pain due to the downward neck angle.

The Smart Lean: A posture designed to ensure privacy born of the desire to shield their content on a mobile screen from other people in a group setting/meeting. It allows people to temporarily "pull away", for a moment of privacy without having to leave a meeting or collaborative environment. When looking at a smart phone, there's a tendency to lean away from others. The technology is out of the natural sight line, leading to a strained posture.

The Trance: This posture was observed when people were focused on the screen, either mousing or using a touchpad to navigate, for extended periods of time. Over time, you lean towards the screen, putting

strain on the neck and back and as they become fatigued people rest their head on one hand, to stabilize it and take pressure off their back/shoulders. While, leaning forward, many people unconsciously place their feet on the chair base to relieve pressure on their thighs, putting strain on the shoulders, arms, and wrists.

The Take It In: In the case of bigger displays, people recline to view content on their high resolution desktops and/or sit back to view digital information and absorb the information from a distance without eye-strain and contemplate. This is healthy, as long as the chair has lumbar support in a reclined posture.

The impact of the machines on our body's posture is easy to observe while the bearing it has on our health is a point of concern. The damage to the backbone and the central nervous system owing to the postures may cause pain and long term injuries resulting in dullness of senses and a lack of creativity leading to reduced performance at work.

SteelCase Global Posture Study Additional Findings :

Laptops vs Smart phones

Employees surveyed work between 3 and 6 hours on mobile devices daily. Men prefer laptops (34 percent), whereas women like to work on smartphones (41 percent).

"Millennials" Need Space

The ' Millennials', born between 1979 and 2000, change postures more often than other age groups.

7 % of them prefer the "The Cocoon" posture (twisting arms and legs like in a cocoon), 15 % "The Strunch" (stretched out over the desk), and 27 % "The Trance" (concentrated reading on the screen).

Women Prefer to retreat

Female employees choose postures where they can withdraw from the environment, like "The Cocoon" and "The Strunch". Men prefer open seating postures to lean back, like "The Draw" (for working with tablets), "The Smart Lean" (to create privacy during meetings) and "The Take It In" (leaning back due to bigger displays).

Multitasking & Concentration

Irrespective of age and gender, 25 percent of employees prefer "The Multi-Device" posture (simultaneously using several technical devices) followed by 20 percent preferring "The Trance" (concentrated reading on the screen).

FESTIVALS & CARNIVALS

Paint the town red, this New Year & Spring

Beginning of a new year, a celebration to cherish feelings of affection, devotion and passion along with the transition from the intimate silences and chill of winter to the openness of spring, create a tangible sensation of renewal and a positive ambience for carnivals of passions.



CELEBRATION OF PASSIONS

"Travel brings power
and love back into your
life." — Rumi

Rome, Italy

It may have been the seat of government for approximately 2,500 years, but this complex and vast city promises the perfect blend of modernity and history to set the scene for romantic passions. Explore the ancient roman structures imbued with romance of generations; the fountains, palaces and gardens against a backdrop of blue skies and perfect sunshine. The botanic gardens, museums and parks offer natural richness for a perfect morning, while the nightlife is just as vibrant with numerous attractions like the evening cafes, restaurants and theater; perhaps see a Romeo & Juliet production?



Thirty minutes drive from Rome, are the palace, gardens and fountains of Villa d'Este in Tivoli – a garden with sculpted nymphs, grottoes and beautiful fountains. Yet still, for a truly royal romantic experience, stay at one of the castles in Emilia-Romagna, like Castello di Vigoleno and Castello di Montegridolfo, with modern amenities like a spa and beauty center, but with the picture perfect look of a fairy tale castle.



Seville, Spain

Romance in cozy bistros, or elegant restaurants set against a perfect timeless background, with narrow winding streets and a surprise around every corner or square, quaint plazas under orange blossoms, flamenco music full of intense feeling to cafés and shops along cobblestone streets effused with the modern spirit of Spain, are just some of the elements that help Seville captivate the senses. Its historical buildings and fusion of cultures lend the mood of timelessness, the charm of a Moorish setting and the ambience of a classic space, appropriately captured in the décor of the city's hotels, as well.

The spaces that capture this spirit of Spain, the alcazar palace, the second largest Cathedral in Europe, the fantastic Plaza des Toros a place to see the famous bullfights, the Toro del Oro (The Golden Tower), the Flamenco museum, Casa del Pilatos- a museum as well as home to the current duchess are only some of the iconic places that mark the Spanish landscape. Stop by the fountain where Cupid is busy shooting arrows at three women in the Maria Luisa Park in a horse drawn carriage and visit the parks Plaza de Espana. Then, relish the pleasure of an Arabic Hammam, Banos Arabes, relax in a steam room, get a massage, or a teteria. Then sit back and take in the mood of Spain while eating tapas.



REVELS OF THE CHINESE NEW YEAR

The World is a book, and those who do not travel read only a page. — Saint Augustine



Hong Kong

Bright colors, spirited parades, glowing lanterns, the pop of firecrackers, dancing lions, fiery dragons and the wafts of incense, Hong Kong's Chinese heritage comes alive in ancient festivities of the two week long Spring Festival aka Chinese New Year festivities with a touch of Hong Kong's style. The city's biggest and most colorful festival begins with the flower markets full of the most auspicious blooms and foods for the spring season. As the residents clean house to drive out their old life and welcome the New Year with the most auspicious words, colors and performances, the city pulsates with energy and the color red, the color of abundance and happiness. Bright red lanterns adorn the city as the floats of the Cathay Pacific International Chinese New Year Night Parade light up the city streets building up the party atmosphere with international and local performing groups, on New Year's eve along the streets of Tsim Sha Tsui. The floats include those by Disneyland Hong Kong, Ocean Park, Cathay Pacific and numerous others featuring folklore, music, dance, acrobatics, martial arts and wishes for a prosperous new year.

The second day of the Chinese New Year is lit by the Lunar New Year Fireworks Display over the spectacular Victoria harbor. Watch the magnificent fireworks explode with color to scare away Nian, the beast who destroys harvests, livestock and consumes humans. The stunning fireworks display can be appreciated from the street, a hotel rooftop or a dinner cruise in the Victoria harbor. On the seventh day of the

New Year, every common man's birthday is celebrated, so wish everyone a happy birthday. The festivities for the Lunar New Year end with the Spring Lantern Festival on the fifteenth day of the first lunar month, which is also the Chinese Valentine's Day with match making games for singles. The Spring Festival comes alive with lantern displays, riddles, traditional performances and pair of couplets pasted on

the door. The colourful and festive lanterns are shaped into the most auspicious symbols like gold fish and pomegranate as well as the zodiac animal for the year, and 2015 is the year of the Goat. The New Year celebrations are still in full swing then the city begins to resonate with electrifying classical or avant garde performances of the Hong Kong Arts Festival. Thus, New Year is just the beginning



Singapore

Sweep out the old energy and come alive with the spirit of a new positive vigor, the core concept of the Chinese New Year (CNY), to ensure happiness and prosperity for the coming year. The New Year is ushered in with Lights Up, in Singapore, as the traditional and modern design merge to create a unique representation through lights for this occasion. For 2015, the Goat themed design was created by students of SUTD. Take in the sights of the city that continues to reinvent itself, ambitious and dynamic in terms of design and architectural gems, culturally diverse experiences along the streets and in museums, relaxation on beaches and wildlife packed jungles. The opening ceremony with its strong visual effects creates an awe-inspiring display for live performances - musical skits, song, dance, acrobatics and martial arts performances. Dancing dragons and lions, noisy explosive fireworks, red color lanterns all designed to scare away the tormenting



Nian, take over the streets of Singapore's China Town. On New Years Eve, the Chinese New Year Parade, Chingay's carnival atmosphere with magicians, fire eaters, dancers and spectacular floats glide through Outram Park, China Town, Orchard Road City Hall and the waterfront Formula One Pit Building's grounds. The dance troupes in the Kreta Ayer Square, gracefully work umbrellas and paper fans with intricately designed steps. On Chinese New Year eve, the River Hog Bao celebration cultural expo, is another highlight, with its culturally significant lucky red envelopes containing lucky money, a Singapore dollar to bring good fortune for the coming year.

JOYS OF CARNIVAL, (MARDI GRAS)

"The real voyage of discovery consists not in seeking new landscapes, but in having new eyes." — Marcel Proust

Carnival of Rio de Janeiro

The biggest carnival of the world, rich, vibrant, a swirl of colors with extravagant, imaginative costumes, clusters of feathers and beads which flash and sparkle, as the floats of the carnival parade float down the city center and performers dressed in flamboyant themed costumes dance to the samba beat. These fantastic carnival feats can be found in Rio de Janeiro's four-day celebration just before Lent beginning on 13th February, when, it is estimated, more than 2 million people will be on the streets of Brazil to live it up and celebrate the Carnival along with hundreds of groups of performers.

The carnival officially opens with the handing over of the city's keys to the jolly and humungous Greek god of mockery, King of the carnival, Momo. His partner, the Queen is chosen in a contest of beauty and congeniality. So, when the King of Carnival sambas, everyone must join in the dance. The main parades for Carnival Sunday and Monday are performed by Rio de Janeiro's 12 elite schools of samba competing for the top spot, while the rest compete in parades on Friday and Saturday for a place in the Samba Special Group



parade, the following year. The energy and excitement that infuses this event is designed to captivate everyone and draw

them into the spirit of carnival, the balls, the street parades and the parties at every street corner even after the carnival ends.



Carnival of Nice

In Nice, spanning a period of two weeks, 12 days, a total of 180 hours between February and March is the French Riviera's oldest and grandest Carnival. Dating back to 1294, the carnival of masks and last indulgences has been transformed into parades of floats and processions involving giant puppets, thousands of musicians and performers from around the world. The Carnival is officially declared open with the Carnival Procession of the Carnival King

who takes the keys of the city in the Place Massena and establishes his unruly reign of extravagant indulgence for the next 14 days. This year, the 2015 Nice Carnival will run from February 13th to March 1st and the theme for this year is The King of Music. Relish the energy and feel of spring with the 'Battle of Flowers', where mimosas, gerberas and lilies are tossed onto the crowds lining the streets by richly costumed models from intricately conceived and designed floral floats of the Flower Parade, as they move along the Promenade des Anglais. Then,

at night, the Carnival Parade of Lights takes over, with elaborately conceived floats decorated with paper mache figures illuminated to perfection as they make a circuit around the Albert I Gardens, lighting up the French Riviera. The carnival ends with the burning of the Carnival King and a colossal firework display multiplied a thousand times over with its fire reflected in the Mediterranean waters. Enjoy the carnival atmosphere, a riot of colors, and take in the fun city of the French Riviera, Nice.



HOME

design trends

Home décor trends change with time; they evolve as we unravel new ideas and let loose our creativity. In a high-tech world, where gadgets and gizmos play a

significant role in defining the space that we live in, the need to create a space that allows us to reflect, connect and relax is even more in demand than the olden days... A place that is digitally efficient should also be a

haven far away from the maddening crowd. A personalized space with a bit of Zen, a pinch of glam, a touch of classic appeal or simply modern and organic... Here are the top home trends to look for this year.

I'm Blue dada de dada da!

Blue is undoubtedly the most popular accent color for interior decoration this year. If there's one thing that instantly says "cool", it's a room coated in an interesting, saturated blue. Traditionally, blue has been a color associated with calm. We think people like the idea of cozing up cocooned in the hues of the deepest sea. If the strong black or the dull charcoal shades have lost their charm then blue might just be the perfect solution for a change. If you're not sure how you feel about the blue accent trend, try incorporating small pieces of blue into your design scheme and see how it works...



#throwbackthursday

It is probably the best time to dig into old, neglected treasures and bring out those forgotten hidden gems. Since, throwback design elements from 1950s through to 1970s, are all in trend. So that couch you saw on TV in some 1970s sitcom, is super trendy today. However, while this trend is fast gaining momentum, it is important to keep it as inspiration only, by not letting it take over the house. The best way to incorporate this trend into your space is to go subtle, like adding a nice mustard piece or a wooden chair or upholstery with broad stripes, but make sure it is one element at a time.

Old feel new vibes

Another huge trend is to mix the old with the new. The best way to do so, is by pairing contemporary chairs with old rustic tables, or the other way round. The trend suggests that by pairing two things that don't seem to go together, you are actually emphasizing the best qualities of both. It brings out a more modern and creative approach to home décor.



Gold rush

This year brings in a decisive change, and the change is that homeowners will no longer be limited to silver or stainless steel fixtures, they will be free to mix and match finish colors, or go bold with all gold. So, that means you can bring in the bling at your house in a more extravagant and luxurious way. Bringing in the golds, add a warmer appeal to any space. The best way to adopt this trend is by bringing in gold accents through center pieces or vases. You may also start gilding the lily, from the bathroom; think a gold faucet or fixture!



Rub-a dub dub, three men in the tub

In this technologically über fast world, it's sometimes extremely appealing and relaxing to retreat to something that has an old vintage look; something low-tech and away from the digital space. Vintage tubs have made a huge come back this season. Most vintage-style tubs don't have jets or infinity edges, but what they do best, is allow for an old-fashioned, all-embracing soak. There's something unspeakably luxurious and relaxing about tubs that makes you want one to unwind in, after a hard day's labor.



A haven full of books

Nothing compares to the element of poise and depth that books bring to any space. There's something soothing and yet intriguing about being surrounded by books. Libraries are making a big comeback, despite the fact that e-books have taken over the readers like storm. Libraries preserve memories of the characters, the words, the moments that touched us intrinsically and the stories that have left a mark on us, they also remind us of where we've been and who we want to be...

"I have always imagined that Paradise will be a kind of library."

— Jorge Luis Borges

COOKING

from the heart



The arrival of spring is imminent, the gentle flutters in the air, the mellowness of the heart, it is the season to welcome life, begin anew and celebrate love... As all good things in life come from the heart, the season invites us to experience the seasonal flavors, aromas and wholesome goodness, with family and friends.

Embracing the cool-weather produce can take some adjustments, but it is better for its freshness and for the environment, as you are buying what is local and seasonal.

Although the weather has started to warm up a little, winter vegetables like squash and sprouts are still in abundance, as are apples and pears and juicy oranges! The glut of spring's seasonal foods may not have arrived yet, but February's seasonal ingredients are plentiful to ensure a month of delicious seasonal dishes. It is also important to keep in mind that seasonal produce will vary with your location, but the basics remain the same...

Each fruit or vegetable has a prime time when it's at its seasonal best. Some are great

for over half of the year; others only hit their peak for a month. Either way it means extra flavor, extra crunch, extra juiciness—all super-fresh and great value. Following are the vegetables and fruits in season now; brussels sprouts, cabbage, winter greens, kale, beets, leeks, potatoes, sweet potatoes, parsnip, carrots, & turnip, clementine, grapefruit etc.

Keeping the season and the fresh produce in mind we have curated a number of recipes to let you have the best of the season's flavours before the mercury rises!!!

Winter Squash Carbonara with Pancetta and Sage

Ingredients

2 tablespoons olive oil
4 oz. pancetta (Italian bacon), chopped
1 tablespoon finely chopped fresh sage
1 2-lb. kabocha or butternut squash, peeled, seeded, cut into ½ inch pieces (about 3 cups)
1 small onion, chopped
2 cloves garlic, chopped
Kosher salt and freshly ground black pepper
2 cups low-sodium chicken broth
12 oz. fettuccine or linguine
¼ cup finely grated Pecorino, plus shaved for serving

Directions

Heat oil in a large skillet over medium-high heat. Add pancetta, reduce heat to medium, and cook, stirring occasionally, until crisp, 8–10 minutes.
Add sage and toss to coat. Then, transfer pancetta and sage to a small bowl & set aside.
Add squash, onion, and garlic to skillet; season with salt and pepper and cook, stirring occasionally, until onion is translucent, 8–10 minutes. Add broth. Bring to a boil, reduce heat, and simmer until squash is soft and liquid is reduced



by half, 15–20 minutes. Let cool slightly, then purée in a blender until smooth; season with salt and pepper. Reserve skillet. (Squash purée can be made 3 days ahead. Let cool; cover and chill.)
Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente. Drain, reserving 1 cup pasta cooking liquid. Combine pasta, squash purée, and ¼ cup pasta cooking liquid in reserved skillet and cook over medium heat, tossing and adding more pasta cooking liquid as needed, until sauce coats pasta, about 2 minutes. Mix in ¼ cup Pecorino; season with salt and pepper.
Serve pasta topped with reserved pancetta and sage, shaved Pecorino, and more pepper.

Roasted Salmon with Butter

Ingredients

4 tablespoons (1/2 stick) unsalted butter
Coarse salt and ground pepper
1 salmon fillet (2 to 3 pounds), skin on
Chopped fresh parsley leaves, for serving
1 Lemon

Directions

Preheat oven to 475 degrees. Place butter on a rimmed baking sheet and season with salt and pepper. Place sheet in oven until butter melts, about 1 minute.
Carefully remove sheet from oven and place salmon on top of butter, skin side down; season with salt and pepper. Return sheet to oven.



As all good things in life come from the heart, the season invites us to experience the seasonal flavors, aromas and wholesome goodness, with family and friends.

Roast until salmon is just cooked through, 8 to 12 minutes, checking frequently. It will flake easily when done. Sprinkle with parsley, slices of lemon and serve.

Brussels sprouts, Lentils, Bacon, and Pear Salad

Ingredients

2 lbs. brussels sprouts



- 2 Comice Pears
- 1/2 cup hazelnuts
- 1/2 cup cooked bacon
- 1 cup black Lentils
- 1/2 cup olive oil
- 2 heaping tbsp Dijon mustard
- 1 tbsp honey
- 2 tbsp of balsmic vinegar
- Salt & pepper

Directions

- Bring two pots of water to a boil. One for the lentils, one for blanching the brussel sprouts. Cook lentils for 20-30 minutes or until tender. Meanwhile, shred brussel sprouts by hand or in a food processor. Set aside.
- Cook bacon to a crisp and lay to rest on a paper towel until cooled. Chop and set aside.
- Roughly chop hazelnuts and toast in a dry pan for 5 minutes until browned but not



burned. Set aside.

In a small bowl, combine olive oil, dijon, honey, balsamic vinegar, and salt/pepper. Set aside.

Toss shaved brussels sprouts into the boiling water and blanch for no more than 1 minute. Pour into a colander and rinse with cold water immediately. Dry with a salad spinner or with towels.

In a large bowl combine sprouts, cooked lentils, chopped bacon, and toasted hazelnuts. Cut in the small pieces of pear over the salad. Toss lightly with your hands before mixing in the dressing.

Pomegranate, Kale, and Wild Rice Salad with Walnuts and Feta

Ingredients

- For the salad
- 1 cup pomegranate seeds
- 2 cups chopped baby kale
- 2 cups cooked wild rice
- 1/4 cup toasted walnuts

- 1/4 cup feta cheese
- For the dressing
- 1/2 cup minced onion or shallot
- 2 tablespoons olive oil
- 2 tablespoons water
- 2 tablespoons honey
- 1/2 tablespoon apple cider vinegar
- 1/2 teaspoon salt
- 1 squeeze lemon or orange juice

Directions

Prep the salad ingredients (chop, rinse, toast, etc). Chill the ingredients in the fridge while you're making the dressing if you want a cold salad.

Mince the shallot or onion and saute in

- 1/2 tablespoons olive oil to reduce the bite.
- When soft and fragrant, remove from heat and transfer to a food processor.
- Pulse the onions or shallot with the remaining olive oil, water, honey, apple cider vinegar, salt, and orange juice until smooth and creamy. Taste and adjust.
- Add additional olive oil or water to keep the mixture moving through the food processor.
- Toss the salad ingredients together with the dressing just before serving.

Marbled Chocolate Peanut Butter Cake

Ingredients

- Cake:
- 4 ounces Hershey's bittersweet chocolate, chopped small
- 1 cup unsalted butter, softened
- 2/3 cup Reese's smooth or chunky peanut butter
- 1 cup sugar
- 1 1/4 cup light brown sugar



- 5 whole eggs
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup milk
- 1/3 cup Hershey's chocolate chips
- Chocolate Peanut Butter Glaze:
- 2 tablespoons butter
- 2 tablespoons peanut butter, smooth
- 3 tablespoons, corn syrup
- 1 teaspoon vanilla extract
- 6 ounces unsweetened chocolate, chopped small
- 1 tablespoon water

Directions

- Preheat oven to 350 degrees. Generously grease and flour a ring pan.
- Melt chocolate and then in a large mixing bowl, beat the butter, peanut butter and sugar till light and creamy.
- Add eggs one at a time, beating well after each addition.
- Sift all dry ingredients. Add to the butter mixture, alternately with milk until just blended. Pour half of the batter into another bowl. Stir the melted chocolate into one bowl, until well blended, and the chocolate chips into the other bowl of batter. Using a large spoon, drop alternate spoonful of chocolate mixture and peanut butter mixture into the prepared pan. Using

- a knife, pull through the batter to create a swirled, marbled effect.
- Bake for 50-60 minutes, until the top springs back when touched. Cool cake in the pan for 10 minutes before turning it out onto a rack to cool completely.
- To make the glaze, combine all ingredients in a small sauce pan. Melt over low heat, stirring until well blended and smooth.
- Cool slightly. When slightly thickened, drizzle the glaze over the cake, letting it run down the sides.

Orange-Scented Semolina Mousse Pots with Orange Shortbread

Ingredients

- For the mousse pots:
- 500ml milk
- 55g semolina
- 115g golden caster sugar
- Zest of 3 oranges and juice of 2 oranges
- Juice of 1/2 lemon
- 200ml whipping cream
- 2 large egg whites
- For the shortbread:
- 190g plain flour
- 55g semolina
- 175g unsalted butter, cut into 3cm pieces
- To garnish:
- Fine strips of rind from a small orange

Directions

- Place milk and semolina in a saucepan and stir over a low heat until the mixture thickens. Let it simmer, stirring, for 2 minutes. Take off the heat and stir in 75g sugar, the orange zest and juice, and the lemon juice. Leave to cool.
- Whip the cream to floppy peaks and fold



- into the cooled semolina. Place the egg whites in a clean bowl and whisk to stiff peaks. Whisk in the remaining 40g sugar a tablespoon at a time. Fold into the semolina mixture. Spoon into 6 glasses or ramekins. Chill for at least 2 hours.
- For the shortbread, heat the oven to 150°C. Line a 20cm square tin with baking parchment.
- Place the flour, semolina, butter, sugar and orange zest in a food processor and process until the mixture looks like fine breadcrumbs. Alternatively, in a mixing bowl, rub the mixture in with your fingertips.
- Tip into the prepared tin and with the palm of your hand, or a jam jar, gently pat the crumbs into the base. Prick the surface with a fork and sprinkle with the scant tablespoon of sugar. Chill for 15 minutes.
- Bake for 40-45 minutes until firm and just turning golden brown. Remove from the oven, leave for a minute, then cut into fingers. Leave to cool and harden, then remove from tin.





2015

SPRING/SUMMER COUTURE

Check out the exclusive photos of the Spring/Summer 2015 Couture collections from top fashion designers of the world.

ELIE SAAB

ChristianDior

CHANEL

ARMANI/PRIVÉ

ZUHAIR MURAD

RAMI AL ALI

LAMYA ABEDIN'S

ELIE SAAB

Spring/Summer 2015 Couture

Elie Saab re-imagined the glamour of the sixties, looking back to his homeland Beirut and into a bygone era, then bestowed us with the rose tint of nostalgia in a sugar-coated foray of a collection: delicate sequins, translucent silks and a ruffle of feathers.

Taking his inspiration from the natural world, a world full of lush leafy foliage, he lead the models out in their gowns, and literally brought to life the Disney dress dreams, though there were more feathers than sequins and more swing than sculpt to

the gowns. But the most standout pieces were the more contemporary short dresses worn with flats – they were fun and playful and still as glamorous as we have come to expect from Saab.



ELIE SAAB



ELIE SAAB



Christian Dior

Spring/Summer 2015 Couture

Raf Simons presented a thoroughly modern couture collection, employing the luxury techniques of the house alongside his own creative aesthetic. Printed cat suits, full-skirted ballerina dresses with cutaway tops, heavy sequined sleeves and collars mixed

with wool mini dresses, were the prevalent silhouette. Further details include A-line shapes teamed with latex leggings boots or ankle variations with perspex heels, while neat ponytails were hung from steel ovals around which the models hair was wrapped.

Stripes were also pretty consistent, from technicolor knits to fragile silk ribbons on voluminous skirts, over all it was a beautifully light and airy collection.





CHANEL



*Spring/Summer
2015 Couture*



Karl Lagerfeld's couture offering included 4 Chanel gardeners with their waterless cans in khaki and then straw versions of the hats he had embellished with tulle for the show. The clothes were light in an extraordinary medley of fabrics that only Chanel can create. Since it was the spring summer collection, flowers took center stage, from the hems and shoulder to the arm warmers of tulle and the hair decorations of transparent plastic hanging from the low plait. Tweed jackets encrusted with crystal floral patterns and suits in pastel colors. Overall it was an optimistic, light show that gave Chanel a youthful vitality without losing its elegance.



ARMANI/PRIVÉ

Spring/Summer 2015 Couture

The Armani Privé entered its 40th anniversary year, with this couture presentation; celebrating the ideas that have been fundamental to the designer during his four decades in luxury. This season, Armani looked to the orient - with bamboo printed in jackets and appliqued onto dresses glazed with a veil of shimmering beadwork, obi belts in lavish satin, and a muted color palette of greys, blue and sage green. With a foot now into awards season, these lavish feather dresses made to especially stand out, are no doubt soon to swap the catwalk for the red carpet, where they'll fit in neatly.





ZUHAIR MURAD

Spring 2015 Couture

Zuhair Murad's Spring Couture collection was an evocation of water, which played out as a spectacle of gowns that dripped with beading and froth along the runway. Playing with different design metaphors: rippling embroidery, pleating in waves around the waist, whirlpools of tulle at the shoulders, and more... Yet interestingly, no two creations were entirely alike.





ZUHAIR MURAD

first Avenue

February - March 2015

RAMI AL ALI

spring/summer 2015 couture

Returning to Paris for his seventh consecutive season, fashion designer Rami Al Ali unveiled his spring/summer 2015 couture collection to an intimate gathering of fashion's inner circle. Al Ali paid homage

to the traditional yet sensory elegance of Japanese culture and art, exploring how organic simplicity contrasts with lavish refinement. Taking inspiration from the decorative opulence of Japan's iconic

garment, the kimono, floor length gowns in sumptuous satin glided gracefully across the floor, whilst laser cut organza was artistically manipulated to create the effect of sequins and pearls.



LAMYA ABEDIN'S

Latest Collection

Bedtime stories for her little ones have never failed to intrigue Lamya Abedin, founder and creative director of Queen of Spades. Her love for all things fantastic has now become a full-blown inspiration for her latest seasonal collection - The Enchanted Forest. Knights and kingdoms, love and

nostalgia have been creatively woven into Lamya's design imagination as she unveiled yet another array of 75 unique pieces for her signature brand. On a recent visit to Dubai during the ever popular Dubai Shopping Festival, Fashion Police and E! News host, Giuliana Rancic, became the

first to get her hands on the Enchanted Forest Collection by Queen of Spades. Along with a specially monogrammed grey outfit customized for Rancic, Lamya created another sheer shawl hooded abaya with lace and sequin trims to suit the star's gorgeous personality.



LAMYA ABEDIN'S



LAMYA ABEDIN'S

WATCH & JEWELRY



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

Longines Conquest Classic

Sophisticated and refined, the Conquest Classic watches are the most appropriate and graceful adornment for the wrist. Conquest Classic ladies' models have a diameter of 29.50 mm and are available in steel, rose gold or in a combination of steel and rose gold. The black or silvered dial with applied 12, 6 and 9 numerals, lends this model a truly sporty look.



Jaeger-LeCoultre Rendez-Vous High Jewelry Collection

The Rendez-Vous collection is powered by an automatic movement, Jaeger-LeCoultre Calibre 868, visible through the sapphire crystal case-back, it reveals the complexity on its dial with impressive natural grace. The pure design combines classical elements all within a 37.5 mm diameter. The pink gold case side is also rimmed with diamonds extending all the way to the lugs, a detail that gracefully accentuates the profile of the watch.

Piaget Exceptional Pieces

Inspired by a creation from the 1970s and the fashions of the time, this High Jewellery Limelight watch is characterised by its baguette cut diamond gem-setting in the "jupon" style, in a shape reminiscent of the underskirts that gave haute couture gowns their flowing shape. In a feat of precision in gem-setting, the perfect undulation of the diamonds bring about a fascinating shimmering effect, like the flowing texture of the finest gown, offset by a black satin strap embellished with a diamond-set buckle.



Haute Joaillerie Hedgehog Timepiece A precious secret

The Chopard Haute Joaillerie ateliers have created a masterpiece: an all-diamond 'secret' watch with the dial hidden beneath a dazzling hedgehog encrusted with moonstone spikes. This magical timepiece embodies the latest chapter in Chopard's poetic exploration of the fabled Animal World.

LA MONTRE HERMES - MEDOR - SECRET TIME

First created in 1993, the Médor watch originated from one of the first objects produced by Hermès alongside the harness: the dog collar. Revised and reworked, the leather strap with its iconic "Clous de Paris" pyramid-shaped studs was then transformed into a 'secret' watch behind a cabochon. Several colorful versions are available and come in two sizes, graced with gold or steel pyramid studs. The Médor watch may be gem-set along its edges or entirely paved with diamonds, further underscoring the precious nature of this jealously safeguarded time.



MOVADO SERIES 800 CHRONOGRAPH

Movado adds an exciting and elegant new women's chronograph to its Series 800 collection of classic sport timepieces this year. Styled with boldly sculpted satin-finished lugs and crown-protector, this sportive and sophisticated new watch is crafted in solid Performance Steel™. The round 35mm case, polished for contrast, features a unidirectional rotating geared-edge bezel sparkling with 47 faceted diamonds (0.611 t.c.w.)



PINKY BY TISSOT

The Pinky by Tissot is both a watch and a piece of jewellery - the elegant Double Tour version features a strap that encircles the wrist two times just like a beautiful bracelet, adding a jewellery-inspired edge to any outfit with a deliciously bright red patent leather strap.



Eberhard & Co. Gilda

Eberhard & Co., famed manufacturer of fine watches with the inimitable 'Swiss Style' presents an unforgettable range of masterful creations and stunning timepieces. Gilda, the timepiece that exudes feminine charm and provides the complete expression of the watchmaker's refined and elegant world is presented in a new floral version. Gilda Floral has soft, harmonious lines enveloping a white mother of pearl dial with a delicate floral motif, finished with beautiful sapphires.

MOUAWAD NEW JEWELRY COLLECTION

Mouawad Source de Vie, is the latest collection of luxuriously beautiful jewelry. Inspired by the delicate, almost ethereal Trillium blossom, forming a stunning motif; the Source de Vie collection is all about expressing the special exuberance of the Trillium's floral purity and innocent joy.



Lydia Courteille Jewelry

The Parisian jewelry designer Lydia Courteille has a peculiar taste that makes her creations stand out. Not afraid to use colors and contrasts that are vibrant and unexpected, her collections exude romance and creativity.

Charriol's Heart- 2-Heart Celtic Collection

Crafted out of sterling silver, the mini Heart2Heart collection by Charriol features a beautiful openwork motif inspired by ancient Celtic designs. The scrolled edges of the interlocking hearts have a distinctly Celtic air and demonstrate exquisite craftsmanship.



Carrera y Carrera

Romance en el Loto, the new collection from Carrera y Carrera, is a tribute to immortal love. Manuel Carrera places this symbol of mutual love upon lotus leaves that symbolize elegance, beauty, perfection, purity, and grace that are undoubtedly attributes belonging to his wife, Marina Carrera. The collection is rich in precious stones such as diamonds, rubies, and emeralds crafted in a flawless mixture of white and yellow gold.

MARBELLA

Paris at Burj Al Arab

To extend the 15 years of luxury, MARBELLA Paris teamed up with the unique and luxurious Burj Al Arab to open its very first salon in Dubai. MARBELLA Paris provides a timeless experience and reveals its exclusive beauty jewelry: from 24-carat Gold Tattoos to Eyeliners in Swarovski crystals.



L'ORÉAL-UNESCO

honors GCC women in science

Four outstanding Arab women scientists were recently bestowed with the L'Oréal-UNESCO Fellowship Grant in recognition of their contributions to the advancement of science. Instituted on the premise that 'the world needs science and science needs women,' the L'Oréal-UNESCO fellowships are among the first international awards devoted to women in science. To honor the four fellowship winners a ceremony was held at Zayed University's Convention Center in Dubai. The Award Ceremony was organized under the patronage of Her Excellency Sheikha Lubna Bint Khalid Al Qasimi, Minister of International Cooperation and President of Zayed University.



22ND DUBAI DUTY FREE

Golf World Cup

The Dubai Duty Free Golf World Cup is the most prestigious and highly anticipated event in the regions golfing calendar. The 22nd edition of the Golf World Cup, which was held recently proved that point exactly. Well over 100 players turned out to compete over the 2 days, with round 1 played at The Address Montgomerie Dubai and round 2 at Dubai Creek Golf & Yacht Club. Dubai Duty Free does an excellent job with this event, and this season like all other seasons, along with the fantastic atmosphere of the event there were a host of prizes available throughout the Men's, Ladies and Senior's divisions.



THE ART OF ENAMELING

A. Lange & Söhne

A. Lange & Söhne recently launched the limited LANGE 1 TOURBILLON HANDWERKSKUNST, a model with a black enameled dial. The process of making an enameled dial is complicated, and these days, there are very few experts skilled in this highly complicated process - enameled dials are very rarely found in wristwatches. The process of making an enameled dial takes several days, during which the different steps have to be repeated again and again. The greatest challenge: absolute cleanliness, to prevent the inclusion of the smallest particle of dust or dirt, which would mar the smoothness of the structure.



MULTAQA ZAYED NATIONAL MUSEUM LAUNCHED 'National Museum, National Identity'

The Multaqa Zayed National Museum series of talks, was recently held at Manarat al Saadiyat with a talk entitled National Museum, National Identity. Bringing the Zayed National Museum narrative to life, the panel discussion was led by H.E. Zaki Nusseibeh, Cultural Advisor to the Ministry of Presidential Affairs, and

Neil MacGregor, Director of the British Museum, and moderated by Salama Al Shamsi, Project Manager of Zayed National Museum, Abu Dhabi Tourism & Culture Authority (TCA Abu Dhabi). Organised by TCA Abu Dhabi, the series will hold 5 panel discussions that started in January up till May focusing on the Museum narrative

themes. The Zayed National Museum will also be introduced to the public, and telling the story of UAE through the life and achievements of the late Sheikh Zayed bin Sultan Al Nahyan, the series will take place across the Emirate with lectures at various locations such as Manarat Al Saadiyat, Qasr Al Hosn and Al Ain Palace Museum.



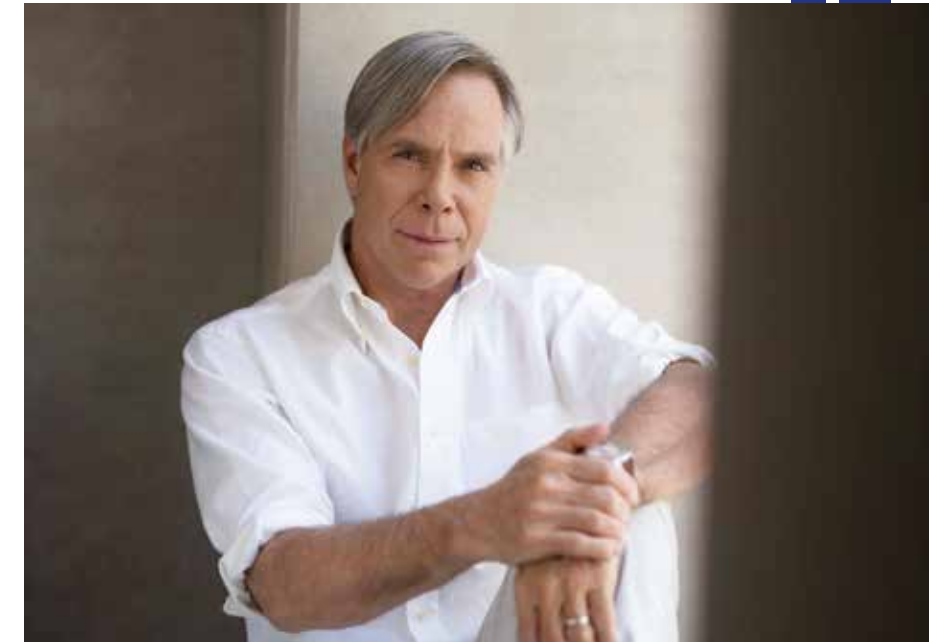
NISSAN DARES TO BE DIFFERENT *Juke launch event*

Taking place at the Dubai Autodrome, under spotlights and to the tune of local DJs, Nissan unveiled its latest Urban Crossover, the 2015 Nissan Juke. The upgraded 2015 Nissan Juke targets the urban creative, those who are not afraid to be different and stand out from the crowd. Nissan created the event in line with this ethos, supporting freedom of expression and creativity. Featuring Electric Days, the launch welcomed the Nissan Juke to the region with local DJs and urban graffiti artists putting on a show for attendees.



TOMMY HILFIGER *to Publish Memoir with Random House*

Tommy Hilfiger the world's most recognized designer will publish a memoir with Ballantine Books, an imprint of Random House. In the book, Hilfiger will chronicle personal stories from his early childhood and formative years, his origins, the setbacks, triumphs, and sheer determination that drove him to build a multi-billion dollar global lifestyle brand. Publication is scheduled for Fall 2015, coinciding with the 30th anniversary of the Tommy Hilfiger brand. Mr. Hilfiger, 63, is known for classic, all-American style that melds pop culture and the preppy, East Coast lifestyle.



BATEEL PARTNERS *with L Capital Asia*

The Gulf based gourmet food company and owner of the iconic gourmet date confectionery boutiques and premium cafes, has announced a new partnership with L Capital Asia, the Asian private equity fund sponsored by LVMH Moët Hennessy

Louis Vuitton S.A. (LVMH). Bateel is a homegrown Saudi brand renowned globally for its gourmet quality dates, sold through Bateel Boutiques and international partners including Harrods and Fortnum & Masons. Bateel has market presence in 16 countries

across Asia, Africa, Europe and the Middle East. The L Capital Asia Team highly values Bateel's unique positioning and plans to help Bateel achieve its potential worldwide.



BRIDE ABU DHABI

BRIDE Abu Dhabi recently took place at the Abu Dhabi National Exhibition Centre, filled with beautiful bridal necessities from over 250 leading local and international suppliers, tips by celebrity make-up artists and high-end fashion shows. Guests from near and far attended the event and were amazed by the stunning fashion shows by top designers and brands. The final day of

BRIDE Abu Dhabi witnessed more fun with the in-vogue Abaya Design Awards gallery, latest trends in wedding gowns, jewelry, beauty, wedding or honeymoon destinations, the exquisite VIP tea garden, catwalk shows, hair and beauty demonstrations, celebrity make-up artists, Q&A sessions and talks from experts in the wedding and lifestyle industry.



CELEBRITY-FAVORITE MATERNITY CLOTHING SERAPHINA

Now at Smitten

Seraphina the award-winning British maternity and nursing wear fashion brand popular amongst style conscious mums, including A-list celebrities, the royalty, music superstars and the Hollywood elite, is now available in the UAE, at the Smitten boutique known for chic pregnancy clothing and trendy children's apparel. In addition to Gwen Stefani, Jennifer

Garner, Alicia Keys and Kate Middleton, Seraphine's long line of celebrity patrons also include Angelina Jolie, Halle Berry, Kate Hudson, Jessica Alba, Mila Kunis, Zoe Saldana, Sienna Miller, among others. Some Seraphine designs have in fact become highlights of the Duchess of Cambridge's maternity fashion, which has been avidly followed around the world.



MULSANNE SPEED

The world's fastest ultra-luxury driving experience

Bentley Motors has revealed the new Mulsanne Speed for the first time in the Middle East during the 2015 Qatar Motor Show on opening day. The new Mulsanne Speed is the fastest ultra-luxury driving experience in the world with 537 PS (530 bhp/395 kW), 1,100 Nm (811 lb.ft), selectable sports suspension and steering on demand, a car tailored for the driver. This car combines an imposing appearance with the substance to support its style.



MERAAS LAUNCHES

Urban Lifestyle Destination 'BOXPARK'

Meraas, a Dubai-based holding company has launched its all-new outdoor urban lifestyle concept, BOXPARK - inspired by functional design and urban renewal projects that combine the finest in modern architecture through the aesthetics of warehouse containers. Breathing new life into the city, BOXPARK is an urban lifestyle destination in Dubai offering a selection of unique retail experiences and quirky dining concepts from around the world in a dashing setting to appeal to the city's eclectic community. BOXPARK is strategically located between Al Safa Park and Emirates Post Office on Al Wasl Road.



MAYBELLINE *New York Welcomes Gigi Hadid*

American golden girl, Gigi Hadid is the newest spokesperson for Maybelline New York. Gigi will join an elite group of spokeswomen which includes Christy Turlington, Kemp Muhl, and a host of others. The green-blue-eyed beauty's modeling career began at a young age when she was discovered by Guess co-founder Paul Marciano. She went on to model for Baby Guess, Guess Kids, then graduated to Guess Campaigns with Tom Ford, Sports Illustrated, and a spot in the notorious 2015 Pirelli calendar followed.



JAPAN FOOD *Tasting Seminar*

In the region's top food exhibition 'GulfFood 2015', to celebrate the real taste of Japanese food a 'Japan Food Tasting Seminar' was held at the Address Marina Hotel. The Seminar was opened by the Consul General of Japan in Dubai, His Excellency Hisashi Michigami and included in-depth presentations about Wagyu Beef as well as detail of the stringent food and safety regulations all Japanese food must adhere to. Also in attendance at the event was Chef Takahashi from the award-winning restaurant Tomo at the Raffles Dubai Hotel, who gave live demonstrations of Japanese cooking. Speaking at the event was Managing Director, Japan Dairy Industry Association Shinichiro Fujiwara and Director of the Agriculture & Livestock Industries Corporation, Masahiko Suneya and Managing Director MENA, JETRO, Masayoshi Watanabe.



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HH SHEIKH HAMDAN BIN RASHID AL MAKTOUM *opens landmark edition 20th of GULFOOD*



The landmark 20th edition of Gulfood, the world's largest annual food and hospitality trade show, was inaugurated by His Highness Sheikh Hamdan Bin Rashid Al Maktoum, Deputy Ruler of Dubai and Minister of Finance and Industry, in the presence of His Excellency Helal Saeed AlMarri, Director General, Department of Tourism & Commerce Marketing (DTCM) and CEO, Dubai World Trade Centre (DWTC), and a host of local, regional and international ministers, ambassadors and dignitaries. Gulfood 2015 is the biggest edition in the show's history, with more than 4,800 companies from 120 countries participating across 120,000m² of exhibition space.

JACQUES VERT *Launches Into Dubai*

Elegant British brand Jacques Vert has announced its expansion into the Middle East with the launch of its first concession, opening in Debenhams, Mirdif City Centre, Dubai. Synonymous with sophistication and glamour, Jacques Vert's timeless, classic designs are tailored for the discerning lady who seeks both style and comfort for her important social dates.



VOLUNTEERS CONVERGE *on The St. Regis Saadiyat Island, Abu Dhabi*

Volunteers across Abu Dhabi descended on The St. Regis Saadiyat Island Resort, Abu Dhabi as part of the hotel's initiative to transform and restore the beautiful natural sand dunes. The St. Regis Saadiyat team planted dune grasses in eroding areas to help give nature a helping hand in line with the hotel's environmental activities.



THERE IS NO FINISH LINE



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