

# first Avenue



Rebecca  
Treston

THE PURSUIT  
OF BEAUTY

Delectable  
Delights

I ♥ DUBAI

Hina  
Karani

MADE IN  
DUBAI

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PETITE PLAISIR!

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# First Avenue

## EDITOR'S NOTE

If the weather may be counted as an omen for good luck, then this year has started off really well! There are of course plenty of reasons to consider the start of the year as perfectly pleasing, given the fact that we had an absolutely fascinating New Year countdown with some very interesting events and shows that took place, but the **exceptional weather** beat everything else. Fresh and cool weather conditions with just the right amount of sun bring the usually dull crowd out onto the streets, chilling over a shisha joint or a casual alfresco dinner. The resulting frenzy of the outdoors is enthralling and it is pretty reassuring to know that life fared well with our **city of life!**

This February, the cover girl is none other but the charming **Katie Holmes**. From starting her career as an actress to being a mother and entrepreneur, Katie talked to us about her many roles in life, her endeavors as the face of Alterna and her priorities when it comes to family...

We are big on health this month, so don't forget to check out our **health and fitness** sections from weight loss advice to meal planning ideas. Our **beauty section** perfectly wraps up the theme with detoxifying tips... While, our **travel feature** for the season is a roundup of top destinations to visit, check out our tips to stay safe and healthy on all your globetrotting escapades.

Anything that is sure to bring the spring out of the chilly nights and milder days, is the sight of the **Spring Summer 2016 RTW** collection from some of the top fashion designers of the world... And as if this wasn't enough our usual **Fashion Must Haves** section is a sure shot way to warm you with the adrenalin surge for shopping...

While we are talking about the mild weather, it would be the perfect moment to share the amazing experience we had at **Le Classique**, at the Emirates Golf Club. This haven which quietly nestles amidst the beautiful and old golf course, is one hidden gem! Offering exquisite fine dining, the menu offers a creative approach to traditional French fare, and Chef Remi Verrier knows well how to bring 'Petite Plaisir' to the plate! Don't forget to read our review on Le Classique in our **Fine Dining** Section...

We also sat down with **Rebecca Treston** (Medical Aesthetician and Laser Specialist from EuroMed) and talked everything skin. From the latest techniques in skincare to common problems of the skin, Rebecca divulged the industry norms, practices & values. She also gave us some indispensable advice on how to achieve a glowing skin and the best skin regimen to start with today...

All this and a lot more, latest **Home Décor Trends**, the astounding **Watch and Jewelry collections**, Ultimate offers in I ♥ Dubai and more... The good news is we are just getting started!

Happy reading...

Lamiya Sami

*I am amazed at this spring,*

*this conflagration*

*Of green fires lit on the soil of*

*the earth, this blaze*

*Of growing, and sparks that*

*puff in wild gyration,*

*Faces of people streaming*

*across my gaze.*

*D. H. Lawrence*



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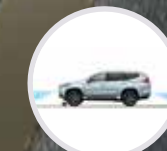
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# CELEBRITY *Fashion*

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

## **Nina Dobrev**

at InStyle's Golden Globes Party 2016

Nina Dobrev looked beautiful in a pink lace and mesh dress while on the carpet at InStyle and Warner Bros' 2016 Golden Globe Awards Post-Party, held at The Beverly Hilton Hotel in Beverly Hills, Calif. The 27-year-old former Vampire Diaries actress was joined at the party by Alexandra Daddario and Silicon Valley actress, Amanda Crew.



## **Irina Shayk**

at the 2016 Audi Night

Irina Shayk shows off some cleavage in a sexy red dress while walking the carpet at the 2016 Audi Night held during Hahnenkamm Race Weekend in Kitzbuehel, Austria. The 30-year-old model also stars in the brand new Givenchy campaign with a shirtless Chris Moore.



Aya Fayad, a Lebanese-Belgian emerging fashion designer who is building her brand Aia, recently graduated from Esmod Paris as a RTW women's knitwear specialist with a number one ranking. She showcased her graduation collection in Germany with her school and was featured on the daily German newspaper "Apoldaer". After graduation she launched her first AW 1617- collection in Paris on the 19th of February 2016 with IPAG' mod for charity. The designer is showcasing her collection in Dubai for the first time on the 19th of March 2016 alongside an artist "B Maria". Dans Le Noir will take place in The light house studio in al quoz.





**Jennifer Lopez**  
at Golden Globes 2016 After Party

Jennifer Lopez totally rocked the carpet while attending the InStyle and Warner Bros. Party, following the 2016 Golden Globe Awards at The Beverly Hilton Hotel in Beverly Hills, Calif. The 46-year-old actress and entertainer was joined by her boyfriend Casper Smart at the party.

**Kate Bosworth**  
at Golden Globes 2016

Kate Bosworth dazzled at the 2016 Golden Globe Awards held at the Beverly Hilton Hotel in Beverly Hills, Calif. The 33-year-old actress looked stunning in her strapless pink sequin gown. She kept her hair pulled back from her face and wore subtle make-up.



**Kate Beckinsale**  
at 'Love & Friendship' Premiere

Kate Beckinsale looked glamorous for the big premiere of her new film, Love & Friendship held during the 2016 Sundance Film Festival at Eccles Center Theatre in Park City, UT. Kate wore Rebecca Vallance pants and an Acler top at the premiere.



**Lily James**  
at 'Pride & Prejudice & the Zombies' Premiere

Lily James looked elegant while attending the premiere of her movie, Pride and Prejudice and Zombies at the Harmony Gold Theatre in Los Angeles. Lily wore an Alexander McQueen dress to the event.

**Jennifer Lawrence**  
at the Golden Globes

Jennifer Lawrence looked fabulous at the 2016 Golden Globe Awards held at the Beverly Hilton Hotel in Beverly Hills, Calif. Jennifer won her third Golden Globe, Best Performance by an Actress in a Motion Picture Musical or Comedy for her role in Joy. She wore a layered scarlet frock by Dior, and paired the dress with a statement silver choker necklace and deep red lipstick.



**Emilia Clarke**  
at HBO's 2016 Golden Globes after party

Game of Thrones' Emilia Clarke stepped out wearing a figure-hugging dress at HBO's 2016 Golden Globes after-party in Los Angeles. Emilia wore a Dolce & Gabbana dress and Jimmy Choo shoes.



# 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...*



## NARS Steven Klein Collection

François Nars and Steven Klein come together with design legend Fabien Baron to create an exquisite fantasy played to extremes. Steven is an iconic fashion photographer perfectly embodying the spirit of NARS latest collection. The collection consists of Limited Edition Killer Shine Lipstick & Lip Gloss, Dual-Intensity Blush, eye shadows, Nail polish & A Woman's Face Nude Lip Set.



## Spektre Sunglasses

The perfect accessory to accent your style, Cities Boutique now offers Spektre sunglasses in a variety of designs and styles. Established in 2009, Spektre sunglasses are made in Milan and offer exclusive designs with original style. A go-to brand for stylists, designers, fashion editors and supermodels, famous Spektre fans include Selena Gomez, Justin Bieber and Rihanna.



## MAKE UP FOR EVER New Lash Show

"One look says it all", goes the saying. If so, wouldn't it be essential to entrust the most expressive part of the face to real beauty experts? MAKE UP FOR EVER new generation of false eyelashes in an extraordinary variety of shapes are incredibly easy to use. The New Lash Show false eyelashes are poised to change every woman's habits and fit into their daily routine to become one of their most essential beauty accessories.



## Kurt Geiger

It is time to retire the frilly dresses and high heels and opt for sartorial power dressing for the workplace instead. The tailored look is clean and minimalist while being an all-rounder that's chic and suitable for virtually any occasion. Cap off the look with Kurt Geiger's menswear-derived designs, featuring tassels, buckles and zips for a consistent silhouette.

## Azzaro Pour Elle Extrême

Azzaro Pour Elle Extrême- a fragrance with a golden glow, is a more carnal interpretation of Azzaro Pour Elle. Its accords are intensified, sublimated and enriched with new ingredients to give the perfume even greater substance. The floral fruity spicy fragrance of Azzaro Pour Elle Extrême is amplified by three new ingredients, saffron, an exclusive rose duo and peach around three weapons of seduction.



## Stenders Wild Rose Collection

A cosmetics brand inspired by northern nature; Stenders' new Wild Rose collection imbibes the beauty of nature to create a sensual spa experience. Complete with a micellar water tonic, makeup remover, hydrating cleanser and toner water along with a day and night face cream and even an eye cream, Stenders pays special attention to how its products make users feel, while creating an ideal design, fragrance and texture of all its products. Stenders products are available at The Galleria Mall, Al Wasl Road in Jumeirah.





## |fashion must haves|

### Burberry Contouring & Highlighting Pens

Fusing the art of contouring with the ease of everyday use, Burberry introduces face contour, Effortless Contouring Pen and Fresh Glow Highlighting Luminous Pen. The Effortless Contouring Pen makes contouring easy so anyone can achieve runway-inspired results, effortlessly. While, Fresh Glow Highlighting Luminous Pen is a great tool which can be applied where desired to light up the complexion and give skin that lit-from-within radiance.



### Joelle Paris Sow White Range

Whether you want to minimize age spots, have fairer skin or make your complexion more radiant and smooth, Joelle Paris "Sow White" gives you the results that you dream of. This range of whitening products is formulated to penetrate deep beneath the surface and lighten discoloration and pigmentation, with its revitalizing surges of hydration and brightening ingredients.



### La Perla Eyewear Collection S/S 2016

La Perla's new Eyewear Collection S/S 2016 includes two models of sunglasses, Diva and Balconette, which are handmade in Japan by Linda Farrow, a London company that specializes in high-end eyewear products. The Diva model comes in nuanced black/ice and fuchsia/ice acetate and takes inspiration from the ultra-feminine lines of glasses worn by famous 1950s movie stars. The Balconette eyewear takes its form from the underwire of the balconette bra, and is available in black, blue, pink and red.

### EIDEAL

EIDEAL has appeared on the hair scene to give you the perfect hairdos you've been striving to achieve. EIDEAL's DiamonSilk is the flat iron for those who desire perfection. Made with diamond coated plates, its use of rare nano-diamonds creates an unparalleled shine and protects the hair from damage. The Curl Guru utilizes Nano-Titanium and Nano-Silver to ensure that curls last for hours.



### All That Jazz by Lipstick Queen

Lipstick Queen's sensational new lipstick is sure to put your lips straight into the limelight. Riotously glamorous with a tantalizing texture and a seriously slinky finish, the All That Jazz lipsticks by Lipstick Queen come in 4 shades with active ingredients like Algomega, Omega 3, Jojoba Oil, and Lady's Thistle to keep lips soft, hydrated and sensuously smooth.



### La Petite Robe Noire Lipstick

Guerlain creates an absolutely essential and utterly irresistible La Petite Robe Noire Lipstick in deliciously shiny texture to dress up your style with color. Offering vibrant shades in an innovative texture the light-weight texture reveals the lips' natural radiance, leaving them supple and comfortable buildable coverage. Inspired by La Petite Robe Noire, the formula is deliciously perfumed and delicately flavored for an unforgettable taste on your lips.

### Glamgal Radiance Pen

An absolute must-have for those battling dark under-eye circles, or for those who love the lit-from-within look, the pure radiance pen is a magic-welding color correcting concealer that sculpts, highlights, conceals and blends together all the elements of the face for that youthful, candle-light glow effect. An easy to blend, non-creasing and long lasting product, the Pure Radiance Pen is a youth-boosting, full coverage concealer with no grey pigments. Available in 6 non-greasy, beautiful skin tones.



### TIMA's Workout Outfits

Whether you're addicted to yoga, pilates, spinning, or a simple run on the beach, there's a perfect outfit for every training session to make you feel good. With form flattering slim leggings to rocket sport bras, stay fashionable this season with some of TIMA's exclusive workout gear.



EDITOR'S PICK

### Alterna Caviar Repair Re-Texturizing Protein Cream

A deeply restorative leave-in treatment for coarse, porous, severely damaged hair. Formulated with strand-building proteins to help restructure strands, filling in gaps & tears in the cuticle and strengthening the hair to protect from breakage & future damage. Free of Parabens, Sodium Chloride, Gluten & Phthalates, the Caviar Repair Re-Texturizing Protein Cream is available at leading luxury salons nationwide.



### Shiseido Makeup

Fusing the finest of Japanese beauty and color creation, Shiseido makeup offers chic, artistic and inspiring color collections. Outstanding quality and luxurious textures in a unique color collection, with exclusive light reflecting technologies for clear, true color.



### Tangle Teezer

A firm fixture in the beauty bags of Hollywood elite and the world's top models, the Tangle Teezer is the very definition of an iconic hair tool. This next-generation detangling brush has a unique teeth configuration, ensuring its revolutionary ability to flex upon contact with tangles. With two limited edition brushes Elite Winter Berry Tangle Teezer & Twinkle Compact Styler, it is finally time to bid adieu to tangled hair...





A top-down view of various objects arranged on a wooden surface. In the center is a white smartphone displaying two Instagram-style posts; the top post features a woman's face and the text "GALUPARDI PROMOZIONI". To the left of the phone are a large black hairbrush, a small black tube of lipstick, and a black eyeliner pencil. Above the phone are two round compact powders, one white and one black. To the right of the phone is another black tube of lipstick. On the far left, there is a white tablet with a black screen, a pair of white sunglasses, and a small round analog clock. At the bottom, there are two more tablets or smartphones, one showing a black screen and the other showing a grid pattern. The entire scene is set against a light-colored wooden background.

appointments and get inspired. While, salons can showcase their work, connect with new and existing clients, and grow their business. Its search engine lets clients filter professionals by service, price, location, or ratings, while service providers can manage their own listing. Yet, Vaniday isn't just a directory of providers; it also lets users book services right from its platform. To make things even smarter and easier, to

A woman with red nail polish is using a red lipstick to draw on a tablet. The tablet screen displays the word 'VANIDAY' in white capital letters on a black background. The woman is wearing a black and white patterned top.



- often you deep condition your hair – start
- by doing treatments twice a week.
- **5. Use less heat:** Unfortunately most hair
- colorants damage the hair and so try to let
- the dryers and straighteners rest on certain
- days and just air dry your hair, or prolong
- your blowouts, for healthier hair.



# KATIE HOLMES

*“I believe confidence translates into beauty”*

Combining natural charm and intellect, Katie Holmes shot to international fame with her role in 'Batman Begins', in 2005. Gracefully evolving from an actress to a multi-faceted artist, from designer to the ultimate style icon, Katie Holmes has transformed since her debut 20 years ago and feels more confident than ever! Katie once said, “I never feel lonely in a bookstore”, so, it's little wonder that she works at the Notre Dame Academy. Couple it with her self-proclamation, describing herself as “honest, determined and imaginative”, then her genius is groping with a quest par excellence or beyond. With her positive attitude about her life, and commitment to organic products, Katie Holmes is the global spokesperson and brand ambassador for Alterna Haircare, Katie serves as the face (and hair) of the brand and shares her creative and consumer insights to help the brand continue to grow and expand its presence around the world. From 'Dawson's Creek' days playing Joey Potter, to her business endeavors and to motherhood; Katie exudes grace and natural beauty that sets her apart from the rest of Holly Wood. We talked to Katie about her involvement with Alterna, her take on beauty and life in its many forms...

*“I am a huge fan of natural and organic products.”*



**What inspired you to join Alterna?**  
Aside from the products being incredible, I was really inspired by Alterna Haircare's mission to provide a luxurious product that is free of harsh chemicals and ingredients.

**What is the brand's philosophy?**  
The brand's "free of" philosophy means you don't have to choose between clinically-proven, salon-tested results and natural, good-for-you ingredients. The products are effective and good for you!

**Are you a fan of all-natural and organic products?**  
I am a huge fan of natural and organic products, which is why I love Alterna.

**How much are you involved in the production and manufacture of the products?**  
I leave the science to the professionals! But I love getting to test new formulas and brainstorm new product ideas with the team. We have some really exciting innovative solutions coming out soon.

**You always look fresh and flawless. Tell us about your own beauty regimen?**  
I like to keep my beauty routine simple. I wash my hair every day with Alterna Haircare Caviar Moisture Shampoo, and use the Caviar Moisture Milk and Bamboo Smooth Kendi Dry Oil Mist for added moisture. I'm also a fan of getting facials and keeping my skin clean.

**Do you have bad hair days?**  
Everyone has bad hair days! Luckily, I have solutions if I'm having a bad hair day. One of my tricks is if I'm having a bad hair day, I wear my hair in a ponytail and use the Caviar CC Cream to smooth any fly-aways.

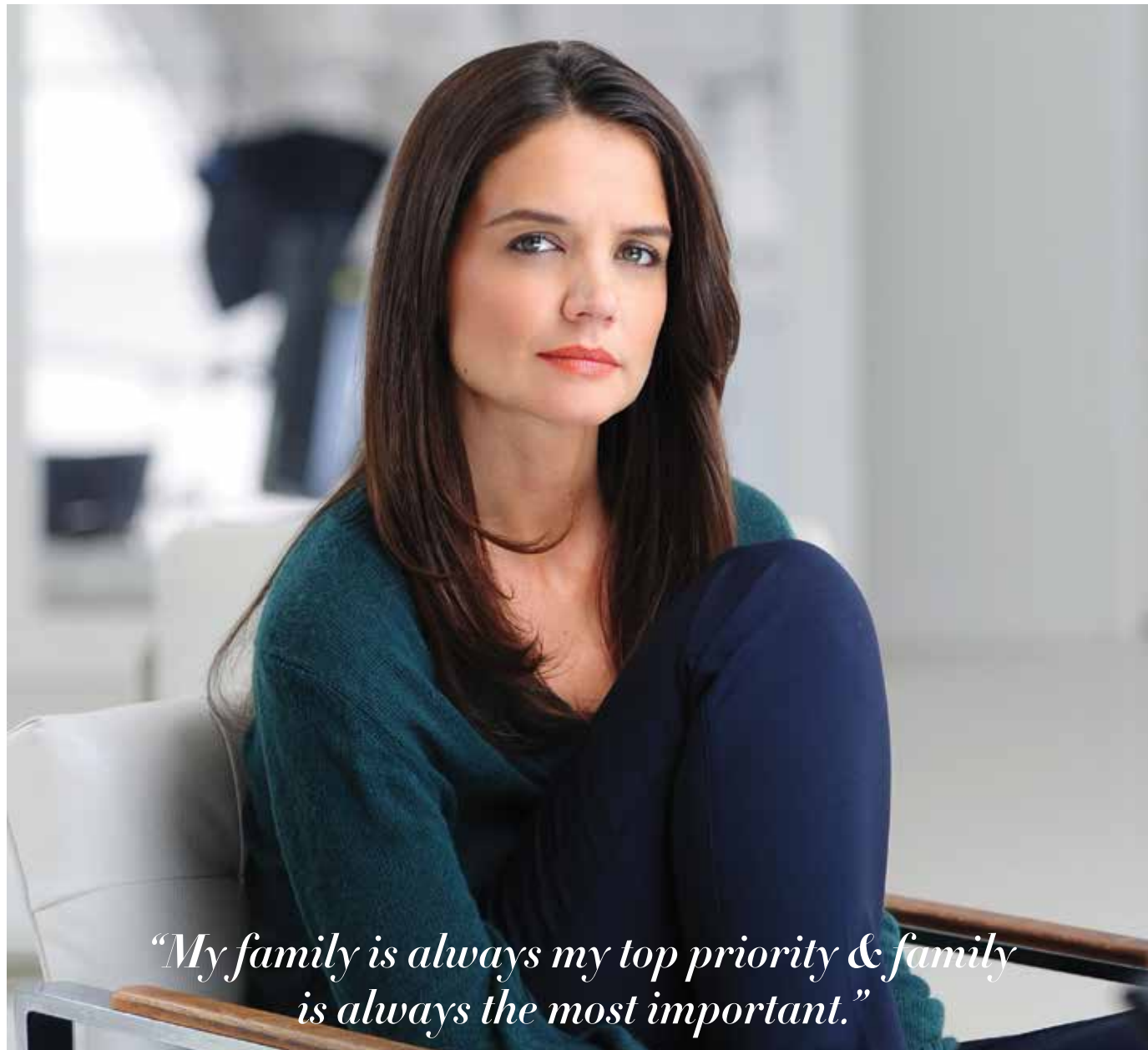
**What is the one product you cannot live without?**  
Definitely the Caviar CC Cream. It provides ten benefits in one product, including added moisture, shine, smoothness, light hold, UV protection and more! It's a life-saver.

**Hair care products are usually targeted towards women. Do you have a specific product line for men?**  
Men can definitely use the same products. We don't have anything specifically for men at the moment, but a lot of men like to use the Caviar Clinical products, which is formulated for thinning hair.

**Where do you see the brand within the next five years?**  
Alterna is such an innovative brand and is constantly ahead of the trends – it's hard to say where exactly the brand will be in five years because there's always so much going on!

**Do you wish to venture into the skin care business, as well?**  
I currently work with the US skincare brand, Olay.

**What is your definition of beauty?**  
Confidence is such a big part of beauty – I feel like confidence translates into beauty. If you're taking care of yourself from the



*"My family is always my top priority & family is always the most important."*



*"I like to keep my beauty routine simple."*





*"Be kind to others and enjoy your life."*

outside in, and are being kind to others, the beauty will be reflected.

**What is one beauty advice you really like to give women?**

Drink lots of water, have fun and don't be afraid of a bold red lip.

**Do you believe in beauty from within, and how much it reflects on our physical appearance?**

I think beauty from within is important....

If you take good care of yourself, feel confident and are kind to others, your inner beauty is going to shine through.

An important lesson my mom taught me growing up; that's always stuck with me.

**You are an entrepreneur, an actress, a business woman and a mother, what do you enjoy being most in your life?**

My family is always my top priority & family is always the most important! I am blessed because I also enjoy a career I love and I can be creative....I get the best of both worlds!

**How do you balance work and motherhood?**

I really have to prioritize everything and always make sure that I'm making time for

my family. It's also something that's very personal, it's important that I strike the right balance for me and my family.

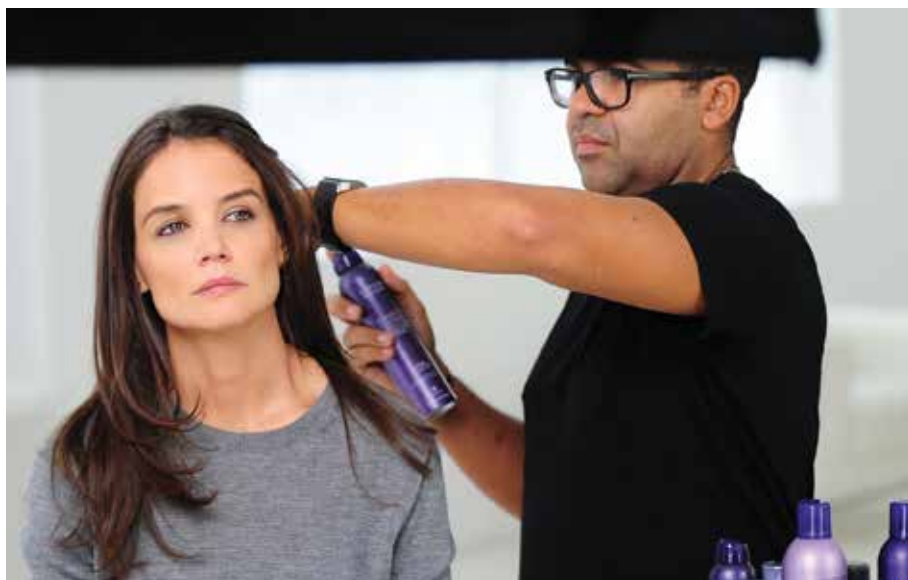
**How much is a healthy lifestyle needed for achieving healthy skin and hair?**

Living a healthy lifestyle is extremely important for healthy skin and hair! I

always make sure to drink plenty of water and eat plenty of vegetables and fresh foods. Plus, it's important for me to set a healthy example for my little one.

**Any message to our readers, from across the globe?**

Be kind to others and enjoy your life!



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frozen yogurt

**happiness in every cup!**



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# Made in DUBAI

*Hina Karani, Entrepreneur at VKHK*

**H**ina Karani has taken the Dubai Fashion scene by storm! A fashionista, a business woman, a mother and an artist, Hina Karani has made her mark with her artistic fashion designs at her swanky designer outlet, Vidi's Closet! The designs that have become the rage, are inspired by an understanding of the regions fashion appetite. Blending the eastern sensibility with a western signification to create a novel fusion of tradition and trend, Hina Karani has propelled the craft of fashion to its finest form with designs handcrafted to perfection and brimming with creativity. A dedicated mother with a strong family orientation, Hina Karani has always believed that style and elegance is the essence of every woman, which drives her passion for her designer label. Using her fine artistic sense, she designs for the woman of today; a confident, independent woman, discerning and global, and her brands focus on cut, colour, drape and feel of fabrics are all geared to compliment this woman of confidence and style. We talked with Hina about her passion for fashion design, the exclusivity of aesthetical endeavours and the trends to look for this year...

**Tell us about yourself?**

I am a fashionista –I love fashion, and that's what I do for a living. I am an entrepreneur and designer for my own banner, Vidi's Kloset, and my team and I are driven to bring to life the dreams of young brides and the fashion aspirations of the modern woman. I am also a proud mother of two, and a happy part-time homemaker.

**How did you realize your passion for fashion design?**

Designing was like the very air in my lungs, ever since I was a child. As an artist, regardless of whether you actualize your potential or not, you find a muse, and you work aimlessly to perfect your art. I constantly watched what other artists and style icons brought to the fashion scene, and studied the world of beauty from a distance with somewhat of a rabid interest. But this was really something I had kept as a hobby, while I sought to create a life for myself.

Once I felt like I had achieved quite a bit in my personal life, I started slowly building a portfolio, and when a couple of close loved ones told me that they'd love to have me design their wardrobe, it prompted me to start my own banner. That's how Vidi's Kloset became a reality.

**How do you define your design aesthetics?**

I'd say we create designs that are Western at



Hina Karani

the hem and Oriental, or desi, at the heart. The truly modern, contemporary woman of today is a mix of diverse cultures, and my aim is to cater to her innate persona with designs that bring alive her personal voice. You'll see a lot of Victorian lacework and meshes, some more modern sequins and baubles all topped with Indian zardosi work that draws out an image of my own psyche, and that of the women I create for.

**Do you have a muse?**

I had always scoffed at artists who boasted about a muse that brings out the best in them or their work –that was, until I had my daughter, Vidhi. She has become my life-long muse: my inspiration and my



driving force. She makes me feel complete, as a designer and a mother. Vidi's Kloset is created as a magical portal for girls like my daughter to discover their inner fashionista, and to go all-out with their clothes and imagination. My two children have always brought out in me the best that I can get, and for that alone, they are my muses.

**How do you bridge cultures in your design and style?**

I feel like it's quite a tricky business –I was always told that there's no right way to market traditional Indian embroidery work to the modern woman, just like there is no way to market a Western silhouette to an Indian frame. I tend to gauge the cuts, the colours and shapes that are very modern –think high-low skirts, empire-waist gowns, trains and capes –and I add to them a twist of traditional craftsmanship that I create entirely in-house. So, no zari embroidery ever looks out-of-place on my creations. The trick, though, is to just imagine it – does it make the woman who will wear it glow? Will her true colours shine through in that cut, or maybe that color? Those are the questions I ask myself when I sit to design a look-book, and that is how I collate the vastly different styles.

**What are the major fashion trends to look out for this year?**

I think the new thing that will take the fashion world by storm has got to be the reincarnation of the high-low in a Princess-cut style, with a gown to go around a shorter skirt creating a double-skirted effect. Taylor Swift rocked it on the red carpet last year in a gorgeous creation by Elie Saab, and other brands like Ralph & Russo and Sherri Hill have been rocking this for several years, but I definitely see it making a comeback. Also, balayage ombré for the hair is



something that's going to pick up for the spring, so stay tuned for minimal clothing and electrifying hair this season!

**What are the colors and cuts to look for this year?**

I personally, love the look of Teals, Peaches, Golds and pretty pastels, and I can definitely see this taking over the red carpet, too. With vibrant trends coming up for hair colours, especially after the marsala and silver/green ombré locks have left the scene, I think it's time to embrace the softness and femininity of pastels and golds this year. 2015's been a year for strobing and empire waists, and I feel like fringes, mesh, lace and velvets are going to be more the way to play this year.

**As a designer what advice would you like to give our readers for a fashionable summer wardrobe?**

I'd advise every woman to do her own personal style. Trends come and go, but certain looks, certain cuts and colours, they endure the test of time. And I feel like that's the most important thing this year. Embrace warm tones, colours that bring out the bronze in your skin, and look for silhouettes that flatter your frame, and you'll be timeless all through the year!





# The Pursuit of BEAUTY

*Rebecca Treston - Medical Aesthetician and Laser Specialist*

The common goal in the pursuit of beauty is clear flawless skin, which becomes a challenge because skin is a mirror that reflects whatever goes on inside or outside. Given the hot and humid climate of Dubai, one of the biggest concerns is maintaining a healthy skin. In our region, it turns into a challenge because of a simple paradox; 9 months staying indoors and totally avoiding the sun leaves the skin dry to an extent that it becomes highly susceptible to aging but on the other hand a brave little exposure to the sun results in a deluge of oil, acne, and problems related to skin's pores, to name just a few...

Rebecca Treston is a licensed Medical Aesthetician and Laser Specialist, a member of the American Academy of Anti-Ageing, a qualified Beauty Therapist, founder of Rebecca Treston at Euromed. After several years in the UK beauty industry, Rebecca relocated to Dubai in 1999 and started Rebecca Treston Aesthetics. Following her philosophy of conscientious skincare, Rebecca believes in helping her clients achieve and maintain healthy, younger looking skin and helps improve body imperfections by offering them a combination of the latest aesthetic treatments and clinical skincare products available in the market today. Understanding the competitive market, Rebecca is passionate about keeping her practice up-to-date with the latest technological and medical advances by bringing cutting-edge treatments and techniques to her clients. We sat down with Rebecca and discussed the common skin related problems of the region, the concept of real beauty, her



Rebecca Treston

practice as Medical Aesthetician and words of advice to help us maintain that oh-so glowing skin...  
**Tell us about yourself?**  
My name is Rebecca Treston. I am 38 years old and I am married with two girls.

Originally I come from the UK but I relocated to Dubai in 1999. I am a licensed Medical Aesthetician and Laser Specialist, as well as a highly qualified Beauty Therapist, founder and manager of Rebecca Treston at Euromed.

**How long have you been practicing in Dubai?**

I have been in the business for 22 years and practicing in Dubai for the last 17 years.

**As an aesthetician, what are the major skincare concerns in the region?**

The major skincare issues tend to be sun damage and anti-aging.

80% of ageing is attributed to UV rays and so using SPF is the most proactive skincare step that people in the Middle East can make to fight ageing. You should choose a reputable product that is professionally recommended and remember SPF should be reapplied every 2 to 3 hours, especially if you live in a sunny country, where there is a lot of sun exposure. Also, by wearing an SPF, you will protect your skin from cancer. For the outside of the skin, I like to use lasers to remove fine lines and address sun damage. Laser resurfacing is great for keeping the skin free of those indications but we need to be careful using laser with the Dubai weather. A laser such as evo boasts multiple benefits for the skin, including the elimination of sun damage and age spots as well as minimizing melismas and chloasmas. This type of treatment can be performed a couple of times a year to keep skin in tip-top condition.

When it comes to aging, my favorite treatment is Ulthera - a treatment that treats the skin from the foundation to its upper layers. It is recognized as the best non-invasive alternative to plastic surgery on the market because of the fact it helps to re-organize aging skin by stimulating collagen, elastin and fibroblasts.

**"I like skin to look fresh and radiant and not full of fillers and botox, which can lead to a face that appears distorted."**

**How do you define beauty as a skincare specialist?**

People are most beautiful when they are confident, as this inner beauty shines through and makes them radiant. I also am a strong believer in natural beauty. I like skin to look fresh and radiant and not full of fillers and botox, which can lead to a face that appears distorted.

**What are the major lifestyle changes that are imperative for good skin?**

The skin is a living organ so it needs to be properly nourished. If your inside is out of balance it will show on the outside, so ensure you follow a well-balanced, healthy diet that includes good professionally-recommended supplementation and a high water intake. When it comes to diet, eat clean food (organic if possible), lots of protein, good fats and leafy green vegetables, reduce sugar intake to reduce inflammation and take supplements such as Vitamin C to increase cellular function. Do not over supplement, rather make an appointment with an expert who can discuss your needs and then recommend the exact supplements you should take for optimum health. In my case, I use a concoction of magnesium, a supplement called 5HTP, a supplement of Vitamin D and evening primrose oil; and if I am suffering from not being able to sleep then I add some melatonin. One supplement that can be taken by everyone, however, is Aloe Vera. It is brilliant at neutralising toxins in the body and reducing inflammation. Avoid alcohol and smoking, and ensure you get plenty of fresh air and exercise. Remember, all the skin treatments and products in the world won't help if you have a poor lifestyle.

**What are the skincare services that you offer here at EuroMed?**

My policy has always been a commitment to helping my clients achieve and maintain healthy, younger looking skin by offering them a combination of the latest aesthetic treatments and clinical skincare products available on the market today. I am passionate about keeping up-to-date with the latest technological and medical advances and I am keen to forge a reputation as a pioneer in bringing these cutting-edge treatments and techniques to my clients first. At the clinic there are a wide variety of treatments available

**"Remember, all the skin treatments and products in the world won't help if you have a poor lifestyle."**

which include, Radio Frequency for skin tightening, Chemical Peels, Mesotherapy, Diamond Microdermabrasion, Face Lift Massage Therapy and Lasers such as Evo, which perfect the skin, to name but a few. Over the past year or so, I have introduced Ultherapy, an excellent alternative to a mini-facelift and Quanta Duetto, the pain-free Laser Hair Removal treatment suitable for all skin and hair types.

**You are a member of the American Academy of Anti-Ageing, does that bring insightfulness to your current practice?**

Going to the meetings is really helpful as there are many talks about anti-aging, which provides an insight into the treatments that they are developing to enhance longevity and to counteract aging. It empowers me to provide the right information to my clients and understand the importance of lifestyle and supplementation to improve longevity and keep aging at bay.

**This is just start of the New Year, do you have any words of advice for our readers to achieve healthy and glowing skin, given the hot climate of the UAE?**

New Year is a good time to set goals and decide what you want to achieve. Even if you just set simple targets such as taking a bottle of water with you to work and ensuring you finish it before you return home, or cooking healthily. Aside from following a healthy lifestyle and using SPF, there are some other steps that you can take to ensure your skin looks its best. These include a good skincare routine, invest in a right skincare treatment and make time to relax....



## Skincare Advice by Rebecca Treston

*Invest in a good skincare routine:*

This is fundamental to ensuring your skin's health. Rather than visiting a beauty counter and splurging on cosmetic products, consult with a skin expert who can recommend which skincare products are best suited to your skin's needs. To best use your skincare products, have a set skincare regimen. This should include the following steps:

- Double cleanse, especially in the evenings.

The products you use in your cleansing routine, however, should be dependent on your skin type and condition, and what your skin needs. Those who wear loads of makeup should be using an emulsifying cleanser first, as this will break down any makeup and the oil. Once this has been done, then another cleanser that is specific to skin type can be used - for instance, those with acne can use a cleanser that contains salicylic acid, while those who have dry or aging skin should use a cleanser that has AHA (Alpha Hydroxy Acid). By doing this two-step regimen, you are removing the dirt and grime from the skin first, so that the skin can breathe and rejuvenate properly. The cleanser in the second step, should have the active ingredients needed to target the skin's individual concerns. My recommendation is to only use products that have strong actives such as AHA or Salicylic Acid in the evening after you have been out all day and your skin has been exposed. People that use AHA morning and evening are at risk of drying their skin out, making it a bit tight and tired looking. Night-time is best for stronger cleansers, while in the mornings it is better to use something light, gentle and refreshing, nothing too strong or too astringent.

- Choose products with a good level of antioxidants: This will filter out toxins and rebuild some of the cell damage that has occurred.

- Use a retinol product in the evenings as it is anti-aging, stimulates collagen and helps cell regeneration.

- Use a good quality hydrating moisturiser. Make sure the moisturiser you use in the evenings has Hyaluronic acid and Vitamin C.

- Pay attention to the delicate eye area: The

skin around the eye is very delicate and thin, which makes it very susceptible to aging. Always use a product that has been designed for this area and pat it around the eye, never rub.

- Then once or twice a week you can do the following:

- Use a masque – this will purify and hydrate the skin and make it more susceptible to absorb the products you would put on after.

- Exfoliate: Makeup, daily grime and environmental pollution will make your skin dry, dirty and dull. When we exfoliate our skin, we are removing dead skin cells, and debuting new cells, which will lead to a glowing, radiant skin.

*Invest in the right skincare treatments:*

To best complement your skincare routine, have a good skincare treatment plan put in place. This will be different for different ages and my mantra is less is more. You can get addicted to cheaper treatments and they can have a detrimental effect on the skin so instead book a consultation at a well-established, highly-regarded skincare clinic to develop a treatment programme that will yield the best results for your skin. That said there are some treatments that are beneficial to all skin types. For instance, a deep cleansing facial and a skin peel are great go-to skin pick-me-ups. A deep cleansing facial is designed to thoroughly cleanse the skin and it boasts multiple benefits. These include purifying the skin, removing dead skin cells and really cleaning out any open pores. A regular deep cleanse facial is a very important part of a good skincare regimen and it is especially vital to those with congested skin. It is also a great treatment to keep skin healthy and in its optimum condition. A peel is a terrific therapy to keep skin fresh and exfoliated. Although peels can be combined with deep cleansing facials, they are meant to complement the deep cleanse, rather than replace it. Sometimes, people may need a treatment that is more rigorous in terms of purifying and cleaning out the open pores and so this is when the combination treatment of deep cleanse and peel can work to yield brilliant results.

Two other treatments that are proving increasingly popular with my patients are



Mesotherapy and PRP. Mesotherapy, such as the Viora Infusion, infuses the dermis layer under the skin with anti-oxidants, vitamins, minerals and amino acids to nourish and rejuvenate. This promotes production of collagen and elastin and will stimulate rejuvenation. Platelet Rich Plasma (PRP) also known as the vampire facelift uses a purified and concentrated portion of your own blood to help repair cellular damage and to rejuvenate your facial skin. PRP can stimulate the regeneration and recovery of aging facial tissue in order to permanently reduce wrinkle pouches and improve skin tone.

We know that our skin starts to show signs of aging from the early 20s and so I would advise that most people should start implementing a fixed skincare routine that comprises both professionally recommended products and treatments. *Make time to relax:* With the stressful pace of modern life, it is crucial to know how to relax. Try doing some breathing exercises, enjoying some camomile tea. Also try removing all the gadgets from your bedroom and don't watch TV before you try to sleep, but rather calm your mind by reading. Most of our cellular repair is done through the night. We need good night's sleep to aid this process so if possible, try to get eight hours sleep.

Finally, make an appointment with your skincare specialist and devise a treatment programme that will enhance your skin, tackle imperfections and delay the signs of aging.

# OFFICIAL KICK-OFF TO THE DUBAI POLO GOLD CUP SERIES

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22<sup>ND</sup> JANUARY - 5<sup>TH</sup> FEBRUARY

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# I ♥ DUBAI

It is the best time of the year to enjoy the great outdoors in Dubai. As the temperature takes a dip, the city comes alive with people looking for dining options with amazing views, unmatched, unique offers to spend some time in the fresh open air ... So, here's what's hot and happening in Dubai, without the heat!



## THE GRUB

### *Mazina at The Address Dubai Marina*

Every Saturday you and your little one can dress up as your favorite superheroes and join the fantastic Superhero Brunch featuring an International buffet spread over 5 kitchens! Between 12:30pm to 3:30pm, the little warriors can also enjoy a themed superhero buffet while being entertained with a variety of activities including Wii stations, face painting, a bouncy castle and a Magic Show too. The Superhero Brunch is priced at AED 315 per person with soft beverages, AED 440 per person house beverages, AED 595 per person with free

flow house beverages and bubbly. Mazina is also celebrating Mother's Day with special weekend Brunches, where special attention will be given to all the beloved mothers: while the little ones are taken care of in the kids area, mother's will treat themselves with food and beverages, delicacies and special prizes. The Mother's Day special is available on the 4th and 05th March from 12:30pm to 3:30pm and it is priced at AED 315 per person with soft beverages, AED 440 & AED 595 per person with more options.



### *Carluccio's JBR Secret Garden*

Dining in the sunny outdoors is one of those great pleasures in life and with the UAE's alfresco season in full swing, Carluccio's JBR have introduced their very own Secret Garden. Tucked behind the beachfront, the charming garden features colorful flowers, flowing water features and traditional olive trees, providing a leafy oasis in the heart of Dubai where friends and family can spend quality time together. The alfresco hideaway offers a secluded setting for guests to enjoy a superb breakfast, Italian favorites or even just a cup of coffee within the bustling beach complex on Dubai's popular JBR Walk. The enchanting garden is suitably kitted out with a selection of comfy sofas, wicker and glass-topped tables and fairy lights illuminating the trees, making this the perfect place for families to hangout during the day

or for couples to catch up under candlelight in the evenings. To complement the new Secret Garden, Carluccio's have launched a salad menu offering creative alternatives for the health conscious. Available until the end of February, Carluccio's fans can opt for a zesty fennel and orange salad with red chilli and lemon dressing or a tangy mackerel salad with red onions, caperberries and radicchio – all of which can be enjoyed in the comfortable confines of the new Secret Garden. Furthermore, Carluccio's continues to offer its famous menu filled with authentic Italian cuisine, freshly prepared using the highest quality ingredients. Little ones can be kept entertained with a dedicated kids menu as well as an on-going schedule of activities including face painting and cookery classes.



### *Mazaher True Taste of Lebanon*



Mazaher, a new frontier in authentic Lebanese cuisine, is a refreshing addition to the Dubai restaurant scene. Expertly combining the generosity of traditional Lebanese hospitality with its rich gastronomic heritage, Mazaher is centrally located in the Dubai World Trade Center and with indoor and terrace

accommodations. The menu has been crafted by Chef Ibrahim Ayoub who was voted the UAE's Best Arabic Chef of the year in 2014. His gastronomic craftsmanship is internationally renowned, particularly in authentic Lebanese cuisine and he continues to strive for excellence in creativity and quality.

### *Hilton Garden Inn*

The recently opened Hilton Garden Inn, Dubai Mall of the Emirates serves up an array of tempting dining options. The family-friendly Garden Grille restaurant, located on the ground floor, serves up a full, cooked-to-order breakfast each day, sure to satisfy the hungriest of appetites, including the signature Hilton Garden Inn waffle. In addition, the restaurant

is open daily for lunch and dinner. Guests can enjoy international cuisine with dishes such as Harissa Spiced Jumbo Prawns or sample local, Arabic-style flavors with options like Spiced Lamb Chops and Mixed Grill Platter. The Garden Café offers a selection of grab-and-go pastries and freshly-brewed coffee. It is a handy option for guests who are on a tight schedule.





## Calling Ladies to VIDA Downtown Dubai

Tuesdays are the new Thursdays! It's time to slip on your favorite heels and head over to Stage 2 at VIDA Downtown Dubai for a memorable girls' night out. When you are looking for the perfect venue to catch up with close friends, good food and drinks are a must! Stage 2 offers the ideal setting for your girly get together with its chilled out atmosphere, delectable nibbles, creative specialty drinks and stunning views. Relax

indoors in the modern chic interiors or under the stars on the outdoor terrace, taking in the lively energy of Downtown Dubai. Grab your besties, your sisters or even your mum and come enjoy 25% off on the food bill and two complimentary drinks each, every Tuesday at Stage 2 – where every lady feels as good as she looks! Ladies Night at Stage 2, VIDA Downtown Dubai, every Tuesday, from 6pm to 10pm.



## Tea Time at Rumours Cafe Coral Beach Resort Sharjah



Sporting a trendy new look in vibrant colors; Rumours Cafe at Coral Beach Resort Sharjah has launched two irresistible tea promotions. Unwind with your favorite cuppa and indulge in these quintessential tea-time treats any time of the day. The ambience and service is as pleasing as the offering on the menu. Enjoy a fine selection of sandwiches, scones, pastries and

freshly sliced fruits along with a choice of Tea or Coffee in the beautiful surroundings of Rumours Cafe at Coral Beach Resort, Sharjah. Guests are served, both indoor and outdoor in the scenic gardens by the pool where the chirping birds add to the relaxing experience. For more information visit [hmmhotelgroup.com/coralbeachresortsharjah](http://hmmhotelgroup.com/coralbeachresortsharjah).

## Treehouse La Guinguette Friday Brunch

Taking inspiration from traditional French festivals and drinking establishments, La Guinguette, is a celebration of good food, drink and immaculate hospitality. Guests are invited to embrace the Friday feeling at the outdoor terrace and kick-back, relax and

take in the carnival-like atmosphere. The soundtrack for the afternoon is provided by in-house DJ, Dimitris Raptis aka DJ Tayllor, who helps guests disconnect with the outside world and take in the iconic views and picturesque surroundings. The

La Guinguette Treehouse brunch offers a selection of three packages: Sin Free Package - AED 345, Tree Package - AED 445 and Veuve Clicquot Garden Package - AED 545.



## Iris Yas Island Early Dining Special & Happy Hour

Early Dining offers and Happy Hour combine to make Iris Yas Island even better than before. From 6 – 8pm daily, diners can avail themselves of the latest offer – three of their outstanding dishes for the price of two. Happy Hour will run consecutively and special rates for drinks will apply. For reservations: call +971 55 160 5636 or email; [reservations@irisabudhabi.com](mailto:reservations@irisabudhabi.com). Iris Yas Island opening times are from Mondays to Thursdays from 6pm to 3am, Fridays 4pm to 3am, Saturday Iris Picnic Brunch 12pm to 4pm & Saturdays 12pm to 3am.



## Friday Polo Brunch at Dubai Polo & Equestrian Club

Experience a sizzling barbecue with eight live cooking stations featuring gourmet creations from around the world whilst you enjoy the captivating polo action for a spectacular casual Friday. Savor an exquisite spread of imperial proportions

with live entertainment creating an upbeat, family-friendly atmosphere. Kids can also look forward to fun filled activities too! Price: AED 295 per person inclusive of soft beverages. AED 395 per person inclusive of selected house beverages. AED 565 per

person inclusive of selected house beverages. AED 110 per child (6 to 12 years old). Complimentary for children below the age of 6 years old, every Friday from 12:30pm to 3:30pm.



## The Year of the Monkey at Zheng He's



Zheng He's, the contemporary Chinese restaurant, invites diners to ring in the Year of the Monkey with a traditional oriental feast. Located in Jumeirah Mina A'Salam, the venue will celebrate Chinese New Year from the 7th – 24th of February with a celebratory New Year's set menu and traditional live entertainment. The Chinese New Year is the most important annual event in Chinese culture, giving people the opportunity to celebrate and spend quality time with their loved ones. The Chinese New Year set menu will be offered to guests at AED 350 per person, with a minimum order of two people. Key dishes are also available to order individually.

## Market Kitchen at Le Royal Meridien Abu Dhabi

Located at Le Royal Meridien Abu Dhabi, Market Kitchen is inspired by Jean-Georges Vongerichten's concept of the "hotel as home" and extends to the restaurant as a casual family kitchen. Emphasizing comfort and creativity, the menu reinvents familiar dishes with eclectic flair, allowing guests to try new flavor combinations and explore spices from other regions, all while

remaining close to home. Dishes crafted with seasonal market ingredients and local fish, can be selected from enticing categories on the menu such as Simply Raw, Fish, Meat and a Market tasting menu to enliven the senses and satisfy any craving. This modern farm-to-table concept evokes alluringly familiar local cuisine and reinvents classic dishes with eclectic flair

producing unexpected flavor combinations to remarkable effect. Open every day from 12:00 to 16:00 for lunch & 19:00 to 23:00 for dinner. For more information call toll free 800 101 101, Email: [restaurants.lrmad@lemeridien.com](mailto:restaurants.lrmad@lemeridien.com) or check out website [www.marketkitchenabudhabi.com](http://www.marketkitchenabudhabi.com)





# PLACES

## THE SPA at The Address Dubai Marina



Celebrate Mother's Day at THE SPA, with a distinctive spa indulgence composite with Lomi-Juma massage, the best of the Mediterranean and Hawaii techniques recommended for joint blockage and muscular tension. The serenely nurturing massage uses not just the hands, but the forearms as well. Spa journey ends with La alternative facial, a revolutionary treatment that dramatically reduces expression lines

and wrinkles, using targeted ingredients to leave the face smooth and rejuvenated. A spa Bea - Tea set up awaits you at the relaxation area to nourish your well-being. After your treatment you'll receive a gift voucher worth AED 1,000 of the prestigious Gold and Diamond shop, 2 reel cinema tickets and 2 pool accesses for future use. Duration: 2 hours 15 minutes Priced at AED 765 for one/ AED 1,299 for two.

## Signature Treatment Programs at Dusit Thani Dubai

This month enjoy the signature treatment programs at the Dusit Thani Dubai. The authentic Thai therapies and herbal medicines were created by traditional doctors who have served the Thai Royal Family for over 2000 years. The signature Thai Heritage Therapy program combines the essence of traditional Thai therapy to bring body and mind into equilibrium. The therapy lasts for 2 hours and is priced at

AED 850. Inspired by the sun, desert sand dunes and the Arabian aromatic essential scents of Frankincense and Rose, the Arabian Promise Journey is an exclusive spa pampering treatment that helps rejuvenate your skin and uplift your mind through Arabian Herbal Steam, Arabian Rose Body Scrub and Arabian Rose Body Mask. The treatment takes 4 hours and it is priced at AED 1,650.



## The Terrace at Dubai Creek Harbour



Emaar Properties has opened doors to a new experience in the city with The Terrace that offers three fascinating vistas – the compelling skyline of Dubai, framed by Downtown Dubai and Burj Khalifa; the serenity of the Dubai creek; and the captivating natural beauty of the Ras Al Khor Wildlife Sanctuary. Featuring a trendy café, The Terrace at Dubai Creek Harbour is open on Fridays and Saturdays from 10am to 10pm. Visitors to The Terrace can not only gain more insights into the new smart city development but also choose to simply unwind with friends and family.

The trendy gourmet food truck services at The Terrace, Dubai Creek Harbour are offered by Vida Hotels and Resorts, the new generation brand by Emaar Hospitality Group that is defined by youthfulness and genuine warmth. Whether you are looking for a new, quiet place to grab a cup of coffee with a friend, or need to gather with colleagues for a quick brainstorming session in a vibrant setting, or want some time to relax with the family, The Terrace at Dubai Creek Harbour serves as a 'getaway' within the city.

## Sunday Spa Club at The Ritz - Carlton Abu Dhabi

ESPA at The Ritz-Carlton Abu Dhabi, Grand Canal and Pace and Luce beauty salon are hosting Sunday Spa Club every Sunday from 10 a.m. till 2 p.m. during which time the beachfront spa will cater exclusively to female guests. The program includes beauty packages and tailored consultations. Jamila Package: 60-minute signature hammam experience; 90-minute advanced facial; professional blow dry. Duration: 3 hours; price: AED 1300++.

Mushriqa Package: 30-minute detoxifying salt scrub; 30-minute algae body wrap; 60-minute royal Thai or hot stone massage. Duration: 2 hours; price: AED 890++. For more information about ESPA at The Ritz-Carlton Abu Dhabi or to make a reservation please email [abudhabi.spa@ritzcarlton.com](mailto:abudhabi.spa@ritzcarlton.com), call +971 2 818 8051 or visit <http://www.ritzcarlton.com/en/Properties/AbuDhabi/Spa/Default.htm>



# EVENTS

## Emirates Airline Dubai Jazz Festival 2016

24th - 26th February 2016



Launched in 2003, the Emirates Airline Dubai Jazz Festival or Jazz Fest, has attracted thousands of music lovers through the years. The upcoming 14th edition has been built on years of success, creating a one-of-a-kind experience for fans and artists alike. Once again, music lovers can look forward to an undeniably great line-up. With the theme of Much More Than Jazz, they can expect twice the jazz and more of the classic rock, indie rock, pop and urban – an unbeatable mix of quality live entertainment.

## Emirates Airline Festival of Literature 2016

1st - Saturday, 12th March 2016



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. The LitFest, as it has come to be known, will bring, among others, a fantastic cast of authors, writers and speakers from numerous countries who will cover a wide range of subjects, styles and genres. It provides the chance to attend literary discussions, listen to readings, participate in workshops, and experience the exciting Fringe and children's events.

## Dubai Food Festival 2016

25th February - 12th March 2016



The Dubai Food Festival is the only truly citywide food festival in the Middle East. Held every year, it celebrates Dubai's emergence as a gastronomic destination. Offering a calendar of exciting food-related events and promotions, highlighting Dubai's unique food scene, its personalities and its world-class dining experiences. Dubai Food Festival is organized by Dubai Festivals and Retail Establishment (DFRE), an agency of Dubai's Department of Tourism and Commerce Marketing (DTCM).

## Art Dubai 2016

16th - 19th March 2016



Art Dubai has become one of the most globalized meeting points in the art world today – an essential gathering place for collectors, artists and art professionals from across the region and beyond. Besides the gallery halls, the fair's extensive program includes commissioned projects and performances, artists' and curators' residencies, educational workshops and the critically acclaimed Global Art Forum.



# Guaranteed WEIGHT LOSS!

By Reem Abdallah



**W**orking on weight loss and you need some fast results? Is it hard for you to lose weight and maintain your loss? Then you probably are resorting to some fad diets which attract you as a fast weight loss solution.

Let me save you some time: Skip those fad diets and head towards healthier options for guaranteed weight loss that can last for a long time. Losing weight comes to a very simple equation, if you eat more calories than you burn you will end up gaining weight, and if you eat less calories than you burn you will lose weight. That's easy right? Then why don't we lose weight this easily? It all comes to the fact that our bodies react differently to calories and food over time. If you lose a kilogram or so for the first week of your diet, this doesn't mean that you will keep on losing a kilogram every week. Eventually, this weight loss will decline and you will need to cut more calories and incorporate exercise in your daily routine for weight loss results. For a healthy weight loss with guaranteed results, you should follow a balanced diet that includes all the food groups-grains, milk, proteins, vegetables, fruits, oils- with a suitable quantity of macro (carbohydrates,

proteins and fat) and micro-nutrients (vitamins and minerals).

The balanced diet should include 50% carbohydrates in different forms such as breads, grains... 25% proteins and 25% healthy fats.

**Below are some tips that will make you lose weight in a healthy way.**

- 1- Aim for your daily caloric intake to be slightly less than or equal to your metabolism, a deficit of 500 calories per day will make you lose 1 kg per week.
- 2- Choose your food wisely.
- 3- Make 50% of your carbohydrate intake per day, as whole grains. They will make you feel full as they are high in fibers, they will regulate your blood cholesterol as well as sugar, and they will provide you with a variety of vitamins and minerals.
- 4- Go for lean proteins, choose lean cuts of red meat, turkey breast, chicken breast, and incorporate beans and peas, which are high in proteins, in your meals.
- 5- Go for low fat or skimmed dairy products, milk, yogurt...
- 6- Choose healthy oils and use them in moderation, such as olive oil, canola oil, fish oil... which are rich in omega 3 and omega 6.
6. Cut down on butter, margarine and fried foods.

- 7- Eat a lot of fresh vegetables (4-5 cups a day), they contain lots of vitamins, minerals and fibers, in turn making you feel full, especially if you consume them before your main meal.
  - 8- Drink 8-10 cups of water per day. Drink a cup of water whenever you feel hungry, sometimes your brain mistakes thirst for hunger.
  - 9- Stop eating before you feel full; it takes the brain 20 minutes to realize that the stomach is full.
  - 10- Keep a journal to record what you are eating on a daily basis; this will make you monitor the quantity and quality of your food intake.
  - 11- Incorporate exercise in your daily routine, go mostly for cardio exercise to burn this excess fat, and then try some weight lifting exercise to maintain your muscles.
- Losing weight in a healthy and sustainable way doesn't happen overnight; it requires patience and commitment and cannot be executed with extreme diets that leave you starving as well as weak and promise fast results. These powerful ways will help you achieve lasting weight loss and develop a healthy relationship with food.

Reem Abdallah is Assistant Dietician at Health Factory.

# The Rule of Thumb WORKING OUT THE MEALS

By Divya Samant,



**S**o it's time to pull up your socks and get going... real hard to get the dream figure you've always wanted. You get the top most brand's most comfortable gym wear, exercise shoes, head band, an expensive music player to pep you up and everything you need for an optimal workout. You have even consulted the best people, experts in the field and websites for an ideal pre workout warm up exercise.

But wait! What about food? Have you developed a food plan to support your workout? Or Did you just plan on drinking a glass of water and believed that just hydrating yourself will be good enough for the thirty minutes/ hours of workout? If this is so then I must say... You are wrong! Don't you think this might lead to muscle breakdown? Believe me what you feed your body before a workout is one of the deciding factors to ensure the best results of your hard work. Eating right can help energize and give you endurance for your workout. What foods are best, what food groups you should avoid, and when you should eat. This information is what you need to optimize your workout plan.

## The Four Point Guidelines:

- Ideally, a meal comprising moderate quality, easy to digest carbohydrates, lean protein, low amount of heart healthy fats, low fiber & adequate fluids is enough to fuel you up.
- Make sure the meal also contains adequate vitamins and minerals to act as catalysts for metabolic reactions.
- Obviously, timing your meals is important as the food should be available as fuel, to burn during the workout.
- Make sure you are not allergic to any of the foods you've chosen and to avoid this, don't try any kind of new food. Since it is

essential that you feel comfortable during the workout.  
Why carbohydrates?  
Your muscles rely on carbohydrates, foods like breads, cereals, pasta, rice, fruits, and vegetables for quick energy. The key is to have a mixed bag of complex and simple carbs so that the release of energy during your workout is slow and steady throughout your routine.  
Why proteins?  
You need protein for your muscles and for your blood cells, which carry nutrients and oxygen to your muscles.  
Why fluids?  
Water acts as your body's cooling system. You don't want to get dehydrated at any time. The best way to stay hydrated is to drink plenty of fluids, and drink about 2 cups (16 ounces) of water 2 hours before exercise. Regular water intake is often enough for a light workout, but if you're exercising for more than 60 minutes in hot, humid conditions, sports drinks may help. They give you carbs and sodium, as well as fluids.

## Actions to Avoid:

Large portions of food before any workout. This might cause nausea and cramping. High fiber and high fat may cause discomfort during exercise and high fat might make you feel sluggish. Also, if you are sensitive to caffeine you may experience nausea, muscle tremors, and headaches. Too much caffeine is a diuretic, and can result in dehydration, which decreases performance.

## Plans to Pursue

*Ideally, heavy meals like pasta made with lean meat and vegetables, egg white vegetable pilaf made with brown rice, breakfast cereals and milk, oats and mix berry smoothie, cheese toast with milk, grilled chicken sandwich is suitable around 3 hrs before a work out. Snacks 60 to 90 minutes before a workout may include fruit milk shakes, cereal bars, a*

*bowl of fruit, banana and low fat yoghurt. Banana is a source of potassium which helps maintain nerve and muscle function. Moreover, it is very easy to digest. If you train early in the morning you can skip the meal because the body is in a fasting state i.e. around 8 hours since the last meal. This will result in a greater proportion of fat being used as the exercise fuel compared to doing the same workout after a carbohydrate-containing meal or snack. However, it is possible that you may be able to exercise harder and for a longer period if you consume carbohydrates before exercise. Overall, this will result in greater energy use and a better contribution to the negative energy balance that is needed to cause fat loss. If your primary goal is to improve performance, have something to eat before exercise. If your primary goal is weight loss, and you will do the same amount of exercise regardless of whether you eat or not, save your meal until after the session. Keep in mind that everyone is a bit different and what works for you may not work for others. Factor in individual preferences and favorite foods, and an eating plan is a highly individualized thing. 'Understand that losing weight is not a bowl of cherries' So, if the aim of your workout is to lose fat or to build muscle or both, or maybe you are working out just to increase strength and endurance or just to be healthy, remember that the pre-workout diet will play a key role because it will supply everything you need during a workout.*

Divya Samant is Dietician at Health Factory.



# THE PERFECT DETOX



A new year starts, and with it comes a long list of resolutions for a healthier lifestyle, where we often trade our bad habits for new-and-improved ones, as they ensure positive changes within ourselves. A positive healthy lifestyle requires a strong will empowered with some insight and an awareness of the challenges our bodies face such as emotional and physical stress in different environments and weather

conditions.

Dr. Alejandro Junger Medical Director and Creator of the Clean Program says, "Winter throws us a few challenges as far as detoxing goes: we are more hungry in cold weather and we need a certain internal temperature to function as mammals, which requires consuming more energy. But when we eat more and keep our bodies in continual digesting mode, we lose energy for other necessary functions and for our immune

systems, which make us more vulnerable to getting sick. A winter detox allows us to harness our energy, hit reset on our food intake, and stay healthy and energized. We don't need to wait for summer to feel and look our best." NUXE a Parisian brand shares with us its best tips to start the year fresh and healthy to get rid of the toxins that we accumulate in us due to unhealthy eating habits and lack of activity...



## Tip #1

Start your day by drinking a glass of warm water mixed with some lemon juice. A perfect kick start to your metabolism and a first step to detoxify your skin. Throughout the day, make sure you drink a lot of water (at least 1.5 to 2 liters a day). Water helps you to flush the toxins and keeps your skin hydrated!



## Tip #2

A detox juice is a sure shot to detox. Make sure you replace your daily fizzy drink with a detox drink, if you are a soda lover! Try to go for the ones made of lemon, ginger or black radish, which are excellent detox foods! And for women in a rush, detox water will do wonders. Our favorite one remains cucumber, lemon and ginger infused in natural mineral water.

## Tip #3

Working out on a daily basis is key, to detoxify your body. A daily walk for example has proven to be very effective for both body and mind. Walking on the beach can help you to lower your stress that is also a cause of toxins. Yoga is one of the best exercises to increase your focus and stamina. Breathing techniques can reduce stress dramatically and thus deliver life-giving oxygen to all of your body cells!



## Tip #4

Lunch hour: Avoid the afternoon slump by eating a light lunch that won't weigh you down. We recommend choosing a detox soup recipe or fiber-rich cabbage salad that contains heart-healthy fats; and round out the meal with some lean protein. Take this time to eat away from your desk—put away your phone and focus on the delicious meal in front of you. Once lunch is done, allow yourself 20 or 30 minutes for a walk.



## Tip #5

To end a perfect Detox day, perhaps the most important step, is to try to sleep early and get at least 7 to 9 hours of sleep per day. Indeed, your skin's detoxification starts once you're asleep and lasts approximately 2 hours, and then your cells start their renewal process.





# Explore the World with PASSION

## Top Destinations to Visit in 2016



Is 2016 the year you'll start ticking off your bucket list? Whether it's a new city, country, or continent to add to your bucket list, if you resolve to visit a new place every New Year, you'll never have a shortage of places you want to go to. By adding this travel resolution for every New Year you encounter, you will be sure to commit to seeing the world one place at a time. Here are the best places to travel in 2016 from QVI Club. Get ready for a once in a lifetime adventure.

### Koh Samui, Thailand

A beautiful island surrounded by the turquoise waters of the Gulf of Thailand, lush jungles and tantalizing beaches, makes for a scenically perfect travel destination in the Ang Thong National Marine Park. This island promises opportunities to party goers, adventure enthusiasts and culture buffs to enjoy the perfectly dramatic and heavenly setting. It is also a popular spot for those who are looking for relaxation and

rejuvenation ...

### Prana Resort Nandana Koh Samui in Thailand

Rejuvenate both the body and the mind in this wellness retreat in the Land of Smiles. An idyllic Thai sanctuary where traditional charm co-exists with modern comfort, leisure travelers can bask in nature's beauty. You can also spend quality time with your special someone. Surprise your loved one for a short & sweet two nights and three days package with the resort's "Just the two of us"

offering. With the romantic ambience, you can start planning for your dream 'beach wedding' in this seaside resort.

### Kuala Lumpur, Malaysia

Kuala Lumpur is a scenic yet dynamic city with opportunities to explore the scenic Malaysia or the Malaysia renowned for its shopping prospects. If you enjoy exploring culturally rich and perfectly picturesque places, then take a walk around the Lake Titiwangsa or explore the landscape surrounded by rainforest-clad rugged mountains as they sweep down to floodplains teeming with life and finally roll down to warm, sandy beaches. On the other hand, one can stay at...

### One @Bukit Ceylon by Prana Hotels & Resorts in Kuala Lumpur

If city breaks and shopping ticks the right boxes for you, hop on a plane to

successive colonization by the Portuguese, the Dutch and the British attracted by reports of rare spices and precious stones, has resulted in an eclectic and vibrant culture in cities like Colombo, famous for such places of religious significance to the Buddhists as the Temple of the Tooth in Kandy, the sacred city of Anuradhapura and



Kuala Lumpur. Indulge in premium retail therapy, explore Kuala Lumpur's nightlife by bar hopping and meeting new friends, discover local delicacies at hawker stalls or tantalize your taste buds with a myriad of international cuisines available. Kuala Lumpur has it all. Situated in the heart of KL's Golden Triangle, One @Bukit Ceylon offers fully furnished luxury suites where you can plop in after a whole day of shopping, complete with an array of first-class facilities and services.

### Sri Lanka

Sri Lanka is an island with endless sandy beaches, swaying palm trees, rainforests and a diverse wildlife; particularly the elephants catch one's attention. Its rich heritage, as a post on the east-west trade route and



### Taprobana Wadduwa in Sri Lanka

With luxuries for a new breed of traveller, Taprobana Wadduwa is both vivacious & vibrant. The laid back luxe resort meets your craving for the extraordinary. Flirt under the sun with your feet sunk in golden sand, revel in a romantic spell under the stars or let the pulse of the breathtaking sunset melt your stress away. This resort belongs to XchangeWorld's new category of resorts for those who want a more special, intimate holiday experience. The Exclusive Boutique Collection features smaller elegant resorts that focus on discreet, superlative service and utmost privacy. Perfect getaways for romantic occasions or for celebrating anniversaries, these exquisitely designed resorts are set in some of the most beautiful, desirable locations.

QVI Club is a vacation membership club catering to holidaymakers from all over the world. Benefit from a world of possibilities. As a member, you are given access to more than 1,000 Home Resorts, Limited Collection Resorts and XchangeWorld all over the world – North America, Europe, Australia, New Zealand, Asia, Russia.





# SAFE AND HEALTHY TRAVEL

by Archana Arora, Senior Dietician, Health Factory.

**P**eople who travel overseas often suffer from travel-related illness. While most travel-related illness is minor, all travelers should be aware of relevant health issues. No one wants to even think about getting sick or hurt during their vacations, but sometimes these things happen. You may not be able to prevent every sickness or damage, but you can plan ahead to stay safe and healthy and be able to deal with them...

Currently working as a **Senior Dietician at Health Factory**, Archana Arora, brings with her a wealth of experience in fitness, healthcare and food industries and shares with us her expertise and profound counseling skills for staying safe and healthy while traveling anywhere in the world.

## Preparing to travel

There are many things you can do to prepare for a healthy holiday, including:

- Organize travel insurance, including cover if you need to be evacuated to a suitable hospital.
- Pack a medical kit for yourself and any children travelling with you. Make sure you pack enough of any medications you need and carry a spare pair of glasses.
- Take copies of your prescriptions for medicines, for eye glasses and contact lenses.
- Carry a card that identifies, in the local language, your blood type, chronic

*“Stay alert to changing weather conditions and adjust your plans if conditions become unsafe.”*

conditions or serious allergies, and the generic names of any medicines you take.

- Have a medical check-up. Make sure you are healthy before you travel.
- Make sure you are up-to-date on routine vaccines before every trip. Consult your doctor at least 4-6 weeks before you travel, he will be able to advise which vaccines are suitable for you, depending on:
  - Your medical history and age,
  - Your destination and the kind of activities you are planning to do,

*“Be especially careful during summer months as Heat-related illness, such as heat stroke, can be deadly.”*

- The season in which you are travelling,
- The length of stay,
- And the type of travel, for example, bus tour or backpacking.

## Eating and drinking while travelling

The most common travel-related illnesses are gastrointestinal diseases usually picked up from poorly prepared food or untreated water. To avoid diarrhea, stomach pains, nausea and vomiting associated with these illnesses:

- Use boiled or bottled water, or water purifiers or tablets.
- Avoid ice in drinks.
- Avoid unpasteurized milk and dairy products.
- Avoid fruits and raw vegetables including salad leaves that have been washed in the local water.
- Eat thick-skinned fruit that you can peel yourself, such as bananas, oranges and mandarins.

- Make sure food is cooked thoroughly and eat it while it's hot.
  - Avoid shellfish.
  - Don't buy food from street stalls – hotels and busy restaurants are safest.
  - Take care with your personal hygiene.
- Stay safe outdoors**
- Stay alert to changing weather conditions and adjust your plans if conditions become unsafe.
  - Wear loose and lightweight clothing during summer. Dress in layers and cover heads, hands, and feet properly if you are visiting a cold location. Wear suitable clothing for various activities.

- Pack protective items, such as insect-repellent (that contains 20% or more DEET), sunscreen with SPF of at least 15, and a basic first aid kit.
- Be especially careful during summer months as Heat-related illness, such as heat stroke, can be deadly. Eat regularly and drink water frequently to stay hydrated, and limit physical activity in the heat of the day.

- Be cautious at high elevations.
- Because sunlight reflects off snow, sand, and water, sun exposure may increase during activities like skiing, swimming, and sailing.

## Stay safe around water

- Swim only in designated swimming areas. Obey lifeguards and warning flags on beaches.
- Do not dive into shallow water.
- Avoid swallowing water when swimming. Untreated water can carry germs that make you sick.
- Practice safe boating—follow all boating safety laws, do not drink alcohol if you are driving a boat, and always wear a life jacket.

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# INTERIOR DESIGN TRENDS



The New Year 2016 is well underway and what perfect way to create positive energy for a new start, then to bring in a few changes to the interior of one's home. Changes, simple or grand, that help geld the old with the new and add a breath of freshness to your living space. DND, a

design studio for contemporary furniture established by furniture designer Hamdi ben Yaghlane, has updates on the five home design trends that are set to be the rage this year. The dominant trend for 2016 is the fusion of nature's colors into our living space to inject some new life and to add

a touch of harmony along with various metallic textures. From bold colors to metal trimmings, the special design focuses on creating clean lines, fluid spaces and practical functionality. The designer's goal is to harmonize the space, paying attention to the light and scale of a room, providing the right kind of accent to create a mood...

## Trend #1 Year of the Metal

The 1950s and 1970s are hot trends in fashion right now, and it is no different in interiors. The year 2016 will see more and more designers include different textures of metal in their designs and furniture pieces. Accessories and decorative objects such as lanterns, vases, and mirrors will have metal elements incorporated in their design, reflecting back to the Golden Era.



## Trend #2 The Spirit of Nature

The spirit of nature can be seen in some elements of Scandinavian style, particularly in raw wooden elements. By leveraging a natural feel for winter, the "mountain lodge" look transports you directly into an enveloping cocooning atmosphere, simple and warming. With this design option, the ubiquity of white wood modernized, all made cozy with comfortable materials (linen, mohair, cashmere) seen on the accessories (rugs, cushions, carpets).

## Trend #4 The Age of sustainability

From the padding in our sofas to the premium wood sourced for counter worktops, sustainability is at the heart of everything next year. Recycling, repurposing, reinventing and reusing are all things that consumers are beginning to consider when they make purchases today.



## Trend #3 Bold Colors

Translating to wall colors and ceramic backslashes, the presence of vivid colour is back. Creating bold, statement-colour combinations, the aim is to use strong shades to create fluid movement from room to room. Hard textures like cement and wood are also playing a key role in this trend for contrast.



## Trend #5 Outdoor Living Areas

Porches, patios and decks inspired by interior design principles are replacing the traditional backyard. From decorating smaller spaces with greenery to turning expansive backyards into glamping adventures, 2016 should bring in experimentation with nature into the home, for example buying furniture that can be used indoors and outdoors. In terms of interior décor, wall decor, accessories and small plants, inspired items are going to be hot.





# LE CLASSIQUE *PETITE PLAISIR*



**F**rench cuisine is celebrated for its delicacy and refinement. Layering flavours and colours in exquisite, artistic presentations, is something it is recognised for and the variety of not just the ingredients but also the variety of cooking techniques and high standards...

A treasure trove of exquisite French culinary marvels, Le Classique is the coveted award-winning fine dining restaurant, which is an institution in itself. It has been around for the past 25 years, and there is no doubt that the restaurant has garnered a reputation for finesse and perfection, radiating from its

service, ambience and most significantly the food ... As a little haven nestled amidst the curvy greens of the Emirates Golf Club, Le Classique is not the typical French eatery... One might expect Edith Piaf serenading 'La Vie En Rose' in a boudoir setting, but in actuality it offers a fresh take on French décor, with a hint of the Braque in geometrical & floral screens on the sliding doors... The rustic warm chandeliers and the wafting smell of the delicatessen has an immediate enchanting effect as soon as you step into the main dining hall. Divided into two dining areas with both, terrace and indoor seating, Le Classique offers



sensational views of the quiet green course and the towering skyline of Dubai in a distant foreground. Garnering numerous accolades including winner of 'What's On' Chef's Choice Restaurant, the food offering is nothing short of perfection served with panache. Chef Remi Verrier knows very well, how to infuse the quintessential French flavor while trying to create new dishes for a discerning yet diverse palate. Using traditional French techniques with the modern flair, the menu is a culinary rhapsody of classic flavors with a touch of avant garde... For the perfect dining experience topped with exquisite culinary fare, Le Classique's Friday Brunch features favorites such as

"Divided into two dining areas with both, terrace and indoor seating, Le Classique offers sensational views of the quiet green course and the towering skyline of Dubai in a distant foreground."



Smoked Salmon, Oysters, and Octopus Salad from the South of France. To follow, the A La Carte main courses consist of classic French cuisine, from Gratin de Macaroni avec Truffle, Escargots de Bourgogne, Aligot with Tomme Fraiche and Mussels Mariniere. Starters are served to share, on wooden boards. Guests then can end their meal with a delectable array of tarts and desserts including Tarte au Citron, Tarte au Chocolate Caramel and Crêpe Suzette which is cooked live at the guests table. The formidable Fromage Counter also showcases

a vast array of cheeses accompanied by jams, chutneys, preserves, and artisan breads, in true French style. Guests can enjoy unlimited food and selected grape for AED 405 per person or AED 435 inclusive of selected house beverages served by a lineup of attentive staff. Exquisite service, delicious fare, live music to instantly brighten up the mood, an amazing setting in the middle of a lush green course; promises a feast for all the senses, Le Classique offers probably the most refined yet sanguine dining experience in Dubai...



*Le Classique's famous 'French Fridays' brunch is back with an irresistible offer that will have ladies saying "Ooh La La". Ladies can indulge in all the best traditional French fare, selected house beverages and grape, in addition to pink cocktails for just AED 290. Every Friday, between 12:30 to 3:30pm, enjoy a live singer and DJ with friends and family at Emirates Golf Club either indoors or on the terrace.*

*Stay on after brunch and keep the vibe going with Happy Hour between 3:30pm to 5:30pm. To make a reservation, please contact Le Classique on +971 4 417 9999 or email [emiratesdining@dubaigolf.com](mailto:emiratesdining@dubaigolf.com)*





# RTW

*Spring/Summer 2016*

*Check out the exclusive photos of the RTW  
Spring/Summer 2016 collections from top  
fashion designers of the world.*

ELIE SAAB

VERSACE

ChristianDior

ALEXANDER  
MCQUEEN

HANNA TOUMA



# ELIE SAAB

## Spring/Summer 2016 Ready-To-Wear

Elie Saab has added spice to the everyday Ready-to-Wear Spring/Summer collection of 2016. Floral and Lace motifs loom large as the fashion house' signature, on short, sweet dresses and long dramatic gowns, while

laser-cut floral effect on leather completed the Elie Saab Spring/Summer 2016 Ready-To-Wear Collection. The silhouettes, too, were classic Elie Saab, all dipped hems and billowing trains.





# VERSACE

*Spring/Summer 2016 Ready-To-Wear*

A contagious optimist, Versace believes in the power of clothes to lift the spirits, up the confidence, lengthen the leg and give off some serious heat, all in the same precision-

cut jacket. Her collection depicts the urban jungle focused on tailoring with long, sculpted military jackets in Army green and khaki over barely-there shorts. Bright

camouflage worked a more relaxed side of the military subtext. All were beautifully made and radiated authority.





# Christian Dior

*Spring/Summer 2016 Ready-To-Wear*

Simons can lay reasonable claim to have been the one to start both the current Victoriana-nightdress trend and the

intergalactic astronaut trends that are running through so many collections this season. The largely soft palette also let the

accessories shine - bags came in crushed silver and bronze metallic or bright indigo and crimson.





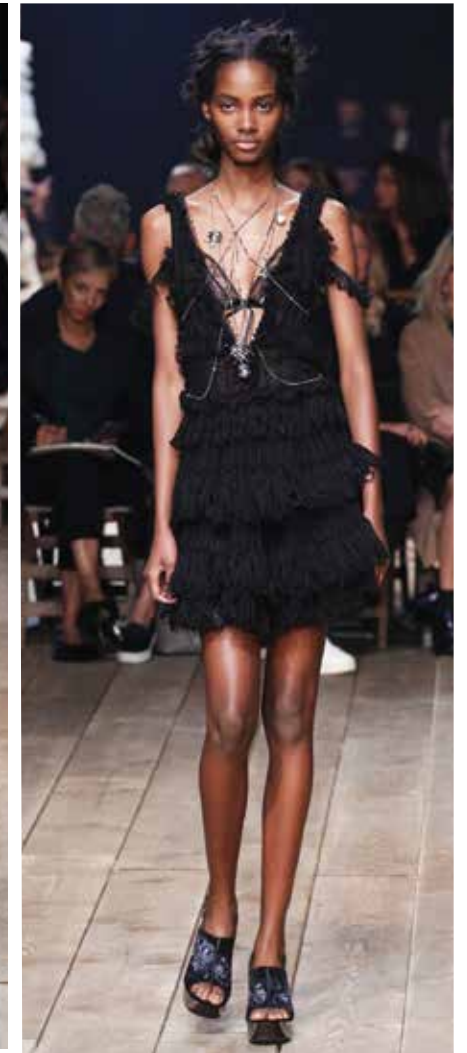
# ALEXANDER MCQUEEN

Spring/Summer 2016 Ready-To-Wear

Maidens, fair ladies, goddesses, princesses - Sarah Burton had the cast of fairytale heroines, fragile and strong, covered in her

stunning spring collection. It was the stuff of girlhood fantasies... The collection was based on a reality from the distant past: the

Huguenots, the persecuted French Protestant sect that fled France in the late 17th century and settled in Spitalfields, in London.





# HANNA TOUMA

## Couture Spring/Summer 2016 Collection

For 40 years, the image of Hanna Touma's couture house has earned great renown in the Middle East and Europe. With a profound command of the profession, this master of Haute Couture certainly owes his success to talent but above all to his

immense love of couture. The history of Hanna Touma's House is as generous as it is a beautiful love story. The latter evolves in the familial line whose sole ambition is to always move women; filling them with wonder by the real expertise and

awareness of the new inclinations. Hanna Touma's skillfully made latest collection is a combination of materials like Muslin, Organza and lace delicately worked to fit women's bodies with elegance.





# WATCH & JEWELRY



## Collections

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

### Slim d'Hermès Mille Fleurs du Mexique

Hermès adopts a mother-of-pearl dial as a canvas on which to highlight the art of miniature painting. In a composition entirely crafted within the in-house workshops, the Slim d'Hermès Mille Fleurs du Mexique watch is issued as a limited and numbered six-piece edition. The "Mille Fleurs" motif features an array of cut leaves and flowers, reminiscent of the 15th and 16th century tapestries after which it is named.



### Jaeger-LeCoultre's Rendez-Vous High Jewellery Collection

Bringing eternity within reach, the Rendez-Vous Perpetual Calendar displays infinite time. Powered by an automatic movement, Jaeger-LeCoultre Calibre 868, visible through the sapphire crystal case-back, reveals the complexity on its dial with impressive natural grace. The pure design combines classical elements with the aesthetic inspiration of the Grande Maison, all within a 37.5 mm diameter, while ensuring optimal readability. Delicately grained and guilloché-worked with a sunburst motif, the silver-toned dial is lit up by a bezel set with brilliant-cut diamonds. In keeping with the aesthetic of the collection, 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.

### Chopard L'Heure du Diamant

The evocatively named L'Heure du Diamant collection stems from an encounter between Chopard's watchmaking know-how and its jewellery expertise. Composed of exquisitely refined watches and dainty jewellery creations, L'Heure du Diamant vividly illustrates the breadth of creativity cultivated by the Geneva-based Manufacture as well as the talent of its artisans. Embodying a perfect blend of purity, radiance and mystery representing the quintessence of luxury, diamonds pay tribute to the charms of any woman who wears them.



### SAINT HONORE Artcode Lady

Effortlessly blending luxury and femininity, the Artcode Lady watch from SAINT HONORE is delicate with elegant proportions. The dynamic shapes of the 35 mm case and bezel are softened by particularly elegant Roman numeral dials. Each piece of the collection has been carefully crafted to bring out its own assertive personality, and admiring eyes will note that the straps are perfectly coordinated with the dials.



## Roger Dubuis Velvet collection

At the SIHH 2016, Roger Dubuis is preparing to raise the curtain on a gorgeous array of Velvet timepieces offering irrefutable confirmation of its ability to meet women's expectations by expressing various facets of feminine nature. Vividly highlighting the jewellery expertise cultivated by Roger Dubuis, the Velvet collection pays triumphant homage to the timeless beauty of womanhood in all its multiple facets.



## Tissot Flamingo Valentine's Day

Tissot Flamingo Valentine's Day is not only a beautiful piece of jewellery but it is also a strong message. Looking at the shimmering mother-of-pearl dial, all elements point to the message "Love to infinity", with the gently curved number 8 signifying eternity. It reminds the wearer that true love never dies and that it is something that they will be able to rely on. The smart white leather strap adds a glittering and glamorous edge to the watch, while at the same time reflecting the pure nature of love.

## Admiral's Cup Legend Lady

Corum's signature Admiral's Cup now comes forward to shine in the glow of contemporary watchmaking for the feminine wrist. Corum is delighted to introduce timepieces proportionately designed just for female wrists with the well-known case's twelve points barely softened. The brand-new Admiral's Cup Legend line is neatly split into two categories to suit the needs and wants of each woman's personality. Housed in a fashionable 32 mm case, the most petite of the two is a perfect companion to both day and night wear and does not need winding thanks to a highly precise, Swiss, quartz movement. This version is available in four different variations to further offer the type of playful versatility that women desire.



## Bernard H. Mayer

QNET, the prominent Asian direct selling company, introduces the latest watches of Bernard H. Mayer, the Victor Chronograph and Estelle. The designs are uniquely elegant, functional and carefully finished to the highest standards of craftsmanship. The Estelle watch model, a real beauty for women, is simply matchless, particularly because of its diversity. The dial and bezel are studded with 69 full cut diamonds that resemble the constellations of stars in the night sky. This elegant watch is available in two colors, the alluring blue mother-of-pearl dial in steel bezel with blue leather strap or the enigmatic black mother-of-pearl dial in gold bezel, complete with a black leather strap.



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### Chopard Happy Hearts

A token of love as well as a lucky charm profoundly cherished by Caroline Scheufele, the heart motif has come to epitomise the Geneva-based Manufacture. Associated with the famous freely whirling and twirling Happy Diamonds, it has naturally found its place in the Happy Diamonds collection to become a collection in its own right, named Happy Hearts.



### Secrets & Lights – A Mythical Journey by Piaget

Entitled, "Secrets & Lights – A Mythical Journey by Piaget", the new Piaget Haute Joaillerie and Haute Horlogerie collection celebrates the history of the silk route and the wide expanse of cities and cultures that the ancient route encompasses. The new collection is inspired by two legendary cities, Venice and Samarkand. Chosen for their cultural wealth, architecture and creativity, each place provides a remarkable field of expression from which the exceptional artisans in the workshops of the Piaget Manufacture have been inspired.



### La Marquise Jewellery

La Marquise Jewellery's beautiful 'Valentines Collection' is the perfect way to express just how much you care. The wonderfully rich and diverse collection for Valentine shows the intricacy of work, which perfectly complements the jewels fresh and dazzling aesthetic. Each piece tells a different story and is meticulously designed to capture romance. Remember nothing shows love more than a personal touch.



### Ralph Lauren Jewelry Collection

Ralph Lauren's collection of dazzling & resplendent jewelry exudes sensational style. With an assortment of feminine ornaments, one will be sure to radiate opulence & sweet sentiment, with one of these pieces.



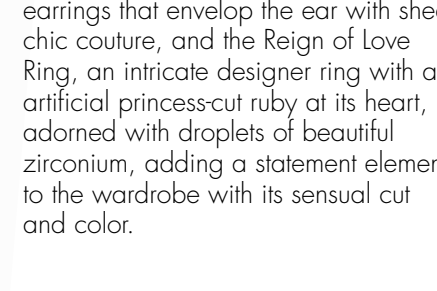
### Rubies of Love collection

Rubies of Love collection by the Formworks Art Gallery, is ideal for a woman of beauty and spunk. Including Nazaaqat Earcuffs, a set of dynamic earrings that envelop the ear with sheer chic couture, and the Reign of Love Ring, an intricate designer ring with an artificial princess-cut ruby at its heart, adorned with droplets of beautiful zirconium, adding a statement element to the wardrobe with its sensual cut and color.



### Carrera y Carrera Savia Collection

Savia, a symbol of vitality, energy and strength, the inspiring force of nature, present in this new collection from Carrera y Carrera, is capable of changing our emotions and feelings in an almost magical way. Jewel amulets, fetish objects, balance imagination, joy, and optimism in this collection.





## HH SHEIKH HAMDAN triumphs at the 2016 Endurance Cup

For another consecutive year, Longines marked a successful turn as the Presenting Partner, Official Timekeeper and Official Watch of His Highness Sheikh Mohammed Bin Rashid Al Maktoum Endurance Cup, which took place in Dubai on the 9th of January 2016. Featuring some of the top names from the world of endurance riding, participants competed over a distance of 160 km. This year, the Endurance Cup was won by HH Sheikh Hamdan who received a prestigious trophy, in addition to an elegant Longines timepiece. Moreover, the total prize money for the winners of the Endurance Cup amounted to AED 14 million. This year the official watch of the event was the Longines Master Collection.



## STARBUCKS Launches Evening Menu



Starbucks is best known for its unbeatable espressos and melt-in-your-mouth muffins, but things are changing at the UAE's best-loved coffeehouse. In addition to a selection of premium teas, coffees, fine pastries and other delectable daytime dishes, Starbucks is introducing an evening menu loaded with everything from savory snacks to sweet treats. Food lovers can select from a menu of hearty goodness, including Cardamom Infused Halloumi Bites, Chicken, Herb Roasted Red Peppers and Mushroom

Flatbread, Sundried Tomato and Kalamata Olive Flatbread, and a dreamy – and very creamy – Truffle Mac & Cheese. Those with a nagging sweet tooth can head straight for the Banana Crepe, smothered in Nutella, or keep their options open with the Trio of Desserts. The new Black Tea Lemonade, a refreshing combination of dark black tea and lemonade, pairs seamlessly with the evening food offerings. Starbucks' evening menu is available at selected stores in the UAE from 4pm onwards.

## SAMRA JEWELLERY Colaborates with Roaa Alsabban

Samra Jewellery collaborated with actress and TV Presenter Roaa Al Sabban to design a bracelet exclusively for the Gold & Jewellery Theme of the 21st edition of Dubai Shopping Festival. This creative collaboration between the fashion influencer and one of the leading jewellery brands of the started when Roaa Al Sabban visited the Samra headquarters to design a bracelet that would complement her style. The simple yet elegant limited edition 18kt gold bracelet with diamonds and mother of pearl surprised Roaa Al Sabban's fans, during the Dubai Shopping Festival.



## OBS LIFESTYLE LAUNCHES luxury fragrance Raw Spirit in UAE

Internationally renowned fashion photographer and social entrepreneur Russell James has partnered with OBS Lifestyle to launch his luxury fragrance brand - Raw Spirit in the UAE. Supermodel, Behati Prinsloo has been appointed as the face of the brand. At present, perfume enthusiasts will have the chance to experience five Raw Spirit fragrances that will be released to the market: Bijou Vert, Citadelle, Desert Blush, Wild Fire and Winter Oak. The Fragrances focus on celebrating the unique natural ingredients and spirit of some of the world's oldest cultures and communities. Raw Spirit is about reconnecting with ourselves, with each other and with nature. It is about unleashing the energy that is within each of us. "Behati is so perfect for Raw Spirit," James said, "She has this authenticity and amazing natural energy. It's really as if we've brought Raw Spirit to life in human form."



## THE WORLD AT HER FEET LAUNCHES "FREE to be ME" tours



Middle East's premium women's travel group, The World at her Feet, announces its "Free to be ME" campaign, a celebration of independent women travellers. Since its inception in 2013, the group has worked tirelessly to create female-friendly travel experiences and has taken women around the world for sightseeing, shopping and culinary tours. "Free to be Me" initiative marks the 2016 travel calendar as the group prepares for adventures in Africa, Europe and Asia. The debut trip will take women travelers to the Pearl of the Orient Seas, Philippines, for 6 nights/7days exploration of this charming land. Departing on 19th February 2016, women will journey across 4 cities; Manila, Cebu, Bohol and Tagaytay

to discover ancient Spanish ruins, colonial churches and historical sites. Explore this magical destination for AED 5,500 on twin sharing basis with daily breakfast plus all meals, domestic flights, private tours, entrances to various excursions and airport transfers. Future Trips; Zanzibar: March 2016, Egypt: April 2016, Greece: May 2016, Bulgaria: June 2016, Iceland: July 2016, Japan: September 2016.





## DENTIST DIRECT brings holistic dental care to UAE

Dentist Direct, a UK-based expert in dentistry, introduces a holistic approach to dental care, offering painless, safe and gentle treatments and procedures that will make every visit to the dentist an enjoyable journey. The dental group opened its first clinic in Dubai, in the Tecom area which is an ideal location for residents living between Sheikh Zayed Road, Emirates Hills, Al Barsha, Palm Jumeirah, Springs, The Lakes and Meadows. Dr. M. Banker, Regional Head of Dentist Direct, said: "We have seen a number of patients spending anywhere from AED 25,000 to AED 100,000 for oral rehabilitation, and the agony and cost could have easily been avoided had they opted for routine dental fitness. We want to inform the public that due to the advances in the field of dentistry, the procedure that they need, using the latest technology can be done here, without paying extra in terms of cost. After a careful study of these aspects, we have decided to expand in the UAE with our first clinic opening in Dubai." Preventive dentistry will help early diagnosis of many diseases like oral cancer, and it has



proven to be very effective in improving the prognosis of many other systemic diseases. Dr Neil Mitchell, Principal Dentist of Dentist Direct, added: "At Dentist Direct we focus on a holistic approach to dental



care because we believe that oral health is a key part of an individual's general health. If you are orally and dentally healthy that positively influences your general health and well-being."

## EMAAR LAUNCHES 'HARBOUR VIEWS' homes at the Island District

Global developer, Emaar Properties has kicked off 2016 with the local and international launch of the opulent 'Harbour Views' residences in The Island District, a vibrant lifestyle hub in Dubai Creek Harbour, a 6 sq km integrated development, along the historic Dubai Creek. The launch will be held in Dubai, New Delhi and Karachi on January 23, and in Mumbai on January 24, 2016. A two-tower development with a three-level podium, Harbour Views will be the tallest



residential project of its kind in the Island District and it is defined by its central unmatched location within this vibrant area and its unparalleled views. All homes open to premium views of the Dubai Creek, a stylish marina with a yacht club, the adjacent Ras Al Khor natural bird sanctuary

and the impressive skyline of Downtown Dubai highlighted by Burj Khalifa. Protected under the UNESCO Ramsar Convention, the neighbouring Ras Al Khor Wildlife Sanctuary is a biologically diverse wetland reserve, which is home to over 67 species of water birds.

## MATRYOSHKA COLLECTION by Julia Milan

Julia Milan, the Dubai-based-Slovakia-born fashion designer and founder of Julia Milan brand, has launched her latest, The Matryoshka collection. Radiating a spirit of freedom and carefree charm, embodying the genuine glamour of a woman's essence; The Matryoshka collection is every woman's intuition and every man's dream. The brand, Julia Milan, is free-spirited and liberates the women of the 21st century from stereotypes by popularizing casual comfort-chic as the feminine standard of the new decade. A luxuriant fashion creator, Julia Milan is known for her lifelong determination, ambition and energy which she applies to her professional and social life.



## BOADICEA THE VICTORIOUS, flagship store



British luxury perfume brand Boadicea the Victorious are proud to have opened their flagship store in the Yas Mall, Abu Dhabi. Since its launch in November 2015, the store has already received high praise from its elite clientele. Boadicea the Victorious is an independent fragrance house that brings a bespoke feel to the consumer. The brand has taken a defining moment in British history and created a range of perfumes that are quintessentially British, founded on the principles set by Queen Boadicea, Britain's archetypal warrior queen whose ferocity and bravery inspires even today.

## JOSE EBER LAUNCHES LALOGUE -DUBAI'S First Luxury Hair Styling Salon

One of the world's most celebrated hairstylists, Jose Eber launched his exclusive, French-inspired beauty lounge JOSE EBER LALOGUE at the prestigious Address Montgomerie, Emirates Hills, created in collaboration with established entrepreneurs Reem Abou Samra and Lubana Sakkal. Operating in soft launch mode since October 2015, the luxury salon has become recognized for its extravagant space, encrusted with gold mosaic walls, its Fendi chairs, crystal chandeliers and above all, star-like hair treatments by some of the most highly trained stylists in the city.





## THE NEW MONTERO SPORT *launched in the UAE*



### Al Habtoor Motors expands Mitsubishi's SUV range in the UAE with a new addition of the Montero Sport.

Mitsubishi, one of the top Japanese automaker answers the needs of adventure seekers and active families with a new sports utility vehicle that's slated to be a game changer in its category - The All-new Montero Sport, The Best Value Fully Loaded Japanese SUV in the market. Al Habtoor Motors, the official dealer of Mitsubishi in the UAE unveiled the all-new Montero Sport to specially invited audience at Dubai Desert Conservation Reserve, where the invitees test drove the Montero Sport over challenging terrain to gain in-depth understanding of the new class leading SUV. The all-new Montero Sport is a new-generation mid-size SUV developed to a "Stylish & Comfortable Off-road SUV" concept. The full-feature off-road SUV brings with it refined exterior design, high-quality vehicle performance, comfortable interior, environmental performance on a par with the best in its class, and an array of comprehensive advanced safety features. When it come to looks, the all-new

Montero Sport uses Mitsubishi Motors Corporation's new "Dynamic Shield" front face design concept. The high-quality stylish design uses both sporty and dynamic elements to set it apart from conventional cross-country SUVs. The interior uses a high console proportion dashboard, as befits a larger SUV, while dynamically styled silver-finish ornamentation and sculpted seats add to its luxurious feel.

Powered by a robust 3.0-liter V6 MIVEC

engine, the Montero Sport boasts a 8-speed automatic transmission for a smoother, more luxurious ride and improved fuel efficiency. The cruise control and sporty paddle shifters which lets driver to shift gears with a press, without removing their hand from the steering wheel adds to the driving comfort.

The all-new Montero Sport comes with comprehensive active and passive safety features. MMC's own RISE\*3 impact safety



Karl Hamer Managing Director Al Habtoor Motors

body design and a total of seven SRS airbags provide occupants outstanding passive safety.

Active safety features include Forward Collision Mitigation system (FCM), the Blind Spot Warning system (BSW, a first in a Mitsubishi model) and the Ultrasonic misacceleration Mitigation System (UMS). In addition the all-new Montero Sport is fitted with many advanced features which go well beyond what is normally found in this class, such as an electric parking brake (first on a Mitsubishi model), a Multi-around Monitor and fully automatic climate control allowing different temperatures to be set for driver and front seat passenger.

The all-new Monetro Sport uses a further-evolved version of MMC's own Super-Select 4WD-II four-wheel drive system. This is complemented by the new Off-road Mode (first on a Mitsubishi model), which gives even better all-terrain performance and stability as the road surface requires, and by Hill Descent Control (first on a Mitsubishi model). Pressing the HDC mode selector activates HDC, which automatically applies the brakes to maintain the current speed when travelling downhill at 2 km/h - 20 km/h. This lets the driver to concentrate on steering and travel downhill with greater safety without having to manually apply



the brakes. Handling is stable and accurate on and off road, in all kinds of weather and driving conditions, thanks to selectable 2WD and 4WD modes, an OFF ROAD MODE, intelligent assistance in challenging conditions, an advanced suspension and outstanding all-around clearance. Using the drive mode selector dial, the driver can switch between 2WD (2H) and 4WD (4H, 4HLc) with shift-on-the-fly convenience at up to 100km/h. When the going gets rough, the driver can lock the center differential by entering the 4HLc setting for rugged terrain or the 4LLc setting for inclines, mud and sand. Furthermore, Active Stability & Traction Control independently regulates braking

force to the wheels during cornering to help maintain excellent vehicle stability when needed. It also optimizes traction to prevent loss of torque whenever wheel spin is detected by controlling engine output and applying brake force to the spinning wheels. Adding to its manoeuvrability, the Montero Sport offers a class-leading 5.6m turning radius, which is surprisingly small for a vehicle of this size, making it especially easy to park and drive.

On the outside, the sophisticated LED headlamps and daytime running lights contribute to an appealing, high-quality personality. The Montero Sport's dynamic LED rear combination lamps boldly proclaim this is no ordinary SUV.





## LONGINES ENSURED AN ELEGANT DISPLAY *of equestrian sports at the President of the UAE Show Jumping Cup presented by Longines*

The recently culminated UAE President Cup of the UAE Show Jumping Cup presented by Longines CSIO 5\* was a true picture of elegance as talented riders competed for the top spot. As the Official Partner, the Official Timekeeper and the Official Watch of the event, The Swiss watchmaker Longines ensured that elegance was rife at the exciting tournament that took place at the Al Ain Equestrian, shooting and Golf Club.

Longines lent its support to the striking event, being its Official Partner, Timekeeper and Watch in addition to presenting the Grand Prix on the final day. The Grand Prix saw Karim Al Zoghbi from Egypt emerge as the winner. For this great victory, he received an elegant Longines watch.

The Official Watch of the event was a Longines Master Collection watch. Three centuries of watchmaking expertise stand behind this model. It is notable as much for its intrinsic quality as for its style made up of balanced designs. The watch features a refined silvered dial with a chronograph and moonphase display, as well as a stainless steel case with a transparent case back that reveals a self-winding mechanical movement.



Elegance, Performance and Tradition are values that both equestrian sports and Longines share, which strengthen the profound bounds that the brand has been developing with the equestrian world for

more than a century. Once again Longines marked a successful participation in the world of equestrian sports thus reminding its connoisseurs of its commitment to the discipline.



Batoul Maria is self-taught Lebanese art-repeneur from Antwerp.

She made a radical shift from the colorful palette of acrylic paintings to a recently more personal industrial art pieces, made out of mixed media metal on wooden platform as the principal focus on animal behaviour patterns. She compares the notion of "survival of the fittest" in the animal natural cycle vurses the selfish human behavior that always exceeds basic needs & always fighting for more. The emerging artist uses left-over metals, plastic and recyclable material to create her pieces and translate the notion of time & space.

Reconstructing the only part of the body that survive (bonal) ; When the body disintegrate we just become matter'.

The visual artist also creates unique hand-made industrial/decorative furniture pieces.

She has exhibited in many parts of the world such as London, Belgium, and has an upcoming exhibition in Miami. B Maria will be showcasing her industrial artwork for the first time in Dubai along side fashion designer Aia.



## LUISA SPAGNOLI

### *Spring/Summer 2016 Collection*

The Luisa Spagnoli woman welcomes the new season by taking a look back at the 70s, to which she adds her own modern twist. Boho chic is back, as suede waistcoats with cowgirl fringes are matched with slim-fit flared jeans with Alcantara details. Mini dresses and short A-line skirts feature next to floral print smock dresses, kaftans, ankle-length skirts and palazzo pants – with ethnic prints, in true hippie style. A warm colour palette is apparent throughout the collection, with shades of tobacco, cognac and sand on the must-have fabric of the 70s – super-soft suede.



## DUBAI PARKS AND RESORTS

### *is bringing greenery to the desert*



Dubai Parks and Resorts mission to bring lush vegetation to its desert destination is now well under way with the acquisition of 15,860 trees, 6,100 palms and over 1.4 million shrubs and groundcovers\*. Planting has already begun at the region's largest integrated theme-park destination in preparation for its opening in October 2016, the remaining greens will be housed in an on-site nursery also established to house and nurture the remaining greenery. A wide variety of plants will be found throughout the grounds of Dubai Parks and Resorts to ensure that visitors feel

welcomed and rejuvenated by their natural surroundings. More than 376 different plant species have been sourced locally, as well as from Spain, Italy, Thailand, India and China to enhance the three theme parks and adjoining properties: motiongate™ Dubai, Bollywood Parks™ Dubai, LEGOLAND® Dubai together with LEGOLAND® Water Park. These will all be connected by Riverland™ Dubai, the retail, dining and entertainment gateway to the resort. The destination will also feature the Lapita™ Hotel, a Polynesian-themed resort catering to families.

## AIISHA RAMADAN

### *Launches 'Talahum'*

'TALAHUM' – (arabic for unity and its reflection on a society), is an initiative to end hunger, provide clothing in compliance to challenging weather conditions, and create employment by local manufacturing in the Arab region. This initiative has been launched by one of the top fashion designers of the region, Aiisha Ramadan. Under Talahum, Aiisha Ramadan will partner with the Regional Clothing Bank with its Head Quarters in Egypt to design and manufacture coats that convert into

sleeping bags to be donated to the homeless and refugees living in harsh conditions across the region. One of the main terms of this partnership was to manufacture these coats regionally thus creating employment opportunities to benefit the society organically. The inception of Talahum is a natural result of the charity work done by Ramadan, when she selected 'Ending Hunger' as her cause for Philips Sound of Arabia CSR initiative during the holy month of Ramadan 2015.



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