

first Avenue

**DINING
AT USHNA**
NAMASTE
FOOD

**TAGINE
TALK**
WITH
HALIMA
BOUBAKRI

**AN EYE
ON
BEAUTY**
BEAUTYWORLD
2016

**UNDER
THE
ENGLISH
SUN**
WITH NICK
VILLANUEVA

**RAMADAN
BEAUTY**
MAKEUP LOOKS
FOR THE
MONTH

Kate
BECKINSALE

"HUMAN NATURE DOES NOT CHANGE"



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First Avenue

EDITOR'S NOTE

It is the month of giving, it is the month of sharing and it is the month of celebration... The holy Ramadan is here and there's a warm sense of devotion, gracefully entwined with humbleness, love and the spirit of giving... The latest issue of our magazine is drenched in the same spirit that epitomizes the holy Ramadan...

To begin with, our **Fashion Must Haves** section is all about shopping for the festive season. From dresses to sun glasses, to gifting ideas, there's plenty to shop for yourself and for family and friends. And while we are on the topic of shopping, we met **Wafa Yahya** a fashion and beauty blogger from Dubai, at the beautiful **Ramada Beach Hotel Ajman** and spent a day dressing up and talking about fashion and styling tips for Ramadan.

Our cover girl for this month is the gorgeous **Kate Beckinsale**, whom we met in France where she promoted her latest venture 'Love and Friendship' and talked to us about the characters she has portrayed in different movies and the person she is in the real world. She went on to mesmerize us completely as she gave her interview in perfect French!

Since we are celebrating the month of Ramadan, it is vital to consider elements directly related to fasting. So, don't forget to check our **Health & Fitness** section and learn about the benefits of fasting. Learn quick makeup looks for day and night in our feature '**Ramadan Beauty**' for our Beauty section by Mariam Khairallah, Senior Global Makeup Artist from MAC Cosmetics. Also don't forget to read the skin care tips by S.L.Paul, MD Bionix Body Designers, Dubai.

Last month we got a chance to visit the much awaited 21st edition of **Beautyworld Middle East 2016**. Like the previous years, the trade show was a galore of thriving beauty businesses in the region and beyond. Don't forget to read our Feature Story, '**An Eye on Beauty**' for a concise look at what it had to offer this year.

Our travel feature this month is something that is guaranteed to take our minds off of the summer heat and into the pleasantly temperate weather of none other, but the United Kingdom, as Nick Villanueva, our '**different kind of traveler**', takes us on a tour through the magnificent English countryside, sipping tea and eating scones on an escapade to experience the true essence of Great Britain.

No issue of First Avenue is complete without the review of an amazing gastronomical destination detailing our experience, its food and its ambience. This month we travel a little further on our quest to discover a culinary haven in a relaxed and quiet corner of the capital city, Qaryat Al Beri! Read our review of the authentic Indian restaurant **Ushna** tagged with the welcome note, '**Namaste Food**', and take a journey into the world of spice and aromas. We also talked to **Halima Boubakri**, Chef de Partie at Al Maeda Restaurant - DoubleTree by Hilton Dubai, she shared with us her secret of cooking from the heart and two of her favorite recipes for the Ramadan table.

With all this and more, latest fashion report, watch and jewelry collection, home décor and lifestyle news..... there's a lot to keep you reading and hankering for more!

We wish you a happy Ramadan and Eid Mubarak from all our team...

Lamiya Sami

- Ren Shields

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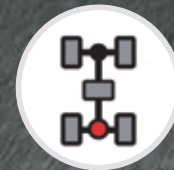
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CELEBRITY *Fashion*

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.

Ellie Goulding

at Audi Polo Challenge

Ellie Goulding looked elegant at the Audi Polo Challenge, held at Coworth Park in London, England. The 29-year-old “Something In the Way You Move” singer performed at the evening dinner following the charity polo match that day.



Meghan Trainor

at BBC Radio 1's Big Weekend

Meghan Trainor hit the stage in a black sparkly dress at BBC Radio 1's Big Weekend, held at Powderham Castle in Exeter, England.



A i A





Jennifer Lopez

Hosts Memorial Day Pool Party

Jennifer Lopez poses on the red carpet before hosting the Carnival Del Sol pool party held at Drai's Beach Club in The Cromwell Las Vegas, Nevada. The superstar singer was seen inside the club rocking a bikini while hanging with her boyfriend, Casper Smart.



Diane Kruger

at 'Sky' Premiere in Germany

Diane Kruger is all smiles as she hits the red carpet at the premiere of her latest film, Sky held at The Zoo Palast Theater in Berlin, Germany. Diane wore a custom Marc Jacobs dress and Cesare Paciotti shoes.



Kendall Jenner

at 'The Estee Edit'

Kendall Jenner rocks a red lip while at the launch of 'The Estee Edit' at Selfridges in London, England. The 20-year-old supermodel signed autographs for fans and shared some of her favorite Estee Lauder products which are a part of The Estee Edit.



Kristen Stewart

at Chanel's Paris in Rome Show

Kristen Stewart looked chic in her black leather dress while stepping out for the Chanel Paris in Rome replica show in Beijing, China. The 26-year-old actress, an ambassador for the brand, wore a Chanel leather bustier dress with bright red lips.

Khloe Kardashian

at Scott Disick's Vegas Party

Khloe Kardashian walked the carpet looking sexy while attending Scott Disick's birthday celebration held at 1OAK Nightclub inside the Mirage Hotel & Casino in Las Vegas.



Eva Longoria

at 'Lowriders' Premiere

Eva Longoria beamed with positive energy as she stepped out onto the red carpet, at the premiere of her latest film, Lowriders, during opening night of the 2016 Los Angeles Film Festival at Arclight Cinemas' Cinerama Dome in Hollywood, Calif. The newly married 41-year-old actress was joined at the event by her co-stars and this was Eva's first red carpet appearance since getting married to Jose Baston.

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...



Capri Sandals by Capritouch

A perfect complement to the summer wardrobe, Capritouch's hand-crafted made-to-measure Capri sandals constitute the brand's signature accessory and offer clients customized summer sandals. With countless upper and sole options, along with embellishment and strap choices, the sandal possibilities are endless...

Lancaster After Sun Multi-Repairing Oil Serum

The Lancaster After Sun Multi-Repairing Oil Serum doesn't just offer optimal protection from the sun, chlorine and salt, but also introduces a new step to haircare. An oil-in-serum that takes emergency action to revive the hair fiber in just one minute. This repairing hair serum combines two vegetal oils: Argan oil and Inca in chi oil specifically selected for their nourishing and repairing properties on hair. Just after 1 minute, hair is repaired: split ends close, hair seem suppler and look magnified.



Urbanist Dubai Ramadan Collection

During the Holy Month of Ramadan, the region's most coveted concept stores, Dubai's Urbanist and Beirut's Waw Design Boutique, join forces to present the best of contemporary and traditional aesthetics ranging from fashion to home accessories in the region. With an oriental theme at its core, Waw brings to the Urbanist's already impressive repertoire of designs from international brands, real pièces de résistance of authentic and hand-made fashion, jewelry and home accessories where Arabic calligraphy is recurrent and celebrated.



BIOEFFECT Skin Care

Revolutionary Icelandic skin care line BIOEFFECT has officially launched in Dubai in partnership with Harklinikken. Acclaimed by some of the world's leading dermatologists, and a must-have on every beauty editor's wish list, BIOEFFECT has taken the cosmetics market by storm. BIOEFFECT has been scientifically documented to significantly reduce the appearance of wrinkles, improve skin texture, reduce pore size and improve pigmentation.



Miu Miu S/S 2016 Eyewear Collection

Miu Miu's Spring/Summer 2016 collection is bold yet extremely feminine, characterized by contradictory combinations and inspirations drawn from different worlds. Following a creative path that is full of paradoxes and contrasts, the glasses of the new collection stylistically reinterpret the twofold nature of the Miu Miu woman – rebellious yet feminine. The volumes thicken, while the silhouettes reveal and conceal, giving life to a stylistic interplay defined by a unique, unmistakable design.

Urban Decay 100

Brace yourself as Urban Decay has launched its 'Vice' lipstick collection in 100 shades, made up of six indulgent finishes, including, mega-mattes, the original creamy finish, a 'metallized' formula - think pearly, creamy loveliness and a sheer, shiny finish.



Giorgio Armani Eyewear

The Giorgio Armani Eyewear Spring/Summer 2016 collection presents a series of exclusive frames, with the aesthetics, design and attention to detail that typify the Giorgio Armani brand. The harmonious lines of the frame fronts offer women a new idea of femininity inspired by the play of colors and transparencies of the fashion show fabrics.



La Perla, SS 2016

Folds shaped as fans, essential designs given movement with buckles and golden metal, positioned to exalt and enhance the sensuality of the forms, laser cuts lined with iridescent tulle. With feather flowers and hyper-graphic-style motifs, the printed garments reflect the dual soul of this summer mood between lightness and definition. The beachwear dimension is played out not only with swimsuits and bikinis but a whole range of clothing too, to be worn for any occasion.



Guerlain Terracotta Summer Collection

The Perfect partner for summers, Terracotta Summer 2016 collection by Guerlain includes: Terracotta Pause d'Été Bronzing Powder Duo and l'Eau Hâlée Cooling Bronzing Water, as well as limited-edition essentials: My Terracotta powder, Terracotta Sun Protect and two new shades of KissKiss lipstick.



Diesel

Keep things light and bright this summer with a selection of cool and casual mid-length dresses to fun-flowing maxi dresses from Diesel. The vibrant colors will make any outfit pop and allow you to feel young again while entering the sun-loving season with a bang.

Liu Jo Eyewear

Extremely feminine and imaginative, the cat-eye shape is paired with chic, oversized round lenses as well as glossy and matte finishes. A refined combination of an acetate frame front and injected temples decorated with a playful polka dot design make this style a must-have for the season. Available in: geranium and blue, brown and blush, and black and white.



Eucerin® Sun Gel-Creme

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Laura Mercier Cocktails À St. Tropez

Relax & enjoy the cocktail collection of easy, effortless essentials perfect for the end of a warm summer's day at the beach by Laura Mercier. Skin is beautifully bronzed and salty from the fresh ocean air. Ripe, juicy colour-washes with a twist, flush lips and cheeks. The look is glowing, healthy and spirited.



SHISEIDO'S Vital Perfection

Imagine what it would be like to be able to sculpt your facial contours, the way a natural sapphire is shaped into a multifaceted gem. Shiseido's new, highly functional skincare range is specially formulated to target the two biggest skincare concerns for most women - ageing and brightening. The Vital Perfection skincare products introduce an exclusive, revolutionary ingredient complex, Shiseido VP8, specially formulated to shut off the pathways to aged proteins in the skin.



Styling WITH

WAFYA

Wardrobe Capritouch Dubai Mall, Location Ramada Beach Hotel Ajman, Model Wafa Yahya, Make up Amna Suhail, Creative Director Josh Mangila

As the billowing heat waves of the summer months infuse each experience with searing intensity, dressing up becomes a tedious, and ultimately a neglected chore. The thought of sweltering heat and the resulting exhaustion, is a dilemma faced by many of us living in our hot but none the less beloved city; Dubai. 'Styling can be tough in summer but not totally unachievable', says Wafa Yahya, a Dubai based fashion and beauty blogger. We met Wafa on a beautiful sunny day on the lovely shore of the Arabian Peninsula, at Ramada Beach Hotel Ajman, and learnt all about styling in summers and some interesting tips for styling in Ramadan. Styling not just with a distinctive flair but with modesty and panache is something that Wafa specializes in. Modesty is generally considered an improbable aim for a fashionable look, particularly in the light of recent fashion trends and stylish looks, but Wafa assures us otherwise... as it became evident in the fashion photo shoot of Wafa's style by First Avenue.

Tell us about yourself?

My name is Wafa Yahya and I am a fashion and beauty blogger based in the UAE. I started my blog Wafa's Diary in October 2014, with the goal of empowering women; to provide them with confidence, and encourage them to do what they love and love what they do. My interests include

fashion, makeup, healthy living as well as charity work. I hope to travel around the world, conversing with people from different walks of life and from different cultures, empowering women and youngsters and erasing the stereotypes. **How would you define your style?** My style is modest yet modern. I am a modern Muslim girl who enjoys the latest fashion trends and tries to combine them



back clothes inspired by contemporary culture and urban style. While in the evening or when I attend fashion events, I make sure I wear statement pieces that exude elegance and sophistication. When I am at the office or if I have a business meeting, I wear formal clothes with a twist. I make sure I add my own touch to formals, because formal clothes can sometimes make people look as if they just came out from a scanner. So, I make sure that I add a remarkable accessory or a scarf, or simply wear my own selection of attire. **What style advice would you like to give our readers for the summer season?** I strongly believe that fashion is temporary, style is eternal. Styling can be tough in summers but not totally unachievable. So, I advise people to have confidence in themselves, know how to wear basic things well and carry themselves with grace. Latest fashion trends will eventually fade and be forgotten in time. If they have their unique touch, their style will be appreciated forever.

Can a woman be stylish while staying modest?

Of course! Usually there is a belief that in order to be considered beautiful, young women need to show skin, which is not the case. Having a stylish look is not an issue nowadays, especially now that more and more fashion houses have started integrating

with her modest style. I select clothes that fit that unique style and look for a hijabi woman. Usually I mix and match between street style and classy chic depending on the occasion, the place I am going to and the time of day. During weekends or when I hang out with my friends, I prefer simplicity and chilled

modest couture to their collections. Here I would like to highlight the fact that a hijabi woman should be careful when selecting what suits her exceptional way of dressing. Dressing up in modesty all the time can be challenging sometimes. Choosing to dress modestly just requires a little bit of creativity. It's not difficult, but it requires some patience and thinking about your lifestyle and what works for you. Being classy, well dressed and putting together the right combination takes a bit more planning and know-how. Add to that, modesty can be and is beautiful. I'd like to add that dressing modestly is not necessarily about a religious mindset, but can also be about women making the choice to not put their bodies on display.

What styling tips would you like to give our readers for the month of Ramadan?

Ramadan is a unique season to get together with family and friends. In this holy month it is important to dress up in a way that suits the spirituality of the month and yet reflects ultimate style.

Ramadan will occur in summertime this year and this can be tricky for someone who wants to stay in the height of fashion. However, kaftan dresses, embellished abayas and uniquely designed cover-ups made with different prints and patterns are great options for Ramadan.

What's great about these outfits is that you can dress them up or down. Pair your favorite dress with a pair of heels, the right accessories and a clutch and you'll have fancy Ramadan style. On the other hand, you can wear the same dress with your favorite sandals and bag, and you've got yourself a relaxed look.



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Kate BECKINSALE

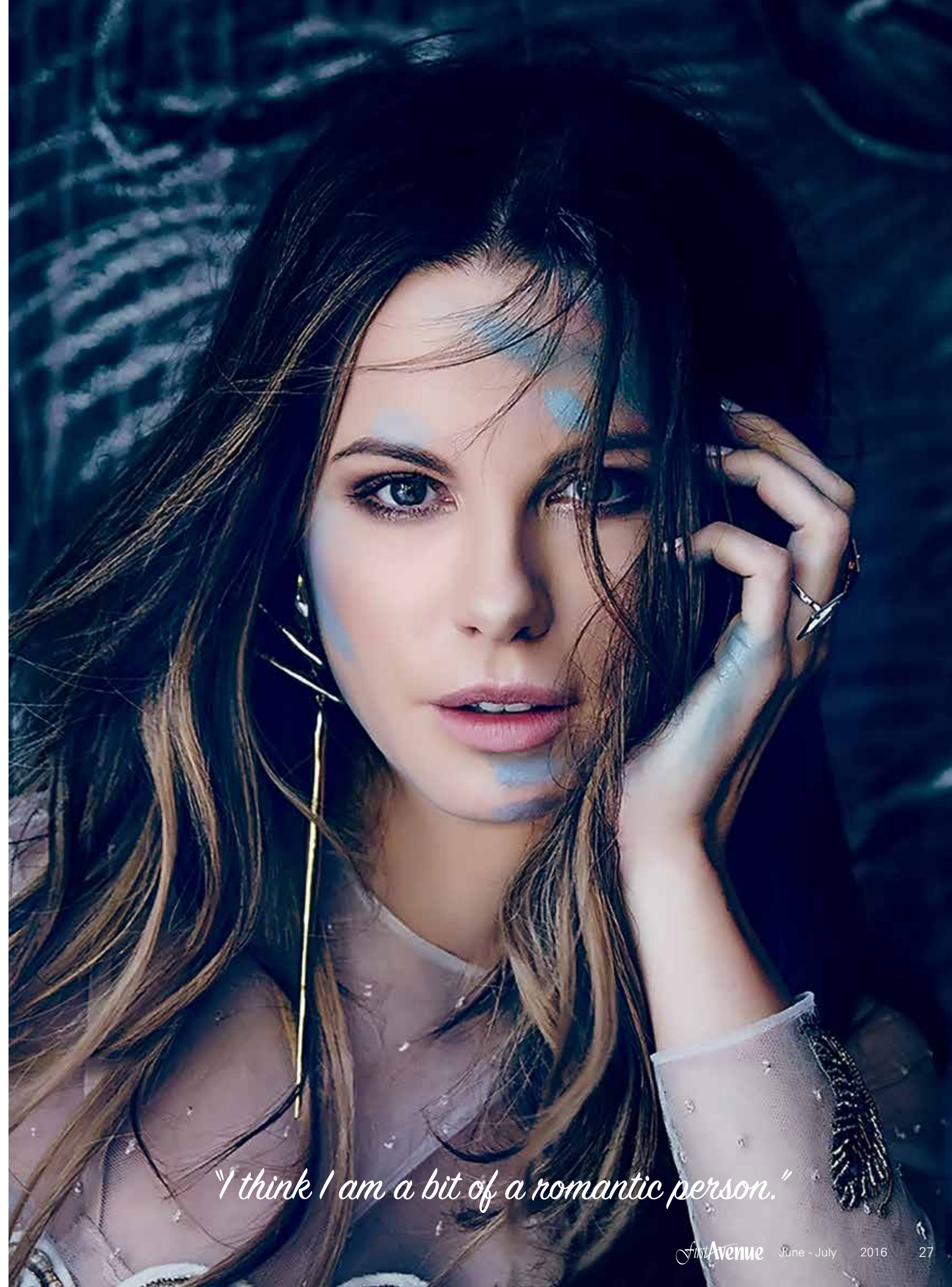
"Human nature does not change"

With a major in French & Russian Literature from Oxford University, regularly ranked in the Hot 100 lists of sexiest women in the world, with an IQ of 152, Kate Beckinsale is an international star recognized for her intelligent acting, beauty and elegance. Currently, the leading lady for the season, Kate Beckinsale is Lady Susan Vernon, in Whit Stillman's *Love & Friendship*, an adaptation of Jane Austen's epistolary novel, by the same name, which was left unfinished but given a satisfying

end by Stillman, himself. Dubbed, 'a flirt' and 'a fiend' with "an uncanny understanding of men's nature", Lady Susan is a deliciously Machiavellian perfectly wicked anti-heroine redeemed by a sharp wit and her audacity. Deadpan humor is projected to perfection by Kate Beckinsale as the Lady Susan, a widowed socialite who negotiates her way through eighteenth century society to ensure financial security for her daughter and herself by securing a rich husband. Kate Beckinsale says she has a soft spot for the scheming widow, a character quite

similar to the one Beckinsale played in the 1996 television film, *Cold Comfort Farm* of a high society lady who goes to live with relatives in the country. The role which brought her to the attention of Whit Stillman who wrote a part for her in his film, *The Last Days of Disco*. As she visited Paris to promote *Love and Friendship*, the beautiful, charming and undeniably talented British actress, agreed to play the interview game suggested by *First Avenue*. Furthermore, she insisted on doing it in French!

"I think I am a bit of a romantic person."



Tell us all about the character of Lady Susan Vernon that you play in *Love and Friendship*.

This woman is simply impossible and represents all by herself, the hypocrisy of British society in the late eighteenth century. Jane Austen depicts the spirit and morals of that time realistically but also bringing in a look full of sarcasm, which transforms it into a laughing matter, given the different situations. The stakes are dramatic, but we cannot help but be amused, witnessing such a range of personalities.

About Lady Susan, what to say, except that I have enjoyed playing the character of a woman who leads her life by using others as much as she can in order to achieve her goals. She is not a nice person, far from it, but at the same time I must admit I understand that a widow and mother of a young girl to educate, with no financial resources, tries to catch a rich and powerful man and also to marry off her daughter. The time was not easy for women and it

was necessary for them to lead such a life, except for those who were well-born. I really took great pleasure in it, to embody this ambitious and opportunistic seductress.

Is society really different today in your opinion?

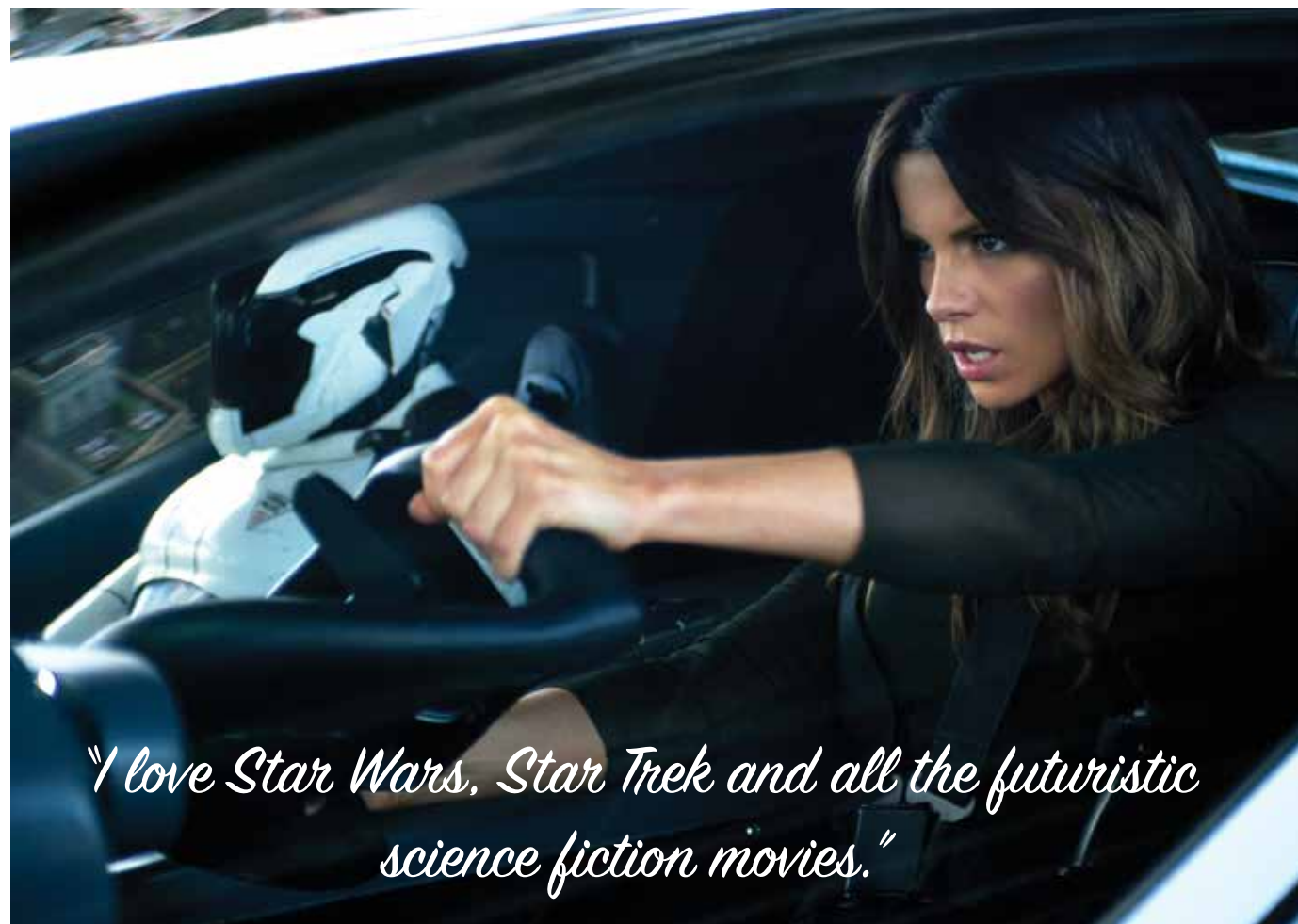
Yes and no. I believe that opportunism is still going on, except for the fact that the stakes are not the same, as things have evolved over the years and women have gained significant independence compared to the past. Nevertheless, human nature does not change and we still kill each other, but for different reasons.

You played Ava Gardner in Martin Scorsese's film *The Aviator*. How does one prepare to face such a part?

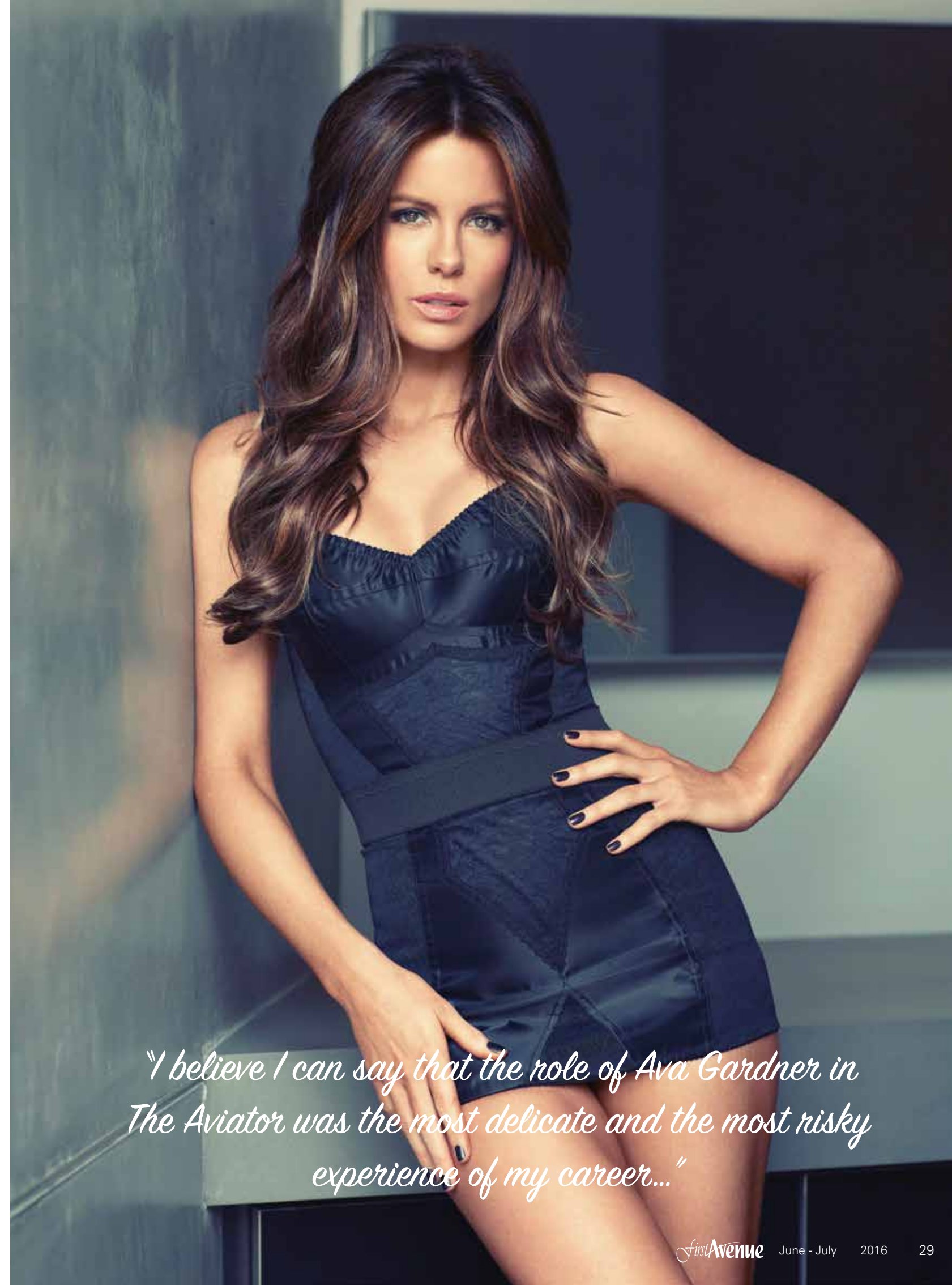
I believe I can say that the role of Ava Gardner in *The Aviator* was the most delicate and the most risky experience of my career up to now and this for an obvious reason which I can describe in these words: I had to play the part of a woman who really existed and who was and still

is, even after her death, well known and universally popular and loved. A superstar. I had no room for error, it had to be credible. With *Marty* (Scorsese) we have had long discussions as to how I should approach such a character, and have concluded that it was impossible to avoid falling into the trap of blind imitation. It was better for me to watch her movies and also TV interviews of Ava Gardner in order to immerse myself in a posture, a gesture and a way of being, and then reproduce it all in my own way. I had to become Ava Gardner and not a copy of the woman. I think our work, *Marty* and I, did pay, as the result was critically acclaimed and the film well received by the audiences. Then you became Selene, the heroine of the film series *Underworld*, to the point that we believed you had now locked yourself in the world of fantastic futuristic cinema works. What do you say about those films?

I just signed for filming a new episode of the saga, does that answer your question?



"I love Star Wars, Star Trek and all the futuristic science fiction movies."



"I believe I can say that the role of Ava Gardner in The Aviator was the most delicate and the most risky experience of my career..."

So you like playing in the film series. And as a spectator, are you a fan of the genre?

Totally. I love Star Wars, Star Trek and all the futuristic science fiction movies. That's why I feel like a child discovering a marvelous world every time I play in an episode of Underworld, and when I also played in the remake of Total Recall, which is in the same genre.

Are you somehow disappointed when you see the difference between shooting in the studios and the result on the big screen afterwards?

Not at all, and it is as much fun for me every time to watch the special effects in the studios while the film is being made, and then to see the result on the screen once the work is ended and edited.

What kind of woman are you in everyday life?

I think I am a bit of a romantic person. But in the past I was a hippie, an anorexic, rebellious and many other things. I matured.

Are you a Fashion Victim?

I have too much personality to be the victim of anything. That said, I love fashion and I consider myself an elegant woman, but I make my own choices and nobody ever dictates to me how I should dress or make up.

Your film is called Love and Friendship, do you believe in these two values that love and friendship are?

I think they both are the salt of life. In friendship there is necessarily love and vice versa. The equation is not always easy, but when it works, oh my God what an achievement!

How come you speak French so fluently?

I studied both French and Russian a long time ago at Oxford University, and I like to practice whenever I can like I am doing now; in Paris, expressing myself in French all the time.



"About Lady Susan, what to say, except that I have enjoyed playing the character of a woman who leads her life by using others as much as she can in order to achieve her goals."



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CULTURAL DECONSTRUCTION

Tete a tete with May Barbar



Rising from the shadow to quickly shaping up in an exegetical sense, truly representing the visceral concoctions of the eastern movement, Dubai Art scene is picking up fast... With a number of art events and exhibitions, the accelerated hype has given birth to a generation of art lovers that understand the zeal and passion breaking free from the conformities of the society and verbalizing a culture of understanding and appreciation... May Barber, the award winning architect and fashion entrepreneur, is the woman behind the cARTeL. Utilizing her knowledge of art, fashion and design along with her expertise in resourcing fashion and organizing exhibitions, May Barber has created an exclusive and dynamic platform to showcase budding talent from UAE and around the world; artistic designers creating wearable art. We talked to May about her take on the nascent art scene in Dubai the future and the past of all that is Arabia...

Tell us about yourself and the story behind cARTeL?

I am an architect and a writer who has ventured into arts and fashion. I am currently managing art portfolios of local

artists and promoting them internationally while focusing on my main role as the founder and managing partner of the cARTeL, also the editor in chief of the cARTeL magazine. cARTeL is offering something different to the local and regional fashion scene by bridging the gap between high street and high end, offering niche, individual, original designer wear that can be accessible to a fast growing market segment where people are reaching out for such timeless fashion and wearable art - in the UAE and beyond, of course. Ever since our inception, we were very active in developing our programs and had quite an active agenda of exhibitions and events that would really communicate our message - a message that revolves around the idea of wearable art and timeless fashion.

How do you find the art scene in Dubai, especially with events like Art Dubai and Design Days taking place?

I think the art scene is continuing to grow. I mean ten years ago we didn't have Art Dubai and now we've just celebrated its 10th anniversary. There is a lot of content and variety of offerings that even the public is not able to keep up with throughout the

year. A lot happens beyond the art season in March. There is an established art scene that we see, one being in the Al Serkal Avenue which shows us our home and our context and the other one is in DIFC. We've also started to witness an organic growth of galleries, design spaces and with the help of Dubai Design District, this has even been taken to a different level. So, I am very happy to see all of this as a very healthy sign that demonstrates the progress of society. It can really help establish an ecosystem that we really need in this part of the world.

How do you think art and fashion influence culture and how can it help build bridges in an immensely diverse society such as Dubai?

I think it is about time we validate both art and fashion as essential dimensions of culture and fashion in the same sense, it should be validated as an art form which is something we continue to communicate and stress on in the cARTeL. We grow with art and fashion, we see them in our house... in the different communities we interact with. Fashion, as I always say, is a decision that we make every day at least

once. So they are essential parts of the documentation of us as human beings. Furthermore, culture is all about this - the collective expression of all of these different factors. So I do believe in the big role that art and fashion play and I think that we need to offer further attention to communicate it at a young age, for people to make the right decisions accordingly and integrate it beautifully into their lifestyle. There are a lot of opportunities that art and fashion offer to the public and to society - from employment, to tourism to all kinds of elements that really create society and helps promote it globally and we hear a lot about cultural tourism and all of that, and most of the times it involves architecture, art and fashion. They are very much interrelated.

How would you define your own aesthetics and where do you turn for inspiration?

I like to say I feel I am really quite architectural, out of the box, edgy but understated at the same time. I am very much into asymmetry, very much into eclectic styles... And enjoy this whether it is in architecture or in personal wardrobe choices or in the spaces that I design or that I work around.

I take my inspiration mainly from travels, architecture, books that I read, good films - particularly the old ones, definitely not the sequels or the blockbusters and also quality time with friends. Keeping up to date with global changes and how they affect our daily lives, be it business, or economics. And I think all of these factors really can inspire me. It's good that we have a lot of content around us. It is a matter of perception and a matter of editing what's around you in order to get what you need.

Cultures thrive on traditions and customs; do you think that too much of a contemporary approach can hinder the path of acquiring the true cultural essence of things? Especially with the kind of developments taking place in the region and beyond?

No, I don't feel that way. Because culture is an accumulation of all these layers. So, the past is important but the contemporary and the future are equally important. I am very much supportive of preservation of art, the conservation in architecture, archiving works, looking at traditions, looking at heritage... which I believe are important in the formation of us as a society and as individuals but the contemporary also plays

an important role because it is paving the path for the future and anticipating the trends and the lifestyles and the directions that the next generations will be taking. So, I don't believe that the contemporary approach can hinder any path. The UAE has undergone a lot of changes, we live in a young, aspiring nation that thrives and stands for innovation and supports progress and development. At the same time, we live in a nation where its well-travelled, global citizens able to communicate with all the sectors in society around the world stay true to their identity, and still celebrate and wear the national dress, which showcases your cultural identity and I think that this is remarkable. So in that sense, I am very much with the contemporary approach of pushing forward and I believe that this part of the world has managed to keep its integrity and its authenticity.

What are your views about the rich art and Islamic history of the United Arab Emirates?

Arabic and Islamic archive of the UAE is very strong and it is one of the places I enjoy because you see an overall peace and tolerance towards other practices while maintaining a rich, solid foundation of Arab and Islamic tradition. It's one of the places where you enjoy hearing the Azaan while going to do any of your tasks or even while running your business in one of the most forward cities in the world. I think that it is great that they have found that balance. And the UAE is an exceptional model of that balance, embracing different civilizations, lots of migrations, trade with other regions - from India to China and all of that, something that needs to be learned and probably should be adopted by other societies.

We've learnt that you love Arabic poetry and books. Tell us about that?

My mom is a writer and my dad has an amazing talent as well for writing and so we grew up with books. I was exposed to literature at a young age and books were our source of knowledge and fun time, thus my reading speed increased, and I think it was important in the formation of my character and my personality. I still feel or acknowledge the effects of growing up with Arabic literature until now and not only because I use it or I publish in Arabic but it's also a way of thinking, communication and a window to understanding cultures in the Levant and beyond.

I still integrate that in my speech a lot and people laugh because I can speak classical, you know "Fusaa'h" which nowadays could be amusing to some people but for me, I take pride in it because it is really the language of some of the most important pieces of literature ever written in the history of mankind. Also reading, particularly poetry helps you gain a level of patience, understanding and critical thinking, things I apply nowadays, which I feel is reflected in my work and my life. **Since this is the month of Ramadan a time full of spiritual energy, how have the Ramadan practices evolved over the years and how being a mother/businesswomen/artist enables you to cope with the much awaited and much celebrated month in the UAE?**

Ramadan is one of my favorite months despite some the challenges there could be now that it is in the summer but apart from this it remains a beautiful and peaceful month where things slow down for the better and you are able to pause, reflect back and celebrate time with family and friends and loved ones.

I have seen though, traditions remain authentic in the UAE. The festivity and the celebration of Ramadan have increased which is a beautiful sign. In fashion, we see tremendous attention being given to the fashion of Ramadan and designers are now coming up with capsule collections for Ramadan, even international brands are now paying attention to this season. So that is something I very much enjoy.

Also, I am keen on spending quality time with my family or relatives that I have not caught up with in a while, also trying to make it to some of the many suhoor invites that I receive which are also extremely beautiful and heartwarming. From a business point of view also, it is again a time where we get to sit down together as a team and enjoy a suhoor or an iftar and in a relaxed manner. Work slows down a little bit usually which kind of helps me recharge. As a mother it is beautiful because my daughter is turning five this summer so I think this will be her first official Ramadan where she really gets to see why we have dinner at a different time, or why we have a lot of people suddenly coming over. And also why our dining table never looked this beautiful.

So I am really enjoying sharing those practices with her and with my family. I look forward to a beautiful Ramadan season!

HEALTH *benefits of* FASTING

We all know, fasting during Ramadan has many health benefits. However, it is important to remember that a person can reap the maximum benefits of fasting only when it is done correctly.

Hala Abu Taha, Dietitian for The American Surgecenter in Abu Dhabi explains, “The changes that occur in the body in response to fasting depend on the length of the continuous fast; the body enters into a fasting state eight hours or so after the last meal, when the gut finishes absorption of nutrients from the food. In the normal state, body glucose, which is stored in the liver and muscles, is the body’s main source of energy. During a fast, this store of glucose is used up first to provide energy. Later, in the fast, once the stores of glucose run out, fat becomes the next stored source of energy for the body.”

As a result, Hala adds, fasting may help in reducing blood cholesterol and weight loss. Moreover, when people follow healthy fasting guidelines and manage to lose weight, a significant improvement might also occur in diabetes type 2 and/or high blood pressure.

Guide to a healthy Ramadan fast

Balanced food and fluid intake is important between fasts. People who fast during Ramadan usually consume two main meals, Iftar and Suhur, with one snack in between. Each meal is essential and plays an important role in making Ramadan fasting healthy.

Hala said, “Iftar meal should always start with a source of simple sugar to compensate

energy lost during the long fasting hours and nothing beats dates in that. Along with dates, a cup of laban could be consumed as a good source of minerals and protein for the body. A cup of warm, non-creamy soup helps our stomach to receive food, with better digestion and less discomfort. After having these starters, it is recommended, take a break of 10 minutes then start the main meal, which should be a balanced one containing sources of lean protein, such as grilled fish or chicken, low glycemic index carbohydrates, such as brown rice or boiled sweet potatoes, in addition to a source of vegetables, raw or cooked, with little oil. It’s common, in the Ramadan feasts to enjoy certain types of appetizers such as samosas or kibbeh, however, having a lighter version, that is baked not fried, will guarantee less after-meal discomfort and less calorie intake.”

Another consideration, as the human body has a tendency to crave sweets and sugar during the holy month, is to satisfy this need from a healthy source. Ideally, fruits should be the first choice to suppress these cravings but in reality, people tend to shy away from fruits preferring the rich decadence of sweet desserts, mainly due to the abundance and variety of such Ramadan treats. “Having Ramadan sweets such as Katayef could be healthy as well if it’s prepared in a healthy way, such as a baked Katayef instead of fried, and syrup should be added with a teaspoon instead of dipping”, says Hala.

For Suhur, specialists recommend postponing consuming this meal until exactly before fasting hours start. Hala



explains “People tend to skip this meal ignoring the fact that our body needs a source of energy to maintain production level high the next day. A perfect Suhur meal will consist of complex sources of carbohydrates such as whole wheat bread with a protein source such as boiled eggs, turkey slices or white cheese. What could make Suhur meal even healthier is a cup of low fat milk or laban and a bowl of freshly cut vegetables.”

Hala emphasizes that it is also important to be mindful of the summer heat while fasting. “The body needs to be hydrated more due to the high rate of sweating. Two liters of water, at least, should be consumed daily. It might be challenging but having a bottle of water always available around is a good reminder for us to drink. Lastly, you need not stop your exercise regimen during Ramadan unless indicated by a physician. It’s still advisable to exercise for 1 hour, 3-4 times a week during the non-fasting hours,” she concluded.



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I ♥ DUBAI

The holy month of Ramadan is here, and our city is drenched in the spirit of giving, sharing and caring. From scrumptious Iftar and Suhoor offerings to vacation hot spots, forget the summer heat and enjoy the warmth of the season with a wealth of offers in and out of Dubai. Here's what's hot and happening now...



THE GRUB

Constellation Ballroom - The Address, Dubai Marina

Mark the special season with nothing but the best of traditional hospitality that celebrates our rich Arabian heritage with a touch of modern style. Enjoy the stylishly elegant setting of the contemporary Constellation Ballroom, along with traditional Oud player and a grand Iftar buffet featuring an extensive and lavish

selection of Arabic and International favorites. Treat yourself and loved ones and also capture your favorite memories through our interactive live stream by using #RamadanSawa... From Sunset onwards the Iftar buffet is priced at AED 210 per person inclusive of juices, coffee & tea.



Al Fanous Lounge at Dubai Ballroom - JW Marriott Marquis



The iconic Dubai Ballroom is transformed for Ramadan into an opulent Al Fanous Lounge of white, gold and royal blue, a stunning setting to share Iftar and Suhoor. Classic Arabian cuisine is served by award-winning chefs and large LCDs screen Ramadan series. Live Oud players create a special ambience, ideal for relaxing and spending time with loved ones on the occasion of Ramadan. From Iftar: sunset – 8:30pm. For more information please visit: jwmarriottmarquisdubai.com or contact +971 4 414 0000

Atrium Restaurant - Grand Millennium

Grand Millennium Dubai, is celebrating this Ramadan and Eid with traditional specials at the Atrium Restaurant. The 'Venetian style' restaurant, featuring high ceilings and Italian-inspired architecture, is offering patrons an authentically Arabian Iftar and a special Eid lunch throughout the Holy month, accompanied by live entertainment. From sunset onwards, enjoy

an irresistible Iftar buffet with a delicious variety of Mediterranean and International dishes, live cooking stations, and Arabic beverages and desserts for only AED 129 per person. Children between 6 and 12 years, get a 50% discount and kids below 6 are free of charge. For more details, contact 04 429 9999



Dana Ballroom - Four Seasons Resort Dubai

For larger corporate groups looking to celebrate, the Dana Ballroom is the ideal setting for breaking the fast together. Holding up to 250 guests, the ballroom may also be split into two separate sections, for more intimate celebrations, depending on the size. The Iftar menu features an extensive Arabic food buffet, inclusive of traditional Ramadan juices and Arabic coffee. Entertainment from an Oud player and Tabla performer, as well as Arabic coffee services, may be arranged upon request to suit all requirements. The Iftar buffet is priced at AED 210 per person, and Suhoor



at AED 170 person, from 18:00 - 21:00 for Iftar and 10:00 - 02:00 for Suhoor. For more



information check out www.fourseasons.com/dubaijb/ or contact +971 4 270 7777

Signature by Sanjeev Kapoor - Iftar at Meliá Dubai



Meliá Dubai's restaurant Signature by Sanjeev Kapoor is offering something for everyone this Ramadan with their classic Iftar dinner. The tantalizing four-course meal includes the restaurant's Indian classics presented with an Arabesque inspired and unique twist. Start off with two delectable Sherbets, Labneh and an assorted premium Date selection or the House Salad, then enjoy mouth-watering favorites such as Rumani Paneer, Masala Chaanch Rubiyan, Mutton Shami Kebab or Sumac Spiked Grilled Fish. Main dishes include Kabuli Channa Gosht, Lalla Mussa Dal, Chicken Biryani and a Veggie Pot. Finish the culinary journey on a sweet note with Mahalabia, Phirnee and Chenna Angoori! An exclusive à la carte menu is also complemented with shisha and Ramadan specialties. From sunset to 12:00am the Iftar package is priced at 149 AED per person.

Bistro Des Arts



Bistro Des Arts, the authentic French Bistro in the heart of Dubai Marina, is open from 7.30AM for the whole of Ramadan. Come in to taste their freshly baked bread and croissants every morning during the holy month, or try a different dish every day with their Plat Du Jour lunch menu. This playful line-up features seven daily dishes that will take your taste buds on a tour of classic French cuisine. Bistro Des Arts is also serving until 11pm where evening diners can feast on their favorite French classics, including Moules Mariniers, and their award winning Gourmet Duck Burger. From 7.30am - 00:00. For more info please check www.bistrodesarts.ae or contact +971 04551 1576.

American Iftar at FIREBIRD DINER by Michael Mina

Four Seasons Hotel Dubai International Financial Centre (DIFC) is celebrating Ramadan in its new iconic American eatery, FIREBIRD DINER by Michael Mina with an all American Iftar experience. The fun and lively venue pays tribute to the iconic American eatery of the 1950s, delivering a timeless dining experience for all. This Ramadan, FIREBIRD DINER by Michael Mina has introduced a more unusual twist to traditional Iftar offerings. The concept, in keeping with customary style, presents shared platters to be enjoyed with friends and family, chosen from a set shared menu of gourmet interpretations of wholesome American cuisine including Buffalo Chicken Wings, Popcorn Shrimps with a guacamole dip, warm Roasted Tomato soup, braised BBQ Short Ribs, Oak Grilled Salmon and



piping hot Golden Chicken. Firebird Diner is available for Iftar daily from sunset, for AED



200 per person. Reservations can be made by calling +971 4 506 0000.

Gather together for Iftar at Emirates Grand Hotel

Emirates Grand Hotel is celebrating the Holy Month of Ramadan with a sumptuous Iftar buffet featuring traditional cuisine in its warm and welcoming venue. Discover the true traditions of the Holy Month of Ramadan with a feast of authentic Arabic delicacies. Throughout Ramadan, the hotel's executive chef has prepared a delicious Iftar menu for families and friends to share, with

a heart-warming ambience and service for only AED 129 per person. Extend your evening at the stunning Turkish Rooftop Shisha Lounge offering unrivaled views of Burj Khalifa and Dubai skyline. Guests can enjoy shisha in the wonderful tent and order food and beverage as well. For reservation, please call +971 4 323 0000 or visit www.emiratesgrandhotel.com



Experience Levantine Cuisine at Sargon Restaurant



"Sargon Restaurant" recently opened its doors bringing to Dubai an authentic dining experience that promises to be a delight for all the senses. This Ramadan, Sargon Restaurant is offering a modern multicultural and family-friendly experience for diners during the holy month. Sargon's Iftar and Suhour menus offer a selection of locally and regionally inspired dishes crafted with fresh, locally produced ingredients, which reflect the Middle Eastern nature of the restaurant. Break the fast with a wide variety of delicious Levantine cuisine, served sharing style at Sargon Restaurant including a daily special menu with soup, Arabic Fattah and two main dishes in addition to a selection of hot and cold appetizers, Ramadan juices, dessert and fruits. Also enjoy Suhour with an exquisite array of delicious dishes and snacks with live music available a la carte on a specially crafted Suhour menu. Iftar menu is priced at AED 130 per person / AED 60 for children up to 10 years old. For more information call 04 514 8123 or email; dine@sargon.ae

Make Ramadan Memorable With The H Dubai



To mark the holy month, The H Dubai will create unique experiences to enjoy breakfast and allow residents and visitors alike, to enjoy Iftar, Suhoor and shisha with family, friends and colleagues. For the first time the award-winning hotel will transform its rooftop GLOW Lounge into a spectacular marquee, a unique space created especially for Iftar and Suhoor. Throughout Ramadan and post sunset the luxurious Arabesque space will showcase a series of unique and daily changing Middle Eastern buffet style menus, as well as a la carte offerings. Each and every day at sunset, GLOW's Arabesque pop-up marquee will showcase a daily changing Middle Eastern buffet menu. Each offering will represent a different regional country, from Morocco to the Levant, priced at AED 170 per person.

Traditional Ramadan at Metro Millennium Plaza Hotel

Millennium Plaza Hotel Dubai, has special packages for families and groups to enjoy the spirit of the Holy Month of Ramadan with true Arabian hospitality. The hotel's talented chefs have created a special Iftar and Suhour menu to welcome families and friends at Metro Restaurant featuring a delicious buffet for only AED 150 per person from sunset until 11:00pm. Delight in sumptuous delicacies, sweets and special dessert including Ramadan juices and soft drinks. For Suhour, guests can enjoy delicious assortment of pastries, light snacks, aromatic teas and coffees for AED 99 per person from midnight until sunrise.



COYA Dubai Celebrates Ramadan



COYA, Dubai has introduced a fresh and new menu for the Holy Month of Ramadan. COYA offers diners special Iftar Menu filled with nutritional necessities to ensure a nourishing and healthy start to break their fast, while upholding the venue's dedication to true Peruvian cuisine. Starting with soups the selection includes: Peruvian bean; chicken with quinoa; or Cream of Peruvian corn accompanied by a diverse offering perfect for sharing, of Peruvian olives, guacamole, and corn tortillas. The main courses are offered through a choice of four delectable options, each perfect for meat lovers and vegetarians alike. COYA'S Iftar menu starts at AED 240 per person. For more information and to make reservations, please contact +971 4 316 9600 or email Reservations@coyarestaurant.ae

Tasteful Iftar zini Vida Downtown Dubai

Vida Downtown Dubai adds an authentic sparkle to Ramadan experiences, offering diners a delightful way to break their daily fast and chat till the wee hours at the peaceful and chic 3in1 restaurant. A tantalizing modern Arabic selection of gourmet favorites is offered on the menu. A delectable choice of Arabic cuisine including a wide variety of salads, appetizers, desserts, dry fruits and hand crafted beverages created for Ramadan season. Mains include set menu on the table, including traditional favorites such as *Ouzi Lamb*, *Hammour*, *vegetable saloona stew* and mixed meat hot off the grill. From sunset until 10pm, Iftar menu is priced at AED 160 per person for adults and AED 80 for children between 6 and 12 years old, children below 5 dine with our compliments.



PLACES

Eid Escape to the Seychelles with Savoy Seychelles Resort & Spa



The luxurious Savoy Seychelles Resort & Spa invites GCC families and friends to celebrate Eid Al Fitr in utmost luxury and comfort, while enjoying the hotel's special Eid dining and spa promotions. The five-star property welcomes guests to enjoy an indulgent luxury retreat in the heart of the Seychelles, positioned in an ideal location on the south end of Mahé

in Beau Vallon. On the special occasion of Eid Al Fitr, where dining with friends and family takes centre stage, the hotel's six world-class restaurants and bars boast a wide choice of international cuisine and signature dishes; from the finest local and international gastronomy at The Grand Savoy to fresh seafood at specialty seafood restaurant Pescado, to a fine selection of

Indian Cuisine at Mahek Restaurant. As a special Eid offer, guests will enjoy a 15% discount at all dining outlets, while children under the age of 12 will dine for free. The Savoy Seychelles' Eid Al Fitr dining and spa promotions are valid from July 1st until the end of August 2016. For more information please visit <http://www.savoy.sc/>

Family-friendly getaways at DoubleTree by Hilton Resort & Spa Marjan Island

Located less than one hour from Dubai, DoubleTree by Hilton is the first resort to open on the prestigious Marjan Island, a cluster of four, man-made islands set in an upscale area in Ras Al Khaimah near Al Hamra. The beachfront family-friendly resort is packed with exciting pursuits to keep little ones amused, and give parents a welcome chance to relax. Kids' Paradise children's club is staffed by qualified professionals and boasts a fun array of age-appropriate activities from arts and crafts, water play and storytelling to dance classes, kids' movies and a climbing wall, all designed for youngsters aged from three to 12. The expansive shaded outdoors area has been carefully designed with little ones in mind complete with two, temperature-controlled swimming pools and a life-sized Pirate Boat aqua zone featuring water-soaking fun of slides, sprinklers and fountains.



Cryo's Ramadan Offer - Refresh & Rejuvenate

This Ramadan CRYO is offering clients a complimentary whole body cryotherapy session with each package purchased at any of their 6 locations in the UAE. CRYO's whole body session is the perfect refreshing treatment to alleviate the harsh summer heat, and lose up to 800 calories in just 3 minutes. A very quick freeze in -140 degrees Celsius is enough to boost your metabolism and reap plenty of the benefits your body needs at this time of year. The intense cold will give you an energy boost, helping with heat fatigue and change of routine. High summer temperatures and humidity can also reflect badly on your complexion, causing the skin to sweat and making it more prone to breakouts. CRYO's 15-minute Glow facial breaks down and flushes away toxins hidden beneath the layers of the skin, which helps prevent



further imperfections while leaving the skin firm, tight and feeling fresh! CRYO is available in the UAE at Dubai Ladies Club,



FitRepublik gym in Sports City, Energy Plus Fitness Club in Al Ain, Abu Dhabi Country Club and Sharjah Ladies Club.

Summer Specials at NINE Degrees Spa



Throughout the summer, indulge in fabulous packages from NINE Degrees Spa at Al Ain Towers, Abu Dhabi. The 'Stay Cool' package for AED 199, includes an Anti-Stress Back & Shoulder Massage, Facial Acupressure Massage and Cooling Eye Mask. And if you're staying home this summer, why not give yourself a break with the spa's 'Summer Stress Buster' package for AED 299. A combination that includes an Anti-Stress Back & Shoulder Massage, Head & Scalp Massage and Rejuvenating Foot Massage, it is guaranteed to transport you to someplace special. For bookings please call +971 (0) 6 701 5546

Al Faisaliah Hotel - Incredible Summer Packages

Riyadh's multi-award Al Faisaliah Hotel and Al Faisaliah Suites is offering guests the perfect summer getaway with its array of world-class dining, tranquil spa experiences, 24-hour personal butler services and a modern Arabian ambiance pure bliss. From palette pleasing restaurants for every epicurean, to state-of-the-art spa amenities, Al Faisaliah Hotel provides guests the opportunity to relax and unwind in a style that is synonymous with the 5 star hotel. Enjoy stays from SAR 990 per night on weekends and SAR 1,350 per night on weekdays, complemented by a selection of



rewarding privileges and benefits. The offer is valid from June 1st till September 25th,



2016. For more information, call +966 11 273 2222 or visit alfaisaliahhotels.com

EVENTS

Ramadan in Dubai 2016

06 June - 07 July 2016



Ramadan is a significant month in the Islamic calendar and in Dubai, the period is marked by a host of Ramadan-related activities. The Dubai Government organizes numerous events during the month and the retail sector sees brisk business. Emirati hospitality and traditions are also very evident during this month as Iftar meals are hosted across Dubai and residents of different nationalities come together to share the spirit of Ramadan. Also included annually during Ramadan are a number of educational cultural activities that aim to educate the public on what the month of Ramadan is all about and how to conduct oneself during this holy month. There will be the annual Holy Quran recital competitions held for students and adults with the winners earning cash prizes and more.

The Majlis at Dubai World Trade Centre

06 June - 07 July 2016



Located at the Dubai World Trade Centre, The Majlis is an annual event that takes place during the month of Ramadan. Take part in the daily Iftar and Suhoor by enjoying some exquisite fine dining by world class chefs from DWTC. The Iftar will be served from 7pm to 9pm daily and will be followed by Suhoor, which is a la carte, from 9pm until 3am in the morning, with the weekends going until 4am.

Dubai Summer Surprises 2016

09 July - 20 August 2016



Dubai Summer Surprises (DSS) was launched in 1998 to position Dubai as an international summer destination. The festival is one of the highlights of the city's summer calendar with GCC residents and other tourists flocking to the city, looking for bargains in over 6,000 stores that are participating in this annual event. This festival is also heavily geared towards families with each mall undertaking a program of events for children of all ages. In addition to the shopping bonanza, a part of Dubai Summer Surprises has nothing to do with shopping and everything to do with fun!

Eid in Dubai Eid Al Fitr 2016

01 July - 07 July 2016



Eid al Fitr is an important celebration on the global calendar, celebrated around the world. The word literally means, festival of breaking of the fast and marks the end of the month of Ramadan each year. The festival ends the dawn to dusk fasting that is followed by all Muslims around the world during the month of Ramadan. The festival is accompanied by a number of events happening throughout Dubai. More details to come soon. Please note that that dates mentioned are subject to change based on phases of the moon.

AU NATUREL

Tips on enhancing the beauty you were born with

In an era where airbrushing and skin contouring has become the everyday norm, Tips & Toes (beauty salon) says, enough is enough - embrace your natural beauty and let the real you shine through!

Natural contours, fresh skin tone and texture; the dazzling imperfect look that has an allure all its own, is the perfect rendition of beauty; artless and unpretentious.

Adding a few highlights, some color and texture to emphasize the natural contours and a few eyelash extensions, is the ideal solution for the perfectly natural look.

On the other hand to preserve one's real skin, the largest most intricate organ made up of millions of cells which are replaced on a monthly basis by the body, infinite care is required. Any products layered onto the



skin, in particular make-up, should nurture the natural skin. Facial beauty expert, Shiela May Faunillan shares her tips on making the most out of the beauty you were born with...

START AFRESH!

A great beauty routine begins with a gentle cleanser to exfoliate the skin, before applying a clean, fresh base with a layer of primer underneath, and the best way to protect your skin is to ensure that this routine involves quality products. To be kinder to your skin, opt for natural ingredients choosing organic options from companies such as Glamglow, Pevonia or Babor.

ACE OF BASE

For a super natural look, stay away from heavy foundation and instead use a tinted moisturizer for fastest results. As opposed to heavy foundations, these tinted moisturizers are sheer and when applied, an exact match to your skin isn't essential. Not only will it even out your skin tone, but its lightweight formula lets your skin breathe. Choose a brand that has a built in SPF to protect against sun damage and the early onset of ageing.

A HINT OF TINT

When it comes to cheek definition, the key is to follow your face's natural contours rather than to invent cheekbones you don't have. Use a cream blush to give a soft dewy shine and if you need something a little stronger, add a light dusting of bronzer across your T-Zone for a natural glow. The aim is to create a subtle natural blush.

LASH OUT

Defined eyelashes are indispensable even for an all natural look. Not everyone was born with enviable eyelashes. If you have great length and shape, consider a subtle boost with eyelash tinting - a strong blue/black will give the ultimate definition while keeping it real. If you need a helping hand creating a subtle flutter, book in for eyelash extensions; however be sure to request only the most natural lash lengths and just a little extra body.

SHEER BEAUTY

To complete the natural look, add a slither of subtly tinted lip balm to keep things fresh. Apply a natural and long-lasting lip stain in a nude or pale hue, keeping true to your skin tone. Rather than applying the lip color directly, dab it onto your lips in the center and then with your fingertips blend it out.



RAMADAN BEAUTY

Quick and easy makeup looks for the busy month!

During Ramadan, we feel extra tired so we want to make sure that we keep our psychic energy high and on a positive note. To ensure this we need to look healthy and radiant with minimal makeup. To achieve a subtle, yet trendy look suitable for Ramadan nights, Mariam Khairallah Senior Global Makeup Artist from MAC Cosmetics, shares with us a day and a night makeup look in under 5 minutes - to look our best, throughout the holy month!!!

The Day Look

It's essential to protect your skin from the sun. Massage MAC Studio Moisture Cream well into the face to create a healthy plumped skin then follow with MAC Prep+Prime Face Protect SPF 50/PA+++ that help protect your skin. Apply MAC Studio Water weight Foundation all over the face with the same brush in a downward motion. Lightly powder the T-zone with Transparent Finishing Powder. Finish it off by applying a peachy or pink Blush to give a healthy looking finish.

Groom your eyes by using Teddy Eye Kohl in the waterline, it's a great natural brown kohl that feels very light on the eyes. Then follow it up with MAC Haute and

Naughty Mascara in Brown. Apply MAC Lip Conditioner on the lips to prevent them from drying.

The Evening Look

At night you can create a look that says mysterious eyes. To achieve the particular look, prepare your skin by applying a generous amount of Prep + Prime Fix, all over your face. Using a Foundation Brush moving in a downward motion apply Complete Comfort Crème all over the face then follow with MAC Studio Fix Fluid Foundation. Powder the T-Zone with Mineralize Powder/Loose, with the 129 Powder/Blush Brush. Finish off, by applying Mocha Powder Blush using the Large Angled Contour Brush on the apples of the cheeks.

For the dramatic eyes start by lining the inner waterline with Cat's Meow Modern



Mariam Khairallah

Twist Kajal Liner and smudge along the lower lash line to create a soft diffused smoky finish. Blend Smoke Eye Shadow over the Cat's Meow. Then, take Carbon Eyeshadow to define the lower lash line using the Small Angled Brush. Brighten up the inner corners of the eyelids by using Gilded Bronze Eye Shadow. Add structure to the outer corners of the eyes with Slate Eye Shadow and blend toward the socket line using the Blending Brush. Coat your top and bottom lashes with Mascara. Line all over your lips with Soar Lip Pencil and apply Kinda Sexy Lipstick all over the lips.



RAMADAN & SKINCARE

The excruciating heat and humidity of the summer season in Dubai, is beginning to make its mark and not just on the mood but on the skin as well.

According to a report from the UK Met Office, 'The world's climate has reached a major turning point and is set to deliver record-breaking global temperatures in 2015 and 2016.' The impact on the skin will be considerable and skin care is essential to preserve the natural mechanisms designed to protect and rejuvenate the skin. In addition, the holy Month of Ramadan is also upon us. So, in order to keep our skin and ourselves rejuvenated, Mr. S.L.Paul, MD Bionix Body Designers, Dubai, shares some of the best ways to care for our skin during the month of Ramadan and beyond.

Skin care during Ramadan

1. Make sure to drink not less than 8 cups of water (or more if possible). Other fluids work as well, whether you choose traditional Ramadan drinks or even a cup of green tea. They can do magic as well as rejuvenate your skin!
2. If your skin is sensitive to dairy products, avoid drinking lots of milk because it can enhance pimples and acne.
3. Limit your intake of caffeine in terms of soda, coffee and tea as they can easily absorb minerals and fluids from your body, which will leave your skin dry.
4. Ramadan is known for its sugar-loaded desserts such as Kunafa and Atayef etc... Be careful, and don't eat large portions as they might cause pimples.
5. Many of us can pretty much neglect the area around the eyes and that's when dark circles appear. In order to enjoy a flawless complexion, make sure to moisturize the area around your eyes by resting cool tea bags on it three times per week, not to mention sleeping well and applying eye cream.
6. Try to add more salads, vegetables and grilled meat/chicken into your daily Iftar, instead of fatty, fried and heavy food. Why? Sticking with the healthier version helps you get a clear skin, which isn't only glowing but also acne free.
7. Make sure to apply a sufficient amount of sunscreen if you're running errands. Also, you might need to re-apply if you're exposed to the sun for a long period.
8. Eat more nuts like almonds and cashews! Since they're pretty much around every house during Ramadan, it's a great idea to stock up on them. They'll rejuvenate your skin as they're rich in fibre and fatty acids.

9. When you wash your face with slightly hot water or normal soap, make sure to moisturize your skin afterwards by applying facial creams and lotions to make it smoother.

Food to include in our diet during Ramadan

- 1: Divide your food into three meals. Suhour is the morning meal when the fast starts, iftar is the evening snack when the fast is broken and then dinner.
- 2: Include complex carbohydrate foods rich in fibre, such as those found in grains and seeds. For example, whole wheat bread/roti, brown rice, lentils, beans, pearl millet (bajara), bran, fruits and vegetables should be eaten, particularly during saher. Fibre-rich foods help increase the feeling of fullness, promote good blood glucose levels and help regularize the system. Fasting during the day can also increase stomach acid content and cause feelings of pain or discomfort. High-fibre foods during dinner can help neutralise this acid and alleviate pain. (Remember to increase fluids with fibre intake to prevent excessive gas).
- 3: During Iftar, the traditional choices are dates and juice. Include three dates and 4 oz (120 mL) of juice as they help normalise possible low sugar levels (hypoglycemia) and provide the much needed "instant" energy along with hydration.
- 4: Bake or grill foods instead of frying them, and if you are frying them, decrease the amount of oil used. Try and measure the oil in spoonfuls instead of just pouring it from the bottle.
- 5: Choose low fat and lean cuts of meat. Skin chicken and remove any visible fat before cooking.
- 6: Eat slowly and chew food well. Because you have not eaten all day, there will be a tendency to want to eat a large quantity of food quickly. Remember that it takes 20 minutes for your stomach to tell your brain that you are full – put small portions on your plate first.
- 7: Walking in the evening for at least 30 minutes is an ideal activity to add to your daily routine.

Water consumption

Our skin is 70 percent water, 25 percent protein and 2 percent lipids, so naturally drinking the requisite amount of water will increase the blood flow to the skin and reduce the signs of aging, wrinkles, cracks and sagging skin. Water is essential to sustain the internal structures that support collagen, the main structural protein that provides strength and structure to bones, muscles and tendons and of course skin. Drink at least eight glasses of water every day. If you are exercising and spend a lot of time



Mr. S.L.Paul

outdoors in the hot weather, you lose more fluids. So make sure you drink more water. Avoid hot and spicy dishes as they increase the feeling of thirst. Do not add too much salt to salads and other dishes. Also avoid eating salty foods like salted fish and pickles as they increase the body's need for water. Eat fresh fruits and vegetables because they are rich in water and fibre. They stay in the intestines for a long time and reduce thirst. Drink fresh fruit juices rather than sweetened juices. Try not to drink large quantities of water all at once or a lot during a meal. Instead drink water between your meals.

Face washing and Moisturizing during Ramadan

To ensure an angelic glow during the holy month switch your regular face wash with a cleanser containing glycolic acid (normal-dry skin) or salicylic acid (oily skin). Gentle exfoliation every day will stimulate your skin while removing any dead skin cells, imparting a healthy mega watt glow to your skin. This year Ramadan is smack in the middle of summer, so switch your regular skincare creams with lightweight hydrating lotions or serums to let your skin breathe easy and avoid breakouts. Apply a moisturizing serum every time you wash your face to make sure your skin stays supple and hydrated. For your daily antiaging skincare needs look for products with vitamin C and A, as they are the true, tried and tested star ingredients that can change your skin from drab to fab within a span of few weeks. While out and about during the day protect your complexion with a good UVA & UVB sunscreen with SPF 50. UV rays from the sun are extremely damaging for the skin, not only do they promote pigmentation but they also damage skin's collagen and elastin, leading to early signs of aging in the form of wrinkles and sagging skin.

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AN EYE ON BEAUTY

Roundup of Beautyworld Middle East 2016



Ahmed Pauwels

The 21st edition of the Beautyworld Middle East 2016 recently welcomed over 37,000 visitors and featured over 1,500 exhibitors from 60 countries. The largest international trade fair for beauty products, hair, fragrances and wellbeing in the Middle East, has grown in stature, from its inception over 19 years ago, as the key networking and sourcing platform for the beauty and cosmetics industry. Commenting on the this year's event Ahmed Pauwels, CEO of Messe Frankfurt Middle East and the organizer of Beautyworld Middle East, said "Besides the 60 new product launches we always try to bring something new, and this year we have five new features. One is Quintessence, a niche pavilion for very expensive and

exclusive handmade perfumes. We have the battle of the barbers, the winner will compete against the best from the UK and USA in a global showpiece event held in London. We have, at trend forum which is all about the latest trends in cosmetics and a lot of information will be displayed there. We have the wall of beauty it is an area where local and regional manufacturers display their niche and creative products. Then we have a conference called business and beauty that highlights the business and its abilities. We have four returning events as well, which include, centre stage by the Nazi Group, also featuring a celebrity and VIP makeup artist Tracey Cunningham, then we have the hair education by GHD and Nail Care by OP..." Like previous years, this year too, Beautyworld Middle East saw a slew of amazing product launches, world class skincare liftoffs, organic and all natural

beauty brands and a myriad of beauty vaudeville. Here's a roundup of the most interesting features that we came across this year at the event...

KADALYS anti-ageing products

Probably one of the best skincare brands with just the right mix of everything, exotic and natural ingredients, incredible results, enriching people, community and the planet with ethical trade and above all a passionate CEO behind, inspiring the brand! KADALYS skincare specializes in R&D and is directly inspired by West Indian medicine. KADALYS is the first cosmetic brand using banana tree active ingredient with extraordinary anti-oxidant and healing properties. KADALYS anti-ageing products incorporate green and yellow banana bio active technology to address skin's anti-ageing needs including firmness, wrinkle-depth reduction and reducing skin pigmentation.



Orly Nail Color Trends

Orly, one of the leading brands in the nail care industry, made its way to the Dubai World Trade Centre to take part in the Beauty World Middle East 2016 and presented three new collections, Melrose (Spring 2016) Collection, PCH (Summer 2016) Collection and the Orly EPIX. Nadia Deering, Vice President of International Sales at ORLY International said: "Orly constantly innovates and exhibits the next big thing in the nail care industry here at Beauty World Middle East. It's such a pleasure for us to be able to exchange insights directly, from consumers, other companies and industry leaders and at the same time, have the opportunity to showcase the latest in the market for a wider audience on this wonderful international platform." All ORLY Nail Lacquers, including the Melrose Collection, PCH Collection and EPIX Flexible Colors and Flexible Sealcoat are formulated without DBP, Toluene, Formaldehyde and Formaldehyde Resin.



Thomas Kosmala Oud Collection

The oft whimsical and insanely creative independent perfumer, Thomas Kosmala introduced his Oud collection, Black Oud and White Oud, represented by

OBS Lifestyle in GCC, at Quintessence Pavilion, the arena to showcase rare and exotic handmade perfumes, at the Beautyworld 2016. Capturing the ethereal essence of oud, the collection drew inspiration from the beauty of natural oud's process of creation in its habitat and features hints of floral, fruity, and earthy notes that reinterpret the unique and charming evolution of Oud. Confidence personified, both perfumes exude an aura of untampered authenticity and individuality. Distinctive and bold, Black Oud and White Oud have been composed by exotic ingredients that highlight the intense multi-layers of oud in a complex yet captivating fashion.



Arcancil Paris Mat Hysteria

With a true Parisian charm Arcancil Paris, has risen from its historic roots to the 2006 revamp, all the way to a brand that offers modern women a chance to discover the French glamour and refinement. At the Beautyworld this year, Arcancil Paris, launched its Mat Hysteria collection, Cover Match Two Way Cake, Summer Bronze look including illuminating Selfie Stick and Selfie Blender sponge and Sourcilmatic eyebrow mascara - all that already has been a great success in France and all over the world.



Acca Kappa Fragrances & Male Grooming

Acca Kappa is a niche brand with a very long tradition that has been producing premium quality products in Italy, since 1869. Famous worldwide for the quality of its hairbrushes, designed exclusively to meet the needs of professional hairdressers, the ACCA KAPPA collection includes a luxurious and sophisticated range of fragrances, body and hair care products, shaving products and accessories as well as the new Barber shop collection representing a full concept of beauty. Positioned in the top segment of the market, Acca Kappa is distributed worldwide in the most exclusive and flagship stores.



COVERPLA Perfume Packaging

For more than 65 years, COVERPLA has been manufacturing and distributing primary packaging components for perfumery and cosmetics, with hundreds of different in-stock bottles, caps and pumps, bringing complete packages to market swiftly and efficiently. Committed to design and innovation, introducing a number of new bottles and caps each year, as a manufacturer, it also offers customizable components through tinting, mold modification and in-house decoration.

feature story

LPG Combo Treatments

LPG is the world leader in cellular stimulation and inventor of the Endermologie® technique, specializing in non-aggressive treatments for fat reduction, skin tightening, lymphatic drainage, wrinkles and cellulite. Endermologie® treatments, which include Lipomassage™ and Endermolift™, are offered in over 110 countries with over 200,000 women treated each day. Its effectiveness is validated by more than 110 scientific studies, and responds to the growing demand



for more responsible and efficient ways to preserve natural beauty. During this Beautyworld LPG presented the latest LPG Endermologie Cellular Regeneration Treatment in combination with the brand new Anti-aging Renewal Serum. Directly inspired by Endermologie, the treatment and product treat the signs of aging with its premium complex ingredients that stimulate the natural cellular activity of the skin, giving women a firm and youthful look. The formula of the serum allows it to penetrate to the heart of the fibroblast and deliver the ingredients directly. Thus, it helps reactivate the production of the collagen and elastin leaving the skin healthy and glowing from within. Ludovic

Loffreda, CEO of LPG Bella Concept said: "The non-surgical procedure in the country is becoming popular for both men and women. That is why we constantly communicate our non-invasive and all-natural treatment, which is safe and effective for all. Beauty World Middle East event is a great platform for us to educate, network and showcase the latest concept we can offer to the billion dollar market. We are delighted to be here yearly as it gives us an up-to-date information on the growth and development of the beauty sector."

Morgan Taylor Debut

Morgan Taylor®, the new standard in Professional Nail Lacquer, developed by Danny Haile and David Daniel launched its most fabulous nail lacquer range at Beautyworld Middle East 2016. Morgan Taylor unveiled in the Middle East, the Morgan Taylor & Gelish brands known for their exceptional nail lacquer collection, a powerful combination of two well-known and iconic brands in the presence of Morgan Haile and Taylor Daniel, daughters of the Morgan Taylor founders. Experience exquisite nail art designs with the rich formula, color palette, consistency and shine of Morgan Taylor and the impressive long-wearing Gelish, the leader in Soak-off Gel. David Daniel, Co-Founder of Morgan



Taylor said: "We are thrilled to be in the chic and cosmopolitan city of Dubai which shares the fresh and vibrant energy of the Morgan Taylor brand. We are happy to see that there a lot of beauty enthusiasts at this year's Beautyworld Middle East exhibition which is the perfect platform for us to showcase our Morgan Taylor product range that includes super saturated, highly pigmented shades, as well as Gelish® Soak-Off Gel Polish which applies like polish and cures in a LED lamp in 30 seconds, stays on nails for up to 3 weeks with no chipping."



Alterna Haircare

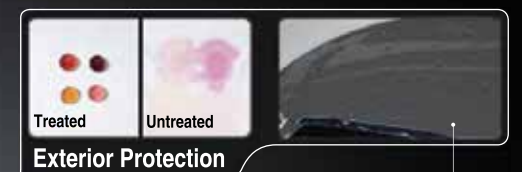
Alterna Haircare known for its cutting-edge, professional formulations that are 'free of' harsh chemicals and formulated with globally-sourced, often sustainable, and organic ingredients, also participated in Beautyworld Middle East 2016. It is the first time, the hair care brand has taken part in such an event hosted in Dubai with the full backup of Alterna EMEA regional office, Maastricht, Netherlands. With the help of its local partner/UAE distributor, Beautylicious, and A-list Hollywood celebrity Katie Holmes as the brand's global ambassador, Alterna is growing to become one of the top luxury niche brands in the market for hair care.



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HELLO SUNSHINE

Tips to brighten up your home using color and light

The mood is all set for the summer season and the talk is all about the summer heat, and as we all know, we get a lot of it, here, in Dubai. So, perhaps, it won't be repetitive to talk about our summer space. Although pre-summers we do get to hear a lot about making changes in our living space to make ourselves more summer ready, but it is totally different when you are living it. The season particularly in Dubai, UAE is viciously hot & humid, and to avoid the harshness of the weather outside we tend to shun all sunlight, even inside our homes. However, it's important to have a bright space to actually feel comfortable and at home; a space with a positive energy and pleasant temperature where one can still enjoy the sun light. To help you enjoy the pleasure of a bright home, Helpling.ae, the online platform for household services in UAE, shares with us some smart and easy tips to use light and color to bring in the chill factor and happy sunshine indoors.

Use mirrors to light up a room

Brightening the place up is a balancing act between light and color, and when done well, it can be extremely effective. Perhaps the most valuable, and easy, trick is the effective positioning of your mirrors. Placing a mirror on the wall opposite a large, light receiving window will reflect plenty of natural light back into the room. This helps to illuminate the room and the wall with the window, giving your room an all-round burst of brightness. Of course this also works if the window only receives indirect light, just not as efficiently. A similar effect can be achieved by adding metallic surfaces. The more surfaces that reflect light the better: few silver bowls on your sideboard or a golden vase on the table top, really work well.

Add Colors but don't go too crazy

Once you've done everything to maximize the natural light in your house, you can think of other ways to add "stimulation". Because having a bright and airy room is all well and good, but that alone is extremely boring. Don't go too sterile, dare to add a bit of color! Consider adding colorful upholstery to the seat of an armchair in a corner, a stand-out painting or a colorful fleece throw onto one of the sofas. Another way to make your place more homely could be a little bit of botanic action; a well placed flower arrangement can bring a space to life, adding both color and

warmth to the room. Remember that flower petals can extend their color everywhere – particularly when natural or artificial light shines through them and spills their color onto a light wall behind them. This can affect the entire ambience of the room - so be selective.

The floor plays an essential role

It is obviously not a simple step to bring more light into your room quickly. But if you are already thinking of changing the floor to add warmth and brightness to your flat, avoid dark colors in your flooring, as they absorb a lot of natural light - go for lighter colors instead. However, not all bright flooring is suitable - bright tiles or lino can give a room a cold feeling and although they contribute to making the room brighter, it may feel really clinical



and sterile. Instead you could opt for light wooden floorboards, as they help to reflect the light and give the room a warm atmosphere. If changing your dark flooring is not possible, think about brightening it up with a rug. But be careful not to ruin everything; rugs are subtle articles, exaggeration may make your decor seem a little naff.

The walls

Don't forget your walls! Of course you don't find yourself painting your home too often, which is why the color of your walls should be chosen carefully. Keep in mind: light is naturally reflected more by light colors! If you want to give your room a splash of color, you can paint one of the walls in a more striking color, e.g. red, while leaving the others white. Be careful though, to choose a wall which is not opposite a window, to prevent it from absorbing the light shining in. Clear and minimalistic paintings on the walls, also add colorful light spots!

Keep it clean!

Applying these tips is only the first step to have a bright and cozy home. It's all very well to create a space with a lot of manipulation of light and color indoors, but nothing will really work unless you maintain order! And by order, we mean cleanliness. A mirror won't shine, unless well polished, and the floor won't gleam if it is covered in dust! But it's simple to keep everything clean with a little bit of effort and much simpler these days, with services like Helpling.ae.



USHNA

NAMASTE FOOD



It is no wonder that the foodie scene in UAE is intense. It is serious business, taken to the pinnacle of finesse with hordes of Michelin starred restaurants, five star gourmet joints and so on. Dubai has a prominent place when it comes to gastronomy, but interestingly the scene in the capital city is no less fervent. On a quest to discover the culinary scene in Abu Dhabi, we happened to descry a location that is

simply set, far away from the maddening crowd- Qaryat Al Beri! A developing suburb, that over brims with the essential charm of the capital city Abu-Dhabi, the subtle movements, the silent bustle and the tepid weather... No matter what happens in Abu- Dhabi, there always is a smart elegance to its demure ambience. On just such a day infused with the quintessential sanguine cadences of Abu Dhabi, we made our way to Ushna, located at Qaryat Al

Beri, Abu Dhabi.

The word 'Ushna' comes from Sanskrit meaning warm, and the restaurant endeavors to translate that warmth, from the décor to the food and ultimately to the service and experience. The hospitable welcoming congeniality is the first thing you feel instantly as you step into the main dining area, an archetypical Indian cordiality that is all welcoming and always obliging...

The main dining area exudes warmth from beautiful gold chandeliers, whereas a separate dining areas dedicated to families has swinging chairs that are charming and delightful. We were welcomed in, with a friendly smile and a beautiful handwritten note scribed on a plate with chocolate at our table.

The real deal in any restaurant is how the starters work to set the mood. In case of Ushna, it started off delightfully. Immediately, as soon as we were seated comfortably, the starters started pouring in. From complimentary *Pakor*as with mashed caramelized onions to the classic *Poppadum*, our palate was truly tempted for more, slowly picking up pace. Like the tremendously colorful Indian festival of 'Holi' the main course divulged the deluge of flavors the Indian subcontinent is famous for... Starting with delicious delights from the Tandoor (clay oven) the *Tandoori Jhinga* and *Murgh Tikka*, which were a perfect



blend of marinade and smoke, juicy tender protein immersed in spices. Followed by the curry concoctions, the *Andra Mutton Curry*, *Murgh Makhni* and *Dal Makhni*, which were the choices for the evening, along with *Gosht Dum Biryani*. The succulent curries with tender meat portions, the steamy whiffs of the aromatic biryani and the lingering taste of dal was exactly what Ushna symbolizes, the soft feeling of joy and satisfaction that comes after a fulfilling, well prepared, delicious meal. To accentuate our savory expedition, the dessert we had our eyes set on was an absolute love. With a new take on the traditional *Ras Malai*, the Chef stuffed the milk dumpling with 'Gajar ka Halwa' combining two of the traditional flavors into one perfectly sweet hankering! With the sweet aftertaste of saffron and the crunchy nuts, the dessert is simply delicious and probably one of the highlights of the whole experience.

The multi award winning Indian restaurant Ushna is located in Souk Qaryat Al Beri, Abu Dhabi, it also boasts a beautiful terrace with immaculate views of the marina and the Sheikh Zayed Mosque. The view at



night is particularly breathtaking, when the warm Arabian zephyrs wrap you up and the distinct Sheikh Zayed Mosque seems to serenade mystic lore in silence. The staff is also very pleasant, attentive and friendly. The restaurants' atmosphere includes both the exclusivity required for business meetings and the intimacy desired for a romantic dinner.

TAGINE TALK

Chef Halima Boubakri - Senior Chef de Partie, Al Maeda Restaurant



A great restaurant is where you instantly connect with the place, savor the flavors and feel somewhat at home, and probably get so comfortable that you don't want to leave; a place where you feel welcome, while the warmth of the food wafts in the air and wraps you in a furtive craving. Dubai has many a great places to eat and drink and explore and one such place that came under our radar was quite literally at the extreme corner of Dubai Marina, Al Maeda Restaurant

at DoubleTree by Hilton. It is no secret that Dubai Marina has an abundance of hotels and restaurants, all offering archetypal flavors and cuisines, but what sets Al Maeda apart was something uniquely interesting that is difficult to find anywhere else. Serenading with a mystical charm of the 'Maghrib' Morocco, the restaurant instantly catches your eye with its blue tiles and mounting cornices of colorful tagines. There's such homely animation which you can feel

within seconds of stepping into the main dining area, filled with all the liveliness and the clutter-clatter of diners, yet it is uniquely private at the same time with the smiling staff simply adding the proverbial zest to the whole experience. We talked to Chef Halima Boubakri, Senior Chef de Partie, AL Maeda Restaurant, about the mesmerizing restaurant and learnt a few charming facts about Arabic and Levant cuisine that makes the whole dining experience so inviting...

Tell us about yourself?

I was born in Morocco and started my career in 1997 in a small hotel in Fez. Over the years I have worked in popular restaurants in Morocco and Yemen and have fallen in love with the different and delicious dishes particularly, of each country in the Arab world. I had the great opportunity to be part of the Bouyotina Fi Ramadan program broadcasted by Yemen TV for 3 years where I worked with some of the most amazing people I have met so far. In 2012 I published a series of cook books called Chehiwate Haliama, a project very close to my heart. Currently, I am part of the Al-Maeda restaurant team at DoubleTree by Hilton Dubai – Jumeirah Beach as Senior Chef de Partie.

How long have you been working at Al Maeda, DoubleTree by Hilton?

I joined the team in January this year and I have had a wonderful 5 months working with them.

What is cooking to you?

Cooking for me is expressing myself through my dishes, it is an activity that comforts me. It reminds me of my childhood and teen years, when I used to spend many hours in the kitchen with my

mom. Food is a very important part of the Arabic culture, we love good food!

How would you describe the Arabian and Levant cuisine?

Arabic and Levant dishes are rich in flavor and ingredients; it satisfies all kinds of palates due to its diversity in dishes. Moroccan's keep the spices subtle and the combinations of flavors rich and interesting. You'll find the tartness of olives, mixed in with the tanginess of preserved lemons, spices like saffron adding flavor to chicken or meat. It brings friends and family together thanks to the set-up of the portions, everything is ready for sharing.

What is the most essential item in your kitchen?

As a Moroccan, I would say a tagine, a large earthenware pot in which Moroccans cook their traditional tagines, as it cooks the meat and makes it juicy and tender.

What are the food highlights for the upcoming month of Ramadan? Anything special on the menu that you usually don't serve?

We are preparing a very rich and varied buffet menu for Iftar to make sure our guests try a different dish every time they eat with us. Some of the dishes we

will be offering that are not part of our regular menu are Dawood Baasha, Dejjaj Mushakan, Machbous meat, Koosha mahashi and I am working on a very special recipes for a fish Tagine. I am sure you will love it!

Can you tell us about these dishes?

Sure, Dawood Baasha is Moroccan meatballs in tomato sauce, usually served with rice vermicelli. While, Dejjaj Mushakan is chicken and onions, seasoned with sumac, then Machbous is chicken marinated in subtle spices served over rice cooked with saffron and rose petals and sprinkled with almonds and raisins, and finally, Koosha Mahashi is marrow stuffed with beef and rice.

Being a Chef what is your favorite dish, and something that you enjoy cooking the most?

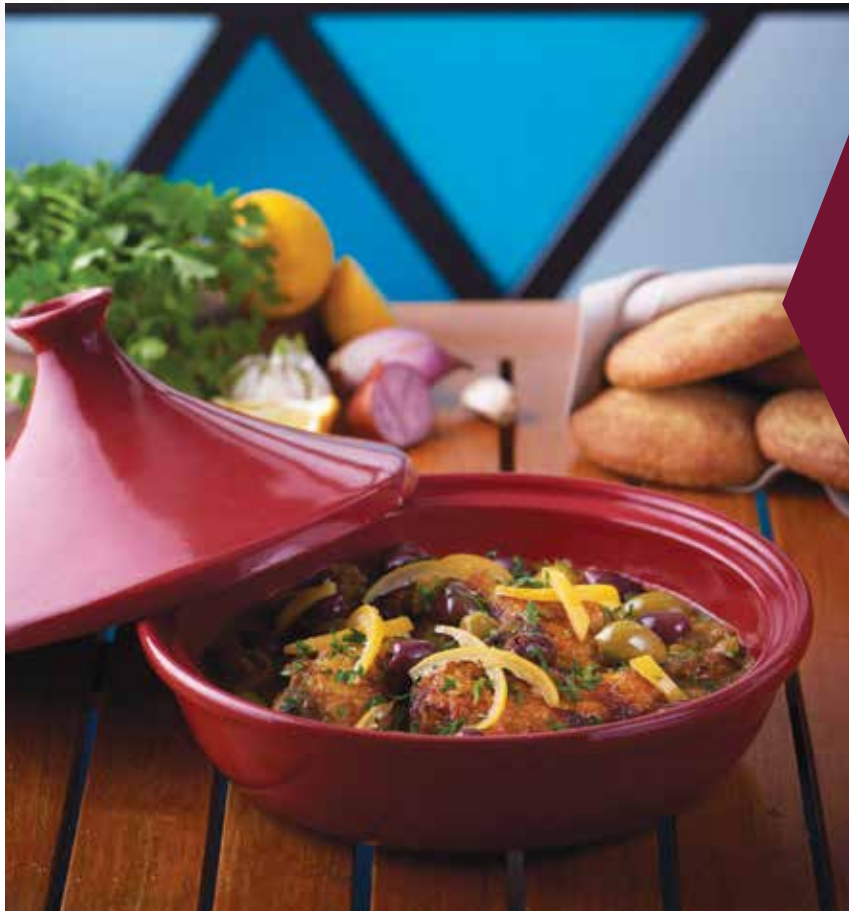
I love Harira Soup, it is my favorite dish. It comforts me, it's a simple dish full of flavor. It has a delicate aroma of saffron and ginger and usually it is reserved for special occasions. Being Moroccan I love cooking our traditional tagines, they make me feel at home and they are full of flavor.

Check out special Ramadan recipes by Chef Halima...



A Traditional Iftar at Al Maeda Restaurant

Al Maeda is offering an extensive Iftar buffet every day during the holy month of Ramadan with a live cooking station, live entertainment, TV screens, board games, and shisha offered on the terrace. Celebrate a traditional iftar inspired by the most popular Levant and North Africa dishes including Traditional Moroccan Tagine, a delicious Lentil Soup and for dessert a sweet Um Ali. The restaurant is also bringing all the footie action this summer by screening all the European League games live on the big screen. Enjoy a special selection of traditional dishes accompanied by food and drink promotions. Priced at 139 AED per person, inclusive of Ramadan drinks, from 7pm to 2am. For more information visit www.doubletree.com or call 04 4533333



Lamb Tagine

No. of Portions: 10 Portions

INGREDIENTS	UNIT	Qty.
Lamb Chank with bone	Kg	3
Onion	Kg	1
Prunes	gr	400
Apricots	gr	300
Figs	gr	300
Almond	gr	500
Olive Oil	gr	100
Butter	gr	100
Salt	gr	30
Ginger	gr	30
Saffron	gr	10

PREPARATION AND SERVICE

Marinate the meat with onion, saffron, ginger powder, salt and pepper.
Cook the lamb over slow heat until the meat becomes tender.
Meanwhile, put the figs, prunes, sugar, cinnamon, cumin, coriander, butter and corn oil in a pot, add some water and let them cook for 10 minutes.
Plate the cooked lamb into a Tagine pot and add the garnish of figs, almond and other ingredients. Add sesame seeds and serve.

Kebab Halabi

No. of Portions: 10 Portions

INGREDIENTS	UNIT	Qty.
Minced Australian Lamb	Kg	2
Parsley	gr	150
Onion	gr	200
Salt	gr	70
Pepper	gr	30
Kish Kash sauce	gr	800
Rowas salad	gr	400
Mixed pickles	gr	500
Pita bread	gr	800
Bay nuts	gr	50
Eggplant	gr	300
Al-Maeda Fries	Kg	1

PREPARATION AND SERVICE

Mix the minced lamb meat with onions, peanuts and seasoning, and shape the meat into small balls. Cut the eggplant into small cubes and season with olive oil, coriander and cumin powder. Once you have the meat and eggplant ready, put them onto skewers in an alternating pattern to prepare them for the grill.
Kish kash sauce must be prepared separately and it should be ready to serve.
Add roasted onion, garlic and tomato with seasoning.
Skin the tomato then cook it in a pot with olive oil, chili paste and tomato paste, seasoning.
Grill the skewers, put hot Kish Kash sauce as a base in a plate with bread and put the grilled skewers on top. Add your favorite salad on the side.



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UNDER THE ENGLISH SUN

A Journey Through The English Countryside by Nick Villanueva,

Your Different Kind of Traveler

Traveling to UK is something I've always wanted to do, and while there, of course, you know, visit pubs, drink afternoon tea, see the Queen--in no particular order. However,

back then, I never seemed to have the time or enough resources but this time round, I finally did it and went recently. The best part about this whole trip is that, my dear friend, Simon Bush, created an itinerary for me so I

didn't have to make any travel arrangements, as I was clueless on the subject of where to go. So, armed with Simon's itinerary, all I needed to do was hop on a plane and show up at Heathrow airport.



London, as some of my British friends would say, is mostly gray and cold. And I love it! One thing I don't normally practice when I travel is doing the touristy stuff like most people would, because I've always thought I am not like most people. However, on this trip, I did just that, in London-- all in one day--Buckingham Palace, Trafalgar Square, 10 Downing street, Westminster Abbey, Big Ben, London Eye, Harrod's, Bond Street, Oxford Street, Piccadilly Circus, London Bridge, Tower Bridge and pubs, of course. I love the city life, yet I find touring the countryside a lot more interesting with scenic

views and fascinating lifestyles, for

such an experience I travelled

by train to Oxenholme

and stayed at this

self-catering cottage

called A Corner

of Eden (www.acornerofeden.co.uk), in

Ravenstonedale,

Cumbria. A

hundred year

old farmhouse converted into a cottage by its current owner. This self-catering concept is very popular among the Brits and tourists here in the UK. From Kirkby Stephen (from Carlisle) I caught a train going to Settle, intriguingly not a commercial line but a designated tourist route, which will take you along the most scenic route you can ever see from a train ride. The English countryside is full of spectacular sights-- the flat brown landscape areas, green slopes and mountains, not to mention countless cattle and sheep. I think I've seen enough sheep to count during sleepless nights, to last me a lifetime.

Driving north on M6 was literally a breeze until reaching Edinburgh, a city of contrasts, a Georgian new town with an old-world medieval feel. My stay in Edinburgh was only for a couple of days, so I decided to do another touristy thing and saw the Royal Yacht Britannia; a decommissioned royal yacht of her Majesty the Queen Elizabeth II, from 1954 to 1997. And while in Edinburgh, of course, I had to try the traditional haggis, tatties and neeps, the best one I've had at a place called The Witchery by the Castle (www.thewitchery.com), a quirky boutique hotel with a lavish,

Gothic dining room.

We drove further north to Ullapool through Inverness, to reach the Scottish Highlands.

On the way up, I literally experienced all kinds of weather--sun, rain, snow--while inside the car. Oh, I saw Loch Ness, and it wasn't scary at all, because there was no real monster. We stayed at this quiet B&B called Ceilidh Place (www.theceilidhplace.com) in the small town of Ullapool (surprisingly in the surrounding areas of Wester Ross - does that place sound familiar?), where I had the most wonderful seafood meals and the best selection of single malt whiskies originating from the islands, lowlands and highlands. And I was lucky to see The Dalmore distillery in Alness at some point. Let me tell you, I had never seen snow before, until one night when I was standing outside the B&B in freezing cold weather (about -1 degree Celcius), and those white things started descending from the sky. At first it was rain and snow (sleet as they call it), then suddenly there were hailstones. It didn't bother me at all, I was actually quite happy to be there in the middle of it because at that



moment, I felt like a little kid again.

There is one beautiful remote spot which I will never forget in Scottish Highlands called Achiltibuie, where the gorgeous snow-capped mountains meet the beach waters leading to the Summer Isles. It is also in these nearby islands where the Harris Tweed comes from, the cloth made from pure virgin wool, hand-woven, dyed and spun by the islanders of the Outer Hebrides in Scotland. Only then can it be called genuine Harris Tweed. My friend said it is world-renowned and one of a kind, so I got myself a scarf, apparently a very expensive Harris Tweed scarf.

On the way back to London, we took the Caledonian Sleeper from Inverness to London St. Pancras station. I have to say, I had not tried a sleeper train before, and this one was almost very pleasant. After arriving in London, there was no time to waste as we had to take the Great Western Railway from Paddington station to Penzance en route to Cornwall, the Western most tip of the Southwest British peninsula. From the train station, we drove a few miles to get to this B&B/pub called Gurnard's Head (www.gurnardshead.co.uk), and some of the best meals I've had during this trip came out from

this kitchen. Speaking of food again, while in Cornwall, you have to pay a visit to Rick Stein's Seafood restaurant in Padstow and Jamie Oliver's Fifteen Cornwall by the beach. Both served simple and very good food. And I

was very happy.

I thought I had already taken a lot of trains during this entire trip, but I had to take one last sleeper train back to London, before heading back to reality. My final full day in London was spent doing things most quintessentially English. I had the most amazing afternoon tea at The Goring (www.thegoring.com) in Belgravia, with traditional tea, perfect sandwiches, and delectable scones with a dollop of jam and yes, lots of clotted cream. On a full stomach, we headed to Victoria Palace Theater to see Billy Elliot, the musical. It was a very good production, a testament to British talent. We ended the night with some pints and a whisky or two at a pub nearby. I sipped my last drink and I know I will miss this. I'd saved the best for last indeed.



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Resort *2017*

*Check out the exclusive photos of the Resorts
2017 collections from top fashion designers of
the world.*

CHANEL

Oscar de la Renta

BOTTEGA VENETA

SONIA

BY SONIA RYKIEL

CHANEL

Resort 2017

Karl Lagerfeld turned the fashion world's attention to Cuba, the inspiration and setting for Chanel's Resort '17 collection. The runway was presented at the Paseo del Prado, Havana's main roadway and a lasting symbol of the ties between France and Cuba. There were a host of long and frothy dresses with full skirts, gleaming cha-cha

numbers, an abundance of great knits and lots of crafty touches, including fringing and loose, macramé weaves. Accessories included straw Panamas and sparkly black berets, which could be seen as a wink to the French capital or Che Guevara, a major figure of the Cuban Revolution in the Fifties.

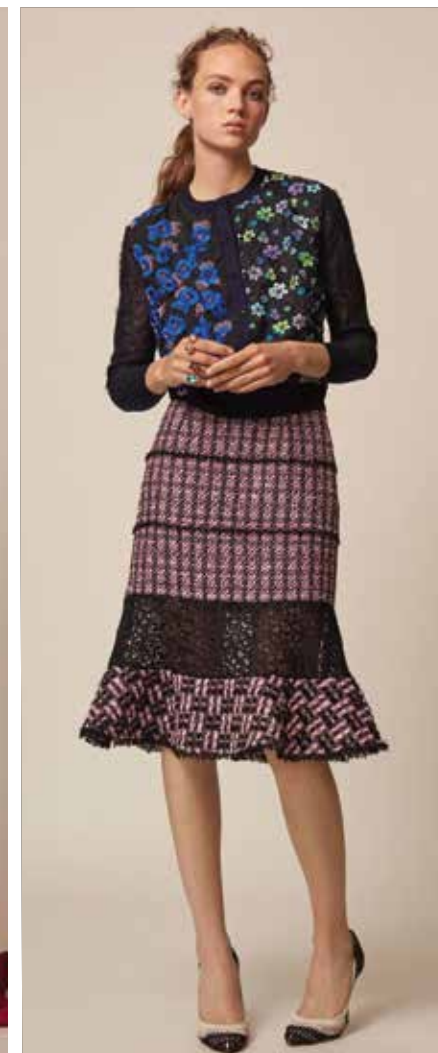


Oscar de la Renta

Resort 2017

For Oscar de la Renta's resort 2017 collection, Peter Copping created a ladylike outing with a diverse range of looks inspired by the house's archives. A major theme of this season is florals with delicate appliqués, retro style prints and luxe brocades. The color palette is rich and

varied with a mix of turquoise blue, emerald green, deep red and black. From cocktail hour fit and flared skirts to cardigan and pencil skirt combinations, and finally embroidered gowns embellished with sequins and lace, there is a look for almost any occasion.



BOTTEGA VENETA

Resort 2017

Tomas Maier is first one out with his Resort collection for Bottega Veneta. Bright color is key for Maier: There was the snappy green for a skirt suit worn with a matching cashmere shirt; a drapey velvet

dévoré dress in a gorgeous, almost electric shade of purple; and a lush shearling robe coat in carnation pink striped with black. Mixing unexpected hues is also one of his principle convictions, so a lightweight,

shiny lambskin coat in a red-brown he called Calvados was shown with a skirt in Brighton blue and a citrine-yellow silk blouse, a fearless combination that totally worked.



SONIA

BY SONIA RYKIEL

Resort 2017

The Sonia by Sonia Rykiel Resort lineup emphasizes a decidedly 21st-century stripe of eclecticism, underscored by the choice to reprise emerging Ukrainian pop duo, The Bloom Twins as the lookbook stars. This season had more of a globe-trotting spirit, the stylistic mishmash of two cities, Seoul and Los Angeles.

Artistic director, Julie de Libran and her team proposed crayon-color patch-worked velour pullovers, glittering Lurex knits, splashy script “Sonia” prints, dark wash denims, and cheeky layering combos, a mélange of house signatures and thoroughly modern touches.



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

Jaeger-LeCoultre Rendez-Vous Moon watch

The captivating pink-gold Rendez-Vous Moon watch is an ode to the celestial body framed by a precious, shimmering exterior. Fire mingles with light in the pink-gold case, along with the purple-red aventurine dial representing the constellations of the Northern Hemisphere. Both the watch face and the exterior are embellished with the brilliance of diamonds. A majestic mother-of-pearl moon progresses slowly amidst the heavenly vault. It reflects the gentle brilliance of the upper part of the dial, adorned with the same material and serving as a backdrop to elegant applique numerals. At the tip of a hand, a mysterious star indicates the time of a future rendezvous.



Movado Sapphire™

A premier Movado design, Sapphire achieves its streamlined appearance through a flat sapphire crystal that flows to the edge of the round, bezel-free case, creating a smooth, seamless surface. Elegantly monochromatic with an outer ring of matching metallization coloring the inner surface of the crystal, these timepieces introduce a new jewelry-inspired bracelet composed of a single row of fluidly faceted links. Both the tops of the links and the concave surfaces of their crescent shaped facets are polished to illuminate the clean, sculptural lines. A push-button deployment clasp secures the bracelet seamlessly to the wrist.



CITIZEN L Ambiluna

The new style of luxury watch, "Ambiluna" by CITIZEN, merges craftsmanship with timelessness and simple elegance with modern design. CITIZEN L challenges the conventional notion of a watch and proposes a new style and definition of a luxury watch that cares for the environment, people, and culture. The CITIZEN L Ambiluna collection was inspired by an architect Sou Fujimoto, and the brand is supervised by a fashion journalist Yoshiko Ikoma to reinforce the message of CITIZEN L. This new luxury watch collection embraces the concepts of sustainability and craftsmanship — revering and sharing traditional skills and techniques with a new generation of powerful women.



SAINT HONORE Charisma

The latest timepiece by SAINT HONORE – Charisma – enchants and intrigues in equal measure. With this new creation, SAINT HONORE affirms its taste for pure, pared-down designs, contriving two arching forms that embrace the contours of the round 35 mm case, thus connecting it to its strap or bracelet with the utmost finesse. Almost ethereal in quality, the clasps go one step further in accentuating the case's delicate, feminine curves.



Roger Dubuis Blossom Velvet

Roger Dubuis turns the spotlight on women, proudly proclaiming 2016 the Year of the Velvet Diva. Blossom Velvet Pink and Blossom Velvet Blue are multi-petal expressions of ageless sensuality, while three one-of-a-kind and even more elaborate interpretations – assembled as an exquisite set nestling in a superbly crafted marquetry-worked box – compose a dainty 'trilogy bouquet', reserved exclusively for Roger Dubuis boutiques.



Tissot Bella Ora

The Italian name of the Tissot Bella Ora, which means beautiful watch, is inspired by Italy and the name it has made for itself in the world of fashion. This watch fits into that world as naturally as the hands turn clockwise on the dial. This watch is the perfect accessory to complement any outfit, dressed up or down. It has a natural elegance thanks to the pure simplicity of the dial. The smart second counter at 6 o'clock and index either a mother-of-pearl inlay or the Roman numeral at twelve o'clock add to its sophistication.



Chaumet

For more than 230 years, Chaumet's excellence in High Jewelry has been bequeathed from one master jeweler to another. Bejeweled with diamonds and precious stones, carefully selected for their exceptional purity and sparkle, the jewels are brought to life by the Chaumet jewelers, stone setters, polishers and engravers. Chaumet puts happiness at the heart of its creations, celebrating tender feelings, love and passion. For the holy month of Ramadan, Chaumet selects majestic jewelry pieces that reflect true love and devotion.



Graff Diamonds exclusive preview in Abu Dhabi

Graff Diamonds, in partnership with Al Manara International Jewellery, unveiled an exclusive collection of jewelry and watches for men and ladies. The exclusive preview of these pieces was on display at the Graff boutique at the Galleria, Al Maryah Island. Hugues Jucker, International Sales Director for Graff, attended the VIP event and highlighted the rarity and uniqueness of the exceptional jewelry collection. He stated, "Abu Dhabi is known for being a preeminent luxury destination and we are glad to be collaborating with Al Manara International Jewellery to showcase one of the most alluring collections from Graff". Graff Diamonds is renowned for the beauty and elegance of its jewelry designs, these elements were exemplified by the diamond Scroll motif necklace, featuring 112.79 carats of the finest white diamonds and the finest craftsmanship.

Hechizo by Magerit

The classic beauty of the famed Russian fairy tale, "Swan Lake" is the common thread giving life to a collection marked by elegance and good taste. Delicate, soft and sinuous shapes, enriched with strong volume, textures and color contrasts are the main features of Hechizo by Magerit: Reminiscent of Passion in the form of artistic jewelry. Odile and Odette appear as the main protagonists in this collection, highlighting the stark contrast between innocence and daring. The collection can be viewed at select Damas stores.



Mouawad Bridal Collection

Especially designed for unique brides, Mouawad's Bridal collection offers a variety of styles and cuts that encapsulate the traditional elegance of diamond wedding jewelry within variations of contemporary engagement rings, wedding bands, solitaire pendants, earrings and tennis bracelets. A collection designed to appeal to every modern couple, with pieces ranging from traditional to contemporary, each made with the unmistakable Mouawad touch.

Damas Classics Collection

Damas Classics collection is created using the rare and unique Forevermark diamonds. The launch of this collection marks the longstanding partnership of Damas and Forevermark. The stunning collection, designed and handcrafted by Damas and composed of Forevermark diamonds is set in 18 carat white gold.



Charriol Celtic Bi Mono Colors

CHARRIOL's heritage is inspired by the Celts, a strong race whose iron aesthetic informs six new 'torque' bracelets in the CELTIC® collection. The new bangles encompass finely woven signature cables finished with a semi-precious stone, or a matching steel or colored end-piece. It's effortless style to be worn by brave modern men and women everywhere.

SERAFINO CONSOLI to expand in Middle East

Renowned Italian fine jewellers, Serafino Consoli, noted for their exceptionally innovative and unique ornamental creations, are expanding as they seek to develop their sales footprint in the Middle East. The fine jewelry maison, which has created a sensation in the haute joaillerie world with their supremely inventive multi-size rings, bracelets and pendants, are exploring the opportunity of working with suitable partners in the Middle East to bring their unique line of jewelry to the region. The brand is popular in the USA and Europe and known for its penchant for luxury and products of exceptional quality.



DE'LONGHI



In a cookout session held at the Lafayette Gourmet Dubai Mall, De'Longhi divulged the benefits of healthy cooking through the De'Longhi Multifry Multicooker. Easy to use and technically hassle free, the Multifry Multicooker is probably the best answer to all our unhealthy eating woes.



GREEN-KEEPER Lush Greens in the UAE

Green-Keeper Middle East, a division of FM Solution, dedicated to providing eco-friendly lawn treatments, has officially launched a 100% natural lawn color solution to keep the rich green color of the grass. The product that the company uses is made in the United States of America. It is non-toxic, biodegradable and perfectly safe for children, pets and also the environment. Managing Director of The FM Solution, Silvia Contri, said

"We are very excited to introduce our service in the region. We understand that maintaining a green vibrant color of the grass in lawns is a difficult task, this is why we have come up with a way to cater to this concern with an all natural solution that represents good value for money and at the same time is environment-friendly." The solution is sprayed onto the areas that need the treatment and it works with burnt, dormant, dead or even discolored grass.



REDUSTIM INNOVATIVE TECHNOLOGY

Referring to rising obesity levels among Gulf populations, CosmoSoft Group from France held an educational event on 'Abdominal Obesity - the risk factors' to build awareness on its ReduStim medical device solution, a widely applied innovation in eliminating excess abdominal fat. ReduStim calls for improved awareness among doctors, nutritionists and the public on how fat deposits - especially visceral fat - can impair organ function and lead to various lifestyle diseases. "The fat deposits are a curse for the entire population. They obey a complex phenomenon and are steadily increasing in all industrialized countries." Said Dr Philippe Blanchemaison, specialist in Angiology and Vascular Medicine and lecturer at the Faculty of Medicine, University of Paris V. A painless technique employed globally and published in recognized medical journals, ReduStim delivers significant lasting results, has no metabolic constraints and respects the natural biological processes of the human body.



BINSINA PHARMACY Summer Promotion



BinSina Pharmacy, one of the leading pharmacies in the UAE, adds value to customers purchase with a special Summer Promotion aimed at rewarding their loyalty. Customers who spend AED 679 on beauty products, personal care products and supplements will get a free trendy straw beach bag finished in gold and beige. The promotion is being held across all BinSina stores in the UAE from 15th May till end of June 2016.

"Summer is a time when our customers look out for skincare products to combat the harsh weather outside. At the same time they spend their time outdoors on beaches during the evenings. We are very committed to the environment which is why we decided to give a gift that will not impact our planet in any way and at the same time is fashionable and useful." commented Mrs. Saleema Shurrab, General Manager of BinSina Pharmacy Group in the UAE.

ELEVATION BURGER

Live Cooking Event

Elevation Burger, the largest organic burger chain in the world, with several outlets now open across the UAE, held a live cooking event at its Jumeirah Beach Road restaurant, to highlight its commitment to exclusively using Fresh and USDA-Certified Organic produce, in a fast casual dining environment. The live cooking event was aimed at raising awareness, that a burger chain can both champion and provide healthy eating options. "Elevation Burger's beef comes from 100 per cent grass-fed cattle, meaning our great tasting meals have less fat and less calories than grain-fed alternatives. None of our ingredients contain produce that has been subject to procedures involving chemicals, pesticides, growth hormones or antibiotics – all of which can have a knock-on effect for the consumer's health," said Elevation Burger's Brand Ambassador, Taylor Avritt. Elevation Burger also drew attention to its latest



community initiative, "Live Healthy, Stay Fit", in collaboration with the Dubai Sports Council, this community outreach initiative is intended to promote and educate people

on the benefits of including healthy produce in their diet accompanied with sport activities, which leads to healthier and happier lifestyles.

DUBAI DUTY FREE DONATES DHS 3 MILLION to Support Ramadan "Reading Nation" Campaign

As part of the operation's on-going Corporate Social Responsibility, Dubai Duty Free has donated Dhs3 million towards the Ramadan "Reading Nation" Campaign, launched by H.H. Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai. The Ramadan campaign is aimed at providing five million

books for children in refugee camps and students in under-privileged schools across the world. Colm McLoughlin, Executive Vice Chairman and Chief Executive Officer of Dubai Duty Free said: "This first-of-its-kind Ramadan campaign complements the previous initiatives launched by His Highness over the past years and conveys a message of benevolence and peace from

the UAE to the world during the Holy Month of Ramadan. We are honoured to partner with this campaign in line with our commitment to social responsibility principles that contribute to the UAE's goal of extending a helping hand to those less fortunate - no matter where they live and who they may be."



THE 2016 HONDA ACCORD COUPE

Available across all Honda showrooms in GCC, the ninth generation Honda Accord Coupe is the first in the region to boast of the Advanced Safety Technology, namely 'Honda Sensing™'. This advanced safety feature has evolved e-drive assist technologies to provide utmost safety and security to all passengers. Accord Coupe features a brand new shape which primarily focusses on agility and sportiness. The Accord Coupe has also, received the highest available crash safety ratings and a 5 –Star Overall Vehicle Score from NHTSA and a similar rating of TOP SAFETY PICK+ from the IIHS (when equipped with CMBSTM) in the United States of



America. The 2016 Accord Coupe comes in three grades for this region with the introduction of the new 3.5L V6 with

Honda Sensing™, and the other grades are, namely the 2.4L EX and the 3.5L V6 grades.

MAXZ

The Good Food Shop



'Maxz The Good Food Shop'; the online retail arm of Indoguna Dubai, the trailblazer in the food industry, has recently been launched in the UAE. Indoguna Dubai has a legacy of 11 years in the country, and its online store will feature a variety of top-quality food products from all over the world that are coveted by Chefs across the region. 'Maxz The Good Food Shop' will feature their house brands – Carne Meats, Masterpiece and Ocean Gems, along with a variety of other ingredients that are not easily available in supermarkets, all carefully selected with healthy, wholesome, ethical and affordability in mind. 'Maxz The Good Food Shop stands for healthy and affordable quality products, but more importantly we want to give people the freedom to experiment with mouth-watering ingredients from all over the world. Through the online store we not only want to introduce new products but also want to create a community that is open to discussing unconventional ingredients, recipes and tips" said Helene Raudaschl, Chairman, Maxz The Good Food Shop.

AMERICAN HOSPITAL DUBAI *Joins Mayo Clinic Care Network*



In a press conference held at the American Hospital Dubai, American Hospital announced that it has joined the Mayo Clinic Care Network, a network of health care providers committed to better serving patients and their families through collaboration. American Hospital Dubai

is the first health care organization in the Middle East to join the network. The formal agreement gives the organization access to the latest Mayo Clinic knowledge and promotes collaboration among physicians to benefit patients. Through these shared resources, more patients can

get answers to complex medical questions – and peace of mind – while staying close to home. “We are very proud to be the first hospital in the Middle East to be selected to join the prestigious Mayo Clinic Care Network,” says Peter Makowski, CEO of American Hospital Dubai. “We look forward to building on the high standards of care we have in place and enhancing quality even more. As one of the pioneers of private health care, we are determined to push the bar even higher in the Middle East when it comes to patient-centric care – a commitment we share with Mayo Clinic.” Commenting on the new collaboration David Hayes, M.D. medical director, Mayo Clinic Care Network said, “We are pleased to welcome American Hospital Dubai to the Mayo Clinic Care Network, as we have worked together toward this day, it is clear that high-quality, patient-centered care is fundamental to the mission of both our organizations. We look forward to collaborating in ways that enhance that care.”

MORGAN TAYLOR *Launches in the Middle East*

Morgan Taylor®, the new standard in Professional Nail Lacquer, developed by Danny Haile and David Daniel recently launched its fabulous nail lacquer range at Beautyworld Middle East 2016. David Daniel, Co-Founder of Morgan Taylor said: “We are thrilled to be in the chic and cosmopolitan city of Dubai which shares the fresh and vibrant energy of the Morgan Taylor brand. We are happy to see that there a lot of beauty enthusiasts at this year’s Beautyworld Middle East exhibition which is the perfect platform for us to showcase our Morgan Taylor product range that includes super saturated, highly pigmented shades, as well as Gelish® Soak-Off Gel Polish which applies like polish and cures in a LED lamp in 30 seconds, stays on nails for up to 3 weeks with no chipping.”



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your design,
the way you
want!

UDINE
Jewellery

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The Dubai Mall - First Floor, Near Dubai Ice Rink

 KOCCA UAE

 KOCCA UAE

KOCCA