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KEIRA KNIGHTLEY

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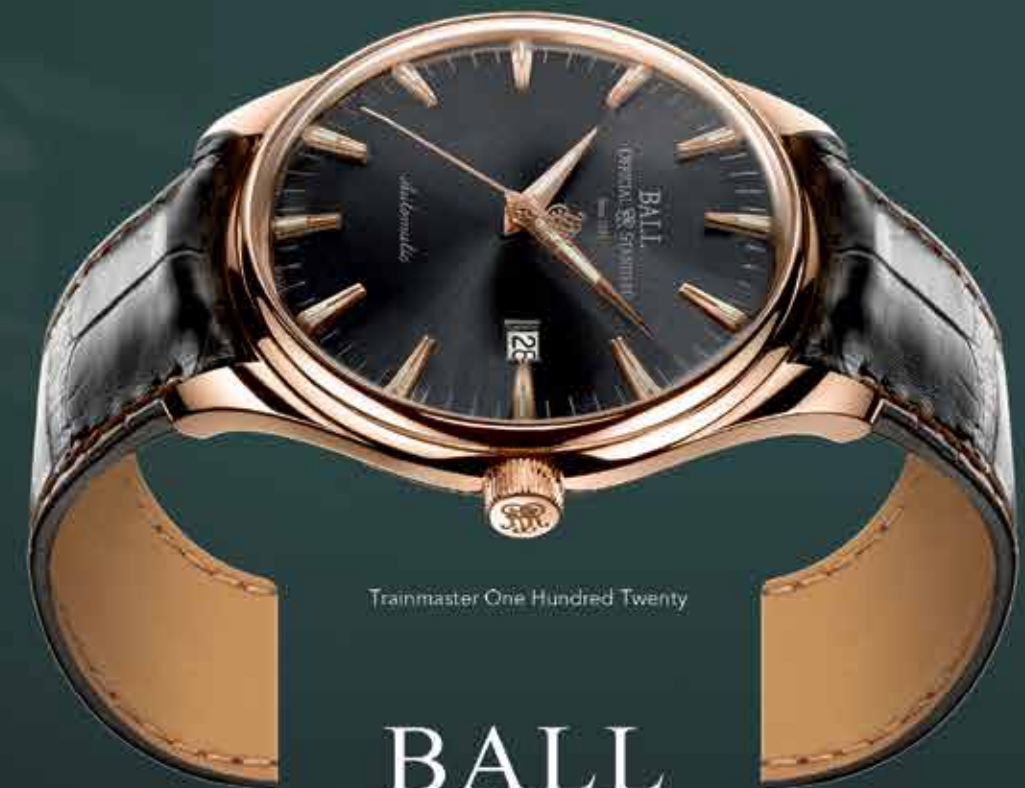




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First Avenue

EDITOR'S NOTE

*There's a time in each year
That we always hold dear,
Good old summer time;
With the birds and the trees
And sweet-scented breezes,
Good old summer time.
When your day's work is over
Then you are in clover,
And life is one beautiful rhyme,
No trouble annoying
Each one is enjoying,
The good old summer time.
You hold her hand and she
holds yours,
And that's a very good sign
That she's your tootsie wootsie
In the good old summer time.*

-Ren Shields

Lamiya Sami

There's just such a wild rush in the air! It's almost like a prelude to something more exhilarating to come... With the holy month of Ramadan upon us, Dubai has just begun gearing up for the abundance of indulgences that are in store for us... So we bring you the ultimate scoop on what's happening in Dubai, where it's happening and what made headlines!

Starting with our cover girl, this month **Kiera Knightly** the pixy like starlet, has her feet well planted in the glittery world of cinema and is now focusing more on her current state of motherhood! We talked to Kiera about her recent cinematic ventures, her love for period dramas, her future plans and simply motherhood...

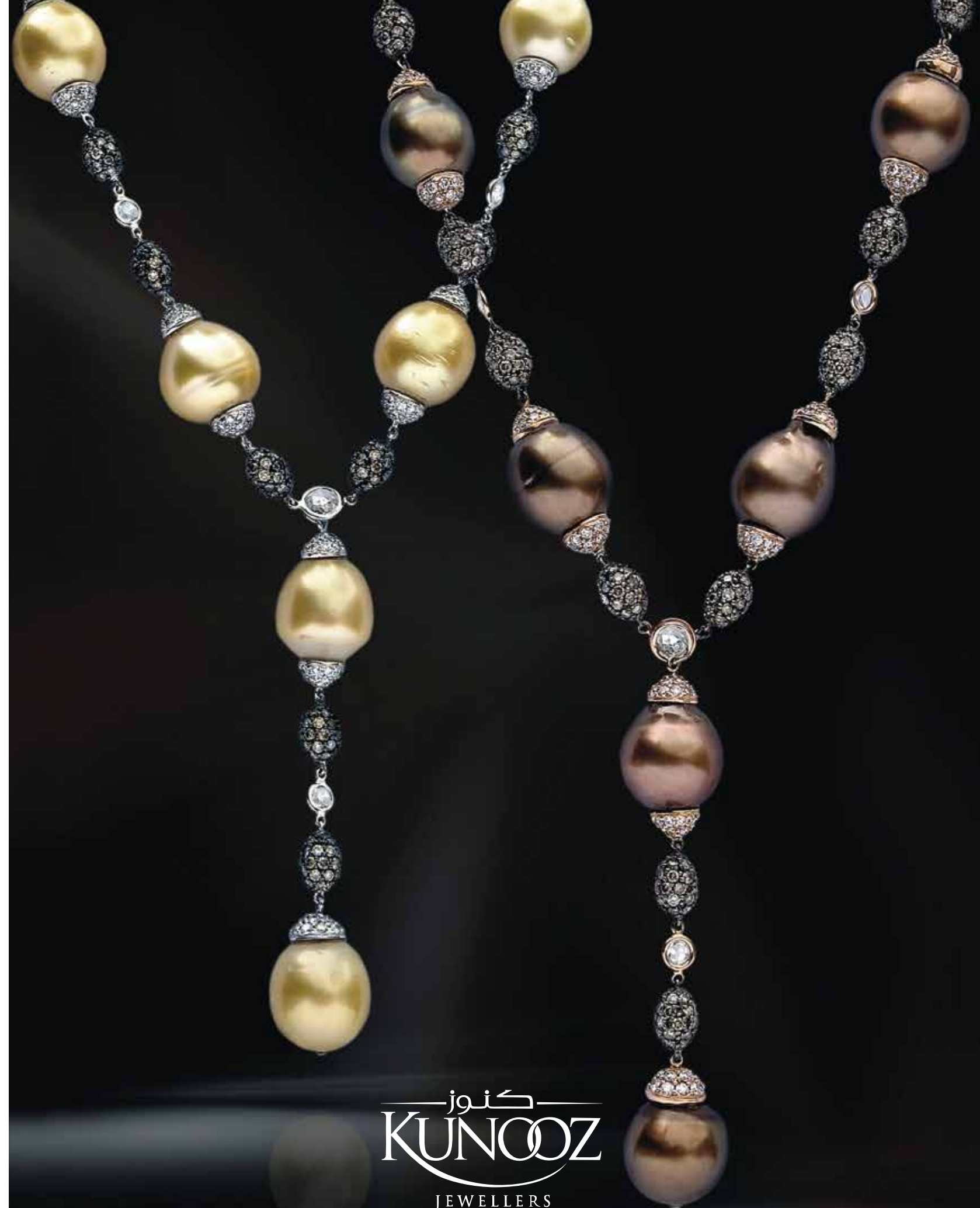
Since it is the month of sharing and giving, our section **I ♥ Dubai**, is loaded with offerings and ideas perfect for sharing affable family moments, or to reconnect with friends, ultimate getaways, fests and simple ideas for gifting... It couldn't get much better than this!!! And if you intend to make your moments special at home, check out our **fine dining** sections for some healthy yet gourmet recipes to set the perfect Iftar table... The change in weather always brings unwanted health concerns, so to fight the summer blues, don't forget to read our advice column on allergies, hypertension and the importance of breakfast... And for the health of your skin, do check out our feature "**Revitalizing Skin during Ramadan**" to stay hydrated while fasting or just to ward off the elements affecting our skin because of the heat...

This month also witnessed the biggest beauty show in the region, the **Beautyworld Middle East**, unraveling innumerable beauty products and brands. Check out our feature for this month to get an insight on the various and most interesting products the trade show had to offer. And if that wasn't enough, check out our guide to the coolest **beauty products** of the season for the devout shopaholic in you...

This month we also got to talk to some of the most interesting ladies on the entrepreneurial front. **Paola Spreafico** Advertising and Communication Director for the Max Mara Fashion Group, **Claude Gerin** the Eastern Europe's Export Area Manager for LPG & **Hiba Kosta** restaurateur & entrepreneur. The ladies exuded the charisma, the passion and professional acumen in their areas of expertise. Check out our face to face section for more on the cozy tete a tete with the strong ladies of our times...

With all this and a whole lot more, events, fashion updates, jewelry collection, home décor; as always this issue promises to give the best in contemporary living and modern lifestyle.

From the whole team of First Avenue Magazine we wish you **Ramadan Kareem** and a very **happy Eid**...



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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 premieres.

Jennifer Lopez

at the Tony Awards 2015

Jennifer Lopez rocked in a gorgeous dress with shooting stars, on the red carpet at the 2015 Tony Awards, Radio City Music Hall in New York City. The 45-year-old actress and singer wore a Valentino Couture dress, Harry Winston jewels, Christian Louboutin shoes, and a Jimmy Choo clutch.



Sandra Bullock

at the 'Minions' London Premiere

Sandra Bullock looked super chic while walking down the red carpet at the world premiere of her upcoming animated film Minions in London, England. The 50-year-old actress looked flawless wearing a Stella McCartney dress, Saint Laurent shoes, and Jack Vartanian jewels.





Karolina Kurkova

at Met Gala 2015

Karolina Kurkova showed off her legs in a short red dress at the 2015 Met Gala held at the Metropolitan Museum of Art in New York City. The 31-year-old supermodel wore a Tommy Hilfiger piece at the star-studded gala.



Amanda Seyfried

at the Tony Awards Carpet

Amanda Seyfried made her red carpet entrance at the 2015 Tony Awards held at the Radio City Music Hall in New York City. Amanda wore an Oscar de la Renta dress, Christian Louboutin shoes, and Tiffany & Co. jewels.



Ashley Greene

at the Tony Awards 2015

Ashley Greene looked chic on the red carpet at the 2015 Tony Awards in New York City. The 28-year-old actress was joined at the event by Darren Criss, who is currently starring on Broadway in Hedwig & the Angry Inch. Ashley wore a Jason Wu dress.



Bryce Dallas Howard

at Jurassic World premiere

Bryce Dallas Howard looked sexy while attending the premiere of her new film Jurassic World held at the Dolby Theatre in Hollywood. Bryce wore a Pucci dress, Saint Laurent shoes, Jennifer Meyer jewelry, Anita Ko ear cuff, and Eddera leaf ring.



Carrie Underwood

at CMT Music Awards 2015

Red Carpet

Carrie Underwood shows off her post-baby body while attending the 2015 CMT Music Awards held at the Bridgestone Arena in Nashville, Tenn. Carrie wore a Thomas Wylde dress, Jimmy Choo shoes, a Deepa Gurnani clutch, and Kimberly McDonald jewelry for the event.



Rumer Willis

at CMT Music Awards 2015

Red Carpet

Rumer Willis looked sexy in a white dress while attending the 2015 CMT Music Awards held at the Bridgestone Arena in Nashville, Tenn. Rumer wore a House of CB dress, Stuart Weitzman shoes, a Salvatore Ferragamo clutch, and Doves jewels.

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...



Aranaz Collection Handmade Beach Bags and Clutches

Aranaz, an international fashion accessories label that celebrates tropical luxury lifestyles, has debuted with its classic collection of handmade, carefully crafted beach bags and clutches. Designed and created in the Philippines and sold worldwide, each bag is crafted using locally sourced products and specialized techniques such as woven sea grass, wood engravings and mother of pearl inlay. The intricate and eye-catching designs make Aranaz bags a favorite among royals, celebrities and the jet-set.



IsaDora Nude Essentials

For a perfectly natural look the Nude Essentials collection by IsaDora, consists of the Nude Sensation Fluid Foundation, the new Eye Color Bar, Fine Liner Eye Stylo, the Perfect Moisture Lipstick, the Perfect Powder Rouge, Twist-Up Matt Lips, and the Eye Shadow Crease Brush.

Chopard Happy Spirit Amira d'Amour

Happy Spirit Amira d'Amour, Chopard's new eau de parfum, is a celebration of everlasting love. This rich and sophisticated scent was conceived as a distillation of emotions, an intense concentrate of passion. A luminous ode to romance, it weaves a spell of tenderness and desire.



Kurt Geiger sandals

Celebrate summers by slipping into chic and comfy Kurt Geiger sandals that urge you to get into an outdoorsy mood. From spending some downtime at an al fresco café, going on an afternoon stroll by the beach or shopping in the city's various retail therapy joints, you'll find a lot of things to do in these.

Guerlain Orchidee Imperiale White Serum

Guerlain's new age-defying, brightening serum and the UV beauty protector with SPF 50; Orchidee Imperiale White Serum offers more than exceptional age-defying performance and innovative brightening technology. For the first time, Guerlain provides a solution for comprehensive action on melanin and non-melanin pigmentation disorders, to gain incredibly soft skin.



La Prairie Anti-Aging Rapid Response Booster

Experience a new level of timeless beauty with La Prairie Anti-Aging Rapid Response Booster. In just two weeks it delivers next generation ingredients to the cells responsible for the production of collagen and elastin – from day one. Over the course of two weeks, the appearance of wrinkles and long lines seem to erase, showing dramatic visible improvement on the skin.





Reebok In-Studio Fitness Shoe

Reebok's new fitness shoe Cardio Ultra, is the first shoe designed specifically for all in-studio workouts. To meet the multidirectional, high impact and quick-motion moves of a workout, the shoe is designed with unique, TRI-LAYER FOAM which provides ultimate forefront cushioning to absorb impact and the shoe also features ADAPTAMOVE technology to perfectly support multidirectional movements.



MAKE UP FOR EVER's NEW PRO BRONZE FUSION

It's that time of the year, to show up with a gorgeously tanned skin at any occasion. It's what women want and can now get regardless of the season. Breaking the tradition, MAKE UP FOR EVER revolutionized its bronzing powder with PRO Bronze Fusion for a luminous and naturally tanned complexion. Developed with a breakthrough formula, the NEW PRO Bronze Fusion is a waterproof and sweatproof gel-compact bronzer that delivers a natural sun-kissed effect in just minutes. Its light compact texture melts instantly into the skin giving a silky smooth effect with no powdery finish. Also, specifically developed for the application of PRO Bronze Fusion, the PRO Bronze Fusion Kabuki brush allows for an ultra-natural makeup result without leaving streaks.

Color Riche La Palette Nude

Nothing spells understated glamour and subtle sophistication more than a flawless nude look on eyes. L'Oréal Paris presents the gorgeous new Color Riche La Palette Nude, a timeless yet modern eye shadow selection created by the brand's make-up designers to help women master the art of nude make-up.



Frog Prince from Lipstick Queen

The astonishing new emerald green lipstick, Frog Prince by Lipstick Queen, is not all it appears to be! As soon as it touches the lips, the sheer green pigments suddenly transform into a magical and flattering rosebud shade. With its semi-sheer, glossy finish and petal-soft texture enriched with Shea Butter and Vitamin E, the Frog Prince enchanting shade has been made to last. The lips remain blissfully pink all day long from just one lingering, magical Frog Prince' kiss.



Kiehl's Dermatologist Solutions™ Precision Lifting & Pore-Tightening Concentrate

Sagging skin and large pores are skincare issues affecting women around the world. Kiehl's chemists developed a formula that goes beyond lifting to offer visible anti-aging, pore-tightening benefits – with the new Dermatologist Solutions™ Precision Lifting & Pore-Tightening Concentrate. Featuring the power of highly refined Micro-Filtered Yeast Extract plus Geranium Essential Oil, this clinically demonstrated formula significantly improves the look of facial skin's overall "bounce-back" quality and definition, while visibly reducing the size and appearance of enlarged pores.



Trinity de Cartier eyewear

Rose blush enlivens the pastel finery of Trinity de Cartier sunglasses, knotted with three rings. The mythical aura of a touch of light, in the form of jewelry, brightens these powdery sunglasses, making them fresh and chic. Discreetly feminine, they gently mark spring with minimalist, luxurious elegance. Minimalist, for the lightness of the pure and graceful composite mount. Luxurious, for the precious delicacy of the metal temples with a palladium finish and subtly graded lenses. The two substances, composite and metal are exceptional materials for sunglasses dressed as jewelry.



Couleurs by QNET

A one-stop beauty solution for any woman looking for that burst of personality from her makeup experience, Couleurs by QNET make up beauty allows you to transform your makeup routine with a cool new class of fresh products. Drape your lips with the range of 12 colors from Couleurs lipsticks that will make you look good and feel great or check out the six pre-harmonized color palettes to make your eyes look their brightest or simply complement your skin tone with Couleurs powder that also reduces the appearance of creases and lines.



Eminence Citrus & Kale Potent C+E Collection

Experience an antioxidant infusion for the skin as Vitamins C+E unite for supreme protection against free radicals, unparalleled healing ability and collagen boosting power. The fast-absorbing, advanced anti-aging serum; Eminence Citrus & Kale Potent C+E Collection with 16%* naturally fortified Vitamin C as well as a potent and refreshing cream-gel masque trains the skin to absorb Vitamin C more effectively, enhancing results over time. A cocktail of citrus, rhubarb extract, leafy greens and avocado oil forms, helps reduce the appearance of sun damage, fine lines and wrinkles. It is available at luxury spas and salons nationwide.

Roberto Cavalli

The Roberto Cavalli perfume belongs to the ambery floral family. It is an exuberant and sunny fragrance whose top notes, lit by pink peppers, exude a genuine strength of character. Vibrant and sensual, it exhilarates and mesmerizes from the very first contact. The artistic line of the Roberto Cavalli perfume bottle recalls the voluptuous curves of a sensual woman.



Parah's Spring Summer 2015 Bags & Beachwear Accessories

An effervescent mix of fruity hues captures the rhythm of the seasons in Parah's Spring Summer Bags & Beachwear Accessories. Designed as perfect accompaniments for day-long splashing and lounging by the seaside, they come in a mix of shades, original patterns and trends dedicated solely to the individualistic and sophisticated woman in our midst with a taste for all things unique.

OPI Hawaii Collection

Hawaii Collection by OPI brings the fresh, bright colors of its namesake island to tint the nails and toes for Spring/Summer 2015. This new collection features a palette ranging from muted tones of mint, peach, pink and nude to bolder hues of coral, green, purple and gold to deep tones of mauve, violet, brick red and shimmering blue.



Bioderma skincare essentials from GlamBox

GlamBox partnered with Bioderma, to bring you the very best in summer essential skin care. Cleanse, protect, hydrate, and moisturise all summer long with the most essential and compact travel kit ever by Bioderma. The Bioderma GlamBox includes, The Travel Pouch, Bioderma | UV Bracelet, Bioderma | Photoderm Max Fluid SPF 100+ (Face), Bioderma | Sensibio H2O MakeUp Remover, Bioderma | Sébium Global, Bioderma | Sébium Gel Moussant Purifying Foaming Gel, Bioderma | Photoderm Max Aquafluide teinté SPF 50+, Bioderma | Eye Contour Gel.

THE CUT

AND COLORS

trends of the season

the 2015 Spring/Summer 'IT LOOKS'

This Spring/Summer, L'Oréal Professionnel found inspiration for their 'IT Looks' at summer music festivals like Coachella and Glastonbury,

where music mixes, genres and tribes, go beyond boundaries. This season, the fashion feel for hair is distinctly 70s, with a revamped code for today's modern spirit, blending freedom of expression with a celebration of all things summer.

The IT Look for Spring/Summer 2015 is the Shag layers haircut. The Shag layers cut is invading the catwalks and embodies the Brit pop vibe, as seen on British model Eddie Campbell with her very recognizable



Another major trend for Spring/ Summer 2015 is grown-out blonde, as seen on beauty trend setters, Khloe Kardashian and Ashley Olsen. To achieve the look, the Blond Shag Layers, L'Oréal Professionnel recommends the new Majirel High Lift on lengths and hair ends.

hairstyle. The style can be interpreted in a variety of ways, with looks ranging from grungy, messy, dusty and long to the traditional 70s look. Recently, celebrities and models have all been spotted, sporting this distinctive cut, with its interesting look.

'IT Looks' Spring/Summer 2015 reports that a key color trend to wear with the shag layer cut will be red, as seen on Rihanna. For the Red Shag Layers look, inspired by the audacity of international stars such as Katy Perry and Vanessa Hudgens, L'Oréal Professionnel recommends 4 to 6 strands of vibrant carmine red highlights which contrast with the depth of darker basis. These flamboyant highlights were made

with INOA Carmilane, a patent formula with a professional measure that provides an intense and lasting red. It's the only red that doesn't fade!

Another major trend for Spring/ Summer 2015 is grown-out blonde, as seen on beauty trend setters, Khloe Kardashian and Ashley Olsen. To achieve the look, the Blond Shag Layers, L'Oréal Professionnel recommends the new Majirel High Lift on lengths and hair ends.

Freedom of style and expression sum up the attitudes towards hair this Spring/Summer. It's all about playing with your style and being free to be yourself!



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KEIRA KNIGHTLEY

“I will never accept a role I do not believe in”

Keira Knightley has the look of a pixy and the spirit of a feisty woman undaunted by challenges. She was enticed by the cinematic lure, particularly since her father, Will Knightley is an actor and her mother is an actress turned playwright. Influenced by their work, she demanded her personal agent at the age of 3. By six, she had her personal agent and her film debut came at the age of 12. She has performed in numerous memorable roles since then, on stage, on television, commercials and films. This year she appears in two major roles in the cinema and a new personal one, as she has just had a baby daughter.

The first cinematic tour de force, a dramatic biopic sees Keira Knightley donning the garb of a scientist who participates in Alan Turing's research to discover the best technique to decrypt German messages during World War II. While, the second big screen production is a romantic comedy, where the same Keira Knightley plays the part of a carefree young woman fleeing from responsibilities of adult life, who joins a teenage band believing that she finds the psychological refuge to which she aspires. The star of *Anna Karenina*, *The Duchess*, *Bend it like Beckham*, *the Pirates of the Carribean* saga and many others, has once again demonstrated the considerable talent she has, whether the role requires dramatic performance or adventurous exploits or comedy. *First Avenue* talked to Miss Keira Knightley in an exclusive encounter, in London.



Progressing from the role of a scientifically gifted woman to an immature person as you do in your last two films *The Imitation Game* and *Laggies* must have been quite an exercise. How did you manage to link these two cinematic experiences?

There is a gap between the world of filming and that of film distribution. I mean by this that two films shot a year apart from one another may find themselves hitting theaters at the same time. I had completed my participation in *The Imitation Game* for over ten months and then I started *Laggies* and I even played in a third film in between. So things are not always what they seem to be and I have therefore not linked the two characters in stride but with a good amount of time that allowed me to make the transition from one to the other in the best conditions. Now, let me tell you that I do not belong to this category of actresses who are still inhabited by a character after the shooting is over, and who need a few weeks or even months sometimes before diving into a new role. For me, when the last day is wrapped as they say in the business, it's over, finished. I become myself and am perfectly capable, to approach a very different role starting the morning after. It is even a rich experience for me to be able to do so. I love the opportunity that the acting profession offers in that particular field, and this is also why I became an actress. And to answer your question clearly, I experienced these two cinematic adventures with much happiness.



In *Laggies* your character is shown as quite immature. Did you feel close to this character one way or another?

Not really. In fact just as little as I felt close to the adventurer that I played in *Pirates of the Caribbean* or *Anna Karenina* who commits suicide under a train for the sake of love. If an actor was to be in his personal life as he is on screen or on stage, it would then never end. On the other hand it is always interesting to look for extenuating circumstances regarding the behavior of the character one incarnates and therefore forgive that character and even love it. Thus I become my characters' advocate which makes them more credible than if I hated them, even if they are not likeable. That is my personal method of acting.

Would you say that you are immature in some way?

Maybe I am in some way, but in any case I do not spend my time with teenagers in order to conceal my responsibilities as a grown up person like I do in *Laggies*.

Are you naturally inclined towards comedy or is it drama that fascinates you?

I'll surprise you by answering that - one of the roles which filled me most so far, is the one I regularly hold in commercials for Chanel. Both, for the perfume and the lipstick. I live a happy moment on each of these shootings, especially because of the character that I play, that of a strong, mature woman who knows what she wants



"Things are not always what they seem to be..."



"For me, when the last day is wrapped as they say in the business, it's over, finished."

out of life and of men and love as well. And it is my friend Joe Wright who directs these spots. He is the same one who has already directed feature films in which I played, such as *Anna Karenina*, among others. Our complicity is at its highest level. All of which makes me happy to be Chanel's muse since 2006.

It is rare that actors talk about their participation in commercials, as generally it is assumed they are done for financial reasons rather than artistic ones. George Clooney for example, hates it if someone evokes Nespresso in front of him. You are an exception. Why?

I warned you that I would surprise you. I found the ads in which I participate for Chanel very artistic. It's not as if I was promoting kitchenware or a coffee brand. Obviously the financial aspect of things plays a role, but not only that. I shall never lend my face or my body or my name to a product which I am not convinced about one hundred percent, like I will not accept a role that I do not believe in.

"I have to play on Broadway this fall in an adaptation of the novel by Emile Zola, *Therese Raquin*."

Now, that your baby daughter is here, so will your immediate project be motherhood?

Yes, of course at first, but I shall very quickly get back to work.

So do you have professional projects, coming up?

Absolutely. I have to play on Broadway this fall in an adaptation of the novel by Emile Zola, *'Therese Raquin.'*

And how about movies?

Not for a while.

Are you then satisfied and happy about how things are?

How can I not be with all that is happening to me!



"I love the opportunity that the acting profession offers..."

TONING NATURALLY

*I have found that if you love life,
life will love you back* - Arthur Rubinstein

Going by a naturalist and purist approach towards life, LPG is a French company promoting responsible beauty, health and wellness. As the world leader in cellular stimulation with the CELLU M6 the exclusive and 100% natural slimming and anti-aging technology (LPG patents). For the last 28 years LPG is providing 100% natural, non-invasive and non-aggressive solutions to the beauty, sport and medical markets. LPG has also been investing a substantial part of its budget in more than a hundred scientific studies to prove the effectiveness and the safety of its techniques. Claude Gerin the Eastern Europe's Export Area Manager for LPG, knows exactly what it takes to adhere to the purist approach towards wellbeing. Born a nature-lover and an avant-garde person, she joined LPG in 2006 and shares the same passion with LPG. Her respect for women, her belief in natural beauty and constant desire to innovate made her a perfect fit for the company. And for her, aging is beautiful.



Claude Gerin

Tell us about yourself and about LPG?

We are a very old company and we are proud of that. It was founded in 1986, by its French creator Luis Paul Guitay (LPG). We are entering our 36th year next year... Luis founded the company by sheer luck as he was not in the business at all. One day he had a severe accident and he hurt his back. He had numerous surgeries and later physiotherapy... he noticed that he felt good after the physiotherapy session but in the afternoon the effects were less consistent, so he had a flash of genius and after 20 sessions, he realized that he should duplicate the manual massage into a mechanical massage... so he studied and researched of course with engineers, and created a medical device and went to sell it to a physiotherapist... 1st generation of CELLU M6, machine intended for physiotherapists' benefit, from a main motorized head and auxiliary heads for high precision tissues' treatment. In 1999 we were the first company to get FDA approval and after that we were allowed to export medical devices. We have different patents, the latest was achieved last year for our face treatment. As for myself I did my Ph. D., and a Master's degree in Biochemistry from the University of Nice (South of France) and a Doctorat-es-Sciences thesis from the University of Montpellier. I joined LPG 10 years ago and I'm still addicted and passionate about the brand. I love these people and I love my work...

What are the main skin care concerns these days?

Ladies between 40 to 50 they accept wrinkles that's normal aging, but there's one thing they don't accept that is to have a dark complexion. Complexion is the number one need of women now a days everywhere in the world. Why? Because it reveals good

health. If you have a nice complexion it means that you are healthy. It can also cover imperfections...

How do you define complexion?

By complexion we mean the quality of the skin, it has nothing to do with the color of the skin.

What are the preventive measure for skin care?

Avoid sun, Avoid smoke... LPG teaches a lifestyle, have a good lifestyle and by that we mean it's not that you should be on a drastic diet every day. Have good healthy food. Enjoy life, exercise and move around, and enjoy food... Never look for quick results or a miracle, take it slow and take life easy. We are all about lifestyle for the skin...

How do you find the market here?

The market is huge here, we are very successful and we are very proud of that. We do not believe on the injectable... we believe in natural and purist approach towards beauty and wellbeing.

Tell us about the mechanical body shaping treatment and what are the different types that are available?

Mechanical body shaping in LPG is also known as Mechano-Stimulation. It means transduction of mechanical signals within the connective tissue that leads to a biological response. With LPG it's 100% natural and non-invasive. It is performed on skin's surface using the exclusive LPG patented technology of ROLL and LIFT treatment heads. The stimulation sends a signal deep into target cells to reactivate their natural activity. The adipocytes restart fat release and the fibroblasts revive collagen and elastin production, generating visible and long lasting results: a slimmer, more contoured

*"Stay happy,
if you are
happy, you
are healthy...
balance
between work
and life."*

body and rejuvenated, youthful skin.

What exactly do mean by non-invasive technique?

It is a mechanical massage, you don't inject, heat or freeze. There are two techniques in the market that are our competitors in terms of presence, radio frequency to tighten the skin, and the other one is kryotherapy that actually works by freezing the cells. But we are totally different and all natural, we have therapeutic benefits...

What are the health benefits of LPG?

Improved blood circulation, relief from muscle spasm, we also improve the skin around scars and reduce the swelling after breast cancer treatment. LPG Mechano-stimulation reactivates cellular activity naturally: It helps with Slimming and Cellulite reduction (especially diet and exercise resistant fat), it helps in firming the skin, and it is good for lymphatic drainage.

What are the most coveted treatments you offer?

Myriad of LPG treatments are available for slimming down fat cells, to smoothen cellulite, to get firmer skin and re-sculpt the figure. For both, body and face we have lipo-massage and Endermo-lift treatments. For the body we have slimming treatment for cellulite, draining and skin firming. For the face we have anti-aging treatment targeting wrinkles, fine lines, sagging skin, double chin. All this comes with the advantage that all LPG machines are 100% natural and non-invasive. So, there is no side effect.

Any advice you would like to give to the women? To feel good...

Stay happy, if you are happy, you are healthy... balance between work and life. Love, happiness and faith are the most important things. Respect your body don't abuse it.



Blending Branding & FASHION

The Yin Yang of Style & Marketing



PAOLA SPREAFICO

PAOLA Spreafico is a whimsical yet the definitive driving force behind creative endeavors of the Max Mara Fashion Group. Having joined the Group in the mid-eighties, Paola started working for the Marketing Department of Manifatture del Nord (one of the Max Mara Group Company), travelling extensively to create

and develop links between the design department and the different markets internationally. Since 2003, she is the Advertising and Communication Director of three brands of the Max Mara Fashion Group: Marella, iBlues and Pennyblack.

In order to develop the branding strategy of each brand, she developed and carried

forward different projects related to branding such as the Marella Magazine and the Pennyblack Magalog which are now published every season. We sat down and talked to the very cheerful Paola about her inspirations, her creative undertakings, her wander lust and things that make her who she is...

Tell us about yourself?

I began my studies at Parma's 'Liceo Scientifico' followed by graduation from the Bologna University in Foreign Languages (English and French) and after that I studied English language even further, for language proficiency, from Cambridge University in the UK. I joined Max Mara Fashion Group in the mid-eighties and started working at the Marketing Department of Manifatture del Nord (one of the Max Mara Group Company). Later, I started the retail department of Pennyblack and initiated the opening of the first Pennyblack flagship stores in Italy and abroad. Since 2003, I am the Advertising and Communication Director of three brands of the Group: Marella, iBlues and Pennyblack. I direct the international communication for Marella, iBlues and Pennyblack, overseeing the conceptual and creative development of the advertising campaigns and the on line and off line communication. I am in love with fashion and I am in love with communication.

How would you define your creativity?

I think my creativity is due to the fact that I am curious and open minded, so I always take inspiration from different aspects, anything from the assigned person, to the street, and from art. Art I think is very important it is the best way to open your mind. I like looking at things which is why I like to visit museums, it inspires me the way they show their art collections... I am proud to be Italian and I am very proud of the family that owns Max Mara Group as they are also art collectors. I am happy for being a naturally curious person which has helped me in my creative pursuits... I also love traveling which I really believe opens up your mind.

Tell us about Marella and the design concept behind it?

Marella is the brand that was born in 1976 and it became an independent company in 1989 and it is a brand that represents contemporary woman. It gathers inspiration from what is now! When it comes to style, it represents a woman who feels modern and cool, and wants to be dated. The concept is to create something attractive at a glance and something one can wear every day. We try to add the Italian nuances, an attitude that reflects Italian style.

How would you define the Italian style, what is the Italian style?

It is the way of mixing things because there is no fixed style. It is always your personal style, from what you wear, the kind of accessories, all contributes to creating the perfect you. In simple words Italian style is a mix of modern contemporary and basic.

Does it also reflect a little bit of vintage?

It is not completely vintage. The style of

course recalls the past years like the period of 70ies when the fashion sense was high and terrific and people also complement the period. But what is important is you give it a touch of the old, you retain it within your DNA, but add your creativity along with the contemporary style.

How would you co-relate fashion with advertising?

I think with advertising you have to show your best collections in terms of the events, where you want to be, how your brand is represented in the retail space, etc. It is a very meticulous matter if you have to show who you are to prove the images using the testimonial. Your consumer can be a woman, a heartthrob, a singer, a very strong personality; a consumer is a person who has her own personality. We have to concentrate

"I think my creativity is due to the fact that I am curious and open minded"

on it and in few images represent and channel the brand as something that speaks for all those women. Fashion and advertising are entwined together creating the ultimate yin yang!

How do you see the market in Dubai?

Very dynamic I would say, there are so many people even inside malls it is amazing. I have never seen something like the Dubai Mall before, it is the best.

I read your biography, you are fascinated by new countries the culture and art how does that affect your approach towards the job?

As I told you I am very curious about culture and I think that is the source of creativity. I get the opportunities to observe as I travel a lot for my personal interest. I went to India on a personal trip, went to Asia, Africa and from each single country I take something, for instance, the mix of colors from nature or if you go to India even the way women dress up, what they wear and how they mix the colors in a simple sari, the aesthetics of color is very amazing.

Even if you go to Africa the way they do the carpets by mixing colors, it's remarkable. In New York if you go to the museum or Rome, in any or every street you will be amazed with what human beings can do. Coming to Dubai, it is remarkable to see how in a desert with so little water people have grown beautiful trees and created such a green landscape. All this fascinates me and helps me understand the cultural and geographical implications of design and style in our life...

Do you have any expansion plans, I have heard that you have already expanded a store. Any more in Dubai or across GCC?

We will be opening a store in Al Ain and one in Abu Dhabi. We have already opened in Kuwait, Lebanon and will be opening in Qatar so yeah we have expansion plans. We are also planning to expand in Saudi Arabia. What kind of role do you play when it comes to design?

I work closely with designers. Since we believe in Italian creativity, we worked with a very famous director for the campaign. We create a lot of editorial stories focusing on special products. We are also working together on a fabric that won't wrinkle, and you can use it throughout the year and can mix it with everything. It is our permanent icon well accepted in the market. I also work on stories for the editorial, with the photographers and with the promotional teams and I like it.

Any coming trends that you would like to share with us.

For the autumn and winter, I would say skirts will make it big, like the balloon skirts paired with striped or loose shirts.



COUNTING STARS

*A talk with **Hiba Kosta**,
the woman with immaculate culinary expertise!*

Restaurateur, serial entrepreneur & co-founder of some of the region's longest-standing and innovative culinary brands, Hiba Kosta is one of the leading businesswomen in the GCC. Building a successful chain of restaurants in the UAE and the region over a 14-year period is no mean feat, but to establish four distinct brands, that continue to grow in demand, is clear testament to Hiba's business insight into the culinary tastes of her customers. Having moved to the Middle East, in 2000, Hiba combined her business insight and F&B knowledge to set up Chez Sushi with her business partner and co-founder, Raed Dabbous; which went on to grow into an expansive F&B empire. Hiba's ability to identify F&B trends in the region continue to shape the UAE's culinary landscape as she continues to deliver brands that work. We talked to Hiba about her business acumen, her culinary insight and simply her love for food!

Tell us about yourself, and what led you to the food business?

I am originally from Lebanon and developed a passion for food while growing up. Today I can happily say I am a restaurateur and have co-founded some of the region's innovative culinary brands including Sho Cho, Flooka, Chez Sushi and Loca. Initially, I completed a Communications degree in Washington D.C. in the mid-90s and then I moved to the UK, where I pursued a diploma in culinary skills from Leith's School of Food and Wine, London. Later, I worked as a Chef de Partie and Sous Chef in some of London's finest restaurants including Nobu, Pharmacy and Mash II. Then, I moved back to the Middle East in 2000 and founded Chez Sushi with my business partner, Raed Dabbous.

How often do you cook at home? And what is the one thing you love to cook when entertaining?

I rarely have time, but love to cook the simplest of things. Pastas and sometimes cakes.

Tell us about your restaurants, and your inspiration behind them?

Chez Sushi is actually one in a series of four entrepreneurial set ups that I have started. The other three in the portfolio are: Sho Cho and Flooka (each with an outlet in Abu Dhabi and Dubai) and Loca. Sho Cho is a modern Japanese restaurant and lounge that has been successfully operating in Dubai since 2000. Flooka offers a complete dining experience with the finest in Mediterranean seafood with a Lebanese twist. The last one, Loca has a distinctly underground feel that stands out among the alternative night time hangouts and gives the venue a truly unique ambience.

Dubai has a substantial number of restaurants offering various types of cuisines, how do you manage to keep your restaurants appealing and fresh?

We've taken Chez Sushi to markets where there is a space for the fast-casual dining concept. Chez Sushi has really hit a niche in the fast casual Japanese food market. We offer more than just sushi and sashimi.

Building a chain of restaurants is not an easy job, how did you manage to get to where you are today?

Pursuing a diploma in Food & Wine has definitely been an advantage. Secondly, I have learnt a lot while working for world renowned restaurants and this experience comes in handy while managing my own restaurants. Teamwork is also key for the success of a business venture. My business



Hiba Kosta

partner Raed Dabbous is quite supportive. Finally, every member of the kitchen and operations team plays an important role in maintaining the quality of our product and ensuring our guests have a fantastic dining experience, and this helps in maintaining standards.

Are you a hands-on person when it comes to designing a menu?

Yes, I work closely with my culinary experts when we devise a menu. As mentioned before, I am a qualified chef, so I enjoy working in the kitchen and I do enjoy with my teams.

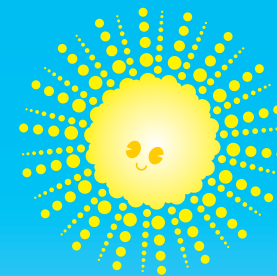
What are your plans for the future?

We have recently opened the Chez Sushi branch at Arabian Ranches 2. Then, we will also open the second Chez Sushi Oman outlet soon and the first outlet in Bahrain. Additionally, we are set to open Loca at Souk Al Bahar, soon.

Any word of advice you would like to give to people especially women who want to make it in the food business?

First and foremost, believe in yourself and work hard. You need to be dedicated to achieve your dreams, despite the odds.

It's time for the beach.
Join us!



menchie's
frozen yogurt

I ♥ DUBAI

The much awaited month of Ramadan is here. In Ramadan, everything seems to slow down, but not the offerings in our very animated and vibrant city of light – Dubai, which is always high in entertainment options, posing charming deals, hosting unbeatable culinary fêtes and superlative gift options... All this and a lot more, here's what is hot and happening now...



THE GRUB

Illuminating Ramadan and Inspiring Tradition at The Meydan Hotel & Bab Al Shams

Embrace the spirit of Ramadan with a warm welcome and beautiful presentation of Arabian traditions with Meydan Hotels & Hospitality this Holy Month. The Meydan Hotel is hosting its 'Ramadan in the Sky' Iftar at the Sky Bubble. Guests will enjoy breath-taking panoramic views of Dubai's skyline and a selection of traditional Middle Eastern delicacies including hot and cold mezzeh, succulent grilled meats and customized dishes at live cooking

stations. Suhour can be enjoyed at the air-conditioned Ramadan tent featuring an exceptional à la carte dining selection, shisha and soothing oud music. Also discover the true magic of authentic Arabia with a Bedouin inspired experience at Bab Al Shams Desert Resort & Spa. The award-winning resort will host guests for Iftar in its air-conditioned tent at Al Hadheerah serving a wide selection of traditional and authentic dishes.



Experience an Inspiring Ramadan at Intercontinental Dubai Marina



During the Holy Month of Ramadan, InterContinental Dubai Marina is offering an exquisite traditional Iftar buffet in Accents Restaurant, with a delicious variety of Arabic and international culinary delights. Enjoying privileged views of the Dubai Marina from Accents Restaurant which is set to delight guests

with traditional Arabic cuisine favorites. Sweet palates will succumb to a wide range of dessert options including Arabic sweets, dates, Umm Ali, Kunafa, as well as a selection of ice-creams, sorbets, and crepes with multiple fillings and toppings. Served from sunset until 9.30pm, the Iftar price per person is AED 155.

The spirit of Ramadan at Four Seasons Resort Dubai Jumeirah Beach

Four Seasons Resort Dubai at Jumeirah Beach invites guests to celebrate the holy month of Ramadan together with family and friends. Marking the first Ramadan celebrations for the recently opened beachside resort, the expert culinary team has crafted unique experiences suited for both local palates and international guests, reflecting the scents and flavors of the

season. Enjoy Iftar and suhour as Suq is ideally positioned for those breaking the fast together with families. Offering a journey through a variety of international cuisines and exciting flavors, the restaurant features six multi ethnic live cooking stations with an extensive range of Middle Eastern, Oriental, Asian and Western favorites, priced at AED 220+ per person.



Break your fast in style with Cavalli Caffè's



Cavalli Caffè's sumptuous Iftar menu combines a mouth-watering blend of buffet and a la carte dishes, each remaining true to their Italian roots, mixed with interesting Arabic twists. Situated at The Beach Mall opposite The Walk, JBR, the guests are invited to whet their appetites by helping themselves to the welcome buffet. The incredibly indulgent, 4-course Iftar menu costs just AED 140 per person.

The Spirit of Ramadan at The Sheraton Dubai, Mall Of The Emirates Hotel

This Ramadan, The Sheraton Dubai, Mall of the Emirates Hotel is providing the perfect scene to reconnect and strengthen relationships with family and friends from sunset to sunrise. Sanabel at the Sheraton Dubai, Mall of the Emirates, is hosting lavish Iftar banquets (AED 145 per person) every evening during Ramadan. A full range of mouth-watering traditional Arabic

dishes, include the popular lamb ouzi, and a range of traditional salads, replenishing soup, light appetizers, hearty main courses, and scrumptious desserts. To ensure parents are able to enjoy their feast, children can enjoy the dedicated entertainment corner, fully equipped with Wifi and PlayStation consoles.



Iftar with a French Flair at Café Rouge Madinat Jumeirah



Café Rouge is pleased to showcase its Iftar set menu this Ramadan; a customized three-course offering with a unique French touch. The UK's favorite French bistro recently opened its doors in Souk Madinat, offering guests a culinary journey that is both exceptional and memorable. The in-

venue Iftar experience is warm and inviting, befitting the elegant French charm of the location. The Iftar set menu is priced at AED 99 per person, available from sunset to 8.30pm. A la carte offerings will be available after 8.30pm.

Unforgettable Iftar at Waldorf Astoria Dubai Palm Jumeirah

Renowned for its commitment to the local culture and its creation of truly unforgettable moments, the Waldorf Astoria Dubai Palm Jumeirah presents an elegant

and extensive Iftar this Holy Month. From sunset to 8.30pm and for AED 190 per person, the award-winning resort will offer family-friendly Iftar featuring live cooking

stations, with flavorful Middle Eastern fare and local Emirati dishes alongside international delicacies.



Embrace the Spirit of Ramadan at Dubai Creek Golf & Yacht Club

Break your fast during this Holy Month whilst enjoying captivating creek views & delectable cuisine with family and friends. QD'S at the Dubai Creek Golf & Yacht Club is reinstating an impressive dedicated Ramadan tent which offers the perfect

venue to enjoy an authentic Iftar buffet (AED 150 per person) whilst enjoying the stunning views of Dubai Creek and skyline. For Suhoor, QD's welcomes guests to order from their special a la carte menu from 9pm until 1am.



Iftar flavors at the Qbara

Diners searching for an Iftar experience with a difference, look no further than Qbara located at the Oud Metha Road, Wafi City. A special Iftar sharing menu is sure to give an avant-garde twist to traditional favorites from the Gulf and the Levant to Morocco and Turkey. Available from sunset until 8.30pm, the Iftar menu opens with a table-top spread of cold appetizers and various specialty dishes. A culinary highlight for the Holy Month is the main course dish of slow cooked lamb shoulder, marinated for a day and then slow cooked over a 24-hour period. The Qbara Iftar menu is offered at AED 245 per person.



Savour Arabia at The Terrace on the Corniche



The Terrace at the St. Regis Abu Dhabi, invites guests to celebrate the holy month of Ramadan together with family and friends and embark on an unparalleled gastronomic journey through Arabia. The vibrant dining destination has created a specially crafted Iftar menu including a myriad of theatrical live cooking stations and an array of delectable flavors from across the Middle East. Iftar offerings start daily from sunset AED150++, while Suhoor Offerings include an a la carte menu available from 11pm to sunrise.

Le Royal Méridien Abu Dhabi unique Ramadan offerings

Le Royal Méridien Abu Dhabi is celebrating the holy month of Ramadan at their traditional tent, Layali El Hilmiya'. With Maserati, the luxurious automotive brand, as the title sponsor, Layali El Hilmiya is offering the essence of Ramadan through a traditional atmosphere, a lavish Iftar

buffet and a tastefully crafted Suhoor. A la carte menu with a variety of live stations and Arabian-themed live entertainment. Market Kitchen, the award-winning modern American restaurant located at Le Royal Méridien Abu Dhabi, is also offering an Iftar tasting experience every evening

throughout the holy month. Following on from the recent success of the Suzanne Husseini brunch with an Arabic twist, an array of Market Kitchen favorites. Prices for Layali El Hilmiya: Iftar Buffet - AED 149 +, Suhoor Packages -AED 159 + Taxes, Iftar Tasting Menu from AED 199 + Taxes.



PLACES

Cheval Blanc Randheli The Picture-Perfect Summer Escape

Now, with the summer heat rapidly encroaching on the Middle East, everyone's attention is turning to travel options which offer an escape to more temperate climes; with the Maldives a firm favorite. Nestled in the sublime Noonu Atoll of the Maldives, located just under five hours flight from the Middle East, Cheval Blanc Randheli has been enchanting guests with unforgettable tailor-made experiences and once-in-a-lifetime memories. Situated in a lush exotic haven, offering a rare experience of exclusive privacy with design elements featuring subtle

combination of Maldivian inspirations and contemporary sensibility. Each villa comes complete with a private infinity pool, outdoor areas with pool terrace, day bed and shower, as well as a Majordomo – 'a Guardian Angel' – who is the guests' first point of call and works hand in hand with the Alchemists to arrange activities and experiences throughout a guest's stay. Those larger families looking for the ultimate in space and luxury now have the option of The Owner's Villa – an extraordinary, stylish sanctuary on a private island in the Maison's turquoise lagoon.



The Ajman Palace Hotel Amazing Summer Spa Specials



Spring into summer with a blissful and relaxing break at the Encore Spa as The Ajman Palace Hotel range of sizzling summer promotions offer staggering discounts on various spa treatments. Enjoy an incredible discount (till August 31) on Aroma Spa Ocean Wrap. Enjoy this treatment for only AED 399 (normal rate AED 499). An aromatic sea algae mask is applied to the body to deep cleanse, detoxify, and melt away muscle tension,

before you are cocooned in a foil wrap. You will be treated to a pressure point facial massage and de-stress scalp treatment. The guests will have two options to choose from -- muscle ease or cellulox aroma. Muscle ease aroma spa ocean wrap is aimed at reducing muscular aches and pains, while Cellulox aroma spa ocean wrap will decongest and stimulate the body's systems, improving appearance of cellulite and reducing fluid retention.

Complete Ramadan Detox At Sisters Beauty Lounge

Sisters Beauty Lounge introduces refreshing packages that best help detox the body. Services to purify, pamper and perfect are available in June to ensure ladies have access to the best treatments this summer and even during Ramadan. Purify with a Vitamin C and Papaya enzyme facial and an Essie spa pedicure: The facial helps unclog pores and cleanse dirt leaving the skin looking fresh and rejuvenated while the Essie spa pedicure removes dead skin thoroughly, leaving guests with baby soft feet! Starting

from AED 680. Pamper with Kerestase hair treatment and a blow-dry, along with an Essie paraffin manicure: The hair treatment helps tame frizzy hair while nourishing it with vital nutrients that leave hair looking silky, healthy and full. To complete the pamper package, ladies can have soft hands with the Essie spa manicure without having to worry about dipping into previously used paraffin with Sisters Beauty Lounge's newly introduced hygienic paraffin gloves.



Ramadan Night Market

Experience soulful shopping as Dubai's very own and the only night market returns this Ramadan, offering not just convenience but a wide variety of everything you need for Eid. Ramadan Night Market is back with loads of exciting activities and events

planned for the entire family, alongside a unique sensory shopping experience. The market place will be open for 10 nights of Ramadan from 2nd to the 11th of July, 2015 at Sheikh Rashid Hall, Dubai World Trade Centre. Offering a great amount of

fun, play and family time, this magnificent market will host a number of retailers presenting diverse variety of products to UAE's dynamic community. The entry to the consumer fair is free and it's open to one and all from 8 p.m. till 2:00 a.m.

EVENTS

Dubai Summer Surprises 2015

Thursday, 23rd July - Saturday, 5th September 2015



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 2015

Saturday, 18th - Wednesday, 22nd July 2015



العيد في دبي
Eid in Dubai

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

Modhesh World 2015

Thursday, 9th July - Saturday, 29th August 2015



Modhesh World is synonymous with family entertainment during the summer in Dubai and over the years, it has grown to become a destination in itself, given the fact that it attracted around 500,000 visitors in previous editions. The event aims every year to bring innovative and exciting entertainment and events to Modhesh World that you and your children will not soon forget.

The Majlis at Dubai World Trade Centre

Friday, 19th June - Friday, 17th July 2015



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 Suhour by enjoying some exquisite fine dining by world class chefs from DWTC. The Iftar will be served from 7pm to 8pm daily and will be followed by Suhour, which is a la carte, from 9pm until 3am in the morning, with the weekends going until 4am.

GIFTING

SWAROVSKI Stars & Moons for this Sparkling Eid

Tough Moon Pierced Earrings; this petite pair of rhodium-plated pierced earrings offers a cute, playful interpretation of the moon. It sparkles brilliantly with Crystal Moonlight and clear crystals set in Swarovski's exclusive Pointiage® technique. A fancy clear crystal adorns each earring.

Tough Star Pierced Earrings; sweet, simple, and easy to combine with any outfit! This delicate pair of rhodium-plated pierced earrings offer a cute, playful look. Sparkling brilliantly in clear crystal Pointiage®, each star-shaped stud is embellished with a smaller, gold-plated star.



Fortnum & Mason Eid Hampers & Gifting



Fortnum & Mason has introduced a beautiful collection of Ramadan & Eid Gift Hampers, perfectly filled to the brim with an impressive assortment of Fortnum's goodies, such as: Fortnum's Famous Teas, Honey, Preserves, Turkish Delight, Rose Biscuits, Almond Nougat, Truffles and Sugared Almonds. Fortnum's fine offering starts with the Mini Huntsman Hamper as a taster of the range, whilst The Banquet Hamper offers a crowd-pleasing array of delicacies. All hampers can be customized further to suit your individual gifting needs. Situated in the heart of Downtown Dubai, Fortnum & Mason offers a selection of the world's finest teas, biscuits and hampers, plus a range of hospitality offerings.

M.MICALLEF

MMicallef is a niche luxury perfume brand, known for transforming the rarest and finest ingredients into ambrosial scents and enclosing them in artisanal flasks. M.Micallef's perfume bottles are hand crafted in crystal glass and painted before being decorated with Swarovski

crystals. Excellent for gifting these beautiful limited-edition crystal bottles from Parfums M.Micallef, exudes the spirit of Ramadan. The hand-decorated bottle can be engraved with a personalized message and filled with an MMicallef fragrance of your choice.



Dates and Chocolate from Cocosia Artisan Chocolates



During the holy month of Ramadan, Cocosia Artisan Chocolate is offering an exquisite range of the finest Arabian dates to serve your guests and family during the breaking of your fast at sundown. Complimented with the flavors of Arabia, the rich sources of fibre, sugar, magnesium and potassium found in the Middle East's staple fruit are a delicious and traditional way to maintain sugar levels and stay healthy during the

days of fasting. Combine the flavorsome dates with a selection of hand-made artisan chocolates, lovingly designed and crafted by the Cocosia team and you have the perfect Eid gifts for your family and neighbours. Visit Cocosia Artisan Chocolates for a full range of Eid al-Fitr Celebration Chocolates and Arabian Dates, or to discuss your bespoke requirements contact Cocosia Artisan Chocolates on +971 (4) 3950977.

Explore the pleasures of life
surrounded by true luxury.



Discover the Dubai Polo & Equestrian Club, a unique destination where polo players and fans can gather together in a world-class venue, designed to showcase the finest the sport has to offer. The Club is an ideal venue for private parties, special events and corporate sponsorships. Ideally situated opposite the Arabian Ranches, the Dubai Polo & Equestrian Club presents the ultimate lifestyle destination, whether it's for horse riding, relaxing or social events.

- 68 acres of majestic desert landscape
- 357 stables and international standard polo fields
- Show jumping and dressage arenas
- Swimming pool, gym, fitness classes and a spa
- Exceptional restaurants and lounges

REVITALISING SKIN DURING RAMADAN

The must-have tips for the season

Ramadan is just around the corner and contrary to popular belief, your skin does not have to suffer during this time of the year. *Obagi Medispa* offers the latest advances and technologies in skin repair, resulting in complete skin - health restoration. It is the first medical spa in the Middle East solely devoted to Obagi Health, restoration treatments based on the philosophy of Obagi. Dermatologist & Aesthetic Dr. Shadan Naji, from Obagi Medispa brings you the top 7 tips to keep your skin radiant and hydrated during this month...



Obagi Medispa

1- Top five tips to keep your skin hydrated during the month of Ramadan:

- Do not wash your skin more than twice a day as it can irritate and cause dehydration.
- Use a gentle moisturizer once or twice a day to keep the skin hydrated.
- Use Vitamin C serum on a daily basis in the morning as it has antioxidants that help protect the skin and keep it free from radicals.
- Use a proper sunblock on a daily basis to protect your skin from sun damage.
- Do not use heavy makeup during Ramadan time. Try to limit make-up to a very light mineral one with a primer.

2- Tips to keep your complexion bright and glowing while fasting:

- Drink a lot of water once you break your fast.
- YOUR SKIN IS WHAT YOU EAT. Avoid excessive sugar and increase vegetables and fruits in your diet, especially those rich in antioxidants.

3- Combat puffy eyes and dark circles caused by decreased sleep during Ramadan:

- Try to avoid salty food and concentrated juices that are popular in Ramadan.
- Continue using an effective eye care cream twice a day with gentle massage.

4- Recommended vitamin supplements and antioxidants to take during suhoor:

- Specific vitamins and antioxidants can enhance the well being of the skin. Vitamin C, E, A, selenium and zinc are the most important.

5- Go-to treatment at Obagi to lift and revitalize skin:

- Mesotherapy treatment with microneedling fills the skin with nourishments, vitamins and amino acids. Suitable for all skin types with almost no downtime.

6- Mending dry lips:

- Moisturize the lips three to four times a day to reduce this problem
- Apply sunblock.
- A skin booster treatment can be done at Obagi.

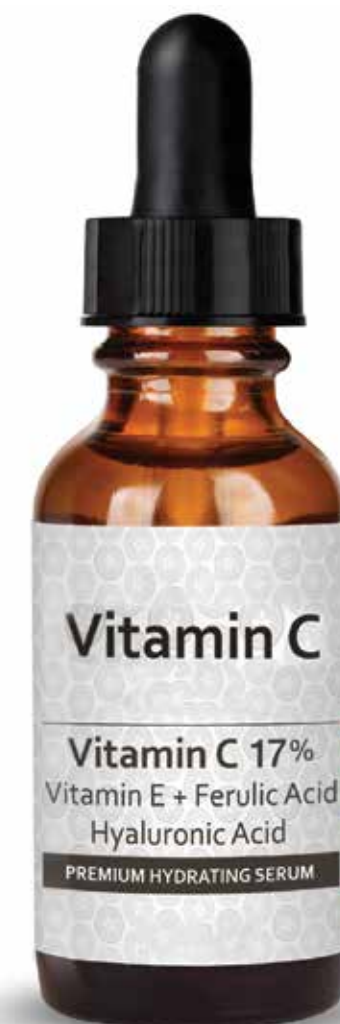
7- Release all toxins from within:

- Cleanse your skin appropriately; try Nuderm foaming gel from Obagi and remove the upper dead layers by exfoliating to enable it to benefit from topical treatments.
- Always remember to apply sunblock that is SPF 30 and repeat every 3 hours.
- Obagi Medispa has experts on hand, and a wide range of treatments and suitable



products to help maintain a healthy, glowing, and nourished skin during Ramadan.

Obagi Medispa is located in Dubai Mall, Dubai, and Bawadi Mall, Al Ain.



fab SUMMER BEAUTY BUYS

Beauty looks to capture with voila & presto

Since it is the beginning of the onset of the long summer season, it is time to change and refresh our beauty routine. Summer unquestionably calls for different looks, type and trends in cosmetic. We have handpicked some of the trendiest, glamorous and season perfect products for you to try this season.

PROVOC

Semi-permanent eye-make up & lip liners collection

Home-grown make-up brand PROVOC has introduced their latest eye-make up collection such as semi-permanent eye liners in a range of colors, twice more intense flare eyelash extensions for voluminous eyelashes, and luscious lip liners inspired

by the beautiful Middle Eastern culture. Unveiled during BeautyWorld ME, Mr. Fadi Sawaya, CEO of Sawaya International and creator of the PROVOC brand, said: "Our vision for the PROVOC brand is to show the world the beauty and uniqueness of 'Khaleeji' make-up that is inspired by the Orient - the sun, sand and mysterious charm of the desert. The Middle East is a rich inspiration for PROVOC and women from this region love black kohl and bold black eyeliners to get the smoldering Arabic look for the eyes. Mixed with luxurious eyeshadows, PROVOC helps to create unique and dramatically big eyes which is the main icon of beauty here." So, for the 'oh so mysterious' summer look, try the semi-permanent eye-make up & lip liners from PROVOC, contrary to the regular dilemma, it won't stray but stay...

ARCANCIL

Lash Extensions Mascara & Fibers Kit

The days of the tricky false lashes are over!!! Grab the new lash extension kit 'OOHLALA LASH EXTENSIONS' by ARCANCIL and 'viola you are ready for the oohlala.' Thanks to its nylon complex, the Lash Extension mascara leaves your lashes stronger, thicker and lengthened. For greater length and volume, a few strokes of the brush are enough to give a spectacular result! With its



intense black shade and amazing volume, the mascara works both as a base and a top coat to help apply and seal the extension fibers. The formula's *incredible sculpting power* provides unrivalled volume. The white nylon fiber complex is applied using a spiral brush to make lashes look thicker and more structured. The brush allows you to apply the fiber lash by lash, as generously as you like, so you can *control the thickness and length of the extensions*. The fibers are combined with a moisturizing agent, pro-vitamin B5 which means they adhere to your lashes without getting into your eyes. Suitable for sensitive eyes and contact lens wearers. You can also easily remove it with your usual make-up remover.

MAKE UP FOR EVER Summer color desire with AQUA MATIC

Summer is here and it's time to get into the summer groove. MAKE UP FOR EVER brings you your NEW AQUA companion during your summer break whether on the swimming pool, beach, on an evening night or in any hot and humid setup. AQUA MATIC is a new addition to MAKE UP FOR EVER's award-winning Aqua range, tuned to meet every want and need of women and professional makeup artists alike. Combining *long-wear and easy application*, Aqua Range is ideal for women who want quick-to-apply makeup that is both flawless and *very long-lasting*. Guaranteed waterproof, it offers maximum resistance to water and rubbing to provide unique staying power on the face, eyes and lips. The collection includes everything from ultra-pigmented waterproof cream eyeshadow, high-impact waterproof liquid lipstick to ultra-pigmented, long-lasting waterproof cream for the eyes, cheeks and lips say good bye to the summer makeup blues and embrace the season with the ultimate *va va voom!*



MISSLYN Neoprene and Aquatic Nail Polish & Color kiss Lip Butter

Nothing shouts summer glam more than cool/neon shades on the nails. Misslyn's new Neoprene and Aquatic Nail Polish



with fresh, *marine color shades* is sure to instantly add a touch of holiday feel to the routine of your daily life. To achieve the look with its casual style, try the Neoprene nail polish with *semi-matte finish* and instantly *channel the glamazon* that's you! The Color Kiss Lip Butter by Misslyn goes perfectly with the pulsating colors of the nail polish with its glossy and smooth texture. A lip gloss that is melting and silky smooth while it also pampers the lips and makes them utterly seductive. So in the blink of an eye you create lips that every woman would envy. The gloss is not sticky; the lips are well cared for and look plumper. The scent of *vanilla butter* provides an excellent finishing touch.

NARS

Christopher Kane for NARS Collection

Christopher Kane brings his signature aesthetic to NEONEUTRAL, a limited edition collection of unexpected shades and formulas inspired by the *nature of neon and the nude* shades that complement them. Neon exists in nature as a chemical element, distinguished by its electric glow, but for Christopher Kane, neons are neutrals—basics that balance with verve and style, and refresh one's look

with new energy. The Christopher Kane for NARS collection permeates *the perfect balance of bold bright and natural flesh tones* — together they create a new version of neutral. Eyes are enhanced with iridescent rose gold, pink lilac, and violet. Cheeks are flushed with soft beige or hot pink. While, lips are saturated in high-shine shades of neon pink and coral that subtly stain after the gloss is gone.



MAYBELLINE Brow Satin Smoothing Duo

Struggling with thin and undefined brows with gaps? Well, your struggle is officially over with an all-new *eyebrow innovation* to the rescue from Maybelline New York: Brow Satin Smoothing Duo. Eyebrows are a major new beauty trend, with an emphasis on thicker, fuller, bolder, more *natural brows* that are taking center stage on the runways and in photo shoots. Brows appear in different shapes, colors or textures, proving that there are many interpretations of this hot new beauty trend. The Arab woman, whose beauty is expressed through her eyes, can make the most of the eyebrow trend to further highlight her appearance, drawing attention to her best feature.



Nutrition basics

BREAKFAST like a king!



The month of Ramadan is upon us, and during the month of Ramadan, it is vital to understand the importance of keeping our bodies well supplied with all the nutrients it requires and consuming healthy foods as the daily meal patterns change. Suhoor is an integral part of a fast, and technically it is the equivalent of breakfast. Religiously and health wise, it is crucial to recognize the value of having a healthy breakfast or suhoor to keep you

going through the fasting period. "Breakfast like a King, Lunch like a Prince and Dine like a Pauper" is a well-known folk saying that indeed holds true; breakfast really is the most significant meal of the day. Breakfast jumpstarts your metabolism and gives you the energy you need for the entire day. It is important not just to maintain energy levels but for anyone looking to shed a few pounds, the meal is essential to meet weight loss objectives. If you skip breakfast, weight control becomes more difficult because it makes you eat more at the next meal or have high-calorie snacks throughout the day to stave off your hunger.

In terms of health, it becomes a source of certain essential nutrients, which are harder to compensate for during the day. We all know that a healthy breakfast is a good source of Iron, Calcium and B vitamins, essential nutrients that our body needs to maintain its health. According to a study review done by Professor Peter Williams, Adjunct Professor of Nutrition and Dietetics at the University of Canberra, "people who eat a morning bowl of cereals, are less likely to suffer from certain diseases than those who have no breakfast at all." So, whether you call it an early break-fast or a pre-dawn meal, Suhoor, is the meal

"People who eat a morning bowl of cereals, are less likely to suffer from certain diseases than those who have no breakfast at all."

which will sustain your body during the fasting period. But what types of food groups should be included in a healthy balanced breakfast? Choosing the right types of foods that ensure variety and the necessary balance of nutrients is crucial. An important element to incorporate in one's breakfast, as noted above, must be cereals, whole grain cereals but it must also include fruits, vegetables, low or non-fat dairy and lean protein. Grains being the highest recommended consumption among all food groups, at least half of total grain intake should come from whole grain foods, which amounts to almost 3 servings per day (or 48g). What exactly are whole grains? Whole grains are products that contain all natural parts of the grain. Grains have three parts; germ, which is rich in vitamins, minerals and antioxidants; endosperm, which has starch and gives energy; and finally bran, which is the main source of fiber. Combined together, these three components provide fiber, B Vitamins, Vitamin E, minerals, antioxidants, essential fatty acids, carbohydrates, protein and enzymes, all the things needed for a healthy diet to support a healthy lifestyle. No single component stands out as being solely responsible for delivering health benefits, rather, it is the combination found in whole grains which work together to protect against major chronic diseases. What is the difference between whole grains and refined grains? Refined grains

are produced when parts of the whole grain (typically the germ and bran) are removed during processing. Losing parts of the grain leads to a loss of nutrients associated with the particular part of the grain that is removed. A good example of this is whole wheat flour and white wheat flour. In the production of whole wheat flour the whole grain is used, meaning none of the nutrients are removed. White flour is more refined, and has an extraction rate of between 70-75%, meaning up to 30% of the nutrients typically found in whole grain products are lost. Whole grains can be found in a variety of cereals, including wheat, oats, barley, rice, and corn. Picking the right types of grain can sometimes be confusing, so it's best to always check the label to be sure if a food is made of whole grains. "You want to aim for a breakfast that combines good carbs and fiber with some proteins," comments Child Nutrition expert at Nestlé Middle East, Sarah Kanaan. "Explore healthier food items during breakfast and make sure you switch from refined grains to whole grains, which can

"Explore healthier food items during breakfast and make sure you switch from refined grains to whole grains."

be as simple as substituting refined cereals with whole grain cereals. In fact, a diet that consists of a healthy whole grain serving per day can lead to significant health benefits, including lower risk of heart disease and diabetes when combined with a healthy lifestyle with regular exercise. Aim for 48 grams of whole grain per day and always read the label."

Key 5 Postulations...

1- Any breakfast is better than no breakfast but try to have healthy meals that are nutritious and varied.

2- Consume at least half of all grains as whole grains. Make simple switches by substituting refined products with whole grain.

3- If you are always on the go in the mornings, keep a supply of healthy wholegrain cereals and reduced, low or no fat milk in the house.

4- Check the ingredients list on product labels for the words "whole" or "whole grain" before the grain ingredient's name.

5- Check for freshness: Buy whole-grain products that are tightly packaged and well-sealed.

FIGHT

HYPERTENSION

with the right diet



Hyertension, or high blood pressure, remains a major health concern in the UAE, with one in three adults suffering from this condition as revealed

by local health professionals in a media roundtable held in December last year. Globally, the World Health Organization (WHO) rates hypertension as one of the most important causes of premature death

and estimates that by 2025, there will be 1.56 billion adults living with high blood pressure.

In celebration of World Hypertension Day observed every year on May 17th, Right Bite, is echoing the call to increase public awareness of Hypertension and is encouraging people to help prevent and control this silent killer. Maria Abi Hanna, Dietitian for The Right Bite Nutrition Centre, said, "High blood pressure usually shows no warning signs or symptoms; and recent studies by the US Centers for Disease Control and Prevention show only about half, or 52%, of the people with hypertension have their condition under control. Having high blood pressure puts you at risk for heart disease and stroke, which are leading causes of death. In 2013, WHO researchers estimated that raised blood pressure kills nine million people every year. The good news though, is that it can be prevented by following a healthy diet and an active lifestyle."

'DASH diet, which stands for Dietary Approaches to Stop Hypertension, is a lifelong approach to healthy eating that is designed to help treat or prevent high blood pressure. "In a nutshell, the DASH diet guidelines suggest you eat more low-fat protein sources, whole grains, and plenty of fruits and vegetables, as well as reduce the sodium intake in your diet and include a variety of foods rich in nutrients that help lower blood pressure, such as potassium, calcium and magnesium," Maria explained.

The DASH eating plan is simple. To adopt this diet, Maria suggests the following:

- Get rid of the salt shaker! The American Heart Association recommends limiting daily sodium



intake to no more than 1,500 milligrams. Imagine a teaspoon of salt has about 2,400 milligrams of sodium!

- Use spices and herbs, vinegar, lemon or fruit juices instead of salt to flavor foods
- Eat more fruits and vegetables by adding a serving of vegetables at lunch and at dinner and a serving of fruit to your snacks
- Have more whole-grain foods as they are a good source of fiber such as brown rice, whole-wheat pasta, multi-grain bread, and quinoa
- Include nuts, seeds, dried beans and peas during the week as they are rich in potassium, magnesium and fiber
- Choose fresh cuts of lean meat, fish and poultry over canned items, more often

- Replace full-fat milk and dairy products with low-fat or fat-free items for milk, cheese and yogurt
- Cut back on foods that are high in saturated fat, cholesterol, and trans fats such as butter, fried food, fatty meats, and ready-made salad dressings
- Avoid smoked, pickled and cured foods such as pickles and olives
- Reduce your intake of processed foods such as deli meats, processed cheese, frozen meals, fast food, salted nuts and chips
- Limit the use of various condiments such as mustard, ketchup, barbeque, MSG and soy sauce
- Read food labels to choose products that are lower in sodium
- Reduce your intake of caffeinated beverages such as coffee, tea and soda
- Limit alcohol intake as drinking too much can also increase blood pressure. The DASH diet suggests that men stick to two or fewer drinks a day and women one or less.

The DASH diet is a flexible and balanced diet that can be incorporated for a longer term into our daily lives, as part of a healthy lifestyle. It has also been called a 'diet for all diseases' and can benefit everyone. "Finally, keep in mind that, in addition to making healthy eating choices, it is also important to maintain a healthy weight, be physically active, and avoid smoking to help prevent hypertension," Maria concluded.



Make over Manna from the Earth

BEAUTY Concoctions

Arrière-pensée at this year's Beautyworld



When we think about beauty the fundamental thought that comes to our mind is something that is a pleasure to the eye, aesthetically enchanting and something that evokes our senses. In the modern time somehow the concept of beauty has evolved into something extremely glamorized and particularly artificial, losing the real essence and the meaning, depriving it of the essential heart full-ness... Organized by Messe Frankfurt Middle East; the Beautyworld Middle East last month marked and celebrated it's 20 years of success and glory. As the region's largest trade fair for skincare, cosmetics, hair, fragrances, and wellbeing, the show featured 1,450 exhibitors from 60 countries covering 48,600sqm of exhibition space. With many a fashionable brands and products offering trendiest cosmetics, exciting skin

care breakthroughs and cool ideas to keep everyone hooked, there were products, brands and ideas that were just simply more than what they offered. From jelly fish collagen, to toxic free grapeseed oils, to minerals deposited around 60 meters underground, here are a few products that just amazed me with their ideas, sources and simply their candor...

Effcience Saint-Barth

Who could have thought that the jellyfish can help with anti-aging? Effcience Saint-Barth, has discovered the revolutionary bio technique to revive youthful skin! The pioneering formula of Effcience acts as a powerful tensor of the surface layers of the skin while stimulating the deeper layers of cell regeneration. Effcience is the first cosmetics company to develop the exceptional association of jellyfish collagen, plankton and algae to create a formula used as the base of all its care products, giving

the exceptional results for cell repair, giving a visible result with the first application. The success of this rejuvenation is due



to the French scientists who discovered that the collagen of certain non-stinging jellyfish was practically like young human collagen, (this substance is also used in eye surgery and renewal of major skin burns). It is proven by scientists that the collagen structure of human dermis is almost identical to that of a certain species of non-stinging jellyfish, it has a particularly nourishing, restructuring, firming ability that gives remarkable lifting effects. The active ingredients of products developed by Effcience Saint Barth are remarkably effective in nourishing the skin, erasing fine lines, filling deep wrinkles and restoring elasticity, radiance and youthfulness.

Clayspray



Clay in a bottle? If that sounds strange, then hold your breath for it is no ordinary clay; taken from minerals deposited around 60 meters underground millions of years ago, now packaged perfectly to be used for its therapeutic benefits... Clayspray is a beauty first; clay in a spray comprising the purest clay, spring water and hydrogels. Taken from minerals deposited around 60 meters underground, cleaned for purity, then combined with natural spring water to create a mineral rich emulsion, after which hydrogels are added to ensure stability and freshness, as well as providing much needed hydration for the skin. Finely selected plant extracts are then added to the final composition, to ensure there is an option for every skin type. By keeping the product in a sealed container, the product is kept sterile for use. Launched by the Pure Beauty Company in the UAE, Clayspray uses a system called exchange capacity, which means that undesirable substances; toxins, dead cells, sebum, etc. are drawn out of the skin, replacing them with the minerals and hydrating properties of Clayspray.

Born



A product line that is more than just skincare; Born Skincare range started with a mission and a passion for producing better things that make a huge difference in our lives! Providing safe and effective skincare products, all Born products are organic, Toxic-Free, Cruelty-Free and infused with grapes. With years of research, the company has developed products that not only just use Cabernet grape seed oil, but different varieties of grapes, all adding their own unique value and benefits for the skin. Processing everything in small batches by hand, in order to ensure the integrity of the oils (that are refined non-chemically); the goal of the company is to help educate consumers on the toxins in our everyday products and help them make a healthier choice. Today so many of us are exposed to hundreds of chemicals and most of them are in our personal care products. Born Skincare strives to give consumers a healthier option that is good for them and to work wonders on the skin.

Beauty from the Archipelago Corsica

The island of Corsica has abundance of natural assets. The local fauna and plant life provide remarkable active principles to develop lines of high-quality care products. Immortelle de Corse, plants and citrus picked in the scrubland... they all possess outstanding properties. On the basis of ancestral formulations from the traditional Mediterranean pharmacopeia, the Island's companies have developed primordial plant extracts and elixirs. Essential oils and plant oils, 100% pure and natural, royal jelly and honey as well as goat's milk all play their part in skincare and beauty. Organic, natural ingredients are guaranteed to be free of artificial coloring, mineral oil, animal raw materials and pesticides. Some of the most

interesting products from Corsica are listed below...

Corsica Essences

Corsica Essences presents a range of anti-aging and moisturizing protective care which is a concentrate of essential oils from organic agriculture in Corsica. The essential oil from Helichrysum italicum is a powerful soothing agent and a regulator of skin microcirculation. It stimulates skin regeneration and repair, and helps to fight against signs of aging. The extract of Crithmum maritimum (rock samphire) has anti-cellulite, detoxifying, firming and regenerative properties moisturizing and protecting face cream. The products are certified free from parabens.

KYRNELLA

KYRNELLA is a story of fragrances, flavors and melodies. KYRNELLA Nature Cosmetics is a 100% natural line of products, highly concentrated in active ingredients and developed according to the traditional use of Corsican plants! Sourced from the Corsican nature, to offer an utterly precious cosmetics range. Based on a millennial old know-how, it respects the true nature of all the active ingredients and offers a high quality standard for all its cosmetics products..

Solyvia Cosmetics

A domain bathed in sea air and the Mediterranean sun, producing 100% natural cosmetics. Solyvia cosmetics produces on-site: a citrus grove farmed using organic farming methods (Citron, Mandarin, Lime, Lemon, Pomelo, Kumquat...) and wild plants from the maquis (thicket), endemic species gathered in compliance with the Corsican aromatic and medicinal plant harvesting charter. Naturally-filtered seawater is used as a basis for cosmetic preparations. Solyvia offers a wide range of organic-certified cosmetics infused with Corsican essential oils: roll-ons, balms, facial care, perfumes..., and simple, practical and natural products for everyday use.

Xavier Torre Artisan

Creator of Testa Maura, international creative niche brand & world pioneer of the organic and 100% natural perfume; Xavier Torre Artisan Parfumeur creations and productions are expanding the values of the revival of the art of artistic perfumery, using raw materials of an exceptional quality, all of biological origins, and an amazing "savoir faire" knowledge according to the tradition of French craftsmen perfumer.

EXPLORING UAE

Delving into the Sand, Sea
& Superstructures under a Hot Arabian Sun...



Located at the upper edge of the Middle Eastern peninsula, the Arab Emirates even when united are a small country on the shore of the Arabian Sea and the Gulf of Oman. Poised at the center of east and west, it is a country that refuses to be defined by size. The only size that appeals to the Emirati imagination is the epic scale of grand designs. The tallest building in the world, city-sized malls, indoor ski slopes, magnificent desert dunes, awe-inspiring wadis, sandy sea shores, cultural highlights, one of the oldest civilization of the world and one of the most urbanized cosmopolitan countries of the world with people from every continent represented in its multi-ethnic, diverse populace busily shopping tax free; UAE knows how to pack a punch!

A few miles out of the city centre is the vast landscape of desert sands echoing the shifting wave patterns of the sea crafted by the desert winds along every sand dune and the waves that mark the desert landscape epically reflect the turquoise waters of the sea as it crashes along the shore of the Gulf of Oman. The countries main city centers that stand out are the capital city of Abu Dhabi, the culturally entrenched emirate of Sharjah and of course the maverick, Dubai.



Abu Dhabi

A city renowned for architectural masterpieces and with many attractions for tourists and visitors, Abu Dhabi – the capital of United Arab Emirates (UAE) may carry the stamp of official culture and undertones of authority but the build up of activities, sights to see and places to visit offer a wide range of experiences... To begin with, the place to visit is the main hallmark of the city - Sheikh Zayed Grand Mosque. It is truly a wonder in itself; the world's eighth largest mosque attracts thousands of visitors who just visit to admire its grandeur, design and appreciate the architectural magnum

opus. The Another major attraction in Abu Dhabi is Yas Island. It is a man-made island studded with attractions, apart from being an attraction in itself. Ferrari World Theme Park, Yas Water World, and Yas Marina Circuit are just a few attractions to name. Ferrari World Abu Dhabi is one of the worlds largest indoor theme park. The latest attraction of Ferrari World is that you can now book exclusive ride to a Ferrari California. Not just the racing track but it also has Formula Rossa, the world's fastest roller coaster. Abu Dhabi is just not limited to artistic and architectural magnetism but has a myriad of natural and cultural attractions

such as Heritage Village, Qasr al Hosn Palace, Cultural foundation, Al Ain Oasis, Abu Dhabi's tallest mountain peak Jabel Hafeet, Al Ain Zoo and Arabian Wildlife Park are some of the other places you can't miss while visiting Abu Dhabi. A large number of world class hotels and several international and traditional restaurants are there for your hospitality and to savor your appetite. And certainly if you want to relax Abu Dhabi Corniche is the best place to visit. Abu Dhabi is full of attractions and has everything for every soul, be it adventurous, fun loving, shopaholic or art admiring; the city's magnetism drawn everyone in with its diversity.



Dubai

The tallest building in the world, Burj ul Khalifa is here in Dubai, soaring 828 meters in the air, easily dwarfing the tallest buildings in the vicinity alongwith the tallest buildings of the world, presenting an awe-inspiring sight of a tower stretching endlessly in the air and equally stunning is the view from its 124th floor observation desk. The record breaking Burj Khalifa structurally designed to resemble the Hymenocallis flower, laid end to end would stretch half way across the world but that feat is reserved for another structure, the Ibn Batuta Mall.

The Mall may not literally stretch half way across the world but it traces the travels of the Moroccan explorer, Ibn Batuta of Berber descent, as he journeyed from Africa, through Eastern Europe Asia and to the

Middle East. At the world's largest themed mall, one can journey from the Andalusia Court to Tunisia, Egypt, Persia, India and China Court or the other way around. In each court the traditional motifs, iconic landmarks and treasures can be seen as part of the Mall's multi-cultural experience apart from the 275 retail outlets, 50 restaurants and 21 cinema screens.

The city of Dubai has a number of architecturally exceptional buildings, hotels and malls, where each one has a unique element to its design. In terms of the iconic, there is the sail shaped symbol of Dubai, Burj ul Arab, Jumeirah and the Palm Jumeirah islands off the coastline.

As a city, it is best experienced, blending in with the cosmopolitan crowd, while the Metro snakes its way through the city center pulsing with the energy that pushes this city to challenge new boundaries. The Metro

stops at most of the city landmarks, the Dubai Mall fountains, Burj ul Khalifa, the Mall of Emirates, the Ibn Batuta Mall, etc.

Adventure and family fun hot spots for some real fun include the indoor ice rink at The Dubai Mall, the exciting Wild Wadi Water Park on the Dubai Marina, the Yas Island, and the adrenaline pumping Aquaventure Park, to name a few. As you approach the coastline, the cornice with its new jogging track immediately conjures up fantasies of shedding a few pounds while enjoying the sun, sand and surf and the open vistas of the Jumeirah Beach. The safari adventures and tours that explore the desert with its unique aura, present an endless backdrop of golden yellow sands and sounds that enrich an apparently barren landscape, offering the perfect insight into the grandeur of the country's design.

Sharjah

Sharjah is an emirate with a laid back atmosphere usually livened up by the pulsing energy of people as they go about their business or cheer at the cricket matches held in its cricket stadium, which makes it the perfect emirate to take in the richness of culture. One can appreciate the captivating customs and traditions, the ethnic milieu including modern and contemporary art, Islamic art and history, archaeology, maritime history and marine science at the sixteen museums maintained by the emirate.

Step back a couple of centuries, to understand how the world was shaped at the Sharjah Archaeology Museum and follow it up with a trip to the Museum of Islamic Civilization. Originally the gold domed building of this museum was a traditional covered market, but today it houses five thousand artefacts and rare manuscripts, an interesting place to learn about the Islamic civilization and their scientific contributions.

If you are interested in UAE, the rich

cultural history of its people, their lifestyle and celebrations, oral traditions and traditional knowledge as well as their landscape and its impact on livelihood, in that case explore the Sharjah Heritage Museum and if you like beautifully written scripts of the Arabic world dating back to the 17th century then visit the Sharjah Calligraphy Museum to take in the artefacts of this vibrant art form. For more art, spend an evening appreciating 18th and 19th century oriental painters and perhaps a visiting temporary exhibition of modern and contemporary art works, at the Sharjah Art Museum.

On the other hand, if your tastes run to the world of science, cars, planes and maritime history, then Sharjah has a dedicated museum for each. There is the Sharjah Classic Cars Museum with 100 classic cars to drive you back into the world of the last century, the Sharjah Maritime Museum that takes you on a voyage of history learning about fishing, trading and pearling using local methods and for aeroplanes, an old airport has been converted into a museum, the Al Mahatta Museum of aviation history.

The best places to visit with children are the fully interactive Sharjah Museum of Science and Sharjah Discovery Center. The two venues allow children and adults to explore and learn through play as they bring science to life and help them understand how science is assimilated in their lives. Sharjah Science Museums unveils the dynamics behind illusions, aerodynamics, cryogenics and physiology while, the Sharjah Discovery Center is a venue for children to discover science and technology through play.

These are only ten of the museums promising versatility of experiences to enrich the knowledge and understanding of nuances that define the contemporary world. After a morning of historical significance, spend the evening relaxing at a beach or explore a traditional souq. Experience the flavours and traditions of Emirates at Al-Qasba, the place for ethnic and traditional recreational facilities and high class modern entertainment. To put everything into perspective, climb onto the Eye of the Emirates. Take in unobstructed views of the city and beyond from a height of 60 meters above the ground, to top it all!



Five essential cleaning tips for

ALLERGY SUFFERERS

Tidying up is nothing to sneeze at...

Summer's upon us and for residents of the UAE, it means bracing ourselves for the coming months of dusty and scorching hot weather. But the changing season also means that

people suffering from asthma, rhinitis or conjunctivitis would have to contend with indoor and outdoor allergy triggers such as dust, dust mites, mould spores, pet dander and micro-organisms living in air-conditioning vents, to name just a few.

According to a recent report, more than a third of the population of the UAE suffers from allergies, which could be debilitating especially during hotter months when air quality is at its poorest. Allergy-proof your homes with these top tips from **Kärcher Middle East**, the world leader in innovative cleaning technology solutions.

TIP 1: Wipe furniture with damp or antistatic cloth

Cleaning is a double-edged sword. Wiping dust off surfaces actually releases allergens like dust into the air. To avoid this, wipe furniture with a moist or an antistatic cloth. This modern form of cleaning cloth facilitates dust removal, as the particles are

attracted by the electric charge and adhere to the cloth. The general rule is dust first, then vacuum.

TIP 2: Dilute cleaning agents with water

Some cleaning products can trigger allergic reaction that could affect some people's skin or respiratory tract. Reduce the concentration of cleaning agents by diluting them with water. Don't worry; this won't affect the cleaning agent's potency. Cleaning without the use of chemicals is also possible with a steam cleaner which is ideal for ensuring hygienic cleanliness of hard surfaces.

TIP 3: Keep rooms adequately ventilated while cleaning

Irritating cleaning agents and air-borne dust in enclosed areas are a significant problem for allergy sufferers. To prevent this, house-dust allergy sufferers must always ensure there is good air circulation in the room when cleaning. During the hot season, ventilate the room early in the morning when the temperature is not so high. But before doing so, make sure that the weather permits and there is no sandstorm. Effective room air purifiers or mesh screens on windows and doors are also recommended to keep allergens at bay.

TIP 4: Fold bed covers; hang pillows and covers outdoors

Made beds looks nice, but this also makes it easier for dust mites to survive because most of the moisture produced during the night through perspiration remains trapped under the bed cover. To prevent this, fold back the covers and air the room. It also helps to hang pillows and covers outdoors for a while. Remaining dust mites are destroyed by washing bed linen at 60 to 95 degrees Celsius or according to washing instructions. House-dust allergy sufferers can also use encasings, which are dust-mite-proof covers, for mattresses, pillows and covers.

TIP 5: Use vacuum cleaners with a water-filter system

These machines bind the vacuumed dirt in water, making them ideal for allergy sufferers. The DS 6.000 vacuum cleaner from **Kärcher** features a water filter for thoroughly clean floors and fresher, dust-free air. The dirt not retained in the water filter is collected in the machine with a HEPA 13 filter, which retains tiny dust particles as well as 99.99% of allergy-triggering excrements from house dust mites. The result: no more sneezing or coughing!



REDEFINING SPACE

Refresh your home and outdoor living space!



Summer is here and there isn't a better time than now to remodel your home with a splash of colour and some new pieces! Clas Ohlson's new inspiring and smart summer range is perfect for all DIY projects, lighting fixtures and storage wars. The story of the brand began back in 1918, when Mr. Clas Ohlson from the small Swedish town of Insjön decided to see solutions rather than problems and started selling things that made day-to-day life easier. Taking full advantage of the plan to make life easier, check out the following ideas to create a perfect new look for the season...

Bring some of that summer sun into every room of your house and **refresh the wall colors** with bright warm hues or cool

undertones. Adding this touch of color is so much easier with paint rollers and soft brushes for easy coating. You can even **rejuvenate tired furniture** and wooden trim with a touch of fresh glossy paints and achieve a professional looking finish. The only element to keep in mind is to select high quality paints out of the choices available in several shades at the store.

A slightly different trick to improve your home this summer is to **change old, worn-out handles**. Select a neat decorative handle for your dresser or the old sideboard in the dining room and don't forget the kitchen cabinets. You can give your kitchen a fresh look by replacing old cabinet knobs and pulls, which immediately transforms the space and make it a pleasurable space to work in.



Add decorative shelves, hang paintings or **picture frames**, repair broken windows, doors and cabinets.

Declutter your home and get organized with creative storage solutions for everything including papers, spices, books, outdoor equipment, hardware tools, clothing, accessories, linens, and more. Organization



is always made easier for closets, kitchens, bathrooms, bedrooms and any other space with products like fabric baskets, plastic containers, clip top jars, wooden boxes, foldable plastic crates and tool cases. The clutter is ordered and this results in a more open feel in a room.



Brighten-up your rooms with lamp shades, pendant lights, table lamps or floor lamps. Lamps help to add accent to a corner, highlight certain elements or create mood with such options as dimmers. By making the lighting in your home adjustable, by replacing traditional light switches with easy-to-install dimmers,

it not helps to accentuate the space but one can lower the home energy bills by replacing an old thermostat with a new, programmable energy star model. Indoor LED's and outdoor lighting and a variety of other electronic accessories or essentials, means that today, the electrical range is full of hundreds of smart products to help you with home improvements.

During the hot summer months, having your own swimming pool is a fun way to refresh yourself. Those of us who have the luxury of a swimming pool ready to dive-in must ensure that your pool is in its best condition by adding chlorine and liquid flocculants and then to remove debris with skimming nets. The leisure plan by the poolside can be fully experienced with the full range of poolside products which includes colorful pool light balls, pool mattresses, swimming rings, goggles and other toys for some fun time at the pool.



RAMADAN

delights

Ramadan- the most mystic of all seasons is back with all its humble joys and filled with the warmth of love and the bliss of sharing... It is the time to sit back and relish, be thankful for the bounties God has given us and a time to connect with family, with people around

us, to learn the true essence of the blessed month... Iniala Beach House, a renowned luxury boutique hotel located on the golden sands of Natai Beach close to Phuket Island is offering the ultimate dream stay this Eid Al Fitr in your own private beachfront villa, with three stunning suites ideal for families.

Chef Sandro Aguilera the Executive Chef of Iniala Beach House, is responsible for overseeing and designing the culinary programs for each villa, he shares with us three of the most quintessential Ramadan recipes, to savor with family and friends, to celebrate and unravel the meaning of joy, blessing and sharing...

GAZPACHO CHARCOAL VEGETABLES

INGREDIENTS for 1 liter

| | |
|------|-------------------------|
| 20g | Extra Virgin Olive Oil |
| 570g | Cucumbers |
| 300g | Sweet Peppers, mixed |
| 570g | Tomatoes |
| 90g | Onions |
| 80ml | Olive Oil, pressed cold |
| 10x | Seasoning (salt,pepper) |
| 10x | Seasoning (tabasco) |

| | |
|-------|--------------------|
| 10x | Yellow mini Carrot |
| 10x | White mini Carrot |
| 10x | Cherry Tomatoes |
| 10g | Garlic |
| 100g | White Bread Crumbs |
| 300ml | Water |
| 100ml | Clear Soup |
| 50ml | Jerez Vinegar |

METHOD

Peel cucumbers and tomatoes and split the cucumbers, tomatoes and peppers, in half. Remove the seeds and cut the vegetables into large dice/cubes. Peel and chop onions and garlic, and soak bread-crumbs (mie de pain) in water. Cut bread into small dice/cubes and toast croutons in oven (garnishing). Peel mini vegetables and boil them for 5 minutes and then cool by placing them in water with ice.

PRESENTATION

Puree cucumbers, tomatoes, peppers, onions, garlic and soaked bread-crumbs with cold consomé, add vinegar and oil in small amounts and mix to make a homogenous puree, season well with salt, pepper and tabasco. Then, place the soup in the chiller until perfectly chilled. Serve in a soup plate and garnish with chilled mini vegetables, as shown in the picture. Finish it off with extra virgin olive oil.



GRILLED GROUPER THAI VEGETABLES

INGREDIENTS

| | |
|------|-------------------------|
| 180g | Grouper |
| 60g | Young Kale |
| 10g | Cherry Tomato |
| 5g | Whole Garlic |
| 8ml | Extra Virgin Olive Oil |
| 2x | Seasoning (salt,pepper) |
| 3x | Decoration (Flowers) |



METHOD

Season the grouper (fish) with salt, pepper and lemon juice. In a pan, add olive oil and one whole garlic. Wait until the oil is warm and then pan-fry the fish beginning with the skin-side. Cook it for two minutes on each side and then place the fish in the oven for 12 minutes. Take young kale, season it with salt and pepper and fry it in the same pan used for the fish. Place cherry tomatoes in hot water for 15 seconds. After that, put them in a bowl with ice for a while, until the skin can be easily removed from the tomatoes.

PRESENTATION

In a hot main course dish place the fried young kale in the middle. Place the fish on top of the young kale. The rest of the herbs go on top of the fish along with the cherry tomatoes. Add extra virgin olive oil and Maldon salt on top and finally flowers as the final touch.

LAMB WITH COUS COUS AND BROCCOLI

INGREDIENTS

| | |
|------|-----------------|
| 10g | Rosemary |
| 2x | Eschalot Onions |
| 15ml | Lamb Sauce |
| 640g | Rack Lamb |

| | |
|------|------------------------|
| 80g | Couscous |
| 20g | Broccoli |
| 10ml | Extra Virgin Olive Oil |
| 1x | Salt, Pepper, Garlic |

METHOD

Remove the bone of the lamb rack as well as the fat. Add salt, pepper, extra virgin olive oil and rosemary, let it marinate for 30 minutes. Meanwhile, prepare couscous in a long dish by adding salt, pepper and boiling water. Mix it and cover it with film paper. Let it soak for 20 minutes. Boil the broccoli after cutting it into small pieces. Peel the echalottes, put extra virgin olive oil in a pan with garlic and then add the lamb. Cook it on both sides. Take the lamb and put it on a tray inside the oven with the peeled echalottes for 15 minutes at 180 degrees. Warm the lamb sauce and pour on top of the lamb.

PRESENTATION

Serve couscous mixed with broccoli on one side with eschalot onions on top. Place the lamb right on the opposite side of the couscous and pour the lamb sauce on top. Add extra virgin olive oil and some flowers to decorate.





2016 RESORT

Check out the exclusive photos of the 2016 Resort collections from top fashion designers of the world.

GUCCI

CHANEL

VERSACE

SONIA RYKIEL

BALENCIAGA

HANNA TOUMA

SHALKY

GUCCI

Resort 2016

Gucci joined the spare-no-expense Resort show club, flying guests in from around the world to see its new creative director Alessandro Michele's second, women's ready-to-wear collection for the brand.

Michele's Gucci is colorful, eccentric, and unabashedly retro. Michele expressed a desire to put sensuality before sexiness with his debut, and his latest offering pushes that new world order further still. He took

some hits for the vintage feel of his clothes after his February go-around, but he's not backing away from the look. Resort is very much an extension of his first collection for Fall.



CHANEL

Resort 2016

The Chanel Cruise collection that Karl Lagerfeld showed in Seoul tonight made perfect sense, it was an extravagant, exuberant event cementing the relationship between Chanel and Seoul, culminated with a graceful cross-cultural compliment. From a design point of view,

Korean traditions offered him a trove of inspiration much newer than the familiar tropes of China and Japan. From a cultural point of view, the K-Pop phenomenon had all the color and sugar-rush kick that Lagerfeld could possibly crave.



VERSACE

Resort 2016

A strong athletic theme coursed through the Versace Resort 2016 collection, in everything from a nylon tracksuit with Versace's signature Greek key motif detailing to hourglass dresses with sports uniform color-blocking. Even the lingerie-influenced pieces retained

a fairly innocent allure, thanks to the poppy shades of orange and pink they were shown in. What really set the collection apart was a vivid floral print that she used for flippy, pleated slipdresses and a pair of high-waisted bell-bottoms.



SONIA RYKIEL



*Resort
2016*



SONIA RYKIEL

For Resort, the Sonia By Sonia Rykiel team imagined their perennial bourgeois muse traipsing through the arrondissements in '70s silhouettes and gleefully mismatched prints. They got a lot of mileage out of a tiger stripe, particularly nice as it came to life as trim on a classic gabardine trench and also mixed in denim pieces suited to a Parisian-chic contemporary wardrobe. It included a retro-cut pant with patch pocket on the front worn under a trench with faux pony print sleeves.



SONIA RYKIEL



BALENCIAGA

Resort 2016

Alexander Wang has been with Balenciaga for almost two and a half years. For resort 2016 he has created the evening dresses with corsetry boning, silk and cotton jacquard peplum jackets, and a synthetic lace skirt peeking from the hem of a double-breasted sleeveless coat. The idea Wang was working with for the resort season was couture from the inside out; hence there's class and then there's drama!



HANNA TOUMA

Spring Summer 2015

Lebanese designer Hanna Tuma's latest Spring - Summer collection reflects the freshness of the spring season, with its vivid colors and beautiful embroidery.

Touma played his winning card; seamless and elegant femininity with skillful craftsmanship, combining muslin, organza and lace, delicately worked to fit women's

bodies with a wide range of elegant dresses. The designs of the Spring - Summer 2015 collection combine art and architecture in contemporary and stylish cuts.



SHALKY

FW15-16 Collection

Seasons transition but maintain a cyclical pattern, life is renewed each season with its unique aesthetics and distinctiveness. The global designer, Qassim AL Qassim's own

philosophy in Shalky fashion house, can be summed up in the same way. He sees a woman as an aesthetic of existence, as an aesthetic she wears his exquisite designs,

and from her he is inspired, by the elegance of nature and revival of sun and moon, which are manifest in the luxury of his new seasonal collection.



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

Hermès Arceau Ecuyère Aventurine

A new piece of exception by Hermès, the limited edition Arceau Ecuyère Aventurine for women is inspired by the magical night sky. Crafted with exquisite artistry and enchanting elegance, it is a true representation of the maison's dedication to beauty and timelessness. Limited to 178 pieces, the Arceau Ecuyère Aventurine's dazzling 34mm white gold case is studded with 74 diamonds and houses the Hermès movement H1912. Its midnight blue dial sparkles with silvery dust reminiscent of a body of stars, with 28 tiny diamonds embellishing the inner small second's dial. The matt indigo blue alligator strap complements the glistening dial.



Jaeger-LeCoultre Calibre 101

Created in 1929, in the workshops of the Manufacture Jaeger-LeCoultre, one of the world's most extraordinary technical accomplishments, Calibre 101 is a prodigious feat of micromechanical engineering. It has been a watchmaking icon for over 80 years. The Manufacture pursued its research into scaled-down mechanisms and succeeded in miniaturising the Duoplan movement without compromising its reliability. This led to the birth in 1929 of Calibre 101, which was to become firmly acknowledged as the smallest mechanical movement ever made. Entirely in tune with feminine eclecticism, it lent itself to all manner of daring approaches, offering the in-house designers boundless ways of giving free rein to their creative instincts.



Tissot Vintage

The Tissot Vintage Collection is made up of luxurious gold watches that come with beautifully-designed antique detailing. With many options to choose from, women can enjoy details such as a shimmering mother-of-pearl dial with delicate gold particulars and more. Designed to be a family heirloom, old and young alike will treasure these pieces, as they combine the best of old and new for a truly lasting style.



Perrelet's Diamond Flower Prestige Edition Watch

The Prestige Edition of the Diamond Flower collection combines finesse and harmony, and for the first time, jewellery and watchmaking technology harmonise to give a rare and vibrant expression of time. Based on its double rotor, a patented complication, the heirs of Perrelet dared to create an audacious setting with diamonds, rubies, sapphires and emeralds that go beyond the simple transformation of a watch with feminine jewels.



Gc LadyChic Turquoise Python

Python print is an integral part of Gc's fashion heritage, creating striking design statements building upon the latest color trends. This year, the Swiss watch company, once again presents a fashionable statement of seductive femininity: The Gc LadyChic Turquoise Python, produced and distributed by Sequel AG. Its irresistible turquoise accent mixed with warm earthy tones and rose gold, combine the latest trends in style and colors of the season. The round-shaped rose gold watch case provides the perfect frame for the smooth bezel in sophisticated silk screen python print.



Gilan - Journey To Dreams

The world-renowned luxury jewellery house Gilan has unveiled its newest creations from the Journey to Dreams collection; the Theodora Line and the Basilica Cistern Line. Inspired by the magical love story of Emperor Justinian and his Theodora, the "Theodora Line" is a couture collection of exquisite, one-off fine jewellery pieces. The Basilica Cistern Line reflects the architectural essence of the Basilica Cistern in Istanbul. The Basilica Cistern collection is inspired by the harmonious effect of moving water and highlights the inner peace that it provides.



Mouawad - Royale Rings

Exuding royal luxury, Mouawad's Royale Rings epitomize regal beauty. The collection consists of 3 gorgeous pieces namely; Sunpphire: with a marvelous 18.33 carats Sri Lankan yellow sapphire, the Superstar: with 31.02 carats blue star sapphire and the Royale: with a purple sapphire held firm by brilliant marquise and round diamonds.



Maximilian

Maximilian London, the premier Jewellery House, introduces a series of stunning new jewelry pieces reflecting intricate styles. With Ramadan and Eid quickly approaching, the collections celebrate new beginnings as well as the magic and purity of spring with delicate designs.



Montblanc Bohème Jewelry Collection

Montblanc has launched a collection of jewellery that highlights the various facets of distinctive beauty, refined feminine elegance and striking personality of the contemporary woman with her own, unique sense of style. Bohème Jewelry Collection includes necklaces, rings and bracelets crafted in precious materials such as silver, lacquer, gold and diamonds.

Amulette de Cartier

The Amulette de Cartier collection consists of natural gemstones, each one different and unique, each carrying a wish that promises to be revealed. Opal, lapis lazuli, malachite, carnelian, chrysoprase, mother-of-pearl or onyx stones focus the light of the diamond. Wrought as padlocks, they seal their talents and magic in a jewel of one's very own. Ringed with gold, their virtues are distilled in the wishes they epitomize.



D Jewellery by Dalia Hamdallah

D Jewellery is a constantly evolving private, home-based business that creates unique handmade pieces of wearable art. Ranging from ear cuffs to ear jackets, chokers, headpieces, rings and cuffs, the designer refuses to repeat a design, hence making each piece special and exclusive to every customer.

ARCANCIL

Paris 80th Anniversary

Specialist in make-up for eyes, ARCANCIL PARIS predominates the Parisian elegance since 80 years, thanks to the perfect quality of its products and its wide range of colors. Very well represented in Dubai, ARCANCIL PARIS is celebrating its 80 years anniversary in 2015. 80 years of engagement with women, of commitment to quality, of makeup know-how and most of all, 80 years of French glamour! Selective but having an attractive positioning, the brand follows closely all the emerging trends and strengthens its standing as a cosmetic expert by developing products resulting from the latest innovations in terms of formulation and colors, suitable for all kinds of skin, especially oriental women.



CAROLINA HERRERA TOUR

Paris Gallery at The Dubai Mall



Internationally renowned designers, Carolina Herrera and Carolina Herrera de Baez visited Paris Gallery, The Dubai Mall. The mother-daughter dynamic duo received a guided tour of Paris Gallery's largest luxury store in the city by His Excellency Mohammed Abdul Rahim Al Fahim, CEO of the Paris Gallery Group of Companies. As an internationally renowned fashion designer and mother of four daughters, Carolina Herrera leads her family with pride, having built a rich heritage and a legacy passed on from one generation to the next. Her daughter, Carolina Herrera de Baez joined the family business in 1997 as creative director at Herrera's House of Fragrances.

A LIGHT CHAT EVENING

hosted by Edo Café

Edo Café, a Japanese based new concept café and dessert bar, hosted an evening soiree with food enthusiasts for a light chat featuring their traditional Mochi Cream. Hosted at their outlet at City Walk Jumeirah on Al Safa Street, the evening affair saw the presence of socialites, food passion'istas and exclusive guests. Their signature dish, Mochi cream, was also presented and uniquely created displaying an exclusive range of frozen Mochi Cream a delicious gourmet mochi available in an array of exciting flavors.



LIFESTYLE FINE JEWELRY CREATES

the World's Most Valuable Guitar

Lifestyle fine jewelry teamed up with designer Mark Lui to achieve a Guinness World Record for designing the world's most valuable coronet diamond guitar consisting of 400ct.diamonds with a value of US \$2Million. The guitar has been created using very high quality diamonds sponsored by Chow Tai Fook along with a premiere collaboration with Gibson Brands. The diamond guitar was verified as the most valuable guitar by a Guinness Worlds Records adjudicator. Named 'Eden of Coronet', the masterpiece is a reflection of designer Mark Lui's artistic talent who was inspired by nature.



HESHAM MALIK & SOTHEBY'S

auction house charity art show in Dubai



British auction house Sotheby's, internationally acclaimed artist Hesham Malik and highly revered auctioneer Edward Rising come together for a unique charity art auction at the One and Only Royal Mirage, where 25 of the artist's collection Espárito (Spirit) went under the hammer. The sold-out auction, attended

by art lovers and art connoisseurs, was truly applauded by all for the brilliant collection from the 'Young Master' that was displayed. The guest of honor included HE Dr Sheikha Hind Al Qasimi, a member of the royal family of the Emirate of Sharjah, UAE.

MONTBLANC

Meisterstück Selection Sfumato

Montblanc recently unveiled Meisterstück Selection Sfumato, masterfully painted leather goods with a contemporary, sophisticated appeal, at an event hosted at 3 Olaf Street in London's West End quarter. Award-winning actor and Montblanc Brand Ambassador Hugh Jackman joined Montblanc CEO Jérôme Lambert for the global launch of the one-of-a-kind pieces inspired by "sfumato", an ingenious painting technique developed during the Renaissance by the great masters, and applied by Montblanc to the treatment of leather to highlight its natural beauty.



HRH PRINCESS HAYA

honoured with 2015 Longines Ladies Award

HRH Princess Haya Al Hussein, FEI President from 2006 to 2014, was awarded the prestigious Longines Ladies Award in a unique ceremony held at Hampton Court Palace. Global horse sport industry leaders gathered on the eve of Royal Ascot in the historic Great Hall for the Longines Ladies

Award, which celebrates the achievements of women who have consistently succeeded at the highest level within the horse world. Princess Haya was honoured as the sole recipient of the 2015 Longines Ladies Award by the jury of Louis Romanet, Chairman of the International Federation of

Horseracing Authorities (IFHA), Nathalie Bélinguier, President of the International Federation of Gentleman and Lady Riders (FEGENTRI) and FEI President Ingmar De Vos.



DESERT SAFAR

with Jaeger-leCoultre

Jaeger-LeCoultre has collaborated with two of the Middle East's prominent online personalities for a photo shoot in the heart of the Arabian desert, to share the strong history and heritage of the Manufacture with the deep-rooted heritage of Dubai and the Middle East. Zahra Lyla - fashion, beauty and lifestyle blogger and graphic

artist - from Lyla Loves Fashion, and Ahmad Daabas - founding publisher and editor-in-chief - from AMDMode took to the sands on a desert safari wearing timepieces from the latest 2015 collection that includes the Master Calendar Meteorite, the Rendez-Vous Moon, as well as the Master Compressor Extreme LAB 2.



TÊTE-À-TÊTE WITH

Asha Bhosle at Asha's



Select guests mingled with celebrity singer Asha Bhosle, as WAFI Mall created a day of rich experiences and festivities for a select coterie of guests who were invited to sample the new menu at the Indian restaurant Asha's. The festivities kicked off with a relaxed afternoon lunch at Asha's - the eponymous restaurant by legendary singer Asha Bhosle. The legendary voice was present in person, mingling with the crowd and socialising as guests tried the restaurant's new coastal menu, and sampled some of Bhosle's own favourite dishes.

PANTRY CAFÉ

Opens in Business Bay



Pantry Café, the local gourmet café and delicatessen, has opened its second venue. The new Pantry Café is located in Bay Square, Business Bay and will be open from 8am to 4pm serving guests breakfast, and lunch, 7 days a week. Providing customers with the familiar Pantry Café mix of local and international cuisine, the new venue occupies a space of over 5,500 square feet.



AL REEM

Ramadan Bazaar 2

WAFI Mall rang out once again with the sights and sounds of Al Reem Bazaar before the holy month, Ramadan. Sponsored by WAFI, Al Reem Bazaar was set up in association with fashion guru and businesswoman Eman Al Falamerzi. Al Reem Bazaar 2 kicked off with a grand opening and ribbon cutting ceremony hosted by Al Falamerzi. Influential society figures congregated at the bazaar across four days, including Lojain Omran, Hikmat Al Kaitoob, Dominique Hourani, Sogha, Rafee3a Ahajsi, Abeer Alyassin, Amira Fadel, Rihab Abdullah and Asmahan Al Nakbi. The final day of the event saw the attendance of Aryam Emarat and H.H. Shaikha Sheikh Bin Saeed Al Maktoum.



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