

# *first* Avenue

LOVE IS IN THE AIR  
VALENTINE DAY SPECIAL



Exclusive interview

**NATALIE PORTMAN**

Acting is about psychology above all things



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## EDITOR'S NOTES

A touch of Modernity...

A touch of Humor...

A touch of Extraordinary...

A touch of Madness...

A touch of Elegance...

With all our respect...

We bring you the First Avenue!

A warm welcome to the First Avenue Magazine- Valentine Day special! Promise of sunny skies ushers in the warmth for Valentine in Dubai and it feels good after the cold wintry patch. With it, our spirits soar into festive spring fever, growing tender with the burgeoning blossom buds, that mellow our disposition. Love is in the air, love for all beings as well as someone special may manifest in several ways. And as sure as the sun is in the sky, there are rich rewards of romance to be relished and reaped. What better time to soothe your soul with the innumerable offerings that the season presents; a romantic getaway, a passionate dinner date or an indulgence in the expression of love by means of special gifts.

The imminent approach of the Valentine craze, may draw our attention, but don't miss out on Natalie Portman, our cover girl for the issue. Her dazzling beauty sets her apart from the crowd and her talents make her one of Hollywood's brightest stars. We talked to her about the roles she played and her Oscar capturing performances that took her to the pinnacle of show biz.

Moving on from the razzle dazzle to the nitty gritty of Valentine preparation, we have put together for you, special features to make your Valentine's Day as perfect as ever. Browse through our feature 'Love Buzz', to look perfect on your special night, whether you are planning on a romantic dinner date or a retreat to a cozy getaway. If you cannot decide on what would please your loved one, our Fashion must haves section offers instant solutions. For some practical and interesting buys, some conservative ones, check out our watches and jewelry collection.

Finding a perfect rendezvous for the Valentine's Day can be taxing. Check out our 'Magical Dubai' section and discover the city's guise for this passionate occasion. Check on romantic getaways and read our 'Travel & Stay' special, 'Eat, Love & Pray', a guide to the two most romantic places on earth - Bali, Indonesia and Krabi, Thailand. And if you wish to stay at home and surprise your loved one, don't forget to read our feature '@ Home Dinner Date', perfection delivered at home. Don't fret over the menu, our fine dining special; 'Love Portions' has the Valentine's Day staple recipes, easy to prepare and delectable to the taste buds.

With all this and more, including the story behind Fredrique Constant's "Live your passion" it feels romance is here in perpetuity...

Wishing you all a very Happy Valentine's Day.

Lamiya Sami



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# first Avenue

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# Celebrity Fashion



**Matthew McConaughey & Camila Alves**  
Screen Actors Guild Awards

Matthew McConaughey looked handsome, along with his beautiful wife, Camile Alves at the 2014 Screen Actors Guild Awards in Los Angeles. Matthew wore a Dolce & Gabbana suit and Tod's shoes, while Camila dons a Donna Karan Atelier dress and Casadei shoes. The 44-year-old actor also took home the award for Outstanding Performance by a Male Actor in a Leading Role for his role in *Dallas Buyers Club*.



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**Isla Fisher**  
SAG Awards 2014 Red Carpet

Isla Fisher looked dazzling on the red carpet at the 2014 Screen Actors Guild Awards held at the Shrine Auditorium on Saturday in Los Angeles. The 37-year-old actress looked stunning in an Oscar de la Renta gown, Christian Louboutin shoes, a Salvatore Ferragamo clutch, and Bulgari jewelry.



**Julia Roberts**  
SAG Awards 2014 Red Carpet

Julia Roberts looked gorgeous on the red carpet at the 2014 Screen Actors Guild Awards. The 46-year-old actress was nominated in the Outstanding Performance by an Actress in a Supporting Role category for her work in *August: Osage County*. Julia wore a Valentino jumpsuit, YSL shoes, Roger Vivier clutch, and Wilfredo Rosado earrings.



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## Sofia Vergara

SAG Awards 2014 Red Carpet

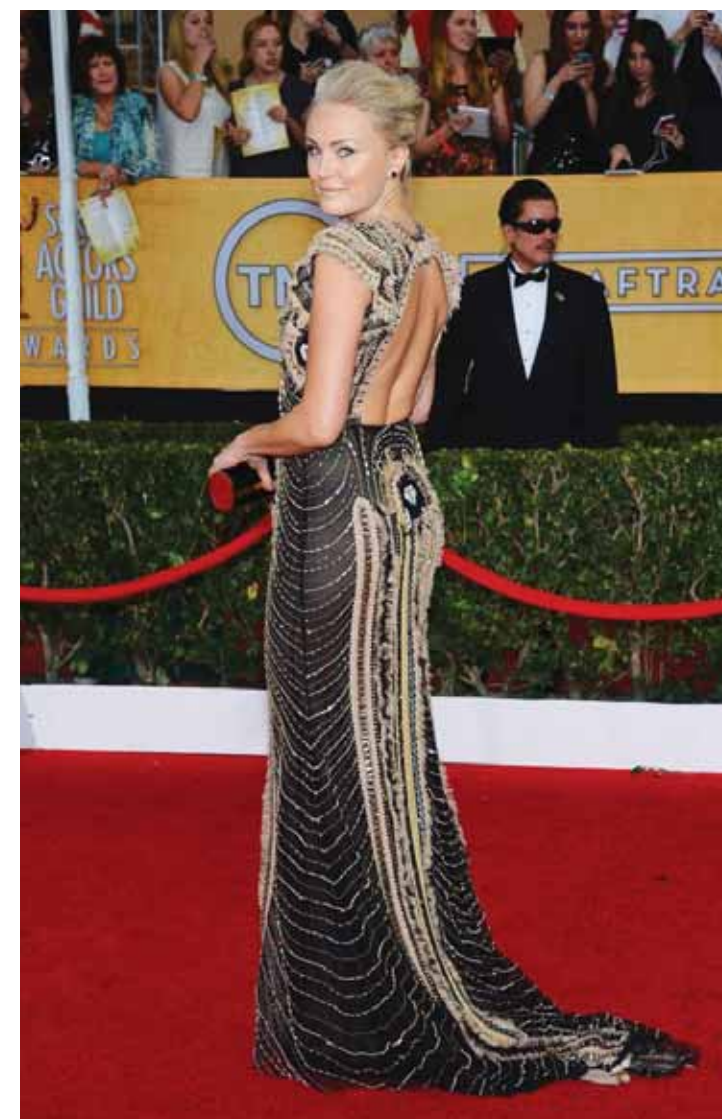
Sofia Vergara looked sexy and glamorous at the 2014 Screen Actors Guild in Los Angeles. Sofia wore a Donna Karan Atelier dress and Amrapali jewels.



## Lupita Nyong'o

SAG Awards 2014

Lupita Nyong'o hits the red carpet in a gorgeous dress, at the 2014 Screen Actors Guild Awards held at the Shrine Auditorium in Los Angeles. The 30-year-old actress also won the award for Outstanding Performance by a Female Actor in a Supporting Role for her work in the film *12 Years a Slave*. For the event, Lupita wore a Gucci dress, Christian Louboutin shoes, a Monica Rich Kosann clutch, and Fred Leighton jewelry.



## Malin Akerman

SAG Awards 2014 Red Carpet

Malin Akerman looked regal, on the red carpet at the 2014 Screen Actors Guild Awards in Los Angeles. Malin wore a Naeem Khan dress, Jimmy Choo shoes and clutch, and Neil Lane jewelry.



## Keira Knightley

Jack Ryan UK Premiere

Keira Knightley stepped out in style for the UK premiere of her film *Jack Ryan: Shadow Recruit* in London, England. The 28-year-old actress was joined by 33-year-old co-star Chris Pine, and director Kenneth Branagh at the big event.





Salma Hayek  
Paris Fashion Week

Salma Hayek rocks a full suit at the Saint Laurent Menswear Fall/Winter 2014-2015 Show, as part of Paris Fashion Week in Paris, France. The 47-year-old actress was joined, front row at the show, by her husband Francois-Henri Pinault. Salma is reported to have recently signed on to star in Matteo Garrone’s *The Tale of Tales*.



Sandra Bullock  
SAG Awards 2014 Red Carpet

Sandra Bullock looked gorgeous in green while making her entrance on the red carpet at the 2014 Screen Actors Guild Awards in Los Angeles. The 49-year-old actress wore a Lanvin dress, Jimmy Choo shoes, Roger Vivier clutch, and Fred Leighton jewelry.





# Natalie Portman

*"Acting is about psychology above all things"*

**T**hor's female lead, Natalie Portman, became part of the Hollywood's elite after winning the Academy Award for her performance in the *Black Swan*, as a disturbed ballerina. Portman has been acting professionally, since she was 11 and is accustomed to working with cinema's brightest and best: George Lucas in the *Star Wars* prequels, Woody Allen in *Everyone Says I Love You*, Mike Nichols in *Closer*. *Forbes* magazine recently named her the film industry's "most bankable star". So far, Natalie Portman has been busy wrapping up four movies, including this month's *Thor: The Dark World*, prepping for her directorial debut, and planning relocation to Paris. Married to French dancer and choreographer Benjamin Millepied, and mother to a two years old son, Natalie Portman is the Hollywood's It girl. *First Avenue Magazine* met her in an exclusive Parisian encounter and talked about her acting career, her educational background and her life being a mother.







*First Avenue: How do you like being in film sagas such as Star Wars and now Thor?*

Natalie Portman: I must admit, I enjoy it a lot. First of all, because I like watching sagas very much, so, to be a part of it on the screen, is sort of a dream come true. And then, also, because I am fascinated by the magnificent settings and costumes in those films, and the fact of shooting in the studios, makes the whole thing somehow magical. Now, of course, the dramatic part in such productions seems less important than the surroundings. In fact, it is not. It is just an impression, but believe me, once on the set, every actor gives his best in front of the camera, in order not to be swept away by the magnificence of those surroundings and by the amazing modern technology, such as 3D for instance, etc...

*I love France very much!*

*F. A: Do you imply that as an actor you have to compete with technology?*

N. P: Exactly, I do. We all do. Technology is there to draw the attention of the viewer and seduce him. But actors are also supposed to fill that part. So it ends up in a severe competition and I like that. It is a challenge and it becomes even more difficult when shooting scenes in front of a green or blue screen and fighting, for instance against an invisible enemy that is added in the image afterwards.

*But still, you do prefer parts such as in Closer and Black Swan that get*





*F.A: you rewards in the end, don't you?*

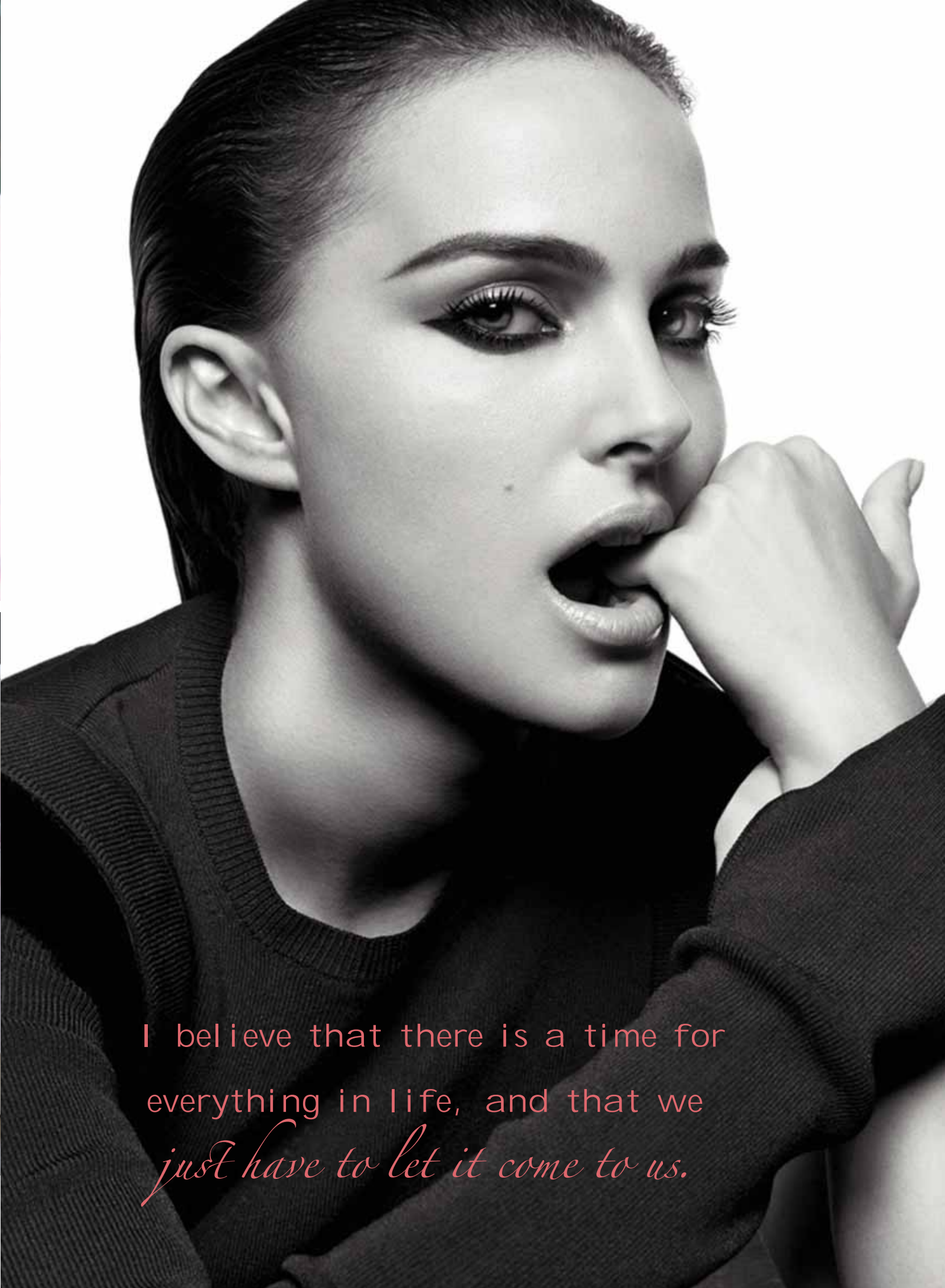
N.P: Well, those roles are more rewarding as you say. And I do love being in films where dialogues and actors occupy the front stage, but still I would not like to be in such films only, as well as, I would not appreciate being only in sagas. I am an actor and that implies, to experiment in all sorts of artistic genres and to play all kinds of characters. I must be able to impersonate a warrior as well as a ballet dancer. As for the rewards, they always make me feel like a little girl who has successfully passed her exams at the end of the year.

*F.A: Apart from drama you studied at Harvard University and got a diploma in psychology. Was that in case acting did not work out as you wished?*

N.P: No, just because I wanted to get a degree in psychology. I have always been interested in that particular discipline and let's not forget that acting means, above all, understanding the psychology of a character, otherwise I cannot see how to impersonate that particular character in front of a camera or on stage. So, it is about psychology above all things.

*F.A: About stage, you did appear in plays in New York and elsewhere, so are you fond of theatre the same way you are of cinema?*

N.P: Yes, and maybe even more. I mean, that when in drama school, one learns how to perform on stage more than in front of a camera, and the exercises are always based on well-known classical and modern plays. Cinema comes afterwards. To tell you the truth, I am fond of both activities, and I cannot imagine myself, spending my whole life, only working on stage or in cinema.



I believe that there is a time for  
everything in life, and that we  
*just have to let it come to us.*





*F.A: Yet, you are more of a cinema actress, at least for the time being, am I right?*

N. P: Yes, you are, but things may change depending on the offers I get and you might tell me the exact opposite if we meet again in three or four years. I believe that there is a time for everything in life, and that we just have to let it come to us. That is what I do.

*F.A: I remember seeing you at the Cannes Film Festival a few years ago with your head totally shaved. That was because you were shooting V for Vendetta at the time. What memories do you carry regarding that particular experience, the shaving, I mean?*

N.P: That was a fantastic experience. You know without my hair I became someone else. It's funny how such physical details can transform someone and help that person become the character he or she portrays in a work of art.

*F.A: So do you imagine yourself being bold in your everyday life?*

N. P: No, not for the time being at least.

*F. A: You now live between the USA and France because of your private life?*

N. P: Yes, I do and I love France very much. I do speak French, you know. But, still I spend more time in the States, as Benjamin (Benjamin Millepied, her husband) works a lot in New York as well.

*F. A: How does it feel being a mother?*

N. P: It feels simply great apart from the fact that it is a full time job. And there's no acting there, it has to be sincere and true at all times. I love it!

*I am an actor  
and that implies,  
to experiment  
in all sorts of  
artistic genres and  
to play all kinds  
of characters*





# Fashion Must Haves

*From cosmetics, shoes to handbags, here are some fashion trends and accessories that you may want to consider purchasing...*

## OCÓO THE BEAUTY DRINK

OCÓO the Beauty Drink, is a premium product made with the world's natural, elite ingredients, that work to enhance your beauty, revitalizing, detoxifying and cleaning your body. A powerful mix made with red and blue berries - Cranberry, Pomegranate, Red Grapes, Aronia, Black Currant & Acai carefully selected from all corners of the world, OCÓO The Beauty Drink is a fruity concoction containing vitamins, minerals and trace elements of anti-oxidants that help with the natural detoxification process while nourishing you with a full dose of nutrients, leaving body, and especially skin, purified, rejuvenated and refreshed.



## DOWNTOWN Calvin Klein

DOWNTOWN Calvin Klein balances feminine woods and a soft, floral scent to create a confident, modern fragrance with a unique signature and an unexpected edge. The DOWNTOWN Calvin Klein fragrance opens with bright top notes of Italian cedrat, bergamot and Tunisian neroli, with a contrast of pink peppercorn dusted over violet leaf and gardenia petals as the middle notes. A dry down of Texan cedar wood with touches of incense, vetiver and warm velvet musks leaves an unmistakable, confident and sensual attitude.



## Suzanna by Chloe

Rock your wardrobe with the latest, 'Suzanna' sunglasses, from Chloe. Tiny golden studs frame, the cat's eye silhouette, chic and glamorous sunglasses in beige, black and red.





## Halcyon Days Premium Collection in Traditional English Style

Halcyon Days, the British luxury goods brand, has released their new collection that features handcrafted, signature enamel boxes in addition to hand decorated hinged bangles and cufflinks in bold colors and graphic designs. Known for producing high quality, hand painted products are manufactured in England, by highly skilled artists using traditional English enameling techniques that have been passed down through generations. The esteemed brand has been commissioned in the past by the late Queen of England to create unique boxes for her personal use and as well as gifts for her international acquaintances.



## alessandro International

Pamper your hands with *alessandro* International's hand spa collection. Offering three new products, the Hands! UP Age Complex, Dream Cream and the Dream Nail polish, the collection exhibits passion and festivity, and comes packaged in gold and silver colors that emanate indulgence.



## Paese Argan Oil, Bronzer & 3D Lash Mascara

Paese introduces three amazing products that any woman would be delighted to have in her makeup box. Argan Oil, aptly known as the 'elixir of youth', works wonders on dry, aging skin. Paese Bronzer, contains coconut oil that moisturizes the skin and glides on the skin effortlessly. Adore 3D Lash Mascara, exaggerates your eyelashes, making them thicker, separated and longer, in a single stroke.



## Sodashi Natural Eye & Lip Cleanser

Made using the highest quality plant extracts and essences sourced from around the globe, Sodashi, products are based on the knowledge and wisdom of ancient philosophies and natural healing traditions, and are designed to work holistically to nurture the body. Launched for the first time in the Middle East market, Sodashi introduced the Eye & Lip Cleanser with Chamomile, a gentle and soothing cleansing cream for removing even the most stubborn eye makeup and lipstick. Jojoba oil helps to break down makeup while nourishing the skin around the eyes and lips and helping to strengthen eyelashes. Chamomile hydrosol soothes and cools the eye area while myrtle hydrosol strengthens and acts as a tonic to the delicate tissue around the eyes. The Sodashi range is currently available in: Al Maha Desert Resort & Spa; Talise Spa, Madinat Jumeirah; Timeless Spas at Emirates Airline First and Business Class lounges at Dubai International Airport; Monte Carlo Beach Club in Abu Dhabi.





# All in the eyes

"The face is a picture of the mind with the eyes as its interpreter."  
Cicero



Eyes are the most attractive feature on the face... and the most expressive; they reflect your inner being. Our stressful lifestyles, sleep deprivation, constantly working in front of digital screens, have all added up to weariness and dullness, as well as dark circles, puffiness, redness, itchiness and wrinkles in our eyes. In

order to look your best, your eyes need care and attention. We have some very inexpensive eye care tips for you, to take care of your eyes. We have compiled a list of natural remedies as well as some make up tricks, to amp up the look of your eyes and let them take over in conversation when words fail...



## Dark Circles & Puffiness Be Gone

Dark circles and puffy eyes are the biggest problem faced by just about everyone. The best remedy to rid yourself of those nasty dark circles and puffy eyes is by using products rich in vitamin C, which decreases melanin production, and vitamin K, which breaks down pigment particles in the blood. Also keep an eye out for creams loaded with caffeine, which flush out unwanted fluid from the eye contours, and a vasoconstrictor, meaning a product that makes capillaries look smaller and less noticeable. Another easy way to care for those tired eyes is by using tea bags whether black, green or white, by placing them over your eyes, they will reduce puffiness and will get rid of the dark shades around the eyes.



## Treat Crow's Feet

The skin around the eyes is especially thin and has fewer elastic fibers, so it shows signs of aging and dryness more readily than other parts of the body. To help get rid of the crow's feet use ultra-rich eye cream like, Strivectin-sd eye concentrate for wrinkles or La Mer - The Eye Balm Intense, which is brewed with hydrating algae and sea kelp. Dryness can aggravate the appearance of eye wrinkles, so use your eye cream in the morning and before bed time. To help prevent the formation of fine lines, always apply a broad-spectrum sunscreen and invest in oversize shades to curtail squinting when going outdoors.





## Get Fuller Lashes

Thick, long eyelashes make your eyes pop! To get fuller eye lashes, focus on finding tapered or football-shaped brushes, which create a feathery topcoat for dramatic definition. They're designed to give lashes body rather than coat each individual hair. Vitamin B and especially biotin, can help eyelashes and the hair on your head grow, a biotin deficiency can actually cause eyelashes to fall out. The best way to consume nutrients is by eating them, so boost your biotin intake with foods like nutritional yeast, liver, cauliflower, salmon, bananas, carrots, egg yolks, sardines, legumes, and mushrooms—all rich in biotin. Curled lashes also make your eyes look bigger and more beautiful in seconds. Always use an eyelash curler before applying your mascara.



## Covering Up Dark Circles

To lighten up those dark circles, concealers, by far, are the best make up product. When applied correctly, it instantly makes you look fresh and relaxed. When buying a concealer, look for a light-reflective formula that douses the skin with hyaluronic acid, which attracts moisture to keep eyes looking fresh not dry or dull. If, your under eye area is prone to creasing, use moisturizing eye primer before concealing. Always remember to apply the concealer where the actual dark circles occur, which is typically a semi-circle, from the interior of the eye, down towards the cheek. For best results use a concealer that has more of a yellow base, in a tone that's a bit lighter than your skin color.

## Reduce Red Eyes

Bloodshot eyes can instantly take your well pampered looks, from fresh to fatigued which is actually very unhealthy and less appealing. Use “natural” tear products and eyewashes to provide relief from the symptom of bloodshot eyes. These are inexpensive and widely available over-the-counter. As soon as your eyes get that dry feeling, a couple of lubricating eye drops will make you feel refreshed. They also help rinse the eye, of irritants, but don't make it habitual by using it too frequently, so use sparingly. Remember to never sleep with your makeup on. Get all your makeup off. If there are traces of mascara on your lashes after you've washed your face at night, the mascara will slide into the eye area while you're sleeping and cause irritation and redness. Eyes are very sensitive, even the slightest reason can cause bloodshot eyes. It is important to pay attention to what is causing the problem and adjust accordingly!



## Smoky Eyes Effect

Smoky eyes always look dramatic and require low-maintenance efforts. To get it right, draw a chocolate-colored kohl to line the eyelid, using the side of the pencil not the tip creating a soft, smudgy effect. Next, an eye shadow in a similar shade as your eyeliner, and apply it right above the lash line, gently sweeping upwards at the outer corner and blend. The key to getting the ultimate smoky eyes is blending. Finish by applying a soft copper or gold shadow in the inner corners of your eyes to add dimension.





## Healthy Habits

- Water is crucial for the body's skin. First thing in the morning, rinse your face and particularly your eyes with cool, fresh water. Repeat this 3 to four times throughout the day. Secondly, to maintain freshness, drink plenty of water.

- Use the gentlest of toners, Rose Water, a hydrosol in your eyes. Before going to bed, put some drops of rose water to remove the dust and the grime from your eyes. So, when you wake up in the morning, your eyes will be fresh.

- Another technique to cleanse your eyes, is to apply pure honey and leave it there for ten minutes.

- A third technique is to slice a potato or a cucumber and place the round slices over your eyes for 15 to 20 minutes. Both vegetables are known for their relaxing and rejuvenating properties.

- Finally, two elements are vital-getting enough sleep and eating a healthy nutrient rich diet. Sleep, because the major stress for the eyes and the body is not getting the time to repair and rejuvenate the cells, if one does not get the right amount of sleep. So, get proper sleep. Secondly, a healthy diet balanced to accommodate all the essential nutrients is needed to maintain the rich textures of the skin. Green vegetables, fresh fruits and their juices can do a lot for your eyes. Drink carrot juice and orange juice in season, and always, before getting into bed drink one cup of milk.



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# Love Buzz

*The best time of the year has arrived!*

Now that the weather has finally taken a moderate dip, there's freshness everywhere, a delicate zest wafting in the air, a feeling of lightness joy and above all love blossoming around as the birds chirp and the zephyr blows... The cupid unleashes its arrows and aims at the tender

hearts swollen with the froth of emotions... The best way to welcome the season is by looking your best and getting rid of the winter blues that have settled with a dismal air on your face and yourself... Here's how to welcome the season feeling that love is in the air...



## 1 Smell like a pixy

Nothing is more memorable than a smell. One scent can be unique, unexpected, momentary and fleeting, yet it can invoke memories, musings and leave a lasting impression on the other person. Let's admit it, a scent leaves a far lasting impression than perhaps the makeup we put on. There is no better way to welcome the wonderful season and look your best at a romantic date than with a fragrance that is fruity and incredibly feminine. But always remember, before you go all scent crazy and leave a lasting impressions miles long, apply a bit on your neck, wrists and chest, and voila! You're fully dressed to impress...



## 3 Get some glow

Nothing makes you look hotter than a natural glow. The most natural-looking glow, of course, comes from well-cared-for skin. To help your skin stay healthy and glowing, dermatologist as well as makeup experts recommend, a few things be made a part of the daily routine for skin care. This includes exfoliation, moisturizing and using sun block lotion along with a healthy diet. But if your skin is less than luminous, you can fake it with Luminizers, available in various make up brands...



## 2 Sexy do

Nothing makes a sexier statement than a great do! The secret is in adding volume to your hair... to get this look at home try starting with Root Lifter Spray Gel, which you can apply to wet hair and then blow dry your hair! A few highlights also add a little sexy-ness to your hair. The trend right now is to have a few scattered highlights starting about midway down your hair to the ends. The highlights will give your hair dimension and rest assured, will look great on candle lit romantic dinner date.







# 4 Smile! you're on camera

The easiest way for anyone to look thier best is to show off a white smile. There's nothing more refreshing and sanguine than a beautiful smile. But of course this all depends on how many visits you pay to your dentists. However, a lot of tooth paste brands are making it easier by coming out with their extra whitening line, so you are guaranteed to make an appearance worthy of a princess.

.....



# 5 Pucker up

A perfect smile should be accompanied by a dazzling lip color. If you plan on a heavy make out session, then you may want to give a strong lip color. If you're going on a first date or out with friends, though, then feel free to layer on a red shade. Remember that if you are wearing heavy eye make up then keep your lips neutral, but if you want to mesmerize with your smile, keep a bold lip color and the rest mute... you can also try the pin up look that just goes perfect with dinner dates...



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# Around The Emirates

We love Dubai, with all its year round offerings and events, but things are equally hot and happening in the capitol as well as the neighboring Emirates... Here's what's happening around the Emirates...

## Abu Dhabi

### Qasr Al Hosn Festival

Under the patronage of His Highness General Sheikh Mohamed bin Zayed Al Nahyan, Crown Prince of Abu Dhabi Deputy Supreme Commander of the UAE Armed Forces, the Qasr Al Hosn Festival will open from 20th Feb till 1st of March, on the site of Abu Dhabi's oldest structure dating back to the second half of the 18th century. With an exciting programme that includes guided tours of the fort, public programmes and an internationally renowned show adapted to reflect the elements of the UAE culture. HE Sheikh Sultan Bin Tahnoon Al Nahyan, Chairman of Abu Dhabi Tourism & Culture Authority, said: "Qasr Al Hosn represents the foundation of the nation's capital and symbolizes more than two and a half centuries of Emirati heritage and cultural development. Qasr Al Hosn Festival is an annual opportunity to celebrate this magnificent national monument and iconic symbol of Abu Dhabi's proud history and identity and to engage our community in the development of Qasr Al Hosn restoration programme." The main aim of the festival is to strengthen the appreciation of Emirati heritage and identity, and to engage people in the on-going restoration of the more than 250-year-old structure. The festival comprises a theatrical show, and a wide range of historic and cultural exhibitions, workshops, demonstrations and activities. The UAE community and visitors will experience both the tangible and intangible heritage of the Emirate through a wide range of activities at the Qasr Al Hosn. For more information about Qasr Al Hosn Festival, visit [www.qasralhosnfestival.ae](http://www.qasralhosnfestival.ae)



## Café Blanc Launches its Intimate Dining Experience

Café Blanc has recently opened in The Eastern Mangroves, Abu Dhabi. The new venue hosts both an intimate indoor dining area and a relaxed outdoor shisha terrace which overlooks the beautiful Mangroves. Creativity is at the heart of the menu which infuses traditional Lebanese dishes with a fresh, modern flair. The extensive menu offers hot and cold mezze such as hummus, labneh, fattoush and tabbouleh for cold mezze, and for hot mezze offers falafel, shawarma and grilled halloumi. For meat lovers the menu provides tender lamb cutlets cooked to perfection, meat skewers, marinated platters and mix grill platters. The menu finishes with an array of sweets such as the 'mafroukeh', a creamy nut pudding, 'sultana's delight' which blends cool vanilla ice cream, light biscuits exotic loukoum and coffee sauce and finally, 'mouhallabieh brûlée', a fresh take on the French classic. The beautiful new development in the Mangroves will offer Abu Dhabi a new dining destination. It seem only natural that Café Blanc should find its place in the new bustling scene.





## Internationally Acclaimed Theatrical Production Cavalia at Qasr al Hosn

The Abu Dhabi Tourism & Culture Authority has announced that Cavalia at Qasr al Hosn will make its Middle Eastern debut in the Qasr al Hosn Festival 2014. Cavalia at Qasr al Hosn, an innovative multi-disciplinary production created by Normand Latourelle, one of the co-founders of famed Cirque du Soleil, will be performed in a series of shows from February 22 to March 1, 2014. Enjoyed by over 4 million people across North America, Europe and Australia, Cavalia is a lavish production involving 41 magnificent horses and featuring 36 riders, aerialists, acrobats, performers and musicians from all over the world. In a show unlike any other, Cavalia celebrates the equestrian arts and the strong relationship between humans and horses. For more information about Cavalia, visit [www.cavalia.net](http://www.cavalia.net).

## RAS AL KHAIMAH

### CELEBRATE A 'SUITE' VALENTINE'S DAY AT WALDORF ASTORIA

If you're looking to surprise your loved one with an unforgettable Valentine's Day, Waldorf Astoria Ras Al Khaimah has designed the most personalized and luxurious VIP weekend experience for one romantic couple in celebration of the opening of its premier King Imperial suite. Imagine flying by seaplane or helicopter from Dubai along the magical Arabian Coastline to stay in the most luxurious suite at Waldorf Astoria Ras Al Khaimah, indulging in spa treatments at Waldorf Astoria Spa VIP treatment suite and exquisite dining in the King Imperial Suite private dining room. Cupid's little helper comes in the form of a personal concierge delivering True Waldorf Service to ensure every request is fulfilled ensuring a perfectly romantic stay. From the King Imperial suite's balcony, loved ones will be able to relax and admire the amazing 360-degree views of the Arabian Sea and Hajar Mountains of Ras Al Khaimah. The King Imperial suite also comes with its very own personal cabana on the beach for guest's exclusive use, where a romantic lunch can be served. For further information and prices for this exclusive VIP Valentine's Day package, please contact Waldorf Astoria Ras Al Khaimah [rasalkhaimah](mailto:rasalkhaimah).



## The All New Outlander 2014

So advanced it leaves the future behind!



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# I Dubai

*Find out whats happening and trending now...*

Love is in the air, wafting through the city, warming us in a fragile wrap of tenderness. With love on our mind and hearts drenched in passion, we look for what the city's offering for the season, where to head to celebrate

romance and what to do when the cupid's arrow aims at us... It is time to discover some of the best restaurants, places and events with their offerings... So, let's unleash our inner romantic and check what's happening now!!!

## The Grub

### St Tropez Bistro

*If heading to a mall with all the bustle and livelihood, then St Tropez Bistro is your place to be, this valentine.*

The St Tropez Bistro MOE, the latest addition to Dubai's bustling restaurant and bar scene, has teamed up with the major department store Harvey Nichols-Dubai, this Valentine's Day. The restaurant will be offering a set menu for Valentine's Day and each couple will receive a unique complimentary gift from Harvey Nichols-Dubai on departure. Diners are invited to enjoy a spectacular meal and be transported to the romance of the Cote d'Azur. Head chef David Cagle has specifically crafted a warm, romantic menu for Valentine's Day that is guaranteed to please. Last but not least is dessert. St Tropez Bistro have also created two special Valentine's desserts, the dark chocolate fondant with vanilla ice cream for all chocolate lovers and an elegant home-made vanilla ice cream. St Tropez Bistro is set to impress guests with their romantic atmosphere, where couples can dine and share experiences in a relaxed, French inspired, chic environment.





## Fuego ‘Feliz Dia de San Valentin’

*If you like salsa and want to tango this valentine, then Fuego gives you a chance to dig in to the hot luscious salsa and tango with your taste buds...*

Fuego, Dubai’s hottest Mexican restaurant, is celebrating Valentine’s Day in true Mexican style. In Mexico, Valentine’s Day is known as “El Dia del Amor y la Amistad”, the “day of love and friendship”. Apart from the regular gift to romantic partners, it is a day to show appreciation to friends and loved ones. Fuego has specially crafted a set menu for this special day and will be showcasing new authentic Mexican dishes. Highlights from the menu include chicken broth with crispy tortilla and lobster for appetizers and a choice of traditional crispy Mexican salmon cakes or turkey flutes with avocado, cotija cheese and chipotle. For the mains, Chef Jose will be presenting succulent chargrilled lamb chops with seven seas enchilada or diners can choose poblano peppers served with turkey mince in a rich creamy white sauce topped with some pomegranate. And for desert a choice of crispy churros served with luscious red berries and some freshly whipped cream or a soft, spongy tres leches cake which oozes sweet milk, truly satisfying the palate.



## SoHo Bar & Grill

*And now for those of you, who want to break free from clichés, yet want to make a statement, SoHo Bar & Grill, has the answer...*

The SoHo Bar & Grill invites all, to come and enjoy a night free from clichéd Valentine’s Day fuss and join them in the celebration of Anti-Valentines. Thinking of all those for whom the forced ‘romantic’ holiday has become over-priced and over-rated, SoHo has designed an event that will help the fancy-free and Anti-Valentine’s couples avoid the hassle. Guests are guaranteed an awkward-free, non-romantic environment filled with like-minded individuals,

with great music, delicious food, and carefully crafted drinks. A special menu has been created to suit the spirit of the night as well, with large ribs and house brew deal available for men, while ladies can enjoy a salad option followed by a delightful New York Baked Cheesecake and topped off by the night’s special — Black Cosmopolitan. For the majority of people that are happily single or in a loving relationship, Valentine’s Day has lost its meaning over time. For this reason SoHo Bar & Grill will not be following the trends that make up Valentine’s Day but instead creating their own in a cool laid back setting with good food and drink.



## Roberto’s Restaurant & Lounge

*If you have a classic taste when it comes to romance, then Roberto’s restaurant is the place to be.*

The award winning Roberto’s Restaurant & Lounge, renowned for its mix of traditional and modern Italian dishes, is offering a memorable Valentine’s Day dining experience for you and your loved one. The four-course menu prepared by Chef Andrea Mugavero and his team springs romance and originality from traditional Italian cuisine, adding a personal twist to each creation. Choose from a selection of mouth-watering dishes including hearty soup of artichoke with Norwegian king crab meat and mint pesto, white & black marubini pasta stuffed with lobster and amalfi lemon, and violet potatoes, olives taggiasche & mandarin oil complimented by ‘Roberto’s Sweet Lover’ dessert.

## Events

### Dubai Food Festival 2014

**Friday, 21st February - Saturday, 15th March 2014**

The Dubai Food Festival is the first of its kind to be held in the city. Bringing together some of the region’s most popular and prominent food exhibitions and events, the Dubai Food Festival will satisfy any taste-bud however unique, eclectic or selective. The festival involves events such as Gulfood, Taste of Dubai and the Dubai Food Carnival, while introducing new events such as the Big Grill and much more. Alongside these amazing culinary events, the Dubai Food Festival will be holding city-wide activities that are sure to bring out the foodie in everyone, including appearances by world renowned chefs, industry conferences and delectable offers from restaurants around Dubai.

### Emirates Airline Dubai Jazz Festival 2014

**Thursday, 13th - Thursday, 20th February 2014**

The Emirates Airline Dubai Jazz Festival will run from Thursday, February 13 to Friday, February 20 in 2014. The same format will be followed, having two weekends of Main Gigs and Jazz Garden in between. Once again, music lovers can look forward to an undeniably great line-up. Of the eight main pop acts, Stone Temple Pilots with Chester Bennington, Olly Murs, The Wanted, Jamie Cullum and Colbie Caillat have been announced. The latest addition to this amazing line up is the smooth and incredible Santana. With Much More Than Jazz, as the night’s theme, they can expect twice the jazz and more of the classic rock, indie rock, pop and urban – an unbeatable mix of quality live entertainment.





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## Places

*What better way to unwind this season, than a trip to a spa, here are some interesting options.*

### Conrad Dubai dedicated spa facilities with exciting package

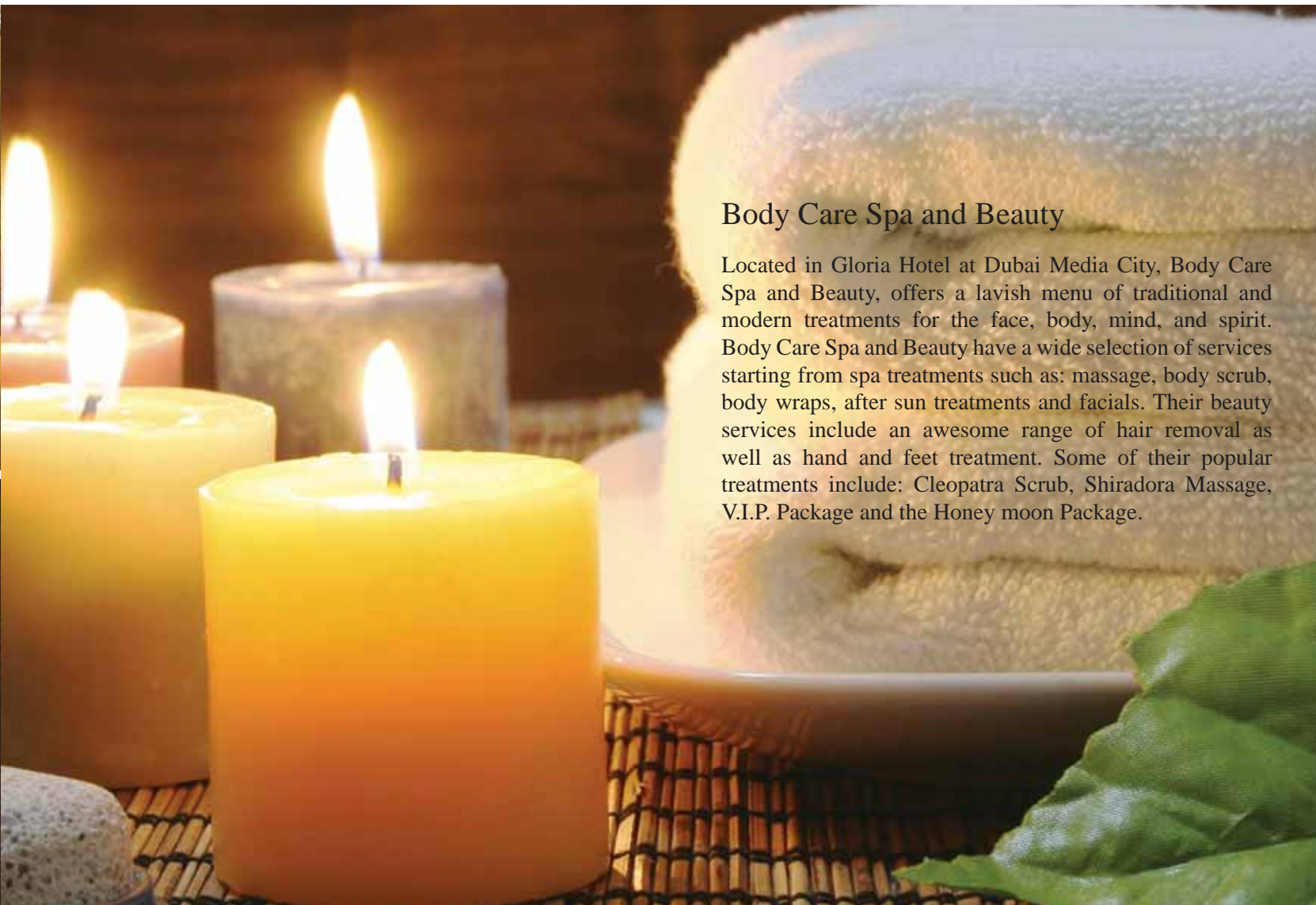
The recently unveiled Conrad Dubai, located in the heart of Dubai, has launched its spa facilities with a dedicated Valentine's Day promotion. To celebrate the launch of the spa, Conrad Dubai, invites all star-crossed lovers to experience an exclusive Valentine's Day package. Available on the 14th February, couples can enjoy an overnight stay in a luxuriously appointed Deluxe Sea View Room, inclusive of a bottle of bubbly and in room breakfast the following morning. Duos will also be treated to a 60-minute couple's massage to indulge in and relax from head to toe in the serene Conrad Spa.

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### Body Care Spa and Beauty

Located in Gloria Hotel at Dubai Media City, Body Care Spa and Beauty, offers a lavish menu of traditional and modern treatments for the face, body, mind, and spirit. Body Care Spa and Beauty have a wide selection of services starting from spa treatments such as: massage, body scrub, body wraps, after sun treatments and facials. Their beauty services include an awesome range of hair removal as well as hand and feet treatment. Some of their popular treatments include: Cleopatra Scrub, Shiradora Massage, V.I.P. Package and the Honey moon Package.







## Eat, Love & Pray

*“If no love is, O God, what fele I so?  
And if love is, what thing and which is he?  
If love be good, from whennes cometh my woo?  
If it be wikke, a wonder thynketh me”*

Geoffrey Chaucer

Season to flavour your life with expressions of affection and to spice it up with poetic passion in the perfect panoramic destination for Valentine's day.... or just enjoy the romance of moonlit skies, sparkling stars and a fine banquet to feast upon

with an added dimension of a spiritually enriched and idyllic landscape. Top it off with the cultural extravaganzas of eastern shores....and savour the richness, the spiritual dimension added to the Valentine day mores.



Feed your soul.

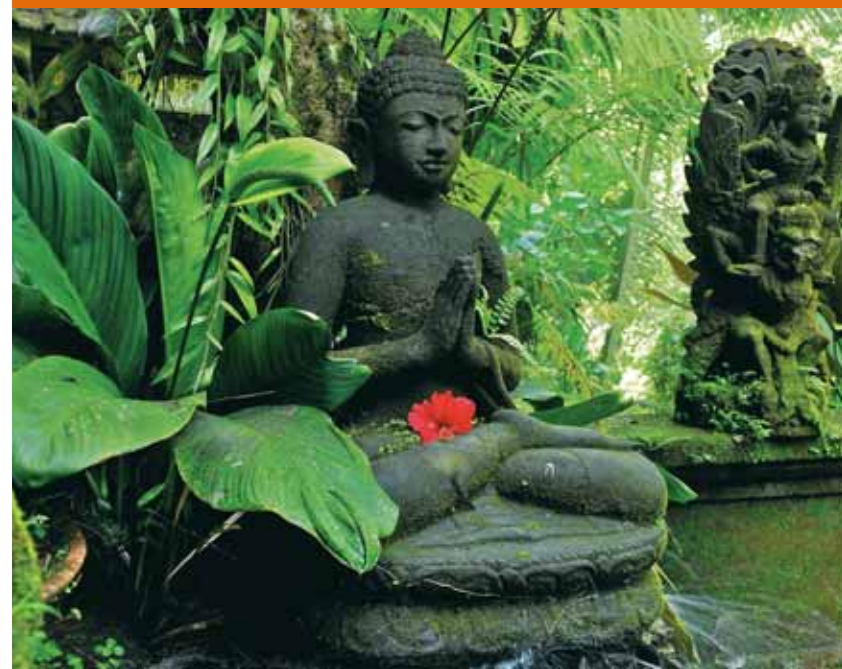
At Center Cut, the signature steak house at The Ritz-Carlton, Dubai International Financial Centre, we'll satisfy more than just your appetite for great food, with live jazz and soulful blues now being served up alongside prime US and Australian beef. All the ingredients you need for a night to remember at the heart of DIFC.

For reservations, call 04 372 2323 or email [difcrestaurants@ritzcarlton.com](mailto:difcrestaurants@ritzcarlton.com)



STEAK HOUSE





*Romeo  
With love's light  
wings did I o'erperch  
these walls,  
For stony limits  
cannot hold love out,  
And what love can  
do, that dares love  
attempt...*

The choice on this day is to spend time with the one you love and maybe even, tie the knot for the ultimate romantic wedding. Thereby, celebrating the day in its true spirit, since the Saint honoured on this day defied King Charles II edict and performed the marriage ceremonies for the erstwhile soldiers in his army, who were forbidden to marry. The Saint Valentines who defied a king were commemorated for their bravery and martyrdom. It was the poets of Chaucer's ilk who turned it into a day to celebrate romantic love.

Thus, from a liturgical celebration emerged the contemporary tradition to honour the ones you love with gifts that pay tribute to the relationship and honour it by spending some time to cherish each other, and as the multiplicity of cultures multiplies so do the customs, enriching an already positive event with inventive modifications. Where to go to experience the possibility's the world has to offer, that is the real question....

So, we chose two locations with a laid back atmosphere but with excellent facilities and opportunities for spending time with each other.

## Bali, Indonesia

A romantic idyll in the gardens of Bali or along the azure waters of inland volcanic lakes or the timeless ocean waters, as they lap the shores of this island, which people call the Island of a thousand temples, is just the thing to cherish each other's company this valentine's day, an island of enchantment and quixotic atmosphere. Lie back and watch the eternal ocean, stroll along white sandy beaches of the southern shores or the northern beaches of black sand. For a change of scene, climb high into the mountains of central Bali to explore the vibrant, green cultural capital, Ubud for artistic gems. Sip tea at riverside restaurants, cycle around town or walk through the markets or perhaps the Monkey Forest.

Discover the spiritual feel of the Balinese people, at Goa Gajah in a cave dating back to the 9th century, bathe or purify yourself at the Tirta Empul with the water from the hot springs that still bubble in the courtyard. Delve into the annals of the past at the Puri Saren Agung, the Water Palace of the kings of Ubad. Finally, for rest, relaxation and pampering, walk into a five-star luxury resort by the seaside. After a soothing uplifting spa treatment enjoy the flavours of Bali on the menu.

❧  
*"Love is a  
promise;  
love is a  
souvenir, once  
given never  
forgotten,  
never let it  
disappear."*

John Lennon

*Juliet  
My bounty is as  
boundless as the sea,  
My love as deep; the  
more I give to thee,  
The more I have, for  
both are infinite.*

Satay, spicy marinated meat, skewered, barbecued and served with peanut sauce, with Gado-Gado, an Indonesian salad. Follow it up with nasi camper or goring (rice, vegetables with fried egg), Opor ayam, martabak and finally, a dessert, black rice pudding.

Savour the moment, the closeness and a fine menu at Ju Ma Na at The Banyan Tree Resort, perched seventy metres high overlooking the Indian Ocean. Another choice is to enjoy the glow, the shine and sparkle at the House of Jemmel, taste the especially designed set menu for valentine's day with champagne. Lastly, there is the restaurant known as one of the most romantic restaurants in Bali, CasCades. Spend time with your partner amid the hills, tasting the fusion menu in the restaurants open pavilions and thatched roof







## Krabi, Thailand

Share the sun, not just the sunset, in a perfect setting for weaving memories. Enjoy the romance of a turquoise sea shading the horizon, white sandy beaches on the western coastline along the Andaman Sea and only the two of you, in Krabi. Plunge into the sea, sunny skies, hot water pools and white sand. Relax at Koh Lanta, enjoy the serenity of Phi Phi islands, trek through one of Krabi's National Parks riding elephants as the eastern kings of yesteryears and soak in the mineral enriched hot springs and waterfall of Huay Tho waterfall or the Namtok Ron Khlong Thom waterfall, located near the ambient Emerald pool.

For a spiritual perspective visit the Wat Tham Sua or the Tiger Cave Temple, a popular and well-known meditation centre requiring a steep climb up 1237

*Love is the hardest habit to break, and the most difficult to satisfy.*

Drew Barrymore

barbecue, salads, pre-dinner drinks, lunch and desserts like the rich brownie fudge cake with chocolate fudge sauce and vanilla ice cream as well as a sinfully zinging dessert, date pudding with a warm passion fruit sauce and mocha fudge ice cream. The only hitch, since no road goes to the Phranang beach, one must find the boat that sails to the spot..... or hire a private yacht to hop from one island to another. The prime advantage, anchor in a quiet corner to watch the sun as it sets, sip champagne under the stars and enjoy each other's company. Alternatively, drop anchor to enjoy the spa facilities at one of the resorts in the Ao Nang area in the morning and a candle light dinner for two, at night.



*Shall I compare thee to a summer's day?*

*Thou art more lovely and more temperate:  
Rough winds do shake the darling buds of May,  
And summer's lease hath all too short a date:*

*Sometime too hot the eye of heaven shines,  
And often is his gold complexion dimm'd;  
And every fair from fair sometime declines,  
By chance or nature's changing course untrimm'd;  
But thy eternal summer shall not fade*





# @ Home Dinner Date

*Plan a romantic dinner date at home*



There's nothing more romantic compared to a well-planned, sanguine and relaxed dinner date at home. You are in absolute control of orchestrating your romantic fantasy and above all you are perfectly in charge of everything from food down to the ambience and the fact that you are alone makes it easy to stay lost in each other's company and cherish the moments intensely... So, rather

than waiting for a table at a restaurant amidst the clatter of the crowd, or trying to cozy up like love birds in a frantic movie theatre, why not plan a romantic dinner at home instead! No fuss, no prying eyes and maddening sounds to ruin your amiability, just you and your sweet heart enjoying some precious time alone. Here's how to plan a romantic dinner date at home.



## Location

The first thing to plan while you are arranging a dinner date at home is to decide the location. If you have a garden, then you can always arrange things there, provided the temperature is right and that your garden is bug-free. The kitchen is not always the better option because then you will have to hurry, to clean everything and make it look nice. If you can, pick a location that is easy to handle and doesn't require extra efforts in setting up, and is by no mean noisy. A dining room with a fancy table is the best answer, but a terrace or a balcony with a great view, can also be very romantic.



## The Ambience

Ambience plays a vital role in creating the perfect setting and mood. However, creating the perfect ambience requires judgment and character. To set a flawless ambience, the best advice is, not to overdo your décor. For a relaxed and inviting atmosphere, lighting plays a significant role and this should make your date feel at ease. Make sure you've got the place to yourself, and keep things clean and tidy. Finally, turn off your computer and leave your mobile phone on silent mode. The focus should be on your date not other distractions.



## L ighting

Since lighting is the pivot to creating a perfectly romantic ambience, you can play with different types of lights. Use candlelight as centerpiece with a cluster of different sizes of pillar candles will give your romantic dinner table the perfect glow. If you want a more dramatic look, scatter votive or tea candles all across the table and windowsills, to enhance the look of the room. Dimming the rest of the light in the room will also help maximize the effects of the candle light.



## T able Decorations

Now, that the mood and the ambience are set, comes the table which is the center of your romantic rendezvous. Take the extra effort to find appropriate tableware; a nice new tablecloth and having the right tableware will add a layer of sophistication. Mix and match your favorite shades of red and pink to create a romantic setting. Set the perfect mood with simple place settings and decorations, like a bouquet of roses or carnations for a centerpiece. Make the dinner table look special by setting out your best china on an elegant red table runner.



## M usic

Playing music in the background can add to the romantic ambience, as long as it's not too distracting. The kind of music you play depends totally on the personality of you and your date. If you are open to every sort of music, then soft, jazz and classical music are instant mood setters. If you enjoy a similar interest in another type then play that because the music itself can be a handy conversation topic if you ever stumble upon a moment of uncomfortable silence. Always remember to keep the volume down, you don't want anything to overpower the romantic feel...



## T he menu

It comes down to the menu finally! Do not try anything that is potentially a Michelin star chef's forte. Keep things simple! Recipes that you have tried, tested and work every time. A menu that doesn't require too much time and too much grocery shopping, because at the end of the day you want to enjoy your time rather than feeling tired craving sleep. And, if nothing seems to work, ordering your dinner is the snappiest idea...





# Walk your way, don't delay!

## Walking is man's best medicine - Hippocrates

Health and fitness resolutions can sometimes be overwhelming and difficult to chase. What's more it can be challenging to stay motivated and focused on a fitness regimen in the face of tight work schedules and family commitments. However, walking is one of the easiest and least expensive ways to stay physically fit. It's also a versatile form of exercise that can be carried out indoors as well as outdoors. Besides, instead of pursuing a drastic weight loss regimen, if you take it slowly, chances are that you will actually achieve your health and fitness goals. Here are some tips to help you get the most from your walking.



## All in the shoes

To get the best out of your walking routine, invest in good shoes. Since this is the only equipment you need, buy a good pair of sport shoes, specially designed for walking and / or running. When buying shoes you should always check how well they fit. Check to see if they fit your arch contours and the shoes can be laced up without causing pressure or tightness, which can cause blisters or calluses. Do always keep in mind the shape of the shoe; you may have to buy a size bigger than the one you wear, for better fit and mobility. A good shoe should have good arch support and a slightly elevated heel to help with a steady stride.



## Reasons to walk

There are numerous reasons to walk! Walking regularly gives you long time health benefits and reduces your risk of developing diseases. Here are some of them;

- Walking prevents type 2 diabetes. Walking 150 minutes per week and losing just 7% of your body weight (12-15 pounds) can reduce your risk of diabetes by 58%.

- Walking strengthens heart. No matter what gender, walking certainly is one of the best heart healthy work out for both men and women and studies show that the mortality rates are higher for those who walked one mile per day compared to those who walked more than two miles per day.

- Walking is good for your brain. Researches have shown that women who walked at least 1.5 hours per week have significantly better cognitive function and less cognitive decline. It also helps alleviate symptoms of depression.

- Walking is good for your bones. Because walking is a weight-bearing exercise, it can also help prevent the bone disease osteoporosis. Bones are like muscles in the way that they get stronger and denser the more demands you place on them. Research shows that postmenopausal women who walk approximately one mile each day have higher whole-body bone density than women who walk shorter distances, and walking is also effective in slowing the rate of bone loss from the legs.

- Walking reduces the risk of breast and colon cancer. Women who performed the equivalent of one hour and 15 minutes to two and a half hours per week of brisk walking had an 18% decreased risk of breast cancer.



## Is walking really a workout?

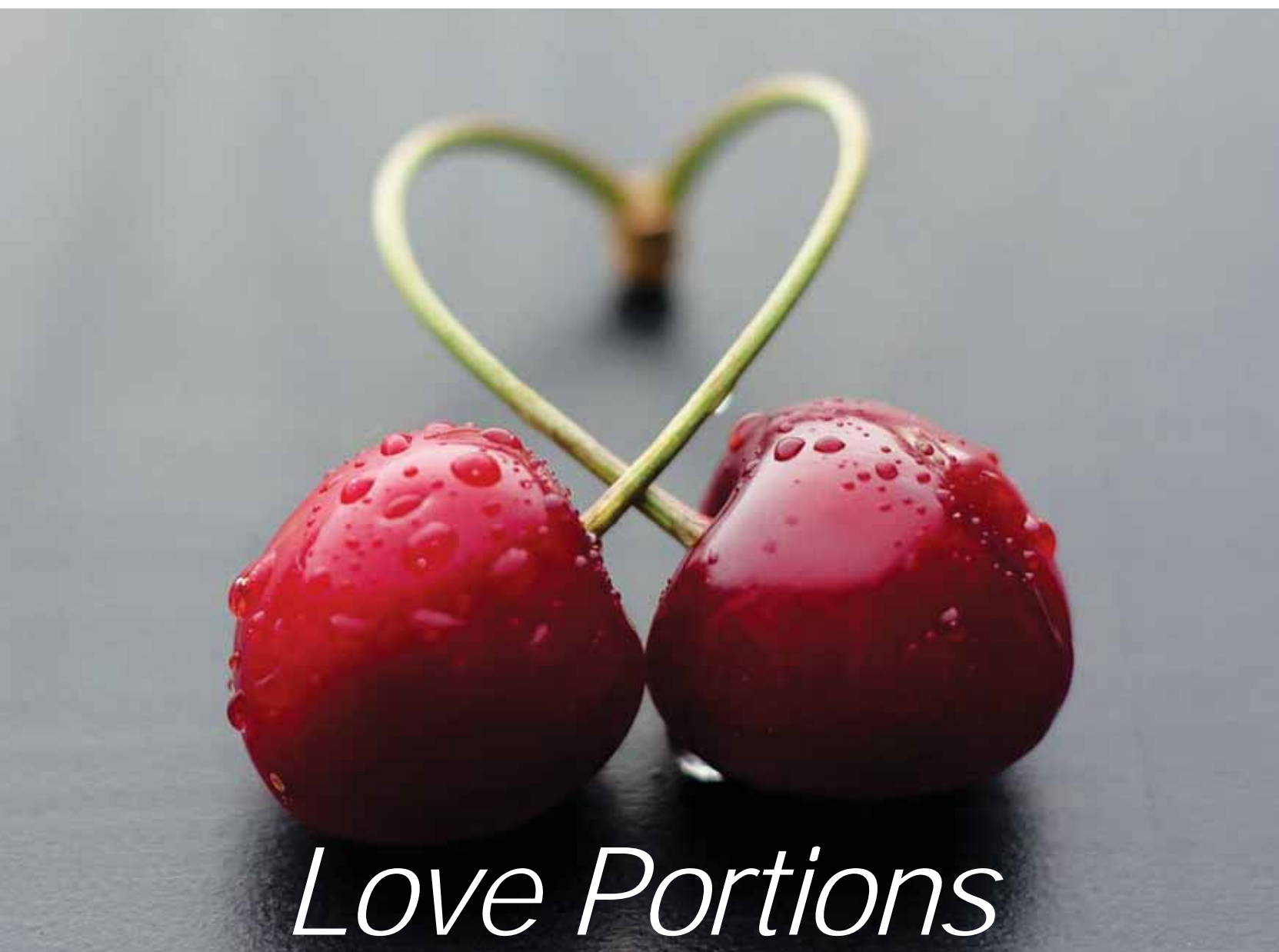
Walking is a refreshing alternative to complicated aerobic routines and overpriced gym memberships! Often we wonder if our walking was fast enough to count as a solid cardio workout. A new study by researchers in South Africa found that the average steps per minute of brisk walkers corresponded to the pace necessary to increase heart rate by a moderate amount. You may be surprised to learn that brisk walking can be almost as challenging as jogging. Here's how, when you walk at speeds faster than 3.1 mph, your stride length increases automatically. Lengthening your stride requires additional energy to move your legs forward, which in turn requires more arm and torso movement, with

increased hip rotation, resulting in more calorie-burning.

## Running vs. walking

Adding aerobic exercise to your routine is an excellent way to build your cardiovascular fitness. Running and walking are both excellent aerobic exercises. Compared to walking running maximizes aerobic conditioning in minimum time. But those who do not wish to run can obtain the same health and fitness benefits by walking. Walking is good exercise for those who are just starting to work out or for those with health problems. You may also incorporate running and walking in your daily routine by alternating walk and running from time to time during your routine. On the other hand you can also slowly build your stamina up for running, by starting with a simple walk.





# Love Portions

*Unleash the Aphrodite, and try these sinfully delicious recipes perfect for a dinner date and to make any day a Valentine's Day...*

Cooking for your loved one is the best way to express your love and affection for them. But cooking, itself, can get real tricky as you take it, from a grocery shop to the kitchen counter into the oven. The trick to an impeccable meal is to keep things simple. Try ingredients that you have already worked with and are

assured to get the perfect results. There are numerous recipes that guarantee good results, if you follow the instructions meticulously... We have compiled a list of some of the simplest and easiest recipes that are not just plain fun to work with (if you enjoy cooking) but will also leave a lasting impression on your date...

## Pasta Puttanesca

Pasta Puttanesca works great as a starter dish or as a main dish. You can use your preferred type of pasta, but we suggest using penne pasta, which is easier and a lot less messy to eat. You may adjust the amount of pasta depending on how many guests you are hosting, this recipe yields 6 portions.

### Ingredients

1 package (16 ounces) penne pasta  
1 medium carrot, finely chopped  
1 tablespoon Daily Chef 100% Pure Olive Oil  
1/4 cup pitted Greek olives, chopped  
1/4 cup oil-packed sun-dried tomatoes, drained  
5 garlic cloves, minced  
2 tablespoons capers, drained  
2 teaspoons dried oregano  
2 teaspoons dried thyme  
1 to 1-1/2 teaspoons crushed red pepper flakes  
1 can (28 ounces) diced tomatoes, undrained  
1 tablespoon tomato paste  
1/2 teaspoon sugar  
6 fresh basil leaves, thinly sliced  
3 tablespoons grated Parmesan cheese

### Directions

Cook pasta according to package directions.  
Sauté carrot in oil until carrot is tender. Stir in the olives, sun-dried tomatoes, garlic, oregano, thyme, capers and pepper flakes; cook 1 minute longer. Stir in the diced tomatoes, tomato paste and sugar. Bring to a boil. Reduce heat; simmer, uncovered, for 10-15 minutes or until thickened.  
Drain pasta, and then add pasta and basil to sauce mixture; toss to coat. Sprinkle with cheese and voila enjoy!





## Chocolate Strawberries

### Ingredients

150g milk chocolate  
150g dark chocolate  
150g white chocolate  
750g large strawberries, washed, dried

### Directions

Line a baking tray with baking paper. Break milk chocolate into even pieces. Place into a heat-proof bowl. Fill one-third of a saucepan with water. Bring to the boil over high heat. Reduce heat to low. Place chocolate bowl over saucepan. Stir with a metal spoon until smooth. Dip one-third of the strawberries into chocolate. Place onto tray. Repeat with dark and white chocolate. Refrigerate until set.



## Red Velvet Cake

### Ingredients

2 1/2 cups all-purpose flour  
2 cups sugar  
1 tablespoon cocoa  
1 teaspoon salt  
1 teaspoon baking soda  
2 eggs  
1 1/2 cups oil  
1 cup buttermilk  
1 tablespoon vinegar  
1 teaspoon vanilla  
2 oz. red food coloring

### Directions

Preheat oven to 350 degrees. Grease and flour two 8 inch cake pans. Lightly stir eggs in a medium bowl with a wire whisk. Add the remaining liquid ingredients and stir with the whisk until blended. Set aside. Place all the dry ingredients in your mixing bowl and stir together. Add wet ingredients to the dry ingredients and mix on medium-high for about a minute or until completely combined. Pour into cake pans and then drop the pans on the counter a few times to release any air bubbles. Bake for about 30 minutes or until a toothpick inserted comes out clean. After about ten minutes, remove from pans and cool completely on a wire rack.

## Cream Cheese Frosting

8 oz. cream cheese, room temperature  
1 cup butter, room temperature  
1 teaspoon vanilla  
6 cups confectioners' sugar

### Directions

Place cream cheese in a medium mixing bowl. Using a rubber spatula, soften cream cheese. Gradually add butter, and continue beating until smooth and well blended. Sift in confectioners' sugar, and continue beating until smooth. Add vanilla, and stir to combine. Ready in no time!







## *Jewelry & Watch 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



### **Carrera y Carrera ECUESTRE COLLECTION**

Carrera y Carrera pays tribute to the Purebred Spanish horse as the protagonist of its new collection, Ecuestre. Manuel Carrera, master goldsmith and founder of the firm, has infused these creations with the iconic personal style that has become its signature and transformed the jewelry brand into a worldwide benchmark.



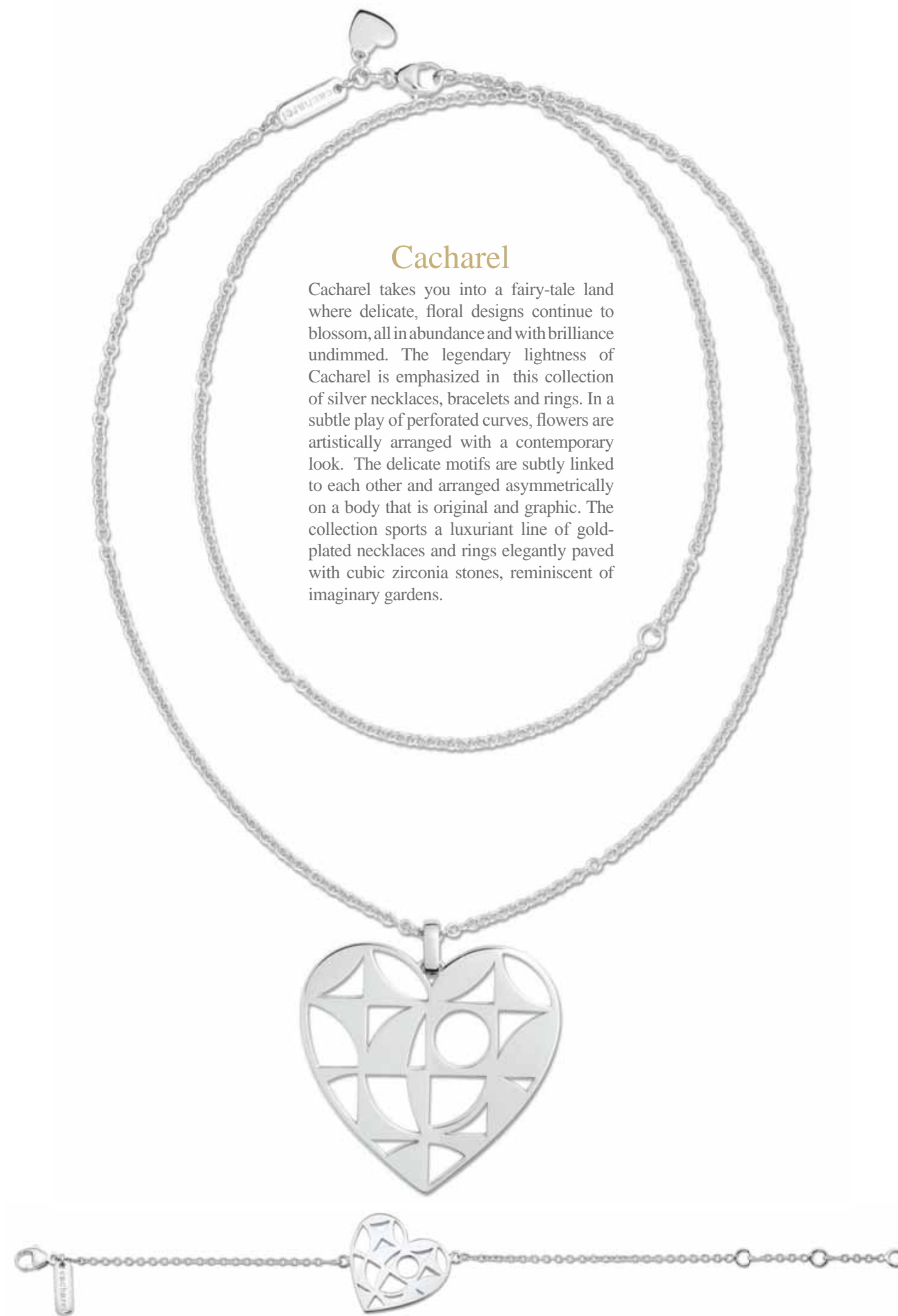
## AGATHA

AGATHA, the iconic French jewellery brand is saying 'I love you,' 'Te quiero,' and 'Je t'aime' in pendants and openwork cuff bracelets that repeats these words of love like mantras. Heart-shaped pendants whisper 'Je t'aime.' Always an elegant way of proving one's feelings, AGATHA's band rings can be combined, mixing delicate motifs and different shades of gold. Beautiful drop earrings come in metal, pink, silver and gold colour.



## Cacharel

Cacharel takes you into a fairy-tale land where delicate, floral designs continue to blossom, all in abundance and with brilliance undimmed. The legendary lightness of Cacharel is emphasized in this collection of silver necklaces, bracelets and rings. In a subtle play of perforated curves, flowers are artistically arranged with a contemporary look. The delicate motifs are subtly linked to each other and arranged asymmetrically on a body that is original and graphic. The collection sports a luxuriant line of gold-plated necklaces and rings elegantly paved with cubic zirconia stones, reminiscent of imaginary gardens.





## SWAROVSKI CITRA CHRONOGRAPH

Instantly recognizable for its unique sparkle, fashion sense and touch of glamour, Swarovski occupies a special place on the international fashion jewelry scene. As a preview of the upcoming 2014 watch collection, Swarovski unveils one of its newest designs, the Citra Chrono Watch. Derived from the Citra Sphere line, Citra Chrono harmoniously combines sporty chic style with elegance. The pave circle center features 40 clear crystals and highlights the striking rose-gold plated case, bringing femininity and sparkle to this easy-to-wear watch. This timepiece is the second chronograph in the women's watch collection.



## EBEL X-1

The EBEL X-1, 34mm automatic, fashioned in stainless steel and warm 18K rose gold, exudes a sporty edge with engraved minute-track, three applied Arabic numerals and eight applied indexes. Its smaller scale and gold-plated wave-shaped links bring out the design's feminine charm.



## The Omega Ladymatic

The Omega Ladymatic in Sedna™ gold, with a mother of pearl inlaid bracelet, features a number of breath-taking design elements. It is feminine, understated and uncompromisingly luxurious. The case has been crafted from 18K Sedna™ gold, a rose gold alloy whose composition means that its color and luster will be especially long lasting. The dial is in pearled mother-of-pearl, the bezel glitters with 60 baguette-cut diamonds and a "Brilliant Omega Cut" diamond sparkles on the crown. Complementing the case and dial is an 18K Sedna™ gold bracelet whose links are inlaid with mother-of-pearl. Each inlay is so precisely cut to fit the bracelet that no adhesive material is necessary to attach them.

## PIAGET Altiplano Date

Timeless and classic, thePIAGET Altiplano Date is equipped with the 1205P, the world's thinnest automatic date movement at 3 mm, housed in a 6.36 mm case – a new double record. Sleek and elegant were the watchwords when designing the look of the Altiplano Date, a model of timeless purity and a true classic that is sure to stand the test of time. Crafted in white gold, pink gold or gem-set pink gold, the 40 mm case was specially designed to house the 1205P calibre. A movement adorned with traditional finish, circular Côtes de Genève, circular-grained main plate, bevelled bridges, sunburst wheels, blued screws, dedicated index assembly and a pink gold micro-rotor engraved with the Piaget coat-of-arms.







## La Grande Classique de Longines 100 Diamonds

La Grande Classique de Longines 100 Diamonds, continues to maintain all the characteristics of the original creations in this emblematic collection but now, it combines the classical elegance of those ultra-slim models with the sparkle of 100 diamonds. These new timepieces are dedicated to ladies who appreciate timeless elegance with a touch of sparkling refinement.



Dubai blossoms from a “desert city” to a “garden oasis” with first-ever Dubai International Garden Competition



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## *Pre-Fall 2014*

Check out the exclusive photos of the Pre-Fall 2014 collections from top fashion designers of the world.





### *Alexander McQueen Pre-Fall 2014*

Long, elegant silhouettes with an edgy undercurrent, were the look behind Alexander McQueen's pre-fall 2014 collection. Taking cue from early Nineties men's tailoring, as well as Art Nouveau and elements of Victorian dressing, these clothes had an air of off-hand luxury. Some of the dresses were given a luxurious edge with beaded shrugs that wound around the neck and shoulders. Accessories also played an important part in the collection, with fur stoles that fastened at the neck with heavy silver chains, biker boots with mink tongues and skinny silver belts fashioned from coat hangers.





### *Ralph Lauren Pre-Fall 2014*

Ralph Lauren showed his pre-fall collection on a runway in the chandelier-lit vestibule of his palatial Madison Avenue store. With his latest collection, the designer flaunted luxurious fluidity of the clothes; a silver voile crepon skirt and blouse with a petal-like collar fluttered underneath a cozy sweater, slinky jersey frocks finished with delicate pleats and even the sheath—traditionally the body-forming linchpin in a working wardrobe.





## Chanel Pre-Fall 2014

Karl Lagerfeld rocked Texas with the sensational Chanel Métiers d'Art fashion show at Dallas's Fair Park. From a roomy, tweed pair made even cozier with a striped sweater to leather contrast stripe skinnies, giving a menswear-inspired edge with patent, star-emblazoned oxfords, the designs really speak of the wearable nature that is inherent to the Pre-Fall season. The snug, blanket-inspired pieces were also very charming, layering oversized coats with logo scarfs, knit pencil skirts, and Victorian-inspired lace styles that infused the checkered offerings with old world femininity.





## Kenzo Pre-Fall 2014

Humberto Leon and Carol Lim's venue choice — New York's General Society of Mechanics and Tradesmen — was perhaps a nod to the functionality of the Kenzo collection they showed for pre-fall. The designers looked to Americana, especially the Northwest, thus the focus here was on warmth with woolen blazers, parka coats and heavy wrap skirts, a silhouette that is evident throughout. Graphic prints included a pattern based on series of motel doors (shown on a pantsuit) and oversize checks that stemmed from a reflection of neon lights, the latter worked on a shirtdress, boxy top and tailored pants.





### *Joumana Al Hayek's Dazzling Dar Sara Bridal Couture Lights Up Vienna*

Joumana Al Hayek, the creative force behind the Dubai-based haute couture fashion house, Dar Sara, is poised to bring her stunning collection of bridal gowns made with Swarovski crystals to Trau Dich 2014. The collection draws its inspiration from the imperial portraits of Empress Elizabeth of Austria, and is imbued with all her fabled elegance and personal sense of style. Ten amazing creations conforming to Sisi's slim-waisted silhouette will be on display at this international wedding trade show, which is the largest of its kind held in Austria.



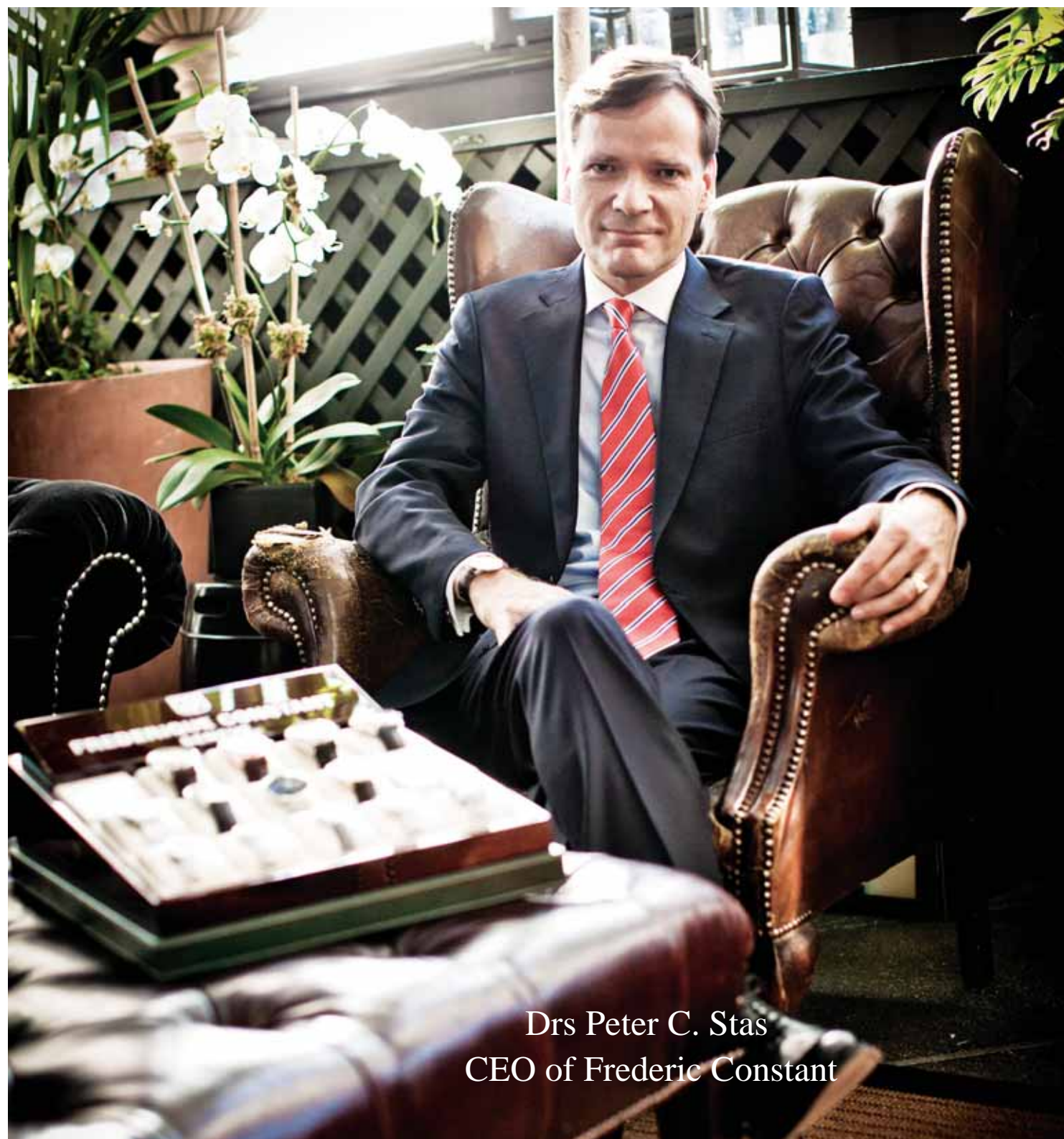






# Live your passion

## Frederique Constant



Dr. Peter C. Stas  
CEO of Frederique Constant

*Frederique Constant has emerged as a leading retailer of Swiss timepieces that encourages one to "live your passion" and also share that passion with others. In line with this motto, Dr. Peter C. Stas, CEO of Frederique Constant was in Dubai to unveil the first book that documents the journey and legacy that has enabled Frederique Constant to become a successful and internationally-recognized name in affordable luxury timepieces. We caught up with the man himself, Peter Stas, whose mind is behind what makes Frederique Constant accessible luxury brand.*

*Tell us about the success story behind Frédérique Constant?*

I think the real success reason is that since we started the company 25 years ago we have been making beautiful classical watches at accessible luxury prices, and thereby we reached younger consumers from 13 to 45 years, who are enthusiastic about Swiss watches but don't have the budget of 10 thousand US dollars and up. And this strategy we started that's how we got our first order and also our expertise grew over the year. I think one of the success reasons is because we never changed that strategy. Some of our competitors they raised prices their stocks been selling more, some competition started to move from classical to sports watches and they diffused their brands. But we stay where we are classical watches at accessible luxury price...

*F.A: The brand is known to offer classical luxury at an affordable price, How do you manage to manufacture watches at such prices?*

First of all we have our own factory in Geneva, which is very logically set up. We built it ourselves and built it

in a way to be very cost efficient. Secondly, meanwhile the company is producing over a 100 thousand to 10 thousand watches per year, so we have a larger quantity than much of our competition and this gives us an opportunity to economize. Then, it's also important that we have a lot of very young watch makers who've just come out of school, we train them and let them learn at our workshop and we train them the way we really want, which is more efficient and faster. Lastly, the thing that is very important is that some other brands they just charge much more but we have a philosophy that we want to be accessible; we want to let more people enjoy luxury. We keep our profit margins at the lowest possible mark, whereas others are overcharging for similar products.

*F.A: So it would be honest to say that you have a more modern approach towards luxury?*

I would say it is more of a modern and fair approach because today, people are more aware of what they are buying. The consumers, now days, have become more smart, because the customers they have started to realize what is the genuine value. They can buy a beautiful manufacture watch with in-house caliber, in-house developed, elegant and beautiful, with a refined designs, large indexes, round cases; and at a price which is much more attractive than some of our competition. So, when they buy the product, they go home they know, they have made a smart choice.

*F.A: There's an element of simplicity in your designs which is to an extent somewhat minimalistic? What is your design philosophy? Or how do you define your aesthetics?*

First let's start with the classical watches, we usually have a more conservative customer, and we see that in very classical and clean design. We do have ladies watches with diamonds as well, it's not that they are all super minimalistic, like you've mentioned. We feel that it is extremely important that the design should be very balanced and the lines should be clean. The intricacies, the special parts, people can see the movement through the back part; they can see the decorations and all the additional elements. But from the front side we really believe that it is very important to have a very classical timeless elegant design.

*F.A: I read that Frédérique Constant was the first brand, in 1994, to incorporate an aperture in the dial, as a means of revealing a portion of the movement. How did you come up with the idea?*

At that time, it was the end of the quartz crisis. There were quartz watches from Seiko and Citizen that were ruling the world, and had taken over 80 to 90 % of the world market and the Swiss watch industry was almost finished. Then, slowly we started to make classical watches and some others also started to make a small come back. Then our supplier proposed to us why don't you make a mechanical watch? So, we showed the movement, which was thicker than the quartz caliber and it was also more expensive. So, we asked ourselves how are we going to sell this. How are we going to convince the customer to buy, a watch that is more thick, looks exactly the same as the Quartz one but more expensive. I have a marketing background so I knew this is not going to work and it isn't going to sell, unless we come up with something that explains that there's something else going on here. We had a discussion with the supplier





and we came up with this idea, why don't we open the dial so we can see the balance wheel and look through to the movement. So, we did that. We introduced it and called it the 'heartbeat'. Unfortunately, we did not register the Heart Beat feature it got copied right away. And then the whole idea we couldn't protect it any more.

*F.A: How do you see the Middle Eastern market, particularly that of the UAE?*

For the time being, 35 % of our sales is in Europe, 33% in the region and 7% in the GCC. So it's a start and we grew, actually, here in the UAE 20 % last year and we feel we can grow much more, still the brand awareness in the GCC, is not so high, we have plans to promote the book as well as the brand. We have plans for new activities in the media with new concepts that we are going to promote here in Dubai. We want to let the company grow and really become more known in the UAE.

*F.A: Do you have further expansion plans within the UAE? And tell us something about the furniture concept?*

First and foremost our contractor here in Dubai is Siddiqui and Sons, really high-end retailers and distributors, so there we are in good hands. The furniture concept is a new concept we are launching, based on the model of a library. It has been launched and shown for the first time in Geneva. We have these cabinets and shelves, where

we can, for example, display beautiful books, globes and so on, as seen in the interior of the Geneva boutique. It's very high-end in terms of how the watches are positioned, more high-end than we have put together. There, in Geneva, we also have on display small elements like tools; watchmaker's tools that look very elegant and again there is the element of minimalism. Also, on the shelves and bookcases behind the display cases, there you can see binoculars and the globe, the travel part going with the runabout (collection), and books about the Balkans and the 'Live Your Passion' book. So, this furniture concept we are going to roll out and we are going to use it from shop to shop here in the UAE. It gives a very warm feeling and we have discussed it for 2 to 3 points of sales here in the UAE and later on we are going to expand it to the rest of the world, to really present the brand in the best way possible.

*F.A: I see you have a number of famous brand ambassadors from around the world? Do you intend to pick a brand ambassador from the region?*

May be! We do not have any immediate plans but maybe in the future.

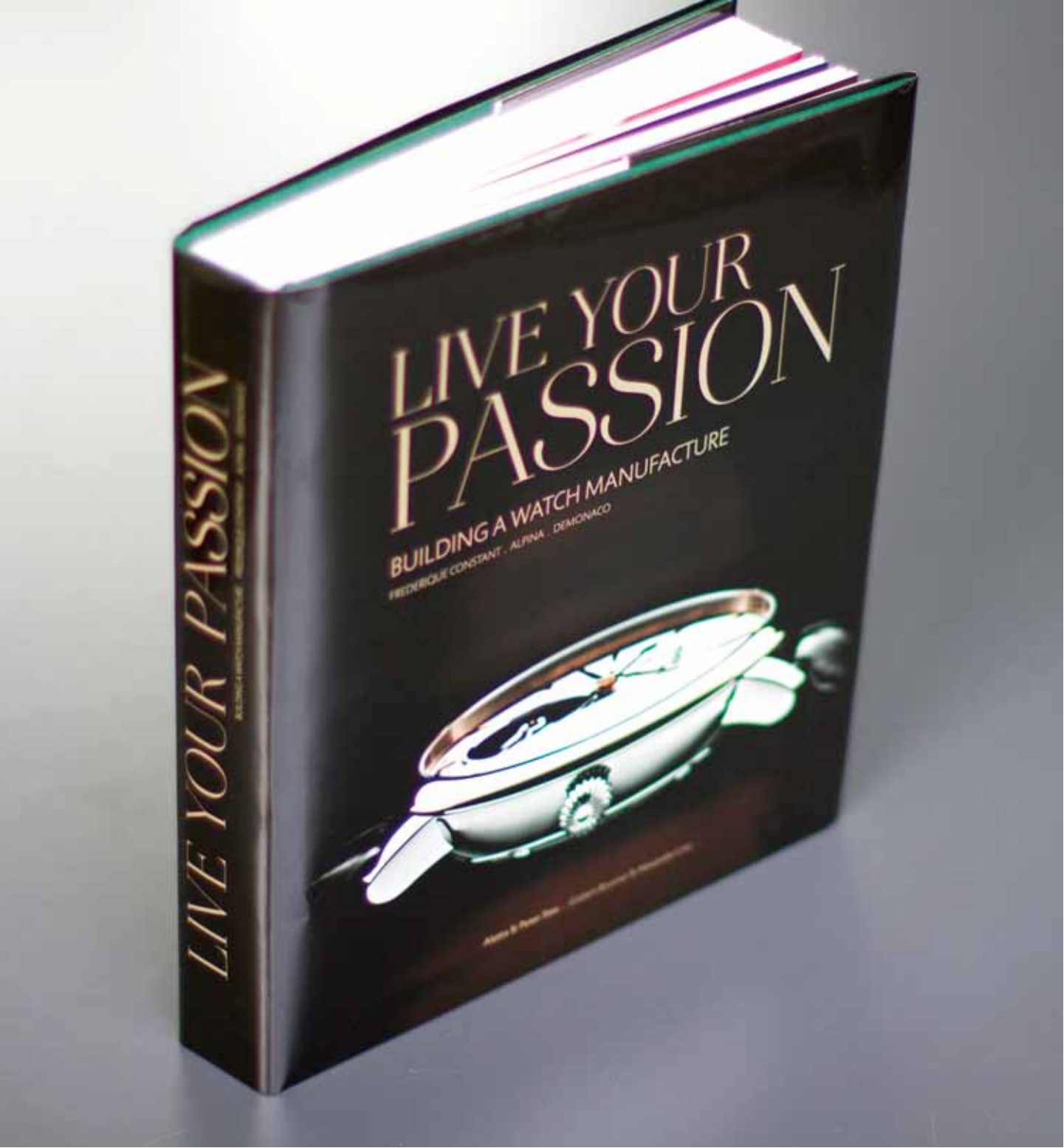
*F.A: Where and how do you see the brand in another few years?*

We will continue to focus on in-house caliber. To develop, produce and assemble in-house caliber. To really make sure that Frederique Constant is seen as a watch maker brand, as a genuine manufacture encaliber, for

that we are advertising and discussing it, as the positioning is very important. At the same time we will maintain our accessible luxury slogan. Thereby, to continue to attract younger buyers.

*You have been associated with a lot of charities, what is the ethos behind that?*

Once the company started to grow, we were approached by many charities to donate money and we asked ourselves what are we going to do. Should we keep it a little bit unstructured or come up with one goal that is close to our heart and really determined by ourselves. Then, we looked to see if we can combine it with the company's ethos, maybe. Then, we saw, of course, the heartbeat, our signature. So, we entered heart related charities that was logical. Then we thought longer and we thought that one connection that really needs more attention is the ladies connection, after the ladies, heart was related with children that goes together as well. So, we came up with this idea that lets focus our charitable beliefs on, heart related charities with primary focus on children. So, we give to the international children's heart foundation, children's hospital cardiology department, American heart foundation and association, Australian heart associations etc. and now we have this collaboration with world heart federation where we have developed a special edition watch, 'Hearts of Children'. A hundred of these watches have been donated to the World Heart Federation. In addition, Frederique Constant will donate \$50 from the sale of each piece from the women's double Heart Beat watch collection to a children's heart foundation.)





# f Lifestyle

Latest motoring, luxury, fashion and lifestyle coverage from UAE and around the world.



## EXCLUSIVE LEWIS HAMILTON MEET-AND-GREET

Starwood Preferred Guest (SPG), the award-winning loyalty programme from Starwood Hotels & Resorts, Worldwide Inc., provided members with a once-in-a-lifetime opportunity to meet MERCEDES AMG PETRONAS driver Lewis Hamilton. As a part of Moments by SPG, a programme that offers a series of auctions for exclusive and memorable experiences, members bid Starpoints for an exclusive F1 experience which included Grandstand tickets and VIP hospitality at the 2013 Abu Dhabi Grand Prix, along with the opportunity to meet the F1 superstar at a private reception. During the event, members also had the opportunity to ask Hamilton about his fitness regime and preparations ahead of the big race.







## Sheikh Mohammed Al Qassimi donates blood for the noble cause

The newly opened ultra modern multi-speciality Al Zahra Private Hospital in Dubai launched its corporate social responsibility calendar for the year 2014 with a special Blood Donation Day initiative in collaboration with the Dubai Health Authority. The campaign aimed at raising awareness and encouraging its staff to save lives by donating their blood. Sheikh Mohammed Bin Faisal Al Qassimi, Managing Director of Al Zahra Private Hospital, was one of the first donors during the day. Sheikh Mohammad Al Qassimi stated that “Al Zahra Hospital maintains its high standards of accountability and ethical practice to serve the UAE community in the best way possible. That’s why, we have a year-long corporate social responsibility agenda which includes initiatives that will aim at raising awareness and increasing the detection and prevention of an array of under diagnosed and sometimes undertreated diseases that are hidden health threats to people living in the UAE”



Jeff, Yousef Khoory, Rico Pross, Mohamad Nabhan and Nabil El Dadamouni

## Dubai Duty Free 30th Anniversary Sales

Dubai Duty Free’s anniversary resulted in a new daily record as sales soared to Dhs111.88 million (US\$30.65 million), as the airport retailer extended up to 30 percent discount on a wide range of products. The new daily record represents a 40% percent increase over last year’s anniversary sales. A special discount of up to 30 percent to mark Dubai Duty Free’s 30th Anniversary resulted in a spending spree at Dubai International Airport. Dubai Duty Free also sourced and offered seven different products sold at 1983 prices on the day. Commenting on the anniversary day, Colm McLoughlin, Executive Vice Chairman, Dubai Duty Free said, “We had a fantastic day on our anniversary with a huge surge of sales. Extending a 30 percent discount to our customers was our way of saying thank you for three decades of support. I join our Chairman, H.H. Sheikh Ahmed bin Saeed Al Maktoum in congratulating all of our staff, suppliers and partners on the occasion of this milestone anniversary.



## Mohammed Rasool Khoory & Sons Ferré Watches

Mohammed Rasool Khoory & Sons, one of the largest watch and jewelry companies in the United Arab Emirates warmly welcomed the launch of the prestigious Ferré Watches in the UAE. The launch ceremony was held in the presence of Mr. Yousef Mohammed Rasool Khoory, CEO of Mohammed Rasool Khoory & Sons and Mr. Rico CEO of Ferré Watches. Modern and mystical at the same time, Ferré timepieces have a look that is unmistakably young, free, easy and full of zest. The FERRE Milano bold Timepieces are a state-of-the-art watch collection, inspired by the Italian lifestyle and product of uncompromising Swiss craftsmanship, expressing a design language that recalls the elegance of authentic perfection.





*ELEQT's DIFF Gala Night at JW Marriott Dubai*



*ELEQT's DIFF Gala Night at JW Marriott Dubai*







An Taoiseach Enda Kenny T.D. with Dubai Duty Free officials at The Irish Village, with from left to right: Sinead El Sibai, Vice President-Marketing, Bernard Creed, Vice President-Finance, Colm McLoughlin, Executive Vice Chairman, Sean Staunton, Vice President-Operations, An Taoiseach Enda Kenny T.D., George Horan, President, Patrick Hennessey, Irish Ambassador to the UAE, Salah Tahlak, Senior Vice President-Corporate Communications, Jason Smith, The Irish Village Manager and David Cattnach, General Manager-The Irish Village Complex.

## The Taoiseach Officially Opens Irish Village Extension

Ireland's Taoiseach, Enda Kenny T.D., paid a visit to The Irish Village restaurant in Gharoud to officially inaugurate the extension of the popular venue. The Taoiseach, was accompanied by Irish Ambassador to the UAE, Patrick Hennessey, and was greeted by Dubai Duty Free's Colm McLoughlin, Executive Vice Chairman and George Horan, President. The Irish Village is part of Dubai Duty Free's Leisure portfolio and is one of the most popular restaurants in Dubai, employing 20 Irish nationals, some of whom were greeted by The Taoiseach. The new extension, which overlooks the lake and the DDF-owned Jumeirah Creekside Hotel, has increased the restaurant's outdoor capacity by 70%. The Irish Village is known for its live concerts and famous Irish artists performing there have included Bob Geldof, Mary Black, Sharon Shannon, Dara O' Briain and Tommy Tiernan.

## Montblanc Pays Homage to the Arabian Art & Heritage of Falconry

Montblanc has paid special tribute to the passion and heritage for the art of falconry, with the creation of the world's first Montblanc falcon glove. Crafted in the finest calf and alligator skin by the maison's artisans in Montblanc's leather Manufacture in Florence, Italy, the glove carries the distinctive Montblanc logo and has been created as a set together with a complementary handcrafted calf skin falcon hood.



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# EBEL

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