

# first Avenue

A full-page photograph of actress Emma Stone. She is wearing a vibrant red, backless, draped dress with thin straps. Her hair is styled in a low, messy bun. She is looking over her shoulder towards the camera with a slight smile. She is wearing large, ornate gold earrings and a matching wide gold bracelet on her right wrist. The background is a solid dark color.

Summer  
Train

Hello  
Sunshine!

Dr. Bill Dorfman  
Celebrity Dentist

EMMA STONE

I am not a Dreamer



# ESCADA

S P O R T





# first Avenue

*Here comes the Sun*

*Little darling,  
it's been a long cold lonely  
winter,  
Little darling,  
it feels like years since it's  
been here*

*Little darling,  
the smiles returning to the  
faces  
Little darling,  
it seems like years since it's  
been here*

*Here comes the sun,  
Here comes the sun,  
and I say, It's all right!*

## EDITOR'S NOTES

Welcome to the Ramadan special edition of First Avenue Magazine, where we have chalked out everything that is essentially needed during the holy month as well as the summer season. As the mercury rises, the Dubes tend to move indoors, however the city has numerous enchanting ways to lure and keep its residents and tourist entertained... From hotels to restaurants, events and much more.... First Avenue is your ultimate guide to the ever vibrant social scene for the season.

Our cover girl for the issue is none other but the young and refreshing Emma Stone, who recently took the box office by storm, with her super hero flick, The Amazing Spider Man 2. She talked to us about her role as Gwen Stacy opposite her real time love interest; Andrew Garfield, her inspirations and her future plans.

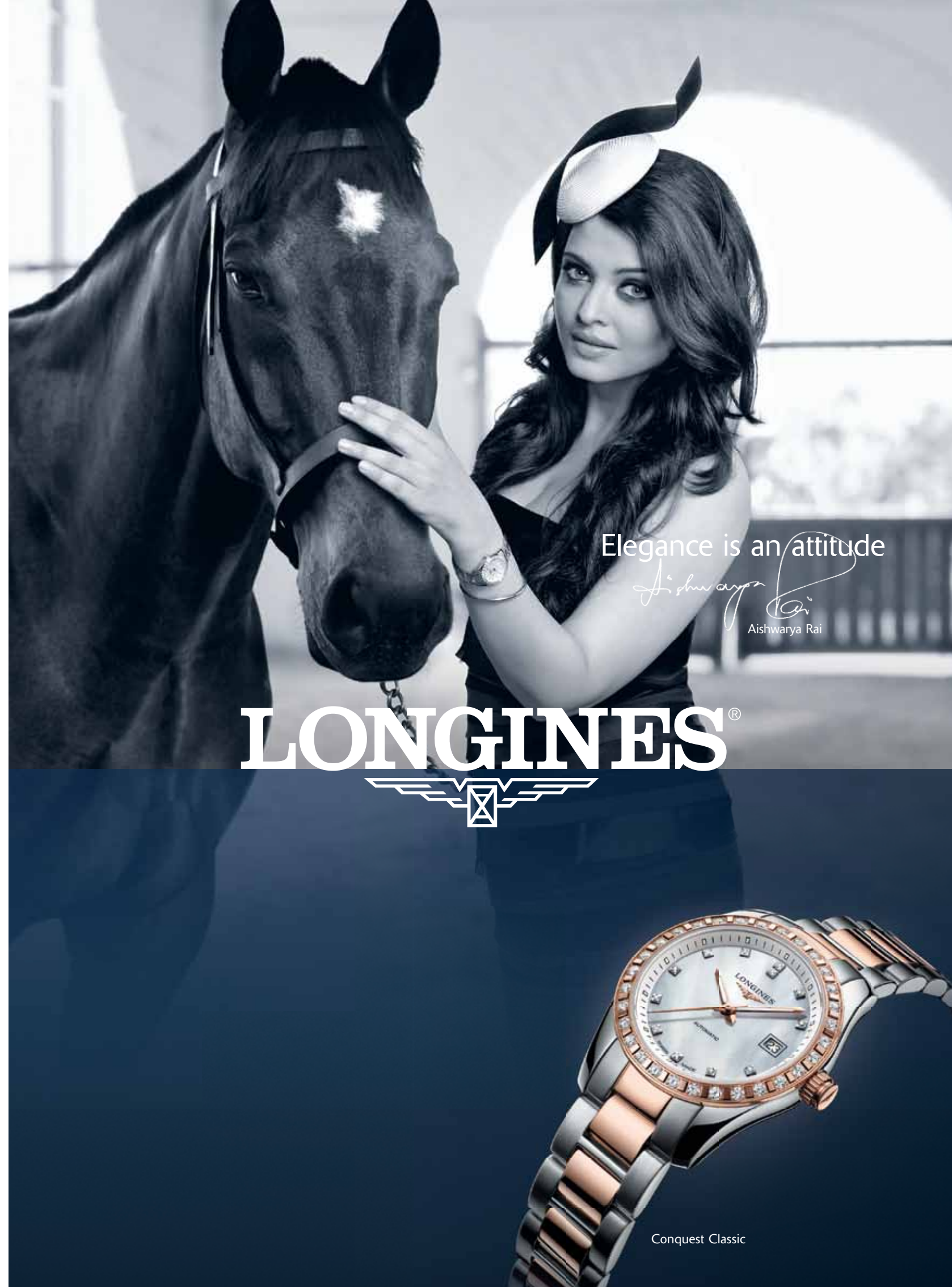
With the summer season in full swing, our Fashion must haves section brings you the best of the season's offerings, from make up to swim wear, there are countless ideas to keep you looking glamorous. On another note don't forget to read our beauty feature, 'Another Sunny Day', and Health & Fitness Feature, 'Hello Sunshine' and learn ways to keep it cool and sexy when the sultry sun seems unforgiving...

Dubai; our generous city is never short of offerings, and this season too promises the best, with unsurpassable deals, offers and entertaining ideas that will leave us spoilt for choice yet asking for more... Check out our, "I Heart Dubai" feature and get the best offers for Ramadan, Eid and summer vacations. However, if summer is taking its toll and the heat causes distress with its intolerable cruelty, then climb aboard and read on, our travel and stay feature, "Summer Train" and journey through the cooler western European/ Asian destinations, while soaking up the milder summer sun...

With all this and more, home décor ideas for the season, latest runway collections, lifestyle options and a host of celebrities! All the more reasons to make our Ramadan issue, a must read...

We wish you all a wonderful summer season and Ramadan Kareem...

Lamiya Sami



Elegance is an attitude

*Aishwarya Rai*  
Aishwarya Rai

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# first Avenue



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In the spotlight |

# Celebrity Fashion



Kesha

@ The Billboard Music Awards 2014!

Kesha looked sexy in a black lace dress on the red carpet at the 2014 Billboard Music Awards held at the MGM Grand Garden Arena in Las Vegas, Nev. The 27-year-old entertainer wore an Ines Di Santo dress, a Carbon & Hyde ear cuff and ring, and a Dionea Orcini ring.

Blake Lively

@ Cannes 2014  
Opening Ceremony

Blake Lively looked stunning in a burgundy gown at the opening ceremony and the *Grace of Monaco* premiere during the 2014 Cannes Film Festival in Cannes, France. The 26-year-old actress wore a Gucci Premiere dress, Lorraine Schwartz jewelry and Casadei shoes.



Hilary Swank

@ 'The Homesman'  
Cannes Premiere

Hilary Swank shimmered in silk as she attended the premiere of her new film 'The Homesman' during the 2014 Cannes Film Festival on Sunday in Cannes, France. The 39-year-old actress wore an Atelier Versace gown, Jimmy Choo clutch and shoes, and Chopard jewels to the event.



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Jessica Chastain's  
@ 'Foxcatcher'  
Cannes Premiere

Jessica Chastain looked truly feminine in pretty purple while attending the premiere of the film *Foxcatcher* during the 2014 Cannes Film Festival in Cannes, France. Jessica wore an Elie Saab gown, Roger Vivier shoes, and Tesiro jewels.



Miranda Kerr  
@ Kora Organic Media Call

Miranda Kerr looked pretty in floral, while attending Kora Organics Media Call at David Jones in Sydney, Australia.



Kelly Rowland  
@ Billboard Music  
Awards 2014

Kelly Rowland flaunted her assets at the 2014 Billboard Music Awards held at the MGM Grand Garden Arena in Las Vegas, Nev. Kelly wore a Cushnie et Ochs top, Fausto Puglisi bottoms, Manolo Blahnik shoes, and jewelry by Ofira and Lorraine Schwartz.

Jennifer Lopez  
@ Billboard Music  
Awards 2014

Jennifer Lopez looked her usual glamorous self in a sheer dress which revealed her fabulous legs, at the 2014 Billboard Music Awards held at the MGM Grand Garden Arena in Las Vegas, Nev. The 44-year-old entertainer and American Idol judge, wore a Donna Karan dress, Jimmy Choo shoes, Marina B earrings, and a Jennifer Fisher cuff.



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# Emma Stone

“I am not a Dreamer”

With her 2007 feature film debut in *Superbad*, Emma Stone, has steadily climbed the ranks to become one of the biggest Hollywood stars. Famous for her roles in *The House Bunny*, *Easy A*, and *The Help*, the sultry actress has even had the opportunity to host *Saturday Night Live*.

Born in Arizona, Emma had the acting bug at a very young age and became a member of the Valley Youth Theatre while growing up. At 15 Emma convinced her parents to let her move to LA where she appeared in TV shows like *Medium*, *Malcolm In The Middle* and *Drive*. Her big break came with the 2010 role, as a school student Amanda Bynes in *Easy A*. the role bagged her a Golden Globe Nomination, Teen Choice Award and MTV Movie Award. In 2012, she made her big-budget debut in *The Amazing Spider-Man*, playing Gwen Stacy, Peter Parker's love interest, opposite Andrew Garfield, the introduction which sparked the real life, off screen romance between Emma and Andrew. First Avenue met Emma at Euro Disney near Paris, where she and Andrew Garfield came to attend *The Amazing Spider-Man – 2*, French Premiere and shared her thoughts on her latest ventures; acting and producing, and her



**First Avenue:** Have you seen the three first Spider Man films, directed by Sam Raimi, before you and Andrew Garfield took over the main parts in the first and second episodes of the reboot?

Emma Stone: Of course. What young American woman, or even non - American, has not seen the three episodes directed by Sam Raimi? I loved them very much and never imagined myself picking up the character of the hero's girlfriend. It is such a real honor for me, and I am proud of that.

**F. A:** But you do not impersonate the same girlfriend that Peter Parker had in those three episodes. Her name was Mary Jane Watson, and your character is named Gwen Stacy. How about that?

E. S: Gwen Stacy is actually one of Peter Parker's ancient girlfriends that appeared only in the third and final episode of the first series. She was played by Bryce Dallas Howard then. The new generation of Hollywood deciders have chosen to make her the heroin instead of Mary Jane Watson.

**F. A :** What other differences are there in your opinion, between the two episodes in which you appear alongside Andrew Garfield, and the three original films ?

E. S: The new films are somehow more realistic in my opinion. I realize it may seem incongruous to speak of probability in the case of a fantasy film like *Spider-Man*, but still I personally believe that inside the improbability of a given topic, it is necessary for the story to overlap that fact and to make the viewer believe it. And I find that the characters of Peter Parker and Gwen Stacy are particularly human and therefore touching. This is also what we wanted, Andrew (Garfield) and I, with the approval of the director Marc Webb of course. Peter and Gwen represent today's youth with their habits, their way to dress, their behavior and reactions to



different situations. And the public does not remain indifferent to these modern characters, as already shown through the huge success of our first episode, two years ago.

I go for challenges, and switch to the production field really seemed to be one.

**F. A: What kind of woman are you in real life?**

E. S: I am not a dreamer. I am a young woman of my time who loves challenges. I throw myself right ahead into those whatever they may be. I defy men as well, and I am an

unconditional defender of women's rights.

**F. A: How do you apply all of that into your work as an actress?**

E. S: By being very careful in my choice of roles, therefore, never accepting to play the character of a woman who is weak or who is victimized by the difficulties she endures. And then by demanding quality to be served to me on a platter by all those who find themselves surrounding me, including the director. But these are things that should be ensured as far upstream as possible, I mean before signing a contract for a movie. I usually have a long discussion with the director regarding his intentions and also his approach to the work. I like to know who are my partners, as it is important to be well accompanied. Now, despite all of these precautions,





I am an unconditional defender of women's rights.

it is very possible to come across bad surprises. But I must at least try to avoid that kind of result, don't you think?

**F. A :** *Of course. Now, do you consider yourself as representative of the young actresses belonging to your generation?*

E. S: I hope so. But there will always be those who are willing to do anything just to be in a movie.

**F. A:** *You made a very strong impression through your particularly hard role in the movie The Help, for which you have shared an interpretation award with your female partners in the Screen Actors Guild Awards Prizes. Could you comment on this?*

E. S : This movie is a real gem, adapted from a wonderful novel and wonderfully directed by Tate Taylor, and performed by a group of first class actresses. I had the great opportunity to be part of this major work, and I truly believe that playing in a drama as intense as this one, and then move on to *The Amazing Spider – Man*, is one of the most beautiful adventures an actress who wants to show the extent of her artistic abilities can live. So, I say that this movie has marked my path, and



the Best Actress award that was given to us all, remains a distinction each one of us is proud to include on her career resume.

**F. A:** *It is stated in the press release of The Amazing Spider – Man 2 that you also became a producer. Are you not a little too young for that?*

E. S: This might seem to be the case, but as I said earlier, I go for challenges, and switch to the production field really seemed to be one. I was able

Peter and Gwen represent today's youth with their habits, their way to dress, their behavior and reactions to different situations.



to convince a production company to give me the responsibility of executive producer in a film in which I play as well. This means that being on the set, I will make sure that the money spent reflects the true needs of the film according to the budget plan.

**F. A:** *And if all goes well, do you intend to go on in this direction?*

E. S: Absolutely and also start my own film production company. What better way is there to find the right scenarios and allow them to

transform into actual films on the screen. And this way I can also offer myself beautiful roles rather than waiting for the phone to ring.





# Smile *Away*

Celebrity Dentist Dr. Bill Dorfman talks about the art of the perfect billion dollar smile



Dr. Bill Dorfman is most recognized as the leading celebrity cosmetic dentist from the ABC hit show, "Extreme Makeover," and is also a recurring guest co-host on the Emmy Winning daytime show, "The Doctors." Best known for making America smile Dr. Bill has also transformed the smiles of celebrities such as Usher, Sir Anthony Hopkins, Mark Wahlberg, Hugh Jackman, Eva Longoria, Jessica Simpson, Paula Abdul, Brooke Burke, Britney Spears as well as Sharon & Ozzy Osbourne, just to name a few. He is also a New York Times Bestselling Author for his book, Billion Dollar Smile, from which 100% of the

proceeds are donated to children's charities. Also known as "America's Dentist" Dr. Dorfman is also founder of ZOOM!, Day White, Nite White and Breath Rx and has been featured nationally and internationally as a smile EXPERT. Treating international patients at his Los Angeles, Calif. practice, Dr. Bill and his staff help to make the travel experience a smooth and pleasant one – from travel and hotel recommendations to a timely treatment plan. More than a dentist, Dr. Dorfman is an author, entrepreneur, philanthropist, TV personality, health and fitness enthusiast and father, and much more!



**Q: Tell us something about yourself?**

I feel very fortunate every day. I love my family, my friends and my profession. Dentistry has been more than I had ever imagined. It has opened the doors to a career in TV, as an author, and most importantly in philanthropy.

**Q: With so much stress and worries surrounding us, how does it feel to bring a smile to people's face? I mean there's such a positive energy in what you do, how does that make you feel?**

Words can't express how great it feels to change people's lives in such positive ways. For me the experience is priceless.

**Q: You have many titles under your belt, how do you balance between your busy dental practice, your entrepreneurial pursuits and your charitable endeavors?**

I have a lot of great people around me. There is no way I could do it without a great team.

**Q: Tell us about your most gratifying experience being a dentist and a philanthropist?**

For the last 20 years I have been working with students age 15-24 at motivational and leadership programs. Seven years ago I founded the LEAP Foundation ([www.leapfoundation.com](http://www.leapfoundation.com)), which is a one week program we put on for 500 students at UCLA every summer. Thousands of students have gone through the programs and have written me letters telling me how much the program has changed their lives. But last year a young man came up to me at the end of the program and he told me that LEAP "saved" his life. When he explained why, I knew it was true.

**Q: How is it like working with celebrities? What are the big names that you have worked so far?**



Honestly, it is really fun!!!! Especially when I see all the cool things they do or can participate in their success. For example, I just did the jeweled grill for Katy Perry in her 'Dark Horse' music video. Some of my celebrity patients include:

Usher, Sir Anthony Hopkins, Mark Wahlberg, Hugh Jackman, Eva Longoria, Jessica Simpson, Paula Abdul, Brooke Burke, Britney Spears, Sharon, Ozzy and the entire Osbourne family, Katy Perry, Fergie, Slash, Marcia Cross, and Jason Alexander.

**Q: Which celebrity according to you has a perfect smile?**

For women: Heidi Klum. For men : Matt Damon.

**Q: You have a huge clientele, which also include some of the royal families in the Middle East, Do you have any plans of moving or expanding within the Middle East or GCC?**

I would love to work in the Middle East. The problem is that for what I do I need my lab and it is not practical to move all of them. We do a lot of custom finishing right at the chair side to get the most natural results.

**Q: As a dentist, how would you define a perfect smile?**

It needs to look like you were born with it. A perfect smile is natural, and the shape fits your face.

**Q: Would you like to give a message to our readers?**

We have been treating patients and many members of the royal family from the Middle East for over 25 years. We are fast, efficient and will help coordinate everything to make your visit go as smoothly as possible. For more information or to contact our office, please visit: [www.billdormandds.com](http://www.billdormandds.com)





# Fashion Must Haves

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



## Make Up For Ever Party Blossom

Romanticism and Femininity with an arty twist, brought to life with the newly released limited edition ARTY BLOSSOM, the must-have eyeshadow palette which blends fresh colors; close to those found in nature to offer women that luminous and contemporary look. Inspired by Art continuously, Dany Sanz, Creator and Artistic Director of MAKE UP FOR EVER, has created Arty Blossom palette with an exclusive new formula which can play on light and dark color effects, just like the art of painting.



## Speedo Fit Pinnacle Kickback

With the summers officially here, it is time to take a dip. Check out Speedo Pinnacle Kickback swimwear, with innovative and intelligent design to provide core stability which promotes a better body position in the water enabling swimmers to get the most from their workout. It features strategically placed internal compression panels, which are light and comfortable, and designed to heighten swimmers' awareness of key muscles whilst in the pool to achieve better body position.

## Guerlain Terracotta Sun Celebration

Guerlain is celebrating its 30th anniversary with a truly dazzling bronzing powder, Terracotta Sun Celebration, as a limited edition – Terracotta Le Parfum, a captivating, sun-drenched fragrance. Replicating to perfection the caress of sun on skin without ever getting caught out, Guerlain's amber-hued bronzing powder is a beauty secret passed from woman to woman, from friend to friend, from mother to daughter. The master of the perfect illusion, this iconic ray of sunshine has forever won a place in women's hearts – and makeup bags. For 30 years, its name has been legend. Terracotta is the worldwide number one shade of choice. In a matter of seconds, it gives one a healthy glow that lasts all day.



## Uterqüe SS2014 Collection

For those warm and long days Uterqüe has some amazing looks in store for the summer season.



## ARCANCIL PARIS

ARCANCIL PARIS new collection is especially adapted for the oriental women. Specialists in eye products, ARCANCIL PARIS dominate the Parisian elegance scene since 1935, nearly 80 years, maintaining the quality of its products and its wide range of colors.



## Sonia Rykiel Sunglasses



We just can't seem to get over the playfully bejeweled and disco-ball dazzling, sunglasses by Sonia Rykiel that make us feel like a '70s superstar. The super sexy shape and inlaid rhinestones and gem offer an irresistible piece for a trendy and feminine look...





## La Maison du Chocolat Ramadan and Eid gift box

Creator of legendary deluxe chocolates La Maison du Chocolat is marking its first Ramadan in the Middle East with an offering of its signature range of ganaches and pralines presented in a beautiful gift box decorated with exquisite fabric. Available in various sizes, the special occasion gift box is filled with the delicious chocolates that the Maison is acclaimed for. The beautiful fabric boxes also make for a perfect gesture for Eid celebrations. Gift boxes can be customized to include personal favorites, with prices ranging from AED 1,400 to AED 4,000.

## Kadalys

### Anti-ageing banana-based cosmetic

French-based company SHB SAS has acquired particular expertise in the beauty benefits of active ingredients extracted from the banana tree. Kadalys is their first cosmetic brand to use anti-ageing Banana Tree properties found in green and yellow bananas that grow in the Caribbean region. All Kadalys's anti-ageing skincare products have clinically proven results: anti-ageing, repair, firmness, perfection, radiance, revitalisation, moisturization.



## REYNE Unique Face Cream

The divinely light and soft "Unique face cream" by Reyne, stimulates your skin, with high concentration of Argan Pearls that supports tired skin by protecting it, revitalizing it and bringing it an immediate sensation of lightness and comfort. With Argan oil as active ingredients, it is considered pure liquid gold endowed with high moisturizing, antioxidant and regenerating properties.



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# Vaseline

## Home Remedies



Huda Kattan, Makeup Artist & Brand Ambassador for Vaseline Arabia shares with us some of the simplest and coolest home remedies for instant beauty fixes...

### Trend #1

When needing some extra volume to your lips, simply add a few drops of peppermint extract to a drop of Vaseline. Mix together with fingers and apply to your lips before getting ready. The peppermint extract will help plump your lips, while the Vaseline will add extra hydration! This is the perfect recipe for gorgeously voluptuous lips!

### Trend #2:

One of the most delicious scents is without doubt the Vaseline Cocoa Glow Total Moisture! For summer, create your own beautiful scent by adding a drop of your favourite essential oil like vanilla to a handful of Cocoa Glow, then spread all over your skin. When you perspire, your own natural scent will be so delicious everyone will want to know what you are wearing!

### Trend #3:

Want super soft hands or feet? Grab some old socks and cut off the toes and some old gloves and cut off the finger tips. Then, mix together 1 part almond oil and 3 parts Vaseline, then apply on your hands and feet. Apply socks and gloves and go the bed. When you wake up, simply rinse your feet and hands! Voila, extra soft skin you can feel proud of!

### Trend #4:

Summer time is intense and one of the best ways to deal with any sun damage is to use Aloe. Try using Aloe Fresh Total Moisture every time after you leave the sun. The Aloe Vera inside the mixture will help soothe and heal skin, while the amazing Total Moisture formula will keep skin hydrated and cool!

### Trend #5:

Break a blush or bright pink eye shadow Simply crush the mixture and mix with Vaseline Petroleum Jelly. Place mixture into a re-sealable container and use as an extremely hydrating lip balm. Not only will you add a gorgeous flush to your lips, but make your lips soft!

### Trend #6:

Wrinkles got you worried? Take it from the pros in Hollywood! After applying moisturizer on face, try applying a small amount of Vaseline in areas like around the eyes or neck. Using this over time can help improve skin elasticity and fight against wrinkles! This is one of Jennifer Aniston's favourite tips!

### Trend #7:

In need of longer lashes? Clean off an old mascara wand and create your own lash enhancer! Simply squeeze one vitamin E capsule and mix with a spoonful of Vaseline. Then place mixture in a container and brush on lashes before bed time. The Vaseline will provide hydration, to help your lashes grow long and keep them from breaking!

### Trend #8:

If you know you will be hitting the beach, make sure to prep your skin ahead of time! To get the best even tan, skin needs serious hydration beforehand! Try using the Cocoa Glow Total Moisture twice a day two weeks before heading to the beach! Not only will your skin look and feel great, but you will tan faster and more beautifully, meaning less time needed in the sun!

### Trend #9:

Create your own lip stain easily! Mash together some blackberries, and pomegranate seeds. Then drain the juice and mix with some Vaseline. Mix slowly so the mixture is even. Then apply on lips in the morning and as needed. The berries bring out a gorgeous redness to the lips that is very alluring and flattering! Lips will be hydrated and extremely beautiful in tone! Refrigerate after use, discard after 3 days.

### Trend #10:

Summer time can get the best of you, and it's a great time to switch to lighter moisturizers! Lotions like Vaseline Total Moisture in Aloe Fresh is a great alternative for ultra skin softening without being too heavy! For areas that need extra hydration, try adding a dab of Vaseline Petroleum Jelly with your lotion and blend well! The lotion will help keep the Vaseline light and also add the right amount of hydration!







# Another Sunny Day...

Summers are back, with the eternal sunshine that seems to last forever. The blinding heat, the sweat and the apparently nonchalant air conditioner of a hot car, can add horror to our summer woes, and particularly to our skin. But before you grab a bag to ventilate, and cry over the dilemma that awaits, we have sorted out some of the best solutions to keep you cool and your skin looking perfect as the mercury rises.



## Hair Hydration

Summer is the time to really look after not just your skin but your hair too. For the exposure to sun can have a damaging effect on your tresses. Before you hit the beach, some treatments should begin... a month before the first beach weekend. Use a restorative mask rich in wheat protein, which forms a protective film around hair, like L'Oréal's Advanced Hair care Power Moisture Rush Mask. If masks leave hair gristly, use volumizing and salt sprays, which soak up oil, keeping roots dry.

## Beach Waves

A natural looking wavy do, is a perfect summer hairstyle, no volume at the roots but with waves focused in the middle. To get this sexy hairstyle simply start by detangling freshly washed hair with your fingers, then blow-dry your roots only. Now apply some leave-in conditioning or styling cream through the middle of your hair and twist half of your hair into a large bun and blow-dry until it's almost dry, this will create a stylish bend. Next, take a curling iron when your hair is totally dry, and wrap a small section of hair loosely around the iron, leaving the last inch uncurled, bam! You have the beachy wave.

## Wear Sunscreen

We have said it a million times, but that's not enough! Apply sunscreen period! The best way to use your sunscreen, is by massaging a broad-spectrum sunscreen with SPF 30 over your entire face from neck to hairline, but skip your eyelids, where skin is so thin that the sunscreen could penetrate it and irritate your eyes. Layer, a mineral sunscreen powder to set the lotion in place.

## Treat Sun Spots

Extended sun exposure can cause horrific sun spots. To fade them out at home use a lightening serum. Use an exfoliating cleanser with glycolic or salicylic acid to remove dead cells. Then, apply a lightening serum with a bleaching ingredient, such as hydroquinone, vitamin C, soy extract, or licorice.

## Blast Body Acne

Who doesn't hate those zits and boils caused by the sweat and sunscreen buildup? But the good news is, it can be treated. While in the shower, try a 2 percent salicylic acid body wash and



2.5-to-10-percent benzoyl peroxide wash. Let the body wash or scrub sit on problem areas for three to five minutes before rinsing away. After showering, heal breakouts with a salicylic treatment that also contains antimicrobial peptides, for acne spot treatment. At night, a retinol will help speed up cell turnover. Acne treatments increase sun sensitivity, so sunscreen is a must: but use an oil-free, chemical-free formula.

## Happy Feet

Summer is the time to say good bye to our boots and hello to sexy sandals. But, naturally, with sandals your feet

should look perfect and clean. You can absolutely transform them with a few at-home techniques. Use a foot file to soften hard, leathery feet, but file skin when it's dry. Then use a quick-absorbing moisturizer and spot-treat rough areas with salicylic acid.

## Wear Bronzer

Bronzers are a summer make up essential; they instantly add a sexy, healthy sheen to skin. Dust your face with the translucent powder all over to help the bronzer spread evenly. Swirl a medium-size blush brush in shimmer-free bronzer that's one shade darker than your skin tone, and sweep the powder along your hairline, under your cheekbones, and on the top of your chin. Apply it to the apples of your cheeks and over the bridge of your nose.

## Lip Service

Lips tend to get parched, in drier climate that can cause discoloration, and burning. Look for salves and glosses with soothing ingredients like shea butter and beeswax. SPF is also a must-especially when wearing high-shine gloss, which tends to attract more UV rays because of its reflective shimmer.

## Eczema

Eczema is a skin condition, characterized by dry, scaly discolored skin that affects millions of people. Avoid anything that triggers it like perfumes and detergents, which can make the irritation worse, and opt for gentle fragrance-free cleansers and moisturizers. If eczema is severe, topical or oral cortisone can help.

And that is a roundup of beauty tips for simmering summer trips ...





# Summer *Fashion*

The best looks, trends, inspiration, and picks for summer style, get inspired by the season's hottest trends!

Fashion Forward (FFWD) is the definitive fashion platform for Dubai and the Middle East. This year the third edition of the event featured couture and ready-to-wear collections in the presence of the media, buyers and the fashion savvies... we took five collections from the fashion forward runway, of five outstanding designers;

Asudari, Bashar Assaf, Ezra, Zareena & Zayan the Label, and curated a trend guide based on the designer's look from the FFWD 2014... From sexy ensembles, colorful cover-ups, breezy dresses and hot accessories, here's how to catch up with the latest trends in Dubai, to look smokin' hot in summer when it's toasty outside.



## White Smoke

The standout shade was a hit on the catwalk with models dressed from head to toe in the crisp color. White was a major theme with designers like Ezra, Zareena, Bashar Assaf and Zayan. Much like the international runway the crisp color combination was a complete hit, which is also pretty relevant to the hot weather of Dubai.



## Cropped Tops

The cropped tops were an instant hit on the runways. The secret to scoring this chic look is all in the proportions. An A-line skirt is a demure addition to a halter or a boxier blouse as seen on the runways of Asudari and Zayan the label.

## Eyes on the world

It seems that it is no longer the lip when it comes to beauty trends; the focus is on the eye! Big bold smoky eyes, false lashes, and thick eyeliner were the looks at the runways and they are there to stay for the whole season.



## Breezy Dresses

Since its summer it's all about that perfect summer dress! It should be figure-flattering and easy to wear, light and casual enough for a day of hanging out with friends, but dressy enough that you can take it from brunch or a garden party to dinner, the runway nailed just the perfect choices....





### Couture Queen

Ezra Santosh and Zareen presented some of the best couture collections to wow the fashion savvy crowd. The collection showcased wearable couture gowns for the festive seasons ahead in subtle colors and royal finesse. For parties and event, haute couture gowns are the fashion must have.



### Have Fun

The element of fun and frolic was evident in most of the collections. Flaunt your assets with a bit of a skin in a relaxed summer do as seen on the runway at Zayan the label, Bashar Assaf, and Asudari, these styles simply can't be ignored.

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# Fashion Designer

Nariman Adib Zeidan

On setting trends, looking glamorous and adoring the female form...

Nariman Adib Zeidan is a famous name amongst the fashion savvy circle in the UAE. Starting off as an interior design student, Nariman, found her true passion in fashion during her college years, that ultimately made her turn the focus of her studies from interior design to fashion. She worked in Lebanon, the city that is famous for fashion, haute couture and glamour, with many designers including, Blanka Matragi, Jean Sabaji & David Abi khalil. In 1999 she moved to the UAE and

settled in Dubai and since then been climbing the success ladder with her alluring label Nariman for fashion design. Talking about her label Nariman says, "Our fashion shows in Lebanon and Dubai as well as the collection of wedding dresses in 2008 were a big hit, which prompted us to launch our new collection, Couture Jallabiya by dressing the host of Harayer program at Sama Dubai, the whole season. And we were the first in Dubai to launch this kind of luxurious Jallabiya."

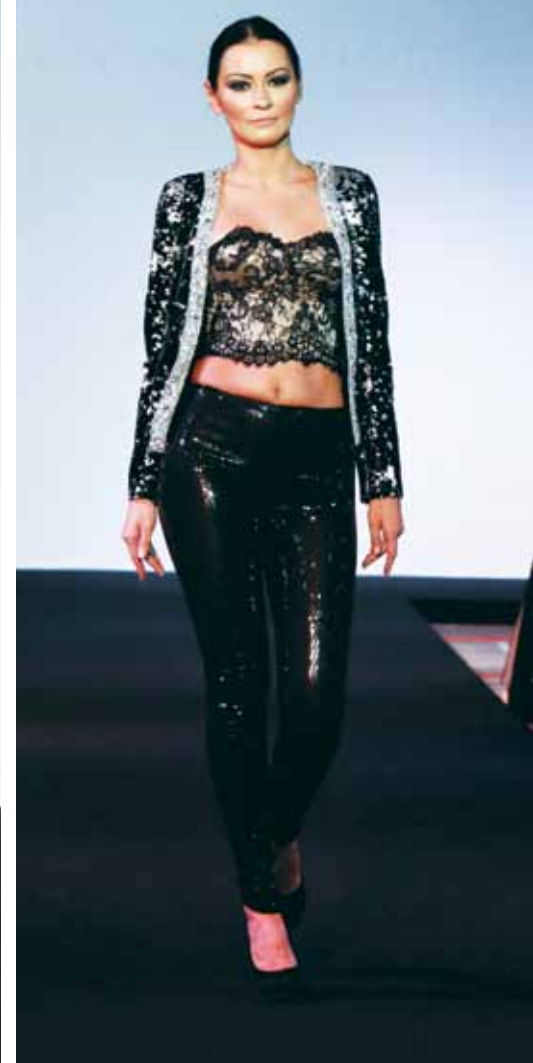


In 2010, Nariman was chosen among the top 100 distinguished personalities in the UAE, as per the evaluation of magazine Hot 100. Having participated in the fashion defining show in Dubai, 'Arabia Style' Nariman took her success as a challenge to create inspirational pieces to ultimately adorn the perfect female form. "I get inspired by everything, in the form of art and painting exhibition, sometimes a movie, music or when I travel or from normal people and things happen in your daily life. My philosophy of design is to embody my thoughts and my desires that do not stop and have no limits, to show women garbed in the concept of elegance with a modern touch, to be always gorgeous and never overlooked."

In 2011, she launched her collection, a range of ready-made clothes, which and was displayed in bebo-emio boutique in Jumeirah. The same year, she was among the best 10 designers in Dubai invited to participate in the big event of Swarovski Elements (Sense of Two). With another haute couture new collection launched in 2012, Nariman found herself with an increased following in the region. Talking about the UAE market Nariman says "There are many local designers for Pret a Porter and Abayas, but the customer's point of view is different regarding the Haute couture. It is more simple and casual than before. People, used to wear heavily embellished







dresses for dinner parties. Now, the taste is more refined and sophisticated, which also supports my personal style and design philosophy".

Talking about her work Nariman expounded on her belief regarding talent & inspiration; "All art forms are connected and they all need talent and big inspiration, I've always wanted to be a fashion designer and my studies in interior design made me take another perspective to my collections and made me combine the feminine touch of fashion with the strong lines of architecture, consequently infusing an elegant yet sexy style."

Presenting her collection twice a year in March and August, she also takes special orders for Eid and other occasions. While talking about her latest collection Nariman says, "Our latest collection is my second Pret a Porter collections. It is inspired from the movie of Coco Chanel."





# I ♥ Dubai

Find out what's happening and trending now...

With Ramadan just round the corner, Dubai is gearing up for the holy month with numerous offers that will make your *iftar* and *suhoor* time an unforgettable experience. Stimulate your taste buds with the avant garde eateries, and discover the taste of Ramadan like never before... And if you are planning to enjoy your *Eid* break outside the sunny city, then we have chalked out just the right destinations to make you pack your bags and head to the far off horizons... From Restaurants to hotels, here's what's hot and trending now....



## The Grub

Check out the best restaurant deals for the month...

### 1: Ramadan Feasts at Les Cuisines Sofitel Dubai

#### Downtown

Enjoy Ramadan treats at Les Cuisines with colorful, fun Op art décor and trendy open kitchens offering a lavish iftar buffet, banquet iftar or suhoor dining. Take a culinary adventure around the globe with five oriental and international live cooking stations of diverse tastes and worldly delights. Iftar buffet priced at AED155 per person. Children 6-12 years old receive 50% discount; children 5 years old and below are free of charge. The occasion calls for smart casual attire. Don't forget to reserve early before the seats fill up.

### 2: Ramadan at The Address Dubai Marina

Celebrate the spirit of the Holy Month of Ramadan at The Address Dubai Marina, where guests can mark the season of camaraderie with traditional hospitality. Enjoy warm and welcoming delicacies of an Iftar Buffet, complemented by refreshing Ramadan juices, in the stylish setting of our Constellation Ballroom, located on the 4th floor. Featuring a wide selection of seasonal favorites, Arabic flavors, and international dishes with an Asian flair, Iftar at The Address Dubai Marina is guaranteed to be nothing short of memorable. An extensive array of shisha flavors and an a la carte Suhoor menu are to be enjoyed in the terrace tent, from 8pm onwards. Time: Iftar – Sunset to 9pm; Suhoor – 8pm onwards Price: AED 170, per person, for Iftar; AED 155 per person

### 3: Mövenpick Ramadan

Embrace the spirit of Ramadan in a welcoming atmosphere, traditional favorites and great prizes for an unforgettable gathering at

the Mövenpick Hotel Jumeirah Lakes Towers. Feast on traditional Arabic delicacies featuring dates, dried fruits, mezze section, soup, lamb ouzi along with a delectable selection of international dishes and exquisite Arabic sweets, enhanced with panoramic lake views to soak up the perfect sundowner. For the younger guests, a dedicated area with games is available to keep them entertained. With all this, in addition you get a chance to win daily prizes and a grand prize to Turkey inclusive of accommodation and flights for two persons. The winner will be announced at the end of the Holy month. Enjoy Iftar Buffet for AED 99. Kids under six dine complimentary.

### 4: La Porte Des Indes

La Porte des Indes, Downtown Dubai's latest fine dining restaurant serving Indian cuisine with a difference, has crafted special menu for the holy month of Ramadan, to be served during lunch and Iftar times. For starters, Head Chef Vishal Rane will be serving an array of Iftar favourites such as Murgh ke Pakode and Roasted Chilli Seekh Kebab followed by substantial mains such as the much loved Kari de Mouton or the signature Ramadan dish, the Hyderabad Ghosht Biryani, Belgian Dark Chocolate Mousse and the Pistachio Kulfi for dessert... The menu has four different options, to cater for a variety of appetites: Two courses: AED 125, Three courses: AED 155, Four courses: AED 175, Five courses: AED 195...

### 5: Sanabel Sheraton Dubai, Moe Hotel

Enjoy the lavish Iftar buffet and indulge in the best of Arabic cuisine that includes hot and cold Arabic mezze, main course selection and traditional Ramadan drinks and desserts. For younger guests a

dedicated kids' corner with Wifi and PlayStation awaits. Prices: AED 135 per person. Special group offers are also available.

### 6: Sapori Di Bice Rotating Iftar Menu

Casual chic dining destination, Sapori di BiCE announces a rotating Iftar menu for this Ramadan. Chef Marcello Rivetti has specially crafted a dedicated menu for the holy month, carefully incorporating the restaurant's authentic Italian offerings with traditional Ramadan delicacies. An ideal destination for spending time with friends and family over the holy month, the Iftar buffet will feature twelve dishes including Iftar favorites such as fattoush and halloumi cheese salad for starters. Signature main dishes will rotate on a weekly basis, in addition to unique dessert offerings including cinnamon and date panna cotta, camel cheese cake with pistachio or saffron rice and rose water pudding. The Ramadan Iftar buffet is priced at AED 160 per person.

### 7: Regal Setting for Ramadan at The St. Regis Saadiyat Island Resort, Abu Dhabi

During the holy month of Ramadan, The St. Regis Saadiyat Island Resort, Abu Dhabi is offering a regal setting for guests breaking their fasts. The outdoor tent- 'Al Fanous', with private majlis area provides an exclusive experience with Fifa World Cup screening for an added comfort. Priced at AED 185 per person, the iftar buffet will feature a wide selection of traditional Arabic delicacies, including fresh mezzah, manakish, grilled meats and seafood delicacies. For reservations call 02 498 8008 or email [reservations.saadiyat@stregis.com](mailto:reservations.saadiyat@stregis.com).





## Places

### Yas Island offering shaded deals this summer

In response to the demand for fresh and cool summer activities, the Yas Island in collaboration with the renowned hotels and appealing attractions has devised an enticing offer - a fantastic deal of 2 for 1 - on food at various venues, Ferrari World Abu Dhabi, Yas Waterworld Abu Dhabi, visits to the Spa and to make it all possible, unique and attractive hotel packages enhanced with specials, for the Holy month and World Cup! Yas Island's Cool for Summer options offer an unmatched escape, compared to other destinations in the region. From the 1st of May till the 30th of September, Yas Island summer special 2 for 1 vouchers can make it possible for families to partake in a diverse range of activities, enjoy theme park attractions.

### Ramadan Night Market

Dubai's only night market during the holy month of Ramadan is back with exhilarating activities, offers and unique shopping opportunities. Ramadan Night Market offers a great ambiance with loads of fun, frolic and family time along with tempting offers from the retailers coming together at the market from across the globe. The night market will be held over the 11 nights of Ramadan from 17th – 27th July 2014 at Dubai World Trade Center offering residents and tourists a great opportunity to shop for all their festival needs, under one roof. 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. With over 350 plus retailers, the show offers everything from clothing, fashion, cosmetics, to jewelry and more.



## International Destinations

### Experience the Enchantment of Ramadan with breathtaking views of the Swiss Alps at the Dolder Grand, Zurich

The Dolder Grand is the magical fairytale castle of Switzerland, where special Ramadan treats await. Guests are invited to break their fast by enjoying a spectacularly sparkling view over Lake Zurich while surrendering all inhibitions to the glow of twilight and the wondrous illumination of the Alps as well as the flawless panoramic view ahead. A jewel among the bustling city as well as nature's breathtaking charm, the hotel draws a picture of perfection for GCC families that resonates tranquility for the Holy Month. Besides its impeccable location and exquisite services, The Dolder Grand is also reputed for accommodating their Muslim clientele. The hotel provides a peaceful experience that will reflect the spirit of the Holy Month of Ramadan. Mark Jacob, Managing Director of The Dolder Grand says: "We make sure that the needs of our Muslim guests are met by ensuring that prayer timings are respected and the right food and drink



is served in line with Ramadan traditions." along with the perfection of the Eid getaway filled with adventure and tranquility, the nearby city of Zurich also provides a variety of activities including shopping and leisurely boat tours on the lake. To ensure a memorable experience for GCC guests and families alike, the hotel is delighted to offer GCC travelers a complimentary fourth night with The Dolder Grand '4 for 3 Experience' package.

### Escape to Laucala Island for Eid Al Fitr

Located in the South Pacific archipelago of Fiji, self-sustainable Laucala is rated among the top three luxury island resorts in the world and is the eco-chic destination of the decade. Laucala Island offers the perfect Eid escape for families large and small. The exclusive tropical hideaway boasts 25 luxuriously appointed Fijian-styled villas set over 1,400 hectares of coconut plantations. Each villa offers complete privacy, peace and quiet, with expansive views of the surrounding cerulean sea. With a combination of dramatic rainforest-laced landscapes and white sandy beaches, Laucala Island is the perfect location to reconnect with nature and your soul. Organic wellness treatments and outdoor activities ensure guests focus on total relaxation and rejuvenation. Reservations for Laucala Island can be made through, The Exclusive Travel Group, the island's exclusive representative in the Middle East or its approved local partner agents, The Travel Attaché and UTravel.



### Summer Time At Intercontinental Genève

The five-star InterContinental Genève is an oasis where summer holidaymakers can relax around one of the most sought after swimming pools in the city soaking up the European sun beside crystal waters. There's never been a better occasion to experience a 5\* City Resort now with InterContinental Geneva's Summer Promotion of 20% off all 56 exclusive Suites. Ten minutes away from the international airport and Lake Geneva, it's the ideal family choice with various connecting rooms and suites, exciting entertainment offerings, Botanic gardens and a Kid's Club. Children under 12 years stay for free. During Ramadan exquisite dishes are prepared by the Lebanese Chef for Sohour and Iftar, while guests can enjoy Shisha by the poolside. Unrivalled Arabic speaking staffs are on hand, and a private butler on request for Residences reservations.



### Get Ready For Summer and Ramadan with Six Senses Zighy Bay

Six Senses Zighy Bay welcomes the holy month of Ramadan with distinctive dining experiences. For the guests' convenience, a special Suhour menu will be available in the privacy of their villas including a selection of freshly prepared pastries, organic yoghurt and lavish selection of homemade mezzes. Staying true to Iftar tradition, guests are invited to break their fast with traditional home-grown dates before enjoying an array of traditional dishes such as Omani hares, beetroot hummus billahm, koussabilburgul with Omani salona or shua.





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Located at Umm Al Quwain,  
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visitors per day and is the ideal place for safe leisure pursuits.

Visitors can watch out for the 1,250,000 liters of water at the gigantic wave pool  
which is the largest in the region. They can also slide down a 40 meter long tunnel,  
or take a 2-meter nose dive! There's the 'not to be missed' wild rafting river  
with 2 gigantic body slides; Hippos Island, Twisting Dragons or Kamikaze.  
When it comes to dining, Dreamland Aqua Park offers a wide array of  
choices. For visitors who fancy an overnight stay, there is the  
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needs of bigger groups, with affordable tailor-made packages.  
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For the latest updates   Dreamland Aqua Park  
Umm Al Quwain, Etihad Road E11 through Mohammad Bin Zayed Road (E311)  
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Fridays and Public Holidays are reserved for families, pre-booked groups or special pass holders



[www.dreamlanduae.com](http://www.dreamlanduae.com)





# The Summer Train....

The sizzling summer sun with its scorching heat has certainly cooked the goose this year. The summer is at a record high and to escape the raging sun would certainly be a fantasy come true. Dreaming of fresh cool breezes, open vistas, rejuvenating images of fresh dewy grass, prairies filled with exuberant flowers and a chance to relax, unwind and savour the treat for the senses, we explored the summer seasons hot spots and traced the perfect train itinerary across Europe all the way down to the mesmerising East. It is the travel itinerary that takes you to some of the famous cities of the world, to admire and be charmed by the beauty of the countryside and the grace of the metropolis. So, quickly aboard the dream train and discover the ultimate summer havens...

## Salzburg, Austria

Fantastic sights, from historic buildings of the old town, the Hohensalzburg Fortress to the shimmering lakes set against a backdrop of beautiful mountains that frame the city of Salzburg, there is an opportunity to savour the perfect vacation. The capital is famed as a culture destination and for its bohemian celebration of art. One of the top tourist destinations is Hohensalzburg Fortress, offering an unobstructed view of Grossglockner, the highest mountain in Austria, or walk in to the Hellbrunn Palace gardens through one of its several gates and one can enjoy its trick fountain, Wasserspiele. For a more historic feel, walking through the old part of town can certainly recall its roman pedigree, in places like Steingasse. For the fans of Mozart there is the Mozart Museum and his birthplace to tour but if you've got kids, then there is the Salzburg Zoo and ... yes... the Toy Museum.



## Geneva, Switzerland

The country renowned for its beauty and commitment to peace, Switzerland has been the destination of choice for travellers for years, with its iconic fountain that shoots up 140 metres into the air and can be seen for miles around, the Jet d'eau. Even from one of the four museums that mark Geneva as an innovative and cultural center, The International Red Cross and Red Crescent Museum, the International Museum of the Reformation, the Patek Philippe Museum and the Fondation Bodmer Library-Museum as well as the Museum of the History of art, Musée de art de historie, are five striking and unrivalled places to visit. If you are intrigued by the world of particle physics, then check out the world's largest laboratory for particle physics, CERN. An impressive emblem, the globe of Science and Innovation is the site of the 'Universe of Particles Exhibition'. Hotels, like Intercontinental offer halal food for the Muslim travellers visiting the city. A number of times a person wishes to escape the city scape, so walk out to the beautiful lake alongside the city bearing the city's name, Lake Geneva.

## Munich, Germany

North of the Bavarian Alps, on the Isar river, Munich is a city with some stunning sights, palaces, parks and museums that mark its role in the automotive industry. As one explores and experiences the city, a traveler finds that the public square at the center is a prominent point of interest and at the heart of the social activity, where there is the Marienplatz. The central Marien Square houses many old and wonderful buildings, the Marien column and the New Town hall which houses the Glockenspiel; a carillon. A few steps away is the hustle and bustle of the vegetable market and at the edge of the old town, the Residence of the Bavarian Monarchs. A building constructed in 1935, has ten courtyards and striking historical gardens. Today, the royal home houses renaissance, baroque, rococo and the neoclassical era's tapestries, art and antique furniture, and that is only one of the castles...







*And for a more eastern flavor,*

## Kuala Lumpur, Malaysia

A cultural melting pot, with adequate representation of peoples from around the world, Kuala Lumpur is a scenic yet religiously diverse city. During the month of Ramadan, Kuala Lumpur with its strong hotel and tourism sector, is a good option since it caters for the Muslim travellers and there are a number of mosques like the Masjid Jamek, the Sultan Salahuddin Abdul Aziz Shah Mosque. Most hotels have Ramadan buffets that cater for the requirements of Muslims. It is a dynamic city with opportunities to explore the scenic Malaysia or the Malaysia renowned for its shopping prospects. If shopping's not to your taste, take a walk around the Lake Titiwangsa or explore the landscape surrounded by rainforest-clad rugged mountains as they sweep down to floodplains teeming with life and finally roll down to warm, sandy beaches.



the allure of the yester moons, drenched in the aura of the empires that once reigned over it, Istanbul is a city with an endless charade of love, lore and memories in the making. The grandeur and glory of the past Ottoman empire can be experienced with a trip to the Istanbul's Topkapi Palace located in the famous Sultanahmet district, it is one of the world's largest and oldest palaces or the imperial masterpiece Hagia Sophia built by the Byzantine Emperor Justinian can give a taste of Istanbul. Whether it is a museum with ancient artifacts, the sultan's private quarters, a traditional bazaar or the dance of the whirling dervishes, there's plenty for everyone to be completely mesmerized and be absolutely lost in its beauty.

## Fez, Morocco

A timeless city, the medieval beauty of Fez is sure to inspire with its architectural gems. The imperial character of Fez comes out in its early Islamic architecture. The Kairaouine Mosque and university is the oldest operating university in the world. The city is divided into three sections; the larger of the two medinas in the city is Fes el Bali, a UNESCO World Heritage Site and one of the world's largest car free urban areas.

## Istanbul, Turkey

For Ramadan, why not offer prayers in The Blue Mosque or the Suleymaniye Mosque... gather with worshippers in convivial harmony... for Ramadan in Istanbul is a celebration. Imagine a city strung with coloured lights and festooned trees lighting up the night. Otherwise a city immersed in

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# Seasonal

## Home Décor

Summer is a time for relaxing and enjoying the season with family and friends. It is the time that lets us celebrate life in its warmest guise, the warm outdoors and cool evening breezes make your home the optimal place to entertain and relax, and the mellowness in the air and ripeness of the atmosphere, calls for the heart to connect with one's self and surroundings. This year summers are even more special, as it brings the holiest month to us; Ramadan, giving us a

chance to reflect even deeper our selves. Summer itself, and the onset of Ramadan calls us to give special attention to our abodes, for the purpose of entertaining, *iftar* and *suhoor* gatherings, or just simply to relax... With a touch here or a stroke there and a bit of creativity, we can make our home summer ready, to welcome the coming holy month with peace and dedication. Try these easy summer decor ideas to take advantage of all that the season has to offer.



### Let there be air...

Summer is the time to lighten the weight of fabrics and add cheerful colors in the interior, to celebrate the arrival of the season. Put your old heavy drapes away, and bring out light, colorful and breezy fabric to cover your windows. Extend your living area outside, and connect with your surroundings. If you do not have an outside area simply open up your windows and let the evening fresh air through... this will create a light atmosphere, and bring freshness into the room which is, otherwise heavily infused with conditioned air. Plant flowers in window boxes, and fill bowls on your kitchen countertop. Rearrange a space and make it more comfortable for the hot summer months.

### Create a cozy nook

Small changes can make a room in your own home feel calm, relaxed, cool and inviting. To create a small nook for yourself to relax, read or to just enjoy a minute of peace, look no further than your own bedroom or closet, or find an empty corner under a big, open window. Make sure you have adequate reading light, whether you install sconces in a darker space or use a room with plenty of natural light. Accessorize the place with a small colorful rug, a comfortable chair and a few cushions, add colorful accents by placing things that make you happy and put your mind to rest, it could be a vase, a plant or a bouquet, or even a few pictures of your nearest and dearest. A reading space should be a peaceful area free of household noises. If it's a challenge to separate a nook from the rest of the room, hang a curtain or use a folding screen to partition the space.

### Table décor

The summer season as well as the month of Ramadan is a time for simple yet elegant feasts. So, make sure to accessorize your table top, to add to the glamour of dining at home. Decorate with glassware found in the back of your kitchen cabinets -- mix tall glasses with short water glasses, and add a few short candle votives



around the edges. Fill them halfway with water, and add floating candles to set the mood. Mix and match china or everyday dishes to make a unique, playful table setting, and don't worry about matching the napkins.

### Summer parties

Summer is the perfect season to entertain family and friends, and since the heat of the day reaches its peak in the afternoon, have guests over for an early brunch or an evening dinner party. After you send the invitations and plan a tasty menu, have fun arranging the dinner table with whimsical summertime elements. Drape outdoor dining tables or picnic tables in brightly colored tablecloths, or use plain white bed sheets accented by a colorful table runner. Adorn wicker or metal chairs with little posies of dried or fresh flowers tied up with pretty ribbons. For a more eclectic look, collect several different chairs, and paint them varying shades of blue, green and yellow.

### Fruit stand

Fruits are not just healthy but they also add an element of freshness and goodness to their surroundings. Create a colorful display by adding seasonal fruits to a fruit basket, it adds the perfect summer touch to counter and table tops.

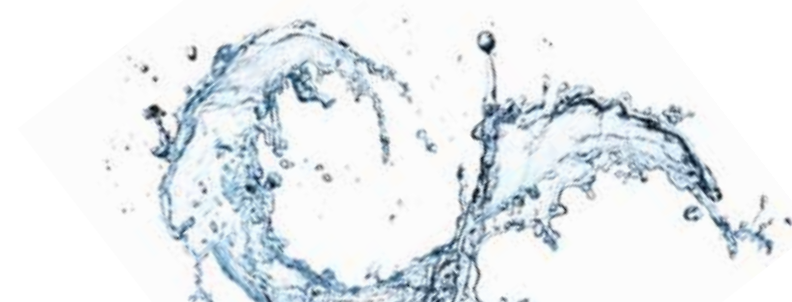
### Kid friendly

With summer time comes the summer vacations which means kids are out of school and around the house... to make your house ready for the 24/7 chaos, and still make it a memorable summer time, make sure that you use fabrics and slipcovers that are machine washable, and are casual and fun! Keep your kids occupied with summer time arts and crafts projects with seashells, pine cones, and nature inspired finds, which the kids can pick out. Their projects can turn into summer décor that you display proudly around your home! And since Ramadan is round the corner let your child participate with you, to learn the essence and the true meaning of this blessed month..





Welcome summer with a friendly hand shake, and stay fit & healthy during the hot Ramadan season...Staying fit and healthy can be a bit of a challenge when the mercury rises. Everyone wants to stay cool yet feels threatened fearing the sweat and feeling all too humid and sticky. With the Ramadan round the corner, and the sizzling summer upon us, staying fit can be a bit of a challenge, but with some intelligent ideas and planning ahead, we can spend a wonderful summer and a peaceful Ramadan.



### Hydration

Hydration is the key to survive the summer season, and pretty much the whole year. Water cleanses the body and allows your body to function more efficiently. Drink at least half of your body weight in ounces—if you weigh 120 lbs., drink 60 oz. of water each day—and replenish your fluids if you have been sweating excessively due to heat or exercise. If you exercise then make sure that you are drinking about 16 ounces every 30 minutes, before, during, and after exercise. Some sports drinks also have special ingredients that help replenish fluids to prevent dehydration. If you are fasting then ensure a good amount of water intake before you start your fast. We tend to overlook our thirst if our bodies are cool; drink up even if you are not feeling the thirst. To break your fast, the summertime favorites such as lemonade and iced tea are refreshing and delicious, but only consume them in moderation, as they do little to keep you hydrated and they pack on unnecessary calories, instead make your water tastier and more refreshing by adding a slice of fresh citrus fruit to a freezer-chilled pitcher.

### Work out in the morning

Finding the right time to work out during summer season is a tough nut to crack, due to heat and humidity. But with a little bit of planning you can beat the heat. The answer to this dilemma is simple; get outdoors in the morning! Before the sun starts shining, sweltering with heat, or leaves you with lingering warmth in the evening, enjoy the outdoors in the early hours. The best reward of working out in the morning time is to feel the fresh morning air, the sun as it rises in the sky, and the tranquility of your neighborhood before it fully awakens.

This routine can also help those who are fasting and can't think of another time to exercise during the fast.

### Play time

Summer is the time when the house is full. If you have kids make the best of this time by joining in their games which could mean anything from jumping on a trampoline, jumping around the house, playing Frisbee, whenever you have the chance, join them. You will burn calories without feeling that you're working out. If you are fasting, interact with your family, create fun ways to teach them the importance of Ramadan, like interactive quiz games or even memorizing challenges. During Ramadan the best family time is the Suhoor and Iftar time, cherish this beautiful time, and involve your kids in food preparations.

### Enjoy indoor activities

Even if you are not an outdoorsy person and don't enjoy the sunny days in the least, still you can get in a good work out to stay fit during summer, while staying indoors where the temperature is cool. Head to the nearby gym and run on a treadmill as you listen to upbeat music on your MP3 player, power walk through the mall for some fast-paced window shopping, or head to the local rock climbing wall with a group of friends. For a mini-vacation from the brutal summer temperatures, take a trip to an ice skating rink in the middle of July and pretend that it's December.

### Cover yourself up

Covering up may actually keep you cooler, especially if the heat is low in humidity. In the sweltering

temperatures of the Middle Eastern summer, covering up yourself will actually protect you from the harshness of the sun beating down on your skin. Make sure your clothing is made of natural fabrics and loose-fitting.

### Alter your diet

When it comes to staying fit in summer as well as Ramadan, diet plays a vital role. What you eat and drink can help keep you cool as well. Instead of hogging down a hearty meal loaded with calories, stock your freezer with flavored ice treats, or freeze a bag of chopped fruit such as watermelon, pineapple or lemons. It will help you when you need cooling down and stay hydrated and fit. If there's one ingredient meant for summer season then it is mint. Mint refreshes the skin and leaves a nice cooling sensation. Use it in your drinks, your snacks and even try a few minty or menthol products to cool your skin. The month of Ramadan can be challenging especially when you are struggling with extra pounds, and tend to put on more during the Iftar break. Always remember that breaking fast doesn't mean a license to eat mindlessly, instead change your diet to a healthy one with fruits and hydrating fluids. After all Ramadan is all about patience!

### The virtues of patience

Be patient. If you took the winter off, don't expect to reach your fitness goals in a week or two. It's more important that you enjoy the summer while appreciating the efforts that you're making. Focus on what you want to accomplish daily in your physical activity and the results will follow. Getting fit takes time and with commitment, you will reach your goals, just a few drops of patience...





# Fasting Tips for Ramadan

It is essential to stay healthy during the holy month of Ramadan, as fasting can be very challenging, if you are not taking proper care of yourself. Clinical Dietitian; Leila Smaily MA, RD, BSc., at City Centre Clinic shares with us the her ultimate tips to stay healthy and active during the blessed month...



1. Watch your weight! Even though Ramadan is the month of fasting, most people treat it as the month of feasting, increasing their total caloric intake, leading to weight gain.
2. Stay Hydrated. Fasting from sunrise to sunset is a long period without fluids. Although no lasting harm appears from it, it's recommended to drink lots of fluids during the non-fasting hours to meet your fluid intake requirement and prevent dehydration.
3. You don't need to chug down 13 cups of beverages a day though. Soups, stews, and water-packed produce, such as tomatoes, cucumbers, lettuce, watermelon, and oranges, hydrate your body too.
4. Go easy on sweetened beverages like sodas, fruit juices and traditional Ramadan Drinks. Limit those to no more than one 8-oz cup a day since calories and sugar easily add up.
5. Breaking your fast with water, and other hydrating food will prevent the urge to binge on less nutritious, high fat food and replenish lost fluids.

6. Breaking your fast with 3 Dates following the Prophet's (PBUH) tradition will give you an instant burst of energy and great source of fiber.
7. Keep your activity moderate! A brisk walk is fine but it's not a good idea to run a marathon or swim the English Channel on a day when you're not eating or drinking the usual time regulated meals.
8. It's not recommended to exercise during the fast. Exercise when you're able to drink, and make sure you drink enough water to compensate for any water loss.
9. Get a good night's sleep. Families and friends often gather to break the fast and visit until the wee hours—then get up early for another meal before the fast begins again. This can affect one's concentration and work performance especially since the morning coffee is missing!
10. The underlying message behind Ramadan is self-discipline and self-control. Don't let your diet fall apart at the end of the day.
11. Those, who are fasting, should have at least two meals a day, the pre-dawn meal (Suhour) and a meal at dusk (Iftar) and 1 small snack few hours after Iftar.
12. Food intake during Ramadan should be simple and not differ too much from your normal diet covering all the food groups: Grains and Breads, Fruits and Vegetables, Dairy Products, Proteins, and Oils and Sweets.
13. When there are only so many hours to eat, make every calorie count by choosing food that are rich in nutrients. Your meals should consist of healthy carbohydrates, lean sources of protein, vegetables, fruits, low-fat dairy and healthy fats.
14. Avoid fried food, pastries, and other snacks with too much fat and sugar that won't deliver much nutrition.
15. While you can't completely prevent hunger pangs from making themselves felt, you can delay them by eating protein and fiber at Suhour. Examples of protein food include eggs, cheese, peanut butter, beans, and meats.
16. Oats, whole wheat bread, apples, and pears are high in fiber. They are a great choice for Suhour. Besides keeping you full, fiber helps you go, which is important for your digestive system health.
17. Don't forget yogurt for Suhour. Low fat yogurt is a great source of protein, calcium and will help prevent thirst throughout the day. It will also help in keeping you consistent.
18. Enjoying traditional Ramadan desserts doesn't have to be a daily ritual. Instead of fried and syrup-drenched desserts, opt for a bowl of fruits with low-fat yogurt several days of the week.
19. Be picky at social gatherings! People tend to overeat when eating with others and when there's a variety of food presented. Be picky about what you put on your plate and how much you put!
20. Watch your portions! Don't eat until you're full! Until the moment your stomach has started to get uncomfortable. Follow the Sunnah: 1/3 drink, 1/3 food, 1/3 air.
21. If you're one of those people whose appetite goes down in Ramadan, and you're not meeting the recommended daily servings of all the food groups you might want to consider taking a daily multivitamin. Just to give you the assurance that you're not missing out on any nutrients, while you fast.
22. It's recommended to consume complex carbohydrates. Those are foods that help release energy slowly, during the long hours of fasting, such as barley, wheat, oats, millet, semolina, beans, lentils, and wholegrain flour.
23. Fiber-rich food are digested slowly and include bran, cereals, whole wheat, grains and seeds, potatoes with the skin on, vegetables such as green beans, and almost all fruit, including apricots, prunes and figs. Including fruit in your Suhour in Ramadan will keep you fuller during the fasting hours.
24. Avoid food that contains refined carbohydrates (sugar and white flour). Those foods are higher in calories with lower nutrition content and are often high fat as well!
25. Watch your caffeine intake. It's worth avoiding caffeine-based drinks such as tea, coffee and cola. Caffeine is a diuretic and stimulates faster water loss through urination.







Fine Dining |

# La Portes Des Indes

FRENCH INDIAN FINE DINING  
COMES TO DUBAI



With its scrumptious French/Indian fusion cuisine, La Porte de Indes, brings the retro charm of the early 19th century to Dubai. The taste, the atmosphere, the lighting and of course the courtly service creates a perfect setting to savor the flavors of old Pondicherry region, a former French colony of South India, and with the flair of the French.

Literally meaning, "Gateway to India", the restaurant greets its guests with the quintessential Indian conviviality. As soon as you enter the main dining area (with a raised seating area in the middle), the serenading blue lights and hundreds of sparkling optic cables gleaming above you, stir up your senses, before the wafting aroma of the spices capture your interest. With elements of feng shui, visible throughout the restaurant, you will find yourself at ease instantly. Offering primarily Indian cuisine with a French touch, the menu clearly reflects, French, Creole and Tamil and north Indian inspirations. If you dig spicy food yet crave the sophisticated French taste, then La porte is sure to mesmerize

you with its menu. The highlights of the menu include *Foiegras tandoori* (which undoubtedly is a creative twist to the typical French delicacy), seared and served on a honey *naan* bread with a fig and ginger *chutney*; *Poulet Rouge*, marinated chicken offering an exquisite creamy taste, *Barra Lamb Chops*; a delectably spicy take, on lamb chops, *Kari de Mouton*; Home style goat meat curry spiked with strong spices and laced with coconut milk, and the chocolate and cinnamon fondant with vanilla ice cream; is the ultimate cherry on top. The Mumbai based resident Chef Vishal Rane, likes to play around with traditional fares imbued with creative ideas and inspirations. The menu is set to cater to the Middle Eastern palate, but you can still keep it extra spicy or mild, as preferred, while ordering. The

restaurant is also complimented by a glamorous bar and lounge area that offers a range of unique, signature cocktails and mocktails. The resident DJ adds a perfectly harmonic note as the musical backdrop, during dinner service, and the hum gets a little high as the night proceeds into a livelier resonance from 11 pm until the early hours. Located on the ground floor of The Address Dubai Mall, La Porte des Indes Dubai is within easy distance of the DIFC and Downtown Dubai, the most happening place in the UAE.

So, if you want to spice up and go flamboyant with the beats of Bollywood, or yearn for that extra pizzazz when it comes to dining with a touch of western, then La Porte de Indes is "la destination"...



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# Delectable Recipes

for the exquisite Ramadan table...

## Scottish Tandoori Salmon

Sea salt, plum tomato and raw mango salad, crispy aloo bhaja

(Courtesy the Oberoi Dubai)

### Ingredients:

Salmon	4pcs
Lemon juice	20ml
Ginger garlic paste	15gms
Salt	3gms
Red chilli paste	20gms
Butter unsalted	for basting
Chaat masala	2gms
For marination:	
Red chilli paste	50gms
Ginger garlic paste	10gms
Black salt	6gms
Cumin powder	2gms
Garam masala powder	2gms
Hung yoghurt	100gms
Kasoori methi powder	2gms
Mustard oil	40ml
Chaat masala	2gms

### Salad:

Sea salt flakes	2gms
Plum tomatoes	40gms
Raw mango julienne	180gms
Coriander sprigs	10gms
Crushed black pepper	a pinch
Crispy aloo bhaja:	
Potatoes	400gms
Refined oil	for frying
Salt	2gms
Cumin powder	1gm

### Mint and garlic chutney:

Mint leaves	100gms
Coriander leaves	100gms



Green chilli	10gms
Garlic	5gms
Chaat masala	3gms
Raw mango	30gms
Black salt	4gms
Cumin powder	2gms
Lemon juice	10ml

tandoor at the temperature of 280°C, for about 3-4 minutes

- Baste butter on top of the cooked salmon and sprinkle some chaat masala on top

- For salad – mix all ingredients together to create a nice salad

### Crispy aloo bhaja

- Peel the potatoes and grate them in to long strips, and put them in to ice water

- Drain the potatoes from ice water and put directly to hot oil fry till potatoes get crisp

- Sprinkle cumin powder and salt

- Mint chutney – Blend all ingredients together except lemon juice and salt.

- Add some crushed ice instead of water, and make the puree in to fine consistency.

- Remove from blender and add lemon juice and salt.

### Method:

- Marinate the salmon with salt, lemon juice, chilli paste and ginger garlic paste and keep aside for 2 hours

### For marination

- Mix all ingredients together except mustard oil, and then gently fold the mustard oil in to the marination.

- Apply the marination on salmon and leave aside for another two hours.

- Cook salmon in a pre-heat



## Empanada Camaron

(Courtesy Feugo Restaurant)

### Ingredients:

Flour All Purpose	2 1/3 Cup
Cream Cheese	8Oz/185 Grams
Butter Unsalted	1 Cup
Egg	1 Pc.
Sesame Seed	1/2 Cup
Filling Prawns	500 Grams

### Method:

**1** To make the dough, beat the cream cheese with the butter in the mixer at medium speed until creamy and well blended. Gently add the flour and salt and continue mixing for one minute more. Turn dough onto a lightly floured counter top and knead for a minute. Place dough into a bowl, wrap in plastic wrap and refrigerate for 15 minutes up to 12 hours.

**2** Sprinkle flour over the counter top and roll out half of the dough until it's slightly less than 1/4 inch thick. For medium sized empanadas, cut out rounds of 4 to 5 inches in diameter. Continue until all the dough is used.

**3** Grease a baking sheet with butter. Preheat oven to 375 degrees.

**4** Brush a thin layer of lightly beaten egg on the edges of the dough rounds. Spoon about 1 1/2 tablespoons Picadillo filling into the center of each round. Fold a side of the circle over the filling across the other side. Pressing with your fingers as you close the dough. Without breaking the dough, press the edges with a fork to seal and make a design.

**5** Place the empanadas on the baking sheet. When you fill the baking sheet, lightly brush their

tops with the lightly beaten egg and sprinkle with sesame seeds.

**6** Grease a baking sheet with butter. Preheat oven to 375 degrees.

**7** Place the empanadas on the baking sheet. When you fill the baking sheet, lightly brush their tops with the lightly beaten egg and sprinkle with sesame seeds

**8** Bake the empanadas for 20 to 25 minutes, until the top have a golden tan color and the dough is cooked through. Serve hot.



## Fuego Jalapenos

(Courtesy Feugo Restaurant Dubai)

### Ingredients:

- 1- Jalapenos peppers 200 gms
- 2- Mix lettuce 5 gms
- 3- Cherry tomatoes 2 gms
- 4- Ranchero dressing 50 gms

### Method:

**1** Heat the flat grill, place the jalapenos on the grill, leave it there for a minute and then turn around until you see that you can remove the skin carefully don't break the chilli.

**2** Remove the skin, very carefully and fill it with cheese.

**3** Coated with the flour, egg and tortilla crumbs and fry them.

**4** Serve hot with ranchero dressing and cherry tomatoes.







## Crevettes Au Curry A La Thaïlandaise

(Courtesy Feugo Restaurant)

### Ingredients:

Onion Peeled Big	20ngr	Tail On Jumbo Shrimp	
Garlic Chopped	5 Gr	Marinated	3 Pc
Green Zucchini	50 Gr	Beans Sprouts Fresh	5 Gr
Baby Eggplant Green	60gr	Coriander Leaves	3 Pcs
Lime Leaves	3 Pcs	Lime Wedges	2 Pcs
Snow Peas	5 Pcs	Chilli Fresh Red Grilled	Garnish
Corn Oil	15 MI		1 Pcs
Mint Chopped	3 Leaf	Coconut Milk	200 MI
Basil Chopped	3 Leaf	Green Curry Paste	12 Gr
Cooked Jasmin Rice	1 Cup	Fish Sauce	5 MI
Banana Leaf	1 Pc	Fish Stock Liquid	100 ML

### Method:

- 1 In a sauce pan, sauté veggies in oil for 1 minute.
- 2 Add coconut milk, curry paste, fish stock then bring to simmer.
- 3 Add raw shrimp, and continue boiling until cooked and sauce thickens.
- 4 Continue cooking until desired thickness is achieved and shrimps are cooked.
- 5 Add chopped mint and chopped basil,
- 6 Garnish with beans sprouts, chilli & coriander leaves

Serve with cooked jasmin rice on the side, topped on banana leaf and lime wedges on the side

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## 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



### Tiffany Legendary Gemstone & Diamond Collection

Tiffany & Co. has brought an exclusive collection of "Brilliant Tiffany Jewels" to the UAE. Featuring breathtaking creations handcrafted with colorful gemstones and the world's most beautiful diamonds. The collection captures the legacy of Tiffany as the jeweler of ultimate glamour. Diamonds of extraordinary beauty sparkle throughout the collection, which also includes a selection of gemstones that are truly remarkable. Among the creations are iconic Tiffany & Co. engagement rings, some boasting rare solitaires, while several masterpieces by the celebrated Tiffany designer Jean Schlumberger® are also being featured.







### Glanis by Carberonia

Classic jewels with a touch of glamour for a woman who loves beauty! Glanis, is the new collection by Carberonia. Rose gold adorned with white and champagne diamonds, it is a sophisticated combination which gives life to a dream and adds a sensual caress to a woman's look.



### Gilan Grand Pheasants Bracelet

One of the favourite gems of the Roman Empire, the pearl is a unique jewel that has been used as an adornment of choice for centuries. Gilan, Istanbul's original world renowned jewelry house, blends ancient methods with innovative techniques with its dazzling Grand Pheasants Bracelet made with precious stones; emeralds, sapphires and diamonds. The House of Gilan takes its inspiration from the Grand Pheasants, considered a status symbol in China since ancient times. Gilan captures the dancing feathers of pheasants during their romantic courtship with the passion of design.



### Babette Wasserman London

The much anticipated London jewellery brand Babette Wasserman has finally landed in the UAE, bringing a rich collection of modern, unique and iconic necklaces, bracelets, earrings, rings and cufflinks to the UAE's savvy and fashion forward customers. Babette Wasserman has a rare talent for capturing the style of London and the pulse of fashion, in a way that makes her jewellery collection contemporary and highly prized. She is celebrated for her innovative design and intricate interplay between multitudes of stones, materials, colours and forms, and couture-like craftsmanship.



### Fabergé Charmeuse D'après Minuit Ring & Créoles Earrings

Amongst the Charmeuse series of double-banded rings in Les Fauves de Fabergé, referring to the charismatic charm of Sergei Diaghilev, this late-night Après Minuit ring is set with the highest number and concentration of white diamonds, the mixed cuts, including the subtle rose cut, that glimmers so beautifully in candlelight, mingling with the mysterious glimmer of the occasional appropriately named moonstone. The Créole earring is a classic form of ethnic or peasant ornament, and these slender hoop earrings, companion to the Charmeuse rings and bangles, with their distinctive Bohemian rippling outlines, add to the sense of sophisticated earthiness. The earrings are modelled in yellow gold and oxidised silver, their fluidity captured through the skilfully pavé setting of white diamonds.







### BOVET DIMIER 2014 collection

BOVET takes pride in the technical prowess of the 2014 DIMIER collection. The first timepiece in its history not to have a round case, Récital 11 'Miss Alexandra' is a vertical ellipse Tourbillon that caused a sensation among experts and collectors of fine watchmaking. This timepiece owes its huge success to the perfect execution of even the smallest details, but also to the design of its case and its ideally balanced proportions. Récital 11 is available in 18-carat red or white gold and can be set with round or baguette-cut diamonds.



### Jaeger-LeCoultre Secret Ladies Watch

Entirely engraved and with guilloché worked on the back, the 'secret' watch is an anthem to femininity. The yellow gold bracelet is made in such a way that a small ladies' watch wound with a key can be accommodated within it. It may thus be worn as a pendant or on the wrist according to circumstance. The finely crafted workmanship extends all the way to the pendant ring that is also entirely engraved. The ingeniously articulated marquise-style bracelet is fitted with adjustable clasp, an extremely rare feature for that time - 1860.



### The Longines Heritage 1968

The Longines Heritage 1968 was inspired by the collections in the Longines Museum, located at the heart of the Longines head office in St-Imier. The Museum was completely refurbished in 2012 to mark the brand's 180th anniversary. Among the exceptional pieces on view in the Museum, a square timepiece dating from 1968 was the inspiration for this new creation. Available in two sizes – 26 x 26 mm and 33 x 33 mm – and in steel or rose gold, the Longines Heritage 1968 boasts a timeless beauty. The grey brushed dial features black, finely painted Roman numerals and a chapter-ring around the outside. A fine line of black varnish on the minute and hour hands echoes the lines of the numerals, providing a delicate contrast. The watch is fitted with a mechanical movement, L595 and the whole is mounted on an elegant black alligator strap.

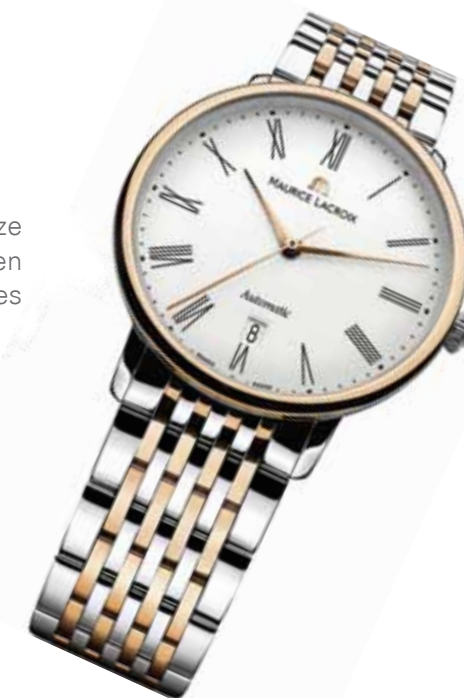
### MAURICE LACROIX Les Classiques Tradition

Timeless design and first-class handiwork characterize the quality of a Swiss watchmaker's art: this is proven by the new timepieces in pink gold in the Les Classiques Tradition collection, by Maurice Lacroix.



### La Montre Hermès Cape Cod Silver

La Montre Hermès has reinvented the Cape Cod line this year in a stylish and elegant manner, while preserving its rounded curves and distinctive lugs. The collection now features a redesigned dial and an interchangeable strap, while the case of the Tonneau and Nantucket models is available in Silver – an unusual silver alloy based on a composition exclusive to Hermès, which preserves the radiance of the precious metal.



### Jean Paul Gaultier's Carousel of Time-telling

A darer, a stunner, a statement...Jean Paul Gaultier is a cult in its own. The name needs no introduction and struts a chic like no other. A superstar in the world of fashion – a front runner on the couture scene – there isn't a fashion icon out there that hasn't been courted by the quirk of this French couturier. Madonna, Beyoncé Knowles, Naomi Campbell and Rihanna are some of the names that are draped by the mojo of Jean Paul Gaultier. Making his debut on the horology scene in 2014, the novelty line of timepieces from the French fashion house of Gaultier will strut a "tock" like no other. Art and a retro mayhem of sailor inspired timepieces – the debut collection of Swiss made watches are a riot of colour and hi-fashion.







## *Fall 2014 Ready-To-Wear*

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





## Carolina Herrera

### Fall 2014 Ready-To-Wear

Carolina Herrera's women are always feminine and trendy. This season with elegant knee-lengths, round-shouldered shifts, portrait collars, neat silhouette, it celebrated femininity in its typical form. The silhouette came in with many surprising fabrications - from glossy astrakhan to wool crepe to printed silk to an array of exotic skins - a perfect mix for the season.





## Chanel

Fall 2014  
Ready-To-Wear

Candy colors, a dash of dada and a grocery store, was the main theme of Chanel's Fall 2014 RTW. Karl Lagerfeld magically transformed the Grand Palais into a full-scale supermarket with discount posters and aisle signs for easy product navigation... the collection was all about colors, with tweed, glittery tops and metallic jeans partnered with sporty, quilted cropped jackets, set off with sneakers and boots.





## Dior

### Fall 2014 Ready-To-Wear

A luxury take on sportswear combined with masculine tailoring, RAF SIMONS went back to his sportswear roots and brought them into the world of Dior. The purposefully loud contrasts, blue with green, pink with red, yellow with black spoke of the city, the modern women and the sense of freedom. Wavering asymmetrical-to-blunt skirt and dress hemlines were authoritatively impressive and sure to make there way into the Hollywood's wardrobes.





## Elie Saab

Fall 2014  
Ready-To-Wear

With its usual regal elegant lines, Elie Saab called his 2014 RTW collection Dark Opulence. Taking inspiration from the work of the artist Mark Rothko, Elie interpreted the artist's Color Field paintings as a template to create ombré effects. A merlot and black colored long strapless gown in ribbed silk, deep black and pale rose tunic in the same material and many other such flowing classic looking dresses took over the runway.





# Lifestyle

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



## Tan Yew Kiat launches the new bYSI® store

And introduces the new collection at Dubai Mall

Backed by the brand vision to create "A New Woman Every Day" and his recent visit to Dubai, Tan Yew Kiat, Founder and Managing Director of bYSI® launched a new bYSI® store at The Dubai Mall. As part of the launch he introduced the much awaited Summer 2014 collection. bYSI® is a fashion forward brand that targets women aged 20 to 45 years and brings distinctly feminine and chic designs straight from the catwalks of the world's fashion capitals at affordable prices. With soft floral and tropical prints, statement embellishments, romantic silhouettes in skirts, dresses, jackets, tops, shorts, and trousers, bYSI® has redefined the norms of runway renditions. The all-women's brand has brought endless styling choices for trendy fashionable women across the globe. Having expertise in designer outfits, BYSI also offers accessories like bags, collars, belts, scarves and necklaces etc.



## Fashion Forward

### Most Successful Season To Date

Fashion Forward (FFWD) welcomed over 18,000 guests for the third season of the region's definitive fashion platform, showcasing the most carefully curated and dynamic programme thus far. During the three-day event a selection of the region's most celebrated design talents exhibited their catwalk collections, industry experts imparted invaluable knowledge through the "d3 Fashion Talks" and an eclectic mix of accessories designers were showcased in The Garden retail space. Carefully edited couture and ready-to-wear collections were presented across three catwalk halls from both, returning FFWD designers and fresh talent, selected from across the Middle East. Runway images from all 18 shows were shot by a team from Getty Images.







## Dubai Duty Free

### Wins "Middle East Travel Retailer of the Year"

Dubai Duty Free walked away with the award for 'Middle East Travel Retailer of the Year' for the fourteenth time, at the Duty Free News International (DFNI) Asia/Pacific Awards for Travel-Retail Excellence in Singapore. The DFNI awards are a celebration of the very best in the duty free industry in the Asia/Pacific Region and are based on votes received from industry partners. Colm McLoughlin, Executive Vice Chairman of Dubai Duty Free, received the award from DFNI, and said "The DFNI awards recognize excellence in service, innovation and quality within the airport retail sector and as such it is fantastic to receive this recognition for the fourteenth time. We hope to retain this award for many years to come and I would like to join our Chairman, H.H. Sheikh Ahmed bin Saeed Al Maktoum in thanking our team of staff as well as thanking all of those who voted for Dubai Duty Free."

## Hybris Artistica

### The ultimate expression of art and design

To celebrate the premiere of the Hybris Artistica Watch Collection in New York, Jaeger-LeCoultre collaborated with fashion illustrator Katie Rodgers of Paper Fashion, to reinterpret these one-of-a-kind creations. The most artistic interpretations dress the most powerful timeless watch creations of the manufacture: from the halo of diamonds of the Reverso Cordonnet Neva, the midnight blue robe of the Duomètre Sphérotourbillon Enamel to the architectural wonder of the Master Gyrotourbillon 1- the Hybris Artistica Collection is the quintessential embodiment of art and design.



## Marks & Spencer

### Leading Ladies Campaign

An international supermodel, an academy award winning actress, a music icon, a campaigner and an acclaimed engineer are just a few of the women that showcased the M&S Summer '14 collection, shot by the iconic fashion photographer Annie Leibovitz. The Leading Ladies are presented in four stunning images across quintessentially British settings. Mrs. Mariam Chahin, Head of Marketing, Marks & Spencer Al-Futtaim said, "This campaign is a celebration of style and accomplishment. These dynamic leading ladies represent uniqueness and diversity of modern Britain. They are united in their extraordinary achievements but confident in their differences which resonate beautifully with Middle Eastern women. In their drive to reform the traditional boundaries and excel in varied fields, the women in this region are continuously aiming at new heights of achievement."

## Acting Legend Omar Sharif

### Goes Down A Storm At Inaugural Dublin Arabic Film Festival

Film maker Jim Sheridan and Festival Director Zhara Moufid's inaugural Dublin Arabic Film Festival (DAFF) was a roaring success. The festival, which ran from 8-11th of May was proudly presented by Dubai Duty Free and supported by the Jumeirah Group. It commenced with a special screening on the 8th May of Omar Sharif's critically-acclaimed Monsieur Ibrahim at Light House Cinema, Dublin. Omar Sharif himself arrived at the event in high spirits and took time to speak to the press and to the numerous fans. The opening night was also attended by Vice President of Marketing - Dubai Duty Free, Austin Frost, Vice President Sales and Marketing - Jumeirah Group, H.E. Mr. Khalid Nasser Rashid Lootah, UAE Ambassador and his wife Mahara. Guests were greeted on the red carpet by a man in traditional Arabic dress who was holding a Peregrine Falcon which brought an authentic Arabian experience to the red carpet.



## iRobot

### Revolutionizes cleaning for UAE consumers

iRobot Corp. (NASDAQ: IRBT), the leader in delivering robotic technology-based solutions, launched its range of floor-cleaning robots in the UAE. Engineered for cleaning performance and convenience, iRobot's home robots are revolutionizing the way people clean their homes with more than 10 million home robots sold worldwide. The award-winning iRobot Roomba® Vacuum Cleaning Robot made practical robots a reality for the first time and the newest Roomba® 800 Series increases the efficacy of floor cleaning. iRobot's other new launch, the Scooba® 450, is the only hard floor-scrubbing robot that tackles stuck-on mess. iRobot will be available at select electronic, lifestyle retailers across UAE and online at [www.irobot.ae](http://www.irobot.ae) in July 2014.



## MAKE UP FOREVER

### At L.I.P.S. Summer Fashion Week 2014

MAKE UP FOR EVER tied up with L.I.P.S. as the official makeup partner of Summer Fashion Week in Beirut for its 2nd edition. MAKE UP FOR EVER supported the renowned fashion week with its professional makeup services as a team of Makeup Artists brought the world of professional makeup from backstage onto the catwalk. MAKE UP FOR EVER created looks for all the Local and International designers that participated in the breath-taking show, including renowned French designer, Eric Tibusch who flew in from Paris to be present in Beirut for the remarkable event.







## George Clooney

### joins OMEGA for an exclusive

OMEGA and long-time brand ambassador George Clooney met in Shanghai for an evening of celebration. The award-winning actor and producer was part of a star-studded event where OMEGA showcased its new Seamaster Aqua Terra timepieces. “Le Jardin Secret” – or the secret garden – was set up in Shanghai specifically for Friday’s event, providing the perfect atmosphere for the exclusive celebration.



## Gary Rhodes

### ‘Fires up the Grill’ at Rhodes 44

Gary Rhodes has launched the Great British Barbecue on Saturdays, as part of introducing more classic grilled dishes to Rhodes 44 in The St. Regis Abu Dhabi. During the Great British Barbecue, set in the private garden terrace, guests can savor sumptuous charcoal-grilled British specialties, including beef, tuna, lamb, mini-burgers, and chicken, complemented by delectable sauces. “Firing up the grill at Rhodes 44 meets and exceeds the requests from our food connoisseurs, who expect the finest cuts of meat while enjoying a treasured British tradition,” said Gary Rhodes. “Whether during the Great British Barbecue or for dinner, our classic British comfort food is perfect to share among friends and family in the restaurant’s sociable atmosphere.”



## Nars Cosmetics

### Launches in Middle East

NARS Cosmetics has announced its much awaited launch in the Middle East this October. The brand, known for inspiring self-expression, creativity, artistry and bringing high-fashion, high-style and forward thinking to beauty, will open two doors in partnership with Sephora at The Dubai Mall and Mall of the Emirates. NARS Cosmetics encapsulates Founder & Creative Director François Nars’ philosophy of beauty, empowerment and creative experimentation. Celebrating 20 years of audacious beauty, NARS Cosmetics is a luxury beauty brand for the modern, independent woman.



## Michelin-starred

### Italian Chef Alfredo Russo Brings World-Class Cuisine to Dubai’s Dining Devotees

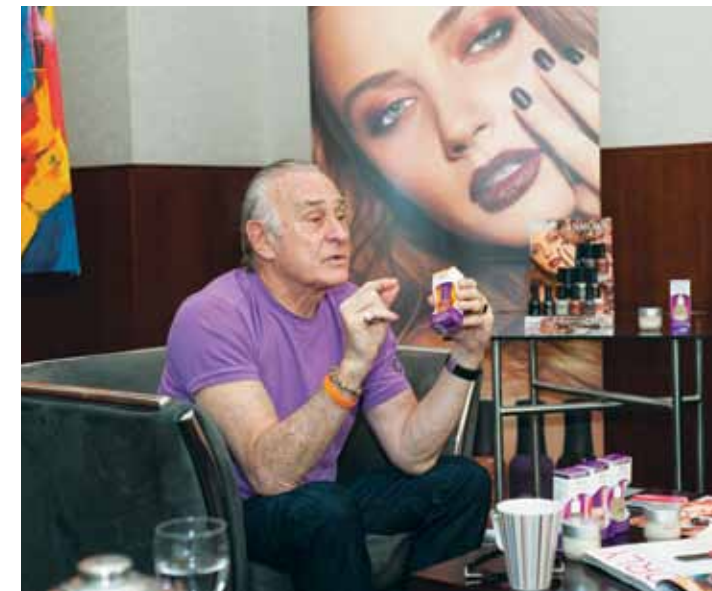
Culinary master chef Alfredo Russo has brought his highly renowned cuisine to the shores of Dubai Creek, with Sheraton Dubai Creek Hotel & Towers, creating the menu for its signature restaurant, now named Vivaldi by Alfredo Russo. Vivaldi has long been considered one of Dubai’s best Italian restaurants since it opened in 2000, delivering its renowned combination of authentic pan-Italian cuisine and excellent service. This is the second time chef Alfredo is working with Starwood Hotels & Resorts; he currently consults on the menu of Rossini’s at the Sheraton Grande Sukhumvit in Bangkok, A Luxury Collection hotel.



## Jeff Pink

### Creator of the French Manicure visits Dubai

Jeff Pink, owner and founder of ORLY International and creator of the famous French Manicure launched the newest ORLY collection, the 2014 line of ORLY nail lacquers in Dubai during the Beautyworld ME 2014. During the launch Jeff Pink, Founder and CEO of ORLY International said: “I am delighted to be here in Dubai, a very fashionable and cosmopolitan city and we are proud to share our latest innovative ORLY nail products during Beautyworld Middle East. At ORLY, we never stop looking for the next big idea. By keeping hot on the heels of the latest trends, our talented team of color experts deliver the bright ideas, hot colors and bold textures our fans love.”



## MAKE UP FOR EVER HD

### Introduces Hd Novelties

Inspired by the demands of professionals and designed to satisfy every woman’s daily needs, MAKE UP FOR EVER just released its HD Pressed Powder and HD Cream Blush, the 2 new additions in the HD range which guarantee the ideal final touches of adding a hint of color and setting up the makeup for a luminous long-lasting finish. The HD range is a new generation of makeup that perfects skin for extreme close-ups on camera and is also designed to make women’s complexion look flawless under daylight.





## AHM

### launches the first ever JAC Motors showroom in the UAE

Al Habtoor Motors, the leading brand in UAE's automotive sector as the official dealer for some of the world's most coveted international brands, has launched the first JAC Motors showroom at Airport Road, Port Saeed, Deira. JAC's state-of-the-art showroom features quality value line-up of passenger and commercial vehicles and is the first of its kind in terms of corporate brand identity. Set in the bustling locale, the Launch was attended by Mr. Karl Hamer, Mr. Joe Rogan, Ms. Mersedeh Mahdi, and other senior managers from Al Habtoor Motors as well as Mr. Xiangchu from JAC Motors. The JAC showroom launch has come at a favorable time when JAC Motors is celebrating its 50th anniversary from its launch in 1964.



ARMANI / **Dada**