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ELIE SAAB
FALL 2013

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Exclusive interview

SALMA HAYEK

I shall never stop being a militant



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EDITOR'S NOTES

The onset of fall brings with it the arrival of winter fashion, events and celebrations. What's more is the change, the cold shift of the weather that we have been craving for a long time now, is here in Dubai. As the social calendar starts to roll, get yourself ready for the buzz that's here to keep us engaged.

Our cover girl for the issue is the sexy Salma Hayek, the Latino actress talk to us about her, past, present and the future as well as her endeavors to support women's and immigrants' rights in the USA. Moving on, don't forget to checkout glamorous Hollywood red carpet ensembles of the Emmy's season, in our Celebrity Fashion section.

To tantalize you taste buds read our fine dining feature and learn what takes it to make a cuisine Haute. Learn all about the food connoisseurs, those who have defined what we eat and refined our approach towards food. With food on our mind and the thought to retain a healthy balance in life, our latest issue provides you with yet another interesting guide to the therapeutic benefits of spas; check out our Health & Fitness feature on Spas Health Benefits.

Moving on to our Travel & Stay section, our latest fixation is the mesmerizing city Istanbul. Discover the sights and sounds of the magical land, where histories were written and cultures married to fabricate a city so magnificent that an aura of romance wraps you as you breathe the very air that surrounds you. Dubai; our home city is also not short of magical moments itself, check out what's happening and where, in our Magical Dubai section, dedicated to the social scene of Dubai.

And if you are all for the ultimate staycation, why not try to learn ways to make your home a better place to live in, check out the simple & easy ways to go green for a happy home and an even happier planet in our Home Décor Article Green Home... You can also look for the latest fall fashion trends, fall beauty tips and a guide to latest fashion purchases, all this and more by just flipping the pages of your ultimate lifestyle guide, the First Avenue Magazine!

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Distributed in U.A.E, Kuwait,
Qatar, Bahrain, Oman

www.firstavenuemagazine.com



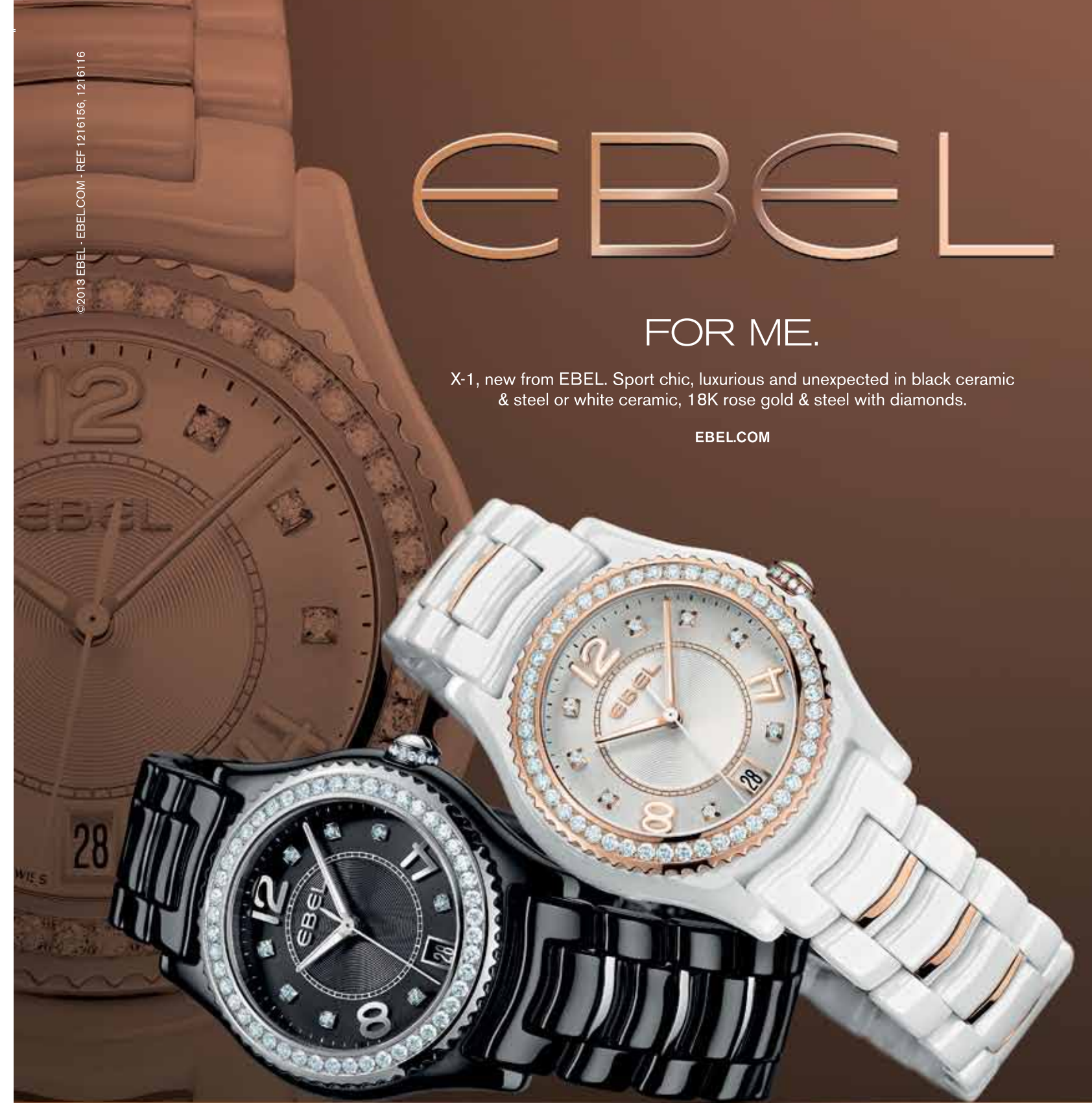
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Celebrity Fashion



Carrie Underwood

Emmys 2013 Red Carpet

Carrie Underwood looked classy in purple, at the 2013 Emmy Awards held at the Nokia Theatre, L.A. To pull together the gorgeous look, Carrie wore a Ramon Keveza dress, Jimmy Choo shoes, and Johnathon Arndt jewels.



Diane Kruger

Metropolitan Opera Season Opening

Diane Kruger looked chic on the red carpet, while attending the 2013 Metropolitan Opera Season's opening production of Eugene Onegin at the Metropolitan Opera House in New York City. The 37-year-old actress wore a Prabal Gurung dress, Casadei for Prabal Gurung shoes, and Prabal Gurung for Chris Habana jewelry.



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Emma Roberts

Fox Emmys 2013 After Party

Emma Roberts looked fabulous in red at the FX post 2013 Emmy Awards party held in Soletto, Los Angeles. The 22-year-old actress wore a Stella McCartney dress and Charlotte Olympia bag.



Heather Graham

Metropolitan Opera Opening

Heather Graham attended the 2013 Metropolitan Opera Season Opening Production of Eugene Onegin at the Metropolitan Opera House in New York City. Heather wore a beautiful Naeem Khan dress.



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Julianne Hough
Emmys 2013 Red Carpet

Julianne Hough poses for a pic at the 2013 Emmy Awards held at the Nokia Theatre L.A. The 25-year-old actress looked sexy in Jenny Packham gown with Jimmy Choo shoes, David Yurman jewelry and a Swarovski clutch.



Paula Patton
'Baggage Claim' Premiere

Paula Patton looked absolutely sexy at the premiere of her new movie *Baggage Claim*, at the Regal Cinemas in Los Angeles. The 37-year-old actress wore a Rhea Costa dress, Giuseppe Zanotti shoes, Inge Christopher clutch and David Yurman rings.



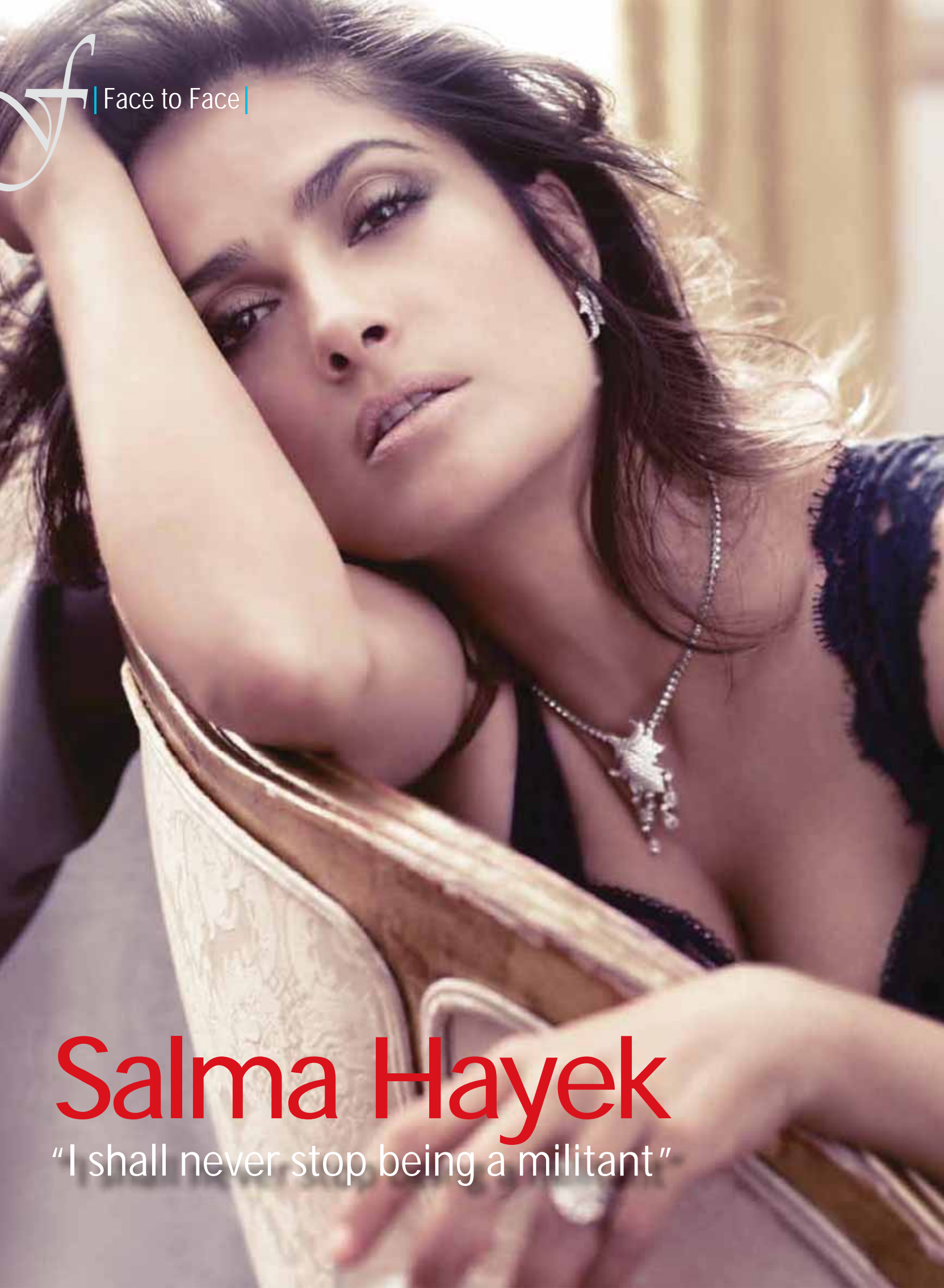
Taylor Swift
'Romeo & Juliet' Premiere

Taylor Swift was seen fully dolled up while attending the premiere of *Romeo and Juliet* at the ArcLight Cinemas in Hollywood. The 23-year-old country singer was there to support her BFF Hailee Steinfeld, who stars in the movie as Juliet. Taylor wore a Reem Acra dress, Christian Louboutin shoes and Jimmy Choo clutch.



Zooey Deschanel
Emmys 2013 Red Carpet

Zooey Deschanel was glammed up for the red carpet at the 2013 Emmy Awards held at the Nokia Theatre L.A. Zooey wore a J Mendel dress, Charlotte Olympia shoes, Edie Parker clutch, and Chanel jewels.



Salma Hayek

"I shall never stop being a militant"



Born in Mexico, but of Lebanese origin, the sexy actress, Salma Hayek began her international career as a movie star with Robert Rodriguez's film *Desperado*. she played the female lead opposite Antonio Banderas in the film. Since then the beautiful brunette has never stopped sharing the spotlight with top male Hollywood stars including Will Smith, Russell Crowe, Ben Affleck, Matt Damon, Colin Farrell and Adam Sandler. She also co-starred with Penelope Cruz in *Bandidas* and was nominated for the Best Actress Academy Award for her emotionally strong portrayal of disabled artist Frida Kahlo in Julie Taymor's *Frida*- a film that Salma Hayek also produced through her own company.

Married to French tycoon François-Henri Pinault, and mother of a six year old child, Hayek is also a staunch feminist, defending the cause of battered women and discrimination affecting the Latino community in the United States.

In Paris for the French Premiere of director Dennis Dugan's *Grown Ups 2*, Salma Hayek met with First Avenue for a little chit chat about her latest ventures and characters.





FIRST AVENUE: Do you speak Arabic?

SALMA HAYEK: Not really, but I do know a few words such as Ahlan and Habibi. Please don't ask me for more and let's get into the subject, I mean my work as an artist.

F. A: What made you say yes to Dennis Dugan regarding his film Grown Ups 2, which is a very light comedy?

S. H: Well, I like light comedies, and I believe the audiences like them too, at least from time to time. We cannot always watch drama movies, can we? Furthermore, I had already been in the first installment of Grown Ups and kept wonderful memories of the shooting and of the work with Adam Sandler. So, I said yes and I believe I did well as it was fun from beginning to end. I truly

What is the point of being a celebrity if one does not make a good use of it and help those who need it?

hope that people will have a great time watching the film, same as we did in shooting it.

F. A: Last year you appeared in a totally different role, portraying a villain in Oliver Stone's Savages. What can you tell us about that experience?

S. H: It was exciting playing that very bad girl, maybe even more fun than doing a comedy or a romantic type of character. I enjoyed every

single moment of it plus the fact that Oliver Stone is a tremendous director. Working with him teaches you a lot as an actor and I remember having to be at my best all the time. And what I found interesting was how those Mexican gangsters and sort of Mafia leaders behave. I say that because my character in that film was a Mexican "Mama" who runs a business based on robbery, murder and all sorts of crimes. So I had to be the closest possible thing to what those people really are in true life. And I know because I met some of them and also heard about them from other people, that they are immensely rich but they do not have any culture or taste what-so-ever. Nevertheless, they want to own major pieces of art works, paintings and sculptures that are worth millions of dollars, and they





It was exciting playing that very bad girl, maybe even more fun than doing a comedy or a romantic type of character.

display all of that in their big houses one next to the other, ignoring who painted what and so on. It's very funny. And having to act in that manner and also give orders to kill people was a very interesting thing to do in front of the camera. I mean this is what acting is all about, isn't it? Becoming someone else.

F. A: You also gave voice over to the character in the cartoon Puss'n Boots alongside Antonio Banderas. Why do an animation?

S. H: Because nowadays if you want to be taken seriously as an actor in Hollywood you have to put on your resume that you have worked as a voice over in a famous cartoon. Why, I don't know but that's the way it is. So I got the offer to do it and I did it. It was nice working again with Antonio (Banderas), with whom I started my international career in Desperado years ago and who is a close friend.

F. A: You are also a producer. Tell us about that line of work?

S. H: I started my own production company a few years ago because I found out this was the best way to achieve projects that would not come to life otherwise. I wanted to play Frida Kahlo, a major artist who was disabled and yet did wonders. A true genius! Nobody was interested. So I produced the film and convinced film maker Julie Taymor to direct it. And I portrayed Kahlo and got an Academy Award nomination for it. I am very happy that such a film exists now. And then I produced the American television series Ugly Betty based on a successful Mexican series. Ugly Betty truly launched my production company by becoming a tremendous success worldwide.

F. A: So you are a businesswoman now?

S. H: Being a woman, if you want to

stay long in the movie line of work, as an actress, whatever age you reach, you have to be one. Or else be a very lucky person, and I mean very very lucky. I chose to become a businesswoman. It's something I can handle better than pure luck.

F. A: You are involved in defending women's rights and immigrants' rights in the USA. Tell us about your motivations in both fields?

S. H: I am a feminist and I believe hundreds of achievements still need to be made in order to improve women's conditions of life everywhere and mainly in certain parts of the world. And as for the immigrants, Mexican ones for instance, they are mistreated by the American authorities. My point of view as a woman and as a Mexican person can be summed up as follows: What is the point of being a celebrity if one does not make a good use of it and help those who need it? I try



to help women by participating in specialized organizations and I do my best through my films and my roles and other activities, to shed light upon how the immigrants are treated in the USA. I shall never stop being a militant, because that is who I am by nature.

F. A: *Let's talk about fashion. Do you see yourself as a so called Fashion Victim?*

S. H: I hate the word Victim!

F. A: *Let's put it otherwise. Are you a fashion lover?*

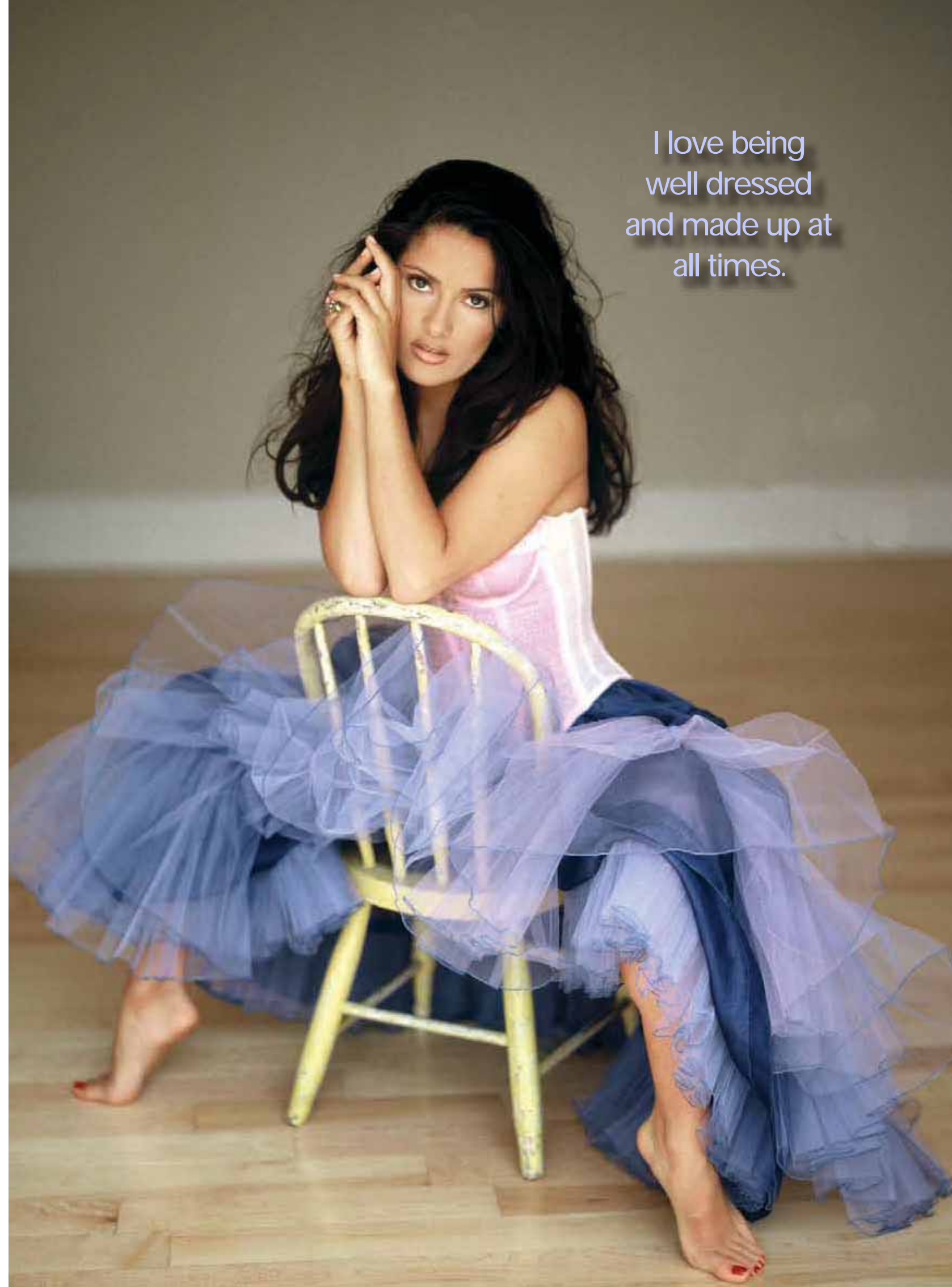
I produced the American television series Ugly Betty based on a successful Mexican series. Ugly Betty truly launched my production company by becoming a tremendous success worldwide.

S. H: Yes I am. I love being well dressed and made up at all times. I am proud to be an elegant person and therefore I do appreciate having the possibility of wearing gowns and accessories designed by such talented artists as Gaultier, Elie Saab, Lagerfeld, Louboutin and many others.

F. A: *Do you love Paris?*

S. H: I am married to a French man. So what do you think (laughs)?

I love being well dressed and made up at all times.



Fashion Must Haves

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



Guerlain - Voilette de Madame Collection

Guerlain introduces its exclusive fall 2013 *Voilette de Madame* collection, designed to make every woman irresistible, expressing her seduction and personality with style and femininity. Madame's ultimate accessory, the veil, is the inspiration for this season's collection. Like Madame herself, the veil gives only small glimpses into a woman's mysterious world... and as Madame unveils herself, her secrets come to light.



Versace Fragrances

The house of Versace is synonymous with elegance, sophistication and timeless design. Versace celebrates its success in the realm of luxury perfume with its line of iconic fragrances, including Versace Bright Crystal, Versace Crystal Noir and Versace Yellow Diamond.



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Loriblu's Nudes

From fancy flats to sky high dazzling heels, Loriblu's enhanced elegant nude creations are the talk of the town. The collection also includes minimalist structured shoulder bags which possess a sharp chicness you can't resist.



Lanvin The CÔNE shoes

Lanvin created the CONE shoe for the FW13 season. Its attraction is its 'CONE 130' heel which is used on an exquisitely shaped pump with a silver metal platform. The "CONE 130" is available in black, khaki, pink or nude glazed calfskin; with a delicate ankle strap in shades of gold used with orange, plum or light blue mirror calfskin and with cotton velour in a colour palette from beige to olive.



Swarovski - Secret Treasures Fall/Winter Collection 2013/14

From trendy to timeless, Swarovski's collections enhance the natural beauty of the contemporary woman, and bring out the best in her. For Fall/Winter 2013/14, Nathalie Colin has designed a collection named "Secret Treasures," reminiscent of a journey. Inspired by the Silk Road, this collection is built around four legendary locations, each of which holds treasures of tradition and beauty. From China to the Himalayas and from India to Venice, "Secret Treasures" revisits emblematic elements with a skillful blend of modernity and sophistication.



Fall Beauty Advice

Transition into fall, feeling beautiful in an instant...

It may sound far-fetched, but technically another summer has come to an end. Although we had a lot of fun under the sun but now it is time to prepare ourselves for a new season. New season demands a new and updated

approach towards skin and beauty care. Since we know that everyone wants to head into fall looking fabulous we've put together some of our best tips for glowing skin, latest trends and beauty secrets.

1: Be natural

First rule to learn as fall commences, 'be natural!' Don't go all tweezer crazy, full brows are always more flattering. Use light and natural colored foundation and blush. A natural face is the archetypal fall look. It creates a softer, more natural effect, which also makes you look warm for welcoming the new season with open arms. Always remember to choose either your eyes or your lips to highlight. Individually, the feature will stand out if you apply dramatic or bright makeup to your eyes or a bold red to your lips; don't try to do both. It will be too overwhelming.



2: Cream cleansers

As the temperatures start to dip, the air also tends to dry out and dryness can wreak havoc on your skin. A gel cleanser is perhaps the ultimate choice for washing away sweat and excess oil, but once the weather starts turning cold, it is best to switch to a creamier formula. Products with moisturizer help you fight the dryness caused by the change in the weather.



3: Makeup bag

Make it a habit to overhaul your makeup bag every season. Expired products and worn out brushes can cause a lot of skin problems that can lead to skin infections. Turn your makeup bag upside down and take stock of what you want to keep and what should be tossed out. Also do a thorough cleaning of all your makeup brushes with a mild, unscented soap and warm water or brush cleaner.

4: Hydrate inside out

Drinking water regularly through the fall is as important for good health and energy as it was during the summer season. For smooth, supple skin, trade coffee for herbal tea or water with a twist of citrus. For hydrating your skin use facial oils as moisturizer, as they are absorbed by the skin much quicker than the usual cream. This also means that you don't have to wait long to apply makeup.



5: Try a new do

The best time to try a new do is at the start of a new season and fall is better still, since summer is all about up dos. Fall is the right time to loosen up your locks and experiment with a different look. If you're desperately feeling the need for a hair change, consider 'the bob' not just super easy to maintain but it is the hottest trend seen on the red carpets and fashion events. Besides looking great on all face shapes, it can be styled straight or wavy and still look chic.



6: Perfect smile

Perhaps the most unconventional advice to look your best, as the new season start, is to get a perfect smile. If you act wisely, you won't have to pay a visit to your dentist to get a whiter beautiful smile... You can make your teeth appear whiter by choosing a lipstick with a blue base. Look for reds and berries, but stay away from oranges and corals tones as they have the opposite effect and make your teeth look pale. You can also whiten your teeth with an at-home whitening kit that contains peroxide.



7: Get big, fat lashes

Nothing can compare with long, thick lashes for adding a new dimension, as they open up your eyes instantly. If your lashes are sparse and/or short naturally, don't despair, as there are easy ways to make over your lashes. Faux lashes become your savior when you are having a makeup meltdown, they can instantly make you feel glamorous. False lashes work with a range of looks, from a natural application to something dressy for the night.






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Fall 2013 Trends

Trend alert for the season to come...

As the weather changes our wardrobe needs to be updated as well. With the summer officially over, comes Fall, which requires different color palettes and style make over for the fashionistas who are

eager to embrace the next season with style. Check out our top fall trends that emerged from the runway, and are sure to land in our wardrobes and closets...

Gray & White

This season gray and white is huge on our trend list. Fall's runways were rife with the color from charcoal to slate to the pristine winter white. When the temperature's drop, we all have a tendency to reach for dark colors, but this season try something different, unlike your usual choices. Head-to-toe winter white has made one of the strongest impressions. The look is also easy to pull off with any wardrobe staples that you already have for the Fall season.

Go Green

The color that was spotted all over the runways for Fall 2013 fashion is unmistakably; green. Consider it the top shade for 2013, and the hue is having its moment in deep, rich shades like emerald and bottle green that embody the fall season. Look for different ways to incorporate the shade into your wardrobe. For instance, emerald green looks great paired with other jewel tones, such as garnet, amethyst, and sapphire, and a structured bag or high heels in this vibrant hue adds the easy wow factor to your ensemble. From emerald to army, there's a shade for every skin tone, hair color, and personal style.



Outerwear rage

Outerwear is all the rage this season, in just about every shape, color, and volume imaginable. Bold outerwear can instantly take your look to the next level and you can wear it more than once a week. Fendi, Jil Sander, and Emporio Armani all exhibited a solid relation with statement coats as your best friend for the Fall 2013 season. If you don't want something voluminous, go bold with hues, mixed-materials or interesting cuts. The good news is there's nothing in our way to looking fabulous while staying warm and comfy. Do consider the rest of your outfit, when rocking with these coats, keep everything else simple.

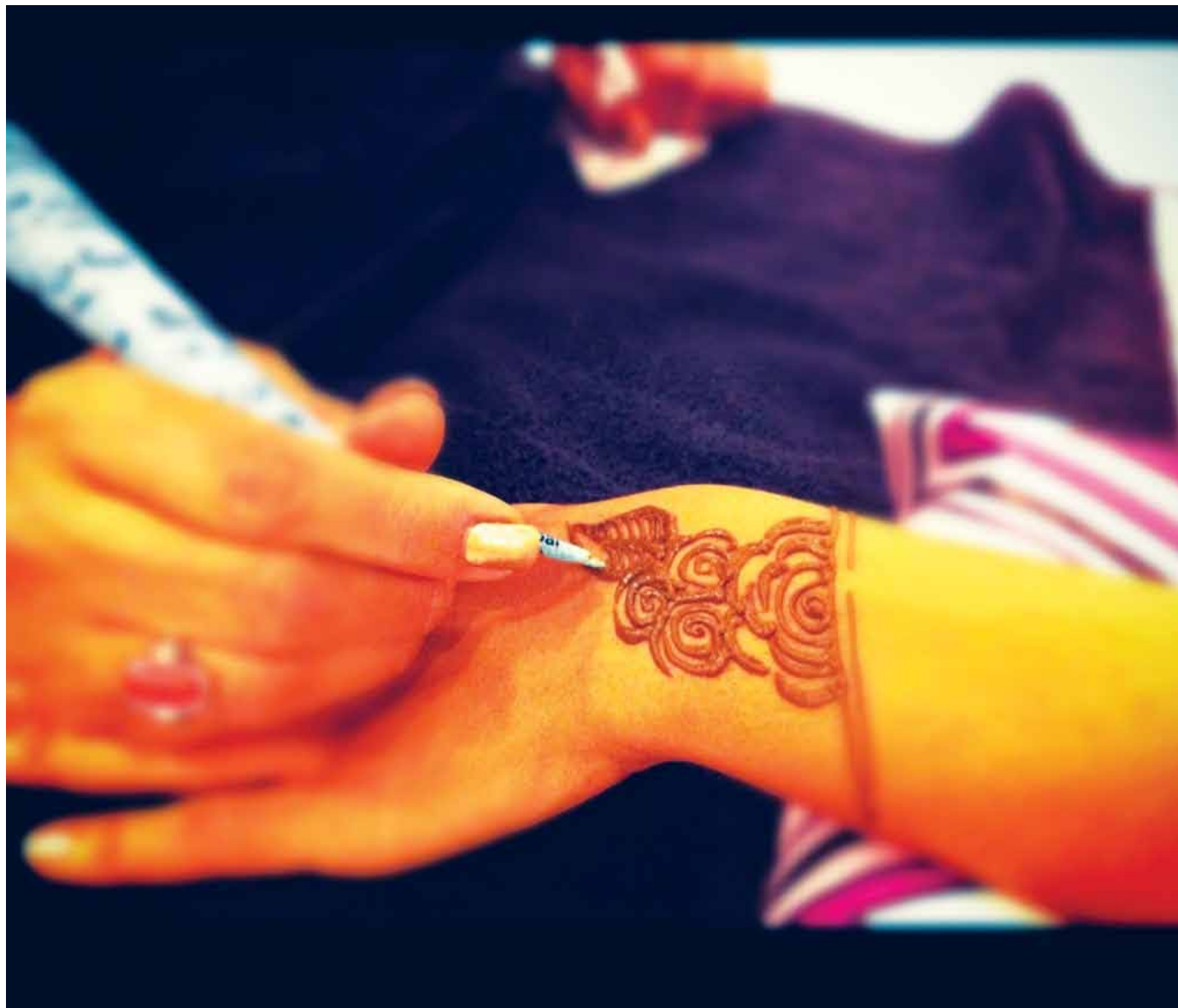
Leather pieces

Leather can be sporty, edgy, or totally feminine depending on how it's styled. It is quickly becoming a fashion staple, and for Fall, designers loosened up the look with fun and creative silhouettes, often paired with slouchy knits, coats with leather sleeves and skirts with leather panels. Leather tops, leather accents, leather detailing on sweaters, skirts, leather trim on dresses, leather is a huge trend, as seen and witnessed everywhere on the runways. This season, remember that less is more so never try an all-leather outfit...

Over-the-Knee Boots

Boots are a Fall essential, but this time, make room for more. Following spring's infatuation with the boot-sandal, comes Fall's latest craze, the tough over-the-knee boots... With a staggering sex appeal, and fashion forwardness, thigh boots shot to the top of Fall must-have lists. If you are confused as to how it will look on you, a lot of designers, from Altuzarra to J Brand, showed leather leggings with ankle boots for a similar effect.





I Dubai

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

As the mercury drops, Dubai's calendar of event has started brimming with events, launches, exhibitions and more... With luxurious hotels, incredible shopping

malls exciting restaurants and a calendar buzzing with events, Dubai is the destination to be at! Here's what happening now!!!

The Grub *Café D'Alsace - Yas Marina*

A first in the UAE, Café D'Alsace presents a thrilling new fusion of European cuisine to the UAE. Drawing inspiration from the Alsace region in France and fusing French, German and Swiss fare to create a bistro menu that will intrigue and delight everyone. Alsace's regional specialties include: Fondue and Raclette, (delicately flavored melted cheese, served with freshly baked bread, meat or the freshest of vegetables) and Flammkuchen, also known as Tarte Flambe, a French translation of pizza (Baltic: with sour cream, onions, smoked salmon, herbs and horseradish) introducing a refreshing twist to an old favorite. The aroma of freshly baked bread fills this ambient cafe as master bakers, a team of award winning chefs, prepare the 30 different types of baked breads and pastries on site for those just stopping by for a delectable snack.



Event *Eid al Adha 2013*

Monday, 14th - Tuesday, 15th
October 2013

Catering to the needs of the multinational residents of Dubai, 'Eid in Dubai' is not just a religious festival, but it offers fun times to families and children from every background, which translates into the true spirit of Muslim hospitality and Middles Eastern conviviality. The aim of this event is to highlight the true values of Eid including giving and sharing; with its residents and visitors from all over the world.

Places *Global Village 2013 – 2014*

Saturday, 5th October 2013 - Saturday,
1st March 2014

Global village is Dubai's biggest shopping arena offering just about everything. It is the largest seasonal cultural extravaganza in the region that offers visitors an amazing array of festivals, shopping and entertainment in an open-air theme park. This entertainment and shopping destination is open for 161 days and hosts 70 participating countries represented in 36 pavilions, with more than 50 fun rides and 26 restaurants offering food from around the world.





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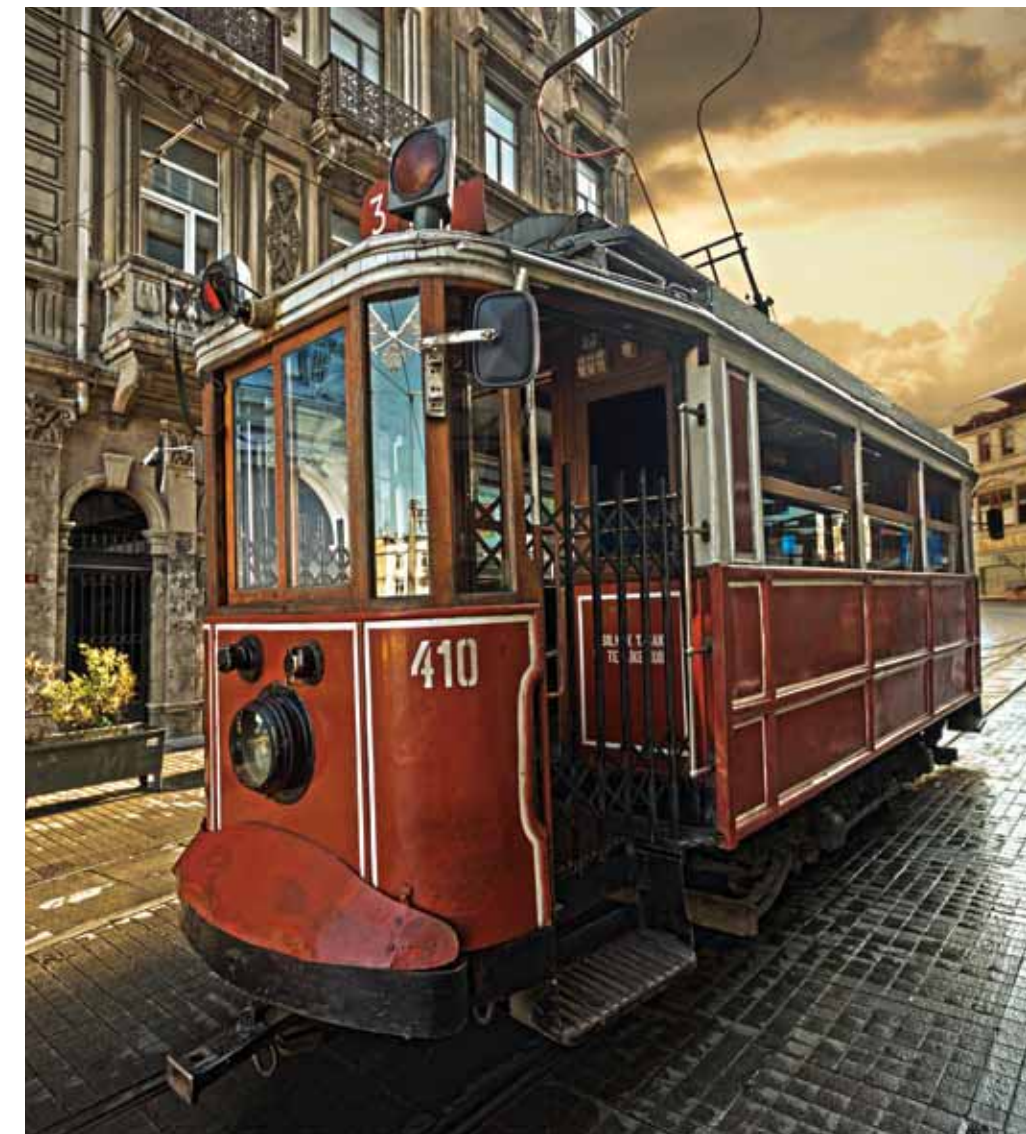
Immersed in the allure of the yester moon, drenched in the aura of the empires that once reigned over it, wrapped up in the clamor and clatter of the traditional bazars and its noisy vendors and buyers, with the wafting aromas of the exotic spices... Istanbul is a city with an endless charade of love, lore and memories in the making. The life in the

city goes on and on like the whirling dervish's twirl and never, for a single moment, does it cease to mesmerize its visitor. With a plethora of sights to see and street culture to experience, it is easy to simply get lost in the magnificence of the city that quite literally feels like a part of the great story that climaxed with Scheherazade's imagination...



The past...

Strategically located on the Bosphorus peninsula between the Black Sea and the Mediterranean, Istanbul has been the capital of the Eastern Roman Empire, and the Ottoman Empire. It has also been associated with key socio political and religious history of the world for more than 2,000 years. Surrounded, by a natural harbor on the north, Golden Horn (Haliç), the Bosphorus on the east and the Marmara Sea on the south, Istanbul's historic Peninsula, upon which the former Byzantium and Constantinople developed, was surrounded by ancient walls, built originally by Theodosius in the early fifth century.



Explore and discover...

The city offers innumerable places to see and things to discover. Whether it is a museum with ancient artifacts, the sultan's private quarters, a traditional bazar or the dance of the whirling dervishes, there's plenty for everyone to be completely mesmerized and be absolutely lost in its beauty.

Topkapi Palace

As the famous residing place of the Sultans, a trip to the Istanbul's Topkapi Palace is a must for those looking to experience the grandeur and the glory of the past. Located in the famous Sultanahmet district, it is one of the world's largest and oldest palaces still in existence today. Established in the 15th century, as the prime residence of the Ottoman rulers, its magnificent and mysterious structure depicts every detail of the life of the Ottoman Dynasty. After the end of the Ottoman Empire in the 1900s, Turkey was declared a republic, the palace was then transformed into a museum. Today, invaluable array of artifacts and jewels are on display in its halls, including the holy relics and the jewels worn by the sultan himself.

The Hagia Sophia

A world heritage site, Hagia Sofia is both one of Istanbul's most prominent symbols and one of the most important structures in all of world architecture. Its unique character as a symbol of taste and ostentation makes it, above



all, an imperial masterpiece. Built by the Byzantine Emperor Justinian the First, its architectural dimensions were not surpassed by another building for a thousand years. A symbol of medieval mysticism, Hagia Sofia left its visitors awestruck with its magnificence. Built as a church; it began to be known as Ayasofya after the conquest of Istanbul in the year 1453. With astounding mosaic panels, portraits of the Virgin Mary and the Archangel Gabriel, the magnificent great dome with calligraphic works are some of the features that make it so glorious to just look at.

The Grand Bazaar

You haven't fully discovered Istanbul, if you haven't paid a visit to the Grand Bazar. Built on Sultan Fatih's order to provide income for Hagia Sophia Museum, with almost 4000 shops, the Grand Bazar is the oldest and the largest historical bazaars of the world. Crowded, inviting, and full of colorful displays, from the colorful chandelier, to jewelry to beautiful carpets, the bazar attracts tourists from all over the world.

The Whirling Dervish

To fully understand the mysteries that surrounded the beautiful city, it is essential that one experience the whirling dervish's performances. The Whirling Dervishes took their name from Jeleddin Rumi (1207-1273), the mystical poet and Sufi master, called Mevlana (our leader) by his disciples. Sufis seek a close relationship with God, and for Mevlana, it comes through



chants, prayers, music and a whirling dance. Galata Whirling Dervish Hall of Sufi Mevlevi order is undoubtedly the most famous place to witness the dervishes as they bring the ceremony (sema) to a climax...

The Blue Mosque

Known widely as the Blue Mosque or the Sultan Ahmet I Mosque (1603-17), it is one magnificent religious monument that surpasses grandeur and beauty. Designed by the famous Ottoman architect, Mehmet Ağa, it boasts six minarets and the biggest courtyard of all of the Ottoman mosques. The interior just as magnificent is adorned with the blue tiles that give the building its unofficial name, and the most sensational stained glass windows that instantly grabs your attention.





Green Home

Simple & easy ways to go green for a happy home and an even happier planet...

Going green is no longer just a fancy, proverbial term; it is a coming of age reality that is making more sense than our decadent ways of living and spending, resulting in considerable loss of our planetary resources, subsequently leading to unsustainability and greenhouse gas emission. Turning your home into a green home, stands for making changes that would affect the overall health of our planet and after all, one must realize that our planet is also our home, which brings us together, regardless of culture, religion and politics as one human race. When it comes to making eco-friendly changes, always remember that a little goes a long way and these small

changes really add up to make a big difference. Thinking positive and caring for our environment should be everyone's prerogative, no matter what color, race and geographical boundary one comes from. You can start one step at a time and learn more sustainable methods to contribute to the environment. The best way to go green and eco-friendly is by starting with a few changes at home, which will not only effect your own living space in a positive and healthy manner but will have great impact on the overall health of our planet. Here are a few simple and easy changes that you can make to turn your home into a green home.



Household Cleaners

Although designed to make domestic life easier, domestic cleaning products used in our homes are loaded with toxic and polluting substances particularly in the form of cleaners. A surprising number of the most harmful toxins ever created are found right in our own cleaning products closet. Not only the cost of these commercial, chemical-based products is high but their long term use may raise health concerns for the family, and concerns about environmental pollution. There are numerous commercial yet non-toxic home cleaning products that are easily available, as healthier and environmentally responsible alternatives. The use of such products also helps promote the growth of green businesses which are contributing to a sustainable economy. Swapping to green cleaners reduces air pollution both indoors and out, minimizing exposure to both asthma and allergy triggers as well as chemicals that can be harmful to your health. Also remember to always look for plant-based products from companies that have a complete list of ingredients on their labels. And if all this seems like rocket science stick to the age old tried and tested methods of cleaning, using baking soda, vinegar and water.



Go Meatless

Did you know that by going meatless one day per week, has the same impact as driving a hybrid car? Raising livestock produces a large amount of greenhouse gases, so cutting back, even one night per week, makes a huge difference. While you don't have to swear off meat forever, adding vegetarian meals in your weekly meal plan might actually be a smarter and healthier idea. A staggering 51% or more of global greenhouse-gas emissions are caused by animal agriculture, eating more plant-based foods is a strong action you can take to help protect the environment. On the other hand remember to look for labels like free-range and organic as well as no-hormone and no-antibiotic, when buying meat.

Upgrade Your Insulation

A well-insulated house is a more comfortable one. Insulation holds in heat during cold weather and keeps the house cool when the weather is hot. Adding insulation to prevent leaky ducts, walls, windows, and doors can improve your home's energy draw by 20 to 30 percent. If totally redoing your insulation isn't on your budget, try thermal shades, which block the sun in the summer and retain heat in the winter. Improving your home's insulation is always a responsible renovation that will make your home feel cozier and reduce energy bills.

Leave Your Shoes at the Door

According to a study conducted by Rockport shoe company and the University of Arizona, found about 60% of household dust and bacteria, comes from outside and is primarily brought into the home attached to the bottom of ones' shoes. The soles of your shoes are not only carrying dirt and small rocks, but they are also responsible for bringing in pesticides, lead and other pollutants from lawns, roads and other surfaces that can contaminate and reduce your indoor air quality. By taking off your shoes at the door regularly, 70% of the dirt that carries those germs and toxins can be avoided. There are many up-sides to making your home a "shoes-off" zone. Apart from living in a less toxic environment and reducing your indoor air pollution, you'll have a cleaner home and save time and energy by not vacuuming frequently.

Donate

Donating your clothes to charity actually reduces carbon emission. Carbon is emitted in the air during the manufacture and use of clothing and also when these items are left to rot in landfills. Celebrities are also playing their role in trying to keep the planet healthy. Princess Catherine and a few other celebrities were recently praised for the "recycling" of their



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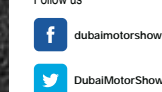
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wardrobes because they were seen wearing something they had already worn in public.

Microwave Glass, Never Plastic

Heating plastics can cause leaching into food and many contain hormone-disrupting compounds. Skip plastics, and go for heat-resistant glass or ceramics instead. Store food in glass, ceramic or stainless steel as much as possible, and always choose glass or ceramic for heating in the microwave.

Safe Pots and Pans

The materials you cook with do have an impact on your food; whatever it's made from can end up in your food. The safest options are cast iron, glass, and stainless steel. The convenient non-stick pans can be problematic if you scrape the Teflon coating and it gets into your food.

Fragrance-Free Products

Fragrances often contain chemicals that disrupt hormones, and they can be harmful to the ecosystem when washed down the drain. If you like perfumed soaps, cleaning products, or cosmetics, read labels to find those made with essential oils. Similarly fragrances added to many cleaners, most notably laundry detergents and fabric softeners, may cause acute effects such as respiratory irritation, headache, sneezing, and watery eyes in sensitive individuals or allergy and asthma patients.

Reduce Use of Bug Sprays and Pesticides

To control pests or bugs, prevention is your best bet. Keep your kitchen crumb-free and seal any holes in the walls! By doing so you won't have to use harmful chemicals in your home. If you do require pest-control, reach for greener alternatives or home remedies first.

Choosing to go green means you live a better life on this planet we share

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Spas Health Benefits...

Let the pampering begin!

The word spa stirs up one's imagination with the feel of luxury, relaxation and pampering. However, besides the obvious use of spa for the purpose of relaxation and indulgence, it also offers therapeutic solutions to a number of problems, including pain management and stress. A lot of people consider a trip to the spa

only an extravagance or just self-indulgence. It does make you feel great but its health benefits outnumber its recreational experience. There are various treatments that a spa offers, ranging from body massages, to body wraps and reflexology. Here are some of the benefits of spas that we can make use of.

Detox

The curse of modern lifestyle; unknowingly we are infested with toxins that enter our body from a variety of different sources, food, environment and so on. Detoxing at a spa not only rids your body of toxins but also helps to clear your mind. It allows you to rid your system of the toxins it has been piling up inside, which specifically target the liver, kidneys, lungs and the skin. Detox plans consist of exercise, intake of nutritious food and detox juices. Combining this with the spa detox methods can have an unparalleled impact on your mind and body. Massage stimulates the lymphatic system, which carries away the body's waste products. A massage improves blood circulation, which delivers oxygen and nutrients to the cells. Therapeutic muds used at the spas also exfoliate dead skin cells, eliminate toxins and increase circulation.



De-stress

Truth be told; Spas are heavenly for de-stressing and relaxing. Besides offering a range of spa therapies and pampering sessions, they also provide the perfect setup for attaining inner peace through their surroundings. Decorated with aromatic candles and low lights, a trip to the spa can instantly relax you, and make you feel at ease instantly. A number of therapeutic massages as well as holistic activities such as yoga, Pilates or Tai Chi are offered to help you de-stress from the burden of the urban and modern life. Full body massages and hydrotherapy are particularly effective for removing tension from your muscles, whilst holistic activities help with your flexibility, increase muscle tone and strength, improving your overall well-being.

Healthy Ageing

No one likes the idea of ageing. However, if you age gracefully, which is another word for healthy ageing, one can really learn to love oneself inside out, so reflexively you boost your self-esteem and confidence.

At a spa you may find a number of anti-ageing treatments, which can help you look and feel younger from the inside and out. Many spas also offer specialized skincare treatments such as non-surgical facials, peels and exfoliation, as well as treatments to treat hyper-pigmentation, acne, clogged pores and wrinkles. Spas also offer beauty/skin care brands as part of their collection, for personalized facial therapy skin care sessions.

Pain management

Spas can also help with pain management tremendously. An extensive range of alternative therapies such as acupuncture, physiotherapy, reflexology and sport massages can help you combat your problem and find a solution to alleviate the pain. Problems like bone or skeletal injuries, such as a knee injury from over exertion or a long term back issue, can really benefit from an



array of such treatments. Professional athletes and fitness junkies, ease their muscle tensions and cramps through trained therapists and relax every part of their body through deep tissue massages. On the other hand effective pre-natal and post-natal massages can really benefit women in coping with some of the experiences. Massage therapy can also help with pain management in chronic conditions such as arthritis, sciatica and muscle spasms.

Be pampered

One of the most tempting aspects of a spa is the thought of being pampered by the relaxing treatments. Indulging in a pampering session at a spa can include treatments such as Ayurveda massages, osteopathy, Reiki, Shiatsu and full body massages. What's more these activities don't only leave you feeling pampered but also energized. It has been proved, that massage releases and stimulates a hormone called Serotonin that is released for the "feel good" state of body and

mind. Body wraps are also extremely beneficial to re-mineralize the body, to replenish it with nutrients lost daily, to boost moisture of the skin, thus helping to rejuvenate and relax.

Sleep

Sleeplessness and restlessness can lead to a lot of problems in our life, without even realizing what's causing them. Spas also provide sleep enhancement programmes, where therapists diagnose your specific sleeping habits and treat them accordingly. Treatments for sleep deprivation include acupuncture, therapeutic massages, shiatsu, reiki or reflexology.





Fine Dining Who Decides

Exploring the Michelin, the AA,
the Good Food Guide & Gault Millau....

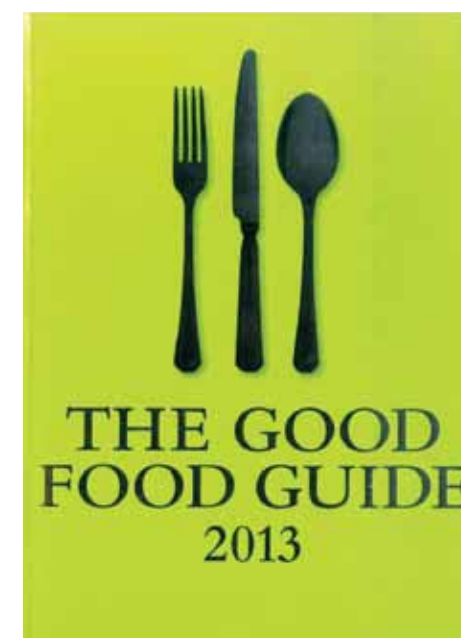
They decide, but to eat or not to eat is your decision!

Meticulously prepared haute cuisine is an art, luscious and scrumptious, scandalously delicious food as it rolls round your tongue, tender and moist, dripping with saucy flavour as it flows down your

gullet, such juicy fare with tempting, tantalizing aromas which entice and then excite the senses, stimulate the palate and offer a veritable feast for the eyes served in settings just as beguiling.

Delicious!

The power of the mouth-watering flavours of a beautifully cooked meal have been known to change one's point of view. The moment a flavour tantalizes your taste buds, you forget the struggle of the daily grind to savour the morsel in your mouth. That is the strength of a well cooked meal, but how does one know, where one should go? Beyond this inborn instinct to head for mama's home, where should one go to eat a superlative meal?



The books....

The route to the food can be found in guidebooks. Guides that address this question are the Michelin guide, the Gault Millau, and the good food guide. They are considered the top three guides in the restaurant industry. Yet, ironically, the Michelin and the AA guide prepared such a handbook not because they were in the food business but because they were inspired by their desire to sell more tyres! The idea was to review places of interest in the area, so that people would consult their guidebook and have this urge to burn rubber.....

Star-ring: the Michelin Men ...

Nevertheless, in the course of trying to realize their ambition, they developed a system of valuation against which restaurants and eateries are rated, even today. So much so, that today, a star rating by Michelin is considered

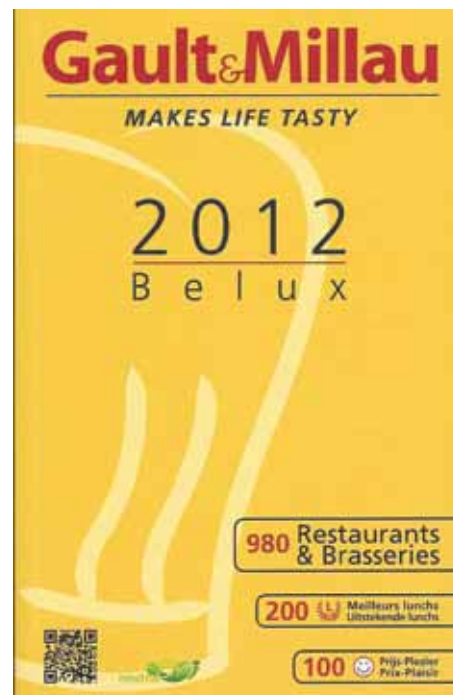
the ultimate accolade for a chef or his restaurant. Losing or gaining a star has an immediate impact on a restaurant's popularity and it can mean the difference between success and failure.



Michelin rates its restaurants according to a star system; one star means that the restaurant is good, two star rating means that the restaurant is worth trying, even if you have to take a detour and three star ranking means that the restaurant promises "exceptional cuisine, worth a special journey". Michelin awards these echelons based on a visit to the restaurant by professional inspectors, whose anonymity is so sacrosanct that he may not even tell his parents what he does for a living!

The Point Toque by Gault Millau

The French journalists, Henri Gault and Christian Millau, in their quest to challenge the notions of high style cooking, discovered nouvelle cuisine; light and simple yet tasteful. They based their notions of cuisine on freshness, rejecting the heavy sauces and avoiding faisandages, pickling, boiling and fermentation, etc. These nonconformists created a new guide to food around Paris and its environs in 1969. That was just the beginning. Thence onwards, anonymous inspectors of Gault Millau, evaluate food on the basis of taste, presentation style and the ingenuity or creativity of the chef. They award points only for the food, the service, price range and atmosphere of the restaurant are judged separately.



Any restaurant that scores below twelve points is not mentioned in the guide, and restaurants that rank higher are represented by toques, from one to five. The lowest twelve point judgement means that the restaurant offers a good traditional meal, a slightly higher rating of fifteen or sixteen is



The Score by the Silverware Trio

The Good Food Guide emerged in the fifties as a restaurant review guide with the aim of raising the standard of cooking in Britain, following the world wars. The American equivalent of the Good Food Guide is Zagat. Both guides use a scoring system of one to ten based on inspector valuations and voluntary public reviews.

The Good Food Guide ranks a venue on a scale of one to ten on the basis of the chef's technical skills, his use of ingredients, his ability to bring out flavours and a variety of textures in his dishes plus his ability to achieve these flavours consistently, on a regular basis. A score of one indicates the cooking was competently done with simple combinations and some inconsistencies. While, if we go up the scale to number five, then five is scored by establishments which exhibit, "Exact cooking techniques and a degree of ambition; showing balance and depth of flavour in dishes, while using quality ingredients". However, if the restaurant can supply "cooking that has reached a pinnacle of achievement, making it a hugely memorable experience for the diner", then it attains the ultimate score, 9. They rarely award any restaurant a rating of ten, because they say, to achieve perfection in each dish every time is hard to realize.

given to a venue offering high quality cuisine, while eighteen points are awarded 'for exceeding quality & creativity' and nineteen points are conferred for 'groundbreaking and outstanding cuisine'. The twentieth point had never been bestowed on any restaurant, until very recently,

which sparked off questions and debates about a fall in their standards and validity of the awarded points. G&M had not awarded the point on the grounds that perfection in terms of service, presentation, consistency, quality, freshness, harmony and creativity is impossible to achieve.





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

Cartier- Collection Paris Nouvelle Vague

Cartier's latest creations *Collection Paris Nouvelle Vague*, comprises 7 jewelry lines; each line expresses an unconventional vision of Parisian feminine moods with all its contrasts and flair; the *Delicate* and the *Emancipated*, the *Voluptuous*, *Glamorous* and the *Impish*, the *Sparkling* and the *Mischievous*.



BESTIARIO COLLECTION

2013, the Year of the Snake, brings new designs full of creativity and character from Carrera y Carrera. It has created two extraordinary pieces inspired by the sinuous snake. The Bestiario Collection from Carrera y Carrera, includes *Serpiente* (Snake) bracelet and the life-like *Serpiente* (Snake) ring, capturing its supple twists and texture.

Bedazzling Collections at LEVANT

LEVANT hosts a collection of extravagant jewellery brands at its boutique in Dubai. All the dazzling collections by renowned brands *Leviev, Scavia, Palmiero, Carrera y Carrera, Rebellion, Loree Rodkin, Schoeffel, Montega, Gavello, Giorgio Visconti, DeWitt, Kern, Quinting, Sarcar* and more can be appreciated.



LEVIEV - Floral Fantasy of Diamond Rings

LEVIEV's glam four line-up is designed to be irresistible. These hand-crafted platinum rings feature fancy, intense green, red and blue diamonds decked with select white and pink pavé diamonds in thrilling cuts.



TIFFANY - ZIEGFELD COLLECTION

Named for New York's legendary *Ziegfeld Theatre*, a model of Art Deco architecture that opened in 1927, the jewelry captures the period's cool elegance with freshwater cultured pearls, black onyx and sterling silver.



Guy Laroche Swiss Timepieces

The fluidity of the new Swiss collection by Guy Laroche, evolves from the luxurious, chic, and refined into efficient, accessible and trendy. This simple case design carries a European taste with its etched monogram GL Signature logo on the surface. Stainless steel case with cubic zirconia and SWAROVSKI crystals createing charming flower and leaf patterns on the surface. There is a matching rolling decoration piece that playfully moves around the watch 360° at the slightest shift of the wrist.

Folli Follie - Heart4Heart Collection

Debuted as part of the Heart4Heart collection during Baselworld 2013, the classic new time-piece acquires unparalleled sophistication with its sparkling crystals and its white ceramic bracelet. More minimal than ever, the watch is synonymous with elegance and grace, designed to embellish the wrists of the cosmopolitan style addict. The 4 Hearts, adorned with crystal clear stones, follow the unrivalled all time classic design of Folli Follie, which comes out stronger through the see-through case element.



Zenith - Heritage Collection

A classic ladies' watch harmoniously combining technical excellence and timeless distinction, the Heritage Collection welcomes a new model housed within a cushion-shaped case that is even smaller than the previous: the Heritage Star 33 mm. Available in rose gold or steel versions, this slim, feminine timepiece will delight the hearts of women who love fine mechanisms but are not prepared to sacrifice the innate elegance of glamour expressed in a refined and understated manner.



Hampton Lady: two variations, one pure delight

The contours of the Hampton collection of watches, with their soft curves and feminine shapes, are inspired by models designed by Baume & Mercier in the 1930s and '40s. Today, this collection has grown to include two delicate timepieces for women who know that elegance is in the details. The two new pieces are decidedly feminine, offering sensible dimensions (34.5 mm x 22 mm) in order to fulfill the expectations of ladies for whom beauty is a state of mind that can be conveyed on any occasion.





La Montre Hermès - Heure H in rose gold & diamonds

The famous Hermès 'H' emblem was introduced as part of the acclaimed Maison's watches in 1996. The so-called Heure H, or H-our model, features an H-shaped case; the watch is representative of the graphical purity of this perfectly balanced letter. The Heure H in rose gold set with diamonds is a stunning piece within this growing family of watches, and epitomizes Hermès' values of fine craftsmanship. The piece has a 26 mm case set with 72 dazzling diamonds of over 1 carat, and was introduced at Baselworld this year.

Longines Asthmometer- Pulsometer

The Longines Asthmometer-Pulsometer Chronograph demonstrates the fact that the precision of a chronograph is necessary not only in sport. This new instrument is based on a model brought out in 1963 which was intended essentially for medical use. The new product not only shows the time but also measures heart rate and respiration. These pulse and respiration scales can be extremely useful in a sports context, during training sessions.



Jaquet Droz - The Éclips Mother-of-Pearl & The Éclipse Ivory Enamel

Jaquet Droz invites the moon to cast its spell over the art of watchmaking with The Éclipse Mother-of-Pearl and The Éclipse Ivory Enamel. With its exceptional beauty and great delicacy, mother-of-pearl is skillfully worked by the Jaquet Droz master craftsmen. Reflecting aesthetic choices like purity, subtlety, classic motifs and powerful design codes, The Éclipse Ivory Enamel celebrates the best in luxury watch making.



Patrimony Traditionnelle High Jewelry

Vacheron Constantin masters the skill in orchestrating the craft of artistic watchmaking with its new jewelry model in the Patrimony collection. Its 35 mm diameter, stages an extraordinary spectacle of light with a dazzling 16.2-carat flooring of claw-set baguette diamonds lending the stones a timeless aesthetic to make time go on forever. The Patrimony Traditionnelle High Jewelry model also comes in a 40 mm dial.



FALL 2013 COUTURE

Check out the exclusive photos of the FALL 2013 Couture, from top fashion designers of the world.



Elie Saab

FALL 2013 COUTURE

With the usual drama, glamour, and sparkle, Elie Saab's Fall 2013 Couture collection was an array of full-length gowns in emerald green, navy blue, a deep red, silver, and cream, undeniably gorgeous and completely covetable. Called "A Royal Affair" the collection was, as is tradition with Saab, broken up into color blocks. This time those colors were in the shades of the jewels and luxe metals used to create majestic and monumental high jewelry.





Chanel

FALL 2013 COUTURE

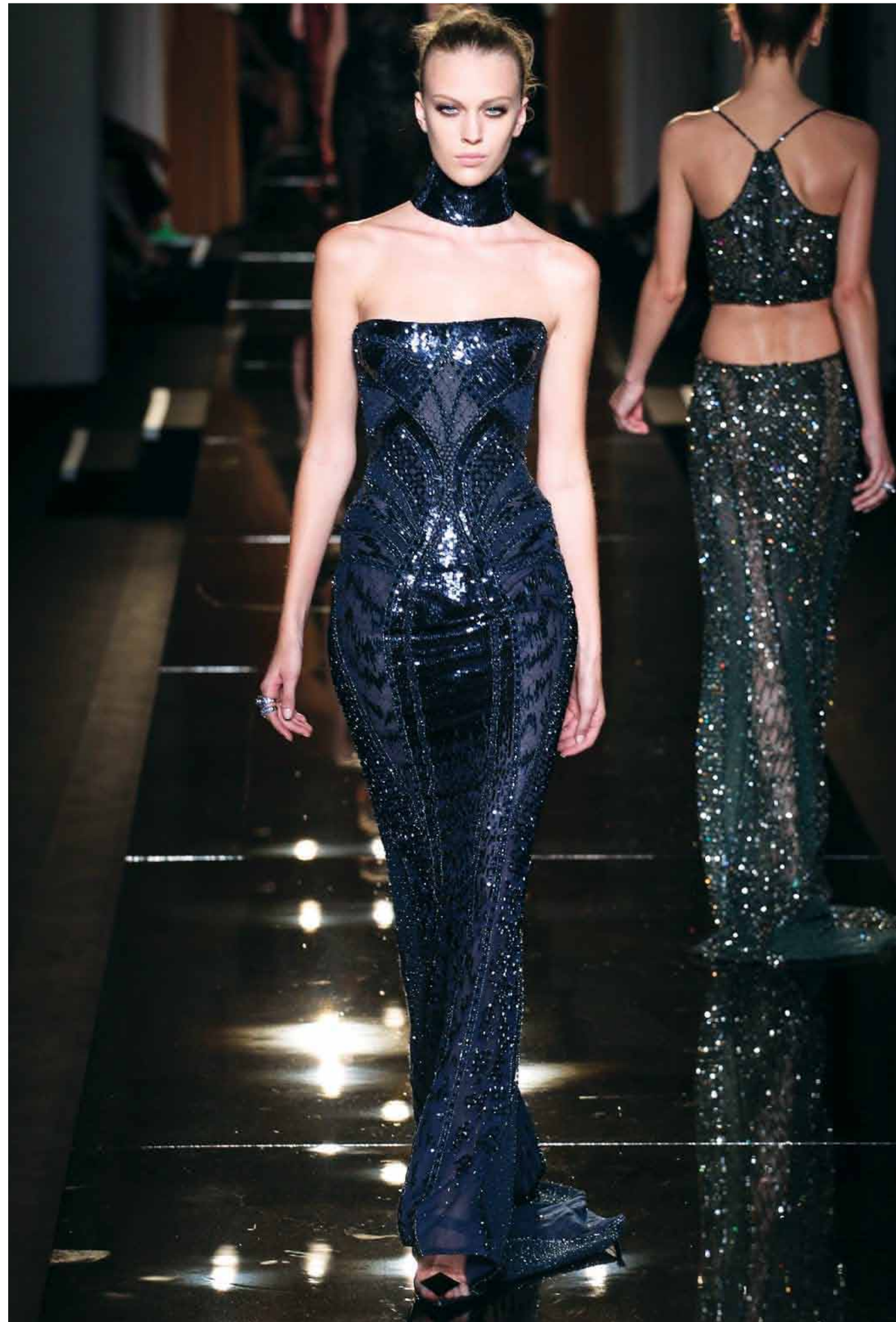
"On the way from the Old World to the New World," was how Lagerfeld described his show. The collection was about "tradition with future" embracing portrait necklines, volumes and silhouettes. It also had the flickering shimmer of a movie projection. Extraordinary gleaming beadwork shimmered in between the pencil skirts' kick pleats at the back, and from the "split" shoulder seams, designed to create the illusion of a jacket that had been torn apart.



Atelier Versace

FALL 2013 COUTURE

The inspiration for the new collection was the black-and-white photography of the thirties, updated for the twenty-first century. Versace referring to the era, said, "It was a moment about precision, about perfection, and lots of work." The details included anatomical seams, trimmed provocative open panels on the front or back, and revealing embroidered bustiers. All of the models wore real diamond jewelry designed by Versace, evocative of the glamour of old Hollywood.





Zuhair Murad

Fall 2013 Couture

Zuhair Murad turned his attention to the woods. His Fall 2013 Couture collection is called "Enchanted Forest," and the thoroughly decorated gowns and suits fit that description to a tee. Although the inspiration has been rustic, these dresses are sophisticated and undeniably glamorous. Kristen Stewart, who's diligently worn the designer creations on her red carpet appearances in the past, sat front row during the runway show.





VALENTINO

FALL 2013 COUTURE

The general theme of the collection was the idea of the "Wunderkammer", the seventeenth- and eighteenth-century tradition of the cabinet of curiosities in which aristocratic collectors would display exotic specimens removed from nature and archaeological oddities. The collection affirmed Valentino's authority in the decorative, breathtaking arts of evening dress, in a spirit that is described as "regal."



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Dubey & Schaldenbrand - GRAND SHAR DB Ti Limited Edition - titanium Chronographe

Dubey & Schaldenbrand successfully moves forward into the next generation of production with sharp savoir-faire, evident in its Grand Shar DB Ti - the fruit of its labor at Dubey & Schaldenbrand's state of the art manufacturing facility, based in La Chaux-de-Fonds. The independent manufacture maintains its historically elegant style, yet it is unmistakably stepping outside the borders of simple horological knowledge with the release of the Grand Shar DB Ti. The Grand Shar DB Ti is the first sports luxury timepiece to take center stage for the new spirit of Dubey & Schaldenbrand. It is limited to 26 pieces in special, grade 5 titanium.

IKEA encourages creating family moments

Member of the Al Futtaim group of companies, global furnishing retailer IKEA has launched their 62nd annual Catalogue, the 24th edition available for the UAE. The oldest marketing tool for the brand, the Catalogue is also considered to be one of the most widely circulated publications across the globe. This year, the 324 page Catalogue focuses its attention on the youngest members of our family, to urge the importance of family time. It draws inspiration from 'The Play Report' a study conducted by IKEA of 11,000 households in 25 countries on parenting, children and the state of play. The report brings to light interesting facts around how children perceive play time and bonding with parents. 73% of children aged 7-12 surveyed would rather play with their parents than watch television and more than 50% of the parents interviewed agree that play is when they and their children lose all sense of time. Built around insights such as these, IKEA aims to provide smart home furnishing solutions to encourage families to come together. To support this shift in focus, the Catalogue flows with beautiful ideas and inspirational concepts.



ROAMER OF SWITZERLAND Celebrates 125 Years of Quality Time

The Swiss watch brand - ROAMER OF SWITZERLAND, commemorated the 125th anniversary of its founding with a series of celebratory events and activities in Dubai. The milestone was marked with a press conference at the Oberoi hotel, closely followed by a gala dinner bash at the Burj Khalifa. The black tie affair saw brand's global VIP partners and clients in attendance with a compelling media presence – both local and international.. "We are using this 125th anniversary year to build on our strengths and to forge exciting new directions. We are more strategic and creative in our approaches, more evidence-based and more rigorous in our implementation – so we can continue to meet the dynamic demands of our industry and continue the success story of the brand", said Christian Frommherz, Chief Executive Officer of ROAMER OF SWITZERLAND.



Jaeger-LeCoultre & Abu Dhabi Film Festival

Following their successful collaboration with film festivals in Shanghai and Venice, Jaeger-LeCoultre is proud to continue its association with cinematographic and horological accomplishment, as a major partner of the 2013 Abu Dhabi Film Festival (October 24 – November 2, 2013). As a loyal supporter of the Arab community, Jaeger-LeCoultre will be actively involved in all the highlights of the event, adorning the stars with its finest creations and will present a personalized Reverso watch to the Best Actress and Best Actor of the year in the Narrative Competition.

Yara Experiences The Enchanting World Of Piaget In Switzerland

Piaget's first Brand Ambassador for the Middle East, Yara, recently visited the brand's Manufactures in Switzerland. A trip that enriched her knowledge about the heritage and spirit of the world's leading watch and jewelry brand. The renowned Arab artist, whose understated beauty and elegance perfectly match the brand's values, toured both of Piaget's Manufactures; the contemporary, high performance facility for watches and jewelry at Plan-les-Ouates and the historical site at La Côte-aux-Fées where watch movements are assembled. Yara was welcomed by the brand's CEO, Mr. Philippe Léopold-Metzger before embarking on a two day tour of the Manufactures.



CALVIN KLEIN - Spring 2014 Women's Runway Show In New York

Calvin Klein Collection presented its, Francisco Costa's spring 2014 Calvin Klein Collection on the runway at the new Spring Studios in Tribeca. Mr. Costa presented his latest collection, which marked his tenth year as the brand's Women's Creative Director, to an audience that included special guests, such as Nicole Kidman, Rooney Mara, Naomie Harris and Alexander Skarsgård, all of whom were wearing Calvin Klein Collection looks.

Dubai Duty Free Newbury 2013



Dubai Duty Free Mill Reef Stakes Winner



Silvestre De Souza, Saeed Bin Suroor with Tawhid



Saba Tahir with Gary and Sue Maxwell and Kevin and Bridget Walsh



Salah Tahlak and Mohammed Shareef Al Nedhar



Anna Khan, Colm and Breeda McLoughlin, Simon Crisford (Racing Manager of Godolphin), Saba Tahir, Sinead El Sibai, Magdy Al Sheikh

Dubai Duty Free Newbury 2013



The Hon. Harry Herbert, Colm McLoughlin, Mr. and Mrs. Christopher Spence and Salah Tahlak



Colm and Breeda McLoughlin with Sir Maurice and Lady Audrey Flanagan, Salah Tahlak, Sinead El Sibai, Saba Tahir



Colm and Breeda McLoughlin with daughters Tyna McLoughlin and Amanda Jordan and grandchildren Erin and Ethan



Breeda McLoughlin, Madeline Lloyd Webber, Colm McLoughlin



Nicholas Jones, Lady Sieff, Salah Tahlak, Cheri Jones and The Hon Sir David Seiff



L'Oreal - Bridal Coiffure Collection 2013

This year L'Oreal Professionnel presents Bridal Coiffure Collection 2013, which gratifies the multi-cultural tastes of the region and celebrates all women, from the Bride to her entourage and friends. Enter a world of wonder and get carried away on a mythical and magical journey with A Thousand and one nights. Discover Bridal Coiffure Collection 2013, a compilation for the different brides and their attendees, great tips on hair & with inspirational looks to help pick a theme for your day.

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EDITOR'S NOTES

The onset of fall brings with it the arrival of winter fashion, events and celebrations. What's more is the change, the cold shift of the weather that we have been craving for a long time now, is here in Dubai. As the social calendar starts to roll, get yourself ready for the buzz that's here to keep us engaged.

Our cover girl for the issue is the sexy Salma Hayek, the Latino actress talked to us about her past, present and the future as well as her endeavors to support women and immigrants' rights in the USA. Moving on, don't forget to checkout glamorous Hollywood red carpet ensembles of the Emmys, in our *Celebrity Fashion* section.

To tantalize your taste buds, read our *Fine Dining* feature and learn what it takes to make any cuisine haute. Learn all about the food connoisseurs, those who have defined what we eat and refined our approach towards food. With food on our mind and the thought to retain a healthy balance in life, our latest issue provides you with yet another interesting guide to the therapeutic benefits of spas; check out our *Health & Fitness* feature on *Spas Health Benefits*.

Moving on to our *Travel & Stay* section, our latest fixation is the mesmerizing city of Istanbul. Discover the sights and sounds of the magical land, where histories were written and cultures coupled to fabricate a city so magnificent that an aura of romance wraps you as you breathe the very air that surrounds you. Dubai; our home city is also not short of magical moments itself, check out what's happening and where, in our *Magical Dubai* section, dedicated to the social scene of Dubai.

And if you are all for the ultimate staycation, why not try to learn ways to make your home a better place to live in, check out the simple & easy ways to go green for a happy home and an even happier planet in our *Home Décor* article *Green Home*... You can also look for the latest fall fashion trends, fall beauty tips and a guide to latest fashion purchases, all this and more by just flipping the pages of your ultimate lifestyle guide, the First Avenue Magazine!

Enjoy Reading

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Distributed in U.A.E, Kuwait,
Qatar, Bahrain, Oman

www.firstavenuemagazine.com



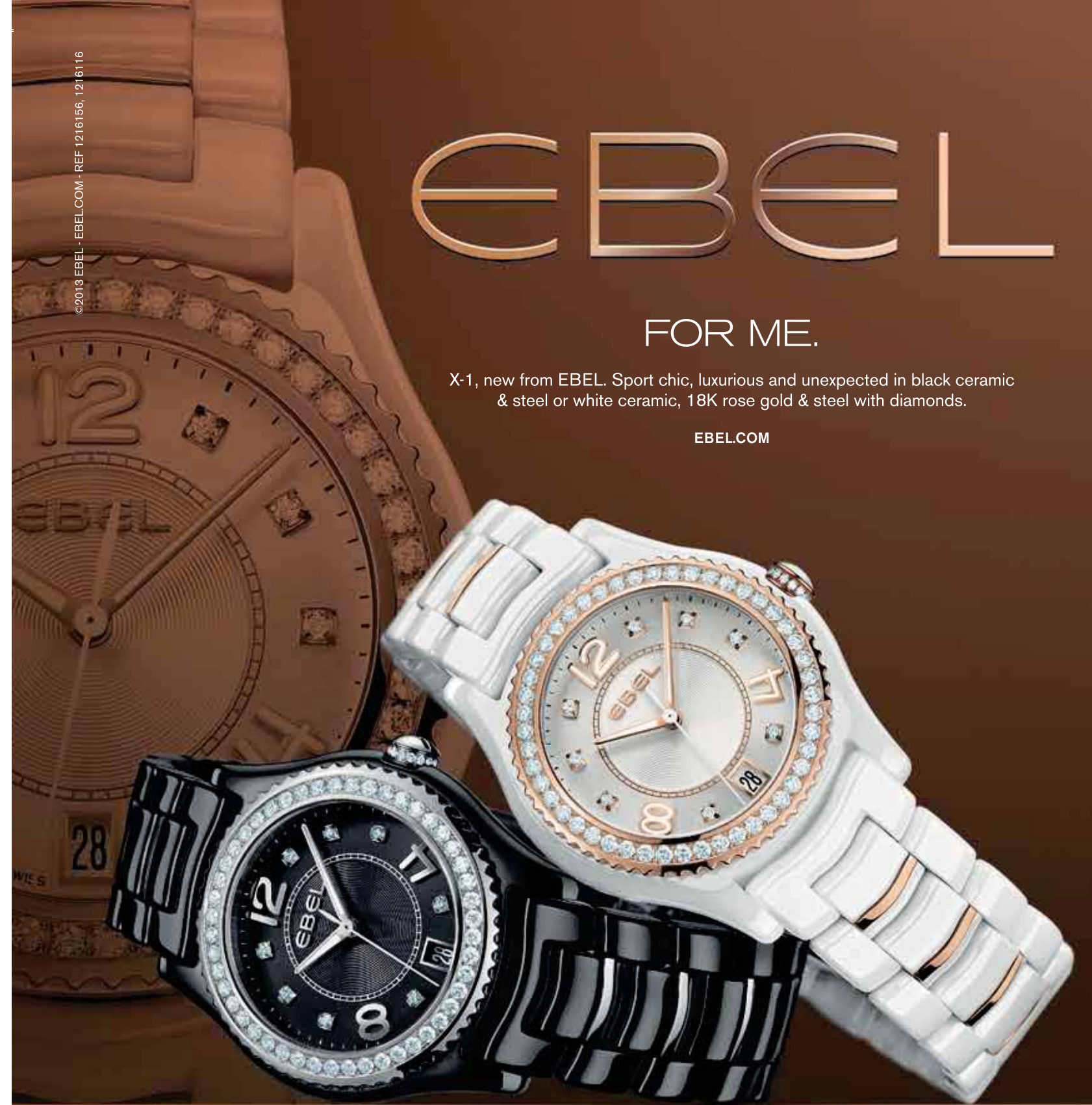
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Celebrity Fashion



Carrie Underwood

Emmys 2013 Red Carpet

Carrie Underwood looked classy in purple, at the 2013 Emmy Awards held at the Nokia Theatre, L.A. To pull together the gorgeous look, Carrie wore a Ramon Keveza dress, Jimmy Choo shoes, and Johnathon Arndt jewels.



Diane Kruger

Metropolitan Opera Season Opening

Diane Kruger looked chic on the red carpet, while attending the 2013 Metropolitan Opera Season's opening production of Eugene Onegin at the Metropolitan Opera House in New York City. The 37-year-old actress wore a Prabal Gurung dress, Casadei for Prabal Gurung shoes, and Prabal Gurung for Chris Habana jewelry.



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Emma Roberts

Fox Emmys 2013 After Party

Emma Roberts looked fabulous in red at the FX post 2013 Emmy Awards party held in Soletto, Los Angeles. The 22-year-old actress wore a Stella McCartney dress and Charlotte Olympia bag.



Heather Graham

Metropolitan Opera Opening

Heather Graham attended the 2013 Metropolitan Opera Season Opening Production of Eugene Onegin at the Metropolitan Opera House in New York City. Heather wore a beautiful Naeem Khan dress.



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Julianne Hough
Emmys 2013 Red Carpet

Julianne Hough poses for a pic at the 2013 Emmy Awards held at the Nokia Theatre L.A. The 25-year-old actress looked sexy in Jenny Packham gown with Jimmy Choo shoes, David Yurman jewelry and a Swarovski clutch.



Paula Patton
'Baggage Claim' Premiere

Paula Patton looked absolutely sexy at the premiere of her new movie *Baggage Claim*, at the Regal Cinemas in Los Angeles. The 37-year-old actress wore a Rhea Costa dress, Giuseppe Zanotti shoes, Inge Christopher clutch and David Yurman rings.



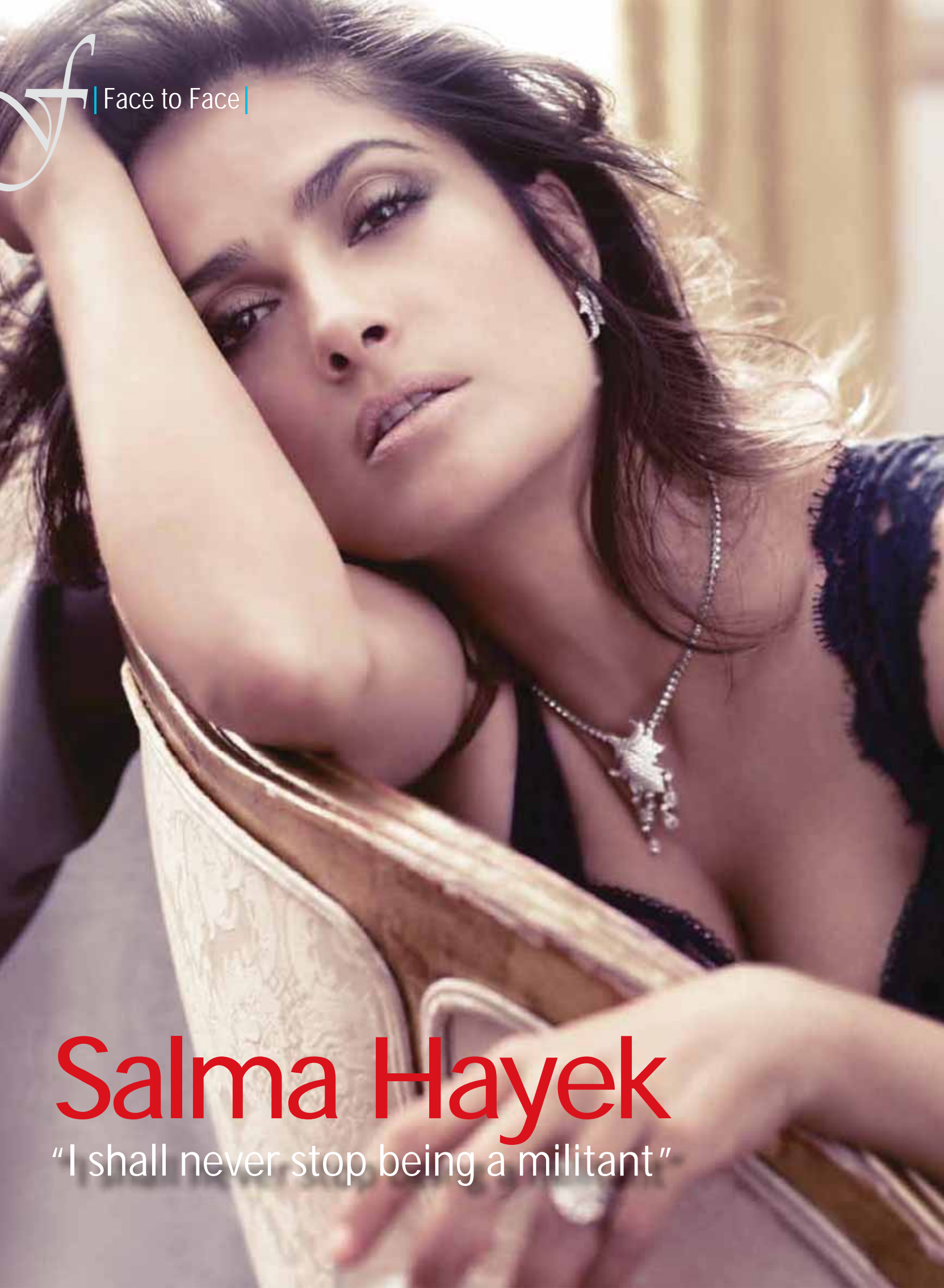
Taylor Swift
'Romeo & Juliet' Premiere

Taylor Swift was seen fully dolled up while attending the premiere of *Romeo and Juliet* at the ArcLight Cinemas in Hollywood. The 23-year-old country singer was there to support her BFF Hailee Steinfeld, who stars in the movie as Juliet. Taylor wore a Reem Acra dress, Christian Louboutin shoes and Jimmy Choo clutch.



Zooey Deschanel
Emmys 2013 Red Carpet

Zooey Deschanel was glammed up for the red carpet at the 2013 Emmy Awards held at the Nokia Theatre L.A. Zooey wore a J Mendel dress, Charlotte Olympia shoes, Edie Parker clutch, and Chanel jewels.



Salma Hayek

"I shall never stop being a militant"



Born in Mexico, but of Lebanese origin, the sexy actress, Salma Hayek began her international career as a movie star with Robert Rodriguez's film *Desperado*. she played the female lead opposite Antonio Banderas in the film. Since then the beautiful brunette has never stopped sharing the spotlight with top male Hollywood stars including Will Smith, Russell Crowe, Ben Affleck, Matt Damon, Colin Farrell and Adam Sandler. She also co-starred with Penelope Cruz in *Bandidas* and was nominated for the Best Actress Academy Award for her emotionally strong portrayal of disabled artist Frida Kahlo in Julie Taymor's *Frida*- a film that Salma Hayek also produced through her own company.

Married to French tycoon François-Henri Pinault, and mother of a six year old child, Hayek is also a staunch feminist, defending the cause of battered women and discrimination affecting the Latino community in the United States.

In Paris for the French Premiere of director Dennis Dugan's *Grown Ups 2*, Salma Hayek met with First Avenue for a little chit chat about her latest ventures and characters.





FIRST AVENUE: Do you speak Arabic?

SALMA HAYEK: Not really, but I do know a few words such as Ahlan and Habibi. Please don't ask me for more and let's get into the subject, I mean my work as an artist.

F. A: What made you say yes to Dennis Dugan regarding his film Grown Ups 2, which is a very light comedy?

S. H: Well, I like light comedies, and I believe the audiences like them too, at least from time to time. We cannot always watch drama movies, can we? Furthermore, I had already been in the first installment of Grown Ups and kept wonderful memories of the shooting and of the work with Adam Sandler. So, I said yes and I believe I did well as it was fun from beginning to end. I truly

What is the point of being a celebrity if one does not make a good use of it and help those who need it?

hope that people will have a great time watching the film, same as we did in shooting it.

F. A: Last year you appeared in a totally different role, portraying a villain in Oliver Stone's Savages. What can you tell us about that experience?

S. H: It was exciting playing that very bad girl, maybe even more fun than doing a comedy or a romantic type of character. I enjoyed every

single moment of it plus the fact that Oliver Stone is a tremendous director. Working with him teaches you a lot as an actor and I remember having to be at my best all the time. And what I found interesting was how those Mexican gangsters and sort of Mafia leaders behave. I say that because my character in that film was a Mexican "Mama" who runs a business based on robbery, murder and all sorts of crimes. So I had to be the closest possible thing to what those people really are in true life. And I know because I met some of them and also heard about them from other people, that they are immensely rich but they do not have any culture or taste what-so-ever. Nevertheless, they want to own major pieces of art works, paintings and sculptures that are worth millions of dollars, and they





It was exciting playing that very bad girl, maybe even more fun than doing a comedy or a romantic type of character.

display all of that in their big houses one next to the other, ignoring who painted what and so on. It's very funny. And having to act in that manner and also give orders to kill people was a very interesting thing to do in front of the camera. I mean this is what acting is all about, isn't it? Becoming someone else.

F. A: You also gave voice over to the character in the cartoon Puss'n Boots alongside Antonio Banderas. Why do an animation?

S. H: Because nowadays if you want to be taken seriously as an actor in Hollywood you have to put on your resume that you have worked as a voice over in a famous cartoon. Why, I don't know but that's the way it is. So I got the offer to do it and I did it. It was nice working again with Antonio (Banderas), with whom I started my international career in Desperado years ago and who is a close friend.

F. A: You are also a producer. Tell us about that line of work?

S. H: I started my own production company a few years ago because I found out this was the best way to achieve projects that would not come to life otherwise. I wanted to play Frida Kahlo, a major artist who was disabled and yet did wonders. A true genius! Nobody was interested. So I produced the film and convinced film maker Julie Taymor to direct it. And I portrayed Kahlo and got an Academy Award nomination for it. I am very happy that such a film exists now. And then I produced the American television series Ugly Betty based on a successful Mexican series. Ugly Betty truly launched my production company by becoming a tremendous success worldwide.

F. A: So you are a businesswoman now?

S. H: Being a woman, if you want to

stay long in the movie line of work, as an actress, whatever age you reach, you have to be one. Or else be a very lucky person, and I mean very very lucky. I chose to become a businesswoman. It's something I can handle better than pure luck.

F. A: You are involved in defending women's rights and immigrants' rights in the USA. Tell us about your motivations in both fields?

S. H: I am a feminist and I believe hundreds of achievements still need to be made in order to improve women's conditions of life everywhere and mainly in certain parts of the world. And as for the immigrants, Mexican ones for instance, they are mistreated by the American authorities. My point of view as a woman and as a Mexican person can be summed up as follows: What is the point of being a celebrity if one does not make a good use of it and help those who need it? I try



to help women by participating in specialized organizations and I do my best through my films and my roles and other activities, to shed light upon how the immigrants are treated in the USA. I shall never stop being a militant, because that is who I am by nature.

F. A: Let's talk about fashion. Do you see yourself as a so called Fashion Victim?

S. H: I hate the word Victim!

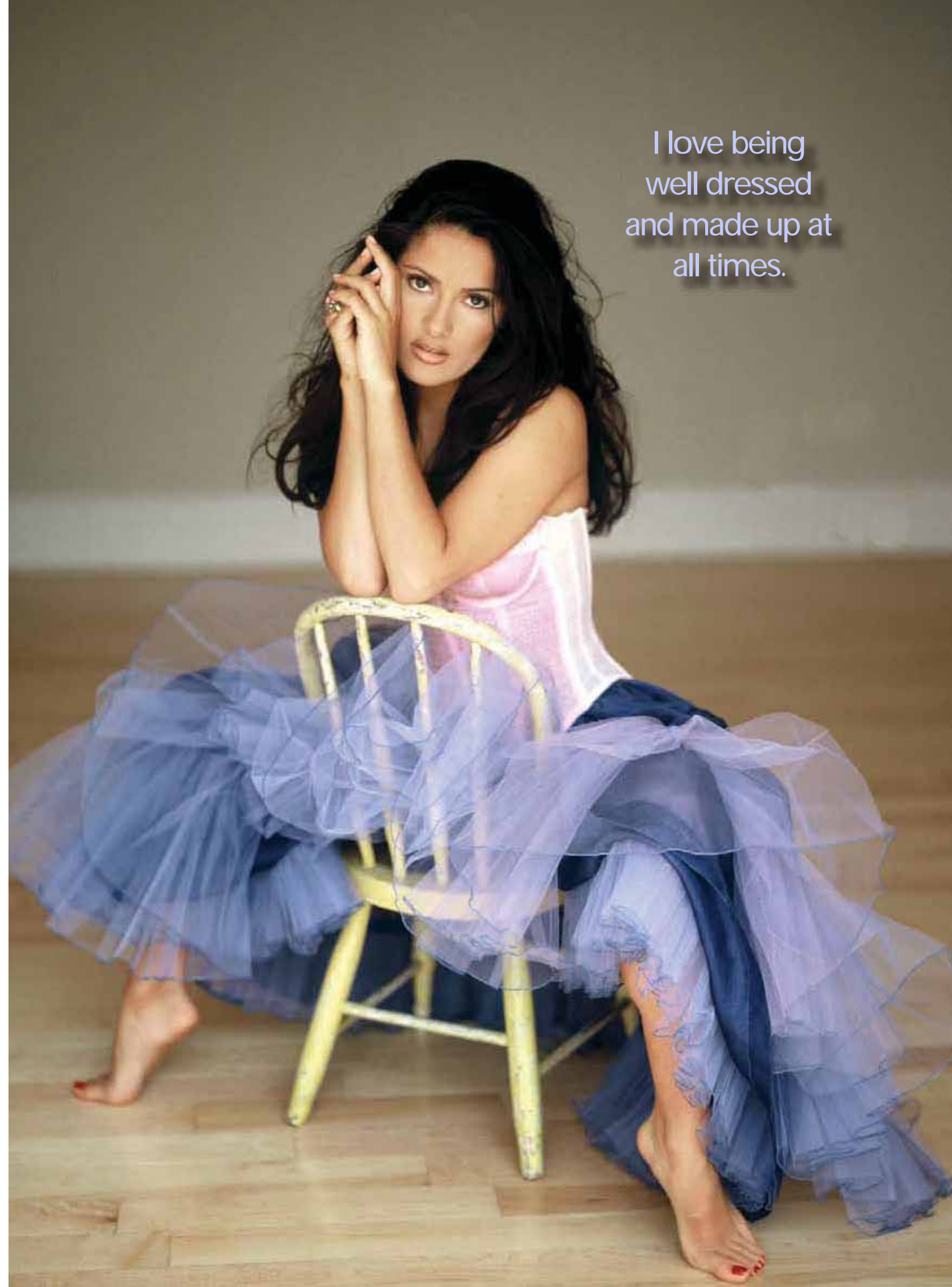
F. A: Let's put it otherwise. Are you a fashion lover?

I produced the American television series Ugly Betty based on a successful Mexican series. Ugly Betty truly launched my production company by becoming a tremendous success worldwide.

S. H: Yes I am. I love being well dressed and made up at all times. I am proud to be an elegant person and therefore I do appreciate having the possibility of wearing gowns and accessories designed by such talented artists as Gaultier, Elie Saab, Lagerfeld, Louboutin and many others.

F. A: Do you love Paris?

S. H: I am married to a French man. So what do you think (laughs)?



I love being well dressed and made up at all times.

Fashion Must Haves

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



Guerlain - Voilette de Madame Collection

Guerlain introduces its exclusive fall 2013 *Voilette de Madame* collection, designed to make every woman irresistible, expressing her seduction and personality with style and femininity. Madame's ultimate accessory, the veil, is the inspiration for this season's collection. Like Madame herself, the veil gives only small glimpses into a woman's mysterious world... and as Madame unveils herself, her secrets come to light.



Versace Fragrances

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Loriblu's Nudes

From fancy flats to sky high dazzling heels, Loriblu's enhanced elegant nude creations are the talk of the town. The collection also includes minimalist structured shoulder bags which possess a sharp chicness you can't resist.



Lanvin The CÔNE shoes

Lanvin created the CONE shoe for the FW13 season. Its attraction is its 'CONE 130' heel which is used on an exquisitely shaped pump with a silver metal platform. The "CONE 130" is available in black, khaki, pink or nude glazed calfskin; with a delicate ankle strap in shades of gold used with orange, plum or light blue mirror calfskin and with cotton velour in a colour palette from beige to olive.



Swarovski - Secret Treasures Fall/Winter Collection 2013/14

From trendy to timeless, Swarovski's collections enhance the natural beauty of the contemporary woman, and bring out the best in her. For Fall/Winter 2013/14, Nathalie Colin has designed a collection named "Secret Treasures," reminiscent of a journey. Inspired by the Silk Road, this collection is built around four legendary locations, each of which holds treasures of tradition and beauty. From China to the Himalayas and from India to Venice, "Secret Treasures" revisits emblematic elements with a skillful blend of modernity and sophistication.



Fall Beauty Advice

Transition into fall, feeling beautiful in an instant..

It may sound far-fetched, but technically another summer has come to an end. Although we had a lot of fun under the sun but now it is time to prepare ourselves for a new season. New season demands a new and updated

approach towards skin and beauty care. Since we know that everyone wants to head into fall looking fabulous we've put together some of our best tips for glowing skin, latest trends and beauty secrets.

1: Be natural

First rule to learn as fall commences, 'be natural!' Don't go all tweezer crazy, full brows are always more flattering. Use light and natural colored foundation and blush. A natural face is the archetypal fall look. It creates a softer, more natural effect, which also makes you look warm for welcoming the new season with open arms. Always remember to choose either your eyes or your lips to highlight. Individually, the feature will stand out if you apply dramatic or bright makeup to your eyes or a bold red to your lips; don't try to do both. It will be too overwhelming.



2: Cream cleansers

As the temperatures start to dip, the air also tends to dry out and dryness can wreak havoc on your skin. A gel cleanser is perhaps the ultimate choice for washing away sweat and excess oil, but once the weather starts turning cold, it is best to switch to a creamier formula. Products with moisturizer help you fight the dryness caused by the change in the weather.



3: Makeup bag

Make it a habit to overhaul your makeup bag every season. Expired products and worn out brushes can cause a lot of skin problems that can lead to skin infections. Turn your makeup bag upside down and take stock of what you want to keep and what should be tossed out. Also do a thorough cleaning of all your makeup brushes with a mild, unscented soap and warm water or brush cleaner.

4: Hydrate inside out

Drinking water regularly through the fall is as important for good health and energy as it was during the summer season. For smooth, supple skin, trade coffee for herbal tea or water with a twist of citrus. For hydrating your skin use facial oils as moisturizer, as they are absorbed by the skin much quicker than the usual cream. This also means that you don't have to wait long to apply makeup.



5: Try a new do

The best time to try a new do is at the start of a new season and fall is better still, since summer is all about up dos. Fall is the right time to loosen up your locks and experiment with a different look. If you're desperately feeling the need for a hair change, consider 'the bob' not just super easy to maintain but it is the hottest trend seen on the red carpets and fashion events. Besides looking great on all face shapes, it can be styled straight or wavy and still look chic.



6: Perfect smile

Perhaps the most unconventional advice to look your best, as the new season start, is to get a perfect smile. If you act wisely, you won't have to pay a visit to your dentist to get a whiter beautiful smile... You can make your teeth appear whiter by choosing a lipstick with a blue base. Look for reds and berries, but stay away from oranges and corals tones as they have the opposite effect and make your teeth look pale. You can also whiten your teeth with an at-home whitening kit that contains peroxide.



7: Get big, fat lashes

Nothing can compare with long, thick lashes for adding a new dimension, as they open up your eyes instantly. If your lashes are sparse and/or short naturally, don't despair, as there are easy ways to make over your lashes. Faux lashes become your savior when you are having a makeup meltdown, they can instantly make you feel glamorous. False lashes work with a range of looks, from a natural application to something dressy for the night.




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Fall 2013 Trends

Trend alert for the season to come...

As the weather changes our wardrobe needs to be updated as well. With the summer officially over, comes Fall, which requires different color palettes and style make over for the fashionistas who are

eager to embrace the next season with style. Check out our top fall trends that emerged from the runway, and are sure to land in our wardrobes and closets...

Gray & White

This season gray and white is huge on our trend list. Fall's runways were rife with the color from charcoal to slate to the pristine winter white. When the temperature's drop, we all have a tendency to reach for dark colors, but this season try something different, unlike your usual choices. Head-to-toe winter white has made one of the strongest impressions. The look is also easy to pull off with any wardrobe staples that you already have for the Fall season.

Go Green

The color that was spotted all over the runways for Fall 2013 fashion is unmistakably; green. Consider it the top shade for 2013, and the hue is having its moment in deep, rich shades like emerald and bottle green that embody the fall season. Look for different ways to incorporate the shade into your wardrobe. For instance, emerald green looks great paired with other jewel tones, such as garnet, amethyst, and sapphire, and a structured bag or high heels in this vibrant hue adds the easy wow factor to your ensemble. From emerald to army, there's a shade for every skin tone, hair color, and personal style.



Outerwear Rage

Outerwear is all the rage this season, in just about every shape, color, and volume imaginable. Bold outerwear can instantly take your look to the next level and you can wear it more than once a week. Fendi, Jil Sander, and Emporio Armani all exhibited a solid relation with statement coats as your best friend for the Fall 2013 season. If you don't want something voluminous, go bold with hues, mixed-materials or interesting cuts. The good news is there's nothing in our way to looking fabulous while staying warm and comfy. Do consider the rest of your outfit, when rocking with these coats, keep everything else simple.

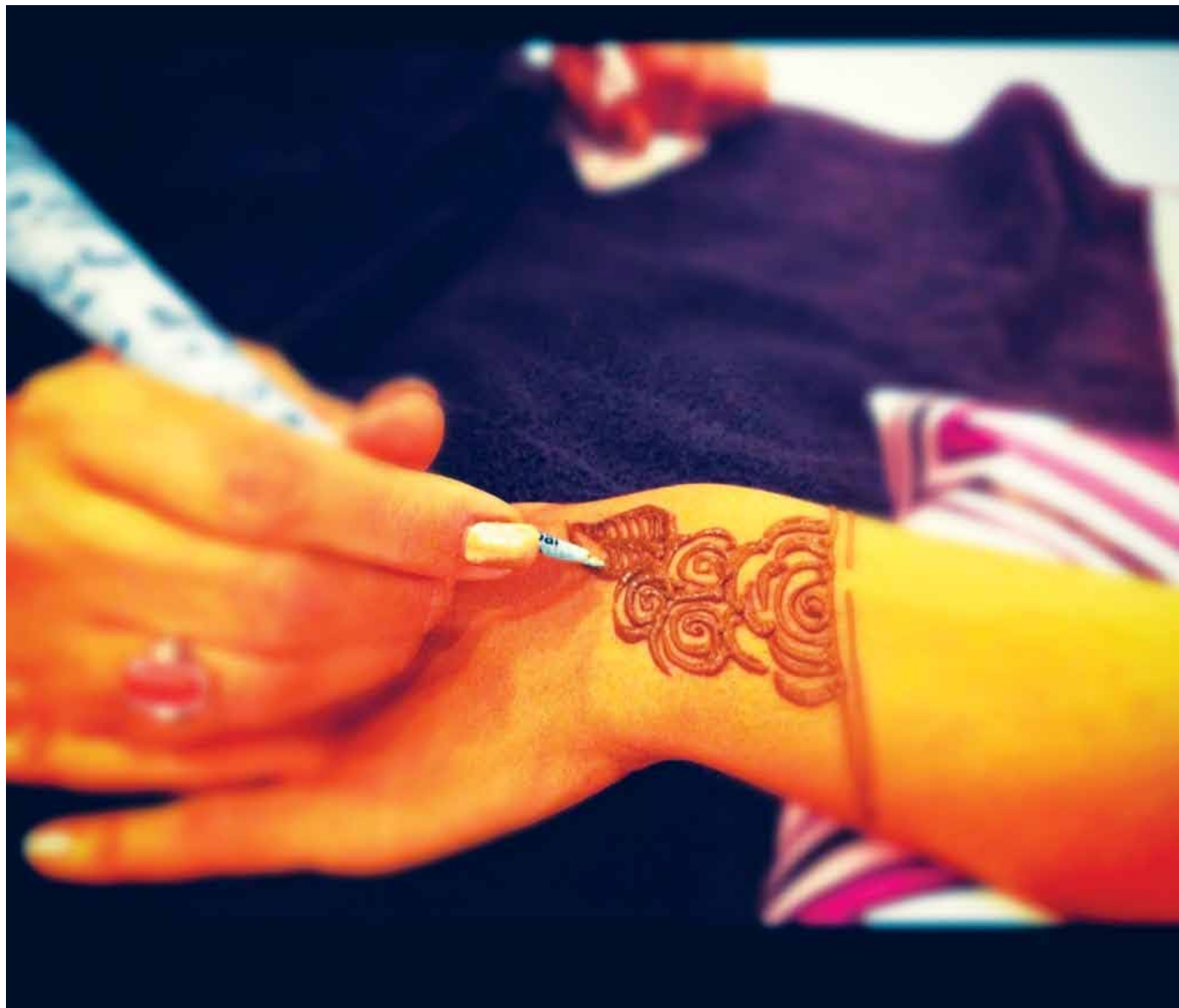
Leather Pieces

Leather can be sporty, edgy, or totally feminine depending on how it's styled. It is quickly becoming a fashion staple, and for Fall, designers loosened up the look with fun and creative silhouettes, often paired with slouchy knits, coats with leather sleeves and skirts with leather panels. Leather tops, leather accents, leather detailing on sweaters, skirts, leather trim on dresses, leather is a huge trend, as seen and witnessed everywhere on the runways. This season, remember that less is more so never try an all-leather outfit...



Over-the-Knee Boots

Boots are a Fall essential, but this time, make room for more. Following spring's infatuation with the boot-sandal, comes Fall's latest craze, the tough over-the-knee boots... With a staggering sex appeal, and fashion forwardness, thigh boots shot to the top of Fall must-have lists. If you are confused as to how it will look on you, a lot of designers, from Altuzarra to J Brand, showed leather leggings with ankle boots for a similar effect.



I Dubai

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

As the mercury drops, Dubai's calendar of event has started brimming with events, launches, exhibitions and more... With luxurious hotels, incredible shopping

mall's exciting restaurants and a calendar buzzing with events, Dubai is the destination to be at! Here's what happening now!!!

The Grub

Café D'Alsace - Yas Marina

A first in the UAE, Café D'Alsace presents a thrilling new fusion of European cuisine to the UAE. Drawing inspiration from the Alsace region in France and fusing French, German and Swiss fare to create a bistro menu that will intrigue and delight everyone. Alsace's regional specialties include: Fondue and Raclette, (delicately flavored melted cheese, served with freshly baked bread, meat or the freshest of vegetables) and Flammkuchen, also known as Tarte Flambe, a French translation of pizza (Baltic: with sour cream, onions, smoked salmon, herbs and horseradish) introducing a refreshing twist to an old favorite. The aroma of freshly baked bread fills this ambient cafe as master bakers, a team of award winning chefs, prepare the 30 different types of baked breads and pastries on site for those just stopping by for a delectable snack.



Events

Eid al Adha 2013

Monday, 14th - Tuesday, 15th October 2013

Catering to the needs of the multinational residents of Dubai, 'Eid in Dubai' is not just a religious festival, but it offers fun times to families and children from every background, which translates into the true spirit of Muslim hospitality and Middle Eastern conviviality. The aim of this event is to highlight the true values of Eid including giving and sharing; with its residents and visitors from all over the world.

Places

Global Village 2013 – 2014

Saturday, 5th October 2013 - Saturday, 1st March 2014

Global village is Dubai's biggest shopping arena offering just about everything. It is the largest seasonal cultural extravaganza in the region that offers visitors an amazing array of festivals, shopping and entertainment in an open-air theme park. This entertainment and shopping destination is open for 161 days and hosts 70 participating countries represented in 36 pavilions, with more than 50 fun rides and 26 restaurants offering food from around the world.





Istanbul- The jewel of the world

Of Love, Lore and Memories...

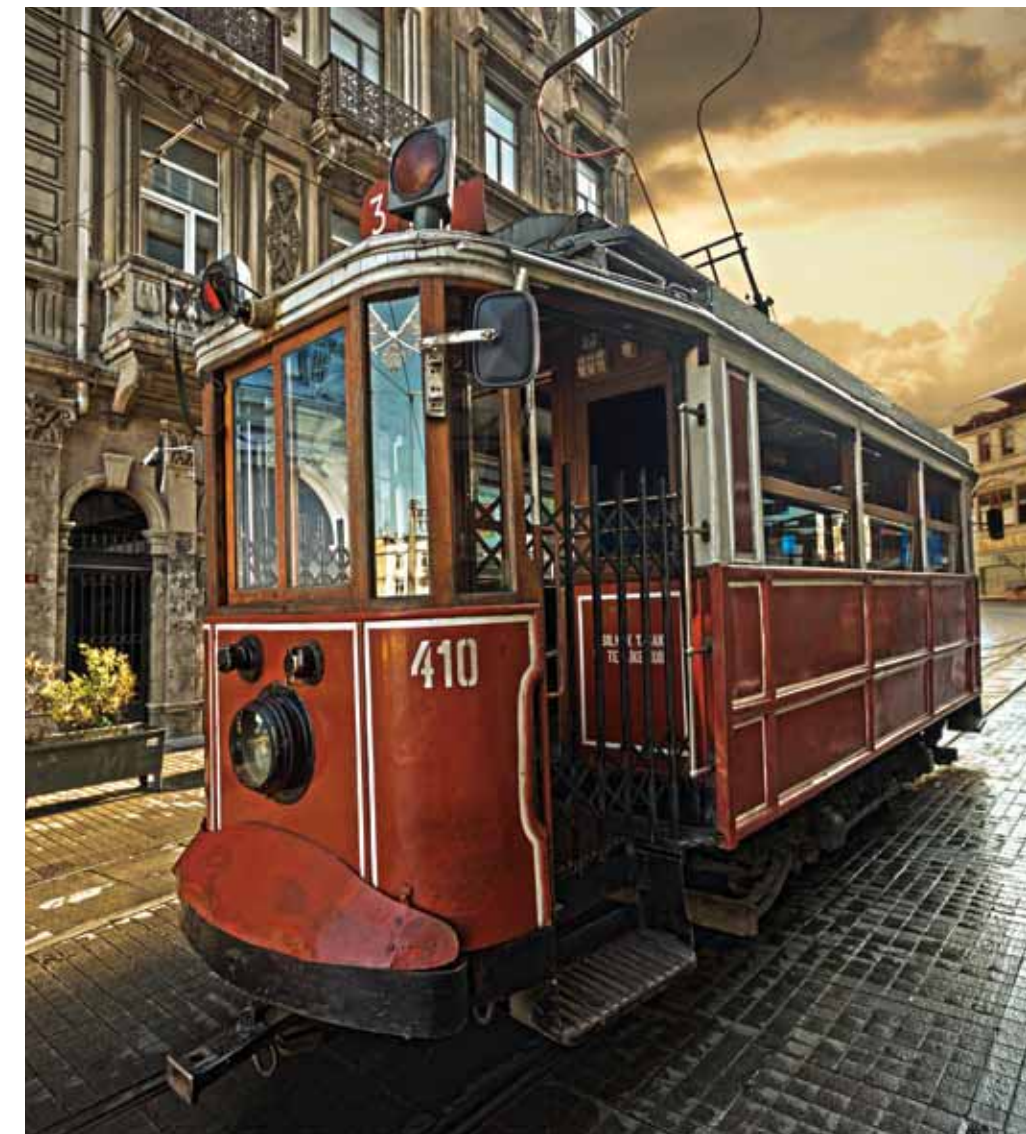
Immersed in the allure of the yester moon, drenched in the aura of the empires that once reigned over it, wrapped up in the clamor and clatter of the traditional bazars and its noisy vendors and buyers, with the wafting aromas of the exotic spices... Istanbul is a city with an endless charade of love, lore and memories in the making. The life in the

city goes on and on like the whirling dervish's twirl and never, for a single moment, does it cease to mesmerize its visitor. With a plethora of sights to see and street culture to experience, it is easy to simply get lost in the magnificence of the city that quite literally feels like a part of the great story that climaxed with Scheherazade's imagination...



The past...

Strategically located on the Bosphorus peninsula between the Black Sea and the Mediterranean, Istanbul has been the capital of the Eastern Roman Empire, and the Ottoman Empire. It has also been associated with key socio political and religious history of the world for more than 2,000 years. Surrounded, by a natural harbor on the north, Golden Horn (Haliç), the Bosphorus on the east and the Marmara Sea on the south, Istanbul's historic Peninsula, upon which the former Byzantium and Constantinople developed, was surrounded by ancient walls, built originally by Theodosius in the early fifth century.



Explore and discover...

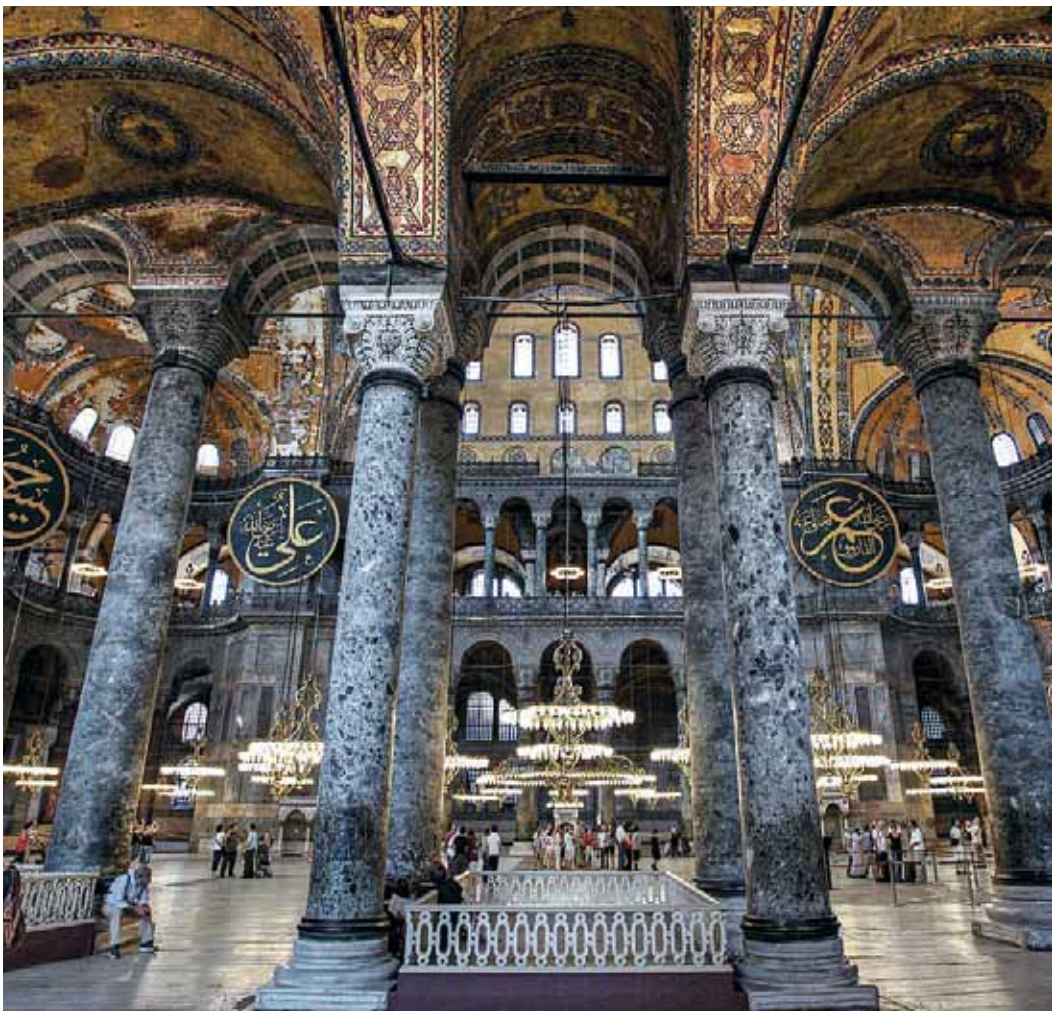
The city offers innumerable places to see and things to discover. Whether it is a museum with ancient artifacts, the sultan's private quarters, a traditional bazar or the dance of the whirling dervishes, there's plenty for everyone to be completely mesmerized and be absolutely lost in its beauty.

Topkapi Palace

As the famous residing place of the Sultans, a trip to the Istanbul's Topkapi Palace is a must for those looking to experience the grandeur and the glory of the past. Located in the famous Sultanahmet district, it is one of the world's largest and oldest palaces still in existence today. Established in the 15th century, as the prime residence of the Ottoman rulers, its magnificent and mysterious structure depicts every detail of the life of the Ottoman Dynasty. After the end of the Ottoman Empire in the 1900s, Turkey was declared a republic, the palace was then transformed into a museum. Today, invaluable array of artifacts and jewels are on display in its halls, including the holy relics and the jewels worn by the sultan himself.

The Hagia Sophia

A world heritage site, Hagia Sofia is both one of Istanbul's most prominent symbols and one of the most important structures in all of world architecture. Its unique character as a symbol of taste and ostentation makes it, above



all, an imperial masterpiece. Built by the Byzantine Emperor Justinian the First, its architectural dimensions were not surpassed by another building for a thousand years. A symbol of medieval mysticism, Hagia Sofia left its visitors awestruck with its magnificence. Built as a church; it began to be known as Ayasofya after the conquest of Istanbul in the year 1453. With astounding mosaic panels, portraits of the Virgin Mary and the Archangel Gabriel, the magnificent great dome with calligraphic works are some of the features that make it so glorious to just look at.

The Grand Bazaar

You haven't fully discovered Istanbul, if you haven't paid a visit to the Grand Bazar. Built on Sultan Fatih's order to provide income for Hagia Sophia Museum, with almost 4000 shops, the Grand Bazar is the oldest and the largest historical bazaars of the world. Crowded, inviting, and full of colorful displays, from the colorful chandelier, to jewelry to beautiful carpets, the bazar attracts tourists from all over the world.

The Whirling Dervish

To fully understand the mysteries that surrounded the beautiful city, it is essential that one experience the whirling dervish's performances. The Whirling Dervishes took their name from Jeleddin Rumi (1207-1273), the mystical poet and Sufi master, called Mevlana (our leader) by his disciples. Sufis seek a close relationship with God, and for Mevlana, it comes through



chants, prayers, music and a whirling dance. Galata Whirling Dervish Hall of Sufi Mevlevi order is undoubtedly the most famous place to witness the dervishes as they bring the ceremony (sema) to a climax...

The Blue Mosque

Known widely as the Blue Mosque or the Sultan Ahmet I Mosque (1603-17), it is one magnificent religious monument that surpasses grandeur and beauty. Designed by the famous Ottoman architect, Mehmet Ağa, it boasts six minarets and the biggest courtyard of all of the Ottoman mosques. The interior just as magnificent is adorned with the blue tiles that give the building its unofficial name, and the most sensational stained glass windows that instantly grabs your attention.





Green Home

Simple & easy ways to go green for a happy home and an even happier planet...

Going green is no longer just a fancy, proverbial term; it is a coming of age reality that is making more sense than our decadent ways of living and spending, resulting in considerable loss of our planetary resources, subsequently leading to unsustainability and greenhouse gas emission. Turning your home into a green home, stands for making changes that would affect the overall health of our planet and after all, one must realize that our planet is also our home, which brings us together, regardless of culture, religion and politics as one human race. When it comes to making eco-friendly changes, always remember that a little goes a long way and these small

changes really add up to make a big difference. Thinking positive and caring for our environment should be everyone's prerogative, no matter what color, race and geographical boundary one comes from. You can start one step at a time and learn more sustainable methods to contribute to the environment. The best way to go green and eco-friendly is by starting with a few changes at home, which will not only effect your own living space in a positive and healthy manner but will have great impact on the overall health of our planet. Here are a few simple and easy changes that you can make to turn your home into a green home.



Household Cleaners

Although designed to make domestic life easier, domestic cleaning products used in our homes are loaded with toxic and polluting substances particularly in the form of cleaners. A surprising number of the most harmful toxins ever created are found right in our own cleaning products closet. Not only the cost of these commercial, chemical-based products is high but their long term use may raise health concerns for the family, and concerns about environmental pollution. There are numerous commercial yet non-toxic home cleaning products that are easily available, as healthier and environmentally responsible alternatives. The use of such products also helps promote the growth of green businesses which are contributing to a sustainable economy. Swapping to green cleaners reduces air pollution both indoors and out, minimizing exposure to both asthma and allergy triggers as well as chemicals that can be harmful to your health. Also remember to always look for plant-based products from companies that have a complete list of ingredients on their labels. And if all this seems like rocket science stick to the age old tried and tested methods of cleaning, using baking soda, vinegar and water.



Go Meatless

Did you know that by going meatless one day per week, has the same impact as driving a hybrid car? Raising livestock produces a large amount of greenhouse gases, so cutting back, even one night per week, makes a huge difference. While you don't have to swear off meat forever, adding vegetarian meals in your weekly meal plan might actually be a smarter and healthier idea. A staggering 51% or more of global greenhouse-gas emissions are caused by animal agriculture, eating more plant-based foods is a strong action you can take to help protect the environment. On the other hand remember to look for labels like free-range and organic as well as no-hormone and no-antibiotic, when buying meat.

Upgrade Your Insulation

A well-insulated house is a more comfortable one. Insulation holds in heat during cold weather and keeps the house cool when the weather is hot. Adding insulation to prevent leaky ducts, walls, windows, and doors can improve your home's energy draw by 20 to 30 percent. If totally redoing your insulation isn't on your budget, try thermal shades, which block the sun in the summer and retain heat in the winter. Improving your home's insulation is always a responsible renovation that will make your home feel cozier and reduce energy bills.

Leave Your Shoes at the Door

According to a study conducted by Rockport shoe company and the University of Arizona, found about 60% of household dust and bacteria, comes from outside and is primarily brought into the home attached to the bottom of ones' shoes. The soles of your shoes are not only carrying dirt and small rocks, but they are also responsible for bringing in pesticides, lead and other pollutants from lawns, roads and other surfaces that can contaminate and reduce your indoor air quality. By taking off your shoes at the door regularly, 70% of the dirt that carries those germs and toxins can be avoided. There are many up-sides to making your home a "shoes-off" zone. Apart from living in a less toxic environment and reducing your indoor air pollution, you'll have a cleaner home and save time and energy by not vacuuming frequently.

Donate

Donating your clothes to charity actually reduces carbon emission. Carbon is emitted in the air during the manufacture and use of clothing and also when these items are left to rot in landfills. Celebrities are also playing their role in trying to keep the planet healthy. Princess Catherine and a few other celebrities were recently praised for the "recycling" of their



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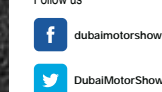
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wardrobes because they were seen wearing something they had already worn in public.

Microwave Glass, Never Plastic

Heating plastics can cause leaching into food and many contain hormone-disrupting compounds. Skip plastics, and go for heat-resistant glass or ceramics instead. Store food in glass, ceramic or stainless steel as much as possible, and always choose glass or ceramic for heating in the microwave.

Safe Pots and Pans

The materials you cook with do have an impact on your food; whatever it's made from can end up in your food. The safest options are cast iron, glass, and stainless steel. The convenient non-stick pans can be problematic if you scrape the Teflon coating and it gets into your food.

Fragrance-Free Products

Fragrances often contain chemicals that disrupt hormones, and they can be harmful to the ecosystem when washed down the drain. If you like perfumed soaps, cleaning products, or cosmetics, read labels to find those made with essential oils. Similarly fragrances added to many cleaners, most notably laundry detergents and fabric softeners, may cause acute effects such as respiratory irritation, headache, sneezing, and watery eyes in sensitive individuals or allergy and asthma patients.

Reduce Use of Bug Sprays and Pesticides

To control pests or bugs, prevention is your best bet. Keep your kitchen crumb-free and seal any holes in the walls! By doing so you won't have to use harmful chemicals in your home. If you do require pest-control, reach for greener alternatives or home remedies first.

Choosing to go green means you live a better life on this planet we share

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Spas Health Benefits...

Let the pampering begin!

The word spa stirs up one's imagination with the feel of luxury, relaxation and pampering. However, besides the obvious use of spa for the purpose of relaxation and indulgence, it also offers therapeutic solutions to a number of problems, including pain management and stress. A lot of people consider a trip to the spa

only an extravagance or just self-indulgence. It does make you feel great but its health benefits outnumber its recreational experience. There are various treatments that a spa offers, ranging from body massages, to body wraps and reflexology. Here are some of the benefits of spas that we can make use of.

Detox

The curse of modern lifestyle; unknowingly we are infested with toxins that enter our body from a variety of different sources, food, environment and so on. Detoxing at a spa not only rids your body of toxins but also helps to clear your mind. It allows you to rid your system of the toxins it has been piling up inside, which specifically target the liver, kidneys, lungs and the skin. Detox plans consist of exercise, intake of nutritious food and detox juices. Combining this with the spa detox methods can have an unparalleled impact on your mind and body. Massage stimulates the lymphatic system, which carries away the body's waste products. A massage improves blood circulation, which delivers oxygen and nutrients to the cells. Therapeutic muds used at the spas also exfoliate dead skin cells, eliminate toxins and increase circulation.



De-stress

Truth be told; Spas are heavenly for de-stressing and relaxing. Besides offering a range of spa therapies and pampering sessions, they also provide the perfect setup for attaining inner peace through their surroundings. Decorated with aromatic candles and low lights, a trip to the spa can instantly relax you, and make you feel at ease instantly. A number of therapeutic massages as well as holistic activities such as yoga, Pilates or Tai Chi are offered to help you de-stress from the burden of the urban and modern life. Full body massages and hydrotherapy are particularly effective for removing tension from your muscles, whilst holistic activities help with your flexibility, increase muscle tone and strength, improving your overall well-being.

Healthy Ageing

No one likes the idea of ageing. However, if you age gracefully, which is another word for healthy ageing, one can really learn to love oneself inside out, so reflexively you boost your self-esteem and confidence.

At a spa you may find a number of anti-ageing treatments, which can help you look and feel younger from the inside and out. Many spas also offer specialized skincare treatments such as non-surgical facials, peels and exfoliation, as well as treatments to treat hyper-pigmentation, acne, clogged pores and wrinkles. Spas also offer beauty/skin care brands as part of their collection, for personalized facial therapy skin care sessions.

Pain management

Spas can also help with pain management tremendously. An extensive range of alternative therapies such as acupuncture, physiotherapy, reflexology and sport massages can help you combat your problem and find a solution to alleviate the pain. Problems like bone or skeletal injuries, such as a knee injury from over exertion or a long term back issue, can really benefit from an



array of such treatments. Professional athletes and fitness junkies, ease their muscle tensions and cramps through trained therapists and relax every part of their body through deep tissue massages. On the other hand effective pre-natal and post-natal massages can really benefit women in coping with some of the experiences. Massage therapy can also help with pain management in chronic conditions such as arthritis, sciatica and muscle spasms.

Be pampered

One of the most tempting aspects of a spa is the thought of being pampered by the relaxing treatments. Indulging in a pampering session at a spa can include treatments such as Ayurveda massages, osteopathy, Reiki, Shiatsu and full body massages. What's more these activities don't only leave you feeling pampered but also energized. It has been proved, that massage releases and stimulates a hormone called Serotonin that is released for the "feel good" state of body and

mind. Body wraps are also extremely beneficial to re-mineralize the body, to replenish it with nutrients lost daily, to boost moisture of the skin, thus helping to rejuvenate and relax.

Sleep

Sleeplessness and restlessness can lead to a lot of problems in our life, without even realizing what's causing them. Spas also provide sleep enhancement programmes, where therapists diagnose your specific sleeping habits and treat them accordingly. Treatments for sleep deprivation include acupuncture, therapeutic massages, shiatsu, reiki or reflexology.





Fine Dining Who Decides

Exploring the Michelin, the AA,
the Good Food Guide & Gault Millau....

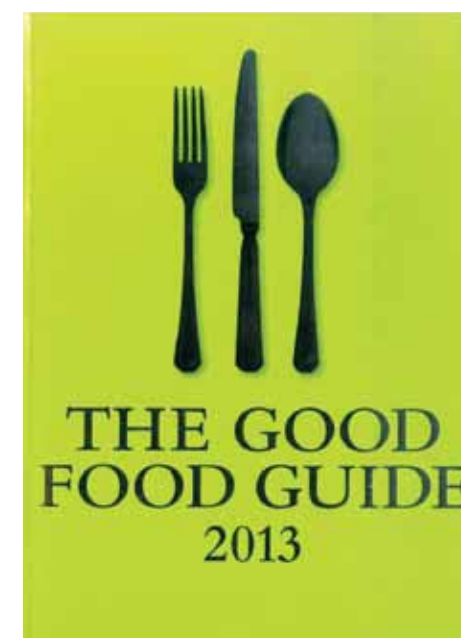
They decide, but to eat or not to eat is your decision!

Meticulously prepared haute cuisine is an art, luscious and scrumptious, scandalously delicious food as it rolls round your tongue, tender and moist, dripping with saucy flavour as it flows down your

gullet, such juicy fare with tempting, tantalizing aromas which entice and then excite the senses, stimulate the palate and offer a veritable feast for the eyes served in settings just as beguiling.

Delicious!

The power of the mouth-watering flavours of a beautifully cooked meal have been known to change one's point of view. The moment a flavour tantalizes your taste buds, you forget the struggle of the daily grind to savour the morsel in your mouth. That is the strength of a well-cooked meal, but how does one know, where one should go? Beyond this inborn instinct to head for mama's home, where should one go to eat a superlative meal?



The books....

The route to the food can be found in guidebooks. Guides that address this question are the Michelin guide, the Gault Millau, and the good food guide. They are considered the top three guides in the restaurant industry. Yet, ironically, the Michelin and the AA guide prepared such a handbook not because they were in the food business but because they were inspired by their desire to sell more tyres! The idea was to review places of interest in the area, so that people would consult their guidebook and have this urge to burn rubber.....

Star-ring: the Michelin Men ...

Nevertheless, in the course of trying to realize their ambition, they developed a system of valuation against which restaurants and eateries are rated, even today. So much so, that today, a star rating by Michelin is considered

the ultimate accolade for a chef or his restaurant. Losing or gaining a star has an immediate impact on a restaurant's popularity and it can mean the difference between success and failure.



Michelin rates its restaurants according to a star system; one star means that the restaurant is good, two star rating means that the restaurant is worth trying, even if you have to take a detour and three star ranking means that the restaurant promises "exceptional cuisine, worth a special journey". Michelin awards these echelons based on a visit to the restaurant by professional inspectors, whose anonymity is so sacrosanct that he may not even tell his parents what he does for a living!

The Point Toque by Gault Millau

The French journalists, Henri Gault and Christian Millau, in their quest to challenge the notions of high style cooking, discovered nouvelle cuisine; light and simple yet tasteful. They based their notions of cuisine on freshness, rejecting the heavy sauces and avoiding faisandages, pickling, boiling and fermentation, etc. These nonconformists created a new guide to food around Paris and its environs in 1969. That was just the beginning. Thence onwards, anonymous inspectors of Gault Millau, evaluate food on the basis of taste, presentation style and the ingenuity or creativity of the chef. They award points only for the food, the service, price range and atmosphere of the restaurant are judged separately.



Any restaurant that scores below twelve points is not mentioned in the guide, and restaurants that rank higher are represented by toques, from one to five. The lowest twelve point judgement means that the restaurant offers a good traditional meal, a slightly higher rating of fifteen or sixteen is



given to a venue offering high quality cuisine, while eighteen points are awarded 'for exceeding quality & creativity' and nineteen points are conferred for 'groundbreaking and outstanding cuisine'. The twentieth point had never been bestowed on any restaurant, until very recently,

which sparked off questions and debates about a fall in their standards and validity of the awarded points. G&M had not awarded the point on the grounds that perfection in terms of service, presentation, consistency, quality, freshness, harmony and creativity is impossible to achieve.

The Score by the Silverware Trio

The Good Food Guide emerged in the fifties as a restaurant review guide with the aim of raising the standard of cooking in Britain, following the world wars. The American equivalent of the Good Food Guide is Zagat. Both guides use a scoring system of one to ten based on inspector valuations and voluntary public reviews.

The Good Food Guide ranks a venue on a scale of one to ten on the basis of the chef's technical skills, his use of ingredients, his ability to bring out flavours and a variety of textures in his dishes plus his ability to achieve these flavours consistently, on a regular basis. A score of one indicates the cooking was competently done with simple combinations and some inconsistencies. While, if we go up the scale to number five, then five is scored by establishments which exhibit, "Exact cooking techniques and a degree of ambition; showing balance and depth of flavour in dishes, while using quality ingredients". However, if the restaurant can supply "cooking that has reached a pinnacle of achievement, making it a hugely memorable experience for the diner", then it attains the ultimate score, 9. They rarely award any restaurant a rating of ten, because they say, to achieve perfection in each dish every time is hard to realize.





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

Cartier Collection Paris Nouvelle Vague

Cartier's latest creations *Collection Paris Nouvelle Vague*, comprises 7 jewelry lines; each line expresses an unconventional vision of Parisian feminine moods with all its contrasts and flair; the *Delicate* and the *Emancipated*, the *Voluptuous*, *Glamorous* and the *Impish*, the *Sparkling* and the *Mischievous*.



BESTIARIO COLLECTION

2013, the Year of the Snake, brings new designs full of creativity and character from Carrera y Carrera. It has created two extraordinary pieces inspired by the sinuous snake. The Bestiario Collection from Carrera y Carrera, includes *Serpiente* (Snake) bracelet and the life-like *Serpiente* (Snake) ring, capturing its supple twists and texture.

Bedazzling Collections at LEVANT

LEVANT hosts a collection of extravagant jewellery brands at its boutique in Dubai. All the dazzling collections by renowned brands *Leviev, Scavia, Palmiero, Carrera y Carrera, Rebellion, Loree Rodkin, Schoeffel, Montega, Gavello, Giorgio Visconti, DeWitt, Kern, Quinting, Sarcar* and more can be appreciated.



LEVIEV Floral Fantasy of Diamond Rings

LEVIEV's glam four line-up is designed to be irresistible. These hand-crafted platinum rings feature fancy, intense green, red and blue diamonds decked with select white and pink pavé diamonds in thrilling cuts.



TIFFANY ZIEGFELD COLLECTION

Named for New York's legendary *Ziegfeld Theatre*, a model of Art Deco architecture that opened in 1927, the jewelry captures the period's cool elegance with freshwater cultured pearls, black onyx and sterling silver.



Guy Laroche Swiss Timepieces

The fluidity of the new Swiss collection by Guy Laroche, evolves from the luxurious, chic, and refined into efficient, accessible and trendy. This simple case design carries a European taste with its etched monogram GL Signature logo on the surface. Stainless steel case with cubic zirconia and SWAROVSKI crystals creating charming flower and leaf patterns on the surface. There is a matching rolling decoration piece that playfully moves around the watch 360° at the slightest shift of the wrist.

Folli Follie Heart4Heart Collection

Debuted as part of the Heart4Heart collection during Baselworld 2013, the classic new time-piece acquires unparalleled sophistication with its sparkling crystals and its white ceramic bracelet. More minimal than ever, the watch is synonymous with elegance and grace, designed to embellish the wrists of the cosmopolitan style addict. The 4 Hearts, adorned with crystal clear stones, follow the unrivalled all time classic design of Folli Follie, which comes out stronger through the see-through case element.



Zenith Heritage Collection

A classic ladies' watch harmoniously combining technical excellence and timeless distinction, the Heritage Collection welcomes a new model housed within a cushion-shaped case that is even smaller than the previous: the Heritage Star 33 mm. Available in rose gold or steel versions, this slim, feminine timepiece will delight the hearts of women who love fine mechanisms but are not prepared to sacrifice the innate elegance of glamour expressed in a refined and understated manner.



Hampton Lady; two variations, one pure delight

The contours of the Hampton collection of watches, with their soft curves and feminine shapes, are inspired by models designed by Baume & Mercier in the 1930s and '40s. Today, this collection has grown to include two delicate timepieces for women who know that elegance is in the details. The two new pieces are decidedly feminine, offering sensible dimensions (34.5 mm x 22 mm) in order to fulfill the expectations of ladies for whom beauty is a state of mind that can be conveyed on any occasion.





La Montre Hermès Heure H in rose gold & diamonds

The famous Hermès 'H' emblem was introduced as part of the acclaimed Maison's watches in 1996. The so-called Heure H, or H-our model, features an H-shaped case; the watch is representative of the graphical purity of this perfectly balanced letter. The Heure H in rose gold set with diamonds is a stunning piece within this growing family of watches, and epitomizes Hermès' values of fine craftsmanship. The piece has a 26 mm case set with 72 dazzling diamonds of over 1 carat, and was introduced at Baselworld this year.

Longines Asthmometer Pulsometer

The Longines Asthmometer-Pulsometer Chronograph demonstrates the fact that the precision of a chronograph is necessary not only in sport. This new instrument is based on a model brought out in 1963 which was intended essentially for medical use. The new product not only shows the time but also measures heart rate and respiration. These pulse and respiration scales can be extremely useful in a sports context, during training sessions.



Jaquet Droz The Éclipse Mother-of-Pearl & The Éclipse Ivory Enamel

Jaquet Droz invites the moon to cast its spell over the art of watchmaking with The Éclipse Mother-of-Pearl and The Éclipse Ivory Enamel. With its exceptional beauty and great delicacy, mother-of-pearl is skillfully worked by the Jaquet Droz master craftsmen. Reflecting aesthetic choices like purity, subtlety, classic motifs and powerful design codes, The Éclipse Ivory Enamel celebrates the best in luxury watch making.



Patrimony Traditionnelle High Jewelry

Vacheron Constantin masters the skill in orchestrating the craft of artistic watchmaking with its new jewelry model in the Patrimony collection. Its 35 mm diameter, stages an extraordinary spectacle of light with a dazzling 16.2-carat flooring of claw-set baguette diamonds lending the stones a timeless aesthetic to make time go on forever. The Patrimony Traditionnelle High Jewelry model also comes in a 40 mm dial.



FALL 2013 COUTURE

Check out the exclusive photos of the FALL 2013 Couture, from top fashion designers of the world.



Elie Saab

FALL 2013 COUTURE

With the usual drama, glamour, and sparkle, Elie Saab's Fall 2013 Couture collection was an array of full-length gowns in emerald green, navy blue, a deep red, silver, and cream, undeniably gorgeous and completely covetable. Called "A Royal Affair" the collection was, as is tradition with Saab, broken up into color blocks. This time those colors were in the shades of the jewels and luxe metals used to create majestic and monumental high jewelry.





Chanel

FALL 2013 COUTURE

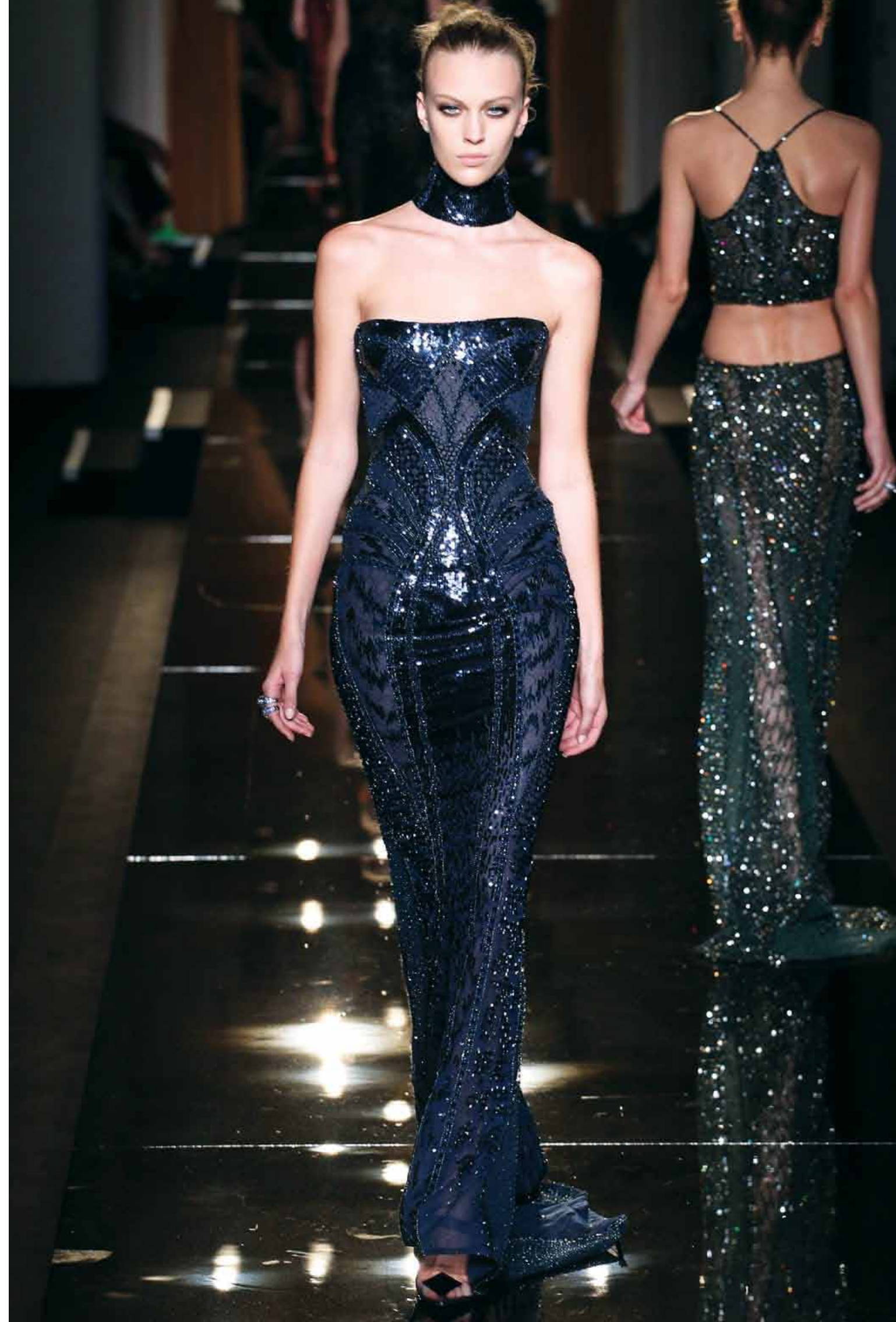
"On the way from the Old World to the New World," was how Lagerfeld described his show. The collection was about "tradition with future" embracing portrait necklines, volumes and silhouettes. It also had the flickering shimmer of a movie projection. Extraordinary gleaming beadwork shimmered in between the pencil skirts' kick pleats at the back, and from the "split" shoulder seams, designed to create the illusion of a jacket that had been torn apart.



Atelier Versace

FALL 2013 COUTURE

The inspiration for the new collection was the black-and-white photography of the thirties, updated for the twenty-first century. Versace referring to the era, said, "It was a moment about precision, about perfection, and lots of work." The details included anatomical seams, trimmed provocative open panels on the front or back, and revealing embroidered bustiers. All of the models wore real diamond jewelry designed by Versace, evocative of the glamour of old Hollywood.





Zuhair Murad

Fall 2013 Couture

Zuhair Murad turned his attention to the woods. His Fall 2013 Couture collection is called "Enchanted Forest," and the thoroughly decorated gowns and suits fit that description to a tee. Although the inspiration has been rustic, these dresses are sophisticated and undeniably glamorous. Kristen Stewart, who's diligently worn the designer creations on her red carpet appearances in the past, sat front row during the runway show.





VALENTINO

FALL 2013 COUTURE

The general theme of the collection was the idea of the "Wunderkammer" the seventeenth and eighteenth century tradition of the cabinet of curiosities, in which aristocratic collectors would display exotic specimens removed from nature and archaeological oddities. The collection affirmed Valentino's authority in the decorative, breathtaking arts of evening dress, in a spirit that is described as "regal."



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*Dubey & Schaldenbrand
- GRAND SHAR DB Ti
Limited Edition - titanium
Chronographe*

Dubey & Schaldenbrand successfully moves forward into the next generation of production with sharp savoir-faire, evident in its Grand Shar DB Ti - the fruit of its labor at Dubey & Schaldenbrand's state of the art manufacturing facility, based in La Chaux-de-Fonds. The independent manufacture maintains its historically elegant style, yet it is unmistakably stepping outside the borders of simple horological knowledge with the release of the Grand Shar DB Ti. The Grand Shar DB Ti is the first sports luxury timepiece to take center stage for the new spirit of Dubey & Schaldenbrand. It is limited to 26 pieces in special, grade 5 titanium.

IKEA encourages creating family moments

Member of the Al Futtaim group of companies, global furnishing retailer IKEA has launched their 62nd annual Catalogue, the 24th edition available for the UAE. The oldest marketing tool for the brand, the Catalogue is also considered to be one of the most widely circulated publications across the globe. This year, the 324 page Catalogue focuses its attention on the youngest members of our family, to urge the importance of family time. It draws inspiration from 'The Play Report' a study conducted by IKEA of 11,000 households in 25 countries on parenting, children and the state of play. The report brings to light interesting facts around how children perceive play time and bonding with parents. 73% of children aged 7-12 surveyed would rather play with their parents than watch television and more than 50% of the parents interviewed agree that play is when they and their children lose all sense of time. Built around insights such as these, IKEA aims to provide smart home furnishing solutions to encourage families to come together. To support this shift in focus, the Catalogue flows with beautiful ideas and inspirational concepts.



ROAMER OF SWITZERLAND Celebrates 125 Years of Quality Time

The Swiss watch brand - ROAMER OF SWITZERLAND, commemorated the 125th anniversary of its founding with a series of celebratory events and activities in Dubai. The milestone was marked with a press conference at the Oberoi hotel, closely followed by a gala dinner bash at the Burj Khalifa. The black tie affair saw brand's global VIP partners and clients in attendance with a compelling media presence – both local and international.. "We are using this 125th anniversary year to build on our strengths and to forge exciting new directions. We are more strategic and creative in our approaches, more evidence-based and more rigorous in our implementation – so we can continue to meet the dynamic demands of our industry and continue the success story of the brand", said Christian Frommherz, Chief Executive Officer of ROAMER OF SWITZERLAND.



Jaeger-LeCoultre & Abu Dhabi Film Festival

Following their successful collaboration with film festivals in Shanghai and Venice, Jaeger-LeCoultre is proud to continue its association with cinematographic and horological accomplishment, as a major partner of the 2013 Abu Dhabi Film Festival (October 24 – November 2, 2013). As a loyal supporter of the Arab community, Jaeger-LeCoultre will be actively involved in all the highlights of the event, adorning the stars with its finest creations and will present a personalized Reverso watch to the Best Actress and Best Actor of the year in the Narrative Competition.

Yara Experiences The Enchanting World Of Piaget In Switzerland

Piaget's first Brand Ambassador for the Middle East, Yara, recently visited the brand's Manufactures in Switzerland. A trip that enriched her knowledge about the heritage and spirit of the world's leading watch and jewelry brand. The renowned Arab artist, whose understated beauty and elegance perfectly match the brand's values, toured both of Piaget's Manufactures; the contemporary, high performance facility for watches and jewelry at Plan-les-Ouates and the historical site at La Côte-aux-Fées where watch movements are assembled. Yara was welcomed by the brand's CEO, Mr. Philippe Léopold-Metzger before embarking on a two day tour of the Manufactures.



CALVIN KLEIN - Spring 2014 Women's Runway Show In New York

Calvin Klein Collection presented its, Francisco Costa's spring 2014 Calvin Klein Collection on the runway at the new Spring Studios in Tribeca. Mr. Costa presented his latest collection, which marked his tenth year as the brand's Women's Creative Director, to an audience that included special guests, such as Nicole Kidman, Rooney Mara, Naomie Harris and Alexander Skarsgård, all of whom were wearing Calvin Klein Collection looks.

Dubai Duty Free Newbury 2013



Dubai Duty Free Mill Reef Stakes Winner



Silvestre De Souza, Saeed Bin Suroor with Tawhid



Saba Tahir with Gary and Sue Maxwell and Kevin and Bridget Walsh



Salah Tahlak and Mohammed Shareef Al Nedhar



Anna Khan, Colm and Breeda McLoughlin, Simon Crisford (Racing Manager of Godolphin), Saba Tahir, Sinead El Sibai, Magdy Al Sheikh

Dubai Duty Free Newbury 2013



The Hon. Harry Herbert, Colm McLoughlin, Mr. and Mrs. Christopher Spence and Salah Tahlak



Colm and Breeda McLoughlin with Sir Maurice and Lady Audrey Flanagan, Salah Tahlak, Sinead El Sibai, Saba Tahir



Colm and Breeda McLoughlin with daughters Tyna McLoughlin and Amanda Jordan and grandchildren Erin and Ethan



Breeda McLoughlin, Madeline Lloyd Webber, Colm McLoughlin



Nicholas Jones, Lady Sieff, Salah Tahlak, Cheri Jones and The Hon Sir David Seiff



L'Oreal - Bridal Coiffure Collection 2013

This year L'Oreal Professionnel presents Bridal Coiffure Collection 2013, which gratifies the multi-cultural tastes of the region and celebrates all women, from the Bride to her entourage and friends. Enter a world of wonder and get carried away on a mythical and magical journey with A Thousand and one nights. Discover Bridal Coiffure Collection 2013, a compilation for the different brides and their attendees, great tips on hair & with inspirational looks to help pick a theme for your day.

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