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## Editor's LETTER



SCARLETT JOHANSSON - PAGE 24

This issue, we are celebrating the biggest night in Hollywood's calendar – The Academy Awards. And the glittering, jaw-dropping red carpet looks.

We also encourage you to appreciate our cover girl for this month, Scarlett Johansson. The world's highest-paid actress, nominated for two Academy Awards for her lead role in *Marriage Story* and her supporting turn in *Jojo Rabbit*.

Having Fashion Month on the mind, the spring collections set to start trickling into stores. So it's time now to check out our Spring - Summer 2020 collections.

With all this, there's always something for everyone to read! We have our Health & Fitness feature on 'Easy Weight Loss'. And also some natural remedies to amp up the look of your eyes"

So let's get started... and jump right into the world of fashion and glamour.

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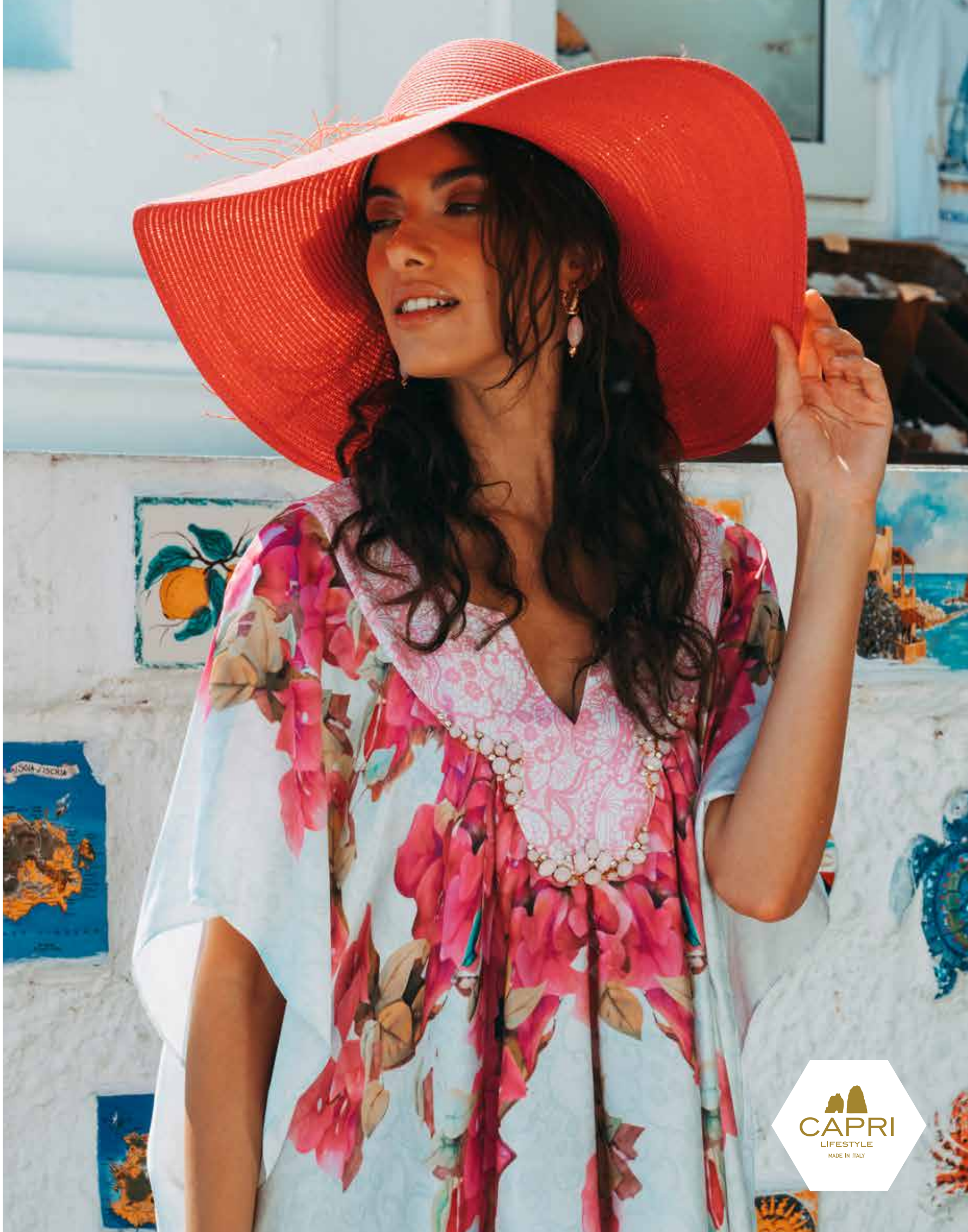


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# SPRING SUMMER 2020 Collection

As the season changes, everything needs a bit of updating.....so redefine your wardrobes!! Spring is here! The blossom season's arrival marks a wonderful time in fashion where our wardrobe wish lists are gearing up for a fresh look, but we're still hooked by our soft, cozy knits. The solution?

Easy styling switch-ups that feel at once fresh and new, yet comfortable with the all-new Spring Collection. Get a head start on the new season trends with our edit of the newest pieces of designer shoes and bags from all your favourite brands.

## VERSACE

### *botanical-print bralette top*

Taking cues from lingerie, Versace prove that it shouldn't always be hidden from view. This green leaf-print bralette tank top offers a vibrant addition to your wardrobe, with sultry black lace details. How do we say 'oh-la-la' in Italian? Featuring a sleeveless design, a v-neck, lace panels and a leaf print.



### *Leafprint Pumps*

All your other shoes? Leaf them alone. But stay close to these pumps from Versace with their foliate pattern balanced atop a 110mm heel. Can you see the whole jungle from up there? Featuring a pointed toe, a slip-on style, a high stiletto heel and a foliate pattern



### *Palm tree print body suit*

Oh, baby, it's a wild world. Take a walk on the wild side in this palm tree print bodysuit from Versace. Adventure-proof. Featuring an all-over print, a v-neck, a hook fastening and a stretch fit.





# *DOLCE & GABBANA*

## *Leaf print hair accessory*

Bad hair day? Not when Versace is around. Turn some heads in this leaf print piece. Featuring a knot detail, a graphic print and an adjustable fit.



## *Jungle print halterneck dress*

Are you trying to break the internet? You can now adopt Versace's iconic green Jungle print that decorated J.Lo's showstopper thanks to this halterneck dress. Get noticed. Featuring an all-over print, a fitted silhouette, a halterneck, a v-neck, a side zip fastening, a back slit at hem and a mid-length.



## *Virtus Jungle mini bag*

In the jungle, the mighty jungle, the Versace steps out tonight. This Virtus Jungle print mini bag will surely catch everyone's eye at the bar. And you're totally fine with a little extra attention.

## *Floral bikini top*

White and pink floral bikini top from Dolce & Gabbana featuring a halterneck and a floral pattern.



## *Floral Flared Sleeve Blouse*

It's time to banish your winter clothes to the back of your wardrobe. Celebrate the arrival of spring with this floral flared sleeve blouse from Dolce & Gabbana. Say goodbye to practical layers and hello to lightweight tops! Featuring a floral print, a round neck, a flared style and a loose fit.



## *Floral Biker Jacket*

Flowers, flowers everywhere! With a super feminine all-over floral pattern, this silk and cotton biker jacket from Dolce & Gabbana is the perfect combination for any spring day look. Simply beautiful! Featuring notched lapels, an off-centre front zip fastening, side zipped pockets, a floral pattern, long sleeves, button cuffs and a cropped length.



## Crystal Embellished Flower Drop Earrings

Go statement or go home. These crystal embellished flower drop earrings from Dolce & Gabbana is the only accessory you need to elevate your look. Always trust Dolce's power! Featuring a clasp fastening, crystal embellishments and a floral motif. These earrings come as a pair.



## Floral Print Crystal-Buckle Pumps

Celebrate the glamour, passion and rich heritage of Italy with Dolce & Gabbana with their 'more is more' approach. These light pink leather floral print pumps from Dolce & Gabbana feature a kitten heel, a slingback ankle strap, a branded insole, a pointed toe, a floral detail with a crystal buckle and a logo-embroidered ribbon.



## Floral appliqués box bag

They've done it. Dolce & Gabbana have stolen your heart with this floral appliqués box bag. So lock up that padlock and throw away the key. (Don't throw away the key). Featuring a detachable and adjustable shoulder strap, a round top handle, a padlock fastening detail, an engraved logo, a floral print, floral appliqués, crystal embellishments, a hinge closure and an internal slip pocket.



# CHANEL

Fashion weeks are on and designers are not the only ones trying to keep up with the latest trends. This season, Chanel has paired the top fashion trends with their must-have pieces, sourced from around the globe, to make sure you leave an

impression on everyone as you rush through the chaos of fashion's busiest month! Whether its Mini Flap Bag, Ankle Boots or Fine Jewelry Watches. Chanel is your one-stop shop for everything your closet needs this week and every week!

## Mini Flap Bag

Precious EMBROIDERIES

Sequins, Glass Pearls & Silver-Tone Metal - Gray, Silver & Pink



## Mini Flap Bag

Crystal & Silver-Tone Metal

Navy Blue





## *Mini Flap Bag*

Fuchsia, Pink & Light Pink



## *Mary Janes*

Suede Calfskin & Grosgrain  
Light Gray & Black



## *Mules*

Lambskin & Grosgrain  
Beige & Black



## *CHANCE EAU TENDRE*

EAU DE PARFUM SPRAY

It comes and goes, it never stays put... and you only have a few seconds to seize your chance.



## *Ankle Boots*

Lambskin & Patent Calfskin  
Ivory & Black



Discover Première Rock Watch Steel and pink leather, white mother-of-pearl dial.





# LOVE IS A MASTERPIECE LOVE IN MIST

## DIAMOND AND SAPPHIRE SUITE



With its joyful air of optimism, spring is the season synonymous with romance in full bloom. The Love in Mist diamond and sapphire suite is an ode to this season of love, when nature awakens from its wintry sleep and blossoms. Reminiscent of the airy foliage that surrounds the gentle, blue blooms of springtime, stunning cushion-shaped blue Burmese and Sri Lankan sapphires of 92.74, so captivating in their intensity, so vibrant with life, are intricately set at the heart of round, marquise, pear-shaped, and baguette diamonds totaling 187.65 carat. Designed with impossible intricacy and remarkable savoir-faire, this outstanding work of art stirs the emotions and captivates with its unworldly charm.



### BEHIND THE DESIGN

To create the Love in Mist diamond and sapphire suite, a team of expert designers and adept artisans united their knowledge and talent in an exhaustive creative process. From the initial designs, presented in the form of gouache drawings, to the development of the three-dimensional models and the production of the pieces, experts worked closely so that the creative spirit of the original sketches could be transformed into an exceptional work of art.

For this stunning ensemble, Mouawad designers drew inspiration from the first days of springtime, when blooming flowers of all colors announced the subtle awakening of nature from its sweet winter sleep. Insights were then brought to life through a stunning selection of one-of-a-kind sapphires set amidst round, marquise, pear-shaped, and baguette white diamonds interwoven together with 18-karat white gold.

Poise and harmonious appeal were also two main strands of the design process. The masterful arrangement of blue sapphires, each enlivening a shimmering backdrop of icy white diamonds, created an eye-catching effect of color and a stunning, almost blinding, radiance of light.

The result is a unique, show-stopping masterpiece, only possible by Mouawad.

### SAPPHIRE

One of the Big 3 of colored gemstones, sapphire is a durable stone that captures jewelry buyers with its practicality and aura of romance. Traditionally, sapphire symbolizes nobility, truth, sincerity, and faithfulness. The stone comes in a variety of colors, but when the word 'sapphire' stands alone, this usually means that the gem is blue. Blue sapphires lie well hidden in just a few places around the world, and, in addition to their size, color, and transparency, their origin plays a key role in determining their value. The first sapphires were found in Ceylon (now Sri Lanka), where people were already digging for gemstones in ancient times.





# all in EYES

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



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

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

## *Dark Circles and Puffiness be Gone*

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



## *Treat Crow's Feet*

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

## *Get Fuller Lashes*

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





## *Covering Up Dark Circles*

To lighten up those dark circles, concealers, by far, are the best make up product. When applied correctly, it instantly makes you look fresh for a light hyaluronic acid, which attracts moisture to keep eyes looking fresh not dry or dull. If, your under

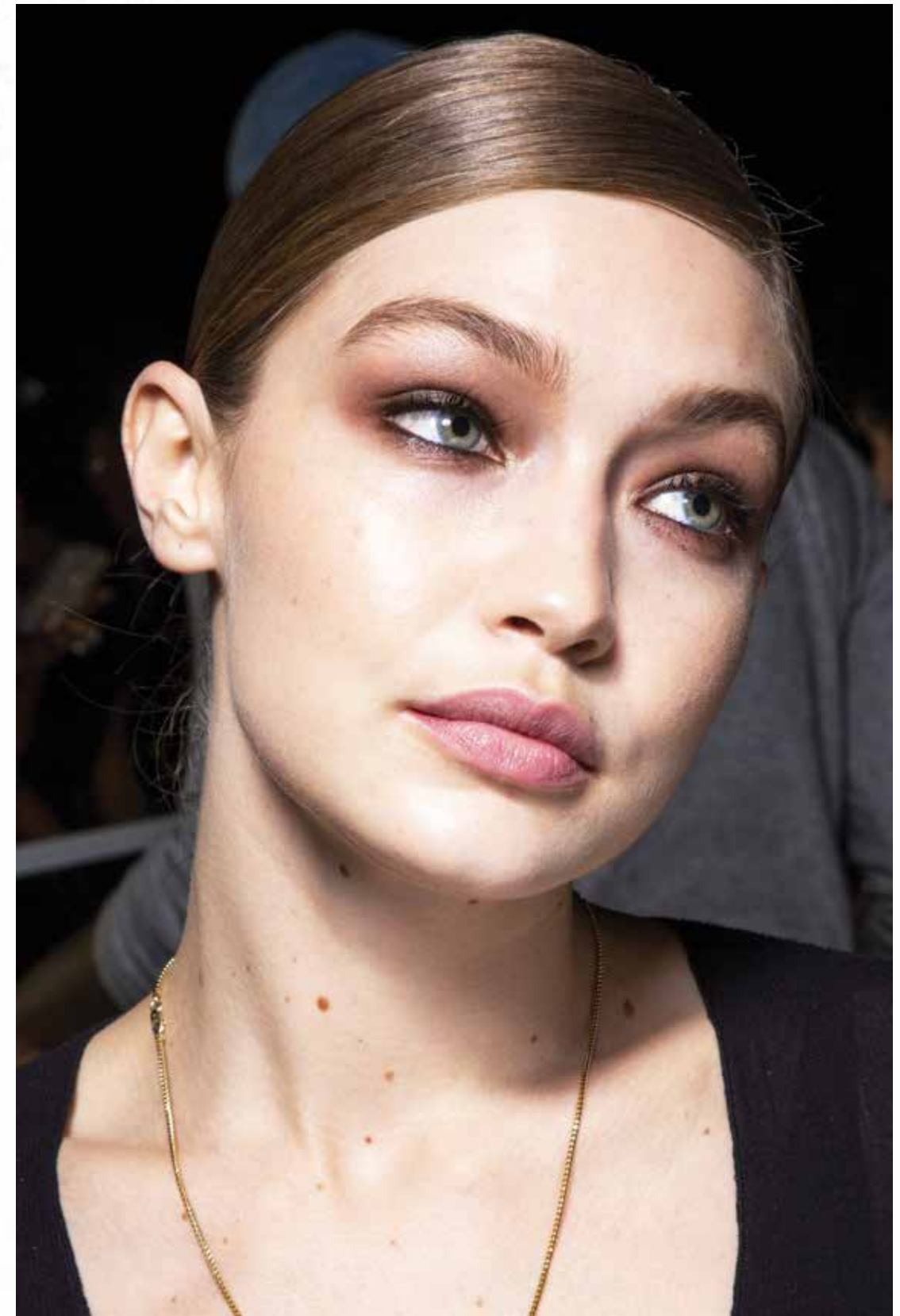
eye area is prone to creasing, use moisturizing eye primer before concealing. Always remember to apply the concealer where the actual dark circles occur, which is typically a semi-circle, from the interior of the eye, down towards the cheek. For best results use a concealer that has more of a yellow base, in a tone that's a bit lighter than your skin color.



## *Reduce Red Eyes*

Bloodshot eyes can instantly take your well pampered looks, from fresh to fatigued which is actually very unhealthy and less appealing. Use “natural” tear products and eyewashes to provide relief from the symptom of bloodshot eyes. These are inexpensive and widely available over-the-counter. As soon as your eyes get that dry feeling, a couple of lubricating eye drops will make you feel refreshed. They also help rinse the eye, of irritants, but don't make it habitual by using it too frequently, so use sparingly.

Remember to never sleep with your makeup on. Get all your makeup off. If there are traces of mascara on your lashes after you've washed your face at night, the mascara will slide into the eye area while you're sleeping and cause irritation and redness. Eyes are very sensitive, even the slightest reason can cause bloodshot eyes. It is important to pay attention to what is causing the problem and adjust accordingly!



## *Smoky Eyes Effect*

Smoky eyes always look dramatic and require low-maintenance efforts. To get it right, draw a chocolate-colored kohl to line the eyelid, using the side of the pencil not the tip creating a soft

smudgy effect. Next an eye shadow in a similar shade as your eyeliner, and apply it right above the lash line, gently sweeping upwards at the outer corner and blend. The key to getting the ultimate smoky eyes is blending. Finish by applying a soft copper or gold shadow in the inner corners of your eyes to add dimension.



Style crushing on...

# SCARLETT *johansson*

The world's highest-paid actress since 2018, she has made multiple appearances in the Forbes Celebrity 100. Her films have grossed over \$14.3 billion worldwide, making Johansson the third-highest-grossing box office star of all time. She is the recipient of numerous accolades, including a Tony Award and a BAFTA Award, as well as nominations for two Academy Awards and five Golden Globe Awards. Scarlett Johansson was just fourteen years old when Robert Redford chose her to play the female leading role in his film, "The Horse Whisperer". Even at that time, Scarlett Johansson had four years' experience of acting and drama, as her career really began at the age of ten. Since then she has appeared in a number of successful movies that have been directed by La crème de la crème amongst movie makers. Actress, Scarlett Johansson is seen in roles where her femininity is accentuated, whether in the period pieces like, 'Girl With a Pearl Earring' and 'The Other Boleyn Girl', or Woody Allen's films such as 'Match Point' and 'Vicky Cristina Barcelona', she has been praised for her subtle expressiveness, her ability to convey pensive moments and in spite of that subtlety, articulate a siren-like, bold and aggressive flirtatiousness, in the characters that she portrays. She has won awards from the New York Film Critics Association, Boston Society of Film Critics, Toronto

Film Critics as well as BAFTA award for actress in a leading role, among others. Another accolade frequently awarded to Johansson is that of, 'The Sexiest Woman on Earth', a title given to her by some of the most prestigious glamour magazines in the world. The First Avenue magazine caught up with her while she visited Paris to attend some of the shows presented at the fashion week. The stunningly beautiful actress reveals in a candid interview to First Avenue, her views about fashion, directors, and being the sexiest woman on earth.

In 2010, Johansson debuted on Broadway in a revival of A View from the Bridge, which won her a Tony Award for Best Featured Actress, and began portraying Black Widow in the Marvel Cinematic Universe with Iron Man 2. She voiced an intelligent computer operating system in the drama Her (2013) and a python in the adventure film The Jungle Book (2016), and starred as an alien in Under the Skin (2013) and a woman with psychokinetic abilities in Lucy (2014), both science fiction films. She received critical praise and nominations for two Academy Awards for playing a single mother in Nazi Germany in the satire Jojo Rabbit and an actress going through a divorce in the drama Marriage Story (both 2019).





## ■ *At the 2020 Vanity Fair Oscar Party in Oscar de la Renta*

Oscar de la Renta is no stranger to the Oscars, so it will be no surprise that the label appeared on a few stars at the 2020 Vanity Fair Oscar Party. The Oscar de la Renta Designers said that they Got “Lucky” with Scarlett Johansson’s Oscars Gown. As she wore a gown of pewter-toned silk with a strapless bodice featuring an exposed corset and draped beaded fringe. This gave us some truly mesmerising looks, proving that like a fine wine, her style may very well be getting better and better. We have chills just writing about it.



## ■ *At the 2020 Oscars in Oscar de la Renta*

This was the dress that everyone was talking about throughout the entire Oscars ceremony in 2020. Scarlett Johansson looked positively gorgeous as she walked the red carpet in a stunning gown for Hollywood’s biggest night! Holding a double nominations for her work both in ‘Marriage Story’ and ‘Jojo Rabbit.’ She wore a stunning Oscar de la Renta gown with embellishments of stringed gems over the partly sheer bodice. She paired it with a metallic clutch and Forevermark jewels, and couldn’t have looked better!





## At the 2020 BAFTAs in Atelier Versace

The Black Widow actress picked out a blush pink outfit at the 73rd British Academy Film Award. For this event, she picked out a baby pink custom gown by Atelier Versace. The extravagant gown featured a deep neckline and came with a lavish bodice with loads of beads and a tassel hem. She accessorized her look with dangling silver earrings and silver strappy stilettos. The skirt of her outfit featured a feathered trim and a short train. As usual she looked absolutely graceful in the couture number.



## At the 2020 SAG Awards in Armani Prive

On a red carpet of gold, silver and subtle hued dresses, Scarlett Johansson's striking blue dress was exactly what was needed. It's a beautiful gown in a great color and it all suits her perfectly. She knocked it out of the park with her jaw-dropping ensembles each and every time. We were stunned, yet again, when we saw her arrive on the red carpet so effortlessly.




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■ *At the 2020 Golden Globe Awards in Vera Wang Collection.*

The Marriage Story actress stepped onto the Golden Globes red carpet wearing a truly head-turning gown. With a fanfare of organza, she wore a custom Vera Wang gown that exuded romance.

The plunging neckline and gigantic bow detailing of the super-sultry dress added the perfect amount of flair to the ensemble. We do like the sleek modernity of her ballet bun to finish the voluptuous gown, which she also paired with a Jimmy Choo 'Leonis' clutch and BVLGARI High Jewelry.



■ *At the 2019 Venice Film Festival in Celine*

Scarlett didn't really give anyone else a chance at the 76th Venice Film Festival, with one flawless outfit after another. She walked the red carpet ahead of the "Marriage Story" screening. She wore Custom Celine. We love that she went back to her usual slim and slender silhouette which no doubt made for some magical movement. Simply stunning!

■ *At the Premiere of 'Avengers: Endgame' in Atelier Versace*

Scarlett was looking as radiant as she wore a strapless custom-made chainmail Atelier Versace dress. Her look was completed with Jimmy Choo 'Minnie' heels along with Sonia Boyajian custom jewelry. Scarlett went flapper chic for the screening, and at the same time, encouraged us to channel our inner flapper girls too.



■ *At the 2018 People's Choice Awards In Versace*

Scarlett looked incredible as she won the award for her role as Black Widow in the blockbuster superhero film Avengers: Infinity War. She opted for a bustier and high waisted trousers by Versace. In fact, the whole look is Versace - belt, heels and all! She flashed her cleavage in a patterned burgundy bustier with an accompanying pair of black pants.



# HAUTE *couture* Spring 2020

Every Mind-Blowing Look from the Paris Haute Couture Fashion Week Runways!!

There's nothing quite like a luxurious week of Couture shows to combat the January blues. Once again, the biggest designers in the world from Christian Dior to Chanel debuted their most spectacular Haute Couture pieces in Paris, leaving us awe-struck, enchanted, and most of all, inspired. There were quite a few firsts at this year's Haute Couture Fashion Week too. Clare Waight Keller debuted her highly anticipated first Couture collection

for Givenchy, which incidentally was the fashion House's first Couture show in eight years! Plus, Cindy Crawford's daughter Kaia Gerber walked her first ever Couture runway (for the likes of Valentino and Chanel, no less) making it one of the most unmissable and exciting Haute Couture Fashion Weeks to date. Let's take a look at some of our highlights from one of the biggest weeks on the fashion calendar...

## *Zuhair Murad*

Zuhair Murad pays homage to Egyptian queens who left a mark on history by their beauty and power. Using a hallowed vocabulary, each piece is elevated into an exploration of timeless elegance tinted with magic. The collar is bedecked with scintillating breastplates, each

delicately bejeweled, that illuminate the face and neckline. The sheath dresses, which run through the collection like a golden thread, are suspended by straps, delicately knotted at the shoulders and structured by a marked waist.







## *Elie Saab*

Elie Saab is no minimalist; you won't find practical daywear options in his Couture collections. Saab's new Couture explored imperial volumes within the collection using signature touches that remain true to the Maison. The dresses looked as if immersed in an uninterrupted stream of curlicued embroideries, incrustations of florals and pearls, and

intarsia-ed baroque swirls.

While almost every look was cinched with a belt, in true Saab style, the acres of fabric – cut to perfection around the female form – hid as much as it revealed. The show was an unabashed ode to a world of opulence that lives in dreams and fantasies—or on red carpets.









## Chanel

Virginie Viard tapped into the young allure of schoolgirls, sending her girls down the runway in a garden surrounded by linens hanging out to dry and tomatoes on vines. The designer is continuing the trend we're

seeing most frequently at haute couture—that high fashion isn't just for gala circuit clientele—and Viard tapping into the roots that led Chanel to become a suit-wearing renegade embraces that same sentiment.





## Armani Privé

It is all about the global denizen for Armani, who looked to the Ikat pattern as a starting point for a red carpet-focused collection. There are gowns, yes, but also delicately beaded jackets and trousers. But

back to those gowns. In those swirling Ikat patterns, but endlessly photographable form-fitting shapes, we can't help but picture which Oscar nominee will make her entrance in Armani Privé.





## Alexandre Vauthier

If you're looking for unadulterated drama, then look no further than the Alexandre Vauthier Haute Couture catwalk. Bold, empowering and head-turning – three words that will determine the dress codes of the future. Alexandre Vauthier has no time for wallflowers. And as much as we were completely obsessed by the shiny, exaggerated, rock 'n' roll clothing, it's the footwear that stole the show for us – in particular a golden pair of hologram boots so lust-worthy they rival the crystal-encrusted Saint Laurent ones we presented to you a few issues back. Vauthier is a designer who loves the

unabashed glamour of the '80s. It should come as no surprise that a Jean-Paul Goude photograph of Grace Jones pulled rank on his mood board. There are the bold shoulders, the high shine metallics, the boyish suits, the Philip Treacy wide brim Boy George hats to prove it. But in the '80s designers celebrated the '50s, and for the first time for Vauthier, there was a nod to that era, with strapless, waist-cinching gowns in confection colors. But who cares what decade an idea first came about, all that matters is if you can dance the night away in it tonight.





## Givenchy

These may not be your everyday gardener's hats, but Clare Waight Keller's starting point for this dreamy collection is majestic flora—from Hubert de Givenchy's own Clos Fiorentina and beyond. Sometimes, that thought was clear and concise—Kaia Gerber splayed with delicate

buds on a voluminous white gown—sometimes it was a wink—silk mikado tailoring, or tulle blooming like a Georgia O'Keefe painting. In mostly white and black, with punctuations of bold blue and marigolds, we'd love to watch this garden grow.





## Christian Dior

What if women ruled the world? That question was not only etched on a floor-to-ceiling banner for Maria Grazia Chiuri's runway, but also in her mind as she crafted a fleet of goddesses that graced her spring 2020 haute couture runways. Chiuri was inspired by second-wave feminist artist Judy Chicago, particularly her goddess works, which

brought Chiuri's Italian (or Greco-Roman) roots to mind. And deities don't always wear capes—although at Dior, sometimes they do. They also wear barely there embroidered lace gowns, Grecian draping (to be expected), loads of fringe, face veiling, gladiator sandals, and tons of suiting.





# *Awards Season* **RED CARPET** **HIGHLIGHTS** *(The Oscars Edition!)*



We whet your appetites for awards season in our last issue, as we fawned over the A-listers that graced the respective Golden Globes, Critics Choice Awards and Screen Actors Guild Awards red carpets. But it goes without saying that the Oscars – and all of the equally glamorous after-parties that follow – are the cherry on top of awards season, as the best is well and truly saved ‘til last. You can expect appearances from First Avenue cover stars Scarlett Johansson, Margot Robbie and Natalie Portman, among a whole host

of other well-dressed ladies. Likewise, we’ve scanned the collections from Louis Vuitton, Oscar de la Renta, Dior Haute, Givenchy to Chanel and have selected a few knock out pieces that we predict (or sometimes just hope) might be selected by our favourite A-listers. And it goes without saying, but it was exceptionally difficult to narrow down our selection – don’t be disheartened if your best dressed lady hasn’t made an appearance. Let’s take a look at the Oscars ceremony and after-party looks that did make the cut...

## *Charlize Theron* *in Dior Haute Couture at the 2020 Oscars*

Best actress nominee Charlize attended the Oscars. The ‘Bombshell’ star loves a sculpted bodice, seductive sophistication, and sharp tailoring, and she managed to successfully combine all of these into one gown in this Christian Dior Haute Couture design.





*Margot Robbie  
in Chanel at the 2020 Oscars*

Margot in Chanel wearing yet another head-turning ensemble for the grand finale of awards season. Robbie wore vintage Chanel for her big night. Her navy blue silk bustier dress is from the Spring / Summer 1994 Haute Couture collection and featured gorgeous, draping material which dripped from her arms.



*Natalie Portman  
in Dior Haute Couture at the 2020 Oscars*

Natalie reminded the world that, after all, fashion has, and always will be, a form of protest and personal statement. And in her own way, unique and subtle, Natalie Portman did exactly that. She opted to wear a sheer, black paneled dress from Christian Dior Spring 2020 Haute Couture looks amazing in a dress, something we don't often see on the red carpet.





## *Gal Gadot in Givenchy at the 2020 Oscars*

Looking absolutely stunning in a sheer black top and a poofy pink dress by Givenchy that took over the red carpet and fit the A-list star to perfection. She accessorized the look with a pair of beautiful earrings and a dazzling Tiffany & Co. necklace that was super sparkly to look at. Gal also left her hair up where her gorgeous face was on fuller display.



## *Penélope Cruz in Chanel at the 2020 Oscars*

Penélope was back in the safe space of black and Chanel. We couldn't help but gaze at her in awe as she floated onto the red carpet in her elegant black silk dress inspired by the design house's Spring 1995 collection. The Spanish actress accessorized with diamond earrings and rings from Atelier Swarovski Fine Jewelry.





*Jessica Alba*  
*in Atelier Versace at the Vanity Fair Oscars after-party*

Although based on how stunning she looked and how much attention the designer and his dress got, we feel the honour may have been his all along! Jessica was the epitome of the glamorous Oscars dress code. We love how she kept her hair simple; instead of going for an intricate up-do or a voluminous blow out. She no doubt looked sexy in her Versace gown



*Saoirse Ronan*  
*in Gucci at the 2020 Oscars*

Little Women' actress surprised us by debuting a playful set of bangs, which is fine. There isn't a single red carpet that she has walked that she hasn't completely rocked. It's her Gucci dress that has really perplexed us. Once again, her look was lovely from the shoulders up with a modern ode to glamour in both hair and Gucci jewels.





# OUTDOOR EXERCISES

*Get fit, blast calorie load, and have some real fun outside!*



It is the best time of the year for the residents and the visitors of Dubai alike. A time when the sun shines happily and a certain chill in the air makes the long nights all too quixotic... With this beautiful weather, there remains no excuse to not partake in the joys of the great outdoors, when burning calories also gets a lot more fun. Exercising in the gym is great, but we wouldn't exactly call it fun! Taking your workout outside and trying some feel good sunny-weather activities, allows us to burn calories, whilst having a great

time with Mother Nature. Besides the overall fun element associated with outdoor activities, research also shows that exercising outdoors is linked with good things such as greater vitality, enthusiasm, pleasure, self-esteem, and lower levels of stress hormone cortisol and lessening of bad things such as tension, depression, and fatigue. We have created a list of outdoor activities that boost calorie burn, tone and strengthen muscles, and definitely let you get connected with nature instantly.

## *Cycling / Biking*

This perhaps is the best time of the year to master your cycling skill and burn those calories in the process. Biking is a simple, fun and effective way to get a great workout since it is an excellent cardiovascular exercise. Just imagine your cycling workout routine at the gym, and now bring it outside, the best thing is that time passes much faster and in terms of effort tends to feel a little easier, due to the pleasant distraction of scenery. Cycling outdoors also works the glutes (butt muscles), hamstrings, quadriceps, shins and calves harder than indoor cycling. Another great advantage of biking is that not only do you get the opportunity to just explore new neighborhoods, places or trails, but once you get the knack of it, you can use it as a mode of transport, for your daily household errands and even for commuting to work.



## *Walking*

One of the most easy to execute exercises for just about everyone, walking is one of the best lifetime sports... And getting used to it is as easy as a leisurely walk around the neighborhood. The benefits of walking are that it is easy on the joints, you don't need a lot of fancy equipment, and you can still burn calories. According to the standard guidelines, walking for 30 minutes, 5 days a week, at a brisk pace (about 4 mph) helps ward off chronic ailments. It actually decreases the risk of heart disease, diabetes and high blood pressure. For those who are aiming to lose weight, walking is essentially the easiest workout to start with. Walking for 60 minutes most days of the week with healthy meals can really help in weight loss and then to keep it off, following the same routine can have lasting effects. If this looks overwhelming, then consider incorporating walking into your daily life by breaking the time into several manageable spurts, like, walking the kids to school or the bus stop, running errands at lunchtime, and a stroll after dinner every evening.



## *Jogging/Running*

Jogging is a terrific sport for your heart and lungs, and it also works wonders in building stamina. If you're trying to lose weight, jogging or running burns calories faster than walking & it also challenges your muscles. A study published in the Archives of Internal Medicine in 1999 found that exercise like running may be as effective as medication for treating depression in some people. However, the key is to start slowly and to gradually increase your time or distance.





## *Beach volleyball*

Perhaps the best time of the year to pay a visit to the beach in Dubai is Now! And one of the best beach sports of all time is Beach volleyball. It is an awesome full body workout that targets and tones the legs, arms, shoulders and abs. During a game you're continuously on the move, changing direction, squatting, diving, jumping, serving or hitting. You're also moving on sand, which is more difficult and boosts calorie burn further.



## *Swimming*

Swimming is a wonderful cardiovascular conditioner that also helps tone arms and legs, and it's very easy on the joints, perfect for people who have muscle or joint problems. The weightlessness of the water helps them exercise pain-free. Swimming also increases stamina, it can also help ward off diabetes and high blood pressure, and help to relieve stress. If you do not have easy access to pools, a trip to the nearest beach can be a daylong fun activity and a healthy break...



## *Hiking*

Hiking is one the most spiritually connecting sports. It provides a relaxed atmosphere for a workout that doesn't seem like a workout at all. Listening to the birds and a babbling brook, perhaps enjoying the cool breeze of the forest, provides a break from daily stresses. If you dwell in a concrete jungle don't feel distressed, a trip to a local park will instantly reveal what you have been missing. Hiking is a tremendous workout for your legs along with providing many cardiovascular benefit.



## *Snorkeling / Scuba Diving*

If you're lucky enough to plan a beach vacation, or are even luckier still and actually live near the beach, snorkeling or scuba diving can be the most fun and entertaining of workouts. These activities combine both cardio and strength training, burning a ton of calories while tightening and toning the body. Snorkeling and scuba diving offer the benefits of cardiovascular exercise, minus the strain, sweat, stress, and discomfort of a typical workout. And because you have to work hard to push against the resistance of water (water is hundred times more dense than air) to move forward, it also really works the butt, thighs, hips, back and abs.





# DUBAI DUTY FREE

## ANNUAL SALES SOAR TO DHS7.406 BILLION (US\$2.029 BILLION)



The New Year began on a high note for Dubai Duty Free with the operation announcing record annual sales of Dhs7.406 billion (US\$2.029 billion) for 2019.

It was clear that a remarkable year was coming to a close in December when the retailer crossed the US\$2 billion milestone on 26th December. The operation's 36th Anniversary Day on December 20th, when customers were offered a 25% discount on a range of products, resulted in a huge surge in sales with 190,208 transactions recorded on the day amounting to sales of Dhs111.65 million (US\$30.59 million) in the 24-hour period.

Reflecting on the year at Dubai Duty Free, Colm McLoughlin, Executive Vice Chairman & CEO said: "Overall, it has been a fantastic year for the operation and I would like to thank H.H. Sheikh Ahmed bin Saeed Al Maktoum, President of Dubai Civil Aviation Authority and Chairman of Dubai Duty Free for his ongoing support. I also join His Highness in thanking our great team of staff, our suppliers and of course our customers, for their contribution to our growth and success." In 2019, the operation recorded over 24.284 million sales transactions which is an average of 66,500 sales transactions per day, while a total of over 64.578 million units of merchandise were sold. The top five selling categories for the year included Perfumes followed by Liquor, Cosmetics, Tobacco and Electronics. Sales of Perfumes, which rose by 2% over 2018, reached Dhs1.124 billion (US\$307.85 million) and accounted for 15% of the total annual sales. Liquor in second place recorded sales of Dhs1.110 billion (US\$304.24 million) and accounted for 15% of total annual sales. Cosmetics, the third best selling category with Dhs848.74 million (US\$232.53 million) in sales and contributing 11% towards the total revenue, showed an impressive increase of 11% over 2018.

Tobacco came in fourth place with sales amounting to Dhs817.16 million (US\$223.88 million) and accounted for 11% of total revenue followed by Electronics in fifth place with sales of Dhs558.05 million (US\$152.89 million).

Meanwhile, sales in Departures across the operation reached Dhs6.6 billion (US\$1.808 billion) and represented 89% of total annual sales, while Arrivals with Dhs664.23 million (US\$181.98 million), represented 9% of total annual sales.

In addition to its record annual sales, Dubai Duty Free's Executive Vice Chairman & CEO Colm McLoughlin also commented on the retailer's many projects that were completed in 2019 and said: "We have continued to develop our retail offer in all the terminals and that included the opening of a Chanel boutique, a Maison Christian Dior shop and a Gucci boutique. We are also looking forward to the opening of the new 1,100sqm retail space in Terminal 3 Arrivals this month. The new arrivals shop is much more visible to passengers in the baggage area and has a fantastic Liquor retail offer. In addition, we will continue the second phase of the refurbishment of the two FoodPlus shops in Concourse B and Dubai Duty Free will continue to enhance its retail offer within the Fashion category in the second half of the year. "We continue to develop our DDF Leisure business - the Jumeirah Creekside Hotel continues to do well and The Irish Village in Garhoud celebrated its 23rd birthday in October. We opened the third Irish Village in Dubai Studio One Hotel and we will be opening a fourth Irish Village at the EXPO grounds this October," he added. Looking ahead, Dubai Duty Free will continue to maintain its busy events and promotional calendar which includes the Dubai Duty Free Tennis Championships to be held from 17th – 29th February at the Dubai Duty Free Tennis Stadium.

# DUBAI DUTY FREE

## CELEBRATES 36 YEARS OF RETAILING SERVICE



Dubai Duty Free marked its 36th anniversary in style as it welcomed passengers travelling through Dubai International with a special 25% discount on a wide range of merchandise over three days which began at midnight on 18th December and will continue until the operation's anniversary day, tomorrow, 20th December.

The anniversary discount over 72 hours saw a spending spree at Dubai International and at Al Maktoum International airports and is sure to signal a good end to the year.

Commenting on the success of 36th anniversary, Colm McLoughlin, Executive Vice Chairman & CEO of Dubai Duty Free said: "The anniversary celebrations spread over three days are fantastic. and we are glad to see such positive sales results across all the concourses. Extending a 25% discount to our customers is our way of saying thank you for their support throughout the year."

The Dubai Duty Free anniversary promotion is now a highly-anticipated event with many travelers choosing to travel on the days when the 25% discount is offered. The first anniversary sale Dubai Duty Free introduced was on its 20th Anniversary in 2003. The 36th anniversary also saw a series of celebrations in various locations over the past few days led by Mr. McLoughlin and members of the senior management team. The activities attracted a few well-known faces such as Noha Nabil, a Kuwaiti style icon and social media influencer who joined the Dubai Duty Free team to celebrate in

Concourse A, while Wimbledon Champion and World No. 4 tennis player Simona Halep joined the Dubai Duty Free group in Concourse D. As part of today's celebration, the group announced two winners of US\$1 million in the Dubai Duty Free Millennium Millionaire in Series 318 and Series 319, and three winners in the Finest Surprise promotion.

Mr. Vikrant Biswakarma, an Indian national will be pleasantly surprised when he learns that he just became a US\$1 million winner in Series 318 with ticket number 4411, which he purchased online. Mr. Biswakarma is currently not available for immediate comment. Meanwhile, Christmas and birthday (27th December) gifts came early to Mrs. Melody Curitana, a 33 year old Filipina based in Dubai when she won US\$1 million in Series 319 with ticket number 1875. A Dubai resident for four years and soon-to-be a mother of two, Mrs. Curitana tried her luck for the first time when she purchased her ticket online. She was hoping to win the million dollars so that she can become a full time mother to her first child and the second baby. Mrs. Curitana, who works for an insurance company, was very emotional on hearing about her win and commented, "Thank you so much Dubai Duty Free, this is an answered prayer. This is a big help for my family here in Dubai and in the Philippines. Thank you also for this early Christmas and birthday gift to me, I will never forget this day!"



# *You Do Business; We Do Lunch*

*Looking for a quick foodie retreat on a week day?*

## ROBERTO'S

*has got you covered.*



Roberto's Dubai "Pranzo Di Lavoro", Italian for business lunch, is ideal for those looking to book in a power lunch to impress clients at a sophisticated restaurant or take a midday break with the team. Designed by two passionate chefs, Francesco Guarracino & Chef Alessandro Miceli, the Pranzo Di Lavoro menu is available from Sunday to Thursday. Served from noon until 3pm, business lunch at the award-winning Italian restaurant gives guests the chance to try various signature dishes and immerse themselves in a fine-dining experience. The Pranzo Di Lavoro experience features a three-course menu for AED 125 inclusive of dessert or tea or coffee, the perfect way to enjoy a stunning meal with colleagues, friends and family.



The Piatto Unico, Spaghetti with Canadian lobster, bisque, datterini tomatoes which is a favourite amongst DIFC diners, is also available throughout the weekdays priced at AED 195.

For lunch meetings accompanied with a tasteful dining experience, Group Executive Francesco Guarracino, opts for classy and busy for diners to get on with business over some fine Italian food and drinks. The menu which changes every week, and features a selection of starters, mains and desserts.

The menu, which changes every week, will leave you at a loss for choice. For the more discerning customer, the choice of starters and mains means that this is business lunch you can keep returning to and try new dishes each and every time.

**When:** Sunday-Thursday

**Time:** 12pm-3pm

**Price:** AED 125 per person - 3 Courses inclusive of dessert or coffee or tea. Piatto Unico AED 195 per person.



## *The Roberto's Story:*

Opening to critical acclaim in Dubai in 2012, Roberto's has gone on to establish itself as a multiyear award-winning Italian stalwart in the culinary heart of the Dubai International Financial Centre district.

Designed to feed the Dubai's discerning gourmets' desire for an authentic, thoughtful and contemporary Italian fine dining experience. Our world-class team blends an admirably Roman devotion to food with Venetian hospitality and Milanese flair resulting in a unique and homegrown reinterpretation of modern Italian cuisine that we are proud to share with our city.

Seamlessly drawing from old and new, classic and modern, traditional and contemporary, Roberto's is a culinary affair that marries signature Italian authenticity with Dubai's renowned gastronomic scene.

Each of our carefully curated concepts stays true to our commitment of bringing only the freshest, best quality and genuine ingredients to your table, complemented by the thoughtful design – resulting in three areas that create a truly inimitable sense of welcoming and celebration for all occasions:

- The Ristorante - the main dining room
- The Salotto - the buzzing lounge
- The Cortina - the intimate private terrace



Under the overall direction of Chief Culinary Advisor, 2\* Michelin chef Enrico Bartolini, Roberto's presents a truly cosmopolitan experience for the more discerning culinary crowds of the capital. While offering the signature Roberto's Dubai dishes, the new venue offers its own distinct twist on the menu, taking fine dining to a new level of perfection and finesse with mouthwatering surprises around every corner.

Roberto's Dubai offers spectacular scenic indoors and outdoors seating right on the water, full in-house bakery and extended operating hours. Roberto's is ready to warmly welcome you with our signature food and service.





menchie's<sup>®</sup>  
frozen yogurt

## Mix & Chill

