



First AVENUE

OSCAR 2023
RED CARPET
HIGHLIGHTS

ZUHAIR MURAD
ELIE SAAB
BRIDAL COLLECTION

TREND TO TRY
- PURPLE

DÉLICES
PASTEL DE
CHANEL
COLLECTION

MARGOT ROBBIE

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Editor's LETTER



MARGOT ROBBIE - PAGE 22

Welcome to the latest issue of First Avenue magazine. Our cover girl this month is the stunning Margot Robbie, who graces our cover with her effortless charm and beauty. This issue is all about celebrating the glamour and beauty of the Oscars 2023, and we are thrilled to share with you some of the best red carpet looks from the star-studded event.

But that's not all - this issue is packed with exciting features that you won't want to miss. In this issue, we also explore one of the biggest trends of the season - purple. From fashion to beauty, we show you how to incorporate this beautiful hue into your everyday wardrobe and makeup routine. We also share some outdoor exercise tips to help you stay fit and healthy all year round. As always, we are committed to bringing you the very best in fashion, beauty, and lifestyle content, and we hope that this issue will inspire and delight you. So sit back, relax, and enjoy the latest edition of First Avenue magazine!!

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Full of surprises.

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mavi



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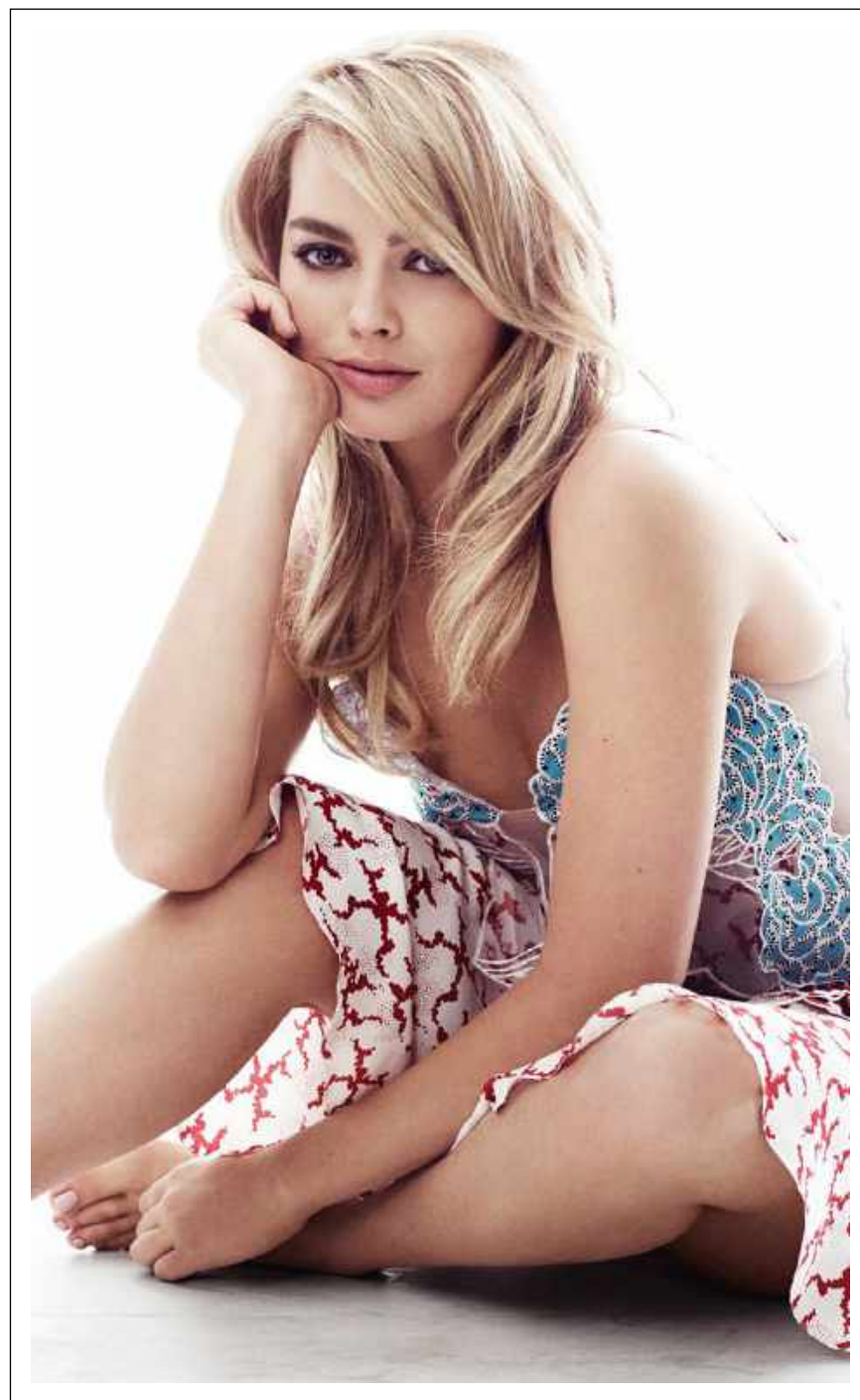
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menchie's
frozen yogurt

Mix & Chill



GET ANNE HATHAWAY'S LOS ANGELES RED CARPET LOOK WITH VERSACE!



Anne Hathaway has always been a fashion icon, and her recent red carpet look in Los Angeles was no exception. The Hollywood actress donned a stunning black Versace dress that perfectly complemented her sleek and chic style.

The dress featured a daring slit, revealing just the right amount of skin, and was adorned with intricate silver detailing that added a touch of glamour to the ensemble. Hathaway's hair and makeup were also on point, with a simple yet elegant updo and subtle, smoky eye makeup that completed the look.

Versace has always been a go-to brand for red carpet events, and Hathaway's choice of dress was no surprise. The Italian fashion house has a reputation



for creating show-stopping designs that are both elegant and daring, and Hathaway's dress was no exception. What made Hathaway's look even more impressive was the confidence with which she carried it. Her poise and grace on the red carpet were a true testament to her fashion sense and her ability to make any outfit look effortlessly chic.

Overall, Anne Hathaway's Los Angeles red carpet look with Versace was a true fashion moment, and one that will go down in history as one of the most memorable red carpet looks of all time. Her style and grace have inspired many, and her choice of Versace has cemented the brand's status as a leader in luxury fashion.

TREND TO TRY

PURPLE *The Color of Magic*

As the holy month of Ramadan comes to a close, Muslims around the world gear up to celebrate Eid al-Fitr, one of the most significant religious festivals in Islam. After a month of fasting and introspection, it's time to come together with family and friends to celebrate the joyous occasion.

Purple is a standout color in fashion, and there are endless ways to incorporate it into your wardrobe. One trend to try is monochromatic dressing in shades of purple. Pair a lavender blouse with lilac trousers or go bold with a deep purple jumpsuit. Another way to

incorporate purple into your wardrobe is with statement accessories like a purple handbag or pair of shoes.

Purple has long been a color associated with royalty, luxury, and creativity. It's a bold and versatile color that can add a pop of interest to any outfit or interior design scheme. And with the recent surge in popularity of all things purple, there's never been a better time to experiment with this dynamic hue.

Here are some trends to try incorporating purple into your wardrobe.

VERSACE

LA MEDUSA MINI EMBELLISHED
SATIN TOTE BAG

The La Medusa Mini bag from Versace, in this iteration, is crafted from satin that has been embellished. The compact style features Medusa hardware and is accentuated with a tonal acetate chain handle, as well as a detachable shoulder strap, providing versatile styling options.



VALENTINO

PLEATED SILK GOWN

This cascading gown showcases Valentino's fondness for architecturally-inspired silhouettes. The dress is constructed from pleated silk and is fully lined, featuring a wrap bodice with a V-neckline, draped cape sleeves, and a flowing skirt.



VERSACE

MEDUSA AEVITAS

LEATHER PLATFORM SANDALS

Versace's Medusa Aevitas square-toe sandals are the epitome of statement glamour. Crafted from grained nappa leather, these sandals boast towering double platform soles and slender ankle straps adorned with crystals and Medusa charms.



DOLCE & GABBANA

Dolce & Gabbana's crystal-embellished gown boasts a floral print in a range of colors including lavender purple. Made of silk, this dress features crystal and bead embellishments, a high neck with a pussy-bow fastening, long sleeves, a belted waist, a pleated skirt, and a floor-length design. The dress is fastened with a concealed rear zip.



BOGHOSSIAN

18kt white gold Reveal amethyst and charoite ring from Boghossian featuring 18kt white gold, oval cut, pear cut, round cut, amethyst stone, engraved logo and charoite.



VALENTINO GARAVANI

ONE STUD SATIN PUMPS

Valentino Garavani looked to ancient architecture to create the now-iconic Rockstud embellishments. The motif is amplified for the One Stud pumps, a satin style with pointed toes, slim stilettos, and crystal embellishments.



OSCAR DE LA RENTA

This pair of drop earrings from Oscar de la Renta features petal appliques in an amethyst purple hue, with floral detailing, a gradient effect, and a drop design.



ATU BODY COUTURE

ATU Body Couture presents a purple cropped halter-neck top featuring a halterneck, rear tie fastening, and a cropped design. The brand also offers a purple maxi skirt with a high waist and a rear slit, complete with slit-detailing.



VERSACE

WIDE-LEG CARGO TROUSERS

wide-leg cargo trousers from Versace featuring orchid purple, high waist, concealed front fastening, belt loops, two side cargo pockets, rear zip-fastening pocket and wide leg.



JENNIFER LOPEZ AND REVOLVE RED CARPET READY SHOE COLLECTION



Jennifer Lopez is a woman who is no stranger to the limelight, having made a name for herself as an actress, singer, and fashion icon. She is known for her impeccable style, both on and off the red carpet, and now, she has teamed up with fashion brand Revolve to create a shoe collection that is sure to turn heads.

The collection, features a range of heels, sandals, and boots that are perfect for any occasion, from a night out on the town to a formal event. The shoes are designed to be both stylish and comfortable, with a focus on quality materials and attention to detail.

Speaking about the collaboration, Jennifer Lopez said, "I have always been a fan of Revolve's fashion-forward approach to clothing and accessories, and I am so excited to be working with them on this shoe collection. We have created a range of shoes that are both glamorous and practical, perfect for women who want to look their best without sacrificing comfort."

The collection features a range of styles, from classic stiletto heels to strappy sandals and knee-high boots. The colors range from neutral shades like black and nude to bold, statement-making hues like red and metallic gold. There is truly something for everyone in this collection, whether you prefer a more understated look or like to make a statement with your footwear.

One standout piece from the collection is the "J.Lo Red Carpet" sandal, a strappy, metallic gold heel that is sure to make heads turn. The shoe features a sleek, minimalist design, with a metallic finish that catches the light beautifully. It is the perfect choice for a formal event or a night out on the town, and it is sure to become a staple in many women's wardrobes.

Another standout piece from the collection is the "On the Block" boot, a knee-high boot with a chunky block heel. The boot features a sleek, suede design and is available in both black and tan. It is the perfect choice for a more casual look, and it is sure to keep your feet warm and comfortable on chilly days



CHOPARD

HAUTE JOAILLERIE EARRINGS

A BEATING SOURCE OF ETERNAL INSPIRATION



Julia Roberts, the renowned Hollywood actress, has once again joined hands with the luxury jewelry brand, Chopard, to support its “Feel Good” campaign. The campaign aims to promote responsible sourcing and sustainability in the luxury jewelry industry.

As a long-time ambassador for Chopard, Roberts has been a vocal advocate for sustainability and ethical sourcing. In the latest campaign, she will be seen wearing Chopard’s sustainable jewelry pieces while interacting with nature and the environment in a series of short films.

“I am thrilled to once again partner with Chopard on its ‘Feel Good’ campaign,” said Roberts. “Sustainability is a cause that is very close to my heart, and I am proud to support a brand that shares my values and commitment to responsible sourcing.”

Chopard has always been at the forefront of

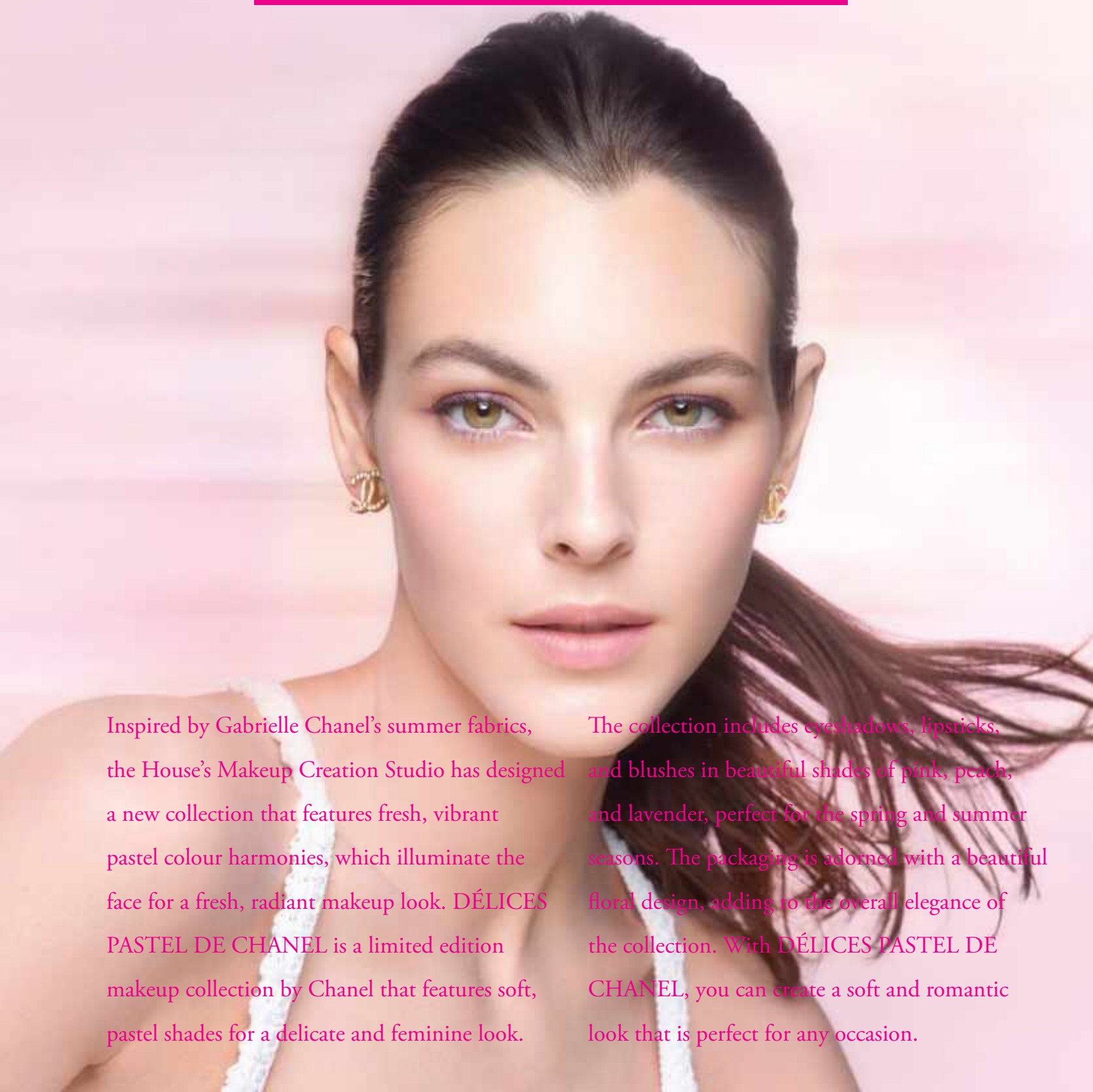


sustainability in the luxury industry. The brand has been a pioneer in ethical sourcing and has been using only ethically mined diamonds and fairmined gold in its jewelry pieces for over a decade.

“Julia Roberts has been a true inspiration to us and has helped us in our journey towards sustainable luxury,” said Caroline Scheufele, Co-President and Artistic Director of Chopard. “Her involvement in the ‘Feel Good’ campaign is a testament to her commitment to the environment and sustainability.”

The campaign, which is set to launch later this year, is expected to make a significant impact and inspire consumers to make more sustainable choices when it comes to luxury jewelry.

DÉLICES PASTEL DE CHANEL



Inspired by Gabrielle Chanel's summer fabrics, the House's Makeup Creation Studio has designed a new collection that features fresh, vibrant pastel colour harmonies, which illuminate the face for a fresh, radiant makeup look. DÉLICES PASTEL DE CHANEL is a limited edition makeup collection by Chanel that features soft, pastel shades for a delicate and feminine look.

The collection includes eyeshadows, lipsticks, and blushes in beautiful shades of pink, peach, and lavender, perfect for the spring and summer seasons. The packaging is adorned with a beautiful floral design, adding to the overall elegance of the collection. With DÉLICES PASTEL DE CHANEL, you can create a soft and romantic look that is perfect for any occasion.

FANTAISIE DE CHANEL



A limited-edition blush in subtle shades of pink. Embossed with a fabric-like design and the iconic double-C, it leaves behind a delicate veil of luminous colour, for an ethereal makeup look. Featuring an exclusive tie-dye effect, each creation is unique.

LES 4 OMBRES DÉLICES



A limited-edition palette featuring eyeshadows that are embossed with a fabric-like design and the emblematic double-C, for intensely luminous eyes.

oscars
2023



**THE
BEST LOOKS
FROM THE OSCARS
2023 RED CARPET**

The red carpet at the 2023 Oscars was filled with stunning fashion moments, but three of the most notable looks were worn by Emily Blunt, Eva Longoria, and Nicole Kidman. The red carpet was a dazzling display of fashion and glamour, with celebrities from around the world showcasing their finest ensembles. One standout was Michelle Yeoh, who not only won the Best Actress award but also turned heads with her stunning Dior gown. Blunt dazzled in a shimmering silver gown that perfectly showcased her figure, while Longoria looked effortlessly chic in a sleek black number with a dramatic train. Kidman stole the show in her custom Armani Privé gown,

featuring intricate detailing and a timeless silhouette. All three actresses looked absolutely radiant and proved why they are some of the most stylish women in Hollywood. Other notable looks of the night included bold prints, statement sleeves, and daring cutouts, showcasing the diversity of styles and tastes on the red carpet. Overall, the 2023 Oscars red carpet was a testament to the talent and creativity of some of the most stylish actors and actresses in the business. From timeless elegance to modern glamour, each look showcased the beauty and artistry of fashion.

MICHELLE YEOH IN DIOR



Michelle Yeoh, the acclaimed Malaysian actress and producer, not only stunned on the red carpet at the 2023 Oscars in her Dior gown but also took home the coveted Best Actress award for her powerful performance in a critically acclaimed film. Yeoh's Dior dress was a true showstopper, featuring intricate beading and embroidery that perfectly complemented her regal presence.





*Emily Blunt
in Valentino and Chopard*

Emily Blunt was a vision of elegance at the 2023 Oscars, wearing a stunning Valentino gown. The dress featured a simple yet sophisticated design, with a fitted bodice and a flowing skirt adorned with delicate floral detailing. Blunt accessorized the dress with a stunning Chopard necklace, adding a touch of glamour to her look. Her hair was styled in loose waves, and her makeup was kept natural and radiant, highlighting her flawless complexion.



*Eva Longoria
in Zuhair Murad*

Eva Longoria looked absolutely stunning at the 2023 Oscars, wearing a breathtaking Zuhair Murad gown. The dress featured a shimmering, silver and black sequin design with a plunging neckline and a thigh-high slit. Longoria accessorized the dress with simple yet elegant diamond jewelry, and her hair was styled in a sleek, modern updo. Her makeup was kept natural and radiant, highlighting her flawless complexion.



*Nicole Kidman
in Armani Privé*

Nicole Kidman turned heads at the 2023 Oscars, wearing a stunning custom Armani Privé gown. The dress featured a dramatic, high-necked design with intricate beadwork and embroidery. The dress hugged her curves in all the right places and flowed out into a sweeping train. Kidman accessorized the dress with simple yet elegant diamond jewelry and wore her hair in a sleek, modern updo. Her makeup was kept natural and radiant, highlighting her flawless complexion.



*Jessica Chastain
in Gucci*

Jessica Chastain looked stunning at the 2023 Oscars, wearing a beautiful Gucci gown. The dress featured a fitted bodice with a plunging neckline and a voluminous skirt with floral appliques. The color of the gown perfectly complemented Chastain's red hair and fair skin. She accessorized the dress with simple yet elegant diamond jewelry and wore her hair in loose waves. Her makeup was kept natural and radiant, highlighting her flawless complexion.

STYLE CRUSHING ON...

MARGOT

ROBBIE

As one of the most talented and in-demand actresses of her generation, Margot Robbie has been making waves in Hollywood for years with her critically acclaimed performances and impressive range of roles. And now, as the film industry looks to the future, many are eagerly anticipating what's next for this rising star. With rumors swirling about potential projects on the horizon, fans are eagerly awaiting news of what Margot Robbie has in store for the upcoming year. One of the most highly anticipated projects for Robbie is the upcoming film "The Legitimate Wiseguy," a crime drama based on the life of notorious mobster Tony Spilotro. Robbie is set to play Spilotro's wife, Nancy, in a role that promises to showcase her dramatic chops and bring a new depth to her already impressive resume. The film is being directed by David Ayer, who previously worked with Robbie on "Suicide Squad," and is expected to be a major release for the 2023 film season.

In addition to "The Legitimate Wiseguy," Robbie is also rumored to be involved in several other exciting projects. There are whispers of a possible sequel to the 2020 hit "Birds of Prey," in which Robbie starred as the beloved antihero Harley Quinn. Fans are hoping to see more of Robbie's take on the character, which has been praised for

its wit, humor, and charm. There are also rumors of a possible collaboration with director Quentin Tarantino, who has reportedly expressed interest in working with Robbie in the past.

Of course, as with any rumors in Hollywood, it's important to take these reports with a grain of salt. However, there's no denying that Margot Robbie is a rising star who has captured the attention of audiences and critics alike. Whether she's taking on dramatic roles or lending her talents to action-packed blockbusters, Robbie has proven time and time again that she's a force to be reckoned with in the film industry.

Robbie's upcoming films include "The Suicide Squad," a sequel to the 2016 film, in which she once again plays Harley Quinn. She is also set to star in "Babylon," a period drama directed by Damien Chazelle, and "The Legitimate Wiseguy," a crime drama based on the life of infamous mobster Tony Spilotro.

As the world eagerly awaits news of what's next for this talented actress, one thing is certain: Margot Robbie is destined for greatness in the years to come. And with the film industry poised to make a major comeback in the wake of the pandemic, there's no telling what exciting new projects and opportunities lie in store for this rising star.





At the 2023 Oscars in Armani Privé

Margot Robbie made a stunning appearance at the 2023 Oscars, wearing a breathtaking Armani Privé gown. The dress featured a strapless neckline and a flowing skirt adorned with intricate beading and embroidery. Robbie accessorized the dress with simple yet elegant diamond jewelry and a sleek, modern hairstyle. Her makeup was kept natural and radiant, highlighting her flawless complexion. Robbie's fashion choices have consistently impressed on the red carpet, and this appearance was no exception. Her Armani Privé gown was a perfect match for her effortless beauty and style, cementing her status as one of Hollywood's most stylish actresses.



At the 'Babylon' London Premiere in Valentino

The Australian actress, wore a stunning Valentino dress to the London premiere of her upcoming movie, 'Babylon.' The dress featured a plunging neckline, billowing sleeves, and a flowing skirt with a high slit, which showcased her toned legs. Robbie completed her look with simple makeup, sleek hair, and minimal jewelry, letting the dress speak for itself. Her fashion choices have always been admired by her fans and this time too, she did not disappoint.





*At the 2023 Golden Globe Awards
in Chanel Haute Couture*

Margot dazzled on the red carpet at the 2023 Golden Globe Awards, wearing a stunning Chanel Haute Couture gown. The dress featured intricate beadwork and embroidery, with a sheer neckline and flowing skirt. Robbie paired the dress with simple yet elegant jewelry, a sleek hairstyle, and natural makeup. Her overall look was both glamorous and understated, a testament to her impeccable sense of style. Robbie has become known for her red carpet fashion choices, and her appearance at the Golden Globes once again solidified her status as a fashion icon.



*At the 2022 Governors Awards in
Bottega Veneta*

Margot made a statement at the 2022 Governors Awards, donning a striking Bottega Veneta gown. The dress featured a unique cutout design, with a halter neckline and a high slit, showcasing her toned legs. Robbie accessorized the dress with simple yet elegant jewelry, and her hair was styled in loose waves. Her makeup was kept natural and understated, letting the dress speak for itself. Robbie's fashion choices have consistently impressed on the red carpet, and this appearance was no exception. Her Bottega Veneta gown was a bold and edgy choice that cemented her status as a fashion icon...



*At the 2021 Oscars in Chanel Haute
Couture*

Margot wowed onlookers at the 2021 Oscars in a stunning Chanel Haute Couture gown. The dress featured a plunging neckline, intricate beadwork, and a flowing skirt that pooled elegantly on the red carpet. Robbie accessorized with simple yet elegant jewelry, and her hair was styled in a sleek and modern updo. Her makeup was kept natural and radiant, highlighting her flawless complexion. Robbie's fashion choices have consistently been on point, and this appearance was no exception. Her Chanel Haute Couture gown was both timeless and modern, a perfect match for her effortless beauty and style.



*At the 2021 Golden Globe Awards
in Chanel*

She looked stunning at the 2021 Golden Globe Awards in a beautiful Chanel gown. The dress featured a fitted bodice with delicate lace detailing, a flowing skirt, and a subtle train. Robbie accessorized the dress with a simple yet elegant diamond necklace, and her hair was styled in loose waves. Her makeup was kept natural and understated, letting her natural beauty shine through. Robbie's fashion choices have always been admired, and this appearance was no exception. Her Chanel gown was a perfect match for her effortless beauty and style, making her one of the best-dressed celebrities on the red carpet that night.



At the 2020 Oscars in Vintage Chanel Haute Couture

Robbie looked absolutely stunning at the 2020 Oscars, wearing a beautiful vintage Chanel Haute Couture gown. The dress featured a timeless silhouette, with a fitted bodice and a flowing skirt adorned with delicate beading and embroidery. Robbie accessorized the dress with elegant diamond earrings and a simple black clutch, and her hair was styled in loose waves. Her makeup was kept natural and glowing, showcasing her flawless complexion. Robbie's fashion choices have always been impeccable, and this appearance was no exception.



At the 'Birds of Prey' London Premiere in Dries van Noten

Margot Robbie made a statement at the 'Birds of Prey' London Premiere in a stunning Dries van Noten dress. The dress featured a bold and colorful print, with a high collar and long sleeves. Robbie accessorized the dress with simple yet elegant jewelry and styled her hair in a sleek and modern updo. Her makeup was kept natural and understated, letting the dress speak for itself. Robbie's fashion choices have always been admired, and this appearance was no exception. Her Dries van Noten dress was a bold and edgy choice that cemented her status as a fashion icon.



At the 2020 SAG Awards in Chanel

Robbie looked breathtaking at the 2020 SAG Awards, wearing a stunning Chanel gown. The dress featured a simple yet elegant black and white color scheme, with a fitted bodice and a flowing skirt. Robbie accessorized the dress with simple diamond jewelry, and her hair was styled in a sleek, modern updo. Her makeup was kept natural and radiant, highlighting her flawless complexion. Robbie's fashion choices have consistently impressed, and this appearance was no exception. Her Chanel gown was a perfect match for her effortless beauty and style, making her one of the best-dressed celebrities on the red carpet that night.



NATALIE PORTMAN THE QUEEN OF DIOR

NATALIE PORTMAN 'S RADIANT BEAUTY
is a Perfect Fit for Dior's Miss Dior Blooming



Let tenderness blossom.
MissDior Blooming Bouquet is a floral composition
delicately wrapped in a veil of shimmering white musks like
a soft and tender bouquet of newly bloomed flowers.

Rediscover the scent of Miss Dior Blooming Bouquet
through a fragrant declaration made by Natalie Portman.

Natalie Portman has long been associated with the Miss Dior brand, having been the face of the fragrance since 2010. Now, the actress is once again fronting the brand's latest campaign, this time for the Miss Dior Blooming Bouquet fragrance.



The campaign features Portman in a stunning floral setting, surrounded by a field of blooming flowers. She is dressed in a simple white gown, with her hair styled in loose waves and minimal makeup. The focus is on the fragrance, which is showcased in a delicate, pink bottle with a silver bow.



Speaking about the campaign, Portman said, "I have always loved the Miss Dior fragrance, and I am so excited to be a part of this new campaign for the Blooming Bouquet scent. The fragrance is feminine and romantic, and I think the campaign captures that perfectly." The Miss Dior Blooming Bouquet fragrance is a light and airy scent that is perfect for spring and summer. It features top notes of Sicilian mandarin, pink peony, and white musk, giving it a fresh and floral aroma. The fragrance is perfect for those who prefer a more subtle scent, and it is perfect for wearing every day. The campaign was shot by renowned fashion



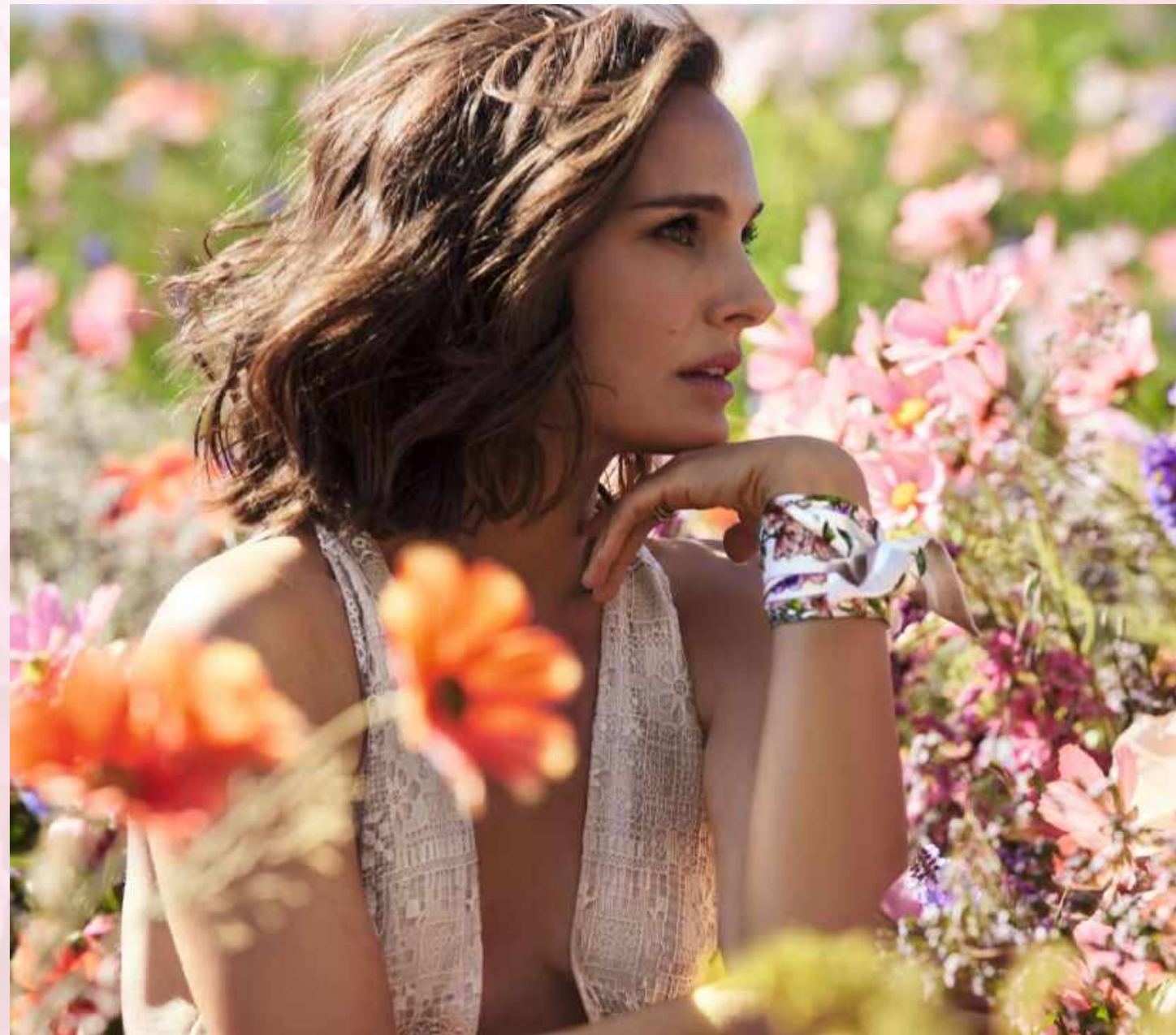
photographer Tim Walker, who is known for his whimsical and romantic style. The images are soft and dreamy, with a focus on the natural beauty of the flowers and the fragrance.

The Miss Dior brand has a long history of working with some of the world's most iconic actresses, including Grace Kelly, Marion Cotillard, and Charlize Theron. Natalie Portman has been a perfect fit for the brand since she first became the face of the fragrance in 2010, and her latest campaign for the Blooming Bouquet scent is no exception.

The campaign has already garnered a lot of attention from fashion and beauty lovers, with many praising the

romantic and feminine imagery. The fragrance is already proving to be a hit as well, with many customers praising its light and fresh scent.

Overall, the new Miss Dior Blooming Bouquet campaign featuring Natalie Portman is a stunning tribute to the brand's timeless elegance and feminine spirit. The fragrance and campaign capture the essence of spring and summer perfectly, making it the perfect choice for those who want to add a touch of romance and whimsy to their daily routine. So why not channel your inner Natalie Portman and try the new Miss Dior Blooming Bouquet fragrance today?



ELIE SAAB BRIDAL FALL 2023 COLLECTION

Elie Saab, the renowned Lebanese fashion designer, recently unveiled his Bridal Fall 2023 collection. The collection features stunning and ethereal gowns that exude elegance and sophistication. The gowns are embellished with delicate lace, intricate embroidery, and shimmering crystals, making each piece a true work of art. The collection showcases Saab's signature style, which is known for its intricate detailing and use of luxurious fabrics. Brides-to-be who are looking for a breathtaking and unforgettable wedding dress will surely find something to love in Elie Saab's Bridal Fall 2023 collection.



ZUHAIR MURAD BRIDAL FALL 2023 COLLECTION

For Fall 2023, the Zuhair Murad bride surrenders to the magic of myth, where fairies permeate a fantastical world. Their ethereal wings a frenzy of movement in princely silhouettes, their dust strewn to enchant a collection where the lines between imagination and reality fade.

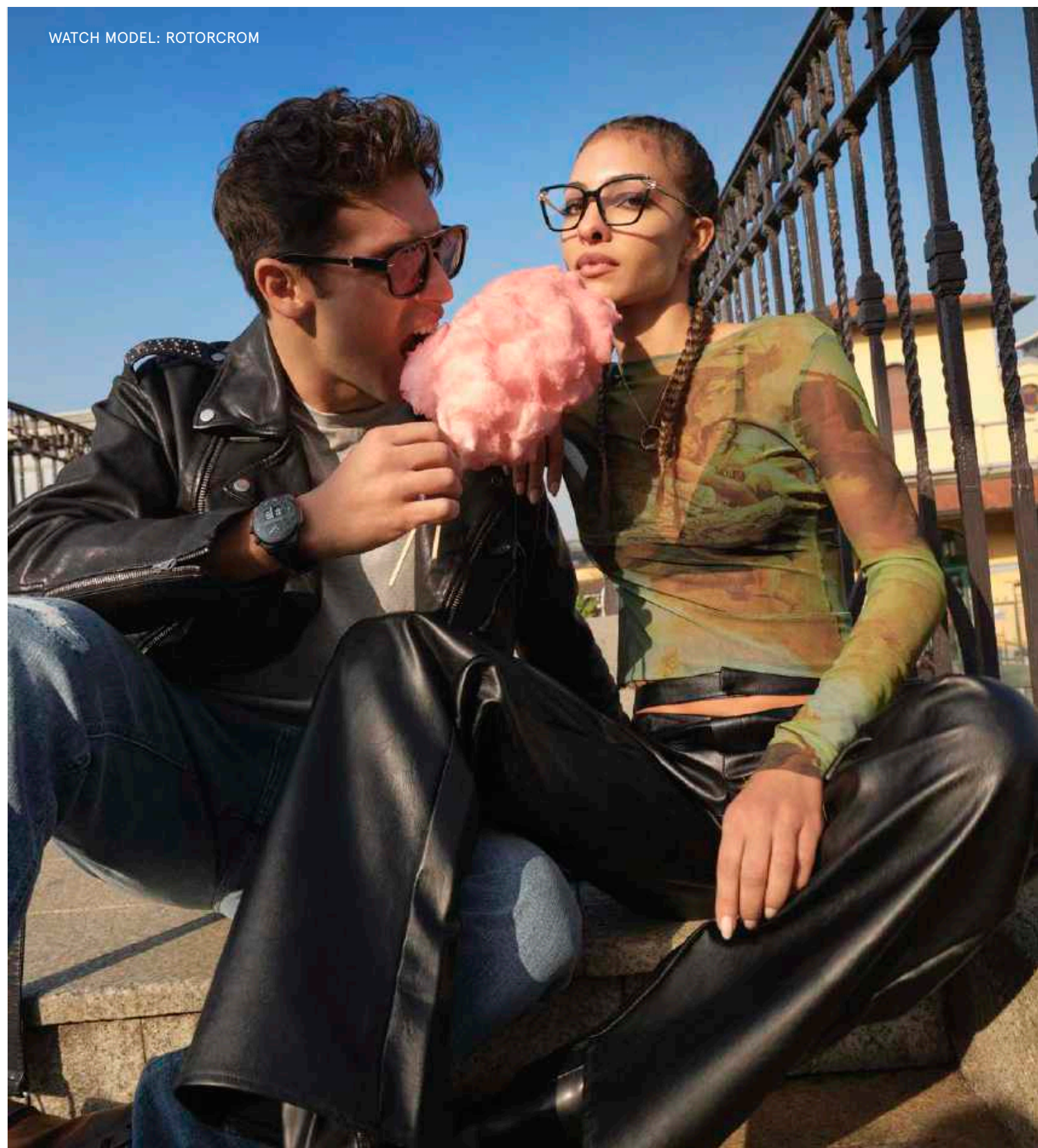
Grace and delicacy prevail as the blend of materials and exquisite embellishments combine for a charming finish. Finesse is imbued into a draped mikado enfolding the body in a sensual embrace, with meadows of finely hewn dandelions, veiled in beaded

lace silhouettes comprising elegant curvatures. In a single breath, the petals disconnect and float away only to settle on embroidered silk tulle. Diaphanous organza reveals the shoulders for the slightest of enticements. Exalted sensual corsets emerge in exquisite necklines, and waists grow more slender as they are liberated from skirts that inflect between vaporous and voluminous.

The translucent palette combines purity and subtlety in mild shades of ecru and white.



AUDACITY WANTED.



WATCH MODEL: ROTORCROM

POLICE 40^{YEARS}

Available across all Police islands and leading retailers in UAE

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

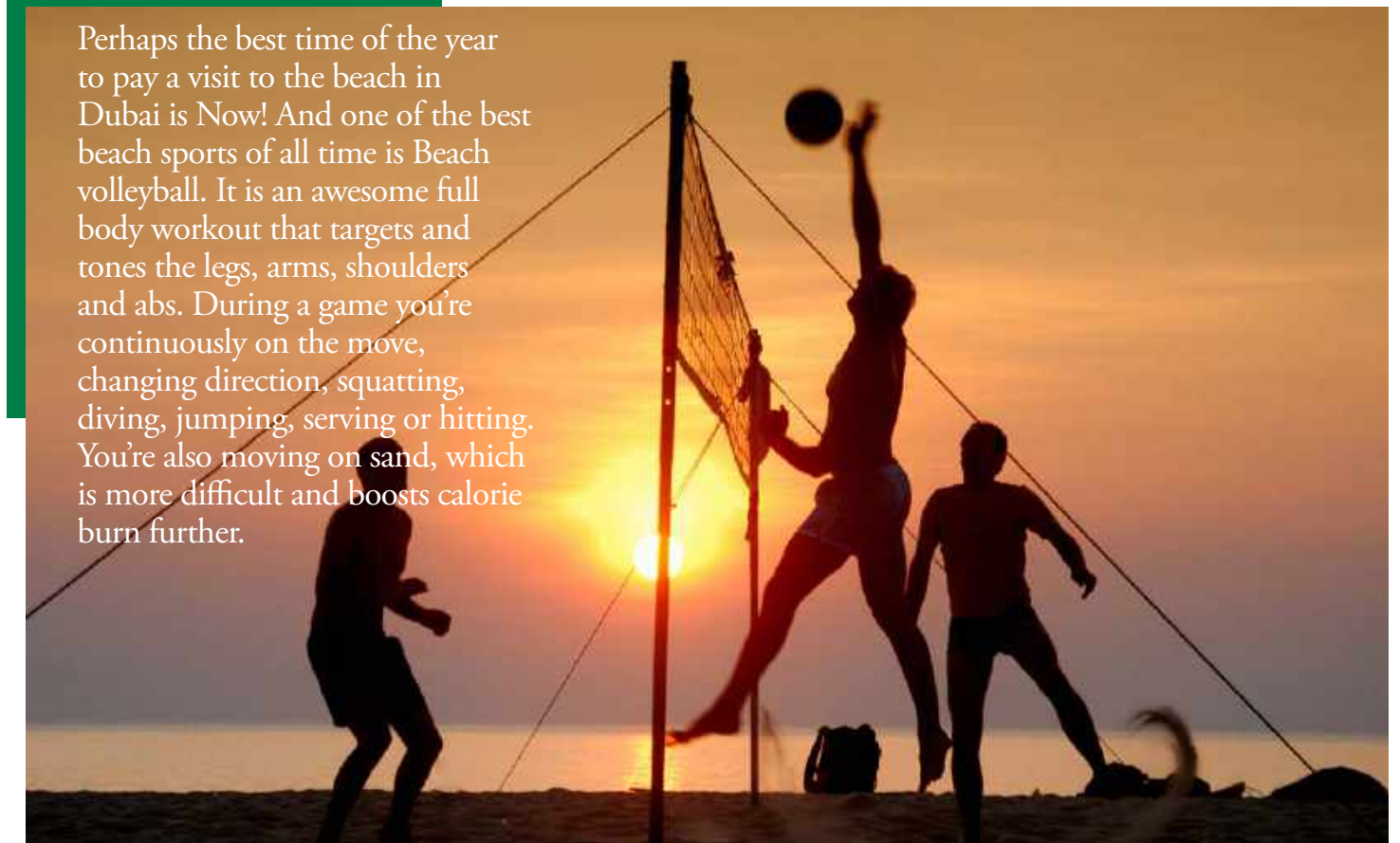
Jogging is a terrific sport for your heart and lungs, and it also works wonders in building stamina. If you're trying to lose weight, jogging or running burns calories faster than walking & it also challenges your muscles. A study published in the Archives of Internal Medicine in 1999 found that exercise 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...



Elegance is an attitude

Regé-Jean Page
Regé-Jean Page

LONGINES



LONGINES SPIRIT
ZULU TIME



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.

Discover the Hottest Sunglasses Styles

for Summer 2023



Summer eyewear is all about making a statement while keeping your eyes protected from the sun's harmful rays. From classic aviators to bold oversized frames, there are endless options to choose from. Vibrant colors, playful patterns, and unique shapes are popular choices for adding a touch of fun and personality to your summer look. Lightweight materials such as acetate and metal are also popular, ensuring that your eyewear feels comfortable and breathable during those hot summer days. So, whether you're hitting the beach, lounging poolside, or enjoying a picnic in the park, summer eyewear is a must-have accessory to elevate your style and keep your eyes healthy.

Gucci

A whimsical evolution of the classic oversized rectangular silhouette. Presented in a dreamy range of vibrant hues, these geometric shaped sunglasses are completed with a soft grey lens. Whether you're lounging poolside or hitting the streets, these sunglasses are sure to

add a touch of glamour and excitement to any outfit. So why not make a statement and elevate your style with Gucci's latest collection?



Cartier

Cartier celebrates the holy month of Ramadan and the Eid al-Fitr holiday with an exclusive colourway from the Premiere de Cartier SS23 collection, first introduced in the 1980s, as an expression of the Maison's pioneering spirit and unparalleled craftsmanship. Echoing the original Premiere de Cartier eyewear models in acetate,

this new sunglass style has an elegant masculine shape with bold contours embellished with the signature Godron motif on the metal endpieces and with the C de Cartier emblem as an ornamental and functional element on the hinges.



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Chanel

Chanel's latest collection of sunglasses combines classic design with modern elements, resulting in a truly unique and striking accessory. Graphic lines by the water – A golden metal ribbon engraved with

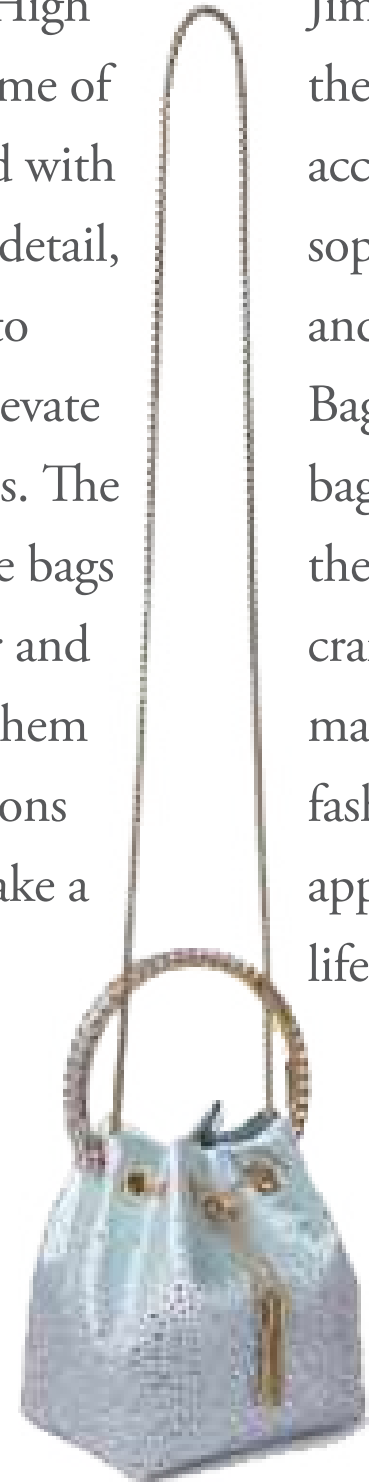
the letters of CHANEL contrasts with the acetate and underlines the look.



JIMMY CHOO

HIGH-SHINE BAGS

Jimmy Choo Bon Bon High Shine Bags are the epitome of luxury and style. Crafted with meticulous attention to detail, these bags are designed to make a statement and elevate any outfit to new heights. The high shine finish of these bags adds a touch of glamour and sophistication, making them perfect for special occasions or when you want to make a bold fashion statement.



Jimmy Choo is renowned for their commitment to creating accessories that exude elegance, sophistication, and confidence, and the Bon Bon High Shine Bags are no exception. These bags are a true reflection of the brand's dedication to craftsmanship, style, and luxury, making them a must-have for fashion-savvy individuals who appreciate the finer things in life.



DOLCE & GABBANA

UNLEASHING FEMININITY AND PASSION: THE DG LOGO BAG CAMPAIGN WITH KYLIE JENNER



New level of femininity and passion. The new DG Logo Bag campaign, shot by celebrated duo Mert&Marcus starring Kylie Jenner, recounts the iconic spirit of a bag that fuses craftsmanship and design.

In the campaign, Kylie Jenner exudes confidence and sophistication as she effortlessly carries the DG Logo Bag, showcasing its elegance and versatility. The bag becomes a symbol of empowerment, representing a modern woman who embraces her individuality and style with confidence.



CALFSKIN DG LOGO BAG CROSSBODY BAG

The campaign not only celebrates the beauty and allure of the DG Logo Bag, but also captures the essence of Dolce & Gabbana's craftsmanship and design expertise. The bag is a testament to the brand's commitment to creating luxurious and refined accessories that stand the test of time. With Kylie Jenner as the face of the campaign, the DG Logo Bag is elevated to new heights, appealing to fashion-forward women who appreciate exquisite design and unparalleled quality. The campaign encapsulates the essence of Dolce & Gabbana's vision for the modern woman – confident, elegant, and fiercely stylish.

DIOR

NEW LADY 95.22 BAG

Dior, the renowned luxury fashion house, has unveiled its latest masterpiece in the world of handbags - the Lady 95.22 Bag. This new addition to Dior's iconic Lady Dior collection exudes elegance, sophistication, and timeless style. Anya Taylor-Joy's natural beauty and innate sense of style perfectly complement the elegance and craftsmanship of the Lady 95.22 Bag.

One of the standout features of the Lady 95.22 Bag is its distinctive metallic chain strap, adorned with a decorative buckle embellished with the iconic 'CD' logo. The chain strap can be worn as a short shoulder strap or a longer crossbody strap, providing versatility and functionality for the modern woman on the go.

The Lady 95.22 Bag also offers ample storage space with its interior compartments and pockets, making it practical for everyday use. The bag is available in a range of rich and luxurious colors, including classic black, elegant white, and stunning metallics, allowing fashion enthusiasts to express their personal style.

As with all Dior creations, the Lady 95.22 Bag embodies the brand's commitment to quality, craftsmanship, and innovation. It represents the perfect blend of classic and contemporary design, making it a must-have accessory for those who appreciate exquisite fashion and timeless elegance. Dior has once again set the bar high with the Lady 95.22 Bag, a true statement piece that captures the essence of Dior's iconic style.



The Lady 95.22 Bag is a true epitome of Dior's craftsmanship and attention to detail. It features exquisite materials such as smooth calfskin or patent leather, meticulously crafted to perfection by Dior's skilled artisans. The bag boasts a compact and structured silhouette with rounded corners, giving it a modern and sleek look that complements any outfit.





With an increased focus on sustainability and wellness, biophilic design is gaining popularity in 2023. This trend brings nature indoors, using natural materials like wood, stone, and plants to create a soothing and calming environment. Green walls, indoor gardens, and large windows to let in natural light are some key elements of biophilic design, making your home feel like a serene oasis.

INTERIOR DESIGN TRENDS 2023: EMBRACE THESE MUST-HAVE LOOKS FOR A STYLISH HOME

As we step into 2023, the world of interior design is abuzz with anticipation for the latest trends that are set to define 2023. From sustainable materials to biophilic design, vintage revivals to statement ceilings, there are exciting looks that will elevate the style quotient of your home. Whether you're planning a complete

home makeover or just looking to refresh your space, these must-have looks will inspire you to create a stylish and inviting home that's ahead of the design curve. Let's dive into the future of interior design and explore the top trends to watch out for in 2023.



EARTHY TONES

Warm, earthy tones are set to dominate interior design in 2023. Colors like terracotta, rust, and caramel are making a comeback, adding a sense of warmth and coziness to any space. These tones can be incorporated through wall paint, furniture, or decor accessories, creating a harmonious and inviting atmosphere in your home.

MULTIFUNCTIONAL SPACES



As homes continue to adapt to changing lifestyles and work-from-home arrangements, multifunctional spaces are becoming essential. Interior design in 2023 will focus on creating flexible spaces that can serve multiple purposes,

such as a home office that can also be used as a guest room or a living room that can transform into a workout area. Furniture with built-in storage and convertible pieces will be popular choices to maximize space and functionality.



VINTAGE REVIVAL

Vintage-inspired elements are set to make a comeback in 2023, adding a touch of nostalgia and character to modern homes. From retro wallpapers to vintage furniture pieces, incorporating antiques or vintage-inspired decor can add a unique and timeless charm to your home. Mixing old and new elements will be a key trend in creating a stylish and eclectic look.

SUSTAINABLE MATERIALS



As sustainability continues to be a priority for many homeowners, interior design in 2023 will see an increased use of eco-friendly materials. From reclaimed wood to recycled metal, sustainable materials will be used in furniture, flooring, and

decor items, adding an eco-conscious touch to your home. This trend not only promotes sustainability but also brings a natural and organic aesthetic to your space

STATEMENT CEILINGS



Ceilings will no longer be overlooked in 2023, as they become a canvas for bold and creative design statements. From textured wallpapers to vibrant colors, statement ceilings can add drama and interest to any room. Unique lighting fixtures, decorative molding, or even hand-painted murals

on the ceiling will be used to create a visually stunning and unforgettable focal point.

2023 is set to bring exciting interior design trends that focus on sustainability, nature-inspired elements, and functional spaces.

By incorporating these must-have looks into your home, you can create a stylish and inviting space that reflects your personal style and stays ahead of the design curve. Happy decorating!



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