

YOUR LIFE • YOUR STYLE • YOUR HOME

# ABODE

QATAR

*New year's*  
Resolutions

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& **WARDROBE**

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ORGANIZE  
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**FRIENDLY**  
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*Happy 2014*  
**New Year,  
New You**

JAN 2014 QR 12



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*Glam Rock*

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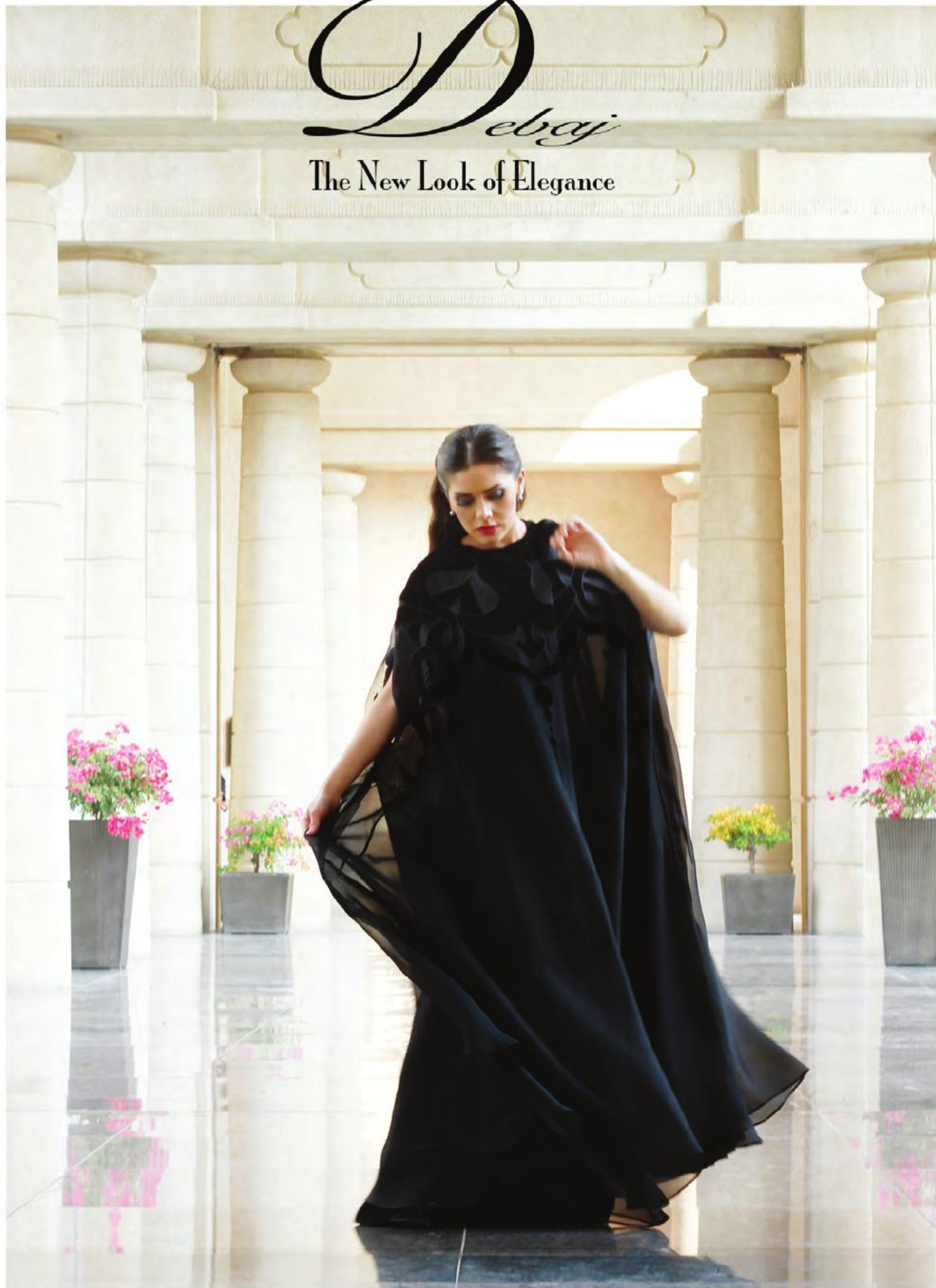
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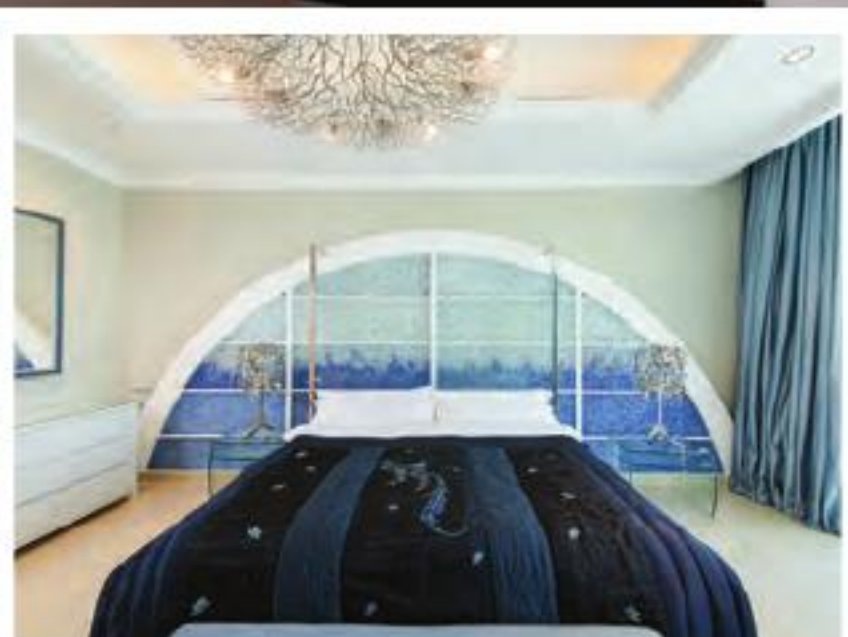
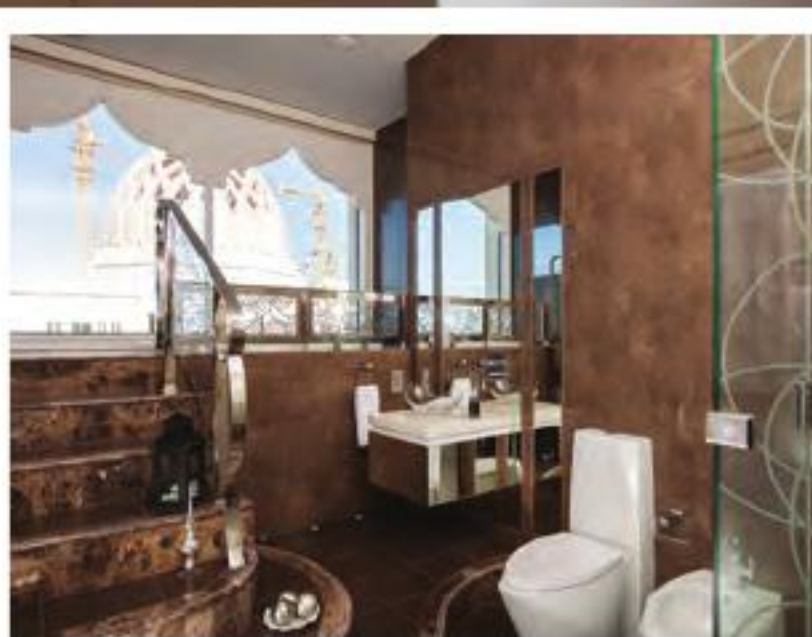


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# ABODE<sup>QATAR</sup> CONTENT

## Who We Are

**Chairman** Ahmed Hassan Bilal

**Editor-in-Chief** Nasser Ahmed Hassan Bilal

**Executive Director** Moona Masri-Whitice

**Editor** Francesca Moser

**Editorial Coordinator**

Marlynne Mallari - Dela Pena

**Senior Designer** Paola Santin

**Brand Manager** Zahi Srouf

**Finalizer/ Production Manager**

Srimani Welagedara

**Photographer** Jessie Palanca

**Sales & Marketing Manager** Deliah Furcoi

**Communications Manager** Jorge Granda

**Marketing Coordinator**

Princess "Chet" Norlie Joy Tibayan

**Web Coordinator** Imran Khan

**Distribution** Lanie Fillo-Pana

### ENQUIRIES:

+974 4443 2224

### ADVERTISING:

+974 4427 8416

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

### Contributors

Janine Bailey

Diet Delights

Weill Cornell

Jacqueline Bodnar

Mariella Lagos

Francesca Cruz

Timothy Corrigan

## Legal Notice

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22  
**MIROSLAVA DUMA: THE FACE OF OSCAR DE LA RENTA COLLECTION AT THEOUTNET.COM**



58 **2014 DESIGN TRENDS:**  
DISCOVER NEW DESIGN TRENDS THANKS TO TIMOTHY CORRIGAN



74 **CHOCOLATE DELIGHT:**  
LEARN HOW TO MAKE CHOCOLATE CARDAMOM TRUFFLES IN FEW EASY STEPS



82 **CAMBODIA SPECIAL:**  
FIND OUT WHERE TO GO AND STAY



## On the Cover:

PHOTOGRAPHY COURTESY OF THEOUTNET.COM  
MODEL MIROSLAVA DUMA  
MIROSLAVA WEARS OSCAR DE LA RENTA FOR THEOUTNET.COM EXCLUSIVE COLLECTION

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بي اثن اس لاندمارك دبنهامز سيتي سنتر المفتاح سنتر باري جاليري، لاجونا باري جاليري، رويال بلازا باري جاليري، حياة بلازا هايلاند سيتي سنتر هايلاند المول  
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# Dear Readers

**W**elcome to 2014!  
Let's start the new year  
with a breath of fresh air  
and a positive attitude.

A strong foundation is the perfect starting point and Qatar as a nation has so much to look forward to in the 12 months ahead. 2013 has been a very positive and productive year for our country and above all we welcomed our new Emir, His Highness Sheikh Tamim bin Hamad Al Thani, taking over from Sheikh Hamad bin Khalifa Al Thani, the Father Emir.

His Highness has already proven his capability and we are confident he will guide Qatar to further expansion and growth, locally and Internationally. We also would like to acknowledge the extensive commitment of HH Sheikha Moza bint Nasser, who is constantly travelling around the globe to promote education and health among the less fortunate. For all these reasons, we at AHB group and ABODE magazine would like to pay homage to our Royal family, which is marking milestones for our country and community day after day, year after year.

Moreover, December 2013 marked the end of Qatar UK2013 year of culture and this January we will see the latest initiative envisioned by Her Excellency Sheikha Al-Mayassa bint Hamad bin Khalifa Al Thani, the Qatar Brazil 2014 year of culture, taking off. Another great project which will develop cultural and diplomatic ties between the two countries.

This and much more is in store for all of us, Doha and Qatar. Another great year filled with opportunities awaits us and ABODE is here to keep you updated on all the latest news, openings and happenings in our glorious city. We hope you will enjoy our company for the year.

On behalf of the ABODE team and myself, I sincerely wish you all a happy and serene New Year!



**AHMED HASSAN BILAL**  
CHAIRMAN AHB GROUP



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### ANSWER THIS AND WIN A DINNER FOR TWO AT DOHA MARRIOTT!

What is the name of the South East Asian Specialty Restaurant at the Doha Marriott?

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for previous issues see  
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## Our Favourite Picks:



Cluth  
Pull&Bear



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Gilet, Promod



Nutriganics range at  
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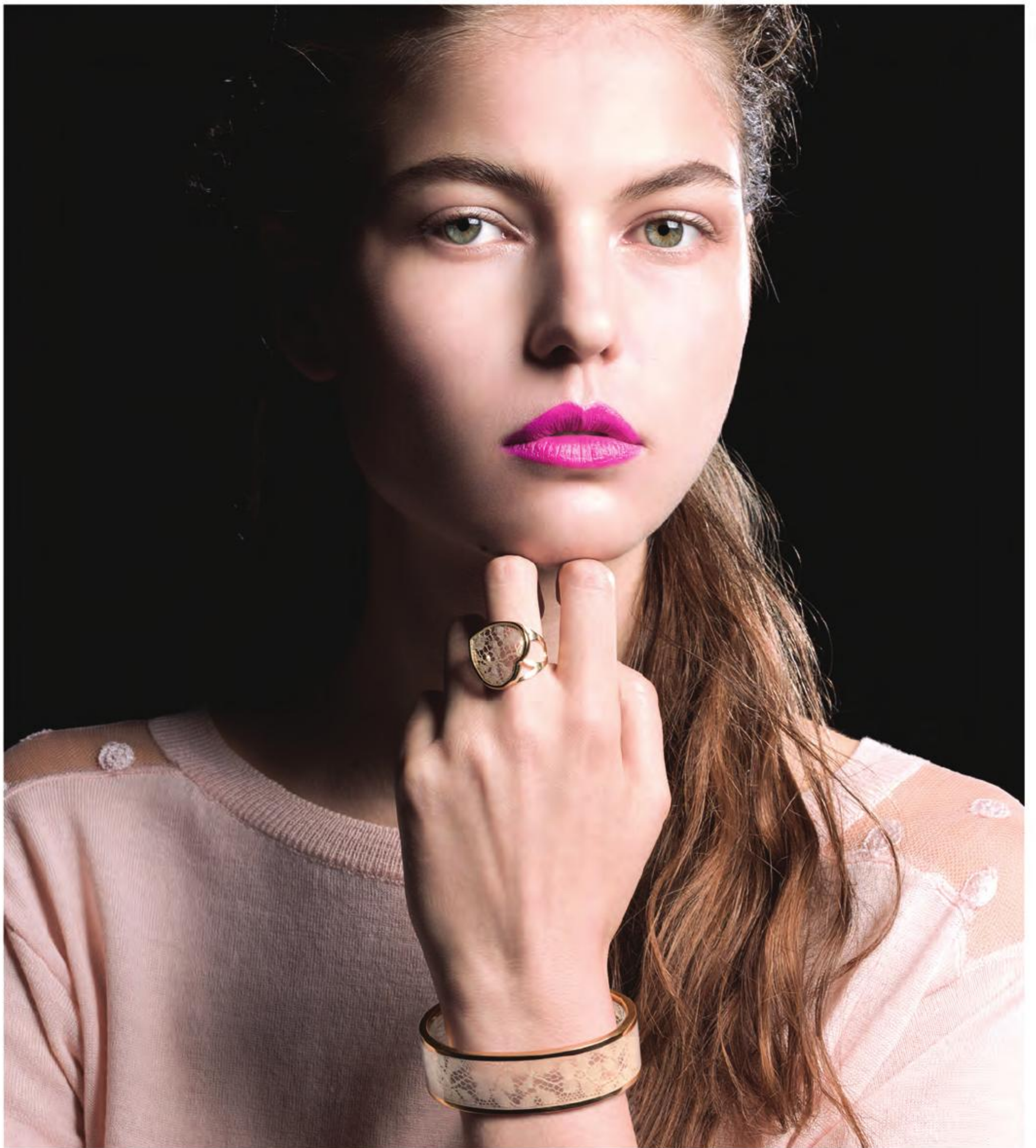
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# STYLE

Trends-shopping-style tips and news



## **ABODE loves Marrakech: the new Debaj collection.**

The stunning and super luxurious range was unveiled at The Luxury Network's New Year reception last December. The star studded event was held at Opal in St. Regis, where the models displayed the astonishing abayas and capes by Debaj. The artwork, detailing and craftsmanship in every single piece of this collection is to die for and more over each piece features an actual story on their gorgeous design...obviously all Moroccan inspired!

For more information [debaj.tumblr.com](http://debaj.tumblr.com)



# Style News

The latest dish from the fashion world



## NANAN: a world made for babies

Step into Nanan world at their newly opened boutique at The Mall. The Italian childhood fashion brand recently landed in Qatar to pamper your baby: from furniture to stylish clothes and accessories, Nanan-Amici d'infanzia got you covered. Even the yummy mummies can get spoiled in this stylish boutique, thanks to their extensive beauty and cosmetics line, characterized by dermatologically tested and preservatives-free products. Gift packages are available too!



## L'Wren Scott designs for Banana Republic

Banana Republic recently partnered with the acclaimed international designer L'Wren Scott for a limited edition collection of 49 pieces. The range includes apparel and accessories for women, ranging from sequin party dresses and bejewelled cardigans, to feminine, tailored jeans, lace dresses and pencil skirts. "L'Wren really understands what a woman loves and wants to wear. Her knack for bringing imaginative versatility and femininity to classic design is something that immediately brought us together as creatives," says Banana Republic Creative Director and Executive Vice President of Design, Simon Kneen. "We share an appreciation for genuine luxury, beautiful fabrics and unexpected details. The designs created for this collection bring a modern approach to pieces you will love forever."



## Splash celebrates 20 years in Love with Fashion

To celebrate its 20th birthday, Splash recently organized its AW'13 Splash catwalk at Madinat Arena in Dubai. Trends like sweet romance, folklore and winter sports for men and women

were the highlights of the show.

Speaking on the unique design and concept of the event, Raza

Beig, CEO, Splash & ICONIC, commented: "2013, was a very

special year for us and we wanted to celebrate turning 20 with every activity that we do. At Splash

we have always strived to work on unique

concepts and sets and this season we

typed-in the season's trends with the theme of love, love for fashion. The show was one big

display of affection as our commitment and vows to fashion were renewed with every

walk down the runway."

## Fashion meets Sports thanks to DIRK BIKKEMBERG

Fifty One East, the leading luxury retail chain in Qatar, proudly inaugurated last month the opening of Bikkembergs KIDS, the very first shop-in-shop concept in the world.

"The newest addition to the Fifty One East international portfolio epitomizes our aim and ambition of bringing the globally recognized brands close to the Qatari audience. It is also a statement that we continue in building a long-term trust to those who patronized our globally recognized brands."

The new Dirk Bikkembergs kids shop will feature FW 13/14 COLLECTION exclusively to Qatar, featuring four different capsule wardrobes categories to fit any occasion: sport, academy, week-end and out of school. Whatever the occasion, Bikkemberg Kids dress for comfort and refinement!







### **QATAR UK 2013 promotes emerging Qatari fashion entrepreneurs**

Qatar UK 2013, the year of culture has come to an end last month but its legacy will continue. Qatar's Roudha Centre for Entrepreneurship and Innovation announced in fact that emerging female fashion entrepreneurs in Qatar will work alongside some of the biggest names in the British fashion industry to learn how to grow a fashion business. Mentorships will enable women operating their businesses in Qatar to exchange ideas and tips with top brands in the UK.



### **Faces Opens In Villaggio**

Already a beauty leader in the Middle East with over 70 stores in 10 countries, Faces now brings its new concept and beauty journey to Villaggio Mall!

Faces invites you to explore and experience all your beauty fantasies in one of Doha's favourite malls. Faces staff will guide you through their extensive makeup range with wide colourful assortments helping you achieve the most beautiful version of you while addressing all skincare needs too! From Estee Lauder, Lancome, Chanel and Dior, Faces got you covered!



### **Splash Calendar 2014**

The Limited Edition Splash Calendar launches this month. Firstly launched in 2011, this unique project is in its fourth edition.

Last year 12 international photographers from across the globe worked on it. This year's Splash 2014 Calendar, is instead based on the concept of Love and celebrates the brand's 20 years of Love with Fashion. Shot by ace photographer Tejal Patni and styled by international designer Furne Amato, the calendar will bring together the virtues of seasonless fabrics, the glamour and beauty of textures and love for designs. Capturing and interpreting contemporary fashion culture, the calendar uses in-studio designed dramatic sets and lavish props to present 12 images that ooze creativity and style!



### **GF Ferré Exclusive At Al Jaber Watches**

Al Jaber Watches, one of the leading watch suppliers in Qatar, is the exclusive distributor of GF Ferré watches. The perfect gift for your loved ones or why not, yourself! Check their stores at City Centre and Royal Plaza.





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Dress, Stradivarius

**TIP:** MIX DIFFERENT  
TEXTURES AND  
SHADES OF WHITE TO  
MAKE THE LOOK MORE  
INTERESTING!



Bag, M&amp;S

Jacket, BCBG Max  
Azria at Villaggio

Sandals, M&amp;S



BCBG Max Azria

# HOT WHITE

Classic, clinical white never goes out of fashion. To refresh your new year's wardrobe, look no further than this timeless hue.



Hat, Pepe Jeans



Jacket, Salsa

Jumper, BCBG Max Azria  
at Villaggio

Skirt, Salsa



# FASHION

Doha witnessed the very first **Fashion Madness** event last month thanks to the collaboration of the coolest people and brands in town.

The well-known Parisian chic hair salon Blue Brush joined forces with the fashion forward boutique The Vanity Room and ABODE magazine to bring a touch of fashionable glamour to Qatar.

Doha's fashionistas gathered at The Vanity Room boutique in the Pearl for a fun-filled afternoon event, featuring free hair and make up sessions courtesy of David's team, while the Vanity Room organized a fashion outlet for their customers with special bargains. ABODE's photographer snatched



Two stylish readers enjoying the event



Federica (left) from Blue Brush Team with a friend



The Blue Brush Team with some of their stylish customers



Many Mini-Fashionistas attended "I LOVE MADNESS" too

Follow us on INSTAGRAM to be updated on the next events  
 BLUE BRUSH STUDIO bluebrushdoha  
 THE VANITY ROOM thevanityroom\_  
 ABODE abodeqtr



# CRAZE



away some great behind the scenes shots of the whole event and the IDAM restaurant team offered top notch catering for the fashionable crowd.

The eclectic mix of fashion, beauty, gastronomy and explosive creativity crowned Fashion madness a great success. Aimed to offer a direct insight into the fashion world, Fashion Madness is planning many more events for 2014, so stay tuned to take part in the next exciting projects.

**Fashion Madness will be back soon!**



Style ruled at "FASHION MADNESS"



A happy ABODE reader



Kelly (on the right) from "Fashion Rocks Qatar" with a few friends



Mysterious fashionable ladies striking poses in The Vanity Room's window





# Top 5

Recreate this relaxed but striking look for the new year ahead.

## 2 JEANS

A pair of skinnies are every women's best friend. Comfy but dressy at the same time if combined with stilettos.

Jeans, Karen Millen

## 3 HEELS

Neon shades are still in, so invest in this pair for a get-me-noticed effect.

Heels, Jimmy Choo at net-a-porter.com



## 1 NECKLACE

We love this colourful statement neck-piece. It ticks all the boxes for any fashionistas out there. Simply a must-have.

Necklace, Swarovski at Maya's closet



## 4 SWEATER

January's temperatures still demand cozy cover-ups. What's better than this understated cool rollneck to beat the thermometer?

Jumper, Karen Millen

## 5 BAG

We love this original shaped bag and its trendy colour, which will complement any of your outfits.

Bag, Salvatore Ferragamo





## ABODE MEETS

## Aisha Fonte

Aisha Fonte has a successful executive career, but her real passion lies in the fashion world. That's why she founded QeMePongo, an online boutique that sells designer pieces at affordable prices.

Bag a bargain, ladies!

### What kind of company is QeMePongo?

**A:** QeMePongo is an online boutique, providing fashion trends for women of all body types and fashion needs. Whether you're a stay-at-home mum, a business woman or a student, QeMePongo's products will make you feel like a million dollars and they are sold at affordable prices, which is always a bonus.

### What does "Qemepongo" mean?

**A:** I'm from Barcelona, therefore I chose to use a common phrase for all the women in the world: "What should I wear?" in Spanish. I think this is a dilemma for each of us every morning before getting dressed, so I thought it was the perfect match for my business. Our online boutique provides loads of outfit ideas and advice on the latest must-have products, therefore we guide and constantly advise our customers on what to wear to look and feel fabulous.

### How did the whole concept come about?

**A:** The project took off on the 12th December 2012, so we recently celebrated one year of activity. Since very young, I've always had a creative flair and I loved shopping and helping people choose outfits to suit their styles, events etc. So I guess my fashion-affair started back then and my passion for trends and style grew year after year. Therefore

I decided to start with the online boutique here in Qatar to fulfill my passion. I can work from home in my spare time, which means I can keep my day-time job, so it's a win-win situation.

### Where do you source your merchandise?

**A:** I research stock all over the world, from Spain (Barcelona, Ibiza and Madrid), the United Kingdom (Liverpool and Manchester) and even the United States (Los Angeles, California). I love classic designer pieces, but I also focus on emerging designers to promote their original designs and boost their businesses. I'm a firm believer in young talents, so I push for their designs as much as I can.

### How can people interact with you and QeMePongo?

**A:** We are very active on the social media channels. Currently our main sources are our Facebook and Instagram accounts. I'm also always reachable on What's-up and mobile for any enquiry. In the next few months, we will be launching our website [www.qemepongo.qa](http://www.qemepongo.qa), so stay tuned for more information!

### Who is the ideal QeMePongo customer?

**A:** All the fashionistas out there are the perfect client of QeMePongo. There



Aisha Fonte from QeMePongo

isn't a specific type of customer, as I am targeting all different styles and trends to match the widest range of people. We have something perfect in stock for anyone, so check us out.

### What are the benefits of online shopping?

**A:** Products bought online can be a real good find. Most of the items cannot be purchased locally or on the high street shops. Therefore your online purchases make you feel unique, different from anyone else. It's always nice when someone notices you are wearing an unusual piece, they haven't seen before.

Moreover, I find online shopping stress-free, as you can browse in the comfort of your home without the hustle and bustle of getting to shopping malls and busy high streets.

### Do you have any special events lined up to promote your brand?

**A:** QeMePongo is always present at all Doha's bazaars and flea markets. Come and see us there!

FOR MORE  
INFORMATION  
VISIT

[WWW.QEMEPONGO.QA](http://WWW.QEMEPONGO.QA)

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**WHAT KIND OF SERVICE DO YOU OFFER?** We update our customers on the latest fashion trends from around the world and sell the most wanted pieces: from clothes to shoes, bags and accessories. We also offer personal shopper services for the woman who is too busy to shop for herself or family and friends. Another popular session is the wardrobe assessment, where we analyze and reorganize someone's wardrobe in order to achieve a brand new look.



# AN ODE TO THE NEW YEAR BY OSCAR DE LA RENTA

STREET STYLE STAR, ENTREPRENEUR  
AND FOUNDER OF RUSSIAN FASHION  
NEWS WEBSITE BURO247, MIROSLAVA  
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COLLECTION OF OSCAR DE LA RENTA FOR  
THE MOST FASHIONABLE FASHION OUTLET,  
THEOUTNET.COM





*"I'm used to being on the other side of the camera, because I started as an editor at Harper's Bazaar about 8 years ago. To be in front of the camera is something new for me, but I'm getting used to it."*



*“I love the Oscar de la Renta for THEOUTNET.COM collection, with its beautiful silk dresses and feminine silhouettes. It's elegant, sophisticated and chic: exactly how every woman wants to look.”*







*"This collection  
makes you feel  
confident, chic and  
elegant."*







*" I have a close relationship with the Oscar de la Renta brand. I respect it a lot, it symbolizes the great style of American first ladies, such as Nancy Reagan and Jacqueline Kennedy. "*





# SHOP THESE FEMININE SILHOUETTES!

From party dresses, skirts and embellished tops perfect for the new year, The range, designed by Oscar De La Renta, features 20 piece limited edition collection.



*The collection also includes 12 resort pieces with bright ikat prints, polka dots and stripes. We want them all!*



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# ABODE MEN'S AGENDA

What's new-What to wear and buy- Style tips for Him

We show you how to create a perfectly chilled and on-trend look for the year ahead, without trying too hard!



SALSA



SALSA



SALSA

## COOL DUDE

EMBRACE 2014'S NEW STYLES: COOL AND RELAXED LOOKS ARE KEY, SO INVEST IN FEW STAPLE ITEMS TO LOOK THE PART WITHOUT BREAKING THE BANK.





Trench coat, Hackett London



Briefcase, Massimo Dutti



Gloves, Pepe Jeans



Sunglasses, Tod's



Shirt, Pull&Bear



Belt, Pepe Jeans



Trousers, Hackett London



Holdall, Massimo Dutti



Shoes, Salca

A classic look with a quirky fashionable touch will work perfectly in your free time and why not...in the office too!





SPORTY



Sweater, Superdry



Holdall, Pepe Jeans



Jacket, Salsa



T-shirt, Salsa



Jeans, Superdry



Hat, Pepe Jeans



Trainers, Pull & Bear



Hackett London



Polo Red by Ralph Lauren.  
Available at 4U

To complete this sporty-inspired look opt for a seductive and bold scent like Polo Red by Ralph Lauren.



# BABY-LICIOUS!

Baby wear is becoming seriously fashionable: forget dull and boring baby grow! Your little one wants to be ahead of the fashion stakes too...there are plenty of cool options out there.



Colourful socks, Mamas & Papas



Hat, scarf and gloves set, Mamas & Papas



Cardigan, Mamas & Papas



Boden



Baby grow with collar, Mamas & Papas



Star baby grow, Mamas & Papas



Fringed boots, Monsoon



Boden



Boden





Boy Outfit,  
Mamas & Papas



All-in-one, Rocha by  
John Rocha at  
Debenhams



Cardigan, Mamas & Papas



Baby Grow,  
Mamas & Papas



Dress, Mamas & Papas



Mamas & Papas



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All-in-one, Rocha by  
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and cozy in this cute  
quilted all-in-one!



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curler does**

In three colours:  
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shock, blue shock.

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**KAJAL PENCIL BLACK**

MATITA KAJAL

COLLISTAR

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magnetic and seducing, Mascara Shock comes with and  
exclusive Black Kajal Pencil in its own pack.



\*TNS/NPD data 2003-2012 - Italian Prestige Perfumeries - Prestige Brands - Total Beauté.  
\*\*suggested retail price

Available at:

**MERCH** **ميرش**

طريق سلاوى: 44658651/2/3 المول: 44674312

[www.merch.com.qa](http://www.merch.com.qa) [www.facebook.com/merch.qa](https://www.facebook.com/merch.qa)

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# BEAUTY AND WELLNESS

The latest beauty  
and exercise tips  
to keep you looking  
your best



## SHISEIDO PRESENTS ITS LATEST FOUNDATIONS

Shiseido never stops matching colours to the skin and after surveying over 2300 women on their skin colour, created its three latest foundations.

NEW SHEER AND PERFECT FOUNDATION aimed for those who want makeup that brings out the beauty of bare skin. PERFECT REFINING FOUNDATION indicated for mixed skin prone to prominent pores, shine and stickiness and RADIANT LIFTING FOUNDATION, which boasts radiant reflecting powder, photo-smoothing pearls and radiant glow oil to eliminate the appearance of wrinkles and imperfections.

Choose the best formula for your skin type and apply it with the perfect foundation brush to achieve a professional finish with a long-lasting effect.

All SHISEIDO foundations are available at 4U.



### Sophistication at the Maximum

ABODE loves the little mirror that comes with the lipstick, so anywhere you go, you can easily do touch up! Sophisticated ladies are not out of style with Guerlain's little jewel.

Available at 4U Royal Plaza and City Centre



# BEAUTY BOX

COMPILED BY MARLYNNE MALLARI - DELA PENA

Lips in focus: shades of pinks and reds are in this year! ABODE shows you how to choose the perfect colour for you.

### Chubby Lips

This lipstick from Clinique is another fresh approach to make your lips super sultry. It might be chubby but very light in weight, carry it anywhere for those 'emergencies'.

Available at 4U Royal Plaza and City Centre



### Glamorous Lips on the Go!

Do you love designers' dresses? Why not complete your look with YSL? This lipstick has designer all over it, the quality, the tube and the luxury all exist in this nifty packaging!

Available in 4U at Royal Plaza and City Centre



Photographer VML Pizzati @vml\_pizzati  
Model Vivian Palacio @vivianpalaciofashion  
MakeUp Artist Andrea Espinosa



### Smashing Lips

Beware girls this Smashbox lipstick is very addictive! As you glaze your lips with this titillating colour, you'll immediately feel your lips are dewy and sultry. Bag one of these!

Available at Sephora

### Dewy Lips

Cracked lips are a no-no during cold weather. Lancome developed this lipstick to counter just that, keeping your lips moisturized for hours.

Available at 4U Royal Plaza and City Centre



### Precise Beauty!

Bobbi Brown is known for her precision and passion for her skills in enhancing ladies' beauty. This particular lipstick is a testament to her expertise to make you look even more beautiful! Glide this baby on your pout.

Available at 4U Royal Plaza and City Centre





# LET'S GET PAMPERED!

BY MARLYNNE MALLARI DELA PENA AND FRANCESCA MOSER

ABODE seeks out the best and latest treatments in town to make you feel and look fabulous



## A WELL-DESERVED SPA ESCAPE

Start the new year on the right track after the busy festive season and stressful past year by enjoying a spa escape session at the newly opened Diva Lounge in the Gate Mall. This new branch, which adds to their Al Sadd salon, was recently inaugurated and its fresh and clean atmosphere will make you feel comfortable and at ease from the moment you step in. The friendly therapists will welcome you with their signature healthy drinks before escorting you to your treatment room. To wash away dead skin and stiffness let your body relax for three hours of pure pampering, thanks to Diva Lounge's Spa Escape package. After a relaxing foot ritual, a deep body polish with honey and sugar will follow, leaving you with glowing new skin. Tired muscles will be old news after you are pulled and stretched by the experienced therapist for a soothing Thai massage. To complete your rejuvenation journey, the package also includes a firming and lifting facial, using the renowned Thalgo beauty range. The Silicium super lift facial is designed to combat the signs of aging and involves deep exfoliation and the application of a super-lifting mask to fill in the wrinkles. The results will be instant. What better way to start the new year ahead than all groomed and relaxed?

Another great treatment on offer at Diva Lounge is the Cleopatra's Bath. Enjoy 30 minutes of pure soaking luxury. Milk infused with effervescent bath pebble will help to heal your dry skin. The moment you dip into the bath you'll feel as if your skin is absorbing all the moisture that milk has to offer. After 10

minutes the therapist will check if you are okay with the temperature and offer you a drink so you can truly enjoy your 'me time'. Then you can continue soaking for another 10 minutes. Later the therapist will come and ask you to wash up, next she'll lather your body with moisturizing cream to double your skin's moisture!

Spa Escape 900 QR,  
3 hours

Cleopatra Milk Bath 250 QR,  
30 minutes



Diva Lounge Spa- The Gate Mall  
1st Floor, Al Wahda Street  
West Bay, Doha - Qatar  
Tel: 4407 7117  
[www.divaspaqatar.com](http://www.divaspaqatar.com)

## EYEBROWS FOCUS

Tidy and well-shaped eyebrows play an important factor in your look, so don't neglect them and book the brand new "perfect brows service" at Blue Brush Doha. Catherine is the latest addition to this talented team: she is Doha's eyebrows guru. So after few minutes in her expert hands, you'll be able to discover your new threaded, shaped and perfectly designed eyebrows. Once you try this service, you'll never go back to painful DIY hair plucking, guaranteed!



For more information  
BLUE BRUSH HAIR STUDIO at HILTON  
Tel: 4423 3022



# BEAUTY WITHIN, CAN ANYONE SEE?

Revealing the invisible... What if our eye could only see a small fraction of the light around us? A real alchemist, Guerlain endows its legendary Météorites with the power to reveal invisible light... Let there be light! The Météorites now create infinite radiance.

**SCULPT:** use Terracotta or Terracotta 4 Seasons to define the facial contours and the area below the cheekbones. On each side, trace a 3 starting from the hairline, from the forehead to below the cheekbone, then from the facial contour towards the chin. Blend inwards towards the centre of the face.



**HYDRATE YOUR LIPS:** Use Rouge Automatique, the golden Art Deco sheath of this shockingly charming lipstick protects, moisturize and your smile stays seductive for hours on end.



**A MAGICAL GAZE:** For eyelids that dream of a weather-coloured dress, the Ecrin 4 Couleurs draws inspiration from the season. In this ready-to-wear case, these four powders harmonize exactly as you wish and match your every mood... They delicately layer and blend together with effects of shadow and light.



**HIGHLIGHT:** with your Météorites harmony, illuminate the curved areas of the face. Trace a G from the centre of the forehead towards the top of the cheekbone, then from the bridge of the nose towards the chin. For a dazzling and more iridescent effect, try the Météorites Travel Touch.

**SHINE LIP SENSATION:** Apply a delicate and shimmering rosewood for a seemingly innocent smile. The applicator is perfectly designed to trace the lip contour and leave just the right amount of gloss, without even thinking about it. Curved and plumped, your pout is adorable!

## BLUSH IT RIGHT

How to find a flattering colour for your skin type



### PURE LIGHT FOR FAIR SKIN

Within the legendary harmony, green pearls form a halo for skin prone to redness, white pearls reflect the light to make the complexion glow and champagne pearls become one with the skin tone to gently illuminate it.



### TONE-ON-TONE LIGHT FOR MEDIUM SKIN

The most nude harmony, in which beige pearls act as complexion-perfecting agents, champagne pearls naturally reflect the light and peach pearls give a satin sheen and a unique glow to the skin.



### WARM LIGHT FOR GOLDEN SKIN

The most smouldering harmony highlights beige pearls that even out the complexion, chocolate pearls with satin shimmers and vivifying fuchsia pearls that revive radiance for deliciously beautiful skin.

## DEFINE YOUR BROWS:

### THE BROW ROUTINE BY GUERLAIN

- 1 - **STYLE.** Use the spiral brush to brush the brows vertically, then style them horizontally to give them a clean line.
- 2 - **DEFINE.** Use the tapered brush to define the shape of the brows by redefining the bottom contour.
- 3 - **FILL.** Fill out the brows, starting from the inner corner.
- 4 - **BLEND.** Blend the powder outwards.
- 5 - **DEFINE.** Apply the highlighter below the brows to create contrast and light up the eyes.





With an ever discerning audience ABODE is pulling up its socks this issue! As the whole look and feel of the magazine has advanced. It was decided to define our sections to bring an even more amazing issue of ABODE. **FASHION** leads the start of the

magazine, illustrating only the **ABODE** best of the *defined* best in fashion trends, newest collections for every season.

ABODE talks to international top **INTERIORS** designers to inspire and create the best home away from home. What makes ABODE unique are its stories about real **PEOPLE** that shape the city we call home. Every month ABODE has a conversation with people making a difference in our community highlighting their role and the fabulous things they are doing. Last but not least ABODE takes a bow with **LIFESTYLE** highlighting Food - world renowned Chefs, recipe cards, Entertainment - new talent, Travel & Globe trotting, Wellness & health, Community, Arts, Culture and Autos!



# BUILD YOUR **PERFECT** WARDROBE IN 2014

BY DANIELA ANNUNZIATA

PERSONAL SHOPPER QATAR shares with us a few tips and tricks to assess your perfect wardrobe for the new year. Reinvent your style to a brand new you!



## A BLACK SUIT

Pants should be fitted, but free of visible panty lines. Skirts, especially straight styles like pencil skirts, should be loose enough to sit down comfortably. Jackets should be able to be buttoned. Blouses shouldn't gap between buttonholes. Business Dress Codes and Corporate Casual Looks are less conservative if you opt for a cardigan instead of a blazer. Dressy pants and blouse, sleek jersey knits, skirts and tops are all examples of corporate casual and can easily substitute your classic black suit.



## A LITTLE BLACK DRESS

The little black dress is a simple and versatile piece every woman should own. It is appropriate for most special occasions. Opt for the best you can buy since you can dress it up or down according to the event you are attending.



## A BLACK LEATHER JACKET

It is formal, informal, casual and dressy at the same time, definitely worth the investment.



## WHITE T-SHIRT AND BLOUSE

You can choose between many versions of these two items: round or V neck, loose or tight fit etc. TIP: When you find one you really like buy more than one, as they always come useful.



## PERFECT FIT JEANS

Jeans are the ultimate must-have in any wardrobe for the past 20 years. Just find your perfect fit and you are sorted!

For a casual look team them with a t-shirt, or for an evening look match it with a sequined top.

A FEW **MUST-HAVE** **PIECES** IN YOUR WARDROBE CAN GUARANTEE YOU AN EFFORTLESS AND STYLISH YEAR AHEAD. INVEST IN THEM (IF YOU DON'T OWN THEM ALREADY) AND GET READY TO ROCK THEM!

### General Tip

A secret to update last year's clothes and create a new look lies in the **accessories**. The simplest rule is buy a new pair of trendy shoes, a quirky bag, a belt or statement jewelry: they will jazz up your old outfits!

### CREATE A MEMORY BOX

Old clothing and outfits from special occasions such as weddings, christenings etc that have a special memory for you should be stored away in a memory box, to show to your daughter or grand-daughter one day.

### VINTAGE BOX

Fashion comes and goes, so it's very likely that each style and trend will be back in fashion sooner or later. Therefore collect your good quality and designer pieces in your vintage box. They will come handy!



## DANIELA ANNUNZIATA

PERSONAL SHOPPER QATAR can help you reinvent your image and choose what expresses in the best possible way your style and personality. Contact Daniela for a personal shopper experience, a total style make over, wedding make over, shopping on commission. For more information visit [www.personalshopperqatar.com](http://www.personalshopperqatar.com) or email [info@personalshopperqatar.com](mailto:info@personalshopperqatar.com).

A personal shopper session can change your life!

"REMEMBER THAT DRESSING UP AND FASHION SHOULD BE FUN ! IF YOU HAVE MADE A MISTAKE WITH YOUR OUTFIT.... DON'T DESPAIR AS IT IS THE PERSON INSIDE YOU THAT IS IMPORTANT SO SMILE AT LIFE AND LIFE WILL SMILE BACK."



# ROCK A BRAND NEW LOOK!

Compiled by Marlynne Mallari – Dela Pena

Photography Jessie Palanca

Image Consultant & Stylist Daniela Annunziata,  
Personal Shopper-Qatar

Hairstylist Samia Ghossein, Jean Louis David

Makeup Artist Eric Pascual, Lead Make Up Artist at Franck Provost

Clothes & Shoes Provided by Splash and Shoemart at Centrepont



Before



After



Shoemart



Splash



Splash

## Nina Tecson, Marketing Executive

Nina had the opportunity to get a total makeover thanks to the professional services provided by Personal Shopper Qatar and Franck Provost and Jean Louis David teams, who worked closely together to create a brand new look for her. Nina also walked away with a head to toe new outfit courtesy of SPLASH and SHOEMART!

### Samia's Hairstyling Tips:

1. Since her hair is quite dry because of highlights I did a full tint of chocolate brown colour from L'oreal Majirel. This shade will work better for her skin tone to make her skin glow.
2. She has straight and thin hair, so to give bounce and body I did layer her hair and remove some of the split ends.
3. I did curl her hair to give a different look and give her another option on how to style her hair.
4. Nina needs to continually care for her hair using the right products like Kerastase.
5. This cut is quite easy to manage, wash and go!

### Eric's Makeup Tips:

1. I applied foundation to create a proper 'canvas' on Nina's face, so makeup can easily glide on the face.
2. I added concealer to camouflage dark spots.
3. Contouring on the cheeks and jawline is a must to define her beautiful features.
4. To perk our model's eyes up, I added sharp edges brushed upward to create a fresher look.
5. For her skin tone, I recommend earthy tones and nude colours for her makeup routine.

### Daniela's Style Tips: I chose a little black dress for Nina to wear with confidence and passion.

1. She can wear it with short pearl necklace, round neck blazer and ballerina for a morning look or with long pearl necklace and classic blazer and long boots for afternoon shopping with friends.

"Thank you SPLASH for my new outfit, I LOVE IT!"

IF YOU WISH  
TO GET A  
MAKEOVER,  
get in touch at  
win@abodeqatar.com



# BEAUTY Q&A

## LIPS TALKING!

BY MARLYNNE MALLARI DELA PENA PHOTOGRAPHY JESSIE PALANCA MODEL MELODY

With a dizzying array of lipstick styles around, one can rarely be sure which ones are the best fit for their lips. ABODE chatted with Guerlain's charismatic regional make-up artist, Gary Cooper, who dished on choosing the right techniques for those challenging pouts!



**Q.** What is the correct way of applying the lip liner. Is it before or after the lipstick?

**A.** Always before the lipstick. Make sure you draw the lip liner on your lip lines. Do not use black lip liner for red lipstick, because that will make your make-up look old fashion and outdated. The best way is to use the same shade of lipstick and lip liner leaving you looking fresh.

**Q.** My lips are a little bit darker. Did my lipstick leave that effect?

**A.** We have to consider that there are other factors that contribute to your lips becoming darker; it may be hereditary or hyper pigmentation from the sun, but definitely not from the lipstick. My tip is to continually care for your lips as you would for your face, for example scrub your lips twice a week to remove any dry skin.

**Q.** How can I stop my lips from drying after applying the lipstick?

**A.** Scrub your lips to reveal a smoother layer. Also apply a lip balm before lipstick. Guerlain has many products you can try.





**Q.** My lips are too thin. How can I plump them?

**A.** Simply use lots of gloss to make your lips fuller.



**Q.** I have full lips. How can I make them a little bit smaller?

**A.** Choose earthy tones, which will keep your lips subtly tinted yet give the illusion of a tinier pout. I apply the lip liner below the lip lines to impress smaller lips, then a creamy lipstick. Stay away from gloss, as it tends to emphasize fuller lips.



## GARY COOPER

MAKEUP ARTIST AT  
GUERLAIN INTERNATIONAL  
OLIVIER ECHAUDÉMAISON ART TEAM

Gary's passion for make-up came to light in London while he was working for Harrods, where he had the chance to do a makeover for a famous British actress and author. Impressed by his makeup skills, she encouraged him to make the most of his talent in the profession.

"Olivier Echaudémaison, Guerlain Creative Director, is a legend in makeup artistry and a visionary", says Gary, who was scouted and trained by Olivier.

Milestones of Gary's reputable career include working on the Miss South Africa beauty pageant and a plethora of make-up shoots for renowned magazines worldwide. Fashion, design and travel are Gary's sources of inspiration, but most of all his mother who is also his muse.

## 5 TIPS to make your lipstick last longer

- 1 Clean the lip area.
- 2 Apply your lip liner.
- 3 Add a long-wearing lipstick.
- 4 Lipstick colour must match your blush to complement each other.
- 5 Apply a small amount of highlighter on top of your upper lips to define the shape.

## BEST LIPSTICKS FOR 2014 BY GUERLAIN

### MAXI SHINE

Intense Colour and Shine, Bare Lip Sensation. The applicator is designed to trace the lip contour and leave just the right amount of gloss, without even thinking about it. Curved and plumped, your pout is just perfect!

### ROUGE AUTOMATIQUE

The golden Art Deco sheath of this shockingly charming lipstick protects two new shades. A vibrant fuchsia springs forth and a spicy and cheerful pop-up pink, a real charmer in Attrape-Coeur.



**IF YOU HAVE A BEAUTY WOE, LET US KNOW!**

Send your queries to [questions@abodeqatar.com](mailto:questions@abodeqatar.com)





# THE IMPORTANCE OF SLEEP

BY WEILL CORNELL

If you love having a lie-in you needn't feel guilty – getting plenty of sleep is excellent for your health, according to Dr. Shahrads Taheri.

In fact, sleeping poorly is linked to a variety of serious chronic conditions such as obesity, diabetes and cardiovascular disease.

One expert who advocates sleeping well to maintain health is Dr. Shahrads Taheri, WCMC-Q's recently appointed professor of medicine. An internationally recognized authority on type 2 diabetes, obesity and sleep research, Dr. Taheri's research has shown that people who suffer from these chronic conditions are more likely to have poor sleeping habits than people with good general health.

"As we understand more about sleep we are discovering just how important it is to overall health. Getting too little sleep or poor-quality sleep has even been associated with higher mortality. "Sleeping poorly is also associated with a heightened risk of hypertension and stroke, and in the short-term, being sleep deprived makes you far more likely to have an accident," he says.

Indeed, Dr. Taheri says human error related to sleep deprivation has been implicated as a contributing factor to devastating accidents like the Chernobyl nuclear meltdown of 1986 and the Exxon Valdez oil spill of 1989.

## WHAT'S MORE, POOR SLEEPING HABITS APPEAR TO ACCELERATE THE AGING PROCESS.

Dr. Taheri explains, "Many of the symptoms and conditions that we usually associate with old age are also associated with poor sleep. The conditions we are talking about – hypertension, diabetes, cardiovascular disease and so on – are things we would previously have expected to see in older patients, but in recent years we have begun to see them in younger people. Studies have shown a correlation between these conditions and poor sleeping habits, so lack of sleep appears to accelerate the aging process."

Dr. Taheri says that other symptoms and conditions usually associated with aging

are also associated with poor sleep, such as poor memory, slower reaction times and sexual dysfunction.

## SO, GETTING THE RIGHT AMOUNT OF SLEEP IS CLEARLY IMPORTANT. BUT HOW MUCH SLEEP IS THE RIGHT AMOUNT?

According to Dr. Taheri, "The amount of sleep we each need varies a great deal from person to person so it's hard to come up with a length of time that will suit everyone. However, there is a simple way you can work out how much sleep you need."

He recommends using a simple technique at vacation time to gauge your own sleeping needs. To do it, be sure not to set any alarms for the first few days of your holiday and get out of bed only when you feel rested and ready to start the new day. This will give your body the chance to cancel out any sleep deficit you have built up. As a rough guide, most people need between six and nine hours per 24-hour period.





The following night, you go to bed at a reasonable hour and again, don't set any alarms. "When you wake up naturally, check the time and work out how long you have been asleep – this should give you an accurate idea of the amount of sleep you should be aiming to get every night."

One important thing to remember is that sleep should be uninterrupted for a period of at least five hours and not split up into lots of short naps. This is because sleep occurs in a series of phases, with the sleeper moving between wakefulness, to light sleep, to deep sleep and then to Rapid Eye Movement (REM) sleep several times during the course of a night. It takes around 90 minutes to progress through a full cycle of the phases, and, although researchers do not fully understand the importance of each phase, studies have shown that missing out on REM sleep appears to impair cognitive function during waking hours.

Dr. Taheri has some key advice to follow to ensure you get a good night's sleep.

"Try to keep distractions to a minimum before you go to sleep. Don't keep a television in your bedroom and don't use tablets, mobile phones or computer games directly before you go to sleep. It is also a good idea to make the bedroom as dark as possible and you should avoid caffeine after 6pm, and avoid exercise soon before bedtime.

"But of course, the most important thing is to go to bed early enough that you have the chance to sleep for long enough before you have to get up and go about your day," he added.

So, if you're feeling run-down from lack of sleep, don't sit on the sofa watching TV for hours into the night. Get yourself to bed early and you'll not only feel great the next day, you'll also be helping yourself avoid serious conditions like diabetes, obesity and cardiovascular disease.

## health

# SLEEP O'METER

## HOW MUCH SLEEP DO YOU REALLY NEED?

Age	Sleep Needs
Newborns ( 0-2 months)	12-18 hours
Infants ( 3 to 11 months)	14-15 hours
Toddlers ( 1-3 years)	12-14 hours
Preschoolers ( 3-5 years)	11-13 hours
School-age children (5-10 years)	10-11 hours
Teens ( 10-17)	8.5-9.25 hours
Adults	7-9 hours

Source: National sleep foundation

## APPS FOR DEEP SLEEP



According to Healthline, Deep Sleep by Andrew Johnson is one of the top 15 phone apps to help you sleep better. Andrew Johnson is a renowned hypnotist from the UK. His app is available for both iPhone and Android.

## REASONS WE DON'T GET ENOUGH SLEEP



“WHEN YOU WAKE UP NATURALLY, CHECK THE TIME AND WORK OUT HOW LONG YOU HAVE BEEN ASLEEP – THIS SHOULD GIVE YOU AN ACCURATE IDEA OF THE AMOUNT OF SLEEP YOU SHOULD BE AIMING TO GET EVERY NIGHT.”

DR. TAHERI



# SLEEPING AIDS

Sleep plays an important role in your physical health and many people look to gadgets to help them get their ZZZs, although they're no substitute for good sleep habits like going to bed at the same time every night, minimizing caffeine, and relaxing before bedtime, investments in small luxuries can go along way to aid in counting sheep.

**TIP:**  
GET A GOOD  
NIGHT'S REST  
WITH THE RIGHT  
MIX OF BEDDING  
AND GADGETS  
FROM HOME  
CENTRE AND  
VIRGIN  
MEGASTORE

## IMPROVE YOUR REST WITH THESE ITEMS:

### Memory foam pillow

Memory pillows are getting popular because it is not just comfortable, it draws the patterns of your neck and back and put it in its 'memory'. No more back nor neck pains. Home Centre, 89 – 150 QR.

### Aromatherapy, vapour and subtle light - three in one.

Studies shows that these three elements will help you to sleep better. Get yours today. Home Centre. Priced 135 - 175 QR.



## WHY WE NEED TO SLEEP BETTER

SLEEP IS A BIOLOGICAL AND POWERFUL NEED, MUCH LIKE FOOD AND WATER. IF TOTALLY DEPRIVED HUMANS ULTIMATELY PERISH.

Source: Harvard Medical School

# 01

### AMAZING MEMORY

Sleep helps the brain commit new information to memory through a process called memory consolidation. In studies, people who'd slept after learning a task did better on tests later.

# 02

### ENHANCED MOOD

Sleep loss may result in irritability, impatience, inability to concentrate, and moodiness. Too little sleep can also leave you too tired to do the things you like to do.

# 03

### SLEEPING SUPPORTS WEIGHT LOSS

Chronic sleep deprivation may cause weight gain by affecting the way our bodies process and store carbohydrates, and by altering levels of hormones that affect our appetite.

# 04

### PREVENTS DISEASE

Sleep deprivation alters immune function, including the activity of the body's killer cells. Keeping up with sleep may also help fight cancer.





# NEW YEAR RESOLUTION

## TAPPING INTO YOUR EMOTIONS TO CREATE SUCCESS

BY JEANINE BAILEY

Do you experience times when you don't feel you are in control of your life? That sometimes, powerful emotions take over and you allow them to dictate decisions, which you might regret or result in negative outcomes? Do you feel like a disgruntled passenger in the back seat of your car, instead of being at the helm, directing your outcomes and the way you feel?

If you answered yes to these questions, the great news is, there are many ways to become the master of your life and jump back into the driver's seat to create an empowering, fulfilling and successful life. We can utilize both the thinking and emotional parts of our mind to make much more effective decisions.

Below are a few, but powerful questions to ask yourself when you notice you are in a dis-empowered state. But firstly, it's really important to note a few important facts: Emotions are faster than thought. If we don't deliberately pause and take a deep breath to think things through at a deeper level to find out what our emotions are really telling us, we are likely to make ineffective decisions. This will happen when we are absorbed in unsupported emotions such as stress, anxiousness, worry, anger, depression, distress and so on.

Our emotions are a by-product of what we choose to focus upon and what we say to ourselves. Many people are unaware they focus on thoughts and ideas (often

unconsciously), which creates our emotional state. This also means we have the power to choose how we feel! We may be somewhat aware of our conscious thoughts and internal chatter, but not the underlying thoughts, which often focus upon our fears or the self talk, like 'things are hard.' When we are absorbed in our fear of not being good enough, we potentially 'fail' to see the beauty, joy, inspiration and growth opportunities available in every situation we experience. The key here is to create awareness of our underlying thoughts and habits.

So if you find you are not in charge of your emotions, below are some questions to ask yourself to support you to get back on the right road whenever you notice you're not feeling good. When you are in this situation, press the pause button on yourself, take a deep breath and ask yourself:

- **What am I choosing to focus upon:** what assumptions am I making, what am I thinking about, what am I saying to myself or others that doesn't make me feel good and leads to disempowering actions and compounding thoughts?
- **Am I caught up in my unhealthy ego and choosing unhealthy ways of choosing to respond to my fears?**

plus professional experience working with blue chip organizations in Qatar, UK and Australia. Her clients include Qatar Foundation, Ooredoo, Georgetown, Texas A&M, Weil Cornell, CNAQ, VCU, Carnegie Mellon, HEC Paris, Hamad Hospital, Al Khaliji Bank, QFCRA, Shell plus many more. Jeanine is committed to supporting people and organizations to achieve their vision and goals as a coach, trainer and facilitator



- **What is the cost of choosing a negative way of seeing and living in my world?**
- **What would be a better way – which would serve me, others and the greater good?**
- **What is this situation teaching me?**
- **What do I want to feel instead?**
- **What are my choices and opportunities – how can I think of this differently in an empowering way?**

To overcome these disempowering and negative emotions - when we are judging our world as 'hard' and ourselves as not being good enough or not belonging, we must quash the potential 'judgers' - our ego included. We can do this by choosing an empowering focus of being open, honest, loving, accepting, appreciating, understanding, forgiving etc. Negative thoughts and emotions cannot exist in a space of overwhelming gratitude.

And if we decide to take charge of our destiny, we can programme our mind by setting inspirational goals, choosing to talk to ourselves like our own best friend and ask empowering questions to find and determine what is possible. Take these small, but powerful steps and notice how you open up the doors to a new way of being.



JEANINE BAILEY is an ICF and ILM accredited coach as well as accredited in DISC behavioural profiling and Appreciative Inquiry facilitation. Jeanine has 20 years



to unlock hidden potential with the aim of creating greater awareness and empowering behavioural change to achieve measurable success far beyond expectations.



# 10 TIPS FOR ORGANIZING YOUR LIFE And Why You Should...

BY JACQUELINE BODNAR

The first of each New Year ushers in a time of renewal. It's also a time that people usually make resolutions and begin anew. If there is one goal you may want to consider setting this January it is becoming more organized. An organized life will bring many rewards and benefits that you may not be aware of yet. Yes, having an organized life is going to take a little bit of work, but it's going to be worth it in the long run!



## THE BENEFITS

If you have ever found yourself feeling overwhelmed and like there just are not enough hours in the day you are not alone. This is a feeling that many of us experience from time to time. It's common in today's world, as people feel rushed and that there are more things on their to-do list than they can ever get to in a day or week.

The good news is that the more you organize your life, the less you will feel like this. Living a more organized life is going to help you de-stress, be more productive, and help you effectively manage your time better. It is these benefits that are going to give you more time to enjoy life and less time to worry about all the things that are piling up for you to do.

## GETTING

THERE ARE MANY WAYS TO ORGANIZE YOUR LIFE AND ONLY YOU KNOW WHAT WILL WORK FOR YOU AND YOUR FAMILY. HERE ARE 10 WAYS TO BECOME MORE ORGANIZED THAT YOU MAY FIND HELPFUL:

1

**LEARN TO SAY NO.** One of the quickest ways to organize your life is to stop taking on so much. You likely get a lot of invites, learn to narrow down by only doing the important ones and politely decline the others.

2

**USE TO-DO LISTS DAILY.** Those things that you have to complete should make it to a calendar or daily to-do list. Having it all written down helps keep stay organized, focused, and you get a sense of accomplishment as you check off completed tasks.

3

**PRIORITIZE.** Each day you should look at the list and prioritize it. That way the most important things are done, even if you don't get to them all. If you happen to not get them all done don't beat yourself up or worry about it. There will always be the next day to work on that task.

4

**PLAN SHOPPING AND MEALS.** Rather than shopping and just throwing things in the basket try to make a list of all meals you will make. Planning out the meals makes shopping and meal preparation easier and more organized.

5

**DO ONE THING EACH DAY.** Make a list of all the things that need to be done on a regular basis, like cleaning the house. Then make a point to do one each day. By the end of the week your list will be done and you will have put in very little time to complete it all.







# ORGANIZED

**6** **LEARN TO DELEGATE.** You can help your home stay organized by getting others on board. Find tasks that everyone can help with, so that the burden doesn't always fall on your shoulders.

**7** **DONATE UNUSED ITEMS.** Go through your home, one drawer or room per day or week, and weed out things you don't want or don't use. If they are good items donate them to a thrift store or charity.

**8** **USE AN APP.** There are many apps today that have been designed to help you be more organized. Whether you need to maintain a calendar or grocery list there is likely an app that will help you stay more organized at it.

**9** **FIND AN OUTLET.** Having an organized mind is important. You can help de-stress and de-clutter by finding something you enjoy doing and then do it on a regular basis. Try taking up yoga, meditation, jogging, journaling, or some other form of outlet.

**10** **TAKE CARE OF YOURSELF.** It's important to make yourself a high priority. By taking care of yourself you will feel more organized and ready to take on the day!

## MAKING THE PLAN

Getting organized for the new year is not as difficult as it may seem. Make some plans and do something each day to help reach your goals. Before you know it you will be more organized, less stressed, more productive, and feeling great! That's not only a good way to start out the new year, but also a great way to live the whole year long.







## FACTS

Leslie Reynolds and Doctor Khan from HARLEY STREET SKIN CLINIC in London, specialize in anti aging procedures and minimally invasive treatments, such as facelift and fat transfer.

## BODYTITE VS LIPOSUCTION

### BODYTITE

- Local anaesthesia
- Liquefies fat, suctions fat and tightens skin
- Skin tightening
- Small scars fade with time
- Downtime - approximately 2-3 days
- Compression garments for 2 weeks

### LIPOSUCTION

- General anaesthesia
- Suction fat – no skin tightening
- No skin tightening – can leave sagging skin that may need extra surgery
- Larger scars
- Downtime- about 7-14 days
- Compression garments for up to 6 weeks



For more information visit [www.harleystreetskinclinic.com](http://www.harleystreetskinclinic.com)

treatment and back to work after only 2-3 days, even though the swelling and bruising will be present for 2-3 weeks post-procedure and for the first two weeks you'll have to wear compression garments.

This easy routine is all you need to follow your new gorgeous body shape. The fat will be finally gone and a healthy lifestyle and diet will guarantee it will never come back again!

# GOODBYE UNWANTED FAT

BY FRANCESCA MOSER

Re-shape your body with Bodytite, a revolutionary treatment that removes fat, tightens loose skin and firms your body too.

Shedding those unwanted extra kilos for good with one (possibly two in more serious cases) simple session couldn't be easier these days, thanks to Harley Street Skin clinic in London.

Dr. Khan and Leslie Reynolds are leading figures in the beauty industry, thanks to their extensive experience of dealing with every type of skin concern and beauty dilemma. Therefore if your mission for the new season is getting rid once and for all of your unwanted fat, whether it is on your face, arms or thighs, look no further than their clinic and team in central London for guaranteed excellent results and high level service.

Dr. Khan was one of the first doctors in the UK to perfect and finalize the BODYTITE procedure, so you couldn't

be in better hands for this life-changing treatment.

Forget painful liposuctions and ineffective treatments, this innovative and breakthrough body-reshaping procedure will be almost painless and you will see results immediately, thanks to the advanced technology RFAL, Radio Frequency Assisted LipoTightening. The technique liquefies fat cells and tightens the skin safely, gently and more efficiently than other fat removal techniques.

Even stubborn fat can be melted and removed by suction, then the skin is tightened. The procedure lasts from 1-3 hours and up to 3 litres of fat can be removed in one session. You'll be able to go home the same day of the



# ENHANCEMENT HOLIDAYS

## CREATE THE NEW YOU IN PHUKET, THAILAND

BY SUSANNA WOLFE

**IMPROVE YOUR IMPERFECTIONS THEN RECUPERATE WITH YOUR FAMILY WHILE ENJOYING A HOLIDAY IN A FIVE STAR RESORT IN PHUKET, THAILAND.**

Tania Brown has set up Enhancement Holidays partnering with one of Doha's leading beauty parlour, Lucia Lounge. It is a free online service; she personally customizes your treatment and holiday to suit your every need and, what's more, it is totally confidential.

It is a very discreet service as it is all done online. You choose your treatment, whether it be plastic surgery or dental work, and Tania will organize everything for you.

A hospital representative will meet you at Phuket airport. Your treatment will be carried out at Phuket International Hospital a JCI Accredited, USA and Joint Commission International Quality Approval and UKAS Quality Management. Tania has visited the hospital and interviewed the staff. She told me "I researched many different facilities in Thailand and chose Phuket International Hospital as it is a state of the art hospital (not just a clinic) with international standard surgeons. The hospital is modern, clean and has a glamorous hotel feel to it".

A big plus is that a person of your choice can stay with you at the hospital for the duration of your procedure, free of charge. When it is time to leave you will be taken to your five star resort, which Tania can book for you or you have the choice to book a hotel yourself. Most transfers to and from the hospital are free of charge for consultations and check up appointments.

The important stipulation made by the hospital is that you must stay in Phuket for your recuperation time. The surgeons are very cautious and strict as they want to protect their impeccable reputation and clean track record.

It is then time to relax and recover in style with your family and enjoy a wonderful tropical five star holiday.

Tania adds, "Thailand is paradise on earth! The sort of environment that supports healing and also offers the service that both Qataris and expats expect. All the surgeons have a gentle calmness about them which is very comforting."

### ENHANCEMENT HOLIDAYS FACTS

#### How did this business come about?

I am a qualified beauty therapist and have worked in Qatar for the last six years. My clients regularly ask me for my recommendations for surgeons for dental and plastic surgery. There is a definite demand and this service is very discreet and cost effective.

#### How can you offer a free service?

I can organize all aspects of your trip except flights. I liaise directly with the hospital and can book five star resorts in Phuket for you. I am paid by the hospital, not the client.

#### How does the service work?

All the client has to do is email me the treatments they are interested in. I'll then give a guideline as to stipulations and price, book the surgery and book a hotel if the client would like me to. They book their own flights to Phuket and have their enhancements at greatly reduced rates and their recovery time in a five star resort. The patient can also have one person stay with them in the hospital free of charge. I have done the legwork for the client, they can just book and go with peace of mind, that all will be well.

#### The client checklist will include:

- Be at your ideal weight
- Be physically and mentally healthy with realistic expectations
- Be ready to enjoy a life changing paradise

#### Surgery available:

- Breast augmentation • Tummy tuck • Liposuction/ body contouring • Face lift • Eye lift • Full dental and teeth whitening • And more.

Recovery days required in Phuket: from 7 to 16 days.



#### FOR MORE INFORMATION CONTACT:

Tania Brown, Managing Director  
[www.enhancementholidays.com](http://www.enhancementholidays.com)  
[info@enhancementholidays.com](mailto:info@enhancementholidays.com)



# FITNESS CENTRES

Trim, tone and energize your body this season! Whether you are a yoga fan, an avid swimmer or a Latino dancer, we compiled a list of the latest fitness classes in town. Choose the best one for you and join the fun today!



## Oryx Rotana Doha

Keep yourself fit at the fully equipped gymnasium with panoramic views at Oryx Rotana Doha. Take an aerobic or fitness class, plunge into the temperature controlled swimming pool, relax in the sauna, steam room and Jacuzzi or pamper yourself with a well-deserved massage.

At Bodylines leisure & fitness club you will always find the way to stay fit. The experienced and qualified instructors are on hand to guide you through your workout sessions and ensure you leave a lot lighter and relaxed.

Fitness tips by qualified personal trainers and swimming lessons are on hand too. Make the most of them!

For more information contact 4402 3486/485.



## DOHA MARRIOTT SPA

Get slimmer and trim thanks to the fun classes on offer at Marriott Doha. Recreational activities include yoga&meditation, body conditioning and fusion fitness classes to name a few. Swimming lessons and personal trainer service are available too. Opt for their Bootcamp class once a week to experience fast paced military coaching and burning muscles!

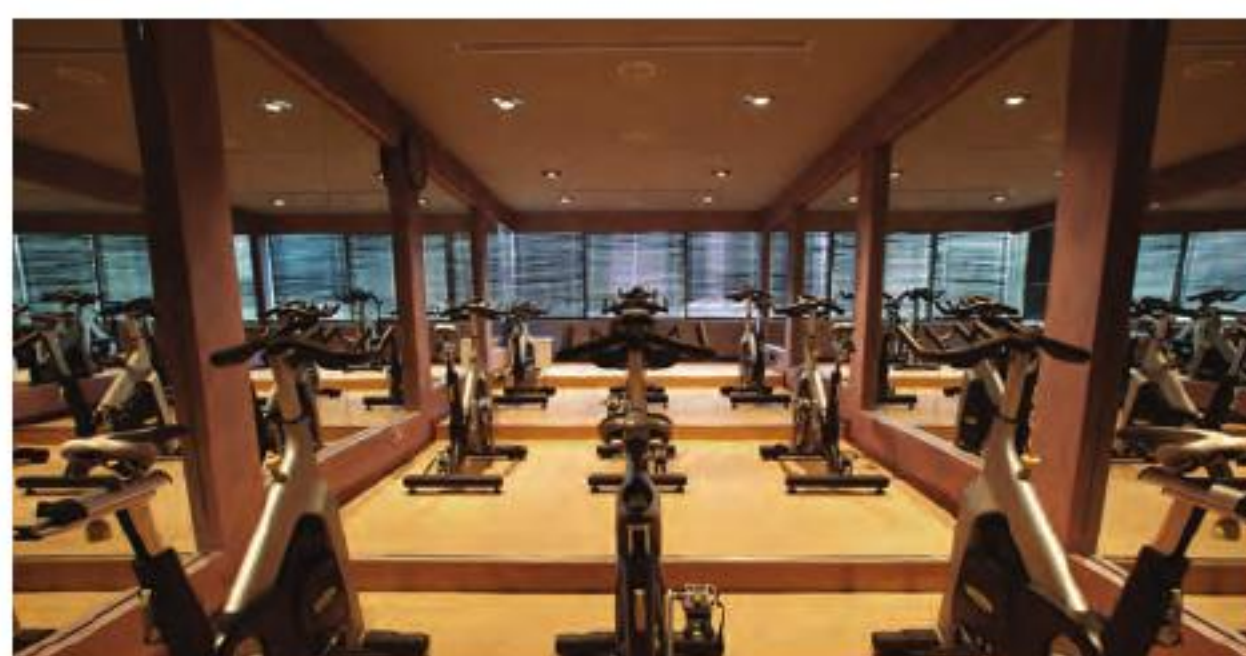
Tue: Total work out 18.00-19.00

Wed: Fusion Fitness 17.00-17.45 and Bootcamp 18.00-18.45

Sat: Body Conditioning 18.00-19.00

Sun: Hatha Yoga and Meditation 18.00-19.30

For more information contact 4429 8520



## B/Attitude Spa

Shape the body you always wanted thanks to the array of fitness classes at B/ATTITUDE SPA. Located in Beverly Hills Tower, in the heart of West Bay, this modern and well-equipped gym offers activities to suit anyone: from energetic Zumba classes (available for kids too!) to hard-core spinning sessions or more relaxing yoga and pilates, B/Attitude will guarantee a fit new you!

For more information contact 4412 2046



## Dana Club Doha

A regular in Doha's gym scene, Al-Dana club offers fun and wholesome activities to accompany your fitness regimen. While your kids enjoy the various activities available in the club, take time to exercise or swim in the luxury pool. You can even have a healthy game of basketball and other activities with the kids.

Location: Majlis Al-Tawoon Street, opposite the post office.

- Outdoor sports (Basketball, volleyball, etc.)
- Aerobics studio
- Indoor tennis

For more information contact 4496 0600.



## Pure Leisure and Wellness Center at Kempinski Residences and Suites

Relaxation and exercise can now co-exist in the Kempinski residence gyms. Go for a workout in the state of the art gym for some alone time and stress relief, then feel free to go to the steam room for a well deserved, post workout breather. With the Pure Leisure and Wellness Center, you can have your workout and enjoy it too!

Location: West Bay, Al-Qassar street, Kempinski Residences and Suites

- Cardio gym equipment
- Indoor swimming pool
- Steam room

For more information contact 4405 3307.



## Yama Yoga Studios

Lighten up with a relaxing yoga session. At Yama Yoga studios you'll experience enlightenment and a good workout with their selection of various Asian yoga treatments for both beginners and veteran yoga lovers. Strength building and flexibility training in a soothing environment, enveloped in a relaxing candle lit aroma. What's not to like?

- Prenatal yoga • Jivamukti yoga • Body control pilates

Location: Off Salwa Road, in Garvey's compound, second gate into the parking lot

For more information contact 6617 5802.



## CONTOURS EXPRESS

Looking to liven up your workout routine? Contours offers hip and fresh sets of classes that are fun and fit. Offering traditional strength training alongside fun and fabulous classes like belly dancing, Contours express will have you begging for your next workout session.

Location: New Slata, Maahed Street, house no. 40

- Body combat class
- Fit ball training
- Belly and Latina dance

For more information contact 4464 1540.





## Just Gym (Mixed Gym)

Looking for some intense strength training and cardio mania, then Just Gym is the place for you. With the latest in absolute strength and muscle mass, keep your adrenaline running with the intense workout equipment and facilities available in this traditionally well equipped gym. Feel the burn!

Location: Ahmed Bin Taymiya street, directly opposite of Al-Sadd stadium

- Metabolic resistance training
- Intense cardio and weight lifting
- Personal training available

For more information contact 44594200.



## FITNESS FIRST

Fitness Activities include Zumba, Hip Hop, Yoga, Circuit Training, Belly Dancing, and Body Pump to name a few.

Fitness First started small, as a single health and fitness club in Bournemouth in 1993. They are now the largest privately owned gym, health and fitness club group in the world with over 1 million members in more than 400 Fitness First clubs, but they still have that one club mentality - every single Fitness First member counts.

Location: City Centre

Timings: 6:00 am – 11:00 pm

Contact Information: 4411 5999

## Curves

Finally, the answer to our cosmopolitan needs. Modern women today can rarely spare time for exercise, but with Curves' speedy 30 minute circuit workout, you can be in great shape and hold down a busy schedule. An international chain offering cardio, strength training, and Zumba, Curves ensures female fitness.

Curves presents the Curves Weight Management Plan, a diet and nutrition plan that shows you how to get permanent results without permanent dieting. For more information contact 4469 9955.



# FITNESS WEAR

Upgrade your gym wear with these great pieces available in Doha.



Leggings, Oycho



Gym bag, Oycho



Trainers, Shoe Mart



Top, Oycho



# HOME DÉCOR

Decorating ideas-shopping-interior designers' tips



## **RORY DOBNER'S PLATES COLLECTION- Available at THE One**

Dinner parties will go wild thanks to this quirky plates set by Rory Dobner. The English artist designed these elegant bone china plates with a jet black hand screen printed illustration and finished off with a hand edged 22 carat gold rim. This fashionable set will instantly upgrade your kitchen and dinner table.

Simply a must-have for 2014.





# Home News

Home trends and interior decor news in and out of Doha



## IKEA PRESENTS REVAMPED KIDS DEPARTMENT

The Swedish furniture retailer IKEA, part of the Al-Futtaim group of companies, has recently expanded and redesigned their Children department. Customers and children can now expect to enjoy a revamped area and a much larger product selection. The range has been enhanced to include children between the ages of 8 and 12 to complement the existing range of children's furniture targeting the 0-2 and 3-7 age categories. John Kersten, Managing Director IKEA Qatar, UAE, Egypt and Oman said: "The majority of IKEA customers in the Middle East are families with children. Therefore we decided to redesign and extend our children's range aims to serve these customers even better and improve their shopping experience. This is in line with our long-term priority of Living with Children," said John.



## L.A.Luxe Lounging at THE One

Opt for a gorgeously soft, beautifully balanced and contemporary feminine look for your home thanks to THE One's L.A. Luxe Autumn 2013 home fashion styles. Create balance between colours, textures and shapes with the right choice of accessories. Think sage green and taupe contrast combined with gold and crisp white accents, tactile textures in the form of luscious linen upholstery, warm woods, smooth clear glass and fluffy throws. Finish off with square wall art and a round mirror and elegant brass lighting, before adding a couple of indoor palms. Job done thanks to THE One.



## Qatar and UK build international links through architecture with The Old Doha Prize Competition

Promising young architects and urban designers from Qatar have over the past week collaborated with their British counterparts in an architectural design competition, re-imagining the urban landscape of Old Doha. The Old Doha Prize has been organized by the British Council and Qatar Museums Authority (QMA) as part of Qatar UK 2013 Year of Culture, in association with the Doha Architecture Centre, Msheireb Properties, the Royal Institute of British Architects (RIBA) and the Bartlett School of Architecture at University College London. Martin Hope, Director of the British Council Qatar said: "Qatar UK 2013 Year of Culture has focused on forging new relationships between Qatar and the United Kingdom. The Old Doha Prize has given practising architects from each country, the opportunity to share experience and knowledge through collaboration. The winning project of the Old Doha Prize was announced as the 'Learnings from Old Doha' project produced by Fatima Fawzy, Alicja Borkowska, Alaa Larri and Iris Papadatou. The winners received a grant of £15,000 (QR 88,000) to allow the architects to further develop their research and ideas explored as part of the Old Doha Prize design residency."



## UDC ORGANIZES FIRST OPEN HOUSE IN QANAT QUARTIER

United Development Company (UDC), the master developer of The Pearl-Qatar, recently organized its first open house event, which was marked as the first event of its kind in the region. The event took place at Qanat Quartier, one of the most popular and attractive precincts in The Pearl-Qatar, quickly becoming a highly sought after address in the Gulf region because of its unique Venetian-inspired architecture, with brightly coloured houses, canal ways, bridges and seaside facades, render it a unique and attractive residential destination.

The initiative has been recognized a runaway success as several townhouses totaling 72 million riyals in value were sold during the three-day course of the event.





# Ahmed Hassan Bilal

Trading & Contracting Co. WLL

**Properties Listing**  
January 2014



## Bilal Pearl Suites

1 & 2 bedroom apartments, 1 & 3 bedroom chalet, fully furnished

**Location:**

Viva Bahriya, The Pearl

**Amenities:**

Swimming pool, gym, steam room, Jacuzzi, parking, children's room, function room and business center

## Bilal Villas

3 bedroom villas fully furnished with a nice garden

**Location:**

New Salata, Doha

**Amenities:**

Swimming Pool, kids play area, covered parking, secure building and free maintenance



## Bilal Tower

1 bedroom apartments fully furnished

**Location:**

Al Asmakh, Musheirib

**Amenities:**

Spacious rooms with American kitchen and inclusive of mosaic package from Ooredoo.

## New Bilal Studio

1 Bedroom Apartment fully furnished. Bilal Studios is a new residential tower with one of the best designs found in Doha.

**Location:**

Musheirib, Doha

**Amenities:**

Rooftop pool, panoramic gym, swiss shower, jacuzzi, swimming pool, barbeque area, sauna and steam room.



**For a new home or to book a visit contact us:**  
**Tel.: 4442 8877 • 4442 1188 • 4441 7001 Mobile: 5571 1488**  
**Email: [marketing@ahbqatar.com](mailto:marketing@ahbqatar.com) • [www.ahbqatar.com](http://www.ahbqatar.com)**



# TIMOTHY CORRIGAN DESIGN TRENDS FOR 2014

BY TIMOTHY CORRIGAN

Esteemed Designer Timothy Corrigan continues to receive accolades and awards for creating comfortably elegant and timeless spaces. Here are his predictions for what we will and won't be seeing in the year ahead.



**WE WILL SEE MORE ORGANIC,** floral prints and less geometric patterns.



THIS COLOUR COMBINATION IS PERFECT FOR A BEDROOM: PEACH IS A CALMING COLOUR AND BLUE IS SOOTHING AND CAN STIMULATE CREATIVITY.

## BRIGHTER, CLEARER COLOURS.

Monotone and muted grays feel very dated as people seek to create spaces that more accurately reflect their own personalities. Colour affects our mood; People want to feel good when they spend time in a room!



**WALLPAPER IS MAKING A BIG COME BACK.**





### MIXING THINGS UP:

making sure that everything matches in any direction is out.

### A RETURN TO PRETTY:

people are tired of stark clean rooms that cannot accommodate how we live.

### LAYERING:

Accenting rooms with accessories and art to create spaces that look lived in, and reflect ones' interests and travels.

### DETAILING ON FURNITURE IS IN

Trims, nail heads, different materials mixed together (steel and wood, etc)



### NO-COMPROMISE STYLE:

People are not willing to make a trade-off between comfort and practicality for a beautiful home. This is having an impact on choices of materials, finishes, and furniture styles, as people demand an easy, comfortable home while not giving up a bit of elegance or beauty.

### FOR MORE INFORMATION

TIMOTHY CORRIGAN  
[www.timothy-corrigan.com](http://www.timothy-corrigan.com)



get the look

# WHITE IS THE ANSWER

If you are planning a home décor change to kick off the new year, opt for pure whites to achieve a minimal but chic look.



Cushion, Home Centre



Plates set, Next



Vase, M&S



Chair, THEOne



Vases, THEOne



Lamp, THEOne

**TIP:** A WHITE OR CREAM CHAIR IS A GREAT INVESTMENT PIECE TO ADD CHARACTER TO YOUR HOME. ITS NEUTRAL COLOUR WILL COMPLEMENT ANY DECOR STYLE, WHILE ADDING A COZY FEEL TOO.



Basket, Zara Home



Candle holder, Next



Lamp, THEOne



Cupboard, THEOne





Debenhams



Kitchen towel, IKEA



Wallpaper, IKEA



Wallpaper, IKEA



Towel set, Zara Home



Set of Boxes, Zara Home

**TIP:** DON'T OVER-DO BY MIXING TOO MANY PRINTS IN ONE ROOM. MIX THEM INSTEAD WITH PLAIN COLOURS TO MAKE THEM STAND OUT MORE.

# PRINTASTIC!

Jazz it up with fun and flirty prints. Whether you fancy romantic butterflies, flirty florals or graphic lines, a printed piece will perk up your rooms with a fresh new vibe.



Quilt, Urban Outfitters



Floral Sofa, Home Centre



# DIY DO IT YOURSELF TIRE PLANTER

We scour the internet looking for new DIY projects for you to make.

This month, as flowers bloom in every corner, we fell in love with Roeshel's Tire planter tutorial. It's quite inspirational. It seemed a great way to both recycle and add beauty to our villas and apartment terraces. Have fun!

## What you'll need

- Old tire
- Valspar spray paint (colour is Exotic Sea)
- Potting soil
- Flowers
- Weed barrier Fabric
- Packing peanuts
- Optional: chain and s-hook.



1. After you have found the tire you are going to use, give the tire a good scrubbing with soap and water and let it dry for at least a day.
2. After you have checked to see if the tire is completely dry, wipe it down with alcohol and a clean cloth to remove all dust and debris and prepare for primer and paint. Now, you are ready to paint.
3. Place the tire on a few sheets of newspaper to protect your surface and give it a couple of coats of primer - spray paint and then give it a few coats of the paint colour you desire. Use spray paint as well. Let it dry.
4. Next, using a 1/2 inch drill bit, drill 6 holes into the 'bottom' of the tire to allow drainage. This takes a sharp bit and a lot of pressure. It also produces a little smoke so be careful but steady.
5. When you have finished drilling, you are ready to begin planting. Begin by lining the bottom of the tire, trying to ensure you stay in the middle of the tire, with a piece of fabric weed barrier and a few styrofoam packing peanuts.
6. After lining the tire, carefully shovel your potting soil over the packing peanuts and add your favorite plants one by one. Pressing down and securing the plants as you go.
7. Once you have planted your perennials you are ready to display your tire planter. You can hang it on the wall with two long sturdy nails or from a tree with a chain.



Roeshel,  
DIY enthusiast and blogger at  
DIYShowOff.com  
Website: [www.diyshowoff.com](http://www.diyshowoff.com)  
Contact: [thedyshowoff@gmail.com](mailto:thedyshowoff@gmail.com)

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Experience weekly theme nights that will get you to dine your way from South-East Asia to India and across the Mediterranean to the Swiss Alps and Spain. Choose from five enticing cuisines served Mondays to Fridays at the Seasons restaurant.

Book via our Facebook fan page and get 20% off.



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Corniche Road

24220 Doha, Qatar

Tel +974 4429 1111, Fax +974 4429 1100

[hotel.doha@moevenpick.com](mailto:hotel.doha@moevenpick.com)

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Open for service now

# Chowking 超群

## Enjoy A Taste of Asia

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A delightful meal for the whole family

Free Home Delivery Service  
**Hotline: 4431 1212**

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parking  
on ground floor and  
in basement at  
the Holiday Villa

### Contact Details

<b>Salwa Road</b> (near Radisson Blue Hotel) Tel.: 4437-1212	<b>Al Saad St.</b> (before Commercial Bank) Tel.: 4431-4411	<b>Al Khor Branch</b> (Lulu Mall) Tel.: 4411-8816   4411 8817	<b>Mamoura Branch</b> (2nd Floor, Dar Al Salam Mall) TEL.: 4486 - 6077	<b>Holiday Villa Branch</b> (Ground Floor, Entrance 7) TEL.: 4411 - 5225   4411 5335
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**NEW**



# FOOD ENTERTAINMENT

Recipes, healthy tips and new restaurant openings



## **Wyndham Grand Regency Doha Hotel re-launches Chopsticks Restaurant**

Enjoy a Far Eastern casual-chic dining experience at the newly revamped Chopsticks restaurant at the Wyndham Hotel. Signature specialties include Chinese and Thai dishes, along with a wide variety of Japanese favorites.

Make the most of their Sushi fiesta open buffet every Saturday and enjoy Sushi live-cooking sessions in front of your table.

For more information visit [www.wyndham.com](http://www.wyndham.com)



# Food *News*

The latest updates on the culinary scene!



## 1st Monin Day at Hilton Doha

Monin, the global leading provider of syrups and flavoring products recently held its first Monin Day seminar in Doha. During the event the Monin experts shared their creative recipes with the attendees.

From caramel milkshakes to mint mocha drinks, Monin transforms any coffee, smoothie or mocktail in special and super tasty creations.

Monin is a worldwide business and the brand is distributed in 140 countries with four production facilities in France, the US and Malaysia. Make your drinks interesting and more fun with a touch of Monin flavours!



## Roger's Diner celebrates two years of success

Roger's diner, the first and only aviation themed restaurant in Qatar, recently celebrated its second birthday. Its menu boasts a combination of American favorites including; burgers, fajitas and Angus beef steaks all prepared to perfection by talented Chef Mohammad Ali Hafez.

"Some of my favorite food is American and Tex-Mex! At Roger's Diner we have tried to include the variety of classic American cuisine, combined with the international mix of Tex-Mex. At Roger's Diner the sky is our limit when it comes to our client's satisfaction," commented Chef Mohammad Ali Hafez, Chef In Charge, Roger's Diner.

Book your table and get ready to experience quality food in an inspiring ambiance of retro and memorabilia 1927 art.

## McDonald's opens its kitchens to the public

McDonald's Qatar recently conducted Open Door tours to their 3 branches, McDonald's Barwa, McDonald's Woqood Petrol Station in New Rayyan and McDonald's Al Jazeera Petrol Station in Ain Khaled area. The program has been running in the GCC since 2006, inviting members of the public into its kitchens to see how food is sourced, handled, prepared, and served. Mr. Kamal Saleh AlMana – Managing Director, commented: "The Open Door program is entirely unique to McDonald's, and has been developed with transparency in mind. We appreciate that food source and preparation are more important to our customers than ever, and we believe it is a diner's right to know what he or she is eating." To celebrate the program's success, and make the program more accessible, McDonald's launched a virtual tour on its website too [www.mcdonaldsarabia.com](http://www.mcdonaldsarabia.com). Check it out!



تطبيقات الجوال  
حمل الآن و دعه الجوع!

عروض خاصة  
متوفرة في منطقتك!

خصم 25% على جميع ساندويشات أبتزا بيتزا الجديدة

40% 15% 1+1

تحميل على Google Play و App Store

## Foodonclick.com Goes Arabic

Foodonclick.com, the regional leading online food delivery portal, has announced the launch of its new Arabic website along with new features that will make ordering food online even more convenient and accessible. Founded in June 2010 by Turkish online food delivery pioneer Yemeksepeti, Foodonclick.com provides up-to-date information on the best food delivery options in each listed neighbourhood, allowing consumers to scan menus by cuisine, location or special offers and place orders at no additional cost. Since launching in the UAE, Foodonclick.com has acquired over 100,000 subscribers and lists over 1,000 restaurants across UAE, Oman, Qatar, KSA and Lebanon.



# WELCOME THE NEW YEAR WITH **MONIN**



Monin Gourmet Flavorings, the world's leading provider of premium syrups and flavouring products, offers more than 200 different products to add versatility and creativity to restaurant beverage menus. Made with the finest ingredients and authentic flavours, MONIN products are made with a total commitment to quality and providing flavour solution.



“MONIN OFFERS THE VARIETY AND CREATIVE ADVANTAGE THAT WOULD ALLOW AN INDIVIDUAL TO ENJOY HIS FAVORITE DRINK IN SO MANY WAYS AND FOR A BUSINESS TO INCREASE ITS INNOVATIVE OFFERINGS.”

- ANIL ABRAHAM, GENERAL MANAGER OF AL-MAJID JAWAD W.L.L.  
EXCLUSIVE DISTRIBUTOR OF MONIN IN QATAR



The MONIN team: Pierre Fraboulet - Trade Marketing Manager, Andrea Fidora - Beverage Innovation Director, Jeremy Coulbeck General Manager

Take your classic beverage to a higher dimension by using Monin's flavoured syrups. With more than 140 flavours to choose from you can make any drink come alive. Why not try our two favourite recipes below, they are easy to make and absolutely delicious.

## Mango Caramel Milkshake

### Ingredients:

- 1 scoop Le Frappe de MONIN Vanilla
- 15 ml Le Fruit de MONIN Mango
- 15 ml MONIN Caramel Sauce
- 120 ml milk

### Procedure:

- Blend all ingredients with a full cup of ice until smooth.

### Garnish:

- Whipped cream, caramel sauce swirl and fresh mango.
- Glassware: 12 oz

Pictured on the left being prepared by Beverage Innovation Director, Andrea Fidora.

## Mint Mocha Plant Art



### Ingredients:

- 1 scoop Le Frappe de MONIN coffee
- 10 ml Green Mint Syrup
- 15 ml MONIN Dark Chocolate Sauce
- 120 ml milk

### Procedure:

- Blend all ingredients with a full cup of ice until smooth.

### Garnish:

- Whipped cream, crumbled Oreo cookies and mint sprig
- Glassware: 12 oz

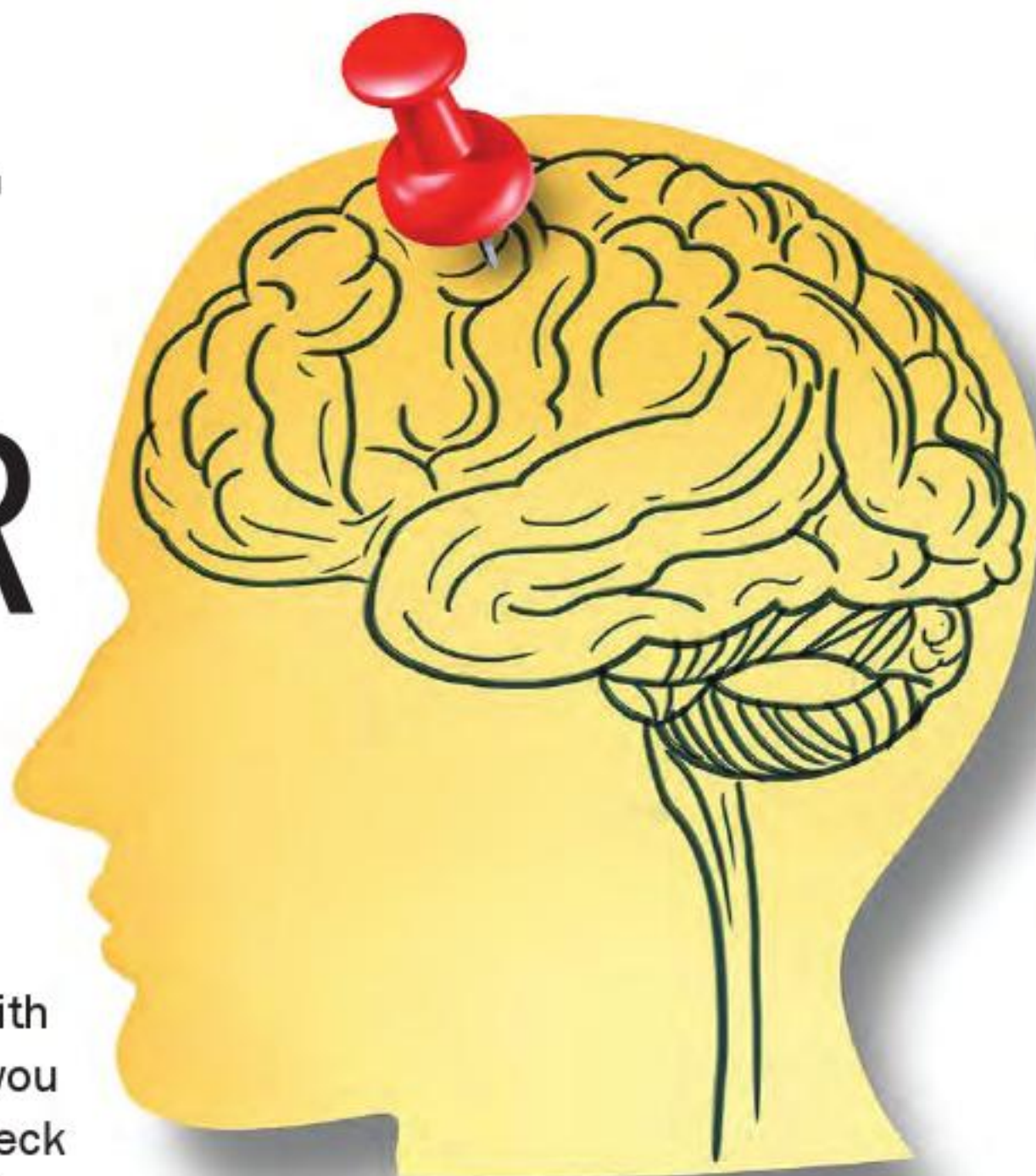




# FOODS THAT BOOST YOUR MEMORY

BY CHRISTELLE ABI RACHED

Whether you are student trying to stuff your grey matter with a bunch of overwhelming information before the exam or you are just becoming forgetful at times, you might want to check what is going on your plate. After all, your brain also gets its nourishment from the food you eat.



## How does food affect brain activity and memory in particular:

**1** Improving blood flow to the brain – this is why there is considerable similarity between what you would eat to protect your heart and the food shown to improve your memory. In fact, recent studies have highlighted benefits of the Mediterranean diet in both improving cognitive function and keeping the heart healthy. The Mediterranean diet is known to be rich in fruits and vegetables and unsaturated fatty acids.

**2** Providing your brain with enough energy and nutrients to perform at its best. In fact, 30 percent of the calories we consume everyday are used by the brain. So getting enough fuel to perform is crucial for the engine 'up there'.

**3** Assuring an adequate provision of antioxidants, which battle the oxidation of tissue that stems from air pollution, toxins and stress, a process linked to the aging process of the brain.

## Strengthen recall by adding these foods to the rotation:



### Green Veggies

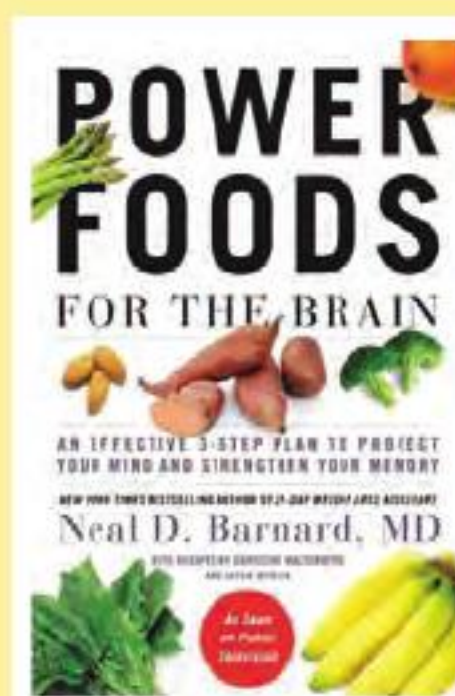
Getting adequate vegetables, especially cruciferous ones like broccoli, kale and dark leafy greens, may help improve memory. Not only do they contain a significant amount of antioxidants, they are also rich in magnesium and folate, two major players in cognitive function.



### The Berries Family

Cranberries, blueberries, cherries and blackberries outshine their fruit peers with their superior antioxidant content. They are a rich source of anthocyanins and other flavonoids that may boost memory function.

## READ



### Power Foods For The Brain

In this effective 3-step plan Dr. Barnard reveals which foods to increase in your diet and which to avoid, and shows you specific exercises and supplements that can make a difference. It will not only help boost brain health, but it can also reduce your risk of Alzheimer's disease, stroke, and other less serious malfunctions such as low energy, poor sleep patterns, irritability, and lack of focus.





## Omega-3 Rich Foods

Docosahexaenoic acid, a form of omega-3, is the most abundant fatty acid in the brain. It makes sense that if you have higher levels of DHA in the blood, then the brain will operate more efficiently. Animal sources of omega 3 include fatty fish and seafood like salmon, tuna and sardines; while plant sources include canola oil, soy products as well as flaxseeds.



## Walnuts

Well known for a positive impact on heart health, walnuts also may improve working memory. In addition to being a good source of omega 3, walnuts are also rich in antioxidants and are typically known as "THE Brain Food". After all, it might not be a coincidence that the walnut kernel looks so much like our brains!

## Diet TIPS for boosting your brain power

### One food can't do magic; It's about your overall diet:

Consuming one type of food does not guarantee that you will have an elephant's memory the next day; and no one single food is responsible of boosting your memory; your whole diet should be adequate, balanced and healthy.

Stick to the following recommendations for a sharp memory:

- Eat three meals per day, most importantly breakfast
- Eat adequate portions, not too big; not too small
- Drink plenty of water to avoid dehydration
- Go easy on caffeinated beverages, especially if

### you are not used to them

In addition to your diet, some other factors also play a role in memory:

- Getting enough sleep
  - Heredity! Some people have sharper memories by nature
  - Be active; physical activity improves blood circulation and boosts the production of new brain cells
  - Stop smoking
  - Train your memory with brain games and crosswords!
- There is nothing like practice to make perfect!



## Choline Supplementation: Results, Memory, And Colour Enhancement

Numerous studies point directly to people performing better in cognitive and memory related tasks that have been consuming foods rich in Choline for long periods of their lives. Since it's been shown to help people chase off neurodegenerative diseases, like Alzheimers and Dementia, it could be benefiting perfectly healthy brains for the same reason it helps degrading ones: Choline is a precursor to Acetylcholine, which is shown

to be deficient in the brains of Alzheimers patients. Fueling your brain with a nutrient that helps protect cell membranes, facilitates neurotransmitter functionality, and keeps you from burning your Acetylcholine, is a smart idea. Recommended dose (500 MG for an adult) that is about 3 eggs in the morning, broccoli throughout the day, and salmon.

## FEED your Brain!



## Plank-Grilled Sweet Soy Salmon

SOURCE:  
EATINGWELL: MARCH/APRIL 2008

### INGREDIENTS

- 1/4 cup reduced-sodium soy sauce
- 1/4 cup sake, or dry white wine (see Note)
- 1/4 cup mirin, (see Note)
- 2 tablespoons sugar
- 3 tablespoons coarsely chopped scallions
- 3 tablespoons coarsely chopped fresh ginger
- 4 5-ounce wild salmon fillets, or steaks, 3/4-1 inch thick, skin on
- 1 small lemon, thinly sliced

### PREPARATION

Soak a grilling plank in water for 2 to 4 hours.

Meanwhile, combine soy sauce, sake (or white wine), mirin, sugar, scallions and ginger in a small saucepan and bring to a boil.

Remove from the heat and let cool to room temperature.

Place salmon in a shallow dish and pour the marinade over it. Place lemon slices on top. Marinate in the refrigerator for at least 30 minutes but no more than 2 hours, turning the fish once or twice.

Preheat grill to medium-high.

Place the soaked plank over direct heat on the grill and heat for 2 minutes.

Move the plank so it's over indirect heat (see Kitchen Tip, below). Remove the salmon from the marinade, place it skin-side down (if using fillets) on the hot plank and replace the lemon slices on top. Close the lid and cook until the fish is just cooked through, 10 to 15 minutes. Use the plank as the serving platter, if desired. •

Place three zucchini cannelloni on each plate, drizzling pepper coulis alongside and finish with balsamic vinegar caviar.





**Mariella Avila de Lagos**

# LIVIN' LA VIDA LOW-CARB

BY MARIELLA AVILA DE LAGOS PHOTOGRAPHY AND FOOD STYLING BY VML PIZZATI

Let's start the New Year by clearing our pantries of junk and stock up on healthy goodies like nuts, low carb cookies, soy flour, soymilk and waistline friendly staples.

Welcome to the LOW-CARB lifestyle! Which, by the way, is also diabetic friendly as you don't get to eat sugars, white flours or starches. This diet is also for those who want to lose weight, you will eat good complex carbohydrates and not the bad ones. Like most people, I love to eat and I enjoy cooking. My goal is to create awareness to get people inspired to take charge of themselves, to be in good shape with low-carb meals on the table and home-cooked meals for the family and friends with minimal time and effort. Join me by leaving all the less healthy carbs and create meal plans that offer enough taste and culinary variety to make our lives pleasant and satisfying.

Here are some easy-to-do LOW-CARB recipes that you should try.





Have a sweet breakfast with these



Enjoy a nice afternoon tea with this



Have a pre-dinner snack with these



## Whole-Wheat Half-Half Pancakes

### Ingredients:

- ¾ cups whole-wheat flour
- ¾ cups almond powder
- 2 tbs. sweetener like Splenda or any other you prefer
- Pinch of salt
- 1 ½ tsp. baking powder
- 1 tsp. Bicarbonate
- 1 cup half-half cream
- 1 tbs. oil
- 1 whole egg
- 1 egg white beaten until stiff peaks form

### Procedure:

- Mix whole-wheat flour and almond powder and add all dry ingredients.
- Combine half-half, oil and whole egg.
- Mix flour and the liquid half-half mixture.
- Carefully fold in the egg white.
- Let the batter rest for five minutes.
- Grease one pan and make your pancakes as you normally do.

### Tip:

- Enjoy with your favourite sugar-free syrup. Mine is a honey-flavored syrup with 0 sugars.

## Guiltless Chocolate Cake

### Ingredients:

For the cake

- 1-cup whole-wheat flour
- 1 cup almond powder
- 2 cups Splenda sweetener (for baking)
- ¾ Dutch cocoa powder
- 2 tsp. Bicarbonate
- Pinch of salt
- 1-cup canola oil
- 1-cup plain yogurt or sour cream
- 1½-cup water
- 2 tbs. white vinegar
- 1 tsp. vanilla
- 2 eggs
- 1 tsp. baking powder

For the frosting

- 150 gr. sugar free chocolate chips
- ½ cup whipping cream
- 1 tsp. Vanilla

For the filling

- 150 gr. sugar free chocolate chips
- ½ cup whipping cream
- 1 stick unsalted butter, soft
- 1 tsp. Vanilla

### Procedure:

- Whisk all dry ingredients. Whisk in the oil and sour cream or yogurt. Gradually beat in the water and add vanilla and vinegar. Mix well to combine. Beat in the eggs until the batter is well mixed. Divide among 2 greased pans and bake at 350°F for 35-40 minutes. Let it cool.
- Make the frosting: heat the cream but don't let it boil. Take out from the heat and add the chocolate and vanilla. Cool in the fridge for 1 hour.
- Make the filling: heat the cream but don't let it boil. Take it out from the heat and add chocolates and vanilla. Beat the butter in the mixer until creamy. Add butter to chocolate mixture and place it in the fridge until becomes a firm cream.
- Spread the top of one of the cakes with the filling, put on the other cake on top and spread it with the frosting.

## Flour-Less Cheddar Crackers

### Ingredients:

- 1 cup shredded cheddar cheese
- 4 tbs. soft butter
- ¾ cups almond powder
- Pinch of salt

### Procedure:

- Place all ingredients in the processor machine until you have soft dough.
- Keep it 10 minutes in the fridge.
- Take the dough out of the fridge and turn it out onto a lightly floured work surface and knead it gently to form a ball.
- Flatten the dough very thinly and cut into square pieces or use cookie cutters in different shapes.
- Line one cookie sheet with parchment paper and place the cookies on top. Bake at 350°F for 10-15 minutes.



# CARBS VS PROTEIN:

BY HAITHAM KHALID, FITNESS WITH FOOD AND GLORIA DURAN - RENDEROS, B.SC., M.P.H., J.V.P.M 2

Haitham Khalid, a veteran chef and personal trainer, speaks with us about the ever-controversial subject of carbohydrates versus protein as sources of energy and calories, if and why we need them and how we can best incorporate these macronutrients into our diets.

## DID YOU KNOW?

Most of us have heard the common myths spread by people on high impact diets, such as those designed to make you lose weight rapidly or bulk up by enlarging muscles. Haitham tells us that he has seen people drive themselves crazy over this conundrum throughout his career as a personal trainer. He suggests we consider the following:

- **Carbohydrates** provide a source of energy but consuming more carbohydrates than you need can easily make you gain weight. Don't listen to people or diets that state you should cut out carbohydrates completely! This deprivation cannot be maintained and the right carbohydrates provide a greatly needed source of energy and are good for your body.
- **Protein** is essential for building and repairing your body including your muscles but protein itself will not help you build the muscle. Consuming too much protein may put your other bodily systems under stress.
- Monitor the amount of protein and carbohydrates that you consume, know how much you should be consuming and understand the sources and different types.

## WHAT ARE CARBOHYDRATES?

Carbohydrates have gained a bad reputation mainly because excessive consumption of the wrong type of carbohydrates can cause weight gain. Carbohydrates actually provide your body with the energy it needs to help you function throughout the day and is like the fuel that keeps your body moving, similar to the way gas functions for a car. Your body converts carbohydrates into glucose, which is a form of energy that can be used right away or stored for use later (as seen in diabetics or long distance runners). There are two different types of carbohydrates: refined and complex.

### Refined Carbohydrates

Refined carbohydrates are typically digested and absorbed faster in the body. Refined carbohydrates are commonly found in processed foods such as candy, cookies, fizzy drinks and in the 'white' foods that contain large amounts of starch such as white bread, white pasta and white rice. Refined carbohydrates have extremely low nutritional value.

### Complex Carbohydrates

Complex carbohydrates are found in the 'brown' processed foods such as brown bread, brown pasta and brown rice. Foods high in complex carbohydrates include beans, lentils, oatmeal, whole grain cereals and vegetables (such as peas and corn). Incorporating more of these foods into your diet will help provide you with energy.



## GOOD FOR?

Carbohydrates are essentially a source of energy but also play a critical role in the proper functioning of the immune system, fertilization, pathogenesis, blood clotting and human development. A lack of carbohydrates can impair the functioning of these bodily systems.

## BAD FOR?

Excessive consumption of carbohydrates (especially refined carbohydrates like sugar or corn syrup which is found in so many processed foods), without using the energy that is generated can lead to serious health conditions such as obesity and diabetes.

## WHAT IS PROTEIN?

Proteins are basically made up of long chains of amino acids. There are 22 different types of amino acids and the body needs all of them to function properly.

## GOOD FOR?

Protein is required by the body for the growth, maintenance and repair of all cells. There are many forms of protein, which all play an important role in the functioning of the body. The compounds contained in protein are vital for keeping our hair shiny and healthy, our nails strong, our skin fresh and glowing and our bones strong and healthy. It is also necessary for the production of antibodies, which fight against infection and illness.

## BAD FOR?

Too many people try to do a low carbohydrate and low fats program. When you restrict carbohydrates, your body searches for another fuel source and automatically focuses on protein as an alternative but your body should not use protein as a fuel source. Excessive protein consumption could put additional stress on the kidneys.





# ARE THEY AT WAR?

## PROTEIN FACT SHEET

### Protein Requirements

An average person needs 0.86g of protein per kilogram of body weight.

57kg Vegan

Female =

46-58g

70kg Vegan

Male =

56-70g

### Top Non-Animal Protein Sources

			
Tempeh 1 cup = 41g	Seitan 3 oz = 31g	Soybeans 1 cup = 21g	Lentils 1 cup = 18g
			
Black Beans 1 cup = 15g	Kidney Beans 1 cup = 13g	Veggie Burger 1 patty = 13g	Chickpeas 1 cup = 12g
			
Baked Beans 1 cup = 12g	Firm Tofu 4 oz = 11g	Quinoa 1 cup = 9g	Peanut Butter 2TBS = 8g

## TIPS FOR HEALTHY EATING

1. Reduce the amount of fried foods and fried mixtures.
2. Reduce the amount of sugar and salt in your daily meals.
3. Think of colour, variety and freshness as you prepare your meals.
4. Stop counting calories.
5. If you need to change eating habits, start slow. One step at a time.
6. Stop thinking about BAD foods. And eat smaller portions of everything.
7. Exercise daily.
8. Drink plenty of water.
9. Eat breakfast and eat smaller meals throughout the day.
10. Eat more whole grains and whole grain cereals.
11. Avoid GLUTEN as much as possible.
12. Lower the amounts of animal protein and increase legumes and nuts.
13. Eat a mixture of healthy oils.



## A NUTRITIONIST VIEW

In the last three decades there has been a growing concern over the amount of carbohydrates and/or proteins people should be eating. Overweight diseases, such as type 2 diabetes and obesity related to the overconsumption of foods, have dramatically increased around the world as never before. However, the fact is that carbohydrates and proteins should not be at war with one another. They are both essential for human nutrition. It is the amount of certain carbohydrates and proteins that people should limit, such as sugar/ fat mixtures, refined carbohydrates and too much animal protein.

Carbohydrates and proteins along with fats are the three macronutrients that give energy to our bodies. They are important because they provide the calories we need to maintain body functions, repair tissues, make necessary hormones and feed our brains. The energy triad is essential to human nutrition. The right balance recommended in the daily diet is 55-60 percent carbs, 25-30 percent fats. The need for protein changes a bit, it is calculated on the amount of protein needed according to the ideal body weight. Usually, for an adult person, it is 0.86 grams per

kilogram of body weight. The amount of grams of protein needed varies according to age, during pregnancy, lactation and heavy physical training. When a person decides to drastically cut down the carbohydrates and increase the consumption of proteins, they should do it under the supervision of a physician.





1. PREPARE ALL INGREDIENTS.



2. MIX THE CREAM WITH THE CARDAMOM AND SAFFRON, AND BRING TO BOIL.



3. SIEVE THE BOILED CREAM MIXTURE.



4. ADD CHOCOLATES INTO THE CREAM.



# HOW TO MAKE: CARDAMOM CHOCOLATE TRUFFLES

COMPILED BY MARLYNNE MALLARI - DELA PENA

PHOTOGRAPHY JESSIE PALANCA

CHOCOLATE PREPARED BY PASTRY CHEF MOHAMED BAZ

LOCATION: GRAND HERITAGE DOHA HOTEL AND SPA

Divine yet almost sinfully delicious, this chocolate truffle is infused with Middle Eastern zest, bringing a new dimension to a favourite dessert! Forget your diet resolutions for few hours and indulge yourself with one or two of these tiny treats.

RECIPE  
COURTESY OF GRAND  
HERITAGE DOHA HOTEL  
AND SPA





## CARDAMOM CHOCOLATE TRUFFLES

by Pastry Chef Mohamed Baz

### Ingredients:

- 2 cups dark chocolate
- 2 cups cream
- 2 tablespoons crushed fresh cardamom
- 1 teaspoon saffron
- 3 tablespoons soft butter
- 1 tray chocolate truffle shells
- 1 cup dark chocolate for coating

### Procedure:

- STEP 1** Bring the cream, cardamom and saffron to a boil and then strain.
- STEP 2** Mix with the two cups of chocolate, then add the soft butter. Set aside and let the mixture cool to room temperature.
- STEP 3** Fill in the chocolate shells.
- STEP 4** Melt the one cup of dark chocolate at 60 degrees, then cool down to 32 degrees.
- STEP 5** Cover the tops of the shells.
- STEP 6** Dip the chocolate truffles in the chocolate.
- STEP 7** Decorate with crushed cardamom on the top of each.
- STEP 8** Store in a cool dry place (16 degrees)



Pastry Chef Mohamed Baz

### Tips:

- 1 Make sure the filling is at room temperature before filling the shells.
- 2 Tempering the coating chocolate is essential to have a shiny surface.
- 3 Chop the chocolate into fine pieces, preferably shards.
- 4 You can substitute your own favourite flavour for the cardamom and saffron.

## 5. MIX IN BUTTER AND GENTLY STIR.



## 6. FILL THE SHELLS WITH THE CHOCOLATE MIXTURE.



## 7. COAT THE CHOCOLATE TRUFFLES.



## 8. SPRINKLE CRUSHED CARDAMOM ON THE TRUFFLES.







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# ESCAPES

Adventurous-fun-luxurious-unique travel experiences

## CAMBODIA SPECIAL

This month we highlight two tranquil and outstanding beach retreats on the Cambodian coasts: Song Saa, Private Island off the coasts of Sihanoukville and Knai Bang Chatt, located in the coastal town of Kep, in the South West of the country.

They are very different from each other but both share two common aspects: immense natural beauty and extensive charity-educative programs for the local community to preserve their habitat. Both resorts' achievements and hard work are proving that the future of luxury travel is green!

Read more about these two inspiring resorts on page 80 and 82.



# Travel News

Stay in tune with news from the hotel and travel industry



## ETIHAD AIRWAYS ANNOUNCES ETIHAD REGIONAL

Etihad Airways, the national carrier of the United Arab Emirates, announced a 'step-change in global aviation,' with the launch of its first branded regional operation, after acquiring a 33.3 per cent stake in Swiss carrier Darwin Airline. James Hogan,

Etihad Airways' President and Chief Executive Officer, said: "This is a step-change for Etihad Airways. With our new partner Darwin Airline, we are creating a unique approach to network development for global airlines. European travellers will now be able to connect from a far, far wider range of European towns and cities on Etihad-branded aircraft, through Abu Dhabi to our destinations worldwide."

Etihad Airways will also launch daily services on June 1, 2014 from Abu Dhabi to Zurich, which will become one of Darwin Airline's main operating hubs.



## Zubarah Hotel opens in Doha

The Classical Palace Group introduces a new hospitality concept defined by Qatari culture with the opening of Qatar's first luxury hotel brand, Zubarah Hotels and Resorts. The Hotel is the vision of Abdullah Al Hamad, CEO and Founder of The Classical Palace Group who has been designing inspiring and uniquely tailored contemporary buildings around the Gulf region for both boutique hotels and individual residences since 1995.

"We are very proud to launch Qatar's first luxury hotel brand, a concept to captivate leisure and business travelers alike to experience the warmth of Qatari hospitality. Our hotels will definitely serve as a platform for Qatari culture to shine in music, education, arts and charity initiatives." commented Abdullah Al Hamad.



## THE ST. REGIS DOHA WINS BEST LUXURY HOTEL QATAR

The St. Regis Doha has recently been named Country Winner, "Luxury Hotel" for 2013 at World Luxury Hotel Award 2013 held in Phuket, Thailand. Tareq Derbas, General Manager, The St. Regis Doha, said: "We are honored to win the "Luxury Hotel Qatar" award at the World Luxury Hotel Awards, and to be considered a leader in Doha's rapidly-growing luxury hotel segment. This award recognizes the legacy of the St. Regis brand and the dedication of our team to meet the high standards of our guests."

This award follows the hotel's success at the regional World Travel Awards earlier this year, when it was named "Qatar's Leading Resort 2013" and "Qatar's Leading Hotel Suite: Presidential Suite 2013" at the World Travel Awards. The hotel upholds its reputation of excellence, having won 14 awards since opening in 2012.



## DOHA HOSTS 2013 WORLD TRAVEL AWARDS

Last month the glamorous 2013 World Travel Awards took place at La Cigale Hotel in Doha. "The Oscars of the travel industry" ceremony revealed global winners: Peru won the title of World's Leading Culinary Destination for the second year in a row, thanks to its eclectic cuisine recognized as one of the world's finest and Rotana was awarded as World's Leading Business Hotel Brand to name a few. Furthermore, the Beach Rotana Abu Dhabi has brought home top honors at the event, taking the World's Leading Corporate Resort title.





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# BARE FOOT LUXURY

Discover exclusivity and eco-sustainability at Song Saa Private Island. A resort with a deep soul and a great story to be told.

BY FRANCESCA MOSER



Water Villas

Ditch your shoes and start off the new year in style with a holiday of a lifetime in the unique and private setting of this tropical paradise island off the south coast of Cambodia. Forget Maldives, Mauritius and the Caribbean, this Asian haven has been recognized as the new ultimate holiday destination...and we couldn't agree more. Crystalline water, idyllic beaches, luxurious villas and top-notch service are a given at any five-star tropical destination. What makes this even more special is the eco-friendly and charitable activities geared toward education and community development. All its glorious features add up to make this recent discovery a must-visit for 2014.

## HOW IT ALL STARTED

The owners and founders of this luxurious retreat are not part of a gigantic hotel chain, but rather an extraordinary Australian couple, who never dreamt to start a new career in the hospitality business until they visited the Koh Rong archipelago in 2005.

Melita and Rory Hunter were instantly fascinated by these islands and above all by the welcoming and beautiful smiles of its people. They were approached and asked to buy the two inhabited and adjacent islands of Koh Ouen and Koh Bong... and so they did. In 2008 the work to build the first private island resort in Cambodia started and after a lot of hard work and endless research, Song Saa (which in the local Khmer language means sweethearts) was born: a high-end resort boasting 27 exclusive and super stylish villas among two cute islands, protected by a marine park in order to safeguard its natural beauty.

## THE RESORT

This unique resort spans among coral reefs, picturesque virgin rainforests and pristine private beaches. Every single accommodation exudes understated luxury: all the over-water, ocean view and jungle villas are sustainably built and boast clean and minimalist decor, featuring natural elements and materials – no plastic to be

seen anywhere! Even your welcome drink as soon as you get off your speedboat transfer will be served with a cute bamboo straw, not to mention the environmentally friendly bamboo take-away pizza boxes for your in-villa dining service. A private pool, open-style bathroom with a giant stylish bath and rain shower, Bose sound system, iPod docking station and the comfiest bed you ever dreamt of are only few of the comforts on offer. The list could go on and on, the attention to details is simply outstanding at Song Saa.

From the moment you step onto the island you'll step in an exclusive world: you won't have to worry about a thing, simply enjoy your break and the resort's "all inclusive" plan, will offer extra peace of mind to enjoy and make the most of the gorgeous dining outlets on the island. All the meals and drinks, served anywhere and at any time of the day, including a super-stocked fridge in your villa, are all covered. Same as a selection of activities and excursions,





your boat transfers and a 15-minute foot massage, which will ensure you an A-list holiday to be had.

### WHAT TO DO

In and around the island, on top of enjoying endless kayaking and snorkelling sessions, you will also be able to chill out by the resort's infinity pool, wander around the natural and peaceful rainforest, exercise in the gym overlooking the ocean or simply laze around in one of the secluded cabanas. And why not learn about Song Saa's conservative and community program by visiting the nearby island to see how Song Saa Foundation is helping and improving the

locals' lifestyle?

The centre piece of the resort is the picturesque overwater Vista restaurant: here you'll be enjoying the most delicious breakfast (no buffet, but a nice a-la-carte service) and give it a go with the delicious local Khmer fusion cuisine for lunch or dinner. For a more relaxed setting, the Driftwood bar offers instead deliciously crispy pizzas, tapas and BBQ complemented by gorgeous cocktails at sunset.

A visit to the state-of-the arts Spa is a must during your stay at Song Saa. Whether you are opting for a rejuvenating facial or are simply in need of an energizing and stimulating massage, don't expect anything

short of spectacular. Each treatment features ILA's products, the renowned organic range, combined with innovative healing therapies. Try the rainforest facial for luminous skin and the bio-rhythms routine, which includes a scrub, mud wrap and kundalini massage to balance your chakras and energies...simply divine and particularly indicated before or after travelling to get rid of jetlag and tensions.

Your new year will be off to a brilliant start with a visit to this exquisite resort, where luxury meets environmental action. Whether you are planning your honeymoon, a special retreat or a family gathering, Song Saa will meet and lift you dreamily above any of your expectations.

### HOW TO GET THERE

Qatar Airways flies to Phnom Penh via Bangkok. Transfer by car from Phnom Penh airport to Sihanoukville, 3 hours, followed by 30 minutes on speedboat.

### FOR MORE INFORMATION

VISIT  
[www.songsaa.com](http://www.songsaa.com)  
[www.songsaafoundation.org](http://www.songsaafoundation.org)

### Support Song Saa Foundation

Rory and Melita created this foundation to provide a sustainable and promising future for the Koh Rong Archipelago and its community. Support and take part in the many activities and initiatives that Song Saa foundation is working in collaboration with Dr Wayne McCallum, an expert in development and environmental management. Their latest project includes the realization of the first ever floating education centre for the lower Mekong region. Once completed, "the boat of hope" will carry Song Saa's eco-sustainable legacy to different communities around the archipelago, and beyond.

Educating the locals is key and providing them with basic needs such as clean water and health care to name a few, can make a huge difference for the community and for the environment too.

Get involved in this ethical and eco-sustainable adventure. 100% of any donations goes to the creation of a sustainable future, guaranteed!







The Sailing Club



The Pier

# Knai Bang Chatt, Cambodia

## STEP INTO JEFFREY'S WORLD

BY SOPHIE BARRETT

A few hours' drive from Phnom Penh you will find yourself in the sleepy coastal town of Kep; once a seaside getaway for the colonial French elite before becoming popular in the 1950s among wealthy Khmers. Here in the south of Cambodia, bordering the sea you will find Knai Bang Chatt, translating as the symbolic rainbow encircling the sun (which in Buddhism signifies the Buddha's halo). Created as an exclusive retreat to protect and shelter friends, Knai Bang Chatt has become an enchanting escape for city dwellers and travellers looking for an elegant base for exploring the essence of rural Cambodia.

Jeff Moons, co-founder and now sole

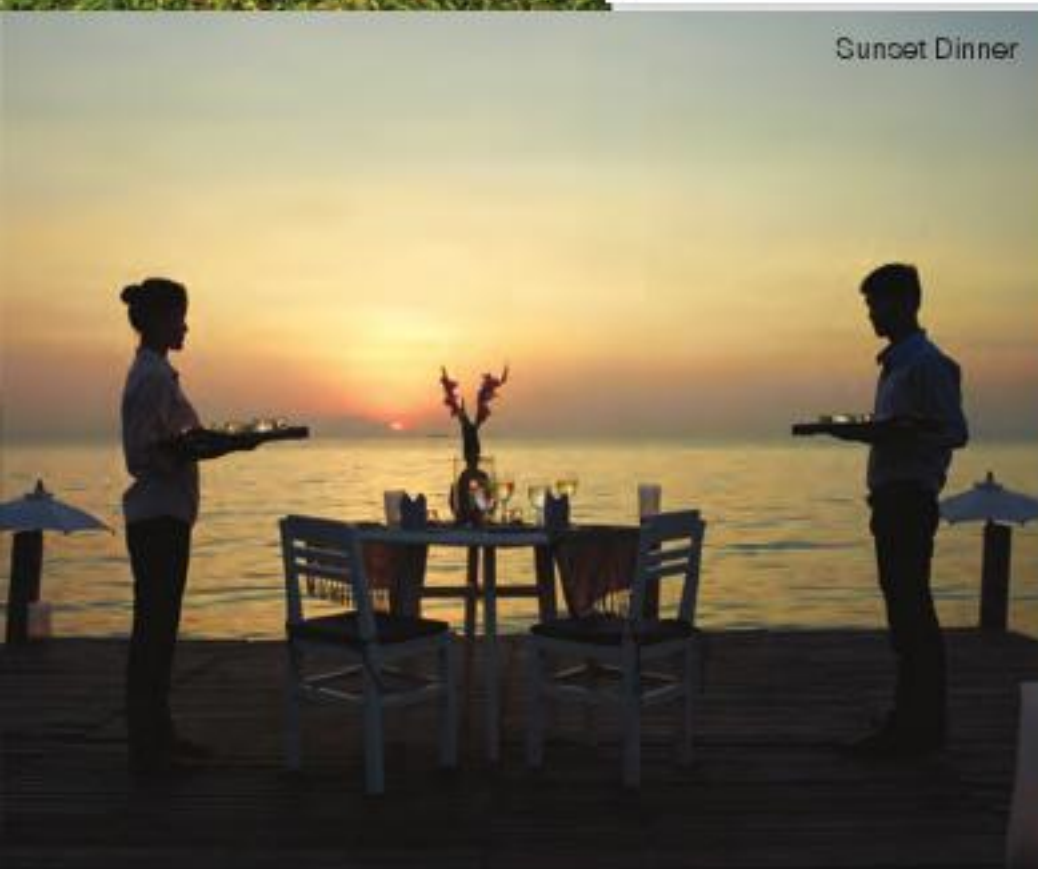
owner, envisioned a "Home Away from Home" and he has created that and much more in the process. Starting the "Hand in Hand" project working with Bridges Across Borders Cambodia to implement a holistic approach to community development, the owners set about improving the health, education and sanitation for impoverished communities, enhancing the lives of over 600 families in the neighbouring village of ChamcarBei. Knai Bang Chatt was born out of an act of love for the Cambodian people and local villages that surround the property. The attention to detail and soulful energy that have gone into renovating the three houses making up this unique 18 room destination is astounding. Lovingly

restored by Francoise Lavielle, a truly gifted architect and interior designer, the unique living spaces (three former houses built between 1962 and 1965 by protégées of Vann Molyvann, the renowned Khmer pupil of Le Corbusier) are bound together with the utmost respect. The original houses, which formally belonged to the governor of Kep and Cambodian royalty, form a calming palette of aquas and earthy tones, lending these secret getaways a heavenly status that is best defined as the epitome in understated luxury. All the bedrooms are unique, with oversized beds and luxurious natural furnishings. Whichever room you choose, comfort and serenity will prevail; however if you are looking to enjoy a romantic escape then request Room 18 with its elevated bathtub and panoramic views !





The Strand Restaurant



Sunset Dinner



**FOR MORE  
INFORMATION**

VISIT  
[www.knaibangchatt.com](http://www.knaibangchatt.com)

The mantra here is “Do as little or as much as you please”. If you have sea legs there is a wide choice with kayaks, catamarans and snorkels provided at the Sailing Club Activity Centre, just next door. Housed in a former fisherman’s cottage directly over the sea, the Sailing Club is open daily for lunch and dinner; the ideal destination to relax and enjoy the sunset with the restaurant and bar there offering extensive local seafood, cocktails and the best crab cakes on earth. Further enhanced by a hearty offering of daily excursions including jungle explorations and mountain biking, the club is owned and run by Knai Bang Chatt. Also open to outside guests, it is the perfect place to mingle.

With no reason to leave the premises, Knai Bang Chatt’s signature restaurant The Strand offers two fine dining locations next to the sea. The first, lining the beachfront, is open air so you can enjoy breakfast, lunch or dinner along a magnificent wooden table

while the resident chef Kate will be only too pleased to tailor your order; whether it is the eggs Florentine at breakfast or the pumpkin soup at dinner. The second is the brand new dining pavilion housed above the kitchen. With a daily specials tasting menu every evening there are plenty of gourmet dishes to try that combine local spices and fresh ingredients. Another option aside from the à la carte menu here would be the poolside bar and snacks, perfectly positioned to work off your appetite in the serene lap pool or simply sink into a day bed and watch the swaying palm trees...

If tranquility and rejuvenation is what you seek, then head for the in-house spa. Just metres from the sea, the spa offers an array of luxurious treatments using pure essential oils and natural ingredients. Indulge in Traditional Khymer Massage, Reflexology and signature beauty treatments with yoga and meditation also offered. If you make it this far, you won’t want to leave.



Cabana by the sea





# A TROPICAL HEAVEN ON EARTH IN MEXICO

BY FRANCESCA CRUZ PHOTO CREDIT: ALFREDO MAYA

## Isla Mujeres Beckons the Weary Traveller to Experience its Incomparable Beauty

Considered the island Eden for Ixchel, the Mayan Goddess of fertility and love, Isla Mujeres, situated in the Mexican state of Quintana Roo, is the ethereal sparkler of the Caribbean. The sea, a breathtaking mélange of azure with what appears to be a luminous gleam of gold poured all over—ranges from lime blue-green, to cobalt, to turquoise. Its tropical beauty is something to behold firsthand—understood only by standing in its presence.

Unlike Cancun, with its constant steady stream of gallivanting tourists and thrill seekers, Isla, as the locals endearingly refer to it, is unflurried, in repose, as if lounging and waiting to embrace you. It's infused with vibrant colours and local aromatic smells of miel de maguey, chaya and chile. A captivating vibe beckons you to a journey

of adventure and leisure. Time is irrelevant—there are no 'must-dos' here, only 'let's enjoy'. Its uniqueness comes from blending pampering accommodations within a rustic pre-colonial setting, untouched and removed. The only way to access the island from the mainland, La Zona Continental, is by a private boat or ferry, consisting of a 30 to 40 minute ride.

Upon arrival to the seaside paradise the cobblestoned streets accompany you along your passage through historical Isla that runs about four miles long. You may enjoy a leisure stroll, take a taxi or better yet, zip around in a golf cart, as is the norm. Streets are lined with vendors selling from conchs (the colour of ripe peaches dipped in cream), to handcrafted trinkets and locally made beaded jewelry, to a fantastic assortment of hats that help shield

you from the commanding rays. Enjoy some fresh sliced sweet mango sprinkled with chile (Pequin pepper) or savour the most delicious raspado de tamarindo (a tamarind icy) you could ever get your hands on.

### Playa Lancheros

Next up, make your way to Playa Lancheros, as the local fishermen invite you to witness their daily catch, mostly red snapper and yellow mackerel. Their day starts, when night parts to make way for daylight. From the sea, fresh to your table—the lancheros and their bounties are the landscape and the heart of this island.

The sea is a main character in Isla Mujeres, it is interwoven into the folklore of this place, with stories that include swashbuckling pirates, like that of Fermin Mundaca de





#### HOW TO GET THERE

Qatar Airways can connect you to Mexico through their new partnership with One World and American Airlines.

Marechega a slave trader who arrived to these shores in 1858, falling in love with this Shangri-La, and along the way with a native girl known only as La Trigueña [the dark skinned one] for whom he constructed the Hacienda Mundaca. His love was unrequited but the home he built still stands strong. With a bird aquarium, modern comforts, and a garden. The Hacienda Mundaca is open to visitors, if a romantic walk back in time is what most appeals to you.

#### Quintana Roo

But if adventure happily calls your name, swimming with whale sharks is a must on your list. These gentle giants come to the area every season to mate and feed on plankton. Weighing as much as 45,000 pounds, reaching lengths of 40 feet, and with a lifespan of 70 years, they are colossal creatures. Quintana Roo has the highest concentration of whale sharks in the world, and to have the opportunity to swim amongst these massive and beautiful whales is a once in a lifetime opportunity. Seeing them up close will take your breath away, visitors to the island come from all over the world just to witness this wonder.

Where the Gulf of Mexico and the Caribbean Sea kiss you find Contoy, a National Park protected by the Mexican government for

its unique ecosystem. It is sister island to Isla Mujeres, and an important nesting place for over a hundred and fifty species of sea birds, as well as the endangered sea turtles that nest there. Marine biologists monitor the secluded island's biosphere, and extra precaution is taken in caring for, and respecting, the native wildlife to the area. Only 200 visitors are permitted per day to enjoy the white sandy beaches and learn about the local flora and fauna, access to this smaller island is also only by boat.

#### Playa Norte

There are many activities to delight in while in Isla, some of the best scuba diving and snorkeling in the world; basking in the sun and splashing about in the crystalline waters of Playa Norte; swimming with dolphins, or perhaps treating yourself to a relaxing massage, while taking in the setting sun at one of the many small palapas [tiki huts] on

the beach. Soak up the splendour, delight in the local fare, and ease your worries away—this is what Isla is all about.





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# PEOPLE & SOCIETY

Events & individuals who make a difference in the Middle East



## Turkish Airlines Unveils Widen Your World Campaign with Global Brand Ambassadors Kobe Bryant and Lionel Messi

Turkish Airlines unveiled its next commercial video, featuring its global brand ambassadors and international sports megastars, Kobe Bryant and Lionel Messi, shot by the airline's new ad agency, Crispin Porter + Bogusky. The new commercial film was introduced at a press conference which was held on Tuesday, 3rd December at the Manhattan Beach Marriott Hotel, Los Angeles, including the participations of Turkish Airlines CMO Faruk Çizmecioglu and the brand's ambassador, Kobe Bryant.





# People & Society

## News



### Vote For Qatar Choice Awards 2013

The Qatar Choice Awards 2013, the country's second annual awards ceremony to highlight Qatar's outlets has been scheduled for the 9th of

February 2014 at the Renaissance Doha City Center Hotel. Make your mark by visiting [www.qatarchoiceawards.com](http://www.qatarchoiceawards.com) and click 'Vote Here'. Follow the steps to register and nominate your favorite restaurant and hotel out of the 26 categories. This year's awards range from favourite DJ to favourite event of 2013, so get voting!

The home-grown awards first began as an idea, conceived a few years ago by Moona Masri-Whitice, Director of The Art of Business, an associated company of Ahmed Hassan Bilal group, publisher of Qatar Happening and ABODE Magazines. The Chairman of AHB Group, Mr. Ahmed H. Bilal commented "I am very happy to support the hospitality industry of Qatar through this unique event. I know most of the general managers of these hotels personally and I know how hard they work to make Doha a tourist destination."



### Qatar Foundation welcomes World Innovation Summit for Health in Doha

The inaugural World Innovation Summit for Health (WISH) was held last December at the Qatar National Convention Centre. The summit, organized by Qatar Foundation under the patronage of Her Highness Sheikha Moza, gathered hundreds of International health experts and innovators to discuss global health care challenges. Through WISH, Qatar Foundation aims to improve prevention of diseases around the world through collaborations and exchange of ideas of expert individuals, who can make the real difference.

### Qatar Tourism Authority Kicks Off "Tour Guide License Program"

On December 1st twenty-four trainees joined and started the Tour Guide License training program, which will last for sixteen weeks at Stenden University Qatar. The program aims to provide comprehensive training to aspiring tour guides in the following areas: history of Qatar, tour-guide essentials, knowledge of tourist attractions in Qatar, general tourism information, and developing trainees' competencies. "Tour guides are a key touch point on the frontline of a tourist's first interaction in Qatar. A guide acts as an ambassador of a destination, therefore they need to be well equipped with the training and tools that allow them to represent Qatar well", said Issa bin Mohammed Al Mohannadi, Chairman of QTA.



### MARRIOTT PRESENTS QATAR THROUGH YOUR EYES EXHIBITION

The Doha Marriott in collaboration with the Qatar Photographic Society presented a collection of stunning images in an exhibition titled "Qatar through your eyes" on occasion of Qatar National Day last month. The hotel lobby hosted a beautiful selection of images in celebration of Qatar, taking the guests on a captivating journey through some of Qatar's most beautiful settings, unseen landscapes and the iconic skyline.





## Wyndham Grand Regency Doha Marks World Diabetes Day

To mark World Diabetes Day, celebrated every November 14, the hotel's lobby was decorated with blue flowers and the hotel facade glowed in blue, a colour that is associated with the worldwide event and diabetes awareness while the employees and associates expressed their support for people with diabetes by wearing a pin representing the World Diabetes Day logo. "At Wyndham Grand Regency Doha, World Diabetes Day is one of the leading awareness activities that we encourage our employees to participate in through our 'Count On Me!' initiative, by which we pledge to be responsive, respectful and deliver great experiences. It is important for us to take action to better understand diabetes and support world initiatives for this noble cause," said Ayman Lotfy, the hotel's general manager.



## The Al Khor Fly-in Day

Keep Jan 10th and 11th free to attend Al Khor Fly-in event. A family-friendly and fun-filled day to enjoy a multitude of activities: from parachutists shows and airshows. You will also be able to have a closer look at various private aircrafts and you'll have the opportunity to experience a tour on the aircrafts with the pilots. The event is free for everyone, so head to Al Khor airport from 9.00 am till 4.30 pm and make the most of this unique event!



## QATAR AVIATION CELEBRATES NATIONAL DAY

Qatar Airways, Doha International Airport, Qatar Civil Aviation Authority, Qatar Aeronautical College, and Gulf Helicopters joined hands to celebrate Qatar National Day together last month. The two-day celebrations commenced on December 17th with an Official opening, which was followed by series of traditional and authentic activities such as Arda show, falconry, face-painting for children, making of fishing baskets, and camels and horse shows. On the 18th of December, the day of the National Day, the celebrations continued: visitors enjoyed the genuine Qatari hospitality through traditional foods and drinks.

Qatar Airways, the state's national carrier, has become one of the most influential airlines on a global level, with an increasingly large fleet of aircrafts.



## Discover 'Qatar e-Nature' app

Sasol, the international integrated energy and chemical company and Friends of the Environment Center (FEC) have launched 'Qatar e-Nature', a bi-lingual interactive electronic application, aimed at increasing environmental public awareness among all social and age groups in Qatar. The free app contains detailed information and pictures of hundreds of plants, insects, and birds, as well as sounds of native and migratory birds. Dr. Saif Al-Hajari, Chairman of the Friends of the Environment Center said, "The user friendly 'Qatar e-Nature' would serve as the go-to-resource for understanding and appreciating the rich nature of Qatar, accessible to anyone with a smart-phone, tablet or PC. We laud Sasol's efforts to bring such esoteric knowledge to the mainstream in a fun and interactive way."





# ARGENTINIAN CONNECTION

BY FRANCESCA MOSER PHOTOGRAPHY JESSIE PALANCA

ABODE met with H.E. Miss Rossana Surballe,  
Ambassador of Argentina to Qatar



### You recently relocated to Doha. Where was your previous assignment?

**A:** In México, where I was in charge of Economic, Investment and Trade Affairs.

### What are your first impressions of Doha?

**A:** I am very impressed with the development of Qatar. It seems that everything is possible here. I am very fond of this ability of construction and with the compromise with progress of the country. I have found an openness to interact with people of so many different countries.

Argentina shares this point of view towards different cultures. As you know Argentina has always been very open to receive people from many parts of the world.

### Why have you only recently opened the Embassy in Doha?

**A:** Our countries have established bilateral relations since 1974. However, it has been during the last years when this relationship has taken a way of consolidation. We have just opened our Embassy in Doha with the very strong commitment of strengthening our bilateral relations, in different areas, such as trade, investment and scientific cooperation. Qatar also opened an Embassy in Buenos Aires last September. The mutual interest has also been consolidated by the numerous visits of high level

authorities, who had participated in relevant fora in Qatar. Among others, our Vice President was in Doha last May to take part in the XIII Doha Forum.

On the other hand, on November 17th, the Governor of Mendoza, Francisco Perez, visited Doha with an important delegation, comprised of two ministers and other authorities, to promote investments towards infrastructure and services.

### Are you planning any specific events for the community?

**A:** This month we are planning an open event for our community at our Embassy on May 25th we are organizing our National Day, in which we hope to count on the presence of the authorities of Qatar, the diplomatic community, press, and of course the Argentinian community in Doha.

### What are the areas that play a key role for the relations between Argentina and Qatar?

**A:** Argentina is willing to interact with Qatar in the process of scientific and educational development to which Qatar is firmly committed to. We can especially participate in certain joint projects, such as the one with the Argentinian Ministry of Science and Technology has signed with Qatar Foundation on Development of Marine Sciences. Argentina is very committed to constructing bridges between our countries by improving our relations in different fields, such as agricultural and science and technology cooperation and the improvement of bilateral trade.

Sports is another field of mutual cooperation, in which we will be very much involved. Argentina is very interested in participating in the process of building capabilities, which Qatar is dealing with in order to face up to the World Football Championship, that will be held in Doha in 2022.

### How are you planning to promote further business between the two countries?

**A:** Argentina would like to increase its participation in the Qatari market offering food, construction and industrial materials, as well as, engineering products, and services for the gas and petrol industry, among others.

On February, 16th and 17th, we will receive a commercial mission in Doha, headed by the Secretary of International Economic Negotiations, Ambassador Carlos Bianco and integrated by an important group of Argentinian businessmen, aimed to promote conversations between companies of both countries. Qatar and Argentina have a lot of things in common to explore trade and investment cooperations. Other investment opportunities involve the energy, agricultural and food sectors.

More over, we would like to strengthen our tourism opportunities as Argentina, is one of the most remarkable countries in the world with outstanding cultural and gastronomic activities.



## ARGENTINA

Situated in South America, has an area of almost 3,800,000 sq. km, of which 2,8 million are continental. It borders Uruguay, Brazil, Paraguay, Bolivia and Chile.

**Capital:** City of Buenos Aires

**Currency:** Peso

**President:** Cristina Fernández de Kirchner

**Population:** 40 million

**Government:** Representative, Republic and Federal government, divided into the executive, legislative and judicial powers. In Argentina there are 23 provinces, plus the City of Buenos Aires, the country's capital city.

**Official language:** Spanish

**Points of interest:** • City of Buenos Aires • Quebrada de Humahuaca • Iguazú National Park • Jesuit Missions of the Guaranis • Ischigualasto and Talampaya Natural Parks • Jesuit Blocks and Estancias of Córdoba • Peninsula Valdés • Cueva de las Manos at the Upper Pinturas River • Los Glaciares National Park, San Rafael, Mendoza.



**FOR  
MORE  
INFORMATION**

EMBASSY OF ARGENTINA

Rawdat Ehraish St., Villa No 6,  
West Bay, Doha, Qatar

Tel: 4016 2666





## woman of the month





# PASSIONATE PALATE

BY MARLYNNE MALLARI - DELA PENA

PHOTOGRAPHY JESSIE PALANCA

Coming off an early flight from Dubai (where she was interviewed by one of the television stations about Qatari food), Chef Aisha still has the energy to welcome us at her home and even prepare food for us to truly experience an authentic Qatari hospitality.

## When did you realize that you wanted to be a chef?

**A:** Sometime in the 90s, but the passion and drive for cooking is continuously developing, it doesn't stop.

## Can you share which places you've visited to introduce traditional Qatari food?

**A:** UK (this event) in collaboration with Qatar UK '13, Bahrain (exhibition for GCC Chefs where I was one of the seven; it is a TV programme in Bahrain last Ramadan) UAE (Book Exhibition), Kuwait TV and the US.

## You wrote five books, how are they different from one another?

**A:** Food is endless and so is my imagination and the time I spend in my kitchen will either introduce me to new dishes or see how I can make an existing dish taste the Aisha way. Also, the recent book, which is the 5th release, was a set of mini cookbooks divided into appetizers, main course, bread, diet food and desserts.

## Your new book has a diet section, can you tell us why is this different from other diet books?

**A:** On a personal side I come from a family that has diabetic history and there is a big notion here and abroad about healthy living. This idea came up, 'to concoct delicious dishes' that will not taste like nothing or unappealing, it is quite

a challenge but I am very happy that I have presented tasty and healthy gastronomy.

## If you are not cooking what are your other hobbies?

**A:** Reading, beauty, traveling and if shopping is a hobby then I like it too!

## You went to UK recently, can you tell us your experience serving Qatari food to other nationals?

**A:** I am very honoured that I was chosen to represent my country in this prestigious event. The occasion was well received, the comments were positive and there were a lot of queries, meaning people were engaged on Qatari cuisine.

## You are a television personality and your cooking show is going for more than five years, how do you keep up?

**A:** Cooking is a passion, it keeps me going, it's remarkable! I feel fortunate that I can do what I am doing and for that I aim to be even better. I think Qatari food is underrated but little by little it is being appreciated and I'll make sure that my UK adventure is the start of many more outreach events to serve Qatari food on the table around the world.

## Can you give us any cooking tips?

**A:** Food is art and art is produced through study, talent and practice and more practice. In this light I open my kitchen to teach cooking. Sometimes the talent is in you, but you don't know because you never tried.



“FOOD IS A PLEASURE, I TRY TO ENJOY IT ALL, BECAUSE IT REPRESENTS CULTURE, PERSONALITY, EFFORT AND BLESSINGS AND FOR THAT ALONE I'M THANKFUL.”



Kobe Bryant, Brand Ambassador and Faruk Cizmecioglu, Chief Marketing Officer with Flying Chefs and Flight Attendants in Los Angeles Press Conference



#### FOR MORE INFORMATION

TURKISH AIRLINES  
OFFICE IN DOHA

TEL. 4445 8458

[WWW.TURKISHAIRLINES.COM](http://WWW.TURKISHAIRLINES.COM)

## "WIDEN YOUR WORLD" HAS SUPER STAR POWER

Turkish Airlines unveils their new 'Widen Your World' Campaign with Global Brand Ambassadors Kobe Bryant in Manhattan Beach, California and ABODE magazine gets a taste of L.A. star power.

Turkish Airlines, a member of the Star Alliance, recently unveiled its new motto; "Widen Your World" and introduced the world to a new media campaign, by inviting journalists from around the globe to experience the latest in what is hoped to be another video sensation, plus meet NBA great Kobe Bryant at the Manhattan Beach Marriott hotel in California. Kobe, the Los Angeles Laker's superstar point guard, mesmerized the group with his charm and unrivaled charisma as he spoke about the new sequel to the legendary commercial made famous by Kobe and Lionel Messi, and why he chose to be Brand Ambassador for Turkish Airlines. "We both like to be innovative in our respective industries, and I think that is the thing that really drew me to Turkish Airlines...it seemed like a natural mix."

"We're excited to continue our relationship with Kobe Bryant and Lionel Messi to heighten awareness of the many benefits of Turkish Airlines around the world, such as our award-winning cuisine, wide global network and unsurpassed service," stated Faruk Cizmecioglu, chief marketing officer at Turkish Airlines while introducing Bryant to the excited group of reporters, "Just as these two men are at the top of their games, so too is Turkish Airlines, which now travels to 241 global destinations and counting."

#### The "Kobe vs. Messi: Shootout" commercial.

The exciting new commercial video screened at the event, reprises previous antics by Kobe and international sport megastar Lionel Messi as they travel throughout Turkish Airlines vast global network. The video was created by the airline's new ad agency, Crispin Porter + Bogusky, and is the second commercial in the series that became a hit when first introduced. Already an immediate success at press conference, the video emphasizes

the global network of the airline with Kobe and Messi resuming their friendly rivalry by trading "selfies" taken in exotic locations; such as Red Square in Moscow, The Great Wall of China, the Maldives, Bangkok and Mount Kilimanjaro, all Turkish Airlines destinations. In the ad's final shot, Messi takes a "selfie" in Sultanahmet Square in Istanbul—only to be photo bombed by Kobe.

Fatma Yuceler, general manager, Western USA, at Turkish Airlines stated the airline was thrilled with the success of the commercial as it showcased, through a playful spin on 'selfies', the numerous global where destinations Turkish Airlines flies and the commitment of the airline to serving passengers in more countries than any other airline.

#### About Turkish Airlines

In recent years, Turkish Airlines has greatly expanded its place in the global aviation community by a series of large-scale aircraft orders, continual network expansion and the implementation of other significant investments designed to make Turkish Airlines a truly global brand. These changes include a new catering concept which has recently been introduced to enrich the dining experience with "samovar" and "candle light" features. Turkish Airlines continues to utilize its Flying Chefs on long flights; and offer a cabin entertainment system which includes nearly 400 films and one thousand CD albums, as well as radio and news channels. Its "Invest On Board" digital platform enables its guests to encounter, in flight, fascinating and enterprising ideas presented by important business figures from around the world; plus live TV and CIP Lounges that bring a unique level of comfort and ease to passengers before and after their flights. All of these changes display the desire of Turkish Airlines to provide an unmatched travel experience plus have earned the airline a significant number of awards.

To view the commercial, go to:  
[www.youtube.com/turkishairlines](http://www.youtube.com/turkishairlines)





## FLYING CHEFS SERVING UP 5 STAR CUISINE

Turkish Airlines's media relations VP, Dr. Ali Genc, shares the success of their acclaimed Flying Chef service available to all business class travellers, providing them with an unforgettable experience.

### How did your renowned Flying Service Chef come about?

**A:** The idea behind it was to offer our customer a unique gourmet experience with the final touch directly from one of our chefs. As a prime airline caterer, we are providing a full food service to our customers, from designing a menu and the china, equipment organizing all the products, over cooking and plating, we would be also the only company in the world who is even serving it now to our customers. This gives us a great connection to our guests on board and we receive the feedback immediately.

### What's the most popular dish, customers' request? And what's your favourite?

There are many popular dishes and they are all the time changing from route to route. But of course the most favourite dishes are the Turkish dishes like the mezzes and the delicious Köfte. Especially for our foreign guests it is a great moment to get in touch with those menus for the first time on board.

Also our Turkish guests are so happy to get Turkish specialties served on the way back to home. After weeks of Asian or western meals it is all the time so nice to serve them a piece from home.

### How can you deliver such a Gourmet experience on an airplane?

With hard, long and constant refreshment trainings. We are teaching our chefs for almost six weeks on ground before they start flying for the first time. All this in our mock up in Turkish DO&CO where we can simulate a regular flight with guests and real food. On board itself we have only fresh cooked products special loaded to give the chef a chance to finalize all this on time according to the guest requests.

### What are the main challenges of creating fresh cuisine on board of the planes?

The missing kitchen equipment. We do not have an oven with open flame or a wok. We just can use the on board hot air ovens

which makes it of course difficult to finalize the product accordingly. But with the right technique: "with foil cover – without foil" it is possible to create the same gourmet experience like you would expect from a star restaurant.

### What is the feedback received from passengers?

Very positive as you may expect. Many of them are first of all surprised, why a chef on board-what can you do- how you did it! These are the most frequent questions and also comments. Many guests are seeing it as extremely positive

and they are sharing their feedback with their families and colleagues at home, which is so important for us. They are our

future guests on board and we want to create an unexpected and unforgettable experience for them. And this we have to do every day again.





# BACK TO NATURE!

PHOTOGRAPHY JESSIE PALANCA

ABODE met with Vanessa Taylor from Forever Vee, an established Health and Nutrition company that sells organic products in Qatar aimed to improve anyone's lifestyle. Kick off a new, healthy lifestyle with the help of Forever Vee.

## Can you tell us more about yourself and Forever Vee?

**A:** I am an authorized distributor for Forever Living Products. Forever Living was founded in 1978 in the USA, and is now present in over 155 countries around the world - indeed it's been operating in Qatar for well over 10 years! Forever Living and its affiliates are by far the largest grower, manufacturer and distributor of organically grown aloe vera and bee products in the world, and so produce a wide range of natural health and nutrition products (from our Aloe Vera Gel drinks to supplements and weight management program to cosmetics, and personal care to skincare)

## How and when did you start this business?

**A:** I have been in Qatar since July 2011. The business started as a result of a talk I heard at a luncheon in June 2013. The guest speaker was a well-established authorized distributor for Forever Living. I was particularly interested in the benefits of the Aloe Vera Drinking Gels, and after one conversation, I was interested in joining her team and sharing the MANY properties and health benefits of aloe vera with my Qatar contacts, too!

## What is Forever Vee about?

**A:** Forever Vee is committed to and passionate about recommending health and nutrition products based on organically grown aloe vera and bee products to help people living in Qatar improve their health, the natural way!

## Who is it aimed at?

**A:** Forever Vee is aimed at everyone, including your animals! To elaborate, the

range of Forever Living Products can be used throughout the family, of any age; for example, our Aloe Propolis Creme can be used for any skin conditions such as eczema, psoriasis, dermatitis, nappy rash, acne - it's a fabulous and natural alternative to the steroid creams or hydrocortisone ointments that doctors usually prescribe! Our Aloe Vera Gelly is a "Medicine Cabinet in a tube" used for cuts, bites, stings, burns, bruises, even internal use for sore throats and for teething babies; our toothgel is fluoride-free, Luxury Skincare range (used by men and women), our aloe deodorant is free of the harmful aluminum salts found in antiperspirants (linked to both breast cancer and Alzheimer's disease), and finally of course our, now infamous, Aloe Vera Drinking Gels, suitable for any age from 18 months upwards - offer huge health benefits for all the family - skin disorders, digestive problems, pain, more energy, extra nutrition, etc.

## How can your products improve everyone's life?

**A:** Aloe Vera offers five key benefits: 1) a natural detoxer/cleanser, 2) A natural anti-inflammatory, 3) boosts energy levels, 4) balances the immune system, and

5) it's packed full of over 75 nutrients, including 7 out of 8 essential amino acids. There are three primary areas of the body that aloe vera works on: the skin, digestive system and for pain.

## What's your top selling product?

**A:** Standard Aloe Vera Drinking Gel, followed by Aloe Propolis Creme and Aloe Deodorant.

## Do you have any specific healthy advice/trick to share with us?

**A:** Start your day (before any other food or drink) with 60-120 mls of Aloe Vera Drinking Gel, and also drink lots of water, do regular exercise and make healthier food choices! Being healthy is easier if you take these small steps.

Also check out our nine-day Aloe Vera detox...it will work wonders on you!



FOR MORE INFORMATION

Tel : 5522 1801

Email: [vanessa@forevervee.com](mailto:vanessa@forevervee.com)



# GLOBAL CHANGEMAKER

UCL Qatar was inaugurated in September 2013. To celebrate this prestigious new campus in Qatar, ABODE caught up with one of UCL London's multi-talented and inspiring leaders Professor Hugh Montgomery.



He recently had the great pleasure to meet the kindred spirit Sheik Mohammed bin Abdulla al Thani, when he was invited to give a lecture at UCL London about his climb to Mount Everest as a ROTA's (Reach Out To Asia) Ambassador. The lecture, part of the Qatar UK 2013 initiative, was entitled "Follow your dreams: The story of an Arab with Altitude".

"His Excellency shared a passion for life, and for one's best for to achieve one's potential- as well as to do the best for those less fortunate. He is also fascinated as to why one person is able to succeed at altitude, whilst others cannot." Prof Montgomery commented.

The Sheik is an enthusiastic and enthusing man. We shared a seminar with experts in mountain physiology for a morning- which we all greatly enjoyed- and we hope that we all might continue to share academic, mountaineering and humanitarian ambitions in the future."

**What are your thoughts about the recent opening of the UCL Qatar campus?**

**A:** In general terms, I'm a huge fan of any and all initiatives which bring countries closer together. UCL really is a global university, which sees its role as far beyond 'teaching for cash', and

which recognizes its responsibilities to world citizens. So I'm a big supporter!

**You recently received an award from the London Sustainable Development Commission for your work on climate change. Can you tell us more about your work and about Project Genie [a school-based program that educates and engages youth about climate change]?**

**A:** In the late 1990s, papers on climate change were appearing in all the major scientific journals. The data appeared robust and alarming, but the media were suggesting that this science was in doubt. I studied the field, and reached the conclusion that man-made climate change WAS real, and was indeed frightening in its implications - the Lancet later described it as 'The greatest threat to human health of the 21st century'.

I've since engaged in scientific and medical work on the issue, but also in education. It turns out that the behaviour of adults is hard to change when an enjoyable action (here, use of fossil fuels in any way) is pleasurable, but associated with risk which isn't immediately felt. I have had a career as a children's author, and thus wrote a book for children. The impacts are profound: a 42-72 per cent reduction in school electricity use alone. The materials are available free if a partner in Qatar would like to take on the project.

**All of us know that we should eat correct foods and exercise; but is this enough? How much of a role does genetics play in our ability to live longer and healthier lives?**

**A:** Of the 20,000 or so genes which make us all human, many will contribute to our ability to play sport or to compete athletically. These will include those affecting heart structure, function and

## PROF HUGH MONTGOMERY

MB BS BSC FRCP MD FRGS FRI FFICM  
UCL PROFESSOR OF INTENSIVE CARE MEDICINE  
DIRECTOR, UCL INSTITUTE FOR HUMAN HEALTH  
AND PERFORMANCE  
CONSULTANT INTENSIVIST, WHITTINGTON  
HOSPITAL  
GLA LONDON LEADER

blood supply; lung structure and function and size; the nature and number of blood vessels, skeletal muscle size and fibre types and mitochondrial number; the amount of haemoglobin (and thus genes affecting iron absorption and its use; B12/folate uptake and use; marrow function.....). Unsurprisingly, therefore, the genetic contribution to variance in many sporting characteristics is between about 30 and 80 per cent. That's not to say that training and nutrition aren't vital, they are. But aptitude and 'how far you can go in a sport' are strongly genetically influenced.

**We heard you hold the record in playing piano underwater, how did this come about? How was it like?**

**A:** This is true! The idea was to raise money for a charity, and we did: over £17,000 back in 1981 was a lot of money! But 110 hours at the bottom of a swimming pool isn't something to be repeated. Oddly, we used a specially-built electric organ (made by Yamaha) to do it!

**Have you got any upcoming research or projects happening soon?**

**A:** Constantly. We are working a great deal on how cells best use oxygen; with cell studies being supplemented by taking teams to Everest, and with studies of genetics in high-altitude human and mouse populations.



# Auto News

ALL THINGS NEW IN THE AUTO INDUSTRY  
Model releases, awards and news



## NISSAN EXHIBITS AT THE 2013 TOKYO MOTOR SHOW

Nissan Motor Co., Ltd. recently revealed several new concept cars at the 43rd Tokyo Motor Show 2013. Autonomous Drive technology, safety technology and other innovations were presented during the expo but the main highlights of the show were the BladeGlider, which offers

drivers and passengers a new sense of glider-like driving pleasure, Nissan DAYZ ROOX, a new super-height wagon model featuring dynamic exterior styling and a spacious-feeling, premium interior design and the New X-TRAIL, an all-purpose SUV with excellent driving performance, advanced technology and outstanding fuel efficiency.



## Audi opens a brand new Audi Boutique at the Gate Mall

Q – Auto, Qatar's official Audi dealer, inaugurated the brand new Audi Boutique at The Gate Mall. Pay a visit to the showroom and witness from close the stunning models on display, including the Audi R8 4.2, S6, S7, A8, S8, RS 5, Q7 and the TT RS, each of which have been crafted to exude refined elegance and performance at its highest. Commenting on the opening of the new location Kevin Hughes, General Manager at Audi Qatar, said, "Fans of Audi will notice immediately that this boutique is designed to capture the spirit of Audi: the luxury, sportiness and progressiveness that set Audi apart, making the brand a cut above the rest."



## 2014 Chevrolet Silverado launches in Qatar

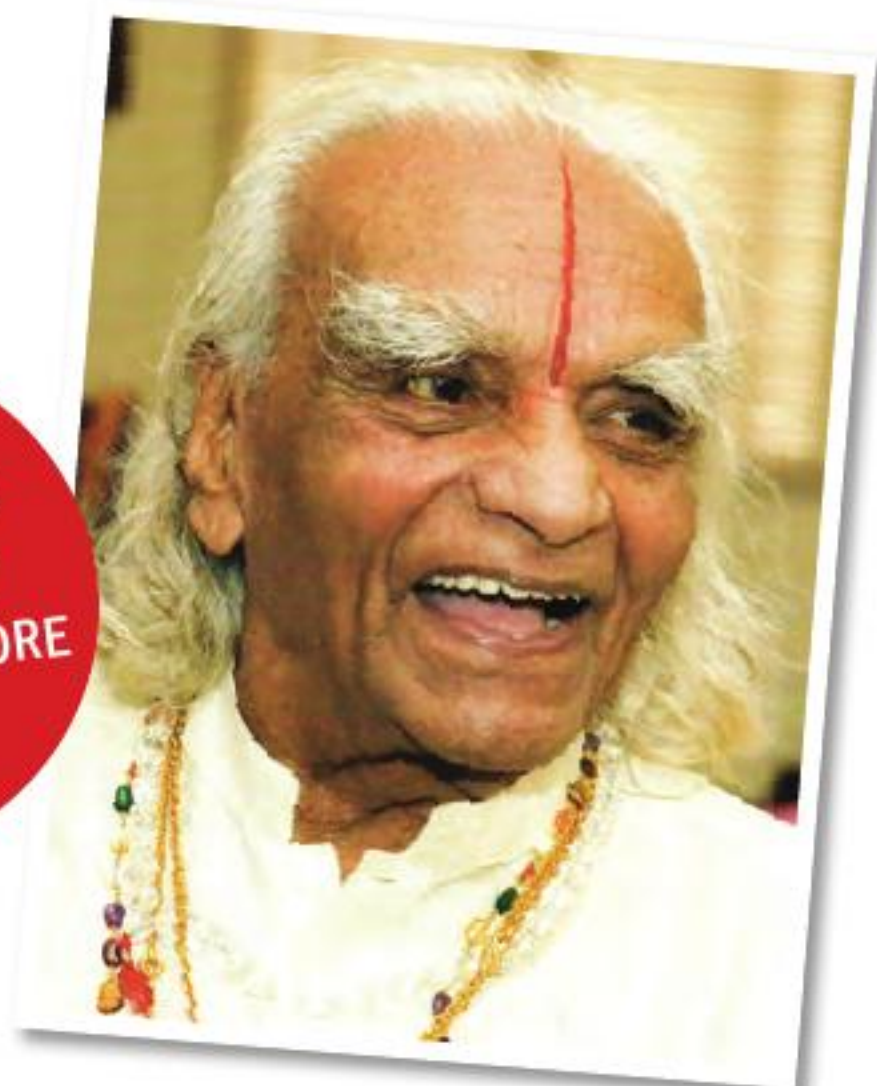
Jaidah Automotive, the exclusive importer and distributor of Chevrolet in Qatar, has recently launched the all-new 2014 Chevrolet Silverado pickup in Doha. Mr Mark Jenkins, General Manager of Jaidah Automotive, in the presence of GM representatives and leading automotive media personalities, hosted the event. "Jaidah Automotive is extremely proud to bring to Qatar the all-new 2014 Chevrolet Silverado," Mr Jenkins said. "Taking into account its wide range of technologically advanced design and components, the 2014 Chevrolet Silverado will surely offer its unmatched and market-leading power, safety, comfort, cargo and towing capability, and fuel efficiency," he added.



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Bellydance Superstars  
– 30 days to Vegas 90QR

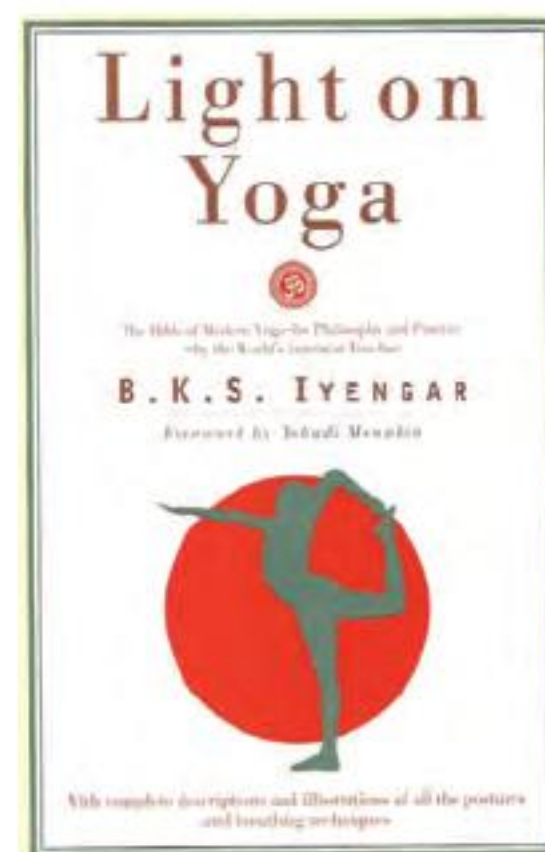


Men's Fitness DVD Training Kit  
Team Unity Fitness  
90QR

## ABOUT THE AUTHOR:

The father of modern yoga - B. K. S. Iyengar, or Bellur Krishnamachar Sundararaja Iyengar, is the founder of Iyengar Yoga and is considered one of the foremost yoga teachers in the world. Known for his many books on yoga practice and philosophy including Light on Yoga, Light on Pranayama, and Light on the Yoga Sutras of Patanjali Iyengar yoga classes are offered throughout the world.

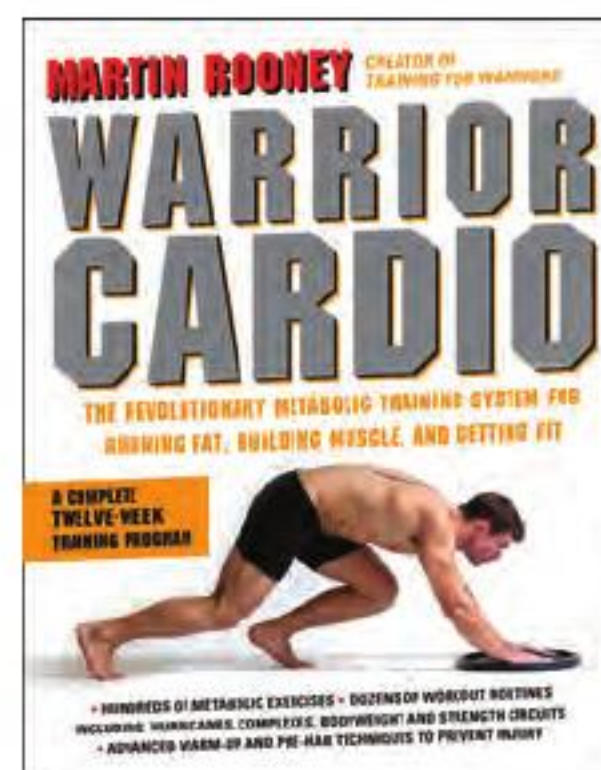
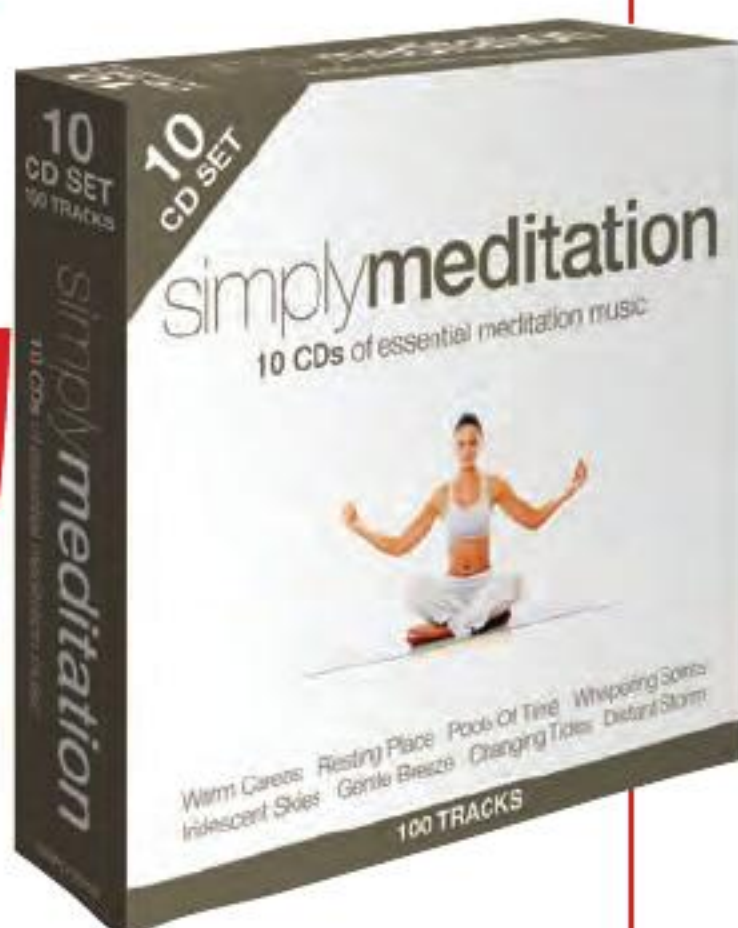
Light on Yoga by BKS Iyengar 108QR



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## Real Estate

Ahmed Hassan Bilal Trading & Contracting Co. W.L.L.  
Bilal Tower, Al Asmakh Area, 10th Floor. Tel. 4442 8877

## Malls

**Al Asmakh Mall** Hours: daily 10am-10pm,  
Al Jawaan Street, Sadd 4444 2401

## Centrepont

Hours: daily 10am-10pm Plaza Mall, Barwa Village,  
Wakra Rd 4415 3586  
Al Asmakh Mall, Al Saad 4428 9201

## City Centre Doha

Hours 10am - 10pm, Conference Center St., West Bay 4428 9141

## Hyatt Plaza

Hours: Sat-Thu 10am-10pm: Fri 2pm-10pm,  
Al Waab Street, Muraikh 4469 4848

## Landmark Mall

Hours: Sat-Thu 10am-10pm: Fri 3pm-10pm, Al Shamal Road,  
Gharrafa 4487 5222

## Lagoona Mall

Hours: Sat-Thu 10am-10pm: Fri 2pm-10pm,  
West Bay, Zone 66, Ad Dawha 4433-5555

## Royal Plaza

Hours: Sat-Wed 9am-10pm: Thursday 10pm-10pm, Fri 3.30pm-11pm  
Al Saad Street, Al Saad 4413 0000

## The Mall

Hours: Sat-Thu 10am-10pm: Friday 3pm-10pm,  
D-ring Road 4467 8888

## The Gate

Hours: Sat-Thu 10am-10pm: Friday 3pm-10pm,  
Maysaloun Street - West Bay 4467 8888

## Merch

Hours: Sat-Thu 9:00am-12:00pm, 4:00pm-9:00pm,  
Al Asiri Interchange, Salwa Road  
Salwa 4465 8652  
The Mall, D-ring Road 4467 4312

## Salam Stores

Hours: Sat-Thu 10am-10pm: Friday 3pm-10pm West Bay 44672200

## Villaggio Mall

Hours: Sat-Thu 10am-10pm: Fri 2pm-10pm, Al Waab Street,  
Muraikh 4413 5444

## Fashion / Retail

Aida, Royal Plaza, 2nd Floor 4413 1188  
Aldo, The Mall 4467 8896  
Villaggio Mall 4450 7391  
Aldo Accessories, City Centre 4411 5289  
Bench, Hyatt Plaza 4469 0476



## Interior Design

Forum Design, Bilal Tower, Al Asmakh, 11th Floor.  
Tel. 4456 8716 (An Associate of Ahmed Hassan Bilal Group)

Berluti, Villaggio Mall, VIP section	4416 1860
Birkenstock, The Mall	4455 0233
Change, Royal Plaza, 1st floor	4413 1177
Titto Bluni, Royal Plaza, 1st floor	4413 1144
Marc Jacobs, Villaggio Mall, VIP section	4413 4767
Celine, Villaggio Mall, VIP section	4413 4763
CH By Carolina Herrera, Villaggio Mall, VIP section	4413 4748
Charles & Keith, City Centre	4493 4437
Hyatt Plaza	4469 0413
Dune, Landmark Mall	4487 8158
Ermenegildo Zegna, Villaggio Mall VIP section	4413 4765
Events, Royal Plaza, 1st floor	4413 1155
Garage, City Centre	4483 9324
Geox, Landmark Mall	4488 7531
Gucci, Villaggio Mall	4413 4612
Karen Millen, Villaggio Mall	4460 4279
Landmark Mall	4487 5222
Lacoste, Landmark Mall	4488 7604
Villaggio Mall	4450 7191
Naturalizer, Hyatt Plaza	4416 5132
Ninewest, City Centre	4483 9543
Hyatt Plaza	4468 2919
Landmark Mall	4486 4038
Pull & Bear, Landmark Mall	4487 6856
Ralph Lauren, Villaggio Mall VIP section	4413 5655
Sketchers, City Centre	4483 9476
Spring, Villaggio Mall	4460 4963
Swarovski, Land Mark Mall	4483 8158
Pronovias, Villaggio Mall, VIP section	4416 1856
Hyatt Plaza	4416 5133
Tod's, Villaggio Mall	4413 4937

## Beauty

Biobil, Serdal Tower West bay	Women	4493 4433
	Men	4483 0989
Diva Lounge Spa	Al Sadd Branch	4431 8488
	Al Gharafa	4481 1488
Faces, Villaggio Mall		4450 7189
	Landmark Mall	4487 9519
Franck Provost, Four Seasons Spa and Wellness Centre		4494 8844
L'Occitane, Landmark Mall		4486 5149
	Villaggio Mall	4450 7585
Make Up For Ever, Hyatt Plaza		4459 2061
Nails, Royal Plaza		4413 0222
4U, City Center		4483 5179
Guerlain Alfardan Spa, Westbay		4420 8665
Amoaras Spa, Holiday Villa		4408 4085
Snips Salon, Holiday Villa		4408 4083



# ABODE directory

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## Hotels & Restaurants

Al Bustan,	Museum Park St.	4435 2227
Al Seef,	Al Aaliya Street	4433 2222
Doha Marriott Hotel,	Ras Abu Aboud St.	4429 8888
Four Seasons,	Corniche Road	4494 8888
Grand Hyatt,	West Bay Lagoon	4448 1234
Grand Regency,	Al Sadd	4434 3333
Grand Heritage Doha,	Aspire Zone	4445 5555
Gokulam Park Hotel Doha,	Corniche	4470 8822
Hilton,	Corniche Road	
Holiday Villa Hotel		4408 4888
InterContinental,	Al Istiqlal Rd, West Bay	4484 4444
Kempinski Residences & Suites,	West Bay Doha	4405 3333
La Cigale Hotel,	60 Suhaim Bin Hamad St.	4428 8888
Liza,	Porto Arabia	4495 3876 ext:1721
Megu,	Porto Arabia	7780 9513
Marriott Hotel,	Corniche	4429 8806
Mövenpick Hotel,	Corniche Road	4429 1111
Mövenpick Tower & Suites,	Westbay	4496 6600
Mercure Grand,	Musherib Street	4446 2222
Merweb Central Doha,	Ras Abu Abboud St.	4409 4444
Millennium Hotel,	Jawaan Street, Al Sadd	4424 7777
Nando's,	Hyatt Plaza	4450 5853
	City Centre	4417 5756
Oryx Rotana,	Airport Rd.	4402 3333
Pampano,	Porto Arabia	4495 3876 ext.1221
Ramada Encore,	Ahmed Bin Moh'd St.	4444 3444
Radisson Blu,	Salwa Rd, C Ring Rd.	4428 1428
Regency Halls,	D'ring road	4465 2226
Ritz-Carlton,	West Bay Lagoon	4484 8000
Sealine Beach Resort,	Mesaieed Umm Said	4476 5299
Sharq Village & Spa,	Ras Abu Abboud St.	4425 6666
Sheraton Doha,	Corniche Road	4485 4444
St. Regis Doha,	Westbay	4446 0000
Souq Waqif Boutique Hotels Musherib		4433 6666
TSE YANG,	Porto Arabia	4495 3876 ext. 2071
W Doha,	West Bay Lagoon	4453 5353

## Cars / Motoring

Infinity,	Salwa Showroom	4428 3333
Mercedes Benz,	Salwa Road	4462 4444
Nissan,	Salwa Showroom	4428 3333
	Al Sadd	4444 1334
	Yarmouk	4488 8618



## Restaurant

Chowking (An Associate of Ahmed Hassan Bilal Group)

\*Salwa Road 4437 1212 \*Al Khor 4411 8816/ 4411 8817  
\*Al Saad St. 4431 4411 \*Mamoura 4486 6077  
\*Holiday Villa Branch 4411 5225 | 4411 5335

Mannai,	Industrial	4455 8709
Porsche Centre Doha,	Airport road	4459 9666
Renault,	Salwa Showroom	4428 3333

## Education

Virginia Commonwealth University Qatar,	Education City	4402 0555
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## Entertainment

Ray's Reef,	Royal Plaza, 2nd floor	4413 1122
The Cinema Palace,	Royal Plaza, 2nd floor	4432 0938

## Home Decor/Accessories

Articles,	Royal Plaza, 2nd Floor	4413 1188
Bo Concept,	City Centre	4411 5054
George Jensen,	The Pearl Qatar Porto Arabia	4495 3876
Home Centre,	City Centre	4483 9400
Homes R Us,	Hyatt Plaza	4469 8999
IDdesign,	The Mall, Airport	4467 8777
IKEA home store,	Doha Festival City	800 4532
KARE Doha,	Lagoona Mall	4477 0909
Lakeland,	City Center	4411 5243
Le Louvre,	City Center	4483 3541
Ligne Roset/ DEDON, Souq Najed,	Salwa Road	4431 1843
Living in Interiors,	The Pearl Qatar Porto Arabia	4495 3876 ext 8200
Maya Paris,	The Pearl Qatar Porto Arabia	4495 3876 4495 3207
Natuzzi,	Al Mana Towers Bin Mahmoud	4421 4440
Roche Bobois, Al Jasim Tower, Suhaim Bin Hamad Street,	Al Sadd	4432 0066
Singways,	Villaggio Mall Muraikh	4413 5444
The One,	Villaggio Mall	4450 7778
The White Company,	Landmark Mall	4486 0789
Zara Home,	Villaggio Mall Muraikh	4413 5444

## Art & Culture

Doha Players	4447 4911
Katara, West Bay	4408 0000
Mathaf: Arab Museum of Modern Art,	
Al-Luqta Street, Education City	4487 6662
Museum of Islamic Art, Al Corniche street	
QMA Gallery Cultural Village,	West Bay 4452 5555

## Hospitals / Emergency

Police & Fire Department	999
Doha Clinic Hospital	4438 4333
Hotline	4435 5999
Al Ahli Hospital	4489 8000
Hamad General Hospital	4439 2222
Rumallah Hospital	4439 2948
Pediatric Emergency Centre	4439 2948
Doha Dental	4431 7766
Qatar Foundation for Child & Protection Hotline	4466 6671 to 73

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