

YOUR LIFE • YOUR STYLE • YOUR HOME

# ABODE

QATAR

Let's Celebrate  
**QATAR  
NATIONAL  
SPORT  
DAY**

This month is  
all about sport!

**Fashion:**

**SPORT-CHIC  
IS THE WAY  
FORWARD**

**COOK YOUR  
PERFECT STEAK  
IN A FEW EASY STEPS**

**Valentine's  
SWEET TREATS**

**HOW  
TO GROW  
Vegetarian  
kids**

**FITNESS  
CHALLENGE  
SPECIAL:  
HOW TO GET FIT  
NOW**

**SPORTS**  
**ISSUE**

FEB 2014 QR 12



6 12154 52817 2



# THE NEW 2014 NISSAN PATROL

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Penthouse (2 bedrooms)

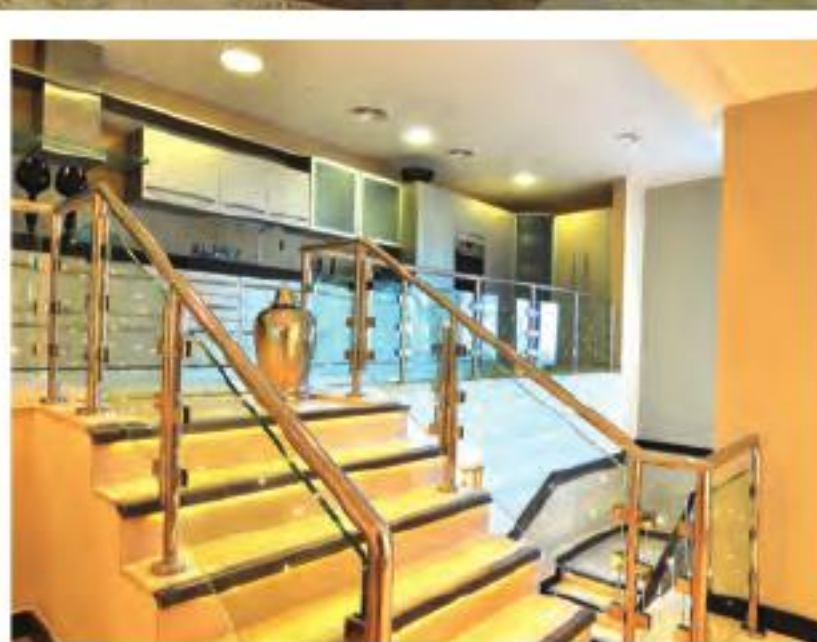


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## Legal Notice

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## On the Cover:

PHOTOGRAPHY: ANDREA CECCARELLI

STYLING: FRANCESCA MOSER

MODEL: LARISSA AT TRINITY TALENT QATAR

HAIR: DAVID MARTINEZ AT BLUE BRUSH STUDIO

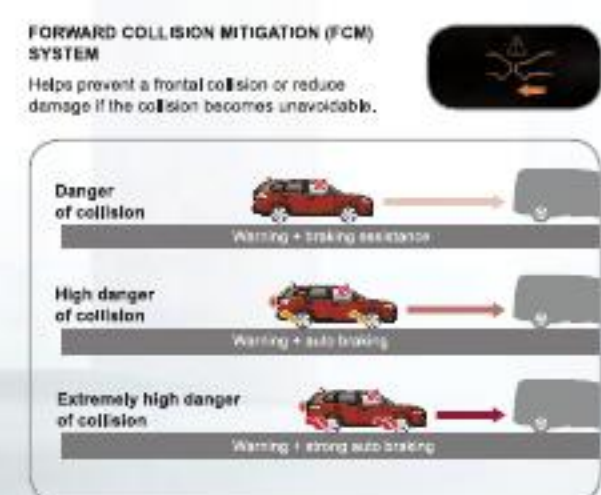
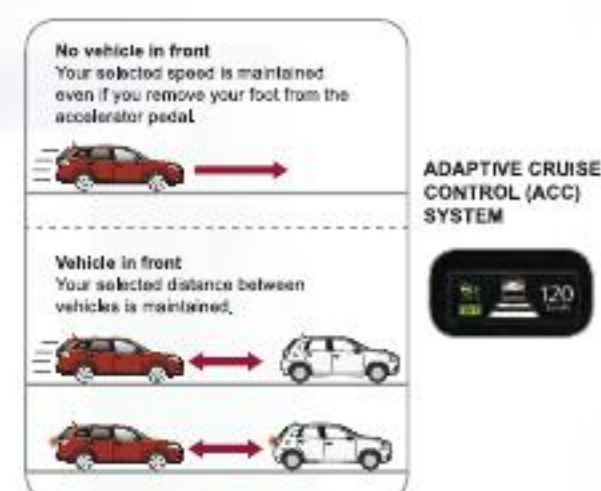
MAKE UP: MAEVA AT BLUE BRUSH STUDIO

LARISSA WEARS  
JUMPER, PINKO  
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WATCH, STYLIST OWN  
HEAD PHONES, WEZC



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# Dear Readers

**W**e would like to welcome you to our February edition, entirely dedicated to SPORT. As every February since 2012, Doha's community is celebrating QATAR'S NATIONAL SPORT DAY.

Mark Tuesday 11th of February on your calendar and get ready for some action. This pioneering initiative, adopted by HH Sheikh Tamim bin Hamad bin Khalifa Al Thani, is growing year after year promoting sports activities and a healthy lifestyle for everyone. Our city will be buzzing with loads of fun events, so get off your sofa and join in. ABODE gives you accurate listings of the main happenings, so no excuses accepted!

We are still at the beginning of the year, so what better time to plan a fit and healthy new you? We compiled this issue with this in mind and to provide you with useful facts and tips to achieve your goals. Our Fitness Challenge in particular will show you how and where you can transform your body, thanks to the latest treatments and fitness plans available in Doha. Consistency, professional advice and hard work will pay off, guaranteed! Read more on page 41.

This month we will also celebrate friendship, so plan some special gatherings and find the perfect gift for your loved ones. February is also time to welcome the new season: Spring/Summer 2014 is around the corner, so we can look forward to loads of new key additions in our wardrobe to refresh our style. Get inspired flicking through our shopping pages.

Happy read and see you next month!

NASSER AHMED HASSAN BILAL



## Win...

Enter the competitions below to win one of these special treats.

Email us at [abodeqtr@gmail.com](mailto:abodeqtr@gmail.com)

**SEND US A PHOTO** of your favourite sushi with small caption and have a chance to **WIN A DINNER FOR TWO AT CHOPSTICKS, WYNDHAM GRAND REGENCY DOHA!**



**WIN A MANICURE AND PEDICURE!**  
TELL US IF THIS IS TRUE OR FALSE: MEN'S NAILS GROW FASTER THAN WOMEN'S NAILS.

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## Our Favourite Picks:



Rain coat,  
Bershka

Bag, THE ONE



Watch, Ecosse



Heels,  
Sala

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For previous issues see  
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[www.ISSUU.com](http://www.ISSUU.com)





# LET'S CELEBRATE QATAR NATIONAL SPORT DAY!

On February 11th Qatar celebrates the third edition of Qatar's National Sport Day. This pioneering initiative adopted by HH Sheikh Tamim bin Hamad bin Khalifa Al Thani to promote a healthy lifestyle among our community, will see an array of interesting and above all sporty initiatives organized all over Doha. All companies and business will entertain and educate their staff with special events. Last year the AHB (Ahmed Hassan Bilal) Group took part in a lively cricket match at the West Bay Cricket Grounds. Whatever activity you will choose to join, we wish you a fun-filled and active day!

## SPORTY FEELINGS

HERE ARE SOME OF THE KEY EVENTS YOU SHOULDN'T MISS. LET'S GET FIT!

### Sport Events & Activities Schedule in and around Doha

#### Join the "Free run" at Aspire

Aspire will be one of the hotspot to celebrate Sport Day in Doha, thanks to its outstanding facilities and thanks to the array of initiatives organized. Take part in one of the 14 events taking place here: from "Free run", a 4km run around the park, to a "Family active camp" and plenty more.



#### Al Gharafa

**08:00-14:00**

Competition organized by Qatar Airways at Sports Hall

**08:00-14:00**

Competition organized by Qatar Airways at Stadium 01

**08:00-02:00**

Competition organized by Qatar Gas at Stadium 04

**08:00-02:00**

Competition organized by Ministry of Economy & Trade at Stadium 02

#### Al Wakra

**09:00-19:00**

Walk Event starting at Al Wakra RA

Volleyball / Handball / Basketball / Table Tennis sports activities at the Club indoor hall Running / Football / Cycling Activities at the Club outdoor fields. Lectures on Sports at the Club Lecture hall

#### Al Sadd Club

**08:00-17:00**

Sport activities organized by Vodafone and Qatar Airways in the Club facilities

#### Al Rayyan Club

**08:00-17:00**

Football & Basketball matches organized by companies

#### Al Khor

**08.00-13:00**

Marathon race from Corniche to Al Khor

**09.00-17:00**

Sport Festival at Al Khor Stadium

**09.00-17:00**

Various sports competitions & demonstrations at the city sports clubs



### Dolphin Energy Doha Dash is back!

Launched last year to support Qatar National Sport Day, this run represents a great family event, which caters to runners of all abilities and ages, with 5km and 3km races from ages eight and above, a 1km race for children and a ladies' 1km walk.

Join the fun at Losail International Circuit!

3km starts at 09:00 50 QR fee

5km starts at 09:20 100 QR fee

1km Mini Doha Dash starts at 10:30 free

1km ladies walk starts at 11:25 free

For more information contact [dohadash@profsports.com](mailto:dohadash@profsports.com)



## ABODE special

### Al Shumal

**09:00 - 10:00**

Table Tennis activities (indoor Hall) 10:00 - 12:00

Volleyball matches (indoor Hall) 12:00 - 15:00

Football matches (outdoor field) 15:00 - 15:30

Basketball matches (indoor Hall) 15:30 - 17:00

Athletics activities (indoor Hall) 09:00-16:00

Gym (Club Gym open to public)

### Qatar Cricket Club

**19.00-08.00**

Sports Day for arranging Cricketing tournament activities in the west Bay grounds and cricket stadium

### Mysaimeer

\*Sports competitions and entertainment - football and cricket in collaboration with the School of renowned Bengali right

\*Sports competitions and entertainment - football and cricket in collaboration with the School of the Future enlightening

\*Pakistan Football games to the people of the region

\*Football members and staff of the club and staff

\*Football games to the people of the region



To find out more about  
**QATAR NATIONAL  
SPORT DAY** go to  
[www.sportday.qa](http://www.sportday.qa)

## BE ACTIVE!

TAKE PART IN THE VARIOUS ACTIVITIES AROUND TOWN, FROM SAILING TO CLIMBING, YOU'LL BE SPOILT FOR CHOICE!



### Al Arabi

**08:00-20:00**

Basketball /Football /Volleyball /Handball family activities at the club indoor hall  
Recreational activities & lecture (outdoor field)

Basketball /Football /Volleyball /Handball matches (indoor Hall) for young's

Recreational activities for kids (outdoor field)

### Qatar Sports Club

**08:00-20:00**

Sport Activities (indoor & outdoor field)

### Umm-Salal Sport Club

**11:00 - 00 :09**

Football match between administration officers & staff of Umm Salal Sports Club

### Al Salia

**09:00-17:00**

Football matches for public (outdoor field)

### Al Markhiya

**08.00-15.00**

Football matches (outdoor field)

Athletics activities (outdoor track)

### Al Shahania

**08:00-17:00**

Sport activities in Football, Volleyball, Cycling, Billiard, Table Tennis, Gymnastics, Athletics, including sports demonstrations & friendly matches open to public combined with festival activities

### Muaither Sports Club

**16:00 - 17:00**

Walk Race (Villaggio Mall - to Club /3km)

**18:00 - 19:00**

Football matches (outdoor field)

**20:00 - 22:00**

Women's & Family Activities (Club premises)

**10:00 - 12:00**

Paralympic Sports Activities (Club premises)

### El Jaish

**07:00-17:30**

Walk Race (Corniche - Qatar Foundation)



## Join QTA's Desert Caravan Challenge!



**When:** 7th and 8th

February

**Where:** Al Zubarah Fort

**Cost:** Free

**Special remarks:** only adults in good physical condition should consider registering

In celebration of National Sports Day 2014, this year Qatar Tourism Authority (QTA) is reviving the age-old Arab tradition of the desert caravan. Two caravans each will undertake a 15 km endurance ride in the north-west of Qatar. The ride will begin at the famous Al Zubarah Fort, winding its way through the scenic desert landscape for 3-4 hours before ending again at the same location. The riders will be able to experience a truly authentic Qatari experience and hospitality. Be ready for a great adventure!

For more information visit [www.qatartourism.gov.qa](http://www.qatartourism.gov.qa)



## CHECK OUT THESE QATAR NATIONAL SPORT SPECIAL EVENTS AND OFFERS.



### SIX SENSES SPA

**What:** Charity Run/ Walk Event

**When:** February 22, 2014 at 3:00PM

**Venue:** Ras Bu Abbud Cycling and Walking Track

**Cost:** QR 50

Six Senses Spa hosts its 12th official Charity Run/ Walk of approximately 8 km to 16 km along the Ras Abu Aboud Cycling and Walking Track. Join this health awareness event in promotion of positive wellbeing. All proceeds collected will be donated to building a waterhole in Somalia in 2014.

**For more information contact 4425 6999 / 6995 or email [reservations-sharq-spa@sixsenses.com](mailto:reservations-sharq-spa@sixsenses.com)**

### FOUR SEASONS DOHA

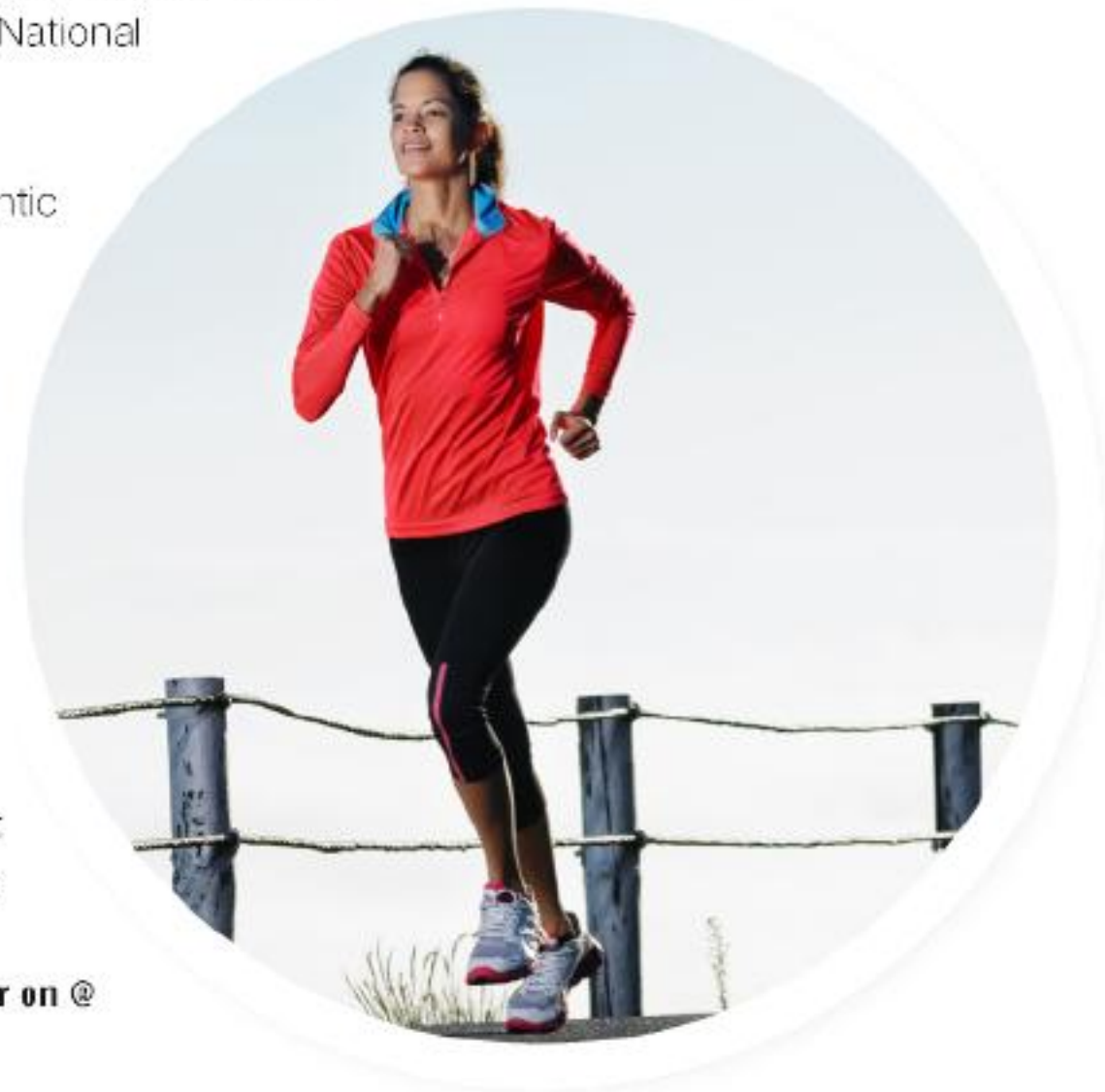
**What:** Terry Fox Run "Marathon of Hope" 2014 in Doha in conjunction with National Sport Day

**When:** February 11, 2014

**Venue:** College of North Atlantic

Four Seasons Hotel Doha, College of North Atlantic and Qatar Cancer Society are collaborating hand in hand to organize the Terry Fox Run 2014 on Tuesday, February 11th at College of North Atlantic to spread Cancer awareness. Judith Fox, Terry's youngest sister will be also joining the Marathon of Hope.

**Follow up any update on Twitter on @TerryFoxRunDoha**



### KEMPINSKI DOHA

**What:** Healthy Delicacies Week in Gourmet House

**When:** February 9 – 13, 2014 from 7:00 AM to 9:00 PM

**Venue:** Gourmet House

Gourmet House joins the healthy spirit of Qatar and prepares a selection of healthy delicacies, available from Sunday 9 February throughout the week. Yoghurt with granola, nuts and fruits, cereal bars and power bars, whole grain

cookies and a unique healthy bread selection are some of the healthy offering available in Gourmet House.

**For more information contact 4405 3326 or email [gourmet.doha@kempinski.com](mailto:gourmet.doha@kempinski.com) or [www.kempinski.com/doha](http://www.kempinski.com/doha)**

### THE RITZ-CARLTON, DOHA

**What:** QATAR NATIONAL SPORT DAY ROOM PACKAGE

**When:** From 6th February

Enjoy a special package deal in one of Doha's top Hotel this February to celebrate Qatar's Sport Day! Starting from QR 1,075 per room per night – stay in Deluxe Accommodations at The Ritz-Carlton, Doha and enjoy its comprehensive sports and fitness facilities.

Special benefits include:

- Get QR 100 credit per stay
- Validity from February 6 to February 12

**For more information contact +974 4484 8173 or +974 4484818**



24<sup>TM</sup>



# OUD EDITION

THE NEW FRAGRANCES

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# STYLE

Trends-shopping-style tips and news



## FROM PARIS WITH LOVE!

La Bagagerie latest collection epitomizes perfectly the Parisian retro-chic style from the 60's. Modern design meets classic shapes and the renowned leather know-how of La Bagagerie. We particularly love this model "From Paris with love", which will be on top of any wish list this month. It represents the perfect gift for Valentines day, so check it out at Merch Salwa and Merch The Mall.



# Style News

The latest dish from the fashion world



## Discover AIGNER'S leather collection

The Spring Summer 2014 collection from Aigner will take you on a journey into the heart of Brazil. The luxurious bag creations of the Munich-based leather lifestyle brand were inspired by fiery samba rhythms, the sweeping exuberance of the famous Brazilian carnival and Rio's urban exotic flair. In this collection Aigner's signature traditional craftsmanship meets modern design elements and big, bold colour blocking. Sophisticated details such as zippers, studs and clever closures turn these bag creations into very special luxury pieces.

Discover them all at Pari Gallery, Lagoon Mall.



## LADY GAGA is the new face of VERSACE

Lady Gaga is starring for the first time in a fashion advertising campaign as the new face of Versace Spring/Summer 2014. In the campaign, shot in London by Mert Alas & Marcus Piggott, the pop star models

Versace's latest ready-to-wear and accessories collections, featuring the new Palazzo bag.

"I am honoured that my friend Lady Gaga is the face of our new Versace campaign. I wanted to capture her true beauty and spirit in images that are elegant and alluring. She is like family to me, the embodiment of the

Versace DNA." Donatella Versace said.

## IT'S TIME FOR A NEW WATCH!

You can't go wrong with a classic and luxurious new watch! Discover the latest collection of GF FERRÉ and GUY LAROCHE watches at Al Jaber watches outlets, located in City Center and Royal Plaza malls. Men and women, whether they're after budget-friendly options or blow-out investment pieces will be spoilt for choice in choosing their favourite style and model. Their classic pieces with a modern twist will complement and finish off your look!

GF FERRÉ watches



GUY LAROCHE watches

Available at Al Jaber Watches in City Center and Royal Plaza malls.





Lacoste



Blouson, Lacoste



Sunglasses, Michael Kors



**TIP:** SPORTY STYLES WORK FOR YOUR 9 TO 5 WARDROBE TOO. SIMPLY ADD A PAIR OF HEELS AND AN OVERSIZED TOTE AND YOUR SPORTY-CHIC LOOK WILL BE COMPLETE!



iPad case, Net-a-porter.com

# FASHIONABLY SPORTY

Comfy joggers trousers, wedge-trainers and cool rucksacks are everywhere this season. Wear and rock them at weekends and why not, in the office too!



Cap, Lacoste



Bag, Nina Ricci



Joggers, Lacoste



Rucksack, Ralph Lauren



Shorts, Marc Jacobs



Trainers, Ash



# Top 5

Work this relaxed but chic look this month.

## 1 CUFF

This shiny and original cuff will be perfect for everyday wear while adding a wow factor to your look.

Cuff, Salvatore Ferragamo



## 2 BAG

Invest in the latest Cruciani C bags collection. We love in particular this mini cross body bag, which is great for any woman on-the-go.

Bag, Cruciani C



## 3 SHORTS

Leather and red are a great match. We can't get enough of them and these shorts are the perfect investment piece for the year ahead. Wear them with thick tights in winter or bare legs in summer.

Shorts, Miu Miu at Net-a-porter.com



## 4

**SHIRT** Check mate! This simple checked shirt can easily be dressed up or down to suit your events calendar.

Shirt, Lacoste



## 5 FLATS

These pointy metallic flats are on top of our wish list for 2014. Classy, fierce and above all comfy.

Flats, Jimmy Choo at Net-a-porter.com





# STYLE Talks

What is a Personal Shopper and why should we approach one? ABODE met with Daniela Annunziata, CEO and Founder of PERSONAL SHOPPER QATAR. Here she talks to us about her passions for fashion and style.



## How and when did start this business in Qatar?

**A:** I started it last year, when I realized that a personal shopper was not available in any of the malls. With the help of a good friend, I created my own website, printed my business cards and then presented myself to the various malls in town and received a very positive response straightaway.

## What's your background?

**A:** I studied Fashion & Design Public Relations and I have attended a personal shopper course in Milan.

I also worked as a stylist for a few fashion designers ranging from Ready to Wear to Couture.

## Why do people need a personal shopper these days?

**A:** A Personal Shopper makes shopping easy and enjoyable. Working women/ men don't have much time to look around for clothes, so I do that for them. Busy mums have the same problem so I'm here to help them all!

## Is there a big request/need for personal shoppers in Doha?

**A:** Of course, Doha is a city full of people who need to look good and

have the correct image for business. Doha has also a very busy social calendar full of international events and red carpet affairs, so my extensive knowledge and passion for fashion comes handy for my customers.

## What's your average client like?

**A:** Every client is different. A personal shopper is not just for women, but for men and children too. My clients are from all walks of life, so don't feel intimidated to contact me.

## Where do you like to shop in Doha and why?

**A:** I will shop wherever I find the right article for my clients. We are talking about Personal Shopping service in a larger sense. Basically I can assist any request that range from meeting a fashion designer for a tailor-made outfit in Italy or Qatar to reinvent their total basic look.

## How do you figure out your client's needs and style?

**A:** I gather up as much info as possible from my clients regarding their needs and requests. Sometimes it is difficult to change the style of a person. In that case, I work around what image my client wants in order to achieve the best results. If a client is unhappy with her/

his actual image, I then propose an alternative look that I think meets her/ his needs and meets current trends and style in the best possible way.

## Describe your typical day as a personal shopper.

**A:** There is no typical day shopping since every client is different. This is the fun part about my job it never gets boring.

## Do you offer other services?

**A:** I can assist for total makeovers and face makeovers for weddings. I have service called "shopping on commission", where I go on the hunt of a specific product the client is after. Here in Qatar I also developed a unique formula for girls birthday parties or get togethers, which includes a bit of fashion style and workshop, where you discover more about your personal image.

## Why should people approach you?

**A:** People should approach me as I can help them feel better and more confident with themselves. I want to give them the 'feel good' factor. From a new hair style or advise them on a new lipstick colour...my job is not only about clothes, it's about the person and their look and lifestyle.

"REMEMBER THAT FASHION SHOULD ALWAYS BE FUN!  
DON'T DESPAIR IF YOU MAKE MISTAKES WITH YOUR  
OUTFITS AS IT IS THE PERSON INSIDE YOU THAT MATTERS,  
SO SMILE AT LIFE AND LIFE WILL SMILE BACK AT YOU...  
EVEN WITH A HORRIBLE DRESS ON!" DANIELA

## FOR MORE INFORMATION

VISIT  
[www.personalshopperqatar.com](http://www.personalshopperqatar.com) or  
contact Daniela at  
[info@personalshopperqatar.com](mailto:info@personalshopperqatar.com)



# ARM CANDY LOVE!

Cruciani, the Italian brand behind the original macrame bracelets, teamed up with the renowned regional jewellery designer and artist Nadine Kansa for a special edition of their 'Love is all I have' bracelet...the perfect gift for Valentine's Day!

The Middle East and Italy came close together thanks to this fashionable collaboration. Nadine's bracelet design boasts the word "love" in English or "hob" in Arabic, carefully woven into the form of a Cruciani C macrame bracelet.

Nadine and Cruciani wanted to create a bracelet that brings the two cultures together and they certainly did well with such a strong and global message!

"Nadine is a very talented designer and the Middle East is very dear to Cruciani and we are proud to have collaborated on a bracelet with such a peaceful message. I believe that the 'Love is all I have' bracelet has global appeal." Luca Caprai CEO and Founder of Cruciani said.

Choose your favourite colour, from luxurious metallics to edgy neons and spread the love!

## NADINE KANSO'S Q&A

**How did the Cruciani collaboration come about?**

**A:** We had touched base few months back to collaborate on a bracelet that brings our cultures together. The Love bracelet will not only do well here, but will do great abroad because of its message

and the huge success the Cruciani bracelet has seen. Cruciani approached me because I design my jewellery with a certain message that they can relate to. Collaborating with Cruciani has been absolutely amazing as Luca (the founder and CEO of Cruciani) and I see eye to eye.

**What was your inspiration for the bracelet design?**

**A:** As a designer for Bil Arabi I use the word "Hob" a lot, which means Love.

I feel that we need to promote love and peace rather than anything else. I have called the bracelet "Love is All I Have" as I think that is an important motto for everyone to have and remember.

**Why do you think that Cruciani C bracelet resonates so well within the Middle East?**

**A:** I have to say it resonates well everywhere in the world. It is a fun accessory to add to your arm candy, it has a choice of colours and designs and accessible in terms of price point, which makes it again a success.

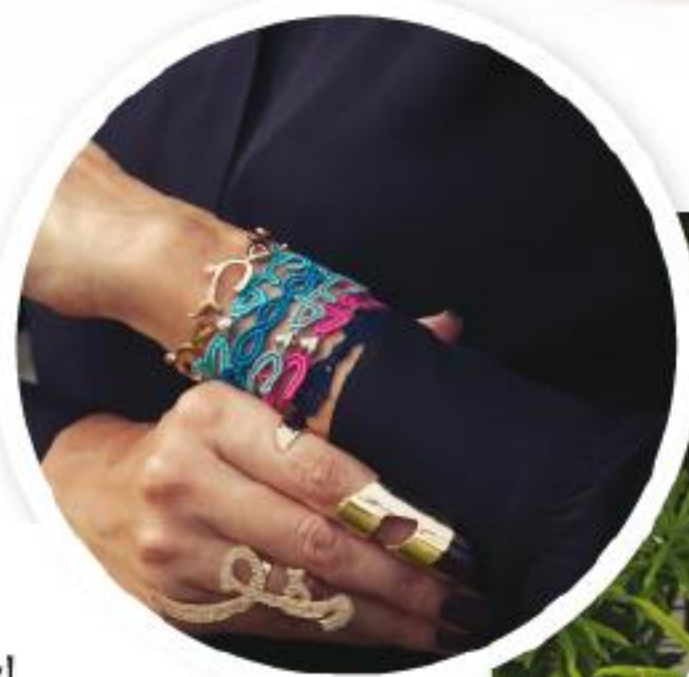
**Your artwork and designs are rooted in the Arab culture and reflect this in your modern aesthetic. The Middle East, like Italy, has a long cultural history of lace production, what significance does lace have for you?**

**A:** Lace and macrame are surely part of our cultural history. It is sad to see these crafts diminishing and not often revived in a contemporary way like Cruciani has done. Lace was part of my childhood for sure! Back in school, specifically in Art classes, we used to have macramé sessions and we used to complain. Now, looking back at it, I wish we would keep ways of reviving and producing it.

**FOR MORE INFORMATION**

VISIT  
[www.cruciani.net](http://www.cruciani.net)

**"I LIKE TO CHUNK THEM UP AND COMBINE THEM WITH MANY OTHER BRACELETS. THEY ARE COLOURFUL AND ADD A LOT OF PUNCH TO THE WRIST."** NADINE KANSO







# Splash

## FASHION



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



Al Sadd: Centrepont, Al Asmakh Mall, Tel: 44289215. City Center - Doha, Tel: 44831139.  
Wakra: Plaza Mall, Barwa Village, Tel: 44153587. Al Khor: Al Khor Mall, Tel: 44721623. Abu Hamour: Dar Al Salam Mall, Tel: 44639635.

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centrepont 



# SPORTS-LUXE!

Opt for a luxurious take on this season's sporty influences by adding a chic pop of colour to your look.

PHOTOGRAPHY: ANDREA CECCARELLI  
STYLING: FRANCESCA MOSER  
MODEL: LARISSA AT TRINITY TALENT QATAR  
HAIR: DAVID MARTINEZ AT BLUE BRUSH STUDIO  
MAKE UP: MAEVA AT BLUE BRUSH STUDIO



Jumper, Pinko  
Skirt, BCBGMAXAZRIA  
Bum bag, H&M  
Watch, Stylist own  
Head phones, WEZO



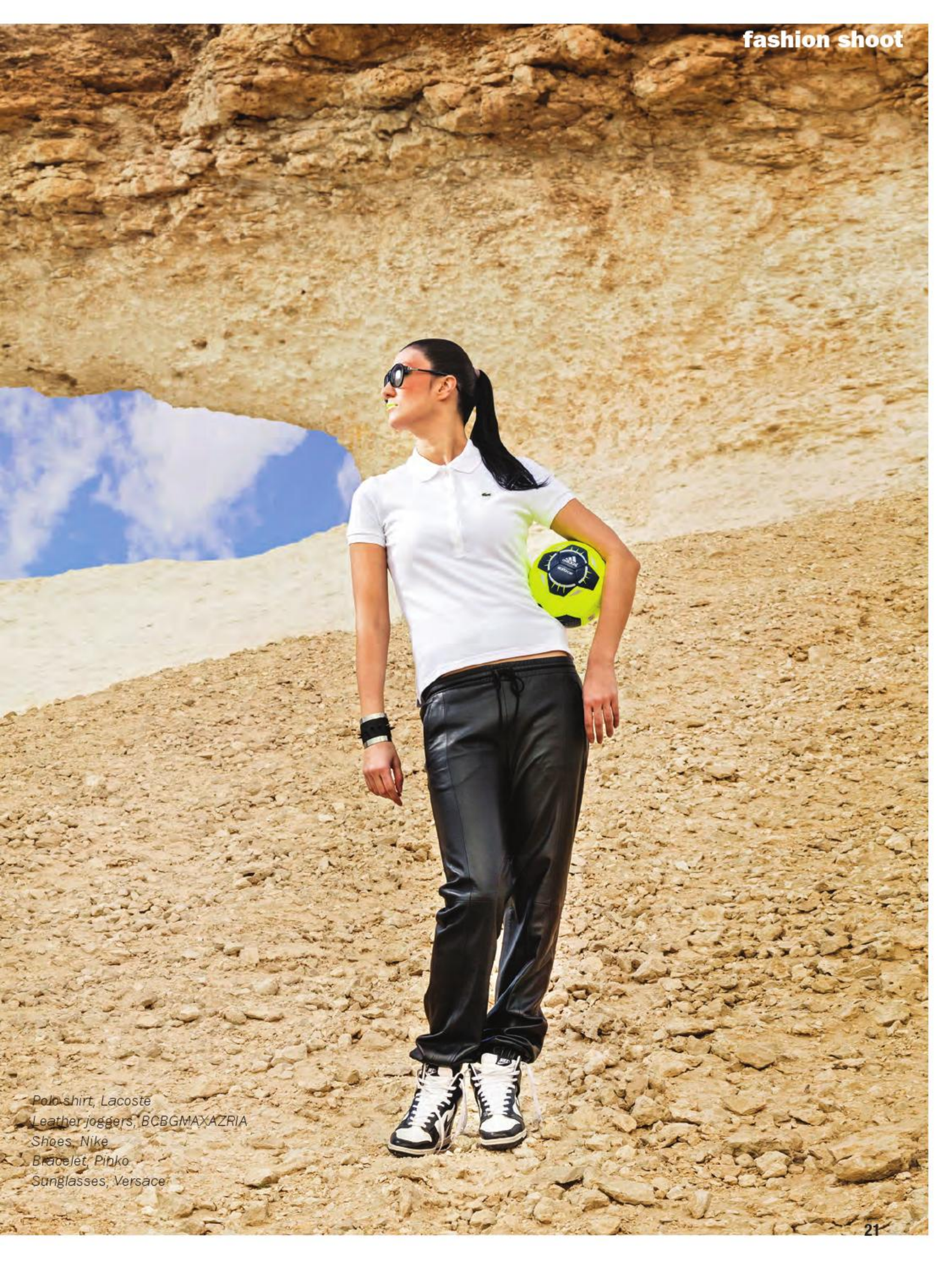






*Jumper, Lacoste  
Bodycon dress, BCBGMAXAZRIA  
Necklace, BCBGMAXAZRIA  
Leather bracelet, Pinko  
Silver clutch, Karen Millen*





Polo shirt, Lacoste

Leather joggers, BCBGMAXAZRIA

Shoes, Nike

Bracelet, Pinko

Sunglasses, Versace





Black jumper, Karen Millen  
Joggers trousers, BCBGMAXAZRIA  
Necklace, Pinko  
Bag, Milly  
Shoes, Nike





Shop Lacoste, Karen Millen, Milly, Pinko and  
BCBGMAXAZRIA at Villaggio Mall.





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# ABODE MEN'S AGENDA

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



Sunglasses,  
Tonino Lamborghini  
exclusives at Paris Gallery



Polo shirt,  
Boggi Milano



Watch, Rado



Shorts, Lacoste



Sneakers,  
Salvatore Ferragamo



A SPORTY-INSPIRED ATTIRE  
IS VERY IN THIS SEASON.  
THINK CLEAN CUTS,  
COMFORTABLE SHAPES  
AND STYLE...WHO SAID THAT  
SPORTY CAN'T BE CHIC?

# SPORTS FAN

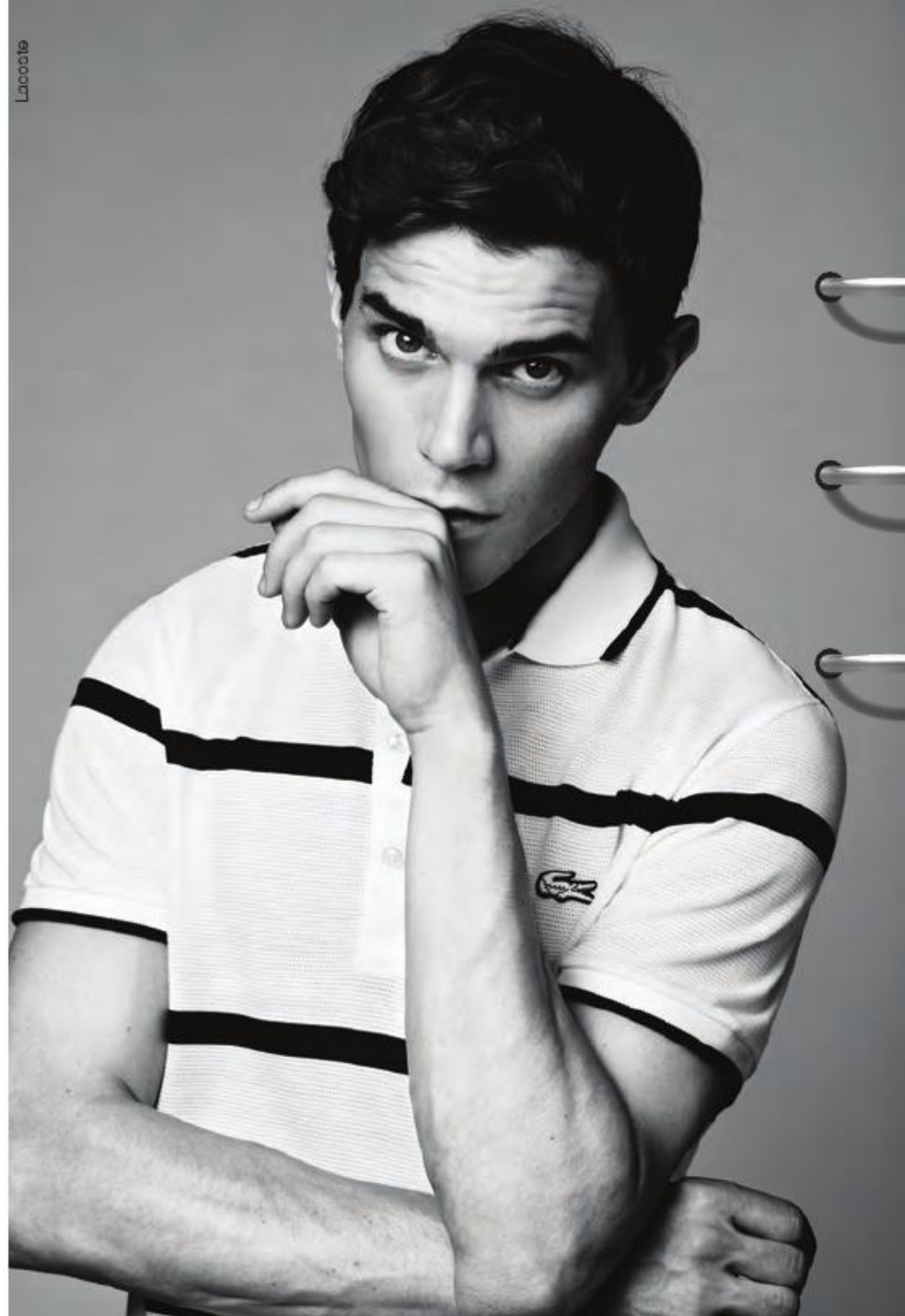




Tracksuit, Lacoste



Rucksack, Asos.com



Lacoste

**MUST-HAVE FOR ANY SPORTY MAN!**



**ZENITH EL PRIMERO SPORTS**  
WATCH El Primero Stratos Flyback Striking 10th watch, tribute to Felix Baumgartner (the Austrian skydiver) recently won the prize of the "Sports Watch" category at the Geneva Watchmaking Grand Prix.



Bracelet, Tod's

Sneakers, Raf Simons  
Adidas Ozweego at  
MRPORTER.COM



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TAG Heuer





Deep sea Watch,  
Jaeger LeCoultre

The Gold Collection  
Sunglasses, Porsche  
Design at Paris Gallery



Hat, Lacoste

Vest jacket,  
Carolina Herrera



Polo shirt, Lacoste



Trainers, Geox



To achieve the perfect  
sophisticated-sporty look, invest  
in these timeless pieces!



Lacoste



### DISCOVER HRX : HRITHIK ROSHAN'S NEW FITNESS CLOTHING BRAND

Bollywood's star Hrithik Roshan recently tied-up with multi-platform entertainment management company Exceed and business development and brand extension agency, The Wild East Group, to launch an exclusive fitness and fashion line. 'HRx - Push Your Extreme' aims to spread awareness about fitness and well-being. The range features casual and active apparel along with sports footwear for men. The entire collection sports vibrant colours and brings to you the latest active lifestyle fashion.

Check it out!

The collection is available globally at  
[www.myntra.com](http://www.myntra.com)



# MADAME GRÈS



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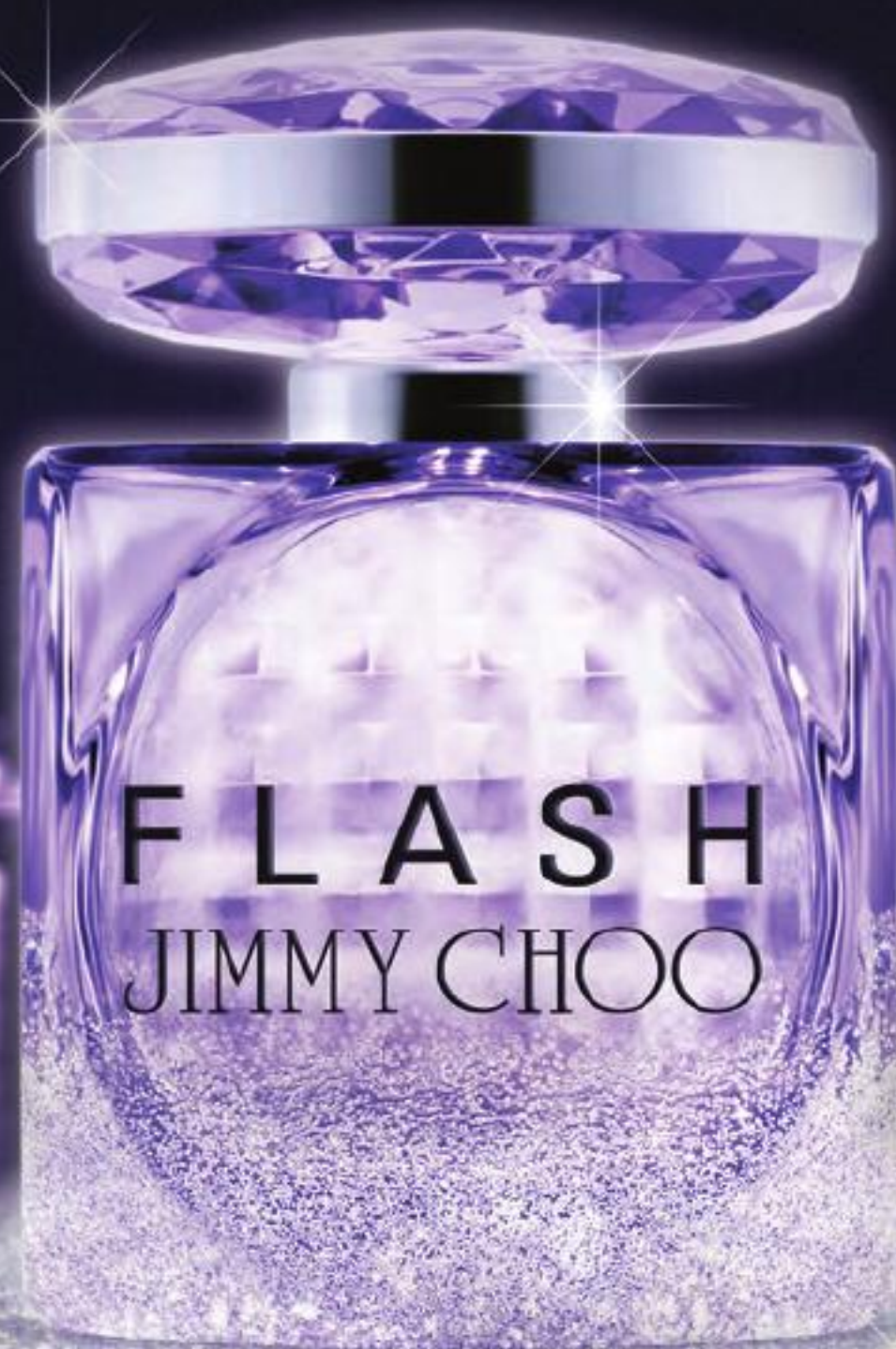
# BEAUTY AND WELLNESS

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

## **FLASH LONDON CLUB: THE LATEST FRAGRANCE BY JIMMY CHOO**

This month is all about fragrances! Choose your favorite scent for the year ahead among ABODE's favourites in our Beauty Box on page 32. Among the latest launches discover the new Jimmy Choo's Limited edition fragrance, FLASH LONDON CLUB: a tribute to the glam and glitzy nightlife of the British capital. Created by the perfume pioneer Christine Nagel, this floral fruity musky perfume represents a new version of the original FLASH fragrance and perfectly embodies the vibrant vibe of London town. A must try for 2014!

Available at all 4U retail outlets





**Everyday Scent,  
Aeropostale womens  
AERO NEW YORK 1987**

Sweet and delectable with hints of beach flower, coconut and strawberry with a backdrop of velvet musk and driftwood, the Aero NYC 1987 fragrance puts a bounce into your step and keeps people guessing.

Available at Aeropostale at Ezdan Mall



**Chloe Eau de Parfum**

This feminine and fresh fragrance has become a top choice for many women around the world, thanks to its smooth floral base, which evokes powdery roses. This chic and effortless scent will be the perfect choice to add a pretty floral edge to 2014!

Available at 4U Stores



**Intoxicating,  
Dior Addict**

Addicting as the name implies! This sweet perfume is not overpowering it gives the right amount of playfulness and seduction. The perfect 'accessory' with every wear!

Available at 4U Stores at City Centre and Royal Plaza



**Smell of Innocence,  
Repetto**

Simple yet elegant, this Repetto perfume is unadulterated equilibrium of fruit and floral notes. You cannot go wrong with this perfume, it is long lasting and keeps you feelin' fresh!

Available at 4U  
Stores at City Centre  
and Royal Plaza



# BEAUTY BOX

COMPILED BY MARLYNNE MALLARI - DELA PENA

Find your right scent!

ABODE picked our favorite one's, sniff your way to these fabulous fragrances.

**Glamour Impress, Glamour VS**

Victoria's Secret is known for its playfulness and sexy fragrances. Here comes Glamour, an addition to their beautiful collections, this scent is fruity, floral and fresh. It is for keeps!

Available at 4U Stores at City Centre and Royal Plaza



**Red cherry eau  
intense by L'OCCITANE**

This brand new scent, created by Karine Dubreuil, perfumer for L'OCCITANE features the sweet combination of crisp, red, spring flowers and summer cherries. The result is a romantic mouth-watering scent. A new favourite for 2014!

Available at any L'OCCITANE shops.



**Lux in a Bottle,  
Tiare Chantecaille**

What is a wardrobe without the right scent? Finding your favourite is not simple but when you have it you'll keep it for life! Chantecaille is known for its A-list followers, this luxurious brand is not all about promises but delivers what it says. Let's take a breath of their updated scent Tiare, if you love florals, this is a definite must have. It lingers longer and doesn't irritate the skin, Tiare's smell is very feminine, elegant and effortless. It's a little bit on the expensive side but who cares 'smelling pretty' is one of the definitions of being a woman!



# 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



## SUNLESS TANNING SESSION

Give your skin a golden shimmer after the gloomy wintery months thanks to the W Bliss Spa. UK's tan guru, James Hartnett is in fact visiting Doha from the 10th till the 13th of February, so don't miss the opportunity to experience first-hand his renowned bespoke spray tanning service. He has worked in the self-tanning business for over 10 years and has worked with celebrities from all over the world and recently became the Ambassador for Sienna X, UK's leading professional spray tan brand, beside being a tanning consultant for Garnier and L'Oréal Paris.

After a full personalized consultation, James will choose the best colour to suit your skin tone, needs and occasion. You will walk away feeling like a million dollars, thanks to a glowing natural-looking tan. Forget orange hands and streaky patches thanks to James' fast and above all safe tanning sessions. Book your appointment now!

BLISS SPA, W Hotel  
For more information visit

[www.whoteldoha.com](http://www.whoteldoha.com) or call 4453 5000



## ROSEYLICIOUS!

This is one of those months when one wants a little bit of pampering! February is all about love and why not treat yourself to a gift of tranquillity at the Six Senses Spa and enjoy this time-limited (only this February) Rose Ritual offer.

According to studies, rose has multiple health benefits: it calms your inner being, it's antiseptic and tones the skin and that's exactly what you'll be getting in this treatment. Your indulgence will start with a Moroccan traditional bath, this bath is such a luxury in itself! You'll be ushered to the steam room, then the therapist will rub your body with black soap, known for its softening properties— it will take away all the dryness and moisturize the body— then your therapist will ask you to lie down at the warm marble table for a gentle but effective scrub. She'll start by showering your body with soap infused with rose oil to soothe and clear the mind. It doesn't stop there, after that delightful bath, another therapist will bring you to the massage room, where a sweet smelling aroma will welcome your senses. She will spread warm oil on your back, the massage will commence and you'll sink into a blissful experience. This 100-minute treatment encapsulates your perfect break!

Six Senses Spa at Sharq Village & Spa  
For more information call 4425 6984





# THE SCENT OF A BABY

PHOTOGRAPHS COURTESY OF MILLENNIUM FRAGRANCES

Top notes of bergamot and mandarin combined with honeysuckle creates a subtle fragrance that our little ones will love. ABODE sat with Priscilla Beaulieu, creator and co-owner of Millennium Fragrances so she could tell us the 'scent' of her success.

**Your company is more than 10 years old, how did you and your husband start?**

**A:** We had, my husband and I, already 10 years of experience in the perfumery business, and when I got pregnant we realized the potential of perfume for babies and children. We began with Kaloo blue only, and the first mock-up was given to me by my husband at the Maternity (hospital) where all our friends and visitors gave it as much attention as my newly born baby daughter! We began the business from our small apartment in Paris, near Champs Elysées.

**Can you tell us more about your perfumes?**

**A:** We have three brands, that we feel can be more than only perfume for children.

The presentation is very affective and it is created as a 3 in one: Perfume, Toy and Gift!

- Kaloo for babies and children, eau de senteur, without alcohol and clinically tested

- Clayeux first eau de toilette for boys and girls from 6 to 12 years old

- Kokeshi eau de toilette and nail polishes for young adults from 13 to 19 years old (teen)

**Where do you draw your inspiration?**

**A:** From our two daughters, now 13 and 10 years old and we also do test among children in my daughters' classrooms and/or at birthday parties.

**It seems you found your niche in the olfactory world, why did you focus more for the little ones' perfume?**

**A:** In fact the perfume for children is very specific. For Kaloo the concentration is light, just to give a fresh olfactory to the babies. The manufacturing of this product is done in a laboratory and it is a real cosmetic formula with moisturizing agents, very soft for baby skin.

**How are you developing your products to keep up with the latest trends?**

**A:** We have just launched a new range, Kokeshi by VA (designed by a pop art artist) with 5 fragrances, in decorative kokeshi dolls, each one with a trendy message : "I am perfect", "I am lucky", "I am a princess", "I am cool" and "I am the boss". These fragrances are very successful among teenagers and young adults. We are developing a nail polishes range in accordance with the Kokeshi perfumes.



Priscilla Beaulieu, VP Global Marketing & Sales Director of Millennium Fragrances

**Do you have another perfume coming up?**

**A:** Yes for Kaloo we are developing a VANILLE CHOCOLAT fragrance, following the trends of tasty and soft fragrances, but we developed it in a milky soft way.

**This is a very competitive industry, what do you tell yourself when things don't go the way you planned?**

**A:** That creativity, quality of the fragrances (manufactured in Grasse, in the south of France) and attractiveness, always pays. When the retailers (selective perfumeries) offer us good merchandising and space to display these brands in a children corner, then the consumers are very much attracted by the affective presentation and they can recognize the quality and genuine product.

All available at Paris Gallery.





# 4U PRESENTS LANVIN'S LATEST FRAGRANCE: LANVIN BIRDIE

Discover this gorgeous new Limited Edition fruity floral scent. Jeanne Lanvin Couture Birdie is the latest version of Jeanne Lanvin Couture fragrance, which was launched in 2012. Launching this February, this scent is set to conquer the hearts of women around the world.

To celebrate this special launch 4U ran an online competition in search of the best "selfie" picture. Here are the two lucky ladies, who won and walked away with the Jeanne Lanvin Couture Birdie fragrance.

**Congratulations!**



## Winners



**NERINE**

*Lanvin Birdie* perfume will perk up my mornings, I cannot go without wearing my new favourite Best friend. Thanks 4U!  
Nerine



**YANINA**

*I'm so pleased I discovered this brand new fragrance. It will definitely become one of my favourite for years to come!*  
Yanina



# THE LOOKS THAT SHINE!

STYLIST FRANCESCA MOSER

COMPILED BY MARLYNNE MALLARI - DELA PENA

PHOTOGRAPHY JESSIE PALANCA

HAIR & MAKEUP BY BLUE BRUSH HAIR STUDIO AT HILTON DOHA

CLOTHES PROVIDED BY NEW YORKER AND LE CHATEAU AT EZDAN MALL

Discover how these ladies happily revamped their looks with the team of experts at Blue Brush Hair Studio at Hilton Doha

## Widad Manoual

Brand Ambassador for La Varenne Restaurant Widad is a fan of funky dresses but because of her job, she has to opt for a classic and simple style. ABODE and Blue Brush Hair Studio updated Widad's look with few easy tricks.

### David, the Hairstylist:

- 1 For Widad I wanted to create a hair-up do, but keeping some hair down for a feminine touch.
- 2 I back-combed her hair to create volume on the top and curled the rest.

#### DAVID'S TIP:

To recreate this sophisticated style with a touch of craziness, don't forget to mess it up a little to make it look more alive.

### Maeva, the Makeup Artist:

- 1 Widad has a beautiful tanned skin, so I chose a transparent foundation to give a golden glow. I used a technique of lights and shadows to sculpt the face and worked with a touch of pink blush to get the "fresh" look she wanted.
- 2 We decided to emphasize the eyes with a deep perfect black eye-liner to keep the retro glam mood. To finalize this look we went for a flashy pink.

**MAEVA'S TIP:** When you have a clean sophisticated look like this, perfect skin, chic eyeliner, do not hesitate to dare with lipstick!

### Eyebrows by Catherine:

- 1 Perfect eyebrows are the secret of a great look.
- 2 Catherine carefully threaded Widad's brows and reshaped them to give more depth in her look.

"My hair looks different and I love it. Thanks David and all the team!"



Before



After

Widad wears entire outfit by Le Chateau at Ezdan Mall.





Before

After

Seena wears entire outfit by New Yorker at Eclan Mall.

## Seena Anand

Graphic Designer

An artist by heart, she loves water colour paintings and she showcased some of her works in India. Seena is a lovely lady and her style needs to reflect her personality. After a few hours at the able hands of David's team, Seena was transformed head to toe!

### David, the Hairstylist:

- 1 Her hair length was not long or short and had no specific style. I loved the nice texture in her hair so we decided to go for a radical chop.
- 2 I wanted to free her neck and shoulders to get a dynamic look.
- 3 Her hair was curly so the dry cut was the perfect solution to sculpt the new shape while respecting the natural curls and movement. The main goal was to create volume and a style easy to recreate and keep up at home.

**DAVID'S STYLING TIP:** Keep some conditioner when washing your hair, don't rinse it all off, it will help to moisturize and build nice curls. Dry it naturally and finish off with a touch of mat wax!

### Souad, the Colorist:

Her natural colour was nice and natural but missed light, so we decided to go for a natural ombre look, to achieve a sun kissed effect.

### Maeva, the Makeup Artist:

- 1 To bring out Seena's beauty I opted for natural shades and skin tones. For the eyes I chose a soft eye line to give deepness to her look.
- 2 We achieved a fresh and healthy skin thanks to work of lights and pink blush. A touch of nude gloss to add shine and glam and the job was done!

### Eyebrows by Catherine:

- 1 I worked on her natural shape beautifying and emphasizing its natural curve.
- 2 After an accurate threading, I applied colour on a designed shape to give more deepness and expression to the look. This also helps to cover hairless areas creating a perfect natural-look line.

"What an amazing transformation, I really love it! Thanks Blue Brush, New Yorker and ABODE magazine for this wonderful opportunity."

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



# BEAUTY Q&A



Clinique Global Colour Artist, Jenna Menard, shares some expert tips and tricks for All About Shadow and All About Shadow Primer for Eyes

**Q.** How do I decide which All About Shadow finish is right for me?

**A.** All three finishes, Soft Matte, Soft Shimmer and Super Shimmer, are designed to be ideal for all women. The Soft Matte texture leaves behind a smooth appearance that will not look chalky. The Soft Shimmer texture offers an effortless sheen and subtle luminosity to the eye. The Super Shimmer texture is perfect for achieving a chrome-like sheen finish.



**Q.** What are some of your favourite looks to create using All About Shadow and All About Shadow Primer for Eyes?

**A.** For a great day to evening look: Start by applying All About Shadow Primer for Eyes in a shade closest to your natural skin tone. To create your daytime look, use the All About Shadow Duo in Buttered Toast, swiping the lighter shade over the entire lid from lash to just above the crease. Layer the darker shade in the crease and slightly above for more contour. To easily transition your look from day to night, intensify the darker shade and even use it as a liner along the lash line.

• **For a natural smoky eye:** Start by applying All About Shadow Primer for Eyes in a shade closest to your natural skin tone. Using the All About Shadow Quad in Morning Java, apply the lightest shade from the lash line fading up to the brow bone. To add dimension, apply the deeper shade to the crease of the eye. For a dramatic pop of colour, apply the brighter shade on the inner corner of the eye. For even more drama, apply the darkest shade to the lash line and smudge, or pair with Quickliner for Eyes Intense in Peridot.



**Q.** How does All About Shadow differ from other powder shadows?

**A.** The unique All About Shadow formula is incredibly smooth and luxurious, which allows it to be truly buildable. You can easily create a subtle wash of a shadow on the lid with just one swipe, but building the colour will allow you to achieve an even bigger colour payoff. There is no limit to the colour combinations that can be created.

**Q.** How can I enhance my eye shape by playing with colour?

**A.** Using different application techniques, you can easily enhance your eye colour and eye shape.

When it comes to enhancing your eye colour with shadow, there are combinations that make eyes really stand out. For blue eyes, try bronze and peach tones like Sunset Glow, Nude Rose, At Dusk, and Sand Dunes. For green eyes, reach for purple tones like Lavender Out Loud, Purple Pumps, Twilight Mauve and Brainded Plum. For brown eyes, play with blue tones and more golden tones like Deep Dive and Nightcap.

The key to achieving a look that plays up your eye shape is all in the application and placement. To make round eyes pop, line the entire upper and lower lash lines with just a hint of shadow. For almond shape eyes, line the outer edge of the eye with an angled liner brush and blend out for a softer drawn out shadow effect. For deep set eyes, use a darker colour to accentuate the contour in the lid creating even more depth.





**Q.** How can women who wear glasses use shadow to make their eyes pop?

**A.** Glasses paired with a strong eye is a great look. To out-power glasses, the key is making shadow visible. A light wash of one shade may not be enough. Layer a few bold colours or create a graphic shape and work those lids under the glasses.



**JENNA MENARD,**  
CLINIQUE GLOBAL COLOUR ARTIST

WHAT ARE SOME OF YOUR TOP TIPS FOR LAYERING SHADOW TO CREATE DIFFERENT LOOKS?

Layering is my favourite thing to do with powder shadow. My best shadow looks have been created with so many shadows I lose track of what colours were actually used. When you start to blend shadows together you begin to create your own custom colours and looks. Let yourself get lost in the blending and placement of different colours.

WHAT ARE SOME OF YOUR FAVOURITE COLOUR COMBINATIONS?

- French Vanilla, Sunset Glow, Graphite (all singles)
- Wave after Wave (duo) with Pacific Coast (single)
- Buttered Toast (duo) with Chocolate Covered Cherry (single)
- Day into Night (duo) with Peach Pop (single)
- Lemongrass, Black Jade, Olive in my Martini (all singles)
- Starlight Starbright (duo) with At Dusk (single)
- Jenna's Essentials Quad: A palette that complements any shade combination.
- Galaxy Quad: Amazing colour that can be worn individually or all together.

**Q.** How can the colour blocking trend seen on the runways translate to eyes?

**A.** Colour is supposed to be fun and I love experimenting. It's a feeling, it's a moment and it can be different tomorrow! There are endless combinations that can be paired together whether it's three single shades like All About Shadow in French Vanilla, Sunset Glow and Graphite. Or pair an All About Shadow Duo like Wave after Wave with an All About Shadow Single like Pacific Coast. The All About Shadow Quads, like Going Steady, make the colour blocking trend easy to achieve in just one palette.



IF YOU HAVE A BEAUTY WOE, LET US KNOW!  
Send your queries to [questions@abodeqatar.com](mailto:questions@abodeqatar.com)

## WHAT ARE SOME OF THE MUST-HAVE SHADES TO USE THIS FALL?

• Blue hues were all over the runways for Fall and are one of my favourite picks for eyes. Try an intense blue – All About Shadow in Deep Dive for a bold colour that will make eyes pop with just a swipe. For a super dramatic, on-trend look try the All About Shadow Quad in Galaxy paired with new Quickliner for Eyes Intense in Cobalt. If you just want to try out the trend, try a softer baby blue like All About Shadow in Lagoon for a pretty look.

• Pinks are another big trend for Fall. Many women shy away from wearing pinks on eyes, but it's actually a very flattering shade to wear. A soft pink like All About Shadow in Pink Camisole is a great soft, daytime look. Pink hues paired with deep browns work well together to create a subtle smoky eye. Try All About Shadow in Raspberry Beret on the lid paired with All About Shadow in Chocolate Covered Cherry blended into the crease for a pretty, pink-hued look. A trick to making eyes pop when using pink shadow is to pair the shade with new Quickliner for Eyes Intense in Amethyst.





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# BE FIT AND FABULOUS FOR 2014

## JOIN ABODE'S FITNESS CHALLENGE

We scouted various hotels and spas' to find fitness sessions that really work to get us more fit and achieve our goals: lose weight, ban belly fat, tone arms and remove pocket of fats. Doha Marriott, Mövenpick Tower and Suites Doha, Bliss Spa and LPG Systems offered us programs that helped us to accomplish our targets. On top of these plans we'll share with you Denise Austin's 'Skinnyeology' tips to realising your dream body!





# GOAL: BAN POST-BABY BULGE!

All the mums out there know how hard it is to regain a flat stomach after giving birth.

**Fitness Plan Chosen:** One month personal trainer service at Mövenpick Tower & Suites Doha

**The Battle:** "My busy lifestyle and work commitments never allowed me to get rid of the post baby bump."



## **Srimani Welagedara, Production Manager**

She is a proud mother of Eeksha, 6 and Saksha, 2 years old. Both her girls are beautiful but she's not able to get back to her old body.

### **Her Motivation:**

"I want to reduce my post baby bulge"



MÖVENPICK TOWER & SUITES DOHA, GYM

### HER TESTIMONY:

"IT WAS A GREAT IDEA TO HAVE A PERSONAL TRAINER TO FINALLY HELP ME REACH MY GOAL. I WOULD HAVE NEVER BEEN ABLE TO DO ALL THIS ON MY OWN. SOMETIMES I FELT TIRED AND LAZY, BUT SUSANTHA'S PROFESSIONAL ADVICE AND SUPPORT ENCOURAGED ME TO CARRY ON. HE CONSTANTLY REMINDED ME ABOUT MY TARGET, SO IT KEPT ME GOING. AFTER EACH TRAINING I FELT MORE ENERGIZED AND INSPIRED MENTALLY AND PHYSICALLY.

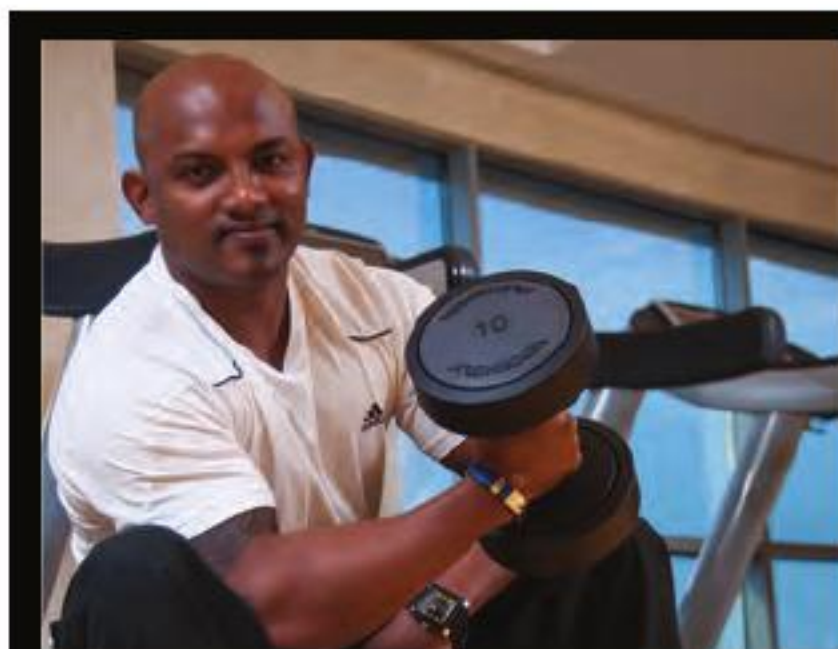
I HIGHLY RECOMMEND THIS SERVICE. IT WILL CHANGE YOU INSIDE OUT! THUMBS UP FOR MÖVENPICK TOWER&SUITES"

### **SRIMANI WELAGEDARA**

Age:	35	
Height:	165 cm	
	<b>Before</b>	<b>After</b>
Body Weight:	70 kg	67 kg
Body Fat%:	47%	40%
BMI	29	28

### **THE VERDICT:**

**"I am one size smaller!"**



## **Susantha Samarankoo, Personal trainer at Mövenpick Tower&Suites Doha**

Susantha assessed Srimani's needs and goals and compiled an accurate 1-month long fitness program to guarantee her some results.

"Since the member needed to lose weight, I focused more on cardio. As for her diet she needed to minimize high carbohydrate food. I advised her to take 5-6 measured meals instead of 3 meals every 3-4 hours, complemented by 1 glass of water before each meal. As the main target is body fat, I suggested a (600-800 calories) diet to lose muscle size and control heart rate."

**FOR MORE INFORMATION**  
MÖVENPICK  
TOWER & SUITES DOHA  
4496 6410



## BENEFITS OF PERSONAL TRAINING:

- Reduces risk of heart disease.
- Increases level of muscle strength.
- Improves the functioning of immune system.
- Helps to effectively manage stress.
- Helps with weight loss, especially fat weight.
- Improves the likelihood of survival from a myocardial infarction (heart attack).
- Can help relieve the pain of tension headaches—perhaps the most common type of headache.
- Improves body's ability to use fat for energy during physical activity.
- Increases the density and breaking strength of bones.
- Helps to preserve lean body tissue.
- Reduces the risk of developing hypertension (high blood pressure).
- Increases the density and breaking strength of ligaments and tendons.
- Improves coronary (heart health).

## UPGRADE YOUR GYMWEAR WARDROBE!



## ABDOMINAL EXERCISES

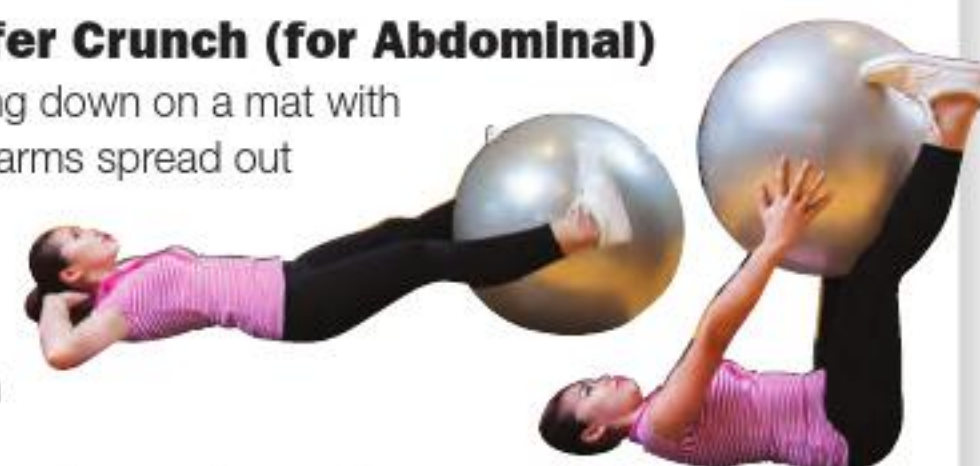


### Ball Exercise Abs Roll-Out (for Abdominal)

- Sit on your knees in front of a Swiss ball and place your forearms and fists on the ball. Your back should be naturally arched.
- Brace your core. Imagine that you are about to be punched in the gut and squeeze your glutes. Focus on keeping both areas tight for the duration of the exercise.
- Slowly roll the ball forward, straightening your arms and extending your body as far as you can without allowing your lower back to "collapse". The natural arch in your lower back should not decrease or increase at any point during the exercise.
- Use your abdominal muscles to pull the ball back to your knees

### Ball Transfer Crunch (for Abdominal)

- Start by laying down on a mat with your legs and arms spread out (snow angel position), holding an exercise ball in your hands.
- Bring both your legs and arms above your stomach, transferring the ball from your hands to your feet, bending at the knees as little as possible.
- Bring the ball to the floor with your feet, and your hands to the floor above you.
- Transfer the ball in the same manner as before, bringing your feet and hands above your stomach.
- Return to the start position with hands above you, and feet completely extended beneath you.



### Quads Lunge Medicine Ball (for Abdominal and Quadricep Muscles)

- Start with the squat position, knees bent, feet flat on the floor with the ball in front. Bend backwards and go back to the starting position.





# GOAL: SHED THOSE EXTRA POUNDS AND DISCOVER A FIT NEW YOU!

Moving to a new country means new friends, new job and above all a new lifestyle.

**Fitness Plan Chosen:** Combination of different activities including bootcamp and body conditioning classes at Doha Marriott

**The Battle:** "I have been quite sporty since very young so I consider myself quite active. Since moving to Qatar though I started to ditch the gym in favour of tasty meals out and since in Qatar no walking activities are involved I started putting on few kilos here and there."



## **Francesca Moser, Editor**

Francesca left her busy and active lifestyle in London behind to join the glitzy Doha scene last year. Chauffered taxi rides and the array of tasty 5 stars menu on offer in town certainly didn't help her waistline, so it was about time to kick off a healthier and more active routine to get back in shape!

### **Her Motivation:**

To lose those extra pounds for good.

### **HER TESTIMONY:**

"I DECIDED TO COMMIT MYSELF FOR A WHOLE MONTH TO ATTEND REGULAR EXERCISE CLASSES UNDER A PROFESSIONAL EYE IN ORDER TO TRY TO SHED THOSE ANNOYING EXTRA POUNDS. ADAMOU, THE PERSONAL TRAINER AT DOHA MARRIOTT OFFERED ME THE PERFECT PROGRAM TO ACHIEVE MY GOAL. HE COMBINED ALL HIS RECREATIONAL ACTIVITIES IN MY WEEKLY SCHEDULE IN ORDER TO OFFER ME A VARIED AND EFFECTIVE PLAN. THANKS TO THIS I NEVER GOT BORED AND I EXERCISED DIFFERENT PARTS OF MY BODY IN EACH SESSION. I'M VERY PLEASED WITH THE OUTCOME AND WILL CERTAINLY KEEP ATTENDING HIS FUN CLASSES TO MAINTAIN THE RESULTS ACHIEVED!"



DOHA MARRIOTT, FITNESS CENTRE



DOHA MARRIOTT

### **FRANCESCA MOSER**

Age:	34	
Height:	160 cm	
	<b>Before</b>	<b>After</b>
Body Weight:	58.6 kg	54 kg

### **THE VERDICT:**

**"I dropped 4.6 Kg so  
I reached my goal!"**



## **Adamou Yalandi Jr**, Personal Trainer and Group Fitness Instructor at Doha Marriott

From individual personal training sessions to group classes, energetic bootcamp or relaxing yoga, Doha Marriott will guarantee you a hot new body in no time! Just choose the best activity for you and join the fun. Their weekly recreational activities schedule is packed with options for members and walk-in customers. Adamou, The Personal trainer, will offer you an accurate personal assessment to understand your goals and objectives. His professional and gentle approach will assist and motivate you. He advised Francesca to alternate his personal training sessions with cardio group classes. This effective plan allowed Francesca to reach her goal easily and without getting bored.

**FOR MORE  
INFORMATION**  
DOHA MARRIOTT  
4429 8888



# BOOTCAMP IS THE ANSWER!

Lose weight fast, while exercising your whole body.

BOOT CAMP PHOTOGRAPHY NADIR KHAMIS



This military-style hardcore training session will guarantee you a transformed new body thanks to the winning combination of resistance training with high-intensity cardiovascular exercise. It represents a quick yet effective workout: think of intense running speed, push-ups, sit-ups, lunges and crunches circuits that will keep up your heart rate. An intense hour of exercise awaits you, so you'll better be prepared!

"THIS CLASS COMBINES CARDIO AND AGILITY DRILLS, CHALLENGING YOUR BODY ON ALL LEVELS. EVERYONE CAN ENJOY THIS GREAT WORKOUT, AS MODIFICATIONS ARE OFFERED FOR ALL FITNESS LEVELS." - ADAMOU

Adamou's boot camp class takes place every Wednesday evening at Doha Marriott. Give it a go!

## WORKOUT STYLISH SOLUTIONS!



Sports bra, Adidas



Hooded jacket, Berhka



Shorts, Alexander Wang OUTNET.COM



Trainers, Berhka

## MAKE THE MOST OF THE CLASSES ON OFFER AT DOHA MARRIOTT!

### TUE, 18:00-19:00 TOTAL WORKOUT

This full body workout will guarantee weight loss and improve muscle tone in your whole body

### WED, 18:00-18:45 BOOT CAMP

Join this fast-paced, non-stop cardio workout in military coaching style

### SUN, 18:00-19:30 HATHA YOGA

Meditation and subtle stretching session to balance your body and mind

Swimming lessons are available too.



DOHA MARRIOTT, SWIMMING POOL

OYSHO



# GOAL: ACHIEVE A SVELTE BODY

A toned and lean figure is on everyone's agenda for 2014.

**Treatment tested:** FatGirlSlim at Bliss Spa, W Hotel

**The Battle:** "Whatever diet I tried those pockets of fats around my waist wouldn't disappear!"



## **Chet Tibayan, Marketing Coordinator**

Chet is a skinny, fashionable and apparently very fit young lady, but after she gave birth to her second child she started to accumulate a few extra kilos here and there. Her main goal was to lose those extra pounds and above all to tone up. She gave a go at the renowned FatGirlSlim

program at the W Hotel for a month.

### **Her Motivation:**

"To show off a lean and toned figure in my YSL red dress!"

### **HER TESTIMONY:**

"FATGIRLSLIM WAS THE PERFECT WAY TO SLIM DOWN AND TONE UP. I HAD REGULAR TREATMENTS FOR A MONTH (ONCE A WEEK) AND I'M VERY IMPRESSED WITH THE FINAL OUTCOME. VISITING THE BLISS SPA EACH WEEK WAS A REAL PLEASURE FOR ME AS THE TREATMENTS I WAS OFFERED WERE VERY RELAXING, SO WHILE DOING SOMETHING GOOD FOR MY BODY I MANAGED TO DE-STRESS TOO. I WOULD RECOMMEND FATGIRLSLIM TO ANY GIRL OUT THERE, WHO DOESN'T HAVE MUCH TIME ON HAND TO EXERCISE REGULARLY. FOUR SESSIONS WILL GUARANTEE YOU ASTONISHING IMPROVEMENTS...AND SWEAT-FREE!"



BLISS SPA, TREATMENT ROOM



BLISS SPA

**THE VERDICT:**  
**"I definitely lost weight where needed and I toned up overall. I feel so much better about myself!"**

## **Michelle,**

Spa Manager of Bliss

"The FatGirlSlim treatment is a very popular choice in our Spa. This body-toning treatment includes dry brushing, application of firming grapefruit essential oil, a trouble-spot-targeting seaweed rubberizing mask, a heated wrap and a waist-targeting rubdown with the Love Handler® followed by an application of our famed Fatgirlslim® or Fatgirlsleep® (depending on time of day). The feedback we receive about the treatment and its products is always very positive. We were delighted to help Chet to reach her goals and are looking forward to do the same for more ladies out there. "

**FOR MORE  
INFORMATION**  
BLISS SPA, W HOTEL  
4453 5555



## DISCOVER THE FATGIRLSLIM PRODUCTS TO USE AT HOME!

In order to keep up the results achieved at the SPA invest in these products....they will maintain your newly achieved toned figure.



**Bliss fatgirlslim®**  
Skin firming cream with  
QuSome®-encapsulated  
caffeine

- Helps visibly reduce the appearance of cellulite
- Features encapsulated caffeine for quick and targeted delivery
- Firms and tones the skin

Massage into trouble spots on the body twice a day for 20-30 seconds.



**Bliss fatgirlsleep®**  
Soothing overnight cream  
with an encapsulated  
extract-rich complex  
Meet the PM partner to the  
famed fatgirlslim® firming

cream. Formulated with an encapsulated complex of sacred lotus flower, red algae extract and soothing lavender, this ultra-rich cream helps make the most of your body's overnight resting time.

### Why we love it

- Promotes a sleep-friendly environment with lavender



**Bliss fatgirlscrub**  
skin-smoothing, stimulating  
body exfoliator for less-than-  
perfect parts

- Polishes skin with 60% Himalayan Pink Salt
- Cooling formula sloughs off dead skin
- Enhances penetration of follow-up fatgirlslim® products

To achieve better and quicker results use these products in conjunction with regular exercise, a healthy diet, regular vigorous massage and the rest of the Bliss fatgirlslim® regimen.

## THE PRODUCTS



Bliss fatgirlscrub

Bliss fatgirlslim

Bliss lovehandler

Bliss fatgirlsleep

## SHOW OFF YOUR NEW TONED BODY IN THIS FASHIONABLE SPORTY OUTFIT!

Mesh bag, Adidas by  
Stella McCartney at  
Outnet.com



Trainers, Puma

Sports bra, Lucas  
Hugh at Outnet.com

Leggings, Lucas Hugh at Outnet.com



# GOAL: NO MORE WING TIPS!

A sedentary lifestyle with no exercise routine will sooner or later affect your body shape and believe it or not, your arms will be the first to lose shape and get flabby. So to achieve the A-list toned arms you always dreamed of, don't look any further than LPG. Few easy and painless sessions will give you toned biceps hassle-free!

**Treatment tested:** 12 sessions of LPG

**The Battle:** "My flabby arms are my main concern, help!"



## Lanie Fillo Pana, Administrator

Lanie is a busy wife and mum of 1, therefore she doesn't have time to exercise. Her 2014's resolution was to gain toned and well-shaped upper arms. She undertook 12 sessions of LPG

### Her Motivation:

"I want to be able to wear sleeveless tops and feel good and confident about myself!"

### HER TESTIMONY:

"LOOKING BETTER NOWADAYS IS SO EASY THANKS TO THE HELP OF LPG. THIS NON-INVASIVE TREATMENT WILL PROVIDE FIRMNESS FROM ITS FIRST SESSION. ANY PART OF YOUR BODY CAN GET TREATED, YOUR FACE INCLUDED! I ATTENDED THE LPG CENTRE EVERY OTHER DAY TO ACHIEVE QUICK AND LASTING RESULTS. I'M VERY IMPRESSED BY IT AND CAN'T THANK LPG ENOUGH. GET YOUR CONSULTATION NOW!"

**THE VERDICT: "I lost two centimetres on each arm!"**

BRING THIS  
ABODE COPY  
TO LPG SYSTEMS,  
OPPOSITE HYATT PLAZA  
TO GET  
A "FREE SESSION"  
OF LPG.



## Ana Sisaber, Sole distributor of LPG in ME tells us more about LPG treatments

LPG is used to eliminate fats that are resistant to exercise and dieting. Treatments are administered with the new Ergodrive head, which is equipped with LPG's patented, independent motorised rollers. The ROLL'Up, ROLL'In and ROLL'Out action gently yet intensively conditions skin tissue to eliminate fat deposits, revitalize blood and lymphatic circulation (i.e. ROLL'Up), and reactivate lipolysis (e.g. ROLL' In action is responsible for more than 70% of the fat elimination). With the multiple rotational differentials of the ROLL modalities, LIPOMASSAGE is also able to stimulate the collagen and elastin production and firm slackening skin (i.e. ROLL'Out). Come and give it a try yourself!

**SHOW OFF YOUR  
NEW TONED ARMS  
IN AND OUT OF  
THE GYM!**



FOR MORE  
INFORMATION

LPG  
4466 6642



# SIDE EFFECT: SKINNY

According to Denise Austin, a pioneer in the fitness industry who has sold more than 24 million exercise videos and DVDs, authored 12 books on fitness, and starred in the longest running fitness show in the history of television, there is a common sentiment among all women; they want to be fit, they want to get healthy, and they want to have more energy to live our busy, beautiful lives. Without a doubt, Denise understands women's wants and needs, and in her book, **Side Effect: Skinny**, she shares with us all, not only her secrets on fat-blasting diet tips and healthy delicious eating plans, she packs her book with fun and effective workout regimens you can do right at home and gives you many different tools, both online and through her website, to keep your regime going and your figure in line.

## THE DIET:

She recommends starting with a 7 Day Fat Blast Diet, which consists of about 1000 to 1500 calories per day throughout the week. Denise uses calorie confusion as the basis of her eating plan. This **"confusion"** works by actually confusing your metabolism by not sticking to a strict calorie count every day and instead rotating through calorie counts two days at a time with a "Super Splurge" day after that. Of course, what is really nice about the **"Super Splurge"** day is that although there is a calorie limit you are allowed more room to eat so you don't feel so deprived on the diet.

Depending on how much weight you need to lose, Denise's book has a Phase 1 and a Phase 2 before you move onto incorporating the eating plan into your daily lifestyle. Phase 1 is the week with several low calorie days (below 1200 calories), some average and then your "Super Splurge" day (1500 calories). The good thing is that you won't feel like you are starving. Additionally, in her book you will also find several pages worth of delicious recipes that allow you to enjoy

the foods you love, including PIZZA! Just watch portion size... You will also find a list of foods that double your metabolism and help you lose weight.

## THE EXERCISE:

The fitness section of her book includes a healthy combination of both weight training and cardio. The cardio plan is an interval walking plan of at least 30 minutes per day. I am sure you can add more time, however, 30 minutes is a good minimum amount to start off with.

## OUR VERDICT:

We loved reading her book and have put her advice into practice; her advice is both easy and practical to follow. We hope you enjoy it as much as we do! Besides, Denise looks amazing so it has obviously worked for her...

**SIDE EFFECT:  
SKINNY**  
DENISE AUSTIN

Denise  
Austin's  
**Fat Blast  
Diet**

**WARNING: READING THIS BOOK MAY CAUSE: THINNER WAISTLINE,  
TONEO TIMMY, SLENDER THIGHS & A SUDDEN BURST IN CONFIDENCE**



## Workout Buddy

If you need the extra help you can find it on Denise's website:  
<http://www.deniseaustin.com>

## HER WEBSITE OFFERS YOU GREAT TOOLS TO KEEP YOU ON TRACK.

**Hundreds of Recipes:** Access 100s of delicious recipes! Search by ingredient and save your favorites.

**Custom Meal Planner:** Each meal comes complete with shopping lists, easy recipes, and snack suggestions.

**Custom Fitness Planner:** Your plan will be optimized to help you achieve maximum results!

**Shopping List Tool:** Get easy print-and-go shopping lists for every recipe and meal!

**Food Log:** Studies show that logging what you eat helps with long-term success.

**Nutrition Facts Finder:** Learn the calorie count and other nutritional information for the foods you eat.

**Activity Calculator:** See how many calories you can burn while doing your favorite exercises and activities.

**Weight Tracker:** Your interactive Weight Tracker will help you chart and recognize your accomplishments.

**Inch Tracker:** Keep track of your progress as the inches come off!

**Journal:** Record your feelings about your new diet and your personal goals.

**Ideal Weight Calculator:** Gain insight into your health risks based on your weight and height.

**SIDE EFFECT:  
SKINNY**  
ORDER YOUR COPY ON

[www.amazon.com](http://www.amazon.com)  
for \$20.00



# BE FIT, STRONGER AND HAPPIER THAN EVER!

Simply join these exciting activities available in Doha. February is the perfect month to improve your fitness level and our city offers plenty of options. Just choose which one suits you best and rejuvenate yourself!



## RITZ CARLTON DOHA HOSTS Matt Ryan Yoga Workshop

Indulge and immerse yourself in a weekend of yoga with Matt Ryan, who is visiting Doha for the first time from Yoga Manchester, UK this month from Feb 26 to 28. Matt is a direct student of the late Sri K Patthabi Jois, founder of Ashtanga Yoga, and is one of the selected few authorized by Patthabi Jois himself to teach the Ashtanga Yoga method.

His classes are deeply rooted in the Ashtanga traditions: they are challenging and full of energy as well as laughter. Take part in this unique workshop to kick off a healthy new lifestyle!

For more information and bookings call 4484 8000

## BOUNCE FITNESS: Doha's In-home personal trainers

Bounce fitness provides its clients with a unique in-home personal training services. Their certified and highly experienced personal fitness experts will provide you a gym right at your doorstep, at your convenience. Choose from their various enjoyable programs to achieve a healthier new you. Their boot camp sessions are very popular too, so get involved!

For more information call 6685 1093 or visit [www.bouncefitness.com](http://www.bouncefitness.com)



## JOIN THE FITNESS BUDDY CHALLENGE

Make new friends and finally realize your fitness objectives thanks to Fitness With Food's new initiative: the Fitness Buddy Challenge. Simply join one of their classes and meet your new fitness buddy. This fitness partnership will keep you both motivated during and outside classes too. It'll be a great way to socialize, network and most importantly get fit. The challenge has been set!

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



## DIVALICIOUS AT DIVA LOUNGE SPA

The newly opened branch of Diva Lounge Spa at the Gate Mall in West Bay has recently launched few exclusives classes that we should all try out!

Essential Matwork teaches the Five Basic Principles of the STOTT PILATES method, which is designed to develop leaner and longer-looking muscles.

Toning PILATES maximizes total body strength, definition and muscular endurance with a dynamic workout.

The FLO WIN® Concept allows you to exercise the entire body at the difficulty level of your choice.

For more information contact 4407 7117



# PUSH YOUR LIMITS

TRAINER MLADEN SPASKOVSKI PHOTOGRAPHY JESSIE PALANCA

You have all this equipment to use at home or the gym, but are you getting much out of them? ABODE had the chance to try these exercises at Wyndham Grand Regency Hotel and we were already feeling the results, because they recruit bigger muscles to produce a better outcome. Master these moves and you're on your way to a fitter you!

**FOR MORE  
INFORMATION**

VISIT

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

## Good mornings

From a standing position, feet placed wide and arms extended fully above the head, we start to lean forward to a level that our torso and the arms become parallel with the floor. After holding this position for a 2 to 3 seconds, we extend our back and slowly get back to the starting position. Note that your knees should be extended all the time through the exercise.

Bodyweight exercises usually activate more muscles at the same time, so in some cases they can be very demanding. It's important to do at least 10 minutes of stretching before starting to perform them. These activities are great for building good body posture and even for developing some extra muscle.



## Back extension

We position ourselves with the back extended and our palm placed behind our head. Next, we lower the upper body to a level that we feel comfortable. After this, we extend our back again slowly and we go back to the position at the beginning of the exercise.



## AB wheel roll out

The exercise starts from kneeling position, holding the roller with the arms fully extended. From here, we slowly extend our body forward to a level that we feel comfortable. After this phase we pull back to the starting position.



## Squat

From a standing position with your feet placed a little wider than our shoulders, we start to squat to a level where our knees are almost fully bent. Next we start to extend our legs and slowly get back to the starting position. Note that during the exercise, the back should be straight all the time.



## Incline push ups

Palms should be placed on an elevated surface and be a little wider than the shoulders. From here we flex the arms and lower the body until our chest touches the arm-supporting surface. Next we extend our arms and get back to the starting position. Body posture should be straight during the exercise.





# OBESITY AND CHILDREN

BY GLORIA DURAN-RENDEROS B.SC.,M.P.H., J.V.P.M 2

Why is it that so many children are obese or overweight? And not only that, they are high risk of developing type II diabetes by the time they become teenagers. Obesity is linked to three major factors, genetics, culture and environment. Modern science has advanced so much that this trio can be harnessed and directed to improve the health of children around the world.

Let us explore and learn some basic facts about genetics, culture and environment and how they affect our weight.

## GENETICS

Every human being at birth has a fixed set of fat cells. Babies also have a satiety center in their brain that determines the amount of food they will demand to be satisfied. With the correct knowledge and training, mothers should learn to listen and interpret baby cues to initiate feeding and the baby cues when their infant is satisfied. Generally mothers do not know this and they delay the feedings, do not establish a set feeding schedule according to the baby cues AND THEY OVERFEED. The result is that by the time the infant is a year old, their satiety center is not working properly and fat cells have grown fat and double or triple their original size.

## CULTURE

We are what we eat and we eat our culture teaches us. Food habits are learned within the family group, and the manner the family group socializes within the particular culture, will also influence the way we eat as adults. In the industrialized world, there remain few cultures in which children still eat fresh foods. Most families today have turned to fast foods, commercialized foods and convenience foods, in order to keep up with work schedules, cooking time and quality time with family.

Another important fact within a culture is the amount of time dedicated to exercise, sports, or similar activities. For security reasons and convenience, we have become a sedentary culture worldwide. Children from birth learn more about iPhone, television programs, and movie watching than having experiences of the family going to walk together, or to play in a park, or simply having a scheduled time to go to a gymnasium.

## ENVIRONMENT AND ECONOMICS

We live in an industrialized era. Big business makes millions of dollars of profits each year selling food that are not healthy.

The age in which mothers prepared the foods for their children is almost gone. It has been replaced by food chains who have scientifically found the mixture of fats and sugar that will disinhibit our natural control over our food intake and make us eat more than we should. We can dare to say that it is going to be very difficult to change environment and the economic forces behind it.

Obese children should not be blamed. Practices at home as far as size of servings, types of foods, sizes of plates, eating alone, eating while watching TV, lack of activity and a sedentary life are a product of parental behaviors that must be evaluated, in order to change eating habits and promote healthy weights.





## HEALTHIER FOOD HABITS

### Tips for mums

- 1 Monitor serving sizes. Do not teach your child to see big plates, big cups, and big servings.
- 2 Monitor sugars, white flour, and commercially prepared foods.
- 3 Promote exercise and teach your child not to be sedentary.
- 4 Monitor the amount of TV time at home.
- 5 Plan menus with a variety of fruits and vegetables, right amounts of protein and starches.
- 6 Teach children to drink water instead of carbonated drinks or juices. Juices are very healthy but not in large servings.



### TO PURCHASE PORTION SIZE PLATE

VISIT:

[www.enasco.com/product/WA29061HR](http://www.enasco.com/product/WA29061HR)

Price: \$11.95

## SUGGESTED DAILY AMOUNTS OF FOODS ACCORDING TO AGE

\*Adapted: from CACFP Child and Adult Care Food Program, New York State Department of Health, United States

### REQUIRED MINIMUM QUANTITIES

	FOOD	AGE 1 - 2	AGE 3 - 5	AGE 6 - 12
BREAKFAST	Milk (fat-free or low-fat)	½ cup	¾ cup	1 cup
	Vegetable/Fruit 100% juice	¼ cup	½ cup	½ cup
	Grains/	¼ cup	¼ cup	½ cup
	Bread	½ slice	½ slice	1 slice
SNACK	Milk (fat free or low-fat)	½ cup	½ cup	1 cup
	Select 2 Vegetable/Fruit 100% juice	½ cup	½ cup	¾ cup
	Grains/Bread	½ serving	½ serving	1 serving
	Lean meat, Poultry or Fish	½ oz.	½ oz.	1 oz.
	Peanut Butter	1 Tbsp.	1 Tbsp.	2 Tbsp.
	Peanut, Nuts or Seeds	½ oz.	½ oz.	1 oz.
	Fat-free or low-fat Yogurt	¼ cup	¼ cup	½ cup
LUNCH OR SUPPER	Milk (fat free or low-fat)	½ cup	¾ cup	1 cup
	Two Vegetable or Fruits	¼ cup total	½ cup total	¾ cup total
	Cooked Pasta or Grains	¼ cup	¼ cup	½ cup
	Bread	½ slice	½ slice	1 slice
	6" Tortilla	½ tortilla	½ tortilla	1 tortilla
	Lean Meat, Poultry or Fish	1 oz.	1 ½ oz.	2 oz.
	Cheese	1 oz.	1 ½ oz.	2 oz.
	Egg	½ large	¾ large	1 large
	Beans, Peas or Lentils	¼ cup	3/8 cup 1 oz.	½ cup



# SAFELY RAISING VEGETARIAN CHILDREN

BY JACQUELINE BODNAR

Vegetarianism among teenagers and adults is on the rise. This will no doubt lead to an increase in the number of children that will be raised as vegetarians. The biggest challenge that these parents will face is an often skeptical public that questions whether it's a safe diet for children. As with any diet, vegetarian parents need to make sure they feed their children a variety of nutritious foods to meet their needs.

## TYPES OF VEGETARIANS

People often get misleading information about what a vegetarian eats. All vegetarians avoid eating meat, poultry and fish of any kind. There are some vegetarians that include eggs or dairy or fish in their diet and others, known as vegans, avoid anything that is animal derived.

"As long as the diet is properly balanced there's no real problem with it," says Dr. Vinay Reddy, an assistant professor of pediatrics and human development at Michigan State University. "It also depends on how vegetarian you're going to be." Dr. Reddy explains that the one nutrient that is vital to the body that is not found in vegetables is vitamin B-12.

This vitamin is essential for the nervous system, blood formation and cell processes. Vegetarians that eat dairy or egg products obtain the vitamin through those sources. Vegans are at risk for deficiency if they don't take steps to make sure they get it in their diet. Vitamin B-12 sources for them are nutritional yeast, fortified soy and cereal products and through taking supplements.

### INFANTS

During the first year of life vegetarianism isn't much of an issue. Parents meet the nutritional needs of their infant by either breastfeeding or using formula. After the first year when many parents transition their child from that, fortified soy milk is a good alternative for vegetarian families that avoid cow's milk.

According to the American Dietetic Association (ADA), when it's time to introduce protein-rich foods to vegetarian infants, good choices include mashed or pureed tofu, legumes, soy or dairy yogurt, cooked egg yolks and cottage cheese. When lumpier foods are introduced, cubes of tofu, cheese or soy cheese and bite-size pieces of soy burger can be offered.

### CHILDREN

The ADA reports that lacto-ovo-vegetarian children (those that eat eggs and dairy products), exhibit growth similar to that of their non-vegetarian peers. Limited research is available on vegan children, but what is available suggests that they tend to be a little leaner but still within normal ranges for their age. During this stage of development parents can introduce their children to foods that they eat. The foods that children eat during these years will help shape their food choices and tastes for many years to come. Providing frequent meals and snacks will help vegetarian children get the nutrients they need to grow.



### ADOLESCENTS

"A growing teenager can definitely get adequate nutrition from a vegetarian diet and it is safe," says Kathleen Putnam, a nutritionist and registered dietician from the Seattle-based NutritionWorks Nutrition Consulting. "It is important that the diet be planned and balanced. This is true for a non-vegetarian diet as well."

Teenagers that have been raised on a vegetarian diet may actually make better food choices than their peers. The ADA reports that vegetarian adolescents consume more fiber, folate, vitamin A and vitamin C than non-vegetarians. They also state that they tend to consume more fruits and vegetables and fewer sweets, fast food and salty snacks than non-vegetarians.



## KEY NUTRIENTS

THERE ARE SOME ESSENTIAL NUTRIENTS THAT PARENTS MUST BE AWARE OF WHEN FEEDING THEIR CHILDREN IN ORDER TO PROVIDE FOR OPTIMAL HEALTH.

**CALCIUM.** Growing bones need calcium and vegetarian children can get their supply from enriched tofu, dairy products, green leafy vegetables, orange juice and soy milk.

**IRON.** Good sources of iron include whole grains, beans, tofu, broccoli, nuts, dried fruits, some cereals and spinach. The type of iron found in plant foods is not as easily absorbed by the body, but you can do things to increase absorption. Vitamin C will assist the body in absorbing iron so it should be consumed during the same meal. Doing this is as easy as making sure you serve a food high in vitamin C (e.g., tomatoes, strawberries and citrus fruits) when you are serving iron rich foods. Teas, coffee, soft drinks and cocoa can inhibit the absorption of iron and should be avoided during meals.

**PROTEIN.** "It was once believed that you had to combine protein in a meal to ensure you were getting all the essential amino acids the body needed," says Putnam. "We now know that the body is able to combine amino acids for the body's protein needs throughout the day, so it is no longer necessary to be concerned about combining vegetarian protein sources." Soy protein is comparable to meat in that it is a complete protein and contains all the essential amino acids that the body needs. Today there's an abundance of protein filled soy products on the market, including meat substitutes, milks and cheeses. Other good sources of protein include tofu, eggs, dairy products, beans, peanut butter, nuts, grains, seeds and some cereals.

**VITAMIN D.** This compound is necessary for healthy bones and can be obtained through food or sunlight. If a child is exposed to sunlight for 15 minutes each day then their body will produce vitamin D. Fortified cereals and juices can also meet vitamin D requirements.

**ZINC.** This mineral is important to the immune system and having healthy skin. Foods that are good sources of zinc include beans, nuts, wheat germ and whole grain cereals.

## GOING TO SCHOOL

Most schools lack vegetarian dining options in their lunch programs. Parents will need to make an extra effort to pack healthy, appetizing meals for their child to take with them each day. Popular options include soy "meat" sandwiches or soy cheese and crackers, peanut butter (if considered safe at the school) and jelly, hummus and pitas, and fruits and vegetables.

## LEARNING MORE

"It is really important to educate yourself with fact based nutritional information rather than the latest fad," says Katie Mangan, a dietetic technician registered with the ADA. A vegetarian since 1997, she's raising her four children the same. She explains that with her nutrition education she is confident that her children are getting proper nutrition and she has made the right decision. "My kids have excellent cholesterol levels, are extremely fit and rarely get sick," says Mangan.

### TO LEARN MORE, VISIT:

American Dietetic Association  
[www.eatright.org](http://www.eatright.org)

The Vegetarian Resource Group  
[www.vrg.org](http://www.vrg.org)





# THE EFFECTS OF SUGAR ON MEMORY

Modern culture's love affair with sugar shows no sign of abating, with hundreds of thousands of fizzy drinks, candy bars and sweet pastries sold and consumed every day all over the world. Let's read the truth about sugar from Dr. Mohamud Verjee of Weill Cornell Medical College, Qatar.

## THE EFFECTS OF SUGAR

While the occasional indulgence in sugary treats is unlikely to do you much harm, new research has shown that people who habitually consume too much sugar don't just risk health problems like obesity and diabetes, but they are also more likely to suffer from memory loss and dementia.

This is because elevated blood glucose (sugar) levels damage the network of blood vessels that supply the brain, explained Dr. Mohamud Verjee, WCMC-Q's professor of family medicine.

"Type 2 diabetes and a condition called impaired glucose tolerance are known to be associated with an increased incidence of dementia," he said.

"This happens because the blood vessels are damaged, which affects the flow of blood to the brain. Reduced nutrition to the brain, an extremely sensitive organ, increases the death of brain cells, and leads to the subsequent development of abnormal brain responses."

New research carried out in Germany has shown that high blood sugar levels can cause brain damage, even if you are not

diabetic.

Dr. Verjee added: "Now the problems seem to start at an earlier stage, without the presence of clinical disease."

Researchers at Charité University of Medicine in Berlin asked 141 people to sit memory tests and also tested their blood sugar levels. None of the participants had diabetes or pre-diabetes, and none had ever been diagnosed with memory problems. Nevertheless, the researchers found that the volunteers with higher long-term blood sugar levels achieved lower scores on the memory tests than those with lower blood sugar levels.



## MODERATION IS KEY

It's enough to put you off your doughnut. However, Dr. Verjee stressed that enjoying sugary snacks in moderation poses very little risk to one's health.

"Having a sugary pudding after dinner once a week or an ice cream at the weekend is



## TEASPOONS OF SUGAR (PER SERVINGS)



“THE HUMAN BRAIN SURVIVES ON GLUCOSE BEING CONSTANTLY SUPPLIED IN THE RIGHT AMOUNT – NOT TOO MUCH AND NOT TOO LITTLE. MAINTAINING FITNESS AND KEEPING BLOOD GLUCOSE LEVELS WITHIN AN ACCEPTABLY NORMAL RANGE MAY WELL REDUCE THE RISK OF MEMORY LOSS WITH TIME.” DR. VERJEE

not going to give you brain damage,” he said.

“You will start to get problems when you are eating lots of sugary snacks. Keep sweet things as a treat, something that you enjoy with friends or family once or twice a week – it’s actually more fun that way. If you eat a doughnut or a cake or a candy bar every day they become commonplace and boring. You also increase the risk that you will damage your brain, become overweight or obese, or even develop diabetes.”

### HIDDEN SUGAR

Dr. Verjee also warned against the hidden sugars found in many processed foods, fizzy drinks and fruit juices.

“Fizzy drinks often contain really high amounts of sugar so you definitely shouldn’t drink them every day,” he said. “Again, try to view them as a treat, not as something you should quench your thirst with every day. Fruit juices have a reputation for being healthy, but often they are absolutely packed full of sugar, so be careful.

“Watch out for added sugar in surprising places like ready meals. Even savoury processed foods often have sugar added to them so try to cook things yourself and if you do pick up a ready meal, check the label to see how much sugar has been added. You might be shocked.”

Dr. Verjee explained that the research also showed that a crucial area of the brain called the hippocampus, which is known to be associated with memory, is smaller, and thus less effective, in those found to have high glucose levels.

He said: “The human brain survives on glucose being constantly supplied in the right amount – not too much and not too little. Maintaining fitness and keeping blood glucose levels within an acceptably normal range may well reduce the risk of memory loss with time.”

### HEALTHY PORTIONS

To ensure your brain receives a healthy amount of glucose, avoid frequent snacking on sugary foods and limit your consumption of carbohydrates like rice, bread and pasta. Carbs are a form of sugar and will increase the amount of glucose in your blood when you eat them, but they also provide a valuable source of energy for your body and therefore should not be cut entirely from your diet. As a guide, a fist-sized portion of carbohydrate with each of your main meals each day should be enough to provide your energy needs unless you are very physically active.

So remember, keep those tasty treats as just that – treats, and you give yourself the best chance of keeping your brain in top condition into your old age.







**FORUM  
DESIGN**

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**Interior Design**  
Commercial | Retail & Residential

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# HOME DÉCOR

Decorating ideas-shopping-interior designers' tips

## IT'S OUTDOOR TIME

Pleasant sunny days are just around the corner, so why not to invest in some gorgeous new alfresco furniture? Discover the latest and lush Outdoor range at THE One, which boasts all-weather furniture, perfect to brighten up your patio, garden, balcony and why not, your living room too. These stylish and funky pieces will work wonders for your outdoor and indoor décor too. What's not to love? For more information visit [www.theone.com](http://www.theone.com)





# Home *News*

Home trends and interior decor news  
in and out of Doha

## MISSONI HOME FOR ROCHE BOBOIS COLLECTION

Upgrade your outdoor area décor thanks to the stunning new ROCHE BOBOIS pieces exclusively designed by Missoni Home. The colorful and super stylish Escapade sofa and Onil rug will brighten up any patio, garden or balcony. Entire removable slipcovers and special fabrics designed for outdoors use will guarantee you total relaxation!



## WESTWAY ARCHITECTS JOINS THE LUXURY NETWORK QATAR

Architects Luca Aureggi and Maurizio Condoluci, heads of the world-renowned European architectural firm Westway Architects, signed the deal to become members of The Luxury Network Qatar during their recent visit in Doha. According to The Luxury Network Qatar CEO, Mr. Fares Ghattas, Westway Architects will be a great addition to their elite circle. "It is with great honor and privilege to have Westway Architects as one of our members here in Qatar. With the firm's intricate eye in sophisticated details, and not to mention their impeccable accomplishments, they will be one of the most sought-after assets of TLN-QA," he added.

## Discover TRENDIG: IKEA's LIMITED COLLECTION

If you are planning to refresh your home décor this month, don't look any further than IKEA and its latest collection. TRENDIG features great dining articles, fabrics, dinnerware products and decorative objects with a wow factor. This limited collection is a result of fusion between Chinese culture and Scandinavian design. From a cool cabinet to simple butcher's blocks and steel trays, your home is ready to welcome these original and funky new pieces!



## Pick your favorite LuScent luxurious candles

Create the perfect ambiance in your home thanks to LuScent candles. This USA's fashion forward luxury candle line epitomizes modern luxe, providing a warm and sophisticated mood to any room. Exquisitely crafted with a European Terracotta vessel and distinguished metal like finishes, these candles are designed with four wicks and provide the perfect glow and ambience for up to 60 hours. All LuScent candles from Flashpoint are available across all City Lifestyle stores. Get yours now!







# Ahmed Hassan Bilal

Trading & Contracting Co. WLL

**Properties Listing**  
February 2014



## Bilal Pearl Suites

1 & 2 bedroom apartments, fully furnished

**Location:**

Viva Bahriya, The Pearl

**Amenities:**

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

## Porto Arabia Town house

2 bedroom townhouse  
fully furnished with nice marina view

**Location:**

The Pearl - Qatar, Porto Arabia

**Amenities:**

Swimming pool, Jacuzzi, gym, parking, children's play area, 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)**



# HOME CENTRE ROOM MAKEOVER CHALLENGE

After the success of their Room Makeover initiative in the last 2 years, Home Centre organized 25 room makeovers across GCC in 2013. Three lucky winners from Qatar had the opportunity to get one of their rooms restyled by the Home Centre's experts, who added brand new furniture, accessories and a coat of bright paint to complete the look.

Miss Heba Sayyed Mohammed Sadiq, the first lucky winner had her bedroom styled in beautiful shades of green and purple.

**SHOWCASE ARTFULLY**  
HIGHLIGHT YOUR ARTWORK WITH A CONTRASTING STRIP OF COLOUR. DON'T BE AFRAID TO USE BOLD COMBINATIONS.

**UNEVEN TABLESCAPE MAGIC**  
DISPLAY YOUR ACCESSORIES IN GROUPS OF 3, 6 & 9! ADD DIFFERENT HEIGHTS, SHAPES AND COLOURS TO KEEP THINGS INTERESTING.



ROOM, BEFORE MAKEOVER



### CEILING SENSE

PAINT THE CEILING TO ADD DEPTH AND STYLE TO THE ROOM. SELECTING A DARK HUE WILL CREATE A COZY AND WARM EFFECT IN THE SPACE.



Miss Heba Sayyed

### ARTWORK SYMMETRY

TO ADD AN ELEMENT OF HEIGHT TO A SHORT HEADBOARD, ARRANGE YOUR ARTWORK IN A GROUP OF PAIRS SYMMETRICALLY DISPLAYED ON THE WALL



## BEDROOM CHALLENGE

Having recently won a battle against a serious illness, Heba wanted a refreshed outlook in her life. A revamped room would be a big wish come true in her endeavour to start afresh.

The room was re-done with Royston bedroom furniture. The light wood and white gloss combination of the bedroom furniture gave the room a modern yet warm touch. The reversible Claire comforter set added a vibrant splash of colour to Heba's room which she so wanted. The designers selected two colour palette, warm orchid and mint green to bring out the beauty of the wooden furniture. The warm orchid shade of accent walls against the mint green did a lot to take away the sterile look of Heba's existing room. The Arigo armchair and Shangri-la floor lamp created a perfect corner for Heba or her husband to relax in. The large wall space was filled with contrasting frames and a series of wall art. Additional ceiling lights and painted ceiling added a dash of drama to the room and also made it look and feel cozier. Now the bedroom is a haven of relaxation for the lucky couple.

### ACCESSORIES USED:

Picture Perfect  
White Wood Frame  
12 QR



Purple Orchid  
Wood Framed Orchid Print  
45 QR



Artistically 'Lit'  
Ceramic Glazed Green Side Lamp  
229 QR



DISCOVER ANOTHER  
INSPIRING  
**HOME CENTRE  
MAKEOVER** IN OUR  
MARCH ISSUE!



# HOW TO HEAT UP YOUR HOME WITH A SEXY, FIERY RED SHADE

BY SUZY MIRJAM CACIC, CANADIAN INTERIOR DESIGN WRITER AT BETTERDECORATINGBIBLE.COM

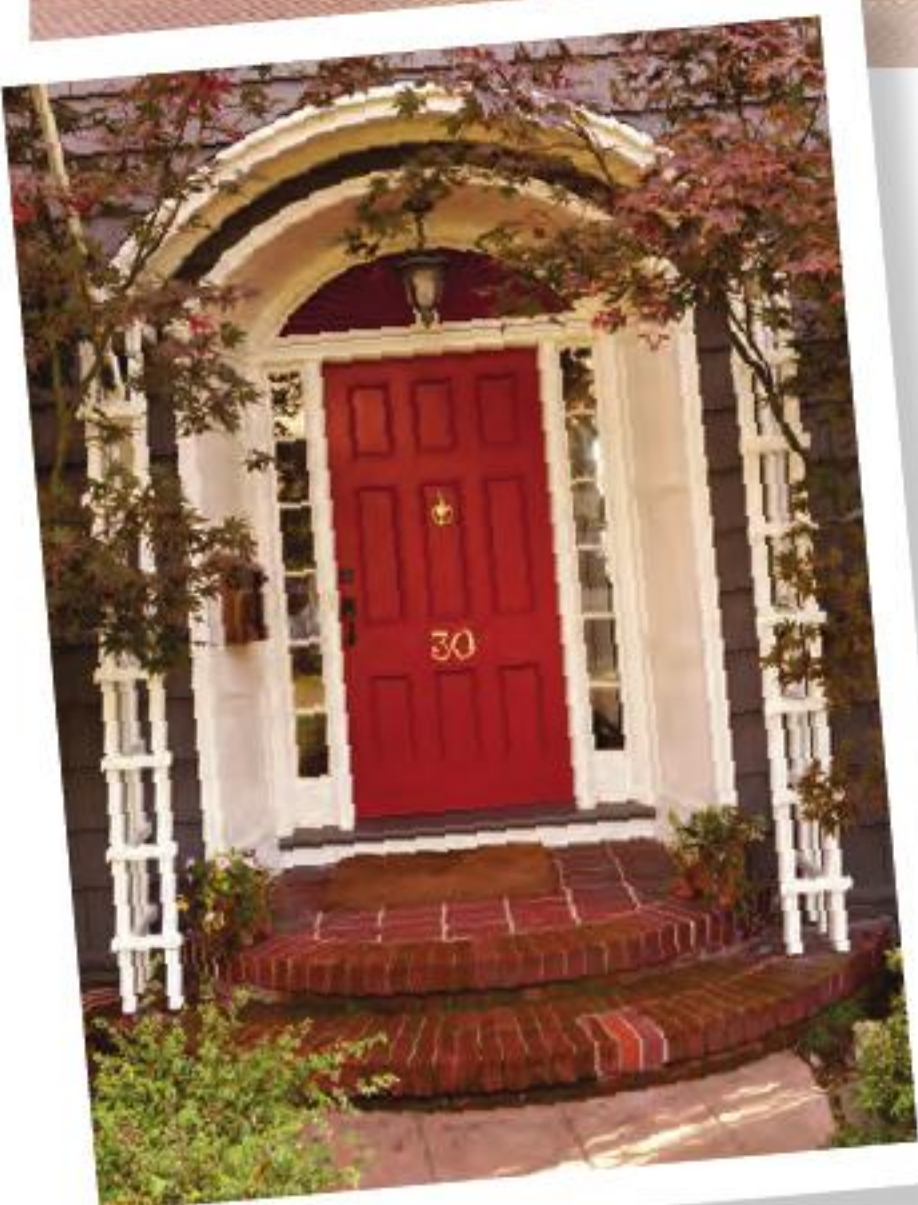


Red is a daring choice for this time of year when you can use style and romance to create the perfect Valentine's Day ambience at home. With a high-impact shade like red, you can design your home to become bold, inviting, and super sexy this season. We've gathered the top 5 tips from the pros on how to incorporate this spicy hue into your existing home décor in a flash.



**START OUT WITH A SMALL SPACE** Too timid to paint a whole room red? Small spaces are perfect for experimenting with intense colours such as red. Slather on a few coats of glossy red or even a fantastic red wallpaper in a small powder room or even laundry room to bring in a secret pop of colour to your home. Vivid colours work great in small spaces because of the lack of accessories and furniture to clash, avoiding competition. All eyes will be on the glossy red walls and will transform your small space into a hidden gem within your home.





**RED FOR CURB APPEAL** Greet your guests with a fiery red shade right at your front door by giving your door a fresh lick of high-gloss red paint. Not only will it give your home some eye-catching curb appeal, but it will also add character and personality to your home. Make sure to choose the right red to complement your home's existing décor and architecture: traditional designs opt for deep rich reds, while modern designs use classic shades with burgundy, brown undertones, and country styles uses chalkier, softer tones.

**MEASURE UP YOUR SPACE** Before introducing a bold red hue for your walls or furniture, first make sure your room can handle it. If you choose to go really bold, a space with high ceilings and lots of natural light can help tone down the hue. If your room is not airy and doesn't have a lot of natural light, try using red within the accessories only to avoid overwhelming and swallowing up your room. Red is a demanding colour so use it with caution!



### START OUT SMALL

Red can transform a room from cheery, to happy, and even angry, so make sure how and where you introduce this colour. What's important is to know when is too much and when it is not enough. Start out small using red as an accent colour from lighting, candles, to pillows and walls. Red accents draw attention to other elements used throughout your room, and won't overwhelm some of your existing pieces like great architecture or even a stunning view. Remember when it comes to red, less is often more so design using red within a limit!



### USE RICH MATERIALS

Create a luxurious, sumptuous atmosphere by using rich fabrics and materials in fiery red shades. A tufted armchair in bright red velvet, and even a furry red throw pillow will warm up your space and make it seem inviting and lavish. Mix up your patterns and textures using jacquard, fur, sateen and even leather to create interest and excitement.



Cookie Cutter Set  
www.gisela.graham.co.uk

ABODE LOVES HEARTS! THIS HEART-INSPIRED PIECES WORK ALL YEAR LONG. INCORPORATE A COUPLE OF YOUR FAVOURITE PIECES IN YOUR DECOR TO ADD A FEMININE TOUCH TO YOUR HOME.



Hearts bunting,  
Dotcomgiftshop



Key ring,  
THE One

Hearts sweets,  
Marks and Spencer



Cushion, Ikea



Heart Oven Dish  
www.gisela.graham.co.uk



Wooden Bowl, Debenhams



Heart shaped  
box, THE One



Debenhams



Cushions,  
Debenhams



Mixing Bowl  
www.gisela.graham.co.uk

## SWEET HEARTS

This month fill your house with love and romance thanks to these cute and romantic heart-inspired pieces. Spread the love!



Heart Cake Stand  
www.gisela.graham.co.uk





**TIP:** INCORPORATE WHITES AND PRINTED PIECES TO COMPLEMENT THE BRIGHT PATTERN.

Cushion, Marks and Spencer



Vase, Debenhams



Chopping board, Marks and Spencer

# RED & PINK

Combine these two bright and cool shades to create a modern and fun atmosphere. Whether in the bedroom, kitchen or living room, a few little touches will bring new life to your home.



Picture frame, Debenhams

Cushion, THE ONE



Flowers, IKEA



Glass, IKEA



Wall clock, Very.co.uk



Stool, IKEA



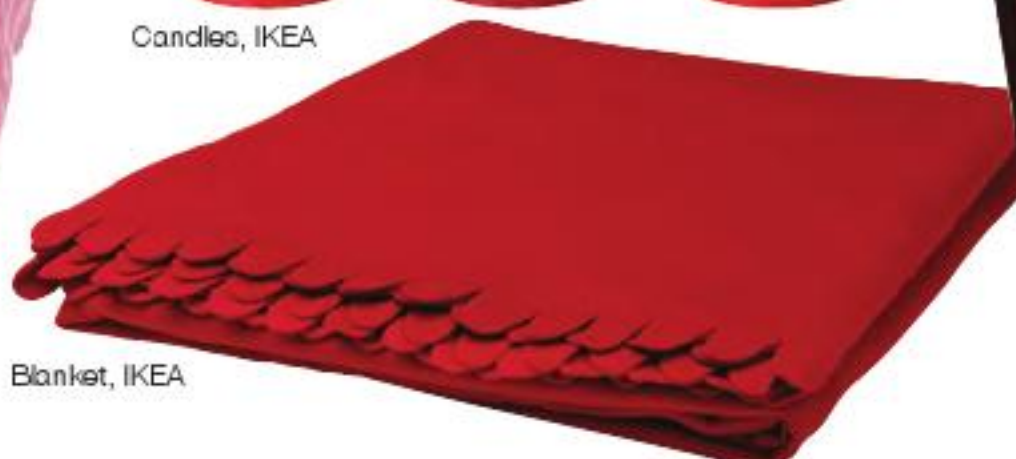
Hanging box, Debenhams



Candle, THE ONE



Candles, IKEA



Blanket, IKEA



Cushion, IKEA



# DIY DO IT YOURSELF COASTERS

ABODE reader, Noura Kaloti shares her DIY skills with us by showcasing beautiful and easy paper coasters made out of recycled newspaper or magazines. If you love your wood furniture and have the time to create these beautiful coasters, give it a go, because they are super easy!



NOURA KALOTI



## What you'll need

- Glue gun
- Old magazine or newspaper

1. Make long thin strips using the magazine, use the glue to seal the edges.
2. Roll the strip clockwise and make 8 individual circles -make sure 1 is slightly bigger than the rest to use it as the centre.
3. Use the biggest one and add the others with the glue gun and you have your handmade coaster.



**TIP:** YOU CAN PAINT YOUR COASTERS WHATEVER COLOUR YOU DESIRE!

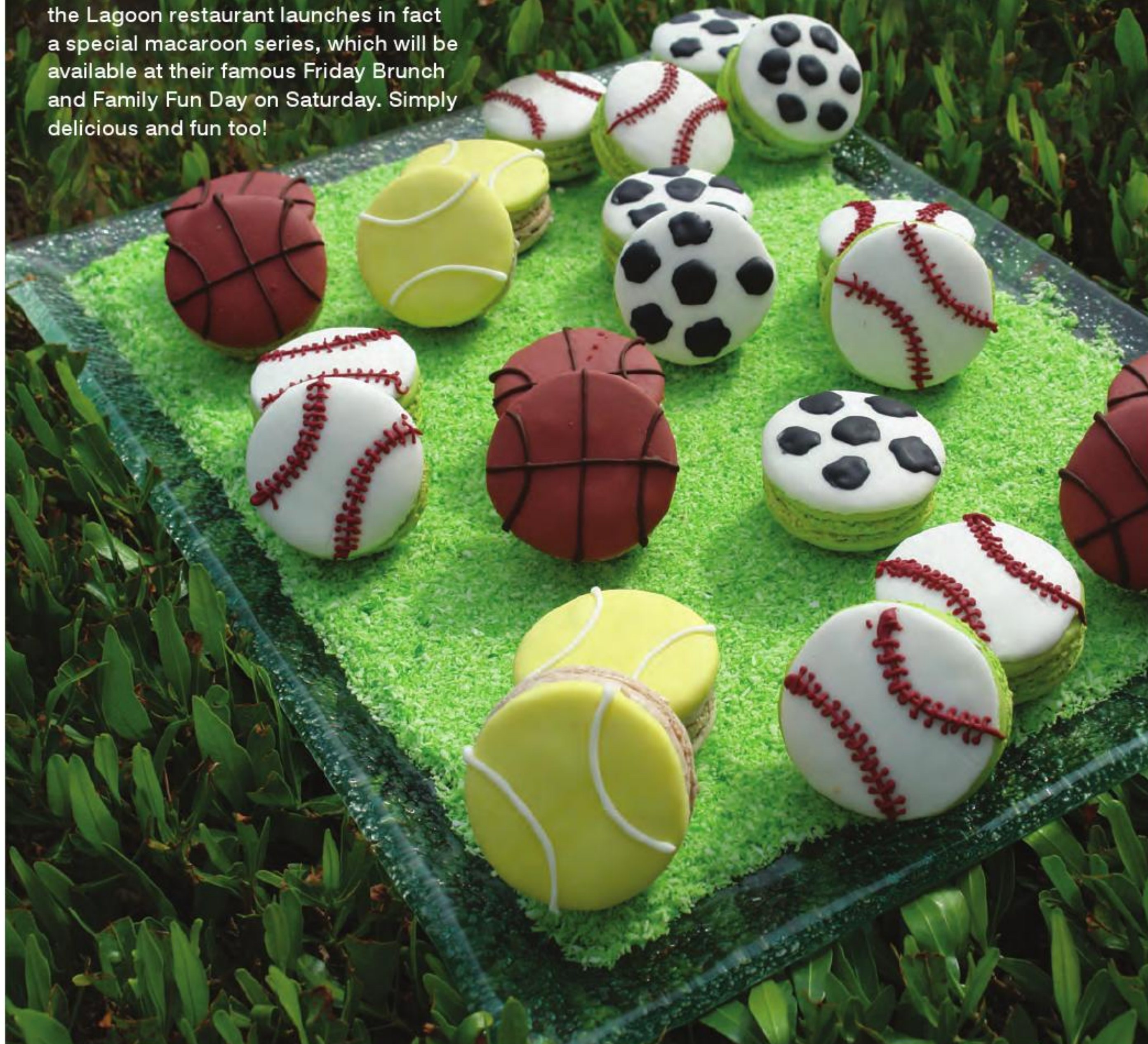


# FOOD & ENTERTAINMENT

Recipes, healthy tips and new restaurant openings

## **MACAROONS GO SPORTY!**

Enjoy these tasty and original treats on the occasion of Qatar National Sport Day 2014 at Ritz Carlton Doha. This month the Lagoon restaurant launches in fact a special macaroon series, which will be available at their famous Friday Brunch and Family Fun Day on Saturday. Simply delicious and fun too!





# Food *News*

The latest updates on the culinary scene!

## EXPERIENCE DOHA MARRIOTT'S FOOD OUTLETS

Doha Marriott has got plenty of succulent events up its sleeves this month, so don't miss out! Their famous JW's Steakhouse is in fact reopening its doors featuring a revamped décor and its usual upscale dining experience. Meat lovers will experience the finest cuts of US Certified Prime Angus Beef complemented by exquisite spices and sauces, while seafood and salads are on offer for the vegetarians. At weekends instead join Doha's one and only Late brunch, kicking off from 6pm every Friday. With its magical open-air settings by the beach with spectacular views across the city and the famous backdrop of the Doha skyline, you'll dance the night away with cool tunes by DJ Kinky D and enjoy bbq and a wide buffet salads, seafood and tantalizing desserts. The Late Brunch

on 14th February will have a Valentines twist, join the fun! For more information call 4429 8499.



## ST. REGIS WELCOMES GORDON RAMSAY IN DOHA

Gordon Ramsay, the Internationally acclaimed super star Chef, known not only for his exceptional cuisine, but

also for his popular TV programs such as "Hell's Kitchen" and "Kitchen Nightmares" to name a few, made a special visit to Doha and his two restaurants in St. Regis last month. Ramsay presented his award winning cuisine to his guests at Opal by Gordon Ramsay and in Gordon Ramsay. The two restaurants, located at The St. Regis Doha, are the only Middle Eastern Gordon Ramsay branded restaurants, and have been tremendously popular since their opening in 2012. "I am delighted by the support the Gordon Ramsay restaurants have received in Doha. We had a successful launch and an exciting first year," said Ramsay.



## AL MOURJAN WINS PRESTIGIOUS AWARD IN VIENNA

The fine dining Arabic restaurants recently won "The European Award for Best Practices for 2013," elected by the European Society for Quality Research (ESQR) based in Lausanne, Switzerland. Since its opening 5 years ago, Al Mourjan has received 13 local, regional and international awards. Only in 2013 Al Mourjan banked three International Awards, including the International Award of Excellence at the "International Quality Summit" in New York. "The ability to create an art out of cuisine and service is what has placed Al Mourjan Restaurants where it is today, and the ability to continue developing this art of cuisine and service is what makes us stand out from the rest. We believe in creating magic and our motto will always be 'Experience the Magic, when visiting Al Mourjan.'" Mr. Mohamed Al Sadek, owner of Al Mourjan restaurant commented.



## Tavola Italiana, charming Italian Lunch at Rocca

Grand Hyatt Doha invited media icons in the city to enjoy their new lunch concept at Rocca terrace, La Vita è Bella. The new Italian lunch is prepared in a lively open kitchen and wood-fired oven where you can dine al fresco on the new terrace imbedded in green landscape with views of the pool and the Arabian Gulf or sit indoors and enjoy the winter sunshine through the glass walls of Rocca with a continuous flow of Vino and Birra every Friday from noon and until 3:30pm.



# Chowking 超群

## Enjoy A Taste of Asia

Conveniently located in Holiday Villa Hotel,  
Ground Floor, Entrance 7, near Muntaza signal



A delightful meal for the whole family

Free Home Delivery Service

**Hotline: 4431 1212**

Reserved  
parking  
on ground floor and  
in basement at  
the Holiday Villa

### Contact Details

#### Salwa Road

(near Radisson Blue Hotel)

Tel.: 4437-1212

#### Al Saad St.

(before Commercial Bank)

Tel.: 4431-4411

#### Al Khor Branch

(Lulu Mall)

Tel.: 4411- 8816 | 4411 8817

#### Mamoura Branch

(2nd Floor, Dar Al Salam Mall)

TEL.: 4486 - 6077

#### Holiday Villa Branch

(Ground Floor, Entrance 7)

TEL.: 4411 - 5225 | 4411 5335

**NEW**

(  An associate of Ahmed Hassan Bilal Group)



## RAW CHOCOLATE - A HEALTHY ALTERNATIVE

Raw cacao is considered a Super-Food for its high concentration of enzymes, antioxidants and minerals including iron, magnesium and zinc. The phytochemical analysis of cacao beans reveal that Raw Chocolate is perhaps the most chemically complex food on Earth.



Three reasons why you should eat Raw Chocolate every day:

**Antioxidants.** Unlike processed dark chocolate, antioxidants are preserved in raw cacao. Benefits from keeping organic chocolate unheated include: much higher levels of the famous chocolate antioxidants (oligomeric procyanidins, resveratrol and the polyphenols: catechin and epicatechin) as well as the preservation of vitamin C, phenethylamine (PEA, the feel good neurotransmitter responsible for the feeling of love!), Omega 6 fatty acids (which when heated become rancid and cause inflammation), tryptophan and serotonin.

**Protects Your Heart.** The dark chocolate antioxidants and abundant amounts of magnesium and other phytochemicals can balance blood pressure, lower high cholesterol, scrub away arterial plaque and promote general health by reversing heart disease.

**Lose Weight.** Research published in the journal Archives of Internal Medicine in 2012 states that eating Chocolate regularly may actually help you stay slim! When you eat this energy-dense food on its own without the sugar and other unwanted ingredients, in its raw state, waistlines begin to disappear (because of its high chromium and coumarin content), as well as regulation of blood sugar which is beneficial for diabetes (chromium can naturally regulate blood sugar).

Try the Raw Vegan Bliss Chocolate free from sugar, dairy and harmful chemical and watch your health and overall being improving.

**Price:** only by request

**Where to get it:** Ana Koncz Castro  
Holistic Health Coach  
[www.anacastrohc.com](http://www.anacastrohc.com)

**FB:** Be Your Own Bliss

**Contact:** 5597 4596



# Sweet

**DID YOU KNOW:** The world's oldest human being to have ever lived (that was officially documented) was Jeanne Louise Calment of France. She lived to be 122 and many say that one of her secrets to longevity was her consumption of 2.5 pounds of bitter dark chocolate a week.



Photography Courtesy of Papabubble

## CANDY GALORE

Give a fresh twist to your traditional flower and chocolate gifts, these candies are a hit in town and will definitely be the centre of conversation!

**Price:** Ranging from 8 – 31 QR

**Where to get it:** Papabubble  
at Dar Al Salam Mall

**Contact:** 4478 8458



## LOVE BITES

A unique take on the usual and traditional Valentine's Day treats, surprise your honey with a breakfast basket or a mid-day snack and ask for a peck in return. And you thought muffins weren't romantic!

**Price:** 8 QR per piece

**Where to get it:** Mövenpick  
Tower and Suites, Doha

**Contact:** 4496 6600



# Ideas!

**food**

Here are easy gifts you can give to your family and friends this love month, these are perfectly concocted and oozing with sweet sensation!



Photography Courtesy of Shakespeare & Co.

## ARTISAN CHOCOLATES!

With Valentine's Day just around the corner, these beautifully wrapped and boxed artisan chocolates could be your loved one's idea of the perfect gift. Each chocolate, made with the finest of ingredients free from additives and preservatives, has been hand wrapped in two layers in one of four different wrapping themes; lady, painting, floral and Victorian. The wrappings are exquisitely designed as miniature art works.

**Price:** Starts at 180 QR for 250 grams

**Where to get it:** Shakespeare & Co., Dar Al Salam Mall

**Contact:** 6676 8812



Photography Jessie Palanca

## BE MY COOKIE

Satisfy your sweet tooth with these adorable Valentine's Day cookies made to set the mood perfectly for a special night. They'd be just as good for breakfast too.

**Price:** 15 QR for 3 pieces.

**Where to get it:** Mövenpick Tower and Suites, Doha

**Contact:** 4496 6600

## LUSCIOUS CREPE

The secret hidden inside this vanilla crepe bag is a mixture of both vanilla mousse and passion fruit mousse tied with vanilla rope. This delicious mixture can be enriched with mango sauce that can be inserted directly into the mousse. The chocolate crepe bag is filled with rich dark chocolate mousse and raspberries with chocolate sauce.

**Price:** Made by Order - 15 QR per piece

**Where to get it:** Luscious on Salwa Road

**Contact:** 4444 5020, 4444 1433



Photography Wadha Al-Kuwari

Photography Wadha Al-Kuwari

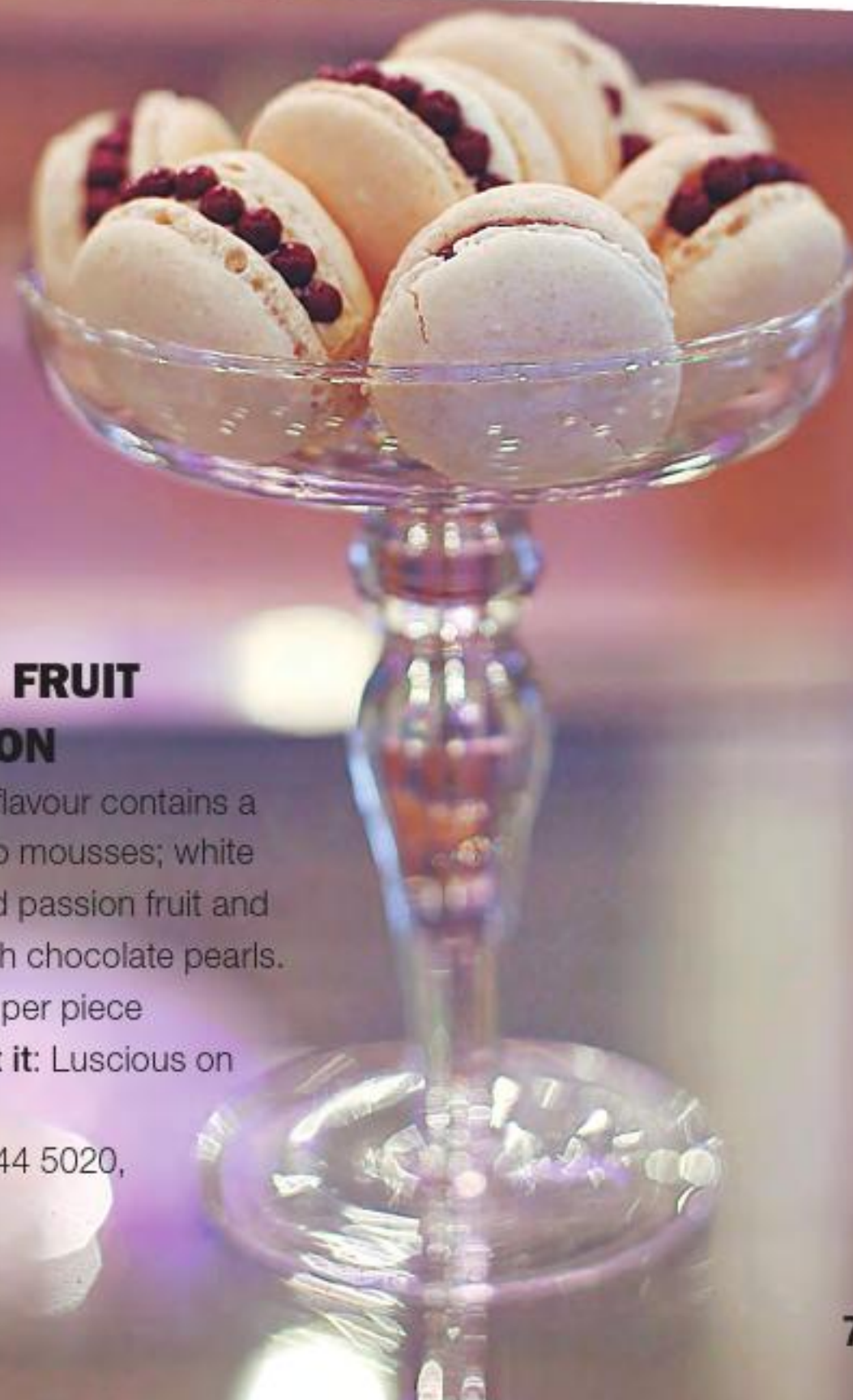
## PASSION FRUIT MACAROON

This creative flavour contains a mixture of two mousses; white chocolate and passion fruit and its topped with chocolate pearls.

**Price:** 14 QR per piece

**Where to get it:** Luscious on Salwa Road

**Contact:** 4444 5020, 4444 1433





# CHEF CHALLENGE

# SOWING WILD OATS

RECIPES BY HAITHAM KHALID, FITNESS WITH FOOD

PHOTOGRAPHY JESSIE PALANCA

PLATES AND UTENSILS FROM THE ONE

Haitham Khalid, Founder of Fitness with Food rises to the occasion of ABODE's first Chef challenge. Each month we will give a chef one ingredient, which they must use imaginatively and create three dishes. Haitham gives us his favourite healthy, quick and easy oats recipes!

When you say oats most people think of Scotland and a bowl of porridge. Oats usually appear in breakfast cereals and are also included in lots of bread and baked goods.



Haitham Khalid

## 3 HEALTH BENEFITS OF OATS

01

OATS ARE BELIEVED TO HELP REDUCE THE RISK OF HEART DISEASE & LOWER LDL (BAD) CHOLESTEROL.

02

OATS ARE MORE EASILY DIGESTED THAN WHEAT (GREAT FOR A GLUTEN-FREE DIET).

03

OAT PROTEIN IS NEARLY EQUAL TO SOY PROTEIN (OATS ARE ALSO A GREAT SOURCE OF ENERGY).

## DIFFERENT TYPES OF OATS



### QUICK OATS

Quick oats are pre-cooked then dried and rolled so they cook quicker.

### STEEL CUT OATS

These are also called Irish or Scotch they look a bit like chopped up rice. They take the longest to cook.



### ROLLED OATS

These are steamed first then rolled. They cook faster than steel cut oats and take longer to cook than quick oats.





## Pineapple Raw Sweet Potato & Courgette Salad with bean sprouts and a chili/lime dressing

Serves: 4

### Ingredients:

- 100g of rolled oats • 1 tablespoon olive oil • 100g of chopped fresh pineapple • cashew nuts • chopped chili • Asian Honey • salt • Chilli & lime Dressing • 1 large sweet potato (peeled) • 2 courgettes (zucchini) • 1 red (bell) pepper (seeded) • 1 red chilli • 1 handful of fresh coriander/cilantro • 100g or ¾ cup fresh corn kernels (about 1 cob/ear) • 50g or 1 ½ oz. adzuki bean sprouts (or mung bean sprouts or any other bean sprouts)

### Chili & Lime Dressing

Ingredients - makes about 450 ml/2 cups

- 110-ml/ ½ cup freshly squeezed lime juice (from about 4 limes large limes) • 150-ml/-¼ cups sesame oil (cold-pressed, unrefined and untoasted) • 2 tablespoons agave nectar or honey • 2 tablespoons nama shoyu (unpasteurized soy sauce) • 1 red chili, finely chopped (seeds in or out, as you like)

### Cooking Procedure:

- Toast the oats in a frying pan on a medium heat – stir / toss the oats while cooking to give them a golden colour then add 2-3 teaspoons of honey and turn off the heat - mix well and set aside to cool.
- Cut the sweet potato and courgettes/zucchini using a mandolin cutter. If you do not have a mandolin cutter just cut the potatoes into julienne strips and shave the courgettes/zucchini into ribbons using a vegetable peeler. Thinly slice the (bell) pepper and roughly chop the coriander/cilantro then cut the pineapple into thin slices.
- In a bowl, toss all the prepared ingredients together with the olive oil and salt, to taste (let it sit for 30 minutes). Leave out the chili and cashews until serving.
- To prepare the chilli & lime dressing put all ingredients in a screw-top jar and shake well until emulsified. Shake or stir again before serving.
- Serve with the chilli & lime dressing, sprinkle the honey toasted oats, chopped chili and nuts on top.

## Oat Bran and Bee Pollen Brownie Squares

makes 6-8 portions

- Ingredients:** • 100g oat bran • 100g of bees pollen • 300g or 2 cups cashews • 120g or ¾ cups walnuts • 110g or 1-cup raw cacao powder • 100g or 2/3 cup soft, pitted dates • 1 tablespoon coconut oil • Agave or pure maple syrup, to taste (optional) • Deep, 22x15-cm/ 8 ¾ x 6 inch baking tray or container, lined with parchment paper (optional)

- Cooking Procedure:** • Keeping aside 20g of oats and bees pollen, put all the ingredients in a food processor and blitz until they are well combined and you have a smooth and rather sticky paste. If it is too dry, add a tablespoon or 2 of agave or maple syrup • Scrape the mixture into the prepared baking tray and smooth level with your hands. If you don't have the correct size of pan, lay a sheet of cling film/plastic wrap on a board, scrape the mixture onto the sheet and shape it with your hands into a rough rectangle about 2.5cm/1 inch thick sprinkle the 20g of bee pollen and oats on top then wrap in cling film plastic wrap.

- Refrigerate for 1 hour before serving.



## Rolled Oats, Leek and Hamour Winter Warmer Soup

Serves: 4

### Ingredients:

- 400g Hamour (cut into large cubes) • 1lt of fish stock (homemade is best) • 1 leek • 4 sticks of celery • rolled oats 150g • parsley (around half a bunch) • white pepper • Maldon sea salt

### Cooking Procedure:

- Cut the leeks into 2cm disks and wash out any excess mud from the leek.
- Peel the celery and also cut into 2cm pieces and place into a bowl with the leeks.
- Cut the Hamour into cubes. Once you have made your fish stock place into a clean pot on a medium heat and add the celery and leek and cook for 1 minute then add the fish and oats and cook for 5 minutes more or until the fish is cooked. • Add salt and pepper to taste and quickly chop all of the parsley add to the soup and enjoy right away.
- Serve with oat brown bread and mustard.





## 1. PREPARE ALL INGREDIENTS.



## 2. CRUSH THE PEPPERCORN.



## 3. SEASON THE MEAT WITH ROCK SALT AND CRUSHED PEPPERCORN.



## 4. ADD OLIVE OIL, ENOUGH TO COVER THE MEAT.



# HOW TO MAKE: YOUR PERFECT STEAK

COMPILED BY MARLYNNE MALLARI - DELA PENA

PHOTOGRAPHY JESSIE PALANCA

LOCATION: MARRIOTT JW'S STEAKHOUSE

When you've got a steak craving, few things can beat a juicy beef tenderloin, but grilling it to perfection is not an easy task! With his extensive experience in the culinary world we approached Chef Denis to show us how 'mere' cooks like ourselves can achieve at least a portion of that succulent steak we can be proud to serve! Read and learn.

### Tips:

- 1 If you are unsure whether the steak is rare, medium or well done, you can get help using a kitchen thermometer.
- 2 Never season the steak in advance. Once you apply the salt this will start slowly to cook the meat and you will lose plenty of good nutrients.
- 3 Never brush the steak with too much oil or the oil will burn during the cooking stage and the steak will be bitter.





## GRILLED AMERICAN BEEF TENDERLOIN by Denis Vecchiato

### Ingredients:

- 200 g Australian Beef Tenderloin Clean from the fat and ligament
- 5 g Rock Sea Salt
- 5 g Freshly Ground Black Pepper
- 1 Roma tomato marinates with thyme
- 100 g of white onion
- 30 g White Sugar
- 30 ml olive oil

### Procedure:

**STEP 1** Season the steak with salt and pepper and a little bit of oil. Not too much oil, just a drizzle in order to prevent the oil burning during cooking and giving the meat a bitter taste.

**STEP 2** At the same time, marinate the tomato with the thyme and a little drop of olive oil.

**STEP 3** In a separate pan caramelize the sugar and add the onion until the colour is golden brown.

**STEP 4** Cook the steak as you like and place in a serving plate with the tomato and the caramelized onion.



**Chef Denis Vecchiato**

5.

MAKE SURE EVERY SIDE IS SEASONED.



6.

QUICKLY PUT THE MEAT ON THE GRILL.



7.

AFTER 10-15 MINUTES FLIP THE MEAT (DEPENDING ON YOUR PREFERENCE, WHETHER YOU LIKE IT WELL DONE OR MEDIUM RARE).



8.

SERVE HOT WITH GRILLED TOMATOES AND CARAMELIZED ONION. YUM!



RECIPE  
COURTESY OF  
MARRIOTT JW'S  
STEAKHOUSE





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# ESCAPES

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## **New York City: our top travel destination this month**

Join the fashion packs from all over the world, by jetting into the Big Apple to see FALL 14/15 Fashion Week kick off. ABODE shows you where to stay and what to do during your stay. We can't recommend enough a visit to one of the hottest restaurants in town: Le Colonial, renowned for its authentic Vietnamese cuisine in a fascinating 1920s French colonial setting. A chic dining experience awaits you thanks to its Executive Chef Ron Hsu and also thanks to the hard work of Edgar Vaudeville, Le Colonial's Pr and Events Director. Vaudeville, a French native, brought his extensive experience in the luxury hospitality industry (his CV's highlights include the Le Bristol in Paris and W Hotel in Doha, Qatar to name a few) to the Colonial. So get ready to be impressed!

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



# Travel News

Stay in tune with news from the hotel and travel industry



## ANANTARA RESORT LANDS IN QATAR

Minor Hotel Group is opening its first five star resort in Qatar in partnership with Al Rayyan Hospitality. Anantara Doha Island Resort & Spa is planned to open this year and will be located just off the coast of Doha. Dillip Rajakarier, CEO Minor Hotel Group, commented, "We are very excited to announce this new resort in Qatar in partnership with Al Rayyan Hospitality, who we are already successfully working with in the city of Doha with our Anantara Spa at the recently opened Souq Waqif Boutique Hotels. The Middle East is a key strategic area of development for Minor Hotel Group and we are actively looking at opportunities to grow not only Anantara but also our AVANI and Oaks brands in the region as well."



## ETIHAD LAUNCHES ETIHAD REGIONAL

Etihad Airways, the national carrier of the United Arab Emirates, recently launched its first branded regional operation, following the acquisition of the 33.3 per cent stake in Swiss carrier Darwin Airline. The Swiss airline will rebrand its operations as Etihad Regional and align its network to connect passengers from secondary European markets onto the main networks of Etihad Airways. A daily service from Abu Dhabi to Zurich will be launched on June 1, 2014, which will become one of Darwin Airline's main operating hubs. James Hogan, Etihad Airways' President and Chief Executive Officer, said: "With our new partner Darwin Airline, European travellers will be able to connect from a far wider range of European cities on Etihad-branded aircraft, through Abu Dhabi to our destinations worldwide."



## MARRIOTT OPENS TALLEST HOTEL IN NEW YORK CITY

Marriott International and G Holdings inaugurated last month the opening of an iconic addition to the New York City skyline: an impressive 68-story building, recognized as the tallest single-use hotel in North America, featuring a combined 378-room Courtyard hotel and 261-suite Residence Inn hotel just steps away from Central Park and Times Square.

"This opening is a prime example of an ideal dual-branded hotel. Thank you to our long-time partner, Harry Gross and his family, this will surely be both brands' crown jewel," said Janis Milham, senior vice president of Modern Essentials and Extended Stay for Marriott International. "The new hotels' contemporary designs and stunning views coupled with our friendly associates will surely make the property a great ambassador for the bustling city."

For more information visit  
[www.residenceinn.com](http://www.residenceinn.com) or  
[www.courtyard.com](http://www.courtyard.com)



## Katara Hospitality Announces New Merweb Hotel opening

Katara Hospitality has signed a Memorandum of Understanding (MoU) for managing a new hotel in Doha under the umbrella of Merweb brand to cater to the growing number of business travelers seeking a high-quality business hotel in the heart of Doha.

The new hotel, located on Jawaan street in Al Sadd District, will be known as Merweb Plaza Hotel and is expected to open by the end of the year. The MoU was signed by Saeed Abdulla Al Amer Al Kaabi, President of Sphinx Hotels & Resorts and, on behalf of Katara Hospitality, by Hamad Abdulla Al-Mulla, Chief Executive Officer.





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

Register for our **weekly 5** online Newsletter





# NEW YORK BOUND AT THE MARK HOTEL



Living room



The Mark by Jean Georges Restaurant

February is a very fashionable month for NYC, as the Big Apple kicks off the fashion weeks around the globe. What better time to visit the city and join the front rows?

ABODE shows you where to stay and what to do during your visit.

Whether you are jetting into New York for work, pleasure or to celebrate a special occasion make sure you dress for the weather, as February is still among the coldest months to visit. So pack cleverly and don't let the cold temperatures spoil the fun. High heels and sequins should still be on your list, especially if you are travelling between the 6th and 13th of February as the coolest and most eccentric individuals will be strolling around town for NY Fashion Week.

For a fashionable and pleasant stay ABODE recommends THE MARK Hotel, which combines High French style with immaculate service in the heart of the Upper East Side.

The hotel, located in a beautiful 1927 landmark building on the corner of Madison Avenue and 77th Street, boasts 100 rooms and 50 suites and features the avant-garde Mark's bar and the in-house world class The Mark Restaurant by Jean-Georges, which will satisfy the most eclectic and demanding palates. A full-service beauty salon by the sought after Frederic Fekkai hairstylist for the ultimate pampering sessions will be on hand too.

The Mark Hotel benefits from a strategic location, which allows its guests to easily reach Central park, The Guggenheim and the Metropolitan Museum and the charming designer boutiques and restaurants of

this coveted Manhattan's neighborhood. Further amenities include an exclusive fitness centre, The Mark's bespoke bicycles to visit the town from a different perspective, a special shoe care service by John Lobb, the world's most exclusive creator of men's shoes and believe it or not, the Mark's concierge also offers 24 hours a day, 7 days a week access to the luxury goods department store Bergdorf Goodman to cater to any shopping needs. Could you ask for anything else? Whatever you may request, The Mark Hotel and its friendly staff will be on hand to make your stay that extra special.

**FOR MORE  
INFORMATION**

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





Vanity room



Bedroom



Suite living room



Lobby

travel

## WHAT TO DO AND SEE WHILE IN NEW YORK CITY!

Isabelle Hogan, the award-winning Concierge of THE MARK HOTEL NY gives us her top insider tips to experience this wonderful city as its best!

**SHOPPING DESTINATIONS.** Shop till you drop at **Barneys**, on 660 Madison Ave, the high class dept. Store not far from the hotel, is an institution in NYC, so not to be missed! **Cesare Attolini** located on 67th and Madison, offers instead amazing high-end costumed-made suits. Also a visit to **Five Story**, on 18 E 69th Street, which is amazing for bold clothing and original housewares, is a must-visit.

**ART ATTACK.** Feed your cultural instinct at **The Metropolitan Museum** (1000 5th Ave), the largest art museum in the United States, and one of the ten largest in the world, with the most significant art collections. To get a sense of what New York was like back in the 1800s instead head to **The Frick Collection** (1 E 70th St), an art museum located in the Henry Clay Frick House, and it houses the collection of industrialist Henry Clay Frick. **The Whitney Museum** (945 Madison Ave) focuses on 20th- and 21st-century American art as well as the **Gagosian Gallery** (980 Madison Ave) is a contemporary art gallery owned and directed by Larry Gagosian.

**EVENING ENTERTAINMENT.** Sip the night away at **The Mark's Bar** with a glass of chilled Billecart-Salmon Champagne. **The Standard** (848 Washington Street) to enjoy stunning views over the Hudson.

**CULINARY TREATS.** Don't look any further than **The Mark by Jean Georges Restaurant**, where you can experience its gorgeous Prime NY Strip with Gingered Shiitakes and Broccoli Rabe. **Caravaggio** (23 E 74th St) is instead a wonderful Italian upper class restaurant with impeccable food and service.

Taste the succulent French colonial Southeastern Asian menu at **Le Colonial** (149 E 57th Street).



The Metropolitan Museum



The Whitney Museum

BARNEYS  
NEW YORK

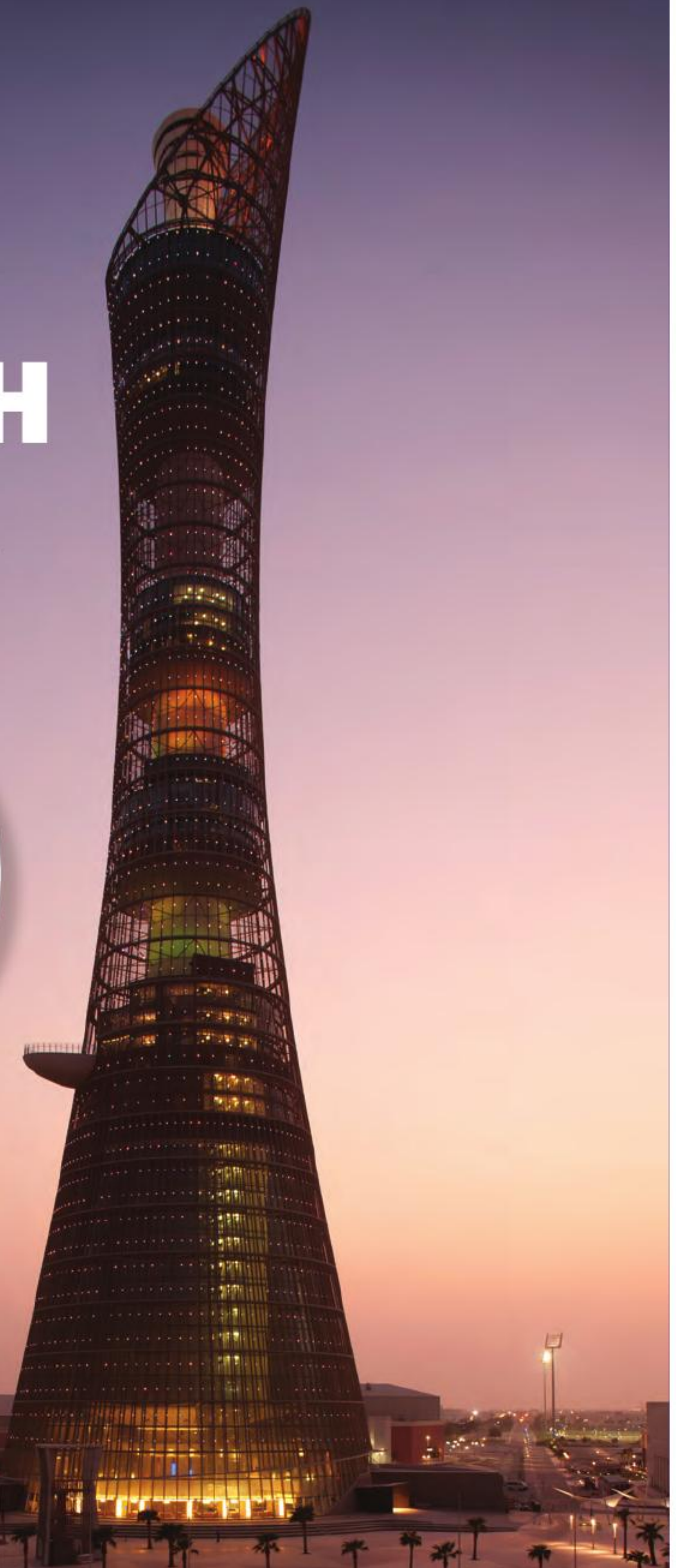


# THE TORCH DOHA



Entrance

Experience the iconic  
five-star luxury hotel  
in the heart of Doha's  
Sports City-Aspire Zone







February 11th will see the celebrations of Qatar National Sport Day. Loads of activities will take place around town, and Aspire Zone, known as 'sports city', will certainly be one of the hotspots and a centerpiece for all these fun events. To make the most of these exciting initiatives, why not book a stay in the majestic settings of The Torch Doha? After a relaxed night's sleep and a sumptuous breakfast, you will simply have to slip into your trainers and get active on the 250 hectare green fields of Aspire Park!

Thanks to its impressive amenities and strategic location, the modern hotel regularly hosts the international sports teams and personalities that visit Qatar, so don't be surprised if during breakfast you spot Cristiano Ronaldo or Carlo Ancelotti sipping on their coffees.

The unique iPad in-Room Solution, which offers guests customized in-room control, complimentary mini-fridge amenities, WiFi and many more facilities will guarantee you the most pleasant stay possible. Enjoy a weekend brunch, a themed night at Flying Carpet restaurant, sunset high-tea overlooking Doha's skyline or book a cute picnic hamper for you and your family to be enjoyed in the park. Don't miss out on the breathtaking views from the cantilevered swimming pool 80 metres above ground and Doha's only revolving restaurant THREE SIXTY located on the 47th floor.

At 300 metres high and with 360° panoramic views across Doha, the Torch is currently Qatar's tallest landmark, featuring 163 rooms and suites, all equipped with Ipad in-room solution, spread across 51 floors...imagine what an incredible view you could enjoy while lying in your bed. Simply sensational!

## FACT BOX

The Torch Doha, a member of Leading Hotels of the World, celebrated its second anniversary of operations last month. The five-star luxury hotel opened its doors in January 2012 and has since positioned itself as one of the top hotels in Doha. It even secured some international awards: it was recently recognized as Global Winner at World Luxury Hotel Awards 2013 in the "Luxury Rooftop View Hotel" category and also won the award for "Best New Hotel Construction & Design" at the 2013 International Hotel Awards in London. Its Three Sixty revolving restaurant also received a Tripadvisor Certificate of Excellence award in 2013, crowning the outstanding reviews by guests.

## FOR MORE INFORMATION

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





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# PEOPLE & SOCIETY

Events & individuals  
who make a difference  
in the Middle East

## **QATAR TOTAL OPEN 2014**

The world's top female tennis players land in Qatar this month to battle out the coveted trophy. The Qatar Total Open 2014, will be held at the Khalifa International Tennis & Squash Complex on February 10-16. Secure your tickets to witness the Williams sisters, Serena and Venus and the defending Champion, Victoria Azarenka in action. For more information visit [www.qatartennis.org](http://www.qatartennis.org)





# People & Society

## News



### Over 1,500 Runners attends 2014 Ooredoo Marathon

More than 1,500 people registered for this year's Ooredoo Marathon, the annual celebration of health and fitness organized by Ooredoo that took place on Friday, 10 January 2014, registering a 25 percent increase from last year. The event, sponsored by Ooredoo, is part of the company's major health and fitness campaign and aims to encourage more people to get involved in sports, featured four courses in total, including a 10km run, half-marathon, full marathon and special children's 1km fun run. All funds raised by entry fees were donated to support Reach Out To Asia's efforts around the world.



instasouq

### SHOPPING MADE EASY WITH INSTASOUQ

Instagram has become an attractive platform for small business owners in Qatar and the GCC to market and sell their products and services to customers. To discover all the latest offers and shopping opportunities download InstaSouq, a free application, which categorize all the businesses into four main categories: Fashion, Food, Events and Men in order to make the shopping easier and quicker. Once registered customers will be able to access and browse the catalogues of all four categories. Happy shopping!

### Qatari Champion to participate in the Dakar Rally 2014

The Qatari world champion Mohamed Issa Abu Issa recently participated in the Dakar Rally 2014 in the MAXXIS SUPER B Dakar team, sponsored by Salam International. The Dakar race, one of the world's toughest rallies, traverse a distance of 8,700 km in three countries: Argentina, Bolivia and Chile. Mr. Issa Abdul Salam Abu Issa, Chairman of Salam International Investment Limited, expressed his extreme pride with his son's achievements. "What Mohamed has reached in this global competition makes us proud. We hope that our champion will continue this way in order to raise the name of Qatar in international arenas," Mr. Issa Abu Issa said.



### WOQOD Opens The First Petrol Station in The Pearl

WOQOD recently inaugurated the first petrol station to operate on the Island. The large and easy-to-access petrol station, located near The Pearl-Qatar's district of Viva Bahriya, covers a space of 4,000 square meters and is fully equipped to offer a large number of services, including a car wash and workshop, supermarket, Internet café, post office, launderette and ATM machines, as well as a variety of petrol fuels to choose from.



## Hamad International Airport to open in mid-2014

H.E. Mr. Abdul Aziz Mohammad Al-Noaimi, Chairman of The Steering Committee of the New Doha International Airport (NDIA) recently confirmed that the airport is on track for a phased opening by mid-year 2014. "The opening of Hamad International Airport in the middle of this year will bring to fruition the vision of His Highness Sheikh Hamad bin Khalifa Al Thani, the Father Emir, to build a world-class airport supporting the State's development and prosperity. I am proud to confirm that this project is nearly complete. The result is more than an airport; it is an international transport hub satisfying all the requirements of the fast-growing aviation sector in the region. This is needed in light of the growing traffic through and into the region, driven by world-scale events planned in the next decade," Mr Al-Noaimi commented.



## Gulf Air Senior Executive Elected as Chairperson of the Arab Air Carriers Organization's (AACO)

Mrs. Hala Azam has been elected, for a three year term, to lead the region's first aviation Emergency Response Planning Taskforce to enhance the level of Emergency Response Management capabilities in the region. Congratulating Mrs. Azam, Gulf Air Chief Operations Officer Mr. Nasser Al Salmi said, "An airline's main priority is the safety and security of its passengers; Gulf Air's Emergency Response Team is led by Hala; with over 20 years of experience in Gulf Air, she is ideally positioned to lead the AACO Emergency Response Planning Taskforce. I congratulate her on her achievement as the first Bahraini female to lead a regional ERPTF."



## Sheikha Amna bint Abdulaziz bin Jassim AL-Thani Appointed Director of National Museum of Qatar

The Qatar Museums Authority (QMA), led by Her Excellency Sheikha Al Mayassa Bint Hamad Bin Khalifa Al Thani, recently announced the appointment of Sheikha Amna bint Abdulaziz bin Jassim AL-Thani as Director of the National Museum of Qatar (NMQ). Sheikha Amna, has been an integral part of the NMQ team over the past two years, and she will oversee the progress of the museum's project, provide curatorial and managerial leadership, and supervise the NMQ continuous initiatives that include education and public programs and activities as well as special exhibitions and conferences.



## Sergio Garcia: the hero at Commercial Bank Qatar Masters

The Spanish golf player lifted last month the prestigious Mother of Pearl Trophy at Doha Golf Club after his dramatic playoff victory in the Commercial Bank Qatar Masters.

He celebrated his latest victory in Doha, where he's hugely popular after competing in eight straight

events from 2007, finishing in the top 10 in six of the past seven. "I couldn't ask for a better week," Garcia said after his second victory in two months: he triumphed at the Asian Tour's Thailand Golf Championship last December, when he beat a star-studded field including World No. 3 Henrik Stenson.

## 4U Announces Raffle Promo Winners

4U, the premium perfumes and cosmetics retail stores in Doha, Qatar recently named the lucky winners of their Discover-A-City raffle promotion organized in partnership with Qatar Airways Holidays and Grand Hyatt Doha Hotel. Prizes included 3 holiday packages to discover the cities of Athens, Greece; Barcelona, Spain and Phuket, Thailand.

The lucky winners to win the holiday packages include: Taja Jasser Abdullah (Athens, Greece); Lulua Ali Sakr (Barcelona, Spain) and Bader (Phuket, Thailand).

Aisha Fahd, Johnny Rawass and Abdul Aziz Ali Saad Laanizi won instead an overnight stay voucher at Grand Hyatt Doha Hotel.

For complete details of the promotion and winners, check 4U at [www.facebook.com/4UStoresQatar](http://www.facebook.com/4UStoresQatar)





# PHILIPPINES AFTER THE STORM

BY MARLYNNE MALLARI - DELA PENA

PHOTOGRAPHY NADIR KHAMIS

Philippines is known for its natural resources, hospitality and warmth. A few months ago, Typhoon Haiyan hit the southern part of Asia and the Philippine archipelago suffered huge damages. Humanitarian aid started pouring in from around the world, particularly from Qatar, showing support and compassion. ABODE spoke with His Excellency, Cresente Relacion, about the Filipino people and how they are coping after the tragedy.





### The Filipino community in Qatar boasts thousands individuals. How do you interact with them?

**A:** There are about 200,000 Filipinos in the State of Qatar and we work closely coordinating with 130 Filipino Organizations to better serve the needs of the Community. The Embassy also conducts a quarterly meeting with all the Filipino Community Organizations to discuss issues of common concern and problems affecting the Community.

### One of the strongest typhoon hit the Philippines recently, the cyclone Haiyan caused catastrophic damage specially in the regions of Leyte and Samar. How are the people coping after this traumatic event?

**A:** More than 16 million Filipinos were affected by typhoon Haiyan, of which more than 6,200 died and more than 1,700 are still missing. Damages to infrastructure and agriculture amounted to around US\$1 billion and more than 1million people lost their houses.

Thanks to the help of the international community, the affected Filipinos are coping and slowly recovering from this traumatic experience. The Philippine Government and the international community are helping them in the reconstruction of their damaged houses.

### The Doha community instantly provided humanitarian help and support to Haiyan's victims. How did you coordinate this huge and demanding mission?

**A:** The Philippine Government, through the Philippine Embassy in Doha, is very thankful to the Qatari Government and the expat communities in Qatar for their timely humanitarian assistance extended to the victims of the typhoon Haiyan.

The Embassy is particularly grateful to the Qatari Government for the immediate shipment of eighty tons of supplies for the victims. In addition, the Emir, HH Sheikh Tamim bin Hamad Al Thani, mobilized all the charitable organizations in the State of Qatar, led by the Qatar Crescent, to conduct a fund raising campaign for the victims, raising QR32 million thru a TV Campaign.

In addition, the expat communities in Doha and many companies based in Qatar were very generous in contributing more than fifty tons of donations in kind and generous cash donations. More over Qatar Airways provided twenty tons of free air shipment for the donated goods and Gulf Air provided two tons of free air shipment. Freight companies such as LBC and Makati Express provided instead free ocean shipment of the goods. Al Asmakh Charity pledged to ship the remaining donations in kind.

### Are there any specific projects or initiatives between Qatar and Philippines in the near future?

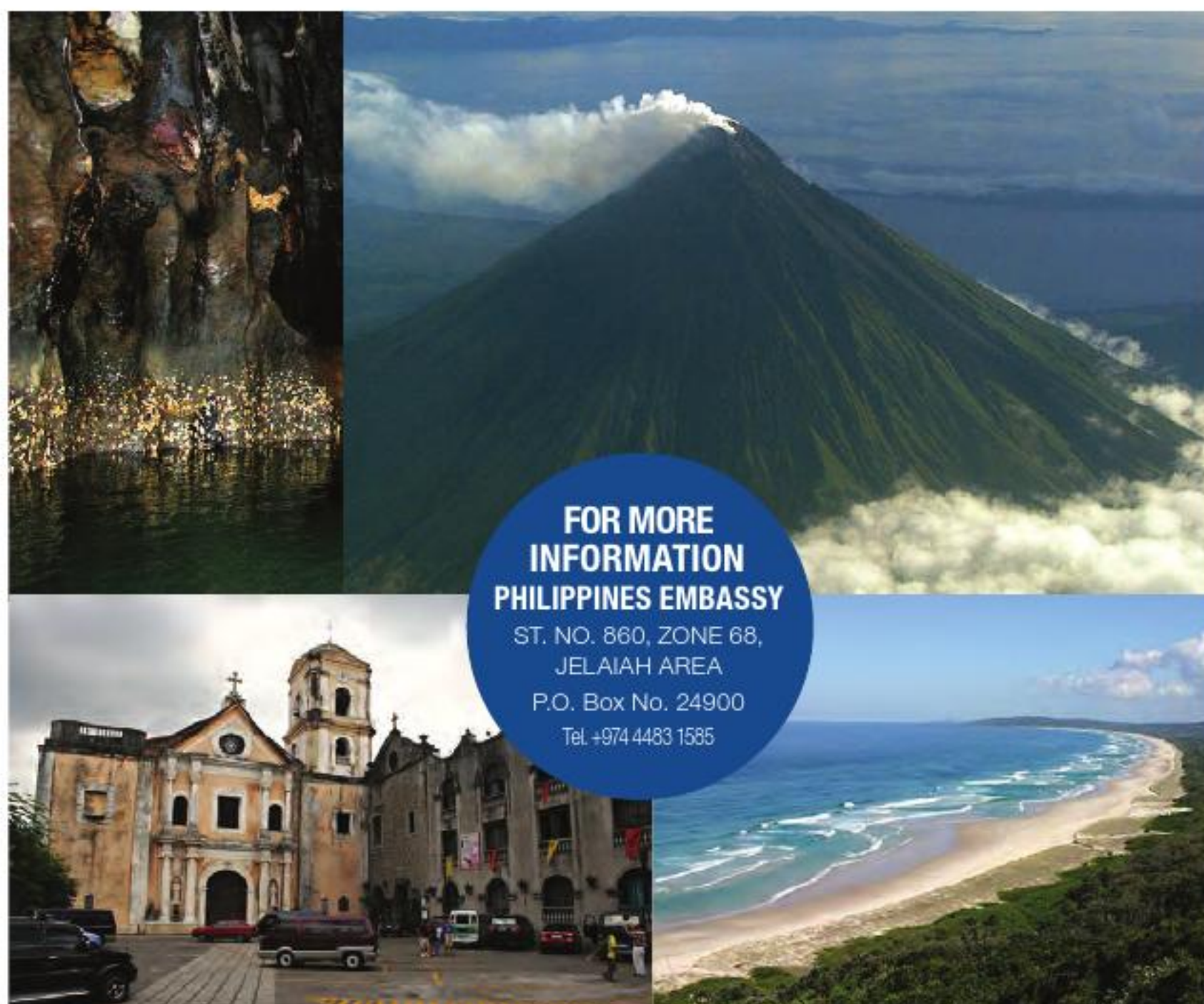
**A:** There are pending matters of mutual interests between the State of Qatar and the Philippines which are subject to further negotiations and consultations toward their final resolution for the benefit of both countries, as follows:

- Convening of the bilateral labor committee to discuss the 2007 Household Service Workers' Reform Package and other labour related issues of mutual concern;
- Continue negotiations on the proposed Agreement on Reciprocal Protection of Investments which is necessary for the flow of foreign direct investments of both sides;
- Convene the bilateral air panel talks to discuss the increase in air traffic rights of Qatar Airways and Philippine airline companies to better serve the growing number of airline passengers on the Philippines-Qatar route.

### What do you like most about Qatar?

I have been in the State of Qatar for more than four years and I expect to spend another year here.

The thing that I like most of living in the State of Qatar is its low crime rate. Although there are isolated incidents, Qatar is a very safe place to reside.



**FOR MORE  
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## PHILIPPINES

The Philippines, officially known as the Republic of the Philippines, is a sovereign island country in Southeast Asia situated in the western Pacific Ocean.

**Capital:** Manila

**Currency:** Peso (Filipino: piso) (PHP)

**Dialing code:** 63

**Continent:** Asia

**Population:** 96.71 million (2012) World Bank

**Official languages:** English Language, Filipino language

**Government:** Unitary state, Presidential system, Constitutional republic,

**Points of interest:** • Puerto Princesa Underground River • San Agustin Church, Manila • Mayon Volcano • Puerto Galera • Chocolate Hills



# BOUNDARY OF ACCOUNTABILITY

BY MARLYNNE MALLARI - DELA PENA

PHOTOGRAPHY JESSIE PALANCA



Dana Haidan



In the early 90s sustainable management started to take shape, created with the goals of maintaining a company's viability and to furnish the needs of existing and upcoming generations. Vodafone's sustainable management reflects their commitment to sustainability as both a vision and a practice.

ABODE speaks to Dana Haidan, Head of Corporate Social Responsibility at Vodafone Qatar to know more about this exciting industry.

Dana Haidan plays an important role, making sure that corporate social responsibility strategy, all social investments and sustainability performance are taken care of. She knows that Vodafone is community-based organization and the accountability to its consumers and the environment of vital importance.

Several successful CSR projects are still running, such as the Reach Out To Asia Five Year Partnership, Vodafone For All, World of Difference. Dana's team spearheads these projects and having a chance to see the effects is a highlight of her job. She says, "given that Vodafone is a consumer product company, I have the opportunity to interact directly and quite often with the general public and see first-hand the impact of any CSR activity we run".

Dana's job involves meeting external and internal stakeholders, interacting with many NGOs (non-government organizations), government entities, education and civil society sectors. In addition she represents Vodafone Qatar when she speaks to the public on CSR related events. That is why she can visualize herself playing a significant

role in sustainability policies in Qatar to support the government in its vision, and likewise see Vodafone Qatar becomes the role model in the Middle East for its sustainable management practices.

A firm believer of 'less on gender and more on job description', breaking the glass ceiling is almost a non-issue in the region. She shares that women have worked really hard to prove their competence in the workplace. Dana also added, "many studies show that women bring a unique set of skills and work style that increases the organizational productivity level. Female work styles include listening skills, collaborative approaches to problem solving and the ability to multi-task and to synthesize a number of viewpoints effectively and quickly. While these traits are conducive to teamwork and a holistic view of problems and opportunities, they are also particularly integral to the innovation process".

The essential support of her family is an integral part of what she had accomplished and will be accomplishing in the future, Dana wants to credit especially her father who commends the power of women in the workplace, as Vodafone does.

“MY ROLE HAS BECOME A LOT MORE PUBLIC... I REPRESENT THE COMPANY WHEN IT COMES TO ITS CSR INITIATIVES AND VIEWS AND PLANS ON SUSTAINABILITY”



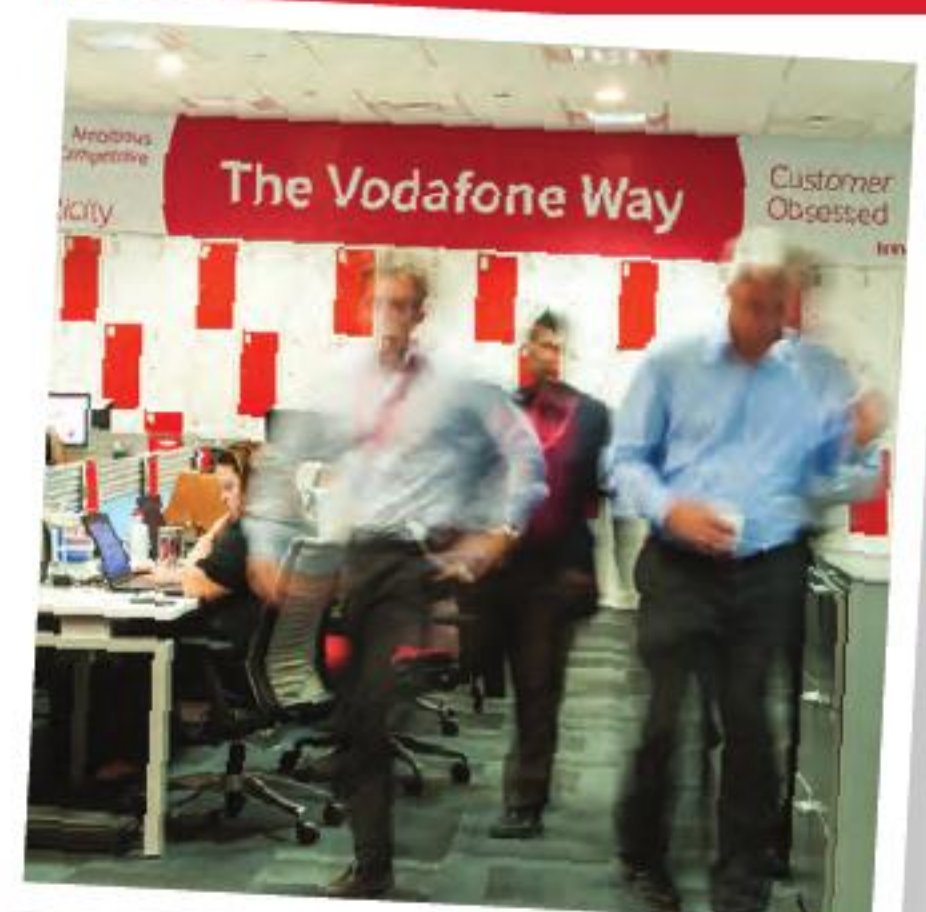
### HIGHLIGHTS OF THE INTERVIEW:

#### What are the key projects for Vodafone in 2014?

- In 2014, we aim to focus on child digital safety and educating parents to protect their children from the digital revolution that is taking over our lives — also teach them how to make the most out of it to develop personally and professionally and contribute to their education and learning.
- Our other programmes will still be running, such as World of Difference and our ongoing projects with Reach out To Asia in Nepal, Indonesia and in Qatar working with the youth.

#### What do you like most about your job and what least?

- I love the fact that it's rewarding and makes a difference to society. Through Vodafone, I get to contribute to the development of Qatar in some way and to help others in need in a way that I may not be able to do on my own.







## TALKING ARTS

BY MARLYNNE MALLARI - DELA PENA PHOTOGRAPHY JESSIE PALANCA

ABODE conversed with Christie's representative in Qatar, Farah Rahim Ismail, about art, her life and her passion in her profession.

**Name three persons/things that have inspired you to be where you are now?**

**A:** As a child, my parents nurtured an appreciation for the arts very naturally, and the stories behind a picture, piece of music, even furniture, instilled a curiosity to discover things beyond the immediate. Working with contemporary artists provided perspectives and an understanding of such stories and how they evolve over time. I'm also grateful to someone who advised me early on to visit Christie's as an added resource to galleries and museums – people are often unaware that anyone can attend the free public viewing always held before the auction and get to see some

remarkable pieces before they disappear into private collections. What inspires me is the actual engagement with art and always the people and stories that come with it.

**Christie's name is parallel to extraordinary art and exquisite taste. Did you envision that you would be working with them?**

**A:** I am extremely fortunate to have enriched my passion for art into a profession. As a student at Christie's Education, I was given exposure to the broad depth and range of this field and realized scholarship was pivotal. I then worked in galleries and with collectors, before joining Christie's, where the opportunities to view and handle masterpieces on a daily basis I found

**“PEOPLE ARE OFTEN SURPRISED TO LEARN THAT AUCTION ESTIMATES CAN START FROM AS LOW AS USD 500 AND THAT THE CATEGORIES OFFERED ARE SO DIVERSE – FROM OLD MASTERS TO JEWELLERY, ISLAMIC ART, PHOTOGRAPHY TO VINTAGE HANDBAGS...I AM CONSTANTLY LEARNING AND IT IS HUGE STIMULATING.”**

exhilarating. It's a constant learning experience which I'm thrilled to be involved in with my colleagues, the art, institutions and collectors.

**Doha is becoming more involved in art nowadays. What are Christie's campaigns to support this growing demand for quality pieces of art?**

**A:** I have lived all over the world and feel very fortunate to be based in Doha at such an exciting time in the development of the culture of this great city. Doha has extraordinary art and museums to experience. The team and I travel regularly, meeting with clients and collectors and our main focus currently is working on the March sale – talking to collectors, consigning works, preparing the cataloguing. Early indications suggest it will be another strong sale.

**Any advice you want to share with our readers who would like to work in the same industry?**

**A:** Look, look, look! Physical engagement with art overrides everything else - it trains the eye, challenges your perceptions and forces you to question why an artist has chosen a particular medium or theme, and the process they went through to get there. Research and reading is important, and being aware of international and regional aspects of the field which is now strongly globalized. Art is an emotive and intellectual pursuit accessible to everyone, so whether you're interested in being a curator, an art writer, work in a museum, people will seek your guidance to further appreciate what they're looking at and for relaying insights to artworks they might absolutely love, or dislike. It is wonderful to be a part of that.

Christie's auction of Modern and Contemporary Arab, Iranian and Turkish Art, takes place at the Jumeirah Emirates Towers Hotel on Wednesday, 19 March at 7.00pm. For more information call +974 7731 3615.



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, **ABODE** illustrating only the **QATAR** best of the 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!



# Best Sellers

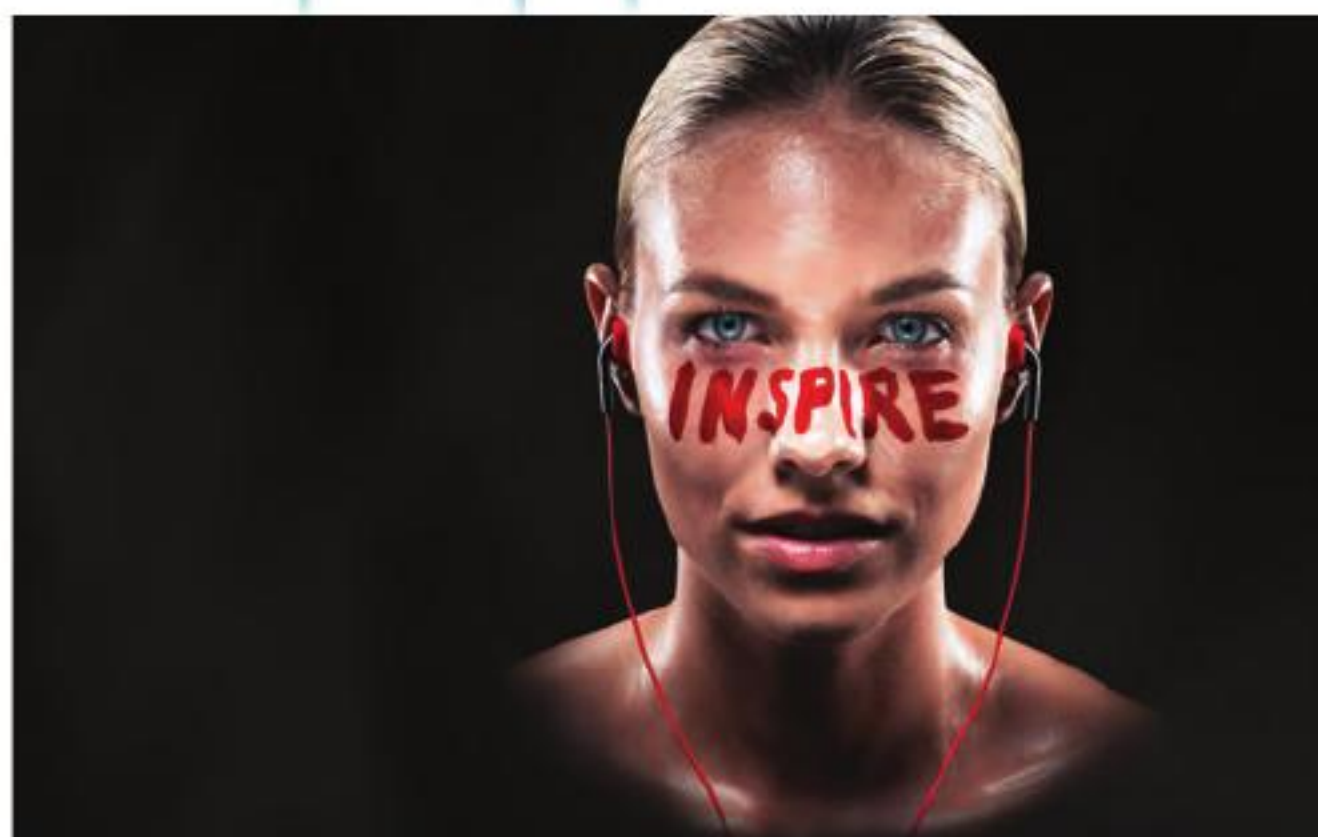
COMPILED BY DELIAH FURCOI

Stock up on these key fitness DVD sets and accessories to motivate and inspire you for the year ahead.



## INSPIRE FEMALE HEADPHONES

This in-ear sport headphones are a must-have for any active lady out there. They are specifically designed for women to guarantee they will stay in place during any work out!



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## BEATS BY DR. DRE STUDIO HEADPHONES

These cool headphones will ensure the best possible sound. They come in different colours and styles. Look out in particular for their wireless model, genius!



## HOME FITNESS PROGRAMS!

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# CALENDAR

Feb. 01, 2014 (SAT)  
7:30 PM

**QPO - SCHUMANN'S FOURTH SYMPHONY**  
Katara Cultural Village

Feb. 01, 2014 (SAT)  
8:00 PM

**WILLIAM CLOSE** Katara Cultural Village

Feb. 05 - 08, 2014 (WED-SAT)  
4:00 PM & 7:00 PM

**CINDERELLA BALLET** Katara Cultural Village

Feb. 08, 2014 (SAT)  
7:30 PM

**QPO - TCHAIKOVSKY'S FIRST SYMPHONY**  
Katara Cultural Village

Feb. 09, 2014 (SUN)  
8:30 PM

**SARAH BRIGHTMAN** Qatar National Convention Centre

Feb. 12 - 15, 2014 (WED-SAT)  
7:00 PM

**DISNEY LIVE! MICKEY'S MUSICAL FESTIVAL**  
Qatar National Convention Centre

Feb. 15, 2014 (SAT)  
7:30 PM

**QPO - ALSO SPRACH ZARATHUSTRA**  
Katara Cultural Village

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## SPECIFICATIONS PORSCHE PANAMERA S\*

**Body:** Unitary construction, lightweight body in mixed material steel aluminium-magnesium design; dual-stage driver and front passenger airbags; side and knee airbags for driver and front passenger; head airbags (curtain airbags) for all four occupants; active front lid for pedestrian protection; four seats.

**Aerodynamics:** Drag coefficient cd: 0.30

Frontal area A: 2.33 m<sup>2</sup>

cd x A: 0.70

**Engine:** Water-cooled six-cylinder V engine; cylinder angle 90 degrees; aluminium crankcase and cylinder heads; four overhead cam - shafts; four valves per cylinder; variable inlet and outlet valve timing; inlet valve lift (VarioCam Plus); hydraulic valve lifter; biturbo charging; direct petrol injection; two three-way catalytic converters per cylinder bank, each with two oxygen sensors; engine oil 10.0 litres; electronic ignition with solid-state ignition distribution (six individual ignition coils); thermal management; auto start-stop function.

**Bore:** 96.0 mm

**Stroke:** 69.0 mm

**Displacement:** 2,997 cm<sup>3</sup>

Compression ratio: 9.8:1

**Engine power:** 420 hp (309 kW) at 6,000 rpm

**Max. torque:** 520 Nm from 1,750 rpm to 5,000 rpm

**Power output per litre:** 140.2 hp/l (103.1 kW/l)

**Maximum engine speed:** 6,700/min

**Fuel type:** Super Plus

**Power transmission:** Engine and transmission bolted to form one drive unit, rearwheel drive via double-joint driveshafts; seven-speed Doppel - kupplung (PDK).

This is one amazing car, with a strong will to thrill! A four-door sports car with strong acceleration and precise handling. The interior cabin is stunningly attractive and voluptuously luxurious. With just the firm grip of the steering wheel I knew I was hooked. Draped in fire engine red, this speedster was difficult to miss, with every wandering eye at almost every stop signal curious to see who was driving. If you are looking for anonymity, this is not the car for you.

Not only is this year's Porsche Panamera S super sporty, but it features comfortable seating for three other adults to share the experience. Its unique hatchback configuration allows for ample luggage space or, when needed, generous cargo capacity when its rear seats are folded forward. Great for shopping trips, gym equipment and an afternoon tea picnic basket for four with plenty of space to spare.

On the road she sails like a cruise ship, hovering over pot holes with the slightest hint of bumps on the well-trod streets. The Porsche Panamera S goes about its business of devouring challenging twisty roads, not to mention other drivers, with dynamic agility.

A great way to kick start the year! I may be a bit premature with just our first review in 2014, but Porsche have done it again and this one's got my heart thumping for more. It's got my firm stamp of approval!

### FOR MORE INFORMATION

VISIT

Porsche Centre Doha

showroom

Tel: 4459 9666





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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



## 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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