YOUR LIFE YOUR STYLE • YOUR HOME Highlights HAPPY Qatar **MOTHER'S** Choice DAY Awards QATAR THE 3 DAY Wellness Plan PRESENTS EXCLUSIVELY The Latest J-COLLECTION CATWALK REPORT: WHAT WILL WE BE MARCH 2014 QR 12 **WEARING** THIS SEASON





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QATAR CHOICE AWARDS 2013 WINNERS



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Zaffran Café Favorite GM

Kevork Deldelian - Oryx Rotana

Favorite Delicatessen

Bakery & Chocolate Shop: Favorite Hotel
Maya la Chocolaterie Oryx Rotana

Favorite Stand Alone Restaurant Favorite Ramadan Tent

Al Mourjan Ramadanak - Grand Hyatt Doha

Favorite South East-Asian Concept Favorite Spa

Spice Market - The W Hotel Doha Energy Heaven

Favorite View Favorite Family Ambiance

Al Mourjan Italian Job - Radisson Blu Hotel, Doha

Favorite Event in 2013 Favorite Themed Restaurant -

It's Time for Africa at Creative Concept
Sealine Beach Resort Orient Pearl

Favorite Nightlife Ambiance Favorite Fast Food Chain

The Jazz Bar - Oryx Rotana Wrap it

Favorite Fitness Center Favorite Café
The Ritz-Carlton Spa Zaffran Café

Favorite Lounge & Pub Favorite Outdoor Venue

Sky View - La Cigale Hotel Blue - Grand Heritage Hotel

Favorite Beachfront Favorite Chef

Sealine Beach Resort Chef Zarmig - Mamig Restaurant

Favorite Arabic Restaurant (A Tie) Favorite Live Music Band

Burj Al Hamam - Jazz at Lincoln Center - Doha The Pearl Qatar & Al Mourjan

Most Hygienic Restaurant

Oryx Rotana

Favorite Brunch: Choices Al Liwan - Sharq Village & Spa Doha

Thank you so much for supporting the third annual Qatar Choice Awards 2013 celebrated on February 9, 2014 at the Renaissance Doha City Center Hotel. The organizers are truly touched by your support, your spirit, and willingness to make the Qatar Choice Awards one of the most memorable events of the year.

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QCA 2013 is brought to you by the following partners:







The QH Team wishes to extend its most sincere gratitude to everyone who helped shape this dream into a reality.

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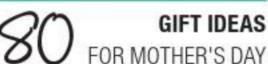


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BEJIING



INTERNATIONAL WOMEN'S DAY SPECIAL

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MODEL: MAYSSA MAGHREBI WEARING DEBAJ

PRODUCTION: DESIGN CREATIONZ

HAIR & MAKEUP: BLUE BRUSH HAIR STUDIO

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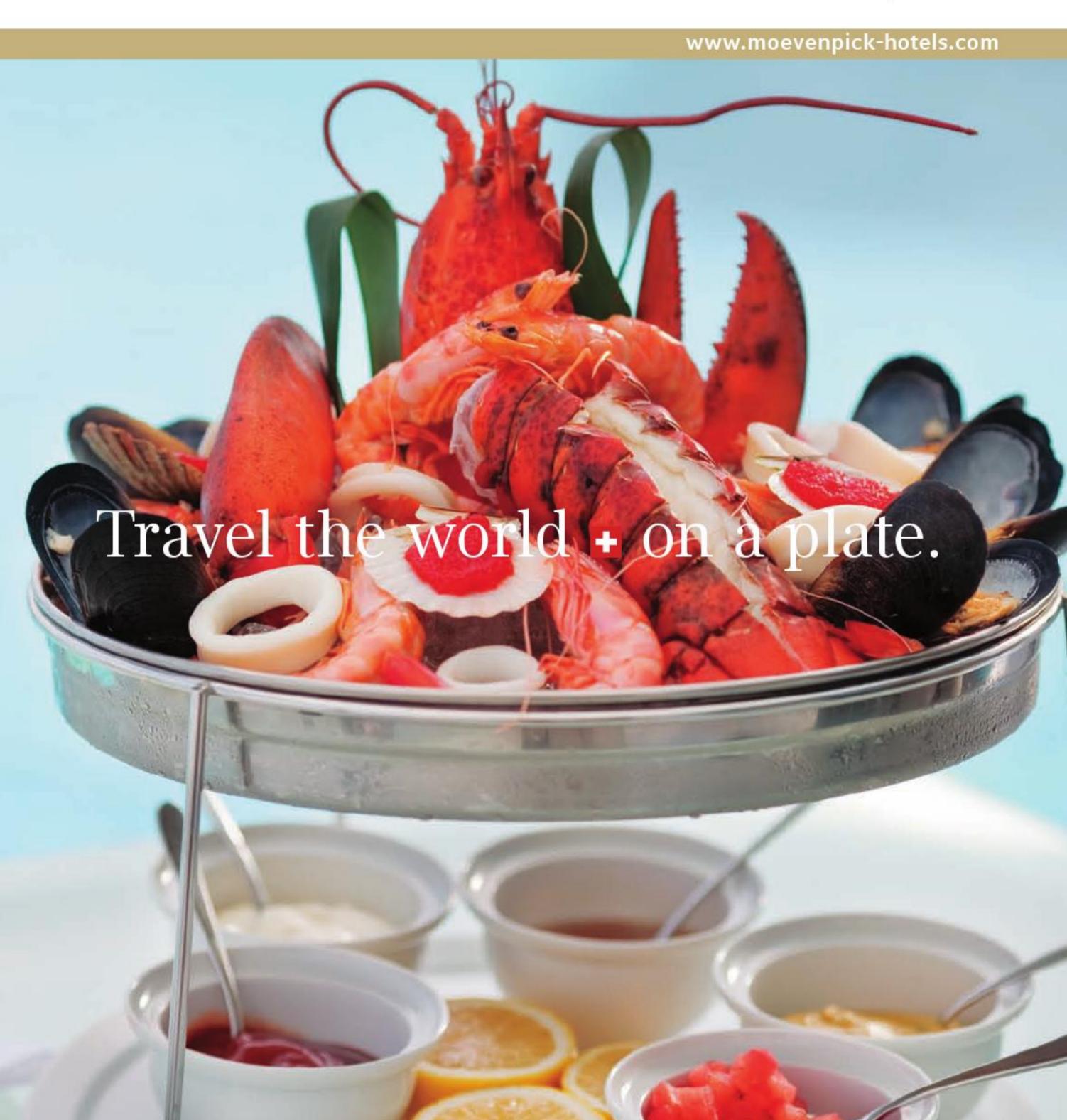
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Dear Readers

This month as every year, on the 8th of March, the entire world will be celebrating International Women's Day to recognize the contributions of women in today's society. Moreover Qatar and the Gulf region celebrate Mother's Day on the 21st of March, so we are dedicating this entire issue to all the women out there.

On this occasion we would like to pay homage to our H.H. Sheikha Moza bint Nasser, who continues to represent our country internationally in the best way possible since years. We couldn't be more proud to have such an example in front of us to build a better future for our community, but also to help the less fortunates around the world.

ABODE proudly collaborated this month with the luxurious Abaya's brand Debaj and Design Creationz, who presented their latest gorgeous collection "Marrakesh", modelled by the renowned Moroccan actress Mayssa Maghrebi. Each piece is a work of art, so check them out in our main fashion story.

To keep things real we met and got close with many real women, who make the difference here in Qatar, to learn more about their lives, their ideas and how they manage to balance work and home life so well.

Also not to be missed in this issue is our special catwalk report for the season ahead, Spring Summer 14, our usual healthy tips to stay on top of form and also our travel section, which as usual provides good ideas for your next escape.

Sit back and enjoy the read!



NASSER AHMED HASSAN BILAL EDITOR IN CHIEF

Win...

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

Email us at win@abodeqatar.com

WIN A

FRIDAY BRUNCH FOR 2 IN HYDE PARK COFFEE SHOP! HOW MANY ALL-DAY DINING RESTAURANTS DOES THE RADISSON BLU HOTEL HAVE?



WIN!
NAME YOUR STYLE
ICON AND WIN A
SPECIAL MOTHER'S
DAY TREATMENT FOR
TWO AT SKIN AND
SOUL.



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Great gift ideas for Mother's Day







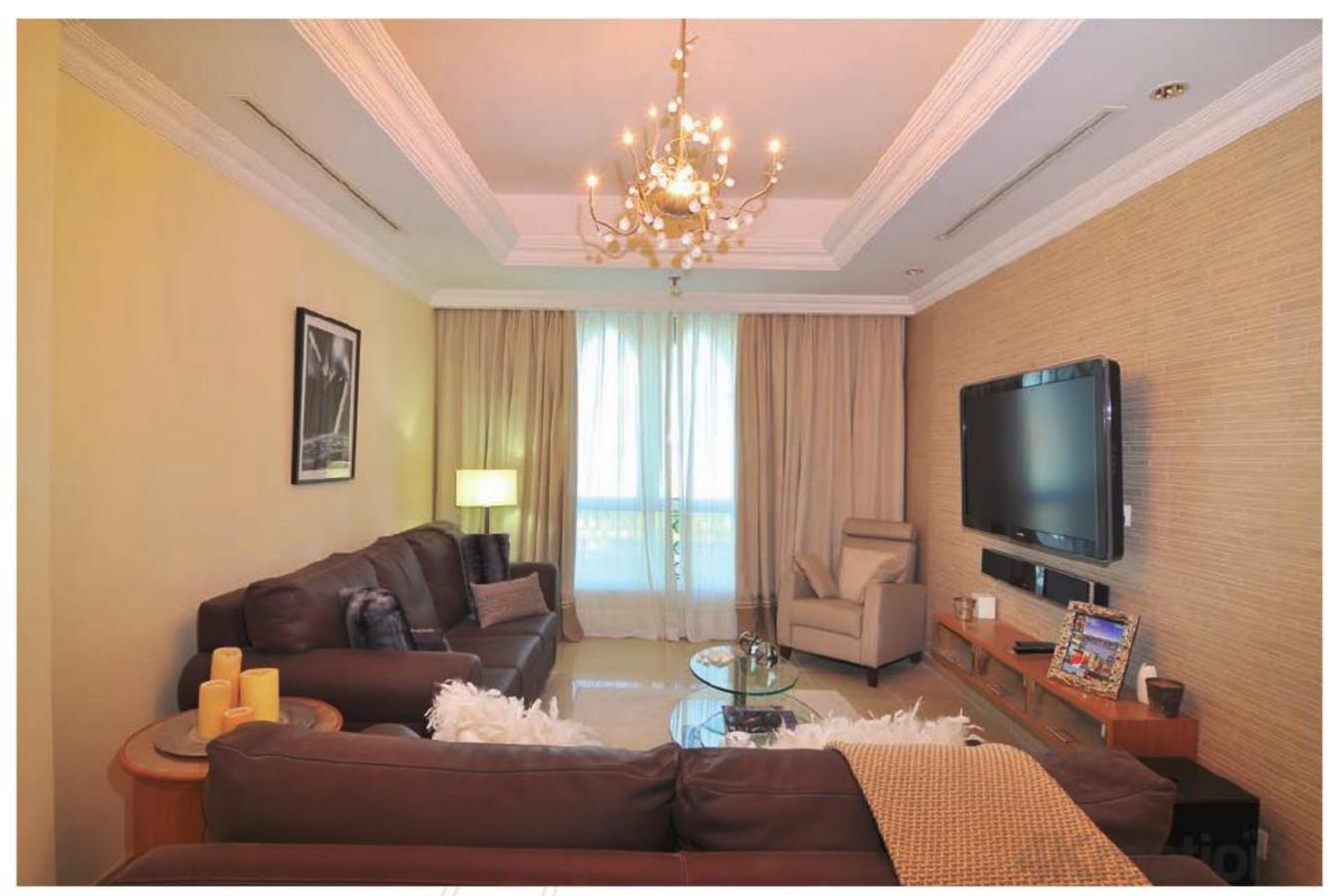


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ABODE









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Men's Wear, Woman's Fashion, Watches
Crystal Ornaments, Accessories, Leather Men
and Women shoes, Leather bags
Perfumes, Make-up and Skincare products

12 February - 4 March 2014





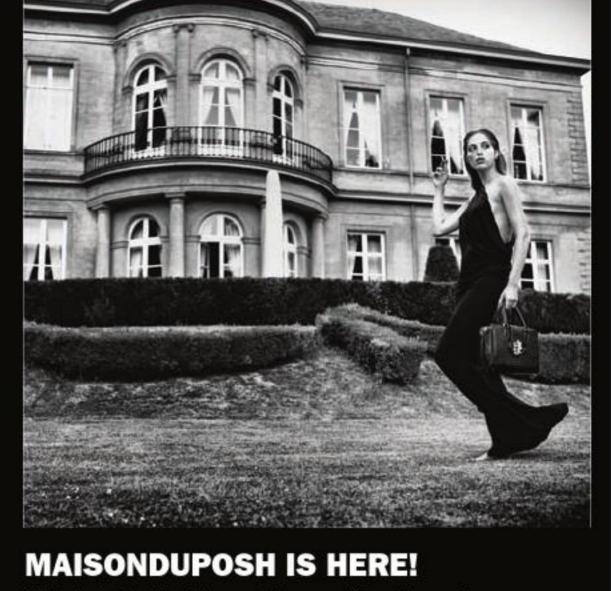
Style

The latest dish from the fashion world



DIVA LOUNGE SPA OPENS ITS THIRD BRANCH AT THE GATE MALL

Diva Lounge inaugurated their first branch in Doha in 2006 and last month they proudly opened their third spa salon in the heart of the city: the Gate Mall in West Bay. The opening reception was attended by Mrs. Aisha Al Fardan, Vice Chairwoman, Qatari Businesswomen's Association along with other members and prominent guests. Group Spa Manager of Diva Lounge Spa, Sophia Tamong commented, "Women nowadays struggle to maintain a balance between their personal and professional lives. To help women in Qatar overcome life's daily stress and rejuvenate, Diva Lounge Spa offers a range of services that balance the body, mind and soul."



All Doha's fashionistas out there will be pleased to hear that one of the hottest bags brand of the moment is inaugurating its first Boutique in Qatar this month. MAISONDUPOSH is in fact opening in 51 East this March, featuring its stunning bags collection, which goes beyond the ordinary shapes and colours. Stand out from the crowd thanks to Sameer's unique creations. After working for Balenciaga and Louis Vuitton he decided to embark on a new adventure with MAISONDUPOSH...no doubt he knows one or two things about fashion! All the bags addicts out there have been warned. For more information visit www.maisonduposh.com or call 4425 7777.



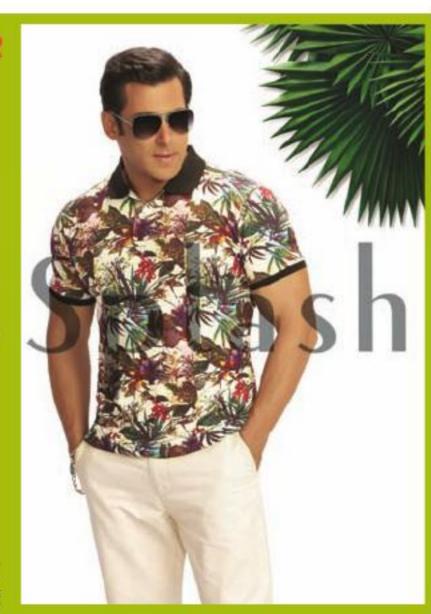
THE LUXURY NETWORK LAUNCHES UNCUFFED EVENTS

Un-cuffed Women Only Events inaugurated their first do last month under the supervision of The Luxury Network's CEO, Mr. Fares Ghattas in the glamorous settings of St.Regis Doha. The event's concept pays homage to fashion, beauty and femininity. A series of events throughout the year are on the card for 2014, each featuring fresh and different themes. Women get to mingle while enjoying dance shows, listen and dance to Arabic music mixed with Western Beats in a relaxed environment. The success of Un-cuffed wouldn't have been possible without the brilliant and magical ideas put into action by Size 34 - Creative Designs and Events headed by Mrs. Claire Kanj Nakkash. We can't wait for their next one!

SALMAN KHAN FOR SPLASH SS14

SPLASH unveiled its Spring
Summer 2014 featuring their
new brand ambassador,
Salman Khan, the renowned
Indian actor. This exclusive
campaign to the Middle East
represents the second leg
of "Love Splash, Love Fashion"
collection, which features the
latest trends while reinforcing
the brand's love affair with
fashion.

Check the new SPLASH collection at City Centre mall and Centre Point and get ready for a new stylish season ahead!





SHOW MUM YOUR LOVE FOR **BEAUTY AT FACES**

Bring your mom to one of the Faces stores on March 20th & 21st to make the most of their Express Beauty Weekend initiative and enjoy a day of complete pampering. Faces Beauty Experts will be ready to give you both matching makeovers - whether you're looking for a classic look, a trendy look or just a natural look, the team will share some of their secret tips and tricks for you both take home.



QELA presents new high-jewellery line at Doha Jewellery & Watches Exhibition 2014

QELA, Qatar's home-grown fashion brand, made its debut at the prestigious Doha Jewellery & Watches Exhibition last month with live demonstrations of jewellery crafting.

"QELA jewellery pieces are understated, yet the uncompromising quality and specific design of the lines immediately identify them as QELA," said Ms Haya bint Khalifa Al Nassr, Managing

Director and Vice Chairperson of the Board of Qatar Luxury Group. "Our new jewellery

> how the QELA team breathes luminosity and life into this guiding ethos. These are designs that speak worldwide from truly local roots, not least because all of QELA's unique jewellery pieces are designed and handmade in our workshops here in Doha."



KARL LAGERFELD'S SCENTS ECHOE HIS EDGY STYLE

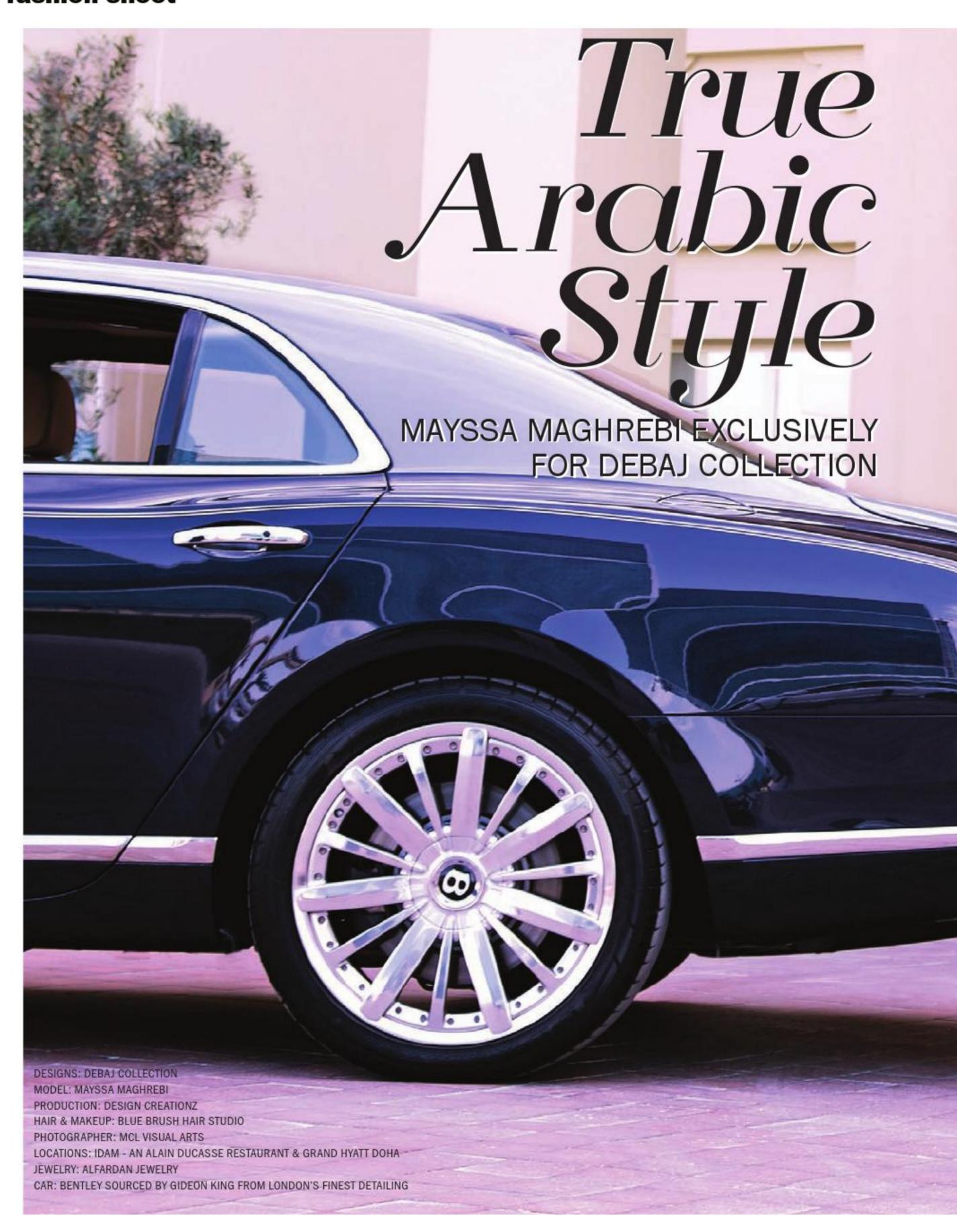
Karl Lagerfeld recently launched two new fragrances: an eau de perfume for women and an eau de toilette for men, reaffirming his commitment to making style accessible to everyone. The ladies' scent boast burst of fresh lemon, enhanced by a velvety peach before flourishing into a full bouquet of roses, immaculate magnolias and plumeria, while the vibrant men's fragrance features lavender and mandarin zest enhanced by crispy apple and violet leaves. Both fragrances are available at 4U retail outlets.





















ACHIEVE MAYSSA'S LOOK THANKS TO BLUE BRUSH TIPS!

Our beauty experts David Martinez and Maeva Janin from Blue Brush Hair Studio give us few key tips to recreate this glossy superstar look.



HOW TO GET THE PERFECT BLOW-OUT AT HOME

What to do when you need this smooth, shiny, "big" hair?

- The first tip is to perfectly rinse your conditioner on the scalp, but keep a little bit on the lengths to moisturize.
- Invest in a professional blowdryer that comes with a nozzle attachment to keep some distance between your hair and the heat.
- Use a protective spray on damp hair, I love "prep spray" by Bumble and bumble, it gives volume and will help the blow-dry to live longer.
- If you have thin hair you can also use a thickening spray or mousse, but only on the roots.
- Divide your hair into 8 to 10 sections, the key is to work in small zones and make sure every lock is perfectly dry. Work with a wide round or oval brush that will allow you to create enough tension to give hair a smooth and polished look.
- When the hair is dry, I love to work some large locks with a big iron, don't take small portions, we don't want to create curls, we just want to create a smooth movement on the tips.
- If your hair is damaged you can finish with a very, very small amount of oil on the tips to make sure they won't frizz.
- For everyone, finish with a generous quantity of hair spray. If well applied it won't stick, no worries... just put your hair down, make sure you spray far enough and like a cloud, not too long on the same spot. I have used Elnet from L'Oreal for the past 20 years... very good and light texture.
- In between two blowdries, you can use dry shampoo to preserve the blow-out, absorb oil on your scalp and give a new fresh volume to your style.

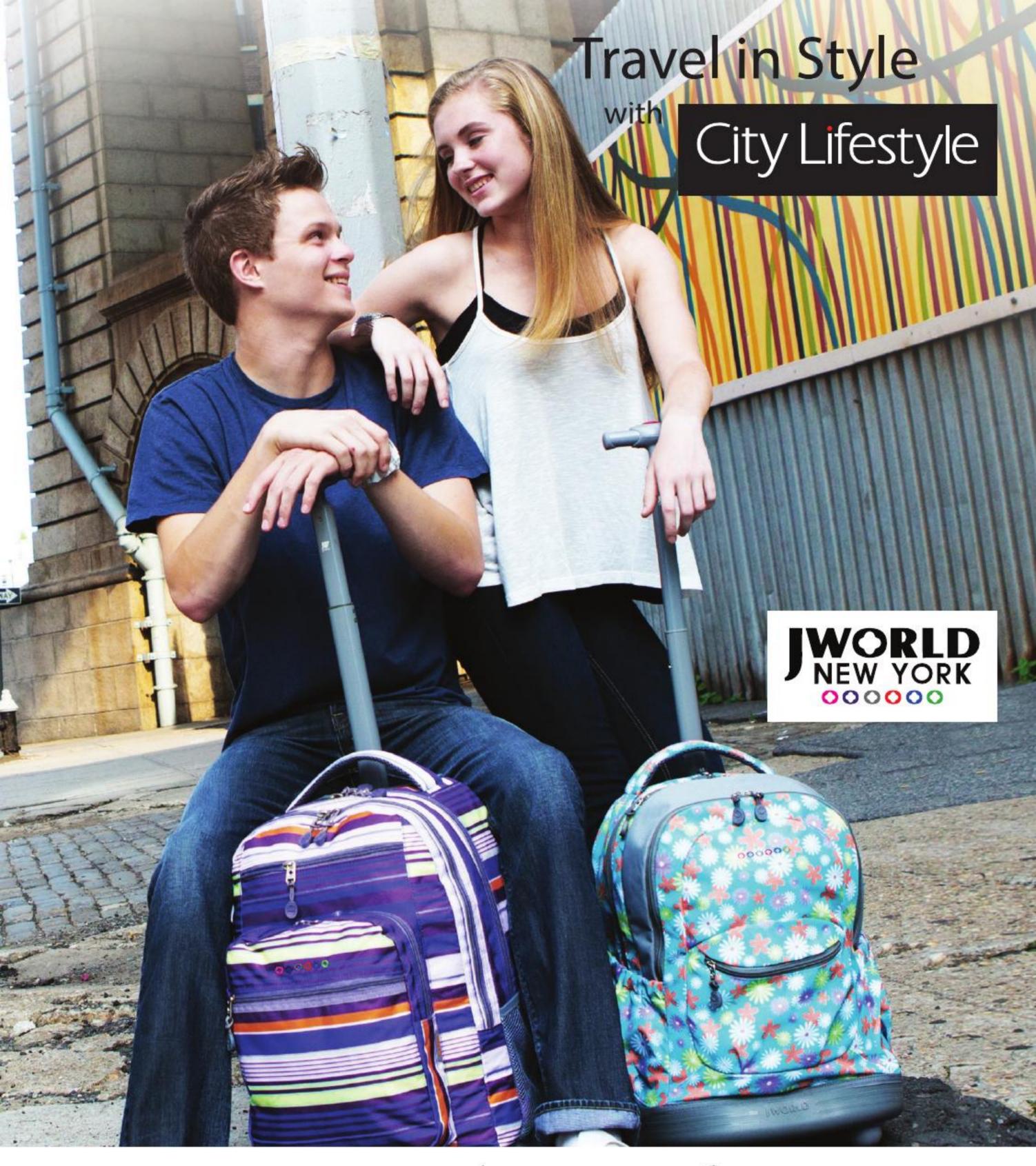


THE A-LISTER MAKEUP LOOK

When you have a perfect skin and a beautiful balanced face, there is no need to go for big makeup or heavy contouring. Keep it fresh and natural and choose to emphasize one area: we chose the lips! Here are my secrets to get bright full lips.

- Finding the perfect colour means taking the time to try a lot of different shades at the cosmetics counter.
 Most people look good in some kind of pink, anything from coral to a blue pink. Once you've found one you like, look for a red with a similar undertone.
- Priming your lips will ensure longer-lasting colour as well as instantly smooth flakiness, and it will fill in those pesky fine lines. But avoid balms with a slippery or wet texture—you want a waxy or matte product that dries down and doesn't move. Foundation works too.
- Use a lip pencil in the same shade as your lipstick to trace your lip line, then fill in your lips. Rest your elbow on the bathroom counter to get the most precise line.
- Apply lipstick using a brush. After one coat, blot and apply a second coat. Choose creamy formulas or go for a mat option.
- Please remember that the rest of your make up should be low-key. I recommend bronzy skin, pink cheeks to look fresh, and liquid liner along top lashes for a sexy cat's eyes look.





Also available:



MAKGIO













Al Sadd: Centrepoint, Al Asmakh Mall, Tel: 44289255. City Center - Doha, Tel: 44838509. Al Rayyan, Tel: 44164178. Wakra: Plaza Mall, Barwa Village, Tel: 44153586. Al Khor: Al Khor Mall, Tel: 44164178. Abu Hamour: Dar Al Salam Mall, Tel: 44639635.









centrepoint

Also available at

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 illustrating magazine, only the 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

trotting, Wellness & health, Community, Arts, Culture and Autos!

Chefs, recipe cards, Entertainment - new talent, Travel & Globe















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YUMMY MUMIES CLUB!

BY DANIELA ANNUNZIATA, PERSONAL SHOPPER QATAR

Pregnancy is not a health disorder but a state of being - so no excuses for not looking amazing ladies! Personal Shopper Qatar gives us few useful tips for busy Mums and Mothers-to-be on how to dress and keep a polished look on any occasion.

"Pretty & Pregnant" is my motto for mothers-to-be since they carry the light of two shining from within.

During pregnancy women look prettier than ever: the hair is healthier, the skin is glowing and the eyes are shining, thanks to the most amazing experience in the world: becoming a mum.

Busy mums should be both fashionable and comfortable and most of all organized. I know you will all be thinking this is much easier said than done. However, by following a few simple rules you can look good even while doing the school run at 7.30 am! "Pretty IF organized" is my motto for busy mums.

Simple tips to follow

- 1 Shower and wash hair in the evening when the kids are sleeping
 - 2 Lay out your clothes the night before for yourself and your child/children
- 3 Treat yourself to a hairdresser and/or manicure appointment to make you feel special
- Find some ME TIME to recharge: a bubbly bath, a nice book or magazine will do the trick!

WARDROBE

To look fabulous, whether you are a mum or not, you'll need a few staple pieces that can help you dress quickly but still make an impression.

I thoroughly believe in Diane Von Furstenberg's quote: "Feel like a woman, wear a dress."

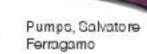
INVEST IN THE FOLLOWING KEY PIECES

A WRAP DRESS In 1974 DVF designed the "Wrap dress". This style of dress gives you a comfortable but very classy look while hiding any extra fat around the tummy area. It is also suitable for pregnant woman and works well if you are breast feeding, since it is very easy to adjust. You will look feminine and fashionable but above all classy and even sexy.

A TWEED JACKET Coco Chanel is famous for her 'tweed jacket" which she created in 1916. It's now become, as quoted by Karl Lagerfeld: "the symbol of a certain feminine elegance, nonchalant and timeless". The tweed jacket can be dressed up or down. It will always be a winner so have one in your wardrobe. It works well with jeans and t-shirt but also

with a skirt for a more professional look.

FLAT PUMPS Salvatore Ferragamo designed his "ballet pumps" Vara in 1978 and they work very well for mums and mums-to-be. They are comfortable, and super quick to slip on and off.



STILETTOS "Pointed Toe Heels" will obviously never fade away, you just need to opt for a 3 to 5 centimeter heel to be comfy.

Heels, Salvatore Ferragamo at NET-A-PORTER.com

better than the classic.

CAPRI PANTS Sonja de Lennart invented the famous Capri pants in 1948. Well known as Capris, long or three-quarter shorts, they end below the knee and calf. The pants name comes from the Italian isle of Capri, where they rose to popularity in the late 1950s and early 1960s. I come from that region and I always have a pair handy in white or black. For this season though cigarette pants (ankle length) work

> Capri pants, Cedric Charlier at NET-A-PORTER.com

DANIELA ANNUNZIATA PERSONAL SHOPPER QATAR can help you reinvent your image and choose what expresses in the best possible way your style and personality. Contact Daniela for a

personal shopper experience, a total style make over, wedding makeover, shopping on commission. For more information visit www.personalshopperqatar.com or

email info@personalshoppergatar.com.

A personal shopper session can change your life!

"FASHION LIKE HISTORY ALWAYS REPEATS ITSELF, SO FOLLOW THE CLASSICS WHILE YOU ARE A BUSY MUM AND DON'T HAVE THE TIME TO FOLLOW THE TRENDS OF THE MOMENT. BY FOLLOWING THIS RULE, YOU WILL ALWAYS LOOK GOOD!" DANIELA



fashion insider

THE VANITY ROOM QATAR.

Four young local entrepreneurs, Aisha Al Mesned, Anood Al Attiya, Al Banderi Al Attiya and Lolwa Al Attiya founded from scratch one of the most fashionable and successful boutiques in Doha. Here they talk to ABODE about their achievements and future projects.

How did the collaboration between your partners happen? When and how did you start this new adventure?

A: The adventure started on January 16, 2012 when all four of us decided to bring the world's highest trends under one roof: The Vanity Room.

How did the concept of the "Vanity Room" take shape?

A: This multi-brand concept was born and was continuously shaped by our contrasting fashion styles. We knew we could add something to the Qatari fashion scene, and our passion for fashion helped propel the vision we had for The Vanity Room to reality.

What were the challenges you faced as young entrepreneurs?

A: As young entrepreneurs, we faced the normal challenges that any other young entrepreneurs would face - we had to work hard to get The Vanity Room where it is today, but that came due to hard work and perseverance. Although there is competition in the market, we studied the trends in Qatar well, and consistently provide clothes that our customers are looking for.

What are your best sellers this season?

A: It is very hard to give you a name, as our brand selection is carefully made to fulfill every taste.

Who is the "Vanity Room" customer?

A: The everyday Fashionista.

Do you have any plans to expand? Any other key projects on the card?

A: The Vanity Room will definitely be seen in most of the major malls in the coming years.

What key events do you have planned for 2014?

A: Opening The Vanity Room Outlet.

How do you see the Qatar fashion scene evolving in the next few years?

A: The increasing appetite for new trends that people have in Qatar has already made Qatar a major market for highend fashion and this is only going to continue to grow.

Outlet.

Outlet.

WHAT MAKES THE "VANITY ROOM" DIFFERENT FROM ALL THE OTHERS FASHION BOUTIQUES? Here fashion trends blend with personal style and creativity. The Vanity room Styles accentuates an easygoing

lifestyle, a playful attitude and a sense of individuality. The mixture of exclusive brands provides an inspirational choice of quality and stylish pieces.

THE VANITY ROOM
The Pearl Qatar, Parcel 6,
7 La Croisette
Tel: 4495 3876
Instagram: thevanityroom_



ABODE MEN'S AGENDA

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

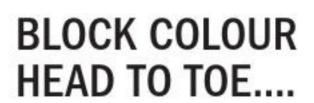


BRIGHT HERE, BRIGHT NOW!

VIBRANT COLOURS ARE ON EVERYONE'S AGENDA FOR SPRING SUMMER 2014. LIGHT UP YOUR WARDROBE THANKS TO THESE GORGEOUS FINDS!







DARE IT IF YOU CAN!

IF A RAINBOW-INSPIRED LOOK
ISN'T FOR YOU, WHY NOT TO TRY
THE MONO-COLOUR LOOK? PICK
YOUR FAVOURITE SHADE AND
THE JOB IS DONE.







To users, River Island

MIX CLASSY SHADES

men's agenda

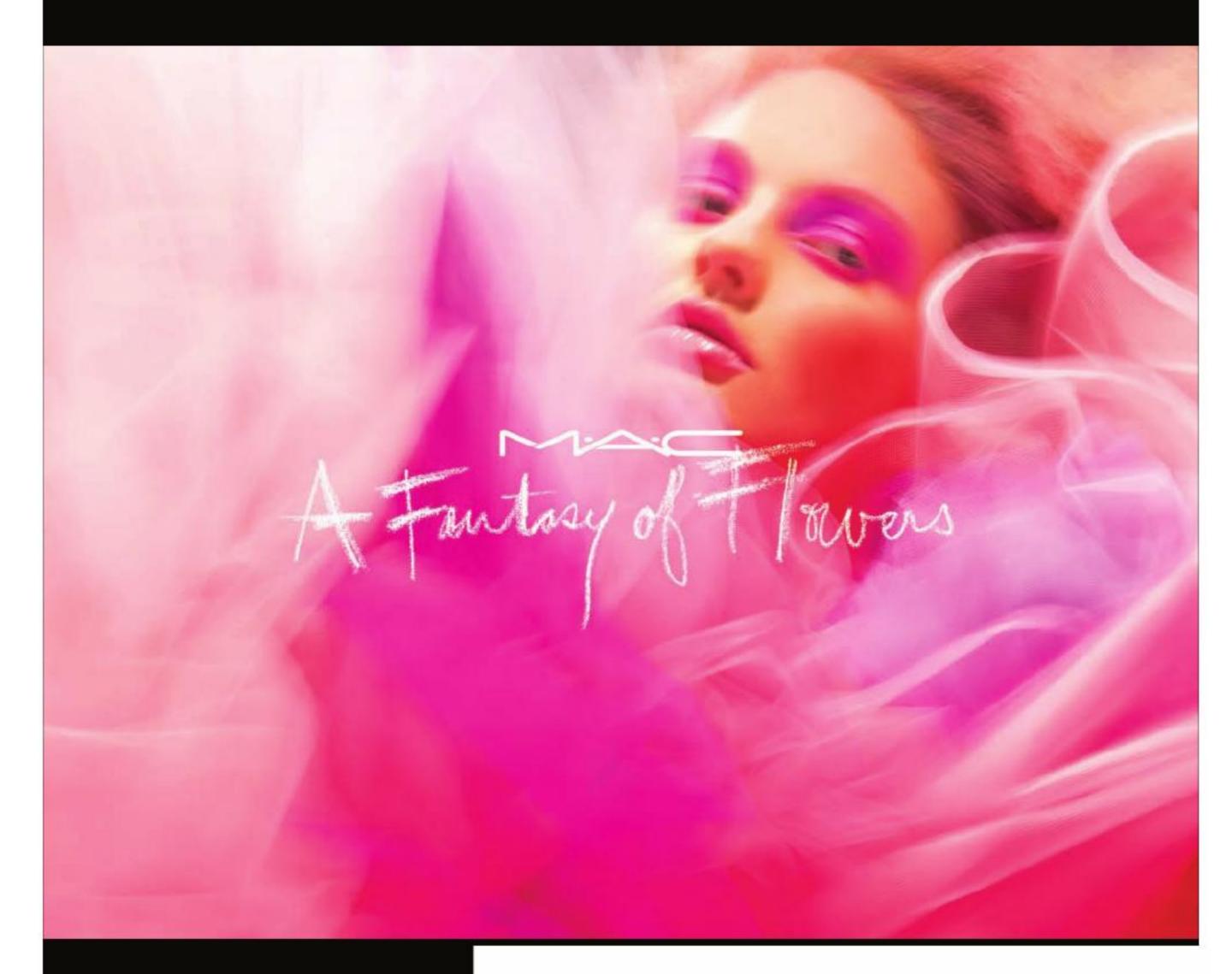






BEAUTY AND WELLNESS

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





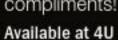
FANTASY OF FLOWERS by MAC

For Spring 2014 MAC presents its latest range Fantasy of Flowers. From mineralized eye shadows in shimmering shades, mineralized blush and rose coloured lipsticks celebrate the arrival of the new season in full bloom!

beauty

Cheerfully Bubbly Guerlain

Meteorites bubble blush melts in your skin! Once you apply it directly on your face, by holding the countainer, you can blend it easily, no line streaks. Flush your favourite smile and you are sure to get compliments!









Freshly Vibrant Bobbi Brown

Bobbi Brown in a box is your beauty guru! Bring one of these blushes with you, and you'll see your cheeks transform from dull to fab. The shimmer is subtle that gives a natural gorgeous finish and fresh look!

Available at 4U



If you are on a budget but want to look pretty, this one is for you! The texture is cream and powder combined. This is the fun part when you apply the blush on your cheek (swipe a thin layer), let it react to your skin and it will show the best colour that will

> complement your complexion.

> > Available at City Lifestyle





Medium Tone Benefit

Bella Bamba works well with medium tone complexion. The colour is bright and it is highly pigmented so a little goes a long way, not recommended if you have porcelain skin for you'll look overdone. If you love a little shimmer and a scent of floral this is your perfect mate for any look! Available at Sephora

BEAUTY BOX

COMPILED BY MARLYNNE MALLARI - DELA PENA

Blush and Shimmer. Who says blush is not an essential? It's a cardinal rule ladies, never go out without wearing one! We picked the best ones you can try.



Long Lasting Chanel

The staying power of

Chanel makeup is life saving for many ladies, consistent touch-ups are not needed when using this blush, it stays for 7 hours. So you'll always look your

Available at 4U



LET'S GET PAMPERED!

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



INTRACEUTICALS FACIAL: THE A-LISTER TREATMENT

You can never go wrong with a pampering treat on Mother's Day! Therefore to surprise your beloved mum don't look any further than B/ATTITUDE DOHA and its array of services. One of its hottest and most popular treatment is its recently launched INTRACEUTICALS FACIAL. Madonna and Victoria Beckham (among many other celebrities) swear by it so we couldn't wait to give it a go too. The outcome is simply impressive: goodbye dull complexion, welcome hydrated and fresh glowing skin! After only one application you'll be able to notice the difference. This non-invasive treatment will lift and tighten your skin instantly while reducing the appearance of fine lines, wrinkles and premature aging. A 60 minutes session will guarantee astonishing results. After a deep but gentle cleansing and scrub session, the therapist will be ready to infuse your skin with oxygen to enhance overall hydration, followed by the application of the rejuvenate hydration gel with Hyaluronic Acid and completed with the Rejuvenate Moisture Binding Cream. This rejuvenate treatment is the perfect Mother's Day treat...who doesn't like an afternoon of indulgent beauty treatments after all?

B/ATTITUDE DOHA Beverly Hills Tower, West Bay Tel: 4412 2046 Email: info@battitudespadoha.com

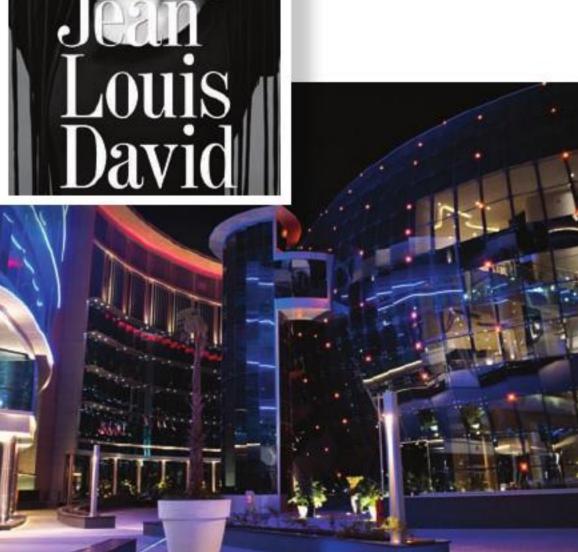


BEAUTIFY YOURSELF AT THE NEWLY OPENED JEAN-LOUIS DAVID SALON

AND Trading celebrated the grand opening of its Jean-Louis David third branch in Doha last month. Conveniently located in the strategic settings of The Business Park-Crowne Plaza Hotel, the new salon will offer state-of-the-art beauty treatments in its stylish and neat white decor. The full range of services include hair cutting and colouring, eyelashes extensions and full body waxing to name a few. Also the renowned professional nail services provided by the Nails specialists will guarantee you walk away from the salon looking like a million dollars. So if you live or work in the proximity of the airport, Souq Waqif or the Corniche, the new Jean-Louis David salon should be on your speed dial...book a quick appointment for a quick and efficient beauty fix whatever the occasion!



Jean-Louis David Salon The Business Park Crowne Plaza Tel: 4417 2683



BECKONING BEAUTY

BY MARLYNNE MALLARI – DELA PENA PHOTOGRAPHY JESSIE PALANCA



With a world full of 'reconstructed beauty' one is not sure what is the real meaning of beauty. How do we measure this word? What is the basis? The famous line says beauty is in the eyes of the beholder, but is it really? The media certainly provides an array of depictions—having a perfect physique like Beyoncé is called sexy and having the facial features of Nicole Kidman is aesthetically pleasing. Two years ago in the US alone, 14.6 million plastic surgeries were performed, according to statistics released by the American Society of Plastic Surgeons. Maybe some can settle for that fact but ABODE prods for vital answers.

With more than two decades in the beauty business, Vandana Luthra is perfect for our 'quest' for truth. When it's our turn for an interview, the founder and owner of VLCC stood up and extended her hand to welcome us in their new branch at Al Hilal. As we sat comfortably for the conversation, she offered us drinks, which we did not decline, as we have couple of shoots lined up. Vandana had a long day too after arriving from Dubai, she had many interviews and would return to India in the afternoon.

At a young age, she knew exactly what she wanted to do; she lived by this maxim, 'transforming lives', and true to her words she founded a centre, VLCC, with an approach that is holistic and scientifically assessed, so you are in good hands. After a degree from Delhi University, Vandana did courses in nutrition, cosmetology, beauty care, fitness and skin care in Germany, London and Paris then she returned to India. She shared that she had struggled when she first started her business way back 1989, but because she wanted to build a place where people can go to improve themselves, she pursued this business in wellness, saying the centre is not a beauty parlour but a place where the totality of wellbeing is practiced, "it is the connectivity of body, mind and soul," she states. When it comes to clients she embraces

'realistic goals', she has a solid belief that losing weight should not be an obsession; rather it should fall into the category of taking good of oneself to a point where they will feel healthy and positive. At VLCC an assessment is imperative to make sure their customers will get the maximum benefits of their treatments. First they will assess the height and weight, second the metabolism, then check the current lifestyle, the exercise that must be done and lastly how many calories to be consumed are part of the report to be given to the customer. On this basis the client will understand what must be done. With more than 6,000 employees, in a successful business of 300 branches in 16 counties in Asia and Middle East, what's her secret to this accomplishment? She says it is her people, they have the sense of ownership in the business, every employee shares the responsibility in the growth of the company and she ties their hard work through profit sharing. Vandana added that, "this is the place I've learned how to love, this is the place I've learned how to share and this is the place that I've learned how to give, ultimately people will respond to you as how you deal with them," and I definitely agree! As we finished the interview I understood the passage I read few months back, 'let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quite spirit'.

Facts About VLCC:

- VLCC is widely recognized for its scientific weight loss solutions and its therapeutic approach to beauty treatments.
- VLCC stands for Vandana Luthra's Curls and Curves.
- It has served more than 10,000 million clients
- · Opening soon in the US
- The world's first Health and Beauty corporate to be awarded an ISO 9001:2000 certification.
- FOR MORE INFORMATION
 VLCC Najma St
 Tel: 4414 8188

 'Power Brands Hall of Fame Corporate Icon of the Year' Award, London 2011 Woman business leader Award by Power Brand Icon



SURCHARGED WITH BEAUTY!

COMPILED BY MARLYNNE MALLARI - DELA PENA
PHOTOGRAPHY JESSIE PALANCA
STYLIST HANAN NAJJAR
CLOTHES BCBG MAXAZRIA
SALON SKIN AND SOUL

This month, it is all about empowering women! What's better way to do that than to enhance the beauties of these divine ladies. Charged with specialty and professionalism Skin & Soul took the challenge!

RACHEL SANTOS

Rachelle has been working in the Gulf for quite some time and she wants to have a parting gift from Qatar before she says her goodbye for good. What better way to do it than by having a makeover? So she put herself into the able hands of Skin and Soul.

Tips from Marwa, the Beautician:

- Her Asian darker tone matched her dark eye
 makeup that minimizes the size of her eyes with full
 lashes.
- 2 Her black long dress works beautifully with her dark makeup and also complements her skin tone.

Tips from Sana, the Hairstylist:

1 I changed the colour of her hair from orange hair that makes her look so pale into an ash brown base with highlights. She has a nice texture of hair, then I got her a great hairstyle that fits on the shape of her face and makes her more fashionable.

"This was a great experience, I look like a new person!
Thanks Skin & Soul and ABODE."





"I felt wonderful being pampered and treated like a celebrity! Thank you to BCBG for providing these beautiful

dress and shoes. I felt like a model for a day! "

ANTONETTE MC CARTNEY

Antonette will be celebrating her 25th wedding anniversary and she wants to surprise her husband on that special day! She sought ABODE and the team of experts from Skin and Soul to give her the latest looks that will complement and enhance her beauty.

Tips from Marwa, the Beautician:

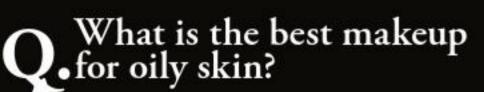
- I put on anti-wrinkle cream base to cover some lines in her face.
- With her skin tone, I chose light coloured eye makeup that also emphasizes her green eyes. A deep white eye liner and a natural size eye lashes to make her eyes look bigger. Some green pens that give her flashy eyes.
- 3 A touch of pink blush gives glow to her face and makes her younger looking. I used a technique of shadows and a light foundation to sculpt and lift the skin.
- 4 Reshaped brown brows that match the colour of her hair give more elegance in her look.
- 5 Her lime-yellow long dress complements her green eyes and a great, light eye makeup.

Tips from Ghada, the Hairstylist:

- 1 The light golden ash base colour combined with very light blonde highlights adds glow to her face. I trimmed her hair into a more stylish look.
- 2 The texture of her hair is thin so I created more volume in a great hair style.
- 3 The colour of her hair also complements with her skin tone.
- 4 From a simple and a jolly housewife Antonette was transformed into a glamorous and stunning look.

BEAUTY Q&A

Let Vimi Joshi, M.A.C Senior Artist Middle East respond to your beauty woes this month!



Try using colours and textures that are more matter in texture as they will absorb oils and keep your make up looking fresher longer.



A glowy look is achieved by the correct placement of products. Try using a frosted cream colour base on the high planes of the face like the cheek bones, bridge of the nose and chin. This will add dimension to your face.

Q. I have breakouts often, how can I hide it?

A. You can use a concealer to cover your breakouts. Find a colour that matches your skin tone exactly. The first thing to do is see what colour your breakout is, spots are normally red and they have to be neutralized using a yellow corrector. Dark circles are more blue/violet in undertone and will need an orange corrector to neutralize them. Once the colour has been neutralized you can then use your foundation to cover your skin.







Q. They say blue shadows are just for runways, is that true?

A. Blue kohl and liner can be worn by women every day. Blue can really brighten the face by adding a pop of colour. Try lining your eyes with a deep blue kohl and some mascara. It will look stunning.



VIMI JOSHI,

Title

Senior Makeup Artist

Country

Middle East

Number of years as a makeup artist. When did

you start?

Started in 1995

Do you have a specialty?

Red Carpet Glamour.

Editorial

India - Cosmopolitan, Verve, L'officiel, Marie

Claire, Elle, Vogue.

Middle East - Grazia, VIVA, L'officiel, Harper's

Bazaar, Hia, Emirates Woman.

Television Appearances

India - Zoom TV, ND TV, Travel & Living, Fashion TV. Middle East - Dubai TV, Abu Dhabi TV, Sony TV,

MBC1 and LBC.

Yusra, Laila Alawi.

Celebrities

Richard Gere, Kurt Russell, Oliver Stone, Albert Brooks, Backstreet Boys, Katrina Kaif, Peter Andre, Amitabh Buchan, Gurinder Chada, Trudie Styler, Blu Cantrell, Margarita Missoni, Bollywood Legend Helen, Asha Bhosle, Vidhya Balan, Bipasha Basu, Deepika Padukone, Steven Tyler, Dita Von Teese, Rachel Hunter, Mira Nair, Freida Pinto, Sonam Kapoor,



A foundation tends to have more coverage than a tinted moisturizer. You can use just one product, it depends on your skin and what coverage you want to achieve. M.A.C has a range of foundations from the sheerest of coverage like Mineralize Compact Foundation that looks like second skin to a fuller coverage foundation like M.A.C Studio Fix Fluid foundation that gives maximum and opaque coverage. This foundation evens out the skin tone and covers a multitude of blemishes. We at M.A.C have a wide range of foundations that cater for every skin type and its needs in terms of texture and coverage.



Q. I have age spots, how can I cover them without looking overdone?

A. You can try using a yellow colour corrector as this will lighten the age spots and bring your skin tone back to its natural colour. You will look natural and radiant.

What are the latest colours for summer?
Pastel peaches and lavender
are the latest colours for Spring

Summer 14.

MY BUSY SCHEDULE KEEPS ME AWAY FROM MAKEUP, CAN YOU GIVE ME THREE TIPS ON HOW TO PUT MAKEUP ON IN 5 MINUTES?

You should find a foundation that matches your skin tone exactly as this will create beautiful radiant skin. The best way to achieve this is to understand what undertone your skin colour is -it will either be golden or pink. For golden undertones you should try the NC range of foundations at M.A.C and if it's pink you should try the NW range of foundations. The best way to see what colour suits your skin tone is to try it on your jaw line.

Find a lip colour that brightens your face. Spring Summer 14 is all about bright pinks, oranges and reds on lips. The lips are the fastest way to create instant glamour and some great bright colours that work on all skin tones are M.A.C's Russian Red,

Morange and Girl about Town lipsticks.

STUDIA FIX LUID

FOND DE TEIN FPS

AME OUS A 77 E

 Add mascara to open up the eyes. In Extra
 Dimension Mascara is the perfect mascara for giving your lush, voluminous mascara in seconds. IF YOU HAVE A
BEAUTY WOE,
LET US KNOW!
Send your queries to
questions@abodeqatar.com

LADIES 3 DAY WELLNESS RETREAT

BY MOONA WHITICE PHOTOGRAPHY SRIMANI WELAGEDARA

Whether you would like to lose a few kilos, increase your fitness, give your liver a break, de-stress or simply have some "me" time; all in the most incredible location in Doha; then the St. Regis Ladies 3 Day Wellness program is for you.



The perfect retreat for mother & daughter!



YASMEEN AND MOONA WHITICE

Setting new standards in luxury service and excellence in the Middle East, is not new for the award winning St. Regis Doha, but now it has raised the bar even higher to also include a healthy detox retreat that will enfold you in the ultimate in luxury while optimizing your health and nurturing your body.

WHAT TO EXPECT

The St Regis Ladies Wellness Retreat is a group health focused program, curated & fully guided by raw food detox specialist, Nicole van Hattem. All guests have their own room, but they dine on the same food and do most of their activities together, with the exception of the spa treatments, which are yours alone to enjoy.

As it can take a day to truly learn to relax, try to take things slowly, and give yourself permission to just stop, and do nothing. Enjoy the facilities and plan to spend time participating in all the activities

the St. Regis has prepared for you. Remember, this is an important time for yourself and if you want to reap the full benefits you must try to relax. Timings for the retreat are strictly observed; starting at 7:00am and lasting until 9:00pm.

WHAT'S INCLUDED

- 3 day stay with all meals included each meal specially designed by raw food & detox specialist Nicole van Hattem and skillfully prepared by the 5 star chefs at St Regis Doha
- 2 night's luxury accommodation with late checkout of 6 pm at the gorgeous St Regis Hotel Doha
- 3 spa treatments at the beautiful Remède Spa
- To a movement & rejuvenation classes with Starla Boyd, from STARSRFIT in the St Regis gym
- 3 group
 wellness
 workshops to
 enlighten and
 empower your
 wellness journey for

long after the retreat finishes.

- Goodie bags & detox kits
- A Personal wellness journal
- A private 45-minute health history consultation, including recommendations, with board certified Holistic Health Coach, Nicole van Hattem
- Exclusive women only retreat, limited to 20 ladies only

it. While many retreats ban the use of both

does allow you to use your cell phone intermittently.

laptops and mobile phones, Nicole

WHAT TO BRING

Make sure you pack lightly and leave all the fancy clothes at home. Bring several comfortable exercise outfits,

trainers or tennis shoes, leisurewear

such as yoga pants and tops and a bathing suit (for the spa and pool). Make up is optional. Don't be surprised to see fellow guests without make up enjoying a few days with their hair in a ponytail or wearing a cap. You will find a really good blow dryer in the hotel room, so don't bring one.

PREPARE YOURSELF BEFORE GOING

Try to reduce your intake of caffeine and processed sugar a couple of days beforehand so you don't suffer from headaches. The sudden removal of both will send you searching for pain killers. If you can, leave your laptop at home. No use it having

it around to tempt you and in a day two you won't even notice that you haven't used

THE BENEFITS OF A DETOX RETREAT

Detox can bring many and varied benefits, Here are just a few of them:

- Greater vitality and more consistent energy
- · Improved digestion and absorption of



health

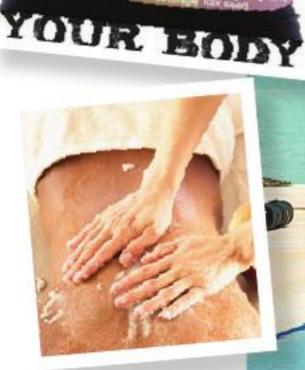
nutrients

- · Better elimination and bowel health
- Relief from chronic skin problems, like eczema, psoriasis and acne
- Hormonal balance to help alleviate PMS, blood sugar imbalances and mood swings
- · Weight loss and enhanced metabolic function
- · Heightened immune system
- · Greater emotional / mental well-being and happiness
- · A sense of spiritual unfoldment
- · Experience a life free from pain and ill-health

BENEFITS OF RAW FOOD

- · Weight loss and weight maintenance
- Improved digestion
- Fewer colds/flu/allergies and sometimes complete elir
- · Clearer skin & glowing complexion
- · Increased bowel movements & better colon health
- Increased energy & vitality
- · Improved clarity & focus
- · Less sleep required
- · Disease prevention/reversal









ABOUT NICOLE VAN HATTEM

Nicole van Hattem is The RAW Health Coach, a raw detox advisor, host of I Love Qatar's weekly Radio Show "Your Health Fix with Nicole", and sought after inspirational speaker.

With over 25 years in the corporate world, Nicole knows first-hand how challenging it can

be to live life well when you are juggling multiple deadlines, conflicting priorities, managing stress and living in an aging body and mind by. Nicole transformed her own body and mind through applying simple principles and small manageable changes that resulted in her dropping 3 dress sizes, letting go of 17kg (38 pounds) of toxic fat, overcoming a long list of ill-health complaints and gaining energy, joy, and success – all without dieting.

She now works with corporate and individual clients all over the world who lead busy lives and who are looking for simple solutions to looking and feeling incredible in a complicated world. As a Board Certified Holistic Health Coach, Master NLP Practitioner, Raw Foods Teacher and a Detox Advisor, Nicole's talks, radio show, coaching, retreats and detox programs have helped thousands of people globally just like you to eat more raw, detox their lives and live in vibrant health. Her passion is to inspire and empower you throughout your health journey so you too can enjoy vibrant health!

Follow Nicole's blog, transform your health, find delicious recipes and practical tips at www.TheRawHealthCoach.com



STARLA BOYD (FROM STARSRFIT) AND NICOLE VAN HATTEM



health

Moona Whitice How I felt:

I arrived early on a Thursday morning feeling tired and a little off-balance, thanks to a hectic and demanding week; however, as soon as I checked into my suite and looked out the window, I knew I'd come to the right place at the

right time. I was ready to make healthier choices as I suffer many little maladies from sitting all day at my desk. Plus, I really needed an

"all girl's ONLY weekend." There was a beautiful fruit basket and a green juice waiting for me in the room, a schedule for the next 3 days detailing everything Nicole van Hattem, our Holistic Health Coach has planned for us, an amazing bed piled high with pillows and soft cotton sheets, plus a note from my butler to call if I needed anything. I was very excited to be in Doha's first ladies' wellness weekend at the posh St. Regis hotel.

After changing into my workout clothes and donning my trainers, I ran down to the cabana adjacent to the pool to meet Nicole and the other ladies who had joined the retreat. They were a pretty diverse bunch in their 30 to 60's. I had not come alone, I also brought my 18 year old daughter, Yasmeen, whose birthday gift was to attend the weekend to learn how to eat healthier. She was the youngest one in the room. After meeting with Nicole and her team, we did a few group coaching sessions and I was surprised to find out that although billed as a high-end wellness retreat, the weekend was as also going to be a personal journey that deals with both your mind and body, achieving balance in life plus learning the importance of eating the right foods, adding more raw foods in your diet, all in a supportive, nurturing atmosphere. Nicole's goal is to facilitate personal transformation. She's an empathetic, personable with slightly larger-than-life free persona, who in the past having grappled with her own health issues, shares secrets for success with a passionate candor.

I've detoxed before so I wasn't concerned about juicing or fasting, however, the retreat had me eating more food than I had thought I would. The routine wasn't starvation or deprivation, but instead it was raw foods like green salads, vegetables, hummus, fresh squeezed juices and dark chocolate all prepared by skillful hands of St Regis chefs! Pleasantly surprised I found that we had warm lemon water upon rising with a shot of Aloe Vera, then salad and eggs and juices for breakfast, an array of vegetable dishes and soups for lunch in the cabana. Our dinners, served at Opal by Gordon Ramsey, were delicious plates made with a variety of vegetables, nut sauces and rare spices. Through out the day, we snacked on hot cleansing teas, fresh and dried fruits and divine dark chocolate. Interspersed throughout the day were light yoga exercises and a visit to the St Regis Remède Spa for copious body treatments such as salt scrubs, purifying body mud masks, and an invigorating 90 minute body and scalp massages; down time and walks on the beach or grass were also part of the day if you had energy. Lights out were advised by 9 pm, rising by 7 am for yoga and stretching.

On Saturday afternoon, as I sipped the last fresh juice left for me, I felt as if the three days had slipped by too fast, I was almost sad to pack or leave the delicious bed I was growing accustomed to and was wishing was mine. To be honest, I really enjoyed the camaraderie that had developed between us as it was very nice to spend time with all the ladies; talking about life and discussing our dreams, hopes and fears. Nicole is excellent at coaching and helping you try to find answers to the hard questions in life, especially the ones we usually doesn't want to face. I really enjoyed learning about eating raw foods, the importance of skin brushing, how to give myself an abdominal sacral massage, and the steps I needed to take to love myself more.

I think everyone should go on a ladies wellness retreat, it is great for the mind and body; it was a blessing the St Regis hosted this one!

RECIPES FROM ST. REGIS LADIES



GOATS
CHEESE
SALAD WITH
BAKED
BEETROOT

Chef Anjana Pradhan cooking for the ladies

Ingredients:

- 3 cups of baby spinach
- 50 grams goat's cheese (Feta)
- 1/4 baked beetroot per person
- Drizzle of balsamic vinegar and olive oil

Procedure:

 Place all the ingredients in a large bowl and mix gently.

DESSERT RAW MINI-BLUEBERRY PIES

Ingredients:

Crust

• 1 cup macadamia • 1 cup brazil nuts

(if these nuts are too expensive for your budget or hard to get in your location, then improvise with alternative hard nuts, like almonds and hazel nuts) • 6 − 8 medjool dates (these dates are big, fat, sweet and juicy)

Process nuts first in a food processor until small, then add dates until it sticks together when pressed between your fingers...don't over process, or it will become doughy.

Press firmly into a pie dish or better, a spring form pan.

Filling

- 2 1/2 cups cashews soaked at least 2 hours 1/2 cup agave 1tsp vanilla
- 1/2 cup lemon juice freshly squeezed 1/4 cup water 16 oz (480 grams) of frozen mango or frozen fruit / berries of your choice • 1/2 cup coconut oil • 4 tbs Lecithin granules – (find these at the health food store, they give the pie a great firm consistency, you may skip this step if you like, but the texture won't be as firm)

Procedure:

Process the cashews until they turn doughy, add agave, lemon, water, vanilla and process until smooth. • Add lecithin. • Then slowly add strawberries, then coconut oil. • Process until smooth and creamy. • Pour it over the crust. • Let sit for at least 4 hours.



WELLNESS PROGRAMME



STARSRFIT INSTRUCTOR, STARLA BOYD was the Yoga master for the 3 day wellness event. She showed participants proper breathing techniques, how to do chair exercises and do light yoga moves upon rising to start the day with energy. She also offers personal coaching classes and can be reached in Qatar at 3363-8586.



VEGGIE JUICE **GINGER SPICE**

Ingredients:

- 300g Carrot
- 50g Fennel
- 75g Celery
- 1 inch fresh Ginger root

DON'T MISS THE NEXT WELLNESS RETREAT, APRIL 3-5TH

To make a reservation call 4446 0400 or e-mail reservations.doha@stregis.com

Procedure:

· Push each piece, one by one inside your juicer. Enjoy it!

Yasmeen Whitice How I felt:

When I first learned that I was going to be spending 3 days at a health cleanse, I just thought "oh fantastic... I'm going to be starved for a whole weekend and have to detox!"

but a detox? No way.

That's not what any 18 year old wants to do with their weekend! I would've much rather been hanging out with my friends, or even sitting on the couch watching television...

I arrived Thursday morning at 9 am and checked into my junior suite, which was amazing! A whole suite to myself, I felt like a princess! At 10:30 am was our first meeting with our health coach, the wonderful Nicole van Hattem, who was going to teach us about raw food and a new way to enjoy your food. Turns out, my first impression, was completely wrong about the program. We ate nonstop! We were served 3 to 4 course meals and snack throughout the day, had amazing raw vegetable dinners in the Opal by Gordon Ramsey, given unlimited fresh juice and the best part of all raw chocolate! But not the gross kind that they sell in store, this was the most delicious chocolate I have ever tasted and I have tasted a lot of chocolate.

As a type 1 diabetic, I was a little skeptical about going to this health retreat because I live off carbs and this retreat was all about giving up carbs. How was I going to survive?! I had a super-secret plan of ordering food when it was time to go to bed at 9:00 pm. I'm a teenager, I can easily stay up past 9 pm bed time curfew. I was wrong, after a full day of massages, spa treatments, relaxing, eating and light exercise, and your body is exhausted. My sugars were the lowest I had ever seen them. They stayed between 70-100 and only spiked when I didn't eat a proper meal for breakfast or if I didn't eat much at dinner. I dropped extremely low on the first night due to too much insulin in my body, as I had not eaten as many carbs as I usually do.

To my surprise, I actually enjoyed almost every meal as I grew up eating tons of vegetables. My favorite meals were the zucchini lasagna, made out of long zucchini slices, raw marinara sauce, onions and other delicious things. Hummus with vegetables along with blue corn chips, raw chocolate and the delicious salads that were different every meal. The only meals I could not eat were those that had cucumbers.

Not only were we fed like queens, we were spoiled with 3 spa treatments that included a body scrub and polish, massage and a body wrap. We were taught new ways to look at life and food, the proper ways to love your life and how to savour and enjoy every single bite you eat.

After having experience the three day retreat, I would definitely recommend it to everyone, including diabetics. It was an amazing, relaxing and eye-opening experience. The most important thing I learned was that hot food is dead food. All the enzymes are killed and are no longer able to help your body. Every meal we had was served cold, alive and delicious. We ate many different variety of vegetables and did not go hungry. Nicole has made a great impression on my life and a real change in my way of living, I'm not on a diet, but I am treating my body to the best food it deserves. As Nicole advised me, I don't have perfect days all the times, I mess up and cheat but it's important to not be ashamed of the mistakes you make. You just have to eat properly the next meal, and you will feel better.



BEAT BELLY FAT FOR GOOD!

BY BAYVIEW 26 WELLNESS CENTRE, MÖVENPICK TOWER & SUITES DOHA PHOTOGRAPHY JESSIE PALANCA





Targets: Arms, abs, butt, legs
• Stand with feet hip-width apart, knees slightly bent, hands on hips.

- Step forward with left foot and simultaneously lift right knee to hip level as you hop straight up on left leg and extend arms overhead.
- Land with feet together, hands on hips.
- Do 20 repetitions, alternating sides.



Targets: Arms, abs, obliques, butt, legs

- Stand with feet slightly more than shoulder-width apart, hands clasped together in front of thighs.
- Squat, keeping knees behind toes, and reach arms slightly back between legs.
- Jump straight up, bringing arms overhead (as if hoisting a heavy mallet).
- Land in starting position.
- Do 12 repetitions.

MODEL GRACE MENDOZA IS WEARING TOPS BY KAPPA SHOES BY ECCO



HEALTH TRENDS

BY BAYVIEW 26 WELLNESS CENTRE MÖVENPICK TOWER & SUITES DOHA

DID YOU KNOW?

If you heat your food for the first time, most of the bacteria is killed. However, when it cools down, the surviving bacteria can find excellent conditions to contaminate the food again. In other words, by repeated heating (either through frying, baking, microwave, etc.), the bacteria present can multiply and proliferate into dangerous levels.



THE GYM SHOE

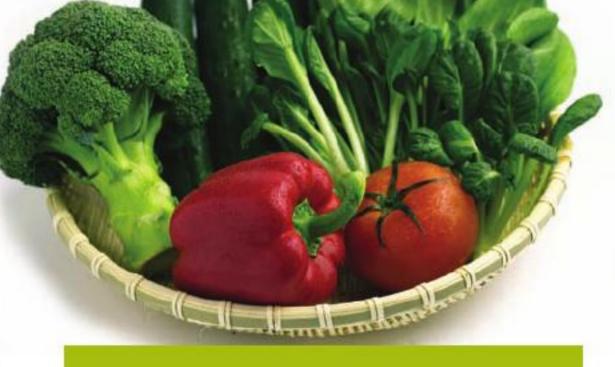
THANKS TO ECCO
BEING FASHIONABLE
AT THE GYM IS NOT AN
ISSUE. WEAR THESE
ANYWHERE!
BIOM, STARTS
AT 499 QR
AVAILABLE AT ECCO IN
CENTREPOINT



LESSEN THE DIMPLES!

Visit the Spa in Bayview 26 Wellness Centre and ask for Green Coffee Anti-Cellulite Body Wrap.

Slim and tone your body with a cutting-edge cellulite treatment. This slimming and toning wrap stimulates your body's ability to break down fat, increase metabolism and eliminate water retention. Pure 100% Micronized Green Coffee, naturally rich in Chlorogenic Acid, Polysaccharides, Proteins, and Essential Oils, soothes and enhances your skin's overall texture, visibly reducing spongy, dimply, cellulitic areas. This treatment can also be performed locally on men as an abdominal shaping sports wrap.



HOW TO

KEEP WRINKLES AT BAY

- Have a well-balanced diet. Avoid too much salt, oil, and sugar.
- Use seasonings that have anti-aging properties.
 Garlic, ginger, chili peppers, cinnamon, lemon grass, and oregano: all contain properties that have antiaging effects.
- Eat dark green leafy vegetables. Leafy vegetables that are dark green are very nutritious and filling.
 Note that dark leaves are able to absorb more light and synthesize more vitamins when they're still on the ground.



EAT WELL + TRAIN WELL = LIVE WELL!

Fitness with Food (FwF) partners exclusively with B/ATTITUDE Doha to change the landscape for fitness services for professionals based in Doha's West Bay



Starting from 1 March 2014, FwF will be offering regular early morning and lunchtime classes at B/ATTITUDE DOHA's facilities in West Bay aimed specifically at professionals with hectic lifestyles.

"We have introduced daily classes starting from 7am each weekday in addition to lunchtime classes to incentivise

professionals in West Bay

to incorporate regular exercise into their daily routines, whilst ensuring they have time to do other things. The morning classes are a good way to miss the traffic and start the day energized and focused, whilst the lunchtime classes will ensure people avoid the afternoon dip in productivity and free up their evening schedules!" Haitham Khalid, Founder of FwF commented.

"B/ATTITUDE DOHA is excited to join forces with Fitness with Food in order to better cater to the needs of our corporate clients and partners in West Bay. We have been approached with many requests to organize specific fitness classes that would be easily incorporated into a busy daily schedule of employees around West Bay and with Fitness with Food we are finally able to answer their needs." Tajana Trtanj, B/ATTITUDE DOHA General Manager

Per Islam Zafar, General Manager of FwF added: "We found through our market research that the social aspects of fitness

marketplace to date. Opportunities
to meet new people, make new
friends and have fun whilst
exercising are commonplace in
Western Europe, and Qatar
still has a long way to go
in changing people's
perceptions of fitness
classes. In response, all
early morning and
lunchtime classes
are to be mixed and
will be a great way

The implementation of a regular social class-based concept is an extension of the successful Fitness Buddy Challenge introduced in January which aimed to change people's daily routines by partnering individuals with another "buddy" to keep each other engaged and motivated in realizing their fitness objectives.

Trial classes will be available at B/Attitude DOHA, including, for a limited time only, Muay Thai Kickboxing and PT sessions with Rustem Zaripov, a former World Champion kickboxer with 14 years of Muay Thai training experience. Rustem's visit to Qatar presents a rare opportunity for students to

take their kickboxing skills to the next level! Make the most of this exciting new partnership and get fit while having fun thanks to B/ Attitude DOHA and Fitness With Food!

FOR MORE
INFORMATION
VISIT

www.fitnesswithfood.com
and
www.battitudespadoha.com





Tajana Trtanj, B/ATTITUDE DO HA General Manager



Honey has been used throughout the ages as a natural sweetener and as a medicine to heal wounds and burns, and to treat colds and cough. In cosmetology, it has been used to improve acne, scars and to soften and rejuvenate skin.

Cinnamon since ancient times has been in the kitchens of kings and emperors, as well as in the kitchen of every family as an essential flavouring ingredient. In recent times scientific evidence has shown that honey and cinnamon provide many benefits to human health.

However, there is also evidence that the excessive consumption of honey and cinnamon can have side effects and we should be careful not to go overboard and surpass the limits of a safe daily dose for extended periods of time.

HOW MUCH IS SAFE TO EAT?

The recommendation for honey is ten tablespoons a day. About 500 calories. More than that may cause not only stomach cramping, bloating, diarrhea and weight gain. Long term effects of eating too much honey or sugar can become insulin resistance, erosion of teeth enamel and GI reflux. According to the University of Pittsburgh Medical Center, honey should not be given to children under one year of age to prevent the danger of infantile botulism or allergic reactions.

The recommendation for cinnamon is below 6 grams daily or about ½ teaspoon. Some side effects of cinnamon are a burning sensation on the skin if the pure oil is used, or an irritation of the lining of the mouth if cinnamon candies or chewing gum are eaten. There are more serious side effects to the eating of cinnamon or taking supplements above the safe guidelines recommended. One must remember that the active ingredient in cinnamon, COUMARIN, can cause liver damage.

HOW SAFE ARE THE CINNAMON SUPPLEMENTS OR THE HONEY CINNAMON WATER?

Before taking any cinnamon supplement you must talk to your physician. Especially if you have liver disease, you are pregnant or breastfeeding or if you have cardiac or renal disease. Take the supplement to your doctor, and according to the coumarin content and your physical condition, you will receive appropriate, individualized advice.

HEALTH BENEFITS OF CINNAMON!

- Relieves pain associated with PMS and balances hormones in women.
- Cinnamon is high in fiber, iron, calcium & manganese.
- Reduces blood sugar levels.
- Increases blood circulation.
- Boosts Brain Activity.
- Anti-inflammatory. Treats bad breath.
- · Diuretic.

HEALTH BENEFITS OF HONEY!

- Boosts energy.
- Reduces muscle fatigue.
- Regulates blood sugar.
- Treats coughs.
- Heals wounds & cuts
- Heals minor burns.
- Beats insomnia. Good for skin.
- Reduces weight.
- Improves digestion.

REMEMBER, HONEY AND CINNAMON ARE GOOD FOR YOU. DO NOT GO OVER THE SAFE LEVELS RECOMMENDED. ALWAYS BE WISE ABOUT EATING NATURAL FOODS, THEY ARE GOOD FOR YOU BUT THERE IS A LIMIT. AS AN OVERALL ADVICE, ENJOY THE TASTE OF HONEY AND CINNAMON AND DO NOT FORGET THEIR MANY **HEALTH BENEFITS!**



An Associate of Ahmed Hassan Bilal Group

Tel: +974 4456 8716 | E-mail: info@forumdesignqatar.com

HONE DECORPTION OF THE PROPERTY OF THE PROPERT

BLACK&WHITE RULES!

Monochrome is one of the key fashion trends for the new season, so is no surprise to hear that this chic colour scheme will be huge for interiors too. Therefore invest in this versatile pieces to complement your existing decor or simply go all out by mixing geometric prints and clean lines in black and white for a modern outcome.

Homes

Home trends and interior decor news in and out of Doha

GLAMOUR BEETLE ARMCHAIR

Add character with a touch of quirkiness to your living room thanks to this unique Baroque armchair, Made in Italy. Recently presented at "Fuorisalone 2013" in Milan, this luxurios armchair features Swarovski and classic VW Beetle parts. Choose your favourite model and upgrade your décor with these stand out and original GLAMOUR





REAL ESTATE DEMAND RISES IN QATAR

Qatar's leading property portal, propertyfinder.qa, recently released its quarterly report compiling Q4 2013 trends in Qatar's home prices and rents based on user behaviour on the website. Whilst The Pearl and West Bay remained top communities to buy property based on their range of lifestyle options from high-rise apartments to luxurious waterside villas, Al Dafna made it to the top 10 list for the 1st time last year. Fast becoming Doha's downtown district, it features some of the finest hotels. restaurants and shopping avenues and lies close to the new Doha airport. Monsi Rabah, Country Manager of the Qatar operation commented: "With plans to invest billions of dollars in construction and infrastructure projects in the run-up to the 2022 FIFA World Cup, immense opportunities for the real estate sector are set to open up. Additionally, as foreign nationals relocate to Qatar for work as the country rolls out its infrastructure expansion programme, a significant housing demand is expected to arise."

IKEA LAUNCHES APP FOR QATAR

IKEA recently launched a mobile phone application and a mobile-friendly version of its Qatar website to enhance the experience of customers who interact with the brand on their smart phones, allowing them to browse over 5,000 products, check product information and stock availability, making shopping easier and faster. "Almost a thirty percent of our web site visits in 2012 came from mobiles and tablets. We expect to see this percentage continue to rise in the future as smart mobile device penetration in Qatar keeps growing," said John Kersten, Managing Director, IKEA - Qatar, UAE, Egypt & Oman.



BANG&OLUFSEN: Qatar's top choice for entertainment system

Darwish Technology and Bang & Olufsen, the world's most popular and luxurious audio-visual brands, dazzled the audience at the Commercial Bank Qatar Masters last January. They provided in fact the match with the latest state-of-the-art built-in sound system comprising the newly unveiled TV from B&O BeoVision 12 for the total duration of this prominent sporting event. Golf aficionados were relished with the set of Bang & Olufsen active loudspeakers and the vivid quality of the plasma TV that created a great buzz, at the Public Village chalet, at Doha Golf Club.

For more information visit Bang & Olufsen at Lagoona mall.





Properties Listing March 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.

Bilal Complex

2 bedroom apartments fully furnished available for rent

Location:

Al Sadd Area, Doha

Amenities:

Gym, Jacuzzi, spa and barbecue area.





Bilal Executive Suites

luxury 2 bedroom apartments fully furnished

Location:

Al Nasser Area, Doha

Amenities:

Gym, Jacuzzi, spa and barbecue area.

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.



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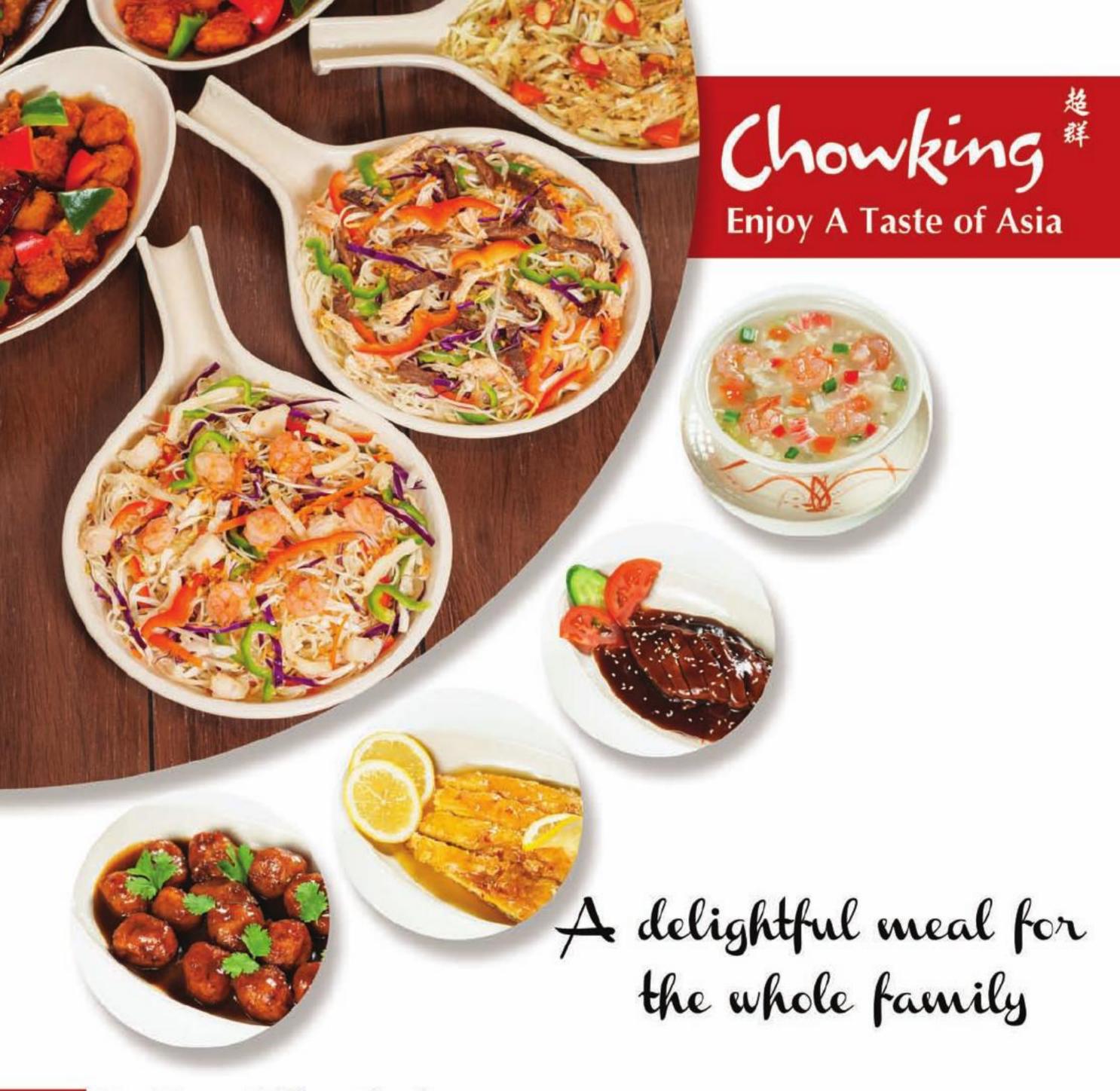
Email: marketing@ahbqatar.com • www.ahbqatar.com











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Al Khor Branch

Mamoura Branch (2nd Floor, Dar Al Salam Mall) Tel.: 4411-8816 | 4411 8817 | TEL.: 4486 - 6077

Holiday Villa Branch (Ground Floor, Entrance 7) TEL.: 4411 - 5225 | 4411 5335

FOOD & ENTERINATION OF THE PROPERTY OF THE PRO

Recipes, healthy tips and new restaurant openings



FOOGWS

The latest updates on the culinary scene!



HOSTS FIRST ECUADORIAN FOOD FESTIVAL

The Diplomatic Club
partnered with the
Embassy of the Republic
of Ecuador to bring the
country's unique cuisine to
Qatar last January. The first
Ecuadorian Food Festival ran for a

period of ten days at the Pool Area of

the Diplomatic Club, where a succulent Buffet selection and live cooking stations were prepared to pay homage to the Ecuadorian culture and cuisine. His Excellency the Ambassador of the Republic of Ecuador to Qatar, Mr. Kabalan Abi Saab said: "I extend my heartfelt thanks to the Diplomatic Club for initiating and working with professionalism for making real this event and want to welcome and thank our Ecuadorian chefs: Andre Obiol and Juan Naranjo, who have arrived from Ecuador to make us delight the delicious flavours of our country".



IS ALL ABOUT THE BURGER!

For the tastiest burgers in town head to Doha Marriott! This month in particular all its food outlets are offering special burger promotions. Salsa/Taj Rasoi/Asia Live! and JW's Steakhouse will create a state of art burger in a variety of different flavours and styles of preparation. From Wagyu beef to Scottish salmon, Indian vegetarian or Spicy Thai burger you'll be spoilt for choice. We can't wait to try them all!



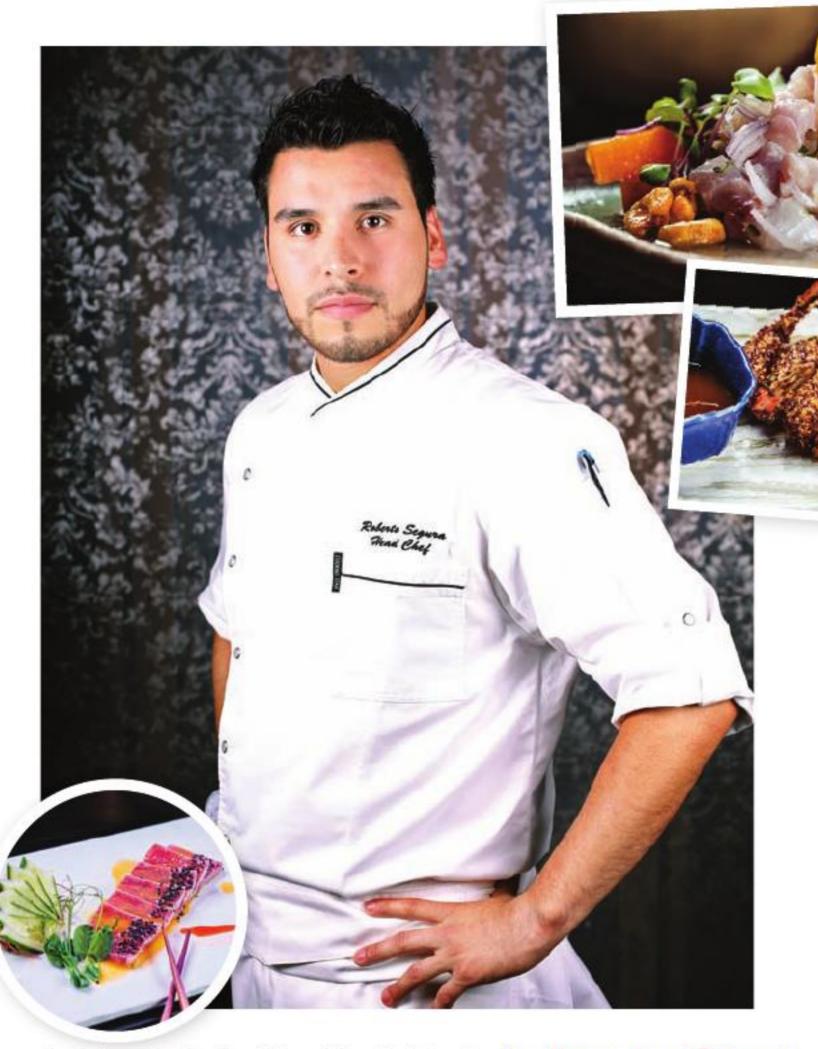
Market by Jean-Georges' latest award

Market by Jean-Georges at W Doha Hotel & Residences won another prestigious culinary award at the BBC Good Food Awards Middle East 2013 last month, where it scooped the "Restaurant of the Year, Doha" trophy. W Doha Hotel & Residences General Manager Safak Guvenc comments, "We are honoured to have been recognized for our B&F offerings at such a highly rated award ceremony. To take home the award for Doha's only category is fantastic and speaks volumes about the quality and consistency of Market's position as a leading culinary destination".



Shakespeare and Co. is Expanding

After a successful year since its first opening in Doha, Shakespeare & Co, the UAE based restaurant chain, is planning to open a second branch at The Pearl Qatar for early 2014. Shakespeare & Co. Qatar, renowned for its Victorian décor, is a café restaurant with an assortment of all day breakfast, a wide variety of international lunch and dinner options, as well as hand crafted chocolates offering various flavours of dark, milk and white chocolate, using only the finest chocolate from Belgium. The new branch promises a unique dining experience, so stay tuned for all the latest news about this exciting new opening and check-in to Foursquare to unlock the Shakespeare & Co. specials or share your favourite Shakespeare & Co. moments on Instagram using #SACMoments and you could WIN one ticket to the Grand Opening Party at The Pearl Qatar.



PERUVIAN FEAST

BY MOONA WHITICE

Peruvian cuisine is becoming very popular year after year, so it's no surprise to hear that PERU won the title of World's Leading Culinary Destination at the World Travel Awards 2013 last December for the second year in a row. To celebrate this achievement and to pay homage to the eclectic Peruvian cuisine, ABODE spoke with Roberto Gonzales, Head Chef of The Act, the Dubai based restaurant boasting a 100% Peruvian menu.

What is your favorite food to eat?

A: Definitely Peruvian food.

What is your favorite cuisine to cook? Why?

A: Of course Peruvian, but also Asian Cuisine as both are inspiring and interesting to cook.

Why did you choose to become a Chef?

A: I have always loved being in the kitchen.

As a child I would go behind my parents'

back to look at what they were cooking and learn. When I turned 11 years old I did my first dish, a simple chicken with bechamel sauce but everybody loved it. This specific moment was for me the point where realized my passion for food, cooking and having people enjoying my dishes.

What do you do to stay educated about new trends?

A: I have a big collection of cooking books and always buy new ones and

keep updated. Travelling is also a good way for me to keep educated about new trends.

When I travel back home to Peru or to other countries I always look for new trends and techniques I can learn.

What do you do to ensure the quality of the food going out to customers?

A: In my kitchen I have a process of quality control. It starts from the selection of the suppliers, checking the receiving area temperatures and physical characteristics of the products.

Once in the kitchen, my sous chefs and I make sure the mise-en-place process is well done through preparation and storage. Before the service we try one by one all the sauces and dishes from the menu, to make sure the flavors are the same every day.

Finally during the operation there will be four people checking everything is perfect. The process is the following: we have what we call filters which are my sous chefs and an assistant in the kitchen who control the preparation of each dish. After this another assistant will make sure everything is fine and at last in the main pass I will do the finishing and garnish every dish.

Give me an example of someone you have trained or mentored. Where did they start and where are they now?

A: His name is Fernando but I called him Nando. He came to the restaurant I used to work at this time in Lima where I was the sous chef. I interviewed him and later hired him. I immediately felt his positive energy in the hard work he did as well as in his initiatives. He was good and I felt he wanted to learn more so I focused on him and started teaching him everything I knew. He grew up as a professional, and became sous chef in a very good restaurant in Lima Peru, the world's leading culinary destination.

Tell me about an accomplishment that you are most proud of in your career.

A: I have created my own menus, with Peruvian tastes and am very proud of it particularly because I have had very good feedbacks from the customers.

This recognition is the one that inspires me to keep on learning, creating and sharing my Peruvian cuisine.

THE ACT RESTAURANT

42nd floor, Shangri-la Hotel, Sheikh Zayed Road Dubal







Grilled veal filet with green peppercorn and fole gras sauce, spinach and parmesan risotto

Ingredients:

- 1 portion veal filet.
- 1 tsp green peppercorn
- ½ cup foie gras
- ½ cup parmesan
- 1cup fresh spinach
- ½ cup Italian risotto

Procedure:

 Grill the veal filet • Cook the foie gras with peppercorn • Cook risotto for 18 minutes•

Add spinach and parmesan • Place the veal and the risotto in the plate with the sauce



Sea Bass Carpaccio marinated in lime mixed with green peppercorn and white asparagus salad

Ingredients:

1filet sea bass • 1 lime • ½ cup of fresh green peppercorn • 4
 white asparagus • lettuce

Procedure:

Slice the sea bass • Marinade the peppercorn in oil and lime juice • Cook the white asparagus in salted water • Put the sea bass sliced in the plate • Garnish and serve

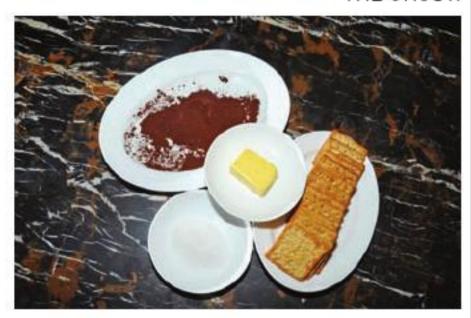


Panna Cotta vanilla and green peppercorn, fresh raspberry sauce

Ingredients: • 1 cup cream • 1 cup fresh milk • 2 gelatin • 2 vanilla leaves • 1 tsp green peppercorn • ½ cup fresh raspberry • ½ cup sugar

Procedure: • Boil the cream with milk, half the quantity of sugar, vanilla and green peppercorn • Dissolve gelatin • Stir all the ingredients and put them in a bowl • Refrigerate the mixture for 1 hour to chill • Cook the fresh raspberry with the rest of the sugar • Mix the raspberry and put in chiller • Serve cold, all together

1. PREPARE ALL INGREDIENTS FOR THE CRUST.



2. MIX ALL DRY INGREDIENTS THEN ADD MELTED BUTTER.



3. TRANSFER MIXTURE INTO A GREASED PAN.



LIGHTLY PRESS THE MIXTURE.



HOW TO MAKE:

WHITE CHOCOLATE CHESECAKE

FOOD PREPARED BY CHEF DE CUISINE SHAUN DEJEET
LOCATION THE GRILL GRAND HYATT DOHA
COORDINATED BY MARLYNNE MALLARI - DELA PENA
PHOTOGRAPHY NADIR KHAMIS

Ahhh, there is nothing quite like the taste and texture of a perfect cheesecake. Concocted with rich cream and heaps of soft cheese, this dessert is a favourite for all seasons. Here's a recipe you'll want for keeps!



WHITE CHOCOLATE CHEESECAKE by Shaun Dejeet

Ingredients:

- 5 cups Cream Cheese (at room temperature)
- 1/2 cup sugar
- 3 eggs
- ½ cup cream
- 2 cup Callebaut white chocolate
- 1 t pure vanilla extract
- 1.5 cups Cream biscuits (blended to fine crumbs in a food processor)
- 1/4 cup butter (melted)
- 1/4 cup sugar
- 1/4 cup cocoa
- 1/4 teaspoon salt

Procedure

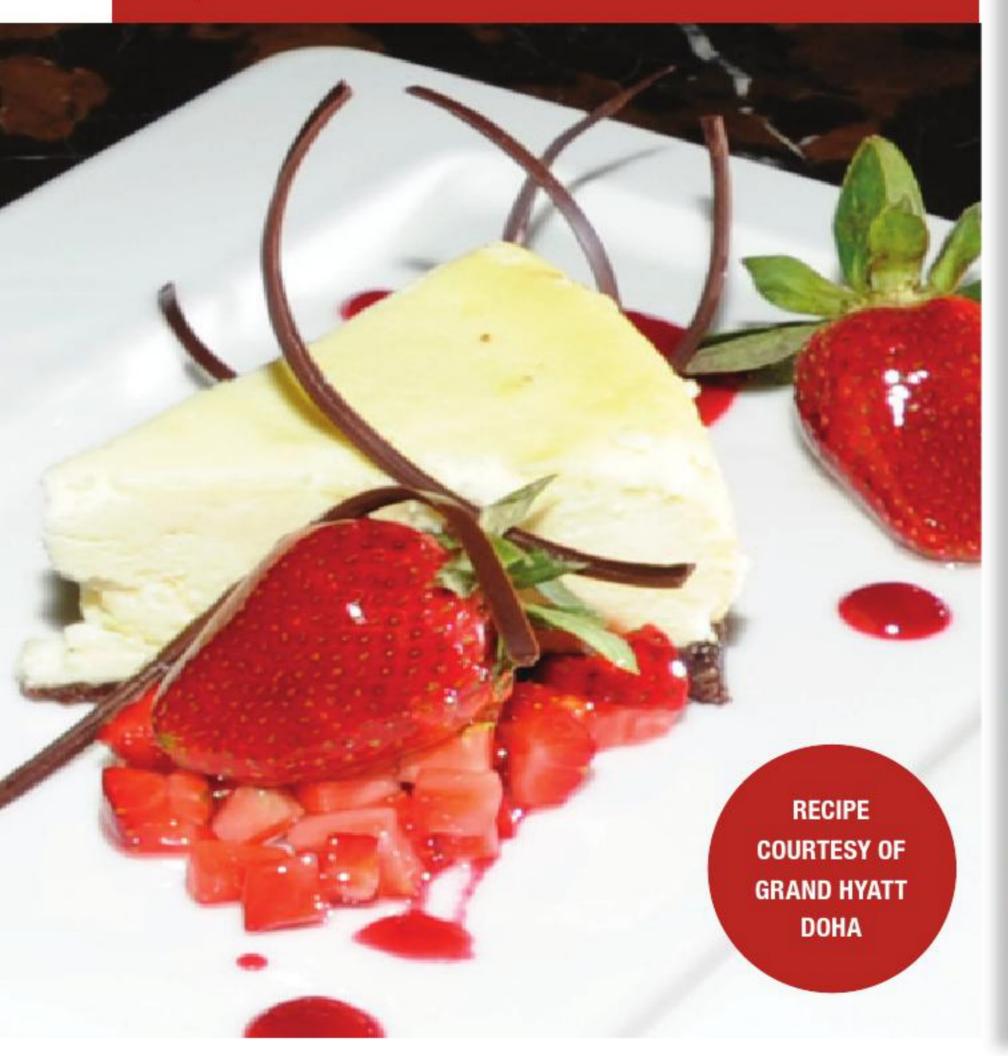
STEP 1 Mix melted butter, biscuit crumbs, cocoa, ¼ cup sugar and salt in a bowl then press into a lightly greased spring-form pan.

STEP 2 Bake in oven at 165 degrees for 10 minutes, remove from oven and chill.

STEP 3 In a double boiler add cream and white chocolate and heat until chocolate is melted.

STEP 4 In the bowl of a stand mixer, place cream cheese, ½ cup sugar and beat on high speed until no lumps remain in cream cheese. Add chocolate and cream mixture and vanilla, then add eggs one at a time until smooth batter is achieved.

STEP 5 Pour batter into cooled crust then bake in oven at 165 degrees for around one hour or until cake is just set.





Chef Shaun Dejeet

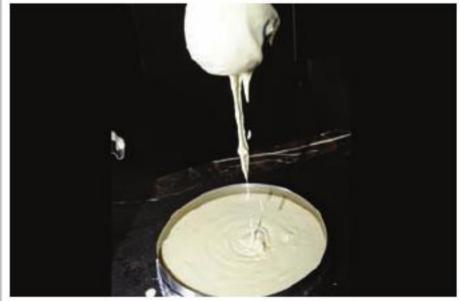
5. PREPARE INGREDIENTS FOR THE CREAM.



6. MELT CHOCOLATE AND CREAM, THEN MIX WITH OTHER INGREDIENTS.



POUR CREAM MIXTURE OVER THE CRUST.



8. BAKE FOR AN HOUR.



ABODE special



YOUR MUM'S **PARTY** WILL NOT BE

COMPLETE WITHOUT THE CAKE! OPERA'S **CAKES** START AT 130 QR



TALL GLASSES WILL ADD DRAMA TO THE TABLE SETTING.

HOME CENTRE

Surprise your mum on March 21st! Whatever your

extra special this month!

PHOTOGRAPHY SRIMANI WELAGEDARA

budget is, we have jotted down all items for you. Flip

the pages and discover how you'll make your 'Mom' feel



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KICK FRESHNESS TO YOUR MOM'S OUTFIT,

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These crystal earrings will make her feel like a popstar! Swarovski -Landmark 385 QR

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rendy

ROOMY AND VERSATILE,

THIS BROWN BAG IS A

MUST HAVE FOR EVERY

MOM. PARFOIS 139 QR

ARE EVERYWHERE, THESE HEELS WILL ADD A FRESH LOOK IN HER WARDROBE. **KURT GEIGER**

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AT DIVA LOUNGE. IT WILL

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HOLIDAY VILLA



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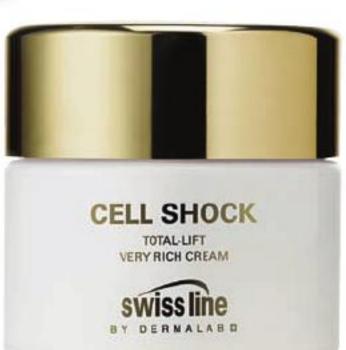


Walnut FACE SCHIB

N D N N 1

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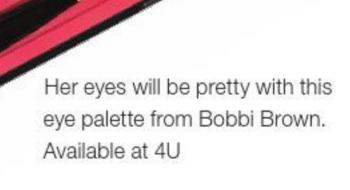
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ESCAPES

Adventurous-fun-luxurious-unique travel experiences



WELCOME TO ZURICH! Experience Switzerland at its best.

WHEN TO GO: Zurich offers an unique mix of attractions all year round. From lakeside activities in spring and summer, nearby skiing resorts in winter and a very active cultural scene with over 50 museums and galleries, Zurich will guarantee you a holiday to be remembered.

WHERE TO STAY: To combine a city break with a peaceful retreat opt for Hotel Dolder Waldhaus. This luxurious and historical Swiss Hotel, located only a few minutes away from the city centre, offers panoramic views of the city, the lake and the Alps.

To experience a truly Swiss meal book a table at the ZunftHaus Zur Waag Restaurant.

HOW TO GET THERE: Etihad Airways will offer daily direct flights from Abu Dhabi to Zurich from 1st of June 2014.

For more information visit www.zuerich.com and www.etihad.com

Traye

Stay in tune with news from the hotel and travel industry



Rixos Hotels open its first property in Sochi, Russia

The Turkish Hospitality chain has opened its first property in Russia, the Rixos Krasnaya Polyana in Sochi. This opening marks another addition to the impressive expansion of Rixos Hotels, one of the world's fastest growing hotel chains.

Fettah Tamince, Chairman of Rixos Hotels stated: "The group continues to spread its wings, with the opening of new properties and crossing new frontiers around the world. Rixos Hotels is proud to be a part of this acclaimed project; we look forward to welcoming our guests extending our traditional Rixos hospitality in one of the most celebrated and fascinating winter destinations such as Sochi. This property will be the first symbol of Rixos hospitality in this region".

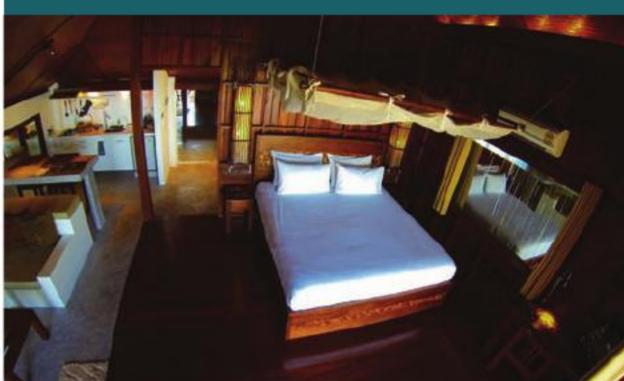


Qatar holds international tourism and hospitality conference

World experts in tourism, hospitality, major event coordination and sustainable development headlined Qatar's international tourism conference Tourism in Tomorrow's Word: what the future holds for tourism in the region, last 23rd February at the Renaissance Doha City Centre Hotel. The forum, held under the patronage of the Prime Minister HE Sheikh Abdullah bin Nasser bin Khalifa Al Thani and in partnership with the Qatar Tourism Authority (QTA), underlined the importance of tourism for Qatar and the Gulf, focusing on Qatar's recent growth as a regional tourism hub – with 81 hotels built and another 110 under construction, and 127,000 hospitality jobs in Qatar predicted by 2030 - and showcasing its authentic culture, identity and heritage, with a focus on sustainability.

TripAdvisor names World's Best Hotel for Romance

If you are planning a romantic getaway don't look any further than The Place Luxury Boutique Villas, an elegant five-villa boutique property on the southern Thai island of Ko Tao. This Thai Boutique Resort has been named the World's Best Hotel for Romance by TripAdvisorTraveller's Choice Awards 2014. The same resort also led the list of Top 25 Luxury Hotels in Asia and Top 25 Small Hotels in Asia and was ranked at Number Two in both these categories worldwide. Mr. Thawatchai Arunyik, Governor of the Tourism Authority of Thailand, said "These awards give small, independent hotels nationwide the opportunity to gain more recognition among consumers, and boost their business in an era of intense competition."



Riyadh Travel Fair 2014

ASAS Exhibitions – the organizer of the annual Riyadh Travel Fair – has confirmed that the 2014 edition of the Kingdom of Saudi Arabia's largest travel and tourism exhibition will be the biggest to date, with a robust increase of 18% in the number of exhibitors compared to that held in 2013. The annual event now in its sixth year will be held from April 15 – 18, 2014 at the Four Season Hotel Riyadh and will see new national tourism organisations participating for the first time including stands for Qatar, Mauritius, Sri Lanka and the Maldives. The Riyadh Travel Fair is open to travel and tourism professionals as well as the general public keen to discover more about exciting and exotic travel destinations.





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Compliment the most important woman in our lives with a special meal made just for her. Mothers dine free* at Animato Restaurant's Mother's Day lunch on Friday, 21st February, from noon till 3:00 p.m. Enjoy a selection of international cuisine along with specially blended mocktails to cap off the celebration.

Terms and conditions apply

* One complimentary meal per group of six

Mövenpick Tower & Suites Doha

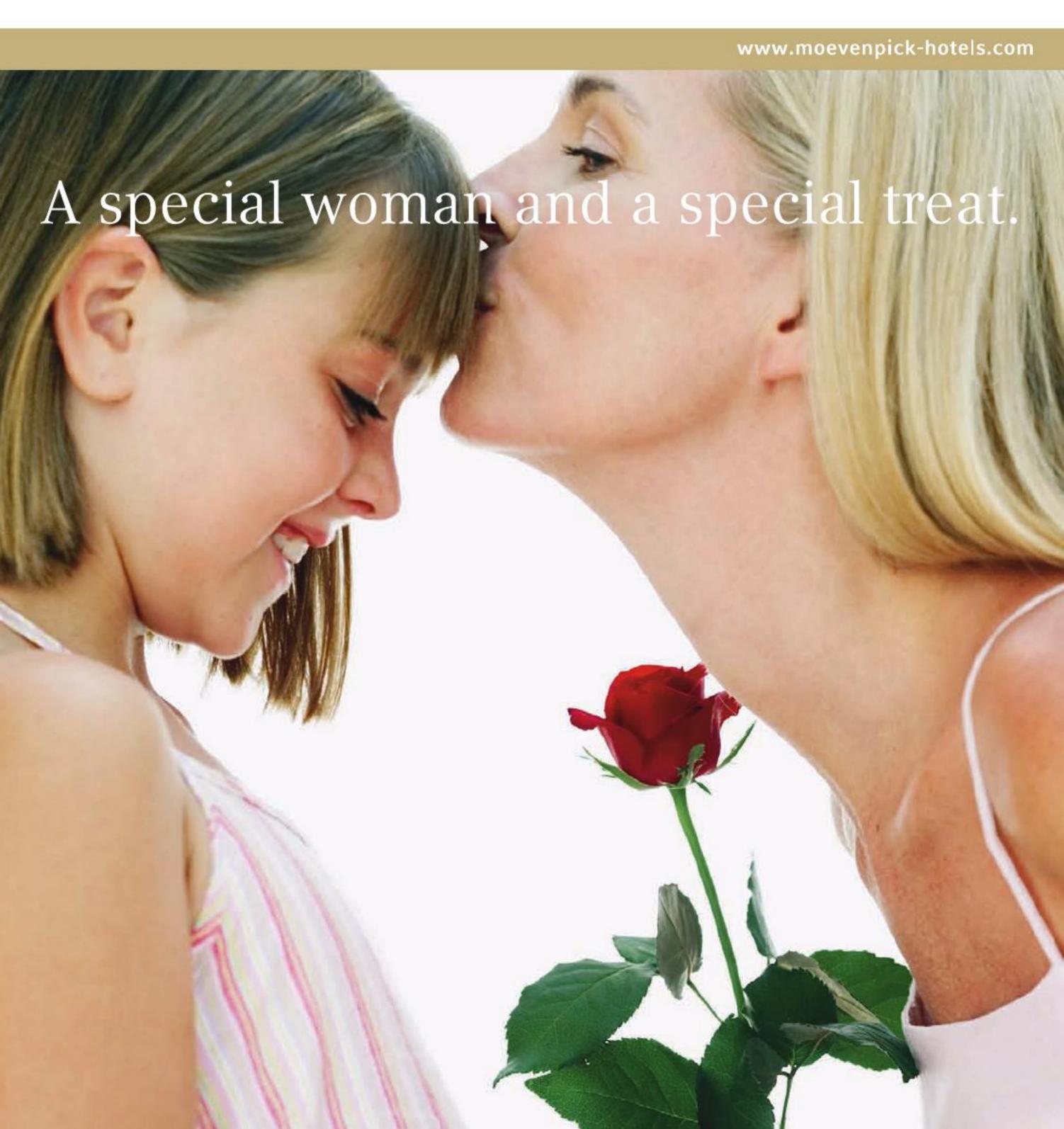
West Bay Area, P.O. Box 22752, Doha, Qatar Phone +974 4496 66 00, Fax +974 4496 66 10

tower.doha@moevenpick.com

www.moevenpick-hotels.com/doha-tower-suites

Moevenpick.Doha.Tower

MovenpickTower





Travel Attache, one of the leading travel expert agencies in Dubai offers an array of unique and exclusive experiences. This month they shared with ABODE one of their latest tour on offer: an appealing 13 day tour to China, starting off in bustling Bejiing and finishing off in cosmopolitan Shangai.

BEJIING AT A GLANCE

Beijing is a fascinating place that has become a thriving metropolis in recent years, and was brought back to the attention of everyone on the world stage in 2008 when it hosted the Olympic Games. So what better place to kick off this tour? These will be the highlights of the 2 days stop over in this exhilarating city.

Bird's Nest: the modern stadium now recognized as one of the symbols of modern China and a triumph of architecture and the involvement of Ai Weiwei, the well-known Chinese artist. It still stands as the site of the unforgettable 2008 Opening Ceremony and the majestic 100m final when Usain Bolt flew down the track during the Games.

Hutongs: (famous alleyways found only in Beijing) near Houhai Lake. From here you will visit the Drum Tower, where the passing of the hours was signalled by a drum roll during the Ming era. The tower is opposite the Clock Tower, and provides a pleasant insight into old Beijing.

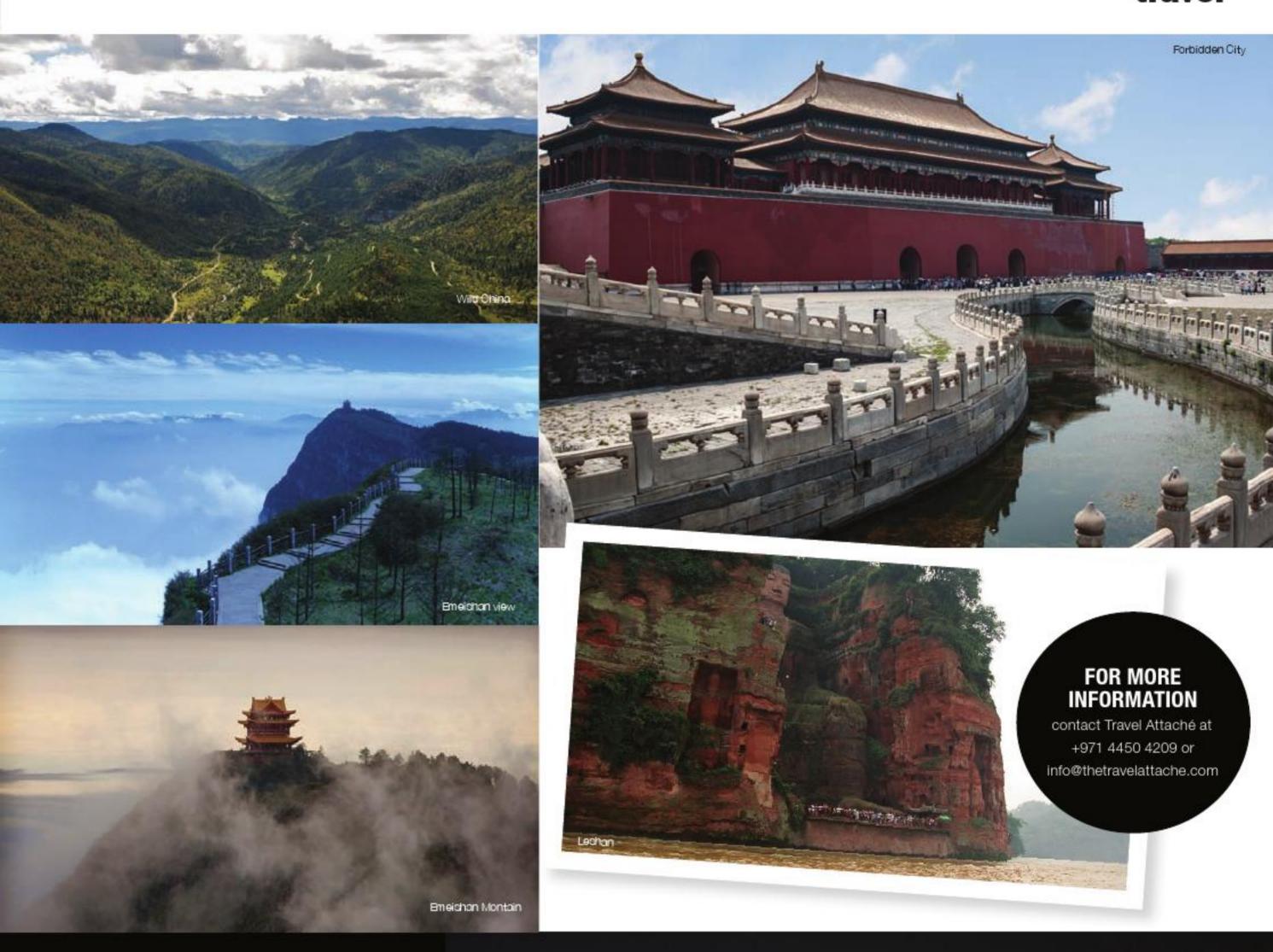
Wangfujing neighborhood: home to the famous Wangfujing road, the most commercial area of the capital. While you are there, you will get the opportunity to witness how modern China has become and how its fierce consumerism continues.

Donghuamen Market: offers a delightful taste of the night markets in the city. No one in the whole world yells as loud as the wonton vendors in Donghuamen.

Mahjong party: a social get-together around Chinese Chess or card games. The number of elderly increases around these very popular games, a gathering where bystanders often come to watch and your guide can help explain the rules.

Bicycle repairman: his job exemplifies perfectly the urbanization of the city itself. Some questions to him could be: how quickly the car has surpassed the notorious Beijing bicycle, how the youth today move around or if the bicycle has become fashionable or preferable again?

This and much more awaits you in Bejiing, before continuing your tour around beautiful China!



Tour details:

This 13 day tour of China begins in bustling Beijing, where you will unveil the old and the new parts of the city including the Olympic Bird's Nest, the Forbidden City, the capital's art district and the Summer Palace, as well as the Great Wall located a short drive away from the metropolis. From here you will fly to the UNESCO site of Jiuzhaigu and its park, lakes, waterfalls and temples before transferring to Chengdu for a taste of Sichuan cuisine. You will then fly on to scenic Zhangjiajie and Tianmenshan, both of which offer breathtaking scenery, before ending your journey in cosmopolitan Shanghai with a two day city tour.





Regional

Regional

Lamas Magan attending the Etinad Regional Launch Event in Zurich

Following a very successful 2013, the national airline of the United Arab Emirates is ready for further growth and achievements. Kicking off the new year on a high note last January, it proudly announced the launch of Etihad Regional in Zurich, Switzerland to improve regional and international connections to and from Europe.

BRINGS YOU A STEP CLOSER TO EUROPE WITH ETIHAD REGIONAL

Etihad Airways' continuous success and progress confirm the vital role of Abu Dhabi as a global aviation hub. The airline, headed by its charismatic President and Chief Executive Officer James Hogan, registered a particularly productive year in 2013 and plans further global network expansion for 2014.

Key achievements in 2013 included the highest ever passenger and cargo volumes with respectively a 16 per cent and 32 per cent increase in comparison to 2012; being named World's Leading Airline for the fifth consecutive year; being honoured as World's Leading First Class and World's Leading Airline Cabin Crew at World Travel Awards, to name a few! 2014 couldn't have started any better than with the launch of Swiss-based Etihad Regional. This exciting new partnership between Etihad Airways and Swiss Darwin Airline will build strong regional airline partnerships around the world. Moreover, it will expand Etihad's network with 34 further destinations offers and will promote traffic from Abu Dhabi into Switzerland and Europe. Darwin Airline became Etihad's fourth partner in Europe joining airberlin, Aer Lingus and air Serbia. These minority equity investments in other airlines have enhanced Etihad's global market access and provide more choice and better connections for its customers from its main hub in Abu Dhabi.



Etihad's strategic future master plan will continue to focus on organic network growth, forging codeshare partnerships and minority equity investments in other airlines. This means more and better-connected flights to new destinations for all its customers. Thirty new international routes are planned by 2020, so stay tuned and get ready to travel to your most wanted haven with ETIHAD AIRWAYS!

TRAVELLING WITH ETIHAD FROM QATAR

Doha is easily connected to Abu Dhabi thanks to four daily Etihad flights. A short connection of 45 minutes will give you access to the multitude and exclusive international destinations served by Etihad. Board the Airbus A320 aircraft, offering 16 seats in Business class and 120 seats in Economy and avail yourself of the warm Arabian hospitality service.

Doha's expert and friendly Etihad team are always on hand to help customers with bookings, cancellation and much more, so visit their office at The Centre Shopping Mall next to the Radisson blu or call the reservation centre at 800 5501. Get in touch to plan your next escape.





ETIHAD'S NEW DESTINATIONS

The airline will reach 102 destinations within its current worldwide networks in 2014, including:

- Daily flights to Los Angeles starting on June 1
- Three weekly flight to Dallas from December 3
- Daily service to Perth from July 15
- Rome (Italy)
- · Jaipur (India)
- · Zurich (Switzerland)
- Medina (Saudi Arabia)
- · Yerevan (Armenia)



ETIHAD SERVICES

Choose your ETIHAD guest travel experience, sit back and enjoy your flight! From award-winning cuisine service in Coral economy, spacious flat-bed seats in Pearl Business or ultimate luxury individual suites complemented by dining-on-demand service in Diamond First, ETIHAD will guarantee you an arrival in style wherever your destination. Generous baggage allowance, dedicated airport VIP lounges and chauffeured services are just a few perks of travelling in the Pearl Business and Diamond First classes...definitely worth it!

ETIHAD IN NUMBERS

- · celebrated 10 years of business in 2013
- worldwide network of 102 destinations in 2014
- Etihad virtual network (including equity alliance partners) registers more than 375 destinations
- 30 new international routes planned by 2020
- 12 million passengers flown in 2013
- 486,753 tonnes of cargo transfers in 2013
- 220 aircrafts on firm order
- 20 new aircrafts to be delivered in 2014, including its first 787-9 Dreamliners and Airbus A380s
- 4 flights daily from Doha to Abu Dhabi (45 minutes journey)
- Etihad owns a stake in the following airlines: 30 % airberlin, 40% Air Seychelles, 25% India's Jet Airways, 3% Aer Lingus, 19.9% Virgin Australia
- Etihad expanded its network with further 34 destination offers thanks to the launch in January 2014 of ETIHAD REGIONAL, a swiss-based carrier operated by Darwin Airline

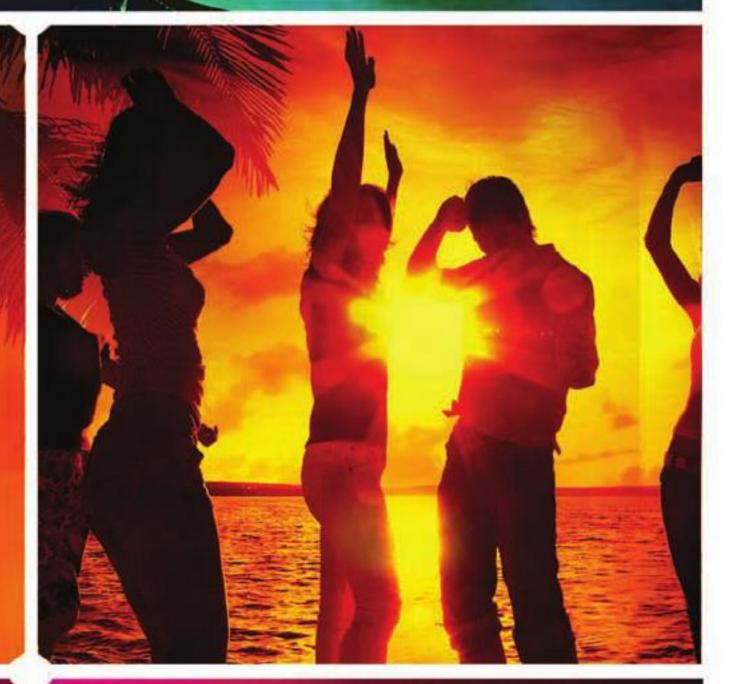




THE LATE BRUNCH

Join us for Doha's first and only Late BBQ Brunch

Chill out, watch the sunset from your beachside table whilst enjoying some cool tunes courtesy of our funky DJ, Kinky D.



For more information and reservations please contact us at +974 4429 8499 or e-mail at dinemarriottdoha@marriott.com

Dress code – flip flop chic!!
All outdoor events are subject to change without prior notice.

All in bubbly and BBQ buffet for only 380 QAR / Person

6:00pm till 10:30pm



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PEOPLE& SOCIETY Events & individuals who make a difference in the Middle East



Qatar Choice Awards crowns top hospitality outlets in Qatar

The third Edition of the Qatar Choice Awards took place last month at the Renaissance Doha City center Hotel. This home-grown award ceremony, aimed to celebrate and recognize the talents and hard-work of Qatar's hospitality and entertainment industries, registered another great hit this year. Twenty six awards were assigned during the glitzy evening. Key winners included Al Mourjan Restaurant as favourite Stand-Alone Restaurant, Oryx Rotana as Favourite Brunch, Grand Hyatt as Favourite Ramadan Tent and Spice Market at W Hotel as Favourite South East Asian concept to name a few.

Read more on page 97 or visit www.qatarchoiceawards.com for the full list of winners.

People Society



Qatar National Library wins a prestigious IT award

Qatar National Library's Associate Director for Information
Technology Krishna Roy Chowdhury, has won the 'Chief Information
Officer (CIO) 50 Award 2014', as QNL was named among the
top 50 organisations in the Middle East for its outstanding
achievements in IT.

Ms Chowdhury, was chosen for introducing advanced technologies and innovative initiatives aimed at improving QNL's business efficiency, and optimising an efficient business process. Commenting on this award, she said: "The holistic information and educational services QNL is offering, coupled with partnerships with international libraries, are technically vast. We are exerting all efforts to introduce innovative and efficient ways of doing business in order to foster greater collaboration, whether internally or with the library's different partners and stakeholders."



Q-AUTO INAUGURATES NEW SHOWROOM IN QATAR

Q-Auto, the official dealer of Audi and Volkswagen in Qatar, inaugurated last month two high caliber showrooms on Salwa Road. With 30

Audi vehicles and 33 Volkswagen cars on display, the Audi and Volkswagen showrooms combined, span over 6,200 square meters in floor space, making them two of the largest car brand showrooms in Qatar. Commenting on the showroom opening, HE Sheikha Hanadi Bint Nasser Bin Khaled Al Thani, Chairman of Q-Auto said, "We have opened two of the largest showrooms in the country as a result of the exceptional growth that we have experienced since our operations began. We are looking forward to further expanding our facilities in the near future."



KEMPINSKI SUPPORTS TANGO NUEVO PROJECT

Kempinski Residences & Suites, Doha proudly presented last month the Tango Nuevo Project's debut music collection. The hotel has assisted with the visual identity, production and launch of the "Till Dawn" collection, the first album of Tango Nuevo Project.

The CD boasts a mixture of Milongas and Waltzes, Tango Nuevo and Tradicional melodies from Buenos Aires and Paris, all played by the talented Doha based musicians Patrizia Doeringer (violin), Christoph Schmitz (cello), Joris Laenen (piano), Ferdinand at the percussion and Mia Buchignani (the voice), who met each other in Qatar after having earned their degree at some of the elite music universities in Germany. Discover more about Tango and music thanks to this wonderful project.

For more information visit www.tangonuevoproject.com and www.kempinski.com/en/hotels/social-responsibility/ culture/arts-programme



THE ONE FUELS ROTA'S WALK FOR EDUCATION

Last month, THE One Qatar proudly participated in ROTA's Wheels 'n' Heels event raising a whopping QR3,574 for the charitable organisation's educational development projects in Asia by selling 357 of their innovative 'Onederfuel' boxes at QR10 each during the 'Walk for Education' at Doha's Museum of Islamic Art Park. "This is the sixth year we have taken part in this initiative and once again, we all had a 'onederful' day, despite the weather. It just goes to show that reaching out to those in need can indeed be fun," said Gabriel Salome, General Manager of THE One Qatar.

QATAR FOUNDATION CELEBRATES NATIONAL SPORT DAY

Her Highness Sheikha Moza bint

Nasser, Chairperson of

Qatar Foundation for Education,

Science and Community Development, joined hundreds of people who gathered at Education City to celebrate National Sport Day on February 11th. Her Highness attended a number of sporting activities and events across various locations at Qatar Foundation. Engineer Saad Al Muhannadi, President of Qatar Foundation, said: "In the three years since it was established, National Sport Day has gained momentum by championing the health and wellbeing of the nation's residents. The success of this event stems from its widespread appeal, which draws people of all ages and abilities. It supports a positive lifestyle that everyone should commit to, in order to foster a healthier society today and in the future." the next decade." Mr Al-Noaimi commented.



QMA ANNOUNCES MYLEGACY WINNERS

Inspired by the National Museum's Sheikh Abdullah Bin Jassim Al Thani: a Leader's Legacy exhibition, QMA recently launched the #MyLegacy competition by asking the public to share images of how they would leave their legacy in Qatar. Four people were announced as the winners: Rukhsar Rafiq, Abdullah Mohammed Kaivanifard, Maryam Abdullah Al Khalifa and Rahma Osman, who each received a limited-edition Sheikh Abdullah bin Jassim al Thani gold coin. From a total of 51 entries, five winning photographs were chosen for their creativity and aesthetics by a five-member jury from the National Museum of Qatar. One of the five winners remains to come forward and identify their social media submission. Images and videos were uploaded to Vine, Instagram, Twitter and Facebook and can still be seen under the hashtag.



OOREDOO ANNOUNCES FREE 4G NETWORK

Ooredoo launched last month their permanently free 4G network for all Shahry pack customers and Hala Mobile Internet or Broadband Pack customers as part of Ooredoo's 2014 'Year of Digital' campaign. Oredoo's Chief Operating Officer Waleed Al-Sayed commented: "Last year we launched Qatar's fastest-ever 4G network, connected more than 100,000 customers to Ooredoo Fibre to homes, launched Business Fibre and drove innovation with our Ooredoo App. So this year, in celebration of our customers who helped us achieve all of this, we're making 4G free to say thank you for your support and to kick off #OoredooSmart".

PRESTIGIOUS AWARD FOR MÖVENPICK TOWER & SUITES DOHA

Mövenpick Tower & Suites Doha was awarded last month by the prestigious Les Clefs d'Or Qatar, the only international association of professional hotel concierges in the state of Qatar, recognising the hard work of its Chief Concierge, Zemri Dauti. His continued efforts in providing guests with outstanding service gained him this outstanding award.

"To see Zemri recognized for his hard work and excellence by Les Clefs d'Or is real testimony for the passion he has for his career," commented General Manager Ghada Sadek. "His talent, natural knack for customer service, as well as his positive attitude are all praised by our guests, which is why he is a true champion in our eyes."





DISCOVER VODAFONE RED

Vodafone Qatar recently launched RED: their new postpaid plan for its customer, which offers exclusives privileges and the best ever value possible. Benefits include unlimited calls&sms in Qatar, amazing internet connection allowance, family discounts, access to VIP lounges in over 600 airports worldwide, valet service and dedicated parking spaces in most Qatar's shopping mall and much more.

Check www.vodafone.qa/en/red for more information.

QMA LAUNCHES QATAR BRAZIL 2014 YEAR OF CULTURE

QMA announced its latest Year of Culture initiative:
QATAR BRAZIL 2014, following Qatar Japan 2012 and
Qatar UK 2013. Held under the patronage of QMA's
Chairperson, Her Excellency Sheikha Al Mayassa
bint Hamad bin Khalifa Al Thani, Qatar Brazil 2014 will
be QMA's third consecutive Year of Culture, building
on a legacy of connecting people through cultural
exchange as part of the Qatar National Vision 2030.
"We welcome the opportunity to build on the strong
relationship Qatar and Brazil share. Qatar Brazil
2014 will celebrate the people of our two nations,
showcasing the finest we have to offer in the fields
of culture, art, sport and education," said Minister of
Culture Dr. Hamad Bin Abdulaziz Al-Kuwari.

To kick off this new Year of Culture, Director of Doha Municipality Mohamed Ahmed Al Sayed and Governor of the Federal District of Brazil Agnelo dos Santos Queiroz Filho formalized the two cities' warm relationship by signing an agreement to name the cities of Doha and Brasilia Sister Cities. Over the course of the next five years, the two cities will share



information, expertise, and experience in a number of areas bringing Qatari and Brazilian professionals together in order to grow.





THE PEARL-QATAR AND BLUE SALON SIGN KEY AGREEMENT

With the framework of further developing The Pearl- Qatar as a world-class shopping destination, United Development Company (UDC) and Blue Salon Company have signed an agreement to open a series of retail outlets of leading global brands at The Pearl-Qatar, including Blue Salon Kids, Nespresso and Samsung to name a few. The agreement was signed by the Acting Chief Executive Officer of United Development Company, Engineer Badr Al Meer, and the Vice Chairman of Blue Salon Mr. Nabil Abu Issa at a function held at (Oyster), the Sales and Marketing Center at The Pearl-Qatarin the presence of Mr. Ehab Kamel, General Manager, Retail Leasing UDC, along with Mr. Fawaz Idrissi CEO of Blue Salon.



QATAR SHINES AT IFS LONDON

The International Fashion Showcase (IFS) is a fashion event organized each year by the British Council and the British Fashion Council in London to promote emerging designers during Fashion Week. This year, 30 foreign embassies and cultural institutes showcased the work of more than 120 designers and Debaj attended the event and represented Qatar at this prestigious event. Even though the abaya's fashion house didn't win the award, it was recognized and celebrated by the panel of judges for taking the Qatari fashion scene to the next level.



FIFTY ONE EAST, UNVEILS CHANEL COLLECTION AT DOHA JEWELRY & WATCHES EXHIBITION 2014

Fifty One East, Qatar's first luxury department store presented its exceptional jewelry and timepieces collections, including Rolex, Pasquale Bruni, Boucheron and for the first time Chanel at this year's DJWE. "It is with great pride that we display our elegant fine

jewelry and extraordinary timepiece collections, during this prestigious event for the 11th year running. We are proud to be the first retail chain to introduce the concept of luxury brands to Qatar back in the late 1940s and we will continue to cement this position as the region's number one choice for fashion and luxury." Mr Bader Abdullah Al-Darwish, Chairman and Managing Director of Darwish Holding commented.



QTA LAUNCHES SECOND PHASE OF COOPERATION AGREEMENT WITH UNWTO

Qatar Tourism Authority (QTA) launched last month the second phase of QTA's cooperation agreement with the United Nations World Tourism Organization (UNWTO), aimed at developing strategies to take Qatar's tourism industry to the next level. UNWTO Secretary General Dr. Taleb Rifai and QTA Chairman His Excellency Issa bin Mohammed Al Mohannadi attended the ceremony. His Excellency Issa bin Mohammed Al Mohannadi, QTA Chairman, commented: "QTA is making extensive efforts to make Qatar a leading tourist destination and develop world-class standards for local tourism. The launch of the second phase of the agreement with UNWTO demonstrate our cooperation with local and foreign stakeholders to develop the tourism sector. Our efforts are based on Qatar National Tourism Sector Strategy 2030, which will guide us to build a mature and sustainable tourism industry in the country."

JADE GYM FOR LADIES-ONLY, OPENS IN DOHA

Jade Gym opened its doors last month. The gym and wellness centre focuses on personalized and tailored solutions for women. The club offers one-on-one instruction, nutritional guidance, spa facilities, beauty treatments and fitness technology that will deliver results! "Creating a high-quality, streamlined personal training program for every member is something that has never been done

before in our industry" says Mr.

Muhammed bin Misnad Al Misnad,
the owner. "Ultimately, it's about
making our clientele look and
feel good, taking a completely
holistic approach to health, fitness
and beauty. Jade provides the
professional guidance to help our
members achieve their health and
fitness goals, above and beyond
the typical private gym."
For more information visit
www.jadeqatar.com





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THIRD ANNUAL QATAR CHOICE AWARDS

DAZZLES GUESTS ONCE AGAIN AND FINALLY THE WINNERS ARE UNVEILED.

PHOTOGRAPHY JESSIE PALANCA

Qatar's hospitality industry was out in full force at the Al Areen Ballroom in the Renaissance Doha City Center Hotel to celebrate the winners of the third Qatar Choice Awards 2013 on Sunday, February 9, 2014. Following a strong two-month online public voting competition, the winners across 26 categories were announced at a glitzy gala dinner reception that included amazing musical performances by British crooner, Atila Huseyin; local soul singer, Keyali Mayaga; concert pianist Sonja Park; and the well-known Doha Jazz Band along with the fabulous Brazilian band Tocandira.

This year the QCA introduced new categories such as Favorite Family Ambiance won by The Italian Job, Radisson Blu Hotel and Favorite Fast Food chain won by Wrap it Restaurant. It also saw DJ Roger Choueiry reprise his win as Favorite DJ for Club 7 - La Cigale Hotel, two years in a row. However, the undisputed winner on the big night once again was the Oryx Rotana Hotel, which seized four awards, stunning nominees and voters again. The Oryx Rotana's team was able to successfully

garner the highest number of public votes across four categories this year: Favorite Nightlife Ambiance-(The Jazz Club); Favorite Brunch (Choices); Favorite General Manager (Kevork Deldelian); and one of the most coveted awards of the evening, beating out 13 world-class hotels to claim the Favorite Hotel!

At the start of the voting process in November 2013, it was unknown how the voting would sway, but as the results came in, the public witnessed one organization take four awards again; defining and making it clear that determination and consistency are key to getting people to vote. The Oryx Rotana's team succeeded in proving their marketing efforts and teamwork pay off showcasing a reprised remarkable achievement.

Following closely behind the Oryx Rotana
Hotel, Al Mourjan restaurant, won two
equally-coveted awards; Favorite Stand-Alone
Restaurant, Favorite View and tied with Burj
Al Hamam restaurant for Favorite Arabic
Restaurant. This year, Al Mourjan Restaurant,
also won two International Awards of
Excellence, one from the International Quality

Summit in New York and the other from the European Society for Quality Research from Switzerland. Also on the food and dining front the W Doha won in the newest category of Favorite Southeast Asian Concept for their award-winning Spice Market restaurant which continues to be one of Doha's most popular eateries.

The Qatar Choice Awards platform was considered a massive success and the Renaissance Doha City Center Hotel, as the host of the event, was given the opportunity to showcase not only their ability to put on such an extravagant event but to highlight their culinary talents and service to the top tier of the industry. The guests, as well as the hotel and restaurant industry representatives felt truly appreciated.

Moona Whitice, Executive Director of Qatar
Happening and ABODE magazines, an
associated company of Ahmed Hassan
Bilal Group, noted that, "The awards are a
way of highlighting the marketing and team
efforts of each hotel and restaurant to ask
for the public to vote for them. Last year we
challenged everyone to have another strong
showing and I think many of those who won
took the challenge seriously. Congratulations
to everyone who worked so hard to win. The
whole exercise is guaranteed to push the
restaurants and hotel industry of Qatar forwardand that, in the end, is good for Qatar."

George Ayache, General Manager of IFP Qatar and Naycom Qatar mentioned, "By joining hands with Qatar Happening and I Love Qatar we managed for the second year in a row to bring to Qatar's hospitality scene another beautiful edition of the Qatar Choice Awards. Congratulations to all the winners" With over 25,000 vote cast across 26 categories, featuring 8 nominees in each category, the winners and runner-ups can be sure that it's in the public's hands. We want to thank all the people who voted - especially our sponsors who have been supporting us for the third year: Gulf Crafts, Al Isteklal, IAC Qatar, Boecker Public Health, Love Gifts, Etihad Airways, Maya la Chocolaterie, Trinity Talent and Habibs Hair & Beauty."

special



St. Regis' Jazz at the Lincoln Center team

THIS YEAR'S WINNERS:

- Favorite DJ: Roger Choueiry La Cigale
- Favorite Newcomer: Zaffran Café
- Favorite Delicatessen Bakery & Chocolate Shop: Maya la Chocolaterie
- · Favorite Stand-Alone Restaurant: Al Mourjan
- Favorite Southeast Asian Concept: Spice Market The W Doha Hotel
- Favorite View: Al Mourjan
- Favorite Event in 2013: It's Time for Africa at Sealine Beach Resort
- Favorite Nightlife Ambiance: The JazzClub Oryx Rotana
- Favorite Fitness Center: The Ritz-Carlton Spa
- Favorite Lounge & Pub: Sky View La Cigale Hotel
- Favorite Beachfront: Sealine Beach Resort
- Favorite Arabic Restaurant /A Tie: Burj Al Hamam The Pearl Qatar and Al Mourjan
- Favorite Brunch: Choices Oryx Rotana











special

- Favorite Individual in the Hospitality Industry: Luke Noble The Four Seasons Doha
- Favorite GM: Kevork Deldelian Oryx Rotana
- Favorite Hotel: Oryx Rotana
- Favorite Ramadan Tent: Ramadanak Grand Hyatt Doha
- Favorite Spa: Energy Heaven
- Favorite Family Ambiance: The Italian Job Radisson Blu Hotel, Doha
- Favorite Themed Restaurant Creative Concept: Orient Pearl Restaurant
- Favorite Fast Food Chain: Wrap it
- Favorite Café: Zaffran Café
- Favorite Outdoor Venue: Blue Grand Heritage Hotel
- Favorite Chef: Chef Zarmig Mamig Restaurant
- Favorite Live Music Band: Jazz at Lincoln Center Doha The St Regis Doha
- Most Hygienic Restaurant: Al Liwan Sharq Village & Spa Doha









INTERNATIONAL WOMEN'S DAY!

BY SANDEE THOMPSON PHOTOGRAPHY JESSIE PALANCA LOCATION MÖVENPICK TOWER & SUITES DOHA

March the 8th is International Women's Day: time to honour the women in our lives and to reflect on their experiences and roles in society and in the world. ABODE asked eight women questions related to their experiences as female expatriates living in Doha and what they hoped for Qatar in the near future and these are their responses.



Tracy Glenn,
SIDRA'S EMPLOYEES FROM CANADA
"I BECAME MORE PATIENT
WITH PEOPLE"

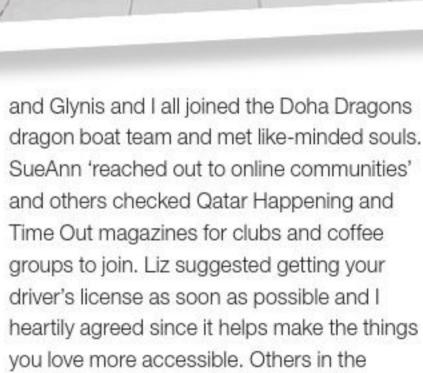
Firstly I would like you to meet the strong, dynamic women I interviewed. Tracy works for Sidra and has been a part of the team organizing to get a women and children's hospital set up here in Qatar. Hilary is a trained engineer and EFL teacher and is working at CNAQ, a Canadian college that has been in Qatar for ten years and is a training ground for Qatari and students from all over the world. Faith is also an instructor at the college who works in and with the security department and Margaret is an accreditation specialist. Liz, the conductor of the Doha Singers, is from Australia and teaches music here in Doha; SueAnn is a Trinidadian drilling engineer who works for one of the oil companies in town; Bianca is from the Philippines and works in the finance department of an oil company

here and Glynis is here with her husband.

Three of them have been in Qatar for more than four years, five for a little over a year and one landed in Qatar only a few months ago. Most said travel, sport or exercise, spending time with friends and

dining out were things they enjoyed in their free time. Half of them have travelled extensively and have lived in other countries other than their home countries and Qatar, including a few who previously lived in the Middle East. Half are married and all came to Qatar because of a job and the opportunity provided by such an adventure.

I asked these women about happy experiences and harder times, if they had experienced culture shock, and what it was like to connect with others in this fast-growing city. Many said it was hard, at least at first, to meet people other than the folks they worked with or lived near and suggested joining groups of like-minded people as a way of meeting new friends. A number of them have joined gyms and team sports and others, like Margaret, volunteer for events around the city. SueAnn, Tracy





Bianca Gonzalez,

FINANCE EXECUTIVE AT GASAL FROM PHILIPPINES

"QATAR IS MY HOME AWAY FROM HOME"



people

group said that driving was the most stressful part of living in Doha, mainly because as expat women, they felt more vulnerable because of their gender and because they don't speak Arabic, which can be handy if you are in an accident and there is a dispute.

Everyone's best, or happiest, moments were connected to meeting people, trying to communicate and being welcomed in some way. Some mentioned going to Qatari weddings and joining in the festivities and wrote about interactions where they tried to use Arabic. Faith went with her parents and a colleague into the desert to see how falconry works and Tracy was invited for an Eid meal with an elderly member of the

Qatari community. Hilary met her Egyptian husband at a city event and said that 'meeting her husband' was her happiest moment since her move to Qatar four years ago. Bianca also married and had children while living in Qatar.

These women told me stories of the



Faith Ratchford,

PHD IN SECURITY, INSTRUCTOR IN SECURITY DEPARTMENT FROM CANADA

"SINCE LIVING IN QATAR I CAME OUT OF MY SHELL MORE"

generosity of others and how they have learned to ask for help when they need it, despite being fiercely independent souls. When I asked what they had learned about themselves or how they had grown from their experiences in Qatar thus far, they said that they were more confident, less shy, more adventurous and more patient. Liz

said she "speaks her mind more" and Hilary said she is "more laid back". Faith also said she had "come out of her shell more" and that she has learned to ask for assistance. Tracy said she "is more patient with people in general".

These are all good things for personal empowerment and better overall health, I'd say!

My final questions were to ask what they hoped for Qatar and her women and if they had any advice for women living in Qatar now. Again, the responses were similar in many ways. They hoped people would start valuing their community and the environment more. They wanted women to be more adventurous and to seek out support systems and build community. Bianca said that as long as we are "open and willing to interact" with different people, Qatar is a home away from home and I agree 100%! These women also asked us to not judge others but to ask questions, open our ears and learn.

After reading their responses and talking to these women, I felt honoured to have met each and every one of them. Each has a story to tell and is a work in progress. I look forward to hearing more as their individual stories unfold and I hope you take the opportunity to ask the women in your life some of the same questions....What was your happiest moment today? What was



Sandee Thompson, CNAQ ENGLISH INSTRUCTOR FROM CANADA

your hardest moment here? With perhaps a follow up question of, how can I help to make it better? And then doing just that.

And to quote Margaret, remember to look around you and say "oh myI LIVE here" and smile with glee like she does!

Glynis Brown,

SIDRA'S EMPLOYEE FROM ENGLAND

"I JOINED THE DOHA DRAGONS DRAGON BOAT TO MEET LIKE-MINDED SOULS IN DOHA"





You just arrived in Qatar. Where were you before and in what role?

A: Before I moved to Qatar I spent four years in Egypt working as Economic Counsellor for the Dutch Embassy in Cairo. Four quite challenging but fascinating years I must say, both professionally and personally. During and after the 2011 revolution many Dutch companies were struggling in the unstable political and economic climate. We focused primarily on trouble shooting. My family was evacuated back to the Netherlands during the revolution. I stayed behind with the Embassy core team, as we worked round the clock to deal with the crisis situation of Dutch citizens, NGOs and companies.

The Dutch Embassy has been in Qatar for a number of years now. How do you promote Dutch companies/culture in Qatar?

A: We reach out and connect to various groups in society in a way that appeals to them. We just organized an OrangeTweetup for the Twitter community in Qatar with the aim to connect with varied groups of people in Doha and to present the Netherlands as an innovative, sustainable and reliable partner. Many people didn't know that Philips and Shell, for instance, are Dutch companies. On culture, we are organizing an exhibition of precious Islamic scriptures from Leiden University together with Qatar University. We will also organise a TEDx catwalk for Innovation with Philips. focusing on Dutch architecture and design. In terms of Sports and Infrastructure, we of course maintain our presence with an Orange Pavillion at Aspire4Sports

event. Many Dutch companies are looking to expand into Qatar. We assist them by informing them and matching them with potential Qatari partners.

The 2022 FIFA World Cup is approaching fast. The Netherlands are known for its great football players but also for its businesses in this field. Are the Netherlands playing any role in this event?

A: Football players like Ronald de Boer, Arjan Robben, Robin van Persie of course appeal to many sports fans in Qatar. But indeed, also from the business perspective we aspire to play a significant role. A World Cup should be an unforgettable and positive experience for players, spectators, and the local community. I am convinced we have ample knowledge and experience to offer in the areas we excel, like logistics, legacy management, public safety, sustainability and of course architecture and engineering.

You are very active on Twitter. How does it help you to promote the Netherlands and to get to know people in Qatar?

A: Twitter is a very effective tool to reach out to groups you usually don't meet in more official circles. It gives unfiltered information, and makes us diplomats accessible to the public. Organizing TweetUps, having conversations on twitter and tweeting interesting facts about The Netherlands makes it a very dynamic and interactive means of communication. It is however not an end in itself. We should never forget that it is the personal contact,

the soul to soul connection that matters and moves us forward in our relations.

Politic is a rather male-dominated business. Being a woman, does that affect your position?

A: Personally I don't feel I'm treated in a different way than my male colleagues. Ambassadors are appointed to be the highest representative of their countries, regardless their gender. For me, diplomacy is about reaching out, building bridges and being effective, not about being a woman or a man. Far more important is personality, cultural awareness and energy.

What is your perspective/ view on getting more women to join the workforce in Qatar? What changes could be made to take away any hurdles?

A: To grow and diversify the economy. more Qatari women need to enter the workforce at a faster pace. Qatarization of the economy without engaging women could be a major challenge. I'm impressed with the level of education and commitment many young Qatari women show. That female potential should be fully used and that means they need access to education and to career paths of their choice. In any country the work-life balance is important, for women but also for men. Many women and an increasing number of men in The Netherlands work part time. Often that means that you have a job, rather than a career. That is fine, as long as it is your own choice. I am lucky to have a very supportive husband and son in that regard. And we are fully enjoying Doha as a family.



HOLLAND

Holland is a region and former province located on the western coast of the Netherlands. The name Holland is also frequently used as a pars pro toto to refer to the whole of the country of the Netherlands.

Capital: Amsterdam Currency: Euro

twitter account: @YvettevEechoud

Official language: Dutch Language

Colleges and Universities:

Universiteit van Amsterdam, more

Government: Hereditary monarchy, Unitary state, Monarchy,

> Points of interest: • Anne Frank House • Rijksmuseum • Van Gogh Museum • Keukenhof • Vondelpark



woman of the month





Amal designed from scratch her entire family home.

Amal Ameen is a young Qatari entrepreneur, who loves art, fashion and design. She is a successful interior designer looking to expand her horizons into a new business adventure. She welcomed us into her gorgeous house, designed by her, to talk about her passions and future projects, her family and her beloved Qatar.

How would you describe Amal?

A: I would say I'm a very creative person and I owe this to my parents. I grew up in a very inspiring family: both my parents are very arty and they always made us travel a lot to see how different the world is. My mum was the first Qatari female artist in the country and my dad worked in the army, but always inspired me, my brother and sister to appreciate life and its gifts. We have been so blessed to have them as parents as they guided us very well, while giving us the liberty to choose what we wanted to do in our life. Their support has been vital for all of us and it definitely helped us in reaching our goals.

You are well established as an interior designer in Qatar and internationally. What have been your main assignments so far?

A: I became an interior designer 10 years ago and I started my own company, which I still run nowadays. Doha is my hometown and it is a great place to exercise this profession. So many new projects are taking shape month after month, so I'm very proud to be part of that. My company can be approached for small jobs, such as a bedroom makeover, or we can be employed

to realize and finish off a grand palace from scratch. So it's very exciting, you never know what's behind the corner. We recently worked on the AlJazeera children's channel, we also designed a jewelry shop in Souq Waqif and few more boutiques in City Centre mall. Abroad we worked on few residential projects in Dubai and also followed a great project in Marbella, Spain.

Not to mention that I designed this house for myself and my family. My dad bought this big house and then handed it to me to transform into our family home. It was tough to have your own family as clients but at the same time it was fun. We built the house in 11 months and I completed all the interior design in three. It was a great relief to know that everybody loved the final outcome.

What is your favourite piece/ place in the house?

A: I love my stylish and cozy bedroom with walk-in wardrobe and my private terrace. I also love our beautiful chandeliers at the entrance and on the staircase. It took months to put each piece of them together; the result was well worth it!

How do you relax and how do you get inspired?

A: I created my own private office/relaxing

room in my bedroom. I designed this space to allow me to zone out from work, stress and any other distraction. This cozy room is vital for me, here I listen to my favourite music in the perfect setting: candlelight and incense to relax and inspire myself.

How would you define Doha?

A: Qatar is my beloved home country!
I absolutely love Doha and would never swap it with any other city in the world.
I love travelling and seeing new places and cultures, but I couldn't be more proud of being Qatari. In particular I'm very fond of Qatar Foundation and all its big projects and achievements.

You are working on a brand new project. Can you tell us more?

A: My love for fashion is undeniable, therefore I would love to open my own boutique in Doha. I even design my own jewelry, so I'm looking forward to realize this exciting project.

To pursue this dream of mine I recently travelled to all the fashion capitals to discover all the latest trends for next autumn and I started to choose which brands and designers I will stock in my multi-brand fashion boutique. Stay tuned for more updates! Loads of exciting news to be had.

What advice would you give to any other women out there, who would love to pursue her dream job/career?

A: I really hope my story will inspire any woman out there. Just follow your dreams and passions: if you really love what you do you can only succeed!

MATERNITY LEAVE:

IN QATAR AND OTHER COUNTRIES AROUND THE GLOBE

BY ELSBETH BLEKKENHORST, CO-FOUNDER AND MANAGING DIRECTOR OF GLOBAL WOMEN QATAR

It wasn't so long ago that there were no laws to protect pregnant women on the job. If an employer didn't want a pregnant woman at work, he or she could fire her. If a woman wanted to come back to work after delivering her child, there was no guarantee her job would be available. Thankfully things have changed for the better, and there are a number of laws that will protect you during your pregnancy.

In Qatar, the minimum maternity benefits according to the country's Labour Law are:

- 1. A working woman who spends a full one year at work with an employer deserves a fully paid maternity leave of fifty (50) days for delivery. The law states that up to 15 days of the leave can be taken before the birth, but at least 35 days must be taken after the birth before returning to work. If the medical condition of the mother prevents her from resuming her work after expiry of her leave, she will be on leave without pay. The leave cannot exceed 60 consecutive or interrupted days.
- 2. The working woman shall be granted daily one (1) hour for lactation of her child over one year w. e .f. the end of the maternity leave.

WHAT ABOUT OTHER COUNTRIES IN THE GCC?

Other countries in the GCC such as the UAE and Saudi Arabia offer maternity leave benefits as follows. The UAE offers a statutory leave for private sector employees that allows for 45 days of leave with full



pay – including days used before birth.

The mother is then entitled to be absent from work for 100 days (without pay) on the expiration of her leave. In Saudi Arabia, women who have been under contract for over a year are entitled to four weeks of leave immediately prior to expected delivery date, followed by a subsequent six weeks of leave at half-pay (full-pay if they have over three years of service).

WORLDWIDE:

A large majority of countries provide more than 10 paid weeks of maternity leave. Only four provide none, these are Liberia, Papua New Guinea, Swaziland and the United States (!). Central European countries have the longest parental leave regulations in the world regarding parental leave. The most generous country is Sweden.

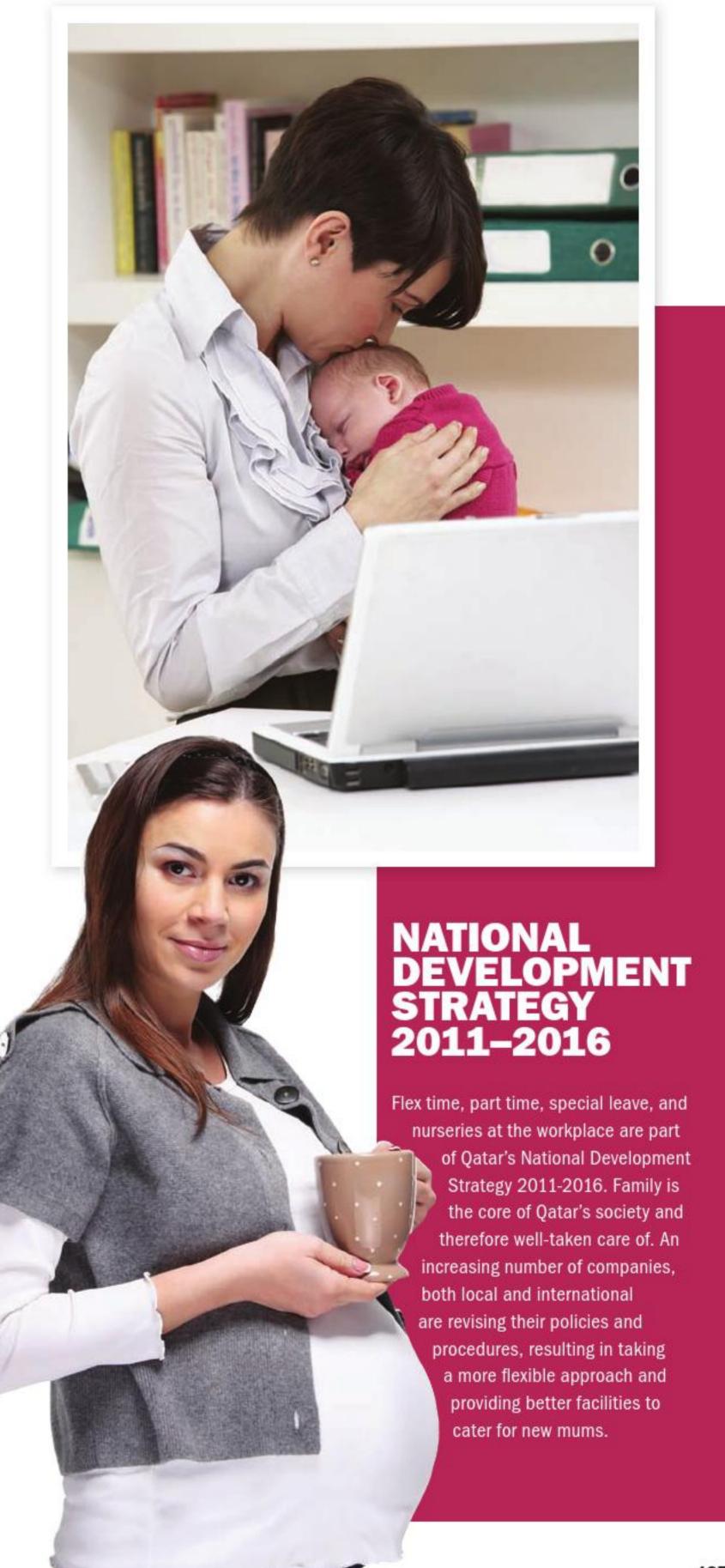
- SWEDEN provides working parents with an entitlement of 16 months paid leave per child at 80 percent pay, the cost being shared between employer and the state.
- IN THE UK, female employees are entitled to 52 weeks of maternity (or adoption) leave, 39 weeks of which is paid, planned to rise to 52 weeks paid, with the

first six weeks paid at 90% of full pay and the remainder at a fixed rate. The UK is one of the first countries that provide paternity leave. A few progressive companies offer new dads paid time off ranging from a few days to a few weeks.

- AUSTRALIA has introduced an 18 week paid parental leave scheme which is publicly funded and provides the federal minimum wage (currently A\$596.78 per week) rather than a percentage of the primary caregiver's salary.
- IN CANADA parental leave was greatly expanded in 2000, from 10 weeks to 35 weeks divided as desired between two parents. This is in addition to 15 weeks maternity leave. In most situations, a combination of maternity and parental benefits can be received up to a combined maximum of 50 weeks.

MATERNITY LEAVE IS A NEED

Maternity leave exists for a good reason. It will give the family the opportunity to unite, relax, and be together as a family before work and family spillover is introduced. Paid family leave will help out the company by saving money on training and recruitment. This will lead to higher job satisfaction and in return will lead to better work productivity. But until now, with laws being in place, women have worried about going on maternity leave. According to a survey conducted by a recruitment firm in the UK, more than 70 percent of women fear that pregnancy is a career liability. An even higher percentage felt that pregnancy threatened their chances of receiving a promotion. To open up the conversation, more open and direct communication between women and their employers should be encouraged. To foster greater bonds between a mother and her baby by adapting work schedules and introducing more flexible work environments; to allow women or their partners to work from home during the pivotal years of a child's development those are just two conversations that we all could benefit from having.



people

You've won several awards, like the International New Star Award and Disney New Star Award; what was it like in receiving these awards?

A: Winning the International New Star
Award in Japan was quite an unbelievable
honour, and it was the first big award I
won outside of the US. Fortunately I've
always been surrounded with people
who continuously put my ego in check
in this case it was my feisty Sicilian
grandmother who said, "that's great,
boy, but you still haven't learned that
Sinatra song I've been asking you to play.
Maybe now the International Star will
actually learn it. Diana Krall won that same
award! I'm sure she knows my song!"

With all the international attention pouring your way, how do you keep your feet on the ground?

A: Well, stepping into The Juilliard School at age 18 was beyond humbling! Learning about who came before us, and being aware of all of the incredible artists of our time provides perspective and a lifetime of inspiration to strive to become great. Always surrounding myself with musicians who I admire and who are better than me keeps me very busy trying to improve. Jazz is not about 'me, me, me...' it's about community, and we can't do what we do if we're not surrounded with a great team and a great audience. It's a metaphor for so many basic human qualities in communication, care and respect.

in education. Out here in Doha, we're working with the same set of values, custom-built around the community.

Can you tell us more about the Tommy LiPuma Center for Creative Arts?

A: The Tommy LiPuma Center for Creative
Arts is a place in my hometown of Cleveland
where young musicians come together to
learn to play music. Tommy is one of the
music world's most beloved producers
(Diana Krall, Paul McCartney, Michael
Bublé, Miles Davis, etc.) and is dedicated
to reaching kids through music. We love
bringing great international artists into
Cleveland to play for and work with the kids,
while embracing the wonderful artists and
teachers who live there. It is community



How do you prepare for big performances?

A: Every performance for me is a big performance, whether I'm playing for two people or 2,000 people. I always want to make sure our audience leaves feeling even better than when they arrived. Growing up in the family restaurant business, I got to see how much they sincerely valued each and every guest, like extended family and that side of it is very important to me. Our music is about community, and for the community. We want it to be that unifying piece that brings musicians and audiences of different cultures together.

My dad also helps the cause by recording concerts and sending an email of how many wrong notes I play every night.

How would you define the connection between the Jazz at Lincoln Center NYC and Doha?

A: Living in NYC since I was 18 and having Wynton Marsalis (Managing Director of JALC) as a mentor at a young age, I got to see the NYC venue built from the ground up. Wynton and the Jazz at Lincoln Center family have a special way of bringing people together through jazz, which have provided countless performance opportunities, for some of the finest musicians in the world, and have always been rooted

building through music, and embraces the defining elements of what jazz is about.

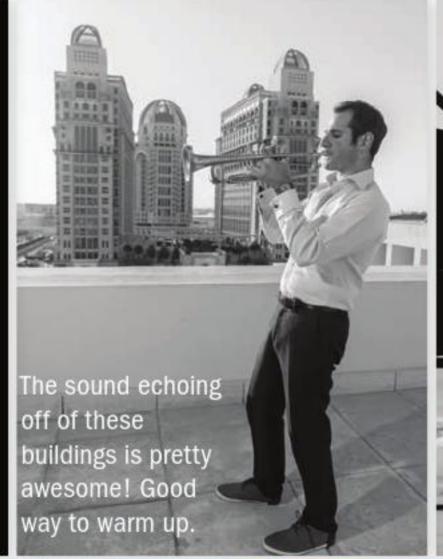
What projects/indicatives are you looking to do in the Middle East?

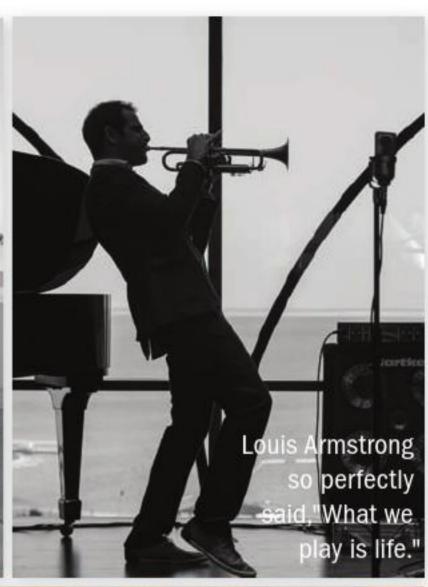
A: Jazz at Lincoln Center Doha is the first of its kind outside New York City, and we want to continue to make the venue that special place in the region where musicians from all around the world and from various genres, come together and collaborate. Jazz works well as being the 'fabric' of many different kinds of music. There is so much soulful music around here, many great musicians in the region, and we're thrilled to explore how musically we can all work together to

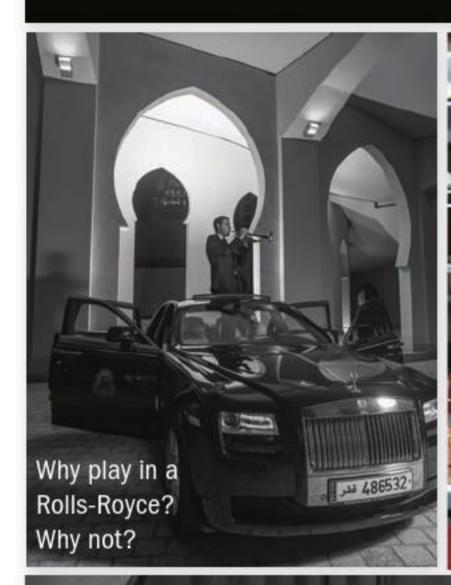
people

Behind the soft spoken charming smile and polished attire a powerful sound resonates on stage through this outstanding simpleton.

ABODE dug deeper into his typical day at his new found home at the St. Regis & JALC to feed off his rich soul.













create something that is unique, engaging and special to this region of the world.

In your own words, what is music?

A: Music is a language that has the ability to communicate to our hearts and souls. It brings people together in ways that elevate the beautiful qualities in all of us, and helps us weather the difficult times in life.

On the lighter side of things, what is your favourite, food, book and place to visit?

A: I love so many different kinds of food, especially food from this region of the world. I've been reading a fascinating book by Andrew Marr called A History of the World, which David Foster from Al

Jazeera suggested for me to check out. As of lately, trips to the desert have been quite enjoyable and mind-boggling. I absolutely love the Museum of Islamic Art.

For more information Jazz at Lincoln Center Tel.: 4446 0105, email: diningreservations@stregis.com

I love what I do





PROPERTIES OF ENDURING VALUE USING SUPERIOR DESIGN AND FINISHES, AND SUPPORT THEM WITH A DEEPLY INSTILLED ETHIC OF PERSONAL SERVICE.

A: Recognition. Training. Development.
These are all key pillars towards keeping morale high. This needs to be further supported by our Golden Rule - treating others how we want to be treated.

What lessons have you learned in this industry that you want to share with our readers?

A: This is a very dynamic, fast evolving and challenging industry that requires significant dedication. Always take one step at a time, do your best in whatever position you are in, and enjoy whatever it is you are doing.

What are your thoughts about tourism in Qatar in the next years?

A: I am excited to return to the EMEA region especially Doha, where the Qatar Tourism Authority is making huge efforts to support the country's financial, cultural and tourism growth – in my opinion Doha is the best kept secret in the Gulf and Qatar is the land of opportunities.

Can you tell us your favourite book, music and place?

A: My favourite book is "Steve Jobs", I love jazz music and the Maldives are my top travel destination.

THINKING AHEAD

BY MARLYNNE MALLARI - DELA PENA PHOTOGRAPHY JESSIE PALANCA

Catching up to the new General Manager of Four Seasons Doha, Rami Sayess, was not a simple task. Although he's barely been in the country four months, his schedule was quite packed! When we met him, he had just arrived from a business trip and was flying again after the interview. Full of vigour and gusto, Rami spoke about his role and responsibilities in this luxurious hotel chain.

Hospitality is vastly growing in this region, can you define your niche in this market?

A: We have chosen to specialize within the hospitality industry by offering only experiences of exceptional quality. Our company and hotel objective is to be recognized as the company that manages the finest hotels, resorts and residence clubs wherever we locate. We create properties of enduring value using superior design and finishes, and support them with a deeply instilled ethic of personal service.

What is your strategy for success?

A: Being consistent, reliable, relevant and personalized in what we offer each and every day to our guests.

How about work-life balance?

A: People usually go to Four Seasons to unwind and relax, I am in luck to be working at the right place!

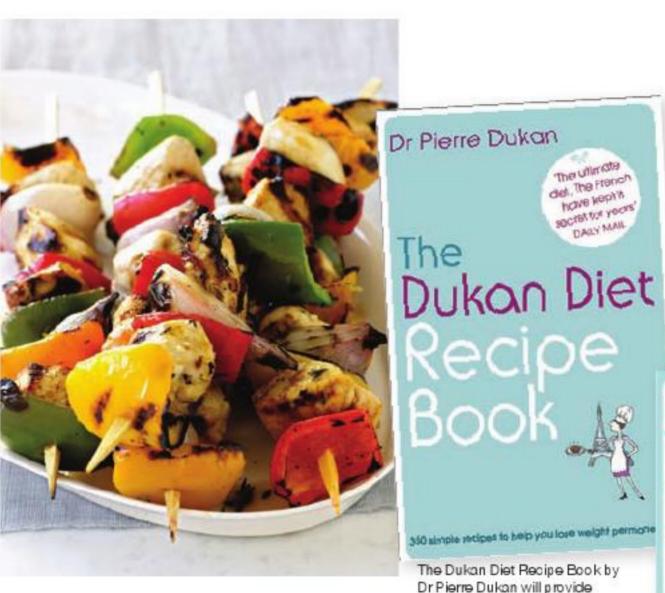
The workforce is one of the most important assets in every company, how do you uplift the morale of your people?

Best Sellers

ALL
PRODUCTS
AVAILABLE
AT VIRGIN
MEGASTORE

COMPILED BY DELIAH FURCOI

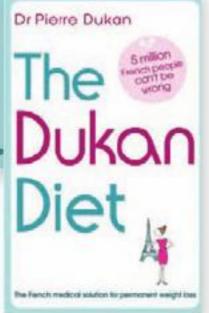
Read and learn more on how to become fit and fabulous thanks to these interesting books



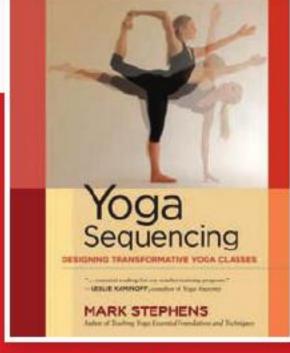
GIVE THESE RECIPES A TRY, THE BEACH SEASON IS AROUND THE CORNER!

THE DUKAN DIET

This popular protein-based diet was developed by the French nutritionist Pierre Dukan around 30 years ago, but became worldwide famous thanks to the publication of its book The Dukan Diet in 2000. Its low-fat eating plan will guarantee you effective weight loss, especially if teamed with its sister book. The Dukan Diet Recipe Book.



The Dukan Diet by Dr Pierre Dukan



YOGA Sequencing, Designing transformative yoga classes, Mark Stephens

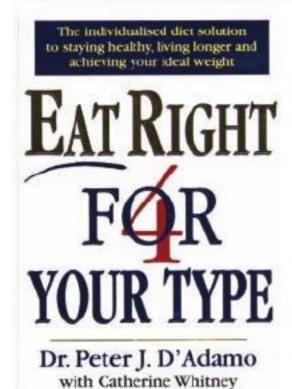
THE ART OF YOGA

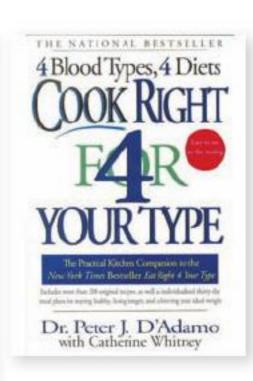
Complement a healthy diet with yoga classes to achieve a lean body, clear mind and soul.

Discover the essential principles and methods of sequencing yoga thanks to this wonderful book by Mark Stephens.

IS ALL ABOUT YOUR BLOOD TYPE

EAT RIGHT 4 YOUR TYPE book by Dr Peter J. D'Adamo





healthy and tasty recipes

COOK RIGHT FOR YOUR TYPE by Dr Peter J. D'Adamo Knowing your blood type is key to successful dieting. Learn what food are right for you thanks to the bestseller EAT RIGHT 4 YOUR TYPE book by

Dr Peter J. D'Adamo. It will provide individualized health and diet programs for all blood types.

Complement it with Dr D'Adamos other book COOK RIGHT FOR YOUR TYPE to reach your goals quicker and keep them up.



AUDI TT THE SMOOTH OPERATOR

APPRO HATE

See more on INSTAGRAM at #ABO DEQTR





SPECIFICATIONS

Model

TTC 1.8 I4 118 DSG 8J306G

Exterior Colour

Scuba Blue, metallic

Interior Colour

Saddle brown-black-saddle

Brown/black-black/black/ black

Equipment

- ISOFIX child seat mounting and rear seat approved as child seat
- Audi exclusive carbon package
- Exterior mirrors, electrically adjustable/ folding/heated with integrated LED indicators
- High-beam assistant
- S line exterior package
- · Cast aluminum alloy wheels, 5-arm

"Dynamic" design, size 9J x 18, with 245/40 R 18 run-flat tires

- Lighting package with LED technology
 - Concert radio
 - Dark tinted glass, privacy glass
 - Equipment package
 - · Audi exclusive line

Starting Price QR 185,000

Mesmerized by the Audi TT's charming façade, it is too easy not to be transformed into an agent provocateur. Filled with an all-too familiar sense of adventure, a need to be somewhere with urgency, wrapped in luxurious leather and boasting curvaceous lines, we at ABODE had to be careful not to break the rules with this one!

The dapper Audi TT is well built and is so much more than just a frisky summer roadster. An elegant designed cabin is no surprise. The flat bottomed steering wheel is unusual, but is driver-friendly. The TT's controls are straightforward and intuitive. It's not all just good looks, but has the smarts too. Some other favourites are the 19-inch alloy wheels and Audi's signature LED daytime running lights.

In short, the TT is gorgeous at every angle. Handsome in the daytime and a heart throb at night. When it comes to iconic sport coupes and convertibles, the Audi TT is pretty much the go-to car in the segment. The German company has tirelessly refined its TT offering over the years, and while it has certainly grown up since its early days, the Audi TT is still as witty and rip-roaring as ever.

am

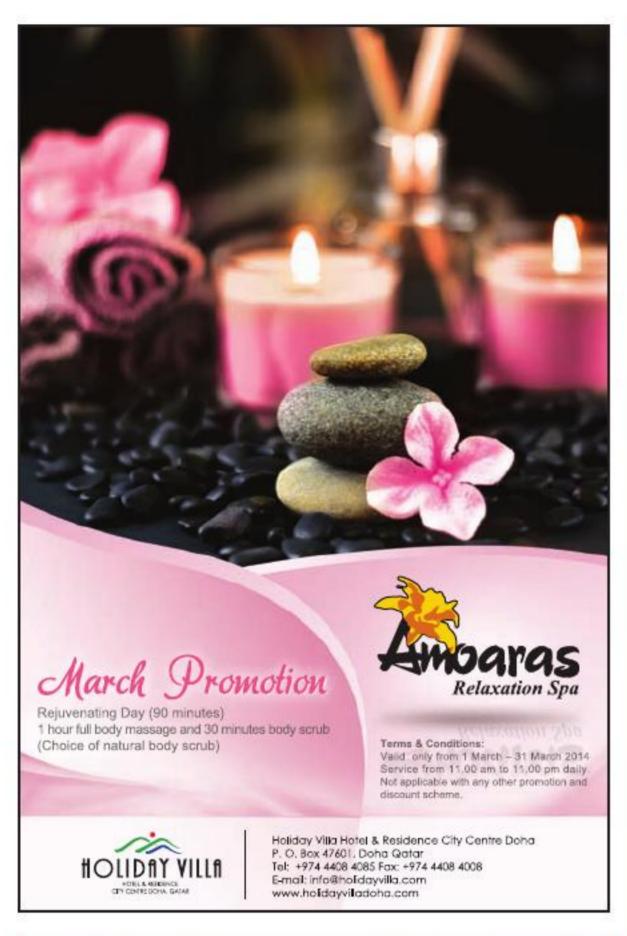
IN TT 220

FOR MORE INFORMATION

CONTACT

Q-Auto info@q-auto.com Opening Hours:

Saturday to Thursday: 9am - 9pm Friday 4pm - 9pm Audi showroom, Building C(4), Salwa Rd, Al Waab, Tel: 4445 2333



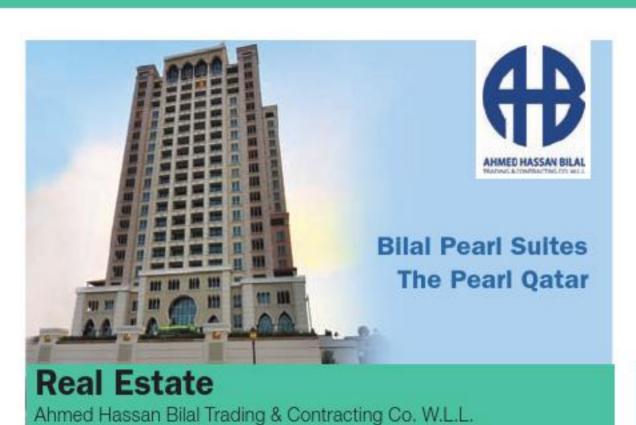
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ABODE directory



Malls

Al Asmakh Mall Hours: daily 10am-10pm,

Bilal Tower, Al Asmakh Area, 10th Floor. Tel. 4442 8877

Al Jawaan Street, Sadd 4444 2401

Centrepoint

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	5353	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 s	ection	4416 1860
Birkenstock, The Mall		4455 0233
Change, Royal Plaza, 1st flo	oor	4413 1177
Titto Bluni,Royal Plaza, 1st i	floor	4413 1144
Marc Jacobs, Villaggio Mall	, VIP section	4413 4767
Celine, Villaggio Mall, VIP se	ection	4413 4763
CH By Carolina Herrera, Vill	laggio Mall, VIP section	4413 4748
Charles & Keith, City Centre	9	4493 4437
	Hyatt Plaza	4469 0413
Dune, Landmark Mall	X-10.00	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	0.000	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
	5/-	

ABODE directory

Hotels & Restaurants

LIGGOLD OF LIGHT	ii oiii co	
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 & Suite	es, 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
Milennium 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 N	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



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

Entertainment

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

Home Decor/Accessories

Home Decoi	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, S	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
	7.7	

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
Rumailah Hospital	4439 2948
Pediatric Emergency Centre	4439 2948
Doha Dental	4431 7766
Qatar Foundation for Child	4466 6671 to 73
& Protection Hotline	

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