

YOUR LIFE • YOUR STYLE • YOUR HOME

# ABODE

QATAR

HOW  
TO PLAN  
YOUR  
PERFECT DAY

Beauty:

LITTLE  
BLACK  
BOOK  
FOR THE  
Bride-To-Be

BENEFITS  
OF DRINKING  
WATER

CALORIE  
CUTTING TIPS

THE  
*Wedding*  
ISSUE

GUEST  
GUIDE  
Special

APRIL 2014 QR 12


PRONOVIAS &  
ROSA CLARA  
HOT WEDDING LOOKS



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I love your  
smiling...  
in front of me

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West Bay Area, P.O. Box 22752, Doha, Qatar  
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Showroom Timings: 8:00am to 9:00pm (Sat-Thu); 4:00pm to 9:00pm (Fri).





# Discover endless possibilities with **IKEA's new METOD** Kitchen range.

Imagine a world of limitless possibilities. If we took away your worries of budget and space and asked you to design your kitchen, how would it look? As an answer to everything you have in mind, IKEA has launched its new **METOD** range of kitchens.



The kitchen is no longer just a place for cooking and eating. For many it's also become the centre of family and social activity. So obviously it must do the following:

- 1) Be functional – organise and declutter your kitchen
- 2) Be adaptable – work around your space and requirements, rather than asking you to adapt
- 3) Make you proud – the kitchen is still a part of your house. It should represent your style, it should represent YOU!



**FUNCTIONALITY.** The METHOD range is designed to divide and subdivide spaces to make the best of your kitchen.

This has two primary advantages. The first obvious one is that this helps you to better organise your kitchen. This means there is an exact spot for everything – planned by you down to the exact shape, size and colour you want. No more having to search for a cabinet tall enough to hold the pasta box.

The second, somewhat less obvious benefit is that METHOD is designed to create space where there is none. You might have thought of a certain odd corner useless, but IKEA has other plans. With special smaller



compartments that are specially created for difficult angles, your kitchen will now work for you in ways you could never believe were possible!

**ADAPTABILITY.** The METHOD range is essentially a wide variety of boxes of different sizes, depths, colours and textures.

Again, this has two advantages. You can begin using this range to create space in previously unused areas, like under the staircase for example. Also, this range would allow you to create an evolving kitchen. It is likely to change and adapt to your needs over the years.



**PERSONALISATION.** Since a METHOD kitchen is created as a combination of compartments of different sizes, colours, styles and depths – it essentially offers you nearly limitless possibilities to create your dream kitchen.

IKEA understands that with the kitchen quickly evolving into the centre of most family activity, it is important you feel at home in this space. Which is why, this range is specifically aimed to help you express yourself in a few easy steps. The entire range is an expression of your style, your space, your budget and your dream!

The METHOD range is fairly easy to plan and install. IKEA also offers free kitchen planning services along with integrated lighting and delivery & installation.

More information & special brochures about the METHOD range of kitchens can be found in store and on the IKEA website [www.IKEA.qa](http://www.IKEA.qa)

METHOD is about expanding the kitchen space, breaking free from conventional rules and creating a new system with a new set of rules. It's a great opportunity to finally make your dream kitchen come to life!







# *Inspiring Penthouses*

**This luxurious 2 bedroom penthouse apartment in Bilal Pearl Suites , located on the 19th floor, offers a panoramic view of Viva Bahriya ' s gorgeous beaches as well as a breathtaking lookout over the Pearl city.**

**This apartment is designed as an open living space while tasteful artwork add to the ambiance. Oversized windows & Balconies allow for the natural light to shine through, and Marble flooring is displayed throughout the whole living space.**

**The lounge area provides a fantastic entertainment center including a TV, Stereo, CD and DVD player.**

**The modern and spacious kitchen is fully equipped allowing to prepare home-cooked meals, which they can enjoy on the private balcony overlooking the sea.**

**This penthouse is the ultimate choice in luxury. A private Jacuzzi makes this the penthouse of your dream.**

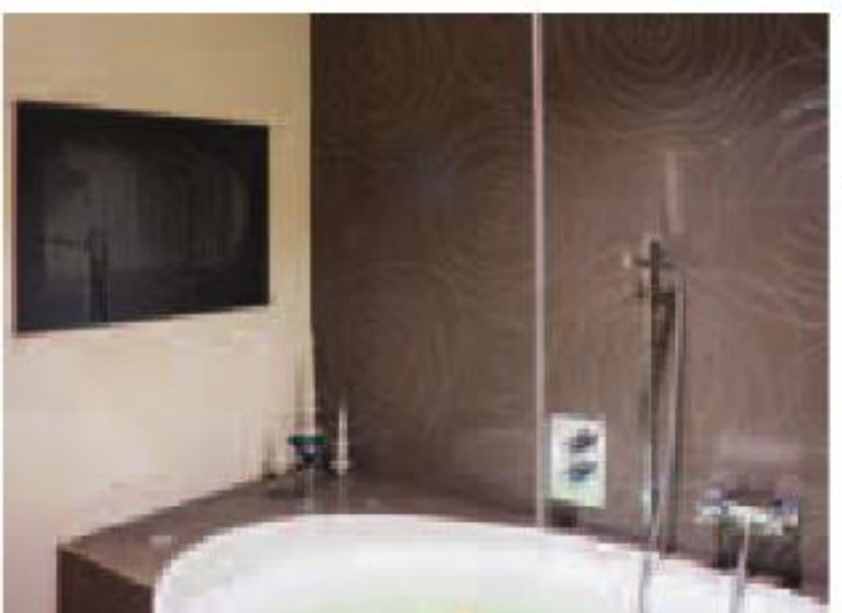


**AHMED HASSAN BILAL TRADING & CONTRACTING CO. W.L.L.**

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this month

# ABODE QATAR CONTENT

ENQUIRIES:  
+974 4443 2224  
ADVERTISING:  
+974 4427 8416  
[www.abodeqatar.com](http://www.abodeqatar.com)

## Who We Are

**Chairman** Ahmed Hassan Bilal  
**Editor-in-Chief** Nasser Ahmed Hassan Bilal  
**Executive Director** Moona Masri-Whitice  
**Editor** Francesca Moser  
**Editorial Coordinator**  
Marlynne Mallari - Dela Pena  
**Senior Designer** Paola Santin  
**Brand Manager** Zahi Srouf  
**Finalizer/ Production Manager**  
Srimani Welagedara  
**Photographer** Jessie Palanca  
**Sales & Marketing Manager** Deliah Furcoi  
**Communications Manager** Jorge Granda  
**Marketing Coordinator**  
Princess "Chet" Norlie Joy Tibayan  
**Web Coordinator** Imran Khan  
**Distribution** Lanie Fillo-Pana

## Contributors

Diet Delights  
Andrea Ceccarelli  
Chef Mike Scheumann  
Gaby Ubidia  
Suzy Q  
Dominik Farinacci

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BEAUTY  
CHOOSE YOUR  
PERFECT  
FOUNDATION

## On the Cover:

PHOTOGRAPHY: ANDREA CECCARELLI  
STYLING: FRANCESCA MOSER  
MODEL: LARISSA AT TRINITY TALENT QATAR  
HAIR&MAKEUP: BLUE BRUSH HAIR SALON  
HILTON DOHA  
LOCATION: ST. REGIS DOHA HOTEL  
MANY THANKS TO ST. REGIS DOHA STAFF, DOHA  
MARRIOTT FOR PROVIDING THE WEDDING  
CAKE, EVENTS AT ROYAL PLAZA FOR THE BALLOONS,  
PAPABUBBLE FOR THE HEART  
LOLLYPOP AND TASMEEM FOR THE FLOWER  
BOUQUETS.



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RED CABBAGE IS OUR  
STAR INGREDIENT OF  
THE MONTH!





# ST REGIS

DOHA

## BENJAMIN BUNNY CHILDREN'S AFTERNOON TEA

FRIDAY 18TH APRIL 2014



Many beautiful tales are waiting for your little ones on The St. Regis lawn. Bring them for a special Beatrix Potter Afternoon Tea where they will have lots of fun with Benjamin Bunny and his mischievous cousin Peter Rabbit as they go egg hunting and storytelling. Dress up as your favorite character and create your own unforgettable stories whilst enjoying a classic afternoon tea of mini sandwiches and delicious cakes & pastries.

*3pm – 5pm*

*QR 150 for Adults, QR 60 for children*

*Recommended to be enjoyed by children 3 – 6 years old.  
Access by private Hakkasan entrance, buggy parking will be available.*

*For reservations, call +974.4446.0105  
or email [diningreservations@stregis.com](mailto:diningreservations@stregis.com)*



# Dear Readers

It's that time of the year again: the wedding season is here, as every spring, to make all the women dream about the perfect dress, beautiful celebrations and a heavenly tropical honeymoon. Everything sounds simply divine - but we all know how stressful wedding planning can be. For this reason ABODE is here to help and inspire all the future brides-to-be in getting the most beautiful day of their life organized hassle free. Or almost. We have put together a plethora of ideas, tips and tricks from all the real wedding experts in Doha: from top bridal boutiques, wedding planners at 5-star hotels, hair and makeup experts and much more.

We guarantee you will enjoy the read whether you are getting married or not, thanks to the extensive fashion and beauty sections, chock-full of the latest trends and best buys of the moment, and our informative health section providing useful and easy tips for your daily life. You'll also want to check out our new Arts & Culture section, which will provide constant updates and information about what's happening in and around Doha, the beautiful place we call home.

Enjoy the read!



NASSER AHMED HASSAN BILAL



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

## EDITOR'S TOP PICKS

Perfume, Very Irresistible Givenchy



Clutch Bag, MaisonDuPoch



Bracelet, Tateossian

Bag, Karen Millen



The newly launched  
Immortelle  
Brightening Essence,  
L'Occitane

MUST-HAVE PRODUCT OF THE MONTH

## Win...

Enter the competitions to win one of these special treats.  
Email us at [win@abodeqatar.com](mailto:win@abodeqatar.com)



**WIN A BENJAMIN BUNNY FAMILY EXPERIENCE** For 2 Adults and 3 children, at St. Regis Doha  
**ANSWER THIS QUESTION** Who is Benjamin Bunny's best friend and cousin?

Bay View 26  
wellness centre

## WIN

**A COMPLIMENTARY LUXURY SALTMousse-GLOW FULL BODY TREATMENT AT BAY VIEW26 WELLNESS CENTRE**

What are the main ingredients in the Luxury Saltmousse-Glow Full Body Treatment?

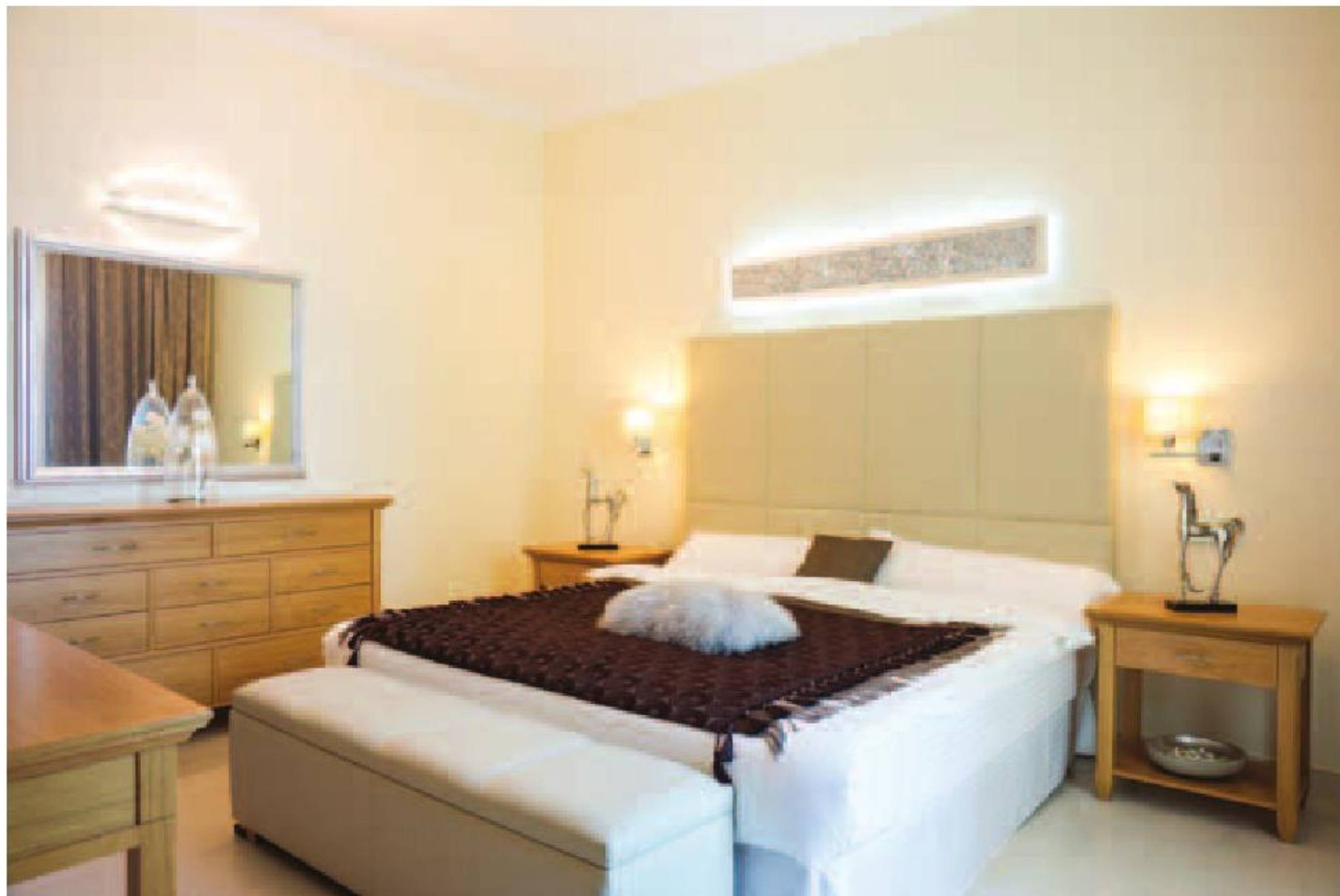
**HABIBS**  
Hair & Beauty

## WIN

**A TOTAL MAKEOVER AT HABIBS SALON!**

TELL US WHERE HABIBS SALON BRANCHES ARE LOCATED.





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# STYLE

Trends-shopping-style tips and news

## LET'S GO TROPICAL WITH PINKO

The party season is at the door: from wedding invitations, racing season and garden parties to attend there is no better time to invest in a few new dresses. Prints and tropical inspired pieces epitomize summer dressing perfectly! Check these stunners out at Pinko Villaggio Mall.





# Style News

The latest dish from the fashion world

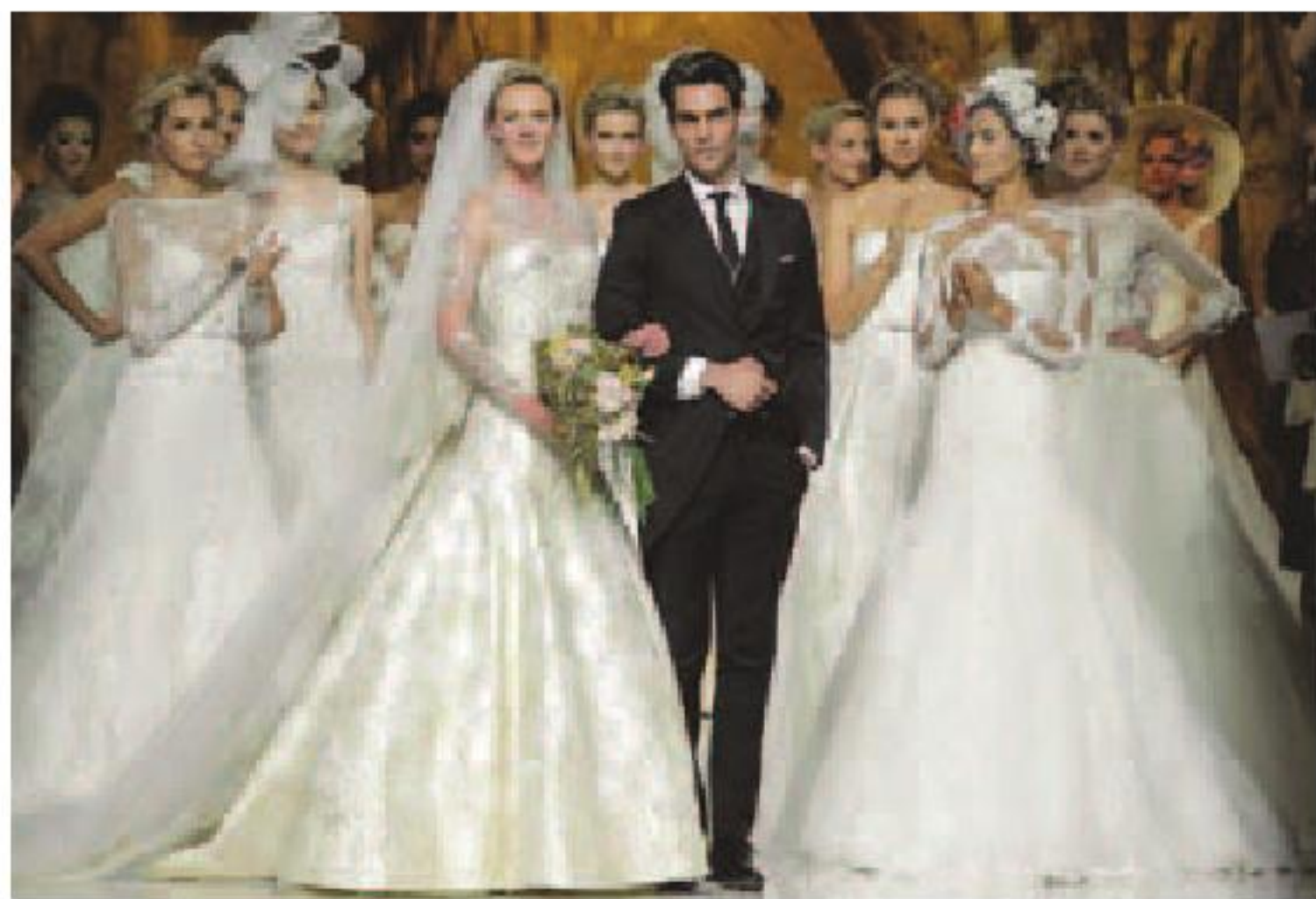
## SACOR BROTHERS LANDS IN QATAR

Sacoor Brothers, the renowned Portuguese fashion brand, has inaugurated its first boutique in Qatar in Ezdan Mall last month. The beautifully designed boutique includes a Sacoor Caffé, live piano music, the Tailor's Room and a lounge environment furnished with comfortable armchairs and sofas to provide customers the real Sacoor Brothers experience, "The quality of our brand, in conjunction with Sacoor Brothers' world-class service, is at the heart of everything we do. I am confident that our arrival at the Ezdan Mall in Doha will be the first of many successful boutiques opened in Qatar," added Moez Sacoor.



## FASHION SHOW by MODE DE LIWA

LIWA stores and Trinity Talent Qatar partnered last month for the MODE DE LIWA fashion show at Ezdan Mall. The latest collections of Suite Blanco, M&Co, Gant, Nautica, Collezione, Gocco and Menbur were presented, featuring gorgeous summery attire for women, men and kids too. Plan a visit to the mall to check them all out and treat yourself!



## PRONOVIAS TURNS 50

The Spanish bridal brand will celebrate this important milestone this year and to commemorate this important achievement they will launch its "50 Years Dressing dreams" concept. Throughout 2014 Pronovias will publish a book to showcase its history, it will present a retrospective exhibition of their collections in Barcelona and an unique fashion show will be organized to pay homage to the brides around the world. HAPPY BIRTHDAY PRONOVIAS!

## WELCOME MOLTON BROWN INTO YOUR WORLD

The ultimate destination for bathing luxuries, perfumes and home fragrances, made in London since 1973, has finally landed in Qatar. Molton Brown has in fact opened its first boutique in Lagoona Mall last month. Shopping for perfumes, body washes, lotions, candles, and hand care couldn't be anymore glamorous and fun thanks to this great brand, which boasts exotic ingredients with a touch of London eccentricity. Give your bathroom and household a revamp thanks to this luxurious range!





# HYSEK



*Al Jaber Watches* is proud to present HYSEK Duna a unique opportunity to make it your own possession for a very limited timepiece.

Duna 29mm in Steel, with metal strap  
Offering a timeless elegance, this timepiece is a true homage to femininity. Its bezel is set with diamonds with a combination of the unique suspended and curved case, extended by a strap perfectly fitting the wrist provides a pure and avant-garde character and makes with the Duna 29mm a piece of exception.

#### Movement

- Hour & minute
- Quartz
- 5 jewels
- Frequency: 32'768 VpH
- case
- Rectangular case
- Size: L 29mm, H 37mm, W 9mm
- Water resistance 30m
- Crystal sapphire with anti-reflection
- Hysek fold-over buckle
- Bracelet in steels.

*Al Jaber Watches* is proud to highlight this stunning Metropolitan Chic, Miami Lifestyle and Italian Artistry GLAM ROCK.

It brings forth all the allure of chic, metropolitan living with its watch and jewelry lines. The exquisite pieces are alive with expressive color, innovative style and flawless execution. Inspired by the glitzy and vivacious lifestyle of Miami, renowned designers, *Enrico Margaritelli* and *Isabelle Maujean* combined Italian creativity and industry expertise to create a sophisticated line of luxury timepieces that resonates global high fashion and luxury.

Reflective of the sparkling and cosmopolitan personality of Miami, all collections focus on bringing forth a sophisticated mix of quality choices and aesthetic taste.

The greatest care is taken in assuring that Glam Rock accessories and the brand itself exude excellence in every detail and every style. GLAM ROCK addresses a demanding clientele that has no geographic or cultural boundaries. The brand incorporates the values of a stylish and dynamic lifestyle, expressed through evolving inspirational watch collections.

  
*Glam Rock*  
SWISS MADE





# Look of the month

MASTER THE NEON TREND.

Electric hues are officially still in for the Spring Summer season, so get ready to inject your wardrobe with a few eye-catching pieces.



**GLASSES** Add a quirky-chic element to your outfits thanks to a pair of fashionable glasses. We simply love the new Victoria Beckham spectacles line, this pair in particular!

Glasses, Victoria Beckham



**BAG** This pastel chain bag is simply too cute. Very feminine and fashionable it will complement any look: from work wear to party attire.

Bag, Mulberry



**SKIRT** This super cute skirt is our TOP BUY of the month. A must-addition to any summer wardrobe. Style it with neutral and pastel colours for a striking outcome.

Skirt, Karen Millen



**SHIRT** A white shirt is the perfect match for any neon piece as it balances the colours out. The studs on the collar add extra edge to the look.

Shirt, Pierre Balmain at [www.theoutnet.com](http://www.theoutnet.com)



**HEELS** These sugar candy beauties are too fabulous to not get snatched up. Sophia Webster's fanciful shoes collection is now available at our favorite fashion online outlet at bargain prices, get shopping!

Heels, Sophia Webster at [www.theoutnet.com](http://www.theoutnet.com)





# 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.



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# Top 10

1

## THIGH BOOTS

The summery boots, Salvatore Ferragamo



2

## X-CROSS BAG

Your casual-cool every day bag, Paul Smith at THE GATE Mall



3

## SILK BLEND TOP

A cozy sweater to keep the air con at bay! Iris&Ink at [www.theoutnet.com](http://www.theoutnet.com)



4

## SUNGLASSES

Sunnies at the ready for the hot season. Victoria Beckham



5

## BELTS

Cinch your waist in the most fashionable belts around. Versace







6

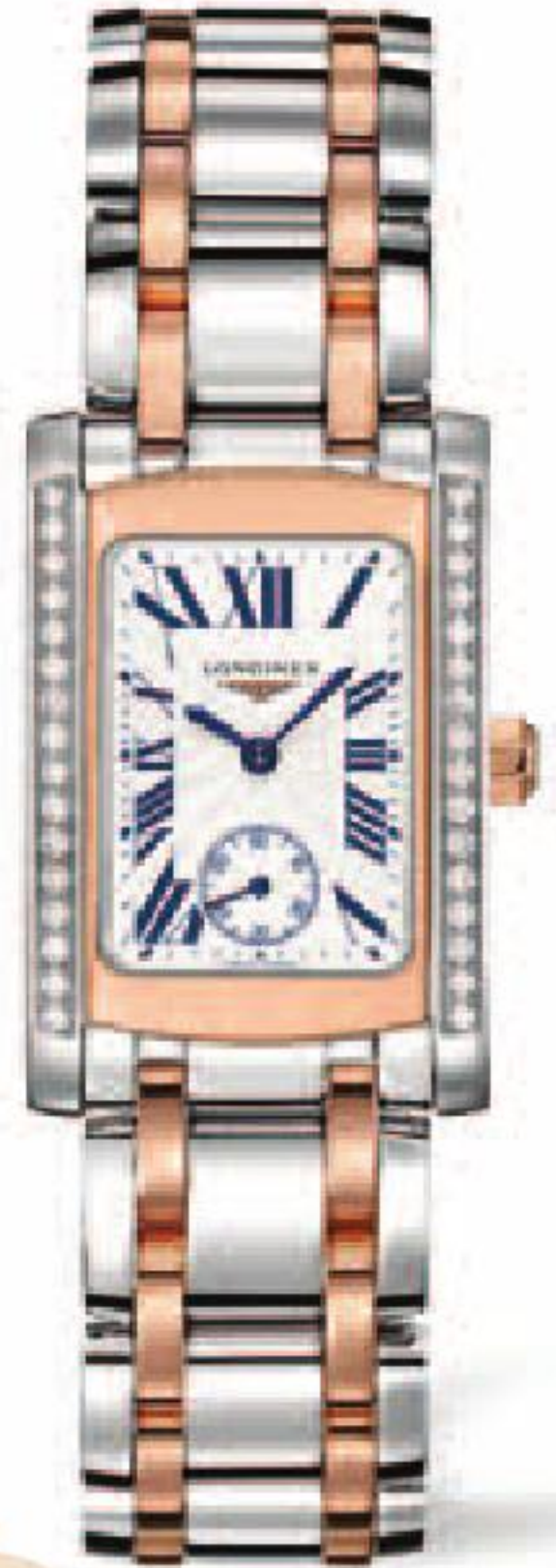
### TOUGH COOKIE

Our tough black biker jacket gets a stylish upgrade for the summer season with this nude stunner. Mulberry

7

### LONGINES' DOLCE VITA

What better name for this timeless and elegant watch. Available in steel, yellow gold, combination of steel and rose gold or diamonds anyone? La Dolce Vita watch by Longines



8

### NECKLACE

This gorgeous nude-gold neck piece will upgrade your look instantly. Paul Ka



9

### THE SKINNIES

Treat yourself to a pair of luxe skinny jeans, a great investment for seasons to come. Check the selection at [www.theoutnet.com](http://www.theoutnet.com)



10

### FLATS

Tod's, the Italian luxury shoe brand, was the first to design the famous "gommino" driving shoes. Invest in their latest quirky styles in polka dots, stripes and much more. TOD'S





# *Wedding bells*

A chauffeured Rolls Royce, dramatic fairy tale dresses, a romantic beach location and the cutest flower girl ever...Your big day starts here!

PHOTOGRAPHY: ANDREA CECCARELLI

STYLING: FRANCESCA MOSER

MODEL: LARISSA AT TRINITY TALENT QATAR

FLOWER GIRL: TIA HUGHES

HAIR&MAKEUP: BLUE BRUSH HAIR SALON HILTON DOHA

LOCATION: ST. REGIS DOHA HOTEL

MANY THANKS TO ST. REGIS DOHA STAFF, DOHA MARRIOTT FOR PROVIDING THE WEDDING CAKE, EVENTS AT ROYAL PLAZA FOR THE BALLOONS, PAPABUBBLE FOR THE HEART LOLLYPOP AND TASMEEM FOR THE FLOWER BOUQUETS.

All items from PRO NOVIAS  
at Villaggio and Lagoona Mall





All items from PRO NOVIAS at Villaggio and Lagoona Mall









All items from PROHOVIAS at Villaggio and Lagoon Mall





All items from ROSA CLARA at The Gate Mall













Tia wears dress from ROSA CLARA at The Gate Mall  
Heart lollypop by PAPABUBBLE and cake by Doha Marriott Hotel



## fashion shoot



All items from ROSA CLARA at The Gate Mall



# LE CHÂTEAU



**Ezdan Mall Ground Floor. Tel : +974 44936358**

Dubai : The Dubai Mall, IBN Battuta Mall, Al Ghurair Centre  
Sharjah: Sahara Centre.



Necklace, Paul Smith at Salam

Earrings, available at Habib's Salon

Bag, Paul Ka

# HERE COMES THE BRIDE...

The big day is approaching, it's time to finalize your look to turn some heads while walking down the aisle. Get inspired!



Rings, Aristocracy at Lagoon Mall



Fascinator, Paul Ka

Heels, Salvatore Ferragamo



Satin heels, Paul Ka



Paola Frani at THE GATE Mall

Paola Frani at THE GATE Mall



QELA



Versace Young



Versace Young

Versace Young



# DRESS UP TIME!

Flower girl dresses, ring bearer suits and boy's tuxedos couldn't be any cuter. From lace and flowery dresses at Versace Young to Pinko Pallino's and Rosa Clara's bridesmaids and page boy's outfits, our little ones will be the real superstars of the wedding!

Pinko Pallino at THE GATE Mall



Pinko Pallino at THE GATE Mall



CHECK MILLY'S KIDS LATEST COLLECTION FOR SOME FUN AND COLOURFUL OPTIONS!

Milly at Villaggio







Cuff, Swarovski at Landmark Mall



Clutch bag, Mulberry



Necklace, Pinko at Villaggio Mall



Earrings, Elizabeth Cole at [www.theoutnet.com](http://www.theoutnet.com)

# WEDDING GUEST STYLE

From short formal dresses, stunning cocktail gowns or classic LBD, there is something out there for any taste or budget.



Earrings, available at Habibs Salon



Clutch, After Shock at Ezdan Mall



Silk dress, Raoul at [www.theoutnet.com](http://www.theoutnet.com)



Dress, Karen Millen



Pinko



Pinko



Heels, Q ELA



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fi our Italia




Spring Summer Collection  
by ANTONIO MARRAS

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## SUMMER TIME!

The American label latest collection offers great relaxed looks, perfect for the hot and holiday season ahead. Get shopping!

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**FOR HIM:** FROM CLASSIC SHORTS TO FRESH SHIRTS, AÉROPOSTALE WILL ADD A COOL FACTOR TO ANY MEN'S WARDROBE.



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Trench coat, Banana Reppublic



Jeans, Salsa



Wide leg trousers, Desigual



BOB MAXAZRIA

Clutches, Pinko



Pumps, Vincci



Espadrillas, Desigual

Top, Banana Republic



# PRINT-ASTIC

Floral prints are a springtime staple, so embrace the trend with these stylish finds from our favourite shops in town.



# CUPLÉ BRINGS ITS MEDITERRANEAN FLAIR TO THE MIDDLE EAST

ABODE talks fashion with Teresa Sánchez Pastor, Cuplé's Womenswear and Jewellery Head Designer.



CUPLÉ is the latest addition to Doha's fashion scene. The Spanish fashion brand inaugurated its one and only boutique in the Gulf last month in Landmark Mall. Teresa, one of the brand's Head Designers hosted the event and presented her latest collection to Doha's fashionistas crowd. We sat down with her to discover more about this exciting new launch.

**Why did Antonia Pastor, the founder of CUPLÉ, choose this name for her brand? Does it have a special meaning?**

**A:** The name Cuplé is inspired by "Copla Andaluza" a popular song from the Andalusian region.

**Why did she start a fashion line?**

**A:** Toñi is a very inspiring entrepreneur; she lives and breathes the brand. She created CUPLÉ 30 years ago, in 1984, to provide

comfortable but stylish shoes for working women. She started designing her shoes line: kitten heels and wedges in every possible colour and slowly started to introduce bags and accessories. Only three years ago we launched our clothing range too, which is becoming very popular in all our stores.

**CUPLÉ's headquarter is based in Alicante in Southern Spain, but you are expanding very rapidly. What are your main markets?**

**A:** We currently have 100 stores in Spain and in the last five years we entered various markets in Europe (Austria, France, Belgium, Hungary and Netherlands) and we started to expand globally by opening stores in Chile, Azerbaijan and obviously now Qatar.

**What makes CUPLÉ so special?**

**A:** Even though CUPLÉ is growing year after year, we still proud our self as a small company, which means we all work

very closely together and we directly supervise our in-house production, which is all MADE IN SPAIN. All our shoes are handmade and we only use high quality leather provided by the food industry and not tested on animals.

We also recently launched the "DESIGN YOUR OWN BAG" app on our website, so if you fancy getting creative, check it out and get involved!

**YOUR BOUTIQUE IN QATAR IS THE FIRST IN THE MIDDLE EAST. WHY DID YOU CHOOSE DOHA TO LAUNCH YOUR BRAND?**

We chose Qatar as our first Middle Eastern base as it embodies our brand perfectly and because it appeals to two major markets: the expats and the Arabic ones. We believe CUPLÉ will be very successful in this part of the world, as women appreciate fashion here very strongly.



**FOR MORE  
INFORMATION**

VISIT  
[www.cuple.com](http://www.cuple.com)  
or visit their boutique in  
Landmark Mall





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THE NEW FRAGRANCES



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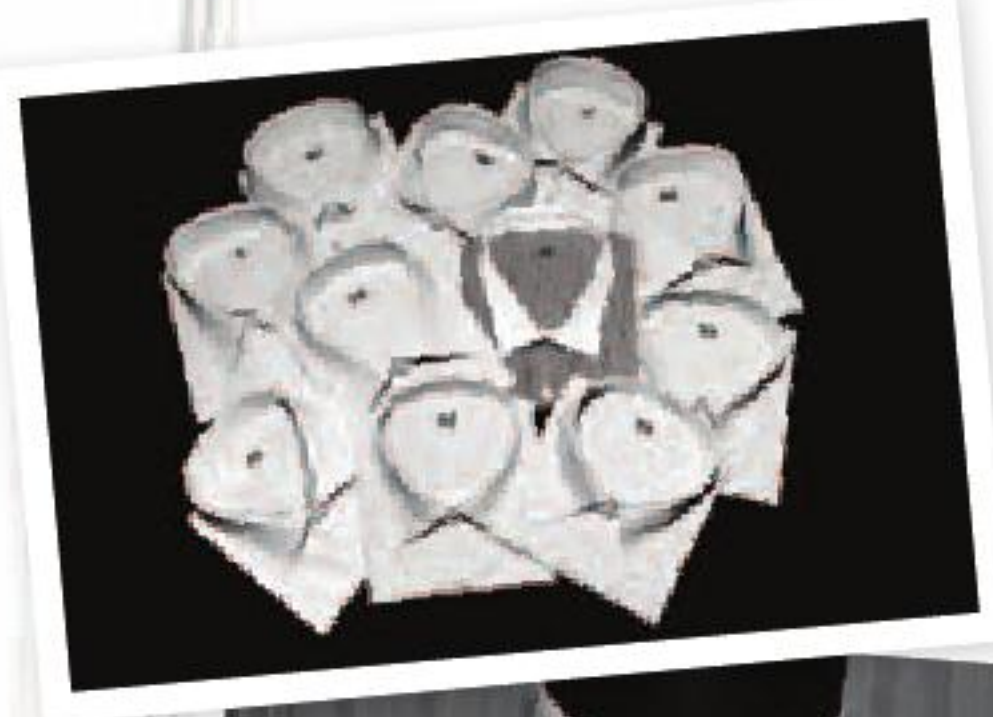
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# ABODE MEN'S **AGENDA**

## WELL GROOMED thanks to MADE-TO-MEASURE BY LANVIN

Dress sharp and make a big impression on your wedding day by splashing out on a bespoke suit. The renowned Lanvin's Made-to-Measure service offers a very special and personalized approach to men's tailoring since the mid-1980s.



### WRIST ACTION!

Finish your immaculate look by sporting a luxurious and masculine watch. Not only it will look smart but it will also guarantee you are on time on your most important day of your life!



Watch: Panerai





## WELL SUITED!

EVERY SPRING/SUMMER SEASON OUR DIARIES FLOCK WITH WEDDING INVITATIONS. **BANANA REPUBLIC'S** LATEST MENSWEAR COLLECTION OFFERS AN ARRAY OF GORGEOUS SUITS THAT WILL FIT ANY KIND OF OCCASION: FROM CLASSICS, MODERN SLIM, TAILORED CUTS AND MUCH MORE.

WHETHER YOU WANT TO GO FOR A RELAXED LOOK OR TOTALLY IMPRESS THE CROWD, **BANANA REPUBLIC** IS THE PLACE TO GO!





SUMMER WEDDINGS ALLOW YOU TO GO FOR A LESS-FORMAL ATTIRE. TO DRESS DOWN YOUR SUIT, OPT FOR A COOL DENIM SHIRT OR GO ALL OUT WITH A GINGHAM SHIRT AND COLOURFUL DETAILS FOR A PROPER FUN AND STAND OUT LOOK.



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# BEAUTY AND WELLNESS

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



## DISCOVER THE SNAKE SERUM by RODIAL

The St. Regis Remède Spa has recently teamed up with the renowned beauty brand from London, Rodial, the new alternative to botox. Forget surgery and injections, this natural based skincare will show impressive results thanks to its anti-aging and collagen-boosting properties. For more information visit [www.dohalifestyleandspa.com](http://www.dohalifestyleandspa.com)



# BEAUTY BOX

COMPILED BY MARLYNNE MALLARI - DELA PENA

Find your perfect foundation for a flawless finish. ABODE picked 5 of the best for Spring/Summer 2014.

Let's get glowing!



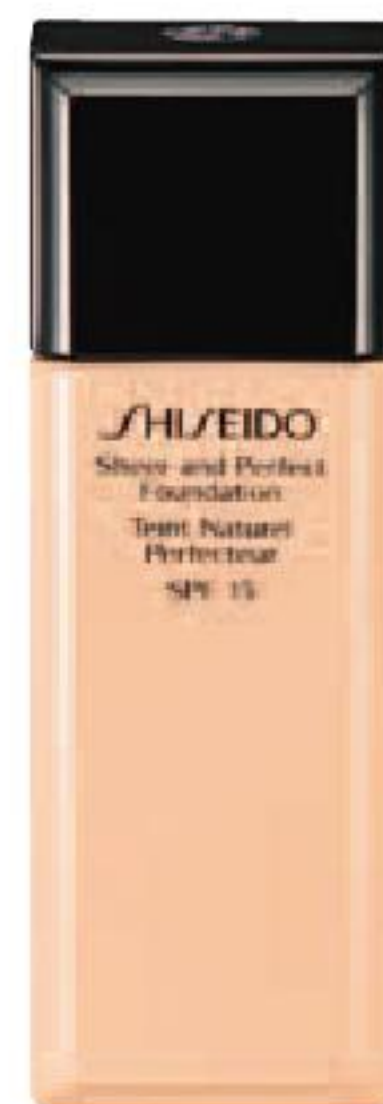
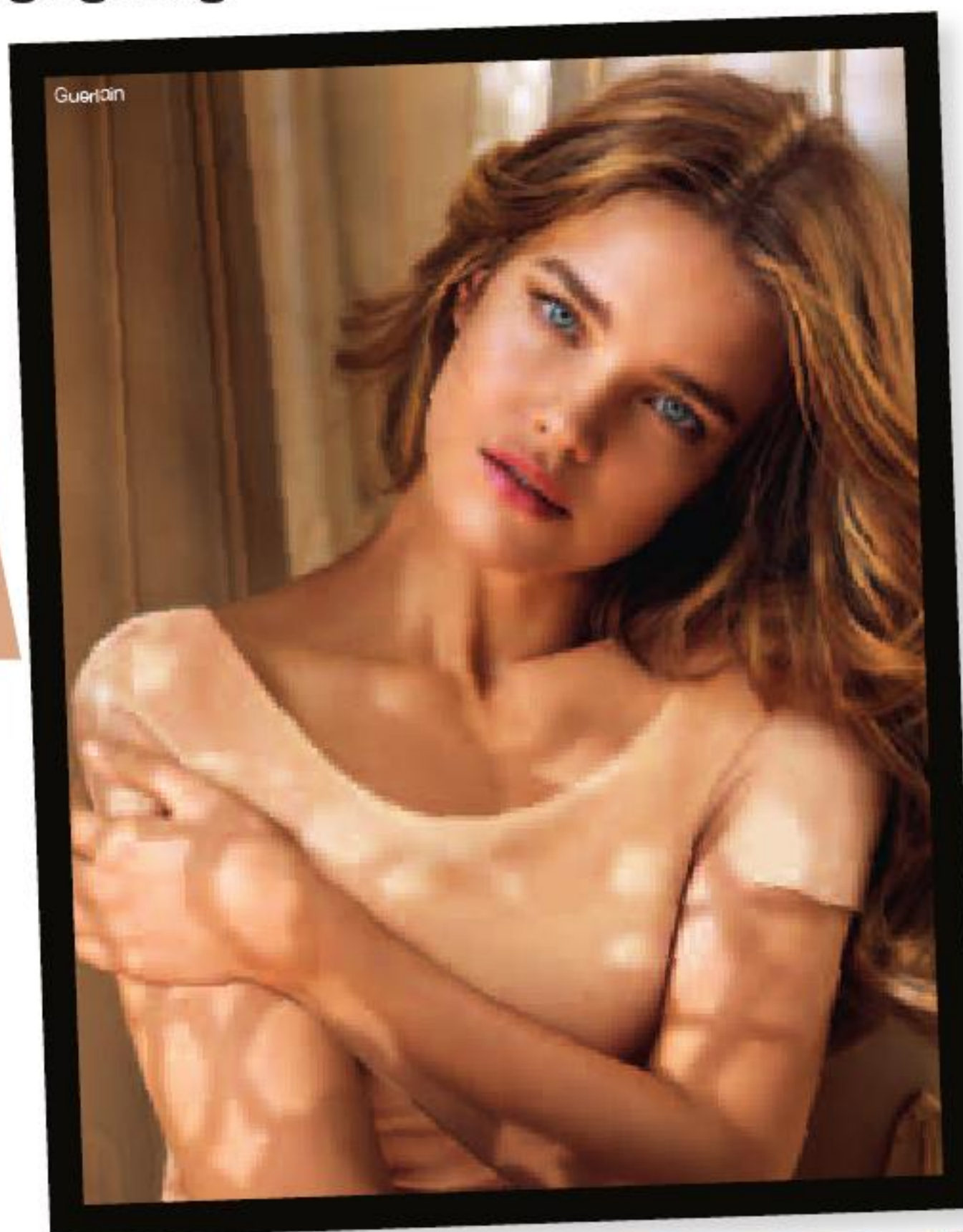
## Perfect Refining Foundation by Shiseido SPF15

A light liquid foundation, which will minimize skin imperfections and shine at the same time. Available in 18 shades.



## Radiant Lighting Foundation SPF17

Anti-aging formula boasting the innovative light technology to enhance a youthful glow while providing all day coverage. No retouch needed!



## Sheer and Perfect Foundation by Shiseido SPF18

Opt for this oil-free new foundation for long lasting wear and all day hydration. Great for reducing appearance of pores, redness and blemishes. Sheer perfection achieved!



## Miracle Air De Teint by Lancôme SPF15

This light complexion foundation composed by 90% of air will leave your skin evened out yet radiant. The ultimate natural finish for the ultimate "no make-up" look.



## Terracotta Joli Teint by Guerlain SPF20

Your perfect choice for the summer season ahead: this lightweight formula foundation donates your skin a radiant glow. Top it up with Terracotta bronzing powder for a flawless tan look.

ALL PRODUCTS AVAILABLE AT 4U



# DISCOVER MARNI'S FIRST EVER FRAGRANCE

Consuelo Castiglioni started her career in fashion as a consultant. She launched Marni, the well-renowned Italian fashion house, in 1994. Consuelo talks to ABODE about Marni's fragrance launching this month.

## Who is the Marni woman?

**A:** A self-confident individual who dresses for herself, not for others. I don't like to impose a look. The Marni woman has a sophisticated approach to style: not necessarily fashion-driven, but based on a strong identity and a personal vision. She is curious, always happy experimenting and playing with forms, structures, prints and colors.

## Why the name Marni?

**A:** It is the nickname of Marina, my husband's sister.

## How do you marry your artistic approach with the need to create a clothing collection?

**A:** Art for me is an immense source of ideas, images, colors, details and solutions. It is closely linked with fashion, as they are both an expression of the times. Indeed, a dress can be seen as a piece of art: a functional one, or a fine three-dimensional handcraft.

## How will launching a fragrance help evolve the Marni brand?

**A:** The launch of the perfume will add another element to the Marni world. This new step is organic to my vision of the brand: it is the olfactory rendition of the playfulness and the unpredictability that characterizes our collections. It is at once subtle, individual and bold. A perfume changes slightly from person to person: it becomes truly individual. That's what I try to do with my collections as well: they are repertoires of possibilities. The perfume will make the Marni message truly multi-sensorial and complete the Marni esthetic.

## How is creating a fragrance similar to designing a piece of clothing?

**A:** Creatively, it is the same process: simply, I started from raw olfactory elements in place of fabrics. Developing the texture of the fragrance was like designing a collection: a constant edit to get a unique balance of classic components and a dash of the unexpected.

## What is the significance of the bottle shape?

**A:** I wanted something that was at once classic and timeless, yet a bit off. I chose an iconic design, playing with texture and proportions and colors to get a graphic effect: I used red for the small cap, as an accent, and added dots as a screen, on the bottle, like a signature Marni print. I like how all these elements interact in an object that is at once familiar and new. The logo and the packaging too, are very graphic, with a curvy sense of playfulness and a soft assertiveness.

## How did Bambolina come to be?

**A:** I like to add a naïve, childish touch. I think Bambolina with its soft shape creates a quirky contrast with the clean, archetypal line of the bottle.

## What vision comes to mind when you smell the Marni fragrance?

**A:** A world of contrasts, a subtle,



**MARNI IS  
AVAILABLE  
IN QATAR AT**

BHS in Landmark Mall  
and Faces in Landmark  
and Villaggio Malls  
[www.marni.com](http://www.marni.com)

unexpected composition of elements. The fragrance has almost a graphic appeal, and, just like the clothes I design, it is unpredictably feminine. I chose rose, blonde woods and red spices to be the key notes because of the olfactory dialogue they create with one another: a counterpoint of dry peaks and feminine curves.

## Do you have a signature scent?

**A:** I had one that was developed especially for me a few years ago as I started courting the idea of adding scent to the Marni world.

## What is your first memory of scent?

**A:** It's the memory of the scent my mom was wearing as I was growing up in Switzerland. I can't locate it or name it: it is just a fading halo, but a persistent one.

## How and where do you wear fragrance?

**A:** I wear it quite liberally not following any rules. My only rule, in life and in design, in fact, is to not have any.

## What is the Marni signature, in perfume and fashion?

**A:** I like to call it silent elegance.





# Beauty CHECKLIST FOR the-bride-to-be

The countdown to your big day has started and to ensure you'll look as stunning as ever, we rounded up the ultimate bridal beauty guide to transform you head to toe. Time is ticking so embrace your new beauty regime!

**Skincare.** To boost your skin complexion for the big day book a few sessions of the PEVONIA facial, one of the top facials in town. This new treatment boasts natural ingredients and the exclusive micro-retinol technology, which will donate you smoother and brighter skin tone instantly. A gentle but effective peel combined with the micro-retinol serum and a relaxing mask will regenerate your complexion and guarantee you porcelain skin! Just make sure you book your last session a couple of weeks before your big



day as break outs might occur after each treatment because of the regeneration process.

Available at Doha Marriott.

For more information contact 4429 8888

## Perfect manicure

Your hands will be on the spotlight because of your wedding ring, therefore your nails will play a big role. Decide the style you will go for at least a month before.

For original and unique wedding nail art don't look any further than HABIBS' nails beautician Hope, she is an expert in this field!

For more

information contact 4413 0672



**Get in shape!** Reach your ideal weight and show off your new perfect curves in your wedding dress thanks to the latest Fitness With Food exercise classes on offer at B/Attitude Spa. Their new trainer Larissa, recently landed in Doha from her native Brazil to get us ladies all back in shape. Join her Pilates, dancing and Total Barre™ work out session to get your perfect body back!

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

**Haircare.** Your hair will need to look strong and extra healthy while walking down the aisle. A professional Kerastase mask at the newly opened Jean Louis David Salon at Crowne Plaza Doha will transform your dull and frizzy hair into a smooth heavenly texture. Who doesn't love such an extra shiny and glossy effect?

For more information call 4417 2683

Also not to be missed are their convenient packages, which offer mani, pedi, makeup and hairstyle for the big day. Prices start at 1,500QR and are on offer at all AND trading branches.





**Eyes confidential.** Reveal your true beauty through your eyes. Few specialized treatments will correct and conceal any imperfection. Banish puffy and tired eyes thanks to the EYE BAGS treatment at Breeze Spa at Amari hotel. The routine include a mini facial session, which will hydrate and nourish your skin while dedicating some extra attention to your eyes area. The professional therapist will gently massage the area and thanks to the Dermalogica vitamin complex layers applied you'll be guaranteed to walk away refreshed and rejuvenated. And for a total relaxation time why not treat yourself to Amari's spa signature Mood massage, which allows you to adapt your treatment to your state of mind, whether is dreamy, serene, rejuvenated or energized, finished off by a tasty tea to match your massage choice, genius!

For more information call 4433 8888

**Go for a brow factor.** Grooming is key, all is about the detail for your wedding day, so to achieve the perfect striking look shape your brows at Blue Brush Salon at the Hilton Doha. Catherine is the threading guru, so you won't be disappointed.

**Eye lashes extensions.** We couldn't recommend this popular treatment enough, for your big day in particular. Longer and thicker lashes will enhance your look while looking very natural. Give them a try at Skin&Soul.

For more information call 4455 2456



## Master a healthy glow tan.

A sunkissed look will complement your white dress perfectly, so why not to plan the ultimate fake spray tan at Bliss Spa at W Hotel?

For more information contact 4453 5555

## TIPS&TRICKS

BY JAMES HARKNETT, THE SPRAY TAN EXPERT!

Many brides opt for a spray tan these days. The perfect tan for a bride is a barely there finish.

One light application evens out the complexion and body. It leaves a radiant glow that is ideal for wedding photographs.

I advise a bride to be to have at least 2 trial tans before the big day. Start with a light application, you can always go darker on the next visit.

As long as the tan is applied to clean, exfoliated skin there is no fear of streaks and patches.

A spray will last a good 5 - 7 days on the skin, sometimes even longer. Moisturizing every day and avoiding oils and hot water will help the tan last and fade evenly.

### Before tanning always:

- Wax 48 hours before. Shave 24 hours before
- Exfoliate the day before the tan, avoiding any oil based scrubs.
- On the day of the tan avoid any heavy body lotion and moisturizer. The body should be like a clear canvas so that the tan can cling evenly.
- After application I advise to wear loose dark clothing and avoid exercising. Any form of perspiration can cause streaking.
- Leave the tan to activate for 8 hours or more. Have a cool shower and pat dry the skin.
- Moisturize daily with an oil free moisturizer and try to avoid the pool.

You are ready to rock your tan on your special day!



# SPECIAL BRIDAL PACKAGES

## Bridal Bliss Package

AT B/ATTITUDE DOHA

Includes: Signature Moroccan Hamam treatment, an Ayurvedic Dosha facial with LPG, Classic Manicure and Pedicure, Waxing and Hair styling session.

Duration: 4 hours

Cost: 1,500 QAR

For more information call 4412 2046



## King & Queen Package

AT SIX SENSES SPA AT SHARQ VILLAGE & SPA

Includes: Six Senses Spa Signature Body Scrub, Six Senses Spa Signature Hotel Stone Massage, Six Senses Spa Signature Facial

Duration: 210 minutes

Cost: 1,440 QR (For an additional 550 QR, you can also enjoy a 50-minute manicure and 50-minute pedicure to complete your pampering.)

For more information call 4425 6990



## The Ultimate Bridal Beauty Camp at Bliss

BLISS SPA, W HOTEL, WESTBAY

Includes: 7 day X 1 hour personal training work out at their FIT gym. After each gym visit you will receive a hot salt scrub and Blissage 75 massage. One Hydra facial to begin the preparation.

Oxygen blast facial every day. A full Blisstastic foot patrol pedicure and 2X Hot cream Manicures before your final choice of colour before your big day. A final spray glow all over with sienna x tan. Bliss hair trial and Finale. Bliss Makeup trial and Finale.

Cost: 10,000 QR

For more information call 4453 5000

## Girls Just Wanna Have Fun

BACHELORETTE PARTY AT DADOS BEAUTY

Includes: 60 mins Dermalogica Facial, Wash & Blow dry, In-a-hurry manicure, In-a-hurry pedicure, FREE USE OF SAUNA, STEAMROOM AND JACUZZI, CUPCAKES, SWEETS & MARSHMALLOWS and Juice

Cost: 700 QR per pax/min. of 6

For more information call 4498 0033



## Bridal Bliss Package

AT FOUR SEASONS SPA AND WELLNESS CENTRE

Includes: Refining body treatment, relaxing aroma massage, sensitive facial, manicure and pedicure.

Duration: 5 hours

Cost: 2995 QR

## Rejuvenation Package

EFOREA, HILTON, WESTBAY

Includes: 60 Minutes Relaxing Massage, 30 Minute Body Scrub, 30 Minute Express Facial

Duration: 2 hrs

Cost: 750 QR

For more information call 4423 3443



## Ultimate Groom Package

AT FOUR SEASONS SPA AND WELLNESS CENTRE

Includes: Purifying body treatment, gentleman's facial, manicure and pedicure (performed by the salon).

Duration: 3.5 hours

Cost: 1,995 QR

For more information call 4494 8802





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# BEAUTY Q&A *Special*

YOUR BRIDAL BEAUTY DILEMMAS SOLVED,  
THANKS TO THE BLUE BRUSH HAIR STUDIO DOHA!

**Q.** I have sensitive skin, which make up would suit me best?

**A.** Rule number one: moisturize! You can also get redness due to stress, heat and emotions so choose an anti-redness day cream. Avene has really good ones, available in all the pharmacies in Doha. Use a neutralizing palette to enhance your natural tone and hide the small imperfections. Use green to hide redness, orange to mask dark circles and light nude to give light in some strategic points and finish off with a good quality foundation!

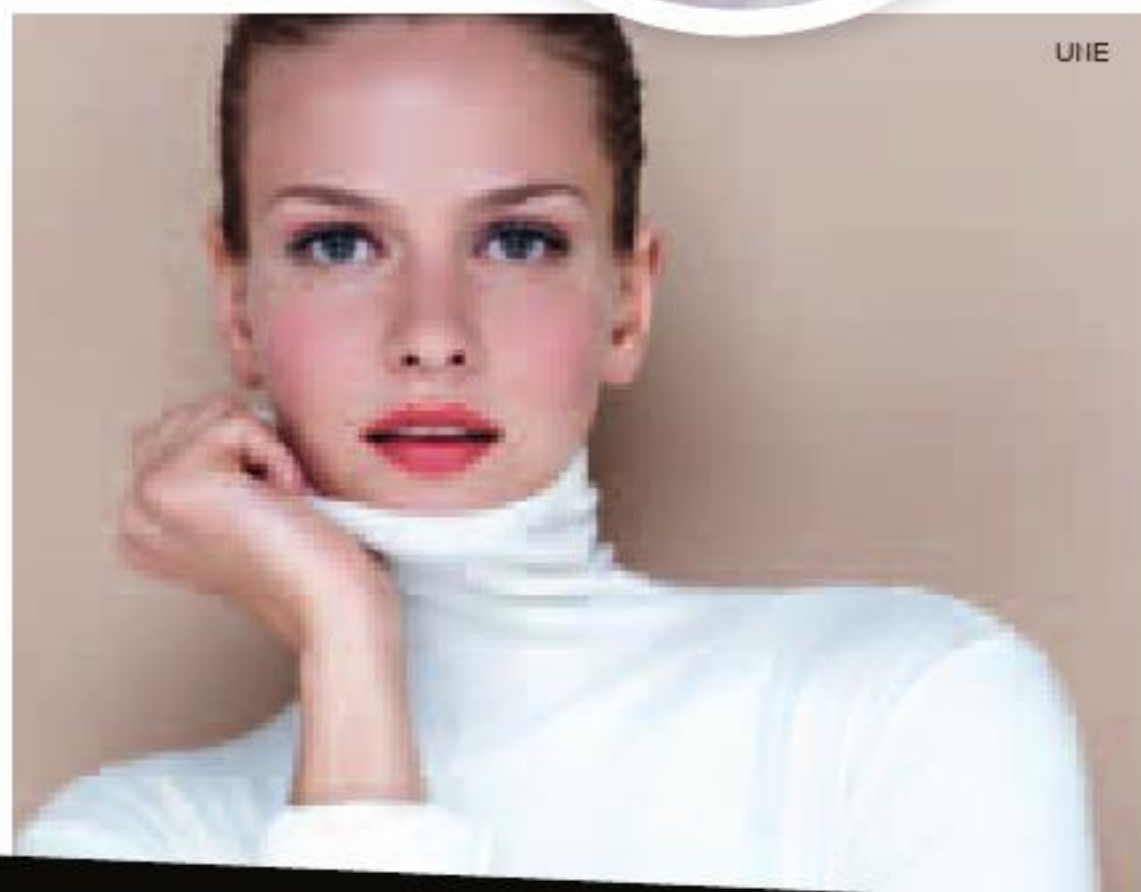
**TIP:** Don't buy any new beauty product without testing it! You don't want to have an allergic reaction on your big day.



All items by PROHIVIAS

**Q.** Can I use SPF during my wedding or is it true it might affect the photography?

**A.** SPF creams can be very thick and give a white tone to your face. Opt instead for a day cream not a specific sunscreen. Most day creams on the market have spf today. Just go for a light texture that will be a good base for your foundation. If it is too greasy, your make up won't last, so always make sure it is "oil free".



UIIE

**Q.** What makeup look shall I go for my big day?

**A.** For your wedding day, there is no question about it, consult a professional hair & makeup team to achieve your picture-perfect look.

If you feel brave enough and wish to do it yourself then follow these simple steps: use a primer, a base, a liquid foundation and a matte powder, don't skip any step to make sure your makeup will last all day long. Don't forget to moisturize well before and finish with a fixing spray. We love Shu Uemura Deepsea water fixing spray. During the day, have a matte powder on hand to retouch shiny areas.

Also as you will have to kiss many people, eat, drink and laugh a lot during your celebrations, opt for a neutral look, as a strong lip colour will fade away. So to recap: try to go as natural as possible to keep the look up all day and night long!



## Q. What hair style is best for weddings?

**A.** Once again, in terms of style, there are no rules. Some might want to keep their hair down, some will want a sculptural hair-up.

If your hair frizzes easily, be safe and go for a hair-up, otherwise your blow dry will die after a few hours.

A good compromise to look feminine with a sophisticated touch is to go for a half hair-up, you will have style but also your nice locks.

If you have short hair and dream about big hair for your d-day, don't forget that extensions can really make miracles. Everything is possible...

**WOW FACTOR:** Add hair accessories, flowers and head pieces.



## BLUE BRUSH BEAUTY WEDDING PACKAGE,

3,000 QR Includes

- 1 trial Hair and Makeup
- Full Manicure and Pedicure
- 1 magic oil bath haircare

For more information call 4423 3022

## Q. I wear glasses and don't want to wear contact lenses on my wedding day. How can I look fab?

**A.** This actually sound really cool, your glasses are part of your style so make the most of them. You can still go for a nice and strong eye makeup.

For the day swap your statement glasses for a softer and classical shapes, which will be less eye-catching. Your super cool round wide glasses might be really fashionable now, but they might look old fashioned in two years, so keep it in mind!



## Q. What lip colour shall I opt for on my big day?

**A.** Go for fresh natural tones that match your skin and hair colour.

If you are blonde go for nude to light pink shades, if you are brunette try a nice deep antique rose or a dark nude to match your carnation.

If you decide to go for statement lips go for a nice fresh coral that always looks good during summer.

Use a base, a pencil and after applying the lipstick, don't forget to powder your lips with a transparent powder to make it last all day long.

**TIP:** Use a matte long lasting lipstick. Don't go for shiny or glossy, you will spend your day to retouch it!

## Q. I do not want to look overdone yet not too pale on my wedding day. Any advice?

**A.** Just be yourself, you have to feel your very best so you have to feel comfortable. Wear a natural light makeup that makes you look fresh and young.

**REMEMBER:** Your wedding album will be your best memory of your big day, so don't opt for a very edgy/fashionable look that may be trendy now but could look terribly old school in few years. Go instead for an elegant timeless look and add your personal touch.

## Q. I have a round face. What is the best hairstyle for me?

**A.** To elongate your face shape I would suggest to get a voluminous hairstyle. A shaped front top puff could be a great start for any kind of hairstyle. You can also keep some locks around the face to shape it.

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



# GLOWING SKIN ON YOUR BIG DAY!

## PRE-WEDDING PREPARATION FOR THE BRIDE & GROOM: HOW TO PREPARE YOUR SKIN FOR THE BIG DAY

WORDS AND IMAGES BAYVIEW 26 WELLNESS CENTRE, MÖVENPICK TOWER AND SUITES

One of the most important pre-wedding preps that many couples forget is that they come first and need to look and feel fresh for their day ahead. Being in shape and having your skin looking radiant will not only make your photos turn out fabulous but will make you both feel your best. We have put together a schedule of the most important elements to focus on for the big day. The facilities at Bay View 26 Wellness Centre can help you relax and get ready for it. All treatments mentioned in the article are available at Bay View 26 Wellness Centre, Mövenpick Tower & Suites Doha.

## For The Bride



### PRE- WEDDING BEAUTY TREATMENTS FOR BRIDES

Glowing brides are not born that way. Skin care for the bride and her bridal party is an important part of the pre-wedding process. The day of the wedding is perhaps the most-awaited day in the life of any woman. The bridal

makeup is not only about makeup for the occasion but also about pre-bridal skin and facial care and treatments. It must be photography friendly too and thus, professional help is often desired to assist brides to look their best on this very special day of their lives.

#### WEEK 1

### Facials glowing skin.

Facials are beneficial because they deeply cleanse the skin, boost circulation, are hydrating and help bring skin to its natural balance. For maximum results, facials should be enjoyed every four to six weeks. It is advisable to begin having treatments six to 12 months before your wedding date. However, do not have your final facial too close to the big day – about 12 to 14 days before would be advisable, just to allow your complexion to settle.

### Deep Pore Cleansing Facial

60 minutes / QR 400

A deep pore cleansing facial consisting of exfoliation, steam, cleansing of clogged pores, followed by a gentle massage to replenish your face, neck and décolletage area. Beneficial for all skin types.

Mask options: Sensitive, Dry, Oily, Combination, Acne.



**WEEK 2**
**Exfoliate and hydrate.**

Exfoliating your skin regularly is one of the best things you can do for your complexion as it encourages new cell regeneration, which results in brighter looking skin and should be done twice per week – anymore and you risk stripping your skin of its natural oils, which could result in blotchy skin or a dull skin tone. Body scrubs, particularly those containing fruit extracts will give your skin a boost as quickly as it takes you to have a shower, so it's a perfect pre-wedding beauty treat.

**Luxury Saltmousse-Glow Full Body Exfoliating Treatment**

30 minutes / QR 300

Increase negative ions release into the skin for a healthier and softer body skin. French sea salt and organic fruit extracts enriched in pro-vitamin A and carrot seed oil are applied to your body recreating the seawater ambiance experience. This revolutionary anti-aging, salt-mousse refines your skin unlike any other exfoliation treatment. Spa guests may choose from two natural extract aromas: papaya-pineapple or mango-passion fruit.

**WEEK 3**
**Slimming Body Wraps to slim down for your Special Day**

The minerals in our Slimming Body Wraps will leave your skin looking smooth and rejuvenated, ready for that special occasion. The wraps also have a dramatic and lasting contouring effect giving you a noticeably more toned figure. Purity Body Wraps can provide your whole Bridal Party with a Body Wrap Package. Alternately, the Bride (or individual bridesmaids) may wish to experience a sequential Treatment Package leading up to the special day.

**Green Coffee Anti-Cellulite Body Wrap**

60 minutes / QR 550

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.


**WEEK BEFORE THE WEDDING**
**Rejuvenating Body Massage**

There are so many reasons why massage is such a great beauty treatment. Massage helps to calm you and it eases stress, which is ideal in the buildup to your wedding day. A stress-free mind not only brings peace to your day, but also brings out the best in your skin. Massage also boosts circulation, which helps nourish the skin and gives you a healthy bridal glow. Massage treatments should usually be carried out on a monthly basis, but if your wedding has eaten your budget, then opt for just one massage about a week before the big day.

**Lomi Massage**

60 minutes / QR 350

Lomi Lomi is a Hawaiian massage, also known as the "loving hands" massage - the massage works gently yet deeply into the muscles with continuous, flowing strokes, allowing the recipient to relax and give in to the nurturing touch. Lomi Lomi aims to treat the body and mind as one whole being, rejuvenate the body and instill a sense of peace, harmony and well-being.







## THE ULTIMATE GROOM'S GUIDE TO PRE-WEDDING GROOMING

The groom must be immaculate for his wedding day too, so here's a groom's step-by-step guide on how to smarten up... he might even upstage his bride.

### WEEK 1

#### Facials glowing skin

Love your fiancée, granted, but that doesn't mean she has to get all the compliments, does it? Looking good on your wedding day is expected, but it can be a tough job for the groom. Suddenly you're asked to look the best you ever have in your life, and quite frankly there's not a lot of practical help out there for you. Our grooming tips should help you look the part for your wedding.

#### Gentlemen's Face Treatment

60 minutes / QR 400

This treatment specifically targets clogged pores, sensitivity, and razor burn while promoting total relaxation. This face treatment includes deep cleansing, steaming, and cleansing of blocked pores. As a final step, a treatment mask is applied to refine the pores, soothe and condition the skin.

Mask options: Sensitive, Dry, Oily, Combination, Acne.

### WEEK 2

#### Body Massage

There are so many reasons why massage is such a great beauty treatment. Massage helps to calm you and it eases stress, which is ideal in the buildup to your wedding day. A stress-free mind not only brings peace to your day, but also brings out the best in your skin. Massage also boosts circulation, which helps nourish the skin and gives you a healthy glow. Massage treatments should usually be carried out on a monthly basis, but if your wedding has eaten your budget, then opt for just one massage about a week before the big day.

#### Healing Hot Stone Massage

75 minutes / QR 425

Healing Hot Stone Massage - A powerful unique therapy that works in harmony with various massage techniques and water-heated basalt volcanic stones of varying size to relax your body to its deepest level. The direct heat relaxes the muscles, allowing manipulation of a greater intensity than with regular massage. Increased blood flow will help clear out toxins and assist in healing an injured or strained area. The healing stone experience relieves pain, promotes harmony, balance and peace.

### WEEK 3

#### Body Wraps for the Groom

The minerals in our Body Wraps will leave your skin looking smooth and rejuvenated, ready for that special occasion. The wraps also have a dramatic and lasting contouring effect giving you a noticeably more toned figure. A series of three body wraps should ideally be spaced over the 2 week period leading up to the wedding. The last wrap should ideally be performed 1-3 days prior to the wedding. Body wraps should not be performed after a spray tan has been applied so please consider scheduling the wrap prior to any spray tan applications if appropriate.

#### Treatments to relax, restore and rejuvenate, from head to toe

Designed to suit your personal needs, every one of our unique treatments has been created to bring equilibrium to your mind, body and spirit.

#### Tropical Oasis

60 minutes / QR 450

Yogurt wrap drenched with Mango-Passion fruit extracts. This tropical wrap is rich in: malic, tartaric, and citric acids, potassium, calcium, glucose, and other key anti-aging ingredients such as repairing Vitamin C. As the creamy yogurt formulation is applied all over your body, you are transported to a sublime tropical oasis where your senses are gently awakened and phenomenal visible results are obtained. Your skin emerges revived, refreshed, smoother, firmer, and vividly brighter.

### WEEK BEFORE THE WEDDING

#### Professional Shave

To ease you into this whole grooming thing with one of the only acceptable and enjoyable "treatments" for a man to get on a regular basis: a straight-edge shave from an old-school barber. Classic, manly, effective and good for the nerves.



# spring family escapade



For only QAR 700 per night during weekdays,  
enjoy your spring holiday with a complimentary breakfast for  
two at the Bon bini restaurant.

This great offer includes:  
20% discount on all Spa treatments at Energy Haven as well as a  
25% discount on all food and beverage offerings.

This offer is valid from the 30th of March to the 19th of April, 2014 and subject to availability.

For more information, please call 4476 5233.

Sealine Beach Resort  
PO Box 50255 Mesaieed  
Qatar | Tel +974 4476 5299  
Fax +974 4476 5298  
doh.sea.res@merweb.com

[merweb.com](http://merweb.com)



منتجع شاطئ سيلين  
SEALINE BEACH RESORT  
QATAR



# BRIDAL BEAUTY AROUND THE WORLD

Doha is a cultural melting pot, so to celebrate the different traditions and heritage from all over the world ABODE and HABIBS Salon teamed together to recreate four total different bridal looks to inspire you for your big day.



## **MONIQUE, the celebrity's makeup artist at HABIBS Salon**

Monique Lagnerius is Habibs celebrity hair stylist and make up artist from Vidal Sassoon academy in Los Angeles, who worked with Demi Moore and Karl Lagerfeld to name a few.

She worked her magic on these beautiful ladies to achieve these striking fusion cultural looks. She is available for any hair&makeup consultation.

Habibs hair and beauty invites you to step away from the everyday hustle-bustle to pamper yourself and enjoy a little serenity and relaxation. Treatments on offer include massages, facials, Moroccan hammams, Hair and make up services and professional Nail art.

Book your appointment with her on 4413 0672.

PHOTOGRAPHY: JESSIE PALANCA

STYLING: FRANCESCA MOSER

HAIR AND MAKEUP: MONIQUE AT HABIBS SALON

NAILS: HOPE AT HABIBS SALON

LOCATION: ORYX ROTANA HOTEL

## **STEFANIA, THE INDIAN BRIDE**

Bejewelled, colourful and traditional.

### **Tips from Monique**

#### **Make-up:**

Mauve eye shadow with gold and black shades blended together....Lots of lashes to sharpen her look.

#### **Hair:**

Curled on a FAT iron....arranged on a BIG doughnut and decorated according to tradition! Statement earrings were used as hair accessories for a wow factor.

Stefania wears her own sari and jewelry from India.





## **JEAN MARIE, THE EUROPEAN BRIDE**

Natural makeup, romantic and tres-chic. Less is more!

### **Tips from Monique**

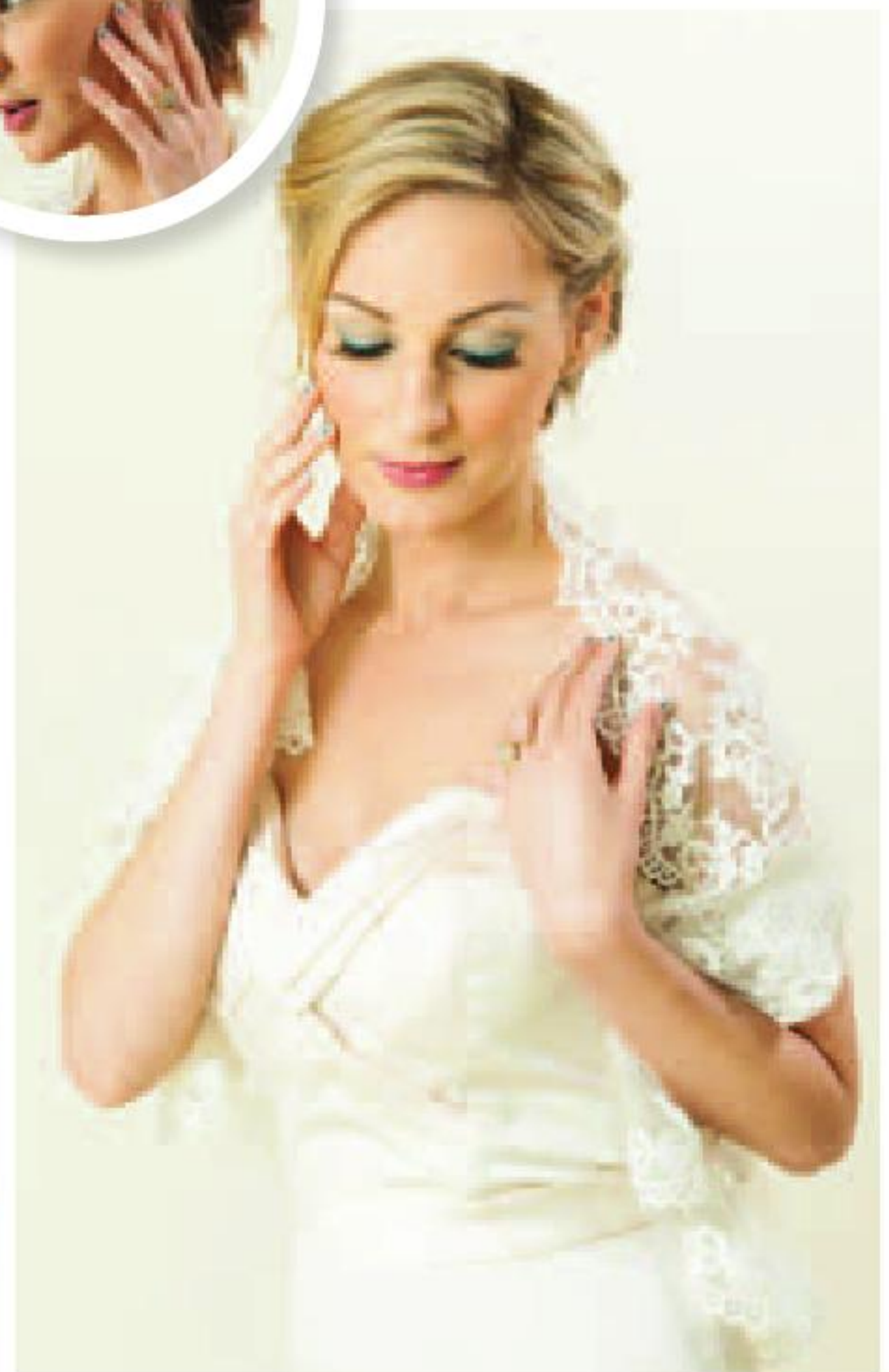
**Make-up:**

Beautiful aqua shades on the eyes, peachy cheeks and deep rose on the lips.

**Hair:**

The creative colour in Jean-Marie's hair is emphasised by the braiding.

Jean Marie wears dress by After Shock London and shrug by Pronovias.







## **NOHA, THE ARABIC BRIDE**

Opulent, glamorous and eye-catching.

### **Tips from Monique**

**Make-up:**

Full coverage base, lots of contouring....followed by a million eyelashes!

**Hair:**

We used a BIG doughnut and quite a few hair extensions to create loads of volume.

Noha wears dress and accessories by Pronovias.





## **FAITH, THE AFRICAN BRIDE**

Ethnic inspired, bold and fabulous.

### **Tips from Monique**

**Make-up:**

Bold gold and blue on the eyes.

Metallic highlighter on the cheeks.

Warm red lips!

**Hair:**

Hair is braided close to the scalp on one side-then turned around on itself and pinned.

Faith wears dress by Noire D'ébène by Cécile Correa

For more information contact [cecile@messco.co](mailto:cecile@messco.co)





# IT'S MAKEOVER TIME!

COMPILED BY MARLYNNE MALLARI - DELA PENA

PHOTOGRAPHY JESSIE PALANCA

STYLIST FRANCESCA MOSER

CLOTHES LE CHATEAU AT EZDAN MALL

SALON HABIBS

Monique Lagnerius, the professional International Hair stylist and Make-up artist, who recently joined HABIBS salon here in Doha, took charge this month to transform two beautiful ladies from fabulous to très-chic!

## CHARMAINE

Charmaine is originally from Durban in South Africa. She is a proud grandmother. To revamp her look she needed some professional help to find her true new self. The ABODE and HABIBS teams were very pleased to help!

### Tips from Monique and her team:

We opted to tone down Charmaine's brassy hair colour with a chestnutty tint- but left out some strands to create more depth!

- 1 Hair was set on velcro rollers and sprayed thoroughly to maintain lift.
- 2 Make-up was again quite natural with rusty shadows around the eyes , peachy cheeks and a healthy berry tone for the lips.

We love her new fresh but still natural look!

*"Getting pampered for a day was simply divine so I can't thank the team enough! This experience gave me a sense of new found confidence. "*





After



HOPE, HABIBS' GREAT NAIL TECHNICIAN PROVIDED UNIQUE AND STYLISH NAIL ART FOR THE LADIES. BOOK YOUR APPOINTMENT WITH HER NOW!

## LUCIA

Lucia is a busy mum, who usually doesn't prioritize her sense of style because of lack of time. This month she was lucky enough to get treated to a head to toe makeover, which enhanced her personality and inner beauty.

## Tips from Monique and her team:

- 1 We added bleach and caramel highlights to blend with her original colour.
- 2 We styled her hair with a BIG curling iron to achieve those 1940's waves
- 3 Make-up was kept fairly natural
- 4 We added extra concealer for areas with sun damage

**GENERAL TIP:** Remember NOT to pack on foundation if there are many pigmentation spots- it's much better to cover the problem areas with concealer on a small brush.

Do not forget to "set" with loose powder!

Before



REFRESH YOUR LOOK TOO, THANKS TO THE LATEST COLLECTION OF LE CHATEAU AT EZDAN MALL!

*"It was great to take part in this makeover. At first I was a bit hesitating but now I'm over the moon with the outcome. Thank you HABIBS for my new beautiful look and LE CHATEAU for my brand new stylish outfit!" Lucia*

IF YOU WISH TO GET A MAKE OVER, get in touch at [win@abodeqatar.com](mailto:win@abodeqatar.com)



# AU NATURELLE

COMPILED BY MARLYNNE MALLARI-DELA PENA

PHOTOGRAPHY SRIMANI WELAGEDARA



**LILIANE NAZHA**  
Hilton's Spa & Recreation Manager

Probably you know that you have to scrub your face at least once a week. But how about when you reach your 30s? ABODE spoke with Hilton's Spa & Recreation Manager, Liliane Nazha who shared her expertise on how to care for your skin at home thru **DIY FACIAL SCRUBS**. Glowing skin here we come!

## LILIANE'S TIPS:

Include a DIY facial scrub into your beauty routine once a week. If you have oily or acne-prone skin opt for two treatments per week to prevent pores from getting clogged.

## BENEFITS OF FACIAL SCRUBS:

As we age, skin-cell turnover slows from a normal cycle of 24 to 28 days to as many as 38 days or more. Regular exfoliation can promote the shedding of the skin's dull, outer layer—and the fine lines and discoloration that reside there.

### IF YOU PREFER TO GET PAMPERED BY THE EXPERTS, LILIANE SUGGESTS TO TRY OUT EFOREA'S SPA MOST POPULAR FACIAL.

Eforea Signature Correcting Facial

**Price:** QR750

**Duration:** 90 Mins.

This result-oriented facial corrects skin concerns such as oily congestion, sun damage, fine lines and uneven skin tone. This treatment features a multi-acid exfoliation of the face, neck and décolleté, along with the advanced technology of micro-current to provide desired results. It includes a deep cleansing massage, hydrating peel-off masque and a signature acupressure scalp massage. A cooling eye and face treatment completes this solutions-driven experience.

For more information contact 4423 3333

## 1 Gentle Exfoliant

Indicated to gently remove dead skin

- 1 tsp of brown sugar, a pinch of orange juice and 3 tbsp. of olive oil, gently mix and apply to your skin.

**Did you know?** When applying a scrub always do it in a circular motion to help with proper blood circulation.

## 2 Almond Fancy

- Almond is rich in Omega 3, which is good for the skin.
- 2 tsp crushed almonds, 1 tsp brown sugar, 1 tsp honey, two drops of essential oil and a pinch of lemon juice then gently stir.

**Did you know?** Essential oil will help to relax you into a state of wellbeing.

## 3 Sugar Fusion

- Sugar is best to use for facial scrub as opposed to salt - as it is a little bit coarse for this skin's area.
- 3 tsp brown sugar and 3 tsp white sugar, a pinch of orange juice, 3 tbsp. olive oil and a 1 tsp of honey.

**Did you know?** When we reach the age of 30 this is the best time to care for your skin if you haven't yet as the skin's regeneration process starts to slow down and signs of aging start to set in.









# DANCE AWAY with LARISSA

PHOTOGRAPHY JESSIE PALANCA

Tone up and get an all-over workout thanks to Larissa's fun Brazilian and Afro dance classes. Dancing is the way to get fit this year!

Larissa Ferreira, is the latest addition to the talented team of Fitness With Food. Originally from Brazil, Larissa is a passionate dance instructor and choreographer, who travelled the world to promote and perform her dance presentations. She recently landed in Qatar and is currently running an array of original ballet-inspired classes at B/Attitude Spa, in the heart of West Bay, to get you back in shape while dancing away.

Larissa is a fully qualified instructor of contemporary and Brazilian dance, so get ready to practice some serious moves to sculpture your new body! Students we spoke to commented on the clear influence of Larissa's Latino roots in her teaching style and contagious energy during her dance classes, where you will learn elements of samba, afro, frevo, capoeira and many more Brazilian dance routines.

One of her most popular classes is the Total Barre™, which combines principles of Pilates, ballet and dance with the help of the Barre to enhance and develop the balance of the body. This unique workout is aimed at increasing mobility while strengthening and lengthening core muscles. Each class involves a warm up session, followed by a Total Barre™, finished off by stretching and Pilates-inspired abdominal exercises and is a great way to improve your posture, fitness levels and to lift your spirits after a long stressful day. Larissa also runs morning Zen and Aerobic Pilates classes and conventional Pilates classes in the evenings.

Her extensive knowledge in all these disciplines and her impressive performance



skills will allow you to achieve your fitness goals rapidly and with a smile on your face thanks to her genuine passion for all fitness and dance activities.

Experience it first hand at B/Attitude Spa and discover a fit new you thanks to Larissa and Fitness with Food's new classes.



## JOIN LARISSA'S CLASSES AT B/ATTITUDE DOHA

Sun 9am-10am Pilates  
6pm-7pm Total Barre™  
Mon 10am-11am Total Barre™  
7pm-8pm Brazilian dance  
Tue 9am-10am Zen Pilates  
10am-11am Brazilian dance  
6pm-7pm Total Barre™  
8pm-9pm Afro dance  
Wed 8pm-9pm Pilates

### FOR MORE INFORMATION

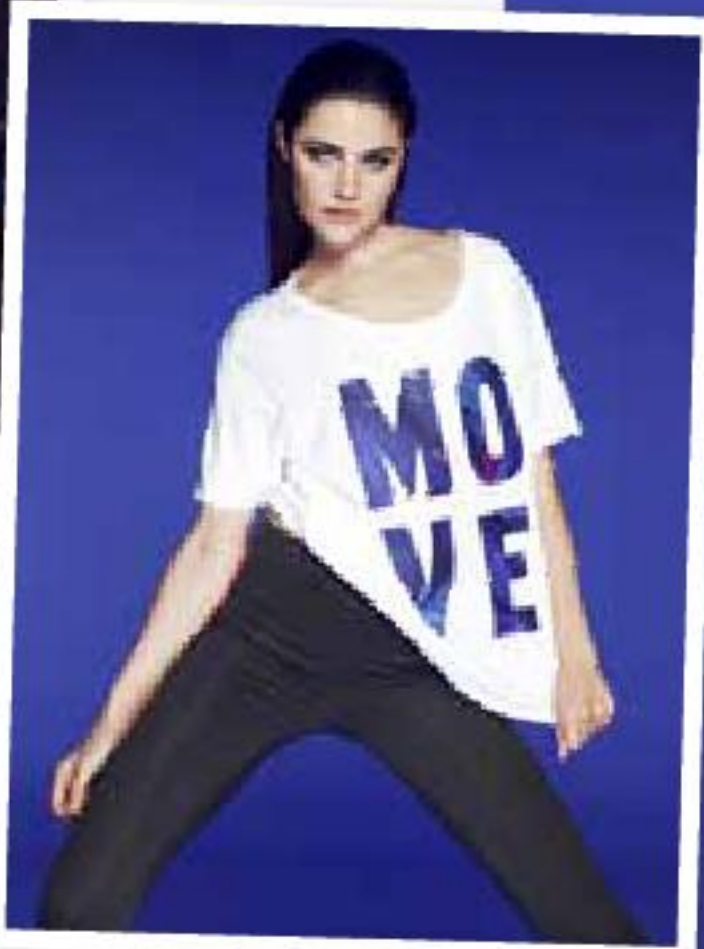
VISIT

[www.fitnesswithfood.com](http://www.fitnesswithfood.com) and  
[www.battitudespadoha.com](http://www.battitudespadoha.com)



# GET FIT IN STYLE!

Oysho launched its Spring Summer collection and we are loving it! Everybody should look good while exercising, so to stay motivated and keep your hard work up, invest in some new gym gear to make you feel cool. Going to the gym will become a pleasure in order to show off your latest sporty attire, guaranteed!



PRINTS, PRINTS AND MORE PRINTS ARE EVERYWHERE TO BE SEEN...EVEN ON THE TREADMILL!



ALL PRODUCTS AVAILABLE AT OYSHO, VILLAGGIO MALL



# WHY YOU SHOULD BE DRINKING MORE WATER

WORDS BY MAGALI MANSOUR DIET DELIGHTS

## HERE ARE THE KEY REASONS TO MAKE SURE YOU'RE DRINKING ENOUGH H<sup>2</sup>O EVERY DAY:

### IT IS CALORIE AND SUGAR-FREE

Water has zero calories, which makes it the healthiest choice for quenching your thirst at any time. Plus it contains no sugars that can damage your teeth. If you don't like the taste of plain water, try sparkling water or add a slice of lemon, lime or cucumbers for additional taste.

### IT AIDS WITH WEIGHT CONTROL

Water gives you a feeling of fullness when consumed prior to a meal by filling up your tummy and thus reducing hunger. Hello natural appetite suppressant! A study found that adults who drank a large glass of water before meals ate an average of 75 fewer calories at that meal. While it might not seem like much, a 75 calorie deficit at lunch and dinner may lead to more than 6 kgs lost during a year!

Water is essential for life. It is easy to forget how completely we depend on it. About 55-75% of our body weight is made of water. When daily water intake is not balanced with losses from urine, sweat and breath; dehydration can easily occur.

The problem with dehydration is that the signs appear when the body has already lost a significant amount of water; therefore, it is important to drink regularly, even before you feel thirsty.

If you think you may not be getting enough fluids, check whether you have any of these common signs of dehydration: headache, lack of energy, dry skin, dark yellow urine, and constipation.

### MOST OF THE CHEMICAL REACTIONS HAPPENING IN OUR BODIES NEED WATER.

From digestion, absorption, circulation to the creation of saliva, transportation of nutrients and maintenance of body temperature, nearly all functions of our bodies require water. Water is the medium by which other nutrients and essential elements travel throughout the body. We also need water so that blood gets rid of waste through the kidneys.

### IT MOISTURIZES AND SOFTENS YOUR SKIN

Your skin contains plenty of water; this is why dehydration makes your skin more wrinkled and dry. In fact, water is the best and cheapest anti-aging treatment around! Don't forget to "lock" moisture inside your skin by using moisturizer.

### IT LEAVES CONSTIPATION AT BAY

Water prevents constipation by keeping stools soft and flowing along your

Gastrointestinal tract. When you don't get enough fluid, the colon drags water from stools to maintain hydration -- and the result is hard stools and constipation.

### IT HELPS YOU PERFORM BETTER AT THE GYM

Water is the most important, yet overlooked, nutrient for sportspeople, given that it is essential to body hydrated and at the right temperature. It's no surprise that loss of water is the major determinant of fatigue during physical activity because water helps energize muscles and maintains performance. So if you don't want to be left behind during Zumba class, don't forget to hydrate before, during and after workout.

### IT IS ESSENTIAL FOR JOINT HEALTH

The cartilage tissues found at the ends of long bones and between the vertebrae of the spine hold a lot of water, which serves as a lubricant during the movement of the joint. When the cartilage is well hydrated, the two opposing surfaces glide freely and friction damage is minimal. If the cartilage is dehydrated, the rate of damage is increased, resulting in joint deterioration and increased pain.

## TIPS FOR DRINKING MORE WATER

- Drink a glass of water as soon as you get up each day and before your main meals.
- Enjoy water breaks instead of coffee or tea breaks.
- Take water bottles with you everywhere you go.
- Instead of a soft drink, or soda, reach for bottled water in the convenience store, as well as from the vending machine.
- Pack bottled water in your carry-on luggage when traveling by plane. Drink one cup of fluid for every hour of your flight.
- Drink water before, during and after physical activity
- Download a water reminder application on your mobile that reminds you to reach your goal with water intake.

When it comes to water intake, all drinks count, including hot drinks such as tea and coffee, but water, low fat or skimmed milk and no-added sugar fruit juices are the healthiest. On the other hand, sugary, soft and fizzy drinks can be high in added sugars and calories so they ought to be consumed less often.



# 25 THINGS YOU CAN DO TO CUT BACK CALORIES

The wedding season is here and the holidays are fast approaching, so we are all trying to loose some weight in order to look our best. We asked our friend Mike Scheumann, The Executive Chef at Kempinski Doha to give us and the brides-to-be some easy tips to drop a few pounds, ready to hit the beach and the aisle in top form.

Healthy eating and regular exercise are the best way to lose weight effectively and in a healthy way, but the good news is that the below Chef Mike's easy tricks will really boost your hard efforts...get ready to take notes and remember to follow them to achieve your goals fast!



- 1.** Eat smaller portions
- 2.** Eat in a comfortable place not sitting cramped or in front of TV
- 3.** Choose your sides well, (a burger can be healthy if you leave the fries)
- 4.** Choose your plate size well, a normal portion looks huge on a smaller plate
- 5.** No toppings on your coffee or dessert
- 6.** Eat veggie sticks instead of potato chips, or limit the chips
- 7.** Do not eat late meals (cut off your last meal at 6pm)
- 8.** Exercise
- 9.** Use stairs no lifts
- 10.** Go to speak to people directly, don't call them in the office
- 11.** Laugh a lot, it sounds funny but laughing burns calories
- 12.** Include chili in your meals, chilis are a good metabolism enhancer
- 13.** Drink a lot of water during the day
- 14.** Get enough sleep
- 15.** Chewing gum helps to lose a few calories
- 16.** Cook your own food, you can control what goes in
- 17.** Eat snacks like fruits or small amount of nuts
- 18.** Relax, stress encourages the release of cortisol, what triggers the body to store calories as fat.
- 19.** Watch less TV, outdoor activities help losing a few calories and... you will not eat in front of the TV.
- 20.** Cook with coconut oil
- 21.** Eat more proteins then carbs
- 22.** Go shopping, walk the aisles, shopping reduces calories
- 23.** Vacuuming your house, you can lose 60 calories in 15 min
- 24.** Eat six meals a day
- 25.** Argue, arguing burns fat, have a good shout up at home and you will lose calories!







# Ahmed Hassan Bilal

Trading & Contracting Co. WLL

**Properties Listing**  
April 2014



## Bilal Pearl Suites

1 & 2 bedroom apartments, fully furnished and Studio Chalet available for rent

**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 1 & 2 bedroom apartments  
fully furnished available for rent

**Location:**

Al Nasser Area , Doha

**Amenities:**

Gym, Jacuzzi, spa and barbecue area.

## QANAT Quartier

Amazing Fully furnished 2 bedroom  
apartment located in the heart of Qanat  
Quartier available for rent now.

**Location:**

QANAT Quartier, The Pearl - Qatar

**Amenities:**

Private Beach and Tennis Court



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# HOME DÉCOR

Decorating ideas-shopping-interior designers' tips



## THE ONE'S WEDDING REGISTRY

Take advantage of this great service to create your ultimate gift list and kick off your newly-wed life together in total relax. Forget unwanted and useless gifts, simply put together your home fashion range wish list and THE One will think about the rest. They will even offer you a gift card with the value of 10% of the total spent on your list. For more information visit [www.theone.com](http://www.theone.com)



# Home *News*

Home trends and interior decor news in and out of Doha



## AWARD-WINNING CUTLERY

The Alessi's "Mu" cutlery set, designed by architect Toyo Ito, has been awarded the 2014 DESIGN PLUS and the 2013 GOOD DESIGN prizes. "MU" means "hexagon" in Japanese: this particular hexagonal shape of the handle is created using a mould and the intricate manufacturing process involves various stages, while the slim, full handle is reminiscent of the shape of Oriental chopsticks and contrasts with the rounded profiles of the spoons and the knife blades.

A great gift idea for any newlywed couple!



## RETRO VIBES at OTT CASA

Discover "Mini Valencia" the latest cushions line by OTT. These flamboyant cushions are the perfect mixture of retro floral and edgy prints. They will fit classic and modern settings complementing your sitting room's sofa or your bedroom's chair. Pair two of them for a strong statement!

OTT's range can be found at S\*uce boutique and Bloomingdales in Dubai.



## DRAMATIC DÉCOR at THE One

If decadent and dramatic romantic décor is your thing, don't look any further than THE One's latest Rock & Rose home fashion style. A mixture of dark wood furniture pieces, deep red, gunmetal grey and hints of green accessories and bold print wallpaper will transform your dull dining room in a dramatic and darkly romantic setting. You are all set to rock some serious dinner parties in style thanks to THE One!

## IKEA QATAR CELEBRATES 1 YEAR

On the occasion of its first birthday in Doha, IKEA QATAR, organized last month 5 days of special celebrations in their Festival city store offering special deals and activities, such as face painting and free ice creams for kids. James McGowan, Regional Brand Communication Manager, IKEA Qatar, UAE, Egypt and Oman said, "It has been a great year for us at IKEA. Over the last 12 months we have received a very warm welcome and an overwhelming response from the people in Qatar. Within the very first three months here, we had welcomed over 500,000 visitors to the store and over 280,000 visitors to our website." HAPPY BIRTHDAY IKEA QATAR!







Mint three-seater sofa  
QAR 2,950



Domino three-seater  
QAR 2,950



## No two homes will be the same.

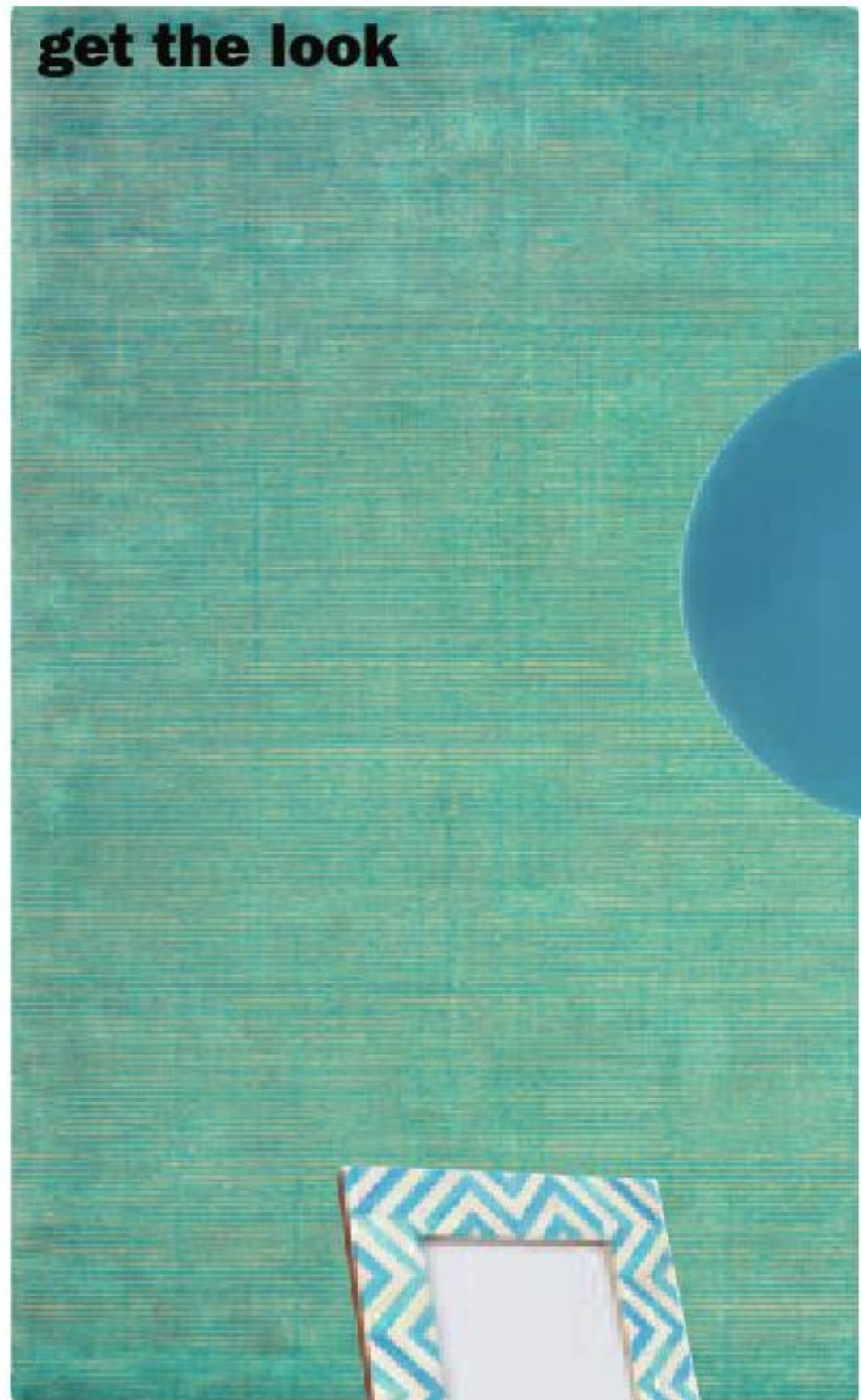
You are like no one else. Shouldn't your home be too? That's why, we offer the widest selection of furniture and home furnishings at Home Centre. Choose from 228 sofas, 245 lamps, 101 beds, 54 dining sets and unlimited other home ideas. Make your home like no other.

  
**homecentre**





get the look



Plate, M&S

Rug, Debenhams

Picture Frame, M&S

Telephone, Next



Selection of Cushions, Home Centre



Cushion, House of Fraser



Chair, House of Fraser



Lamp, Littlewoods

# BRIGHT & BEAUTIFUL!

Finish off your perfect new nest with some colourful pieces. Opt for touches of yellow, hot pink and shades of blue for a picture-perfect outcome.



Lanterns, House of Fraser



Debenhams





Wardrobe, Debenhams



Mirror, THE One



Trunk, Debenhams



Wedding sign, dotcomgiftshop

# WEDDING INSPIRED

Celebrate love with a few wedding-inspired pieces for your new home. From whites to ivory and metallics you'll be spoilt for choice!



Cupcake holder, Next



Mirror, Home Centre

Candle Holder, THE One



Decorative tree, Next



Chest of Drawers, Debenhams



Set of boxes, Next



Chandelier Lamp, Homecentre



Plates, M&S



# YOUR DREAM OUTDOOR WEDDING: 7 ROMANTIC ESSENTIALS

BY: SUZY CACIC PHOTOS BY: AARON FELDMAN, JEFF CARRILLO, EILEEN RIVARD, AND ERIKA BIERMAN



With wedding season soon in full swing, planning your perfect outdoor wedding this spring or summer season can be fun, tricky, and a little risky. With so many new wedding trends for 2014, it's hard to choose the perfect decorations to fit in with your theme and the gorgeous, great outdoors. Use our top 7 essentials to enhance the beauty of the surrounding outdoors and create a stylish, and memorable big day! Twinkling chandeliers, the perfect seating, and the right eye for detail can be combined to create a colourful, and elegant setting for your special day.



## FILL UP AWKWARD SPACES WITH LANTERNS

Paper lanterns are a common decoration for outdoor weddings to fill up large spaces and make seating arrangements seem more intimate and romantic. You can hang your paper lanterns from tree stakes driven in the ground, or from the beams of your tent to decorate the large empty space above.



## THE IDEAL SEATING: CHIAVARI CHAIRS

Traditional Chiavari wedding chairs are the ultimate seating choice for your big day. Light, easily stackable, and elegant, these Italian chairs come in a wide variety of colors and styles. You can easily customize them with your own ribbons, flowers, and embellishments to seamlessly fit in with your overall wedding décor.





## ADD A SPARKLE WITH CANDLES

To make your dining tables twinkle in the dark, fill up your tables with loads of candles. Use candle holders or candles in tall glass vases, to prevent them from being blown out from a breeze. You can also use insect repellent candles to banish mosquitoes and make your evening more comfortable and worry free.



## ARRANGE A CREATIVE TABLESCAPE

When it comes to fine dining and enjoying a great meal, it all comes down to a good presentation so ensure your tablescape stands out and really makes a statement at your wedding. Some of the newest table trends are embellished charger plates and tinted glassware that really adds an unexpected color pop to the spread. Lace patterns, and textures are also hot right now in the wedding world so ensure to use embellished linen, textured silk or unique fabrics for your tablecloth or runners.



## STUFF PLANTERS WITH GORGEOUS BLOOMS

Add some colour and fragrance to your outdoor setting by stuffing your garden urns with beautiful fresh flowers. White planters accompany any style and look best when filled with big blooms paired with trailing plants like ivy, lobelia, and bacopa. Choose flowers in colours that will match your colour scheme and don't be afraid to go overboard with flowers – it can never be too much for a wedding!

## SWITCH IT UP WITH A CUPCAKE TOWER

More couples are opting for cupcake towers instead of a traditional tiered wedding cake. You can dress up your cupcakes with fancy cupcake liners, decorative stands, intricate decorations, and a creative theme to match the rest of your wedding décor.



## ADD A TWINKLE WITH A CHANDELIER

A simple outdoor chandelier looks beautiful, romantic, and adds a clear focal point for your outdoor wedding ceremony. You can hang your chandelier from a tree, or from the inside of your tent to add glamour to a natural space and a practical light source after the sun goes down.



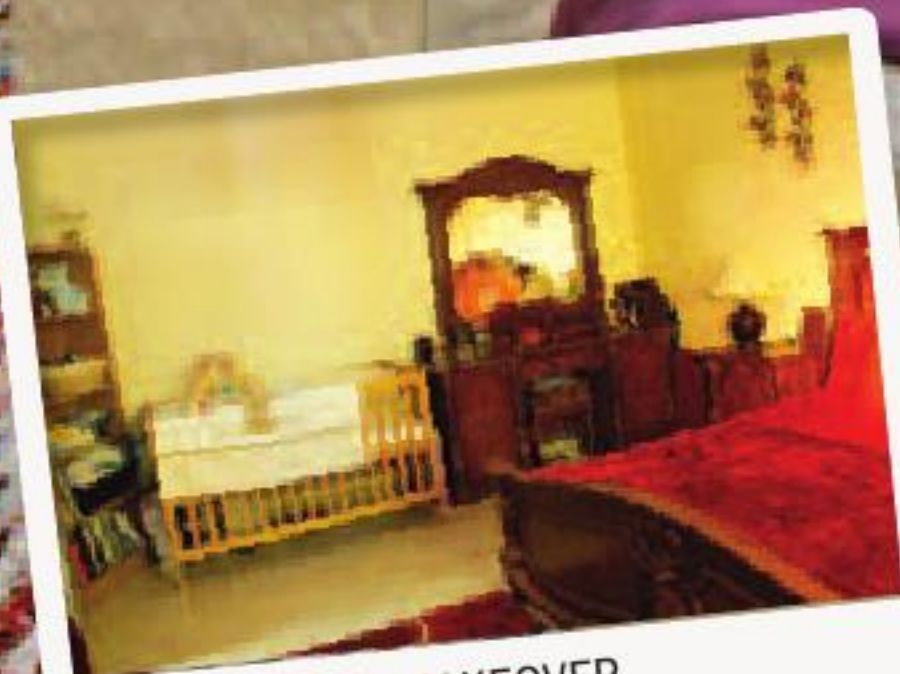


# HOME CENTRE ROOM MAKEOVER CHALLENGE

After the success of their Room Makeover initiative in the last two years, Home Centre organized 25 room makeovers across GCC in 2013. Three lucky winners from Qatar had the opportunity to get one of their room restyled by the Home Centre's experts, who added brand new furniture, accessories and a coat of bright paint to complete the look. This month Miss Diana and her husband were gobsmacked by their newly refurbished bedroom. What a transformation!

**BABY CORNER**  
ADD A TOUCH OF WHIMSY WITH CREATIVE LIGHTING.

**FOOT SPACE**  
PLACE DECORATIVE STORAGE BOXES AT THE FOOT OF THE BED FOR BEAUTIFUL STORAGE PLUS GREAT SEATING TOO!



ROOM, BEFORE MAKEOVER





**FOR MORE  
INFORMATION**

VISIT

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

**ILLUMINATING  
APPEAL**

CREATE A MODERN  
YET RELAXING  
ATMOSPHERE WITH  
STYLISHLY MODERN  
LAMPS.

**LUXURIOUS  
BEDDING**

BEDSPREADS, TROWS,  
AND QUILTS ADD BOTH  
COMFORT AND LUXURY  
TO YOUR ROOM. MIX AND  
MATCH PATTERNS IN  
THE ROOM TO KEEP IT  
INTERESTING.

**DIANA SAMI AL-SAQQA**

Diana's old-fashioned bedroom  
compromised her personal style, making  
her always want a more modern room,  
with trendy and refreshing furniture  
pieces.

HOME CENTRE decided to give Diana  
her much-awaited modern bedroom with  
a resort like feel. The interior designers  
began with a cool blue and white colour  
combination as the soothing base. The  
use light drapes and bamboo painting  
techniques on the walls add to this serene  
ambience. To make the room appear  
brighter, fresher and more modern HOME  
CENTRE chose the white gloss finish Wave  
bedroom furniture and complementing  
accessories. The damask printed Clover  
comforter set, Osten table lamp, Amara  
picture frames really live up the thematic  
colour scheme, while the multicoloured  
Mirage rug escalated the refreshing  
ambience of the room.

Diana and her husband were delighted with  
the new look of their bedroom. "Tonight,  
I have the prettiest room in Qatar!" Diana  
declared.

**ACCESSORIES USED:**



Amara picture frames

Osten table  
lamp



Decorative vase



ALL PRODUCTS  
AVAILABLE AT  
**HOME CENTRE**

**Diana & Family**



# FORUM DESIGN

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INTERIOR DESIGN | WALL FINISHES | WINDOW TREATMENTS | FURNITURES | FLOORS | ACCESSORIES



# FOOD & ENTERTAINMENT

Recipes, healthy tips and new restaurant openings



## **IDAM WELCOMES ITS NEW GOURMET CHEF**

Sir Alain Ducasse "the architects of flavours" recently named Frederic Larquemin as IDAM's new Executive Chef. Another impressive culinary French Master Chef, who brings his rich array of international experiences to Doha. Book your table to taste Frederic's new Spring Menu and to enjoy the unique IDAM experience. BON APPETIT!

For more information call 4422 4488



# Food *News*

The latest updates on the culinary scene!

## APRIL'S SPECIAL DEALS

La Varenne and The Anvil Rooms restaurants, the Tornado Tower's prestigious restaurants, are both offering some incredible deals this month, so book your tables now to avoid any disappointment! Enjoy a very special Easter Brunch at La Varenne on the 18th and 19th of April and enjoy a full-course, all-you-care-to-eat menu with sharing-style dishes showcasing an array of the best La Varenne classics, along with its famous hors d'oeuvres and dessert trolleys, while kids activities will be on offer to entertain the little ones. All for 179 QR per person excluding drinks. The meat lover should instead take advantage of The Anvil Rooms' Early Dining offer, which is available Sunday-Thursday 5.30pm-6.45pm and includes a signature steak, a side, a sauce and a house mocktail or cocktail for 149QR. Simply delicious!



## EXPERIENCE THE 'FROM DARKNESS TO LIGHT' DINNER

Stimulate your senses and imagination at the unique blindfolded dinners organized by Oryx Rotana Doha to support ORBIS 'saving sight worldwide' project. On March 27th Oryx hosted a three-course meal dinner experience served in complete pitch-black darkness during which guests were allowed to imagine what blind people experience throughout their lives. Give it a go yourself at their next event to support this great cause and to join the journey from Darkness to Light. "Taste and see the goodness of giving. Your gift will positively change the life of a blind/visually impaired person," remarked Oryx Rotana General Manager. "I invite everyone to experience and learn about the challenges faced by the blind. It was indeed a fun, educational and memorable evening." He added.

From Darkness to Light' Dinner is available for corporate events too. For reservations or more information on their next event contact 4402 3391.



## KEMPINSKI NAMES DESSERT OF THE YEAR

Passion fruit, coconut, mango and banana are the ingredients of Siam Passion, Kempinski's 'Dessert Of The Year 2014'. Alfred Merkel, the German pastry chef at Siam Kempinski Hotel Bangkok and his team created this dessert, which is now available to order at every Kempinski hotel worldwide. "To me, Siam Passion represents what Kempinski stands for: a collection of individual luxury hotels with European flair," says Alfred Merkel. "The traditional European recipe and preparation gives the dessert a European twist while the Thai fruit provide the local tropical flavor."

## IT'S LOBSTER MONTH at MARRIOTT DOHA

Make the most of this exciting promotion at one of our favorite Hotel in town. The Marriott Doha is in fact offering delicious variations of lobster's creations at JW's Steakhouse/Taj Rasoi, Asia Live! & Salsa for the whole month of April. The Thai Lobster in Green Curry at Asia Live and Lobster & Papaya Quésadillas served with fresh Mango cream at Salsa are on top of our list.







# Chowking

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**NEW**  
Indo-Chinese  
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Free Home Delivery Service

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(near Radisson Blue Hotel)

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Al Saad St.

(before Commercial Bank)

Tel: 4431-4411

Al Khor Branch

(Julu Mall)

Tel: 4411-8816 | 4411 8817

Mamoura Branch

(2nd Floor Dar Al Salam Mall)

TEL: 4466-6077

Holiday Villa Branch

(Ground Floor Entrance 7)

TEL: 4411-5225 | 4411 5335

(  An associate of Ahmed Hassan Bilal Group)



# CHEF TOUFIK IMAM SHAIKH VS. RED CABBAGE

COMPILED BY MARLYNNE MALLARI - DELA PENA

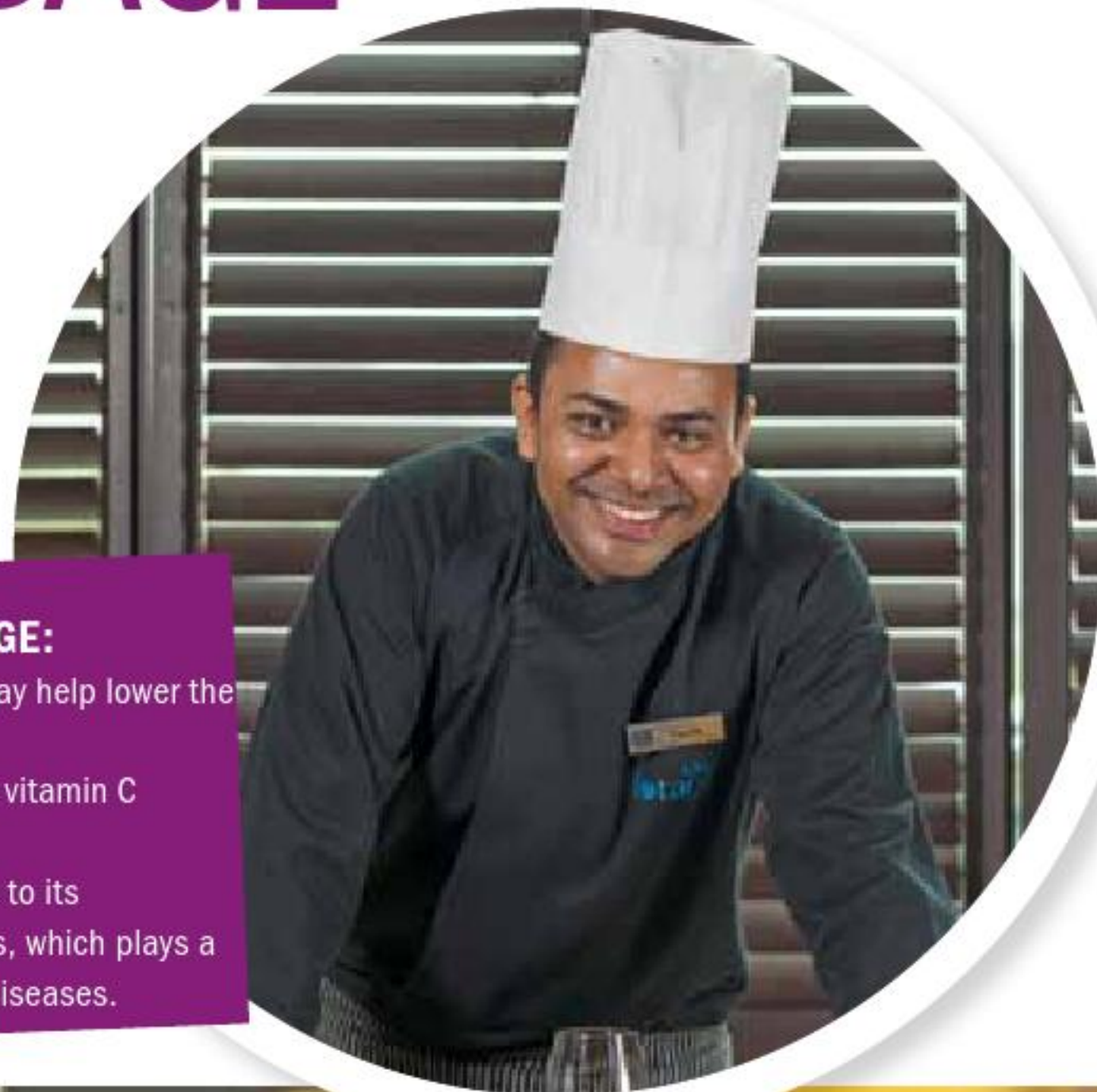
PHOTOGRAPHY JESSIE PALANCA

Yes Red Cabbage plays a 'small role' in your favourite coleslaw but what if it becomes the main superstar in the menu? Impossible? Hmmm not quite, Chef Toufik, from ORYX ROTANA DOHA, concludes the battle with these three remarkable feasts!



## NUTRITION FACT OF RED CABBAGE:

- Cabbage helps lower cholesterol and may help lower the risk of many types of cancer.
- Red cabbage contains almost twice the vitamin C as green cabbage.
- The rich red color of red cabbage is due to its concentration of anthocyanin polyphenols, which plays a therapeutic roles in a number of human diseases.



## Pan-seared Duck Breast with Red Cabbage Puree, Red Cabbage Coleslaw

### Ingredients:

• 180g duck breast • 600g red cabbage • 30ml olive oil • 15ml orange juice • 1 teaspoon salt • 1 teaspoon sugar • 1 pinch black pepper • ½ medium carrots • 1 tbsp white vinegar • 5 tbsp mayonnaise

### For the duck:

Place the duck skin side up. Using a sharp knife, score (1/4-inch-deep) cuts across the skin at a 45 degree angle. Sprinkle 1/4 teaspoon salt and 1/4 teaspoon pepper over the meat side of each duck breast.

Heat a well-seasoned nonstick pan over high heat. When pan is hot, add duck breasts, skin side down, and cook for 5 minutes, or until skin is brown and crispy. Flip and cook for 2 more minutes. If you are unfamiliar with duck breasts, don't be put off by their unusual look. The fat-to-meat proportions reverse themselves when cooked, as much of the fat is rendered and the meat expands.

Remove pan from heat and transfer duck breasts, skin side up, to a cooking sheet lined with aluminum foil. Bake on the top rack of the oven for 5 minutes

### For red cabbage puree:

400g red cabbage cut the red cabbage into fine strips mixes with the salt, sugar and orange juice and marinate for 1 hour. Slice the onion and sauté in olive oil until soft, add the red cabbage and make fine puree.

### For red cabbage coleslaw:

200g red cabbage cut into fine julienne marinated with the salt, sugar, white vinegar then mix with mayonnaise





## Red Cabbage Gazpacho

### Ingredients:

- 450g red cabbage juice • 30g white sandwich bread • 40g mayonnaise • 60g white vinegar • 4g salt • 1g white pepper •

### Procedure:

Remove cores from red cabbage and juice 450g into a container. Add the bread and refrigerate for 2 hours.

Strain the cabbage juice through a fine sieve. Press out as much juice as possible from bread.

Blend juice and mayonnaise, and then season with the vinegar and salt. Strain the liquid into a clean container and refrigerate until needed.

### For the parsnip panna cotta

- 2tbs unsalted butter • 220g (prepared weight) parsnips, peeled and roughly diced • 350ml milk • 2 leaves of gelatin • 150ml double cream • Juice of ½ lemon

Prepare the parsnip purée for the panna cotta. Melt the butter in a saucepan and once it is foaming, add the parsnips, with salt and pepper to taste, and sauté over a medium heat for about 8 minutes or until they start to turn golden and are nearly tender.

Add 400ml of the milk and continue to cook over a medium heat for 15–20 minutes or until the parsnips are soft, then remove from the heat. Immediately use a hand-held stick blender to purée the mixture to a smooth but thick consistency. Taste and adjust the seasoning, if necessary.

To make the panna cotta, measure 200g of the parsnip purée into a small saucepan and then set the rest aside for serving. Soak the gelatin in cold water until it has softened. Add the remaining milk and the cream to the measured parsnip purée, and then bring to the boil. Remove the pan from the heat and adjust the seasoning, if necessary. Squeeze the gelatin gently to remove the excess water, then add it to the warm parsnip mixture and stir to dissolve. Stir in the lemon juice to taste. Pour the panna cotta into thin tray. Transfer to the fridge and leave to set for at least 2–3 hours.

### For honey toasted oats:

- 5g white oats • 5g honey

Stir honey and white oats together in a saucepan over low heat for about 2 minutes until they combine. Add 3g chives for garnish.



## Red Cabbage Strudel with Blue Cheese

### Ingredients:

- 125 g wheat flour • 65 ml water • ½ table spn. olive oil • 1 egg • 1 pinch salt

### Red cabbage filling

- 500 g red cabbage • 25 ml red wine • ½ tea spn salt • ½ tea spn. Black pepper • ½ pinch of sugar • ½ orange, juice • ½ onion • ½ table spn. Olive oil • ½ pinch of cinnamon powder • 1 apples, grated • 1 egg • 1 table spn. Sesame seeds

**For the strudel pastry:** place the flour and salt on a worktop. Put the egg, oil and water in the middle of the flour and knead together for about 10 minutes until the strudel pastry is smooth. Shape into a ball and let it rest for 30 minutes. Cut the red cabbage into fine strips, mix with the salt, sugar and orange juice and marinate for 1 hour. Slice the onion and sauté in olive oil until soft, add the red cabbage. Douse with red wine and simmer for about 1 hour until soft. Season with cinnamon and grated apple. Allow to cool. Roll the strudel pastry out thinly, place the red cabbage on the pastry and roll up. Beat the egg and brush the pastry with it. Sprinkle sesame seeds over the strudel. Bake for about 20 minutes in an oven preheated to 180 °C.

### Blue cheese sauce:

- 50g blue cheese • 100ml cooking cream • 20g unsalted butter. In a medium pan, combine cheese, cream over low heat. Stir frequently until cheese melts. Remove from the heat and keep warm.





1. PREPARE ALL INGREDIENTS.



2. IN A LARGE BOWL COMBINE THE MEAT WITH CHOPPED ONION, CHOPPED WALNUT, SEVEN SPICES AND PARSLEY AND MIX THOROUGHLY.



3. AFTER MIXING ALL THE INGREDIENTS, FORM IT IN BALL SHAPE AND FLATTEN.



4. GRILL THE MEAT ON THE CHARCOAL, THE TRADITIONAL ARMENIAN WAY.



# HOW TO MAKE: FISHNE KEBAB

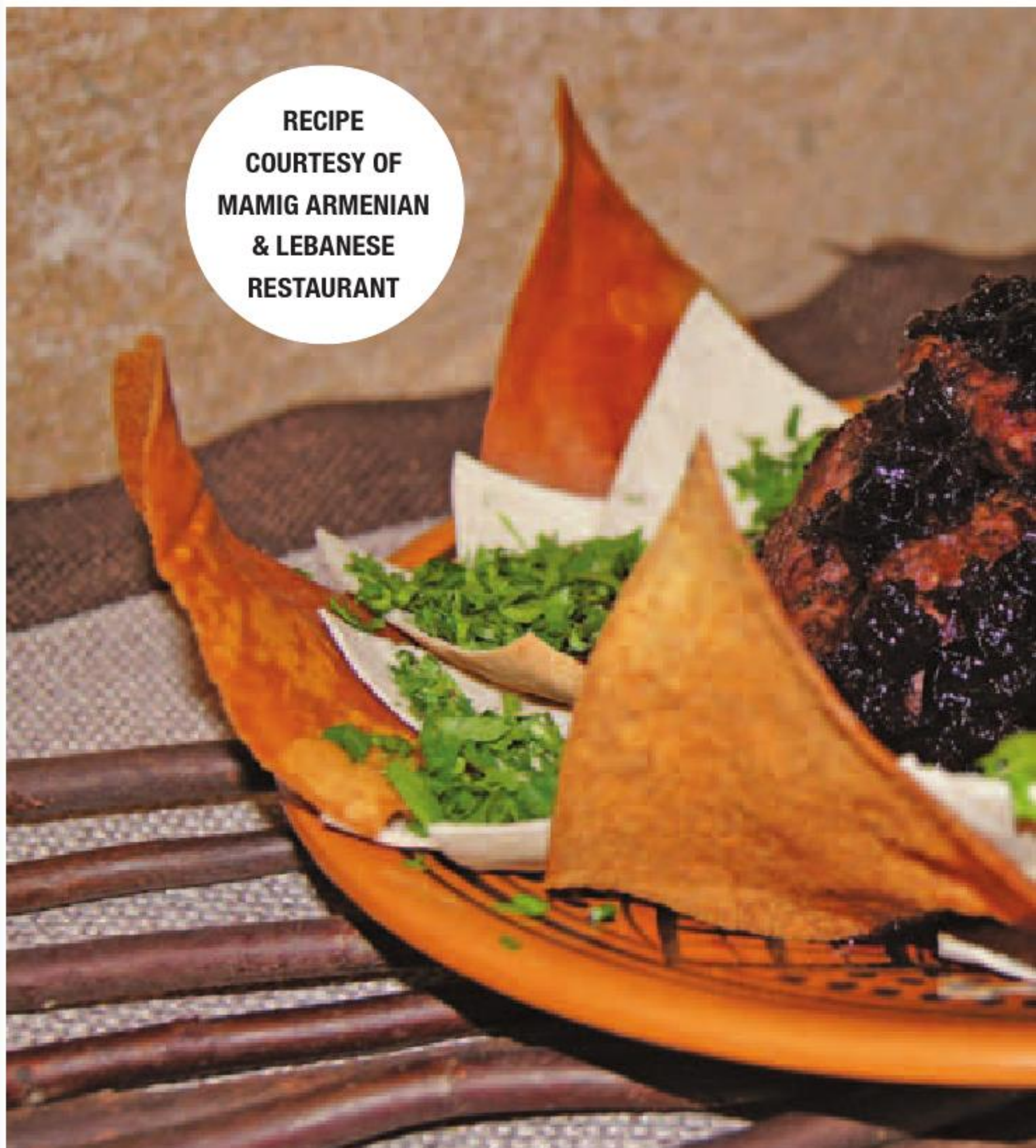
COMPILED BY MARLYNNE MALLARI - DELA PENA

PHOTOGRAPHY SRIMANI WELAGEDARA & MAMIG

LOCATION: MAMIG ARMENIAN & LEBANESE RESTAURANT

Let's learn how to cook one of the yummiest dishes from the Armenian/Lebanese cuisine thanks to the help of Chef Zarmig from Mamig restaurant in Katara. Paree Akhorzhag!

RECIPE  
COURTESY OF  
MAMIG ARMENIAN  
& LEBANESE  
RESTAURANT





## FISHNE KEBAB

by Chef Zarmig

### Ingredients:

- 1/2 cup parsley, chopped
- 1/2 teaspoon Seven Spices
- 1/2 cup walnuts, chopped
- 200 gm. lamb meats
- A few piece of fried bread
- 1/2 cup Cherry Fishne Sauce

### Procedure:

**STEP 1** Prepare all the ingredients.

**STEP 2** In a large bowl combine the meat with chopped onion, chopped walnut, Seven Spices and parsley and mix thoroughly.

**STEP 3** After mixing all the ingredients, form it in ball shape and flatten.

**STEP 4** Grill the meat on the charcoal, the traditional Armenian way.

**STEP 5** Meanwhile, bake the Armenian bread Tonir for two to four minutes in the traditional stone oven.

**STEP 6** Cut them into diamond shapes; put them next to each other on the plate as shown in the picture.

**STEP 7** After putting the two kinds of bread on the plate, add the grilled meat and garnish with chopped parsley.

**STEP 8** Top it with fishne sauce, the Armenian traditional cherry sauce, and serve it.



**Chef Zarmig**

5.

MEANWHILE, BAKE THE ARMENIAN BREAD TONIR FOR TWO TO FOUR MINUTES IN THE TRADITIONAL STONE OVEN.



6.

CUT THEM INTO DIAMOND SHAPES; PUT THEM NEXT TO EACH OTHER ON THE PLATE AS SHOWN IN THE PICTURE.



7.

AFTER PUTTING THE TWO KINDS OF BREAD ON THE PLATE, ADD THE GRILLED MEAT AND GARNISH WITH CHOPPED PARSLEY.



8.

TOP IT WITH FISHNE SAUCE, THE ARMENIAN TRADITIONAL CHERRY SAUCE, AND SERVE IT.



### Tips:

- 1 Always use with fishne sauce and Armenian Tonir bread to give a real Armenian taste.
- 2 If you like to have a juicy lamb meat add 10% lamb fats





# CHOWKING GOES INDO-CHINESE

CHECK OUT THE LATEST TASTY MENU OFFERS  
AT THE HOLIDAY VILLA BRANCH

The number-one Oriental fast food restaurant chain in the Philippines is launching special offers this month to promote their newly introduced Indo-Chinese menu.

Experience the zingy flavours of this inspiring cuisine, which combines Chinese seasoning and cooking techniques to Indian tastes. Mix hakka noodles and healthy options such as Chinese seafood soup and papaya salad will be only a few of the additional Indo-Chinese dishes that will complement the usual extensive menu of succulent Chinese and Filipino dishes.

Thanks to these latest additions, ChowKing, an enterprise of Ahmed Hassan Bilal Group, will be able to cater to all the Asian communities and customers in Qatar, delivering great-tasting South Asian food at great value for money.

Book your table now to celebrate this exciting news with friends and family... everyone's taste will be satisfied, guaranteed!

**AVAILABLE NOW AT  
CHOWKING  
HOLIDAY VILLA**

and SOON in

Chowking Dar Al Salam, 01st April, 2014

Chowking Al Sadd, 01st of May, 2014

Chowking Salwa, 01st of June, 2014

Chowking AlKhor, 01st of July, 2014



# EGG-STRAVAGANZA!

This Easter let your kids get creative thanks to the Renaissance's Easter Eggs Workshop, which will take place on April 19th. Tasty chocolate eggs will be provided by Executive Pastry Chef Aurel Constantin Raduti for the children, who will be able to decorate and customize their eggs as they wish. Marshmallows, caramel popcorn and much more will be on hand to let them become food artists for a day!

Here Chef Aurel shows us the basic steps to create the perfect chocolate egg.

## Procedure:

- STEP 1** Melting the chocolate at proper temperature
- STEP 2** Preparing the molds
- STEP 3** Correct method of tempering chocolate
- STEP 4** Pouring chocolate in desired casted shapes
- STEP 5** Allow the chocolate to set and assembly
- STEP 6** Preparing spraying chocolate mixture
- STEP 7** Spraying with chocolate
- STEP 8** Final assembly and decoration

## EASTER EGG WORKSHOP

REGISTER YOUR CHILDREN FOR FREE AT THE RENAISSANCE DOHA HOTEL'S EASTER EGG DECORATING WORKSHOP COMPLETED BY AN EXCITING EASTER EGG TREASURE HUNT!

**When:** 3pm – 6pm on 19th April

**Location:** Quick Bites, West End - Renaissance Doha City Center Hotel

For more information call +974 4419 6100 or visit [westenddoha.com](http://westenddoha.com)





# PARTY PERFECT DAY

An array of Inspiration for the details that make the difference between great and grandiose.



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**Other Places  
You Can Buy Your  
Wedding Cake:**  
Opera 4468 8344/55/66  
Magnolia 4450 9407  
Luscious 4444 5020  
Tasmeem 4427 0044

## Sweets

THESE YUMMY WEDDING  
FAVOURS IS NEXT ON YOUR  
LIST. MAY IT BE A CANDY,  
CHOCOLATE OR MUFFINS  
HAVE IT PERSONALIZED. IT  
WILL BE A SURE HIT!

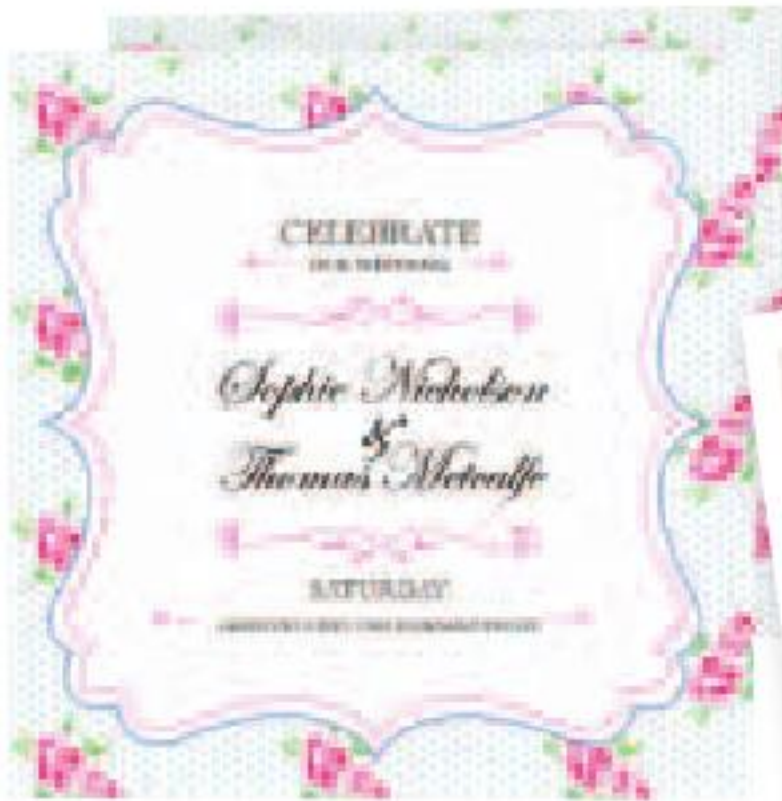
Order at Lenotre - 4450 7255



Order at Patchi - 4493 4817



# Invitations



IN CHOOSING YOUR INVITATION,  
GET THE BEST THAT WILL  
REPRESENT YOU AND YOUR  
FUTURE HUSBAND!



**DO NOT FORGET YOUR INVITATION!** THE INTERNET HAS AN ABUNDANT SOURCE OF DESIGNS THAT YOU CAN CHOOSE FROM. ONCE CHOSEN HAVE IT MADE HERE IN QATAR. VISIT THE FOLLOWING SHOPS:

Qatar Print 7076 0216  
Digital Print Centre 4443 3099  
Gulf Colours 4443 9399

# Bomboniere



WHO SAYS 'CANDY' IS NOT SUITED FOR WEDDING FAVOURS? SWEET AND TASTY- ANYONE WILL FALL IN LOVE!

Check the candies selection at Papabubble at Dar Al Salam Mall

# Bouquet

A simple and elegant bouquet is an essential accessory for every bride! Check out Tasmeem, they'll make sure you'll have your impeccable bouquet. Tasmeem - 4427 0044



Order your bouquet from:  
Gardenia Flower 4444 0789  
Holland Flower 4481 5557



Another great home giveaway!



# WEDDING RECEPTION VENUES & IDEAS

ABODE shortlisted four chic and sleek hotspots for your 'do' to wow yourself and your guests.



## Organize The Most Spectacular Garden Reception

**AL DANA GARDEN** at Sharq Village and Spa could be your outdoor awe-inspiring Wedding venue

If you are looking for a unique and magical location for your wedding celebrations, don't look any further than the newly inaugurated Al Dana garden at Sharq Village. The 3,500 square meters venue can be used as an outdoor venue or transformed into a lavish indoor setting complete with a stage and banquet tables, accommodating up to 2,500 guests for stand-up cocktail reception or 2000 for a seated function. You and your guests will be entertained and impressed by this picturesque venue, which boasts the elegant backdrop of the Arabian inspired resort on one side and the impressive Doha skyline on the other. What better place to celebrate one of the most important day of your life?

For more information call 4425 6666  
or visit [www.ritzcarlton.com/SharqVillage](http://www.ritzcarlton.com/SharqVillage)



## Celebrate your magical day at Renaissance Doha

Visit the lavish ballroom of Renaissance Doha, located in the heart of the city, it could be the perfect backdrop for your wedding celebrations. Let their professional team create your fairytale party every girl dreams of. From their delicious menus, beautiful flowers arrangements, entertaining acts and so much more, Renaissance Doha will be able to accommodate any family and cultural tradition request. Get your magical celebrations started!

For more information call 4419 5000 or visit  
[www.renaissancedoha.com](http://www.renaissancedoha.com)





## **Al Silia Ballroom: where glamour and class meet!**

Start your newlywed life in style thanks to the renowned Grand Hyatt's 5-star service, completed by their expert team of culinary & wedding planners which will guarantee you a spotless wedding day.

Behind every relaxed and gorgeous bride and groom there is always a great wedding planner. This professional figure ensures a smooth and hassle-free planning, so why not take advantage of this service? Grand Hyatt Doha is committed to deliver the most charming experience. A professional Wedding manager will take care of all the event's details: from the best décor options to tailor-made wedding menus, providing ladies' private entrances, coordinate with suppliers and guests and much more. All your needs will be their priorities in order to transform your dream wedding into reality!

For more information visit [www.doha.grand.hyatt.com](http://www.doha.grand.hyatt.com) or call 4448 1234.



## **Plan A Fun Henna Night**

A traditional wedding custom for the Arabic culture, but is becoming a very hip and fun ritual for the modern brides-to-be too. Discover more about it thanks to Faten, the wedding and event organizer at Crowne Plaza Doha, the Business Park!

The henna party is a traditional family ceremony for ladies only that usually takes place one night before the wedding, during which hands and feet are tattooed as a sign of blessing for the marriage. Crowne Plaza specializes in Henna nights, which can be customized for each client: from Moroccan, Indian or Qatari rituals. The professional team at Crowne Plaza Doha is able to cater for all requests according to the number of guests, menu and decorative choices. The three ballrooms at their Event Centre are the most popular choice for Henna Night venues, because of their elegant décor, services and above all because of their capacity, which varies from 50 to 250 people. Mouth watering food, lots of dancing, music and fun awaits you for the bachelorette party of the year!

For more information call 4408 7582.



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# ESCAPES

Adventurous-fun-luxurious-unique travel experiences

## SEYCHELLES: A HONEYMOON HAVEN

This is the time to splash out and organize your ultimate romantic getaway. ABODE short listed some of our top exotic destinations. Seychelles Desroches Island is on top of our list thanks to its spectacular location, heavenly landscape and romantic setting. Read more on page 99.





# Travel News

Stay in tune with news from the hotel and travel industry

## HOLIDAY INN DUBAI JOINS UAE Green Festival 2014

The Holiday Inn Dubai - Al Barsha participated last month in the innovative UAE Green Festival by providing guests with valuable tips on environment protection and giving a personal feel of the hotel's energy saving practices. Mr. Mukhtar Hussain - Director of Engineering commented; "Our hotel decided to launch an environment-friendly initiative. Careful and clear-cut measures were executed to replace Neon lights in the building with LED lights. We use the latest technology and also keep abreast of the newest trends in energy saving."



## Rotana Opens In Salalah, Oman

Salalah Rotana Resort opened its doors on March 18th as the first five-star property in Salalah Beach and the largest in the city by room size and the largest free-standing hotel in Oman. Samih Sawiris, Chairman of Muriya and CEO of Orascom Development, said, "We are delighted to launch the Salalah Rotana Resort as part of Muriya's Salalah Beach Resort destination. Salalah Rotana Resort is a ground-breaking project in Oman. Utilising the experience gained by Orascom when developing the pioneering El Gouna resort in Egypt, Muriya has integrated the natural landscape into the design of the hotel to combine traditional architectural aesthetics with Venetian waterways to create a desert oasis."



## Cathay Pacific Signs Agreement With Qatar Airways

Cathay Pacific Airways and Qatar Airways, members of the oneworld alliance, announced last month a strategic agreement to operate a new daily flight between Hong Kong and Doha. Cathay Pacific Chief Executive John Slosar said: "Cathay Pacific has a strong commitment to serving the Middle East and we are pleased to enter into this agreement with oneworld partner Qatar Airways, and at the same time launch our own new service to Doha. This exciting business opportunity will help us maximise the potential of the market between Qatar and Hong Kong and enable both airlines to create synergies that will improve the overall travel experience for our customers."

## SPEND A MAGICAL EASTER AT EMIRATES PALACE

Treat yourself and your family to a special Easter holiday this spring by booking a stay at the majestic EMIRATES PALACE in Abu Dhabi. From April 17th to 29th, special activities for children will be on offer in this unique Hotel: from a sand sculpting competition on Good Friday, April 18th, and an Easter Egg Hunt and Snorkeling Treasure Hunt on Easter Sunday, April 20th. Special Easter menus will also be available throughout the Palace to give you a full flavour of spring. Let the fun begin!

For more information call +971 (0) 2690 8888







Oryx  
Rotana

Doha

## Fall into Flavour!

Check out the new steak menu at the Jazz Club.

The memory of a great meal stays with you long after the table has been cleared. Which is why we use only the freshest and finest components. Quality ingredients, attention to details and special sizzle - it's what we are passionate about.

Offering a prime steakhouse experience to excite the senses.

For reservations or more information, please contact  
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[Rotanatimes.com](http://Rotanatimes.com)



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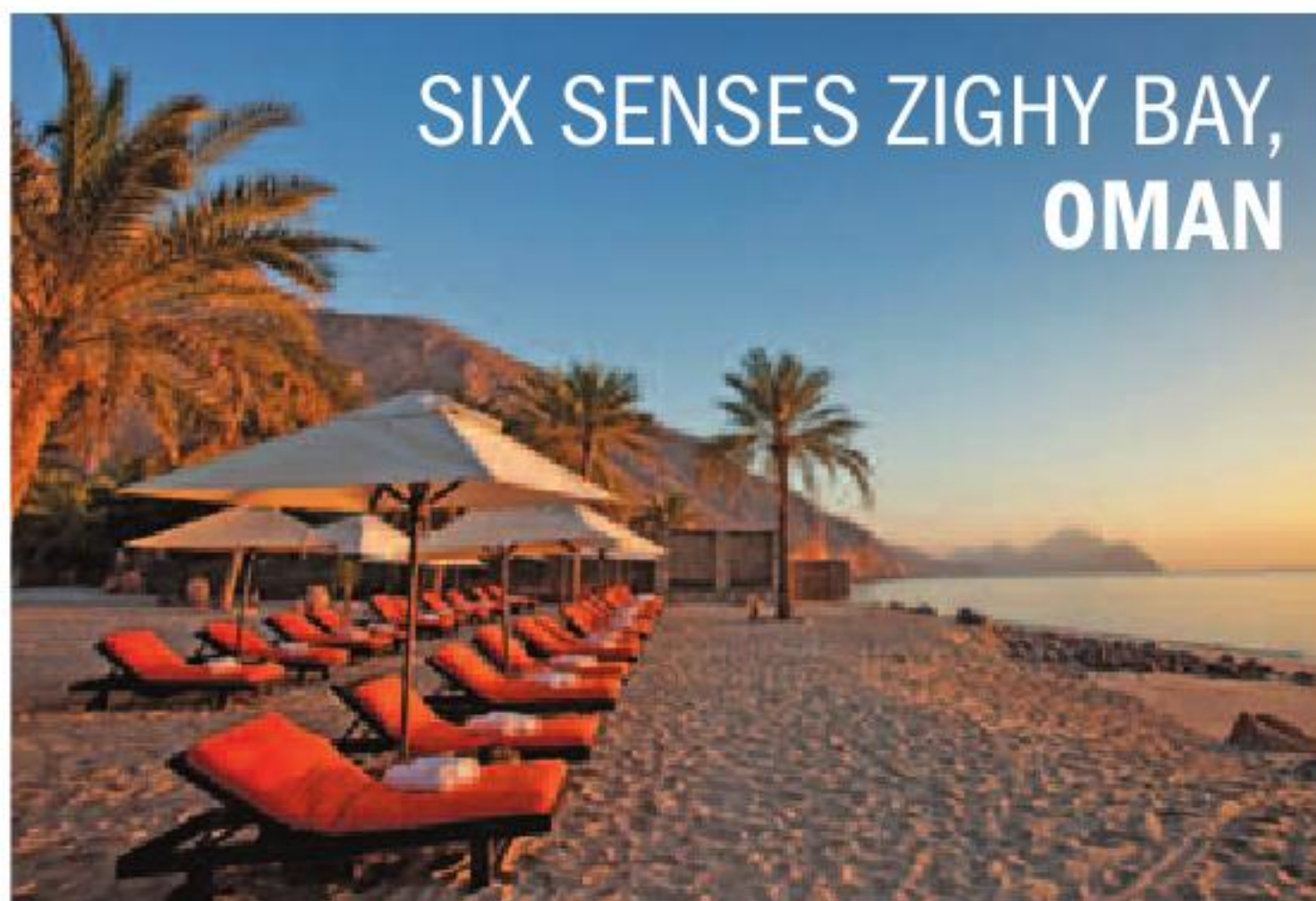
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[rotana.com](http://rotana.com)



# TOP LUXURY HONEYMOON DESTINATIONS



## SIX SENSES ZIGHY BAY, OMAN

You don't need to travel on the other side of the globe to enjoy the most romantic escape of your lifetime. Oman and its natural wonders will blow you away and Six Senses Spa at Zighy Bay, located in the North of the Country is one of most special retreats you will encounter in your life. This is a refuge for mind and body, a sanctuary of ultimate wellbeing boasting an exclusive private sandy beach, an outstanding award-winning SPA, 82 authentic village-style pool villas guarded by the dramatic Hajar Mountains...a very unique destination for a special celebration indeed!

## CONSTANCE LE PRINCE MAURICE, MAURITIUS

This romantic hideaway is where stunning architectural design meets relaxed luxury. Step into this high functioning deluxe paradise, and choose from one of the 64 Junior suites, 12 Family suites, 12 Villas or the sumptuous Princely suite.

Revel in the intimate and secluded setting, pamper yourself at the renowned Sisley spa and Spa de Constance, then enjoy the exceptional international cuisine created by their talented chefs from around the world. Le Prince Maurice is part of our Ultimate Hotel Collection, therefore the perfect choice for an unique holiday.

● **WHERE IS IT:** Northern Musandam Peninsula - Sultanate of Oman, two hours drive from Dubai.

### ● **SPECIAL FEATURES:**

Memorable dining experiences from a mountain top restaurant offering international cuisine and spectacular views or intimate in-villa dining thanks to their personal butler service are on offer. Innovative ancient holistic treatments from in-house expert and regular visiting wellness practitioners and for the most adventurous character trekking, mountain biking, rock climbing activities are on the card including a sensational paraglide arrival from the top of the mountain into Zighy Bay...simply priceless!

● **HONEYMOON PACKAGE:** Zighy Bay's Honeymoon special includes a blissful Six Senses Spa treatment for the newly weds, plus a romantic dinner for two at the Spice Market Restaurant.

For more information visit [sixsenses.com/zighybay](http://sixsenses.com/zighybay)



● **WHERE IS IT:** North East Coast of Mauritius in the Indian Ocean

### ● **SPECIAL FEATURES:**

Two Championship Golf Courses are on offer, secluded private beaches, family friendly atmosphere and it boasts the only floating restaurant in Indian Ocean – Le Barachois

### ● **HONEYMOON PACKAGE:**

Stay for a minimum of 3 nights on a half board honeymoon package till 22 December 2014 and you'll enjoy Honeymoon gift upon arrival.

More over if you book to stay at Le Prince Maurice between 28 April and 15 September 2014 you'll receive a daily resort credit of Euro 100 per room per night to be spent on food and drink, and spa. This offer is subject to availability. Book now!

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



# THE SUN SIYAM IRU FUSHI, MALDIVES

● **WHERE IS IT:** Iru Fushi is located in the northern of the Maldivian archipelago, at the heart of Noonu Atoll.

The Sun Siyam Iru Fushi unfolds over 52 acres of natural perfection, a world away from the everyday, yet just a 45-minute awe-inspiring seaplane ride from the capital, Malé.

● **SPECIAL FEATURES:**

Couples can plant a tree on the island with their names, date and personal message...so romantic! Enjoy unique traditional Spa treatments from China & Maldives and Beach Concierge Service

● **HONEYMOON PACKAGE:**

All honeymoon guests will receive the following per villa per stay:

1. Fruit Display & 1 bottle of Wine in the villa upon arrival
2. One half-day excursion for the couple on selected excursions
3. USD 50.00 Spa credit per couple per stay to be used for the Spa treatment of guests' choice

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



Maldives are a popular choice for honeymooners...no wonder why. One of our favourite Hotel is the paradise beach resort The Sun Siyam Iru Fushi, located in the Noonu Atoll Maldives. It features 221 luxury ocean-front villas, including 70 over-water bungalows, 11 bar and restaurant choices, a 20-room tropical spa and range of activities and local explorations. The resort is committed to offering boutique service on a grand scale, balancing exceptional facilities and heartfelt service with a wider dedicated focus on the surrounding community. The perfect retreat to start your new life as a married couple.

## DESROCHES ISLAND, SEYCHELLES

Desroches Island, Seychelles, is an idyllic, independently owned, coral island surrounded by white, sandy beaches and a protective reef. This ultimate island destination is a real paradise for romance and adventure all year long, which boasts luxurious accommodation in a heavenly setting of un-spoilt beaches and lush, green forests.

Enjoy first-class accommodation, fine cuisine, world class diving and snorkelling, luxurious spa facilities and striking scenery in total privacy. Book your ultimate, indulgent holiday...a life time experience awaits you.



● **WHERE IS IT:** Desroches forms part of the Amirantes group of islands (a remote coral atoll), 230km south-west of Mahe in the Seychelles. Desroches Island is linked to Mahe by daily schedule flights (approx. 40 minutes) and private charter flights.

● **SPECIAL FEATURES:**

Outstanding DIVING and FISHING opportunities. Desroches Island is home to some of the best diving sites in the Seychelles and also offers outstanding big game fishing with a large variety of hard-fighting adversaries such as Wahoo, Kingfish, Tuna, Sailfish, Marlin and Dorado.

● **HONEYMOON SPECIAL:** Desroches island is offering a generous discount of 30% off all bookings in May, June and July 2014 when booked 60 days in advance.

For more information visit [www.desroches-island.com](http://www.desroches-island.com)





# FLYING, SERVING AND LISTENING

Cathay Pacific Airways brings customer-driven, award-winning products and services to Qatar

From the 30th of March, travelling to and from Hong Kong will never be the same again as Cathay Pacific Airways brings its award-winning, customer feedback-driven products and service excellence to travellers in Doha.

Departing Doha daily at 1:45 am (Doha time), Cathay Pacific's Airbus A330-300 aircraft with a three-class configuration – New Business Class, Premium Economy Class and Long-haul Economy Class – arrives in Hong Kong at 2:40 pm (Hong Kong time) as leisure, expatriate workers and business travellers begin to enjoy the sights and sounds of Asia's most dynamic city. Hong Kong is a sophisticated destination where one can savour a thousand contrasting tastes of dining experiences world renowned, satisfy one's hunger for style in the shopping capital of the world, or forge business ventures with one of the largest and highly sought after sources of goods as well as market. Also considered a financial centre of Asia, this business hub has resulted in a distinctive collage of skyscrapers of daring architecture.

## GLOBAL RECOGNITION

Cathay Pacific invests heavily in its products and people and their motto "the best service should come from the heart" has reaped up the airline numerous awards year after year.

In 2012, more than 18 million airline passengers from across the world voted for Cathay Pacific Airways to receive the 'World's Best Business Class' award at the annual Skytrax World Airline Awards™ program. In addition, the airline also bagged the 'Best Business Class' award from AirlineRatings.com – the world's best one-stop airline safety and product rating review website, the 'Best Airline Business Class' award at the 2013 Business Traveller China Awards, and the 'Best Business Class' award from the Shanghai Morning Post's 2012 Tourism Awards. While the Service Excellence from Cathay Pacific Airways cabin crew was voted as the 'World's Best Cabin Staff' at the 2013 World Airline Awards, held at the Paris Air Show.

## CUSTOMER-DRIVEN, AWARD WINNING BUSINESS CLASS CABIN DESIGN

The New Business Class cabin and seats on board Cathay Pacific Airways aircraft has been a genuine collaboration between customers and its team. Recognizing that customers know best, it has been designed after talking to customers, listening to their feedback, and incorporating them in the design to provide an optimal balance of productivity, comfort, and privacy. The spacious and clean private seats offer direct aisle access, while its abstract patterns, richly woven fabrics, fresh-cut orchids and original artwork create a warm, premium residential feel.



Customers are cocooned in the contemporary wing-back chair in their own private area that maximizes living space and individual privacy without compromising freedom of movement.

Ample Room for personal belongings will be on hand while a premium-car-style seat controller enables passengers to adjust their seat at the touch of a button – from upright, through the relax position and into a fully flat bed (one of the longest and widest bed on any commercial airline), while the Entertainment Handset operates a widescreen world-class inflight entertainment, which features a rotating library of 100 movies, 500 TV shows, 888 music CDs, 22 radio channels, and 70 games.



## CULINARY DELIGHT

As most premium customers are used to eating in the best restaurants around the world, taste, authenticity and freshness of Cathay Pacific in-flight meals are essential. Thus, the menu planning team at Cathay Pacific creates a menu that suits the demographics of passengers, with a regional dish always found on the list of menu options along with its renowned signature Chinese dishes.

## PLEASANT JOURNEY, LUXURIOUS AND COMFORTABLE LOUNGES

While providing seamless connectivity to its network of 182 destinations in 42 countries and territories, premium passengers flying out from the Middle East into Cathay Pacific Airways' hub at Hong Kong International Airport and onwards will also enjoy not one but six lounges to suit every passenger's choice and convenience.



## PLAN A ROMANTIC ESCAPE WITH CATHAY PACIFIC

Through an approximately 1 hour and 45 minute connecting flight via Dragonair, Cathay Pacific's sister airline, sits an island beach paradise in the province of Hainan dubbed as the 'Hawaii of China' – Sanya. At its long strip of resorts with private stretches of beach and pools, couples can enjoy water sports, party hard in one of the tourist-heavy areas of Yalong Bay and Dadong Hai, or enjoy the natural, relatively untouched areas of Haitan Bay and Xiangshui Bay. With ocean water that is refreshingly clean, couples will surely love all that this tropical paradise has to offer. Its other romantic features include local attractions like the 354 foot tall Guanyin Statue of Hainan or the honeymoon-appropriate Luhuitou Park, where people sometimes leave a chained padlock on top of the mountain with the hope that their love 'will last as long as the lock remains'.

Also, easily accessible from Hong Kong International Airport via a one-hour direct hydrofoil ride across the Zhujiang River Estuary is the island of Macau. Since its handover from Portuguese to Chinese rule in late 1999, Macau has undergone dramatic economic and physical transformation whereby honeymoon couples can enjoy luxury shopping, haute cuisine, fine hotels, and a vibrant nightlife. At the same time, couples will also enjoy Senado Square at the heart of old town Macau – a UNESCO World Heritage Site where side streets are made for strolling and packed with small food and handicraft shops. Plus of course, there are a host of other historic and heritage attractions that dates back into the 17th century.

### FOR MORE INFORMATION

VISIT

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

for bookings from Qatar

[www.cathaypacific.com/qatar](http://www.cathaypacific.com/qatar)



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

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

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



# PEOPLE & SOCIETY

Events & individuals who make a difference in the Middle East



## QATAR RACING AND EQUESTRIAN CLUB HOSTS HH THE EMIR 23RD INTERNATIONAL EQUESTRIAN SWORD FESTIVAL

The renowned HH The Emir 23rd International Equestrian Sword Festival took place at the end of February in front of a prestigious crowd. Dubday, mounted by jockey Frankie Dettori, won the H.H. The Emir's Trophy presented by Longines. During the day, the Swiss watchmaker brand rewarded the most elegant lady of the racecourse with the Longines Prize for Elegance in line with its slogan "Elegance is an attitude".



# People & Society

## News

### JLO SHINES AT DUBAI WORLD CUP 2014

The Latino show girl entertained last month the crowd at Dubai World Cup, the UAE's biggest sporting and social event, also known as the worldwide richest day of racing. Make sure you secure yourself a ticket for next year's bash!

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



### OSN BRINGS DISCOVERY'S TLC IN HIGH DEFINITION TO MENA

OSN, the region's leading pay-TV network, has once again reinforced its position as the only destination for world-class high definition programming, with the launch of Discovery Networks International's (DNI) TLC HD. The brand new HD channel, available exclusively on OSN, will also showcase the best programming from OWN: Oprah Winfrey Network. David Butorac, Chief Executive Officer, OSN, said: "Discovery Networks has been an integral part of OSN's growth story, enabling us to provide viewers with world-class exclusive content found nowhere else. TLC HD will further complement our existing lifestyle channels bringing even more premium entertainment choices for viewers."



Photography: Dubai racing club / Andrew Watkins

### QATAR FOUNDATION LAUNCHES PRIMARY HEALTHCARE CENTRE FOR ALL EMPLOYEES AND STUDENTS

Qatar Foundation for Education, Science and Community Development launched its new Primary Healthcare Centre to provide primary medical services to all its employees and students within Education City free of charge. The launch ceremony was held at Hamad bin Khalifa Student Centre in the presence of Engineer Jassim Telefat, Group Executive Director of Qatar Foundation Capital Projects and Facilities Management, and Fahad Saad Al Qahtani, Group Executive Director of Qatar Foundation Administration, in addition to other distinguished guests.

Engineer Saad Al Muhannadi, President of Qatar Foundation, said, "Qatar Foundation's employees are its most valuable resource and the key element of its continued success. Therefore we believe it our utmost duty to ensure their health and well-being, we support this initiative that will join and subsequently compliment Qatar Foundation's existing health initiatives."







## W DOHA SPEARHEADS 'GREEN DAY'

W Doha Hotel & Residences collaborated with Doha College, a leading British school in Qatar, to educate students on the significance of sustainable living. Staff from W Doha visited the school to engage students in a number of green practices by raising awareness of the importance of recycling for the future of the planet. The overall objective of the collaboration was to promote recycling as a daily habit in people's lives by inspiring them to care for the ecosystem and take responsibility for their actions. Recently, W Doha was honoured as the first hotel in Qatar to be awarded with the prestigious international environment certificate, 'Green Key'.



## QATAR CELEBRATES ITS FIFTH INTERNATIONAL FOOD FESTIVAL

The fifth edition of the Qatar International Food Festival (QIFF) took place last month at the Museum of Islamic Art Park thanks to the collaboration with Qatar Tourism Authority (QTA) and Qatar Airways. The event highlighted Qatar's hospitality industry latest menus and culinary skills while bringing together people from all countries and cultures. The opening ceremony was attended by the Minister of Culture, Arts and Heritage, His Excellency Dr. Hamad bin Abdulaziz Al Kuwari, Qatar Tourism Authority Chairman His Excellency Issa bin Mohammed Al Mohannadi, and Qatar Airways Chief Executive Officer His Excellency Mr. Akbar Al Baker. "The dining alternatives in Doha continue to grow year after year, and the Food Festival is a great way to showcase new tastes and trends," said Issa Al Mohannadi, Chairman of QTA. "QIFF has been growing every year in size and popularity, and in keeping with that trend I expect this fifth edition will be the biggest and best yet."

## HEC PARIS, COMMERCIAL BANK OF QATAR SIGN MOU

HEC Paris School of Management – a leading global business school – and Commercial Bank of Qatar – one of the leading full service banks in Qatar – have signed a Memorandum of Understanding whereby both parties have agreed to collaborate on specific areas of mutual interest. The areas of cooperation identified in the MoU include exchanges of information on upcoming training sessions, dissemination of information on activities of HEC Paris, and possible participation of Commercial Bank of Qatar's staff in the training programs of HEC Paris. Furthermore, interns and recent graduates of HEC Paris may serve as a pool of talent for Commercial Bank of Qatar, and its faculty may be made available as expert resource persons for special events or forums.



## ASPETAR HOSTS INTERACTIVE SPORTS DENTISTRY WORKSHOP

Aspetar hosted a comprehensive two-day workshop recently to mark the upcoming World Oral Health Day. The workshop, which focused on injury prevention methods, was entitled 'The Prevention of Oral Injuries in Sports' and was led by Aspetar Director of Sports Dentistry Dr Mohammed Alsaey and visiting surgeon Dr Peter Fine, Director of Sports Dentistry at the UCL Eastman Dental Institute in London. Dr Mohamed Alsaey, Director of Sports Dentistry at Aspetar, commented: "The latest studies show that there is a direct correlation between periodontal disease and cardiac problems. In the US, more than 14% of cardiac problems can be attributed to periodontal disease. The reason for this is the movement of bacteria through the blood vessels in the heart."







## FUN VILLE OPENS IN AL KHOR

Landmark Leisure, the entertainment division of the iconic Landmark Group officially opened its second Fun Ville centre last month at Al Khor Mall featuring Bumper Cars, Top Dancer, Kiddie Tower, Extra Ordinary Bike, Rocking Tug, Wonder flight and much more. Mr. Silvio Liedtke commented on the opening: "We are extremely happy to announce the launch of our second Fun Ville centre at Al Khor Mall. With Fun Ville, we are committed to further enrich lives around us and provide communities with fun filled times. We are confident to cater to a wide range of families and little visitors by providing them with uninhibited fun, play and learning simultaneously. Our Fun Ville centres are judiciously tailored with handpicked activities, games and attractions that are loved by children in the neighborhood where we are present." Book your kids party at [www.funville.ae](http://www.funville.ae)



## UDC HOSTS 30TH GCC TRAFFIC WEEK

United Development Company (UDC), the master developer of The Pearl-Qatar, was the Silver Sponsor of the 30th GCC Traffic Week, held at Darb El Saei, Khalifa City new Traffic Administration, last March. The one-week traffic rules and regulation awareness event informed the public in Qatar about safety rules, measures and practices used in Qatar through briefing presentations on safety measures and regulations. "Safety is our highest priority and we are proud to be this event's silver sponsors," said Director of The Pearl-Qatar Operations Saeed Al- Sulaiti. "This traffic rules and regulation awareness campaign makes common sense by engaging the public and consequently improving safety for every traveler on our highways and roads."



## QNB JOINS ASIAN FOOTBALL CONFEDERATION COMMERCIAL PROGRAMME

Qatar National Bank (QNB Group) and the Asian Football Confederation have signed a three-year sponsorship agreement that sees the Qatari financial institution become the latest AFC Commercial Partner. The agreement between the two organizations was completed at the start of the 2014 season and will see QNB Group join the select band of companies sponsoring events such as the AFC Asian Cup, the AFC Champions League and the AFC Cup. QNB's Acting Group Chief Executive Officer, Ali Ahmed Al-Kuwari, said: "With our growing International network presence, Asia continues to be both a very attractive and active market for us. As the largest bank in The MENA Region, we are therefore pleased to extend our involvement in the sport to Asia and participate in the exciting development plans outlined by the AFC".

## QATAR FACULTY OF ISLAMIC STUDIES HOSTS SEMINAR ON ELECTRONIC RESOURCES OF ISLAMIC STUDIES

Research Centres from the Qatar Faculty of Islamic Studies (QFIS) at Hamad bin Khalifa University held a public seminar on 'Electronic Resources of Islamic Studies' recently. The seminar shed light on how people can benefit from technology such as computer software and the internet with regards to Islamic education and jurisprudence research.

Dr Abdul Haq Hamish, a Professor from QFIS, talked about the importance of making full use of all electronic tools available in the field of education and research technology in order to achieve objectives. Attendees were also given details about which Islamic jurisprudence software to use in addition to the most important websites to reference for Islamic jurisprudence and other areas of Islamic Sciences.





# EXPLORING QATAR WITH DORA AND FRIENDS

ABODE SPOKE TO LUKE GALLAGHER, CREATIVE PRODUCER OF DORA THE EXPLORER LIVE! ABOUT THIS THEATRICAL SPECTACULAR COMING TO DOHA.

Dora the Explorer is a ground-breaking animated children's television series starring a 7-year-old Latina girl and her friends. Dora is a born explorer, always eager for the next adventure. Though she's only seven, she serves as something of a big sister to her best friend, Boots the monkey, and to viewers at home. Dora the Explorer also introduces kids to Spanish words, encourages movement, and gives children the skills and the confidence needed to overcome challenges. Dora takes to the stage in Doha from April 10 for a limited season at the Al Rayyan Theatre, Souq Waqif.

## How many years have you been touring Dora the Explorer Live?

**A:** Our production company, Life Like Touring, has been touring Nickelodeon's Dora the Explorer Live! Search for the City of Lost Toys since 2010, when we premiered our first season in Melbourne, Australia. Since that time we are proud to have traveled with Dora and friends all over the world and she doesn't seem to be slowing down anytime soon!

## What is it like touring with Dora?

**A:** We love the opportunity to entertain and delight so many fans of Dora the Explorer around the world! Everyone loves seeing Dora

and Boots on stage and this show seems to bring out the best in people. Our audiences are always so friendly and gracious – we get to meet so many nice people from around the world when we are on tour.

## Is Dora looking forward to visiting Qatar?

**A:** Dora and her friends love to explore and see the local sights wherever they visit – and they are really looking forward to seeing what Qatar has to offer. Everyone from the touring company is very excited to experience Qatar – and we are preparing ourselves for the warmer weather!



STATEMEDIA IN CONJUNCTION WITH LIFE LIKE TOURING AND NICKELODEON ARE EXCITED TO ANNOUNCE THAT EVERYONE'S FAVOURITE EXPLORER IS TOURING IN QATAR.

Come join Dora and her friends on their search for Dora's teddy bear Osito in the City of Lost Toys. Tickets for Nickelodeon's Dora the Explorer Live! Search for the City of Lost Toys are now on sale!

### Show timings:

10th April (Thursday): 5 pm  
11th April (Friday): 6 pm  
12th April (Saturday): 3 pm, 6 pm  
13th April (Sunday): 5 pm  
14th April (Monday): 5 pm  
15th April (Tuesday): 5 pm  
16th April (Wednesday): 5 pm  
17th April (Thursday): 5 pm  
18th April (Friday): 3 pm, 6 pm

### Ticket prices:

VVIP: 500 QAR  
VIP: 300 QAR  
GOLD: 250 QAR  
SILVER: 150 QAR  
GENERAL: 100 QAR  
Private Lounge (26 seats only)  
800 QAR per seat

Tickets are available now at Virgin Megastore in Villagio & Landmark branches or you can buy it online through the below link

<http://tickets.virginmegastore.me/?type=theater>

## How will Dora interact with Doha's community?

**A:** Dora and her friends take audiences on a fun, interactive adventure in Dora the Explorer Live! This two act, song and dance theatre show invites young audiences to think, sing and play along with Dora, Boots, Diego and their friends. The children of Doha will enjoy helping Dora use her map-reading, counting, musical and language skills to successfully pass through the number pyramid and the mixed-up jungle to reach the City of Lost Toys.





Eman Boutrif



# MY LIFE AS A WEDDING PLANNER...





Eman Boutrif is one of the top event organizers in the region. Her mission is to make every bride's dreams come true: from the perfect location, to a gourmet menu and heavenly flower arrangements, The St. Regis Doha has got you covered. Get ready to be amazed and enjoy your most spectacular day!

## What made you decide to become a wedding planner?

**A:** I love planning events and special occasions and I love the challenge of bringing concepts and ideas together. Weddings are fun as you get to help families in a very emotional and exciting time. I really enjoy helping make dreams a reality. It can be stressful as expectations are very high.

## How long does it usually take to organize a wedding?

**A:** It really depends on the size and scale of the wedding. Often brides have been planning their special day for years. There are a lot of decisions to make, from flowers to food and lots of details to work through. Six months to one year is a good amount of time.

## How many weddings do you organize per year?

**A:** Here at The St. Regis Doha we are considered one of the most sought after luxury wedding venues in the region. We are currently holding two to three bespoke weddings per week. We have a great team and now have the reputation for delivering outstanding events with discretion and a high level of service. We are extremely passionate about what we do and are very flexible to create the best possible experience for our guests.

## Could you describe the different types of wedding parties you organize?

**A:** Every wedding is different, our weddings vary from traditional weddings to elegant contemporary celebrations. We hold a lot of very glamorous and luxurious Arabic style events, we are lucky as our clients are very stylish and we work hard to exceed their expectations.

## What kind of planning do you offer? Does The St. Regis Doha offer any special services?

**A:** We offer tailor made luxury planning, we work closely with the brides and their wedding designers and decorators to make sure every detail is taken care of and every aspect of the special day is exactly as they imagine. We are there on the day so the bride and family can relax and enjoy the celebration while we manage all the details. Here at The St. Regis Doha everything is taken care of; from cars to flowers to spa treatments and hair and makeup services: it is all here.

## Do you offer different package options or is each event customized?

## EMAN'S TOP TIPS FOR THE BRIDE:

- Stay calm
- Work out your budget
- Make a wish list
- Find people and suppliers you like to work with
- Create a scrap book with all your ideas. Don't be afraid to change your mind.
- Priority would be to book a venue

There are many rules around getting married in Qatar, so we suggest you contact your consulate or embassy for advice. If you are local you need to apply for a marriage license through the Ministry of Culture.

**A:** Most of our weddings are customized, however we do have a wedding package that include the use of the ballroom, our beautiful Emiri Suite where brides can get ready and it also includes a night's stay in one of our luxury suites. We are of course happy to assist with accommodation needs for visiting family and friends.

## What kind of wedding themes are most popular in Qatar?

**A:** Luxurious flower arrangements are extremely popular at the moment, white continues to be a popular base theme, and we see a return to full glamour with lots of crystals, candles and mirrors being used.

## Could you describe the most fabulous wedding you organized so far? What made it so special?

**A:** All weddings are amazing in their own way, and very special as they all so personal - one of our biggest weddings had over 1,500 guests and yet it felt very personal and intimate.

## We heard you are getting married soon. Describe your perfect wedding day.

**A:** I have not had very much spare time to plan my wedding but I am not worried, I know everything will fall into place. My perfect day would be something traditional and warm with my family and close friends. Something elegant, simple and fun.



## FOR MORE INFORMATION

ST. REGIS  
www.stregisdoha.com

Tel: 4446 0105



# NATURALLY NATURAL THANKS TO SASOL



The South African integrated energy and chemical company has recently partnered up with Friends of the Environment Centre (FEC) for the launch of 'Qatar e-Nature', an app aimed to increase local awareness towards the country's natural diversity.

ABODE spoke to Jack Saba, the Corporate Affairs Manager of Sasol Qatar to understand more about this inspiring company, this environment-friendly project and also to discover what's next on their agenda.



## WHO IS SASOL AND SASOL QATAR

Currently present in 37 countries around the globe and counting around 35,000 employees, the South African company is one of the largest producers of synthetic fuels worldwide, which thanks to its main motto, "Committed in excellence" and its unique value proposition, is proudly expanding year after year, project after project. Sasol Qatar opened its doors back in 2007 thanks to a joint venture with Qatar Petroleum on the ORYX GTL project. Sasol Qatar is committed to support Qatar's National Vision 2030 and one of their main aims is to raise environmental awareness.

## ENVIRONMENTAL COMMITMENT

Sasol's first big project, the smartphone application Qatar e-Nature was launched few months ago in collaboration with the non-profit organization Friends of the Environment Centre (FEC). This educational app boasts information and pictures of all the Qatari birds, insects and flora and will soon include marine life and many more natural aspects of the natural environment of the whole country. Free to download, this app was mainly aimed to students, but is becoming very popular among the whole community.





## SASOL'S CORPORATE SOCIAL RESPONSIBILITY STRATEGY

Another main mission of Sasol's is to develop and raise awareness on key social issues. In 2012 Sasol and the Qatar Olympic and Qatar Paralympic Committee organized the "Definitely Able campaign". The South African wheelchair basketball team was flown into Doha to play against the local handball team to honour and highlight the abilities of special needs individuals.

For the same purpose, this month, on April 4th Sasol will host the first-ever Middle Eastern performance of the British Paraorchestra at Katara Opera House, so don't miss the opportunity to witness their talent live.

## FUTURE PROJECTS AND INITIATIVES

To support and get involved with local communities will always be a main pillar for Sasol, in South Africa, in Qatar and in the rest of the world.

This year, here in Doha, Sasol will participate once again at the QATAR PETROLEUM ENVIRONMENT FAIR, on April 23-26 at Qatar National Convention Centre, another key event aimed to educate and involve the youngster about environmental treats and issues. This year's theme will be water conservation, so a very important one for Qatar and all the GCC countries.

Educating children, promoting progress and building social and environmental awareness among local communities are the main agenda items for Sasol in 2014. Let's embrace their hard work, educational skills and inspiring initiatives to build a better future for us and our kids!

## JOIN THE "QATAR E-NATURE" CONTEST

A special contest was launched in March 2014 to involve and engage with the local schools and students with Qatar e-Nature. Pupils were and still are invited to browse the app, answer questions online and post original nature-related pictures in order to win. Winners will be announced in May and schools with the most participating students will be awarded too.

Get involved on  
[www.contest.enature.qa](http://www.contest.enature.qa)

### FOR MORE INFORMATION

VISIT

[www.enature.qa](http://www.enature.qa).

Download your Qatar e-Nature app for free from the Apple Store, Google Play, Blackberry World and Windows Phone Stores.

*"We strongly believe in this project. The nature subject is very close to our heart, therefore we would like to encourage the parents and teachers to get the children involved in the Qatar e-Nature project and join our competition!"*



# YES, WE CAN!

ABODE caught up with Mr Simon Ramsay – Executive Assistant Manager of Radisson Blu, to discuss the Hotel's recent rebranding, their award-winning service and his personal passions.

## **Can you tell us more about your service culture 'Yes, I Can'?**

**A:** Yes I Can! is a company-wide service philosophy and brand vision. It fosters a positive service attitude that each one of us chooses to adopt, when we deal with every guest, every day. Our guests also include colleagues, suppliers and anyone else we come in contact with.

Over a decade in the works, Yes I Can! is our special service philosophy that sets us apart from the competition. Being hospitable is all about giving guests your undivided attention and when guests stay at a Radisson Blu hotel; the hotel manager, the waiter, the receptionist, the porter- everyone plays a vital role in delivering a memorable guest experience. At Radisson Blu, Yes I Can! is our company's mission and a way of life which guides us to meet any challenge and identify every opportunity. Whether our guests are in Doha or Capetown, Beijing or Rome, they are assured consistently excellent service.

## **Where do you see Qatari Market going in the next five years, in terms of Tourism?**

We see this as a great growth market for Qatar and it can only grow and keep growing with the onset of the Qatar World Cup in 2022 and its national vision of 2030. With the Qatar Tourism Authority (QTA) the country is already showcasing to the world its traditions, culture and history of Qatar along with its many attractions, which are in place now and coming up in the future.

## **You have extensive experience in this industry and you do not seem to rest on your laurels, what keeps you going?**



As EAM of the property, working in the hotel now for almost eight years in various roles, it is that there is never a dull moment in the hotel. I love seeing our restaurants fully booked and guests sitting in the lobby enjoying Arabic tea and coffee served in our Arabic tent. The fact that we are now one of the oldest hotels in town operating for over 35 years gives me a great sense of satisfaction to know that we give 110% satisfaction to our guests and they keep coming back again and again. We have just completed a \$22 million renovation of our guest rooms and are now looking forward to renovating our all day dining concept later this year. New ideas, new challenges and new guests are what keep me in this industry. To receive feedback is so vital in this day, be it negative or positive it allows us all to tailor our training to meet our guests expectations, which is keeping me going.

## **It is more than a year now since the hotel was rebranded, what is the most rewarding aspect of this change?**

As with all changes it takes a little time to adapt, we still retain our existing and loyal guests as well as seeing new guests coming through our doors. We have completed our \$22 million bedroom renovation to keep us one step ahead of the competition and the feedback we are receiving is very positive from all our guests. Our team members are encouraged to learn new skills, we recently introduced an online training tool for them as a Radisson Blu standard. With the rebranding of the hotel we have noticed an increase in exposure across all our market segments, further increasing our share of the occupancy in the market place.



## **Share with us what are your favourite hobbies, book, movie and place to visit.**

I am a great animal lover. We always have foster animals in the house along with our own two cats, we spend quite some time at QAWS volunteering each week. Have just finished Mathew Reilly's latest book, The Tournament, he is a fantastic author with an amazing sense of action and drama. Our last holiday was a beach one in Goa in January and yes, we visited the animal rescue shelter there and volunteered for the day. After that I did sneak away for a long weekend with the boys on a golfing holiday as a 40th Birthday present to myself. Looking forward later this year to visit Africa, namely Rwanda, its Eco Tourism adventures and holidays, maybe even see some of those silver back mountain gorillas, fingers crossed.



# ARTS & CULTURE

Exhibitions-concerts-cultural experiences and much more

## **QMA PRESENTS Richard Serra's dual exhibition**

The American Minimalist sculptor, famous for his large-scale sculptures assembled with sheet metal, will inaugurate on 10th April his first showcase in the Middle East here in Doha. Serra's new work, *Passage of Time*, will house at Al Riwaq, a temporary exhibition space in the heart of Doha. The unique sculpture which was sculpted in Germany, is one of the very few steel mills that can take on such monumental steel works: it's made up of two 66.5m long and 11.5m deep steel curves that snake diagonally through the site. An unique exhibition, not to be missed!

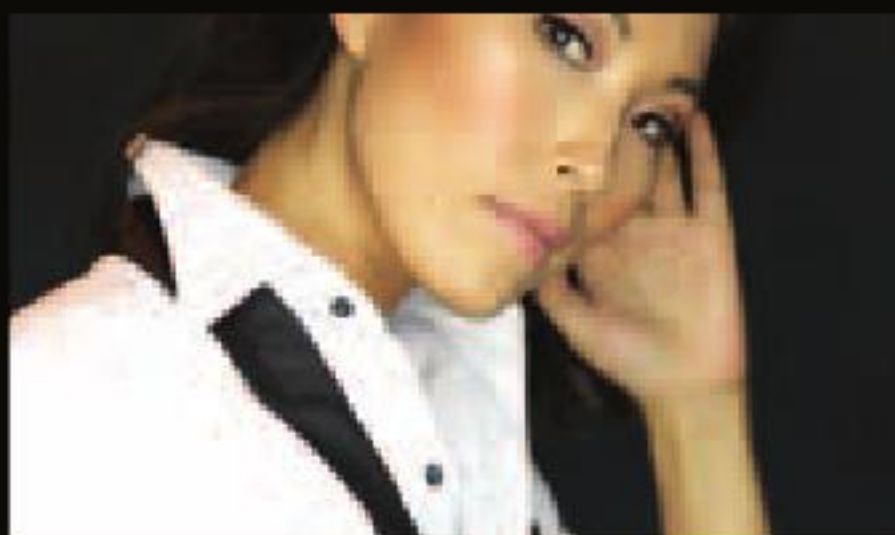


# Arts & Culture

## News

### AN EVENING OF ROMANTIC PIANO MASTERPIECES WITH SONJA PARK

Secure your ticket for one of the hottest cultural events in town in early May. The renowned pianist Sonja Park will perform pieces by Mozart, Beethoven, Schubert and Chopin on 3rd of May at 7.30pm Katara Opera House in Building 16. Not to be missed! For more information visit [www.katara.net](http://www.katara.net) and [www.sonjapark.org](http://www.sonjapark.org)



### CIRCLE OF SOUND PERFORM IN DOHA

The music duo Circle of Sound entertained the Doha crowd for the first time on 30 March at the Al Rayyan Theatre, Souq Waqif, as part of the British Festival 2014. Martin Hope, Director of British Council Qatar said: "We are very excited to be welcoming Circle of Sound to Doha. As music brings people of all backgrounds and walks of life together in a way no other activity does, this performance speaks its own language to all residents in Qatar. After the Circle of Sound's premiere at Alchemy 2011, they have toured the world representing the best of new British music, winning over audiences from across the world. We are very honoured to welcome them to Doha on their first visit to Qatar."

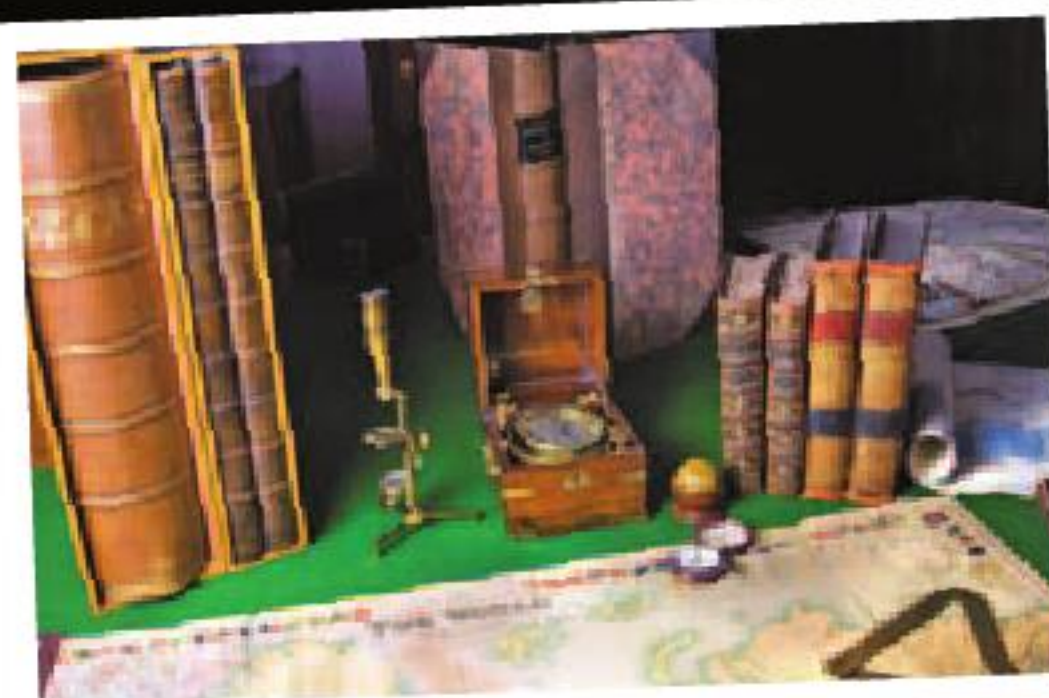


### QATAR BRAZIL PHOTOGRAPHY EXPEDITION

Two lucky Qatari photographers visited Brazil last month to document their journey through the favelas of Rio and the Amazon rainforest as part of the Qatar Brazil 2014 year of Culture in collaboration with the Qatar photographic Society (QPS) and the Ministry of Culture. Two Brazilian photographers will soon visit Qatar to experience the Arabian Peninsula and engage with the local community. A documentary will be presented at the end of the project as a unique visual of Qatar's Brazil 2014 Year of Culture.

### QATAR NATIONAL LIBRARY HOSTS OPEN DAY

Qatar National Library (QNL) is offering members of the public a special chance to tour its stunning Arab and Islamic Heritage Collection thanks to its annual open day, which will take place on Thursday 17 April 2014 from 1.00 till 5.00pm. Take advantage of this unique event and discover up to 2400 precious manuscripts, among them 'Mushafs' (Holy Qur'an) and Arabic literature, with a primary focus on sciences such as geography, astronomy, mathematics and others.





# WHAT WE PLAY IS LIFE

## BRIDGING CULTURES THROUGH MUSIC

A MONTHLY COLUMN BY DOMINICK FARINACCI

In the coming months we're making JALC DOHA the home for artists coming from America, Argentina, Spain, Japan, Lebanon and countries around the region. We'll all be working together to create music that reflects the core of each culture's music. As a newcomer to Doha, I love being in an environment with so much cultural diversity, and immersed in a culture that values the importance of family and community.

I'm thrilled for the Doha community to hear our special guest blues vocalist from New York City, Gregory Generet. The power and soulfulness of his voice is filled with the bittersweet qualities of the blues, bringing to light the difficult times sang with optimism and hope. The blues feeling is at the core of Jazz, and is one element that lets us all share that common ground of the human condition. We've been equally excited searching for great musicians who live in Doha, and quickly found true musical treasures of the music scene. They're hardworking, passionate, share a similar collaborative vision, and are quickly becoming the core of what we do. It's been a joy to unite through music, further embracing our cultural differences and similarities, and figuring out a way of how we all can work together, in the spirit of Jazz.

Needless to say, there is no other place in the world I'd rather be right now for the music. Opening up our doors to some of the most talented and entertaining artists both internationally and locally, and bringing together an equally diverse audience to share our music with...it doesn't get better than that for me. I'm quite grateful to be here, and particularly honoured to have a platform to write about what's to come musically, both at JALC DOHA and around the region. We're just getting started, and glad you all will join us for the ride.



GETTYimages

*Jazz has always been the 'fabric' of many different styles of music, and its nimbleness and spontaneity enables each artist to mold his/her music around a community. It's a way of life...an outlet to bring together communities from all corners of the world. Jazz works to unite our souls and remind us how similar we all are.*



### IMPORTANT DAYS OF THE WEEK TO REMEMBER, ALL HAPPENING AT JALC:

**Mondays:** World Music Night

**Tuesdays:** Arabic Music Night

**Wed - Sat:** Dominick Farinacci and the JALC All-Stars with

**Special Guest:**

Gregory Generet

Weekly special guests through June 28th

Monthly concerts at the Museum of Islamic Art

### FOR MORE INFORMATION

dominick.farinacci@gmail.com

and

www.dominickfarinacci.com



# Auto News

## ALFARDAN SPORTS MOTORS UNVEILS THE FERRARI 458 SPECIALE

Alfardan Sports Motors, official importer of Ferrari in Qatar, welcomed last month the arrival of The Ferrari 458 Speciale, which was recently crowned "Super Car of the Year" and "Car of the Year" from Top Gear. "Ferrari has deeply set its roots in motorsport and is investing extensively in innovations and technologies that make drivers feel at one, whether on the road or on the track. I'm confident our clients will be astounded by the 458 Speciale's power and finesse," commented Mr. Giulio Zauner, General Manager, Ferrari Middle East and Africa.



## DISCOVER INFINITI Q50

This month Infiniti Q50 is launching smartphones and tablet computers services on the move. Whether emailing, phoning, browsing or Tweeting, the new-generation system offers a wide range of apps through the Infiniti InTouch™ core system, standard on every Q50. "In essence, the car becomes an extension of the driver's smartphone," said Fintan Knight, Infiniti Vice President for Europe, Middle East and Africa. "The Infiniti Q50 is the most connected car we have ever made – you don't so much start it up as simply log-on. There is no better example of how Infiniti is breaking down the constraints of boredom in the premium class."

## PORSCHE GT3 CUP CHALLENGE RETURNS TO LOSAIL

The region's most professional racing series, the Porsche GT3 Cup Challenge Middle East, made its fast-paced return to the Losail International Circuit last February. Walter Lechner, Porsche GT3 Cup Challenge Middle East manager, said: "The Losail International Circuit is one of the highlights of the season and we are happy to be back. It is a different challenge driving under the lights which pushes the drivers further and adds even more excitement to the competition. We are delighted to be back in Qatar and produce two more absorbing races."



## THE NEW MACAN IS HERE

The world's first sports car in the compact SUV segment, the Porsche Macan, has been presented by Porsche Centre Doha, Al Boraq Automobiles Co. W.L.L. last month. Christer Ekberg, Managing Director of Porsche Middle East and Africa FZE, said: "With first deliveries of the all-new Macan starting on the 12th of April, Porsche will launch a world first and enter a new segment. I have no doubt that this car will be another success for Porsche, with the long-term commitment and intensive efforts of our local Porsche Centre here in Qatar."



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# THE GENEROUS GIANT

THE NISSAN PATROL PLATINUM VVIP IS GARGANTUAN IN ITS PROPORTIONS, A HEFTY PRODIGY NOT TO BE RECKONED WITH.

BY DELIAH ROQUE

The Nissan Patrol has been loved by our city since its arrival in the 50s. Reliable and sturdy are the first things that come to mind. With refreshed styling enhancements of the region's iconic SUV, the all-new Nissan Patrol adds more style to its already impressive 'go anywhere' versatility, technology and comfort. With many Nissan Patrols afoot in town this gorgeous beast is definitely one of a kind.







Nissan Patrol is Top Gear Middle East "Car of the Year 2013"

Its burly V8 engine delivers 298kW of power and 560Nm of torque. With that much muscle the new Patrol can make the 0-100 km/h sprint in just 6.6 seconds. The V8 engine is paired with an advanced seven-speed automatic transmission and a refined, electronically controlled, all-mode 4X4 system, making the adventure into the desert easy as pie.

Standard in all Patrol range are Bluetooth phone and audio streaming; large format front DVD player; a 2GB hard drive music server with six speakers; USB connectivity; steering wheel audio controls; intelligent key access; eight-way power assisted driver's seat; drive computer, dual zone climate control, front, side and curtain airbags, active front headrests.

Our favourites were the satellite navigation; surround-view monitor; separate seven-inch DVD screens in the rear of the front seat headrests; a memory function for the driver's seat, steering wheel and door mirrors; centre console cool box; Bose audio with 13 speakers; intelligent cruise control; xenon projector headlamps with auto levelling; power operated

tailgate; and tyre pressure monitoring. What else is there to worry about.

By far the Patrol is enormous with barn yard doors and immense space. Draped with superb wood grain finishes, and a functional dashboard.

Driving in town the Patrol is beautifully quiet and steady – definitely an ideal long-distance transporter. When pushed a little its iconic but distinctive throaty V8 roar can be heard too, its natural charm still is clearly evident.

The Nissan Patrol has our vote and we firmly believe that its natural habitat will always be tearing up the hard shoulder, hammering its way past slow-moving traffic and law-abiding road users.



### FOR MORE INFORMATION

#### CONTACT

Saleh Al Hamad Al Mana Co.  
Address: P.O. Box, 91, Doha, Qatar.  
Phone: +974-44283333



# Best Sellers

COMPILED BY DELIAH FURCOI

Discover Virgin Megastore's must-have gadgets and accessories for the newlyweds.

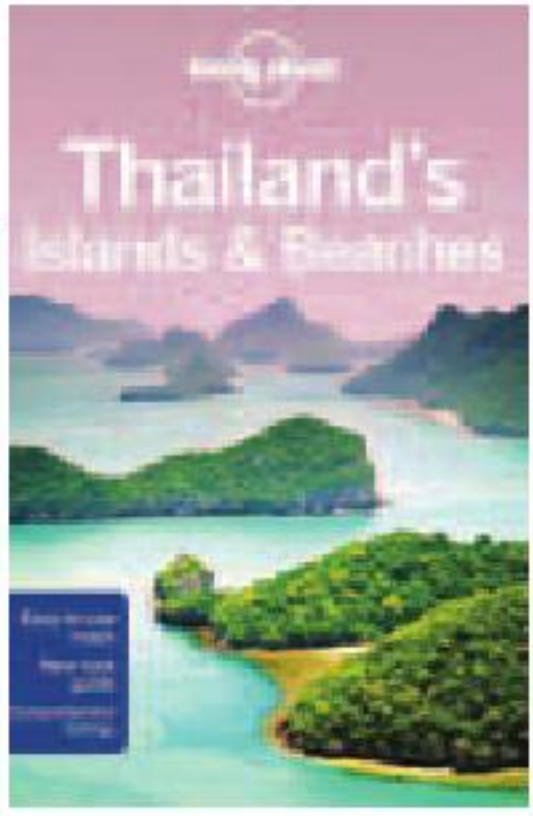
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Nikon Coolpix P620



IMMORTALIZE YOUR BIG  
DAY MEMORIES WITH  
THESE PROFESSIONAL  
BUT EASY-TO-USE  
CAMERAS.

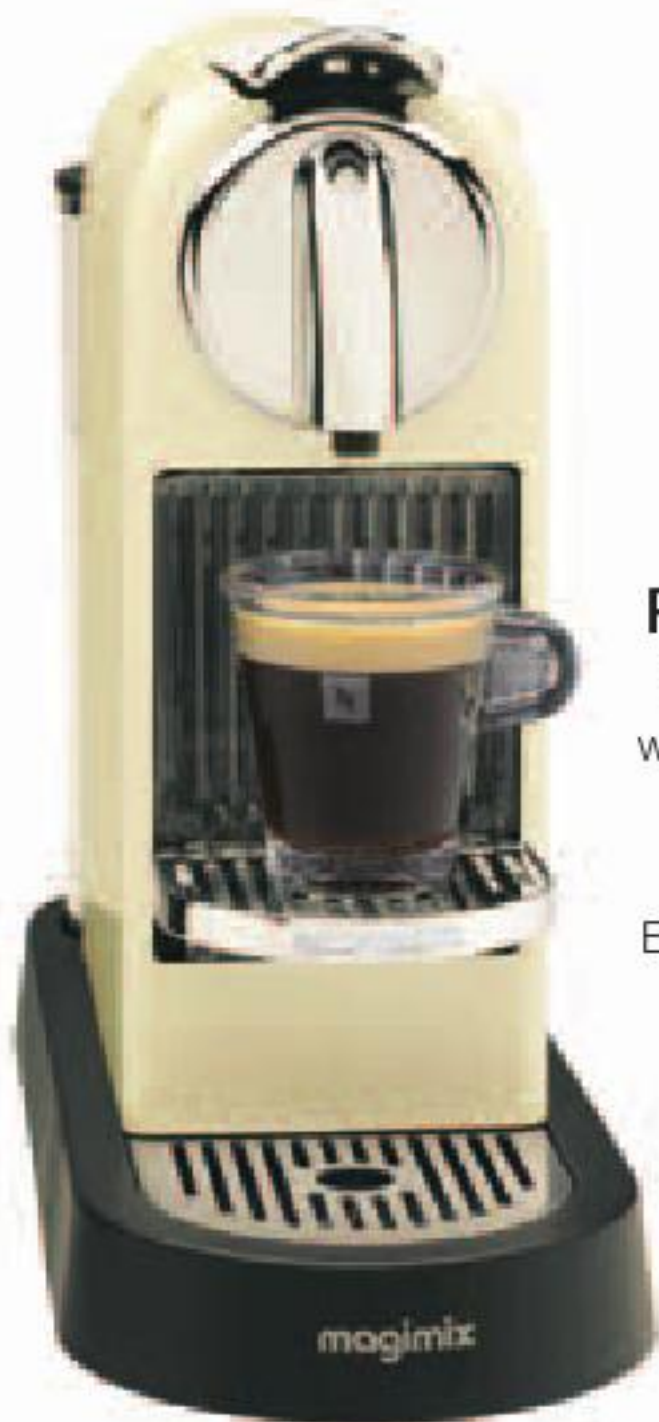
Genius G-Shot HD680T



Selection of Lonely Planet's  
travel guides

## HONEYMOON PLANNING

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extensive Lonely Planet's  
travel guides to choose  
where your romantic  
escape will be!



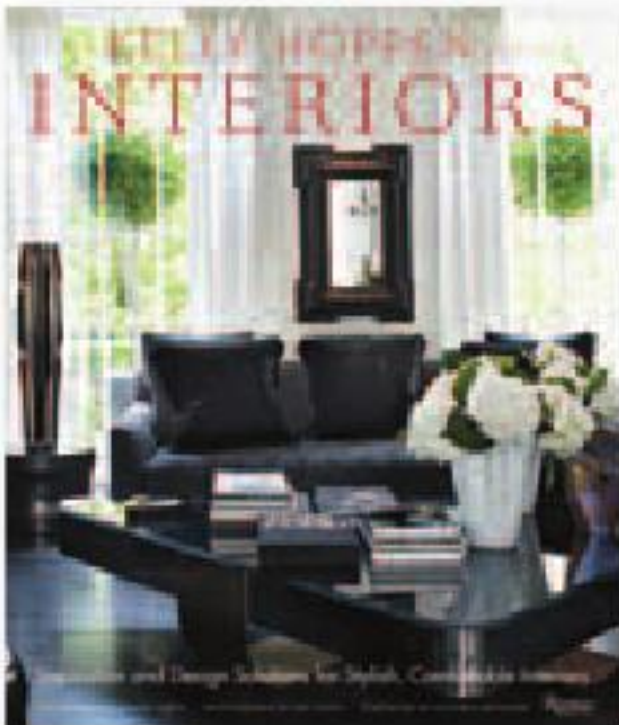
## START YOUR DAY IN THE PERFECT WAY

Your new kitchen  
won't be complete  
without this little  
gem.  
Espresso anyone?

Nespresso  
coffee machine

## IS ALL ABOUT YOUR HOUSE

If you are looking for some decorating ideas for your new pad,  
invest in these two inspiring books.



Interiors, by Kelly Hoppen

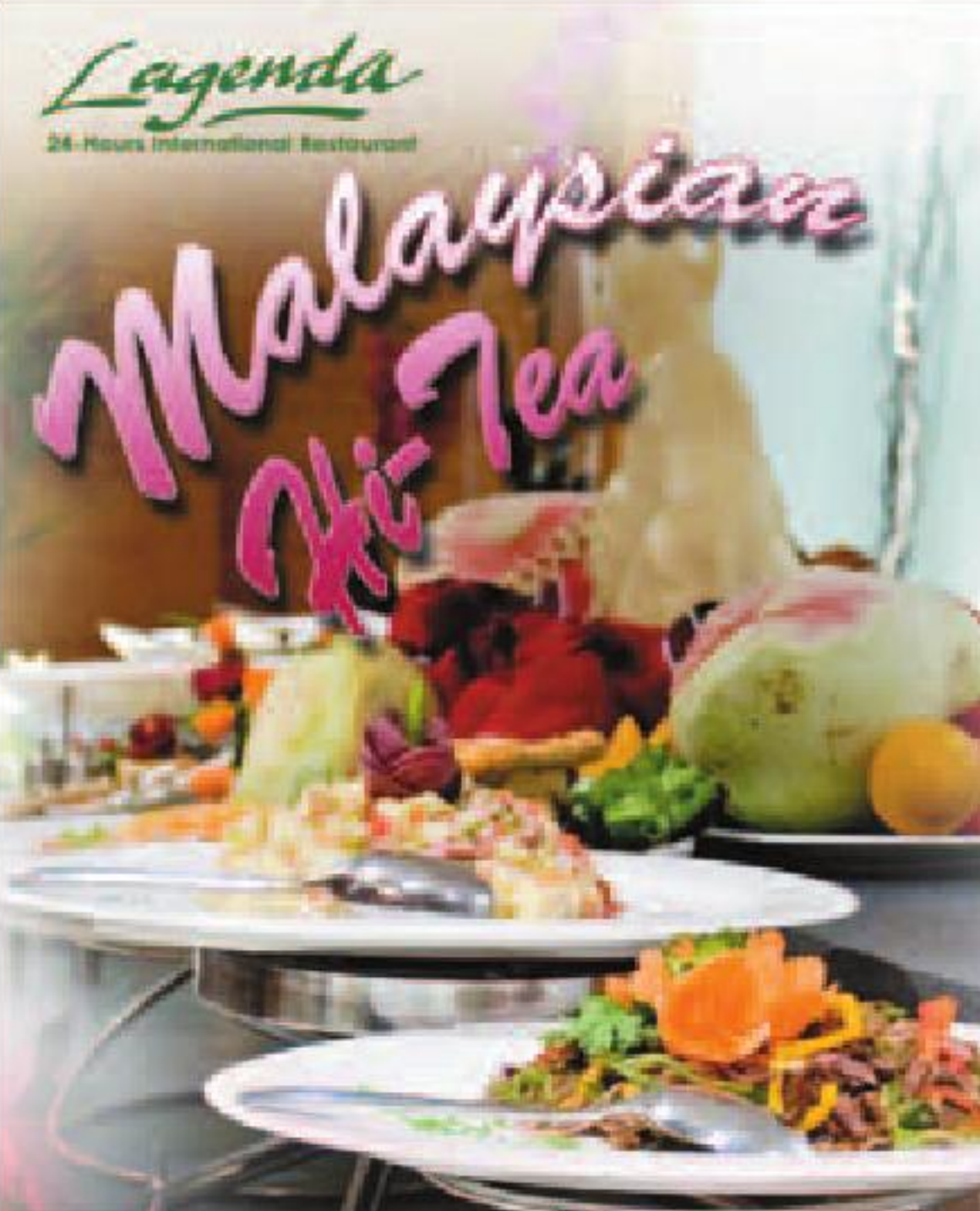


150 Best New Apartment Ideas



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Email: [legenda@holidayvilladoha.com](mailto:legenda@holidayvilladoha.com)  
Website: [www.holidayvilladoha.com](http://www.holidayvilladoha.com)

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DESIGN**

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

## Malls

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

### Centrepont

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

### City Centre Doha

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

### Hyatt Plaza

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

### Landmark Mall

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

### Lagoona Mall

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

### Royal Plaza

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

### The Mall

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

### The Gate

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

### Merch

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

### Salam Stores

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

### Villaggio Mall

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

## Fashion / Retail

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

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

## Beauty

Biobil, Serdal Tower West bay	Women	4493 4433
	Men	4483 0989
Diva Lounge Spa	Al Sadd Branch	4431 8488
	Al Gharafa	4481 1488
Faces, Villaggio Mall		4450 7189
Landmark Mall		4487 9519
Franck Provost, Four Seasons Spa and Wellness Centre		4494 8844
L'Occitane, Landmark Mall		4486 5149
Villaggio Mall		4450 7585
Make Up For Ever, Hyatt Plaza		4459 2061
Merch, Dar Al Salam Mal		44164728
Mid Mac Roundabout		44674312
Nails, Royal Plaza		4413 0222
4U, City Center		4483 5179
Guerlain Alfardan Spa, Westbay		4420 8665
Amoaras Spa, Holiday Villa		4408 4085
Snips Salon, Holiday Villa		4408 4083



## Hotels & Restaurants

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

## Cars / Motoring

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



## Restaurant

Chowking (An Associate of Ahmed Hassan Bilal Group)

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

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

## Education

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

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

## Home Decor/Accessories

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

## Art & Culture

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

## Hospitals / Emergency

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

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A woman with her hair styled in an updo and wearing a tiara, is seen from the back. She is wearing a strapless, lace-embellished wedding dress with a very full, multi-layered tulle train. She is standing in a bright, minimalist room with white walls and floor. The room is decorated with numerous white gift boxes of various sizes, some tied with ribbons, and several white round cakes, some topped with flowers. The woman is looking over her shoulder at the camera, with her hand near her face.

# ROSA CLARÁ

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