

YOUR LIFE • YOUR STYLE • YOUR HOME

# ABODE

QATAR

## Travel

*Special Edition:*

**WHERE TO GO and STAY**

**Fashion:**

**ACCESSORIES  
MUST-HAVE  
EDITS**

**TOP BEAUTY  
PRODUCTS  
FOR SUMMER**

**SONJA PARK  
IN CONCERT**

**TRAVEL  
Essentials**

MAY 2014 QR 12



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this month

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## On the Cover:

PHOTOGRAPHY: ANDREA CECCARELLI  
STYLING: FRANCESCA MOSER  
MODEL: SONJA PARK  
HAIR & MAKEUP: BLUE BRUSH HAIR  
STUDIO DOHA  
LOCATION: THE TORCH DOHA

SONJA WEARS SHIRT AND MAXI SKIRT  
BY TEMPERLEY LONDON, AVAILABLE AT  
THE GATE MALL, EARRINGS BY  
BCBGMAXAZRIA AT VILLAGGIO MALL



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MEET SONJA PARK,  
THE PIANIST

71

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80

CARDAMOM, THE STAR  
INGREDIENT AT IDAM  
RESTAURANT



LACE NIGHTIE  
175 QR



# laVie en Rose


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**UAE:** The Dubai Mall, Al Ghurair Centre, Century Mall, Abu Dhabi Mall, Deerfields Townsquare,  
Century Mall Fujairah, Safeer Mall Ras Al Khaimah/ Safeer Mall Sharjah

**Bahrain:** Bahrain City Centre, **Oman:** Muscat Grand Mall

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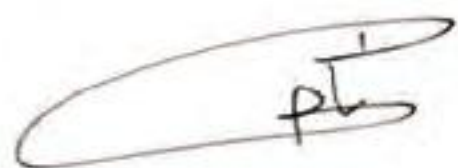


# Dear Readers,

**T**his month we take a journey around the globe exploring new destinations and the coolest trends for the globetrotter in mind.

On our cover, the world renowned and award winning pianist Sonja Park, a rising star in our community shares with us her story. We sat down with her to discuss her upcoming solo concert at the Royal Opera House this month and also her future projects for her NGO and much more. Her impressive talent and positive attitude will inspire you, so read more about her on page 10 and don't miss the opportunity to enjoy her music live on the 21st of May.

This issue is all about travelling around the globe to discover new exciting locations. Every new escape, whether it's a relaxing beach break or an adventurous trek, brings with it knowledge, experience, culture and much more. Every trip teaches us something and inspires us for years to come. Doha and the Middle East offer an array of holiday destinations nearby thanks to their strategic location. Make the most of it by planning a holiday to be remembered this season thanks to the great tips from our experts. Discover the art of packing and how to keep your beauty regime in place through our fashionistas' guidelines. Make sure you keep active and healthy during your holiday by following a few easy tips from our health and fitness guru. And above all, get inspired to visit our hot list of holiday destinations, all featured in our travel section. Enjoy the read and escape your daily routine for an exciting new adventure... it's worth it!



NASSER AHMED HASSAN BILAL

## Win...

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



### WIN A BRUNCH!

Which area in the city is Governor Suites & residence located?

**A:** West Bay **B:** Pearl Qatar **C:** Airport Area  
The lucky winner will WIN A VOUCHER FOR FRIDAY BRUNCH FOR TWO at Fusion Restaurant.

### WIN A MASCARA SHOCK FROM COLLISTAR!

**True or False:** Mascara Shock has three available colours which are black shock, brown shock, blue shock.

The lucky winner will WIN the latest Non-Stop Curl and Volume Eyelash Curler Effect from Collistar.



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

## EDITOR'S TOP PICKS



Dress, Desigual



Scarf, Le Chateau at EZDAH Mall



Bracelet, Cuplé at Landmark Mall

Sun hat, Paul Smith at The Gate Mall



MUST-HAVE PRODUCT OF THE MONTH

Travel Bag, Massimo Dutti





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# In conversation with SONJA PARK

This acclaimed and award winning pianist started her new adventure in Doha in 2008 when she was called to join the Qatar Philharmonic Orchestra. Six years on in the Middle East, she is still buzzing with charitable projects and ideas to share her passions and musical talent. This month she will 'wow' the crowd with a solo live concert at the Royal Opera House, Katara.

PHOTOGRAPHY: ANDREA CECCARELLI

STYLING: FRANCESCA MOSER

HAIR&MAKEUP: BLUE BRUSH HAIR STUDIO DOHA

LOCATION: THE TORCH DOHA

South Korea is her hometown and she grew up amongst a family of musicians; it is no wonder her calling was clearly evident at such a young age. One of Sonja's first performances was at the White House where she performed for Ronald Reagan. Decorated with a degree in Piano performance in Vienna Sonja travelled extensively all over, performing and earning prestigious awards.

Qatar was soon calling and since her arrival she is definitely making a difference both musically and socially. Sonja's charitable initiatives and moving performances are one of the highlights of the country's cultural scene.

ABODE got up close and personal with Sonja and discovered that this truly gifted artist is also a gentle and honest woman who thoroughly loves and believes in what she does. A true example of today's women.

## **At what age and how did you realize that music was your real passion?**

**A:** I was born in a musical family. My mom used to be a piano teacher and a music school director, so she definitely influenced my sister and I to become musicians. I became a pianist while my sister opted for viola and violin.

I loved music since my childhood, but I guess I really realized that performing was my real ambition at the age of 22 when I attended a concert of my teacher Prof. Alexander Jenner in Vienna. His performance deeply touched me and pushed me to pursue a professional career in performing arts.

## **You work and live with so many musical talents, from your husband Joris Laenen, a trumpet player, to your daughter Mia, who is following in your footsteps by playing piano at the age of five. Did anyone really influence you or make a difference to your career?**

**A:** My teacher Alexander in Vienna really made the difference for my career as he kind of discovered me and thoroughly believed in me since my first performance. I grew up musically with him. Also key musicians such as Martha Argerich and Dora Schwarzberg influenced my music big time over the years. Today my husband Joris and my daughter Mia are for sure my biggest fans and supporters, so I'm very lucky to have them next to me in every step of my journey.

## **You transformed your love for music into an amazing charity with the help of your husband Joris. How did this moving initiative come about?**

**A:** Both myself and Joris consider music a real blessing, so it seemed natural to create a charity programme to promote and celebrate the art of music. After talking about this mutual dream during a trip to Nepal, we launched Moving Young Artists (MYA) in October 2013. The main goal was and still is to reach as many youths and disadvantaged individuals through music as possible while scouting for local talents. We really want to share our gift with people and we hope to engage with the community to inspire young people to express themselves through arts, music and culture. The power of music doesn't have limits and its healing properties are undeniable. Everybody should make the most of it - and we are ready to donate what money can't buy!



*"Music is my life.  
I can't imagine  
living without it!"*



Dress and necklace, BOBBI MAXAZRIA at Villaggio Lila  
Shoes, Sonja's own





Dress, BOBGMAXAZRIA at Villaggio Mall  
Shoes, Sonja's own



## What are MYA's upcoming projects?

**A:** We plan to reach as many youths as possible by visiting local schools, hospitals and the Dreima orphanage. Our goal is to educate them about music and get them involved as much as possible. We will also strengthen our partnership with Shafallah Centre, Sheikha Moza's disabled school through charitable concerts and initiatives, hopefully providing some happiness and joy for these less fortunate children. Qatar boasts young talents and we are here to support them and create platforms to showcase their true potential even thanks to our prestigious partners: Standard Chartered Bank, Four Seasons Hotel Doha and Steinway Piano Gallery Qatar/CDC.

## What has been your most memorable performance to date?

**A:** Every single performance is special in its own way. But recently I was lucky enough to be invited to Pakistan to perform for the "Seeing is Believing" charity project organized by Standard Chartered Bank to tackle avoidable blindness. On this occasion I played two beautiful yet demanding pieces by Chopin blindfolded, enabling me to experience how music might be felt by someone without sight. During the concert I felt so touched by the music that I found myself in tears. I will never forget this incredible sensation!



Dress, BOBGMAXAZRIA at Villaggio Mall



Tuxedo jacket, Ralph Lauren at Salam  
Shirt, jeans and heels, Sonja's own

## This month you'll perform your solo piano concert at Royal Opera House. What can the public expect?

**A:** I'm very excited to perform in the stunning settings of the Royal Opera house at Katara for my first solo piano recital of the year on May 21st. The routine includes stunning pieces by Chopin, Beethoven and Schubert to name a few. They're all very easy to listen and can be enjoyed by anyone, from proper classical music

lovers to inexperienced ears. I hope to provide a romantic and relaxing concert that will touch hearts through music.

## What do you like most about Qatar and why?

**A:** We are very lucky to live and work in this country, which is in constant evolution. Here we have the freedom to create new wonderful projects day after day. Opportunities are around the corner. I'm very eager to grasp them and transform them all into reality with the help of music to realise my vision for a better life for everyone. I couldn't live without music and don't think anyone else could either. That's a fact!





Shirt and maxi skirt, Temperley London at The Gate Mall  
Earrings, BOBG MAXAZRIA at Villaggio Mall





*"Myself and Joris thoroughly believe in the healing power of music, that's why we want to share our talents and knowledge with kids and disabled people in particular. That's what MYA (Moving Young Artists) is all about!"*



Sonja Park and her husband Joris, together at the piano.



Dress and cuff, BOBGMAXAZRIA at Villaggio Mall

### **SONJA IN CONCERT**

On May 21st Sonja will take centre stage at Katara's Royal Opera House to perform her solo concert for an evening of romantic piano master pieces by Chopin, Mozart, Schubert and many more. Enjoy her musical talent live, whether you are a classical music aficionado or an absolute beginner, Sonja's magical notes will inspire you and help you escape your daily routine.

Secure your tickets at Virgin.

FOR MORE INFORMATION VISIT  
[WWW.KATARA.NET](http://WWW.KATARA.NET)  
[WWW.SONJAPARK.ORG](http://WWW.SONJAPARK.ORG)  
[WWW.MOVINGYOUNGARTISTS.COM](http://WWW.MOVINGYOUNGARTISTS.COM)



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# STYLE

Trends-shopping-style tips and news



## **Cruciani Embraces Summer!**

The Italian fashion house celebrates the new season with its stunning new collection: all about brights and bold.



# Style News

The latest dish from the fashion world

## Le Chateau goes GLOBAL GLAM

An eclectic mix of earth tones, tribal-inspired prints and modern separates are perfect for any far-flung destination. Travel easy and in style with suitcase ready fabrics and coordinates that pack easily and mix and match for numerous outfit options while travelling for work or play. Update your new season wardrobe with a quick trip to Le Chateau in Ezdan mall.



## Share your story and join the AIGNER legacy

Aigner, the Munich based luxury brand, will be celebrating its 50-year anniversary in 2015 and to celebrate this momentous anniversary, Aigner decided to run a very special competition to reward its loyal customers. Simply take a picture of yourself with your favourite Aigner piece and share it with a comment before the 31st May, 2014 on their Facebook account or email it to [PR@aignermunich.com](mailto:PR@aignermunich.com). The lucky winner will be offered an unforgettable photo-shoot with a renowned fashion photographer in Munich, inclusive of flights and a stay in a 5-star hotel. The exclusive pictures will then be published in 2015 in a highly anticipated anniversary booklet, entitled 'Aigner 50th Anniversary'. Good luck!



## VCU Qatar Presents its 15th Annual Fashion Show

Virginia Commonwealth University in Qatar presented its 'Center Front' Show during a three-day event last month hosted by Salam at The Gate Mall to showcase the work of their fashion design sophomores, juniors and 16 seniors designers. Alexia Thomas won the W Doha Fashion Award for the most outstanding and innovative VCUQatar fashion design student of the year, while the Salam Fashion Award, introduced last year by Salam International Investments Chairman and CEO Issa Abu Issa, to support a graduate's transition from student designer to a career in design was presented to Maha Khalifa Al-Subaey.



## Fashion Forward Dubai closes third Edition

Fashion Forward (FFWD) closed last month its most successful season to date. It welcomed over 18,000 guests of the region's definitive fashion platform, showcasing the most carefully curated and dynamic programme. During the three-day event a selection of the region's most celebrated design talents showed catwalk collections, industry experts imparted invaluable knowledge through the "d3 Fashion Talks" and an eclectic mix of accessories designers showcased in The Garden retail space. Don't miss its next edition!



## The luxury network presents Qatar exclusive

The Luxury Network Qatar hosted a fashion and cigar night gathering at The St. Regis Doha's Vintage Lounge recently to present the latest summer collections of the most influential Qatari abaya designers Sckali Design and Debaj Collection. During the event brands such as Lavazza Coffee, Newby Tea, La Casa Del Habano and the first Qatari homemade perfume, Sheikha Style showcased their best-selling products. The Luxury Network CEO Mr. Fares Ghattas expressed gratitude to everyone for their support and for the fun night packed with joy and potential new partnerships.



## BERSHKA presents its COCA-COLA collection

Make a stylish splash this summer thanks to Bershka newest Coca Cola collection. The new licensed line in collaboration with the world's most famous soft drink, features a series of tops for girls and guys with different iconography and plays with the brand's corporate logo and colours. Invest in them all for a refreshing new style!



## BODY SHOP SPRING SUMMER 2014

The NEW Spring Trend Makeup Collection from The Body Shop has just hit the shelves. Try out the Limited Edition Hair Chalks to brighten up your hair without permanent colour commitment. Apply, wear, and wash out. It's that easy and while making the most of these fabulous beauty products you'll be supporting the Eudofano Women's Co-operative in Ondangwa, Northern Namibia. Thumbs up Body Shop!



# Look of the month

Travelling in style comfortably is possible thanks to this easy-chic attire.



**TOP** This sleek peplum top is a keeper: so stylish and easy to wear, it will guarantee an instant upgrade wherever you are travelling to!

Top, Mulberry

**TROUSERS** White trousers can be quite delicate but they are so effortless and fashionable they will keep you fresh and ahead of the styles all summer long.

Trousers, Joseph at [www.theoutnet.com](http://www.theoutnet.com)



## NECKLACE

Keep it simple but chic by finishing the outfit off with this pearl necklace.

Necklace, Paul Smith at The Gate Mall

**BAG** This feminine snakeprint beauty will no doubt make you stand out of the crowd and its roomy design will make sure you'll have all your travel essentials on hand. Bag, Salvatore Ferragamo



**FLATS** The ballerina's pumps got a revamp this season thanks to this Tod's creations. We love them as they are comfy and so unique.

Flats, Tod's



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# Top 10

1

## CROSS BODY BAG

We love X-cross bags as they are effortless and keep our hands free all the time, simply genius! MULBERRY



Invest in one or more of our top ten designer pieces of the month.



4

## CLUTCH IT!

The latest Knot clutch by BOTTEGA VENETA is the perfect final touch to any evening wear attire.

2

## SUN HAT

Shield the sun in style thanks to this super fashionable head piece. PAUL SMITH at THE GATE MALL



3

## CUFF

Dress up any simple outfit with this stunning arm candy piece. PINKO



5

## WALLET

We love a bright statement, that's why this AIGNER wallet is on top of our wish list.







6

### MISS SUNSHINE

With summer at the doors there is no better time to add bright yellows into your closet. Top by CRUCIANI

8

### NECKLACE

Toughen your look up with this super cool skull neckpiece by TATEOSSIAN.



9

### JOGGER PANTS

Comfy and breezy these trousers can easily be dressed up or down, therefore a must-have! KAREN MILLEN

7

### SCARF

Jazz up a plain top or jacket by complementing it with a printed silky scarf. PAUL SMITH at THE GATE MALL



10

### SUNGLASSES

Opt for a sporty pair of sunnies this summer. We are loving this unique military-inspired style by VALENTINO.





## fashion shoot

Equipment black and white striped  
iconic button-up silk shirt

# THE OUTNET.COM TURNS 5!

To celebrate its 5th anniversary the renowned online fashion outlet launched a Limited Edition collection featuring 17 best-loved pieces of iconic designer brands including Alexander McQueen, Balmain and Chloé to name a few.

MODEL: CHANEL IMAN



Joseph best-selling  
Caban jacket



Preen pencil skirt with  
iconic pastel square print





JW Anderson best-selling  
paisley print top



Iris & Ink best-selling silk  
pussy-bow blouse



"THE OUTNET.COM's  
fifth birthday exclusive  
collection is a testament  
to the strength of our  
on-going relationships  
with leading international  
designer brands."  
Stephanie Phair, President,  
THE OUTNET.COM



Jason Wu monochrome floral dress  
Chloé classic wedge sandal



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51 EAST LAGOONA - 4U CITY CENTER





Verdace



Pinko



Hina Ricci



Hina Ricci

Get inspired by the latest "IT" bags and shoes of the new season. We compiled a mini guide, where we shortlisted the must-have pieces for summer 2014. Happy shopping!



Hina Ricci

# Accessories *Special*



Milly



Hina Ricci



Milly





Pinko



Bottega Veneta



Valentino at Stylebop.com

## CLUTCHES

They are known as the evening bags, but this season you can upgrade them for daytime too, so stock up on different colours, shapes and styles. Studded, fringed, printed...we want them all!



Maison Du Poch at 51 East



Valentino at Stylebop.com

# BAG LADY

A woman never has enough bags. Here are a few styles you certainly can't live without!



Ralph Lauren



Victoria Beckham

## BRIGHTS

The brighter the better. Add some fun and character to your wardrobe by investing in a designer eye-catching piece to turn a few heads wherever you'll be.



Ralph Lauren



Vinci

**HIGH STREET FIND**



Milly



Lacoste



# CLASSIC

A classic bag never goes out of fashion, therefore splash out on your favourite new season style guilt-free!



Versace



Milly



Karen Millen



Mulberry



Sonia Rykiel



Ralph Lauren

# MINI

Karen Millen

These cute mini creations have been in vogue for a few seasons and are still in this summer. What's not to love about them?



Paul Smith



Tod's

# OVERSIZED

Spacious and simply gorgeous, these bigger than usual carry-all are proper statement pieces to be proud of.



Paul Smith



Ilina Ricci



Tod's



# STEP FORWARD... COMFORTABLY

Chunky heels and platforms are on top of everyone's list this season, hurray!



Salvatore Ferragamo



Paul Ka



Tod's



Paul Smith



Ralph Lauren



Vinci



Massimo Dutti



Mulberry



Geox



Pinko





# BRIGHT STILETTOS

If you can't ditch your stilettos just as yet, opt for a fabulously bright pair to make you stand out of the crowd for the right reasons.



Paul Ka



Karen Millen



Paul Ka



Stradivarius

# FLATS

Sandals and ballerina pumps are still fashionable too, which is a great news for those lazy and relaxed days out.



Vinci



Desigual



Cuplé



Massimo Dutti



Mulberry

INVESTMENT  
PIECE



Salvatore  
Ferragamo

Ralph Lauren

# WEDGES

Still a favourite leg-lengthening trick option.



Ilinna Ricci



Cuplé



Vinci

HIGH  
STREET  
FINDS





# Glam Rock

SWISS MADE

## BAL HARBOUR COLLECTION

Miami, FL: (March, 2014) Inspired by the luxury lifestyle of Miami, Glam Rock is proud to introduce its new ladies collection, Bal Harbour.

With an eye for style, these elegant yet vibrant watches are offered with key fashion icon details such as double chain link bracelets with weaved genuine leather. For the more fashion-forward, Glam Rock further offers the option of perforated leather bands with the most trendy flower designs. In addition, some dials display special 3D flower appliques and others can be found splashed with diamonds. Incorporating 40mm dials with smooth curved silhouettes, each piece exudes femininity. Sophisticated assembly includes a rounded crystal case and a unique rounded case back constructed with tortoise look application. All pieces are Swiss Made 10ATM water resistance.

**AL JABER WATCHES** proudly presents the new iconic series from GLAMROCK. In addition to the high Swiss technology, the new Bal Harbour collection is characterized by its elegance and modern lines to reflect contemporary fashion trends while maintaining the famous Swiss classical accuracy. The collection is exclusively available at Al Jaber Watches showrooms.







**PURSE.** Keep the change ready all the time in this cute purse.



**TRAVEL WALLET.** Keep all your travel documents organized in this hip wallet and you are ready to go anytime.



**VANITY CASE.** This luxurious beauty case will keep all your beauty tricks at hand and in order.



**HAT.** A great piece for any well-respected travel wardrobe.



**SCARF.** A must-have for any holiday, this throw on accessory will save you at night from a cooler breeze and on the plane from the annoying air condition.

# TRAVEL BASICS

Travel packing couldn't be easier these days: invest in these key MULBERRY pieces and you are ready to rock your holiday in true style!



**WHITE DRESS.** Nothing can be more summery than a white frock, love it!



**FLIP FLOPS.** Opt for a bright pair to make a proper statement!



**HOLDALL BAG.** Forget your trolley, an old fashion holdall is so much cooler and way more stylish.

ALL PRODUCTS AVAILABLE AT MULBERRY, THE PEARL.





Banana Republic



Jacket, Karen Millen



Top, Promod



Top, Banana Republic



Trousers, Banana Republic

# HELLO SAILOR!

Let's go nautical this summer. It's a classical look that will never go out of fashion.



Shirt, Stradivarius



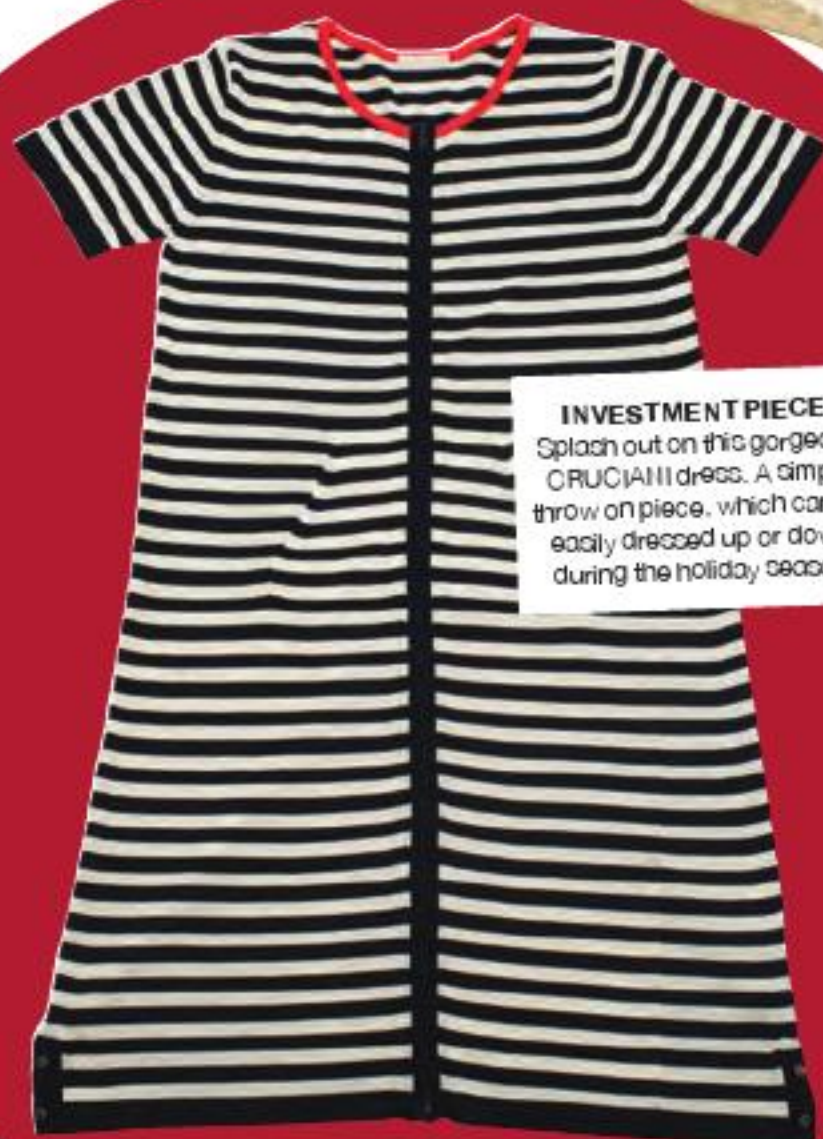
Shirt, Karen Millen



Bag, Cuplé



Espadrillas, Superdry



**INVESTMENT PIECE!**  
Splash out on this gorgeous CRUCIAL dress. A simple throw on piece, which can be easily dressed up or down during the holiday season.



Stradivarius



Skirt, Banana Republic



Dress, Saccor Brothers at Eidan Mall



# IT'S SHOW TIME!



Don't miss out on this fashionistas must-attend event organized by Sana Salman, a Pakistani entrepreneur, who is bringing DESIGNER FASHION LOUNGE, the fastest growing ASIAN fashion store to Doha. Embrace the ethnic-chic look, bright and bejewelled is the way forward!

Doha will be the fashion platform of the first exciting event by Designer Fashion Lounge, which will present to Qatar the marvellous creations by a selection of talented Asian designers like Maria B, Zara Shahjahan, Waseem Noor, Sana Safinaz, Nazish Kalani, Zeenab Chottani, Gulahmed, Adnan Pardesy and many more. Think silky fabrics, vibrant colours and ethnic prints, all finished off by gorgeous embellishments... not to mention the signature statement jewelry by Hamna Amir. A glamorous red carpet event with a catwalk show on the opening night, followed by two days of exhibitions will be the highlights of this fashion extravaganza not to be missed!

Organized by Apex events in collaboration with Designer Fashion Lounge & Zarri (Dubai) powered by Diva Lounge as Beauty partners, this initiative will allow all the fashion lovers in Qatar to discover the true colours of Pakistani Fashion. Affordable prices, gorgeous designs, latest trends and much more awaits you at CROWNE PLAZA-THE BUSINESS PARK. Book your tickets to avoid disappointment and get ready to update your wardrobe with some serious WOW factor pieces thanks to Designer Fashion Lounge.



**THE BIGGEST ASIAN EXHIBITION**

**FASHION FIESTA 2014**

9 & 10 MAY  
HOTEL CROWNE PLAZA

EVENT ORGANIZERS: **APEX events** **DFL DESIGNER FASHION LOUNGE**

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## WHEN:

8th May evening, catwalk show.  
9th and 10th May exhibition and sales event.

**WHERE:** CROWNE PLAZA-THE BUSINESS PARK, Doha

FOR MORE INFORMATION CALL  
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## BEAUTIFY YOURSELF AT DIVA LOUNGE

After browsing and shopping for your perfect ethnic

fashion look all you need is a quick pampering time. Whether you need to refresh your look with the latest beauty trends or simply fancy a quick manicure or relaxing massage, Diva Lounge is here to help with its three modern branches in town. Their holistic approach to wellness complemented by five star service at affordable prices guarantees a haven of relaxation.

Book your appointment on 4481 1488.







## MASSIMO DUTTI'S HOLIDAY SEASON

The Spanish fashion house celebrates the arrival of the hot season with another stunning summery campaign by one of the world's most celebrated fashion photographers, Mario Testino. Think nautical styles, safari-inspired looks and timeless tailoring.



*For Him*



BE BOLD, CHARMING AND MODERN THIS SEASON. COMBINING NATURAL STYLE WITH ELEGANCE COULDN'T GET ANY EASIER!



*For Her*

STAY STYLISHLY FRESH THANKS TO SILKS, LINEN AND FEMININE SILHOUETTES.



ALL PRODUCTS AVAILABLE AT MASSIMO DUTTI VILLAGGIO MALL



# SELINA FAROOQUI, A TRUE FASHION TALENT BORN IN QATAR!

ABODE met with this young but confident fashion designer during the launch of her latest Indian-inspired fashion line.

## How did you start your career in fashion?

**A:** I started studying fashion design at VCUQ in 2006, and my career kicked off in 2010 during the Annual Fashion Show at VCUQ. There I presented my first ever "Indian-Inspired" collection. That night, I was approached by a boutique owner from Qatar who had fallen in love with a jacket of mine. She wanted it to be sold in her boutique, so I created a collection for the boutique. W Doha acknowledged my work a year later by presenting me with the Best Fashion Designer Award in 2011 and offered me their hotel to host my showcases and events. This threw my brand in the public eye and helped capture the attention of Doha's fashion scene. I continued to sell my collection in Doha, but also started selling in Dubai. I showcased my collection in Istanbul as well. In 2012 I was honored with the Arab Women's Award for the Best Young Designer of the year.

## You studied at VCUQ here in Doha. How would you describe this experience?

**A:** I have a special relationship with my university and its fashion department.

The years studying at VCUQ were so valuable. Classes were small and we received the individual attention and guidance of our teachers, enabling us to grow into the designers we wanted to be. That connection did not end after graduation. To this day, I am very close to my university and teachers.

## Did anybody in particular mentor you and support you to pursue your dreams?

**A:** My parents are my number one supporters. They are with me when I am stressed or excited. I am also very fortunate to work with my production manager and consultant. We're a team of two, and she manages all the details of production so that I can focus on the creative.

## You just launched your gorgeous latest collection. How would you describe it?

**A:** It is a 46-piece collection inspired by Indian jewelry and the art of ornamentation and embroidery. Embroidery has been an age-old tradition



in India. I have worked closely with skilled Indian craftsmen to develop my own style of hand embroidery: a fusion of Indian techniques of metal wire work and thread work, mixed with some contemporary touches of stones, matte beads, and crystals. As with any Selina Farooqui collection, a spectrum of colors from jewel tones to candy brights are offered.

## Whom is your collection aimed at?

**A:** A confident, ultra-feminine, modern woman, who values tradition and quality. She loves to indulge herself with beautiful and precious things.

## Describe your personal style in three words.

**A:** I am always changing my style depending on my mood, but I can say its feminine, bold and romantic.

## DOES TRAVELLING INFLUENCE YOUR DESIGNS?

Very much! It's the key to my creativity. My collections have always started with a trip to India, and will continue to do so. I find myself so inspired when I am there. Seeing the people, the traditional clothing, exploring the fabric markets and bazaars, it excites me and starts me dreaming about a new collection.

## FOR MORE INFORMATION

VISIT  
[www.selinafarooqui.com](http://www.selinafarooqui.com)  
Instagram [selina\\_farooqui](https://www.instagram.com/selina_farooqui)







# A DREAM COME TRUE.....

Dana Masoud was left speechless as she was crowned winner of the “Salam Fashion Award” at the coveted VCU Fashion Show 2013. One year on, her collection ‘TIRAAZ’ is ready to be sold in Salam Stores for months to come. It’s not a bad start for this talented 21-year-old fashion designer.

Qatar’s fashion scene is growing year after year thanks to the myriad of talented young designers who are constantly creating new concepts and collections in Doha. Most of them come from VCUQatar, the prestigious Virginia Commonwealth University in Qatar, which every year organises its renowned VCUQatar Fashion Show. Last month its 15th show took place at THE GATE MALL hosted by Salam.

One of the greatest supporters of the event was Dana Masoud, a former VCUQ student born in Qatar from Palestinian-Canadian origins, who was catapulted into the world of ‘real designers’ after winning last year’s Salam Fashion Award. This gave her the opportunity to design and produce her own fashion collection, which is on sale at Salam in a dedicated corner shop.

We had the pleasure of sitting down with Dana and discussing her exciting year, her ambitions for the future and of course her love for fashion.

## How does it feel to win such a prestigious award at such a young age?

**A:** I was absolutely astonished and thrilled at the same time when my name was announced as the winner of last year’s

Salam Fashion Award. It has been such an honour to be selected and to be given the great opportunity to design and sell my first very own collection in one of the most prestigious department stores in Qatar.

## What happened throughout this last year?

**A:** Straight after the VCU Fashion Show I started working on my special line for Salam. I mainly worked in Dubai sourcing fabrics and designing every piece. It has been a very busy and hectic year, but it was thoroughly worth it. Finally seeing my collection ready to be showcased and sold in Salam is absolutely thrilling.

## Tell us more about Tiraaz and Bejewelled.

**A:** Tiraaz means embellishment in antic Arabic. Since i’m very passionate about embroidery I decided to name my fashion brand after it. Bejewelled is The Limited Edition collection for Salam, which features 10 unique dresses. Each dress reflects my personality: from flirty, feminine pieces to cocktail styles, this collection is all about glamour!





**Do you have a particular favourite among the 10 dresses?**

**A:** I love them all and I would wear them all. If I had to choose I would say the gold lacy gown, simply because I fell instantly in love with that fabric as soon as I spotted it. Its simple but rich texture conquered me.

**What do you want to communicate through your collection?**

**A:** I love fashion and my main aim is to make women feel extra special and glamorous when wearing my creations.

**Who is your biggest inspiration?**

**A:** Designers such as Valentino and Elie Saab have been key for me. Their clean and sophisticated styles mixed with heavy embellishments inspire me all the time. Then obviously I have to thank all the VCU team, who helped and supported me during my studies. Not to mention my family, who always believed in me and pushed me to reach my goals. My glamorous mum and grandmum are to be blamed for my love for fashion, no doubt!

**What's next for Dana and Tiraaz?**

**A:** I am already working on my next collection, which will possibly include an accessories line too. I'll keep my fans updated on my website and Instagram, so follow me to make sure you won't miss out! I'm planning to promote my brand in the Middle East and internationally too, which means loads of work for the years to come. This hopefully will lead into owning and running my very own business.

"I WANT WOMEN TO  
FEEL GLAMOROUS  
WHEN WEARING MY  
CREATIONS"



**FOR MORE  
INFORMATION**

VISIT  
[www.tiraaz.com](http://www.tiraaz.com)  
or call 7771 6631

DANA'S BEJEWELLED LIMITED EDITION COLLECTION IS AVAILABLE NOW AT SALAM STORES.



# THE EDITORIALIST

THE LUXURY ACCESSORIES MARKET AT YOUR FINGER TIPS!

ABODE caught up with Kate Davidson Hudson and Stefania Allen, the two founders of this inspiring new website. Who better than them, two former fashion and accessories editors at top-tier fashion publications including Harper's Bazaar and Elle to guide us through the MUST-HAVE accessories pieces of the season? Here there are their top choices.

*Kate Holiday's wardrobe top picks*

"IT IS NO SECRET THAT ACCESSORIES ARE THE DRIVING FORCE IN THE LUXURY MARKET AND ONLINE LUXURY SPENDING IS THE FASTEST GROWING SEGMENT,"  
KATE DAVIDSON HUDSON



MILIA RICCI canvas and suede tote is the perfect beach carryall. Detailed with a pop of yellow trim, I love the tri-color play of neutrals and brights—it feels like a thoroughly modern update on the classic day tote.



GIUSEPPE ZANOTTI's modern update on the classic gladiator. These heels are the perfect day to night shoe for vacation-long wear.



I love the laid-back ease of this cross-body VALENTINO messenger bag. It's a polished approach to the relaxed sense of luxury I'm in the mood for on vacation.



There's nothing chicer—or more practical—than a classic fedora hat by EUGENIA KIM. I'll wear this shape from the beach through end-of-day cocktails.



PHILLIP LIM does the perfect second-skin nude flats for Spring. These are a perennially-chic pair that work with every day look.

ALL PRODUCTS AVAILABLE AT [WWW.THEEDITORIALIST.COM](http://WWW.THEEDITORIALIST.COM)



K. JACQUE sandals- these are the perfect everyday vacation sandal that you can wear day and night.



JENNIFER FISHER ID bracelet- I never remove my monogrammed bracelet with my sons initials

KO KIH PANAMA Sunhat- The best sun protection is this gorgeous oversized Kokin Panama Hat

"WE PLAN TO OFFER THE MOST RARIFIED AND HIGHLY-SERVICED SHOPPING EXPERIENCE FOR OUR CUSTOMER, DEDICATED TO THE PRODUCT WOMEN COVET MOST AND HAVE THE MOST CONSISTENT FIT EXPERIENCE WITH... ACCESSORIES", STEFANIA ALLEN

## *Stefania Holiday's wardrobe top picks*



THIERRY LASRY Eyewear- Must Have shades for reading by the pool or touring the streets of Florence



VALENTINO tote- it's the essential carry-all for any vacation- beach or city.



## **ABOUT THE EDITORIALIST**

Editorialist is an online destination focused exclusively on the luxury accessories market, which incorporates editorial and ecommerce on its fashionable site. Four seasonal issues and daily trend news keep the clients informed on the latest fashionable updates while they are shopping their favourite designers pieces, from Balmain, Valentino, Givenchy and many more. On-staff concierge is also on offer to facilitate styling, bespoke, and customer service inquiries. Check [www.theeditorialist.com](http://www.theeditorialist.com) out!



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# ABODE MEN'S AGENDA

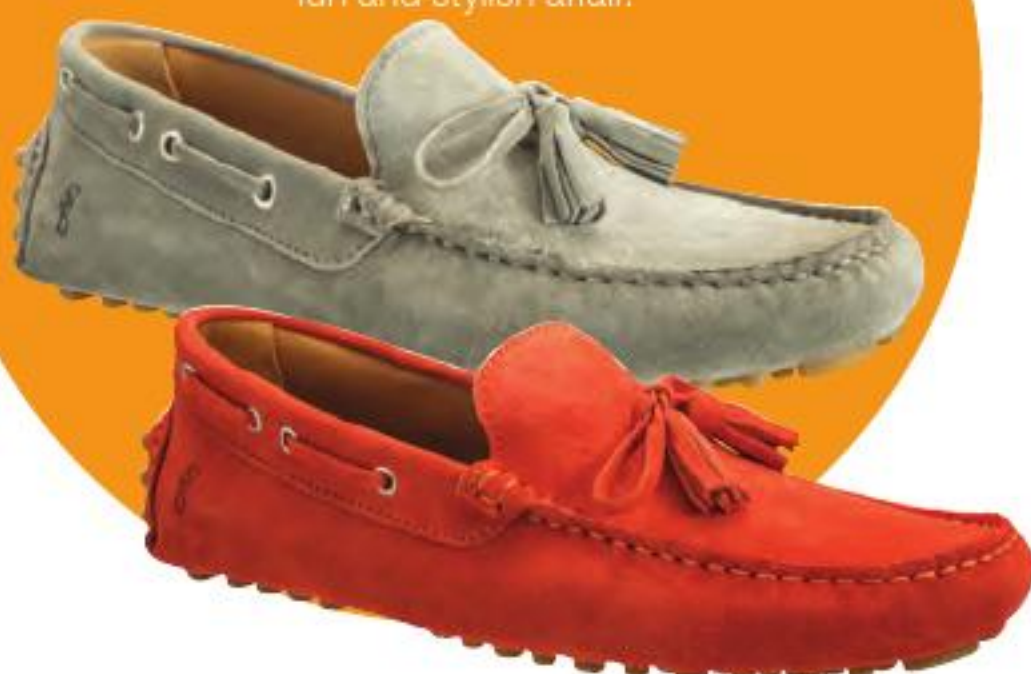
## PATRICK DEMSEY presents SACOOR BROTHERS Spring Summer 2014 collection

This fashionable Portuguese lifestyle brand has opened its first boutique here in Doha last month, which means you'll be able to recreate Patrick's classic charming look with few simple key buys.



### LOAFERS MANIA at Sacoor Brothers!

These slip-on lace-less shoes are the perfect choice for any stylish man-on-the-go. Stock up on them as they come in so many different colours and instantly transform your look into a fun and stylish affair.







UPDATE YOUR LOOK AND SUMMER WARDROBE AT **SACCOOR BROTHERS'** NEW BOUTIQUE IN EZDAN MALL. FROM COMFY CHINOS, COOL ACCESSORIES AND AN ARRAY OF COLORFUL POLO SHIRTS, SHORTS AND MUCH MORE AWAITS YOU. HAPPY SUMMER!



**Discover Emblem by Montblanc perfume, the indelible signature of an eternal man!**

The perfect match for this relaxed chic style is a splash of the latest Montblanc perfume: a contemporary but timeless scent. Available at 4U retail outlets.



THE PORTUGUESE BRAND ALSO BOASTS A VARIETY OF CLASSIC PIECES TO BUILD YOUR PERFECT MEDITERRANEAN-INSPIRED ATTIRE. NOT TO MENTION THEIR FORMAL SUIT, WHICH ARE SIMPLY TO DIE-FOR, THANKS TO THEIR ITALIAN FABRICS AND QUALITY FINISHING.



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# BEAUTY AND WELLNESS

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

## **MAKE UP FOR EVER Introduces 76 State-Of-The-Art Brushes**

Celebrating its 30th year anniversary, MAKE UP FOR EVER unveils one of its main launches this year with the release of its finest professional brush collection. This range includes 76 new premium brushes to offer women and makeup artists the ideal tools to get the most perfect makeup results. Bring your makeup results to a whole new level with MAKE UP FOR EVER's finest professional brushes.





### Magica BB Cream for the Body, Collistar

Did you ever wish that one of the beauty giants would produce a BB cream for the body? Well wish granted! Collistar, a pioneer in innovating unique products, created this one-of-a-kind cream. It is the first in the market. What's the catch? This is a single cosmetic solution that provides dual results: moisturized, luminous, and even skin, the result of the NMF (Natural Moisturizing Factor) that stimulates skin renewal processes and the Multi-Perfection System, which leaves the skin looking perfect! What are you waiting for ladies?

### ULTRA SMOOTHING FOUNDATION Younger Looking Complexion Line Smoother, PUPA

Okay we know there's a lot of foundation out there, so how is this different? Through its five unique elements, including: Youthful and Brightening Effect, Plumping Effect, Hydration and Protection, SPF 8, and Easy Application. The result is perfect looking skin!



### Mascara Shock Eyelash Curler Effect Collistar

Do you want a proper eye popper? Get a mascara! This new mascara has an eye-catching curved effect, thanks to the special curved applicator and the 'Lash Curl Complex', which is an exclusive mix of resins and natural waxes. This gives lashes volume, lengthens and curl like a curler does. Quit the 'ouch' stage and just enjoy applying this mascara anywhere at anytime! The pack also comes with a free Black Kajal Pencil to complete the look.



### Supertanning Dry Oil Collistar

What's travel without arming yourself with a tanning spray? If those creams make your stomach queasy, calm down - Collistar has the solution! Use the supertanning dry oil, which leaves your skin protected from the sun (SPF 15) and gives you a healthy tan. It is rich in vitamin E and calendula, apricot kernel, carrot, and walnut shell oils. These make your skin look nourished every time you spray. Spritz, spritz, spritz!



### Supertanning Concentrated Unguent, Collistar

Your body is beach ready but still looking pale? This product is ideal for a tropical tan. For fast tanning result apply the cream all over your body and let the sun do the rest. It does not contain solar filters but is rich in vegetable oils, beeswax, and vitamin E, which provide in-depth nourishing and elasticizing action.



## BEAUTY BOX

COMPILED BY MARLYNNE MALLARI - DELA PENA

Clothes check, passport check, reservations check, is everything in? Do not forget to grab one or two of these essential products for your skin. Whether it's a perfect tan or flawless skin, we've got you covered. So we can truly say: bon voyage!



### PROFESSIONALS BB CREAM + PRIMER, PUPA

If you have combination to oily skin this one is for you. This product is a moisturizing tinted cream and smoothing foundation primer. It is oil free, fresh and ultra-light with high oil absorbing properties. This means your skin looks renewed and not greasy, all day long!

ALL PRODUCTS AVAILABLE AT MERCH



# LET'S GET PAMPERED!

BY MARLYNNE MALLARI DELA PENA AND DELIAH FURCOI

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



## A TRULY VIP PAMPERING EXPERIENCE!

Getting pampered is always a great idea. The Jaula Spa & Club at Grand Hyatt Doha is certainly one of the best venues in town to unwind and relax, thanks to its spacious setting yet cozy atmosphere.

In order to guarantee privacy for its guests, Grand Hyatt Doha offers a very special private VIP room (one for women and one for men). This room can also be shared with friends to celebrate a particular event or simply to be pampered away while gossiping over a cup of green tea.

After enjoying your chosen treatment (ranging from a de-stressing customised aroma therapy massage, to a detoxifying scrub, to many others), you'll be able to plunge into your very own whirling jacuzzi. You can make the most of the charming room for how ever long you wish.

A private changing room, bathroom and an array of bespoke services provided by the professional and friendly therapists will be on offer. This will guarantee you an afternoon of pure bliss spent in the cosiest bathrobes in town.

So clear your schedule. Whether you prefer to enjoy the process by yourself or in the company of your best friends, try to make the most of this intimate piece of heaven in Doha. You certainly won't regret it!

Jaula Spa & Club, Grand Hyatt Doha 4448 1056,



## PERFECT NAILS, NO MANICURE REQUIRED!

Are you in desperate need of an immaculate manicure, but no time on hand? Thanks to the latest Incoco's nail color and design sets, exclusively distributed by AND Trading in Qatar, you'll be able to enjoy the latest nails designs in few minutes in the comfort of your home. The fantastic Incoco nail polish appliques made from 100% real nail polish eliminate all the stress and hassle and above all they require no drying time.

All you have to do is peel, apply and go! Simply pick the strip that is closest to your nail size and stretch gently for a perfect fit. Press down on your nail, remove the clear covering, and voila discover your brand new and perfect manicure in a matter of minutes!

They will last up to 14 days, are chip resistant and they come off with regular nail polish remover when you are in the mood to try another look. What a great find!



Check them out at any AND Trading branch and for any additional info please visit [www.incoco.com/how-to-apply](http://www.incoco.com/how-to-apply) or call 4417 2683





# BEAUTY Q&A

Find your answers about sun products, skin woes and exercise thanks to the experts at B/Attitude Doha

**Q. How can I avoid chapped lips?**

**A.** Dry lips indicate dehydration, so drink a lot of water, do a mini-peeling treatment and then use lip balm or conditioner.

**Q. What sun-protection product would you recommend that suits adults and kids alike?**

**A.** Baby skin and adult skin are not the same, so I would suggest treat them differently and not with the same products. Children need products with high UV protection. For adults I suggest separate face and body products: at least factor 50 for the face and factor 25 for the body.

**Q. Shall I maintain my usual regime on holiday?**

**A.** If you are travelling, even a few hours in a plane can make your skin look dehydrated, so you should always carry with you a hydro-mist and a hydrating cream. Use these to refresh your skin. Upon arrival, I suggest an evening mini facial (with scrub, mask and cream) alongside your usual routine, so that your skin will retain moisture.

**Q. How can I keep my hair looking great even after a long flight?**

**A.** If you want to wear your hair down, try not to touch it too many times or you will make it oily fast. Use a small comb to adjust it. If you are traveling on a long flight I suggest wearing your hair in a high ponytail because it is always in style.



**Q. What kind of facial routine should I opt while travelling?**

**A.** Your cleansing routine depends on where and why you're travelling. It can be a summer holiday at a beach resort with a lot of sun exposure and salty water, or a winter holiday in the Alps with skiing, or a weekend getaway to a different city. In all three cases my most important rule is to NOT experiment with deep cleansing facials while travelling, but to stick to nourishing ones. During travelling our skin might suddenly react to a climate change and experience breakouts or dryness. Additionally, any sun exposure should be avoided after the treatment, which is why a deep cleansing treatment is not recommended. If you experience a bad reaction, there are so-called 'balancing treatments' available on the market. These, along with 'balancing lotions,' are our first-aid recommendations. If your skin does not have a bad reaction, a nourishing facial will help you look fresh.



**Q.** Any health tips I can do to prepare before my travel?

**A.** A strong immune system while travelling is essential. I suggest taking one of the natural products available on the market like spirulina, green magma or honey-based products. Use it regularly for at least one week prior to travelling. During your trip, continue using it. I also recommend taking emergency pills with you (for all sorts of aches) because your familiar brands might not be available at your destination.

**Q.** I have puffy raccoon eyes after each flight, is there a way I can avoid it?

**A.** Put small cold gel glasses (they look like ice patches for injuries in the shape of glasses) in your bag and wear them while resting during the flight. A light massage with your fingertips (move fingers out from your nose sideways) might help reduce puffiness. I also recommend using Sodashi Eye Gel.

**Q.** What exercise can I do while travelling?

**A.** In the plane you can roll your shoulders back and forth, up and down a few times. Stretch your neck by dropping your chin down on your chest and sideways (ear on the shoulder). Stand up and walk a bit, and while standing press your knees to your chest. These exercises will help you to not get stiff and end up in pain. Upon arrival you can do many things for your body: jog around as a way to sightsee, or workout in the hotel's gym or in your room with CDs. TRX is an amazing tool for travellers, so there is no excuse for not exercising.



**Q.** They say foundation can make your face dry while travelling, but I can't do without it. What should I do?

**A.** Try to adjust to professional tips by slowly combining them with your usual beauty routine. Use hydrating cream and mineral powders as foundation, as these let your skin breathe without compromising the look you wish to achieve. Always carry a hydrating mist in your bag and spray it once in a while all over your face, with or without foundation.



**MAKE UP FOR EVER INTRODUCES 76 STATE-OF-THE-ART BRUSHES. PACK 1 OR 2 OF THEM, THEY WILL COME HANDY IN YOUR MAKEUP CASE!**

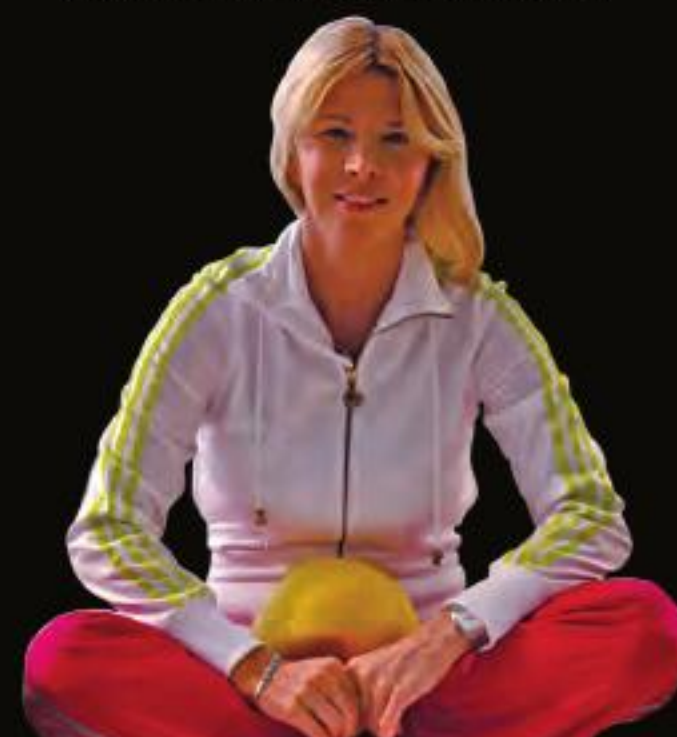
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**TAJANA TRTANJ,**  
WELLNESS COACH  
AT B/ATTITUDE DOHA

Tajana has devoted her entire career to finding a perfect balance to achieving maximum results in wellness, fitness and face & body care. To find a perfect path for her clients and help them achieve their goals, Tajana has developed special techniques that give great results, the only thing that really counts, she says. She is focused on every person individually, and after consultations she prepares specials packages for them. Some need a more relaxing approach and some extreme work outs; some need only food and nutrition assistance, but everybody needs health and beauty tips which she is more than happy to share.

To book a consultation with her call 4412 2046 or email [info@battitudespadoha.com](mailto:info@battitudespadoha.com)





# MEXICAN BEAUTIES

COMPILED BY MARLYNNE MALLARI - DELA PENA

PHOTOGRAPHY JESSIE PALANCA

STYLING FRANCESCA MOSER

CLOTHES & SHOES PROVIDED BY NEWYORKER AND LE CHATEAU AT EZDAN MALL

LOCATION DADOS BEAUTY AT AL SEAL RESIDENCES

HAIRSTYLE AND COLOUR BY CHARMAINE BROWN, FACIALS BY ROCHELLE BOTHA AND

CHERVON KESARNAND, NAILS BY MICHELLE CATAPANG, ALL FROM DADOS BEAUTY

MAKEUP BY GLAIZA MARI CASTRO OF JEAN LOUIS DAVID, CROWNE PLAZA

The experts from Dados' Beauty and the makeup artist from Jean Louis David - Crowne Plaza, restyled our two Mexican ladies Marcela and Jany. After hair colouring and few snips and touches of makeup, these ladies walked away looking truly 'hermosas' (a Spanish word meaning beautiful)!

## MARCELA SAPIEN

A devout mother and a loving wife, Marcela dreamed of having a professional makeover. We at ABODE made her wish come true!

### Tips from Charmaine, the Hairstylist and Colourist:

- 1 We applied a darker colour to go with Marcela's light complexion and bring out the colour in her eyes.
- 2 Next came highlights to give dimension to the new hair colour and creates the illusion of more hair.
- 3 Marcela's hair is quite fine so in order to give more body and volume, hair layering will suit her best.
- 4 Fringe was added to reduce the width of the forehead.
- 5 An angled cut was done to bring out her best features.

### Tips from Glaiza, the Makeup Artist:

- 1 Use cream products to highlight and contour for a longer lasting effect.
- 2 Apply a light coloured bronzer to the tip of the nose, chin and temple to highlight and warm up the skin.
- 3 Use a warm gold shade for the eyes for brightness and smoke it out with a matte brown shadow for a golden smoky effect.
- 4 Apply a gel liner and smudge it for a smoky sexy effect.
- 6 Use two shades of red for the lips: a darker red on the edges of the lip and a brighter shade of red for the centre of the lip for a gradient effect.
- 7 Blend in a pinkish-purple blush on the cheeks to enhance the golden effect of the skin.

*"I'm loving my new look!"*

*After*



Top from a selection of Dado's clothing line  
Necklace, New Yorker

Top and trousers, Le Chateau  
Jacket, necklace and heels, New Yorker  
Bracelet from a selection of Dado's clothing line

*Before*





After



Top and belt, from a selection of Dado's clothing line  
 Jeans, New Yorker  
 Necklace and heels, Le Chateau

Before



*"I felt so nervous about the unexpected change. But now I am very happy with it!"*

## JANY PORTILLO

Having a two-year old daughter is not easy for this young mother. She sought the help of ABODE to reinvent her look from head to toe. Our verdict? Simply fab!

### Tips from Charmaine, the Hairstylist and Colourist:

- 1 We chose a lighter shade of colour to compliment Jany's caramel skin tone.
- 2 Highlights were added to accentuate the lighter hair colour.
- 3 Her middle part was replaced with a side part to balance the face.
- 4 Thinning out the thickness to give more texture to the hair.

### Tips from Glaiza, the Makeup Artist:

- 1 Apply an orange shade blush on the apple of the cheeks for a refreshing pop of colour.
- 2 For the eyes use a satin finish eye shadow two tones lighter than the skin tone for the lid colour, and a matte dark brow shadow for the crease.
- 3 To add brightness use a shimmery but not a glittery shadow for the browbone and inner corner of the eyes.
- 4 Properly prepare and hydrate the skin with a moisturising serum and primer.
- 5 Use a coral toned lipstick for a vibrant and refreshing lip.
- 6 To warm up the skin use a matte bronzer or a dark shade of a powder foundation as contour for the face.

## STYLING TIPS!

Packing for your holidays can be so much fun: opt for loads of ethnic printed pieces and jewelry, a simple white dress, flat sandals and a great pair of heels, job done!

Check DADO'S clothing range out: from colorful kaftans to cute sundresses your holiday wardrobe will be sorted.



Dress and bracelet from a selection of Dado's clothing line

REFRESH YOUR LOOK TOO, THANKS TO THE LATEST COLLECTIONS OF NEW YORKER AND LE CHATEAU AT EZDAN MALL!

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



# PAMPERED TO PERFECTION

## At the newly opened BILAL PEARL SUITES MASSAGE FACILITIES

Beautify and rejuvenate yourself in the heart of The Pearl, Qatar

Doha boasts an array of different spas, wellness centres and beauty parlours. Every month new salons open all over the city. But this month there's something special: the opening of the new elite massage facilities at the prestigious Bilal Pearl Suites. This glamorous tower has only just opened its cozy mini spa, which offers professional services in a super relaxing environment. The opening of the Bilal Pearl Suites Massage Facilities is great news in particular for all the ladies who reside in the Pearl.

Forget stressful journeys to town and horrible traffic jams in order to enjoy a heavenly massage - now you'll be able to book your favourite treatment almost on the doorstep of your house. The professional and experienced therapist at Bilal Pearl Suites will welcome you in her intimate room, located on the ground floor by the fitness centre. She will make sure you leave re-energized and recharged.

From Shiatsu to a Swedish massage, from foot reflexology to a scrub, you'll be guaranteed a 30 - 90 minute session of pure relaxation to calm your body, mind and soul. Your inner glow will be restored after such a heavenly experience. Personalized treatments are available too in order to focus on any client requirement. So whether you prefer a face massage or a simple back and shoulder massage, the BILAL PEARL SUITES MASSAGE FACILITIES have got you covered. Simply sit back and enjoy some indulgent 'me time'!

FOR MORE  
INFORMATION  
AND BOOKINGS  
call 4495 3878



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!



# AWARD WINNING MOM!

4U paid tribute to the most significant woman in our lives at their recent Mother's Day competition.

PHOTOGRAPHY JESSIE PALANCA

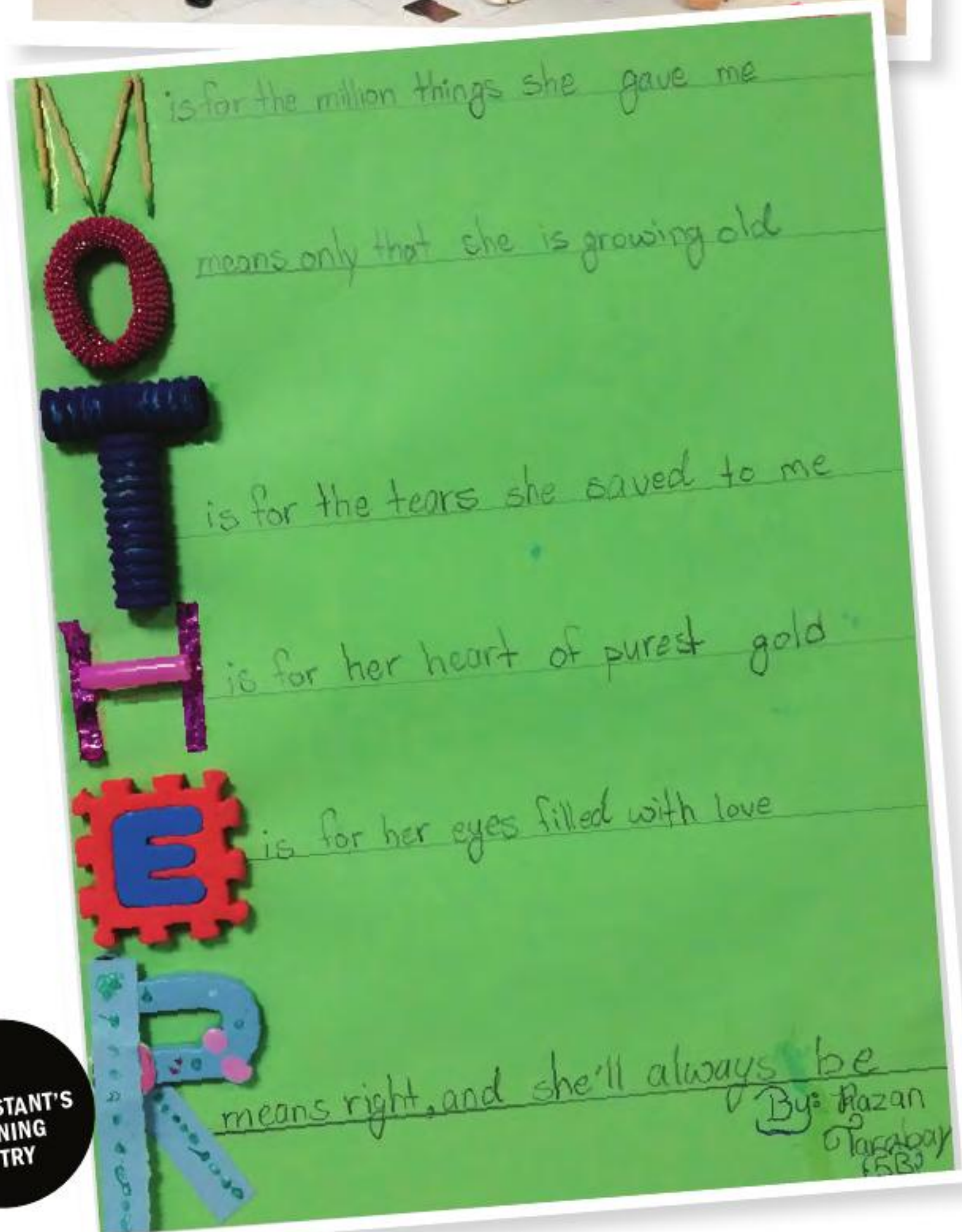
LOCATION GRAND HYATT DOHA

MAKEUP AND HAIR NELLY OF LANCOME

4U celebrated Mother's Day by encouraging everyone to show their creativity through artwork, poems and essays as an appreciation to the most important woman in our lives, our Mothers.

The competition ran from March 1-15 and tremendous number of entries were received from 4U social media and participating schools such as Sumbeam Kinder, American Academy and Lebanese School. The winner walked away with an overnight stay at Mövenpick Tower and Suites, spa treatments from B/Attitude Doha, cakes from Biscotti of Grand Hyatt Doha, a beauty coffret and of course a photo shoot with ABODE magazine!

Regional Manager of 4U, Jinane El Hage and Deliah Furcoi of ABODE Magazine chose the winner based on creativity, artistic display and the over all content of the entry. The nine-year-old winner, Razan Tarabay from the American Academy, used different materials from toothpick to foams to brilliantly express her love to her mom throughout her artwork. The contest winner's mom, Dallah Tarabay is very proud of her daughter, Razan for expressing her love so beautifully.



Mrs. Dallah Tarabay and her daughters





Like mother like daughter



Models for a day





# STRETCH IT!

BY LARISSA FERREIRA

PHOTOGRAPHY JESSIE PALANCA

LOCATION B/ATTITUDE SPA, 2ND FLOOR, BEVERLY HILLS TOWER, WEST BAY, DOHA

As the travel season approaches, Fitness With Food recommends you incorporate a number of practical exercises in to your daily routine in order to improve your strength and flexibility.

Our travel workout consists of a series of isometric exercises. Isometric exercises are performed in a static position without altering the length of your muscles; whilst isotonic exercises work with a range of motions, like swinging, dance, cycling and martial arts (such as Muay Thai or kickboxing).

Our recommended isotonic exercises don't require large amounts of space or equipment. They can actually be performed in the comfort of your own home or hotel room!

We recommend that isometric exercises are combined with some form of cardio exercise, such as walking, dancing or running; and that you include some stretching to relax your muscles and improve mobility before exercising. If you are suffering from high blood pressure or heart disease, you should not practice isometric exercises.

These exercises require you to hold a static position (i.e. all parts of your body must be stationary), so concentrate on the following steps!

## Tips

Combine isometric exercises with Pilates principles as follows:

- 1 Squeeze your abdominals when you exhale to activate your core.
- 2 Use diaphragm breathing to increase oxygen for your muscles. Exhale: Open and 'up' your ribcage. Inhale: close and 'down' your ribcage.
- 3 Keep your shoulders down to reduce tension in your shoulders and neck.

### STEPS: 1-6:

Hold each position for 10 to 30 seconds, or for however long you can (90 seconds is really good). Repeat three times!

### EXERCISE 1

**PLANK BRIDGE:** Start by lying face down on the ground. Distribute your weight onto your elbows and your toes and lift yourself up. Focus on squeezing your abdominals and gluteus while maintaining a flat back.

### EXERCISE 2

**SIDE BRIDGE:** Press up with your right arm on the floor and distribute your weight onto your elbows and toes in a sideways stance (you can cross your right leg forward to give you better balance).

### EXERCISE 3

**HUNDRED:** Inspired from the 'Pilates Hundred' exercise, this is an amazing exercise to strengthen your core. Lie face up on a mat and bend your knees 90 degrees. Lift both your legs and arms. Hold this position as long as you can!

### EXERCISE 4

#### ISOMETRIC SQUAT EXERCISE:

Perform this squat with your back against the wall focusing specifically on keeping your lumbar spine in contact with the wall (this will restrict your movement a great deal and support your spine). Reach out with your arms and push your shoulders down in the following 3 steps:

**STEP 1:** Bend lightly your knees and keep the position.

**STEP 2:** Lower your squat by bending your knees at a 90 degree angle, with your thighs parallel to the floor.

**STEP 3:** Lift one leg. Hold the position as long as possible before changing to the other leg.

### EXERCISE 5

**THE TEASER:** The teaser is an advanced Pilates exercise which involves sitting on the floor and straightening your arms forward before lifting both legs whilst squeezing your abdominals.



## JOIN LARISSA'S CLASSES

AT B/Attitude Doha, which include Brazilian Dance, Pilates, Total Barre™ and many more.

FOR MORE  
INFORMATION

VISIT

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



# GET FIT IN STYLE!

We are loving the bright and hip collection by Le Coq Sportif, the French sports apparel company. Printed leggings, eye-catching bags designs and funky trainers are their trademarks, check them all out!



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# DVT AND FLYING: KNOW THE RISKS

BY DR. MOHAMUD A. VERJEE, ASSOCIATE PROFESSOR OF FAMILY MEDICINE AT WEILL CORNELL MEDICAL COLLEGE IN QATAR

Frequent flying has become a feature of many people's lives, especially here in the Gulf – but as your air miles grow, so too does the risk of suffering from deep vein thrombosis (DVT).

Fortunately, a few simple precautions can protect you against the condition, explains Dr. Mohamud A. Verjee, Associate Professor of Family Medicine at Weill Cornell Medical College in Qatar.



"DVT is a clot that usually arises from slow moving blood in larger lower leg veins, caused by immobility or prolonged sitting," he said. "While fatalities from DVT are extremely rare, they do occur, so the risk should be taken seriously."

DVT can cause death if a blood clot travels to the heart and then to the lungs. This causes another clot to form in the lung, a condition formally known as a pulmonary embolism.

"When this happens, both breathing and blood circulation can be severely compromised. In extreme cases it can prove fatal," said Dr. Verjee.

Risk of DVT increases during long-haul flights of more than four hours and in people who are older, have previously had a stroke, have a blood clotting disorder, are obese, or smoke. People who are short (less than 5'3"/160cm) or very tall (more than 6'183cm) are also at greater risk of DVT, as are those who have cancer, use hormone replacement therapy or have recently undergone surgery.

Taking all that into account, what can you do to avoid the air stewardess finding you slumped over your in-flight meal and shouting for a doctor? In reality, the situation may not be as dramatic as that, explained Dr. Verjee.

"A DVT does not always develop symptomatically on a flight itself but may do so four weeks after a

## HERE ARE DR. VERJEE'S DVT-BEATING SUGGESTIONS:

**STAY HYDRATED** – drink plenty of water on the flight. Avoid beverages that will dehydrate you, such as coffee.

**WEAR NON**-restrictive clothing.

**CHOOSE AN AISLE SEAT** – get up frequently to stretch your legs.

**MOVE THOSE LEGS** – even while sitting you can exercise your lower limbs. Pump your calves up and down during the flight.

**RUB THOSE LEGS** – massage your lower legs and feet while in your seat to boost circulation.

**WEAR CLASS 1 GRADUATED COMPRESSION STOCKINGS** – they increase circulation in the lower legs.

**AVOID SLEEPING PILLS** – they significantly increase immobility and therefore reduce circulation.

**CONSIDER ANTICOAGULANT MEDICATIONS** – if any of the increased risk factors apply to you, ask your doctor about medicines designed to decrease the risk of blood clots.

flight, sometimes even later," he said. "Moreover, the signs of a DVT, which include a swollen or painful lower leg, increased temperature over the clot site, and a change of skin color, may not always be present."

So far, so scary. But Dr. Verjee stressed once again that death from DVT is very rare.

He said: "DVT is not common, but it is a real possibility, especially as air travel becomes increasingly affordable and common. Therefore it is sensible to take precautions, especially as they

are not at all intrusive or difficult to follow."

These tips will help you avoid DVT and allow you to focus on enjoying your trip.

Dr. Verjee also warns against complacency. He said: "A DVT can happen at any time, and in any flight class. The term 'economy class syndrome' is a misnomer. It can happen to you just as easily in business or first class.

"Keep moving, stay hydrated, and if in doubt, wear compression stockings to reduce the risk of DVT."



← GATES C5/ C18  
GATES B1/ B6 →

# FOODS TO AVOID!

## WHAT NOT TO EAT WHILE TRAVELING

BY TINA ZUCCARINI - DIRECTOR OF SPA AND RECREATION AT DOHA MARRIOTT HOTEL

Traveling can be filled with many bumps and turbulences, particularly when talking about trying to maintain a healthy diet while on holiday. Here are a few tips on what foods are best to avoid during your travels abroad.

### GREASY FRIED FOODS

Try to avoid the temptations of chips, burgers, or any deep fried foods as they take much longer to digest and can be hard on the stomach to the point you may feel bloated.



### SALTY FOODS

It is essential to keep track of your salt intake as high-sodium foods can cause your body to retain water, creating a bloated sensation. We don't want that to happen when on the beaches of your favourite holiday destination!



### DAIRY

Do your best to avoid unpasteurised dairy products, including cheese and yogurt, as they could carry harmful bacteria and other germs that could make you very sick. Be sure to check labels to see if they are pasteurised or not. Most canned milk can be a safe alternative.

### ARTIFICIAL SWEETENERS

Have you heard of Aspartame or Saccharin? These artificial sweeteners and many more often found in diet drinks, sweets, energy bars and chewing gum can increase bloating as they cannot be digested. Once enough is built up they act as a home for bacteria to ferment and result in gas.



### TAP WATER

Contaminated drinking water is one of the most common causes of health problems for travellers, so depending on your destination always make sure to check the restrictions on water. When in doubt always stick to clean, sealed bottled water and take caution when drinking other products that contain water or use ice.



On the 'what to actually do' side, be sure to drink plenty of clean water to stay fresh and alert. Eat food that is cooked well and served hot. And continue eating foods rich in vitamins and minerals to stay healthy and alert during your travels. Most of all have an enjoyable holiday!





# KEEP MOVING!

BY DR. EMMANUEL TOLESSA, HEAD OF ORTHOPEDIC DEPARTMENT AL-AHLI HOSPITAL, DOHA

We know holidays are made to relax, but a few easy and enjoyable active tricks during your trip will keep you healthier and happier than ever. Discover these simple tips by Dr. Tolessa, one of Qatar's leading Orthopedic Surgeons.



Lifestyle changes are difficult and particularly the motivation to keep moving when we are stressed, tired and busy in our routine. Motivation to exercise is important until it becomes a good habit and your habit becomes a fully-fledged lifestyle change. We all know exercise plays a significant role in a physical, mental and emotional healing and the more you do the more you will want to exercise... I'm not suggesting you resort to expensive ways to exercise that require a state-of-the-art gym or personal trainer. Simple exercise while travelling keeps weight gain at bay, reduces stress levels and most importantly helps you to sleep better.

Here are some simple and easy to follow tips to keep you moving, anywhere and at any time.  
Bon Voyage!

## DR. TOLESSA ACTIVE PROJECTS

### Keep Moving Programme

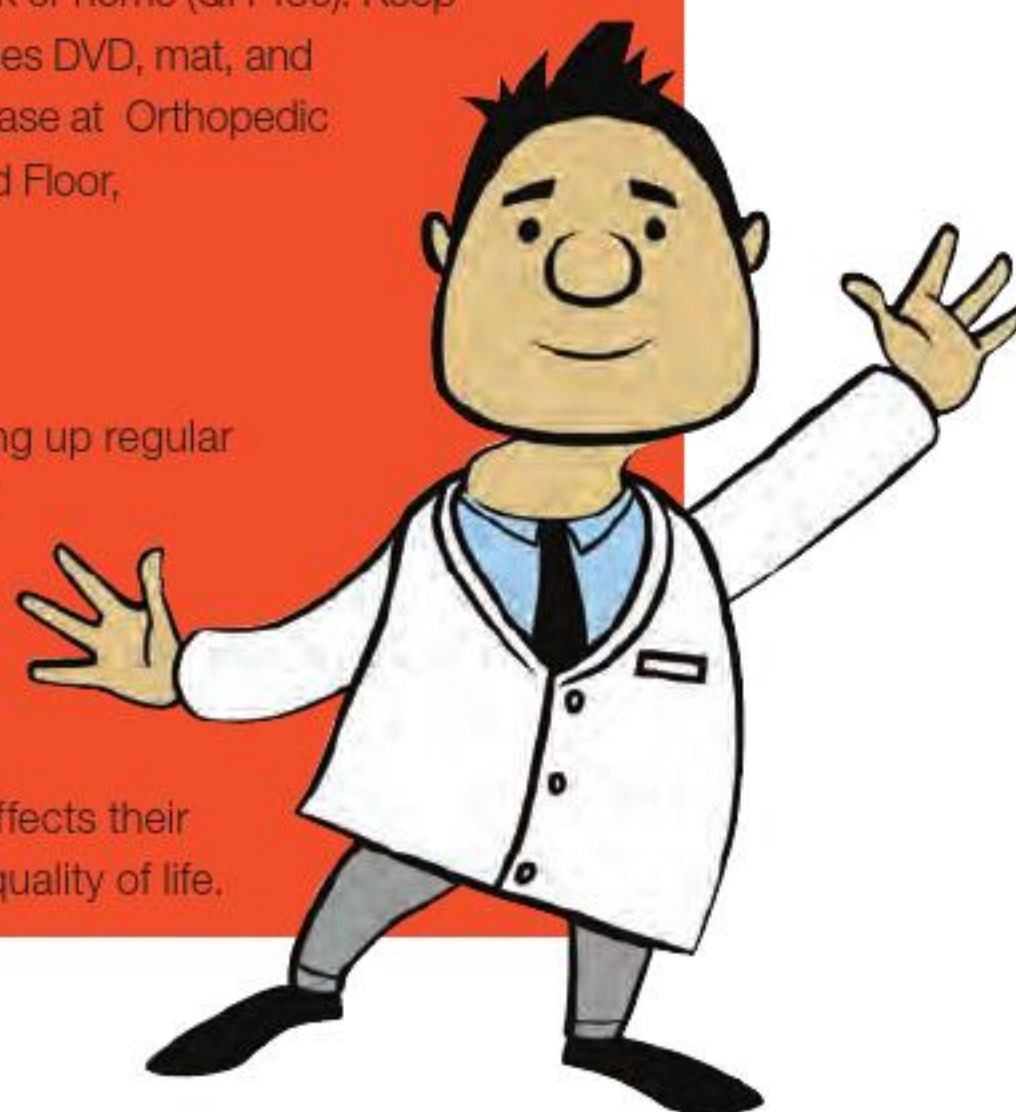
Created by Dr. Tolessa, this DVD provides basic to intermediate lower back exercises.

### Keep Moving with Dr. Stretch

Dr. Stretch demonstrates ten 60-second exercises that can be done at work or home (QR 150). Keep Moving part I includes DVD, mat, and ball (QR350). Purchase at Orthopedic Department Ground Floor, Al-Ahli Hospital.

### Spine Café

Dr. Tolessa is setting up regular meetings at Al-Ahli for people to share their experiences and help deal with chronic pain that affects their performance and quality of life.



## TIPS TO EASY WAYS OF EXERCISE WHILE TRAVELLING

**WALK** – Walking is the easiest exercise and is a great remedy for weight gain, stress and tension. Walking is shown to increase lubrication of the joint and cartilage strength. You are not limited by time, space or money. 20-minutes walking each day will help manage your weight and build healthy and strong joints.

**STRETCH** – Stretching keeps muscle, tendons and joints flexible. You will be able to avoid musculoskeletal injury. Stretching also releases the tension from our bodies and is a great stress reliever. Daily use of an easy to follow stretching regime, such as Dr Stretch, keeps your body flexible, muscles subtle and is a great reliever of stress and tension.

**GOOD POSTURE** – We all carry so much tension in our shoulders and upper back and when we are hunched in our seats on a plane this can become worse. Make sure you sit up straight, pulling your stomach muscles in to strengthen your core muscles. If your shoulders are up around your ears practice dropping them down in a shrugging motion.

**SMILE** – Stress can really show in our faces and stress is the last thing you want to take with you when you are travelling. Work on your cheek muscles in the best way I know how – laughing and smiling!!! This will boost your immune system, lower your blood pressure and lighten your heart while you are travelling.



**keep  
Moving**

### FOR MORE INFORMATION

CONTACT  
AL-AHLI HOSPITAL  
4489 8258 or VISIT  
[www.ahlihospital.com](http://www.ahlihospital.com)



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# HOME DÉCOR

Decorating ideas-shopping-interior designers' tips

## Natural Essence

Celebrate nature by letting it blossom into your home: from beautiful scented candles to butterfly-inspired decorative pieces...your house will be ready to welcome and celebrate the new season ahead. Discover more interesting buys to update your home decor on page 70.





# Home News

Home trends and interior decor news in and out of Doha



## VERSACE HOME DEBUTS NEW STYLES

The Italian fashion mason presented their latest innovative and luxurious new home collection at Salone del Mobile 2014 in Milan. The rich new Via Gesù range, features statement pieces for the sitting room, dining room and bedroom. At the heart of this range is its stunning sofa, defined by the V of Versace from the sloping angle of its arms to the quilting of its back in velvet-like Nubuck leather. A real master piece! "Artistic, luxury, craftsmanship, fearless strengths: the new pieces for Versace Home are everything that I love from the heart of Via Gesù." Donatella Versace commented.

## Santoni presents Clarissa lounge chair

During the prestigious Salone del Mobile fair in Milano (Milan Design Week) Santoni, the exclusive Italian luxury shoes brand presented a limited edition chair, designed by the renowned architect and designer Patricia Urquiola. "I have always loved experimentation, it's part of my spirit, of Santoni character and Patricia is a continuous source of ideas and energy. Our collaboration began in occasion of our new boutique in Milan, it was an unforgettable experience that I wanted to strengthen with this project in which different excellences join together, in which Santoni's savoir faire is at the disposal of Patricia's creativity" Giuseppe Santoni commented.



PIXL, Design Fabrice Berrux  
Bookcase with various flexible depth  
shelves, several finishes.  
L. 120 x H. 220 x D. 25cm

## Roche Bobois Presents Pixl

PIXL is a seriously cool bookcase, designed by Fabrice Berrux for the French furniture brand Roche Bobois. This 3D-inspired modern creation, which comes in various finishes, will add character to your house thanks to its eye-catching design and original blue colour. Check it out at your nearest Roche Bobois store! For more information visit [www.roche-bobois.com](http://www.roche-bobois.com)







# Ahmed Hassan Bilal

Trading & Contracting Co. WLL

**Properties Listing**  
May 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 Apartments

2 and 3 bedroom apartments fully furnished available for rent

**Location:**

Al Nasser, Doha



## 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.

## New Bilal Studio

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

**Location:**

Musheirib, Doha

**Amenities:**

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



**For a new home or to book a visit contact us:**

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Lanterns, House of Fraser



Cushions, Debenhams



Frame, Debenhams



# NATURAL HOME

Sustain the wildlife by bringing the outdoors in thanks to these gorgeous finds.

Dog lamp, Next



Bowl, M&S



Wood Owls, House of Fraser



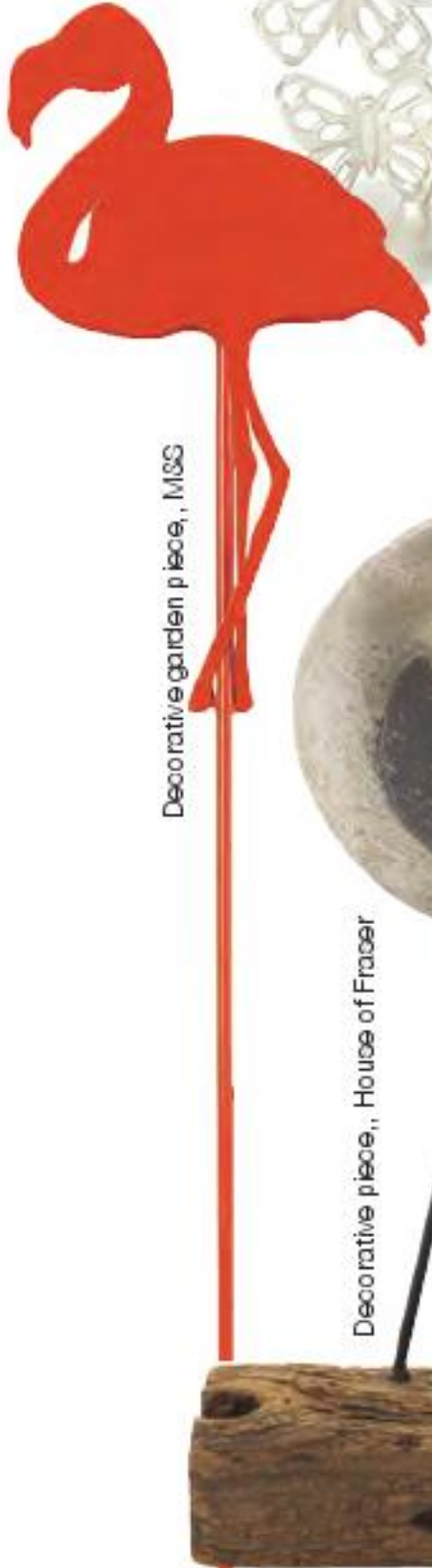
Decorative butterflies set, Next



Candles, Home Centre



Decorative garden piece, M&S



Decorative piece, House of Fraser



Cushion, Mando





# SAIL AWAY WITH ME

Embrace a sea-inspired decor whether you live by the beach or not...simply too cute.



Kitchen towel, MSS



Cooler bag, MSS

Cushion, MSS



Cushion, House of Fraser



Decorative bottle, M&Co



Decorative wall hanging, MSS



Decorative wall hanging, M&Co

Candle holder, M&Co





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4411 8817

Dar Al Salam Mall  
Level 1, Dar Al Salam Mall  
4486 6077

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Entrance 7, Holiday Villa  
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An Associate of Ahmed Hassan Bilal Group



# FOOD & ENTERTAINMENT

Recipes, healthy tips and new restaurant openings

## MACARON GOES GLOBAL

The renowned French meringue-like cookies by Pierre Herme Paris feature few tasty new flavours this season, all inspired by chocolates and coffee from different parts of the world, from Peru to Brazil. Try them all out at the Pierre Herme Paris Boutique at Lagoon Mall!





# Food *News*

The latest updates on the culinary scene!

## Grand Hyatt Doha celebrates Songkran

On the 13th of April the Thai community in Doha celebrated Songkran, their renowned New Year and as every year Grand Hyatt Doha joined the celebrations by throwing a joyful dinner party, hosted by Grand Hyatt General Manager Christoph K. Franzen and Thai Ambassador H.E. Piroon Laismit. During the evening guests enjoyed succulent traditional Thai dishes while taking part in a fun-filled water fight to convey love and respect to each other in true Thai spirit. Make sure you join this unmissable event next year!



## Experience VIEW, the new outdoor terrace at Doha Marriott

Doha Marriott recently launched The View, a brand new Food and Beverage outlet, which features a beautifully designed terrace, located directly on the pool deck with breathtaking views over Doha's City Skyline. The menu on offer includes a wide selection of tasty creations: from the famous Marriott Burger to a fresh and delicious Tomato and Mozzarella Salad. Open daily from 11am till 11pm, The View also offers a daily Happy Hour from 5pm till 7pm to unwind after work in its perfect relaxing atmosphere.

For more information call 44298499.



## Applebee's new menu offers

Make the most of the latest menu deal at the world's largest casual dining restaurant chain: Applebee's exceptionally great '2 for QAR 88' menu offers guests a generously sized appetizer to be shared and two classic entrées. The exciting offer is valid across all outlets Qatar for lunch and dinner. The perfect choice for a quick, easy and enjoyable meal with friends and family!

## Armenian feast at Oryx Rotana

Oryx Rotana will hold an Armenian Festival from 15th until 17th May 2014 at their Jade Ballroom. Book your table to enjoy this joyful event, which will include dinner and entertainment from the professional Armenian band Hayastani Pari Petakan Ansambl - State Dance Ensemble of Armenia, known for their outstanding traditional music and folklore dance performances. Tuck into juicy kofta, their traditional meatballs and loads of pickled vegetables and much more and dance the night away in true Armenian style. For more information call 4402 3333.







● QATAR HAPPENING



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# CHEFS' TABLE

Oryx Rotana Doha recently introduced its newest concept, the Chefs' Table, which is all about chefs sharing their passion for each dish they prepare while interacting the diners. ABODE met these chefs, not in their usual uniforms, but in their Sunday's best!



COMPILED BY MARLYNNE MALLARI - DELA PENA  
PHOTOGRAPHY JESSIE PALANCA  
STYLING FRANCESCA MÖSER  
LOCATION THE CELLAR AT ORYX ROTANA  
CLOTHES BY AFTERSHOCK LONDON AT EZDAN MALL.



## VERONICA REJOICE CAASI

SOUS CHEF – PHILIPPINES

Veronica started to cook at the age of 18. She's a fan of Julia Child, fanatic about red colours and she adores anything Prada.

“Passion in cooking comes from the heart...”

**Favourite Food:** Grilled Norwegian Salmon Marinated in Pineapple

**Favourite Gadget:** Sharp Knife



## ARANTXA BURCHELL

CHEF DE PARTIE – INDIA

The book EL BULLI by Ferran Adria just switched on Arantxa love for food. It was the start of Molecular Gastronomy with its images of magnificent foams, caviars and jellies. Through the beautiful recipes, Arantxa knew food was her passion. She wanted to know how she could create such dishes.

“Food to me is: creating my own imaginations on my plate.”

**Favourite Food:** Whole Fish Tandoori

**Favourite Gadgets:** Kitchen Digital Thermometer & Silicon Spatula



## KATRINA ERIKA ACEVEDO

COMMIS III – PHILIPPINES

When it comes to style, Katrina loves to mix and match, being particularly fond of Dolce and Gabbana. In the kitchen, she loves to fuse cuisines. Her kitchen hero is Marco Pierre White. Marco has received three Michelin stars and doesn't sit on his laurels. Rather, he continues to pursue excellence, and that's exactly the same track Katrina wants to pursue.

“My grandmother used to say that a girl must know how to cook.”

**Favourite Food:** “Stir-Fry Adobo served with egg noodles”

**Favourite Gadgets:** Knife



## MAYUMI PASCUA

COMMIS III – PHILIPPINES

What defined Mayumi as a chef is the simplicity and the practicality of food she prepares for the table. Her passion for cooking sprung forth at the age of seven. She was her dad's little assistant and during that time she knew she would be one of the best someday!

“I love food and love treating my taste buds.”

**Favourite Food:** Penne all' Arrabbiata

**Favourite Gadgets:** Mandolin and Smoking Gun



## POOJA SARMA

PASTRY COMMIS III – INDIA

Pooja loves to experiment with different flavours and she finds her joy in cooking. Heston Blumenthal is her favourite food icon.

“No matter what my mood is, the kitchen makes me happy.”

**Favourite Food:** Tiramisu

**Favourite Gadget:** Mixer of course!



## NANCY BOSE

COMMIS III - INDIA

When Nancy saw her grandmother cry because of happiness over the first pathishapta (Bengali sweet) she prepared, she experienced a turning point. Today Nancy notes that being a chef is inherent (she came from a family of chefs). She has joined these beautiful ladies to keep our palates satisfied.

"I am still a novice to my profession, but the passion I bear for my work is not less..."

**Favourite Food:** Doi Elesh or Hilsa in Yoghurt Sauce

**Favourite Gadget:** Slicer Machine



## DANNA GUMBAN

COMMIS II - PHILIPPINE

Andrew Zimmern is Danna's inspiration. While his approach to different cuisine is unorthodox, he doesn't classify the dishes he tastes. That might be a taboo to others but Zimmern wants to learn and experience the culture behind his dishes. So does Danna.

"I make sure that I give 100% on every dish or item I prepare."

**Favourite Food:** Layered Mango Crème Pie

**Favourite Gadget:** Paring Knife



## SHARA MIE MANGMANG

COMMIS II - PHILIPPINES

Shara's first taste of being a chef was in her mother's kitchen. Her first creation was Insaladang Talong (a Filipino Salad). Shara noted that Chef's Table is all about sharing and interacting with the people they serve.

"What defines me as a chef is my character, to be able to handle pressure and yet preserving my love for cooking."

**Favourite Food:** Filipino Chicken Salad

**Favourite Gadgets:** Knife



## ARLENE CATALAN

COMMIS I (HOT KITCHEN)- PHILIPPINES

Growing up she saw her mom prepares different dishes for their small canteen and that inspired her to pursue this career. When cooking her attitude is, her constant appetite on how she can create food that people will love and be happy about.

"For me being a chef is happiness!"

**Favourite Food:** Kare Kare (Traditional Filipino Stew)

**Favourite Gadget:** Knives





# CHEF FREDERIC LARQUEMIN VS CARDAMOM

FEATURE COORDINATED BY MARLYNNE MALLARI - DELA PENA

PHOTOGRAPHY JESSIE PALANCA

Culturally sophisticated and classy defines Idam's style, evident in every dish they present to their patrons. We challenged IDAM to use cardamom as the star ingredient in three dishes. Would they be able to demonstrate their trademark passion? In brief, yes. Chef Frederic and his team took the challenge to a whole new level.



## FACTS ABOUT CARDAMOM:

- Cardamom is used to combat digestive problems.
- It also helps to prevent and relieve cold.
- Acts as an antioxidant cleaning up free radicals in our system.

## Cookpot of Vegetables and Cardamom

### Ingredients:

- 2 fennels • 1/3 tsp. cardamom powder • 1 white radish • 2 yellow carrots • 2 purple carrots • 2 zucchini • White cauliflower • Basil

### Procedure:

- Clean the vegetables.
- Cut the fennel into small cubes.
- Cook in the cocotte with the cardamom. Add the fennel.
- Slice the vegetables and arrange in the pot.
- Bake for 25 minutes at 160 °C sealed with lid.

The cookpot of Alain Ducasse is designed by Pierre Tachon. This cookpot is a signature dish in all his restaurants. It is a cooking tool that seeks to create harmony between the contents and the container.





## **Becfigues Pate en Croute, Condiment Cardamon and Cherry**

### **Ingredients:**

- 20 pcs of fresh cherry • 2 tsp. of sugar • 2 pcs of cardamom seeds
- Fresh ginger

### **Procedure:**

- Clean cherries, remove seeds. Mix with sugar. (Sugar will take out the juice from cherries- remove cherries before reducing the juice on the pan)
- Night before: reduce the mixture in a pan with two cardamom seeds until it becomes like a marmalade. Add cherries, let it cool.
- Add the ground black peppercorn.
- Stir honey and white oats together in a saucepan over low heat for about 2 minutes until they combine. Add 3g chives for garnish.



## **Passion Fruit Soufflé, Cardamom Ice Cream**

### **Ingredients:**

- 1 1/2 cup of milk
- 3/4 cup whipping cream
- 6 egg yolks
- 1/2 cup of sugar
- 10 pcs cardamom seeds

### **Procedure:**

- Crush the cardamom.
- Boil the milk and the cream. Remove from heat. Add the crushed cardamom. Let it sit for one hour.
- Stir the egg and sugar. Add to the milk mixture. Cook (84°) to achieve a custard sauce consistency.
- Let it cool.
- Churn into an ice cream then serve it with soufflé.

Part of the identity of IDAM restaurant is that most of the ingredients are sourced locally. The taste is French Mediterranean, haute cuisine with an Arabic twist - an Alain Ducasse signature first in the Middle East.

For Reservation Call:  
IDAM an Alain Ducasse restaurant  
+974 4422 4488



1. PREPARE ALL INGREDIENTS.



2. PREPARE THE LOBSTER.



3. START TO COOK THE LOBSTER.



4. ON A SEPARATE PAN SAUTE THE VEGETABLES.



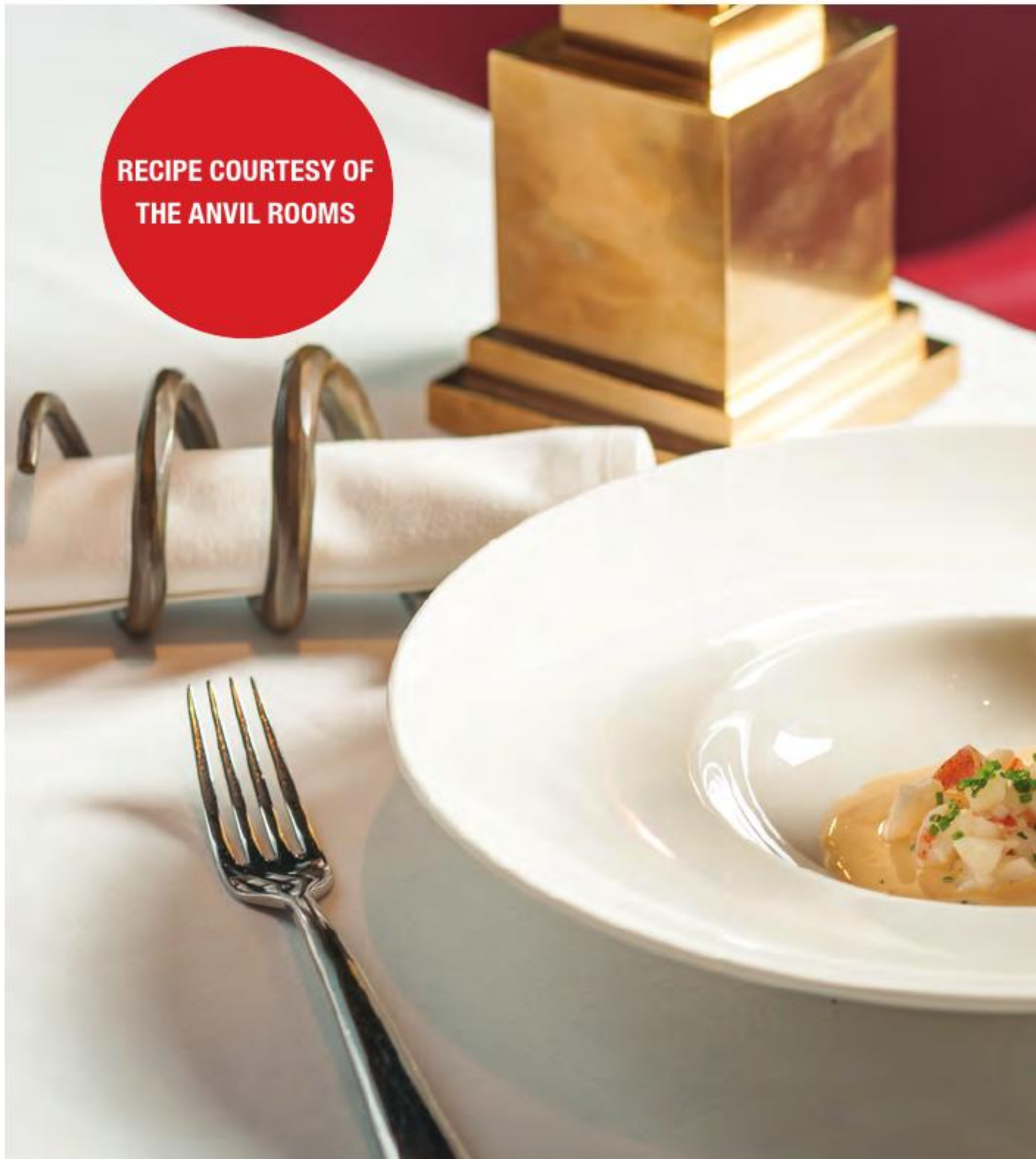
HOW TO MAKE:

# LOBSTER BISQUE

FOOD BY CHEF STUART COLLINS  
PHOTOGRAPHY BY JESSIE PALANCA

A steak house favourite, this bisque is very rich and flavourful. Let's learn from Chef Stuart how this delicacy can be recreated for our own tables!

RECIPE COURTESY OF  
THE ANVIL ROOMS





## LOBSTER BISQUE

### Ingredients:

- 500g Shellfish Meat (shrimp, lobster, crab), chopped
- 250g Olive Oil • 50g Carrots, chopped finely • 50g Onions, chopped finely • 50g Fennel, chopped finely
- 3g White peppercorns, whole • 3g Coriander Seeds
- 1 Star Anise • 2 Cloves Garlic • 2g Cumin Seeds • 2g Cardamom Seeds • 125g Fresh Plum Tomatoes, chopped • 15g Tomato Puree • 100ml Water • 3g Salt • 1 Bay Leaf • 2 Sprigs Thyme • 100g Butter, diced

### Procedure:

- STEP 1** Heat a heavy bottom pan over a medium heat and add 200ml of the olive oil.
- STEP 2** Add the shellfish meat. Roast well until golden and fragrant. Remove from heat.
- STEP 3** In a separate pan, sauté the carrots, onions, fennel and garlic in the remaining olive oil for 10 minutes. Cook until no color remains.
- STEP 4** Add the herbs and spices. Cook for a further 2-3 minutes.
- STEP 5** Add the fresh tomatoes, tomato paste and water. Cook for 10 minutes and add to the roasted shellfish.
- STEP 6** Add more water to just below the top of the shellfish and simmer for 20 minutes.
- STEP 7** Pass through a fine sieve.
- STEP 8** Add the butter and mix using a hand blender. Adjust the seasoning as necessary.



**Chef Stuart**



### Tips:

- 1 You can use other shellfish like shrimp or crab. You can also use other meat.
- 2 Make sure your fire is at a medium heat level, so as to not burn the lobster. This helps maximize the full potential flavors.
- 3 Use even more butter for a richer taste.

5.

ADD THE HERBS AND SPICES.



6.

THEN ADD THE FRESH TOMATOES.



7.

PLACE THE VEGETABLE MIXTURE TO THE ROASTED LOBSTER.



8.

STRAIN THE MIXTURE. ADD THE BUTTER AND BLEND. SERVE HOT.





**COLOURFUL  
CREPE PAPER  
LANTERNS, WHITE  
BUTTERFLIES AND  
CHOCOLATE HELP  
MAKE THE ROOM BOTH  
FUN AND FESTIVE!**

## ENTERTAINING IDEA KID'S TEA PARTY!

BY GABY UBIDIA

PHOTOGRAPHY JESSIE PALANCA

Organize a special and colourful tea party for your little ones this month as shown by our reader Gaby Ubidia.

Kid's tea party? Why not! It means loads of fun, laughter and above all loads of chocolate. Gaby Ubidia transformed her daughter's playroom in a gorgeous kids tearoom.

"I wanted to capture the arrival of spring season through a colourful and bright deco. I was inspired by some beautiful colourful ribbon for the cake, muffins and setup.

I added some flowers and colourful deco such as butterflies and fabrics to the dessert table to make it even brighter."

Get inspired to recreate the same!



**Gaby Ubidia**



## Get the kids involved

The kids had a great time helping me decorate the place.

"I used different widths and textures of coloured ribbon to decorate the cake, candy jars, as well as the chairs and tables.

For the dessert menu, I opted for a selection of decadent chocolate muffins, mini baked chocolate ice cream cakes and a delicious white chocolate cake. I wrapped candies and chocolates in colorful papers to complete the settings."

What are you waiting for? Throw a beautiful tea party for kids!

## Don't Forget!

Matching colours is the key to this very cute setting.



**PINK, PURPLE AND ORANGE ARE THE PERFECT COLOUR COMBO**



ADD A TOUCH OF NATURE TO THE TABLE BY MAKING BEAUTIFUL PAPER BUTTERFLIES



SET THE TABLE WITH BEAUTIFUL NAPKINS AND MATCHING PLATES.







**Chill out in the theatres this summer  
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**MOST ACCURATE**  
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cinema listings!

# Q<sup>•</sup>CINEMA I GUIDE

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



# ESCAPES

Adventurous-fun-luxurious-unique travel experiences

## AMAZING THAILAND!

Thanks to its white sandy beaches, award-winning hospitality services and rich heritage Thailand has become Asia's primary travel destination. So plan your trip to this amazing country with our mini guide on where to go and what to see on page 90. From five-stars luxury hotels to quaint kiosk on the beach Thailand will certainly enchant you. To treat yourself for an extra special stay, don't look any further than Kempinski Hotels.

Check them all out on [www.kempinski.com](http://www.kempinski.com)





# Travel *News*

Stay in tune with news from the hotel and travel industry



## ETIHAD AIRWAYS offers personalized travel tips

Etihad Airways, the national airline of the United Arab Emirates, recently launched its new online initiative #EtihadSuggests offering personalized travel tips to social media users. Simply post your holiday-related questions on Facebook or Twitter using the #EtihadSuggests hashtag and the Etihad Airways' online community team will aim to respond within 10 minutes, offering insider information on must-visit destinations, including suggestions on the best hotels, restaurants and tourist attractions. Peter Baumgartner, Chief Commercial Officer at Etihad Airways, said: "Our #EtihadSuggests is focused on personalized and tailored information that relate to the travel needs of individual users. And once travel plans come together, Etihad Holidays can help fulfil them."

## Sofitel Dubai Downtown opens its doors

This 1st of May the French luxury hotel brand Sofitel is inaugurating its new property in the heart of Dubai. Offering amazing views of Burj Khalifa, the tallest building in the world - and the Arabian Gulf coastline, Sofitel Dubai Downtown will be the perfect hub to relax during daytime, while providing a lively nightlife experience. The food outlets will offer diverse range of options to satisfy any taste bud: from casual lunch at Les Cuisines to cocktails and tapas at the Op Art Bar, your Dubai break at Sofitel certainly won't be short of disappointment!



## Gulf Air resumes flights to Athens

Gulf Air, the national carrier of the Kingdom of Bahrain, announced that it would be resuming its flights to the Greek capital, Athens, with four weekly flights to Athens International Airport starting on the 16th of June in order to strengthen its network with key global destinations and providing strategic business and tourism links. Gulf Air's Acting Chief Executive Officer, Mr. Maher Salman Al Musallam commented, "We are seeing unique business and tourism opportunities in Greece alongside positive signs of the country's economic recovery. Flights to Athens will appeal to Bahrain and GCC residents as the Greek capital is popular with both business and leisure travellers. We expect Athens to be a successful addition to our network and look forward to a continuation of our strong ties with the Greek capital."



## JW Marriott Marquis Dubai opens its Second Tower

The second tower of the JW Marriott Marquis Hotel, Dubai's first world-class convention and business destination hotel, has officially opened under the leadership of newly appointed General Manager, Bill Keffer. The iconic Tower 2 features an additional 804 luxurious suites and rooms, bringing the total

room count to 1,608 offering breathtaking views of the Dubai skyline. Commenting on the tower opening, Bill Keffer, General Manager for the JW Marriott Marquis Dubai said: "Dubai is an attractive destination for large scale conferences and events - an area the JW Marriott Marquis specializes in. We believe our hotel has the right offering to help Dubai build upon its reputation as the premier global MICE destination and I am delighted to have the opportunity to lead the team to further success".



# beautiful family experience

For only QAR 7,000, sign up for our annual membership package and enjoy our unrivaled recreational facilities along with our outstanding discount offers for the entire family.

## Offer includes:

Access to our elite recreational and health facilities,  
20% discount on selected services and  
redemption voucher booklet upon joining.

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# ISLAND HOPPING

All the must-see and do while visiting Thailand

WORDS AND IMAGES BY NICHOLAS FOSKOLOS



## BANGKOK

**STAY:** **Siam Kempinski Hotel Bangkok** is a peaceful retreat in the middle of the bustling Siam district of Bangkok. The most impressive aspects of this luxurious hotel are the royal, genuine treatment from the staff and the incredible Thai cuisine in **Sra Bua by Kiin Kiin**. Don't check-out unless you dip in the pool and try one of the traditional Thai massages.

**DINE:** **Ban Khun Mae** restaurant in Siam, famous for its family recipes, warm service and very reasonable prices. **Kalpapruek** restaurant in the Central World Mall is a stylish place to chill-out after a long shopping day. Of course, the street food of Bangkok should not be missed - whether for a quick bite, a fresh mango juice or a Thai banana pancake!

**NIGHT:** Don't miss the trendy underground **Maggie Choo's** bar. It's a cabaret-style bar that resembles Shanghai in the 1920s. According to Kempinski's concierge, it serves the best cocktails in the city.

**SIGHTSEEING:** Bangkok is a lively city, full of surprises and aromas. Don't miss visiting the royal complex of the **Grand Palace** and the **Wat Pra Kaew** with the Emerald Buddha. Wat Pho and the gigantic reclining Buddha are just a block away. Take the small ferry across the Chao Praya River and visit **Wat Arun**, The Temple of Dawn, a stunning temple with a totally different design from any other temple in Bangkok. Visit the colorful **street markets** around the city and get lost in labyrinth streets full of shops and stalls.

## KRABI - AO NANG BEACH

Ao Nang is a popular beach destination in Krabi, just a short one-hour flight from Bangkok. Don't miss out on the numerous Thai massage places and hit the 2km long beach!

**STAY:** **Peace Laguna Resort** is just a short walk from the beachfront and features bungalows and rooms around a jungle-like lagoon. There's also attentive staff and spacious rooms with impressive outdoor showers!

**DINE:** Don't leave Ao Nang without trying the **Banana Leaf** restaurant, located on the main street and set in a very laid-back garden. Expect comfort food, friendly service and even friendlier prices!





## PHI PHI DON & KO PHI PHI LEH

The Phi Phi islands are a small group of rocky pieces of land between Phuket and Krabi, made extremely famous by the movie "The Beach," which features the glorious Maya Bay of Phi Phi Leh.

Phi Phi Don is the biggest island of the complex, while Phi Phi Leh has no accommodation facilities and tourists are only allowed there during the day. The islands are famous destinations for scuba diving, snorkelling and kayaking. Don't miss the chance to go on a speedboat tour that will take you around the islands, stop for snorkelling and give you the space to take amazing pictures of your experience. Remember to start your tour very early in the morning to avoid the influx of tourists from nearby Phuket. Hint: Rent a longtail boat early in the morning and spend time alone in the exotic Nui bay, a tiny beach with white sand and green water.

**STAY:** **The Beach Resort** is located in the Long Beach, looking over Phi Phi Leh's rocky cliffs. The resort is only a short longtail boat ride from Tonsai bay, the pier and center of Phi Phi Don. Expect bungalows over a hill with a breathtaking view of the sea and the islands, helpful staff and a crystal blue beach!

**DINE:** When walking in the streets of Tonsai bay watch out for the beautiful small wooden building that houses **Le Grand Bleu**. Be prepared for attentive service by the French owner, exotic ambiance, elegant

plates and cutlery and a fusion of Thai and French cuisines. Start with the nicely decorated mango juice, continue with grilled tiger prawns and finish your night with the absolutely delicious crème brûlée!



## KRABI - RAILAY BEACH

Railay is a small peninsula off Krabi town with no road access, making it a true paradise on earth. The surrounding cliffs make the two beaches accessible only by boats departing from Ao Nang. The exotic Railay West bay is the best place to stay, dine and swim - but don't miss the chance to explore the more quiet Phranang beach, a short walk from Railay East bay.

**STAY:** **Railay Village Resort** is a small boutique resort with private bungalow villas spread in the forest, just steps from the sea. The resort features two pools surrounded by greens and flowers, large villas with wooden floors, private jacuzzis and a lovely outdoor terrace. The hotel has a seafront restaurant serving breakfast and Thai meals.

**HINT:** wake up early and enjoy the exotic beach before the rest of the world!





# Let's TRAVEL!

Head out to one of these top destinations by booking these enticing packages on offer at local travel agencies and worry no more.



## VIENNA, AUSTRIA

● Price: 4,287 QR

### ● What's Included:

- Roundtrip economy class airfare (Doha-Vienna-Doha) including taxes and fuel surcharges.
- Three nights in four-star hotel accommodation inclusive of breakfast, room taxes and service charges.

● **Travel Agency:** Darwish Holidays  
www.darwishholidays.com  
Tel. 4441 1414



## KUALA LUMPUR, MALAYSIA

● Price: 4,630 QR

### ● What's Included:

- Hotel accommodation and return economy class air ticket.
- Eight days and seven nights.
- Rates do not include airline taxes, fuel surcharge and visa.
- Rates are subject to change based on availability.

● **Travel Agency:** Regency Holidays  
www.regencyholidays.com  
Tel. 4434 4444





Beijin



Shanghai

## CHINA

- **Price:** Starting from \$664 per person on twin sharing basis.
- **What's Included:**
  - Accommodation for three nights in Beijing in a standard three-star category hotel with breakfast
  - Accommodation for two nights in Shanghai in a standard two-star category hotel with breakfast
  - Meals as specified in the itinerary
  - One high speed train ticket in second class chair car between Beijing and Shanghai
  - All transfers and sightseeing as per the itinerary on private basis by an air-conditioned vehicle
  - Services of an English speaking guide.
- **Travel Agency:** Kanoo Travel  
www.kanootravel.com  
Tel. 5599 7272



Costa del sol

## SPAIN

- **Price:** Available upon request
- **What's Included:**
  - Hotel accommodation and return economy class air ticket.
  - Ten days and nine nights.
  - Madrid, Andalucia and Costa Del Sol.
  - Rates are subject to change based on availability.
- **Travel Agency:** Aamal Travel  
www.aamal-travel.com  
Tel. 4493 0103



Granada, Spain

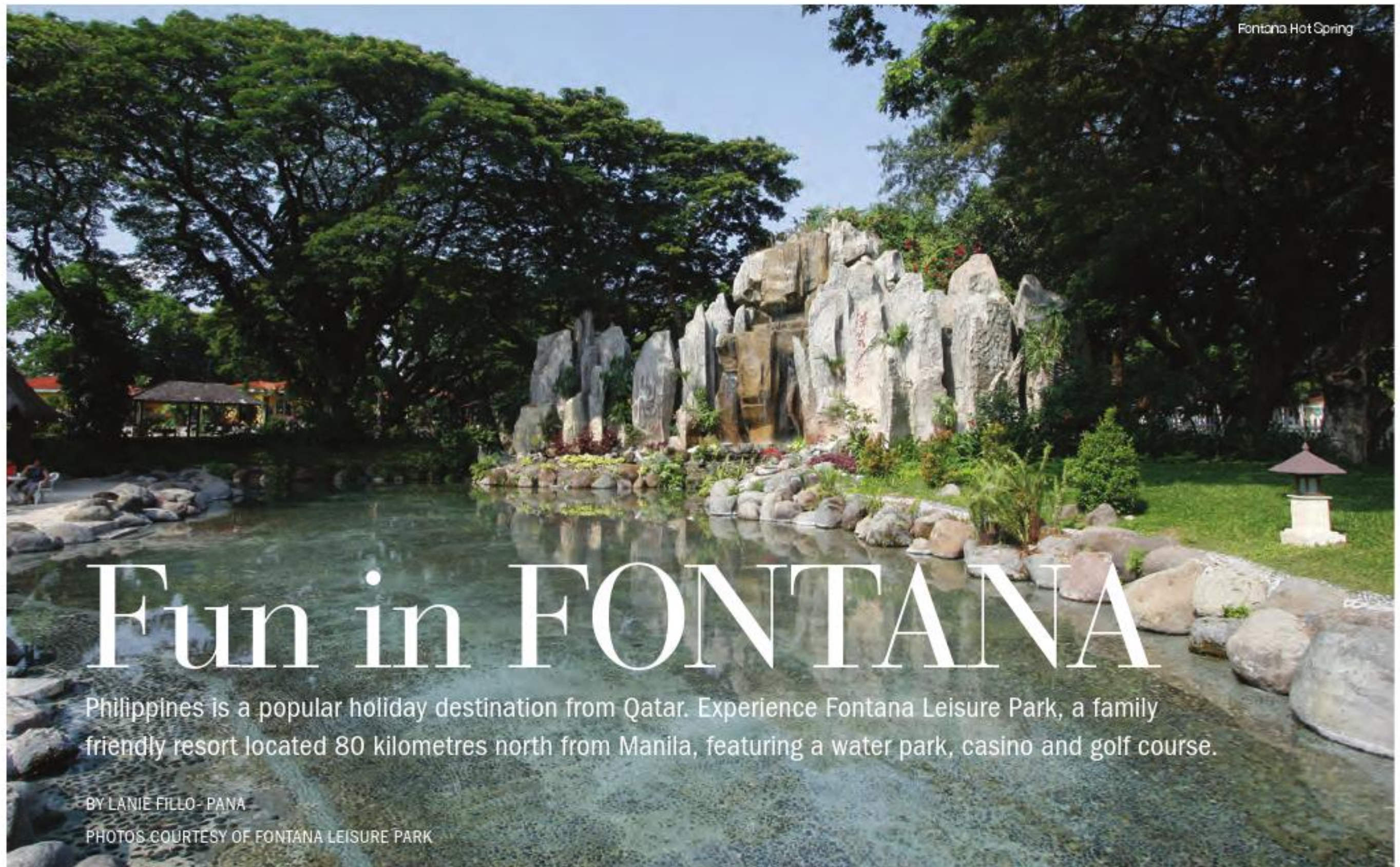


London

## LONDON

- **Price:** Approximately 5,000 QR Twin Sharing
- **What's Included:**
  - Hotel accommodation and return economy class air ticket.
  - Accommodation for three days and two nights in Grosvenor House (a JW Marriott Hotel) with breakfast.
  - Rates do not include airline taxes, fuel surcharge and visa.
  - Rates are subject to change based on availability.
- **Travel Agency:** Continental Tourism Network  
www.ctnqatar.com  
Tel. 4462 2122





## WHY TO GO

Going for a family vacation is essential for families to break daily routines and reunite. Planning is very important. You have to consider if the place you will be staying offers you and your family a relaxing time and has enough activities to offer, without being too much that the activities drain all of you. Fontana Leisure Park is just 10 minutes away from the airport which will save you travel hassles and exhaustion. It is a kid-friendly resort and provides adult-friendly activities including nightlife entertainment. Fontana offers buggy cars for easy navigation across its 302 hectares and provides a backdrop of mountains and a very refreshing green surrounding! If you need to do shopping in the mall, buses are available every 30 minutes at a very minimal fee. These go between the mall and the resort.

## WHAT TO DO

Fontana Leisure Park offers a wide array of facilities. Kids and adults will surely love splashing in the waters, playing in the waves and experience breathtaking slides. Adults who are sports enthusiasts have everything they will need from a fitness gym, favourite sport courts and golf course. This means they will never miss their physical activities and stay fit while on holiday. For a relaxing afternoon, a visit to 'Sauna and Spa' is not to be missed. The treatment centre offers treatments available with experienced therapists. An outdoor massage is available upon request. Fontana offers delectable feasts in all of its food and dining outlets. You will experience authentic Filipino to Korean, Chinese and Western dishes. The perfect family holiday is sorted!







Back of Hotel with Olympic size pool



New 7 Bedroom Storey Villa with pool



Hotel Room



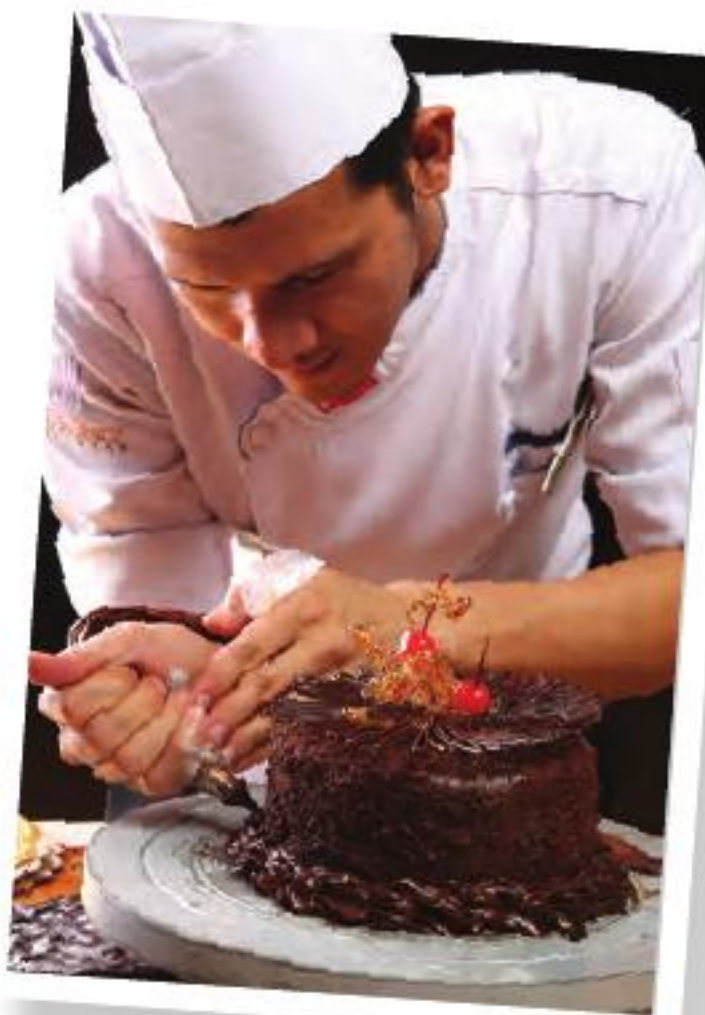
Peonia Function Room



Hotel Golf Course



Chef Dan Acido with his speciality Chocolate Glass Cake



## FONTANA LEISURE PARK FACTS:

- 10 to 15 minute drive from Clark International Airport, Pampanga; or a 2.5 hour drive from Metro Manila
- 70 luxurious hotel rooms
- 471 villas, ranging from two-bedroom to five-bedroom units with or without swimming pools
- 20 townhouse units
- Nine onsite restaurants, bars, cafes and lounges
- Golf shop, Chinese shop and gift shop
- Luxurious club house lobby
- Sauna and Spa
- Salon
- Fitness gym
- 36 and 16 hole world class golf course
- Recreational facilities for tennis, basketball, volleyball, badminton, swimming, boating, and fishing
- Water theme park - world class wave pool, three giant aqua-thrill slides, water factory pool, pirate ship pool, kiddie pool, cottage slide and breathtaking Big Horn slide
- Other pools - hot spring, 50-meter Olympic size pool
- Events and meetings - Nine function rooms from 300 to 1000 capacity
- 302 hectares property
- High speed internet access

## FOR MORE INFORMATION

VISIT

[www.fontana.com.ph](http://www.fontana.com.ph)

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# YOU NEVER GO WRONG WITH A DUBAI BREAK!

This dynamic destination in the UAE is the perfect choice for a fun-filled holiday and the recently opened SHERATON-MALL OF THE EMIRATES will guarantee you the most pleasant stay ever...

If you are in need of a well-deserved holiday but time and budget don't allow you to reach exotic destinations, Dubai is always a great choice thanks to its amazing attractions, shopping facilities, array of quality hotels, and numerous fine dining outlets. Whether you are looking for an active holiday, a total relax break or a serious shopping spree this is the place to be!

In order to make the most of the city's main attraction, book your stay in a central location. And what better choice is there than the newly opened SHERATON, MALL OF THE EMIRATES, which offers five-star service and facilities while providing direct access to one of the best shopping malls in the region? Over 560 fashionable shopping outlets will be literally on your doorstep, not to mention the one and only indoor ski slope in the Middle East. Other major attractions of the city are nearby too. The Dubai World Trade

Centre, Media City, and Jumeirah are only few minutes away by car or easily accessed via the nearby metro, so you certainly won't get bored!

If you prefer to switch off from the outside world and simply zone out for few days, the in-house facilities certainly won't disappoint. Relax yourself in one of the modern and comfortable 481 rooms on offer. Indulge in one of the four dining outlets (from an all-day dining concept to a 24-hour café to satisfy any tastebuds). Rejuvenate and de-stress yourself at their rooftop pool, from which you'll be able to enjoy spectacular views over Dubai. Sunbathing and swimming in this oasis of calm while overlooking Jumeirah Beach and Burj Al Arab is simply priceless. A visit to the clean and minimalist Sheraton Health Club and Spa on the top floor is a must in order to enjoy some precious 'me time', regardless of if you booked one



## hotel of the month

of their signature RODIAL treatments or simply want to enjoy a sauna or steam room.

This is what we call a perfect hassle-free holiday, no planning required. Just book your flight and room and Sheraton Mall of The Emirates will do the rest!



**FOR MORE  
INFORMATION**

VISIT

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



### NOT TO BE MISSED:

- Friday Brunch at Sanabel restaurant featuring a dedicate CHOCOLATE ROOM.
- Social hour daily from 6pm till 8pm on the 24th floor. Wine experience from 25AED.
- SHISHA from 5pm till 2am at Vantage Wine Bar and Terrace
- Visit Jumeirah Beach with the complimentary bus shuttle
- Request the free GYM in A BAG service, which provides a workout flip book and equipment
- Link@Sheraton Cafe to be opened soon
- Opt for their Club Rooms and Executive Suites to enjoy exclusives benefits and access to Sheraton Club Lounge





# APPSolute for TRAVEL!

BY KHALIFA AL-HAROON, HEAD OF INNOVATION AT VODAFONE QATAR

Apps had been one of our sources of help in many things! Here are the most essential apps you'll be needing for travel.



**JUST LANDED** (beautiful app that shows when someone has landed)  
This app has one goal: to show you when someone has 'Just Landed' at the airport. Enter the flight details and it will tell you if there are any delays, as well as exactly when the flight will arrive. It has a very beautiful interface.



**"XE CURRENCY"**  
Updates every time you launch the app and have an internet connection in order to give you the latest currency rates when converting.



**PRIORITY PASS** (shows you all the lounges in all airports) (Plus Vodafone customers with RED get a priority pass) This app mainly tells you all the airport lounges where you can use your priority pass. Even if you don't have a priority pass, this app is useful for letting you know what's available in the airport that you're in. If you're a Vodafone RED customer, you could get a FREE priority pass and get free access to lounges.



**AGODA**  
A simple travel booking app that shows you places at a great discount. For each booking you make, you generate points, which gives you discounts on future bookings.

## POINT HUB

A cool app that manages all the points you collect with different companies in one place. The app then shows you how and when to spend the points. It's a simple way of collecting information in one spot.



**FLIGHT +** (to manage all your flights, hotels, tickets, maps, etc)  
Need to keep all your plans in one place? This app lets you manage your flights, hotels, event tickets, maps, and tasks in one simple list. Think of it as your personal travel assistant.



**EXPEDIA** (for booking hotels and trips)  
A very simple interface and a very quick process. It does exactly what you want the app to do: find hotels at good rates.



**AIRBNB**  
If you haven't heard of Airbnb, you'll be pleasantly surprised. You get to rent people's apartments or homes instead of an expensive hotel room. Great for when on a budget.



# PEOPLE & SOCIETY

Events & individuals who make a difference in the Middle East



Photography: Maher Attar / HHOF.L

## Her Highness Sheikha Moza bint Nasser visits Japan

Her Highness Sheikha Moza, the chairperson of Qatar Foundation for Education, Science and Community Development (QF) visited Japan last month on a five-day trip. During her trip she met Japanese Prime Minister Shinzo Abe in Tokyo and Nobel Prize winner Dr Shinya Yamanaka the Centre for induced pluripotent stem (iPS) Cell Research and Application (CiRA) at Kyoto University to discuss possible research collaboration and exchange views and expertise between Qatar Foundation R&D and CiRA.



Sheikha Moza commented: "Innovation is key to all that we do at Qatar Foundation. Last year, we launched the World Innovation Summit for Health, known as WISH, which is a global initiative aiming to promote innovation in the delivery of health care around the world. It was there that we announced the 'Qatar Genome' project, which is a road map for our journey towards personalized medicine."

Pictured above, Her Highness Sheikha Moza bint Nasser is introduced to a traditional Japanese tea ceremony at the Kyoto State Guest House. Her Highness was welcomed by the Governor of Kyoto Mr Keiji Yamada.



# People & Society

## News



### H.H. EMIR CUP 2014

The final match of the 42nd edition of the H.H Emir Cup, the first one played in honor of our newly appointed Emir H.H

Tamim bin Hamad bin Khalifa Al Thani, whilst commemorating the last ever Emir Cup Final

played in the current Khalifa Stadium, will take place

in Khalifa International Stadium on 17th May at 7:00PM. Qatar's most prestigious Football Tournament is witnessing the participation of 18 first and second division teams that will compete to win the coveted title. Sheikh Hamad bin Khalifa bin Ahmed Al Thani, President of Qatar Football Association, Saoud Al Mohannadi, Vice President of Qatar Football Association, Hani Balan, QFA Board Member and many officials and dignitaries of the teams attended the glitzy ceremony in Al Gassar Ballroom at the Al Gassar Resort where the Draw Results were revealed.



### QATAR DIABETES ASSOCIATION HOLDS REGIONAL 'YOUTH DIABETES CHALLENGE' CAMP

Qatar Diabetes Association recently held its fourth 'Youth Diabetes Challenge' Camp at the Barzan Youth Center, targeting young patients living with Type 1 Diabetes. 36 participants aged between 12 to 15 years-old from Qatar and other GCC nations, took part in a variety of sports, educational, religious and leisure activities, in addition to attending special workshops for self - empowerment and talent development. Dr Abdullah Al Hamaq, Executive Director at Qatar Diabetes Association, said: "Our aim for the 'Youth Diabetes Challenge' Camp this week is to empower young people affected by diabetes, help them control the disease and limit its damage through educational and moral support."

### Dana Alfardan, from singer to music producer!

Her love for music has always been undeniable and after launching her successful album "PAINT" a few months ago, this young Qatari artist recently decided to take a new direction and leave her performing acts behind her to pursue a new career as a producer. Dana's main goal is to contribute to the development of a cultural platform that absorbs budding local and regional musicians in Qatar and launches them internationally. For her it was and will always be all about the music!







## NISSAN PATROL NAMED TOP GEAR MIDDLE EAST 'CAR OF THE YEAR'

Top Gear Middle East Magazine, the popular automotive magazine, has selected the Nissan Patrol as its 'Car of the Year' for 2013 describing it as 'an incredibly capable vehicle that can satisfy any motoring need.' Commenting on this recognition, Samir Cherfan, Managing Director at Nissan Middle East, said: "At Nissan we strive to be the best in delivering quality, efficiency, performance and safety across all our models. We maintain an open dialogue with our customers and have a strong belief in the excitement and innovation of our brand. Our customer loyalty, trust and supreme product quality are testament that the 'Hero of all Terrain' is indeed 'the stand out car' for 2013."



## ROTA CONGRATULATES WORKERS AND VOLUNTEERS

Qatar's leading educational not-for-profit organization Reach Out To Asia (ROTA), recently hosted a reflection event at the Education City Student Center to recognize the outstanding achievements of Education City's low-skilled workers and volunteer student tutors who participated in ROTA's Adult English Literacy (RAEL) Program. "Our partnership with Reach Out to Asia is a longstanding commitment and sponsoring Reach Out To Asia's Adult English Literacy program clearly demonstrates the strength of QP's partnership approach in our corporate social responsibility (CSR) initiatives," said Mr. Abdulrahman Al-Obaidly, QP Public Relations and Communication Department Manager. "In addition, it affirms QP's commitment to the social development of Qatar as we contribute in empowering people with valuable skills that will surely make a difference in their lives", he added.

## STENDEN UNIVERSITY QATAR WINS FLAGSHIP RESEARCH GRANT FROM QNRF

Stenden University Qatar (SUQ) is embarking on the first phase of a QR856,000 research project funded by the prestigious National Priorities Research Programme (NPRP) – the flagship funding programme of Qatar Foundation's Qatar National Research Fund (QNRF) - to promote a sustainable and positive legacy for Qatar's FIFA World Cup in 2022. Lecturer Dr Dan Musinguzi – a research specialist in tourism impacts, residents' perceptions of tourism, service quality and cultural heritage – and Stephanie Bourne will collaborate with Edinburgh Napier University experts for the two-year research project, entitled "Leveraging the 2022 Qatar World Football Cup" for the promotion of green and active living: a multiple stakeholder evaluation of strategic options.



## QATAR'S YOUTH SHOW GROWING INTEREST IN RESEARCH

Qatar Science Leadership Program (QSLP), a constituent of Qatar Foundation Research and Development (QF R&D), attracted more than 115 students to an open information session at the Texas A&M University at Qatar, signifying their growing interest in scientific research. Stressing the significance of the session's attendees, Dr Ayman Bassil, Head of Research Training & Development at QF R&D said: "We always seek to maintain a dialogue with younger students interested in joining QSLP, as it enables us to tailor our programmes to their needs, working together to ultimately build a knowledge-based economy in Qatar," added Dr Bassil.





# TRADITIONAL EVOLUTION AT DARZ DESIGN

FEATURE COORDINATED BY MARLYNNE MALLARI - DELA PENA

PHOTOGRAPHY JESSIE PALANCA

Business is a continuous cycle of trial and error. Once you find the right support, brace yourself. It will be tough yet rewarding road to ride. ABODE spoke with Aysha Al Bedded, a Qatari Designer who revolutionized the abaya design by keeping the tradition alive while mixing it with the latest trends.

One of Aysha's Designs



**FOR MORE  
INFORMATION**

CONTACT  
Tel: 6674 9888  
[www.darz-design.com](http://www.darz-design.com)

## **How did your business come about?**

**A:** Darz was established on October 10, 2010 after years of experience working in abaya design, I wanted to create the first luxurious brand for abaya in the region.

## **After almost four years in the business, how do you see abaya fashion evolving?**

**A:** When I started working on designing abayas it was very hard to introduce new designs and to be accepted by women. The abaya was plain and black. Even small embroidery touches were not recognized. Now the abaya has evolved a lot. Today we use new cuts, new fabrics and different kinds of embroideries.

## **As an entrepreneur how do you keep on top of the latest trends in this particular industry?**

**A:** It's getting easier to be aware of the latest trends in fashion thanks to the internet and social media. My team and I work each season on the new trends, focusing on how to make abayas always timely and stylish.

## **What do you think is the most important aspect of having a business?**

**A:** Having a business is a great way to help people achieve themselves. When you have a factory or even a small company you're offering a lot of job opportunities.

My team is my second family and I know that they love Darz more than I do.

As a business woman I feel proud having my own company and proving that the Qatari ladies can be successful entrepreneurs.

## **Of course there are hardships in every company - how do you handle them?**

**A:** It's part of the game! Thanks to the efforts of my team, we work hard to achieve the vision of the company and to bring Darz to the highest level.

## **Have you found the formula for running a successful business?**

**A:** The support of my husband is very important. He is a big part in this success story, as I work closely with his great mind and management skills. I usually focus on designing. Having someone like him, who manages the business, helps me a lot.

## **Any advice for someone who wants to become an entrepreneur?**

**A:** I would just say to believe in yourself and your dreams and never give up.

You have to learn from your failures and move forward.

## **AT A GLANCE:**

- Aysha Al Bedded received the MBC award for the Most Talented Fashion Designer in GCC from MBC TV in June 2012.
- Aysha received the L'Officiel Arab Women award for the Designer of the Year in September 2012.
- Finally, Aysha received the Entrepreneur of the Year award from the Qatar Business Women Association in 2013.
- You can shop Darz abayas at Maamoura, 51 East Lagoon Mall, and at the Bridy Boutique at the Gate Mall.



# THE SCIENCE OF COOKING

FEATURE COORDINATED BY MARLYNNE MALLARI - DELA PENA

PHOTOGRAPHY JESSIE PALANCA

Hospitality Development Company's (HDC) Executive Chef Neil Adamson's first choice was to be in the Royal Air Force, as he felt it was a way for him to see the world. Luckily enough, he ended up in a hotel where he fell in love with his profession. Here he gives us a taste of how he climbed the chef career ladder.

**There are a lot of chefs competing in this business. What do you think is your edge that you want to share with your team?**

**A:** I want my team to gradually learn their trade and develop. They will realize that being a great cook doesn't necessarily make a great chef. What we do is more, much more, than just being a cook. Managing a team, helping them develop and taking the product to the next level through quality training, guidance and development in all areas of food production is equally important and often more challenging. But when one of the team eventually goes on to become an executive chef in their own right, it's a proud moment.

**How do you differentiate the market here in terms of palate preference from the countries you've previously worked in?**

**A:** The culinary market here is still young, but it is developing at a rapid pace. The customer base is constantly changing. Because of the transient nature of the community, new initiatives are always in demand. Generally, the Qatari people who enjoy fine foods here are well travelled and they have set the benchmark very high. It's up to us as chefs to stay at least one step ahead and give these new found "foodies" the new tastes that they crave.

**You're managing many restaurants that differ from each other. How are you making sure that each one will be successful?**

**A:** Long before my arrival at HDC, the decision was made that the only way to



appeal to our target audience was "to do exactly what it says on the tin!" So, we wanted a Japanese restaurant, OK, let's get the best Japanese chef we can to create the best Japanese food in Doha - which we did, Koichiro is the Executive Chef in Megu. Our new Chinese chef, Zhen, comes with a depth of experience second to none and has an amazing personality to carry him along. Drop by Tse Yang and you will see for yourself. Pampano, our Mexican restaurant, has a great team led by two of the best Mexican chefs in Qatar. And of course, let's not forget our award winning restaurant Burj Al Hamam and Al Tabkha, another concept straight out of Beirut.

**What/who made you decide to be in the food sector?**

**A:** When I was in school, in Newcastle, I wanted to join the Royal Air Force because I wanted to see the world. Back in those dark distant days, schools would send us out in our last year, to have one week's work experience. I selected to go to the airport. Well every kid wanted to do that, so, I got sent to a hotel instead. I fell in love with the hotel life and it all

began with that really. Since then, I have been lucky enough to work for some of the world's finest hotel companies. And guess what? I still got to see the world, without getting shot at, which is a bonus!

**Since this issue is all about travel, can you share with us the best places you've been to?**

**A:** I have been lucky in that I am well travelled. Since I learned to dive and subsequently went on to become a certified diving professional, I have spent much of my free time in South East Asia, predominantly Thailand. As well as learning the delicate Asian cuisines, I first learned to dive in the tropical waters off Koh Chang. I spent many days in the Andaman Sea living aboard Dive Safari's, diving the Similans. Away from the diving, Chiang Mai is the most amazing city I have ever been too (other than Newcastle of course!). I have visited every country in Europe, many more than once. But the most amazing times I ever had were with my family. My wife and daughter love to go to Fuerteventura in the Canary Islands, and more recently, they have enjoyed travelling in Turkey.



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# ARTS & CULTURE

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## **SASOL HOSTS British Paraorchestra to support their DEFINITELY ABLE CAMPAIGN**

The British Paraorchestra was in town recently in support of Sasol's 'Definitely Able' initiative that aims to highlight the positive contribution and possibilities of people living with disabilities in Qatar, while raising awareness to promote public acceptance for people with disabilities. As part of their visit, the British Paraorchestra performed on stage with the Qatar Philharmonic Orchestra in a joint concert titled 'Souls in Harmony' at the Katara Opera House for their first ever performance in the region.





# Arts & Culture News



## Sasol stages 'The Lost Treasure' play at the QP Environment Fair

Sasol, the international integrated energy and chemical company, last month hosted the environment play, 'The Lost Treasure', at the annual Qatar Petroleum Environment Fair to educate children with an environmental message. Marjo Louw, President of Sasol Qatar said, "Sasol is delighted to host, for a second year, an engaging educational play at the QP Environment Fair. Last year we saw how presenting educational information through songs and colorful characters can capture children's imaginations and lead to higher awareness. We are thankful to our partner Qatar Petroleum and His Excellency Dr. Mohammed Bin Saleh Al-Sada Minister of Energy and Industry, Chairman and Managing Director of Qatar Petroleum, for their leadership on this critical topic to the country."

## Qatari culture and heritage needs to be preserved

HE Dr Hamad bin Abdulaziz al Kuwari – Minister of Culture, Arts and Heritage – delivered last month a guest lecture at the conclusion of Travelling Through Arts and Times exhibition, a collaboration between Sheikh Faisal bin Qassim Al Thani Museum and Carnegie Mellon University Qatar. In his lecture "The role of private museums in the development of culture and the definition of the national and Islamic heritage", HE Dr Al Kuwari highlighted the importance of preserving and promoting Qatari culture and heritage and Arab and Islamic identity.



## National Museum Showcases "Kheit" Competition Winning Designs

The National Museum of Qatar recently inaugurated a new exhibition at the Virginia Commonwealth University Qatar, to celebrate the two winners of the "Kheit" (Arabic word for thread) competition. Kinda Morshed from Qatar and Carolina Tonnetti dos Santos from Brazil won this original competition thanks to their designed pieces that incorporated heritage styles of both countries in a contemporary manner. Check the exhibition out, which showcases the ten final design pieces of Qatari and Brazilian students at the VCUQ until 1 July 2014, before it moves in September 2014 to the Museu Belas Artes de São Paulo (MUBA) in Brasil.

## The Pearl-Qatar hosts 'Talented Child Festival'

As part of its Corporate Social Responsibility initiatives the Pearl-Qatar, the flagship Island project of United Development Company (UDC) recently hosted the "Talented Child Festival" at the Amphitheater – La Croisette 31 – to enhance the mental capabilities of children between the ages of 14 and 16. "These are the type of events that distinctively allow children to learn and use skills they have already been introduced to at their schools," Roger Dagher, Director of Corporate Communication at UDC said. "These competitions will engage kids and enhance their arithmetic learning skills. We are thrilled to be hosting an event that is geared toward educating through entertainment."





## MUSICIAN'S NOTES

WHAT WE  
PLAY IS LIFE

A MONTHLY COLUMN BY DOMINICK FARINACCI

Recent weeks have allowed us to dig deeper into further discovering the plethora of great local and regional talent. While it has been a joy to collaborate musically, it has been equally fulfilling and humbling to realize how engrained the music and rhythm is in the souls of musicians around here.

Hearing violinist MAias Alyamani's Maqam Ensemble for the first time brought me to tears. While I can appreciate the superior level of musicianship, I know very little about Arabic music. But the rhythm is so powerful that it transcends musical styles and brings out something deep within all of us, no matter where we come from. It's easy to break down the technical elements of the music and find literal similarities between Arabic and Jazz rhythms, but beyond that it is the 'feeling' that is most captivating. The first time I spoke with MAias, I felt like I knew him for years, as if we had a real kinship. His music is an extension of his soul, and even though we come from opposite sides of the world, it is the music that initially brings us together to forge what I hope to be a life-long friendship.

I recently traveled to Abu Dhabi to perform and heard this vocalist named Hamdan Al Abri, who was performing at the same festival. While you can tell Bob Marley is a big influence, his style was wrapped in his native music, bringing out all of those great inflections and nuances. He has an angelic voice and presence that instantly captures the listener.

At the moment I'm thrilled to have a chance to collaborate with a vocalist from Lebanon. His name is Mike Massy, and he writes some of the most beautiful songs. His music has become the soundtrack of my recent travel between this region and the United States. It's funny how close we become to an artist simply through their music, even if we have yet to meet them in person.



GETTYimages

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and

www.dominickfarinacci.com

I still can't seem to grasp what exactly it is about music from this region that is so familiar, and how a song we've never heard before can trigger a special memory. I'm continuously in awe of fellow artists who knows how to bring that feeling out in people, and bring together cultures that otherwise may not come together. At the risk of sounding redundant, this is what I continue to love about Doha: that it's a meeting place of such diverse cultures, within a welcoming and fascinating country.



Mike Massy

IMPORTANT DAYS OF THE WEEK TO  
REMEMBER, ALL HAPPENING AT JALC:**Mondays:** World Music Night**Tuesdays:** Arabic Music Night curated by  
MAias Alyamani**Wed-Sat:** Dominick Farinacci and the JALC  
All-stars with special guests**Gregory Generet:** Through May 10**Mike Massy:** May 14-24

MAias Alyamani



# WORKING MY WAY THROUGH ETEL ADNAN

BY NITYA SHUKLA

PHOTOGRAPH COURTESY OF MATHAF: ARAB MUSEUM OF MODERN ART

'Etel Adnan In All Her Dimensions', the ongoing exhibit at Mathaf Arab Museum of Modern Art presents a selection of work from one of the most celebrated Arab American author in the world. A prolific artist and litterateur, Etel Adnan has worked across many mediums ranging from cartographies, drawings, films, 'laporellos' notebooks, novels, paintings, plays, poems and tapestries. Perhaps this is why curator Hans Ulrich Obrist reminds why it is important to examine this artist through a selection from the exhaustive volume of work she has accomplished.

The idea of dimensions resonates in the nomadic life that Adnan has lead and her thoughts about home and identity. According to show's catalogue, Adnan was born in Beirut in 1925 to a Christian Greek mother and a Muslim Syrian father. She studied in Beirut, Paris and U.S. (Berkeley and Harvard) before teaching philosophy at the Dominican College of California in San Rafael. Adnan returned to Beirut in the early seventies to head a cultural journal, left again, but kept coming back even after the Civil War broke out in 1975. Eventually Sausalito, California and Paris, France became her two homes.

Here at Mathaf, Adnan's work swallows the entire first floor of the gallery with ease. Each wall presents a new thought. Having signed up for a three day workshop based on her work, I find myself wandering through the eerily quiet halls along with several others. I'm more eager than usual having just only discovered this seminal artist. As luck would have it, my intrigue stays put for the next few weeks.

The first bodies of work that I inspect are the small, candy colored paintings that look almost delicate when framed against Mathaf's towering white walls. A closer look unveils Etel's unique technique of applying colors straight from the tube and painting in rapid thick strokes from a palette knife. The patterns depict her favorite shapes: suns, mountains, sea, all which seem open to any number of interpretations. It is said that Etel was on always on a quest to find a means of communication through her artistic and poetic expression.



I'm not sure how to feel at this point so I ask the security guard nearby how he feels about the exhibit. He disappears rapidly saying 'a reaction is not his job.'

As I move along, more walls display more works, this time in drawings and watercolors. The show's catalogue explains this section as representative of the fractured elements in Adnan's life. However, by this time, I panic slightly, as I haven't had a reaction to this art. So I move on to Adnan the weaver, whose tapestries are bigger and convey a visually evocative yet abstract design. I find yet another security guard who stays put but refuses my questions with a shrug as if I'm cheating on a homework assignment.

I walk over to Adnan's laporellos, or folding books that are a fusion of written text and images. One in particular has inkpots in several shades and hues. They remind me of my first fountain pen. I find this accordion fold rather creative but the images still appear whimsical.

Close by the laporellos is a massive shelf that displays her prose, poetry, novels and collaborative works. Adnan the





*You know there is something that links all the different things, it is what we call our person. There is a link that you don't do purposely, it's your sensitivity, it's your identity... it is one person in different rooms. Etel Adnan*

author is ferocious, a powerful voice in feminist and anti-war movements. Standing proud towards the centre is her seminal work *Sitt Marie Rose*, which won the France-Pays Arabes award in Paris and was translated in six languages. Adnan's writing is vibrant and in extreme contrast to her painting. Yet another gem I find is *Of Cities and Women (Letters to Fawwaz)* (1993) which was a series of letters on feminism that Adnan wrote to exiled Arab intellectual Fawwaz Traboulsi.

I'm told later that this phenomenon is not new. Many find it easier to connect with Adnan through her writing. Perhaps because in her books Adnan surpasses divisions set by cities, culture, language, images, and origins with honest, astute observations and philosophical speculations.

There is a strange sense of empathy when she says: 'So life is a dream infinitely less gripping than the one we visit in sleep, less dangerous.' The magic in her words is instantly relatable.

I get lost in this section for a long time - so much so that I barely find time to focus on her film or other collaborations.

## ETEL ADNAN IN ALL HER DIMENSIONS

Mathaf: Arab Museum of Modern Art  
18th March 2014 – July 6th 2014  
Curated by Hans Ulrich Obrist



# MACAN: THE SPORTY SUV BY PORSCHE

THE LATEST ADDITION TO THE GERMAN LEADING LUXURY SPORTS AUTOMOTIVE BRAND IS A TRULY STYLISH GEM AND A REAL THRILL TO DRIVE - BOTH ON AND OFF ROAD!

BY FRANCESCA MOSER

This month we were lucky enough to be invited to experience and test drive the new Porsche Macan.

Our route? White sandy beaches and the adventurous mountain roads in the emirate of Ras Al Khaimah. Spacious, compact, practical and above all powerful, the Macan represents the perfect off-roading family sports car. It will keep everybody happy, guaranteed!

Named after the Indonesian word for tiger, the Macan follows in the footsteps of one of Porsche's most popular cars: the Cayenne. It mirrors the Cayenne's elegant design while boasting some serious sporty characteristics and powerful dynamics. With the launch of the Macan, Porsche entered the compact segment of sporty SUVs and proved once again its automotive excellence in the premium sports cars sector. Let's discover some of its exciting characteristics.







## KEY CHARACTERISTICS OF THE MACAN:

- Is the world's first sports car in the compact SUV segment
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- Designed with agility in mind
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### FOR MORE INFORMATION

CONTACT  
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During our two-day expedition, the Macan was tested to prove its abilities and technical features on and off-road. On our first day, obstacles included an iron hill, a steep metal ramp, water puddles and plenty of sand hills. The Macan effortlessly demonstrated its muscle due to the impressive leading technologies such as the Porsche Hill Descent Control, the Porsche Torque Vectoring and the Porsche Active Suspension Management. On the second day we were invited to ride through the adventurous scenery of Jebel al Jais, the UAE's tallest mountain. During this breathtaking and enjoyable drive, we were able to make the most of one of the world's most powerful drive systems: the Porsche Traction management (PTM). This distributes the required level of engine torque to the front wheels to ensure perfect lateral stability during cornering.



The Macan tackled all the challenging drive routines with ease, which was really impressive! The outcome of this exhilarating experience is simply outstanding: sleek design, sporty and athletic handling characteristics, absolute comfort, and luxurious interior design. The unmistakable Porsche design and unique off-road attitude conquered us all, from nascent drivers to motor aficionados. We were completely blown away by it and we can't recommend it enough, especially for the Middle East market. Macan simply has it all!

Intensify your life with the purchase of the new Macan. As their slogan says: "The New Porsche Macan. Life intensified."



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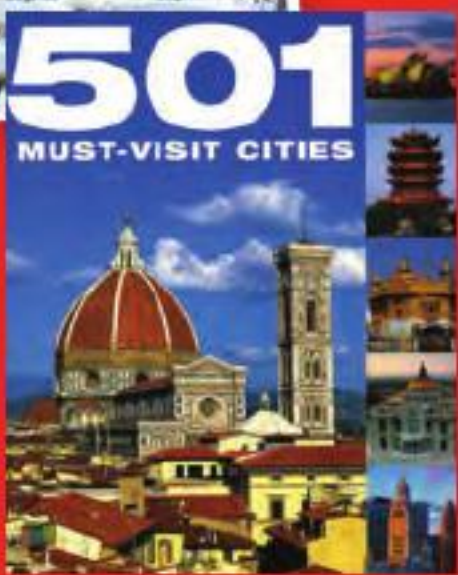
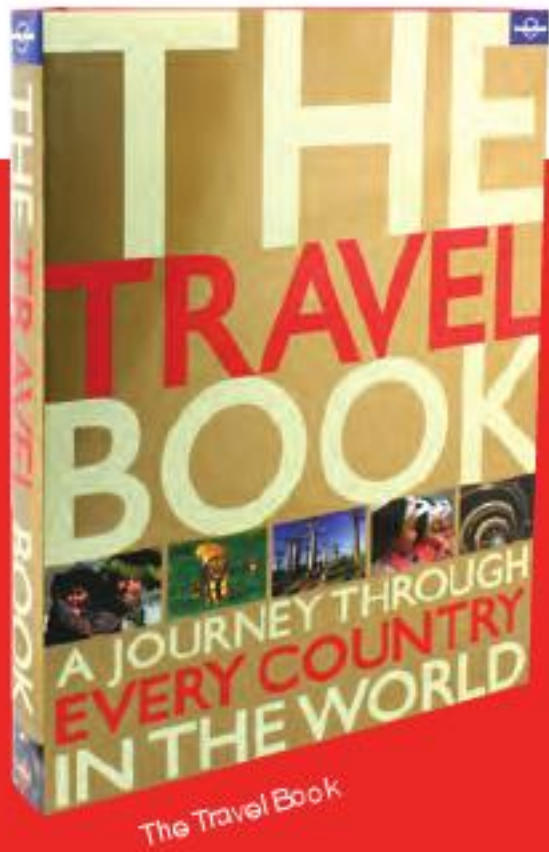
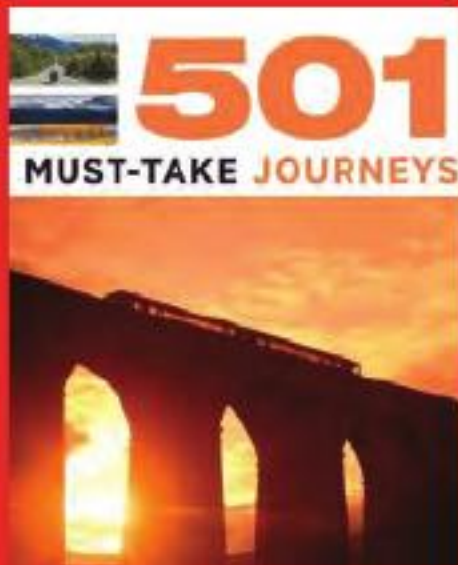
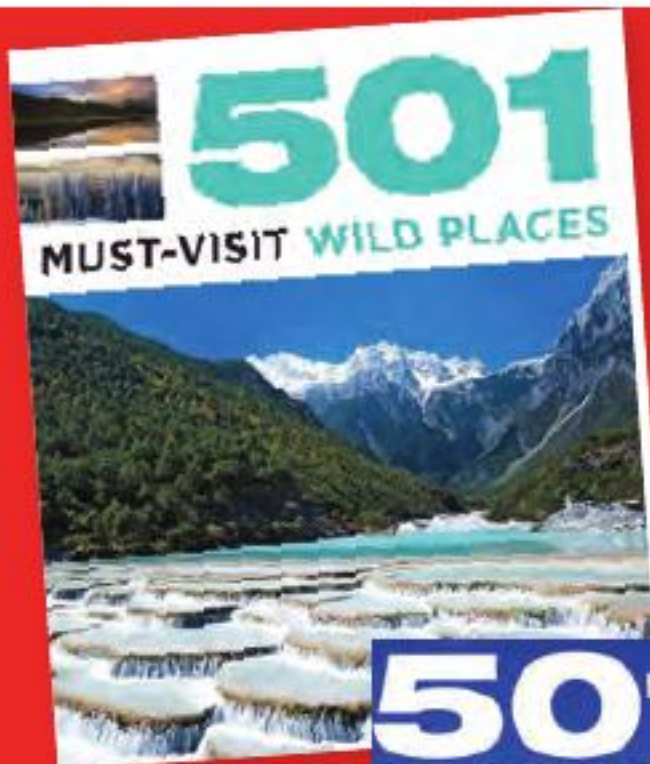


# Best Sellers

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COMPILED BY DELIAH FURCOI

This month is all about travelling. Discover what must-have reads and accessories Virgin recommends.



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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

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Gharrafa 4487 5222

### Lagoona Mall

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West Bay, Zone 66, Ad Dawha 4433-5555

### Royal Plaza

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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	4416 4728
	Mid Mac Roundabout	4467 4312
	Dar Al Salam Mall	4416 4728
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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