

YOUR LIFE • YOUR STYLE • YOUR HOME

ABODE

QATA

Fashion:

UTERQÛE
GOES
TROPICAL

HAMAD
INTERNATIONAL
AIRPORT
INAUGURATES

HOW TO
PREPARE FOR
RAMADAN

SÃO PAULO
HIGHLIGHTS

Healthy
SMOOTHIE RECIPES

MOVE
BEYOND
YOUR
EGO

THE
Summer
Issue

JUNE 2014 QR 12



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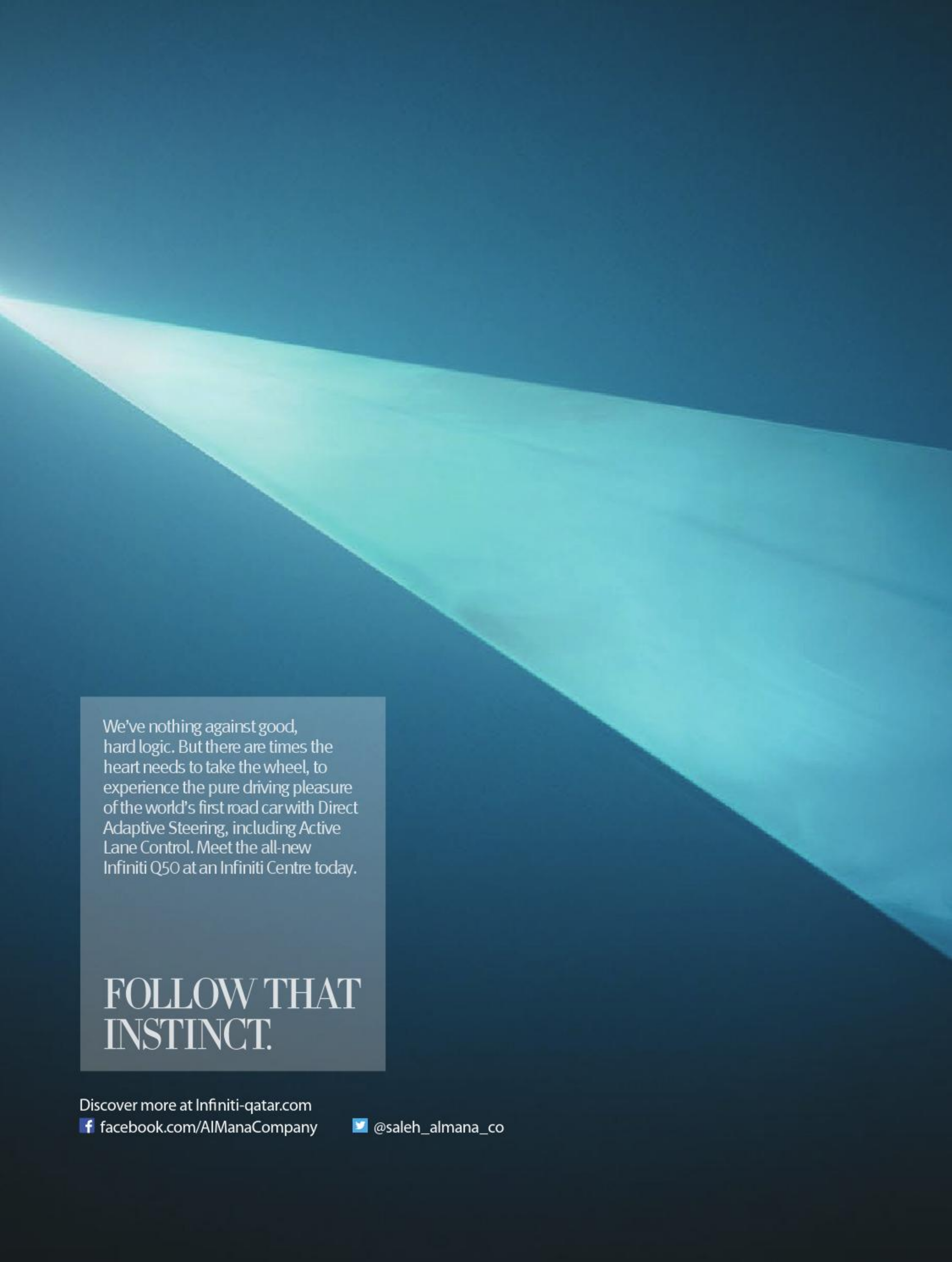




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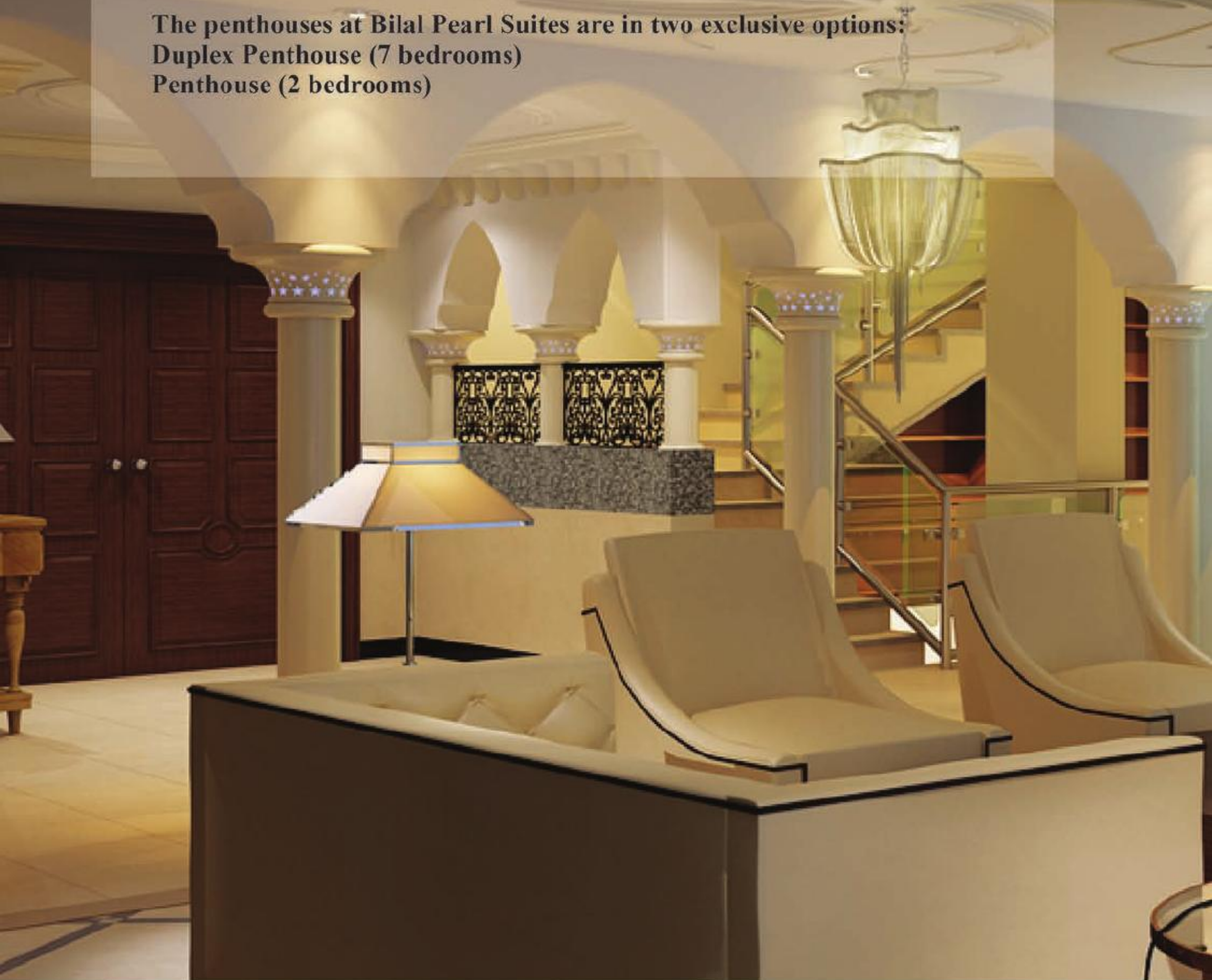
Inspiring Penthouses

Nestled serenely on the 19th and 20th floors, overlooking the azure sea and surrounding landscape, these magnificent penthouses provide their residents with a true haven. Each one is a tranquil, elegant setting for living and relaxing, ideal for romantic evenings and business entertaining alike. Here you will feel connected with the environment around you.

The penthouses at Bilal Pearl Suites are in two exclusive options:

Duplex Penthouse (7 bedrooms)

Penthouse (2 bedrooms)



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

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this month

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18

ABODE LOVES
UTERQÛE'S
COLLECTION!

34
GAP KIDS SPECIAL



16

TOP 10
DESIGNER'S
BUYS



It's
Ramadan
time

74 HOW TO BE
PREPARED



66

SMOOTHIES
HOW TO MAKE
HEALTHY
DRINKS



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On the Cover:

UTERQÛE SPRING SUMMER
2014 COLLECTION.
AVAILABLE AT VILLAGGIO AND
LANDMARK MALLS.





ST REGIS

DOHA

THE END OF SUMMER STARTS AT THE ST. REGIS DOHA

This summer, escape to an exclusive beach or retreat to private air-conditioned cabanas. Cool off in an Olympic-size pool while a pool-butler serves hourly refreshments. Savor flavors from ten signature restaurants and lounges or drift away with Remède Spa's cooling facials and massages. Discover how summer will not feel like summer at The St. Regis Doha. Come, explore.

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spg

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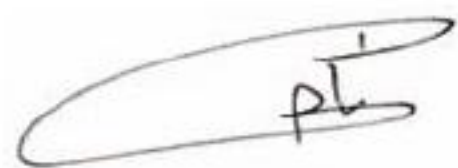
Dear Readers,

The summer is here again and this holiday season most of us will be jetting away on our family escapes through the newly opened Hamad International Airport! HIA is a state-of-the-art aviation hub and is now fully operational. We couldn't be any prouder of this milestone achievement, soon to be recognized worldwide for its outstanding services and decor.

This month is particularly exciting as the whole world holds its breath as it awaits the kickoff of the 2014 FIFA Brazil World Cup. Whether you are a football fan or not, get ready to witness some spectacular matches at one of the many events planned all around Doha. If you are lucky enough to be flying to South America for this extravaganza, be sure to read our article on Brazil, compiled in collaboration with the Renaissance Hotel. It will offer you a quick and useful mini-guide to São Paulo. We hope it will also help you survive the madness of the games, and make the most of this unique country.

We also feature the latest travel destination in the ever expanding Qatar Airways flight list: Miami. Now you can fly direct from Doha to what many consider to be "the ultimate international destination in the world". Additionally, just in case long distance is not for you, we are giving you a sneak peak of the Presidential Suspended Suite at St. Regis Abu Dhabi, which you can find in our feature "Hotel of the Month".

But above all, for those of you who will be observing the Holy Month of Ramadan, beginning on the last few days of June, we invite you to get prepared with the helpful tips from Silver Envelope. Stay tuned for our next issue as we will have a special section dedicated to Ramadan and Eid celebrations. Don't miss out!



NASSER AHMED HASSAN BILAL

EDITOR'S TOP PICKS



Watches, Versace



Bag, Lacoste



Scarf, Zara Home

Rucksack, Paul Smith at The Gate Mall



MUST-HAVE PRODUCT OF THE MONTH



IDEALIA Serum, Vichy

Win...

Enter the competitions to win one of these special treats. Email us at win@abodeqatar.com



WIN A CHANCE TO OWN A 4 FOOT BLACK FUR WAYEDCOMFY SAC.

ALL YOU HAVE TO DO IS TELL US: Which stadium will host the 2014 Brazil FIFA World Cup final?

WIN A RAMADAN PARTY KIT FROM SILVER ENVELOPE!

ANSWER THIS QUESTION:

How do you plan to nourish your home, body or soul this Ramadan?




WIN AN IFTAR FOR TWO!

ANSWER THIS QUESTION:

Where is Prince of Persia restaurant located?



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CHECK US OUT

For previous issues see
www.abodeqatar.com
www.ISSUU.com



Inspiring Penthouses

Nestled serenely on the 19th and 20th floors, overlooking the azure sea and surrounding landscape, these magnificent penthouses provide their residents with a true haven. Each one is a tranquil, elegant setting for living and relaxing, ideal for romantic evenings and business entertaining alike. Here you will feel connected with the environment around you.

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إزدان مول المفتاح سنتر باري جاليري، لاجونا باري جاليري، رويال بلازا باري جاليري، حياة بلازا الصالون الأزرق هايلا ند المول
PARIS GALLERY EZDAN MALL AL MUFTAH CENTER PARI GALLERY LAGOONA PARI GALLERY ROYAL PLAZA PARI GALLERY HYATT PLAZA BLUE SALON HIGHLAND THE MALL

STYLE

Trends-shopping-style tips and news



BUTTERFLIES FEELING!

Make a shoe statement this summer with these fabulous heels by ALBERTO GUARDIANI. Buy them at Salam Stores and fly away in style this holiday season.

Style News

The latest dish from the fashion world



Versace presents new eyewear collection

Versace recently launched its brand new eyewear collection, #STUDSLADIES, boasting the essence of the house's iconic rock'n'roll attitude and featuring Lady Gaga as the exclusive face.

An icon of music wearing an iconic new style –the perfect match! Inspired by the DNA of Versace, the collection is loud, bold and full of eccentric style. The pieces are defined by studs, which decorate the front and temples in different forms and dimensions for a bold impact.



Limited Edition Christian Louboutins unveiled

Discover two very special pair of heels by the most coveted shoe designer ever, Christian Louboutin at The Luxury Closet. The online market place is in fact selling not just one, but two rare Art Deco Style Collector Platform Pumps. Choose between the stunning Daffodile Brodee Platform Pumps or the Suede 'Make Up Trash' Lady Peep Toe Platforms to add incredible value to your wardrobe. As the beloved Carrie Bradshaw from Sex & The City says, 'I like my money right where I can see it... hanging in my closet.'



Summer Surprises from UFC Boutiques

United Fashion Company (UFC), a wholly-owned subsidiary of United Development Company, a leading Qatari Shareholding company and the master developer of The Pearl-Qatar, gave away "Summer Surprises" on purchases from its Spring Summer collection at selected boutiques at The Pearl-Qatar last month. A gift voucher of QR 150 was given upon a purchase of QR 500 from UFC's participating stores, including Salvatore Ferragamo, Etro, LK Bennett, Alberta Ferretti and many more. "At UFC, it is our vision to create a world class, luxurious and exclusive retail experience for our residents and visitors," says Theo Swart, General Manager at United Fashion Company. "Our special promotions throughout the year are designed to encourage shopping for new collections at enhanced value in such a glamorous and unique setting as The Pearl-Qatar, a preferred venue for elite shoppers."



Skincare Brand SK-II Makes Middle Eastern Debut

For more than 30 years, SK-II has touched the lives of millions of women around the world by inspiring them with the miracle of crystal clear skin and the optimism it brings to their lives. Now, women across the Middle East can finally get their hands on the luxury skincare line and reap the benefits of its miracle ingredient: Pitera™. SK-II is exclusively available in the Paris Gallery outlet at The Dubai Mall. Since its discovery in the 1970s, Pitera™ has earned a stellar reputation as a powerful ingredient for skin, transforming it across the five dimensions of texture, radiance, firmness, spot control and wrinkle resilience to crystal clarity.



IMMORTALIZE YOUR HOLIDAYS WITH CANON AND NIKON

Beautiful photography has been made easy this season thanks to the EOS 1200D by Canon – a new entry level DSLR that makes capturing beautiful photographs and Full HD movies easier and more enjoyable than ever before and the Nikon L830: a compact, ultra-high-power zoom bridge camera offering sophisticated features with simplicity in usage. For a more relaxed approach on photography check out instead the Canon IXUS 155, which boasts a trio of modern, high-zoom, pocketable and easy-to-use compact cameras which combine Canon's DIGIC image processing, a 10x optical zoom and 20 MP sensor, with the iconic, stylish IXUS design - making it the ideal camera while out and about. Taking great looking pictures has never been easier. All available at Salam Stores.



Travel in style with Delsey Luggage

It's holiday season again, which means it's packing time! Invest in the latest luggage ranges from Delsey to ensure smooth and stylish travelling. Opt for the Helium line for lightweight and colourful cases or choose the Honoré pieces for a practical yet stylish take. Whether small or large, bright-coloured or pastel, these sturdy and fashionable DELSEY suitcases will satisfy all tastes. Check them all out at Salam Stores.



BVLGARI DONATES SERPENTI NECKLACE TO AMFAR

For the occasion of amfAR's Cinema Against Aids gala in Cannes last month BVLGARI donated one of its exquisite Serpenti high jewellery necklaces to benefit the cause. Created by the master of coloured gemstones, the Serpenti piece in white gold features a large single drop-shaped Aquamarine stone (13.05 ct), surrounded by resplendent pavé diamonds (19.12 ct) that coil with preciousness. The Italian 'serpenti', or snake, has long been an icon of BVLGARI design. This mythical symbol of eternity and prosperity was commemorated as jewellery when Cleopatra visited Julius Caesar in Rome in 46 BC. As BVLGARI's current ambassador and an amfAR Event Chair, Ms. Carla Bruni-Sarkozy wore the featured Serpenti necklace until it was auctioned off for charity.

Look of the month

Stay freshly stylish in these summery and seriously fashionable outfit.



TOP This long sleeves top is elegant but effortless at the same time. It's a real investment piece for the summery season.

Top, Mulberry



BAG A white shoulder bag is the perfect summery carry-all choice.

Bag, Karen Millen



NECKLACE

Add a wow factor with this eye-catching neckpiece.

Necklace, Pinko

MIDI SKIRT

Update your ladylike collection with this gorgeous calf length skirt.

Skirt, Roksanda Ilincic at NET-A-PORTER.com



SANDALS

Tribal-inspired, colourful and absolutely stunning, these heels will be your go-to-accessory for seasons to come.

Heels, Giuseppe Zanotti at STYLEBOP.com

Sonia Fortuna

Firenze


New Spring Summer Collection 2014



Available at:

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The Mall: 44674312

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Top 10



1
GO TRIBAL with this
stunning tasseled
neckpiece by PINKO.

Invest in one or more of our
top 10 designer pieces of the month.
Your travel wardrobe is sorted!

4

WRAP TIME

Make yourself cozy
with this extra soft
and stylish pashmina
by MULBERRY.



2

SHINE ON

Pack away this PINKO metallic and
embroidered belt to sparkle away
during your holiday.



3

STEP FORWARD in these
gorgeous and above all comfortable
wedges by PINKO.



5

SIMPLY WHITE

A classic and
neutral jumper like
this is a must-have
for any summery
wardrobe.
KAREN MILLEN



6

THE SHOPPER We love this roomy, fashionable and very-chic oversized bag. It's perfect for travelling and shopping in true VICTORIA BECKHAM's style.

8

GLADIATOR STYLE

Channel the ancient Roman and Greek fashion stakes with these get-me-noticed sandals by GIUSEPPE ZANOTTI at STYLEBOP.com



9

SUNDRESS

This sporty but still feminine little number will become very handy during your trip. It's great for the beach, for a refreshing evening stroll or why not for a tennis game in the evening. Dress by LACOSTE



7

MAKE A

SPLASH in style with this understated but luxurious bikini by MULBERRY.



10

HAT LADY

It wouldn't be a holiday without a glamorous head cover. Opt for this oversized stunner by PAUL KA.





TROPICAL UTERQÜE!

The striking Spring Summer 14 Uterqüe's collection epitomizes perfectly the upcoming holiday season: from vibrant greens, wild prints and woody tones, the younger sister of Zara has conquered us all.





fashion shoot

Daytime and
workwear wardrobes
get a style revamp
thanks to these
funky and sleek
Uterqüe's creations.
Your dull suits are so
yesterday!





MAKE OVER SESSION WITH UTERQÜE



Last month a few lucky customers had the opportunity to get styled up by celebrity stylist Rana Saab at Uterqüe Landmark Mall.

During her visit in Doha, the professional image consultant, Rana, who worked with Eva Longoria and many more international celebrities, offered one-on-one personal styling session to ABODE's Marketing Coordinator, Chet Tibayan, in order to enhance her everyday look.

Rana styled Chet in Uterqüe SS14 apparel best suited for her skin tone and body figure. Rana gave her some key styling tips as well, to match her fashion personality. The result? A picture-perfect and more confident Chet.

Thank you Rana and Uterqüe!

ACCESSORIZE!



AN OUTFIT WITHOUT ACCESSORIES CAN'T BE COMPLETE, SO CHOOSE THE BEST PIECES TO MATCH YOUR STYLE AND MOOD. UTERQÜE HAS GOT PLENTY OF STYLISH CHOICES IN STORE FOR YOU.



ALL PRODUCTS AVAILABLE AT UTERQÜE LANDMARK AND VILLAGGIO MALLS





CHIARUGI

HANDMADE IN FLORENCE
1969




New Spring Summer Collection 2014

www.chiarugifirenze.it

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Necklace, Berchka

Clutch bag, M&Co



Necklace, Promod



Belt, Promod



ETHNIC INSPIRED FASHION

Channel your tribal ego with these printed and eclectic pieces, all spot on for the holiday season!



Hand Bag, Promod



Earrings, Desigual



Espadrillas, Desigual



Trousers, Desigual



BCBGMAXAZRIA



Dress, Promod



Necklace, Couple at Landmark Mall

REINVENT YOUR WARDROBE WITH

SACCOOR BROTHERS

Looking as stylish and effortlessly chic as Irina Shayk, one of the most popular top models of the moment, couldn't be easier thanks to the latest collection by Sacoor Brothers. The Portuguese lifestyle fashion brand opened its fashionable boutique in Doha a few months ago and is already a huge hit. Go from day to night with a simple jumpsuit and toughen it up with a cool leather jacket. A maxi skirt teamed with a nautical top will be the perfect choice for daytime effortless style. Whatever your choice and needs, Sacoor Brothers is here to rescue!



A refreshing
MAXI SKIRT
is great for
any summer
wardrobe.



THIS EMBELLISHED
NECKLINE NAUTICAL
TOP WILL LOOK GREAT
WITH YOUR FAVOURITE
DENIM OR WITH YOUR
CLASSY WHITE PENCIL
SKIRT FOR WORK.



LEATHER
JACKETS are
timeless pieces, so
well-worth the
investment.



A PRINTED TOP will jazz
up any plain outfit.



The piece of the moment:
A JUMPSUIT.

ALL PRODUCTS AVAILABLE AT EZDAN MALL

QATAR MEANS FASHION!

ABODE features Qatar's fashion revolution with one of its most promising local fashion designers: **Ahmed Mallala**. He recently showcased his latest collection at the VCUQ Fashion Show at The Gate Mall. We asked about his fashion label DEMHA, his talent and passions.



When did you discover your passion for the fashion world?

A: To me, fashion is a form of art and self-expression. I love how fashion is inspired by art, music, history and culture.

Is the interest for fashion in Qatar growing?

A: Definitely. In the past 10 years I've noticed that Doha has been developing rapidly, not only in terms of fashion, but in its education, architecture and arts in general. In addition to fashion and styling, people are increasingly aware of brands, fashion and the latest trends. People today try to achieve a modern look while maintaining traditions, culture and individuality.

How would you describe the style of Qatari women?

A: Qatari women have different styles. Each individual has her own style and techniques, as well as having a favourite designer - just like other women around the world. The common factor, I would say, is that women in the GCC countries have both culture and tradition. They respect and value the environment they live in. They also portray fashion and style in their own way.

Who is your biggest role model?

A: My role model has always been Her Royal Highness Sheikha Mozah bint Nasser. I look up to her not only as a fashion icon, but also as an amazing individual.

What do you want to communicate through your creations?

A: I try to express myself and my art by incorporating the things I love in some of my designs, so women can enjoy and share my passion.

Whom is your line DEMHA aimed at?

A: I usually aim at all women rather than aiming at specific women and designing for a certain age range. In this day and age everyone enjoys shopping, dressing up, and being up-to-date with fashion trends.

What exciting projects do you have in the pipeline?

A: In addition to working on developing my own line, the next project that currently is in its first steps, is a collection I am designing with my dearest friend fashion designer Bekita Ahmed. Bekita also has her own line and shop and currently is working for Qela.

What was your proudest moment thus far?

A: I am always proud of myself and of what I have accomplished throughout the years. The love and support of my mother and little sister have helped me realize that fashion is the field I want to pursue.

Being a Qatari male designer puts pressure on me to succeed and move forward in the fashion industry. I thrive through my passion to make my mark in the Middle East and one day the world - InshAllah.

Where do you see yourself in 10 year's time?

A: I see myself with an established brand - insh'allah, one that I created. I also see myself giving opportunities to students like me to have the platform to start within the industry and I'm also hoping to make my mark as a male Qatari designer in the world.

WHERE DID YOU FIND THE INSPIRATION FOR YOUR LATEST COLLECTION?

I try not to find a specific object to be inspired by, but I allow myself to dream and imagine my collection moving down the runway. This allows me to determine the silhouettes. When I imagine my collection, I surround myself with my favourite things, friends, family, colours and fabrics. That's how I start sketching and combining all my ideas into one garment.



**FOR MORE
INFORMATION
ABOUT DEMHA**
VISIT
Instagram @_demha



CHIARUGI

HANDMADE IN FLORENCE
1969

New Spring Summer Collection 2014


www.chiarugifirenze.it



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THE SIDEWALL:

Purist. Innovative and ready for the summer.



FOR MORE INFORMATION

VISIT

Porsche Design Shop at Lagoon Mall
Tel: 44124368

email: tajul@boraq-porsche.com.qa

Porsche Design and Redenstock present the Iconic's series: spectacles that are pioneering in their form, function and material. They provide a glance at the future of spectacles and epitomize the Porsche Design concept of 'Engineered Luxury' down to the details. The 'Hairband' design study was presented in Autumn 2013, which marked the start of the new concept. Now another exclusive model will be presented at the opti 2014: the so-called Sidewall. The design was inspired by glacier goggles of former mountain climber icons and is resplendent with a sporty elegant look.

The models of the Iconic series are associated with three different categories, all of which stand for the expertise and know-how of Redenstock and the Porsche Design studio located in Zell am See. The frames are captivating with an emotional and progressive design as well as innovative manufacturing. The different categories are broken down into platinum, gold and silver.

Shop PORSCHE DESIGN at Lagoon Mall.

ABODE MEN'S AGENDA

Embrace the ITALIAN STYLE with BOGGI MILANO

Spring Summer 2014 collection

Italians fashion credentials are undeniable, so what better brand than Boggi Milano to freshen up your wardrobe? Discover their latest collection at Villaggio Mall, which will guarantee you a trendy holiday season ahead, whatever your destination might be.



Boggi Milano hosts a stylish evening in Doha

Boggi Milano recently hosted an elegant evening for their loyal clientele and media in Qatar. Held at one of Doha's most famous restaurants, Opal by Gordon Ramsay at the St. Regis Hotel, the leading Italian menswear label entertained its guests while presenting their cheerful formal and casual collections.



GO FOR THE URBAN EXPLORER LOOK

DURING THE HOT SEASON WHITES AND NEUTRAL TONES ARE ON TOP OF EVERYONE'S LIST. EMBRACE THE EARTHY TONES FOR THE ULTIMATE URBAN EXPLORER ATTIRE.



BEIGE AND SANDY SHADES LOOK GREAT WITH WHITES, SO STOCK UP ON PLAIN SHIRTS AND TEES TO FINISH OFF THIS FRESH AND COOL LOOK.



FORGET BLACK, BROWNS AND GREYS, SPRING SUMMER 2014 IS ALL ABOUT COLOURS. EVEN YOUR BELOVED SUIT GETS A STYLE MAKEOVER. FROM BRIGHT HUES OF REDS, SUBTLE VARIATIONS OF BLUES, GREENS AND MANY MORE YOU ARE READY TO FLAUNT YOUR NEW ITALIAN STYLE!



COLOURFUL SUITS

The brighter, the better!

SWAP YOUR GREY WINTERY SUIT FOR THESE FUN AND ABOVE ALL FRESH LINEN NUMBERS.

TIP: For the perfect relaxed evening look, complement these fashion-forward blazers with a cool pair of shorts and a white tee.



ALL PRODUCTS AVAILABLE AT BOGGI MILANO, VILLAGGIO MALL

fashion

GAP KIDS

The latest GAP concept for Summer 2014 is a celebration of optimism, freedom and exploration.

LET THEM EXPERIENCE THE AMERICAN SUMMER EXPERIENCE



GIRLS WANT TO HAVE FUN!

PRETTY PASTELS AND NEUTRALS WITH CLEAN AND BOLD PATTERNS ARE TOP CHOICES FOR SPRING SUMMER. MIX AND MATCH THEM FOR A FUN HOLIDAY WARDROBE.





BOYS POWER

STRIPES AND COLOUR BLOCKING RULE THE BOYS CLOSET WITH SIMPLE BUT SUPER COOL LINEN-COTTON TOPS AND PANTS. LET THE ROAD TRIP START!



DENIM MANIA
WHO DOESN'T LOVE
PLAYFUL INDIGO
AND COLOURED
DENIM PIECES?
COMPLEMENTED BY
ACCENTS OF GREY
AND AN EXPLOSION
OF PRINTED DRESSES
AND FEMININE SKIRTS...
HER SUMMER HOLIDAY
WARDROBE IS SORTED!





TOO COOL FOR SCHOOL!
FROM GRAPHIC TEES, TO
CHECKED SHIRTS, FUNKY
HOODIES AND NEON
ACCENTS HERE AND THERE
YOUR LITTLE MAN WILL BE
CROWNED THE COOLEST
DUDE AROUND.



SHOP THE GAP KIDS COLLECTION AT VILLAGGIO AND LANDMARK MALLS.

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



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.



Kendra Wilkinson



Nicole Polizzi



Kim Kardashian



Paris Hilton



Paris Jackson



Fergie



Amber Heard

BEAUTY AND WELLNESS

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



MARC JACOBS BEAUTY

Upgrade your makeup bag thanks to the latest cosmetic line by the iconic American fashion designer. Marc Jacobs Beauty debuted last month with 120 products exclusively sold at Sephora. Push the boundaries and create your new summery looks thanks to these daring shades and exquisite textures.

Check them all out at Sephora Qatar in Villaggio Mall.





Tropical Scent
Sol Da Bahia,
Lancaster

This limited edition suncare collection is one of your best bet this summer! It captures the scent of summer in Brazil with citrus, coconut, and musk notes, all of which are incredibly fresh.



Lip Balm Crayon
Clarins

Ready, set and swipe! This lip balm glides easily on the lips giving you a hint of colour and keeps your pout supple. Define your best feature with this portable 'wand'.



Bright Nails & Lips!

High Shine Nail Lacquer, Marc Jacobs
Lipstick Lovemarc, Marc Jacobs

Complete your look with the latest Marc Jacobs cosmetics. Dare to put orange on your nails and lips and watch the crowd get smitten. The nail lacquer is chip resistant and delivers a vivid rich colour while the matte lip gel is seductively addicting. It has Kokum butter that replenishes and moisturizes your lips. Don't get out of your door without this duo!



BEAUTY BOX



COMPILED BY MARLYNNE MALLARI - DELA PENA

This month is all about tangerine-inspired shades! Orange gives a sense of freshness and a twist of fun. ABODE showers you with a positive vibe with these 'orangey' products.

Radiant You!
Shimmer Oil, Clarins

This shimmer oil illuminates, nourishes and scents your face and body. Looking healthy, luminous and smelling fresh is all you need to welcome summer. Put on your bathing suit, swim under the sun and enjoy this vibrant season!



Perfect Tan
Sun Beauty Velvet
Tanning Milk,
Lancaster

Lancaster developed a water resistant tanning lotion to give you an even and radiant tan. Combat the sun's rays with Lancaster's tanning milk that combines UVA/UVB shield with new Infrared Technology which will protect your skin from sun damage. Head out to the pool ladies.



Paint It Orange
Rimmel

Got 60 seconds? What if there's a nail polish out there that can dry immediately, will you change your nail colour to match your outfit every day? If that is a yes, Rimmel formulated these fantastic shades so you and your girlfriends will enjoy the perfect manicured hands, and that is all in less than a minute.



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



THAI THERMO-THERAPY

Is your entire body 'screaming' at you to get pampered? Whether you admit it or not you need 'me' time once in a while. After those long hours on the computer and sweating at the gym it's time to head out at the spa. Where to go? You may ask.

ABODE tried Thai herbal ball massage at Lady Siam Massage and Spa, an authentic Thai massage venue in Doha. This is a combination of classic Thai massage and thermo-therapy. What to expect during the treatment: at first the therapist will hand you clothes to change into, which is quite comfortable. Then you'll be asked to lie down so she can start the massage from toes upward. The herbal massage combines thermo-therapy and compression to ease muscle pain. The rolling of the ball on the skin triggers isolated muscle groups. The heat helps promote muscle relaxation.

The aroma calms your mind. And finally, after more than 90 minutes of treatment, your skin looks smoother and is also glowing - definitely a bonus!

For more information
Lady Siam Massage & Spa 4435 4115
Siam Herbal Heat Massage 250 QR

THE RICHNESS OF RODIAL

Looking for a facial treatment that targets age spots, reduces the appearance of fine lines and clarifies and absorbs impurities with immediate results? Look no further, and book yourself a Rodial Facial treatment at Remède Spa at the St. Regis.

The 14 step treatment is a relaxing journey towards facial de-stress! After a one and one consultation and skin analysis with your therapist you will begin your treatment using Rodial's dragon's blood cleansing water to cleanse around the eye area. Next the fragrant GLAMTOX cleansing balm is gently massaged preparing your skin for exfoliation using the 5 minute facial/GLAMTOX peel. Whilst the product does its magic, your therapist concentrates on your lips for a lip plumping routine which is a combination of moderate squeezing and tender tapping of the area using the glam balm MULTI. A third cleanse takes place with the GLAMTOX cleansing balm which is then followed by an aromatic and refreshing application of the dragon's blood cleansing water. A soft handed sequence of circular massage then takes place with the GLAMTOX facial oil. You are then set for your mask made up of the WHITE brightening mask/glam balm MULTI. As you await the removal of the mask you will enjoy a generous hand and arm massage using the glam balm HAND. After the removal of the mask you are ready for your grand finale! You will begin to feel your skin far more relaxed and supple to the touch where your therapist will finally hydrate your skin with the dragon's blood hydraulic tonic, serum, GLAMTOX eye SPF15, GLAMTOX day SPF15 moisturizer and glam LIP.

To find out more about the Remède Spa at The St. Regis Doha, contact 4446 0300 or email remedespa.doha@stregis.com.



BEAUTY Q&A

PROFILE PHOTOS BY JESSIE PALANCA

This month we caught up with one of the leading makeup artists in town: Francesca Estefani from Collistar at Merch. She shared with us few key tips on how to achieve flawless beauty look this summer. Take notes ladies!



Q. Is cream eye shadow better than powdered ones?

A. There are different types of eye shadows in cream and in powder. They present different texture and finish, but in general it depends on the skin type. Powder eyeshadows are for normal to oily lids, and cream is usually for normal to dry eye lids. If you have oily lids and use cream, it's easy to get creased eyeshadow.



Q: How can I achieve a healthy-radiant look?

A: I advise my clients to try the following products if you want to create an everyday fresh look: A **BB cream**, light foundation or tinted sunscreen to hide imperfections. A **cream-based concealer** to hide dark circles. A **powder** to fix the foundation or makeup and to create a matte finish, especially if you have oily skin. A **blush**, pink or apricot to emphasize the natural colour of the cheeks. A **lipstick** or a **gloss** for plumped lips. **Mascara** to highlight your eyes.

Q. I want to look bronzed and glowing this summer, how can I achieve that while handling the heat?

A. **USE TINTED MOISTURIZERS OR BRONZERS**

To achieve a naturally fresh and glowing look this summer, skip heavy products like foundation and concealer. Instead, clean and moisturize your face, apply tinted moisturizer and a bronzer or highlighter to your skin and you will achieve the natural look you are looking for.

USE SELF-TANNING LOTIONS OR SPRAYS

Select a product that will build colour over time, and start with a thin layer to achieve a natural faux glow. Keep your skin hydrated so that the product smooths on evenly. Apply a light layer every few days until you reach your desired tone. Maintain the glow by adding a new layer of product after you notice the colour has faded when viewed in natural sunlight. Apply too soon and you could end up orange.

LIGHTEN YOUR MAKEUP COLOURS

Choose lighter colour palettes for your eyeshadows, lipstick and blush by simply making the following minor tweaks: if you prefer rich reds or bright fuchsias for your lips, try those same colours in a gloss. Play with softer colours on your eyes, but consider trying summery shades of blue, orange and yellow. Finally, swap out your powdered blush for a cream in a soft pink.



How to Do Your Makeup Flawlessly:

Start with clean and moisturised skin.

MOISTURISER: Apply a moisturiser. Pick a moisturiser that fits with your skin type:

Dry/sensitive skin; choose a thicker cream/ointment that locks moisture in.

Normal skin; choose cream moisturisers that are hydrating.

Oily/young skin; choose a water-based lotion.

FOUNDATION: Apply the foundation of your choice delicately using fingertips, a makeup sponge or a flat makeup brush with synthetic bristles.

CONCEALER: Apply your concealer to any imperfections or redness on your skin, use a small brush to dab it on and your fingers to blend it in. Conceal any dark circles under your eye by applying the concealer in a triangle shape. Blend the outer corners of the triangle with your fingers. Don't forget to conceal the inner corners of your eyes as they are generally darker than the rest of your eyes.

POWDER: is essential for creating a matte, velvety finish and an even base, and for fixing makeup in place. There are various different types: compact or loose powder, coloured, or transparent. Apply using a powder puff or a soft bristle makeup brush to your entire face and décolleté area.

BLUSH: blush is considered one of the key cosmetics for a beautiful face. Blush is often chosen in combination with your lipstick shade and it always needs to be properly blended in according to your cheek bones and bone structure. It's a great product for balancing out facial features and face shape; waking up the complexion and creating a natural glow; emphasising the natural pink in your cheeks.

MASCARA: if you've got a special occasion lined up and want stunning doe eyes, then fake lashes are the answer! Glam up your makeup and create deep, seductive look.

EYELINER: eyeliner is great for really emphasising your eyes and volumising the lashline. There are a lot of different types, including liquid, creams, and felt-tip pens etc. All you need do is go over the line and extend it outwards slightly. You can blend with a small make-up brush for a softer look or leave a clean, sharp line for a bolder feel.



FRANCESCA ESTEFANI, COLLISTAR INTERNATIONAL MAKEUP ARTIST SHARES HER TRADEMARK MAKE-UP TRICKS:

- Draw a thin line if you have small, deep-set eyes and a thicker line if you have large eyes.
- If your eyes are close-set, make sure you stop the line half way.
- If your eyes are quite far apart then you can extend the line right along to the inner corner of the eye.
- Lipstick makes lips look fuller and more intense. Whatever the finish, lipstick should be applied using a small flat make-up brush (preferably with synthetic bristles) if you want a really flawless result.
- Use the makeup brush to remove colour directly from the lipstick and apply to lips, making sure you don't go over the edge of your lip line. To remove any excess and fix lipstick in place, pat lips with a tissue and reapply lipstick if you wish.



IF YOU HAVE A
BEAUTY WOE,
LET US KNOW!
Send your queries to
questions@abodeqatar.com

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

THE BRIMMING BEAUTIES!

STYLIST FRANCESCA MOSER

COMPILED BY MARLYNNE MALLARI - DELA PENA

PHOTOGRAPHY JESSIE PALANCA

LOCATION B/ATTITUDE DOHA AT BEVERLY HILLS TOWER, WESTBAY

HAIRSTYLIST ANCI HANA HORVAT

MAKEUP ARTIST IVA VICEVIC

Simple and classic style defines our two ladies this month. Having a busy lifestyle and family to care for, the words chic and glamorous aren't on top of their list. What happens when Paola and Divya step up and give in to the latest trends for a few hours, allowing themselves to be subjected to the hands of competent beauty experts at B/Attitude spa? We are proud to say they become classically fabulous!

Paola Santin

In addition to being a mom and wife, Paola is a graphic designer. Managing time between her job and family is doable but having time to put on makeup is a 'battle'. She wants to put this 'battle' to end and sought ABODE for a win-win look that is out of her usual style. The results are simply stunning!

Anci Hana Horvat revealed the hair techniques to achieve Paola's edgy look:

Paola's haircut is easy to maintain and it can be worn in many styles, from very elegant to very edgy, depending on her mood and the occasion. She also has a natural colour so she just needs to add shine. For you to achieve this look purchase a mask, apply it on your hair, style then blow dry for a minute or two and you are good to go.

Iva Vicevic shares her makeup tricks to do a simple summer makeup:

Iva first used a MAC Prep+Prime Skin product to get this flawless looking, velvety skin and a little bit of concealer tapped with fingers under the eyes. Next came the mineral powder by Stefania d'Alessandro. This is the best combination to prevent your makeup from melting, while allowing it to look fresh. Iva accentuated the eyes with an eyeliner and Armani mascara. Then she applied pink blush to give the skin a natural, subtle flush. Lips were accentuated very lightly with a lip pencil and a gloss.

Before

After



Outfit head-to-toe by Massimo Dutti

Dress by
S-Dress. Heels
and necklace by
Massimo Dutti





Outfit head-to-toe by Massimo Dutti

DIVYA ORUGANTI

Client Servicing Manager

With all the PRs she's handling and her rushing life out of office meetings, it's obvious that Divya is quite busy. It's challenging to doll up in the mornings. She had decided to stop this routine and allowed herself to be put in the able hands of B/Attitude beauty specialists!

Iva's tips for summer:

Use skin-friendly makeup. Make sure that the makeup you use is of good quality to avoid skin breakouts. Make it a habit to apply moisturizer before going to bed for a healthy look the next morning. Use BB creams, tinted moisturizers and primers to get that velvety look during the day.

Anci's tips for summer:

Whether you have volume, curls or straight hair, humidity makes styling difficult. For curly hair: you should dry it naturally, avoid constant brushing, have a layered cut and use silicone-free serums on the hair tips. For straight hair: wash it regularly to avoid oil build-up, use a conditioner to assist in giving your hair all the moisture it needs, and use a hairspray as a shield to moisture. Leonor Greyl products exclusively available at B/ATTITUDE can help with any hair issues you might be facing.

Dress by S-Dress.



DISCOVER THE FABULOUS S-DRESS!

Accentuate your silhouette in all the right places thanks to the S-dress or "Shape" dress, available exclusively at B/Attitude. The S dress is manufactured with state-of-the-art technology in order to create a visually slimming effect with seamless fitting. The fabric slips around the body like lingerie and its "elasthane" material allows the skin to breathe freely. With its smart design and classic, elegant shapes, the dress is a hit among Hollywood celebrities, such as Charlotte Olympia, Victoria Fernandez and Miroslava Duma.

The S dress is ideal for travelling, as it occupies a minimum amount of space and no ironing is required!

Prices start from 1,300 QR or get one free if you join a two week or a four week weight loss program at B/ATTITUDE Doha. For more information call 4412 2046.

"The icing on the cake was the warm & friendly ABODE team, professional & efficient B-Attitude staff, and extremely enjoyable atmosphere, which gave me a super glamorous look and made me feel as if I was on cloud nine."

Leaner, Thinner Legs

TRAINER DIANA VRABIE

PHOTOGRAPHY JESSIE PALANCA

LOCATION FOUR SEASONS HOTEL DOHA

MODEL REBECCA THOMAS

In order to parade lean and long legs this summer, spare 10-15 minutes a day to follow this easy routine, which will guarantee you toned new legs. Simply follow these easy steps!

REVERSE LUNGE WITH OVERHEAD PRESS

This particular exercise tones glutes and thighs, and improves balance and stability. It tightens your core muscles and increases shoulder strength.



BEGINNER

- Stand with straight legs, feet shoulder width apart, hands on hips.
- Take a long step back with your right leg, fixing your position.
- Raise your arms laterally until shoulder level, maintain for two seconds, then put your hands back on your hips.
- Return to initial position; repeat with the left leg; complete two sets of 20 reps (10 on each leg).

Step Two



INTERMEDIATE

- Stand with straight legs, feet shoulder width apart, holding a weight ball at chest level.
- Take a long step back with your right leg, fixing your position.
- As you step back, raise the ball above your head (overhead press).
- Return to initial position; repeat with the left leg; complete two sets of 20 reps (10 on each leg).



Step Three

ADVANCED

- Stand with straight legs, feet shoulder width apart, holding a weight ball at chest level.
- Take a long step back with your right leg, fixing your position.
- As you step back, raise the ball above your head (overhead press). Before returning to initial position, do a straight leg side kick with your right leg; repeat with the left leg; complete two sets of 20 reps (10 on each leg)



FOR MORE INFORMATION

CONTACT
Four Seasons
4494 8802

IS YOUR BODY MAKING YOU FAT?

BY CHRISTELLE ABI RACHED

Wouldn't it be completely out of the blue if I tell you that a teeny-weeny bacteria living in your gut might be the reason behind your struggle with flab? Once upon a time, scientists believed that gaining weight resulted from a simple energy imbalance between food intake and calorie expenditure, with a bit of a genetic contribution modulating the scenario. It is not until recently that researchers started to reveal an unexpected contributor at play: your own microbiota.

A COMMUNITY WITHIN!

Gut microbiota (flora) consists of the 100 trillion microorganisms that reside in the guts. Compare that with the 10 trillion cells that compose our body; and we are actually more bacteria than cells.

Contrary to the common pejorative connotation of the word "bacteria", some microorganisms may actually yield benefits to their hosts. Try thinking of your intestines as a battlefield for bacteria of two clans: the "good" bacteria, mainly Bacteroidetes, and the "bad" ones, mainly Firmicutes. We host them both; but what differs from one individual to another is the dominance of each clan.



FIRMICUTES: THE CURSE OF THE OBESE

Obese and lean people have different gut microbiota: obese people have 50% fewer bacteroidetes and consequently more firmicutes than their lean counterparts.

However, after diet therapy, the bacteroidetes number increased while firmicutes decreased... Another fact to help prove that obesity might be bacterially mediated!

CAN THE COMPOSITION OF MICROBIOTA BE CHANGED?

Although studies show that the microbial community is inherited from mothers and established within the first year of life, evidence suggests that transient changes can occur: gut microbiota are shaped by our nutrition and good eating habits surely crafts a propitious terrain within.

So, bright news: you can still favour the growth of good fellows in your gut by:

- Opting for a high fibre diet which nourishes beneficial germs. Include a good deal of fresh fruits and vegetables and whole grains in your daily plate.
- Avoid high fat and high sugar diets; which create the perfect growing space for the nasty bugs
- Increase your intake of foods containing pro-biotics (beneficial live microorganisms) and pre-biotics ("fertilizers" of the beneficial microbes) such as yogurt, sauerkraut, and soy products.

Although these findings are promising, further studies are needed to better understand the relationship between gut microbiota and obesity. It's still too early for the "I have bad bacteria in my colon" excuse! For now, still no substitutes for proper diet, exercise and a healthy lifestyle!



WHAT "GOOD" BACTERIA DO:

- Breakdown dietary toxins, drugs and carcinogens.
- Synthesize vitamins especially vitamin K and biotin
- Prevent allergy and irritable bowel disease
- Assist in the absorption of certain electrolytes and trace minerals.
- Maintain normal gastrointestinal and immune function.
- Protect against colonization of the intestine by pathogenic bacteria.



WHAT "BAD" BACTERIA DO:

- Facilitate the extraction of calories from ingested food. In other terms, they maximize the energy value of what you're eating. For example, if a person A and a person B eat each a bowl of cereal and A's bacteria are better than B's bacteria at breaking it down, A will get 95 calories, while B will only get 70, and the rest will pass through. A is the one who's going to gain weight.
- Ferment foods that are normally ingested by the gastrointestinal into absorbable forms, which means retaining them as calories.
- Store those calories as fat in the body.
- Modulate gene expression in a way to increase fat synthesis





Middle East Respiratory Syndrome (MERS-CoV)

Everything you need to know about the Middle East Respiratory Syndrome (MERS) developed by your Bupa Arabia medical team.



Q. What is the most important preventive measure that can be adopted to protect against the corona virus infection?

- Wash your hands often with soap and water for 20- 30 seconds, and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer. Don't forget to interlace the fingers and wash under the nails
- Don't forget to wash your hands before and after handling or preparing foods, and when dealing with patients or their personal tools.
- Cover your nose and mouth with a tissue when you cough or sneeze then throw the tissue in the trash.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact, such as kissing, sharing cups, or sharing eating utensils, with sick people.

Q. What should I do if I have a fever only?

- A. If you have a fever/ temperature of 38 degree and above but no other symptoms
- Do not go to work or school
 - Take simple antipyretics like Panadol and Solpadine regularly every 8 hours for 24 hours.
 - You can also use cold sponging to lower your temperature.
 - Recheck your temperature every 6 hours.
 - If you are still suffering from fever after 24 hours go to your hospital or doctor at once.

Q. What if I have fever and other symptoms?

- A. If you are suffering from fever and other symptoms
- Do not go to work or school.
 - Take simple antipyretics like panadol and Solpadine regularly every 8 hours for 24 hours.
 - If you have fever + any Cough and / or Shortness of breathing, Diarrhea or vomiting. Then go to your doctor or hospital.



Q. What should I do if I am in contact with a family or household member returning from the hospital that is being investigated for Corona ?

- A. People living with any patient under investigation until the results of the investigations are out
- Should not go to work or school
 - The patient under investigation should be home isolated in a properly aerated room.
 - It is preferable to use disposable utensils for the patient.
 - All the personal belongings, laundry of the patient should be handled and segregated separately. When the patient results are negative then all the restrictions are removed. If the results of the patient is positive all close contacts of the patient should report to the hospital to get tested.



Q. Should I send my children to school or keep them at home?

- A. Unless instructed by government officials to stay at home then all children should go to school as usual.
- However certain precautions need to be taken
- All children should be made aware of the possible mode of transmission such as sneezing and coughing and therefore should be taught of hand and personal hygiene.
 - The presence of any child showing signs of sickness such as fever, coughing and sneezing should be reported to the head teacher/ school administration and to parents.

Q. What if one of my children develops fever?

- A. If a child is suffering from fever then
- Should not go school
 - All of his sibling should also stay from school.
 - Give the child simple antipyretics like Paracetamol or Ibuprofen regularly every 8 hours for 24 hours.
 - Isolate in a well aerated room, segregate personal utensils and belongings.
 - You can also use cold sponging to lower his/her temperature.
 - Recheck temperature again after 24 hours if still high take to hospital or doctor.
 - If fever is associated with shortness of breathing, coughing or diarrhea or vomiting to hospital or doctor.



Q. Can I go for Ummah?

A. It is advisable at the moment to minimize visits or presence in a crowded place in order to reduce risk of transmission and infections. It is also advisable to stay away from hospitals and clinics unless necessary.



Q. If there is pregnancy, is there any special advice?

- A. Common advice of hand washing, personal hygiene should be in use
- It is also advisable to stay away from sick people
 - Limit visit to hospital unless necessary.
 - Limit any unnecessary visits to crowded places such as markets or Ummah.

Q: What are the symptoms of MERS?

- 1 Patients may be asymptomatic
- 2 May present with flu like illness only.
- 3 Some patients may also present with associated GIT symptoms like diarrhea and vomiting.
- 4 Some patients may develop pneumonia that can either be mild or moderate manifested with fever, cough and shortness of breathing which may or may not require admission or may present with a severe form of pneumonia manifested with fever, cough, chest pain, severe shortness of breathing and low oxygen saturation when checked at the hospital and would usually require ICU admission.



Q. Does MERS-CoV spread from person to person?

A. MERS-CoV has been shown to spread between people who are in close contact. Transmission from infected patients to healthcare personnel has also been observed.



Q. Is there a lab test?

A. Lab tests (polymerase chain reaction or PCR) for MERS-CoV is available in the central laboratories. Otherwise, MERS-CoV tests are not routinely available.



Q. Is there a vaccine?

A. As of this moment no, but lots of medical organisations are discussing with partners the possibility of developing one.

NO



Q. What are the treatments?

A. There are no specific treatments recommended for illnesses caused by MERS-CoV. Medical care is supportive and to help relieve symptoms.



CALL BUPA MEDICAL HELPLINE on 800 440-40-40

This is a public service message from Bupa Arabia, compiled from various sources including text books, Ministry of Health and internet sources.

For further information, please consult your physician or call the help lines mentioned above.

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DESIGN**

An Associate of Ahmed Hassan Bilal Group

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HOME DÉCOR

Decorating ideas-shopping-
interior designers' tips

OUTDOOR GATHERINGS!

Garden parties are on our agenda this month. Plan some cute lunch dates, fun BBQs and much more to celebrate the arrival of summer. We show you how to decorate your garden and patios whatever the occasion.



Home News

Home trends and interior decor news in and out of Doha



Boconcept Opens In Lagoona Mall

Boconcept, the Danish furniture brand has opened its new store in Lagoona Mall last month. The BoConcept theory relies on having all the respect for their customers and on top of boasting great-looking design, the boutique features a great atmosphere in all its stores. There are today over 270 BoConcept Brand Stores in more than 60 countries. The first one opened in Paris in 1993, followed by Tokyo, Shanghai, London, Copenhagen, New York, Berlin, Athens, Dubai and Qatar. Check this new outstanding boutique out and update your home décor!



Katharine Pooley's Doha Boutique Celebrates First Year Anniversary

The Gate Mall in vibrant West Bay celebrated the one-year anniversary of the first international franchise of the Katharine Pooley boutique. The flagship store has undergone a complete redecoration, introducing exciting new brand partnerships and a colour scheme reflective of the year's most coveted trends, including a unique election from the Thai design team, Lotus Arts De Vivre. Katharine Pooley commented: "Having been in Doha for a year now it is lovely to understand more the Qatari's taste. The team and I have now incorporated more colour with a diversified twist of classical and contemporary to find a mutual taste for all clients."



UDC Sponsor of Cityscape Qatar 2014

United Development Company (UDC) will participate as Foundation Sponsor in Cityscape Qatar 2014, which will take place from June 2 to 4, 2014 at the Qatar National Convention Centre.

During the event UDC will once again showcase The Pearl-Qatar and highlight its position on the investment map regionally and internationally. The Island's investment value, attractive designs and environmentally-friendly qualities rarely found in similar projects in the Arab region, are constantly attracting interest from big investors from the region and other parts of the world. "Having participated in Cityscape for many years, we are looking forward to this year's Cityscape in Qatar," Badr Al Mir, UDC's Acting Chief Executive Officer said. "Cityscape Qatar is the perfect platform for us to connect with the visitors and potential investors by sharing with them The Pearl-Qatar story and its unique offerings and services."

Experience GROHE Rainshower

Add some fun to your everyday's showers with the GROHE Rainshower WaterColours and NaturalColours Collections. They are the perfect choice for injecting a splash of colour into your bathroom decor. The latter comes in a carefully selected palette of six natural colours inspired by rocks and earth. Whichever shower you choose, it will add undeniable impact to the style of your bathroom. Also check out the latest addition to the family: the GROHE Rainshower Flower Collection, featuring a showerhead surrounded by a petal-shaped bumper, creating six attractive colour combinations for a fresh, florally inspired look.





Ahmed Hassan Bilal

Trading & Contracting Co. WLL

Properties Listing
June 2014



Serdal Tower

3 bedroom apartments,
fully furnished for rent

Location:

West Bay, Doha

Amenities:

Swimming pool, gym, Spa, Jacuzzi,
parking, Barber Shop, Massage Room
and Ladies Hair Salon.

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

get the look



Decorative plate, THE One

Decorative box, THE One



Bowl, THE One



Cutlery, House of Fraser



House of Fraser



Lamp, THE One



Bowl, THE One

OPULENT GOLD

The Ramadan festive season is at the door. Get your home ready for this important celebration with these luxurious accessories.



Table, House of Fraser



Tray, THE One



Decorative vase, Debenhams



Chair, THE One

GARDEN PARTY

Make the most of your outdoor areas by organising evening BBQs and picnics at sundown with family and friends.



Lantern, THE One



Serving spoon, THE One



Juguet, Zara Home



Zara Home



Swinging chair, THE One



Wooden bowl, THE One



Glass, Zara Home



Candle, Home Centre



Lantern, THE One



Candle, THE One

Wooden tray, THE One



Garden Chair, House of Fraser



Plant, THE One

6 EASY WAYS TO BRING SUMMER INDOORS

BY SUZY CACIC, BETTERDECORATINGBIBLE.COM PHOTOS BY: ERIC PIASECKI, SIMON WATSON, SCOTT FRANCES, AND PETER MEALIN

Temperatures are beginning to rise, flowers are blooming, and a magical, uplifting energy seems to be in the air. The summer season is the perfect time to soak up the sun's warm rays, and an even better time to re-decorate your home according to the season. Once the sun sets and its time to go indoors, it doesn't mean you should stop enjoying the beautiful colors and blooms of the season. Get inspired by the great outdoors and bring this beauty inside with some of our 7 easy nature-inspired décor ideas.



1 PAINT A NATURE-INSPIRED WALL MURAL

Bring the beauty of nature into your home with a hand-painted wall mural. From the jungle, to the desert, and from the garden to the sky, wall mural themes are unlimited and provide a lovely outlook on nature without the need of having a fabulous view. You can easily trace a floral design onto your wall and fill it in with colorful paints to instantly bring a bare wall to life. You can also paint your ceiling in a lovely sky blue and sponge dab it with white paint for clouds to mimic the look of a sky right above your room!



2 USE NATURAL FIBERS, TEXTURES, AND PATTERNS

Instead of using sleek, industrial style furniture, become inspired by rustic materials straight from the outdoors. Wicker, Hemp, and Rattan are all inspired by natural materials and bring a relaxing, calming vibe to your home. Consider purchasing a few rattan chairs for your living room and tossing on some plush pillows in Middle Eastern style prints. You can even swap your synthetic rug for a natural sisal rug to make your space even more authentic with natural flooring.



3



4

MIMIC A GARDEN PARTY THEME

Bring a laid-back elegant garden setting to your dining room with garden-inspired centerpieces, decorations, lighting, and fabrics. There is nothing more relaxing than having the feeling of being in an exotic, luscious, backyard garden and eating sweet bite-sized treats and sipping cool lemonade. This dining room says it all with striped green wall coverings, a drooping pastel pink tablecloth, shabby chic furniture, and a lovely posh pink bouquet centerpiece.



ROLL OUT PRINTS FROM THE JUNGLE

Show off your wild side and roll out a nice animal print rug like this exotic zebra hide and leopard print stair runner. Animal prints are extremely versatile and can be blended with any type of decorating style, as long as they are used in moderation. Remember that a small hint of animal print makes a huge statement and can go a long way. Keep the rest of your patterns to a minimal and let this exotic eye-catching piece shine.

5

CREATE A FRUIT CENTREPIECE Making your own centerpiece is a fast and easy way to bring style to your dining table, coffee table, or any place in your home needing a little accessory and oomph! Making a centerpiece from exotic fruits is simple – take a pretty large bowl and load it up with pineapples, tangerines, or any colourful fruits you may be craving. You can also fill up tall glass vases with your favourite fruits for a dash of summer colour.



6

DECORATE WITH COLOURS OF THE SEASON

Use colours that are inspired by the spring and summer outdoors like green, yellow, violet, white, pink and blue. Green reminds of us grass, plants, and the earth and blue is a refreshing colour like the water and the sky. Using pops of lavender and yellow hues mimics the tiny flowers that begin to pop up during this time of year. Consider using these colours for a new wall colour, window coverings, bedding, cushions, and even tableware.

MÖVENPICK TOWER & SUITES DOHA COMPLETES RENOVATION & EXPANSION

BY MÖVENPICK PHOTOGRAPHY JESSIE PALANCA

Mövenpick Tower & Suites Doha is pleased to announce that it has completed the expansion and renovation of its rooms, lobby area and lounge, giving the hotel a new modern look and contemporary feel.

The recent Mövenpick Tower & Suites Doha renovation comes on the heels of the room refurbishment that was completed last year, enabling the hotel to keep up with the high demand and requests of guests and clients. It was a necessary step taken by the owning company and the hotel to satisfy the needs of the guests and to continue positioning the property as a top business hotel in Qatar.

The facilities of the entire ground floor have been redesigned and expanded, where the lobby is now double the size it was before, allowing for more seating areas and a comfortable modernly designed waiting area for guests and visitors.

Collaborating with an international/Italian design company and consultant, the entire ground floor was transformed into a chic and contemporary area, with vibrant and energetic colours that greet the guests as soon as they enter. Along with the changes also comes new furniture, fixings and accessories, as well as two newly

constructed concierge and reception desks.

Mövenpick Tower & Suites Doha's outlets were also renovated, including the hotel's café, which is now completely refurbished with a new décor and style, an outdoor seating area, a new menu and a dedicated cigar area. Whether you're in the mood for a delicious cocktail, a cigar or a coffee, the new Lime Tree Lobby Lounge has it all.

The idea behind the concept was to expand the lobby and ground floor area to accommodate the number of guests and upgrade the facilities to their liking and standards, and to also give the area a twist of contemporary and colourful design.

Standout features in the lobby include the designs of the reception and concierge desk, as well as the chandeliers and trendy chairs by the elevator. These ideas and





features set the overall theme and tone of the ground floor, reinforcing the hotel's vision and commitment to upgrading its facilities and offerings to its guests.

"We are excited to present our transformation," commented Ghada Sadek, General Manager. "Our state-of-the-art services and amenities combined with the new look and feel of the hotel are exactly what our guests need and expect from our five-star property. Our entire strategy was created to satisfy our guests and improve our facilities to increase our business and attract guests from all over the world."

Guests have already commented on the new and improved look and feel of the lobby and were impressed by the changes implemented during the renovation. The hotel is all encompassing and suits the needs of families, business travellers, VIPs and with the opening of the new Lime Tree Lobby Lounge will also attract the younger generation.

This completed project will be followed by a new renovation plan for the hotel's all-day dining restaurant on the first floor and Bay View 26 Wellness Centre, all as part of Mövenpick Tower & Suites Doha's strategy to continue upgrading its facilities for the satisfaction of its guests. The entire concept of the restaurant will be changed, and will be offering more than its current international

buffet. Look out for some surprises and plans from the hotel that also include theme nights, special areas and more. The second phase of the renovation will also include the spa, gym and pool, which will witness an entire overhaul of the 26th floor, in keeping with the strategy to stay updated and cater to guests in the best way possible.

Strategically located in the bustling West Bay area, Mövenpick Tower & Suites Doha, which

also manages Katara Hall in the Cultural Village, offers 347 delightfully furnished rooms, perfect for both short and long term guests. The hotel is in close proximity to Doha landmarks including City Centre Mall, Katara Cultural Village, The Pearl, Souq Waqif, the Museum of Islamic Art and many more.

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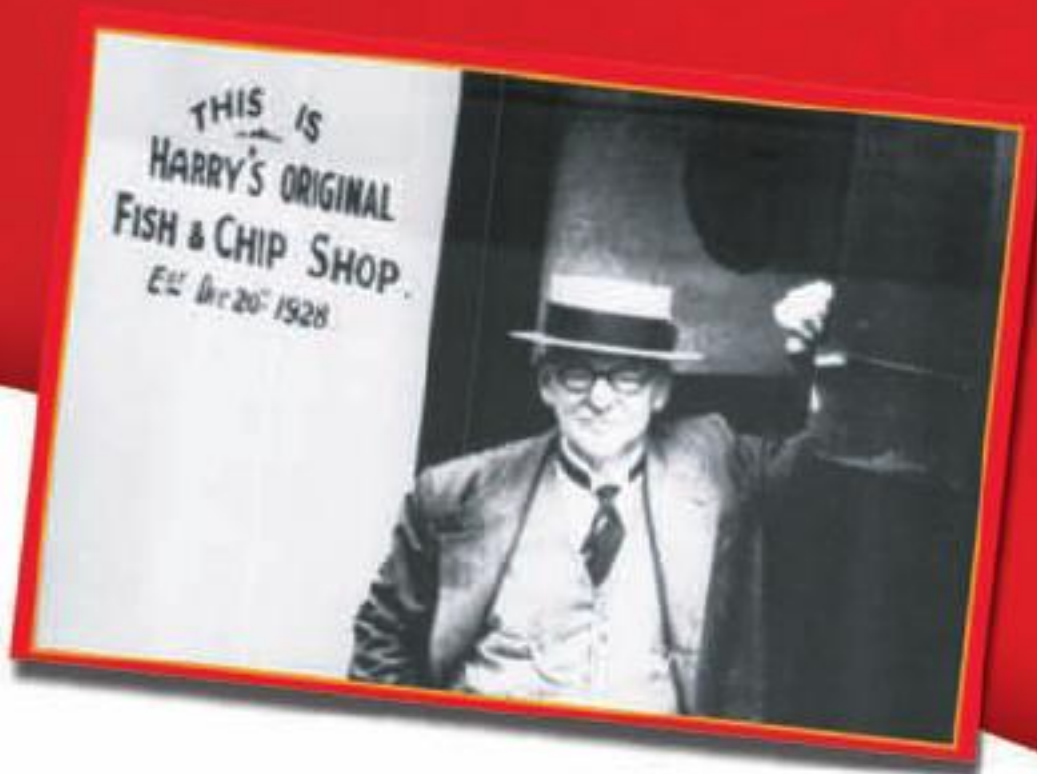
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We are pleased to announce that the first international branch of the iconic British fish & chip shop chain **Harry Ramsden's** will initially open in the Pearl's retail district Madina Centrale.

Please watch this space for further updates regarding the launch event and opening schedule.



COMING
SOON

FOOD & ENTERTAINMENT



Recipes, healthy tips and new restaurant openings

ENJOY A SPECTACULAR THAI FEAST!

Experience the authentic Thai flavours at the BANGKOK'S CHATUCHAK MARKET BRUNCH at the award winning Isaan restaurant at Grand Hyatt Doha.

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For more information and bookings call 4448 1234.

Food *News*

The latest updates on the culinary scene!



IDAM wins the Time Out Doha Restaurant grand prize Awards

IDAM, Doha's Alain Ducasse Restaurant, was honored last month with the grand prize in the Overall Best Restaurant category at the 2014 Time Out Doha Restaurant Awards held at the Grand Hyatt Doha. IDAM Executive Chef Frederic Larquemin commented: "We would like to thank those who nominated us, our staff and our clients. At IDAM we aim to create a memorable moment for each of our guests and tonight is one we will never forget." On the same night IDAM also won the Best Mediterranean category.



Prince of Persia Opens at The Pearl

Prince of Persia, an authentic Iranian restaurant, was officially opened on 23rd April by His Excellency Sheikh Abdullah bin Nasser Al Thani. The event was attended by the CEO, members of the board, NAS invitees, and the media. Samir Moharrm, NAS Food General Manager, said: "We have done our best to deliver a restaurant that boasts the traditional Iranian décor and ambience, whilst also providing the classic, flavorsome Persian dishes, we hope that we gain the admiration of all citizens and residents in Qatar. I would like to thank His Excellency Sheikh Abdullah and all the members of the Board of Directors who have given their continuous support enabling us to succeed. The opening of such a significant and unique restaurant is a tribute to the vision and drive of our Shareholders."

Grand Hyatt Doha Hosts Swiss Gastronomic Week

Last May Grand Hyatt's General Manager Christoph K. Franzen hosted their acclaimed Gastronomic Swiss Week in partnership with Qatar Airways. Guests were welcomed at The Grill, where the best of Swiss culture was displayed, from live folk Swiss music to the tastiest fondue, raclette and rösti prepared by Chef Heinz Ruifbach, who flew in specially for this initiative courtesy of Qatar Airways.





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Please Join Us!

AHB Group invites all members of Qatar's hospitality industry for an exclusive introduction to some of Germany's best breads and pastries. With its rich culinary history, Bavarian baked goods have long stood the test of time as a warm, comforting staple to meals across Europe.

Now for the first time in the Middle East, the **German Bakery Company** has partnered with Qatar-based **AHB Group** to deliver the same quality products to consumers and outlets across Doha. It is our pleasure to invite all General Managers, Chefs and Food & Beverage managers to a market testing function at The W Doha. Here they will have the chance to experience the freshness, taste and warmth of our products first-hand, learn about our distribution plan for Qatar and become a part of our extensive supplier base.

Location: W Hotel
Mezzanine Floor

Date: Monday 16th June

Time: 7pm till 8.30pm



CHEF BARAN YUCEL VS AVOCADO

FEATURE COORDINATED BY MARLYNNE MALLARI - DELA PENA

PHOTOGRAPHY JESSIE PALANCA

LOCATION SUKAR PASHA

Avocado, aka 'alligator pear', is native to Mexico and Central America. It is used in many dishes such as salads, smoothies and even soups. Have you ever wondered why avocado is only known as guacamole? Bother yourself no more, ABODE challenged Sukar Pasha's head chef, Baran Yucel, who recently won three gold medals and one bronze in a UK chef competition, to give a 'new shape' to this botanical fruit. Clean your kitchen, ready your knives and create these three masterpieces!



AVOCADO'S HEALTH BENEFITS:

- Avocado has carotenoids like beta-carotene and lutein that act as antioxidants.
- It has anti-inflammatory benefits for problems involving arthritis.
- According to research avocado supports cardiovascular health because it provides vitamin B-6 and folic acid.



Avocado Terrine with Lobster Ingredients:

- 2 Avocado 4 pieces (diced and sliced finely)
- Lobster 1 whole
- Tomato 1 piece (peeled and julienne)
- Lemon juice 3 tbs
- Orange juice 3 tbs
- Salt
- White pepper powder 1 tsp
- Fresh Basil 1 cup
- Fresh rocket 1 cup
- Fresh coriander 1 cup
- Thickening agent Agar agar 2 tsp diluted with 3 tbs water.
- Sauce:** • Red capsicum 1 pc
- Butter 1 tbsp
- Salt
- White pepper powder

Procedure:

- Avocado puree:
Mix fresh ingredients and 3 pieces avocado into blender, blend until it becomes pure and smooth. Slowly add lemon and orange juice, then salt to taste. Add thickening agent (agar agar) and mix with diced avocado and diced tomato.
- Charcoal red capsicum and remove the skin. Add butter, salt and white pepper. Blend well.
- Clean the lobster, remove from shell, devein, wash, and set aside.
Wrap the lobster with cling film and aluminium foil. Keep in boiling water approximately seven to 10 mins or until cooked. Set to cool.
After putting the thinly sliced avocado into the desired mold, add puree, then lobster, and pour puree again until full. Let it set in chiller for 15 to 20 minutes or until firm.



Pan Seared Salmon with Avocado Quiche

Ingredients:

• Salmon 1½ cup • Salt • White pepper • Olive oil 1 tbs

Avocado quiche • Eggs 1 pc • White pepper • Avocado 1 pc • Salt • Milk 2 tbsp • Flour ¼ cup • Onion (chopped) 1 tbsp • Basil (chopped) 1 tbsp • Butter 1tbsp

Sauce • Fresh Radish 1½ cup • Chives 1 tbsp • Whole cream 1½ cup

Procedure:

• Combine all ingredients. Place in rectangular mould until 1 cm thick. Keep in chiller for 30 minutes to cool. Heat the pan and add butter. Sprinkle some flour to moulded avocado and fry both sides.

• Radish and chives cream:

Combine radish, chopped chives, whipped cream, salt and white pepper powder, and blend well until mixed completely.

• Season salmon fillet with salt and white pepper. Heat pan add olive oil. Sear salmon fillet until medium cooked. Place cooked avocado quiche on salmon and serve with smoked red capsicum coulis.



RECIPES
COURTESY OF
SUKAR PASHA



Avocado Surprise

Ingredients:

• Avocado 2 pcs • Raisins 3 tbs • Cinnamon powder 1 tsp • Sugar granulated 3 tbs • Half cup Whipped cream

For Crumble • Sugar granulated 2 tbs • Butter 2 tbs • ½ cup flour

Procedure:

• Form melted caramelised sugar into an avocado shape and spray with edible colour.

Peel avocado and cut into cubes. Keep in the pot. Add cinnamon powder, raisins, sugar and cook for 15 minutes then set aside to cool.

When mixture is cool add whipping cream.

• Mix all ingredients and bake for 12 minutes in oven preheated to 180 degrees. Set aside to cool.

After crumble is cooled add avocado mixture, then pipe the mixture into the avocado shaped sugar.

3 SUMMER-HOW TO MAKE SMOOTHIES

SMOOTHIES BY SKY LOUNGE, ORYX ROTANA DOHA

PHOTOGRAPHY BY JESSIE PALANCA

Blend, pulse, and swirl your way to health with a delicious and quick fruit smoothie. These drinks are chock full of vitamins and are an energizing way to start your day.

Oryx Rotana Doha shares three healthy smoothies to keep you fit this summer.



About Smoothies

Smoothies can satisfy a sweet-tooth, energize a breakfast, can be used as a quick meal replacement, they are good pick me ups after school for kids and for use after workouts, and are great dinner ideas too. Be creative and use smoothies to enhance your lifestyle by adding protein powder, bee pollen, chia seeds, flax oil and oat meal!



Anti-Oxidant Ingredients:

- ½ banana
- ½ carrot
- 125ml orange juice
- 1 tsp linseed
- 15ml vanilla syrup
- 2 tbsp yoghurt plain
- 1 scoop ice cubes

Tips:

- 1 ICE.** Crushed ice is what pro smoothie-blenders use, however, always add ice last and use about 1/2 a cup.
- 2 FRESH IS BEST.** When you can, use fresh-pressed or squeezed juice as the flavor and nutrient boost will be better.
- 3 FREEZE YOUR OWN FRUIT.** When adding bananas to your smoothie, it is best if they are frozen, pre-peeled bananas. Make a habit out of storing overripe bananas in the freezer for future smoothie use.
- 4 BLENDING PROCEDURE.** Adding ingredients in this order: liquid, frozen fruit, powders/add-ins, ice, and add fresh fruit LAST.
- 5 FRESH ADD-INS LAST.** Adding fresh berries to a frozen-fruit smoothie really enhances the flavor, and as mentioned, add fresh fruit last and blend minimally.
- 6 COCONUT ICE CUBES.** Make coconut water ice cubes instead of tap water ice cubes. This will add nutrients including potassium, magnesium and other electrolytes, and the smoothie flavors will not be greatly changed.

RECIPES
COURTESY OF SKY
LOUNGE,
ORYX ROTANA
DOHA



Strawberry Ingredients:

- 150ml full fat milk
- 2 tbsp strawberry puree
- 2 tbsp yoghurt plain
- 50ml strawberry syrup
- 1 scoop ice cubes



Green Machine Ingredients:

- ¾ green apple
- 5 pcs. Spinach leaves
- ½ banana
- 150ml coconut water
- 4 dash cinnamon powder
- 1 scoop ice cubes

MOONY TREATS: BAKING PASSION INTO BUSINESS PROFITS

BY DIANA FARID

PHOTOS COURTESY OF MUNEERA ALKUBAISI



A delicate array of cakes and cookies await Moony Treat customers.

Passion is the main ingredient for success. When passion is added to any profession, it turns to art. Qatari entrepreneur Muneera Alkubasi, has turned her passion for baked goods in her kitchen in to a thriving small business; she is now considering opening her first store.

It all began when AlKubaisi kicked off her business a year ago. "I love it because of the joy, happiness and fulfilment it brings me. Baking has a superpower of disconnecting me from the entire universe. It is so beautiful that I lose my sense of time," AlKubaisi says.

She had tried many activities before baking, but her experience with baking was unique. "My heart gushes at the mere idea that something I baked with my own hands made someone, somewhere happy and that people gathered around it. It is very touching that I can put a smile on their faces at their special moments. For me it's like sharing a piece of myself with the world," she explains.

AlKubaisi's baking career started during her college years through a small business selling cupcakes with fondant toppers. "At that time, I felt it was very time consuming and a bit hard. I didn't do it out of passion back then but rather because I wanted to be slightly financially independent," she says. After graduation she was struck by the thought of re-opening the business, but this time with the intention of launching a new distinctive bakery brand in the Qatari market. "I wanted my brand to give people matchless flavours, as well as to look great because it is known you eat with your eyes first and it's tricky to find food that looks and tastes amazing at the same time."



HOW TO STAY COMPETITIVE

She aspires to remain unique which is no easy task in such a highly competitive market. But her hard work, passion and creative recipes helped her break the clutter. Even though she studied at various cake decoration courses, her mother and sisters are all great cooks. As a result, most of her knowledge was poured from there. Through them, she learned to whip up a few kinds of simple and easy desserts at a very early age. Then comes her own experimenting: AlKubaisi keeps trying new flavours. She gives credit to her online search, blogs, and Youtube tutorials, through which she taught herself everything

about the art of baking. "The more I read and research, the more I am assured that baking is my real passion and that is what I have to be doing for life," AlKubaisi adds.

According to her, her baking is experimental, hearty and clumsy. "I'm mainly blessed for this amazing journey as it changed me drastically as a person. I became more appreciative toward people, food and life in general. Baking grants me the force and strength to stay on my feet for hours without feeling any pain. Though the experience is challenging, when I visualise myself in the future I don't see a grown up woman in her thirties on a desk, but rather someone, somewhere playing with dough."

MAIN CHALLENGES

For AlKubaisi, the main challenge is being a one-woman show. She is working on opening her store and having a team but as of now she is the manager, the clerk, and the baker, which makes it very hard to maintain customers' satisfaction. "I really have to be patient while answering customers because it often happens that taking everything on my own takes

"FINDING YOUR LIFE PASSION IS SOMETHING GREAT, IT IS SUPPOSED TO BE FUN ALSO. MY ADVICE TO ANY START-UP IS TO NOT STRESS OVER MAKING IT. IF YOU HAPPEN TO FAIL DURING THE PROCESS, DON'T GET BOGGED DOWN - IT'S ALL PART OF THE LEARNING PROCESS. SURROUND YOURSELF WITH POSITIVE ENCOURAGING PEOPLE. ALWAYS PUSH YOURSELF TO A NEW LIMIT YOU NEVER KNEW YOU WERE CAPABLE OF REACHING. START TODAY AND START SMALL AND GO ALL THE WAY UP AND MAKE SOMEONE HAPPY WITH WHAT YOU DO."

MUNEERA ALKUBASI

the best out of me. I believe that those people came to me with nothing but good intentions and they deserve nothing but the best treatment."

Overall she describes her entrepreneurship experience as indescribable, focusing on the amount of love and appreciation she receives from people. She feels very thankful towards her family and her friends who have always been her biggest fans. "My elder sister was my biggest inspiration and my biggest supporter. I would have never been able to walk through this journey without the love and support of these people to whom I will forever be grateful," she says.

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Preparing for Ramadan

"Ramadan is a month
whose beginning is mercy,
whose middle is forgiveness
and whose end is
freedom from the fire."

THE PROPHET



It's
Ramadan
time

For Non Muslims

RAMADAN DO'S & DON'TS:

Here are some essential do's and don'ts to steer you in the right direction during Ramadan, especially if you are new to the city .

Dress Conservatively: Both men and women are expected to dress in a conservative manner, not showing too much skin. Try to keep your hemlines long, necklines modest and your shoulders covered.

Exchange Ramadan Greetings:

While greeting Muslims during Ramadan it is appropriate to say "Ramadan Kareem".

Respect Those Who Are

Fasting: Be conscious that your co-workers who might be fasting are not just abstaining from meals but also are not drinking water; be lenient and understanding.

Bring A Gift: If you are invited to celebrate Iftar at friends or colleagues house, it is not only acceptable to bring a gift, it is a must.

Don't go empty handed.

Sweets are always a good choice.



Refrain from eating or drinking in

public places: Remember that from dawn to dusk, essentially no one is allowed to eat, drink or smoke in public places.

Try to be patient and calm: Do your best not to swear, shout or get angry in public.

No PDA allowed: Try not to engage in overly affectionate displays of affection in public at this time. Reserve hugs, kisses and other embraces for your home.

Be careful whom you offer food

to: Try not to offer a Muslim colleague food or drink during fasting hours.

HOW TO DRESS DURING RAMADAN

BY DANIELA ANNUNZIATA, PERSONAL SHOPPER QATAR

During the holy month of Ramadan it's appropriate to follow some simple rules in order to appear in a correct yet comfortable manner towards local culture. The looks below are examples of what local woman wear under their abayas during this special time of the year and may be appropriate for expat woman too.

Wardrobe etiquette during Ramadan:

- Opt for garments, which covers arms, shoulders and legs
- Refrain to wear tight fitting clothes
- Avoid see through materials

TIP: Always carry with you an oversized scarf to cover yourself while out and about.



What to wear for Iftar and Sohour

Iftar and Sohour mark the end of the fasting with large meals at sundown in all the hotels and restaurants in town. Enjoy the feast in style by opting for this vibrant maxi dress with long sleeves. Add some heels and statement jewelry to look glamorous while respecting the local traditions.

Dress, Aftershock London at Ezdan Mall

Day time look

The usual suit is a good option for your workwear Ramadan attire, but to jazz it up replace your blazer jacket with an oversized shirt and finish the look off with a printed scarf. Matching stilettos and shopper bag will be the perfect final touches for this stylish 9-to-5 outfit with no flesh showing.

Trousers, Oversized Blouse both Le Chateaux at Ezdan Mall
Scarf, Bag and stilettos all DUNE at Landmark Mall



Weekend outfit

Let your hair down during your spare time and opt for a casual short sleeve t-shirt and an printed scarf. **Always carry a cardigan to cover your shoulders.**

Match them with your favourite denim or a fresh maxi skirt and comfy heels. Job done! T-shirt, scarf and heels all

Tommy Hilfiger at Ezdan Mall.



DANIELA ANNUNZIATA

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A personal shopper session can change your life!

It's
Ramadan
time

For Muslims

PREPARING FOR RAMADAN

A GUIDE TO NOURISHING YOUR BODY, SOUL AND GETTING YOUR HOUSE IN ORDER

BY RAANA SMITH AND FARZANA GARDEE

At the end of the month we will be celebrating the beginning of Ramadan. It is that time of the year that fills our homes with family, love and worship. It's a chance for us to nourish ourselves, take account of the past year and solidify our values for the coming year.

We hope our guide will help you make the most of this Ramadan!

NOURISH YOUR SOUL

This is the core focus of this month. With forgiveness and blessings pouring forth, it is the perfect time for us to realign ourselves with the Almighty.

- Choose a section of the Quran for intensive study and explore it thoroughly.
- The first revealed verse of the Quran was an injunction to read. So read, read and read some more!
- If you plan to memorize any verses or sayings of the Prophet (pbuh), make a note of which ones and keep them easily accessible.
- Make a prayer list. These are just reminders of what you want to pray for and whom you want to keep in your prayers during the month.
- Keep a monthly wall planner visible to keep track of the days - and for the kids, a Countdown to Eid Puzzle offering a good deed per day.



NOURISH YOUR BODY

- Keep your body hydrated with tons of water.
- Pre-make any time consuming savouries and eats that can be stored in the freezer.
- A menu plan is a great time saver – it keeps things moving swiftly in the kitchen and saves time!
- Do a bulk shopping trip for the month. Get all that vimto and crème caramel in the cart to satisfy the sweet tooth.
- Dates are very satisfying and invigorating after a day of fasting. Always keep extra on hand.

For
Kids



Countdown to Eid Puzzle



FESTIVE LANTERNS



RAMADAN BUNTING



NOURISH YOUR HOME

- Carve out a special niche for dhikr (remembering the Divine) and reflection. It could be something as simple as a prayer mat with a Quran stand next to it. Keep it as digitally-free as possible.
- Unplug. Put away your devices and laptops and hide the remotes. Talk to your kids and spend time with one another. This is a great time to re-connect with those around you.
- Lights, streamers, and bunting flags fill the home with a festive vibrancy! Try these bunting flags to add a touch of Ramadan spirit to your home.
- Nothing says fun like balloons. Fill the space with these stunning Ramadan balloons!

NOURISH YOUR COMMUNITY

- Host a moon sighting party for the families around you. Remember to keep some moon cookies on hand. As an activity, the kids can make their very own fawanees to take home!
- Plan the dates in the month to host any Iftar dinners (at home or in a restaurant) and send out invitations in advance.
 - Portion off a certain percentage of your monthly food allowance and donate this to a charity feeding those in need.
 - Arrange an Iftar meal for the workers, home-helpers and nannies in your community.



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Silver Envelope wishes you a nourishing month of Ramadan!

It's
Ramadan
time

Ramadan & YOU

BY KHALIL ALEKER

Make the Intention

"Verily, all actions are but driven by intention and for everyone is what he intended."
[Bukhari and Muslim]

1. Make a Dua (prayer) list
2. Write down your goals
3. Your best friend is the Quran
4. Fast with your heart too

"O you who believe! Observing
As-Sawm (the fasting) is
prescribed for you as it was
prescribed for those before
you, that you may become
Al-Muttaqoon (Pious)"
[al-Baqarah 2:183]

RAMADAN IS A DETOX

DIGESTION

The digestive system absorbs nutrients that every system in our body requires.

FASTING

According to doctors, fasting cleanses these body systems by removing harmful toxins that accumulate from normal, everyday life, helping absorb nutrients faster and more effectively.

DETOXING

This gives us better overall health and even radiant, glowing skin!

EAT CORRECTLY

DON'T EAT CARBS

Avoid simple carbohydrates such as sugary foods, cookies, cakes, crackers, chips, potatoes, white bread, white rice and pasta.

EAT LIGHTLY

Too much food, as well as a heavy, unhealthy diet will also sap your energy and give you a stomach ache or headache. Go easy on the fried, oily and spicy foods.

LIMIT COFFEE

Limit coffee and tea because the caffeine makes your body lose water, stay hydrated with water and juice instead.

IT'S NOT ABOUT FOOD AND DRINK

SPIRITUAL

Ramadan is not just staying away from food, drink and intimate relations – it is a time to reconnect spiritually by personal reflection and group remembrance.

SACRED

It is important to remember the historical events and significant days that make this month sacred and the virtues we can receive from them.

QURAN

The Quran was initiated in Ramadan as a guidance and it should be a focus of our contemplation, especially in this time.



5 Quick Tips

- 1 Short naps but within reason and limits.
- 2 Contemplate the gift that you have in Iftar and Sohour!
- 3 Perform all Sunnah prayers for each of the five daily prayers.
- 4 Light Exercise – Go for a walk or cycle.
- 5 Follow up a bad deed with a good one and it will wipe it out.

It's
Ramadan
time

Breaking the FAST

BY HAITHAM KHALID, FOUNDER OF FITNESS WITH FOOD

Sahour

This is a very important month of the year. It is the ninth month of the Islamic calendar where all Muslims are required to fast from sunrise to sunset. This includes drinking liquids (such as water) which is strictly forbidden during daylight hours.

Therefore, once you have broken your fast in the evenings it is important to get your energy levels back. What foods should you eat? When should you eat these foods? And how can you make something quickly for Iftars? Will you lose weight? Should you be exercising? These are all questions to consider.

We have asked Haitham Khalid (founder of Fitness with Food) to provide advice on the above questions.

Haitham Khalid from Fitness with Food, shares with us few useful tips about fasting, how to maintain your energy levels and also what to cook to fill up your empty stomach.

Best foods to eat when breaking your fast:



DRIED FRUITS

Try breaking fast with dried fruits (including traditional dates). Dried fruits contain high levels of natural sugars which is what your body most needs following fasting. Also drink plenty of water and natural fruit juices to rehydrate.



FRUITS

Where possible, try to eat 4-5 different types of fruit. Think colours of the rainbow to get a good mix of vitamins and minerals. Be sure to eat a lot of berries. Be sure to include vegetables in your main meals, such as dark green vegetables like spinach, broccoli and kale.



CARBOHYDRATES

Eat plenty of complex carbohydrates which help give the body energy. This includes brown rice, wholegrain bread and pasta (with no salts or sugars added). These foods release energy slowly into the bloodstream, have a low glycogen index (GI) and should be served at every meal. However, be careful with tinned and processed products as they can be high in salts and sugars.

TIPS:

- Avoid having one big meal.
- Don't eat your evening meal too quickly as it might upset your digestive system.
- Spread your meals throughout the evenings and eat slowly.

Maintaining your energy during the fast:

- 1 Eat plenty of slow burning complex carbohydrates before the fast, such as oats, boiled eggs, chickpeas, hummus, sunflower seeds and bananas.
- 2 Avoid high sugar/caffeine foods before commencing the fast. This will result in a dip in blood sugar levels very early in the fast.
- 3 Stay out of the sun as much as possible to avoid rapid dehydration.
- 4 Avoid intensive energy sapping activities that elevate the heart rate.

Quick recipe

Below is a tasty quick salad that can be enjoyed as a light meal (30 mins) after breaking your fast. Remember, it is key not to overeat. You should aim for 3-4 small meals during the night until the next fast.



Peri Peri smoked mackerel, salmon, tuna or chicken (your choice)

Ingredients:

Marinade for portion

- 4-5 fresh red habanero peppers (stemmed and deseeded). Cajun or South African bird eye chillies.
- Paprika
- 2-3 cloves garlic
- 4 tablespoons lemon juice or 4 tablespoons lime juice
- 1 teaspoon sea salt (to taste)
- 1 teaspoon oregano (dried or fresh)
- 4-5 tablespoons olive oil

Procedure:

- If using a grinder, combine all ingredients, grind and mix the ingredients into a smooth paste.
- If you are using a mortar and pestle, start off with the chillies and garlic. Grind them into a smooth paste.
- Add in the dried oregano and grind it in for another minute.
- Add in the rest of the ingredients and give it a thorough mix.
- You may leave the marinade refrigerated to infuse or use it straight away.
- Rub marinade onto meat and allow marinating in a bowl for at least 30 minutes (or overnight if possible) before cooking.

Salad: • Mixed herb leaf, spiced cashew nuts, red jalapenos, pumpkin seeds, cottage cheese, all mixed in a salad bowl. **Dressing:** • Mayo, some of your peri-peri marinade, paprika, and lime, all to your taste

CAN I PLAY SPORT AND PHYSICALLY TRAIN WHILE FASTING?

The answer is very simple: don't train while fasting!

This puts the body under tremendous stress and is not safe given the tendency to dehydrate individuals. After you have broken your fast I recommend you do some light (low intensity) exercises which keep your heart rate in the aerobic zone 50-60% of MHR (max heart rate). Good examples of low intensity exercises include Pilates and yoga as they also help you to feel relaxed.



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ESCAPES



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IT'S SAMBA TIME!

This month is all about BRAZIL. This colorful and fun South American Country is ready to kick off the FIFA WORLD CUP on June 13th, one of the most important and popular sporting event in the world. So what better time to plan a holiday there? ABODE in collaboration with Renaissance Hotels gives you a detailed guide on how to experience São Paulo at its best, read more on page 82.

Travel News

Stay in tune with news from the hotel and travel industry

QTA's Chairman meets QU Students

His Excellency Issa bin Mohammed Al-Mohannadi, Chairman of Qatar Tourism Authority, recently met students and faculty at Qatar University, and delivered a lecture titled "Tourism in Qatar: Vision, Plans & Career Opportunities." The Chairman's comments focused on enhancing awareness and understanding of the importance of tourism in Qatar as it relates to the country's development. The speech also served to showcase career opportunities in this fast-evolving and exciting sector of the economy, which offers international growth potential. Human capital development is a key pillar of the Tourism Sector Strategy unveiled earlier this year, its implementation led by QTA.



'Hot Summer Nights' travel promotion

Make the most of the Entertainer's travel promotions. The Dubai-based international company offering a portfolio of worldwide 'buy one get one free' incentives, has launched its 'Hot Summer Nights' packages, offering guests the opportunity to enjoy their holiday for longer with amazing hotel offers. Over 60 quality hotel partners are providing unbeatable value exclusively to Entertainer Members by extending their 'buy one night get one free' offers to cover multiple night stays. From the 1st of June to August 31st 2014, Entertainer Members can book one night, get one free; book two nights, get two free or even book three nights and get three free! Check it out at

www.theentertainerme.com/hotsummernights.

Lufthansa operates from Doha's new Hamad International Airport

Lufthansa, the largest European airline group, started its operation from Doha's new airport, Hamad International Airport last month. The

first Lufthansa flights LH 620 from Frankfurt

Germany arrived at the new airport on Thursday 22 May and its first flight to depart from Hamad International Airport took place on the following day. "With the new airport in Doha, passengers will enjoy modern facilities and convenient Lufthansa check-in area for a seamless travel experience. Doha has been a strong addition to our global network since January 2006 and we have continuously grown this service with additional flights and larger aircraft. With our strong global network, Lufthansa offers passengers from Doha more connections to Europe, North America and beyond than any other carrier."



Park Hyatt Abu Dhabi Hotel and Villas attends Dubai's AMT 2014

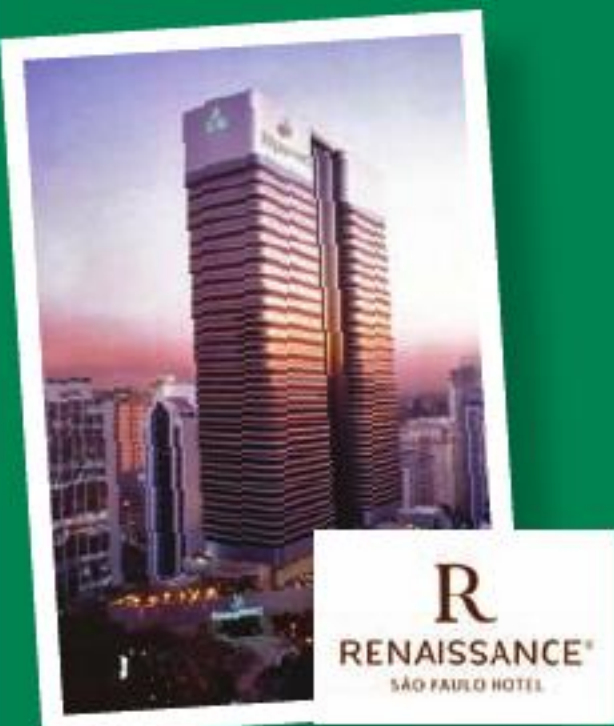
Park Hyatt Abu Dhabi Hotel and Villas Saadiyat took part in the Arabian Travel Market last month. Sales and marketing director Salik Mangrio said the event was key for the hotel to highlight its services and facilities to hundreds of travel agents and other industry specialists from the region and other countries. "Abu Dhabi has become a major venue for regional and global exhibitions and conference and this has helped attract a large number of investors, businessmen and other visitors...this in turn give a push to business tourism as many businessmen now prefer to spend more time in the emirate to enjoy its beaches and tourism sites as well as consider new business opportunities because of its advanced infrastructure and easy procedures in its economic sector" he commented.

WORLD CUP FEVER!

SÃO PAULO

Gets Ready To Welcome FIFA 2014.





SÃO PAULO FACTS

If you and your mates haven't had time to research São Paulo before you arrive, worry no more as the Renaissance São Paulo Hotel has it got covered:

- São Pauloites speak Portuguese so take a phrase book with you or download an translator app on your smartphone
- With 12,500 restaurants, including more pizzerias than any city worldwide you and your friends won't go hungry!
- The main nicknames of the city are Sampa (short for São Paulo) and the land of drizzle, but June is dry season with an average temperature of 22 degrees Celsius so no need to pack your waterproofs
- There are three types of taxis in São Paulo: street cabs, radio cabs, and deluxe cabs. Street and radio cabs are metered, but radio cabs charge extra for radio service and pre-arranged pick-ups
- When talking about football during your trip, take note of Brazil's major teams which include Santos FC, São Paulo FC, Palmeiras and the Corinthians.
- Get yourself into a football frenzy as a total of 64 matches are set to kick off during the 2014 FIFA World Cup
- Watch out for pickpockets when enjoying São Paulo. Like any big city there are always opportunists
- Look twice when you cross the road - São Paulo has notoriously dangerous roads

Destination: Brazil How to Stay on the Ball in SÃO PAULO

As football fans count down to the football frenzy that is the Brazil 2014 FIFA World Cup, the Renaissance São Paulo Hotel is on hand to ensure you and your friends have the trip of a lifetime by putting together a selection of top tips of how to get the most out of Brazil's biggest city.

DISCOVER SOMETHING NEW

True to the Renaissance brand's slogan "no matter where or why you travel, there's always something wonderfully new to be found", the Renaissance São Paulo Hotel has highlighted the city's top attractions so you can tick off that wish list when you're in town.

1. Bella Vista – Bixiga: If you love food (and who doesn't), then the neighborhood of Bella Vista is the place for you. The location is a must see for those seeking the best of traditional Italian cuisine. Top tip from us, don't miss the chance to visit Rua 13 de Maio, it is a little piece of Italy in the heart of the city.

2. Vila Madalena: Visit the most bohemian part of the city and take advantage of the authentic Brazilian nightlife with several bars and clubs scattered around the neighborhood. Key tip from us, don't miss the chance to visit Praça Benedito Calixto, the famous street market to buy handicrafts and antiques.

3. Paulista Ave. – Jardins: Jardins – the area in which the Renaissance São Paulo is located brings together the best bars, restaurants and shops of the city. Why not stop by one of the local cafes or padaria's and order acafezinho (espresso) or a cafe pingado (hot milk with a shot of espresso added to it)? After all Brazil is the world's biggest exporter of coffee so it must be worth a try!

4. Museu de Futebol: Situated on the grounds of the city's sacred Art Deco sports masterpiece – Pacaembu Stadium – the Museu de Futebol (Soccer Museum) will tell you about the history of the sport as well as some of the world's best players.



ENJOYING THE GAMES

The biggest single sporting competition in the world will draw approximately 600,000 foreign tourists to Brazil during the 30-day event. Besides São Paulo, the games will take place in the following 11 host cities throughout Brazil: Belo Horizonte, Brasília, Cuiabá, Curitiba, Fortaleza, Natal, Recife, Porto Alegre, Manaus, Salvador and Rio de Janeiro, where the final game will be held.



FOLLOW THE GAMES

ONE LOVE, ONE RHYTHM:

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DOWNLOAD THE 2014 BRAZIL APP

And countdown to the games on your iPhone, iPad or Mac.

Available on iTunes



World Cup Facts

The last World Cup held in Brazil was in 1950, and a total of 1 million people attended. This June, an estimated 3.3 million people are projected to attend. A lot has changed since the last time, not only are more tourists planning a visit to the beautiful vibrant city compared to the 1950 World Cup, the number of competing teams has also expanded from 13 to 32, and the number of games has increased from 22 to 64.

In fact, Brazil invested \$10 billion in their country's infrastructure, including the design and construction of new stadiums and major renovations to the airport and cargo and port expansion.

Travel Tips:

Take full advantage of your time in São Paulo by following these top travel tips:

- 1 Head to the eastern zone of the city known as Itaquera to watch the games
- 2 When taking the subway from the hotel jump on line 3 (red) until you reach Corinthians-Itaquera station. From there, you will only be a short 800 meter walk from the stadium
- 3 If you and your friends haven't got your tickets yet don't panic! Additional ones are set to go on sale. To make sure you don't miss out log onto the FIFA website (fifa.com/tickets) for updates
- 4 If you are in town to enjoy the atmosphere and are not looking for tickets then make sure you head to the big screen in Vale do Anhangabaú district where all Brazilian games will be broadcasted and celebrated along with special performances such local artists like Claudia Leite, a leading Portuguese pop singer during halftime.



Celebrate The World Cup in Doha!

If you can't travel to São Paulo, there are plenty of cool parties planned in Doha to cheer your team on to victory. Here are a few of our top picks.

KEMPINSKI RESIDENCES & SUITES

STADIUM IN THE SKY

June 12-July 13 at Sky Villa. The breathtaking Kempinski's Sky Villa turns into a stadium for this year's World Cup! Watch your favourite teams on a gigantic screen while sipping and munching on some tasty beverages and snacks. The Sky Villa will open on World Cup match dates from 7:00 p.m. till late. Reserve your seats in advance to avoid disappointment. Entrance is QR 50 from June 12-28 or book a package of 10 entries for QR 300. Complimentary entrance during Ramadan. For more information and reservations call 4405 3325 or email restaurants.doha@kempinski.com.

THE ST. REGIS DOHA

FOOTBALL FRENZY

The St. Regis will be screening the 2014 FIFA World Cup as Jazz At Lincoln Center transforms into the coolest sports bar in town. Don't miss the action. Bookings recommended. Dress Code: Show your team spirit or keep it casual. Opening hours: 9:00 p.m. till late. Dates: From June 12 till July 13. Price: Group tables available with a minimum spend. For more information call 4440 0000. Must be 21 years of age and over, valid ID required for entry.

THE FOUR SEASONS

WORLD CUP TENT

The Four Seasons presents a new venue tailored for you to watch your favourite football games in the most luxurious and comfortable surroundings. The hotel's tent on the Garden Terrace will be open every day featuring big screens, delicious snacks, beverages and shisha. Price: QR 165 minimum charge per person. Available from June 12-28. Time: From 6:00 p.m. till 3:00 a.m. For more information call 4494 8888.

RENAISSANCE DOHA CITY CENTRE

KICK-OFF BEACH PARTY

Kick off the 2014 FIFA World Cup with a beach party as Copacabana comes to Champions with Brazilian-inspired mixes, a beach party set-up, foot-tapping beats by DJ May Tox and 40 screens to launch the football fiesta. Face painting service on offer to support your team. Timings: 5:00 p.m. till 2:00 a.m. Date: June 12. Price: QR 60 entry fee with one house beverage included. For more information call 4419 6100 or visit www.westenddoha.com.

ORYX ROTANA

WORLD CUP IN AL NAFOURAH

Chill out and cheer on your favourite football team with family and friends at Oryx Rotana Doha. Relaxing atmosphere with delightful food, refreshing beverages and a wide variety of shishas await you. For more information call 4402 3333.

THE GRAND HYATT

THE WORLD CUP FOOTBALL CLUB

Don't miss Rocca's World Cup calendar at the newly-opened terrace. You can cheer on your favourite team and get two-for-one drinks for an hour before each game – just don't forget to bring drums, whistles, positive energy and enjoy the five-star service, special beverages and finger-food. For more information call 7021 8096.

W DOHA

SELEÇÃO BRUNCH

June 27: Market by Jean-Georges. The W Doha is throwing the house out the window with a World Cup inspired Market Brunch! Kick-off with Brazilian flavours, loads of caipirinhas and Samba music by Doha Jazz. From 12:00 noon till 4:00 p.m. For more information call 4453 5135 or email bnfreservations.wdoha@whotels.com.



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Master Bedroom Presidential Suite

SUSPENDED LUXURY

Having you been waiting for the ultimate luxury experience? Your wait is over. There is a brand new edition to the St. Regis brand in Abu Dhabi. It offers guests the ultimate luxury escape - the Presidential Suite. Suspended more than 200 meters above the ground between two towers with captivating views of the Arabian Gulf, the Presidential Suites is available for only 100,000 QR per night. Now you can vacation like the rich and famous!

If you are planning an escape to be remembered, Abu Dhabi, should be on top of your list. This vibrant city is a great weekend destination, thanks to its close proximity, an array of cultural initiatives, sporting events and all the theme parks it has to offer. In any case, it is the only city with two St. Regis hotels and the St. Regis Nation Towers and its first-class accommodations, will blow you away.

THE ST. REGIS NATION TOWERS

For an exclusive luxurious stay the St. Regis Nation Towers, located in the heart of the Abu Dhabi Corniche, as a guests you will enjoy a truly remarkable experience. Although the property is



Dining Room Presidential Suite

still fairly new, it has already affirmed itself as one of the top choices in the whole UAE thanks to the signature St. Regis bespoke tradition and services. Located between the 33rd and 50th floors on one of the buildings in Nation Towers, the hotel's 283 luxuriously appointed guest rooms and suites offer all guests a new era of refinement.

THE PRESIDENTIAL SUITE

The super exclusive Presidential suite, caters for celebrities and royalty from all over the world seeking privacy, security and unparalleled luxury. This unique suspended suite connects the two Nation Towers over the 48th and 49th floors and features three guest rooms, a private cinema, a fully-furnished exclusive spa, a 14-seat dining room and an impressive majilis area with stunning panoramic views over the Arabian Gulf's city skyline. You could say it's the real deal for the rich and famous.



Starcode Presidential Suite



Sitting Room Presidential Suite

BOOK YOUR STAY

If the Presidential Suite is not available, book one of the beautiful guest rooms and get ready to be pampered and discover their outstanding St. Regis Butler service, a complimentary amenity. From packing and unpacking your suitcase, pressing your garments or delivering fresh coffee and tea to your room at any hour free of charge, your butler will make sure all of your needs and expectations will be met.

AMENITIES & WHAT TO DO

Start your day with few laps in the pool on the third floor, which overlooks the two stunning towers. After a delicious buffet breakfast at Rhodes 44, head to the magnificent beach club opposite the hotel, which is reachable in less than five minutes through an air conditioned tunnel for a day of pure relaxation and tanning.

Realign your chakra and re-energize yourself at the in-house Remède Spa, which is one of the best in town, which offers the latest top-notch treatments. Our favourite has to be their signature aromatherapy massage, which is customized to your liking and includes a paraffin foot wrap and scalp massage for optimal relaxation. To finish off the day in style and to treat your taste buds head to Villa Toscana restaurant for authentic Italian cuisine.

No matter what you decide to do, you will definitely enjoy your stay. It is a St. Regis tradition to welcome guests from all over the world and make them feel at home.



Private Spa Presidential Suite



Exterior of St. Regis Abu Dhabi

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INFORMATION**

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www.stregisabudhabi.com

Meet Me in MIAMI

BY FRANCESCA CRUZ

Golden sunsets, tropical palm trees, upscale shopping and hobnobbing jetsetters - given 48 hours to spend in Miami, this is your roundup of must-sees.

Day One:

Here is your mission if you choose to accept it. Yes, think Mission Impossible with an air of debonair like 007 (Bond, James Bond). Or better yet, think 305, the Magic City's area code placed on the global map by its prodigal son Pitbull. Miami has become a jetsetter's haven. Now direct flights from Qatar bring the Quatrains to this paradisiacal peninsula and world-class destination. 'Operation Sunshine', as I refer to it, means we get to spend 48 hours taking in and experiencing the very best Miami has to offer. Here are the must-sees & must-experience when you set your sights on South Florida.



Arriving at the luxurious **St. Regis Bal Harbour Resort & Residences**, a staple of sophistication built two years ago that still remains faithful to the refined excellence of its founder John Jacob Astor IV, means you've reached the cross streets of class and distinction. This is the side of Miami that speaks to those in search of relaxation and pampering.

Flush in a décor of sand hues and white with silver embellishments, the doors open to a mirrored lobby area with dripping chandeliers, Godflower marble and one-of-a-kind West African Movinque wood. The whole place is an ode to the opulence of renowned architect Morris Lapidus, with designs by Yabu Pushelberg. Every room on the property faces the Atlantic Ocean. Famed shopping mall **Bal Harbour** is but steps away, being literally across the street.



And for those travellers that enjoy shopping with more privacy, the hotel introduces the **Neiman Marcus Closet at The St. Regis Bal Harbour Resort** in partnership with Neiman Marcus at The Bal Harbour Shops. It's a way of ensuring the perfect wardrobe is waiting for your arrival and available for immediate purchase. Items you don't want are returned by your personal shopper, giving you more time to enjoy this city.

Once settled in, it's time to make your way to the upscale open-air shopping mall for lunch. In addition to being a staple of this area, restaurant **Carpaccio** serves up quintessential Italian fare. This is the spot to take in the bons vivants that spend their day here and make up the pulse of Bal Harbour.

After lunch, a 15-minute drive south takes you to the **PAMM (Pérez Art Museum Miami)**, a waterfront museum. Enjoy the skyscrapers and the cruise ship filled channel leading out to the ocean as its backdrop. Designed by Herzog & de Meuron, the museum was named and houses the collection of billionaire real estate developer Jorge Pérez. From Diego Rivera, Amelia Peláez, Hew Locke, Damian Ortega to Adrian Esparza, it's an extensive collection of contemporary and modern art.



A five-minute drive to South Beach is next in line. Go for a leisurely stroll down **Lincoln Road**, the pedestrian mall with unique boutique stores and cafes that is Miami's version of Fifth Avenue. Here you'll come across the ideal spot for Cuban food: the restaurant **Havana 1957**. This venue is filled with pre-Castro memorabilia, and a savoury selection of Cuban cuisine. You can't really say you've been to Miami if you don't experience arroz con pollo (a typical Cuban dish of chicken and saffron rice).

An eight-minute walk east toward the beach takes you to the celebrated Art Deco district and Ocean Drive. For people watching, stop at a coffee stop at the News Café, a favourite of the late Gianni Versace. Just steps away

you'll find what was once his estate: **Casa Casuarina**, a 1930s replica of a colonial palace and a tourist destination for photo ops. A couple of blocks down there's Mangos, the perfect spot for live music and dancing as you enjoy the pastel colours so symbolic of this part of town and the Miami Vice era.



PAMM Museum AMERICANA Corporal Violence, photo Oriol Tarridas



PAMM Museum - new look for those in peril on the sea. Photo Daniel Azoulay

The sun now setting, it's time to freshen up and head to **Cecconi's Miami Beach at the Soho House** for dinner. The venue is nestled in the ground floor courtyard, illuminated by tiny garden lights within a lush tropical settings. Don't be surprised if you find yourself having dinner next to David Beckham or Leonardo Di Caprio, both fans of the Venetian inspired fare. Dessert is to be had at no other place then the recently opened on Lincoln Road, **Ladurée**. Established in 1862 in France, it's the crown jewel for macaroons. Your tastebuds will delight in the Marie Antoinette or perhaps the rose flavoured confection. As the night comes to a close, it's off to slumber - day two quickly approaches.



Carpaccio



Cecconi's Dining Room, photo Geo Schilling



Fairchild Royal Palm Lake

Day Two:

A 40-minute drive south on I-95 will take you to **Fairchild Tropical Gardens**, a botanical horticultural oasis of native flora with exotic flowers and vegetation. June brings their mango festival and the opportunity to try an array of mangos from all over the world. A short distance from Fairchild is the Deering Estate at Cutler, a 444-acre environmental, archeological and historical preserve. The estate offers daily tours, with the Summer Cabaret Concert Series running from June to July.

One can't simply live on leisurely strolls alone, so time now calls for more shopping. Options range from the outdoor mall with designer stores at **Village of Merrick Park**, to **Dadeland Mall**, to the gentrified Design District. The latter was once a pineapple grove, but today is the high-end showroom for home-design, art galleries and high-end boutique stores. For a coffee stop, make sure to swing by award winning chef, **Michelle Bernstein's bakery and cafe: Crumb on Parchment**. Just a few minutes away from the Design District is the **Wynwood Arts District**. Wynwood is one of the largest open-air street-art installations in the world, with a prominent creative community that has turned neglected warehouses into design studios and art complexes. There are 70 galleries, coffee shops, retail stores and restaurants. For lunch try Wynwood Kitchen and Bar, or its neighbour, the trendy **Joey's**. A wonderful way to enjoy the art and restaurants is to take the 'Miami Culinary



Tours: Wynwood' which runs on Saturdays. The cost is \$69, which include five to seven stops and plenty of food to enjoy. Visit www.miamiculinarytours.com.

The next destination is South Florida's financial district and the urban neighbourhood of **Brickell**. At dusk the young executives that live in the area throw on their workout gear and go out as if on a communal run through this part of town. This is the most up-and-coming sector of Miami, and the place to look to

invest in real estate. For light tapas before dinner, **Perfecto** really hits the spot with its selection of classic Catalan appetizer portions to share. Other top choices in the area include Zuma at the **Epic** for contemporary Japanese, and **Lippi** for what has been coined 'New American Dining', located just a block from Perfecto.

Our last stop for the night and a place that combines ambiance with an exclusive dining experience is **Seasalt and Pepper**. This is a stunning waterfront seafood bistro on the river that captures the essence of Miami. It offers indoor, outdoor, and dock seating. You'll catch a glimpse

of the who's who and the 'good-life-aficionados' arriving in their yachts to lunch or dine on the freshest seafood. The combination of electronic, Latin and house music keeps the crowd lively and boisterous.

With our 48 hours in sunny Miami coming to a end it's bittersweet to bid such a tropical paradise farewell. We delightfully checked off all of the must-sees, returning home content and ready to make plans to 'Meet Me In Miami, once again'.



Seasalt & Pepper



Perfecto Restaurant

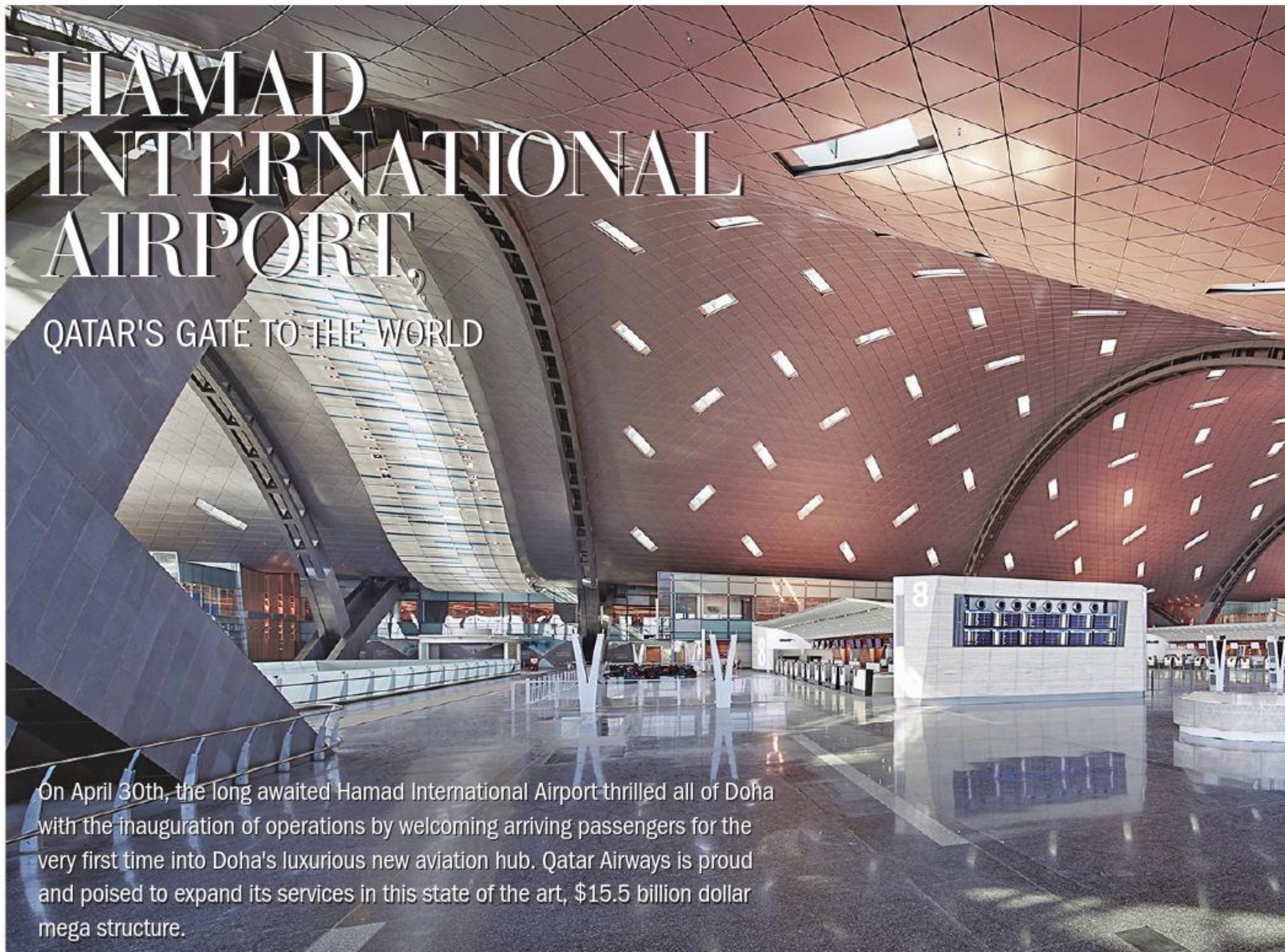
HOW TO GET THERE:

Flight QR 777 (Qatar Airways) flies to Miami, Florida 4 times per week starting June 10. The flight departs Doha at 8:40pm and arrives in Miami International Airport at 5:20pm.

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!



HAMAD INTERNATIONAL AIRPORT, QATAR'S GATE TO THE WORLD

On April 30th, the long awaited Hamad International Airport thrilled all of Doha with the inauguration of operations by welcoming arriving passengers for the very first time into Doha's luxurious new aviation hub. Qatar Airways is proud and poised to expand its services in this state of the art, \$15.5 billion dollar mega structure.



THE PRESTIGIOUS SOFT LAUNCH EVENT WITNESSED THE FIRST OFFICIAL LANDING OF A QATAR AIRWAYS FLIGHT ON THE EAST RUNWAY, GREETED BY A WATER SALUTE BY THE QATAR CIVIL AVIATION AUTHORITY RESCUE FIRE FIGHTING SERVICES.

RECLAMATION FROM THE SEA

Located four kilometres from the current Doha International Airport, just around the corner from both the Marriott hotel and the Sharq Village and Spa, and on the highway towards Al Whakra, the beautifully landscaped terminal, built on a section of land dredged from the Gulf, stands glistening in the Doha sun. The reclamation project that began in February 2005, moved 62 million cubic meters of sand, utilized 87 tons of crushed rock, and poured 2.3 million cubic meters of concrete to create

the 44 kilometers of road surface needed to produce the roadways and infrastructure that will be known as Qatar's gate way to the world.

THE TERMINAL

The modern designed, steel and glass, 600,000sqm passenger terminal, features 138 check-in counters across five separate islands, of which 108 counters are designated for Qatar Airways passengers. There are 41 easily accessible enclosed boarding gates, distributed among 5

concourses. Once the airport opens Concourses D and E, the number of boarding gates accessible from the terminal should increase to 65 in total.

With over 25,000sqm of retail space clustered around one enormous Urs Fischer Teddy Bear sculpture, which weighs 35,000 pounds and stands 23 feet tall, previously displayed in front of the Seagram Building on New York's Park Avenue, passengers can enjoy the 104 planned retail outlets and 30 cafes/restaurants. Additionally, the



THE URS FISCHER SCULPTURE, WHICH WEIGHS 35,000 POUNDS AND STANDS 23 FEET TALL, WAS PREVIOUSLY DISPLAYED IN FRONT OF THE SEAGRAM BUILDING ON NEW YORK'S PARK AVENUE. THE TEDDY BEAR WAS AUCTIONED OFF AT CHRISTIE'S NEW YORK FOR JUST OVER \$6.8M EARLIER THIS YEAR.



new airport also offers passengers an automated people mover that traverses Concourse C, dedicated activity areas, and lounges that feature custom designed pods for computers and television. There are also play areas for children, along with a new Emiri (Royal) Terminal complex for VIP flights; additional hardstands for aircraft, a state of the art cargo terminal, numerous aircraft hangars and associated airline and airport ancillary features. In fact, once fully finished the airport and the surrounding structures will feature two 100 room

airport hotels, 16 lounges, a swimming pool, luxurious spa, squash courts, more than 100 F&B and retail outlets!

"We have been planning for this day for a long time." Qatar Airways chief executive officer, Akbar Al Baker stated during the press conference. Travelling to and from Qatar will never be the same, this state-of-the-art airport will guarantee its passenger an unforgettable and unique experience. HIA will soon affirm itself as one of the world's best airport, no doubt about that!

HIA FACTS:

- Current capacity up to 30 million passengers per year – next phase will expand to 50 million
- 138 check-in counters
- 50 passport control desks
- 41 gates
- 80 retail outlets and 30 cafes and restaurants (most of these are not yet open)

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PEOPLE & SOCIETY

Events & individuals who make a difference in the Middle East



Board members of the Steering Committee of HIA, including its Chairman H.E. Abdul Aziz Mihammad Al-Noaimi and other delegates were on board of the first Qatar Airways flight that landed at HIA.



Chairman of HIA SC addressing the media

HAMAD INTERNATIONAL AIRPORT OPENS ITS DOORS

On April 30th, Doha witnessed the soft opening of its long awaited new airport. "HIA is a world-class aviation hub purpose-built to cater to rapidly evolving aviation and passenger needs of the 21st century," said H.E. Mr. Abdul Aziz Mohammad Al-Noaimi, Chairman of the NDIA Steering Committee. "HIA will be a source of pride and joy for all people of Qatar for many decades to come. It will deliver a memorable experience to all passengers that will travel through its gates; an experience that reflects Qatar's status and importance on the world travel and tourism map" he added.

People & Society

News

U.S. Ambassador to Qatar Lectures at Georgetown

Georgetown University in Qatar (GU-Q) recently hosted the Honorable Susan L. Ziadeh, Ambassador of the United States of America to the State of Qatar, for a lecture titled, "The Evolving Role of Diplomacy and Diplomats: an American Angle."

"Social media have become powerful tools for building political communities and rewriting national narratives, for rallying momentum in civil society, and for circumventing traditional sources of public information like government and state-run media," Ziadeh said. "Diplomats have always been messengers between governments, but now we are also interlocutors between governments and people." But despite the profound impact of technology on international relations, Ziadeh noted that there is no "technical substitute for the human touch in diplomacy."



The Pearl-Qatar Celebrates Hilton Panorama Residence Construction

The construction of Hilton Panorama Residence at the Abraj Quartier precinct at the Pearl-Qatar has recently started. First Qatar Real Estate Development Company, will be investing up to \$390 million in the project and will be completed by mid-2017. The soon to be 41-storey apartment tower and the 51 surrounding townhouses boast a stunning view of the Doha skyline. In a speech delivered during the ceremony, Fahad Al-Ghunaim, Chairman & CEO, First Qatar Real Estate Development Company said, "Panorama Hilton Residence boasts an unparalleled location at the gateway of the Pearl Island. Designed by world-class architects, the Panorama tower will be the tallest building in Phase Three of the Island. The visibility, location and dramatic styling of the tower will all serve to establish the project's unique identity."

HMC and American Women's Association Partnered on Cancer Support

In a move to support cancer survivors and those living with cancer, the Hamad Medical Corporation (HMC) has collaborated with American Women's Association of Qatar to launch the 'Heart Pillow Project'.

The Heart Pillow Project has been established to help breast cancer patients and ease some of their symptoms. As part of the project, patients were given gift bags post-surgery containing a heart shaped pillow along with an assortment of other items such as shampoos, shower gels, body lotions, dental kits and more. to uplift their spirits and spread happiness.





Alfardan Automobiles sponsors Qatar International School sports teams

The group has announced its initiative to sponsor Qatar International School sports teams in Doha for a year but this is just the start of larger plans to invest more to the future generations in the region. Alfardan Automobiles provided BMW branded uniforms and athletic gear to their football, basketball, volleyball and tennis teams.

"At Alfardan Automobiles, we are a lot more than just selling cars. Investment in community based events as well as supporting our educational institutions is something that we place a high value on. As the year progresses, we aim to roll out other new initiatives that will help our community as a whole," concluded Mr Mohammed Kandeel, Chief Operating Officer, Alfardan Automotive Group.



British Council thanks Art of Business for helping organize the British Festival 2014

On behalf of The British Council, Mr. Waseem Kotoub, Head of Arts and Creativity, personally thanked The Art of Business and the Youth Company volunteers for their time in helping both organize and assist in the success of The British Festival 2014. The festival held from 9th March to 9th April brought distinct groups to Doha's Souq theater to entertain the youth. The Circle of Sound, one of the most highly acclaimed British up and coming artists led by sarod player/composer Soumik Datta and percussionist Bernhard Schimpelsberger, thrilled audiences with their musical performances.

Parkour, the internationally acclaimed contemporary dance group showcased their exciting street theatre dance and showed off their skills to the public. The festival's success would not have been possible without everybody's cooperation.

Landmark Group says Shukran

Online social networking sites has become the new frontier for businesses to implement marketing strategies. To leverage this unique opportunity and to interact with their loyal and growing customers, Landmark Group brands Homecentre, Centrepont, Babyshop, Splash, Shoemart, Citylifestyle, Emax, Max Fashion and Funville, has now launched their facebook page as "Qatar Shukran". Today Qatar Shukran has 70,000 fans. All of the followers have the chance to join in weekly and monthly contest to win the prizes up to QR 1000, besides this some exclusive workshop from home décor to beauty tips and many opportunities to win Shukran points. 'Qatar Shukran' has been placed as one of the first touch points to address the concerns and feedback shared by the target audience.



GU-Q Team and Director Honored with HBKU Takreem Awards

Georgetown University School of Foreign Service in Qatar (GU-Q) took home two prizes from the recent Hamad Bin Khalifa University (HBKU) Takreem Awards ceremony.

The Exceptional Professional award was bestowed on GU-Q's Director of Student Programs Kathryn King. In addition, the Athletic Team of the Year award went to the GU-Q women's basketball team for demonstrating team spirit, positive group dynamics on and off the field, and respectful sportsmanship. According to the GU-Q women's basketball team coach Jacqui Snell: "They set high goals for themselves and focused on building a strong, supportive, friendly, and driven team so that they could succeed."

The HBKU Takreem Awards honor students, organizations, athletic teams, and professionals from HBKU and partner universities who have demonstrated both excellence and commitment to the overall goals of the HBKU campus.



DANA ALFARDAN: IT'S ALL ABOUT THE MUSIC!

PHOTOGRAPHY CHARLOTTE RUTHERFORD

Dana belongs to the third generation of one of the most well-known and powerful families of Qatar. She gave up a glamorous career in her family's jewelry business to pursue her passion for music. Here she talks to ABODE about her new career as a music producer and her promising future ahead.

It was never about fame. Nor was it the adrenaline rush of hearing the thousands of unknown faces chanting her name as she got up on stage. For Dana, it was always about the music.

"I decided to sing in order to launch my album and launch myself into the world of music and establish my credibility as a musician and my commitment to music," said Dana. After the launch of her debut album, Paint, Dana received raving reviews establishing her as serious musician, but she recently decided to change her career path by becoming a music producer.

"Now that my album is out, I need to continue to contribute to music in the way that I know best, and that is writing." Dana believes that having made her statement and becoming recognized in the music industry, the time is right to change directions.

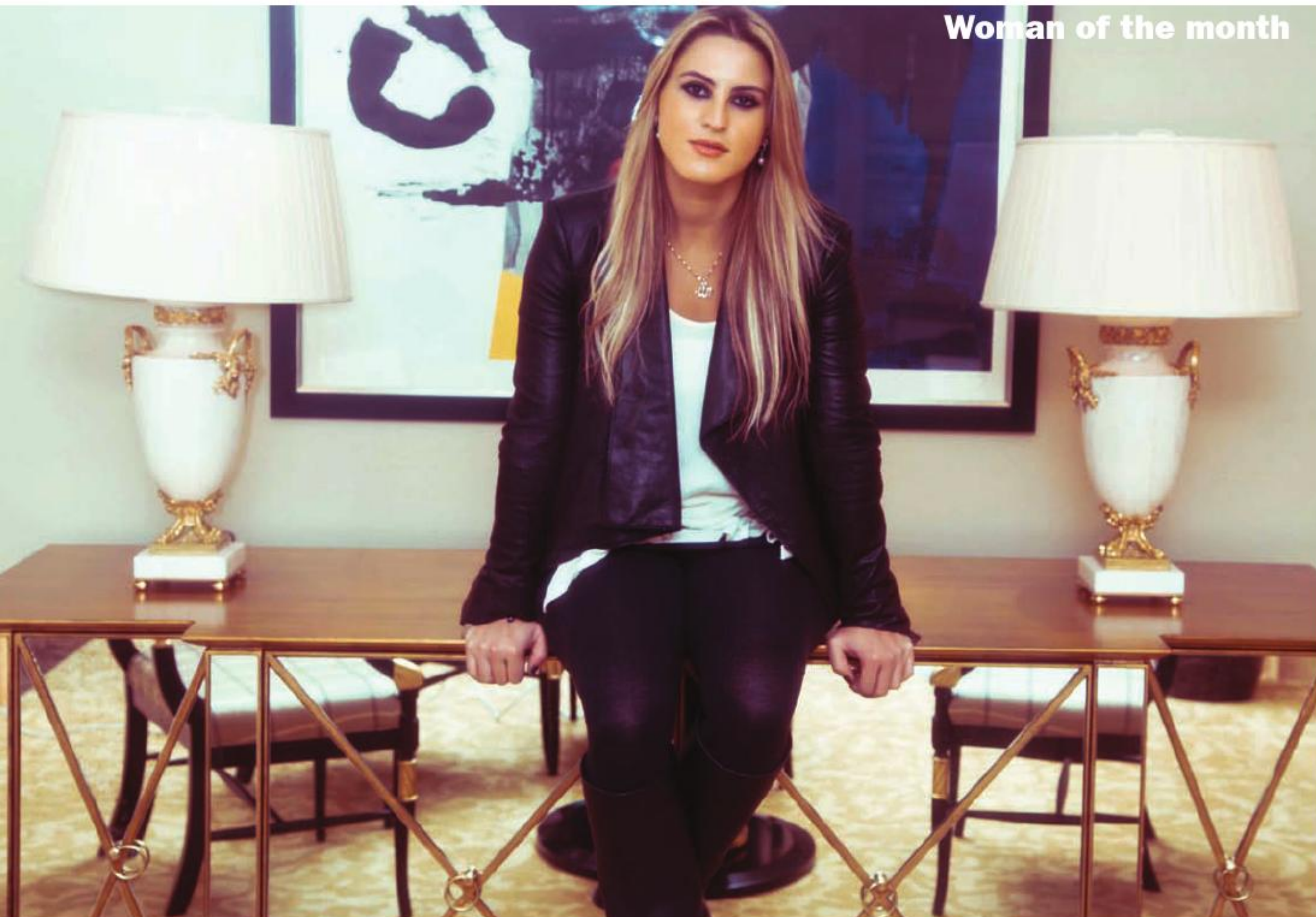
"My decision to stop singing is for the good of the music. I prefer to focus and grow with my writing, rather than dedicating so much time and energy to something that was never a part of where I wanted to reach musically. I want to develop my songwriting and expand its reach and scope."

Dana's goal is to contribute to the development of a cultural platform that absorbs budding local and regional musicians, a platform on which they can perform at an international level.

Dana's ambition is to help develop the music scene, to build a structure locally that absorbs serious musicians. In addition to songwriting, she is establishing a small independent label that will enable her to cultivate ties with music internationally and eventually help populate the local scene with musicians she's working with around the world.

"I have always believed in Qatar's capacity and commitment to music, particularly quality music. The type and genre that does not age. Hence the presence of classical music, in the form of the Philharmonic Orchestra and other such structures currently present in Qatar. In 10 years I can clearly see Qatar as an established centre for music within the region and globally,"

How and when did Dana develop this big passion for music? "When I was young, I used to love tinkering on my keyboard, which naturally drove my parents mad, but luckily they never stopped me. I then started writing nursery rhymes for my younger sister when I realized how appalling a lot of the nursery rhymes were. A lot of my passion came from my family; my sisters and I were obsessed with musicals and we constantly performed them around the house. I finally realized how the joy of music was running through my veins, but it wasn't until my first pregnancy that I realized how much I wanted to and needed to express myself through music."



It was during her pregnancy that Dana decided to pursue a professional career in the music industry. During those nine months she started to compose her own songs and formulate her first album. She teamed up with her Manager Will Gresford and the London producer Tim Baxter to start recording.

"I grew up listening to a lot of rock music. When I was in school I don't think I had ever sat in a car without at least one Aerosmith song playing and I would rock out to it like I was being electrocuted. In fact, I'm listening to Blind Man right now, both my daughter and I love that song! I used to be a die-hard Michael Jackson fan in grade school. I had all the merchandise but I never quite managed the moon walk."

Nowadays, Dana is a modern young mum, who was blessed to find a partner with whom she can share her music and success. Her family means the world to her and it will always be her priority. "My husband was very supportive and encouraging during the whole process and Layla, my baby, is my most precious jewel. I recorded the album during my pregnancy and to me

"I WAS ALWAYS GOING TO JOIN MY FAMILY BUSINESS AND JEWELRY WAS SOMETHING I WAS ABLE TO RELATE TO AND WAS PASSIONATE ABOUT. HOWEVER MY LIFELONG PASSION FOR MUSIC HAS ALWAYS BEEN IN MY MIND AND IT WAS SOMETHING THAT I KNEW I WANTED TO PURSUE OVER AND ABOVE MY ENRICHING CAREER IN JEWELRY."

fulfilling my dream would definitely be reflected on all aspects of my life."

Dana plans to contribute to the future of Music in Qatar. She wants to inspire young talents to express themselves, while drawing on local culture and shared values. In a way, she wants to help shape the voice and song of Qatar.

IN CONVERSATION WITH AN AMBASSADOR

‘THAINESS’ IN QATAR

BY MARLYNNE MALLARI - DELA PENA

PHOTOGRAPHY JESSIE PALANCA



Thailand was known as Siam until 1939 when it officially became the Kingdom of Thailand. It is the 50th largest country in the world and its population is around 65 million citizens.



'Thainess' is a conversational word used in Thailand to express the hospitality that spreads through their food, custom and culture. We were fortunate enough to sit down with the new Ambassador of Thailand, HE Piroon Laismit. He animatedly explained the rich tourism in his country, how they are creating awareness in Qatar, and how they're expanding awareness to the rest of the population.

Having existed for more than 34 years in the diplomatic world, HE Piroon Laismit is not resting on his laurels. He still expresses pride in his ambassadorial profession.

What makes Thailand such a popular holiday destination?

A: Thailand is one of the favourite tourist destinations in the world. The country is known for its richness and uniqueness in both natural and cultural heritage. The country's diversity is highly admired. You can find different tourist attractions in various parts of the country. Additionally, the Thai people are very friendly and hospitable.

When is the best time to visit your country?

A: Actually you can visit Thailand throughout the year. There are many significant events taking place in different months. The biggest and most well-known festivals are Songkran festival (Thai New Year) in April and Loy Kratong festival (festival of light) in November. For

the best time to visit Thailand, it depends on the season. For example, you can visit the exotic islands or beaches in summer while you can experience the northern part and admire mountain sceneries in winter.

Where is it possible to find a truly 'Thai experience' in Doha?

A: You can find the 'Thainess' in many parts of Doha. There are numbers of authentic Thai restaurants and spas in Doha. The Embassy, as well as some five-star hotels, have organized many cultural activities throughout the year. These include cultural performances, a bazaar featuring Thai food and products, Thai New Year celebration, and the Loy Kratong festival.

What do you love the most about your job?

A: The interaction with the leaders of host countries, as I am fortunate to learn and immerse myself in their culture. Meeting different people, experiencing different culture and exchanging views with my fellow ambassadors is quite an interesting experience.

How do you balance work and family?

A: Being a diplomat is not easy but my family understands my job. I make sure to keep my weekends free for my family.

When a tourist visits your country what part of Thailand do you recommend?

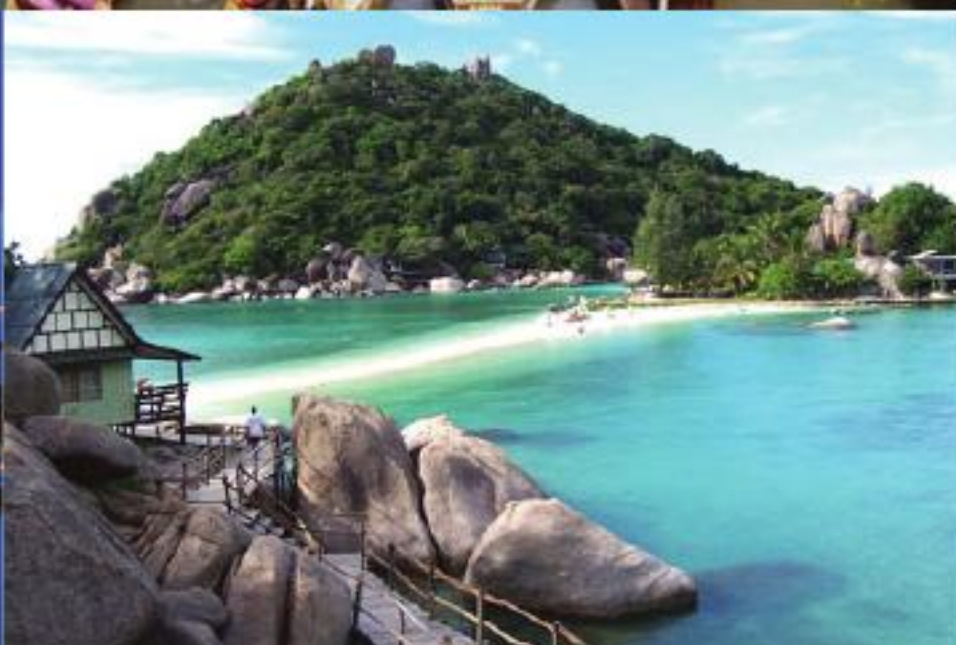
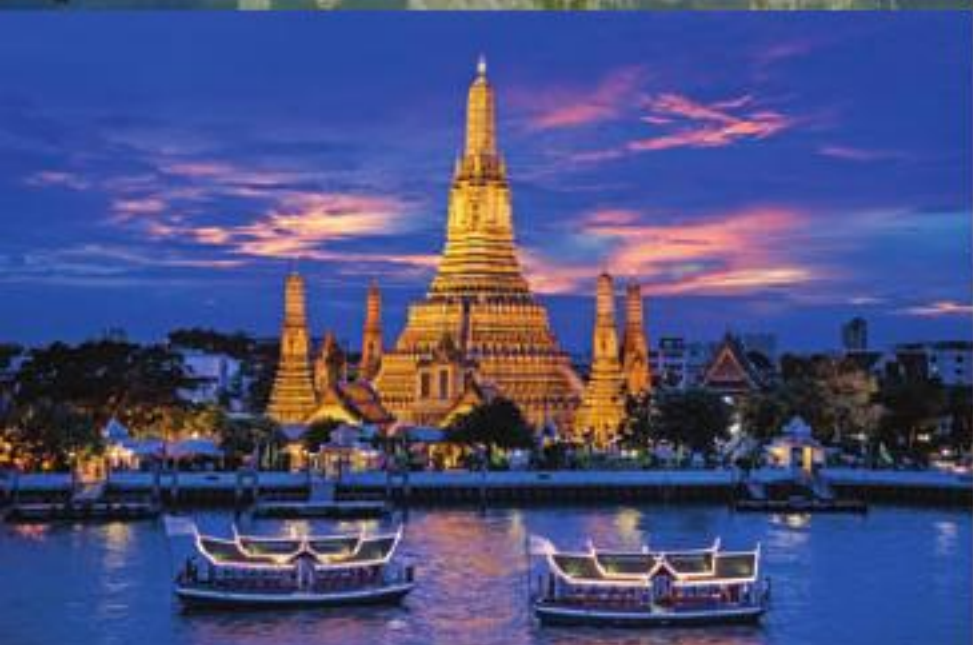
A: If you have a week to visit, I would definitely say Bangkok, our capital. This place is developed, transportation is easy, shopping malls are everywhere - yet you'll still enjoy the authentic Thailand.

What are your plans to continue a strong relationship between your country and Qatar?

A: Thailand and Qatar have enjoyed their fruitful relations and cooperation since the establishment of their diplomatic relationship 34 years ago. As the new Ambassador of Thailand, I will work closely with Qatar to promote the bilateral relations and cooperation in political, economic and cultural areas. It is also a good opportunity to explore other areas of cooperation in order to enhance our existing relationship. We have a few projects in pipeline which focus on economic cooperation and promote Thai businesses in Qatar.

FOR MORE INFORMATION

THAI EMBASSY IN DOHA
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THAILAND

Thailand, officially the Kingdom of Thailand, formerly known as Siam, is a country located at the centre of the Indochina peninsula in Southeast Asia.

Capital: Bangkok

Dialing code: +66

Currency: Thai baht

King: Bhumibol Adulyadej

Population: 66.79 million (2012) World Bank

Government: Unitary state, Constitutional monarchy, Parliamentary system

Points of interest: • Bangkok
• Chiang Mai • Floating Markets • Koh Samui • Hua Hin District

MOVING BEYOND YOUR



BY DANIELLE MAYNARD-DUTTENHOFFER LL.M., CO-FOUNDER AND DIRECTOR OF GLOBAL WOMEN QATAR

In our lives, many of us struggle with Ego whether we are aware of it or not. Ego has the power that when it gets out of control, it works like blinders that stand in the way of seeing what you need to see. Blinders inhibit our personal learning and growth. Many people never reach their true potential because they get in their own way and block their own progress in this way. They are no different than the teenager who “knows all there is to know” already. To deal with Ego, the first step is to know/recognize we have Ego, and the second one is to handle it.

One of the causes of Ego is the way our brain naturally works. When an individual begins to achieve success at a high level in any area of their life, they start to receive more attention. As they move forward, they tend to become surrounded by more people who tell them what they want to hear and fewer people who tell them what they need to hear. This is what is called the ‘sycophant trap’ in the world of psychology.

Once you fall into the ‘sycophant trap,’ it causes your brain to lean heavily, if not rely completely, on the left or logical side for all decision making. The problem with this is that many of the most important decisions we make everyday are better served by the right or emotional side of our brain. The right or emotional side of our brain is where we get what we refer to as “a feel”, or general intuition we have about things.

The author, Todd Henry, wrote clearly about three Ego traps, which give us more insight into the hidden-Ego:

Ego Trap #1: Playing the victim

Let’s imagine an example of playing a game with others where there was a disagreement over the rules. When the argument became heated, the disagreeable party inevitably says something like: “Fine! Then I’m taking my stuff and going home!” They would rather opt-out of the game than be flexible enough to find a compromise and continue playing.

At work this plays out in a much more subtle, behind-the-scenes kind of way, but when we’re playing the victim, our internal dialogue goes something like “if they won’t listen to my ideas, then I’m just not going to offer them any more” or “there’s no use in trying very hard on this project, because my efforts won’t be valued anyway.”

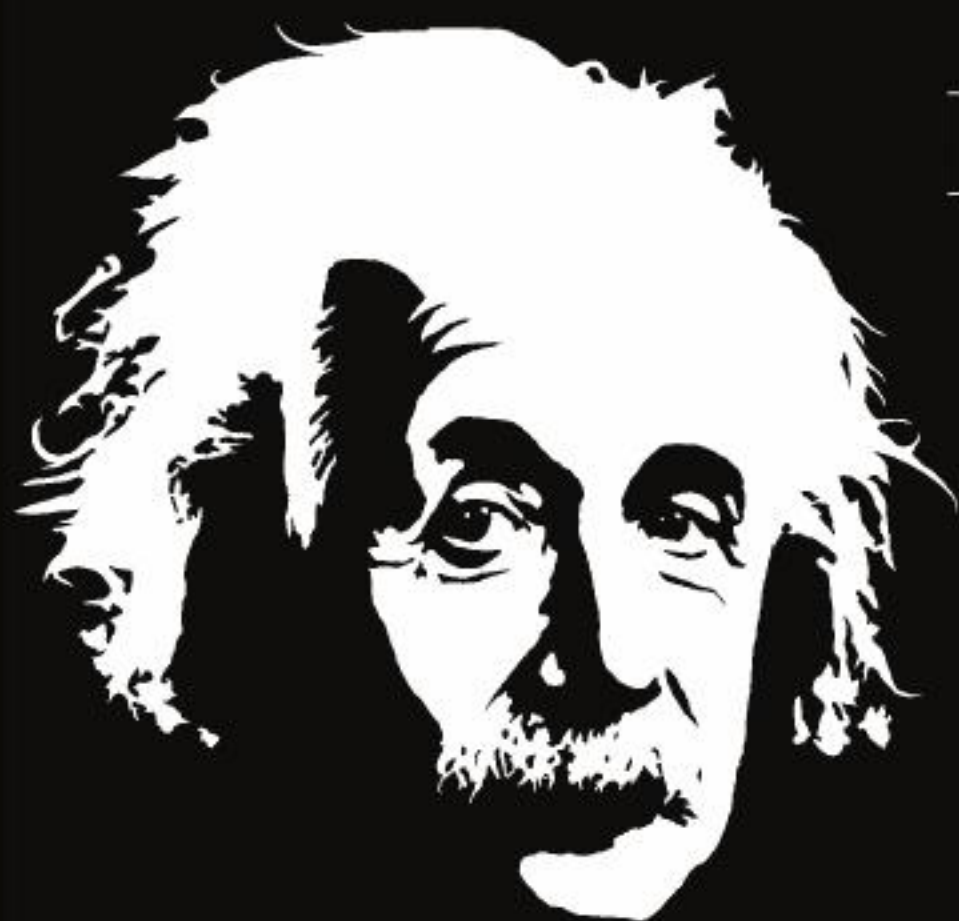
At first, this may not seem like a form of Ego, but it is. You are putting your own need for recognition ahead of the work and ahead of the mission of your team.

Unfortunately, this kind of disengagement means that you are not putting yourself fully into the work in front of you, and thus are abdicating your contribution. You are allowing someone else to control your efforts rather than taking charge of your own engagement. You must stay alert to the “victim” voice inside your head and not allow it to cause you to withhold your best work.

Ego Trap #2: Aggressive defence of your “turf”

When you sense that someone else is encroaching on something you perceive as your area of influence, you feel a need to protect your standing or authority and refuse to allow others to become the leading voice. You may even take credit for the ideas of others, or refuse to allow them to stand in the spotlight. This can also play out as cynicism, or extreme criticism of the work of others. You immediately call out things as “too obvious” or “amateurish” in the effort to make your own work look more valuable.

“MORE
THE KNOWLEDGE,
LESSER THE
EGO. LESSER THE
KNOWLEDGE, MORE
THE EGO...”
ALBERT EINSTEIN



There is a vast chasm between confidence in your abilities, and an over-inflated Ego. Ego says “I can do no wrong”, whereas confidence says “I can get this right.” Confidence says “I’m valuable” while Ego says “I’m invaluable.” This is a critical difference in mindset. Be aware when you are generally contributing and when you are simply trying to protect the status quo. Losing some of your “turf” may seem scary, but it’s really an opportunity to stay one step ahead.

Ego Trap #3: Being easily offended

Have you ever met “that person” who perceives everything as a personal attack? It doesn’t matter what you say to them or how nicely you say it, they will somehow

twist it into an insult. Similarly, some people treat any disagreement as an indication that you are questioning their competence. Both of these are subtle displays of inflated ego.

When you put your self-perception ahead of the work, you are in danger of compromising your best efforts. Collaboration also becomes more challenging, because others grow tired of walking on eggshells. You must nix the tendency to be easily offended, and instead embrace the opportunity that disagreements or disconfirming information provide to sharpen your thoughts and skills. Of course, there is a right and a wrong way to deliver criticism. The correct response to poorly delivered criticism isn’t to get offended, it’s to offer a helpful suggestion

on how you’d like to receive feedback in the future.

Do not allow the subtle effects of an inflated Ego to rob you of your contribution. Yes, be confident, but also be adaptable. Pour yourself fully into your work, but be willing to listen to disconfirming information and opinions. If you do, you will be far better positioned to unleash your best creative work every day.

Global Women Qatar was established in January 2012 as Qatar’s first employment agency to focus exclusively on the recruitment of women who already reside in Qatar or who wish to relocate to Our candidates come from different educational backgrounds with a variety of qualifications and skills. For more information please contact Elsbeth Blekkenhorst or Danielle Duttonhofer at info@globalwomenqatar.com or for further information about us and current vacancies please visit our website www.globalwomenqatar.com



I love what I do

A FRESH PERSPECTIVE

FEATURE COORDINATED BY MARLYNNE MALLARI - DELA PENA

PHOTOGRAPHY JESSIE PALANCA



When someone constantly does the same routine every day, it gets dull and boring. How can work be seen in a different light when you're in the same business for more than 15 years? ABODE spoke with Sami Aawar, Rooms Division Manager of Mövenpick Tower & Suites Doha about his outlook at work, colleagues and family.

For more than 15 years in hospitality business, how have you kept your passion fresh?

A: One of the most exciting things about the hospitality industry is that it's ever changing, meaning that you get to deal with new things and situations all the time. For me, I keep it fresh by meeting and dealing with new people, as well as through the development of myself and others, especially those in my team and department.

Would you recommend this career to your children?

A: I would support my children in any career they chose. Should they one day be interested in hospitality, they know that they have my full support and my vault of knowledge and secrets!

If someone would randomly ask you for advice, what would you say?

A: I would give them my honest answer. I consider myself to be a very transparent person, so I would always give the straight and honest answer to anyone asking me for advice.

What's your favourite part of your job?

A: Creating creative and innovative service concepts, interacting with guests and visitors, and watching the development and successes of employees and team members.

Can you share in three words the recipe for success?

A: For me, that would be honesty, fairness and patience.

What is your favourite book, movie, song and place?

A: The book would be anything by Gibran Khalil Gibran. The movie would be all the action movies you could think of! As for music, it has to be Fairouz, the soul of Arabic music. And for place, Lebanon, my home town.

How do you see the hospitality business in Qatar in five years?

A: The hospitality industry in Qatar is moving very quickly, and like the country itself, it is booming. In the next five years, I personally think that it will be very competitive, with a lot of options for guests to choose from in terms of hotels. I also think that it's somewhat upgrading, meaning that we will see more hotels in the luxury and A-class categories opening up.



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ARTS & CULTURE

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QELA PRESENTS "A WOMAN'S LOOK" EXHIBITION

QELA, the one and only fashion brand made in Qatar, inaugurated last month the latest art exhibition in their luxurious Pearl's Boutique. The stunning artwork by the Arab/Qatari painter Ebtisam Al Saffar, featuring women's faces, will be on display for the next six months to celebrate fashion and art. Visit QELA in the Pearl, Parcel 1.



Arts & Culture News

YOUTH HUB QATAR FOCUSES ON SPECIALIZED TRAINING FOR YOUTH

Youth Hub Qatar recently held an intensive public speaking training programme for youth in Qatar at the YHQ facility presented by renowned public and motivational speaker Seymour Rasulov. Thirty youth were taught with essential knowledge on how to build confidence and reduce fear of speaking in public, meetings and impromptu. "The passion in the youth during the workshop was like an energy drink for me. And it is the Youth Hub Qatar that helps these young people discover the passion and great skills they possess. I am privileged to be part of this", said Seymour Rasulov.



Mathaf celebrates its second K-12 student art exhibition

Mathaf paid homage to the artistic expressions of Qatar's students with the launch on May 24th of its second student exhibition "Mathaf Student Art Exhibition: Black and White", which will be on view until June 26, 2014. The exhibition is the result of a student art competition launched by the Education Department at Mathaf: Arab Museum of Modern Art in the fall of 2013. All schools in Qatar were invited to participate, and the museum received over 300 submissions from schools in and outside of Doha. Students created work ranging from installations, video, paintings, mixed media, sculptures and photographs. Admission to this inspiring exhibition is free, so check it out!



Qatar Museums Authority announces rebranding

Qatar Museums Authority has launched last month its new brand, logo and name in line with the 2030 National Vision to form the next generation of arts, heritage and museum professionals in the country. Commenting on the new brand Her Excellency Sheikha Al Mayassa Bint Hamad Bin Khalifa Al Thani said: "The new brand has been introduced to engage our primary audience, families and the youth. The colours and shapes are dynamic reflecting Qatar's cultural ambition in developing arts, heritage, and creativity. The QM is a family of museums inviting Qataris, residents, and the rest of the world to learn about different cultures, people and civilizations."

Qatar Foundation Celebrates Cultural Diversity

Qatar Foundation for Education, Science and Community Development recently saw more than 300 people attend the grand finale of its International Cultural Festival at the AaQool Atrium in Education City. The successful initiative was part of Qatar Foundation's ongoing commitment to foster multi-culturalism in Education City in Qatar and rest of the world by promoting cultural understanding, acceptance and tolerance within the global community. The event was attended by more than 1,000 Qatar Foundation employees and community members, who engaged in various arts and crafts workshops and live cooking demonstrations.



A WOMAN'S LOOK...

Where art meets fashion

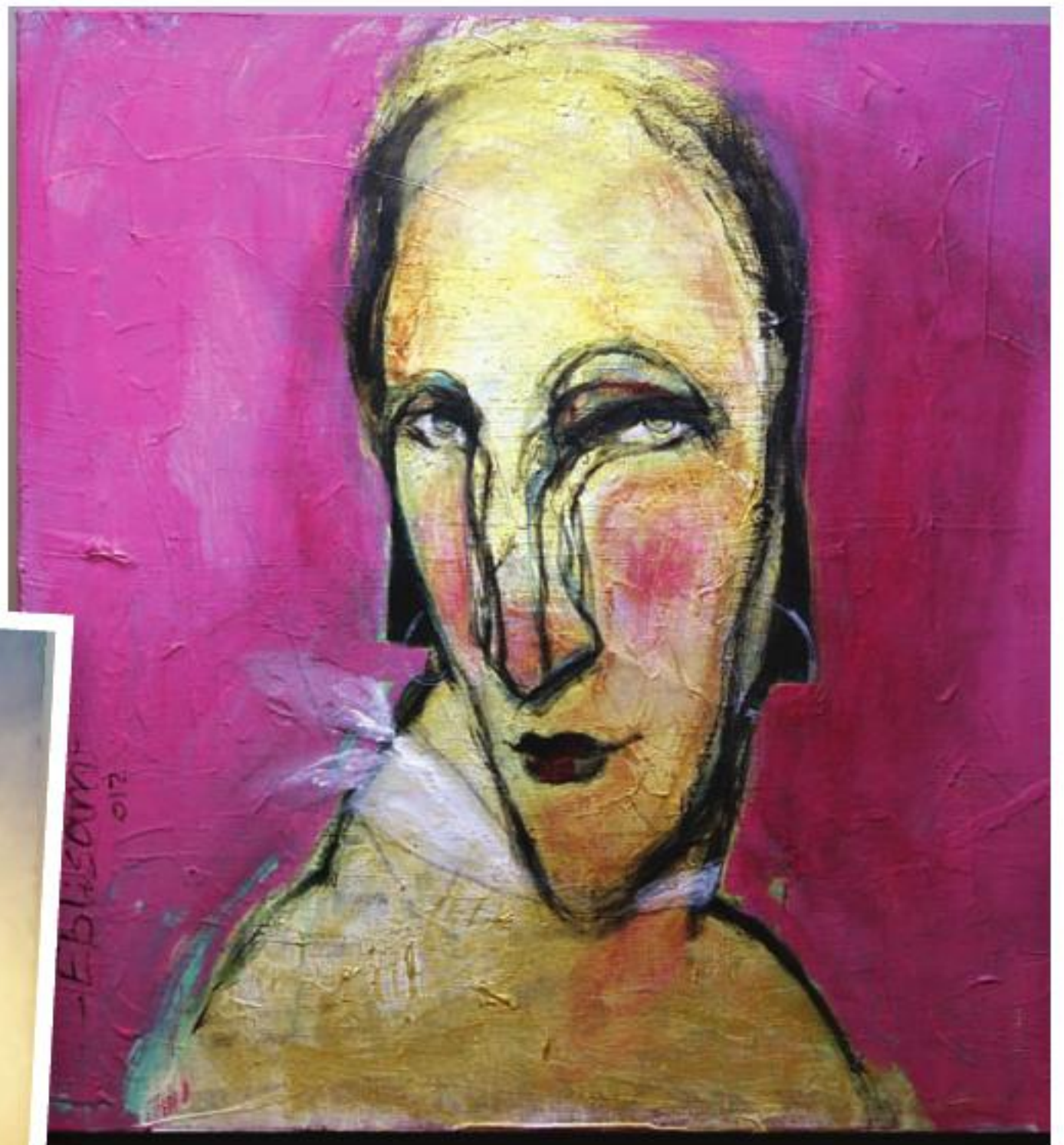
QELA, the one and only Qatari homegrown fashion line, pays homage to a talented local painter in the sleek settings of its high-end boutique in the Pearl. What a better combination for a fun afternoon full of culture, shopping and style?

The new exhibition showing at QELA's boutique gallery was unveiled last month. "A WOMAN'S LOOK" is an unique collection of paintings by the Qatari female artist Ebtisam Al Saffar, which speaks the international language called art. Her works, inspired and influenced by Pablo Picasso and Amedeo Modigliani, focus mainly on women. It looks at their faces in particular, highlighting their soft and kind power. From angelic-inspired subjects to stronger and more defined silhouettes, all Ebtisam's women will hypnotise you with their unique feminine strength. They will invite you to slow down, reflect, and enjoy your surroundings while the world goes by. Don't miss the opportunity to see this work of art, which will be exhibited until October 2014. Immerse yourself in the QELA world of art, culture and design!



"ART AND QELA SHARE THE SAME VALUES OF OPENNESS, TIMELESSNESS, CREATIVITY AND MODERNITY. ART IS TOTALLY INTEGRATED TO OUR BOUTIQUE, WHICH AIMS TO BE A CENTER FOR CREATIVITY."

- SHEIKHA NOOR AL THANI'S, QELA'S OFFICIAL SPOKESPERSON



MUSICIAN'S NOTES

WHAT WE PLAY IS LIFE

A MONTHLY COLUMN BY DOMINICK FARINACCI

"Certain music, jazz in particular, has the ability to make you a better citizen of the world. It helps you expand your world-view and gives you more confidence in your cultural achievements. Improvisational jazz teaches you about yourself while the swing in jazz teaches you how to work with others." - Wynton Marsalis, Managing and Artistic Director of Jazz at Lincoln Center

We recently had the opportunity to partner with UNESCO Doha and to be included as one of 196 Nations participating in UNESCO International Jazz Day 2014... the first ever in Doha! It was an energy-infused night of artists coming together from around the globe. Each year on April 30, people of all nations have the opportunity to recognize the power of jazz to promote peace, dialogue among cultures, diversity, and respect for human rights and human dignity.

Although this event officially happens once a year, we're grateful that JALC DOHA has become a place where this organically happens night after night. What makes this happen is the selfless nature of both musicians on stage, and of our audience. It's sometimes inevitable that when one stage is filled with musicians of world-class accomplishments and accolades, the need for an individual 'spotlight' becomes first priority. However, there are those magical moments when each musician has a certain amount of respect and humbleness to look past the "me" factor and makes his/her priority focussed around the greater community. It directly affects the audience and brings them along in the moment, as was the case on UNESCO International Jazz Day.

Carel Kraayenhof, a brilliant Tango player from the Netherlands, happened to be in town performing at Qatar National Theatre, and afterwards made a guest appearance with us. Years ago he was seen by millions performing for His Royal Highness Prince Willem-Alexander and Her Royal Highness Princess Maxima, and Doha got to see him up-close playing beautiful music from Argentina on Bandoneon. Several friends from the Qatar Philharmonic Orchestra also joined, providing impromptu solo performances and beautiful string arrangements behind JALC artists such as vocalist Gregory



GETTYimages

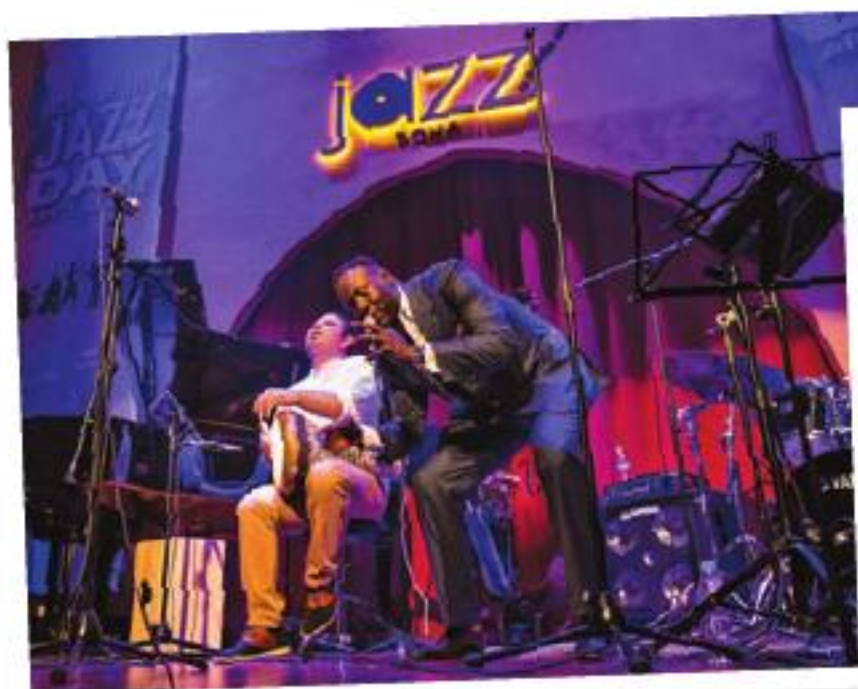
Generet. Trumpeter Chris Coull, founder of Doha Jazz, and drummer Mike Pigneguy dropped in as well.

On this evening I happened to be on the other side of the world, in New York City, performing for the Jazz at Lincoln Center Gala. Actor Billy Crystal hosted the gala, and at the same moment we were rehearsing, I was receiving texts and What's App messages from friends who were at JALC Doha. At the same time, ecstatic texts from friends in Europe and South America came in when they had heard our guest Bandoneon player had made an appearance. A couple minutes later I happened to connect with Al Jazeera host David Foster, and 30 minutes after that had an opportunity to talk with him on-air about UNESCO International Jazz Day and all the wonderful musicians who contribute!

The Doha community had created a whirlwind of momentum around this event, very much in the spirit of what this day was about. We certainly strive to recreate this aesthetic every day wherever we go.

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INFINITI Q50: DRIVING INTO THE FUTURE

ABODE TAKES A JOYRIDE WITH THE ALL NEW INFINITI Q50

BY DELIAH ROQUE



Just when you think that technology couldn't get better with all the latest gadgets around like the iPhone, Samsung, all the S's ergonomic furniture, intuitive sensory systems INFINITI might of cracked the code with its newest entry the INFINITI Q50. It was so intelligent it could possibly challenge the KUKA robot

From the exterior this modest sedan could be mistaken for a coupe with its swooping arches and fierce spear like trajectory spanning 4,790mm from the front to its tail. Its sunroof and twin exhaust tailpipes in chrome finish off its stellar good looks

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2014 Infiniti Q50 Specifications

- Luxury vehicle
- Engine size: 3.7L
- Horsepower: 328 HP
- Available trims: Base, Premium, Sport



has been engineered to ensure smooth handling filtering out any unwanted vibrations on all those unexpected bumps. It allows you to customize the steering sharpness to get precisely the response you desire. The INFINITI in Touch system puts intuitive control at the heart of this personage with access to favourite apps on demand. The dual touchscreens interface allows you to set the climate control, do a Google search, check your Instagram or access a wide variety of comfort and convenience settings all from the same centred interface. The specialist engineers at INFINITI did not waste a waking hour implementing the the Adaptive Front Lighting System (AFS) which does not only highlight the way ahead but around the vehicle too. Wherever the light points the lamp corners by turning the headlights in tandem with the steering, the Q50 introduces innovative High Beam Assist technology, which automatically dims your high beams when oncoming traffic approaches at night. The Around View Monitor (AVM) with front and rear sonar system and moving detection gives you exceptional awareness of your surroundings as you manoeuvre to park. You will notice a 360



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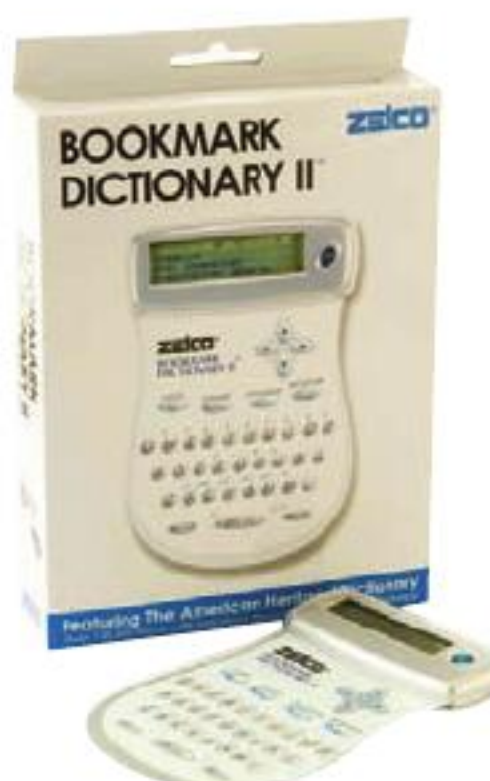
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Recently launched in the market, the XPERIA T2 ULTRA DUAL belongs to the affordable range of Sony's top-end phablet line-up. It certainly won't go unnoticed for long thanks to its competitive price and it's oversized and sleek design. Another key element of this new special smartphone is its dual micro-sim feature, which is increasingly popular. Forget annoying SIM card swaps when travelling and connect easily with the world through this smart component. Easy to use, light to carry and fairly straight forward, this six inch handset boasts a 13MP camera, an impressive long life battery that lasts for over a day after heavy usage, and a Snapdragon 400 processor that will guarantee you maximum performance and speed. It offers above all a TRILUMINOS display for mobile and Sony BRAVIA TVs technology in order to allow entertainment on the go with sharp images and vivid colour reproduction.

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Centrepont

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Al Asmakh Mall, Al Saad 4428 9201

City Centre Doha

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

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Gharrafa 4487 5222

Lagoona Mall

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West Bay, Zone 66, Ad Dawha 4433-5555

Royal Plaza

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

The Mall

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

The Gate

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

Merch

Hours: Sat-Thu 9:00am-12:00pm, 4:00pm-9:00pm,
Al Asiri Interchange, Salwa Road

Salwa 4465 8652
The Mall, D-ring Road 4467 4312
Dar Al Salam Mall - 44164728

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 Mall		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
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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
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Qatar Foundation for Child & Protection Hotline	4466 6671 to 73

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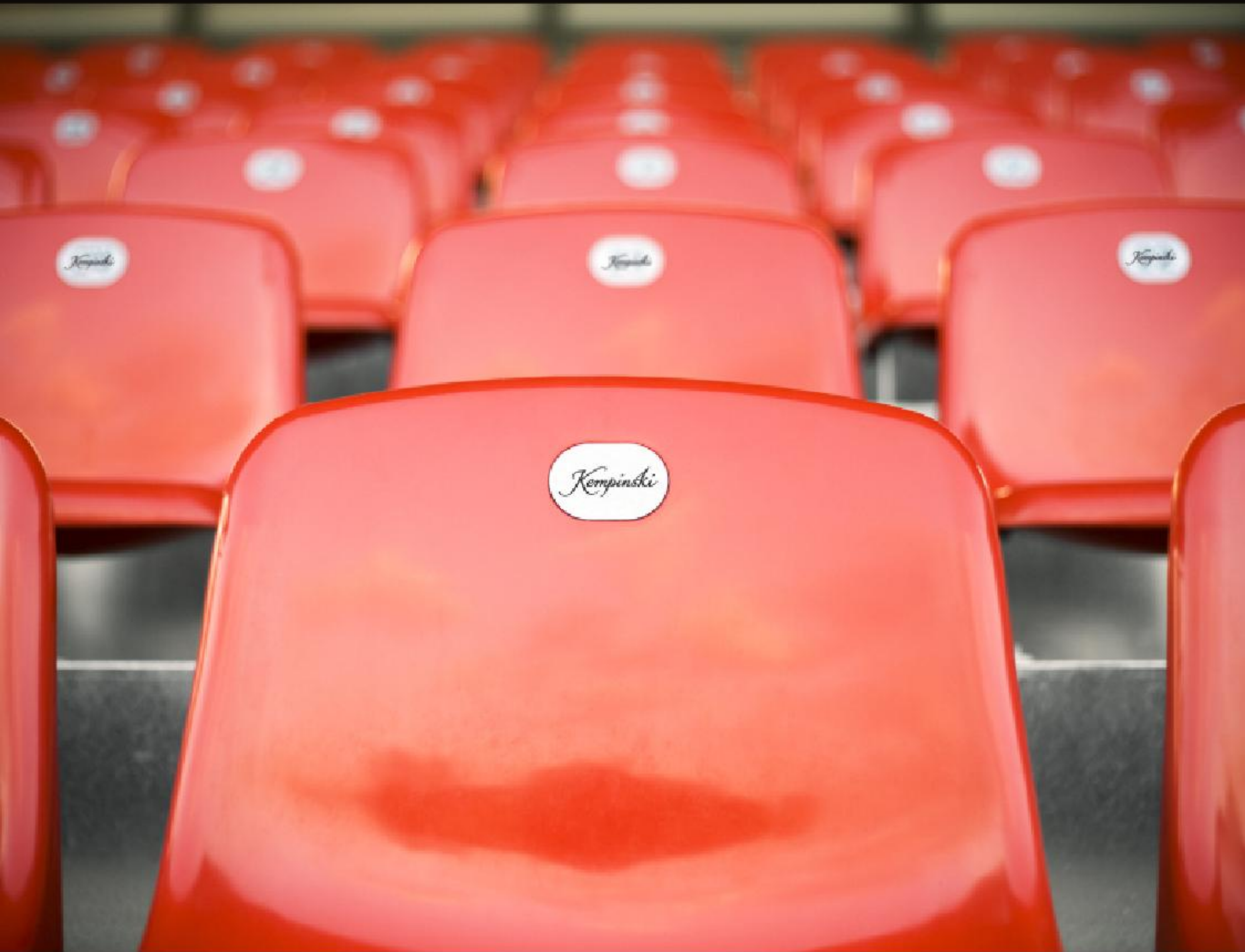
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