

YOUR LIFE • YOUR STYLE • YOUR HOME

ABODE



Special Issue Inside

Join
Doha's
Cycling
Club

DETOX
YOUR
LIVER

ULTRAVIOLENCE:
Lana Del Rey's
Latest CD

**DOHA'S
TOP
FITNESS
CLASSES**

**Exclusive
INTERVIEW
WITH IRINA
SHAYK**

**GET
TRIMMED
& TONED**

AUGUST 2014 QR 12



6 12 154 528 17 2

We've nothing against good, hard logic. But there are times the heart needs to take the wheel, to experience the pure driving pleasure of the world's first road car with Direct Adaptive Steering, including Active Lane Control. Meet the all-new Infiniti Q50 at an Infiniti Centre today.

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this month

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**ABODE FIT, SPECIAL
ISSUE TO KEEP YOU
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**SALAD DRESSINGS
ARE TASTY AND
FUN TO PREPARE**



Irina wears Sacoor Brothers
Spring Summer 2014
Collection

ghd
good hair day every day
شعر جميل كل يوم

Get Ready
to turn some heads
اخطفي الأنظار بإطلالة مميزة



Dear Readers,

Welcome to our August issue featuring our ABODE FIT special entirely dedicated to health and fitness. August is the perfect time to get back in shape after the gorgeous Ifars and Sohurs banquets we experienced during Ramadan. Doha offers endless opportunities for such, ranging from state-of-art gyms to professional personal trainers, outdoor sports activities and more. There are no excuses not to get fitter than ever!



A healthier and more active lifestyle is key for a new you. We are here to help you to achieve your goals with loads of useful health and nutrition information, scrumptious recipes, and detailed guidelines of the latest fitness classes and beauty treatments on offer in town.

Enjoy the read and find your motivation to loose those extra kilos once and for all. This will make you feel great. It will also give you the perfect excuse for a shopping spree to show off your new figure, so check out our summer fashion pages for inspiration.

On another note, I'm very proud to announce that the AHB Group is expanding its business portfolio with the launch of at least four new Chowking restaurants in prestigious locations around Doha. More over we are ready to open the signature English Fish and Chips shop Harry Ramsden's very soon in The Pearl and last but not least the delicious line of bread and pastries GBC from Germany. Learn more about these exciting new adventures that will delight your palate very soon on page 94.

Enjoy the read!

NASSER AHMED HASSAN BILAL

EDITOR'S TOP PICKS



Top, Oycho

MUST-HAVE PRODUCT OF THE MONTH



Sunglasses, AERO POSTALE at Ezzan Mall

Trainers, Nike at Net-a-porter.com



Rucksack, Pull & Bear



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



WIN!

Get a chance to own a four-foot white fur WayedComfy Sac
All you have to do is tell us which date was WayedComfy established?

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With the release of her sensational new album - ULTRAVIOLENCE - Del Rey has no intention of glossing over her troubled psyche. Her recent statement "I wish I was already dead... I don't want to have to keep doing this, but I am." saw her reflect on joining the "27 Club" full of dead rock stars like Jimi Hendrix, Janis Joplin, Jim Morrison, Kurt Cobain, and Amy Winehouse.

Lana Del Rey

ULTRA PASSIONATE ABOUT MUSIC

BY JAN JANSSEN

"Getting on stage is the part I like least about my job," Rey says. "I love to write and produce music, but everything that comes after that is difficult for me...." Whatever else she may be, the 27-year-old Del Rey is certainly a survivor. ULTRAVIOLENCE is already attracting enormous buzz and generally positive reviews. Her first single from the album, "West Coast," and its accompanying vidclip, have already given strong indications that the new album is a strong and compelling follow-up to Born to Die and will likely debut at No. 1 in most international markets.

To her credit, Del Rey (born Elizabeth Woolrich Grant in NYC) has withstood the

withering barrage of criticism triggered by her now infamous January 2012 appearance on the American TV show, Saturday Night Live. Suffering from a massive attack of nerves (though she still refuses to admit that), Del Rey's vocals were strangled with fear and her body movements mimicked those of a heavily sedated Patti Smith or a deer caught in the headlights of a Mack truck.

Since then, however, she has may an extraordinary comeback of sorts. And with the release of the highly-anticipated ULTRAVIOLENCE Del Rey is about to soar into the musical stratosphere once again. Coming off her narco-swing "Young and

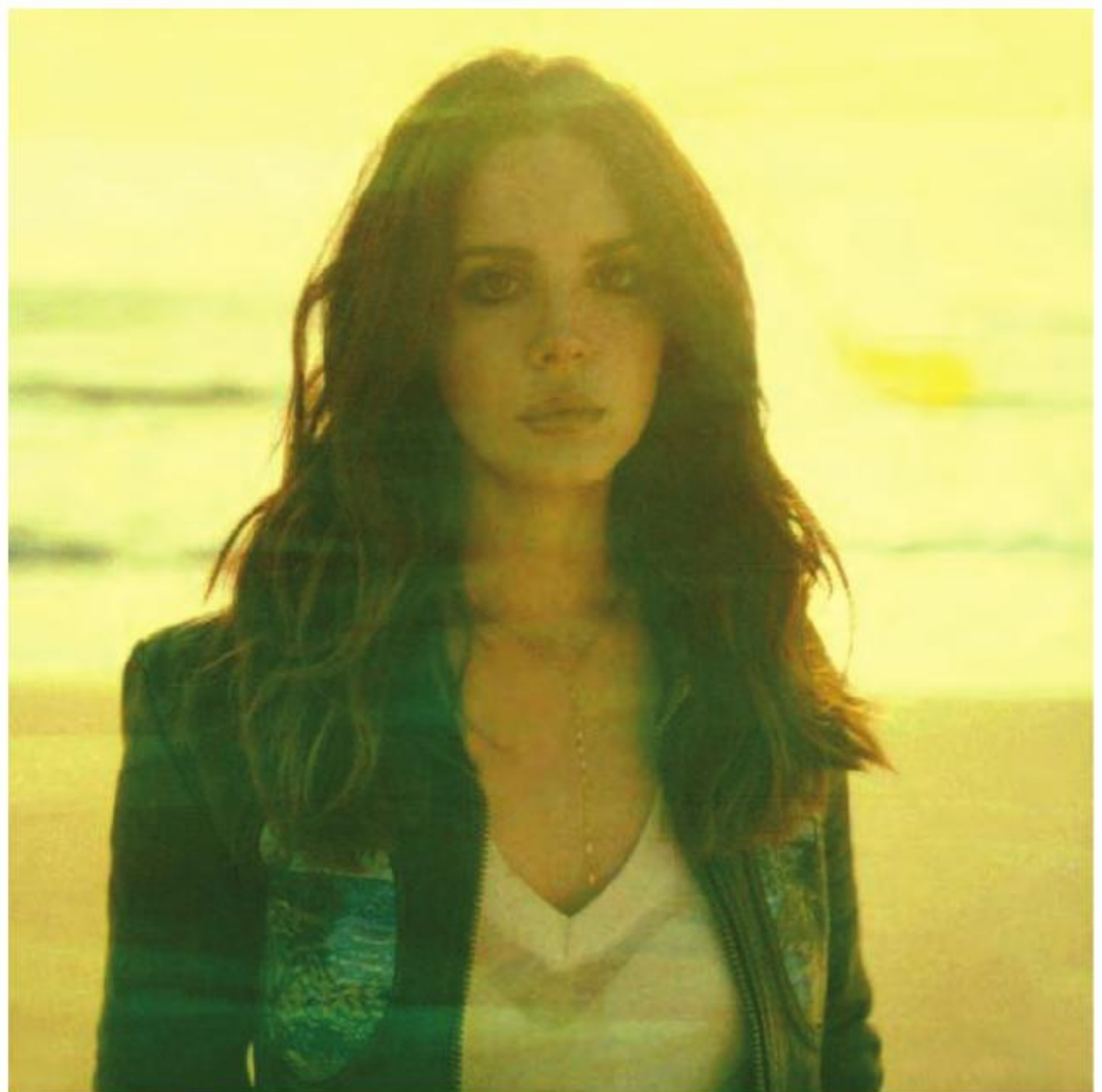
"I'M VERY GRATEFUL TO HAVE THE INNER VISIONS OF MY MIND'S EYE CARRIED OUT. AND NOW I'M READY FOR ULTRAVIOLENCE"

Beautiful" ballad from last year's *The Great Gatsby* soundtrack, she was handpicked by Angelina Jolie to sing "Once Upon a Dream" in the trailer for "Maleficent." In May she serenaded Kanye West and Kim Kardashian at their wedding rehearsal dinner at the Palace of Versailles, a performance that was rumoured to have netted her around \$3 million. Del Rey has denied that, however, saying she would "never charge her friends."

Despite the raging controversy over how contrived her sad persona may be, Lana Del Rey's eerily nostalgic music has enthralled millions of fans around the world. Though fame and fortune have done little if anything to assuage her downbeat view of things, she has made her mark on the public imagination and *ULTRAVIOLENCE* will doubtless silence many of her naysayers. But the bigger question is whether Lana herself will take any solace from her success?

Q: Lana, you recently performed at the pre-wedding reception for Kim and Kanye. What was it like being part of their wedding celebrations?

It was beautiful. I'm a huge fan of Kanye's - he's so talented. I'm genuinely happy for them that they've found something so amazing in their union. When Kanye wanted me to come and sing and surprise Kim I definitely wanted to be there. So we flew from the AMFAR reception at Cannes to



Versailles and it was pretty much what you expected. It's Versailles! (Laughs)

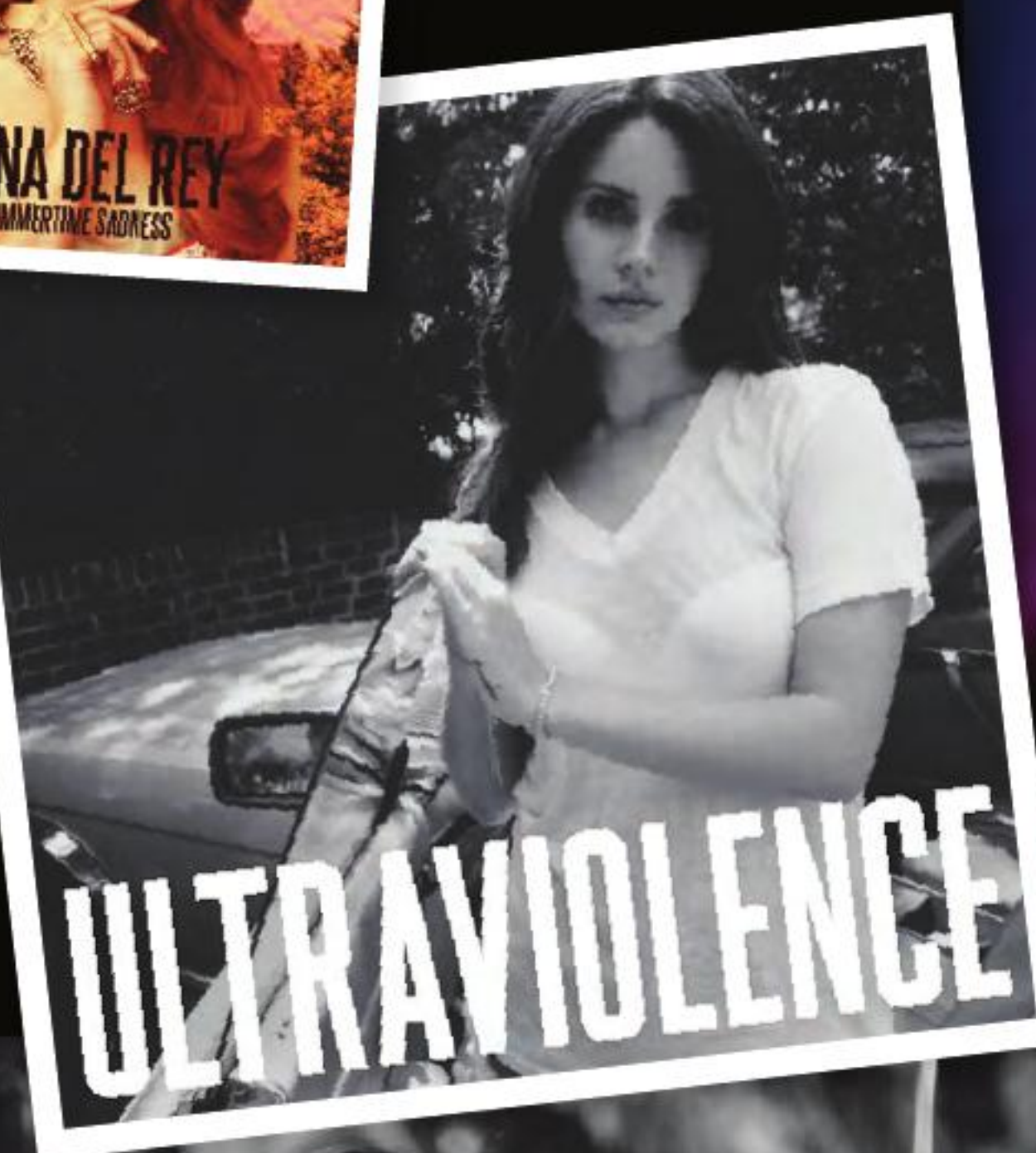
Q: There is so much nostalgia and sadness and world-weariness in your music. Why is happiness so difficult even though in person you seem pretty happy?

I haven't yet found that easy path towards

happiness. It's been years since I've felt at peace... That's been my theme in life: trudging the road to happiness. Definitely a happy destiny, but it's trugged. For me, there are moments of pure happiness, but you can't achieve that over a sustained period of time... You try to make those as many as possible. Happiness is not a static state, it's an active state. That's the ancient



Lana Del Rey's albums, Summer Sadness and her latest, ULTRAVIOLENCE



Lana Del Rey in concert



Greek definition. It's not a state of rest, it's a process.

Q: How are you trying to find that kind of happiness?

By being a patient person, surrounding myself with those I love and by being generous and seeking serenity. In general, I have found that devoting your life to the people around you and caring for them is the true road to general happiness.

Q: Are you still very interested in philosophy?

Yes. I also studied theology because I went to a school where the Jesuits were teaching the philosophy classes. I was fascinated by the basic question as to "why do we exist?" I enjoyed thinking and talking to other people about basic questions like why are we and what kind of meaning can we find in life.

Q: You're also interested in God and faith?

I went to a Catholic school called St. Agnes and I loved going to church. I was very interesting and curious about the idea of a divine plan and that there was something

bigger than us out there. I don't have a traditional Catholic view of religion or God though - but I enjoy the feeling of being looked after in the spiritual sense.

Q: Let's talk about your new album. Where did the title

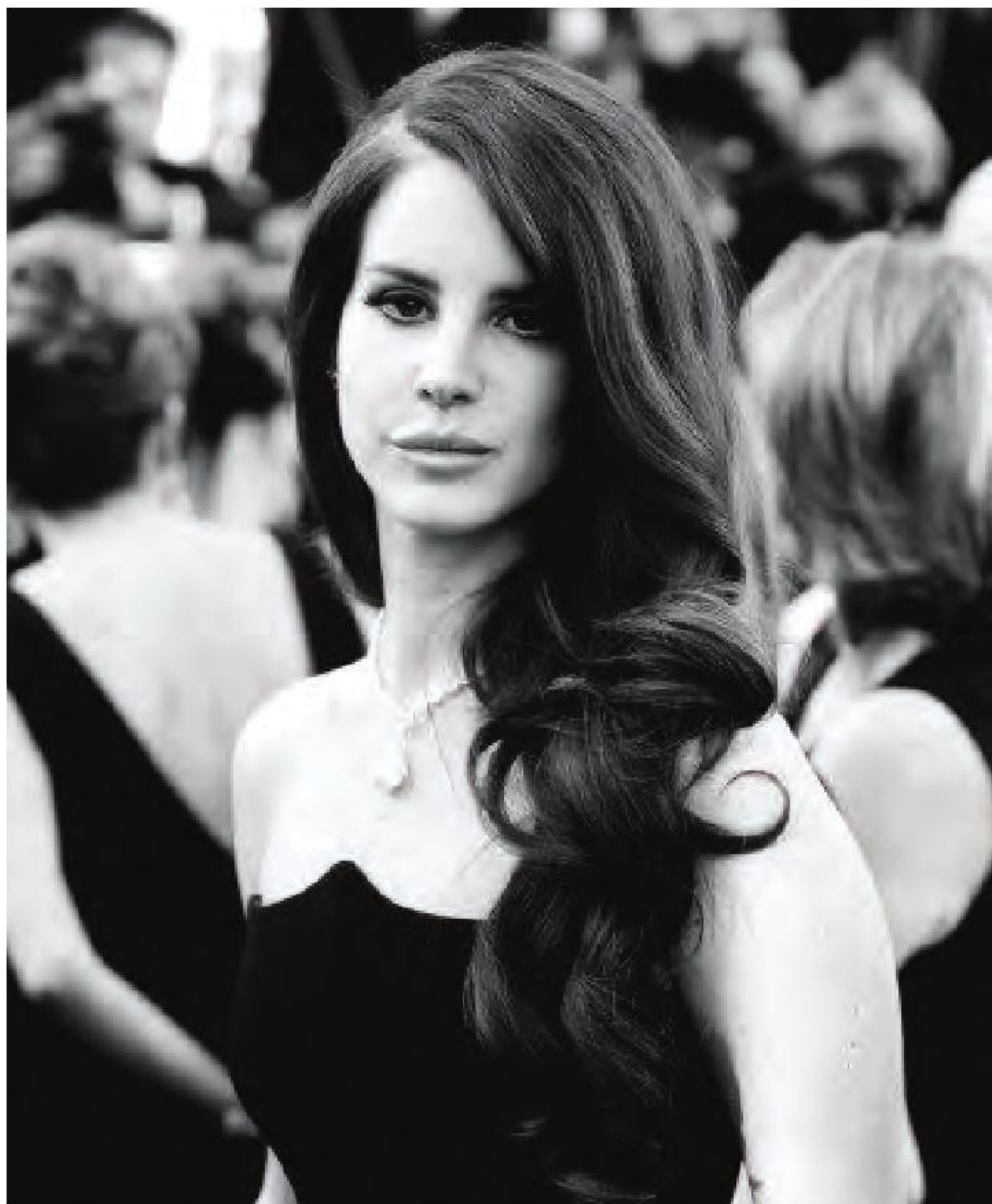
"Ultraviolence" come from?

I found the title before I had written almost any of the songs that are on it now. I love the idea of having a one-word title because I think that has a beautiful simplicity. I was thinking of flowers at the time and since I love flowers that are shades of blue and violet I had this idea of ultraviolet and that kind of vibration.

That was the basis for the title and of course it became more suggestive. (Smiles) Ultra is a sweet sound and completely opposite to the sense of violence. It also summarizes some of the contradictions I find in myself. That my essence is sweet but I also have this violence in my life that I've experienced over the last four years.

Q: What inspired the music in the album?

I would spend a lot of time driving around by myself and sitting in my car and just thinking. I didn't really laying stuff down and writing until last winter in New York. But I often would be thinking about what I wanted to do even before that just sitting in my car. I've got this old 1981 Mercedes convertible and often I would be thinking about my music when I was in the car in New York in the cold. Now that I'm living in L.A. I find myself sitting in my car at the beach a lot (so as to avoid being approached). But I'm still screwed because there's no top on the car. (Laughs) After 11:30 pm in L.A., it's amazing to drive down Sunset towards the ocean there's pretty much no one on the road and you find that you're in your own little world on this historic street and driving for miles and miles by yourself. I've got my own world going on.



Q: How did this record come together for you and what are your thoughts about it?

First of all I'm in love with the record and I'm so happy to be able to feel that way about it. I started putting it together at Electric Lady studios in New York and I met Dan Auerbach at a club one night by accident. He listened to the record and really liked it but thought it had too much of a classic rock feel. But when I told him that I had this idea for a west coast fusion with an underground jazz culture for the mood he said he felt that he could deliver that. So we went to Nashville and recorded everything there live and it had a really good feel to it.

Q: How would you describe your West coast signature sound or vibe?

When I met Dan, something that he really tapped into was that all of my choruses slipped into half-time beats and half-time swings and he called it "Narco Swing" every time the "West Coast" chorus would kick in and that's a good description of it. It has a late-seventies feel but there's also a nod to the west coast nineties synth sound that comes in.

Ultraviolence is the third studio album by American singer-songwriter Lana Del Rey, released on June 13, 2014 by Interscope and Polydor Records. Purchase your copy at Virgin Megastores.

STYLE

Trends-shopping-style tips and news



Julicy Couture to open in Doha

The iconic LA brand currently operates 18 stores across the UAE, Bahrain, Kuwait, Lebanon and the Kingdom of Saudi Arabia and will enter the Qatari market for the first time in December with a store in Lagoon Mall. We literally can't wait for this exciting new opening!

Style News

The latest dish from the fashion world



Clutch It!

Who doesn't love evening bags? From neutral tones, classic shapes and even pop coloured ones, AIGNER's Cara Collection will get you covered. Featuring the finest leather, luxurious metallic finishes and the eye catching logo clasp these stylish clutches tick all the boxes for the fashionistas out there. Check them out at Aigner Shop at The Pearl and at the Aigner Corner, Blue Salon.

The White Lotus by Kenzo:

Kenzo cultivates the white lotus in the Chinese province of Zhejiang, where in its climate, it can open up and flourish, beautiful and strong. Although outwardly gentle, it is bursting with benefits. BELLE DE JOUR White Lotus serum is part of Kenzoki's global skin care line. Its updated alchemy, particularly concentrated and is enriched with White Lotus, wraps the skin in a bubble and develops the formula's protective action. Preserved and better protected, the skin focuses on its cellular renewal for a radical effect on the beauty of the skin. Replenished, the skin recovers its optimal function. Your skin will be beautiful, day after night thanks to this magical range.



The Giant Soft Ricky Bag Wows Doha!

We really hope you didn't miss the opportunity to witness from close the iconic giant Ralph Lauren's soft Ricky bag, which recently arrived in town as part of its world tour. The six feet tall and five feet wide bag landed in Qatar after visiting Paris, London, Munich and Kuwait to name a few, to celebrate the launch of the newest Ricky bags variations: the Soft, the Mini and the Chain.



Eid Bazaar

Designers Fashion lounge recently organized two nights of extreme shopping & entertainment at "The Business Park" Crowne Plaza at Fikrah Hall, where a mix of fusion formal & semi-formal ladies & gents collections were showcased. The highlight of the event was stylish & trendy creations from famous Indian & Pakistani Designers along with the exquisite handmade jewelry pieces in 24K gold with semi-precious stones & zircons. More events are scheduled for the next few months, so stay tuned for more information.

TOP TWISTS & TURNS

**PICK YOUR FAVOURITE SLEEK SILK SQUARES, COSY CASHMERE WRAPS
FROM 51 EAST. GET RESORT-READY!**

1

VALENTINO

Embellish your neckline with this feminine piece.



2

DVF

Nothing says "Chic" like blue flowers and tassels.



3

KENZO

Knotted flower piazzas

4

**MANISH
ARORA**

Wrap up in feminine soft pink and green touches.



5

MISSONI

Trendy ethnic styled punch!



6

**ARMANI
COLLEZIONI**

Classic style with soft greys and pink



8

**ROBERTO
CAVALLI**

Stay ahead of the animal print trend.



9

**ROBERTO
CAVALLI**

Lavish luxury on your best suit.



7

FENDI

Enhance your wardrobe with this traditional and urban piece.



exclusive interview

The Beauty Within

BY FRANCESCA MOSER

Irina Shayk, the face of the Portuguese lifestyle and fashion brand Sacoor Brothers, discusses beauty tricks, her highlife as a top model and her recent movie debut with ABODE in an exclusive interview.



The Russian model, who is currently dating the Portuguese footballer Cristiano Ronaldo, has taken the fashion world by storm since her big break in 2007. She was voted "The Sexiest Girl Of The World" by DT magazine in 2011 and has appeared regularly on the cover of the top fashion magazines.

Q: You were chosen as the face of Sacoor Brothers Spring and Summer 2014 collection. How was it working with the Portuguese brand?

It was an amazing experience. I loved shooting the Sacoor Brothers beautiful Spring/Summer 2014 campaign in Los Angeles with Patrick Dempsey. The weather wasn't that great, but I couldn't have asked for more. I was in LA among the palm trees, on a beautiful beach with a spectacular ocean while wearing amazing comfortable clothes.

Q: How would you describe Sacoor Brother's style?

Sacoor Brothers is a premium brand with high quality unique designs and perfect cuts. The Portuguese origin is reflected in the label as it offers quality clothes and the best customer service in every single store. I advise all the beautiful women out there to wake up and feel beautiful through the stylish and comfortable Sacoor Brothers clothes, which are designed for confident women.

Q: How does it feel to be one of the world's most successful and recognized top models?

I think motivation is one of the main keys to success. I love to push myself and I try to get better day after day. I don't really consider myself as the most beautiful or popular model; I'm just a regular girl who simply doesn't have a regular job. I'm a model, but this doesn't mean I stroll around the city in high heels, dressed to the nines every time. I love to be laid back, to wear comfortable clothes with natural hair and be makeup free.





Irina Shayk and Patrick Dempsey wear Sacoor Brothers Spring Summer 2014 Collection



"I advise all the beautiful women out there to feel beautiful through the stylish and comfortable Sacoor Brothers clothes, which are designed for confident women."



Q: What are your beauty secrets? How do you keep in shape?

SHAYK: The main secret is to take care of yourself: stay away from the sun, drink a lot of water, and drink herbal teas. I personally try to have a Russian sauna (banya) once a week to purify my skin. I also work out regularly. If you hate going to the gym, you just have to find another suitable sport, like pilates, boxing, swimming, or something else.

Q: How would you describe beauty?

I believe that the main beauty secret is to be beautiful inside - that's the most important thing for me. I work in the fashion business, therefore I know lots of beautiful girls, but sometimes I don't consider them beautiful at all because their personality and attitude don't reflect their look.

Another key secret of beauty is to be comfortable with your body. It doesn't matter how tall you are, if you are skinny or fat, or what colour your eyes are. Everyone has to wake up, look in the mirror and say: "You know what? I love my body. I love how I am because I'm beautiful." Simply love yourself and how you were born. Confidence is the secret! Women who are very confident are the ones I consider beautiful.

Q: What do you like the most about the glitzy fashion world?

I love it because it's a busy and challenging business. I'm a person who loves trying different things, but success doesn't come easy. You have to work really hard for it. To succeed you need to have a very strong character and really know what you want.

Q: You are an example of success and you've worked hard for it. Do you consider yourself a workaholic?

I am for sure, probably because of my upbringing. I grew up in a very small village in the middle of nowhere. My father passed away when I was 14-years-old and my mother had to quit her job as a pianist and take another two jobs to provide for the family. I see my mother as a strong woman who had to work really hard. Success is the result of very hard work and it certainly doesn't come easy.

Q: What is your opinion about the emerging fashion scene in the Middle East and in the Gulf region in particular?

I think it's amazing. I visited Dubai many times for work and on holiday and loved it. I consider Dubai and New York as my favourite shopping destinations because there you can get anything you want! Dubai is a very popular destination for Russians as you can shop duty free, you have the best restaurants, and the weather is always nice.

Q: You had your debut as an actress this year in Hercules: The Thracian Wars movie. Did you enjoy acting?

Yes, this year I shot my first movie. It was an amazing experience working with Paramount Pictures and many talented actors. Above all, it was amazing being directed by one of my favourite film directors ever, Brett Ratner. My role was pretty small but it was great being behind the camera and seeing how a movie is made. It was also very challenging because of the beautiful costumes we had to wear.

Q: Will acting become a regular thing for you?

You never know! Modelling opens a lot of doors and sometimes you have to take chances. As I said I loved the experience and although my role was super small, it was really hard. You have to practice a lot to be an actress.

*"The main beauty
secret is to be
beautiful inside."*



Irina wears Sacoor Brothers
Spring Summer 2014 Collection

Discover Sacoor Brothers collection at EZDAN MALL.



Olivia Palermo

Wearing BULGARI accessories

Celebrity Stalker

Steal Olivia Palermo's effortless sense of style!

STATEMENT JEWELLERY

No fashionable outfit is complete without some serious jewelry action, whether it's a necklace, cuff or earrings!

Necklace, Kenneth Jay Lane at THEOUTNET.com



BAG

Cross-body bags are the perfect style choice to carry around all day. This one in particular by **BULGARI** is on everyone's list, Olivia Palermo included!



WEDGES

What's not to love about these monochrome long-elongating shoes? Comfy, fashionable therefore great to dash around town.

Wedges, Roland Mouret at THEOUTNET.com



TROUSERS

Enhance your silhouette with these slim-cut trousers.

Trousers, Moschino at STYLEBOP.com



SUNGLASSES

A classic and flattering frame like this works on most face shapes. We particularly love the golden details, which add a luxurious touch to this timeless pair of sunglasses by **BULGARI**.



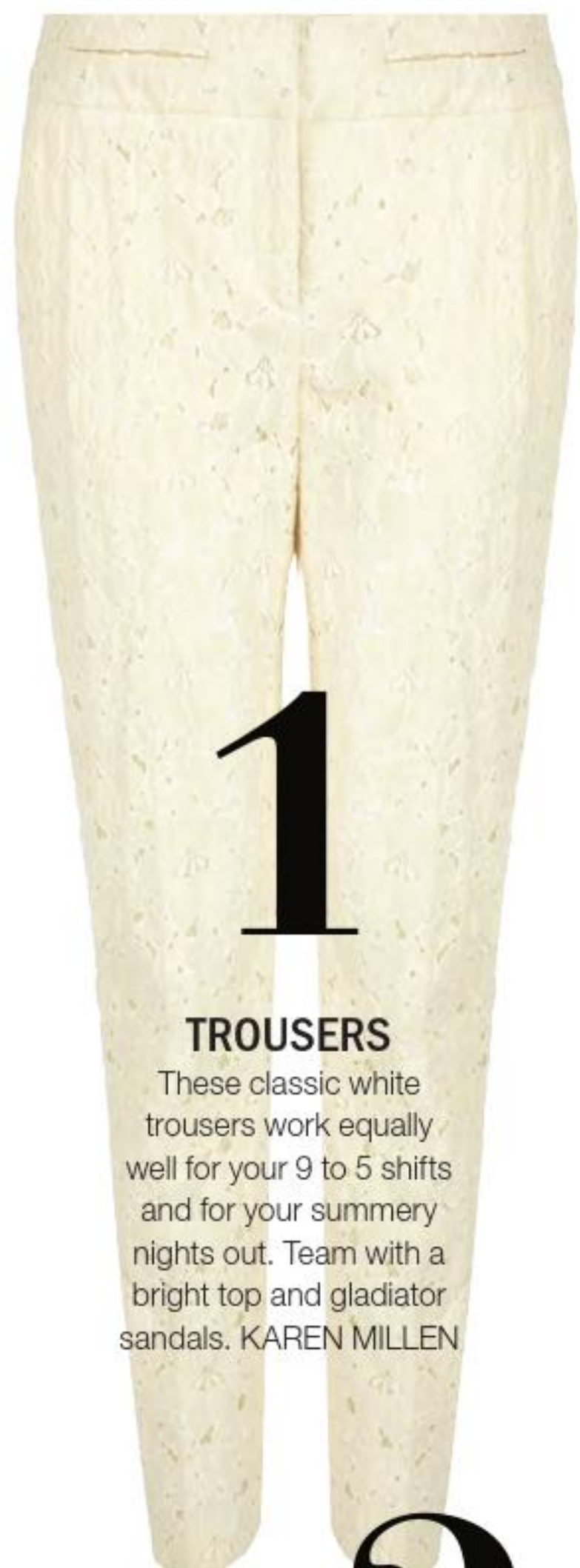
Top 10

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

1

TROUSERS

These classic white trousers work equally well for your 9 to 5 shifts and for your summery nights out. Team with a bright top and gladiator sandals. KAREN MILLEN



2

WHITE DRESS

Enhance your sun-kissed skin with this stunning white dress by J Mendel at STYLEBOP.com, a real summer staple piece.



4

SUNGLASSES

This summer is all about original sunnies. This cleared framed pair by Karen Walker at STYLEBOP.com is our favs!

5

CARDIGAN

Cover your arms and keep yourself warm and cozy thanks to this CRUCIANI's kimono-style cardigan. Its belted style and 3/4 sleeves crown it a must-have for any wardrobe.



3

FLATS

Who said you need heels to look good? For us it's all about comfort, it's why we can't live without these fringed loafers by TOD'S.



6

MIDI SKIRT

This off-white lace skirt is a keeper. It's length is just perfect to keep you covered but fresh and trendy at the same time. Iris&Ink At THEOUTNET.COM



7

BAG

You'll be able to carry this understated shoulder bag by BURBERRY for seasons and seasons to come.



9

THE NEW BLOUSE

Replace your classic white shirt with a white structured top. Wear this MULBERRY stunner from desk to dinner with a pencil skirt and killer heels.



8

HEELS

White heels aren't only for brides-to-be. Team them with denim and a pastel top for a great summery look. MULBERRY



JACKET

White and black together is always a winning combo. The black borders details make this jacket by KAREN MILLEN particularly special and effortlessly chic.

10



SWEET PASTELS

These pretty hues are having a major moment. Mint green, blush pink and lavender are so wearable and fashionable too!

Mini Skirt, Stradivarius



Dress, BHS



Neckless, Stradivarius



Maxi Skirt, Debenhams



Heels, Dune



Shoes, Geox



Trousers, Dorothy Perkins



Shorts, Dorothy Perkins



Trainers, Le Coq Sportif



Jacket, Promod



SUGARY PASTEL SHADES ARE A TOP TREND FOR SPRING SUMMER 2014, DON'T MISS OUT!

ABODE'S TOP CHOICES

PATCHWORK



Jeans, Karen Millen

TWO-TONAL STYLE



Jeans, GAP

SKINNIES



Jeans, AEROPOSTALE at Eddon Mall

RIPPED STYLE



Jeans, Stradivarius

DENIM RHAPSODY

We can't get enough of this casual and laid-back look. The jeans mania is here and is set to stay, hurray!

Sleeveless Jacket, Karen Millen



WEAR THEM WITH...



HEELS, Stradivarius



STATEMENT NECKLACE, Desigual

Shorts, Berhka



Shirt, Karen Millen



Jacket, Promod



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ABODE MEN'S AGENDA

SOPHISTICATED and MODERN GAUCHO STYLE by CARDON

The premium Argentinian luxury wear brand has recently inaugurated its first exclusive store in the Middle East with the grand opening of their boutique in Lagoon Mall.

Browse and buy fashionable gaucha inspired pieces, classic suits and quality leather accessories. All quintessentially Argentinian!



Visit the **CARDON Boutique**
at Lagoon Mall, first floor, featuring
Womenswear, Menswear, Kidswear and
Homeware collections.



TOTAL WHITE

A head to toe white look represents a great city-chic attire. On holiday, swap your blazer and tailored trousers for bermudas and a linen shirt. A panama hat and retro sunglasses are a must-have for the summer season!

CARDON'S SPRING SUMMER FASHION FIX LOOKS

Whether you are planning a beach holiday or a simple city getaway, the Argentinian fashion label shows you that there is so much more than polo T-shirts, gaucho pants and polo boots.





PREPPY and NAUTICAL-INSPIRED

Boat shoes, breton stripes and fisherman knits epitomise the classical nautical trend. Perfect for the summer season this versatile look is easy to be dressed up or down. It never disappoints, whether you are attending a formal event or you are simply planning a walk in the park.



MIX & MATCH!

Add different tones of blues to your classic red, navy and whites for a modern take on this timeless trend.



ALL PIECES AVAILABLE AT CARDON,
LAGOONA MALL FIRST FLOOR.

HOLIDAY MUST-HAVE PIECES!



Selection of trilby hats, Paul Smith at The Gate Mall



Roslin sunglasses, Paul Smith at The Gate Mall



SUMMER SMARTS

Men's accessories edit



Black trainers and espadrilles, both Paul Smith at The Gate Mall



Tie clips, Paul Smith at The Gate Mall



Grey Belt, Paul Smith at The Gate Mall



Wallet and business card holder, Paul Smith at The Gate Mall



Meisterstück 90 Years Collection Special Edition Fountain Pen, MONTBLANC



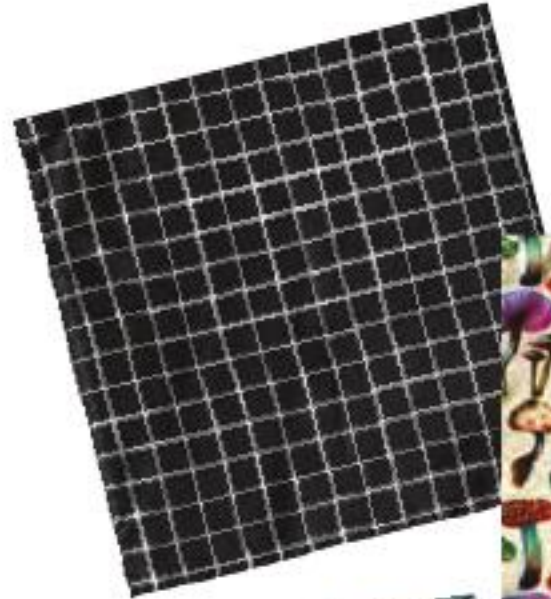
Cufflinks, Paul Smith at The Gate Mall



Meisterstück 90 Years Collection Limited Edition Fountain Pen, MONTBLANC



Meisterstück 90 Years Collection Cufflinks, MONTBLANC



Trio of Pocket Squares, Paul Smith at The Gate Mall



Meisterstück Heritage Pulsograph, MONTBLANC



Meisterstück Soft Grain Wallet, MONTBLANC

THE GENTLEMAN'S STAPLES ACCESSORIES

EAU DE CADE

An intense, luminous fragrance that exudes sheer, steadfast masculinity. A captivating scent for summer.



CADE Protective Moisturising Fluid

Delivers a total protective care in a light formula. Enriched with purifying cade wood essential oil, this fresh, creamy fluid penetrates quickly, leaving skin immediately comfortable and protected with SPF 20.



Pebble Soaps

The shape of this large limited edition soap is designed to fit snugly in a mans hand. Available in Cade, L'Occitane or Verdon scent.



SMOOTH SET

Have you ever borrowed your husband's razor? Oh, come on. You know that you do it. Well, its time you bought one of your own and gave him a new one too. Here's our pick of the month from L'OCCITANE to ensure he gets a close shave.



MER & MISTRAL After Shave

The ultra-light Mer & Mistral After Shave Balm helps to moisturise, soften and soothe the skin after shaving.



PLISSON RAZOR

Turning the shaving constraint into a daily pleasure, thanks to this exclusive razor that can be use for a lifetime. Made from hard wearing wood and chrome plated brass.



PLISSON Shaving Brush

Whips shaving cream or shaving soap into a copious lather. Synthetic bristles lift beard off of skin, to allow for the closest shave.

AVAILABLE AT L'OCCITANE, VILLAGGIO MALL

SUMMER MAGIC!



Let them SPRING AROUND THE WORLD thanks to latest collection by BABYSHOP. Loads of adventures await them!



Make them wander around and experience the beauty of nature and life in the colourful and fun range of BABYSHOP.





From cartoon-inspired dresses for the girls to slogan T-shirts for the boys, BABYSHOP will ensure a stylish summery season for your kids whatever their age!



For more information visit www.babyshopstores.com

FROM COLLISTAR RESEARCH
COLLISTAR
 MADE IN ITALY

N°1
 IN
 PERFUMERIES*



4 COLOURS

SOUR CHERRY

SHOCKING PINK

CORAL

GOLD PEARL

TWIST XS
ULTRA-SHINY GLOSS
 WITH HYALURONIC ACID
 AND PRO-COLLAGEN

The hi-tech little wonder with hyaluronic acid and collagen activator to moisturize and plump up the lips, leaving them fuller and smoother. Now in irresistible new colours and a handy XS size you can take everywhere. QR.76**



MARGARETH
 MADÈ
 Italian beauty icon main
 character of Collistar
 2014 campaign,
 pictured by
 Gianpaolo Sgura

TWISTMANIA



4 COLOURS

PETAL

ORCHID

ROSEWOOD

GERANIUM

TWIST XL SATIN BLUSH **BONNE-MINE EFFECT**

An innovative high-performance blusher which turns into a coloured veil of powder as soon as it's applied, creating an elegant satin finish. The handy extra-large stick highlights the cheekbones in an instant, giving the face a natural healthy glow. QR.110**



GOLDEN BEIGE

GOLDEN BRONZE

2 COLOURS

TWIST XL
HIGHLIGHTER

FACE-EYES
DECOLLETE

Super-practical and versatile: give free reign to your imagination with this gorgeous all-over highlighter. Ideal for adding a touch of magical sensuality to the face, eyes and decollete. Perfect for highlighting and accentuating the hands, feet, navel and other strategic areas with brilliant points of light. QR.110**



2 COLOURS

PLATINUM

ROSE GOLD

TWIST XS
ULTRA-SHINY
EYE SHADOW

WITH CRYSTAL PEARLS

Light and silky, blends delicately into the eyelids, highlighting the eye area with a magical pearly glow. Available in a host of iridescent nuances. QR.76**

A UNIQUE
INNOVATION

MAGIC SHADE
"ombre effect"
LIGHTENING GEL

Safe and easy to use, the gel enables every woman to create magical "shatush effect" in a single stroke without going to the hair salon. Suitable for blonde to light-brown hair. QR.85**



*NPD data, 2013 by volume and value - Italian Prestige Perfumeries - Prestige Brands - Total Beauty (Skin Care + Makeup). **Recommended retail prices.

Available at:

MERCH **ميرش**

Salwa Rd: 44658651/2/3 The Mall: 44674312 Dar Al Salam Mall: 44164728

www.merch.com.qa www.facebook.com/merch.qa

BEAUTY

A woman with vibrant red hair and pink makeup is riding a yellow giraffe. The giraffe has purple polka dots and a small top hat. The background is a bright blue sky with soft pink clouds. The woman is wearing a pink and white striped top and a pink skirt with a yellow and green beaded belt. The giraffe is also wearing a small top hat.

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

MAC PLAYLAND

Welcome to M-A-C Playland,

a funtastical wonderland where your makeup bag becomes a fabulous whirlwind of creativity and amusement. Make merry in luscious shades of lipstick and lipgloss in playful pinks, brilliant purples and bright corals, and toy around with a carousel of Casual Colour pots in neon orange and hotpink. The colors are iconic and a must for every "in style" girl.

Estée Lauder's Bronze Goddess Collection.

This summer, Estée Lauder indulges the senses with an alluring colour collection embodying the golden sands, flourishing palm trees and exotic elements of a remote Caribbean paradise - introducing NEW Limited Edition Bronze Goddess Collection. This multi-sensorial experience begins with the Bronze Goddess Color Collection which features hot and sultry shades born from bold and vibrant color mixes. An array of sunset hues with vivid bursts of color surprise and awaken the senses, while a captivating spectrum of bronze and metallic tones provide a rich and daring makeup look.



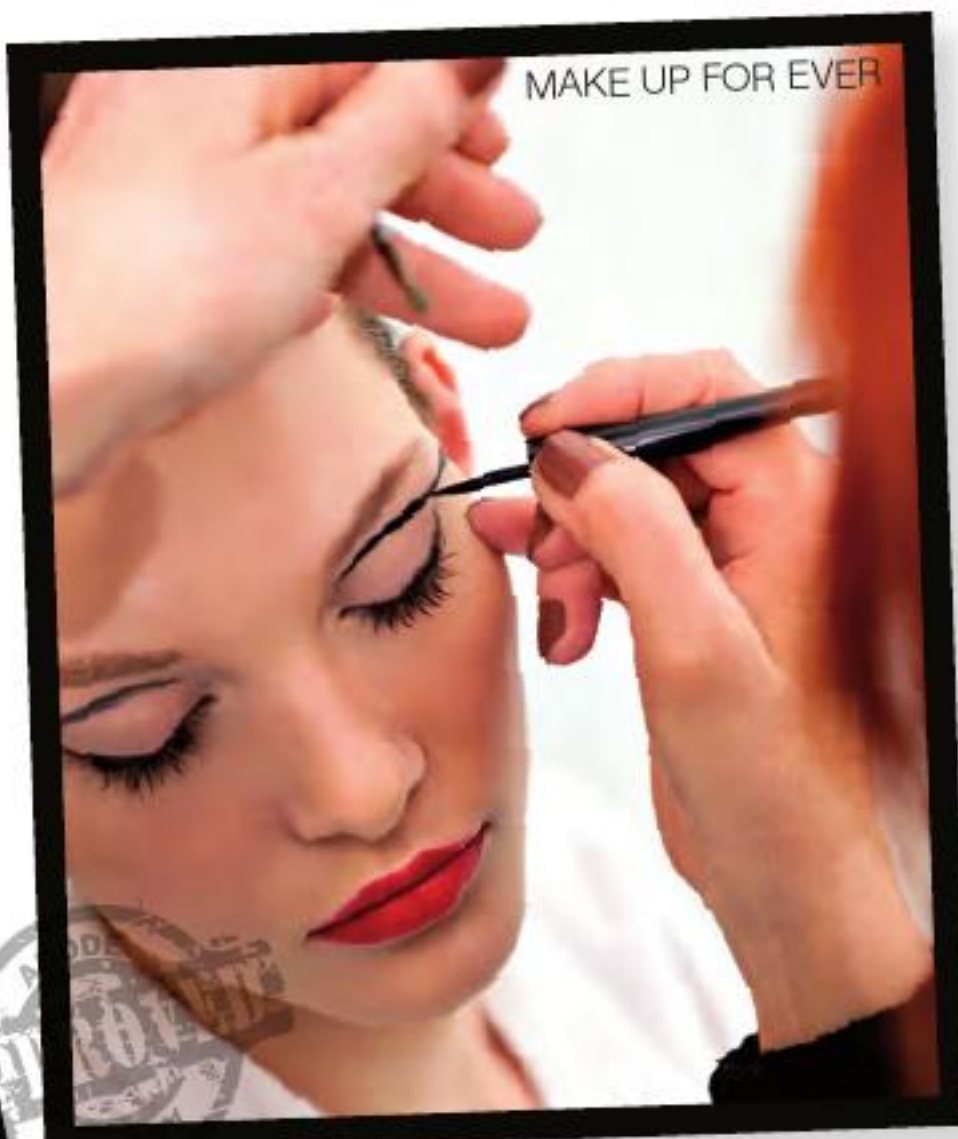
MAC cosmetics Playland collection

is a fantastical voyage to a playground of bright and vibrant colour and a welcome break from the naked 9-to-5 beiges and browns we've seen so much of lately. We think lipstick shades like Sweet Experience, Happy-Go-Lucky and Toying Around and Red Ballon are right up there with iconic and are right up there in terms of iconic, and are something all the trendy girls should own.



Black Eyeliner MAKE UP FOR EVER.

It's all about black eyeliners this season and MAKE UP FOR EVER introduced three intense black, long-lasting eyeliners (Ink Liner, Artist Liner, Graphic Liner). These must-have eyeliners, which adapt to your preference provide you with any look you desire: be it defined eyes, enchanting eyes, intense color, adjustable line or precise line. Eyeliner is the IT thing, try them all!



L'OCCITANE VITÓRIA-RÉGIA HAND CREAM

Enriched with shea butter, this light cream hydrates hands, while leaving them delicately perfumed with the green, aquatic floral notes of the Vitória-Régia Day Flower fragrance. It contains a vitória-régia extract from the Amazônia region of Brazil.



Mademoiselle Prodigieuse

An air of optimism and glamour surrounds the new Huile Prodigieuse® this summer as the iconic bottle now features a woman just like you - spontaneous, positive and brimming with a zest for life, her name is Mademoiselle Prodigieuse® and has been created by NUXE to embody the sensuality of legendary beauty secret of NUXE that is shared with all women who recognize their own prodigious powers.



L'OCCITANE JENIPAPO ROLL-ON PERFUME

This innovative perfume oil captures the warm and full-of-life character of the green, fruity floral Jenipapo fragrance, in a convenient roll-on format. High notes of watermelon, pina colada and citrus beautifully complement the heart of jenipapo. A perfect accessory during summer time, this roll-on perfume oil can be used for fragrant touch-ups throughout the day.



BEAUTY BOX

COMPILED BY M. WHITICE

ABODE sought the best cosmetics in town to keep you looking gorgeous and fab, anytime, anywhere!

LET'S GET PAMPERED!

BY ABODE TEAM

Detox and whip yourself into shape thanks to these amazing spa packages. Choose the best plan for you and enjoy!



If you are trying to get rid of cellulite, a few sessions of specific treatments may help to reduce its appearance. Vigorous massages combined with laser energy or wraps and anti cellulite creme can improve blood circulation as well as stimulate the movement of lymphatic fluids.

PACKAGES AVAILABLE



CELLULITE BUSTER TREATMENT

The Ritz-Carlton, Doha Spa's Body Cellulite Buster Treatment is especially designed to target the stubborn areas of cellulite. The treatment starts off with a deep body exfoliation and the application of a body contour mask, which will detoxify the skin. Followed by the application of a cool gel, which will give you shivers but will activate your circulation in no time. After a quick rinse under a warm shower, the therapist will perform a special vibratory (pressure can be medium to hard) massage to target special problematic areas. The routine can be painful so get ready for it! Even though you can't really relax during this treatment, you'll leave the spa regenerated and above all your skin will feel less bumpy, no doubt! Book at least three treatments to see real results. Each session is 600QR.

1 RITZ CARLTON DOHA SPA

The Cellulite Buster Treatment Package is 1,750QR. It includes 5 treatments, 40 minutes each. To book a treatment call 4484 8183. The Spa is open 7 days a week from 5:30am to 11pm and Treatments are availble from 9am to 9pm

2 DIVA SPA

The Slimming Massage Package is 3,000QR. It includes six sessions. Call for an appointment Sunday through Friday. Hours: 10 am to 9 pm Al Sadd branch, Villa 2, Al Kinanaa Street Tel: 4431 8488 Al Gharafa Branch. Tel: 4481 1488, The Gate Mall Branch, 1st Floor, Tel: 4407 7117

SLIMMING MASSAGE

A SLIMMING massage is a very strong localized massage that helps in reducing the appearance of cellulite that's been accumulated between the muscle and skin. At Diva Spa they apply a manual technique in the abdomen, love handles, back, arms, glutes, and legs while using a reducing creme, that targets your problem head on. No laser or LPG are used. For this treatment you will have to hold your breath and count to ten a few times as the massage therapist puts kneading pressure on the areas where fat is stored. This massage is not for the faint hearted though. The first few deep tissue massages in the session might leave faint bruising and muscle soreness. The Spa recommends you to diet while receiving at least six treatments to see results. The session lasts 120 minutes and costs 600QR per session.

BEAUTY Q&A

SUMMER MAKE UP DILEMMAS SOLVED!

Learn these easy beauty tricks by 4U to keep your makeup fresh and gorgeous whatever the temperature. Forget makeup meltdowns and embrace the summer trends.



Q. Which waterproof mascara should I pick this season?

A. Guerlain revisits the allure of glamorous lashes with the waterproof version of its star Cils d'Enfer mascara. It defines and intensifies eyes with a genius formula whose secret is a combination of waterproof volumizing and styling waxes. It adds dramatic volume and curl to the entire lash line, all in a single stroke. So if you're looking for a mascara that's designed to deliver full lash looks — lengthening, thickening, holding the curl and separating each of your lovely lashes — and of course has the staying power given the hot summer days or nights, Guerlain Cils d'Enfer mascara is a treasure take.

Q. During summer, I need to stop my makeup from smearing and running. What can I do?

A. During sweltering heat avoid creams and powders! Instead, try a stain on cheeks and lips. You'll look completely natural and it'll stay put, no matter how much you sweat. Yves Saint Laurent recently launched its Kiss & Blush Lip & Cheek Stain, a definite must-have this hot season. This 2-in-1 ultra blendable air whipped mousse beautifully highlights the lips and cheeks with a sensual soft matte finish.



Q. Which product do you recommend to remove waterproof eye makeup?

A. Using specially formulated makeup removers will help us eliminate stubborn chemicals on our skin. Check out Lancôme Bi-Facil double-action eye makeup remover. This award-winning phenomenon gently whisks away all types of eye makeup, even waterproof. Simply shake to activate the bi-phase formula that leaves the eye area perfectly clean. The lipid phase lifts off eye makeup, while the water phase contains special emollients to refresh and condition skin without a greasy residue.

Q. Shall I use foundation instead of powder?

A. Foundation and powder go hand-in-hand most of the time. Foundation sets the powder nicely giving your skin a soft, velvety and natural look. On rare occasions, they can be used independently depending on your preference and need.

For oily skin, powder sucks out the excess sebum produced by the sebaceous gland and will make the complexion look beautifully non-oily or greasy. Powder also allows the skin to breathe to keep it healthy.

For dry skin, a moisturizing foundation will help you have a beautiful looking face and keep it hydrated all day long at the same time.



Q. How do I apply lip liner so it keeps lipstick in place?

A. Lip liner gives lipstick and gloss something to adhere to, preventing colour from bleeding into fine lines. Rule of thumb, however, is lip liner should be the same colour as your lipstick or at least a shade lighter. Draw a line as accurately as possible tracing the natural white contour of your lips. Try to fill in the entire lip with liner (not just the edges) before applying lipstick for a look that lasts. Keep your lip liner pencil sharpened—it draws a more defined, longer lasting outline.



Q. How do I prevent lipstick from smearing on to my teeth?

A. Apply lip colour lightly, layer by layer (2 or 3 layers until you achieve your desired color) allowing it to dry a bit. Once it's dry, then slick on clear gloss if you want more shine. Gloss also serves as a barrier between your lip color and your teeth.



Q. Is it better to apply SPF before or after the foundation?

A. Apply sunscreen before the moisturizer and foundation and let it soak to the skin allowing about 20 minutes to preserve its effectiveness and prevent makeup caking as well. Dab the excess oil with tissue. Nowadays, makeup products contain SPFs for increased protection. You may opt to have a moisturizer, foundation and powders with "broad spectrum" (read the label) protection. This will increase your chances of getting good protection out of your daily product regimen.

Q. Shall I opt for cream blush instead of regular/powder blush?

A. The choice depends on your preference and skin type. Cream blush works well with dry skin as it gives moisture and provides a soft, long-lasting glow, and it tends to give mature skin a more youthful appearance. It's also good for women on the go as you just simply use fingertips to dab it on the apples of your cheeks and then blend upward – no need to use brushes.

Powder blush on the other hand gives a more finished look — perfect for contouring cheekbones. It is best for oily skin as it absorbs any excess oil on the face. Powder blush can be blended to create highlights and contours, and is easy to add colors.



ABOUT 4U

4U, a beauty retail concept of Salam Studio and Stores, is the home of many international well-renowned skincare brands, cosmetics and fragrances such as Carolina Herrera, Chanel, Clinique, Dior, Estée Lauder, Prada and many more. 4U is also the exclusive retailer of Bobbi Brown and Natura Bisse in Qatar.

Offering the latest in perfumes and cosmetics, 4U also provides beauty services such as facials, makeup applications and nail care making it an ultimate one-stop shop for all beauty needs.

4U boutiques
City Center Doha Tel. 4483 5179
Royal Plaza Mall Tel. 4413 0698

ALL PRODUCTS AVAILABLE AT 4U

L'OCCITANE

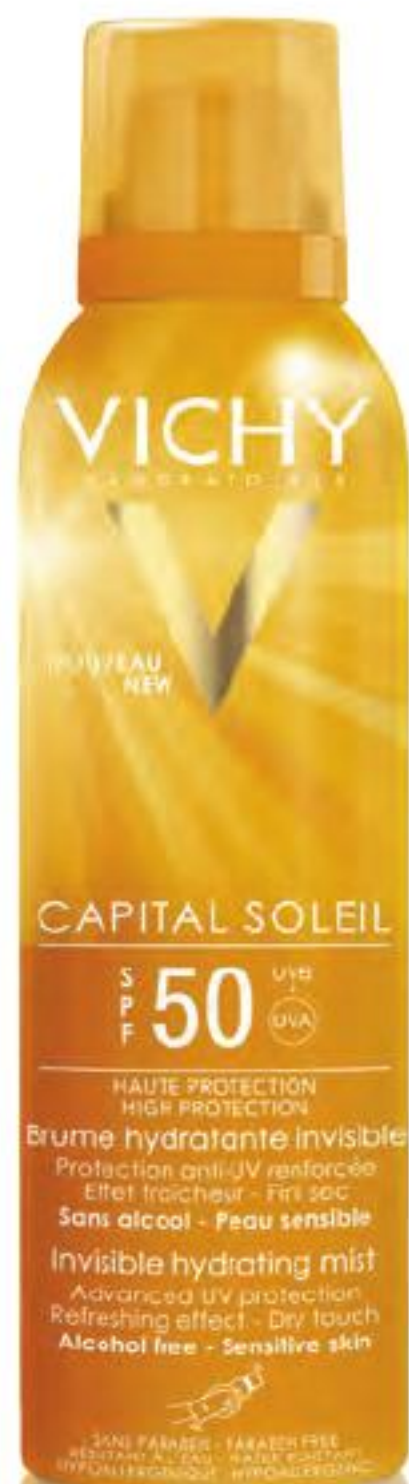
JENIPAPO FACE VEIL OIL SPF 30

With an ultra-light texture and SPF 30, this matte-finish fluid is specifically formulated to protect and help prevent sunburns on the delicate skin of the face. This gentle liquid veil can be used alone or as the last step in your daily skin care routine and is ideal for daily outdoor use. Available at L'OCCITANE, Villaggio Mall.



TAN SOS!

Maximize your tan this summer with ABODE's top choices.



VICHY Capital Soleil Hydrating Mist SPF 50

The first high protection invisible hydrating mist for sensitive skin. Fresh. Alcohol free. Dry touch finish. Broad spectrum filtering system with mexoryl® anti uva-uvb. Good for both men and women.



COLLISTAR TANNING OIL

Achieve a golden tan with this non-greasy oil tanning lotion. Its precious formula boasts Vitamin E, oils of hazelnut, carrot and walnut, which will nourish and moisturize your skin. It will also protect your hair from the sun and seasalt. Available at MERCH.



L'Occitane JENIPAPO OIL SPF 15

This light body oil with SPF 15 and enriched with vegetal ingredients is easily absorbed by the skin, leaving a non-greasy protective film that helps prevent sunburns. Available at L'OCCITANE, Villaggio Mall.



Lancôme-UV-Expert-Collection, SPF 50

Lancôme laboratories have integrated a filtering technology that helps protect you from UVA rays while maintaining 12 hour UVB protection. Their new XL-Shield™ technology protects the skin tone and creates a wonderful rosy skin. Available at 4U.



Vichy Capital Soleil Velvety Cream Complexion Refining Action SPF 50+

Its anti-UV protection with Meroxyl SX and XL is reinforced including long-range UVA (compared to the previous formula). This velvety cream leaves the skin softer and radiant. Dark spots and wrinkle appear reduced. Provides 24-hour coverage.



COLLISTAR Tan Deepener Formula

This tan enhancing gel doesn't protect from UV rays therefore it needs to be used in conjunction with a SPF lotion. It provides an intense tan and glowing effect. Available at MERCH.



Clinique-Broad Spectrum Sunscreen Body Cream SPF-30

An all-over sunscreen that protects against both UVA and UVB radiation. Clinique's innovative SolarSmart™ complex triggers an anti-aging repair process while at once providing skin with a high level of defense from the aging and burning effects of UVA and UVB rays. Available at 4U.

TIP:

Always apply sun cream 30 minutes before sun exposure and re-apply it every couple of hours!



GUERLAIN Terracotta Joli, Teint SPF 20

A single formula that combines the perfection of foundation, the beautiful effect of a skincare product, and the sun-kissed radiance of Terracotta. Available at 4U.



COLLISTAR, After Sun Spray

Soothe your skin after a long day in the sun with this easy to apply spray. Thanks to its rich texture it will guarantee you super soft skin and a glowy tan. Available at MERCH.



SELF TANNER

If you aren't planning a beach getaway this month or simply can't be bothered to lie in the sun too long, opt for COLLISTAR's GOCCE MAGICHE self tanning range. A few easy and stress-free applications will donate you a healthy glowing tan! Available at MERCH.



SHISEIDO Urban-Environment-Oil-Free-UV-Protector SPF 42

An oil-free daily protector with UVA/UVB Broad Spectrum Protection. This ultra-light formulation spreads smoothly and contains mineral powders and herbal extracts to maintain a pore-free and shine-free finish. Available at 4U.

Waterproof makeup is essential at the beach and pool. ABODE shows you how to get summer ready thanks to the help of MAKE UP FOR EVER and their genius Aqua Range.

BEAUTY STEP by STEP



MAKE UP FOR EVER brings you the summer must-haves for a perfect and long lasting makeup. Its award-winning Aqua range offers you a wide range of colourful products for a fresh and lively summer. The Aqua Range offers maximum resistance to water and rubbing to provide unique staying power on the face, eyes and lips. The intense pigments hold up perfectly all day long, and all night too to perfect your makeup style!

STEP 1: Apply Aqua Cream #23 in Acidics Green on the entire eyelid using the Shader brush medium #226, then blend the colour into the crease.

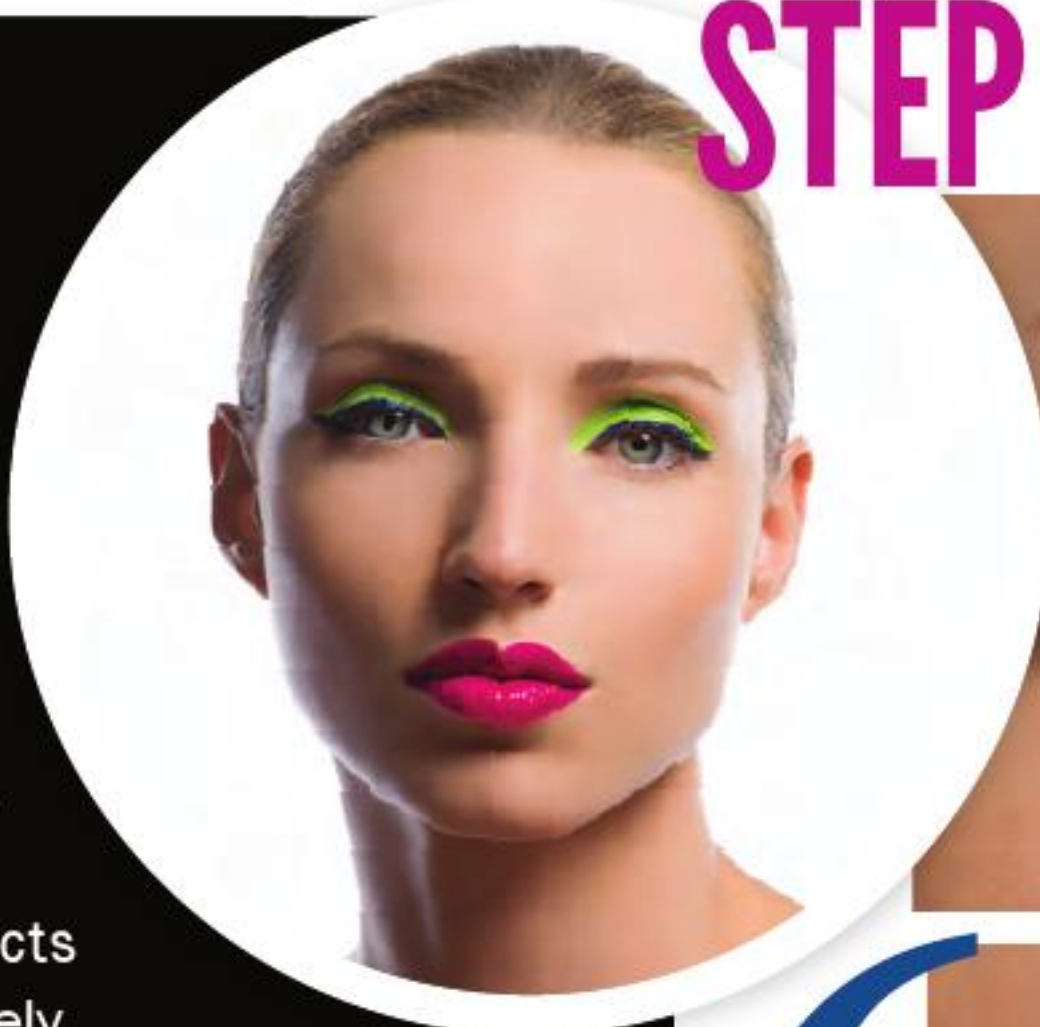
STEP 2: Apply Aqua Liner #18 in Diamond Blue along the upper lash line.

STEP 3: Apply Aqua Smoky Extravagant to the upper and lower lashes.

STEP 4: Spray Mist & Fix all over the face to set the makeup and make it last longer.

We recommend products:

- Aqua Cream #27 in Black
- Aqua Cream #13 in Warm Beige
- Angled Eyeliner Brush #262



ABODE **fit**

YOUR HEALTH • YOUR BEAUTY • YOUR WELLNESS

Special

**FITNESS+
FASHION=**

NET-A-SPORTER.COM

**REINVENT YOUR
GYM WARDROBE**

**HEALTHY
NEWS & TRICKS**

**DETOX
YOUR LIVER**

WORKOUT IDEAS



VITAMIN D

New genetic research provides compelling evidence that low levels of vitamin D have a causal role in the development of high blood pressure (hypertension). The findings suggest that vitamin D supplementation could be effective in combating some cases of hypertension. "In view of the costs and side effects associated with antihypertensive drugs, the potential to prevent or reduce blood pressure and therefore the risk of hypertension with vitamin D is very attractive," explains the study leader.



>health news



BEAT THE RAYS

Sun rays can burn even through thick glass and under water. Up to 35% of UVB rays and 85% of UVA rays penetrate thick glass, while 50% of UVB rays and 75% of UVA rays penetrate a meter of water and wet cotton clothing. This means you'll need sunscreen while driving your car on holiday, and water resistant block if you're swimming.



DRINK WATER

Don't have soft drinks or energy drinks while you're exercising. Stay properly hydrated by drinking enough water during your workout. While you might need energy drinks for long-distance running, in shorter exercise sessions in the gym, your body will burn the glucose from the soft drink first, before starting to burn body fat.



CHECK UP

Do regular self-examinations of your breasts, because breast cancer is the most common cancer among women. The best time to examine your breasts is in the week after your period.

Don't Skip Breakfast.

Studies show that eating a proper breakfast is one of the most positive things you can do if you are trying to lose weight. Breakfast skippers tend to gain weight. A balanced breakfast includes fresh fruit or fruit juice, a high-fibre breakfast cereal, low-fat milk or yoghurt, wholewheat toast, and a boiled egg.



Did you know?

Do your weights workout first. Experts say weight training should be done first, because it's a higher intensity exercise compared to cardio. Your body is better able to handle weight training early in the workout because you're fresh and you have the energy you need to work it.

Conversely, cardiovascular exercise should be the last thing you do at the gym, because it helps your body recover by increasing blood flow to the muscles, and flushing out lactic acid, which builds up in the muscles while you're weight training. It's the lactic acid that makes your muscles feel stiff and sore.



SPICE IT UP!

Curry favour. Hot, spicy foods containing chillies or cayenne pepper trigger endorphins, the feel-good hormones. Endorphins have a powerful, almost narcotic, effect and make you feel good after exercising. But go easy on the lamb, pork and mutton and the high-fat, creamy dishes.



FAST FITNESS

Zapp that fat

Don't eat empty carbohydrates for at least an hour after exercise. This will force your body to break down body fat, rather than using the food you ingest. Stick to fruit and fluids during that hour, but avoid bread, cakes, and other carbs!

Burn the boredom

Rev up your metabolism by alternating your speed and intensity during aerobic workouts. Not only should you alternate your routine to prevent burnout or boredom, but to give your body a jolt.



> BENEFITS

Regular running or jogging offers many health benefits. Running builds strong bones, strengthens muscles, improves cardiovascular fitness and burns plenty of calories!

RUNNING NEWS

Source: medpage.com

Did you know?

The difference between running and jogging is intensity. Running is faster, uses more calories and demands more effort from the heart, lungs and muscles than jogging. Running requires a higher level of overall fitness than jogging. Both running and jogging are forms of aerobic exercise. Aerobic means 'with oxygen' – the term 'aerobic exercise' means any physical activity that produces energy by combining oxygen with blood glucose or body fat.

Danish researchers have new evidence that an hour of jogging a week can extend your lifespan by at least six years. Jogging was linked with a 44% reduction in the relative risk of death over 35 years compared with deaths among non-joggers. This reduction in risk translates into an "age-adjusted survival benefit" of 6.2 years for men and 5.6 years for women. And you don't have to run fast to increase your longevity.

The most benefit was realized for joggers who ran at a "slow-to-average pace" between an hour and two and half hours done in two to three sessions over the course of a week.

In summary: jogging is good for your health and you don't need to do much or go fast to gain the benefits!



FASHIONABLE SNEAKERS

Trainers believe it or not are having a big fashion moment. They are the perfect choice for the gym but also for your off-duty look. Here are our favourite picks!



Black trainers with Peach neon details, Oysho



Oysho's trainers collection features loads of fashion-forward styles, including this tropical printed pair. Simply too cool!



THE RUNNING PAIR

Invest in a proper technical pair if you are planning to join the running club seriously. Find your perfect fit and off you go! PUMA boasts a great running range, check it out.



FOR A MORE RETRO LOOK, don't look any further than Le Coq Sportif trainers. They come in classic and more modern, vibrant colours too!



THE MUST-HAVE PAIR

This understated black pair by Mint Velvet will be your life saver...great for travelling and for those lazy days too.

REINVENT YOUR FITNESS STYLE

Looking good while working out is a must ladies! We found the most stylish workout clothes on the market to keep you motivated. Revamp your gym wardrobe with these great finds.

Aeropostale

Comfortable clothes are all you need when exercising. AEROPOSTALE offers the perfect joggers, hoodies and simple T-shirts to guarantee you a stylish workout session!

Stock up on loads of cotton T-shirts!



ALL PIECES AVAILABLE AT AEROPOSTALE, EZDAN MALL



Bershka

BERSHKA'S START MOVING collection is hip, fashionable and technical. Get in shape while being on trend thanks to this standout pieces.



From sports bra, to comfy joggers pants and super cool wind breakers jackets, Bershka's sporty collection has it all!

ALL PIECES AVAILABLE AT BERSHKA VILLAGGIO AND LANDMARK MALLS

Don't look any further than this 65 year leading sport's brand to update your sporty attire. Their fashionable collaboration with designers such as Alexander McQueen and Mihara Yasuhiro bring the high-end fashion and the sports world together.



Puma

Enter the fashionably sporty world of PUMA: where sports meets fashion!

Performance and style are guaranteed with PUMA from technical footwear to sport-inspired lifestyle products.



AVAILABLE AT VILLAGGIO MALL

Oysho

This Spanish brand confirms season after season that sportswear doesn't have to be boring and dull.



This season their collection is all about tropical blue prints with splash of neons.

Grab them all before they go!



ALL PIECES AVAILABLE AT OYSHO VILLAGGIO MALL

FITNESS + FASHION =

NET-A-SPORTER.COM

NET-A-PORTER.COM, the renowned online luxury fashion retailer has recently launched a new activewear category. Get your hands on the stylish pieces of 37 sporty labels, which span across 11 different disciplines: from ballet to tennis, golf and yoga and many more.



Madison bra top, FALKE Ergonomic Sport System
Speed mesh-panelled stretch-jersey leggings,
FALKE Ergonomic Sport System

GYM

Stretch-jersey sports bra, Live The Process
Panelled stretch-jersey leggings, Live The Process



"Women want
 high-performing,
 stylish pieces
 that can be worn
 all day long."

Alison Loehnis, President,
 NET-A-PORTER.COM.



All products available at www.net-a-porter.com

Feminine style

Girly bows are fun and functional too!



Ruffles

A ruffled bikini top is great for smaller chests as it will create volume in the right places.



Bandeau Top

This modern cut will give you a strap-free tan. Particularly suitable for small chest as it doesn't give much support.



SPLASH INTO SUMMER

Before you take the plunge invest in a cute new bikini. Check out our top favs from Oysho.

Available at Villaggio Mall

Print Mania

Graphic, fruity and floral printed bikinis are fun and great for summer!





THE BENEFITS OF SWIMMING

We all love to go for a dip, take a swim or simply put our feet in the water. But what about swimming as a sport? This popular activity has plenty of benefits and is an essential health booster. Nilan Thambi Rajapaksun Tharaka, Swimming Instructor at Mövenpick Tower & Suites Doha talks us through them.

Swimming is a great way to increase strength and build muscles. This is because swimmers drive themselves through the water, which is a pretty dense substance. Every kick and every stroke is a resistance exercise, which is well known to build muscles and increase strength.

Swimming also helps joints and ligaments stay loose and flexible due to the body going through a wide range of motions at the same time. The arms move in an arc shape, the hips are continuously moving as the legs cross through the water, and the head and spine twist from side to side, all helping your body stay limber. Additionally, the strokes of swimming lengthen your body, which gives you a good full body stretch.

Your heart is the strongest muscle in your body and swimming helps take care of that muscle. Because swimming is a cardio exercises, it strengthens your heart by making it larger and by making it more efficient in pumping, leading to better blood flow. Another benefit is that it can help reduce blood pressure.

Of course, swimming also helps with weight loss and weight control. As with all forms of exercise, especially cardio,

swimming is one of the biggest calorie burners around, and it's great for keeping weight under control. While calorie-burning depends on many factors, the general rule is that every 10 minutes of swimming the breast stroke will burn 60 calories; the backstroke torches 80; the freestyle lights up 100; and the butterfly stroke incinerates an impressive 150.

Swimming is proven to increase the level of "good" cholesterol (HDL) and lower levels of LDL, or "bad" cholesterol, thanks to its aerobic nature. It is also known to reduce the risk of diabetes, keeping you healthier inside and out.

Generally, exercising keeps your spirits up and lowers stress, as is the case with swimming. Let's face it: who doesn't appreciate a dip in a cool pool on a hot summer day?

Tip:

To increase calorie burning during your swim, try to incorporate intervals in which you work your hardest for short bursts and then recover. For example, start with a 20 meter swim, then rest for about 10 seconds, then swim for 40 meters, then rest once again, and so on.




Take advantage of Mövenpick Tower & Suites Doha's indoor pool.

Professional ASA qualified swimming instructors offer swimming classes for all ages.

Adult packages start at QR 1,000 and children packages at QR 900.

Every student will get an ASA swimming certificate.

For more information call 4496 6410.



HOMMAGE à l'homme VOYAGEUR LALIQUE

THE NEW MASCULINE FRAGRANCE


lalique.com



Available at:

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51 EAST AL MAHA - 51 EAST CITY CENTER - 51 EAST LAGOONA - 4U ROYAL PLAZA - 4U CITY CENTER - 4U THE CENTER - HIGHLAND CITY CENTER
FACES LANDMARK - FACES VILLAGIO - HIGHLAND THE MALL - BLUE SALON - PARI GALLERY EZDAN - PARI GALLERY HYATT PLAZA
PARI GALLERY ROYAL PLAZA - PARI GALLERY LAGOONA - AL MUFTAH CENTER - DEBENHAMS CITY CENTER - BHS-LANDMARK

Doha 's Top Poolside Destinations!

Dive in, top up your tan and swim yourself slim this August at the top swimming pool and beach resorts in town. Make the most of the latest deals on offer.



1

Aqua Park

Qatar's first and one and only water park is the perfect weekend destination for families and friends. From lazy river to wave pool and endless fun slides, the aqua park has something to keep every one entertained. Book your ticket online to skip the queues!

Address: Salwa International Road Abu Nakhla, Exit 29

Cost: Four new packages, ranging from 65 to 130 QR per person, offer park entry and an array of options for food and access to Aqua Park's unique collection of rides and attractions.

Timings: Sun, Mon and Wed 10am to 8pm, Tue Ladies day 2pm-10pm, Weekends from 10am to 10pm.

Contact: 44905872/73/78

Special Package: For 130QR per person, the "Fun in the Sun" package is for groups that want a truly exclusive Aqua experience. The discounted fee includes access to all premium rides and attractions including the Boomerango and Space Boat. And for added fun, groups can play a friendly game of beach soccer on the purpose-built pitch. On top of all that, each participant gets a 30QR meal voucher to spend on their choice of refreshments.



2

Ritz Carlton Doha

Take a dip in one of the top swimming pools in Doha. This glamorous poolside location offers panoramic sea views while Flamingos restaurant will keep your taste buds satisfied with its eclectic menu.

Cost: QR 150 per person on Weekdays / QR 250 per person On Weekends

Timings: Indoor Pool opening at 5.30 am to 11 pm Outdoor Pool - 5.30 am to sunset

Contact: 4484 8173

3

Sealine Beach Resort, Mesaieed

Leave the city heat behind you and drive off to the Arabian desert for a fun packed day. The Sealine Beach resort is located only 40 minutes away from Doha and offers stunning views over the blue waters of the Arabian Sea and picturesque sand dunes. Chill out by the pool or make the most of their beautiful beach. Camel and horse riding and loads of water sports are on offer too to keep all the family entertained.

Cost: Weekdays 75 QR, Weekend 150 QR, kids under 11 25 QR every day and kids under 4 free

Timings: 7am till 7.30pm daily

Contact: 4476 5229



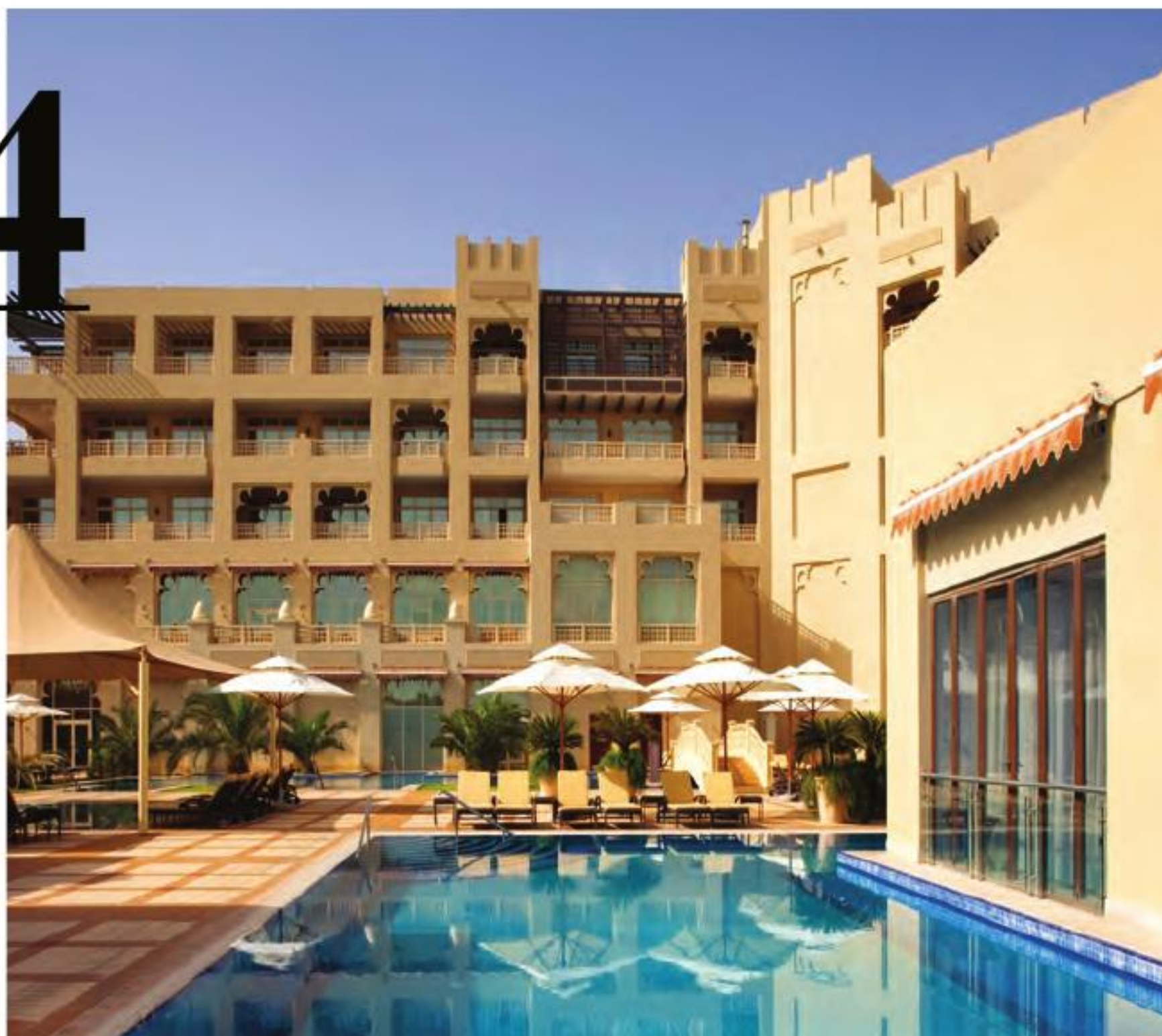
4 Grand Hyatt Doha

Relax and unwind at Grand Hyatt's gorgeous beach or simply cool off by the three outdoor pools (including a children's pool) all day long. The use of the state-of-art gym, sauna, steam rooms and the 25-meter four lane indoor lap pool are included in the 250 QR (weekdays) and 325 QR (wknd) pass. Try Rocca's poolside's favourites snacks and refreshing drinks while sunbathing or simply book your table for a delicious poolside lunch!

Cost: Pool and beach access weekdays QR 175, Pool & beach access including the health club (gym) weekdays QR 250, Pool & beach access weekends QR 250, Pool and beach access weekends including the health club QR 325

Timings: Health Club 5:00 am - 11:00 pm Outdoor pools/beach 7:00 am till sunset Indoor pool 5:00 am - 11:00 pm

Contact: 4448 1060/61



5 St. Regis Doha

Spend a day of pure bliss at the exclusive St. Regis private beach and Olympic-size pool by booking one of their ten discreet private cabanas. This luxurious chalets feature a private sundeck, living room with flat screen TV and his and her bathrooms with vanity area to guarantee you ultimate privacy.

Your family and friends will be able to enjoy a private Jacuzzi and waiter service while giving you access to the main pool and beach.

Water sports activities are available on request.

Timings: from 9am to Sunset

Beach & Pool accessible from 6:00 am to Sunset

Cost: cabana rental charges for Weekdays QR 2000 and QR 3000 for Weekends and Public Holidays.

Cabanas are available for guests and members -

Contact: For special room and cabana packages visit www.stregisdoha.com or call 4446 0000



6 Intercontinental Doha

This beach and swimming pool resort is a popular choice at week-ends but during the week too thanks to their famous Ladies days on Tuesday and Wednesday. Not to be missed!

Cost: Sundays, Mondays, Thursdays adults QR 200. Tuesdays and Wednesdays (Ladies Day) Ladies QR 100 and Couples QR 200 Saturdays and public holidays adults QR 300 per person. Fridays - exclusive use of The Bay Club Members and in-house guests only

Timings: Opening Time for pool is from 7am - 9pm and for the beach (500 meters of sandy beach) is from 7am - sunset.

Contact: 4484 4852





7 Doha Marriott Hotel

Doha Marriott's pool and beach offer fabulous views across the gulf, and features the new restaurant 'The View Pool Bar & Grill', which serves snacks and beverages throughout the day with happy hour from 5 – 7 pm daily. Give a go at the trampolines on the beach! Kayaks available upon request and availability.

Cost: QR 125 during week days and QR 250 during the weekend (Friday and Saturday).

Timings: 6am – 10.30 pm daily.

Contacts: 4429 8888



8 Marriott Marquis City Center Doha (formerly known as Renaissance Doha)

Located on a spacious terrace on the 7th floor, the Marriott Marquis' outdoor swimming pool will guarantee you a refreshing and relaxing break in the heart of the city among West Bay's famous skyscraper.

The daily fee includes free use of steam room, sauna and Jacuzzi in between swimming laps and poolside lounging, while the Aqua Lounge offers snacks, salads, drinks and much more till closure.

Timings: 7am – 9pm daily

Cost: Adult 180 QR during weekdays & 220 QR during weekend
Kids 100 QR during weekdays & 120 QR during weekend.

Contact: 4419 6090

Four Seasons Doha

Bag yourself an exclusive day pass to access the glorious Four Seasons' private beach and its picturesque outdoor swimming pool. Pick your spot in the sun or opt for the shaded lounge seating area, sit back and relax! Water sports activities, including jet skiing and speed boat are available on request.

Cost: QR 325 per person and Kids from 5 to 14 years old at QR 125

Timings: Available from Sunday to Wednesday, from sunrise to sunset.

Contact: 4494 8802

9



10 Swimming Camp at Oryx Rotana

Two special swimming camps for kids are taking place this month at the Oryx Rotana's swimming pool, don't miss out!

- 1st camp from 10th August to 21st August
- 2nd camp from 24th August to 04th September

Price QR 1000 (for Members)
QR 1200 (Non Members)

10 session of 90 minutes each

Contact: 4402 3333





Cycling in Qatar

BY MITCH FREELEY, STUDIO 88
PHOTOGRAPHY JESSIE PALANCA

Cycling is perhaps not a sport you would necessarily associate with Qatar. With temperatures currently hitting a sizzling 50 degrees, many would consider this intense activity too extreme in such weather. However, Qatar Chain Reaction have been cycling as a large group braving the intense summer heat since 2006.

A BODE braved the 4 AM wake up call to meet the group, and spoke with one of its founding members Ben Keane about the benefits of cycling.

Qatar Chain Reaction formally started in 2006 and was a bringing together of the various differing people cycling in Qatar. Initially starting off from the Sheraton Hotel, they used to cycle to Al Khor and back stopping off at a local petrol station for refreshments. The group tend to meet every Friday morning for a longer cycle which depending on the day ranged from 100km to 160km.

Word clearly gets out about our visit and by 5:30 AM over 40 cyclists are lining up for the photo. Grabbing a few minutes with Ben Keane we talk about the health benefits of cycling. "The big benefit has to be weight loss. When I started cycling I was 120kg's and now I am 90kg's and hopefully still dropping. Cycling is also a chance to get out into the open air, get the lungs working and get the heart a good



WOMEN NOT EXCLUDED!

Cycling is a great sport for women too, so grab your helmet and join the fun!

workout. It is an extremely low impact sport with little or no damage to the joints." Claims Ben, who regularly cycles 400km in a week.

The Chain Reaction Group has over 1,210 active members on their Facebook page, and is a fantastic forum for everything cycling related in Qatar. Currently the group is buzzing from the latest news of the Tour De France with updates posted on an almost hourly basis.

The sport is growing steadily in Qatar and Ben acknowledges that the country has some way to go with the equipment on offer. "At present there is a shortage of bicycle shops in Qatar, not only to buy bicycles but any kind of cycling equipment, gels, and fitness bars. Most of the people I know look to bring in the bikes and accessories. I bring my equipment in from Dubai from Ride Bike Shop being sponsored by Giant. I believe Qatar just has three places where you can buy cycling equipment at present, Skate Shack, Go Sports & Flash Bikes at Mesaieed."

With the group going from strength to strength they have formed a strong coalition with the Qatar Cycling federation and regularly run events from road races and time-trials in the winter months. The main highlight of the cycling community is the tour of Qatar, in which professional cyclists take on the desert roads in a three day festival of cycling.

Looking to the future Qatar is hosting the 2016 World Championships, the first time in the Middle East. This is a significant boon for the cycling federation. Qatar Chain Reaction are aiming to further raise of the profile of cycling in Qatar through specialist events encouraging the general public to get on their bike more. "We are looking at more events aimed at children to get them on the bike and exercising, but our group is open to anyone who is interested in cycling. We have some really experienced riders who can offer some advice on nutritional needs of cycling and to boost your fitness."



GREAT NEWS! Silverback cycles from Dubai are sending over four brand new bicycles for people to use and see if they want to take up riding in Qatar. Just contact the group to book the bike out for a month!

To find out more about cycling in Doha search for 'Qatar Chain Reaction' on Facebook.

Ben Keane's

TOP TIPS for cycling in Qatar

Safety

Always let people know where you are going and the route you will take. Always bring spare tubes and a pump. You should also have some form of identification, bring some money and always bring your phone.

Stay Hydrated

Because of the humidity be sure to keep well hydrated before, during and after your ride. I often bring out at least 4.5 litres of water with me on our big Friday cycle.

Have Fun

For sure the most important thing to do is get a bike that is not so expensive and go out riding for fun. Enjoy the sport, bring your friends out with you, and make it social. After a few months of this your fitness levels will begin to grow and you will be able to take on bigger challenges.

Recovery

I suggest after the ride have a protein shake, for food I would suggest a small amount of pasta with some chicken and fresh vegetables. If possible try to get a massage. This all aids the recovery of the legs.

BE FIT and FAB!

ABODE rounded up the hottest Doha's fitness classes you should join now. Melt your fat away and reshape your body while having fun.

Always consult your physician before starting any exercise or diet plan!



ST. REGIS DOHA

Join the exclusive St. Regis Athletics Club. Work out in a luxurious but modern setting and make the most of the high performance equipment on offer. Group or individual fitness, yoga and Pilates classes are available.

ABODE's top picks:

- Tae Bo workout
- Outdoor tennis classes
- Water sports activities, including water skiing and many more

For more information call 4446 0304

DOHA MARRIOTT HOTEL SPA

Doha Marriott's personal trainer guru Adam and his team will make sure you'll have fun whatever class you decide to join. On top of their popular regular classes the Doha Marriott Spa is ready to introduce some exciting new fitness activities soon, so join the fun!

ABODE's top picks:

- Bootcamp
- Box exercise NEW CLASS!
- Spinning classes COMING SOON!

For more information call 4429 8888



INTERCONTINENTAL DOHA

Shape the body of your dreams at the Bay Club Fitness. From abdominal workout, pilates and step... it won't take long to see the results!

ABODE's top picks:

- Wing Chun, a logical, yet simple Chinese martial art system
- Fitball class provides a strong abdominal workout.

For more information call 4484 4852

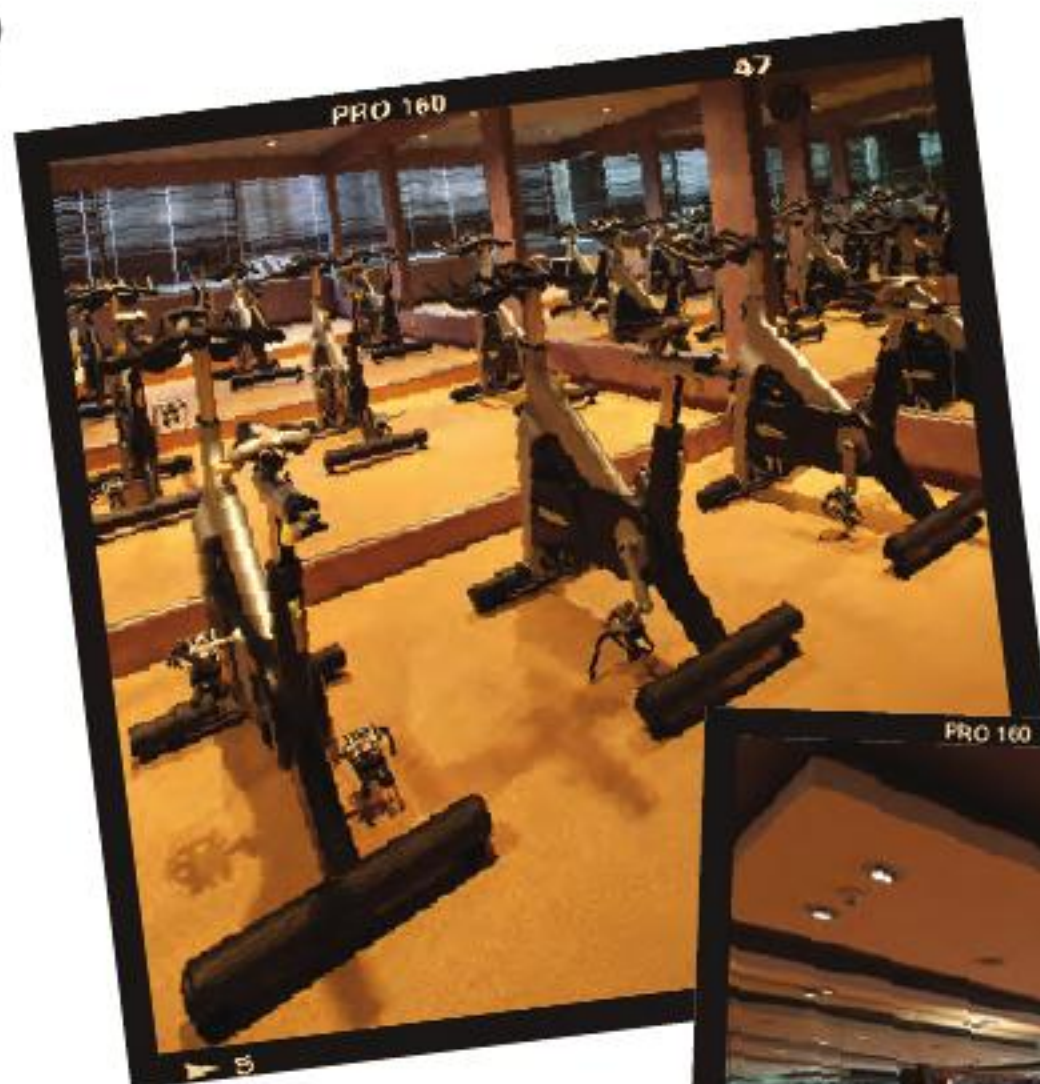
THE DIPLOMATIC CLUB DOHA

The blue waters of the West Bay Lagoon lend themselves perfectly for plenty of water activities, including water skiing and wakeboarding while the aerobic studio provides an array of indoor sports classes, such as yoga, body balance and many more.

ABODE's top pick:

- Aqua dance fitness, combines aquatic fitness with dance-based choreography. VERY UNIQUE WORKOUT!

For more information call 4484 7444



B/ATTITUDE DOHA and Fitness with Food

Located in Beverly Hills Tower in the heart of West Bay, B/Attitude is the place to get fit! Early morning classes, lunch time fitness sessions and obviously an array of evening workout activities will keep everyone entertained. From yoga, to step, taekwondo, capoeira and much more. Learn more about the Fitness with Food classes on page 68.

For more information call 4412 2046

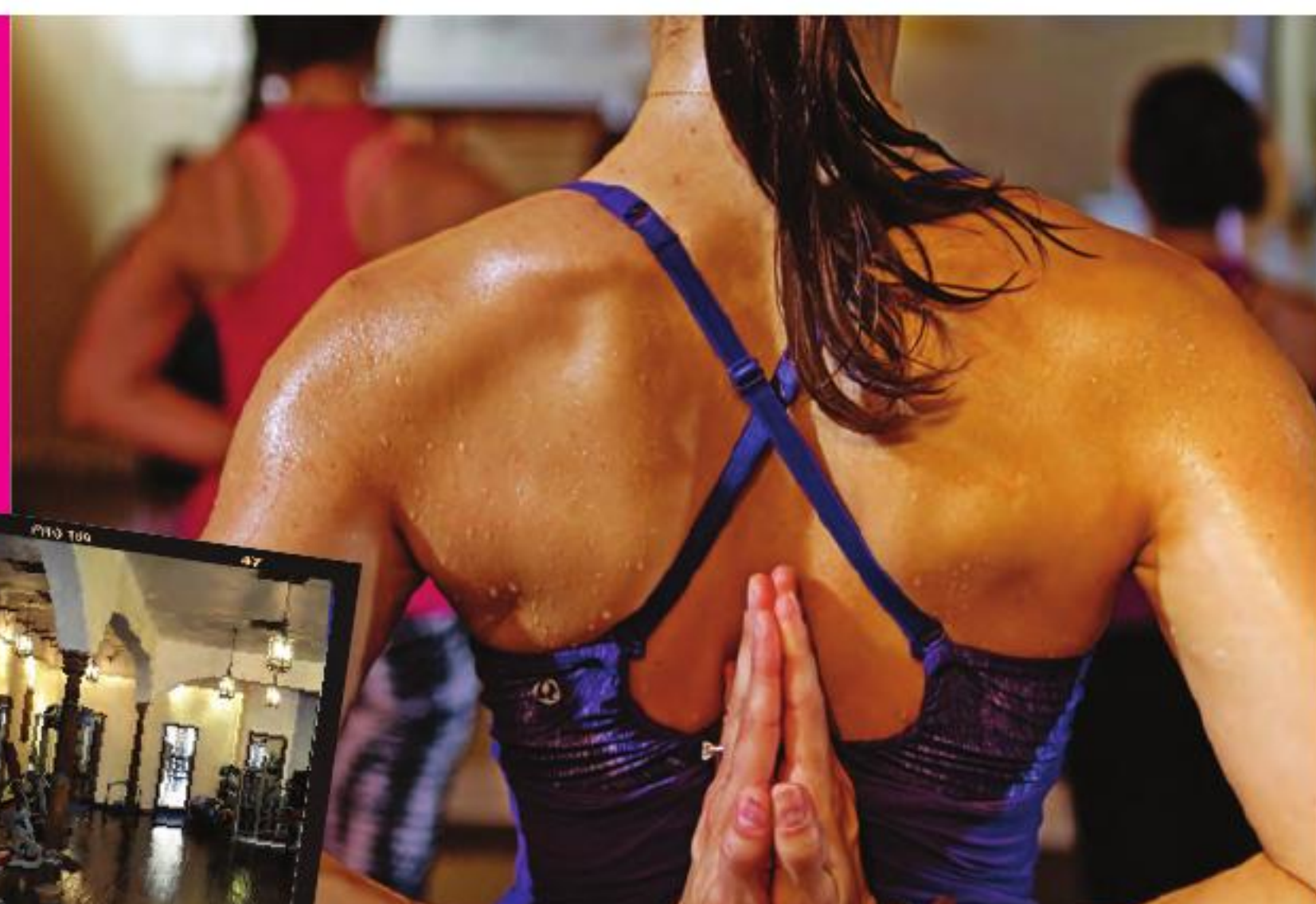
SIX SENSES SPA at SHARQ VILLAGE & SPA DOHA

Achieve your long term fitness goals with the help of the experts of the Six Senses team. Their unique fitness classes range from outdoor full moon yoga to indoors spinning classes.

ABODE's top pick:

- Hot yoga

For more information call 4425 6999





INTERCONTINENTAL DOHA THE CITY

The TRX Suspension Training has taken the fitness world by storm as it delivers a fast and effective total body workout through a portable training tool.

The great news is that you can now give it a go and learn more about TRX here in Doha thanks to Liezel Els, Health and Fitness Club Manager at the Intercon The City. She offers TRX Personal Training sessions for 2-3 pax at the time. Definitely worth a try!

For more information call 4015 8888



LE CIGALE

The Ozone Gym and Spa offers an array of fitness classes and training sessions, including personal training, full body analysis service, personalized program and special packages.

ABODE's top picks:

- Power toning session
- Explosive cardio
- Spinning classes

For more information call 4428 8810



RITZ CARLTON DOHA

Various classes are on offer at the Ritz's Spa, including body pump and circuit training to name a few.

ABODE's top picks:

- Tennis and squash lessons
- Abs and Legs workout

For more information call 4484 8173



YAMA YOGA STUDIOS

Transform your body and mind with these inspiring classes, available from September.

ABODE's picks:

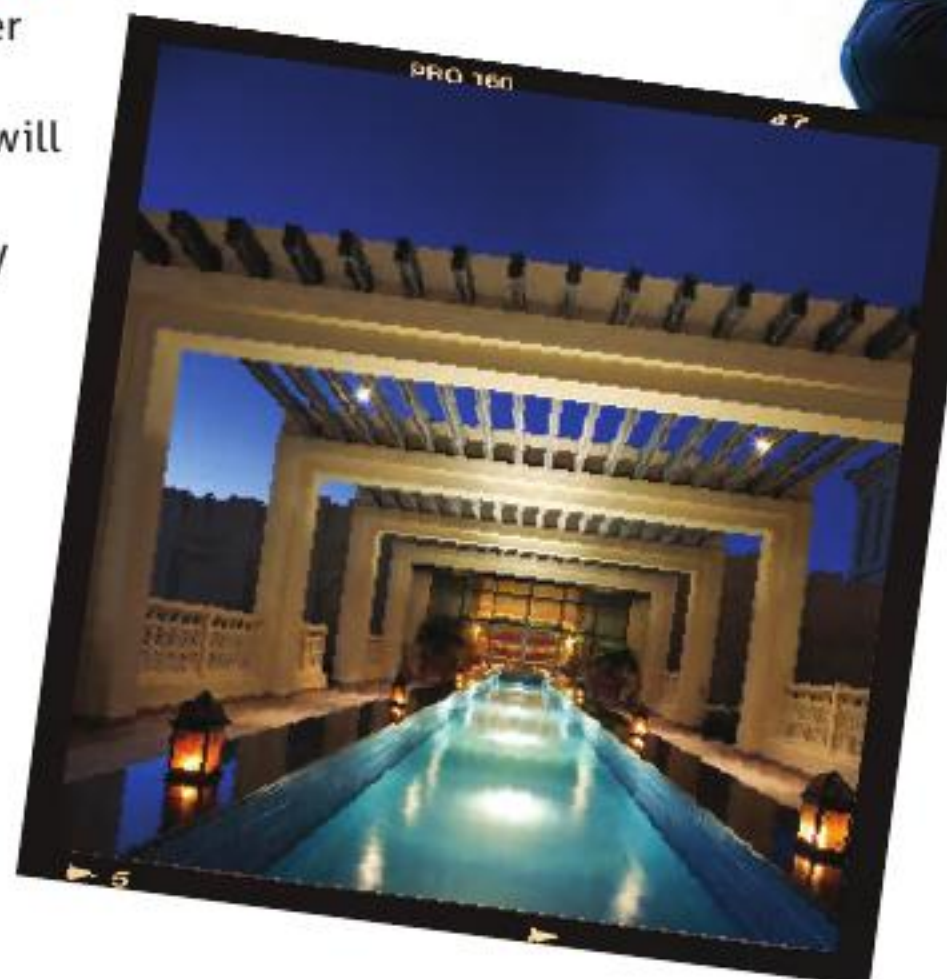
- Prenatal yoga
- Jivamukti yoga
- Body control pilates

For more information call 6617 5802

GRAND HYATT DOHA

Jaula's Spa fitness center will offer soon large outdoor classes, which will accommodate up to 70 people per session. Stay tuned for more info!

For more information call 4448 1235



JUST GYM. (MIXED GYM)

ABODE's picks:

- Metabolic resistance training
- Intense cardio and weight lifting
- Personal training available

For more information call 4459 4200

CONTOURS EXPRESS

ABODE's picks:

- Kickboxing class
- Belly dance
- Zumba class

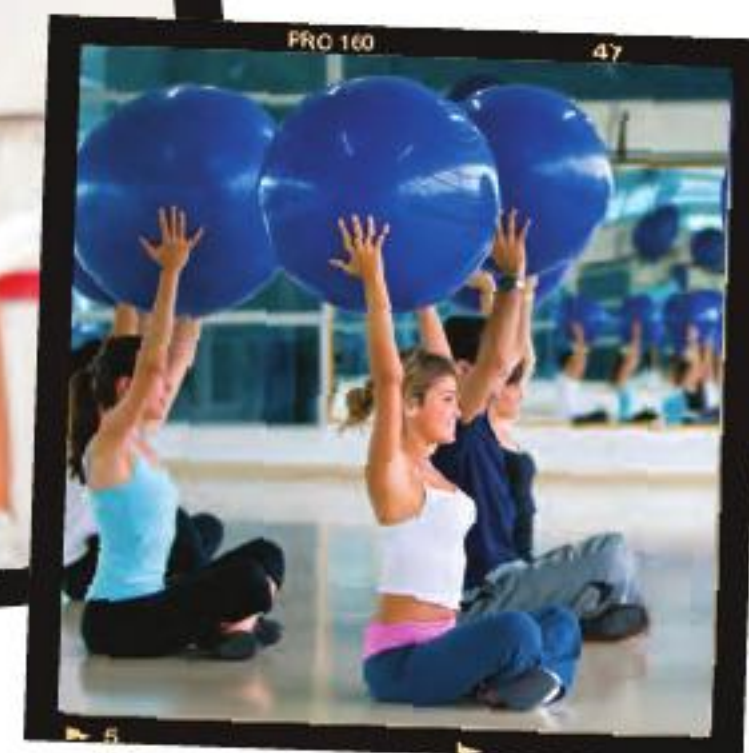
For more information call 4464 1540

DANA CLUB DOHA

ABODE's picks:

- Outdoor sports (Basketball, volleyball, etc.)
- Aerobics studio
- Indoor tennis

For more information call 4496 0600



6 Core Exercises On The Ball

PHOTOGRAPHY JESSIE PALANCA

LOCATION MÖVENPICK TOWER AND SUITES DOHA

MODEL REBECCA THOMAS

1

Punch and Roll

A great exercise for toning and shaping the entire body using both legs or one. This will target the core and oblique's and will strengthen the glutes, hamstrings and back.

- Sit on the ball and walk forward until it is under your shoulder blades.
- Push your hips up so your torso is horizontal from head to knees.
- Raise both arms to vertical, hands pointing up.
- Extend your right arm, rotate your torso and peel your back off the ball, ending on the outside of your left shoulder.
- Rotate back to center and repeat on the other side.



2

Abs Work-Out

Using the medicine ball makes for a good abdomen exercise.

- Push-up position with your arm on the yoga ball.
- Stretch your legs.
- Pull up your body.
- Do up to 10 repetitions.

3

Push-ups

Doing push-ups regularly with your legs on a medicine ball helps tone the biceps and abdominal muscles.

- Place both feet on the yoga ball in the push up position.
- Try to push up your body upwards.
- Do up to 10 repetitions.



Core-strength exercises strengthen your core muscles, including your abdominal muscles, back muscles and the muscles around the pelvis. You can do many core-strength exercises with a fitness ball. In general, use a fitness ball sized so that your knees are at a right angle when you sit on the ball with your feet flat on the floor. Breathe freely and deeply and focus on tightening your abs during each core-strength exercise.

4

Legs Work-Out

Curl-up with the medicine ball on your back helps strengthen leg muscles.

- Lie on your back.
- Curl position placing both hands flat on the floor.
- Place the heels of your feet on the ball.
- Try to pull up your body to strengthen the back.
- Try to roll the ball back and forth to strengthen the legs.
- Do up to 10 repetitions.



5

Back Work-Out

Lying on your back with your legs up on the medicine ball helps strengthen your back muscles.

You can do it also by alternating leg raises.

- Lie on your back and place your legs on the yoga ball.
- Place both hand flat on the floor.
- Pull up your body.
- Alternate between raising your left and right legs.
- Do up to 10 repetitions.

6

Triceps Work-Out

Reverse push-up exercise can tone triceps muscles.

- Place both feet on the yoga ball.
- Stretch your legs and your feet on top of the ball
- Position both hands on a chair
- Try to pull your body up, then down again.
- Do up to 10 repetitions.



FOR MORE
INFORMATION

VISIT

www.moevenpick-hotels.com

Trim, tone and shape your body while having fun thanks to the expert advise and guidelines of this inspiring and passionate team.

YOUR BEST BODY EVER with *FITNESS WITH FOOD*

PHOTOGRAPHY JESSIE PALANCA



About *Fitness with Food*

This Doha based fitness and food training services company is growing from strength to strength and its main aim is to promote a healthy lifestyle.

Fitness with Food has a strategic partnership with B/Attitude in Beverly Hills Tower, West Bay. This is the main venue where they offer their fitness training services and soon they will also partner up with the Grand Hyatt, Doha to offer large outdoor classes in the garden area, accommodating up to 70 people.

This provides a great way to socialise with like minded people and get fit at the same time!

A balanced healthy lifestyle is all you need to look and feel fabulous. Ditch your unhealthy routine and kick off a new regime with the help of FITNESS with FOOD's experienced team, which will motivate you and get you back in shape in no time. Thanks to their excellent fitness and food training you'll be guaranteed a total transformation.

Let's meet the Fitness with Food team and discover what they have on offer, from gracious but fat-burning zumba dancing classes to Muay-Thai kick boxing or 1-2-1 personal training services, they have something for everyone!



HAITHAM KHALID

Founder of Fitness with Food

He is a Le Cordon Bleu trained chef who learnt his trade in some of London's top restaurants working for the likes of Gordon Ramsay before he qualified as a personal trainer and turned his attention to setting up Fitness with Food. Thanks to

his background on top of offering top-notch fitness classes he offers nutritional advise and meal plans to make sure you transform your lifestyle inside out.

Fitness with Food's training services include

- 1) general fitness such as functional training and strength and conditioning classes
- 2) martial arts such as Muay Thai kick boxing Taekwondo, Capoeira, Akido
- 3) dance such as Zumba fitness, Brazilian dance such as samba, Forro, Frevo, Maracatu, Afro dance
- 4) stretch and flexibility including Pilates / Pilates ball, Total Barre, Yoga.

Beside exercising on a regular basis, the most important thing you can do to improve your health is to

be in control of what you eat and know where your food comes from. Therefore Fitness with Food strongly recommends trying to source local fresh produce.

So if you are looking to get fit and healthy, loose some weight, improve your flexibility/posture or just have some good old fashioned fun, join the Fitness with Food club!



LARISSA FERREIRA

Pilates / Total Barre / Dance Teacher

Larissa has a bachelors degree in dance and has worked professionally as a dancer for more than 10 years. She has done many dance presentations around the world in countries like Finland, Germany, Italy and Portugal. Larissa explained that her post-graduate studies in Pilates gave her the right key skills to improve her knowledge about dance, anatomy and kinesiology.

One of her signature classes here in Doha is the Total Barre class, which integrates elements of Pilates, dance/ballet, cardio and strength training while combining core exercises and while focusing attention on posture, alignment and neutral pelvis. From ballet and dance we use the Barre and the movements like pli  , pass  t, releve and the ballet positions for arms and legs, and make sure the right posture and alignment are achieved.

The Barre class is an amazing workout that will improve your flexibility, strength, conditional, posture and alignment. It is a truly complete workout and great for ladies that want to shape up and burn calories.



TANYA RODRIGUEZ

Zumba Fitness Teacher

Zumba Fitness is a total body workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility. It boosts energy and a serious dose of awesomeness each time you leave the class. Zumba Fitness is a fun fusion of dance moves from styles like Salsa, Merengue, Reggaeton and Flamenco.

Tanya became a licensed Zumba instructor in Scotland in 2000 and told us "I love teaching Zumba because it is not a dance class it is a party! No one is judging you by your dance abilities you just have fun and feel the music. This exercise class really makes you sweat and therefore burn hundreds of calories. **Zumba fitness class is recommended to anyone that wants to dance to great music, with great people, and burn a ton of calories without even realizing it.**"

Tanya designs each Zumba class with the objective of bringing people together to have fun. You can attend a Zumba class up to three times a week or more. "We take the 'work' out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin-inspired rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check - Ditch the Workout – Join the Party!"



VISHNU PRASAD

"Swasthi Yoga" Teacher

"Swasthi yoga" is a new and innovative form of yoga that was designed and brought to Doha by Vishnu, a Wellness Practitioner and yoga Instructor from India; this form of yoga practice transforms the body and inner wellbeing faster. Vishnu understands that in a fast-paced world, people want to see the positive effects immediately thus, he has adapted his own system of yoga practice called: "Swasthi yoga" ("Swasthi" or "Svasti" is a Sanskrit word meaning Wellbeing, Success). Swasthi yoga emphasizes your wellness potential and ability. It starts with various breathing techniques and meditation, with each pose connected to the next to fully activate the entire muscle complex. It is followed by a session of poses that benefit the physical condition of the body. This unique style aims to transform one's development to help achieve unlimited and unbelievable progress within a shorter period of time. Whether a beginner or someone who has been practicing yoga for months, Swasthi yoga works with your potential and only elevates once you progress: **"When your body changes, I change my teaching. The body is a process so we move with our progress."**

Let Swasthi yoga transform you in no time.

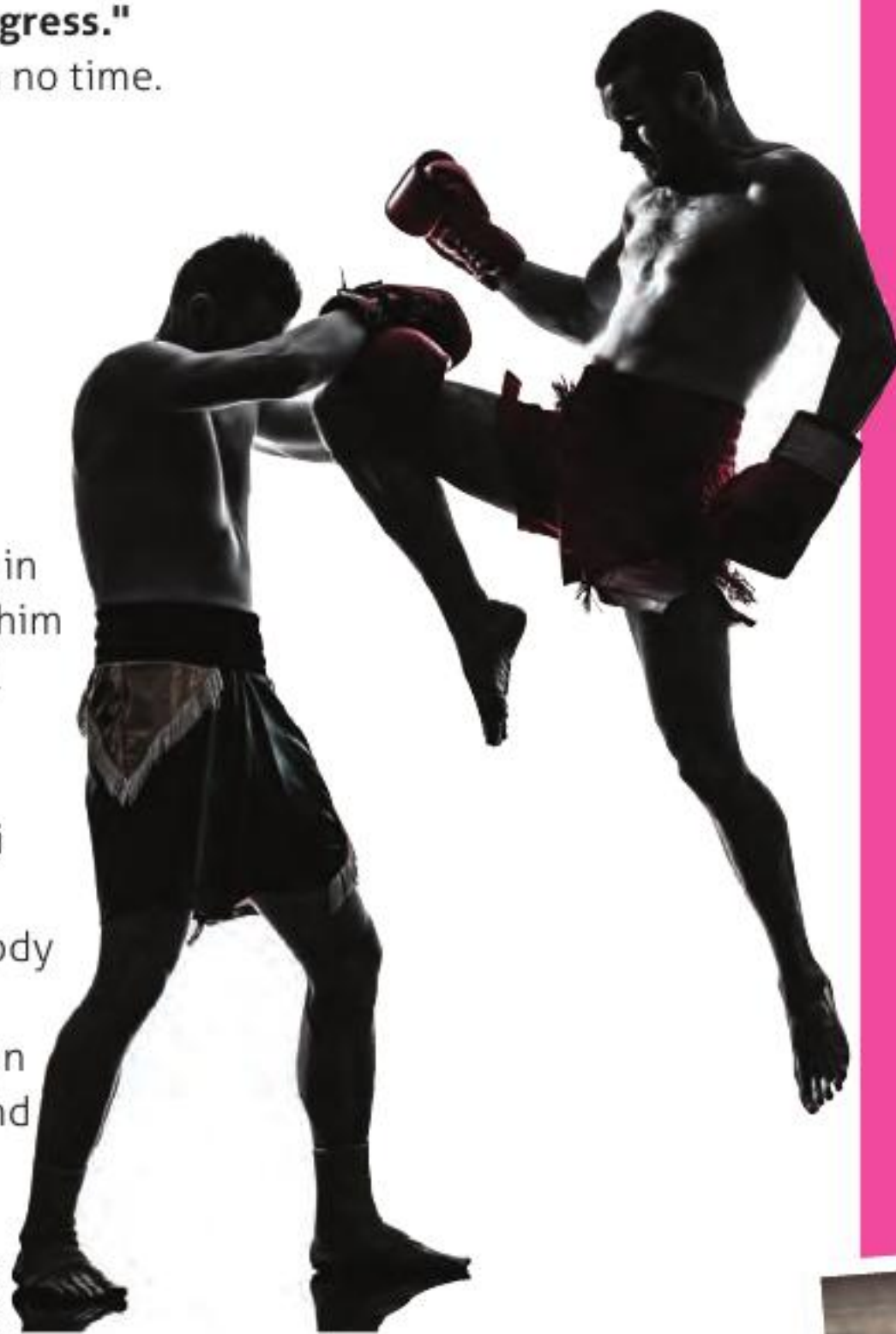


CHETAK PINDOLIA

Muay Thai Teacher

His journey into Muay Thai began in his mid 20's. His first session had him hooked (he had done zero martial arts before this) and within a few months he had a great physique and was in great shape. Muay Thai is an intense, full contact martial art. Training focuses heavily on body conditioning to build fitness and toughness for combat, making it an excellent way to get into shape and learn how to defend yourself.

The benefits to your health both physical and mentally from doing Muay Thai are remarkable: weight management, strength improvement, better co-ordination, stress relief, cardiovascular health. You build great relationships with people at the same time. This sport is relatively new to Qatar and Chetak's aim is to help people achieve their goals via the sport that he love so much. **"A mixture of Technical & fitness work means we meet our students' goals. We can help you meet your milestones through the power of Muay Thai, just bring your smile!"**



MARSEL RODRIGUEZ

Personal Trainer

Marsel told us how he became interested in resistance training from a young age. This training technique is key for everyday life, as it improves correct posture, increases strength and range of motion. "I love teaching it because it is beneficial to anyone who wants to improve their lifestyle.

Everyone should incorporate resistance training into their workouts where it is safe to do so. Whether you are an athlete training for a competition or you're simply training for the game of life."

Beginners should look to carry out resistance training 2-3 times per week, intermediate 3-4 times per week and advanced 4-7 times per week. Also remember rest days are as equally important as training days. Try to have at least one or two days rest from exercise per week. This will allow your muscles to repair, recruit more muscle fibres and recover from the workout. After a rest period you will come back stronger, more powerful and ready to keep progressing.

Resistance training incorporates any type of method that can be used in order to apply resistance for strength training which may include rubber bands, body weights and water... so you can keep up your workout at home too!





ALTHEA MALLIAROS

Personal Trainer

Althea is a Personal Trainer that focuses a lot on the right nutrition and she carries the "You are what you eat..." mantra into each of her training sessions with her clients and aims to educate clients on the importance of combining exercise with healthy eating in order to get the most results. There is one thing in this world that too many of us either get too little of or too much of: food!!

Althea told us that most people are not aware that their bodies require micronutrients (vitamins and minerals) just as much as it needs macronutrients

(proteins, carbohydrates and fats). Our bodies require vitamins and minerals that we receive from fruits and vegetables which are essential to the body. When it comes to Macronutrients we often hear the people say: - Carbohydrates make you fat, so I'll stop eating them and go on an all protein diet.- I cringe every time people say this to me, or tell me that this is their solution to fat loss. No no no... **Carbohydrates are just as essential to the body as other macronutrients, they are our bodies' energy source and without these your body will become depleted.** Typically no one wants to even hear that your body needs healthy fats. When we talk about fats we talk about healthy fats known as saturated and unsaturated fats. Our bodies also rely on fats for energy and the transportation of vitamins.

Last but not least: proteins! Our bodies require proteins for several reasons, for instance to balance hormones and to create antibodies to help us fight infections etc. We need to take in a specific amount of protein daily for overall health as well as to maintain bodily functions. For this reason we all need to ensure we take in an adequate amount of proteins daily. You should include all of the above Micro and Macro Nutrients in moderation to maintain a happy and healthy lifestyle. Start today and make this YOUR lifestyle choice!

ALI JOURABLOO

Taekwondo Teacher

Taekwondo is a unique Korean martial art using hand and feet techniques for combat and training. It is a recognized Olympic sport with a rich philosophy. Practitioners attain a high level of focus, confidence, physical fitness and respect for others.

The program promotes a spirit of caring for others and rigorous training of the body, mind and soul. "I have been doing Taekwondo for more than 18 years and it has been eight years now since I started teaching it. I love it because of its positive energy." Training will guide you towards a healthy life both physically and mentally. Physically speaking, your muscle will get lean and strong and your cardio will increase substantially as you progress your way up to the black belt level. At the same time you learn how to be patient and calm when your body and environment pushes you otherwise.

Taekwondo is a physically demanding martial art. Students of this martial art spend most of their time practicing fast, powerful kicks. In Taekwondo the fighting style teaches students how to make the most out of their natural strengths. An effective workout plan should enhance these strengths.

Complete your Taekwondo workout plan two or three times each week. Give yourself at least a day off in between workouts.

There is no age restriction in doing Taekwondo as long as you listen to your body and keep going with your own pace. Give it a try!



FOR MORE INFORMATION

VISIT

www.fitnesswithfood.com
or call 5598 5495 to find
out their latest classes
timetable

GET Sculpted Arms

REPETITIONS TIP:

Beginner: 3 x 8 reps each exercise

Intermediate: 3 x 10 reps each exercise

Advanced: 4 x 10 reps each exercise

Work these exercises into your routine three times a week and watch your arms take shape!

PHOTOGRAPHY JESSIE PALANCA

MODEL LARISSA FERREIRA FROM FITNESS WITH FOOD

WHAT YOU'LL NEED:

2 x 3-5kg dumbbells

Resistance band

LYING EXTENSION

Technique

- Lie on your back with a dumbbell in each hand pointing towards the ceiling.
- Keeping your upper arms still, slowly lower the dumbbells towards your ears.
- Extend your arms back to the start position.



2

PULL-DOWN

Technique

- Hook a resistance band over the top of a door and hold the ends, keeping your upper arms close to your sides.
- Keeping your upper arms still, extend your arms until they're straight.
- Slowly release the tension in the band to bring your arms back to the start position.



3

KICKBACK

Technique

- Stand with your legs slightly bent and your upper body tilted forward, your upper arms tucked close to your sides and holding a dumbbell in each hand by your shoulders.
- Keeping your upper arms still, slowly extend both arms back until they're straight.
- Bring your hands back to your shoulders.



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!



Detox your Liver!

The liver is the largest organ in the body and has many vital functions. Learn why maintaining it healthy is important from the doctor who wrote the book on the subject

BY GLORIA DURAN-RENDEROS, NUTRITION CONSULTANT, B.SC. M.P.H.

Liver disease and dysfunction is very common all over the world. In many countries there are thousands of people waiting for liver transplants. Unfortunately there are not nearly enough donor livers to meet the ever-increasing demand. More than ever, the importance of taking care of our liver from an early age is imperative to avoid liver diseases ranging from hepatitis B and C, to auto-immune liver disease. Dr. Sandra Cabot, author of The Liver Cleansing Diet, who developed "the diet" and published it as a book in 1997, claims the liver is like a filter, which over time becomes blocked with impurities and should be cleansed regularly. In fact, Dr. Cabot stresses that excess fat in the abdominal region, often described as the middle-aged spread, is caused by a fatty liver, therefore, restoring the liver to a healthful state is extremely important for our well being, health and longevity.

In her book, Dr. Cabot provides an 8-week eating plan that will give you plenty of variety and well balanced, nutritious meals. By following this diet, your metabolism will improve rapidly and you will start to burn fat, as the liver is a major fat burner in your body. Conversely, if you eat the wrong foods, your liver will manufacture more fat so that you become a fat storer.

The Liver Cleansing Diet is not a trendy or fad weight loss diet, instead it provides you with an easy and safe way to improve your overall health, which will in turn give you the key to a strong immune system and healthy blood vessels.

THE LIVER

1 ITS VITAL FUNCTIONS

Production of bile. Bile enables you to digest fat and it is a way in which your body excretes excess cholesterol. Production of fat and also burning off excess fat. Your liver produces cholesterol and other fats, and it has the ability to burn fat in your body for energy. Therefore a healthy liver helps you maintain a healthy body weight. Storage of vitamins and minerals, especially iron. Detoxification of your bloodstream. Your liver breaks down and excretes hormones, medications, toxins and other wastes.

Production of clotting factors that enable your blood to clot. Storage of glucose that can be released into your bloodstream if your blood sugar level gets too low.

2 IT FIGHTS TOXINS

Looking after your liver is vitally important if you want a long and healthy life. The food you eat each day can have a beneficial or harmful effect on your liver.

FOR MORE INFORMATION

Dr Sandra Cabot McRae was born in Adelaide South Australia and trained in medicine and surgery at Adelaide University in South Australia.
www.sandracabot.com

THE 6 best foods for your liver

1. FISH

Fish is beneficial for liver function because it is an excellent source of protein. Your liver requires the amino acids in protein in order to carry out detoxification. The enzymes required for phase 1 and 2 detoxification in the liver depend on amino acids found abundantly in fish. Another benefit of fish is its high omega 3 fatty acid content. Omega 3 fats are a natural anti-inflammatory and fantastic for people with raised liver enzymes, indicating an inflamed liver. Fish oil can be taken in capsule form if you don't consume fish at least three times a week.

2. BRAZIL NUTS

These nuts are the highest natural source of the mineral selenium. Your liver needs selenium in order to detoxify your bloodstream. Selenium also has a powerful anti-viral action and is essential for people infected with hepatitis B or C. If you do not eat Brazil nuts regularly you can obtain a good dose of selenium by taking a regular quality supplement.

3. BROCCOLI

All of the vegetables in the cruciferous family are highly beneficial for the liver. Other members of this family include kale, collard, cauliflower, cabbage and Brussels sprouts. These vegetables contain a substance called sulforaphane, known to boost the activity of phase 2 detoxification enzymes in the liver. Therefore eating these vegetables regularly will make your liver more efficient.

4. GLOBE ARTICHOKE

This vegetable is a powerful liver tonic. It improves sluggish liver function and sluggish digestion and helps the body to excrete excess cholesterol.

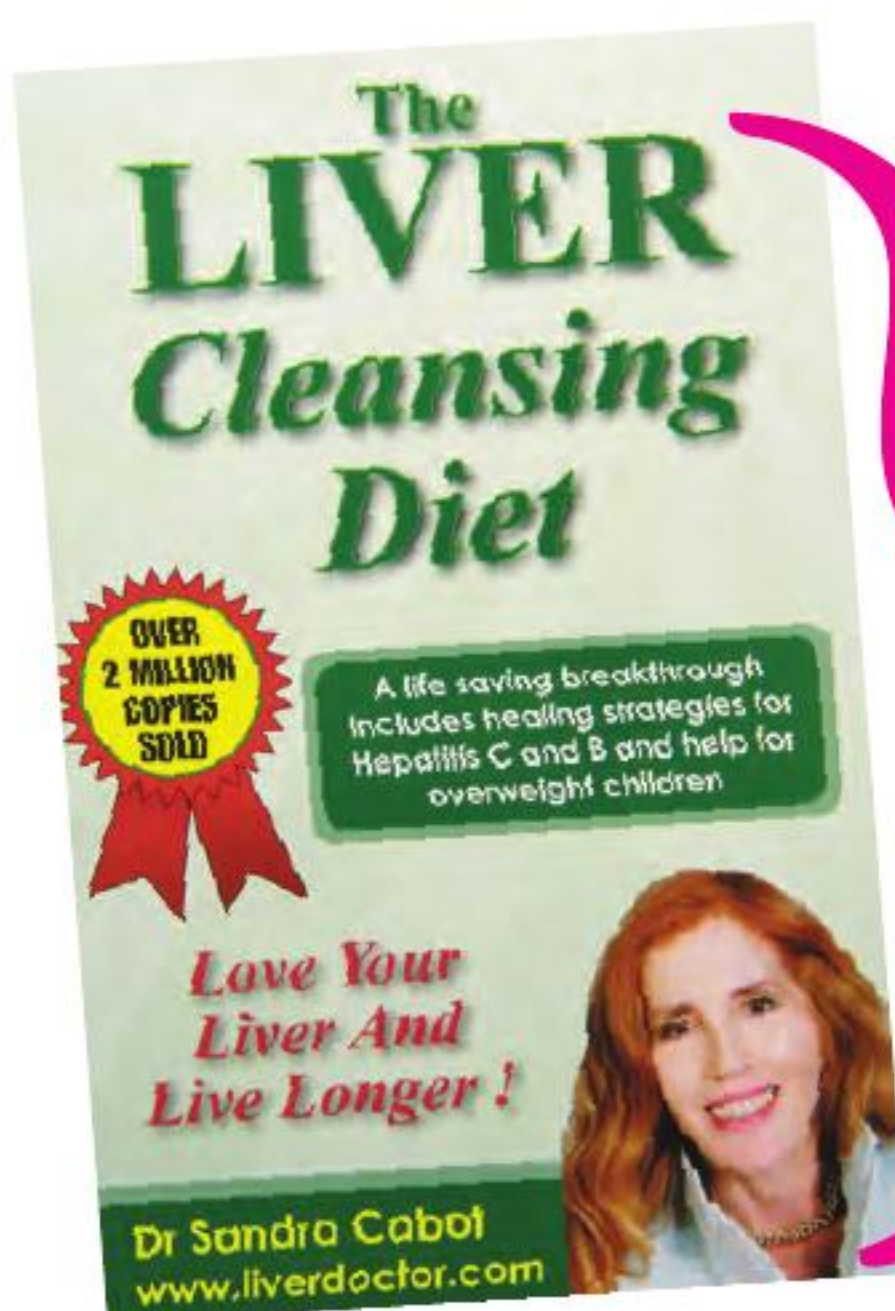
Globe artichoke also contains caffeoylquinic acids, which protect and regenerate the liver. If you do not regularly consume globe artichoke, make sure you check the ingredients list when looking for a liver tonic.

5. GARLIC

This pungent herb has an enormous range of benefits in your body, plus it helps to keep your liver healthy. Garlic is high in sulphur, which is required for phase 2 detoxification in the liver. In most people phase 2 detoxification is sluggish and garlic helps to speed it up. Onion, leek and eggs are also high in sulphur.

6. GREEN TEA

Technically not a food, but we had to include green tea because it is immensely beneficial to the liver. It contains the powerful antioxidant called EGCG which protects liver cells against the damaging effects of free radicals. Liver cells are easily damaged while carrying out their usual detoxification functions. A therapeutic quantity of green tea is four to five cups per day.



Diet Guidelines

Eat more fruits and vegetables.

Include a mix of wholegrains, legumes, nuts and seeds, fruits and vegetables, beetroot, artichoke, carrots, turmeric and lecithin. (40% of the diet should consist of raw fruits and vegetables with an emphasis on green leafy vegetables).

Drink eight glasses of water daily.

Purified water with lemon is also excellent.

Avoid all processed and refined foods.

Don't eat refined sugars, fatty foods, fried foods, 'junk' foods, coffee, tea and soft drinks.

Avoid over eating; eat small regular meals.

Limit dairy products – Opt for unsweetened soy, oat, rice, almond or light coconut types of milk.

Avoid ALL margarines and similar type spreads manufactured from hydrogenated damaged fats

Avoid deep fried and fatty foods.

Limit chicken and turkey and eggs.

Only consume free range/organic, as regular meats and eggs often contain artificial growth hormones, antibiotics and steroids that increase the liver's workload.

Avoid artificial sweeteners.

Looking for easy and healthy summer meals? Well, eating salads is a super-convenient way to work in a couple of servings of vegetables and save time in the kitchen too. To entice you to eat more greens, here are four of our favourite salads with their dressings. These delicious recipes will be sure to give your weeknight salads a makeover. Mix and match the dressings or try our combination suggestions.

Mixed GREENS!

According to WebMD, Elaine Magee, MPH, RD and Dr. Louise Chang, MD., simply adding a salad to your day can pay off with plenty of health benefits.

AMAZING BENEFITS

1 Roughage – Increased fiber in your diet can help prevent digestive disorders.

2 Antioxidants – Nutrient rich salad greens and vegetables provide you with cancer fighting anti-oxidants such as vitamin C and E, folic acid, lycopene, and alpha- and beta-carotene.

3 Maintaining a healthy body weight- Eating salads not only adds variety to your diet but also helps you fill up your plate and stomach without adding too many calories (watch the dressings!)

4 Adding healthy fats to your diet- By eating a side salad you have a better chance of eating the needed good fats (like the monounsaturated fat found in olive oil, avocado and nuts). These are easily mixed into to add texture and flavour to your side dish.



RECIPES

These flavorful salad dressing recipes are anything but ordinary, they will make your veggies sing!

CAESAR SALAD DRESSING

INGREDIENTS:

1/2 cup mayonnaise, 1/3 cup white vinegar, 1 tsp vegetable oil, 2 tbsp light corn syrup, 2 tbsp grated Parmesan cheese, 2 tbsp grated Romano cheese, 1/4 tsp garlic salt, or 1 garlic clove, minced, 1/2 tsp dried Italian seasoning, 1/2 tsp dried parsley flakes, 1 tbsp lemon juice

Sugar (optional).

DIRECTIONS:

Combine all the ingredients in a blender until well mixed. If too tart, add a little extra sugar. Store in the refrigerator.

GREEK DRESSING

INGREDIENTS:

1 large clove of garlic, squeezed through a garlic press, 1 tsp dried oregano, 1/2 tsp sea salt, 1/4 tsp black pepper, 1/4 cup freshly squeezed lemon juice without pulp or seeds, 1/2 cup olive oil.

DIRECTIONS:

Squeeze a clove of garlic into a glass jar. Measure and add in the oregano, salt and black pepper. Pour in the quarter cup of strained, freshly squeezed lemon juice and the 1/2 cup of olive oil. Shake.

COBB SALAD DRESSING

INGREDIENTS:

3/4 cup canola oil, 3/4 cup extra-virgin olive oil, 3/4 cup red wine vinegar, 1 tbsp. fresh lemon juice, 3/4 tsp. dry mustard, 1/2 tsp Worcestershire, 1/4 tsp sugar, 1 clove minced garlic, sea salt and freshly ground black pepper.

DIRECTIONS:

Combine the canola oil, olive oil, vinegar, lemon juice, mustard, Worcestershire, sugar, and garlic in a blender. Purée the ingredients, season with salt and pepper.

SPINACH SALAD DRESSING

INGREDIENTS:

1/2 cup extra-virgin olive oil, 2 tbsp balsamic vinegar, 2 tsp whole-grain mustard, 1 tsp sugar, 1 tsp sea salt and freshly ground pepper.

DIRECTIONS:

Combine the olive oil, vinegar, mustard, sugar, salt, and pepper to taste in a small jar. Cover tightly and shake vigorously to blend. Taste and adjust the seasoning.

CAESAR SALAD



INGREDIENTS:

Romain lettuce, croutons, Parmesan cheese, grilled chicken. Served with classic Caesar dressing.

GREEK SALAD



INGREDIENTS:

Iceberg lettuce, Feta cheese, cherry tomatoes, Kalamata olives, red onions, cucumber, peperoncini, bell peppers, radishes. Served with Olive Oil dressing.

AMERICAN COBB SALAD



INGREDIENTS:

Iceberg and Romaine lettuce mixed with watercress and endives, tomatoes, crisp beef bacon, grilled chicken breast, hard-boiled eggs, avocado, chives, Roquefort cheese and black Olives. Served with Red vinegar vinaigrette.

SPINACH SALAD



INGREDIENTS:

Baby spinach, crushed almonds, pine nuts, dried cranberries. Served with Balsamic vinaigrette herbs dressing.

ABODE special



MARY BERRY WITH LAKELAND LARGE and SMALL PALETTE KNIFE

Made in the UK from Sheffield stainless steel. With polypropylene handles and flexible blades.

MARY BERRY WITH LAKELAND PINK and BLUE APRONS

In pretty pastel shades that we know are Mary's favourites, these fresh, cotton designs are the perfect choice for busy kitchens



HONEYCOMB LUNCH COOLER

Featuring a colourful honeycomb design, keep things cool for up to 4 hours. With a pocket and an adjustable shoulder strap.



SISTEMA DRESSING TO GO,

Avoid soggy salad situations when picnicking or lunching on-the-go by keeping your dressings separate in these little pots. Set of 4.

KALEIDOSCOPE TUMBLER

Made from virtually unbreakable polycarbonate, this oh-so-summery range of tableware is cut with a crystal effect.



TASTE OF SUMMER

Whether you're barbecuing, entertaining or simply relaxing in the garden, Lakeland has a feast of ideas to make summertime living easy.

Available at Mall

MARY BERRY WITH LAKELAND 26CM CAKE STAND

This acrylic stand blends into the background, ensuring the food is the focus. Can be stacked together to form a 2-tier stand ideal for small cakes.



HOME-MADE ICE CREAM TUB

Home-made ice cream is too nice to be stored in any old plastic container, so where better than this charming retro tub? Made from plastic with a silicone lid, it'll make that secret scoop straight from the tub even more enjoyable.

CUISINART® GELATO AND ICE CREAM MAKER

Fully automatic with your chosen treat being ready in as little as 30 minutes, extra ingredients can be added during churning and it features a 10-minute, keep-cool function after mixing. The paddles, lid and bowl are removable for easy cleaning. Recipe book included.



24 SPOT AND STRIPE CAKE CUPS

Cupcakes and bakes will look so much sweeter in pretty, pastel cases, and they're also great for presenting home-made sweets and chocolate treats. Greaseproof. 12 of each design.



AROMA



Culinary traditions *in romantic elegance*

Aroma is the award-winning stylish restaurant of Kempinski Residences & Suites, Doha. Allow us to guide you through a romantic journey of culinary traditions, delicious flavours, carefully selected fresh produce & creative preparation.

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An associate of Ahmed Hassan Bilal Group

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

HOME DÉCOR

Decorating ideas-shopping-interior designers' tips



WayedComfy Sac!

Ditch your old sofa and uncomfortable chairs for this cozy and fun WayedComfy Sac. Let yourself drop into this soft giant bean bag, which will comfort to your body shape. Reading your book or watching your favourite TV series won't ever be the same! Pick your favourite colour to complement your room decor and get ready to fight over it with family and friends.



**1-ASKHOLMEN Set
Table and 4 Chairs**



**1-SOLIG
White Net Tent**



**5-BORRBY
Black Lanterns**





Regolit, Pendant Lamp Shade



Beteende, Black Vase



Krakris, White and Grey Cushion



Gurli, Red Cushion Cover



Tradklover, Black and White Cushion Cover

SUMMER TENT LIVING

Turn the tent into a pillow-filled reading nook.
Check out our top fave's from IKEA.



Selection of lanterns



Stockholm, Black and White Cushions



Navviva, Black and White Cushion



Hampen, High Pile Rug

Syringa Potted Plant



Abeline Lamp



Gold and Black Leaf Bowl



Hamon Pendant Lamp

BACKYARD MAGIC

Turn a bland backyard, patio or deck into a stylish space for entertaining with beautiful decor from THE One.



Woody Lantern



Laila Candle Holder



Bulldog Statue Decor



Gold Cross Lanterns-
two sizes.



Jute Lanterns



Sponge Candle Holder



Jazz Tea Light Holder



Life Size Olive Plant 85cm



Black Metal Birdcage



Basilika Plant in Faux
Stone Planter



Life Size Olive Plant
in faux Pot 65cm



**Chill out in the theatres this summer
and catch today's hottest flicks.**

The
MOST ACCURATE
and **UP-TO-DATE**
cinema listings!

Q•CINEMA **I GUIDE**

www.qatarhappening.com/cinema

**COMING
SOON**



German Bakery Company is an associate of Ahmed Hassan Bilal Group. They have the exclusive right to distribute par baked and frozen bread from Germany to the Middle East.



An Associate of Ahmed Hassan Bilal Group

info@ahbqatar.com

ESCAPES

Adventurous-fun-luxurious-unique travel experiences



A private island getaway: BANANA ISLAND RESORT DOHA by ANANTARA

This exclusive resort is scheduled to open its doors next month in Doha. Featuring over water villas, holistic lifestyle programmes and an array of luxurious facilities, Banana Island Resort offers you an exclusive exotic getaway on your home doorstep!

IT'S DETOX TIME!

A health and detox retreat is always a good idea. Check the latest packages offers available to lose weight, recharge your body, clean your aura and simply feel on top of the world.

GSTAAD, SWITZERLAND



THE ALPINA GSTAAD - Mountain Detox Package
Make the most of the pure Alpine air in the heart of the Alps

The Six Senses Spa at The Alpina Gstaad has introduced this summer their Mountain Detox programmes to increase energy, vitality and recalibrate the mind and body. Three programmes are on offer ranging from three to six days packages.

Mountain Detox six days package includes:

- Guests receive a body composition analysis as part of their arrival and departure consultation.
- Detoxifying treatments range from body wraps, colonic cleansing and rejuvenation, Velashape and a variety of massages.
- There is also a choice of nutrition programmes – guests can opt for either the Alpina Spa Cuisine or 'Juice & Dinner Delight' from sister Detox Delight programme.
- The half board package starts from approximately 7,457 USD. Available till 25 September 2014.

For more information visit www.thealpinagstaad.ch

PARIS, FRANCE



LE ROYAL MONCEAU RAFFLES PARIS -

My Royal Detox Package

Forget drastic diets or exhausting gym programmes, simply enjoy some me time in the French capital.

The acclaimed palace hotel on Avenue Hoche, where the Michelin-starred restaurant La Cuisine, the Long Bar and the beautiful Spa My Blend by Clarins, await you for an enjoyable detox programme, featuring their truly "Royal" breakfast, gourmet food and "Royal Booster" smoothies and a 1,500sqm SPA of wellbeing and relaxation.

My Royal Detox Package Includes:

- One night in a Studio room for two people
- Detox Breakfast Buffet in the Michelin starred restaurant La Cuisine for two
- Pilates class or Yoga class with private teacher (1 hour)
- Exotic Cleansing Body Wrap at the Spa My Blend by Clarins with a private therapist (45 mins)
- Unlimited access to the gym and the swimming pool of the Spa My Blend by Clarins
- Complimentary Wifi
- My Royal Detox package starts from approximately 1,263 USD per person in a Studio Room.

For more information visit www.affles.com/paris

MUSANDAM PENINSULA, OMAN



SIX SENSES SPA AT ZIGHY BAY – The Starlight Retreat

The bespoke Starlight Retreat is a ritual aimed to reach a total inner peace, which focuses on your personalized current lifestyle, horoscope and the phase of the moon.

It takes place at the Spa Pavilion, set against the backdrop of the star-spangled sky overlooking the natural beauty of the sea, the mountains and the moon.

The Starlight Retreat ritual includes:

- Consultation prior to the session in order to obtain the right information to determine the right Synergy (aroma oils), to restore their natural equilibrium
- 1 x 60-minute relaxation massage
- 3-course dinner specifically tailored to the dietary requirements of the guests
- The 180-minute experience starts from approximately 440 USD per person.

For more information visit

www.sixsenses.com/resorts/ziggy-bay/

DOHA, QATAR



COMING
SOON

BANANA ISLAND ANANTARA

RESORT - The world renowned Anantara's Spa therapies will finally be available in Doha with the opening of Banana Island Resort. Thanks to their tailored holistic approach your wellbeing will reach a whole new levels in no time. Stay tuned to learn more about their unique wellness packages!

DUBAI, UAE

TALISA SPA, MADINAT JUMEIRAH – Daily Sunset yoga

If you are visiting Dubai this month, why not joining this ultimate yoga experience, which takes place daily on Al Qasr beach by the iconic Burj Al Arab and overlooking the azure waters of the Arabian Gulf?

- Daily Sunset Yoga Sessions at Al Qasr beach from 18:30
- All levels welcome
- Price: QR 80

Talise SPA also organizes full moon yoga sessions by the beach. Not to be missed!

Price: QR 119

For more information visit www.jumeirah.com/mjyoga



ABU DHABI, UAE

RAYANA SPA, HYATT CAPITAL GATE

HOTEL - Detox Summer Package

This award-winning Spa, located in one of Abu Dhabi's most recognizable buildings, it focuses on tailored rejuvenating experiences to help aligning mind, body and spirit.

Detox Summer Package includes:

45 min personal training session at the 19th floor fitness centre

- A sea salt exfoliating body scrub
- hydrobath therapy to open the pores of the skin
- A deep penetrating mud wrap to remove toxins
- A relaxing muscle relief back massage

The 3.5 hours treatment costs

QR 990 per person.

For more information visit

www.abudhabi.capitalgate.hyatt.com



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Enjoy a Taste of Asia

LAURIAT



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Al Sadd
Near Al Asmakh Mall
4431 4411

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

Holiday Villa
Entrance 7, Holiday Villa
4411 5225 / 4411 5335



www.facebook.com/chowkingqatarofficial



An Associate of Ahmed Hassan Bilal Group

PEOPLE SOCIETY

Events and individuals
who make a difference
in the Middle East



Rolls-Royce launches the new Ghost Series II

Mr. Ahmed Hassan Bilal, the Chairman of AHB Group, attended the first customer launch event for the Rolls-Royce Ghost Series II at the exclusive Ramadan tent at Al Gassar Resort last month. The event hosted by Rolls-Royce Motor Cars Doha, part of the Alfardan Group, celebrated the subtle redesign of the Ghost family.

Mr. Bilal personally experienced the understated exterior changes finished with cutting-edge technology and featuring Bespoke Audio, the finest audio system in automotive history.

PHOTOGRAPHY BOSCO MENEZES

People & Society

News

Qatar Football Association (QFA) organized an Iftar for the Filipino Community residing in Qatar.

To thank the Filipino community for their significant support of QFA's football tournaments, events and activities and to celebrate the Holy Month of Ramadan, QFA held an Iftar that was attended by more than 500 people. The event created a sense of unity between the community and QFA, allowing everyone to connect to one another over the Iftar meal to celebrate the arrival of Ramadan. H.E. Crescente R. Relacion, Philippine Ambassador in Qatar and Khalid Mubarak Al Kuwari, Acting Chief Operations Officer in QFA, both attended the Iftar and gave a warm welcome to the attendees.

The Iftar took place at Al Gassar Resort and gifts were distributed to all attendees and QFA made sure no one left empty handed.

Khalid Al Kuwari, Acting COO of QFA commented: "The aim of Ramadan is to give back to the community during the Holy Month. Through our cooperation with the Filipino community this year we had the opportunity to broaden our fan base and reach a wider segment of the community while supporting the community's events and activities at the same time."



Reach Out To Asia, raised 161,000QR in proceeds following its 3rd Fundraising Suhoor to support My Education... My Hope campaign.

An event attended by ROTA's esteemed partners and sponsors helped contribute to the success of the campaign. The silent auction was held at the QF Student Centre and featured as many as 10 photographs taken by Ben Barbour, a Doha based artist, who participated in the Qatar UK 2013 Year of Culture. The auction also includes select photographs by Faisal Adama, Aisha Ghanem Al Attiya, Khalid Al Muslimeni. Guests also received the opportunity to place bids for paintings by Sabah Arbilli.

Dr Sheikha Aisha bint Faleh bin Nasser al-Thani, Board Member of ROTA commented: "We would like to thank our sponsors and partners for their kind generosity that contributed to yesterday's event. We would also like to thank all the talented local artists for their wonderful pieces of art. Their generous contributions have helped us raise financial support for the urgently needed educational projects for the most vulnerable in our five neighbouring countries."



The Pearl-Qatar Hosts Qatar Charity's "Al-Baraha" Ramadan Tent

Last month, The Pearl-Qatar in line with its observance of the Holy Month of Ramadan hosted a Charity's Al-Baraha tent which featured arawih prayers, religious lectures, Quran sermons and Islamic recitations "Inshad" by prominent religious scholars, targeted the Island's residents and surrounding community. The Pearl-Qatar's Al-Baraha tent adjacent to the mosque at Porto Arabia's entrance was inaugurated on the 3rd of Ramadan and its activity program was an initiative to practice spirituality and charity. In addition to a food section catered by Hospitality Development Company's Al-Tabkha there was a traditional food and craft market operated by Qatari families.



Rolls-Royce Motor Cars Doha Hosts First Customer Launch Event In Middle East for New Ghost Series II.

The Rolls-Royce Ghost Series II, the latest vehicle to be launched by the ultra-luxury British automaker, was unveiled to customers in Qatar, July 5th, at an exclusive Ramadan event hosted by Rolls-Royce Motor Cars Doha, part of the Alfardan Group, the authorized dealer of Rolls-Royce Motor Cars in Qatar. "The Ghost Series II is designed to harness the power of simplicity. Every detail is precisely engineered to evoke grace and elegance for an effortless driving experience," said Mr. Mohamed Kandeel, Chief Operating Officer, Alfardan Automotive Division. "It is also an honour to be the first dealer in the Middle East to host a launch event for our customers for this masterpiece from Rolls-Royce; and to be able to celebrate the holy month of Ramadan's spirit of compassion and brotherhood with them, along with our staff and partners." Rolls-Royce Motor Cars Doha is the exclusive and official importer in Qatar for Rolls-Royce cars. With a conveniently located showroom on the Pearl-Qatar, and unrivalled after-sales and service facilities featuring the most advanced service and diagnostic technologies, Rolls-Royce Motor Cars Doha and staff are committed to delivering, not just the ultimate driving experience, but also the ultimate ownership experience.

The Porsche effect

Porsche Centre Doha, Al Boraq Automobiles Co. are taking strides into superseding excellence and luxury for its clientele in Qatar showcasing its commitment to the highest quality of customisation through "Porsche Exclusive", and also accessorisation through "Porsche Tequipment" for cars already built or bought as pre-owned. After a vehicle is ordered and delivered, the brand extends its customisation variables through an extensive list of optional specifications offered by Porsche Tequipment. With over 300 possible additions in terms of exterior, performance, transport and protection, wheels and wheel accessories the distinctiveness of each car is further developed. The fine craftsmanship and individuality of the Porsche Exclusive and Porsche Tequipment features, result in a work of art, as unique as the customer who designs it.



A DAY IN THE LIFE OF LOUISE MORTLOCK

FOOD & BEVERAGE GENERAL MANAGER AT AHB GROUP

The Ahmed Hassan Bilal Group is expanding its business portfolio with the launch of few new International Food outlets. We sat down with their newly appointed Food & Beverage General Manager to learn more about her mission in these exciting new ventures.

Q: Why did you decide to pursue a career in the hospitality business?

Originally I planned to study history of art but my best friends parents owned a hotel so I started working weekends there as a receptionist. I loved the atmosphere and was addicted to the buzz of a busy hotel and bar/restaurant. It's a job where you get to meet a lot of interesting people, every day is different, you can be creative, you learn culture, diplomacy, hospitality, finance. It's a fast-paced environment that's constantly evolving and that's what I love.

Q: What are AHB's Food & Beverage division projects for 2015?

We are very excited about the opening of at least 4 new **Chowking** restaurants in prestigious locations around Doha, including Msheireb and Al Mirqab mall. This new outlets will complement the existing five Chowking branches very well. We are also bringing Fish and Chip mogul, **Harry Ramsden's** to Qatar, which will open its first branch in The Pearl. Everyone loves a good cod and chips (Brits especially) and we felt like it was missing from the market. Harry will offer proper 'chipshop' chips, mushy peas and sarsons vinegar, using maris piper potatoes and Harrys secret batter mix to ensure an authentic experience. We also plan to bring **GBC** to Qatar, a delicious line of bread and pastries famous in Germany. The initial idea is to supply to the hospitality sector here, giving them a consistent supply of quality breads, followed by the opening of bake shops in highly residential areas.



"HAPPY GUESTS AND
HAPPY STAFF MOTIVATE
ME EVERY DAY"

Q: Is there a particular reason why AHB chose to bring these international brands to Qatar?

AHB is looking to broaden its portfolio with some well known, quality brands. These different brands will showcase AHB and show it as a contender in the hospitality field here in Qatar. Mr. Ahmed Hassan Bilal, the Chairman of AHB, wants interesting, quality brands and he searches far and wide for them.

Q: What will make each brand successful?

All our exciting new food outlets will be true

to the original brand and will offer a unique dining/ food experience to the guests while providing quality food and excellent service.

Q: What's your typical work day like?

I visit at least three of our restaurants each day and check the quality of food, the general food safety, implement training, catch up with the staff, speak to guests about their dining experience. Currently I'm very busy setting up Harry Ramsden's first restaurant, which will open its doors very soon.

Harry Ramsden's
World Famous Fish & Chips

COMING SOON TO Qatar

A
delicious
taste of
British
tradition
brought
to the
Middle East

In 1928, Harry Ramsden started selling Fish & Chips from a hut in a little British village called Guiseley. The great taste and top quality attracted customers in their droves and within just three years, he needed bigger premises, so opened a much larger restaurant right next door. Since then, Harry Ramsden's has been serving its World Famous Fish & Chips to generations of families and very soon, the newest restaurant opens in Qatar!

With a wide ranging menu of meals which includes traditional favourites as well as more contemporary dishes, Qatar becomes part of the continuing story of the quintessentially British Harry Ramsden's!

EST. 1928

SERVING WORLD FAMOUS FISH & CHIPS FOR OVER 85 YEARS

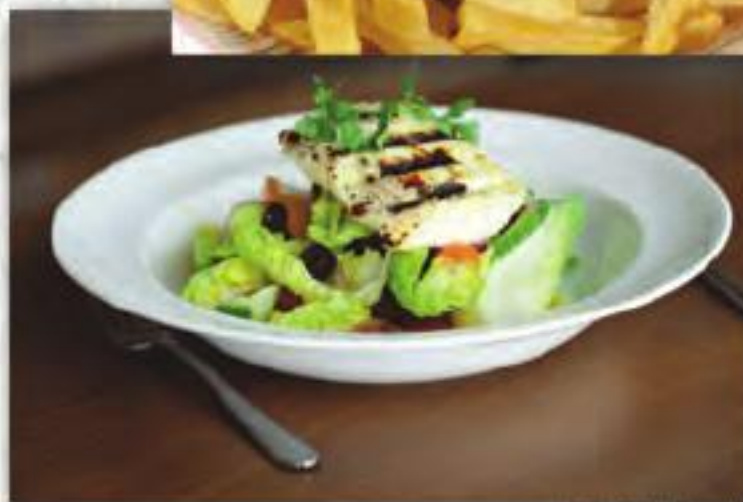
info@ahbqatar.com



An Associate of Ahmed Hassan Bilal Group



THIS IS
HARRY'S ORIGINAL
FISH & CHIP SHOP.
EST. Dec 20th 1928.



STAYING

IN

Don't feel like going out? We give you the top reasons to do so... from interesting reads to active exercise videos!

BOOKS

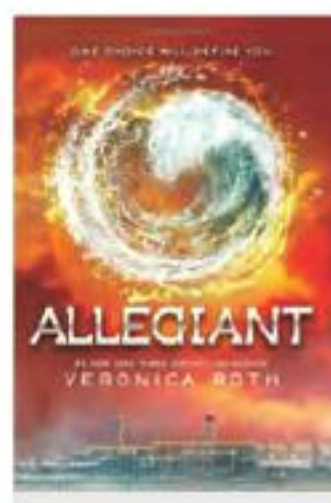
ALL AVAILABLE AT
VIRGIN MEGASTORES



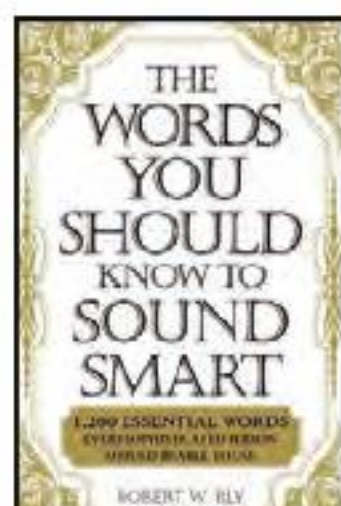
ME BEFORE YOU
BY JOJOMOYES



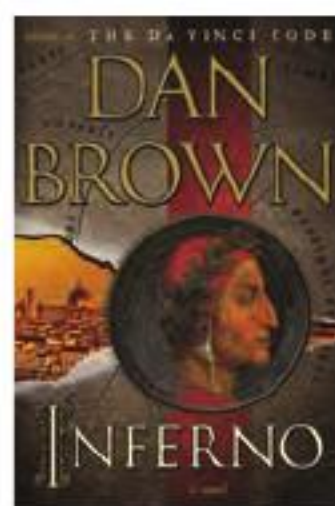
WONDER
BY R.J. PALACIO



ALLEGIAN
BY VERONICA ROTH



**THE WORDS
YOU SHOULD
KNOW TO SOUND
SMART** BY
ROBERT W. BLY



INFERNO
BY DAN BROWN



THE BOOK THIEF
BY MARKUS
ZUSAK



THE FAULT IN OUR STARS
BY JOHN GREEN

Despite the tumor-shrinking medical miracle that has bought her a few years, Hazel has never been anything but terminal, her final chapter inscribed upon diagnosis. But when a gorgeous plot twist named Augustus Waters suddenly appears at Cancer Kid Support Group, Hazel's story is about to be completely rewritten.

JUST MOVE IT

We scoured the internet for the best DVD's and found a few top videos listed on www.health.com. Watch and get ripped with the latest, hottest exercise videos to keep you motivated and moving in front of the TV.

SHAKE IT

Zumba Fitness World Party is a "fun way to spice up your workout routine." It packs in 45 "fast-paced" fitness classes, highlighting more than 30 different dance styles, including Bollywood, salsa, and hip-hop. Each session takes place in a unique setting to the musical backdrop of Lady Gaga, Pitbull, Daddy Yankee, and more. With so much variety, "I don't foresee this game ever getting boring," one tester said. Available for: Nintendo Wii, Nintendo Wii U, Xbox 360, Xbox One



POWER PACK

Work up a crazy good sweat during each 25-minute session of Insanity trainer Shaun T's latest 10-week program, Focus T25. The 11 no-rest workouts are divided up into two five-week phases: Alpha, to build a strong foundation, and Beta, to increase intensity and strengthen your core.

Equipment needed:

resistance band (included) or dumbbells



DANCE CHAMPION

Perfect your mambo and cha-cha moves with Denise Austin while burning fat. Count the 30-minute routine as moderate cardio; for a little toning, pull out your dumbbells and add the 10-minute bonus session, which combines classic Latin moves with biceps curls and overhead presses.

Equipment needed:

3- to 5-pound dumbbells



HOT TWISTS

Don't expect slo-mo poses in the two half-hour practices from Jillian Michaels' Yoga Inferno. The workout mixes in 30-second cardio intervals like plank jacks, and the other incorporates creative strength moves like chair poses with shoulder presses.

Equipment needed:

yoga mat, 3- to 5-pound dumbbells (optional)

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ABODE market place

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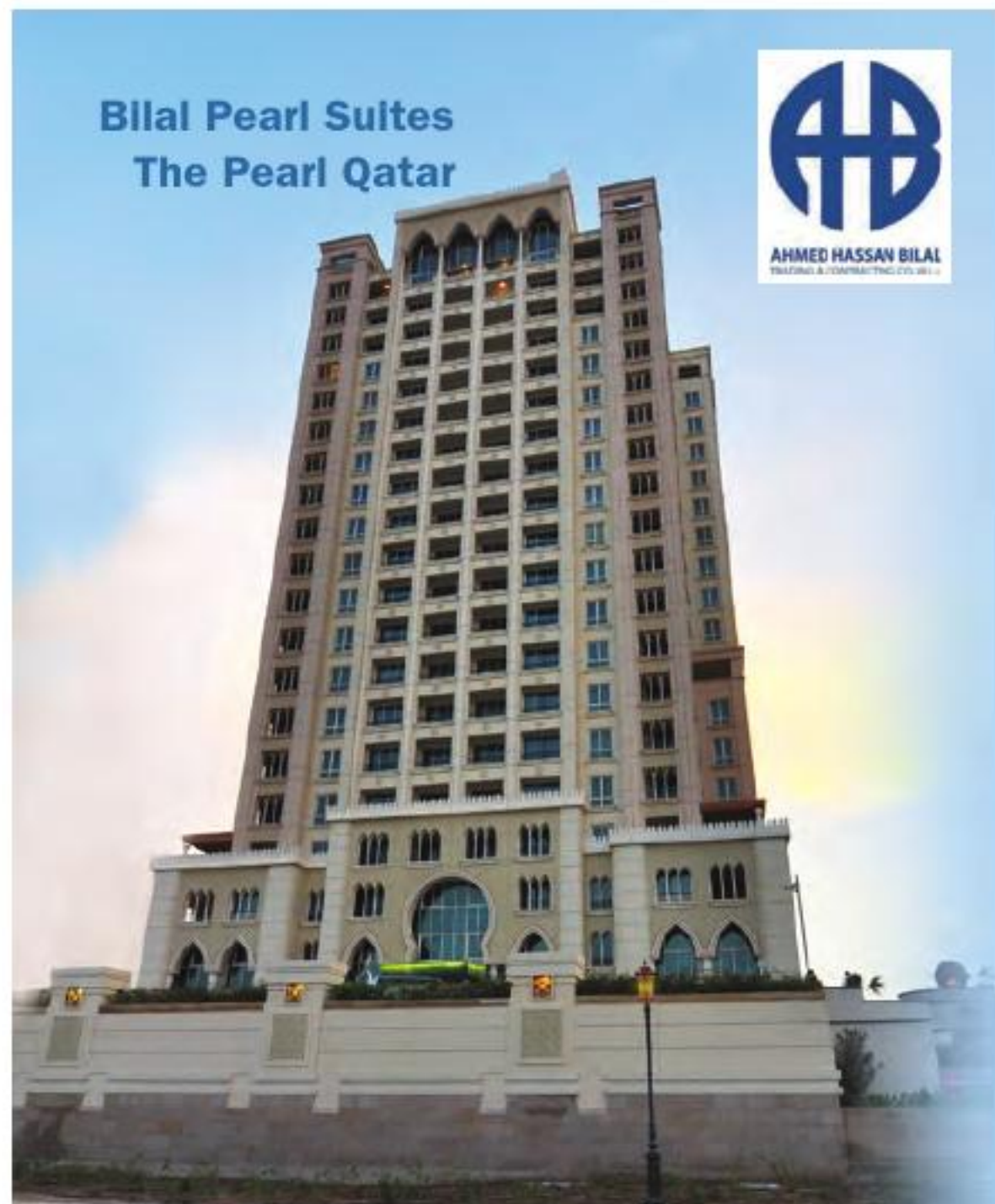


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Centrepont	Hours: daily 10am-10pm	Plaza Mall, Barwa Village, Wakra Rd	4415 3586
		Al Asmakh Mall, Al Saad	4428 9201
City Centre Doha	Hours: 10am-10pm	Conference Center St., West Bay	4428 9141
Hyatt Plaza	Hours: Sat-Thu 10am-10pm, Fri 2pm-10pm	Al Waab Street, Muraikh	4469 4848
Landmark Mall	Hours: Sat-Thu 10am-10pm, Fri 3pm-10pm	Al Shamal Road, Gharrafa	4487 5222
Lagoona Mall	Hours: Sat-Thu 10am-10pm, Fri 2pm-10pm	West Bay, Zone 66, Ad Dawha	4433-5555
Royal Plaza	Hours: Sat-Wed 9am-10pm		
	Thu 10pm-10pm, Fri 3.30pm-11pm	Al Saad Street, Al Saad	4413 0000
The Mall	Hours: Sat-Thu 10am-10pm Fri 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		
	*break every Fridays: 11.30 am to 12.30 pm	Al Asiri Interchange, Salwa Road	4465 8652
		The Mall, D-ring Road	4467 4312
		Dar Al Salam Mall, Abu Hamour	4016 3576
		Ezdan Mall, Al Gharafa	4433 4141

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

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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	Al Asiri Interchange, Salwa Road	4465 8652
	The Mall, D-ring Road	4467 4312
	Dar Al Salam Mall, Abu Hamour	4016 3576
	Ezdan Mall, Al Gharafa	4433 4141
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
Courtyard Doha City Center	West Bay City Center	4419 5555
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	4423 3333
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
Marriott Executive Apartments Doha,	West Bay	4419 6000
Marriott Marquis City Center Doha,	West Bay	4419 5000
Mövenpick Hotel	Corniche Road	4429 1111
Mövenpick Tower & Suites	Westbay	4496 6600
Mercure Grand	Musherib Street	4446 2222
Merweb Central Doha	Ras Abu Abboud St.	4409 4444
Milennium Hotel	Jawaan Street, Al Sadd	4424 7777
Nando's	Hyatt Plaza	4450 5853
	City Centre	4417 5756
Oryx Rotana,	Airport Rd.	4402 3333
Pampano,	Porto Arabia	4495 3876 ext.1221
Ramada Encore	Ahmed Bin Moh'd St.	4444 3444
Radisson Blu	Salwa Rd, C Ring Rd.	4428 1428
Regency Halls	D'ring road	4465 2226
Ritz-Carlton	West Bay Lagoon	4484 8000
Sealine Beach Resort	Mesaieed Umm Said	4476 5299
Sharq Village & Spa	Ras Abu Abboud St.	4425 6666
Sheraton Doha	Corniche Road	4485 4444
St. Regis Doha	Westbay	4446 0000
Souq Waqif Boutique Hotels Musherib		4433 6666
Tse Yang	Porto Arabia	4495 3876 ext. 2071
W Doha	West Bay Lagoon	4453 5353

Cars / Motoring

Infinity	Salwa Showroom	4428 3333
Mercedes Benz	Salwa Road	4462 4444
Nissan	Salwa Showroom	4428 3333
	Al Sadd	4444 1334
	Yarmouk	4488 8618
Mannai	Industrial	4455 8709
Porsche Centre Doha	Airport road	4459 9666
Renault	Salwa Showroom	4428 3333

Education

Virginia Commonwealth University Qatar, Education City 4402 0555

Entertainment

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

Home Decor/Accessories

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
IDesign	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	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 4422 4444
QMA Gallery Cultural Village	West Bay 4452 5555

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Hospitals / Emergency

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

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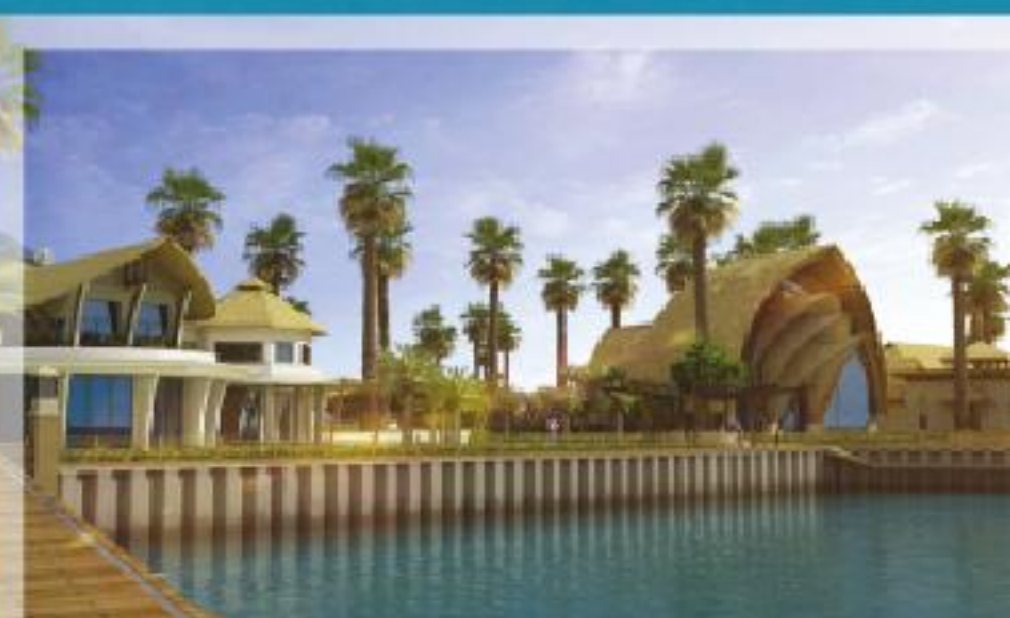
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