

YOUR LIFE • YOUR STYLE • YOUR HOME

ABODE

QATAR

HEALTH

It's Breast Cancer
Awareness month:
PREVENTIONS
AND CURE
IN QATAR

AUTHOR

CATH FILBY

PRESENTS HER BOOK "BREAST CANCER:
A JOURNEY FROM
FEAR TO EMPOWERMENT"

**CHARLOTTE
LE BON**

On breaking into Hollywood

**NEW
SEASONS
ACCESSORIES
EDIT**

Eid Mubarak!

Delicious traditional
recipes inside

The Pink

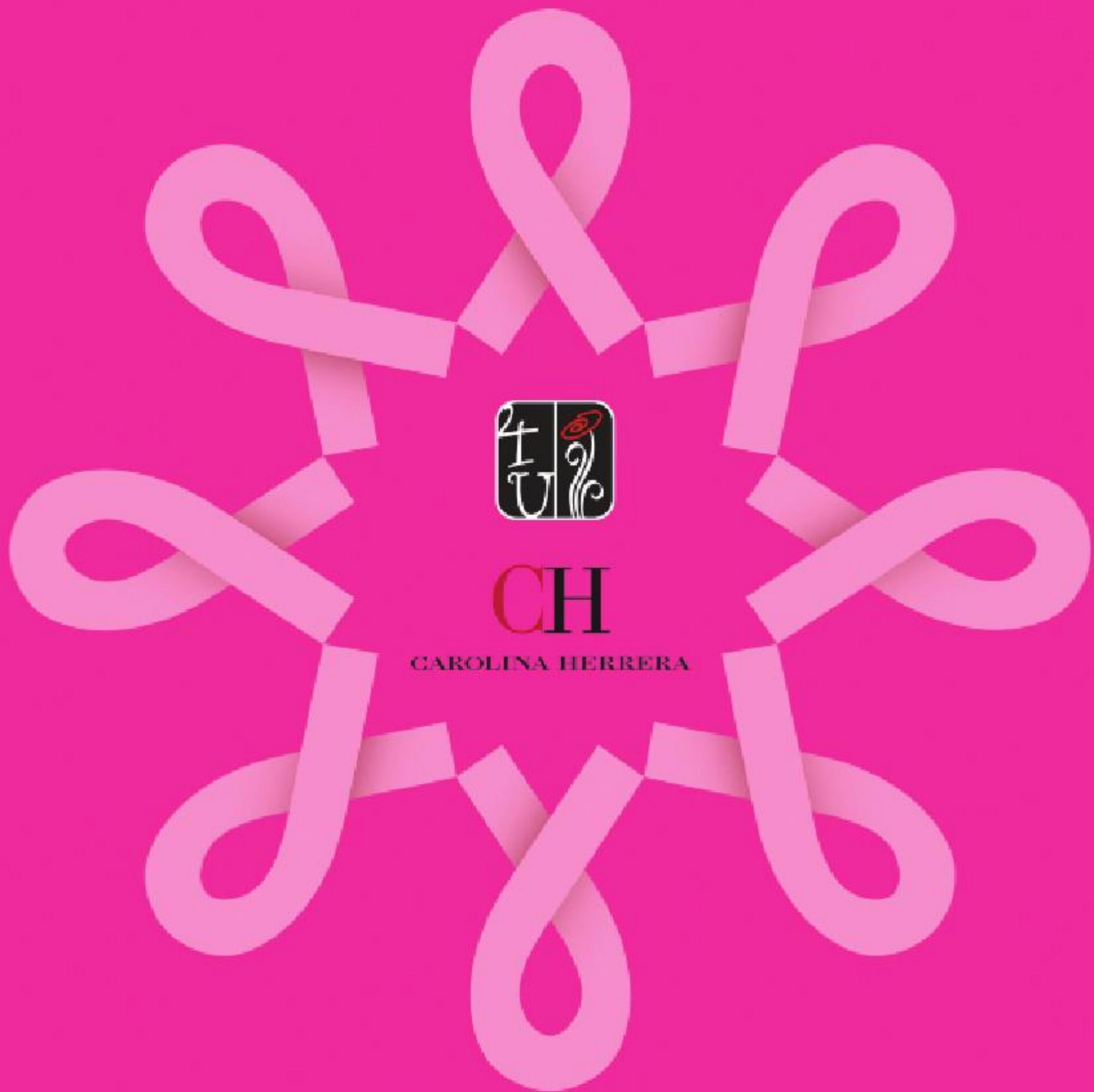
Issue

SHOP, WEAR AND THINK PINK To show your support!

OCT 2014 QR 12



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Breast Cancer Awareness Month

4U - Beauty Qatar
and
CAROLINA HERRERA

PINK *together*

EMPOWERING
WOMEN *TO*
FIGHT
AGAINST **BREAST**
CANCER

in cooperation with:

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QATAR
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nissan-me.com

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QATAR

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

Welcome

FROM THE EDITOR IN CHIEF

For previous issues see
www.abodeqatar.com
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DEAR READERS,

I would like to welcome you to our latest issue by wishing you Eid Mubarak. The Muslim community will celebrate Eid Al-Adha, also known as the feast of Sacrifice or Greater Eid, the second most important religious festival in the year, during which families and friends get together to thank God for all their blessings. Therefore, I hope you will all make the most of this joyous time, whether you are staying in Doha or are jetting off on a holiday break.

October is also time to raise awareness about Breast Cancer. Qatar and the Middle East are registering a growing number of cases, therefore it is vital to spread information about prevention, cure and how to support research. Many local initiatives are taking place this month, so we hope you'll be able to join them as every little helps.

We spoke to a very inspiring breast cancer survivor, Cath Filby, who transformed her cancer odyssey into a book, aimed to assist and help women, who are going through the same journey. Her self-health guide 'Breast Cancer - A Journey from Fear to Empowerment' is a must-read for all the cancer patients and also for their relatives as it will help everyone during their tough time.

On a happy note, we filled our pages with loads of gorgeous pink buys to put a smile on your face. Think and wear pink to show your support, while being fashionable too.

We are also very pleased to confirm the signing of our joint ventures between AHB Group and three exciting new food and beverage

outlets coming to Doha very soon: Harry Ramsden's, the renowned fish & chips brand from the UK, the German Bakery Company, which will bring their tasty bread from Germany to the Middle East and Dubai-based Coffee Planet!

Eid Mubarak, till next month

NASSER AHMED HASSAN BILAL

BEHIND THE SCENES

ABODE soared to great heights to bring you our breathtaking main fashion spread - 46 floors high, towering over Doha's skyline. The Hilton Hotel provided not just the backdrop for our makeover shoot, but also our two lovely recipients who work with the hotel itself.



Helipad action!



Makeover double whammy

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WE CAN'T LIVE WITHOUT

Gloves,
Hoss Intropia



Necklace,
Hoss Intropia



Heels, Miss KG
by Kurt Geiger



Heels, Dune




Bag, Milly

WIN 300 QR VOUCHERS TO SPEND AT 4U

ANSWER THIS QUESTION:


In Doha, where are the two branches of 4U?

WIN A WEEKEND STAY PLUS BRUNCH FOR TWO

AT W DOHA HOTEL & RESIDENCES

ANSWER THIS QUESTION:
What is the price of the Friday brunch at La Spiga including soft drinks?




WIN A DEMHA ABAYA WORTH 1,050 QR

ANSWER THIS QUESTION:
How did the abaya label 'DEMHA' get its name?

COMPILED BY HARRIET GYAMFUAH

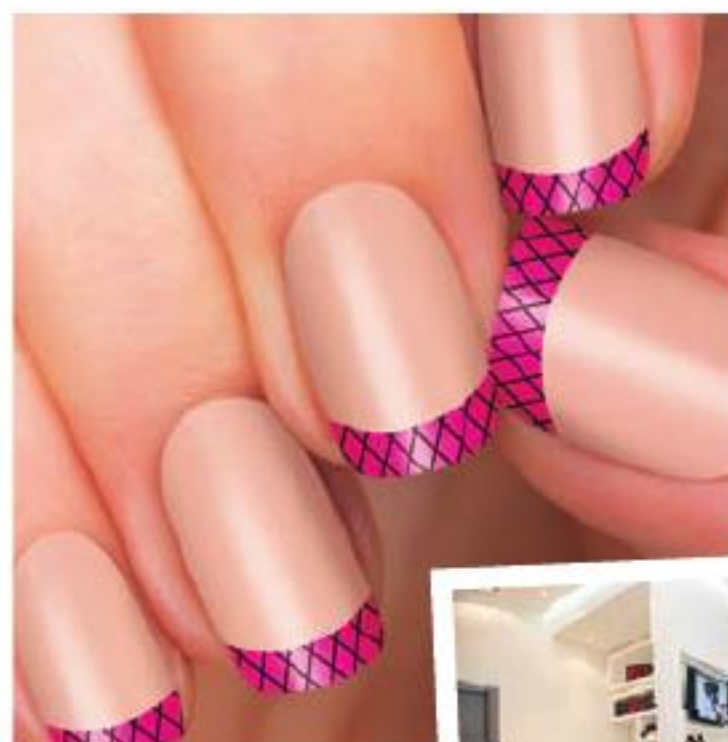
WIN

To enter, email us at win@abodeqatar.com

Closing date for entries is 20th of the month

All winners will be notified via email

ABODE Win is now BIGGER and BETTER!



WIN A INCOCO MANICURE

AT ANY AND TRADING BRANCHES - FRANCK PROVOST, JEAN-LOUIS DAVID AND NAILS

ANSWER THIS QUESTION:

How can the Incoco sticker be removed?

- a) By soaking
- b) By peeling
- c) By nail polish remover



CHARLOTTE *Le Bon*

BY SIAN EDWARDS

PHOTOGRAPHY COURTESY OF VIVA PRESS

CANADIAN MODEL TURNED ACTRESS, CHARLOTTE LE BON HAS RECENTLY CHARMED AND DELIGHTED MOVIE AUDIENCES IN THE MUCH-ANTICIPATED FASHION BIOPIC, *YVES SAINT LAURENT*, WHERE SHE PORTRAYED THE DESIGNER'S WILLOWY MUSE. NOW THIS DOLLY-EYED BRUNETTE BEAUTY, IS NOW STARRING IN HER FIRST EVER ENGLISH-LANGUAGE FILM PLAYING A CHEF IN TRAINING ALONGSIDE MOVIE LEGEND HELEN MIRREN, IN THE ROMANTIC COMEDY; *THE HUNDRED FOOT JOURNEY*.

Even more beautiful in person, Le Bon resembles the dazzling icons Audrey Hepburn and Audrey Tatou, in her navy dress, Prada heels and with very little makeup. A big personality; she is very funny and her imperfections in speaking the English language make her all the more endearing.

Q: So, are you a good cook?

Not really. (laughter) I would like to say yes, because it sounds really good in this type of promotion for this movie, but no, I am not a really good cook.

Q: You didn't learn anything?

Well the thing is that when we took lessons, like culinary lessons for this movie, it was more about observing people for me because all the shots in the movie where you see the food itself that looks so yummy and beautiful, were

shot by a second unit. We were never really making food. So it wasn't really useful to me to learn how to cook a ham or something because I would never do that in the movie. So it was more about just watching people, moving, how they yell at people for no reason and how they are just really aggressive in the kitchen and never apologising to anybody. It was really about how to be a leader. Actually, that's the most important thing as a chef.

Q: Who did you do the classes with?

I did one with the Mannish in the South of France near the village where we were shooting, and I also did two nights where I was observing my friend; he's got this restaurant in Paris and he won this reality culinary show. He was number one, so I observed him for two days in his kitchen and that was really useful. I was just there taking notes.





Q: When you found out you got this part, what did you think?

What did I think? I was like, Yeah!!! (laughs) I was super happy and it sounds cliché of course, but I didn't expect it at all. When I did my first casting, I was on a rush and I had to take a train and I didn't have a lot of time to prepare my text. So, I didn't go too much into, 'Oh, she's a French girl living in the village, how is she thinking, she's a chef, blah, blah,' so I just went as myself. I just gave the text like that and I forgot about it. One week after that, they called me, and they said, 'We want you to do a callback.' I said okay. I thought it was just like a second tape and then Lasse (Hallstrom) and Manish were there waiting for me. I said, 'Oh my God, this is getting official,' but me and Manish, we got along very, very well quickly, and it was easy for me to work with him. Even the first time we were working together it just was really nice, so I think it helped me too. Then I had a phone call and they said, 'Steven Spielberg thinks you are the one,' I thought, 'Yes! I am going to put that on my grave.' (laughter) It's amazing.

Q: Was that your plan all along, to break into Hollywood?

No, not at all. No. I didn't, like I was saying

earlier, I discovered I could act when I was doing the daily talk show on French TV, so it wasn't a mission at all for me to be an actress, it just arrived by itself.

Q: Do you have any formal education in theatre?

Both my parents are actors, so I guess it helps a little bit. I took theatre lessons when I was a teenager, but I didn't really like it. And actually, I am an illustrator, that's what I do a lot and I do my own art and I used to be a model, so that's why I went to Paris.

Q: What kind of illustrations do you do?

I don't know, I think you should go check it out. (laughs) I don't know how to describe it. I guess it's a naïve, trashy kind of thing. (laughs) It's just a mix of both I guess.

Q: What do you like doing when you are not drawing or acting?

My art projects are really important for me so I do a little bit of street art as well. I also like to do collaborative art. Right now I am doing this project that is called the HH Project. I made this big heart that I am putting on my head, and I am taking pictures of this character in different

situations, and I am asking people, 'What do you think about it, where do you see that character?' I am trying to build a story with the people around this character, on Instagram and Twitter and all this stuff.

Q: You say you used to model, did you stop doing that?

Yeah. Thank you. God, what a terrible job. (Laughter) I had done that for eight years. I started when I was sixteen in Montreal and I started to travel a little bit and in Paris too. It's just, God, such a lonely job, and in eight years, I didn't make one friend which is pretty bad. I could have been the most intelligent and funniest person on earth, and nobody would notice it, because they are just looking at how I look. Even though it was about not being perfect, the only thing I remember about this job, was that people think you shouldn't be not confident about your physical appearance because you used to be a model. But it's like no, that's not true, it's like the reverse because you are always getting your faults pointed out, all the time. And even though you are working really hard to be perfect, in their head, there's always going to be somebody more beautiful and someone younger and they are always going to





"BEING AN ACTRESS, AND BEING A CELEBRITY IS NOT THE ULTIMATE THING FOR ME. IT'S NOT FINALITY"

come after you. So, it's just useless. And after that you just feel like rubbish at the end. (laughter) So that's why I didn't like the job.

Q: You are so approachable and so much fun, I can't believe in eight years of doing it, you didn't have tons of best friends on the circuit.

I have no idea. Maybe I wasn't approachable, because I wasn't happy, I guess. I have no idea, but it just didn't work.

Q: So did your parents encourage you to follow in their acting footsteps?

So with my parents, when I was young, I saw them struggling a lot by being actors, because you are dependent upon everybody else's desire which is probably the worst thing. I saw them just waiting for phone calls and waiting for somebody to decide to work with them. For me it was silly. I guess it's when I had this TV show, they were really with me, because they knew that I have to be creative to feel alive actually, and they knew that I was writing my sketches so they were pushing me a lot in that direction, and now that everything is going well and amazing, they are really happy.

Q: What are your acting plans?

I don't know, like five Academy Awards or something like that. (laughter) Just five. (laughs) No, I have no plans, and I don't want to predict myself actually because I am always scared to be disappointed, so I

just focus on my art projects and people.

Q: Did Helen Mirren give you any advice on the set?

No not really, I think she's not that kind of woman that gives you advice, which I really respect that, because she could be the only woman who could give you advice, but she doesn't. I have said that already too many times today but I don't care, I want to be like that when I grow up. She's so confident and beauty is about confidence too and she's just the definition of that because she's really beautiful and very powerful and when she's there, she just owns the place, she's just, Helen is there. But also what was really inspiring to see is that she's also like all other actresses. She's struggling sometimes, and she's asking herself questions and she's really asking you questions as well, like, 'Do you really agree with what I am proposing, do you want to change things?' And it was really teamwork recently, so it was really impressive. It's like, 'Oh yeah, let's talk about the scene Helen.' (Laughter) Of course, yes. (laughs)

Q: Would you speak in French or English together?

Both. Her French is amazing.

Q: Is it perfect?

I cannot say that. (laughter) But it's almost perfect, yeah, she's got a great vocabulary.

Q: You spent a lot of time on a bicycle in the movie – how was that experience?

And you can see that I am struggling all the time on the bicycle. I don't look natural at all because it was super bumpy and I am sure those people that lived in the villages, they have super good bicycles and they don't have those I was riding, but yeah, whatever, it (the saddle) fitted well.

Q: Are you then very conscious about exercising and dieting or can you eat what you want and still look like you do?

I can eat what I want, but I am a vegetarian, so I don't know if that helps. But I do a lot of sports because I need it in my head, and it's not just about like looking good.

Q: So what do you do?

I do a lot of jogging, I do TRX, I do surfing a lot, climbing too.

Q: Where do you go surfing?

Morocco, South of France, Costa Rica and I went to Brazil recently to try a little bit too. But Costa Rica is the best. That's my travel tip.

Q: You have another big film coming out, what do you play in that?

It's called The Walk. It's the adaptation of the documentary about Man on Wire, Phillipe, who walked between the World Trade Centre in the 70s, and Phillipe is played by the amazing and beautiful Joseph Gordon-Levitt, and I am playing the girlfriend, with Sir Robert Zemeckis.

Q: Do you consider yourself a movie fan and what movies do you see?

As a movie fan, I like to, I like movies a lot. I like to learn a lot but because I saw my parents struggling, I learned how not to see this job as the ultimate job that you can have. I am 28 and I think it would be sad to know what I am going to do for the rest of my life at 28. So I want to try different things after. But yeah, I like cinema, I like it for sure, yeah.

ABODE *Loves*

LET'S SHAKE IT UP!

Pick 'n' Shake is Qatar's first milkshake company offering the option of turning your favourite chocolate bar into a deliciously irresistible shake; and with an already mammoth fan base, Pick 'n' Shake has started a cult following of candy drinking lovers! Order your delivery box of chilled shakes on 6682 8635 / (@picknshake)



CUPCAKE COUTURE

The expertly-trained pastry chefs at Red Velvet Cupcakery in Katara have created this one-of-a-kind mouth-watering cake in support of Breast Cancer Awareness. This is a must-have sweet addition if you are holding a charity event this month!



THE VERSATILE DRESS

The 'Natasha' dress from judithhobbyclothing.com is the ultimate in effortless glamour. With its stylish pleated draping, this dress flatters all, and can be dressed up or down to take you anywhere.

THE MINI GLOBETROTTER

We are in love with this Moni&J 'Baby Marshal' bag from Per Lei Couture. Savvy, unique and edgy, this handbag will take you to the next level in elegance.



DESIGNER BRANDS AT A CLICK

THE LUXURY CLOSET OFFERS A TREASURE TROVE OF LUXE DESIGNER PIECES AT NOT SO LUXE PRICE TAGS OF UP TO 70% OFF! ABODE IS IN LOVE WITH THESE FUCHSIA LACE BRIAN ATWOOD PUMPS



CHARITABLE BEAUTY

Help raise awareness for breast cancer by grabbing your own pair of Tweezerman special edition tweezers! Available at www.tweezerman.com



A SHAKESPEAREAN DELIGHT

Designed as miniature works of art, each deliciously enticing Shakespeare and Co. chocolate is as thrilling as it is irresistible with its extensive range of delicately flavoured dark and milk chocolates, in popular offerings such as Caramel Crushed Cinnamon, homemade Salted Praline, Nougatine and Chili; all with richness and complexity that can only be described as truly extraordinary.



JOIN THE PINK RIBBON CAMPAIGN

at THE RITZ-CARLTON DOHA

The Ritz-Carlton, Doha in partnership with Qatar Cancer Society, LOH (Ladies of Harleys) and IAID (Academy for Dance, Music, Arts and Fitness) will dedicate the whole month of October to raise awareness and support the cancer research program through an array of special events; and will donate all their proceedings to Qatar Cancer Society. Book their glamorous Pink Ribbon Afternoon Tea at La Mer, join the Pink Pilates and Zumba classes, and indulge into the special PINK SPA treatment. Not to be missed! For more information call 4484 8000.



THE CELEBRITY BEAUTY CRAZE

Konjac Facial Sponges have taken the world by storm with a celebrity following of Victoria Beckham, Angelina Jolie and Miranda Kerr. Unlike harsh chemical scrubs, Konjac sponge – which is created from a Far Eastern plant – gently exfoliates the skin and can be used for a deep facial cleanse. We are now one step closer to getting that sought after celebrity skin!

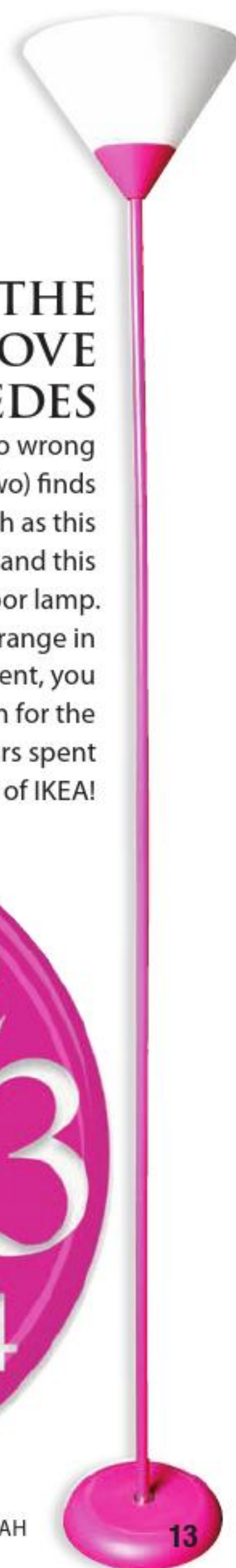


JEWELLERY BOX OF THE MIDDLE EAST
For a one-stop site for all things jewellery, such as bracelets, rings, earrings and necklaces, Esswara.com – meaning 'bracelet' in Arabic, is the place for that! This leather rose and petals bib necklace, makes for a fun and flirty statement piece.



FOR THE LOVE OF SWEDES

Can never go wrong with one (or two) finds from IKEA, such as this chic wall clock and this ultra stylish floor lamp. With a wide range in every department, you will be forgiven for the numerous hours spent in the aisles of IKEA!



COMPILED BY HARRIET GYAMFUAH

FAMILY. FASHION. ONE DESTINATION

AUTUMN / WINTER COLLECTION 2014

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STYLE

TRENDS-SHOPPING-STYLE TIPS AND NEWS



FASHIONABLY PINK

If it's good enough for Chanel...it's good enough for us! We absolutely love the pink rainbow that Karl Lagerfeld sent down the catwalk for the Chanel Autumn Winter 14 show. Cara Delevingne and friends looked stunning in their pink ensembles, so it's time to embrace this feminine hue loudly and proudly, especially for October!



Lucy Liu and
Carolina Herrera



Oscar de la Renta,
Carolina Herrera and
Ralph Lauren

DESIGNER CAROLINA HERRERA IS HONOURED

The Couture Council of the Museum of Fashion Institute of Technology honoured Carolina Herrera with the 2014 Award for Artistry of Fashion during their annual luncheon. Dressed in an ivory silk and cotton number from her own design, Carolina Herrera epitomised elegance and grace amongst fellow fashion power houses, such as Anna Wintour, Glenda Bailey and Ivanka Trump.



MICHAEL KORS

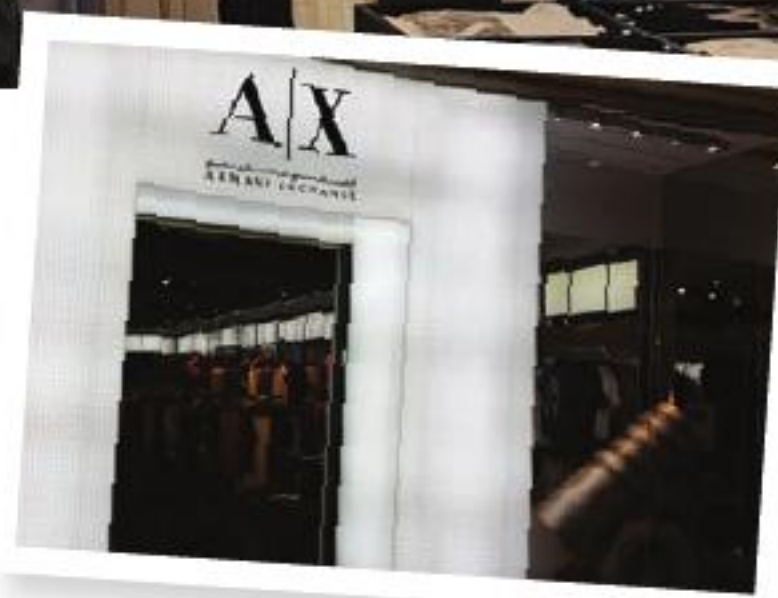
WATCH HELP FIGHTS WORLD HUNGER

As part of the Kors 100 Series, a limited-edition designed watch collection -based on Michael Kors' bestselling Runway watch, offers support for the brand's global WATCH HUNGER STOP campaign. In tones of rose gold, for each 100 Series watch sold, 100 children in a hunger-stricken area will receive a nutritious meal.



ARMANI EXCHANGE OPENS NEW STORE

ARMANI EXCHANGE CONTINUES TO EXPAND IN QATAR WITH THE OPENING OF ITS SECOND STORE LOCATED AT LAGOONA MALL. THE NEW STORE DESIGN INCORPORATES FRESH ELEMENTS WHILE PRESERVING IDENTIFYING FEATURES OF THE EARLIER ARMANI EXCHANGE STORES. THE NEW ARMANI EXCHANGE LOCATION, WILL OFFER BOTH MEN'S AND WOMEN'S APPAREL, ACCESSORIES, EYEWEAR AND WATCHES.



NEWS

THE LATEST DISH FROM THE FASHION WORLD



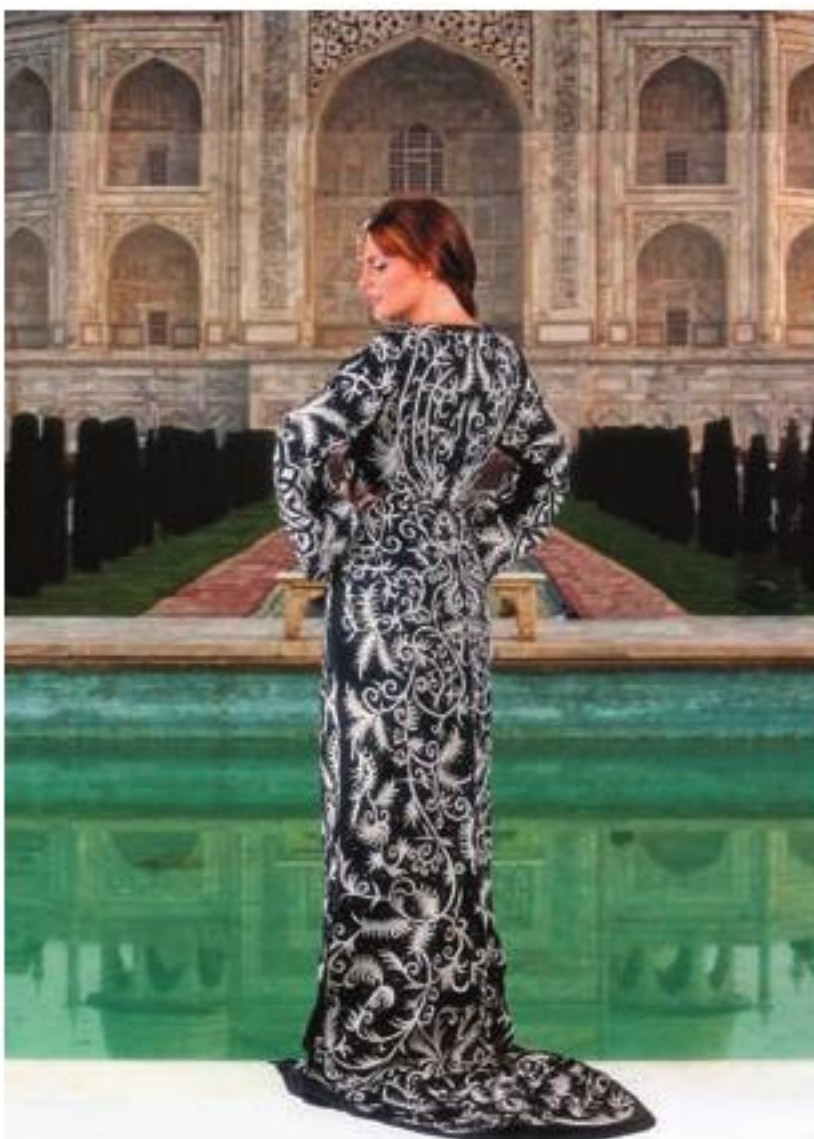
VERSACE DESIGNS A ONE OF A KIND

The custom-made white silk-satin wedding gown created for Angelina Jolie by fashion house Atelier Versace, featured an elongated train that the couple's six children used as a blank canvas to showcase their artwork of love.



ALDO REDEFINES PERFECTION

A new global campaign has been set in motion by the accessories giant ALDO – where perfection concludes when you find the impeccable pair of shoes for any situation! The new campaign showcases what ALDO is truly known to be; engaging and charismatic and this campaign unashamedly celebrates perfection in all its many forms. This season it is all about embracing ALDO's belief: be yourself, explore your individuality, and discover who you are and what perfection means to you! So, with a feel good campaign, combined with on-trend footwear, ALDO has married a #PERFECTPAIR



DARZ DESIGN DELIVERS A DAZZLING NEW COLLECTION

Inspired by the fascination and splendor of India, the Darz A/W '14 collection is enriched with the finest details and touches. The D'TAJ Collection is influenced by the romanticism that exists within beauty such as the Taj Mahal of Agra; and these Abayas effortlessly combines the classic with a twist of casualness; for ladies who like to live moments with various contradictory looks! Darz may have possibly started a new and refreshing trend in the world of Arab Fashion.



LA VIE EN ROSE LAUNCHES A CAPSULE COLLECTION

OFFERING ITS LATEST RANGE IN LOUNGEWEAR, LINGERIE AND SLEEPWEAR, LA VIE EN ROSE'S NEW COLLECTION IS PLEASING TO THE EYE, EXUDES SENSUALITY AND MOST IMPORTANTLY, RETAINS ITS COMFORT FACTOR. IN ADDITION TO THESE BEST SELLERS WHICH COME IN A RAY OF VIBRANT VIOLETS, EMERALD GREENS AND ANIMAL PRINTS, LA VIE EN ROSE THIS SEASON INTRODUCES A CAPSULE ACTIVE COLLECTION: **BODY MIND SOUL**. CONSISTING OF A CAMI, T-SHIRT, SHORTS AND CAPRIS, THESE PIECES ARE MADE FROM BODY HUGGING, STRETCHABLE FABRIC, MAKING IT THE PERFECT GEAR FOR YOGA, FAST WALKING AND RUNNING.

Idillio chronograph



Gancino Soirée

WATCH OUT!

Opt for vivid shades to light up your arm candy this season. Salvatore Ferragamo's latest feminine watches are the perfect choices to add an effervescent touch to your wrist. Whether you will pick the fluo pink Gancino Soirée or the Idillio chronograph model with hot pink contrasting edging, both combining the Florentine Maison's exclusive workmanship and the excellence of Swiss Made horology, these stylish timepieces will keep you fashionably on time!

For more information visit www.ferragamotimepieces.com

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BLUE SALON - PARI GALLERY EZDAN - PARI GALLERY HYATT PLAZA - PARI GALLERY ROYAL PLAZA - PARI GALLERY LAGOONA - AL MUFTAH CENTER

Celebrity Stalker

*We can't get enough of hot pink this month!
We show you how to recreate January Jones' relaxed but punchy look.*

CHAIN ACTION

This **Bulgari** white shoulder bag is a timeless addition to any woman's wardrobe.



SWING IT

These flared denim by **J Brand** at **STYLEBOP.COM** are the ultimate leg-lengthening jeans. Team them with heels or comfy wedges and you are ready to go!



SEEING PINK

This bright and fabulous bubble gum coloured jumper by **Christopher Kane** at **NET-A-PORTER.COM** will keep you cozy and stylish all season. A must-have!

HEEL POWER

A pair of pointy stilettos adds character and edge to this super cute and everlasting look. White heels by **Sergio Rossi** at **STYLEBOP.COM**



January Jones

SHOE MART

The world at your feet



Al Sadd: Centrepoin, Al Asmakh Mall, Tel: 44131928. City Center - Doha, Tel: 44838560.
Wakra: Plaza Mall, Barwa Village, Tel: 44153589. Abu Hamour: Dar Al Salam Mall, Tel: 44639642.

 [FACEBOOK.COM/SHOEMARTGULF](https://www.facebook.com/shoemartgulf) • SHOEMARTGULF.COM

Also available at
centrepoin



1

POLKA DOTS

We love this 60's-inspired dress by **Victoria, Victoria Beckham**, the sister brand collection of the British Designer. It looks great with flats or heels too!



Top 10

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

2

STATEMENT CHOKER

We all need this gorgeous necklace by **Messika Paris** in our life. Be sure to explore the rest of their collection for more jewellery love.



3



UNDERSTATED LUX

This minimalistic clutch by **Victoria Beckham** is all you need to upgrade any day or evening look from ordinary to extraordinary.

4

SKYSCRAPER WEDGES

Reach new heights in these fierce creations by **Balenciaga**.





5

FULL SWING

Toughen up your flirty midi skirt by opting for a leather style. Simply gorgeous! by **IRIS&INK** at WWW.THEOUTNET.COM



6

WRIST ACTION

These delicate and super-cute crochet bracelets by the Italian brand **Cruciani** are still very en vogue. Stack a few together for some serious arm candy.



7

WAIST ENHANCER

Show off your figure thanks to this elasticated belt by **Versace**. It will add a touch of luxe and shape to any of your outfits!



8

SPIKY FLATS

Grey is a key colour for the new season and embellishments are still on top of everyone list, so invest in these on-trend flats by **Santoni**.



10

IT'S ABOUT TIME!

This chic watch is a timeless piece for any fashionable lady. Invest in this **Salvatore Ferragamo**; you won't regret it!

9

ROMANTIC JUMPER

This lace sweater is too cute to let it go. It will add a romantic edge to any wardrobe. by **MSGM** at STYLEBOP.COM



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كثيفة وطويلة



nazih.com



Karen Millen

ACCESSORIES EDIT

Kick off your new season style thanks to the hottest bags, shoes and hats around. Credit cards at the ready, ladies!

COMPILED BY FRANCESCA MOSER



Chloé



Paul Smith at The Gate Mall



Milly



Umasan



Versace



Kurt Geiger



See by Chloé

FRINGES

Add a touch of boho-chic style to your urban style by investing in one of these stunning and fun bags. Tassels and fringes are a fashion essential this winter!



Cruciani



Victoria Beckham

SHOPPERS

A shopper bag is every woman's best friend. Roomy and sturdy, it can fit all our everyday essentials, whether it's for work or pleasure.



Salvatore Ferragamo



Aigner



Santoni



Aigner



Coach

LADYLIKE

MINI

Mini bags have been big news in the fashion world for a few seasons now, which means it is never too late to embrace this super-cute trend.



Santoni



Victoria Beckham



Tod's



Milly at Villaggio Mall



Kurt Geiger at Landmark Mall



Versace

It's all about the BAGS

Lily Alridge sporting the Flamma bag by Salvatore Ferragamo



Milly at Villaggio Mall



Balenciaga



Versace



Milly at Villaggio Mall

MATCHY MATCHY

Matching fabrics are back in fashion! Coordinate prints and colours in your outfit as seen in Victoria Beckham AW14 show and in Santoni's latest accessories collection.



Heels and bag, Santoni



Victoria Beckham



Hoss Intropia



Kurt Geiger at Landmark Mall



TOD'S



Versace



Salvatore Ferragamo



TOD'S



Kurt Geiger at Landmark Mall

The best winter BOOTS

MULES

Forget stilettos, your new formal evening shoes are backless and closed-toes. Slip them on and get ready to party the night away in style!



Versace



Versace



Santoni



Santoni



Carvela



Chloë



Kurt Geiger at Landmark Mall



Kurt Geiger at Landmark Mall



Salvatore Ferragamo



Kurt Geiger at Landmark Mall



TOD'S



TOD'S



Santoni



Miss KG



Iris&Ink



THE GET-ME-NOTICED PAIRS
Make a statement in these one-of-a-kind ankle boots by Alberto Guardiani at The Gate Mall.



ANKLE BOOTS

Heeled, flat, pointy....we can't get enough of this versatile boots style. Whichever ankle boot you'll choose, it will inject trendy style to any of your outfit.

ACCESSORIZE

Keep yourself stylishly toasty thanks to these cool hats, scarves and gloves. Finish the look off with some retro sunnies and you are ready to go!



Selection of scarves, Hoss Intropia at Villaggio Mall



Selection of belts, Hoss Intropia at Villaggio Mall



Selection of hats, Hoss Intropia at Villaggio Mall



Selection of gloves, Hoss Intropia at Villaggio Mall



Massimo Dutti



Massimo Dutti



Massimo Dutti



Massimo Dutti

Massimo Dutti's latest collection boasts an array of super-funky pieces for the season ahead, all at affordable prices. Check them out!



Massimo Dutti



Massimo Dutti

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ghd eclipse

shine to the next level in just one stroke

The right heat respects your hair. Our unique tri-zone™ technology in ghd eclipse™ evenly smooths the cuticle for a better, faster result that lasts longer and stays healthier, allowing you to shine above the rest. Don't just take our word for it, try it in salon or visit ghdhair.com/eclipse to find out more.

عززي لمعان شعرك بخطوة واحدة



PRETTY IN PINK

There is no better time than this month to wear the hottest hue around. From pop fuschia to subtle baby pink, ABODE shows you how to rock these feminine and trendy looks.

PHOTOGRAPHY ENRICO LEONCINI AND JESSIE PALANCA
HAIR&MAKEUP BY JEAN LOUIS DAVID AT CROWNE PLAZA-THE BUSINESS PARK-
MODEL LENA RYZHAKOVA
STYLING FRANCESCA MOSER
STYLIST ASSISTANT HARRIET GYAMFUAH
LOCATION HELIPAD AT MARRIOTT MARQUIS CITY CENTER DOHA

Lena wears pink shirt, Escada at Emporium
Ivory leather pleated skirt, Max Mara at Emporium
Belt, Max Mara at Emporium
Heels, Model's own
Cuff, Stylist's own



Lena wears burgundy skirt,
Max Mara at Emporium
Pink cardigan, Escada at
Emporium
Heels, Model's own
Bracelet, Stylist's own



Lena wears black printed
shirt, Kenzo at Emporium
Pink printed skirt, Max Mara
at Emporium
Heels, Model's own



PHOTOGRAPHY ENRICO LEONCINI

Lena wears black top,
Max Mara at Emporium
Pink check scarf, Kenzo
at Emporium
Ring, Mawi



Lena wears black dress,
Kenzo at Emporium
Multi tiered necklace,
Escada at Emporium
Heels, Model's own
Ring, Mawi



PHOTOGRAPHY JESSIE PALANCA



Slip on's, Vincci



Shoes, GAP

Top, Hoss Intropia

Chanel pendant,
STYLEBOP.com



Jumper, Banana Republic



Coat, M&S



Clutch bag and scarf,
Hoss Intropia



THINK and WEAR
PINK!



Heels, Migato



Jacket, Milly
at Villaggio Mall

Make a statement with hot pink accessories or mix and match your look with different shades of our favourite hue of the month.



Coat, Hoss Intropia



Heels, Dune



Rucksack, Migato
at Landmark Mall



Hoss Intropia

GELCO



HELLO WINTER!

Wrap up and stay warm in the stylish and cozy creations by Gelco. This German brand, well renowned for its knitwear and outerwear collections will amp up your new season's wardrobe in no time. Gelco's affordable prices and extensive range of sizing make this label a favourite among the modern women on-the go. Check out their boutique at Landmark Mall !





Rising Qatari fashion designer, AHMED AL MAL, who's fashion line, DEMHA has graced VCUQ's annual fashion shows, has a passionate pursuit for both fashion and style. Follow his discerning taste as he likes and chooses instagram pages, people, and companies he admires. Here are his top pics for this month from the world of instagram.

InstaDEMHA



**#FOLLOW
AHMED
FASHION
FINDS
@_DEMHA!!**

#FABULOUS!!! @_DEMHA



MBM'S COLLECTION

A talented young fashion designer to be, based in Doha, Qatar. She has been designing accessories for over two years now. Check out her wide range of accessories on her instagram page. Get them before they go!

#A DEFINITE FOLLOW @_DEMHA



#EIDMUBARAK EVERYONE!

Update me, where are you guys off to this #Eid?

#CRUSHING ON @_DEMHA



THE KARDASHIANS

This month on #KeepingUpWithTheKardashians: Kourtney is expecting her third child as Scott avoids facing her. Kim is under wedding pressure. Khloe on the other hand is officially dating French Montana. Watch the episode directly from the iTunes store, and keep up with the Kardashians!

#❤️❤️ ILVIT @_DEMHA



PAPER FASHION

Katie Rodgers, an incredible fashion illustrator based in New York City. She created her site in 2009 and shares her magical illustrating techniques with her fans on instagram as well as her site. You can also buy her illustrations from her website.





AHB *West Bay Lagoon Villa*

This Beautiful new modern five bedroom villa is perfect accommodation for families and small group of Friends. The villa is located on West Bay Lagoon compound with private swimming pool and direct access to the beach.

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ABODE MEN'S AGENDA



Massimo Dutti

THE NEW SEASON IS HERE!

We have fallen in love with **Massimo Dutti's** triumphant fusion of tailoring and casual styles for their Autumn Winter collection. Stock up on loads of cashmere, wool, flannel and opt for beige, taupe and indigo colours for the perfect blend of urban-casual sophistication.



COMPILED BY FRANCESCA MOSER



Navy shirt

Waistcoat



Massimo Dutti

EQUESTRIAN-INSPIRED

If jodhpurs and riding boots aren't a good look for you, channel this sporty but tailored look thanks to these relaxed and classic garments. Cargo trousers and ankle boots teamed with a waistcoat will do just the job!



Beige trousers



Ankle boots



Bi-coloured gloves



Aviator sunglasses



Leather belt



Bi-coloured scarf

PERSONAL TAILORING

Massimo Dutti offers an exclusive and personal tailoring service, which means you can choose your favourite fabrics, patterns and a wide range of colours to create your ultimate urban look.



Pocket square



White shirt



Grey Blazer



Leather belt



Tailored trousers



Tan shoes



ALL PRODUCTS AVAILABLE
AT MASSIMO DUTTI, Villaggio
Mall and Landmark Mall.

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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

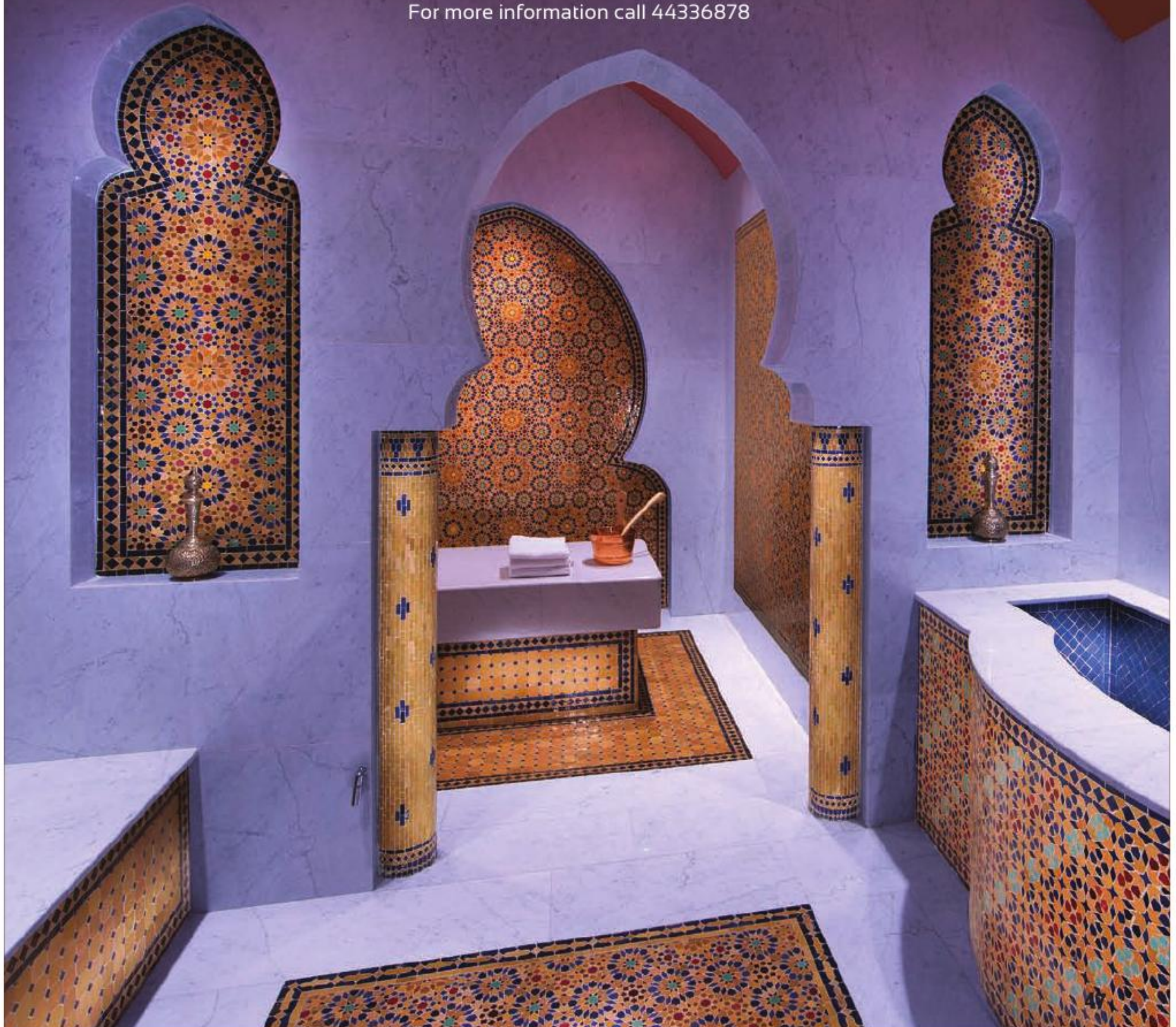
BEAUTY AND WELLNESS

THE LATEST BEAUTY AND EXERCISE TIPS TO KEEP YOU LOOKING YOUR BEST

ARABIAN SENSES

Awaken and harmonize your senses at the newly opened ELEMENTS SPA in Al Jasra Hotel in the heart of Souq Waqif. Their signature treatments, include Arabian massages, Arabian exotic scrubs, soak up centuries of Arabic wellness secrets thanks to their must-try Moroccan Hammam routines.

For more information call 44336878



ADVANCED DERMATOLOGY

Bio-Oil Skincare product infuses skin with rich moisturizers to hydrate and nourish. Bio-Oil Specialist Skincare for scars, stretch marks, uneven skin tone, aging skin, dehydrated skin, it can also be used as an after-sun treatment as well as a bath oil. Formulated with PureCellin oil, which makes the product easy for your skin to absorb.

Available in all pharmacies in Qatar



BLISS® SPA APPOINTS NEW MANAGER

QATAR'S MOST ICONIC AND ON-TREND HOTEL THE W DOHA HOTEL & RESIDENCES HAS UPPED ITS BEAUTY PORTFOLIO WITH THE APPOINTMENT OF BURCU TUĞBA DÜZGÜNER AS MANAGER OF THE HOTELS AWARD-WINNING BLISS® SPA. WITH 13 YEARS OF SPA MANAGEMENT EXPERIENCE UNDER HER BELT, BURCU BRINGS TO BLISS® SPA HER PASSION FOR WELLNESS, HER SUPERIOR SPA KNOWLEDGE AND AN EXCITING WEALTH OF WORLDWIDE BEAUTY TREATMENTS.

SEALED WITH A KISS

The Middle East's favourite fragrance now lasts even longer with the exciting debut of Dark Kiss™ Eau de Parfum. With an exotic blend of blackberries, plums and smoky dark vanilla, this new range from Bath & Body Works is quite simply one of the most unique fragrances to grace the region. Dark Kiss™ is a daring and seductive fragrance a perfect 'electric' aroma for the evening occasions.



NEWS

THE LATEST DISH FROM THE BEAUTY WORLD



BOBBI BROWN

BRINGS YOU EFFORTLESS BEAUTY ALL SUMMER LONG

Inspired by Bobbi's favourite vacation destination, the new Surf & Sand Collection includes the ultimate summer beauty essentials for creating an effortlessly chic beach look. Featuring sheer washes of colour—from sandy neutrals to surfy blues, to sunset pinks—the collection includes all necessities such as eye palettes, blushers and even Bobbi's own beloved Beach fragrance in a convenient rollerball form. This collection is as sexy, simple and substantial as it gets.



L'OCCITANE

LATEST ADDITION TO ITS FRAGRANCE OF MARRIAGES

La Collection de Grasse has added another enticing marriage of scents to its collection, the Néroli & Orchidée fragrance. When composing this new addition, Karine Dubreuil, private perfumer for L'OCCITANE, drew on her matchmaking skills and introduced neroli – the essence of orange blossom, to the pearly white orchid. While both essences seem so different, they embrace their differences and work together to echo and enrich, stun and surprise the wearer.



www.qatarhappening.com

Register for our **weekly 5** online Newsletter



THE ESTÉE LAUDER COMPANIES

This year's Estée Lauder's Breast Cancer Awareness Campaign key message is "We're Stronger Together. Hear our stories. Share Yours". To support this important and powerful message, Estée Lauder had the privilege of working with real life survivors who bravely shared their stories to reiterate the message of hope.

PINK ACTIONS

Every year Estée Lauder's beauty brands are devoted to defeat breast cancer. Support education and medical research by purchasing the beauty products below; by doing so you will raise funds for the breast cancer research foundation.

THE BREAST CANCER RESEARCH FOUNDATION* (BCRF)

Founded by Evelyn H. Lauder in 1993, this independent not-for-profit organization is committed to funding scientific research to achieve prevention and a cure for breast cancer. For more information visit www.bcrfcure.org

Estée Lauder
Advanced Night
Repair Synchronized
Recovery Complex II
& Pink Ribbon
Keychain



Clinique
Great Skin, Great
Cause
Dramatically
Different
Moisturizing
Lotion+



Bobbi Brown
French Pink Set
Embossed French Pink Blush
& Mini Face Blender Brush



Estée Lauder
Evelyn Lauder
Dream Compact



Estée Lauder Evelyn Lauder Dream Collection
Evelyn Lauder and Elizabeth Hurley Dream Pink Collection



Evelyn Lauder





ITALY

THE UAE TURNS PINK THIS MONTH TOO!

200 INTERNATIONAL LANDMARKS HAVE BEEN TAKING PART IN THIS IMPORTANT INITIATIVE SO FAR.

This year the Burj Al Arab will shine in pink to support the cause and spread the important message to women that prevention is key: if breast cancer is detected at an early stage, 98% of women will survive.

Burj Al Arab, Dubai will be illuminated on 1st October and 31st October

Fairmont, Sheikh Zayed Road and The Palm, Dubai & Bab Al Bahr, Abu Dhabi, 1st October to 31st October

Grand Hyatt, Dubai, 1st October to 31st October

InterContinental, Dubai Festival City, 1st October to 31st October

Crowne Plaza, Dubai Festival City, 1st October to 31st October

Shangri-La Hotel, Dubai 1st October to 31st October



GERMANY



FRANCE



UK

A WORLD LIT IN PINK

To celebrate the 20th Anniversary of The Estée Lauder Companies' Breast Cancer Awareness (BCA) Campaign as well as Mrs. Evelyn Lauder's legacy, the American beauty brand has once again partnered with famous landmarks around the world to light up in pink during the month of October.



NEW YORK, WALL STREET

For more information visit www.bcrfcure.org

FORD WARRIORS IN PINK®

CELEBRATE 20 YEARS IN THE FIGHT AGAINST BREAST CANCER

SHOT AT HILTON HOTEL DOHA

STYLED BY MARCK ANTHONY ANGELES AND CHET TIBAYAN

MAKE-UP BY 4U

Ford Motor Company has been active in the fight against breast cancer for twenty years with its 'Warriors in Pink' and the Ford Warriors in Pink line of wear and gear. After the huge success of Warriors in Pink® in the U.S., Ford Middle East selected inspirational women from across the region to become their 'Models of Courage'. This programme highlights the stories of local breast cancer survivors in Qatar and promotes the importance of early detection in the battle against the disease.



Statistically, one in eight women will be diagnosed with breast cancer during their lifetime, 85 per cent of whom have no family history of the disease. Figures as high as these, indicate the importance of early detection and local awareness programmes.

The five survivors modeled the 2014 collection of Ford Warriors in Pink® 20th Anniversary Collection and also shared

their personal stories and encouraging messages for those battling the disease. "This year we reached out to breast cancer survivors from across the region who have demonstrated strength and courage in their battle. They have become our Models of Courage who have shared their stories of hope and survival. We hope their stories raise awareness for the cause and help fight back against breast cancer in Qatar" commented Sue Nigoghossian, Ford Middle East's Brand

Communications and Public Affairs manager.

In a region where a worryingly high number of breast cancer sufferers are diagnosed in the late stages of the disease and the illness often remains taboo, Ford Middle East hopes that these women's stories and their advice will act as a catalyst to encourage others to talk about their own experiences and inspire more people to get regular check-ups.

5 MODELS OF COURAGE



Georgina Taylor



Nicola Simpson



Karen Morris



Shiela Geary



Deirdre McGuira



WARRIORS IN PINK® POWERED BY FORD

The new Warriors in Pink® collection is now available at www.fordcares.com, with 100 percent of net proceeds going directly to the fight against breast cancer. Customers can also choose which breast cancer charity to support:

SUSAN G. KOMEN® — Komen's promise is to save lives and end breast cancer forever by empowering people, ensuring quality of care for all and energizing science to find the cures. Almost \$2 billion has been invested, working to end breast cancer in the U.S. and throughout the world through groundbreaking research, community health outreach, advocacy and programs in over 50 countries.

DR. SUSAN LOVE RESEARCH FOUNDATION (DSLRF) — With over 365,000 grassroots volunteers from around the country, Dr. Susan Love Research Foundation conducts, funds and fast tracks research with the unique mission of creating a future without breast cancer by understanding the causes and ways to prevent it.

THE PINK FUND — Provides financial aid in the form of direct bill payment on behalf of breast cancer patients in active treatment. Many patients are unable to work during treatment. Others lose their jobs. With mounting bills and either no income or severely limited income, they quickly find themselves in dire financial distress. The Pink Fund provides Real Help Now.

YOUNG SURVIVAL COALITION (YSC) — The Young Survival Coalition directly improves the lives of thousands of young women with breast cancer. One in eight women diagnosed with breast cancer are younger than 45 years old. YSC provides free resources and programmes to support, educate and empower these women.

Ford Warriors in Pink's goal is to keep the topic of breast cancer part of everyday conversation and encourage women and men to engage in self-examinations. Greater awareness can lead to earlier diagnosis - which could save lives. Ford has dedicated more than \$120 million to the cause. Whether you are a survivor, co-survivor or simply someone who cares, wear the gear, show your support and spread the word. Welcome Warriors!

BASSAM FATTOUH CHEEK 'N LIPS MOUSSE

Get fresh and enjoy naturally beautiful results with peachy cheeks and luscious lips with this two-in-one fruit infused creation that is deliciously ripe, highly absorbent and refreshingly moisturising. Easy to apply and perfect for your purse, Cheek 'N Lips Mousse allows your skin to breathe and delivers a pure, smooth colour. Your ideal companion for an incredible all-day fresh velvety matte finish!



BASSAM FATTOUH POUPÉE BLUSH

Experience rich, natural brilliance and a rapid glow with this shimmery and creamy blush that kisses your cheeks with a luxurious finish. It is a smudge-free blush that easily glides on and seamlessly blends in for ultimate coverage. Its natural ingredients reduce the loss of water from your skin, leaving your face to breathe while the shimmer complements your natural complexion for that perfect look.

SHISEIDO LACQUER ROUGE

Inspired by Japanese Laquerware, Shiseido Lacquer Rouge provides intense colour and deep luster with just one coat. This rich liquid lipstick leaves lips as smooth as lacquer and provides an even application that does not bleed. With continuous use, Lacquer Rouge will also improve dry, rough and peeling lips.



Shiseido



SHISEIDO ULTIMUNE Power Infusing Concentrate for Face

This ultimate concentrate, revives skin which battles against daily stress, signs of aging and environmental factors, making your skin more resilient, wrinkles less and your complexion appears to glow with more radiance than ever. Ultimune Power Infusing Concentrate is for women of all ages and with daily use, it complements your skincare routine to boost the benefits of your regimen, no matter your concerns.



LANVIN ME L'ABSOLU

Wear this captivating new fragrance from Lanvin for that free, fulfilled femininity. The ME L'Absolu perfume perfectly incarnates a woman, always wrapped in a touch of mystery. She is wildly attractive, sparking conversation and whispers wherever she goes. She is bewitching and her power of attraction fascinates. Confident, happy: this is the woman who wears ME L'Absolu by Lanvin.



LANCÔME GRANDIOSE MASCARA

Lancôme reinvents its mascara and unveils a new application technique that effortlessly creates perfectly open, full and even lashes. With its "Swan-Neck™" wand and high-precision brush you are able to grab lashes close to the roots to perfectly fan them out, corner to corner. Starting with the first stroke, Grandiose mascara adapts to suit every eye shape, coating each lash from root to tip to create simply captivating grandiose eyes!



BEAUTY BOX

COMPILED BY MARCK ANTHONY ANGELES

ABODE brings you beauty that surely makes everyone Fall for you this season!

BROUGHT BY

DREAM^O**TION**
Entertainment

كتارا
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Tickets Starts at **100** QAR

On Eid Al-Adha 2 shows per day and 3 shows on Saturdays.



tickets
virginmegastore.me



Dania Group

LET'S GET PAMPERED!

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



EAR CANDLE WAX TREATMENT

Some spa treatments may have more physical benefits than just the average 'feel good factor', and the Ear Candle Wax service at the Amoaras Spa in Holiday Villa Hotel, is a perfect example. Well-known as a Far Eastern ancient practice, Ear Candle Wax is a cleansing, purifying and healing experience from a spiritual perspective, but today it's best known for its physical benefits, treating ear and sinus problems. The treatment at the Amoaras Spa is safe, non-invasive and pleasant. Starting with a 30min (de-stressing) Balinese head and neck massage. The session then follows with the insertion of a lighted hollow fabric coated candle into the ear, creating a vacuum in the ears canal, allowing the candle to draw out earwax and other minor impurities. The candle serves as a natural antibacterial and antifungal cleansing solution to ear wax blockage, helping to resolve problems such as earache, itching and partial loss of hearing. The Amoaras Spa ear candling is a holistically therapeutic treatment that will bring you to a point of deep relaxation and an overall sense of wellness.

The above treatment is the 'Ear Candle Wax with Massage Package' – with a total of 3-package deals to choose from call Amoaras Spa on 4408 4085 or visit Holiday Villa Doha, ground floor, bldg. 8



SHAPE UP WITH VELASHAPE III

Everybody can use a quick fix slimming treatment to get rid of that annoying excess fat. Healthy eating and regular exercise are definitely the best way to reach your goals, but to kick off your new regime, opt for a few sessions of the latest non-surgical treatment in town: VelaShape III. This ultimate optimal body contouring device, available in Doha at Dr. Kaldari Surgi-Art Centre, will guarantee you a slimmer body and your waistline will be reduced after the first session. Your body will be sculpted to perfection thanks to the combination of infrared, bi-polar radiofrequency and vacuum routines, which are very effective as they work into deep tissues.

The 20 minutes session is painless (a slight discomfort because of the heat can be experienced, but nothing too unbearable) and stimulates lymphatic drainage, general circulation and the production of collagen, all key elements to improve skin

texture, whether is on your arms, thighs or abdomen area. You'll simply have to lie down and relax (you'll also be able to enjoy your favourite TV programme during the treatment) and the machine will firm the excess skin in your chosen problematic area first, followed by an ironing/massaging session to end up your session.

The practitioner advises to have a couple of treatments for the first 2 months, followed by a maintenance session every 6 months to maintain your results. Thanks to the advanced technology of VelaShape III you'll need less and shorter treatment sessions, which means more convenience and above all a slimmer you.

For more information call Dr. Kaldari Surgi-Art Centre, Duhail Area, on 4451 5177

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, illustrating
only the **ABODE** QATAR *defined* 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!

For Her Mademoiselle Ricci
80ml + Body Lotion

You can never have too many fragrance options! Everyone will be delighted to receive another scent to add to their collection.



FRAGRANT FESTIVITIES

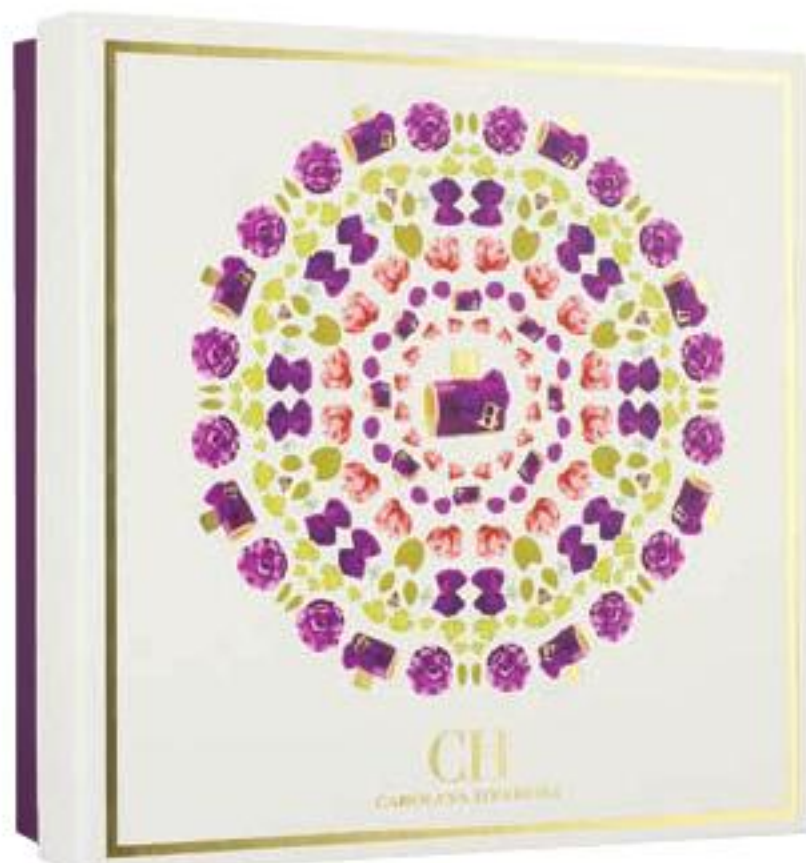


For Her VALENTINA Assoluto
80ml + Body Lotion



A special occasion such as Eid Al-Adha this month can often call for a fresh change to your style, and a simple fragrance overhaul can be that change. Whether you love the smell of spicy Orientals or fresh florals, 4U have specially selected the latest scents to help you experiment and shake things up with your signature perfume.

When you give perfume as a gift, you are giving the freedom of branching out to try something new.



For Her CH EDP Sublime
50ml + Body Lotion



For Her CH EDP Sublime
80ml + Body Lotion
+ mega Spritzer

For Her
Lady Million 50ml
+ Body Lotion



For Him
1 Million 100ml + Deo



For night time, try a scent
with musk, vanilla or heavier
flowers like jasmine.



For Him
Invictus 100ml + Deo



For Her 212 VIP Rose
80ml + Body Lotion



Daytime scents tend to be
lighter and floral-based, so
look for notes of freesia and
fruity florals.



For Him 212 VIP MEN
100ML + After Shave Lotion



For Him 212 VIP Men tripack coffret
100ml + Shower Gel + Deo



MAKEOVER SECRETS

Girls just want to have fun! ABODE had fun restyling work colleagues, Celine and Rosa. Transforming their corporate office appearance, into a high glam party ready look – The girls are now ready to hit the dance floor!

PHOTOGRAPHY: JESSIE PALANCA
FEATURE COORDINATOR: MARK ANTHONY ANGELES
STYLING: HARRIET GYAMFUAH
STYLING ASSISTANT: CHET TIBAYAN
HAIR: FRANCK PROVOST AT FOUR SEASONS HOTEL
MAKEUP: MS. CARLA TABET FOR LANCOME
CLOTHES&ACCESSORIES: PROVIDED BY BCBG MAXAZRIA,
CLASS ROBERTO CAVALLI AND KAREN MILLEN



ROSA
BEFORE MAKEOVER



CELINE
BEFORE MAKEOVER

CELINE AND ROSA

Celine and Rosa both know how to work hard - Celine is a Marketing & PR Executive, and Rosa works as a Sales Executive - and therefore the girls enjoy nothing more than letting their hair down at the weekend. They both wanted an overhaul in their looks and were not afraid to step out of the box and embrace their head-to-toe party makeover.

TIPS FROM MARWAN & ERIC THE HAIR STYLISTS:

Rosa was firstly given a full head colour as well as highlights at the same time to achieve the Indian Sun technique. A technique that allows flowing tresses to have a sun-kissed effect, using a light and natural painting system that can be intensified by adjusting the development time

- Then a Densifique treatment was applied after washing to give health, shine and volume to her hair
- Rosa's hair was cut and layers added to give body and frame the face with an asymmetrical side fringe.
- Finished off styled in waves – which also adds volume to the hair and a great look for a night out

Celine had medium length hair to start with, and the colour at first was blonde halfway and with natural roots the other half.

- We started by using 3 different colours on the hair top, medium and end to achieve the Ambré Venetian look
- Celine's hair was cut into an angled sharp bob and framed with a fringe
- Finished off with a straight blow-dry to give it the overall high-maintenance look.



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



Makeup used is from Lancome's latest beauty offering, **French Idole**. This collection takes inspiration from dark amethyst and the enticing mystery of green malachite, to create colours to dazzle your eyes, lips, and face - the perfect party make up solution!

All makeup used is available at 4U



TIPS FROM CARLA

THE MAKEUP ARTIST:

Step 1: Prep the skin with Lancôme Génifique for that youthfulness and luminous healthy glow.

PRO TIP: 'Beautiful make up starts with beautiful skin'.

Step 2: Unify the skin with foundation – using a mixture of Lancôme's Teint Visionnaire, Teint Miracle and Miracle Air de Teint – using a foundation brush for perfect coverage.

PRO TIP: Turn the brush over to the clean side and smooth over the face for a nude matte glow.

Step 3: Get rosy glowing cheeks with a zest of colour from Lancôme's Blush Subtil.

PRO TIP: Use the left over blush over the eyelid to create a pop of colour to the eyes.

Step 4: Shape eyebrows with Lancôme's Le Crayon Sourcils to ensure brows come to 'life' by using outward strokes to complement your facial shape.

PRO TIP: If you have understated brows use small strokes with the pencil then blend in with the brush.

Step 5: Apply colour to the eyelids using the malachite and amethyst shades from the Hypnôse Palette.

PRO TIP: Don't worry if colour falls onto your cheeks while applying eye shadow, use a touch of a BB base and dab over the dust to perfectly cover your face.

Step 6: Line your top lash with liquid Artliner 24h in noir and extend by starting from the outer corner and dragging inwards.

PRO TIP: This is a fun and exotic way to wear eyeliner and really helps to enlarge the eyes.

Step 7: Intensify eyelashes with Hypnôse mascara by applying the mascara from the roots to the tips using short motions. Follow the curve of the lashes for a more natural look.

PRO TIP: Look for mascaras that define and separate as opposed to plumping and thickening, and focus your application on the ends of the lashes, rather than the root.

Step 8: Give lips with a sultry, edgy and vampy finish which will be perfect for nights out using Lancôme L'Absolu Rouge lipstick.

PRO TIP: Prevent your lips from chapping by using hot water fermentation on your lips and then apply a mixture of vaseline and honey about three times a week.

"WE ARE IN LOVE
WITH OUR NEW
LOOKS. ALL SET
TO GO FROM
WORK AND
STRAIGHT ONTO
THE DANCE
FLOOR"

From Collistar BEAUTY Q&A

YOUR ANSWERS TO THOSE EVERYDAY BEAUTY QUESTIONS YOU'VE ALWAYS WANTED TO ASK.

WORDS AND IMAGES BY COLLISTAR AT MERCH

*This month's beauty 101 is all about taking it back to the basics! From foundations to lipsticks, bronzer to shadows, we have every girl's most asked about beauty need-to-knows expertly answered by **Merch**.*

Q. WHAT ARE THE WAYS TO APPLY FOUNDATION?

a. If your foundation is fluid/creamy, you can apply it using a make-up sponge, a flat brush (with synthetic bristles) or just your fingers.

b. If it is a powder foundation, it is a good idea to use a sponge or a make-up brush with natural bristles.

c. If your foundation is a cream compact, then it's a good idea to use a dry, compact sponge or a flat brush (with synthetic bristles).



Q. HOW CAN I BRIGHTEN MY MAKE-UP?

A. You can use a highlighter to brighten your makeup. They come in cream or powder form. Frosts or off white are best. Apply directly over blusher, mix with blusher, or use just above blusher and around the eyes. Also use under the eyebrows and a touch down the nose. This will significantly brighten the face.

Brightening ALL-OVERS are applied using a large make-up brush, preferably with natural bristles, and using light, circular movements.



Q. HOW CAN I AVOID GETTING RACCOON EYES WHEN I WEAR BLACK MASCARA?

A. If you're not being extra careful with your eye cream, start now! Using too much of it under your eyes can lead to smudged and smeared mascara. For daytime, try a hydrating eye cream formula—the primary ingredient will be water—rather than a very emollient one. A light dusting of translucent powder on your (closed) eyes before applying mascara can also eliminate smudging because the powder absorbs oils and moisture.

TIPS: Perfect application of Mascara:

FIRST curl lashes with a curler. Apply mascara to the upper part of the lashes to clean up any eye shadow that may have ended up there. This step is also necessary for those with light lashes as this way lashes are darkened and dyed and you get an absolutely stunning final effect. **SECOND** apply mascara from bottom to top using a zigzag motion. It is very important to start from the base of the lashes as this will create a really deep piercing look! **THIRD** clean the mascara brush with a tissue to prevent clumps and to remove lashes that often break off and end up stuck on the brush. Hold the mascara brush at a 45° angle to make application even easier.

Q. HOW CAN I KEEP MY LIPSTICK FROM FADING? I FOUND A SHADE I LOVE, BUT IT WON'T STAY ON.

A. Dab a bit of foundation over the lips and lip line, which helps to fill in fine lines and a lip colour. Next, with the side of a lip pencil rather than the point, outline your lips. Using the side gives a softer application that's easier to blend; look for a natural or nude shade that matches the colour of your lips. **TIPS:** For even colour and longer-lasting lipstick, make sure you apply a lip primer and lip pencil first and then apply lipstick using a lipstick brush, preferably made of synthetic bristles. Get rid of any excess by gently patting lips with a tissue and, if necessary, apply again.

For a sophisticated look, use a brighter or lighter colour in the centre of the lip and a darker shade around the contour. This will help create an exciting, fresh volume effect.

To turn a satin-effect lipstick into a matte effect, simply finish off by delicately applying a thin layer of powder or eye shadow the same colour as your lipstick.



Q. HOW DO I CHOOSE THE RIGHT COLOUR EYEBROW PENCIL?

A. Start with what colour hair you've got. **For dark hair it's best to go for a slightly lighter coloured pencil,** whereas as for fair hair it's best to use a slightly darker eyebrow pencil. Of course, if you've got dyed hair, you should choose a colour that is similar to your natural eyebrows.

If you want a natural look, it's best to use the pencil just on the upper part of the eyebrow and avoid the start of the brow (i.e. the part nearest the nose). Make sure you work in small diagonal sections and go in an upwards direction following the natural direction of eyebrow growth.

If you want a bolder, more sophisticated look, use the pencil to fill out the entire arch of the brow. Carefully comb the brow to blend in the product.



What is the use of Bronzer? Bronzer is great for sculpting the face and creating a more natural and even tanned look, especially for those who live in town. Apply under cheekbones, round the edges of the nose, and the sides of the forehead using a medium-large make-up brush with natural bristles.

Q. HOW DO I CHOOSE THE RIGHT EYE SHADOW COLOUR FOR MY EYES?

A. The shade of eye shadow depends on what colour eyes you have. Choose the right shade and you can create a really show-stopping look.

Have you got brown eyes? Focus on amber shades, mother-of-pearl, violet or blue and skyblue (especially if you have dark brown eyes as these shades are a great way to light up your eyes).

Have you got green eyes? You've got loads to choose from! Green eyes go great with dark brown, gold, burgundy, and mauve.

Have you got blue or grey eyes? Pink tones will work really well as this is a colour that can emphasize the luminosity of your iris.

Grey, black, brown and golden shades will help give your eyes an elegant look.



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FROM MERCH STORES

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Send your queries to
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CARDIO

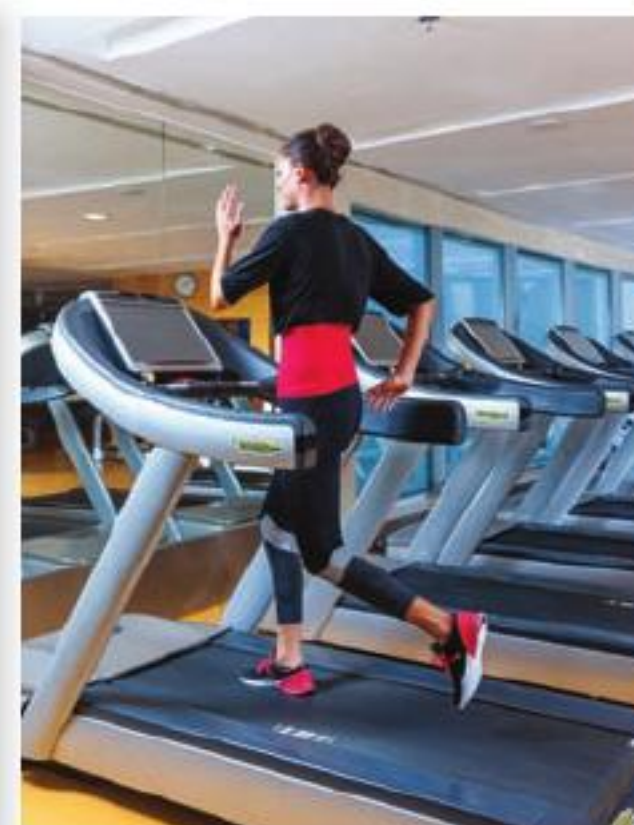
Exercises

Cardio workouts are the most popular exercise regime in the gym, however knowing which cardio exercise is good for you may be a daunting task. Since everyone's goal is to blast calories and get in shape, the best type of cardio exercise then is the one you enjoy! The more you exercise the more calories you burn and the best shape you will find yourself in.

PHOTOGRAPHY JESSIE PALANCA
MODEL FROM TRINITY TALENT QATAR
(www.trinitytalentqatar.com)
LOCATION AT MÖVENPICK TOWER & SUITES DOHA
WORKOUT CLOTHING PROVIDED BY OYSHO

1) WALK

If you don't like to run, no worries, calories can be shed with a brisk walk as well. You can use treadmill intervals to your advantage by alternating 3 min fast walk at 1% incline with steady walk at high % incline. It all depends on your preferred inclination, as long as you keep in mind to alternate the difficulty level of the exercise in order to get the best results. Walking also can help you burn 90 to 150 calories/30 minutes and can help you maintain healthy muscles, joints and balanced heart rate.



2) TREADMILL

For the ones who enjoy a good run, we recommend the treadmill. Running can help you burn from 180 to 230 calories/30 minutes. To replicate the road and to give the feeling of forward movement one can incline the treadmill at 1%. Running can help you not only eliminate stress, fight depression but also improve your health and lose weight.

3) ROWING

Looking for a total-body cardio workout? How about a 30 min fat-burning rowing workout? Labeled by experts as the best cardio exercise as it uses both upper & lower part of the body, the rowing machine can help you burn 220 to 270 calories/30 minutes. For best fat-burning workout, alternate 15 power strokes-fast & strong with 15 easy strokes and repeat the cycle until you rowed for 30 minutes.



Why get a Personal Trainer?

- All of us are different with different needs. In order to get the best workouts for your body's goal, you need to work on particular type of muscles and adjust your tempo to achieve the results you desire.
- Best way to do that is to have that professional someone who will guide you in the right way to get the best results while you stay healthy and motivated.
- The personal trainer is also there to guide and help you with the correct postures and proper techniques.



4) SKIPPING ROPE

Skipping rope burns more calories than you think! Not to mention improves cardiovascular fitness and tones muscles at the same time. Rope jumping can burn 200 to 220 calories/15 minutes and strengthen both upper and lower body. However rope skipping has to be performed on a proper workout surface. And is a great diversification to any exercise routine.



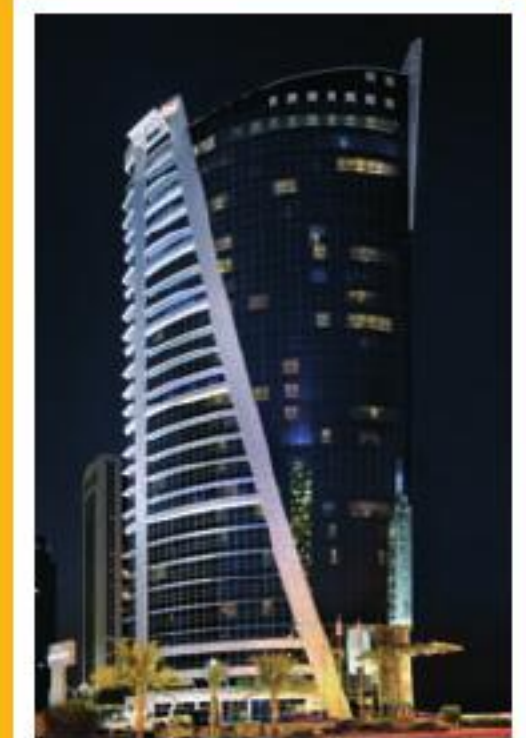
5) CROSS TRAINER

For those with a more sensitive lower body who cannot afford the stress that comes with running/jogging or rope jumping, the cross trainer can be the perfect option to burn calories. With a moderate workout it can help you burn 230 to 250 calories/30 minutes. To improve agility and balance try a backwards workout. This will improve your quadriceps muscles and thigh appearance. Also, you can pull on the handles for an additional upper body toning.



6) MEDICINAL BALL CRUNCHES

If you are looking for great abs try one of our exercises with the Medicinal Ball Crunches that will make your tummy burn as well as your calories. You can choose the weight of the ball to be comfortable. This type of exercise will help you build strength and stability. Lay down on the ground and extend your arms while holding the medicine ball behind your head, just above the ground. Crunch forward and feel like you're pushing your abs into the floor and feel that squeeze. Use a slow and controlled tempo so you can make a mind muscle connection and really target your abdominals.



MÖVENPICK TOWER & SUITES DOHA

Strategically located in the bustling West Bay area, Mövenpick Tower & Suites Doha offers 347 delightfully furnished rooms, perfect for both short and long term guests. The hotel is in close proximity to Doha landmarks including as City Centre Mall, Katara Cultural Village, The Pearl, Souq Waqif, Museum of Islamic Art and many more.

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Don't let Breast Cancer Intimidate You!

Take Back Control With These 10 Simple Rules.

BY CAMERON BLACK, GENERAL MANAGER OF FITNESS WITH FOOD

For most women, breast cancer is a real and ominous threat that can drastically impact quality of life from the moment of diagnosis. We want to help empower you and put you back in control in order to decrease your breast cancer risk and these scientifically proven preventative measures will help to stop breast cancer taking the driver's seat in your life.

Investing in your health can significantly decrease your chances of getting breast cancer. Proper nutrition, physical activity and suitable lifestyle choices will act as catalysts in significantly decreasing your breast cancer risk. Unfortunately, so many women are not interested in a change in lifestyle as a preventive measure until they have already caused severe chronic damage to their body or have been diagnosed with a disease. By then it is too late to contemplate prevention and instead, time to start thinking treatment.

Why does it take cancer looming on your doorstep to scare you into taking drastic measures towards a healthy lifestyle?

A great analogy comes from smoking. Consider this: You have been a habitual pack a day smoker for say 20 years. You have tried to quit but it never works out. At

your yearly check up your doctor examines your mouth and throat and finds something suspicious. He decides to run some blood analysis laboratory tests and to also take a biopsy to "rule out cancer". Your world is turned upside down and suddenly you are regretting all of those years of cancer sticks. Fortunately for you, the results come back negative and you vow to never smoke another cigarette again in your life and you quit cold turkey.

This demonstrates a clear cause-effect paradigm (cigarette consumption = mouth cancer). Breast cancer is essentially the same, although instead of one distinct chronic habit, it is caused by an accumulation of external and internal risk factors such as gender, age, genetic predisposition, diet, body fat percentage, fitness level, race and family history. Some variables you are 100% in control of, and some you may not be.

Even though women are conscious of this cause-effect situation many are still not interested in adopting a drastic lifestyle change until an acute by-product of the chronic condition is knocking on their proverbial door.

Let's take charge of what we CAN control to decrease our breast cancer risk! Here are my top 10 anti-cancer lifestyle rules. These will help towards promoting a happy, healthy, long 'breast cancer free' life.

FITNESS WITH FOOD PRESENTS A HEALTHY DIET RECIPE

RAINBOW SALAD WITH RASPBERRY COCONUT DRESSING

Serves 4 people - try with grilled fish

INGREDIENTS

½ Red cabbage > 1 small bowl of baby spinach > 1 large pomegranate > 2 small carrots > 2 tea spoons flax seed > 2 tea spoons chia seed > 8-10 asparagus > 1 of each red and yellow peppers > 1 avocado > Sesame seeds

Dressing: Hand full of raspberries > Coconut oil - 8 large table spoons > Avocado oil - 8 large table spoons > Balsamic vinegar - 8 large table spoons > 1 red chilli deseeded and chopped finely (optional) > Fish sauce - 3/4 large table spoons > 1 teaspoon of honey > Blend the above and the dressing is ready to use

PROCEDURE

1) Have a large mixing bowl and serving plate ready. Finely slice the cabbage, pick the seeds out of the pomegranate (a good tip for this is to cut it in half and use a wooden spoon to hit the back of the fruit - the seeds will start to fall out and rest will be easier to pick out).

2) Blanch the asparagus in boiling salted water until al dente then place into ice water to cool. Grate carrots, deseed and finely slice the peppers.

3) Cut the cooled asparagus to bite size pieces. Now place all ingredients into the bowl minus the avocado and mix well with the dressing. Keep a bit of the dressing back. Place on a serving plate then add sliced avocado pieces - sprinkle with sesame seeds and eat right away.

4) This salad goes great with grilled tuna or wild salmon - you can put the remaining dressing over the fish!

If you're looking for more ways to get lean, eat clean, and optimize your life please contact us at FITNESS WITH FOOD on 5598 5495 or visit www.fitnesswithfood.com





1. MOVE YOUR BODY

Aim for 5-7 hours of exercise minimum a week. Yes you heard me, and if for you that means walking, running, biking, swimming, rock climbing, strength training, football, surfing whatever it may be the more you sweat, gain muscle and maintain a healthy lean body and lower your fat percentage the better.

2. EAT CLEAN

Just like you would not want to put diesel fuel in a regular car engine your body is the same and needs optimal fuel for optimal performance or it may just break down on you. Go organic where you can. Choose whole foods such as fish, eggs, poultry, fruit and veggies. Whole foods are full of phytonutrients providing essential vitamins, antioxidants, and minerals to promote health. Steering clear of processed foods packed with sugar will help regulate your insulin levels and prevent insulin resistance. Healthy fats including avocado, coconut oil, and olive oil are also very important in lubricating your inner engine.

3. GET IN YOUR GREENS

Getting in your 7-10 servings of veggies a day can be a crucial step towards healthy living. Cruciferous veggies (broccoli, cauliflower and kale) can help with detoxification and hormonal balance.

4. FIBER

Increase your fiber intake. For women a goal of approximately 35 grams per day would be ideal with males aiming for 30g. Sources include vegetables, thin skinned fruits, nuts and seeds, quinoa and brown rice or supplement with psyllium husk.

5. SLEEP

Make sure every night you are clocking in at least seven hours. Listen to your body. Sleeping can help in weight control, decrease stress, and enhance proper immune function, all of which are important precursors in preventing breast cancer.

6. GET YOUR VITAMIN D

Vitamin D deficiency has been directly correlated to increased risk. You can increase yours by

- Getting more sunlight
 - From dietary sources such as fatty fish, fish liver oil, or eggs.
 - Taking a supplement with vitamin d3. ~ 2000 IUs per day
- Ideally get a blood test done before supplementing in order to know where you stand and follow up with a second test to track progress.

7. GUT HEALTH

Increase your healthy gut flora. Supplementing with probiotics are a great way to balance your gut bacteria for the better, and this can help with digestion and detoxification. Take 10 to 20 billion organisms in the morning and at night on an empty stomach.

8. DECREASE YOUR TOXIC LOAD

Avoid over-exposure to such things as BPA's which are found in plastic bottles, parabens in beauty products and phthalates. Limit medications such as Tylenol and Advil and try to use organic indoor cleaning products. Toxins are poison and decreasing your toxic load through being more aware of what we drink, eat, breath and put on our skin can drastically affect the way we feel and function.

9. ALCOHOL

Limit your alcohol intake. One standard drink a day increases a woman's relative risk of breast cancer by up to 13%. The higher the daily consumption of alcohol, the higher the risk for breast cancer.

10. GET LEAN

Try to achieve or maintain a healthy body weight. This is the single most determining factor in decreasing the risk of breast cancer and can be achieved through all of the above steps.

Stick to these 10 rules and you will be well on your way to living a highly efficient, energetic and healthy life.

TACKLING CANCER IN QATAR

BY MITCH FREELEY- STUDIO 88

The Supreme Council of Health recently launched a major campaign to challenge attitudes towards Cancer in Qatar. ABODE spoke with Emma Walsh, Programme Manager of cancer prevention, awareness & early diagnosis at the Supreme Council of Health to find out more about this new campaign along with some practical tips to tackle the disease.

How is the issue of Cancer being addressed in Qatar?

On World Cancer Day, 4th February 2014, the National Cancer Programme launched a myth refutation campaign. The strategy for this campaign adopts a top down approach meaning before we tackle the causes of the stigma associated with cancer, the effect of the causes needs to be tackled. The effect is that the word itself makes people feel afraid and it is a subject matter they find difficult to talk about, so we start by seeding the word into the public domain.

The NCP Cancer Movement was established to facilitate this phase. The movement is a group of influential Qataris that are known to the communities, who take part in breaking the silence, spreading the word, pledging their commitment to the cause. Known to us as NCP Cancer Champions, these leading figures are from the world of business, media & music having been featured in a number of adverts over the last few months. The reception by the public has been extraordinary, with positive recall rates, effectiveness rates and engagement rates.

SOME OF THE NCP CANCER CHAMPIONS ARE THE FOLLOWING INDIVIDUALS:

- **Buthaina Al Ansari**, a renowned entrepreneur, HR Director of Ooredoo, Ambassador of Women Leading Change

Qatar and Chairperson of Qatariat;

- **Fahad Al Kubaisi**, a famous Qatari singer;
- **Hamad Al Amari**, the popular Qatari stand-up comedian

Utilizing culturally sensitive but appealing and powerful approaches will gradually begin to tackle the stigma, myths, and inaccurate perceptions of cancer that currently exist in Qatar and contribute to the fear of cancer.

How important is it to check for cancer on a regular basis?

It's important for individuals to be aware of the possible signs and symptoms of cancer. It is even more important for people to know what is normal for them so that they can identify changes and act accordingly. It is recommended that if people detect changes in their body that are not normal for them, their immediate action should be to make an appointment with a doctor in a primary health care centre and seek medical advice. In Qatar we have clear national guidelines for breast and bowel cancer screening in the State of Qatar stipulate that women, 45+ should commence annual breast screening whilst men and women, 50+ should commence screening for bowel cancer.

Do you have any tips on cancer prevention? Any particular foods, health activities to suggest?

The best preventative measure against cancer as well as other non-

communicable diseases is to lead a well-balanced, healthy lifestyle. This means avoiding tobacco, minimizing alcohol intake, eating a balanced healthy diet rich in nutrients. Regular physical activity is also crucial, along with maintaining a healthy weight and being sun smart.

Does Qatar have any policies/ goals in relation to cancer detection and prevention rates?

The National Cancer Strategy recognizes that 'it is important when cancer is suspected to achieve a rapid and definitive diagnosis to allow treatment to begin promptly' through developing evidence based pathways and national standards of care for cancer patients in Qatar.

The aim of the National Cancer Strategy to achieve a rapid and definitive diagnosis, and to reduce the amount of time a patient suspected of having cancer waits to see a hospital specialist to a reasonable length.

Referrals to a specialist clinic via a standard process with those with suspected cancer seen within 48 hours. Once in the hospital setting a definitive diagnosis should be given within 2 weeks of seeing a specialist clinic. Thereafter, treatment of cancer should commence within 14 days of a definitive diagnosis.

For more information on Cancer prevention please visit the National health strategy Qatar website www.nhsq.info



CUDDLY COURAGE

For young children, a diagnosis of Type 1 diabetes can be a frightening experience, made even more daunting for parents struggling to help their child be proactive about their health. This month, the Qatar Diabetes Association - Qatar Foundation and Sasol introduce a new campaign that provides kids with a furry friend to lean on. Meet Salem and Sarah!

BY ASHLEE STARRATT, COURTESY OF QATAR HAPPENING

PHOTOGRAPHY BY JESSIE PALANCA

ADDITIONAL IMAGES COURTESY OF ALEX KLIM



They're small, they're cuddly, they're colourful and comforting, but most importantly they're cuddly courage for young children with Type 1 diabetes. It's no secret that Qatar has one of the highest rates of Type 2 diabetes in the GCC, and in a five-year study conducted by Hamad Medical Center's Department of Pediatrics, 385 children in Qatar between the ages of 0-14 were diagnosed with Type 1 diabetes throughout 2006-2011. "The QDA recognized that there's a need for educational tools to support children with diabetes," says Dr. Abdulla Al-Hamaq, QDA Executive Director. "And [also] their parents – to learn more about their disease and reduce the fear and physical pain caused by diabetes that the child faces – therefore we decided to develop plush toy camel mascots, Salem and Sarah."

The dolls were unveiled at a successful media launch held on September 28 at the Mövenpick Hotel Doha alongside a screening of an informational video aimed at parents, educators and children living with Type 1 diabetes, directed by local filmmaker Alex Klim.

Custom-designed by The Art of Business, a subsidiary of AHB Group, the toys were carefully overseen by Executive Director Moona Masri-Whitice, who is also the parent of a Type 1 diabetic daughter. Fashioned like a small backpack, the plush toys hide a zippered

compartment where children can store their blood-glucose metre and their strips. This way, children living with diabetes can discreetly access their supplies anytime /anywhere, in a way that doesn't draw unwanted attention – because really, what young child wouldn't fit right in with a backpack as fun and vibrant as Salem or Sarah? They also have marked insulin injection sites on each doll, so a child can mirror the spots on their own body.

When asked about some of the biggest challenges faced by families with a newly diagnosed child, Dr. Abdulla stresses: "When any child is first diagnosed with diabetes, parents might spend a lot of time thinking about the disease's effects. [But] there are also the emotional issues that can affect how kids cope with the physical aspects, therefore it's very important for parents to recognize their kids' feelings and learn strategies to help them."

To do just that, Qatar Diabetes Association and their community partner Sasol jointly sponsored and produced the educational video to go along with the Salem and Sarah mascots. "I think this educational video will help [children] on how they can turn their journey with diabetes into something positive," says Dr. Abdulla.

"The video will be used in many areas such as schools, health centres, and also our Children With Diabetes camps and for the newly-

diagnosed with diabetes." "Sasol is an international energy and chemical company with a commitment to giving back to the community in a meaningful and thoughtful way," says Jack Saba, GM of Public Affairs for Sasol Qatar. "We look to partner with established organizations in Qatar, such as Qatar Diabetes Association, and help them reach more people or take on a new challenge. With this educational initiative we hope to help children and their families to cope with the diabetes diagnosis, by providing useful information, and improving their ability to enjoy life's pleasures."

Dr. Abdulla and his team at the QDA are confident that Salem and Sarah can help remove the initial fear out of diabetes management for young children "We hope that children with diabetes be encouraged to check their sugar levels regularly with help from their friendly mascots" he says.



To learn more about Salem and Sarah and how you can get a mascot of your own call 4454-7341 or visit www.qda.org.qa.



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HOME DECOR

DECORATING IDEAS-SHOPPING-INTERIOR DESIGNERS' TIPS



THE NEW IKEA CATALOGUE IS HERE

New season means new home decor too. Revamp your sitting room thanks to a bright new sofa or simply opt for an ethnic-inspired new rug. The choices at IKEA are endless and above all don't break the bank either!



Candle, THE One



Eye Mask, Debenhams



Rug, THE One

TOUCHES OF PINK

Who said that pink is for girls only? This modern and trendy hue has become very popular over the years for home decor too. Add few touches of shades of rose-hip or raspberry to your kitchen, sitting room and bedroom to transform your neutral decor in no time.



Decorative Accessories, Home Centre



Kettle, BHS



Jewellery Organizer, THE One



Chair, Home Centre



Plate, M&S



Milk Jug, M&S



Clock, Home Centre



Notebook, M&S



Clock, dot.comgiftshop.com



Table, Oliver Bonas



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SILVER & GREY

Grey is another great colour we should all incorporate into our homes this Autumn/Winter. Shiny silvers and textured accessories are the perfect choice to recreate a warehouse vibe into your rooms.



Decorative Product, THE One



Telephone, Cuckooland.com



BHS



Alarm clock, Home Centre

Decorative Product, THE One



Rug, Amara



Cushion, Amara



Cushion, M&S



Bucket, Amara



Lamp, THE One



Nap Stool, THE One



Frame, BHS



Candle Holder, THE One



Autumn 2014 Collection

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VALUE GUARANTEE



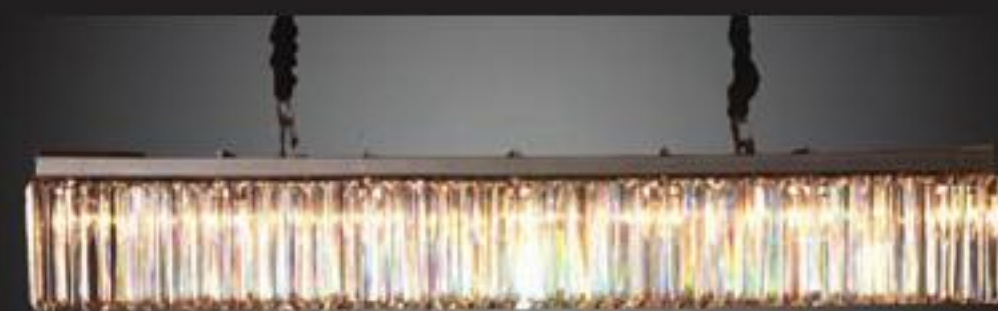
GREAT PLACE TO WORK

Top 5 companies to work for 2014
United Arab Emirates



Glamorama

Unleash your animal instincts and indulge in lavish creature comforts with this richly dramatic, extravagantly luxurious style from THE One's Autumn 2014 collection, featuring 'untamed' home fashion at great prices.



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LET PUNCHY PINK TAKE CENTRE STAGE FOR FALL

BY SUZY CACIC, FOUNDER OF BETTERDECORATINGBIBLE.COM

PHOTOS BY DAVID TSAY, SIMON WATSON, JACOB HAND. AMANDA NISBET. KENDALL WILKINSON, PAUL COSTELLO



SUZY CACIC

Decorating with this punchy hue is a fab way to add drama and sophistication to a room in need of colour!

2



USE A TONED DOWN PINK

If you like to keep things neutral and are afraid of plunging into such an attention-grabbing hue, there are such colours as neutral pinks; muted, blush tones, beigy-pinks and peaches are low-key and more elegant than a bubble gum pink or fuchsia. These pretty pinks have warm undertones that make a room feel cozier and inviting, plus they reflect a golden, flattering light that makes your skin look amazing.

1



ADD ACCENT COLOURS

To add visual interest, sprinkle shots of colour throughout a room to keep your eyes bouncing from the floor to the ceiling. These hot pink velvet benches add instant stardom and directly tie in with the matching pink curtains.



3

GLAM IT UP WITH METALLICS

You can create a romantic, intimate setting by using a rich, royal pink and mixing it with other luxurious colours like gold and purple. This dining room screams royalty and really stands out with its shocking pink walls, reflective gold table, and sparkling chandeliers. The designer used dark carpeting and deep toned furniture to really set off this glamorous looking room.

MATCH THE RIGHT SHADE TO YOUR PERSONALITY

Pink doesn't have to mean girly and it's not just for little girls anymore! This dramatic colour can create wonders for a room if used the right way. The key to getting this trend on point is to choose the right shade that suits your design style. From bubble gum pinks to deep rose, whatever your shade is adding a dash of pink is the ideal way to bring in a streak of drama and a touch of sophistication.

4



DECK OUT A ROOM IN PASTEL PINK

Whether you are sixteen or sixty, decking out a whole room in pink is a fun way to make a room look cheerful and feel airy. Opt for a pastel or powdery pink to avoid overpowering the space and instead make it feel lighter and cozier. You can take this soft hue from the bedroom to the living room; it really works well both ways.



7

DON'T SHY AWAY FROM HOT FUCHSIA

To add a playful, glamorous punch consider a shocking hue like fuchsia pink. This colour is really for daredevils – but don't be intimidated, it can look amazing if done correctly. Paint a single wall fuchsia pink or use it as an accent color in your space. You can use wall molding to section off parts of your wall like under a chair rail and fill it in to balance out your room. Curtains, bedcovers and canopies are also a smart way to decorate with fuchsia without settling on a permanent option.



5

MAKE EVERYTHING WORK TOGETHER

It may be hard to choose what colours to pair pink with and what goes with what. Usually hot pink hues like fuchsia work well with neutral warm tones like beige, understated gold and taupe. Deeper pink tones on the other hand are more low-key can be matched up with more striking colours and patterns like this eye-popping yellow and exotic zebra hide. The brown velvet sofa and neutral carpet tone down the colours and make everything seamlessly work well together with materials like folk art cushions, a crocodile lampshade, and even cow hide stools. You also may want to try something different when it comes to your furniture like using a barn board tabletop for your coffee table or a stained tree trunk side table.

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.

Watch out for it in 2015



An Associate of Ahmed Hassan Bilal Group

info@ahbqatar.com

FOOD & ENTERTAINMENT

RECIPES, HEALTHY TIPS AND NEW RESTAURANT OPENINGS

DELICIOUSLY PINK SWEET TREAT

Satisfy your sweet tooth this month with Doha's most exquisite RASPBERRY PASTILLA. Indulge in this sinful dessert created by IDAM's Pastry Chef at the Museum of Islamic Art. Eating pink this month doesn't look that bad after all!





GRAND HYATT DOHA HOSTS ARGENTINIAN WEEK

Grand Hyatt Doha in collaboration with the Argentinian Embassy and in association with Qatar Airways hosted last month an Argentinian week to celebrate and explore the colourful array of Argentine culture and cuisine. Their Argentinian chef Franco took his guests on a culinary journey of the best empanadas and asados complemented with live Tango performances courtesy of dancers flown-in specially from Argentina by Qatar Airways for their Special brunch. Guests enjoyed an authentic Argentinian experience!



AL MATBAKH INTRODUCES ITS NEW MENU

Al Matbakh, the rooftop restaurant and grill at Arumaila Boutique Hotel, part of five-star Souq Waqif Boutique Hotels (SWBH), the luxury hotel collection owned and managed by Al Rayyan Hospitality, recently launched its new menu to reflect the essence of Qatari hospitality and create a unique dining experience for guests. The new menu, meticulously designed by Ibrahim Hamam, the Group Executive Chef, includes a diverse assortment of the best international dishes, including various homemade soups, a wide collection of seafood, meat and poultry dishes from the grill, special traditional Indian Tandoor oven dishes and sweets. Book your table now and experience this culinary experience in the heart of historic Souq Waqif!



EXPERIENCE ASEAN STREET EATS AT MÖVENPICK HOTEL DOHA

In collaboration with the ASEAN embassies represented in Qatar, Mövenpick Hotel Doha will be hosting the first ever ASEAN street food festival this month. Their Seasons restaurant will be transformed into a market place fit for an exciting culinary journey for the week of 19 October – 26 October. This grand celebration will show off the best authentic dishes that can be found in Brunei, Malaysia, Philippines, Indonesia, Thailand, Vietnam and Singapore. For QR140 guests will indulge in an endless tasty buffet dinner complemented by authentic live entertainment. All attendees will also stand a chance to win a week-long stay for two people at the Mövenpick Hotels in Dubai and the grand prize winner will walk away with 2 tickets to any of the 7 ASEAN destinations, courtesy of Qatar Airways. Don't miss out!

NEWS

THE LATEST DISH FROM THE FOOD WORLD

A TASTE OF HEAVEN

For a very modern take on the traditional delights of cakes, Cupcakes – based in Commercial Street, Aziziya – is the sweetest shop in town. Started by a British mother/daughter team and their Qatari sponsor, Cupcakes offers a host of eye-catching, mouth-watering and perfectly executed cakes. The baking duo certainly know their trade and refreshingly, they are not afraid of thinking outside the (cake) box: Cupcakes has proudly offered Qatar its very first CHANDELIER cake! Decoratively artistic, as well as visually intriguing, this three-tiered cake is more reason than enough for a planned visit to Cupcakes.





THE ROTI KING

Roti King is the world famous Malaysian fast food restaurant, boasting of a menu that has a fascinating fusion of Malay, Chinese, Indian and Thai dishes all on the same table. The Roti King store near Al-Jazeera petrol station offers various types of chicken burger, beef burger and even camel burger!

Roti King defies first impressions and never fails to have a queue of eager customers at its counter.



EMIRGANSÜTİS IS COMING TO QATAR!

EmirganSütis, the renowned restaurant known for its traditional Turkish cuisine will open its first branch in Doha this month in Al Emadi Financial Square on C-Ring road. From breakfast to milk desserts, you'll be able to enjoy a distinguished restaurant experience, where traditional Istanbul recipes are revived with an exceptional standard of service in a modern and elegant setting. For more information call 3040 6357.



THE MARRIOTT MARQUIS CITY CENTER DOHA HOTEL CELEBRATES THE BRAZILIAN INDEPENDENCE DAY

The Marriott Marquis City Center Doha Hotel invited Doha residents to enjoy the spirit of Brazil at its award-winning restaurant Ipanema for the occasion of the Brazilian Independence Day. Celebrations included Capoeira dance performances, live Brazilian Samba Band Brazuqa, Bahia inspired food and traditional cocktails! The four day celebration at Ipanema, culminated on the Brazilian Independence day commonly called 'Sete de Setembro'. If you missed this event, then why not continue in the Latin flavours by heading over to Ipanema any day of the week for a true taste of Brazil.



SHAKESPEARE AND CO.

OPENS SECOND RESTAURANT AT THE PEARL, QATAR

Shakespeare and Co. has inaugurated a new branch at The Pearl Qatar last month. The new branch, which features a terrace of 150 sq. m with a lush covered garden, promises a unique dining experience for all of its fans and customers; combining both quality food and the iconic atmosphere inspired by the brand's Victorian designs. Sami Azrak; CEO of Shakespeare and Co. commented "After receiving such great feedback and support from our loyal customers we just had to expand! This outlet is not only one of the biggest in the stable of Shakespeare and Co. restaurants, but also has the greatest location, including a private terrace overlooking one of the most beautiful spots in Qatar."

TRADITIONAL DISHES

CELEBRATION OF EID AL-ADHA

PHOTOGRAPHY MOHAMMED ALI AL-QATHE

With the celebration of Eid Al-Adha this month, ABODE sought to bring you a selection of local dishes courtesy of Qatari home-grown cook DANA KITCHEN. Here she shares her recipes of traditional cuisines prepared during this special time.

Buy it!

With over 35 recipes, Dana's Kitchen Journal is an authentic guide on local cuisines. Contact Dana on: 55821345 www.dana-kitchen.com



KHANFAROOSH

INGREDIENTS

1½ Cup all-purpose flour > ¾ Cup rice flour > 4 Eggs > ¾ Cup sugar > 1 Teaspoon vanilla > 1 Tablespoon baking powder > Saffron soaked in small cup rose water > 1 Tablespoon grinded cardamom > ½ Cup oil > Pinch of salt >
For Decoration: > Sesame > Pistachio > Colored sugar

PROCEDURE

- 1) Mix eggs, sugar, vanilla, oil, rose water and cardamom in a blender
- 2) Add rice flour and all-purpose flour (sift with baking powder and a pinch of salt) and mix with remaining ingredients
- 3) Leave mixture for 10 minutes
- 4) Operate cake maker until it heats then put the mixture with a spoon adding sesame, peanuts or colored sugar on top and close the cake maker until the mixture is done
- 5) Repeat until the amount is finished



ALELBAH

INGREDIENTS

1 Liter milk > 1 Liter laban > 1 Teaspoon saffron > 1 Teaspoon nigella > ½ Cup sugar

PROCEDURE

- 1) Boil milk with sugar
- 2) Reduce the degree of temperature
- 3) Pour the laban and leave it on the oven until it begins to thicken
- 4) Disseminate nigella and saffron on top
- 5) Turn the oven off, leave to cool, place in the refrigerator and serve cold

ALBALALEET

INGREDIENTS

½ kg Balaleet (noodles) > 2 Tablespoons sugar > 2½ Tablespoons grinded cardamom > Saffron soaked in ½ cup rose water > 5 Tablespoons vegetable oil > 2 Whipped eggs added to them salt, black pepper, saffron and cardamom >

PROCEDURE

- 1) Fill a medium sized pot until half with water, leave to boil and add the noodles until they are half done then remove from oven, drain and mix by spoon with sugar and cardamom.
- 2) Heat the oil in a pot, add the noodles, cover the pot and leave on low temperature until water is absorbed
- 3) Add rose water and stir carefully then cover and leave for a few minutes
- 4) During that fry the eggs
- 5) Balaleet is served covered by eggs





DRIED FRUIT SWEET

INGREDIENTS

3½ Cups sugar > 12 Tablespoons starch
> 1 Tablespoon cardamom > Saffron
soaked in ½ cup rose water > 4 Cups
water > 1 Cup oil > ½ Cup dried fruits
sliced in small pieces

For Decoration: > Dried fruits > Pistachio
> Nuts > Almonds >

PROCEDURE

- 1) Heat sugar on oven until golden brown then add the oil
- 2) Melt the starch in water and add the cardamom
- 3) Gradually pour the mixture and continue to stir until it consolidates and thickens
- 4) Add the dried fruit, rosewater, saffron and continue stirring
- 5) Place in serving dishes and garnish



ALMADROOBAH

INGREDIENTS

4 Chicken Breasts > 4 Cups sugar > 4
Tomatoes sliced in small pieces > Tomato
paste package > 4 Minced onions > 1 Cup
chopped parsley > 1 Cup chopped coriander
> 2 Black Lemons > 1 Tablespoon grinded
black lemon > 2 Tablespoons Qatari spices
> 1 Tablespoon cumin > 1 Tablespoon
grated ginger > 2 Minced chili peppers > 3
Tablespoons frying oil > 17 Cups water > 2
Tablespoons Arabic margarine > Salt and
pepper as desired

PROCEDURE

- 1) Fry onion, ginger in oil until golden brown then add tomatoes, parsley and coriander
- 2) Tomato paste, black lemon, spices, cumin and chicken are added to the mixture and left to simmer with lid on
- 3) Add the rice and stir a bit, then cover and leave to simmer for an hour and a half on low heat
- 4) Mash with a wooden spoon and then pour into a serving dish adding Arab margarine on top



SHRIMP MAJBOOS

INGREDIENTS

2 kilo Shrimps, peeled and cleaned well > 3
Cups rice > 4 cups water > 8 Minced onions
> 4 Potatoes > 4 Tomatoes chopped into
cubes > Green pepper chopped into small
cubes > 4 Hot green peppers > 4 Black
Lemons > 1 Tablespoon grinded cardamom
> ½ Cup oil > 1 Tablespoon grated ginger
> 2 Tablespoons rose water > Selection of
Qatari spices > Salt and pepper as desired

PROCEDURE

- 1) Boil the potatoes and set aside to cool and then cut into cubes
- 2) Fry half the amount of the onions until golden brown
- 3) Fry the shrimps and place spices, salt, tomatoes, chilies, black pepper and lemon, then put water and bring to boil until the shrimps are done
- 4) Raise shrimp and set aside
- 5) Put the rice until the water starts to boil, reduce the oven temperature and cover until tender, then add rosewater
- 6) In the meantime, fry the onions with ginger, add the shrimp, boiled potatoes, cardamom, spices and salt
- 7) Place the rice in a serving dish with the fried shrimp on top and decorate as desired

FALUDA PUDDING

INGREDIENTS

> 1 liter milk > ½ cup sugar > 3 tablespoon starch > ½ cup rose syrup > ½ cup white
faluda noodles > 1 cup water > Pistachio for decoration

PROCEDURE

- 1) Dissolve starch and sugar in milk.
- 2) Put mixture on oven and stir until it becomes thick then add rose syrup and remove from oven.
- 3) Bring water to boil and add faluda noodles for 3 minutes then drain the noodles and add rose syrup.
- 4) Put in serving bowls as layers and add pistachio for decoration.

CHEF GAEL CRUCHET Vs. CRANBERRIES

PHOTOGRAPHY JESSIE PALANCA

RECIPE COURTESY OF GAEL CRUCHET, EXECUTIVE CHEF AT THE RITZ-CARLTON, DOHA

This month we collaborated with Chef Gael Cruchet, to highlight the antioxidant properties of cranberries, which are also known as a "super food". Let's recreate these tasty and healthy recipes at home!



Gael Cruchet, Executive Chef
at The Ritz-Carlton, Doha



About Cranberries

Cranberries are a great source of vitamin C, E, K, manganese and fiber. It prevents certain types of cancer, improves your immune system, lowers the risk of urinary tracts infections and decreases blood pressure to name a few of its great properties.

SCALLOP & BEET CARPACCIO- RED QUINOA & CRANBERRIES

Yield 8 – Time 45 minutes

INGREDIENTS

16 each Large 16/20 Scallop > 1 pinch Turmeric powder > 100 grams Red Quinoa (cooked in water) > 2 each Large Red Beets (1 cooked thru – 1 Raw for shaving) > 4 each Dates > 100 grams Frozen Cranberries > 50 gram sugar > 2 each Radishes > 20 grams toasted slivers Pistachios > 1 bunch ` Mache and Frisee Salad > 50ml Olive oil

Dressing: 100 grams Cranberries Frozen > 50 grams Sugar (to taste) or Honey > 100 ml Extra Virgin olive oil > 20 grams Mustard > Salt & Pepper to taste

PROCEDURE

1) Dressing - In a kitchen bowl blender, blend the frozen cranberries, sugar, mustard and oil until consistency and taste desired.

2) Cook the other half of the cranberries with some sugar or honey and a bit of water, until soft and candied (15 min)



Appetizer



Main Dish

SEARED ATLANTIC SALMON, CANDIED CARROTS, CRANBERRY CHUTNEY

Yield 8 – Time 45 minutes

INGREDIENTS

8 x 150 grams salmon fillet (even thickness) or cod > 8 each whole carrots – peeled and cut in 2 cm length, then cook in water > 8 each baby carrots – peeled and cooked in water > 50grams butter > 50 grams honey > cranberry chutney > 100 grams cranberries > 50 grams honey > 1 each cinnamon stick > 20 each snow peas cut in ½ and blanched > 50 gram bean sprouts > 4 each radishes, cut in quarters > 10 ml olive oil

PROCEDURE

- 1) For the cranberry chutney in a pot put the frozen cranberries, the honey and a bit of water, a cinnamon stick and let simmer until chutney consistency.
- 2) In a Pan Sear the salmon and cook in oven until cook (low temperature cooking 10 minute with cover)
- 3) After cooking thru the carrots, toss them in honey and butter until tender and coated
- 4) Season with salt & pepper as your taste.
- 5) Quickly sautéed the vegetables (snow peas, bean sprouts and radish in a olive oil) season and serve.

Plating Serve in elegant deep plate, be creative and plate the ingredients.

3) Sliced paper thin 1 raw beet with a Japanese mandolin or a peeler making strips (do the same for the radish) keep in fridge sprinkle with some water

4) Slice thin the cooked red beet ½ cm, sprinkle with some XO oil, salt and pepper.

5) After cooking and draining your Quinoa, season it with some XO Oil and dressing to taste.

6) Cut your dates in ½ for presentation.

7) Wash your salads of frisee and mache

8) Sear your scallop in a pan with a bit of oil, sprinkle them with some tumeric powder lightly

Cook medium rare to be tender or to your liking

Plating Be creative and plate the ingredients as a perfect picture using your own inspiration.



Dessert

MASCARPONE MOUSSE WITH CRANBERRY JELLY AND LEMON CAKE

(Serves 20)

INGREDIENTS

MASCARPONE MOUSSE:

Dairy cream - 40gms > yolks - 1pc > sugar - 20gms > gelatin - 1 leaves (soak it in ice water) > mascarpone - 50gms

CRANBERRY JELLY:

Cranberry juice - 250 ml > lemon juice - 5ml > cranberry frozen - 25gms > gelatin - 3 leaves (soak it in ice water)

LEMON CAKE:

Butter - 20 g > sugar - 70 g > salt - 1 g > eggs - 60 g > cream - 30 g > lemon juice - 1 pc > lemon zest - 1 pc > flour - 54 g > baking powder - 2 g > SYRUP: lemon juice - 70 g > water - 20 g > sugar - 50 g

PROCEDURE

1) Heat cream in a pot.

2) In a bowl, beat the yolks and sugar. Temper it by adding half of the heated cream and pour it back to continue the cooking process. Cook it until it reaches 85°C.

3) Add the bloomed gelatin and cool it in an ice bath. Refrigerate until set.

4) After it set, place the mixture in a bowl and whip it using a wire attachment until fluffy. Add the mascarpone cheese and continue to beat until doubles the volume.

5) Place it in a piping bag and use as desired.

For the syrup: Pour all the ingredients in a saucepan bring to simmer or until the sugar is well dissolve. Use it as directed.

CRANBERRY JELLY:

1) In a pot warm the cranberry and lemon juice.

2) Then remove from the heat. Add the soaked gelatin.

3) Add the frozen cranberry and pour it in to the mold set in the refrigerator.

LEMON CAKE:

1) Cream butter, sugar and salt in a bowl using paddle attachment.

2) Slowly add the eggs, cream and lemon juice

3) Sift the dry ingredients together. Add the lemon zest. Pour the flour mixture into the batter. Mix until well combined.

4) Bake in 175 °C preheated oven until done. Pour the hot syrup on top of the cake whilst warm.

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THE DOHA DAZZLER

PHOTOGRAPHY JESSIE PALANCA
RECIPE COURTESY OF CATH FILBY,
DEVELOPED BY HILTON DOHA

{STEP BY STEP}

Experience this thirst-quenching antioxidant fresh pressed juice, courtesy of this month's Breast Cancer survivor Cath Filby. This tasty drink will be available exclusively for the month of October at the Hilton Doha!



'THE DOHA DAZZLER'

Makes approx 450mls
(2 fruit juice glasses)

INGREDIENTS

1 peeled carrot 110g > 1 red apple 193g >
2 strawberries 24g > 2 sprigs of celery 57g
> 2 small cucumbers 120g > watermelon
123g > 1 tomato 107g > red cabbage 40g >
1 peeled lemon 75g

PROCEDURE

- 1) Juice all ingredients in an electric juicer
- 2) Pour into a glass
- 3) Drink and be dazzled!

RECIPE
COURTESY OF
CATH FILBY

(Read more about her on
page 100)

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ESCAPES

ADVENTUROUS-FUN-LUXURIOUS-UNIQUE TRAVEL EXPERIENCES

PINK PETRONAS TOWERS

Since 2000 on the occasion of Breast Cancer Awareness month Estée Lauder has been partnering with recognized landmarks around the world for their Global Landmarks Illumination Initiative to spread a life-saving message. This year, famous landmarks in the UAE, including Burj Al Arab will glow in pink to build awareness. For more information visit www.bcrfcure.org and read more about Kuala Lumpur on page 94





DISCOVER BAYSHORE

InterContinental Abu Dhabi has recently launched Bayshore, Abu Dhabi's most private beachfront destination to relax, rejuvenate and refuel. The brand new destination combines the best in health, relaxation and entertainment thanks to 300m of natural beachfront, a stunning infinity pool, swim-up bar, separate children's pool and play area, premium health and sports facilities, day spa and restaurant. Commenting on the opening, Resident Manager Mr. Khaled Zaki said: "The Bayshore builds upon InterContinental Abu Dhabi's proud history in the capital and offers our guests the outstanding quality of service and facilities that they expect from us."



Aubrey Tiedt, Etihad Airways' Vice President Guest Services, and Linden Coppell, Etihad Airways' Head of Sustainability, presented the cheque to Dr Richard Reyes, Medical Director of Breast Cancer Arabia.

ETIHAD AIRWAYS DONATES TO 'BREAST CANCER ARABIA'

Etihad Airways pays tribute each year to the global breast cancer awareness month with a program to raise awareness of the disease among the staff and in the community. This year the national airline of the United Arab Emirates (UAE) donated more than AED70,000 to assist the work of Breast Cancer Arabia in providing support to women with breast cancer. "We are very pleased once again to support breast cancer awareness initiatives within our local community. We believe it is important to raise awareness within the UAE and to help provide the necessary treatment and care to those women who don't have the means to pay for it," said Ms Tiedt, Etihad Airways' Vice President Guest Services.



TRUMP SOHO NEW YORK PARTNERS WITH CHLOÉ

On the occasion of last month's Mercedes-Benz Fashion Week in the Big Apple, Trump SoHo New York partnered with French fashion house, Chloé to offer hotel guests a specially curated personal shopping experience. The special service assisted guests in dressing for a fashion show, date-night out or simply walking the streets of New York City in style. Guests were chauffeured in a Mercedes town car to the Chloé Greene Street boutique, mere blocks from Trump SoHo. There the guest met a Chloé stylist to introduce key pieces, signature classics, as well as exclusive items from the Chloé Fall/Winter 2014 Runway collections. This unique experience also allowed the client to choose a custom gift to complement their new fashionable look. For more information and to learn more about their future events visit www.trumpsoho.com

NEWS

THE LATEST DISH FROM THE TRAVEL WORLD

SIX SENSES ZIGHY BAY LAUNCHES SOCIALLY RESPONSIBLE MENU

The culinary team at Ziggy Bay has crafted a menu incorporating organic, seasonal ingredients and seafood sourced from local farmers and fishermen into their resort's restaurants. This initiative will ensure the integrity of the produce and support the local community while reducing the resort's carbon footprint by minimizing food miles. "As part of our commitment to the environment and the local community, we have worked carefully to source the highest quality local ingredients such as dates, mango, pomegranate, figs and many more to form the basis of our new dishes. We have created a delicately balanced new menu that celebrates superior cuisine and values sustainability," said Executive Chef Richard Lee.





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CITY CENTER DOHA

URBAN MALAYSIA

BY FRANCESCA MOSER



Kuala Lumpur is a great Asian capital to be seen and experienced. ABODE shows you where to go and what to do to live it to the max.

Any trip to this fascinating country in South East Asia starts or finishes in its modern and lively capital, Kuala Lumpur. From fancy skyscrapers, heritage quarters and endless shopping and dining opportunities, this melting-pot capital is ready to wow its visitors with a multitude of unique attractions. Whether you are visiting KL (as it's called by the locals) for only few hours on a layover or planning to stay for few days, these are the places of interest you shouldn't miss.

THE GOLDEN TRIANGLE & PETRONAS TWIN TOWERS

This area is considered as the heart

of urban Kuala Lumpur, featuring all the major shopping malls, nightlife venues and major 5 stars hotels. Not to mention the iconic Petronas Twin Towers, which are recognized worldwide as the landmark of Kuala Lumpur. They are 451.9m high and they are the tallest twin towers in the world. Don't miss the opportunity to witness this gorgeous city landscape from 170 meters above the ground on the skybridge that connects the two towers or enjoy a 360 degrees view of the city from its observation deck.

Book your ticket ahead to avoid queues, on www.petronastwintowers.com.my

KUALA LUMPUR TOWER

Located in the heart of the city, in the Bukit Nanas Forest Reserve (now called LK Forest Eco-Park), KL telecommunications tower is the 6th tallest one in the world, standing at 421m. From here you'll be able to enjoy breathtaking views over the city from the observation tower, dine at its Seri Angkasa Revolving restaurant and visit the 1 Malaysia Cultural Village on top of exploring the rich variety of flora in the forest Eco-park, which is the only remaining patch of tropical forest in central KL.

CENTRAL MARKET

Bargains, bargains and more bargains are up for grabs at this colorful market, which

HOW TO GET THERE

Cathay Pacific, the international flag carrier airline of Hong Kong, connects Doha with the Far East on a daily basis since March 30th when it inaugurated its first direct flight from Hong Kong-Doha.

The Asian airline flies from Doha to Kuala Lumpur four times a day, providing great and convenient connections from its main hub Hong Kong. Book your ticket at www.cathaypacific.com.qa to experience their award winning service, whether you are opting for their Business Class, Premium economy class or long-haul economy class. This year, for a fourth time-more than any other, Cathay Pacific was voted "World's Best Airline" and also "Best Airline in Asia" at the annual Skytrax Awards. A pleasant, luxurious and comfortable journey awaits you!



was originally a wet market. This is the place to find ethnic-style crafts and great souvenirs to bring back home. A short walk away you will find yourself in the heart of CHINA TOWN.



PETALING STREET

Petaling Street is a vibrant stretch of souvenir stalls, restaurants and shops surrounded by gorgeous heritage buildings and the awe-inspiring temples, such as the Sri Maha Mariamman Hindu temple and the Sze Ya Taoist temple (the oldest one in the city), which are absolute must-sees while in town!



BATU CAVES

This magical Hindu temple is located in the outskirts of KL, 13KM north of the city, which means is easy accessible by taxi, train service and tour operators. You'll be greeted by the 140-foot statue of Lord Muruga and loads of playful monkeys, therefore watch out for your purses and belongings. Get ready to climb its famous 272 steps to reach the fascinating temple inside the three caves. Definitely a special place to visit while in Kuala Lumpur.



KL BIRD PARK

Witness from close the world's largest free flight walk-in aviary. KL Bird Park is home to over 3,000 local and foreign birds species. From exotic flamingos to Rhinoceros Hornbill, one of the largest hornbill species worldwide, you and your family will be blown away by this gorgeous 21 acres park.



WHERE TO STAY

LANSON PLACE: your luxurious home away from home while in Kuala Lumpur

PHOTOGRAPHY COURTESY OF LANSON PLACE

Kuala Lumpur is a buzzing and lively Asian metropolis; therefore to appreciate all its exciting attractions it's key to base yourself in a central location. The Golden Triangle is one of the most exclusive and convenient addresses in town and Lanson Place Bukit Ceylon Serviced Residences is set in the heart of this dazzling area. Shopping malls, China Town, the Central Business District and fancy bar & restaurants are all within walking distance, therefore loads of fun and action is guaranteed! Its modern residences (150 one, two and three bedrooms apartments) feature all the comforts of your home, from fully equipped kitchens to washing machine and breathtaking views over the city, to ensure you the most attentive and comfortable stay ever. At the end of a busy day trekking around town, there is nothing better than coming home, relaxing on the sofa to watch television while admiring the glowing city lights and the trademark Petronas Twin Towers and Telecommunication tower from the comfort of your bed...simply priceless! At Lanson Place Bukit Ceylon the homey feeling meets the convenience and professional services of a luxury Hotel.



Breakfast is served on the 163 Lounge on the 48th floor, where gorgeous fresh fruit, hot baked croissants and a nice cup of coffee awaits you along the stunning views over the city. What better start of the day than this? During the day and at night the Lounge also offers light snacks, tasty drinks, a pool table for some amusing time and much more.

The residential property also boasts a gorgeous outdoor pool, a fully equipped gymnasium to keep you fit, a rooftop area available for BBQs and social gatherings.

So all you need to enjoy your stay in KL



to the max, is to pack your comfortable shoes to get around and explore this fun-filled city and don't forget your bathing suit for some relaxing time by the residences' pool. Lanson Place Bukit Ceylon will think about all the rest!

ABOUT LANSON PLACE

"My Life, My Style" is their motto and they certainly know how to transform this concept into reality. Lanson Place, a member of the Small Luxury Hotels of the World, has been providing Serviced Suites and Residences (apartments) in the heart of Asia's fascinating capitals since 1995. Therefore if you are planning a visit to Shanghai, Beijing, Kuala Lumpur, Hong Kong or Singapore don't look any further in order to enjoy these vibrant cities at their best.

For more information visit
www.lansonplace.com

SOCIETY

& ARTS AND CULTURE

EVENTS & INDIVIDUALS WHO MAKE A DIFFERENCE IN THE MIDDLE EAST



SENSATION COMES TO DUBAI

"Source of Light" the very first outdoor edition of Sensation will take place on October 31st in collaboration with Audi at the Meydan Racecourse. The world-renowned electronic dance music event will see 15,000 people, all dressed head-to-toe in white, gather for a night of spectacular fun and music thanks to the star-studded line up of International DJs, including Roger Sanchez and Mr. White. Plan your outfit and get ready to party!

For more information visit www.sensation.com



Image courtesy of Carl Roberts

THE SUN RISES AGAIN IN DOHA

Get yourself ready for the most anticipated comeback event of month. The Sundowner Sessions on the Al Dana terrace at the Sharq Village & Spa (from October 10th) is the perfect place to continue your Friday brunch with signature cocktails from their team of mixologists, while the critically acclaimed Al Dana chefs present a revised menu of delicious, lighter meals for those who feel peckish as the night goes on. With resident DJs Carl Roberts and Kinky D as pioneers in the emerging Doha entertainment scene, will be providing the backbone of the aural treats with a heavy mix of chill and lounge core in the daylight hours, giving way to deep and funky sounds as the night deepens. The Sundowner Session will again be themed to add a unique flavour to each weekly experience is Doha's best See-and-Be-Seen Spot!



SOUQ WAQIF BOUTIQUE HOTELS HOSTS REACH OUT TO ASIA CHARITY EVENT

A two day charity exhibition was held under the banner of "Supporting Life" – an organization committed to helping the children of Gaza, through means of education. The event organized by brother and sister duo Nasser and Maqdeem Al-Naama, witnessed a great support from Kuwaiti VIP and social entrepreneur Fouz Al-Fahad as well as various home grown talents, exhibiting their different trades and merchandise; including one of a kind paintings which were auctioned off. This humanitarian event was fittingly summed up by the organizers as being a "project which lays the foundation for entrepreneurs to enhance their leadership skills, whilst supporting the wider Qatari business community and international efforts of Gaza"



QATAR AIRWAYS LAUNCHES ITS FIRST INTAKE OF THE AIRBUS A380

The newest and biggest aircraft in the Qatar Airways fleet the A380 was officially welcomed to Doha in a glitzy funfair of lights, acrobatics and intrigue. Amongst special guests from Barcelona's sporting icons, Luis Suarez and former captain Carles Puyol, alongside Qatar Airways Group Chief Executive Officer, Mr. Akbar Al Baker hosted the landing of the aircraft from Hamburg to Hamad International Airport. The unveiling of the super-jumbo showcased the aircraft in all its delight. Bespoke interiors consisting of 461 seats in Economy Class – spread across two decks, 48 Business Class seats and 8 First Class suites that feature fully reclining 90inch flat beds. The launch night, full of glamour and excitement will pave the way for the additional nine A380's arriving. Until then, Paris and London will serve as its daily routes.

NEWS

THE LATEST DISH FROM PEOPLE AND SOCIETY



NISSAN MOTORSPORT TRIBUTE TO RECORD-BREAKING BLUEBIRD

Nissan and Norton will celebrate the 30th anniversary of Nissan's first Bathurst 1000 pole position at the Supercheap Auto Bathurst 1000 this year. Michael Caruso and Dean Fiore's #36 Norton Nissan Altima will adopt a retro-themed livery for 'The Great Race' at Mount Panorama this October, depicting the colours worn on George Fury's 1984 Nissan Bluebird. Fury's turbo-powered entry stunned the field in the 1984 event, breaking the lap record to which Fury's lap time was not beaten until 1991. Thirty years on, the Nissan Motorsport V8 Supercars team is paying tribute to the blistering Bluebird by running Nissan's distinctive 'blue and red' factory stripes on the side of the #36 Nissan Altima.



FIFTY ONE EAST AWARDED

Fifty One East, the premium luxury retail chain in Qatar has been celebrated as the 'Enterprise Agility Achiever in the Retail Sector for 2014' at the inaugural 'Qatar Enterprise Agility Awards: Entrepreneur of the Year in association with Barclays'. The award was received by Mr. Daniel Lattouf, Retail Business Unit Manager at Darwish Holding, during a ceremony which was recently held at the Grand Hyatt hotel in Doha, Qatar. Commenting on the award, Mr. Bader Abdullah Al-Darwish, Chairman and Managing Director of Darwish Holding said, "We are honored to be recognized for our commitment to business excellence in Qatar. For more than 60 years, Fifty One East has consistently positioned itself as the premium destination for quality products and services"



Photo by: Angel Mallari

CHAMPIONSHIP BIKER TAKES QATAR BY STORM

TRINITY TALENT QATAR IS SPONSORING SUPERBIKE CHAMPIONSHIP RIDER, 30 YEAR OLD MASSIMILIANO MILANO, (KNOWN AS MAX FOR SHORT) FOR THE QSBK 2014/2015 SEASON. STARTING WITH A 2-WHEELER AT THE AGE OF 14, ITALIAN BORN MAX CERTAINLY HONED HIS SKILLS SINCE THOSE EARLY DAYS. SINCE ARRIVING IN QATAR, MAX HAS PUT HIS PASSION TO WORK, STARTING WITH QATAR'S SUPERBIKE CHAMPIONSHIP (QSBK), WHERE YOU WILL FIND HIM RACING AT LOSAIL INTERNATIONAL CIRCUIT IN HIS BID TOWARDS WINNING THE CHAMPIONSHIP. MAX'S AIM IS CLEAR AND SIMPLE 'TO BE THE BEST. THAT'S WHAT MAKES A CHAMPION!'

SIX DOHA FILM INSTITUTE-SUPPORTED FILMS IN OFFICIAL LINEUP AT TIFF

Doha Film Institute supported Six Film at this year's Toronto International Film Festival, where three of their films made their world premiere during the highly anticipated annual event.

The films include Naji Abu Nowar's 'Theeb' and Ghassan Salhab's 'The Valley', both being recipients of funding from the Institute's Grants Programme; grant recipient 'Timbuktu' by Abderrahmane Sissako and co-financed project 'The Narrow Frame of Midnight' by Tala Hadid. 'Eye & Mermaid', a short film directed by Shahad Ameen, was made through the Institute's Hazawi Short Film Production Fund.

The 'Kahlil Gibran's The Prophet' also co-financed by the Institute, had its world premiere as a TIFF Special Presentation following its work-in-progress preview screening at the Cannes Film Festival. The innovative adaptation of the beloved classic features the work of eight renowned animators, among them Gulf talent Mohammed Saeed Harib (creator of the acclaimed animated series 'Freej'), who directs the chapter 'On Good and Evil'.



TIMBUKTU de Abderrahmane Sissako-© 2014 Les Films du Worso Dune Vision



Eye and Mermaid

Cath Filby was diagnosed with Breast Cancer in October 2007 at the age of 52. At the time, as well as being traumatised by her diagnosis, she was very confused by the huge and complex amount of information available in books and on the Internet. She needed answers to the many questions she was asking and help with the many fears she was experiencing. Therefore she decided to document her journey through breast cancer in a memoir, followed by a straightforward sequel to her journey -A Self-Help Health Guide- that would assist other women in taking control of their lives at a time when those lives had been turned upside-down.

Cath Filby

'BREAST CANCER -
A JOURNEY FROM FEAR TO EMPOWERMENT'

PHOTOGRAPHY JESSIE PALANCA

THE BOOK, 'BREAST CANCER: A JOURNEY FROM FEAR TO EMPOWERMENT' IS A SIMPLE, PRACTICAL SELF-HELP HEALTH GUIDE THAT HELPS WOMEN TO OVERCOME THE FEAR OF CANCER AND ABOVE ALL MOTIVATES THEM TO IMPROVE THEIR LIFESTYLE. A MUST-READ FOR ANY CANCER PATIENTS AND FOR THEIR BELOVED.



The journey through cancer can be terrifying, bewildering and, often, long and arduous. Cath experienced this herself and that's how her book 'Breast Cancer - A Journey from Fear to Empowerment' came about. This must-read book can provide sufferers with much-needed practical support to guide them through this journey and empower them to understand better that there are many beneficial steps that they can take along the path to recovery.

After being diagnosed seven years ago, Cath underwent a bilateral mastectomy, followed by chemotherapy and reconstruction using the pioneering DIEP procedure.

"I was trying to understand my condition better" she remembers "but was often faced with deciphering complicated medical jargon, conflicting suggestions regarding treatment options and their outcomes, and the prognosis for my particular type of cancer. I needed simplicity but, instead, found complication."

Cath spoke to other women in her situation and discovered that they, too, were going through the same difficulties. It was then that she decided to design a reference book containing easily accessible information, details about her double mastectomy, chemotherapy and complementary therapies.

In PART 1 of the book, Cath describes each element of her treatment with a no-holds-barred approach but intersperses her story with a sprinkling of humour and more than a small dose of hope. She describes how, 17 years to the day following her 17 year old son's death in a road accident, she was diagnosed and had to decide on the correct course of treatment when so many options, both conventional and alternative, were available. Her comprehensive research concluded in a combined approach to therapy, using conventional medicine, supported by natural therapies that helped to alleviate many of the side effects of her treatment.

PART 2 of the book, which will be published in the months to come, contains instead 13 individual slip cards with useful tips to remain fit and healthy on-the-go. Each card is easily accessible and the facility to remove the cards enables the reader to transport the subject matter with them - e.g. for shopping, if they need to have a reminder of what healthy, body-restoring foodstuffs they need to buy or if they wish to carry out any of the other recommendations and do not want to transport a text-book with them.

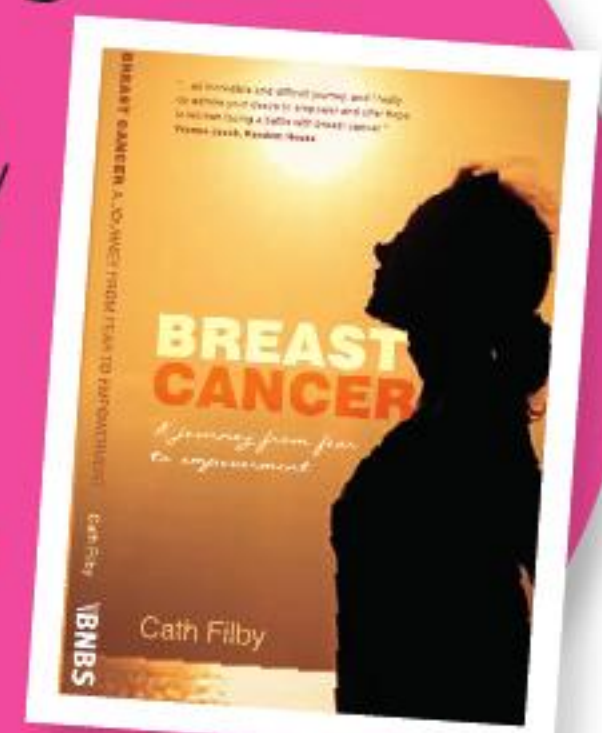
Nutrition was another key element in Cath's therapy: a raw food diet, twice-daily juicing, followed by the Budwig regime, played an important role in her recovery.

CATH'S ADVICES:

- Take personal responsibility for our health in order to improve the quality of our life and keep free of disease.
- Women need to understand that they must find the time to improve their lifestyle.
- Take back control of your mind, as it is invaded with irrational thoughts and unreasonable emotions, preventing it from descending into an abyss of despair.
- Improve your health through a structured healthy-living plan and through re-arming your natural defence mechanism.
- Cath dealt with the pain through careful consideration and use of complementary medicine alongside the conventional treatment she received.

Buy it!

Support other women on their journeys through breast cancer. Buy Cath Filby's book 'Breast Cancer - A Journey from Fear to Empowerment' Available on Amazon.co.uk and Jarir Bookstore Salwa Rd, Doha



IN CONVERSATION WITH AN AMBASSADOR

DANA SHELL SMITH

The newly appointed U.S. Ambassador to the State of Qatar, Dana Shell Smith, invited ABODE magazine into her prestigious residence and explained how the U.S. and Qatar are strengthening their cultural and trade ties. Ambassador Smith also shared with us her personal recommendations of must-see places in the United States.



PHOTOGRAPHY JESSIE PALANCA

Qatar is aiming to become the region's cultural hub. Can you please tell us about America's contribution and influences?

Qatar's rich cultural heritage inspires people around the region and the world through its burgeoning arts, music, literature and film scene. The U.S. Embassy works to strengthen people-to-people relationships by sharing American culture with people in Qatar. For example, during Ramadan this year, we partnered with the Aspire Zone to host a visiting American footballer Husain Abdullah, who visited youth sports clubs and shared his experiences as a Muslim-American athlete. This year we also helped two Qatari photographers travel to the United States to take photos along the historic Route 66 highway that cuts across the American continent – their work was exhibited at the Mathaf Museum on July 4, our Independence Day.

The educational ties between the U.S. and Qatar are just as strong. We are proud that Education City hosts six top-tier American universities. There are 1,000 Qataris studying in the United States, and last year we sent nearly 30 Qataris to the United States on educational and cultural exchange programs. Throughout the year, we bring dozens of experts from the U.S. to engage with their Qatari counterparts on education, art, journalism, and other fields.

How do you see the relationship between the U.S. and Qatar developing in terms of trade and investment?

The U.S. and Qatar enjoy a strong commercial and trade relationship – one that is growing every day. American companies enjoy lucrative business and investment opportunities in Qatar and U.S. exports to Qatar exceeded a record

\$5 billion last year. Over 120 American companies are operating in Qatar: from heavy machinery to project management, and from airplanes to restaurant franchises, Qatar's ambitious vision for its future has proven to be a great fit for innovative American companies. The United States and American companies truly value our strong commercial and economic ties with both Qatar and the Gulf region.

Are you based mainly in the Embassy or do you get out and about in your work?

I have the most fun job in the Embassy because I am constantly out and about in Doha meeting with students, artists, civil society leaders, academics, business leaders, government officials, and many other people of Qatar's vibrant society. The most rewarding aspect of my work is the honor I have to represent my

country and share American culture and values here in Qatar. Over the course of my tenure, I will seek to develop the already deep ties of friendship and partnership between the United States and Qatar. Qatar and the United States have accomplished much together thanks to our strong partnership over the years, and my team and I at the Embassy aim to bring that partnership to new heights.

What sort of contact do you have with American citizens living in Doha?

One of the most important roles of any U.S. Embassy is to ensure the safety and security of Americans overseas, in addition to providing passport, birth certificate, notary, and other services. Qatar is home to almost 15,000 American citizens, and their presence here helps build bridges between our two countries. I encourage Americans living in Qatar to register with the Smart Traveler Enrollment Program for important updates from the Embassy by visiting www.step.state.gov. I do also like to participate in the community here and, as a mother, I am frequently at the American School with all of the wonderful people I have met there.

Let's talk a little bit more about being a mother. How do you manage to combine your family life and a successful career?

This is a topic that I've thought a lot about over the years. It's possible to travel the world in the diplomatic service and have a family, but it takes hard work and creativity. I joined the State Department when I was young and single, and over the course of my career, as I got married and had children, both my husband and I have had to make sacrifices in our careers in order to make sure that we can maintain a proper balance between our lives and work. And as the leader to all the employees at the Embassy, my ultimate goal is to ensure that everyone who works for me, man or woman, single or married, is presented with the ability to pursue their passions outside of their jobs. For me, that passion is my family.

What do you enjoy most about living in Doha?

My family and I are deeply grateful for the hospitality Qataris have shown us. Doha is a great city to live and work in great activities for families and single people alike. As Qatar gears up to host the 2022 World Cup, Doha will become an even more exciting place with top notch

infrastructure and facilities for visitors – all projects which American companies and expertise will play a critical role in supporting.

America is a huge tourist destination and there are so many places to visit – what do you think are the best places to go to? Are there any 'hidden' locations that you would say are MUST visit destinations in the USA?

There are direct flights on Qatar Airways and American Airlines from Doha to seven American cities: Washington, Houston, New York, Chicago, Philadelphia, Miami, and Dallas-Fort Worth – all of which serve as great destinations for travel and gateways to the rest of the United States. Some of my personal favourite places to visit are Maine, Charleston and of course my home city Los Angeles, which has everything a visitor from Qatar could want – from shopping on Rodeo Drive, sushi bars and noodle houses in West Hollywood, or the most beautiful beaches in the world in Santa Monica and Malibu.



USA

From colonial landmarks to theme parks, America without a doubt has an infinite bible of popular tourist attractions. ABODE had the pleasure of finding out Ambassador Smith's personal top 5 must-see places in the U.S.A.

- **MAINE:** with over 57 active lighthouses, Maine's landscape is as peaceful as it is artistic
- **HOLLYWOOD:** a city full of entertainment there is no more coveted photo than a shot of the world famous HOLLYWOOD sign
- **PHILADELPHIA:** the Liberty Bell in Pennsylvania is steeped in cultural heritage, a symbol of independence
- **MALIBU:** 21 miles of coastline with 24 of the most amazing and idyllic beaches to choose from
- **GEORGETOWN CUPCAKE:** award winning bakery found all over America, I am quite partial to their "Lemon Blossom" offering!

Keep up to date with all the latest informative news, exciting projects and cultural events directly from the Ambassador through her Twitter and Instagram: @ambdana



ALIF EXHIBITION

INTERCONTINENTAL DOHA THE CITY UNVEILS NEW ART EXHIBITION BY RENOWNED ARTIST SABAH ARBILLI

BY SARAH LINKLETT

Sabah Aribilli, the acclaimed artist, recently brought his new art exhibition to Qatar. Specifically created for Ramadan and Eid, Aribilli used his extraordinary gift for calligraphy art to create this collection of works centred around Alif – the first letter of Arabic alphabet and the first letter in the revelation of the Quran.

The Alif exhibition, consisting of paintings, sculptures and installations, was shown at Intercontinental Doha The City.

"Alif" is the first letter from the revealed word Iqra which means read. Muslims around the world believe that this was the first word revealed by god. Thus, the first letter in the Arabic alphabet is Alif and the inspiration behind this collection of works.

In addition, Aribilli used the power of the brush strokes reflecting the real experience of past and present of his homeland in Iraq. He said, "I envisage the lands which relate to the echo in my ear taking me back to a place where I see harmony and tranquility. I see the forms of the letter all around me waiting to unravel a meaning of hidden truth beneath the façade. I smell the place and sense my presence and belonging which I capture to share with the audience."

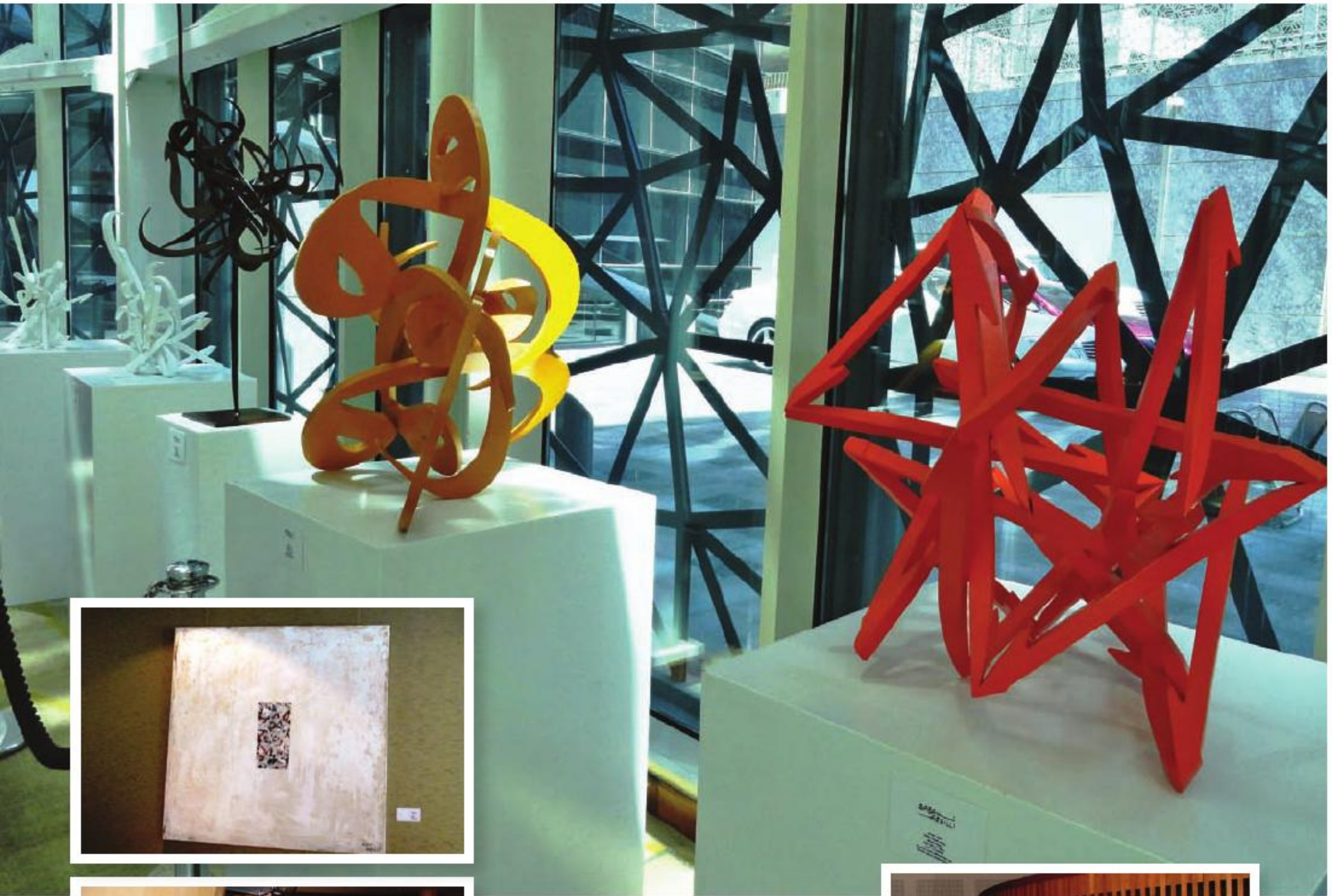


Sabah Aribilli is an award-winning British artist of Iraqi origin and is known for the art of calligraphy and sculpture. Aribilli has made a substantial impact in the art of Arabic Calligraphy, bringing it to the forefront of the international scene over the last fifteen years. As a pioneer of the genre, Aribilli has become a key figure in calligraphy art and has brought it to a new contemporary style.

Born in Arbil, Iraq in 1977, Sabah Aribilli started his journey to become one of the top Arabic calligraphy artists from when he was very young. It was during his time at primary school that his unique and talented handwriting was noticed by his teacher, who named him

'Sabah Al-Khattat', which means 'The Calligrapher'. This encouragement had a positive impact on Sabah, which led him to become passionate about this form of art. Sabah was fascinated by the writing of masters in Iraq, and grew up trying to copy their styles and artistic forms.

In 1997, as a young student, Sabah's knowledge of calligraphy deepened after starting his engineering degree at the University of Saladin in Arbil, Iraq. He found the relationship between the principles of calligraphy and engineering made him look at calligraphy with a more accurate perspective. After settling in the United



Kingdom, Sabah Arbilli collaborated with various artists in the field of calligraphy, producing collaborated work, enabling communities to see the beauty of calligraphy along with the similarities and differences between the varying styles.

By taking part in competitions, Sabah became determined to produce his own masterpiece and begun to carefully execute his work. In 2002, after taking part in the Mus-haf Qatar competition, organized by the Ministry of Awqaf in Qatar, Sabah found himself amongst the finalists chosen to write the whole Qur'an for the final phase of the competition.

"Being selected to write the holy Qur'an was certainly the greatest moment of my life and at that time was my turning point to becoming a full time artist," said Sabah.

Sabah also takes his work around the world, taking part in various international exhibitions and workshops, in order to share his passion and experience with the audiences. He has received honours, awards and recognition all over the Middle East and Europe and his exhibition was well received in Doha. This was part of InterContinental's ongoing commitment to support local artists who announced that they were delighted to host Sabah Arbilli's Alif exhibition at their hotel. "It is through Sabah's pieces that we can find inspiration and further reflect on the meaning of Ramadan and the celebration of Eid," explained Cedric Gaillard, Hotel Manager, InterContinental Doha The City.



Sabah Arbilli

SABAH AL KHATTAT

Born in Arbil, Iraq in 1977

Named Sabah Al Khattat (The Calligrapher) by his primary school teacher
1996 – 2000 Exhibitions of his work in Iraq
1997 studying for an engineering degree at The University of Saladin, Arbil, Iraq
2002 One of the finalists chosen to write the whole Qur'an in Qatar
2003 – 2013 Exhibitions all over the Middle East and Europe
2014 Returns to Qatar once again with his Alif exhibition

Musician's Notes

WHAT WE PLAY IS LIFE

A MONTHLY COLUMN BY DOMINICK FARINACCI



We're jumpstarting our third season at JALC Doha with our very first female bandleader, a non-stop genius composer and performer.

Her name is Clarice Assad, she is Brazilian, Lebanese and Italian, plays piano, bass, sings, writes symphonies and operas, and she comes from a legendary musical family in Brazil. At twenty-three, the first violin concerto she composed catapulted her career to global success, debuting her music at Carnegie Hall in New York City. Her music somehow brings together sounds and rhythms of Brazil, jazz, orchestral and all kinds of world music

in her own way. I got to catch up with her in a rare moment of downtime away from composing her latest opera, which is due before she leaves Doha!

What is it like growing up in such a legendary musical family?

It is a huge blessing that I was born into such a musical family, that we get to share this beautiful gift together, and especially share it with others, by performing all around the world. There is so much history between all of us that goes back a few generations, and there is so much love in what we do.

You're grandfather was a brilliant Mandolin player, yet I heard your great-grandfather didn't like music?

Yes, he wasn't into it, so my great-grandmother had to secretly teach my

grandfather to play. He loved it so much and would play all around town until he had his two boys, my father and uncle. He taught them from an early age, and now this year will be their 50th year performing together!

What is this Opera you're working on via Skype with a librettist from Iran?

I've been commissioned by the American Lyric Theatre in New York City to write a new opera with an Iranian librettist named Niloufar Talebi. We worked on a one-act act Opera this year, which was premiered at Symphony Space in NYC, and now are working on this family-friendly opera. There haven't been many operas written that work for kids, so I'm really excited for this challenge. We have our weekly calls on Monday nights, and with the time

change, it's 3am in Doha! I have so many different cultures in my heritage, so it feels quite natural to collaborate with Niloufar. Next season, I'll be the resident composer for the Boston Landmarks Orchestra, working with a children's choir and doing different education activities around it.

I know bios are usually boring, but the amount of composing you've done so far is beyond amazing. Can you give us a sample?

Sure. I received commissions to write music from Carnegie Hall, the Albany Symphony, The Symphonic Orchestra of São Paulo, New Century Chamber Orchestra, The La Jolla Music Festival, the Bravo Music Festival and have had the pleasure to work with amazing soloists and groups along the way including Yo-Yo Ma, Mike Marshall, Turtle Island String Quartet, Chanticleer, Anne-Marie McDermott, and the Concordia Chamber Players, to name a few. The Symphonic Orchestra of São Paulo toured with my piece in 18 European countries, which included a performance at the PROMS...that was pretty cool.

During the same year I was composer-educator-in-residence with the Albany Symphony, where I wrote and performed my scat-piano concerto. I wrote a piece for Evelyn Glennie and orchestra, and that went well, so we'll be doing the premiere for this new work in 2017 at the Cabrillo Festival of Contemporary Music, and I'm just about finished with a piece I'm writing for New York Philharmonic's principal oboist, Liang Wang.

How is it balancing a composing career with having a band that travels all around the world?

I like to think of myself as a facilitator for the music that we all make together. For most of my life I was always on the outside - writing or arranging music for others, but not really performing - or playing by myself. Being a part of it not only as someone who just writes the music but also performs it is so refreshing to me. As a group - my band in New York City - we have this



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OCTOBER 25TH - THE ST. REGIS HOTEL DOHA

JALC FAMILY JAZZ AFTERNOON

Special performance at JALC Doha including free Family Jazz Afternoon and ending with Brazilian Jazz Drumming on the beach

MORE INFORMATION:

www.jalcdotha.com/performances/calendar-of-events
www.dominickfrainacci.com

incredible chemistry, spark and energy, which is very special and rare. I love collaborating more than anything. After I met Keita and João (my band members), and we saw that we had this incredible chemistry, life started changing according to that. They were so excited to make music with me - and me with them - that we just did more and more of it just for the pleasure of playing together. That is probably why it's so incredibly magical.

After all you've accomplished, what are some of your goals moving forward?

I think the secret will be to find a way to blend all of these things together eventually and bring in my formal

training into the performing, or vice-versa. I have this dream of having my own chamber orchestra, which will include musicians and vocalists and it'd be a place where I could step in and out of, playing many different roles and mainly just being a channel and (as I said) the facilitator for these wonderful things to happen. And of course, I plan on taking these incredible musicians in this journey with me. None of it would exist without them.

THINK DIFFERENT, THINK DUBIZZLE!

From clothes to cars and even jobs, Dubizzle.com has become the leading name in the MENA region that has created the perfect platform for users to buy, sell or find anything in their community.

With the wide range of categories provided by Dubizzle, the portal has emerged as the prominent networking arena where you can sell unused items and buy that very thing you have been looking for online. It further extends beyond just trading to looking up job vacancies, activities, services and so much more. In creating this platform the portal has been able to provide an interactive community to bring everything to you with just a click!

Starting out as a website in the UAE, Dubizzle has spread out - emerging as the leading name in the MENA region and so it's taken a toll of Qatar as the newest market to join in the latest trend. Residents of Qatar can now reach out to offer items which are no longer wanted by them, but may just be on the top of someone else's wish list! And in trading directly from the owners of the items, prices tend to be lower which maintains a stable circulation of money in the local economy.

Also the portal has proved to be of huge advantage in keeping you up to date and aware of happenings in your community and just might get you that job you have been searching for! By placing an ad on the website, users can easily narrow down their search and find what they need, when they need, and all in seconds.

So think out of the box, think Dubizzle and visit **www.dubizzle.com**.





Bilal Pearl Suites Qatar Finest Real Estate

Designed with a lot of love , Bilal Pearl Suites is a Breathtaking magnificent piece of modern architecture. From modern Entrance to impressive interior design , Bilal Pearl Suites has everything to amaze you Situated in the heart of Viva Bahriya on the golden sandy beach of the Pearl.



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THE DISTINGUISHED GENTLEMAN

BY DELIAH FURCOI



INTRODUCING THE INFINITI QX70 A SUI GENERIS THAT REWROTE THE RULES FOR ALL CROSSOVERS.

Driving the Infiniti QX70 puts the driver (me) at the helm of it all. It was a pleasure to be Queen of the road for a day armed with 329-hp encased in a V6 engine. This agile chariot has the endless sense of acceleration making driving the QX70 a gripping experience. Fully loaded with 7 gears and Tiptronic options for when you need an extra push with matching solid magnesium paddle shifters to take direct control at the wheel. Every curve, every surface of the vestibule

was well thought out in pursuit of a sense of personal space. Wrapped in quilted leather-appointed seating and Maple interior accent gives you a sense of nobility.

A special feature which I thoroughly enjoyed was the Around View Monitor, helping to make parking easier. Four cameras positioned around the vehicle gives you a 360° bird's eye view on your display. Infiniti has now enhanced the system with Moving Object Detection — alerting the driver to moving objects.

Offering a new perspective around you, the QX70 helps you navigate even the tightest spaces. The 11-speaker Bose® Premium Sound system is an added bonus to beat the dull traffic queues during rush hour! Rear passengers are kept entertained with a movie or video games while you stay focused on the road. The QX70 has a built in system featuring a 9-inch colour monitor that automatically flips down from the overhead centre console, two wireless headphones and even a remote control.

FULLY LOADED
WITH 7 GEARS
AND TIPTRONIC
OPTIONS FOR
WHEN YOU
NEED AN EXTRA
PUSH



SPECS:

- 325-hp 3.7-liter V6
- 7-speed automatic transmission
- 18-inch alloy wheels
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- RearView Monitor [*]
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- Bose® 11-speaker Premium Audio [*]
- USB port [*]



THE INFINITI BRAND MOULDED THE VERY BEST OF ITS SPORT TECHNOLOGY WITH SUV QUALITIES TO BRING THE QX70 TO LIFE. ITS VALOUR COMBINED WITH NEAT CONTOURS IS IN HARMONY WITH ITS DISTINCT VERVE AND HEART POUNDING GALLANT STRIDE.

The Infiniti team impressed me fully with this extraordinary vehicle; which I have now come to realise it is truly The Original, something that comes very naturally with the brand. The Infiniti QX70 has my vote!

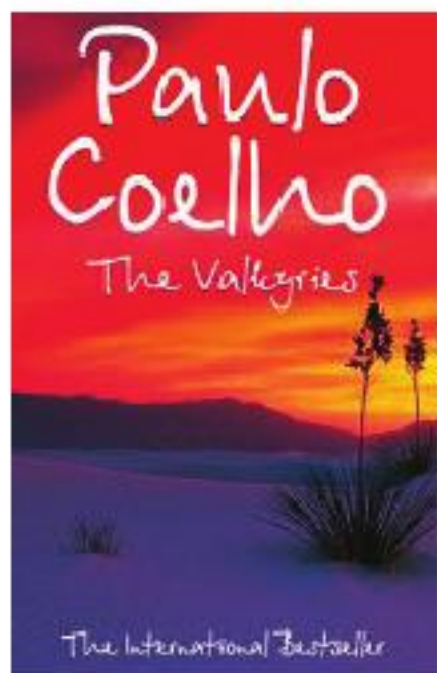


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Salwa Road 4428-3333

BEST SELLERS

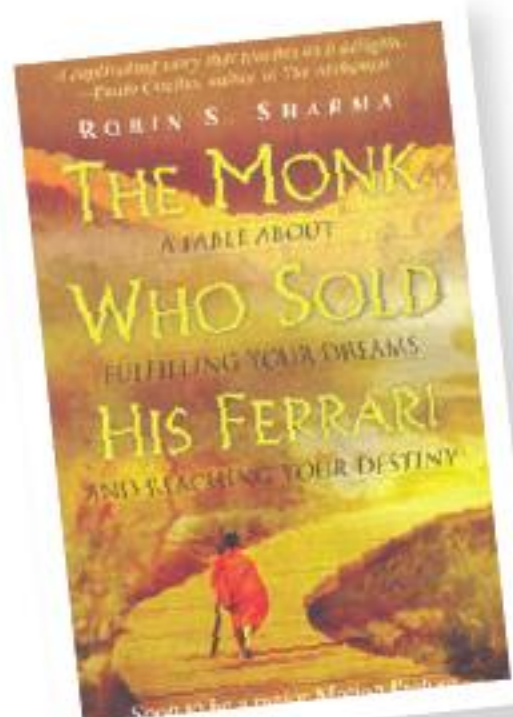
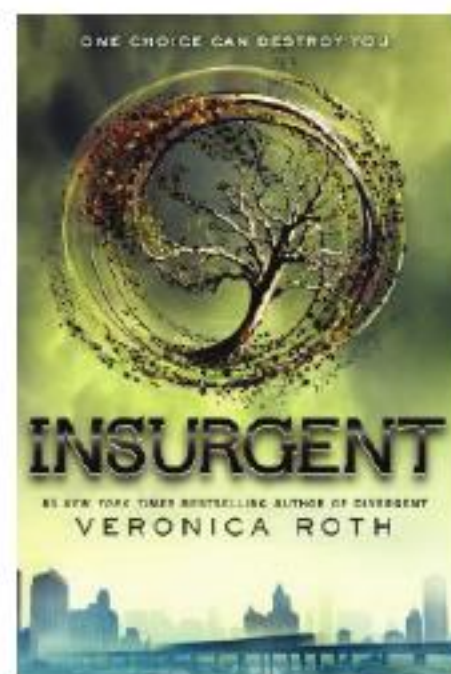
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BOOKS
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The Valkyries
by Paulo Coelho

Insurgent
by Veronica Roth



The Monk Who Sold His Ferrari
by Robin S. Sharma



First Phone Call From Heaven
by Mitch Albom

CHPink

CAROLINA HERRERA LAUNCHES CHPINK SMILE APP TO FIGHT AGAINST BREAST CANCER

To mark the 5th anniversary of the brand's fight against breast cancer, Carolina Herrera has launched an App under the slogan "Support with a Smile". The App, which is free to download, allows users to take a selfie, add a "pink smile" and share the photo on their social networks with the hashtag #chpinksmile. The initiative sends out a virtual smile to all women battling breast cancer in a message of support, positivity and solidarity. The App is designed to raise continuous funds in its support of the American Cancer Society and their work of offering emotional relief to women with breast cancer.



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Don't miss a beat!

English luxury mobile phone manufacturer, Vertu, launches its first audio collection; a two-piece collection comprising of state-of-the art headphones and a powerful wireless speaker.

www.vertu.com



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www.holidayvilladoha.com

Malls

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

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

City Centre Doha Hours: 10am-10pm
Conference Center St., West Bay 4428 9141

Dar Al Salam Mall Hours: Sun-Wed 10am-10pm, Thu-Sat 10am-12am
Abu Hamour 4016 3576

Ezdan Mall Hours: Sun-Fri 7.30am-11am,
Closed every Friday 11.30am-12.30pm
Al Gharafa 4433 4141

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

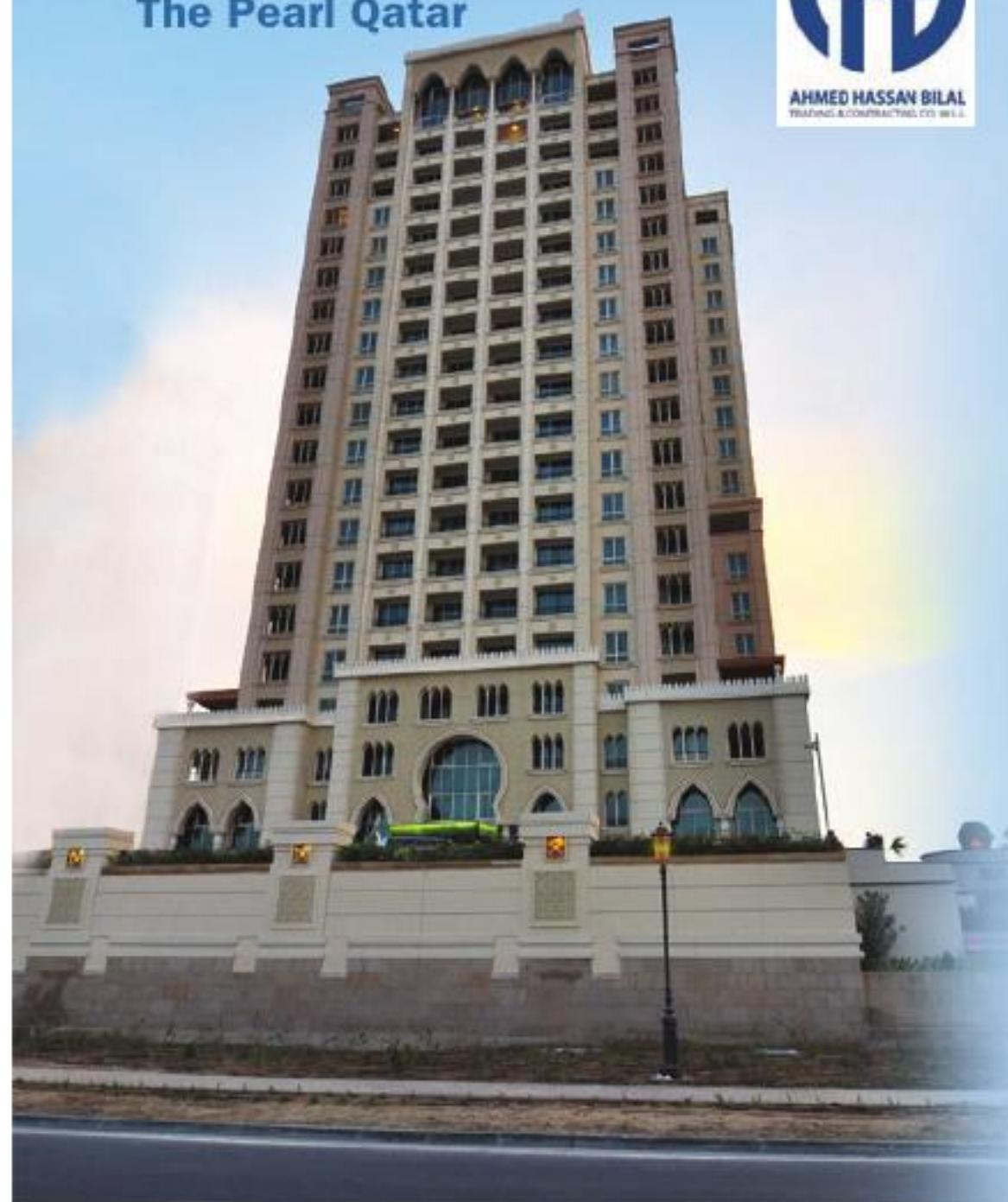
Lagoona Mall Hours: Sat-Thu 10am-10pm, Fri 2pm-10pm
West Bay, Zone 66, Ad Dawha 4433-5555

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 4407 7201

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Real Estate

Ahmed Hassan Bilal Trading & Contracting Co. W.L.L.
Bilal Tower, Al Asmakh Area, 10th Floor. Tel. 4442 8877

Salam Stores

Hours: Sat-Thu 10am-10pm: Friday 3pm-10pm West Bay 4448 5555

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

Fashion / Retail

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

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Milan, Italy

Lacoste	Landmark Mall	4488 7604
	Villaggio Mall	4450 7191
Naturalizer	Hyatt Plaza	4416 5132
Ninewest	City Centre	4483 9543
	Hyatt Plaza	4468 2919
	Landmark Mall	4486 4038
Pull & Bear	Landmark Mall	4487 6856
Ralph Lauren	Villaggio Mall VIP section	4413 5655
Sketchers	City Centre	4483 9476
Spring	Villaggio Mall	4460 4963
Swarovski	Land Mark Mall	4483 8158
Pronovias	Villaggio Mall, VIP section	4416 1856
	Hyatt Plaza	4416 5133
Tod's	Villaggio Mall	4413 4937

Beauty

Al Nazih Trading	Salwa Road	4437 3642
Biobil	Serdal Tower West bay Women	4493 4433
	Men	4483 0989
Blue Brush Hair Studio	Hilton	4423 3022
	Guerlain Spa	4420 8660
Diva Lounge Spa	Al Sadd Branch	4431 8488
	Al Gharafa	4481 1488
Wojooh	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 8651
	The Mall, D-ring Road	4467 4312
	Dar Al Salam Mall, Abu Hamour	4416 4728
Nails	Royal Plaza	4413 0222
4U	City Center	4483 5179
	Royal Plaza	4413 0698
Guerlain Alfardan Spa	Westbay	4420 8665
Amoaras Spa	Holiday Villa	4408 4085
Snips Salon	Holiday Villa	4408 4083

Hotels & Restaurants

Al Bustan	Museum Park St.	4435 2227
Al Seef	Al Aaliya Street	4433 2222
Doha Marriott Hotel	Ras Abu Aboud St.	4429 8888
Four Seasons Hotel Doha	Corniche Road	4494 8888



Restaurant

Chowking (An Associate of Ahmed Hassan Bilal Group)

*Salwa Road 4437 1212 *Al Khor 4411 8816/ 4411 8817

*Al Saad St. 4431 4411 *Mamoura 4486 6077

*Holiday Villa Branch 4411 5225 | 4411 5335

Grand Hyatt Doha	West Bay Lagoon	4448 1234
Grand Heritage Doha	Aspire Zone	4445 5555
Gokulam Park Hotel Doha	Corniche	4470 8822
Hilton Doha	Corniche Road	4423 3333
Holiday Villa Hotel & Residence City Center		4408 4888
InterContinental Doha	Al Istiqlal Rd, West Bay	4484 4444
Kempinski Residences & Suites, Doha	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 Marquis City Center Doha	West Bay	4419 5000
Marriott Marquis Residences	West Bay	4419 6000
Mövenpick Hotel Doha	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
Sealine Beach Resort	Mesaieed Umm Said	4476 5299
Sharq Village & Spa	Ras Abu Abboud St.	4425 6666
St. Regis Doha	Westbay	4446 0000
Souq Waqif Boutique Hotels Musherib		4433 6666
The Ritz-Carlton Doha	West Bay Lagoon	4484 8000
Tse Yang	Porto Arabia	4495 3876
	ext. 2071	
W Doha	West Bay Lagoon	4453 5353
Wyndham Grand Regency	Al Sadd	4434 3333

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
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Entertainment

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

Home Decor/Accessories

Articles	Royal Plaza, 2nd Floor	4413 1188
Bo Concept	City Centre	4411 5054
George Jensen	The Pearl Qatar Porto Arabia	4495 3876
Home Centre	City Centre	4483 9400
Homes R Us	Hyatt Plaza	4469 8999
ID Design	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	Tivoli Building, Al Rayyan Gardens	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 Cultural Centre	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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Police & Fire Department	999
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Hotline	4435 5999
Al Ahli Hospital	4489 8000
Hamad General Hospital	4439 2222
Rumailah Hospital	4439 2948
Pediatric Emergency Centre	4439 2948
Doha Dental	4431 7766
Qatar Foundation for Child & Protection Hotline	4466 6671 to 73

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Mamoura Branch

(2nd Floor, Dar Al Salam Mall)

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