

YOUR LIFE • YOUR STYLE • YOUR HOME

# ABODE

QATAR

DFI's Ajyal  
Youth Film Festival  
Takes Centre Stage this Year

OSCAR WINNING

**ANNE  
HATHAWAY'S**

LATEST FILM IS 'OUT OF THIS WORLD'  
YET SHE REMAINS EVER GROUNDED

COOKING WITH  
**CHOCOLATE**

LIFE'S LITTLE LUXURY

**TREND  
REPORT:**

Spring/Summer

**2015  
FASHION  
WEEK  
ROUNDUP**

## HEALTH

Diabetes  
Awareness  
and advice this  
National  
Diabetes Month

THE

*Red  
Carpet*

ISSUE

Hollywood glamour injection  
for your wardrobe, body and home

NOV 2014 QR 12



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THE ROOFTOP

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### RED CARPET READY!

Discover the beauty and grace of M Jay FASHION BRAND - One of Qatar's most original and magical dress designers.



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SS15 RUNWAY MAKEUP TRENDS  
Be Bold & Be Beautiful



26 TOP 10 DESIGNER PIECES.  
GET Salvatore Ferragamo's Fiamma bag - the IT bags of the season.

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### CLOSET GLAM

Our very own decor expert tells us how to turn our closet into a lavish boutique!



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### FASHION INSPIRED

Check out the new trends for Spring Summer 2015 collection. ABODE brings you the roundup from New York, London, Milan and Paris. Start planning your new wardrobe now.



## ON THE COVER

Anne Hathaway at the 2013 Academy Awards, dazzling gracefully in a light pink Prada duchesse satin backless column gown, accentuated with Tiffany & Co diamonds.



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"I am 34 and teach hot yoga, so lately it's been hard to keep my skin hydrated. I noticed in the past year that my skin was changing – I had more dryness, fine lines, and a less smooth texture overall. I tried a dozen different high-end products and nothing was really impressive. On a whim I decided to grab some Bio-Oil and try it on a scar... it had such a beautiful consistency and delicate, natural fragrance that I decided to try it on my face. I've been using it for a few weeks now and I can't rave about it enough. My only regret with Bio-Oil is that I didn't start using it at birth! It's perfect!" Erin Moraghan

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CHECK US  
OUT

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

# Welcome

FROM THE EDITOR IN CHIEF

For previous issues see  
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## DEAR READERS,

As the cooler months now draw in, it serves as a countdown to the closing of the year. Even if the temperature may be dropping, events and going-ons in Doha continue to heat up, where this month, film fever has Doha gripped. Firstly, Doha is eagerly awaiting the return of Doha Film Institute's second annual Ajyal Youth Film Festival; to which film lovers will be treated to the world premiere of motor racing documentary, Speed Sisters, on the festival's opening night - full programme details are available from Wednesday 12th November.

ABODE's celebrity interview this month with Oscar winner Anne Hathaway, delves into her latest role in the new blockbuster film Interstellar. Despite the fame, wealth and constant role calls of big Hollywood films, Anne reminds us how she remains grounded and never takes all for granted - a very wise notion, which can most

definitely be passed on to the cinematic entrepreneurs of the Ajyal Youth Film.

From film festivals to Oscars, the team brings to you a whole issue dedicated to all things Red Carpet.

Have you always aspired to be as glamorous as Angelina Jolie or Christina Aguilera? Wanted the designer clothes, jewellery, the hair, the beauty regime that everyone talks about? Then turn the pages of this issue as the team brings you celebrity red carpet inspired looks for your wardrobe (page 32), home (page 86), makeup (page 62) and even luxe cooking ideas in our Chef Challenge (page 92).

The most poignant beacon of this month is World Diabetes Day - 14th Nov. ABODE is privileged to bring its readers exclusive advice and tips from a Senior Consultant at Qatar's largest self-dedicated Diabetes Centre. With the increase of Type2 diabetes, Dr Amin Ahmed Janyous



shares (page 74) what measures can be taken to avoid this debilitating and dangerous disease.

So to finish off, let the countdown of the last two months of this year be your landmark to accomplishing and achieving even more goals, keeping active and above all enjoying all the best that Doha has to offer. Till next month.

NASSER AHMED HASSAN BILAL

## BEHIND THE SCENES

ABODE shows you how to achieve red carpet glamour on a high street budget in this month's makeover, which was shot at the Holiday Villa Hotel.

What do you get when you marry a croissant with a donut? ABODE got the mouth-watering chance to be culinary creative in the pastry kitchen of the Marriott Marquis Doha.



Holiday Villa Hotel & Residence  
Marriott Marquis City Center Doha Hotel



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## WE CAN'T LIVE WITHOUT



Earrings, Sophie Closet



Lipstick, Wow



Heels, Casadei at THEOUTNET.COM



Bag, Karen Millen



## WIN TWO VIP TICKETS FOR BEETHOVEN CONCERT

ANSWER THIS QUESTION:

Where was the first concert for Qatar Philharmonic Orchestra?

## WIN A WEEKEND STAY

AT Grand HYATT DOHA

PLUS DINNER FOR TWO AT ROCCA

ANSWER THIS QUESTION:

What is the cuisine served at Rocca?



## WIN THREE SESSIONS OF VELA SMOOTH PRO AT DADOS SALON

ANSWER THIS QUESTION:

Velasmoth Pro is used for

- a) Cellulite reduction
- b) circumference reduction
- c) body contouring
- d) increase circulation and reduce muscle aches and pains
- e) all of the above

# WIN

To enter, email us at [win@abodeqatar.com](mailto: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 DINNER FOR TWO INCLUDING SOFT BEVERAGES AT THE ANVIL ROOMS

ANSWER THIS QUESTION:

The Anvil Rooms is located on which floor of Tornado Tower?



# Anne Hathaway

BY SIAN EDWARDS

THE SUPREMELY VERSATILE AND CAMPAIGNING ACTRESS TELLS ABODE ABOUT HER EXCITING NEW ROLE IN HER LATEST FILM: INTERSTELLAR, AND WHAT IT'S LIKE TO WEAR A SPACE SUIT!

ANNE ALSO SHARES WITH US HER FEELINGS ABOUT WINNING AN OSCAR, HER SPONTANEITY AND REMEMBERING TO NEVER TAKE ANYTHING FOR GRANTED!

**A**cademy Award winning actress, Anne Hathaway, 31, is starring alongside Matthew McConaughey, 44, and Jessica Chastain, 37 in the upcoming sci-fi film, *Interstellar*. Born in Brooklyn, Hathaway grew up as a theatre actress and landed her first major role as Mia Thermopolis in Disney's *The Princess Diaries* in 2001 alongside Julie Andrews, 78. Regardless of her Disney appeal, Hathaway has paved the way for herself as a dramatic actress and landed roles in *Brokeback Mountain* and *Rachel Getting Married*, which earned her first Academy Award nomination. Before her marriage to actor, Adam Shulman in 2012, Hathaway endured much

heartbreak and stress with the revelation that her former boyfriend, real estate developer, Raffaello Follieri, had been defrauding investors and was sentenced to prison. Hathaway is also known for her work as an LGBT rights advocate and supports same sex marriage, as well as working for other human rights charities such as The Creative Coalition and The Step Up Women's Network.

**Q: From what I can gather, *Interstellar* is about the end of the human race.**

I am going to quote our director. Every generation has believed they would be the last one, and every generation has been wrong. (laughs)



**Q: Well, in case it is the end, we all need to procreate - are you looking forward to becoming a mother?**

Oh yeah, I've wanted to be a mum since I was sixteen, but I also wanted to have a career, (laughter) so I have been chomping at the bit to be a mum for a really long time. I also had to find a baby daddy first. (laughter)

**Q: Which you now have.**

Which I now have! (laughs) But I would rather talk about something else.

**Q: Ok. What attracted you to the script? What was your first impression when you read it?**

I just got so excited by the questions that the movie asks, which I can't reveal now, and the scope that (director) Chris Nolan allowed in order to try and answer that, or at least explore that. I am so excited for the world to receive this film because there is going to be new conversations I believe that will happen because of it.

**Q: Did you ever want to be an astronaut?**

I did want to be an astronaut when I was a kid but I didn't have the grades for it. Math is not my bag and so I am happy to continue acting, and that seems to be going okay. And honestly, the suits are quite claustrophobic and I just decided to make friends with my suit on the first day. I put it on and thought, well I have decided that it's going to be great. (laughter) But there was one day where it got a little hairy and I almost passed out in it just doing the stuff, because on Gravity, they were able to put the suits on the actors afterwards, but we had real, practical suits and we were doing a lot of the stuff that we had to do on lifts. (laughs)

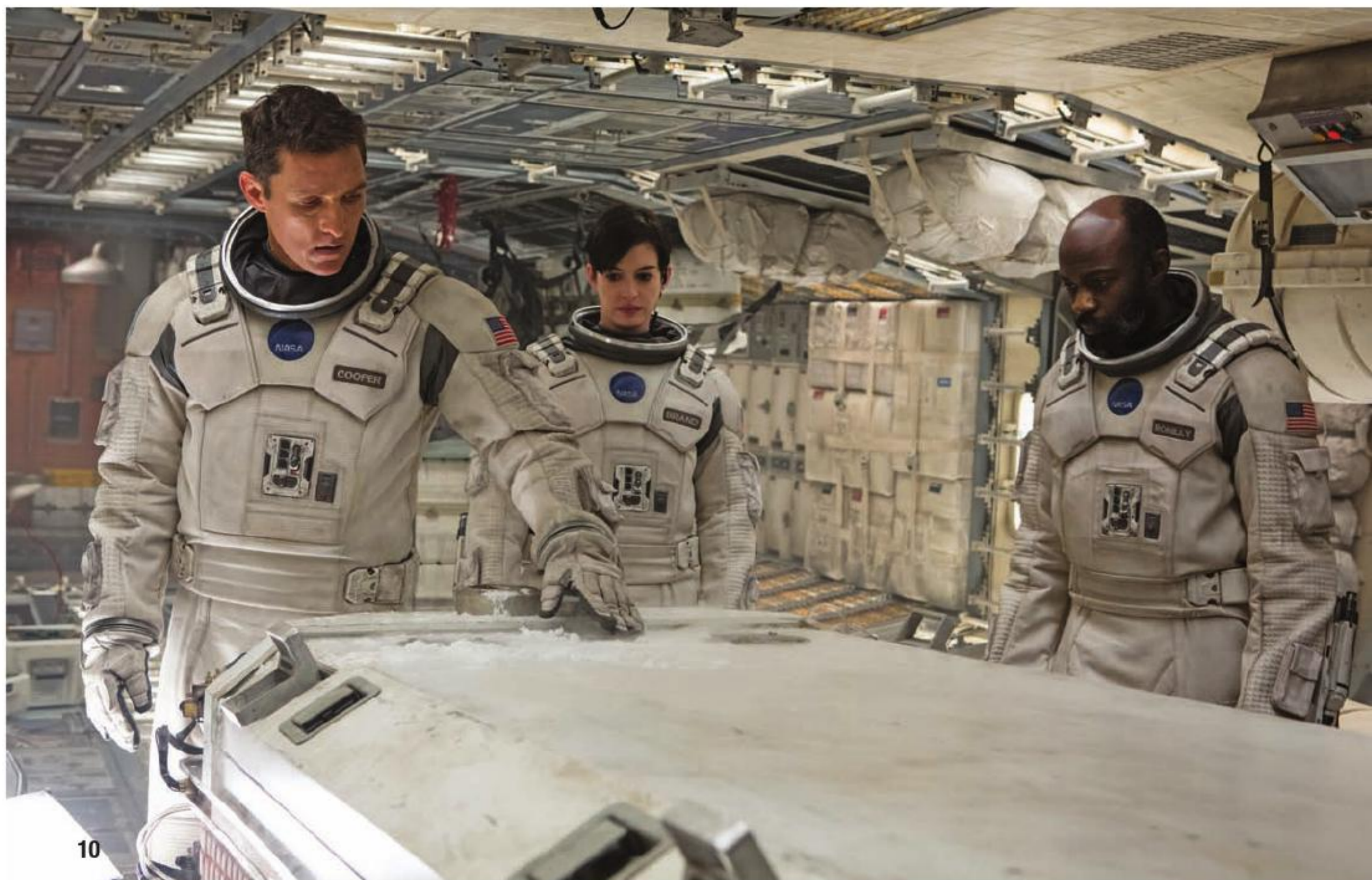
**Q: The details of a Chris Nolan movie is always very secretive but you've experienced that before on Batman?**

(laughs). Yes. After I screen tested for Batman, I thought I would take the

script pages home from the audition as a souvenir. I got a call a couple of hours later, and I was like, 'Oh my God maybe it went really well!' (says excitedly). But then it was, 'Oh, you want the pages back?' (laughter) And so someone came to my hotel and got them and I was like 'Hey, bye! Any other news?' (laughs). And I thought, 'Okay. He's not making eye contact, is that good? Is that bad?'

**Q: How was it winning the Oscar? Did it change your life?**

I am so proud of my Oscar and I felt so honoured and it was really cool to have my work that validated but it was a difficult moment and I mean, I think everybody knows that. So I didn't really want to think about it when it was done, so if anything, I just kind of put my head down and I was so grateful that Chris called and gave me this amazing part to channel because I felt very confused during that moment. It felt so wonderful to have so much emotional potency to



"WELL WE'VE GOT THIS FAR, FURTHER THAN ANY HUMAN IN HISTORY," SAYS ANNE HATHAWAY'S CHARACTER IN INTERSTELLAR.

"MAYBE WE'VE SPENT TOO LONG TRYING TO FIGURE ALL THIS OUT WITH THEORY. LOVE IS THE ONE THING THAT TRANSCENDS TIME AND SPACE."

- ANNE HATHAWAY

be able to pour back into the work and because that's what it's all about anyway. it's a beautiful thing. But in terms of my life, I don't think it's necessarily had as big an impact on my life as you might think, not my life certainly. I think I just tried to get through it, appreciate the beauty of it, and then in a way forget about it.

**Q: Where do you keep it?**

Honestly, when I first had it I put it in a place where I didn't want to see it every day, it wasn't on the bottom shelf, but it was on the shelf just above that, and I am putting it higher and higher and higher, (laughter) and I am starting to own it more. And I am starting to see the wonderful essence that experience taught me, and I am owning that.

**Q: I have to tell you something, you ruined Homeland for me. Your parody of Claire Danes on Saturday Night Live was so hysterical but now I can't watch it seriously.**

I'm sorry. Okay, I have to say something, that show is so good, no one can ruin Homeland. (laughter) That show is



brilliant. I actually hadn't watched it before I did that. They told me that there was a Homeland sketch, so when I did it at the table read, I didn't know what I was doing, and then I started to do some research, and the show is brilliant, Claire is a genius, like astonishing, and no wonder she's won all those awards. (laughs)

**Q: You're a very spontaneous and natural person. What do you do that helps you in life to be so spontaneous?**

I don't know, I've never thought about it. I am just kind of myself. I just try to tell the

truth and not take anything for granted, and be very grateful for everything that I have and be very present. •

Anne puts her wig back on to continue filming her upcoming movie, The Intern with co-star Robert De Niro, and here at ABODE, we are not only just looking forward to the release of this movie, but also to the launch of De Niro's latest offering of his NOBU restaurant which will be here in Qatar at the Four Seasons Hotel, West Bay.

DOHA FILM INSTITUTE ANNOUNCES

# THE AJYAL YOUTH FILM FESTIVAL

BY SARAH LINKLETT



*Now in its second year and following on from the success of last year's event, The Ajyal Youth Film Festival takes place at Katara Cultural Village this December. With special appearances from directors and stars, - who will also host Q&A sessions - this exciting festival must not be missed!*

The Ajyal Youth Film Festival is for film enthusiasts of all ages - with daily public screenings of local and international films, family days, special events and exhibitions – a whole host of experiences will be there for you to enjoy. There will be a wide variety of films across multiple venues in Katara, including compelling new films for film-lovers of all ages.

Highlights include the Made in Qatar section featuring work by filmmakers who call Qatar home; Opening and Closing night gala screenings and the Sony Pop Up Cinema on the Katara esplanade which will host free family-friendly screenings.

Ajyal Family Days will provide great opportunities for families to play, learn and enjoy a variety of exciting activities together. There will be story telling, video games, music, dance, shows and performances from talented local youth and international talents – and a whole bunch of other surprises.

Go along for your fill of laughter, creativity and happiness – and take home some great memories. All events at Ajyal Family Days are free and offer activities to children of all ages.

And The Doha Film Experience will give children and young people a unique opportunity to take part in judging the Best Filmmaker awards. They will watch, analyse and discuss films – then it will be their decision who will be awarded the prizes – and funding towards their next film!



Don't miss The Sandbox which is back with its digital delights to entertain people of all ages. The festival's interactive playspace is a collaborative environment that gives participants hands-on access to the latest digital technologies used in filmmaking – and the combination of imagination, creativity and high-tech equipment makes for a whole lot of fun.

This family-friendly interactive playground includes installations, educational games, apps, digital creative tools and hands-on production activities from Doha and from around the World.

The Opening Night will showcase the world premiere of Speed Sisters "Ajyal" by Amber Fares, a thrilling, action-packed and insightful documentary about the Middle East's first all-woman motor racing team. Don't miss this film! The Closing Night will feature the Middle East premiere of "Kahlil Gibran's The Prophet", an animated film adapted from the much beloved book and produced by Salma Hayek Pinault who describes it as a love letter to her Middle Eastern heritage.

But don't wait until the last night to attend the festival. Find out about the programme details and book your tickets as soon as you can! •

**1 – 6 DECEMBER 2014 KATARA CULTURAL VILLAGE**

## **DFI'S AJYAL YOUTH FILM FESTIVAL**

Full programme details available from Wednesday 12th November 2014 on the website.

Tickets available from 1pm Tuesday 18th November 2014 on the website or from Ajyal Festival Booth, City Center Mall, West Bay / Doha Film Institute Katara Drama Theatre Ticket Outlet / Katara Main Box Office.  
Prices QR 25 – QR 40

### **MORE INFORMATION:**

[www.dohafilminstitute.com/filmfestival](http://www.dohafilminstitute.com/filmfestival)

# ABODE *Loves*



## PERSIAN PALETTES

The fashion label GILLS MANJULAKSHMI presented its latest bridal and evening wear collection at the 7th International Fashion Show and wedding exhibition, which took place at the QNCC.

Doha's fashionistas and VIP members from the Al Thani family attended the glamorous event featuring 35 bridal and evening wear couture gowns.

Roll out the red carpet!

For more information check [www.facebook.com/GILLSManjulakshmi](http://www.facebook.com/GILLSManjulakshmi)



## MICHAEL KORS BEAUTY

The American designer launched last month his first global beauty lifestyle collection, which compromises lipsticks, nail vanishes and three special fragrances that represents Michael Kors women: SPORTY, SEXY and GLAM. Discover these exciting beauty range and exclusive perfumes in Sephora, Villaggio Mall.



## BATH & BODY WORKS UNVEILS A VANILLA LIKE YOU'VE NEVER EXPERIENCED!

Meet glamour this fall as Bath & Body Works lands their newest and most irresistible Signature Collection fragrance – Wild Madagascar Vanilla. At the heart of this fragrance masterpiece is an exclusive vanilla accord from the exotic island of Madagascar—the most expensive and desired vanilla in the world.



## CINER® FOR SOPHIE

One of the oldest and most prestigious costume jewellery companies in the world has collaboratively produced an exclusive and delightfully delicious collection by Sophie Katirai, founder of SOPHIESCLOSET.COM. Each piece is meticulously hand made and is a unique creation, crafted in New York by Ciner. Inspired by Sophie's love for florals, bright colours, bespoke gems and vintage teacups in her possession, we are sure you will agree that these delectable pieces are a must addition for a fashionistas wardrobe. [www.sophiescloset.com](http://www.sophiescloset.com)

## FOUR WHEELS HIGH GLAMOUR

The latest Maserati, the Quattroporte with 330 hp landed in Qatar! At 5.26 meters length the Maserati Quattroporte features the signature harmonious combination of elegance and sportiness of the Italian brand. Lowest ever petrol consumption in its 50 year history and an acceleration of 5.6 seconds from zero to 100km/h are just few of its special characteristics. Not to mention rear seat entertainment, a reversing camera as well as WLAN-based WiFi add a touch of technological luxury. Italian excellence at its best!



**FLUFFY ELEGANCE**  
ABODE GIVES YOU A QUICK GLANCE AT NEXT SEASON'S ELEGANT COLLECTION BY PAUL KA. FROM CAPTIVATING EVENING GOWNS TO QUIRKY FLUFFY COVER UPS AND CUTE LITTLE BLACK DRESSES YOU WON'T BE SHORT OF OPTIONS IN ORDER TO SHINE AT YOUR NEXT PARTY. FRENCH CERTAINLY KNOW HOW TO PULL OFF A RED CARPET LOOK!



## DOLL UP!

Beautify yourself at the newly opened BLUE BRUSH HAIR STUDIO at Guerlain Spa in West Bay. David Martinez has expanded his team of pro hair colourists, make up artists and beauty experts for the opening of their second salon. Call 4420 8660 to book your pampering session.



## THE BIKER'S MUST

Innovative, made out of an organic material and with a great design! These are the bicycles built by the Spanish company Bambu Campos Bike. Bamboo is considered the steel plant: flexible as carbon, light as aluminum and strong as steel. More strength, more stiffness and lightness in these bikes, absorbing uneven terrain but, above all, beautiful design. Resistance to moisture and high temperatures. Several models fully customizable are available: choose your favourite colour, the components and start riding your bicycle. Only one problem...you will be stopped on the street very often to show your bike! For more information check [www.bambucamposbikes.com](http://www.bambucamposbikes.com) or find bambucamposbikes on facebook

  
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# STYLE

TRENDS-SHOPPING-STYLE TIPS AND NEWS



## THE SNAKE CHARMER

Channel Cleopatra and tap into the pool of eternal youth and femininity with Bulgari's Serpenti cross-body bag. In woven chevron embroidery of striking colour combinations of black, pink and gold shiny Ayers skin, the intensity of the enamel snake-head clasp accentuates the green malachite eyes of the Serpent. This bag undoubtedly is designed for the bold and the beautiful!



## QELA TAKES WING ONCE MORE

### WITH ITS A/W COLLECTION

Qatar's first international home-grown luxury brand, held the preview of its Autumn/Winter 14'15 collection. The range takes its inspiration from the elegance and confidence of the falcon; with embroidered feathers to organic lines as fluid as a wingbeat, the new collection explores feminine assurance and classic couture. The unveiling of the collection was attended by Shiekha Noor bint Hamad Al Thani, Official Spokesperson and Brand Image VP, as well as some of QELA's skilled artisans who held live demonstrations on available product ranges with exclusive presentation workshops on leather goods' customisation services, jewellery prototyping demonstrations, shoe assembly and stitching as well as couture sewing samples.



FACE OF **JAEGER-LECOULTRE**,  
DIANE KRUGER, RECEIVES HONOURS IN  
GERMANY AND FRANCE.

Diane Kruger, the face of Jaeger-LeCoultre ladies' collections, attended the reopening of the Berlin Walk of Fame to receive her own star.

This famous boulevard welcomed the actress, who sparkled wearing her personalized Jaeger-LeCoultre Grande Reverso Lady Ultra-Thin watch during the unveiling of her shining Star.



## PAKISTAN FASHION WEEK

THE 2014 PAKISTAN FASHION WEEK INCLUDED A LINE-UP OF BOTH TALENTED DESIGNERS AS WELL AS DISTINGUISHED CELEBRITIES, SUCH AS NATASHA ALI, MEERA AND HASAN SOOMRO. PAKISTAN'S AND INTERNATIONAL TOP MODELS WALKED THE RUNWAY SHOWCASING THE COLLECTION OF KEY DESIGNERS, WITH THEIR BRIDAL, PRÊT-À-PORTER, LAWN & FABRIC, SEMI-FORMAL AND FORMAL COLLECTIONS PRESENTED. THE AIM OF THE EVENT WAS TO "PROMOTE PAKISTAN PRODUCTS AND FASHION LINE TO THE QATARI COMMUNITY AND FOR THE DESIGNERS TO ENJOY THE EXPOSURE OF QATAR'S UNTAPPED MARKET" COMMENTED THE CHIEF ORGANIZER, RAHAT MANSOOR.

# NEWS

THE LATEST DISH FROM THE FASHION WORLD

## BOUCHERON'S SERPENT BOHÈME IS BACK WITH IRRESISTIBLE NEW CREATIONS

Blending classicism with assertive freedom, Fifty One East and Bouchero, announced the arrival of new creations in the iconic Serpent Bohème line, which carries irresistible and dazzling pieces such as sleeper earrings, rings, Bangle Toi et Moi. The yellow or white gold rings from the Toi et Moi collection are so dainty and easy to wear that you can stack them on top of each other and create your own unique style.





## HOLIDAY 2014 AT BANANA REPUBLIC

Guests at the Banana Republic 2014 Holiday fashion show were welcomed to a hidden oasis at the Sunken Garden in the Ritz Carlton, Dubai, and with light canapés and fresh mocktails in their hands, they watched the collection parade down the runway. This marked Banana Republic's new global marketing campaign: The New Look of Banana Republic, to which Creative Director Marissa Webb comments, "It's been exciting for me to work on this collection and push the fashion component even further through styling."



## PAN ARAB MODEL SOUKAINA ELJID JOINS SCHIFFER, HERZIGOVA AND KLUM AS 'METROPOLITAN TOP MODELS'

Soukaina Eljid has been named as Metropolitan Model 2014 at a seven day event held at Magazan Beach and Golf resort in Morocco. The seven-day glamorous contest means that Soukaina will be joining the group's 500 top models, who include the like of Claudia Schiffer, Eva Herzigova and Heidi Klum; marking a new milestone for the Arab world. The contest was described as a "glamorous event full of beauty and elegance" by the resort's President, Stephanie Killinger.



## SWAROVSKI 'FACETS OF LIGHT' COLLECTION IS LAUNCHED IN A DAZZLING EVENT

Swarovski hosted a spectacular event at its boutique in Lagoona Mall to celebrate the launch of its 2014 Fall/Winter collection, 'Facets of Light'. The collection comprises of an artistic array of colours that combines art, fashion and classic creations all under Swarovski's well known aesthetic signature of sparkles and charm. Swarovski's Creative Director Nathalie Colin emphasized on this by explaining that her "constant search for modern will meet refinement, glamour and femininity", which made the unveiling of the 'Facets of Light' a truly memorable evening.



## VICTORIA BECKHAM LAUNCHES FIRST STORE

VICTORIA BECKHAM OPENED HER FIRST STANDALONE STORE AT 36 DOVER STREET, LONDON. THE FABULOUS THREE-STORY MAYFAIR STORE, DESIGNED BY MULTI-AWARD WINNING LONDON ARCHITECT FARSHID MOUSSAN, BRINGS TOGETHER REFINED MATERIALS, ARTISANAL CRAFTSMANSHIP AND MODERN DESIGN LANGUAGE FOR WHICH THE FASHION BRAND IS RECOGNIZED. VICTORIA BECKHAM HAS PERSONALLY HAND-PICKED PIECES FOR THE LAUNCH COLLECTION WHICH ARE UNIQUE TO HER LONDON CLIENTELE. COMPLETE WITH READY TO WEAR, ACCESSORIES, EYEWEAR AND DENIM, THIS STORE ALLOWS FOR A PERSONAL AND DISCREET SHOPPING EXPERIENCE.



**48+27+49**  
HOURS BRANDS OUTLETS

*Apparel group brings a host of international brands to the catwalk for Fashion Weekend*

Apparel Group, the international fashion and retail conglomerate launched 'Fashion Weekend' in Ezdan Mall. The new initiative brought the group's brands together in an exclusive fashion show that showcased the latest trends from this season collection.

Attendees were given a glimpse into some of the brand's Fall/Winter 2014 range via an upbeat, fun and chic fashion show. Among the featured brands were:

Aldo, Aldo Accessories, Skechers, Skechers Kids, Garage, La Vie En Rose, Inglot, The Children's Place, Le Chateau, New Yorker, Aéropostale, Charles & Keith, Call it Spring, JFK, The Athlete's Foot, Naturalizer, Nine West, Tommy Hilfiger and Kenneth Cole just to mention a few.



# PIANEGONDA

*Leading Italian jewellery designer Franco Pianegonda crafts his collections out of optimism and positivity towards life. The SWEET RIPPLES collection echoes this optimism, with a range of elegantly crafted pieces representing the delights of the finer things in life.*

*Fashionistas of Qatar can now get their hands on their very own selection of Franco Pianegonda by heading to The Pearl Qatar's latest jewellery store, Marbella Jewelry; a boutique like no other that transports its customers to a quirky yet luxurious jewellery haven.*

*The Pearl Qatar, Porto Arabia, Parcel 4, 6 la croisette*

# THE JEWELS OF PEARL QATAR

*Marbella Jewelry is the new and exquisite jewellery concept store on the Pearl Qatar. Along with its promise of being uniquely different within the range of brands and designs carried, Marbella Jewelry also boasts of providing its customers with an eco-friendly experience from the moment they walk through the doors. ABODE exclusively spoke to the duo behind it all, business partners Miguel Gomez and Mohammed Al- Suwaidi; who reveal why this store will appeal to their customers' five senses.*



PHOTOGRAPHY: JESSIE PALANCA

Owner Mohammed Al- Suwaidi and his cultural partner Miguel Gomez are building a cultural bridge between Andalusia and Qatar.



Evil Eye Ring, Nialaya



Hamsa Hand Ring, Nialaya

## What makes Marbella Jewelry a unique shopping destination?

We are a family business in Andalusia, Marbella, where our shop sources and sells jewellery to clients who appreciate the very finest selection. We have one-of-a-kind and limited editions that make our customers feel different by being able to find pieces no one else has. Marbella is a small city, which is predominately all about luxury, fun and discovery – like our jewellery.

## Why have you chosen Qatar?

We are building a bridge between Andalusia and Qatar which is founded on our very strong Islamic cultural bonds. It is an honour to be in Qatar where we share much of what we treasure in Andalusia.

## store?

Our jewellery is an eclectic mix of Eastern and Western influences. We follow the latest fashions from around the world and also support local home grown Qatari talents, by having a dedicated section in the store for this. As Andalusia was part of the Islamic empire so our jewellery is influenced by Islamic traditions – a cultural heritage we share with Qatar.

## What makes your jewellery unique?

Our jewellery is both trendy and original. We believe that our clients need to feel emotionally connected to what they are selecting, and this emotional link is essential to the thought process behind each and every specific piece that we choose to have in the store.

## How is your jewellery influenced by arts and culture?

We have watches and cufflinks that have been designed using an Islamic theme. There is so much beautiful and inspiring



Olivia Palermo



Diamond Evil Eye, Nialaya

How do you select the designers that are chosen to be represented in the



Ring, Nialaya

art in Qatar, for instance The Museum of Islamic Art is one of the world's best museums I have visited for both its quality of art and the building itself.

### **How does the store itself captivate all 5-senses of your clients who walk through its doors?**

We have a different concept of space which is environmentally friendly with plants, music and fragrances that are inspired by the sea. This tranquillity appeals to our clients' senses and the key elements – luminosity, sun and sea with the feeling of freshness they bring can be experienced in Marbella and also at The Pearl.

### **What plans do you have for the future?**

We plan to open five more stores, all with the same concept. We will showcase up-and-coming designers and act as their exclusively sole agents. However it is not a question of how big we are, or will get from expanding – it's about how we can make our clients feel, therefore we will stay true to our cultural concept each and every time, as well as the continuous support for local designers.

### **Are there any celebrities amongst your clients?**

Our clients include celebrities such as Shakira, Hugh Jackman and Melanie Griffin. One of our designers, Nialaya enjoys international fame, with a wide following from celebrities including Beyoncé and Olivia Palermo. Added to that, the best silversmiths in the world are located in Andalusia, and with Marbella acting like a magnet, the attraction from all over the world to its shores undoubtedly always include hosts of celebrities. This same magnetic attraction of Marbella as a city translates to the store, as we see ourselves as a magnet for luxury!

*ABODE was delighted to have the owner Mohammed Al-Suwaidi share with us his reason for launching Marbella Jewelry and the cultural vision for the store.*

### **What was your business mindset behind launching Marbella Jewelry?**

As a country, Qatar is a great metropolis for businesses - especially new and emerging trade.

Therefore, launching Marbella Jewelry meant that we are able to contribute to the growth and expansion of the country's economy, as well as indirectly 'thanking' the country for providing such an opportunity and support for new talents.

### **Apart from the store, are there any other way that Marbella Jewelry gives back to Qatar's economy?**

For the last three years, Marbella Jewelry has participated in the annual Jewellery Expo here in Doha. This is a great hub for showcasing seasoned, as well as upcoming brands and designers. Marbella Jewelry will once again be proudly participating and supporting this exhibition next year.

### **In regards the visionary concept of the store, what was your main driving force?**

I spend a great deal of my holiday time in Andalusia, reason being is, culturally the Andalusia region is a great advocate for Islamic history, and there is so much of this to discover within the city; from architecture, and sculptures, to arts and crafts. Therefore, I wanted to extend my knowledge of the region by building a bridge of education and culture between the Andalusia Islamic culture and the people of Qatar, about the hidden beauty of this region

ALEXANDER SHOROKHOFF MAKES MODERN ART FOR YOUR WRIST. AT FIRST GLANCE, YOU WILL NOTICE THE WATCH'S OVERSIZED ARABIC NUMBERS, WHICH DISTINGUISH SHOROKHOFF'S SIGNATURE AESTHETIC.



Lady Chronograph  
Avant Garde Collection

Avant Garde Collection

Alexander Schorokhoff  
The Watchmaker



# Celebrity Stalker

*Easy does it! Recreate Kirsten Dunst's timeless and chic city look.*



## BACK TO BASIC

A white tee is a staple item in every woman's wardrobe. Invest in different shapes, styles and shades as they always come in handy!  
NLST at [NET-A-PORTER.COM](http://NET-A-PORTER.COM)



## BUTTONED UP

Whether you like to wear it opened or buttoned up, a blazer always looks tres-chic.  
Ralph Lauren at [STYLEBOP.COM](http://STYLEBOP.COM)



## IN THE SHADE

Forget ordinary sunglasses, this season is all about colourful frames and lenses... the brighter the better!  
PHILLIP LIM at [NET-A-PORTER.COM](http://NET-A-PORTER.COM)



## FLAT OUT

This pointy ballerinas by **Valentino** are a must in the city to run around.



## BAG IT!

Salvatore Ferragamo's Sofia bag is a favourite amongst celebrities. It comes in different colours and sizes. Kirsten opted here for the small black version.



## SLIM LEGGED

Opt for this tailored denim by **Closed** at [STYLEBOP.COM](http://STYLEBOP.COM) for a long and lean effect.



Al Sadd: Centrepont, Al Asmakh Mall, Tel: 44289215. City Center - Doha, Tel: 44831139.  
Wakra: Plaza Mall, Barwa Village, Tel: 44153587. Al Khor: Al Khor Mall, Tel: 44721623.  
Abu Hamour: Dar Al Salam Mall, Tel: 44639635.

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# 1 Top 10

## 1 BEAMING TEARDROP

Get your hands on these dazzling earrings by Kenneth Jay Lane, designed for the OUTNET.COM's exclusive jewellery collection: spot on for the holiday season ahead.



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

## 2

### SHINE ON

This sequined number is the perfect partner in crime for your classic black pencil skirt to rock any last-minute cocktail receptions.



## 3

### BELT UP!

Nobody better than Versace can chinch up your waist in full bling.



## 4

### WHAT A STUNNER

Salvatore Ferragamo's Fiamma bag is among one of the IT bags of the season, so don't look any further than this embellished version to turn some heads on and off the red carpet.



## 5

### REGAL HEELS

If you had enough of embellishment but still want to achieve a luxurious look, these Santoni's baroque-inspired stilettos will do the job.



## IT'S A SHOWSTOPPER!

This season's Milly evening wear collection is literally to die for. From short prom dresses to luxurious gowns, you'll literally be spoilt for choice.

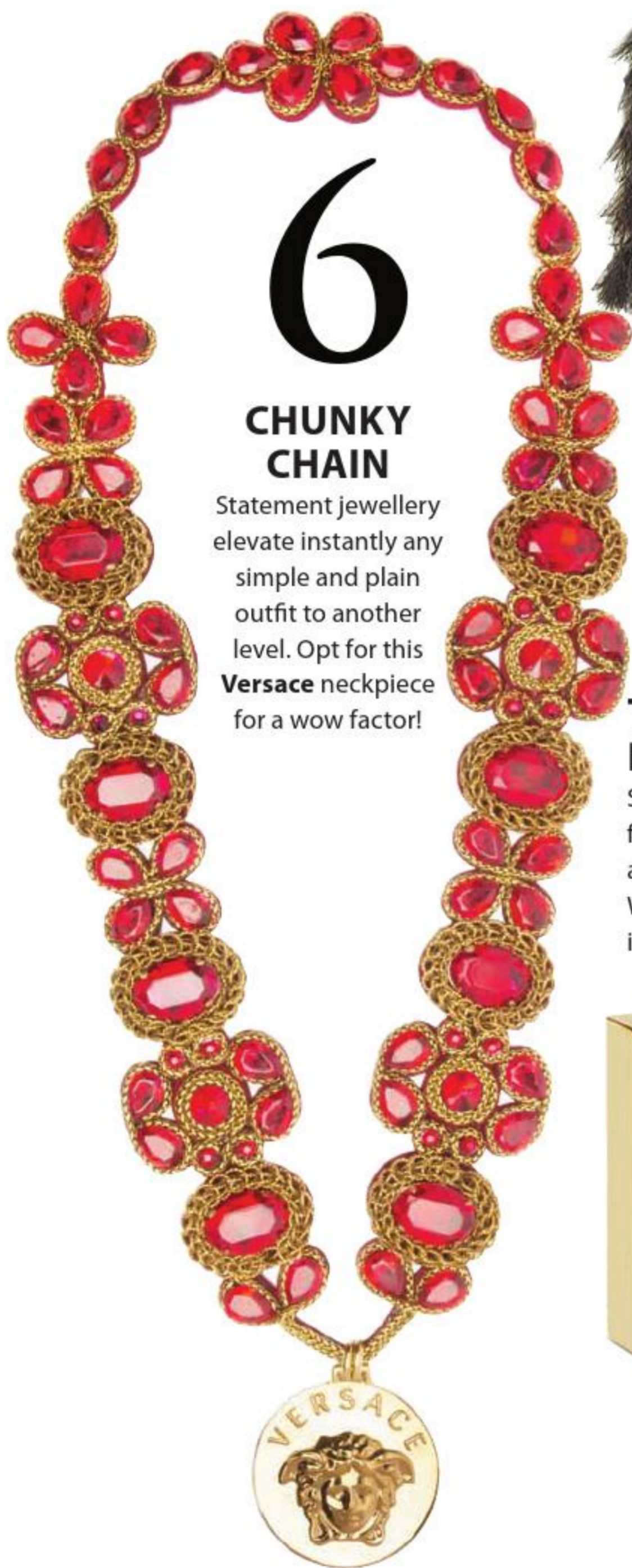
# 7



# 6

### CHUNKY CHAIN

Statement jewellery elevate instantly any simple and plain outfit to another level. Opt for this **Versace** neckpiece for a wow factor!



# 8

### THE EVENING PURSE

Sleek clutches are big news for the Fall. Pick your fav style at Karen Millen's boutiques. We are adding this sleek box-inspired one to our wish list.



# 10

### ARM CANDY

Discover Swarovski's latest range to finish off your sensational party attire.



# 9

### QATARI ELEGANCE

QELA's evening and cocktail wear collection unveiled traditional couture dresses and opulent capes styles fit for all the sophisticated and glamorous women out there. Visit QELA's boutique in the Pearl to ensure a perfect fit and make the most of their unique customation service.



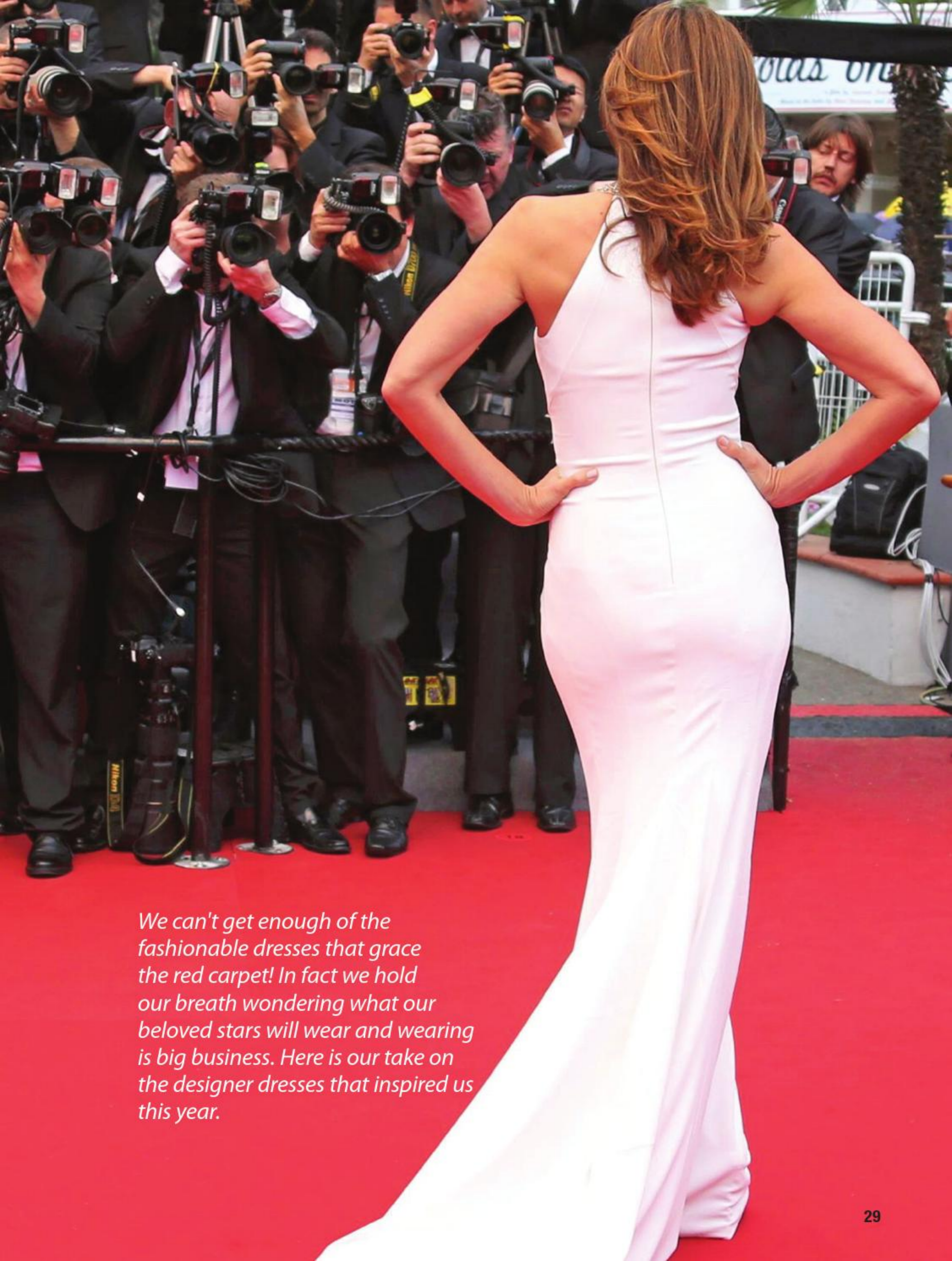
luxury



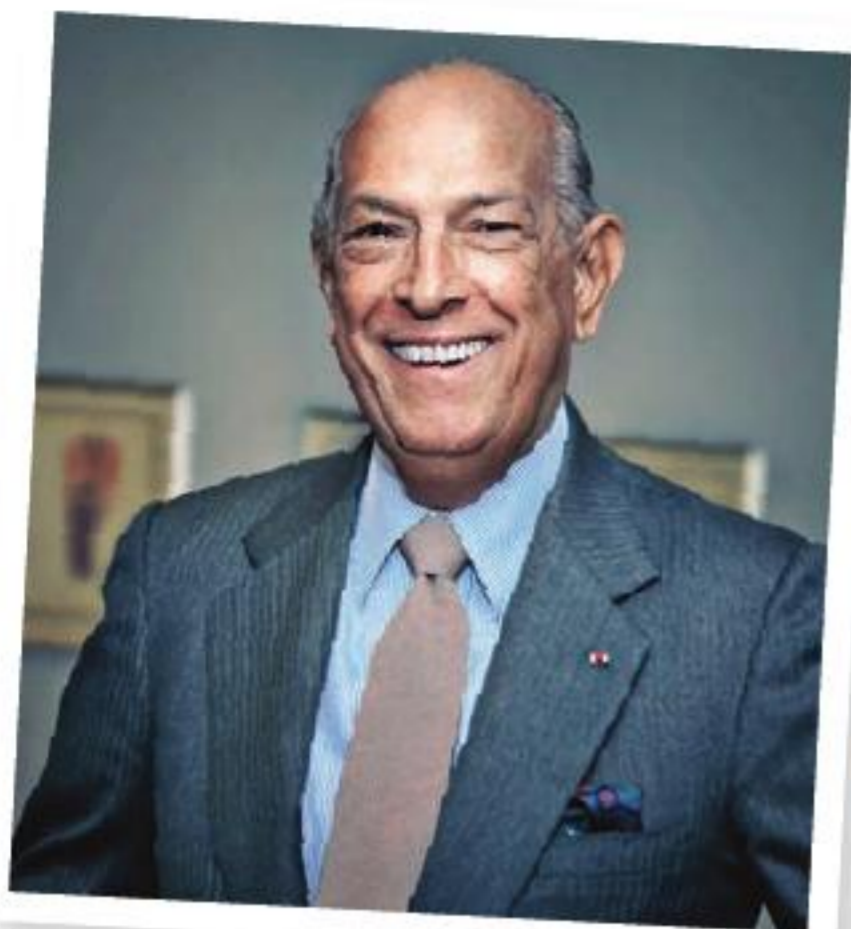
THE ART OF

Dressing  
Celebrities

FOR THE RED CARPET



*We can't get enough of the fashionable dresses that grace the red carpet! In fact we hold our breath wondering what our beloved stars will wear and wearing is big business. Here is our take on the designer dresses that inspired us this year.*



## A TRIBUTE TO A FASHION LEGEND

ONE OF THE GREATEST DESIGNERS OF OUR ERA SADLY PASSED AWAY LAST MONTH. OSCAR DE LA RENTA, THE DOMINICAN AMERICAN COUTURIER TO THE STARS DIED AT THE AGE OF 82. HE DRESSED JACQUELINE KENNEDY AND LADY DIANA AND RECENTLY AMAL ALAMUDDIN, WHO MARRIED GEORGE CLOONEY IN ONE OF DE LA RENTA'S STUNNING CREATIONS. THE FUTURE AND LEGACY OF THIS ICONIC FASHION LABEL WILL BE IN THE HANDS OF PETER COPPING, WHO WAS NAMED CREATIVE DIRECTOR OF THIS LEGENDARY BRAND JUST DAYS BEFORE HIS DEATH. REST IN PEACE "SULTANE OF SAUVE", THE FASHION WORLD WILL CERTAINLY MISS YOU!

## Oscar de la Renta!

Oscar left some unforgettable quotes that would surely inspire everyone who has the same love for fashion like him.

"We're dealing with sophisticated customers. What's most important to these women is individuality. I have to create things she'll want to wear, no matter who she is."

"Now is the most exciting time in fashion. Women are controlling their destiny now, the consumer is more knowledgeable, and I have to be better every single day."

"Fashion is about dressing according to what's fashionable. Style is more about being yourself."



### SHOW STOPPER

Donning a show stopping Oscar de la Renta ball gown for the 2014 Met Gala in May, Sarah Jessica Parker takes "glamorous" to a 'whole other level'!



### MET GALA 2014

Amy Adams, Claire Danes, Ivanka-Trump on the red carpet wearing Oscar de la Renta stunning designs. They all look breathtaking!

# Red Carpet Designers!



## HOLLYWOOD GLAM

Taylor Swift dazzles in a **Carolina Herrera** gown at the Golden Globe Awards 2014.



## LADY IN RED

Jennifer Lawrence stepped onto the red carpet in a **Dior** gown looking ever so graceful.



## TUXEDO POWER

Sometimes the best way to stand out from the rest is to make a fashionable statement in a fitted tuxedo suit. Above, Madonna arrives at the Grammys in a **Ralph Lauren** suit proving that she is a confident and powerful woman. Likewise, arriving at the 2014 British Academy Film Awards, Angelina Jolie showed that she doesn't have to wear a dress to be sexy. She looked ravishing in this **Saint Laurent** tuxedo!



## UNDERSTATED BEAUTY AT THE EMMYS

Camila Alves was stunning in a sheer Zuhair Murad mosaic pattern dress. Sofia Vergara, looked stunning as ever in a white Roberto Cavalli gown and Katherine Heigl graced the red carpet in a cream coloured Old-Hollywood-Glam inspired dress!



# Anything But Ordinary

A photograph of a person lying on a bed, covered by a purple blanket. The person's arm is visible, resting on the blanket. The background is a plain, light-colored wall.

*ABODE celebrates one of Qatar's most original and magical designers: M Jay. With such high-voltage, dramatic show stopping pieces, you would expect nothing less than all eyes on you!*

PHOTOGRAPHY: ANGEL ZAITER  
HAIR: FRANCK PROVOST QATAR  
MAKEUP: DEBI MENDEZ  
MODEL: EMNA CHERIF  
CLOTHING: M JAY DESIGNS  
STOCKIST: JO LAMODE BOUTIQUE /  
PERSONAL HOME SERVICE



## FIELDS OF GOLD

With such high definition opulence, these gowns stand out all on their own.

Simplicity is the key; uncomplicated shapes and design lend themselves to a sleek and shimmering finish.





## **BELLE OF THE BALL**

Engulf in the glamour of the gown, with minimal effort by adding perfectly to it with statement accessories to sparkle into the night.

## PEARLS OF WISDOM

Keep elegantly refined in this demure off-the-shoulder, accentuated with a multitude of pearls.







### **A VAMP AFFAIR**

Command the room with this dramatic shade in a two piece ensemble. Strike attention and let the cape do the talking as it wafts around you.



# Redefining *your* space



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Al Rayyan, Tel: 44164178. Wakra: Plaza Mall, Barwa Village, Tel: 44153586.  
Al Khor: Al Khor Mall, Tel: 44721518. Abu Hamour: Dar Al Salam Mall, Tel: 44639635.

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# Spring Summer 2015

*There was a fresh vibe surging through the Spring Summer 2015 runway shows. Abode brings you the roundup from New York, London, Milan and Paris.*



BCBG



Giorgio Armani



Loewe



**SPRING SORBETS**  
Sprinklings of sugary sweet shades for SS15



**NOT SO MELLOW YELLOW**  
Turn heads by injecting this punchy shade into your wardrobe

# New York



**GORGEOUS GINGHAM**  
Check-Mates were spotted on several catwalks



**WALKING THE LINE**  
The classic stripe has gone graphic; match or clash for a striking effect



### TRUE BLUE

All the shades from bright turquoise to cornflower and powder to Klein were sent down the runway

### ARTISTIC EMBELLISHMENT

Seasoned designers showcased their craftsmanship



# London



### PLEATS PLEASE

Swooshing down the runway, pleats shined and shimmered



### SHEER MAGIC

This big trend for the season does not leave much unnoticed



### LADYLIKE LACE

Designers chose to embrace femininity with a touch of lady like delicacy



### SUEDE STORM

Championed by the return of bohemian prints, the message is loud and clear: suede is in



# Milan



### MILITARY MARCH

Uniform-inspired collections will command attention



### FRINGED BENEFITS

The Seventies revival was a key player to this trend



**BLOOMING ROUGE**  
Ultra feminine florals make a stand out in crimson hues



**WHITE HEAT**  
Showstopper whites commanded attention



# Paris



**BOHEMIAN RHAPSODY**  
Festival-themed looks created a vibrant chilled mood



**THAT 70'S SHOW**  
Wide-cut trousers, fluid maxi dresses and high slits were the order of the day



# Insta ABODE



All the things we adore  
enjoy and experience  
#intheplacewecallhome #sinfulgoodness  
#whereallthebeautifulpeoplewereat

#FOLLOW  
ABODE  
QTR

#LOVEIT



#WHEREALLTHEBEAUTIFULPEOPLEWEREAT



**@THEMODEOFFICAL**

Natalia Apple's M.O. is providing the full report of fashion industry news and happenings while giving an all-encompassing representation of all multicultural backgrounds. This is where fashion and diversity collide



**@MASIONVALENTINO**

The official VELENTINO page, where we love to indulge ourselves with luxurious inspiration. Here Keira Knightley wears haute couture 14/15 at the premier of The Imitation Game in London!

#MUSTHAVES



**@WISHALBAS**

One of the best Middle East born on line shopping stores, based in the KSA! WishAlbas features all the latest designer fashion collections around the globe for men and women, including kaftans and abayas too. Start clicking today!

♥♥ #IFLOOKSCOULDKILL



**@SAMERKHOUZAMI**

We follow Lebanese celebrity makeup guru Samer all over the world – making women even more beautiful one face at a time!



# SHOW STOPPERS

FROM MIGATO THIS SEASON!



*Always a step ahead, season after season the company which is headquartered in Athens, works endlessly to provide a wide variety of styles to satisfy the fashion demands of its loyal customers. From shoes to bags, belts, and other accessories MIGATO continues to extend its product line, covering all aspects of the footwear & accessories.*

For more information, visit the stores at  
Landmark Mall (44113310) and Ezdan Mall (44818981) or email [customerservice@sig.com.qa](mailto:customerservice@sig.com.qa)

# RAZZLE DAZZLE

If you've got an eye for embellishment and want to sparkle like the celebrities do on the red carpet, ABODE shows you how to shine like a star on a high street budget.



Accessorize



Debenhams



Monsoon



## COCKTAIL RECEPTIONS



Wallis



Dorothy Perkins

## A NIGHT OUT WITH GIRLS



H&M



Wallis



Warehouse



River Island



Next



H&M

## LUX DINNER DATE



Miss Selfridge



Miss Selfridge



Debenhams

HEATS THINGS UP WITH ITS HOLIDAY COLLECTION

## GLAM PICKINGS

This season Banana Republic's capsule has added the most delightful items to get dolled up in. Here our top 5 picks, from dainty bracelets to statement necklaces, to must-have easy-wearing pieces, there is plenty to choose from to make any outfit shine!



**1** Opulent gold cocktail dress



**2**

Elegant bejewelled necklace



**3**

Elegant textured blouse



**4**

Roman-esque jewelled wrist cuff



**5**

1950's stylish faux fur stole



## TRUE WARMTH

This winter at Banana Republic the feeling of true warmth can be found in cozy layers and wrapped up in the most touchable textures. Banana Republic represents an approach to style, living and a state of mind that continues to define the modern wardrobe.

The Holiday Campaign showcases the brand's evolution and tells the story of exciting things to come, "The new look of Banana Republic reflects our charge towards authenticity in storytelling, where fashion is front and centre," Catherine Sadler, Global Chief Marketing Officer.

The Holiday Collection is in stores from this month!

23.15.23 00.00 23.15.23

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# ABODE MEN'S AGENDA

## SUITS YOU SIR

The beauty of a suit is its simplicity:  
the jacket matches the trousers.

The new age of cool modern suits means  
however that there are so many more  
occasion wear options other than the ever  
popular standard black-power-suit.

Step out of your comfort zone and  
experiment, and all that remains is to add  
the finishing touches with pieces to  
compliment.



## COLOUR CODING

It's not always black or white in the fashion world; from sea green to bright orange and pale yellow, explosive colours will add an extra edge to your style. Suit up in one of these upbeat colours and keep everything else simple i.e. your shirt, shoes and accessories. The simple roll of a trouser leg and a neutral shirt can really change the look of a boldly coloured suit, so men, do not be put off, learn how to wear and balance out your look. And with this lively style, you're sure to have a fun-filled evening!



Lanvin at FIFTY ONE EAST



CHARVET at MRPORTER.COM



Alberto Gardiani at The Gate Mall



## CHECK MATE

Without the proper know-how, a plaid suit could just make you look like you're playing office in grandpa's suit. For the truly sophisticated, the patterning should be very subtle; trendier looks can be derived from wearing bolder patterns, and opt for a closely tailored fit. Despite its patterned nature, the check suit is rather versatile, depending on the strength of the pattern. You can always play it safe by wearing a solid shirt and a patterned tie or you can experiment with prints and paisley, and even a combination of the both. The plaid suit when worn properly, has an almost vintage elegance to it, and will propel you to the 'Sharp Dressers' list!



Boggi



Salvatore Ferragamo



Massimo Dutti

## THE VELVET TOUCH

Silky soft yet structured, velvet is the most iconic fabric of the A/W14 season. This is one fabric which, when worn right, can make you look like a million dollars! While all types of jackets cannot be a replacement for a tux, velvet jackets however have such a rich fabric feel, and so for a tux-like look, choose from colours like cobalt blue or grey, and team this jacket up with a turtle neck and well fitted trousers and you are set. A velvet jacket looks suave, sexy and smart, and has the right balance of sophistication and cool.



Lanvin at FIFTY ONE EAST



John Smedley at MRPORTER.COM



Salvatore Ferragamo



Gucci



Smalto at FIFTY ONE EAST

## WHITE, OUT

Slightly impractical? Yes. Stylish? Even more so. This look is most certainly meant for all play and no work, it is a devilishly stylish bit of tailoring that only the bold and beautiful have the courage to don. The white suit is a fashion suit, so look for one that's a slim fit with two buttons, and also tailored to your shoulders and tapered at the waist. Styling a white suit is incredibly easy. It goes with everything; even a white shirt would be acceptable here, or quite simply add some colour through your accessories. Also, do feel free to go sock-less.



Lanvin at MRPORTER.COM



www.otaa.com



Salvatore Ferragamo



Ermenegildo Zegna

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# BEAUTY AND WELLNESS

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



## AGE DEFYING SECRET

The Natura Bissé Essential Shock Intense Line helps restore essential elements needed to maintain plump, hydrated and wrinkle-free skin. The addition of these innovative ingredients results in an exceptional line that maintains healthy skin and provides extraordinary benefits through revolutionary key complexes: Proteoglycan-Derma Complex and Aminoessence Cocktail. Available at their branches at City Center & Royal Plaza.

## COLLISTAR HAIR PRODUCTS

Collistar hair products was birthed as a result of a collaboration from Collistar Laboratories, and with a team of hair stylists and hair care professionals. This line combines natural ingredients and high-tech formulas for a "made-to-measure" response to the problems of every type of hair, such as Highlighting Long-Lasting Colour Shampoo, Anti-Hair Loss Revitalizing Shampoo, Supernourishing Shampoo and Supernourishing Restorative Mask and Purifying Balancing Shampoo Gel.



## SKINCEUTICALS

**ENSURES THAT PIGMENTATION AND DISCOLORATION BECOME A THING OF THE PAST**

AS ONE AGES, DISCOLOURATION BECOMES A STUBBORN AND DEEPLY ROOTED PROBLEM, HOWEVER, AN EXCELLENT SOLUTION TO THE OBSTINATE PROBLEM HAS ARRIVED IN THE FORM OF THE SKINCEUTICALS ADVANCED PIGMENT CORRECTOR! A COMPREHENSIVE CORRECTIVE TREATMENT THAT FEATURES A COCKTAIL OF HIGH POTENCY INGREDIENTS TO CORRECT AND REDUCE SKIN DISCOLORATION. CLINICALLY PROVEN TO WORK ON ALL LAYERS OF SKIN AND SUITABLE FOR ALL ETHNICITIES.



# NEWS

THE LATEST DISH FROM THE BEAUTY WORLD

## INTRODUCING BOTTEGA VENETA KNOT

Three years after launching the fragrance collection and the first edition Bottega Veneta, the new fragrance Knot is much airier and abounds in floral and sparkling notes and is inspired by the fresh air of the Italian coast, scent of flowers and clean laundry.

As with Bottega Veneta's signature fragrance, the Knot's bottle is inspired by Venetian glasswork and combining soft, rounded curves and powerful lines, the bottle is an object of timeless beauty and pleasing simplicity.



## VICHY REVEALS A NEW BEAUTY SECRET

We all love to say that our eyes would never betray us, but sleepless nights, stress, computer work, long hours, pollution and premature ageing among other factors of a fast-paced life prove otherwise. Conquering the enemies of the eyes, including dark circles and fine lines, requires acting on all fronts simultaneously, a task that seems unachievable but is a universal aspiration! However, nothing is impossible for Vichy as the brand unveils a new beauty secret to keep your eyes from ever looking tired again – Idéalia Eyes.





# THE NATURAL BEAUTY PRESCRIPTION

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# "PINK TOGETHER"

A BREAST CANCER AWARENESS INITIATIVE  
IN DOHA DURING THE MONTH OF OCTOBER

*4U kicks off the celebration of the Breast Cancer Awareness Month through "Pink Together" held at the Gate Mall in an effort to raise awareness of the disease, its detection, its treatment, and the need for a reliable, permanent cure.*



(Left to Right) Celine Martin - Hilton Hotel, Deliah Furcol - ABODE, Gulf Air - Flight Attendant, Nicole Van Hattem - Abundant Living, Gulf Air - Flight Attendant, Nicola Simpson - Speaker, Jinane El Hage - 4U, Carla Tabet - Beauty Expert, Effat Samir, Ana Galutera - Carolina Herrera, Trelly Averia - 4U, Wael Mattar - Gulf Air.

"Pink Together", which was born last year in collaboration with ABODE magazine, is one of the successful events here in Doha that aims to empower women to fight against breast cancer. This year, through the help of 3 notable speakers: Nicola Simpson, a cancer survivor; Nicole Van Hattem, a detox specialist and Carla Tabet, a beauty expert. The event is geared toward a better understanding of the journey of a survivor; a way of life from healthy lifestyle; and a boost of positivity and confidence through beauty.

"We want this event to be a venue of people having one goal, joining hands and spirit to be of strength towards fighting something negative. Breast Cancer is not a joke, and everyone should be aware of

that," said Ms Jinane El Hage, 4U Regional Manager. "We are very thankful that a number of companies and organizations have joined us this time and supported this cause," she added.

Aside from 4U and ABODE, the event was also presented by Carolina Herrera, Gulfair and Hilton Doha Hotel. It also gained support from B/Attitude, Blink, BlueBrush, Chi Zen, Grand Hyatt, Kempinski, Nando's, Wyndham Grand Regency and Ford's Warriors in Pink.

According to Carolina Herrera, a brand which is also active in supporting causes for Breast Cancer Awareness, some 1.38 million new cases of breast cancer are diagnosed every year worldwide. Today, one in four cases of cancer in women is

breast cancer. And we know that Qatar is no exception.

For women who are going through this disease, receiving emotional support is vital. However, often such psychological support is given a secondary importance or even neglected entirely.

Supporting patients with a positive attitude is a crucial action that is often forgotten. In many cases, what is needed to face such a situation with greater strength is love, care and a sense of support.

With more Breast Cancer Awareness initiatives happening every year, truly we can be stronger than the disease even simply being "pink together". •

**ABODE**

**CH**  
CAROLINA HERRERA

طيران الخليج  
**Gulf Air**

**Hilton**  
DOHA

**WARRIORS IN PINK**  
Powered by Ford

**b/attitude**



From left to right: Carla Tabet, Gulf Air flight attendants, Chadia Mazloum and Nicola Simpson.



Marck Angeles



Nicole Van Hattem, CEO of a Abundant Living



Participants of the event pictured together



Participants of the event listen to Nicola Simpson speak about her journey through cancer



Nicola Simpson



The ABODE team attended as media sponsors of the annual "Pink Together" event



## About 4U:

4U, a beauty retail concept of Salam Studio and Stores, is home to a number of well-renowned international brands in skincare, cosmetics and fragrances such as Carolina Herrera, Chanel, Clinique, Dior, Dolce & Gabbana, Estée Lauder, Givenchy, Gucci, Guerlain, Kanebo, La Mer, Lancôme, Nina Ricci, Prada, Yves Saint Laurent, among others and also boasts of being an exclusive retailer of certain brands such as Bobbi Brown and Natura Bisse here in Qatar.

Catering to a largely A and B market, 4U maintains a high-scale standard in beauty products and services being one of the pioneers in the industry spanning more than 10 years after it opened its first boutique in City Center Doha.

Not long after, another boutique was opened in Royal Plaza - a stylish shopping mall in Doha which offers an array of boutiques on three retail levels. The design and development of the mall was created using essential ingredients that would shape a facility with a sense of elegance and comfort befitting 4U's image at hand.

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

### Press Contact:

Marck Angeles

Marketing Coordinator

Perfumes & Cosmetics Division

Salam Studio & Stores

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m.angeles@salams.com | www.salams.com

# LET'S GET PAMPERED!

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



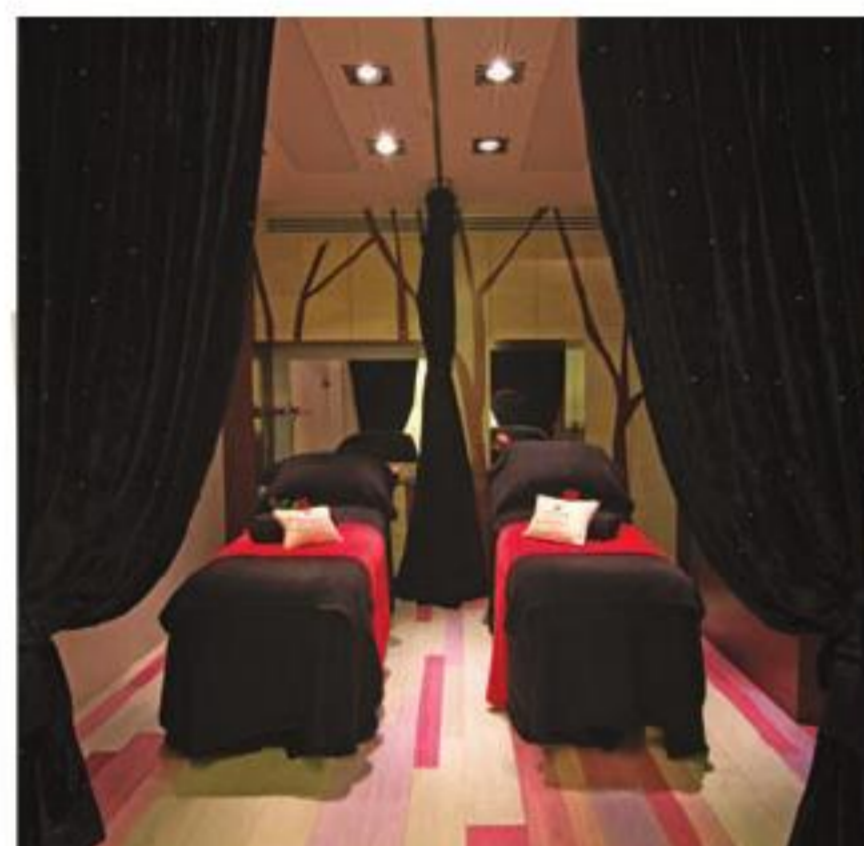
## WRAP STARS

**S**o you want to tone and firm your body, but would rather escape the rigorous routine of many hours spent in the gym? Then, how does sparing just 80mins of your time to achieve this sound? With their ability to condition, detoxify, tone and tighten the skin it's hardly any wonder why body wrap spa treatments are a steadfast celebrity favourite, and the Six Senses Spa at Sharq Village & Spa will certainly leave you feeling like a celebrity. The treatment begins with the application of body oils, such as lemon - for toning and tightening the skin, peppermint - for stimulation and purifying, and frankincense - to rejuvenate the skin.

This is followed by the essential exfoliation of the body using a scrub made from rice. With the foundations now set, the magic of toning up 'problem areas' such as tummy, thighs and upper arms with the pink clay can commence!

After 15mins of the wrapping session, which comes hand in hand with a deep relaxation scalp massage, an almond butter body lotion is applied post-shower, in order to restore your skins cells.

Body Toner is a 80mins treatment and its 750QR  
For more information and to book a treatment contact the spa on: 4425 6999



## GET WAISTED! THE MOST EFFECTIVE FAT AND CELLULITE ZAPPER IN TOWN!

**V**elaSmooth is the first clinically proven, non-invasive system for effective treatment of cellulite and circumferential reduction through elos technology - the combination of Infrared, Ultrasound and Vacuum Suction. While keeping the skin safe and the epidermis healthy, inches is lost, by precisely targeting the problem areas like stomach, bum and back of legs, back and front of legs, arms and double chin. This 45-minute non-surgical body shaping treatment is recommended for a minimum of 6-8 sessions, 2 times a week for fast results.

For me, this treatment from Dados Beauty is the most interesting, most effective and highly recommended slimming



and cellulite treatment in town. Dados' professional therapists will guide you through a treatment plan during a free consultation. Vela Smooth Pro is valued at QR500 per area per session while tailor-made packages are available at special prices.

For more information contact 4498 0033 or visit Dados Beauty at Al Seal Residence, West Bay.

# BIO OIL

## A SKIN SAVIOUR THAT BELONGS IN EVERYONE'S MEDICINE CABINET

A perfect synthesis of science and nature, Bio-Oil is a dry oil that uses a breakthrough ingredient – PurCellin Oil along with natural plant oils of calendula, rosemary, lavender and chamomile to provide an oil-based product that contains no water and hence the entire product is 'active' and is readily absorbed by the skin.

Nature provided the inspiration for Bio-Oil's Purcellin Oil incorporating well known natural oils along with Vitamins A and E that offer a myriad of benefits and have been used for centuries to maintain healthy skin. Regarded as the number one selling skin care product in 11 countries, Bio-Oil is a multi-use product that offers solutions to a range of skincare problems and concerns including scars, stretch marks, uneven skin tone, ageing skin and dehydrated skin.

Available in 34 countries, Bio-Oil has a successful 25 year track record outselling most skincare ranges and is the product most recommended for scars and stretch marks by doctors in the United Kingdom, Australia, South Africa and New Zealand.

Bio-Oil is sold across 129 locations in Qatar including leading pharmacies and drug stores.

## Testimonials:

"I recently had minor surgery on my chest two months ago and started using Bio-Oil daily I am so pleased how fast the healing process has been on my skin.

There isn't even a scar!"

-Mary Smith

24yr old Fashion Stylist

"I absolutely adore this product! I have been using Bio-Oil now for the past three months and my - eczema marks are gone!!! I can finally wear sleeveless tops with confidence!"

-Charlotte Lemann

28yr old Engineer

"I use 4 to 6 drops of Bio Oil for my weekly bath soaks, paired with my favourite essential oils of lavender – I always feel so refreshed and my skin appears to be much more vibrant.

-Marissa Stien

33yr old Teacher



"After delivering three beautiful babies Harck, Anabele and John I had always struggled with stretch marks riddled all over my body. Two years ago I had was considering various abrasion treatments and even plastic surgery I felt so helpless and confused. A dear friend recommended Bio-Oil thinking it was just too easy to be a solution. I have been using Bio-Oil since and the stretch marks are almost all gone.  
Thank you Bio-Oil!  
- Elizabeth Letice  
34 yr old Homemaker

# From Wojooh BEAUTY Q&A

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

WORDS AND IMAGES BY WOJOOH

*From the girls in the know at Wojooh Beauty Salon, here are a few awesome Hollywood-inspired makeup tips for you to try this month! Choose from Celebrity makeup how-tos and makeup ideas, eye makeup tricks, and the best makeup to apply to get a Hollywood glow.*



**Q.** WHAT LIP COLOUR WOULD BEST SUIT MY DRESS?

**A.** If your dress is bright, colorful or bold let it do the talking! So cover your lips with a nude or subtle shade.

Need it to go with a nude coloured dress? Then make a statement with your lips and opt for a bold striking colour.



**Q.** WHAT'S THE BEST EYE MAKEUP TO WALK THE RED CARPET IN?

**A.** Retro Hollywood glamour of course! You can't go wrong with a thick-lined cat eye. To achieve a smooth and well defined line try The Little Black Pot, with its water proof gel formula it'll stay put till sunrise.

**Q.** HOW DO I ACHIEVE THAT HOLLYWOOD GLOW PERFECT FOR ALL THOSE FLASHING CAMERAS?

**IN 4 EASY STEPS:**

**1.** Prep your face with Master Prime, a mattifying primer that evens out your skin colour and allows for a matte effect.



**2.** Apply the water resistant Picture Perfect – Liquid Foundation for an even smooth finish with either the Foundation Brush 08 for a medium cover or the must-have Master Blender for a full cover.



**3.** To really set your face, apply some lightweight Picture Perfect – Compact Foundation.

**4.** For an envious glow, apply the pearly and illuminating Shine Bright – Light Reflecting Powder to your cheek bones. Tip: spread that glow to your shoulders and collar bone for a totally radiant look.



## Q. CAN MY FACE LOOK SCULPTED LIKE THAT OF THE STARS GRACING THE RED CARPET?

**A.** If you use Contour Revolution, you surely can! This sculpting palette's three shades come in a creamy formula that is easy to mix and blend; highlight your naturally high points and sculpt the sides of your forehead, below your cheekbones, the sides of your nose and under your chin.



Kate Beckinsale



Katy Perry



Christina Aguilera



Angelina Jolie

## Get The Look!

Hollywood make-up tips

Presenting the ultimate beauty breakdown of tips on recreating dazzling Hollywood glamour using a selection of affordable beauty buys. You can thank us later!



## Q. HOW DO I STAND OUT WITHOUT PUTTING TOO MUCH MAKEUP ON?

**A.** Your nails are a great way to experiment with eye-catching colours and effects. With Colour Ritual – Breathe-in Nail Polish you can go for bold metallic colours, glittery shades or simply bright striking ones. Take it a step further by creating your own nail art or even paint a few fingers with a stand out colour for example the much loved Gold Souk.



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



ALL PRODUCTS AVAILABLE FROM WOJOOH



## 3 DOT LINER EYE LINER

Clarins 3 Dot Liner eye liner is far from traditional. Playing up on the natural look taking over runways, this autumn brown look is perfect for the Fall and Winter's major red carpet events. The 3-dot liner slips in between lashes to create that perfect, even line without running. This long wear liner is perfect for a glam night on the Sunset Strip.



## BE LONG MASCARA

Clarins Be Long Mascara is the perfect mascara to achieve long flirty red-carpet lashes. The mascara not only lengthens your lashes, but contains matrikine, which encourages lash growth per application. You'll be batting longer; luscious Hollywood lashes in under a month!



## EYE QUARTET MINERAL PALETTE

Clarins Eye Quartet Mineral Palette takes on sultry shades of natural nudes for a sparkling look that screams old Hollywood. The classy shades compliment any eye colour and bring that golden glow to your makeup routine. With both an angled and round eyebrow brush, the palette allows you to play up your look with these natural colours.

## Eye Makeup Essentials For That Perfect Red Carpet Look



## LIGHT EYE PERFECTING BASE

Clarins Light Eye Perfecting Base is a must-have after a long Hollywood night. Under eye-circles are no more with this brightening eye-foundation that is the perfect base for Clarins eye shadows, liners, and lengthening mascaras. You'll be photo-ready with this brightener that is sure to make your eyes sparkle.



## PERFECT EYE AND BROW PALETTE

Clarins Perfect Eye and Brow Palette is the perfect combo for subtle eyes and bold brows. The palette comes with three brow shadows that can work on their own or be combined to create the most natural brows. The palette comes with a highlighter and blending powder to create brows that last daylong and add that necessary structure to the face. Carry the brow palette with you for quick grooming with its mini tweezers and eyebrow brush. There's nothing like well-groomed eyebrows to complete the perfect red carpet look. Clarins allows you to look flawless with these products that will change the way you style your eyes.



# BOLD MAKEUP STOLE THE SHOW

THE **SPRING SUMMER 2015** RUNWAYS DID NOT JUST SHOWCASE THE NEXT SEASON'S LATEST FASHION TRENDS, BUT ALSO NEXT SEASON'S BOLDEST BEAUTY INSPIRATIONS

BY MONA KHALIFEH



## THE BOLD LIPS

From Paris to Milan, a few trends have remained consistent. A Bold lip against a fresh face has proved to be a standout, while some designers opted for bright eyes, and others went for nude, natural faces. These three trends have been taking the runways by storm and will likely be what we're wearing next spring. The bold lips have been taking over the scene this season and in the Spring and Summer seasons to come. From dark, almost black lips to bright orange and pink hues, Spring and Summer is all about an eye-catching lip. Moschino showcased magenta lips on their runway, opting for a subtle eye and clean face. Burberry did much of the same for their SS 2015 runway, having models rock deep red lips.



## THE BRIGHT EYE

The bold eye has been seen on the faces of Chanel's SS 2015 runway. The look combines bold eye colour hues, like purple and green, and creates an ombre effect, to create a watercolour effect on the eyes. Chanel paired the look with nude lips and sleek, straight hair. Max Mara created a winged effect on their runway by painting bright orange shadow onto the lids of their models. This look was done on an otherwise bare face with nude lips. The key is highlighting one feature and playing it up, keeping the rest of the look minimal.



## NATURAL FRESH LOOK



Some designers opted for a completely natural look. Chloe SS 15 used little to no makeup on its models, sticking to the adage that less is more. Victoria Beckham followed suit, showing dewy cheeks and a nude lip and eye, keeping all eyes on the models' frocks and not their faces.

## THE SLEEK HAIRDOS

One thing that allowed these makeup looks to stand out were the sleek hairdos. From slicked back up-dos, to straight, middle-parted flowing locks, the hair on the SS 2015 runways were understated and simple, allowing both the fashion and make up to stand out at the coming seasons' runway stunners. Alexander Wang opted for sleeked back buns and ponytails, while Elie Saab opted for long free-flowing locks. For this season, simplicity has been key, with designers playing up features as opposed to a whole look.

# MAKEOVER SECRETS

*There is nothing more glamorous than a red carpet inspired makeover, and this month, our very deserving and hardworking reader Sheena Kelly was treated to a Glamournomical Makeover: glamorous and economical, because feeling like a million dollars does not have to cost a million dollars! So....Lights, Camera, Action!*

PHOTOGRAPHY: JESSIE PALANCA

STYLING: HARRIET GYAMFUAH

STYLING ASSISTANT: CHET TIBAYAN

HAIR&MAKEUP: SNIPS SALON, HOLIDAY VILLA HOTEL & RESIDENCE

CLOTHES & JEWELLERY: H&M

BAG & SHOES: UTERQUE

## TIPS FROM DONNIE

### THE HAIR STYLISTS:

**COLOUR** Dark golden blond was chosen to suit her skin, personality and lifestyle and to freshen up her face. **TIP:** The darker the skin tone, the darker hair colour should be. If you have yellowish skin tone, then choose a warmer colour.

**STYLING** For a more grand looking hair, I added volume and huge celebrity-like curls using volumizing spray and big curlers. **TIP:** Always work with clean, dry hair so that the volumizing serum/spray can work effectively and easily on your tresses.

## TIPS FROM MIKA

### THE MAKEUP ARTIST:

Begin by applying the concealer and primer then move on to the foundation

**TIP:** After applying high definition foundation, use concealer as a cover-up

**THE CHEEKS** I worked on her cheeks by starting with a base cheek colour to give a nice natural glow, and then applied a light, soft fine finishing powder, and to finish, I emphasized her cheeks with a powder blush and highlighter.

**THE EYES** To begin, I used a matte colour to set the eye shadow and chose a colour that suits her dress and eye colour. When it came to the eyeliner, I kept it simple by applying a thin line using Khol black. To complete the look, I put a thickening and lengthening mascara and finished it with dramatic false eyelashes.

**TIP:** Matte shades work better in photos than shimmery or glittery shades.

**THE LIPS** I began with a lip brush liner and used a rose shade lip liner to define and a light lip gloss to fill in the lips. **TIP:** The rule on lip colour should follow the overall rule of your entire makeup; don't go too bold, don't go too neutral or too loud.



SHEENA KELLY  
BEFORE MAKEOVER

## SHEENA KELLY

As a busy full-time receptionist, Sheena is forever running around whilst juggling many balls at once! Since recently turning twenty-five, Sheena thought it was time to put the brakes on her hectic schedule so to have some well-deserved 'me-time'. And nothing is more so relaxing than a red carpet inspired pampering session!



IF YOU WISH  
TO GET A  
MAKE OVER,

get in touch at  
win@abodeqatar.com



Our beautiful reader took away a luxurious Bath & Body Works hamper with the latest products from the signature collection, Dark Kiss. A range of blended dark berries with a kiss of vanilla to unleash your most primal passions!

Stores located in Dar Al Salam Mall & Villaggio Mall.

Facebook: Bath & Body Works Middle East

Instagram: #bbwmena Twitter: @bbwmena

SOMETIMES I GO  
THROUGH THE WHOLE  
DAY WITHOUT EVEN  
GETTING A CHANCE  
TO LOOK IN THE  
MIRROR! INDEED, I  
AM HAPPY TO HAVE  
BEEN GIVEN THIS  
MAKEOVER, AS THIS IS  
A DREAM COME TRUE!



# A GUIDE TO 1 Smelling FAMOUS



## AUDREY HEPBURN

The first celebrity perfume, made only for the beautiful and awe inspiring Ms Hepburn was, **L'Interdit** by Givenchy. How do we know? It actually took 16 years become available for the public!



*Invest in one or more of our top celebrity scents to add the final touch of "glamorous mystique" to your "trousseau"!*

## 2

## KIM KARDASHIAN

American reality television star Kim Kardashian's sixth fragrance, **KIM KARDASHIAN PURE HONEY®** actually smells like honey!

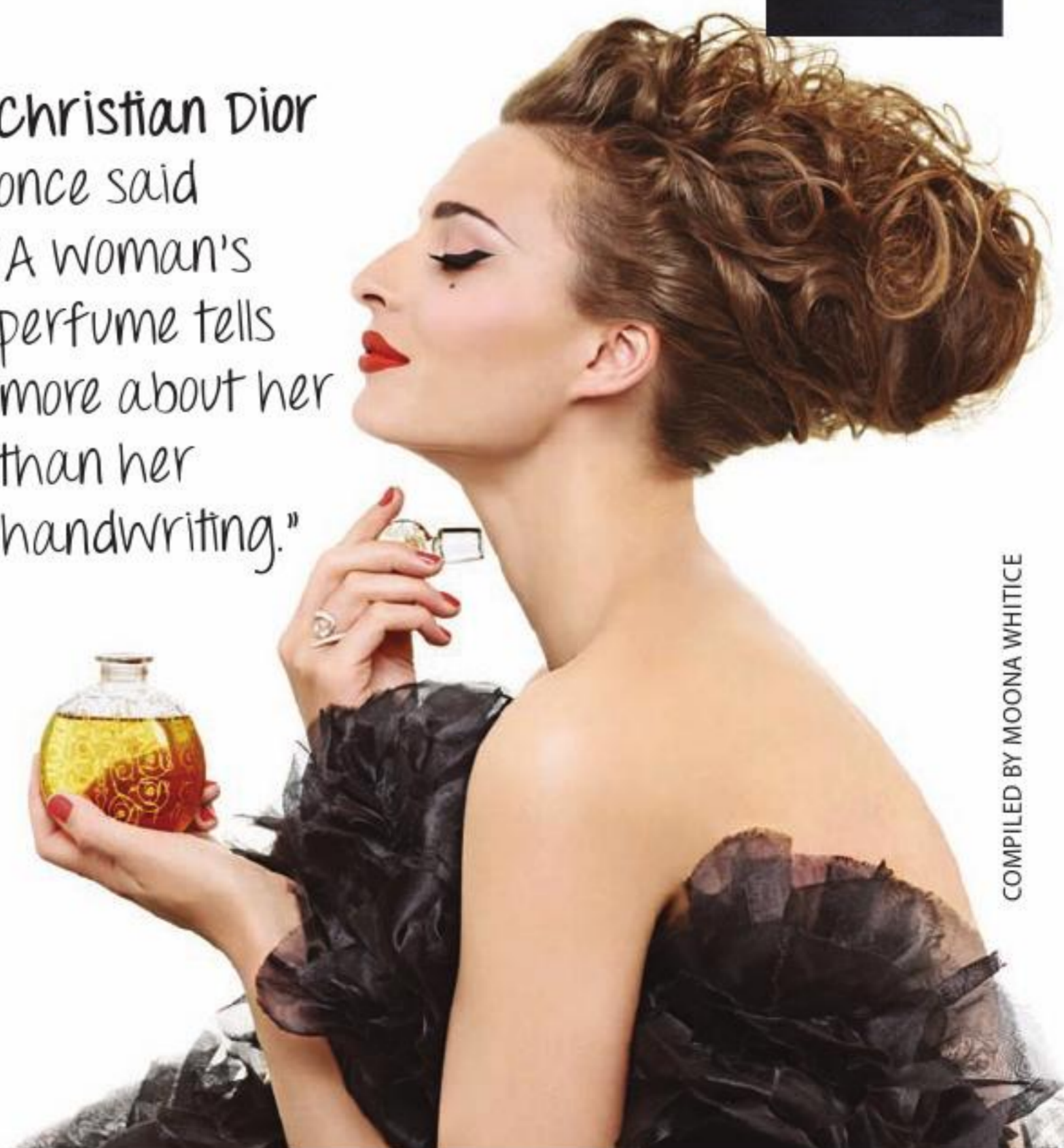


## 3

**KATE MIDDLETON** On her wedding day, Her Royal Highness chose as her signature perfume, a delicate floral scent, **White Gardenia Petals** by Illuminum, making it a must for all brides!



Christian Dior once said "A woman's perfume tells more about her than her handwriting."



4



## ANGELINA JOLIE

Sources say Angelina Jolie's favourite perfume to wear is Carolina Herrera, the scent is a light rendition on tuberose that is laced with sweet notes of bergamot. She also is known to use, **Love In White** By Creed and Bulgari's **Black**.



Perfume is just the thing to finish off your outfit, even if it's a T-shirt and your favourite jeans!

5



## REESE WITHERSPOON

If you love Avon, you are going to love the newest fragrance by Reese Witherspoon, **Live Without Regrets**. We simply love the name!

JLO

6

Reportedly Jennifer Lopez loves to wear her own fragrances from the J.Lo line. Her newest (and 21st!) fragrance, **Glowing Goddess**, is a fresh, floral and woody scent. She certainly has a lot to choose from.



7

## NICKI MINAJ

Onika Tanya Maraj, known as Nicki Minaj, American rapper and pop star, has two new fragrances. The bottles, which are busts of Nicki, are dressed in corsets with different coloured wigs! **Onika** and a limited edition **Minajesty Exotic Edition**.

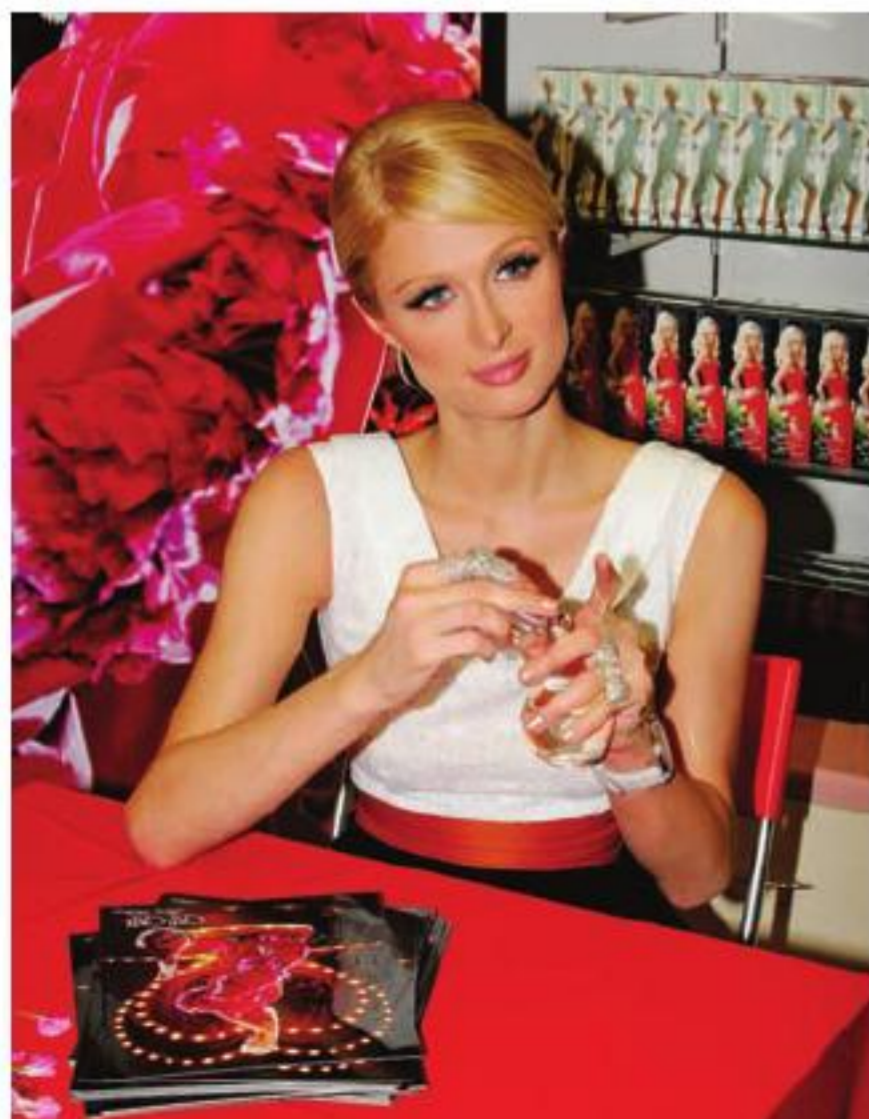


*Collect them all!*

8

## PARIS HILTON

This year, the famous beauty Paris Hilton launched **Can Can Burlesque**, a flanker of the original fragrance Can Can from 2007. The fragrance is inspired by the film Moulin Rouge. Wear it to feel divine!



9

## BEYONCE

Beyonce's newest scent, **Rise**, is inspired by Beyonce's on-stage persona, as well as by "female empowerment and finding the inner strength that makes women so beautiful". If you don't try it you will regret it!



# FAT BLAST

## Workouts that you can do at home

*These easy-to-follow home exercises are both effective and challenging, revving up your metabolism as you do them. Who says you need fancy equipment to stay in shape?*

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

### For the Abs:

#### 1) ELBOW PLANKS

Begin in the plank position with the forearms and toes on the floor. Keep the torso straight and rigid and your body in a straight line from ears to toes with no bending. The head should be relaxed and you should be looking at the floor. Work up to 30, 45 or 60 seconds.



#### 2) BICYCLE CURL

Lay flat on your back on the mat with your hands behind your head. Keep your knees bent with your feet firmly on the floor. Bring your right knee up to the chest while rotating your upper body for your left elbow to meet the right knee. Keep alternating. Perform 3 sets of 10 to 15 repetitions. (Right and left are 1 repetition)



### For the Arms:

#### 3) TRICEPS EXTENSION

Sit on a flat bench, preferably with back support. Hold the dumbbell with both hands above the head. Flexing the elbows, lower the forearm behind the upper arm and raise dumbbell back by extending the elbows.



#### 4) TWISTING SHOULDER PRESS

Hold the dumbbells with the palms facing in, at the jaw level outside the shoulder. Twisting the torso to the left press on the dumbbells over the head and as you twist back to the centre, lower the dumbbells to the initial position. Then press upwards again while twisting to the right. Do six repetitions in each direction. Perform 3 sets of 10 to 15 repetitions. (Right and left are 1 repetition)

## For the Back:

### 4) REVERSE FLY

Keep your legs apart and knees bent, bend over with arms hanging down and weights under the knees keeping the back straight and the abs engaged. Lift the arms out to the sides, up to shoulder level, squeezing shoulder blades together. Keep the elbows slightly bent and only lift to shoulders. Perform 3 sets of 10-15 repetitions. (Up and down is 1 repetition)



## Nutrition Tips:

- Get a clear diet to begin your exercises with by replacing sugar and processed food with fresh fruits, veggies and lean protein.
- Get enough sleep as slow metabolism is a sign of sleep deprivation.

### 5) BENT-OVER ROW

Keep your legs apart and knees bent while holding a pair of dumbbells at your sides. Push your hips back, and lean forward, keeping your back flat and core tight. Keeping your elbows close to your body, bend them to pull the dumbbells to your sides, then slowly lower back to start. Perform 3 sets of 10 to 15 repetitions. (Right and left are 1 repetition)



## For the Legs:

### 6) SKATER HOPS

Holding the dumbbells cross your right leg behind your left leg as you bend your left knee into a half-squat position. Extend your left arm out to the side, and swing your right arm across your hips. Continue hopping from side to side without pausing or resetting your feet. Perform 3 sets of 10-15 repetitions. (Up and down is 1 repetition)

### 6) LEG CIRCLES

Lie on your right side with your right upper arm on the floor and rest your head on your right hand. Bend your legs at your hips so your legs and torso form a slight angle while keeping your knees straight. Raise your left leg 6 to 8 inches and make small forward circles from the hip. Then make more circles in the other direction. Perform 3 sets of 10 to 15 repetitions. (Right and left are 1 repetition)



#### 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.

For more information, please call +974 4496 6600 or visit [www.moevenpick-hotels.com/doha-tower-suites](http://www.moevenpick-hotels.com/doha-tower-suites)

# Embrace TRX

Join this fast and effective total body workout at INTERCONTINENTAL THE CITY

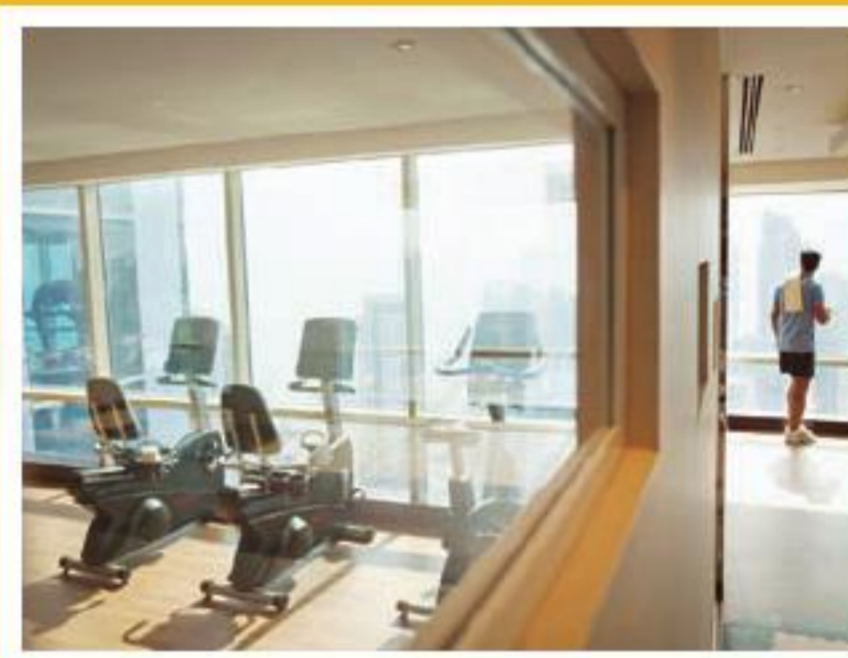


*This complete body workout will work wonders on you. No matter what your goals are, they will be fulfilled after few easy sessions, guaranteed!*

Suspension training is the future, so jump on the fitness wagon and get fitter than ever thanks to these magical ropes, which are every celebrities 'hot bodies' best kept secret. The *Total Resistance eXercise (TRX)* uses leverages, gravity and your own bodyweight to perform hundreds of exercises, which will work every muscle of your body. Forget machines and dumbbells, all you need for this innovative workout is a pair of TRX bands, a door to hang the ropes and you are ready to start the routine wherever you are: in the gym, at home or in a hotel!

Learn all the tricks and routines to build up a hot new figure with the help of Liezel Els, the Health and Fitness Club Manager at the Intercontinental Doha The City. She will direct you into practicing a few key moves in an hour long session. After 5-6 lessons you'll start seeing the results, your consistency will pay off and give you a buzz to keep up the hard work on your own. Once you'll feel confident enough to exercise on your own, you can simply purchase the TRX Suspension Trainer and work out at your own pace and choice.

**LIEZEL ELS**, the Health and Fitness Club Manager at the Intercon The City offers personal TRX training sessions in their fully equipped gym.



## LIEZEL's TOP BENEFITS and FACTS about TRX

- It exercises and develops core strengths
- It works out your entire body
- You can control the intensity of the workout by simply walking closer or further away from the anchoring point
- TRX is very easy to learn and provides a quick total body workout wherever you are
- TRX's ropes are portable, so you can exercise in your living room, in the park or in your hotel room on your next trip

**TIP:** wear tight fitting clothes so nothing will get in your way while exercising.

*Hello six pack  
and toned body!*

For more information or book your session call **4015 8888**

# ASK MARTYN

Psychologist, life coach and consultant Martyn Stewart is ready, willing and extremely able to tackle your anxiety woes.

Want to reach out to Martyn with your concerns?

Then email: [info@passareuk.com](mailto:info@passareuk.com)

Remember, **"a problem shared is a problem halved"**



 The British Psychological Society  
Chartered Psychologist

## MARTYN STEWART

Martyn Stewart is a recognised chartered psychologist with over 15 successful years assisting individuals worldwide via his mentoring, teaching and coaching. He is currently Head of Psychology at Doha College, one of the world's top British international colleges. He is also a published author and a popular and engaging public speaker.

Contact Martyn for further information:  
[info@passareuk.com](mailto:info@passareuk.com)

**Q** I'm 25 and I've always lacked confidence. People always tell me I have a lot going for me and I should believe in myself more, but I just struggle to do this. I just can't do it. I am currently applying for jobs and I want to be more confident if I get to interview. Can you help, even a little?

**A.** Confidence is a state of mind that some people have, however that doesn't mean that you can't get it too! First of all, you must 'catch' your negative thoughts which produce the apprehensive language you use like 'can't' and 'should've'. Negative thoughts can imprison you mentally if they become automatic and your words take real form.

Lacking confidence comes from feelings of inadequacy (not being good enough) or a fear of failure. This can destroy people, however it doesn't have to be your enemy. Even confident people get scared. However, they use it positively to sharpen their focus. You must embrace the possibility of making mistakes; it is one of the most important learning tools. Three little tips to boost your confidence include:

**1) Practice** – Get lots of practice interview experience, be questioned in as many stressful and uncomfortable environments as possible. Even try taking interviews for jobs that you may not necessarily want. You'll gain experience of real-life interview questions with less stress.

**2) Persistence** – Create the confident mind-set! Believe in yourself that you are willing to persevere for longer than your rivals; this will give you added incentive as you watch your competition fall away.

**3) Preparation** – consider all possibilities, questions and situations; cover all the bases. By thinking of everything that could possibly happen, (even the unexpected), you prevent yourself from being that ill-prepared individual who's easy to dismantle.

If you manage to combine all of this for your interviews, you'll walk into the room with an undeniable and noticeable 'aura' of confidence. Good luck.

**Q** Hi, my husband and I are in our early 40's, our 3 children, have all left for university in America leaving us alone for the first time in 20 years. I miss my children a lot. They visit at holidays, but it's not the same. My husband is very supportive but I feel like I've lost my purpose, what can I do about how I feel?

**A.** First of all, I congratulate you on raising three positive members of society. Too often, parents aren't given the recognition for the job they do. Raising children is highly demanding and absorbs many aspects of your individual life. Therefore, your fear of change is completely understandable and absolutely natural. However, don't run from it.

In your fear, you may have forgotten that before parenthood you had, (and still have), multiple identities. Wife; Friend; Daughter; Colleague; are just a few. Remember them? Your children will always be number one. However, they embark on their own journey and don't depend on you how they once did. This can be scary. You may not have the answers right now, but you will. Your commitment to your children clouds the qualities that made you a great parent in the first place.

However, be positive, look change in the face rather than watch sullenly from a distance. If you don't, change will sweep you away regardless without your consent or control. Life happens TODAY. Not yesterday and not tomorrow. This is opportunity! Grab it with both hands. Not many get the chance to reclaim their former self with a supportive husband. Who knows where this ride may take you, but you'll soon remember how enjoyable life can be...it starts with a little step - remembering who you once were!

# DON'T LET DIABETES DESTROY YOUR LIFE!

  
world diabetes day  
14 November

*Type 2 diabetes is a growing problem in Qatar declares Senior Consultant Dr Amin Ahmed Jayyousi, at Hamad Medical Corporation. Here he shares with ABODE what measures can be taken to avoid this debilitating and dangerous disease.*

BY SARAH LINKLETT

**S**o you've just finished your lunch – a healthy and low calorie one! Tinned vegetable soup, low fat fruit yoghurt, a cereal bar and a large glass of fruit juice. But hang on – do you know just how much sugar you have just consumed? And eating too much sugar can lead to serious illnesses like diabetes. That's the worrying news. But the good news is that cutting down on sugar isn't really that difficult.

First of all, be aware that most processed food – that's anything in a tin or a packet – contains sugar. This is especially true of many apparently healthy choices like low fat yoghurt. Look carefully at those labels on food. "Glucose" is one of the ingredients added to many products and it comes from corn – which sounds innocent enough.

Many doctors believe it is even more harmful than the sugar that comes from cane. It has no goodness – just calories that we need to burn off. And even worse, too much consumption of glucose is leading to serious health problems for many people. But we can avoid storing up health problems for ourselves

by making some simple changes – starting by replacing convenience foods with more fresh food.

And cutting down on sugar also does wonders for skin and teeth, not to mention our shape! Cut down on fizzy drinks but don't be tempted to replace them with too much fruit juice. You are much better off eating the fruit as it's more filling and you are not so likely to be tempted to over consume vast quantities. Of course, it's fine to have some fruit juice – the key here is moderation.

It's small lifestyle changes that Dr Amin Ahmed Jayyousi, Senior Consultant at Hamad Medical Corporation recommends. He explains that they can have a big impact on your health and that moderate exercise for 30 minutes a day, five days a week, is enough to reduce the risk of developing type 2 diabetes and can help diabetics control their blood sugar.

If you're overweight or obese you must try to lose weight. Losing just 5% to 10% of your total weight can help lower



Dr. Amin Ahmed Jayyousi

## DIABETES CENTRE

The Centre opened its doors in July 2013, to improve the quality of diabetes care for patients in Qatar. The Centre consists of two sections, adult and pediatric, with each one hosting the complete multidisciplinary team of physicians, diabetes educators, dietitians, nurses, podiatry, retina clinic and clinical pharmacists. The Centre is therefore essentially an all access to diabetes care under one roof - as well as a well stocked and managed store that provides patients with meters, syringes and other vital accessories required for patient self management.

The Centre has a dedicated conference room for group patient education, and specializes in an insulin pump clinic, with physicians and educators, such as Dr Hanan AlKawari (Managing Director of HMC) who was very supportive in establishing the Centre at each stage of its development.

In addition, the Diabetes Centre has their very own specialized research team, to help in improving the care on evidence based practice. Staff at the Centre are all very qualified, and work very well as a team to be able to provide the highest level of excellence in care.

blood sugar considerably, as well as lower blood pressure and cholesterol levels – so there are all round health benefits to a healthier lifestyle.

Both cardio and strength training is recommended. Cardio exercise includes walking, jogging, swimming and cycling and it's best to find something you enjoy because you are more likely to keep going! Even dancing can count as exercise!

Strength training builds muscle mass which in turn increases your body's total energy expenditure even when you are not exercising – yet another reason to hit the gym!

But Dr Jayyousi cautions against radical changes such as starting a diet that is restricted to a few food groups which can have negative effects on your body. "Diets high in protein are bad for preventing or managing diabetes as they increase your body's sensitivity to insulin, which leads to the development of type 2 diabetes," he explains. •



**The good news is that you can choose healthy sugars and carbs, like the ones found in fruit and vegetables which help to keep your blood sugar levels in balance. So why not start by making a resolution to adopt these ten habits into your new healthier lifestyle:**

1. Reduce the amount of sugar you add to tea and coffee, aiming to cut it out completely.
2. Get into the habit of reading food labels on tins and packets so you know how much sugar is hidden in them.
3. Instead of drinking fruit juice, eat the fruit instead – your body will thank you for putting in all that (calorie free) fibre which juicing removes.
4. Buy pots of plain yoghurt and add your own fruit.
5. Cut down on sugary cereal by adding a spoonful of an unsweetened variety and gradually increasing the healthier choice.
6. Eat more fresh and frozen food – chicken, frozen vegetables – but avoid ready-made meals and cakes!
7. Replace that chocolate bar with a banana.
8. If you add sugar, sprinkle it on – don't spoon it on! A dusting of icing sugar will do!
9. Exercise regularly. Do it with friends and you are more likely to keep it up!
10. Have a small handful of almonds instead of a packet of crisps.

## Cycle of type 2 diabetes



*Above all try to move more and eat less for a healthier, happier life!*

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**MAISON CLAIRE** The epitome of passion and emotion, Clara Bertoli's creations represent the deepest of sentiment and her enduring love of fabric. "Creating with love" is the motto Clara daily brings to her working day: the constant search for new inspiration, looking into her soul to find new magic, listening to the sensations the fabrics and rich decoration suggest to her in order to create the tangible achievement of a dream come true. Each project is a wonderful new adventure, a journey she shares with her client, towards ideal solutions for every home: intimacy, elegance, class and style. Maison Claire is in Dubai from 18th to 21th Nov Italian Luxury Interiors, at Hotel Ritz Carlton DIFC. For more information click on [www.maisonclaire.it](http://www.maisonclaire.it)



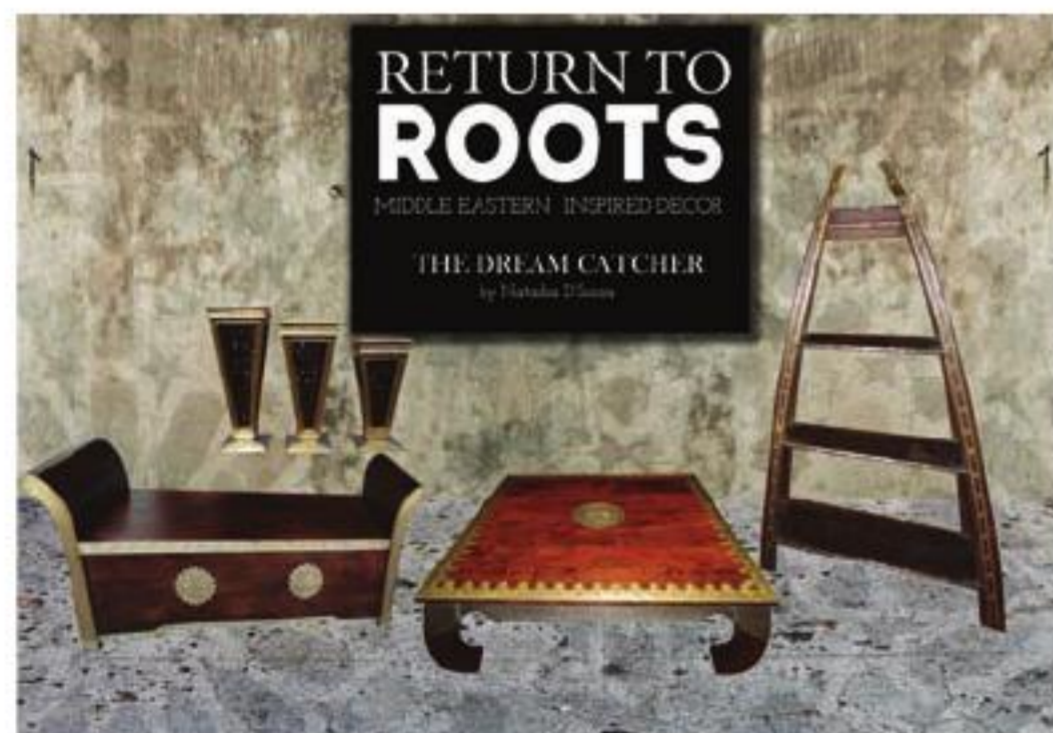


## BANG ON TREND

### THE ONE'S INSPIRING

### AUTUMN/WINTER COLLECTION

Bring a relaxed island feel to your home with Tropical Punch, one of four new home fashion styles from THE One's collection. Pair a fresh palette of white, soft turquoise and taupe with a cocktail of bright accent colours, mix in some natural materials, exotic florals, parrots and palm trees for a cool, Bahamas beach house-inspired look. Get the look and visit [www.theone.com](http://www.theone.com)



## THE RETURN TO ROOTS COLLECTION

### EXOTIC & MODERN

It's time to embrace the exquisiteness of middle eastern décor in your home with The Return to Roots Collection, available exclusively and made to order with The Dream Catcher® the brand founded by Interior & Furniture Designer – Natasha D'Souza. For more information contact [www.dreamcatcherinteriors.com](http://www.dreamcatcherinteriors.com)



## 24K BOSTON CHAIR

### BY BOCONCEPT

INSPIRED BY THE ELEGANT AND BEAUTIFUL GENT'S SUIT, THE 24K BOSTON VERSION HAS BEEN DEVELOPED BY BOCONCEPT IN CLOSE COOPERATION WITH THE FAMOUS ITALIAN FABRIC PRODUCER GRUPPO MARZOTTO. THE GROUP'S BIELLA WOOL MILL FRATELLI TALLIA DI DELFINO, WHO SPECIALISES IN LUXURY MENSWEAR, HAS DELIVERED AN EXTRAORDINARY MATERIAL COMBINING THE FINEST WOOLS WITH THE MOST PRECIOUS OF ALL MATERIALS, 24 CARAT GOLD.

FOR MORE INFORMATION CONTACT BOCONCEPT LAGOONA MALL, 1ST FLOOR 44115052 / 44115054

# NEWS

THE LATEST DISH FROM THE BEAUTY WORLD



## SACRED GEOMETRY

### WILLOWLAMP BY DESIGNER ADAM HOETS RADIATE CLASSIC ARABIC ALLURE.

Hoets' fascination with design and patterns has resulted in his acute understanding of sacred geometry patterns on which many of his designs are based. 'The Flower of Life' chandelier can be seen hanging in the Mena House Hotel in Giza, Egypt.

For more information contact [info@willowlamp.com](mailto:info@willowlamp.com)



## *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.



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

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# ALL WHITES

*An elegant all-white colour scheme looks inviting, clean, effortless and Euro-sleek. Try a few pieces to add that certain flair to your boudoir.*



Maison Claire



Wall Clock, Home Centre



Orla Table Lamp Base, M&S



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Lamp, Home Centre



The White Company



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Lamp, Home Centre



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# FLORAL

*Get inspired to follow the latest trend and introduce the beauty of florals into your home with a host of muted grey, blue or pastel print flowers!*



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Etched Peony Mug, M&S



Ringbow Jar, THE ONE



Floral Soap Dish, M&S



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Windsor Armchair, THE ONE



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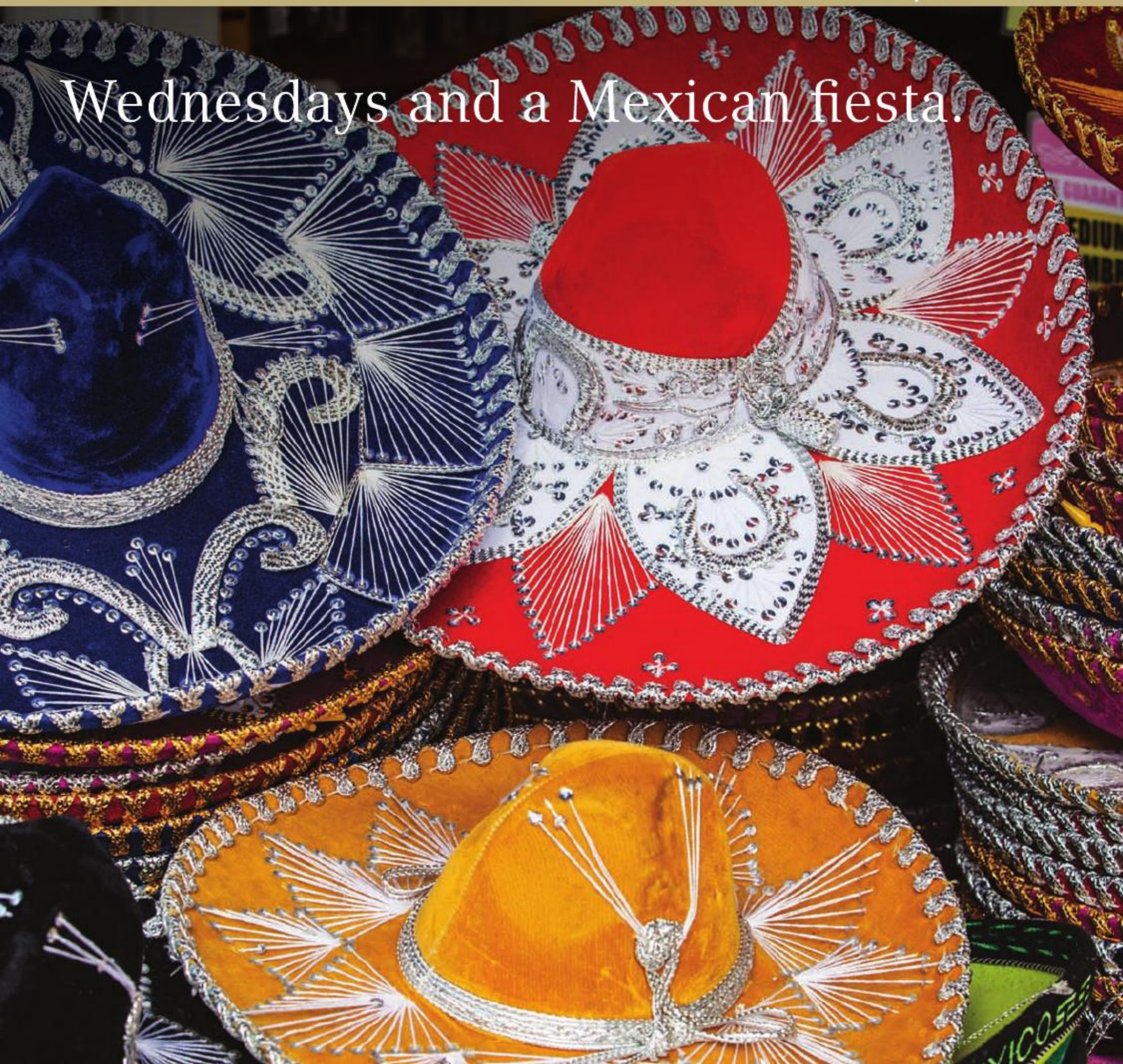
Arrrrriba arrrrriba!

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# LUXURY DEFINED

## WITH DASH OF CHARACTER & CHARM

*The Harrods Interior Design Team conducts a stunning luxury makeover for a modest four bedroom apartment in Marylebone, a smart residential area of London*

INTERIOR DESIGN BY THE STUDIO HARRODS

The Studio carried out a total reconfiguration of this well-appointed but slightly dated three bed apartment in a smart residential square near London's Marylebone, transforming it into a jewel box filled with character, charm and newly defined design detail. The entire apartment was stripped of the original kitchen, bathrooms and hard finishes - including floors and existing joinery, allowing the layout to be completely reimagined, improving the proportions of the main living spaces and adding a fourth bedroom. By opening up the existing kitchen and utility room and installing a new modern kitchen in a neutral palette and more elegant style, an instant transformation was achieved. A natural stone floor was laid throughout the entrance hall, kitchen-dining room, main reception and hallway. Smart new bathrooms, including a stylish guest powder room, were designed and fitted to bring the property up to date.



Luxury accessories from homewares brands including Meissen, Armani Casa and L'Objet were carefully selected to enhance each space creating elegant vistas throughout the apartment.



### MAIN RECEPTION ROOM

A vibrant colour scheme of silver, teal and aubergine allowed the kitchen and main living spaces to blend seamlessly and a collection of contemporary furniture created a relaxed space for family living and occasional entertaining. The seating was provided by two generously proportioned sofas which were upholstered in damson velvet and contrasting soft woven linen for an interesting collision of textures. A pair of bespoke blue velvet chairs finished with a stylish brass stud detail, were added to complement the aesthetic. Scatter cushions in a range of tactile fabrics, in plain and digital print were added to inject colour and pattern. Occasional side tables were placed either side of the room for symmetry and a geometric metal and glass low level coffee table created an interesting focal point. Custom fitted joinery in silvery timber veneer and polished brass with integrated LED lighting was installed for visual impact providing storage for books and decorative items. Antiqued mirror was added to enhance the feeling of space and a contemporary feature chandelier in a tubular metal design punctuated the overall look. Tailored floor length curtains, to match those in the dining area, dressed the windows.

## ULTRA- LUXURY MASTER BEDROOM WITH STUNNING MARBLE ENSUITE BATHROOM

### MASTER BEDROOM WITH ENSUITE BATHROOM:

The main design focus was a stunning custom-made framed upholstered headboard that was buffered by a pair of bevelled mirror panels either side of the large luxurious double bed. Sumptuous soft grey carpet coupled with an unusual, abstract slate coloured, textured wallpaper conveyed an ultra-modern feel and the contemporary ensuite bathroom, finished in Carrara marble, created a truly glamorous master bedroom suite. Soft furnishings in a blend of grey and amber completed the arrangement.



## A PRETTY FEMININE BEDROOM IN A SOFT PEACH PALETTE PEACHY BEDROOM:

A compact but perfectly formed bedroom was created as an additional space for guests as part of the reconfiguration of the apartment from a section of one of the existing bedrooms. The pretty, feminine peachy colour palette was highlighted in the fabric of the headboard and Roman blinds. A combination of fresh white furniture and a soft tactile carpet tied the scheme together.



## GLAMOROUS GUEST BEDROOM IN DEEP BERRY TONES

### DARK BERRY BEDROOM:

The luscious berry tones of the tailored upholstered headboard and the striking jacquard window treatments were interspersed with gold, silver and blue in a carefully selected range of fabrics and finishes. This created a lovely contrast with the dark timber of the fitted joinery and the mahogany bedside tables which had a fine metal inlay. A pretty crystal chandelier was set within the ceiling recess and a pair of stylish wall lights framed the bed.

*The Studio carried out a total reconfiguration of this three bedroom apartment transforming it into a jewel box filled with beautiful design detail*

For more information visit  
**[thestudioatharrods.com](http://thestudioatharrods.com)**  
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# RED CARPET READY:

## TURN YOUR CLOSET INTO YOUR OWN BOUTIQUE!

BY SUZY CACIC, FOUNDER OF BETTERDECORATINGBIBLE.COM

PHOTOS BY: MARKS AND FRANTZ, CONNIE ANDERSON, JULIE SOEFER, FLORENCIA DEROUSSEL



SUZY CACIC

*Stepping into a glamorous boutique where dresses, handbags, and tuxes are all lined up and neatly organized makes most of us drop to our knees – literally! You can shop till you drop right at home by making over your closet or simply turning an empty room into a dazzling mini boutique. Follow our lead to creating your own VIP boutique in seven easy steps:*

1

### INSTALL SHELVES AND CABINETS

The first step to getting your space organized is by installing tons of shelving space to fit your handbags, shoes, and hang up your clothes. To maximize your space and make your closet feel larger, extend the cabinets all the way to the ceiling. Choose sturdy, thick panels that will make your closet look and feel more expensive. A long hanging section for trousers, maxi skirts and dresses is a smart way to keep your clothes from looking untidy and cramped. To better showcase your shoe collection, consider glass shelves to make everything seem glitzy and polished.



2

### ADD A CROWN MOLDING

A simple way to make your cabinetry look like expensive custom work is by adding a crown molding to the top for nice detailing and a final touch. A crown molding is an elegant way to give your space a high-end feel and make it look much like a boutique. You'll notice that it makes a huge difference in your closet and gives it a completely updated look.

*"Focus on transforming your boring closet into a lavish living space. You'll feel like a million bucks once you get ready to go out!" - Suzy*

## ARRANGE A SEATING AREA

No boutique is complete without a pretty seating area! To make dressing up in your closet feel more like a shopping experience, arrange a seating area where you or your friends can sit and help you pick out the right outfit. Choose comfy chairs that look as if they are fit for royalty like a gold gilded Louis XVI armchair, velvet lounge chairs or even a round fluffy fur ottoman with hidden storage space inside! Whatever you choose, make sure it looks unique and extravagant!

# 3



## FOCUS ON ACCENT HARDWARE

Whether you like gold, silver, or crystal, switching up dull hardware and knobs on your cabinetry is a fast way to make a big, dramatic difference. Gold hardware against creamy-white furnishings makes everything look feminine and posh. You can also update your curtains by installing luxurious tiebacks to artfully tailor your room to the nines.

# 4



# 5

## REPLACE ALL OF YOUR HANGERS

There is nothing more irritating than having a whole bunch of colourful, mismatching clothes hangers. Keep them clean and consistent to make your closet look more uniform and tidy. Update them by replacing wire and plastic hangers from the store for nice wooden hangers or good quality non-slip velvet ones. Make them point all in the same direction – the hook facing the back wall not toward you.

# 6

## CHOOSE YOUR FINISHING TOUCHES

Wrap up your whole new boutique style closet with a few finishing touches to really make it sparkle! Dress up a life-size mannequin model, roll out a fluffy rug for instant panache, or install an elevator – go crazy with your décor and make it your own magical hideaway! Believe me, you won't want to quit playing dress up!



# 7

## SHOW OFF YOUR COLLECTION

Do you have a favourite handbag or a pair of killer heels you can't get enough of? Place them on display in pretty glass cabinets with recessed lighting to show them off in all their glory. If you have an island in the middle of your closet, create a striking centerpiece by placing a pair of sky-high Louboutins on a pretty cake stand. You'll sure make everyone's jaws drop!

Chowking 超群

Enjoy a Taste of Asia



# VALUE KING

GOOD FOR 2 PERSONS



#1 Chicken Supreme & Honey Chili Fish

QR 79



QR 79

#2 Tender Beef Broccoli & Dimsum Platter



#3 Teriyaki Beef & Orange Chicken

QR 79



QR 79

#4 Fried Chicken & Lemon Chicken



#5 Fish with Tofu & Szechuan Chicken

QR 79

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4437 1212 / 4431 1212

Al Sadd  
Near Al Asmakh Mall  
4431 4411

AlKhor Mall  
Foodcourt, AlKhor Mall  
4411 8817

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

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



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An Associate of Ahmed Hassan Bilal Group



# FOOD & ENTERTAINMENT

RECIPES, HEALTHY TIPS AND NEW RESTAURANT OPENINGS

## SCANDINAVIAN SUPERFOOD

Some of the world's finest fish are found in the seas off the Norwegian fjords, and the IKEA Restaurant & Café in Doha's Festival City brings to its customers an array of the best options for salmon in town! And all at great prices!



## EPICUREAN ADVENTURE

**Discover where exquisite cuisine meets luxurious hospitality at Four Seasons Hotel Doha with chef Nobu**

Four Seasons Hotel Doha, in partnership with acclaimed Chef Nobuyuki "Nobu" Matsuhisa, are pleased to announce the anticipated debut of Nobu Doha, scheduled to open by the end of the year. The collaboration marks a significant milestone, as the restaurant is the first and only of its kind located at a Four Seasons in the Middle East region. The tri-level modern restaurant will showcase the very best in culinary experiences with exquisite cuisine matched by panoramic views of the alluring Arabian Gulf.

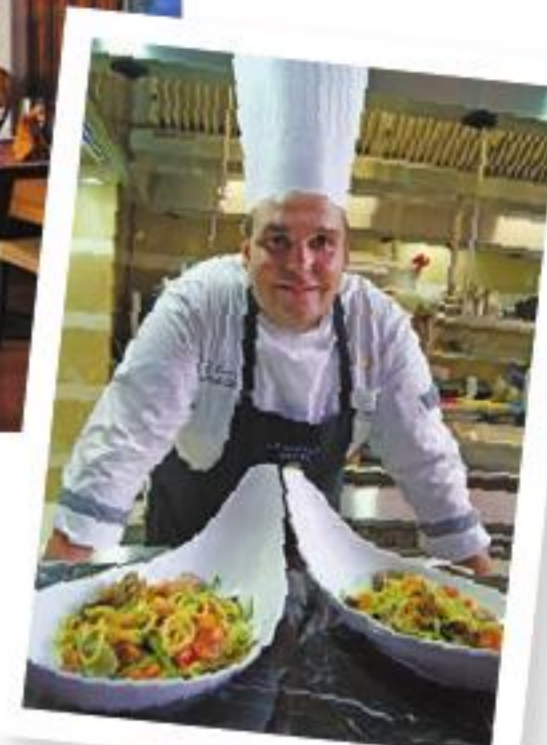
For more information contact +974 4494 8888



## WHERE YOU NEED TO EAT NOW!

**MÖVENPICK TOWER & SUITES DOHA ANNOUNCED THE OPENING OF FORKNIFE RESTAURANT**

ForKnife Restaurant is an all-day dining eatery located on the first floor of the Mövenpick Tower & Suites Doha. This brand new restaurant has an extensive à la carte menu. The launch is part of the overall plan for refurbishing the hotel, giving it more of a modern and vibrant feel. For more information contact +974-44966600



## CALLING ALL ITALIAN FOOD LOVERS

**ITALIAN CHEF LUCA DAL COL FROM LA CIGALE HOTEL GIVES HIS STAMP OF APPROVAL ON THE NEW MENU.**

Chef Luca Dal Col is very thrilled to share his wide variety of signature dishes, he said: "Guests will be surprised by our contemporary menu and by the wide variety of antipasti selection: soups, salads, pasta, risotto, pizza and tantalizing desserts. We are sure that they wouldn't stop themselves from inquiring about the names of the sauces behind our unique flavours every time they taste a new dish."

For more information contact +974 4428 8888

# NEWS

THE LATEST DISH FROM THE FOOD WORLD

## FRESH BAKES EVERYDAY

**THE GERMAN BAKERY COMPANY** opens for business by 2015

Ahmed Hassan Bilal Group recently acquired the German home grown bread connoisseur's German Bread Company who is scheduled to open in 2015. They have the exclusive right to

distribute par baked and frozen bread, which is shipped directly from their ovens in Germany straight to your drop step in the Middle East.

For more information contact [info@ahbqatar.com](mailto:info@ahbqatar.com)



## A TEA TASTING AFFAIR

### THE EAST INDIA COMPANY ANNOUNCED THE LAUNCH OF ITS TEA TASTING SERVICE

The East India Company announced the launch of its tea tasting service at its fine foods retail store located in Lagoona Mall in Qatar. One of its most popular event bookings in its London Mayfair branch, tea tasting is ideal for beginners and connoisseurs alike, introducing a range of exclusive white, green, oolong and black tea, along with insights into the history, flavour notes and tasting techniques of each tea.



## THE BAVARIAN TERRACE IS BACK

### GERMAN GARDEN AT THE DOHA MARRIOTT

Go outdoors at the View Pool Bar & Grill for an authentic Bavarian experience from 4th – 8th of November. Enjoy the mouth-watering traditional German buffet including amazing live performances by "The Three Bavarians".

For more information contact  
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## SAWATDEE

### THE MARRIOTT MARQUIS CITY CENTER DOHA HOTEL CELEBRATED THE FLAVOURS OF THAILAND

Chef Tom, Chef Aum and Chef Paul in collaboration with the Royal Thai Embassy to the State of Qatar and Qatar Airways, took their guests at the Crossroads Restaurant on a delectable passage over six days featuring the finest Thai cuisine. The festival offered a wide range of traditional mouth-watering dishes complemented with authentic spices.

For more information contact +974 4419 5000



## WHY STRESS - ORDER TAKE AWAY

### THE GRAND HYATT HOTEL DOHA HAS THE PERFECT SOLUTION

Thanksgiving is a time to be thankful and share a delicious meal with family and friends. And guests can celebrate Thanksgiving just like at home but without the hassle of getting all the required ingredients for the feast. Biscotti offers take-away turkey with all the trimmings and gravy, allowing guests to choose their preferred size of turkey. Pre-orders are being taken between 14 – 29 November. For further information please call 44481234.

# CHEF THAER AL NABTITI Vs. CHOCOLATE

PHOTOGRAPHY JESSIE PALANCA

RECIPE COURTESY OF CHEF THAER AL NABTITI, DEMI CHEF HOT KITCHEN  
AT WYNDHAM GRAND REGENCY DOHA

*Imagine the richest, darkest, most decadent chocolate recipes you've ever eaten! Well this month we spent a few hours in the kitchen with Chef Thaer Al Nabtiti to create 3 wickedly decadent and luscious dishes.*



Thaer Al Nabtiti  
Wyndham Grand Regency Doha

*Fun facts about Chocolate:*

A recent study indicates that when men crave food, they tend to crave fat and salt. When women crave food, they tend to desire chocolate! Now we know why...



## SPINACH PEAR SALAD WITH CHOCOLATE VINAIGRETTE

### INGREDIENTS

> 1 ounce milk chocolate > 3  
tablespoons balsamic vinegar > 3  
tablespoons olive oil > 1 teaspoon  
honey > 1/4 teaspoon salt > 1/8  
teaspoon pepper > 100gm fresh  
baby spinach > 1 large pear, sliced >  
3 tablespoons dried cranberries > 2  
tablespoons sliced almonds, toasted

### PROCEDURE

1) In a microwave, melt chocolate; stir until smooth. Whisk in the vinegar, oil, honey, salt and pepper; set aside.

2) Put the spinach first on the plate. Top with pear, cranberries and almonds. Drizzle with chocolate dressing.



**Appetizer**



## Main Dish

# BEEF TENDERLOIN WITH A DELICATE CHOCOLATE SAUCE

## INGREDIENTS

> 1 (2 lb) beef tenderloin roast > 1/4 teaspoon salt > 1/4 teaspoon fresh ground black pepper > 4 teaspoons olive oil > 1/2 cup chopped shallot > 1 small carrot, finely chopped > 1 stalk celery, finely chopped (about 1/4 cup) > 1 garlic clove, minced (about 1 teaspoon) > 2 cups red vinegar > 2 cups low sodium beef broth > 2 tablespoons tomato paste > 1 sprig fresh thyme > 1 tablespoon unsweetened natural cocoa powder > 1 teaspoon chopped fresh rosemary leaf

## PROCEDURE

- 1) Season the meat with the salt and pepper. In a large skillet, heat 2 teaspoons of the oil over medium-high heat until good and hot, then add the meat and sear until well browned on all sides, about 10 minutes total.
- 2) Transfer the meat to a rack set on a baking sheet for resting. Roast until an instant-read thermometer inserted in the thickest part registers 140 degrees F for medium-rare, about 30 minutes, or to your desired degree of doneness. Remove it from the oven, cover with aluminum foil, and let rest until the sauce is nearly done before slicing.
- 3) While the meat cooks, make the sauce.
- 4) Heat the remaining 2 teaspoons of oil in a large saucepan over medium-high heat. Add the shallots, carrot and celery and cook, stirring a few times, until softened, about 5 minutes. Add the garlic and cook for 2 minutes more. Add the broth and stir in the tomato paste. Add the thyme and bring to a boil. Simmer until the liquid is reduced to about 1/2 cup, about 40 minutes. Strain through a fine mesh strainer into a small saucepan. Stir in the cocoa and rosemary and season with salt and pepper.
- 5) Serve on the side with the sliced tenderloin



## Dessert

### CHOCOLATE TRIOS

#### STEP ONE Vanilla Sauce

> Fresh cream 6 table spoons > Fresh milk 6 table spoons > Sugar 2 tea spoons > Vanilla beans 2 tea spoons > Egg yolk 2 pcs.

**Preparation:** Take fresh cream, fresh milk, sugar and vanilla bean together and boil. Egg yolk with sugar to be mixed with hand and keep it separate. After boiling the mix add egg yolk sugar to it and allow it to cool. Divide the sauce into 3 bowls equally.

#### STEP TWO Dark chocolate mousse

> Vanilla sauce 5 table spoons > Dark chocolate - 4 table spoons > Gelatin ½ teaspoons > Fresh cream 4 table spoon > Icing sugar ½ teaspoon.

**Preparation:** When vanilla sauce is hot, add dark chocolate and gelatin and allow to cool. Take separate fresh cream and icing sugar and beat lightly, when the mixture is cool mix it together.

#### STEP THREE White chocolate mousse

> Vanilla sauce 5 table spoons > White chocolate 4 table spoons > Gelatin ½ teaspoons > Fresh cream – 4 table spoon > Icing sugar ½ teaspoon

**Preparation:** When vanilla sauce is hot, add white chocolate and gelatin and allow to cool. Take separate fresh cream and icing sugar and beat lightly, when the mixture is cool mix it together.

#### STEP FOUR Sachet cake

> Almond paste 3 table spoons > Icing sugar 1 table spoon > Eggs 11 pcs. > Egg yolk 2 table spoons > Flour 55% 1 teaspoon > Cocoa powder 1 table spoon > Egg white 3 table spoons > Sugar 1 teaspoon > Melted butter 1 teaspoon > Baking temperature - 180°C for 12 minutes

**Preparation:** Take almond paste, eggs, egg yolk and icing sugar, beat together in mixing bowl. Mix together flour and cocoa powder and keep it separate, then beat together egg white and icing sugar and add to first mixture and then add flour mixture and finally add melted butter.

Then put on the baking tray and bake at 180°C for 12 minutes.

#### STEP FIVE Milk chocolate mousse

> Vanilla sauce 5 table spoons > Milk chocolate 3 table spoons > Praline paste 1 teaspoon > Gelatin ½ teaspoon > Fresh cream 3 table spoons.

**Preparation:** When vanilla sauce is hot, add milk chocolate, praline paste and gelatin and allow to cool. Beat the fresh cream and mix it with the mixture.

#### STEP SIX Crunch crispy

> Praline paste 2 table spoons > Dark chocolate ½ teaspoon > Butter 1 table spoon > Milk chocolate 1 teaspoon > Crunchy 1 teaspoon.

**Preparation:** Mix together melted dark chocolate. Soften the butter and mix both together. Cut the crunchy crispy into small pieces and add to the mixture.

#### STEP SEVEN Glazaag

> Dark chocolate 1 table spoon > Butter oil ½ teaspoon

**Preparation:** Mix dark chocolate with melted butter.

#### FINAL STEP Assembling Chocolate Trio

> First layer – Glazaag then crunch crispy > Second – Sachet cake > Third – Dark chocolate mousse and then white chocolate mousse and finally milk chocolate mousse.



MARVELOUS  
MOROCCAN  
INDULGENCE

  
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# THE CRONUTS

## {STEP BY STEP}

PHOTOGRAPHY JESSIE PALANCA

*The Cronut pastry is the unique creation that many have described to be a croissant-doughnut hybrid. After its launch on May 10, 2013, Cronut pastry fans spanned the world from Berlin, Singapore to the Middle East making it the most virally talked about dessert item in history.*

*Seeing that as an exciting trend, Marriott Marquis decided to create their own recipes, going firstly through a few trial and taste panels, before finally getting the product right, Quick Bites at Marriott Marquis launched its first Cronut in Doha.*



Chef Aurel C Raduti  
Executive Pastry Chef  
Marriott Marquis City Center Doha

COURTESY  
OF  
MARRIOTT  
MARQUIS CITY  
CENTER DOHA



## STEP 1

### PREPARE ALL THE INGREDIENTS:

#### Pastry: Croissant dough

Take the dough and scale pieces at 2200 grams, wrap it in cling film and keep in chiller for at least 2 hours.

#### Fillings: Pastry cream

Use 500grams of pastry cream and then add the flavourings, chocolate pistachio and rose water to it. Mix all ingredients and keep in chiller till use.



**TIP:** A cronut has a short shelf life, so it must be eaten fresh. Never refrigerate these treats as the humidity from the refrigerator will cause them to go stale and soggy. Since the cronut pastries are filled with cream, we do not recommend serving them warm or hot.

## STEP 2

### DO THE CRONUTS:

- 1) Use a sharp 3-inch circular cutter to cut 8 circles of dough from a piece on the work surface. Cut the donut holes out of the dough circles.
- 2) Arrange cronuts and holes onto prepared baking sheet. Let them rise in a draft-free, warm place (such as an unheated oven) until doubled in size, about 1 hour.



## STEP 3

### FRY TO GOLDEN BROWN AND SET ASIDE:

- 1) Heat vegetable oil in a deep fryer. Carefully lift a cronut and gently drop into oil. Fry 2 at a time until golden brown, 1 1/2 to 2 minutes per side. Cronuts will puff up as they cook. Drain on racks over paper towels; let them cool.



## STEP 4

### TOPPINGS: SUGAR AND CREAM

- 1) Dip in sugar 2) Fill with pastry cream (MADE IN ADVANCE) 3) Decorate with chocolate, coconut, plain sugar or desired toppings.



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

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# ESCAPES

ADVENTUROUS-FUN-LUXURIOUS-UNIQUE TRAVEL EXPERIENCES

## THE SKY IS THE LIMIT

Enjoy a breathtaking swimming session at one of the world's most spectacular rooftop pools. The Sands SkyPark infinity pool in the Marina Bay Sands Hotel, Singapore is in fact on everyone's list when visiting this unique metropolis. Located on the 57th floor, it stretches over an impressive 150 meters across the scenic Sands Skypark, while offering glorious views over the city skyline. That's what we call swimming with a view! Read more about Singapore on page 102.



## A NEW ERA IN THE AIR

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From as early as the 1st of December – nine days earlier than scheduled – Lufthansa customers will be able to enjoy Premium Economy Class on all flights on the Boeing 747-8 fleet. The “dash-8 fleet” will then offer by far the most cutting-edge and exclusive travelling experience available at Lufthansa.

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



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For more information visit [www.alzorah.ae](http://www.alzorah.ae)



## AWARD WINNING GETAWAY THE ALILA JABAL AKHDAR RESORT, OMAN, RECEIVED THE GREEN LANDSCAPE AWARD

This eco-friendly resort has been designed in harmony with its surrounding environment: fragrant pink roses that blanket the mountainside have been translated through the resort's interiors of a simplistic beauty that is a warm reflection of the local Omani culture. The Green Landscape Award was granted to the resort's for setting itself as a pioneer to the environmental contribution of Oman.

For further information visit [www.alilahotels.com/jabalakhdar](http://www.alilahotels.com/jabalakhdar)

# NEWS

THE LATEST DISH FROM THE TRAVEL WORLD

## ORLANDO'S NEWEST RESORT

SIGNATURE FOUR SEASONS GUEST  
SERVICE WITH DISNEY CONNECTIVITY

Four Seasons Resort Orlando at Walt Disney World Resort announces a new overnight package that includes Walt Disney World park tickets. The package ensures guests have the flexibility of choosing which parks they would like to experience, while also allowing for two days of free time to enjoy the amenities of the Resort and the Downtown Disney area.

For more information on Four Seasons, visit [www.fourseasons.com](http://www.fourseasons.com)





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# PIT-STOP IN SINGAPORE



*This tiny island hosts every year its coveted Formula One Grand Prix. This year's edition just took place in September, but don't despair if you missed the opportunity to witness this exciting racing, Singapore has much more to entertain you, all year long!*

BY FRANCESCA MOSER

Singapore is known as one of the smallest countries in the world, but this doesn't mean you'll be short of activities and fun during your visit. This island, and sovereign city-state, boasts in fact endless cultural and entertainment hotspots, from hip dining outlets to fancy shopping malls. Not to mention its 50 major parks and four natural reserves to unwind and enjoy nature... no wonder Singapore is nicknamed the Garden City!

The list of what to do&see while visiting this prosperous country could go on and on, thanks to its unique cosmopolitan feel, which contradistinguish Singapore's multi-faceted society. The melting pot of Chinese, Malay, Indian and English influences result in a colourful and vibrant reality which co-exists perfectly

with the modern and clean side of the city. Don't miss out on the below must-see attractions while in town...enjoy!

**ORCHARD ROAD.** Your shopping marathon starts here, thanks to miles and miles of shopping malls. Do we need to say more?

**MARINA BAY.** This super modern area is dominated by the Marina Bay Sands Hotel.

This luxurious resort features next to it a glorious public garden with its gigantic trees, its famous Flower Dome and Cloud Forest...a must-visit!

**SINGAPORE BOTANICAL GARDENS** Don't miss the opportunity to witness more than 1,000 species of gorgeous

orchids at this breathtaking botanical garden, the only one worldwide one, which opens every day from 5am till midnight. Free of charge except for the National Orchid Garden.

## **NIGHT SAFARI**

Kids will love to experience the world's first nocturnal zoo and try to spot over 2,500 animals in the dark!

**CHINA TOWN.** The Chinese heritage area is a favourite among tourists, thanks to its historical appeal and cool bars and restaurants.

**SENTOSA ISLAND.** This small island resort connected to Singapore by a bridge and by cable car, features sheltered beaches, 14 Hotels, a water park and the theme park Universal Studios. A great destination to relax and enjoy the wknd at its best!

# ASIAN DELIGHT

## KU DÉ TA SINGAPORE

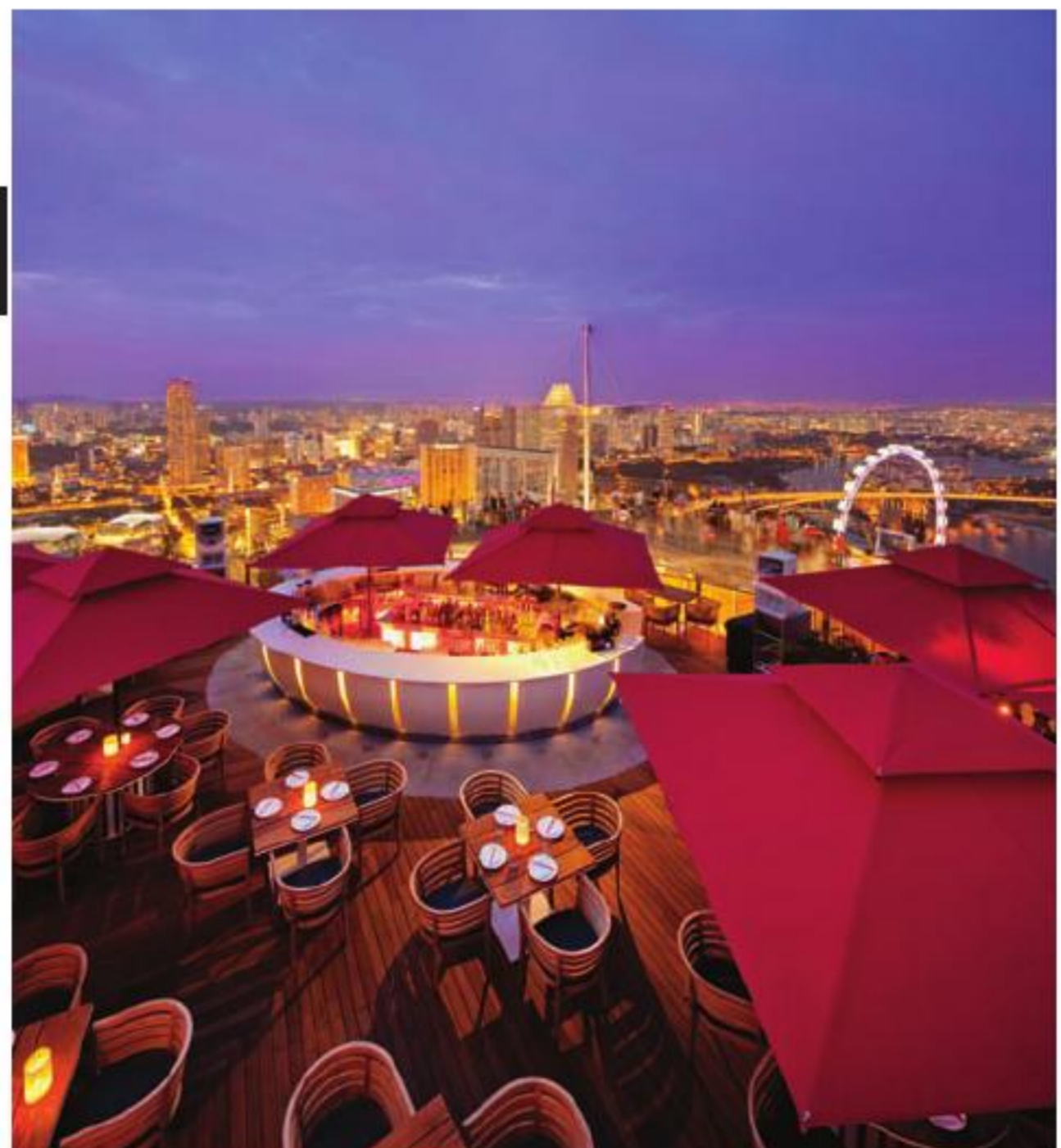
Images courtesy of KU DÉ TA Singapore

*If you have to choose one special place to experience the glorious Modern Asian cuisine (and breathtaking views) of SINGAPORE, don't look any further than this true culinary gem.*

Treat yourself to a spectacular night out by booking a table at one of Singapore's finest lifestyle venues. KU DÉ TA simply has it all: from the superlative world class menu by its talented Executive Chef Frederic Faucheux, to outstanding cocktails, the coolest DJs in town and uninterrupted views of the city second to none, you'll be able to experience your perfect Modern Asian entertaining affair courtesy of this unique rooftop oasis, perched 200 meters atop the iconic Marina Bay Sands Hotel. Start your night off at SkyBar to sip on trademark's cocktails before you tickle your palate with KU DÉ TA's renowned Japanese-inspired cuisine, which features unique twists, blends unique ethnic Asian flavours and textures that will blow you away and satisfy even the pickiest palates. Signature dishes, not to be missed, include a refreshing but tingly spicy sashimi salad, succulent pan-fried tiger prawns and the tastiest and most tender rack of lamb ever tasted. The list could go on and on, and since the menu is created with sharing in mind (true Asian style) an array of dishes should be mixed and matched in order to enjoy the KU DÉ TA journey at its best! And to end such a perfect dinner, indulge your sweet tooth with their outstanding frozen cheesecake with white chocolate, before hitting the floor of KU DÉ TA Club Lounge, where you'll be dancing off all those calories...the night is sorted!



Frederic Faucheux  
Executive Chef at  
KU DÉ TA



For more information visit  
[www.kudeta.com](http://www.kudeta.com) or email  
[reservation-sg@kudeta.com](mailto:reservation-sg@kudeta.com)



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# SOCIETY & ARTS AND CULTURE

EVENTS & INDIVIDUALS WHO MAKE A DIFFERENCE IN THE MIDDLE EAST



## **Anish Kapoor's 2009 stainless steel work 'Untitled'.**

Renowned auctioneers Sotheby's, held their Contemporary Art Doha auction at the Katara Art Centre. A total figure of \$8,006,625 was sold, attaining record prices for 13 artists. The top lot of the sale was Anish Kapoor's 2009 stainless steel work - 'Untitled', which sold after extended bidding for \$1.325,000 against an estimate of \$700,000-\$900,000.

The highest price achieved for a work by an artist in the Middle East!



## 'ELEVATE TO EDUCATE':

El Jaish Sports Club Supports ROTA's volunteers to raise Funds for Palestinian schools by climbing Mount Kilimanjaro

Twelve young climbers have volunteered to try and raise funds for schools in Palestine by climbing Mount Kilimanjaro in Kenya. At over 5,800 metres, Mount Kilimanjaro is the highest mountain in Africa and the highest free-standing mountain in the world. The climbers will be mentored and led by the official ambassador of Reach Out To Asia (ROTA), His Excellency Sheikh Mohammed Al Thani, who is a seasoned mountaineer and the first Qatari to scale Mount Everest. The Title sponsor of this initiative is ElJaish Sports Club. Qatar National Bank ( QNB) as the Gold Sponsor, and Qatar Financial Center as the Platinum sponsor. Following a period of rigorous preparation, ROTA's 'Elevate to Educate' challenge commenced on 2 October 2014 and lasted for nine days. "We are incredibly proud of the team and will support them every step of the way," said ROTA's Executive Director, Essa Al Mannai.

For more information on the initiative:

<https://www.justgiving.com/rota>



HH Sheikh Abdullah bin Khalifa Al Thani and HE Sheikh Mohammed bin Khalifa .

## HORSE DJANKA DES FORGES CAME FIRST

Set in the glittering backdrop of the beautiful city of Paris, the exciting equestrian event, the Qatar l'Arc de Triomphe, held on October 05, brought an outstanding victory for Qatar's Arabian horse, Djanka Des Forges. Djanka came first in the 2000m race of the Qatar l'Arc de Triomphe and made her country proud. HH Sheikh Abdullah bin Khalifa Al-Thani, sponsor of the race, crowned HE Sheikh Mohammed bin Khalifa, owner of the horse, with the trophy. HE Sheikh Mohammed bin Khalifa Al-Thani expressed his delight that the Qatari horse showed its superiority in the race, with His Excellency adding that the win proved that Arabian horses still maintain their edge above the rest. His Excellency then dedicated the win to the Qatari people.



Awatif Hussein El Sayed, Dr Abdullah Al Hamaq, Marjo Louw and Jack Saba.

## QATAR DIABETES MASCOTS

### SARAH AND SALEM

Qatar Diabetes Association (QDA), a member of Qatar Foundation for Education, Science and Community Development (QF), in collaboration with Sasol Qatar, has introduced new educational tools intended to reduce the fear and anxiety often associated with diabetes in young children. Custom-made for QDA, by The Art of Business, an associated company of AHB Group, Salem and Sarah are plush characters developed to provide educational support and comfort for children living with type 1 diabetes in Qatar and across the region; an initiative that supports Qatar Foundation in its mission to be a catalyst for change by leveraging its experiences, knowledge and capabilities.



# NEWS

THE LATEST DISH FROM PEOPLE AND SOCIETY



## QATAR'S WIN

### AT QATAR PRIX DE L'ARC DE TRIOMPHE

For the second consecutive year, Thierry Jarnet on Trève gave an outstanding performance to take home the Qatar Prix de l'Arc de Triomphe on Sunday 5th October. Longines was the Official Timekeeper and Partner of this legendary race for the fourth year. A partner of national horseracing authority France Galop and the Qatar Racing and Equestrian Club, the Swiss watchmaker also presented another French top-level international race on the same day: the Prix de l'Opéra Longines, won also by Thierry Jarnet on We Are. The Official Watch of the Qatar Prix de l'Arc de Triomphe 2014 was a steel chronograph from the Conquest Classic collection, a line of timepieces dedicated to Longines' passion for horseracing.



## TOP TWELVE YOUNG ARAB INNOVATORS CHOSEN AS CANDIDATES ON STARS OF SCIENCE ON MBC4

Twelve of the Arab world's most promising innovators have been chosen as candidates on Qatar Foundation's "edutainment reality" TV programme Stars of Science on MBC4. The selection, which is a turning point in the sixth season of the popular programme, marks the end of the casting phase and the beginning of a series of intensive project development stages where candidates will refine their ideas and compete against each other to become Stars of Science finalists. "These twelve individuals, who stood out among thousands of applicants considered in the Stars of Science international casting tour, are among the most talented, motivated and idea-driven young people in the region," noted Youssif Abdulrahman Al-Salhi, perennial juror and General Manager of Qatar Shell Research and Technology Centre. For more information please visit: [www.starsofscience.com](http://www.starsofscience.com)  
Facebook - <https://www.facebook.com/StarsofScienceTV>  
Twitter - <https://twitter.com/starsofscience>  
Instagram- [starsofsciencetv](https://www.instagram.com/starsofsciencetv)

## BRAZIL! FESTIVAL QATAR BRAZIL 2014 YEAR OF CULTURE

6-8 November 2014, Museum of Islamic Art Park, Doha

A colourful slice of the energy and creativity of Brazil lands in Qatar for a weekend of events presented at the MIA Park from 6-8 November 2014. Brazil! Festival is part of the Qatar Brazil 2014 Year of Culture, presented by Qatar Museums in the Museum of Islamic Art Park in Doha. Popular and traditional Brazilian musicians will perform in a beautifully-conceived outdoor setting that will include a stage, pop-up cinema screen, food stalls and a sports area. Brazil will be celebrated with music, story-telling, football, and stands selling Brazilian street food. The content of the Festival will reflect the diversity of Brazil with the design evoking the colours and sights of the country and activities representing different Brazilian regions and states. The programme of activities will appeal to a wide audience from Qatari and expatriate communities of Qatar including families and culture enthusiasts and sports fans.

Festival open  
Thursday 2PM – 11PM  
Friday 2PM – 11PM  
Saturday 12PM – 10.30PM  
Admission Free



## NOVO CINEMA RELEASES A SEQUEL!

GOOD NEWS FOR MOVIE GOERS IN QATAR AS NOVO CINEMA HAS ANNOUNCED THE SIGNING OF ADDITIONAL THEATRES AT NORTH GATE MALL. FOLLOWING THEIR SWANK OFFERING AT THE PEARL QATAR, THE NEW LOCATION PROMISES PREMIUM ENTERTAINMENT AND NEWEST BLOCKBUSTERS WITH "NOVO 7-STAR EXPERIENCE" YOU WON'T SOON FORGET.



## ARAB WOMAN AWARDS QATAR ANNOUNCES WINNERS

Fifteen inspirational women were recognised at a gala dinner held at the Intercontinental Doha The City. The fifteen winners, which include Inspirational Woman of the Year, Dr Aisha Al Mannai, were presented with their awards by Al Jazeera's Fairouz Ziani at an exclusive invitation-only red carpet event. Qatari businesswoman Ibtihaj Alahmadani was awarded the Lifetime Achievement Award. The glamorous ceremony was attended by the winners, their families and VIP members of society as well as media representatives.

The full lists of recipients of the 2014 Kuwait awards are:

<b>Businesswoman of the Year</b>	<b>Media</b>
Samira Fakhri	Amal Abdul Malik
<b>Education</b>	<b>Sport</b>
Dr Hessa Sadeq	Anisa Al Hitmi
<b>Art</b>	<b>Humanitarian</b>
Wafika Sultan Saif	Dr Noora Al Hinzab
<b>Entrepreneur</b>	<b>Young Talent</b>
Maryam Al Shaibi	Girnaas
<b>Literature</b>	<b>Woman in Government</b>
Hessa Al Awadi	Maryam Al Jaber
<b>Fashion Designer</b>	<b>Inspirational Woman of the year</b>
Hessa Al Mannai	Dr Aisha Al Mannai
<b>Young Designer</b>	<b>Life time Achievement</b>
Wadha Al Hajiri	Ibtihaj Alahmadani
<b>Medical</b>	
Dr Nabila Al-Meer	

Dr Nabila Al Meer, winner of the Medical Award, said, "It is an honour to be recognised amongst such an extraordinary group of women. These awards go a long way in not only recognising the successes of women in Qatar, but in highlighting the development of the role of women in the region"

The awards were judged by an independent board of judges, which included Honorary Chairperson of the Qatar Judges Board, Bothaina Al Ansari; HR director for Ooredoo and Board Member of the Qatar Businesswomen Association, Mishael Al Ansari; Marketing and Communication Director at Anti-Doping Lab Qatar, Aisha Al Bedded; Creative Director for DarzDesigns, Amal Al Athem; Visual Arts Expert at Ministry of Culture, Arts and Heritage and Nadine El Chaer, Chief Editor AhaIn! Arabia. The Arab Woman Awards Qatar 2014 is supported by Tanagra, Intercontinental Doha the City, Harayer Magazine, Grazia Qatar, Asdaa and Ana Emraa.



## 5TH QATAR INTERNATIONAL BUSINESSWOMEN FORUM HIGHLIGHTS IMPORTANCE OF QATAR NATIONAL VISION 2030



Under the main theme 'Business Women and the New Age of Innovation, Entrepreneurship and Social Responsibility', 5th QIBWF will be held on 16 and 17 December 2014 at the St. Regis Doha Hotel in Qatar and will include new discussions on human development, women empowerment, corporate social responsibility (CSR), and entrepreneurship. With a total of five sessions throughout the two-day event, there will also be keynote speeches in between sessions that will be delivered by distinguished personalities from the public and private sector, who will elaborate on the widening opportunities for women to be among the future business and socio-political leaders of society, there will also be success stories of women from different fields and workshops that will address topics that are important to business women.

"From the list of extremely significant topics to be discussed at this year's fifth edition, we believe that the Qatar International Businesswomen Forum will once again prove to be a success," said Aisha Alfardan, Vice Chairwoman of the Qatari Businesswomen Association. "As we aim to build further knowledge and confidence among women in Qatar, we believe that participants of the Forum will benefit from the expert insights of speakers, which would in turn enable them to take a much wider role in leading the country's growth and development aspirations."

Organized by the Qatari Businesswomen Association in collaboration with Interactive Business Network, the main theme of the Forum will be 'Business Women and the New Age of Innovation, Entrepreneurship and Social Responsibility'.

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

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

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

# Louise Mortlock

BY JORGE GRANDA

PHOTOGRAPHY BY JESSIE PALANCA

*The Pearl Qatar's newly-opened NOVO Cinema will soon house AHB Group's latest healthy endeavour Crunch Cantina.*

*ABODE talks to Louise Mortlock, General Manager of AHB's Restaurants Division to find out what sets this theatre snack-bar ahead of the pack.*



## GENERAL MANAGER AHB GROUP'S RESTAURANTS DIVISION

**Q: As GM for AHB Group's Restaurants Division what's your average work-day like, overseeing half a dozen successful food and beverage brands?**

**A:** My job is the overall responsibility for the restaurants, which currently includes the existing Chowking restaurants and the expansion plan of the brand. Our flagship Harry Ramsden's World Famous Fish & Chips restaurant is due to open in early 2015 at Medina Centrale on The Pearl and our own in-house developed brand, Crunch Cantina, will be opening its first store in the cinema. We are fully involved [in this new concept]; I have developed the logo, image and design with our inhouse team and am currently developing the menu.

**Q: So what's the Crunch Cantina concept all about, anyway? It's a catchy name!**

**A:** Crunch Cantina is a concept that we developed ourselves. Mr. Ahmed Hassan Bilal, Chairman of AHB Group, was really interested in a site at the new cinema – but they already had similar concepts, [such as] Asian and fish and chips, so we were tasked with developing our own. We decided on a fun, healthy store with unique takes on popular cinema snacks. In a meeting with Mr. Bilal we presented the concept – which he loved, and we decided on the name 'Crunch' to signify the health factors of crunchy fruit and vegetables and the 'snap' of fresh bread and pretzels. During this meeting, Mr. Bilal told us about a classic Western cowboy movie he had seen the previous night which had been called Cantina Royale. He loved the name, so we changed 'Crunch' to 'Crunch Cantina' – which has a nice ring to it.

**Q: It certainly sounds like a promising venture!**

**A:** This is very important as it's the very first restaurant that has been developed by AHB Group, as opposed to a joint venture or franchise. The pressure is on to build and operate a successful restaurant. The first site [for Crunch Cantina] is at the new NOVO Cinema on The Pearl, but we hope to roll out across Qatar – possibly in other malls and cinema locations.

**Q: What gives Crunch Cantina its unique edge in the market and what kind of menu items will it offer?**

**A:** There are a lot of juice bars around Qatar, but we aim to offer unique, healthy treats alongside our juices and smoothies. A lot of places say that they're healthy, but in fact they use high sugar syrups, ice creams and sorbets. Our menu will offer something for everyone, from juices, smoothies, German Bakery Company breads, breakfast items, super-food salads, snack boxes, lunch boxes and healthy treats. At a time when 'farm-to-table' is becoming increasingly popular, we live in a country where almost everything is imported. This is challenging for a fresh produce restaurant but we can implement some of the key ideas of this trend such as freshness, seasonality and simple preparation. Healthy foods are becoming increasingly attractive in this part of the world and people are realizing that what we put in our body is essential to the quality of life we live – and that's made more difficult when we dine out. The cinema is an attraction and it can be difficult to stay on track when you're tempted with cakes, sweets and sugary drinks. Our aim is to offer a healthy but delicious alternative for the more health-conscious consumer.

To learn more about AHB Group, its products and services, call 4442-8877 or visit [www.ahbqatar.com](http://www.ahbqatar.com).



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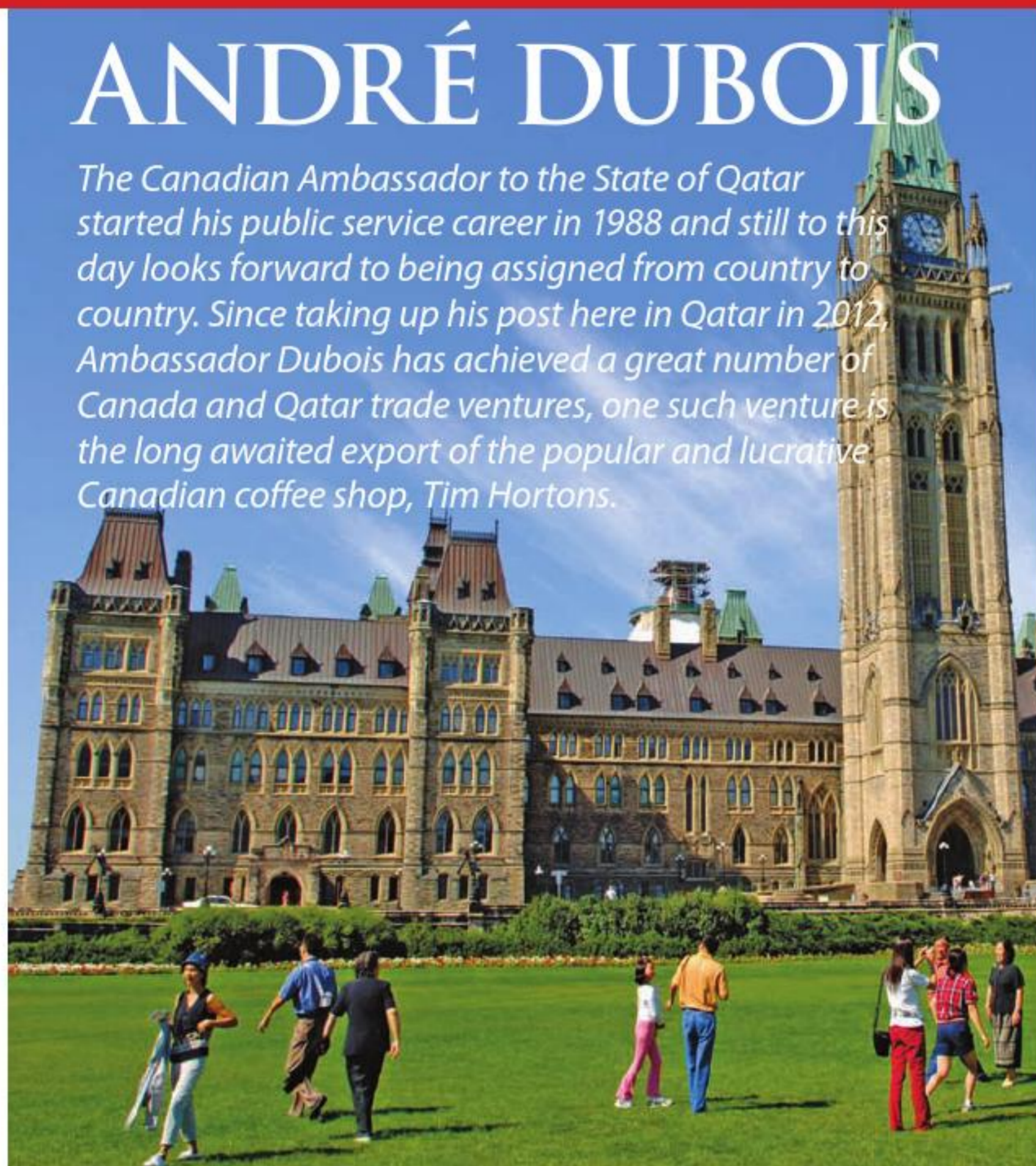
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  MIGATO QATAR

## IN CONVERSATION WITH AN AMBASSADOR

# ANDRÉ DUBOIS

*The Canadian Ambassador to the State of Qatar started his public service career in 1988 and still to this day looks forward to being assigned from country to country. Since taking up his post here in Qatar in 2012, Ambassador Dubois has achieved a great number of Canada and Qatar trade ventures, one such venture is the long awaited export of the popular and lucrative Canadian coffee shop, Tim Hortons.*



PHOTOGRAPHY JESSIE PALANCA

### **What were your first impressions of Qatar?**

Well, as you can imagine, the first thing that would hit a North American is the heat. Canadians don't complain much about the weather here! Most impressive is the decisively contemporary and modern dimensions of the country. This is something that Canada and Qatar share, as both countries view themselves as young and vibrant new Nations, that are full of ambition for their people.

### **What do you especially like about living in Doha?**

I am fascinated by all the paradoxes, finding myself at the crossroads of ancient cultures and trade routes, populated by people instilled with millennia old cultures and traditions. I relish the fact I can sip a cardamom coffee

at Souq Waqif and visit the horse and camel stables, but at the same time, I have high-speed internet access at home. My visit to a camel breeding farm has been the highlight of my time here. When I want to reenergize myself, I drive off into the desert. There is a true mystical aspect to the experience that's invigorating.

### **You have talked about the partnership between Canada and Qatar. How do you see this developing?**

The Embassy is particularly focusing on two major pillars that help us meet our shared goals: sustainable economic development and promoting human development.

On economic development, there are a number of Canadian companies doing

business in Qatar and significant Qatari investment in Canada. As we increase this activity we will notice stronger bonds between Canada and Qatar. On human development, Qatar National Vision 2030 is the plan and we're committed to contributing to its realization.

### **What other areas of expertise does Canada offer in this partnership?**

The quality of Canada's education system cannot be overstated and our post-secondary institutions are rated as among the best in the world.

The Embassy will be organizing a study in Canada event, the EduCanada Tour in Qatar, November 3-4 2014 at College of North Atlantic Qatar, and I would like to extend an invitation to all potential students from Qatar and their parents to attend.

**We understand that the University of Calgary from Canada opened a nursing school in Qatar. Is health care expertise one of the strengths of Canada?**

Absolutely. In health, not only are the College of the North Atlantic – Qatar (CNA-Q) and University of Calgary Nursing School doing good work to support the delivery of healthcare services in Qatar, we also have the Hospital for Sick Children from Toronto, one of the best pediatric health care providers in the world, partnering with Hamad Medical Corporation to help develop their pediatric program. They recently celebrated the fourth anniversary of their partnership and it's only one example of what Canada is doing in this area.

**Have you been able to meet many of the Canadians who are living in Qatar?**

Yes. I've met Canadians through expat groups like the Canadians in Qatar and events where Canadian companies are launching their presence in the country. As one would expect from an avid Canadian ice hockey fan, I enjoy watching hockey games at Villaggio Mall

where the Canadian expat community hangs out. As I like to say, Hockey in Doha is the coolest game.

I've also met Canadians in places where I would not have expected. There are Canadians working in all sectors of the Qatari economy, from oil and gas, to retail, to the Qatari government as well. We're all over the place and it's surprising where you find them from time to time!

**What places would you especially advise visiting in Canada?**

I would suggest that when people visit Canada to take the opportunity to explore the wilderness. We have many great cities that have much to offer visitors such as shopping, cultural attractions, and sports, but it is well worth your while to get out of the cities and see what the rest of Canada is like. Our national and provincial parks are second to none. The one problem you'll have, however, is that because of Canada's size, you won't be able to see it all in one go – you'll just have to come back for a second or third trip!

**Is there anything that you really miss about Canada?**

I miss the wilderness, fishing on a remote lake at dawn when the early morning mist is rising, a long hike in the autumn forest when the leaves are turning to bright red, orange and yellow as if the branches were on fire, or again a cross-country skiing expedition in the cold of winter and you hear the icy snow crackling under your skis. Canadians will understand this instinctively: there is bliss in the post-it sign on the office door that reads: "Gone Fishing!"



## CANADA

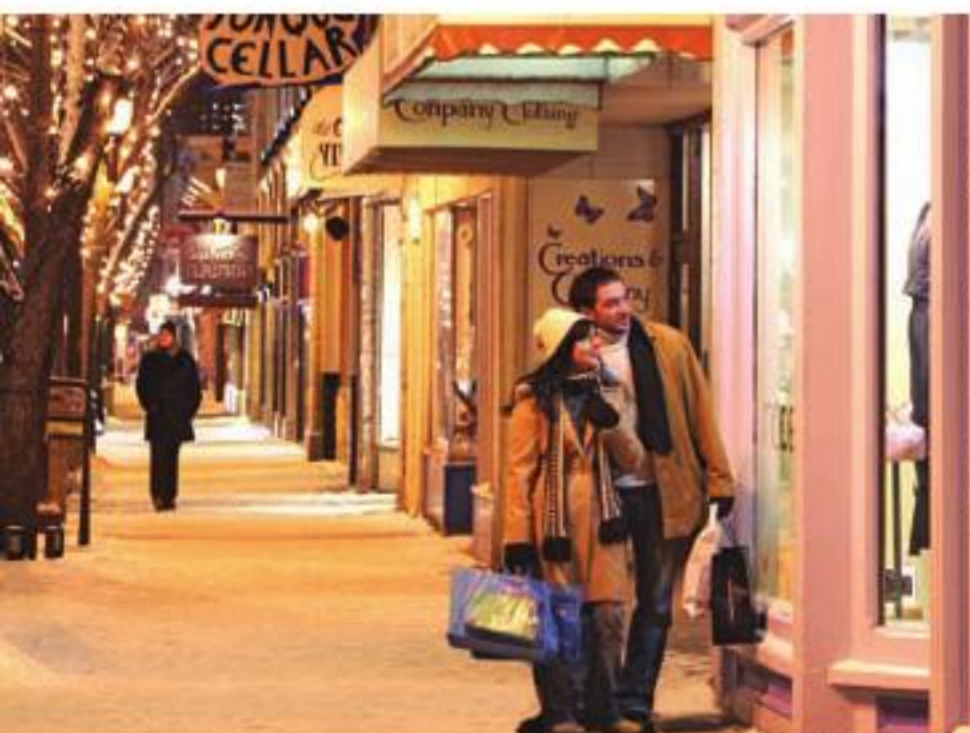
From coast to coast, historic sites, world-famous parks and museums, Canada is filled with unexpected wonders that are sure to awaken your inner explorer. Ambassador André Dubois shares with ABODE his insider guide of some of Canada's attractions.

**National Parks:** are among Canada's - and the world's - natural jewels. They represent the power of Canada's natural environment; a magical place to go to and take a pause on the world.

**Freshwater Fishing:** Along with a rich mix of history and culture, Ontario, offers visitors endless freshwater fishing and water-based recreation opportunities.

**Skiing:** It's no wonder British Columbia was the host province for the Vancouver 2010 Olympic and Paralympic Winter Games. For a family holiday to remember, just add snow.

**Shopping:** In recent years, Toronto has emerged as a major style destination. From luxury designer items to some of the best vintage shopping in North America, there is no shortage of stores.



For more information  
Canada Embassy Doha 4419 9000.  
[www.qatar.gc.ca](http://www.qatar.gc.ca) or find Embassy of  
Canada to Qatar on Facebook

## IN CONVERSATION WITH ANDY MERRIS

# GENERAL MANAGER -NEW PROJECTS OF AHB GROUP

*The newly appointed General Manager - New Projects tells us about his love of sport and how variety is the spice of life.*

**Q. What do you love most about Qatar?**

**A.** Qatar's emphasis on sport in society is something I love – as the grandson of probably one of the first professional athletes I know only too well how sport enriches future generations with team building, personal confidence and commitment.

**Q. The Pearl is a magnificent achievement for Qatar. How has AHB been involved?**

**A.** We are one of the largest investors in the Pearl. AHB is a family company which has been trading for over 30 years, developing and letting properties.

**Q. What do you enjoy most about your work?**

**A.** Variety is certainly the spice of life and that has certainly been served – we are expanding into the realms of hospitality, food service and media.



**Q. What is your ambition for AHB?**

**A.** I most definitely want to leave a legacy at AHB and for Qatar which colleagues, Qatar and myself can all be proud of for a very long time.

**Q. AHB is known for being a highly successful Real Estate Owner – what are its plans for its property portfolio?**

**A.** Real Estate will always be part of the AHB strategy. Strong residential demand is expected as the economy remains stable and the population grows. AHB will target future growth through the redevelopment of some of our older properties accumulated over the years.

**Q. The restaurant portfolio and hospitality arm of AHB is also quite**

**impressive; are there any future plans for AHB to diversify into other markets?**

**A.** There certainly are future plans to expand into other markets – particularly with Qatar's drive for family tourism.

**Q. AHB is the franchise owner of a popular Filipino eatery: Chow King, are there any future plans of acquiring other international establishments?**

**A.** We have Chow King, Harry Ramsdens and Crunch Cantina in our hospitality portfolio as well as our food service businesses and including German Bakery Company. Which includes we are considering future growth through adding further cuisines - watch this space!



**What's happening  
this weekend ?**



**Find out on**  
[www.qatarhappening.com](http://www.qatarhappening.com)

**ENTERTAINMENTARTSCULTUREFOODCOMMUNITYSPORTS**



# LIFE GOES ON...EVEN AFTER YOLANDA!

WORDS AND PICTURES BY JESS HENLEY

*November the 8th will mark a year anniversary since Typhoon Haiyan, known as Yolanda, hit South East Asia and the Leyte region in the Philippines. One of the most devastating tropical cyclones ever registered, the destruction is still palpable. British journalist, Jess Henley, visited the afflicted area to witness with her own eyes, how the local communities are recovering from this natural catastrophe one year on.*

When I left the UK, I had no idea what to expect on arrival in Tacloban. I'd never been to the Philippines and all I knew was that I was about to enter the most severely affected area of the biggest Typhoon ever to hit land – the famous Typhoon Haiyan, known to the locals as Yolanda. It was ten months since the storm and the scene was still shocking. On leaving the airport, an eerie silence filled the car as we made our way through Tent City.

UNICEF and Red Cross tents peppered amongst makeshift houses built from debris, made up a giant shanty town that consumed the landscape for miles; there wasn't a solid building in sight. As the airport is on a spit of land surrounded by sea, every spit had been obliterated. And this was just the start. I was here as a guest of ECOweb ([www.ecoweb.ph](http://www.ecoweb.ph)) and over the next ten days, Nanette Antequisa, the Executive Director and Founder of ECOweb, and Cho Locop from Just Projects International went

on to show me just how desperate the situation was – and still is.

I was taken on the 'disaster tour', said with a wry smile. In Anibong, one of the central barangays (boroughs) of Tacloban, ships had been washed inland by the tidal wave storm surge, destroying everything in their path and burying anyone who got in their way. Along the water front, thousands of temporary homes had been hastily constructed on decimated land, none strong enough to withstand the power of another storm. Survivors were using a well to wash with and scavenging for food. Relief assistance hadn't been seen since April and although the Government were supposedly relocating them, they'd not heard word of it for months. The situation seemed hopeless and I left feeling the weight of their struggle heavily on my shoulders. It took all my willpower not to weep. Slightly



further along our tour, Cho pointed out a huge dilapidated building with red ironwork that had once been its roof, twisted into gnarly shapes. It used to be the local gym and attempted to shelter over 3000 people during the typhoon, only to collapse, killing them all. Moving on we stopped at an elementary school. In front of us was one of the many mass graves in the area. On closer inspection, I noticed nearly all the plaques were for children. Goose-bumps covered my body and tears sprung to my eyes. Cho talked of children clinging onto roof beams in order to keep their heads above the rushing water but sadly many of them weren't strong enough and got swept away. In my wildest dreams, I couldn't even begin to comprehend the utter horror these people had gone through. According to official figures 6,300 people died but Cho commented that amongst the NGOs (non-governmental organisations) over 50,000 body bags were used...

Next we travelled into Dulag, a sprawling provincial town in the middle of the jungle. Here ECOweb are funding their BALA'I project, re-housing forty families into resilient core shelters. Driving down the dusty road, the skyline was scarily empty where coconut trees used to fight for space. Those still standing were sharply decapitated; aggressive spikes replacing tree tops which had been snatched away by the storm. Stories from the locals left me feeling cold. Cowering in the corners of the school they'd evacuated to, they clutched their ears in a bid to soften the deafening roar of Yolanda which raged at 300km per hour, for five hours. "It felt like the ground was going to rise up and eat us" says Erlinda Adonis, mother of eight and one of a hundred families who found shelter in the school. They were there for four days, knee deep in water and unable to escape the torrential rain once the roof was ripped off in the wind. On returning to their homes, every one of them found bare land and fallen trees where their homes once stood. Erlinda told me how she'd sacrificed two and a half years of her children's youth so she could work as a house help in

Manila to raise enough money to build a new home for her family. Her house was completed just five days before Yolanda promptly tore it down again. Josephine Tapalla was three months pregnant at the time. Alongside sixteen other families she found shelter with her husband and three other children (aged one to six) in the only sturdy concrete house in the area. She still shudders from the memory of everyone screaming and praying through their tears that they would survive. Now, ten months later, her children still have nightmares and are terrified every time there's heavy rain and thunder - they believe it's starting all over again.

**"A DISASTER ON THIS SCALE WILL TAKE YEARS TO OVERCOME AND IT IS IMPERATIVE THAT IT IS NOT FORGOTTEN AND MORE IS DONE TO HELP."**

Thankfully Dulag has the aid of ECOweb and other organisations to help with the rehabilitation effort. Other areas aren't so fortunate. With the tireless campaigning of Nanette – one of the most inspirational women I have ever met - ECOweb are not only helping rebuild homes, they are also establishing sustainable livelihoods so everyone will have ongoing work and incomes. They are educating and empowering the survivors by teaching them the importance of working together so they can establish themselves as a secure, growing community. I could already see the positive influence of her work and her enthusiasm is infectious. She is constantly thinking of and developing new ways to establish work and businesses, from manufacturing concrete bricks (hollow blocks) out of local materials; to organic pig farming – a much needed industry in Leyte which

currently imports a lot of its pork from Mindanao the neighbouring island, as demand for the most popular meat way surpasses supply. Having accompanied her to Government meetings and seen her passion in action, I have no doubt she will succeed in making a difference and I feel extremely lucky to have had the opportunity to see her at work. During my stay, Cho was adamant that she also wanted to take me to some of beautiful sights in the area so I wouldn't leave with the impression that this desperation was the only side to the Philippines. We spent a gorgeous day visiting historical caves and natural swimming pools but for me the beauty of the Philippines lies with its people. Travelling on my own, I never once felt alone. Even in such a fraught, desperate time, every Filipino I met was exceptionally kind and welcoming, offering hospitality even when they had nothing to give. I was blown away by their resilience in the face of such destruction, and although so much still needs to be done, Tacloban is a buzzy, lively city fighting to regain its status as an industrial hub.

With typhoon season looming imminently, and the anniversary of Yolanda being on the 8th November; November and December are going to be trying months as the majority of people don't have homes strong enough to withstand another storm. A disaster on this scale will take years to overcome and it is imperative that it is not forgotten and more is done to help. The relief effort can seem overwhelming, but little by little, with donations, volunteers and aid work, a huge amount can be achieved. As Cho said to me, the Filipinos don't see themselves as victims; they see themselves as survivors. It is this mentality that will keep this province growing from strength to strength despite the challenges ahead - it's just a question of perseverance and maintaining hope.

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**To help please donate via the ECOweb website  
[www.ecoweb.ph](http://www.ecoweb.ph)**

## IRREPRESSIBLY CHEERFUL VOLKSWAGEN BEETLE AND GOLF R MODELS TAKE CENTRE STAGE

The Beetle and Golf R are two of the most exciting Volkswagen models to arrive in Qatar this year. The Beetle – arguably the World's most recognisable car is now available in Qatar in three exciting configurations: S, SE and SEL and is a reinterpretation of the original design, which made its debut over seven decades ago. The new model offers a distinctive bold, dynamic and masculine look with a powerful new engine. For more information, visit [www.volkswagen-qatar.com](http://www.volkswagen-qatar.com) or visit the new showroom on Salwa Road.



## AN AUTONOMOUS DEBUT INFINITI UNVEILS Q80 INSPIRATION, A FOUR-DOOR VISION OF A FUTURE PREMIUM SEDAN

Infiniti signals a clear intent to break into the top tier of the premium sedan category with the eye-catching Q80 Inspiration concept car revealed at the 2014 Paris Motor Show. Both the Q80 Inspiration concept and the new Q70 sedan embody the expansion of Infiniti's upper range, providing strong indication that Infiniti is on track to increase its vehicle portfolio by 60 percent over the next five years. "like" Infiniti on Facebook [[facebook.com/InfinitiMiddleEast](https://www.facebook.com/InfinitiMiddleEast)].



HE Sheikh Nawaf Nasser Bin Khaled chairman and CEO of NBK Automobiles

## AS EXCLUSIVE AS IT GETS NBK AUTOMOBILES REVEALS THE NEW MERCEDES- BENZ S-CLASS COUPÉ

The New S-Class Coupé comes with two versions: S 500 and S 63 AMG. The S 500 includes a 4663 cc V8 biturbo engine, and has a rated output of 335 kW (455 hp), its torque level peaks at 700 Nm. Its acceleration from 0 to 100 km/h is 4.6 seconds. While the S 63 AMG includes a 5461 cc V8 turbo engine, and has a rated output of 335 KW (585 hp), its torque level peaks at 900 Nm. Its acceleration from 0 to 100 km/h is 3.9 seconds only. For more information visit the Nasser Bin Khaled Mercedes-Benz showroom located at Salwa Road.

# NEWS

THE LATEST DISH FROM THE MOTOR WORLD

## THE RIGHT MAN FOR THE JOB

RALLYING ACE EMIL KNEISSER  
WITH NISSAN PATROL TAKE  
ON THE EMIRATES DESERT  
CHAMPIONSHIP.

"These are no-prisoners rallies but I'm up for it and so is the Patrol.

The latest generation Patrol was tailored to the requirements of the Middle East. This Desert Championship series will be extra-special," says Kneisser, who first got behind a wheel at the age of nine. Organised by the Emirates Motor Sport Federation, the Desert Championship series is run with the support of the Automobile and Touring Club (ATCUAE).



# THE TALE OF TWO



GTS sprints from a standstill to 100 km/h in 4.7 seconds, and the Cayman GTS is one-tenth of a second faster. The new roadster is the first Boxster to top the 280 km/h mark, reaching a maximum speed of 281 km/h. The sports coupé is even faster at 285 km/h.

The Boxster GTS and Cayman GTS combine top-end dynamic performance with the typical Porsche spread of efficiency, undiminished ride comfort and exclusive features fitted as standard.

**They are available at Porsche Centre Doha as of today.**

**Boxster GTS QAR 253,500**

**Cayman GTS QAR 257,000**

Setting a pioneering new performance benchmark as a duo of the strongest and fastest mid-engine sports cars by Porsche, the Boxster GTS and Cayman GTS have now arrived at Porsche Centre Doha, Al Boraq Automobiles Co. W.L.L. With powerful, uprated engines, the new models also feature the exceptional Porsche Active Suspension Management (PASM) system as standard – the addition further building upon Porsche's unrivalled legacy of sports car excellence. As the most dynamic form of Porsche models, the extension of the GTS principle sees the Boxster and Cayman raise the standard for superior top-end performance in their respective segments.

Ahed Dawood, Brand Manager of Porsche Centre Doha, said: "Ever since the legendary 904 Carrera GTS, first revealed back in 1963, the GTS model line has been globally revered as a first among equals. The Boxster GTS and Cayman GTS now represent an extension of a very special type in the

Porsche bloodline. Standing for Gran Turismo Sport, Porsche continues to build on its tradition of developing authentic sports cars for both the race track and everyday use with these latest, ground-breaking models."

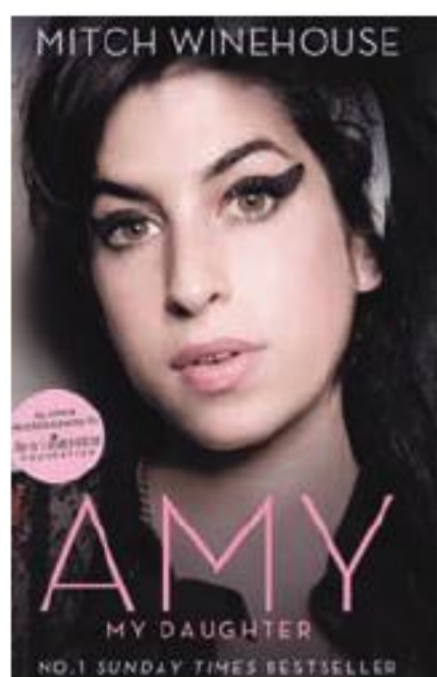
In the new GTS models, Porsche is implementing the two strongest engines that have ever been used in a production Boxster or Cayman. The flat six-cylinder boxers are based on the 3.4-litre engines of the Boxster S and Cayman S. Thanks to fine-tuning they deliver 15 hp more power meaning the Boxster GTS now has an output of 330 hp, while the Cayman GTS delivers 340 hp. Nominal torque has also been increased by ten Newton metres – ideal for powerful gear transitions during acceleration.

Both mid-engine sports cars are equipped with the Sport Chrono package as standard. The results: in conjunction with the optional Porsche Doppelkupplungsgetriebe (PDK) and active Sport Plus button, the Boxster

# BEST SELLERS

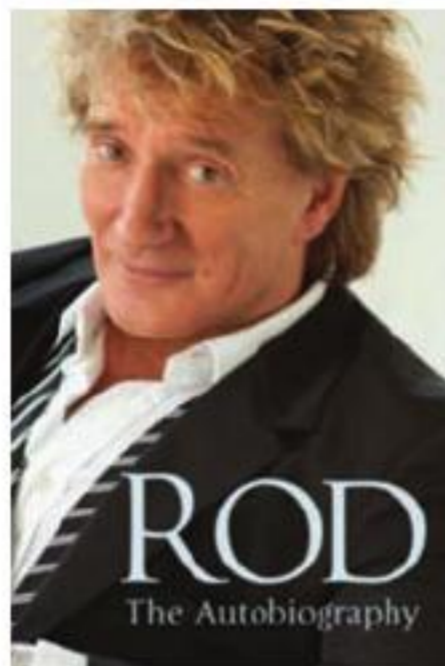
BOOKS  
AVAILABLE  
AT VIRGIN  
MEGASTORE

*Chosen to inspire you, these books will give you a glimpse of the tragic yet starry and glamorous side of the music of Hollywood.*



## Amy, My Daughter

The intimate, inside story of the ultimately tragic life of multiple Grammy Award-winning singer and songwriter Amy Winehouse ("Rehab," "Back to Black") is told by the one person most able to tell it—Amy's closest advisor, her inspiration, and best friend: her father, Mitch.



## Rod - The Autobiography by Rod Stewart

With his soulful and singular voice, narrative songwriting, and passionate live performances Rod Stewart has paved one of the most iconic and successful music careers of all time. From his humble British roots to his hell-raising years on tour with his bandmates, not forgetting his great loves and decades touring the world, Rod delivers a riveting ride through one of rock's most remarkable lives.

## One Direction: Where We Are: Our Band, Our Story

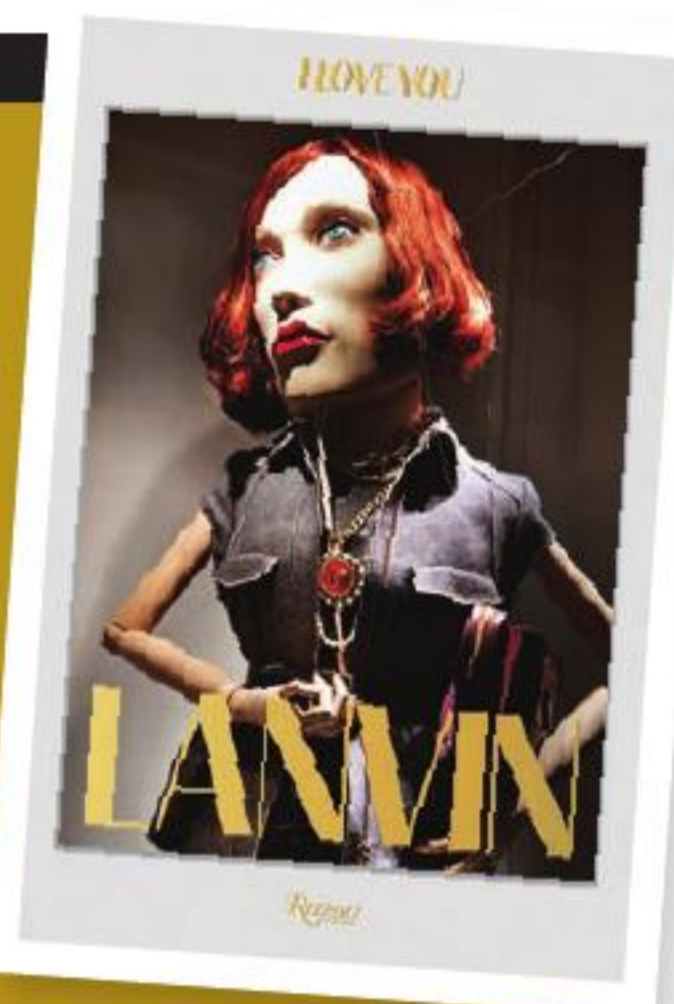
This is the only official book from 1D charting their journey over the last year and a half—from the places they've visited and fans they've met, to their thoughts and feelings, hopes and dreams, highs and lows.



## LANVIN: I LOVE YOU

Pick up a copy of the mesmerizing coffee table book that all who admire Lanvin would love to read.

Alber Elbaz, the director of Lanvin, shares through his handwritten notes the stories of the characters and individuals who appeared in the Lanvin world. The book showcases the fashion and spirit of Lanvin with nearly two hundred compositions, from those shown at their boutiques, to one-offs at the Crillon, and as far afield as Art Basel in Miami, as well as unpublished renderings of concepts hand-drawn by Elbaz.



## Staying Strong by Demi Lovato

In her poignant book, Demi Lovato shares her commitment to herself as she wakes up each morning and affirms her commitment to her health, her happiness, her being. These are Demi's words. Words she lives by and shares with the people she loves and total strangers alike. They are a powerful testament to a young woman standing up and fighting back.



## TECHNOLOGY

### DON'T MISS A BEAT

#### ENJOY WIRELESS LISTENING ON THE GO OR AT THE GYM WITH SONY

Sony  
NWZ-W273S

Walkman is a compact, light and waterproof MP3 player designed for sports enthusiasts. The buttons on the Walkman are ergonomically positioned on the earpiece making it accessible without the need to look at the unit and are recognizable by touch. The sound quality is of high standard and remains the same in water. Available at all Sony retail outlets



#### BLACK SILVER AND WHITE EDITION GO PRO Hero 3 capturing memories

This is a piece of genius design. It is tiny enough to take with you all over the world and capture still images of your action adventures. If you are into extreme sports and would like to capture those moments then this is the perfect camera for you. Get one for yourself. Amazing picture quality and it is water proof! Available at Virgin Megastores at Villaggio, Landmark Mall and Spinneys The Pearl.

#### 3DOODLER

Virgin Megastore brings you the world's first 3D Printing Pen; It is literally a hand held 3D Printer. Creating a graphic design just got easier and now can print an object via a 3D printer you can improvise 3D sketches of objects with the 3Doodler by using your imagination and hands. Inspire your creativity and imagination with this 3D printing pen. Available at Virgin Megastores at Villaggio, Landmark Mall and Spinneys The Pearl.



# CAP ME UP



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- Extra Long QR 2,700



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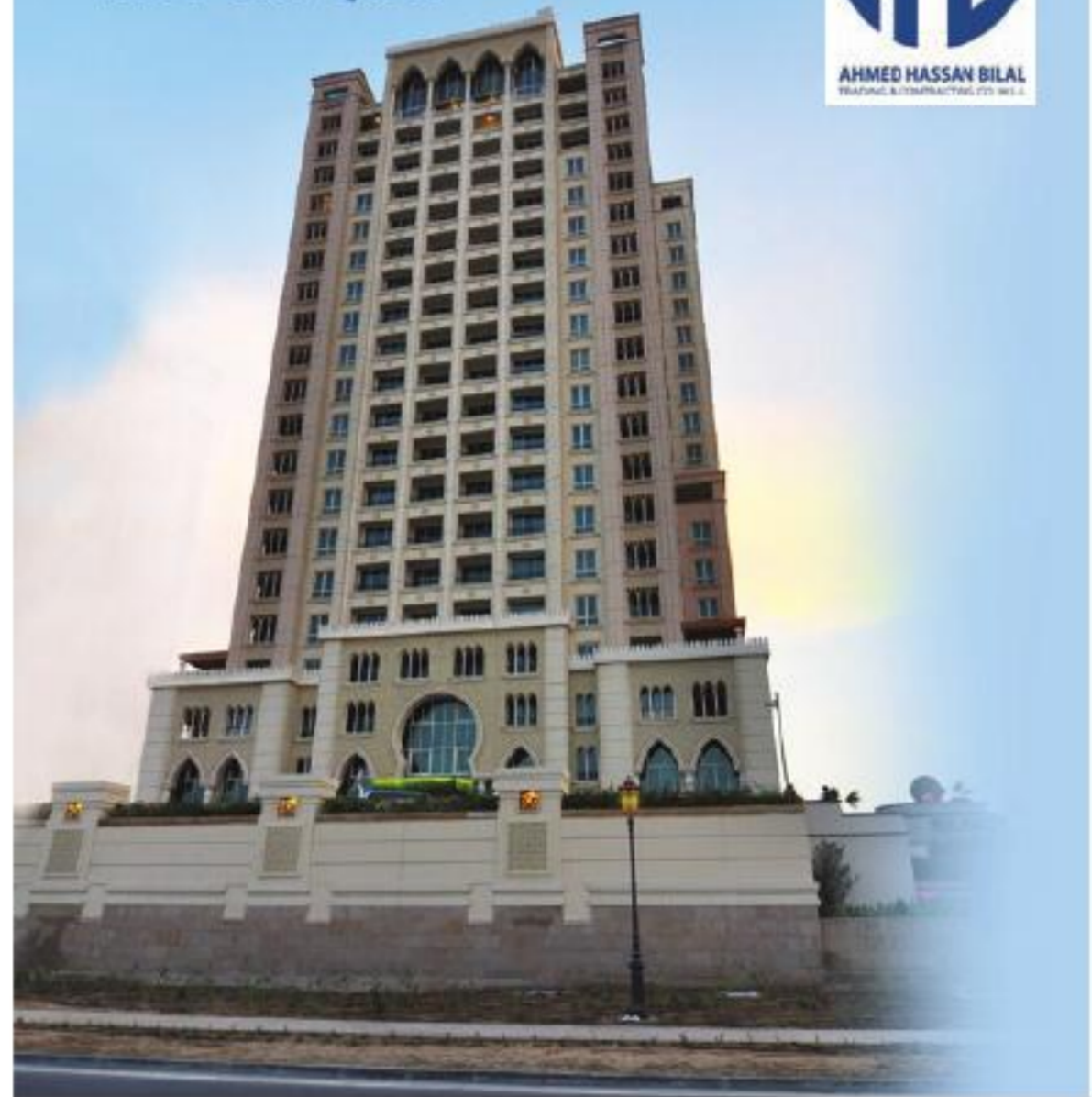
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## Bilal Pearl Suites The Pearl Qatar



### Real Estate

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

### Malls

<b>Al Asmakh Mall</b>	Hours: daily 10am-10pm	
	Al Jawaan Street, Sadd	4444 2401
<b>Centrepont</b>	Hours: daily 10am-10pm	
	Plaza Mall, Barwa Village, Wakra Rd	4415 3586
	Al Asmakh Mall, Al Saad	4428 9201
<b>City Centre Doha</b>	Hours: 10am-10pm	
	Conference Center St., West Bay	4428 9141
<b>Dar Al Salam Mall</b>	Hours: Sun-Wed 10am-10pm, Thu-Sat 10am-12am	
	Abu Hamour	4016 3576
<b>Ezdan Mall</b>	Hours: Sun-Fri 7.30am-11am, Closed every Friday 11.30am-12.30pm	
	Al Gharafa	4433 4141
<b>Hyatt Plaza</b>	Hours: Sat-Thu 10am-10pm, Fri 2pm-10pm	
	Al Waab Street, Muraikh	4469 4848
<b>Landmark Mall</b>	Hours: Sat-Thu 10am-10pm, Fri 3pm-10pm	
	Al Shamal Road, Gharrafa	4487 5222
<b>Lagoon Mall</b>	Hours: Sat-Thu 10am-10pm, Fri 2pm-10pm	
	West Bay, Zone 66, Ad Dawha	4433-5555
<b>Royal Plaza</b>	Hours: Sat-Wed 9am-10pm Thu 10pm-10pm, Fri 3.30pm-11pm	
	Al Saad Street, Al Saad	4413 0000
<b>The Mall</b>	Hours: Sat-Thu 10am-10pm Fri 3pm-10pm	
	D-ring Road	4467 8888
<b>The Gate</b>	Hours: Sat-Thu 10am-10pm, Friday 3pm-10pm	
	Maysaloun Street - West Bay	4407 7201
<b>Salam Stores</b>		
	Hours: Sat-Thu 10am-10pm: Friday 3pm-10pm	West Bay 4448 5555
<b>Villaggio Mall</b>	Hours: Sat-Thu 10am-10pm: Fri 2pm-10pm,	
	Al Waab Street, Muraikh	4413 5444

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**Fax:** +974 4427-8415 **P.O. Box** 7848, Doha, Qatar

## 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
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



## 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

	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
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
Millennium Hotel	Jawaan Street, Al Sadd	4424 7777
Nando's	Hyatt Plaza	4450 5853
	City Centre	4417 5756
Oryx Rotana	Airport Rd.	4402 3333
Pampano	Porto Arabia	4495 3876 ext.1221
Ramada Encore	Ahmed Bin Moh'd St.	4444 3444
Radisson Blu	Salwa Rd, C Ring Rd.	4428 1428
Regency Halls	D'ring road	4465 2226
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

FORUM  
DESIGN

### Interior Design

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

## Hospitals / Emergency

Police & Fire Department	999
Doha Clinic Hospital	4438 4333
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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A fashion advertisement for Gelco featuring two women. The woman on the left has long, wavy brown hair and is wearing a black top with a large, intricate floral or paisley pattern. The woman on the right has long, wavy blonde hair, is wearing sunglasses, and a black button-up jacket. Both are wearing black pants. The background is a blurred outdoor setting. The brand name 'Gelco' is centered in white text.

# Gelco

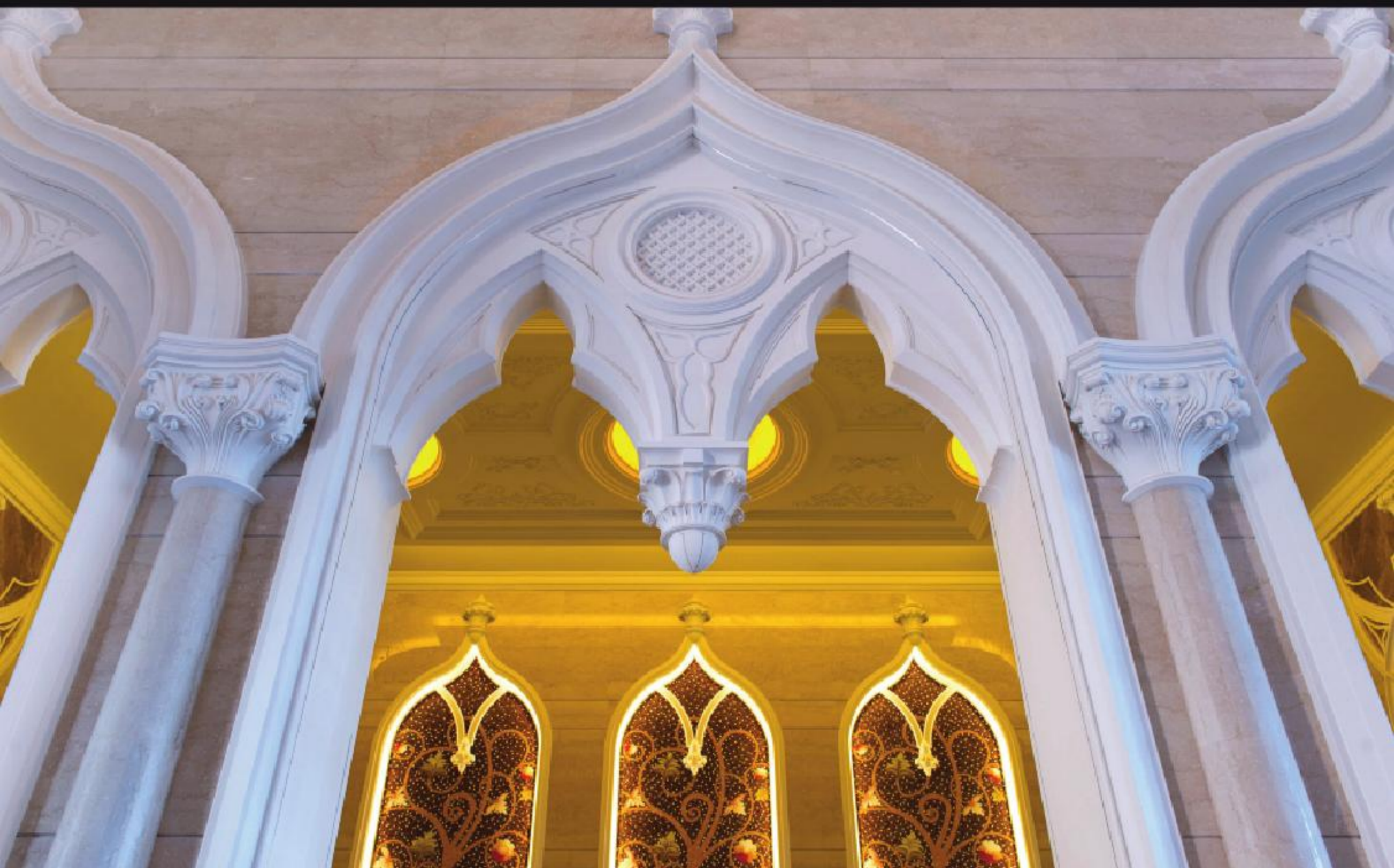
Landmark mall : 44871122

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Marsa Malaz  
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