

YOUR LIFE • YOUR STYLE • YOUR HOME

ABODE

QATAR

QATAR
NATIONAL DAY
Special

**SHOP, EAT,
CELEBRATE!**
YOUR HOLIDAY
SEASON GUIDE

2014
**Festive
Gift Guide**

For him, her,
home and kids

**CELEBRATE NATIONAL DAY
WITH QATARI TREATS**
LOVED BY ALL

**TOP 5
EXCUSES**

WE USE TO
OVERINDULGE
DURING
THE HOLIDAYS

DEC 2014 QR 12



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BEFORE



IN USE

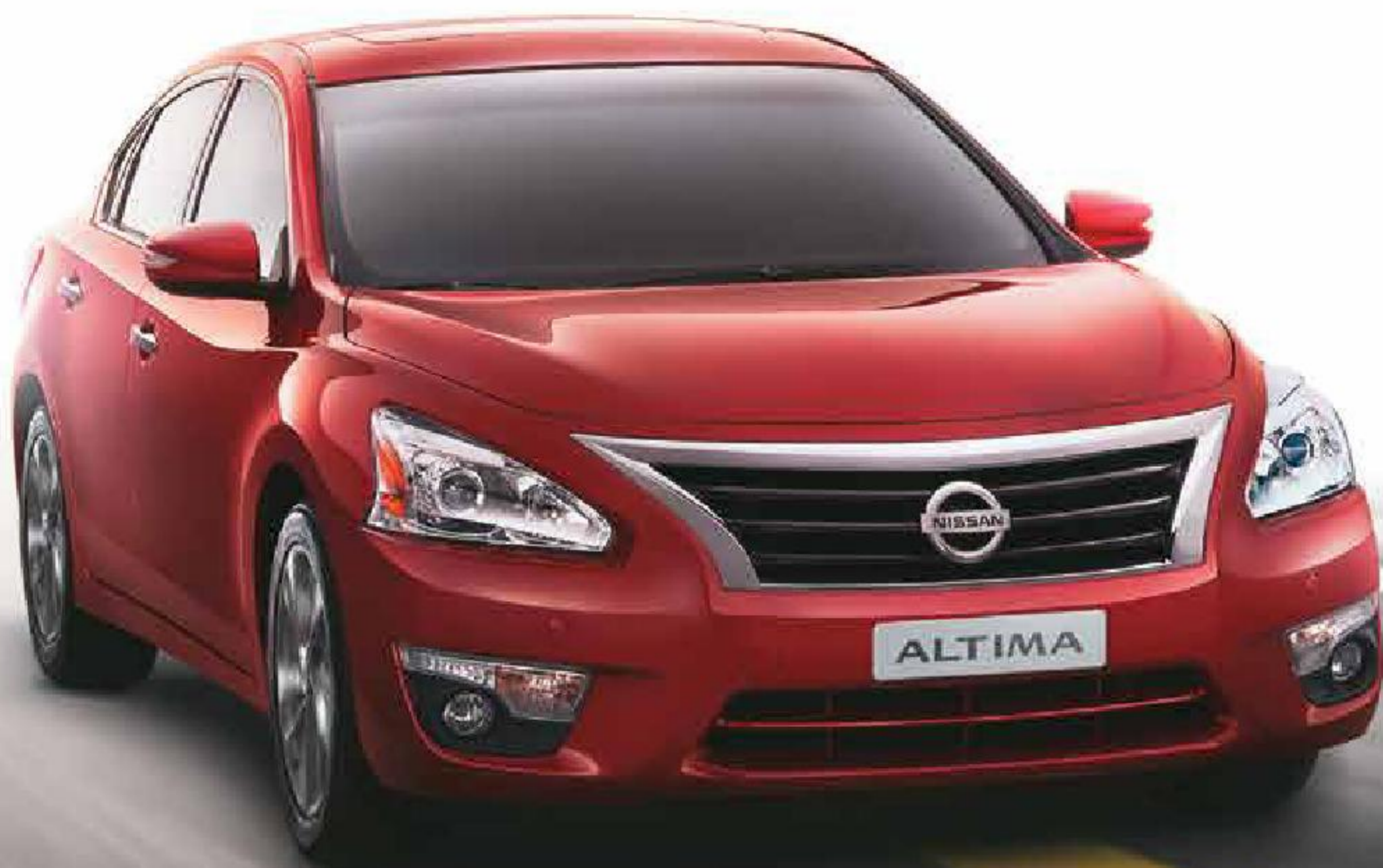


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Showroom Timings: 8:00am to 9:00pm (Sat-Thu); 4:00pm to 9:00pm (Fri).



NISSAN ALTIMA

WHEN YOUR ATTENTION WANDERS,
COUNT ON ALTIMA

Say hello to your new best friend. Nissan Altima's Advanced Drive Assist features Lane Departure Warning, which senses when your attention wanders and gently lets you know. It's the sedan that's always there for you.

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QATAR

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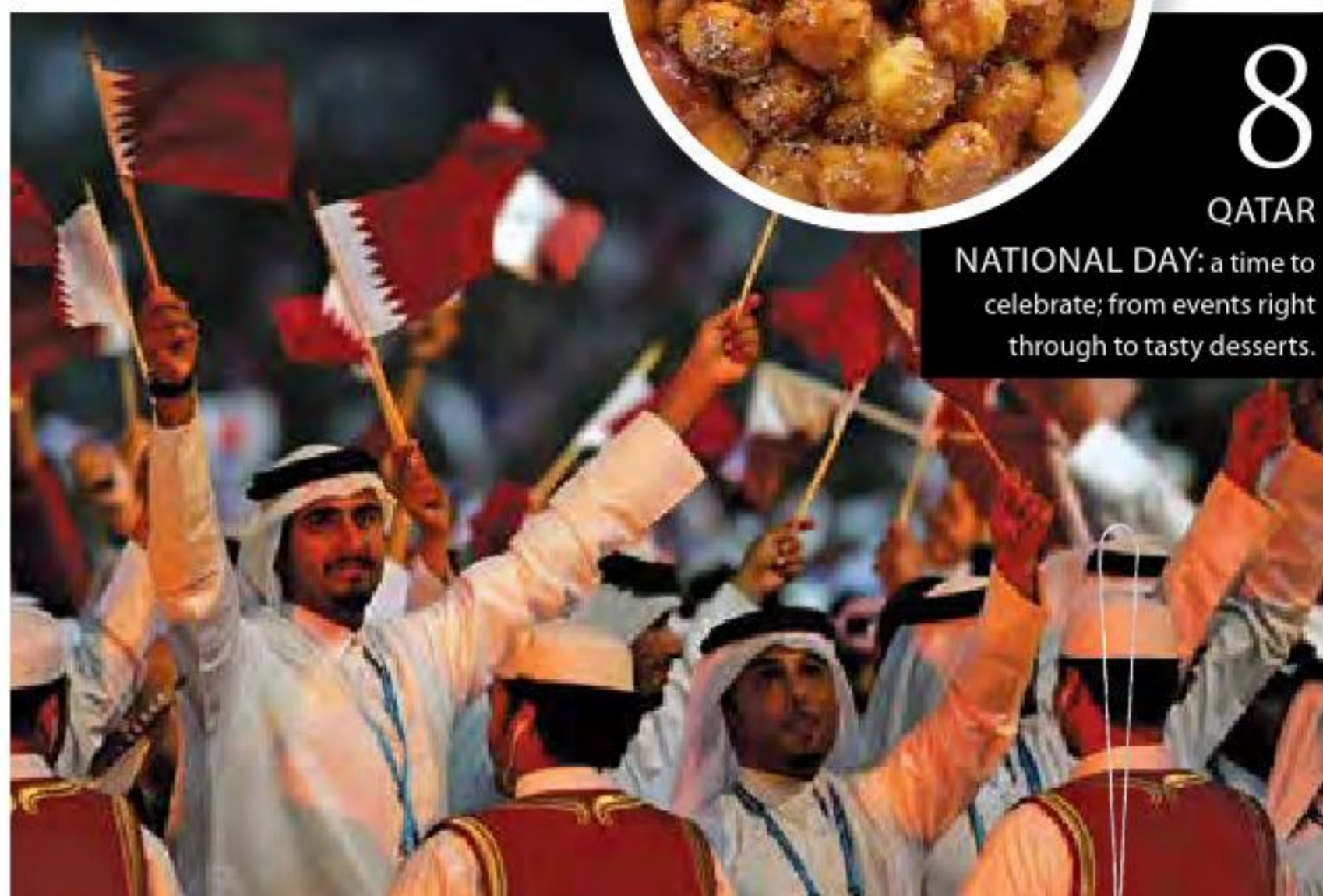
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WHO WE ARE

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QATAR

NATIONAL DAY: a time to celebrate; from events right through to tasty desserts.

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BEAUTY TIPS
to warm you up
this winter.



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HOME

Get cosy and festive
with your home.



28

LET THE BEAUTY
OF QATAR'S landscape
be your fashion inspiration.



ON THE COVER

Photography: Angel Mallari
Hair&Makeup: Emilia Subaih
Stylist: Queen of Capes
Model: Yana
Model wears:
Pleated 'drummer-boy' dress: Sara Secrets
Tassel earrings: Eddie Borgo at Per Lei Couture



No.1
selling scar and stretch
mark product in
18 countries
(full details at bio-oil.com)



"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

CHECK US OUT

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

Welcome

FROM THE EDITOR IN CHIEF

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

DEAR READERS,

December is widely considered as one of the most exciting months of the calendar year; a month that brings plenty of joy, celebrations, reflection and even forward planning.

This is most certainly true here in Qatar, where with each 18th December the people of Qatar celebrate the beauty and excellence of the Nation during National Day. Therefore, as a moment of reflection, I would like to congratulate His Highness the Emir Sheikh Tamim bin Hamad Al Thani on the great success of Reach Out to Asia's (ROTA) charity event; themed "Plant a Book, Harvest a Future". On such a prominent occasion within this month, we thank His Highness for continually being a great example of charitable endeavours, to which, we all as individuals, must personally strive to also achieve on a day to day basis.

And there is no better charitable time, than this month; December

being the season of gift-sharing. ABODE team have prepared an up to the minute gift guide (page 71) to help you get shopping ready, and even more so, you will enjoy our 5-page guide (page 79) to the Festive Season – a definitive guide to ensure you have a stress free and enjoyable time.

Let us also celebrate and rejoice in the beauty of Qatar, this month's fashion shoot (page 28) captures the splendour of the land, as well as The National Day guide on page 8, is the perfect reference tool you will need to enjoy spectacular displays of entertainment which will be lined up on the streets of Qatar.

So as the year has come to its end, let us use this last month not to only just celebrate, but to also think ahead. For the changes we wish to make in our lives and for the positive change we wish to see in our surroundings. There is nothing greater than being part of a



solution, so think ahead as to what difference you can make in 2015 and use this month to start building the foundations for it!

So until next month, have a great end to your year by staying focused and being happy!

NASSER AHMED HASSAN BILAL

BEHIND THE SCENES

Naturally, as this is the National Day issue, ABODE scouted out the nether regions of Qatar for this month's main fashion spread. The beauty that lay within these untouched areas, made them the perfect locations for our photographer to capture such hidden treasures.

thescenestealer
capturing amazing shots



Makeup artist and hair stylist Emilia



Follow us on

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Pinterest abodeqtr

f ABODE

Instagram abodeqtr

WE CAN'T LIVE WITHOUT

Sheer Brights Eye Shadow,
Bobbi Brown



Necklace,
Juicy
Couture



Ring, Reminiscence
at Salam Stores



Bag, Michael Kors



Loafers, H&M



WIN A TURKEY TO GO FROM THE MARRIOTT MARQUIS

ANSWER THIS QUESTION:

How many food & beverage
restaurants does the Marriott Marquis
City Center Doha hotel have?



WIN AN IPAD AIR SPACE

**FROM VIRGIN
MEGASTORE**

ANSWER THIS QUESTION:

How many Virgin Megastore
branches are there in Qatar?

WIN WEEKEND STAY AT WYNDHAM GRAND REGENCY DOHA HOTEL

ANSWER THIS QUESTION:

How many suites are there in Wyndham Grand Regency Doha hotel?



WIN

To enter, email us at
win@abodeqatar.com

Closing date for entries
is 20th of the month

All winners will be notified
via email

**ABODE Win is now
BIGGER and BETTER!**

WIN Wow by Wojooh BEAUTY GIFT BAG WORTH OVER QR 400

ANSWER THIS QUESTION:

Which is true about Color Ritual?

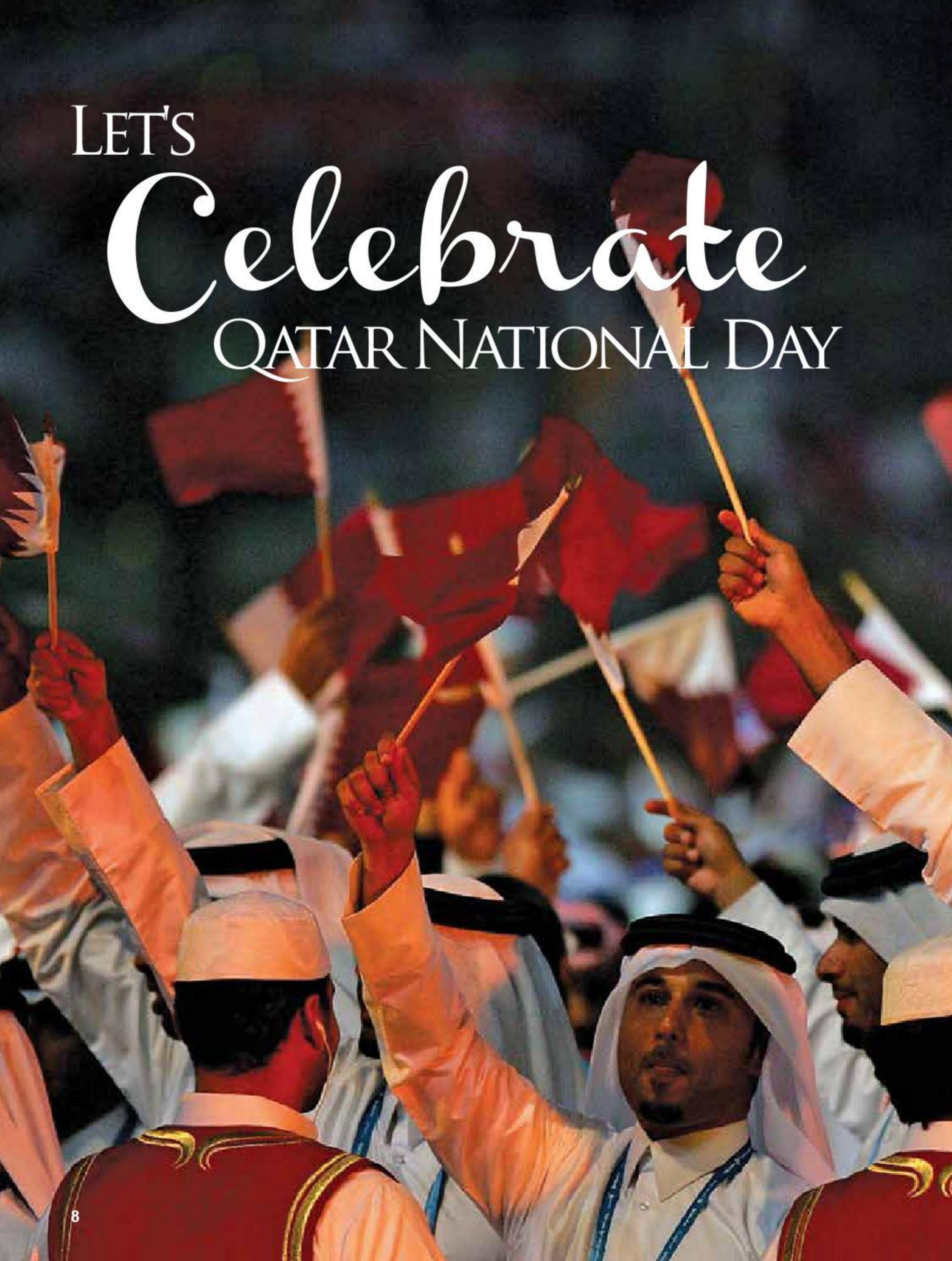
- a) Water and air pass through to the nails
- b) It contains a UV filter to prevent discolouration
- c) It applies evenly without streaking
- d) The Colour Ritual collection offers a possibility of almost 60 colours and effects
- e) All of the above



LET'S

Celebrate

QATAR NATIONAL DAY



National Day is a glorious occasion to which both the locals and expatriate communities unite in conveying their deepest expressions of affection and gratitude.



FROM THE DESK OF
The Chairman

DEAR FRIENDS,



This month we will be celebrating National Day. December 18th 1878 is the day that Shaikh Jassim, the founder of the State of Qatar, succeeded his father as the ruler of our country. It is a day to celebrate our history and identity. We remember and honour everyone who took part in the building of our nation.

It was HH Sheikh Jassim Bin Muhammad Bin Thani who, through his visionary leadership, wisdom and bravery, united our people and established Qatar. Our ancestors are, and will always be, our role models with their inspiration and pioneering. Their ideals are our ideals. Freedom and justice, benevolence and peace.

As the sun rises on December 18th it is the time to commemorate the dawn of our nation and to celebrate our achievements. We give thanks for the gifts that have been bestowed upon us and rejoice in the wisdom and strength of HH Sheikh Tamim Bin Hamad Al Thani.

National Day is a time to renew our pledge to uphold our values and work together to fulfill the aspirations of our founders. We must strive to ensure progress but we also cherish and defend our Islamic and Arab identity. It is a time for personal and collective reflection and for rededicating ourselves to the true

values of Qatar.

And it is a time to look to our future. The values that we inherited reinforce our resolve to strengthen our country, to become a beacon of knowledge and wisdom, to defend the oppressed and to continue to develop our role as peacemakers.

By God's will we shall be able to achieve these noble objectives. We honour the legacy that we have been entrusted with and understand the local, Arab, Islamic and global dimensions that we inherited at the birth of our nation.

We, the Qatari people, are united in harmony with our leaders with whom we have been blessed. Together we can move forward and as one will build for the future.

Wishing you all the highest regards this National Day and a peaceful year ahead to come.

Ahmed Hassan Bilal,
Chairman AHB Group

QATAR NATIONAL DAY

Every December 18th, we celebrate our National Day in commemoration of the historic day in 1878 when Shaikh Jassim, the founder of the State of Qatar, succeeded his father, Shaikh Muhammad Bin Thani, as the ruler and led the country toward unity.

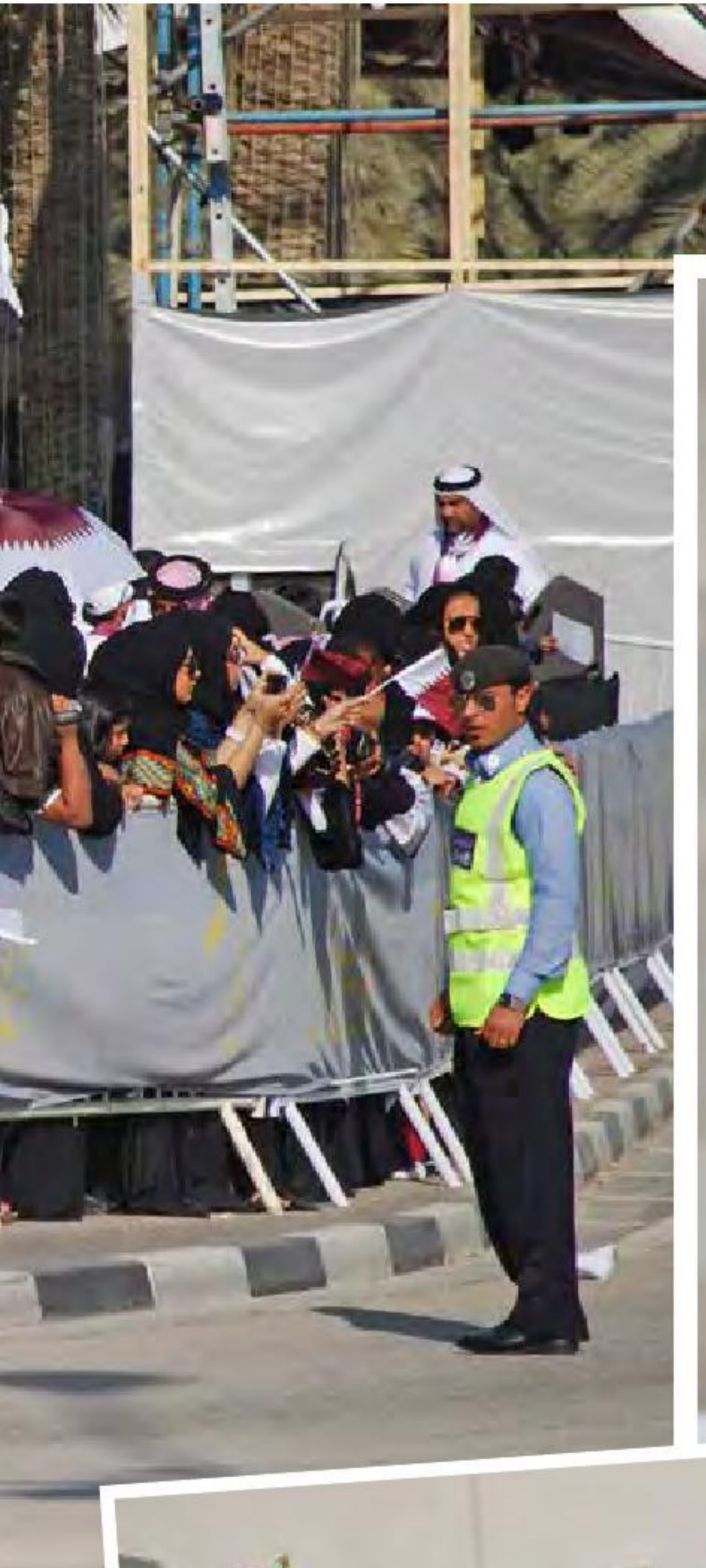
However, it was his victory over the Turks that made him into a national hero, and is considered by some as the foundations of the modern state of Qatar.





Since the holiday was established by Emiri decree in 2007, National Day celebrations seem to be getting bigger and better every year.

From the morning parade to the closing fireworks at night, Doha's Corniche will be one of the focal key areas National Day festivities



QATAR NATIONAL DAY Happenings

THURSDAY, 18TH DECEMBER 2014

Join in the National Day celebrations with friends or family. Round up everyone and invite them out to celebrate the day, in one of the many local restaurants and hotels in Qatar!





INTERNATIONAL AND ORIENTAL BUFFET

MÖVENPICK TOWER & SUITES DOHA

Mövenpick Tower & Suites Doha celebrates Qatar National Day with a number of festivities around the hotel. In addition to the colourful decorations which include themed flowers, flags spread all over the hotel and local music, the star of the show is the Mövenpick Tower & Suites Doha monument that is placed in the lobby, created using our logo colours as well as the burgundy and white of the Qatari Flag, created by a Qatari artist. Arabic coffee and dates are served to all guests by our employees wearing traditional Qatari outfits.

On the second floor, our all day dining restaurant ForKnife will be transformed into a local wonderland, where guests can enjoy local and international cuisine in a feast fit for a celebration. With flags covering the tables and buffet area, everyone will be in celebration mode as they try local dishes and enjoy the lunch, overlooking the Corniche where all festivities will be taking place. Not forgetting about the little ones, Mövenpick Tower & Suites Doha will create a special kids section for our younger guests, who can also enjoy a special buffet dedicated just for them.

Up on the 26th floor, at Bay View Wellness Centre, the indoor pool is also converted into an area of flags, flowers, all in burgundy and white to honour this momentous occasion. For more information call 4496 4444



EVEN MORE VALUE

GRAND HYATT DOHA

Grand Hyatt Doha will offer a 50% discount on food and soft beverages at all restaurants.

To book, please call 3029 3748

STUNNING VIEW

THE RITZ-CARLTON, DOHA

Experience the best of Qatar with breathtaking views at La Mer restaurant and embrace the tradition and culture of Qatar at a new height.

Time: December 14 to 20, starting at 7:30 p.m.

Location: La Mer Restaurant

For more information, call 4484 8506,

email: rc.dohrz.leads@ritzcarlton.com



HOW TO SPEND QATAR NATIONAL DAY

Every year huge crowds visit the Corniche, where parades fill the streets with cars painted in Qatari colours, military exhibitions, traditional guards riding camels and during the night, a spectacular display of fireworks.

Corniche in the morning:

National Day Parade

Corniche in the evening:

Fireworks and Laser show

Please look for updated information on the events of the day on the following websites:

www.iloveqatar.net

www.qatarhappening.com,

www.qatar.qa

www.dohanews.com



Oryx
Rotana
Doha

It's festive Season!

Festive moments for family gatherings, joyful decoration, and the feeling of love and promise...

You are invited to feel the magic of the fabulous festive season. Whether you are eager to enjoy unforgettable Festive Season dinners together with your loved ones or celebrate the New Year, you will find everything you need at Oryx Rotana Doha. We are looking forward to celebrate the Festive Season and New Years together with you.

For reservations or more information, please contact
Tel: +974 4402 3333 or email to oryx.hotel@rotana.com

Rotanatimes.com



P.O. Box 29922, Doha, Qatar, T: +974 4402 3333, F: +974 4402 3300, oryx.hotel@rotana.com

rotana.com

ABODE *Loves*

MUSEUM OF ISLAMIC ART (MIA)

Representing the full scope of Islamic art, the Museum of Islamic Art collection features manuscripts, ceramics, metal, glass, ivory, textiles, wood and precious stones. Collected from three continents—including countries across the Middle East and reaching as far as Spain and China—the Museum's artwork represent the diversity of the Islamic world and date from the 7th through the 20th centuries. MIA rises from the sea on Doha's Corniche and was designed by noted architect I.M. Pei, who was inspired by elements of classic Islamic architecture.



HH SHEIKHA MOZAH BINT NASSER

Aside from leading charity works worldwide, HH Sheikha Moza is also known and loved for being an icon in fashion. ABODE loves all the haute couture dresses she wears, reflecting tradition goes well with fashion.



I LOVE QATAR WEBSITE

Founder of the website and network, Khalifa Al Haroon, also known as Mr. Q your friendly neighbourhood Qatari, shares helpful tips on ILQ's YouTube show #QTips. They share bite sized tips on Qatari culture every Sunday. For more information visit www.iloveqatar.net

DOHA'S CORNICHE

A haven for people aspiring to have a healthy and fit body, Doha's Corniche provides a perfect environment for a jog, brisk walk and sometimes just to relax. With the contrast of blue and green backdrop opposite Doha's towering skyscrapers, Doha's Corniche tops the list of favourite places especially during weekends.



QELA

Qatar's first international homegrown brand that speaks of luxury through its bespoke leather goods, jewellery, shoes and couture. Our favourite pieces from their collection are the classic Elyah handbags, which became the coveted bag in town.



SOUQ WAQIF

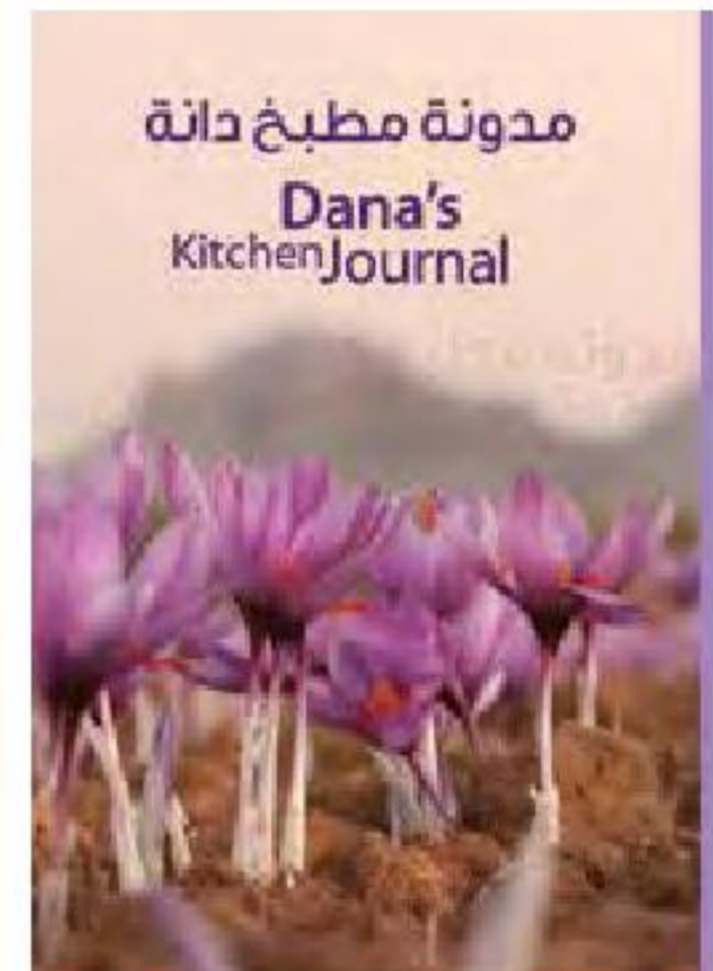
SOUQ WAQIF IS ONE OF THE TOP TOURIST DESTINATIONS IN QATAR, EXPATS AND LOCALS ALIKE FLOCK HERE FOR A COMPLETE SHOPPING EXPERIENCE

OF TRADITIONAL ARABIC GARMENTS, SPICES, SOUVENIRS AND PERFUMES. IT IS ALSO A PERFECT PLACE TO UNWIND WITH FAMILY AND FRIENDS AFTER A HECTIC DAY.



DANA'S KITCHEN JOURNAL

A collection of Arabic recipes that we oh so love, who wouldn't be inspired to prepare them at home with easy to follow guides from Dana Kitchen journal? You can find sample of her recipes in page 88



@THE QUEEN OF CAPES INSTAGRAM PAGE

With thousands of follower, The Queen of Capes, a Qatari young lady, keeps her followers entertained by posting her creative styling and photography work on Instagram. She is aiming to make an impact in the fashion industry in Qatar and change the way people look at fashion.



MJ DESIGN
OWNED BY A QATARI DESIGNER, MJ DESIGN IS SO PROMISING. WE CAN'T GET ENOUGH OF THEIR LATEST COLLECTION.



QATAR AIRWAYS

The state-owned flag carrier of Qatar, Qatar Airways offers five star hospitality onboard and flies worldwide. The airline received many awards and is considered to be one of the best in its industry.

COMPILED BY CHET TIBAYAN

Festive SEASON



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Kempinski
RESIDENCES & SUITES
DOHA

STYLE

TRENDS-SHOPPING-STYLE TIPS AND NEWS



TOUJOURI

For AW14 line, Toujouri Creative Director Lama El-Moatassem injects romanticism through her exquisite craftsmanship of intricate embellishment, cross-stitch embroidery and delicate motifs. From day time pieces to extravagant evening wear, the fall collection features a host of dramatic and charming silhouettes in softly tailored whimsical fabrics of scarlet reds, blush and midnight blue. Accepted as the darling of Qatar and internationally recognised for being a sophisticated designer with a strong sense of luxury, El-Moatassem's Toujouri will continue to remain - as per its name sake - the treasure of Qatar. Toujouri is located on The Pearl-Qatar Porto Arabia, Parcel 1
www.toujouri.com



SUPERDRY GOES FOR A SECOND

SuperDry celebrated its second store opening in Villaggio Mall. The AW14 Men & Women's collection features fusion of textures, luxe leather & artisan selvedge denim. We are spoilt for choice stepping through the doors of the store, each corner hosts exciting and inspirational rails of up to date fashion. Both men and women's lines are a varied collection of texture, detail and quality that embodies winter style at its best.



"THE VISION" STAGES TOP QATARI FASHION SHOWCASE AT THE PEARL-QATAR

"THE VISION" AS AN ORGANISATION IS COMMITTED IN SEEKING TO EMPOWER QATARI WOMEN ENTREPRENEURS AND THUS IN CONJUNCTION WITH THE PEARL-QATAR, HOSTED A FASHION SHOW FOR 18 YOUNG TOP QATARI FASHION DESIGNERS. SHOWCASING THE LATEST ABAYA COUTURE TRENDS IN WOMEN'S CLOTHING AND ACCESSORIES, THE EVENING'S EVENT WAS BEAUTIFULLY PRESENTED TO QATAR'S FASHIONABLE COMMUNITY: INSPIRING TALENT AND DEVELOPMENT WITHIN FASHION AND ARTS.

NEWS

THE LATEST DISH FROM THE FASHION WORLD

PER LEI COUTURE: QATAR'S VERY OWN 'IT' BOUTIQUE

Walking through the doors at the launch evening of Per Lei Couture -The Pearl Qatar- you would be forgiven to have believed you were right in the heart of Europe. With such amazing rails from specifically chosen up-to-the-minute, edgy designers, such as Osman, Sophia Webster, Giles and Benedetta Bruzichies, Per Lei Couture stands heads above other multi-brand boutiques. At The Pearl Qatar: 18 La Croisette in Porto Arabia



Sophia Webster Angelica Lunar winged leather pumps



Benedetta Bruzichies



SKI IN STYLE WITH NET-A-SPORTER

As part of the new activewear range and initiative, NET-A-PORTER.COM launched a selection of Ski & Winter Sports brands this winter season. The NET-A-SPORTER Winter Sports Selection offers stylish pieces from 15 brands including Fendi, Emilio Pucci, Lacroix, Canada Goose, Moon Boots, Oakley and Adidas by Stella McCartney. The new selection is available on NET-A-PORTER.COM and now there is no excuse not to be fashionably stylish whilst on those slopes.



CAPOVERSO HAS THE THE ITALIAN CONNECTION

The new fall/winter Capoverso collection hailing from Italy is a leading brand in its sophisticated craftsmanship, ranging from maxi, pochette & shopping bags, in glossy and matt, rigid and soft, bright colours and soft colours. With its versatility and elegance of classic materials the Capoverso collection demonstrates its presence within the international markets offering handbags that immediately become the desire of every woman. Available at Merch stores.



VOGUE FASHION DUBAI EXPERIENCE

VOGUE FASHION DUBAI EXPERIENCE 2014 (VFDE) THE THREE-DAY CELEBRATION TOOK PLACE AT THE DUBAI MALL & ARMANI HOTEL. IN ATTENDANCE WERE CELEBRITY DESIGNERS SUCH AS ROBERTO CAVALLI AND INTERNATIONAL ICONS SUCH AS THE LIKES OF FRANCA SOZZANI, PHILIPP PLEIN AT THE ARMANI HOTEL DUBAI. THE VFDE EVENT ORGANISED BY GLOBAL PROPERTY DEVELOPER EMAAR PROPERTIES AND VOGUE ITALIA, ONE OF THE WORLD'S MOST INFLUENTIAL FASHION MAGAZINES, SHOWCASED TIERS OF EVENTS: CATWALK FASHION SHOW, FASHION TALKS & SPOTLIGHT ON EMERGING DESIGNERS.





IN LOVE WITH Fashion

Splash ropes in Nicole Saba with Salman Khan as Brand Ambassadors

High street retailer to launch new campaign for the Middle East

Hot off the heels of turning 21, Splash the home-grown high street retailer has announced the gorgeous Arab singer & actress Nicole Saba as its brand ambassador along with Bollywood heart-throb and multi award winning actor Salman Khan. A first from Splash in terms of bringing together two acclaimed celebrities from varied backgrounds, the strategic announcement comes as a time when the brand is celebrating 'In Love with Fashion'.

To stay updated regarding the association and for exclusive content, login to any of the Splash social media platforms at www.splashfashions.com, www.facebook.com/splashfashions, www.twitter.com/splashfashions



WRAPPED IN HISTORY

As one of the oldest and most widespread mythological symbols, it is no wonder serpents remain ever popular in jewellery as they did back in ancient Egyptian times. This highly charged Snake necklace from Buccellati, is a sculptural masterpiece which is exquisitely detailed in its very life-like finishing. The sinuous trail of the necklace, set in pink sapphires and yellow diamonds, is designed to portray the elegant lines of a serpent as it rests sensually against the skin. The Snake was chosen by Buccellati to pay homage to his clients from the Far East, and a reflection of the Chinese astrological signs that have always inspired his work: a serpent's changing skin renders it a symbol of renovation and rebirth.

www.buccellati.com

1

WINTER BLOOMS

Get your cute factor on with this A-line cut **ANTONIO MARRAS AT ETOILE 'LA BOUTIQUE'**. The ribbon bow detail and $\frac{3}{4}$ length sleeve instantly adds a young and vibrant look to the outfit.



Top 10

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

2

SHINE ON

Dress up any low-key outfit with these high shine **ERI CKSON BEAMON at NET-A-PORTER** Swarovski crystal earrings.



3

EYE CANDY

With these **DSQUARED2** sunglasses, you will be sure to stand out from the crowd in style.



4

BAG IT!

For A/W14 **LONGCHAMP** rolls out a delightful limited edition bag: Le Pliage Heritage. So for your perfect carry-all, this tote bag is the answer.



5

CAPED GLORY

The spirit of Victorian garden wallpaper is evident through the embroidery and beading of this flared cape from **BIYAN AT FIFTY ONE EAST**





6

CLUTCH POWER

BULGARI'S makes no apologies for its luxe appeal with this shiny lizard skin clutch bag, enhanced with red jade precious embroidery, Swarovski crystals and purple amethyst glass details.

7

JEWELLED FACTOR

VALENTINO'S

jewel-toned crystal-embellished necklace has the power to transform outfits. Make the biggest impact and choose it for day over a simple sweater



TOWERING HEELS

To complete your footwear wardrobe this season add these velvety boots with ultra-feminine floral embroidered from **LORIBLU** AT THE GATE MALL.



8

9

HEADS ABOVE

If there is any hair accessory to be seen in, then this is it. **DOLCE & GABBANA'S** opulently embellished head band is an ultimate style crush.



10

BLOOMING MARVELLOUS

TEMPERLEY LONDON a brand that is known for its elegance and decadence, steps up to the season's floral trend with this head-to-toe ensemble available at **THE GATE MALL.**

Ṣāḥarā

Victorian decadence meets the rustic plains of Qatar's hidden landscapes. We let the authentic Qatari fashion house Sara Secrets - coupled with designer offerings from Per Lei Couture boutique; pay due homage to the beauty of this region.

PHOTOGRAPHY: ANGEL MALLARI (WWW.THESCENESTEALER.COM)

HAIR&MAKEUP: EMILIA SUBAIH (WWW.EMILIAMAKEUP.COM)

MODEL: YANA

ART DIRECTOR: HARRIET GYAMFUAH

STYLIST: QUEEN OF CAPES (@QUEENOFCAVES)

STYLIST ASSISTANT: CHET TIBAYAN

LOCATIONS: ABU NAKHLA AND RAWDAT RASHID



"Be a peacock in a world full of ducks"
Hand stitched embroidered cape: Sara Secrets
Crepe lace detail high neck dress: Randa Salamoun at
Per Lei Couture
Crystal cuff earrings: EM at Per Lei Couture

"March to the beat of the echoing desert"
Pleated 'drummer-boy' dress: Sara Secrets
Tassel earrings: Eddie Borgo at Per Lei Couture
Snakeskin effect ankle boots: Jimmy Choo (stylist own)



"No story is a straight line. The geometry of life is too complex"
Metallic panelled dress: Galvan
Rose gold and gold crystal bangles: Fallon
Multi strand diamond ring: Fallon All available at Per Lei Couture



"Architecture is a visual art, and the buildings speak for themselves."

Crystal gem embellished corset: Sara Secrets
Brocade "Love" coat and brocade "Bow" skirt: Osman at Per Lei Couture
Beaded headband: Simone Rocha at Per Lei Couture
Crystal drop down earrings: EM at Per Lei Couture
Crystal bracelet: EM at Per Lei Couture
Snakeskin effect ankle boots: Jimmy Choo (stylist own)





"I've seen the majestic beauty of nature and the overwhelming perfection of it."

Hand stitch embroidered and tassel cape: Sara Secrets
Onyx beaded one shoulder dress (just seen): Andrew GN at Per Lei Couture
(Same as facing page)



Clothing provided by:
Sara Secrets Boutique located at Al Sadd Street, Tel: 4432 1030
Clothing and Accessories provided by:
Per Lei Couture located at La Croisette 18, Parcel 10 at Pearl Qatar, Tel: 4000 3030

Celebrity Stalker

Kendall Jenner is the current darling of the runway; steal her girl-about-town look with these high-street finds!



IN THE TRENCHES

Give your winter staple trench an update with a duo-fabric of leather and cotton. The double layered collar is a style bonus! **Promod**



NO SWEAT

Kendall knows a good knit when she sees one, and adopt the Military spin in this same rib-knit turtleneck sweater from **H&M**.

QUILTED LINES

Perfect for the autumn/winter season, this faux leather quilted skirt from **Hobbs** is the perfect on-trend option for the mini.



BOWELLED OVER

To nail a chic casual look, adding a mini bowling bag is the perfect style finisher. This monochrome version from **Vincci** is the ideal option.



BOOT IT!

Kurt Geiger laced up ankle boots adds that hard edge look to a casual military outfit.





CAUGHT IN THE MIDDLE

Trends come and go, hemlines rise and fall. Luckily, the length of the moment, however, falls right in the middle!

Double earrings, Dorothy Perkins



WORK MIDI

Pearl Laser Drop Necklace, Freedom at Topshop



EVENING MIDI

Bead studs, Freedom at Topshop



Crop t-shirt, Miss Selfridge



Crop blouse, Alexander Wang x H&M



Peplum top, H&M

Domino clutch, Next



CASUAL MIDI



Pink and silver shimmer midi skirt, Miss Selfridge



Double buckle midi skirt, Zara



Black lace skirt, Marks and Spencer

Leather bucket bag, H&M



Quilted effect loafers, Vicini



Double zip tote, Kurt Geiger



Stacked platforms, H&M



'Galaxy' embellished sandals, Kurt Geiger

special promotion

DEBAJ GIRL IN PARIS

AT EIFFEL TOWER, PARIS

*Luxury Abaya Brand DEBAJ
COLLECTION showcased Debaj
Girl In Paris at the most beautiful
Iconic Eiffel Tower with Global
Fashion organizer, J Model
Management.*



The rooftop of Four season hotel with four season staff - Lionel and Tichon, Model Maud, Makeup artist Maeva.

Debaj Collection is proud to present its Autumn Winter'15 Parisian collection debuting in Paris for the first time and the very first catwalk on the top of the Eiffel Tower on Friday 31st October 2014. Debaj Collection, luxury abaya designer, Huda with a love of Parisian nature showcased outside Middle East for the first time. Her beautiful collection made up of 15 exquisite hand made capes and abayas inspired from Parisian floral art with the finest French velvet, Italian organza and crepe duchesse.

With the expected guest, our Qatar sponsor Design Creationz, sponsor from Paris Four Season George V, MBC Crews Aline Watfa (Host of Style Show, MBC) and Nadine Tarabay including the famous British blogger Tamara Kalinic (blog: theglamandglitter), attracted the French and Middle East society keen to see the global fashion event and photo shoot of Debaj Collection innovative and unique collections. Guests were welcomed to the red carpet on the first floor of the symbolic tower and were been served Italian breakfast before the catwalk began, after which the guests were encouraged to stay and celebrate the event. Debaj Collection always choose unique and the finest quality of material for each piece of their abayas with creative art and inspiration. Debaj Collections AW'15 collections which were showcased at the Eiffel Tower were photo shoot on Parisian beautiful and historical backgrounds of Four Season George V, and also the outdoor view of Arch de Triomphe, Louvre Pyramids, Alexandre Bridge III, Fountain La Concorde and the Iconic Eiffel Tower.



Michelle from DCz and Ramsheeda from Debaj Collection



Debaj Collection would like to thank; PRODUCTION - DESIGN CREATIONZ MODELS - MAUD AND NADGE HAIR & MAKE UP - MAEVA PHOTOGRAPHER - MOHAMMED NAIRROOZ
Special Thanks to LIONEL GUIRARD and TICHON FEDERIC FOUR SEASON GEORGE V - PARIS, FRANCE
For more information Follow us on - Instagram@debajcollection Facebook:facebook/debajcollection Website: www.debajcollection.com
Contact: Whatsapp - 00974 70507001 Email: debajcollection@hotmail.com debaj@debajcollection.com




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GOLD INSPIRATIONS

Elevate your basics with a sprinkle of gold!



Going for the gold isn't just a slogan for the Olympics Games, this precious metal is ruling the catwalks and home trends too. Here Migato, Gelco and Kas Australia inspire you to add that special glow this season.




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gelco

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44871122

kas
australia

Royal Plaza
4413 1351
Landmark Mall
4486 8585

BEAUTY AND WELLNESS

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

À fleur de peau

L'Occitane en Provence launches its new perfume for women named Arlésienne

The fragrance is inspired by the Venus of Arles, a Roman statue discovered in 1651 and everything that it represents—the woman of Provence, the ideal of female beauty and the muse of artists such as Van Gogh, Picasso, Léo Lele, Mistral, Bizet and Christian Lacroix.

This eau de toilette is a feminine floral fusion, the embodiment of the woman of Arles –the Arlésienne. Elegant and mysterious, she leaves in her wake a unique trail that lingers wherever she goes. L'OCCITANE reveals her in a subtle bouquet of three flowers: the rose for her grace, the sweet violet for her mystery, and the saffron for her temperament. Available at their boutiques at Villaggio and Landmark malls.





BOBBI BROWN'S FREE MAKEUP LESSONS

Bobbi Brown Cosmetics offers an extensive menu of personalized and complimentary* makeup lessons designed to empower women with the tools, knowledge and confidence they need to become their own makeup artists and skincare experts. Free lessons include:

- How to Skincare
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- How to Concealer
- Smokey Eyes
- Secret to Standout Eyes
- How to Eyeliner
- How to Eyebrow
- Cheeks & Lips
- How to Bronze
- Look of the Season

Appointments are necessary. Visit www.bobbibrown-me.com to find your nearest store.



SMASHBOX CONTOURING MADE EASY!

This cult fave of beauty insiders lets you create covet-worthy cheekbones, perfect your nose and sculpt your jawline in just a few easy steps. It's everything you'll need for perfect contouring every day!

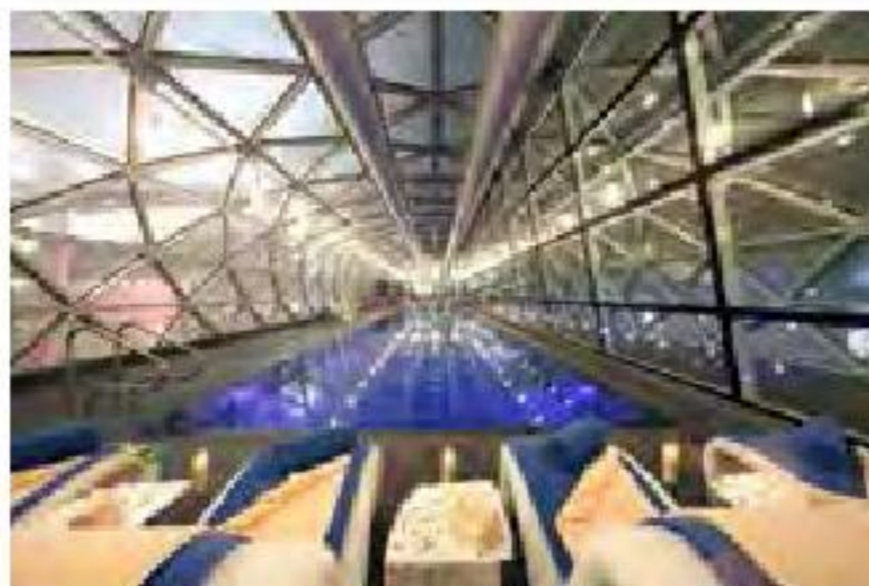


ESTÉE LAUDER INTRODUCES A MAJOR BREAKTHROUGH IN ASIAN SKINCARE

LEVERAGING DECADES OF EXPERTISE AND AUTHORITY IN HIGH-PERFORMANCE SKINCARE, ESTÉE LAUDER INTRODUCES THE NEXT-GENERATION TREATMENT LOTION: MICRO ESSENCE SKIN ACTIVATING TREATMENT LOTION. THIS FIRST-OF-ITS-KIND "ESSENCE-IN-LOTION" STRENGTHENS SKIN'S FOUNDATION WITH MICRO POWER TO REVEAL A TRANSLUCENT AND ANGELIC GLOW FROM WITHIN. THE END RESULT ACHIEVED IS THAT OF MULTIPLE SKIN BENEFITS WHICH AWAKEN THE SKIN'S INNER BEAUTY.

NEWS

THE LATEST DISH FROM THE BEAUTY WORLD



AIRPORT HOTEL AND VITALITY SPA OFFICIALLY OPENS

Whether you are staying for one hour or one day, Hamad International Airport's newly opened Vitality Spa will certainly ease away any travel tensions. Vitality Spa offers passengers passing through HIA superb services and great flexibility depending

upon their travel needs and schedules. Whether travelling on business or for leisure, with family or solo, Vitality Spa is designed to meet the needs of all global and regional travellers who are encouraged to drop in for a swim in the 25-metre swimming pool or to simply enjoy a massage.

LET'S GET PAMPERED!

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



WALK IN TO MÖVENPICK TOWER & SUITES' SPA AND FLOAT OUT!

For the ultimate beauty indulgence, head for Mövenpick Tower & Suites' Bay View 26 Wellness Centre which has a wonderful selection of beauty treatments including Swedish, Hot Stone and Royal Thai massages. Feel your whole body soften and melt into the bed as you dissolve into a state of deep relaxation.

For total perfection, combine this with a facial and enjoy the benefits of world renowned and award winning Pevonia's skincare products that unite the finest natural ingredients from oceans and earth -leaving your skin fresh, your eyes sparkling and your beauty enhanced – the results will be immediate and long lasting!

Bay View 26 provides a sanctuary that reawakens all your senses with its subtle fragrances, sublime decor, gentle therapeutic sounds – which together create the perfect ambience.

Bay View 26 spa treatments give you visible results and leave your skin silky soft. You also experience the healing of your mind and body.

Immerse yourself into a heavenly pampering session at Bay View 26 Wellness Centre and leave with a sense of calm and tranquillity instilled deep within you.

For more information contact
Tel: 4496 6410
healthclub.dohatower@moevenpick.com
www.moevenpick-hotels.com/doha-tower-suites

DIVA EXPERIENCE

The ABODE team had an early holiday spa treat at Dazzling Diva. It was a fun and laughter-filled moment for us; we were really impressed about how good and well-trained their staff were.

They started impressing us when they mentioned that they require each client to have their own file, so that there will be no question of hygiene. Then comes the "all-out" manicure and pedicure, they took their time in cleaning thoroughly our nails and cuticles were carefully removed followed by a scrub then a soothing massage and finally their own version of paraffin wax using mittens that helped soften our hands and feet. We cannot forget the 20-minute massage that took away all of our post-production stress.

Dazzling Diva is a standalone salon that offers varieties of treatments for nails, body and face. They are known for using Thalgo, Dr. Schrammek, Cuccio, OPI and other luxury products. The staff are headed by Ms. Tanya Talreja who is internationally trained to ensure that each of their customers will get a true five star experience with her motto: "Every guest is treated with customized and genuine care." An ideal way to spend time with your girlfriends, your nails being done in a very chic salon is surely a moment to remember.

Dazzling Diva Doha signature treatment-All Out
(Manicure) - QR160 (Pedicure) - QR200
Stress Relief Massage (1 hour) - QR300

For more information contact
Dazzling Diva Doha
Tel: 4411 1878 | 3377 6467



HAPPY HOLIDAYS

MEGA *beauty* WEEKEND

DECEMBER 4 - 6, 2014

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Tel. No. 4483 5179
Mobile No. 500 162 90



4U ROYAL PLAZA
GF, Royal Plaza Mall near Fauchon
Tel. No. 44130698
Mobile No. 500 162 90

BEAUTY Q&A

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

BY SEVINE ABI AAD

WWW.LASHESANDCREAM.COM/BLOG

With winter just around the corner, even in a country like Qatar, where temperatures don't often drop below 15°C, our body and skin tend to tell us they feel the effects of the weather changing. We may experience extra dryness, unusual breakouts, or lack of radiance. It is therefore crucial to give our skin some extra TLC at this time of year. As we say goodbye to our beach and suntan weekends, figuring out what colours and makeup products compliment our 'paler', winter complexion can get tricky. Here are some answers to the most frequent questions and concerns regarding beauty and makeup as we enter the heart of winter season in Doha.

Q. HOW DO I TREAT THE NEWLY FORMED PIMPLES ON MY FACE AFTER SUMMER IS OVER?

A. Start by a disciplined 'rehabilitation' skin care regimen. Exfoliating, deep cleansing, and proper hydration are key to achieve that.

Investing in the right products that are suitable for your skin type and needs is essential. A lot of brands nowadays make multi tasking products such as exfoliating washes that are gentle enough for every day use or 2-in-1 cleansers and facial masks. (Clarins One-Step Gentle Exfoliating Cleanser is mild enough for dry skin, while Demalogica's Daily Microfoliant is super skin friendly. As for oily skin, I give Sensai's Silky Purifying Mud Soap a 10/10).

For a deeper scrub, I would recommend using your facial wash and exfoliator with the Clarisonic (up to twice a week for oily skin, and every 10 days or fortnight for dry skin).

Once your skin is rid of all these radicals, it is time to hydrate it properly. I always recommend a good serum paired with a moisturizer, to be used twice a day, on a bare clean face.



Clarisonic brush

Q. HOW DO I AVOID LOOKING TOO PALE AND PASTY IN WINTER?

A. Luckily, this winter's trend when it comes to complexion is all about the sporty natural look. Begin by applying a BB cream, or a tinted moisturizer or a light weight foundation to even out your skin tone. A light reflecting concealer should provide a fresh and dewy under eye area, while a fine translucent powder can set this makeup in place without weighing down your skin.

When it comes to giving your face some colour, use bronzer in the reverse way of contouring, i.e: dust a bronzer or a powder a couple of shades darker than your skin tone on the high points of the face (forehead, apples of your cheeks, a little on the nose as well) to give your skin a flushed sun kissed look. Dust some highlighting powder or dab a little bit of liquid or cream highlighter on top of your cheekbones. Finish off with a cream blusher dabbed softly on the cheeks. This will give you a flushed and fresh complexion that is sure to keep you looking awake and alive!



Guerlain Terracotta Bronzing Powder



Makeup Forever HD Concealer

Q. HOW DO I WEAR GLITTER ON MY EYES WITHOUT LOOKING LIKE A DISCO BALL THIS FESTIVE SEASON?

A. Before applying glitter, it is always wise to use an eyeshadow that is the same colour as the glitter you will use. This will act as the base colour that will blend better with the glitter and give a more even appearance to the colour applied on the lid. If you are using loose glitter, it is crucial to use the proper glitter base, which will keep the glitter firmly stuck on your eyelid (and it will prevent it falling on your cheeks later in the evening). Lit Cosmetics Clearly Liquid Glitter Base is the one that I find does the job best.

Also, applying glitter on one area of the eye can look subtle and elegant. Opt for one of the following for glitter placement: inner corner of the eye, inner half of the upper lid, liquid glitter liner on the top lashline OR bottom lashline.



NYX Candy Glitter Liner in Blue, Lavender and Gold

Make sure you keep the glitter eye look the piece de resistance of your makeup look by keeping colours on the cheeks and lips nude and subtle.



Estée Lauder Pure Color Envy Eyeshadow in Purple Passion



Estée Lauder Pure Color Envy Eyeshadow Palette in Infamous Sky

Q. HOW DO I WEAR BOLD MAKEUP COLOURS IN WINTER?

A. First, you should always distinguish between colours you can pull off during the day or at the office, and what you can wear on a night out.

For day time, you cannot go wrong with gold, shimmery taupes, bronzes and medium browns. You can always opt for a subtle lilac or lavender purple, some pastel blues and greens, applied as a wash of colour on the lid. If you are more on the classic side, you can pair up a subtle brown smokey eye with a green, a navy blue or a metallic grey kohl on the waterline. A soft eye makeup with a bold lip, even in day time, can look very sophisticated and trendy. I like to call that the 'statement minimalistic look'.

At night, you can afford to go more deep and bold with some vibrant greens, coppers, rich jewel tones on the eyes, applied with a heavier hand this time, paired with cranberries, deep reds and purples on the lips.



Catrice Liquid Metal Gel Eye Pencils

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

MAKEOVER SECRETS

From DKNY, to Valentino and Milly, the AW14 runway was awash with leather and this month's makeover has taken its inspiration from this. A great look for the December festive parties; leather can be worn head-to-toe or in separates for either a dress up or dressed down alternatives.

PHOTOGRAPHY: JESSIE PALANCA

STYLING: HARRIET GYAMFUAH

STYLING ASSISTANT: CHET TIBAYAN

HAIR & MAKEUP: JEAN LOUIS DAVID AT CROWNE PLAZA HOTEL

LOCATION: MARRIOTT MARQUIS CITY CENTER DOHA

CLOTHES & ACCESSORIES: BERSHKA, PIMKIE AND UTERQUE

TIPS FROM HICHAM

THE SENIOR HAIR STYLISTS:

Step 1: I assessed the client's hair and according to her needs and work commitments I devised a style that she will be able to maintain as a working professional. **•TIP:** If working in a very corporate environment, the best option is to keep a natural yet versatile style.

Step 2: I cut her hair into very soft layers only at the bottom; this then provides her hair with light movement. **•TIP:** Trend Alert: soft layers is spring/summer'15 hair trend to watch out for! This is an easy to maintain and perfect for an office look.

Step 3: Indian Sun technique was applied to her hair to give soft low-lights. Indian Sun is a great technique that gives a contrast for the hair when captured in the light. **•TIP:** Use low-lights starting from the hairs end as an option for an easy to maintain way of colouring your hair; leaving the roots natural and colour free.

Step 4: For styling her hair, I chose a look that will be easy for her to change from day to night. **•TIP:** Take your day style to an evening look by considering a soft yet natural pin-up. This is a perfect way to compliment your outfit and show off any accessories.

TIPS FROM GLAIZA

THE MAKEUP ARTIST:

Step 1: Moisturising of her skin for 5min so that her skin is nourished. **•TIP:** moisturising the skin will enable the makeup to set and blend better, avoiding cracking the makeup when dry.

Step 2: For the oily areas of her face including her eyelids, I applied a primer to ensure her makeup stays and to avoid any creasing. **•TIP:** Make sure primer is only applied to oily spots as this will avoid blotchy makeup.

Step 3: A classic smoky eye was applied paired with flared eyelashes which give the illusion of bigger eyes. **•TIP:** To give your eyes a doll-like rounded effect, blend your eyeshadow in a circular motion and avoid making angles.

Step 4: Her skin tone was evened out with foundation and corrector to give a more natural look. And for the final touches to her face, I illuminated her skin and provided her with neutral pink lips to balance out the whole look. **•TIP:** Use neutral colours for lips and cheeks so that your eyes remain the main focal point.



CAROL
BEFORE MAKEOVER

CAROL BRAGANZA

Twenty-three year old PR & Marketing Executive at Marriott Marquis City Center Doha never strays too far away from a conservative and demure style. Wanting to try something new with her look, Carol has decided to change her look in time for the festive party season, and what better change is there than going hell for leather!



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



"I LOVE THE FACT THAT
I HAVE BEEN GIVEN
A VERSATILE LOOK.
ENOUGH OF A CHANGE
TO BE NOTICED
DURING A NIGHT OUT
YET NOT SO DRASTIC
THAT I LOOSE MY
PROFESSIONALISM IN
THE DAY."

AQUA GYM

DOHA'S VERY LATEST AND BEST
EVER WAY TO SHAPE UP

*Treat your body to this fantastic work out and you'll
be rewarded with feeling refreshed and reinvigorated*

BY SARAH LINKLETT



Director of Spa & Recreation,
Osama Soliman with Aqua Gym
Instructor & Fitness and Nutrition
Specialist **Karine Hajjar**



For a totally enjoyable and energising work out try Aqua Gym, the new and exciting way to burn off calories, strengthen and tone. Head for Marriott Marquis's stunning swimming pool, where your instructor will be ready on the poolside to show you and others in the class the moves you need to make to get the most from your session. Step into the water and then the fun begins! Watch the instructor and follow along in the water to the rhythm of the music to work your whole body.

There is no risk of gym strains or injuries as the water supports your body – and the water's resistance intensifies the benefits of your exercise so increasing weight loss without a strenuous workout. Of course you can push yourself a bit more if you prefer a more energetic session but whether you decide energetic, gentle or a mixture of both – it's all in the privacy of the water!

This is the most inspiring and relaxing workout ever! And the instructor instinctively knows how to give you the right balance between demanding and encouragement. Make this a regular commitment every Saturday morning and you will be astonished how quickly you progress to perfecting your balance and making graceful moves. And you won't be making excuses to avoid this exercise class – it's a joy to join in and you'll be amazed how quickly the session goes by!

Afterwards you can make use of the pool's high class facilities – relax in the sauna, enjoy the monsoon shower and finally wrap yourself in a big, soft towel. This ultimate exercise is guaranteed to leave you feeling wonderfully relaxed – definitely the best way in Doha to shape up!

For more information
**Aqua Gym at Marriott Marquis
City Center Doha QR80**
www.marriottmarquisdoha.com
4419 5000

THE ROOFTOP

I LIKE
IT ON
THE ROOF.

rooftopdoha.com

LEG PYRAMID

A guide on how to flaunt and walk with sexy and strong legs this party season!

The holiday season is the perfect chance to show off your legs. So let ABODE get your pins perfectly ready with this simple and effective routine... it's as easy as ABC.

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

Repeat cycle
three to four
times

10 Split leg squat
20 Wide squat
30 Side lunges
40 Toe touches
50 Second wall sit
100 Jumping jacks
50 Second wall sit
40 Toe touches
30 Side lunges
20 Wide squat
10 Split leg squat



SPLIT LEG SQUAT

Stand in front of an exercise bench, facing away from it. Extend one leg backwards to rest your foot on the top of the bench. Lower your hips by slowly bending your knees. Continue until your front thigh is parallel to the ground. The front knee should not be bent so much that it goes past your toes.

WIDE SQUAT

Holding onto a dumbbell, allow arms to hang in front. Separate feet slightly wider than shoulder-width apart and turn out toes. Keeping chest lifted, lower into squat until your legs make a 90 degree angle, then return to starting position.





SIDE LUNGES

Stand with your feet about hip-width apart, hands on your waist. Take a giant step to the right, dropping your butt back (keep your knee from extending over your toes). Press back to start. Then repeat the move to the left.

TOE TOUCHES

Stand straight with the head forward and legs straight. Bend down and touch your toes with your fingers and reverse back to the original position.



WALL SIT

Start by standing with your legs hip-width apart approximately 2 feet from a wall. Bend at your hips and knees until your thighs are parallel to the ground, press your butt and back against the wall.

Note: If you have high blood pressure or heart disease, perform a squat instead.



JUMPING JACKS

Stand with your hands at your sides and your feet together. Jump up and spread your feet out as you simultaneously raise your arms above your head. Without pausing, jump back to the starting position.



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

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A magical combination of impalpable powders in 3 coordinating shades. Use separately or blend together for sublimely perfect results. An invaluable, all-round prêt-à-porter product for the face. QR167**

EYELINER SHOCK

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GRAPHIC EYELINER

variable eyeliner

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3 in 1 Eyebrow Gel •fixes •thickens •defines in a flash thanks to the handy mini-brush. **Eyebrow Pencil** •defines •lights up the eyes: apply the soft pink pencil just below the brows to brighten up the eyes. In 3 different colours. QR100**

PERFECT EYEBROWS KIT
3 in 1 Eyebrow Gel
•fixes •thickens •defines
Eyebrow Pencil •defines •lights up the eyes
Two specialty products for flawless brows.

ITALIAN BEAUTY

autumn-winter collection

A tribute to the great charm of Italian actresses, timeless global beauty icons.



KAJAL PENCIL SHOCK

A creamy, super-soft, ophthalmologist-tested kajal pencil for magnetic, sensual effects. Quick and easy to use, it guarantees shockingly intense, luminous, long-lasting colour. Available in two colours: classic **black** for a penetrating gaze and sophisticated **butter** to lighten up and widen the eyes. QR90**



PURE LIPSTICK

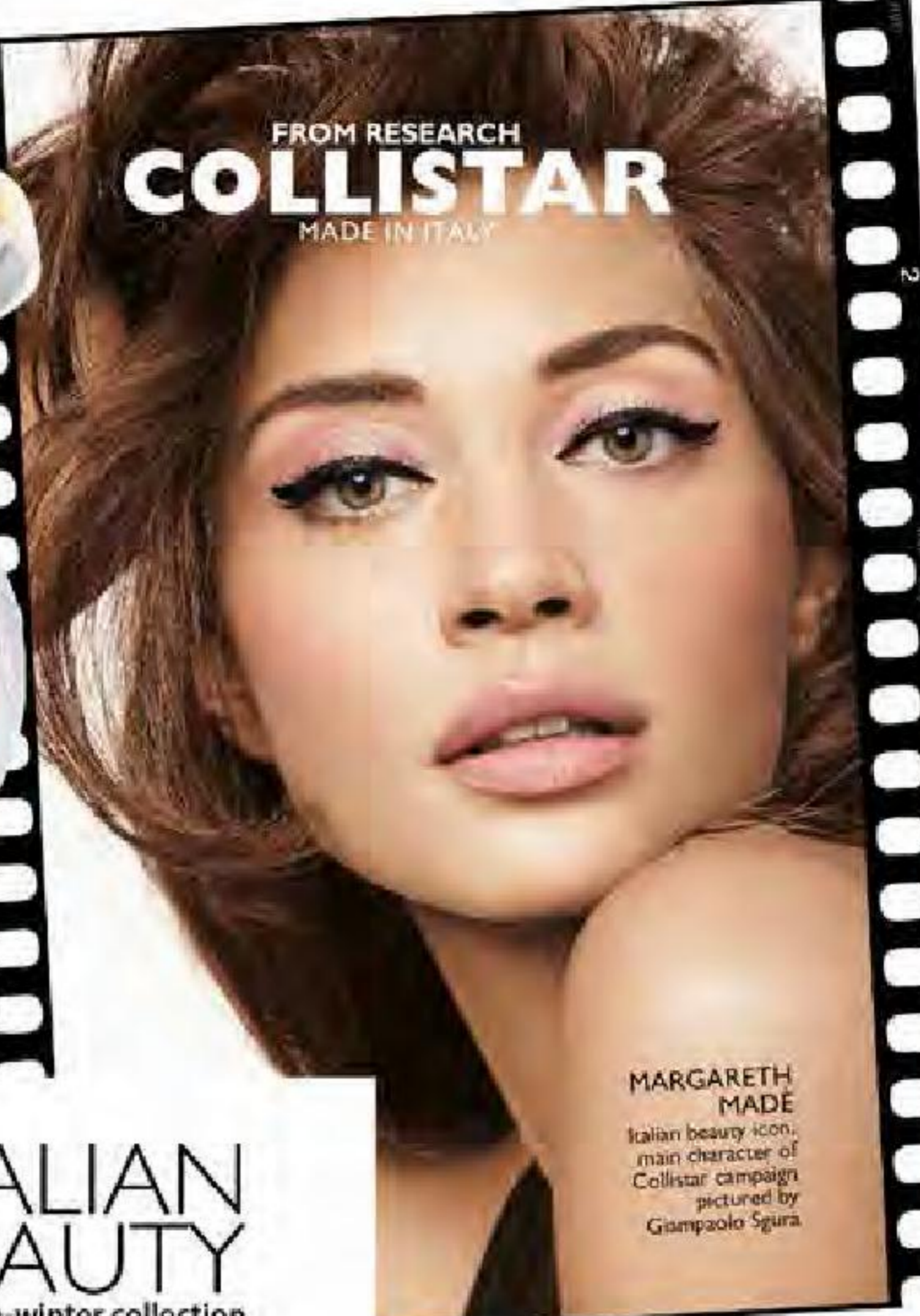
The 'lifting' effect lipstick for smooth, sensual lips. QR96**

SCRUB BALM

Lip and Lip Contour Repair
Much more than just a scrub: a real beauty treatment for the lips and lip contour. Combines the gentle exfoliating action of sugar crystals with the super-nourishing, anti-ageing effects of shea butter and Vitamin E. Removes dead cells from the surface of the skin and minimizes cracks and fine lines, leaving the lips super-soft and ultra-smooth. QR90**



FROM RESEARCH
COLLISTAR
MADE IN ITALY



MARGARETH MADE
Italian beauty icon,
main character of
Collistar campaign
pictured by
Giampaolo Sgura

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Busting the

TOP 5 EXCUSES

To Overindulge During the Holidays
Strategies to Cope with Holiday Eating

BY SPARKPEOPLE.COM

*'Twas the night before Christmas, when all through the house,
Everyone was eating...even the mouse! The most wonderful time of the year is back, and that means one thing: notorious holiday parties! Between the office buffet, neighbourhood open house, family gatherings, religious festivities, and community get-togethers, sticking to a healthy eating plan becomes, well, difficult to say the least. The reason? Simple. Tempting, high fat, calorie-laden dishes are the common denominator of almost every holiday celebration. And excuses for overindulgence are as easy to find as holiday cheer.*



Check out the following excuses. If any of them sounds familiar, don't worry. SparkPeople has the strategies to help you deal with these excuses, and still enjoy the holiday season.



EXCUSE #

1

THE FOOD LOOKS AND TASTES SO GOOD! HOW CAN I RESIST?

It's true—there will be plenty of terrific foods. But will you feel good after you eat them? Imagine yourself overindulging. How do you feel afterwards? Was the taste really worth it? Could you have received the same pleasure with a smaller amount?

EXCUSE #

2

IT'S A SPECIAL OCCASION. IT ONLY COMES ONCE A YEAR.

The holidays only come once a year, but the parties, events, and gifts of food never seem to end! Stop and decide which ones are really worth the splurge. When it is time for the splurge, bank calories from earlier in the day.

EXCUSE #

3

EVERYONE ELSE IS EATING. THE HOSTESS WILL BE OFFENDED.

Just because everyone is eating does not mean that you have to eat everything too. Choosing smaller portions shouldn't offend anyone. Remember, "If you half-it, you can have it." And sometimes it may be necessary to "just say no".



EXCUSE

4

I SHOULD OFFER DESSERTS TO THE COMPANY IN MY HOME.

Keeping your favourite desserts at home usually spells trouble. When treats are in the house, more of the dessert usually ends up in you, rather than your guests. Therefore, keep some low fat, low-calorie alternatives on hand. Check out SparkPeople's Dessert Recipes for some ideas. Make a trip to your local library and flip through the healthy holiday cooking magazines and books for other creative alternatives.

EXCUSE

5

I'LL GET BACK TO MY HEALTHY EATING PLAN TOMORROW.

This thinking is okay, as long as it is realistic. Make sure an occasional splurge does NOT become a repeated excuse (or turn into "next week" or "next month").

Putting It All Together...

The best defence against holiday eating disasters is a combination of both planning and strategy:

1. Take inventory. Identify all the situations that make it difficult for you to eat healthy during the holiday season. Is it office parties? Food courts at the shopping mall? Family gatherings? Extra baking and cooking at home?
2. Plan a system of attack. For example:
 - Bring a low calorie appetizer to the office party.
 - Don't go shopping on an empty stomach.
 - Use healthier substitutions and make a low-calorie, low-fat dessert for the family gathering.
 - Budget calories throughout the day, so you can afford to spend a few more at the party.
 - Burn extra calories in a longer-than-usual exercise session. Some research shows that adding just 10 more minutes of intense exercise to your usual workout can stave off holiday weight gain.
 - Stay focused by getting 7-8 hours of sleep nightly.
3. Remember to reward. Making it through the holidays can be hard work. Establish a reward system to stay motivated along the way. Deposit a pre-determined amount of money (the amount should be based on what you can financially afford) in a jar every week that you are able to follow your healthy eating plan. Then after the holidays—when the sales are big—go out and buy something special just for you!
4. Stay positive. Everyone makes mistakes, so there will be times when even the most disciplined person will slip. Don't worry or stress during these mishaps—it is critical to get back on track. Staying positive is half the battle.

Remember, armed with a good plan and a positive attitude... You will be nestled all snug in your bed, while visions of carrot sticks (and low-calorie dip) dance in your head.

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من الطبيعة



nazih.com



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

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



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 popular public speaker.

Contact Martyn for further information:
info@passareuk.com

Q I've just moved to Doha, I don't have any social circles or family here and I feel a little isolated as I am a quiet person. I want to give it a chance but I'm thinking of going home. Any advice?

A This is a perfect example of mental barriers getting in the way of opportunity. You play a mental trick on yourself making it easier to give up. I understand Doha may not be home and coping without familiar people or surroundings is challenging. However, the majority of Doha's population are expatriates, like you, who understand what you're feeling and are very supportive. It may be different from home, but there are few places in the world, you'll meet people from New York, Johannesburg or Singapore all in one night out.

There are lots of opportunities for Sports, Arts, Dancing or Music. Want to try 'Dune bashing' in the desert or some of the world's finest dining? Check out the watersports or indulge in the local culture. An added bonus is some of the most exotic locations on earth are unbelievably close by.

The first step is to 'catch' those negative thoughts, desperately trying to trap you in your comfort zone. They're holding you back. If left unchecked, the result will be automatic negative behaviours hindering your development without you realising. A wealth of stimulation and growth surrounds you. Opportunity knocks.... Don't be afraid to answer the door.

Q I've been married for nearly 10 years, it is coming up to our anniversary. I want to do something different for my wife, something she'll never forget, but I can't think how to do something impressive for her. Any ideas?

A It's nice that you still value your wife. Like most women, she is likely to appreciate romantic gestures. Romance is at its most intoxicating when elements of thoughtfulness, intrigue, (to keep them guessing), and breaking the norm are combined. The surprise element works best. If your wife thinks you've made no effort, especially if she drops hints, you will be playing her emotions like a well-tuned violin. So create an aura that suggests you are not interested. This maximises the element of surprise. Afterwards, this leads into intrigue: what are you going to do next?

If you can create a feeling of 'that's it!' your wife's expectations will diminish; only for you to raise them again with your next intriguing surprise which breaks her norms. Now she'll have a heightened arousal, not knowing what to expect next so she becomes consumed by every moment. However, you know your wife. You know what surprises her, intrigues her and breaks her norms. This is where you go above and beyond. If you do something that she DOES NOT believe you would ever do you will have maximum impact. Once you create that moment, it will live in both your minds forever. Enjoy.

Q After 3 years in my job there is only one of my colleagues that annoy me. They take long lunches; make personal calls and waste time while the rest of us work hard. Although we have never spoken, I dislike their disrespectful behaviour. Should I complain to their manager or just keep being annoyed?

A We all find it difficult to ignore things we feel are unjust or disrespectful. It may be infuriating, but what do you actually gain from reporting your colleagues' behaviour? Is it for professional or personal satisfaction? There's no guarantee their behaviour will improve. You could actually make the situation worse for yourself. Remain professional. Also, there may be other unknown reasons that explain what you've seen. Why risk damaging your own reputation by speculating? You can only control your own behaviour and in an unprofessional environment, behaving professionally illuminates like a beacon of light. You're not responsible for their behaviour. If you've noticed it, others have too and the appropriate person will have to take action.

FORUM DESIGN

An Associate of Ahmed Hassan Bilal Group

Interior Design

Commercial | Retail & Residential

*Always Designed With
You In Mind...*

Tel. No: 44 56 87 16 | 4442 8877

Email: info@ahbqatar.com

An associate of Ahmed Hassan Bilal Group

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

HOME DECOR

DECORATING IDEAS-SHOPPING-INTERIOR DESIGNERS' TIPS

ENCHANTING ENTERTAINMENT

Create a heavenly dining experience for your guests with candles, cushions and decadent cake-stands. Add glitz to place settings in golds and creams to bring luxury to the scheme. Marks & Spencer (M&S) is the ideal destination for all your festive entertaining products. At Villaggio mall



BIGGER AND BETTER

'NO TWO HOMES WILL BE THE SAME' WITH HOME CENTRE

Home Centre launches its latest 140 page catalogue at a style walk-through event. Filled with abundant inspirational ideas and beautiful products to spruce up your home, the catalogue has something for everyone, whatever their style or budget. Whether classic or contemporary or a clever combination of the two, the Home Centre catalogue introduces a comprehensive range of furniture and accessories that quite evidently reinforces the brand's promise that 'No Two Homes Will Be The Same' with Home Centre. For more information call 4413 1940 www.homecentrestores.com



MASTERPIECES GO ON SHOW

THE GATE MALL SHOWCASES ONE OF A KIND CRYSTAL AND MURANO GLASS MASTERPIECES IN QATAR

Under the Auspices of HE Dr. Hamad Bin Abdul Aziz Al Kuwari, Minister of Culture, Art and Heritage, The Gate Mall launched an exhibition showcasing unique masterpieces by two of Europe's renowned brands, Venini and Crystal Caviar. Crystal Caviar is one of the world's renowned Royal Bohemian Crystal brand and is reputed for its unique glass designs, used for luxurious interiors of 5-star hotels, yachts, private residence and aircrafts. The exhibition is now open to the public on the ground floor of The Gate Mall and will run until the end of December.



TIVOLI LAUNCHES NEW 8,000 SQM FURNITURE SHOWROOM

TIVOLI, RECENTLY ANNOUNCED THE LAUNCH OF ITS FLAGSHIP FURNITURE SHOWROOM, AN EXCLUSIVE DESTINATION FOR DESIGNERS AND CLIENTS TO CHOOSE FROM THE FINEST HAND-PICKED PREMIUM BRANDS. THE NEW SHOWROOM OFFERS THE WORLD'S LEADING BRANDS ALL HOUSED UNDER ONE ROOF AND DELIVERED BY AN IN HOUSE DESIGN TEAM WHO OFFER A HIGHLY PERSONALISED SERVICE. AMONG THE NAMES FOR EXCELLENCE ARE ROCHE BOBOIS, ADRIANI & ROSSI, NATUZZI, BENE, TAHBOUB KITCHENS AND GIORGIO COLLECTION, TO NAME A FEW.

FOR MORE INFORMATION CONTACT +974 4021 2000 LOCATED AT AL RAYYAN AL QADEEM ST, AL RAYYAN PARK

NEWS

THE LATEST DISH FROM THE BEAUTY WORLD



ETRO HOME OPENS A NEW STORE

The new boutique in The Pearl-Qatar represents the whole world of Etro Home. The collection is a journey through castles, where tradition is wrapped by Etro's contemporaneity. Plaids decorated with placed or dégradé paisley prints, classic tartans with a double-sided effect, new jacquards featuring an almost three-dimensional optical effect stemming from winter inspired texture experiments.

At The Pearl Qatar: 6 La Croisette



QR19/pc
FANTA SIVÄRLD
glove puppet



QR9/pc
GETDJUR
squeaky toy goat



QR29
ANKIG
soft toy duck

1 soft toy = QR 5 donated to education.

Donate for children through **Qatar Charity** by dropping off the IKEA soft toy in the designated box after the checkout.



QR25
TOSIG
soft toy frog



QR49
RIDDJUR
soft toy

QR12
VINTERMYS gift box
32x32cm assorted patterns



QR39
RIDDERLIG
soft toy cat



QR25
LILLGAMMAL
soft toy



QR79
JÄTTESTOR
soft toy elephant

QR29
LAPPGET
soft toy goat



QR7/pc
HASSELMUS
soft toy mouse
assorted colours



QR9/4pcs
GULLEPUTT
finger puppet



IKEA Foundation



بترخيص من وزارة العمل والشؤون الاجتماعية رقم (1096/2014)

COZY RETREAT

Warm red decor accessories create a pleasant and cozy living space with personality, which people can really enjoy in the winter months.



Ball balls, Debenhams



Snow globe, THE ONE



Knitted ornament, Debenhams



Frosted berry wreath, Next



Set of candles, IKEA



Hanging decorative star, Debenhams



Wicker snowman wreath, Next



Lambswool throw, Next



Cushion, Next



Lantern, IKEA



**For every soft toy you buy,
IKEA Foundation donates QR 5
so more children can
go to school.**



قطر الخيرية
QATAR CHARITY

unicef

IKEA Foundation



بترخيص من وزارة العمل والشؤون الاجتماعية رقم (1096/2014)

© Inter IKEA Systems B.V. 2014

SILVER DREAMS

Give your guests something to talk about when they enter the room with an array of sparkling white and silver ornaments.



Candle holders, Debenhams



Hanging decorative star, Debenhams



Decorative hanging mini picture frame, Debenhams



Trio hanging mini picture frames, THE ONE



Hanging decorative ornament, M&S



Snow globe, M&S



Wall feature, M&S



Lanterns, IKEA

Embellished decorative cushion, THE ONE



Embellished reindeer cushion, Debenhams



Cake stand, M&S



Party crackers, M&S



Reindeer ornament, Debenhams



Rouche Noire
HAUTE COUTURE

ROYAL PLAZA MALL, 2ND FLOOR
TEL : 4465 3546

السيد
AL SIDIQI
KHALIL

KICK OFF THIS SEASON!

CREATE THE PERFECT WINTER WONDERLAND AT HOME WITH THESE 6 JOLLY DÉCOR IDEAS

BY SUZY CACIC, FOUNDER OF BETTERDECORATINGBIBLE.COM

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

Looking for fun new ways to deck the halls at home? Get inspired by these creative ideas you can do yourself!

"Capture the magic of the holidays with rich colours, glittering lighting, and inspiring décor that's fun and cheery! It's now time to get creative and awe your family and friends at their next visit. You don't even need to purchase everything from the store — most decorations you can make at home yourself with our easy-peasy ideas!" - Suzy

1



SUZY CACIC



TRY A PASTEL THEME

One of my favourite new trends for this holiday season, is the pastel palette theme. Soft pink, blue, green, and gold is just as lovely as your traditional holiday colours without looking tacky and too overdone. When shopping for a holiday tree choose a white coloured tree which will work perfectly as backdrop for your subtle pastel ornaments. They will also stand out much more having a lighter background behind them.



2 GET CREATIVE WITH YOUR GARLANDS

Making your own garlands at home is easy peasy and doesn't have to get messy! All you need is ribbon and some colourful baubles to make a pretty frame around your fireplace or to drape on your stair rail.



3 MAKE GLITTERY LIGHT BULBS!

You can purchase these small light bulbs just about anywhere! All you need to do is dip them in craft glue and then roll them in glitter! To get your colours even more intense, consider painting the bulbs in blue and pink toll paint and then rolling them in glitter. You can attach a string and hang them up on your tree, or pile them up in a tall glass vase for some cute table décor!



4 DECORATE WITH FEATHER BOAS

Marabou feather boas are a nice spin on traditional holiday tinsel. They are so fluffy and the kitten soft texture looks glamorous sprinkled throughout your home. Drape them around your holiday tree or mantel. You can also twist them with silver or gold tinsel for an even bigger hit of glam.



5 SET UP A WINTER WONDERLAND

Dress up an empty table you may have in your home by creating a winter wonderland scene. Use white snow fluff or white feather boas for the base, and place a few tiny holiday houses, cute ornaments and figurines. This is a fun way to get the kids involved and play a little dress up with your home's décor!



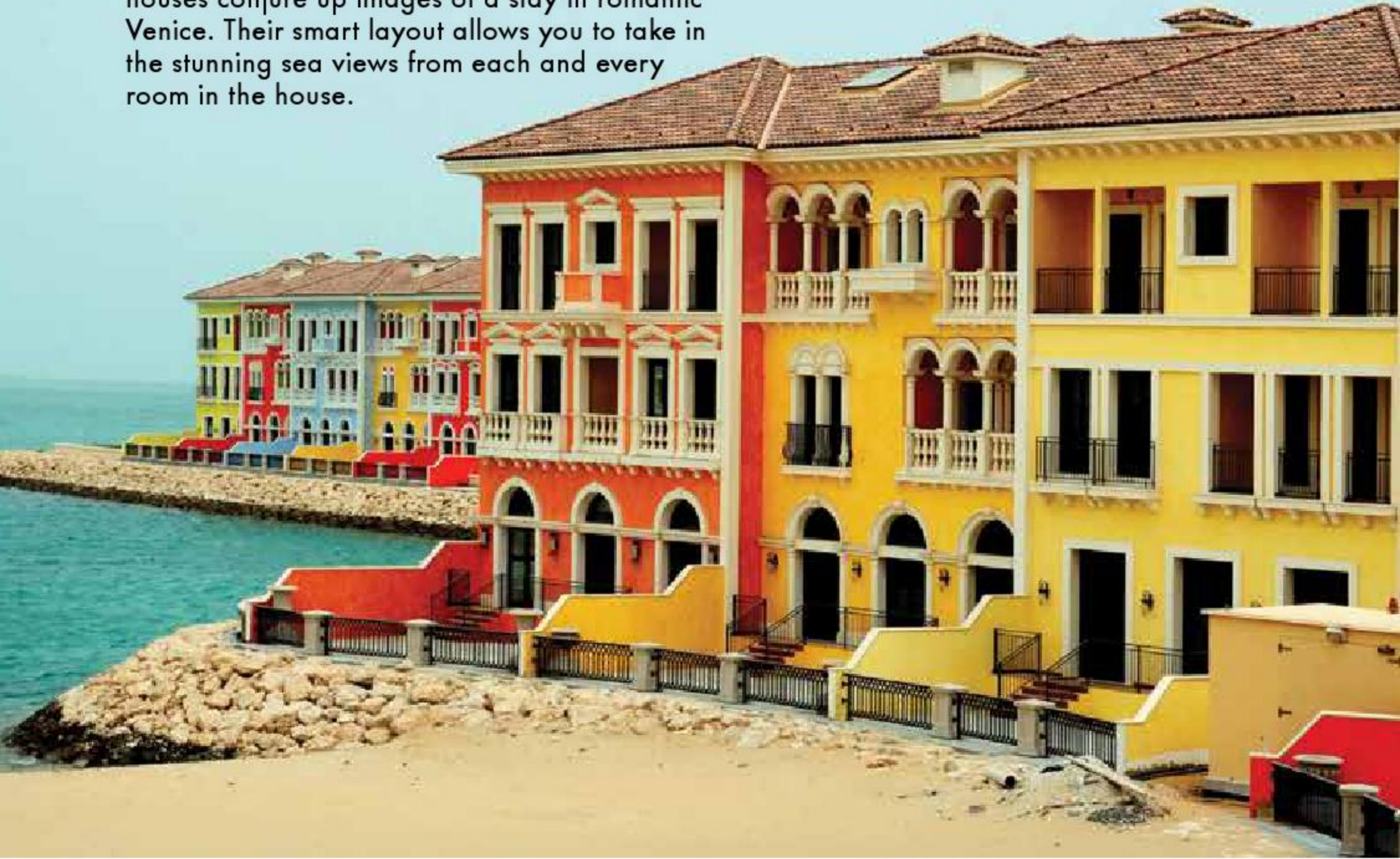
6 MIX ORNAMENTS AND COOKIES ON A TIER

Use a dessert tier to hold your colourfully decorated cookies and ornaments for the perfect décor accessory. Place it on your buffet table in the dining room, or use it as a centerpiece on the table, or a nice accessory on a kitchen counter. I love having something like this on the coffee table – it makes for a great snack and the looks stunning!

This year the must-have is a white Festive Tree

Qanat Quartier Classy Townhouses

Be one of the first to get your hands on these classy beachfront townhouses. Overlooking piazzas and canals, the 3 bedroom townhouses conjure up images of a stay in romantic Venice. Their smart layout allows you to take in the stunning sea views from each and every room in the house.



Ahmed Hassan Bilal
Trading & Contracting Co. WLL

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Telephone: 4442 8877 | 4441 7001 | 4441 1881 Mobile: 5571 1488 | 3378 7871



65+ Glorious Gifts



Looking for the perfect way to bring joy to someone you love this festive season? From bags to baubles, we've got you covered with over 65 creative and fun gift ideas.





Bags, C.Wonder

Perfume, Carolina Herrera available at 4U



Long lasting lip lacquer, Autograph at M&S



Girl by Pharell Williams, Virgin Megastore



Winter hat, Next

BEST GIFTS For Her

The ladies in your life will love these fun, festive and affordable products.



Earrings, H&M

Buckle watch, Ferragamo



Mercedes Benz L'eau available at MERCH

Gift Set, Bath and Body Works



Clutch, Edie Parker at NET-A_PORTER.COM



Cage bird set, M&S



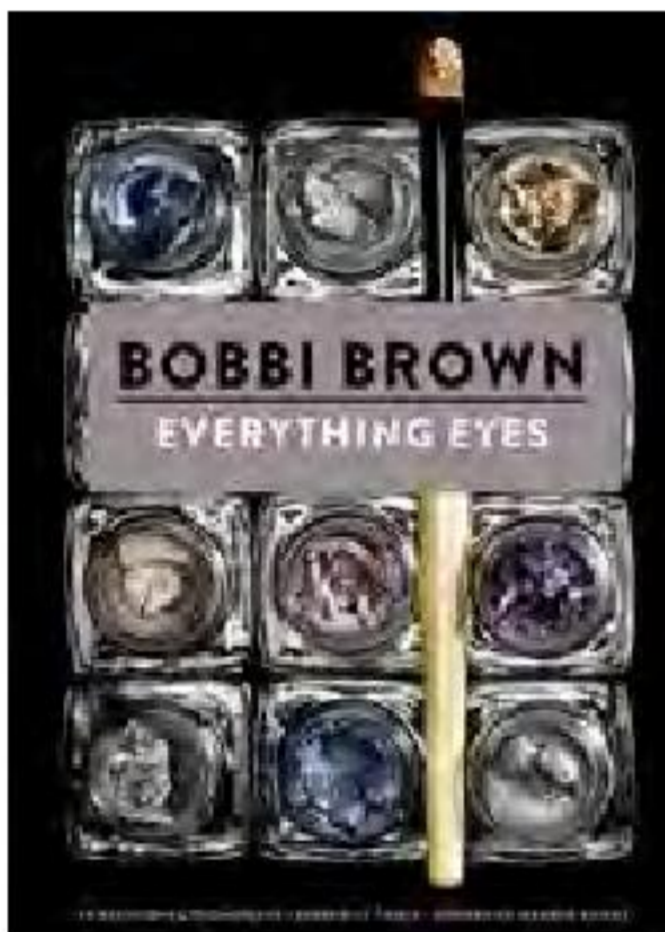
Travel brush set, Bobbi Brown



Ring, Juicy Couture



Gift Set, Next



Makeup guide by Bobbi Brown



Bracelet, Michael Korrs



Women watch, Massimo Dutti



Bag, Accessorize



Scarf, Miss Selfridge



Deluxe lip eye palette, Bobbi Brown



Gold Flats, Vincci



Jimmy Choo available at 4U



Document Case, LOEWE



Headphones, Bowers & Wilkins at MRPORTER.COM



Coldplay Mylo-xyloto at Virgin Megastore



Men's wallet, Michael Kors



Cashmere scarf, Loro Piana

BEST GIFTS For Him

Give him a gift that he will appreciate all year long!



Chapman Black shoe, Kurt Geiger London



Backpack, Tumi Calais



Hook bracelet, Miansai Rope at MRPORTER.COM



Sunglasses, Michael Kors



Watch, Michael Kors



Atlantic multi Novelty Luggage ID, TUMI



Wash bag giftset, M&S



Men shoes, Shoe Mart



Minecraft box set, at Virgin Megastores



Merlin iTheatre 3d, available at Virgin Megastore



Max LP at Virgin Megastores



Speed Bamboo Bike at www.bambucampsbikes.com

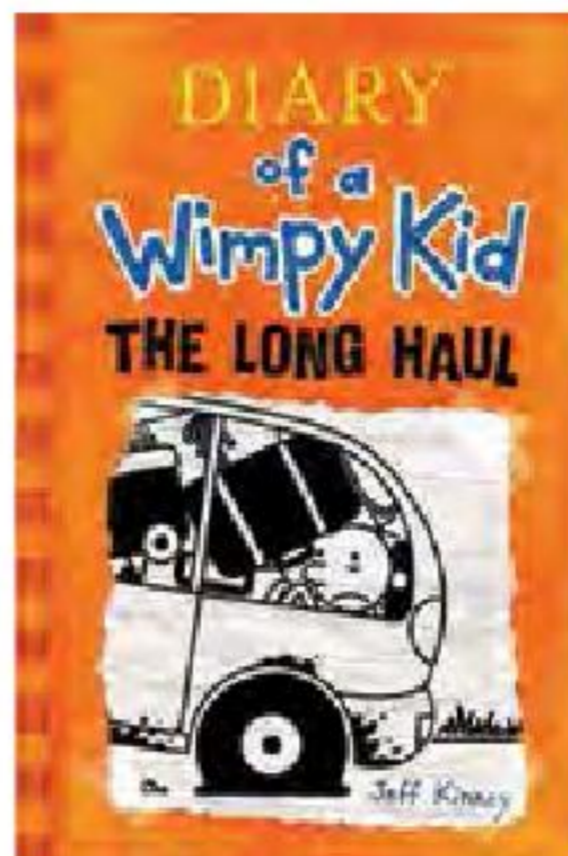


PPM 1st mono sleeve, available at VIRGIN Megastore

Winter Hat, GAP



Kids accessories, Shoe Mart



Diary of a Wimpy Kid, at Virgin Megastores



Girl Bag, Shoe Mart



Animals coin purse, LOEWE

Shoe, Ferragamo Mini



For Kids

Delight the children on your list with gifts as creative and fun as they are!



Pleo Robot, at Virgin Megastores



Kids Belt, Centrepont



Shoe, Centrepont



Trolley bag, Shoe Mart



Cocktail bowl, Next



Essence Aromatique,
Bottega Veneta



Gift set, Debenhams

*For
Home*

*Whether you're a guest or
entertaining, these pretty accessories
are home-for-the-holidays ready.*



Picture frame, THE One



Tea pot, Debenhams



Pillow, The One



Blanket, Loewe



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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THEOne

Festive Guide



With Qatar National Day, Christmas and New Year's Celebrations all around the corner, we have come up with a helpful guide full of decor ideas, tips and recipes to ensure you enjoy a hassle free holiday.

DECORATE YOUR HOME

You don't need to complicate matters by worrying about extravagant decorations, just add a few festive touches here to set the mood. Here are the stores to help you do just that!

ORDER YOUR TURKEY DINNER

Why cook when you can cater the entire meal, from turkey to side dishes and wonderfully decadent desserts. Leave the cooking to the five star chefs and relax, we have put together a list of the best hotels who prepare "turkeys to go" you can choose from.

FESTIVE OUTINGS

Turn off the TV and treat the family to one of the many culinary activities laid on by hotels. Take part in many spectacular events choosing from the round up.

FESTIVE ACCENTS



ABODE sought out top stores selling your favourite bling for a merry holiday.

NAAZ STORES

OLD AIRPORT (MATAR QADEEM),
opposite Habeeb Restaurant
Open from 8:00am-1:00pm
and 4:00pm-10:00pm
Contact: 4432 4235,
5556 2809

ABDUL AZIZ BIN AHMED ST, opposite
Olympic Sports
Open from 8:00am-1:00pm
and 4:00pm-10:00pm
Contact: 4431 4798,
7777 6858

DAISO

HYATT PLAZA MALL
Open from
10:00 am-10:00pm
Contact: 4469 8999

HOME CENTRE

AL ASMAKH MALL
DAR AL SALAM MALL
CENTREPOINT MALL
DOHA CITY CENTRE
Open from 10:00am-10:00pm
Contact: 4428 9289

IKEA

DOHA FESTIVAL CITY
Open
Sunday - Wednesday 10 am till 11pm
Thursday - 10am till 12 midnight
Friday - Saturday 9am till 12
midnightContact: 4406 2555
www.ikea.qa

LAKELAND STORE

FIRST FLOOR
DOHA CITY CENTRE MALL
Open
Saturday - Wednesday 10am till 10pm
Thursday - Friday 10am till
12midnightContact: 4411 5243

THE ONE

VILLAGGIO MALL
Contact: 4450 7778
LANDMARK MALL
Contact: 4488 8669
Open 9:00 am - 10:00 pm
Saturday through Wednesday
Thursdays 9:00 am to 11:00 pm
Friday 1:30 pm to 11:00 pm



*Buy items that are
not overly festive, so
you will be able to use
them thorough out the
rest of the year.*



Table mat, IKEA





TURKEY TO GO!

Take away services by our favourite hotels in town. Book your favourite menu now!

KEMPINSKI RESIDENCES & SUITES, DOHA

CHRISTMAS DINNER IN A BOX

Order a ready made, warm, mouth-watering roast turkey with signature stuffing and all the trimmings. Please place your order 48 hours in advance of your desired pick-up time- QAR 1250 serving 6-8 people. For more information please visit www.kempinski.com/en/doha/residences/dining/

ST. REGIS

TAKE HOME FESTIVE FEAST

The St. Regis Doha's award winning chefs have prepared traditional roast turkey and all the trimmings, ready to take home this festive season. Available until 25th December QR 990 for dinner package for up to 8 people, orders require 48 hour notice. 4446 0000

MARRIOTT MARQUIS CITY CENTER DOHA HOTEL

TURKEY TO GO!

Fill in the Turkey To Go order form and pick up your sumptuous turkey festively plated, with trimmings and all to complete your table, only at Quick Bites! Valid from the 1st till the 25th December QR 390 | Order to be placed 48 hours prior to pick up time. 4419 6100

ORYX ROTANA

CHRISTMAS AT HOME

Celebrate and herald the festive season with decadent Christmas goodies at Oryx Rotana! Gather over traditional Roasted Turkey or Roast Beef.

Available from December 10th until December 31st, 2014
Order (72hrs in advance) 4402 3333



RITZ CARLTON

TURKEY TO GO!

Simply order and pick up a complete Turkey dinner.

*Orders must be received 24 hours in advance.

For more information, please contact 4484 8504, or via email: rc.dohrz.leads@ritzcarlton.com

MOEVENPICK DOHA

TURKEY ON THE RUN

For an unforgettable spread, simply order your meal and let our chefs prepare it to perfection. From whole roasted turkey with all the trimmings to gingerbread and mince pies, we've got it all. QR500 per 6kg turkey accompanied by full trimmings. Call 4429 1111

BEST DESSERTS



W CAFE

W HOTEL DOHA,
Delicious classic cakes in 5 flavours available: vanilla, chocolate, raspberry, red velvet, marron glace
Tel: 4453 5343

MAGNOLIA BAKERY

DAR AL SALAM MALL
in Abu Hamour.
Open from 8am to 11pm
Tel: 4450 9407

BISCOTTI

GRAND HYATT DOHA
Showcases a large array of desserts, bakery items, homemade chocolates and other premium items.
Open from 7am to 10:30pm
Tel: 4448 1234

GOURMET HOUSE KEMPINSKI RESIDENCES AND SUITES

Serves finest array of pastries and bakeries.
Open from 7am to 10pm
Tel: 4405 3325

Treat yourself and the entire family!

Qatar has a lot of activities in and around the city to offer this month, and the majority of them - you be happy to know - are delightfully tasty!



MARRIOTT MARQUIS CITY CENTER DOHA HOTEL

GINGER BREAD DECORATING

Lift the little ones' spirits and build the excitement early with a fun ginger bread decorating session at Quick Bites. 5 – 10 years | Registration Required

Timings: 4pm – 6pm | 6 December 2014,

Price: QR75 Inclusive of snacks and refreshments for kids

Location: Quick Bites, Lobby Level - Marriott Marquis City Center Doha Hotel

For more information: 4419 6100

MERRY DISPLAY

Rediscover sugar and spice and all things nice with our extensive list of Christmas cakes, cupcakes, cookies, hampers and other goodies at Quick Bites.

Timings: 1 December 2014 – 6 January 2015

Price: From QR40

Location: Quick Bites, Lobby Level - Marriott Marquis City Center Doha Hotel

For more information: 4419 6100

INTERCONTINENTAL DOHA THE CITY

YOUR OWN HOLIDAY HOUSE

Bring your children every Saturday at 15:00 to Santa's Lobby Lounge Workshop and delight in creating your own gingerbread house. Executive Pastry Chef Udesch Nalaka will guide you through all the special techniques to build and decorate the perfect holiday treasure.

Price: QR 65 per child.

For more information on InterContinental Doha The City please visit the website on www.intercontinental.com/dohathecity

For reservations or further information please call 4015 8888 or email doharestaurants@ihg.com

THE ST. REGIS DOHA

KIDS FESTIVE COOKING CLASS

Sugar and Spice festive cooking class for children aged between 4 to 12 years. Our pastry chefs will share the secret of how to make some fun and easy holiday treats. Places limited, booking essential, includes special festive apron.

Price: QR 120 per child

Date: 6th December

Timings: 11am to 1pm

Location: Astor Grill, The St. Regis Doha

For more information: 4446 0211

or astorgrill.doha@stregis.com

FESTIVE MARKET

Enjoy the spirit of a traditional winter festive market held on the first floor terrace. Bring the children for some festive activities and delicious warming treats while enjoy some hot spicy beverages and picking up some last minute gifts for friends and family.

Price: Complimentary. All food, beverages and gifts can be purchased for consumption.

Timings: 12:30pm – 10:00pm

Date: 6th December

Location: Sarab Lounge Terrace, The St. Regis Doha

For more information: 4446 0126

THE RITZ-CARLTON, DOHA

GINGERBREAD CLASSES

Starting with this year, making gingerbread houses can be a new tradition to share with your loved ones. Bring your festive creativity and inspiration and we will take care of: The gingerbread house making lessons, the children's buffet, the festive souvenirs

Date:

December 5, Friday - 10:30 am (1st session) and 4:30 pm (2nd session)
December 12, Friday - 10:30 am (1st session) and 4:30 pm (2nd session)
December 19, Friday - 10:30 am (1st session) and 4:30 pm (2nd session)
December 25, Thursday - 10:30 am (1st session) and 4:30 pm (2nd session)
December 26, Friday - 10:30 am (1st session) and 4:30 pm (2nd session)



ORYX ROTANA

HOLIDAY TREATS

Visit our Christmas display at the Sky Lounge from December 14 to January 8 for a range of gourmet festive treats. From gingerbread and Christmas cookies to turkey takeaway and non-alcoholic eggnog, there is a tempting choice of traditional Christmas delicacies to eat in or to take away. Christmas Yule Logs are available in two flavours, Chocolate and Vanilla for QR 170 per KG (1 kg serves 6 persons).

MÖVENPICK HOTEL DOHA

FESTIVE TREATS

Don't forget to leave a little treat for Santa this Christmas. L'Espresso is offering sweet delights of the season from ginger bread to mince pies. Available for take away and large orders from 15 December until 25 December. Call 4429 1111 for orders.



KEMPINSKI RESIDENCES & SUITES, DOHA

GINGERBREAD HOUSE GOURMET HOUSE TRANSFORMS TO A WINTER WONDERLAND

Cookies, gingerbread delicacies and stollen cakes spread their aromas all around. Our Chief Baker and his team have prepared a large gingerbread house in Gourmet House, transforming the café to a playful winter wonderland!

Date: From November 29th

Timings: 7am – 9pm

Location: Gourmet House

For more information: please visit www.kempinski.com/en/doha/residences/dining/

GRAND HYATT

BISCOTTI CHRISTMAS

Savour classic Christmas specialties by dropping by Biscotti during the month of December to pick up sweet and savoury treats. Selections include turkey, mince pies, stollen, Christmas pudding, chocolate Santas and much more.

For more information: 4449 1234

THE ONE

Spoil family, friends or colleagues with THE One's fabulous festive cakes? Place your order before December 17.

Visit www.theone.com for more information

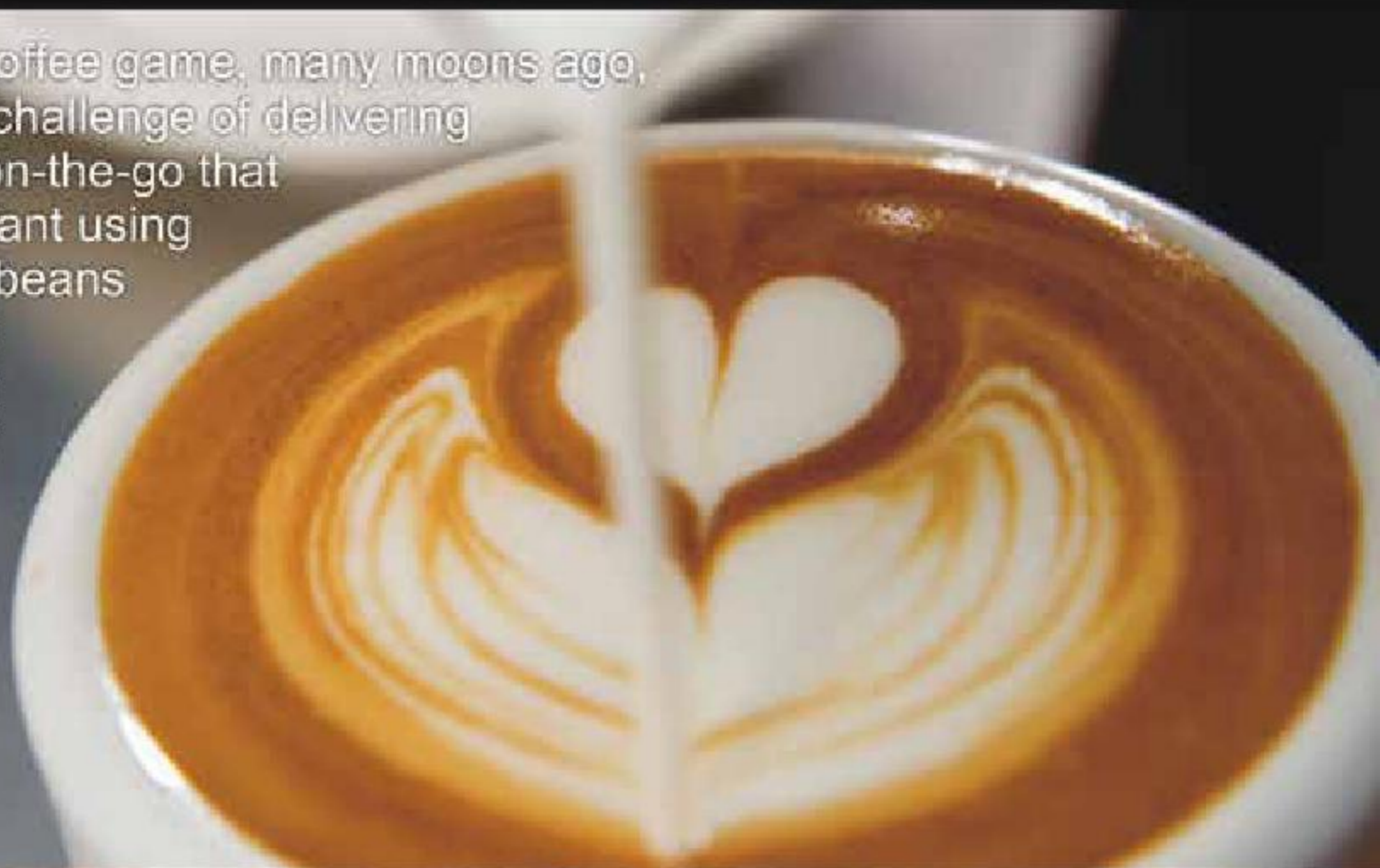


COFFEE PLANET

~ FOODSERVICE ~

— THE COFFEE EXPERTS —

When we got into this coffee game, many moons ago, we gave ourselves the challenge of delivering the best quality coffee on-the-go that you could find. That meant using premium quality coffee beans together with the best machines, and the right recipes for our range of fantastic coffees and hot drinks.



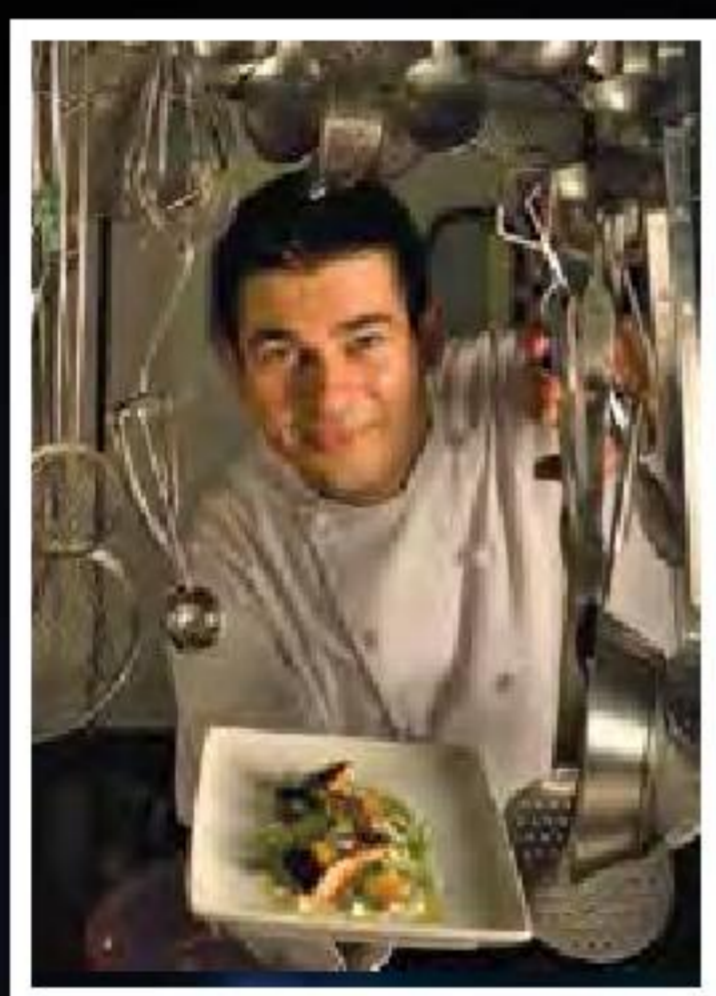
WANT. **LOVE.** SHARE THE BUZZ.



An Associate of Ahmed Hassan Bilal Group
info@ahbqatar.com

FOOD & ENTERTAINMENT

RECIPES, HEALTHY TIPS AND NEW RESTAURANT OPENINGS



MUCH MORE THAN TAPA'S

Awarded celebrity Spanish Chef Javier Ponte Taky takes over the Cellar at Oryx Rotana

Chef Javier a highly decorated top 10 Chef in Bocouse D'Or and three-time winner best regional young chef, credits his passion for cooking from his mother and grandmother; with this as a base coupled with his vast knowledge of fine Spanish flavours, he then adds his own artistic creativity to each recipe for coming up with innovative paella and fideua dishes to please even the most discerning palates. Combining seasonal and natural ingredients offering a mix of flavours will ensure your lunch or dinner is a unique experience. Don't miss their Tapas Galore selection happening every Tuesday for QR 160 per person call: 4402 3333 to book your table.





"COASTAL CUISINE" IS THE PICK OF THE DAY AT AL DANA

The new signature seafood restaurant of Sharq Village and Spa offers diners a front-row seat to paradise on one of Doha's most stunning beaches whilst you enjoy the offerings of Al Dana's diverse menu; from the likes of sushi to selecting your own fish for cooking. The common thread in each of the delightful cuisines is that it is light, healthy and filled with flavour. For restaurant reservations and more information on Sharq Village and Spa contact the hotel directly on 4425 6666.



TRUE TASTE OF ITALY

CARLUCCIO'S LAUNCHES ITS EXCITING NEW MENU

The restaurant is now tempting food lovers with an exciting new menu featuring a range of traditional Italian specialties. Some specialties to watch out for include 'Pumpkin Tortelli' (handmade pumpkin-filled pasta parcels with Parmesan in a sage, chilli and butter sauce), 'Veal Ossobuco' (braised shin of veal in rich tomato sauce) and 'Sausage and Saffron Risotto' (a creamy saffron risotto with veal sausage and parmesan shavings). located at La Croisette 18 at The Pearl Doha, and is open daily from 8:00am to midnight. For more information 6690 1771 www.carluccios.com



A VOYAGE OF ARABIAN HOSPITALITY

SOUQ WAQIF BOUTIQUE HOTELS LAUNCHES FIVE-STAR DHOW BOAT DINING EXPERIENCE

Souq Waqif Boutique Hotels, the luxury, five-star hotel collection owned and managed by Al Rayyan Hospitality, has launched a new superb dining package on the two elegant traditional Dhow boats, Lusail 2 and Lusail 3, so that guests can enjoy the finest dishes created by expert chefs on board against the backdrop of Doha City's captivating skyline. The sea trips include three exclusive Sanbouk sailboat packages especially tailored to special requests by guests for a romantic dinner for two, private celebrations or an exclusive one- or two-hour private cruise with family and friends to experience the immaculate sunset views out at sea. For more information visit www.swbh.com

NEWS

THE LATEST DISH FROM THE FOOD WORLD

SO CANDILICIOUS

CANDELITE, DOHA'S FIRST AND LARGEST CONFECTIONERY STORE OPENS AT CITY CENTER

Candelite is a unique and colourful concept that houses over 50 international brands of confectionery across 1000 SKUs with a key focus on retailing exciting candy and chocolate gifting for any occasion. Conveniently located near Carrefour and the Food Court on level one of Doha City Center. For more information contact 4476 3291



MEXICAN FIESTA COMES TO TOWN

HEAD DOWN TO MÖVENPICK TOWER & SUITES' FORKKNIFE RESTAURANT FOR A FUN FILLED NIGHT THAT TICKLES YOUR TASTE BUDS!

There are plenty of surprises in store for you from the moment you arrive. Greeted by moustached waiters dressed in brightly striped ponchos and sombreros, start by grabbing some maracas to shake about and pop on your own sombrero for a great photo opportunity!

Then help yourself to the wonderful array of authentic Mexican food from the buffet – so light and delicately spiced that your taste buds will be calling out for more, more, more! No need to hold back though because the dishes are presented as traditional tapas, meaning that you can have a little – or a lot – of as many of the dishes on offer as you choose. The live band plays Mexican songs to really get you into the party mood and once you are sure that you have eaten everything you are tempted to at the buffet, it's time to dance – or wonder at the desserts. Like a magical sweet shop, the desserts are presented dainty glass jars – with their candy coloured contents tempting you to be as discretely greedy as you can be! Go back again and again to admire the exquisite confections and choose yet another of these pretty bite sized treats. Wednesday nights will never be the same again!



AT THE TOP OF THEIR GAME

WYNDHAM GRAND REGENCY DOHA LAUNCHES ITS NEW F&B CONCEPT

The Wyndham Grand Regency Doha has reached new heights with their unique food and beverage concepts throughout all their outlets. The Al Kut introduces a new Cigar menu offering a large variety of cigars together with the launching of their own cigar club. Experience the luxurious art ambience featuring a unique art gallery. Tangia Restaurant opens its doors for ladies only every Wednesday night to enjoy the delicious wonders of the traditional Moroccan cuisine accompanied by the tunes of mesmerizing music during "Sharazad Night". NO MEN are allowed in the restaurant and during the night the door will be managed by female security. Chopsticks have introduced a Sushi Fiesta where you can eat as much you can for only QR 169 per person. Every Saturday from 6:30 PM to 11:00PM. For more information contact 4434 3333

WOOD-FIRE GRILL

RED LOBSTER PRIDES THEMSELVES WITH UNBEATABLE FLAVOURS THAT WILL KEEP YOU COMING BACK FOR MORE.

Led by their culinary team, Red Lobster offers a selection of exceptional mouth-watering dishes uniquely cooked over a wood-fire grill with impeccably prompt service. The new selections feature not only perfectly wood-fire grilled seafood but also delicious steak and chicken dishes such as Grilled Lobster, Shrimp and Scallops, Grilled Jumbo Shrimp, Sirloin Steak with Cajun Portobello Sauce, and Grilled Chicken with Cajun Mushroom Sauce. 4444 1066



NATIONAL DAY TREATS

LET'S CELEBRATE QATAR NATIONAL DAY WITH SOME SPECIAL SWEETS!

RECIPES COURTESY OF DANA'S KITCHEN PHOTOGRAPHY MOHAMMED ALI AL-QATHE

ABODE brings you traditional Qatari hospitality with these authentic desserts. So why not try your hand at preparing these tasty dishes, perfect additions for your National Day celebrations!



CRISPY LUGAIMAT

INGREDIENTS

> 1 ½ cup milk > 2 cups all-purpose flour > 1 tsp salt > 1 tbsp sugar
> 1 tbsp yeast > 1 tbsp cornstarch > Little saffron

For decoration:

> Nigella seeds (black seeds) > Date molasses > Sesame

PROCEDURE

- 1) Using a wooden spoon, mix together all the ingredients until uniformly combined. Keep the batter aside to ferment and double in size.
- 2) Heat oil in a frying pan until hot. Drop the batter with a spoon into the oil in batches and fry, turning them on each side until golden brown and crisp.
- 3) Drizzle the date molasses over the Lugaimat, tossing to coat thoroughly, then sprinkle with sesame and Nigella.
- 4) Arrange the Lugaimat onto the serving dish and serve at once.

STUFFED TAMR WITH YOGURT AND NUTS

INGREDIENTS

- > 1 lt. Laban
- > Pinch of salt
- > Soft dates (Tamr) with sesame and honey, pitted
- > Nuts, as desired
- > Decorative paper wrappers

PROCEDURE

- 1) Pour the Laban in a large pot. Simmer over gentle heat for an hour or until small lumps are formed on the surface.
- 2) Remove the pot from heat and let cool completely.
- 3) Using a slotted spoon, remove the Yaget (milk lumps) gently from the Laban and place them in a plate.
- 4) Stuff the Tamr (soft dates) with yogurt and nuts. Wrap each piece with decorative papers, as preferred. Arrange the sweets in a serving tray.



Qatari desserts are normally enjoyed with a cup of coffee, known as qahwa helw. Translated as "sweet coffee", this hot beverage is infused with orange, saffron, cardamom, and sugar.

KHANFARROUSH AL-DOUGHNUTS

INGREDIENTS

> 1 ½ cups all-purpose flour > ¾ cup rice flour > 4 eggs > ½ cup sugar > 1 tsp vanilla > 1 tbsp baking powder > 1 small cup rose water soaked with saffron > 1 tbsp powdered cardamom > ½ cup oil > Pinch of salt

Icing:

> 2 cups icing sugar > 1 tbsp milk > 1 tbsp lemon juice or vanilla > Food colours > Coloured sugar crystals or candy sprinkles, for decoration

PROCEDURE

1) Using the electric mixer, beat together the eggs, sugar, vanilla, oil, cardamom and soaked rose water with saffron until incorporated fully.

2) Sift the two flours, the baking powder and pinch of salt together. Add the flours to the eggs and sugar mixture, beating continuously until homogeneous.

3) Let the batter rest, about 10 minutes.

4) Heat the doughnut maker until hot. Using a spoon, place spoonfuls of the batter into the doughnut maker holes. Close the lid and cook until done. Repeat the same process until all quantity has finished.

5) Next, prepare the icing.

6) In a deep bowl, place the icing sugar, vanilla, lemon and milk. Whisk together with a fork until thick and creamy.

7) Pour in drops of food colour and mix to combine well.

8) Dip the Khanfaroush into the icing to coat the top and then decorate with coloured sugar crystals. Serve cold.



KHABEES

INGREDIENTS

> 1 cup oil > 1 cup sugar > 1 liter water > Saffron soaked in ½ cup rose water > 2 tbsp cardamom > 4 cups all purpose flour, roasted and sifted

PROCEDURE

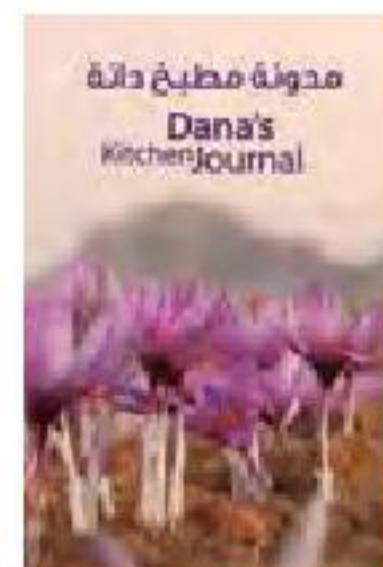
1) Place the water, cardamom, saffron, rose water and sugar into a pot over heat. Bring the mixture to a boil.

2) Add the flour gradually, stirring vigorously over gentle heat until the mixture is coherent.

3) Place the Khabees onto the serving tray, decorate as desired and serve.

Buy it!

With over 35 recipes, Dana's Kitchen Journal is an authentic guide on local cuisines. Contact Dana on: 3300 8044 www.dana-kitchen.com



CHEF ANUJ JAYARA Vs. CHESTNUTS

PHOTOGRAPHY JESSIE PALANCA

RECIPE COURTESY OF CHEF ANUJ JAYARA AT GRAND HERITAGE DOHA HOTEL AND SPA

Chestnuts commonly spark thoughts of the holiday season and sitting by an open fire. These tree nuts are highly rated as a cookery ingredient and rightly so: beautiful, shiny and wonderfully versatile; despite what the name may suggest, chestnuts are equally at home in sweet or savoury dishes.



Anuj Jayara, Chef De Cuisine at Grand Heritage Doha Hotel and Spa

ABOUT CHESTNUTS Unlike other nuts and seeds, chestnuts are relatively low in calories; contain less fat but are rich in minerals, vitamins and packed highly in nutrients that benefit health.



PAN FRIED SEA BASS WITH CHESTNUT PUREE, WILTED SPINACH AND MEDITERRANEAN SALSA

INGREDIENTS

Pan Fried Sea Bass > Sea Bass 1 Fillet (180 gm.) > Sea Salt 1 tsp > Olive Oil 1 tbsp > Flour 1 tsp > Black Pepper Crushed ½ tsp

Chestnut Puree > Chestnut, Roasted ½ Cup > Onion Sliced ½ Cup > Butter 1 tbsp > Chicken Stock 1 Cup > Salt ½ tsp > Pepper ½ tsp

Wilted Spinach > Spinach 1 Cup > Garlic Chopped 1 Clove > Butter 1 Tbsp > Salt ½ tsp > Pepper ½ tsp

Mediterranean Salsa > Black Olives, pitted and diced 1/3 Cup > Tomato, Seeded and Chopped 1 > Onion, Chopped 1 > Fresh Basil Leaves, Jullienne 1tbsp > Drained Capers 1 tbsp > Freshly Grated Orange Zest ½ tsp > Fresh Lemon Juice 1 tsp > Olive Oil 2 tbsp > Salt ½ tsp > Pepper ½ tsp

Appetizer

PROCEDURE

Sea Bass 1) In the nonstick pan heat the olive oil over medium heat. **2)** Season fish with salt and pepper, dust with flour. **3)** Cook it on the pan, first skin side down, till golden brown. **4)** Now turn on to the other side and cook through.

Chestnut Puree 1) Sauté the onion with butter till onion get translucent. **2)** Add in the chestnut and chicken stock and cook it till chestnut get soft. **3)** Blend it to make a puree, season with salt and pepper.

Wilted Spinach 1) Sauté the garlic with butter. **2)** Add in the spinach, sauté it, season with salt and pepper

Mediterranean Salsa 1) In a bowl stir together olives, tomato, shallot, basil julienne, capers, zest, lemon juice, and 1 tablespoon oil to make salsa and season with freshly ground black pepper and salt.

Plating Spoon the chestnut puree on plate, now add spinach on it. Place fish on the spinach, spooned the salsa on fish, garnish with a spring of basil.





Main Dish

SEARED FOIE GRAS WITH MARINATED APPLE, CHESTNUT CHANTILLY AND PLUM SAUCE

INGREDIENTS

Seared Foie Gras > Foie Gras 3 Slices > Sea Salt 1 tsp > Brioche Bread 3 Small Slices

Plum Sauce > Plum 4 pcs. > Cinnamon Stick ⅓ of Stick > Lemon Zest 1 tsp > Water 1 Cup > Salt pinch

Marinated Apple > Green Apple ½ Pc. > Lemon Juice 1 tsp > Wasabi ⅓ tsp > Olive oil 1 tsp

Caramelized Chestnut > Chestnut 4 Pcs. > Sugar 2 tbsp > Water 1 tbsp

Chestnut Puree > Chestnut, Roasted ½ Cup > Onion Sliced ⅓ Cup > Butter 1 tbsp > Chicken Stock 1 Cup > Salt ½ tsp > Pepper ½ tsp

Chestnut Chantilly > Whipped Cream 4 tbsp > Chestnut Puree 8 tbsp

PROCEDURE

Seared Foie Gras 1) Make cross marks on the foie gras. Sear on the non-stick pan till it is a golden brown colour both sides. Season it with sea salt.

Plum Sauce 1) Deseed the plum, add with water in a pan, and add cinnamon stick and lemon zest. **2)** Cook it on the very slow flame or in the oven at 140 degree C for 25 minutes. **3)** After cooking take out the cinnamon stick, blend it and strain.

Caramelized Chestnut 1) Boil the water and sugar together and cook it till it becomes a golden brown colour. **2)** Coat the Chestnut with Sugar caramel.

Marinated Apple 1) Make small balls from the green apple. Marinate with Lemon Juice, Olive oil and Wasabi.

Chestnut Puree 1) Sauté the onion with butter till onion becomes translucent. **2)** Add in the chestnut and chicken stock and cook it till chestnut get soft. **3)** Blend it to make a puree, season with salt and pepper.

Chestnut Chantilly 1) Whip the cream, fold it with chestnut puree.

Plating Arrange brioche bread on the plate, now foie gras on the bread, spoon plum sauce between each foie gras, add apple balls and quenelle of chantilly on the sauce. Sprinkle the caramelized chestnut.



Dessert

CHESTNUT PANNA COTTA WITH POACHED PEARS

INGREDIENTS

Poached Pears > Sugar 1 Cup > Raspberry Juice ½ Cup > Vanilla Bean, Split lengthways 1 > Orange Rind 1 tbsp > Pear 4 Pcs.

Chestnut Panacotta > Cream 1.5 Cup > Milk ½ cup > Sweetened Chestnut Puree ½ Cup > Vanilla Bean, Split lengthways 1 > Gelatin 2 Leaves

PROCEDURE

Chestnut panna cotta

1) Combine cream, milk, chestnut puree and scraped seeds from vanilla bean and bean in a saucepan, bring to boil, and then remove from the heat.

2) Soak gelatin leaves in cold water for 2-3 minutes or until soft, drain, then squeeze out excess water and add to milk mixture.

3) Strain mixture through a fine sieve into a jug, cool to room temperature, then divide among 4 molds and refrigerate for 4 hours or overnight.

Poached Pears

1) Place sugar, juice, scraped vanilla bean seeds and bean, cinnamon, orange rind and 2 cups water in a large saucepan and stir over low heat until sugar dissolves, then remove from heat and stand until completely cool.

2) Add pears to cooled syrup, cover with a round of baking paper and place a saucer on top to keep pear submerged during cooking, then bring to the boil over medium heat, reduce heat to low and simmer for 8 minutes.

3) Remove pan from heat, stand pears in liquid until tender, and cool to room temperature. Remove orange rind from poaching liquid, thinly slice, then place in a small saucepan with 1 cup poaching liquid and simmer over low heat for 10 minutes or until syrupy, then cool.

Plating Dip panna cotta briefly in hot water, invert onto plate, then serve with poached pears, a little syrup.

**1 platter
with laughs
on the side.**



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brought to Qatar

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ESCAPES

ADVENTUROUS-FUN-LUXURIOUS-UNIQUE TRAVEL EXPERIENCES



Frankfurt: A city of modernity

Known officially as Frankfurt am Main, welcome to the most international city in Germany, the largest financial centre on the continent, the historical city of coronations, and Europe's third-largest airport....

In brief, welcome to the smallest metropolis in the world.

There is a lot to discover about Frankfurt at close hand – turn to page 100.



Kempinski General manager
Wissam Suleiman

BESPOKE LUXURY

KEMPINSKI HOTELS LAUNCHES MARSA MALAZ KEMPINSKI, THE PEARL - DOHA, A NEW ULTRA-LUXURY RESORT

The new city-resort is located on its own secluded island at the iconic The Pearl-Qatar. It offers 281 luxurious rooms and suites, and meeting-conference facilities, including a Grand Ballroom, measuring 1,100 sq m (11,538 sq ft), that's ideal for VIP delegations or weddings. Marsa Malaz Kempinski also features an exclusive beach located in a private bay, along with outdoor swimming pools, water sports facilities, the 3,000 sq m (32291.7 sq ft) Spa by Clarins, a tennis court and yacht jetties. Guests can book now for the new waterfront destination via kempinski.com



DISCOVER THE WONDERS OF EUROPE'S GREATEST CITIES

Turkish Airlines highlights European network with attractive winter fares

Travel enthusiasts can now book promotional tickets to more than 20 cities featured in the campaign for trips taken from now until 31 March 2015. Return-ticket offers from Doha to destinations such as Paris start at only at QAR 2,229, Athens at QAR 2149 and Rome at QAR 2549. Fares are inclusive of all taxes. Travellers can take advantage of holidaying in some of the Worlds' most famed cities with the added bonus of a potential stopover in Istanbul. For more information visit www.turkishairlines.com



5-STAR PROPERTY

THE CRISTAL GROUP ANNOUNCES THE OPENING OF CRISTAL ERBIL HOTEL ABU DHABI

Cristal Erbil Hotel is conveniently located in one of Erbil's Landmark buildings alongside the 100m ring road, with just a 15-minute drive away from the airport. The hotel features 100 luxurious rooms and suites, entirely conceived to cater to all of your needs. Ruby Queen, Amber King, Quartz Junior Suite, Emerald Executive Suite, and the one-bedroom Diamond Suite, are all fully equipped with the latest in technology and comfort, redefining the lavish hotel experience. For more information call +971 2 652 0000



NEWS

THE LATEST DISH FROM THE TRAVEL WORLD

ONEDAY, ONETEAM, ONEWORLD

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ANNIVERSARY OF JOINING
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Planning of staycation in this coming holidays? ABODE recommends Wyndham Grand Regency Doha as it has a lot to offer to you and your family!



WYNDHAM GRAND REGENCY DOHA

BY CHET TIBAYAN

Popularly known as Wyndham, the hotel offers something for everyone. Its versatility is reflected through an array of amenities and an environment both family and business friendly. It is strategically located in Al Sadd area, the mid-section of Doha's colourful city with shopping malls and other attractions nearby that makes everyone's stay worthwhile.

THE CHECK IN EXPERIENCE

When I first came to Wyndham Grand Regency Doha, I fell in love with its lobby with its "Parisian vibe" that makes a

perfect backdrop for "selfies". The lobby set up is very inviting, highlighted by works of art that are already a feast to the eyes with the totality that seems to communicate to the guests: "You will have a wonderful stay with us".

THE ROOM

The Executive Suite is huge and beautiful. For a couple with two kids, it is more than enough. My kids loved the bed, my husband stayed most of the time in the living room while I took time appreciating the sheets and the whole room! Who needs a view when comfort is 100%?



CHOPSTICKS RESTAURANT

Being a frequent visitor of Chopsticks, I cannot say more about the goodness of its menu offering, captivating the discerning tastes of its entire guests that make everyone, me included to come back again and again. The staff are amazing and they are exerting more effort to serve the food on time. It will stay on the list of my top ten favourite restaurants here in Qatar.



TANGIA RESTAURANT

Tangia is an authentic Moroccan restaurant that allows you to travel a different world with the genuineness of the restaurants interiors, to the servers' uniforms, tableware and the way the buffet is laid out. I certainly recommend the soup and the main course but all of the food there is all super delicious and a must-try for an exclusive Moroccan experience.



ANGSANA SPA

Wyndham Grand Regency Doha is the home of Angsana Spa, where I had a chance to experience their exclusive hydrothermal facilities that include bucket drench shower, cold mist shower, ice fountain, spring shower, thunderstorm shower, tropical storm shower and the therapeutic foot spas. After the Hydrotherapy Tension treatment, the therapist gave me a back massage that I wished would never stop.

For more information
Tel: 4434 3333
www.wyndhamgrandregency.com

ENJOY THE MAGIC OF FRANKFURT THIS WINTER

Frankfurt welcomes you with festive fun in this typically German city that is full of surprises! Sparkling with pretty decorations and lights in winter, it's packed with amazing sights and there is so much to do and see both day and night.

Named Mainhattan after its bold high rise architecture and the River Main that flows through the city, the best way to appreciate the sights is to do a city tour in the nostalgic tram, the Ebelwei Express. Enjoy the amazing feeling of being transported back hundreds of years in time by visiting The Romerborg – Frankfurt's oldest square with its quaint medieval buildings dating back to the 14th and 15th centuries. Cruise along the river and wonder at the best skyline views from here or walk along the parklands by the banks of the river and discover the rich collection of museums and art galleries lined up like a string of pearls – Frankfurt has an excellent reputation amongst art lovers. Enjoy a unique cultural experience and visit the highly respected Museum fur

Modern Art, dubbed the slice of cake because of the shape of the building. Whizz up to the top of one of the stunning high rise buildings to take in the view of Frankfurt – and then relax in the Titus Thermal Baths.

Nights out offer an astonishing variety of bars and clubs: visit a cozy neighbourhood tavern or head to one of Europe's most thumping techno-discotheques. You can also enjoy fine dining with delicacies from across the World or local specialities. Watch a show at Tigerpalast – the top venue for cabaret. Here you can be amazed at the acrobats, circus acts and magicians performing their stunning moves and tricks!

For shopping, Goethestrasse is the main

retail centre and close by is Zeil – which offers a whole mile of shopping! Take a stroll along this pedestrianised street, animated by day and brightly lit at night when the department stores sparkle! Winter is the perfect time to visit. Festive fairs light up the city and enchant visitors to this unique yet traditional German city.

WHERE TO STAY

The Western Grand Frankfurt on Konrad Adenauer Strasse is the perfect place to stay. Conveniently close to Zeil, it is synonymous with inspiration and relaxation. After all that sightseeing and shopping, relax in your sophisticated and elegant room or head for Emotion Spa for a well-deserved treatment. Stay at this hotel and you will find yourself in the centre of everything – with all the excitement of this vibrant German city close by.

HOW TO GET THERE

Fly with Lufthansa and enjoy a more relaxed and comfortable journey in the new Premium Economy Class

Lufthansa's new Premium Economy Class offers greater space, comfort – and a host of other extras that will make your flight so much more enjoyable. By upgrading to Premium Economy Class you can enjoy a wider seat and more space all round to stretch out and relax. Head rests and foot rests can be adjusted to make you even more comfortable. And because of all the extra space you can recline back further as well as enjoying greater privacy with your seat's wide armrest. In fact you will have one and a half times as much room as economy class!

You will be greeted with a welcome drink and find your own water bottle by your seat as well as a high quality amenity kit with practical travel accessories especially for you. Your meal will be served on porcelain tableware – making the food, which will also be higher quality, so much more appetising. Sit back and enjoy Lufthansa's extensive in-flight entertainment programme or play one of the video games. Or if you want to use your own device, each seat has a USB socket and an individual plug socket. Your baggage allowance will be two items weighing up to 23 Kilogrammes each – so no need to hold back on the shopping on this trip as there will be plenty of opportunity to bring back stacks of souvenirs and purchases! For a small extra charge you can also enjoy the comfort and facilities of many Lufthansa Business Lounges, including the Welcome Lounge in Frankfurt.

Lufthansa's Premium Economy is currently available on it's 747-8's flying to destinations such as Washington, Sao Paulo and Chicago to name a few. The new Premium Economy is soon to be carried on all 106 long haul aircrafts, including routes within the Gulf region.

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Lufthansa's 747-8



MAIN TOWER For a fabulous view of the city the ultra quick lift at Main Tower will power you up to its viewing platform with a 390 degree vista. It takes just 45 seconds from ground to sky! Here you can really get the feel of Mainhattan, 200 metres above street level in this 56 storey building.



TITUS THERMAL BATHS
Visit the Roman baths and sauna for that holiday feeling full of Roman ambience –with a stone grotto, waterfall, fountains and rock landscapes. You can be as energetic or as relaxed as you choose in this unique and ultimate leisure feature.



ZEIL
Here are the classiest shops with the latest collections of top designers - you can find them all here in this luxury shopping street, home of international haute couture. This elegant street is a must-see! All the top labels are here for you to browse – and buy.

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Landmark Mall : 4486585
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RETAIL

SOCIETY

& ARTS AND CULTURE

EVENTS & INDIVIDUALS WHO MAKE A DIFFERENCE IN THE MIDDLE EAST



Photography by Adrian Haddad



Internationally celebrated Qatari artist Salman Al-Malik exhibits at QELA Boutique

QELA held a preview of prominent Qatari figure Salman Al-Malik's solo exhibition "Om Alzain" at their boutique in The Pearl Qatar. "Om Alzain" marks the third exhibition to date and the event was in attendance by Sheikha Noor bint Hamad Al Thani, Official Spokesperson and Brand Image VP for QELA, as well as the featured artist Al-Malik, and some of Qatar's socialites.



'CONFLUENCE': EXPERIENCE PHOTOGRAPHY LIKE NEVER BEFORE!

Photography preserves and in a sense immortalises cherished moments, monumental occasions as well as life-changing events. Those who have a keen eye and passion for photography will be able to experience it first hand at the exhibition titled, 'Confluence: Photographic-based Work from the Contemporary Middle East.' A one of a kind exhibition, it will showcase the visually powerful and creative works of Beirut-based artist collective Atfal Ahdath, George Awde and visual artist Ali Cherri, running at Virginia Commonwealth University till 24th December 2014.



EMPOWERING FUTURE GENERATIONS THROUGH SPORTS

Reach Out To Asia (ROTA), a member of Qatar Foundation, added yet another milestone to their list of achievements, when ROTA Chairperson Her Highness Seikha Al Mayassa bint Hamad Al Thani recently signed the '**Empower Declaration 2014**' as part of the 6th Annual Youth Conference organised by ROTA. The landmark event established ROTA's dream of promoting health and development among youth.

The declaration which is entitled 'Sports for Youth Empowerment' highlights the importance of sports for youth development, health, education and professional growth as well as a medium that solidifies peace across borders.

For more details on QF's initiatives and projects visit www.qf.org.qa



TIME TO END DOMESTIC VIOLENCE! 'STAND UP! SPEAK OUT!'

'Stand Up! Speak Out!' was the vociferous title of a community event organised by Carnegie Mellon, Georgetown and Northwestern universities of Education City, Qatar to raise awareness about Domestic Violence. The campaign was a month-long event on timely topics that students raised awareness among faculty staff and fellow students through numerous activities such as informative booths on personal safety, types of abuse, healthy relationships and how to help a friend in need.

A self-defence class and a film screening and discussion on a film focusing on harassment were part of the campaign that ended with a positive feedback from all those who attended.

NEWS

THE LATEST DISH FROM PEOPLE AND SOCIETY

COMPILED BY MARY NISANSALA JAYAWEEERA



BEDAYA MONTHLY FORUM-STEPPING STONE FOR QATARI ENTREPRENEURS

The Bedaya Centre for Entrepreneurship and SME Development that is dedicated towards providing the ultimate entrepreneurial and career development services in Qatar recently held their monthly forum where experts in the food industry shared and exchanged ideas on how to run a successful business.

The forum focused on the various challenges faced by small food-based businesses in Qatar at the start-up stage and how best entrepreneurs could promote local Qatari cuisine. Solutions or methods to overcome challenges in this field of business were also discussed, rendering hope to the small-food business owners and aspiring young entrepreneurs.

The monthly forums held every second Sunday of the month are for the sole benefit of entrepreneurs who desire to be discovered and for those who do not have the proper means to set greater goals for their businesses.

CELEBRATE NEW YEAR WITH KYM MAZELLE!

New Year's Eve at Grand Hyatt this year will be all agog with disco grooves by the first lady of house music Kym Mazelle.

The unique concert exclusively to be performed in Qatar on 31st December 2014 is themed 'Under the Stars'.

Kym Mazelle is best known for her reign in the 80's and the 90's as one of the best disco divas of the time. From humble beginnings, her majestic vocals carved a niche for her in the music industry in no time. Kym has performed and recorded alongside world renowned artistes such as Boy George, Soul II Soul, Mick Jagger and R. Kelly to name a few.

Assisted by her pianist Abraham Hampton and musicians from band collective 'Groove Office', the celebration sounds like an irresistible New Year's temptation that is not to be missed. Tel: 3029 3748.



EXHIBITIONS GALORE!

Qatar Museums goes out on a limb organizing several exciting exhibitions in order to end the year and usher in 2015 in grand style. Located at Education City Qatar, Mathaf (Arab Museum of Modern Art) is now home to a new display of artefacts from Qatar and the Arab world, Iran, Turkey and other regions connected to the Arab Peninsula.

Mathaf will also proudly present '**Afterwards**' (until 15th February '15) the first solo exhibition in the Middle East by internationally acclaimed Iranian artist Shirin Neshat. The collection will include a photographic series and video installation depicting history, culture and political realities of the artist.

Meanwhile, don't forget to stop at the Qatar Museums Gallery in Katara (Building No. 10) to get a glimpse of '**Yusef Ahmad: Story of Ingenuity**' (until 14th February '15) by one of the pioneers of Qatar's modern art movement Yusef Ahmad. He will take his visitors on a journey spanning three decades highlighting the artist's historic depictions, media calligraphic pieces and his new conceptual artwork.

MIA also boasts of a series of exhibitions titled '**Mughal and Safavid Albums**' (until 21st February '15) and '**The Tiger's Dream: Tipu Sultan**' (until 24th January '15). The former is a collection of miniatures and calligraphy that showcase artistic refinement from the Middle East, to Asia and Europe. The latter highlights the life and times of Tipu Sultan, the South Indian ruler, statement and patron. The main attraction will be 24 rare paintings portraying the ruler's victory.



IT'S MOVIE TIME!

Doha Film Institute (DFI) have organised a series of events to be enjoyed in the company of family and friends. Gearing up for the seasonal holiday in December, DFI announced the first event to be a series of family-oriented free outdoor pop-up cinema screenings at the Museum of Islamic Art Park and The Pearl. Could there be more idyllic settings? The screenings included Rio, Rio 2, Amazoni and a 'Made in Qatar' collection of short films by local filmmakers. The highlight of the movie marathon is the 2nd Ajyal Youth Film Festival scheduled to take place from 1st to 6th December 2014 at the Katara Cultural Village. Myriad events are lined up for one and all to simply get lost in the world of movies; from daily public screenings of local and international films and exhibitions to school screenings and the Sandbox digital interactive playground, the festival promises fun and excitement. DFI is an independent, not-for-profit cultural organisation that is committed to support Qatar's 2030 vision for the development of a knowledge-based economy. To find out more about the Ajyal Youth Film Festival, visit www.dohafilminstitute.com

IN CONVERSATION WITH CEO OF QATAR FINANCE AND BUSINESS ACADEMY



Q. Can you briefly describe the role of the Qatar Finance and Business Academy?

A. The Qatar Finance and Business Academy (QFBA) is one of the leading training and education providers to the finance & business sectors in Qatar. To date we have run over 300 courses covering business practice and training to large corporates in the state of Qatar.

Q. Do you think the culture of learning & training has changed in Qatar over the years?

A. It is changing yes, but not at the pace that is needed in the development of Qatar. With the new leadership and vision that Qatar is promoting, much effort is being placed on coaching and development. This is how the QFBA can help by addressing some of these skill gaps, through our specialist training courses.

Q. How has the QFBA adapted to the changing needs of businesses in Doha over the last year?

A. We have added extra Arabic courses and further certifications. For 2015 we are offering 17 brand new certifications to our attendees. That is a trend that has slightly changed recently. With Islamic finance we are now offering at a formal accreditation & educational curriculum system for the first time along with our partners. We have been listening to the needs of our customers and acted accordingly with this.

Q. In regards to Islamic Banking, Qatar is wanting to be a leader in this field. Do you think Qatar will achieve this goal?

A. Of course you have established rivals in Bahrain & Dubai in this field. However these rivals can be looked at in a positive

perspective, you can use them to pursue your dream. I think that this goal is achievable. I think on the ground we need practice training solutions, with the government and private banking industry working in partnership.

Q. How enjoyable is it for you working for the QFBA?

A. I am very happy that so many prestigious companies have decided to work with us in partnership in regards to training. Training professionals well leads to better companies, happier staff and ultimately growth in business for Qatar. The sky is the limit for this company and that is what gets me excited as we strive to be the training partner of choice for the corporate companies in Qatar.



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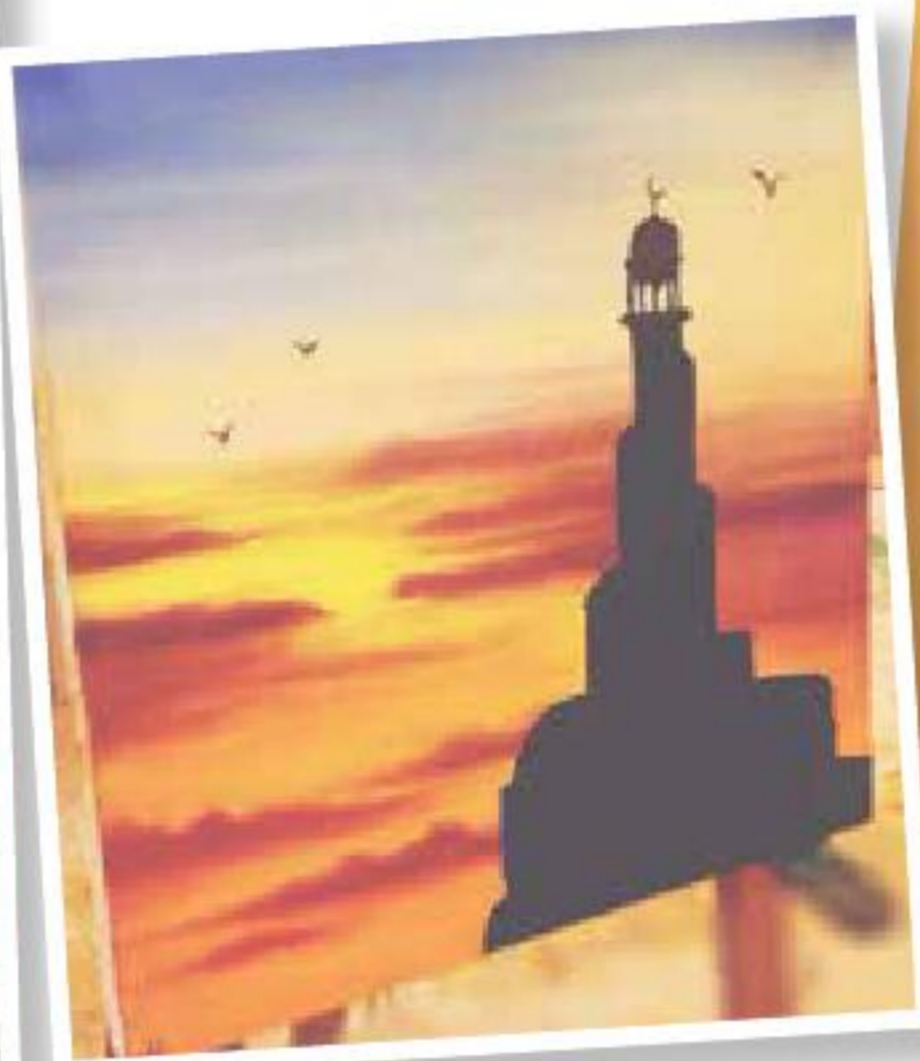
HAYA AL-KUWARI

BY STUDIO88 PHOTOGRAPHY JESSIE PALANCA

Haya Al-Kuwari., the 20 year old Georgetown student has been slowly making waves in the art world in Qatar thanks to her part in the cultural exchange phenomenon 'See My Culture'. ABODE sat down to discuss her art work, her inspirations & how Qatar is at a unique crossroads of significantly developing its cultural heritage.



Haya Al-Kuwari



Initially starting at sixteen, Haya started with scenery paintings she quickly developed around more traditional Qatari themes along with Arabic calligraphy. Her artistic streak is within the family with mother Moza Al-Kuwari a celebrated artist & graphic designer. Confidently admitting her mother is "Her favourite artist, and a huge inspiration," Haya tells of a happy childhood travelling regularly across the world on various vacations & exhibitions with her family sampling some of the best art galleries in the world. "Whenever I am in a new place my mother and I always look for new galleries & museums to visit first!" Of her own work she feels that her work is much more "realistic and cultural",

compared to her mother's with Qatari culture being her main passion and drive in the creative process. Her work has also been selected for a number of exhibitions & charity auctions, with her work at the recent Rota- reach out to Asia a source of huge pride for the young artist.

Talking about the upcoming Qatar national day Haya is excited for the day of celebration on December the 18th. "I will be going to the exhibitions in Katara & Souq Wakif, I tend to visit these more as they are cultural and appeal to my interests more the festival which is full of falcons, horses along with traditional art and paintings." With the day full of excitement and pride, everyone will be

out celebrating, with Haya admitting "I can't wait for National Day, it is such a great cultural event."

Looking forward Haya is really enthused for the growing art scene in Qatar. "We are in an exciting place for Art in Qatar now, we have so many great organizations with art such as Katara & the MIA being a key influence of the 2030 national vision." The Qatari youth are a driving force for this change with a number of initiatives in place such as See My Culture. With passionate advocates like Haya using Qatari culture to connect with expats & local community the future looks bright for Qatar.

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An Associate of Ahmed Hassan Bilal Group

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Musician's Notes

MUSIC LET'S ME BE ME!

When we asked a group of children why they like music, one six-year-old girl shouted, "Music let's me be me!"

A MONTHLY COLUMN BY DOMINICK FARINACCI

Each month we welcome families to JALC Doha to stomp, strut and swing to the joyous rhythms of jazz. It's similar to JALC NYC's 'We-Bop,' and in Doha we call it 'Afternoon Tea' which is an early childhood jazz programme that gives children a creative outlet to explore jazz through movement, songs, storytelling and play. For us, it's one of the most fulfilling moments of being out here in Doha. We get to see children express themselves in their own individual way through music. Children tend to have great improvisation skills and creativity, and it's through these sessions where we try to capture and nurture this.

Wynton Marsalis explains it perfectly: "Through improvisation, jazz teaches you about yourself. And through swing (rhythm), it teaches you that other people are individuals too. It teaches you how to coordinate with them."

Having dedicated his life to education, Wynton has inspired an entire generation of jazz musicians who have a real passion for teaching. Almost every jazz musician my age I know has a 'Wynton Story,' where he visited their school while on tour, inspiring them in some significant way. When I was fifteen he came to my hometown and invited me backstage to play a song for him. He ended up spending two hours working with me, giving suggestions on practice techniques, and later on came to my gig and played music with us all night. As I got older I began to appreciate the time he spent with me that very day. I thought to myself, "this is one of the most accomplished musicians in the world, yet he is so accessible and generous to young players." Over the



years I have learned that this sincere sense of care and passion for sharing music with kids is a part of the long tradition of jazz. Jazz music is rooted in some of the most basic human qualities, and education and 'passing on the tradition' are part of its inherent makeup. On a recent trip to Abu Dhabi through our Journeys with Jazz Festival we had the privilege of working with a group of young local musicians that took the time to teach us their music. A 12-year old girl brought her Kanoon to play. Excited to teach us a traditional song from her culture, she played the song and improvised effortlessly with a big smile, and then went note by note waiting for us to learn what she was playing! Another girl came up to the piano and played a song she just composed. We learned her song right away and all began playing it together,

finding harmony notes and different rhythms to support her. Soon every child in the room took their instrument out and began trying to learn the song too. Finally everyone joined in playing, and there were groups breaking into sections to find a supporting role to play. While totally unexpected, it exemplified spontaneity, teamwork, confidence, respect and a real sense of community, all through music.

The essence of improvisation, curiosity, respect and individuality reminds us how similar we are, and how important and rewarding it is to find a common ground between cultures. To have the opportunity to both share music with children and learn from them, helps to bring forward some of the most important characteristics that bring cultures and music together.

SATURDAY, 6 DECEMBER- JAZZ UNPLUGGED

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- Entry complimentary
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For more information visit: www.dominickfarinacci.com

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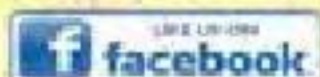
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Infiniti has become the fastest growing premium car brand in the Middle East. For the first half of Fiscal Year 2014 Sales grew by 30% culminating in a 6.25% market share in September. Sales have been boosted with the arrival of the all-new Q50, substantial gains in the Kingdom of Saudi Arabia and UAE, and Infiniti's popular and strong SUV line-up. For more information visit www.infiniti-me.com



THE SUPERYACHTS GULF CRAFT EXHIBITS LARGEST FLEET AT 2ND QATAR INTERNATIONAL BOAT SHOW

Gulf Craft, one of the world's top 10 superyacht-building shipyards showcased its largest-ever fleet of luxury yachts and boats recently at the 2nd Qatar International Boat show. Gulf Craft boasted its prized vessels at QIBS, with its Majesty Yachts brand represented at the show through its local dealer Aurora Yachts, and its Silvercraft and Oryx brands represented by Speed Marine. For more information visit: blog.gulfcraftinc.com



TRACKSTARS

DON'T MISS THE FINALI MONDIALI FOR IT FIRST DEBUT OUTSIDE OF EUROPE THIS 3RD TO THE 6TH DECEMBER IN ABU DHABI

The three day affair features a display of some amazing Ferrari classic cars that have beaten all world records in the most important car auctions. On top of that, there will be a spectacular parade around the 5.554 km of the Abu Dhabi circuit featuring no less than 200 Ferrari cars, as well as the exclusive cars that make up the XX, 599XX and FXX programmes, cars created for the track and run by a very select group of owners. You can register early at www.Ferrari.com in the special section and download tickets directly to attend every day free of charge.

NEWS

THE LATEST DISH FROM THE MOTOR WORLD

FOOTBALL CRAZY, FOOTBALL MAD

'UEFA Champions League Goal of the Week Engineered by Nissan' gives football lovers the chance to vote for the most brilliant goals in the elite club tournament of Europe and win a host of prizes. The big prizes for Middle Eastern football aficionados are two tickets to UEFA Champions League Final match, which will be taking place in Berlin, and two tickets to the 2015/2016 UEFA Super Cup match. The competition is available on the UEFA Champions League section of Nissan's websites (nissan-ucl.com). UEFA Champions League Goal of the Week Engineered by Nissan is showing up to five of the best goals from each match week, as selected by UEFA Champions League's panel of judges. Fans can vote from midnight (CET) every Thursday following those matches. Registered participants enter into weekly draws.



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ROLLS-ROYCE GHOST SERIES II

LEADING THE WAY.... THE ROLLS-ROYCE GHOST SERIES II WAY!

BY LE CITIZEN CHIC



The Captains of industry, entrepreneurs and successful business men and women who are the wealth and job creators in our economies all have something in common. They know what they want and go out to achieve it. Their leadership, confidence, entrepreneurial and innovative spirit are all reflected in the new Rolls-Royce Ghost Series II, a modern luxury with industry-leading technology, clothed in a discreetly updated design.

When I approached the new Rolls-Royce Ghost Series II, my eyes were immediately drawn towards the re-sculpted headlights, with unbroken daytime running lights framing a new, more dynamic shape, giving Ghost Series II a distinct visual signature from the front. This blends perfectly with revised surface treatments

to the front of the car. I immediately noticed a subtle re-sculpting of Ghost's bumpers, creating a stronger stance and a sense of extra width and height. Opening the car's coach doors of new Ghost felt like an exclusive invitation to enter a boardroom. I could feel the same sensations. A sense of excitement, gravity with an interior ambiance that offers calm and serenity yet a place where business decisions are made!

One is met with a calming, light and uncluttered space. I could work, relax or simply enjoy the pleasure of driving in a cossetting, peaceful atmosphere in a peerless connectivity suite. I put the rear seat in 'Lounge seat' configuration. The seats are gently angled towards each other to create a more intimate setting, allowing passengers to communicate more easily.

Accessed through a one-touch call button or the Spirit of Ecstasy Rotary Controller, on-board Wi-Fi facilitates email, file sharing, telephony and video-conferencing. All I need to remain on top of my busy agenda!

Yet I wanted to feel the effortless driving experience for leisure at the weekend, when I am trying to somehow disconnect for my business world. We embarked on a journey from the "One and Only" Resort on Dubai's Palm Jumeirah heading to the grandiose Waldorf Astoria in Kas Al Khaimah. What a perfect scenery!

I sat down behind the steering wheel where chrome surrounds to the sun visor lights and a new soft-feel dashboard treatment enhance the car's premium tactility. I could feel the power from the 6.6 liter twin-turbo V12 engine.



The Ghost Series II's 8-speed ZF gearbox allowed me to appropriately exploit the power of the Ghost in a seamless drive experience. The suspension enhancements include re-engineered front and rear struts, new steering gear and adjusted dampers that increase the car's cornering ability when the Dynamic Driving Package is specified. I had pleasure to drive through the alpine route of Kas Al Khaimah with a sense of assurance.

The new Rolls-Royce Ghost Series II summarises a bold new generation of Rolls-Royce customer, seeking a motor car with a silent assurance – a cossetting, super-premium environment in which to conduct business and augment their leisure time. Rolls-Rolls is definitely leading the way! The Rolls-Royce Ghost Series II way!



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Max torque @ engine speed 780 Nm / 575 lb ft @ 1,500 rpm

Fuel type Super unleaded

Performance

Top speed 250 km/h / 155 mph (governed)

Acceleration 0 - 60 mph (UK) 4.7 sec

Acceleration 0 - 100 km/h 4.9 sec

Fuel Consumption

Urban 21.2 ltr/100 km / 13.3 mpg (Imp.)

Extra urban 9.8 ltr/100 km / 28.8 mpg (Imp.)

Combined consumption / range 14.0 ltr/100 km / 20.2 mpg (Imp.)

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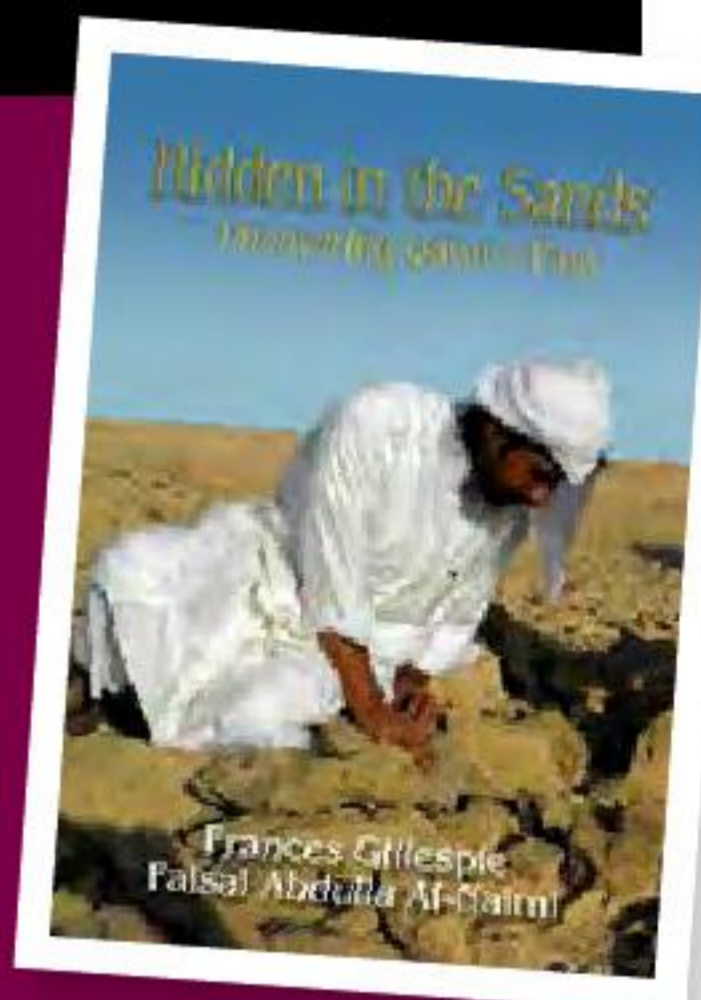
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QATAR PENNED

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Microsoft's Lumia 735* "selfie phone" is tailored for the 'go anywhere, document me and everything, share with everyone' lifestyle. The front facing camera boasts an impressive 5 megapixel (compared to 1.2 megapixels some competitors) resolution which allows for crystal clear capturing of beholder. Intuitive software is built in so those selfies can quickly be uploaded and shared with the world - after adding the right filter of course, or even better #nofilter!

The 4.7 inch screen is the perfect size to comfortably use all your applications whilst still small enough to fit in your pocket on the go.

The new Lumia phone is now the perfect accessory to capture our self-portraits in life!

The Lumia 730(QR 999) and Lumia 735(QR 1099) is available at all major electronic stores in Qatar and will be available in a range of colours including bright orange, bright green and stylish neutrals such as dark grey and white.

*Lumia 730 physically identical, except: single sim (dual sim on 735) and 3G (4G on 735) capabilities.

JALC UNPLUGGED NOVEMBER '14 Dominick Farinacci and Gregory Generet



JALC UNPLUGGED OCTOBER '14 Dominick Farinacci and Clarice Asaad



Dominick Farinacci Global brand ambassador JALC jazz trumpeter, composer with Christian Tamburr an international touring vibraphonist and pianist.

Clarice Asaad a classical and jazz composer, arranger, pianist, and vocalist.

JALC UNPLUGGED SESSIONS

SATURDAY, 6 DECEMBER

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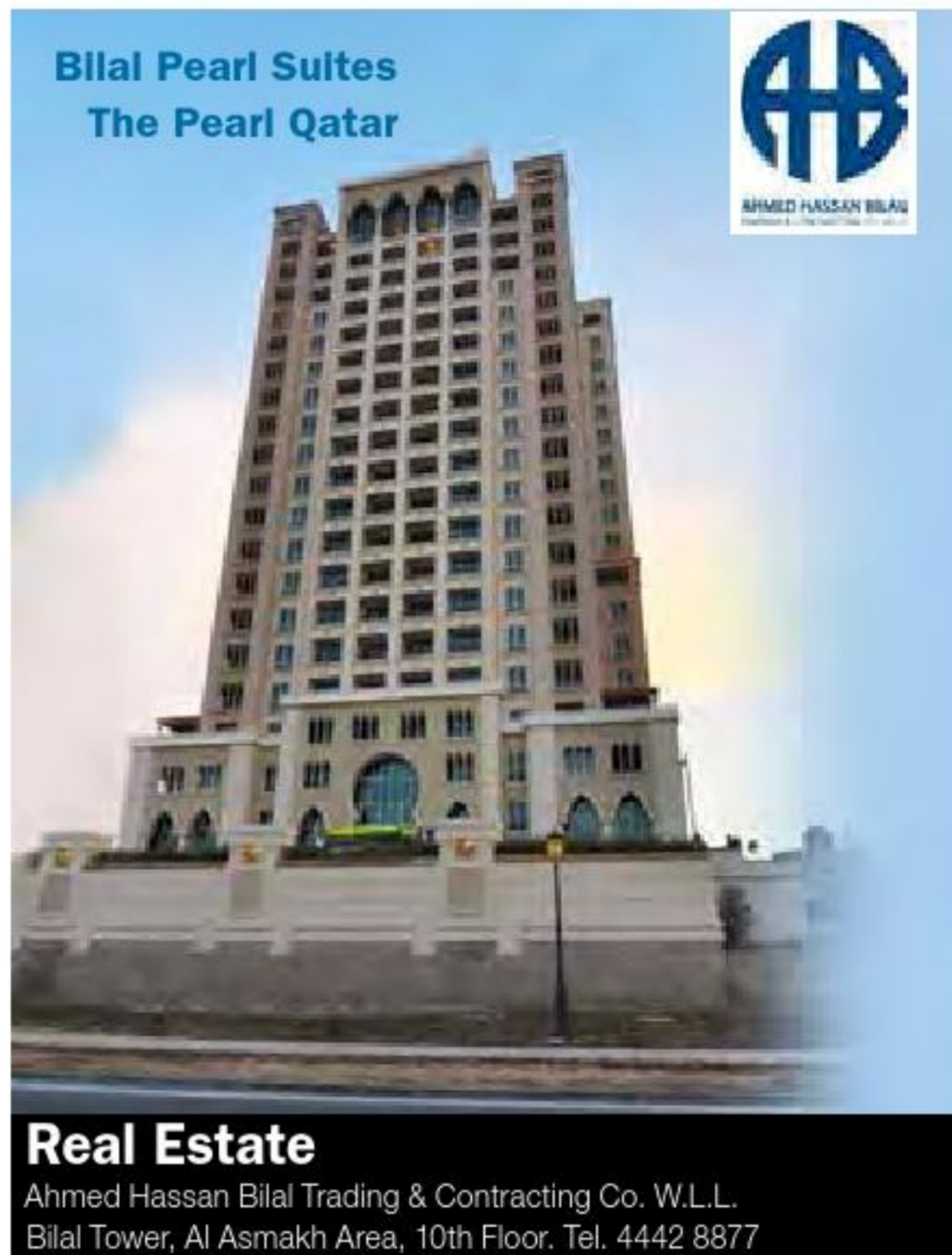
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Marriott Marquis City Center Doha	West Bay	4419 5000
Marriott Marquis Residences	West Bay	4419 6000
Mövenpick Hotel Doha	Corniche Road	4429 1111
Mövenpick Tower & Suites	Westbay	4496 6600
Mercure Grand	Musherib Street	4446 2222
Merweb Central Doha	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



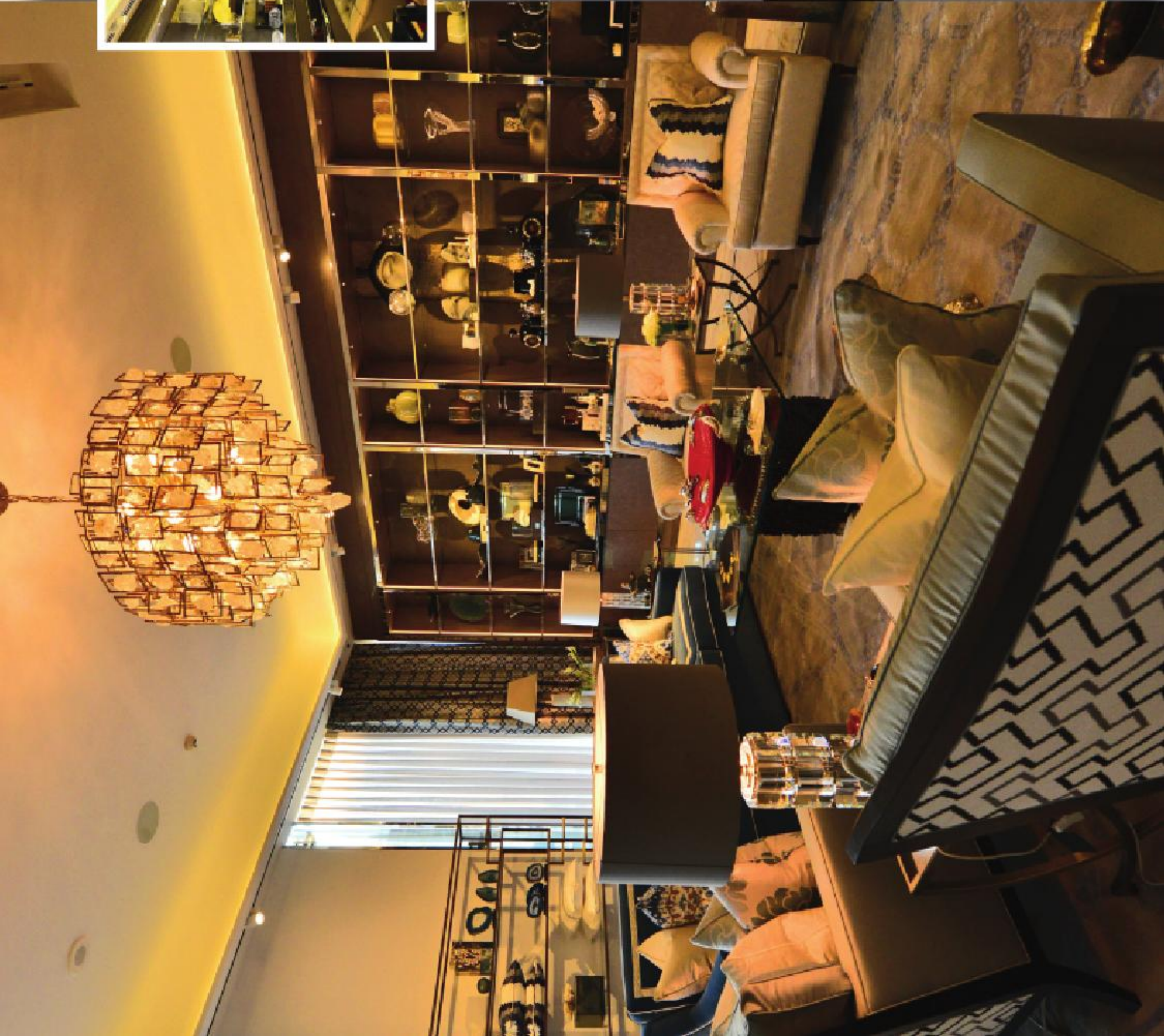
Interior Design

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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