

# ELLE

ARABIA

ISSUE 111-MAY/JUNE 2020

STAY HOME HANDBOOK

**DANA  
HOURANI**

IS READY TO  
SHAKE THE  
WORLD

UAE DHS15





CLASH DE *Cartier*





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**cavalli**  
**CLASS**





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MAXMARA.COM  
DUBAI - THE DUBAI MALL, MALL OF THE EMIRATES; ABU DHABI - THE GALLERIA, AL MARYAH ISLAND  
QATAR - MALL OF QATAR (FRANCHISEES MAX MARA)



MaxMara





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*Discover the new bag collection from Bulgari that promises to elevate summer's playful mood*



*The Cover*

Dana wears full look Hermès  
Photography by Greg Adamski  
Styling by Carmel Harrison  
Make-up by Sharon Drugan  
Hair by Jordan Robertson

Cover image: Sleeveless Leather Jacket Dhs37,380; Shorts Dhs5,985; Scarves: (behind - left) Dhs2,305; (front - left) Dhs4,605; (behind - right) Dhs 4,755; (front - right) Dhs3,450 all by Hermès

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# ELLE



## EDITOR'S LETTER

As I'm writing this letter I have been in quarantine for almost five weeks now. I'm slowly adjusting to WFH while juggling two small children. Some days it can be hard to stay positive amidst all the news and not knowing when this will all end. I'm relishing the fact that I now have time to workout, cook healthier and be more present with my children. I'm also learning to let go of what I cannot control and to enjoy this stillness.

I'm choosing to stay positive through books, (I'm currently reading *Good Vibes, Good Life* by Vex King), meditation and yoga (via the Alo Yoga App) and tuning into positive news platforms such as @goodnews\_ movement on Instagram. Did you know Captain Tom, a World War 11 Veteran has raised over 27 million pounds for the UK health service by completing 100 laps of his garden ahead of his 100th birthday. The Dubai Government has set up a field hospital in The World Trade Center and across the world I've seen a global unity in supporting healthcare workers, delivery

drivers, supermarket stackers and those who are on the frontline not just by staying home but through initiatives such as #clapforcarers, stunning art and fashion born out of this pandemic.

So while we try to navigate our way through this phase and form some sort of routine and structure to our daily lives, my team and I have dedicated this issue to helping you do just that. You can think of it as your #stayhome handbook! You will find delicious recipes from regional cooks (page 128) at-home work-out guides to keep your heartrate pumping (page 124), DIY beauty recipes that you can literally conjure from your kitchen cupboard (page 108), reading lists/playlists/download lists (page 53), the ultimate #stayhome fashion edit (page 13), an A to Z quarantine checklist (page 58)... and even a round-up of the best board games to divert your thoughts and lift your mood (page 57).

I hope this issue helps to keep your spirits up, and I wish you all good health and love during these unprecedented times.

"I WISH you ALL  
*good* HEALTH  
AND *love*  
DURING THESE  
*unprecedented*  
TIMES"

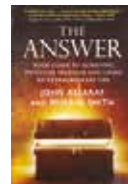
*Carmel*

CARMEL HARRISON  
EDITOR-IN-CHIEF  
@carmelharrison\_

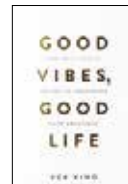
### CARMEL'S QUARANTINE READING LIST:



*The Daily Stoic*  
by Ryan Holiday



*The Answer* by  
John Assaraf &  
Murray Smith



*Good Vibes Good  
Life* by Vex King



*Ikigai* by Héctor  
García &  
Francesc Miralles



*The Sun & her  
Flowers* by Rupi  
Kaur

ELLE



RADAR

EVERY STYLE, ACCESSORY AND FASHION *essential you need* FOR WFH (WORKING FROM HOME) + LOEWE x *Paula's Ibiza trippy* COLLECTION THAT IS PROVIDING US *with* SOME MUCH NEEDED ESCAPISM...

LOEWE PAULAS IBIZA COLLECTION 2020 PHOTOGRAPHED BY GRAY SORRENTI



# FASHION MEMO

COMPILED by TRISHA RUBDI

BREEZY BOHEMIA, A *new normal* AND #WFH SOLUTIONS, HERE'S OUR ROUND UP OF FASHION'S *finest this* MONTH



Earrings  
Dhs1,062 Versace

Head band  
Dhs240, Valet  
Studio

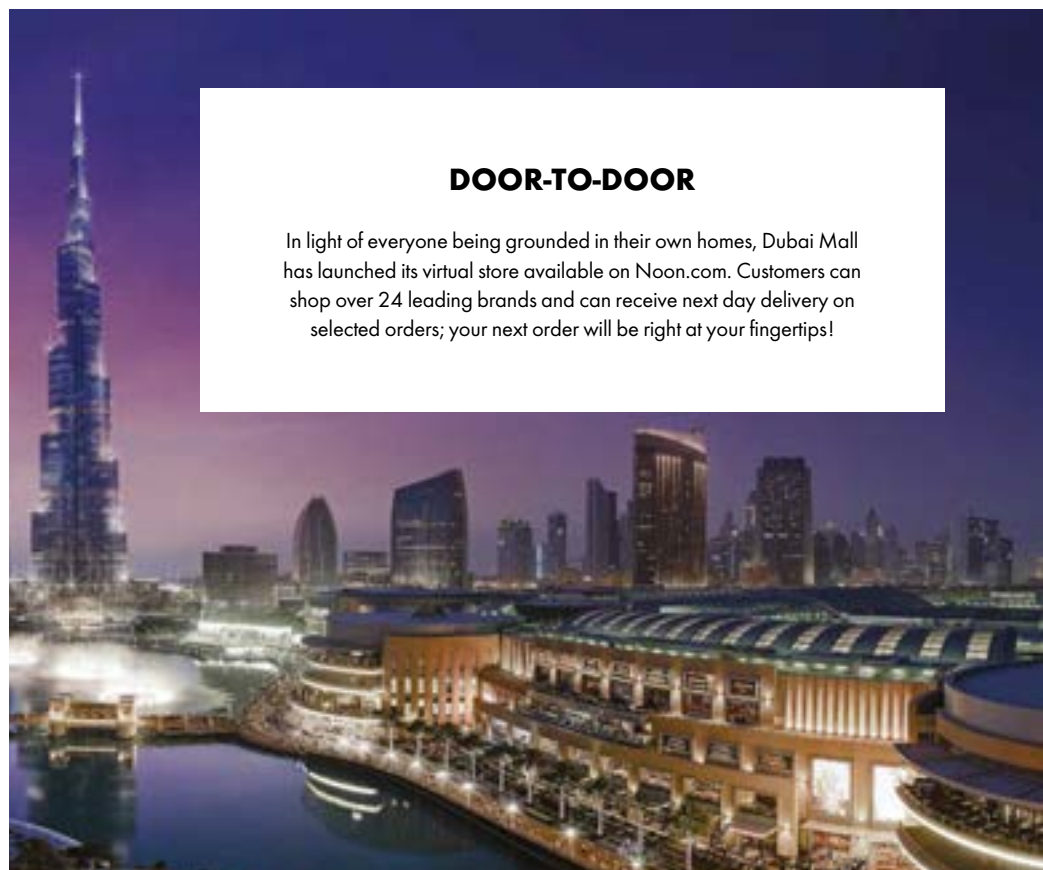
## #WFH CHIC

This one's for our hustlers reading! It's no doubt that working from home or #WFH has become the default status for many of us out there, and it comes with its own set of complex questions around what to wear. Amidst all of it, a new fashion trend has come to the fore: waist-up dressing. Perfect for all Zoom/Skype calls you have to hop on through the day – prim and proper up top (add an earring or two to jazz it up) and sweatpants or pyjamas on the bottom. Office dressing never felt so easy!



## WHITE ISLE DREAMING

Sticking with their recipe of breezy, beautiful bohemica, Loewe drops another covetable edition of their Paula Ibiza series. Long linen tunics, cropped dungarees and bleached jeans explore leisurewear in a sunny manner, perfect for Dubai's approaching sandbox weather. This time around, the pieces capture the breezy spirit of the infamous Balearic island – mixed hues of midnight blue, olive greens and sunrise oranges help you dream up an ecstatic abandon of a long summer escape.



## DOOR-TO-DOOR

In light of everyone being grounded in their own homes, Dubai Mall has launched its virtual store available on Noon.com. Customers can shop over 24 leading brands and can receive next day delivery on selected orders; your next order will be right at your fingertips!



## TO THE RESCUE

With the recent advent of COVID-19 and the ever-rising surge for protective face masks, Louis Vuitton has stepped in to contribute. The French maison has repurposed a majority of its workshops, where three hundred artisans will churn out 100,000 handmade nonsurgical masks a week to be distributed around the region, at no charge, to protect those who are most exposed. Searching for more positive news on the Covid front? Follow Instagram account @good\_newsmovement it's the feel-good account sharing positive news from across the globe - and we could all use a little more of it right now!



## THE NEW NORMAL

Sweat suits and just about any comfy clothing out there are making a stealthy comeback in fashion and we're not complaining. Yes, it's going to be a while before that Zimmermann dress (you know which one) sees the light of day, so you might as well go all out and up your loungewear game. Play it simple like Tommy Hilfiger's sweat set or dramatise with a Gucci robe – either way, the name of the game is to stay snug.







The Chanel 19 Bag from S/S20

The Chanel 19 made its first ever appearance on the A/W19 catwalk



Wear under the arm for a resolutely modern attitude



Karl Lagerfeld and Virginie Viard, the designers behind the Chanel 19 bag

# NUMBER 19

THERE'S A *new* Chanel BAG ON THE BLOCK

### THE INSPIRATION

So, what's the gist behind the name/number 19? Well, following its elder, the 2.55 bag created in February 1955 by Mademoiselle Chanel, it's also a nod to the year of its conception – Chanel 19 for 2019.

### THE PREDECESSOR

Look familiar? You bet! If you go back to Chanel's A/W 19 runway, you'll see the bag make its debut appearance in dominant colours to reflect the winter collection. Shades of turquoise

blue, green, deep red and dark pink were added to the timeless hues of black, beige and white leather, while the tweed came in eight variations to match the silhouettes.

### THE XL TREATMENT

Play a game of I Spy and you'll instantly spot all the beloved house codes in this single bag. It'll be hard not to; from the oversized CC clasp to the diamond quilting pattern and thick chainlike straps, all the iconic staples have been enlarged to your heart's delight.

### THE VARIATIONS

Just like today's modern woman whose style is constantly changing to adapt practically to her various needs, the Chanel 19 is also a bag that alters its look to suit its wearer's requirements. A long chain means it can be worn in two ways, straight or cross body; an extra curb chain sitting directly above the top flap is designed for those who prefer to hold the bag in their hand; and for complete freedom, there's a belt bag version for the ultimate in hands-free movement.

### THE UPDATE

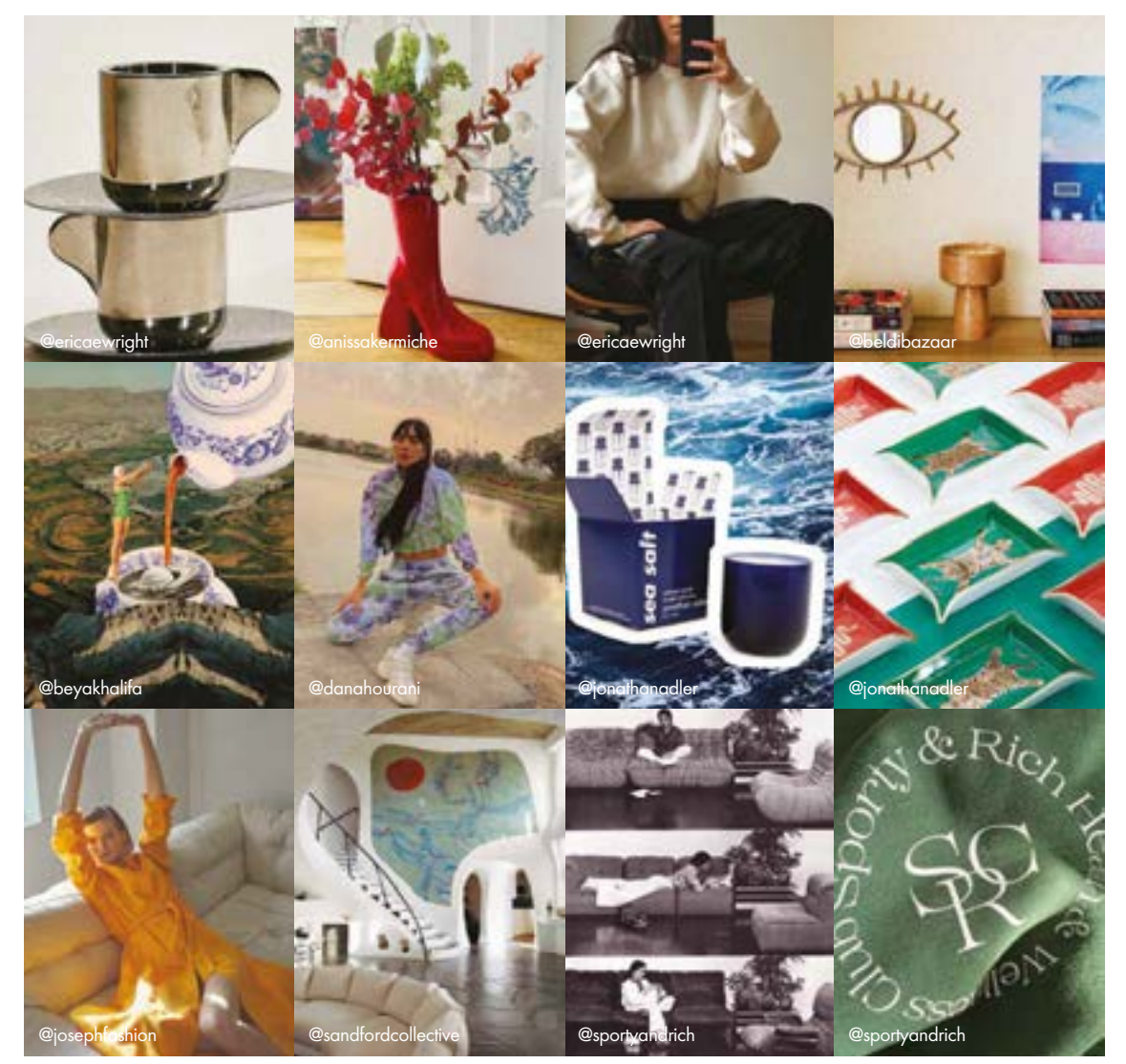
We saw it in moody tweed for winter, then pastel jersey for cruise and now for S/S20, the Chanel 19 comes in a palette of vibrant colours, denim and leather as well as a graphic silk twill printed with the letters of Chanel.

IMAGES: CHANEL

# The #STAYHOME Style EDIT

LOUNGEWEAR, SLEEPWEAR, *activewear* and *homewear* - EVERY STYLE TO wear and decorate YOUR HOME WITH UNTIL FURTHER NOTICE...

EDITED by CARMEL HARRISON







Joggers Dhs820  
Cotton Citizen

T-shirt dress  
Dhs3,500  
Loewe

Glasses Dhs1,305  
Loewe

T-shirt Dhs500  
Bassike

Top Dhs265  
Agolde

Shoes Dhs3,245  
Roger Vivier

Jumpsuit  
Dhs2,825  
Isabel Marant

Hair clips Dhs345  
Jennifer Bebr

# WfB ESSENTIALS

FROM CASHMERE *jumpsuits*, TO SOFT COTTON *shirt-dresses* AND LUXE *loafers*, THESE ARE THE WORK FROM HOME *essentials* THAT ARE AS *Zoom-call* worthy AS THEY ARE COMFY

EDITED by CARMEL HARRISON



Socks Dhs75  
Maria La Rosa

Dress Dhs1,475  
Marrakshi Life

Shirt dress  
Dhs2,890, JW  
Anderson

Bodysuit  
Dhs1,210  
Jacquemus

Shoes Dhs1,695,  
Midnight 00

Shoes Dhs1,345 Proenza Schouler at  
Modaooperandi.com

Shorts Dhs390  
Maggie Marilyn



Headband Dhs300  
Ganni

Shorts Dhs1,145  
Dolce & Gabbana

Bralet Dhs210  
Love Stripes

Pyjamas  
Dhs1,565  
Olivia Von  
Halle

Kaftan  
Dhs5,475 Meng

Pyjamas  
Dhs670  
Desmond &  
Dempsey

Loafers  
Dhs6,400  
Gucci

# Pyjama DRESSING

FASHION DOESN'T HAVE TO *stop* JUST BECAUSE YOU ARE *staying indoors*, SLINKY SILK SLIPS AND MATCHY SATIN SEPARATES WILL TAKE YOU FROM *bedroom* to *living room* IN STYLE



Slip dress  
Dhs520  
Reformation

Trousers  
Dhs6,300  
Gucci

Dress Dhs4,515 For  
Restless Sleepers

Top Dhs700  
Cami NYC

Hair scrunchie  
Dhs1,145 Fendi





T-shirt Dhs1,600 Amiri

Hair scrunchie Dhs1,145 Fendi

Sleep mask Dhs185 Slip at Sshopbop.com

Leggings Dhs400 Tory Sport

Robe Dhs11,600 Elder Statesman

Trousers Dhs5,755 Elder Statesman

Joggers Dhs1,475 Les Tien

Jumper Dhs3,350 Amiri

# Haute HIPPIE

INJECT A RAINBOW OF colour into your NEW #stayhome wardrobe WITH SUPER LUXURY LOUNGEWEAR IN EXPLOSIVE tie-dye sorts

Jumpsuit Dhs1,770 Namuska

Slides Dhs825 Off White

Top, Dhs1,000 Proenza Schouler

T-shirt Dhs700 MSGM

Joggers, Dhs1,300 Ulla Johnson

T-shirt Dhs595 Isabel Marant Étoile

Joggers Dhs520 Ninery Percent + Net Sustain

IMAGES: SUPPLIED

# My #STAYHOME style

NATALIA SHUSTOVA, fashion entrepreneur AND consultant TALKS THE APPS, INSTAGRAM ACCOUNTS AND READS keeping HER FASHION game on point DURING LOCKDOWN

EDITED by CARMEL HARRISON

## THREE TO FOLLOW



@blancamiro

Her free-spirited fashion sense is what makes her account special; like myself she also shares a passion for discovering emerging talent and labels - there's always something to discover on Blanca's page.



@double3xposure  
I love Reese Blutstein's account for her unique take on fashion. It's a mix of new generation style with a touch of streetwear. I'm inspired by the way she mixes pieces and clashes colour. It always gets my creative hunger going.



@pernilleteisbaek  
Pernille is the best when it comes to Scandinavian style. From the way she styles her sweatpants to her (no-makeup) make-up looks - her carefully curated account is simple yet so aesthetically pleasing.

## IN MY ORDER HISTORY...



Hoodie Dhs550 Pangaia

My first ever hoodie and sweatpants from @thepangaia - both are made of recycled plastic bottles and seaweed and are naturally died using plants.



Jeans Dhs530 Raey at Matches Fashion.com

A pair of oversized stone washed jeans from Raey via Matchesfashion. I love wearing them around the house as they make me look very effortlessly chic, and they are also extremely comfortable.



Bodysuit Dhs440 Controllogy Active

A pilateswear set from Australian brand @contrologyactive. Wearing tight clothes at home helps me to keep my snacking under control as I can immediately see any extra wobbly bits on my body from stress or boredom eating.



Silk Pearl Palm Tree pyjama set Dhs1,400 Wearthehouse.com

"I get my style inspiration from magazines. I've been collecting them for the past eight years and have a huge collection. I never usually have time to go through them...and now I do! I'm finding amazing visual content and inspiring journalism. I also get style inspiration from old Hollywood movies and independent European cinema."

## COFFEE TABLE READS



CREATIVE ADVERTISING Ideas and Techniques from the World's Best Campaigns by Mario Pricken. This is a true gem. It's full of amazing ideas and teaches you how to visually impress people and what visual language works the best. Dhs118 at Amazon.ae



VIRGIL ABLOH: FIGURES OF SPEECH by Michael Darling It's just so cool! I love how Virgil sees the world of art and design. Dhs236 at Amazon.ae



PRADA CATWALK The complete collections by Susannah Frankel Everything I have learnt about styling came from studying Prada runways. This is the most inspiring and visually pleasing book I own. Dhs269 at Virginmegastore.ae

## DOWNLOADING... The most used apps on Natalia's iPhone

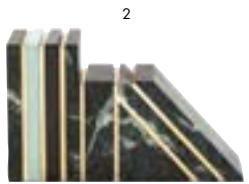
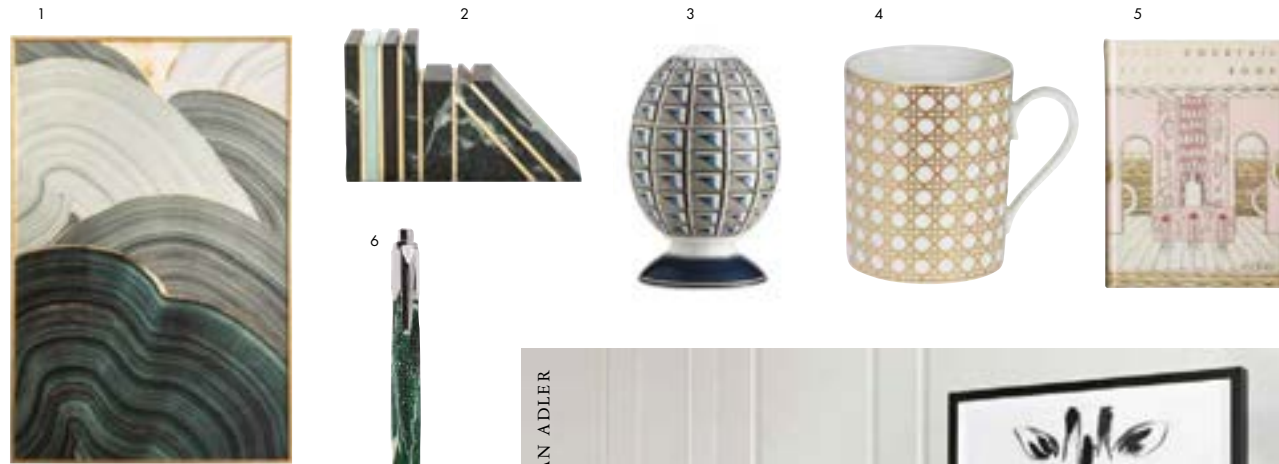
**Vestiaire Collective**  
The best app for hunting vintage pieces. I'm currently shifting my buying choices towards more sustainable and timeless fashion pieces - Vestiaire offers great price points too.

**Matches Fashion**  
I love discovering new labels via Matches Fashion, they also have a great combination of commercial and editorial styling - it's a fashion editor's favourite and my go-to.

**Drest**  
This styling app/game was made for fashion addicts like me. I love playing with endless Farfetch inventory, it's a cool styling tool which I also use for work. Download now!

IMAGES: SUPPLIED





# Retro VIBES

ADD SOME INTRIGUE TO Zoom backdrops WITH A BIT OF ART DECO; THINK glamorous and vintage IN EQUAL DOSES, WITH BOLD geometric patterns IN HARD ANGLES, A GENEROUS USE OF gold and steel, AND accessories IN EBONY, ZEBRAWOOD AND GLASS.

WORDS by DINA KABBANI



1. Decorative Artwork Dhs1,949 Tina Redford at Knotbome.com; 2. Verdi Alpi Marble & Brass Bookend Dhs9,482 Dimoremilano at Luisaviaroma.com; 3. Large Egg Aurea Dhs1,666 Richard Ginori 1735 at Richardginori1735.com; 4. Cannage Montaigne Mug Dhs913 Dior Maison at Dior.com; 5. Cocktail Book Dhs92 Cecil Beaton at Amazon.com; 6. Artemisia Marbled Green Ballpoint Pen Dhs881 M'Art at Artemest.com; 7. face print candle Dhs727 Fornasetti at Farfetch.com; 8. Mimi Onyx Robe Dhs1,850 Olivia Von Halle at Olivaivonhalle.com; 9. Venetian Velvet Mules Dhs1,180 Le Monde Beryl at Matchesfashion.com; 10. Gatsby Drum Ceiling Light Dhs1,434 Mindtbegap at Amara.com; 11. Curiosities B5 Hardcover Journal Dhs209 Christian Lacroix at Libertylondon.com; 12. Channing Desk Dhs7,988 Jonathan Adler at Jonathanadler.com



1. Dining Chair in Solid Ash Wood Dhs895 Ebarza at Ebarza.com; 2. Figuer Candle Dhs1,003 Diptyque at Diptyque.com; 3. Concrete Desk Accessories Set Dhs290 Areaware at Amara.com; 4. Calisa Block Printed Rug Dhs253 Urban Outfitters at Urbanoutfitters.com; 5. Hansa Wooden Calendar Dhs117 Nkuku at Trouva.com; 6. Love Handles Ceramic Vase Dhs1,360 Anissa Kermiche at Matchesfashion.com; 7. Table Clock Dhs479 Nomon at Nomonwallclocks.com; 8. Cork Globe Dhs3,256 Brunello Cucinelli at Brunellocucinelli.com; 9. Bunny Tail Dhs65 Home and Soul at Homeandsouldubai.com; 10. Botanical Wall Chart Dhs115 HKliving at Urbannest.com; 11. Wild Fennel Incense Dhs95 Haeckels at Comptoir102.com; 12. Villa Santo Sospir Cushion Dhs916 Kilometre Paris at Kilometre.paris; 13. Tree Houses Book Dhs257 Taschen at Taschen.com



# Plant DOCTOR

CAN'T GO outside? THEN BRING THE OUTDOORS IN AND plant YOURSELF YOUR VERY OWN secret garden den WITH ILLUSTRATIVE-STYLE botanical prints AND SOME CONTEMPORARY 'jungalow' furnishings. IN NO TIME, YOUR FAVOURITE PLANTS WILL SOON BECOME YOUR GREATEST quarantine buddies!







1. Printed Faces Lampshade Dhs350 HKliving at Urbannest.ae; 2. Brass and Stone Tic-Tac-Toe Set Dhs4,264 Blue Carreon at Matchesfashion.com; 3. Crystal Stationary Pen Dhs297 Atelier Swarovski at Amara.com; 4. Fully Automatic Wireless Vinyl Record Player Dhs1,159 Sony at Desertcart.ae; 5. Poster Dhs185 Eleven Designs at Drawdeck.com; 6. Omini Tape Holder Dhs1,249 Ghidini 1961 at Artemest.com; 7. Louxor Pencil Holder Dhs792 Baccarat at Neimanmarcus.com; 8. Small Wire Clips Dhs73 Monograph at Needsupply.com; 9. Wire Chair with Leather Cushion Dhs795 Ebarza at Ebarza.com; 10. The Pure Cool™ tower purifying fan Dhs2,299 Dyson at Dyson.ae; 11. Google Home Wifi Speaker in White Slate Dhs225 Google at Noon.com; 12. Large Brass Sand Timer Dhs11 World Market at Worldmarket.com



## Tic tac TECH

TAKE THIS PERIOD OF *self-isolation* TO UPGRADE YOUR *at home desk set-up*; START WORK WITH A *motivating playlist* ON A RETRO STYLE SPEAKER WITH 21ST CENTURY TECHNOLOGY, A BRASS SAND TIMER TO *count down the hours* AND A DYSON FAN FOR A *cooler and calmer* WORK-FROM-HOME *environment*.



IMAGES: SUPPLIED



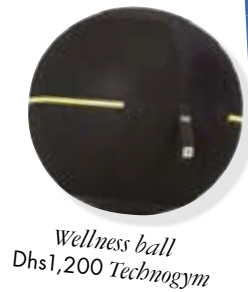
## Art ATTACK

STUCK IN A *creative RUT* FROM SPENDING TOO MUCH TIME *at home*? A WHIMSICAL FLORAL *pattern* CAN ALTER YOUR MOOD, SOME *playful* CRAYOLA-COLOURS WILL LIFT *the spirits*, AND YES, EVEN *kitschy* OFFICE TOOLS CAN SPARK *joy*-AND SUPPORT *creativity* IN THE PROCESS.



1. Peacock Feather Design Printed Tablecloth Dhs570 Les Ottomans at Modaoperandi.com; 2. Assorted Paintbrushes Dhs99 Walfront at Amazon.ae; 3. Red Star Eye Print Metal Foldable Table Dhs5,000 Gucci at Gucci.com; 4. Clock Dhs1,258 Gaetano Pesce at Comingsoonnewyork.com; 5. Fried Egg Art Print Dhs195 Henrik Bülow at Thebowerycompany.com; 6. Everybody Tissue Box Holder Dhs128 Dusen Dusen x Areaware at Dusedusen.com; 7. Jungle Leopard Stool Dhs408 Kare at Kareuae.ae; 8. "Pharrell: A Fish Doesn't Know It's Wet" Book Dhs218 Rizzoli at Neimanmarcus.com; 9. Grande Trianon Demitasse Dhs1,175 Botticellceramics at Botticellceramics.com; 10. Alex Desk Dhs558 Ikea at Ikea.com/ae





Wellness ball  
Dhs1,200 Technogym



Cap Dhs275  
Diesel



Speaker Dhs890  
Bang & Olufsen



@beyasawar\_official

Trainers Dhs475  
Adidas Originals



3kg Neo Dumbbells  
Dhs105  
Mad-bq.com



Leggings Dhs1,400  
Vetements



Socks Dhs70 Adidas  
by Stella McCartney



Flex Ring Tooner Dhs165  
Balanced Body



Shorts Dhs265  
Girlfriend Collective



Trainers Dhs2,148  
Vetements



Yoga mat Dhs365  
Alo Yoga



Sports bra Dhs395  
P.E Nation



Series 3 GPS 38mm  
Dhs799 Apple



Shorts Dhs185  
Adidas by Stella



Water bottle Dhs305  
Glacé

# WORK *it*

THE STYLISH *workout* GEAR TO  
MOTIVATE YOU *at home*

EDITED by CARMEL HARRISON

IMAGES: SUPPLIED

The late Christian Dior once said, "Every woman should have pink in her wardrobe," and he made it his mission to fill every Dior wardrobe with his favourite shade, thus turning the delicate hue into one of the house's most emblematic pillars. Today, his penchant for pink is once again in full bloom in Dior Rose Gold, a new capsule collection dedicated solely to the Middle East launched just in time for Eid. Delicate tones illuminate a selection of evening wear as well as accessories and shoes, while other pieces echo shades of pearly sky in metallic grey, another hue the founding couturier loved. Favourites like the iconic Lady Dior, 30 Montaigne and Dior Book Tote bags are transformed into new versions, some embroidered with beads, crafted in metallic leather or with an iridescent sheen – essential signatures of the Dior wardrobe.

PHOTOGRAPHER: DEEPU NAIR, MODEL: TALIBOTH AT ARTFACTORY



# Coming up ROSES

DIOR'S NEW *Middle East* CAPSULE TAKES ITS  
CUES *from* ITS FOUNDER'S FAVOURITE *colour*

The Dior Rose Gold collection is available in Dior boutiques across the Middle East



Dior Book Tote



Dior Saddle Bag



Dior Off mule



Lady Dior Bag

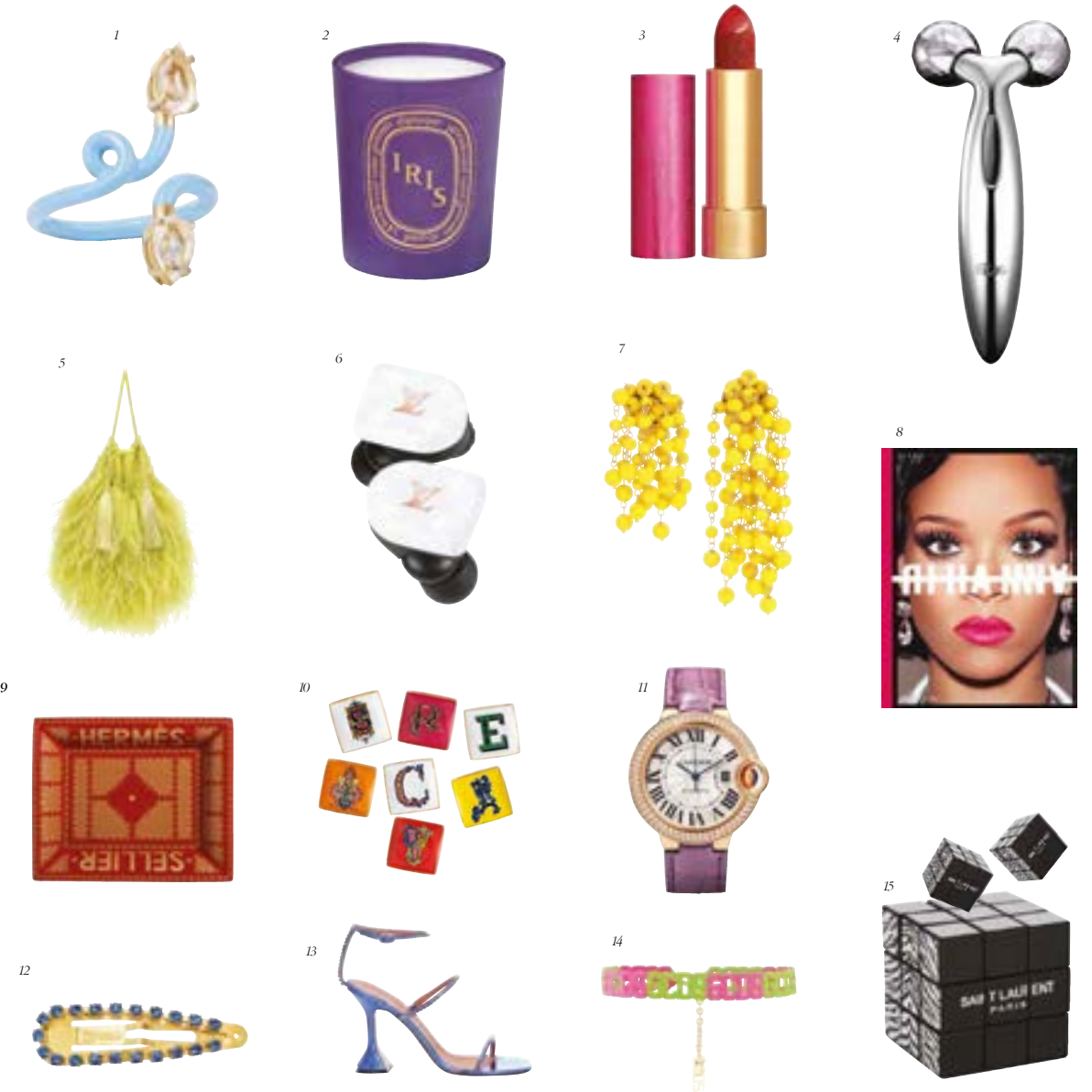
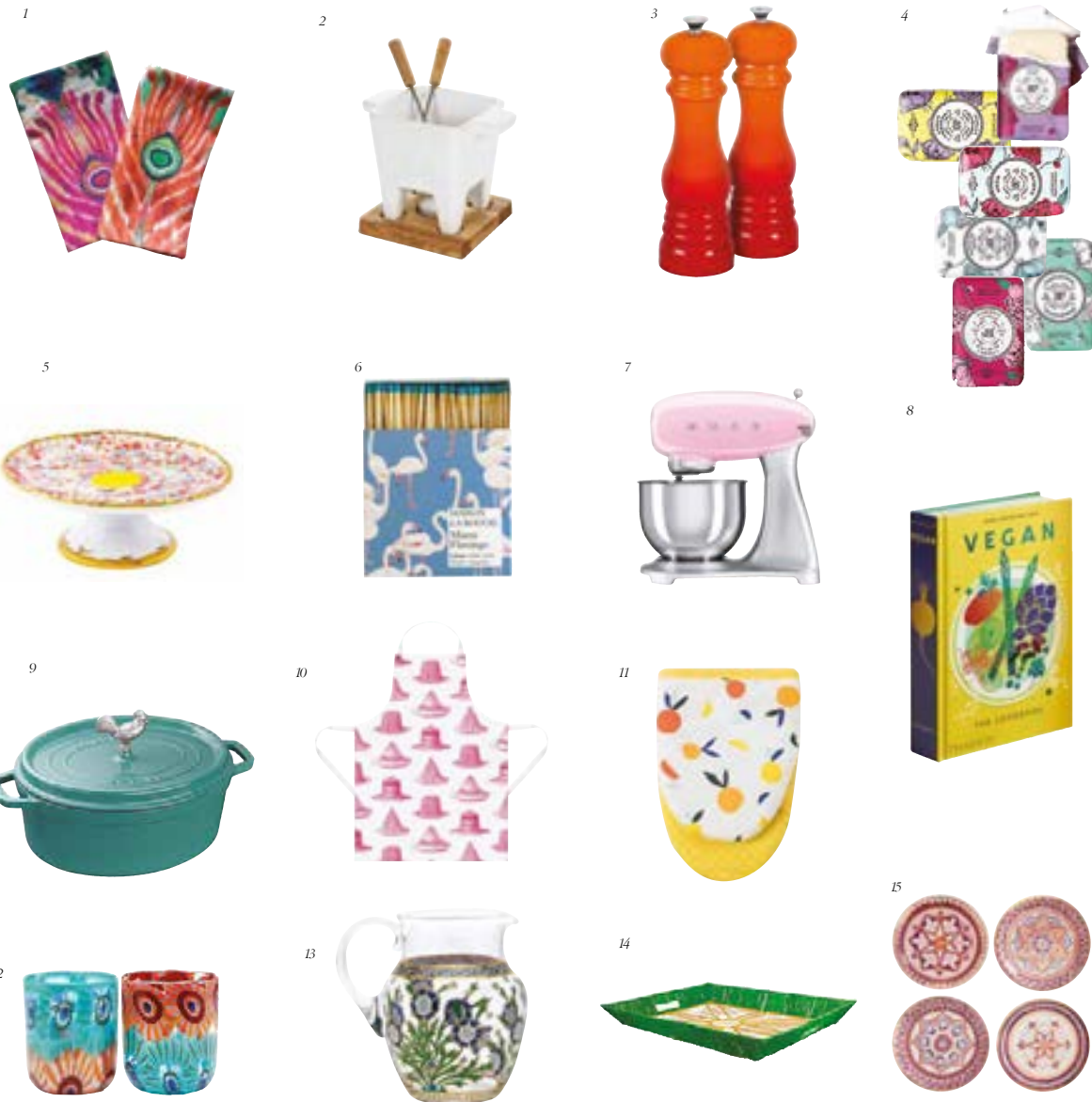
IMAGES: SUPPLIED



## THE *domestic* GODDESS

SHE'S EITHER *whipping up* a WHIMSICAL PARTY OR PRUNING HER PERFECTLY MANICURED GARDEN, SO WHY *not* give her the tools TO KEEP HER *daily* HOBBIES GOING!?

1. Peacock Printed Napkin, Dhs245, Les-Ottomans; 2. Tapas Fondue Set, Dhs116, Boska; 3. Flame Salt & Pepper Mill Set, Dhs294, Le Creuset; 4. Luxury Soap Collection, Dhs246, La Chatelaine; 5. Cakestand, Dhs1,542, Coralla Maiuri; 6. Miami Flamingo Matches, Dhs55, Maison La Bougie; 7. 50's Retro Style Stand Mixer, Dhs1,499, Smeg; 8. Vegan: The Cookbook, Dhs212, Phaidon; 9. 5.75 Quart Coq Au Vin Cocotte, Dhs1,028, Staub; 10 Pink Jelly & Cake Apron, Dhs113, Thornback & Peel; 11. Mini Oven Mitt, Dhs113, Kate Spade New York; 12. Mismatched Glasses, Dhs430, Formentello; 13. Persian Glass Pitcher, Dhs2,160, Lobmeyr; 14. Pineapple Square Tray, Dhs485, Mercedes Salazar; 15. Thalia Plate Set, Dhs230, Pottery Barn



## THE *fearless* FASHION FEMALE

IT IS THE FRINED *who will squeal with DELIGHT* AT DESIGNER INCENSE STICKS, GO GIDDY WITH JOY FOR Dior AirPods and love YOU forever if you *gift her ANYTHING DIAMOND-ENCUSTED*

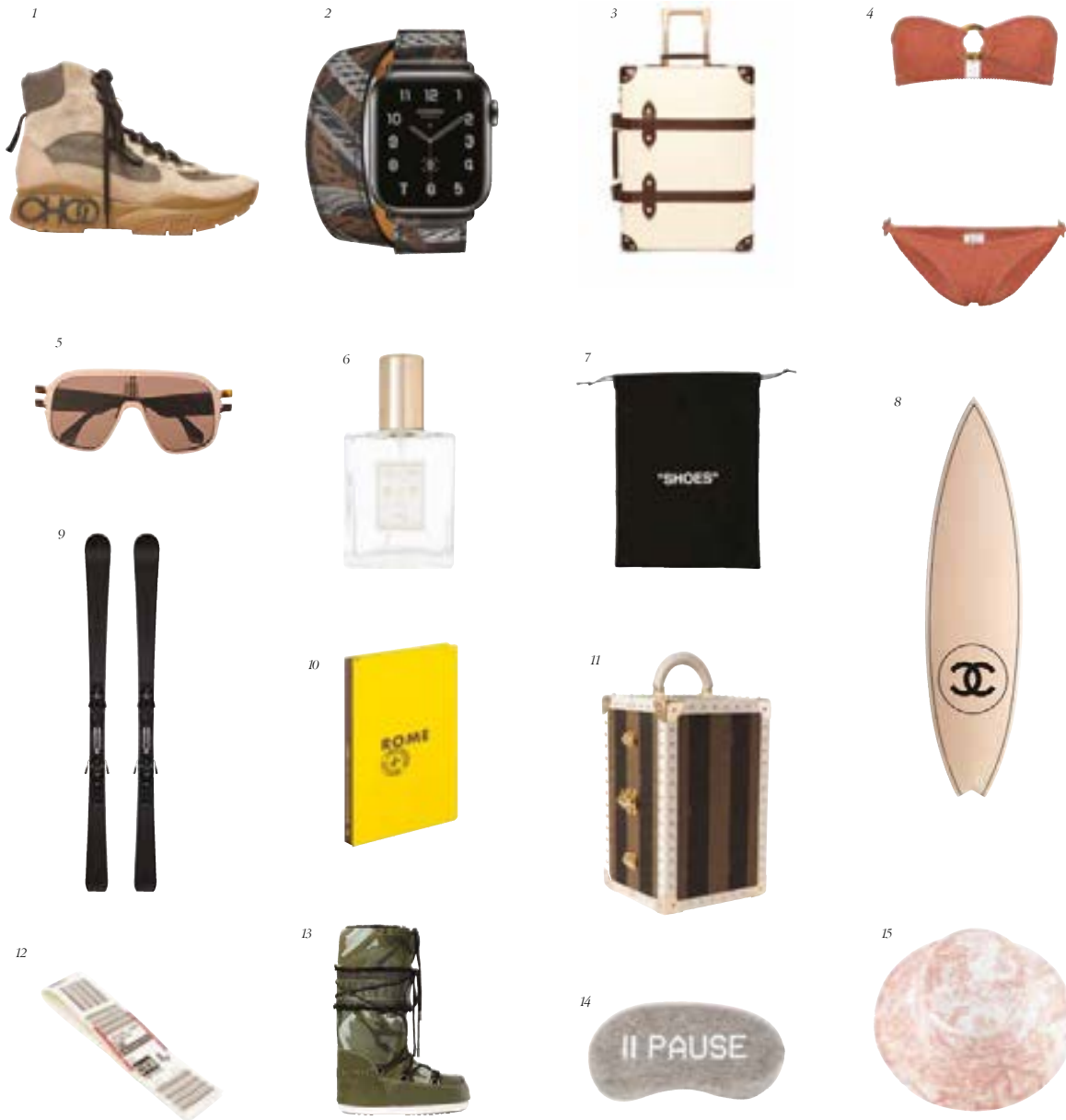
1. Crystal Ring, Dhs2,837, Bea Bongiasca; 2. Iris Blossom Limited Edition Candle, Dhs273, Diptyque; 3. 25 Goldie Red Lipstick, Dhs169, Gucci; 4. Carat Face Roller, Dhs220, Refa; 5. Greta Pouch, Dhs3,868, The Attico; 6. Horizon Wireless Earphones, Dhs4,113, Louis Vuitton; 7. Horizon Wireless Earphones, Dhs4,113, Louis Vuitton; 8. The Ribanna Book, Dhs411, Phaidon; 9. Sellier Change Tray, Dhs2,240, Hermès; 10. Alphabet Trinket Tray, Dhs1,233, Versace Home; 11. Ballon Bleu De Cartier Watch, Dhs110,240, Cartier; 12. Swarovski Rainbow Hair Clip, Dhs310, Epona Valley; 13. Gilda Heels, Dhs2,946, Amina Muaddi; 14. Logo Choker, Dhs408, GCDS; 15. Brain Teaser, Dhs330, Saint Laurent



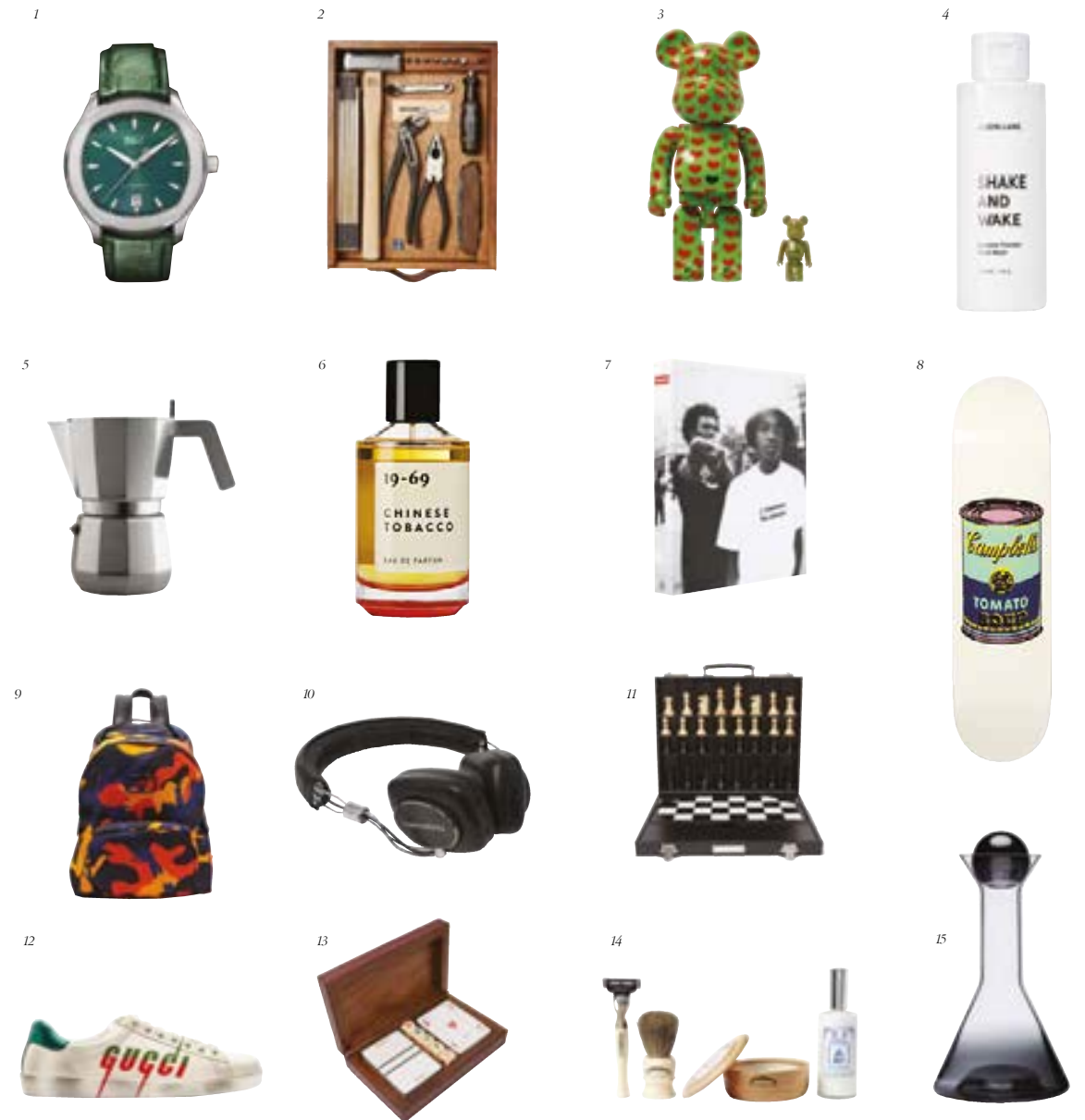
## THE *adventure* SEEKER

GALIVANTING *across the globe*, YOU'LL HAVE A HARDER TIME TRACKING THIS FRIEND *down than you will* SECURING THE *perfect gift for her*

1. Inca Hiking Boots, Dhs2,870, Jimmy Choo; 2. Apple Watch, Dhs5,679, Hermès; 3. Chelsea Garden Cabin Suitcase, Dhs6,385, Globe-Trotter; 4. Gloria Bikini, Dhs771, Hunza G; 5. Sunglasses, Dhs1,249, Gucci; 6. Mosquito Repellent, Dhs136, Coqui Coqui; 7. Shoes Travel Bag, Dhs459, Off-White; 8. Surfboard, Dhs30,482, Chanel; 9. Zai Skis, Dhs42,619, Saint Laurent; 10. Rome City Guide, POA, Louis Vuitton; 11. Canvas Case, Dhs16,599, Fendi; 12. DXB Luggage Tag, Dhs365, Kilometre Paris; 13. Moon Boot, Dhs1,387, Yves Salomon; 14. Sleeping Mask, Dhs228, Ports V; 15. Dioriviera Toile De Jouy Hat, POA, Dior



IMAGES: SUPPLIED



## FOR *him*

WHETHER HE'S INTO SPORTS, FASHION OR TECH, TODAY'S MODERN MAN JUST WANTS *something that screams 'I APPRECIATE YOU'*

1. Polo S Limited Edition Watch, Dhs30,849, Piaget; 2. 7-Piece Tool Kit In Wood Case, Dhs6,555, WobnGeist; 3. 00% + 400% Green Heart Figurine Set, Dhs643, Be@arbrick; 4. Powder Face Wash, Dhs125, Jaxon Lane; 5. Moka 6-Cup Espresso Coffee Maker, Dhs390, Alessi; 6. Chinese Tobacco Eau de Parfum, Dhs569, 19-69; 7. Supreme Hardbook Cover, Dhs184, Phaidon; 8. Andy Warhol Printed Wooden Skateboard, Dhs808, The SkateRoom; 9. V-Logo Camouflage Print Backpack, Dhs5,310, Valentino; 10. P5W Leather-Covered Wireless Headphones, Dhs1,101, Bowers & Wilkins; 11. Hanover Leather Chess Case, Dhs22,400, Asprey; 12. New Ace Sneakers, Dhs2,865, Gucci; 13. Royal Leather Game Box, Dhs320, Giobagnara; 14. Windsor Shaving Kit, Dhs716, D.R. Harris; 15. Leather Decanter, Dhs566, Tom Dixon



# My Agenda



FASHION model FERIEL MOULI TALKS *the* DOWNLOADS, TOP READS *and* morning RITUALS THAT ARE *keeping* HER MOTIVATED *during* QUARANTINE

1. My morning ritual includes taking a shower, meditating and praying. I also drink a glass of **warm water** with lemon as soon as I wake up.  
 2. I'm binge-watching **Money Heist** on Netflix  
 3. I'm cooking lots of **vegetables** with tuna, salmon or chicken.  
 4. **Headphones** Dhs1,960 *Bang & Olufsen*  
 5. I'm reading **Norman Vincent Peale** – The Power of Positive Thinking and **Guillaume Musso Central Park**. *Guillaume Musso Central Park* Dhs84 *Amazon.ae*  
 6. I'm currently wearing **activewear!** My daily wardrobe now consists of sweatpants, shorts and t-shirts. *Joggers* Dhs5,500 *Gucci*  
 7. My beauty essentials are **Garancia** facial soap, **Bioderma** sunscreen (for when i'm catching some Vitamin D from the balcony) and Manuka honey (I apply this to my face once or **twice a week as a mask**). *Sunscren SPF50* Dhs63 *Bioderma*

8. The online masterclass I'm obsessed with is one from **Anna Wintour** on Creativity and Leadership.  
 9. My new at-home workout routine involves lots of **yoga**. *Yoga Mat* Dhs870 *No Ka Oi*  
 10. After quarantine I'm most looking forward to booking a **flight to New York**  
 11. The most played tune on my iTunes

playlist is 'It had to be You' by **Frank Sinatra** and anything by **Drake**.  
 12. My favourite Instagram to follow is @ **unicef** I love the way they spread love and hope for everyone which is what we all need right now.  
 13. The name of my favourite Whatsapp group I'm part of is called '**Artfactory Dubai Group**' - my Dubai agency group.



EDITED BY CARMEL HARRISON; IMAGES: UNSPLASH & SUPPLIED



WELCOME TO THIS MONTH'S *cultural calendar*: THE SELF-HELP BOOKS, PODCASTS AND DOCUMENTARIES TO KEEP YOUR QUARANTINE *schedule busy and make* YOU FEEL GOOD

AMY ROKO; SECOND EDITION UNDER THE ABAYA BY MARRIAM MOSSALI





## Follow

### @SANDYSKITCHENDXB

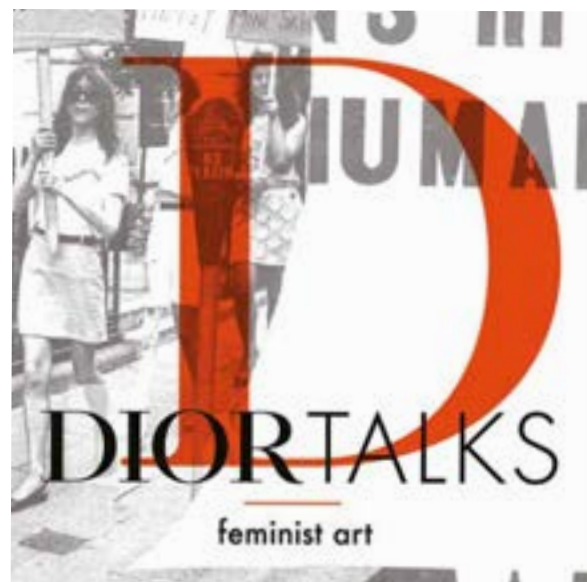
With a tad bit more time at hand (who doesn't love the 15 second walk to reach one's new work setup!?) and your kitchen being accessible 24/7, it only makes sense to use that extra time to master the art of cooking. If you're ready to take on the task, Sandy's Kitchen is your go-to source for inspiration. Sandra Boghos-Letayf spends her time developing recipes and sharing mouthwatering images of her creations with an easy step by step guide to recreating them. With tons of recipes on her story highlights, you won't be lacking ideas of what to cook for your next meal. Her vegan nori rolls are our personal favourite!



## WATCH See PLAY

HERE'S OUR FRESHEST PICK TO *watch, listen & play* ALL WHILE YOU'RE *marooned* AT HOME

COMPILED by TRISHA RUBDI



## Listen

### DIOR TALKS

Under the helm of Dior's very own Maria Grazia Chiuri, the French maison has launched its very own podcast "Dior Talks," a series devoted to feminist art. For its first episode, host Katy Hessel delves into the minds of the brand's artist collaborators such as Judy Chicago, Tomaso Binga and Mickalene Thomas. You can plug into an episode while working from home and learn all about art and digging deeper into the feminist slogans that have graced Dior T-shirts. Listen on: Spotify, Apple, Dior.com

IMAGES: SUPPLIED

## Watch

### FRIENDS

After years praying that our favourite group of six would once again grace our screens, the much-anticipated Friends reunion has been postponed as film and tv production comes to a halt because of Covid-19. However, all 10 seasons of the show are still available to watch on Netflix; so grab the popcorn and get ready for a serious session of 236 worth of episodes to binge on.



## Play

Distancing is tough and you may miss your friends, but there's no reason you can't still live it up from your living room. We found the ultimate quarantine playlists curated for every scenario, whether you're #wfh, whipping up dinner or having a virtual girls' night.



### FROM OUR EARS TO YOURS

by *Glossier*

If you're one for chilled RnB & hip hop, this would be your go-to. It's a double tap from us for including KAYTRANADA, Cashmere Cat and Kehlani! Available on Apple Music & Spotify.



### MICHEL GAUBERT

The fashion industry's go-to sound artist shares his lockdown playlist. Having been the audio mastermind behind shows for Louis Vuitton, Chanel, Loewe and many more, we know for sure this is one not to miss. Available on Spotify.



### SUPPER CLUB AFTER HOURS

by *The Attico*

Curated by the ever-cool Italian duo behind The Attico, this playlist holds a great mix of jazz and 70's groove, making for a perfect playlist for a Friday night home. Available on Spotify.



# Under the Abaya

Salma Haidrani SPEAKS TO THE FOUNDER OF 'UNDER THE ABAYA', THE FIRST *photobook* OF ITS KIND CAPTURING THE *changing face* OF SAUDI FASHION – AND *The Women* WITHIN IT



Nada Al Nahdi  
Photography by Houssam Saba



Chances are, when Saudi women make international headlines – be it driving for the first time in the Kingdom’s history or lauded as ‘stereotype-breaking’ simply for being sportswomen – in each case, it’s often accompanied by an image of them in an abaya, a long-loose fitting – and often black – robe. It’s this global misrepresentation in part that propelled entrepreneur, award-winning writer, former fashion editor and consultant Marriam Mossalli to launch the second edition of *Under the Abaya*, the first photobook of its kind to capture the changing face of Saudi fashion – and celebrate the women within the Kingdom. Or as Mossalli reveals: “I want to celebrate the women under the abaya and show the world who we are, not just her unique style”.

### THE SECOND EDITION

Shedding light on Saudi women’s diverse and oft-overlooked street style was central to the first edition. “It’s no secret that [Western] media has presented a biased and outdated version of us for decades,” she tells *ELLE Arabia*. “When a narrative doesn’t fit [their preconceptions] of what a Muslim, Saudi woman should be: oppressed, submissive and inferior to her male counterpart, this can be edited or omitted. I felt it was the opportune time to try to break the stereotypes of Saudi women through a street style book showcasing them.” Two years since it launched at Saudi Arabia’s first Art Books Fair in 2018, the book – and its ethos – has since evolved. Now it centres on Saudi women’s diverse achievements in their respective fields and

ambitions rather than simply their clothing choices. In this sense, we see how the abaya is an extension of their identities, not their entire identities. “We delved deeper into the women in the book,” Mossalli says. “We asked each participant to submit three to five sentences about themselves and the challenges [they’ve faced]. The first edition was an introduction [to the women] and the second is a conversation. This edition reveals how driven Saudi women truly are.”

Showcasing the diversity of Saudi women was intentional, Mossalli reveals. Of the 200 women selected to appear in the second edition – she received thousands of images from strangers after encouraging them to submit via Instagram while also approaching women she found inspiring – their professions are as far-ranging as a tech CEO, an opera singer and Guinness World Record holder. “Celebrating each woman’s individualism is at the core of this initiative,” she says. “Flipping through the pages, it may be surprising to see that these very different looking women all belong to one Kingdom. Under our garments, a Saudi woman is more relatable than one would think.”

Putting the book together was an emotional experience, Mossalli found. The greater diversity of industries now available to women, for one, is testament to the seismic change and social transformation sweeping the Kingdom: “You can see more athletes and PTs which tells a lot about the progressive changes in Saudi. You can see this shift within the Kingdom as you flip page by page.” It’s a particularly hard-won achievement, Mossalli reveals, not least as Saudi women haven’t historically been afforded identical rights as many women across the world: “We never let that stop us. We persevered and have become lawyers and politicians despite not having those rights initially.”

The sequel also sees Princess Reema bint Bandar bin Sultan bin Abdulaziz Al Saud, the Kingdom’s ambassador to the United States, the first female in Saudi Arabian history to be appointed this position, pen a foreword. Meanwhile, the book’s entire proceeds, as in the first edition, continue to award underprivileged Saudi women academic scholarships in Fashion Design. As Mossalli affirms: “We’re the definition of women helping women.”

The second edition, too, pays homage to the oft-overlooked regional diversity of the Kingdom, with Mossalli releasing three editions featuring three different covers paying tribute to three Saudi cities: the coastal city of Jeddah, the more conservative city of Riyadh and the comparatively liberal Khobar. This was largely in part to celebrate the region’s local talent, Mossalli reveals: “We had many submissions from local photographers, each of which were breath-taking cover material. We decided to conduct a competition, encouraging photographers



Yara Al Namlah  
Shot by Sultan Khayyat

“CELEBRATING EACH WOMAN’S individualism IS AT THE CORE OF THIS initiative”



Shahad Abdulaziz  
Photography by Hayat Osamah





Noha Sindi  
Photography by Basmah Al

to submit images, with the three winners landing the cover." In the cover image for Riyadh, Jeddah-based street fashion photographer Lina Mo captures a subject leaning against a car, affording her with a sense of authority and agency rarely – if ever – reserved for Saudi women. Meanwhile, the cover image for Jeddah, shot by Lina Qummosani, features Mossalli and a friend atop an open-air convertible, exuding heady, carefree summer days gone by. It's an image that wouldn't look out of place in an LA film set.

Perhaps one of the most memorable images is Khobar's cover, shot by freelance photographer Osamah Al Shubbar, featuring the subject staring defiantly at the camera as her black chiffon abaya billows loosely over the city's landscape. "We discovered a rocky mountain in the middle of the city and thought it would be perfect to show how Saudi women can rise above everything by showing the city in the background under the level of the subject," Al Shubbar reveals. "We shot her with high heels because it shows the elegance and balance

that a strong Saudi woman has. The modern glasses, semi-traditional dress and abaya shows the connection between modernity and identity." It's these portraits that Mossalli cites as her favourite images: "These women represent the next generation of Saudi women."

Perhaps the most powerful aspect is how the second edition pays homage to the colourful abayas that women increasingly sport in the Kingdom. Spanning sky blue, orange stripes, pastels and patterns, be it cycling across the desert or simply leaning against a tree, it's a welcome departure from the outdated stereotype of Saudi women clad in black so often circulated in the news.

At the time of its launch, Under the Abaya marked one of the only initiatives for Saudi women to redefine their self-image on their own terms. As Mossalli herself said in 2018: "Saudi women can do something we've never been able to do: for the first time, [we're in control of] our story". Since then, a number of initiatives created by Saudi Arabian women both within the Kingdom and the diaspora have increasingly redefined what it

means to be a modern Saudi woman. Mermaids of Jeddah, for one, is first photo series of its kind capturing the duality of Saudi women, likening them to mermaids living on land and sea. Meanwhile, Spokes Hub, the brainchild of entrepreneur Baraa Luhaid – who also participated in the second edition – co-founded the Kingdom's first ever cycling community and café, encouraging Saudi women to take up sport.

So too have Saudi reforms over the past two years contributed to this shift. As of June 2018, Crown Prince Mohammed Bin Salman lifted the country's decades-old driving ban, granting Saudi women the right to drive for the first time. Meanwhile, in August 2019, the Kingdom announced its loosening of the guardianship system, granting women the right to obtain a passport and travel abroad without the permission of a male relative, a move that Al-Saud celebrated on Twitter as 'a long time coming' and 'history in the making'. Does Mossalli then still see a need for a project like hers? Though she acknowledges that Saudi women are beginning to take control of their own narratives, outdated stereotypes can persist, even within the country itself. Under the Abaya, she insists, is as necessary as it was in 2018. "You can still see the cliché

Dr. Alia Kompany  
Photography by  
Xavier Ansart

"THE *modern* GLASSES, *semi-traditional* DRESS AND ABAYA SHOWS *the* CONNECTION BETWEEN *modernity* AND *identity*."







Sawsan Al Bahit  
Photography by Lina Qummosani



Shaima Shamsi  
Photography by Ishaq Maddan





Author Marriam Mossalli  
Photography by Lina  
Gummosani

representations of us in lifestyle magazines, even from our own region!" she laughs. "I think there's still a lot of educating to do. I really think initiatives like my book will contribute to normalising Saudi women's success."

### INTERNATIONAL RESPONSE

Mossalli has long been candid that the book is designed for a predominantly Western audience – after all, she once revealed that UTA isn't for locals and is for the outside world. Does she still stand by this? "It's definitely educating those who may be naïve about our Kingdom," she agrees. Unsurprisingly, she welcomes how UTA has been inundated with support from the West – orders for the first edition were shipped from as far afield as Geneva, Vienna to Beirut. Meanwhile, San Francisco-based de Young Museum of Fine Arts and New York's The Metropolitan Museum of Arts requested copies for their respective libraries and as Mossalli revealed in

2018, "are considering selling the second edition". She's since been invited for talks and signings too.

Even so, she stresses that UTA can also serve as an opportunity for Saudi women to see themselves, their accomplishments and ambitions reflected back: "I hope it's inspiring to the next generation of young Saudi girls."

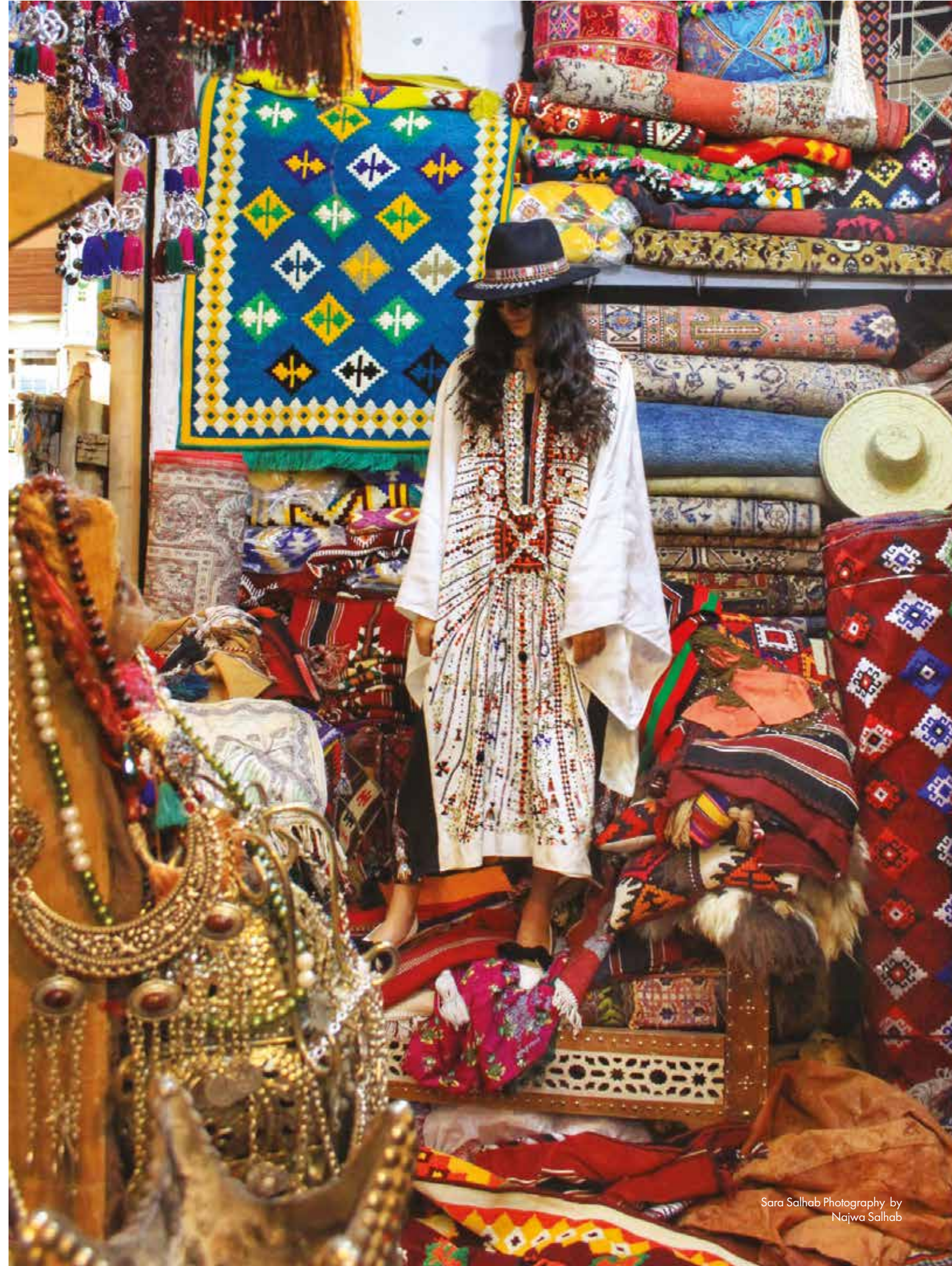
### NEXT STEPS

Mossalli is committed to continue releasing future editions of UTA, crediting the overwhelming response she's received via social media and word-of-mouth. After all, the first edition was a 'surprise success', she recalls. "I didn't expect it to take off the way it did." It's all the more gratifying, she adds, given that her project has been years in the making: "I had this concept and the pioneering subjects dancing around in my head for decades". The need to award more Saudi women scholarships remains Mossalli's greatest motivator: "We hope to keep doing this as long as there's a need to empower women."

Though Mossalli hopes to shed light on women that have long existed in the Kingdom – but were yet to be revealed to the wider world, ultimately, she hopes that her project might set a precedent for Saudi women to continue to redefine global - and often orientalist - preconceptions of Saudi Arabia entirely on their own terms. As she affirms: "Under the Abaya is simply one chapter of a long journey towards more authentic representations of our Kingdom."



Under the Abaya  
2nd Edition



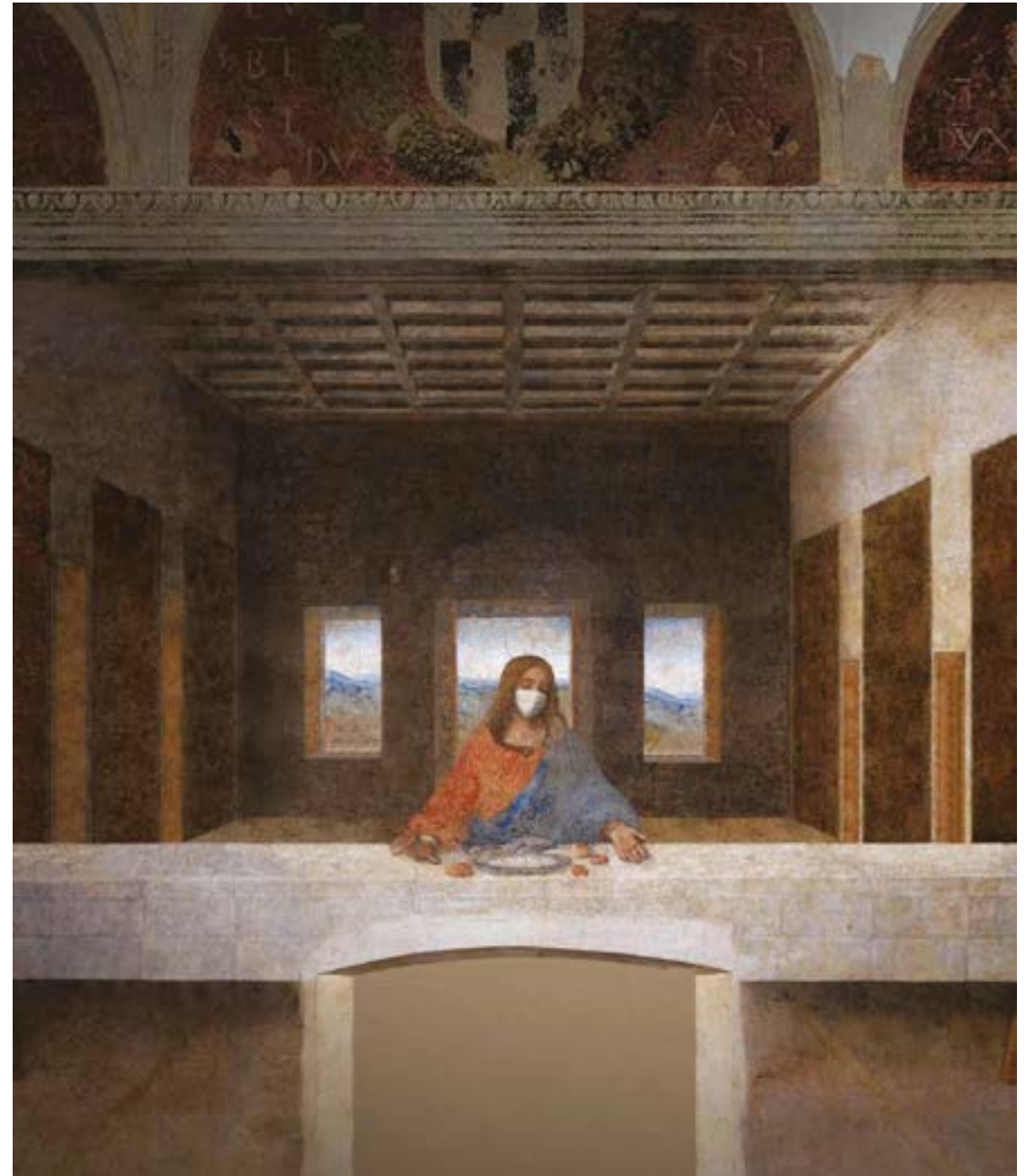
Sara Salhab Photography by  
Najwa Salhab



# Rise of the PANDEMIC MASTERPIECE

NON-BAKERS ARE *perfecting* THEIR BANANA *bread*, MOTHERS ARE *choreographing* ON TIKTOK, BURGER KING IS *sharing its secret* WHOPPER *recipe*. GRANDPARENTS are *learning* HOW TO USE ZOOM AND *one of my friends* RECENTLY PULLED OFF A VERY HUMOROUS 'CHEESE or font' *round*; REALLY UPPING *the creativity ante* FOR ONLINE QUIZ NIGHT. *Creativity is* UNDISPUTEDLY ON THE RISE. *And the art* WORLD IS RESPONDING *to the current* CLIMATE *with* *street* ARTISTS TAKING TO CITY WALLS *sharing the* NEED TO #STAYATHOME AND *digital* artists MASKING ICONIC FIGURES *such as* Mona Lisa AND Van Gogh. EVEN *Jesus has been* BEING SEPARATED FROM HIS APOSTLES AT *Da Vinci's* LAST SUPPER.

WORDS *by* FELICITY STOKES



Looma Agency

*But what will proceed this time of uncertainty and isolation?*

Looking through the catalogues of art history, it's not difficult to find an abundance of world-famous works which were born out of times of darkness. Art movements like Surrealism were created from times of hardship, war and poverty. Struggle, separation, and sickness ignite the strongest of emotions in humans and where best are these emotions expressed, but through art, be it in painting, poem or prose. As we navigate through unprecedented times, locked away from the ones we love, we are seeing emotions and creativity running high.



Gustav Klimt, *The Kiss*



*One of the most romantic works of all time is Gustav Klimt's The Kiss.*

This marvelled work was created after the artist had endured a prolonged period of career uncertainty and failure. In 1900-1907, Vienna University rejected a large number of works he commissioned as they derided them as pornographic. Soon after this rejection from the art community of Vienna, Klimt painted *The Kiss*. In a letter he wrote, "Either I am too old, or too nervous, or too stupid – there must be something wrong," before producing the iconic masterpiece.

*Francis Bacon is renowned for his disturbing and distorted figures,*

but one of his most famous and most beautifully executed paintings came as a response to the loss of his lover, George Dyer in 1971. The artworks produced during this time are heavy on your eyes and your heart. Bacon used the canvas as a channel to express his emotions during mourning.



Francis Bacon, *In Memory of George Dyer*

*And let us not forget about the poets and novelists who wrote*

the most heartfelt literature of all-time during periods of separation and difficulty – Napoleon Bonaparte's love letters to Josephine. Napoleon's words of crazy admiration towards his dear Josephine have gone down in history, and they too were the result of being away from his love when he was commanding the French

army. In one famous epic letter he wrote,

"Ever since I left you, I have been sad. I am only happy when by your side. Ceaselessly I recall your kisses, your tears, your enchanting jealousy; and the charms of the incomparable Josephine keep constantly alight a bright and burning flame in my heart and senses. When, free from every worry, from all business, I shall spend all my moments by your side, to have nothing to do but to love you."

*Napoleon's letters and Napoleon himself*





*Mark Rothko's childhood and early life was plagued by fear and uncertainty.*

He created his large scale, dramatic colour works including 'Black on Maroon' in the late 1950s post-war. Art critic, Irving Sandler wrote, "his surfaces were velvety as poems of the night." Having experienced multiple wars and the great depression Rothko was a very emotive painter and he wanted observers to feel and be inside his works. I remember walking into one of the rooms in the Tate Modern that featured his 9 'Black on Maroon' canvases. I stood in the middle of the room and I felt immersed into the depths of the coloured panels. A beautiful experience created out of darkness.



Mark Rothko, Murals



Edvard Munch, Self-portrait with the Spanish Flu

*Artist Edvard Munch struggled with the Spanish Flu in 1919.*

He documented the illness with two notable artworks depicting the flu's symptoms. One is titled Self-portrait with the Spanish Flu where he sits unwell with a blanket in his chair. He became intrigued with disease and terminal illnesses after catching the flu. Edvard's emotional state impacted the way he expressed himself through art and dominated his canvases. "Illness and insanity kept watch over my cradle and accompanied me all my life," noted Edvard Munch.



Paul Blow's Illustration featured in The Observer Magazine, UK

*I recently read an article in The Observer Magazine, UK about love in the time of Corona.*

It was a heartfelt article, but it was the illustration by Paul Blow used to accompany the text that has remained imprinted in my mind. It was of two multistory apartment blocks with silhouettes of people inside –some alone, some families, some in couples and a few by themselves. And there were two figures looking across their balconies from each other from their own apartments. Aren't the most romantic stories the ones where lovers must overcome treacherous obstacles in order to be together, Romeo and Juliet, Elizabeth Bennett and Darcy and Odysseus and Penelope? There will be loves that are separated for months, families separated by thousands of miles, people who were on the cusp of falling in love, others worried how long it's going to be until they can go on a date again. There will be loss of jobs, financial insecurities, laborious juggling of homeschooling and work and worse still, there will be loss of health and loved ones.

*'Lovers II' by Rene Magritte has been used across the internet as representative of the times of self-distancing*

due to its masked figures in an embrace. When Magritte created Lovers II, the piece was thought upon by puzzled critics and observers alike, trying to make sense of an intimate moment obstructed by hoods covering their faces. The background is a beautiful sky blue, the embrace is genuine, passionate and yet the shrouded subjects allude to the idea of distance. Rene Magritte experienced loss and the bleakness of war and separation. He searched for light and joy whilst making sense of a time filled with chaos.

Rene Magritte, Lovers II



*What we can be certain of is that light will be at the end of this tunnel and it will be its brightest and most creative yet. Humanity is already relearning what is most important in life.*

As excited as I am about new business ideas and concepts that will be born out of this dark time, as we saw with WhatsApp and Uber during the last financial crisis of 2008, what I am really looking for is the next Gustav Klimt, The Kiss.



WE MAY  
THINK THERE'S  
A REASON  
FOR EVERY  
FEELING BUT,  
AS IT TURNS  
OUT, NOT  
ALL *our*  
*emotions*  
ARE OUR  
OWN

WORDS *by*  
ALEXANDRA  
ENGLISH

# CATCHING *feelings*

**Y**ou know that nagging sense of anxiety you can't quite put a finger on, or that bad mood that keeps getting worse because you can't identify the cause (you've even checked the calendar: it's not PMS and none of the planets are in retrograde)? It might not have been yours to begin with. Just as we pass on germs to the people closest (in proximity and otherwise) to us, we also share and contract one another's feelings in a phenomenon known as emotional contagion. Instagram's favourite illustrator Julie Houts (@jooleeloren) recently posted a visual representation of this: a hand waving (labelled "Me") from underneath a pile of dirt (labelled "Your baggage") and a smiley-face balloon floating away (labelled "My good day"). Psychologist, researcher and author Dr Lea Waters explains emotional contagion this

way: "It's basically the catching of someone else's mood. You absorb another person's emotion, and it causes you to lose your own mood and your own sense of perspective. Emotional contagion happens at a very subconscious level, and it's a deeply primal, evolutionary process that's been programmed into us." Human beings are really good at subconsciously scanning their conversational partner's face for clues as to whether they're enjoying the chat, how they're feeling in general and whether they're telling the truth. In the past, being able to read the emotions of our tribe members was crucial for survival, and while that's obviously less relevant today, we still need some level of emotional synchrony to understand the people around us. Emotional contagion occurs when we add to these mind-reading skills by mimicking the

person we're talking to. "In your brain, there's what's called mirror neurons," says Cindy Nour, director of MindFrame Psychology in Sydney. "They tend to fire when you see or anticipate a particular action and they mimic the same thing in you." We mimic the facial and vocal expressions (ever picked up an accent that's not yours?), as well as body language, postures and movements of those around us. We rarely realise we're doing this. The muscle fibres in our faces essentially have minds of their own and are carrying on while we remain unaware. This is where facial feedback theory comes in. "Emotions are a two-way street," says Waters. "How we feel on the inside influences our facial expressions, but our expressions also influence our emotions." Research has shown that when you smile, the movement is enough to communicate to your brain that you're in a good mood. So it stands to reason that if you're mimicking someone's frown, you're signalling to your brain that you're in a bad mood, and so it begins. Sometimes it's obvious: you'll feel sad when you talk to someone who is sad; confident when you speak to someone who is confident. But then there are times when you'll come away from a pleasant-enough conversation with a feeling of anxiety or awkwardness that wasn't there before. It can be easy to launch a full-scale self-assessment to determine the source and resolve that you probably said something stupid and you shouldn't be allowed to talk to people anymore.

In actual fact, your conversation partner could have been trying to hide their own anxiety, but you've unwittingly picked up on their microexpressions, which have clone-stamped the same feeling into you.

"Our bodies can't use words, but they're constantly communicating to us through changes to pressure and temperature, making you heavy in your shoulders, constricted across your throat – or the opposite," says Waters. But it runs even deeper than that. "Science has shown that we become synchronous in terms of our nervous systems, too," she adds. "When

we start to mimic the other person and take on their facial expressions and posture, our heart rate changes and so does our skin temperature and our brain waves." In this way we are like car indicators in traffic, all blinking to our own rhythm and occasionally flashing in synchrony, if only for a few moments. We are especially likely to mimic the facial expressions of the people we like and love. While everyone can probably think of one person who comes into work and brings the whole mood down, repeatedly catching the bad moods of the people we love can blind us to the contagion. These are relationships founded on emotions, says Waters. "The closer the person is to you, the stronger the emotional contagion." Nour agrees: "It's easier to take on their feelings if you know the person well; if you are familiar with how they act or behave." Unfortunately, negative emotions are more infectious than positive ones because they're linked to survival instincts: fear (run!), disgust (don't eat that), sadness (help me). Extroverted personalities send stronger signals and are less likely to be affected by people around them who

show different emotions to their own, while highly sensitive, introverted types are more likely to pick up on someone's signals and be overrun by a feeling that is not theirs. Women are also more susceptible to taking on other people's feelings.

Psychotherapist Dr Elaine Hatfield started researching emotional contagion in the '90s after realising she was contracting the feelings of her clients. In a report published in *Psychology Of Women Quarterly*, Hatfield and her team found evidence that due to "traditional gender roles", women were more often socialised to notice the emotional needs of others and are therefore more vulnerable to absorbing the negativity of those around them. "We're trained from a young age to be sensitive to what others are feeling," Hatfield said. "Men usually aren't, but that's changing." Second-hand emotions, such as stress, can have the same health effects on your body as the direct emotion. The brain interprets it as one and the same, which is why it is important to hone your self-regulation skills in order to inoculate yourself against bad moods. Waters has some advice: "Firstly, be aware that this is a real phenomenon and give it legitimacy. Secondly, tune into what's happening to you. How does your body respond when there are certain people in the room?" If you feel tense when with a family member, but feel your mood lifting when you're away from them, that's a clue that there may be a deeper problem in your relationship. But it doesn't mean we should

only surround ourselves with perennially sunny people: everyone's allowed their moods. "I don't want to advocate that if someone makes you feel bad, you should ditch that relationship," Waters says. "What you have to do is look at behaviour over time. If that person consistently makes you feel bad, then I'd question the relationship. But if you're in a long-term relationship and most of the time your partner makes you feel good, but every now and again they come to you in a bad mood, realise that's part of being in a relationship." Acknowledging where emotions came from is one way to avoid

emotional contagion, but make sure you take responsibility for your own feelings. If it was your mood first, how can you make sure you don't pass it on? "Awareness is the hack," says Waters. "Emotional contagion is a subconscious process, so as soon as we communicate to someone that we're not having a great day, we break the potential for the contagion because we've made it conscious." So all those times you think you've fooled everyone into thinking you're in a good mood, you've probably been spreading your bad mood germs everywhere. Make a commitment to yourself that you'll be a harbinger for positivity. "Once you're tuned into emotional contagion, you can use it to help people who aren't doing so well, and to improve your own mood," says Waters. "Think of small things you can do to be that positive agent. It's not about ignoring where you're at – don't force yourself if you're not having a great day. But if that's the case, have the awareness to recognise that and communicate it to someone to break the spell. Once you become aware of it, it's like a superpower you unlock."

**"THINK OF  
*small things*  
YOU CAN  
DO TO BE  
*that positive*  
AGENT"**

IMAGE: PHOTOGRAPHY BY GREG ADAMSKI





Cocobum

# NEED TO KNOW... Gigi

THE FASHION *concept store* THAT IS *rethinking* RETAIL

shop, but retailers are also changing the way they sell. Enter Gigi, a new immersive concept founded by Zeina Ladki created for the sole purpose of giving emerging Arab designers a platform to grow and evolve as their businesses do the same. "I really believe in the talent behind the designers and brands from our region," explains Zeina. "We wanted to offer them a stage where their collections will always be the stars. It's a place where they can express their creativity and garner a stronger voice beyond the Middle East." Set to open its doors within Dubai's latest neighbourhood mall, Galleria, the new concept offers a physical shopping space for young designers who wouldn't necessarily be able to hold down their own standalone store, giving them a platform to operate individually under their own unique identity, but at the same time, supported by the collaborative creative effort that makes up Gigi. "We approached brands we felt ticked some of the most important boxes for us (and them) to be successful," says Zeina. "They are talented, have a strong following base, and are serious about growing their business." Unconventional handbag brands will sit side by side with a gallery of art, home and interior brands each showcased in a personal nook styled and created by its own designer. The list of



Bil Arabi

Jessica K

Rafat Karimeh

ready-to-wear brands already reads like a who's who of budding young Arab talent with Mrs. Keepa, Jessica K, Rania's Corner, Zayan the Label, and Cocobum just a few of the brands that have made the elusive Gigi cut. "People are always looking for newness and that is what the store will be offering," says Zeina of the immersive platform that plans on going beyond the typical concept store. "In addition to the retail space, there will be activations and workshops like classes on floral arrangement, painting, photography, even yoga – the list goes on!" Big ambitions coming from the new store on the block but one that, if executed correctly, will for sure pave the way for emerging Arab designers to finally get their moment in the spotlight and shine in it.



Racil at Rania's Corner

With the high street in serious decline and fashion houses turning all their focus to online as shoppers move their carts from the floors of the mall to the faster and easier check outs offered by a burgeoning virtual retail landscape, some brick-and-mortar spaces are still finding new ways to attract consumers to their physical doors. Yes, the public may be changing the way they



Atelier Nawbar



Zayan the Label



## The designers... ON THE HOME FRONT

With an unprecedented curation of regional home and interior brands under one state-of-the-art space, Gigi offers something for every room in the home with an eclectic mix of brands including a selection from Ayyam Gallery, Cities, Khalid Shafar and Talata.

Clockwise from the left: Ayyam Gallery; Cities; Khalid Shafar; Talata



### MARIAM YEYA

*Egyptian-born, Dubai-based with a young cult following who turn to her for glammed-up vintage fashion*

#### WHAT WAS THE FIRST PIECE YOU EVER MADE?

It was a suit from a curtain fabric I had bought at the time for my first baby Isabelle Lilly's room. The fabric is printed with teddy bears and I added colourful satin piping to it as part of the design.

#### WHO WAS YOUR BIGGEST CHEERLEADER?

My husband Bassel Komaty aka Keepa hence the brand name Mrs. Keepa!

#### WHAT'S BEEN THE MOST CHALLENGING?

Finding a production house wasn't that easy and we had to invest in our own atelier right from the start.

#### HOW DO YOU SEE THE ARAB FASHION SCENE CHANGING?

I think there'll be more personalised brands reflecting the artist's cultural background instead of us fully abiding by the international's seasonal trends.

IMAGES: SUPPLIED

## The TALENT

MEET the faces BEHIND GIGI'S VANGUARD OF emerging Arab DESIGNERS



### JESSICA KHOUEIRI-ACHKAR – JESSICA K

*Fashion paradoxes are the core of this made-in-Beirut brand for contemporary womenswear*

#### WHAT WAS THE FIRST PIECE YOU EVER MADE?

My first jewellery design was a small pearl piece when I was just 12 years old. As for my very first RTW outfit, it was a short black dress with an embellished collar that I will never forget.

#### WHO WAS YOUR BIGGEST CHEERLEADER?

The first people who offered their unwavering support and belief were my parents. They trust in following my own path in life and are always there to support on the sidelines.

#### WHAT'S BEEN THE MOST CHALLENGING?

Differentiating myself from a saturated industry.

#### HOW DO YOU SEE THE ARAB FASHION SCENE CHANGING?

The Arab world is opening itself up bit-by-bit, but the struggle I foresee is how to maintain the 'Arab identity' in the midst of all this progress and openness.



### SARAH BEYDOUN – SARAH'S BAGS

*Ex-prisoners and underprivileged women make up the skilled artisans behind this female-empowering accessory label*

#### WHAT WAS THE FIRST PIECE YOU EVER MADE?

A bag with a beaded flower on it. I hand stitched it myself!

#### WHO WAS YOUR BIGGEST CHEERLEADER?

My family was a great support system; my brother gave me a space to use as a workshop, my sister created the logo and my mother bought the first bag I made.

#### WHAT'S BEEN THE MOST CHALLENGING?

Setting up the brand and taking it from a rehabilitation project to a full-fledged business.

#### HOW DO YOU SEE THE ARAB FASHION SCENE CHANGING?

After this pandemic, the whole world is going to press the restart button and hopefully people will consume more consciously.



### DIMA AND TANIA NAWBAR – L'ATELIER NAWBAR

*Fourth generation jewellers who not only produce modern pieces, but are ethically-sound as well*

#### WHAT WAS THE FIRST PIECE YOU EVER MADE?

A palm bracelet; it was very cutting edge at the time.

#### WHO WAS YOUR BIGGEST CHEERLEADER?

Our parents were the first people to encourage our out-of-the-box ideas.

#### WHAT'S BEEN THE MOST CHALLENGING?

There have been too many and it's because we broke all the rules in the jewellery business.

#### HOW DO YOU SEE THE ARAB FASHION SCENE CHANGING?

It's finally getting the recognition it deserves; the whole world is looking at us. It's our time to shine!



# WEIGHING *in*

"RETAIL IS NOT GOING ANYWHERE" - By Far's founders ON THE future of fashion AFTER THE COVID-19 CRISIS

WORDS by DINA KABBANI



Founders Sabina Gyosheva, Denitsa Bumbarova and Valentina Ignatova



The brand's shoes exude '90s cool-girl nonchalance with grown-up glamour



The new S/S20 line

It's a strong statement to make during these testing times; that fashion and the industry will survive this pandemic and live to see another day. Nobody really knows what the world will look like on the other side of Covid-19, but By Far's founders feel optimistic. "Retail will rebound," says Sabina Gyosheva, the CEO of the Bulgarian '90s chic accessories. "It'll get back to its previous speed by adapting to this new environment and by understanding the importance of customer experience." Connecting to clients has always been a core pillar of the label that Sabina co-founded with her twin sister Valentina Bezuhanova and best friend, Denitsa Bumbarova; a principle that has been implemented by the

trio from day one, way before they ever had a cult following, and one they remain adamant on seeing through even during these testing times. "We always believe that there's an opportunity in every crisis. The current situation definitely gives a new perspective on things and we've had the time to re-evaluate and re-structure some of our processes so that we can all work more efficiently," explains Valentina, the brains behind the brand's cool-girl image. "We also wanted to take the chance to get closer to our clients by offering them creative ways to spend their time at home so we launched our 'Colouring By Far Image Series' which became really popular on Instagram." And it's through staying creative that they've managed to see the light at the end of this ever-gloomy tunnel, working full speed ahead towards growing their brand no matter how daunting the current obstacles may be. "It's a different type of creativity – on how to stay connected with each other when we can't physically be together," says Denitsa who is in charge of design. "We're all brainstorming how to

communicate, inspire and bring a little joy during this difficult time. We want to explore different ways to be creative throughout self-isolation be it drawing, painting, cooking, experimenting with different smoothie recipes, etc. Very soon we'll launch our By Far World on our website for everyone to get inspired!" With most of the team spread throughout different parts of Europe and Denitsa based out of Sydney, communicating and brainstorming online has been the method of working since the launch of By Far, but currently like many others, the crisis worldwide has brought the team even closer. "We have a common vision and now more than ever, we feel that we need to bring something to inspire and encourage people. We want to stay connected with our teams, partners, factories and clients as much as we can," explains Sabina. "We believe when all of this is over, people will be very passionate about living, celebrating and socialising. We will all be humble and grateful for the small pleasures in life." Romantic in her optimism, we all pray that she is right.

"We always BELIEVE THAT there's AN OPPORTUNITY IN every CRISIS."



Nostalgic, minimalistic designs are a By Far staple

IMAGES: SUPPLIED

# LOCKDOWN MOOD BOOSTERS

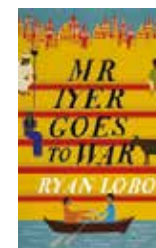
Free ONLINE COURSES, empowering PODCASTS, APPS to help master A NEW HOBBY + EVERY GREAT READ AND PUZZLE to instantly lift your spirit - NOW IS THE TIME TO LEARN AND INDULGE.

EDITED by TRISHA RUBDI



## READ

If you're on the hunt for a mood boost, you've come to the right place. Allow these heartwarming novels to provide you some much-needed escapism



MR IYER GOES TO WAR by RYAN LOBO

Set in modern-day India, Lalgudi Iyer spends his days in a nursing home immersed in sacred scripture. When a concussion awakens him with an epiphany, Lalgudi is repurposed with new meaning to his life: he is the reincarnation of ancient hero Bhima and must embark on a profound journey to banish the demon Baksura.

COLLAGE: T. PRASADAN



STARTUP by DOREE SHAFRIR

Doree Shafir, BuzzFeed's Senior Writer, debuts her first piece 'Startup'. Hugely entertaining, the book is a story of youth, ambition, love and technology's inability to hack human nature.



THE GREAT PASSAGE by SHION MIURA

Shion Miura encapsulates whoever is reading this particular piece in the life of an aging dictionary editor, Kohei Araki, inching towards retirement. Trap yourself in Kohei's pursuit to brining his life-long dream to completion.



GOODBYE, VITAMIN by RACHEL KHONG

A generous and funny novel about love, family and finding your way. After her father's Alzheimer's disease progresses, 30-year old Ruth pulls up stakes and moves home temporarily to help care for him.



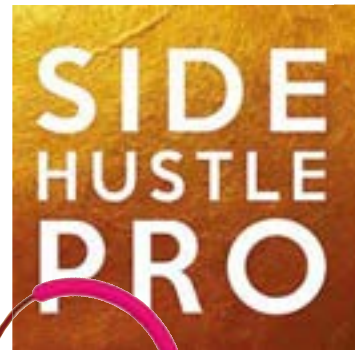
ELEANOR OLIPHANT IS COMPLETELY FINE by GAIL HONEYMAN

Gail writes Eleanor as an unusual protagonist that likes things to be done a certain way and prefers to isolate herself from the world. However, throughout the book, the reader comes to understand why Eleanor is the way she is in a touching spin that will bring you back to the basics of kindness.



**SIDE HUSTLE PRO**

With Covid woes in the air, just about everything feels like it's moving in slow motion, but it's no excuse to decelerate your hustle. Founder and host Nicaïla Okome is here to help you follow your passions all the way to a profitable gig.



**99% INVISIBLE**

One of the most engrossing podcasts about design and architecture sees creator and host Roman Mars explore and highlight great architecture in our environment that goes unnoticed. It's curious, yet funny and that's what makes it so compelling.



**CALL YOUR GIRLFRIEND**

Quite relatable to everyone's situation now, this podcasts theme is 'long distance best friends'. BBFs and co-hosts Ann Friedman and Aminatou Sow explore topics of pop culture, politics and whatever chat rabbit hole they find themselves in. This is one of team ELLE Arabia's faves.



**EDUCATE YOURSELF**

While quarantine promises a lot of opportunity to be counterproductive, it's really the time to upgrade yourself or take a deep dive in that topic that's always interested you. Below, our top choices of online courses you can take - free of cost!



code with CodeAcademy. Once you feel comfortable, you can even put your skills to good use by volunteering to work on open source code projects used by nonprofits.

**IF YOU'RE INTO LITERATURE**

If you're a lover of literature, Harvard's online courses on Shakespeare are perfect for you. You can explore his life and work or even dive deep into the art of his storytelling in Shakespeare's Hamlet: The Ghost and Shakespeare's Othello: The Moor.

**IF YOU WANT TO GET CREATIVE...**

...and learn graphic design, Udemy is offering a whole series of courses to get you started. You can start with Introduction to Graphic Design and work your way up to the more complicated features. In addition, Photoshop has a 7-day free trial you can use in pair with your learning.

**IF YOU LOVE INTERIOR DESIGN**

You can get a free course on the art of home décor and balance on luminous-spaces.com. Just make sure to add to cart "Feng Shui your home office", then add the code FREEOFFICE.



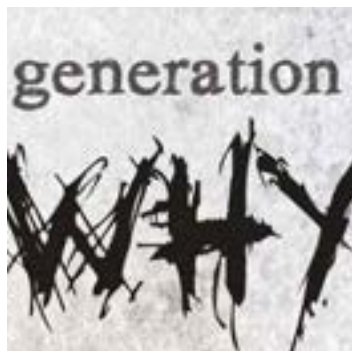
**PODCASTS *to* LISTEN TO**

While you're in quarantine, learn something new whilst working, cooking or doing just about anything that doesn't require your ears.



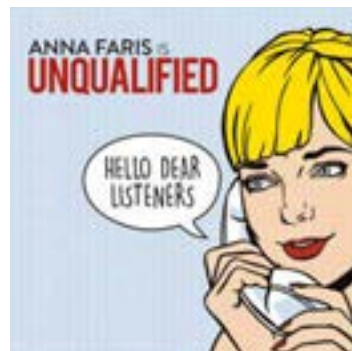
**THE FOOD CHAIN**

Find out the business, science, and cultural significance of food and what it takes to put food on your plate. Being a BBC podcast, each episode is thoroughly researched and information is served in a sharp half an hour, making it a great podcast for those not a fan of the DIY nature of most podcasts.



**GENERATION WHY**

If you like to watch crime documentaries, there's a high chance you'll like Generation Why. Hosts Aaron and Justin talk nitty gritty details and different pieces of evidence that could lead to a tracking case. With over 360 episodes of material to play pretend-Sherlock.



**ANNA FARIS IS UNQUALIFIED**

Much like the title prompts, Anna's podcast tags her as unqualified relationship-advice-giver. Each week, she hops on with a celebrity to answer listener questions with funny, relatable and (contrary to the title) sometimes insightful tips. Listen now!

**IF YOU'RE TRYING TO STAY SANE**

Looking to boost your wellbeing during lockdown? Luckily for you, Yale's most popular course The Science of Well-Being is available to take for free online. Taught by Professor Laurie Santos, the course is designed to increase happiness and help you to build more productive habits.

**IF YOU'RE A FASHION GEEK**

The Museum of Modern Art in New York aka MoMA is now offering a range of free

courses online all accessible on Coursera, allowing participants to learn directly from artists and designers. While majority courses are art-related, our must-check-out is Fashion as Design, which uses 70 pieces of clothing and accessories as a jumping off point for a study of the nature and meaning of fashion.

**IF YOU'RE A PSYCOPHILE**

Buddhism and Modern Psychology is a great course to take if you're all about psychology. Best-selling author,

Robert Wright examines what modern psychology can learn from ancient teachings.

**IF YOU'RE LOOKING TO IMPROVE YOUR TECH SKILLS**

While we're not natural born techies, there's always room to get better. You can for instance start with the Fundamentals of Azure on Microsoft Learn, a good way to dip into the world of cloud computing. Maybe try your hand at ORRR (since everyone is trying to develop an app or website these days) by learning how to





**EUPHORIA**  
 PRICE: DHS110 @ AMAZON.AE  
 ⌚ 120MIN 👥 2-6

Euphoria is set in a post-apocalypse, where each player's goal is to build a dystopian city by generating commodities, infiltrating opposing areas and fulfilling secret agendas.

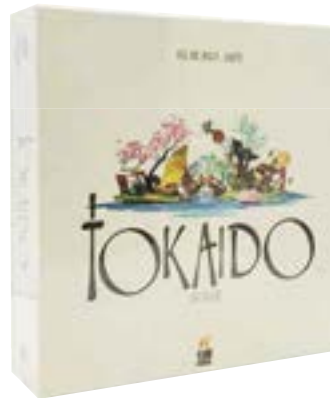


**KNOW YOURSELF**  
 PRICE: DHS55 @ THESCHOOLOFLIFE.COM  
 ⌚ AS LONG AS YOU WANT 👤 1

Most games require a party of two and if you're lacking in that department, no worries, this is the game for you; the cards here are designed to assist you on a journey of self-knowledge. Each card has an activity on one side and an analysis on the other side to help you gain insight and clarity on that ever-elusive subject: yourself.

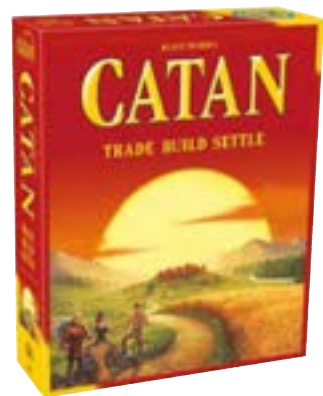
**TOKAIDO**  
 PRICE: DHS80 @ AMAZON.AE  
 ⌚ 45MIN 👥 2-5

Tokaido is a Japanese game about going on a holiday. Players assume the role of travellers and begin on one end of the board journeying to the other end, stopping at points along the way to buy souvenirs, enjoy panoramic views, eat hearty meals and meet some strangers. These pit stops aren't diversions, they're the entire point of the game. Everyone offers them a victory point, meaning whoever has the most at the end of the game – signifying that you've had the most enriching holiday – wins. Super wholesome!



## GAME ON

Here's another way to keep yourself entertained during isolation: Our top pick of board games that aren't Monopoly...



**CATAN**  
 PRICE: DHS160 @ AMAZON.AE  
 ⌚ 120MIN 👥 3-6

This one may take you some time to figure, but once you get it, you'll want to play it again and again. The game involves a lot of strategy – you can earn points by collecting resources, building cities, amassing an army of knights. There are several expansion packs available to make the game more interesting as well.



**AZUL**  
 PRICE: DHS190 @ AMAZON.AE  
 ⌚ 45MIN 👥 2-4

If you have a knack for design, this would be your winning game. Azul is a game of building a pattern wall using beautiful plastic tiles and is surprisingly straightforward to play. Sounds easy but the trick is you can only pick one colour in your turn, leaving juicy options behind for your opponents. A good blend of strategic thinking and because there isn't much interaction with other players, makes it great for snacking and chatting.

## APPS TO DOWNLOAD

Spending a lot of time on your phone? Here's a cadre of new apps to keep you nice and busy



**HEADSPACE**  
 Get ready to practice some mindfulness meditation with this app that offers a different type of contemplating exercise for any situation one might encounter; a good way to stop an isolation meltdown or even boost concentration while working from home. It also doesn't hurt that Andy Puddicombe, founder of the app and who also does the talking, has a wildly soothing voice to zen out to.



**8FIT**  
 Your one-stop shop for exercise and nutrition - 8fit constructs custom meals and workouts for you so you don't have to spend forever planning. Best of all is there's no requirement for any equipment to carry on your workout. Hello to rock hard abs!



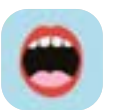
**QUIZUP**  
 We know you won't be seeing your friends for a while but doing fun things with them isn't entirely out of question. Not everyone likes playing games on their phone and we understand that it can seem counterproductive given the state of the world right now, but with QuizUp, it's a battle of the brains! You can challenge your friends to trivia and a multitude of topics.



**FARMBOX.AE**  
 If you're planning to park at home till the coast is clear from Corona, Farmbox.ae has got you covered. You can order all your groceries on here, and if you place them before 12pm, you can get next day delivery! They even have prepared boxes if you're a bit scrambled for what to order.



**TODOIST**  
 Chances are if you're at home, you're probably working too. And we know firsthand, that #wfh can blur the lines between hustling and comfort, so this app is ideal to cope with that. Todoist helps you keep productive, staying on track of all the things you need to do by sending reminders and monitoring deadlines - so no matter what distractions there are, you'll be able to focus on work.



**PROJECT FOODIE**  
 We don't really recommend ordering take out with everything that's going on and cooking your own meals can get pretty boring if you only know a handful of recipes in total. So, where do you go from there? Head to the Project Foodie app. Easy-to-use, where chefs walk you through each recipe in obsessively detailed videos, teaching you everything you need to know while broadening your culinary horizons on the way.

COLLAGE: T. PRASADAN



# A-Z THINGS TO DO: Quarantine EDITION

Corona cabin fever IS REAL, AND LIKE US, YOU MAY BE FEELING A LITTLE CLAUSTROPHOBIC & RESTLESS. To kickstart your MOTIVATION AND POSITIVITY WE'VE CURATED AN A-Z checklist OF things to try, do and learn TO PASS THE TIME AND KEEP YOU busy in quarantine

EDITED by TRISHA RUBDI



## GET ARTSY

As days while away into a mundane loop, it can be hard to keep yourself entertained within the four corners of your living space. But not to fret, coveted shoe designer Manolo Blahnik has just brought a little bit of colour into our lives by releasing some of his famous shoe sketches as free colouring pages. Yes, the brand has stripped original sketches to outlines, available on Manoloblahnik.com, ready to be printed out and coloured in - get your pencils ready!

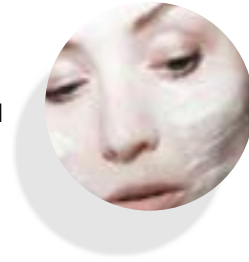
## MASTER THE ART OF COOKING

Initial quarantine days can be defined by everyone hopping onto the banana bread bandwagon, but it's time to take matters seriously. With nearly everyone becoming Michelin star chefs overnight, there's no excuse to come out of lockdown unprepared to contend for the next MasterChef. Our personal favourite source for honing all culinary skill is from celebrity chef Antoni Porowski and his IGTV series: Quar Eye: Cooking lessons in Quarantine.



## CURL UP WITH A BOOK

While the heat picks up and the Covid-19 epidemic continues to rage, sitting in with a good piece of literature seems like the only way forward. Fortunately for you, we churned out a full list of books that'll help you escape your self-imposed house arrest. Flip on over to page 53 to check it out!



## GIVE YOURSELF A FACIAL

Cleanse, exfoliate, mask and moisturise - 4 sacred steps to keep your face looking fresh and glowing in quarantine!

## PLAN YOUR NEXT ESCAPE

Down to the last detail! We don't know when it's going to happen but we can at least envision it and then figure it out when we're there. Ah, Mr & Mrs Smith.

## SET UP A DATE NIGHT AT HOME

If you're spending your quarantine with your partner, hooray to not being alone! But being locked in together may also mean finding creative, intentional ways to spend quality time together. Throw on your finest dinner dress, whip something up in the kitchen together and light some candles to spice things up!

## MAINTAIN A GRATITUDE JOURNAL

Start an appreciation diary to keep away any possibility of turning into a Negative Nancy. Jot what you're grateful for at the end of every night; it'll help keep you positive and is immensely beneficial for one's mental health.

## TRY AN AT-HOME HAIR TUTORIAL

As far as at-home hair experiments go, we draw the line at bleaching it by yourself, unless you're a professional of course. However, we do love a little styling session. Throw your locks in a cute updo or achieve heatless waves by leaving them in a braid overnight; yes, there's no one to show off for, but in 2020, we look cute for ourselves.

## PICK UP AN INSTRUMENT

We all have that one guitar or drum set we bought that's now collecting dust somewhere in the back of our garage and now's about high time to get your money's worth by spending 30 minutes a day practicing said musical instrument. Who knows? You may even come out of this confinement a total prodigy.

## COMPLETE A 1,000 PIECE JIGSAW PUZZLE

Test your patience and ability to piece things together with a jigsaw puzzle. Include your family and make it a fun group activity!

## KONDO YOUR BEAUTY BAG

There's always something taking up space in your house that can be rid of; the most notorious hoarding is seen in your make-up bag so that's the best place to start. Throw away all your empties and expired containers to inch a step closer to a decluttered mind and life.

## LEARN A FOREIGN LANGUAGE

Travel fantasising is at a record high and while it may be a few good months before we can step out, we suggest keeping your travel muscles limber by studying up on foreign languages. Why not try learning the basics of a language from the country you want to travel first to post lockdown? Check out free language app Duolingo.

## ATTEMPT A MANI/PEDI

Boost your mood by giving yourself a mani/pedi! Push back the cuticles, slather your hand in hand cream and pick an unusual colour. Pro-tip for painting nails on the left hand: Don't.

## BINGE ON NETFLIX

Because even now, there's nothing like a good old session of Netflix and Chill. Need someone to keep you company? Why not try Netflix Party with your buddies? Download the Chrome extension and share the link with your friends for movie nights that make long-distance just a tad bit closer.

## TAKE UP AN ONLINE COURSE

Making Dalgona coffee is so last month- it's time to level up. Harvard has opened 67 courses for free, all which can be completed from the comfort of your own couch. Dabbling deeply into intellectual topics of data science, Shakespeare's storytelling or sects of law, there's a subject for everyone to choose from. Not enough? Yale too has made free their most popular course ever - The Science of Well-Being.

## BECOME A PLANT PARENT

If you're tackling quarantine all by yourself and feeling somewhat lonely, it's the perfect time to mother a plant or like 20. It may seem as bit of an underwhelming activity to take on at first, but the stated physical and mental benefits from nurturing a plant are quite appreciable. Besides, we're still all about urban jungle décor so this is a clear win.



## QUENCH YOUR CULTURE THIRST

Life Magazine has visually depicted every major triumph & upheaval of the 20th century through kitschy Normal Rockwell illustrations, history-making Don McCullin photographs, and more. Hop onto Life.com to peruse the entire back catalogue - you're in for a visual treat!

## REDECORATE

If you've been bingeing Mr. Kate on YouTube like us, you can probably resonate with this activity. Revamp your quarters by making the smallest changes: switch up cushion covers, sand down furniture or create a new feature wall with a lick of paint. The energy in your room will change in an instant!

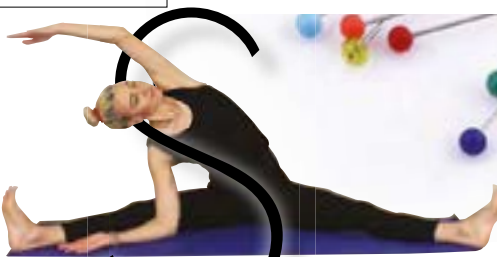
## TAKE A VIRTUAL TOUR

Tour through the Louvre in your pyjamas? Louvre.fr has launched several virtual tours of the museum and Alserkal Avenue are also offering virtual exhibition tours on their site.



## FIX UP YOUR WARDROBE

There are always those pieces that have been sitting in your wardrobe (for as long as you can remember) requiring a hem turned up or a button fixing back. Now's the time to pull out that needle and thread and get the job done!



## DO THE SPLITS IN 30 DAYS

If you've always wanted to master the splits, it's now. Sneak the right stretches in your morning workout and if consistent, you'll have cracked it within a couple weeks.

## TAKE A 10 MINUTE TIMEOUT

Promote healing during this global crisis and put your phone away, turn off the lights and just meditate for a few. Add crystals for extra healing power!

## UPGRADE YOUR RESUME

With all the new courses you're going to study, we're pretty sure there's at least one you'd like to harp about in your resume.

## EXERCISE WITH YOUR XBOX

Dance Dance Revolution is an oldie but goldie and more importantly, a fun and competitive way to get a workout in!

## PRACTICE YOGA

What better time to zen out and practice yoga than now?

## THROW A ZOOM PARTY

There are no rules in throwing a virtual party except two: 1. Themes are great fun 2. Keep it tight (you want to avoid too many people talking over one another). 3. Curate a great party playlist. Now glam up and dance like no one's watching!



# WHIMSICAL

PRETTY HAND-PAINTED SKINS PLUS  
ENCHANTING BUTTERFLIES EQUALS BVLGARI'S  
NEW BAG COLLECTION THAT PROMISES  
TO ELEVATE SUMMERS PLAYFUL MOOD



PHOTOGRAPHY: DEERU NAIR

STYLING: CARMEL HARRISON

# TOUCH





OPENING PAGE: Bvlgari Serpenti Forever shoulder bag in arctic jade Psiche. Bvlgari Serpenti Forever crossbody bag in silky coral and flash amethyst Neon. THIS PAGE: Bvlgari scarf in fine silk twill  
RIGHT PAGE: Bvlgari Serpenti Cabochon shoulder bag in soft matelasse rosa di francia nappa leather





THIS PAGE:  
Bvlgari Serpenti  
Forever crossbody  
bags in calf leather  
RIGHT PAGE:  
Bvlgari Serpenti  
Forever crossbody  
bags in calf leather  
with two arctic  
jade butterflies  
embroidered







THIS PAGE:  
Bvlgari Serpenti  
Forever crossbody  
bag in cloud  
galuchat skin  
LEFT PAGE:  
Bvlgari Serpenti  
Cabochon backpack  
in soft matelasse  
white agate calf  
leather

The Bvlgari Serpenti Butterfly Flow collection  
is available at Bvlgari boutiques.



# B O R N T O C R E A T E

STYLING  
by CARMEL HARRISON

PHOTOGRAPHY  
by GREG ADAMSKI

DANA HOURANI *talks* FASHION, HER UPCOMING DEBUT ALBUM,  
AND WHY YOU SHOULD ALWAYS FOLLOW YOUR DREAM...

WORDS and INTERVIEW  
by NAJLA MOUSSA

When I mentioned to a friend of mine that I was interviewing Dana Hourani, her response was, "She's so cool, she's the kind of girl that dons unique Ukrainian labels, oversized blazers and can make a pair of baggy pants and a tank top look incredibly chic". For our Zoom video call Dana is effortless in a black sweater and oversized sweatpants, she's sitting cross-legged in her four-year old daughter Zoe's playroom. "Sorry, this is the only space I could find to hide - that's quiet," she says with a laugh. In response, I point to my bed frame behind me. Our conversation begins on the topic of Covid-19, "I was always anxious before - I always had this feeling that there's something I wasn't doing, but I'm finding peace in the slower pace...there's definitely less pressure."

The rising star and budding singer is wrapping up her first album, (which she's been working on since 2018) - who's release date has been postponed due to the Covid-19 crisis. "I'm itching to get back to the studio," she tells me. Dana has always been into music, which we've seen in earlier times through video snippets of herself on Instagram, candidly singing music covers with her guitar. However, it was earlier this year when she released her first official song, a beautifully modernised rendition of "Zuruni," (a famous Arabic song that was covered by the iconic Lebanese singer, Fairuz) that officially kick-started her singing career and shot the starlet to fame. It also marked the first time Dana's audience heard her singing in Arabic. Dana reveals to me that all the songs on her debut album will be in Arabic. "I live in the Arab world, I'm proud of my Lebanese roots, and I believe I can contribute something new by combining East and West sounds in my music. I think that's something that doesn't really exist in the Arabic music industry. Singing in English might be great, but it wouldn't bring anything new







OPENING PAGE: Jumpsuit Dhs12,460 Hermès. Lips: Rouge Hermès lipstick in 33 Orange Boite (Dhs278). THIS PAGE: T-shirt Dhs2,145; Bracelets from top to bottom; (Dhs2,645); (Dhs2,835); (Dhs2,885); (Dhs3,175) all by Hermès. Lips: Rouge Hermès lipstick in 68 Rouge Blue (Dhs278) mixed with Rouge Hermès lipstick 53 Rouge Orange (Dhs278). RIGHT PAGE: Knitted Pullover Dhs19,190; Knitted Skirt Dhs6,730 both by Hermès







ABOVE AND OPPOSITE PAGE: Jumpsuit Dhs12,460; Bella Printed Silk Scrunchie Dhs860 both by Hermès







THIS PAGE: T-shirt Dhs2,145; Leather Jacket Dhs23,925; Leather Skirt Dhs15,950 all by Hermès  
LEFT PAGE: Knitted Pullover Dhs19,190; Knitted Skirt Dhs6,730 both by Hermès



to the table," she explains. The songs on the album, co-written with songwriter Anthony Khoury (who also happens to be Dana's music consultant), revolves around universal themes of love, heartbreak and feminism. There might be one about motherhood, too." she quips. Her favorite? "Lah'za," which means 'moment' in Arabic. "It's about an old love. The idea behind it is; 'ideeney lahza' " she says to me in her Lebanese dialect. "Give me a moment; give me a chance to explain myself." I'm already fan-girling!

Dana first gained traction through fashion, luxury brand collaborations and her carefully curated Instagram account (@danahourani), which now has an impressive 184k followers. The social tool has also provided her with a way to communicate her music directly to her cult fans, but don't worry though, the star carved her path through style and it will always remain part of her creative DNA. "I love fashion. I love expressing myself through fashion, and it's still a big part of who I am. I haven't lost focus or discarded any of these interests. But people don't know that for a long time, music has also been a passion and dream of mine." Singing professionally isn't a gimmick or something Dana randomly decided to give a go. It was just something she kept private because she didn't think it would materialize.

"Everyone wants to be a singer, but where do you start? Who do you need to know to get you places? I kind of thought it was a far-fetched dream." Her followers may not know this, but before Dana made a career out of social media, she worked for Virgin Megastore and a sister company that was a record label. "At the time, the job was more on the business coordination side of things, so I eventually quit. I struggled for a while because I wanted to sing, but I also loved fashion and I wanted to travel. So many things that I wanted to do, but I couldn't imagine a job that would encompass all of them." She respectfully disagrees with those that think she's diversified too much, or has lost her direction. Having a talent, she tells me, is an added value. "In terms of brand collaborations, brands are looking for people that have something else to offer, something more than just a person that posts on Instagram. At the end of the day, you follow someone because they have a story, and if that story has more layers, it's a plus. When brands started reaching out, I realised that I needed

to formalize this. And from here, my content moved to include visual communication and visual storytelling, and that finally evolved to include music."

I ask the rising star how she's been changing up her storytelling during the pandemic - which has seen a shift in content creators posting more inspiring, raw and feel-good content. "When all this started, my husband and I were talking about my platform, which is all about fashion, my music, travelling...and none of those things apply right now. We also talked about adaptive intelligence (the ability to adapt to change)." For Dana, that meant finding new ways to connect with her audience. "My followers are seeing a side of me that they have never seen before. They're seeing me as a mother, a wife, they're seeing my sense of humour - all these things about me that exist but weren't up for public consumption because that's not what my platform was about." Her advice to content creators is to be adaptive. "My platform isn't just for me - it's for my followers too. I have to find a way to speak to them regardless of what is going on, regardless of what I did before. I want to give my audience content that they can relate to, without losing who I am or what sets me apart."

There are always suggestions and opinions being given to Dana in regards to how to grow her following, she tells me, "Show more of yourself, talk to your audience more, do certain things that attract more engagement. But that's just not me. I don't want to conform to those rules. I want to live my life and document it along the way - not change the way I live to bring more engagement."

Music and fashion aren't the only things in the singer's repertoire. She's been taking dance lessons twice a week and down the line, she'd like to take acting classes. "It'll help with my music videos. I'm always looking at different mediums to express myself. I'm a wife, a mother, a musician, a fashion enthusiast and a work in progress."

"I'm always trying to find the rest of me." She told me she hopes what people get from her content is the realization that there's a person that's gone after everything they wanted, without losing themselves or their vision, regardless of the background noise and pressure. "I hope people look at all the different things I've done and see it as proof that you can have it all - at least when it comes to your dreams."

### Quick-fire questions:

- Who's your icon?**  
Beyoncé
- Fave podcast?**  
I'm listening to a lot of Robin Sharma's podcasts
- Most listened-to song on your playlist?**  
Kiana Ledes Album
- Favourite shade of Hermès lipstick?**  
Rouge Casaque 64
- Last fashion purchase?**  
A pair of shoes from The Row
- Most used App?**  
Lightroom
- The last text message you received?**  
My mum asking to FaceTime with Zoe
- The last time you cried?**  
Last night watching a series
- The first country you will visit post-lockdown?**  
Lebanon
- Describe your personality in 3 words**  
Ambitious, hardworking, honest
- Describe your sound**  
Pop/Indie
- What recipe are you cooking on repeat?**  
Banana Bread



THIS PAGE: Knitted Dress  
Dhs 13,460; Leather  
Overcoat Dhs 52,335  
both by Hermès

Make-up: Sharon Drugan; Hair: Jordan Robertson



SHIFTING

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A

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THE SUN-  
BLEACHED  
LANDSCAPE  
OF DEATH  
VALLEY  
PROVIDES  
THE PERFECT  
BACKDROP  
FOR  
SPRING'S  
MOST  
EXUBERANT  
FASHIONS

PHOTOGRAPHY  
by COLE SPROUSE  
STYLING  
by NATASHA ROYT







OPENING LEFT PAGE: Top and trousers  
Giorgio Armani, Bandeau top (worn  
underneath) Emporio Armani, Hat Prada;  
OPENING RIGHT PAGE: Coat and gown, Rick  
Owens; THIS PAGE: Top, trousers and shoes  
all by Balenciaga, Earrings Jennifer Fisher; LEFT  
PAGE: Top and skirt both by Chanel





THIS PAGE: Dress Etro, Hoop earrings  
Jennifer Fisher, Sandals, JW Anderson  
(worn throughout)



THIS PAGE: Dress Celine by Hedi Slimane;  
RIGHT PAGE: Gown Gucci, Necklace  
Bottega Veneta







Hair: Luke Chamberlain for Oribe; Makeup: Ciara O'Shea at LGA Management; Model: Lucan Gillespie at The Lions NY;  
Set Design: Bryan Porter at Owl and the Elephant; Producer: Paul Preiss at Preiss Creative





THE DIY BEAUTY *tricks to try* AT HOME  
+ HOW TO *green your* BEAUTY ROUTINE

PHOTOGRAPHY BY BAARD LUNDE; STYLING BY DEBORAH DUTRAIN

# BEAUTY MEMO

THE PODCASTS, *products and* SERVICES KEEPING US BEAUTIFIED *during* QUARANTINE

COMPILED *by* DINA KABBANI



## Beauty Binges

Hungry for an enthralling lesson on self-care rituals or maybe you're thirsty for some at-home tips to stay on top of your beauty game during this period of confinement? There's no time like the present to get all those answers and more thanks to a host of beauty podcasts that offer the best in #stayhome entertainment; all you have to do is pop on those AirPods and listen - it's that simple.

**ELLE Arabia recommends:** *The Goodness Podcast, Fat Mascara, The Goop Podcast, The Beauty Brains, The Emma Guns Show*



### NAIL IT

The quarantine road to perfect nails doesn't have to be all that bumpy; perfect nails are achievable, if you just have the right tools.

Enter Olive & June's Studio Box - a brilliant 9-piece set to kick start that at-home mani. There's a clean-up brush for easy touch-ups, a cactus flower infused cuticle serum and even a compartment to slip your phone in for the ultimate nail-perfecting light. Happy filing!  
*Studio Box Dhs184 Olive & June*



### BOOST YOUR MOOD

Remember what a night out on the town felt like? The cool evening breeze, pulsating music, and sweet, sweet taste of freedom. We might not be leaving our houses any time soon, but a spritz of Celine's olfactory creations will transport one from the confines of isolation right into the streets of Paris. *Dans Paris & Saint-Germain-Des-Près*  
**Dhs890 Celine**

### ON THE ROLL

During these testing times, it's the little things that can really make a difference to the way we feel. Coming to the rescue of our tired and puffy faces for the ultimate pick me up is the jade roller; with just a couple of swoops upwards and outwards, presto - your lymphatic drainage is kick started. Keep in the fridge prior and you'll get an extra cool kick.

1. *Botanicals Rose Quartz Roller Dhs162 Herbivore*
2. *Jade Facial Roller Dhs117 Yu Ling*



### NO PLACE LIKE HOME

Now your home can look and smell good this Eid with Rituals new Private Home Collection Range. Create an aroma-smacking ambience for guests in scents from Sweet Jasmine, Imperial Rose, Black Oudh and Precious Amber. The packaging is also aesthetically-pleasing too!  
Visit [en-ae.6thstreet.com](http://en-ae.6thstreet.com)



IMAGE: SUPPLIED



## YOUR CLEAN & CLEVER GUIDE

WITHOUT COMPLETELY BECOMING AN “organic” GODDESS, THERE ARE A FEW BEAUTY AND *wellness tips that can change YOUR WORLD, AND THE WORLD AROUND YOU. FOR A BETTER YOU IN A BETTER PLACE, SIMPLY FOLLOW our 12 friendly tricks.* REVIVE YOUR SENSES, *listen to your body and soul.* AND THE BEES!

WORDS by VIRGINIE DOLATA

**1 DETOX AND PRIORITISE YOURSELF**  
Bad habits, stress, a few too many cocktails, junk food and pollution may cause your skin to spiral. To help keep your skin looking fresh, radiant and healthy, you need to take extra good care of your liver, which does a large part of the body's cleansing. Milk, thistle extract, selenium, zinc and magnesium along with other free radicals and fighting oxidants help boost your body's natural process. A simple alternative? Celery juice! It's rich in vitamins, minerals and electrolytes. In addition, don't hesitate to play “Sleeping Beauty”. A good night's sleep is essential. It is one of the most important parts of regeneration in terms of your health, skin and overall wellbeing. It's certainly not hazardous if it is on the top of the world's supermodels' beauty lists. Goodnight, beauty!

**2 SMILE ABOUT LIFE**  
Above all else, your mouth acts as the gatekeeper for good health. Teeth are living organisms that communicate with the rest of your body via your bloodstream as well as your lymphatic and nervous systems. Good habits and a balanced diet are the key to preserving your health, keeping your teeth in tip-top condition, allowing for fresh breath and a splendid smile. Thinking about oral hygiene, choose a bamboo toothbrush – it's sustainable and biodegradable! Pair it with an ultra-cleansing toothpaste: activated charcoal gives it its minty fresh taste, as well as whitening your teeth and helping prevent bad breath! Avoid toothpaste containing the following chemicals: triclosan (a hormone disruptor); sodium lauryl sulfate (actively irritates skin); titanium dioxide (contains potentially cancerogenous nano-particles).  
**Our best buys:** Premium Natural toothpaste, Davids Peppermint All-one toothpaste, Dr Bronner's Bamboo toothbrush with charcoal infused bristles, Love Beauty and Planet

**3 CHOOSE YOUR SKIN'S SAVIOR**  
A good moisturiser is essential in order to protect the skin's natural barriers, keeping it well-nourished and providing it with lipids for optimal results. Choose a moisturiser and a serum: a serum containing hyaluronic acid is ideal. It penetrates surface layers as well as deep-tissue skin. Use a moisturiser packed with ingredients such as shea butter, avocado oil, fatty acids, and a great antioxidant such as purslane. Your skin will thank you!  
**Our best buys:** Serum and moisturiser, both Dr Barbara Sturm

**4 DRINK VEGETAL**  
Drinking water throughout the day is essential for maintaining good health. You can also switch it up and experiment with smoothies. They are our top choice. Easy to prepare, full of flavor and packed full of fruit and vegetables for a balanced diet with (healthy!) freshly-made drinks containing flowers and/or petals. Think lavender lattes, rose-infused beverages, hibiscus rose tea (served hot or as an iced-tea) and elderberry cocktails. They will quench your thirst and tantalize your taste buds.  
**Our DIY recipe :** Pour two cups of almond milk into a smoothie maker, adding in a couple of sprigs of organic lavender. You can also add cornflower, a handful of mint and other fresh herbs...and why not add a sprinkling of cinnamon!

**5 SIMPLY EAT AND BUY WELL**  
Meat farms have a negative impact on the environment, contributing as many greenhouse gases as every mode of transport on earth combined. Going plant-based, for 1 or 2 meals a day, is one of the best ways to reduce our own carbon footprint. Here are a few other clever tips: -  
Try to avoid eating meat and fish as well as much as >>

tip!

Give your eyes a cup of coffee by using a natural cream full of caffeine. It really helps puffiness and dark circles, plus it smells incredible.

Coffee bean Caffeine Eye Cream. 100% PURE

### #1 CARE FOR YOUR EYES



## #2 CHOOSE YOUR SKIN'S SAVIOR

tip!

You can also choose a multitasking product such as Lixirskin's 'Universal Emulsion', which is a three-in-one miracle: day moisturiser, night cream and the perfect make-up base.

BANDANA, ACNE STUDIOS

>> possible - at least once a week. Get inspired by Stella McCartney's "Meat Free Monday".

- 80% of your diet should be comprised of (organic) vegetables and wholegrains (brown rice, quinoa, millet, beans...)
- Do your best to source food locally: think 'farm to table'.
- Buy seasonal products. Cook with vegetable oils (coconut, sunflower etc.) and alternate them for added fun.
- Eliminate white cane sugar, plain flour and ready-made meals. Make like the eco queen Gisele Bündchen, start your day with a glass of warm water with freshly squeezed lemon juice. Do this on an empty stomach to reset your body and boost digestion. Follow this with a revitalising fresh juice or a homemade multi-vitamin smoothie, made from organic seasonal fruit. Get inspired by Gisele's favourite - a plate divided into seven portions with kale, broccoli, quinoa, avocado, beetroot, sweet potatoes and cherry tomatoes.



## 6 CARE FOR YOUR EYES

Turning to make-up, we're all looking for a mascara that conditions lashes but doesn't run or leave any black gunk. And not just your average mascara. Go for a 'clean' one. Many mascaras are made with by-products of coal, tar and microplastics. In order to have a long shelf-life some of them contain traces of mercury. This results in skin irritations and you may even notice an influx in eyelash loss over a long period of time. Choose mascaras containing ingredients such as carnauba wax, ricin or sunflower-seed oil and chicory root extracts. Now, you can cry with laughter!

### Our best buys:

Long Lash Vegan Mascara, Inika Organic Eye Love you mascara, Westman Atelier

## 7 FEEL THE BREEZE

Besides harsh shampoos, with a never-ending list of toxic ingredients (parabens, silicones, sulphates, synthetic fragrances...), the worst enemy to your hair is the daily ritual of a blow-dry. "Frequent use of heated appliances is a major cause of damaged hair and split-ends. As often as possible, let your hair air-dry. And never blow-dry wet hair," advises



## LESS WASTE

*Like Emma Watson, banish single-use cotton pads and instead buy reusable cotton pads to remove your make-up, cleanse and tone... Did you know? They can be reused up to 1,000 times! Just toss it in the washing machine when your laundry bag is full. It's as simple as that!*

Olivier Lebrun, founder of Olab Salon in Paris. "Towel-dry damp hair before blowing, and the fewer heater applications used is less energy consumed!"

### Our DIY beauty recipe for healthy hair:

Heat up hair oil in a bowl and apply it to your hair and scalp. Then, take a hot wet towel and wrap it around your head, leaving it on for 30 minutes. Follow with your usual shampoo and conditioner routine.

### Our best buys:

- Hydrating Shampoo bar with aloe vera by Christophe Robin
- Solid Shampoo bar by Sweet & Spicy
- Ethique Lavendar and Rosemary Shampoo by John Masters Organics

## 8 ILLUMINATE YOUR SKIN

Who better than Tata Harper herself the guru of natural beauty, founder of her eponymous brand, to describe the perfect morning routine:

- Start by polishing your face to remove buildup: "I'm a firm believer in daily exfoliation."
- Then really drench your skin with a floral hydrating mist: "I like the skin to be really saturated when I apply serums. It helps them penetrate further."
- Next up, one of the most important anti-ageing steps: applying serums to your neck and chest.
- Afterwards, it's all about eye care: "I really like to layer on the eye area and keep it super hydrated."
- Finally, apply an illuminating moisturiser and then massage a face oil filled with nutrients into the skin.
- "When it comes to order of application, always start >>





### #3 SMILE ABOUT LIFE

*tip!*

Turn off the tap whilst brushing your teeth. Also, use a glass to rinse out your mouth.

*Did you know?*

Over 4.7 billion plastic toothbrushes are dumped in landfills and oceans every year worldwide.

Body DESQUARED2, Hat JACQUEMUS,  
Wristlets POVERA SLOW DESIGN, Earring  
« Mathilda » and rings in ethical gold  
GOLPIRA chez White Bird



### #4 THANK YOU BEES

*tip!*

**FOR REPAIRING LIPS**  
"Mix a spoon of mildly warm honey with a spoon of rose water. Stir until they blend and use it as an SOS balm for very chapped lips."  
*Mibaela Batinic*  
ELLE CROATIA



## #5 GET THE BEST OF THE SUN

>> with more liquid-based products and move to thicker products. For example, face oil comes last in my routine because oil penetrates everything but not everything penetrates oil."

**Our best buys:**

Exfoliating Oil to Milk Scrub Madara + Cactus Hydrating Mist Kiehl's + Elixir Vitae Eye Serum Tata Harper + Age-Repair Eye Cream Tetra Peptide & Centella, Grown Alchemist + Noni Glow Face Oil Kora Organics or Retinoic Nutrient Face Oil Tata Harper

### 9 GET THE BEST OF THE SUN

Our skin (and morale) need the sun to produce Vitamin D. But we know that sun is not always our best friend. Living in LA, Kaia Gerber confirms: "Even if I'm not going to the beach, I always use a SPF 50 on my face as my mother (Cindy Crawford) told me since my very early childhood." But the question today is which sun cream to use? They are often called out for their negative impact on both the environment and our bodies.

A healthy sun cream should contain active ingredients such as zinc oxide and/or titanium oxide. They sit on top of your skin to help block out UV rays without damaging anything under the surface!

**Our best buys:**

Mattifying Face sunscreen SPF 30, REN Age Defying Mineral sunscreen, SPF30 Mádara.

### 10 WATCH OUR FOR YOUR SHOWER

When your skin is wet, it becomes more absorbant. And because of the steam in your shower, you actually breathe in your body wash. They can be made from preservatives, texturisers, detergents and synthetic fragrances. This may irritate and dry out your skin.

Choose a pure vegetable soap to cleanse, soften, moisturize and energise your body (and mind!). And try to stop using hot water. Celebrities and fashion photographer Alexi Lubomirski swears by cold showers. "You get used to it quickly!" Start from your feet upwards up until you reaching the back of your ears. Permission to scream!

**Our best buys:**

Pure-Castile Bar Soap by Dr Bronner

### 11

#### THANK YOU BEES!

Bees contribute to 85% of the world's pollinisation and play a crucial role in the preservation of biodiversity and food security. We delight in honey's products (wax, resins etc.) through and through. In addition to it's taste, nutritional value (more than 80% carbohydrates), honey is a food rich in energy, relatively pure and has healing powers (a hot milk with a touch of honey helps soothe a sore throat), honey contains 101 cosmetic benefits...It works wonders - containing antiseptic, purifying, curative, and nourishing...properties. It is also frequently used in hydrophloric vitamins and minerals. Long live the bees!

**Our best buys:**

**FACE:** Abeille Royalé range by Guerlain

**BODY:** Deliciously nourishing body scrub by Nuxe

**HAIR:** Honey Infused Hair Oil by Gisou

**LIPS:** Lipbalm by Burt's Bees

### 12

#### SLEEP IN...YOUR MAKEUP

But not just any of them. We've found the perfect foundation, so pure and clean that you can sleep in it. Actually, this dream already happened 25 years ago. Launched in 1995, this vegan formula infused with just five mineral ingredients, free from harsh chemicals and additives, won't clog your pores and cause breakouts even if you forget to take it off!

**The use is simple:** Withdraw some powder with the brush and apply it on your skin. The result: flawless skin, even if you have acne.

**Our best buys:**

Original Loose Mineral Foundation by BareMinerals

tip!

*Did you know?*

Sun cream can work in a number of harmful ways: oxybenzone and octinoxate are both possible endocrine disruptors and pollute our seas. They are toxic to coral reefs and produce a bleaching effect.

To banish!



#### OUR FAVE TOOL

We take our inspiration from Felicity Jones' go-to beauty tip when applying serums. "I work {it} in using a facial roller. I've become obsessed! I find it very relaxing."

**Our best buys:** JADE FACIAL ROLLER, SEPHORA





Photography *by* BAARD LUNDE,  
Assisted *by* Margaux Jouanneau  
Styling *by* Deborah Dutrain,  
Assisted *by* Emilie Blondeau  
Prop styling *by* Pauline Monnier  
Makeup: Charlotte Willer/Home Agency  
Hair: *by* Kazue Deki/Calliste  
Manicurist: Christina Conrad/Calliste  
Model: Iulia Cirstea/ELITE PARIS  
Beauty Editor: Virginie Dolata  
Assisted by: Georgina Johnston-Watt  
Production: Alissandre Jacquier/  
*ELLE International*

IMAGES: SUPPLIED



*tip!*

"The food system we've built around us is the largest contributor to climate change," stated actress Zooey Deschanel, founder of "The Farm Project". And the consequences for our health are getting worse. It's time to reconnect with the land and create a food revolution: "Know it or Grow it". Either grow your own food or at least ask questions whenever you buy!"

**#6 SIMPLY EAT AND BUY WELL**



# Skin BOOSTERS

THE BEST *Vitamin C* INFUSED serums, MOISTURISERS AND OILS TO HELP *brighten* AND TIGHTEN *skin*. ADD TO YOUR *morning* BEAUTY ROUTINE NOW AND *your skin* WILL *thank* YOU LATER

EDITED by CARMEL HARRISON



1. Super C Smart Nutrient Beauty Capsules Dhs300 Oskia; 2. Daily Vitamin C serum Dhs550 Omorovicza; 3. C15 Super Booster Dhs390 Paula's Choice; 4. C.E.O. Glow Vitamin C + Turmeric Face Oil Dhs290 Sunday Riley; 5. Morning Expert Vitamin C Power Mask Dhs190 This Works; 6. Powerful-Strength Line-Reducing Concentrate Dhs265 Kiehl's; 7. C-Recover Concentrate Dhs453 Filorga; 8. C+ Collagen Deep Cream Dhs525 Dr Dennis; 9. Vitamin C Paste Dhs145 Lixir Skin; 10. Capture Youth Glow Booster Serum 30ml Dhs400 Dior; 11. C-Rush Brightening Double Crème Dhs190 Ole Henriksen; 12. C+C Vitamin Eye Gel-Cream Dhs148 Natura Bisse; 13. B Triple C Facial Balancing Gel Dhs425 Aesop

IMAGES: SUPPLIED

**THE FRAGRANCE:** OUD ROSEWOOD BY DIOR  
**SMELLS LIKE:** A BURNING FIRE MIXED WITH A FRESH BOUQUET OF FLOWERS  
**WEAR FOR:** HOT ROMANTIC SUMMER EVENINGS  
**PRICE:** 125ML DHS1,000

## SCENTS TO NOTE

THREE NEW *fragrances* WE GUARANTEE YOU WON'T BE ABLE *to stop* SPRITZING ALL *summer* LONG





**THE FRAGRANCE:** LIBRE  
EAU DE PARFUM BY YVES  
SAINT LAURENT  
**SMELLS LIKE:** A BOWL OF  
FRUIT WARMED UP BY THE  
HEAT OF THE DESERT  
**WEAR FOR:** ALL DAY,  
EVERY DAY  
**PRICE:** 30ML DHS330, 50ML  
DHS440, 90ML DHS580



**THE FRAGRANCE:**  
SOIR D'ORIENT  
BY SISLEY  
**SMELLS LIKE:** AN  
ALPINE FOREST WITH  
A HIT OF SPICE  
**WEAR FOR:** A  
GARDEN SOIRÉE  
**PRICE:** 100ML  
DHS1,290





CREATIVE DIRECTION BY SHARON DRUGAN

# THE WORLD'S *best* DIY beauty RECIPES

BEAUTY EDITORS FROM SOME OF ELLE'S 45 *editions worldwide* SHARE THEIR BEST BEAUTY RECIPES. WITH SIMPLE *ingredients ranging* FROM BAKING SODA TO GREEK YOGHURT, COCONUT OIL AND HIMALAYAN SALT, PLAYING "beauty chemist" AT HOME HAS NEVER BEEN SO *easy and efficient*. DON'T PANIC, IT'S ONLY ORGANIC!

EDITED by VIRGINIE DOLATA

## #1 FACE *Tips & tricks*

### FOR A SOFT AND FRESH COMPLEXION

"A colleague recently converted me to beauty influencer Lauren Conrad's Greek yoghurt mask. It's not only simple, but you'll likely already have everything you need at home: 4 tablespoons of cold, plain Greek yoghurt mixed with the contents of a probiotic capsule. Apply it to your skin with a cotton wool ball, leave for 10 minutes and rinse with warm water. The yoghurt contains lactose enzymes, which dissolve



dirt and comfort skin, and probiotics invigorate the skin and make it glow – all of which is just as sophisticated as most sheet masks."  
*ELLE Australia, Brooke Le Poer Trench*

### AGAINST SPOTS

"My favourite trick when treating a spot is to put an ordinary mint toothpaste, zinc ointment or tea tree oil on overnight. The following day, any blemish will have completely vanished!"  
*ELLE Poland, Marta Kupinska*



### FOR BREAKOUTS DURING PREGNANCY

"During my pregnancy, I had to deal with bouts of acne all while paying particular attention to what I was actually applying on my skin. This led me to try Manuka honey. It's incredible, possessing anti-bacterial superpowers and even speeds up your skin's healing time. Twice a week, I'd apply a mask consisting of: 1 tablespoon of Manuka honey, 2 teaspoons of plain organic yoghurt, 1 teaspoon of mineral water and 1 teaspoon of organic lemon juice. You leave it on for 30 minutes before washing it off with warm water. I immediately noticed that I had fewer spots, less redness and my skin was healing faster and faster. A real miracle cure!"  
*ELLE Belgium, Marie-Noëlle Vekemans*



### A NOURISHING FACE MASK FOR DRY SKIN

"Oatmeal is rich in zinc and is slightly exfoliating. Honey hydrates the skin and is antibacterial. Milk soothes tension and redness of the skin. This mask refines and hydrates the skin. You need 3 tablespoons of powdered oatmeal, 3 tablespoons of milk, 1 teaspoon of honey and water as necessary.

Mix everything except the water. Wait a few minutes until the oatmeal is soaked, you can then add water if the mush is too tight. Apply the mask on your face and leave it on the skin for 10 to 20 minutes. Afterwards take it off with a damp cloth."

*ELLE Germany, Barbara Huber*



### A HYDRATING MASK

"For a hydrating facemask: add half a pot of yoghurt (it's filled with probiotics and has hydrating qualities) to a spoonful of honey (known for its soothing and healing properties). Mix



it together and leave it on your face for 15 minutes before rinsing off with water."  
*ELLE France, Elisabeth Martorell*

### AN ANTI-AGING MASK

"Mix half a cup of olive oil, two spoonfuls of aloe vera juice, and two spoonfuls of rose water in a clean ceramic bowl. Stir with a wooden spoon until everything is mixed together. Apply it generously all over your face, neck and décolleté. Rinse it off after 15 minutes and you'll be amazed at how soft your skin is!"  
*ELLE Croatia, Mibaela Batinic*



### A NATURAL PEELING

"A mask of 5 layers of yoghurt (or sour cream) is the best alternative to acid peeling for women in Russia. First, apply one layer to clean skin. When it dries, apply the second one. And so on until five. Then wash it off."  
*ELLE Russia, Maria Taranenko*



### BABY SOFT SKIN

"Baking soda is my secret to beautiful skin – something I was told by my mother! All I do is wet a cotton wool pad, place some cleanser on top as well as baking soda. After that, I exfoliate my skin with gentle, circular motions and wash it off. I'm left with baby smooth skin!"  
*ELLE Bulgaria, Vélina Vasileva*



### A CLEAN FACE

"Honey works wonders. Apply it all over your face and leave it on for one hour and do this for three consecutive days. The skin is soft and fresh after each application, firm but not stiff. Also, spots heal more quickly. I also apply honey to bruises. The healing time is immensely shorter."  
*ELLE Slovenia, Petra Windschurer*



### AN ANTI-INFLAMMATORY REMEDY

"Oatmeal contains beta-glucan, a soluble fibre that creates a thin film on the skin to help retain moisture. Place oatmeal onto a clean cloth and tie it into a ball with an elastic band. Then, dip the cotton ball into a full sink (make sure it's clean!) or in a larger container and wring it out 4-5 times. When the water becomes cloudy, wash your face with it and let it air dry. If you need to dry your face with a towel, make sure to do so with minimal pressure."  
*ELLE Slovenia, Petra Windschurer*



### A MOISTURISING MASK

"All homemade recipes in Russia are based on honey, yogurts and oatmeal. Based on them, scrubs and masks are prepared and applied both together and separately. The most popular homemade hydrating mask is a mask of grated organic fresh cucumber and strawberries, which moisturise the skin."  
*ELLE Russia, Maria Taranenko*





**FOR STRENGTHENING YOUR LASHES**

"This isn't a particularly Danish DIY trick, but lots of people use it: put Castor Oil on your lashes at night, as it helps nourish and strengthen them. It's a natural lash serum."

ELLE Denmark, Anne Pedersen



turmeric and place it onto my toothbrush to wash my teeth. It's also hygienic!"

ELLE Czech, Anna Machova



**FOR SOFTEN LIPS**

"A touch of olive oil mixed with a touch of brown sugar is all I use to gently exfoliate my lips – it also helps your lips better absorb your lip balm. I just go freestyle when it comes to the ratios!"

ELLE Quebec, Théo Dupuis-Carbonneau

**FOR REPAIRING LIPS**

"Mix a spoon of mildly warm honey with a spoon of rose water. Stir until they blend and use it as an SOS balm for very chapped lips".

ELLE Croatia, Mibaela Batinic



**FOR A BRIGHTER, HEALTHIER SMILE**

"I swear by the Ayurvedic dental technique. This includes oil pulling for better breath, and it also helps me to maintain a healthy mouth and whiter teeth! I take a spoonful of virgin coconut oil, which I'll swirl around in my mouth for around

10 minutes before spitting it into the trash. Don't spit it out in the sink – it's oil and will negatively impact the water system. After that, I usually take



#2 HAIR  
Tips & tricks

half a cup of spirit and a few drops of lavender essential oil. It may seem like a vile cocktail, but it helps to reduce hair thinning, split ends and also tackles any built-up product."

ELLE India, Mamta Moody



**FOR HYDRATING YOUR HAIR AND CLEANSING YOUR SCALP**

"Melt a little coconut oil in the microwave (or in a pan), add in a couple of drops of tea-tree oil (known for its antiseptic properties). Then, massage the mixture into your scalp in order to hydrate and cleanse your hair, and leave it on for

a few hours (it's best to do it during the weekend, whilst doing something else like household chores or reading a book). Then wash it out – you'll have to shampoo at least twice – but once done, your scalp will feel hydrated and refreshed, leaving you with silky smooth hair."

ELLE Quebec, Théo Dupuis-Carbonneau



**FOR NURTURING YOUR HAIR**

"My grandmother always said that hair is really precious. You must water and nurture it so that it may grow into a healthy, strong tree. So, sometimes I use extra virgin olive oil: a Greek



treasure that acts as natural conditioner for hair. When I'm in the shower washing my hair, I add a few drops of olive oil into my conditioner and then I rinse it out! Afterwards, my hair is at its best: smoother, brighter and stronger!"

ELLE Greece, Rozina Kouri

**FOR SHILKY HAIR**

"I've found sesame oil works really well – it's a common practice in Ayurveda. Sometimes, I put it all over my hair and leave it for about 15 minutes before washing it out."

ELLE Poland, Marta Kupinska



**FOR HEALTHY, VOLUMINOUS HAIR**

"I've started exfoliating my scalp once a fortnight, and it has made the world of difference. My homemade remedy removes built-up product and dead skin cells, leaving my hair healthy and voluminous. Mix one part Himalayan salt with one part olive oil and one part lemon juice. Then, rub it all over your scalp before rinsing it out with warm water and continue with your usual shampoo and conditioner routine."

ELLE Norway, Marthe Jacobsen



**FOR RESTORING YOUR HAIR**

"Millet has long been known as a medicinal plant. It is considered to be the "forgotten" cereal, which has many positive effects on the body. It is especially popular amongst women who want stronger, thicker and shinier hair. It is precisely through the consumption of millet that hair can be completely restored. Buy organic millet porridge and cook it in goat's milk, baked with almonds (which in itself helps to strengthen the hair) or with plums."

ELLE Slovenia, Petra Windschurer



**FOR REVITALIZING FINE HAIR**

"I call it a nourishing hair tonic! Boil a cup of water with peppercorns, cloves, a bay leaf and a roughly chopped red onion. Reduce this mix by half before straining it and adding

**FOR ENHANCING YOUR NATURAL COLOR**

"After washing your hair, rinse with a decoction of herbs: light from chamomile and dark from nettle."

ELLE Russia, Maria Taranenko





# #3 BODY & WELLNESS

Tips & tricks



### FOR SOFT SKIN

"I dry-brush my body, or add a bit of oil (coconut, sesame or almond). The result: my skin is incredibly smooth and has a beautiful glow."  
ELLE Poland, Marta Kupinska

### A COFFEE SCRUB

"The caffeine from coffee can work wonders on your skin. Sometimes, I'll use coffee grounds mixed with coconut oil as a body scrub. The coffee grounds help to remove any built-up dirt and the coconut oil makes the skin super soft and hydrated."  
ELLE Thailand, Mallika Boonyuen



### FOR SOOTHING ATOPIC SKINS

"When I was a little girl my parents would hang a cotton handkerchief filled with porridge oats over the bath taps, to soothe and sensitive, eczema-prone skin. The oats contain colloidal, which would turn the warm water into a kind of treatment milk – which would instantly soothe my angry, itchy body. Whenever I have sunburn, inflammation or super dry skin I still use this all-natural skin calming remedy."  
ELLE UK, Katie Young



### TO DESTRESS AND DECONGEST

"Hang a bunch of eucalyptus from your shower head - when it mixes with the steam, breathe in the sweet minty aroma. Not only does it help relax your mind and body but it can help relieve upper respiratory issues and when the steam of the shower releases the essential oils from the plant, it can help clear nasal and sinus congestion."  
ELLE Arabia, Carmel Harrison



### FOR A GENTLE BODY SCRUB

"My DIY beauty recipe is inspired by a traditional spa scrub and uses Himaylan salts. I love the feeling you get from a massage and how soft and replenished your skin feels afterwards. To make the scrub, I get sea salt and add essential oils such as lemon, rosehip and lavender or coconut oil. You can vary the quantities depending on how thick you want the salt scrub to be. Once the mixture is ready, gently massage and exfoliate onto damp skin. Then, wash off the scrub with warm water to allow the oils to penetrate deeply into the



skin. Another express recipe that works wonders with cellulite is mixing sea salt with Clarin's Huile "Anti-Eau" – the result is truly amazing!"  
ELLE Spain, Susanna Blázquez

### FOR BLURRING THE CELLULITE

"This is a easy homemade scrub made with sugar – an ingredient that is always in your kitchen. It exfoliates your skin and removes dead cells leaving your skin smoother, and moisturised. And the best part, it is a great remedy for the appearance of cellulite as it makes it less visible."  
ELLE Greece, Rozina Kouri



### A MUSCLE AND STRESS RELIEVER

"Tense and sore muscles can have a number of sources. Be it stress or exercise, I found the most natural and effective way to unwind and destress was by drinking this simple tea. Add a spoonful of rosemary to hot water, filter it after a few minutes and voilà!"  
ELLE Croatia, Mibaela Batinic



### REMOVING MARKS, BLEMISHES

"Fermented Japanese food is both good for body and skin! "Sakekasu" (Sake Lees) is something you can eat and also bathe in! It works to lighten the skin (removing freckles etc.) as well as moisturising the body and improving blood circulation. Gather some into a small ball and dissolve it in warm water for a bath. I also drink Amazake, which is made from sakekasu every morning as it is restorative and also helps intestinal regulation."  
ELLE Japan, Yumiko Murata



IMAGES: UNSPLASH & SUPPLIED

### AVOID THE OBVIOUS BAD GUYS

If you weren't acquainted with all the ingredients that make up your skin regimen, it's high time you were finally introduced to them. Parabens, BHA, BHT and sulfates are among the sneaky and commonly used preservatives that are the easiest to scope out. They are suspected endocrine disrupters, carcinogens and can cause severe skin irritation, so toss them out once and for all. *Recommended Products: Tinted Face Oil* Dhs154 Kosas, *Nourishing Rose Water Mist* Dhs132 Beauty Counter



### TREAT THOSE SKIN SINS

Retinoids and active ingredients are super helpful at getting dull skin back on track. Begin slow and use a moisturiser to manage any initial dry spots. Or opt for a mud-based mask twice a week to draw out toxins, stimulate skin cells and restore natural radiance. *Recommended Products: Peeling Solution AHA 30% + BHA 2%*, Dhs70 The Ordinary, *Resurfacing Mask* Dhs239 Tata Harper



# Press RESET

WITH Covid-19 ENSURING THAT ALL OF US STAY *bunkered down* AND COSY AT *home*, IT SEEMS THERE IS NO BETTER TIME THAN *the present* TO LET ONE'S *hair* DOWN, AND FINALLY, LET ONE'S *skin* BREATHE

This is an undoubtedly stressful period for skin, especially for those hyper-informed among us. Yes, the science is quite straight forward. When we worry on the inside (hello Covid-19 induced anxieties and depression) our skin follows suit, so a return to nothingness through a paring back of one's beauty routine to only the real essentials sounds like a pretty good plan we should all be experimenting with. With that in mind, here are a few different ways you can take care of your skin during these times of confinement.



### DECLUTTER YOUR ROUTINE

Weed out those products that don't add little in the way of benefits and hone in on the right basics. Try a full-on Marie Kondo approach and ask yourself which products you truly love, and when was the last time you used each one. *Recommended Products: Black Rose Eye Contour Fluid* Dhs448 Sisley, *Enriching Face Oil* Dhs404 Goop



### DON'T SKIMP ON THE SPF

Being indoors doesn't mean we shouldn't protect against what little harmful UVA rays we are exposed to. Pack on the SPF, even if you're only sitting behind closed windows; after all, they only protect from UVB rays and not the nasty aging ones. *Recommended Products: Mineral Sunscreen SPF30* Dhs111 Soleil Toujours, *Sun Drops* Dhs565 Dr. Barbara Sturm



### TRY DOUBLING DOWN ON THE CLEANSE

Even if you haven't touched your make-up kit with a stick throughout your time in isolation, it's worth taking a few minutes to wash your face once in the morning and then later at night. A good cleansing oil and a soft muslin cloth will do the trick and leave it fresh and clean. *Recommended Products: Hydra Life Sorbet Water mist* Dhs133 Dior, *Cleansing Milk with White Lily* Dhs427 Sisley



THE MAKE-UP *artist* AND *mogul* CELEBRATES HER NEW SKIN-CARE *line*, WISHFUL, *by removing* THE LAYERS OF MAKE-UP THAT *made her* FAMOUS. *By* MARGAUX ANBOUBA

# HUDA BARES IT ALL



PHOTOGRAPHY *by* FRANCESCO LUIGI SCOTTI

**“SO YOU REALLY WANT TO KNOW** [what I’ve had done]?” says Huda Kattan through a shy smile. I do—and I’m guessing her 43 million Instagram followers and 3.8 million YouTube subscribers are also curious. We’re sitting in the bathroom of Huda Beauty’s Dubai headquarters, which often doubles as the setting for the videos that launched a thousand cut creases. The 36-year-old entrepreneur takes a deep breath and walks me through all the work it’s taken – both cosmetically and mentally – to transform herself into the make-up innovator, mother, and mononymous beauty icon she is today.

A nose job in 2013. Subtle Botox tweaks in the face and jawline. A breast lift. Fillers in her lips, cheeks, and chin, and under the eyes. Dissolving those fillers because she felt like it was too much. Feng shui consultations. Thread

lifts in her jaw and cheeks. Semi-shaved-off brows. Three years working with a life coach. And, most recently, an innovative treatment created by her Dubai-based dermatologist, Marta Duarte, MD, that was inspired by her most critical You-Tube followers. “I used to get comments saying, ‘You look like a nutcracker,’” Kattan says about the smile lines on either side of her mouth. “My doctor developed a procedure where she goes in with a small needle and actually rips the skin off the muscle piece by piece. It’s very painful.” When she’s in full glam, like today, it’s all topped with the icing on the procedural cake: about two hours of makeup.

It’s hard not to balk at this confession. But Kattan’s complete transparency – at a time when many are still hesitant to disclose that they have had even a drop of injectables, let alone cosmetic surgery – is a refreshing part of her brand. “I started bruising [from the treatments],” she says. “And I was like, ‘What do I do? Cover them up? Show them?’ And I was like, ‘Whatever. I’ll just start showing them.’ It’s important for me to tell people when I’m doing something. And it’s liberating.” In addition to her camera, her crew, and my recorder, her bathroom is overrun with serums, make-up products, and skin-care tools – some from her own seven-year-old brand, which was recently valued at \$1.2 billion, and some sent to her by brands desperate to appear on her social channels.

The child of Iraqi immigrants, Kattan was born in Oklahoma City and eventually moved to Cookeville,



Wishful Yo Glow Enzyme Scrub, Dh\$177 Shophudabeauty.com

Tennessee, with her family. Growing up in the South, Kattan found her name, heritage, and appearance made her feel like an outsider. She spent her formative years trying to find a way to blend in, which included briefly going by the more culturally ambiguous name Heidi. Still feeling insecure, she turned to make-up. “I felt like I wasn’t pretty,” she says. “I saw all these celebrities on television and thought they were so glamorous and beautiful. I thought [make-up] might make me feel a sense of happiness.”

Kattan’s love affair with cosmetics began at age 14, when she discovered a pinkish-brown Revlon lipstick in her sister Alya’s make-up bag. “It was so beautiful,” she says. “I couldn’t really afford to buy my own, but I always used to borrow it from her.” By the time she was studying finance at the University of Michigan – Dearborn, Kattan was taking every opportunity she could find to do make-up – for friends, for school plays, for basically anyone who needed a (free) make-up artist. She took a finance job at the Dubai outpost of a consulting firm after graduating, which lasted less than a year before her role at the company was eliminated due to the recession. In a vlog on her website, Kattan admits that finance was “just not the right fit.”

KATTAN IN MAKE-UP: MARGAUX ANBOUBA; WISHFUL SCRUB: COURTESY OF THE BRAND

It was her other sister, Mona (one of Huda Beauty’s early investors, along with Alya), who suggested she study make-up. With the support of her entire family, Kattan moved to Los Angeles in 2009 to attend the Joe Blasco Make-up Training Centre. After completing her coursework, she returned to Dubai and began working as a professional make-up artist. Early clients included Eva Longoria, Nicole Richie, and several members of various Middle Eastern royal families. In 2010, again encouraged by her sisters, she founded lashes that felt good and looked like natural lashes, even if superdramatic,” Kattan says, wearing her signature lengthening lashes, called Hoodie. “Most falsies were just a single

strip, which doesn’t emulate a natural lash. It wasn’t until we created our own product that things changed. People became more interested in what we were saying.”

A full make-up range eventually followed, and by 2017, Kattan was named one of the 25 most influential figures on the internet by Time magazine,

Kattan in a full face of glam, moments before she removed it all for our shoot.



**“I THOUGHT {makeup} MIGHT MAKE me feel a sense OF HAPPINESS.”**

and one of the top 10 beauty influencers by Forbes. But something was still holding her back from truly feeling confident: her skin. For years, Kattan had used make-up to mask insecurities about her skin and feeling like an outsider. Now she wanted to put her best face forward—with or without make-up. Despite having an entire roomful of skin-care products, she couldn’t find any that delivered glowy, even results without irritating her imbalanced, sensitive skin. Enter Wishful. “What do you wish for in good skin care?” she says of her new line. “Your wish is our command. We’re going to solve it.”

The first product, Yo Glow Enzyme Scrub, is an exfoliating whip that you smooth onto dry, clean skin to gently resurface and even skin tone. It’s a combination of soft cellulose pieces (an eco-friendly alternative to microbeads), alpha and beta hydroxy acids, and a surprise ingredient that inspired the baby-yellow packaging: bromelain. Kattan discovered the anti-inflammatory enzyme while recovering from her nose job. “I had to go straight back to shooting videos,” she says. “I knew bromelain was one of the best things for [reducing] inflammation, so I juiced a pineapple every day. When I took the cast off my nose, it looked like I hadn’t had anything done. I became obsessed.”

It’s an unusual choice to launch an exfoliator as a skin-care line’s sole product. But then again, few could have predicted that a line of false lashes would ultimately spawn a billion-dollar beauty empire. Kattan realises some may be dubious about entrusting their skin to a make-up artist known for “cake face.” But, she says, her hours of make-up training give her a unique insight. “An exfoliator is the one product everybody needs to have. I use this before make-up because it smooths everything out.” By whisking away dead skin cells, the product also helps skincare ingredients work better. “It’s great for everyone,” she says, “whether you wear tons of make-up or not.” At the end of our talk,

Kattan embarks on the ultimate beauty dare: Staring directly into the camera, she peels off her lashes. Then, using her long, sparkling nails, she scoops out a dollop of Huda Beauty Make-up Remover Balm and gently massages it over her entire face. A few Bioderma-laden cotton pads later and she’s barefaced. “Beauty actually has very little to do with what you see,” she says, as the photographer captures picture after picture of her without a stitch of make-up. “Since I like my skin now, I feel confident and proud. Everybody should feel that way.”



# High SHINE

A TRUE ICON, ROUGE COCO FLASH ADDS 12 new shades INCLUDING 'EASY' A PINKY NUDE, 'CRUSH' a light plum and 'LIVELY' A BRIGHT RED FOR THE SUMMER SEASON – EACH MORE INTENSE AND glossier than EVER BEFORE.



Rouge Coco Flash 2020 Lipstick Dhs175 Chanel

IMAGE: SUPPLIED

## How-To: SLEEK HAIR

FORGET *waves* AND *curls*, THIS SUMMER THE TREND *for* HAIR IS SLEEKER AND SHARPER THAN EVER. *Create* THE LOOK FROM HOME *using* DYSON'S LATEST HAIR TOOL, CORRALE – *the* MOST *intelligent* FLAT IRON YOU'LL EVER MEET...

WORDS by CARMEL HARRISON



**Start with freshly washed hair** and add your favourite styling product before stretching out your hair with a wide-toothed comb.

**Blow dry** using Dyson's Supersonic hairdryer and smooth out using a flat paddle brush.

**Section hair.** Take a sectioning comb and create four sections at the top of your head and clip each section up so that your hair is out of the way. The bottom of your hair at the back of the head should be left down.

**Set the temperature.** There are three temperature settings –165°C, 185°C and 210°C. If you have very curly or coily hair, set the flat iron to the highest temperature and for finer, straighter types start at the lowest temperature setting.

**Get ironing.** Carefully place the Dyson Corrale straightener close to your roots and glide through to the ends. Repeat this step throughout your hair. Dyson's iron has a complex manganese copper alloy plate that features a carefully balanced amalgamation of six metals, which means you have better control and better heat conduction when straightening. As the plates adapt to the

hair, they apply tension more evenly and stop strands splaying. This greater control allows you to create runway-worthy styles using less heat, reducing damage by 50%.

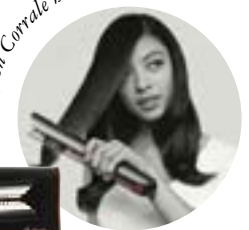
**Tip!**

*Take sections at an angle to get closer to the roots.*

**Reduce the temperature** for the front hairline sections – baby hair around the front of your head is much finer. The straightener is also cord-free making it super easy to use around these hard to reach areas.

**Finish** with a hair wax or smoothing balm to create definition and shine.

*Dyson Corrale hair straightener*



### so, how does IT WORK?

The hair straightener is the only flat iron that features flexing plates that flex to shape and gather hair, applying even heat and tension to every hair strand in every pass – which keeps the hairs perfectly aligned, reducing the resilience on heat and the need to repeat the iron over the same section of hair. This clever tool also features Dyson's Intelligent Heat Control to reduce heat damage and it's also cord-less which means you can have salon-sleek hair anywhere, anytime.



# SALON STATUS *brows in* 4 SIMPLE STEPS

(AND NOT A WAX STRIP IN SIGHT)

WITH ENDLESS ZOOM WORK MEETINGS, *digital events* AND WEEKLY VIRTUAL *quiz nights with friends* THERE'S NO LETTING YOUR BROW GAME SLIDE. YOU CAN SHAPE *your eyebrows* AT HOME – WITH NO REGRETS – *and the entire* PROCESS IS AS EASY AS FILLING IN YOUR BROWS WITH MAKE-UP. *In fact, Benefit's* THREE *brow products* IS ALL IT TAKES...

WORDS by CHLOE WALSH

## STEP 2 FILL IN THE BROWS

With the tip of the pencil, add hair like strokes through your brows starting from the inner brow to the outer brow and connecting the points you made in the first step. Make sure to pencil more lightly towards the end of the brow to replicate your natural brows. Benefit's Precisely My Brow pencil comes in a number of shades; choose the shade closest to your eyebrow colour or slightly lighter to create the 3d illusion of natural hairs. If you choose a shade too dark, brows can appear heavy and over power your face.

## STEP 3 TWEEZE ANY STRAYS

Carefully tweeze any hairs that fall outside your newly drawn brow. If some hairs fall closely to the brow line it's best to leave them for a professional. Over plucking just one hair can cause a gap in the brow.

**Tip!**  
*Hold the skin tight and remove each hair in the direction it is growing to prevent damage to the follicle.*



Brow Zings Pro Palette Dhs203

## STEP 3 DEFINE AND HOLD

Define the brows with Benefit's Brow Zings Pro palette. What's really great about this palette is that it comes with four shades of brow colours and a brow wax to hold the powder in place. Using the angle side of the brush fill in the shape to add more colour, definition and density. The more colour you add the bolder your brows will be. For example when defining brows for an evening look with a smoky eye, you may want to increase the shade for a heavier and more defined brow. For a daytime look you may want to use a lighter shade in the palette for a more natural look. Once you have achieved your desired colour you can then apply the brow wax to keep the brows in place. Apply the brow wax to the brush applicator side and in an upwards motion begin to brush through the hairs ensuring the product is distributed evenly.

## STEP 4 ENHANCE THE SHAPE

Benefit's High Brow Glow Highlighter is a cult favourite and a winning product when it comes to enhancing and raising the brows and eyelids. Take a small amount of the highlighter and dust it neatly in arcs both above and below your brows, and blend in carefully with your fingers. Not only does this enhance the definition of the brows it also makes you look younger too!

**Tip!**  
*Highlighting above the brow creates the illusion that the brow is slightly raised. Highlighting below the brow creates the illusion that the lid is slightly raised.*



High Brow Glow Highlighter Dhs115

your pencil and measure from your nose to two-third's of the way out of the eyebrow. To find where your brow should end, measure from the outside of the nostril again – but this time line the pencil up with the outer corner of your eye. Then, mark the spot where the tip of your tool touches the brow.

**Tip!**  
*Shorter brows work well on smaller faces and longer brows can make eyes look smaller.*

IMAGES: SUPPLIED

## COMPLETE THE LOOK:



Hello Happy Air Stick Foundation Dhs167



Cheek Stars Reunion Tour Palette Dhs313

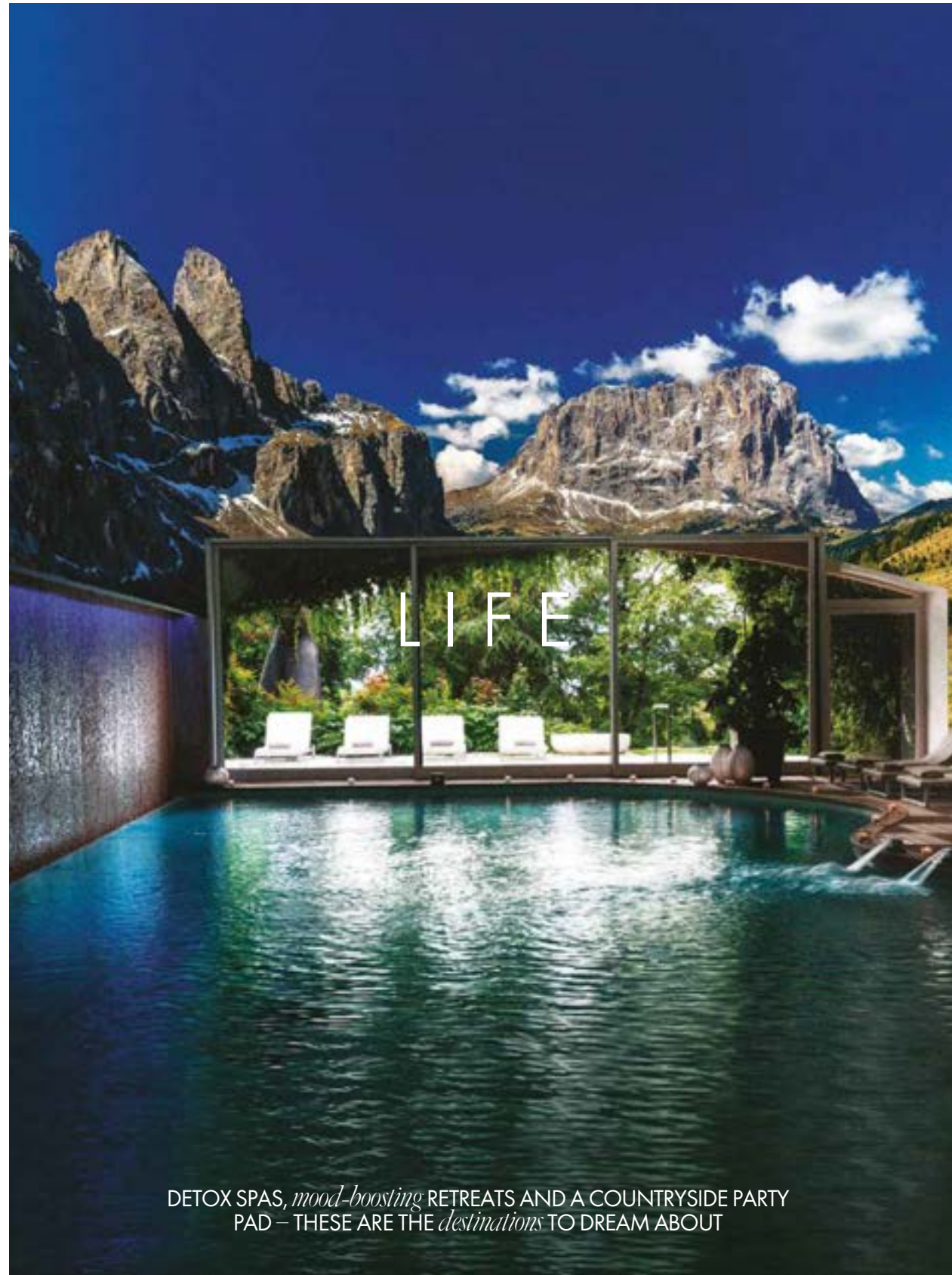


Precisely, My Brow Eyebrow Pencil Dhs130

## STEP 1 DEFINE YOUR SHAPE

If you regularly have your brows tinted at the salon some of your tint may have started to fade, you can start to redefine the brow shape using Benefit's Precisely My Brow pencil. Before starting to fill out the brows with the pencil take note of the starting point of your brows as this point affects the whole contour of the nose. The distance between the start of the brows can actually make the nose look wider or narrower. To define where your eyebrow arch should be, take





DETOX SPAS, *mood-boosting* RETREATS AND A COUNTRYSIDE PARTY PAD – THESE ARE THE *destinations* TO DREAM ABOUT

COLLAGE GUSS & STELLA. PHOTOGRAPHY: GETTY IMAGES.

MEET ME IN...

## HEATHFIELD HOUSE, HAMPSHIRE

IN SEARCH OF A *luxury party* PAD IN THE *Country*? STEP RIGHT IN

COLLAGES by GUS & STELLA    WORDS by SUSAN WARD DAVIES

### ELEGANT DESIGN THE LOOK

*In the heart of the* New Forest National Park, Heathfield House is a three-storey, 19th-century mansion set in 15 acres of fields, beech woods and gardens. The style is classic meets contemporary, with a sweeping staircase leading to 12 bedrooms – some huge with high ceilings, others smaller and cosy. Downstairs has a formal dining room, state-of-the-art kitchen and two living rooms, with squishy sofas, log fires and French doors opening out onto the garden.

### LUXE PARTY THE VIBE

*With its basement pool table,* screening room and outdoor sofas, this is the ultimate elegant party pad. Gardens on both sides mean that, even with a full house, you have plenty of space. In summer, it's all about table tennis on the lawn and nearby beach walks; winters are for cosying up by the fire. The main house sleeps 24, but the Coach House and Magnolia Cottage (sleeping eight and four, respectively) are next door for wedding parties and big gatherings.

### BACK TO NATURE THE LOCATION

*You're surrounded by* countryside, so make the most of it. Stroll 10 minutes from the house to the New Forest National Park, where you'll find ponies grazing on wild heathland, or to Barton on Sea for bracing beach walks. Visit pretty Lymington for its Saturday market, Christchurch for riverside walks and, for swimming, you've got the wide sandy beaches of Bournemouth and Sandbanks, a 30-45-minute drive to the west.

### HOMEGROWN THE FOOD

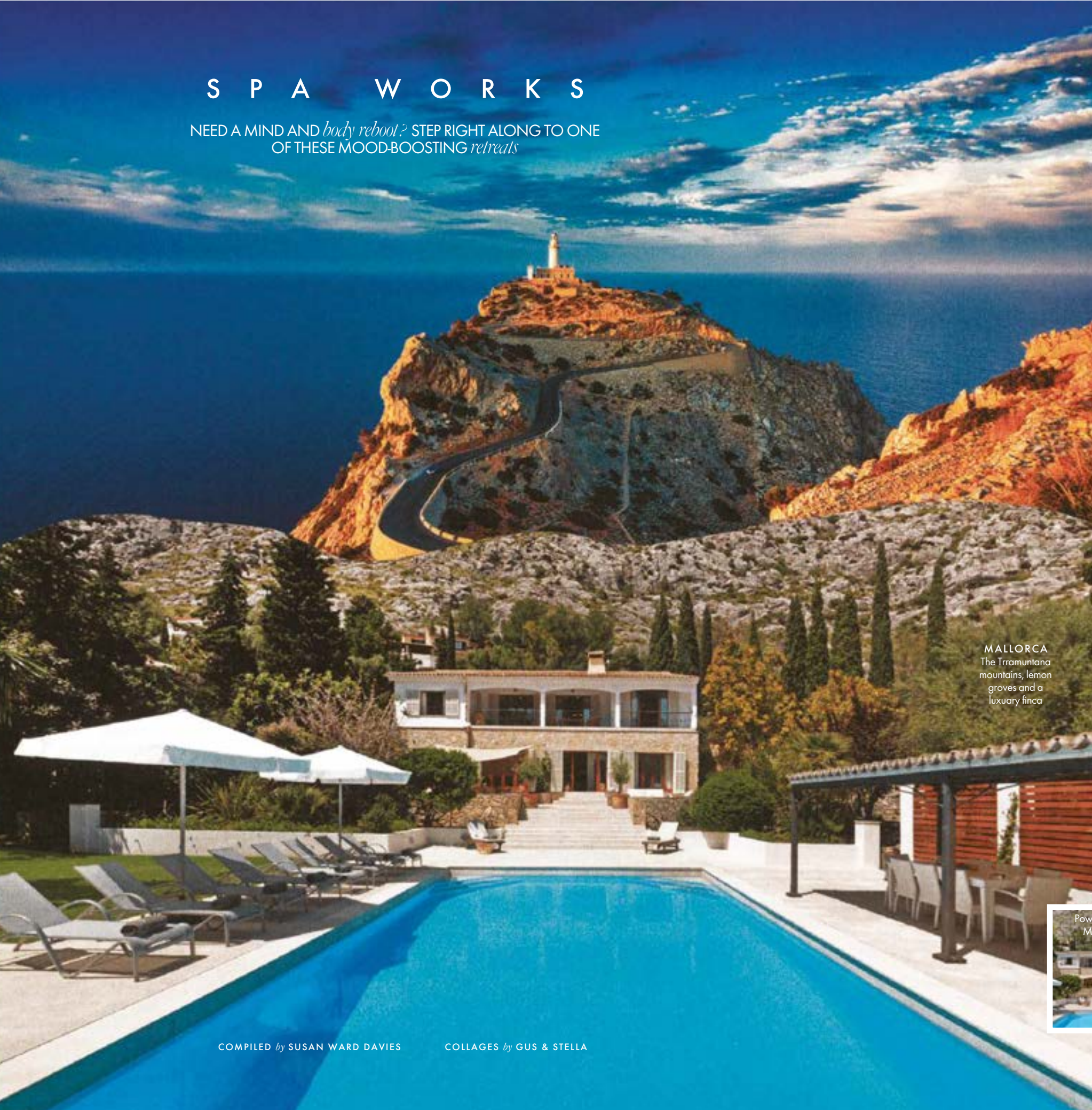
*There's no need to fight over* who does the cooking: the kitchen has three Miele ovens to play with, so you're all set – especially with the welcome hamper of gourmet goodies (local honey and Dorset spirits). Too tired to cook? Order in from nearby restaurants, or a chef can come and whip you up a feast. Foodie magnet The Pigat Brockenhurst (Pighotel.com) is 25 minutes away, and nearby Bransgore's The Three Tuns (Threetunsinn.com), serves hangover-cure roasts and local seafood.

**GETTING THERE:** *A week's stay at Heathfield House, Bransgore, for 24 people starts from* Dhs54,995. *A three-night weekend break starts from* Dhs38,797; [premiercottages.co.uk](http://premiercottages.co.uk)



# S P A W O R K S

NEED A MIND AND *body reboot*? STEP RIGHT ALONG TO ONE OF THESE MOOD-BOOSTING *retreats*



MALLORCA  
The Tramuntana mountains, lemon groves and a luxury finca

## MALLORCA SPN POWER TREATMENT

by Hannah Nathanson

**USP** A positive, inclusive, high-octane, friendly fitness holiday – good for solos. **WHAT'S IT LIKE?** The energetic, four-day retreat—expect cycling, hiking, boxing, Pilates and paddle board yoga—is based in a luxury five-bedroom finca near Pollença, northern Mallorca. Surrounded by olive groves, the villa has huge windows, through which you can see the Tramuntana mountains (one day, we climbed to the top of one of the peaks). Run by Jaime Cooke and Sarah Gorman, who own SPN, a boutique gym in Tunbridge Wells, there are retreats in May and September. (The duo also runs a Soul retreat, and they're combining Soul – yoga, walking, meditation and nutrition – and Power retreats for a five-day special in September.) We were a group of seven (the max is 10), including a breastfeeding coach and a fashion stylist: conversation was immediately personal and very funny. We did everything outside; when Sarah taught barre on the villa's terrace, she reminded us to look at the mountains and forget about the burn, which was almost doable. **THE CONCEPT** Claire, a professional cyclist and a brilliant, patient teacher, taught us how to use the 22 bike gears and brake well. We covered a lot of ground (83km in one day), taking in the most beautiful parts of the island, past lemon groves and an incredible mountain pass. You'll enjoy it best if you start with a good level of fitness. On cooler evenings we did barre, boxing and pilates, and one day we swapped our morning ride for paddleboard yoga. **THE FOOD** We started our days with bullet coffee (coffee, collagen, butter), and were rewarded

for our cycling with wholesome meals, including feta frittatas and grilled seabass. When cycling, there were welcome pit stops in sleepy plazas for coffee and cake. **THE PROMISE** To push boundaries and try new things (for me, I overcame my fear of heights by whizzing down a mountain pass at sunset). **THE RESULTS** I felt strong, calm and confident after spending four days with great women. **BEST FOR** Active people who love the outdoors. *Power Retreat from SPN (spn.fit/retreats): Four days of cycling, biking, boxing, pilates and paddle board yoga, staying in a luxury villa from Dhs7,300 sharing, full board.*

SAINT LUCIA

## THE BODYHOLIDAY

by Sophie Beresiner

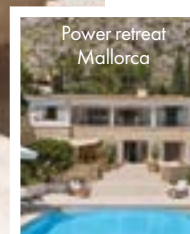
**USP** Luxury all-inclusive spa dedicated to mental and physical wellness, with a free bar. **WHAT'S IT LIKE?** Set on the beautiful Caribbean beach, The BodyHoliday resort has 155 rooms and an impressive spa.

My second-floor 'ocean view' room, with a tired mosquito screen and a socket I was told not to use, was inferior to my friend's 'ocean front' suite – but with minimal price difference, be clear when booking.

After a consultation, you're prescribed exercise classes and

two treatments (one complimentary). While optional (we prioritized time for mindfulness on the beach), you actually want to get up for al fresco tai chi. Though the Ayurvedic centre feels tokenistic, some treatments (eg, the Lucian lime scrub) are wonderful and the palatial spa is a sight to behold. **THE CONCEPT** BodyHoliday programmes are based around four pillars: clean eating, restorative treatments, relaxation and exercise. Need a personal trainer? Book on arrival. In the mood for salsa? Just walk in to any class. **THE FOOD** A strict eating plan isn't compulsory, and food is dangerously delicious. You might intend to order a balanced farm-to-table experience, but instead have pizza with extra cheese. The Wine Salon has a fantastic selection, curated by

**"I OVERCAME MY FEAR OF HEIGHTS BY WHIZZING DOWN A MOUNTAIN AT SUNSET"**



Power retreat Mallorca



Power retreat Mallorca

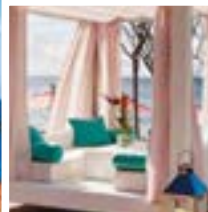


Paddleboard yoga in Mallorca





SAINT LUCIA  
Piton mountains,  
The BodyHoliday  
resort and spa



the resident sommelier, so yeah, detox, schmetox. **THE PROMISE** BodyHoliday's tagline is: 'Give us your body and we'll give you back your mind.' I left feeling less stressed and understanding why 80% of clientele are repeat customers. **THE RESULTS** I re-established a new exercise plan, had an unforgettable time snorkelling, and failed to stick to a healthy diet, with no guilt at all. Maybe I could have done with more of a push in that direction. **BEST FOR** Slowing down and destressing. *The Body Holiday, Saint Lucia (thebodyholiday.com), doubles from DHS3,470, full board.*

ITALY

L'ALBERETA ESPACE CHENOT

by Anne-Marie Curtis

**USP** Luxury hotel in the hills, an hour from Milan, with a detox and wellness spa attached. **WHAT'S IT LIKE?** A rustic luxury retreat where faded grandeur meets mountain chalet chic, with views over Lake Iseo. Set in sprawling grounds with a vineyard, it's very peaceful, with enough space to lose yourself in, in

between treatments. My room was tasteful, if a bit dated: apricot walls with murals, a beautiful stone floor and one of the most comfortable beds I have ever encountered. The spa's main selling point is a detox programme devised by Dr Henri Chenot (known for creating the Academy of Biontology: 'the concept of optimal health and how to achieve it through a holistic approach'). The clientele is a mix of wealthy Italian couples, groups of friends and solo guests, like me. **HOW DOES IT WORK?** In contrast to the hotel, the spa part is hi-tech, with technicians dressed head-to-toe in white. The programme is fairly rigid, but I liked that. I chose the wellness break, which includes four treatments each day: a hydro aromatherapy bath, Phytomud and hydro jet treatments (wearing plastic pants in a tiled shower cubicle while being sprayed forcefully with jets of water...), and a 'Chenot energetic massage', which involves massage with electric currents. Odd but nice. You can also borrow bikes, and join classes such as pilates and circuit training. **THE FOOD** The

tailor-made bio-light diet (no meat, dairy, sugar, caffeine or alcohol) was on the 'light' side, but it was beautifully prepared and presented. I didn't feel as hungry as I expected, given the draconian calorie count. **THE PROMISE** The programme is geared to inspire you to rethink wellness and detox. **THE RESULTS** I felt lighter (I lost a kilo) and more energetic, and slept for 10 hours a night. If you want solitude and rest, it's perfect, but I did feel lonely at times. Full disclosure: I escaped to a nearby small lake town on day three for a glass of grape in the square while soaking up the sunshine. If I went again, I would definitely take a friend and probably a stash of chocolate. **BEST FOR** Anyone who wants detox and pampering – but willpower is required. *Wellbeing Escapes (wellbeingescapes.com) offers the four day Dominique Chenot Spa Wellness programme from Dhs9,800 (single or double), including full board (bio-light menu), and four daily treatments, as well as access to gym, indoor pool, sauna and steam bath.*

"I escaped TO A NEARBY TOWN FOR A glass OF GRAPE WHILE SOAKING UP the SUN"

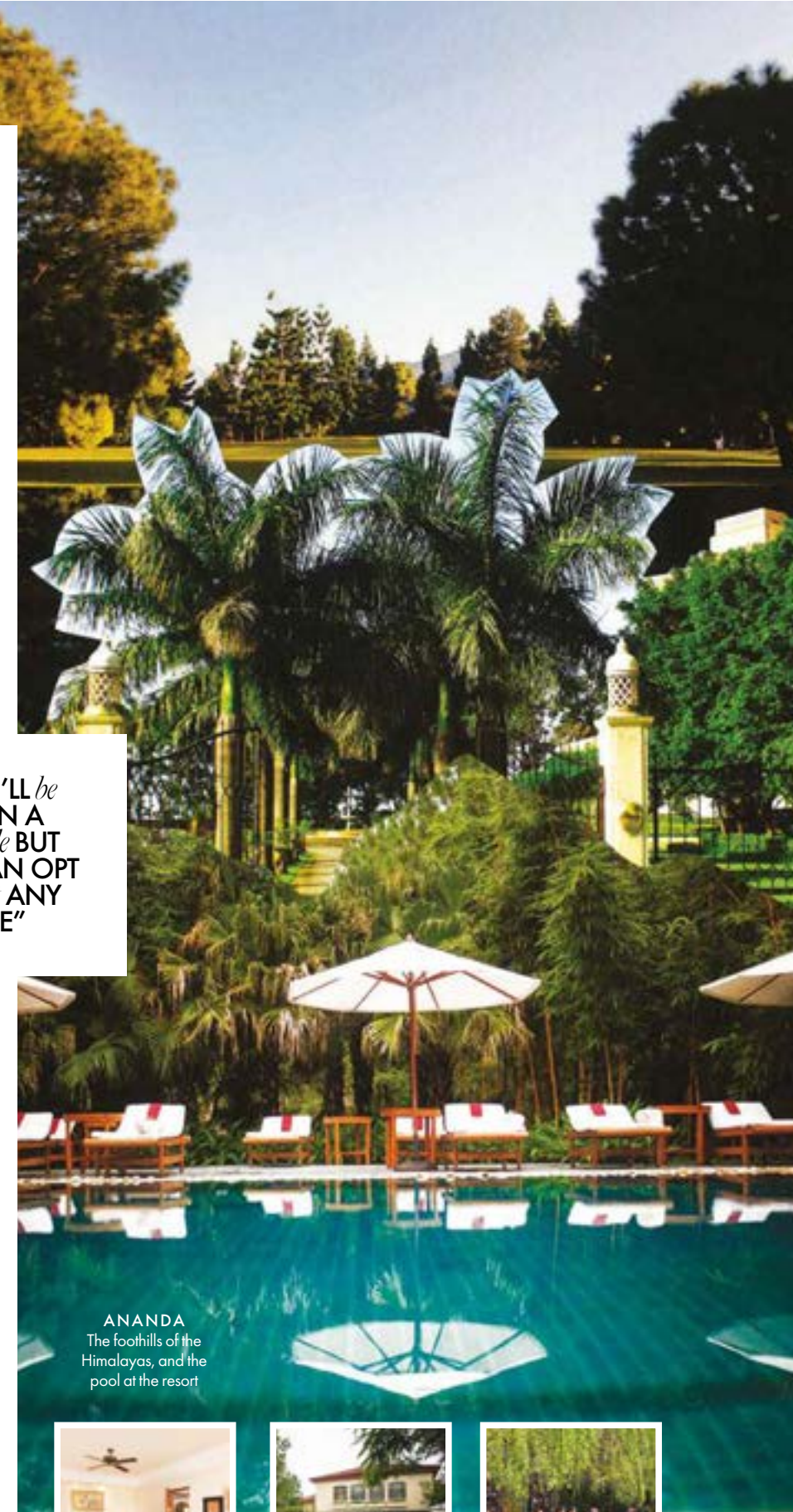
HIMALAYAS, INDIA

ANANDA

by Carolyn Caldicott

**USP** A yoga-focused Ayurvedic mothership of good karma with scenic hill walks to mystic temples, and a glass of merlot if you need it. **WHAT'S IT LIKE?** Set in the foothills of the Himalayas, Ananda blends contemporary luxury with the Ayurvedic concept of healthy living. In the grounds of a former Maharaja's palace, the hotel has spectacular views of the Ganges and yoga capital of the world Rishikesh. Of the 78 rooms, villas with private pools are the ones to go for, as other rooms are quite plain. This is a hushed hilltop world, run by caring staff, where peacocks, deer and monkeys roam and guests waft around in their (complimentary) white kurta pyjamas, high on the sheer loveliness of it all. **HOW DOES IT WORK?** Choose from 7, 14 or 21-day wellness programmes (including yoga, Ayurvedic, romance, stress, bliss and weight management), and you'll be given a timetable of spa treatments, activities (dawn treks to Himalayan temples, fitness classes and meals. But you can opt out any time you choose. The resident Ayurvedic doctor confirmed my dosha mix of vata, pitta and kapha (the energies said to determine temperament and constitution), and prescribed a daily treatment routine and dosha – rebalancing meals – fruit, yoghurt, nuts and seeds to boost vata and hot ginger and grains to boost kapha. **THE FOOD** Dishes are light on fat and carbs but full of fresh, local, organic ingredients with an emphasis on grains, fruit and veg. Cooking demos mean you can recreate dishes at home. **THE PROMISE** The concept of life balance here is never preachy: nothing is banned, they simply hope that you leave with a new self-awareness and follow Ayurvedic principles. This is a place to improve your yoga and an introduction to a whole new way of living. **THE RESULTS** I discovered yoga I didn't know I could do in sessions with Shambha, and went home feeling rested and rejuvenated. **BEST FOR** Yoga and ayurveda aficionados. *Seven nights at Ananda with Greaves Travel (greavesindia.co.uk) costs from Dhs17,234 full board, including flights, consultations, treatments and wellness programme.*

"YOU'LL be GIVEN A timetable BUT YOU CAN OPT OUT at ANY TIME"



ANANDA  
The foothills of the  
Himalayas, and the  
pool at the resort



IMAGES: SUPPLIED



LOUIS VUITTON



# AlJurf Gardens, UAE

A second-home DESTINATION NESTLED ON THE coastal riviera BETWEEN DUBAI and ABU DHABI



Rabia Villa



Rabia Villa

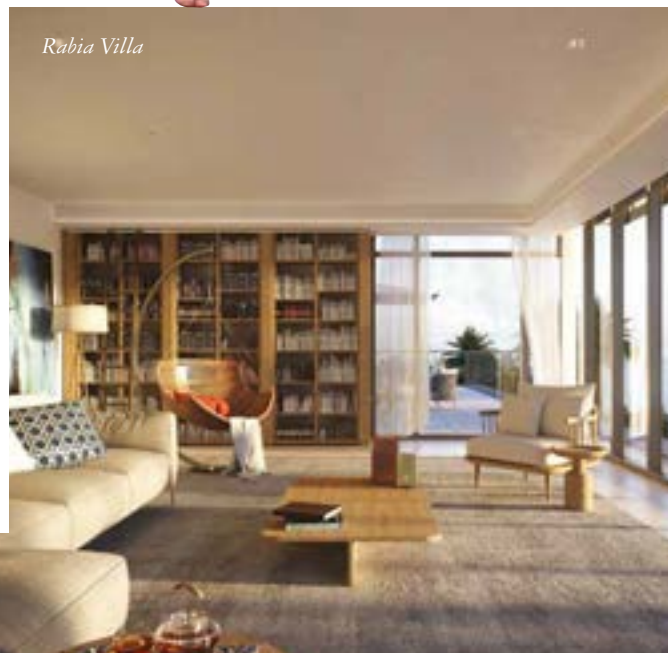
Gardens, the first phase of the development scheduled for completion in 2021, is an intricate tapestry of 500 landscaped plots that mix old and new, rugged and refined - echoing the natural raw beauty of the surrounding environment. There are four different architectural styles for the villas, each designed by four globally renowned award-winning architects with the aim to pay homage to the UAE's rich heritage. Stretching costal shores beckon from the sanctuary of the private beach, cocooning residents in a blissful haven from the outside world. And with its own private marina and a town centre that will house a delightful range of boutiques, restaurants and hotel, there isn't a better or more idyllic destination to escape the bustling city life for.

### THE LOW DOWN

As more and more people look to escape the concrete jungle of city life, a new antithesis to metropolitan living beckons from along the Sahel Al-Emarat Coast promising green spaces, private beaches to explore, and a Hamptons-style coastal dwelling for residents of the UAE. Launched by property developer Imkan, the new AlJurf project sits on more than 300 hectares of Ghantoot natural reserve, harmoniously designed to integrate with the beautiful surrounding landscape, on a mission to conserve the existing 100,000 trees, sea turtles and other wildlife in the area. AlJurf

### THE RETREAT

If the natural reserve is not escapism enough, how does a week-long stint at a world-renowned wellness clinic sound? Spain's famous luxury health resort, Sha, opens its door this 2023 offering a fusion of Eastern disciplines as well as cutting-edge Western techniques with the aim of transforming guests' lives through specialised programmes that typically last seven to 14 days. [www.al-jurf.com](http://www.al-jurf.com)



Rabia Villa

### WHAT TO PACK



Sunglasses Dhs1,100 Fendi



Bag Dhs660 Cult Gaia



Earring Dhs4,705 Era



Dress Dhs2,358 Emilio Pucci



Shoes Dhs2,318 Jacquemus



VALENTINO



The hotel's grand exteriors



The Sterling Suite Master Bedroom

# The Langham, London

UNRIVALLED luxury AND character JUST OFF OXFORD STREET, AND one OF THE CITY'S most storied HOTELS

WORDS by DINA KABBANI



STELLA MCCARTNEY



The Langham Club Lounge-Writer's Corner

### THE LOW DOWN

There is something so deeply reassuring about The Langham. In a world plagued with constant change, Europe's first grand hotel continues its tradition of serving the same elegance and refinement as it has since opening its doors in 1865. And the proof is in the pudding, or in this case, the eponymous guest list; many a famous name has wine, dined and slept under the roof of this great big castle of a building - from Mark Twain and Oscar Wilde to Napoleon the Third and Winston Churchill. Less than five minutes' walk from Oxford Circus (a shopper's dream), The Langham is opulent without being pretentious. Dramatic stately marble pillars and a dripping chandelier in the lobby lead the decadent décor that flows through the 10-story hotel of 333 rooms, many of which offer breathtaking views of the London skyline. But the main pièce de résistance has to be the 450 square metre Sterling Suite; with the option to open up to six bedrooms, it transcends the definition of a Penthouse suite and will indulge even the most elite traveller.

### GOOD EATS

A trip to London is anything but complete without a hearty English breakfast in one's belly. Roux at the Landau will have you jumping out of bed with one whiff of its slap-up British fare; think eggs forestière, some local charcuterie, a farmhouse buffet, and pastries fresh from the boulangerie. Muster the courage to give the traditional blood pudding a try; you just might end up coming back for more. [www.langhambotels.com](http://www.langhambotels.com)



Roux at the Landau for a spot of breakfast

### WHAT TO PACK

Earrings Dhs1,230 Etra



Head band Dhs1,360 Marta Ferri

Bag Dhs6,025 Jil Sander



Dress, Dhs3,130, Ganni



Shoes Dhs2,950 Fendi



CHLOÉ

IMAGES: SUPPLIED & IMAXTREE



# WORK (out) AT HOME

WHETHER YOU PREFER LAZY *downward dogs* OVER BLASTING THROUGH *squat jumps* IN YOUR LIVING ROOM, HERE ARE FOUR OF THE *region's* HOTTEST GO-TO *fitness experts* ON HOW TO SWEAT IT OUT WHILE SELF-ISOLATING

WORDS by DINA KABBANI



## ISOLATION GOALS

- Workout, walk and overall just stay active.
- Meditate (it's a good time to start)
- Unwind and stop stressing - embrace this period.
- Quality time with the kids, without having to say yalla (come on) all the time.



## GO-TO PLAYLIST

- For heart pumping: Don't be so shy, Imany - Cola, CamelPhat - Dance Monkey, Tones and I - a mix of David Guetta, Avici, 50 Cent and Eminem.
- For deep mellow workouts: Souad Massi - Imogen Heap - Soap Kills.



## SMART HABITS

I wish I was that person with the workout routine and nutrition plan but I am not. I just try not to eat after 6pm • I go for a lot of fruits and salad, especially a salad that has a bit of sweetness in it like honey in the dressing or some dried fruit. • I do love pasta, so I have been making a lot of zoodles lately. • I need my very cheesy pizza though every now and then and nothing can replace that sometimes.



*Name:* Sarah Helmy  
*Occupation:* Pilates and fitness instructor, founder of TheStudio, and ex dancer (still a dancer at heart)  
*Nationality:* Egyptian

## / SWITCH IT UP

I am such a Gemini when it comes to my workouts; it all depends on my situation or mood on that given day. I'll usually try put a quick routine together depending on what I want to focus on and/or avoid. Sometimes super mellow workouts, the slow deep ones and sometimes I want to go all out with some high intensity interval.

## / CREATE THE SPACE

I am lucky enough that TheStudio is a two-minute walk from my house so I used to walk over to workout. We have now relocated to Soukhna, a coastal city outside of Cairo - so I just go for it where ever, whenever I can...I throw the mat open literally anywhere, usually outdoors in the garden. If it's for the online class - I just place the screen where I can be seen.

## / GET IT DONE - NO MATTER WHAT

I just want the workout. These days at least - it's just a matter of getting the kids off me. Not just off my mat but literally off of me. Sometimes I find myself planking and both hop on my back, other times I am in between both kids and have bits of playdough on my mat. With me giving online classes, the mood sets itself. It's nice and interactive, I am giving the class, so mentally I am in a state of mind that makes me focus and disregard everything around.

Try Sarah Helmy's #stayhome workout and join one of her virtual classes by signing up at [info@thestudioeg.com](mailto:info@thestudioeg.com)

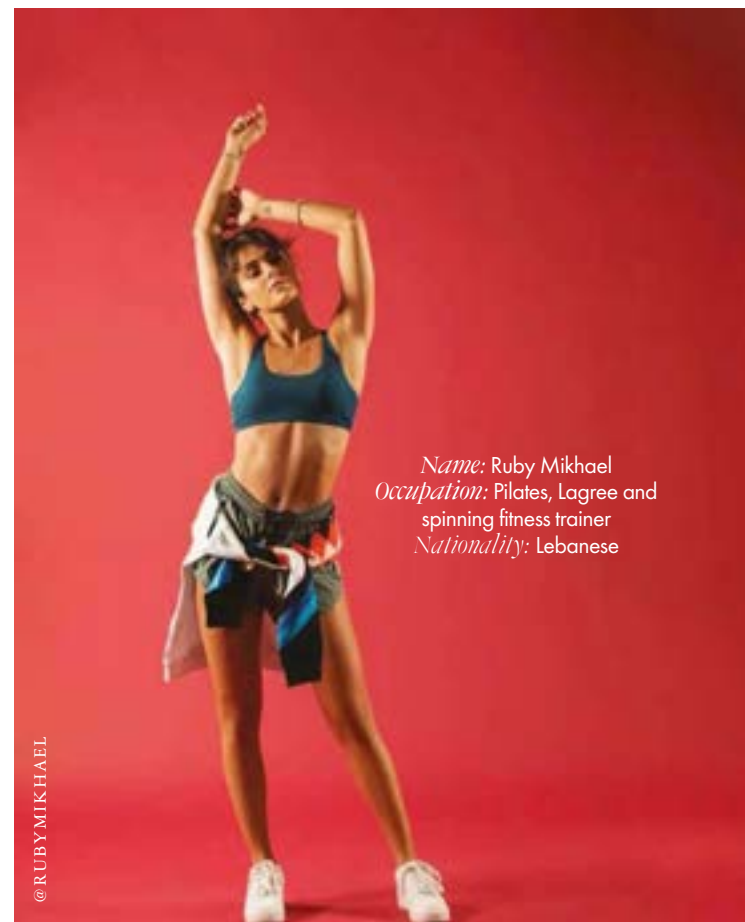


## LISTEN TO YOUR BODY

The thought of how I will feel as soon as I am done gets me going. But I honestly believe it's ok to be lazy, respect your body and chill some days as long as you don't get too comfortable in that state. Movement is therapy for me; I sometimes just put music and start dancing - actually, a lot of the time we do that (it's a family thing).

## SUPPORT LOCAL

We closed our studio before we officially had to, we wanted to be socially responsible, and we were concerned how our clients would react. Some were frustrated, others supported. We have since decided to offer a full free schedule of virtual online classes, open to everyone and have been showered with amazing messages expressing appreciation on how our workouts are helping everyone during these tough times. Nothing is more rewarding!



*Name:* Ruby Mikhael  
*Occupation:* Pilates, Lagree and spinning fitness trainer  
*Nationality:* Lebanese

@RUBYMIKHAEL



## FOR A QUICK #STAYHOME WORKOUT

If I'm not on a bike or on a reformer machine I'll grab a mat at home and create my own routine of several movements that work for me. Here are a few moves that get the heart pumping and the body moving. Do each move for 20 seconds then repeat the set 2-3 times: Side lunges - wide to narrow squat jumps - lateral high knees run - mountain climbers - push up - Spiderman planks - side planks.

MCT Oil  
Dhs73  
Omit



## KEEP IT REAL

I always try to listen to my body and the more I learned to connect with it the more I realised that I had a misguided belief that if I wasn't torturing myself at the gym, I wouldn't see results. Being gentle with my body makes me feel at ease both physically and mentally.

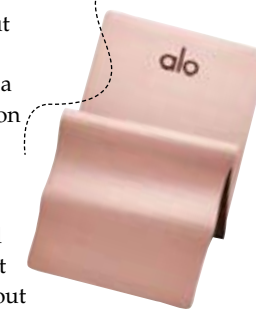
## CLEAN CUISINE

I follow a mostly vegan diet - I cook all my meals at home and make sure to include as many nutrient-packed fruits, vegetables and ingredients as possible. I mix Vital Proteins collagen with my coffee or juice daily and add a drop of MCT oil which has a lot of benefits.



Collagen  
Dhs250 Vital  
Protiens

Pilates & yoga  
mat Dhs376  
Alo yoga



## STOP & REFLECT

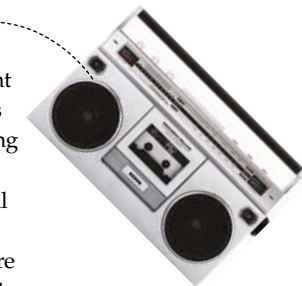
Although my diet and workout routines are crucial, there's something so powerful about a couple of minutes of meditation that helps me relax and take things day by day. At the beginning I thought sitting and trying to silence my mind sounded like torture, but what I'm learning is that it's not about calming the mind per se but instead just observing it.

## HAPPY BODY = HAPPY MIND

I would definitely recommend having a routine and sticking to it. Wake up early, meditate, connect with your body, put on some music to bring out the energy in you. I also find it helpful to follow IG accounts that motivate you to get active and moving. The best way to fight off anxiety and de-stress is to do a great workout that will make your body and mind happy.

## BEAT PERFECT

Music - it's my secret ingredient and a crucial part of my fitness classes - I spend hours searching for the perfect track and create playlists that I know will get all my clients pumped. Currently, my favourite workout songs are Blinding lights by The Weeknd and Dua Lipa's Physical.



## CURRENT MOOD

My goals during this time is to further discipline my diet, discover new workout methods, and learn to enjoy this downtime at home which I'm not used to. But once this is over, I'm going to grab dinner and drinks with my friends right before we all go out dancing!





© ZAHRA

Name: Zahra Lari  
Occupation: Competitive figure skater  
Nationality: Emirati

**ALL DAY, EVERYDAY**

Since I am a professional athlete, I have a fixed set of exercises that I have to do daily. If I want to do other stuff, it will be extra on the side. In the morning when I'm bored, I sometimes do an online yoga workout but again this will be counted as an added bonus and I still have to do my regular exercises.

**KICK OFF**

I start my day with a good breakfast and of course coffee. I love my coffee! I then watch some videos, sit with my family, or watch Netflix. In the afternoon I do my workout at

home to make sure I stay active and in shape. I have a small in-house gym which is so helpful, but I also do some workouts in my room or out in the garden to get some fresh air. I always change up the area so I stay motivated and don't get bored.



**INNER WORK**

To be honest I don't meditate and I keep saying I will start because it is very important but then I always get too busy. But now since we're on lockdown, it's the perfect time to start so I'll definitely get into it.

**BEAT THE BLUES**

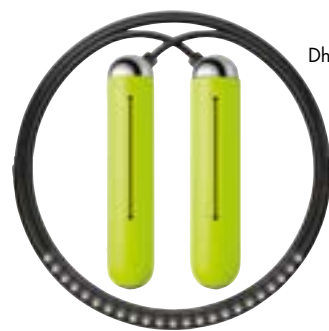
I do all my workouts in the afternoon this way I use my mornings to keep my mood up by watching videos or sitting with family - I'm not a morning person unfortunately. Once though it's time for my workout, I'm usually very excited and ready to kill it. but It's also so important to listen to something that will boost your energy and make you pumped. I usually like to listen to motivational talks and soundtracks. They remind me why I'm doing what I'm doing.



Noise Cancelling 700 Over-Ear Headphones Dhs1,649 Bose

**DAILY DIARY**

I usually go running on the treadmill to keep my stamina up then I skip rope, do jumps, elastic bands, core, back and leg exercises. It is extremely important to do so during this time so I don't struggle when I go back on the ice. I'm also trying new things that I usually don't get to do with my busy schedule like yoga, Pilates and different strength and conditioning exercises; they're actually super fun and very tiring.



Smart Rope Dhs313 Tangram Factory

**HOME WORK**

I work out in the living room. Everyone at home knows that when I'm in there on my mat, it's my time and space so they leave me to do my thing. My current favourite go-to are my Sequence online workouts of course! Low-impact, high-intensity, joint-healthy, pelvic floor friendly and core-activated sweaty, sweaty, sweaty workouts! What's not to love!?

**ME TIME**

My day starts with my kids homeschooling. I'll have coffee and a small bite, then I fit my workout in between school lessons. Their school schedule is a little different everyday so I plan out my me-time the night before so that when I wake up in the morning, I know what the day looks like pretty much.

**REFLECT & CONNECT**

I try to get a quick 15-minute tune-up meditation before bedtime. It took some time for me to settle into my new self-care routine but I know this is temporary so it's ok - I'll take it over a virus any day. I remind myself throughout the day to simply bring my focus into the now as projecting myself into the future can be too overwhelming. That's meant making more effort to integrate feel-good practices into my day such as practicing breath work which helps me decompress and disconnect from feeling overwhelmed or anxious.

**MAKE IT HAPPEN**

It's really important to have a workout routine you can maintain which will help de-stress you and keep you sane during this uncertain time - now is definitely not the time to give-up on your fitness goals. Getting my workout



Anamorphine Candle Dhs245 Overdose

IMAGES: SUPPLIED



© HEATHER BONKER

Name: Zeina Daher  
Occupation: Fitness Instructor and creator of SEQUENCE  
Nationality: Palestinian-Jordanian

done is set in stone however when I get it done isn't as I need to bend and sway with the day, this works best for me now - otherwise I would feel very anxious.

**SOUL FOOD**

My nutrition is the same all year round and I find being home just makes it easier to make nutritious choices all day. I always have fresh fruit and veggies in the fridge and I also make sure to get enough protein, healthy fat, fibre, dark leafy greens and coloured cellular carbs at every meal which keeps me satisfied. I take a daily multi-vitamin, vitamin C, vitamin D, zinc, probiotics and recently Elderberry as it contains antiviral properties.



Immier Beauty Boost, Dhs217 The Beauty Chef



**FOR A QUICK #STAYHOME WORKOUT**

"Dead Butt Syndrome" is a real thing and these days especially, the temptation to spend the whole day on the couch is also a real thing! Sitting too much is bad for your health and it can also be bad for your peach and result in gluteal amnesia. Basically, your glutes forget what their purpose in life is and that may lead to injuries including tight hip muscles, hamstring injuries, lower back pain, even injuries to the cartilage in the knee! Here are four simple but amazing exercises to bring your glutes back to life! Do 15-20 reps of each one before switching sides: Glute bridge - donkey kicks - fire-hydrant - clam shell - dumbbell deadlift.



# Cooking

## IN THE TIME

of

## CORONA VIRUS

ONLINE, IT SEEMS EVERYONE IS EITHER *stress cooking* OR *quarantine baking* UP A STORM; SOME AS A NEW FOUND *bobby*, WHILE OTHERS USE IT AS *therapy* DURING THESE *testing* AND *trying* TIMES – AND WHO CAN BLAME THEM!? AFTER ALL, THERE'S NOTHING REALLY *better for the soul* THAN FOOD. HERE, FOUR *regional* INSIDERS - WHOSE *cooking* WE TRUST AND *Instagrams* WE RELY ON FOR FOOD INSPIRATION – *share their tips* ON HOW WE CAN ALL #STAYHOME AND STILL #STAYHEALTHY. HERE ARE THEIR MUST-HAVE *pantry staples* FOR TIME IN *isolation*, AND THEIR *go-to comfort-food* RECIPES FOR YOU TO TRY *at home*.

EDITED by DINA KABBANI

MONIKA GRABKOWSKA © UNSPLASH



### EMMA SAWKO

OCCUPATION: FOUNDER OF COMPTOIR 102 CONCEPT STORE - DUBAI, CO-FOUNDER OF WILD & THE MOON RESTAURANTS - PARIS/DUBAI  
NATIONALITY: FRENCH

bowl food makes it comfy.

**On Instagram food accounts...**I scroll a lot on Instagram but for inspiration, I rely more on cookbooks, especially traditional cooking from around the world with “old-wives” tips that I like to adapt and modernise.

**On three people she'll invite over for dinner after isolation...**What I really miss is nature. The sun, the rain, the mountains, the sea. After all this is over, I am going to fix a special dinner in the countryside with a few plant friends. I am going to hug trees, lay in the grass, smell flowers and kiss the earth. This will be my date.

**On her favourite recipe at the moment...** Definitely my granola! I probably got the recipe from somewhere, but I've made it so many times, changing it along the way - that now it is mine. I make it a lot; my kids are home, and they are eating truckloads of it.

**On the memories it evokes...** Memories from before, I am not sure. But after all that, we may remember it as “the Isolation Ration”.

**O**n pantry staples and stocking up...Pulses, nuts, whole grains, dried seaweed, dried shiitake, miso, and our Wild & the Moon superfood mix. I tried not to stock up madly but to better organise my stocks and use wisely what I already had. I have been making a lot of fermented food and now I have a nice shelf of homemade pickles, sauerkrauts and kimchi jars.

**On boosting immunity...**The key to immunity lies in a healthy belly. I already cut out sugar, caffeine, gluten and dairy but I am trying to add extra fermented food, as well as mushrooms (shiitake, reishi, chaga), herbs (oregano, thyme, rosemary) and spices (cinnamon, cloves, turmeric).

**On staying home and staying healthy...**At the moment, staying home is the best way to stay healthy. I still work (a lot), obviously, but I also do my workouts from home. We organised live workout sessions (yoga, pilates, meditation, cooking classes, etc.) on our Instagram account (@Wildandthemoon), which I am doing every day. I open the windows to get fresh air and bask a few minutes in the sun to get my fix of vitamin D.

**On comfort food during these tough times...**Lately I've relied heavily on homemade granola. It's the ultimate fast food and a complete meal, full of goodness, and the fact it's basically



### RECIPE GRANOLA

#### Ingredients:

- ½ cup oats (gluten-free) -
- 1 cup overnight soaked almonds
- ½ cup overnight soaked cashews - 1 tbsp of chia seeds -
- 2 tbsp of grated coconut - 1 tbsp sunflower seeds - 1 tbsp pumpkin seeds - 1 tbsp flaxseeds - 1 tsp cinnamon - 3 tbsp of maple syrup

#### Method:

Rinse the almonds and the cashews, place them on a cutting board and start chopping. Once they are finely chopped, put them in a big mixing bowl, add all the ingredients to it and stir well. Spread the mixture on parchment paper and put it in the oven at 140 degrees until it's slightly brown. Leave it to cool down and then break it into pieces and enjoy.







**JOUDIE KALLA**

OCCUPATION: CHEF/AUTHOR  
NATIONALITY: PALESTINIAN

**O**n pantry staples and stocking up...Definitely za'atar, chilli, flour, olive oil, pulses, grains and every spice you can think of. My fridge right now is packed with labneh, eggs and fresh vegetables which I've been cooking and freezing for later to minimize having to go out.

**On boosting immunity...**I drink three daily pots of a concoction made of ginger, turmeric, cinnamon sticks, cloves, garlic, honey and lemon. And I also gargle with salt water two to three times a day as well as being adamant about taking vitamins like B6, C, Selenium, Magnesium taurate and zinc.

**On staying home and staying healthy...**I cook and eat a varied diet filled with vitamins to help my immune system

should this virus attack me. I'm also meditating a lot to help ease my mind and relax my body as I've been more anxious these past few weeks. Also, a yoga class here and there with my sister on Zoom helps a lot.

**On comfort food during these tough times...**My mother's rice with sha'riyeh (vermicelli) and any stew, particularly Molokhia or a spinach one – they're very comforting.

**On Instagram food accounts...**I follow plenty including @almondandfig @Melizcooks @mns86 @mymoroccanfood @daliaskitchen @rosiefoodie @\_thebite.

**On three people she'll invite over for dinner after isolation...**My mother as I miss her so much. And family of course, but we are definitely more than three!

**On her favourite recipe at the moment...**Shorabet lahmeh wa sha'riyeh (pomegranate meatballs with a vermicelli tomato soup). It is a childhood favourite and a recipe I got from my mother and aunties. It is a hearty, homely soup with so much depth of flavour that it often features on my dinner table at least once a week; it's great to make and keep in the fridge.

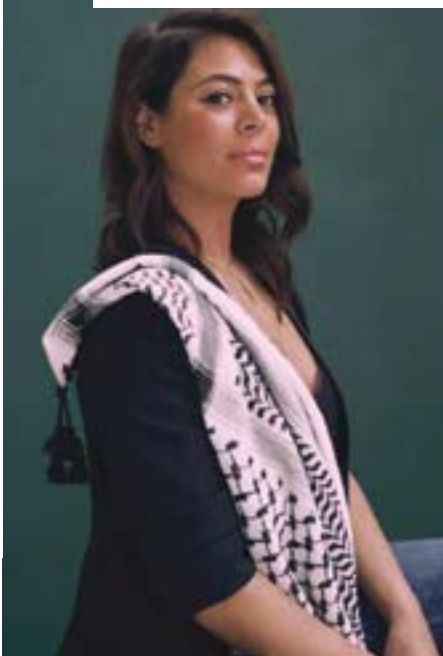
**On the memories it evokes...**It always reminds me of when I was young and not feeling too good and my mum would always bring a bowl of this to my room and sit with me while I ate it.



RECIPE  
**SHORABET LAHMEH  
WA SHARIYEH**

**Ingredients:**  
1 large chopped onion - fresh flat-leaf parsley - 500g of minced lamb - 2 tsp sea salt - 1 tsp black pepper - 2tbsp sunflower oil - 4 tbsp pomegranate molasses - 600 ml water or chicken stock - 5 vermicelli nests crushed - 300 ml tomato passata - 1 tsp sea salt - 1 tsp caster sugar

**Method:**  
Mix the onions and parsley in a large bowl. Add the lamb, salt and pepper and mix together. Shape into small meatballs, varying in size, and set aside. Heat the sunflower oil in a pan over a high heat. Add the meatballs to the pan and fry for about 10 minutes or until browned all over. Add the pomegranate molasses and stir so that the meatballs are covered in molasses and soak up the flavour. Cook for about two minutes. To make the soup, put the water or chicken stock in a large saucepan and add the crushed vermicelli nests and tomato passata. Cook for about five minutes, then add the meatballs and the juices from the pan and let them cook in the stock for about five to 10 minutes. Taste for seasoning – I usually add one teaspoon salt and one teaspoon sugar to balance out the acid in the tomatoes. Serve in a bowl with a small amount of chopped parsley mixed into the soup.



RECIPE  
**SEAFOOD ORZO**

**Ingredients:**  
3 tbsp olive oil - 1 chopped onion - 3-4 cloves minced garlic - 1 peeled, finely chopped tomatoes - 300g orzo - 1 cups water - 1 tsp saffron (in hot water) - 1 cubes organic vegetable stock - 1 tbsp tomato paste - 6-8 large shrimps (shelled and de-veined with tails on) - 15-20 clams - 200g squid - 1 tbsp finely chopped parsley - lemon - 1 tsp pink salt & black pepper - 1 cup peas (optional) - lemon wedges and parsley to garnish

**Method:**  
Wash the clams, shrimps and squid in cold water then drain and set aside. In a medium sized pot or a cast iron pan, add the olive oil and sauté onions for five minutes. Add in the garlic, tomatoes and orzo and sauté for another five to seven minutes. Add hot water followed by the saffron (mixed in a little hot water), salt & pepper and vegetable stock. Stir occasionally and add more water if necessary. After five minutes add the tomato paste followed by the shrimps and clams and cover on low heat for another five minutes or until the clams open up. Add the squid and peas for a further three minutes or until squid is opaque in colour – then turn heat off – add lemon juice and parsley. Garnish with the remainder of the lemon wedges and parsley and serve immediately.



**LAMA JAMMAL**  
OCCUPATION: FOUNDER  
MAMALU KITCHEN  
NATIONALITY: LEBANESE/BRITISH

**O**n pantry staples and stocking up...You'll always find I'm well stocked on all types of beans and grains, various fancy pastas and orzo and every kind of rice you can think of. And Eazy Freezy in my freezer!  
**On boosting immunity...**Bone broth as my stock in every stew, pasta sauce and soup that I make. I also add freshly grated turmeric to all our foods while cooking and having a turmeric, ginger and black pepper shot every morning.  
**On staying home and staying healthy...**I try to work out five times a week and we have fairly healthy but creative meals during the week and on the weekends indulge on the risottos and burgers with the kids.  
**On comfort food during these tough times...**I'm loving homemade Indian

with homemade naan or chapatis at the moment; they're my go to.

**On Instagram food accounts...**I love following @alphafoodie, @recipe\_tin, @dennistheprescott, @mariojrhaddad and @massimobottura.

**On three people she'll invite over for dinner after isolation...**My parents, sister and brother along with their families who live in different countries.

**On her favourite recipe at the moment...**It has to be seafood orzo! I made it myself out of inspirations from summers in Greece and now that we're all home, I think it's a great dish to make to transport oneself from their living room.

**On the memories it evokes...**Summers on holiday with family and friends. My kids love seafood and I love seeing them eat the clams and try to make things with their shells.







### MAHA MORLEY-KIRK

OCCUPATION: BUSINESS OWNER OF PINKY GOAT, CONTENT CREATOR OF OATS & THYME

NATIONALITY: LEBANESE

follow plant-based chefs from around the world. One of my favourites is @ deliciouslyella, who is based in the UK. I've eaten in her restaurant and I love her consistency and quality of photography.

**On three people she'll invite over for dinner after isolation...**It's hard to limit myself to just three people but if I had to it would be Joelle Mardinian, Maya Ahmad and my business partner, Elle Hardy.

**On her favourite recipe at the moment...** Fig cake! I first made this about five years ago and since then it has always been a favourite in my home which I make once a week. Having some additional time these days at home has given me the chance to cook more, which means there is always a cake in the pantry!

**On the memories it evokes...**My childhood in Lebanon when we ate figs virtually every day. I remember picking the figs at my grandfather's farm - this is where my love affair with organic, home grown produce began!

**On pantry staples and stocking up...** Gluten-free oats, almond flour, oat flour (perfect for healthy cookies), raw almonds and cashews, 100% maple syrup (wonderful drizzled on my morning porridge), chia seeds, coconut oil and thyme. The final two must-have items are my homemade organic ghee (for all types of cooking) and white tea, as I'm a tea snob!

**On boosting immunity...** As I'm a flexitarian, having a plant-based diet means I always eat a lot of fruits and vegetables which is great for one's immunity. I also try to spend 20 minutes in the sun each day to replenish my vitamin D and I follow a strong sleeping regime; I will always look to be asleep by 10pm and wake up around 5am.

**On staying home and staying healthy...** Exercise for me is a must. I start the day with yoga and meditation before having a healthy breakfast then I spend 30 minutes a day on the treadmill and because I'm lucky enough to have a swimming pool, I do aqua gym.

**On comfort food during these tough times...**I was brought up in Lebanon during the difficult times there and I seem to have gone back to some of my staples from that period, including lentil soup and homemade healthy ice cream!

**On Instagram food accounts...**I tend to

IMAGES: SUPPLIED



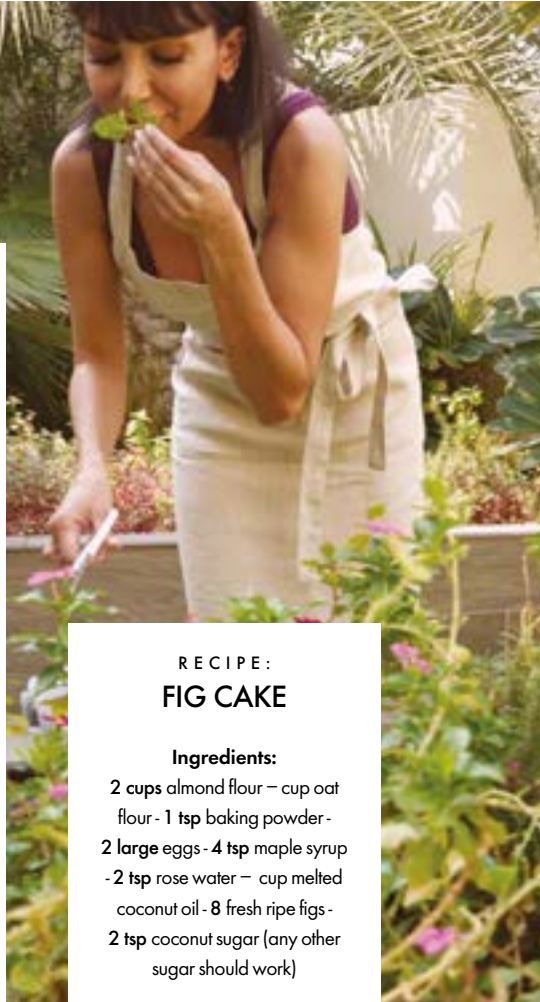
#### RECIPE: FIG CAKE

##### Ingredients:

- 2 cups almond flour – cup oat flour - 1 tsp baking powder -
- 2 large eggs - 4 tsp maple syrup - 2 tsp rose water – cup melted coconut oil - 8 fresh ripe figs -
- 2 tsp coconut sugar (any other sugar should work)

##### Method:

Pre-heat your oven to 180°C (fan assisted, 200°C for non-fan). Add all the dry ingredients in one bowl and mix ensuring there are no lumps especially in the almond flour. In another bowl, add the eggs, oil, and maple syrup. Mix well, add to the dry mix and just fold everything together but be careful not to over mix. Let it sit for five minutes. Add parchment paper to the loaf tin - in this recipe I use a 9-inch tin. Add the cake batter, top it up with slices of figs and bake for 30 – 35 minutes. Use a toothpick to check if the cake is done, if it comes out clean that means the cake is ready. Rest on a cooling rack for 10 minutes before slicing.



Set of plates Dhs2,210 Brunello Cucinelli at Matchesfashion.com



Teal bustan rug Dhs3,580 Kilim



The Tolf vase Dhs3,345 Alison Lousada

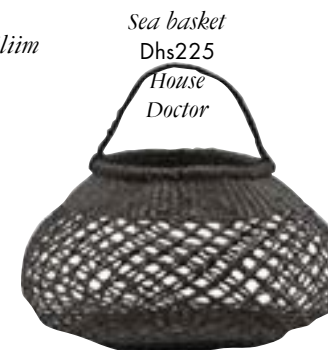


GABRIELA HEARST

Mix and match colours, textures and materials for a nature-inspired theme



Needlepoint cushion Dhs1,510 By Walid



Sea basket Dhs225 House Doctor



EDITED BY DINA KABBANI, IMAGES: SUPPLIED & IMAXTREE

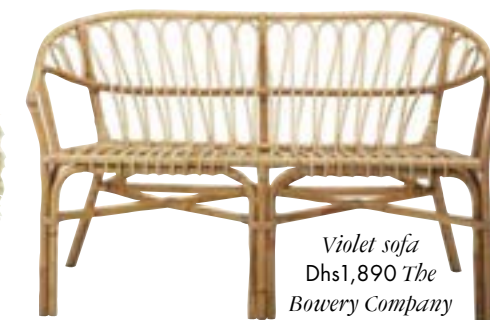
Triptych macramé wall hanging Dhs205 Asha Handicrafts

## CONSCIOUS CribS

WWW.SALUTE THE planet by BRINGING earth elements TO LIFE THROUGH decor via RAFFIA, RECLAIMED WOOD, organic COTTON AND RECYCLED CRAFTED ITEMS



Raffia table mat Dhs54 Zoco Home



Violet sofa Dhs1,890 The Bowery Company



DIOR







**FASHION DESIGNER ERDEM ON HIS MODEST CAPSULE COLLECTION WITH BRITISH LUXURY INTERIORS DE GOURNAY...**



Dear ELLE Arabia,

*I was thrilled to have the opportunity to collaborate with de Gournay as I have always loved their work. Like me their work has a focus on the human hand and craftsmanship. The process of creating a wallpaper with them was so interesting, although we use different mediums we actually have a very similar approach to detail. The intricacy of their work is extraordinary, especially when you see their wallpapers up close. I was so happy that Net-a-Porter included my de Gournay capsule collection in their 'Modest' campaign. I was fortunate enough to visit the Middle East last month to celebrate the collection, in fact it was one of my last trips before we were put on lockdown in London. Those memories of a night of celebration are more special now than ever and I look forward to being able to travel again to the Middle East one day when this will all be over.*



*Erdem*



Erdem x de Gournay collection



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جلد الحمل المخرّم. مشبك ثلاثي  
الحلقات مصنوع من المعدن  
المغطى بالبالاديوم.



إبداع الصناعة