

ISSUE 117 JANUARY 2021

ELLE

ARABIA

MIND, BODY & SOUL
BE THE BEST
YOU THIS YEAR

IN CONVERSATION
KAREN WAZEN
& MADIYAH AL SHARQI

UAE DHS 15



a FRESH START

HUBLOT



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18K King Gold case set with diamonds.
In-house UNICO chronograph movement.

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Charlize Theron
Misty Copeland
Yao Chen



CHRONOMAT

B
BREITLING
1884



#SQUADONAMMISSION

ELLE

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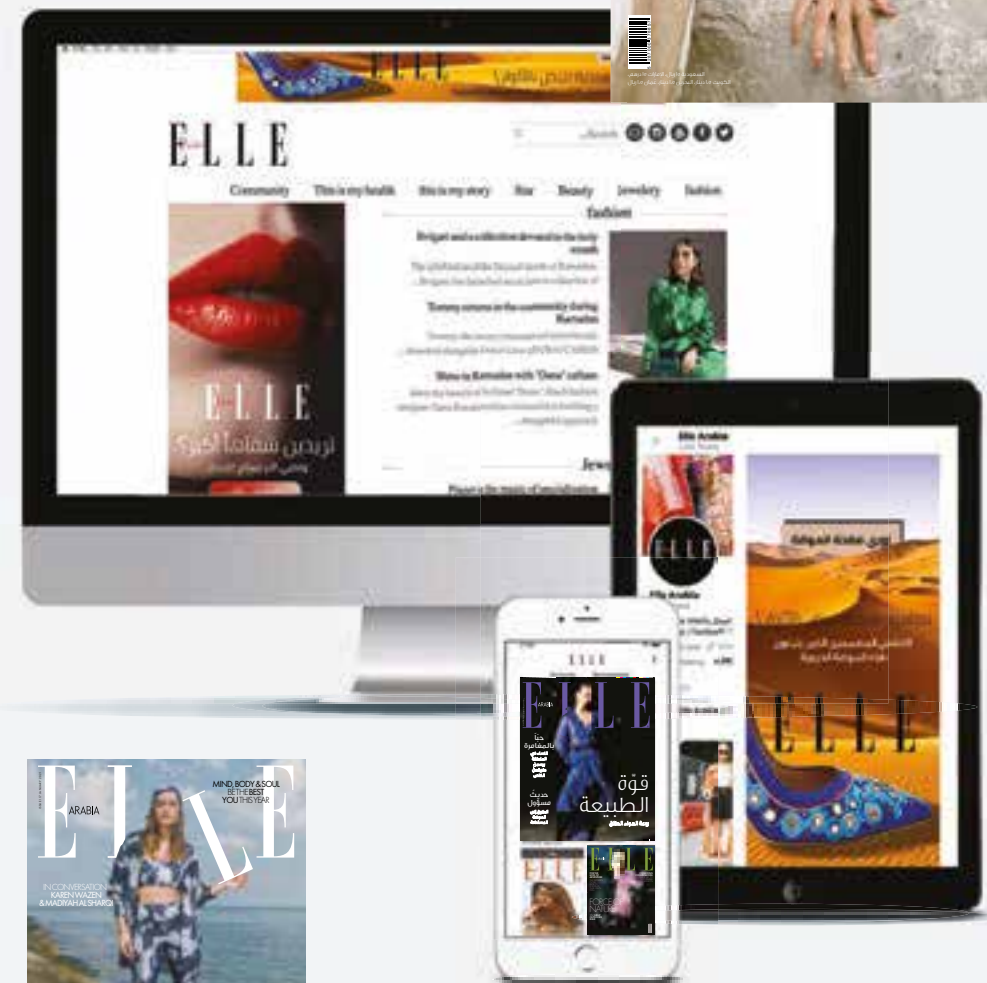
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Veronica Etro on the re-edition of the Pegaso bag, the future of



The COVER

Photographer: Prod Antzoulis
Stylist: Jeff Acun
Look by Madiyah Al Sharqi
Hair: Manuel Losada
Makeup: Lina Dahlbeck
Location: Shot on Location at Paradise beach - Rixos the Palm Dubai

DISCOVER ELLE ARABIA ON OUR PRINT AND DIGITAL PLATFORMS



EDITOR'S LETTER



@LINA MO

Left: Misty Copeland on breaking barriers and doing things in her own time... Above: The new face of KSA beautifully merges its traditions with the future

ALL THAT WAS OLD,
IS NEW AGAIN...

What a joy it is to start this year on an upbeat note. With the worst hopefully behind us we are looking forward to taking greater pleasure in the beauty of life, love, friends, fashion, art and culture. To that end, we bring you the ELLE Beauty Award winners, decided across the globe to help you look and feel your best after months of being indoors. Discover how the way you decorate your home can bring you greater peace of mind in our LIFE section, learn about the new breathing techniques with benefits inside and out, and listen to our panel of experts for the best of MIND, BODY & SOUL. In art and culture, it's time to don our curiosity hat, as we head out to beautiful, regional locales to enjoy the beauty

of nature, and take in our needed dose of art thanks to digital installations that are sure to wow. In fashion, meet our cover star Karen Wazen as she interviews designer Madiyah Al Sharqi and models the latest collection by the beach! All this and more awaits, in this issue and beyond....



Dina Spahi

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A Clean Slate

WE want TO START THE NEW YEAR ON A FRESH NOTE! *Relaxed* SILHOUETTES, NATURAL shades, ORGANIC MATERIALS, AND A NEW *outlook!*



1. Bracelets, J'Adior Dior; 2. Dress, Mara Hoffman; 3. Espadrilles, Castañer; 4. Bag, Naturae Sacra + Net Sustain; 5. Vase, Simone Bodmer Turner; 6. Sunglasses, Loewe; 7. Malawi Mirror, Tribe Dubai; 8. Mules, Chanel; 9. Eau de Toilette, Maison Margiela 'Replica' Beach Walk; 10. Cushion, By Walid



THE
BAG

VALENTINO GARAVANI'S LATEST ROMAN STUD BAG AMPLIFIES THE LABEL'S FAVORITE ICONS: THE STUDS, THE QUILTING, THE CLOSURE AND THE CHAIN. THE RESULT, AVAILABLE IN A VARIETY OF COLORS AND TREATMENTS, IS BOLD AND BEAUTIFUL!



THE
WATCH

THE HERMÈS NANTUCKET WATCH, FIRST DESIGNED IN 1991, CONTINUES ITS JOURNEY WITH THE LAUNCH OF THE CHAÎNE D'ANCRE, EVOKING ITS EARLY DAYS. THIS MODEL OFFERS A NEW TAKE ON THE ICONIC LINK, WHICH MERGES SEAMLESSLY INTO A LIGHT AND SUPPLE STEEL OR ROSE GOLD BRACELET.



THE
SNEAKERS

MAX MARA'S LACE-UP LEATHER SNEAKERS ARE A VISION OF SPORTY CHIC. FINISHED WITH LINEN LACES AND HANDCRAFTED LEATHER DETAILS, THEY ELEVATE YOUR LOOK IN MORE WAYS THAN ONE THANKS TO THEIR RUBBER HIGH BOX SOLE!



"FASHION IS MORE THAN THE UNVEILING OF A FINISHED LOOK; IT IS A CREATIVE PROCESS. THE DUBAI FASHION EMPORIUM WILL OFFER A FRONT ROW SEAT BEHIND THE CURTAIN; A PERMANENT INSTALLATION SHOWCASING THE GEARS AS THEY TURN FROM CONCEPTION TO CATWALK."

Looking
forward to...
FIERCE FASHION!

It's time to get off the sofa, turn off Netflix, and change out of those sweats as Fashion is Back, baby! The region's biggest fashion event, Middle East Fashion Week, will be coming to Dubai for the first time in Spring 2021, bringing five days with more than 20 fashion designers, showroom zones, fashion forums and trunk shows. In addition to fashion shows, there will also be fashion events, VIP lunches, VIP galas and awards shows.

On the shelf...
WITH BANKSY
NEW BOOK UNCOVERS THE SECRETS OF
HIS WALLED OFF ART EDITIONS

Flemish author and art expert Marc Pairon set out to investigate and now uncovers the secrets of Banksy's much-coveted Walled Off art editions. Between 2017 and 2020, Banksy had a number of remarkable objets d'art issued in Palestine, aimed at drawing attention to the awkward living conditions of the Palestinian people. The various shapes of the 'souvenirs' executed in polymer resin were created by Banksy himself, while he also supervised the graffiti decorations carried out by Palestinian artists. Until now, little to nothing is known about the diversity of the Walled Off art editions and the quantities that were issued. This is an exceptionally fascinating book contains around 200 unique photographs and extensive background information about this historic artistic legacy.



Banksy - THE WALLED OFF ART EDITIONS are SOLD OUT!



Say it Loud... **STYLE & CONSCIOUS**

Luxury brand with a conscience, SemSem, presents the Peace Collection - a special capsule of 100% cashmere sweaters delicately embellished with words and symbols that mean peace, including "salam" in Arabic, and the "ankh" Egyptian hieroglyphic symbol signifying life. Founder and Creative Director Abeer Al Otaiba, a mother of two and wife of the UAE Ambassador to the United States, aims to support and invest in women's and children's well-being around the world through SemSem, from how fabrics are sourced and garments are sewed to supporting charities that make a difference to their lives. Every season, the philanthropist partners with a non-profit organization dedicated to gender equality, literacy, health, legal awareness, and education.

"THERE ARE MANY WAYS TO ENCOURAGE PEACE IN OUR COMMUNITIES, BUT FIRST WE MUST CREATE AWARENESS AND SERVE AS AN EXAMPLE FOR THOSE AROUND US, BOTH NEAR AND FAR." - ABEER AL OTAIBA

Art is...ART

Art will prevail, and be seen and enjoyed, in any form, by any means. Dubai-based creative production agency MMG have launched their latest addition to the group, the MMG Art Gallery (mmsgartgallery.com) - a digitised art gallery showcasing the works of talented independent, established and emerging artists and photographers. MMG Art Gallery offers art collectors and buyers exclusive access to limited-edition artworks with accessible prices. As a natural part of the global digital revolution, this initiative allows buyers to safely and conveniently shop their favorite exclusive art pieces from the comfort of their own home.

"THIS PROJECT EXPANDS OUR ONGOING EFFORTS TO BRING CREATIVE ESCAPISM TO PEOPLE'S LIVES IN THEIR PRIVATE SPACE AT AN ACCESSIBLE PRICE," AND WITH PLANS FOR FUTURE ONLINE THEMED EXHIBITIONS, MMG ART GALLERY WILL BROADEN THEIR ARTISTS' EXPOSURE AND SUPPORT THEIR PORTFOLIO GROWTH." - CEO AND FOUNDER, GOSIA GOLDA

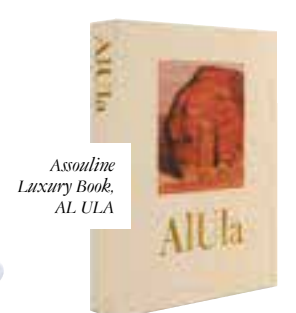


This year, we'll be...



ISABEL MARANT
GUCCI
BALENCIAGA

Heading out in stylish comfort
While it may be time to ditch the all-day PJ look, we've gotten used to comfort. Thankfully, when we head out we can do so in stylish sneakers for added bounce!



Discovering the great outdoors
There's so much to do in our own backyard; from hikes in Sharjah to dives in Oman and the wonders of Al Ula in Saudi Arabia. Adventure, here we come!



Taking better care of our skin
Whether it's catching up with friends we haven't seen in months or invasive Zoom calls, all attention is on our skin and we intend to look our best



THE LA PRIMA RANGE, INSPIRED BY THE ORIGINAL SHOULDER BAG DESIGNED BY GIORGIO ARMANI IN THE 1990S, IS A VISION OF CLEAN LINES AND PRECISION CRAFTSMANSHIP. THE ORIGINAL MODEL HAS BEEN JOINED BY A HANDLE BAG, AN ELONGATED TOTE BAG, AND A NEW MICRO BAG, AS WELL AS POUCHES, CLUTCHES AND CROSS-BODY BAGS. WE ESPECIALLY LOVE HOW THE METALLIC LEATHER HIGHLIGHTS THE GEOMETRIC ANGLES!

LA PRIMA

Fashion MEMO

A curated ROUNDUP OF THE BEST NEW FASHION arrivals AND noteworthy PIECES, HAND-PICKED BY OUR EDITORS



↑ ART ATTACK
What if women ruled the world? That's the question feminist artist Judy Chicago asked on one of the banners that adorned Dior's S/S20 couture show, on which she collaborated on with the house. The French brand tapped her once again, this time for the 5th Lady Art collection, where she joined other artists turning the maison's iconic Lady Dior bag into her canvas, using her Great Ladies series as inspiration.



AZZI & OSTA

↑ ONE-STOP SHOP
Azzi & Osta are inviting customers into their world with the launch of their highly-anticipated online store which offers a welcoming space inspired by the irl intimate experience received at their showroom. Head on to Azzianoosta.com to shop their A/W21 and S/S20 ready-to-wear collections available for pre-order.



Saint Laurent Jil Sander Gianvito Rossi

← BOOT OFF... →
There's a cold-weather boot for every taste, it's just a case of choosing your mood; sexy spray on styles or heavy-tread bower boots.



Dior Bottega Veneta Ganni



← HEAD STRONG
From a preppy Jennifer Behr headband and a Gucci hair clip to a Valentino silk scrunchie, head into the new year with the most beautiful designer hair accessories of the season.

TRENCH CITY ↓
With temperatures becoming decidedly cool, and the outdoors beckoning for us to come out and play, it's easy to see why the humble trench is everyone's go-to. Take your styling cues from the streets and shrug one of these perennial favorites over everything from a printed dress to a pair of jeans to add instant polish to your everyday look. Stepping outside never looked so chic...



↑ COVETED COLLABORATION
WHO: Hassan Hajjaj x Poppy Lissiman
WHAT: Under his label Andy Wahloo, the Marrakesh-based artist known for his kitsch photography has turned his eye towards design teaming up with Australian accessories designer Poppy Lissiman on two bright and bold pairs of sunglasses that according to Hajjaj, "will turn everyone who wears them into their own version of a 'rock-star'." Available online @ Poppylissiman.com



Alif Rg Half Diamond Ring



← REGIONAL DROP

Drawing inspiration from the majestic first letter of the Arabic alphabet, Damas Jewelry has launched its latest signature Alif collection, designed as a tribute to every woman in the GCC region. The brand has transformed the single letter into simplistic and modern jewelry designs which capture the empowered spirit of standing tall, proud and strong, just like the letter Alif itself. And to honor all the women who inspire and continue to champion significant change within the Arab world, they not only tapped celebrity TV anchor Mahira Abdel Aziz as the face of the Alif campaign, they also collaborated with a slew of inspirational women across the GCC for a video series highlighting their inspiring stories of determination, commitment and accomplishment; from Amna Al Qubaisi, the first Emirati Race Car driver to Nayla Al Khaja UAE's first Emirati Female Film Director and Raha Moharrak, the first Saudi Woman to Climb Mount Everest.



↑ THE FASHION INCUBATION PROGRAM

For Saudi designers, 2021 might just be the year local and emerging talents get to spread their wings and they have the Kingdom's Ministry of Culture and Saudi Fashion Commission to thank. The first of its kind, the new Fashion Incubation Program will offer Saudi talent the opportunity to grow through a three-phase program, which kicks off with a fashion hackathon launching on January 14, a three-day virtual event where designers will work in groups to solve complex problems and develop new creative ideas. Winners of this leg will receive a trip to Milan Fashion Week. To apply head on over to [Engage.moc.gov.sa/fashion_incubation](https://engage.moc.gov.sa/fashion_incubation)

AN ODE TO JAPAN →

2020 saw the loss of two of fashion's most celebrated talents, Kenzo Takada and Kansai Yamamoto. And today, for his second collection, Kenzo's creative director Felipe Oliveira Baptista introduces a new collaboration with Yamamoto – a celebration and ode to the work of the Japanese legends offering punk-inspired yet wearable pieces, adorned with feline Animalia artworks.



Gucci



Goldbergh



The Upside



Ookonn



Karen Wazen



Ssone



Colville



Valextra



Perfect Moment



Roksanda



Sartore



@COLLEGEVINTAGE



@SKIMS



Birkenstock X Proenza Schouler



Bottega Veneta



Kasl Editions



MM6 Maison Margiela



Gucci

HOME Comforts

TODAY'S **NEW EVERYDAY** UNIFORM BRINGS ALL THE FEELS (LITERALLY) WITH ULTRA-COZY FINISHES THAT OFFER COMFORT AND STYLE IN BUCKET LOADS



Gabriela Hearst



Isabel Marant



Le Monde Beryl



Ganni



Max Mara

ELLE



ACCESSORIES

AS PART OF THE 2021 CRUISE COLLECTION BY MARIA GRAZIA CHIURI, THE DIOR CARO BAG FEATURES THE EMBLEMATIC CANNAGE MOTIF AND A PRECIOUS CHAIN WHOSE LINKS REPRIS THE "CD" SIGNATURE, ECHOING THE DELICATE CLASP. THIS OBJECT OF DESIRE IS AVAILABLE IN TWO SIZES AND IN A VARIETY OF SHADES, INCLUDING THE HYPNOTIC TIE & DIOR AND IN COOL DENIM.

IMAGE SUPPLIED



Calvin Klein Jeans



Chloé



Max Mara



Gianvito Rossi



Sarab Chofakian



Valentino



Proenza Schouler



Givenchy



Malone Souliers



Rag & Bone



DIOR



ETRO



Fendi



Jil Sander



Balenciaga



Saint Laurent



Etro

STOMPING GROUND

EQUAL PARTS *comfortable* AND COOL, COMBAT BOOTS LEAD THE CHARGE IN TRANS-SEASONAL *dressing*

BUCKET LIST

IN *canvas*, LEATHER AND WICKER, THE CLASSIC SILHOUETTE *gets* A FALL UPDATE FOR THE NEW DECADE *ahead*



Loewe



Fabrizio Viti



Gucci



Gala Gonzalez

ETRO'S WOMENSWEAR CREATIVE DIRECTOR VERONICA ETRO, ALONG WITH HER THREE ELDER BROTHERS JACOPO, KEAN AND IPPOLITO, REPRESENTS THE SECOND GENERATION OF THE ETRO COMPANY.



Following our 50th anniversary we decided to work on our classics and re-interpret some of our iconic items. The Pegaso Bag is definitely one of these: a re-edition of an iconic style dating back to the 1980s, it debuted on the Fall Winter 2019/20 runway and has become our it-bag ever since. The cross body style, whose name is inspired by the winged divine stallion of Greek mythology, a symbol of the brand since its foundation in 1968, combines calf leather with our signature Paisley resinated canvas, and is enriched with a metallic buckle reproducing the silhouette of Pegasus. Effortlessly chic and versatile, the design has been further re-interpreted over the past two years to offer multiple variations of it – the latest being its patent leather version featuring a resin maxi buckle and a black, electric blue, red or yellow glossy finishing.

For years, the fashion system has experienced a sort of bulimia for collections, products, special projects and capsules. I truly feel the difficult moment we are living globally is an opportunity to rethink and give new meaning to our work, to our habits, to our purchases: it's time to go back to concrete values and authenticity. Fashion, in particular, needs more pragmatism, a strong point of view and a new awareness, with "quality over quantity" as the guiding principle of a more responsible way forward.

Since Etro's foundation, in 1968, my father Gimmo has established, and passed on to my brothers and I to develop a very distinctive aesthetic. Strong color combinations, Paisley prints, eclectic patterns conveying a sense of freedom and discovery have always characterized – and still do today – not only our fashion collections but our lifestyle as a whole. I am happy and proud to say that, despite the mostly streetwear oriented fashion scenario of the past decade, at Etro we have always believed in our identity and remained faithful to our legacy, preserving and nurturing our founding values and stylistic codes at all times. We strongly believe in timeless quality – and this has guided us also through 2020.

The Spring Summer 2021 collection is an ode to Italian summer: an invitation to explore an eternally charming Riviera lifestyle, celebrating the brand's roots and the beauty of its country. It is a fresh,

Iconic STATUS

VERONICA Etro on the re-edition OF THE PEGASO BAG, THE FUTURE OF FASHION, AND THE LEGACY of the brand



Jessica Kabawaty



Marica Pellegrinelli

"THE SPRING SUMMER 2021 COLLECTION IS AN ODE TO ITALIAN SUMMER: AN INVITATION TO EXPLORE AN ETERNALLY CHARMING RIVIERA LIFESTYLE, CELEBRATING THE BRAND'S ROOTS AND THE BEAUTY OF ITS COUNTRY."



Laura Pausini

"AT Etro WE HAVE ALWAYS BELIEVED IN OUR IDENTITY AND REMAINED FAITHFUL TO OUR LEGACY, *preserving* AND NURTURING OUR FOUNDING *values* AND STYLISTIC CODES AT ALL TIMES"

relaxed and uncomplicated collection, which blends nautical themed elements (such as rope motifs, marine chains, sailor stripes, and a new Triton version of our Pegasus emblem) with graceful archival foulard prints from the Nineties, echoing the sumptuous frescos of Italian palazzos, and a monochromatic version of our signature Paisley motif.

I am particularly fond of the playful knitwear coordinated sets and the up-cycled Paisley printed denim shorts and blouses.

The Etro woman is not stereotypical: her soul spans from free-spirited spontaneity to bourgeois sophistication. Our clientele is multigenerational – it is frequent for grandmothers to shop with their nieces at our boutiques, both looking for timeless pieces and quality craftsmanship.

My three brothers and I are very different personality-wise but certainly share a common upbringing: we have been brought up surrounded by beauty, art and culture, inheriting from our father

solid values and a very curious mindset. Today, we all work hand in hand at the family-owned company: what I feel is special about a family business like ours is that there is a daily exchange of ideas and opinions on the brand as a whole. We work together on some projects but the fact that each one of us has his own area of responsibility gives space for personal freedom of expression, with the common principle of preserving and nurturing the brand's distinctive DNA.



THE PEGASO BAG, WHOSE NAME IS INSPIRED BY THE WINGED DIVINE STALLION OF GREEK MYTHOLOGY, A SYMBOL OF ETRO SINCE 1968, COMBINES CALF LEATHER WITH THE BRAND'S SIGNATURE PAISLEY CANVAS TREATED WITH RESIN AND IS ENRICHED WITH A METALLIC BUCKLE REPRODUCING THE SILHOUETTE OF PEGASUS.



DRIFT

BEACH-DUBAI

Drift by Night

WEDNESDAYS & THURSDAYS

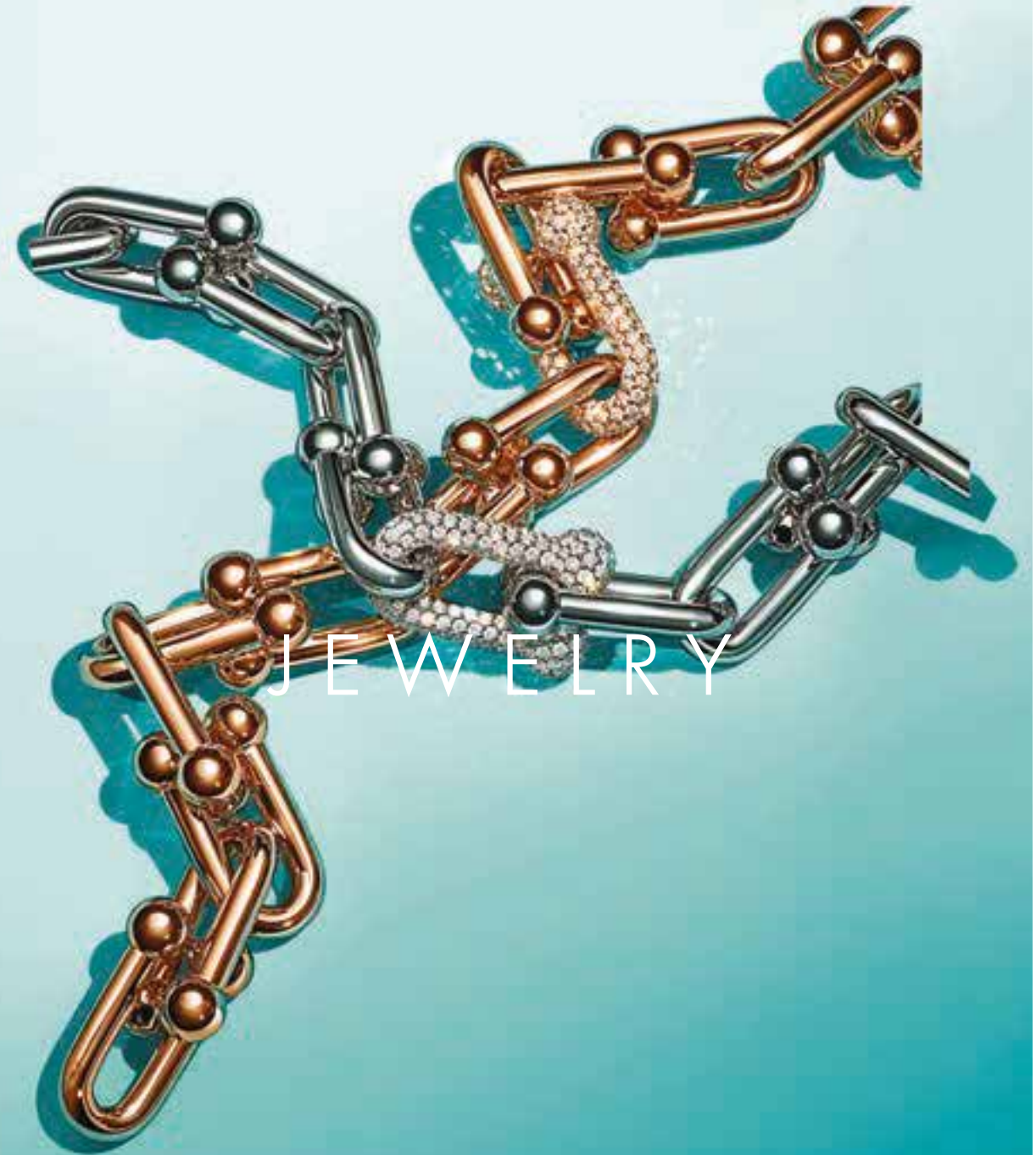
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ELLE



JEWELRY

INSPIRED BY THE ATTITUDE AND EDGE OF OUR FAVORITE CITIES, TIFFANY HARDWEAR JEWELRY COMBINES GAUGE LINKS AND INDUSTRIAL SHAPES IN BOLD DESIGNS THAT PLAY WITH TENSION, PROPORTION AND BALANCE. THE TIFFANY HARDWEAR LINK BRACELETS SHOWN HERE ARE IN 18K WHITE GOLD WITH DIAMONDS, AND IN 18K ROSE GOLD WITH DIAMONDS.

TIFFANY & CO.

GOLD LEAF

HOW *does Mary's garden* GROW THIS SEASON? WITH PRECIOUS STONES IN ENCHANTING SHAPES THAT LOOK AS IF MOTHER *Nature had designed* THEM HERSELF



1. Lia Earrings gold-plated & in sterling silver, Alighieri; 2. Connie Coral Cuff, Chloé; 3. Cluster Hoop Earring, Proenza Schouler; 4. Ring in yellow gold with diamond, watermelon tourmaline, Jade Jagger; 5. Lotus ring in yellow gold with rutile quartz, Ole Lynggaard Copenhagen; 6. Cascade Earcuff, Misbo; 7. Crystal-Embellished Hoop Earrings, Marni; 8. Bell Earrings, Jil Sander; 9. Lanaria Cocktail Ring in yellow gold with black Mother of Pearl, Marco Bicego



GILDED TIMES

FORGET SUBTLE – *today's gold* JEWELRY, BIG AND BOLD IN SIZE, SHOWS A *modern take* ON THE TERM 'MORE IS MORE'



1. Eight Nano Hoop Earrings, Paco Rabanne; 2. Signature Signet Ring in yellow gold, Monica Vinader; 3. Rolo Chain Single Earrings, MM6 Maison Margiela; 4. B.Zero1 Ring in yellow gold, Bulgari; 5. Elsa Peretti Medium Bone Cuff in yellow gold, Tiffany & Co.; 6. Fluid Clip Earrings in yellow gold, Jil Sander; 7. Lucia Bangle in yellow gold, Marco Bicego; 8. Oval Link Earring gold plated & in sterling silver, Maria Black; 9. Maillon Pantière Ring, Cartier; 10. Twirl XS Twisted Hoop Earrings, Balenciaga; 11. Logo-Charm Chain-Link Bracelet, JW Anderson; 12. Cuff in yellow gold, Chanel

SHE WAS PRINCE'S MUSE, A FORMER MEMBER OF PRESIDENT OBAMA'S COUNCIL, INSPIRED A DOCUMENTARY, "A Ballerina's Tale", STARRING IN A DISNEY FILM... AND SO MUCH MORE. ACROSS THE ATLANTIC, MISTY COPELAND IS A LEGEND; THE FIRST African-American female PRINCIPAL DANCER. THIS PRODIGY, COMING FROM A MODEST BACKGROUND, REACHED THE TOP IN A FLASH. SHE BROKE THE BALLERINA MOULD IN TERMS OF RACE & BODY TYPE, AND FOUGHT FOR DIVERSITY ON AND OFF-STAGE. TODAY, SHE'S *shining worldwide* WITH HER VIRTUAL BALLET MASTERCLASS. IT IS NO SHOCK THAT BREITLING CHOSE HER AS ONE OF THEIR SPOKESWOMEN FOR THE LAUNCH OF THEIR FIRST *Chronomat Ladies Collection*. A TRUE "EMPOWERED" FAIRY TALE.

WORDS by VIRGINIE DOLATA

THE *Misty* EFFECT

Unsurprisingly, I was very curious and excited to "e-meet" the legend. Her radiant face appears on the screen. No makeup, simply dressed in a light jumper, Misty Copeland is at home in New York, Manhattan, sitting behind a desk. Not completely confined but not really free either, she exclaims: "Work isn't open. I have nowhere to go!" Misty Copeland's success story is one of America's secrets. Ballet dancer and philanthropist, she made history as the first African-American Female Principal Dancer. When she discovered ballet quite late, at 13, Copeland was living with her single mother in a shabby motel room struggling with her five siblings for a place to sleep on the floor. Driven by passion, Copeland forged her own destiny on her pointe shoes. At 1.57m tall with prominent muscles, she has shaken up the clichés: "It's important to me to set an example of what a healthy image is. That a ballerina doesn't have to be a white woman that's real thin, that she can look like the world," she confessed. Copeland is what we call a "prodigy", standing "on pointe" in only 3 months. She won first place in the Music Center Spotlight Awards at 15, joined the American Ballet Theater's Studio Company in NYC at 18, then soon became a member of the corps de ballet. At 25, she was the second black soloist and the first in two decades. Eight years later, she was the first black woman promoted to "Principal Dancer". Today, her reputation has grown so much that she is recognized amongst the best in the world. Obama even appointed her to the President's council on fitness, sport and nutrition. The ultimate recognition! She was also "immortalised" with her own Barbie! Furthermore, she caught superstar Prince's eye, becoming one of his muses. He taught her to embrace uniqueness and not to worry about blending in. Copeland has been very vocal about the obstacles she has faced and the sheer determination it took her to get to where she is now. She recounted everything in her autobiography "Life in Motion: An Unlikely Ballerina" published in 2014, which was a best-seller. Her motto: "Where you come from doesn't necessarily determine where you're going in life." Get inspired!

Do you remember the moment when dance became your true passion? One of the most powerful moments for me was around the age of 7. Mariah Carey released her debut album. It was a really empowering moment to see a bi-racial woman who was extremely talented, and I connected with her in a way that I didn't fully understand until I was an adult. Seeing yourself represented is so important and impactful. Her music motivated me to choreograph, even though I didn't know that was what I was doing. I started to make up dances to her music, and that was when I started to really get involved and feel like this is a way of expressing myself.

What were you like as a little girl? I hated speaking! I was so shy and introverted. Dancing was a way for me to express myself. And that was how I got on track to eventually having ballet in my life, which was when I was 13.

What happened next? I auditioned for the dance team at my school. I wanted to follow in my mom's footsteps and when I auditioned the coach told me that I had a lot of talent. She recommended that I take a free ballet class at my community center, the "Boys and Girls Club", and the rest was history!

What was your state of mind when being called "a prodigy"? Was it easy to comprehend? All I knew was that I was happy doing it and it was the first time that there was anything in my life that was just for me. So that word, prodigy, went in one ear and out the other. I don't think that I understood what it even truly meant until I was a professional, when quite the opposite happened. I went from being told "you were born to do this" to "everything about you is wrong", "you're too muscular", "you're too short", "you're too brown", "you don't have enough training..." And I was like whoa! I don't understand how my world can be flipped upside down! But also, it made me really understand the racism in ballet. I knew that there was no way I could go from being perfect in ballet to all of a sudden, "I'm a professional and it's no longer right".

What values did you learn through ballet? It gave me structure, consistency and discipline. I had none of that, so dancing brought me so much, such richness to my life. And relationships I made in the ballet world are still friendships I have to this day, from when I was a child. **You've reached the top in a flash. What is your relationship with time?** There are so many layers to it. It's definitely evolved throughout my life, growing up when I was younger I feel like I held time to such a high standard. I'm a Virgo, and I'm always on top of things and very organized. I had a lot of anxiety just because there wasn't a lot in my life that I had control over. And time was one thing I could control. As a young person, I remember getting to school an hour before school started to make sure that I was on time and I didn't miss anything. It was really crazy, I remember my mom saying, "if this is what you want we'll do it, but it's a little whacky!" [laughs]. It's something I feel like I've always valued, like other people's time, being a professional and showing up on time. And working with Prince, as an artist he was someone I talked with about time a lot, and in his eyes it was actually quite the opposite of me. For him, time didn't really exist. It was just that he wanted to value his time, and not have any restrictions on it or limitations.

You are one of the new Breitling ambassadors, alongside Charlize Theron and Yao Chen, for the Chronomat Ladies collection. This is the first collection to be fully dedicated to women, with the first entirely "female" squad. What does this mean to you? Women empowerment?

Absolutely! It makes sense for me to have this first campaign be so celebratory of women in this moment in such a positive light. Alongside two incredible, strong, diverse women, I think it just speaks to everything that I stand for. I would never have something that risked my integrity, just to be a part of a brand, just to make money or to be connected with a brand that's seen worldwide... The collection is very high-end and glamorous but also has a casual masculinity to it. And I feel that's definitely how I would describe my style.

There are two sizes, a big one and a smaller one. Which one do you wear? I have really small wrists but I love the big one. I feel like this watch definitely represents that women are more than one thing. It can be styled in many ways. As beautiful and elegant as it is, I see a masculinity in both the small and larger one.

"I WAS SO SHY AND INTROVERTED. Dancing WAS A WAY FOR ME TO EXPRESS MYSELF"



Do you believe that watches are a family heirloom you could pass on to your children?

As an artist, I view art in that way. An incredible, beautiful commodity, something where the worth is timeless, whether its collecting art or having beautiful designer items: clothing, fashion, shoes, jewelry. I think that not only for the tradition and history which means so much to me, I mean clearly being a part of the ballet world which is so rich in both. It is a powerful thing to be able to pass down something that has a story to the next generation, and that is valuable. Especially as a black woman and as a black American, that's not often something that's been made available to us, so it makes me so proud to be able to own things that I can pass on down to my next of kin.

Do you remember your first watch?

I do. When I was younger, well I still do to this day, I had an obsession with sunflowers and sunflower seeds. I remember my mom buying me this watch that had a big sunflower on the face, and it just meant so much to me. I didn't have a lot of valuables. I don't know where it is now! I wish I did [laughs]!

In 2018, you starred in a Disney film.

Do you have any upcoming projects or any plans to move into the acting world? It's been a long journey. I've had a lot of amazing people in the film industry that have come into my life and tried to push me into that, and my ballet career has

always been first and foremost to anything, and I'm approaching my 20th season with ABT. I started a production company about five years ago, and so I'm definitely on the other side, creating film and television, documentary-style projects. I am producing a silent, short-film that I will star in, that's being worked on right now. As well as something else that's in the works that I'd also feature in and it would be my first attempt at acting.

MISTY'S
DAILY ROUTINES

What is your way of letting go and relaxing?

I love to eat, to cook and to travel.

Do you follow a particular diet? I am a pescetarian, so I don't eat meat. I eat fish and then everything else. For the most part I just try to enjoy food and just listen to my body. There's never a time that I'm eating differently, even if I'm performing, I always eat the same.

Your favorite go-to recipe? I love being creative, and cooking is definitely a way to do that. I like to find things in the refrigerator and make a dish happen, not that it's planned. Last night I made a bunch of roasted vegetables; I roasted whole beets and I pan fried carrots, I made couscous with garlic and onions.

How do you take care of yourself? I am not high maintenance at all. I am not a big makeup person because I put so much makeup on my face when I perform. So, on a daily basis, I love baths, I take one every single day. I love trying different salts. I use a lot of La Mer products – my face wash and face lotion, I like to splurge and feel that I look clean and healthy from the inside out. And then of course my hair is really important too, just to keep it moisturized and hydrated, especially with curly hair.

Do you use specific hair products? It's so simple, I get it from the drugstore! It's shea moisture, coconut and hibiscus hold and shine moisture mist.

Must-have beauty product? Tweezers!

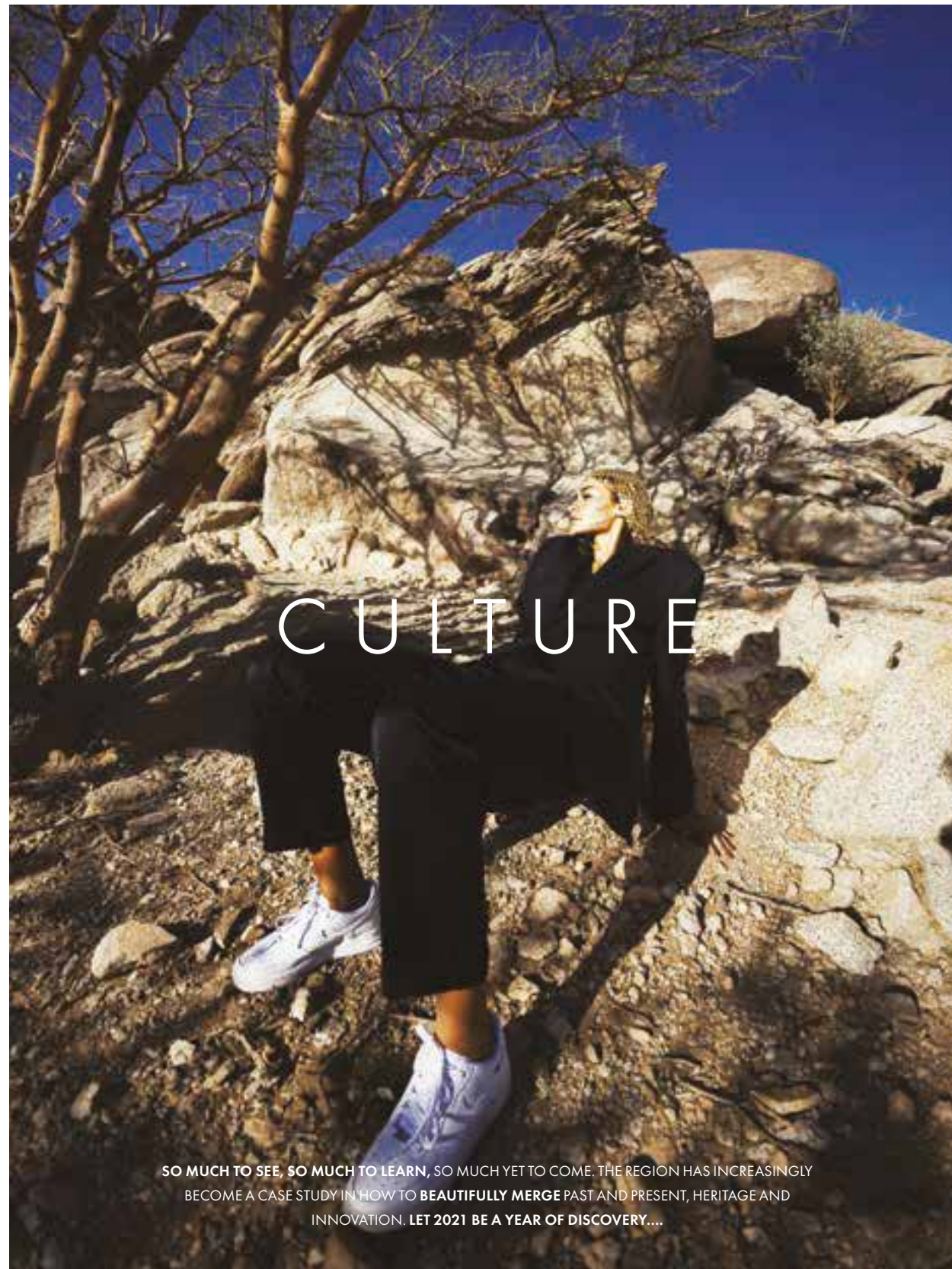
When you look at yourself in the mirror, what do you see? I see strength and grace.

You expressed that you feel a responsibility towards presenting a healthy image, and that a ballerina can “look like the world,” not limited to a certain race or body type. What is the next step for the arts industry?

I've been really fortunate to have all these opportunities, and especially being in a Disney film. “The Nutcracker” was such a beautiful, impactful and positive example for the next generations to come. A ballerina isn't always white with pale skin. A ballerina can be any color, can look like so many things, and that's forever frozen in the Disney world. I feel like this is the next chapter for ballet, right now in this time where we are with Black Lives Matter. It's giving us kind of a reset button on many levels and it's probably one of the best things that could have happened to ballet, not only with BLM but with the pandemic and theaters shutting down. It's forcing our industry to think of new and inventive ways to present this art form and open it up to a much wider, more diverse audience. It's been long overdue.

Last year you launched your ballet technique masterclass, hoping to offer a look behind the curtain, and to show the human side to professional dance.

Do you feel this outlet has been successful in bringing a new demographic into the space? Absolutely! I've been privy to this experience thanks to the many opportunities that I've had, which is why I want to be as open with such opportunities because I know that it can reach such different audiences, whether it's through Breittling or through Masterclass. The types of letters in response that we have gotten from Masterclass have been so incredible, people who you would never think, or maybe themselves would never think they would at all be interested in learning about what seems to be the ballet technique. It's exposing everyone to it, the same person who goes and looks at Stephen Curry's basketball Masterclass may stumble upon mine and it may be a window for them to explore and learn about something new.



SO MUCH TO SEE, SO MUCH TO LEARN, SO MUCH YET TO COME. THE REGION HAS INCREASINGLY BECOME A CASE STUDY IN HOW TO BEAUTIFULLY MERGE PAST AND PRESENT, HERITAGE AND INNOVATION. LET 2021 BE A YEAR OF DISCOVERY....

@LINA.MO

IT'S TIME TO PRESSPLAY... *(for real this time)*

IF YOU'RE READING THESE NEXT FEW LINES, CHANCES ARE, YOU'RE ONE OF THESE PEOPLE THAT STILL ENJOYS THE ANALOGUE SIDE OF LIFE. GOOD ON YOU, I DO TOO. LIKE THE TITLE OF MY ARTICLE DOESN'T SUGGEST, YOU WON'T BE FINDING MY TOP 10 SHOWS TO STREAM ON NETFLIX (YOU DON'T NEED ME FOR THAT) OR THE HOTTEST PLAYLIST YOU SHOULD SUBSCRIBE TO ON SPOTIFY (YOU DON'T NEED ME FOR THAT EITHER). INSTEAD, WHAT YOU'LL GET IS MY 2021 CULTURAL TO-DO LIST, INCREDIBLE CAPSULES OF INSPIRATION THAT HELP MAKE OUR REGION A LITTLE MORE SPECIAL.

WORDS *by* BY JON S. MALOY



Left: The iconic Vincent van Gogh "Starry night" Director: G. Iannuzzi
Photography: E. Spiller. © Culturespaces, opening in the coming weeks. Infinity des Lumières will be bringing to the region their catalogue of immersive art experiences that have made the Paris museum an icon amongst locals and tourists alike.
Above: One of three exhibits that will kick off in the space opening early this year: Dreamed Japan "The floating world" Director: G. Iannuzzi
Photography: E. Spiller. © Culturespaces



"Dubai's newest CULTURE LANDMARK
AIMS TO *entertain* AS WELL AS *inspire*
YOU AT THE SAME TIME"

INFINITY DES LUMIÈRES: *Xxist Century Relevancy (Finally).*

Have you ever gazed at a painting and felt incredibly small, overwhelmed by the inspiration behind the brush stroke of the master's work? I know I have. Infinity des Lumières does just that and more. The fifth installment of Paris's iconic Culturespaces allows you to step onto the canvas of your favorite artists quite literally. More than just another museum, it's a show of force where technology is put in service of emotions for a truly unique moment. In a day and age where we find ourselves struggling to sometimes find the motivation to explore the more meaningful side of life, Dubai's newest culture landmark found a way to entertain and inspire at the same time. What a lovely proposition.

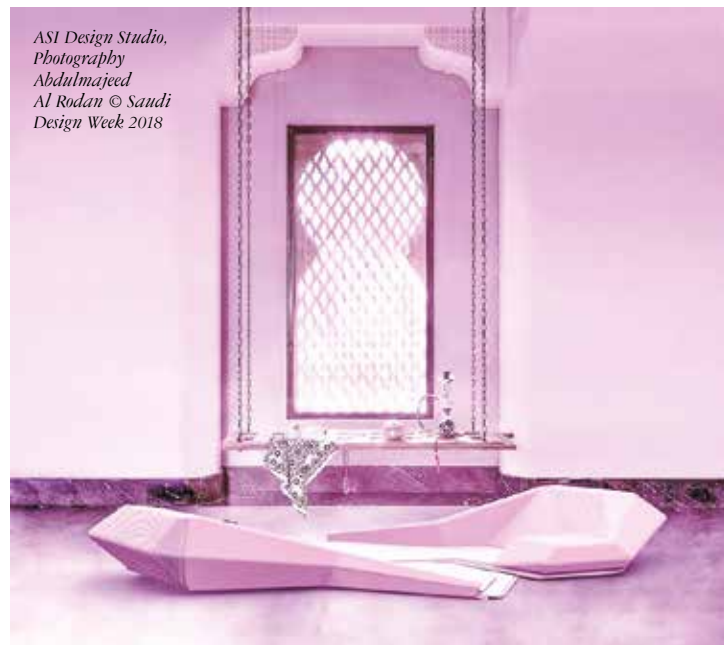


SAUDI DESIGN WEEK: *Changing Perceptions & Shaping An Identity*

The Kingdom is changing. We all know that. But a year before it ever started becoming a thing, two women, Basma and Noura Bouzo, founded (in 2014) the Saudi Design Week - a multi-sensory event of talks and workshops, exhibition and design market that welcomes 18,000 visitors to Riyadh. The tour de force they've managed to pull off is to create a space where Saudi culture truly shines in a modern and fresh fashion. SDW isn't just amazing "for the region" it's amazing full-stop. If you were wondering what a cultural revolution looks like, just have to walk down the aisles of the Saudi Design Week. That is what change looks like. The country's youth is inspired, and it shows.



Sana Yousif
Alabdulwabed ©
Saudi Design Week



ASI Design Studio,
Photography
Abdulmajeed
Al Rodan © Saudi
Design Week 2018



"IF YOU WERE wondering WHAT A CULTURAL REVOLUTION LOOKS like, JUST HAVE A WALK THROUGH THE AISLES OF THE Saudi DESIGN WEEK"

Basma & Noura
Bouzo founded
SDW in 2014

BEIRUT ART FAIR: *More Openness, More Dialogue, More Lebanon*

Beirut Art Fair is an international modern and contemporary art fair with a focus on the artistic scenes of the region and the Mediterranean basin. Behind this rather broad platform lies a rather unique approach to expressing their identity that only the Lebanese can do so well. Every year, international artists are invited to give their spin on a cultural icon of the country and reinvent it. Sounds simple in theory, but in a day and age where we're seeing nations, arguably in less dire positions than Lebanon, retreat in their own shell and embrace more nationalistic views in politics like life in general, the little Mediterranean country keeps on pushing for more openness and dialogue. A breath of fresh air that is so very welcome.



Unexpected Trove ©
The Unseen Works of
Hussein Madi



"A RATHER *unique* APPROACH TO EXPRESSING THEIR IDENTITY THAT ONLY THE *Lebanese* CAN DO SO WELL"



A tribute to Lebanon ©
Liban le voyage

"I'LL BE PRESSING PLAY ON LIFE, AND SO SHOULD YOU"

Having spent the past few months binge watching every show, on just about any screen I could get my eyes on, this year as you might have guessed, I'll be pressing play on life and so should you. The idea of being able to see and witness the re-awakening of the regions cultural industry is one that puts a smile on my face. After the past

chaotic months, we have an opportunity to witness our own renaissance. As I get ready to go enjoy all these incredible art fairs, allow me to Paraphrase Jay-Z: in 2021 I might (still) have 99 problems, but culture won't be one. And that's definitely enough to make me happy.



SUSTA INABILITY *is* GOLD

Wearing a suit with a Burqa is not something you see everyday. The past and the present merge, revealing a forward-looking aesthetic that is minimal and on point. Based on sustainable fashion, cherished items from different generations come together with surprising ease and panache in the heart of the stunning Arabian desert. A grandfather's suit, an uncle's jacket, a sister's golden headpiece, an Iqaal belonging to a friend...

by LINA MO



PHOTOGRAPHY: LINA MO; ART DIRECTION: LINA MO & ABDULAZIZ ALHAZMI; STYLING: ABDULAZIZ ALHAZMI; MAKEUP & GROOMING: SARA ALIRZA; HAIR: NADINE TABBARA; MODELS: MALAK AND MOHAMMED HADID





THE FOUR JUMA SISTERS (DANA JUMA SHOWN HERE) WORK CLOSELY TOGETHER TO BRING SEKKA 38 TO LIFE

Label TO LOVE

A LOVE for family AND FASHION IS AT THE ROOT OF UAE-BRAND *Sekka 38*

Emirati sisters Ghalia, Maria, Dana and Alia Juma started designing in 2012 with a desire to create tailored classics for their family and friends. The label was officially launched in Dubai in 2016. As a tribute to their tight knit bond, Sekka 38 is derived from the Arabic word which means street, combined with the street number they grew up on, symbolizing where they share their fondest memories. ELLE Arabia speaks to Dana Juma about the label's inspiration, working with her three sisters, and their New Year's resolutions....

We started designing in 2012 with a desire to create tailored classics for our members of our family as well as our friends. During this process, we realized how well we work together and how our different personalities blend harmoniously into our designs. We love working together and mixed with an increase in demand, we decided to officially launch the brand in 2016.

As four sisters, our different strengths bring out the best in the brand. From one who has a keen eye for color and one who likes to be adventurous and think outside the box fused with one's classic taste and the other's dressy outlook. Together these elements bring out versatile designs that cater to every woman.

From the name to our designs, Sekka 38 is a tribute to our mother. The name Sekka 38 is an ode to the house we grew up in as children while the link to flora and nature is inspired by our mother's passion for gardening; her fascination for flowers, whether it was through drawing or gardening, is something we want to cherish

and capture through our designs. **The most unique thing about Sekka 38** is the attention we give to every single detail, bit of finishing and overall quality. Focusing on a modern and timeless aesthetic, our designs speak for themselves as each single piece encompasses the best of each sister. Each style is a statement on its own with artistic elements such as hand painted details, making it truly and utterly unique. **We love to travel!** But since traveling is not really an option these days we really enjoy exploring our city from visiting new cafes and restaurants to unique boutiques and beautiful galleries. **Fashion, for me, is** communicating a personality without using words. **Our new year's resolution** is to embark on a path that helps in creating a more healthy and sustainable lifestyle which we want to also incorporate into our brand.

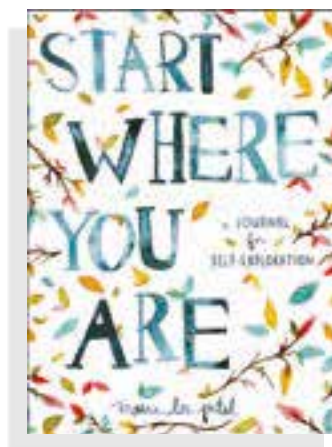
WITH A *vision* TO CREATE ELEVATED CLASSICS TO CHERISH FOREVER, THE *label* HAS ESTABLISHED *itself* AS A FAVORITE FOR POLISHED STAPLES THAT TRANSCEND *seasons*



IMAGES: SUPPLIED

BOOKS

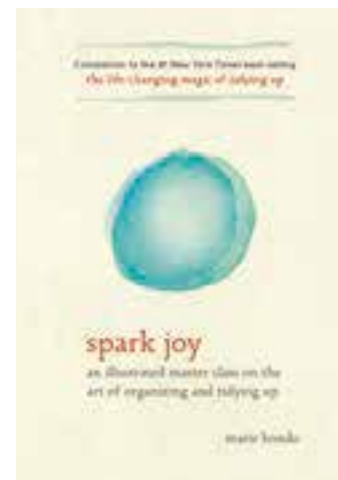
A new year, NEW BEGINNINGS! FOR ALL THOSE PLANS, AND A *brighter start*, FOUR MUST-READS TO BEGIN 2021 *on the right FOOT*



START WHERE YOU ARE

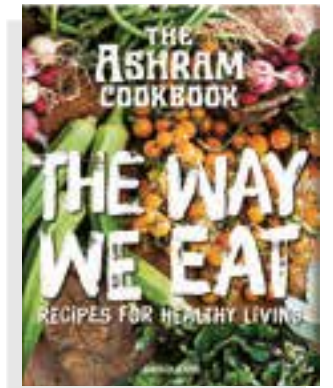
The perfect reminder to nurture and feed into our creativity, mindfulness and being our own cheerleaders, this book is a colorful gift that'll help you navigate through different thoughts and confusion. There are several exercises to do, complete with beautiful hand-lettered quotes from some of the best writers, artists and other visionaries. *Start Where You Are* by Meera Lee Patel

COLLAGE BY T. PRASADAN; COMPILED BY SWATIJAIN



SPARK JOY

Get in on the secret of Marie Kondo's KonMari decluttering method by focusing on what you want to keep, not what you want to get rid of. Perfect for anyone looking for a new year cleanse, one that will take you room-by-room! *Spark Joy* by Marie Kondo



THE ASHRAM COOKBOOK

Thinking of jumping on the vegetarian wagon for 2021? Hollywood's Favorite Detox Resort, the Ashram, has launched just the book to get you started. From breakfast bowls to fresh salads and hearty vegetable dishes, this volume contains more than 100 wholesome recipes from the original wellness retreat, with testimonial from supermodel and longtime Ashram devotee Cindy Crawford! *The Ashram Cookbook, Assouline*



GREAT ESCAPES YOGA: THE RETREAT BOOK

Soul-searching in the world of Covid-19? Indulge in Taschen's curated list of restorative retreats, from the Parmarth Niketan Ashram in Rishikesh, the place of origin of yoga, to Santani, a 48-acre former tea plantation in Sri Lanka. A must for anyone looking for some Zen. *Great Escapes Yoga: The Retreat Book* by Angelika Taschen



Play

EVERMORE BY TAYLOR SWIFT

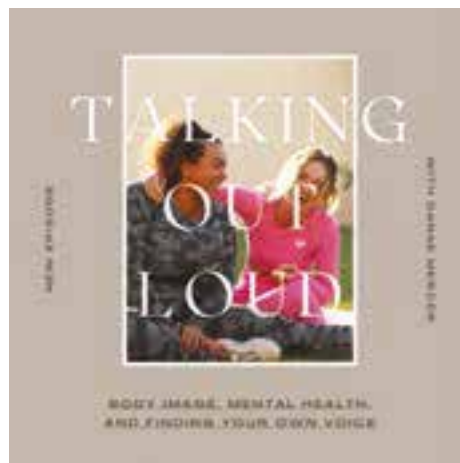
The surprise ninth album of American singer Taylor Swift brings all the emotions of a cozy, warm setting by the fire on a cold winter night. And if Folklore was an introspective, slightly more romantic older sibling, Evermore is the naughty, playful sibling that is still making mistakes and learning. Tracks on the album include 'No Body, No Crime' that has a more thrilling plot twist than most Netflix murder mysteries, while title track 'Evermore' explores the ups and downs of fighting depression. Our recommendation – press play and go for a long walk by a lake.



WATCH See PLAY

From couch-bound classics TO FEEL-GOOD PODCASTS TO EVEN A DOLLY PARTON FLICK, HERE'S HOW TO GET YOURSELF INTO *the festive spirit*

COMPILED by SWATI JAIN



Listen

TALKING OUT LOUD WITH DANAE

Started by Dubai-based journalist Danae Mercer as a space and medium to spread body positivity and help women feel a little bit more like themselves, this 7-episode podcast promises uplifting advice, expert insight, and powerful real-life stories. A must listen for anyone interested in mental health and body positivity.

IMAGES: SUPPLIED



Watch

WONDER WOMAN 1984

Slightly controversial, but of all the DC Universe movies recently, Wonder Woman's been my absolute favourite – maybe it's because Gal Gadot is a great actor or that the movie was directed by another great woman, Patty Jenkins! In the new sequel, we follow Diana Prince as she learns to live alongside humans for the first time, while trying to figure out how Steve Trevor (played by Chris Pine) survived the plane blast from the last Wonder Woman movie!



See

AUDREY: MORE THAN AN ICON

A muse to many and a true icon – even today, this new documentary lifts the veil on the life of Audrey Hepburn, a woman who surpassed modern ideals of female empowerment and whose life was filled with challenges and unexpected sadness. Filmed in a series of interviews by those who knew her best, including tapes of Audrey herself, it paints an intimate portrait of the film and fashion icon's life both in and out of the spotlight.

Follow

REGIONAL AND INSPIRING WOMEN TO FOLLOW ON THE 'GRAM NOW...



KAREN MATTAR
@karenmattar



DR SUMAYAH AL-NASR
@dr.sumayah369



ROWAIDA HAKIM
@rowaidabakimarts

Yoga teacher and certified calisthenic coach Karen Mattar organizes 4-week sessions to help people get into shape through a detailed workout routine!

Saudi Arabia's first female life and awareness coach as well as peace ambassador, Dr. Sumayah touches on every aspect of life through a regular video series which aims at helping her huge Arab audience come to terms with everyday life issues.

Creating awe-inspiring works of art, indulge in the fantasies of this Dubai-based visual artist's artwork that celebrates individuality and color through her Midas touch.

KAREN WAZEN and SHEIKHA MADIYAH AL SHARQI *'In Conversation'*

in a year that has been defined by the need to 'stay apart', the idea of 'coming together' for a meaningful collaboration means more than ever. In that spirit, renowned Emirati designer, Sheikha Madiyah Al Sharqi and Lebanese style identity and entrepreneur, Karen Wazen have joined forces to collaborate on Al Sharqi's S/S21 collection. The pair have collaborated on a 28-piece range, influenced by each of their aesthetics, calling on favorite silhouettes from the brand's archives, and reinventing them with a vision for what fashion means in a season following one of the world's most challenging years. While the Madiyah Al Sharqi x Karen Wazen collection may be new, there's nothing new about the pairing of these two fashion-forces. Long-time friends, Al Sharqi and Wazen share a strong history, and a true bond. A 'muse of the house', Karen Wazen has been spotted many times in key looks from the Madiyah Al Sharqi brand and has been a long term supporter of Al Sharqi's work, and the brand grew from regional darling, to a player on a global stage, with a dedicated e-commerce site and worldwide recognition. When Wazen launched her own eponymous eyewear line, Karen Wazen Eyewear, the two designers even showed their collections side-by-side, in the same Paris showroom, to buyers from around the world. Now, what began as a friendship has been taken to the next level with a fashion collaboration that marks a 'first' for the entrepreneurs. For Al Sharqi, it's the first such partnership with an influencer-collaborator, and for Wazen, the first time working in this style of partnership with a brand. Ready to share the collection they created with the world, the two sit down for a conversation to discuss style, substance, and staying true to yourself in the fast-pace world of fashion.

KAREN: I've been thinking about when we first met, do you remember when it was?

MADIYAH: Yes! It must have been four years ago. So much has changed since then!

KAREN: I'm not sure either of us back then could have predicted that we'd be collaborating on a project like this, or that the world would be in the place it is now.

MADIYAH: Absolutely, and don't you think through all the uncertainty, it clarified the things that are most important? For me, a real pleasure of working on this collection was being able to collaborate with someone who is a true friend, whose style I love, and who has been such a supporter of the brand over many seasons. I love that we created something that feels like a very authentic reflection of both of us.

KAREN: Yes, you know what, I think the first look I wore from your collection was back in 2016. So we've been on a long journey together! And I agree with you, I think one of the nicest aspects of this project is that it came from a very personal place. The prospect of working on this with you and being a fan of the brand for so long, really made it feel very special. For you, what felt right about this moment to jump into this collaboration?

MADIYAH: As you said, we're in such a strange moment in time and I felt it was really important to make something for S/S21 that felt reflective of the time; personal, accessible, authentic, and something that would really bring a sense of joy to the person wearing it. There's something about difficult periods that can also make people nostalgic, and our shared history gave me the idea of working in the way that we did, going back through the archives together, finding your favorite pieces, and looking at how we could reinterpret them for today.

KAREN: Going through the archives was amazing and especially because it was a chance to really see how the Madiyah Al Sharqi brand has evolved over the years! I have to say, what I really loved was the fabric selection

process. Playing with the swatches, getting creative and testing everything out to create the right mood and balance. These fabrics feel like something quite new for you.

MADIYAH: Yes, I think the fabrics were an essential part of bringing your style perspective to the collection. I knew that for you, it was so important that this collection was functional and adaptable, not just daywear or evening wear, but something that could transition seamlessly between both. The whole design process seemed to come quite naturally to you, do you think that sense of ease was a result of the work you've been doing on your sunglasses line?

KAREN: I think that must play a part, because for Karen Wazen Eyewear, a big part of what we do is constantly edit and refine the silhouettes, so they feel very authentic to my style and something I'd love to wear.

MADIYAH: It's inspiring that you've built such a successful platform in four years and brands collaborate with you every day. What made you want to pursue a collaboration of this scale?

KAREN: I think it was a natural fit! I've always admired your collections and I thought, if the opportunity to do a collaboration like this ever came, I would love to work on it with a brand based in the region. I think it's really important that Arab women support other Arab women and I love that this collection reflects both of our visions.

MADIYAH: That combined perspective is what for me, makes this collection really strong. I love that the final pieces have the 'Madiyah Al Sharqi' essence to me, with trademark silhouettes that our customers love, but that it was also genuinely interpreted through your lens. The prices of the pieces being really streamlined for example - I know that the collection being beautiful while also being very accessible was important to you.

KAREN: Yes, that was a major priority for me. It brings it into reach for so many people who I think will love and appreciate it.

MADIYAH: Do you have a favorite look from the collection that you think is going to be super popular?

KAREN: Wow, it's hard to pin down a single look... but you know what, I'm already imagining where I'm going to be able to wear the asymmetric midi dresses throughout the season, it's a piece that has potential for real longevity. I love fashion that can have a life season after season and I really think most, if not the entire collection, has the potential for that.

The Madiyah Al Sharqi x Karen Wazen collection will be available at Ounass.com, Bloomingdale's Dubai, Bloomingdale's Kuwait, Rubaiyat Jeddah and madiyahalsharqi.com from January.

PHOTOGRAPHED by PROD ANTZOULIS

STYLED by JEFF AOUN





LEFT PAGE:
Top, Madiyah Al Sharqi
X Karen Wazen
THIS PAGE:
Dress, Madiyah Al
Sharqi X Karen Wazen

“I’m already IMAGINING where I’m going to be able to wear the ASYMMETRIC midi dresses throughout the season, it’s a piece that has potential for REAL longevity”

RIGHT PAGE:
Top & Pants, Madiyah
Al Sharqi X Karen
Wazen
THIS PAGE:
Dress, Madiyah Al
Sharqi X Karen Wazen



Top, Skirt, Scarf & Pants,
Madiyah Al Sharqi X
Karen Wazen

Sunglasses throughout:
Karen Wazen Eyewear
Shoes throughout:
Andrea Wazen
Jewelry throughout:
Aurate



PHOTOGRAPHER: PROD. ANTZOUJIS; STYLIST: JEFF AOUNI; LOOK BY MADIYAH AL SHARQI X KAREN WAZEN; HAIR: MANUEL
LOSADA; MAKEUP: LINA DAHLBECK; LOCATION: SHOT ON LOCATION AT PARADISE BEACH - RIXOS THE PALM DUBAI



MIND *Body &* SOUL

ELLE ARABIA *talks to five women* LEADING AN INTERNAL REVOLUTION TO FACE THE NEW NORMAL WITH STRENGTH, MINDFULNESS, AND GRACE. IN THIS SPECIAL FEATURE, THEY LET US IN ON HOW THEY'RE *revolutionizing simple practices* WITH NOVEL EXPERIENCES TO WITNESS THE POWER OF ALIGNMENT WITH THE UNIVERSE AND SELF, *all through innovative rituals*, TREATMENTS, FASHION AND BEAUTY FOR A FRESH NEW-AGE PERSPECTIVE.

COLLAGE by T.PARASADAN EDITED by ODELIA MATHEWS



DR. MARYAM ZAMANI

Ocuplastic Surgeon & Aesthetic Doctor, Dr. Zamani is a premier anti-age expert, trusted by the likes of Elle Macpherson, Gwyneth Paltrow, Arizona Muse, Selma Blair and Princess Charlene of Monaco, to name only a few. She prides herself on delivering the most natural-looking results with anti-ageing treatments and her eponymous and award-winning skincare collection available at Mzskin.com

“Our skin needs ingredients to support and maintain its youthfulness, counter signs of environmental damage, and replenish it. The best way to hydrate, tone, lift and firm the skin in the new year is to indulge in at-home treatments. The biggest mistake most women make is overexposing their skin to the sun without constant protection, which triggers

photoageing. The sun’s ultraviolet radiations cause the skin to lose elasticity and gain wrinkles. Daily use of SPF (even when it’s cloudy) is the most important step in an anti-ageing skincare routine.

For a healthy year-long glow, Vitamin C is an antioxidant that should be incorporated into most skincare routines. Hyaluronic Acid is another key ingredient in skincare that is just as important to maintain and restore skin moisture and immediately plump skin. Finally, it is a must to wear a cream with SPF daily and use skincare products containing antioxidants to reduce oxidative stress and stimulate cellular detox, creating a protective shield from everyday stress and pollution. The secret to a year-long glow is to never, ever forget SPF protection!

DR. ZAMANI'S TOP THREE SKIN SAVIOURS

- **MZ Skin Ultimate Firming Collection:** This collection is a powerhouse 4-step facial that can be used in the comfort of your home. It includes the MZ Skin Vitamin-Infused Facial Treatment Mask, rich in vitamins A, E and F that deeply hydrate the skin and boost collagen to achieve a tight complexion. The mask will rejuvenate lackluster skin to help achieve a youthful glow.
- **MZ Skin Brighten & Perfect:** Containing a 10% encapsulated Vitamin C in conjunction with Azelaic acid, combined with a hydrating moisturiser like the MZ Skin Hydrate & Nourish, is ideal to rejuvenate the skin with a lit-from-within effect.
- **MZ Skin Hydrate & Nourish:** Together with MZ Tint & Protect combined with hyaluronic acid and SPF hydrate the skin while protecting it from sun damage. Specifically, Hydrate & Nourish is a daytime moisturizer featuring a pioneering combination of encapsulated (non-irritant) retinol and SPF 30 to simultaneously refine the complexion and protect the skin.



In addition, healthier lifestyle habits not only benefit overall health but also have a positive impact on preventing skin ageing. Protecting the skin with SPF and avoiding nicotine consumption are the golden standards for skin ageing prevention. Because skin cells regenerate in sleep, not getting between 7 – 8 hours of sleep per night could reduce the rate of important processes that occur during sleep, like collagen synthesis.”

EDA GUNGOR

Founder of The Seva Experience and Life'nOne Wellbeing Center in the UAE, Eda Gungor is a Spiritual Entrepreneur who is leading a holistic revolution for mind, body and spirit through food, meditation, yoga and wellness. A believer in all things natural, she encourages people to get in touch with their inner selves and nature to find their purpose and connect with the highest level of conscious living tailored into the ultimate experience available at Sevaexperience.com

ON INTENTION AND INTUITION: Intention is often overlooked and it is important to bring clarity to the inner self. Language can be limited, and often the essence gets lost in translation from the ancient wisdom, so when we set the intention, we tap into our intuition and inner guide.



ON ALIGNING CHAKRAS: Aligning chakras can be through movements, breathwork, and stillness. Chakras are also associated with colors, so one can focus on specific chakras or energy centers by consciously introducing specific light spectrums into life whether in what you wear, or by the light in the space you are in, or the color of the food you eat (e.g. red for grounding and earthing the root chakra).

ON CLEANING AURAS: Cleansing the aura can be done using sound and certain crystals such as selenite or smudging (a practice of burning dried herbs as a part of spiritual practice, a ritual or a cultural ceremony) with sage and other herbs or elements. The belief is that burning such herbs releases smoke, smells and vibrations that cleanse the air, the space and the body from what can be interpreted as misalignments.

ON ENERGIZING ONESELF: We are in an unprecedented time in human history, and this year has created movements that

many of us were not ready for. Movement equals life, and when we learn to ride the way we tune into the blessing even when in disguise. Bodywork is essential these days, with all the distance we needed to experience, a professional human touch in a safe environment is priceless.

ON FINDING ANSWERS: Tune into your heart, breathe into your heart. Ask your heart why you are here and what you are searching for. You have all the answers within yourself so when you allow for the mind to quieten down, make sure to listen to the silence within for guidance.

ON CONSCIOUS LIVING: The most potent ingredients are often the overlooked ones. The air you breathe and the water you drink. Allow for air circulation in your indoor space, and spend time in nature wherever you are; from the beach to the desert, from the mountains to the jungle. Consciously connecting to the water you drink, blessing the water you drink and being aware about the structure of the water you consume is essential.



TOP TIPS FOR HOLISTIC LIVING

- At Seva Café we are pro Enagic's Kangen Water which is more than just alkaline water.
- Food wise, locally sourced is a great start to healthy and conscious living; exotic is not always the answer.
- Some super foods we use regularly at home are a mix of medicinal mushroom tinctures such as lion's mane, chaga and reishi tinctures, as well as adaptogenics such as ashwagandha and the powerhouse that is shilajit.

NERRY TOLEDO

Dubai-based yoga instructor, @nerryfit follows an inclusive approach to yoga, empowering people to practice both on and off the mat. She recently started Yoga for People of Determination and believes that yoga is a healing ancient practice that helps people reclaim their lives and heal themselves mentally, physically and psychologically.



BENEFITS OF THE SUN SALUTATION:

- Reduces tension from the body and mind
- Improves circulation
- Regulates breathing and helps to detoxify
- Accelerates metabolism
- Increases the immune defenses
- Stimulates the central nervous system



"Yoga is an invitation to celebrate your own experience. It is a healing, strengthening, calming and empowering practice that can be adapted to benefit everyone, including the young and able-bodied to the elderly with arthritis, and even someone with injuries to people in wheelchairs or who are bedridden. Practicing yoga as a lifestyle can be beneficial for individuals with disabilities or chronic health conditions through both, physical postures and breathwork. Each pose can be modified or adapted to meet the needs of the student.

The ultimate focus of Yoga for People of Determination is for an individual to try and stretch their body to the maximum ability, with respect to their own physical limitations. The purpose of yoga is for everyone to be healthy, both physically and mentally, and able to reach his or her highest potential as a person. Through yoga, we cultivate inner awareness and it teaches us to view personal crisis as a natural process, to let go of our need to

control life and to turn our attention inwards and trust our own inner guide. If we can do this during a personal crisis, it will reduce our suffering. This act of deep self-kindness will also create a sacred space for yoga wisdom to blossom in our hearts.

The recent advancement in the field of research has proven that yoga helps in physiological and psychological functioning. For example, the mental health benefit of practicing yoga is that it moves a student from the sympathetic nervous system to the parasympathetic nervous system, or from fight-or-flight to rest-and-digest."

Yoga For Any Age in Under 30 Minutes: I recommend Surya Namaskar A or Sun Salutation A. It is a series of postures that flow smoothly from one into another that warms, strengthens, and aligns the entire body. It is basically the best most efficient stretching and strengthening series squeezed into a very compact set of movements which increases the vital energy of prana in your body, and helps remove energy blockages.

NOOR TEHINI

Founder of Savoir Flair and The Goodness Podcast, Noor Tehini has traversed the corporate world and ventured into healing and wellbeing with a podcast series that celebrates inspirational stories of women living in the Middle East. Highlighting tales of triumph over tragedy, stories of resilience, and ones of survival, the main focus is to offer valuable advice and a lived experience to its listeners. Tackling topics of emotional, physical, spiritual, and mental wellbeing in an inclusive manner, the aim is to break many of the taboos surrounding women's health in the region and they can be found at Goodness.me/podcast

ON WEARING SCARS WITH PRIDE: Wearing your scars with pride is definitely a lot harder than it sounds. If we can own our scars and accept that they are part of why we are who we are today, that's already a beautiful step that can allow us to heal them, live with them, and practice vulnerability as well as compassion.

LYNDSAY DORAN

Founder of L'Couture Collections, Dubai-based and Scottish-born Lyndsay Doran prides herself on having started and built her luxury activewear brand and business entirely herself. With immense success worldwide in less than a year, the brand has grown with a full team working behind the scenes to create figure-flattering collections featuring fresh colors and prints. Each collection is designed in-house with a strong emphasis on functionality, quality and style, for women of all shapes and sizes and is available at Lcouture.com

"The right fit, style and fabric are absolutely essential for a flattering look when wearing fitness clothing. One element like the fabric can substantially change the whole look of your lower body. I am really particular about fabric and make sure it sits on the skin instead of flattening your shape down too much. The waistband however, should always be compressing to give you that hourglass shape. As a style staple, I would consider what every girl needs - a black pair of leggings with a matching bra. This is my personal go-to outfit unless I feel like wearing something bright and summery, which isn't everyday! In terms of style and how to carry out the athleisure trend, I would say that it is anything that can be layered with pieces like off-the-shoulder tees, hoodies and sweatshirts to create a look that you can dress up and down, before and after a workout."



TOP TIPS FOR WORKOUT-TO-HANGOUT STYLE

- The fabric and fit of a piece of clothing is super important, no matter what size or shape you are. My advice would be the same to anyone: regardless of your size, wear what suits you, makes you feel most comfortable and your best self.
- The most classic item to style for workout-to-hangout would be some dark leggings, which can be black, khaki or grey. Layered with a cropped hoodie or one of our Profile Jackets; it makes a perfect outfit for running errands after the gym.
- Another option is to style the bottoms with an oversized tee to pull over a sports bra. Add a baseball cap for a simple sporty chic look. If you're in our biker shorts, just add a t-shirt and cool oversized jacket with some accessories to make a trendy outfit for a catch-up with friends.

ON FINDING POSITIVITY AND HOPE: Finding sacred space and time for yourself seems to be crucial to maintaining a positive mindset. That can look different to different people. For me, it's an hour by myself each morning, either journaling or going for a walk with a podcast when the weather is nice.

ON INSIGHTS FROM GUEST SPEAKERS: Key elements that have emerged from the podcasts I've recorded have been finding strength through community and purpose. This was the case for Petrina Barber (Episode 15) through her cancer treatment, for Shayanne Salama (Episode 17) through her divorce, and for Caroline Leon (Episode 1) after her fall from a climbing wall that broke half her body. These were actually the two most important tips mentioned by Dr. Nick Wakefield (Episode 28) in the podcast we recorded about finding hope and overcoming trauma following the terrible Beirut explosion.

ON SEEKING PROFESSIONAL SUPPORT: Many of my guests have spoken about the importance of seeking out professional support when it feels like you need a bit (or a lot) of help finding happiness and hope again. That was the case for Florence Gillet (Episode 2) when recovering from an eating disorder, for Sarah Malki (Episode 4) when overcoming postpartum depression, and for Marianne Tefani (Episode 39) when healing from a traumatic birth experience. I'm a big believer in therapy myself.

ON SHIFTING YOUR MINDSET & INNER STRENGTH: We all need to cut ourselves some slack this year. It's impossible to underestimate the impact 2020 has had, which can compound a lot of the issues we've been dealing with. That being said, listening to the right podcasts can help to start shifting your mindset. Three that come to mind are: 1) Ten Percent Happier with Dan Harris 2) Happier with Gretchen Rubin 3) Magic Lessons with Elizabeth Gilbert.



BREATHE *new* LIFE

INHALE, *exhale!* *Breathing* IS OUR MOST PRECIOUS REFLEX, IT ALSO HELPS US TO REFOCUS AND SO MUCH MORE. FOLLOW OUR OVERVIEW OF *oxygenating solutions* FOR YOUR BODY AND MIND AND FIND YOURSELF IN A STORM OF SERENITY.



GAIN AN INSIGHT INTO NEW BREATH-WORK

This is the method that is appealing to wellness enthusiasts more and more. This breathing therapy, which originated in the 1970's, is seeing renewed interest worldwide thanks to its spectacular benefits.

How does it work? These are deep breath sessions, which are release-oriented: the method was first developed by psychiatrists to copy the effects of LSD on the brain. By causing an altered state of consciousness, these sessions can help to relieve emotional blockages. After 8 to 12 minutes of controlled hyperventilation (breathing only through the mouth), the hypothalamus releases endorphins and temporarily, a change in the proportions of gas occurs in the blood (high oxygen influx, decrease in carbon dioxide). The frontal lobe (analytical, intellectual) of the brain then switches the subconscious mind. The "I" gives way to the "self". It is this physiological process that explains the intense clarity and the feeling of fullness, close to the famous "runner's high". The method expert, Susan Oubari, has just published a book and even offers online courses (in English and French). The former stylist has just converted many of her fashion friends to the method. Far from being a new age discipline, its effects on the brain are known and recognised: "Even if we talk a lot about intention, energy or universe, this technique has nothing mystical about it", recalls the co-author of the book, Emilie Veyretout. You quickly become addicted to it!

OXYGENATE YOUR SKIN THROUGH SELF-MASSAGE

If there is one thing stars swear by, it's their facialist! They entrust their faces to them in blind faith. These masseuses and facial specialists, are becoming all the rage: during these past months in lockdown, they have introduced us of the art of self-massage: touching our face to reshape it, to give it life, but above all, treating ourselves and grounding ourselves.

How does it work? Many studies show that massaging the skin stimulates fibroblasts, the main skin cells which produce elastin and collagen. This has an anti-ageing effect, of course, but it is also a way to increase tissue oxygenation. By massaging your face, you increase blood microcirculation and therefore the intercellular activity. The result: a visible and lasting glow. Use the right accessories to help you by opting for a roller or a gua sha to improve lifting, shaping, toning... The actress Jessica Alba has become a fan of Nurse Jamie's Beauty Roller Massage. Cryo-tools for the face are also available. They come in the form of two spheres filled with a gel, which you store in the freezer. They therefore stay cold for a long time, allowing for a real cryotherapy session at home. "They certainly firm up the skin, but above all, they provide a divine feeling!" declares Helena Marion, green beauty expert and creator of the method. Jodie Comer is already a fan of it!

OPT FOR VIRTUOUS SCENTS

In 2021, we're going for sustainable fragrances! Clean and eco-conscious perfume houses are beginning to emerge, to our great pleasure. A major trend in today's perfumery, the options are endless.

How does it work? Formulas are becoming greener, thanks to alcohol obtained from plants and raw ethically sourced materials, for natural formulas (sometimes 100% organic,



a feat), and above all... that smell good! Botanical extracts, woods, plants, citrus fruit, spices, resins: the range of natural compounds is extensive. Perfumers now know how to create fragrances that last on the skin and rival traditional perfumery. Needless to say, packaging is changing to: it's lighter and designed to be recycled or refilled infinitely. Fancy having a go? Clean Perfume, Seven Virtues or Maison Louis Marie have eliminated certain substances to create natural formulas. We also love Henri Rose, the clean perfume line launched by Michelle Pfeiffer.

RESTORE YOUR ENERGY WITH THE ETHOS FLOWS METHOD

Founded just four years ago by Chris Tai Melodista and Timothy Mirthil, this method has already attracted an international community of musicians, businessmen and artists. It combines yoga and qi qong practices with breathing exercises in motion to achieve wellbeing throughout the day.

How does it work? "Most exercises are centred around tranquillity or relaxation, but with breathing you can do everything," explains Timothy Mirthil. "You can influence the autonomic nervous system, part of which is guided by the alveoli in our lungs. You can significantly increase the adrenaline levels in your body within a minute, just by changing your breathing." To regain energy before a meeting or a zoom call, he recommends "the breath of fire" or the ram's breath. Sit down, raise your arms above your head and breath in. Then close your fists and bring your arms back to your chest, exhaling loudly through your mouth. Make an effort as if you were pulling a rope towards yourself. You can shout an "ah" putting an intention to it. Repeat ten times and change to the tenth. Repeat the gesture but without exhaling: keep your lungs full of breath. Take a 30-second break and repeat three times. "Energy guaranteed for the next two hours", assures the expert.

APPLY SOPHRO-COMESTICS TO SMOOTH OUT FACIAL FEATURES

Sophrology is the leading discipline in contemporary wellness. Its benefits are so profound that it has convinced many enthusiasts to refocus, calm down, regain sleep and reduce anxiety. What if we coupled it with cosmetics? This idea comes from Anne Millier, who discovered the discipline after working in the fast pace cosmetic industry for eighteen years. It was a revelation.

How does it work? A biocellulose mask is placed on the skin for 20 minutes while listening to a sophrology session with numerous breathing exercises. In just a few sessions, the facial features are relaxed and smoothed, "as if an inner light had been rekindled", says Anne Millier. After observing the results on the faces of women who practise it, she realised that the discipline is perfectly complementary to cosmetics. Her brand, Ressource Corps Mental, offers "sophro-cosmetic" sessions. Would you like to get inspired? Many apps offer customizable versions to create your own programme. Be-Sophro also offers free audio sessions in English to get started.

BREATHE AIR IN YOUR HAIR!

Is your hair dull as asphyxiated? Give it a new lease of life! Reboost your scalp by stimulating your roots and oxygenating it. Your hair will grow better and be healthier.

How does it work? Massage your head, gently, slowly, in the shower or in front of your mirror during your evening or morning beauty routine. Gently move the scalp skin, starting from the forehead and working your way down to the nape of your neck. You can apply pressure points on the temples and make circles - all in a pleasant and relaxing way! To maximise the massage and its effects, you can use tools. There are small pin brushes that, while emulsifying your oxygenating shampoo, will help massage your scalp. The Japanese line S. Heart S. is a must-have in this field: hairdresser David Lucas has notably launched a travelling massage tool. Another alternative is to use oxygen therapy in the salon. The scalp is sprayed with pure oxygen delivered at high pressure. The cellular regeneration along with the level of hydration will improve your hair fibre. Oxygen helps to synthesise all proteins, stimulates cell renewal, ensures a good blood flow to the scalp and thus allows the roots to absorb substances that will bring strength and vitality to the hair, such as keratin.



IMAGES: SUPPLIED



Chachatint Cheek & Lip Stain, Benefit Cosmetics



Hair Perfume, Balmain

The vanity diaries

FATIMA ALRASHIDI

THE Emirati beauty BOSS ON THE IMPORTANCE OF SELF-LOVE AND THE HAIR ROUTINE she swears by

I WAKE UP AT... 7.30am and kick the day off with a short meditation to set the right tune of the day without using any gadgets at all!

THE FIRST THING THAT PASSES MY LIPS IS... Morning warm water with lemon and the enticing taste of my favorite Blonde Coffee either Black or Espresso.

THE LAST THING THAT PASSES MY LIPS IS... Ixora Citrus Lip Balm; it's absolutely amazing to wake up with a moisturized lip after a whole night's sleep.

MY MAKEUP ROUTINE... Starts with using Ixora for everything from cleansing to moisturizing and then I couple it up with Make Up For Ever for my foundation, eyebrow and mascara. Lips though I entrust with Benefit

Cosmetics as well as for my cheeks – I love the combination!

MY EXERCISE ROUTINE... Entails 15 minutes a day despite the hectic schedule guided by Workout App all whilst enjoying nice and calming music.

HEALTHY EATING TIPS... Before coffee, is to drink lemon with warm water and oftentimes with ginger for purification and glowing skin.

WHEN I LOOK IN THE MIRROR I SEE... A free spirited being with wings which can fly beyond the horizon.

MY WORST BEAUTY HABIT IS... Letting someone draw my eyebrows; I just can never do it perfectly!

THE LAST BEAUTY ITEM I BOUGHT... Balmain Hair Perfume: it keeps my hair smelling good the whole crazy, busy day.

MY BEAUTY CABINET IS ALWAYS FILLED WITH... SRS Serum, Ixora from Lift Serum to Rejuvenating Cream and Toner. I always keep stock of Charme D' Orient Argan Oil and Elastic Pour Cheveux Black.

MY GREATEST BEAUTY DISCOVERY... Is lifting the eyebrows and eyelashes. It's awesome.

MY BIGGEST BEAUTY INDULGENCE... Getting my nails done often and coloring my hair – it changes the appearance.

BEST BEAUTY SECRET... Is to sleep just enough without bringing any worries to bed, and to remain calm in every situation.

CRAZIEST THING YOU HAVE DONE IN THE NAME OF BEAUTY...

THE LAST TREATMENT I HAD WAS... Coral Bliss-Tropical and Marshmallow, for my hands and feet, I pamper them as they led me to my journey.

THE NEXT TREATMENT I WANT IS... For my hair; I love maintaining it with a Milkshake treatment.

THE BEST BEAUTY ADVICE I HAVE EVER RECEIVED... Would most definitely be to invest in you, love and believe in yourself and always remember that every single day that comes is a blessing to enjoy.

Ultra HD Invisible Foundation, Make Up For Ever



C-Boost Serum, SRS



FASHION

COURTESY OF GUCCI BY AMBER PINKERTON

ALESSANDRO MICHELE'S 'EPILOGUE' COLLECTION FOR GUCCI CELEBRATES THE MAGICAL RITUAL OF THE FASHION SHOW, THE PROCESS OF DESIGN AND THE INTRICACIES OF CRAFTSMANSHIP. THIS TRANSLATES TO GORGEOUSLY LUXURIOUS TEXTURES AND DETAILING, ALONG WITH BOLD COLORS AND PATTERNS.

PHOTOGRAPHY *by* TERESA CIOCIA

COLLECTION *by* DIOR CRUISE 2021

For Dior's 2021 Cruise collection, Maria Grazia Chiuri reconnected with the region of Puglia, a place close to her heart. Its art, tradition, energy and craftsmanship shine through each piece



Long black dress
Black dentelle
headscarf
Earrings
Choker necklace
Black leather bracelet

A TRADITION OF BEAUTY



Multicolored coat,
Long dress,
D-waist patchwork belt,
Gold necklace,
Earrings,
Black dentelle headscarf,
Dior Caro white ballerinas,
Dior Book Tote in brown
sculpted leather,
All by Dior



Multicolored coat,
Long dress,
Gold necklace,
Earrings,
Rings,
Black dentelle
headscarf,
All by Dior



Multicolored coat,
Long white lace dress,
Gold necklace,
Earrings,
Dior natural belt,
White dentelle
headscarf,
All by Dior



Long beige dress,
D-lace belt in brown
sculpted leather,
Tan sandals,
Gold tiara,
Earrings,
Gold necklace,
All by Dior



Multicolored poncho,
Multicolored skirt,
Black leather bracelet,
Rings,
Christian Dior
bag strap,
Saddle bag in
multicolor Dior in
lights embroidery,
Dior Quest low boots
in camel,
All by Dior

PHOTOGRAPHY: TERESA CIOCIA, COLLECTION BY DIOR CRUISE 2021



LEFT: Beige mesh dress
with flower embroidery,
Gold necklace & earrings,
Brown bracelet,
D-trap beige sandals,
All by Dior
MIDDLE: Multicolored
poncho, White shirt,
Multicolored skirt,
Black dentelle headscarf,
Earrings, Necklace, Rings
Black leather bracelet,
Dior Quest low boots in
camel, Saddle bag in
multicolor Dior in lights
embroidery, Christian Dior
bag strap, All by Dior
RIGHT: Coat,
White shirt & skirt,
Nude D-lace belt,
White dentelle headscarf,
Earrings, Necklace, D-trap
beige sandals, All by Dior

TIDES

Where
architectural
volumes and
feminine
silhouettes
collide

PHOTOGRAPED & ART DIRECTED *by* SAM SPENCE

STYLED *by* FRANCESCA GIOVACCHINI

OF

STYLE



Coat: Lúnika



Top, Vintage; Skirt, Rachel Roy; Shoes, Manolo Blahnik



Dress, Jacquemus



Cape, Lúnika

PHOTOGRAPHY & ART DIRECTION: SAM SPENCE @SAMSPENCEWORK; STYLING: FRANCESCA GIOVACCHINI @XOFRANCESCA;
MAKEUP: ELA NA BACHMAN @ELANABACHMAN; MODEL: AMANDA PIZZONI @AMANDAPIZZONI



Dress, Mara Hoffman

WHAT COLOR IS YOUR AURA?

EXPRESS YOURSELF AND LET
YOUR LIGHT SHINE THROUGH

PHOTOGRAPHED *by* JAIME PAVON



Dress, Valentino; Shoes, Chloé



Dresses, Mōnot; Shoes, Tibi

Top, Norma Kamali; Shoes by Tibi



Dress, Soid Studios; Shoes, Dior





Top, Dolce&Gabbana; Pants, Norma Kamali; Shoes, Gucci

PHOTOGRAPHER: JAMIE PAVON @PAVONPHOTO; FASHION STYLIST: JORGE MORALES @THE_JORGE MORALES; MODEL AGENCY: MARIYV AGENCY @MARIYV AGENCY; MODELS: MARGO WHITLEY @MARGO WHITLEY / MADELYN WHITLEY @MADDEE WHITLEY; MAKEUP ARTIST: BRIAN DUPREY FOR MAC COSMETICS @BRIAN DUPREY; HAIR STYLIST: WAYNE USING ORIBE FOR THE SALON AT BERG DORF GOODMAN @HAIRBYWAYNE LIGHTNING TECH: RICKY ALARCON @RICKY_ALARCON; PHOTO RETOUCHER: KARLA CEVALLOS @LOLARETOUCH; LOCATION: BLONDE AND CO NY @BLONDEANDCO NY; MARCI JUAN COMMUNICATION: FASHION AGENCY



ÉTOILE FILANTE

E L L E

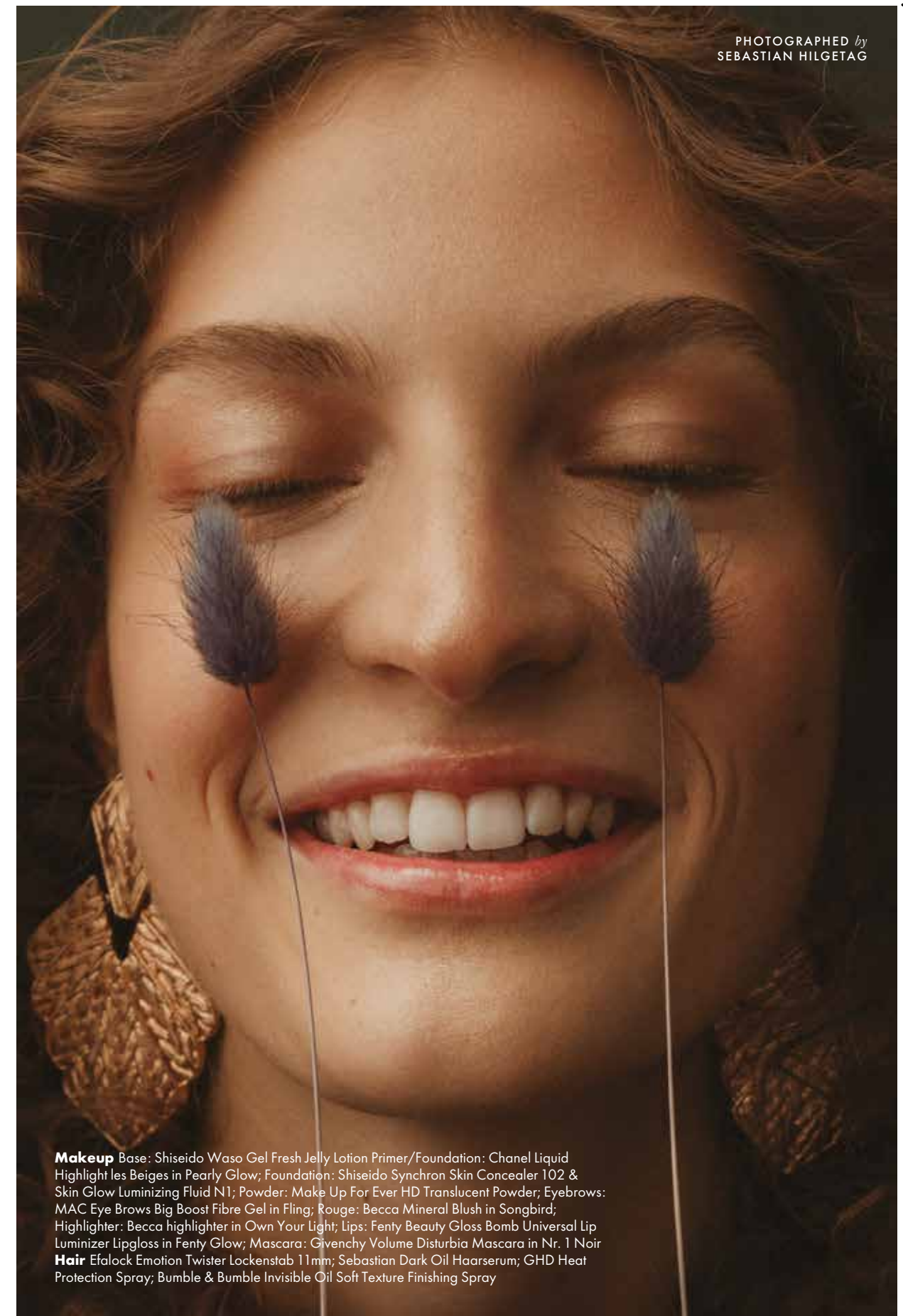


LES PARFUMS **LOUIS VUITTON'S NEW FRAGRANCE**, ÉTOILE FILANTE, WAS COMPOSED IN GRASSE BY MASTER PERFUMER JACQUES CAVALLIER BELLETRUD AND IS A VERITABLE VOYAGE FOR THE SENSES WITH OSMANTHUS, A FLOWER WITH THAT IS VENERATED IN THE FAR EAST FOR ITS NATURALLY FRUITY **NUANCES OF APRICOT AND CASSIS**, AS WELL AS A TOUCH OF JASMINE FROM GRASSE AND MAGNOLIA FROM CHINA, AND A WHISPER OF WHITE MUSKS. FOR THOSE **WHO LITERALLY WANT TO HEAD OUT ON A VOYAGE** WITH THIS FRAGRANCE, INDULGE IN THE GORGEOUS TRAVEL CASES!



NATURALLY *Beautiful*

IT'S BACK TO BASICS WITH SOFT SHADES AND A TOUCH OF GLOW TO BRING OUT YOUR BEST SELF



PHOTOGRAPHED *by*
SEBASTIAN HILGETAG

Makeup Base: Shiseido Waso Gel Fresh Jelly Lotion Primer/Foundation: Chanel Liquid Highlight les Beiges in Pearly Glow; Foundation: Shiseido Synchron Skin Concealer 102 & Skin Glow Luminizing Fluid N1; Powder: Make Up For Ever HD Translucent Powder; Eyebrows: MAC Eye Brows Big Boost Fibre Gel in Fling; Rouge: Becca Mineral Blush in Songbird; Highlighter: Becca highlighter in Own Your Light; Lips: Fenty Beauty Gloss Bomb Universal Lip Luminizer Lipgloss in Fenty Glow; Mascara: Givenchy Volume Disturbia Mascara in Nr. 1 Noir
Hair Efalock Emotion Twister Lockenstab 11 mm; Sebastian Dark Oil Haarserum; GHD Heat Protection Spray; Bumble & Bumble Invisible Oil Soft Texture Finishing Spray

PHOTOGRAPHY & RETOUCH: SEBASTIAN HILGETAG@SEBASTIANHILGETAG; MODEL: EMILY WINTER@EMILY_WI_; HAIR & MAKE UP: STEFANIE MELIN @STEFANIE.MELIN.OFFICIAL

Beauty MEMO

THE HOT *New Brands* AND PRODUCTS MAKING THEIR WAY INTO OUR BEAUTY CUPBOARD

COMPILED by DINA KABBANI



DESTINATION SPA ↑ Sensasia Stories

WHAT: A monastic, concept spa intensively curated to take clients on a truly unique journey through the senses of Asia
WHERE: Kempinski Hotel Mall of the Emirates, Dubai

TRY: The Natura Bisse Diamond Life Infusion facial, the facial chosen by Hollywood stars as their pre-Oscars prep routine that reverses pre-mature ageing, while restoring firmness and elasticity. Worth trying for those looking for a pick-me-up post-holiday season.



SMELLS LIKE ↑

You know that stretch of time in January when it feels like the weather can't decide if it's hot or cold, so it just becomes an amalgamation of both? That's the feeling captured by Lancôme Idôle l'Intense. Notes of mandarin, rose and jasmine hang onto the juciens of summer, while Madagascar vanilla and sandal wood gently welcome autumn.

IMAGES: SUPPLIED



← CLUTCH CONTROL

Encased in yummy faux leather identical to the luxe exterior of its renowned bags, YSL Beauty's latest two palettes dare you to clutch at color, 10 different shades to be exact inspired by two iconic cities – Paris and Marrakech. Ultra-desirable and collectible, for the girl who wants her eyeshadows 24/7.

THIS JUST IN →

Cult favorite and Fenty Beauty's #1 Gloss Bomb is now giving us #CreamyGoals for days thanks to the launch of Color Drip Lip Creams, a creamy color version with incredible shine. Wear alone or layer over lipstick; it plays especially well with Stunna Lip Paint – just layer to increase color intensity.



Gloss Bomb Cream in Mauve Wive\$, Fenty Beauty

LIGHT IT UP

An intimacy and a coziness, but also a celebration of the natural world, Loewe's Honeysuckle candle will transform your end table into part botanical garden, part apothecary. ↓



← SCENT STOP

A die-hard fan of Dubai-based perfumery Arcadia fragrances? You can now get a whiff of Amna Al Habtoor's gender-breaking unisex scents at Faces, one of the region's largest luxury beauty retailers. Head online to Faces.com to get your hands on favorites like Milk Musk, Fumee and Hassaku High!



IMAGES: SUPPLIED

Press Restart

New year, new you? HOW ABOUT STARTING WITH A BEAUTY DETOX TO REFRESH *face, body and scalp!*



1. Detoxifying Body Oil, Anne Semonin; 2. G.Tox 5 Salt Detox Body Scrub, Goop Beauty; 3. Detox Shampoo, Ouai Haircare; 4. Digital Detox Bath Soak, Pursoma; 5. Evening Detox Clay Mask, This Works; 6. A Tongue Cleaner Changed My Life, Cosmic Dealer @ Museandberoine.com; 7. Cold Processed Scalp Detox, Act + Acre; 8. Green Clay Detox Face Mask, Circumference; 9. Marula Detoxifying Salt and Sugar Body Scrub, African Botanics; 10. Body Brush Medium No. 2, Dr. Barbara Sturm; 11. On Vent...A Detox Booster, Atelier Nubio @ Museandberoine.com



The ELLE
INTERNATIONAL
Beauty Awards

THE MOST EXCITING AND ENVY-INDUCING PRODUCTS,
CHOSEN BY ELLE'S Worldwide Network OF EXPERTS

Make-up...

THE MASCARA

Full Frontal Volume Lift & Curl Mascara, Fenty Beauty

"To achieve the same false-eyelash look as Rihanna, we start out by applying the cream of this mascara with the flat edge of the brush, like a spatula! Then we elongate and curl the lashes with the rounded side of the brush. Clever and devilishly efficient!" says Elisabeth Martotell, Beauty Editor in Chief, ELLE France



THE FOUNDATION

Teint Couture City Balm, Givenchy

"Foundation with SPF is one thing, but this cover-up also promises pollution, blue light, and dehydration protection. Plus, it's just really good makeup: Subtle, but impactful coverage with a healthy glow that catches the light," says Katie Becker, Beauty and Healthy Director, ELLE USA



THE LIP COLOR

Rouge Hermès Matte Lipstick, Hermès

"It's the Birkin Bag of lipsticks. And now, if you can't afford their iconic bag, at least you can buy this extraordinary lipstick," says Rozina Kouri, Senior Beauty Editor, ELLE Greece



THE EXPERT:

"All of Givenchy's foundations are like a second skin, but this one is absolutely next level. It gets additional points for its high SPF, anti-pollution ingredients, and liquorice extract. It's a must have for all city girls!"

AGNIESZKA ZYGMUNT Beauty Editor, ELLE Poland

Fragrance...

THE SCENT

California Dream, Louis Vuitton

"Fresh mandarin, the musky warmth of ambrette seeds, and sweet benzoin... This is a fascinating fragrance that blends three contrasting notes into one amazingly perfect fragrance. Reminiscent of a calm and beautiful sunset, the scent spreads around your skin in the most pleasant fashion," says Yumiko Murata, Beauty Director, ELLE Japan



Hair care...

THE CONDITIONER

Botanical Repair Intensive Strengthening Masque, Aveda

"The entire Botanical Repair line is great, but this one works its magic instantly. I have very fine hair, and feel like many rich masks make it too heavy and flat. This one, however, is very hydrating and nourishing – without weighing down my hair," says Marthe Jakobsen, Deputy Editor and Beauty, ELLE Norway



THE STYLING PRODUCT

Dyson Corrale™ Straightener, Dyson

"I love how this straightener is cordless - it makes curling hair with the straightener easier, and overall just much more ergonomic. The flexing plates on the straightener also catch and straighten hair more efficiently than any other straightener I have tried," says Chelsea Tang, Senior Beauty Writer, ELLE Singapore



THE SHAMPOO

Genesis Bain Hydra-Fortifiant, Kérastase

"I was losing so much hair during quarantine, but this shampoo made it better, and to top it off it smells really good! I noticed already after two weeks of using it that my hair was stronger, and over-all looked much healthier," says Arlette Barrionuevo, Beauty & Fashion Editor, ELLE Mexico



THE EXPERT:

"Anything Kérastase does for the hair is a winner in my books and the Genesis formula is my go-to for when my hair is dull and weak."

DINA KABBANI Fashion & Beauty Editor, ELLE Middle East

Skin & Body...

THE ANTI-AGING

Capture Totale Super Potent Serum, Dior

"After just a week of using this product, my skin was much smoother. And, for the first time maybe ever, I felt totally fine leaving the house without any makeup on. It has a very nice smell and it feels deeply moisturizing without being too heavy," says Maria Taranenko, Beauty Editor, ELLE Russia



THE EXPERT:

"This is one of those products you know you are going to love even before you try it. The best part? It exceeds your expectations. It's like covering your skin with a layer of pure energy."



SUSANA BLA QUEZ Beauty Director, ELLE Spain

THE MOISTURIZER

Hydra Zen Anti-Stress Glow Liquid Moisturizer, Lancôme

"This lightweight moisturizer is similar to a gel cream, with a cooling and soothing sensation. Furthermore, "Anti-Stress" is what catches the eyes of every woman now; it's what we need, isn't it?" says Younji Jung, Beauty Director, ELLE South Korea



THE PROTECTOR

Sun Beauty Nude Skin Sensation Sun Protective Water SPF50, Lancaster

"Unlike most of the beauty editors, I am a huge fan of sunbathing. So, I highly appreciate each product that lets me feel (and actually be) safe under the sun. And when this product also enhances and deepens the colour of your tan like the Sun Beauty Nude Skin Sensation does, it is just a dream come true," says Marianna Parvevyan, Beauty Editor, ELLE Ukraine.



THE ANTI-CELLULITE

Vinosculpt Lift & Firm Body Cream, Caudalie

"Advanced formulation, proven results, cutting-edge galenic, and on top of it, eco-friendly packaging... This range from Caudalie has it all!" says Marie-Noëlle, Digital Editor-in-Chief, ELLE Belgium FR/FL

THE BODY CREAM

Velvet Nourishing Body Cream with Saffron Flowers, Sisley

"As with all Sisley products, the ingredients used are the most advanced plant extracts on the market. My skin drinks it up, feels calmer, and looks much happier right after I use it," says Mallika Boonyuen, Beauty Editor, ELLE Thailand



THE MASK

Hydra Beauty Camellia Repair Mask, Chanel

"It was love at first smell. Its beautiful fragrance is the first thing that you'll notice, then the texture, and last but not least – the amazing results: softer, moisturized skin that feels and look great," says Jasmina Rodic, Content Editor, ELLE Croatia



THE FACE CREAM

Water-Lock Moisturizer, Tata Harper

"The formula is great, but what I am really excited about is the packaging. The jar works with pods, and is super easy to use and refill. The most luxurious way of being sustainable!" says Shanice Zoetewij, Beauty Editor (Freelance), ELLE Netherlands



Green...

THE MAKEUP

Color Haze Multi-Use Pigment, Ilia

"Because of the cooling metal applicator, it never feels like actual make up. Such a nice feeling! You can create an effortless, fresh and girly look in 30 seconds just by putting colour on the lips, cheeks and, guess what, even on the eyelids! Let's keep it as my secret!" says Agnieszka Zygmont, Beauty Editor, ELLE Poland



THE HAIR CARE

Coconut Water & Mimosa Flower Shampoo Bar, Love Beauty & Planet

"Sulphate free shampoos, which promise to leave hair less "stripped" after use, are more common these days, but it's rare to find one that still suds up like this formula from Love Beauty & Planet. Your scalp and hair will be thoroughly cleaned with the first rinse. It is also critical to consider what is inside the beauty formulas you wash down the drain and the amount of "no" ingredients on this list will make you feel better about every wash," says Katie Becker, Beauty and Healthy Director, ELLE USA



THE EXPERT:

"Tata Harper delivers once again! This moisturizer is great for those who prefer a simple and clean skin care routine. It is very light, yet hydrating, and keeps my skin feeling plump and moisturized all day long."

MARTHE JAKOBSEN Deputy Editor and Beauty, ELLE Norway

PHOTOGRAPHY: TOM WATSON; PHOTOGRAPHY ASSISTANT: ERWAN PETERSEN; STYLING: DEBORAH DUTRAIN; STYLING ASSISTANT: ALESSIA UBBINIDI; HAIR & MAKEUP: MICKAËL LAUNEAU @ AGENCE AURELIEN; MODEL: DORCAS COPPA @ KARIN MODELS; BEAUTY EDITOR: VIRGINIE DOLATA

ROUGE DIOR

THE *reinvention* OF A CONTEMPORARY ICON



Clockwise: Natalie Portman, the face of Dior Rouge; Sketch by René Gruau for Christian Dior lipsticks published in British Vogue, April 1963 © SARL René Gruau/www.renegruau.com; Advertising for the lipstick Dior published in 1960 © Collection Christian Dior Parfums, Paris; Obélisque for the first Dior lipstick "Rouges Dior" created in 1953 © Association Willy Maywald /ADAGP, Paris + année en cours



Christian Dior created the first Rouge Dior lipstick in 1953, voicing a desire to 'dress women's smiles.' Since then, this couture lipstick has been recreated in over a thousand shades – from the first 8 colors designed to match different couture outfits to today's reimagined version by Peter Philips, Creative and Image Director for Dior Makeup.

THROUGH THE YEARS

Conceived as a piece of art, an obelisk of gold and glass in tribute to the Place de la Concorde in Paris, the iconic lipstick has been continually reinvented, decked out in gold, beige and then azure blue before adopting in 2005 a new, even more sophisticated look in a midnight blue case, adorned with the iconic Dior cannage motif. Today – decorated with a new ring featuring the Dior initials – the new Rouge Dior case combines the sleek design and elegance of a timeless couture accessory, refillable once again, following in the footsteps of Christian Dior's initial vision, whose very first lipstick was created as refillable.

75 CUSTOM COUTURE COLORS

The late Christian Dior once said, "Red is the color of life." Reflecting this passion, Peter Philips explores all facets of this iconic signature lipstick and reinvents color itself – in 75 shades to be exact. He also adds nude as a supporting color, as "Red makes a true statement, while nude has become the everyday shade," he explains.

"Red MAKES A TRUE STATEMENT, WHILE nude HAS BECOME THE EVERYDAY shade"



New lipstick Rouge Collection created in 1987

FLORA & FAUNA INSPIRATION

With a perfect balance of pigment and floral lip-care ingredients, the new Dior Rouge comes infused with the most powerful raw materials that reveals heightened colour and more beautiful lips, day after day; red peony helps preserve the lips' natural moisturisation, while pomegranate blossom works deep within, providing suppleness and comfort resulting in more intense color.

A NEW WARDROBE OF FINISHES

Available in the now legendary vibrant satin and highly pigmented matte finishes, the new range of colors come in two new finishes: an extra-matte 'velvet' that offers long-lasting comfort and a bright, bold 'metallic'. Each lipstick features a texture specific to one of the four fabric-inspired finishes inherited from Dior's history.

FEMME FATALE

Embodied by icon Natalie Portman, the Rouge legend audaciously and brilliantly reinvents Dior elegance as seen through the lens of Inez & Vinoodh. Sporting couture accessories³ and made-up with a stroke of Rouge Dior lipstick, she plays with Gordon Von Steiner's camera, revealing a smile that brings every Dior color to life.



GET
SET
GO!

START THE *New Year* on a high note AS YOU GET READY FOR YOUR CLOSE-UP IN CONFIDENCE WITH SMOOTH SKIN AND PICTURE PERFECT MAKEUP THANKS TO *Benefit Cosmetics' The POREfessional: Super Setter*

THE HERO PRODUCT

No need to photoshop your pores or check to make sure your makeup isn't smudged thanks to Benefit Cosmetics' newest hero product, The POREfessional: Super Setter. Benefit Cosmetics is known for their instant beauty solutions and solving pore dilemmas has been a part of their DNA for decades.

This multitasking makeup setting spray instantly blurs pores and locks on makeup for 16 hours. The POREfessional: Super Setter not only perfects the look of makeup, it visibly reduces shine and leaves skin feeling smoother, refreshed and hydrated.

We Love that the ultra-fine, mess-free mister emits the formula as a microfine cloud that feels weightless and absorbs instantly.

APPLICATION TIPS:

- After applying makeup, just shake the bottle, hold 8 inches away from your face, and mist evenly all over.
- One application is enough to lock on makeup for 16 hours but if you want to reapply throughout the day for the refreshing, hydrating feel and pore-blurring power, spray away!
- The POREfessional: Super Setter can be worn in many ways to help you conquer your day!
- If you are not a heavy makeup user, wear it alone without makeup to soften the appearance of pores and help skin feel refreshed.

IMAGES: BENEFIT COSMETICS



The POREfessional: Super Setter is:

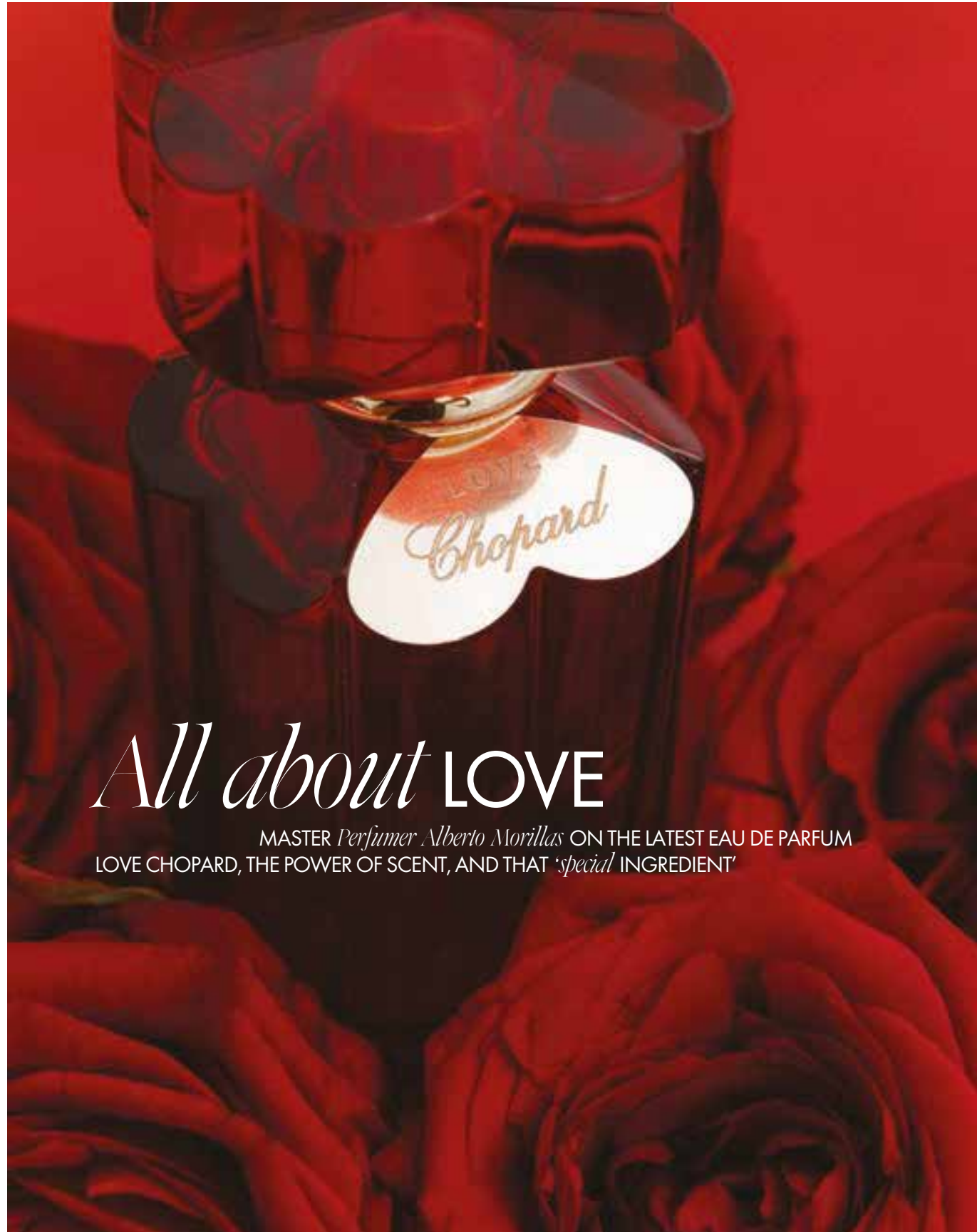
- * SWEATPROOF!
- * WATERPROOF!
- * SMUDGE-PROOF!
- * ALCOHOL-FREE!

- Spray all over your face at the end of your makeup routine to lock your makeup for 16 hours.
- If you are a setting powder user, spray on over your setting powder. It will give a natural-looking finish and help perfect your makeup and blur pores. Or swap it in instead of a powder!
- You can also spray this setting spray before and after workouts! It will not only keep your makeup on during a sweaty workout since it is sweatproof, but it is also a great pick-me-up after workouts! It feels light, soft, refreshing & hydrating.
- Reapply throughout the day for the refreshing, hydrating feel and pore-blurring power!



The Pore-blurring formula, with its ultra-fine micro mister - visibly reduces shine, minimizes the look of pores, and locks makeup for 16 hours

PSST... WE KNOW YOU'RE WONDERING ABOUT THE MODEL'S PERFECT BROWS. WITH BENEFIT COSMETICS' PRECISELY, MY BROW PENCIL, YOU CAN GET FABULOUS BROWS TOO!



All about LOVE

MASTER Perfumer Alberto Morillas ON THE LATEST EAU DE PARFUM LOVE CHOPARD, THE POWER OF SCENT, AND THAT 'special INGREDIENT'

ALBERTO MORILLAS, MASTER PERFUMER, IS THE VERY FIRST PERFUMER IN HISTORY TO RECEIVE THE FRAGRANCE FOUNDATION'S ESTEEMED LIFETIME ACHIEVEMENT AWARD.



What do you love about fragrances, now and forever? Fragrances have secrets, their power is much underestimated. They can make you feel happier, sexier, more seductive and comfortable. They can remind you of good or bad memories. Scents for one thing, tell us much more than we're aware of. For me, perfume is a magic message we convey to others. I am convinced that the fragrance reflects the soul and character of the users. Scents can say lots of things in the areas of love, mood, and psychology. I am always creating new accords and olfactive ideas, since I am very receptive to the world that surrounds me and everything can be a source of inspiration: a piece of music, a painting, a landscape a recipe, a new synthetic ingredient, etc. Sometimes these accords end up being part of a new fragrance and if not, they remain in my "repertoire" of ideas.

What about the inspiration behind Love Chopard? Love Chopard is inspired by the radiance and pure luminosity of rose, the queen

SYMBOL OF LIFE AND LOVE, THE HEART IS CHOPARD'S EMBLEM. INSPIRED BY THE MAISON'S EXTRAORDINARY HIGH JEWELRY CREATIONS, THE FLACON AND ITS SUMPTUOUS TOP OUTLINE A PRECIOUS FLOWER OF HEARTS, BOTH ENTIRELY SCULPTED IN NOBLE HEAVY GLASS SET WITH GOLD DETAILS.

of perfumery, and Caroline's favorite flower.

What's the added, special touch that makes this fragrance unique? Several different rose essences were used to create a unique floral signature, which is intensified through the vibrancy of pink and black pepper and precious woods like patchouli and cedar wood.

And what's the added touch for love? A bit of gourmand natural ingredients like Provence honey, cocoa, bourbon vanilla and tonka-beans give a final touch of addiction.

The rose & love. Why do you feel they go together? Tell us about the rose(s) in love Chopard? The scent of rose is one of the most complex and rich in nature. Made of hundreds of fragrant substances, it has an endless number of facets,

depending on the flower variety, the country of origin and the extraction process. Love Chopard is composed around six exceptional rose ingredients, among them are some of perfumery's most precious natural rose essences including the finest Bulgarian rose oil. For me rose is sensual, innocent and

sweet, but not overpowering. It's powerful, yet delicate all at once. It's truly a beautiful ingredient to work with.

Growing up in Seville, what memories do you have around scents? I have wonderful memories of my childhood in Andalusia and it is true that it is the reason why today I like everything that would evoke the Mediterranean Sea, with the deep blue water, the sun and the nature which go with it. I am very attached for example to citrus, flowers and to the expression of a certain kind of freshness, sophisticated and, at the same time, full of joy. When I create a formula I love recreating the feeling of these moments as a source of inspiration, moments that evoke

LOVE CHOPARD IS CHOPARD'S GLAMOROUS TRIBUTE TO ROSES. THE FRAGRANCE COMPOSITION BOASTS SOME OF THE WORLD'S MOST EXTRAORDINARY ROSE ESSENCES: ROSE DAMASCENA INFUSION FROM TURKEY, ROSE DAMASCENA OIL FROM BULGARIA, ROSE CENTIFOLIA ABSOLUTE FROM MOROCCO, ROSE DAMASCENA ABSOLUTE FROM TURKEY.



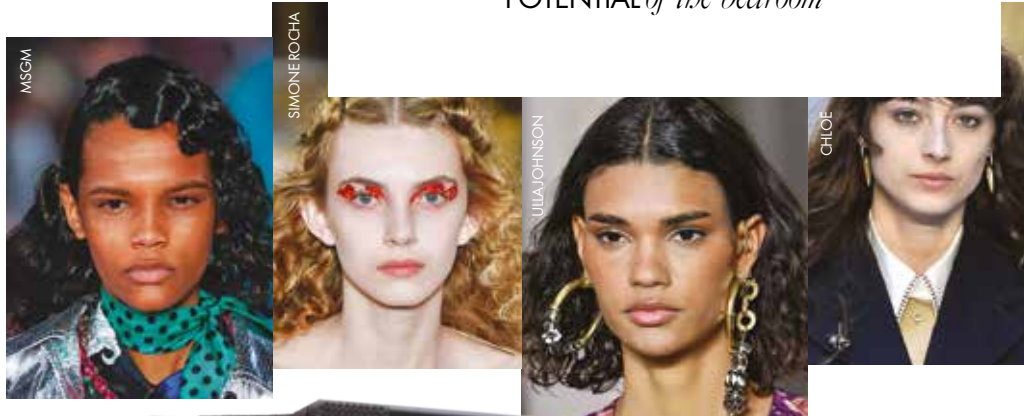
LOVE CHOPARD IS FORMULATED WITH A CERTIFIED NATURAL ALCOHOL FROM SUSTAINABLY GROWN & HARVESTED PLANTS. FREE OF PHTHALATES, ALLERGENS AND GMO'S, IT COMBINES PREMIUM OLFACTIVE QUALITY WITH THE HIGHEST LEVEL OF PURITY. IT SHOWCASES 30 SUSTAINABLY SOURCED NATURAL ESSENCES, OF WHICH 15 COMING FROM NATURALS TOGETHER, THE INTERNATIONAL PROGRAM OF SUSTAINABLE EXCELLENCE CREATED BY THE SWISS FRAGRANCE HOUSE - AND SUSTAINABILITY LEADER - FIRMENICH.



The SCENT

Whatever your nighttime activities may be, Valmont's Lady Code, has you covered. It mixes floral notes with spicy pink pepper and smoky almonds – a perfect blend, even if you're not ready for bed yet.

RUNWAY
Sleeping
BEAUTY
 FORGET *sexy and seductive* BOUDOIR BABES OF PAST, THIS LOOK IS MORE ABOUT *embracing* THE STRIPPED-BACK AND RELAXED POTENTIAL *of the bedroom*



The KEY

Nothing spells uncomplicated and effortless like tousled morning-after hair volume. To get the look, minus the party the night before, try the Dyson Airwrap Hair Styler to keep that gravity-defying bounce in check. Twist various sections of hair around the magic wand and let air, not extreme heat, create those voluptuous curls.



Mel Bochner's collages offer a high-concept encapsulation of language and physical space by adding shapes and dimension to the words he depicts. "We live in a world that is oversaturated with empty language [...]. If there is no escaping this linguistic tsunami, the 'Blah, Blah, Blah' paintings subvert it from below."

ART & DESIGN CONTINUE TO FIND THEIR PLACE IN THIS BRAVE NEW WORLD WITH VIRTUAL TOURS ENSURING OUR SPIRITS AND MINDS REMAIN CHALLENGED AND ENGAGED. OPERA GALLERY'S VIRTUAL VIEWING ROOM IS AN ARTISTIC JOURNEY FOR THE SENSES...

IMAGE SUPPLIED

LOEWE HOME SCENTS 9 BY NACHO ALEGRE



Delight in... LOEWE'S GARDEN

The recently launched Loewe Home Scents are a celebration of the natural world and an olfactory ode to the garden. The line of home fragrances and potted candles are based on the raw essences of a vegetable garden. In-house perfumier Nuria Cruelles helped to interpret 11 plant essences and express them as their own standalone scent within candles, wax candleholders, home fragrances and rattan diffusers. The smells include honeysuckle, beetroot, juniper berry, tomato leaves, coriander, liquorice, scent of marihuana, luscious pea, oregano, cypress balls and ivy.



The Art of... UNIQUE TABLEWARE

Dior Maison's Luminaries collection marries the captivating traditional architectures that punctuated the scenography for the 2021 Cruise show with home accessories. The prints designed by Maria Grazia Chiuri now constellate porcelain plates and valet trays, vases and coasters, as well as delicate fans and cushions, in shimmering colors that warm interiors.

3-of-a-kind... FEEL GOOD PODCASTS

* FOR BODY: The Sporkful

Dan Pashman is the Award-winning creator and host of The Sporkful, whose tagline is, "It's not for foodies, it's for eaters." Dan is also the creator and host of Cooking Channel's You're



Eating It Wrong and a contributor to numerous shows. Each week on the show, he uses humor and humanity to approach food from many angles, including science, history, identity, culture, economics, and lengthy debates on the best way to layer peanut butter and jelly in a sandwich.

* FOR MIND: Happier with Gretchen Rubin

Gretchen Rubin is one of today's most influential and thought-provoking observers of happiness and human nature. Dubbed the 'queen of the self-help memoir', she's known for her ability to distill and convey complex ideas with humor and clarity. She's the author of New York Times bestsellers Outer Order, Inner Calm, Better Than Before, and The Happiness Project. On her award-winning podcast, she discusses happiness and good habits with her sister Elizabeth Craft. In her work, she draws from cutting-edge science, the wisdom of the ages, lessons from popular culture, and her own experiences to explore how we can make our lives happier, healthier, more productive, and more creative.



* FOR SOUL: The Low Tox Life

Alexx Stuart is an educator and change agent who founded the holistic podcast Low Tox Life in 2010. A columnist for Wellbeing magazine, she provides online courses, recipes, and explores everything from the Swedish concept of lykke to hypnotherapy, from "high vibration living" to goal-setting and how to map out your personal value system. Low Tox Life is exactly that; it provides a support system to declutter life, reduce stress, and make better choices for ourselves, our families, our home, and our planet.



Jotun Crisp Cityscape



Jotun Antique Yellow

Color Coded...

In uncertain times, we find comfort in the familiar. Our homes – more than ever – become our sanctuaries, where we can feel safe, secure and at peace. This is the emotive response inspiring Jotun's

experts to create a new collection of colors curated to reflect the mood and ideas of the present moment. The four color families in their Rediscover range represent four stories:

- Warm, rustic shades:** Inspire and bring a feeling of comfort with this earth-like palette. Each hue encourages slow living and sensory appreciation.
- Soft neutrals and tactile hues:** Shades that help simplify your spaces and clear the mind while we live in a world of noise and clutter. Colors that dial down the volume of our homes, remove the superfluous and celebrate the simple things.
- Airy blues and weathered tones:** Shades that bring a touch of freedom of sea and sky. Inspired by wild and far-flung places we retreat to immerse ourselves in nature and find peace in its silence.
- Muted shades and dreamlike pastels:** Hues that set the imagination free by bringing artistic expression, emotions and dreams to empty spaces; these



Sleep walkers...

Time for... 'ME' TIME

Treat yourself to a much-needed wellness staycation, daycation or adventure with the help of RetreatMi.com, a recently launched portal where you can find and book the perfect retreat for you. Investing in self-care could be the new lipstick effect of the Covid era, and we're definitely in need of a break. For more information follow @Retreatmi or visit www.retreatmi.com



Trend Alert: DOWN TO EARTH

Let's start the year grounded, in warm, natural earthy hues.



DESIGNED for BALANCE

An Interior Designer ON HOW PATTERNS AND COLORS AFFECT YOUR MOOD AND THE PSYCHOLOGY OF WELLBEING

By SARAH A. ABDALLAH, FOUNDER AND CEO OF FUNCTIONAL CREATIVE DESIGN

Humans are truly visual creatures, according to an MIT study on Brain Processing of Visual Information: "Because half of the human brain is devoted directly or indirectly to vision, understanding the process of vision provides clues to understanding fundamental operations in the brain," said Professor Mriganka Sur of MIT's Department of Brain and Cognitive Sciences. An estimated 90% of information transmitted to the brain is visual and 65% of humans are visual learners. That being said our physical surroundings, i.e., the design and visual of our interiors, has a significant impact on our psychological state and wellbeing. It is not so far off to say there is a true psychology behind how color and patterns affect your mood and emotions. We can't underestimate the importance of our built environments as we spend an astonishing average of 90% of our time indoors. While we are encroaching on 9 full months of being mostly indoors in the same location due to the pandemic, we are all searching for more ways to create mental, emotional and spiritual balance.

Choosing your colors wisely is important for so many reasons. Here are few pro tips on color psychology to keep in mind when selecting colors for different spaces within your home environment.

Bright colors that is, vibrant shades of green and blue, yellow, and orange - provide an expansive feeling. These are friendly, happy colors that encourage communication and are therefore especially welcome in the dining area and kitchen.

Dark colors, such as red, purple, blue, and dark shades of green, can have a constricting and gloomy effect. But when applied in the right place or as accent elements, they can help convey comfort and security.

Warm colors, orange and yellow hues, for example, raise the perceived temperature of a room. For that reason, they are best used in rooms that face north, because they inspire activity. Avoid them in rooms meant for relaxation, like the bedroom.

Cold colors, colors such as icy blues and greens have a calming effect, they are especially well-suited for bedrooms; they help you to go to bed relaxed in the evening and wake up refreshed the next morning.

Gray should be avoided for the dining area and kitchen - unless you want to dampen your appetite.

Red raises the energy level of a room, but it may also make people more irritable and hostile - so it's not a good choice for a child's room. Use it as an accent rather than a base room color.



Sarab at the Public hotel

PHOTO: CREDIT SUVAVAH AKHTAR



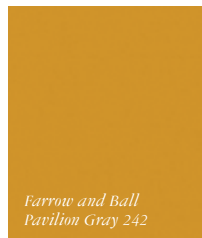
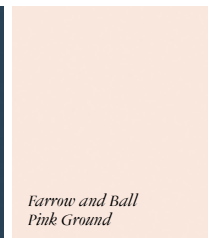
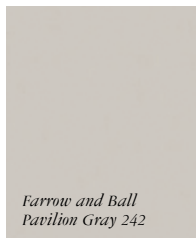
PHOTO: CLAIRE ESPARROS

The Vinyl custom fabric by a company called F.Shumacher



THE 2020/2021 COLOR OPTIONS AND PATTERNS TO KEEP IN MIND:

- * This soft grey creates a sense of relaxation and tranquility – use in a home office, bedroom or bathroom.
- * Blue is calming, and evokes the elements of nature that trigger a sense of tranquility. Ideal for a kitchen or bathroom. We suggest frequent high traffic areas.
- * Yellow nurtures the feeling of optimism, happiness and cheerfulness. It's good for mental focus. Ideal in a space that has a lot of natural light.
- * Pink is soothing - evoking compassion love and peacefulness and is related to nurturing and understanding.



PSYCHOLOGICAL BENEFITS OF PATTERNS FOUND IN NATURE

There has been extensive research documenting the benefits of viewing natural environments; being in nature has direct positive connection for humans – reduction of stress, improved mood, being more alert and feeling sharper cognitively. Visual patterns inspired by biological systems have direct correlations to improved mood and have been noted to reduce stress by a whopping 60%.

Organic Patterns and incorporating nature in architecture, design and art can truly sooth the psyche of an individual. This is also known as a Biophilic design approach. Using biophilic patterns found in nature to inform interior architecture and design or décor elements has a positive impact on one's wellbeing.

Natural themes in historical structures and locations around the globe tell us that biophilic design is not really new idea, it's really part of human conciseness. In Ancient Egypt for example we find lotus leaf, animal forms like the sphinx and other natural floral patterns along with traditional Islamic geometry, calligraphy and arabesque style - all considered biomorphic as they resemble natural forms that can be found throughout the region from Iran to Turkey throughout the UAE, and from Algeria all the way to Sudan. In more recent years it has been embraced as a formal approach to design and architecture.

Before delving deeper into some of the different types of patterns, I want to encourage you as I would my interior design clients: be mindful of the overuse of forms and patterns. It is necessary to avoid "visual toxicity" with too many patterns and forms in one space, which can cause anxiety and stress emotionally to a person, and they would likely not really know why they are feeling this way.

Floral: Typically, they have a lot of circles and/or curves – they are soothing because they are smooth with no angles, so their presence makes a person feel youthful, happy and carefree. When choosing how to incorporate floral patterns into your space, pick a size, color and type of flower that suits the feeling you want to capture. For a soothing feeling, try a medium-size floral in fresh and light tones. For spaces to inspire and have more energy have a look at some larger-scale floral inspiration in more bold and vibrant hues.

Tropical Psychedelic: The use of highly concentrated color and pattern combination in a way that is unimaginable really creates heightened emotions. Small dosages in your

interior can give a wow factor, but we would recommend using the effect sparingly.

Stripes: Lines may be quite common, but they're also incredibly versatile as a visual aid. Different lines have differing effects on a person. A line that is vertical feels celestial as it points upward, and a diagonal line evokes a feeling of instability, whereas a line that is horizontal makes a person feel more grounded. A large modern interior can be enhanced with wide stripes and bright color – a strong contrast with bright color creates an energetic and cheerful space.

Geometric Patterns: Geometric patterns

“BE *mindful* OF THE OVERUSE OF FORMS AND PATTERNS. AVOID “*visual toxicity*” WITH TOO MANY PATTERNS AND FORMS IN ONE SPACE, WHICH CAN CAUSE *anxiety* AND STRESS”



such as a polygon represent the strength and structural complexity of this shape, and also conveys a futuristic aura. It is perfect for the home office where the structure of the honeycomb shape resonates with persistence.

There is so much knowledge and input we can claim as a global community, both positive and negative, about staying indoors during the pandemic of 2020. Why don't we create habitats where new ideas seem to bounce freely and where we can nurture wisdom and growth.

We need to look at our history and

About Sarah A. Abdallah: Backed by more than a decade of professional experience in Interior Design and Architectural and Brand Development, Sarah has excelled as the Founder and Chief Executive Officer of Functional Creative Design since 2014. Prior to this appointment, she worked with Rockwell Group, for Tony Chi and Associates, and with Perkins & Eastman. Through Functional Creative Design, Sarah aims to not only create spaces that incorporate wellness methods but that also create environments where human touch points and interactions are created for better understanding of the other. LEED-certified, she is dedicated to minimizing the environmental impact by developing impactful spaces that have holistic and 360 views of sustainability. She has also embraced in-depth studies of Yoga, meditation and mindfulness, dance, nutrition, Reiki, Body Talk and more with an eye on integrating holistic healing elements into all her designs.

IMAGES: SUPPLIED



ATHENS, GREECE

THERE ARE *few places on earth* THAT MATCH THE MAGICAL HISTORY AND CULTURAL SIGNIFICANCE OF *Europe's oldest city*, ATHENS

Democracy, philosophy, science, schools, written- contracts, taxes, writing and...Athens! We have a lot to thank the Ancient Greeks for.

The capital of Greece and the original capital of culture, Athens is more than just myths, monuments and the Acropolis (although that is not to say it isn't a "must-see"; the Acropolis may be ancient but it never gets old!). Once you have ticked off the ancient wonders from your bucket list, explore the glamour and wonderful surprises this underrated city has to offer. Whether you do or don't do as the locals do, you can't go far wrong as each neighborhood in Athens has its own unique characteristics and charm. From sipping on an Aegean Tonic from one of the hundreds of rooftop terraces to wandering the streets enjoying a Souvlaki (try Kostas' for authentic and local-approved) while catching glimpses of sunset between the ancient buildings, sculptures, street graffiti and art - the place will blow your mind.

Located at the corner of Sokratous and Theatrou Streets in the district of Athens Central Market, through two sets of doors and down some steps into a rustic cellar, is Athens' most charming restaurant, Diporto. No signage. No food menu. No beverage options. No-frills. You eat what the

chef brings you. The vino is in barrels lined up on the wall and gets served in jugs – an honest, friendly and mesmerizing experience.

For an authentic Athenian shopping experience, a visit to Mon Coin, a concept store in Koukaki should be on the agenda. Whether it's delicate ceramics or one-of-a-kind souvenirs made by Greek designers and locals, you are guaranteed to leave with something spectacular even if you intended 'just to look'. It's also worth checking out all of Koukaki's cool designer shops and eateries, but make sure your last stop is Meerkat Cocktail Safari bar. If their extraordinary African-inspired menu is too much, jump behind the bar and create your own with the help of a 'meerkat' bartender. Yamas!

Athens has the longest coastline of any European capital adorned with 18 Blue Flag beaches less than an hour away from the center. Swim in the translucent waters of Vouliagmeni lakes, the 'Cannes of Greece', before heading to lunch at BlueFish to indulge on local seafood and watch day turn to evening with a sea-view of dreams. For the more adventurous, how about a water-skiing or wakeboarding session at the Four Seasons Astir Palace? If time allows, this is the best place to get some 'vitamin sea'. Who needs a Greek island when you have this on your doorstep?

COMPILED BY TAMARA WRIGHT/IMAGES SUPPLIED



WHAT TO DO

Visit: The city's best kept secret, Vorres Museum, founded after the urbanization of Greece in WWII when Ian Vorres wanted to promote Greek culture and create a place for citizens to visit and get a sense of who they are. The six acres of lush green gardens and the beautiful art museum are as fascinating as they are peaceful.

Eat: Situated on Lycabettus Hill, (the highest peak in Athens), Orizontes has the most beautifully breathtaking views and is one of the best restaurants in the city. What to eat? The feta cheese in filo pastry. For dessert, experience the love story that is Lukumades on Agias Irinis Square. These delectable donut balls of joy with an ambitious choice of toppings will satisfy anyone's cravings.

Stay: For the most luxurious stay in Athens, the multi-awarded 5* Hotel Grand Bretagne has it all and you can just about see it from the terrace: the Acropolis, Hellenic Parliament House (host to the Changing of the Guards ceremony) and the original Olympic stadium. Fully booked? Get the 5* service of a hotel but the freedom of an Airbnb at The Foundry in downtown Athens. My personal favorite pick

BEAUTY PICKS



The Concentrate, La Mer



Hair in The Sun, Sabajuan



Velvet Mugbetto, Dolce & Gabbana



Green Shirt, Calle Del Mar



Sunglasses, Loewe Paula's Ibiza



Sandals, Amina Muaddi



Swimsuit, Zimmermann



Beige beach bag, Jacqueline



WHAT TO WEAR
CITYSCAPE

Dress, Zimmerman

Earrings, Marni

Jet Lag Mask, Summer Fridays

Clutch, Saint Laurent

MAX MARA

THE LOWDOWN

Refined elegance. That's the first impression upon entering the beautiful and luminous lobby with its direct view to the azure seas. Located in one of Dubai's most prestigious neighborhoods, the beachfront resort is a veritable oasis in the heart of the city. Shop, dine, discover... and then return 'home' to the resort and relax in the destination spa that is spread over 2,000 square meters. Or head to the state-of-the-art gym facilities. Or simply sink your toes in the sand and enjoy the soothing sounds of silence and the sea.

COMFORT & CLASS

While the hotel and its amenities are stunning, particular attention has been paid to the guest rooms and suites. Each of the 178 spacious rooms and 78 elegant suites boasts its own breath-taking sea or skyline view and most come with private balconies. The proximity to the sea from its rooms and suites is awe-inspiring. Vertical cerused oak, black lacquer, and Mother-of-pearl are just a few of the refined detailing to be found in the rooms which feature walk-in wardrobes and spacious bathrooms with luxurious floating baths and rain showers. The expansive views are complemented by a spacious dining room for entertaining and living areas. Attention to detail has been extended to all aspects and features of the rooms, including the ceilings that are decorated with eclectic zigzag patterns inspired by Arabesque patterning. The Club Rooms and Suites include exclusive access to The Club Lounge, which features an open-plan kitchen, a veranda, a drawing room and private dining areas complete with floor-to-ceiling windows providing superb views of the Dubai skyline. A must-visit is the Royal Penthouse, but we must warn you, once you stay there it will be very hard to leave! www.Mandarinoriental.com/dubai/jumeira-beach



Mandarin Oriental
Jumeira, Dubai

STUNNING DÉCOR AND personalized SERVICE MAKE THIS BEACHFRONT RESORT A veritable 'HOME AWAY FROM HOME'



WHAT TO WEAR
THE BEACH

Wave spray, R+Co

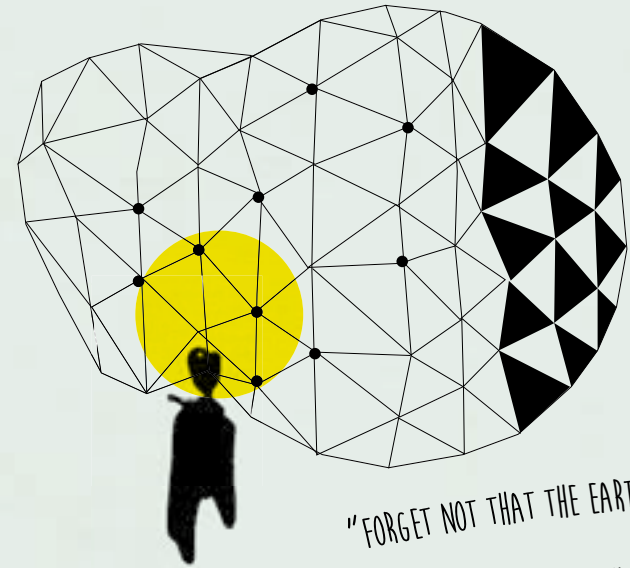
Dress, D'Ascoli

Bag, Loewe Paula's Ibiza

Sandal, Gucci

DIOR

Our Inspiring Quote for 2021



"FORGET NOT THAT THE EARTH DELIGHTS
TO FEEL YOUR BARE FEET AND THE WINDS
LONG TO PLAY WITH YOUR HAIR"
-KHALIL GIBRAN

Gratitude
Nature
Love

ART by T PRASADAN



ARIES

20 MARCH - 19 APRIL

After months of inactivity, change. The new year will take you in a new direction, so waste no time looking back once December ends. Make a firm decision in mid-January on where you want to go next; like a old-time gold miner, you must mark out your territory before you start digging. Finally, on the 20th, get ready to take that all-important first step towards your new life. Everything will be different, and better.



TAURUS

20 APRIL - 20 MAY

You are renowned for your strength and patience. Whatever life throws at you, you can cope. But what if you had a choice? This month the planets are asking what you would actually like - and will give it to you. To realize that you are now the driver and not just the passenger will feel strange; you might question your own motives, to make sure you're doing things for the right reasons. You are, so don't worry.



GEMINI

21 MAY - 20 JUNE

Returning to a situation where you didn't do so well is not something you are looking forward to, and that's understandable; but this time round you might be pleasantly surprised. As you will see, several key factors have changed. Instead of having very limited options and no room to manoeuvre, you now have some creative space, and a chance to put your own ideas forward. You're happy with that.



LIBRA

23 SEPTEMBER - 22 OCTOBER

In the past, you have always seen love affairs as a kind of dance, where the partners anticipate each other's moves and respond accordingly. What you are offered this month is something much more serious and solid, the bottom line without all that goes before it. Your first instinct will be to say no, but that's only because it is so unexpected. Think about it; it may be the opportunity you have been waiting for.



SCORPIO

23 OCTOBER - 21 NOVEMBER

It's all very romantic to fight to the end for a cause that you believe in, no matter what the cost - but now you realise that it is costing more than you can afford, and the prize is no longer so attractive. Everything has its moment, and it seems that the moment for this venture, whatever it is, has passed. You have already learned lessons from it, so your time hasn't been all wasted; but now you should let it go.



SAGITTARIUS

22 NOVEMBER - 20 DECEMBER

The end of December will seem like a burst of sunshine after months of cloud and rain. For far too long, it has seemed that everything you wanted to do was denied to you - and now, quite suddenly, anything is possible, and new opportunities open up as if by magic. And as your mood brightens, so does your thinking; the big ideas you are famous for return, plus all your old energy and confidence. Welcome back!



CANCER

21 JUNE - 21 JULY

For months your most important relationship has been held back or restricted by a set of circumstances beyond your control. Now those restrictions are lifted, and the relationship is free to grow and move forward as it should. It's okay to do, and say, all the things you felt that you couldn't before. And if that means some shouting and screaming, releasing emotions that have been building within you, that's okay too.



LEO

22 JULY - 22 AUGUST

It is easy to be convinced that you are on the right road if there are no obstacles in your path. It is only when the gradient gets steeper that you wonder whether there might be an easier route, or whether you should be making the journey at all. Do not be dismayed if the next few weeks throw up unforeseen problems: they are there to make you look at alternatives you would never have considered before.



VIRGO

23 AUGUST - 22 SEPTEMBER

A love affair from some months ago seems set for a resurgence now - but you tell yourself that you are too busy to get involved again. Yet despite your efforts to run away, it is impossible to escape the powerful emotional attraction drawing you together. The problem is not that you don't want to spend time together, but that you won't admit to yourself how deep your affections really are. Maybe you should.



CAPRICORN

21 DECEMBER - 19 JANUARY

It's time to step forward as the person you were always meant to be - and more importantly, into the lifestyle you always wanted. As your ruler Saturn leaves your sign, your period of rebuilding and transformation comes to an end, and you move into a phase of high achievement and reward. Even better, Jupiter will be with you for the next few months to add richness and radiance to all you do. You'll love it.



AQUARIUS

20 JANUARY - 18 FEBRUARY

The importance of the meeting of Jupiter and Saturn in your sign at the end of December is impossible to overemphasise. It's simply huge, the start of a complete new chapter of your life, and so big it's hard to know where to start. Don't worry about that - the planets will give you a nudge in the right direction in late January. Which gives you about three weeks to get yourself ready for your big moment.



PISCES

19 FEBRUARY - 19 MARCH

Most people, when freed from constraint, are eager to move onwards or upwards - but you want neither of those: you want to retreat. As the major planets change signs this month, you are given a chance to step back and slip away from a situation you never really wanted to be part of. Look for somewhere more suited to your needs, where you can be your true self, and be with the person you care for most.

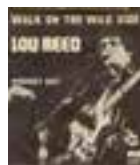
THE LIST *of* OUR DESIRES

"NOT DARING IS ALREADY LOSING" said *Andrée Putman*, THE GODDESS OF DESIGN. IT'S TIME TO BE BOLD AND GIVE FREE REIN TO YOUR DESIRES BY EXPRESSING THEM, FOR EXAMPLE, ON A WISH LIST: *a desire for a bubble OF SWEETNESS, FOR AN emotion of beauty, FOR SOME MAGIC, FOR AN ESCAPE OR FOR ASSERTING YOUR FEMININITY. THROUGH SEVEN ICONIC JEWELS FROM THE prestigious Maison Cartier WE SHOW YOU THE WAY. GET INSPIRED*

DESIRE TO PUT LIFE INTO ART AND ART INTO LIFE

Turning a nail into a jewelry piece takes some thought. Italian-American designer Aldo Cipullo dreamed up this "cutting edge" idea in 1970's New York. "I think radical changes need to be made in the jewelry industry - it needs to be more playful, light-hearted! We can just as easily have a Louis XVI armchair and a Le Corbusier chair side by side. It's the same with jewelry," he told Women's Wear Daily in October 1970, adding: "The bracelet Clou is a reflection of life. We are surrounded by things that are screwed, bolted, nailed". The result: a bracelet with pure, sweeping, clean lines, radical and uncompromising, shaking up the norm. Rock and chic all rolled into one, worn just as well by the provocative Lou Reed as it is by the glamorous royalty of today. Showing just how versatile it is! In the all-gold version, the details

are pushed to the extreme, with reworked diamond along the contours and at the end of pointed tip. Immaculate proportions allow for effortless movement, as it fits as close to the wrist as possible. Without pricking yourself!



2 DESIRE FOR A BUBBLE OF SWEETNESS.

If you are looking for a round watch that doesn't really look round, you are on the right track. Some would even say that you've solved the squaring of the circle, or rather the ball, in light of its name: **Ballon bleu**. Cherry on top of its cabochon, it plays the equality card to the core, as it is well balanced. Seen from above, the glass is rounded and its horns are short. Seen from underneath, it is also curved and reveals a mechanical movement. But let's come back to its "bubble", a blue cabochon, symbolic of truth, purity and wisdom. "Blue is a color that doesn't "rock the boat", doesn't shock and wins everyone's approval. Even the musicality of the word is calm, subdued: bleu in French, blue in English, blu in Italian (...) it is liquid and soft" writes Michel Pastoureau, in Blue, The History of a Color (Seuil Edition). Perhaps also baby-blue? At a royal birth, a certain Prince gave his Princess a Ballon bleu. She hasn't taken it off since. Keep calm and carry blue!



3 DESIRE FOR AN EMOTION OF BEAUTY

This is the feeling you can get when you look at a painting or watch a film. The **Santos** advertising campaign, brought to life by the mysterious American actor, Jake Gyllenhaal, takes place in a dreamlike, airy setting with shaded lighting effects and sleek lines reminiscent of Edward Hopper's paintings. An architect of everyday life, we rediscover the creation of Louis Cartier who, one hundred and seventeen years ago, created the first "square, wrist-worn watch". The very first "wristwatch" for men. It began with the meeting between Cartier, the watchmaker, and the Brazilian aviator-explorer Alberto Santos-Dumont, who was the inspiration and the first "wearer". The Santos watch, a pioneer of modern watchmaking, has managed to remain dazzling thanks to a third very successful makeover. With its visible screws, its Art Deco style, its fusion of gold and steel and its brand-new interchangeable click strap system, it really makes us look sharp... a little like the beautiful Gyllenhaal. In our dreams!



4 DESIRE TO FALL IN LOVE (AND TO BE LOVED)

Like Carla (Bruni of course), you are so hooked on your Raymond that you're ready to lock yourself away in the name of love! Again, the visionary Aldo Cipullo is the man behind this very honorable and fitting concept. The **Love bracelet** has pure lines to perfection. It

features two rigid, flat circular arcs that are screwed together with a custom gold screwdriver. It hugs the wrist like a second skin, so it never leaves it. Unless you want it to! Inspired by a Peace and Love theme, the Love bracelet was presented at a party in 1970 and given to 25 couples who became as legendary as the piece itself, such as Nancy and Frank Sinatra. This oval-shaped "love cuff" offers a variety of delights, showcasing its charms in yellow, grey or pink. Serial lovers will adorn a few diamonds, sapphires, garnets or aquamarines. Licence to love delivered!



5 DESIRE FOR MAGIC

How do you make three rings fit into each other "seamlessly"? The great David Copperfield is still trying! What is the trick? Put simply, it's the exceptional craftsmanship of the Maison Cartier, which will certainly not reveal its secret any time soon. Cocteau described this "earthly jewel" as a "triple Saturnian" ring, created by a "subtle magician who holds the moon in pieces on a wire sun", which he wore in duplicate on his little finger. And Cartier created a pink ring representing love, one in yellow gold for fidelity and one in white gold symbolizing friendship. An "all-in-3" revisited, now available as a necklace, earrings or a bracelet, without ever losing face, or splitting in two. Pure lines, accurate proportions, avant-garde aesthetics reminiscent of Art Deco scrolls, its symbolism is highly romantic. For him or for her, **the Trinity** is the must-have union for the ultimate seal of eternal love. An American star, as an unconditional fan, has been spotted wearing the Trinity on her finger. Abracadabra...it is now on me!

"AS A *triple* SATURNIAN RING CREATED BY A SUBTLE *magician* WHO HOLDS THE MOON IN PIECES ON A *wire* SUN"



6 DESIRE TO ASSERT YOUR WOMAN POWER

Awaken the feline inside you! Affirm your femininity by letting out a powerful Roar of satisfaction like Kate Perry in her eponymous song. Or simply wear **the Panther** watch on your delicate wrist. Its strength: it is both a watch and a jewelry piece. With its square case and rounded corners, it tells the time with its bluish hands. On the jewelry side, its fluid bracelet with a mesh effect, grain of rice, undulates silky smooth. Created in 1983, discontinued in 2004 and relaunched in 2017, the Panther now comes in an infinite number of variations. Also offered as a cuff watch and a mini watch with its double or triple turn straps, it is a real fashion accessory that will go perfectly with our little Chloé blouses. After all, the Panther woman is elegant, sophisticated, chic, but also sexy and funny. But that's me, you might say!



8 DESIRE FOR AN EXTRAORDINARY DAY

"We must do good, when we can, and treat people at all times, for we can do it at all times" wrote the essayist Joseph Joubert in his *Pensées*. Which means... It is time to concoct a tailor-made schedule. **10.am:** An escape massage with essential oils to reach new heights, like a beautiful flight in a **Ballon bleu!** **12.am:** Go to your hairdressers for a nice blow dry like Monica Bellucci's. **1.pm:** Try the New French manicure seen in ELLE. **The Trinity ring** would shine on such smooth hands, with this subtle nail art! **2.pm:** Damn, your wrist is starved. On the menu, the all-gold **Love** bracelet or **the Panther jewelry watch** in its triple turn version. You are hesitating. **4.pm:** You almost forgot the most important thing: a little shopping trip. This is your lucky day. There's the great **Maison Cartier** just a stone's throw away. What if you treat yourself to an iconic piece of jewelry? By sparing your Darling your frustrations and your kids your bad mood, you are striving for peace. We should even decorate you! **A Tank** would be so perfect.



7 DESIRE FOR PURE LINES

When Louis Cartier had the idea, in 1917, of creating the Tank watch based on a drawing of a military tank seen from birds-eye view, his poetry would have made a... splash. But it was quite the opposite. The purity of the Tank's line is an ode to perfection. The couturier Jean-Charles de Castelbajac worships it, as he states: "It's a watch that I wish I had designed. Like a great fashion piece, the Tank is a temple. A temple of good taste. More than 100 years old, the Tank is timeless." Today, **the Tank** is considered one of the greatest watchmaking classics. It is driven by this clear design principle: the brancards for the tracks, the case for the vehicle's turret. Quick, "save the Darling soldier" by giving him a Tank. It also exists for him. He will be very grateful to you and will elect you an "eternal muse". PS. Tactic of the day: surround the enemy and steal it from them!



SANTOS
DE
Cartier



LOVE
Cartier

PANTHÈRE
DE
Cartier



TRINITY
Cartier

BALLON BLEU
DE
Cartier



JUSTE UN CLOU
Cartier



TANK
Cartier

ELLE

ARABIA

ICON STATUS

WITH MINIMALIST LINES, EXQUISITE DETAILS,
AND PERFECT PROPORTIONS, THESE QUINTESSENTIAL
PIECES ARE SURE TO STAND THE TEST OF TIME.

CREATED *by* ELLE *for* CARTIER

