

ISSUE 122 JUNE 2021

ARABIA

ELLE

BEHIND THE
SCENES
WITH **SARA**
MURAD

BALANCING ACT

THE **BEST**
you THROUGH
FITNESS
WELLNESS
AND **FUN**

**FEELING
CRAFTY:**
THE ART OF THE
HANDMADE
MAKES A
STRONG
COMEBACK

**YOUR SUMMER
FASHION EDIT**
+ A LOOK AT
THE HOTTEST
NEW JEWELRY
COLLECTIONS

UAE DHS15





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ELLE
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a division of **Lagardere**

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ELLE

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The COVER

Sara Murad in Alexander
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Assistant: Talal Kahl
Hair & Make up: Sharon
Dragun using Dior makeup,
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Shot on location at: Stellar
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The art of the handmade
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with crochet crowned queen
of the trend!

EDITOR'S LETTER



Above: *Fit and Fabulous.* Baraa El Sabbagh is just one of the many women inspiring us to move! Left: *We're all set for Summer romance!* Dress, Isabel Sanchez; Earrings, Fernando Rodriguez; Scarf, Loewe; Belt, Nona Bcn

Be WELL

That's how we aim to start the Summer, start a new chapter, start and continue from now on. If this past year has taught us anything, it's that health, both mental and physical, reigns above all else and is not just a saying, but a mantra. A mantra that we must strive to work for each and every day to help build strong foundations that can help us through unexpected pitfalls. The greatly-encompassing term Wellness speaks of balance and strength of body, mind, and soul, and in this issue we bring you an amazing panel of experts and enthusiasts who share their journeys, their inspirations and their insider tips. One lesson that we learned while putting

this issue together is that a good dose of fun and some R&R is needed when putting in the hard work, hence the 'balance' part of Wellness. Our Coverstar Sara Murad knows this too well, and takes us behind the cameras and away from the headlines to share her tips for fitness, fun and of course, fashion!



Sara Murad

dina.spahi@ellearabia.com

Ed's picks



Aqua on my mind...

As Summer beckons, OUR THOUGHTS KEEP TURNING TO THE SPLENDID RELIEF OF CLEAR, COOL TURQUOISE WATERS SCINTILLATING WITH THE GOLDEN RAYS OF THE SUN. IT'S LITTLE WONDER THEN, THAT THIS MONTH WE'RE EYEING THE PERFECT PAIRING OF AQUA AND GOLD



1. Necklace, Tiffany & Co.; 2. Skirt, Fendi; 3. Sunglasses, Chloe; 4. Bag, Bulgari; 5. Glass, Les Ottomans; 6. Vase, Dior Maison Granville; 7. Camisole, Dolce & Gabbana; 8. Bikini, Zimmerman; 9. Mules, Gianvito Rossi; 10. Diamond, turquoise & gold earring, Maria Tash; 11. Eyeliner, Givenchy beauty



The BAG

THE CLASSIC YET INNOVATIVE SHAPE OF **BOTTEGA VENETA**'S MOUNT BAG IS BOTH REFINED AND FASHION-FORWARD. THE ENVELOPE BAG FEATURES A STATEMENT CHUNKY CHAIN AND CAN BE WORN AS A CROSSBODY OR CARRIED AS A TOP HANDLE BAG.



The RINGS

CHLOÉ'S SIGNATURE ALPHABET COLLECTION IN GOLD-TONE BRASS SEES A NEW TAKE THIS SEASON, WITH TEXTURED LETTERS THAT ADD DEPTH TO THE PLAYFUL DESIGN. THE CHAIN RINGS ARE EASY TO WEAR, AND FUN TO LAYER.



The MULES

PERSPEX KITTEN HEEL CHECK. ON TREND BIG BUCKLE. CHECK. FUN POP OF COLOR. CHECK. **TOD'S** LEATHER MULES IN A RANGE OF UNEXPECTED AND FUN HUES TICK ALL THE RIGHT BOXES FOR SUMMER STYLE.



Busy, Busy, Busy
Notebook, Sloane Stationary

Diamond & Gold Necklace, Shay

Earrings, Delfina Delettrez

Queen Bee Plate, Rory Dobner

Jug, Emma Bridgewater

PHOTOGRAPH BY DAN WINTERS/NATIONAL GEOGRAPHIC



Aqua Allegoria Pamplelune, Guerlain

Iconic Status...FROM A TO BEES

National Geographic celebrated 'World Bee Day' with filmmaker, actor and humanitarian activist Angelina Jolie, to raise awareness of bee conservation and a new program to empower women beekeepers around the world. Head over to NatGeo.com/Bees to listen to National Geographic's exclusive World Bee Day interview with Angelina Jolie, which also focuses on Jolie's involvement in the Guerlain x UNESCO "Women for Bees" program, helping promote its twin objectives of women's empowerment and biodiversity conservation. In the meantime, let's celebrate the humble bee and its importance with a few of our favorite picks ...



Espadrilles, Gucci



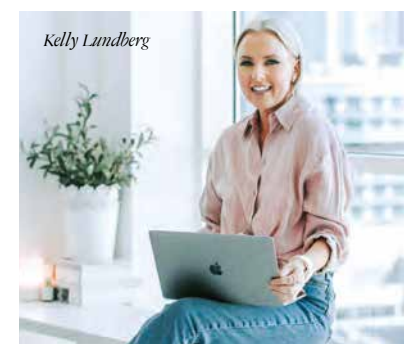
Blush, Chantecaille



Napkin Rings, Joanna Buchanan



Cushion, Elizabeth Scarlett



Kelly Lundberg

Tuning in...TO ROLE MODELS

Having made her mark in the Middle East in the world of fashion and styling for over a decade, Kelly Lundberg now turns the spotlight on other inspiring women with her new podcast. The series of fireside talks, which uncovers the fascinating storylines from trail-blazing women, has already reached the top 15 Podcasts in the UAE for Entrepreneurship, top 50 in the UK, top 40 in KSA, and with an all-time download in New Zealand and Ireland.

THE MARKET:
A COLOR
CODED
WORKOUT

Track Jacket, Adidas
Originals x Wales Bonner

Sneaker, Rick
Owens X Veja

Cap, Balenciaga

Gym Shorts,
P.E Nation

Sports Top, Fendi

Bottle,
Kenzo

Trending FIERCE FITNESS

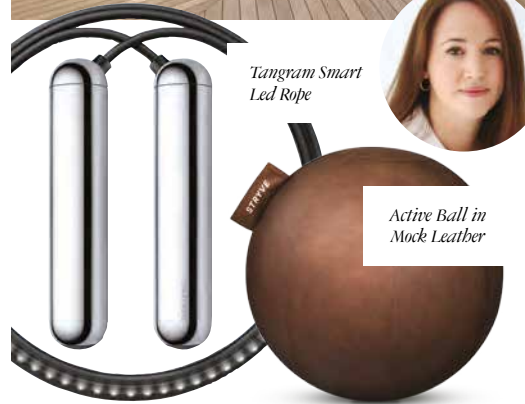
WHETHER AT HOME, IN A GYM OR OUTDOORS, WORKING OUT HAS BECOME A WAY OF LIFE AND THE FASHION, ACCESSORIES, AND EQUIPMENT ASSOCIATED WITH IT HAVE GONE UP A NOTCH – OR TEN!



Gold dumbbells



Pent Boxing Set



Tangram Smart
Led Rope

Active Ball in
Mock Leather

The Game Changer: LUXURY FITNESS GEAR

Spotting a gap in the fitness market for state-of-the-art, stylish and luxurious accessories and gear, Aurore Nio, Dimitris Karakassis, and Saeed Al Naji took matters into their own hands and launched Ninjoo.com earlier this year. The e-commerce platform features inspiring and newly emerging products within a variety of categories which are not typically found at traditional online retail platforms or sports shops. Think 18-carat solid gold dumbbells, vibrating foam rollers, smart ropes that count the number of jumps and calories, gym towels with hidden pockets that latch onto gym equipment, and more.



DIMITRI KARAKASSI

- Fitness, for me, is... A way to stay young as you get older
- My fitness goal for this summer is... The same as last year, which was a goal born from a post-lockdown necessity to spend time outdoors.
- To my regular routine of cardio and weightlifting... I will add two days of early morning (7am) beach & swimming for an hour. This supercharges the day like nothing else you do.

AUORE NIO

- What I love about my fitness journey is... How it has evolved over the years. It used to be about performance and discipline. Today, fitness has become my ultimate me-time and escape place. It is all about enjoying that time away from my emails, phone and enjoying the present.
- My goal for the summer is... To keep working out while traveling. I often stop when I am abroad on holiday, but this year, I have no excuse. There are too many great easy-to-carry solutions around for me to stop giving myself that great post-workout feeling.



Salvatore Ferragamo's Tuscan Wildflowers is a celebration of the beauty of poppies, daisies and sunflowers: emblems of the countryside around Florence, homeland to Ferragamo. The Studio Bag is reworked in organic cotton with the Wildflowers print in a limited-edition run for some world-famous resorts: Capri, Forte dei Marmi, Marbella, Cannes, Miami, Las Vegas, Hawaii and Rio de Janeiro - available exclusively at the Ferragamo boutiques in these locations, the shoulder strap on the bag is personalised with the name of the destination.



The Theme...GARDEN DELIGHTS

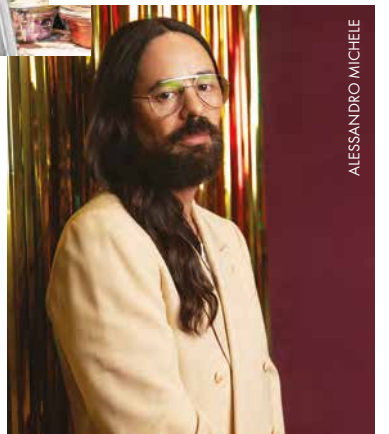
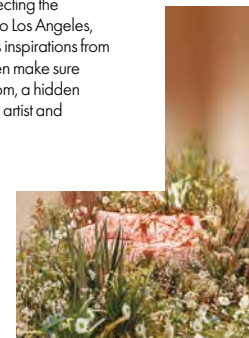
THE SEASON'S FABULOUS FLORALS GET A MAJOR MAKEOVER WITH FRESH AND FUNKY PRINTS, BOLD COLORS, AND A DASH OF RETRO VIBE



For the 100th anniversary of the founding of Gucci, the immersive multimedia experience **Gucci Garden Archetypes** celebrates the House's creative vision while reflecting the inclusive philosophy of Creative Director Alessandro Michele. From Tokyo to Los Angeles, and from Northern Soul to May 68, the exhibition delves into the multifarious inspirations from the music, art, travel and pop culture spheres. If you missed a live viewing, then make sure to check out the virtual tour online and enter the floral paradise of Gucci Bloom, a hidden imaginary garden becomes a place of freedom for actress Dakota Johnson, artist and photographer Petra Collins, and actress and model Hari Nef.



"I THOUGHT IT WAS INTERESTING TO ACCOMPANY PEOPLE IN THESE FIRST SIX YEARS OF ADVENTURE, INVITING THEM TO CROSS THE IMAGINARY, THE NARRATIVE, THE UNEXPECTED, THE GLITTER. SO, I CREATED A PLAYGROUND OF EMOTIONS THAT ARE THE SAME AS IN THE CAMPAIGNS, BECAUSE THEY ARE THE MOST EXPLICIT JOURNEY INTO MY IMAGERY," SAYS ALESSANDRO MICHELE, CURATOR OF THE EXHIBITION.



ALESSANDRO MICHELE



The **Dioriviera** summer capsule by Maria Grazia Chiuri plays on House codes – from toile de Jouy to the Dior Oblique motif – to illuminate our favorite pieces, from the Lady D-Lite, Dior Caro and Dior Book Tote bags, D-Connect sneakers, Dior Granville espadrilles and Dway mules to DiorClub visors. Available only at select resort destinations - in Saint-Tropez, Cannes, Monaco, Portofino, Capri, Marbella, Porto Cervo, Mykonos Village, Mykonos Nammos, Forte Dei Marmi, Cortina d'Ampezzo, Il Riccio, Ibiza, Bodrum, Montecito and Montenegro – so get your tickets booked!





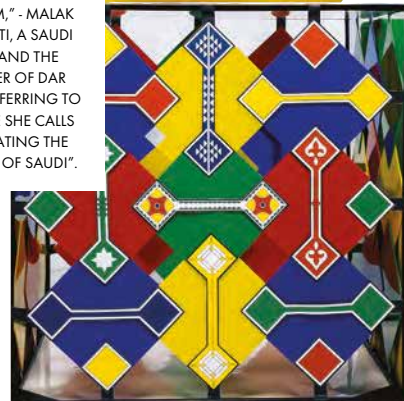
Inspired... EMERGING TALENT

Purificacion Garcia's regional Thinker Program strives to highlight and support emerging talents from the GCC through a curated program engaging Saudi's creative talent. For their recent, fourth chapter, the brand collaborated with three regional emerging creatives – Alaa Balkhy, Malak Masllati and Osamah Maher – who were asked to create a piece of art inspired by the brand's icons. The result? As captured by Saudi photographer Osamah Maher, also known as Simsim: whimsical, colorful, bold and an homage to both PG and Middle Eastern culture.

"JUST LIKE CHILDREN'S A,B,C CUBES HAVE LETTERS, I WANTED TO HAVE MY OWN HANDWRITING EMBROIDERED INTO THE CUBES. I CHOSE TO INCLUDE VERSES ON OPTIMISM FROM ARAB POETS," – ALAA BALKHY, A SERIAL ENTREPRENEUR FROM JEDDAH, SAUDI ARABIA, WHO WORKS AS A CREATIVE CONSULTANT, AND ILLUSTRATOR.



"THESE FAMILIAR PATTERNS EVOKE A SENSE OF BELONGING UPON OUR PEOPLE. STANDING PROUD AND UNITED. NASANA, THE SAUDI WOODEN DOLLS, HONOR AND CELEBRATE THESE PATTERNS WITH HOPE, HARMONY AND OPTIMISM," - MALAK MASALLATI, A SAUDI ARTIST AND THE FOUNDER OF DAR MALAK, REFERRING TO HER PIECE SHE CALLS "CELEBRATING THE PATTERNS OF SAUDI".



LEGO Friends Apartments

The Hype...LET'S BE FRIENDS

Can we BE any more thrilled about the recent reunion? Ross, Rachel, Joey, Phoebe, Monica and Chandler will forever be our favorite goofy gang and the new LEGO F.R.I.E.N.D.S Apartments Set is on our wish list! The 2,048-piece set - which features both Monica and Rachel's, and Chandler and Joey's New York apartments - is set to launch this month and we'll be first in line to check out the iconic features and props that include the classic moment when Monica put the Thanksgiving turkey on her head, Ross' too tight leather pants, and the appearance of Janice!



FROM CRAYOLA BRIGHT STRIPES AND SEE-ME BUCKET HATS TO THE SURPRISINGLY HIP ARTISANAL VIBES, TAKE A LOOT AT THE TRENDS WE'RE CHAMPIONING THIS SUMMER. HERE, MARAM ZBAEDA SHOWS US HOW TO ROCK COLOR WITH ELEGANCE IN HER JIMMY CHOO SQUARE-FRAME GLASSES FROM THE LIMITED EDITION COLLECTION FOR THE MIDDLE EAST.



<< **Hook, LINE & SINKER**

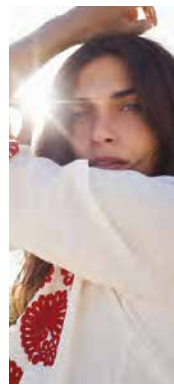
Stripes are to summer what knitwear is to winter. And, this season, in bright and bold hues, they'll transport your mind to the tropics even if you can't make it this year.

Fashion MEMO

A CURATED ROUNDUP OF THE BEST *new fashion* ARRIVALS, HAND-PICKED BY OUR EDITORS

Coveted COLLABORATION >>

WHO: Elisa Sednaoui x Antik Batik
 WHAT: Combining their mutual love for all that is hippie-chic, Gabriella Cortese (Antik Batik founder and creative director) and Elisa Sednaoui (founder of Funtasia foundation) have imagined and curated together the ideal summer wardrobe (featuring 11 timeless pieces) with all benefits going to support the non-profit. Available online @ Anitkbatik.com



Home SPUN FUN ^

If you skipped that arts & crafts lesson back in high school, fret not; Dubai-based Mochi has plenty of humble hand-knits to go around this summer with its line of artisan handiwork, most visibly hand-knit crochets in offbeat and wildly experimental colors.



Mo Money Mo Problems Ring

Mixed Tape Ring

Flash BACK ^

If you were a kid in the '90s, chances are you loved those vibrant, plastic mood rings. And now, thanks to a little collaboration between L'Atelier Nawbar and Lebanese fashion influencer Nathalie Fani, you can indulge your hands in a bit of your childhood with six candy-colored, 90s pop cocktail rings adorned in whimsical, playful motifs – from a smiley face to a yin-yang sign – that will certainly give you something to smile about.



Meet the **ROCKSTUD** ^

ALCOVE... A new seductive bag from Valentino and the latest amplification of the brand's iconic Rockstud world. Produced in two leather types and masterfully assembled using 98 pieces, it features a VLogo Signature fully covered in studs, sided by two iconic twist locks closures that offer a sophisticated game of playful functionality for those looking for a cheeky spin on an old classic.



Versace



Fiorucci



Maison Michel



JW Anderson

Gucci

Ganni

<< **Psst... LOGO HATS**

Graphic statements and luxury logos: welcome the status bucket into your wardrobe.



Mini BREAK ^

As temperatures rise, hemlines follow suit. From Louis Vuitton to Chloé, pick a miniskirt or short slip to show off those pins...



Solid & Striped



À La Garçonne



Fendi



Loewe



Francesco Russo



Gucci



ACNE STUDIOS



Ann Demeulemeester



Bottega Veneta



Nanusbka



Saint Laurent



Gianvito Rossi

Net EARNINGS

FORGET TIGHTS; THE NEW NETTING TREND CAPTURES THE ESSENCE OF SUMMER MANIFESTED IN A GAME OF LAYERING WHERE MESH DRESSES ARE WORN OVER BODYSUITS AND LATTICEWORK TRIMS ADD DRAMA TO ACCESSORIES.



MISSONI



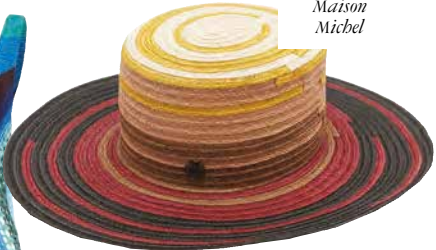
Isabel Marant



Loro Piana



Staud



Maison Michel



Gabriela Hearst



Marni



Socks



Pleats Please Issey Miyake



Asbisb



Rue De Verneuil

A Linear AFFAIR

A PERENNIAL FAVORITE, STRIPES ARE ALWAYS A GOOD IDEA, ESPECIALLY WHEN PAIRED WITH SHOTS OF CRAYOLA BRIGHTS, THEY SUDDENLY FEEL NEW AGAIN.

THE VIBE



Wood and leather purse belt, Jacquemus



Stub side table, Pols Potten



Leather and wood heels, Saint Laurent



Walnut wood and glass bottle carafe, Brunello Cucinelli



Brush and stand set, Sbaqula



Woods candle, Byredo



Platform sandals, Stella McCartney



Clutch bag, Bottega Veneta



Wood earrings, Kenneth Jay Lane

What? Where? WOOD!

Is there anything that feels as sturdy, safe, and organic as wood? Add 'fashionable' to that list and you've got a winner for all-round Summer style

ACCESSORIES

SMALL AND PERFECTLY FORMED, DIOR'S ICONIC BAGS ARE REINVENTED IN A SERIES OF MINIATURE VERSIONS. AVAILABLE IN A RANGE OF COLORS, THE MICRO-BAGS INCLUDE THE ICONIC LADY DIOR AND 30 MONTAIGNE, THE DIOR CARO AND THE SADDLE. FOR ADDED CUTESY, WE LOVE THE HEART-THEMED REINTERPRETATION OF THE CANNAGE MOTIF!



High HOPES

SUMMER'S LATEST PICK-ME-UP – THE PLATFORM – PROMISES EXTRA OOMPH, HEIGHT AND ADDED SILHOUETTE LENGTH, ALL MINUS THE DANGER OF VERTIGINOUS STILETTOS



Issey Miyake X United Nude



Valentino



Marni



Camber



Simone Rocha



Ganni.



Red(V)



Begum Khan



Aurélie Bidermann

WHAT'S The BUZZ

CREEPY CRAWLERS ARE TURNING JEWELRY BOXES INTO A HIVE OF ACTION, THAT ONCE LET OUT TO ADORN EARS, MAKE FOR CONVERSATION STARTERS



Annousbka



Wendy Yue



VIVIETTA



Mane EVENT

PASTEL CLIPS, RIBBONS AND BUTTERFLY BANDS OFFER A GROWN-UP, PLAYFUL EDGE TO ANY HAIR



Jemifer Bebr

Urban Outfitters



Simone Rocha



Maison Michel



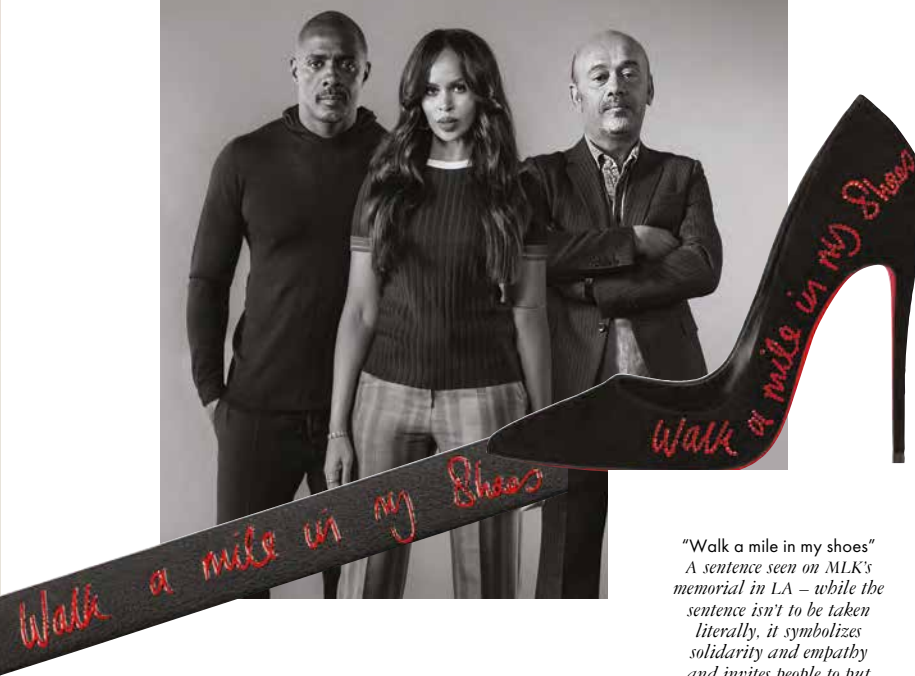
14 / Quatorze



Rosantica



Lelet NY



*"Walk a mile in my shoes"
A sentence seen on MLK's
memorial in LA – while the
sentence isn't to be taken
literally, it symbolizes
solidarity and empathy
and invites people to put
themselves in other people's
shoes, whether they are
coming from a minority,
living through difficult
times or doing something
meaningful for the
community*

The friendship between Christian Louboutin, Idris and Sabrina Elba is one of laughter, joy and mutual respect. Upon meeting several years ago, the trio struck an instant kinship that goes beyond public appearances, one that is built on solidarity and shared values. Shortly after George Floyd's death, Louboutin watched an IG Live between Idris, Sabrina and Opal Tometi (co-founder of the BLM movement) that resulted in the trio co-creating an uplifting two-chapter collection that would raise awareness for victims' oppression and whose benefits would be donated to charities addressing social justice, education and civil rights. Here, Christian Louboutin, Idris and Sabrina open up about their friendship, the new collaboration and the fight for equality.

How did the three of you meet? Christian Louboutin: We met about 5 or 6 years ago, the day following Sabrina's birthday. We quickly became really good friends and I feel so enthusiastic now about working on a project with them. This collection is not a collaboration between two brands with two different universes, but it is the reflection of a sincere and strong friendship.

What brought you together for this project? CL: It was totally by accident. I was in Portugal when Georges Floyd died then a few days later I started reading about Opal Tometi, she was live on Instagram with Idris and Sabrina to discuss the events. I felt so proud that my friends were using their voices for this cause and it was such a powerful and intense moment for me that the day after I called Idris and Sabrina – first to tell them I was proud – but also to discuss what we could do to actually help the cause.

As friends you came together to make a claim on what you believe. Was it easy? Sabrina: I think that a lot of respect should be given to Christian; Cancel culture is something usually brands worry about, but he fights the fight and it's one of the reasons why we're really close friends as well because he's a genuine and an authentic person and cares about everyone around him.

CL: People often ask, how would you like to be remembered? We had this conversation with Idris and Sabrina and it's not as an actor but as someone who could make a difference. I don't want to be remembered as a designer; I would rather be remembered as someone who actually tried to help people when he could the way he could.

What messages do you want people to take away from this collaboration? Idris: The message we wanted to share with people is a message of solidarity and hope, but also to use our voice and platforms to create and promote dialogue on such a strong cause that needs visibility.

S: It's not necessarily walk a mile in our shoes or Christian shoes; it's about your neighbor's or the person next to you who might not have the same equality in life based on such meaningless things.

What does the freedom flower in the line represent? S: It's the Mandela's Gold, my favorite flower and a symbol of peace and hope for so many people around the world. We wanted to highlight some positive images as well as the pain and struggle and that flower to me symbolizes the beauty of the struggle and of the perseverance of the people who have gone through this struggle. It's just such a beautiful symbol of authenticity and seeing it in the collection is just a dream.

CL: The name is also a great name and is directly attached to the organization we are working with.

Can tell us a bit about some of the organizations that you support? S: We knew we wanted a grass roots group that we know 100% of the funds would go directly to them. I personally wanted to work with the Somalia Hope Foundation; my mother is from a small town in Somalia and there is a school there that provides free education for children in poverty. It's organizations like that which speak

to us, that are helping the cause and that we thought we should support. I: We are also working with a small organization from Hackney in London where I am from. It's a theatrical organization designed to give kids an after-school program that allow them to use art to express themselves. CL: And there is also Gathering for Justice, which is a US organization founded by Harry Belafonte that helps fight social injustice of mass incarceration in the US. S: Planting seeds for the future is definitely a kind of thread in all the organizations we wanted to work with for this project. To help the next generation who shouldn't have to grow up facing the same fears and suffering that we all know.

And how much of the proceeds of the capsule collection are donated?

CL: All of the proceeds go 100% to the organizations, they have nothing to do with the House or us. S: What I love about what Christian is doing is that every dollar from this collection is donated to the cause, which is so unique that it is fascinating.



*"Freedom Flower"
The bird of paradise
flower represents freedom
and is also a symbol of
immortality. This second
theme is an ode to positivity,
enthusiasm and hope.*

SOLES *for* CHANGE

CHRISTIAN LOUBOUTIN, IDRIS AND SABRINA ELBA *collaborate* FOR A CAUSE





LATEST INVESTMENT... IS A VINTAGE FENDI BAGUETTE AND A VINTAGE VIVIENNE WESTWOOD CORSET.



IN MY STUDIO... HANGS 1 BY GHADAH ALKANDARI, A PAINTING THAT CELEBRATES EVERY TYPE OF WOMAN.

MY LAST PURCHASE... IS A CURVY MIRROR BY GUSTAF WESTMAN THAT'S JUST SO BEAUTIFUL!

MY FASHIONABLE *life*

LED BY A **MINIMALIST, FEMININE** AESTHETIC CENTERED AROUND HER QATARI ROOTS, GHADA AL SUBAEY HAS MANAGED TO BRING **CONTEMPORARY BOHEMIA TO THE TRADITIONAL ABAYA** WITH 1309. SHE OPENS UP TO ELLE ARABIA ON HER GO-TO MUSE, **EXCITING COLLABORATIONS** AND BUILDING A COMMUNITY CONCEPT.

SELF DISCOVERY

Around the age of 15 is when I started exploring how I personally wanted to dress rather than how my mother wanted to dress me. I found myself buying fabrics, taking them to the tailor, and wanting to wear certain styles that weren't available in Qatar at the time. It all started there and continued till college, where I would mostly dress in clothes that I created for myself.

clothing is actually one of hers – it's an evening gown my father bought her on their honeymoon from a couturier in London.

A CURATED VISION

I feel proud that 1309 is not just another clothing brand; it is a concept, a community I am trying to build, and values that I am trying to promote. Whether it is about applying sustainable approaches in our work at 1309 or sourcing sustainable vegan fabric or non-toxic environmentally-friendly packaging material, it's a concept that is revolutionizing the way women think about fashion in Qatar.

IN THE MAKING

My collaboration with Nafsika Skourti is my favorite collection to date. It was a beautiful line with a strong message created with two ladies that I now call sisters and it was also a great learning experience. I am currently working on a collaboration with Myriad Beauty and many more.

OLD IS GOLD

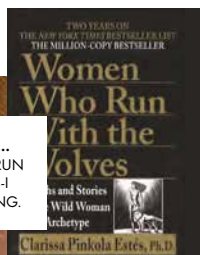
I love thrifting and finding unique vintage pieces – I've always gone to vintage markets during my travels. It is the construction of vintage clothes that fascinates me, it's so beautiful and I love studying it.

MATERNAL MUSINGS

My style icon is my mother; she not only introduced me to fashion, but she made me fall in love with it from how much she enjoyed and played around with it. She loved to go big and opulent with all her creative ideas. My most treasured item of



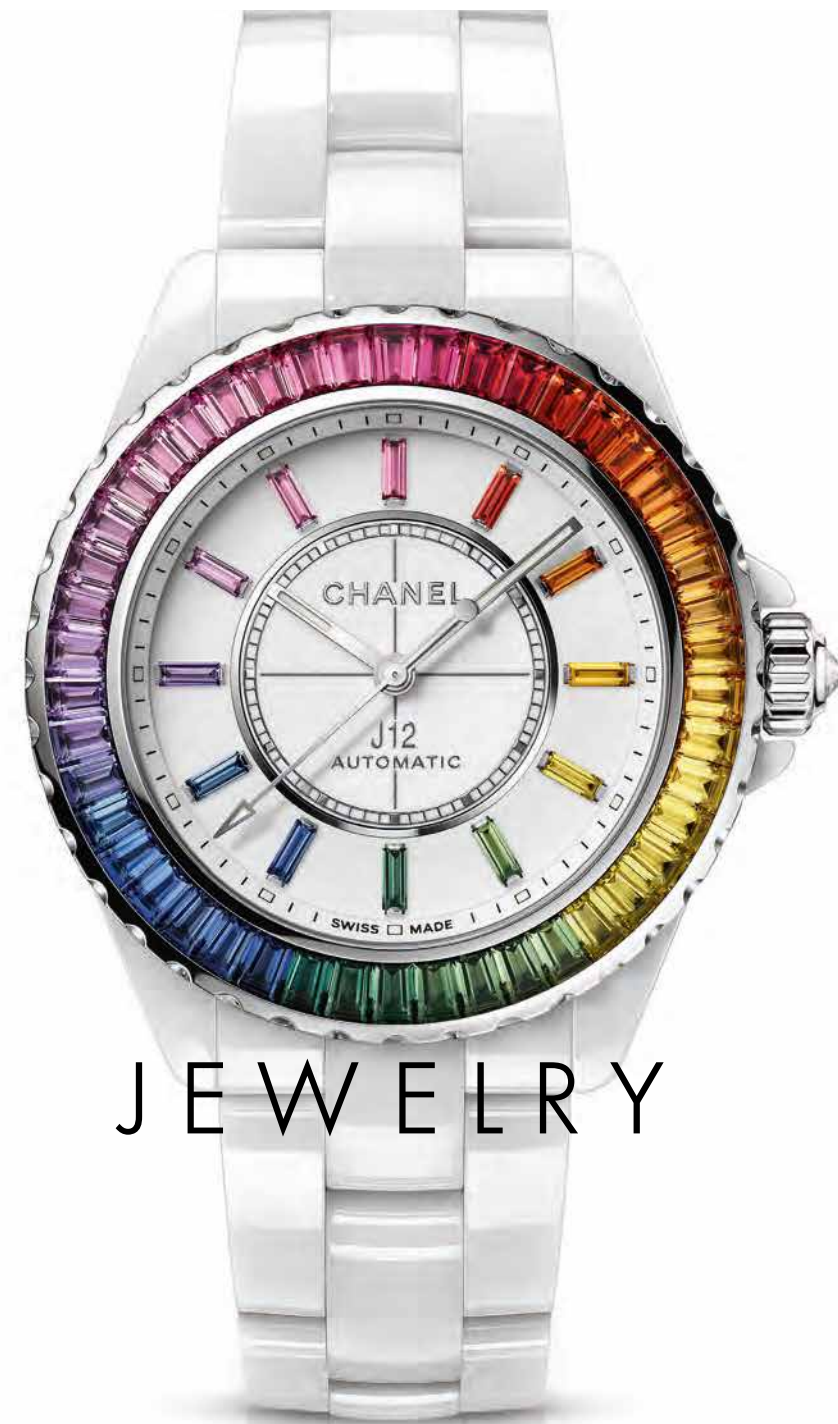
GHADA AL SUBAEY



I'M READING... WOMEN WHO RUN WITH WOLVES-I FIND IT LIBERATING.



ELLE



JEWELRY

IT'S A CELEBRATION OF COLOR WITH THE LAUNCH OF CHANEL'S UBER-LIMITED EDITION - ONLY 55 PIECES! - J12 ELECTRO WATCH. THE SLEEK WHITE CERAMIC AND 18K WHITE GOLD CASE IS THE PERFECT BACKDROP TO HIGHLIGHT THE DAZZLING BAGUETTE-CUT RAINBOW SAPPHIRES ALONG THE DIAL AND ON EACH HOUR.

CHANEL WATCHES

Making of... ...LA MINI D DE DIOR SATINE

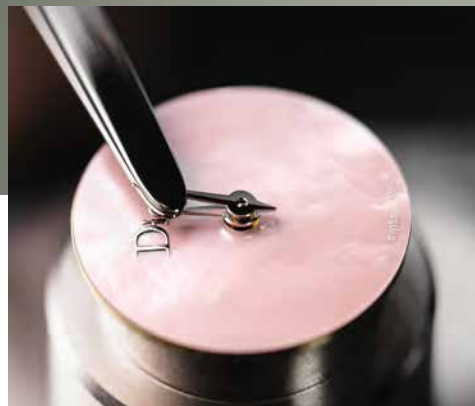
With the delicate dials in white or pink mother of pearl and their crowns set with diamonds, the timepieces merge beauty with strength thanks to their Milanese mesh steel bracelet.

On the steel bezels, diamonds have been replaced by a textured pattern

The mesh steel bracelet is flexible, shiny and strong!

Delicate STRENGTH

Is there anything as girly, flirty, delicate as ribbons? In our hair and on our wrists, they speak of free-spirited happiness. Inspired by satin ribbons, La Mini D de Dior Satine's dainty Milanese mesh steel bracelet belies its strength. With its flexibility and shine, the 'metallic fabric' is a feat of state-of-the-art watchmaking, design and style. These two new versions feature steel bezels with a textured pattern that echoes the bracelet. Gone are the diamonds, giving way to a smooth, seamless and contemporary silhouette.



Star Struck

MISS L' BY L'AZURDE INVITES YOU TO UNLOCK YOUR DREAMS WITH A DREAMY COLLECTION OF JEWELRY SIGNED BY LADY FOZAZA



Ever wondered how to unlock your dreams? According to the new collection between Miss L' and Lady Fozaza it all starts with a lock, modern, simply designed yet filled with the hope of dreams waiting to be fulfilled. Glamorous, intense and super feminine, the second collaboration between Miss L' and Lady Fozaza offers jewelry enthusiasts a wonderful chance to explore new links in their life, and adorn themselves with their upcoming wishes in the form of stacked jewelry pieces which they can customize to reflect their personal choices. Here, Lady Fozaza speaks to ELLE Arabia about the new Miss L', her love of layering and reaching for the stars.

ELLE ARABIA: When did you discover your love of jewelry?

LADY FOZAZA: At a young age, when my mother gave me my first piece of jewelry, an emerald necklace that was passed down from her mother. I felt I was wearing a story or a bit of family history. The timeless feeling made me fall in love with jewelry and I wanted to create pieces that last forever, pieces that are passed down from generation to generation.

EA: How did the collaboration with L'azurde come about?

LF: I was approached by L'azurde to be one of the faces of the brand to promote their collection, but I wanted more; I've always wanted my own line of jewelry, one that spoke to a younger crowd but appealed to older generations. So, I proposed a collaboration to create my own line for the brand under my name and four years later we are growing and glowing.

EA: How would you describe this collection?

LF: I've always been a fan of lockets and I wanted to create a collection that was personal to every person wearing it which is why I introduced the charms and the many ways you can wear this collection to make it more you. I love layering and I've always layered my own jewelry for years, so it was time to introduce a different kind of layering in this collection with sizes, shapes and charms. Jewelry in general is very personal and should stay that way.

EA: What was the first piece designed, the starting point?

LF: The Dream Collection was our first collection and it was all about the

stars. Reaching out for them is what I've lived my whole life doing and I wanted to make sure those who wore it, remember that they should always reach for the stars. Life is what you make of it.

EA: Where did you find your design inspiration?

LF: From life. I'm a very spiritual person by nature and I have a lot of faith so my designs always tell a story. It was almost like a guide; from reaching for your dreams to finding your tribe to unlocking your true potential and trusting yourself.

EA: What is the best thing about your job?

LF: My love and passion for what I do is the best thing about my job. I'm lucky to be working in what I absolutely love and believe in. It doesn't feel like a job. It's destiny.

EA: How would you describe your own personal style?

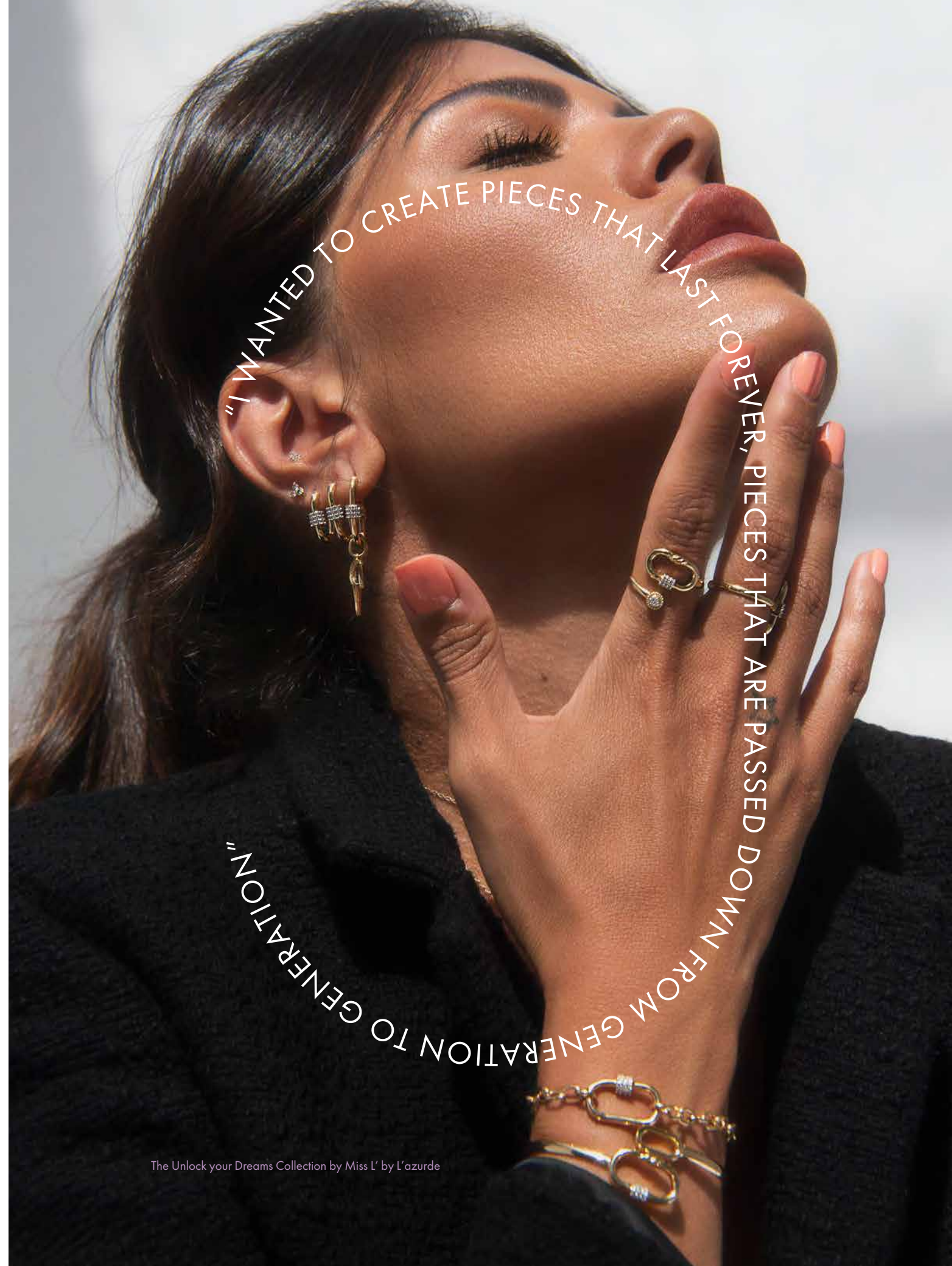
LF: Boho chic with a little bit of Rock 'n' Roll, but I'm constantly evolving.

EA: What do you have an eye on for this summer?

LF: I'm all about colors this summer, especially a little neon. And for beauty I'm always attached to my Sun Drops SPF 50 by Dr. Barbara Sturm, nothing looks good like healthy skin.

EA: Where's your favorite place to dream?

LF: You will always find me near the ocean or on an island and if not, you'll find me at the movies escaping reality for a while.



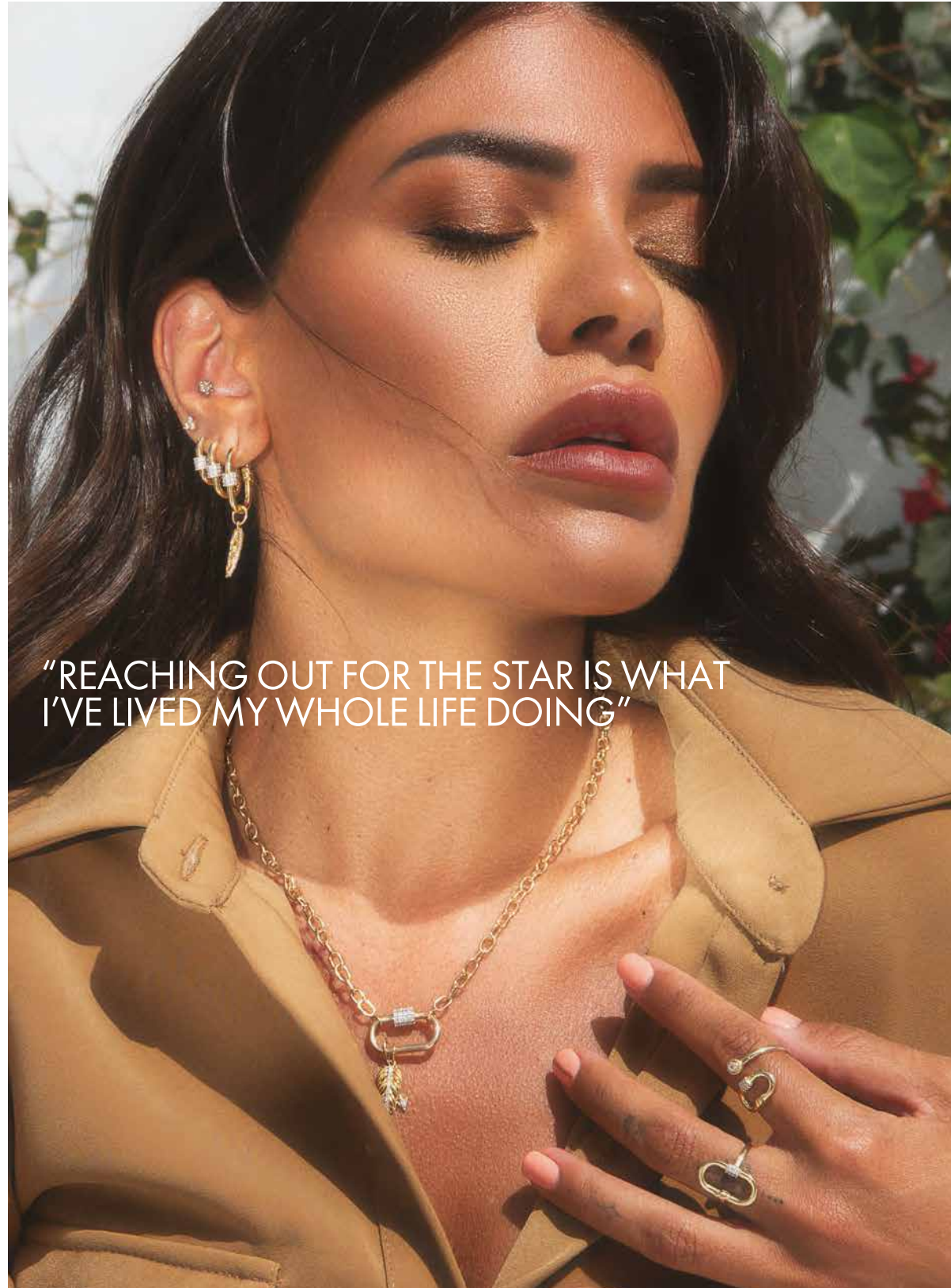
The Unlock your Dreams Collection by Miss L' by L'azurde



"I'VE ALWAYS WANTED MY OWN LINE OF JEWELRY,
ONE THAT SPOKE TO A YOUNGER CROWD BUT
APPEALED TO OLDER GENERATIONS"

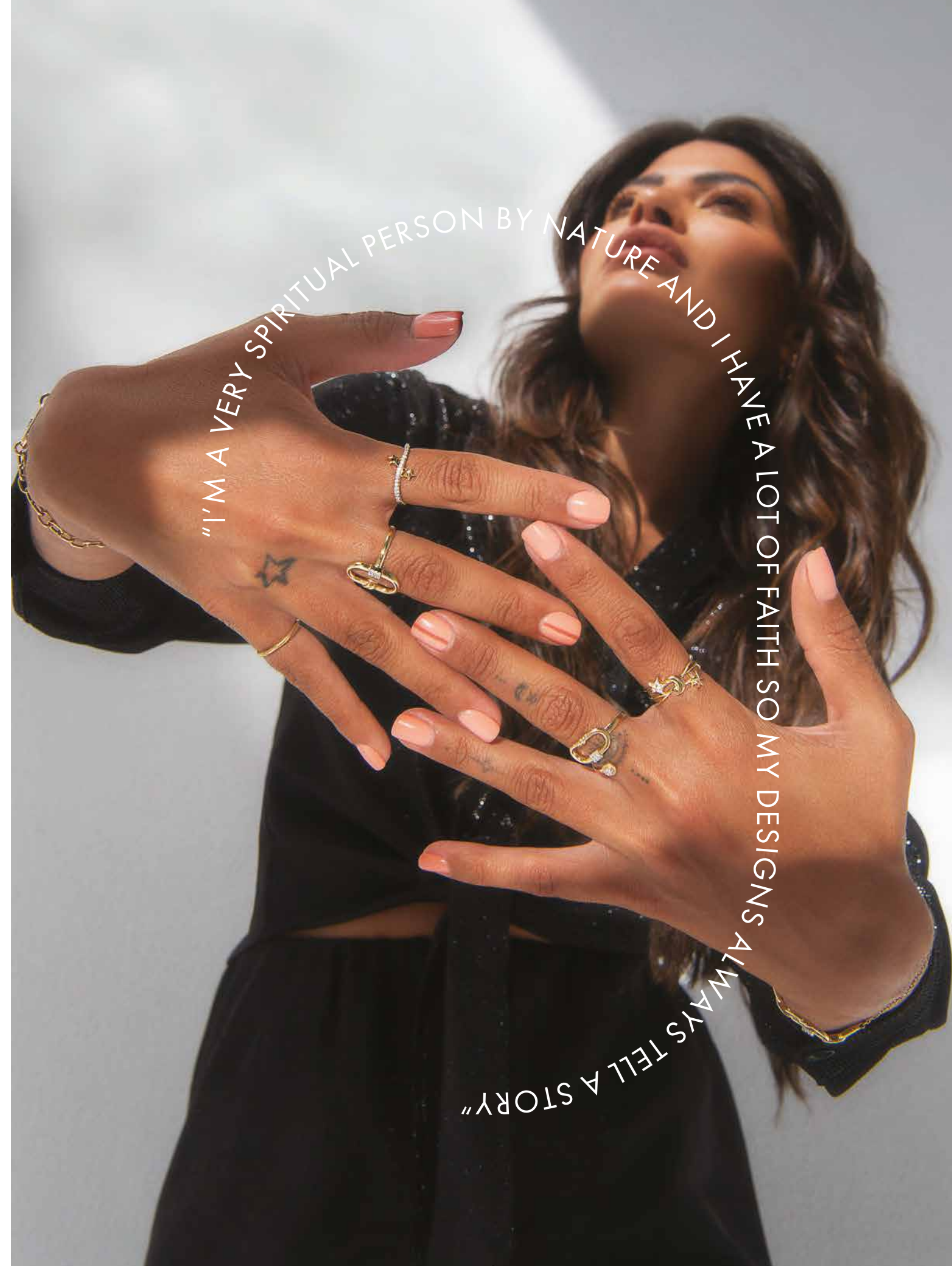
"JEWELRY IN GENERAL IS VERY PERSONAL AND SHOULD STAY THAT WAY"



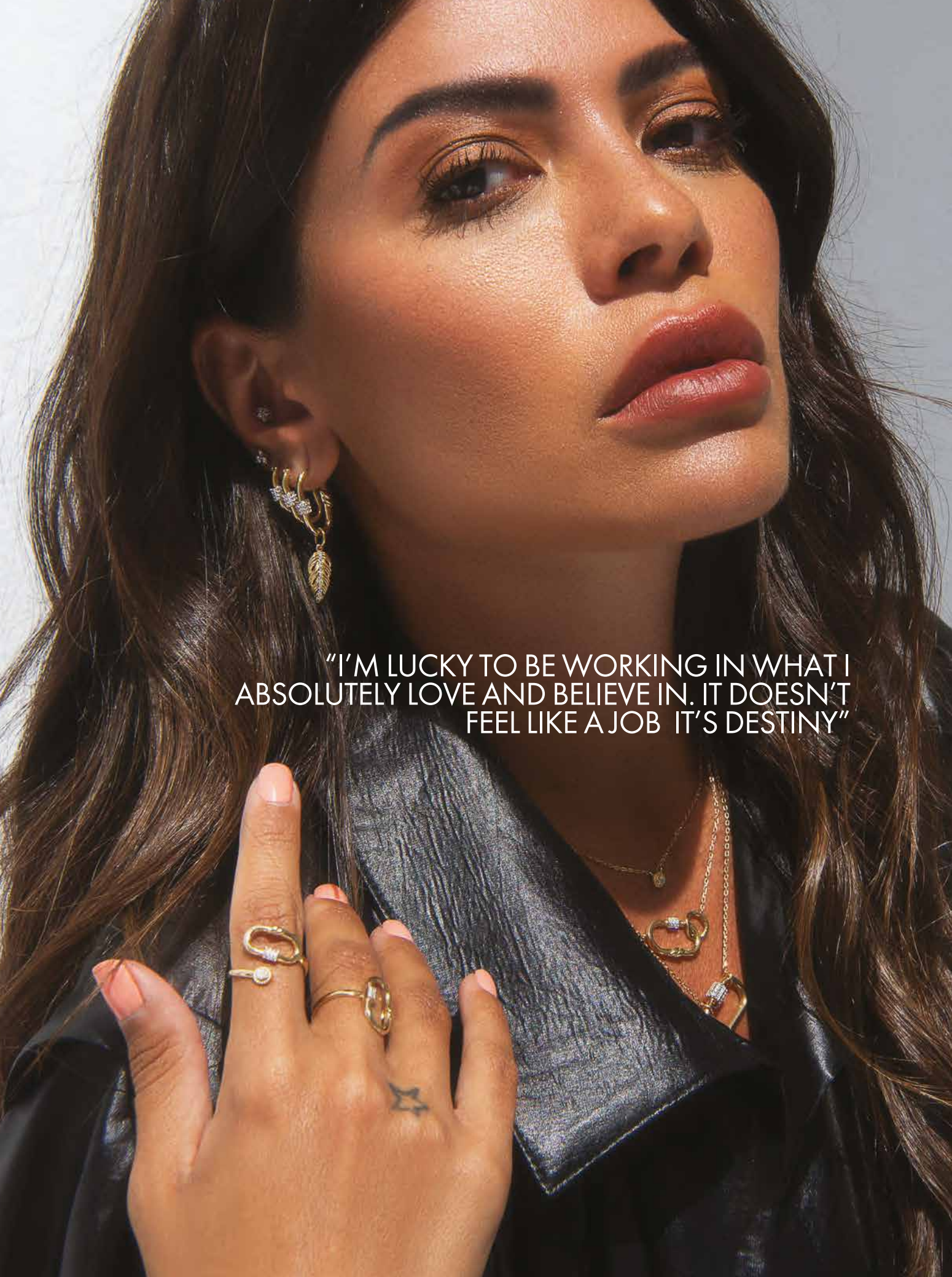


"REACHING OUT FOR THE STAR IS WHAT I'VE LIVED MY WHOLE LIFE DOING"

The Unlock your Dreams Collection by Miss L' by L'azurde



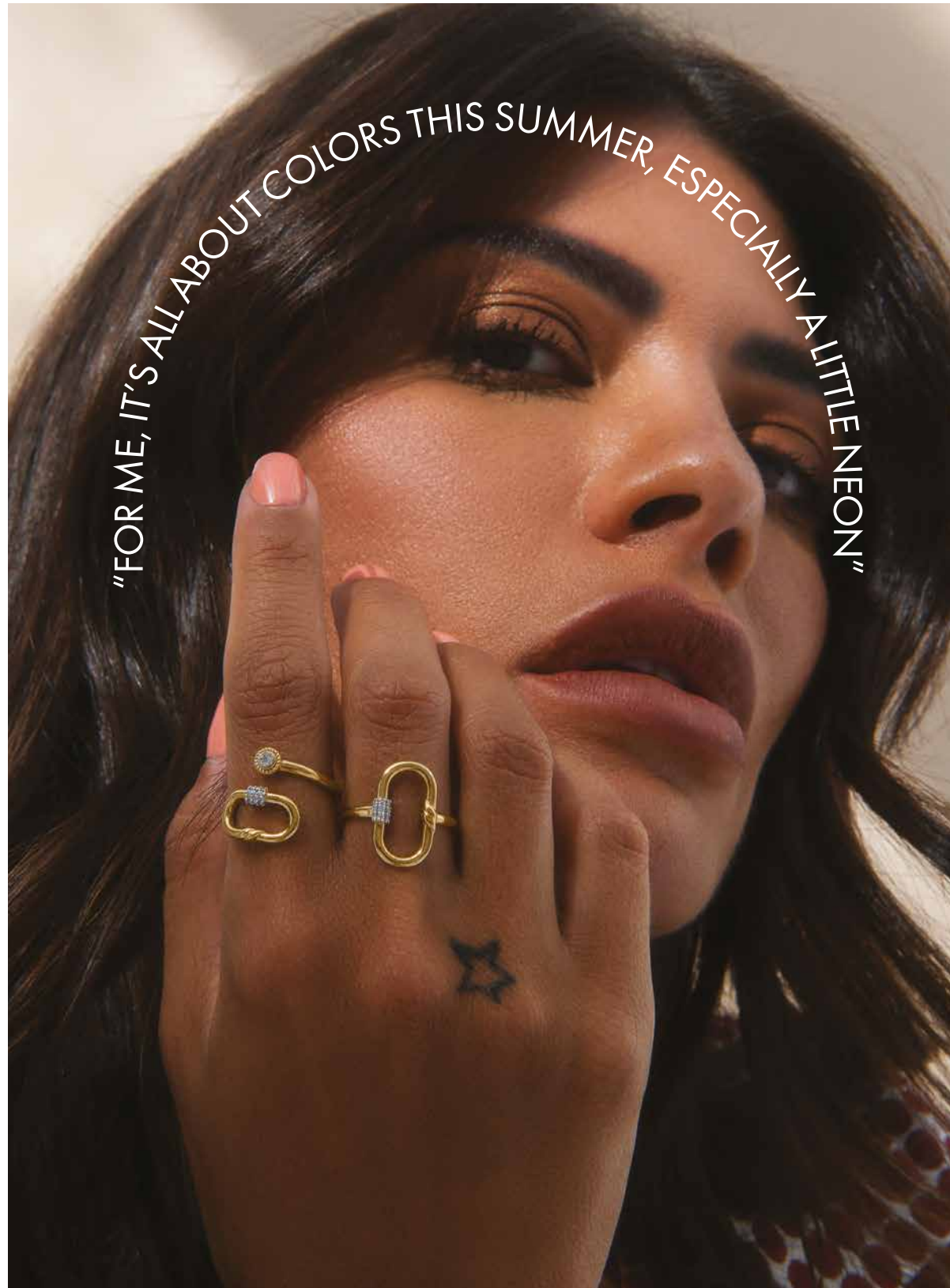
"I'M A VERY SPIRITUAL PERSON BY NATURE AND I HAVE A LOT OF FAITH SO MY DESIGNS ALWAYS TELL A STORY"



"I'M LUCKY TO BE WORKING IN WHAT I ABSOLUTELY LOVE AND BELIEVE IN. IT DOESN'T FEEL LIKE A JOB IT'S DESTINY"

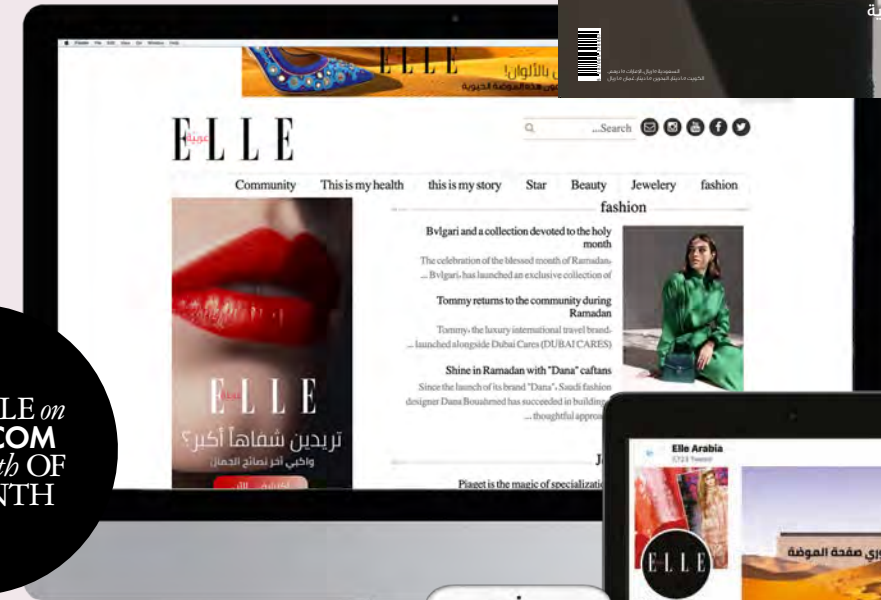
"MY STYLE IS BOHO CHIC WITH A LITTLE BIT OF ROCK 'N' ROLL, BUT I'M CONSTANTLY EVOLVING"



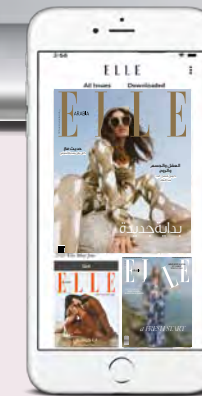


The Unlock your Dreams Collection by Miss L' by L'azurde

WE ARE HERE NEXT TO YOU



@ellearabia.com



Discover ELLE ARABIA on OUR
PRINT and DIGITAL PLATFORMS

Lucky #5

CHANEL LAUNCHES FINE JEWELRY COLLECTION BASED ON NO.5 PERFUME

Marilyn Monroe once famously said in an interview back in 1952 that she only wore "just a few drops of Chanel No. 5" and nothing else to sleep in. And now, a centennial after, the luxury Maison is celebrating 100 years of women dabbing their décolletage with Chanel N° 5, a fragrance which was born out of Gabrielle "Coco" Chanel's desire to create a perfume made for and by women. To mark such a milestone, the Chanel Fine Jewelry Creation Studio has chosen gold and diamonds to trace the contours of Mademoiselle's favorite number, giving birth to a line that symbolizes good fortune and the essence of eternity in a lucky number.



The Stars OF THE COLLECTION

Eternal N°5 pendant in 18 carat white gold, features a number five and a drop of perfume set with diamonds.

Eternal N°5 necklace in 18 carat white gold, features a number 5 and a cascade of diamonds, the last stones recalling a drop of perfume. The necklace can be worn in either a long or a short version.
Eternal N°5 earrings in 18 carat white gold and diamonds. One earring features a number 5, the other features a drop-shaped diamond and may be worn in either a long or a short version.
Eternal N°5 ring in 18 carat white gold and diamonds tracing the outlines of the number 5.



The new line symbolizes good fortune and the essence of eternity in a lucky number



Mizuki

Diane Kordas

Stephen Webster + Net Sustain @Net-a-Porter

Sorellina

Jumping for... HOOPS

Summertime is the right time for big, bold, statement hoop earrings. Go the extra mile with charms, gemstones and pearls for luxe vacay vibes.

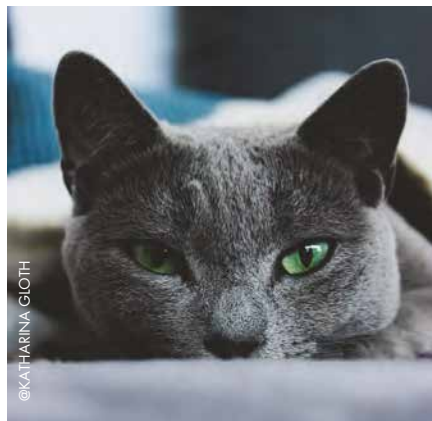


Dubini

Pomellato

Charms Company

Melissa Joy Manning



@KATHARINA GLOTH

1. Boucheron 2. Tiffany & Co 3. Lizzie Mandler
4. Thomas Sabo 5. Versace
6. Mimi So 7. Bee Goddess 8. Garrard
9. Cartier 10. Jade Jagger

Look and see... GREEN!

This most mysterious of colors – at once sensual, magnetic, earthy, and fresh is on our jewelry wish list this month.

What's New... A MODERN ICON

Dior Jewelry's Rose des Vents collection by Victoire de Castellane first came out in 2015, and immediately took pride of place as a modern icon. This season, new pieces have been added to the bouquet - bracelets and necklaces in yellow or rose gold set with diamonds, white gold medallions delicately paved, and necklaces set with Mother-of-Pearl or colored stones.



"ROSE DES VENTS, THE WIND ROSE, IS A METAPHOR FOR CREATION," EXPLAINS VICTOIRE DE CASTELLANE. "CREATING IS ABOUT SEARCHING, TURNING THINGS OVER, AND THEN FINDING ONES CARDINAL POINT AND SETTING OFF ON A JOURNEY."



Rose des Vents Bracelet

Rose des Vents Necklace

Rose des Vents Long Necklace

And Finally... LET'S GO TO THE SEASHORE



@RAYU MALDIVES

Nadia Shalbaya

Almasika

Saint Laurent

Dezso

Jacque Aicbe

Rose Des Vents Single Earring - Yellow gold, diamond and mother-of-pearl
Rose Des Vents Long Necklace - Yellow gold, diamonds and mother of pearl
All By Dior Fine Jewellery

Photography by ABDULLA ELMAZ

LUCKY STAR

GET SWEEP AWAY BY THE DELICATE BEAUTY OF DIOR'S ICONIC ROSE DES VENTS COLLECTION BY VICTOIRE DE CASTELLANE. THE EIGHT-POINTED LUCKY STAR - SET AGAINST GOLD, MOTHER-OF-PEARL AND A VARIETY OF STUNNING STONES - IS A TRUE MODERN ICON!

Styling by JADE CHILTON

Jewelry

Rose Des Venis Necklace - Pink gold, diamond and onyx
All By Dior Fine Jewellery



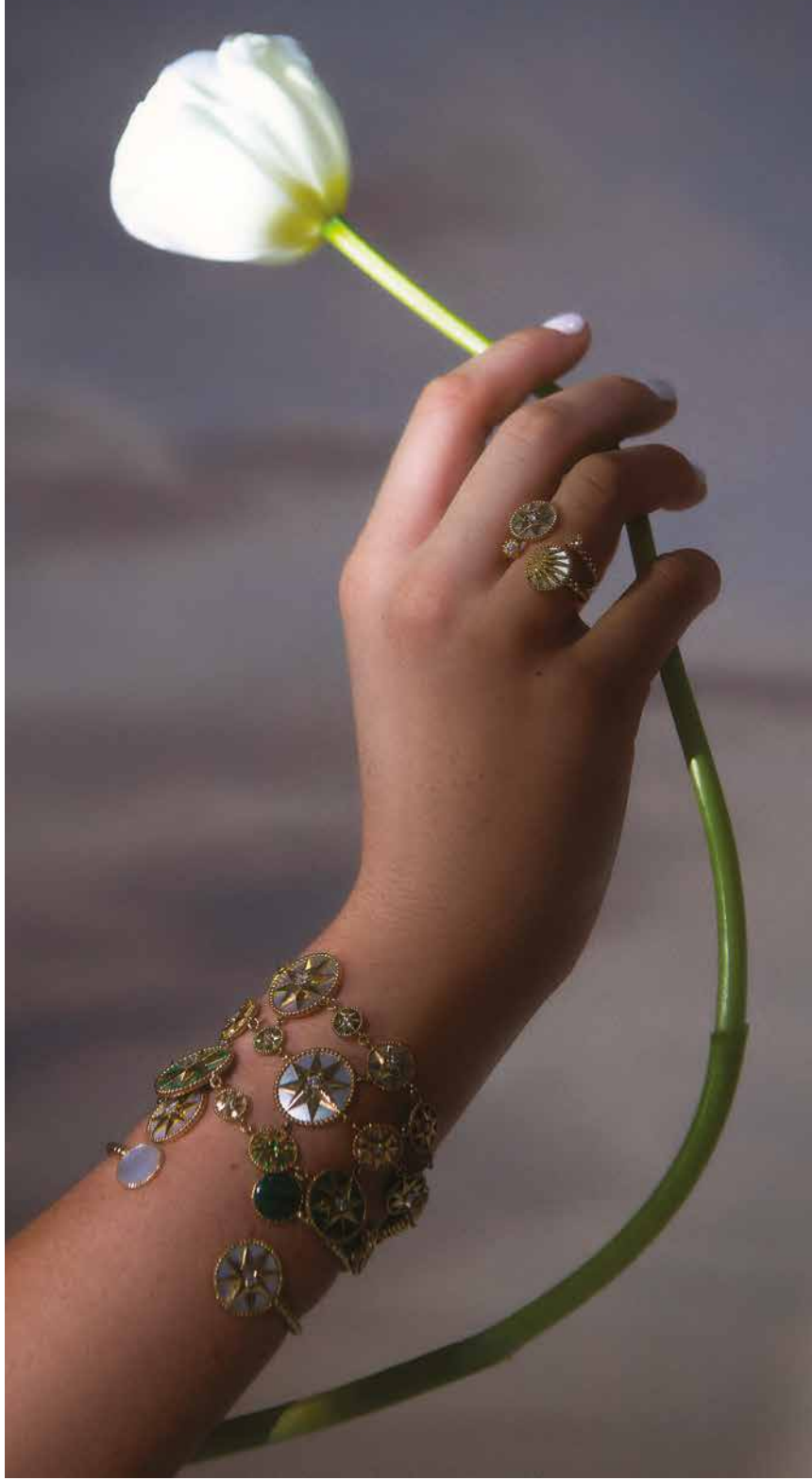
Rose Des Venis Single Earring - Yellow gold, diamond and mother-of-pearl
Rose Des Venis & Rose Celeste Bracelet - Yellow and white gold, diamonds, mother-of-pearl and onyx
Rose Celeste rings - Yellow gold, diamonds and mother-of-pearl & Yellow and white gold, diamonds, mother-of-pearl and onyx
All By Dior Fine Jewellery

Jewelry

Rose Des Venis Necklace - Yellow gold, diamonds and mother of pearl
Rose Des Venis & Rose Celeste Necklace - Yellow and white gold, diamonds, mother-of-pearl and onyx
Rose Des Venis Earrings - Yellow gold, diamonds and mother-of-pearl
All By Dior Fine Jewellery



Rose Des Venis Bracelet - Yellow, white and pink gold, diamonds, onyx, malachite, mother-of-pearl, lapis lazuli, pink opal, turquoise, tiger eye and cornelian; Rose Des Venis Ring - White gold and diamonds
All By Dior Fine Jewellery



Jewelry

Rose Des Vents Masterpiece Necklace - Yellow gold, diamonds, emeralds, malachite and mother-of-pearl
All By Dior Fine Jewellery



PHOTOGRAPHER: ABDULLA ELMAZI; STYLIST: JADE CHILTON; HAIR: DEENA AL WAID; MAKE UP: ATHINA DOUTIS;
MODEL: CLAUDIA @SIGNATURE; LOCATION: STELLAR DARK STUDIO, DUBAI



Rose Des Vents long Earrings - Pink gold, diamonds and mother of pearl
All By Dior Fine Jewellery

Les Berlingots de
Cartier ring
Pink gold, pink
chalcedony, garnet
Les Berlingots de
Cartier ring
Yellow gold,
malachite, diamonds
Les Berlingots de
Cartier necklace
Yellow gold, onyx,
diamonds

Photography by FOUAD TADROS

Styling by CARMEL HARRISON

Modeled by TALEEDAH TAMER

GEOMETRY OF STYLE

With its clashing colors, unexpectedly bold materials, and urban stud detailing, the Les Berlingots de Cartier collection of pendants, necklaces and rings is a stylistic vision

Jewelry

Right page:
Les Berlingots de
Cartier ring
Yellow gold,
malachite, diamonds
Les Berlingots de
Cartier ring
Yellow gold, onyx,
diamonds



Above:
Les Berlingots de
Cartier necklaces
Yellow gold, onyx,
diamonds
Les Berlingots de
Cartier necklace
White gold, blue
chalcedony,
diamonds





Below:
Les Berlingots de Cartier rings
Pink gold, pink chalcedony, garnet
Les Berlingots de Cartier ring
White gold, blue chalcedony, diamonds
Les Berlingots de Cartier ring
Yellow gold, malachite, diamonds
Les Berlingots de Cartier rings
Yellow gold, onyx, diamonds



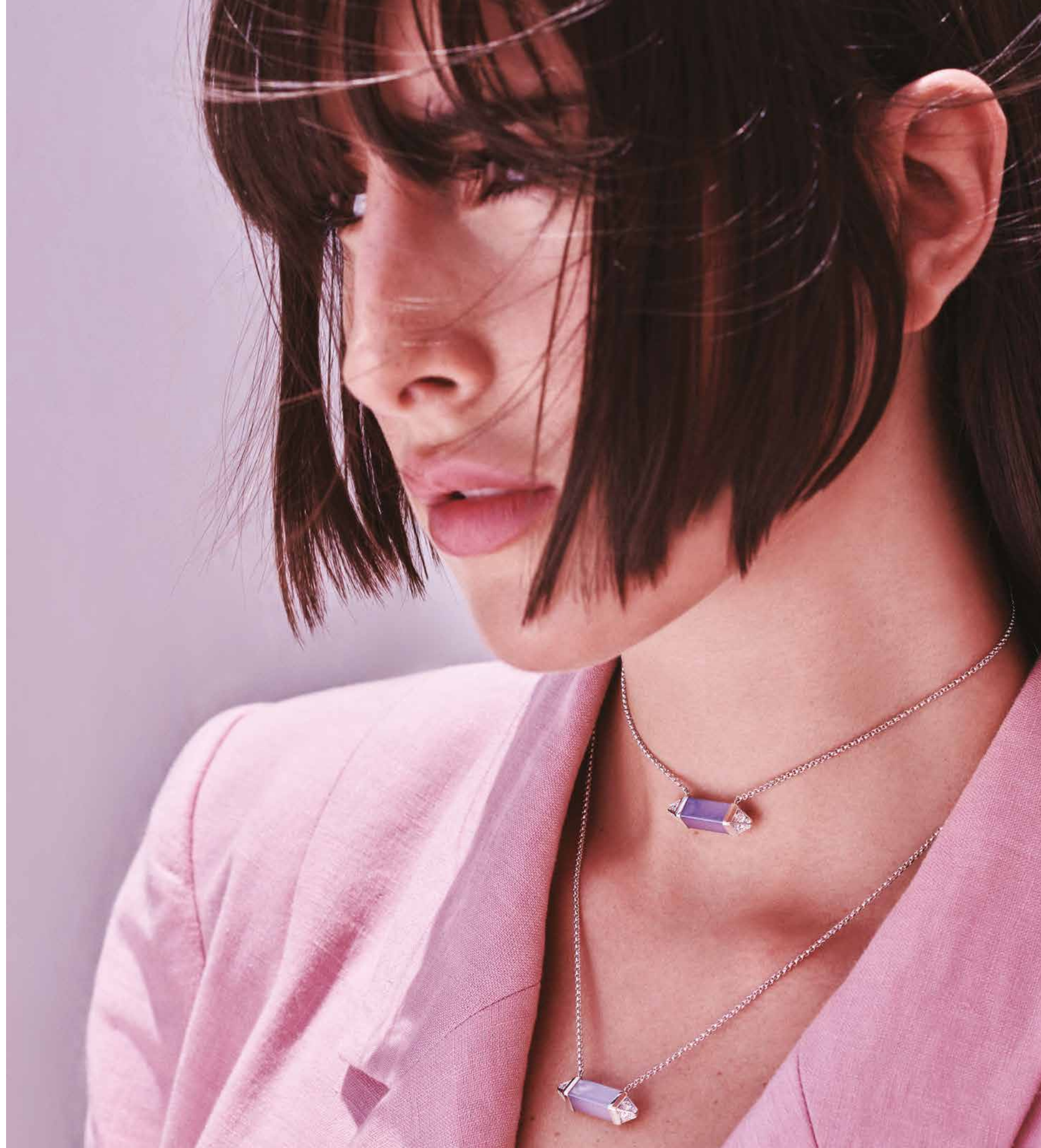
Left page:
Les Berlingots de Cartier necklace
White gold, blue chalcedony, diamonds
Les Berlingots de Cartier necklace
Yellow gold, onyx, diamonds
Les Berlingots de Cartier ring
White gold, blue chalcedony, diamonds
Les Berlingots de Cartier ring
Yellow gold, onyx, diamonds

Jewelry

Right page:
Les Berlingots de
Cartier necklaces
White gold, blue
chalcedony,
diamonds



Above:
Les Berlingots de
Cartier ring
Pink gold, pink
chalcedony,
garnet
Les Berlingots de
Cartier rings
White gold, blue
chalcedony,
diamonds



Les Berlingots de Cartier necklace
 Pink gold, pink chalcedony, garnet
 Les Berlingots de Cartier necklaces
 Yellow gold, snakewood



PHOTOGRAPHED BY: FOUAD TADROS; STYLING BY: CARMEL HARBIBONI; HAIR: JORDAN ROBERTSON; MAKE UP: AIDA GLOW; VIDEOGRAPHER: JEAR VELASQUEZ; MODELED BY: TALEDAH TAMER; SHOT 08/10/2020; LOCATION AT: TANIA'S TEA HOUSE

My Agenda

Laila Mourad,
 FITNESS AND LIFESTYLE GURU,
 TALKS THE APPS AND GADGETS THAT KEEP HER BALANCED



1. The most used piece of technology in my house hands down is the Dyson Pure Cool Air Purifier. I'm a total homebody so I need to make sure the air I'm constantly breathing is healthy.
2. The least used is an air fryer that I thought I'd use way more often. I have used it maybe four times.
3. My dishwasher has to be my favorite gadget in the kitchen. I'm definitely

4. I love my Dyson Corrale hair straightener; couldn't live without it! Really helps me look presentable whenever I need to.
5. My headphones are a must, especially for those times when I need to get into my zone or tune people out - or just look busy so no one speaks to me. I'm always listening to

6. My ultimate favorite read is The Power of Your Subconscious Mind by Joseph Murphy. I think it's almost come undone due to the amount of times I've reread it!

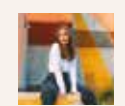


INSTA FOLLOWS



@THEADLY

Because he's the love of my life, no big deal lol.



@TAKTOFFICIAL

It's my upcoming brand! I haven't fully announced what it's going to be, but my audience guessed it's something to do with fitness.



@KATYHEARN

Her and her husband created so many businesses around their passions and that's exactly what my partner and I are doing. Love seeing that.

GO-TO APPS



TIKTOK

Surprisingly! I thought I would never get on that bandwagon, but I've found a plethora of tips and knowledge on there - it's superfluous convenience for all things!



ZOOM

I'm the kind of girl who needs to speak to my family almost every day. They live abroad and I haven't seen them in over 6 months, so the only way I'm surviving is through Zoom calls with them. God bless video calls!



HEADSPACE

For meditating. It's simple, gets the job done without any fuss, and the guy's voice is actually soothing unlike a lot of the other meditating apps I've tried.

EDITED BY DINA KABBANI; IMAGES: UNSPLASH & SUPPLIED

MURAD

THE SAUDI TELEVISION HOST
AND PRESENTER ON MAKING
FITNESS A LIFESTYLE, HER
FAVORITE WAYS TO UNWIND,
AND HER LOVE OF ADVENTURE

Creative Direction and Photography by ABDULLA ELMAZ



Total Look, Balenciaga





fashion

Style influencers. There are many fashion bloggers that I love to get inspired from, such as Negin Mirsalehi, Olivia Culpo, and our head of image department at MBC Mimi Raad who has taught me a lot about fashion.

Out-the-door outfit. For me, it's all about being comfortable and glamorous, during the day as well as at night. I like simple outfits that can be played up or down with accessories.

Summer Style 2021. Staying cool is key! That's why I love linen pants and shirts in these hot months.

fun

First three destinations after the restrictions.

1. France or Switzerland because I want to escape the heat, and be around nature and good food. 2. Bali, it has always been on my bucket list. 3. Zanzibar, to enjoy island life.

Apps appeal. I love WhatsApp to stay connected, and my Fitbit app, of course!

Relax & unwind. That's a hard question because most of the time I don't. I've only recently decided to turn off all social media notifications and only open those apps when I want to. So to relax, I would say I watch a movie with my daughter, meet friends or take a nap.

On letting loose and going wild. I've never had a problem with that since I was a teenager! I've always loved doing wild activities like skydiving, paragliding, snowboarding and scuba diving. I can't imagine traveling anywhere and not trying something new.

fitness

On staying motivated. I actually found it difficult to stay motivated when I used to work out with a trainer two or three times a week, even when I tried different classes. I eventually realized that I had to change my mindset and approach exercise as a lifestyle. I started to work out alone at home, running on the treadmill or doing online classes. The goal is to feel strong and young; it's not about looking good but not getting tired going up one flight of stairs.

In the name of fitness. I tried aero stretching! You're on a hammock and have to flip using both strength and balance. It looks cool on Instagram, but it's actually hard. I persevered for a couple of months.

Her routine. I run five times a week and stretch with an instructor twice a week. I really would like to try mountain climbing next.

“I’ve always loved adventure like skydiving, paragliding, snowboarding and scuba diving. I can’t imagine traveling anywhere and not trying something new”



Dress, Loewe



CREATIVE DIRECTION AND PHOTOGRAPHY: ABDULLA ELMAZ; ASSISTANT: TALAL KAHL; HAIR & MAKE UP: SHARON DRUGAN USING DIOR MAKEUP, SISLEY AND BENEFIT COSMETICS; SHOT ON LOCATION AT: STELLAR DARK STUDIO, DUBAI



In Conversation With... ZAINAB ALEQABI

MOTIVATIONAL SPEAKER, PARA-ATHLETE,
PHARMACIST, TV PRESENTER

Zainab Aleqabi is a woman who wears many hats. Despite losing her left leg at the age of seven in a bomb explosion in Baghdad, the Iraqi-born para-athlete is a pharmacist by career and a philanthropist at heart who believes in sharing blessings, practicing self-love and paying it forward.



Here are her top 7 LIFE LESSONS TO INSPIRE YOU IN YOUR DAILY LIFE.

1. I would call my accident destiny more than considering it a traumatic experience. To me it was a cycle of experiences that helped me know more about my abilities and to bounce back stronger and to keep going forward.
2. The importance of having a powerful mindset makes you realize that is it okay to have challenges, as there will always be a solution or a way to adapt and overcome these challenges to come out stronger. We must keep looking for that way and never give up.
3. Being in a particular physical, mental or psychological status is not a barrier for any person to stand for others. Humanity and having a true sense of caring should be part of every human and we should strive to reach out to others in one way or another. It could be mentally, financially or other ways like being part of a group and working towards a common humanitarian goal.
4. Sharing blessings is about helping with what we are able to help with, and not being hesitant about it. It

has taught me that giving creates a positive impact on others, our community, and ourselves, increasing our self-worth and self-love. Moreover, it creates a Pay-it-forward effect because when you share a blessing with others, they tend to do the same. 5. Living with a disability is all about your mindset and how you perceive it! Life has to go on. Accept it, see the bright side of it, love it, and live your life to the fullest. Everything happens for a reason, and for everything we face, we definitely have the potential



and the ability to overcome it and to not let it stop us. 6. Self-love is a precious and essential lifelong journey that we shouldn't neglect. We keep on learning and discovering how we should take care of ourselves depending on what we are going through and at what stage of our lives we're at. The better we self-love, the more we are in peace with ourselves, the more we can give to the world and the stronger we become. 7. Self-reflection is also a form of self-love and it means not being judgmental or harsh with yourself. It is important to see the beauty in who you are, accept things you dislike and keep working on improving yourself, without comparison to others. It also makes you more grateful and flames an endless passion to keep being there for others.

Follow @zainab.aleqabi

WORDS BY ODELLA MATHEWS

fitness ON FIRE

SUMMER IS HERE AND IT'S TIME TO FIRE UP YOUR FITNESS ROUTINE FOR YOUR IDEAL BEACH BODY. WHETHER YOU PLAN TO TRAVEL OR SLOWLY DRIFT THROUGH THE SUMMER MONTHS, THESE WOMEN WILL HELP MOTIVATE YOU TO STEP UP YOUR GAME WITH THEIR EXPERIENCE, TIPS AND SUMMER 2021 FITNESS PLANS.



By ODELIA MATHEWS



SUMMER 2021

"I AM ORGANIZING A ONE-WEEK RETREAT WITH A SMALL GROUP OF REGULAR CLIENTS IN THE SOUTH OF FRANCE THIS SUMMER. THE PROGRAM IS ADAPTED FROM OUR RETREAT PROGRAM AND I HOPE IT INSPIRES PEOPLE TO BE CONSISTENT WITH PRACTICE AND TRY NEW ACTIVITIES AS WELL."

Marianne TAFANI

FOUNDER, CORE CONNECT METHOD

Follow: @marianne.coreconnect

My Story: I am a core-expert and Pilates educator who specializes in pelvic and back issues as well as prenatal and postnatal cases. But really, I'd call myself a clinical movement artist! My programs are based on both research and movement exploration. It's this combination that makes Core Connect classes different. They are on-point scientifically, playful, creative, and fueled with compassion and a sense of the collective.

Addressing Misconceptions: There are many ways of teaching under the label of Prenatal and Postnatal Pilates. How beneficial it is really depends on how it is taught. If taught traditionally, with the idea that it is healthy to "tighten" one's core at all times, Pilates can actually lengthen one's labor, worsen cases of pelvic girdle pain, and slow down one's postnatal recovery. If understood in the broader context of women's health research, with times to "let go", postural adjustments and a thorough understanding of functional anatomy, it can actually be a life savior! That's why I love training instructors. I want more women to have access to up-to-date prenatal and postnatal exercise!

Sharing Success: A client had gone through two major lower back surgeries when I met him in 2017. He was 33-years-old, was walking with a stick and on heavy pain medication, and yet experiencing shooting pain that was so intense and ever-present that he could not sleep. In 7 sessions, we got rid of the stick. In 20 he was almost pain-free. We did 30 sessions in total because of a short-lasting relapse at the end of 2018. He then left on a 10-day hiking trip for his honeymoon in early 2019. I am now training his wife, who is expecting their first child and could not be happier for their family!



What the body requires, from a longevity perspective, is regular movement throughout the day. Being active without counting the minutes is important and can include going grocery shopping, walking up and down a flight of stairs, a swim in the morning, chasing your dog or children, or playing ping pong with your best friend at a barbecue.

SUMMER 2021

"I'LL BE LAUNCHING MY LIVE WORKOUT PROGRAM. THIS IS WHERE I DO A ONE-HOUR SUPER ENERGETIC LIVE AND DYNAMIC WORKOUT, AND MEMBERS CHOOSE TO WORKOUT LIVE WITH ME OR THEY HAVE ACCESS TO REPLAY THE SESSION FOR 72 HOURS. THIS IS THE 6TH TIME I LAUNCH THIS PROGRAM, BECAUSE PEOPLE TELL ME THEY'RE ADDICTED - AND TO BE HONEST, SO AM I!"



body from within. Exercising can reduce cholesterol, improves mood, betters your sleep, boosts metabolism, and strengthens muscles and bones.

Motivation at ZERO COST: If you're lacking support, try telling a friend, family member, or your roommate about your goals. You might be surprised at how supportive they can be. If you're facing a financial crunch, try YouTube videos. I have my own channel that I continuously update with free workouts. If strength training seems a lot for now, go for a yoga session or a dance routine. There's even a channel for getting your steps in from home!

Personalized Workouts: I believe in personalization and fun workouts. During the 8 or 12 weeks of the Personalized Nutrition & Exercise Program, I give members all the tools they need to prepare meals that are tailored to them. I help them figure out the best structure for a workout, based on their individual goals. There are also weekly follow ups to break any barriers and support them while they're on vacations, during a stressful work week, and anything else that comes up.

Vitamin + Energy Booster Recipe:

- 1 cup spinach
- ½ cup blueberries
- ½ frozen banana
- 1 ½ cup milk
- 1 scoop protein powder
- ½ tsp cinnamon
- 1 tbsp almond butter

Add Ice and blend. Enjoy it in the morning or post workout. Rich in antioxidants and loaded with vitamins, it will keep you energized all day!



Baraa EL SABBAGH

REGISTERED DIETICIAN & PERSONAL TRAINER

Follow: @baraelsabbagh

My Story: After getting a degree in nutrition and becoming a registered dietician and personal trainer, I wanted to make a healthy impact on the world. Tackling issues like ending sugar cravings and finding motivation to exercise again, my psychological-meets-physical approach has helped hundreds of people reach goals they always thought were unreachable.

Culture and Food: Growing up in both Lebanon and the U.S. has given me a lot of different perspectives. I know what the typical Middle Eastern household meals are, just like I know it's hard to do portion control when dining out in America. Living in Dubai I meet people from different backgrounds, and this helps me connect with my community, because I advise them based on their culture, where they live and the habits they're accustomed to.

Mind and Body: When someone starts working out and eating right for their body, magic can happen. Fitness can make you look at life with clarity and a renewed sense of wonder, and nutrient rich food repairs and works on your



I recommend starting a challenge for yourself; 30 minutes or even 15 minutes of walking every day for 2 weeks. Stick to that timeline and see what happens. Get a checklist printed out so you can tick things off when you finish them, and there's nothing like checking off items from a list!



Nora HAMEIDANI

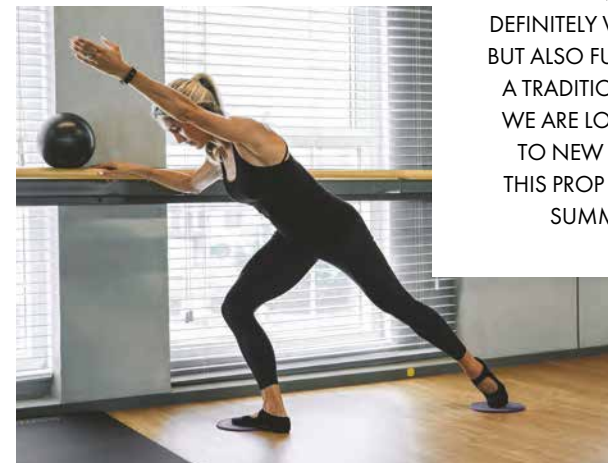
FOUNDER & CREATIVE DIRECTOR - BARRE EFFECT DUBAI

Follow: @barreffectdxb

My Story: Originally from Maryland USA, I discovered my love of dance at a young age, starting at a ballet and contemporary dance training academy before continuing training in University. After graduating, I moved to New York City to train and perform. After teaching for several years at both Manhattan and Hampton studios, I relocated to Dubai to continue teaching Barre as well as Spin and Megaformer at various boutique studios. I am REPS and NASM certified, an avid yogi, and mother of two crazy fun boys with endless energy!

Workout + Discipline: Teaching of course is a workout, but I still aim to find time for myself where I can focus on my own form and training, using it as "me" time. I aim for 5 workouts outside of teaching a week, mainly barre but try to add in yoga, Pilates, or cardio when I can.

Mood + Music: Having come from a dance background I find that music really helps



motivate and set the vibe for the workout. All of my trainers are passionate about music and their playlists with our classes choreographed to the beat. I love house, dance, and techno so that tends to be what I go for.

At Home Workouts: For me personally I love to work out in a separate studio or space to my home and be amongst others as I really believe that we feed off each other's energy and help to motivate each other. Saying that though there are so many great ways now to workout at home and it does work well for some people, especially those that want a quick fix throughout the day when they can. Having a dedicated space to workout in at home is definitely

recommended as it helps you focus on what you're doing rather than get distracted with day-to-day disruptions.

Current Fitness Routine: I am currently teaching an average of 8 classes per week, as well as training our two newest instructors who will be launched soon. I have always been consistent with my training, and still try to keep things balanced between work and personal life.

Full-Body Movements: The Barre Effect method is a contemporary version of traditional barre, designed to sculpt your body, boost your metabolism, and challenge your mind all within the 50-minute class. It focuses on full-body movements, clever sequencing, and the use of various props which means you'll keep your body guessing – and sculpting – without falling into a repetitive cycle.

SUMMER 2021

"OUR NEWEST CLASS 'SLIDE EFFECT' INCORPORATES SLIDING DISCS WHICH ALLOW FOR SMOOTH, FLUID, GRACEFUL MOVEMENTS, WORKING MULTIPLE MUSCLE GROUPS WHILE ENGAGING CORE STABILIZATION THROUGHOUT THE RANGE OF MOTION. DEFINITELY VERY CHALLENGING BUT ALSO FUN AND UNIQUE TO A TRADITIONAL BARRE CLASS. WE ARE LOOKING FORWARD TO NEW WAYS OF USING THIS PROP ALL THROUGH THE SUMMER CLASSES."





checking in on my clients around the world.
Music & Mood: Music is so critical for me when working out - it feeds my soul and gets me in the mood. I practice intermittent fasting, so I don't eat in the mornings, but I love a great cup of coffee (black of course).

Healthy Habits: I believe that healthy habits are the way to go. Routine helps us to cement those habits. I am also a very strong advocate of exercising on an empty stomach if possible. Starting the day with a work-out is the way to go because it up to us to be able to turn up as the best version of ourselves for those around us who depend upon us, so we need to take care of us first.

Favorite Workout + Style: Both HIIT and strength are my preferred styles of training. I often cycle between them both, with a small dose of cardio on the side! In terms of fitness apparel, I love PE nation, Beach Riot, Muscle Republic, Gymshark, Nike and Lorna Jane. I tend to go for comfort over aesthetics most times.



My favorite kettlebell routines is:

- 10 x Turkish get up
- 12 x Clean and press
- 12 x Swings to squat
- 12 x Deadlifts
- 12 x Goblet Squats
- Repeat 3 times with a min rest in between sets.

My favorite ab routine is:

- 20 x dumbbell jackknives
- 1 min plank
- 30 X hip dips
- 20 x oblique crunches
- 40 x mountain climbers
- Repeat 3 times with a minute rest in between sets.



Rachel SACERDOTI

FOUNDER, IT'S SO SIMPLE

Follow: @itsosimple_rs

My Story: After having my third child, things had gotten out of control. I found myself at 85 kgs and both my mind and body were unable to cope. Fast forward three years and I had lost 30 kg and was in the best physical and mental condition of my life. I have distilled all my hard-earned experience into a program to support women to regain their confidence. It's SO Simple is really my fourth baby. The program works in three dimensions – Nutrition, Exercise, Accountability.

My Morning Routine: I wake by 6 am most days and hit the gym (well it's the living room now, as I don't actually use the gym anymore). It's a really simple recipe for me in the morning, workout, music and coffee. By 7am I'm already on the computer or phone



- Plan your workout before you actually start it. You are way more likely to finish what you have set out to do.
- Music! An amazing playlist can make all the difference to your workout. Check out the It's SO Simple playlist on Spotify.
- A full length mirror - this will help with your focus and will really help keep form and technique in good condition.

SUMMER 2021

"SUMMER 2021 WILL BE ALL ABOUT KETTLEBELLS FOR ME. I HAVE RECENTLY STARTED TO LOVE KETTLEBELLS. I HAVEN'T WORKED MUCH WITH THEM IN THE PAST AND IT'S SOMETHING NEW THAT I WANT TO MASTER. IT HAS ALSO BEEN A GREAT OUTLET FOR MY HABIT OF COLLECTING THINGS I AM INTO. I NOW HAVE 6 KETTLEBELLS RANGING FROM 8KG TO 28KG."





1



Guillaume and Sebastien

3

ON THE RITE *track*

DUBAI-BASED FRIENDS GUILLAUME AND SEBASTIEN ARE ON A QUEST TO KEEP US FEELING ENERGIZED ALL DAY LONG WITH THEIR 100% VEGAN GUMMIES FOR ADULTS

Inspiration

Decision to launch Rite: GT: I was looking for natural health supplements, but I never enjoyed taking pills and would forget after a few days. I discovered gummy vitamins with a friend who purchased a box in the US. I realized there wasn't a local brand offering Vegan and 100% clean gummy vitamins here, so we decided to create our own. **Obstacles overcome:** SH: We were both employees when we decided to create rite, and we started from scratch. Guillaume in Dubai, me in Paris. It was not easy to balance our jobs and the creation of rite. We had to organize ourselves to work in the evenings and every weekend! **Lessons learned:** GT: Resilience is key. We had so many roadblocks before the launch but we managed to stay positive and find a solution. SH: I have increased my adaptability to everything; you need to have a vision and never surrender whatever the obstacles.

On the Move

Here & Now: GT: I moved to Dubai in 2015 after three years in Asia. I was always curious about the region, and Dubai in particular seduced me the moment I arrived. SH: I arrived in Dubai in 2015, I was head of sales Middle East for a French chocolate company. Dubai always fascinated me; I am in love with the mentality, the ease in making new relationship and doing business. Everything is possible here! **Fave getaway:** GT: Northern Emirates or Oman's numerous wadis. SH: Same for me, Sadiyaat Island and Musandam in Oman. (1)

Leisure Studies

Listening to: GT: All kinds of music, I love discovering new styles and artists. I used to play classical guitar for 15 years and I performed in various concerts when

I was a teenager. (2) SH: I like energetic music that helps create a "warrior" mindset. I enjoy podcasts about entrepreneurship; I find inspiration through others. **Reading:** GT: History books about the great personalities of our time, Travel magazines to unwind and dream about far places, and Sports news as I am a tennis & football addict. **Newest discovery:** SH: ClubHouse, I have been on it since the launch. I like to listen when I am on the go, driving or cooking. It's a great way to learn about every subject and get in touch with new people.

Fitness Goals

Sporty Life: GT: I am a huge tennis addict. SH: I used to play football for 10 years at high level, but I stopped to focus on studies and work. I still play with friends for fun and to keep my level. **Fitness routine:** GT: I work out 3 to 4 times a week, I swim almost every day and I try to play tennis early morning on weekends. SH: I like to swim and run. I usually go 3 times a week. **Healthy eating:** GT: I eat mostly veggies and fruits, but I like a good piece of meat or fish once in a while. SH: Aristotle has a saying, 'your food is your medication' (3). I try to eat healthy during the week and enjoy a good meal over the weekend!

The Menu

Dining out: GT: Definitely TASCAs by Jose Avillez. I love the creativity of the menu and the ambiance. SH: Masti. I love Indian food and great cocktails. **Hydration:** GT: I can't wake up without my fresh squeezed orange juice. SH: I squeeze lemon into water for digestion and immunity every morning. **Hangout:** GT: I love kite beach, and wakeboarding in Dubai Marine Club. SH: SUP in Palm Jumeirah or a fishing boat tour. (4)



2

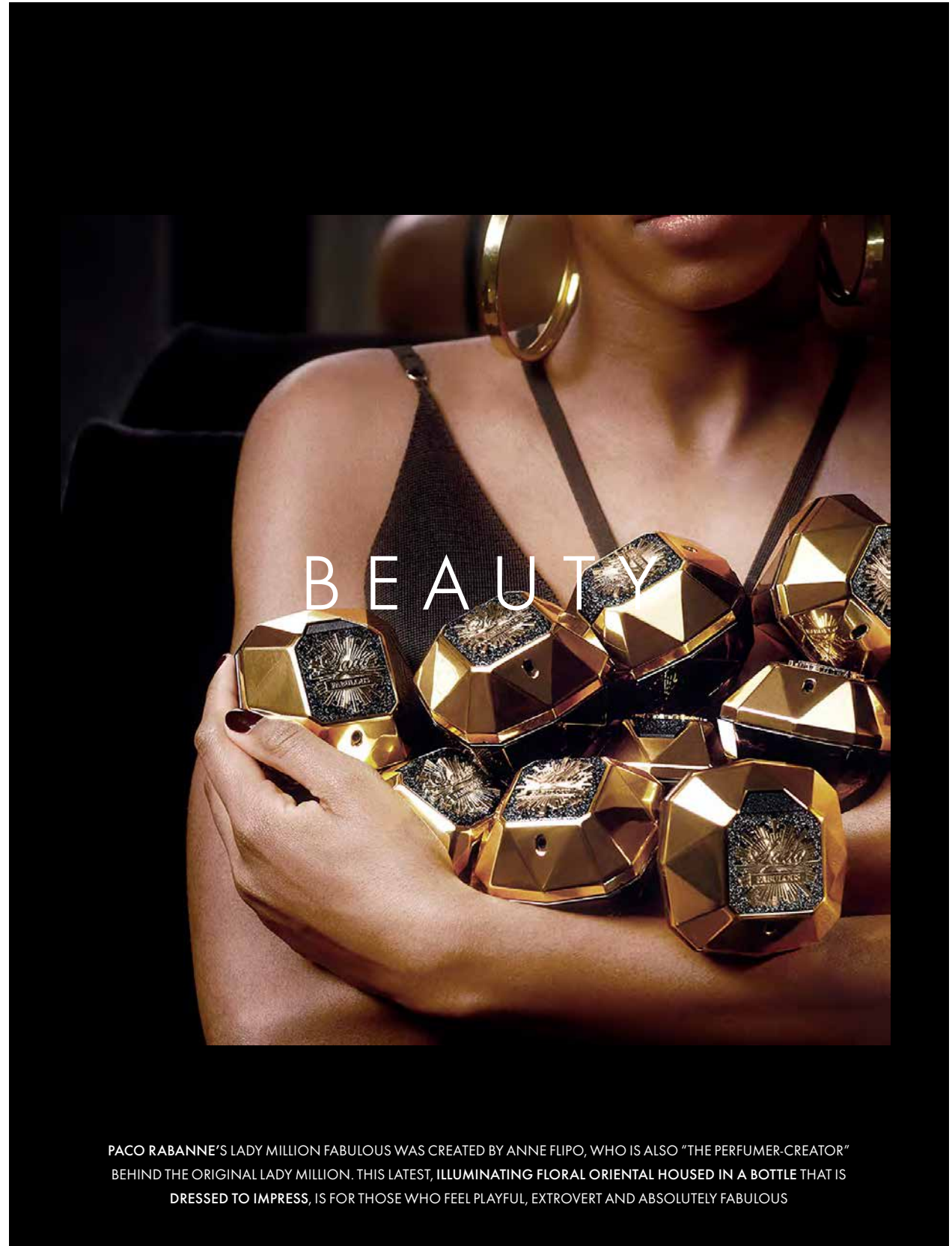


@JACKEDUNG



4

SUP@PETERCSIKAY



PACO RABANNE'S LADY MILLION FABULOUS WAS CREATED BY ANNE FLIPO, WHO IS ALSO "THE PERFUMER-CREATOR" BEHIND THE ORIGINAL LADY MILLION. THIS LATEST, ILLUMINATING FLORAL ORIENTAL HOUSED IN A BOTTLE THAT IS DRESSED TO IMPRESS, IS FOR THOSE WHO FEEL PLAYFUL, EXTROVERT AND ABSOLUTELY FABULOUS



INC.REDIBLE
Lid Shine Eye Foil
in Back

KEYYIN AUCOIN
The Glass Glop
Face and Body
Illuminator in
Cosmic Flame

MAC
Stroke Face
Glaze in Let's
Make Waves

DOLCE &
GABBANA
Solar Glow
Universal
Illuminating Drops

The palette...HIGH-SHINE GLOSSES

BE YOUR OWN DISCO BALL WITH GLOSSES FOR LIPS, EYES AND CHEEKS

PHOTOGRAPHY by BRUCE ANDERSON

BEAUTY by JENNIFER GEORGE



LANOLIPS
Lip Water in
Watermelon

DANESSA
MYRICKS
Colorfix Glaze
in Crystal



Let's GET BUFF!

A TONED BODY DESERVES SKIN THAT GLOWS! GET READY FOR SOME TOUGH LOVE WITH THIS LATEST CROP OF BODY BRUSHES, EXFOLIANTS, POLISHES, SCRUBS, AND SALTS.

1. Flawless Flora Ritual Hibiscus Body Polish, Pursoma; 2. Charcoal Smoothie Jelly Body Scrub, Sunday Riley; 3. Bath Soap - Almond Exfoliant, Senteurs D'Orient + Net Sustain; 4. Dry Body Brush, M10; 5. G.Tox 5 Salt Detox Body Scrub, Goop Beauty; 6. G.Tox Ultimate Dry Brush, Goop Beauty; 7. Coconut Milk Body Polish, Herbivore Botanicals; 8. Polishing Body Brush, Aromatherapy Associates; 9. Luxe Oil + Salt Scrub - Jasmine + Rose Salt by Hendrix; 10. Mint Sea Polish, French Girl Organics; 11. Côte d'Azur Polishing Body Scrub, Oribe; 12. Flawless Flora Ritual Hibiscus Body Polish, Pursoma; 13. Renaissance Body Scrub, Oskia; 14. Absolute Anti Aging Body Scrub, Uma Oils; 15. Savé Body Brush, Sbaquda

Parvane in Paco Rabanne
Lady Million Fabulous Parfum, Paco Rabanne



AFTER SO K

Styling by VASIL BOZHILOV

Photography by JEREMY ZAESSINGER

Discover the latest fragrances by Paco Rabanne crafted to accompany the hypnotic thrill of music and the rushing joy of dance: 1 Million Parfum and Lady Million Fabulous. Excessive, bold, and a little exaggerated, the 1 Million man radiates with confidence and dares to stand out amongst the crowd. Whether it's on account of her exuberant, charismatic spirit, or her extravagant, party-girl style, all eyes are on Lady Million Fabulous as she heads across the floor. Together, tonight they stride as king and queen of the night all dressed in Paco Rabanne.

Lana, Rania, Wathek & Parvane in Paco Rabanne
Lady Million Fabulous Parfum & One Million Parfum, Paco Rabanne





This Page: Parvane & Wathek both in Paco Rabanne
Lady Million Fabulous Parfum & One Million Parfum, Paco Rabanne
Left page: Rania in Paco Rabanne
Lady Million Fabulous Parfum, Paco Rabanne



Lana & Rania both in Paco Rabanne
Lady Million Fabulous Parfum, Paco Rabanne





PHOTOGRAPHER: JEREMY ZASSINGER, SHOOT DIRECTION: DIMA AL SAIDI, STYLIST: VASILI BOZHILOV, MAKEUP: SOPHIE LEACH, HAIR: JORDAN ROBERTSON, TALENT: LANA ALBEIK @LANA_JPG, RANIA YAWAZ @ANIANAWAZZ, WAHBEK AILAL @OUCHMERHAKIS, FARVANE @PARVBAE, LOCATION: HOTCOLD STUDIO



Fresh **FLUSH**

It's the drop fans have been requesting since she launched her eponymous brand almost six years ago and finally, legendary makeup artist Pat McGrath has answered their calls. Available in 9 different shades in both matte and satin finishes, McGrath's first-ever powder blush promises to brighten skin with blooming, buildable color that makes staying aflush

Beauty **MEMO**

Every Exciting AND HYPED-UP BEAUTY LAUNCH COMING TO MARKET

Lab **FAB**

Spiked with a potent blend of lip-softening squalane, smoothing collagen, and calming prickly pear oil, Haus Laboratories' PhD Hybrid Lip Oil Stain mixes pure science magic in a hybrid lip product that melts down from a shiny gloss to a perfect-for-you, sheer tint, based entirely on your own pH. Now how's that for genius?



Star Launch:
ZARA BEAUTY

You can now (literally) wear Zara from head to toe, your face and nails included. Yes, the fashion behemoth has launched Zara Beauty, a bold and joyful makeup line with over 130 colors, including six lip products, six-shade eye-shadow palettes, 39 nail polishes, and six makeup brushes, smaller shadow duos, a matte-black eyeliner, loose metallic pigment, bronzer and blush palettes. Created in collaboration with world-renowned makeup artist Diane Kendal, the certified cruelty-free products can be found in a new beauty-specific store-in-store concept as well as online, and come with packaging that is also entirely refillable!



Butta Drop Whipped Oil Body Cream, Fenty Skin



Sugared Koffie Almond Milk Scrub, Drunk Elephant



Body **OF WORK**

Hard-working formulas are not just solely for the face; today, those same active ingredients that power your face care are being offered in exceptional body products that really deliver. From antioxidant-rich tropical oils to free-radical-fighting caffeine and barrier-strengthening ceramides, here are three that will make every inch of your body happy.



Skin Nourishing Body Lotion, Summer Fridays

Stress has become a byword for living amidst a pandemic, so attempting to cope over one year later calls for a little creativity – read: unique and unexpected ways to destress when all else has failed.

Words by **SAMIA QAIYUM**

Incase you missed it, May was Mental Health Awareness Month, a global movement that saw experts draw attention to issues ranging from anxiety and depression to eating disorders and youth suicide – all of which correlate with stress. But the start of a new month doesn't mean our stress levels have subsided. If anything, the world remains in flux and uncertainty is certain in the second half of 2021, making previously foolproof methods of stress management inadequate. Are aromatherapy massages or yin yoga sessions no longer cutting it? Consider these instead.

*Forever*YOUNG

Any activity that indulges your inner kid is a good idea, which is why trampoline parks and escape rooms are often frequented by adults – adults in dire need of a little fun. But in today's circumstances, it's rage rooms that remain, well, all the rage. Designed to help participants let go of repressed emotions by smashing old laptops, printers, cell phones, plates, and vases in a judgment-free space. And if you feel the need to scream bloody murder as you carry on? Go for it. While there's still no clear definition of rage therapy in the world of mental health, many psychologists say that the actual act of smashing releases endorphins and, therefore, any pent-up negative energy. Bonus: it's cheaper than therapy.

ELLE Arabia suggests... The Smash Room in Dubai, UAE

In the ZONE

You don't have to be an artist or even creatively inclined to give art psychotherapy a try – it's not the artwork that matters, but the process of making it. Facilitated by a qualified art therapist, it offers an alternate mode of communication and is used for both diagnostic and treatment purposes. Not only does art therapy foster self-awareness, boost self-esteem, and alleviate stress, but it also addresses issues that verbal psychotherapy cannot reach. Similarly, drum therapy requires no verbal communication, yet promotes healing and self-expression, especially when done in a drumming circle. This is because rhythmic activities readjust one's focus, thereby calming the anxious mind.

ELLE Arabia suggests... The Art Therapy Centre in Riffa, Bahrain

Healthy & HIPPIE

If new age-y techniques don't scare you, sound healing is a great option. Both passive and participatory, this ancient practice entails the use of gongs, triangles, tuning forks, and Tibetan singing bowls in order to flood a space auditorily, their vibrations silencing the human mind. In fact, sound meditation can help enter a theta state of very deep relaxation, so it's an excellent first step in the stress-release process. And if the idea of experimenting with alternative therapies makes you feel self-conscious, self-hypnosis can be carried out in the privacy of your home – or anywhere for that matter. It's also one of the least understood techniques when it comes to stress management. While the eye-fixation method is considered classic, apps like HypnoBox and Clementine come highly recommended if you're unsure of where to start.

ELLE Arabia suggests... Niya Yoga in Doha, Qatar

*Smooth*éWATERS

Aquatic R&R doesn't get nearly enough credit. Case in point: floatation therapy and watsu. The former will have you float in a highly concentrated solution of Epsom salt (magnesium sulphate) in a private cabin or pod, with the temperature of the water set somewhere between 35.5°C and 35.8°C. It's also the closest you'll ever get to being back in the womb. As for why floatation therapy works? Magnesium has been proven to reduce cortisol – a.k.a. the stress hormone – levels, making it ideal if you're looking to destress. The latter is a combination of water and shiatsu, hence its name. Here, the client is gently cradled, rocked, and stretched by a therapist in a series of rotational movements, all of which help with fuller breathing and muscle relaxation.

ELLE Arabia suggests... Calma in Salmiya, Kuwait

When ALL *Else* Fails....



SUMMER

**CLOSE YOUR EYES AND DREAM OF SUMMER. FEEL THE HEAT OF THE SUN ON YOUR SKIN.
TASTE THE SALT ON YOUR LIPS AFTER A DAY AT THE BEACH. FEEL THE LIGHT BREEZE
RUNNING THROUGH YOUR HAIR. OPEN YOUR EYES AND GET INSPIRED...**

DREAMING

Photography by **THERESA RUDZKI**

Hair by **CHLOE FRIEDA**

MakeUp by **VIOLET ZENG**



This page: Colour Kajal 01, Kiko Milano; Ultramatter Lipstick Liable in Eurydice, Illamasqua
Left page: Cream Pigment in Dab & Cream Blusher in Dixie, Illamasqua; Weleda Skin Food light Nourishing Cream, Weleda; Coverage Foundation 1.2YG, The Ordinary; Invisible No Gas Hairspray & Dry Texturizer Spray, Davines
Earrings, Missoma



This page: Color Burst Artistry Palette 35B, Morphe; K.I.S.S.I.N.G Lipstick in Penelope Pink, Charlotte Tilbury
Right page: Matte Lipstick in Ruby, Anastasia Beverly Hills; Invisible No Gas Hairspray & Dry Texturizer Spray, Davines
Robe, Missoni; Earrings, Missoma

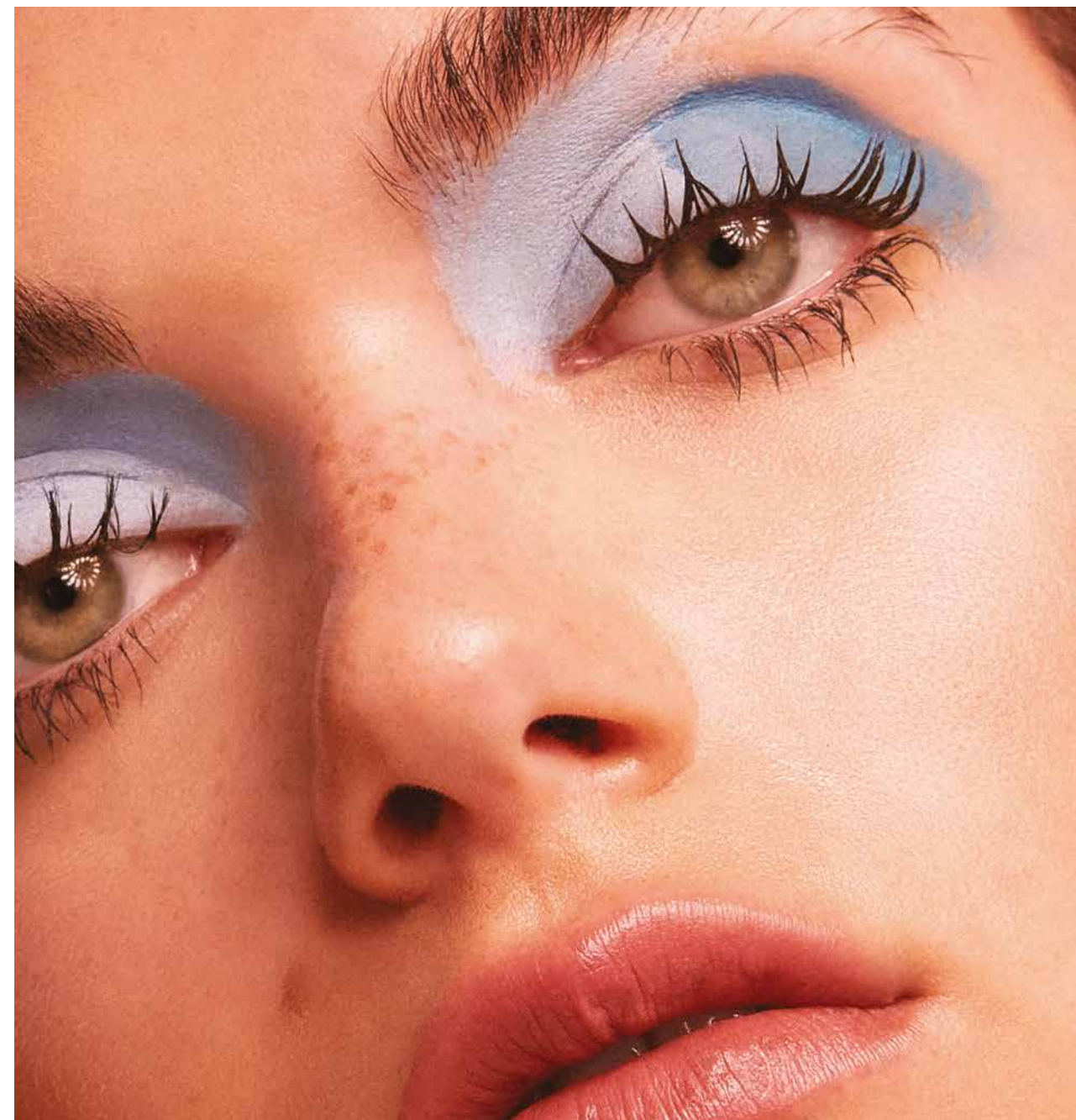




Eye Shadow Matte 367 & 372, Inglot;
Lights, Camera, Lashes 4-in-1 mascara, Tarte
Towel, Missoni; Earrings, Artlinea Jewels



PHOTOGRAPHY & STYLING: THERESA RUDZKI@THERESARUDZKI; MAKEUP: VIOLET ZENG@VIOLETZ_MUA; HAIR: CHLOE FRIEDA@CHLOEIFRIEDA; MODEL: LILLIAN CONNER@LILLIANCONNER@PREMIERMODEL



Left page: Water Makeup 304 & 501, Grimas
This page: Water Makeup 001 & 303, Grimas; Shape Tape Ultra Creamy Concealer 27H & Lights, Camera, Lashes 4-in-1 mascara, Tarte



BEST FOR... POWDER
Veil™ Powder Brush, Hourglass Cosmetics

BEST FOR... FOUNDATION
Nude Illusion Dual Foundation Brush, Wander Beauty

BEST FOR... LIPS
Lip Brush, Charlotte Tilbury

BEST FOR... EYESHADOW
Eyeshadow Smudge Brush, Sisley Paris

BEST FOR... BROWS
Duo Brush #7, Anastasia Beverly Hills

THE BEST MAKEUP *Brushes to buy now*

WANT EXPERT RESULTS? UPGRADE YOUR AT-HOME SKILLS BY ARMING YOURSELF WITH THE FLUFFIEST, SHARPEST, AND MOST PRECISE BRUSHES IN THE BUSINESS. AFTER ALL, NO PAINTER CAN CREATE A MASTERPIECE WITHOUT THE RIGHT TOOLS!?

BEST FOR... CONTOURING
Contour Brush N°15, Dior



BEST FOR... HIGHLIGHTING
M310 Large Soft Fan Brush, Morphe

BEST FOR... CONCEALING
The Conceal Full Cover Correcting Brush, Marc Jacobs Beauty



BEST FOR... BUFFING
Precise Buffing Brush, Bobbi Brown



BEST FOR... BRONZER
Sublime Perfection Powder Brush, Pat McGrath Labs

Stacy Martin for Louis Vuitton Pre-Fall 2021



FASHION

FOR LOUIS VUITTON'S PRE-FALL 2021 COLLECTION, NICOLAS GHESQUIERE, ARTISTIC DIRECTOR OF WOMEN'S COLLECTIONS, DRAWS UPON THREE PILLARS: TECH ROMANTICISM FOR OPULENCE WITH AN URBAN ATTITUDE; ENERGETIC SPORTSWEAR WHERE COLORS CLASH; AND REDISCOVERING ESSENTIALS BY RECONQUERING GREAT CLASSICS.

© NICOLAS GHESQUIERE

The
AMAZONIAN
Angel

**BE AT ONE WITH NATURE EVEN WHEN ALL DRESSED UP,
WITH NEUTRAL HUES AND EASY SHAPES**

Photography by FILIPPO BONFIGLIO

Styling by FRANCESCA LOPRESTI



Body Suit, Bronx and Banco
Bermuda, Marni



Trench Coat, Valentina Shah
Bra, La Perla



Pants & Shirt, Valentina Shah
Bra, La Perla

Top, Off-White
Pants, Missoni





PHOTOGRAPHER: FILIPPO BONICCONTI; PROPRIETÀ: PHOTOGRAPHY; MODEL: DANIELA DI JE SU; LOCUS: ISOLA DI SESTO CALE, MAMI; FASHION STILIST: FRANCESCO ALPHEI; FRANCESCA LOPRESI; HAIR: MAKEUP: ANASTASIA REISING; MANICURE: ANASTASIA REISING; ASSISTANT PHOTOGRAPHER: ANDREW ULCOA; (G) ANDREW SPERSPECTIVE; ASSISTANT STILIST: JESSICA MOLINA; @BIDCOMO.IT

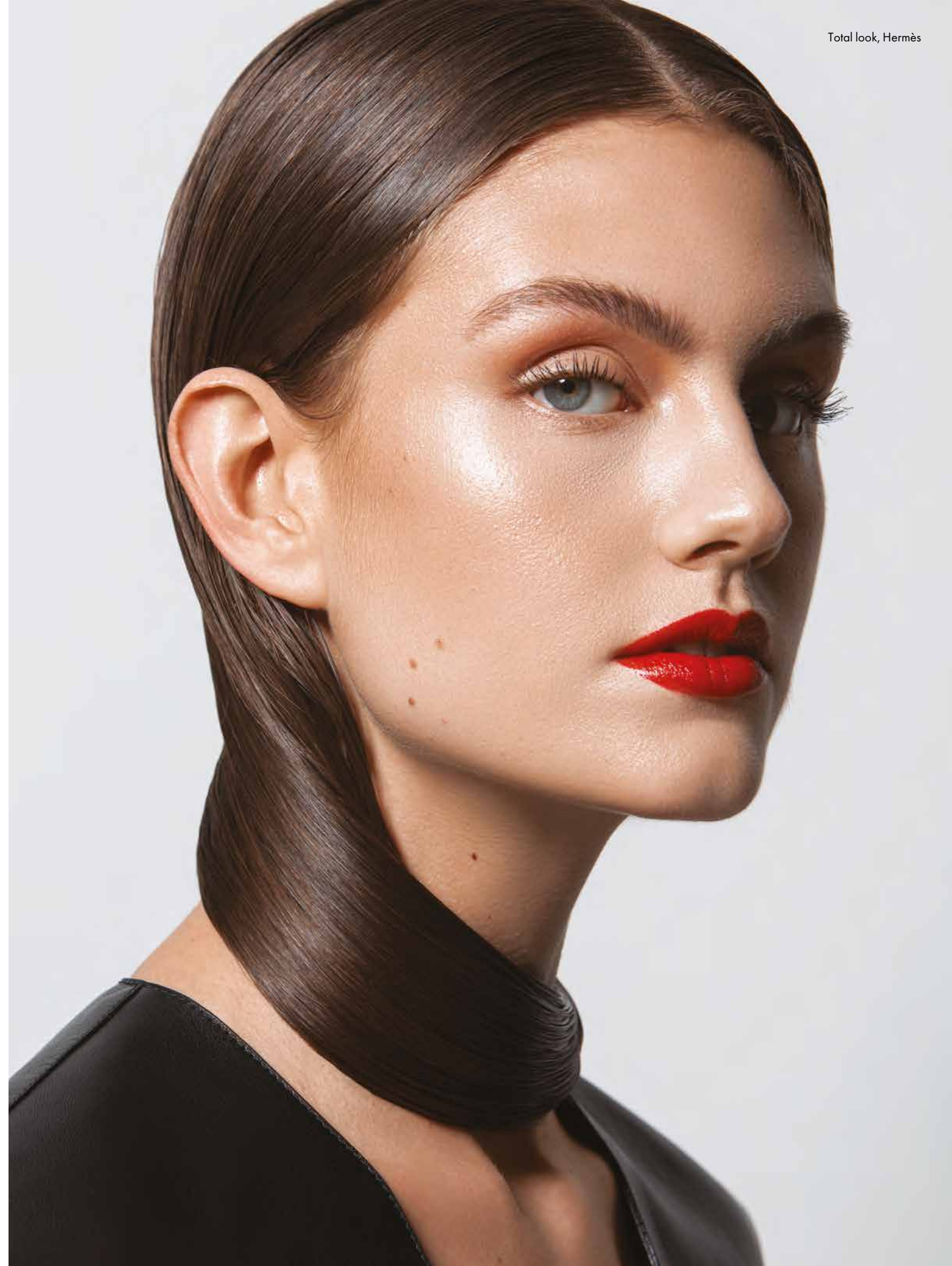


Sleek angles plus a
monochrome platter equal
the perfect answer to
timeless style

LINEAR
W
O
M
A
N

Photography & Creative Direction by JULIO BARCENA

Styling by CARLOS OLIVARES





Total look, Chanel



Dress, The Kooples
Boots, Mango

Dress: Marciano Guess
Earrings, Necklace & Bracelets,
Thomas Sabo
Sandals, Guess



Top, Emporio Armani
Pants & Sandals, Prada
Necklace, Bonheur Jewelry





Total look, Hermès

PHOTOGRAPHER AND CREATIVE DIRECTION: JULIO BARCENA @JULIOBARCENA STUDIO; STYLIST: CARLOS OLIVARES @CARLOSOLIVARES; RETOUCH: ANASTASIA PARDINA @ANFAR.RETOUCHE; MUH: YOLANDA BLASCO @YOLANDA BLASCO; MAKEUP: MIRTE STENEKES @MIRTE.S @WOMANAGEMENTBARCELON



Dress, Sandro
Earrings, Bonheur Jewelry
Sandals, Guess

Dress, Claudia Llagostera
Earrings, Kaling
Scarf, Loewe

WHISPY FINE
WHITE DRESSES
EMBELLISHED WITH
LACE, RUFFLES
AND PRETTY
PLEATS TAKE ON
A MODERN TWIST
WHEN PAIRED
WITH RUGGED
ACCESSORIES

d e l i c a t e

Photography and Art Direction by MAURIZIO PEDRONI

Styling by ROSA BOUZAS



N A T U R E

Dress, Alma Aguilar
Scarf, Loewe
Earrings, PdPaola



Dress, Claudia Ilogostera
Coat, Prada
Scarf, Dior
Earrings, Daniela Millán
Belt, Nona Ben
Bag, Loewe



Dress: Alma Aguilar
Earrings: PdPaola
Jacket: Baal Bomber

Left
Dress, Isabel Sanchis
Earrings, Fernando Rodriguez
Scarf, Loewe
Belt, Nona Bcn @ Marc Juan Showroom

Right
Dress, Santos Costura
Belt, Nona Bcn
Earrings, Fernando Rodriguez
Bag, Dior



Left
Dress, Isabel Sanchis
Earrings, Fernando Rodriguez
Scarf, Loewe
Belt, Nona Bcn @ Marc Juan Showroom

Right
Dress, Santos Costura
Belt, Nona Bcn
Earrings, Fernando Rodriguez
Bag, Dior

Dress, Marta Martí
Bomber Jacket, Gucci
Scarf, Bvlgari



PHOTOGRAPHY AND ART DIRECTION: MAURIZIO EBRONI; STYLIST: FOGA OUREAS; STYLIST ASSISTANT: MAYA SALVATO;
MAKEUP: STYLISH BEAUTY; HAIR: STYLISH BEAUTY; MODEL: DANIA BERMANI; COMPLEMENT MODEL
MANAGEMENT: KATE DREYFUS; FROM BLOW MODELS; SHOOT LOCATION: CERIMACHERRES IN TIVISSA, SPAIN

ELLE



CULTURE

AS WE SLOWLY EMERGE FROM A
REMARKABLY STRESSFUL YEAR, LET
US FOCUS ON SELF HEALING – OF
MIND, BODY, SOUL AND SPIRIT.
TAKE A DEEP BREATH, LET YOUR
SHOULDERS RELAX, CLEAR YOUR
THOUGHTS, AND... EXHALE

@NOELLE AUSTRALIA

The HEART OF the Matter

AT THE HEART OF OUR VERY EXISTENCE IS THE WELLNESS OF MIND, BODY, SOUL AND SPIRIT. AS WOMEN, WE NATURALLY SEEK OUT BALANCE, ENERGY, MOTIVATION, AND BEAUTY FOR A HOLISTIC APPROACH THAT REJUVENATES US THROUGH THE UPS AND DOWNS OF LIFE. HERE, THREE PHENOMENAL WELLNESS PRACTITIONERS SHARE THEIR SECRETS AND SUMMER PROGRAMS FOR A REFRESHING NEW TAKE ON LIFE.

Kate GOODWIN

ENERGY HEALER, INTERNATIONAL MAKEUP ARTIST, HEALTH COACH

Follow: @kategoodwinmakeup

Following a successful 20-year career working with A-list celebrities, supermodels and international brands, Kate Goodwin's life took a drastic turn when she encountered an unfortunate accident and was diagnosed with a life-altering, auto-immune disease. Not one to back down, the Founder of Illumina8 Online Academy turned her focus towards helping other women using profound new methods of healing through nature. "My passions in life have always been makeup, spirituality and energy healing. I'm on a mission to help women feel beautiful within their skin," says the qualified energy healer and health coach who has mastered the art of letting go in the face of adversities. Her secret is nothing more than focusing on simplicity to find peace and happiness, and this she attributes to natural beauty and self-acceptance. "Through my own journey I have learned that without self-love, self-acceptance and self-worth we can't be truly happy in life. It's taken me a long time to be able to accept myself just as I am and feel comfortable within my skin. It's not been an easy ride, but a wonderful learning experience that I now want to share with other women to help them achieve the same peace that I have found in life," she shares. To that end, Kate's latest online course - The Essence of Divine Beauty – helps women achieve an impactful change in their daily lives through an intensive program consisting of over 60 videos which includes a step-by-step makeup program, a daily spiritual practice and then some more. When asked what's the real outcome of this integrated wellness program, she says: "Focusing on emotional well-being using spiritual tools such as working with energy, chakras, crystals and meditation, they will shift from being their inner critic to tapping into their true magnificence and uniqueness." And without question, we know where we're headed this summer – to the land of inner beauty!



"I use my expertise in makeup as a tool to enhance a woman's natural beauty, making her feel beautiful and bringing her closer to self-acceptance."

Top 3 Wellness Tips:

- 1) Stress less because stress is no joke. It manifests into disease.
- 2) Look after your body, mind and spirit. Most of us only listen to our bodies when the ailments kick in. We get red flags all the time and need to take heed when we notice them.
- 3) Trust yourself and your intuition as this will guide you in the right direction on your path. You can use this in every area of your life - so when you feel those 'goosebumps' or a feeling of 'peace', trust it!

Her Beauty Mantra: 'Once beautiful, always beautiful.' Beauty lies within, it fades on the outside as we age, but it is eternal on the inside. For details on new courses visit, www.kategoodwin.com

Nancy ZABANEH

WELLNESS EXPERT, COMPASSIONATE INQUIRY THERAPIST, MOTIVATIONAL SPEAKER

Follow: @nancyzabanehlife

When the mind, body and spirit are aligned, a person is able to live a full and healthy life, and for Nancy Zabaneh, this complete integration is the primary focus of her work. "I help others to cultivate strength and vitality by combining rigorous physical practice with a mindful inward focus, emotional intelligence and self-awareness techniques," says the first Compassionate Inquiry Therapist in the region who brings two decades of experience working with people in both public and private sectors to the forefront. Merging Eastern devotional practices with Western relational counseling techniques, Nancy believes in releasing and healing energies so that an aura of radiance emanates and attracts abundance into life. "Radiance is the

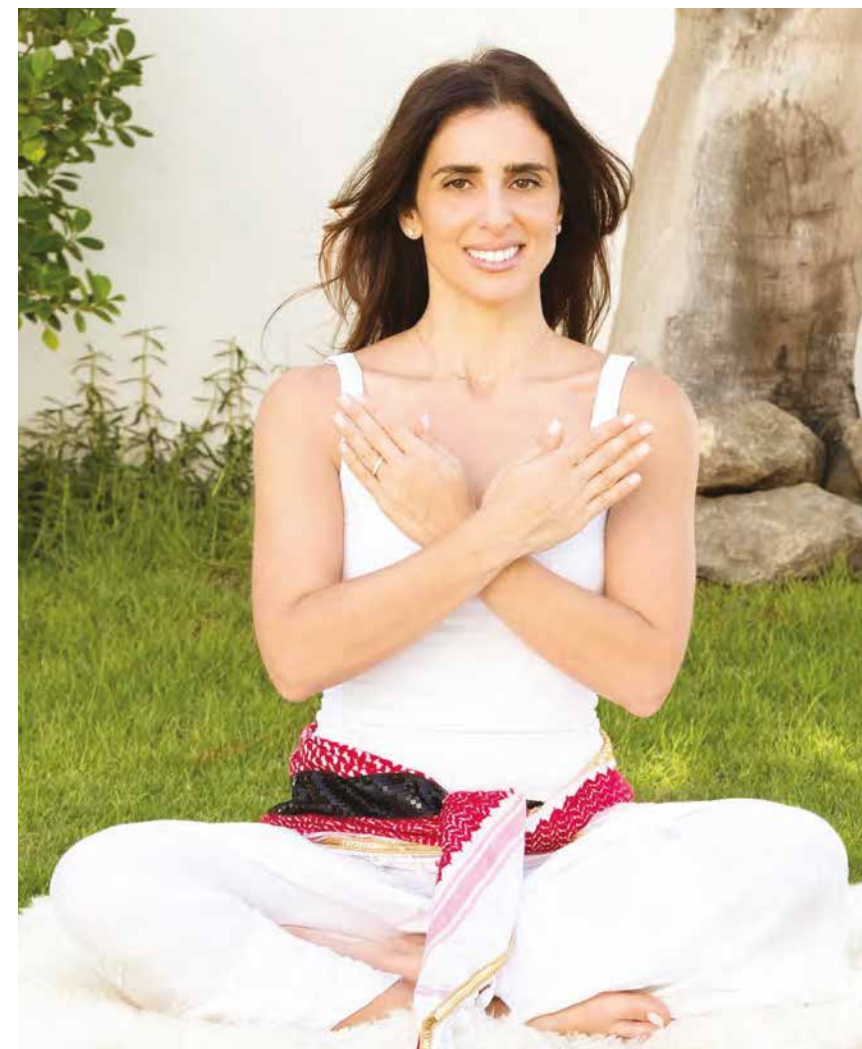
"Supporting others to take empowered action to live a full and healthy life in the present moment is one of the primary goals of my work."

magnetic frequency that draws in beauty, love, and light. Attracting abundance into your life starts in the subtle (energetic) body – not the mind," she says explaining how the chakra system is used as a map of central nervous system functions in traditional Indian and Tibetan medicine, neuropsychiatry, and neuropsychology. "When we activate this energy, it flows within us resembling the wavy shape of a serpent: curving from the base of the spine upward. As the energy flows it goes through all our chakras, giving each of them a boost as the energy activates them all the way to our head - the crown chakra. The result is an expanded state of consciousness." As a Compassionate Inquiry Therapist, Nancy strives to find what lies beneath the surface of every person. Mastering this psychotherapeutic approach, first developed by renowned Canadian physician Dr. Gabor Mate, she aims to unlock a new

level of consciousness in every individual by bringing them in touch with their true self and avoiding the pitfall of what she describes as 'toxic positivity' which is the belief that to maintain a positive mindset and a 'good vibes' approach to life, regardless of how dire a situation is. "The purpose of Compassionate Inquiry is to drill down to the core stories we tell ourselves and to recognize the unconscious dynamics that run our lives, allowing us to let those stories go and relinquish our attachments," she shares. If the pandemic has taught us anything, the most important is to acknowledge our pains and struggles, using a compassionate approach to not only others, but ourselves as well, and this is surely something that we all need more of.

Why Kundalini Yoga? I talk a lot about the Kundalini energy as the ultimate life force. It is our creative power, divine feminine energy, our inner fire. Life is filled with sudden shocks and Kundalini Yoga offers tools to stay calm, steady and connected to our sense of self when life shakes us up.

What's New? I have at least three retreats in the pipeline, two of which are local in both the summer and fall, and one overseas toward the end of 2021. For details and bookings: www.nancyzabaneh.com





Aline emphasizes the importance of digging deeper and connecting with feelings. “After all, you cannot fix what you don’t understand and you cannot heal what you don’t feel,” she recognizes. So, what is really unique about this approach? “We work closely with specialized coaches and therapists to design exclusive self-empowerment programs that reinforce and nourish all wellbeing aspects including emotional, mental, physical, social, financial and spiritual health,” explains Aline. One striking example of a unique program is the ‘Road to Wealth’ financial wellbeing program which consists of four sessions by a financial specialist, Arfy Majeed which removes money blocks for a healthy relationship with wealth and includes a self-hypnosis audio for healthy wealth habits that are fed into the supermind. When it comes to hypnotherapy, Aline busts a few common misconceptions: “First, hypnotherapy is simply used as a tool to put you in a relaxed state so you can tap into your subconscious mind and increase your suggestibility. Second, with hypnosis, you reach a slow state and even if your eyes are closed you are fully awake and aware of your feelings. Third, hypnosis is not a truth serum. There is no way to reveal your secrets. It is more about expressing yourself and releasing suppressed emotions.” If self-awareness equals self-improvement, then the best way forward is to try a free consultation

Aline GHORAYEB

CO-FOUNDER OF REVERSE THERAPY & TRANSFORMATIONAL THERAPIST
Follow: @aline_ghorayeb

“I have always been passionate about helping others to understand their meaning in life and to change their lives for the better,” says Aline Ghorayeb who is certified in Rapid Transformational Therapy® (RTT) – a solution-oriented approach based on neuroscience. Developed and fine-tuned for 30 years by acclaimed celebrity therapist Marisa Peer, RTT combines the most beneficial principles of Hypnotherapy, Psychotherapy, NeuroLinguistic Programing (NLP) and Cognitive Behavioral Therapy (CBT), Cells Command Therapy and more, to help individuals heal from their past and move forward with the best version of themselves. “You don’t need years of therapy or treatments to liberate yourself from emotional or physical issues. My practice shows results in one to three sessions,” explains Aline whose clients testify to life-changing and truly transformational single-sessions where they can feel an immense difference. With the core focus on addressing the root cause of a problem,

to see what best suits your individual needs before settling for anything less, more, or completely unnecessary!

How does it work? “It helps tap into the power of your subconscious mind and places you in a state of deep relaxation, addressing the root cause of your concern, and rewiring your mind for success in all aspects of life and wellbeing.”

What are the benefits? Some of the benefits of RTT include overcoming depression, insomnia, fears, managing weight and overcoming addiction and phobia – but that’s not all because it extends to pain management, fertility-boosting, skin treatments and more!

One to Try: For anyone looking to free themselves from past relationship baggage, the Emotional Freedom program which consists of eight sessions is highly recommended. Designed and guided by Mindset Coach, Jocelyne Elias - the program helps one experience a huge shift in emotions, perspectives, and behavior. For details on new courses, visit www.revervetherapy.com

“Therapy is not only for who are struggling with a variety of mental illness and emotional difficulties. It is for anyone willing to evolve and transform to the best version of themselves.”

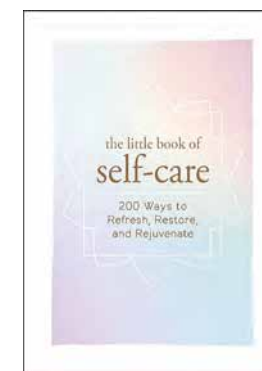


Read

AS THE SUMMER WAVES RIDE ON, HEALTH, *wellness and fitness trends* ARE IN FULL STREAM. SO WHETHER YOU’RE HOPING TO ADJUST YOUR EATING HABITS, LOOKING TO START A NEW TRAINING PROGRAM, OR JUST NEED A BIT OF MOTIVATION, *these tomes are packed with tips and tricks* TO HELP GET YOU CLOSER TO ACHIEVING THOSE #SUMMERBODY GOALS.



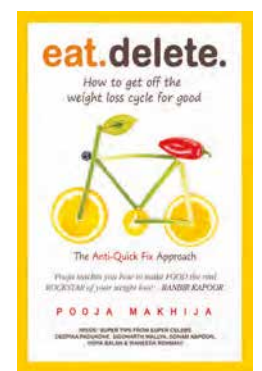
MINDFUL MOVEMENT, A BOOK
by Alo Yoga
The celebrity-approved yoga clothing brand curated this coffee table book which meshes posts from their Instagram with wise quotes and incredible postures – a stunning compilation that’ll motivate you to get lost in your practice and truly appreciate the calmness and clarity that comes with stillness of yoga.



THE LITTLE BOOK OF SELF-CARE: 200 WAYS TO REFRESH, RESTORE AND REJUVENATE
by Adams Media
Complete wellness and health come from a healthy mind. Keeping self-care as an essential part of wellness, this inspiring read has many little nuggets that will help the reader reconnect with their body, mind, spirit and surroundings.



THE STYLE OF MOVEMENT: FASHION & DANCE
by Rizzoli
This beautifully shot tome by renowned photographers Ken Browar and Deborah Ory spotlights eighty of today’s most famous dancers, captured in movement and styled in stunning celebrated designers from couturiers to costume designers. A beautiful masterpiece, featuring equal parts style and substance.



EAT. DELETE.: HOW TO GET OFF THE WEIGHT LOSS CYCLE FOR GOOD
by Pooja Makhija
Debunking all ideas of a ‘quick fix’ when it comes to weight loss, this book by the Indian celebrity nutritionist is will help strengthen your knowledge and understanding of the food-body relationship, all in an affirmative manner that changes how you approach food completely.



Listen

MILES BY GHIDA ARNAOUT

Love a good sports podcast? You'll love Miles, the new Arabic podcast by Dubai-based Ghida Arnaout and all-round rock climber and travel junkie. The former co-host of Quest Arabiya's adventure travel show invites different Arab women on the show to discuss and break down stereotypes about women practicing different sports – including the non-traditional ones like boxing, mountain climbing and football.



WATCH See PLAY

A jaw-dropping expose ON BIKRAM YOGA, TRACY HARMOUSH'S CULT NEW FITNESS APP, AND THE BEST FIT-SPO TO FOLLOW NOW



See

LIVE WITH TRACY APP

What started out as a series of home-workouts via Instagram Live during the pandemic has garnered her a cult following as well as a personal community of devoted fans. And now, a year and a half later, the Lebanese fitness expert is putting her training in their pockets with the launch of her new app – a one-stop portal that features her monthly workouts and nutritional guide all in one place for easy access.



Play

CAT AND MOUSE BY HIND LAROUSI

June is here, and temperatures are rising so is our excitement for some good summer tunes to get us on our feet. Luckily, with its upbeat rhymes and firebars, the newly launched single by Moroccan singer/song-writer Hind Laroussi promises to kickstart summer playlists with a bang – especially since it sings about a strong, independent woman – get ready to press repeat.



Watch

BIKRAM: YOGI, GURU, PREDATOR

Do you remember your first-ever Hot Yoga class? Mine was hot, I was dehydrated and the next day, it hurt everywhere. So when I stopped and shortly after this Netflix documentary came out, I didn't feel bad that I never took to the sweaty sport. The docu-style film, for those who missed it, takes a no-holds-barred look at the founder of Bikram Yoga guru Bikram Choudhury, uncovering along the way the accusations of sexual abuse that unmasked the sordid man behind the wellness phenomenon.

Follow

ALL THE MOTIVATION YOU NEED TO GET IN SHAPE—AND STAY THERE.



HEIDI JONES

@Heidi_jones_coaching

A well-known health coach, Jones' feed is all about learning to live a healthier and more fulfilling life. She leads and empowers women whilst trekking through the jungles of Thailand, running 72km distances across the globe, and becoming the first Lululemon Run Ambassador in the Middle East.



BARAA EL SABBAGH

@Rexcbouk

A registered dietician, sports nutritionist and PT, El Sabbagh posts secrets and tips from experts from around the world, healthy recipes to keep lean and her steps to leading a healthier lifestyle while incorporating exercise and making better choices.



ANNA KANYUK

@Anna_kanyuk

Dubai-based Russian founder of Top Stretching studio will make you want to book one (or several sessions) of her cult stretch class. Bending beyond just a stretch, her travel inspired fitness feed isn't one you would want to miss.

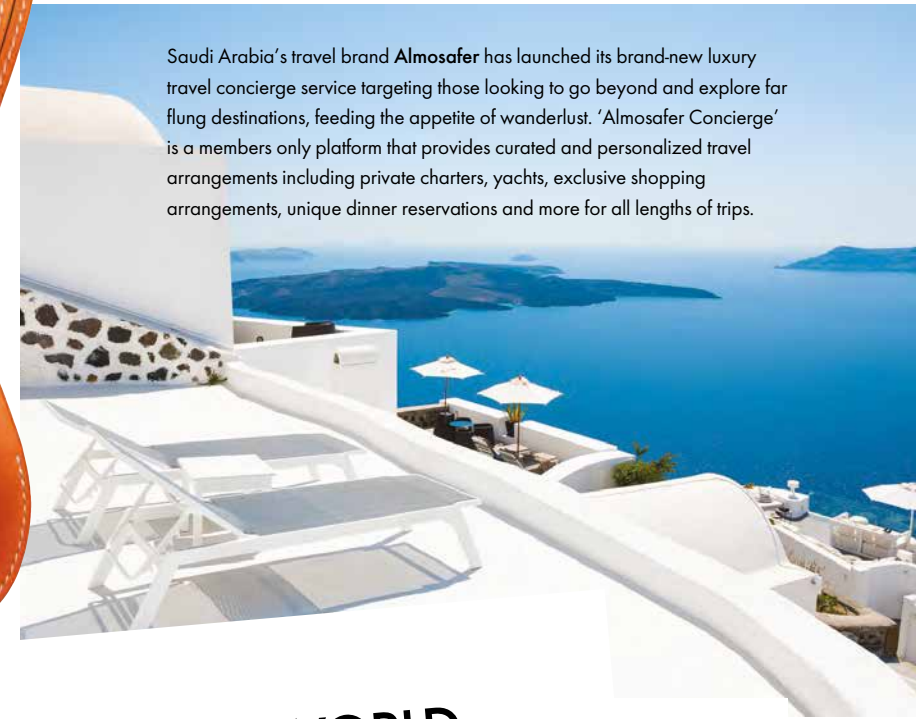


L I F E

IT'S ABOUT FORGING AHEAD WHILE EMBRACING LESSONS FROM THE PAST. TAKE IN THE SIGHTS, SOUNDS, ART AND CULTURE OF ST PETERSBERG, EMBRACE THE CRAFTSMANSHIP OF CROCHET, AND REVEL IN THE BEAUTY AND STILLNESS OF NATURE...

@KARIM MANIRA

Lovers of high-end tech rejoice! Hermès collaboration with Apple continues with the arrival of Apple Airtag Hermès. The collection of luggage tags and key rings incorporates the hand-crafted savoir-faire of Hermès leather goods with Airtag, Apple's advanced technology, to help you keep track of and find your valuables. We'll take one in each color!



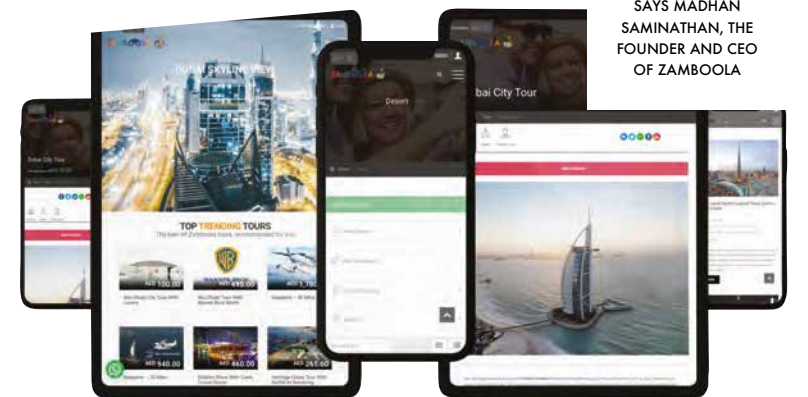
Saudi Arabia's travel brand **Almosafer** has launched its brand-new luxury travel concierge service targeting those looking to go beyond and explore far flung destinations, feeding the appetite of wanderlust. 'Almosafer Concierge' is a members only platform that provides curated and personalized travel arrangements including private charters, yachts, exclusive shopping arrangements, unique dinner reservations and more for all lengths of trips.

Explore... THE WORLD
WITH TRAVEL RESTRICTIONS SLOWLY OPENING, IT'S TIME TO GO OUT AND REDISCOVER THE GREAT WORLD OUT THERE. YOU'LL HAVE A LOT OF HELP WITH A SLEW OF NEW APPS, SERVICES, AND CONCIERGE SERVICES.

"TRAVEL IS NOT JUST FOR TOURISTS. FOR A RESIDENT, FAMILY, FRIENDS, TEAM EVENTS, PARTY, OR WEDDING, IT'S A GREAT WAY TO REJUVENATE, DESTRESS, AND CELEBRATE," SAYS MADHAN SAMINATHAN, THE FOUNDER AND CEO OF ZAMBOOLA



Ultima, Courchevel Spa Pool



What's in a name? When a retreat is literally called 'The Ultima Escape', expectations are high. In this case, the moniker is well chosen. The Ultima Escape is a minimum month-long retreat of highly personalised and targeted treatments, available at all of the Ultima Collection properties across the Alps and the Mediterranean. What's more, they have partnered with vistajet ensuring the VIP treatment starts as soon as you leave your home. Addressing the mind, gut, body, and soul, The Ultima Escape begins from £205,500 at ultima crans-montana for up to 10 people and includes a chef, vistajet flights not included. Ultimacollection.com



Ultima, Vista Jet Cabin Service

If you're planning on staying in the region, check out Zamboola.com, a new 'local experience' operator with the region's "book now, pay later" feature. Users can book popular local experiences for up to 4,000 and 10,000 AED for custom experiences and pay in up to four equal parts, spread over four months - at no extra cost, no interest, no credit reports, and no deposits on any debit or credit card issued here.



Spice Grinder, Tom Dixon

Hands Bowl, House Doctor



Leopard, Chattels & More



Ring, Loeve

By Design... A MARBLED LIFE

With its chic monochrome, sleek surface, and cool touch, it's little wonder that marble is always in season. "In the world of interior design, marble will never be out of style - it's just timeless," says Madeleine Latti, Interior Designer for Chattels & More. "The key to keeping the room fresh is by adding accessories in moderation. Adding marble in smaller doses will allow it to stand out and add a decorative touch without overwhelming the space."

Shelf, Corbel



Clogs, Crocs



Vase, Dimosaur Designs



Planter, Parlano



Side Plates, Luxe

Check out...COOL COLLABORATIONS

From edgy loungewear to sweet treats, and from urban sneakers to skincare, we bring you a roundup of the latest collaborations in the region.

Who: Naomi D'Souza & Lotsa! Lazy Cake. **What:** The 'Queen of Desserts' D'Souza has created two new flavors: Red Velvet Dream, and The Sticky Toffee with finely chopped dates. **Wow:** The Lotsa! Lazy Cake X ND SO. DAMN. DELICIOUS box is a must-try packed with 12 slices of lazy cake goodness including the two new flavors.



Who: Sara Tamimi X Biologique Recherche. **What:** The Abu Dhabi-based designer and French skin care experts have joined forces to launch a curated selection of Tamimi's favorite Biologique Recherche products along with a headband. **Wow:** For this collaboration, Tamimi is giving second life to excess fabrics by repurposing them into fashionable skincare headbands.



JACQUIE AICHE & NSF



SARA TAMIMI X BIOLOGIQUE RECHERCHE

Who: Arwa Al Banawi & Adidas Originals. **What:** The Arwa Al Banawi Forum Lo sneaker that blends Eastern and Western influences. **Wow:** The Saudi designer's take on the iconic Forum silhouette features a woven red and white heel cap which is inspired by the checkered pattern of traditional Arabian fabrics. Rounding out the look are branded lace jewels, a graphic footbed with contrast binding, and gold foil co-branded details.



ADIDAS

Who: Jacquie Aiche & NSF. **What:** This second collaboration builds on the juxtaposition of the California-based loungewear brand with Middle Eastern motifs. **Wow:** Laid back luxury par excellence; we love the pastel colors made for dreaming.



CHANEL

Afternoon tea awaits at the Lotus Lounge



Sit on the deck of the Over Water Villas at sunset

Anantara The Palm Dubai Resort

THIS ARABIAN BEACHFRONT PARADISE OFFERS AN URBAN ESCAPE IN THAI-INSPIRED SURROUNDS ON THE ICONIC PALM JUMEIRAH



VERSACE

WHAT TO PACK



Straw hat, Reinhard Plank Hats



Sunglasses, Dior



Swimsuit, Haight



Sandals, Gianvito Rossi



Shoulder bag, Mansur Gavriel

THE LOWDOWN

Home to the only Over Water Villas in the UAE, the resort boasts a range of fabulous room options; the Lagoon Access rooms offer direct access to the tranquil waters, the Beach Pool Villas boast private infinity pools and uninterrupted ocean views, the 206qm two Bedroom Beach Pool Villas ensure a luxurious home-away-from-home experience, and the aforementioned Over Water Villas feature glass floor panels through which you can glimpse the aquatic underworld! When it's time to venture out, head to the resort's 50-metre infinity pool, stroll along the sand just steps away, kayak out on the still waters of Palm Jumeirah, or simply chillax by one of the three pools. A short drive takes you from the tranquility of the Palm to the cosmopolitan mainland and its many attractions: hidden cultural gems, fantastic shopping, exhilarating dune rides, the fascinating spice and gold markets by Dubai Creek, and so much more.

WELLNESS & SPA

Whether it's after a day of lounging by the pool or taking in the city's many wonders, the resort's world-renowned Anantara Spa awaits. The Asian-inspired sanctuary blends East and West with the heritage of Arabia. Indulge in a traditional Turkish Hammam, or experience the unique therapy rooms such as the Salt Inhalation Room, the Ice Grotto, and the Crystal and Gemstone Steam Room for an innovative approach to relaxation and detoxifying.

GOOD EATS

Dubai has become a culinary capital, and the resort follows suite with an impressive seven outlets ranging from urban cafes to scenic beachside terrace bars to fine dining. A must-visit for true Asian-inspired hospitality is Mekong, which takes guests on a journey along the legendary river in Asia through authentic eastern recipes served to rickshaw-style seated tables. www.anantara.com



The Two Bedroom Beach Pool Villa

Psst...TRAVEL BUDDIES

Yay! It's been ages since we've packed a bag, so we'll be splurging on a new case to celebrate.

Clockwise from left: Essential Cabin; Crash Baggage; Globe Trotter; Gucci



@AMOSBARZEEV



ST. PETERSBURG, RUSSIA

FEED YOUR ADVENTURE-STARVED MIND WITH ONE OF THE MOST FASCINATING AND ENCHANTING CITIES IN THE WORLD.

With promising vaccine rates and a surge in holiday planning around the world, there is no place more wish-fulfilling than the imperial city. Built on a desolate swamp, St. Petersburg (aptly nicknamed Venice of the North) is overflowing with cultural, historical, and architectural landmarks; whether you are crossing one of the city's 342 bridges, cruising along the picturesque canals, or checking out the buzzing art scene, you won't be stuck for to-dos. Famous for its romantic 'white nights', the best time to visit is between May and August, where the sun barely dips beyond the horizon. Residents make the most of the season by using it as an excuse to party all night long with festivals packing out concert halls and galleries.

As you decide where to explore first, enjoy a glass of cold bubbly and delicious black caviar to start your trip off on the most excellent of notes at the Four Seasons Lion Palace. Steeped in grandeur, the iconic hotel sits within the walls of a 19th century royal palace and has been restored inside and out by Auguste Montferrand. Just 10

minutes away from its walls sit major landmarks like the State Hermitage, Kazan Cathedral and the infamous Mariinsky Theatre, where an evening at one of Russia's most beloved and respected cultural institutions must be spent taking in one of its world class ballet shows such as Swan Lake or The Nutcracker.

Lazy mornings should be spent on the banks of St. Petersburg, weaving through the rivers on a boat before a quick pitstop at Pyshechnaya for a 'pyshka', Russia's all-time favorite sugary snack, before indulging in art therapy at the Hermitage Museum. With over three million items, from Goya to Monet, it is recommended you plan the areas you'd like to visit before you arrive as it's almost impossible to see all the rooms - or even the highlights - in one visit.

If you are in need of some crisp sea air and cute seaside cafes, head up North where pristine sandy beaches fringe the Gulf of Finland. Or cross the river to Vasilevsky Island, a popular hangout for locals with scenic views across the Neva.

COMPILED BY TAMARA WRIGHT; IMAGES SUPPLIED



WHAT TO DO

Visit: Resembling Moscow's St. Basil's Cathedral, the five-domed dazzling church, Church of the Saviour on the Spilled Blood, is St. Petersburg's most extravagant building. It took an elaborate 24 years to build and is decorated with 7000 sq. meters of mosaics.

Eat: Stylish rooftop restaurant, Mansarda, overlooking St Isaac's Cathedral offers the best views and menu in town. Start off with the Scallops Ceviche and finish with Rom-baba.

Stay: A five-minute walk from the city's greenest spot, Tavrichesky Garden, Demetra Art Hotel is the place to be if you want to stay in the center of action, with top-notch service, luxurious rooms, and hints of art throughout.



WHAT TO PACK



Leather Belt, Etro

Anklet, Ancient Greek Sandals

Jeans, Agolde

Sunglasses, Bottega Veneta

Shirt, Valentino

Bag, Naturae Sacra

Shoes, Gianvito Rossi



THE LOEWE WEAVES COLLECTION, LAUNCHED IN COLLABORATION WITH SOTHEBY'S, ENLISTED 7 ARTISTS WHO EACH EXPERIMENTED WITH THE ART OF WEAVING ON THE UNLIKELY CHESTNUT ROASTER. THE RESULTS: MEZMERIZING! ARTIST BELEN MARTINEZ PUTS THE FINAL TOUCHES ON HER ROASTER



Rattan chair, Sikka Design

Basket, Smallable



Crochet & Satin Dress, Magda Butrym



FEELING Crafty

After a year of being HOMEBOUND, IT SEEMS ONLY NATURAL THAT THE ART OF THE HANDMADE MAKES A STRONG COMEBACK, WITH CROCHET CROWNED QUEEN OF THE TREND!



18th-Century Tapestry Patchwork Cushion, By Walid



Crochet Mules, Loro Piana



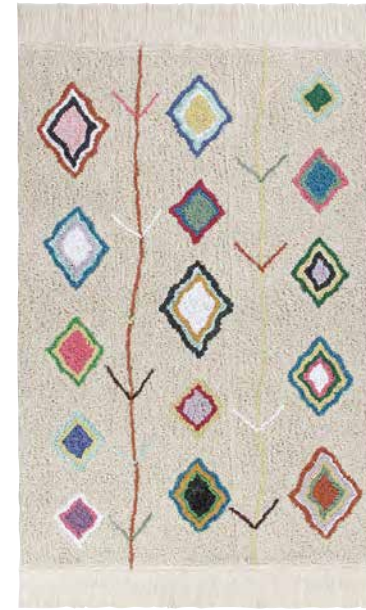
Crochet Tote, Twinset



Crochet Bag, Stella McCartney



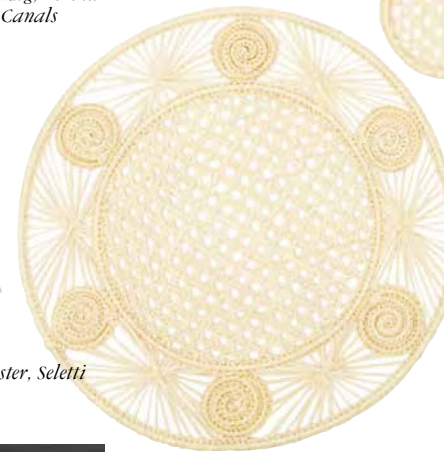
Cushion, Missoni Home



Rug, Lorena Canals



Crochet Tank, Ulla Johnson



Placemat & Coaster, Seletti



Candle, Baobab Collection



Crochet Bikini, Valentino



Wall Hanging, Ariana Ost



THE JUXTAPOSITION OF VERDANT PLANTS AND ARTISANAL CHIC IS ONE OF OUR FAVORITE LOOKS. THIS OUTDOOR WOVEN HANGING CHAIR @AMARA.COM IS BECKONING...



Tote Bag, Loewe



Crochet Pendant Light, Hamimi Joosb



ARIES

20 MARCH - 19 APRIL

It is all too easy to rush the final stages of a long-term project, especially when the end is in sight. You feel that with one big effort you could get everything done, and then you could move on; but that one big effort may well spoil all you have achieved so far. Be patient and steady, just for a few more weeks - and then see how June opens up to give you back the freedom you thought you'd lost forever.



TAURUS

20 APRIL - 20 MAY

You're ready to take a bold step forwards but the person you expected to be at your side to share the adventure now seems unwilling to make the move. Should you abandon your plan? And if you carry on alone, does this mean the end of your relationship? No, and no. Press on as you intended; your companion may need a little more time to think things through, but don't worry, you're still together.



GEMINI

21 MAY - 20 JUNE

You have always believed that when the right thing - or the right person - came into your life, you'd know straight away it was the one. So why are you now having such doubts? Maybe the forces of fate have made the right thing look very much like the wrong thing, to force you to look a little deeper and make sure you're not just being seduced by outward appearances. Choose with the heart as well as the eye.



LIBRA

23 SEPTEMBER - 22 OCTOBER

You seem to have found someone new - although at the moment you would say you haven't, because you haven't quite admitted to yourself what's going on. You work together, you see a lot of each other, and you're both in constant competition to be the best and impress the other: all the classic signs. It's doing great things for your career, too, but the real rewards here are personal, not professional.



SCORPIO

23 OCTOBER - 21 NOVEMBER

When you have been doing something for a long time, but it has started to feel empty and pointless, you have to ask yourself why you are still doing it, and whether you still believe in it in the way you once did. Everything changes over time, and if you and a cause you used to support are now starting to go different ways, then that is only natural. It's time for some honest conversations about how you really feel.



SAGITTARIUS

22 NOVEMBER - 20 DECEMBER

An eclipse in your own sign at the end of May will provide a clear reminder that you have gone as far as you can in your present direction. Just as when you take a wrong turn when driving and reach a dead end, the way out will involve going back the way you came, and perhaps asking for directions from others, which may hurt your pride a little; but it won't be long before you're back on the right road again.



CANCER

21 JUNE - 21 JULY

What's your leaving style? Do you simply run away, so that all you feel is relief that you don't have to go back? Do you leave certain issues unfinished, so that you have to return months later to resolve them? Or do you leave willingly and happily, so that when you look back later all your memories are good ones? This month's eclipses show it's time to leave the past behind - but how you do it is up to you.



LEO

22 JULY - 22 AUGUST

The first part of this month seems to deliver less than you had been promised, then the second part will offer more than you had expected. This is all part of a larger picture: the world you used to know and rely on is fading away, and something new and different is springing up in its place. Mid-June offers you a chance to be part of this new world - unknown, untried, but definitely looking to the future. Go with it.



VIRGO

23 AUGUST - 22 SEPTEMBER

If life isn't giving you what you want, it's tempting to think that if you moved to somewhere else, things would be better. But actually, you are already in the right place. You might like to re-think what you do and how you do it, to make better use of your talents; but there's no need to move. The second week of June brings new ideas and insights - and as you will see, small changes can make a big difference.



CAPRICORN

21 DECEMBER - 19 JANUARY

A battle you thought you had fought and won in February is back for another round, and this time you are on the defensive. The problem is that you are trying to make your future an extension of what you have already achieved; sadly, that won't be possible. You can keep what you have, or you can let it all go and start again, building something new - but you can't do both. Ask yourself which matters most.



AQUARIUS

20 JANUARY - 18 FEBRUARY

There are two sides to every Aquarian. There is the level and logical side, which thinks everything through carefully, but there is an independent and unpredictable side, too. With an eclipse in the lovers' sector of your chart right now, plus your own planet Uranus pushing for change, you'll be feeling that you have kept to the rules and been patient for far too long - and that it's time you had some fun.



PISCES

19 FEBRUARY - 19 MARCH

Your life ebbs and flows like the tides of the sea, and as the sign of the fish you are used to that. Right now that seems to be what's happening in your personal life, where you seem to be close, then drifting apart, and then again. There's a strangely enjoyable romantic quality to all this - and also a happy ending, though you may have to wait a few months until the flow of events bring you together properly.

My Sporty Life ALIA AL NEYADI

THE UAE'S FIRST BALLERINA AND A ROLE MODEL FOR THE REGION LOOKS BACK ON THE PATH FORGED BY HER PASSION AND THE LIFELONG LESSONS LEARNED, AND SHARES HER WELLNESS TIPS FOR A STRONG BODY AND MIND



Growing up with dance in my life and having to juggle schoolwork was not easy. When you're young, all you want to do is play with your friends. I, on the other hand, had to finish my schoolwork and run to ballet class. With that being said, I wouldn't change anything, and the greatest gifts I received throughout those years were my ballet friends who became like family as we spent weekdays and weekends together when we had shows, and that went on from middle school till right before university. Growing up with dance gave me a sense of belonging and let me understand from a young age what it is like to be responsible and committed and to never give up, and that is a motto that I live by until today.

I never even considered stopping, because who stops what they love? I never had to think about whether I wanted to pursue ballet full time or not as an adult, because that was all I knew and it's a part of me, of my life

In the beginning, you learn mostly classical ballet, but throughout my career I was introduced to many different styles. Over the years I have learned to love modern dance and folk. I really connect to modern dance as it allows you to explore yourself and get out of your comfort zone. Folk on the other hand, can't function without a ballet basis. The speed and the footwork are just insane! The most fascinating thing to me about it is doing crazy footwork and on such a fast tempo while keeping a relaxed face; that is how you allow others to enjoy your performance, by enjoying it yourself.

I believe that if I'm feeling good inside then it will reflect on the outside.

Sometimes we work so hard on our exterior that we forget how much our mental state can affect us. My advice is, balance. If you train and eat healthy, then have a cheat meal when you can. Eat your greens because they do wonders, trust me! And most importantly, drink water, water, and water! Ok, and chamomile because I can't go on if I don't have chamomile every night. A cup of chamomile tea and a Netflix show is my favorite way to unwind after a long day!

My signature move has always been turns. I'm a turner and I just love that control of each turn and hitting it on the right count of music! Ahhhh, I miss those moments already!

When I get physically exhausted and feel like I can't go on, I try to remember why I'm doing it in the first place. It sounds so simple but it truly does wonders, having a goal makes the hard work worth it.

I love wearing traditional Emirati dress - perhaps that's the eye for sparkle from all the different costumes I had over my 20-year career - because there's so much handwork and crystals in a jalabiya and I always feel beautiful wearing it! This Summer, I'm channeling island vibes. I'm all about the blues and light pinks!

I feel my best when... I train (I know it's a little strange but if I don't do any form of training I feel so useless)

When I'm not dancing, you can find me... at the spa!

I relax by... traveling or being by the beach. There is something about the sound of the waves that is so calming.

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