

ELLE

ARABIA

JANUARY 2024

OWNING IT
**SONIA BEN
AMMAR**
OPENS
UP ABOUT
THE ROAD
TO COME



THE ROAD TO
BEAUTYLAND WITH
ELLE INTERNATIONAL
BEAUTY AWARDS

REVAMP
RENEW
RADIATE

YOUR GUIDE TO
A STYLISH, HEALTHY AND
HAPPY NEW YEAR

UAE DHS15





BVLGARI
ROMA 1884

ELLE

January 2024
Issue 150
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On the COVER

SONIA BEN AMMAR in Hooded Parka in Cream, Houndstooth Silk Chiffon Hooded Dress in Ivy, Houndstooth Stretch Wool Tights in Ivy and Sherbet, Shearling and Leather Medium Knight Bag in Hunter, Cubic Zirconia Gold-Plated Shield Pendant Necklace, Leather Stirrup Tall Boots in Vine - ALL BURBERRY
Photography & Art Direction: Malak Kabbani
Styling & Creative Direction: Carmel Harrison
Makeup: Louise Maddison
Hair: Milosz Pawlak
Location: Huddersfield, England
Talent: Sonia Ben Ammar

ELLE

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@ SUERAYA SHAHEEN

Below: Time to Bloom... JOINING DIOR'S GRAND BAL TIMEPIECE COLLECTION IS MILLY LA NUIT, INSPIRED BY MONSIEUR DIOR'S LOVE OF GARDENS. Left: A Treasure Trove... LULWAH AL-HOMOUD TAKES US INSIDE ISDAR, HER NEW ARTSPACE IN RIYADH



A FRESH CANVAS

We love the *calming* and *open vibe that white offers*; just what we're looking for to start anew...



DIOR CRUISE 2024 @SOPHIE CARRE

LET US GATHER...

Dear Readers,
As we step into 2024, it's all about coming together, sharing stories, and embracing what makes each of us beautifully unique. This issue, our focus is on the power of gathering – gathering our strength of body and mind, gathering our commitment to celebrating traditions and craftsmanship, and gathering our identity and self-expression. In the spirit of gathering our identity, we showcase stories that highlight the beauty of cultural uniqueness and the strength that comes from embracing our roots and our passions. Our coverstar is a true example of this; the multitalented Sonia Ben Ammar is a modern-day maverick forging ahead on her own terms. Wellness and fitness also take center stage as we explore the latest trends and techniques to

elevate physical well-being, and holistic practices that nurture the soul. Discover practical tips for integrating moments of tranquility into your daily routine to promote a harmonious connection between mind, body, and soul. So, here's to a month of gathering inspiration, breaking a little sweat, and celebrating the wonderful mosaic of life.



Sonia Ben Ammar

dina.spahi@ellearabia.com



1. DRESS, VALENTINO GARAVANI; 2. BELT, GUCCI; 3. SUNGLASSES, CHANEL; 4. ROBOT KEYCHAIN, PRADA; 5. HOOP EARRINGS, AMINA MUADDI; 6. CANDLE, LOEWE; 7. BAG, MAISON MARGIELA; 8. PUMP, JIMMY CHOO



The HANDBAG

The newest *BVLGARI* Serpenti Forever top handle bag comes in dazzling aquamarine crystal sparkle calf leather with *magnetic snakehead* closure

© LIMITED EDITION IN COLLABORATION WITH MARIKO MORI



The TIMEPIECE

Both extravagant and elegant, *PIAGET*'s instantly recognizable Limelight Gala jewelry watch with its iconic gold mesh bracelet *celebrates 50 years* of brilliance



The BRACELET

This latest bracelet from the Gem *DIOR* line sees Victoire de Castellane expressing her *passion for color* with gradients of sapphires and tsavorite garnets

ELLE

CASUAL GLAM...
Miu Miu perfectly
captures the modern
woman: feminine and
strong with an attention
to detail. Sublime!

radar



Soft Landing...

COZY YET CHIC KNITS AND SOFT SILHOUETTES ARE
A GENTLE WAY TO START A NEW YEAR

Spotted... Security blanket

Wrapped around the neck like a shawl or draped over the shoulders like a cape, oversized scarves promise ultimate warmth this winter.



AKRIS

THE ROW

ETRO

LEMAIRE

FASHION MEMO

A curated *roundup* of the best new fashion and *noteworthy* pieces to pay attention to now!

New in town

UAE shoppers get those credit cards ready as Jacquemus launches its highly anticipated e-commerce platform, JACQUEMUS.AE, where all their coveted pieces (hello Le Bambino!) are available to shop now alongside the holiday collection "Guirlande", featuring festive twists on iconic Jacquemus bags like "Le Chiquito" available online only on JACQUEMUS.AE.



LE BAMBINO

JACQUEMUS

LORO PIANA FW 23/24



BOTTEGA VENETA



KHAITE



GET THE LOOK:

Home comforts

No cozy time in is complete without comfy co-ords and snuggly knits that feel like a hug – add to that lashings of cashmere, and you'll never want to slip into anything else ever again.

SKIMS



Psst... Investment piece

From oversized to low-slung, wide-leg silhouettes are the cool-girl way to wear denim this season.



AGOLDE

NILI LOTAN

CITIZENS OF HUMANITY

ON OUR RADAR



Coveted Collab

WHO: Fendi X FRGMT

WHAT: In continuation of the "Friends of FENDI" series, the Italian house taps into its playful side to celebrate the upcoming Year of the Dragon teaming up with Hiroshima Fujiwara's Fragment for a special collection with Pokémon. Think signature Fendi pieces with a cheeky Poké twist.

NAME TO KNOW:



Safa

Clean lines, minimal silhouettes and a timeless color palette, Emirati label Safa is all about smart closet staples for the modern woman – case in point, their latest "What's the Verdict?" collection, a line made up of building blocks for anyone seeking a contemporary wardrobe.

Trending... A shearling staple

With its touch-me texture that no one can resist, this coat will not only keep you warm on cool winter days, but it's also a classic style you'll turn to for years to come.



LORVE

GIVENCHY

REMAIN

COACH

MIU MIU



Figure-flattering, *ribbed knits*
lend a modern feel to cool
separates and *long dresses*, you'll
want to live in them forever.





© RICARDO RAMOS

For this new line, Maria Grazia Chiuri has once again forged strong ties with local artisans whose expertise shines with original embroideries, co-creations crafted with their ateliers



© RICARDO RAMOS

INSIDER

THE BEAUTY OF FRAGILITY

Spotlight on *Dior's Cruise 2024 Collection's* craftsmanship and inspiration

Butterflies also populate the toile de Jouy, illustrating Mexican flora and fauna alongside parrots and monkeys that also illuminate the paintings of Frida Kahlo.

The Butterfly is metamorphosed into a motif unfolding in multiple shades and forms, through a series of prints, on jewelry and accessories



© RICARDO RAMOS

© RICARDO RAMOS

For Maria Grazia Chiuri, Mexico City is a "place of the soul", that has inspired this latest collection



The captivating beauty of fragility is enhanced by the variety of cotton, hemp and silk lace selected, by the meticulous designs of the collars, and by the butterfly-like jacquards



© RICARDO RAMOS



© SOPHIE CARRE



© SOPHIE CARRE

Moths also come to life on the silhouettes, based on a sketch by Andrée Brossin de Méré from the Dior archives



© SOPHIE CARRE



The bold & the beautiful

Designer *Rasida Lakoba* on how her fearlessly feminine brand *Rasario* is empowering women one *glamorous dress* at a time.

You're known for ultra-glamorous occasion wear.

How did this become your signature? It's where my passion for celebrating women's beauty and confidence really came to life. I've always been drawn to the idea of creating dresses that aren't just beautiful, but that also empower women to feel their best. Dresses that are simple yet bold, that make every woman feel like she's in the spotlight. This approach of blending elegance with a sense of drama is what our brand is known for.

What do you consider staple Rasario pieces? All our dresses have a signature element which make them quintessentially Rasario - sleek silhouettes, flowing godet skirts, and our signature Rasario column and balloon skirts make a lot of our eveningwear instantly recognizable. We focus on redefining classic evening attire by keeping things simple but striking. It's all about clean lines and a sort of architectural elegance, keeping embellishments to a minimum, so our fabrics speak more. This way, the dress itself is making the statement.

You just dropped your Resort 24 collection. What makes it different to seasons past? Resort 24 is special because it introduces new trends and silhouettes. What makes it different are the voluminous roses, cut-outs, and teardrop necklines. The 'godet' silhouette is a key feature, flaring into trains. The real standout of this collection, though, is our approach to design. We've got unique decorations like airy ties and open-back designs. Also striking are the floral prints, each a hand-drawn creation of our own, which we've meticulously transferred onto the fabric.

There's a clear merging of Asian with gothic influences. Where did you get your inspiration from? The sculpture 'Modesty' by Antonio Corradini was a big influence for me - it's got this ethereal beauty that I wanted to capture in our designs. Then, there's the elegance you find in traditional Chinese fashion, which I've always admired for its grace and detail. Also, the film 'In the Mood for Love' played a role. Its atmospheric and artistic style really helped me shape the mood of the collection.

Was there a certain mood you were trying to create? My goal was to create a mood that's not just dramatic but also deeply intriguing. It's infused with a subtle Gothic flair, which adds a layer of sultry mystery to each piece. I envisioned the collection to evoke a sense of romance tinged with a hint

of darkness, a combination that's both captivating and a little mysterious.

Your favorite pieces from the new Resort 24 collection? My favorite piece has to be this printed satin maxi dress with the train. There's something about it that's just so effortlessly elegant.

It's light and graceful, and I love that it moves away from the traditional corseted structure. It has a mermaid-like silhouette that's beautifully simple - no draping, just clean lines that flow. It's one of those dresses that feels as good as it looks.

Your brand is dedicated to celebrating womanhood and body empowerment. What kind of other qualities does this woman have? The Rasario woman is all about confidence and empowerment. She's someone who loves her sensuality and isn't afraid to show it. Beyond that, she's a trendsetter, always on the lookout for the finest in fashion. She appreciates the craftsmanship that goes into every gown and knows that our dresses are made for those standout moments in life.

What women have inspired you most in your life and why? Without question, my mom. She's been my rock, my guiding star, and my endless source of inspiration. Her strength, grace, and resilience in the face of life's challenges have shaped my understanding of what it truly means to be powerful and feminine. Every dress I design carries a piece of the wisdom and beauty she has instilled in me. She's not just the woman who inspired me. She's the heart and soul of my journey in fashion.



ELLE

accessories



Star Attraction...

SMALL BUT MIGHTY! TRUE FASHIONISTAS KNOW THE ACCESSORIES MAKE THE LOOK.

POWER PLAY... Ruby stilettos, mono-sleek handbags, bold jewelry and more; Saint Laurent has perfected feminine chic



RUNWAY INSPIRATION

FEEL THE FLUFF

Forget tiny little caps, it's all about going big upstairs with oversized, fuzzy headgear that'll keep you warm all season long.



SHAGGY SOLES

When it comes to *comfort* these cushiony shearling-lined styles will have you walking on a cloud, you'll forget your ever wore stilettos in the first place!

1. INUITI 2. LOEWE 3. YVES SALOMON
4. MARNI 5. BRUNELLO CUCINELLI
6. PRADA 7. JW ANDERSON 8. BIRKENSTOCK
9. SAINT LAURENT 10. CHLOÉ

THE VIBE

COZY COZY...

After the end-of-year festivities, *we're eager to bundle up* (in style!), *hibernate, take stock*, and emerge ready for what comes ahead



FENDI



MAX MARA



TOTEME



GUCCI



LOEWE



SAINT LAURENT



DIOR



RALPH LAUREN HOME



BOTTEGA VENETA



jewelry

A JOYFUL DANCE ...
Van Cleef & Arpels' iconic
Perlée collection features
the shimmering golden
beads on new jewelry and
watchmaking creations.

*Splendor in
the details...*

THE LATEST COLLECTIONS HIGHLIGHTING
EXCEPTIONAL CRAFTSMANSHIP + THE
TIMELINE OF AN ICON

ANATOMY OF A TIMEPIECE

Louis Vuitton demonstrates its advanced mastery in horological automata with the surprisingly 'sweet but fierce' Tambour Fiery Heart Automata. We take a closer look...

The Tambour Fiery Heart Automata, the first in-house self-winding automaton movement, is a distillation of high-watchmaking savoir-faire, enacted by Louis Vuitton's specialist movement workshop La Fabrique du Temps Louis Vuitton in Geneva.

The vivid colors of the grand feu enamel dial of the Louis Vuitton Tambour Fiery Heart Automata represents an important step for the Maison in terms of in-house savoir-faire — the integration of a millennia-old artisanal craft.

On the dial, each graceful motion of the automata, from the opening of the heart and revelation of the secret message, to the spinning Monogram Flowers, the dancing flames and the emerging thorns, is precisely calibrated to produce a 13-second symphony of mechanical excellence.



Five separate dial elements leap simultaneously into action when the pusher at 8 o'clock is actuated: Around the hours-and-minutes subdial, a halo of thorns emerges; the two Monogram flowers at the center of the enamel roses at 4 and 12 o'clock rotate simultaneously; and the articulated heart cracks open to reveal the full message "SWEET BUT FIERCE". Lastly, the gold tongues of fire at the top of the heart undulate.

The micro-blasted movement bridges are decorated with thorny rose stems in pink-gold, sinuously embracing the exposed wheels visible through openworked sections. The 18K pink-gold rotor is also engraved and openworked with Monogram Flowers, as is the automaton regulator bridge at 12 o'clock.

At the push of a button at the 8 o'clock position, the Tambour Fiery Heart Automata blooms in a lush profusion of dial animations.

Birds of a feather

Fabrizio Buonamassa Stigliani, Bulgari Watch Creative Director, on the new Divas' Dream Peacock Novelties revealed at Dubai Watch Week



DIVAS' DREAM PEACOCK FEATHER MARQUETRY

EXOTIC PLUMAGE

To Bulgari, a peacock is the epitome of elegance. It's colorful, vibrant, its aspect changes and I love that. We decided to explore the peacock in our Diva's Dream Collection because the feathers are strikingly beautiful, the shades are ever changing, and the shapes are elegant. Gorgeous.

THE PEACOCK AS A MUSE

Colorful, elegant, fascinating, it offers us the opportunity to express different emotions and different aspects of the watch. For certain aspects, the peacock is even more versatile than the snake. This majestic bird was always present in Roman times. Everyone knows it, we don't have to explain anything. The peacock is a symbol that perfectly matches our Bulgari mindset and creativity.

ROME AND ITS ARCHITECTURE

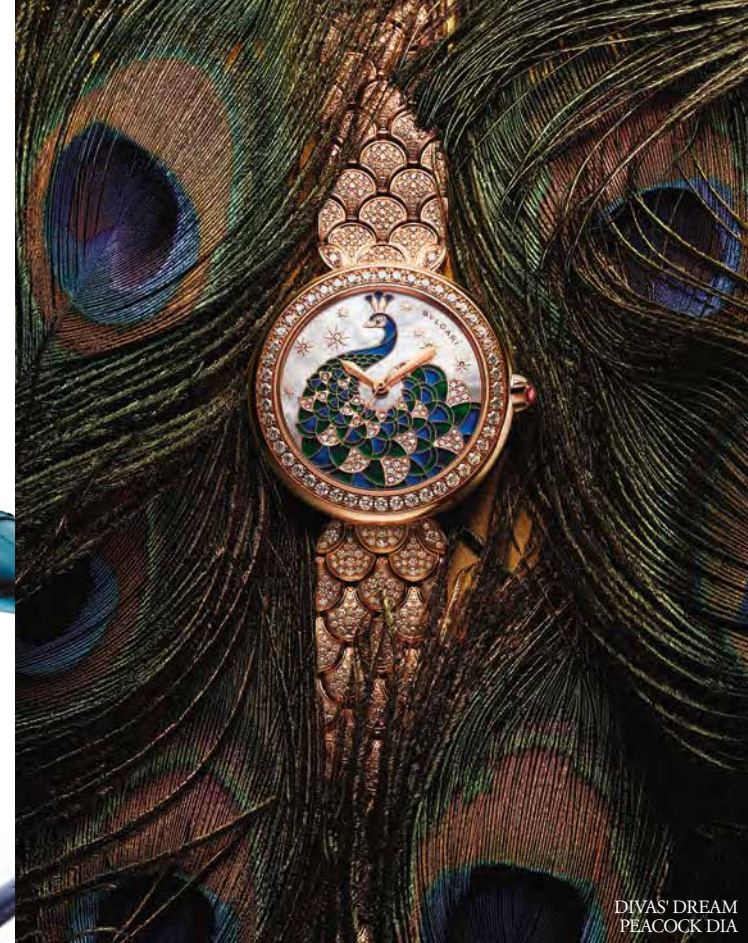
That is Bulgari's main source of inspiration. We tried to turn a decorative element into a design element in our watches. On the Diva's Dream dial you can recognize the mosaics, which are adapted to the watch design with colored gemstones. Our inspiration comes from Rome's Baths of Caracalla mosaics, but it also allows us to demonstrate our technical savoir-faire. The dial was very difficult to make as it took us several months to find the stones with the right shapes and colors.

BETWEEN 2 WORLDS

We are constantly trying to blend the worlds of watchmaking and high jewelry craftsmanship. A great demonstration of that is the Diva's Dream Peacock — it's a round watch, which means that we can use various movements. At Bulgari, jewelry and watchmaking go hand in hand.

ROCK HARD

For the Divas' Dream Peacock collection, we used many precious stones! Diamonds, rubellites, sapphires, cabochon cut stones — it's a



DIVAS' DREAM PEACOCK DIA



DIVAS' DREAM PEACOCK DISCHI

DIVAS' DREAM PEACOCK JUMPING HOUR

very versatile line which gives many possibilities to play with stones.

NEW CREATIONS

You have to understand that the design process for a watch is long. Once it is launched on the market, we have already been working on it for almost 2 years! So we are constantly working on what is to come in the future. I am very excited for the next launch. I cannot tell you anything about it, but I am sure it will make a huge impact. A part from that, I am very attached to Serpenti Tubogas and Octo Finissimo. These models changed and shaped the brand.

"ETERNAL N° 5" Ring
in White Gold and
Diamonds, "EXTRAIT DE
N° 5" Ring in Beige Gold
and Diamonds, "COCO
CRUSH" Ring and
Earrings in Beige Gold
and Diamonds,
ALL CHANEL FINE
JEWELRY

TIMELESS REIMAGINED

Just as Lebanese Actress *Ruba Zarour* forges a blazing trail in the industry, so too does CHANEL as it unveils the *Première Ribbon Watch* that blends iconic elegance and modern design. The journey continues with a reissue of the *Première Édition Originale*, inspired by the distinctive stopper of the N°5 fragrance bottle. The *House Codes* - Gabriel Chanel's lucky number 5 and the *quilted motif* - also find their way on the dazzling *Fine Jewelry* collection.

Photographer MILA NAMIDA
Stylist & Creative Direction KATE HAZELL

ALL CHANEL FASHION - CHANEL BEAUTY LES BEIGES COLLECTION



"PREMIÈRE
ORIGINAL EDITION"
Watch by CHANEL
WATCHES
"EXTRAIT DE N° 5"
Ring in Beige Gold
and Diamonds,
"COCO CRUSH
TOI ET MOI" Ring
in Beige Gold and
Diamonds, "EXTRAIT
DE CAMÉLIA"
Earrings in Pink gold,
ALL CHANEL FINE
JEWELRY

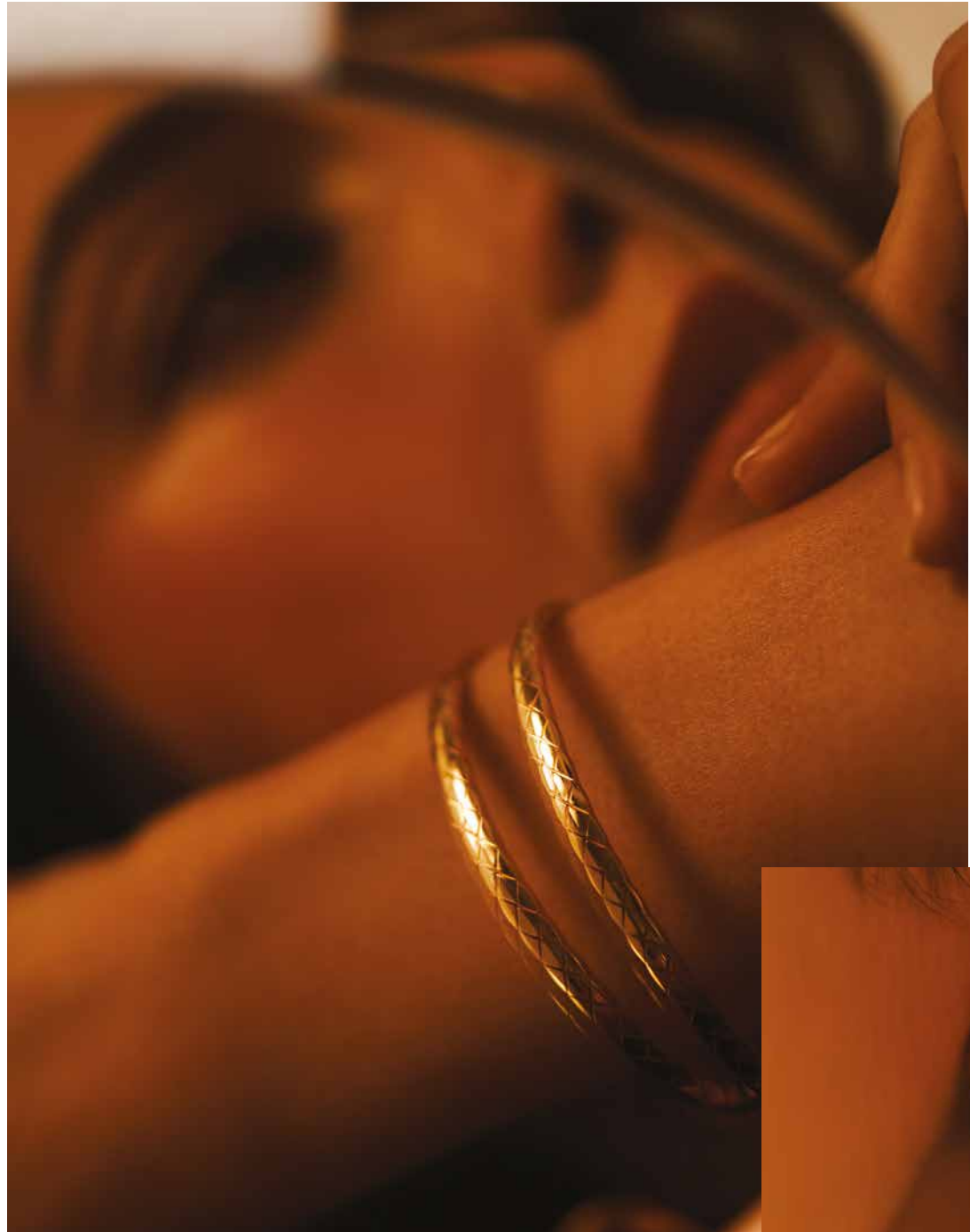


Left page: "ETERNAL N° 5"
Transformable Earrings in Beige Gold
and Diamonds, "COCO CRUSH"
Earrings and Ear Cuff in Beige Gold,
White Gold & Diamond,
ALL CHANEL FINE JEWELRY

"COCO CRUSH" Bracelets
in Beige Gold & White Gold,
"COCO CRUSH" Mini
Bangles in Yellow Gold,
"ETERNAL N° 5" Ring in
White Gold and Diamonds,
ALL CHANEL FINE JEWELRY

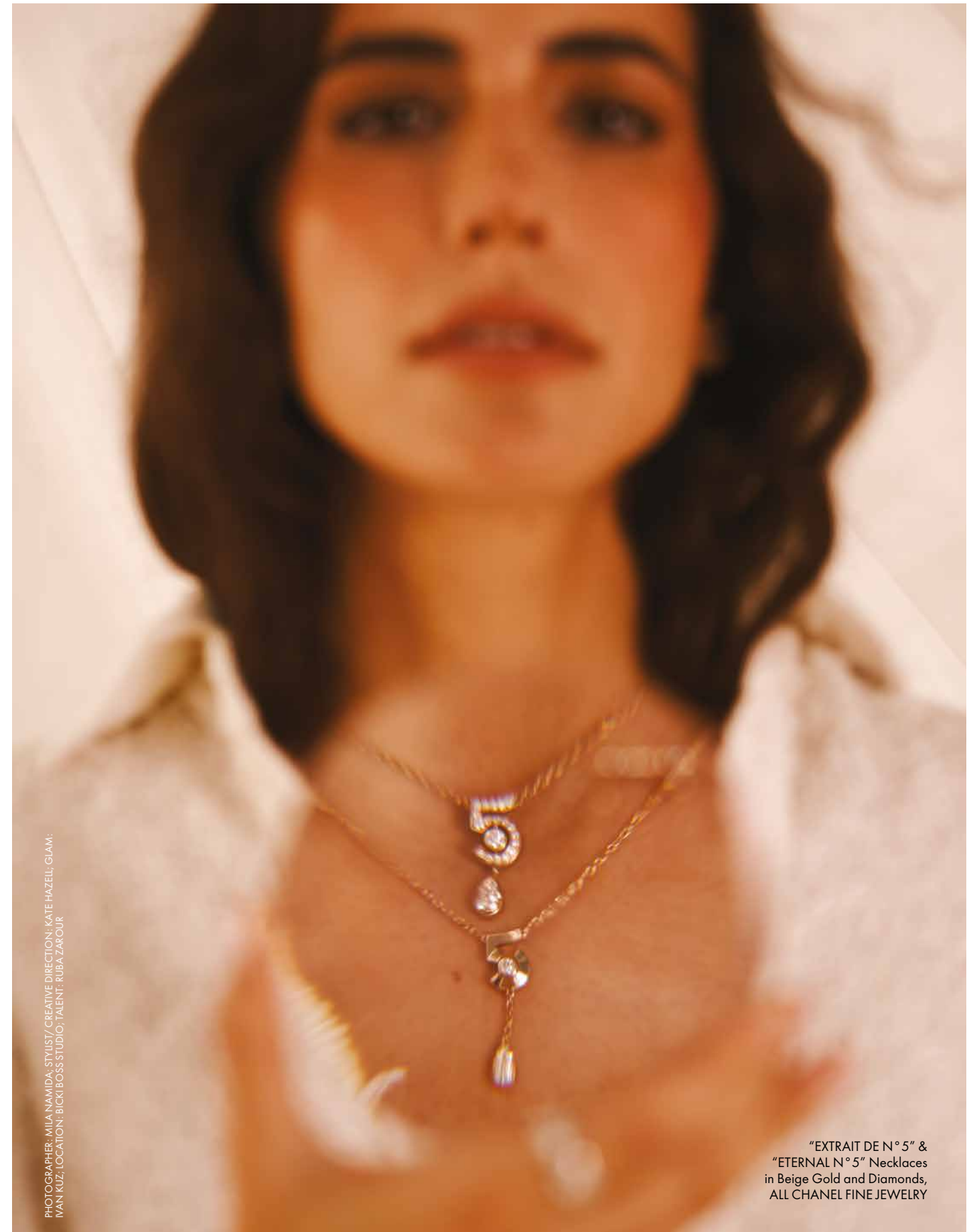


COCO CRUSH"
Mini Bangles in
Yellow Gold,
CHANEL FINE
JEWELRY



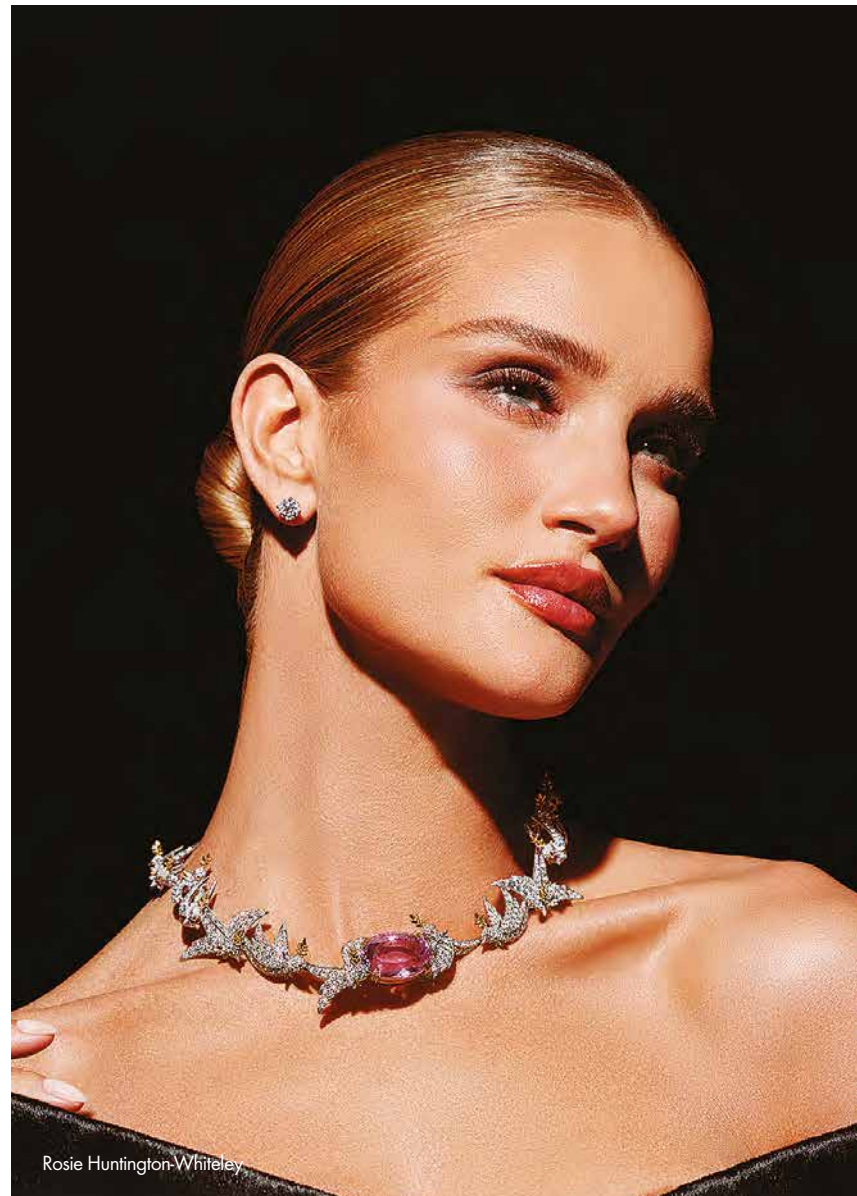
"COCO CRUSH" Earrings in
White Gold and Diamonds,
CHANEL FINE JEWELRY

"COCO CRUSH" Earrings
and Rings in White Gold and
Diamonds, ALL CHANEL FINE
JEWELRY, "PREMIÈRE RUBAN"
Watch, CHANEL WATCHES



PHOTOGRAPHER: MILA NAMIDA, STYLIST/ CREATIVE DIRECTION: KATE HAZELL, GLAM:
IVAN KUZ, LOCATION: BICKI BOSS STUDIO, TALENT: RUBA ZAROUR

"EXTRAIT DE N°5" &
"ETERNAL N°5" Necklaces
in Beige Gold and Diamonds,
ALL CHANEL FINE JEWELRY



Rosie Huntington-Whiteley

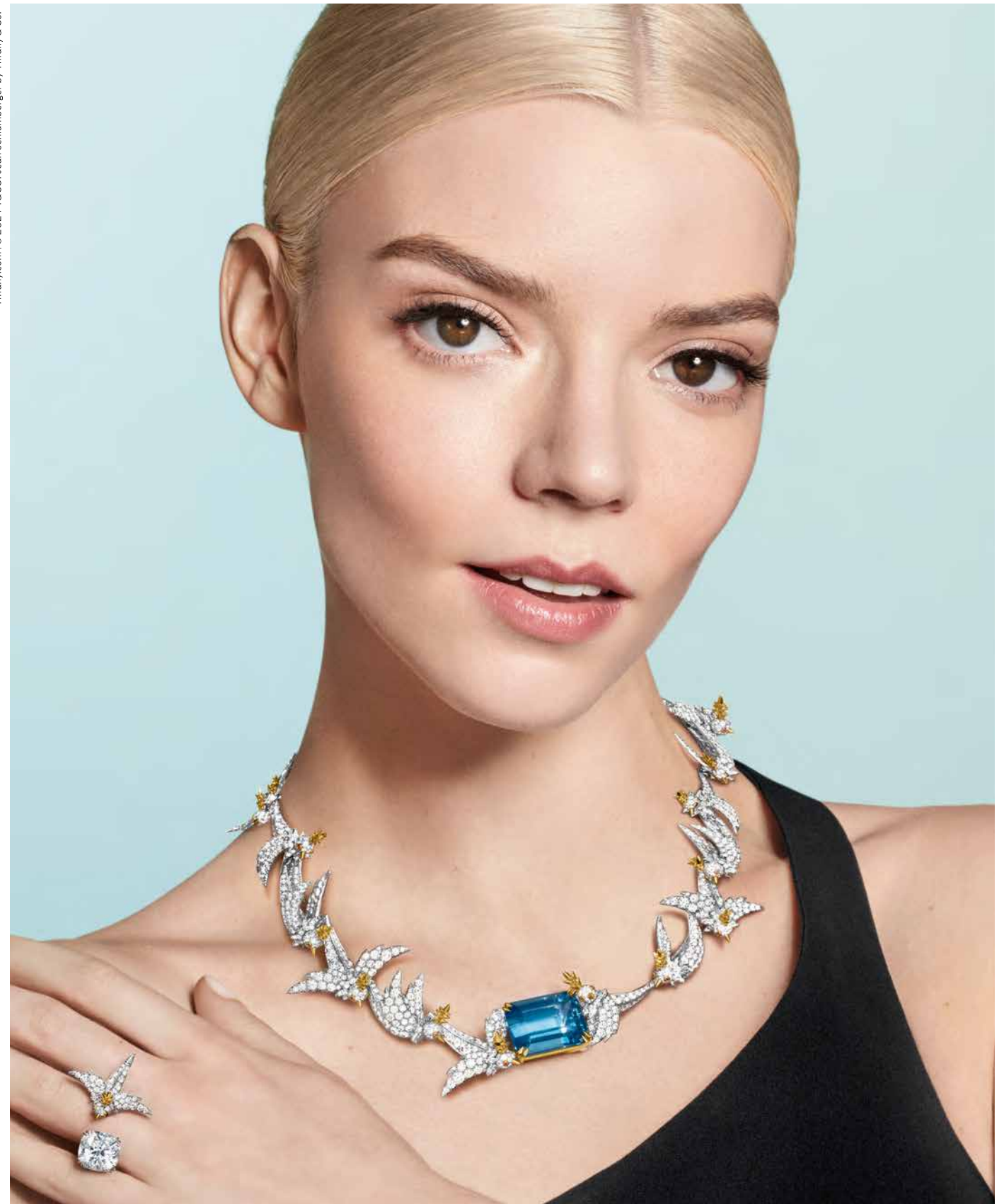
Taking Flight

TIFFANY & CO.'S ICONIC BIRD ON A ROCK SPREADS ITS WINGS WITH NEW INTERPRETATIONS

In the realm of haute jewelry, few creations have garnered as much acclaim and admiration as the Bird on a Rock by Tiffany & Co. Introduced over half a century ago, this jewel has transcended time and captured the imagination of jewelry enthusiasts worldwide. Tiffany's visionary designers have embarked on a remarkable journey, reinterpreting the iconic piece with a contemporary flair that pays homage to the legendary Jean Schlumberger's original vision. The Bird on a Rock, a creation etched into Tiffany & Co.'s legacy by Jean Schlumberger in 1965,

is not merely a jewel; it is a symbol of joy, optimism, and freedom. This timeless masterpiece has now evolved into a new collection that breathes fresh life into its classic elegance. The latest journey sees Tiffany & Co. in the Gulf region, Qatar to be precise, where they are the only Maison to have access to the rarest natural saltwater pearls in the world. Say hello to the magical, mystical Bird on a Pearl! ELLE Arabia ventures into the captivating world of the Bird on a Rock Collection, as we map out the timeline of a Tiffany & Co. icon and its metamorphosis...

Tiffany.com | © 2024 T&CO. Jean Schlumberger by Tiffany & Co.™



Jean Schlumberger by Tiffany

TIFFANY & Co.



Jean Schlumberger by Tiffany

TIFFANY & Co.



Jean Schlumberger by Tiffany



TIFFANY & Co.



*“Bird on a Rock
evokes a feeling of
freedom so genuine;
now we witness it
spread its wings and
soar limitlessly above
and beyond.”*

NATHALIE VERDEILLE
Chief Artistic Officer,
Jewelry and High Jewelry,
Tiffany & Co.

THE TIMELINE

1900-1930

EARLY START

Jean Schlumberger was born in 1907 into a prominent family of textile manufacturers in Alsace, France.

From an early age he had a talent for drawing, and a love of nature and the arts. In his early 20s, he moved to Paris and worked for French couturier, Lucien Lelong, then at a Parisian art publishing house.



1965

INSPIRATION STRIKES

Inspired by a yellow cockatoo bird that he encountered on one of his many trips abroad to Asia and the Caribbean, Jean Schlumberger created the very first Bird on a Rock brooch is one of the House's most emblematic creations.

1961

RISE TO FAME

One of his first artistic moves at Tiffany & Co was to mount the famous 128.54-carat Fancy Yellow Tiffany Diamond on a high jewelry design. Jean Schlumberger's iconic Ribbon Rosette necklace was famously worn by Audrey Hepburn in publicity photographs for the film Breakfast at Tiffany's.



1976

TRUE CLASSIC

The Bird on a Rock brooch becomes a cornerstone of Jean Schlumberger's collection celebrated in Blue Books first appearing in 1976.

1940

CHANCE ENCOUNTER

During World War II, Schlumberger moved to New York where he crossed paths with childhood friend, Nicolas Bongard. In 1947, the two opened a small salon together and soon Schlumberger's clips of jeweled birds and sea creatures were seen on the most fashionable women.

1956

ROOM TO GROW

The chairman of Tiffany & Co. Walter Hoving asked Schlumberger to join the company as vice president. Working out of his personal design studio at the original Tiffany & Co. Fifth Avenue flagship store and with an unlimited supply of the finest colored stones now at his fingertips, Schlumberger created some of the most fabulous jewelry designs of his career including the Bird on a Rock clip, his intricate paillonné enamel bangles and bold colored rings, the Cooper bracelet and the Sixteen Stone diamond ring.



1995

MADE ICONIC

The 128.54 carat Tiffany Yellow Diamond was re-mounted for the second time ever on a Jean Schlumberger design, the Bird on a Rock Brooch, in honor of the designer's retrospective at Musée des Arts Décoratifs in Paris. The Tiffany Diamond remained in the Bird on a Rock setting for 17 years - the longest of any setting.

2023 THE BIRD TAKES FLIGHT!

2023

WHITE DIAMOND SUITE

Tiffany & Co. introduces the Bird on a Rock Collection, with never seen before creations reimagining the iconic brooch designed by Jean Schlumberger. The first launch is the spectacular white diamond suite which features a necklace, bracelet, earrings, rings, brooches, and pendants. Among the star pieces is a ring with an impressive cushion-cut diamond of over 5 carats.



2023

AQUAMARINE SUITE

Featuring a necklace with a 32-carat emerald-cut aquamarine, a bracelet with emerald-cut aquamarine of nearly 16 carats, and a remarkable 49-carat emerald-cut aquamarine that artisans mounted on a reimagined Bird on a Rock brooch.



2023

CELEBRATION

Tiffany & Co. unveils a new design for the Tiffany Diamond, drawing inspiration from the iconic bird on a Rock Brooch, first created by Jean Schlumberger. To celebrate the grand reopening of the Tiffany & Co. Fifth Avenue flagship store, Nathalie Verdeille, Chief Artistic Officer, Jewelry & High Jewelry, has created a breathtaking high jewelry masterpiece that showcases the Tiffany Diamond as both a brooch and a pendant. "Thirty years ago, we set the diamond in the Bird on a Rock for the Jean Schlumberger Paris retrospective. Today, the Tiffany Diamond and the Bird on a Rock meet again for a new love story full of liberty and joie de vivre," said Nathalie Verdeille.

The brooch is designed with five diamond-encrusted birds that encircle the Tiffany Diamond, a sophisticated reimagining of the iconic Bird on a Rock brooch. "The latest design to uplift the Tiffany Diamond is a breathtaking homage to the Bird on a Rock. Rather than a single bird resting on top of the diamond, our designers reimagined the motif to evoke five birds encircling the diamond midair."

VICTORIA WIRTH REYNOLDS, Chief Gemologist, Tiffany & Co.



2023

MORGANITE SUITE

Celebrating Tiffany's 'legacy gemstone' morganite, the suite showcases a 35-carat oval morganite, a brooch set with a 56-carat oval morganite, and a pendant features a 39-carat morganite.



2023

WILD FOR COLOR

In addition to the statement suites, the House also offers new Rainbow Bird on a Rock brooches that express the bird motif in a kaleidoscope of colors, textures and materials from paillonné enamel and pearls to diamonds and colored gemstones. Once selected, a Tiffany jeweler creates a custom setting for each gemstone - generally available in Oval, Cushion & Emerald cut - which helps determine the exact placement of the Bird on a Rock. The Bird is crafted through a special casting process, which has been a technique used by Tiffany artisans since 1867. "Schlumberger's love for the fantastic colors found in nature manifested in his rich gold metalwork, brightly colored enameling and use of vivid-hued gemstones. The artist revived the public's inclination towards a bolder, brighter, stronger color palette with his use of an unexpected combination of colored gemstones."

2023

A NEW STANCE

The celebrated brooch is transformed into an array of pendants that showcase the diamond-encrusted bird in a frontal stance for the first time with vibrant Tiffany & Co. legacy gemstones, such as a 31-carat tanzanite, a 26-carat kunzite and a 23-carat morganite.



2023

WHITE & YELLOW DIAMONDS SUITE

Inspired by Jean Schlumberger's indelible brooch that was first introduced in 1965, this suite features extraordinary designs in yellow and white diamonds over 10, 20, 22 and 28 carats. One 22-carat D color white diamond is cut in the same cushion modified brilliant-cut shape as the legendary Tiffany Diamond.



2023

ON TIME

Tiffany & Co. welcomes three new Bird on a Rock timepieces featuring aquamarines, pink sapphires, or a stunning combo of sapphires, emeralds and blue topazes. The timepieces feature Schlumberger's iconic bird motif, crafted from platinum, 18k yellow gold and diamonds. Innovative mechanisms allow the gemstones and bird motif to gracefully spin around the dial as the wearer moves.



2023-2024

BIRD ON A PEARL

Debuting in Doha, Jean Schlumberger's signature bird perched on a gemstone is re-envisioned with natural saltwater pearls. Sourced in the Gulf region and acquired from Mr. Hussein Al Fardan's private collection, these pearls are prized for their size, shape and unrivaled luster. A masterpiece within the collection is a three-strand necklace of graduated natural saltwater light cream pearls of over 371 total carats. Remarkable baroque, button and near-round pearls give new life to the iconic brooch, while a pendant, earrings and rings are set with rare natural saltwater dark gray, gray, light cream, light pinkish-brown and white pearls. "Bird on a Pearl represents the pinnacle expression Jean Schlumberger's beloved Bird on a Rock brooch," says Vicky Reynolds Chief Artistic Officer ~ Jewelry & High Jewelry at Tiffany & Co. "We are very fortunate to have accessed the private natural saltwater pearl collection of Mr. Hussein Al Fardan, recognized around the world as the rarest and most extraordinary pearls."



Design diaries

British Palestinian designer *Noor Neiroukh* talks sustainability, her rich heritage and *how her jewelry is able to capture both beautifully.*



KAVALA GREECE WORKSHOP



All Nurnei jewelry is handmade, cast in Sterling Silver and coated in 24Kt Gold Vermeil. Selected jewelry and new UAE exclusives are available to browse at The St Regis Saadiyat Island Spa.

How did you get into the beautiful world of jewelry design? I've always had an amateur interest in jewelry making, often making simple jewelry by hand using freshwater pearls and semi-precious beads and antique coins for myself. However, I wanted to go deeper and learn more about silver smithing. It was soon after relocating to Greece I serendipitously came across an artisanal jewelry workshop in the heart of the old town of Kavala. Observing the art and craftsmanship of silver smithing opened my imagination to the world of jewelry making and my first design came naturally.

What was the first piece you ever created? The first piece I had cast in Kavala was the '5 Mills Coin' from the British Mandate of Palestine minted in 1939. It was from an antique coin collection I had inherited from my father; they became sentimental to me as a Palestinian in diaspora with little

physical connection to my homeland where I spent my early childhood. They were the only coins in history to ever be minted 'Palestine'. I used to wear the original coin, so casting it in Sterling Silver and plating it in 24Kt Gold was symbolic for me.

Do you still have it? Yes, I have the original coin I made a mould of and the first casting! I keep this coin in my own personal collection as a memory of the beginning of my journey in jewelry.

What does Nurnei mean? I needed to come up with an original brand name, so I played with the idea of names of my favorite precious stones from Arabic and Greek but in the end, I settled on the combination of my first and

last name, Noor (NUR) Neiroukh (NEI). It had a ring to it and it was after all the most fitting for a brand that was to be a culmination of various elements of my life.

The brand is all about sustainability. How does this shine through your designs? I don't follow trends or launch new collections per season. I design when I'm inspired. I often refer to our jewelry as slow jewelry, in the sense that generally we operate on a made-to-order basis and that I design when inspiration comes naturally. Interweaving classic elements in jewelry such as pearls and coins along with organic shapes and textures enables me to create timeless designs that can be dressed up or down and worn in any season.

How does your Palestinian heritage influence your work? Which aspects of the culture do you draw upon? Palestinian heritage is very rich, from glass blowing to weaving to cross stitch to mother-of-pearl craft and much more. I always wanted to include a traditional Palestinian craft as part of our brand as well as support local Palestinian artisans. So I chose mother-of-pearl craft to complement our jewelry since it is a semi-precious material which is often featured in jewelry since the beginning of time.

You just launched in Abu Dhabi. Are there any new designs that are specific for this launch?

I designed two exclusive necklaces for this launch featuring two native shells to the UAE, collected from Saadiyat beach. I'm heavily inspired by nature so this collection was no different! I took these shells back to our workshop in Kavala and had them cast in silver. Each shell is very different, reflecting the remarkable biodiversity of marine shell species in the UAE. Shells are symbolic of the sea, here I use them to reflect the connection between Emirati heritage and the tradition of fishing and pearl diving.



Actress Amandla Stenberg dazzles in the new pieces from Chanel's latest Coco Crush Fine Jewelry Collection



"WE ♥ THE CLEAN CRISSCROSSES ACROSS THE CURVED SURFACE OF EACH PIECE"

Jewelry

Crush on you

With these latest COCO CRUSH creations, *Chanel Fine Jewelry* continues to pay homage to Gabrielle's celebrated ability to *combine strength and delicacy*

Reminiscent of the Maison's iconic quilted motif on bags, accessories, fashion and even timepieces, the COCO CRUSH Fine Jewelry collection became an instant hit and a modern classic when it was launched in 2015. With its clean lines and instantly-recognizable crisscrosses, it earned an immediate place in our hearts. Now Chanel has added new creations to the collection, including a single earring in white gold, and new mini bracelets in yellow, white or beige gold, with or without diamonds.

Twist & Turn: The new COCO CRUSH mini bracelets feature the exclusive*, rotating and invisible COCO TWIST clasp that allow you to open and close them with a simple turn.

Owning it

A modern-day *maverick* – she's modeled, *broken into acting* and knows how to hold a tune – *Sonia Ben Ammar* is the multi-hyphenate *talent who knows* what she wants. In *Burberry's Spring 2024 collection*, she opens up about finding her footing and the *road to come*.

Photographer & Art Direction MALAK KABBANI
Styling & Creative Direction CARMEL HARRISON

Prince of Wales Check Silk Cotton Blend Jacquard Car Coat in Black and White, Prince of Wales Check Wool Blend Jacquard Turtleneck Top in Black and White





Prince of Wales Check Wool Blend Jacquard
Turtleneck Top in Cameo and Sherbet, Burberry
Check Cashmere Scarf in Sherbet,



Prince of Wales Check Wool Viscose
Jacquard Zip Dress in Black and White,
Prince of Wales Check Nylon Tights in
Black and White, Cubic Zirconia Gold-
Plated Hollow Layer Ring,
Gold-Plated Hoop Earrings, Leather
Stirrup Tall Boots in Black



Prince of Wales Check Silk Cotton Blend Jacquard Car Coat in Black and White, Prince of Wales Check Wool Blend Jacquard Turtleneck Top in Black and White, Prince of Wales Check Wool Blend Jacquard Track Pants in Black and White, Check Wool and Leather Medium Chess Blanket Bag in Black and White, Silver and Gold-Plated Hollow Stacking Rings, Shiny Leather Baby Pumps in Black

Prince of Wales Check Wool Jacquard Coat in Ivy, Prince of Wales Check Nylon Tights in Ivy and Daffodil, Gold-Plated Hollow Medallion Necklace, Check Towelling Pool Sandals in Ivy



Cover story



Prince of Wales Check Wool Jacquard Coat in Ivy, Prince of Wales Check Nylon Tights in Ivy and Daffodil, Gold-Plated Hollow Medallion Necklace, Check Towelling Pool Sandals in Ivy



Hooded Parka in Cream, Houndstooth Silk Chiffon Hooded Dress in Ivy, Shearling and leather Medium Knight Bag in Hunter

On your Instagram bio, it reads Polish-Tunisian. How did your mixed up bringing shape your approach to life? Coming from a background of such a melting-pot of cultures has given me a sense of open-mindedness to the world around me as well as more acceptance, understanding, and curiosity. I'm proud of my heritage and the same time, I feel like a citizen of the world.

Where do you call home at the moment? Home is wherever I am surrounded by the people I love. Right now I consider Los Angeles home, but when I travel, wherever my family is feels like home.

What is one thing people don't know about you? I've been learning italian for a year and a half and I'm almost fluent.

You come from a film background – your father is a producer and your mother was an actor. Do you feel you were more or less destined for a career in the film industry? Film has been a big part of my life since I was a little girl. I grew up watching endless movies with my family, visiting film sets, and getting to see the whole process of how a film is made. It was a privilege to be able to have those experiences that quickly shaped into a passion.

Any words of advice they have given you regarding the industry? I'm so lucky to have have such supportive parents who have always encouraged me to follow my passions. They push me to keep going and persevere even through setbacks or rejection, which is so important.

Model by day, Horror movie star by night, and songstress on the weekends. How do you juggle it all and at such a young age? I was always busy as a kid, doing activities

such as theater classes, ballet, piano, or singing classes. It gave me discipline and a love for creative arts. I started working quite young while I was still finishing school, so I had to learn to balance everything at the same time, and while there were some sacrifices I made, it's worth it. I feel so lucky that I get to do what I love.

You're a multi-faceted person with a multi-hyphenate career. Is there one pathway you see yourself leaning into more than the other? I trust where life will take me, and I will take any opportunity that fulfills me creatively, without expectations or limitations. I don't put myself in a box – I believe that anything is possible and all the things I love are somehow all connected and that one will creatively help me access another.

Do you see yourself recording an album? I definitely see myself recording albums. I've recorded so many songs by now I think I have enough to make an album!

What's next on the agenda for Sonia? I just finished composing some music for a beautiful film that will come out next year. I have always loved composing, and film scoring is something I would love to continue to pursue.

101 WITH SONIA

My way of letting go and relaxing... is watching a good movie A place that inspires me... Florence
My motto in life is... it's not all up to me New Year's resolution for 2023... more gratitude. Less overthinking I see myself in 10 years... Fulfilled. Inspired. Working hard. Building a family.



PHOTOGRAPHY & ART DIRECTION: MALAK KABBANI; STYLING & CREATIVE DIRECTION: CARMEL HARRISON; MAKEUP: LOUISE MADDISON; HAIR: MILOSZ FAWIAK; ASSISTANTS: LOCATION: HUDDERSFIELD, ENGLAND; TALENT: SONIA BEN AMMAR

Rose Print Silk Chiffon Gown in Ivy, Rose Print Nylon Tights in Ivy, Puffy Leather Small B Cut Bag in Vine, Silver Spear Stud Earrings, Leather Stirrup Pumps in Vine



"OUR HERITAGE IS OUR STORY;
WITHOUT IT, WE WOULDN'T BE
WHO WE ARE TODAY."

reflect and express their unique style. The interplay of light and shadow in our designs mirrors the dynamic journey of self-discovery, adding depth and allure to each piece in the collection.

THUNA strikes a delicate balance by drawing inspiration from timeless designs while infusing them with contemporary elements. We stay attuned to global fashion trends, ensuring that our products reflect both enduring elegance and current styles. This balance allows THUNA to cater to a diverse audience with varying preferences.

In five years, we envision THUNA as a regional brand that's available both online and has a physical presence in all the major gulf cities. We aim to expand our brand to a more lifestyle brand that provides more variety of product that compliments our shoes. We aspire to have the brand always known for its quality, innovation and cultural appreciation. Expanding our reach while staying true to our roots, continuing to inspire women worldwide with our unique designs and commitment to craftsmanship.

To aspiring women entrepreneurs in the region, I would say: believe in your vision, stay true to your values, and embrace challenges as opportunities for growth. Surround yourself with a supportive network, continuously educate yourself, and be open to evolving. Your journey may have surprises, but each step contributes to the success of your dream. Above all, be passionate and persistent, and let your brand reflect the authenticity and strength of your vision.

THE RIGHT PATH

The founders of *Thuna*, Altaf and Sharifa, on their journey of creation, heritage, and collaboration

In the heart of Kuwait, longtime friends turned business partners Altaf Almudhayan and Sharifa Al Suleity teamed up to design contemporary, handmade and high-quality women's footwear and accessories. The name, THUNA, is derived from the Arabic word for 'pair,' and signifies the deep bond between the women who are dedicated to celebrating each woman's unique journey. Beyond fashion, they say the brand represents a commitment to creation, heritage, and collaboration; handcrafted with precision and using fine materials, each piece narrates stories of rich culture. Altaf and Sharifa shared with ELLE Arabia their vision for THUNA, and how they strive to empower individuality and diversity...

Noticing a gap in the Gulf market for unique local footwear catapulted our idea to start a new brand. Our sole inspiration is always the Arab woman and her resilience in her day-to-day life. And the deep appreciation for craftsmanship and a desire to offer discerning women unique and high-quality products. We were motivated by the idea of creating pieces that reflect elegance, individuality, and the rich cultural heritage of the region.

One delightful surprise has been the incredible support from our customers and the community. On the challenging side, navigating the ever-evolving fashion industry and maintaining the balance between tradition and innovation has been a continuous learning experience.

Our personal styles play a significant role in shaping THUNA's designs and ethos. We draw inspiration from our cultural roots and fuse them with contemporary elements, resulting in products that are a reflection of our personal aesthetic and a celebration of diversity.

THUNA is committed to pushing the boundaries of design by embracing innovation while preserving traditional craftsmanship. We collaborate closely with skilled craftsmen, fostering a symbiotic relationship that allows us to blend modern design concepts with time-honored techniques. This commitment ensures that each THUNA product is a masterpiece, crafted with precision and passion.

THUNA's distinctive approach to women's footwear and accessories is shaped by the unique Arab woman's need, like flat foot, high instep and wider calves. This understanding of the Arab woman helps us accommodate their needs fully. To add, at THUNA we also

design based on seasonality, like Ramadan, summer and winter! For example, our summer collections are expansive for our long summer months, they're also designed with more shoe cutouts for breathability and comfort during those hot months. Also, since we have short winters that aren't as cold in the region, we keep that in mind when designing winter footwear! This sets us apart in the market often saturated with mass produced shoes.

Our latest Winter Collection is a stunning blend of elegance and innovation, drawing inspiration from mirrors, showing the reflection of our inner selves to the outer world. Women are our core inspiration at THUNA, and we always take inspiration from their journeys in life including their own personal journeys. This season, we showcase this reflection in our shiny fabrics and geometric angles in the shoes. Featured prominently are our bestsellers, Solene and Miray—the former exuding timeless sophistication, and the latter, a beloved boot style synonymous with comfort and style. This collection invites our customers to explore new facets of their style, offering versatile pieces that reflect both their individuality and the bold angles that define THUNA's commitment to innovative design.

The incorporation of reflective elements into our designs is rooted in the captivating inspiration drawn from mirrors for our latest Winter Collection. Mirrors symbolize self-reflection and endless possibilities, serving as a metaphor for the multifaceted nature of our customers' lives. By infusing angular patterns and reflective leather into our creations, we aim to capture the essence of mirrors — offering not only a visually striking aesthetic but also an invitation for individuals to





FROM SKETCHES TO STARDOM

In 'Oh My Gosh, I Love Your Shoes!' renowned shoe designer Sophia Webster brings us into her *enchanting world* with stunning visuals and unveils the *stories behind* the designs



Known for her enchanting and whimsical designs, Sophia Webster has not just adorned the feet of celebrities but has also woven a captivating narrative through her journey as a leading British shoe designer. Ahead of her appearance at the Emirates Airlines Festival of Literature later this month, Sophia Webster spoke to ELLE Arabia about her latest creation, "Oh My Gosh, I Love Your Shoes!" - a coffee table book that not only showcases a decade of head-turning heels with 365 sketches, but also unveils the untold stories behind each design. From her early days as a young creative to drawing inspiration from the Spice Girls, Sophia's story is a celebration of passion and creativity...

The reviews mention the book as a beautiful object, not just for its content but also its design. How important was it for you to make the book visually striking, and what role did design play in telling your story? I wanted each spread to relate to the story or message that was being told in the words, as well as having the perfect images to go with them. It ended up being a bigger design project than any of the collections I'd ever done!

I was very thoughtful about the cover of the book as I wanted it to pop out at you whether that's on a webpage, on a shelf in a store, in an influencer's Reels, or simply on someone's coffee table. The strap line of the book is "A Decade of Head Turning Heels", so it felt fitting to me that the cover of my book was head turning too! My products have been photographed a thousand times and I've learnt some lessons the hard way, like certain colors just don't photograph well.

So I chose colors that worked for the camera and teamed that with an image that was inspired by one of my highest-ever performing Instagram posts: a shot of my shoe shelves. This cover image in itself took a long time to curate, but it is the perfect accompaniment to the title. The edges of the book are sprayed tonal to the cover, so whichever angle it's looked at, it's pink. The title, "Oh My Gosh, I Love Your Shoes" was inspired by a phrase that I and others - as reported by my friends and customers - often get from encounters with strangers enthusiastically commenting on my shoes. I love to hear that they leave an impression.

The book is described as a celebration of a decade of head-turning heels. Is there a particular design or collection that holds a special place in your heart? When I became pregnant for the second time with my twins and the due date was to be during London Fashion Week, I decided the next show would be my last. I chose to put my family first and so of course I wanted my last show for

the foreseeable future to be special, so I chose a theme close to my heart: dance. The inspiration was Strictly Ballroom, one of my favorite Baz Luhrmann movies, and we turned the incredible Pompadour Ballroom at London's Hotel Café Royal into a competitive ballroom dance set. I had real ballroom dancers performing on the terrace under a Coca Cola mirror board, as

per one of the iconic scenes in the film. All the things that inspired me from my teenage competitive disco dancing days were represented in abundance: feathers, glitter, sequins, crystals, lamé and lycra! Part of the set was a trophy cabinet scene, and I filled the shelves with my own trophies from when I competed. It really captured the intoxicating atmosphere of the dancing world I grew up in so it's definitely my favorite and most memorable season.

Your book not only showcases your designs but also delves into the stories and learnings behind them. Could you share one of those stories that particularly resonates with you? I like to think that my book will appeal to many different audiences such as female entrepreneurs, and people that are passionate about fashion, color or butterflies. But one of the really key stories that I wanted to share was my journey through young adulthood, finding my way to the point of launching my own brand. This is aimed at anyone wanting some inspiration on how to get from A to B and speaks of the importance of balancing dreaming with hard work and self-belief. One of the early experiences that I had of this was being at Cordwainers college - the famous shoe making and design part of London College of Fashion. It wasn't until the final year of the course that we were allowed to design our dream shoes and mine was a red carpet collection. For our coursework we had to create customer profiles and mine was every a-lister from Beyoncé to J-Lo. My tutor wasn't very impressed and gave me a reality check, saying that it's very hard for designers to get shoes on celebrities without the right connections. I retrospectively realized that her advice was speculative and if you have drive, belief and resilience you can make things happen for yourself.

Many famous personalities have worn your shoes on red carpets. Is there a specific celebrity moment that stands out to you as a proud highlight in your career? The celebrity moment that fills me with pride very time I think about it is when Oprah Winfrey wore my Coco crystal pumps to deliver her iconic speech honoring the #MeToo movement at the 2018 Golden Globes Awards. It is such an important event in culture but on a personal level, as a female entrepreneur in a male dominated industry, the words moved me to my core. The shoes have been donated to the Smithsonian National Museum of African American History and Culture for an exhibition called Watching Oprah.

Juggling a fledgling business with a young family must have presented its own set of challenges. Can you share a specific moment or experience that encapsulates the delicate balance between entrepreneurship and family life? Running up to the moment my first child Bibi was born, the business was operating at 100 miles an hour and being a year old we were still very much a start-up company in its infancy. At that point I had little headspace for the realities of becoming a parent and

beautiful things can happen from the most ordinary of starts. Life is what you yourself do with and make of it. From the moment I was born everything in my environment shaped me one way or another; I didn't need to travel the world to be inspired, inspiration was always right there in front of me. I also think it felt important for me to highlight the fact that any journey must include failure and set-backs, and being open to what the universe has in store for you is a stimulating and creative way of living.

I THINK EVERYONE'S SHOES 'TALK' - IN THAT THEY SAY SO MUCH ABOUT THE PERSON THAT'S WEARING THEM! I THINK MY SHOES WOULD SAY, "SOPHIA IS BOLD AND CREATIVE, AND SHE LOVES TO TELL A STORY"

when Bibi arrived, I had not built a new-mom network around me and none of my friends had babies. I felt isolated at home and didn't want to choose between being a mom and building the business I had spent my life dreaming about. The right thing for us to do at that time was to take Bibi into work with us. Bobby converted the mini mezzanine area next to my desk into a baby area. Although it wasn't ideal to simultaneously care for a newborn and run a business, I feel very fortunate that I worked with my husband and we were able to be a family during that time. I imagine it would be very challenging as a new mom to go through the newborn stage at home alone.

Can you share a piece of advice or a lesson you've learned along your journey that you believe aspiring designers or entrepreneurs should know? Before you go head-first into a business, I'd like all aspiring designers and entrepreneurs to know that they will never ever be wasting their time getting some real industry experience. Before I launched my brand I had worked on shoe shop floors, made cups of tea as an intern, worked in luxury placements, high street placements, grabbed every bit of freelance design work that I could and drawn literally thousands of shoes. Every experience was an invaluable learning opportunity and shaped my ability to launch and maintain a brand. I watched others do it and formed my own way of doing things. I truly believe this was a solid foundation to creating my own company.

Finally, what message or feeling do you hope readers take away from "Oh My Gosh, I Love Your Shoes!"? I definitely want people to feel uplifted by the words and visuals in my book. And I want the reader to see that many





READ

In today's day and age, it's essential to *find our moment of peace* a token to our *mental wellness* – whether by being physically present in a calming retreat or making peace through *different noises around us*. This month's 'read' adds some must-have tomes for your soul as *well as your library*



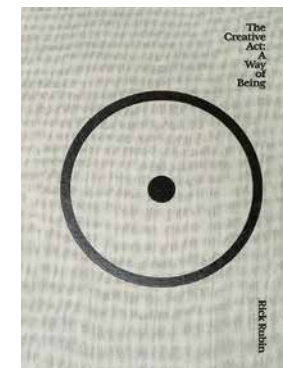
BE WELL: NEW SPA AND BATH CULTURE AND THE ART OF BEING WELL
by Gestalten & Kari Molnar

A journey into the most extraordinary spaces in the world, the book unpicks the 'second coming' of self-care and highlights our efforts to nourish body and spirit in the modern day.



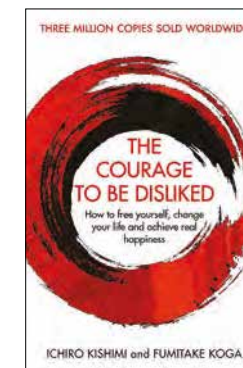
GREAT ESCAPES YOGA: THE RETREAT BOOK
by Angelika Taschen

The new year calls for a relaxing retreat and a healthy reset to recharge your energy. With that mindset, Angelika Taschen has gathered a coveted list of some of the world's most exquisite and inspirational yoga retreats to escape to.



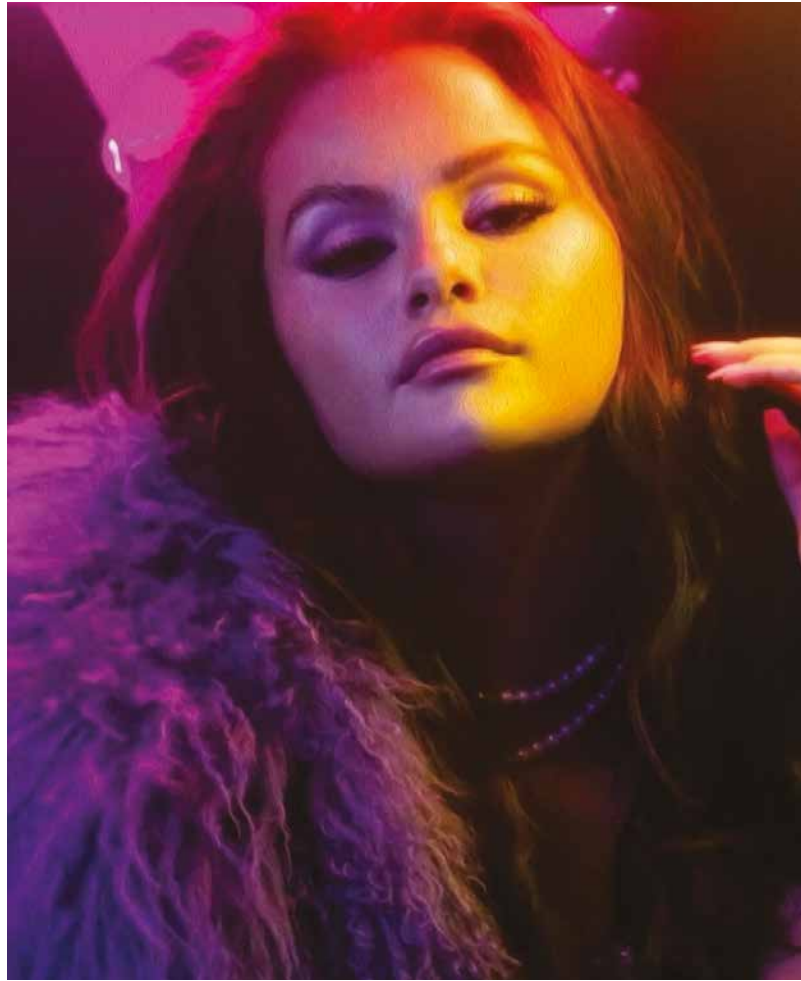
THE CREATIVE ACT: A WAY OF BEING
by Rick Rubin

Working through static noise and rush periods can cloud and dim our inner creativity. Offering a refuge to start, this book by legendary music producer Rick Rubin has meditations to help you tap into your wellsprings of creative juices again.



THE COURAGE TO BE DISLIKED
by Ichiro Kishimi and Fumitake Koga

Wellness and self-love are exciting topics to be considered together. Using 19th-century psychology serves as a reminder to liberate your mind and be courageous enough to see beyond society's expectations and direction.



Play

SINGLE SOON BY SELENA GOMEZ

As we wait for Selena to drop the as-yet-untitled album (speculated for end of January), all we can do is hear 'Single Soon' on a loop. The song, released in August, took an electronic dance direction and we can't help but hum the infectious breakup song all day long.



WATCH SEE PLAY

With *calendars a buzzing*, these are the noteworthy happenings *causing* a buzz at *the moment*



See

LUDOVICO EINAUDI AT DUBAI OPERA

Considered one of the best-loved neo-classical pianist and composers, Ludovico Einaudi returns back for a 3-night series for the fifth time at Dubai Opera from 19-21 January 2024. Best known for his vibrant, emotive and exuberant style of music that incorporates a fusion of genres including pop, folk, classical and world music, he plays on the simplicity of piano-forte.

COMPILED BY SWATI JAIN

Watch

GRISELDA ON NETFLIX

The new limited crime series starring Sofia Vergara chronicles the real life of savvy and ambitious Colombian business woman, Griselda Blanco, the notorious drug queenpin of Miami. In line with the character's real-life story, the Modern Family favorite takes on her darkest role yet unlike her soft image we might be used to.



Listen

NORMAL GOSSIP

Delivering juicy, strange and utterly hilarious gossip about strangers, Normal Gossip by host Kelsey McKinney is the perfect podcast to unwind to. The weekly show has Kelsey indulging in a conversation about meaningless and wacky rumors floating around her social scene – ending in steaming tea of messy stories and high-drama stranger entanglements.

Follow

INSPIRED BY THE HOT-TAKE ON 'NEW YEAR, NEW ME', WE ROUND UP THREE INFLUENCERS TO FOLLOW FOR YOUR FITNESS & WELLNESS INSPIRATION THIS JANUARY.



DINA GHANDOUR
@Wellnesswithdina

A 300-hour certified yoga teacher, Reiki Master and more – Dina Ghandour's philosophies have been rooted in nurturing women and helping them remember their own worthiness and strength through and through.



RAMLA ALI
@Ramlaali

British-Somali Pro-Olympic Boxer, Ramla Ali has made a name for herself in the world of boxing. Follow her journey as the first Muslim woman to win an English title and the first boxer in history to represent the country at the Olympics.



RAHA MOHARRAK
@Rahamoharrak

The youngest Arab and the first Saudi woman to climb Mount Everest, Raha Moharrak is a mountaineer and a graphic designer. She uses her platforms to inspire young women, especially Saudi women to believe in themselves no matter what.

A Celestial Collaboration

Marina Fedorova and Yousef Akbar redefine boundaries in art and fashion

"Ethereal Echoes," an avant-garde exhibition, marks the convergence of Marina Fedorova, an international contemporary artist, and Yousef Akbar, a visionary Saudi Arabian fashion designer. Held at the FWD by MOKSYZ Boutique in the heart of Riyadh, the exhibition was a multifaceted dialogue that transcends boundaries, weaving together diverse cultural influences and artistic expressions. For this collaboration, Marina Fedorova and Yousef Akbar shared a common vision - redefining classical narratives in art and fashion. The exhibition offered a unique blend of Marina's captivating paintings from the Cosmodreams series and Yousef's contemporary dresses. As these two artists bridge the realms of painting and fashion design, they invited viewers to embark on a journey that explores themes of peaceful coexistence, environmental awareness, and the boundless possibilities of self-expression. The "Ethereal Echoes" exhibition introduced groundbreaking use of augmented reality, virtual reality, and other digital technologies. Marina Fedorova's Cosmodreams paintings came alive through an interactive experience, allowing viewers to transcend the traditional boundaries of art and immerse themselves in a multisensory exploration. ELLE Arabia spoke to Marina about how, along with Youssef, they created a narrative that traverses dimensions and cultures, breathing new life into Saudi Arabia's rich heritage and inspiring a collective dream for a better world...

How did you and Yousef Akbar first connect? And what sparked the idea of bringing together the worlds of contemporary art and fashion design?

Initially I was hesitant as my perception of Saudi Arabia was clouded by preconceptions. However, as soon as I saw Yousef's designs, I understood how wrong I was. He destroyed my stereotypes about Saudi fashion with his bold, bright and daring styles that I believe appeal to women the world over. The key to a successful collaboration is mutual admiration, and we had that. It was very pleasant and easy to work with Yousef; he felt the Cosmodreams mood 100% and created a gorgeous dress that fully represents the cosmic theme of our project. I find it a unique collaboration of two artists from different media — painting and fashion, different sides of the world, different cultures, and heritage backgrounds. But we have something in common; for both of us, beauty is essential. Beauty that should save the world. I'm sure our dreams are the same: peaceful coexistence of people and countries, awareness about the future of our planet, and the preservation of nature. The whole Cosmodreams project is about people's desires, dreams, and aspirations. For instance, what do people of the desert dream about? The desert turns into a forest, oasis, rivers, and waterfalls, fruit orchards. "Ethereal Echoes" embodies this vision. It invites everyone to join us in dreaming, to find inspiration, and to collectively work towards making our world a better place.

What personal experiences or beliefs led you to focus on themes like peaceful coexistence, environmental awareness, and self-expression?



MARINA FEDOROVA



Above left: GREEN DRESS
Above: PALM TREE LADY
Below: BLUE DRESS
Below right: YOUSEF AKBAR



I suppose an artist is socially responsible; an artist transmits ideas, attracts attention, and can influence people's minds. For me as an artist, it's very important to raise the topic of peaceful coexistence, environmental awareness, and the impact of humanity on our beautiful home planet Earth. I not only admire and share the beauty of nature, but I also ask the question: In what condition will we leave the planet to our next generations? I urge the audience to be more eco-conscious and stop self and environmental destruction. The Cosmodreams project is not only about entertainment, but I also hope it will make people think about our future world. My motto is "Beauty saves the world." The beauty of our souls and deeds.

The use of augmented reality and digital tech sounds fascinating. How do your paintings come alive through these technologies? What kind of experience can visitors expect? The digital components of this exhibition serve as a bridge between classical painting, which may appear somewhat traditional in today's world, and a broader audience. In a world where smartphones absorb our contemporaries' attention entirely, why not experience paintings through the lens of a phone screen and uncover a story that goes beyond the canvas? I've always aspired to go beyond conventional boundaries and create a story within my artwork. Many art curators have described my paintings as 'film stills,' the moments from the inner movie of my mind. Today, with all the digital art technologies at our disposal, I can share these inner movies with everyone. For me, digital art, especially in the formats of augmented reality (AR) and virtual reality

(VR), offers new opportunities for self-expression by enriching artworks with an interactive experience. This realm of art deeply fascinates me, and I always strive to create something novel that captures the attention of a global audience from diverse cultural backgrounds. Digital technologies are new tools in the artistic palette. **Can you give a glimpse into the inspirations behind the new artworks you created specifically for "Ethereal Echoes"?**

- Green Dress is inspired by Yousef Akbar's deep emerald dress which matches the palm trees of the. The color is also important in Arabic culture, and of course Saudi Arabia's flag is green.
- For Yellow Dress, the inspiration came from an imaginative paradise garden with flowers, palm trees and waterfalls. The dress itself looks like a flower.
- For Blue Dress, I imagined how refreshing it is to bring water to the desert. Yousef Akbar's dress sparkles like a water under the sun's rays, so for this painting I turned the dress to water.
- For the Palm Tree Lady sculpture, I sought to create an image that incorporated the modern with ancient folklore. Al-Lat, the pre-Islamic Goddess of the Harvest, Fertility, and Love, was the muse for this piece.
- The AlUla area is one of the most artistically and culturally exciting locations in Saudi Arabia. The vast area includes a lush oasis valley, towering sandstone mountains, black basalt volcanic plateau and ancient cultural heritage sites dating back thousands of years to when the Lihyan and Nabataean kingdoms reigned. The AlUla landscape seems like another planet to me, and so I created a story where there are portals to other worlds hidden there.

•The World Heritage Site Diriyah is a beautifully preserved mud-brick city that was the birthplace of the Kingdom of Saudi Arabia, and the original home of House Al Saud. When I painted it, I imagined how this heritage will be preserved through centuries, and in future it might happen that in rivers and waterfalls replace sands in River.

Saudi Arabia's rich heritage plays a role in the narrative. How does this manifest in the details of your paintings and Yousef's fashion designs? The Al-Ahsa Oasis, a true gem within Saudi Arabia's geo-cultural heritage, has ignited the creative spirit within me and Yousef. As visionary artists, we both drew profound inspiration from this splendid oasis, each crafting a masterpiece that pays homage to its timeless allure.

My artistic vision is expressed in a sculpture, a tangible embodiment of the oasis's enchanting beauty. Filled with details and a touch of futuristic technology, it captures the very essence of Al-Ahsa's rich heritage, inviting you to immerse yourself in its storied past. Yousef's creative genius took the form of a breathtaking dress. This dress, a harmonious fusion of art and fashion, serves as a living canvas that elegantly captures the oasis's intricate charm. Together, our creations celebrate the unparalleled magnificence of Saudi Arabia's heritage, as they breathe new life into its history and cultural significance through the lens of art, fashion, and technology.

Organized by 'Sputnik Partners' and curated by 'Authenticité by Hatem Alakeel,' "Ethereal Echoes" is a testament to the transformative power of art and the limitless possibilities of creative collaboration.



PHOTOGRAPH BY SUERAYA SHAHEEN



Her artist monographs and publications by Misk Institute and Rizzoli sit alongside a photo sculpture by Dia Mrad (as a collector, she encourages supporting young artists from the region).



A sculpture by Hala Al Khalifa dominates the exhibition space curated by Lulwah and open to the public by appointment.

INSIDER

TREASURE TROVE

A pioneering figure in the *Saudi Arabian* art scene, LULWAH AL-HOMOUD takes us inside ISDAR, her new artspace in *Riyadh*, surrounded by signature blue paintings from the 'Language of Existence' series, amongst other artworks she collects and exhibits



All In The Family: her studio manager, niece Deemah and son Omar help run the day-to-day operations.

"I like to play with people's perceptions when they look at something"



A leading figure and pioneer in the Saudi art scene, Lulwah still maintains a studio in London where she graduated from Central Saint Martins but this newly opened space in the heart of Riyadh presents a new concept for the artist: part Atelier- part Art Gallery.



A treasured early edition book signed by Matisse sits atop a trompe l'oeil book table she acquired from Portobello Market





Sara Hamdan

The Palestinian-American editor, journalist, and author of 'What Will People Think?' talks about the human connections that have enriched her life. She sets hearts on fire with her first novel, and shares a few reflective and inspiring moments from her journey through an ever-evolving identity crisis, love, relationships, and dreams that have come true!

My love for storytelling came from living in so many different places at a young age. I am an American citizen born in Kuwait. Our family moved to California to live with relatives after the Gulf War. After that, I did first grade in California, second grade in Tunisia, then third grade until high school in Athens, Greece. This exposure to so many different cultures gave me an appreciation for all the similarities we all share.

I wrote my novel on and off for 10 years featuring two Arab-American women as leads (one of them a stand-up comedian!), because I believe we have so much beauty to share from our culture. I wanted to write about a young woman in New York who is trying to understand her cultural identity a little better, based loosely on my own experiences when I lived in the city. I also wanted to show that we can have a beautiful novel that features an Arab-American female as a main character - just an average woman in love with a guy who may not be right for her, worrying about her job security, trying not to eat all the French Fries. Normal people problems. At least, in fiction, we may be able to achieve that...

I feel success is impossible without

roadblocks. It's the resilience you build during the tough times that help you gain the muscle to climb to the top. Before 'What Will People Think?' I had written a manuscript that got a dozen rejections and I wondered if I was just not good enough. I was a working mother with her hands full, dealing with a pandemic and grief over the loss of dear friends on top of everything - was it even worth it to commit so much

"AS PALESTINIAN AMERICANS, OUR MERE EXISTENCE SEEMS TO BE A FORM OF PROTEST OR A POLITICAL STATEMENT. IN REALITY, WE ARE THIRD GENERATION, THIRD CULTURE KIDS WHOSE LIVES ARE AN EVOLVING IDENTITY CRISIS. WE PRAY A LITTLE AND WE PLAY A LITTLE. WE'RE OFTEN CONFUSED A LOT"



EDITED BY ODEIA MATHEWS

An excerpt from the Netflix award-winning shorty story and part of 'What Will People Think?'

energy into a manuscript that may not go anywhere at all? I had to work through those feelings, improve my craft, and dig really deep to write a raw story full of heart.

I have a funny relationship with identity, because I've lived in so many different places and identify as a third culture kid. My grandparents are Palestinian, but my parents and I have never visited. I often wonder if my love of Greece, where I lived for a large chunk of my life, was partly due to an unknown familiarity with Palestine - the olive groves, olive oil and dabke-style dancing. Both have histories that go back thousands of years.

Living in America as a student, I never felt American enough. Living in Dubai years later, I never felt Arab enough. I can't stand shisha and my Arabic sounds like a third grader. I've had to carve my own path and Dubai has been a wonderful place for me to meet fellow misfits - best of all, my husband, a half-Irish, half-Palestinian Londoner who was also born in Kuwait. The stars have aligned for me so many times during my time in Dubai: meeting my soulmate, winning the Netflix award, raising our two beautiful children, landing this book deal - it's been a place where dreams manifest for me. The resilience I've built is inspired by this beautiful city - I grew up with it, made mistakes with it, excelled with it. This is a collective win for all of us.

ELLE

fashion

SUPREME SOPHISTICATION... The latest Giorgio Armani Privé Haute Joaillerie Collection reinvents forms through an unusual, free and elegant use of gems. The particularity of the design lies in the invisible setting, which creates surprising pavé motifs, emphasizing the color and radiance of the gemstones. The collection consists of three monochrome series: blue, with sapphires and diamonds paired with white gold; green, with tsavorites and diamonds paired with yellow gold; and red, with rubies

@ELIZAVETA PORODINA

Self-Expression...

COZY SEPARATES, SPARKLING STATEMENT PIECES, AND FAR OUT EXPERIENCES RULE THIS MONTH!

THE LIGHTNESS OF BEING

Fashion takes *flight*
with whimsical
detailing such as
feathers, *sequins*,
embroidery and *lace*.

Photographer ALI SHARAF
Stylist SASHA CANTRELLE

Left page: Feather-
trim dress, choker
necklace and
stilettos, Sportmax.

This page: Halter
sequinned and
feather-trim dress,
Retrofete. Earrings
and bracelet,
Aisha Jewels.
Lace stockings,
Wolford. Vinyl boots,
Courrèges.



Left page: Wool cape, Celine by Hedi Slimane. Feather boots, Giuseppe Zanotti..

This page: Headpiece embroidered with scales and raffia feathers, leather jacket and embroidered skirt with scales, Louis Vuitton.



Opposite page:
Silk corset feathered
dress, Alexis Mabille.
Stockings, Falke.

This page: Floral print
silk crepe dress with
feather-trim sleeves,
Elie Saab. Ring,
Aisha Jewels.





Left page: Sequined feather-trim blazer and pants, NAN. .

This page: Feather-shaped sequin dress, Coperni. Stockings, Wolford.



MODEL: ERIN HARRISON . @ERINRUBY / @METROPOLITANMODELSGROUP; PHOTOGRAPHER: ALI SHARAF @ALISHARAF.OFFICIAL; FASHION STYLIST: SASHA CANTRELLE @SASHACANTRELLE; FASHION CONSULTANT: HADEEL HUSSAIN @HADEELHADEEL; HAIR: JEAN LUC AMARIN @JL.AMARIN @ WALTERSCHUPPERTMANAGEMENT; MAKEUP: TIINA KOIVAINEN @TIINAKOIVAINEN @AIRPORT.AGENCY; PHOTO ASSISTANT: YI CHEN @LEEYICHENTW; DIGITAL OPERATOR: NATASCHA JOUREA; CASTING DIRECTOR: JEAN-MICHEL MERGET @JEANMICHELMERGET @SYEA_CASTING

Opposite page:
Sweater, skirt, boots
and turtleneck, Tommy
Hilfiger. Tights,
Wolford

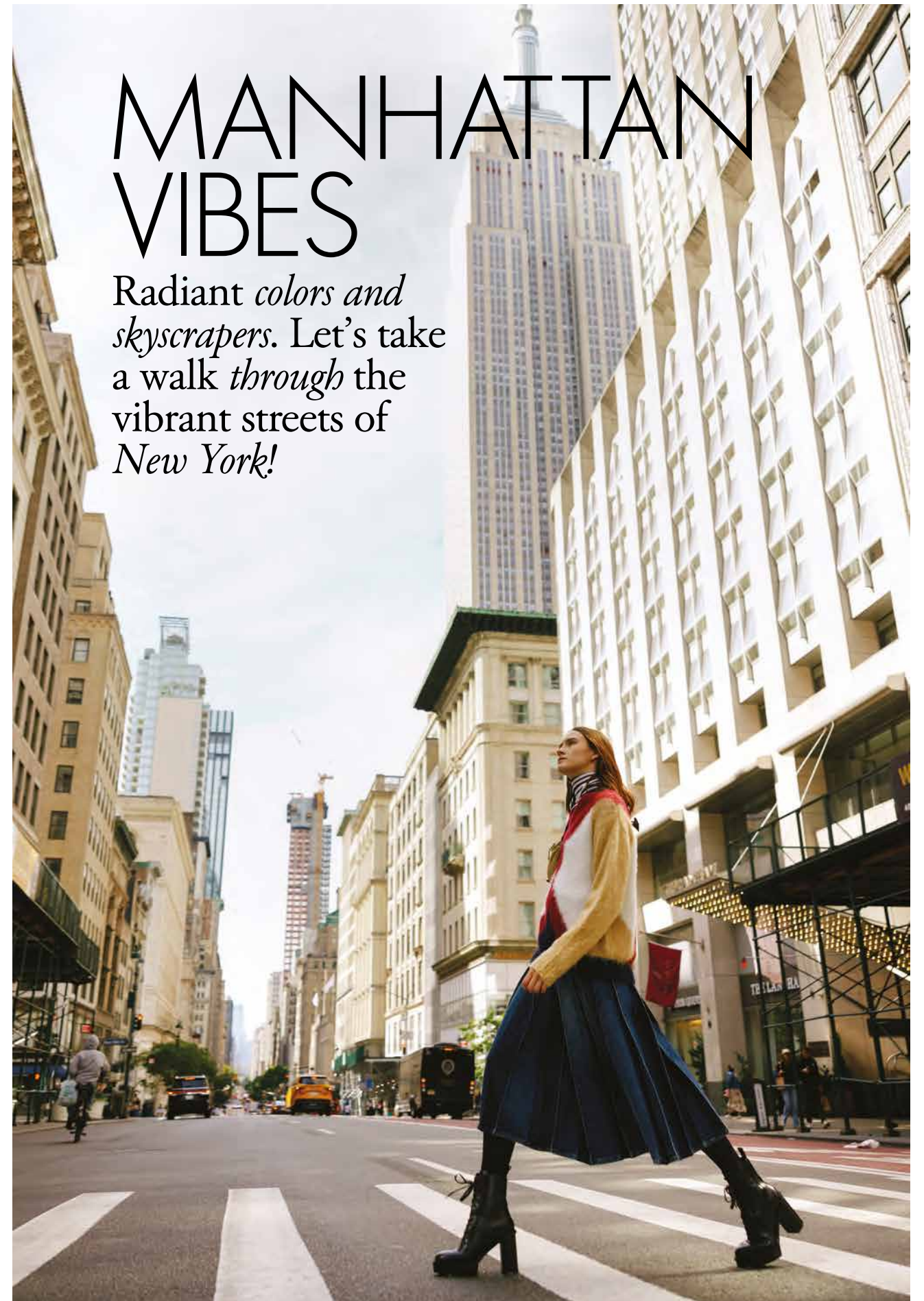
This page: Jacket and
trousers, The Frankie
Shop. Shirt, DAIGE.
Gloves, KARMA Pécs
Gloves. Sunglasses,
Dolce & Gabbana.
Sandals, Last. Socks,
Uniqlo



Photographer MARTA SKOVRO
Stylist CSIK MELINDA

MANHATTAN VIBES

*Radiant colors and
skyscrapers. Let's take
a walk through the
vibrant streets of
New York!*





Left page: Leather jacket, Awoke
Vintage Brooklyn. Shirt, The Frankie
Shop. Pants, AERON



This page: Jacket, Sandro. Denim
jacket, Calvin Klein. Pants, The Frankie
Shop. Turtleneck, DAIGE



Opposite page: Jacket, Diesel.
Sweater, Gant. Dress, The Frankie
Shop. Shoes, Kazar

This page: Leather shirt and skirt,
AERON. Shoes, Last. Leather
gloves, KARMA Pécs. Gloves and
Sunglasses, Dolce & Gabbana

PHOTOGRAPHED BY MARTA SKOVRO. STYLED BY CSIK MEINDA. MODEL, BIRGIT VEEGEN/ELITE MODELS. AGENT, JESSICA DEJESUS. MAKEUP, MARIA ORTEGA. HAIR, JULIA KANEVA. PHOTO ASSISTANT, FIDEL VAZQUEZ. RETOUCHING, JUDIT DOMBOVARI. SPECIAL THANKS TO MARTYNA SABADI





LOVELY DAY

Slip away *for a stolen afternoon* in the park.
Ladylike looks mix well with *freshly cut* grass.

Photographer ZOEY GROSSMAN
Stylist ALEX WHITE



Left page: Coat, MICHAEL KORS COLLECTION. Earrings,
ROXANNE ASSOULIN. Socks, FALKE. Pumps, JIMMY CHOO.

Left page: Turtleneck, LORO PIANA.
Necklaces, MIKIMOTO.



Opposite page: Coat, skirt, DIOR. Belt, B-Low THE BELT. Socks, FALKE. Loafers, SAM EDELMAN.

This page: Cardigan, sweater, skirt, tights, pumps, handbag, PRADA.



Sweater, skirt, sandals, handbag,
BOTTEGA VENETA.





This page: Cardigan, skirt, VALENTINO. Handbag, VALENTINO GARAVANI. Sunglasses, CELINE BY HEDI SLIMANE. Tights, WOLFORD. Pumps, JIMMY CHOO.

Left page: Dress, FENDI. Slingbacks, N21 BY ALESSANDRO DELL'ACQUA.



Dress, handbag, pumps, CHANEL.



PHOTOGRAPHED BY ZOËY GROSSMAN; STYLED BY ALEX WHITE; HAIR BY LUCAS WILSON FOR ORBE; MAKEUP BY JANESEA PARE FOR CHANTECAILLE; MANICURE BY MAKI SAKAMOTO AT THE WALL GROUP; MODEL: OLIVIA VINTEN AT DNA MODEL MANAGEMENT; SET DESIGN BY ABBY WALTON AT LALAND ARTISTS; PRODUCED BY DAY INTERNATIONAL

ELLE

beauty

SOPHISTICATED EMBASSADORS...

Brunello Cucinelli's first fragrances "Brunello Cucinelli pour Femme" and "Brunello Cucinelli pour Homme" were inspired by the much loved land of Umbria. Fruit of the encounter between Brunello Cucinelli and nose Daphné Bugey, the women's fragrance offers up sweet chestnut, citruses, pink pepper and prestige woods, among other notes. While the men's fragrance, steeped in the art of French master perfumer Olivier Cresp, lends voice to the essence of cypress harmoniously balanced by spicy juniper, angelica, black pepper, clary sage and ginger.



Simply the Best...

THE LATEST AND GREATEST LAUNCHES + THE WINNERS OF THE 2024
EDITION OF THE ELLE INTERNATIONAL BEAUTY AWARDS

Wheel of color

Welcome to the year of "Peach Fuzz" – Pantone's Color of the Year for 2024. Yes, romantic, sweet and much softer than last year's bright "Viva Magenta," this buzzy hue promises to bring warmth to eyes, lips and cheeks with its terracotta/apricot color palette, just like these beauty products:

CHEEKY TINT
BLUSH STICK IN
PERKY PEACH,
HUDA BEAUTY

COLORGEL
LIPBALM IN
NARCISSUS,
SHISEIDO

LIP TREATMENT
OIL IN BLISS
AMI COLE

VERNIS NAIL
POLISH IN
TUTU, DIOR

PEACHIN'
GOLDEN PEACH
BLUSH, BENEFIT
COSMETICS

RHODE

On our wishlists

What's new at rhode, hailey bieber's cult beauty brand? Jelly bean, a peptide lip treatment that will not only help plump, hydrate, and nourish but that boasts a shimmery baby pink glaze and delicious candied flavor to go with it.

BEAUTY MEMO

Looking to reset & refresh? Here are the hot *new products* that will *make it* happen...

Strike a match & inhale

Don't you just love it when a brand listens to its fans requests? That's what happened with Glossier; devotees of the brand's acclaimed You perfume wanted a candle version of the scent and Glossier was happy to give it to them. Now, they've added a third to the line with Sandstone, another cult-favorite scent that smells like a California getaway.



Botox in a bottle

Is that even possible you ask? Yes, you can get similar effects minus the pinch thanks to products that help build your skin's own building blocks – think retinoids, firming peptides, and our favorite, brightening vitamin C.



1. 2-IN-1 PLUMPING MOISTURIZER + SERUM, KATE SOMERVILLE
2. REVOX 7, REVISION SKINCARE
3. RETINOL NIGHT CREAM, FIG.1
4. NEEDLES NO MORE WRINKLE SMOOTHING CREAM, DR. BRANDT

ALESSANDRA RICH

CAROLINA HERRERA

RICHARD QUINN

TORY BURCH

Pout service

Party season leaves lips dry and parched, so January means dropping the color and going for that nourishing gloss – look to the runways for the ultimate au naturel inspo.

ON
OUR
RADAR



Suds the word

Give those tired soles a good break with a little bit of TLC courtesy of Loewe's Home Scents Bath and Body collection. Our favorite? The Tomato Leaves solid soap – a fresh and green scent that evokes the aroma of the vines just before they burst into fruit. Delicious!

Smells like harry

Oh, Harry Styles – where do we begin? If, like most of us, you absolutely love the bold-in-your-face singer, then you're bound to go nuts for the three new fragrances to join his beauty brand, Pleasing. Each rooted in a particular feeling, "Closeness," "Rivulets," and "Bright, Hot" – they all exude a sense of warmth, that with just one spray, you'll feel just a little bit closer to Harry.

BRIGHT,
HOT

RIVULETS

CLOSENESS



ON THE ROAD TO BEAUTY LAND

Fasten your seat belts and get ready to discover the
19 Best beauty products, winners of the 2024
Edition of the *Elle International Beauty Awards*.
Our beauty pros from our *45 Elle editions across
The Globe* have tested thousands and approved this
Shortlist polished to a shine. Va va voum!

Photographed by BAARD LUNDE
Styled by MARGOT ROUSSEAU

ELLE INTERNATIONAL BEAUTY AWARDS 2024



DRESS ULLA JOHNSON

THE BEST Make-Up



Foundation

YVES SAINT LAURENT
All Hours Foundation

YOUNJI JUNG
Beauty Director
ELLE South Korea

"I'm usually a dewy makeup girl but I absolutely loved this foundation. It has such a smooth finish and makes my skin feel like I was born with it. It's full coverage but doesn't feel heavy or cakey and it is so blendable that you can use just your fingertips."

KATY YOUNG
Beauty Director
ELLE United Kingdom

"Glow? Check. Longwear? Check. Coverage? Check. Everything you want in a base, right here."

MONIKA KASSAI,
Beauty & Health Editor
ELLE Hungary

"This 77% skincare-based foundation is both weightless and good for skin in equal measures, enriched with hyaluronic acid. All-day coverage in a hydrating formula – it's just perfection!"

Lip Colour

CHARLOTTE TILBURY
Pillow Talk Original

YOUNIE TSANG,
Beauty Director
ELLE Hong Kong

"I love the way it makes my lips look full and natural. It's one of my daily essentials with its soft and creamy formula. It's formulated for woman of all ages and skin tones."

SUKRITI SHAHI,
Beauty & Health Editor
ELLE India

"It's a staple for every vanity, it suits all skin tones, and this cult-followed lipstick comes in three perfect nude shades, for any occasion and time of the day."

NATALIJA KNEZEVIC,
Senior Web Journalist
ELLE Serbia

"It is the PERFECT lipstick! The flattering rosy-mauve tone makes my lips look fuller and fresher. I use it both during the day and at night, it is my go-to lipstick."

Mascara

L'ORÉAL PARIS
Telescopic Lift Black

KATHLEEN HOU,
Beauty Director
ELLE USA

"I've long believed that drugstore mascara is just as good as luxury mascara, and this one is just further proof."

SANTI ZULBACHRI,
Managing Editor
ELLE Indonesia

"This mascara makes my super short lashes look longer for hours and make my eyes look brighter! The fact that it's affordable and accessible in drugstores is a plus too."

CAROLINA ALVAREZ,
Beauty Editor
ELLE Mexico

"I absolutely love the brush and also love the way the formula makes the lash line look thicker; the fluid texture doesn't clump or create clusters of lashes. Plus, you can layer without getting that smudgy look."

THE BEST Nail Care

CHANEL
Le Vernis

YVONNE YANG
Beauty Director
ELLE Taiwan

"Provides an ultra-shiny, perfectly even lacquered finish with every fine, long-wearing coat. Offering up both on-trend and timeless colours, Chanel's nail polishes are the go-to for chic manicures and pedicures that last."

MARIA THORGAARD
Beauty Director
ELLE Denmark

"No one does nail colour like Chanel. The shades are outstanding and with the latest relaunch of Le Vernis the brush was redesigned to make application easier."

LETTIE TSENG
Beauty Director
ELLE China

"I can never get enough of Chanel's nail polishes. The new long-wearing formulas promise an even better glossy finish. The shades are so chic on my short nails – yes, you don't need to have perfect long nails if you have a perfect nail polish like Chanel!"

ASAKO OZASA,
Beauty Director & Digital Deputy EIC
ELLE Japan

"Easy to apply, Le Vernis can now be applied even more beautifully. I especially like the brush, colour and shine. It also dries really quickly."

SUZAN YURDACAN
Managing Editor
ELLE Turkey

"The colours and the final effect make a statement. Chanel is Chanel!"

PEDRO CAMARGO
Beauty Editor
ELLE Brazil

"Their colors are classic, but they are far from being boring! They will eternally be the most fashionable nail colours in beauty."



AMANDA LEO,
Beauty Writer
ELLE Singapore

"Vibrant, upbeat and a little bit mysterious, although it's introduced as a totally gender-fluid Chypre, this is an It-girl perfume and a compliment-getter."

LETTIE TSENG,
Beauty Director
ELLE China

"I was delighted that Le Labo launched a Shanghai city exclusive Myrrhe 55, now only available to purchase in the capital. I love the vision and I adore the smell of incense. It's a fragrance that smells very different on everyone. And that's what Shanghai is, it opens up

VERONICA HENRIKSSON,
Beauty Editor
ELLE Sweden

"Delicate, feminine, warm, and elegant – with a twist! Le Labo's new fragrance takes you through a journey. It opens with florals like jasmine and patchouli and has a noticeable touch of warm amber and soft musk. The perfect perfume all year round"

CAROLINA ALVAREZ,
Beauty Editor
ELLE Mexico

"Resinous yet with a delicate aroma. This combination of ingredients transports you to the inside of an ancient temple, with the mix of smells like fruit, and incense and obviously myrrhe."

KATHERINE LALANCETTE,
Beauty Director
ELLE Canada & Quebec

"A bold, moody mélange of myrrhe, jasmine and patchouli that's absolutely impossible to resist. The fact that it's only available in select locations makes it even more special."

THE BEST Fragrance

LE LABO
Myrrhe 55

YOUNIE TSANG,
Beauty Director
ELLE Hong Kong

"One of my must-have fragrances this year. This is the new City Exclusive dedicated to Shanghai. A mix of myrrh, jasmine, patchouli, ambergris, oud, and musk. It's a dark and electric Chypre scent that's both elegant and contemporary."



THE BEST Face Care



Cleanser

M.A.C.
Cleanser Hyper Real Fresh Canvas Cleansing Oil

VERONICA HENRIKSSON,
Beauty Editor
ELLE Sweden

"No mission is too hard for this cleansing oil: waterproof mascara, a heavy base or glittery eyeshadow are gone in a flash. The gentle and soothing formula makes your skin feel hydrated, clean, and soft. And a little goes a long way!"

BARBARA HUBER,
Beauty Director
ELLE Germany

"It powerfully removes make-up, sunscreen, and dirt, and is also very nourishing. Plus, it washes off easily."

SUKRITI SHAHI,
Beauty & Health Editor
ELLE India

"Lightweight, effective, and result-oriented - it's a one-swipe product."

Day Care

LANCÔME
Rénergie H.P.N. 300-Peptide Cream

ELISABETH MARTORELL,
Beauty Editor-in-Chief
ELLE France

"300 different types of anti-aging peptides, moisturizing hyaluronic acid and anti-dark spot niacinamide combine in a melting texture with the refined fragrance we love, to add that irresistible dose of pleasure to a high-flying, high-tech formula."

KAIRA VAN WIJK,
Beauty Editor
ELLE Netherlands

"This cream melts into skin, making it feel instantly softer. Its formula is ultra-concentrated and potent with no less than 300 peptides, and these small proteins help smoothen fine lines and wrinkles."

SALLY HUNWICK,
Beauty Director
ELLE Australia

"This cream glides onto skin to instantly plump and smooth as it speeds up firming and reduces the look of pigmentation. It gets bonus points for its reusable jar, which is made with 30% recycled glass."

Night Care

SISLEY
Supremya At Night The Supreme Anti-Aging Skin Care

MARIANNA PARTEVYAN,
Beauty Editor
ELLE Ukraine

"Time and again, the brand always provides cosmeceutical efficiency with deep research and a luxurious feel. Ever since I started using this miracle product, it has given me the "beauty sleep" effect I need every morning to start my day. At last, my skin's biorhythms are well protected."

ANNA MACHOVÁ,
Beauty Editor
ELLE Czech Republic

"I have fallen in love with this product. It's very sensual. Every drop is like a spa treatment. And of course, I must mention the subtle perfume, a very important part of Sisley's DNA."

NICKY KHANH NGOC,
Senior Beauty Editor
ELLE Vietnam

"Luxury at its best. Velvety and soft, this cream delays skin's natural aging to give your complexion a supple, silky appearance with a signature scent."

Youth Care

CLARINS
Precious Le Sérum

SANTI ZULBACHRI,
Managing Editor
ELLE Indonesia

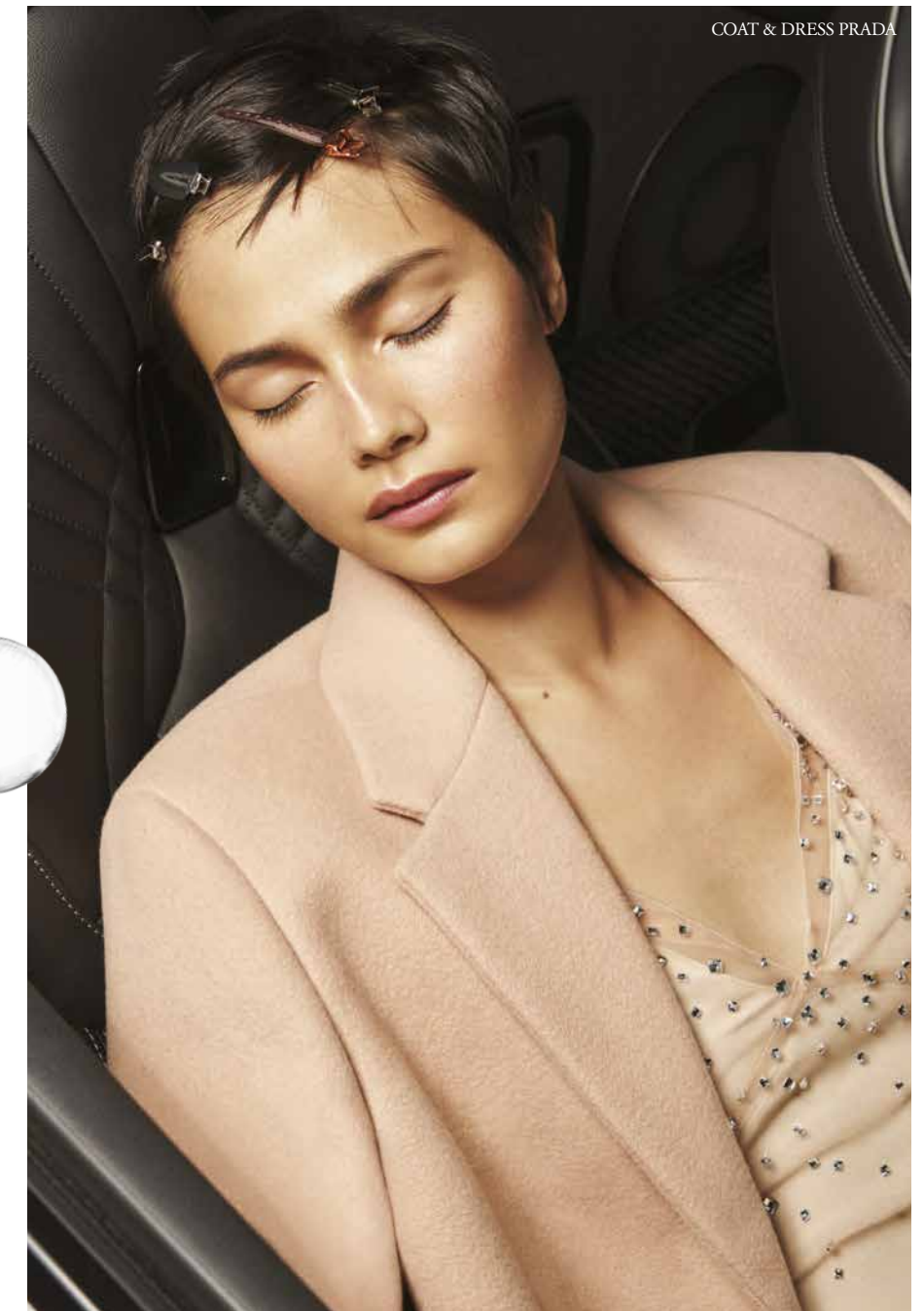
"The lightweight formula effortlessly absorbs into the skin, rejuvenating it without any greasy residue."

ASAKO OZASA,
Beauty Director & Digital Deputy EIC
ELLE Japan

"I have been waiting for a long time for a real anti-aging serum from Clarins. This one is the quintessence of a rare flower (Selenicereus Grandifloris or Queen of the Night), capable of reactivating our skin's longevity. It gives you confidence in the elasticity of your skin."

MARIE-NOELLE VEKEMANS,
Digital EIC & Beauty Director
ELLE Belgium

"It is suitable for all skin types, making it an essential part of an effective anti-aging routine. Its lightweight texture makes it a pleasure to apply every day. The lifting effect is felt from the very first application."



Mask & Scrub
AUGUSTINUS BADER
The Face Cream Mask

CHARLOTTE SØRVALD,
Beauty Editor
ELLE Norway

"I will use this forever and ever... and ever. My absolute favourite product for when my skin is parched."

CHATLINA CHEYJUNYA,
Editor-in-Chief
ELLE Thailand

"It's my skin's quick fix essential. I love to use this mask at night before an important event. I love the smooth and rich texture that makes my dry and dull skin feel smoother and softer. It's even made my make up stay on longer (the next day after using the mask)."

BLANCA GONZÁLEZ RUFINO,
Beauty Director
ELLE Spain

"I love the brand and Augustinus Bader's take on selfcare. The mask works on all skin types, and you can expect a boost in tone, texture and hydration almost immediately."

Body Moisturiser

SOL DE JANEIRO

Brazilian Bum Bum Cream



PEDRO CAMARGO,
Beauty Editor
ELLE Brazil

"It smells amazing, it hydrates the skin, it is inspired by Rio de Janeiro – what's not to love?"



MICHELA MOTTA,
Beauty Director
ELLE Italy

"I love its smell, texture and exotic twist. Made with Coconut oil, cupuaçu butter, guarana and acai straight from the Amazon rainforest, it a real ray of sunshine every morning."



KAIRA VAN WIJK,
Beauty Editor
ELLE Netherlands

"A fast-absorbing body cream with a visibly tightening, smoothing formula that adds a hint of shimmer to the skin."

Body Firming

PAULA'S CHOICE

5% Niacinamide Body Serum



NATALIJA KNEZEVIC,
Senior Web Journalist
ELLE Serbia

"My face loves niacinamide, and so does my body! This serum repairs my skin's moisture barrier effectively and that is what I like the most about this product."



SANTI ZURBACHRI,
Managing Editor
ELLE Indonesia

"It instantly helps whenever I have a patchy, rough, uneven skin tone. It corrects pigmentation irregularities and rough spots, while reinforcing the skin's barrier function. Truly an effective body treatment."



BLANCA GONZÁLEZ RUFINO,
Beauty Director
ELLE Spain

"It is the perfect antiaging body treatment as it glides on and absorbs quickly. Plus, it can be layered on top of a milk to enhance its effects, just like a face serum."



THE BEST Body Care

Suncare

DIOR SOLAR

The Protective Milk Face & Body SPF 30



MARIA THORGAARD,
Beauty Director
ELLE Denmark

"I feel so extra with suncare from Dior! I love that this one has a spray applicator and that it can be used for both face and body."



MAJA MENDRASZEK-GOSER
Beauty Editor-in-Chief
ELLE Poland

"Turning sun protection into an enjoyable experience, its Monoï fragrance of total refinement is sexy without being sweet. The perfect present for your skin on holiday."



KARLA HORVAT,
Beauty Editor Freelancer
ELLE Croatia

"High level SPF protection is an everyday must, and this one makes the skin look hydrated and silky smooth. Used all summer long, this milk spray will be your essential, plus its spray system doesn't clog."

THE BEST Hair Care

Shampoo

OLAPLEX

N°4 Bond Maintenance™ Shampoo



ARLETTE BARRIONUEVO,
Editor-in-Chief
ELLE Argentina

"Not only does it protect hair from daily stressors (pollution, dust) but it also reduces breakage and strengthens all types of hair as its formula reconnects the broken bonds of hair fibres, including damaged hair, split ends, and frizz!"



SUZAN YURDACAN,
Managing Editor
ELLE Turkey

"This is my newest hair product and I'm very happy with it. The formula calms frizz softens split ends and lights up colour in dull hair. I love the bottles size too, super easy to bring when travelling."



YOUNJI JUNG,
Beauty Director
ELLE South Korea

"First of all, the scent is divine. A fresh, clean fragrance that lingers throughout the day. When it comes to performance, this shampoo truly delivers. I noticed a significant improvement in the overall health and strength of my bristled, untamed hair. It feels smoother, looks shinier, and breakage is noticeably reduced."



Hair Styling

L'ORÉAL PROFESSIONNEL

SteamPod 4



KARLA HORVAT,
Beauty Editor
Freelancer
ELLE Croatia

"It is magical tool that helps you to create any hairstyle you want without damaging your hair, it is definitely the best straightener-curler on the market."

Beauty Awards

Hair Mask

GUERLAIN

Abeille Royale Scalp & Hair Double R Radiance & Repair Mask



ELISABETH MARTORELL,
Beauty Editor-in-Chief
ELLE France

"A perfect example of the "skinification" of hair care, this serum promises not only a healthy scalp, but also smoothed, fortified hair fibre."



ROZINA KOURI,
Senior Beauty Editor
ELLE Greece

"Repair and radiance are what everyone wants from their haircare products. This mask does both, from root to the ends. And since a healthy scalp leads to healthy hair, it's a must-have in our haircare routine."



MARIE-NOELLE VEKEMANS,
Digital EIC & Beauty Director
ELLE Belgium

"Treat yourself to a 'golden nugget' for deep hair repair at the end of summer and winter. With its creamy texture and delicious fragrance, it has everything, and the results speak for themselves: the scalp is cleansed, lengths nourished and strengthened, and hair is overall shinier and softer to the touch. Your dream hair is yours!"



BARBARA HUBER,
Beauty Director
ELLE Germany

"Straightening hair has never been so easy. A sensational styling product, which is also gentle on the hair thanks to the steam technology."



ROZINA KOURI,
Senior Beauty Editor
ELLE Greece

"No matter what your hair type is, you can create any look you wish with only one tool. It's priceless! And all this without damaging your hair!"

THE BEST Green Care

Green Skin Care

WELEDA
Skin Food Ultra-Light Dry Oil



SALLY HUNWICK,
Beauty Director
ELLE Australia

"Ultra-lightweight leaving no greasy residue on the skin but instead giving you an added glow in an instant, this all-natural nourishing mist works a treat on both the body and face."



CHARLOTTE SØRVALD,
Beauty Editor
ELLE Norway

"This dry oil is the perfect "on the go-pick me up". The Weleda Skin Food range is a must-have for families. These skincare products are suitable for everyone, young and old."



KATHLEEN HOU,
Beauty Director
ELLE United States

"Skin Food has been forever famous for being a moisturizer so rich and creamy that it staves off even airplane dryness. The dry oil formula leaves your skin feeling moisturized and light."

Green Hair

AVEDA
Rosemary Mint Purifying Shampoo



KATY YOUNG,
Beauty Director
ELLE United Kingdom

"An oldie but a goody, this micellar cleansing shampoo leaves behind a reinvigorated scalp and head of hair when build up has got the better of your barnet."



YVONNE YANG,
Beauty Director
ELLE Taiwan

"This shampoo is a saviour for oily scalps, keeping my hair feeling so fresh and cutting down my hair washing drastically, escaping excessive sebum production."



NICKY KHANH NGOC,
Senior Beauty Editor
ELLE Vietnam

"This shampoo works wonders on oily, thin hair, making hair super clean shiny while soothing the scalp at the same time. Plus, the scent is super refreshing and uplifting."

Green Make-up

TATA HARPER
Lip Crème



MAJA MENDRASZEK-GOSER
Beauty Editor-in-Chief
ELLE Poland

"Tata Harper has my unconditional love. This luscious and buttery formula melts into your lips, drenching them with nourishment."



MICHELA MOTTA,
Beauty Director
ELLE Italy

"Tata Harper is one of my beauty gurus. The Lip Crème, made with a total of 23 bioactive botanical ingredients, is amazing because it's a super potent lip treatment but also a super comfy lipstick. These sticks can be worn at any time of the day (1 colourless and 4 colours)."

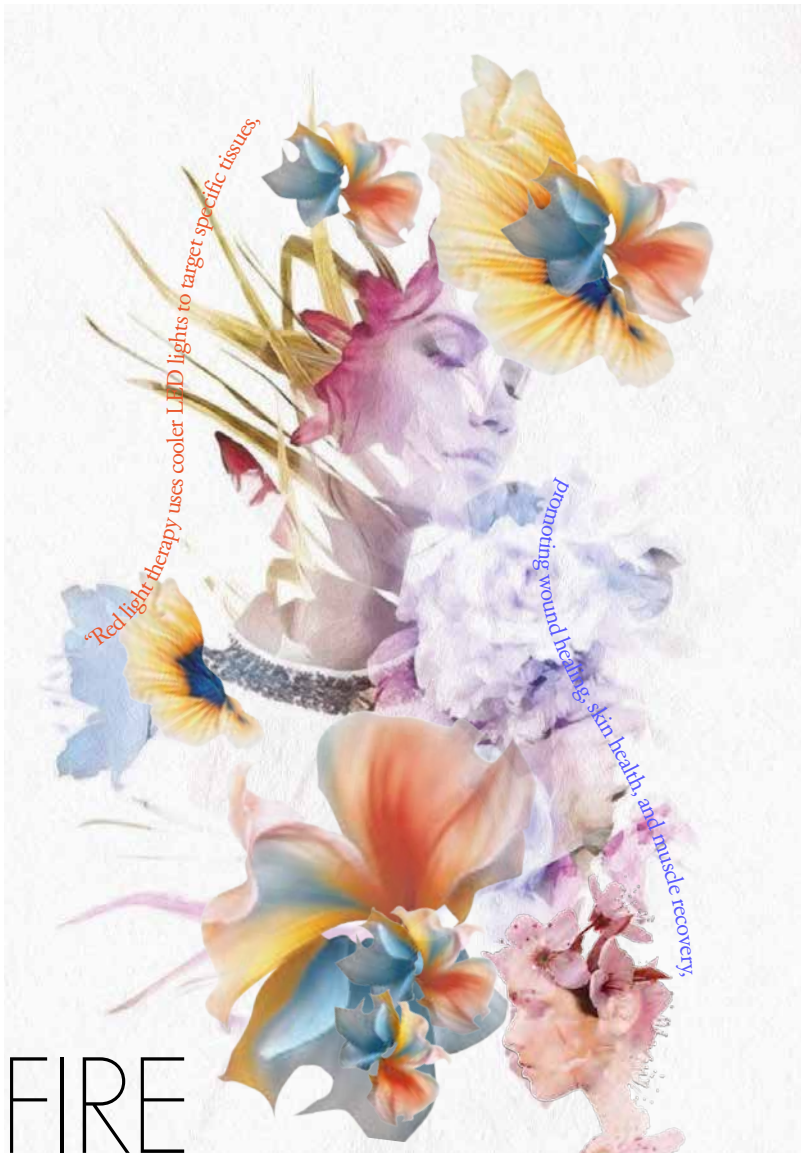


CAROLINA ALVAREZ,
Beauty Editor
ELLE Mexico

"I'm really amazed by the waterdrawing technology in this beautiful lip balm. It moisturises perfectly and seals in the moisture, restoring chapped lips in no time! Love all the colours but risqué is my go-to always."

PHOTOGRAPHED BY BAROULINDE-ASSISTED BY JAMES FONTENEAU & MARIELE GIOVANNINI DIGITALLY STYLED BY MARGOT ROUSSEAU ASSISTED BY MANON BATAZARD HAIR STYLED BY DAVID DRICOURT MAKEUP BY HUGO VILARDO CALISTE NAILS BY MARIE BOUILLET CALISTE MODEL BECCATONNE @MADMOISELLE AGENCY FLE INTERNATIONAL PRODUCER YANNICK SERVA BEAUTY EDITOR VIRGINIE DOATA EDITORIAL PROJECT MANAGER ELISE WEBBER EDITORIAL ASSISTANT EVELYN SHARP GRAPHIC DESIGNER MARINE LE BRIS & PASCALIA CONGO

BLOUSE & TROUSERS
PRUNE GOLDSCHMIDT



FIRE & ICE

ELLE Arabia looks deeper into the rising trend of *hot* and *cold* therapies for physical, mental, and emotional wellbeing.

From ice baths and cryotherapy to hot sauna sessions, there's much talk about the benefits of contrasting therapies to aid muscle recovery, boost circulation, reduce inflammation, and possibly reverse the visible signs of age. A favorite among celebrities, including Jennifer Aniston and Daniel Craig, cryotherapy is known to boost metabolism, while athletes like LeBron James and Cristiano Ronaldo have been known to regularly indulge in ice baths after intense workouts or games to reduce inflammation and speed up recovery.

The resurgence of such hot and cold therapies rooted in ancient civilizations follows from the popular use of Turkish

Hammams, the Moroccan and Roman baths, and the Greek tradition of hot baths which have endured over centuries for their efficacy, and are still popular to this day. These 'fire' and 'ice' therapies are quickly becoming the go-to alternative for holistic wellbeing and Jenya Melay, Founder of Resync testifies to its growing popularity. "Cryotherapy and Light Therapy are definitely becoming more popular. You can see this all over social media and with new product launches, even from beauty brands. Celebrities are talking more about them too, with Ronaldo having a Cryotherapy Chamber in his house and we even spotted our own Red Light Therapy bed in Kylie Jenner's gym during an Instagram Story," she says. While saunas have been a popular choice for many people, the recent rise in infra-red saunas is something that begs for attention. Differing from the regular and traditional sauna which is known to flush out toxins, improve relaxation, and cardiovascular health, the infra-red saunas utilize infrared light to penetrate the body at a deeper level than conventional saunas. "Red light therapy uses cooler LED lights to target specific tissues, promoting wound healing, skin health, and muscle recovery," explains Jenya. For those who wonder about the difference between cryotherapy and ice baths, the simple distinguishing fact is that in the former you can enjoy staying dry and step into a cold chamber that is significantly colder than an ice bath. In the latter, you are steeped into a tub of ice, and most certainly get drenched. With so many options to choose from, these hot and cold therapies that stem from time-honoured wellness practices and ancient cultures have experienced significant growth, and will certainly continue to do so as we seek convenient alternatives to integrate into our modern lifestyles. After all, we're in the age of inter-connectedness between physical, mental, and emotional health – and what better a time to embrace age-old wisdom.

BY ODELLA MATHEWS



BEAUTY HACKS

Here are the best *recharging rituals* to help reset after a season of too much merriment.



NATURA BISSE DIAMOND INSTANT GLOW

Lack of sleep and too much of a good time can take a toll on skin. Now we can't promise you'll get your full shine back asap, but these power-packed ampoules from Natura Bissé will give tired, gray-looking skin a bit of a radiance kick – you won't feel like hiding that face all of January! How does it work? A 3-step program, skin is lightly peeled with a blend of AHAs, then its given a radiance boost with ampoule number 2, and then finally, a little bit of firming treatment – fast, easy to use, too, you'll want to go out soon after.



PROLON

If it's Goop-approved, you know it must be good. This 5 day meal program, tried and tested by Gwyneth Paltrow herself, is designed to mimic the effects of fasting without forgoing food, and in tow, promises a bunch of benefits including cell renewal, mental clarity, improved metabolic health and fat loss. If you can stand the small rations, Prolon is definitely a fantastic rebooting cleanse to kick off 2024.



MZ SKIN LIGHTMAX MINIPRO EYECONIC™ LED

Our eyes are the first area to show signs of tiredness and fatigue so working on depuffing is a quick hack to making the rest of one's face look well rested. LED therapy can be incredibly effective, and MZ Skin's targeted LED eye mask combines active cosmetics with the power of LED for a supercharged eye-care routine that helps reduce dark circles, puffiness and fine lines and wrinkles, under, and around the eyes.



SLIP MAGGIE SET @ Apotheca Beauty

Nothing beats a good night sleep when it comes to looking well rested and Slip's award-winning queen pillowcase has been a well-kept beauty secret of celebrity hairstylists and dermatologists that now everyone has access to. Made from the brand's patented Slipsilk™, these iconic pillows have been proven to eliminate skin creases and bed head, they also absorb less product as you sleep, so your night creams will stay put on your face where they belong.

A SCENT BEYOND

Gucci Beauty's latest addition to its *Gucci Guilty* line is a powerful invitation to love and self-acceptance.



Drawing inspiration from a generation that thrives on nonconformity and rejects the constraints of gender labels, the newest sensation from Gucci Beauty: Gucci Guilty Elixir de Parfum Pour Femme, is a powerful invitation to love and self-acceptance. Created to ignite a profound connection to authenticity, this powerful elixir de parfum combines a mysterious foundation of deep tonka beans and warm vanilla with exceptionally feminine floral layers, making it a contemporary proclamation of individuality and sensuality.

Crafted by perfumers Natalie Gracia-Cetto and Quentin Bisch, Gucci Guilty Elixir de Parfum Pour Femme and Pour Homme are meticulously formulated from rare and precious ingredients, resulting in potent and compelling concentrations.

For Gucci Guilty Elixir de Parfum Pour Femme, an amber-infused floral fragrance exudes a vibrant energy and allure, accentuating the distinctive notes of Gucci Guilty. The sophisticated Wisteria Accord and fruity Mandora seamlessly blend with the enchanting Vanilla Absolute and Tonka Beans, creating a mysteriously captivating scent. Rose and Violet Accord add an elevated touch, infusing the fragrance with elegant sensuality and radiant luminosity.

The recently unveiled bottle of Gucci Guilty Elixir de Parfum are meticulously crafted to mirror one another, showcasing a stylish symmetry. Gucci Guilty Elixir de Parfum Pour Femme boasts a lively violet hue, while Gucci Guilty Elixir de Parfum Pour Homme exudes sophistication in a rich green shade. Both designs are adorned with the iconic House's Interlocking G logo and feature silver brushed caps. Available in an exclusive 60ml size, these bottles not only embody elegance but also reflect the concentrated essence encapsulated within.



BEHIND THE NOTES

For him music is universal and *perfume is personal*. Meet Perfumer *Quentin Bisch*, the nose behind the new Gucci Guilty Elixir for Men. Here he *opens up about his journey* into the beauty world and how he reinvented the *Elixir for Men*, a fresh, textured and deep *perfume*.



How did you start your journey in the fragrance world? I remember the day I discovered perfumes – it was with my French teacher. I was 10 years old; I realized she was beautiful because of the perfume she was wearing. She had a charisma, an Aura and elegance that you can sense from the way she was dressed but for me her beauty was from the perfume. At that point, I realized that perfumery can trigger that power. I decided that I would like to create perfumes; I wanted to be the one who could render that kind of beauty for women and men.

What are the similarities between a musical note and a fragrance note? So many similarities! For example, when you draw a formula for a fragrance, it is exactly like writing music, but you are using

another sense – instead of your nose, it is your ears. The only difference which is super important to understand is that music is a medium that you discover with time; you have a start, an evolution and an end. In a linear way, it is one note every time. In perfume though, you have all the notes that are gathered here, so when you spray the perfume, you do not smell one note, you will keep on discovering all the notes together at the same time.

You have worked a lot on scents for the Gulf region; what are the flowers you usually like to use and the countries you've explored? Rose is really a must in the region; it is a strong flower, full of facets, very rich and has a lot of links with Oud. The 2nd flower is Orange Blossom, which is super bright and versatile, because it is fresh and



very sensual at the same time. We usually see it in female fragrances but in Gucci Guilty, it was one of the perfume lines where we used it in the male one in a bold way. The Gucci Guilty Elixir is getting into that field, enhancing even more the power, the boldness and the fierceness of an orange flower in the male fragrance.

Gucci Guilty Elixir is a strong and a remarkable scent. How was it working on this new fragrance while keeping the DNA of the original one? I did not start from the original formula, but I started from the ingredients that made up the signature of the Gucci Guilty line and I reinterpreted them in a completely new way. It took me 10 minutes to create Gucci Guilty Elixir for Man, it was love at first. We did not change a lot from the first draft. Four to five

trials, which is super rare. We all liked it, we kept the signature, the boldness. I wouldn't have been able to achieve that without the past 12 years of trying and testing. When I saw the brief, it was obvious what it needed; just to be woody, fresh... then I smelled it, and it is was a WOW for me and the team and that is why I say it is rare for this to happen and I was lucky!

What three words would you use to describe the Gucci Guilty Elixir woman and man? It is a versatile fragrance that can suit multiple personalities. The male one has many facets; it is fresh, very sensual like a paradox, with lots of woods, leather and Iris which is a rich flower with lots of texture. It is suitable for people who want to say something with their perfume

**BEST FOR...
RADIANT SKIN**
holi (radiance) beauty
from within, Agent
Nateur

**BEST FOR...
HAIR & NAIL
GROWTH**
Women Hair + Skin
+ Nail Supplement,
Wellbel

**BEST FOR...
COLLAGEN
PRODUCTION**
Multi Collagen
Protein, Ancient
Nutrition

**BEST FOR...
IMMUNITY**
30-Day
Supplement
Starter Kit,
Lyma

**BEST FOR...
VITALITY &
RECOVERY**
Collagen Powder,
Shore Magic

**BEST FOR...
A GLOW
BOOST**
Moon Juice,
SuperBeauty

**BEST FOR...
GUT HEALTH**
Body inner
beauty support,
the beauty chef

**BEST FOR...
BLEMISH
CONTROL**
Skin Filter, The
Nue Co

**BEST FOR...
ENERGY BOOST**
Morning & Night Female
Supplement, Lumity

**BEST FOR...
FIGHTING
PIGMENTATION**
Skin Anti-Pigmentation,
Dr. Barbara Sturm

10 SUPPLEMENTS TO HELP REBOOT

Skin feeling a bit worn out and in *need of a pick-me-up*? Boost your *overall well-being* with these cool new supplements that work their magic from the *inside out*.

ELLE

lifestyle

PLAY BALL...
...or anything
that gets you
moving!

Better and better...

THAT'S HOW WE WANT TO GO FORWARD THIS YEAR, WITH A
FOCUS ON STRENGTHENING MIND, BODY AND SOUL

HAT, DRESS, BASKETBALL, SAINT LAURENT.
PHOTOGRAPHED BY LAURIE BARTLEY; STYLED BY CELIA AZOULAY; FASHION EDITOR CHARLOTTE DEFFE (ELLE INTERNATIONAL)



SPORTY & RICH



AMIR
SLAMA
GYM



LORO
PIANA

ON THE RUN

What better way to *whip yourself* back in shape than with a wardrobe full of fashionable yet *functional* athleisure pieces. From Stella McCartney to Loewe, get your adrenaline high from our *favorite designer* picks.



ADIDAS BY STELLA MCCARTNEY



MIU MIU



KRONTHALER WESTWOOD

LULULEMON



FENDI



AUTRY



CHLOÉ

BALENCIAGA



SPORTY & RICH



SAINT LAURENT



SUPREME



STELLA MCCARTNEY



PE NATION



PUCCI



LOEWEXON



TOP TIPS ON HOW TO NURTURE YOUR MENTAL HEALTH IN 2024

by Dr Victoria Mountford
Lead Psychologist at Sage
Clinics Dubai

Get the basics right

The mind-body connection is critical and nurturing our mental health means getting the fundamentals in place. The average adult needs about eight hours of sleep a night – focus on building a routine, limiting screentime an hour before sleep, and avoiding too much caffeine or alcohol before bed. Develop a regular exercise routine – try joining a sports club or a weekly walk with friends – to ensure consistency. Finally, aim for a balanced diet, remembering that certain foods can have a positive impact on mood and stress – foods rich in Vitamin B, such as avocado and spinach, or omega 3 fatty acids, found in oily fish.

Recognize negative thinking patterns

Do you tend to get caught up in spirals of negative thinking or overthink and worry about everything? Do you have a constant critical voice? It can feel as though our thoughts are 'true.' Although often tricky to start with, learning how to manage our thoughts is vital in nurturing our mental health. Try taking a step back from that particular thought, acknowledge it and label it as one

of your thoughts rather than a fact that must be acted upon. Practicing mindfulness (using an app or You Tube video) is a great way of developing these skills.

The importance of connection

In today's busy world, it's easy to lose ourselves behind technology and become increasingly isolated. However, we are a social species. Reflect on your current relationships – do you spend enough quality time with family and friends – and consider new ways of connecting with others – perhaps volunteering, joining classes or a club.

Consider a break from social media

How do you feel after a session of scrolling? Envious, inferior, dull? Although social media brings benefits, it encourages negative comparison. We forget that we are seeing the highly edited and polished version of someone else's life. The more time we spend scrolling the less time we are engaged in real life connections. This January, try an experiment – stop or reduce your time on social media and monitor the impact. How is your mood and anxiety? Your satisfaction with your life? What are you doing instead? You may find you decide to give it up for good!

Extended support

While we can all benefit from incorporating these tips into our daily routine, there may be times when more in depth support is recommended. Or you may feel caught in a long-standing cycle of unhealthy thinking and behaviours that you have been unable to address by yourself. If you find you are experiencing more significant or enduring difficulties with your thinking or mood, or perhaps are struggling with certain elements in your life, you may wish to consider a course of psychological therapy, to support and promote your wellbeing in the new year and beyond.

Photographer LAURIE BARTLEY
Stylist CELIA AZOULAY

SPORTY IN THE City

Get that adrenaline *high with athleisure pieces* that look just as good on the *track as well as* off of it.

Short & Knit, Loro Piana; Sneakers, Nike; Socks, Stylist's Own



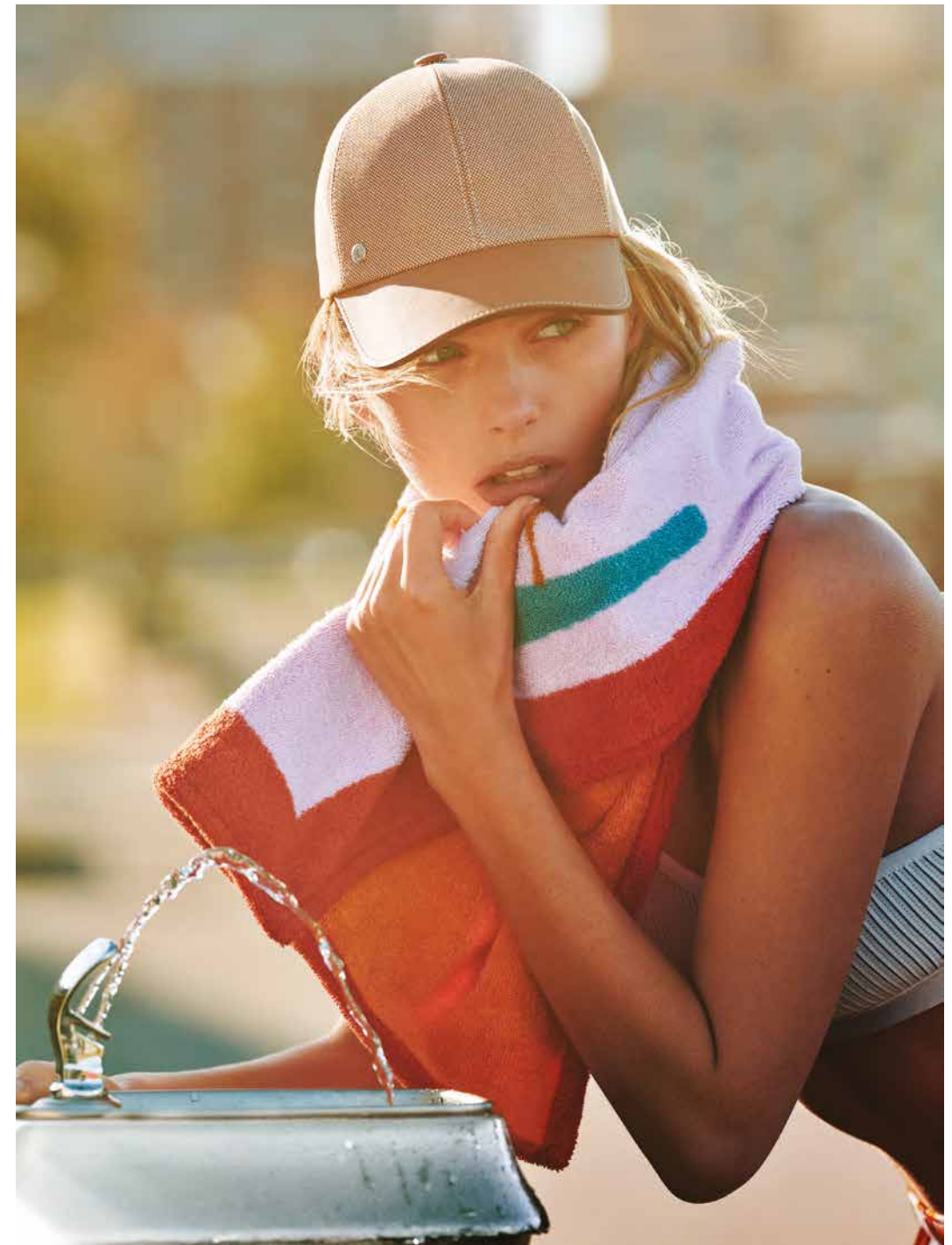
Dress, Chanel; Sneakers, Nike;
Bucket Hat, Sporty And Rich;
Towel, Vintage



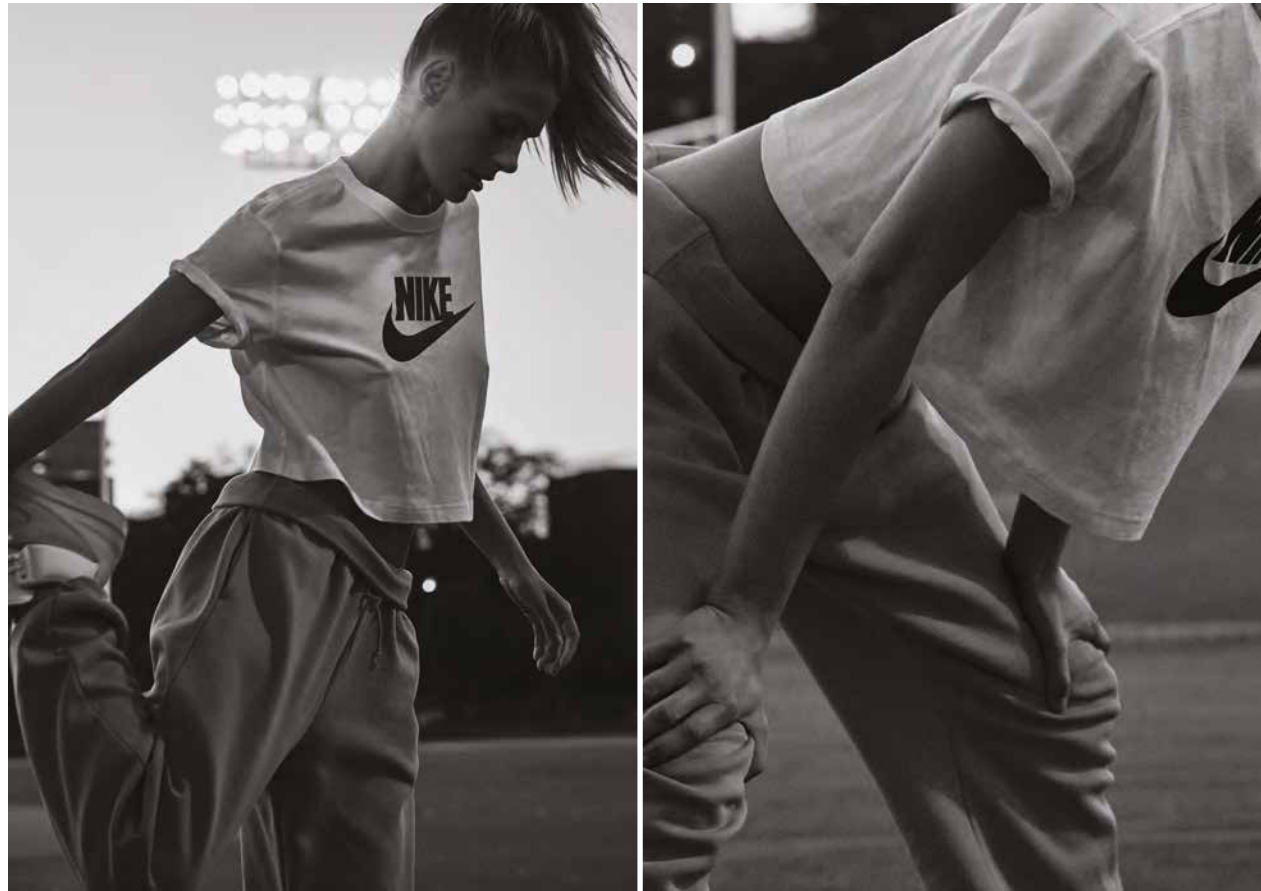
Leggings & Sports Bra,
Rabanne; Blazer, Celine;
Glasses, Oliver Peoples;
Loafers, Vintage



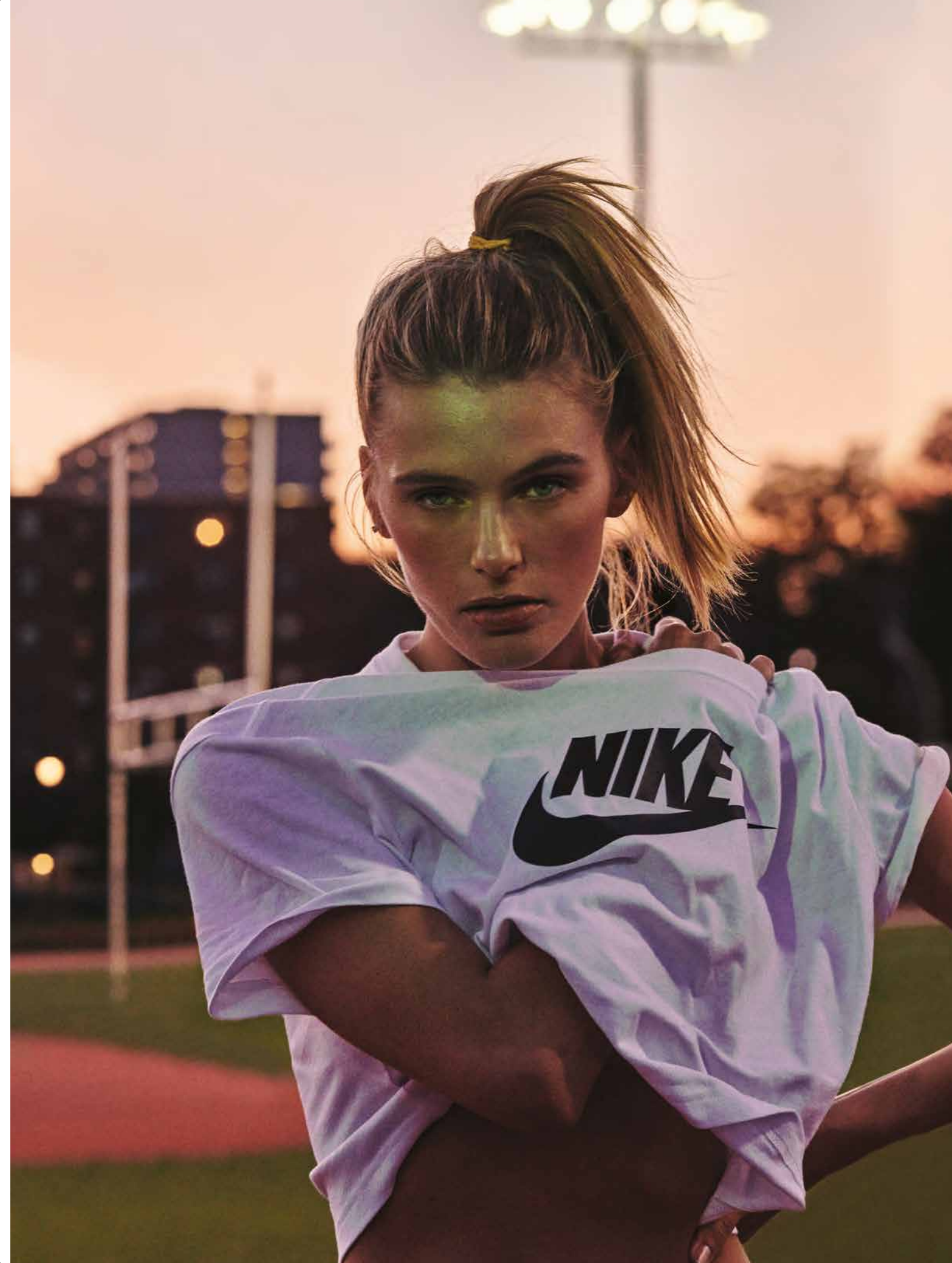
Lifestyle



Hat, Talia Collins; Top,
Short & Towel, Hermès



Crop T-Shirt, Sweatpants & Sneakers, Nike





Leggings & Sports Bra, Guess;
Jacket & Bag, Louis Vuitton;
Hat, Socks & Sneakers, Nike;
Sunglasses, Oliver Peoples;
Jewelry & Watch, David Yurman



Tee, Moschino; Blazer,
Giorgio Armani; Sweatpants,
Polo Ralph Lauren; Sneakers,
Adidas; Necklace & Watch,
David Yurman



Top, Dries Van Noten;
Dress, Cami And Jax;
Sneakers, Nike; Socks,
Stylist's Own

PHOTOGRAPHY: LAURIE BARTLEY; STYLIST: CELIA AZOULAY; STYLIST ASSISTANT: ANA PAULA CERVERA; FASHION EDITOR: CHARLOTTE DEFFE (ELLE INTERNATIONAL); FASHION PRODUCER: YANNICK SEIVA (ELLE INTERNATIONAL); MAKEUP: BENJAMIN PUCKEY @ THE WALL GROUP; HAIR: BRAYDON NELSON USING HAIR RITUAL BY SISLEY HAIR CARE; MODEL: MADISON HEADRICK @ THE LIONS MANAGEMENT



Vest, Dior; Whistle,
Stylist's Own



Breaking Ice

Zahra Lari, the celebrated Emirati athlete and five-time figure skating *National Champion* has made history as the UAE's first figure skater kitted *out in a hijab*, with *an unstoppable* spirit marked by humility, and perseverance. She talks to *ELLE Arabia* about *breaking ice*, finding solutions, and making dreams come *true for all who* dare to manifest it.

Zahra Lari recalls watching the 2005 Disney movie 'Ice Princess' which captured the emotional turmoil of Casey Carlyle played by actress Michelle Trachtenberg, who pursued her passion for figure skating, instead of going to Harvard like her mother, played by actress Joan Cusack in the movie. That was all it took for the young Zahra to set off on a what eventually turned out to be a Disney-inspired dream for an aspiring Emirati girl from Abu Dhabi who refused to stop at any hurdle. "I was 12 when I watched the movie and I fell in love with the sport immediately. I tried ice skating the next day and it was not what I expected. I kept falling but I kept getting up and didn't give up," she recalls.

"In 2012 I participated in my first international competition and knew I wanted to take it seriously and give it my all," she explains, and since that moment it wasn't long until Zahra won the coveted title of

becoming the first figure skater from the UAE and the Middle East to compete internationally. A graduate from the Abu Dhabi University, Zahra majored in Environmental Health and Safety, all while training for the championships to get to the top, despite the many challenges she would have to face. "I had to overcome a lot of challenges throughout my career, and I still face some today. I look at challenges like mountains and always look for the solution. There's a solution to everything," she shares while recalling how her points were deducted during her first competition, due to her hijab. It was only once she had met with the ISU officials that they were able to understand her perspective and choices, as it was the first time that the judges saw a hijabi figure skater. "What I learnt from all of this is that sometimes when you look different than the people around you, they might treat you different. That's not because they don't like you, it's just because they don't know how to approach you and it's our job to teach them and show them that we're like everyone else with no difference at all," she explains with humility.

One of the solutions she wanted to make possible for every dreamer like herself, was to show them how to reach the top, no matter their age, capability, or self-conflicting inner thoughts when on a global stage. Today, as the Co-Founder and CEO of the Emirates Skating Club – the first in the country, she mentors and coaches everyone who comes to her. "My dream for Emirates Skating Club is to continue to have it grow and get better. We're focused on sport development and taking in everyone. Whatever your age or level we have a spot for you," she enthusiastically tells us.

At the recent 2023 Emirates Literature Festival, Zahra presented her first children's book titled, 'Not Yet: The Story of an Unstoppable Skater' to inspire children based on her own life experiences. If there's one thing she could change in the world today, Zahra says it would be to bring peace in the world, reminding us of how important it is to nurture dreams of children, giving them the peace, security, and confidence, they deserve to become the stars of tomorrow.

BY ODEJA MATHEWS



Four Seasons Hotel at Ten Trinity Square

Classic grandeur with modern elegance *in the heart of London's historic quarter*

THE LOWDOWN

Nestled in the heart of London, the Four Seasons Hotel at Ten Trinity Square is a testament to luxury and history. Overlooking Tower Bridge and the Tower of London, the restored building seamlessly blends contemporary elegance with its century-old heritage. The landmark hotel, opened in 2017 after an extensive renovation, offers 100 rooms and suites adorned with king-sized beds and marble bathrooms. The lobby showcases artifacts dating back to c. 8500 BC, adding a touch of historical charm. Situated on a gentle hillside with views of iconic landmarks, the hotel celebrates its rich history with a nod to restoration. The 34 long-stay residences, designed by renowned interior firm The Gallery HBA, boast regal interiors, showcasing Chinese heritage with artworks and antiques. Each residence, ranging from one to four bedrooms, offers a unique and timeless experience.

FOOD & MOOD

For culinary enthusiasts, the hotel houses three exceptional restaurants. La Dame de Pic, helmed by Chef Anne-Sophie Pic, offers French elegance, while Mei Ume presents modern Asian cuisine. The Rotunda Bar & Lounge, set beneath an art-deco domed ceiling, is an elegant all-day dining venue.

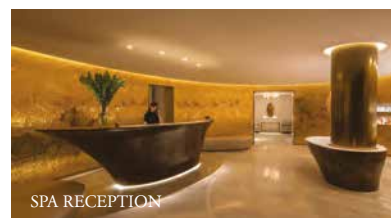
The jewel of the hotel is its spa, adorned with real gold walls, providing a sprawling oasis with a 14-meter swimming pool, vitality pool, fitness studio, gym, hammam, sauna, steam room, and treatment rooms. The exclusive Ten Trinity Square Private Club, featuring the renowned Château Latour experience, adds a touch of sophistication. With ultra-discrete spaces, an exceptional collection of cigars, and a curated wine selection by award-winning sommelier Jan Konetzki, the club offers a unique experience. Make sure to avail of the hotel's knowledgeable concierge who can help in organizing bespoke experiences!



ROTUNDA BAR & LOUNGE



RESIDENCE 15 DINING ROOM



SPA RECEPTION



TOWER RESIDENCE LIVING ROOM

Lifestyle



WHAT TO PACK

BURBERRY

PRADA FINE JEWELRY

ANYA HINDMARCH

JIMMY CHOO

ALESSANDRA RICH

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ARIES

20 MARCH - 19 APRIL

As the old year ends, you are giving all you can to a task which seems to absorb all you throw at it, but gives nothing back. Surely, you think, if you can just make one more big effort, it will all work out well? Not necessarily. It's a situation where you can't really win whatever you do, so let it go. January will bring something new and better - and better suited to your talents; put your energies into that instead.

TAURUS

20 APRIL - 20 MAY

Has your present relationship taken you too far from your comfort zone? When the affair was new and hot, you didn't care what you did; but now you may find yourself in a place you don't want to be. If stepping back into something more familiar and less edgy makes you feel better, but creates a gap between you and your partner, then that answers all your questions, doesn't it? Do what you know is right for you.

GEMINI

21 MAY - 20 JUNE

After much thought, you make a final decision about a relationship early in the new year. It's time to move on, you say. Your friends, too, will say that you're doing the right thing. But the position of Venus suggests that there is still a lot of residual warmth and emotion in the situation you have just left behind, and you shouldn't waste that. If you change your mind later, it's good to know you could go back.

CANCER

21 JUNE - 21 JULY

You are slowly making your way towards an important relationship decision, but each little step seems to create more problems which have to be talked through, and at times you will feel that you and your partner are moving apart rather than closer together. You may be placing too much importance on reaching a certain point by a specific date; everything else has to be right as well, and that takes time.

LEO

22 JULY - 22 AUGUST

You are used to making grand entrances - but how about a grand exit? It seems that you are about to walk away from a job that you don't like, but not until you have told everyone involved exactly what you think of them and why you are going. Clearly, after a performance like that there can be no going back, but you won't care too much, because there are better things ahead, ready and waiting for you.

VIRGO

23 AUGUST - 22 SEPTEMBER

Do you really want to commit yourself to something lasting and long-term? A few weeks ago, you didn't; but now it seems that you do. What has caused your change of mind? Partly it's because you are looking at what you stand to gain rather than what might go wrong; and partly because what seemed like an enormous obstacle is now fading away completely, leaving you much relieved - and free to say yes.

JANUARY

Text by BERNARD FITZWALTER

LIBRA

23 SEPTEMBER - 22 OCTOBER

You know how it is: you find something which isn't quite what you want, but it's near enough, so you say yes to it - and almost immediately, something far better comes up. If you find yourself in that situation, having made an agreement at the end of the year that you can't get out of, don't worry. The end of January is much more flexible, and with a bit of negotiation and pleading, you should be able to escape.

SCORPIO

23 OCTOBER - 21 NOVEMBER

Gamblers who lose often think that by betting twice as much the next time they can win back what they have lost, but it rarely works. That may be true now in a long-running relationship, where you could be tempted to make an extravagant gesture in an attempt to resolve an argument. But what if it makes things worse? Love and money are not the same; care and affection are the currency here, not cash.

SAGITTARIUS

22 NOVEMBER - 20 DECEMBER

Life is sweet. You have a chance to have another try at something which didn't work out too well last time, or to take up an offer that you previously declined; either way, the outcome will be good. There's also a hint of nostalgia and romance in the air, as Venus passes through your sign; and finally, financial pressures you have been under for a long time should now start to ease. What more could you wish for?

CAPRICORN

21 DECEMBER - 19 JANUARY

If you really want your life to change this year, then make an early start. Mars moves into Capricorn on January 4th, bringing you the energy and determination to set big new projects in motion - but his momentum will take him out of the sign again in early February, so you must use him while you can. Don't waste time overthinking, or waiting for the perfect moment; you already know what you want, so go for it.

AQUARIUS

20 JANUARY - 18 FEBRUARY

You have several options open to you at the moment, and it's fun to play with them in your imagination, creating different future scenarios for yourself without making any real commitment. All that will change when Pluto enters your sign later this month: you will be expected to make an actual choice, and to accept whatever consequences that brings. Look again at those options - but seriously this time.

PISCES

19 FEBRUARY - 19 MARCH

Praise for your efforts is always welcome, but sometimes it can be too much. In the next few weeks you may find yourself being made into a sort of model for others to admire and imitate, and although your Piscean ability to act any role will help you to be what people want to see, you will also need to find time to be your true self. You know what's real and what isn't; keep yourself grounded until life returns to normal.

Fatima Helal

The Founder of FH Consultancy reflects on her *incredible journey* in the realm of luxury and fashion, *as she shares her passion* for safeguarding heritage and tradition, the importance of staying true to one's self, and *her optimism for the future*...



Dear ELLE Arabia,

I, personally, am thrilled to witness the growing wave of international brands that are increasingly directing their focus on the UAE; an acknowledgment of the region's significance. As collaborations and projects between international brands and local communities are fundamental, it is a trend that I hope to see continue and flourish. In the same vein, I sincerely commend the brands that are endorsing talent, businesses, and start-ups within the region. What a beautiful, strong impact they have. We, as Arabs, are emotional and passionate people, so when a brand engages with us in a relatable way, this has a massive effect, especially when they feature powerful, influential women from the GCC as the face of their campaigns. It is indeed truly special to see their collections on those who are an immense source of inspiration.

As an Emirati woman in the luxury and fashion industry, I have always carried with me the essence of my heritage, be it at international fashion shows or the hallowed halls of design houses. In the midst of glamour and allure, I have proudly adorned the mantle of modesty, a tribute to the rich tapestry of my culture. I so strongly believe in the importance of staying true to one's values. In a world that often demands conformity, the strength to stand out, to be an individual, is a beacon

that guides us through the darkness of compromise. In times of uncertainty and challenges, it is our uniqueness that can be a source of resilience.

I also wish to extend a message of profound importance – the significance of humanity. In the face of testing times, our collective strength lies in standing on the right side of humanity. Let us, as a global community, preserve the values that bind us as humans. Compassion, empathy, and

understanding should be the compass that guides our actions, ensuring that even as we celebrate our diversity, we stand united in our shared humanity.

As I look back on my journey, I am grateful for the experiences that have shaped me, and for the challenges that have strengthened my resolve. In the pages of ELLE Arabia, I hope to inspire others to embrace their unique identity, to hold their culture close, and to champion the values that make us human. May the coming year be testament to the enduring power of individuality, and the unyielding strength found in staying true to one's self.

With gratitude and anticipation for the journey ahead,
Fatima Helal

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