

LIVING

NOVEMBER 2007

in the Gulf

FAMILY | FOOD | HEALTH | BEAUTY | LIFESTYLE

WIN!

A gourmet chef's kit & become a star cook

Travel

Australia's beach-side bliss

BEAUTY

The benefits of shea butter

UAE
INHERITANCE
LAW
– Your Rights
Explained

"I turned my
coffee
mornings
into a
business"

BBO delights

Simple food for the great outdoors

+ Mouth-watering Mexican recipes
Cooking with leeks and onions

 Spinneys AL FAIR

THE FRESHER EXPERIENCE



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Your monthly slice of the good life packed into 84 pages – for only Dhs3

15 ways to a beautiful you

Make 2008 the year that you make a real effort with yourself. Follow these great tips for a more beautiful you and take on the world.

1 Establish a sleep pattern. Adults need at least seven hours of slumber in order to feel revived; some people might get by on six but don't make a habit of anything less.

Be religious about your beauty regime. Make sure you cleanse, tone and moisturise every day, morning and night. You should use a face mask once a week.

3 Take up an exercise that you enjoy and one that is relaxing too. Yoga and kickboxing are both great for toning up but also help you relax by concentrating on breathing. Visit Fitness First more details or log onto www.fitnessfirst.com

Drink plenty of warm water infused with a herbal teabag; Twinings ginger and lemon tea is detoxing and will also aid in warding off colds.

5 Avoid foods that might aggravate your skin; if you are allergic to certain products then you should always avoid them.

Be positive about your goals in life. Take each day as it comes and never lose sight of your dreams.

7 If you suffer from skin disorders then seek professional help instead of getting depressed about the situation. Visit Biolite at Dubai Healthcare City or log onto www.biolite.com for more information.

8 Go out and splurge on some new make-up!

Get the latest colours (but be sure to try them out) for the season and have fun experimenting. Something as simple as a new gloss colour can update your look. Check out the new make-up brand Provoke at the Paris Gallery; it has a wide variety of colours and a palette that is aimed for everyone who wants to stand out. Log onto www.provokecosmetics.co.uk for more information.

Get that new haircut that you have always wanted; don't be shy about it. Your hairdresser will be able to advise you on what will suit your face in line with what is in fashion. Why not check out the website for Toni & Guy on www.toniandguy.com for all the latest trends.

10 Get your eyebrows shaped professionally! You'll see a big difference in the standard, as well the shape. Groomed brows 'lift' the face and 'open' up the eyes.

Smile! It is true that if you smile then the whole world smiles with you. Radiate inner beauty by exuding happiness. Remember, for every problem there is a solution, so don't stress. Relax and learn to laugh about things.



12 Eat the right food. Make sure that your daily diet is not filled with processed cheese, meat or sweets. Wherever and whenever possible, always opt for fresh produce. Eat plenty of salads that nourish and feed the skin with vital minerals and nutrients.

13

Schedule in a massage every month – without fail.

They are a great way to relax and unwind. We love the Thai herbal Hot Compress at the Hyatt Regency. Call (04) 209 1234 and ask for the Club Olympus Spa.



14 Wear sunblock like there is no tomorrow! The sunrays in the UAE are very intense and it is important to protect your skin. The sun ages our skin at a very fast rate. Wear a sunhat or take a parasol whenever possible.

15 Share your problems with a friend so you can find solutions. Seek professional advice if need be.

Remember to enjoy your life and celebrate each day. We all have our fair share of worries; if you have a problem that is really weighing you down then seek help. By sharing a problem with someone you might end up discovering a solution. Don't be afraid to ask for help ■