

Women's Health

Middle East

Easy Yoga Now!

Moves To Find That Inner Zen

No Gym? No Problem

SERIOUSLY STRONG

Abs!

TWO MONTHS TO AN EPIC

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WH
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Gbemi Giwa

This UAE Gal Opens Up On Bouncing Back Stronger

Your Best Hair Guide

Shinier, Healthier, Longer!

How To Bounce Back Stronger

Power Pasta. Healthy. Quick. Yum.

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Five things this month



1

PLAN: YOGAFEST DUBAI

If you like yoga, Yogafest Dubai is pretty epic. Running November 15 - 18, this three-day event will offer qi gong, meditation, pilates and of course yoga, all alongside plenty of local vendors. We love it! yogafest.me



2

MUNCH: THE RIVA STEAK COBB SALAD.

This healthy dish, served at waterfront Palm restaurant Riva, comes packed with protein and healthy fats. Expect mixed lettuce, egg, blue cheese, tomatoes, avocados and veal bacon, all topped with sweet mustard vinaigrette. riva-beach.com



3



4

INDULGE: THE APPLE WATCH SERIES 4

Like Apple's phones, its watches just keep getting bigger and bigger. The latest launch has a 30 percent larger display but a thinner case, all meant to make things easier to read. New tech allows you to take an ECG reading from your wrist. And if you suddenly pass out? The new 'fall detection sensor' can alert emergency services.



5

EAT GOOD FOOD

Seriously delicious food that's actually good for you

LORNA JANE CLARKSON

READ: EAT GOOD FOOD

With 120 healthy recipes for chocolate fudge, detox soups and plenty more, this book by Australian health guru Lorna Jane Clarkson makes for a great ready-for-winter read. Recipes are accessible and easy to follow.

TASTE: CASHEW CARAMEL BUTTER

Move over peanut butter. There's a new treat in town, and it's eat-by-the-spoonfull-at-3am good. Encas by Justine is a homegrown UAE brand all about doing things natural and fresh. The caramel cashew butter is free from refined sugars and rich with heart-healthy fats. The cashews also come with essential amino acids and magnesium.