

EXCLUSIVE ISABEL MARANT'S GUIDE TO DRESSING LIKE A PARISIAN

GRAZIA

MIDDLE EAST

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INTRODUCING THE
RISING FASHION
STARS OF 2015



DIANE KRUGER
ON THE
PURSUIT OF
PERFECTION

KHLOÉ:
"I CRAVE
COMPANY"

DETOXING
IN DUBAI

YOUR DREAM
BODY STARTS
RIGHT NOW



POWER PRINTS

BRING YOUR

FUTURE FLORALS

HOW
FASHION
INSIDERS
SHOP

DETOXING IN DUBAI!

If you've let go a little over the festive period – like we have! – our round-up of the city's healthy hotspots will get you back on track

FOODIE'S DELIGHT

It's not rocket science: be healthy on the inside and shine on the outside!

- **Go Organic Me:** Think healthy food hampers containing fruit and veggies, harvested every morning by a group of local farmers. www.goorganic.me
- **Organic Foods & Café:** Our advice? Make like Miranda Kerr and make your own super detoxifying green juice. Try Pure Planet Premium Spirulina - The Superior Blue Green Algae. Just two to three scoops mixed with water is filled with super essential antioxidants and vitamins – and it may also help to stave off hunger, for longer! www.organicfoodsandcafe.com
- **The Ripe Market and The Ripe Farm Shop:** An organic food store in the heart of Dubai – and a market at Zabeel Park every Friday during the cooler, winter months – Ripe is your go-to for organic, locally made produce, including dairy and gluten-free essentials. Order a Ripe Box, containing juicing ingredients, fruit or veg, to be delivered to your door from just Dh95. www.riperme.com/farm-shop
- **BeStro:** Raw, organic, vegan and sugar-free restaurant located within Galleries Lafayette. Try the matcha green tea frappé followed by a toxin-busting wheatgrass shot. www.facebook.com/BeStroUAE
- **Coco Yogo:** Also available to buy at Ripe Farm Shop, this natural, vegan and dairy free yoghurt is made from 100% pure coconut – and it tastes incredible! www.nutritina.com

BODY TALK

Because we all need a helping hand...

- **L'Atya Care:** This newly opened aesthetic and beauty centre on Al Wasl Road specialises in cellulite reduction, body contouring and detox body wraps. www.facebook.com/livayacare
- **Dubai Herbal Treatment Centre:** It wouldn't be New Year without a colonic cleanse courtesy of DHTC! They also offer alternative medicine and nutritional coaching to get your body and mind back on track after the holidays. www.dubaihtc.com
- **The Organic Glow Beauty Lounge:** A completely 'green' ladies spa that uses only organic, vegan and cruelty-free products. Our fave treatments? The fresh fruit facial and homemade body scrub. www.facebook.com/organicglowuae

JUICE GENERATION

Forget coffee shops and hipster cafés, it seems a new juicing brand is opening every week in Dubai. These are our current favourites...

- **Essentially:** 100% raw and unprocessed fresh fruit and vegetable juices are the basis of Revitalisation (beginners), Extension (advanced) and Transformation (juicing pro!), programs. In desperate need of a detox, *Grazia* trialled a five-day cleanse, including the likes of Red Root with beetroot, carrot and celery, and the protein packed Cashew Milk. The result? A definite loss of inches, especially around the waist, and a clearer complexion. Highly recommended! www.essentially.ae
- **Detox Delight:** For those who find the prospect of a juice-only cleanse too much to handle, try the slightly less intense soup and juice or juice and dinner packages. www.detox-delight.ae
- **Organic Press Dubai:** Counteract a work hard, party harder lifestyle with these fab raw juice blends and nut milks. www.organicpress.co

THE EXPERT

Globally acclaimed nutritionist and metabolism expert Caroline Bieri will be hosting seminars and workshops in Dubai throughout 2015. The opening quote on her website homepage says it all: "Imagine your body is an aquarium where your organs are the fish, and your metabolism is the water. If the water is cloudy, the fish will become sick."

While a doctor may be required to give therapy to the fish, my role is to purify the water." With custom made programs that are tailored to the individual, Caroline is an expert in nutrition, holistic therapy, detoxification, Chinese food therapy and homeopathy – oh, and she also has a thriving celebrity fan base, in addition to 'expert' contributor stints at *Vogue*. www.carolinebieri.com