

# Car & Style

Bazar

Issue 183 | October 23 – October 29, 2015

Weekly



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## THE DARK SIDE OF ASTON

Limited edition supercar

### STYLE AVENUE



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This little ball takes the world by storm thanks to its virtual abilities. Find out why.

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## Editor's note



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## SMARTEN UP WITH C&S

This week you will be able to read a little bit about fulfilling teenage dreams and almost becoming James Bond for three days. We had a chance to drive one of the most exclusive Aston Martin models, the Vanquish Carbon White edition, which added a slight sinister take on the British flagship sports car. This is not just a car, but a piece of automotive art that will awaken the secret agent in anyone.

We also put our Lexus long term friend through its paces. We tried the 100-0 km/h sprint and took a few tight corners to see how the NX will behave on the curves. It has proven so far to be a very funky and comfortable vehicle. If you are into an urban lifestyle, then you should definitely give it a go.

Do you remember our colleague Ahmad, whose innocent bet with his flatmate turned into an eye opener and lifestyle changer? Well, that's not all. Ahmad seems to be transforming into a truly self conscious man who now preaches to our whole team about eating properly. Check out page 14 for some very important five-a-day advice. We also took a little trip to the shopping malls to pick a few interesting fashion items which will help you to smarten up your look. From the latest beach outfit trends to shoes that every man should have in his wardrobe.

As this was also a GITEX week, we bring you the most important trends and technologies which will become reality in the very near future. We have a futuristic laser projection keyboard, massive USB battle ship and even a very interesting Batmobile replica. We hope you will enjoy this issue of our magazine, and would also like to encourage you to get social with us on our digital platforms. "Like" our Facebook page, and follow us on twitter to get your daily portion of Car and Style directly to your smart device.



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# Middle East Car

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longest established  
motoring magazine*



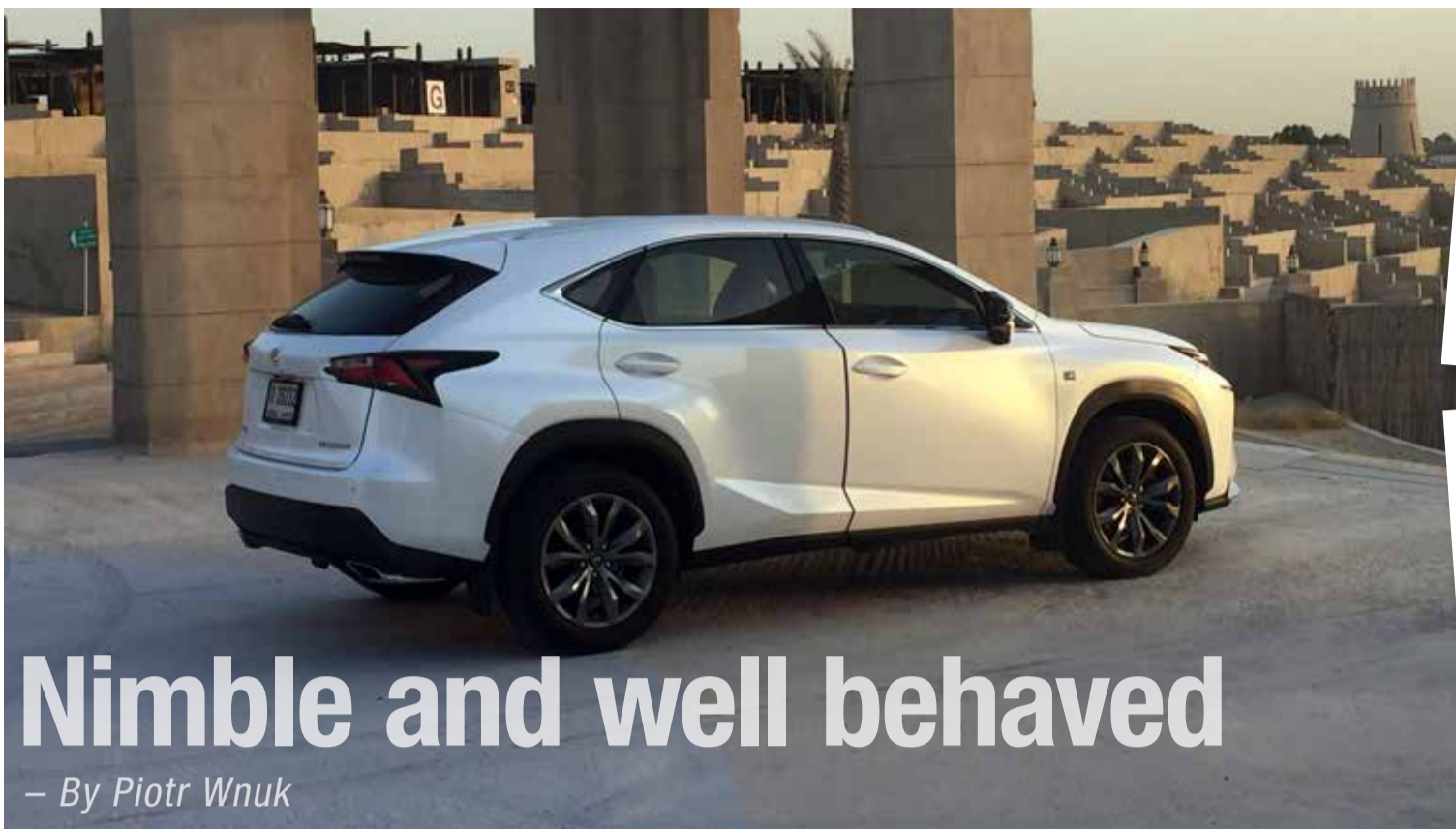
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## Nimble and well behaved

— By Piotr Wnuk



It is the penultimate week with our new Japanese friend from the Lexus stables. The new NX crossover already impressed us on two fronts: both interior and exterior design are quite brave, and brings a breath of fresh air to the brand. They will also, in our opinion, attract younger buyers. There are, however, a few more interesting facts about this vehicle, and this brings us to the third part of our review – performance and driving.

We were particularly keen to see how this brand new, twin-turbocharged 2.0-litre four-cylinder would motivate over 1,800 kilogrammes of crossover. This is the first turbocharged engine Lexus decided to add to the collection. Rumour has it, it will also spread over the

other models in the near future. It uses two injectors per cylinder and an integrated four-into-two exhaust manifold is said to reduce lag drastically. This power plant mates to a new six-speed automatic transmission. The F Sport trim, which we are testing, also brings a higher-effort steering system and specially tuned suspension aimed at elevating the NX's handling to the level of Lexus's performance competitors such the BMW X3 or Audi Q5.

The numbers we received from the Lexus PR team didn't actually light our hair on fire. The brochure 0-100 km/h sprint has been indicated as 7.0 seconds sharp, however the car feels very nimble on the road, and that sprint does indeed feel much shorter. The

new engine offers 235 hp and is able to push this car with the force of 350 Nm of torque. It is quite impressive for the weight and the acres of leather it carries around, and more than enough to speed up your daily shopping trips. The sprint time is also the same as you would get out of a 2015 Audi Q5 with the 2.0-litre Turbo engine, or the 2015 Volkswagen Touareg.

The other interesting feature about this car's comfort is how quiet the four cylinders are. It is near the hybrid noise levels, however, once you turn the driving modes dial into a sports mode the car activates the "active sound control" system and the cabin fills with a pleasantly barky engine note. The NX delivers handling that's in line with Lexus' newly sporting

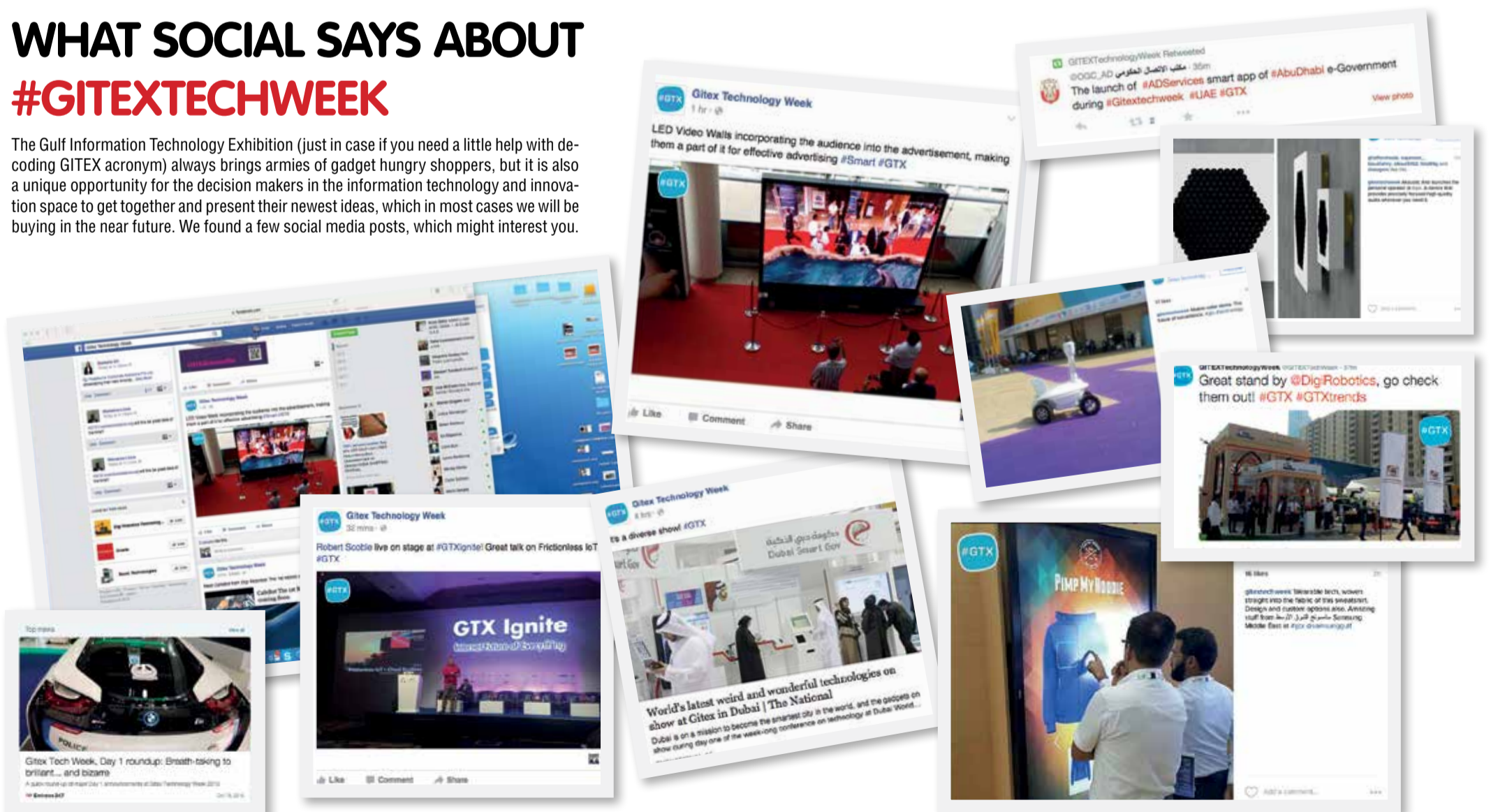
brand focus. Liberal usage of high-strength steel, extra welds and additional body adhesives results in a tight, composed feel, and the multilink rear suspension has been tuned for an agreeable balance of body control and ride comfort. We were pleasantly surprised by the steering; like many other electric-assist units, the tiller is stingy with feedback, but it's also quicker and more precise than we're used to finding in a luxury crossover.

We are now sadly counting down our days with the Lexus NX as it will soon have to be returned, however we have one more week to enjoy its charm and in the next issue we will summarise our time with it and try to decide if the starting price of AED 160,000 is fair.

# WHAT'S TRENDING?

## WHAT SOCIAL SAYS ABOUT #GITEXTECHWEEK

The Gulf Information Technology Exhibition (just in case if you need a little help with decoding GITEX acronym) always brings armies of gadget hungry shoppers, but it is also a unique opportunity for the decision makers in the information technology and innovation space to get together and present their newest ideas, which in most cases we will be buying in the near future. We found a few social media posts, which might interest you.



## BMW M2 Coupe

The successor to the M1 Coupe the M2 Coupe has broken cover, with sales expected to begin in the spring of next year. This much anticipated car features a body that has been widened by 55 mm in the front and by a full 80 mm in the rear to accommodate a wider track and 19-inch aluminium forged wheels. Other distinct features that show the M heritage include a low front apron with expanded air intakes, M gills on the fenders, and a wide rear with a twin tailpipe exhaust specific to the M line. The 3.0-litre inline-six engine helped along by the



Twin Power Turbo produces 370 hp. There are two transmission choices; a six-speed manual with automatic rev-matching downshifts as standard, and an optional seven-speed Double Clutch Transmission with integrated launch control.



## Plug-in pilot

Dubai Municipality will trial 10 Golf GTE models over the course of a year, as the first Volkswagen hybrids to explore a long-term home on the roads of the United Arab Emirates.

"Dubai aims to become one of the world's leading sustainable cities by 2020 and wide-scale deployment of electric vehicles is a key aspect to achieving this goal," said H.E. Hussain Nasser Lootah, director general of Dubai Municipality.

The Golf GTE is a sporty and dynamic plug-in hybrid vehicle fully capable of navigating the city of Dubai in all-electric mode, or the long commute between Dubai and Abu Dhabi. With the realisation of 50 kilometres in all-electric driving mode, they are able to cover 80 per cent of everyday journeys.

## F12 special revealed

Ferrari has created a new F12 special edition in homage to the legendary Tour de France road races, which it dominated in the 1950s and 1960s with the likes of the 1956 250 GT Berlinetta. Only 799 examples will be built.

The F12tdf is described as "the ultimate expression of the concept of an extreme road car that is

equally at home on the track". The car keeps the same 6.3-litre naturally aspirated V12 engine as the regular F12 Berlinetta, but power has been boosted from 740 hp to 780 hp at 8,500 rpm, while torque has increased from 690 Nm to 705 Nm. Ferrari says 80 per cent of the car's torque is available from 2,500 rpm.



## Toyota's new concept

First shown in its current five-door form at the Frankfurt Motor Show, the C-HR is planned for production and set to make its debut at the Geneva Motor Show in 2016. The C-HR is a subcompact crossover SUV that will showcase Toyota's next generation hybrid with a

thermal efficiency of over 40 per cent, as well as a compact and lightweight battery system. Its styling and flowing design very effectively hide the two rear doors. The production car will make its appearance as either a Toyota or a Scion.



## GT Academy is over



The spectacular 2015 Nismo PlayStation GT Academy European Race Camp drew to a spectacular close under the floodlights of Abu Dhabi's Yas Marina Circuit. Atop the podium stood a proud and delighted French Gran Turismo gamer coming to terms with the life-changing opportunity he has just won.

Romain Sarazin, an economics and management student from Meyzieu near Lyon, beat a field of 56 gamers from 11 countries who travelled to Abu Dhabi for Race Camp.

Race Camp in Abu Dhabi has been an incredible experience for the gamers. Some tough challenges awaited them in the 40°-plus heat, but they also had the opportunity to experience the glamour and lifestyle of an international racing driver. Staying in the Viceroy Hotel, that straddles Yas

Marina's impressive Formula 1 circuit, the competitors enjoyed some incredible experiences. Racing Nissan GT-Rs on the "bridge to nowhere", Nissan 370Zs on the circuit and Yas' drag strip, and racing dune buggies in the sand were some of the racing highlights; while a night under canvas in the middle of the spectacular desert will live long in the memory of the competitors.





***“As much as the Carbon Edition helped me to grow a few chest hairs I would never consider pushing this automotive piece of art to its limits. At this stage I decided to trust Aston, and believe in the numbers mentioned in the marketing brochure.”***



# THE DARK SIDE OF

by Piotr Wnuk

I must admit, since I saw the first James Bond movie I have been looking at all Aston Martin owners with jealousy. I wanted to feel like Britain's secret weapon too, but unfortunately I did not have 007 platinum credit card or Treasury's gold reserves to back up my dreams.

Luckily for me, my career path directed me towards motoring press, which opened up my long closed doors to the 007 dreams. When Aston Martin offered a brand new limited edition Vanquish to try I could hardly say no. With shaking legs, I sat inside and tried to savour my first look around the cockpit. I was searching for some special buttons to initiate a secret weapon. I found none, but I also discovered that this car is a deadly weapon itself. No wonder Bond took a fancy to this brand. The first bark of its massive V12 engine, and I could feel my chest hair growing already.

As the Gaydon PR office infers, the Vanquish is the greatest car the marque has ever produced. With this in mind, what is the point of developing a special limited edition of this model. Will it be even better than the standard Vanquish itself? The answer is really easy: it is not better; it is different with an added hint of sinister character. This is the dark side of Aston.

The Vanquish Carbon Edition is a thing of beauty, and if you want to be really technical about it, there are actually two versions of this bad boy. There's a coupe and a convertible version, each of which can be dressed in either black or white.

Pulling off a car in these two colours isn't easy, but the Vanquish has all the sexiness it needs to wear them, and look good doing so. I'm not saying that I'm going to buy one as soon as possible (my wallet has hardly

changed its capacity since the first Bond Movie), but there's nothing wrong with staring at them with longing eyes, right?

Sure, it may not look flashy, but these two variations are about as classy as it gets. The special edition wears black ominous window surrounds, special red brake callipers, and a set of 10-spoke alloy wheels finished in silver and gloss black, bringing the reminiscence of blades cutting through the air.

This car subtly, but unmistakably accentuates the sinuous Vanquish form and dynamism in a sinister aesthetics and truly dramatic sense of purpose.

The body is sculpted from aerospace engineered carbon fibre melting elegance and athleticism into a form that is at the same time, as bold as it is understated.

Inside the cabin I also found the exclusive additions available only for these limited edition models. The herringbone carbon fibre trim is particularly impressive, as are the anodized black speaker grilles installed for the Bang & Olufsen audio system and the quilted-leather upholstery. It is clear that Aston Martin designers have spent a large amount of time working on the slightest details and perfecting this "dark side" look. Every single detail must have been considered including elegantly finished carbon fibre sill plaques reflecting the rays of sun in an array of colours.

Seating is comfortable, however, it is not hugely adjustable due to the snug two-seater confines. Headroom is never a problem for most occupants and if you would like to increase cargo capacity (considering you are not a 007 travelling with just one crisp white shirt) an optional vestigial rear seat can be replaced



# ARK ASTON

Limited edition supercar

with a much more functional parcel shelf, making the most of cabin storage with a cargo net to secure items during spirited driving.

The new Vanquish Carbon Edition doesn't have any performance upgrades. However, it is based on the recently upgraded model, so you can expect the same, monstrous 6.0-litre, V12 engine that produces 568 horsepower and truly deadly 630 Nm of torque. These numbers are good enough to get the Vanquish to 100 km/h in just 3.8 seconds to go with a top speed of not less than 324 km/h.

As much as the Carbon Edition helped me to grow a few chest hairs I would never consider pushing this automotive piece of art to its limits. At this stage I decided to trust Aston, and believe in the numbers mentioned in the marketing brochure.

It is pretty much impossible to forget width and mass of this athlete while driving, despite carbon fibre structure, but it's also impossible not to wear a massive smile after hearing the raucous sound, feeling the incredible thrust, and its potent grip. The steering feel isn't as tuned-in as a pure sports car, which takes some confidence out of the driver, but the mellower feel is welcome on longer highway drives. The other surprising thing about this bad boy is that he is actually not scared of Dubai's speed bumps. It usually takes a bit of a courage to get through some of them in the city in a sports car, but Vanquish, despite its low stance on the road somehow knows how to deal with them. It must be one of its superpowers.

If you do choose to use the paddle shifters, some cool features enhance sporty driving. Multi-ratio downshifts are possible merely by holding the downshift

paddle, allowing the car to select the lowest possible gear during braking. The car will also adapt its shift points to the driver's style through the Adaptive Drive Recognition system.

The Aston Martin Vanquish Carbon Edition is the perfect combination of a high-performance sports car and luxury rig. In my opinion it is a work of art. Enthralling the eyes, captivating the ears, and stimulating the touch. It's one of the most impressive grand touring cars in the world. It is an extremely fun car to drive that for once in my life has almost put me in the 007 skin. It definitely felt like that when I saw those jealous eyes looking at me from other cars while waiting at the red signal light. The look which I know and remember very well from my own experience. I say goodbye to the Vanquish for now. It will take a me a while to gather the necessary AED 855,000, but one day I will get there.

## Specs

**Engine:** 6.0-litre V12

**Power:** 568 hp

**Torque:** 630 Nm

**0-100 km/h:** 3.8 seconds

**Price from:** AED 855,000

## 2015 McLaren 570s

Entry level sportscar from hypercar stables

0-100km/h:  
3.2 seconds



Engine:  
3.8-litre twin  
turbocharged V8

Power:  
562 hp

**OPTIMISED GEARCHANGES  
THROUGH SEVEN-SPEED  
SEAMLESS-SHIFT GEARBOX**

Top Speed:  
328 km/h

Torque:  
600 Nm



**“SHRINKWRAPPED”  
DESIGN MAXIMISES  
EFFICIENCY OF THE  
AIRFLOW OVER, UNDER  
AND THROUGH THE  
BODYWORK**

**CLASS LEADING POWER-  
TO-WEIGHT RATIO OF 434PS  
PER TONNE**



**Competition:**

Audi R8 V10,  
Ferrari California

**Dealer:**

Al Habtoor Motors

**Price:** AED 738,400

Newly-developed suspension  
system uses adaptive dampers  
and anti-rollbars





## Freeway speakerphone

Simply one of the best Bluetooth speakerphones we came across so far. The sound quality is superb, and the voice control is faultless. It is capable of connecting to two devices at the same time. Thanks to its three speakers, and the virtual surround sound system, the audio quality is exceptional, so you never have to struggle to hear callers properly. The battery life is excellent too, and the charge level can be checked simply by saying "battery".

Available from most electronic stores across the region for AED 400



## The best just got better

This mug features the one touch auto seal lid that automatically seals between sips to prevent spills in your car. The travel mug provides convenient one handed drinking for both left and right handed users and fits most car cup holders. Double wall vacuum insulated mug is especially engineered to keep drinks hot for up to five hours or cold for up to 12 hours, without a sweat.

Available from [www.amazon.co.uk](http://www.amazon.co.uk) for AED 60



## Power Jolt mini

While most car chargers stick out significantly from the cigarette lighter port, this one is hardly visible. We almost asked ourselves why nobody thought about this product before? Griffin Power Jolt has an ability to charge two USB devices at the same time and because of its compact size you can actually close the cigarette compartment in most of the cars and keep it away from sight when not needed.

Available on [www.amazon.com](http://www.amazon.com) for US\$ 19.99 (AED 75 approximately)



## Sturdy mount

The Macally dMount is a fully adjustable car dashboard mount that doesn't obstruct your view while you drive. The twist-and-lock suction cup mounts securely on most car dashboards with a textured or curved surface. The suction cup has a special silicon gel that holds twice as strong and doesn't leave any residue behind. Then with a twist of the knob, you lock the suction cup securely into place. The dMount is fully adjustable to your personal preference and is compatible with array of different smartphones.

Available from [www.macally.com](http://www.macally.com) for AED 140



## Infotainment on the go

The Asteroid system by Parrot comprises a five-inch capacitive tablet that runs a modified version of Android 2.3 and the eBox, which is where the brains and power of the system are stored including the CPU together with the 4X40W amplifier and digital sound processing noise cancellation. The system lets you access a range of free and premium Parrot apps including iGo, TomTom Navigation, Spotify, VLC etc. It can easily provide infotainment system for owners of older cars.

Available from [www.parrot.com](http://www.parrot.com) for AED 1530

## Rural style in the city

Brogues are sturdy leather lace-ups with decorative perforations. Designed for the country, they have since transcended their rural origins, while retaining an air of informality when worn in town. We have picked a few pairs for a good start.

All available from [www.mrporter.com](http://www.mrporter.com)



London-based George Cleverley can count Sir Winston Churchill and Mr Lee McQueen among its historical roster of clients. These burnished-leather 'Reuben' brogues have been crafted in England in a classic Oxford style with Goodyear welted soles.

George Cleverley, from AED 2,487



PS by Paul Smith's 'Cristo' brogues are crafted in Italy using the label's blake construction, which ensures durability and a more flexible sole. Rendered from tan leather, they're punctuated with precision-cut perforations that will add a dashing finish to your look.

Paul Smith, from AED 1,380



It takes three weeks and 250 individual processes to assemble each pair of Grenson shoes, which are crafted in Northamptonshire using time-honoured methods. Grenson, from AED 1,959



These Officine Creative brogues are detailed with traditional perforations and a wing-tip toe. Built to last, this polished leather pair has been crafted by hand in Italy and constructed with rubber soles for sturdy grounding. Officine Creative, from AED 2,060



## The crocodile joins the gang

Snoopy, Charlie Brown, Lucy and Linus, four well-loved characters of the world's most popular comic strip, team up with the crocodile for a series of mischievous games: Snoopy can be seen crocodile fishing from his doghouse rooftop while Linus gently wrestles the reptile for his blanket, Lucy – ever the perfectionist – talks our croc into a game of tennis and Charlie Brown's birdie meets a surprising end, caught in the famous toothsome jaw seen popping out of the hole.

Embroideries immortalising these four sketches adorn the emblematic polo, which comes in three colours – white, navy and chiné grey.

Available at all Lacoste shops across the region.



## McQueen asymmetric

Alexander McQueen navy cashmere cardigan is a sharp alternative to classic black styles. This Italian-made design is knit with a shawl collar, close fit and an asymmetric hem. The cuff is dashed with the brand's hallmarking skull motif and makes a handsome finish over a white shirt and chinos.

Available from [www.mrporter.com](http://www.mrporter.com) for AED 3,416



## Stylish white

A good quality Oxford shirt is what every stylish man should have. Reiss is stepping up to the task. Their new collar bar shirt in slim fit will be a great addition to your wardrobe. Wear it with formal trousers for a serious look or dress it down with pair of slim fit jeans.

Available at all Reiss stores across the region for AED 480





## Nike goes smart

You might know Nike sport outfits, but now the brand has decided to venture into the world of smart sunglasses. Volcano model in grey tortoise with hyper grape frame and grade three silver flash lens designed for heavy sunlight is just right for Middle Eastern winter.

Available at [www.namshi.com](http://www.namshi.com) for AED 890



## Ford's refinement

This Italian-made cuff exemplifies Tom Ford's knack for cultivated refinement. The simplicity of the design highlights the quality of its construction; the leather is soft, smooth and supple, and the gold-plated T-shaped fastening is emblematic of the brand.

Available from [www.mrporter.com](http://www.mrporter.com) for AED 1,435

## Worldcode

A new sporty, chic watch in the Saint Honore collection, the Worldcode has the addition of an extra hours hand allowing the time to be read simultaneously in a second time zone on a 24-hour scale engraved on the bezel. Thanks to this bezel and its rotating feature, it is also possible to read the time in a third time zone. This unique watch has been slightly modified compared to previous editions, stylishly enhancing its masculinity: it now has a 43 mm round steel case and a bezel with 12 impeccably regular notches. The meticulously screw-locked crown is of exceptional quality.

The Saint Honore has also extended its water resistance to 150 metres to appeal to water sports lovers. Available in four variations, mounted on a steel bracelet or leather strap, in a steel or rose gold version.

Available at Saint Honore stores across the region



## Evening (swim)wear

Always fancied yourself as a secret agent? Vilerbrequin's tuxedo swim shorts are just what you need for an elegant, distinguished look, whatever the circumstances. Whether you're already paired up or still hunting for your very own Bond girl, this short, tailored cut is sure to perfectly complement your toned (or soon to be) body. It's all about the details, right down to the vertical black satin stripe on the sides—a subtle nod to the subdued elegance of the most sophisticated of men's suits.

Available from Vilerbrequin boutique in Dubai Mall for AED 1,000

## A woody spin on the icon

A refined and elegant olfactory interpretation of classic Italian cologne. A fragrance that stylishly embodies the most contemporary side of Italian lifestyle. The characteristic citrus top notes combined with neroli, mint, and galbanol reveal an innovative freshness in the heart. The aromatic notes of geranium and lavender are enhanced by the woody base notes of Haitian vetiver, and opulent musk and ambergris accord. For the gentleman who experiences life with passion, and wishes to indulge in the freshness of this fragrance anytime.

Available from most shopping malls and Aqua di Parma boutique in Dubai Mall.



## Nature for your face

A rich and deeply nourishing moisturiser packed full of anti-ageing ingredients including revitalising creatine. Vitamins E and C, essential oils of frankincense, sandalwood and vetiver deliver a powerful moisture boost that leaves your skin firm and hydrated.

Available from [www.aromatherapyassociates.com](http://www.aromatherapyassociates.com) from AED 250



## Doctor prescribed

Dr. Jackson's nourishing face oil is made from entirely natural ingredients. It's powered by a complexion-refreshing blend of arnica, calendula and baobab, which contains six times as much vitamin C as an orange. The herbal formula works to boost elasticity, improve skin tone, reduce fine lines and protect against dryness.

Available from [www.mrporter.com](http://www.mrporter.com) for AED 151



## Manicure on the go

Japanese Seki Edge presents the craftsman luxury six-piece grooming kit manufactured by Greenbell. A high class kit includes a larger product line than most other kits offered by Seki Edge. Whether you know or not, how a man grooms himself does make a difference in everyday interaction. Everything is in the details to get yourself noticed. This set of tools is uniquely combined to fit a man's most detailed grooming needs.

Available from [www.amazon.com](http://www.amazon.com) for AED 260

## Perfection in every pass

The Shaver 9000 is the most advanced Philips shaver yet. The unique contour detect technology offers exceptionally coverage over every contour of your face, and the V-Track system guides hair into the best cutting position for the closest possible result. It can be used for dry and wet shaving and the battery lasts for 50 minutes. It also comes with a handy cleaning system.

Available from most electronics stores across the region.





## Dubai City hero

We have probably seen them all. From Toyota Yaris to Rolls-Royce. Take a look at this baby. We bet you did not expect this to come on the market. A replica of the legendary Tumbler Batmobile is now available for sale in Dubai. It is a fully street legal vehicle powered by monstrous 5.7-litre V8 engine able to accelerate this movie star from standstill to 100 km/h in just six seconds and reach 250 km/h top speed. It also does have a little surprise at the back. It can actually shoot fire from the rear mounted propane tanks (just in case you're being tailgated).

Available from GTR Motors Showroom, price around AED 3.7 million



## Laser keyboard

Put the future at your fingertips with the CTX virtual laser keyboard. Revolutionary laser technology projects a virtual keyboard on any flat surface, then advanced optics track your fingers like magic. Connect via Bluetooth to any smartphone, laptop or tablet. Compact, keychain design makes the virtual keyboard super portable.

Available from  
[www.amazon.com](http://www.amazon.com)  
for AED 330



## Sphero

Say hi to the first robotic ball gaming device that you control with a tilt, touch, or swing from your smartphone or tablet. You can even use Sphero as a controller for on-screen gameplay. Sphero interacts seamlessly with mobile apps, giving you new ways to test your skills, play games with friends, and more. A Bluetooth connection makes it ready to play as fast as you can launch an app. And with single- or multi-player games, Sphero will always surprise you.

Available from electronic stores across the region, from AED 550



## USB battle

Too many devices, but not enough USB ports? No problem. This Kikkerland USB Battleship wins that fight with its loaded deck of five USB ports.

Available from [www.amazon.com](http://www.amazon.com) for AED 60



## Second screen for your phone

InkCase displays any picture you want on the back of the phone, including weather forecasts, your daily to do List. InkCase's E-Paper technology and low power consumption complete your eBook reading experience on a smartphone without hurting your eyes nor worrying about draining the phone's battery. InkCase is available for iPhone 5, Samsung Galaxy S4, Samsung Note II.

Be one of the first owners and grab one from [www.kickstarter.com](http://www.kickstarter.com)



**C**atch New York, a leading restaurant brand, and celebrity hotspot led by hospitality veterans Eugene Remm and Mark Birnbaum, has officially opened doors to Catch Dubai. Since the opening it has quickly become a “place to be seen at” in Dubai. The restaurant is successfully fusing great food, service and an exceptional scene. The globally influenced seafood restaurant, located at the Fairmont Dubai hotel on Sheikh Zayed Road, is the brand’s first location outside of the US.

Taking inspiration from the NYC flagship in Manhattan’s highly sought after Meatpacking District, the interior, designed by Creative Clinic, conveys an industrial chic aesthetic with features including concrete, brick and copper walls, large bronze pillars, industrial fans and black and white geometric flooring.

Dominated by rich, tufted leather chocolate brown booths, the main dining room is stylistically elevated by pops of orange, yellow and turquoise details strategically woven throughout the space. Other unique elements include a reflective corridor and large faceted mirrors.

Hailed as a multi-faceted concept, Catch Dubai is serving up sophisticated yet approachable dishes in a sharing dining style led by Head Chef Bobby Griffing. The menu contains a wide selection of seafood, meat and vegetarian specialties set to appeal to the tastes of today’s modern diner.

Must try items include Tartare Trio with Salmon, Hamachi, Tuna, Caviar and Wasabi Crème Fraiche; Crispy Whole Snapper with Peppers, Oyster Mushroom, Chi-



li, Garlic; Herb Roasted Branzino with Creamy Vegetable Basmati and Wagyu Short Rib with 48 Hour Hoisin Braise, Sweet Potato Pure.

Dessert highlights include the S'Mores Pizza with burnt marshmallow ice cream and melted milk and dark chocolates. In addition, there is an open hot

kitchen and a raw sushi and sashimi bar where the signature torched Catch Roll and local DXB Roll are prepared by Sushi Chef Yutaka.

To complement the unique culinary offerings, the Catch features two bars and a lounge that serve up a creative selection of signature cocktails developed by

award winning mixologists. A choice of sake carafes, hand picked international wines, and bubbles are also available. Attracting a loyal following among a-list clientele, including David Beckham, and international superstar couple Jay-Z and Beyoncé, Catch Dubai is quickly becoming a favourite amongst the region’s who’s who.



**“Hailed as a multi-faceted concept, Catch Dubai is serving up sophisticated yet approachable dishes in a sharing dining style led by Head Chef Bobby Griffing”**

*A healthier diet fuels and better-prepares the body for exercise*

# ONE OF US HAS TO GO

by Ahmad Jaber



**B**urger, fries, an Oreo milkshake, pizza, pasta, additional serving of a cake, nachos, and biscuits and some onion rings, these are a few of my favourite things. I'm sure this is not how the song goes, but it was the soundtrack to my eating habits on a very regular basis. I have always known that this isn't the ideal way to eat, but hey, why not? You only live once, right?

As you might remember from the previous issue of Car&Style, I am slowly improving my lifestyle, since I decided to genuinely make a change for the better. A lot of things have already changed; I started to exercise regularly, and haven't missed a single boot camp yet.

Even though, I lost the bet, and haven't yet managed to beat my flat mate in a 100-meter sprint. I can, however, slowly see myself getting there in the near future. The more I

exercise, the more I realise that the foods I have been eating do not Complement all the effort I have been putting into losing weight. My very much loved burgers and sweets do not fuel my body properly or give me enough energy to suit my new and faster-paced training filled days.

Although captain "Belt Buster" and I, have been through a lot together, and even though we have grown quite fond of each other, I think its time to go separate ways. Captain "Belt Buster", for those of you who are wondering, is the name I have given to my well-fed and well-nurtured Dubai belly. It is the first thing I see every morning, therefore I found it appropriate to name my faithful companion properly.

I heard a lot about getting that "beach body" I was after. It was going to be 20 per cent training and 80 per cent nutrition, so I knew I would really have to be conscious

about what I am eating from now on. I have made some considerable changes to the way I eat, changing little things here and there, step by step, as going cold turkey would be almost impossible. One thing made this transformation easier: a recipe book, and a weight-loss plan given to me by our coach at the Elite Boot camp.

It turned out to be very helpful, unlike most diets out there at lot of the meals were very easy to make and also very tasty. Every meal has a full breakdown of protein, fats and carbs so it is handy for me to mix and match them to achieve my daily intake requirements.

I can honestly say, since changing my eating habits, I can see a huge difference in my energy and productivity during my days both in and out of work. Don't get me wrong, I'm not a fitness model, nor am I trying to be one, so I can still afford to have

the odd burger or pizza now and then. I have discovered, however, that the healthier my diet is, the smaller my appetite for a good old burger and fries gets making my transformation much easier.

Now, I march to a new tune, and hope to continue to become healthier and happier with my new life choices. You only live once, right?



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