

aQuarius

COMPLIMENTARY

JANUARY 2008

ENERGISED!
LEARN TO RIDE
AN ALL-DAY HIGH

High-gloss beauty
tips and tricks

PLAY THE 2008
NUMBER GAME

**STILL SQUABBLING
WITH YOUR SIBLINGS?**
TURN TO P34 AND
MAKE PEACE

WIN!
Herbal pamper
packages
plus a body
makeover

WORK IT!
63 NINE-TO-FIVE
FASHION
SOLUTIONS

How to make
resolutions
that stick

**HAPPY
YOU YEAR!**

6 WEEKS TO A CURVE-LICIOUS BODY

PLUS! BIRTH PARTNERS + OSTEOPOROSIS + WELL-WOMAN CHECK-UPS + BEAT HAIR LOSS
BUSTLING BANGALORE + HEALING REFLEXOLOGY + HEALTHY KITCHEN SWAPS



GET GORGEOUS

Fashion and beauty secrets and solutions



GO TO GREAT LENGTHS

Fancy a new look for the new year? The crown jewels of the hair extensions world, favoured by celebs such as Catherine Zeta Jones, Cameron Diaz and Celine Dion, are available in Dubai – which means you can start 2008 with a whole new glorious head of hair. Featured on the VH1 Fabulous 40 list (the 40 most covetable items on the planet), the Great Lengths 3200 Thermal System attaches strands of human hair to your own hair with miniscule glue-less bonds, which are kind to your hair and virtually invisible. Whether you are after extra volume, longer length, bouncing curls, ironing board-straight hair – or if you just fancy dabbling with a new colour – step in to The Gold Salon (04-3211423) on Sheikh Zayed Road, and emerge 90 minutes later, a whole new, glamorous you. Available in 'strands' of 12-32 inches, prices start at Dhs23 per strand – you will need an average of 125-175 strands – plus Dhs250 for cut and styling (optional). 