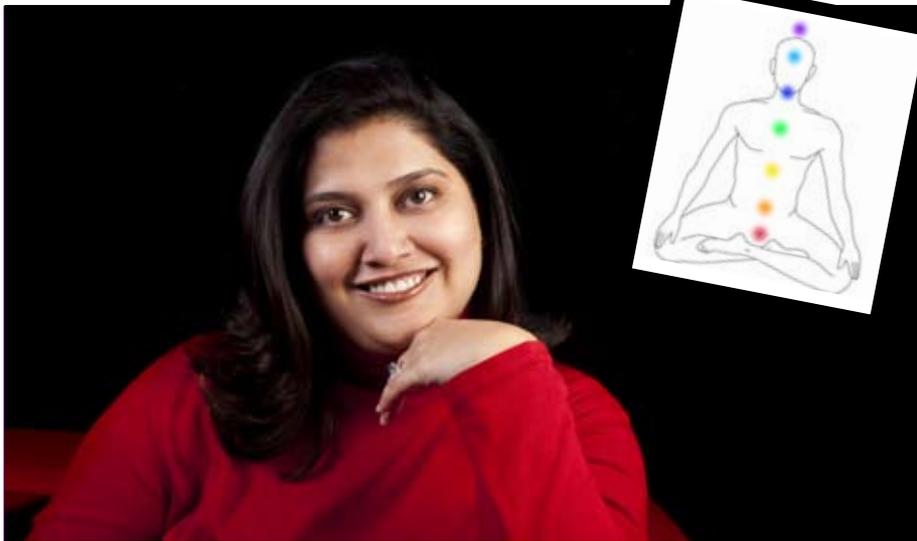




COLOUR IT IN

Email editor@abudhabiweek.ae

People palette



So what's the deal?

Traditional Indian medicine believes in chakras – seven wheels of light based along the spine forming the basis of our lives. Each wheel has a different colour, which together form our Aura. Aura Alignment is the analysis of these colours. Depending on their size and how bright/dull, murky/clear they are determines how healthy we are physically, mentally and spiritually in life.

What's eerie about meeting with Shivani is knowing she's observing you

from the moment you enter the room – apparently she can immediately spot your chakras in action.

Shivani says the root chakra (at the base of the spine) is your foundation and is red. It identifies your level of security, and reveals a lot about your childhood and upbringing. Continuing upward, our spleen chakra (orange) translates into identity and is the big decision making area housing feelings, senses and passions. The solar plexus chakra (yellow) represents ego power, knowledge and

intellect. The heart chakra (green) is all about love, passion and relationships. The throat chakra (blue) represents communication with yourself and others, whilst the brow or third eye chakra (indigo) reveals the future and intuition. Finally, the crown chakra (violet) identifies knowingness and aspirations.

The brighter and bigger our chakras usually the better, but a balance is the key.

Why go?

For the most colourful and unique approach to better understanding your body and tracking your vitals but reds and blues aside, it was very enlightening and scarily accurate. Want to take it a step further? She also does Feng Shui, tarot card readings and Neuro-Linguistic Programming (NLP).

And why not?

It's a pricey health check but invest in the workshop so you can later perform your own check-ups. ■

Kara Martin

What? Aura Alignment

Where? Shivani operates out of a private office, so call ahead for details

Cost: AED 650 for a 45-60minute session

We say: A colourful experience

Contact: 050 681 1728

Father's Day favourites

No idea what to get your father on 20th June without resorting to a pair of socks or a dodgy tie? These smart products will keep him smiling for far longer than the special day ...

For the style conscious ...

An unmistakable name and fragrance, Acqua Di Parma Colonia is the perfect way to say you really care. With its chic art deco style bottle and citrus fruit accords this stylish male-must have may be a little pricey but you'll reap the rewards after giving this gift.

From AED 490
Available at Paris
Gallery stores



For gadget pros ...

Keep him connected with the new Samsung Wave. Featuring the world's first Super AMOLED display, dad can enjoy an unrivalled screen experience on a smartphone – perfect for all his pictures and videos. Music is sorted too with the device home-page doubling as an intuitive media player. With plenty of high-tech advantages – it looks pretty good too.

Price upon request | Available at all major electronic stores



For the man on the go ...

Logitech has the perfect gift for busy dad's who love convenience. The Logitech® Anywhere Mouse MX™ features Logitech® Darkfield Laser Tracking™ technology ensuring it works perfectly on virtually any surface – be it glass, granite or lacquered wood. The super smart mouse also incorporates the very latest mouse technology, while a travel pouch helps protect the mouse while on the move.

AED 399
Available
at Jumbo
Electronics and
Carrefour



Staying power

Q. My makeup tends to run not long after I've applied it. In this weather, how do I make sure my makeup has staying power?

A. The key to makeup that doesn't melt is using a primer, setting skin with powder, and applying waterproof products. I have listed only MAC products to make shopping an easy task for you, although many brands manufacture similar quality makeup.

1. BEGIN by applying Prep + Prime Face Protect SPF50 (AED 130), all over your face to allow the foundation to adhere for long hours. If you have an oily T-zone, use the Prep + Prime Skin Refined Zone (AED 96) for a matte finish.

2. NEXT, apply waterproof Studio Sculpt Foundation (AED 140).

3. APPLY Studio Sculpt concealer (AED 85) underneath your eyes and on discoloured areas.

4. DUST Prep + Prime Transparent Finishing Powder (AED 107) all over your face to absorb oil and set foundation.

5. TO PREVENT a greasy-eyed look during the day, apply Paint Pot (AED 90) to your entire eyelid as a base; or use a Cream Colour Base (AED 82) – a great one-step base and eye shadow.

6. LINE your eyes with Fluidline (AED 82) using an angle or thin eyeliner brush.

7. LINE your lips with long-lasting Lip Pencil (AED 66) and fill in. Apply your favourite Lipstick (AED 79), blot with tissue, and re-apply to allow the colour to settle. Another wonderful option is the Two-Step Pro Longwear Lipcolour (AED 105), which saturates the lip for colour that won't shift or smudge. Tip: Apply Lip Prep & Prime (AED 68) underneath red lip colour to stop bleeding at the edges.

8. TO FINISH off, fill in brows using an eyebrow pencil (AED 74), or brush in place using the Brow Set (AED 68).

Lina is a professional makeup artist, visit www.LinasMakeup.com. ■

