

The "IT" List



Now you can barre before or after iftar



LATE NIGHT BARRÉ CLASSES AVAILABLE OVER RAMADAN

This Holy Month, Physique 57 is offering barre classes at 9pm, 9.30pm and 10pm, in addition to their plenty of daytime classes. Working out after a light iftar can provide just the right amount of necessary nutrition to pulse through an evening session. Popular morning classes will continue throughout Ramadan for the early risers, alongside many afternoon classes.

- Call +971 4 321 0577 at Al Tharyya Mall and +971 4 344 8757 at City Walk



Wind down and recharge your energy at Cbi, the Spa at Shangri-La's rebalancing retreat. Begin your full-day spa experience with a 30-minute deep tissue massage, then rejuvenate your skin with an hour-long balancing facial before relaxing by the pool or in the spa

- Call +971 4 405 2441



Fuller hair is always in fashion, so visit The Loft Fifth Avenue at Dubai Mall's hair extension showroom



FOR THE LOVE OF LONG LOCKS

Move over Kylie, Dubai's answer to beauty and grooming, The Loft Fifth Avenue at Dubai Mall brings you a whole new extensive range of hair extensions. Blondes, brunettes and redheads, this chic salon now has an impressive hair extension showroom, with everything from bonded extensions to tape ins. Sorted!

- Call +971 4 434 0856

FLOWERS FOR FASHION'S ELITE

Emirati-owned floral boutique Espoir caters for all occasions. From intimate private dinners to large corporate functions, from petite arrangements to extravagant floral displays, Espoir prides itself on providing the best quality, freshest flowers.

- +971 5 6832 6705



FOR THE MIND, BODY AND SOUL

Soul Art Centre – Dubai's hottest new dance, meditation and art studio – is now open. Adults and children can enjoy a range of classes, from learning to write Arabic calligraphy or paint abstract art, to practising hip hop, flamenco and samba moves.

- Call +971 4 551 7440

Grazia's fave brow services



BROWS BY PATSY

Our Deputy Editor's favourite go-to brow service, Patsy's longtime liner is a form of semi-permanent make-up. Which means, for all of us very short on time, there's no regular trips to the salon for a tint – you can wait a year!

- Call +971 338 8238

PASTELS SALON

With the fashion industry's obsession with brows showing no signs of slowing down, treat yourself to a consult and shape by Pastels Salon resident beauty therapists, who'll create the perfect arch using the ancient art of threading or the celeb-adored Lycon wax.

- Call +971 4 388 3534

NSTYLE NAIL LOUNGE

Have your brows preened to perfection at N Style, Dubai Mall. It's our Fashion & Beauty Editor's favourite brow bar for a tint and shape, and Charlotte promises you'll leave the salon feeling browtastic. Now there's a good guarantee!

- Call 800 678 953