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**TOOTH WHITENING TIPS**

Brighten your smile

**INDIAN HUES**

Make-up for darker skin

**BREAST CANCER**

Busting the myths

**SWINE FLU AND CHILDREN**

Should parents be worried?

**DON'T SKIP BREAKFAST**

Kick start the day

**THE POWER OF PLANTS**

Improving women's health

**ITS CURTAINS FOR INSOMNIA**

Get a good night's sleep

**WHY DO MEN HAVE AFFAIRS?**

Recognising the signs

**LOVE YOUR BREASTS**

Breast cancer facts and figures

**SCREENING FOR MEN**

Spotting prostate cancer

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THIS month

**Tenderhook**

Scottish Dance Theatre brings the stunning Tenderhook by Liv Lorent and the exhilarating DOG by Hofesh Shechter to Dubai, giving audiences a chance to see this exceptionally strong programme. Tenderhook is an epic search for perfect love, bound up in passion, joy, freedom, constraint and compromise. This intense, contemporary, emotionally charged work choreographed by Liv Lorent, features hauntingly beautiful music by award-winning composer Ezio Bosso and will take you to a dimension of ballet you have never been to. Performances are at The First Group Theatre, Souk Madinat Jumeirah from 22nd to 24th October and tickets are priced at Dhs 150 per person. For more information contact The First Group Theatre Box Office on 04-3666549 or visit [www.madinattheatre.com](http://www.madinattheatre.com).

**Pink walkathon**

On Friday 9th October Burjuman presents the Breast Cancer Survivors Fashion Show: Standing strong and empowered, this is the 6th year of the Survivor Fashion Show. It features women who have fought their battle against breast cancer and survived, this unique fashion show will see the survivors model the latest trends in fashion courtesy of Studio 8 and leading in-mall luxury retailers as a message of hope and strength.

On Friday 30th October Burjuman hosts The Pink Walkathon: The Safe & Sound Pink Walkathon is an annual charitable, non-competitive event aimed at raising both awareness and funds for breast cancer. Join thousands of women, men and children participate in a fun 3.6km walk and enjoy a host of entertaining events afterwards. All funds raised through walk registration fees and donations will go towards raising further awareness for breast cancer and patient care.



**Charity butterflies**

'Desert Diamonds - what women want' are proud supporters of Breast Cancer Awareness and have designed a signature pendant and bracelet to support this worthy cause.



US\$15 from the sale of each set is donated to the Breast Cancer Awareness Charity in Dubai. The butterfly, a symbol for change, was the inspiration for the designs. A butterfly's unwavering acceptance of its varying phases inspires us to keep the faith during the changes faced when touched by breast cancer. The grace and elegance of the butterfly shows us to accept the changes that come and emerge as brilliantly as the butterfly does with a new outlook on life. Call 'Desert Diamonds - what women want' on 050-6599189 for purchases.

**The place to be**

Covent Garden Market Dubai, the European style outdoor Market, held at The Walk, Jumeirah Beach Residence every Wednesday, Thursday, Friday and Saturday re-opened in September with a host of exciting new vendors and activities. It will now also be the place for aspiring models and actors to hang out, as Covent Garden Market ties up with leading model agency Bareface to find new talent!

Bareface model scouts will be present at the Market over the first two weekends (Friday 2nd and Saturday 3rd October; Friday 9th and Saturday 10th October) on the lookout for potential new faces. All of the hopefuls will be reviewed after the 10th October and a winner will be selected for each of their talent divisions - model, cast, actor, etc, and will be featured in their newsletter and website. Visit [www.coventgardenmarket.com](http://www.coventgardenmarket.com) for more information.