

Twist on tradition

COMMUNITY REPORT
By NAMAN ARORA
naman@gdnmedia.bh

THE Holy Month of Ramadan may be known primarily for its custom of fasting, but an upcoming cooking show is serving up playful twists on the cultural feasts that come at the end of the day.

The Art Station in Muharraq is kicking off its cooking show in Ramadan, to celebrate the culinary arts and explore themes of heritage, creativity and community-building, highlighting how people are brought together by food.

The Art Station Kitchen will offer modern Bahrain-based chefs an opportunity to showcase their take on traditional recipes and flavours.

"Many traditional dishes are passed down through generations, but Ramadan also invites the opportunity to put a new spin on these recipes," Art Station director Shaikha Latifa bint Abdulrahman Al Khalifa told *GulfWeekly*.

"Our cooking show allows our guests to honour traditional flavours while also making them more modern."

Amongst the invited guest chefs showcasing their culinary arts are Scoop Creamery founder Alya Al Ammari and Dona's Wonders founder Dona Maria Gemayel, who are serving up spins on karak tea, lumee and baklava.

The first round of videos, which were filmed this week and will be released on social media in the coming days, focus on creative sweets.

"Alya combined the classic and comforting flavours of karak tea, a staple beverage in the region, with the nostalgic crunch of biscuits, creating a unique ice cream sandwich," Shaikha Latifa added.

"It's a cool modern version



MASTER:
Chef Alya



CREATIVE:
Chef Dona

of a traditional favourite.

"On another episode, Alya creates a Lumee Aswad sorbet, a refreshing and vibrant twist made with the infamous Lumee Aswad (dried black lime) which is a traditional key ingredient in Bahraini cuisine.

"Dona takes the iconic Arabic sweet Kunafa and presents it in a cup form, easier for sharing in the communal setting of Ramadan.

"She also prepared Baklava Cheesecake, adding a modern take to the classic baklava experience by combining creamy cheesecake filling with honeyed crunchy layers of baklava."

According to the Art Station, the desserts represent 'stories passed down, reinterpreted, and shared with new generations, blending

cultural heritage with modern culinary artistry'.

"Ramadan cooking is a practice cherished, ritualistic, and incredibly intimate to each household," Chef Alya explained.

"After a long, fasted day of cooking, the final iftar spread is moulded by the individual tastes and delights of whoever will be at the table when you hear the Maghrib Athan (call for prayer and end of the fasting period).

"This unspoken, treasured consideration of every family member is, of course, shaped by their cultural and culinary backgrounds, and the contexts in which they exist.

"My own household is a touching example of this. One of the recipes I made is a Karak ice cream sandwich-made using my mother's own karak recipe, lovingly



TASTY: Karak tea ice cream sandwiches

scrawled on the back of a receipt.

"My mother is English, and certainly did not grow up making and drinking karak, yet her recipe - using British Tetley tea bags - reflects her 40 years of living in the Gulf and decades of making karak for my Bahraini father every Ramadan.

"This is the recipe she passed to me - a child of mixed but quintessentially Bahraini heritage.

"The fusion of a classic recipe, steeped in the rich context of my household, is highlighted most delightfully during Ramadan, and the karak recipe I pass down to my children one day will be a reflection of the history and migration of my family and their story."

While culinary arts have been appreciated as an art form around the world, the Art Station is the first creative space in Bahrain to feature a demonstration kitchen at their new premises in Suq Al

Qaisariya.

The vision behind the new cooking show at the kitchen, during Ramadan and beyond, is to create an intimate and collaborative environment where emerging artists are showcased in formats tailored for TikTok and Instagram reels.

The team also hopes to highlight gluten-free and sugar-free creations at the kitchen, with Chef Dona whipping up variants on classic Ramadan dishes that can be enjoyed by all.

"Cooking, like art, is a form of expression that requires patience, precision, and passion," Chef Dona explained.

"Creating gluten-free and sugar-free dishes is even more intricate, as it demands time to experiment and perfect each recipe. Just like an artist carefully layers colours on a canvas, I layer flavours and textures to ensure that each bite is both nourishing and delicious.

"Fasting, too, teaches patience and discipline, reminding us to slow down, appreciate the process, and be mindful of what we consume. Whether in art, cooking, or fasting, patience is the key to achieving something truly meaningful."

For more details, follow @theartstation.bh on Instagram.



READY FOR RAMADAN
The Dome at Hilton
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What's on?
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Ritz spa beckons
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Movies, books & more
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Love is the food of life



HEART-WARMING: A representational image showing engaging with a loved one

A PECK on the cheek, a worthwhile gaze, a caring hug, a thoughtful gift, a vacation break with someone special, or doing something special for someone you care for the most.

All this sounds very nice and comfortable but still, either because of our work or responsibilities or carelessness, we tend to take our dear ones for granted and miss some special moments to enjoy with them.

There's no life without love and this one emotion is getting derelict, uncared for and taken for granted. We tend to fall into the trap of presumption that our dear ones will themselves understand our feelings and



AS WE EXIT THE 'MONTH OF LOVE', GULFWEEKLY'S COLUMNIST PREETY PRAVEEN EXPLORES THE IMPORTANCE OF THIS EMOTION, ENCOURAGING READERS TO CHERISH THEIR LOVED ONES AND EXPRESS THEIR AFFECTION TO THEM.

emotions.

We incompetently fail to express our love and concern to the right people at the right time.

The main reason being that we have engraved in our heads that running behind money, good reputation and a luxurious lifestyle is more important than sparing time for love.

But no, that's not true and that shouldn't be acceptable.

What will you do with an empty home, with a fat bank account or a splendid

lifestyle if there's no one around you whom you love or care for?

Balancing our work and relationships can offer satisfaction and contentment. Actually, there's nothing much to change or plan. Small but meaningful gestures of love are enough to add happiness to our lives.

Some key points to make our loved ones feel special could be - recreating our old beautiful memories, calling them frequently, planning a movie date, cooking

delicious food for them, and most importantly, sitting with them without the gadgets and talking to them. Many times, big expensive materialistic gestures fall short in front of tiny moments of warmth and love.

Love is the food of life, and it is paramount to feed it not only to your soul, but also to your dear ones as well. In return, it'll earn us respect, compassion and comfort.

A happy satisfied brain can only think wisely and to have that, we need to have a

loving heart.

Maintaining a balance between both is only possible if we understand the worth of people around.

Be with the people you love, make them happy, create an aura of blissfulness and be thankful to those who

bring a smile to your life.

Dilute your sorrows, filter your mistakes, evaporate your worries and burn your ego...and there you get the real crystal of love and happiness of your life.

(Preety Praveen is a psychologist and author.)

BRAIN-BUSTERS

Quizmaster and *Radio Bahrain* host Shannon Crockett, who has been entertaining people across the island with his brain-teasing quiz night sessions, has offered to put *GulfWeekly* readers' general knowledge to the test. Join in the fun every Thursday with Shannon's seven brain-busters.



1. *Bandersnatch* is an interactive film that is part of which British TV series anthology?
2. What is a word, phrase, number, or other sequence of characters that reads the same backward as forward?
3. Which American poet wrote the famous poem *The Raven*?
4. What is the currency of Denmark?
5. What is the chemical symbol for silver?
6. What is the name

of the Chinese philosophical system that emphasises harmony with nature?
7. What is the capital city of Brazil?

- ANSWERS**
1. *Black Mirror*
 2. Pallindrome
 3. Edgar Allan Poe
 4. Danish Krone
 5. Ag
 6. Taoism
 7. Brasilia



SPEAK YOUR MIND

WE'RE set to welcome the Holy Month this weekend, a time of prayer and fasting for our Muslim brothers and sisters. Bahrain comes alive during Ramadan, with people from different walks celebrating the values of the observed festivity, as one, such as abstinence and alms giving, making it a wonderful time to explore 'how acts of service affect mental well-being owing to their positive nature'. We invite you, our family

of readers, to share your views on our March topic, by including your personal experiences, in no more than 100 words. Email gdnnews@gdnmedia.bh or @gdnonline on *Instagram* by March 26, and we will publish a selection of the comments - only 'original' entries will be considered for the top submission and win a box of Raw Candy vegan chocolates as a token of our appreciation. Together, let's keep the conversation going!

A star-lit soirée!

GOURMET REPORT
By MELISSA NAZARETH
melissa@gdnmedia.bh

USHERING in the spirit of the Holy Month, Hilton Bahrain staged a preview of The Dome – the hotel’s newly-launched Ramadan experience where guests can enjoy a delicious feast under ‘star-studded’ skies.

The property will host its iftars and ghabgas in the spherical space located in Juffair next to the hotel, which easily stands out among buildings in the area. On entering, we felt like we had walked into a different dimension. The Dome can accommodate more than 300 people, and features open seating and cabana-style setups for those who prefer a private dining affair.

Stringy oud tunes accompanied by ambient mood lighting offered the ideal backdrop to the hotel’s extensive Ramadan buffet, featuring traditional favourites and diverse international offerings. And there was more than one station just for desserts!

My companion said I should begin by trying the Bahraini and Middle Eastern dishes, which, in retrospect, was a great suggestion. There were a variety of rice creations, from the ubiquitous ouzi and succulent kebabs, and shish tawook to the Arab staple vermicelli rice and a light, savoury Jordanian lamb with rice. The meats were tender and the fat perfectly rendered, soaking every grain with

MAJESTIC: The Dome exhibiting striking design and craftsmanship



indescribable flavour. The harees – a cracked wheat and meat porridge – sparked fond memories of tucking into the comforting south-Asian equivalent – haleem – back home in Mumbai, which is made of barley, pulses and meat. A vegetarian diner at our table could not stop raving about the tharid – a hearty vegetable stew.

The lavish spread was a reminder of generous Arab hospitality, further enhanced by Hilton’s impressive global Green Ramadan initiative. Launched two years ago, in partnership with United Nations Environment Programme West Asia, it aims to proactively reduce food waste. Hilton Bahrain joined the campaign last year. I noticed framed posters placed across the buffet, reminding diners that they can ‘always come back for more’, which is



FLAVOUR-PACKED: Ouzi with fall-off-the-bone meat

a nice touch.

The property has adopted the Winnow tracking system, which allows them to plan their menus, keeping food waste to a minimum, according to a representative of the hotel. Additionally, they have partnered with Bahrain Food Bank and the untouched food that is left over is donated to them. For the unavoidable waste like excess tomatoes and lettuce and banana peels, the hotel has joined hands with Peninsula Farms, which uses it for composting.

I observed that Hilton Bahrain’s campaigns always have a local touch, which is impressive. For Ramadan, they have partnered with multiple Bahraini suppliers for their ingredients like vegetables and fish. Furthermore, they will be showcasing and promoting local vendors at The Dome,

which featured scrumptious delights complementing the diverse hot and cold mezze offerings. A splendid hammour dish with a tangy tomato gravy stole the show for me – Hilton Bahrain always sources the freshest catch – a seafood lover’s delight.

Expats seeking something closer to home can explore the varied international fare, from rich Indian curries to moreish Chinese stir-fries. A dedicated sushi station checked our umami cravings; the food tags specified the list of allergens, a testament to Hilton Bahrain’s customer service and attention to detail.

While I regret not trying it myself, there was a beeline for the goat-milk ice cream made with the freshest ingredients at Peninsula Farms – be brave! Other sweeties included popular Middle Eastern bites from baklava and date pudding to um Ali, as well as



DELIGHTS: Ramadan sweets

a variety of cakes, pastries, and more. They were all aesthetically arranged beside striking croquebouche towers made with dates and dried candied fruits.

Great ambience, good food and an experience to remember would sum up our evening at The Dome. It really is the perfect setup for your family gatherings and professional get-togethers this Ramadan.

For more information or bookings, call 33692013 or 33690081.



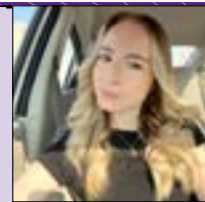
SUCCULENT: Shish tawook on display



STRIKING: The dessert counter in all its Ramadan glory

Leisure Scene

What's on guide by
Julia Cassano



GLOBAL FLAVOURS ON RITZ RAMADAN MENU



TREATS:
Chocolate
kunafeh

A DELIGHTFUL feast in the elegant surroundings of The Ritz-Carlton, Bahrain's Masaya Pavilion will become a memorable gathering for friends and family this Ramadan.

It features freshly prepared iftar and ghabga delicacies and a great selection of international live stations, including pistachio kunafeh crepe station, pistachio chocolate fountain and traditional Gulf ouzi.

A mix of global flavours, from local classics to international favourites, also promises to delight your senses.

Iftar is available from sunset to 8pm at BD40 and ghabga from 9pm to 2am at BD45. Children aged six to 12 enjoy a 50 per cent discount while those under five dine for free.

A special rate is available for groups of 30 and above.

Ritz Gourmet Shop and La Gourmandise offers the perfect blend of sweet and savoury with their chocolate kunafeh, a modern take on a classic delicacy. Each bite is a journey of flavours, inviting you to savour every moment. It costs BD6, everyday, from 10am to 10pm.

Meanwhile, guests can indulge in a massive 1kg croissant at The Ritz

STUNNING: Enjoy Arabian hospitality at the beautiful Masaya Pavilion



Gourmet Lounge. It is paired with two hot beverages and a selection of spreads, perfect for sharing among six to eight people. Orders must be placed 24 hours in advance.

Embark on an extraordinary culinary journey through the vibrant tastes of India with Nirvana's iftar thali, a feast presenting an array of dishes on a traditional platter.

Delight in aromatic curries, tender tandoori meals and fragrant rice, accompanied by a refreshing glass of lassi.

It is priced at BD24 per person, inclusive of one glass

of lassi, from Tuesdays to Sundays, sunset to 8pm.

For details, contact 17586499 or email rc.bahrz.restaurant.reservations@ritzcarlton.com.

BRUNCH WITH A DIFFERENCE

JOIN the British Club for a stellar afternoon as it hosts its Message in a Bottle Brunch on March 7.

It costs BD35 for members and BD39 for non-members. The food-only package costs BD14 for members and BD17 for non-members.

Children aged seven to 17 dine for BD8, while those under six can enjoy for free.

Meanwhile, residents aged 18 and above can get a British Club Bahrain Ramadan pass, valid for the entire Holy Month. It costs BD60 per person for the whole month and BD30 per person after March 16. Passes cannot be shared.

For more information, contact 17728245 or reception@britishclubbahrain.com.

A FEAST FOR THE SENSES

THE Dilmun Club in Saar has a week of dining delights in store.

Indulge in any curry and a selected beverage on Monday for BD5.500. On Tuesdays, guests can enjoy a pie and a selected beverage for BD5.

The club also hosts its steak night every Wednesday, which costs BD20 for two steaks and a bottle of a grape beverage.

The club's famous brunch will also be held tomorrow, from 1pm to 5pm, along with live music. It costs BD18 (all inclusive), BD12 for food only and BD6 for children aged above six. Don't miss out on the club's Saturday Roast. Guests can enjoy a full carvery buffet, from noon to 4pm for BD5.500.

For bookings, call 17690926.



STRIKING: The Ramadan Tent

ARABIC DELIGHTS AT FOUR SEASONS

GET together with your family and loved ones to celebrate Ramadan at the Four Seasons Hotel Bahrain Bay.

Visit the hotel's Ramadan tent for iftar and ghabga, which will feature a vibrant spread of Arabic and international cuisines, an extensive buffet and live stations including delectable Bahraini classics such as lamb ouzi and machboos.

The dessert selection includes Arabic sweets such as cheese kunafeh, Bahraini halwa and um Ali.

Live musical performances will also be held in the tent, with an oud player serenading guests on the outdoor terrace during ghabga.

Iftar, held from sunset to

8pm, costs BD37 per person, inclusive of water, juices, Arabic coffee and tea. Children aged six to 12 dine for BD20, while those under six can enjoy for free.

Ghabga, from 9pm to 2am, is priced at BD40 per person - both in the ballroom section during the week, and in the tent from Saturday to Wednesday. On Thursdays and Fridays, it costs BD44 per person in the tent section, inclusive of juices.

It's priced at BD20 for children aged six to 12, and is free for those under six.

A Premium Experience is also offered at the tent from 9pm to 2am. It features exclusive service and a full table of the finest mezze and mains, complemented by the option to select additional dishes from the extensive

Leisure Scene

Weekly Entertainment

A MAJESTIC FEAST UNDER THE DOME

EXPERIENCE the magic and wonder of Ramadan at Hilton Bahrain's The Dome.

An array of international and local dishes will be offered as part of its iftar and ghabga events. The unforgettable dining and cultural experience will feature a qanun and oud player serenading the guests as entertainment.

It costs BD20+++ for iftar, from sunset to 8pm, and BD20+++ for ghabga, from 9.30pm to 1am on weekdays, and 9.30pm to 2am on weekends.

Meanwhile, Origin Kitchen and Culture has an array of offerings to suit all tastes.

Head down to the restaurant's Wild Safari Brunch, tomorrow, from 12.30pm to 4pm, to relish the authentic flavours of Africa that will have your tastebuds dancing with joy. It costs BD28net with unlimited soft beverages and BD39net with unlimited selected beverages. Military personnel can dine for BD25net.

Those who savour Asian delicacies can head to Origin Kitchen and Culture and

TAST OF AFRICA: Wild Safari Brunch



explore Pan Asian Night on Wednesday, from 7pm to 10pm. It costs BD22net with unlimited soft beverages and BD28net with unlimited selected beverages.

Seafood lovers can also head down to the restaurant tonight to enjoy the freshest catch and live cooking stations, from 7pm to 10pm. The feast costs BD30net with unlimited soft beverages and BD32net with unlimited selected beverages.

Start your morning off right with a breakfast buffet at Origin Kitchen and Culture. It is priced at BD13net per person, from Sunday to



VARIETY: Pan Asian Night

Friday, 6.30am to 10.30am. Late risers can also enjoy the spread on Saturdays, from 6.30am to 11.30am, at the same price.

Ladies can indulge in a delicious breakfast on Sundays and Mondays, from 6.30am to 10.30am, for BD5 each. The offer applies for a minimum of six people.

Discover a new definition of nightlife at the Society Club's Afro Series. Good music and a wide range of beverages will make for an unforgettable experience tonight, from 9pm to 2am.

Enjoy signature pastries and sweet treats at a 50 per cent discount at Lamar, after 5pm. The offer is available until tomorrow.

For bookings, call 33692013 or 33690081.

CARNIVAL OF COLOURS

THE Young Goans Club Bahrain is hosting its 'Carnival of Colours' festival today (February 27), from 8pm, at the Swiss International Palace Hotel in Manama.

Guests can enjoy a live band, DJ and tasty bites and

beverages with their family and friends, making for an amazing evening.

Highlights of the event include contests for the Best Mardi Gras Attire, Best Crooner and Outstanding Carnival Costume for children.

For details, call 39881984, 33310712 or 36269228.

A VIBRANT CELEBRATION

THE Bahrain Rugby Football Club has organised a Latino Loco event.

It will feature vibrant music, electrifying energy and delicious Latin-inspired beverages and food, tomorrow, from 4pm. Normal guest rules apply.

For more information, call 17695809.



MOVIE TIME

H EAD down to CINECO Seef to watch an array of English-language films being shown this weekend.

CAPTAIN AMERICA: BRAVE NEW WORLD (PG-13)

Sam Wilson, the new Captain America, finds himself in the middle of an international incident and must discover the motive behind a nefarious global plan.

Actors: Anthony Mackie, Harrison Ford, Danny Ramirez

Timings: 11am, 1.30pm, 4pm, 6.30pm, 9pm, 11.30pm

CLEANER (2025) (15+)

Hoping to expose corruption, radical activists take 300 hostages at an energy company's annual gala in high-rise building.

Their cause soon gets hijacked by an extremist within their ranks who's ready to kill everyone.

Actors: Daisy Ridley, Clive Owen, Taz Skylar

Timings: 11.30am, 1.30pm, 3.30pm, 5.30pm, 7.30pm, 9.30pm, 11.30pm

OUTBREAK (15+)

A state park ranger and his wife, grappling with the disappearance of their teenage son, face a mysterious outbreak that threatens not only their relationship, but in the end, their grip on reality.

Actors: Billy Burke, Taylor Handley, Raoul Trujillo

Timings: 1.15pm, 3.15pm, 5.15pm, 9.15pm, 11.15pm

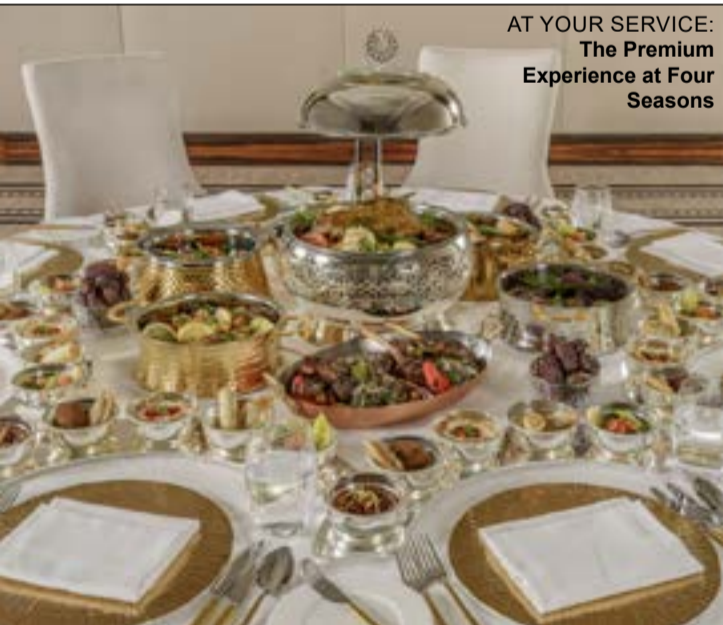
CELLPHONE (15+)

A young woman Wynne, starts living in an old farmhouse. Strange things start happening when she discovers a cell phone which is haunted.

Actors: Whitney Noble, Justin Jackson, Malcom McDowell

Timings: 12.45pm, 2.45pm, 4.45pm, 6.45pm, 8.45pm, 10.45pm

AT YOUR SERVICE: The Premium Experience at Four Seasons



buffet. The cost is BD55 per person for a minimum of four people and BD220 for three people or less.

Youngsters can enjoy their own buffet during the Holy Month, with activities such as painting, classes, scavenger hunts and arts and crafts at the Al Manama Ballroom's Gergaoun celebration.

The Gergaoun parade,

complete with a traditional band, distribution of sweets, games, henna, a bouncy castle, and face painting, will be the highlight of the Ramadan Tent on that special day. It will take place on the 14th night of Ramadan, from 6pm to 8.30pm and is available for guests with an iftar reservation.

For more information, contact 17115070.

FESTIVE: Celebrate Ramadan at RGC



C ELEBRATE the month of Ramadan at the Royal Golf Club (RGC) with the Layali Al Riffa Tent.

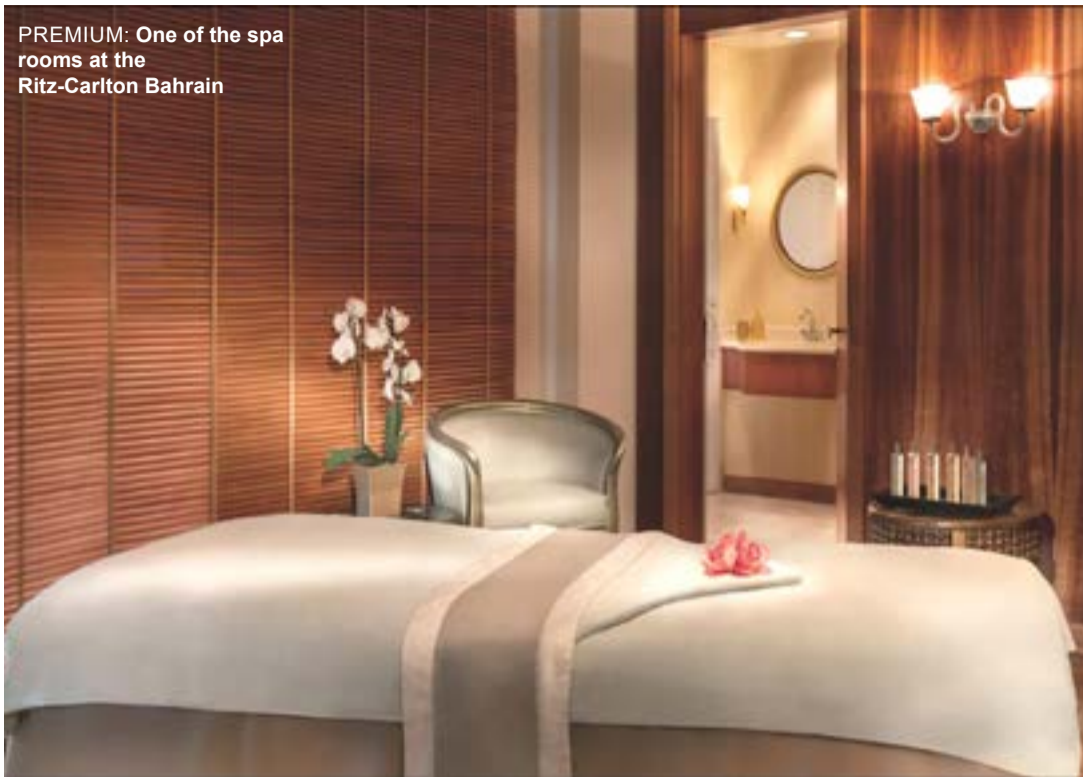
The luxurious facility will serve a variety of traditional and contemporary foods, specially prepared by expert chefs for iftar and ghabga.

It costs BD12net per person for iftar and BD14net per person for ghabga.

For more information, contact 32184647.

UPHOLDING TRADITIONS

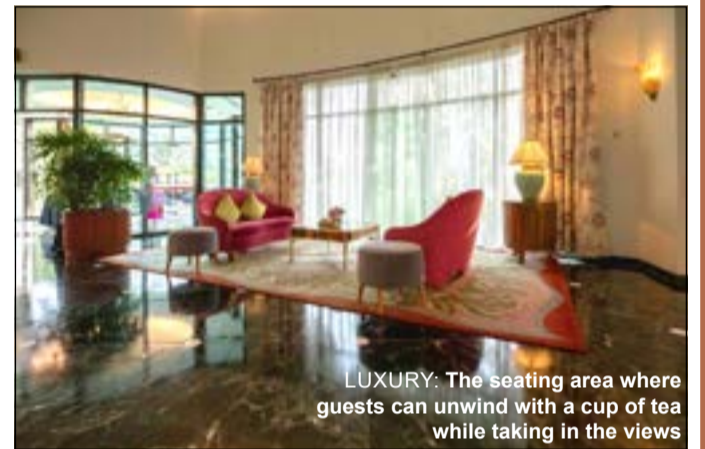
PREMIUM: One of the spa rooms at the Ritz-Carlton Bahrain



DUO: Tracey and assistant spa manager Tanya Afuang with the Ashmira Botanica products



An oasis of tranquillity



LUXURY: The seating area where guests can unwind with a cup of tea while taking in the views



SPA REVIEW

By JULIA CASSANO
julia@gdnmedia.bh

In today's fast-paced world, finding moments of tranquillity can be difficult. However, it's important to take a step back from time to time and practice self-care.

You could spend a day in bed reading or do a movie marathon with a friend. If you're feeling particularly generous, book a foot massage or, perhaps, a staycation with your family.

I was planning to spend a day pampering myself in the middle of a particularly busy week when the wonderful people at the Ritz-Carlton Spa Bahrain invited me to experience their Sonic Serenity treatment, a unique, holistic wellness offering at their luxurious venue. This

couldn't have come at a better time and the experience left my mind and body revitalised and transformed, to say the least.

Inspired by traditional Chinese medicine, it combines sound healing with a one-and-a-half-hour full-body meridian massage using soft, non-setting pink clay and an hour-long facial, with aromatherapy oil blends and facial cups, to help drain toxins. It is derived from the ancient philosophy of the five elements – wood, fire, earth, metal and water.

The treatments were performed by Tracey Smith, the founder of Ashmira Botanica, a Chinese Medicine-inspired wellness skincare line, which according to her, features 100 per cent vegan products that are personalised to your element.

"I am extremely happy to partner with the Ritz-

Carlton Bahrain to create a phenomenal holistic experience that incorporates my skincare range," she said.

"The treatment is personalised for each client, based on their year of birth and current skin issues. According to Chinese medicine, you are born as energy and develop certain personality traits as well as meridians, which are small channels that run beneath the skin's surface and supply energy to your organs and body.

"So, we tailor the treatment to this to give a whole-body experience. The Spa's therapists are also trained by me and ready

to offer the Sonic Serenity treatment to guests."

Following the brief consultation, I was led into a quiet treatment room with dim lighting and soothing music, where I laid peacefully on the massage table, waiting for the relaxing experience to begin.

The session started with the sound of bowls and the clay being applied to my skin. The bowls were then placed on

"The treatment is personalised for each client, based on their year of birth and current skin issues"

top of my stomach, and the sound waves and vibrations resonated through the room and my body, creating a powerful auditory experience that felt like a gentle embrace.

As the vibrations washed over me, I could feel my stress and tension melting away. Another layer of clay was applied to my skin, and the therapist skillfully combined these sounds with meridian massage techniques. Each stroke worked to release tension, targeting sore muscles and knots.

Meridian massage therapy is a focused concentration by the use of the therapist's hands. The therapist works along the entire energetic

channels, including the specific points that lie in between the beginning and the end of the channel.

The experience was both meditative and therapeutic, allowing me to drift in and out of a peaceful state.

Almost 90 minutes later, we transitioned to the facial treatment. Using products tailored to my element, and packed with natural and botanical ingredients, Tracey applied soothing masks and serums, each step infused with calming aromas. As I lay there, the combination of soft music and the aesthetician's skilled touch transported me to a state of bliss.

Emerging from the spa, I felt transformed. My body was utterly relaxed, and my skin glowed with newfound vitality.

The experience was more than just a series of treatments; it was a holistic journey that nurtured both my body and mind.

The Sonic Serenity treatment is available everyday, from 6.30am to 10pm, at BD180 for 150 minutes.

The Ritz-Carlton is the first hotel in Bahrain and the Middle East to offer this treatment and the Ashmira Botanica skincare range.

For more information contact 17586808.

SOOTHING: Facial treatment



AZURE: The Spa's thalasso pool



Pulse of Pop

AROUND THE WORLD IN MUSIC, TV, BOOKS AND MORE - BY RIMA ALHADDAD

NEW music project
Salvation by rising
pop star Rebecca
Black drops today.

The seven-track Extended Play (EP), which serves as her fourth release, is set to showcase the singer experimenting with 'sounds that speak to her', delivering an overall fun atmosphere with lyrics that are 'confident and empowering'.

The singer gave fans the first taste of the album with the single *TRUST!*, released last year, which delivered a bold and unapologetic pop sound with heavy beat drops.

"It felt only right to kick off the next project with the loudest and brashiest track I've put out yet, and *TRUST!* embodies the essence of the fearlessness in this project better than anything,"

Rebecca said in an interview, adding that a big theme was breaking down creative barriers she might have put up in the past.

"This time around, I've been following the threads that feel the truest to me. The music and production still take risks, but it all feels connected, like every piece is part of the same world," she added.

The 27-year-old was first noticed for her debut single *Friday* (2011), which she released when she was just 13. While the music video garnered more than 30 million views in just one month, it became one of the most 'disliked' *YouTube* videos of the time, for the significant use of Auto-Tune.

Rebecca recalled the episode as being extremely

SUPERSTAR:
Rebecca



SALVATION COMES HOME

difficult due to the bullying and hateful messages she received. However, she garnered the support of pop sensations Katy Perry, who featured the artist in her music video *Last Friday Night (T.G.I.F.)* in the same year, and Lady Gaga, who called her a 'genius' in an interview.

"It was so special and it's only meant more to me as I've gone throughout my career and have tried to navigate this entire process," Rebecca said about Gaga's support.

Eventually, the creative talent managed to embrace the track, and, in 2021, released a 10th anniversary

remix produced by Dylan Brady of experimental musical duo 100 gecs, featuring hip hop duo 3OH!3, rapper Big Freedia and experimental pop singer Dorian Electra.

The remix reimaged the entire track as a hyperpop party anthem and garnered more positive reviews.

THE MIND'S GAMES

MYSTERY thriller novel *The Strange Case of Jane O.* by Karen Thompson Walker has hit the shelves.

The story follows Jane, a young mother who experiences a series of strange episodes following the birth of her first child, including amnesia, premonitions and hallucinations.

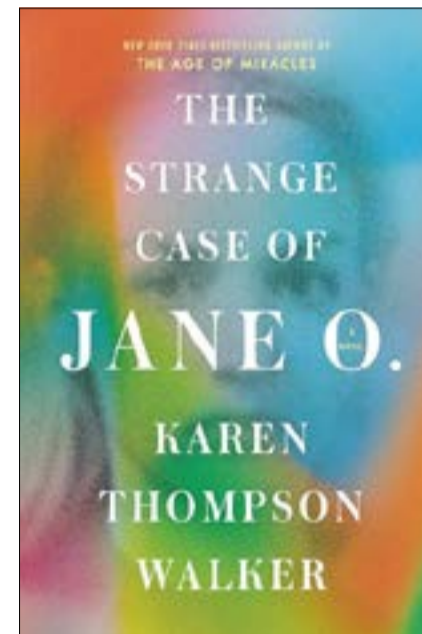
As her psychiatrist struggles to solve the mystery of what is happening in her mind, Jane suddenly goes missing, and is found a day later unconscious in a park, waking up without any memory of what happened to her.

American author Karen earned her degrees in the English language and creative writing from California University in Los Angeles. After completing her undergraduate degree, she worked as a journalist for a newspaper in San Diego.

She completed her master's degree at Columbia University, and is currently an assistant professor in the creative writing department at Oregon University.

The upcoming novel is her third published work.

Jane's writing stands out for always combining the real world with fantastic elements and events.



"I really enjoy spending time as a writer and a reader and just as a human being in those spaces between the ordinary and the extraordinary, the everyday and the unlikely," Karen said in an interview.

"Even in our everyday reality, I enjoy that. I love reading about realms of science where there's still a lot of mystery: quantum physics and distant planets. Once you start reading about these elements of reality that we don't totally understand, it opens up that imaginative space that a lot of people love to spend time in," she added.

DARE ONCE MORE

MARVEL studios television series *Daredevil: Born Again* premieres on **Disney+** on **March 4.**

The first two episodes are set to follow blind lawyer Matt Murdock (Charlie Cox), who leads a double life as a masked vigilante fighting for justice, while former crime boss Wilson Fisk (Vincent D'Onofrio) pursues his own political campaign as the mayor of New York City.

Eventually, the two find their past identities emerging, resulting in an inevitable clash.

The series is a revival and continuation of an earlier *Netflix* series titled *Daredevil*, which ran from 2015 to 2018.

In an interview, Charlie shared his perspective on the new direction of the series, for which he replaced the entire creative team, explaining that there was a 'U-turn after the 2023 SAG-AFTRA strike'.

"If we're coming back after all these years, we don't want to just do exactly the same thing," Charlie said.

"Marvel looked at the episodes and knew it wasn't quite working. After that, the production team shot a whole new pilot, and they reorganised what they had filmed to make it feel more like the show they had shot all those years previously. Given what a Herculean task that was, it's very impressive what they



REBORN: The series' poster

achieved," he added.

Actor Vincent has also discussed the changes behind the scenes, and how thrilled he is about the final result.

"When we finally figured

out how to do this show, it was so exciting, and to really play it the way that Charlie and I always wanted to continue. A lot of us involved in the first iteration

were really yearning for a better way, and it worked out," he added.

After the *Netflix* series' cancellation in 2018, Charlie reprised his role for a brief

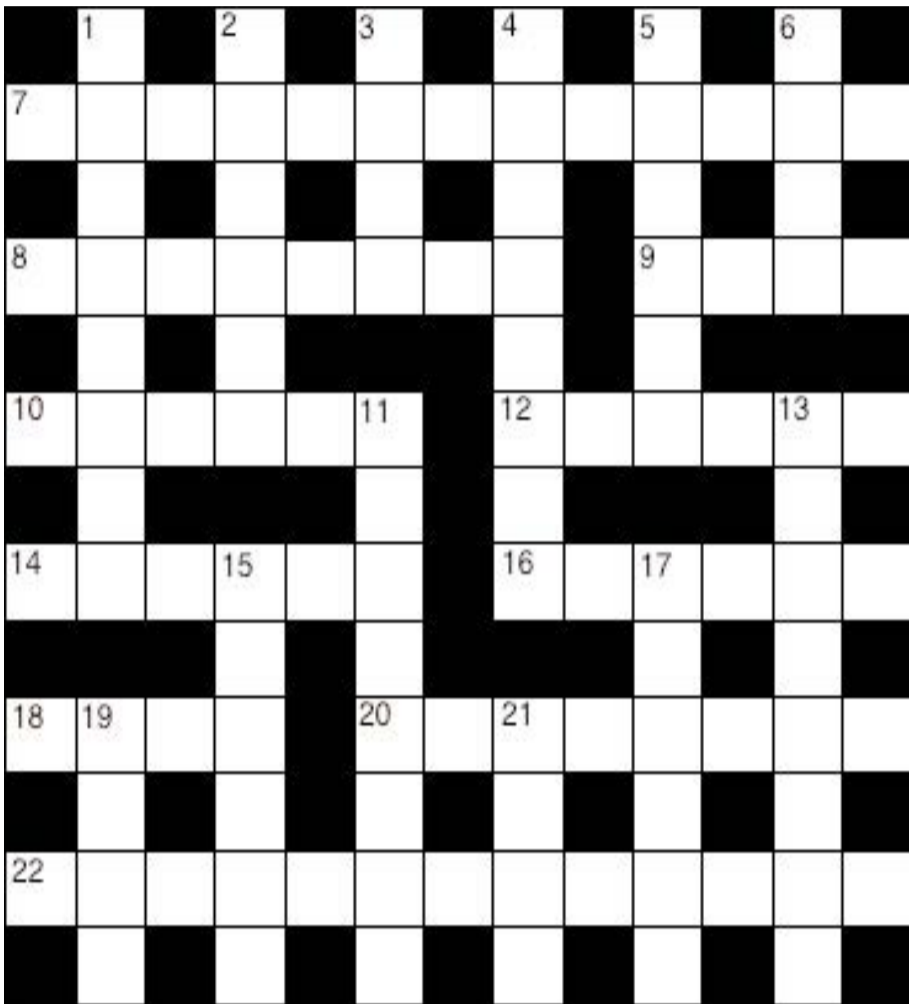
appearance in the 2021 film *Spiderman: No Way Home*, while Vincent reprised his role for the *Disney+* series *Hawkeye* which premiered in the same year.

Time Out



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crossword break



Solutions in next week's issue.

ACROSS

- 7. Autonomous (4,9)
- 8. Infirm (8)
- 9. Poems (4)
- 10. Heeded (6)
- 12. Subtle difference (6)
- 14. Alcove (6)
- 16. Stand idly (6)
- 18. Percussion instrument (4)
- 20. Recuperation (8)
- 22. Very numerous (13)

DOWN

- 1. Look like (8)
- 2. Fight (6)
- 3. Seizure of power (4)
- 4. Guard (8)
- 5. African country (6)
- 6. Formerly (4)
- 11. Separate (8)
- 13. In good spirits (8)
- 15. Antagonism (6)
- 17. Create (6)
- 19. Overwhelming defeat (4)
- 21. Musical endpiece (4)

who, what, where, when

WHO ... wrote the novels *Digital Fortress* and *Deception Point*?

WHAT ... would you do with a persimmon - wear it, eat it or sleep in it?

WHERE ... is Albert Park, the venue for the Australian F1 Grand Prix?

WHEN ... was actress Drew Barrymore born?

WHO ... created the art objects *Lobster Telephone* and *Mae West Lips Sofa*?

WHAT ... is the gulf which separates Finland from Sweden?

WHERE ... is the Coronation Cup horserace run?

WHEN ... did Dolly, the cloned sheep, die?

just so

DEN PRINCE MARK

BOVINE ANIMAL

string
string
string
string

WORD WORD WORD
WORD WORD WORD
WORD WORD WORD
WORD WORD WORD

darn tough sudoku

So you think you're good enough at Sudoku to crack this baby? Remember, we were the first in the Gulf to bring you this bit of Japanese mayhem...so we don't kid around

Last week's sudoku

1	5	8	2	7	9	3	6	4
6	7	2	5	4	3	9	1	8
9	4	3	8	6	1	7	2	5
7	6	1	9	5	2	8	4	3
2	9	4	6	3	8	1	5	7
8	3	5	4	1	7	6	9	2
5	2	9	7	8	6	4	3	1
3	8	6	1	2	4	5	7	9
4	1	7	3	9	5	2	8	6

1	7	6	9	4	5	3	8	2
5	3	2	7	8	6	1	9	4
8	4	9	2	3	1	6	7	5
3	6	4	8	2	9	5	1	7
9	8	7	5	1	4	2	6	3
2	1	5	3	6	7	8	4	9
4	9	3	1	5	8	7	2	6
7	5	1	6	9	2	4	3	8
6	2	8	4	7	3	9	5	1

darn tough sudoku

8	3	5	9	2	6	4	1	7
1	4	2	7	3	5	8	6	9
9	7	6	1	8	4	3	2	5
5	1	7	4	9	2	6	8	3
6	8	4	3	5	1	7	9	2
3	2	9	6	7	8	5	4	1
4	5	8	2	1	7	9	3	6
7	9	1	8	6	3	2	5	4
2	6	3	5	4	9	1	7	8

Sudoku

	9			6	5			
5	2		9		3	1		7
3			4				2	
	7			9	1			6
	3	9		6		7		
6			2	3			9	
		3			2			1
2		7		1			6	5
	5	8	6				7	

Sudoku

		2	6		9		3	5
	7		5				6	
		4		1	9		7	
		8				1		
2				3				4
	9		4			2		
1				5		7		
	2		1	9	8			3
5	3				2	8		

Last Week's Leisure Solutions

CROSSWORD BREAK:

Across: 1 Chop; 8 Illiterate; 9 Corridor; 10 Mock; 12 Oracle; 14 Handle; 15 Absurd; 17 Aflame; 18 Vent; 19 Chastity; 21 Conscience; 22 Rush.

Down: 2 Honourable; 3 Pier; 4 Pledge; 5 Starch; 6 Criminal; 7 Deck; 11 Calamitous; 13 Courtesy; 16 Deceit; 17 Avaunt; 18 Vice; 20 Tier.

JUST SO: A shot across the bow, A tall order, Art for art's sake, Come down in the world.

WHO, WHAT, WHERE, WHEN: Ms. Dynamite; The Owls; Birmingham; 1986; Alan Ayckbourn; Tiger; Brazil; 1977.

Darn Tough Sudoku

8					2			
	5			3		8		
1					4	2	9	
				8		7		
2		3				5		9
		5			3			
	6	4	7					1
		1		6			3	
			3					7

Your work pad space ...