



Photos from the event.

Second Lulu Express Fresh Market opens in Farwaniya

Lulu Hypermarket, the leading retailer in the region, opened the second Lulu Express Fresh Market, a concept store at Radhy Al Owayed Complex, Farwaniya on 6 November.

Located near Farwaniya Roundabout, opposite to Police Station, Farwaniya, the second Lulu Express Fresh Market store in Kuwait was inaugurated by

Chairman and Managing Director of Lulu Group International Yusuffali M.A., along with Lulu Executive Director Ashraf Ali M.A., Kuwait Regional Director Mohamed Haris, and Kuwait Regional Manager Sreejith. The new outlet was launched in the presence of government officials, dignitaries and a large gathering of shoppers and well-wishers.



Photos from the event.

Lulu Express Fresh Market is the second such store format to open in Kuwait and adds to Lulu's growing retail footprint by taking the number of branches in the country to nine and the total Lulu outlets across the world to 181.

The convenience focused store, spread across an area of 1550 square meters has dedicated sections for fresh fruits and vegetables, chilled and frozen fish and

meat, delicatessen, grocery, dairy, roastery, bakery and hot foods, as well as non food items and, health and beauty products.

The new Lulu Express Fresh Market stores easy accessibility, its modern ambience, clear layout, wide aisles and well stocked shelves are focused on providing the utmost convenience to shoppers.



A photo from the event

Available only at Talise Spa

Jumeirah launches Water Walkers & high-tech CACI treatments in Kuwait

KUWAIT CITY, Nov 6: Jumeirah Messilah Beach Hotel & Spa launched revolutionary technology for the first time in Kuwait; Water Walker & CACI (Computer Aided Cosmetology Instrument) machines available only at the award winning Talise Spa. The press conference was held in the presence of Ambassador of Japan, Takashi Ashiki and along with Chief Technical Officer of Water Walker, Yasutoshi Tajima and members of the media.

Assistant Director of PR and Communications, Yasmine Ismail, along with Jumeirah Messilah Beach Hotel & Spa marketing team welcomed media upon arrival and gave an introductory speech. Post the press conference, media were taken on a tour of Talise Spa to learn more about the revolutionary technology behind the Water Walker & Spa Steed pro, Water Walker & Spa Compact and CACI machines.

Targeting the ever-changing fitness and wellness needs of both men and women, Talise spa features special packages and sessions utilizing the Water Walkers. Training in water is perfect to do cardio and resistance training without risking gravity taking a toll on your joints. The temperature of the water can be controlled and is set 2 degrees Celsius less than the human body temperature to aid in releasing more energy and hence burning more calories. Four certified professionals specifically flew into Kuwait from Osaka, Japan to install the Water Walkers as well as gave intensive

training to the staff at Talise Spa. The equipment are operated by fully qualified, professional trainers at Jumeirah Messilah Beach Hotel & Spa.

CACI facial treatment delivers results equivalent to a face lift without the painful surgical process. The Orbital Skin Resurfacing is used for exfoliation to reveal a healthy radiant look, while Ultrasonic Deep Cleansing technology removes any make-up residue, blemishes or impurities. Its Wrinkle Comb Technology targets deep lines and wrinkles to provide a non-invasive alternative to dermal fillers. The CACI, non-invasive facial treatment works as a "workout for facial muscles", as the stimulating micro currents are applied to areas that traditionally suffer from wrinkles and lines, such as the jawline and areas around the mouth and eyes. The treatment also enhances the skin's ability to neutralize bacteria and helps to protect your skin from daily damage.

Incarnating authentic luxury, Talise Spa, a haven for the mind and body, takes a holistic approach to embody the philosophy of preserving wellness. It focuses on body, mind and spirit rejuvenation with an array of health and beauty facilities as well as spa products. A daily calendar of activities such as meditation, yoga and other healthy lifestyle practices elevates the whole spa experience.

Reservations and inquiries about Talise Spa memberships can be made by calling Jumeirah Messilah Beach Hotel and Spa's direct line +965 2226 9688 or emailing JMBTalise@jumeirah.com



Oktoberfest celebration at the Jumeirah Messilah Beach Hotel & Spa.

Celebrate Oktoberfest in style with German brunch at JMBH

KUWAIT CITY, Nov 6: In collaboration with the Embassy of Germany in Kuwait, Jumeirah Messilah Beach Hotel & Spa recreates Munich's most iconic festival, Oktoberfest, in style. Guests can experience the fun-filled festival like never before and enjoy the authentic German music straight from the heart of Bavaria with the live band, 'Happy Hour Band', while savouring the mouth-watering German feast.

You can indulge in a hearty Oktoberfest buffet brunch on Friday Nov 8, 2019 where guests are invited to try the exotic flavours of German cuisine and traditions. From 1 pm to 4:30 pm, the Friday brunch will feature a wide-spread of authentic German mouth-watering flavours including exciting kids' outdoor activities for the children. 'Happy Hour Band' will perform to enliven the atmosphere as guests partake in the festivities of the vibrant

Oktoberfest.

Speaking about the celebration Assistant Director of PR & Communications, Yasmine Ismail, said: "We are delighted to collaborate with the Embassy of Germany and bring this fun filled event for our guests to enjoy. We are also pleased to have the 'Happy Hour Band' to perform and to entertain our guests with authentic German music."

Guests visiting Garden Café on Nov 8 will be welcomed by waitresses and waiters in authentic Bavarian clothing – from authentic German Dirmel, to Lederhosen for the gentlemen. Experience the true flavours of Bavaria and make it an Oktoberfest to remember with Jumeirah Messilah Beach Hotel & Spa, Kuwait.

Call Jumeirah Messilah Beach Hotel and Spa direct line for reservation +965 22269666 or emailing Jumeirahrestaurant@jumeirah.com

Holds lectures, medical check-ups for KOTC staff

Arabiya Clinic raises breast cancer awareness

KUWAIT CITY, Nov 6: On the occasion of Breast Cancer World Awareness Month, Arabiya Clinic organized and presented at the Kuwait Oil Tanker Company «KOTC» a series of awareness lectures for breast cancer in addition to some of the services and medical check-ups dealing with women's and men's health.

The meeting commenced with an awareness lecture from Dr Prashanth R. Prasad a registered dentist with more than 12 years of experience in the treatment of teeth, gums and dental surgical implants. The audience was excited to know of the close association between breast cancer and dental health and the dangers of neglecting gum and teeth examinations. Studies of the most prestigious universities in the field of research indicate that 14% of people with gum problems may have cancer compared to people who have no dental problems. In the link between dental diseases and cancer, the bacteria in the oral cavity which causes tooth pain and gum disorders transfers to other organs in the body through saliva and blood circulation. This affects some parts of the body resulting in the occurrence of breast cancer.

Experience

This was followed by a lecture given by Dr Matthew, General Practitioner with long experience in the field of dental treatments and health in addition to the Hollywood Smile. His lecture titled Smile Design began and initially intended of the importance for you and me of a healthy lifestyle and exercise with attention to diet and oral health. He said that, breast cancer disease does not mean the end of the road and that many cases have been cured because of the lack of despair and the insistence on life. He informed about the importance of dental examination and treatment before starting chemotherapy courses. In the interest of public health, dental health is a way to a better life and an escape from diseases begins with your smile and brings happiness to your life. Breast cancer is not only for women, but also occur in men and the cases of breast cancer in men constitute between 0.5 and 1.0 percent. Most of diagnosed cases of breast cancer in men is in the advanced stages, mostly due to the lack of awareness of the possibility that men can also get infected with breast cancer.

This was followed by a lecture by Dr Rasha Salah, a Senior in Oral and Dental Surgery. Her interesting lecture drew the attention of the audience on the topic of "Keeping Your Children's Teeth May Save Their Lives". This is important due to the stem cells existing in the bone marrow, which is largely stored in the first teeth of the children. According to the National Center for Biotechnology Information in the United States, stem cells can cause serious diseases such as cancer or diabetes which may later infect the child.

Treatment

Finally, Dr Divya Viswanathan presented "Oral care for patients in need of chemotherapy, radiation therapy and bone marrow transplantation" where oral and dental hygiene care is required during chemotherapy. She said that this treatment may cause infections and small wounds in the mouth that heal with difficulty. She added that in the event of feeling pain during dental care, you can use painkillers. It is also important during treatment to stay away from spicy or acidic foods, as well as stay away from smoking. She ended that many people who are treated for cancer get a lot of problems in the mouth or teeth, which disappear after attention to oral health treatment, but in the case of neglecting oral health, mouth problems may develop for months or years.

On the aspect of Awareness, Dr Medhat Qadis Ibrahim, a doctor in internal medicine, surgery and intensive care, carried out free checkups and consultations. He discussed medicines and the importance of early screening for the detection of breast cancer and the importance of a blood test for the indication of tumors for the prevention of cancer.



A photo from the event

First direct flights between Kuwait and Nepal

Jazeera launches direct flights to Kathmandu

KUWAIT CITY, Nov 6: Jazeera Airways, Kuwait's leading low-cost airline, operating regionally and internationally, today announced the launch of flights to Kathmandu's Tribhuvan International Airport (KTM), serving the Nepalese capital with four return flights weekly starting from Nov 17, 2019, and is scheduled to increase to daily flights in January 2020.

The launch marks the first direct commercial flights to be operated between Kuwait and Kathmandu, Nepal, with a duration of around 5 hours and 45 minutes. The direct flights offer connecting flights to cities in the Middle East and Europe.

Jazeera Airways CEO, Rohit Ramachandran, said: "We are glad to be serving the world's 19th top



Jazeera Airways flight

destination for the year as per Trip Advisor and open a direct flight for travellers to enjoy the wonderful landscape and culture that Nepal has to offer. The new route also supports efforts to strengthen economic trade between both countries and opens a new low cost option from Nepal to the Middle East and Europe through

Kuwait-Kathmandu Flights Schedule

Flight Number	Frequency	From	To	Departure (Local Time)	Arrival (Local Time)
J9 539	Monday, Wednesday, Friday and Sunday	Kuwait	Kathmandu	9:05 am	4:20 pm
J9 540	Monday, Wednesday, Friday and Sunday	Kathmandu	Kuwait	5:05 pm	8:00 pm

Exclusive discounts for NBK Credit, Prepaid cardholders

NBK launches exceptional seasonal deals

KUWAIT CITY, Nov 6: Constantly rewarding customers with tailored campaigns targeting every need and segment, National Bank of Kuwait (NBK) launched its exceptional quarterly offers "NBK Seasonal Deals" to give customers discounts of up to 40% when using their NBK Credit Cards and NBK Prepaid Cards to shop at their preferred shops, book a flight or hotel.

Included in the offers are discounts of up to 10% on cruise holidays around the world offered by Emirates Holidays and redeemed by using an NBK Credit or Prepaid Card when booking on the following link: https://www.emiratesholidays.com/kw_en/promotions/nbk or when calling to book on 22055111 or 99617700.

Customers are also eligible for discounts of up to 10% on flights booked on Kuwait Airways no matter the travel classes and destination. They simply need to use their NBK Credit or Prepaid Card when booking on the dedicated link: <https://www.kuwaitairways.com/en/nbk>.

NBK Customers also enjoy up to 5% cashback when booking hotels, apartments and other great places to stay in, using their eligible NBK Credit, Debit Card or Prepaid Card on the global travel booking platform Booking.com using the dedicated link: www.booking.com/nbkcards.

The offers don't stop there. Eligible NBK Credit and Prepaid Cardholders receive exclusive discounts when booking a car with Careem. Discounts reach 40% on each ride (limited to three rides per month) for 30 days by entering the promotional code "NBK NEW" for those using the Careem app for the first time in Kuwait, Bahrain and Oman. Registered users on Careem receive a 25% discount on their car rides (four rides per month) using the promotional code "NBK" in



Prasad Srinivasa

Kuwait, Bahrain and Oman or the promotional code "NBK GCC" in Qatar and UAE.

The offers also include a discount of up to 11% at select hotels when reserving for a stay before 31st August 2020 with the eligible NBK Credit or Prepaid Cards and on the following link: <https://ar.hotels.com/page/nbk-discount/?rfrid=mdp.hcom.m2.884>.

Speaking of NBK Seasonal Deals, Prasad Srinivasa, Head of Merchant Business and Customer Loyalty Management, National Bank of Kuwait, said: "We are always looking for ways to reward our customers and offer them exclusive discounts and offers all year long, including these unique seasonal discounts. We launch these seasonal offers on a quarterly basis and ensure to include a variety of offers including offers on flights and hotels to meet our customers' needs during every season of the year."

Srinivasa added: "We promise customers more offers to come in areas that interest them and specifically designed for each customer segment."

He reaffirmed that NBK Credit and Prepaid Cards offer a wide range of benefits and exclusive promotions

Kuwait."

The Kuwait-Kathmandu route is operated by return flights on Monday, Wednesday, Friday and Sunday. The departing flight number J9 539 from Kuwait to Kathmandu is scheduled at 09:05 am local time and arrives at 4:20 pm local time of these days, while the return flight number J9 540 from Kathmandu to Kuwait is scheduled at 5:05 pm local time and arrives at 8:00 pm local time.

Bookings for Kuwait-Kathmandu flights are now open and available on jazeeraairways.com. Fares start from KD 65 for a one-way flight on Economy Class and KD 129 for a return flight on the same class. Business Class fares start at KD 154 for a one-way flight and KD 313 for a return flight.

NBK Credit Cards are the convenient way to make payment for purchases as they are designed to add value with benefits that include earning points in the NBK Rewards Program and NBK Miles Program, protected purchases, extended warranty and a chance to enter NBK's various draws. To learn more about NBK Credit Cards and their features, customers can visit NBK.com. Service and discount as follows:

- Booking cruise holidays on Emirates Holidays: 10% discount on the total value of the cruise holiday package around the world
- Bookings flights on Kuwait Airways: 10% discount on the total value of flight reservations on all travel classes and destinations
- Booking hotels, apartments and other great places to stay in on Booking.com: Up to 5% cashback on the value of the booking when paying with NBK Cards and booked via the dedicated co-branded website
- Reserving a car ride on the Careem app: 40% discount on three rides per month for 30 days for first time users and 25% discount on four rides per month for registered users
- Booking from select hotels: 11% discount on bookings