



A
MAGAZINE
WHERE *life* HAPPENS
A

SPORT
BEAUTY
CUISINE
ADVENTURE
VOLCANOES
OCEAN LIFE

THE
FREEZING
HOT
EDITION



A FRESH CATCH

Start **YOUR DAY** with a sushi breakfast, then head to the live tuna auctions and fish stands and browse the freshest daily catches.

Toyaki Market in Japan is the largest fish market in the world.

Offering up the largest selections of fish and seafood, this wholesale market is home to around 100 licensed dealers as well as an outdoor market where you can find anything from groceries to expensive kitchen tools and supplies.

Most fish arrives from all around the world at

4-30am to be auctioned off and sold in this always-busy atmosphere – over 2,000 tons of marine products are handled in just one day.

In Dubai, fish, sushi and Japanese cuisine enthusiasts can enjoy fresh fish at Armani-Hashi. With fish flown in daily from different locations around the world, the restaurant celebrates the culture while combining both traditional and contemporary Japanese cuisine.

■ For reservations and enquiries, call 01 889 3366 or email restaurant.reservations@armanihotels.com



SURVIVING THE ICE AGE

IT MAY LOOK a little clueless, but this shaggy cow is known as one of the more intelligent animals on the planet. The musk ox, which primarily live in Greenland, Canada and Arctic North America, has shown great problem-solving and learning abilities. It even made it through the Ice Age with its thick coat and has roamed the Earth for the past 600,000 years.

Want to find out what it feels like to cover yourself in its warm fleece? The super-exclusive qiviuk, known as the cashmere of the north, is made by ethically harvesting fibres of the inner down of the Canadian Arctic musk ox.

■ Order from qiviuk.com



MELTING AWAY

ZAMA HADID'S liquid glacial dining table, made of polished Plexiglas, looks like it could melt at any moment. Subtle waves and swirls define this futuristic table.

MYTH BUSTERS

GETTING HIT BY COLD AIR IS A HEALTH RISK

TRUE: Doctors operating in warmer countries regularly get complaints from patients who have been hit by a draught and suffer from neck stiffness, headaches and other ailments. People used to living in colder climates, however, may not experience the same problems.

SHOKERS GET COLD SOONER

TRUE: Getting cold more quickly.