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A word in your ear...

Things I've learned this week (and I've had an extra-educational seven days): Dubai's summers pass far more quickly than you think. It's already mid-July and many of us are still heading to the beach every Friday, so it's time to make the most of the warm sea before it's chilly again. See page 90 for tips on how to swim without the spluttering or leaking goggles. Second, The Ivy has survived its teething period (see our review on page 44), and Downtown's Pavilion Café is a gem that pulls off culinary finesse as well as style (page 47).

Third, it's also still possible to cry from laughing too much at a film (I'm a tough crowd). I realised this while watching new release *Bridesmaids* – the Parisian engagement shower scene did it, and the stolen puppies. See page 16 for our interview with writer and star Kristen Wiig. Finally, I now know that we have only 15 days left before the city's brunches go on hiatus over August (breathe), and I have the inside track on the 25 best brunch deals. Will you get a table before they all sell out? Flick to page 18, and quick!

Have a great week!
Becky Lucas Editor

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We pay a flying visit to the hectic yet magical Moroccan city of Fès

COMPETITION!

WIN!
An overnight stay for two at The Ritz-Carlton, DIFC! See page 111

Time Out talk 'I was maid of honour when my mum got remarried, but that doesn't count because I didn't take her to a strip club or anything.' *Bridesmaids* star Kristen Wiig shares her hen-night experiences. See page 16

Spotted



British Olympic gold medal-winning boxer James DeGale (left) watching the recent heavyweight title

fight in a pub. **June Ambrose**, stylist to Mary J Blige, Mariah Carey, Sean Combs and Jay-Z, looking suitably fierce in a blue turban at Armani hotel.

Online now

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Weekend party pictures

See Dubai's craziest clubbers in our online gallery

50 best summer bikinis

Make sure you look good when you brave the beach

Top body and mind events

The best ways to relax in Dubai this week

Summer hotel guide

Check out the best places for a Dubai staycation

Most viewed last week

- 1 The 50 funkiest clubbers in June
- 2 The ugly truth about UAE beauticians
- 3 10 most romantic restaurants in Dubai
- 4 25 essential things to do this week
- 5 Dubai's best US grub

Hot seat

Dr David Matlock

After appearing on E!'s *Dr 90210*, this LA plastic surgeon is almost as famous as his celebrity clients. *Holly Sands* met him during his latest visit to Dubai



What do you do during your trips to Dubai?

We have a team that comes over on rotation and there's usually one of five over there at a time. When I come over, the main thing I do is my liposculpt treatment and – what women really like – the Brazilian Butt Augmentation. That's where I sculpt out the most aesthetically pleasing behind, then I take the remaining fat and inject it into the buttocks which really plumps them up. It's got a nice, natural feel.

And what about the men who come to see you?

For guys, it's mainly Vaser High-Def liposuction – of you look at www.vhdlipo.com you'll see what I do. Everyone has some muscle definition underneath, but some people go to the gym

to work out, and they just want a rock-hard body. With this particular technique we use an ultrasound that can really sculpt you out. I loved what I was doing for other people, so I had my partner do mine.

'The commonly requested butt is a J-Lo'

Do you think that's reassuring for your patients?

The men come in and I show them my body, and everyone signs up. [Laughs] I also train doctors all over the world – I've trained about 350 doctors in 46 countries. At the end of

August I'm going to Tokyo to do some more teaching.

How does demand for Brazilian Butt Augmentation differ between Dubai and California?

It's the same – people know I'm doing it and they come in for the exact same procedure. I see a lot of the expats [in Dubai] coming in for it as well.

Who has the most commonly requested posterior?

The most commonly requested is J-Lo. 'I want a J-Lo butt' – J-Lo, J-Lo, J-Lo.

Do you ever get weird requests?

The last time I was in Dubai, people wanted hand rejuvenation on the backs of the hand, which can really show your age. They're seeing the veins and the fat becomes sunken in between the bone structures, which is what makes hands look old. What I do is rejuvenate the hand by placing a small layer of fat back, which gives it a more normal appearance. Women do a lot of that.

What's the most expensive procedure a person could have?

The most expensive is about US\$125,000 (Dhs460,000) – that's for my Wonder Woman makeover. It includes laser rejuvenation, designer laserplasty, liposculpt and Brazilian Butt Augmentation, then I bring in my other surgeries – the liposuction, the tummy tucks and the breast augmentation – so you get all those procedures as well. *Dr Matlock will be back in Dubai on July 23-29. For more information on his surgeries, visit www.drmatlock.com. For consultation enquiries, contact the American British Surgical & Medical Centre (04 297 5544)*

Every week! Just Dhs7

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