

THE BEST OF **JUMEIRAH LAKE TOWERS**



MYSTERY GAME

Gather a bevy of friends and head to Escape Quest for an hour of excitement and logical thinking. The mission is to get out of the room before your time is up. It's a great activity for family and friends, offering an alternative to the usual entertainment this city has to offer. Finding and solving clues together, decoding hints and opening locks will definitely keep you plugged in and on the edge until you get out of the room. *From Dhs120 per person, call 055 2845382 or visit escapequest.ae.*

RELAX AND MEDITATE

Need to focus, calm your nerves and de-stress? If a massage doesn't cut it, head to Illuminations Dubai to try the Gong Bath Meditation class. Restore your mind, body and energy with a combination of chants, breathing patterns and visualisations as you lie down and relax while being guided through your thoughts. You're sure to leave happy, revitalised and content. *Visit illuminations.ae or call 04 3692254.*

GREAT VALUE

Head to The Pullman Dubai JLT to get your hands on the Dining Card, which offers discounts at four outlets as well as the private gym. The privilege card is valid for one year and allows you to save over Dhs10,000 per year, if used twice a week. Cardholders dining at one of the hotel's four outlets get 25% discount off the bill when one person is dining, 50% for two diners, 33% for three diners, and 25% for four or more guests. Plenty of other offers are available too. *Dhs950 per card, call 04-5671100.*

SUSHI CREATIONS

Love Japanese food? Sumo Sushi & Bento offers a selection of salads, maki rolls, sashimi and bento boxes that are apt for a light lunch or quick dinner. Try the all-time favourite crunchy crazy roll and teriyaki beef bento box. End with a fried ice cream or mochi (pounded sticky rice) filled with ice cream flavours such as green tea, coffee and mango. *Call 800 - SUMO (7866).*

QUICK WORKOUT

ICAN Personal Training has finally made its way to Dubai. The sessions are ideal for those who want to drop clothing sizes, increase fitness, and experience significant weight loss with a proven method. A typical workout includes anything from Thai boxing to yoga and core. Dhs3,999 inclusive of 30-minute goal setting, nutritional assessment session and two x one hour training sessions per week as well as full nutritional planning and guidance. *Visit icanpt.com.*

FRENCH FANCY

There's a French bistro in town and it's the spot to see and be seen at. Couqley's newly launched menu offers Poulet frites (tender free-range roasted chicken in a creamy herb infused sauce), seabass en papillote, truffle brie burger, steak frites, and of course the usual suspects like foie gras, escargot and entrecote cooked to your preferred temperature. *Call 04-5149339.*