

Solaris Newsletter	Date: July 2008 / Summer Issue
<p>In this issue:</p> <ul style="list-style-type: none"> • An Intro to Solaris • News & Events • Mind Body & Soul • Special Offerings • Acknowledgements 	<p>OUR FACILITIES</p> <p>Solaris offers a wide range of facilities including:</p> <ul style="list-style-type: none"> • An outdoor swimming pool with a pool bar. A cafe, a reading corner, as well as shopping. • Tholarith, a kid's area which consists of a swimming pool, garden, and activities room. • A state of the art workout area. Solaris Spa Area consisting of Aroma Shower, Aroma Therapy and Massage, Beauty Treatments, Jacuzzi, Steam and Sauna.
<p>Egyptian Ladies Get A Break</p>  <p>Ladies have always been commenting about men's' exclusive golf clubs, men's-only gyms, male-tailored machinery and facilities and so forth. The real issue is not the privacy a lady requires, but the tailoring aspect of a facility. Mixed clubs that provide excellent state-of-the-art equipment are really not the core of a ladies' first option. The real deal is to have equipment and services that are really within the core of interest of Ladies. Here at Solaris, we have tapped into a woman's needs by providing a place to escape and enjoy life.</p>	<p>Welcome to Our First Solaris Newsletter</p> <p>Solaris is an exotic and breathtaking women's community that has been long sought for, is now open in Egypt, few minutes away from the busy city of Cairo. With a wide variety of luxurious services and all-in-one wellness facility, we promise you a memorable experience that you will never have enough of. Each time we serve you with our Solaris touch, you will enjoy a sensation of pleasure, a long sought for relaxation and a laughter that is deep enough to heal your body and soul. It's your journey for total wellness, self enjoyment, while pampering the lady in you.</p>  <p>Solaris isn't just a wellness facility; it serves you even closer by setting up the first women community in Egypt, catering for all women needs, tendencies and inclinations, on both social and cultural contexts.</p>
	<p>Public Events</p> <ul style="list-style-type: none"> • Being an active contributor to the Egyptian community as a whole, Solaris will take an active role in hosting public events such as Fashion and Talk Shows. • We will grant our attendees attractive scenery, luxurious facilities, delicious catering and warm hospitality. • Be it a corporate or public event, be it cozy or huge, be it relaxing or loud, we will make your wishes come true.

News & Events

Upcoming Events:

• **Convo's First Year Anniversary is a mixed pool party that will be held at Solaris during the summer break. The event is celebrating the Anniversary of Convo magazine, with Solaris' members and with Convo's invitees.**

Dance Groove Pool Party

To entertain our members, Solaris hosted its Ladies-Only Dance Groove pool party on July 1st, where the ladies showed up in their best PINK outfits. The DJ played music while our ladies danced and enjoyed their day by the pool. A fashion show was held, where all our invitees had the chance to cat-walk, showing off their pinky outfits. The first winner won a one month membership at Solaris and the second won a premium suite package in our SPA.

First Ladies Bridge Tournament



Solaris hosted the first Ladies Bridge Tournament in Egypt on the 29th of May. The event was held under the umbrella of the Egyptian Union of Bridge. The Ladies Association of Bridge visited Solaris, played Bridge in the café and spent the whole day on Solaris premises. They enjoyed the day at Solaris and tried out its various facilities. All the attendees were granted a one month membership at Solaris and the first three winners were granted a two months honorary membership. The event was the first of its kind.

SOLARIS DAY OUT

A press conference was hosted by Solaris on May 10th in which Mrs. Lobna Lasheen, the owner of Solaris, welcomed her guests, acknowledged all Solaris team members who were of great help and offered her lots of support all through the way and finally gave a speech about Solaris future plans. Orbit and Dream TV were shooting the event as well as Convo Magazine, Layalina, Enigma and Cleo. Mrs. Lasheen declared that Solaris aims to be a community club not only a health, fitness and beauty club. She added that conferences, seminars and events will take place in an effort to help women create a community of their own, become updated, as well as stay healthy and shining. Among the guests was Osama Mounir, the well known radio host. He gave a speech on how impressed he was when he saw Solaris. He acknowledged the idea of having a place exclusive for ladies for the first time in Egypt. He liked the idea because it provides women a private retreat in a society, where they can not easily enjoy their privacy. He finally wished there was Solaris for men. It was a wonderful mixed day, where husbands were allowed in to enjoy the day with their wives. Solaris also provided children with day activities like arts and crafts that they enjoyed in the kids' area. It was a day out for the whole family.

SOLARIS SKIN CARE DAY

On Saturday, 21st of June, Solaris Skin Care Day took place, which featured Dr. Hanan El Kahky who gave a great lecture, provided skin care tips, and Bioderma supplied free samples and skin tests.

SOLARIS SKIN CARE DAY



Mind Body & Soul



CAFFEINE AND YOUR SKIN

Caffeine's ability to quickly and effectively constrict blood vessels has made it a valued topical ingredient. Caffeine can be a tremendous help to those who suffer from rosacea, which is caused by frequently dilated blood vessels that lose their ability to contract. Research suggests that both oral and topical caffeine may offer powerful anticarcinogenic benefits. A series of studies found that caffeine prevented sun damage and even repaired damage once it occurred. Caffeine is dehydrating, so be sure to follow your coffee with plenty of water.

5 Foods for Healthier Skin

1. Fish: Fatty fish like salmon, tilapia, and cod are rich in omega-3 fatty acids. By adding omega-3s to your diet, you can bolster your skin barrier which is the layer of lipids that holds onto moisture and keeps irritants out.
2. Green Tea: It's inexpensive, easy to add to your routine, and one of the best-researched and most powerful antioxidants around.
3. Broccoli: Rich in vitamins A, C, and K is the veggie that does more than its fair share of nutritional work. Vitamin A decreases oil production, vitamin C is a powerful antioxidant, and vitamin K can help prevent bruises.
4. Safflower or Sunflower Oil: omega-6 fatty acids - like the linoleic acid in these two oils - are also important for healthy skin.
5. Almonds: A handful of almonds boosts skin's defenses against aging, inflammation, and even skin cancer.

Healthy Recipe - Tandoori Chicken



INGREDIENTS

- 1/2 teaspoon curry powder
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground ginger
- 1/4 teaspoon paprika
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground turmeric
- 2 tablespoons water
- 4 skinless, boneless chicken breast halves

DIRECTIONS

1. Preheat grill for high heat.
2. In a medium bowl, mix curry powder, red pepper flakes, salt, ginger, paprika, cinnamon, and turmeric with water to form a smooth paste. Rub paste into chicken breasts, and place them on a plate. Cover, and allow to marinate for 20 minutes.
3. Brush grate with oil. Place chicken on the grill, and cook 6 to 8 minutes on each side, until juices run clear when pierced with a fork.

COCONUT OIL AND YOUR SKIN



Coconut Oil is the best treatment to heal, protect, and beautify your skin and hair! The small molecular structure of coconut oil allows for easy absorption through the skin, giving it a soft, smooth texture. It makes an ideal ointment for the relief of dry, rough and wrinkled skin. Coconut oil will not only bring temporary relief to the skin, but it will aid in healing and repairing. It will have lasting benefits, unlike most lotions. It can help bring back a youthful appearance. The coconut oil will aid in removing the outer layer of dead skin cells, making the skin smoother. The skin will become more evenly textured with a healthy "shine". While doing this the coconut oil will penetrate into the deeper layers of the skin and strengthen the underlying tissues.

Coconut oil on your hair and scalp

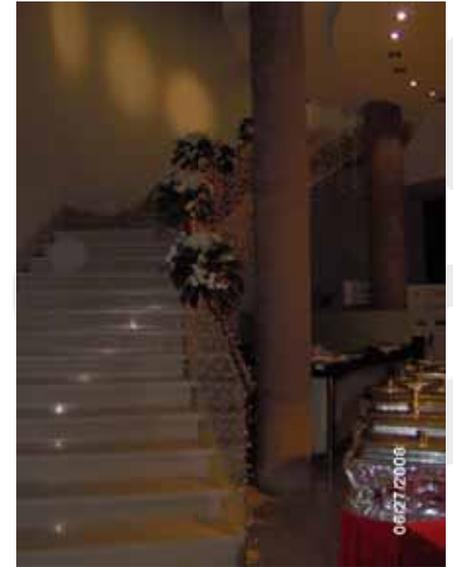
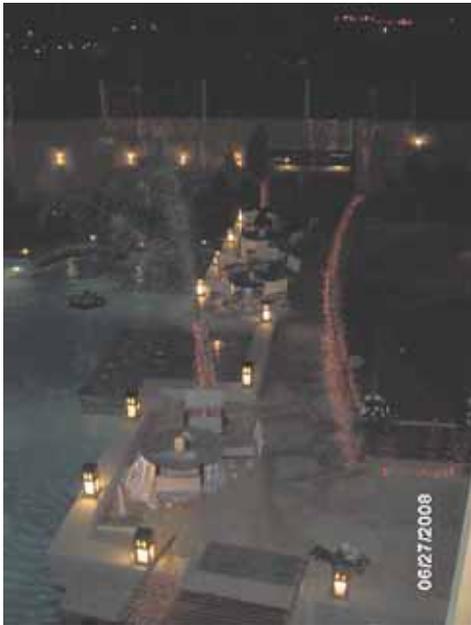
What coconut oil can do for your skin it can do for your hair. It is wonderful to use as a hair conditioner. Beauticians who are familiar with coconut swear by it. It softens the hair and conditions the scalp. Using the coconut oil as a pre-wash conditioner can rid a person of dandruff better than a medicated shampoo.



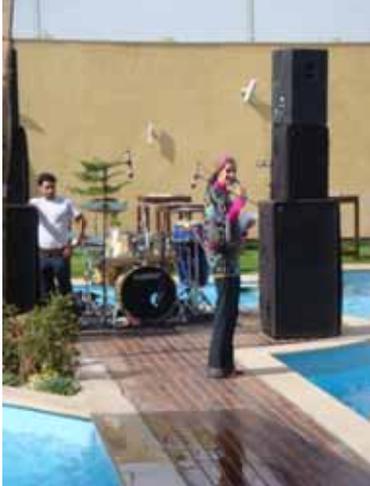
Ladies Community Club

Keep Shining

Solaris Wedding



Solaris Day Out



Solaris

Ladies Community Club

Keep Shining

