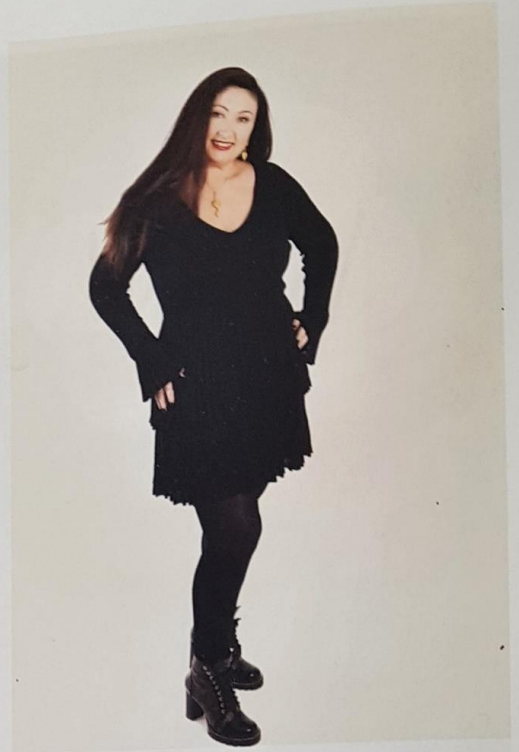


my little black book

MELANIE JANE NIGHTINGALE HAS HER OWN LINE OF PERFUMES. AND SINCE SHE HAS LIVED IN DUBAI SINCE 1999, SHE KNOWS ALL THE GOOD PLACES



MY FAVOURITE WORKOUT

Shopping! I can walk for hours around the shops and love Dubai Mall for that. I go on the metro, so I can take the long walk through to the mall, what with that and all the bending and stretching I do in the changing rooms, it's a fun and fruitful way to exercise.

MY FAVOURITE DATE NIGHT SPOT

Prime 68 in the JW Marriott Marquis hotel. The views and food are spectacular. The menu is amazing. My husband and I always go there whenever we have something to celebrate.

MY FAVOURITE PLACE FOR A DAY OUT

Aquaventure Waterpark at Atlantis The Palm hotel. My favourite ride is the shark slide through the tunnel. My sister and I once went on it about 20 times in a row. It's a place that's both exhilarating and relaxing. I always chicken out of the scary rides, though.

MY BEST DUBAI MEMORY

Skydiving on my 40th birthday. I was surprised I went through with it because I have a fear of flying and heights. We were lucky enough to have Sheikh Hamdan bin Mohammed bin Rashid Al Maktoum, Crown Prince of Dubai, in the plane with us. I went with my husband and it's an experience I will never forget, the views over the palm island literally took my breath away. I want to try the zipline next, maybe for my 50th. It'll take me that long to pluck up the courage.

MY FAVOURITE HAIRDRESSER AND SALON

My favourite hairdresser of all time is my niece, Lisa, who has her own salon called Hypnotique in Perth, Australia. In France, my best friend Erik does my hair. I met Erik in Dubai and he's one of the reasons we bought our home in France last year. In Dubai, I go to East Elegance Salon in Mankhool. I ask for Grace, she is fantastic and the salon is across the road from my house.

MY FAVOURITE SPOT TO SHOP

Mall of the Emirates is hands-down my favourite place for shopping. The mall has all the shops I love, especially Harvey Nichols, and the sales there are fabulous. I enjoy going to Après for pizza and grape while watching the skiers on the slopes afterwards.

MY FAVOURITE PLACE TO UNWIND

The Ritz-Carlton in JBR has been my favourite hotel to visit in Dubai since 1999 and is the reason I hold my perfume classes there. The staff are the best and the beach resort is incredible, it's such a luxurious way to relax and think about nothing, if only for one day.

MY HIDDEN GEM

The spice and perfume souks in Deira. I love the spices and dried flowers, like lavender, jasmine, rose and hibiscus and I like to visit the same shops. The perfume souk is great for buying unique bottles and I have a secret place where I go to sample their Oudh and dried Ambergris in a private room, which is stored in a treasure chest.