

AMWAJ *islander*

ISSUE 113
MARCH 2020

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Letter from the Editor

Dear Islanders,

Firstly, Happy St. Patrick's Day to those of you who celebrate! Wishing you all the many wonderful things that an Irish blessing will bring! The celebrations in March don't stop there – Happy Mother's Day to all the wonderful Mamas out there.

The Amwaj Marina Market will also be taking place again this month, so if you didn't manage to catch it the first time, make sure to pass by on March 7th!

We also have some very interesting insights in essential oils and clean living this month from one

of our very own residents. Turn to page 2 to learn more. Ofcourse, don't miss out on all the offers available on the islands this month, which can be found on page 3.

Spring is finally coming this month (March 20th) which means the cooler weather will be subsiding, so enjoy the outdoors and the beautiful weather while it lasts.

Sincerely,
The Amwaj Team

Amwaj Village is Underway!

Amwaj Village, a development by BAN Management Company Limited, is located strategically at the entrance of Amwaj Islands in close proximity to Al Osra Supermarket, and is expected to be completed within 15 months. The development entails 5 state-of-the-art large screen cinemas, with 400 seats in total, which will be operated by the renowned CINECO. In addition to

the cinemas, Amwaj Village will boast 10 small outlets ranging from 200-280sqms, a large courtyard with 3 food stalls, and a McDonald's drive through. For more information, or for any enquiries regarding leasing, please contact Jacky on 17820002/66758937 or email her on jacky@nardinproperties.net



60 seconds with...

MAGDALENA CERVENKOVA

Full time mum and clean-living enthusiast



Tell us a little about yourself. I'm currently pregnant with my second child and getting ready for the new arrival. Prior to becoming a mum I used to work in aviation as a private jet attendant where I spent nearly 10 years. I haven't always been interested in clean living and natural products. That all changed when I became pregnant with my first child and really started thinking about what I was using and putting into my body.

When did you move to Amwaj Islands? Do you enjoy your time here? We moved to Amwaj with my husband over 2.5 years ago. It was our number one choice of location in Bahrain and I'm so glad we did. We love Amwaj for the calm energy it has, the water and the endless walks you can have around here.

When did you first become interested in essential oils? I started using them and experimenting with them shortly after I became pregnant and wanted a more natural approach to my pregnancy. It wasn't until my son was born and a few months old that I truly became fascinated with essential oils and their benefits. And the more I started researching them

and using them the more I loved them. There are so many ways you can use them in and so many ways they enrich your life I literally cannot imagine ever living without them again.

What benefits do they have? There is new research emerging every day about the benefits of using essential oils. When we diffuse essential oils - they enter our bloodstream and within 20 minutes they have entered every cell in our body. That really makes you think about the amazing possibilities and also makes you choose the best and the purest oils on the market. Essential oils are not a new invention. They come from plants and plants have been around for millions of years. Nowadays people are returning back to nature and the endless possibilities that can be found there rather than turning to the chemicals found in medication and other conventional products.

How do you use them and have they replaced everyday items in your life? I use them on a daily basis. There are so many oils that I apply, use or diffuse throughout the day and I really notice the difference when I don't. I use them in my skincare, for cleaning around the house, to support our immunity and to keep us above the wellness line. I wear them as my perfume, which I have given up when my son was born and I love the fact that on a really hard day when I feel stressed out or emotional I know I can reach for the oils and they will make me feel better. We diffuse them in the house every day and we decide which oils we will diffuse



depending on what mood we are in and what we need at that moment. I haven't bought any candles or air fresheners since using them. They have also replaced my fabric softener and any artificial fragrance in the house to be honest. They have replaced many items in my medicine cabinet - from oils that can help with first aid and burns, and scratches to pain management.

Any advice as an Amwaj resident?

I would say to go and enjoy everything Amwaj has to offer - especially the stunning sea views and the unbeatable sunset on the Floating City beach.

March 2020

05

"Birthday Blowout Party" Cellar 59 is celebrating all March borns on March 5th, from 9:30 pm to 2 am with a notable party where DJ Boudi will turn the heat up with English house music and R&B songs. Free entry for all. Complimentary bubbly and cake to all the birthday celebrants. VIP tables with special drinks are available.

06

"WU's Day Terrace Party" Pamper your senses and soul at WU's Terrace party in ART Rotana with spectacular sundown view and sensational live DJ music. A variety of Shisha flavours are available. On 6 March 2020, from 4pm to 12am. Complimentary access for ladies with 1 free cocktail.

07

"Asian Cooking Demonstration" Learn tips and secrets of excelling Asian cuisine from on March 7, 11am until 1:30pm at WU restaurant in ART Rotana with the help of their Specialized Asian Cuisine Chef. The class will be followed by a delicious complimentary lunch and beverages to all participants. BD20 Net per person, inclusive of class, lunch and beverages.

08

"International Women Day Promotion" To all the ladies, ART Rotana's Wellness Spa are opening their Beach doors complimentary for you on the 8th March, available all day long. Along with a 50% discount on their spa treatments.

13

"St. Patrick's Day Brunch" Celebrate Saint Patrick Day in style at Choices Restaurant & Terrace for a famous Friday Brunch. Discover the lavish spread of excellent dishes, brilliant live cooking stations and unlimited drinks. On March 13, from 12:30 pm to 4 pm. BD25 Net with soft drinks & juices & BD36 Net with house beverages. Kids (6-12 yrs.) BD 12.5 Net & kids below 6 yrs. old dine for free.

20

"Mother's Day Brunch" Treat your mother to a lavish Friday brunch in Choices Terrace at ART Rotana with their indoor garden setup. Their fabulous in-house band "Soneando" will play the greatest hits while you enjoy the unlimited flow of drinks. Flowers will be gifted to all mothers dining in. On March 20, from 12:30 pm to 4 pm. BD25 Net with soft drinks & juices & BD36 Net with house beverages. Kids (6-12 yrs.) BD 12.5 Net & kids below 6 yrs. old dine for free.

For more information on the above events, contact ART Rotana via email at fb.art@rotana.com or call 16000111.

EVERY WEDNESDAY

"Asian Night at Citrus - All Day Dining" Take your palate on a culinary journey with distinctive Asian flavours hailing from South East Asia to aromatic authentic cuisine of India. Enjoy unlimited food & beverage from our fusion buffet spread offering authentic Indian & Southeast Asian Cuisine. Every Wednesday at 7:00 pm to 11:00 pm. BD8.5 net per person including soft drinks.

EVERY THURSDAY

"BBQ Night at Ya Hala Roof Top Lounge" Relax every Thursday night from 7:30pm to midnight with friends and family while enjoying a delicious BBQ feast. Starting from BD 9.9 Net including soft drinks or BD 14.9 Net with selected beverages

EVERY FRIDAY

"The Weekend Family Brunch at Citrus All-Day-Dining" Join our Weekend Family Brunch and savor a delightful international buffet featuring a special kids corner. Every Friday from 1:00 pm to 4:30 pm Priced at BD8 net per person & BD4 net for kids between 6-11 years

EVERY NIGHT

"Wine & Dine" Indulge in a special night of fine dining where you can choose your favorite dishes from our carefully curated 3 course set menu complimented by a glass of house wine. Every night - 5:30 pm till midnight. BD 9.9 net per person, including 3 course set menu with glass of house wine

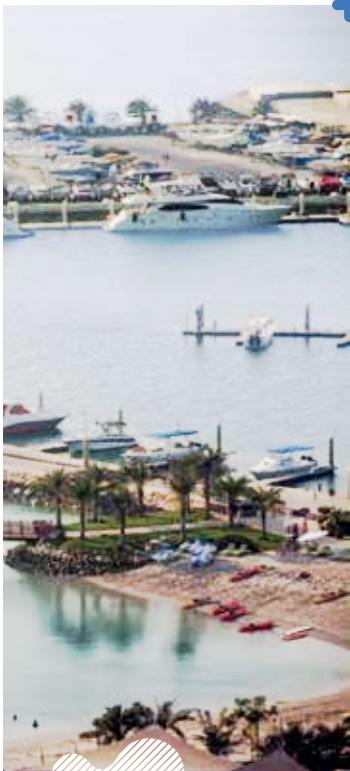
EVERY DAY

"Happy Hours at Ya Hala Rooftop Lounge" BUY 1 GET 1 FREE on selected house wines, draught beers and selected bottles and cans every day from 5:30pm- 7:00pm at Ya Hala Rooftop Lounge.

For any of the above events, call Ramada Hotel on +973 13600111 or email fmb@ramada-manama-amwaj.com

AMWAJ MARINA MARKET... IS BACK!

The Amwaj Marina Market held its first market of the season on February 1st at the entrance of The Amwaj Marina. Organized by Preco Group, the market was held from 10am – 6pm where numerous stalls selling goods ranging from wrapping paper to shawls, household furniture and scrumptious food all participated. Free entertainment for children was also provided. **To participate in the next market, please contact Preco Group on events@precogroup.co**



Amwaj Marina Market IS BACK!



March 7th | April 4th



10 a.m. - 6 p.m.



Amwaj Marina



events@precogroup.co



[@precogroup](https://www.instagram.com/precogroup)

AMWAJ NOTICE BOARD

The Amwaj Security and Maintenance team are responsible for the below. For leaks or blockage in a common area, contact Kamel on 3666 6007. Beach and road cleaning, damage on roads or pavements, fallen signboards or flags and garbage bins request, contact Niaz on 3315 6871. For construction site issues contact Roger on 3909 4842. For workers' gate pass, contact Mohammed on 3943 4809. For pest control issues contact Pest Control on 1781 1233. Traffic accidents can be reported to police on 199, medical emergency, ambulance or fire can be directed to 999, with the assistance of the Amwaj Security team.

Safety & Security

Security Solutions W.L.L. company are responsible for all safety and security around the islands. Security Solutions have developed a respectable reputation in the field of security, and the management looks forward to the improvement of security of the common areas around the islands.

Site Team Supervisor: 3604 6147

Emergency Hotline: 3986 6952

Email: security@amwaj.bh

Security Team: 6639 8857 (working hours, Sunday to Thursday 8am-5pm)

A copy of the Amwaj Islands' Rules and Regulations for Residents and Visitors is available to collect from the Management of Amwaj Islands, at the main office.



Cleanup Bahrain return to Amwaj Islands

Cleanup Bahrain, a nonprofit organization who aim to raise environmental awareness in Bahrain and influence youth to make a difference, returned to Amwaj Islands to clean up one of the Amwaj shores. Volunteers from across Bahrain, including numerous residents, came out to help make a difference and restore the Amwaj beach to how it should always be – garbage free! The volunteers managed to collect a total of 521.5kg of waste, 127.5kg of which were purely plastic waste that washed up to the beach, and the remaining

394kg general waste.

More events such as these will take place around the Islands in collaboration with Cleanup Bahrain and one% - a new global platform which is encouraging a movement for citizens to give their time to a good cause! To be a part of the next initiative in Amwaj, follow us on @amwaj_islands, @onepercent.app, and @cleanupbahrain.





KEY

- Waterside residential
- Inland residential
- Residential & Commercial
- Hotel
- Commercial
- Educational
- Amwaj Marina

Directory

WWW.AMWAJ.BH

Amwaj Islands' Security

Working Hours: 24 hrs
Location: Amwaj Islands entrance
M 66 398 857
M 39 866 952 (24hrs)
E security@amwaj.bh

Amwaj Islands Main Office

Working hours: 8am – 5pm,
Sunday - Thursday
Location: Meritas House
T 16 033 100
E info@amwaj.bh
W www.amwaj.bh

Tala Island Security

T 16 060 033

Nuetel Communications

Working Hours: 8am – 5pm,
Sunday -Thursday, 8am - 2pm on
Saturdays
T 16 033 000

International School of Choueifat

T 16 033 333

Amwaj Marina

T 16 011 160

Bahrain International Airport

T 17 339 339

Amwaj Hotels

ART Rotana

T 16 000 111

Gulf Suites Hotel

T 16 030 001

Ramada Hotel and Suites Amwaj Islands

T 16 000 099

The Dragon Beach Hotel & Resort

T 16 031 111

The Grove Hotel

T 16 030 303

The Grove Resort

T 16 000 022

The Sea Loft Boutique Chalets

T 16 033 833

Amwaj Outlets

Alforsa Real Estate, Reef Tower, Amwaj Waves

T 38 821 400

Al Osra Supermarket

T 16 033 773
Working Hours
Everyday 7am - 11pm

Bennigan's

T 16 030 104 / 05

Black & White Laundry

T 17 532 268
M 36 308 889

Carlton Real Estate, Zawia 3

T 16 006 000

Guinness Smokehouse and Lounge

M 33 180 001

Jet Pet Global

Pet Relocation & Transport
M 36 464 586

Lantern's Restaurant

T 77 770 055

La Blanche Salon, Amwaj Waves

T 16 006 060

Maya Beach Resort & Fitness, Meena 7

T 16 030 070
Working Hours: 6.30am - 10pm
Saturday - Thursday, 8am - 10pm
on Fridays

My Cuddle Buddy

Pet sitting & Dog Walking
M 36 464 586

Muju Lounge & Restaurant

T 16 039 800

Park & Shop Supermarket, Zawia 2

T 77 115 121

Pet Arabia

T 16 010 501

Quest Realty, Meritas House

T 1607 8378

ScubaLife

T 17 003 636
M 66 753 636

Sea Star Marine

T 16 034 487
M 37775711

Smart Boating Center

T 17 003 838

Solymer Beach

T 17 221 166
M 35 094 777

Speed Rent a Car

T 16 010 131

Universal Music

T 16 010 491

Virtual Reality Solutions

T 16 010 333

Yara Beauty Lounge, Zawia 1

T 16 010 999

24-Hours Supermarket, NOC

T 16 034 498

Emergency Numbers

Emergency line

T 999

Al Hidd Police Station

T 17 671 212

Samaheej Police Station

T 17 334 401

Coast Guard

T 17 700 000

Traffic Police

T 199

Nearest Hospitals to Amwaj

American Mission Hospital, Amwaj Medical & Wellness Center

T 17 248 100

Bahrain Specialist Hospital

T 17 812 000

Al Hilal Hospital

T 17 344 199

King Hamad Hospital

T 17 351 450

Closest Pet Services to Amwaj

Dr Mohammed Hussain

T 17 292 125

Fur and Feathers Pet Sitting, Transfer and Relocation

M 36 464 586
E contact@jetpetglobal.com

House Veterinary Center

T 17 200 075
M 33 994 709
(Emergency) 33 094 999

Pet Land

T 13 107 474
M 33 311 122

Closest Pharmacies to Amwaj

Al Quds Pharmacy

T 17 470 080

Ibn Sina Pharmacy

T 17 677 207

Nasser Pharmacy

T 16 010 505

Taxi Services

Arabian Taxi

T 17 461 746

Bahrain Limo

T 17 266 266

Bahrain Taxi

T 17 682 999

Travel Services

Aradous Travel and Tour

T 17 234 417

Customised Services

M 38 816 065
stefan@customisedservicespc.com

Car Washing Services

Ecowash

T 17 490 565

MASY

T 17 822 404

Closest Removal & Storage to Amwaj

Takhzeen Self Storage

M 69 990 999
M 39 767 977

IT Home Services

TechnoServ

M 39 609 876

Cargo Services

Baz Cargo Services

T 17 771 132

Gulf Agency Co. Bahrain W.L.L. (GAC)

T 17 339 777

Closest Post Office to Amwaj

Al Hidd Post Office

T 17 673 157
Working Hours: 7am - 2pm
Saturday to Thursday

Shopping Malls

Aali Mall

T 17 581 000

Bahrain City Center

T 17 179 779

Moda Mall

T 17 533 140

Seef Mall Muharraq

T 77 911 116

The Avenues Bahrain

T 17 151 060