

TEA TIME

Meet Tania Lodi, creator of the 7th most

The UAE-based businesswoman thought of the concept as a remedy to stress



Tania Lodi in front of Tania's Tea House

About Her | Dubai

One of the world's most instagrammable cafés is closer to home than you may think. Dubai-based, female-centric, female-owned (but not excluding male clientele), and a space that also takes care of your well-being via a number of creative workshops and yoga classes – could there be a more perfect place to wind down?

Hoping to create a stylish and social space for socializing and sipping every type of tea for every type of mood, Tania Lodi opened Tania's Tea House. It's inviting and inspirational décor makes for the perfect place to entertain, learn, shop and more, or simply just take some fabulous pictures for the gram! From quirky puns, empowering quotes and picture-worthy plates of food, Tania Lodi tapped into just what the social media generation want from a hangout spot.

Tania's Teahouse is the seventh most instagrammable cafe in the world and fourth most instagrammable cafe in Asia. Travel site Big 7 recently published a ranking of the "most instagrammable cafe's around the world" and put Tania's Teahouse in the seventh slot.

The fact that she just set it up over a year ago speaks volumes of her dedication and passion for the business.

The cafe opened in March 2018 and since then more than 50,000 cups of tea have been served to guests. The cafe has seen over three million sales since opening. In her own words, Tania said, her business venture has already seen a break-even and is said to be a profitable venture. Needless to say, since its launch, the cafe has been doing rather well.

For the uninitiated - Tania's Teahouse is Dubai's newest hotspot for everything tea-related.

Located on Jumeirah Beach Road, the two-storey cafe serves a wide range of specialty flavoured teas, coffees and dishes including all-day breakfasts, tea sandwiches, super bowls, pastas, sliders, and decadent desserts. Everything on the menu considers allergies and dietary restrictions, with many offerings coming with gluten-free, dairy-free, and vegan-friendly options.

Tania has custom-blended each tea herself, and they all come in regular, latte or iced form. Full of health benefits, Tania's Teahouse has an extensive tea menu.

Examples of what you can expect are: 'BEAU-TEA-FUL SOUL', a mix of chamomile, lavender, rooibos and peppermint that aids respiratory conditions, dental health and digestive issues. The 'CHEERFUL CHERRY' with Ashwaganda root, cranberry, cherries and elderflowers is said to work as a natural de-stresser and mood enhancer. A 'DETOX, TEA-TOX' is for one's immunity with antioxidant-rich ingredients such as lemongrass and jiaogulan, a special plant that aides in increasing resistance to

Since opening in April 2018, the cafe and tea house located on Jumeirah Beach Road nearby the Burj Al Arab has become the go-to space for girly get-togethers, solo study sessions and even group talks about health and wellness for residents seeking a space with style and substance

environmental stress.

Tania has been conceptualising her business since her university days in Toronto, where she was constantly on the lookout for new cafes to both study in and socialize at. She studied psychology in the University of Toronto (UFT). "It is a tough college to study in. While it is fairly easy to get into, it can be difficult to continue in the college as the curriculum is hard. In fact the exit rate of the university is pretty high."

Tania said she was constantly on the look-out for places to hang out and have tea. She admitted to being very stressed out in university. With all the tension, Tania found herself falling ill. She developed an auto-immune disorder that caused a lot of pain in her wrists. "And so I wanted to escape it all. And my solace came in cafes and drinking tea."

"I did not want to resort to medication. Instead, I would do a bucket list of cafes each day to visit. The idea was to feel good about myself by just being with other people. My family has taught me to be courageous and pick myself up to do things that make us feel happy. Some people find joy in going to a yoga class, Netflixing. For me it was about visiting a cafe and drinking tea with friends," she explained.

During this time, Tania was contemplating what to do after college. "I knew that I wanted to do something creative and tea made me happy. So I thought, why not [start] a tea cafe after college?"

"In Toronto I took classes in tea. I met many tea connoisseurs and must have tried 500 cups of different tea before venturing on my own. Trust me at the end of it I was dizzy."

Most people think tea is just green, or black or with milk and sugar. "It is not. There are varieties of tea, many of which come with health benefits."

"Our reputation really speaks for itself in terms of customer satisfaction. We have trained our staff to be extremely attentive and receptive to customer needs. We have tried so hard to invoke this feeling of relaxation and comfort where they can come and literally lose themselves. Obviously we have put a lot of work to make our cafe look aesthetically

Arab artists pay homage to N



A painting displayed at the exhibition

Arab News | Paris

Millions around the world were in a state of shock when Paris' beloved Notre Dame Cathedral was engulfed in flames last April. Having survived the turmoil of the French Revolution and two World Wars, the revered 850-year-old Gothic-style monument suffered the collapse of its spiral and wooden roof and damage to its high altar. One commentator wrote: "The very heart of France and the soul of Europe have been suddenly and viciously ripped out."

The day after the blaze broke out, Jack Lang – president of Paris' Institut du Monde Arabe (IMA) – joined forces with the French-Lebanese art collector and

champion of Arab artists Claude Lemand to set up a tribute to Notre Dame from Arab artists. Deeply saddened by the damage caused by the fire, Lemand started contacting artist friends, to see if they would be willing to contribute commemorative works of art.

"When I was watching this tragedy unfold on television, it reminded me of the beginning of the civil war in Lebanon," Lemand said. "Notre Dame is a historical building that doesn't belong just to French and European civilization, but to all of humanity. The Arab artist – like his European counterpart – has the right to convey his feelings and admiration towards this monument."

Running through December 20, "Arab

Artists' Tribute to Notre Dame" showcased four new artworks created by contemporary artists from the Arab diaspora in response to the fire and its aftermath.

The renowned Iraqi artist Dia Al-Azzawi is one of them. His symbolic acrylic-on-3D-wood panel portrays a profile of the cathedral guarded by a carved-out cross – standing out in the midst of a red mass that not only represents the fire, but also rebirth.

Another contribution comes in the



A painting by Boutros A