



IWI
Lifestyle
Magazine

**This
Month:**
*Celebrating
Women*



IWI

March

Issue#04

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IWI Lifestyle Magazine is brought to you by our
Business member Lisa Slatter.

**If you would like to send us any photos or articles for future
issues, or for any comments or enquiries, please email
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For any enquiry iinfo@iwistanbul.org



Message from our Chairwoman



This month we celebrate

Women

I am lucky to be amongst such good company and fortunate to be a part of the IWI. I get to work with strong women who inspire me everyday to bring our members the best we can. These women work tirelessly behind the scenes to make things look seamless. They spend hours of their own time ensuring all of the l's are dotted and t's crossed to ensure our members are well cared for. Therefore, as we celebrate International Women's Day on the 8th I would like to acknowledge and thank my team...the fabulous women of the Board.

Best Wishes

Julia.

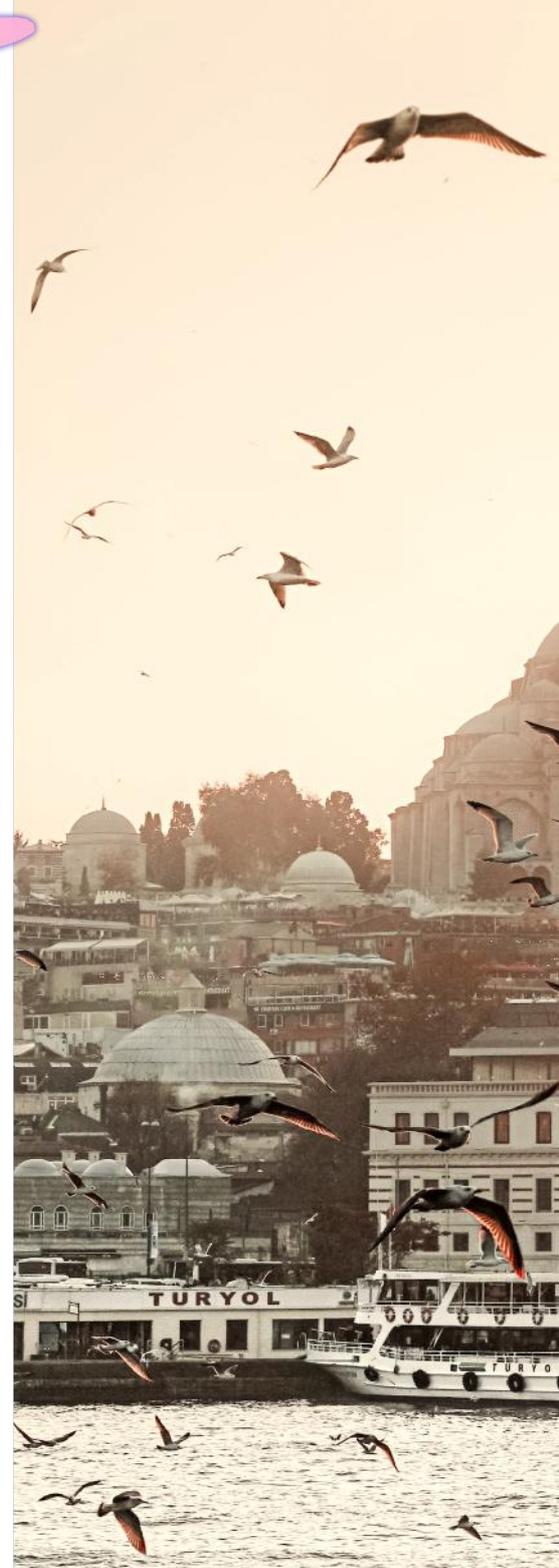
We wanted some history of the
**Inspirational
Women of
Istanbul**

So I spoke to former
IWI Chairwoman Alyson Sarioglu...

I was honoured to be asked to contribute to the IWI magazine this month to mark International Women's day. I arrived in Istanbul on Valentine's Day 1996, having visited several times, a story that may be familiar to us all.

This was to be permanent in view of the passing away of my sister-in-law. We moved into the family home with our two boys, then a toddler and a baby. To say it was a culture shock was an understatement.

Thus, began my journey of meeting the most truly inspirational women of IWI. There are too many to mention, but here are a few that immediately spring to mind because of their courageous spirit and unwavering commitment to help and support the women and children living in Istanbul, regardless of nationality.



Upper row (from left to right)
Pervin Leenhouts Kathy
Denizeri
Maureen Davis, Alice
Buschbell Yvonne Kompaur,
Anna Schindler,
Jennifer Evans and Aileen
Soğuksu.

Bottom row (from left to
right) Helen Rebaudo,
Patricia Reid and Alyson
Sarioğlu

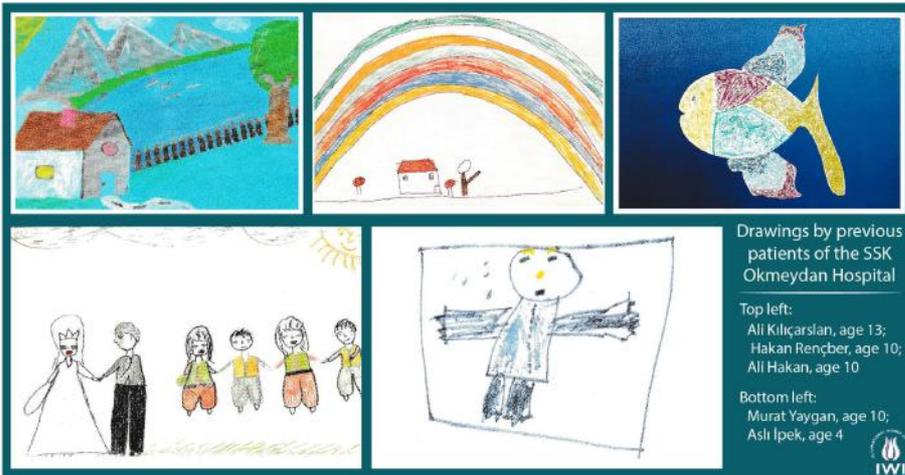
'Living in Turkey for Newcomers' was a wonderful programme organised by Mrs Beryl Anderson, in the welcoming church house in Taksim. Advice was given on the 'do's' and 'don'ts' of adapting to this new life with the motto, 'bloom where you are planted' both to ex-pat ladies and those of us married to Turkish men.

Amongst the ladies who formed the first IWI board were Lyne Saka and Hughette Eyuboğlu. They were instrumental in supporting the legal rights of the 'gelins' and would give advice on citizenship, inheritance and laws that affected us. Indeed, they met with ministers for clarification and to cultivate an understanding of who we were.



I first joined the board taking minutes of the board meetings and was interested in the official formalities required by the municipality before monthly lunches at hotels could go ahead. In those days there were a great deal of legal protocols which we had to submit and adhere to, and it was in my position as 'Liaison Officer' to make the arrangements.

I drank many cups of çay during this process.



One of the then board members, Mrs Silvana Roth, was visiting the Leukaemia ward of the Okmeydan Hospital, and I soon became involved, accompanying her to purchase special chairs for blood transfusions and TVs for the children to watch during the process. From these visits emerged a new group of volunteers known as **The Pink Angels**. They attended the Leukaemia Ward regularly at

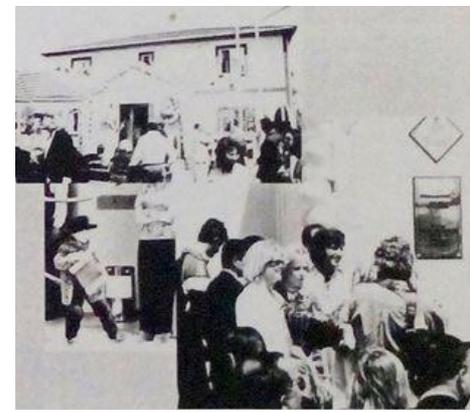
Okmeydan Hospital to offer their support to the families, to play with the children and raise their spirits during their hospital stay. A great deal of effort and time was invested in this ward and its patients. With the help of our most generous members and supporters we were able to raise funds to organise a refurbishment of the ward.

At that time, the board supported many good causes too many to mention here, one of which was '**Mor Çatı**', a shelter for women and children escaping domestic abuse. The conflict in Yugoslavia took hold and refugees came to the Turkish border. Mrs Elizabeth Mercer, the then membership secretary, organised donations from Proctor and Gamble to supply sanitary products and nappies - how practical and well needed.

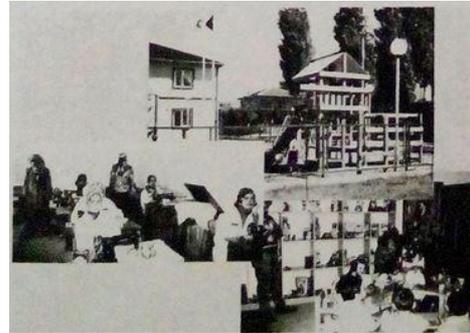
Mrs Denise Tischmann was the then treasurer and wife of the CEO of the Cırağan Palace Hotel. When the furniture at the hotel was upgraded, she made sure that the redundant items were sent to **The Little Sisters of the Poor, Bomonti** where she was a volunteer to do ironing once a week.



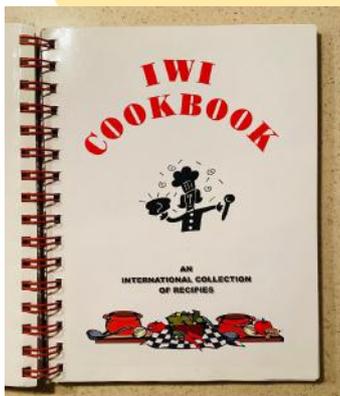
It was in August **1999** when the **earthquake** occurred in Izmit. Our charity project for that year was set. Our charity coordinators, Mrs Kathy Denizeri and Mrs Pervin Leenhouts visited the area several times. It was a harrowing and emotional experience for all involved. They negotiated with the authorities to **build a 'community centre' for women and children.** This was an ambitious project but through their determination and the support of our members, our community centre was completed. During our visits we were



fortunate to be shown around an **American field hospital** by the troops stationed there to assist. Our chairwoman, Mrs Lola Lundgren opened the centre, along with the mayor of Izmit.



It was the same year that the IWI Cookbook was realised.



We had **regular potluck lunches** and it was from there that many recipes were exchanged and collated. I am delighted that today's board will re-issue the publication with an updated version. Food is so important in the traditions of Turkish daily life and the bringing together of favourite dishes of the members embraces the cultures of all our nationalities.

It was in **2000** that I became **Chairwoman** of this wonderful organisation. I will never forget the Opening Meeting at the Hilton Hotel; it was being amongst so many friends and meeting new members that made it all so incredibly special.

The Board **evolved the organisation to the next level**, created the website, and a new board member to represent activities and information for mothers and children to meet the needs of the ever-growing population of foreign women who found themselves in Istanbul. **Teamwork** was the key, and we all did our absolute best to support our each other and our community.

Today, the IWI has grown and evolved, and there is a new group of ladies who are sharing their experiences and supporting one another, with the help of the many communication platforms available to us.

We all have our story, each one of us is unique and living this wonderful adventure of 'life in Istanbul.' We all remember the first person we met here, the friendly faces and the spirit of kinship.

On behalf of all the inspirational women of the IWI, past, present, and future, we wish you all a *happy International Women's Day.*



IWI COMMUNITY CENTRE PROJECT



We are one world - lets help repair the damage

The Summer of 1999 will inevitably be remembered for the tragic earthquake that hit the region of İzmit in Turkey.

The IWI, one of whose main activities is Charity Work, decided that all efforts should be concentrated towards the victims of this tragedy. During the IWI Opening meeting in September 1999 the **IWI EARTHQUAKE APPEAL** was launched to raise funds to enable us to offer immediate help. Donations came from all kinds of sources, from



caring individuals to large corporations in Turkey. IWI members donated many items to help the victims, including toys, toiletries, clothing etc. The transportation and distribution of goods donated was controlled solely by the IWI. Initially various organisations set up tents in the affected regions to house the homeless, distribute donations & provide rehabilitation with the help of many thousands of volunteers. Those volunteers included many members of the IWI who gave their time to visit the tent cities and groups were visiting regularly and setting up "schools" to organise activities for children.

The IWI Charity Team, Kathy Denizeri and Pervin Leenhouts, researched exactly which project would give most benefit to the local community with the IWI donations collected. Hence the beginning of the **IWI COMMUNITY CENTRE**. A two floor building was built on land allocated



Güney Mahallesi, Kos Mevkii
Kazım Karabekir Cad. Eski Top
Sahası, Körfez

by the local municipality in the region. The aim of the Community Centre is to offer rehabilitation. The ground floor is designed as classrooms for children and the first floor is for the education of women.

This is a new concept as usually centres of this kind are for either women or children - not both!

The Official Opening Ceremony took place on 12th May 2000. It was well attended by Turkish Officials and supported by many IWI Members.



One Year On...

The Community Centre accommodates 75 children and 25 women per day. It is run entirely by the Turkish Department of Social Services in liaison with the IWI. The local people of İzmit were deeply moved by the help and support which they were given by foreigners.

IWI Charity Policy

The IWI is a registered Turkish Association. Amongst the many charitable projects considered, priority is given to those involving children. Money is NEVER given to any party to dispose of at will. Once a project is accepted by the Board, the Charity Team supervise & control the distribution of goods purchased, and have regular contact with the party involved.

Thanks to:

This project would not have been realised without the input to the Christmas Bazaar by our members and its sponsorship by local companies. These include: Corona Ladies Group, Hash Harriers, American Women of Istanbul, St Andrews Society and private individuals. Also thanks to the Swiss Air Group.



Last Month...

Pancake Day!



Becky



What's for breakfast? My son's first question the moment he wakes up after "morning Mommy". He has always been a pancake and french toast kiddo and I can't say less for myself. Sadly I don't have my Granny's recipe which was just a bit of this and a bit of that, so confusing but heavenly delicious. Over the years of trial and error for that perfect pancake, I have to say that I have found a favourite recipe by Martha Stewart.

<https://www.marthastewart.com/1515526/the-kitchens-favorite-buttermilk-pancakes>

Please don't be weary about the buttermilk, it's accessible from the supermarkets or can be substituted with plain yoghurt 3/4 cup and add in 1/4 cup water, ready to rock and roll. These pancakes freeze well with a sheet of baking paper in between each pancake, cover with stretch film then foil, and labelled. Enjoy your pancakes with your favourite toppings.



Liz



Gold Star!

Liz preferred to let her husband do the flipping!



Lisa



Ayse

I couldn't even wait to dig in that my photo was taken half way through munching!

Becky

(Programs Lead)

How's Your WiFi?

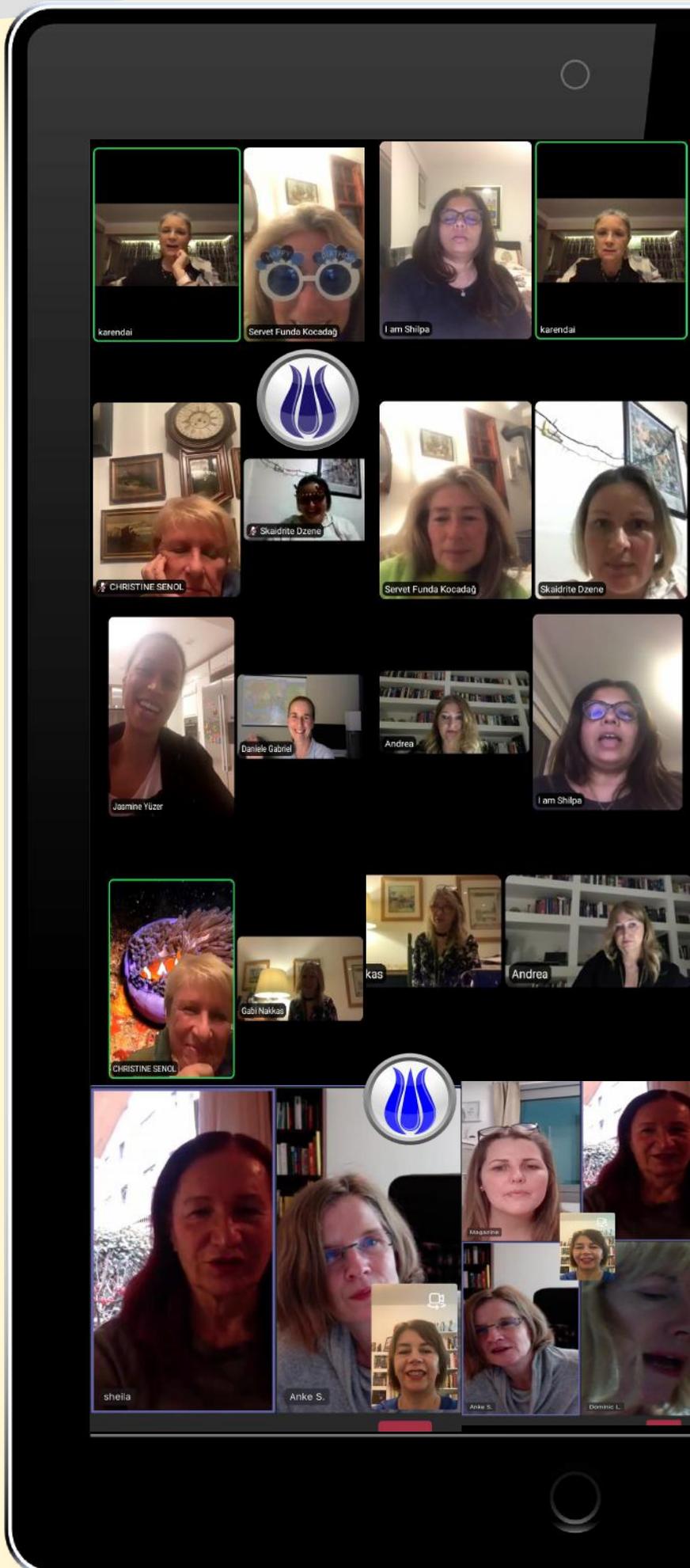
Although we complain about this new generation being stuck to their mobile devices, texting, and social media sites, we must admit, it is pretty cool.

Having written letters, used pay phones, telephone cards, and pagers, we are so grateful to have this technology at our disposal. We can appreciate being able to see our friends and family and "be" where they are and see what they see. It has been a long haul, it's been lonely, depressing and an anxiety ridden year.

The IWI is continuously striving to find ways to support our base. We miss each other and have used our WhatsApp groups to share current information, ask questions, and share a laugh about a funny meme from TikTok. Some of us have been to the Istanbul Sailing Club for outside get togethers with a few other friends and others we saw only through Zoom or Teams online meetups. During last month's meetups, we celebrated birthdays, commemorated a member's life, introduced our four-legged friends to each other, exchanged recipes and other vital survival information. Most of all we found out how we are all coping with the pandemic. We all left feeling a bit closer to one another, a bit less isolated and grateful for the opportunity to be able to socialize safely. Until the government officially allows clubs and associations to meet, these online meetups are our lifeline to keep each other engaged and interacting.

Until this is all over and done, let's Zoom or get on Teams and help cheer each other on. See you soon!

Jasmine (Membership Lead)



IT IS WITH GREAT SADNESS THAT
WE MOURN THE PASSING OF OUR
BELOVED MEMBER & FRIEND DUE
TO MEDICAL COMPLICATIONS

*Anita Keller
Saban*

SHE WILL BE MISSED
IWI





This Month...

8 MARCH HAPPY WOMEN'S DAY

**Due to continued
Covid-19 restrictions,
we are still unable
to organise any
in person events.
But please join us for our
online catch ups.**

(See your local NM WhatsApp group)

As always, keep checking

www.saglik.gov.tr

(there is an option for EN at the top right of the page)
for up-to-date information in English
regarding the covid-19 situation in Turkey.

Please also read carefully the notifications
coming from your respective embassies.



International Women's Day

#ChooseToChallenge
#IWD2021

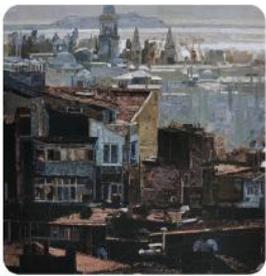
March 8, 2021

A challenged world is an alert world and from challenge comes change.
So let's all choose to challenge.

How will you help forge a gender equal world?
Celebrate women's achievement. Raise awareness against bias. Take action for equality.

www.internationalwomensday.com

You love Istanbul? You have a love of art?
Combine both for a good cause!



Istanbul Accueil invites you to the 14th edition of their annual "Printemps des Artistes (PDA)" Charity Art Exhibition!

The PDA - what is it?

An annual art exhibition held in partnership with the Od'A ART Gallery-Sainte Pulcherie and organised by a team of 5 women, all volunteers from Istanbul Accueil.

The PDA - to what purpose?

Now in it's 14th year it's objective is double : exhibit local artists while raising funds for charity! All artworks are for sale. 70% of the proceeds go directly to the artists while the remaining 30% goes to pre-selected charities. All costs incurred in curating the exhibition are covered directly by the generosity of our sponsors!

The PDA - the artists?

9 turkish and international artists will exhibit over 120 works, each presenting their own unique vision of Istanbul through a variety of paintings, photos and collage.

The PDA - our charities

Hayat Saril Dernegi (for the homeless); Mor çatı (for women and children, victims of domestic violence) and LAPE Hospital.

Save the date !

Friday 2nd April to 11th April

Virtual Exhibition **Online** & Live Exhibition (in person, Covid sanitary conditions permitting)

For more information:

https://www.istanbulaccueil.net/pda_eng/

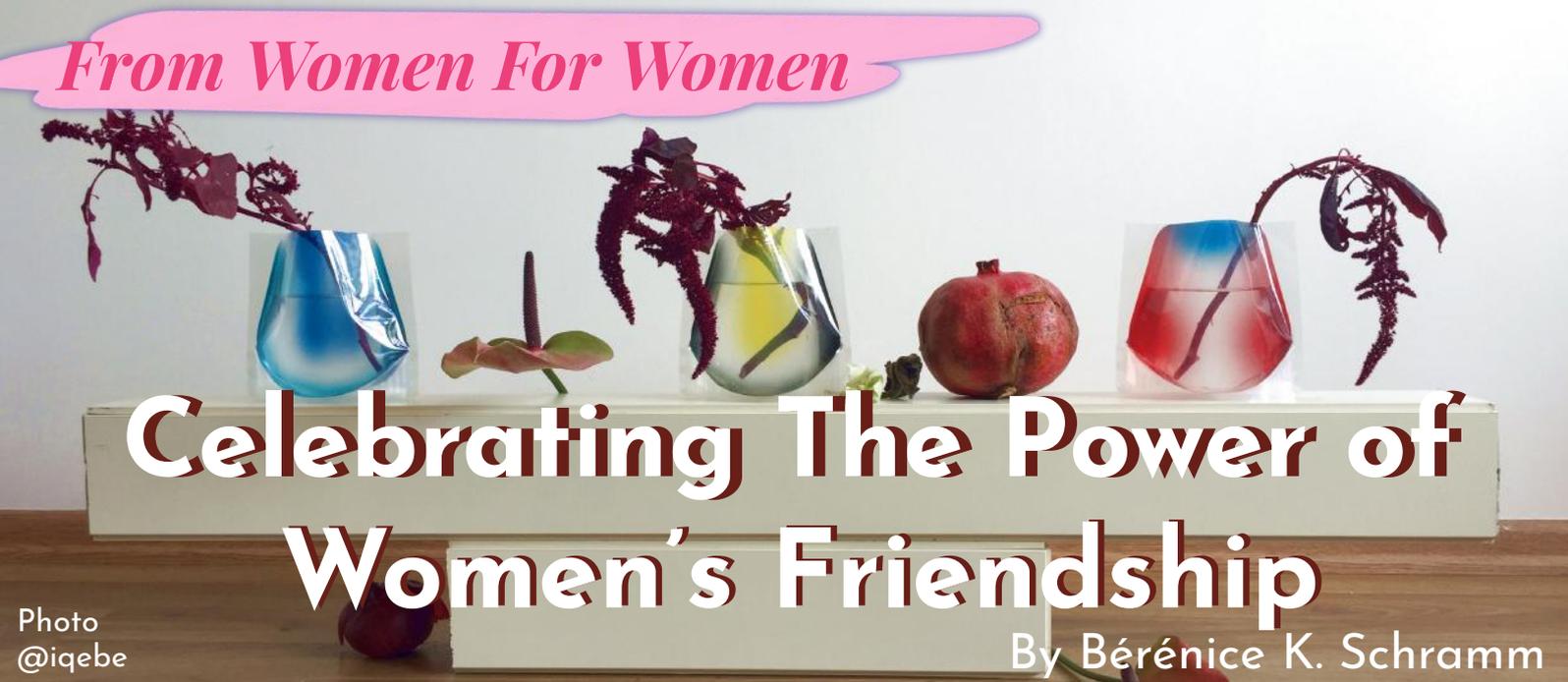


SAINTE PULCHERIE 1846
FRANSIZ LİSESİ | LYCEE FRANÇAIS



Ouyvoir D'Art





Celebrating The Power of Women's Friendship

By Bérénice K. Schramm

Photo
@iqebe

Now more than ever, our current circumstances have shed light on **the power of friendship**. Much more than just some warm feeling and a few happy moments shared together, friendship is that experience that uplifts you and make **you uplift others**. This is particularly true for women whose historical and daily experiences have forced them to seek needed resources wherever they could, in spite of all odds and obstacles. More often than not, these resources were found in the hands and hearts and brains of fellow women. Why? Because of the **intimacy of the shared experience** that being a woman - whatever this means to you - entails in the world. While womanhood is not something that should be reduced to an artificial and exclusive essence, being seen, being understood and being treated

as a woman in the world we live is an experience that often feels limiting and frustrating, be it at home or in the public space, all the more so for some women more than others. This is such a commonality in experience(s) that has historically led women to gather and act together.

IWI is a great illustration of this.

IWI is almost 45 years-old and has contributed to helping out international women based in Istanbul in many different ways. IWI started by contacting women from the different consulates and organizing meetings between them in hopes of promoting friendship among **women of all nationalities** who share the same enthusiasm for Istanbul.

One meeting after another, **friendships were created**, social initiatives were set up, assistance to each other was provided. And here we are, 45 years later in the midst of a pandemic, closely knit thanks to new technologies, sharing our highs and lows, our dos and don'ts, our surplus and desires. Yes, physical contact is a low commodity at the moment but the current circumstances teach us that friendship is an evolutive experience, one that can adapt to unexpected constraints if one is willing to give its best.

Like the women from the civil society organizations who travelled to Beijing, China in 1995 to attend the parallel meetings to the famous Fourth UN Women Conference. These parallel meetings - **also known as the NGO Forum** - were supposed to take place close to the conference center where the State delegations would meet and negotiate the draft of the future landmark Beijing Declaration and Platform for Action for

the empowerment of women.

Yet, last minute, the NGO forum was moved to Huairou, a suburban city 45min away from the main conference, forcing the civil society women to commute everyday and to miss some events happening in the capital. In spite of this, the NGO forum was a success.

30'000 women from all over the world convened and discussed and debated and shared and undoubtedly influenced, through parallel lobbying, , the content of the Beijing **Declaration and Platform for Action** adopted a couple of weeks later and whose main objective, up until today, is the realization of gender equality and the human rights of women and girls everywhere.

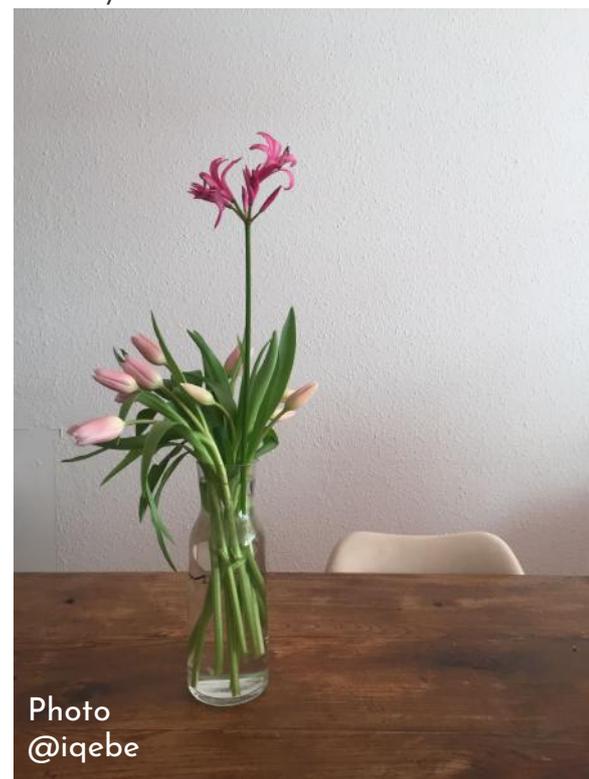


Photo
@iqebe

For decades if not centuries, women have gathered to support each other and to create change for themselves and for a better world.

To only name a few of their recent and public successes whose fruits we are still enjoying today and officially

celebrate every year on March 8:

from the first collective demonstrations held by women in the United States and Russia at the beginning of the XXth century to ask for better protection at work and for the right to vote and which are considered the first occurrences of the March 8 celebrations, through the fundamental contribution of women to the struggle for independence of former colonies as well as to peacemaking and peace-building processes in post-conflict societies, or their influential participation in the drafting of the 1948 **Universal Declaration of Human Rights**, in addition to their seminal actions behind the scenes of the four UN Women Conferences (Mexico 1975, Copenhagen 1980, Nairobi 1985, Beijing 1995) and the adoption in 1979 of the International Convention for the Elimination of Discrimination against Women (CEDAW) or more recently, in 2015, of the **Istanbul Convention against domestic violence**.

Women have gathered within nations and at the regional and international levels to advance their cause through law. Hence the fact that March 8 is not only called the

International Women's Day,

but also, at times, the **International Women's Rights' Day**. That being said, behind the language of rights and law, behind the public spaces, stands first and foremost friendship, that invisible and private connection which allow us to relate to one another, and to learn from each other, beyond identities, borders, locations, social class, and the like. This is what, to me, IWI's slogan really stands for: **from women for women**. And as I step down from my position as Communications Lead on the Board of the Organization after serving in that capacity for 2 years, I give thanks for all that I have learnt from and with you, and in particular with my friends on the Board. And I wish them/us power!

***Bérénice K. Schramm** is Assistant Professor of Law at Bahçeşehir Üniversitesi as well as a flower designer and visual artist. She moved to Istanbul in 2018 and joined IWI later that year to work on the LALE Magazine. After its discontinuation, she was in charge of our bimonthly newsletter and became the first editor to our new digital monthly publication, IWI Lifestyle. She will now be replaced by Lisa Slatter. While she will miss being on the Board, she will remain a classic member while focusing on her many academic and artistic activities.*



Relationship Tips during the Pandemic

Last month we talked about the importance of self-care during a time where our roles as women, mothers, sisters, friends, educators, nurturers, domestic goddesses are fluid and changing on demand. Following up from this I have been asked for some tips on how to manage and strengthen relationships with our loved ones. Particularly as we are spending more at home.

Whether it be your relationship with your romantic partner, children, sibling or friend, all relationships need work and effort to remain strong and fulfilling.



Julia ÖZDEMİR
MPsych(Clinical),
BSc(Hons-psych),
BA(Psych)
Clinical Psychologist

Here are some tips that can help:

Be Mindful: Worry can manifest as irritation. It's important to notice when you are being triggered. Self-soothe to help you stay calm (using breathing, mindfulness meditations and relaxation).

Check your attitude: Stress also breeds frustration and anger. Now is not the time for blame or trying to prove yourself right, "I'm right, you're wrong!". While this may be the case, it's not really helpful. Rather, try to step back, be compassionate and practice empathy.

Use 'I' statements: Use more 'I' statements and less 'YOU' statements. Don't criticize or tell them what they should do. Talk about your feelings, wants, needs, observations and beliefs, I think..., I feel..., I believe..., I want.... When you fight you, both lose.

Give each other space: Start by giving yourself space when you need it (when you are feeling irritable, fear, tension, angry). Give your loved one some alone time. Have time-outs (agree to have some 'non' talking time) which doesn't mean you are ignoring each other, rather taking a break to recharge.

Accept your differences: Hear what your loved one is saying. You don't have to agree but you can acknowledge how they feel about a situation. Making them feel heard will foster respect and collaboration.

Have some fun: Cabin fever is on the rise. Pleasurable activities create happy chemicals like dopamine. Together make a list of fun activities you can share. Practice 1 each day.

While it is nearly impossible to avoid conflict it is better and easier to focus on building positive relationships built on mutual respect. Consistent use of these tips may help build healthy relationships with those we love.



Photo
@ottomanbistekina

Celebrate Women's Day with a

Mimosa... Cake!

Spring is finally in air! How lovely would it be to spend time with family and friends and celebrate the awakening of nature? Sipping a warm coffee, savoring a fresh croissant and smelling those bright yellow mimosa flowers you can spot everywhere on the streets of Istanbul? Has the time come to cherish again one other's company face to face?

In my imagination of normality, warm human relationships are closely interconnected with (if not based upon) food: the love and pride of making it and the pleasure of consuming it together. Sharing a dish becomes a way to care for others, to tell a story, to remember sentimental values of an unforgotten past. Cooking for others is a means to warm hearts and cope with hardship in difficult periods; it is a way to satisfy our inner pulse of creativity; but also is the way to show who we really are and where we come from. Whereas in **Expat Sofra, Culinary Tales of Foreign Women in Turkey** women empowered themselves by adapting and integrating to the Turkish kitchen and culture, in 2020-2021, quite paradoxically, foreign women found inspiration and empowerment from their pressing need of feeling at home whilst stuck in Turkey.

I am amazed and proud at the amount of foreign ladies who transformed their nostalgia for home into the intent to have their community enjoy what they miss most, their traditional national dishes. The impossibility to travel back to our home countries and celebrate Nevruz, Thanksgiving, Christmas, the Epiphany, or the Chinese New Year became the driving force to promote our gastronomic heritage with people who don't know it. **How exciting and endearing** to be able to enjoy original Portuguese pastel de nata, Olsterbrot, Indian biryani, pad Thai, Hong Kong's original baos, panettone and fresh ravioli, French galettes de roi, Syrian falafel and many other delicacies, all lovingly prepared by foreign ladies who started a small business! These are the ladies who have become Gastronomic Ambassadors of their home countries in a metropolis like Istanbul.

This is how food becomes a bridge to cultures and an integration tool for personal empowerment for so many women, who gain financial independence through their love of nurturing and passion for cooking. As a chef and entrepreneur, my dream would be to bring together the enthusiasm and talents of us, lady chefs, under the same roof and establish a ladies' world cuisine cooperative. A project that pairs passion with ambition, sisterhood with everyone's individual heritage by amplifying all our potentials.

This is my gift to my sisters in Istanbul, for International Women's Day. Traditionally, in Italy, on March 8th, we exchange mimosa flowers bouquets and this cake is inspired by its yellow fluffy flowers, in the form of feathery sponge. We usually partake this light Pan di Spagna and rich cream with our mothers, aunts and girlfriends.

Torta Mimosa

For the sponge

- 4 eggs
- 150 g sugar
- 130 g flour
- 45 g corn starch
- 1 vanilla

Preheat the oven at 190°C.

Beat the eggs, the vanilla and the sugar until the mixture becomes white with no bubbles.

In stages, add the previously sieved flour and starch to the batter, folding carefully the flour into the batter with a spatula with down-up gentle movements. Pour in a circular mold of 20/22 cm diameter previously greased. Bake for around 20/25 minutes. (time can vary according to the oven: the sponge is ready when there is no wet sign in the knife you will insert in the middle of it). Put onto a grating and let it cool down.



Bring the milk, the orange zest, the vanilla and half of the sugar to a gentle boil

In the meanwhile beat the egg yolks with the remaining half of sugar and orange juice, then add the flour and starch, whisk until smooth. As soon as the milk boils, pour half of it into the yolk mixture, quickly whisk and then pour it back to the pot with the milk. Whisk vigorously until it boils. Keep whisking for around 30 seconds. Immediately pour the hot cream into a thin layer on a tray and cover with stretch film. Put in the refrigerator.

Once the pastry cream is cold, knock it back (whisk it back to its original creamy texture). Separately whip 400 g of cream and then gently incorporate it the pastry cream.

Cut the sponge in 3 layers.

Cut the central (the one with less crust) layer in small squares similar to the Mimosa flowers.

On the first layer, brush the orange juice and then pipe the Diplomat Cream. Add the second disc and repeat. Make sure to place a generous amount of cream in a slightly curved shape. Also, with the help of a small spatula, cover the sides of the cake with the cream. Then, with your hands, stick the sponge squares to the sides and on the top of the dome. The result should be a cake looking like a mimosa flower.



For the Diplomatic Cream (Pastry Cream plus Whipped Cream).

- 400 g milk
- 120 g sugar
- 100 g yolks
- 30 g flour
- 20 g corn starch
- 1 orange juice
- 1 orange zest
- 400 g cream to whip

For the syrup

- Juice of 2 oranges





*Next
Month's
issue*

*Spring
& Earth Day*

If you have something you would like to share on this topic, please get intouch

magazine@iwistanbul.org





Anna Sandiforth
Holistic Counsellor

I have lived in Turkey for 9 years and understand the challenges that come with uprooting and relocating to a foreign country. Originally from South Africa, I now work online as a holistic counsellor. That just means that my approach considers the physical, emotional, psychological and spiritual aspects of an individual. The totality of being human.

The goal of counselling is to develop self-awareness and self-compassion through techniques such as inner-child work and mindfulness. Once we have a better understanding of who we truly are, and the patterns that make up our life, then we can face life challenges with greater insight.

If my approach resonates with you and you would like to set up a time to meet with me, I can be reached at +905380317100 or sandi4th@gmail.com.



Hi, I am Madhavi, aka Mavii, a certified chef who loves to cook and feed. With my cooking, I'm telling you a story - about my origins, my culture, my family - about India!



So do connect for a bespoke Indian food experience - on-call chef, catering for special occasions, or if you just want a pick up or delivery.

@madhavi_akshikar
05446702463



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ANTIOXIDANTS.

Prevents premature leaning by
promoting collagen production with
NATURAL PEPTIDE.

7 NATURAL OILS altogether renews dry
and damaged skin.
Brightening and Nourishing



ANTI - AGING + FACIAL EXFOLIATING POWDER

EXFOLIATION and CELL TURNOVER

Removes extra impurities and
dead surface cells using
APRICOT KERNEL

Anti-Aging effects through
BOTANICAL INGREDIENTS
Brightening and Nourishing



Dr.Shirins

Business Directory...

ACCOMMODATION

Barbera Hotel

Boutique hotel

AGRICULTURE & GARDENING

Aydos Tarim

Produce & Export & Import
Plant Fertilizers and Seeds

ART

Kelen

African Art event Manager

BEAUTY & WELL-BEING

Anne Nature

Organic Certified Skin
Care Products

Rachel Smith-Bahadir:
Balancing Life Yoga

Specialty Yoga for Adults,
Kids and Teacher Training

CAKES & PASTRY

The Apricot Bakery +90
538 860 90 19

Packaged holiday treats

COACHING, CONSULTING

Artevis

Training,
Consulting and Coaching
services

Bright Future Leaders

Executive Life Coaching

Business Directory...

COACHING, CONSULTING cont'd

MixStrategy Marketing

Empowerment coaching, marketing

Tara Lutman Agacayak
Coaching and Consulting

Coach

COFFEE & ROASTERY

Espresso Perfetto

Coffee machines & grinders. Freshly roasted coffee beans. Coffeeshop. Onlineshop

Leali Caffè Gelato

Coffee & Icecream shop

DECORATIONS & GIFTS

Anjana Bhardwaj Art

Wooden home decorations

GRENADE & LOKUM

Carpets, kilims, rugs and handmade and exclusive goods from Turkish local artist

Handwritten By Lisa

Calligraphy & lettering; Cards, gifts, stationery

Kinuc ceramics

Handmade, handcrafted, wheel-thrown, hand-painted ceramics

Living Traditions

Handmade Olive Wood Products

Noverra

Murano Glass

Business Directory...

DIGITAL MEDIA

Bloomer

Digital Publication for the global community in Turkey

EDUCATION, COURSES

Dot Design Studio

Ceramics, creative workshops

Frédérique Kiran French teacher +90 0535 215 2477

French language native teacher

FASHION & STYLE

Chrissy Güleç Style

Personal style, color & image consulting, wardrobe editing, personal shopping. Etiquette courses for adults & youth.

Shaira1885

Hand woven Indian fabrics. Linen, silk, cotton, Tibetan brocades and more

FOOD & BEVERAGES

Mavii's

Indian cuisine, on-call chef, catering for special occasions, accept orders

Business Directory...

JEWELRY

Kinuaccessories

Porcelain hand-sculpted, painted and glazed jewelry

Lilyniko

Jewellery

PEGAH Jewellery

Jewellery

OTHER SERVICES

SUMO creativity

Copywriting services for impact-driven businesses.

PHOTOGRAPHY

Noemie Deveaux
Photography

Family photographer,
Business portraits
creator, photography

PSYCHOLOGY, THERAPY

"Équinox Psychiatry
and Therapy", Katerina
Tenezou Clinical
Psychologist

Mental-
Psychological
Assessment, prescription
of medication and
Psychotherapy in
English



Happy,
Women's

DAY



INTERNATIONAL WOMEN OF ISTANBUL



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