NOVEMBER 6 - 12, 2026

THE GUARDIAN Life



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Your weekly guide to the best of Nigeria

MR EAZI

State of Mind

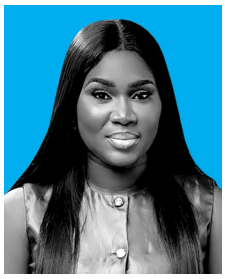
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THE GUARDIAN **Life**

Everything you need to live well



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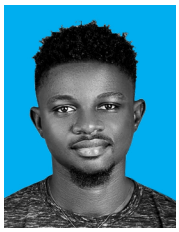












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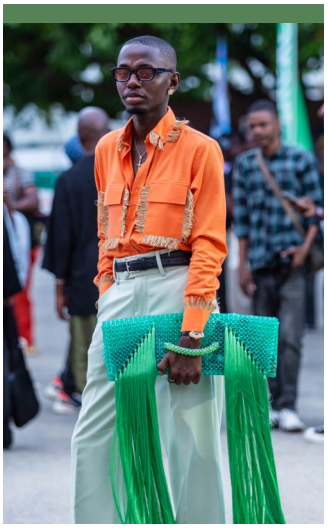
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5 sip-and-paint places to try

by Oluwagbemisola Sadare



From guided canvas painting over a glass of wine to creative afternoons in art studios, sip-and-paint sessions offer people different ways to socialise.
By combining art, drinks and music, this experience allows participants to explore their creativity with guided instruction, painting materials and refreshments. Across Lagos and Abuja, creative studios and event organisers are incorporating the experience into their leisure offerings.

Here are five places to consider.

1

Sip and Paint.NG, Lagos

Location: Alali, 32 Musa Yar'Adua Street, Victoria Island, Lagos.

Opening hours: Monday–Sunday, 8:00 am–10:00 pm.

Sip and Paint.NG provides a guided painting experience for people looking to combine art with a social outing. Participants can choose from different creative activities, including canvas painting, tote bag painting, and mirror art. The sessions are designed for beginners as well as those with some artistic experience, with instructors providing guidance throughout.
The canvas painting package includes painting materials and bottomless wine, making it an option for friends planning a group outing or individuals interested in trying something different.

Price: ₦40,000 per person for the classic canvas painting package.





2

Paint & Sip Studios by FR, Abuja

Location: No. 2044, Aguiyi Ironsi Street, Trinity Garden, Maitama, Abuja.

Opening hours:
Monday–Wednesday: 2:00 pm–8:00 pm
Thursday: 3:00 pm–8:00 pm
Friday: 3:00 pm–10:00 pm
Saturday: 1:00 pm–10:00 pm
Sunday: 3:00 pm–10:00 pm

At Trinity Garden on Aguiyi Ironsi Street, Maitama, Paint & Sip Studios by FR offers a dedicated creative space for painting and other hands-on activities. Its painting sessions cater to beginners and experienced participants, with options for plain and pre-drawn canvases. Visitors can also explore pottery, tote bag painting, candle-making, glass painting, bracelet-making, and mosaic art.

Price: Confirm directly with the studio.

3. CeraCerni's Art Hub, Lagos

Location: 65B Akintunde A. Adeyemi Drive, Lekki Phase 1, Lagos.

Opening hours: Monday–Saturday, 11:00 am–9:00 pm; Sunday, 1:00 pm–9:00 pm.

For those interested in exploring more than canvas painting, CeraCerni's Art Hub in Lekki Phase 1 offers a range of creative activities.
The art centre incorporates Sip and Paint into its experiences, alongside pottery, Art Cycle and Spin and Spill. This gives visitors the opportunity to explore different forms of artistic expression in a recreational setting. Its range of activities makes it suitable for people looking to spend time with friends, organise a creative outing or try a new hobby. The centre also provides an opportunity for beginners to engage with art without the pressure of producing a professional piece.

Price: Confirm directly with the centre.

4. Ubiq Arts and Crafts, Abuja

Location: Plot 199, E Momoh Avenue, off Norbert Offor Street, Kado District, Abuja.

Opening hours: Monday–Sunday, 12 noon–8:00 pm.

Situated on E Momoh Avenue in Kado, Abuja, Ubiq Arts and Crafts offers an interactive approach to art and craft activities.
The centre organises Sip and Paint sessions alongside other creative workshops, including friendship bracelet-making and craft activities. Its offerings appeal to people who want to explore art in a relaxed, social environment rather than simply observe finished works in a gallery.

The centre also caters to group activities, including creative outings, celebrations, and corporate bonding sessions. Its variety of workshops gives visitors the opportunity to experiment with different materials and techniques.

Price: Confirm directly with the centre.

5

ArtForFun Sip and Paint Studio, Lagos

Location: 25 Ogunlana Drive, Surulere, Lagos.

Opening hours: Tuesday–Sunday, 11:00 am–7:00 pm. Closed on Mondays.

ArtForFun Sip and Paint Studio offers a guided painting experience for people looking to combine creativity with a social outing.

The studio welcomes beginners and provides step-by-step guidance, allowing participants to choose a painting idea and work on their own canvas. The experience is suited to individuals, friends, and groups looking for an activity beyond the usual restaurant or bar outing.
It also caters to birthdays, get-togethers and other private celebrations, making it an option for people interested in organising a creative group experience.

Price: Confirm directly with the studio.



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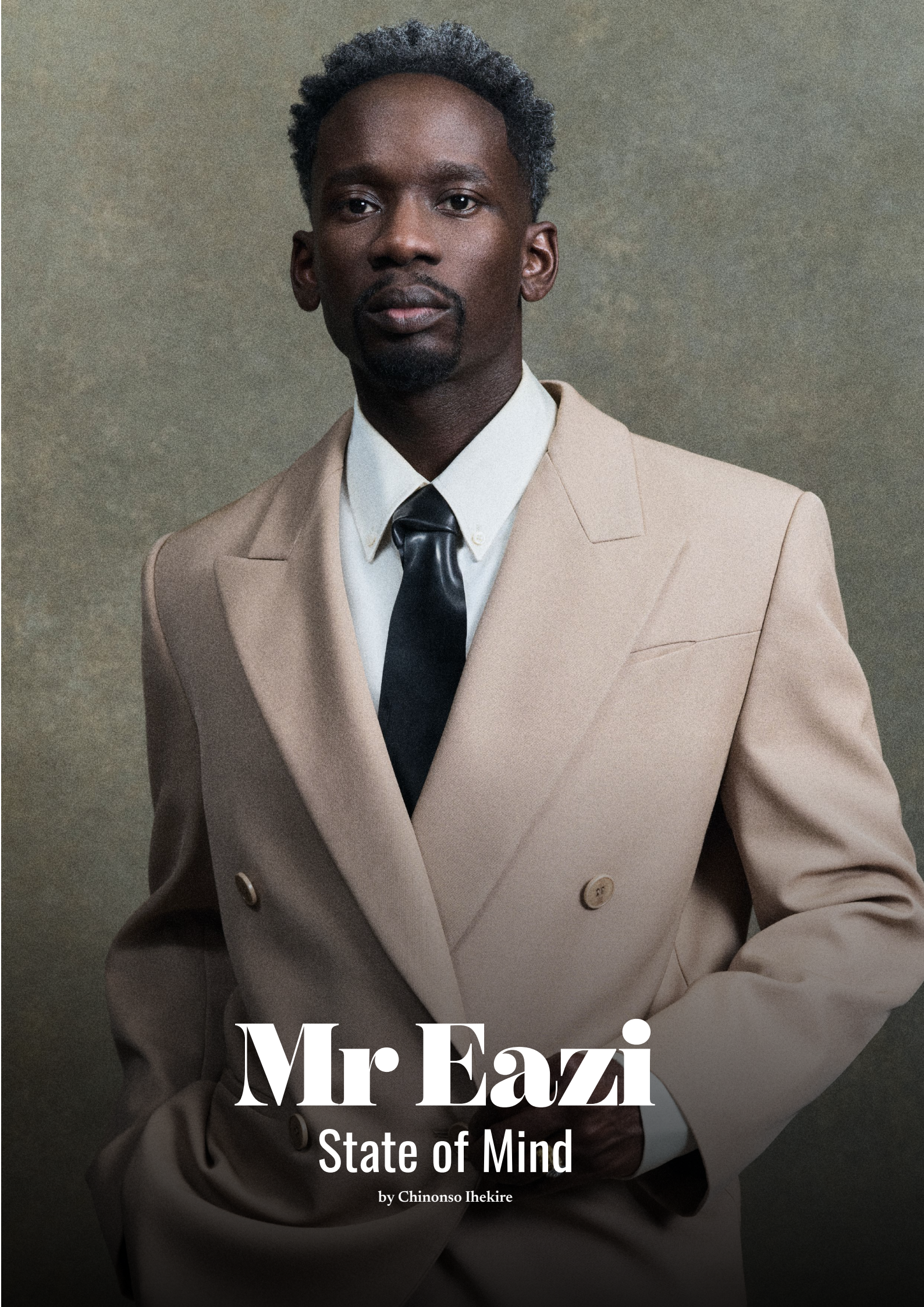
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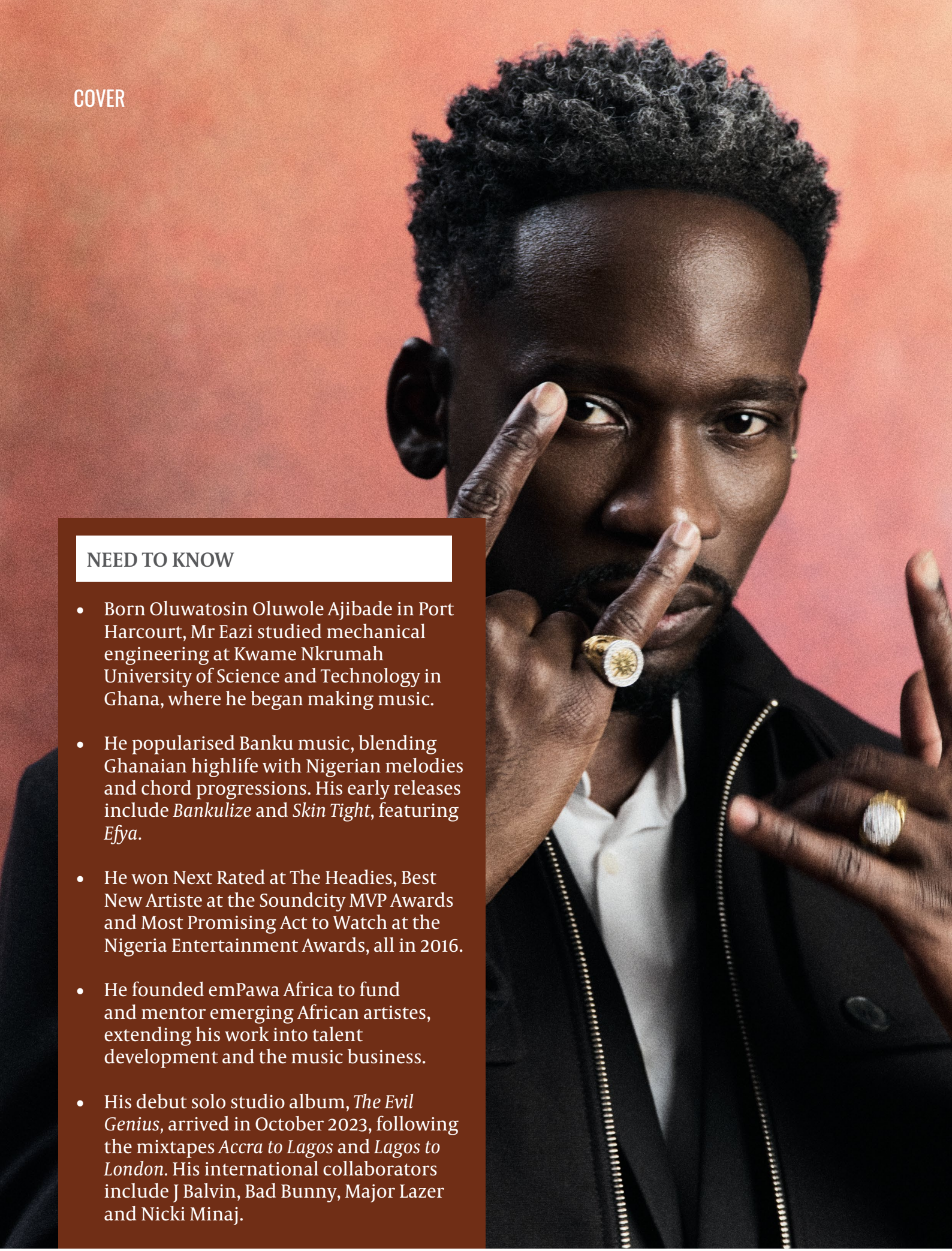
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Mr Eazi

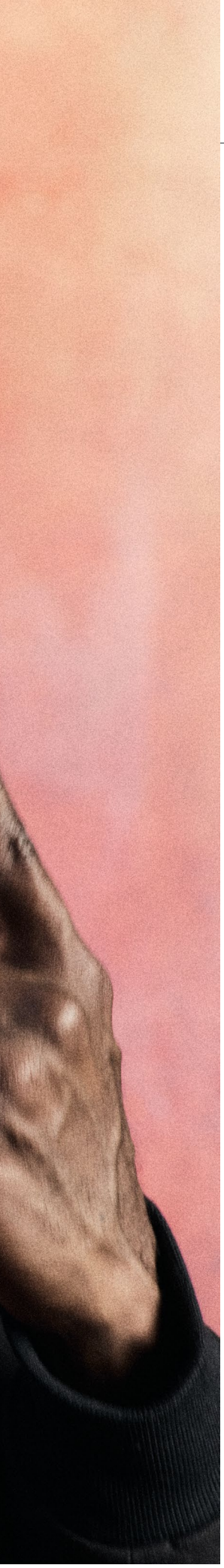
State of Mind

by Chinonso Ihekire



NEED TO KNOW

- Born Oluwatosin Oluwole Ajibade in Port Harcourt, Mr Eazi studied mechanical engineering at Kwame Nkrumah University of Science and Technology in Ghana, where he began making music.
- He popularised Banku music, blending Ghanaian highlife with Nigerian melodies and chord progressions. His early releases include *Bankulize* and *Skin Tight*, featuring *Efya*.
- He won Next Rated at The Headies, Best New Artiste at the Soundcity MVP Awards and Most Promising Act to Watch at the Nigeria Entertainment Awards, all in 2016.
- He founded emPawa Africa to fund and mentor emerging African artistes, extending his work into talent development and the music business.
- His debut solo studio album, *The Evil Genius,* arrived in October 2023, following the mixtapes *Accra to Lagos* and *Lagos to London*. His international collaborators include J Balvin, Bad Bunny, Major Lazer and Nicki Minaj.



On that sunny Wednesday afternoon, Mr Eazi walked into one of the meeting rooms at his emPawa Africa annex, tucked somewhere within the inlets of Ikoyi, Lagos. sporting a soft smile, a starched navy-blue long-sleeved shirt and space buns already coloured with grey hair, he settled into his seat with the same easygoing charisma one can hear in his latest groove with Ghanaian superstar Moliy, titled Comfort.

Throughout the year, it seems Mr Eazi, born Oluwatosin Ajibade, has rekindled his musical romance with neighbouring Ghana, where he spent a significant part of his formative years as an engineering student, gold trader, event organiser and all-round entrepreneur. He's released a joint project with Ghanaian RnB troubadour King Promise, dubbed 'See What We've Done', and now, with the fire of Comfort, he's reheating the signature Banku sound that marked his breakthrough within the Nigerian music scene in the 2010s.

Banku music itself is a peculiar soundscape Mr Eazi popularised during his early career, drawing from Ghanaian highlife, Nigerian chord progressions and the tropical bounce of West African dance music. With records like Bankulize, Skin Tight, Anointing and Shitor, among others, he established a distinctive musical identity, characterised by percussion, melodies and his signature singing style.

Sometime back in 2011, Mr Eazi walked into a roadside restaurant in Adenta, northeast of central Accra, and that was the first time he encountered the popular Ghanaian staple, Banku. For a young hustler, he found it considerably cheaper than jollof, another popular staple in the community. That afternoon, after eating the dish before a studio session, he noticed that his already relaxed singing delivery had become even slower. This peculiar experience, he recalls, would eventually become part of the story behind his signature Banku sound, which helped shape Nigerian pop throughout the 2010s.

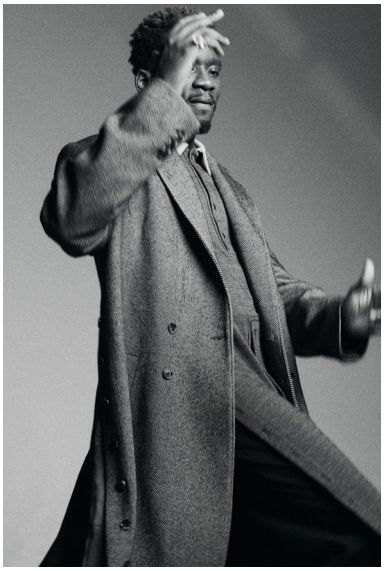
Interestingly, following the release of his 2023 debut solo album, The Evil Genius, alongside subsequent projects including his 2025 EP, Maison Rouge, Mr Eazi appears increasingly eager to explore the full breadth of his creative instincts. Through his ChopLife SoundSystem collective, which he co-founded with DJ Edu, and his more recent releases, he's continued to embrace a distinct creative freedom that allows him to experiment across genres, from dancehall and reggae to RnB and electronic dance music.

Beyond music, Mr Eazi is also a thriving Pan-African entrepreneur with a growing portfolio spanning music, technology, gaming and entertainment. Through emPawa Africa and his wider business interests, he's continued to build platforms for emerging African talent, while his annual Detty Rave festival in Ghana has grown into a major fixture on the country's December festival calendar, drawing thousands of global revellers.

Catching up with *Guardian Music,* the singer and entrepreneur takes us down memory lane, revisiting his earliest encounters with Ghanaian culture and the unlikely culinary inspiration behind Banku music. He opens up about the making of Comfort, his renewed appetite for musical experimentation, the business of building Africa's entertainment infrastructure, his changing relationship with fame, family and creative freedom, and his ambition to build a publicly listed African entertainment company, among others.

Your latest single, Comfort, featuring Moliy, is an amazing record. This year, you've also collaborated with King Promise. What continues to draw you to Ghana's music scene?

First, I still live in Ghana. I still have my home in Ghana. I went to Ghana when I was 15, and before then, my



"I could have just signed a record deal and collected the cheque, but that would have been boring to me."

— MR EAZI

life was just church, school, church, school. So, the first time I went into the world and was on my own was in Ghana. That place will always feel like home because that's where I started to become myself.

Beyond that, Ghana is also where I started making music. The first time I ever got into a studio was in Ghana, and the first producer I worked with was Ghanaian. So there's always going to be that familiarity with where you started.

I've been blessed with love and support all over the world, but Ghana has particularly embraced me as one of their own. Some people meet me and think I'm Ghanaian. Sometimes, when I'm at the airport going into Ghana and I present my passport, they'll ask, "Why do you have a Nigerian passport?" And I'll say, "Because I'm Nigerian." They'll be like, "Oh, no, no, you're our own!"

I'm sure you're also a fan of Ghanaian jollof.
I'm a fan of all the jollof! Any jollof my wife gives me, that's what I'm a fan of. Right now, I don't know the difference between Ghanaian and Nigerian jollof. I just know one jollof, my wife's jollof.

Speaking of Ghanaian food, Banku comes to mind. It's one of the country's popular staples and also the identity of your signature sound. When did you first discover the food itself?
Somewhere around 2011, if I'm being honest. I can remember vividly because I went to a place called Loto Kiosk in Adenta. They had this banku spot at the bus stop. The only reason I started eating banku was that it was cheaper to buy banku than to buy jollof. So I tasted banku one day before a studio session. At that time, I wasn't even a professional artist. Music was still a hobby.

I remember that I already talked slowly, but when I ate that banku, I became even slower. Imagine going into the studio and now I'm singing slowly! That sort of became my signature.

So, big shout-out to Loto Kiosk. The other day, I was talking to somebody and asking if that guy was still there because I wanted to go and give him a gift. Baba, thank you!

That sound still features in your releases, including Comfort. Were you intentional about revisiting it on this record?
To be honest, no. It just came naturally. When I'm making my own music, I'm attracted to fusion sounds. If you listen to "Comfort," you can still hear those same claps in the drums. The instrumentation is a little different, but it's still that same sort of beat.

I'm guessing that's why I was drawn to it. It wasn't like I was trying to update the sound or anything. As soon as Rage played it, I was like, "Yo, yo, yo, this one!" And then we started working on it.

> *"A lot of people thought that if you signed to another artiste, they wouldn't want you to become more successful than them. But I didn't bother. I wanted my artistes to be even more successful than me."*
>
> — MR EAZI

Did you always know you wanted Moliy on the track?
That happened after the track was done. The first time I posted the track on Instagram, Moliy wasn't on it. It was a sample, actually a Splice sample that you can still find on Splice.

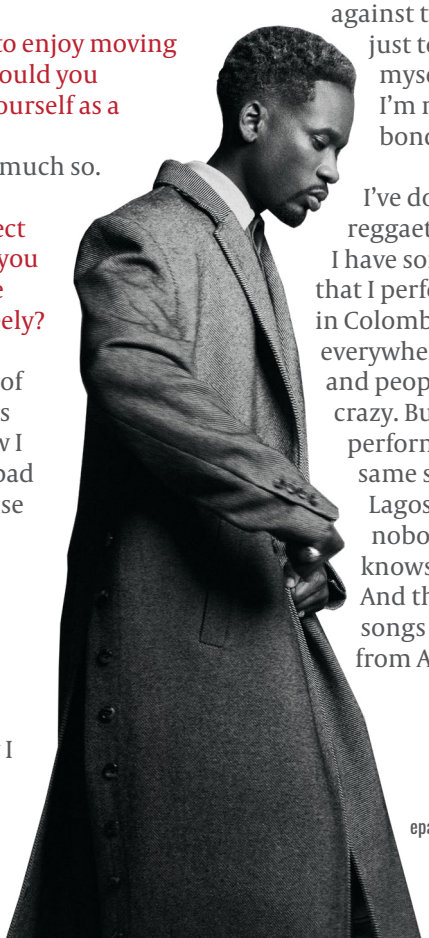
Then I started thinking, whose voice would do justice to this? My team reached out to Moliy. I was in London at the time, so we flew her over.

You seem to enjoy moving around. Would you describe yourself as a nomad?
Yeah, very much so.

Does it affect you when you can't move around freely?
Definitely. That's one of the reasons why I know I can't be a bad boy, because I love my freedom more than anything else. Freedom drives me. That's why I always stick to the law.

And it's the same freedom I like in my music. If you look at my catalogue, there's pure dancehall in there. There's dance music, pop, RnB and reggae. I've had pop Top 10s in the UK.

I love that same creative freedom in the kind of music I make. I don't like being boxed in and told, "This is the Mr Eazi sound." I would purposely revolt against that just to show myself that I'm not in bondage.



I've done reggaeton. I have songs that I perform in Colombia and everywhere, and people go crazy. But if I perform those same songs in Lagos, maybe nobody knows them. And these are songs I wrote from A to Z.

Speaking of your identity, let's talk about your hairstyle. Is the grey intentional?
I didn't dye it, actually. This is my hair, 100 percent. I've been going silver since 2020, but I always dyed it black. Eventually, my scalp started getting dry because you're not using the same quality of dye every time. I've dyed my hair brown and different colours, so I think it was affecting my scalp. I had to cut my hair. I went on zero when I was going on my honeymoon. Then, when the hair started growing back, I was like, there's no need to dye it again. And I'm the only Afrobeats artist with silver hair, so it helps me stand out! I think I might be the only person with silver hair and this puff-puff hairstyle.

How do older people react when they see you with it?
Older people take me more seriously! That's why I'm happy I've changed it to puff-puff, because they were taking me too seriously.

I remember going to the office of one of my older friends. When he saw me with the puff-puff hairstyle, he was like, "Ah! I was already using you as an example to my son. Now you're going to do this?"

Let's return to the music. You and King Promise already have great chemistry. How did you both decide on making See What We've Done?
First of all, the fans had always wanted us to do a joint project. Then King Promise came to my traditional wedding in Dubai. We were in the car going back home, and he was playing lots of music. That was when we got the idea.

Initially, he wanted me to collaborate on one or two songs. Then we were like, wait, why don't we just do the whole project together?

At the time, he was able to do that because he'd just come off his old deal, so he had the freedom to release music. I also always have the freedom to release music. So we decided to put it out together, and I'm happy we did.

Are you currently working on another project?
I was working on a dancehall album. That's why this year we dropped Lamborghini with Vybz Kartel. We dropped Remember That with Shams. Before that, last year, we put out Dance for Me. The full dancehall album is already complete.

Then I went into the studio to add finishing touches to the album and started making new music. Bro, I wasn't even trying to make anything new. I was just trying to finish that project!

Does that creative restlessness ever tire you out?
Yeah, sometimes I tire myself because I'm like, bro, what is this one? But we have one life to live. So if you can do something, you just do it.

What part of making music do you enjoy the most?
I enjoy making it more than anything. But lately, I've started enjoying promoting it.
I didn't always enjoy promoting music. I'm the kind of addict who just wants to make music in the studio, enjoy it in the studio and not release it. The number of songs I have on my hard drive is too much. My friends are always telling me about the number of hits I have. They'll be wondering, "Why didn't you drop that one?"

But the part I love most is making it. You can't beat the vibes in the studio because nothing else exists when you're in that space.

Is it safe to say that making music is no longer primarily about profit for you?
When I started making music, I wasn't making music for profit. I was making music because I didn't have any other hobby.

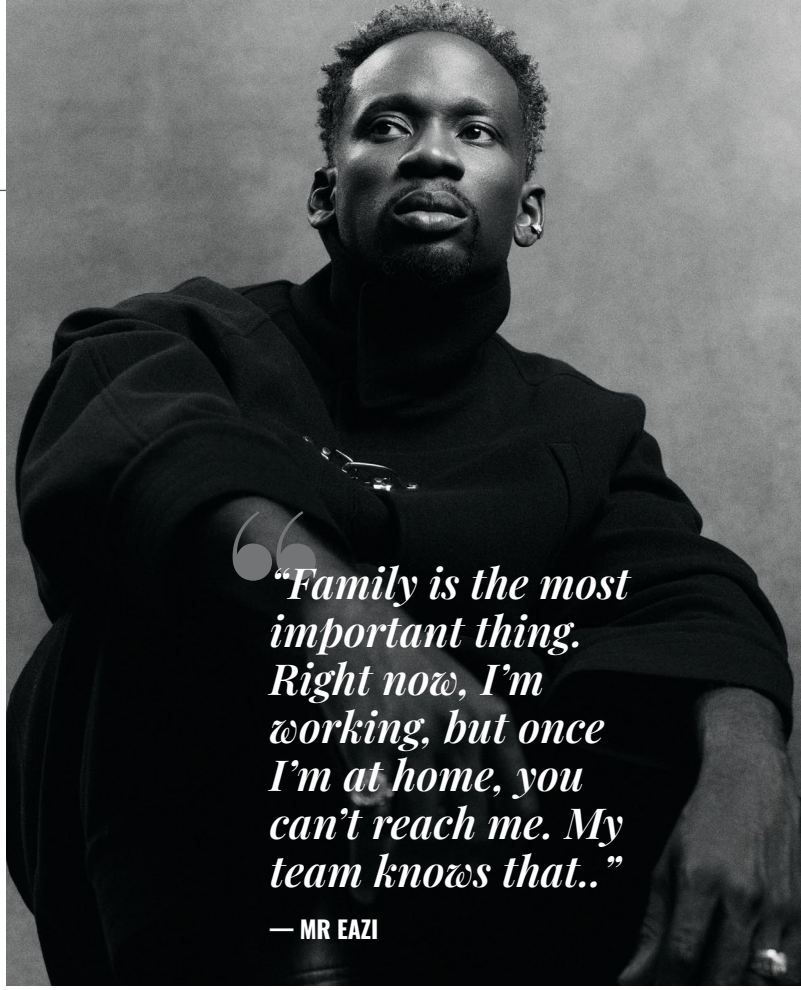
When I finished university and was about to start my master's, I went into my trading business. I was importing La Casera from Nigeria to Ghana, doing the same for Gala, and running my gold-trading business.

I was about 21, using people's money to trade. And that comes with a lot of pressure because these weren't angel investors. These were people calling you and saying, "Omo, where's my money? You said I'll get my money back in three months!"

So, to relax, because of how I grew up, my mum being a Christian woman and instilling that spirit in us, I wasn't going to drink or smoke myself into relaxation.
I didn't have anything else to do to relax, so I started going to the studio.

From there, that hobby took control of me to the point where it became my career. And the moment it became my career, after some time, it became my job because that was the only thing giving me money.

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WORDS TO LIVE BY

Wisdom from our archive of cover stars



"Find your unique strength, build a structure around it, and ignore the noise."
Chude Jideonwo, 2025



"There will always be people who will try to discourage you or who will say you're dreaming too big. Ignore them. Just stay focused on you and your vision."
Elohor Elizabeth Isiorho, 2021









"Your productivity and input would determine your output."
Grey Ogebeifun, 2026

"The more honour you want to get, the more responsibility you carry, and the more hardship you experience than the normal person. You must build yourself before you build the community."
Chief Diana Chen, 2025



"Stay true to yourself, work hard, and be patient. The industry will test you, but consistency and discipline will always win."
Timaya, 2026







Bosso Campus, Minna

The campus where DJ Borsh discovered his rhythm

DJ Borsh on discovering his craft at Bosso Campus, overcoming early setbacks and finding his place in Abuja's nightlife.

BOSSO CAMPUS, at the Federal University of Technology, Minna, has been central to my journey as a DJ. It was there, in my second year studying Biochemistry, that I discovered the craft at a birthday party. The music was not particularly impressive, and having attended parties before university, I became curious about how a DJ controlled the music and atmosphere.

For me, DJing started with curiosity. I approached the DJ, who introduced me to Virtual DJ. The following day, I got the software from a friend and began practising on a borrowed laptop. I learnt from other DJs, YouTube and social media, observing their techniques and trying to recreate them. Music had always been part of my life, from attending parties with friends at Apo Boys to enjoying the energy of a good dance floor.

Those early years came with their challenges. I played at almost all my friends' parties, often renting equipment, and there were moments when generators went off or speakers blew during performances. We were learning as we went, but those experiences taught me to adapt and keep going.

My journey took a new direction when I entered the Cool FM Abuja DJ competition. I finished second and was subsequently employed as a DJ at the station, where I worked for several years.

Interviewed by Ajuluchukwu Brown.

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Esther Akinnukawe:

Women should thrive without making unnecessary career choice

by Ijeoma Thomas-Odia

Esther Akinnukawe is the Chief Human Resources Officer (CHRO) of MTN Nigeria. She joined MTN Nigeria in 2012 as General Manager, Business Partnering and Services and became Human Resources Executive in 2018. She holds a Bachelor's degree in International Relations from Obafemi Awolowo University, Ile-Ife, and an MBA from IESE Business School, Universidad de Navarra, Spain. Akinnukawe has more than two decades of experience spanning consulting, banking, academia and human resources. Her earlier career included roles at Andersen Consulting, Lagos (now Accenture), Société Générale Bank, Trust Bank for Africa and FCMB. Before joining MTN, she was a faculty member at Lagos Business School, Pan-Atlantic University. She is a member of the Chartered Institute of Personnel Management (CIPM) and the Society for Human Resource Management (SHRM). In this interview, she speaks on

You have built a career across consulting, banking, academia and human resources, and now serve as Chief Human Resources Officer at MTN Nigeria. What were the defining moments or experiences that shaped your leadership journey and the leader you are today?

Looking back, the defining moments were not necessarily the promotions or titles, but the experiences that stretched me beyond what I thought I could do. My career has taken me through consulting, banking, academia and telecommunications, and each experience exposed me to different people, expectations and ways of thinking. My time at Lagos Business School was particularly formative. Teaching forces you to think deeply about how people learn, how organisations work and how decisions affect people. At MTN, I have had the opportunity to apply those lessons at scale. Ultimately, I have come to see leadership as a responsibility to create value through people. The title may change, but that responsibility remains.

> *"Genuine inclusion means diverse perspectives are not merely present; they shape decisions."*
>
> — ESTHER AKINNUKAWE

You joined MTN Nigeria in 2012 and progressed from General Manager, Business Partnering and Services to Chief CHRO. What do you believe enabled that progression, and what leadership lessons did the journey teach you?

Three things have been important: competence, consistency and continuous learning. When you are given an opportunity, you have to deliver, but you also have to be prepared for the next level of responsibility. I have always tried to understand the business beyond HR and position the function as a strategic partner that contributes directly to business performance. I have also learnt that progression is never entirely an individual achievement. Along the way, people challenge you, open doors, tell you uncomfortable truths, and give you opportunities to grow. My biggest lesson is simple: never become so comfortable with what you know that you stop evolving.

As a woman who has risen to the executive level of one of Nigeria's biggest companies, what do you believe remains the biggest barrier to women reaching the top of corporate organisations?

I would not reduce it to one barrier. It is a combination of structural issues, cultural expectations, personal circumstances, and unequal access to opportunities, networks, and sponsorship. At MTN, we have been deliberate about addressing these through inclusive recruitment, development, mentorship, leadership opportunities and practical interventions that support women at different stages of their careers. I also distinguish between mentorship and sponsorship/advocacy. Mentorship provides guidance; sponsorship/advocacy creates opportunity. Progress accelerates when leaders actively recommend talented women for critical roles and ensure they are represented where important decisions are made.

EDGE Advance is an important recognition of the progress we have made, but it is not the destination. The goal is an environment in which women can thrive and progress without having to make unnecessary choices between their careers and other important aspects of their lives.

There is increasing emphasis on gender diversity in the workplace, but representation alone does not necessarily translate into influence. What deliberate changes are needed to ensure women are not only present but have a meaningful voice in decision-making?

Representation is important, but it is only the starting point. The real test is whether women have access to opportunities, leadership roles and decision-making fora where they can genuinely influence outcomes. Genuine inclusion means diverse perspectives are not merely present; they shape decisions. That requires leaders who actively seek different views, cultures where people can challenge ideas safely, and systems that ensure talent and expertise are recognised fairly. Ultimately, diversity delivers value when difference influences the quality of decisions.

What does a genuinely inclusive workplace look like beyond policies, slogans and International Women's Day campaigns, and how can organisations know whether their inclusion efforts are actually working?

A genuinely inclusive workplace is one where people experience fairness and belonging every day, not only during gender diversity campaigns or on International Women's Day. You see it in who gets opportunities, how people progress, how managers respond to different perspectives, how employees are recognised and rewarded, and whether people feel safe enough to speak up. This is one reason frameworks such as EDGE are valuable. They require organisations to examine policies, practices, data and employee experience, not simply make statements about inclusion. Ultimately, inclusion is working when the employee experience and the data tell the same positive story.

As artificial intelligence and digital transformation reshape the workplace, what skills do you believe Nigerian employees, particularly young people and women, must develop to remain relevant?

The future will favour people who can combine technological fluency with distinctly human capabilities. Digital and AI literacy will be important, but so will critical thinking, problem-solving, communication, empathy, adaptability, judgement. AI should not be viewed simply as something that replaces people. Used well, it can augment human capability and enable people to create greater value.

M3

Myriam Leventis-Blok

17/02/51 - 21/10/26



Tribute To Myriam Leventis-Blok

...A life of love, grace and enduring influence

by Anita Athena Ibru

Dearest Aunty Myriam, I address this message directly to you in heaven because I know you are up there, my newest Guardian Angel.
In life, you actually were my guardian, from the tender age of eight, when I started boarding school in the UK. And for many others, you were also a real-life angel.

A woman of true integrity, honest and traditional, you kept a beautiful, warm, yet orderly home, where I always felt loved, safe and welcome.

You taught me things, motivated me and cheered me on when I shared my interests, such as classical music. You passed on the same values and discipline you gave your own children to me.

I also witnessed your playful, adventurous side and your open-mindedness. Your aptitude for learning so many languages said it all. You certainly gave me the impression that you loved engaging with people of many nationalities.

You recounted stories about your life and travels in Nigeria before your family relocated to London, and I remember how kind you were to your household staff.

You mentioned how you appreciated the friendship of my mother, Maiden, and shared stories akin to domestic bliss in Lagos during a nostalgic era, including how you used to lend each other the newest kitchen appliances. I also treasure the photographs of my parents, yourself, and Uncle Tasso as two holidaying couples.

I was, of course, heartbroken to learn that I would never see you again, but I am comforted by the fact that you were laid to rest at the Leventis family plot, remaining ever close to the heart of the love of your life, my dear 'Uncle Tasso'.

The fact that your amazing, loving family managed very swift funeral arrangements, including travel to Cyprus from various parts of the world for your beautiful send-off exactly a week later, is a testament to your organised nature, coupled with a go-getter attitude.

You simply got on with it and got things done. Your family wouldn't have had it any other way as they prepared for their final goodbyes, adopting the same approach you took in life.

No doubt, this also inspired me and helped shape me throughout childhood and into early adulthood.

The last thing I want to mention, where inspiration is concerned, is your beautiful love story with your beloved husband. I have witnessed very few husbands who love and care for their wives with such loyalty and dedication. Even though he is a very busy businessman, philanthropist, and conservationist, whose international travel is inevitable, he did not like to leave you for very long and made his trips as short as possible to return to you.

You truly deserved it because you blessed him with the same measure of love in return.

I will miss you dearly. On behalf of my entire family, I want to thank you for taking care of me, for asking me the sort of intimate questions and teaching me things a real mother would have, and for your advice and guidance over the years.

Rest peacefully, dearest Aunty Myriam, my Guardian Angel.

Myriam Leventis-Blok, of Dutch origin, one of eleven siblings, is survived by her husband, Cypriot-Greek Anastasios Paul Leventis; their three children, Salome, Avye and Henry; and eight grandchildren.





















Women creating wealth ...with Zainab Almond



Take us through your career path.

My career journey began in my second year at the University of Lagos, when I started my first food business, Food Cottage. At the time, I was exploring my interest in food and entrepreneurship, and that experience introduced me to the world of business and showed me how much I enjoyed creating something of my own. After graduating, I stepped away from the food business and spent about a decade working in marketing communications. That experience taught me about branding, communication, strategy, and how businesses connect with their audiences. But my love for food and hospitality never really left me. Eventually, I returned to the industry, attended culinary school, and had the opportunity to work with one of Nigeria's leading chefs. I went on to build Almond Rouge, with a vision to contribute to the hospitality industry through consulting, restaurant management, business development, education and training. I have also started building food businesses, including Donore Pasta, which I co-founded with a business partner. Today, my work sits at the intersection of hospitality, entrepreneurship, and education. I am also pursuing a Master's degree in Tourism and Hospitality Management at Rome Business School.

Looking back, I don't see the different chapters of my career as detours. Each has contributed something valuable to what I am building today.

What does women creating wealth mean to you?

To me, women creating wealth goes far beyond money. While money is an integral part of wealth creation, I believe it is ultimately about the freedom it provides, the opportunities it creates, and the value we are able to bring to the world. Real wealth is the ability to build something that outlives you. It is being able to create value not just for yourself, but for the people around you, your community, and the generations that come after you. That, to me, is legacy. Money is a tool, but wealth is much bigger than money. You can be rich in knowledge, relationships, people, ideas, businesses, systems, and opportunities. You can create wealth by building institutions, developing people, creating jobs, and sharing knowledge.

For me, the real question is not simply, "How much money have I made?" but "What have I built, who have I empowered, and what will continue to exist because I was here?" That is what women creating wealth means to me: building a life and legacy of value that extends beyond ourselves.

How are you creating sustainable wealth as a woman?

I am creating sustainable wealth by building businesses and investing in people, knowledge and systems. Through Almond Rouge, I work with hospitality businesses to strengthen their operations while training people who want to build careers and businesses within the industry. Through Donore Pasta and other ventures, I am also building businesses that I hope will be commercially viable, create jobs and open up opportunities for others. I am intentional about building beyond myself. I want to create businesses with the right structures, people, and systems to grow and continue creating value, even without my constant involvement. For me, sustainable wealth is not just about what I can earn today, but what I can build that will continue to create value tomorrow.

What is your charge to other women on living purposefully?

My charge to other women is this: don't spend your life trying to look successful. Don't try to walk in somebody else's shoes or spend your life trying to become somebody else. There is a gift in you that is authentic to you. Part of living purposefully is discovering what that is and having the courage to build your life around it. Your timeline does not have to look like anyone else's, and your definition of success does not have to be borrowed from someone else.

"Sustainable wealth is not just about what I can earn today, but what I can build that will continue to create value tomorrow."

— ZAINAB ALMOND

Interested organisations can explore sponsorship, partnership and programme-hosting opportunities by contacting Guardianwomanfestival@guardian.ng, Ricketts: +234 802 301 5115 or Olayinka: +234 808 695 1129.

Guardian Guides



Nigeria | November 7 - 30, 2026



Give your *weekend* an art date

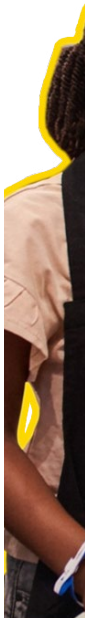
Black Muse Art Festival

Plan a visit to Benin City for literary readings, performances, film screenings and a sculptural exhibition at the festival organised by Angels and Muse. Benin City, Edo State. November 7 to 10. Free. Programme and venue details: angelsandmuse.org.

ART X Lagos

Visit the art fair during its public weekend at Federal Palace Resort. The programme includes gallery presentations, talks, film, and live performance.
Federal Palace Resort, Victoria Island, Lagos. Public access: November 7 and 8. Tickets: artxlagos.com. @artxlagos.









Home and Away

AMAH Studio hosts the Home and Away Gala on Saturday, followed by The Experience on Sunday.
AMAH Studio, Eleganza House, Joseph Harden Street, Lagos Island. Gala: November 7; Experience: November 8, both from 6pm. Limited free entry; paid options available. @homeandaway.art.

Lagos Street Art Festival

Live art battles, music and food give you reasons to spend the afternoon at Muri Okunola Park.
Muri Okunola Park, Victoria Island. November 7, noon to 7 pm. @ lagosstreetartfestival.

Lagos Biennial: The Museum of Things Unseen

The fifth edition opens to the public with exhibitions, performances and conversations about museums, memory and the stories they preserve.
Eko Atlantic, Lagos. Opens November 14 at noon; continues until December 6. November visits: November 14 to 30.



Ikorodu-Oga Fanti Carnival

Take your Saturday plans to Ikorodu for an afternoon carnival at the town hall..
Ikorodu Town Hall, 16 Agunbiade Street, Ikorodu. November 14, noon to 5 pm. @ ikoroduogafanticarnival.

Art and Rave: Colourful Settings Edition

This Ojo event starts at noon and continues into the following morning, leaving room for an afternoon visit or a late night.
Zanzibar Hotel, Peace Estate, First Gate, Ojo. November 28, noon to 2am. From ₦8,500. @ artandrave.



2 Make a night of *live music*

A Pilgrim Night with Sunmisola

Sunmisola's evening at Nature's Nook offers a three-hour programme for your Saturday diary.
Nature's Nook, Lekki. November 7, 6pm to 9pm. @iconicstuffonly.

Culturians Concert 3.0

NUT Pavilion hosts the third edition of Culturians Concert.
NUT Pavilion, Ikeja. November 7, 7 pm. @ibile4dculture.



The Blacc Canvas

Add a free acoustic showcase to your Sunday evening. The performance forms part of the closing day of Lagos Fringe.
J. Randle Centre for Yorùbá Culture and History, Onikan. November 8, 8pm.

Afrovival Live in Lagos

Make an afternoon start at this free Sunday music event in Lekki.
Wole Olateju Crescent, Lekki. November 8, 4pm to 11pm. @afro_vival.



Trace in the City: Shoday and Friends

Shoday and friends head to Yaba for this edition of Trace in the City. Entry is free with registration.
UNILAG Sports Centre, University of Lagos, Akoka, Yaba. November 13, 3pm to 11pm. Free with registration. @tracewestafrica.

Seme Live in Lagos

Catch Seme at Xplug Studio without adding a ticket fee to your weekend budget.
Xplug Studio, Lekki. November 14, 4pm to 8pm. @sememusic.

Malik Abdul Live

The Vault Social House hosts Malik Abdul for an evening performance.
The Vault Social House, Victoria Island. November 21, 6pm. @malikabdulmusic.

Louder 2026: Louder from the Rooftop

Face Event Centre hosts this Sunday programme. Register ahead for free admission.
Face Event Centre, Ikeja. November 8, 4pm to 8pm. @gharvestchurch.

11:11VN: Music Is Color

Give Wednesday evening to a three-hour show at Terra Kulture.
Terra Kulture, Victoria Island. November 11, 7pm to 10pm. @terrakulture.

Malik Abdul Live

The Vault Social House hosts Malik Abdul for an evening performance.
The Vault Social House, Victoria Island. November 21, 6pm. ₦5,000. @malikabdulmusic.

Becalization 2026: The Call

Set aside Sunday evening for this concert at Balmoral Convention Centre.
Federal Palace Hotel, Victoria Island. November 22, 6pm to 11pm. @beriola_.

Shaggy Experience 2.0

This Onipanu event belongs in the late-night column, with a 10pm start and a 5am finish.
Church Street, off Onipanu. November 28.. @celebritydjshaggy_.



Johnny's Room Live 8

Johnny Drille's concert takes over Muri Okunola Park. Gather your concert company for an evening that runs until 11 pm.
Muri Okunola Park, Victoria Island. November 29, 5 pm to 11 pm. @johnnydrille.

3

Book a seat for *film or theatre*



Mentality: What Men Don't Say

Book an afternoon theatre performance at Lagos Fringe, with tickets starting at ₦5,000.
J. Randle Centre for Yorùbá Culture and History, Onikan.
November 7, 3 pm.

Lagos International Theatre Festival

Swap the screen for a stage production during the two-day festival at MUSON Centre.
MUSON Centre, Onikan.
November 14 and 15. @ officiallitfest_.

DK Movie Night: November Edition

An overnight cinema outing takes the usual movie date well past midnight.
Magnificent Cinemas, 180/184 Ikorodu Road, Onipanu.
November 14, 10 pm to 6 am. @ magnificentcinemas.

ImoIFF Creatives International Film Festival

Head to Owerri for the film festival, whose selections include JAM BOY, a drama about migration, work and the meaning of home.
Imo State University, Owerri.
November 26 to 28.





4 Spend the day outside

Family Fiesta Season 2
Take the family to an afternoon entertainment outing hosted by HOD Comedian in Ago Palace. Golden Court Hotel Open Space, Liberty Estate, Ago Palace Way, Lagos. November 7, noon to 6 p.m.

Silent Disco Run of the Year
A running event meets a silent disco for an evening in Ikotun.
Regal Castle Event Centre, 127 to 137 Ikotun-Idimu Road. November 7, 6pm to 11pm. @ikotunrunnersclub.

Allies for Fitness
Start Saturday with a family fitness session for women, children, and other participants. Reserve a free place before attending. CURATE, Landmark Events, Maroko, Lagos. November 14, 7am to 11am.

Run & Rev
Add this Ikoyi gathering to your Saturday plans. Ikoyi Plaza, Awolowo Road. November 14. @outside_together.ng.

The Creators Hangout
Meet fellow creatives for nature walks, paint-and-sip activities,s and conversation at LUFASI Nature Park.
LUFASI Nature Park, Sangotedo, Lekki. November 21, 10am to 4pm. @gardenaconsult.

H&S Tennis Championship
Spend part of the weekend watching tennis at Lagos Lawn Tennis Club.
12 Tafawa Balewa Road, Lagos Island. November 21 and 22, 9am to 8pm.. @hstennischampionship.

Student Beach Festival 4.0
Palis Beach hosts a two-day student gathering with music, games,s and live entertainment.
Palis Beach, Elegushi, Lagos. November 28 and 29.



Stay out a little longer

Baddies and Ballers

Lagos Fringe's Saturday party offers an evening outing at the J. Randle Centre. Regular tickets start at ₦25,000.
J. Randle Centre for Yorùbá Culture and History, Onikan. November 7, 5pm. From ₦25,000, excluding booking charges. Tickets: tickets.

Amaplano Party: Lagos, The Experience

Make a late start in Lekki for an amapiano party presented by Waves by Louisoo.
Red Bar, 4B Wole Olateju Crescent, Lekki Phase 1. November 7, 10pm. Early-bird tickets ₦7,500; standard ₦10,000; on the day ₦15,000. @ amapiano_party.

Halloween Costume Party Season 2

Give your costume another outing at CaveHouse.
CaveHouse, Lagos. November 7, 9pm to 5.30am. ₦10,000. @ viiigs_lifestyle.

Jiggy's Room

Johnny Rockets hosts this edition, which continues until 5am.
Victoria Island. November 7, 9pm to 5am. From ₦10,000. @ jiggysroom.

Wet and Wild Rave Pool Party 2.0

The overnight pool party takes place at Euro Kings Hotel and Suites.
101 Onasanya Street, Isheri Osun, Isolo. November 7, 8pm to 5am. From ₦5,000.



Wet Rave Pool Party

Imperial Royale Lounge hosts this Saturday pool party with free entry. November 7, 7pm to 4am. @ vickwayne01 on TikTok.



Phantom Dance

Casa 45 hosts an overnight party, with tickets from ₦10,000.
Victoria Island. November 7, 8pm to 5am. @casa45club.

Ikorodu Silent Disco Party

Start in the afternoon or join later for this silent disco.
9 Adeyiga Street, off Benson Bus Stop, Ikorodu. November 7, 4pm to 4am. From ₦7,000. @lagossilentdiscoparty.

Bruce Never Lies

Bam Boa hosts this late-night event.
82 Adetokunbo Ademola Street, Victoria Island. November 7, 9.30pm to 5am. From ₦25,000. @oluwabruce.

Emi's Crib: All White Party

Choose your white outfit for the party at Villa D'Grove.
Villa D'Grove, Lekki. November 8, 8pm to 5am. From ₦5,000. @heis__emi.

DNT

Choose one of the remaining three Thursday gatherings this month. Entry is free with registration.
The Lighthouse Bar & Grill, 12E Admiralty Way, Lekki. November 12, 19 and 26, 6pm to 3am. @dnt.thursday.

Stay Groovy with Hypeman Tripsy

Choose one of three remaining Friday dates in Ikorodu.
Kaylad Bar & Hotel, Ikorodu. November 13, 20 and 27, 7pm. Free with registration. @ceotripsy_ent.

Ripple: The Pool Party

The Yaba pool party begins at 5pm and continues overnight.
Unilag Guest House, Yaba. November 13, 5pm to 5am. From ₦5,000. @lagoscocktail.

Rave Fest

This Ikeja party runs overnight, with tickets starting at ₦5,000.
Ikeja Club Space, Ikeja. November 6, 9pm to 6am. 09024175070.

Jiggy's Room

Johnny Rockets hosts this edition, which continues until 5am.
Victoria Island. November 7, 9pm to 5am. From ₦10,000. @jiggysroom.

Wet Rave Pool Party

Imperial Royale Lounge hosts this Saturday pool party with free entry.
November 7, 7pm to 4am. @vickwayne01 on TikTok.

Frequency Arena: Season 01

Spend Saturday night at Vybz Lifestyle.
Vybz Lifestyle, Lekki. November 14, 9pm to 3am. Paid admission from ₦10,600. @lagoscocktail.

Emi's Crib: All White Party

Choose your white outfit for the party at Villa D'Grove.
Villa D'Grove, Lekki. November 8, 8pm to 5am. From ₦5,000. @heis__emi.

Village People Lagos

African dance music is the theme for this late start at AMAH Studio.
AMAH Studio, Lagos Island. November 13, 11pm to 5am. From ₦5,000. @lagoscocktail.

Tales and Terror: Costume Party

Zuma Lagos hosts a costume party for anyone with another outfit idea to try.
Victoria Island. November 14, 8pm. From ₦15,000. @lagoscocktail.

marie claire NIGERIA

FASHION



Ethereal fashion is bringing me into a different era of my womanhood

by Patricia Ellah

Watching ethereal collections on the Spring/Summer 2027 runways has reminded me of my desire to embrace my femininity and reconnect with my softer side. Designers including Elie Saab, Wiederhoeft, Sandy Liang, Aleen Sabbagh, CHANEL, Dior, Zimmermann, Rodarte and Onalaja have explored romance, fantasy and nature-inspired details through their collections.

Floral motifs, butterfly prints, pink bows, beaded details and flowing fabrics have brought a dreamlike sense of joy and softness to the runway, leaving me wondering who wouldn't want to wear these pieces every day.

Lately, I have been moving away from my usual uniform of baggy cargo pants and fitted shirts. Alongside my role as Features Editor at Marie Claire Nigeria, I also worked as a photographer and cinematographer, developing a practical style suited to movement and the often male-dominated environments I worked in. Now, I am less concerned with fitting in and more comfortable standing out, with ethereal fashion capturing my attention.

What dressing more feminine looks like to me

My interest in dressing outside my comfort zone began in 2024, following a family tragedy in 2023. Black had always been my favourite colour and a wardrobe staple since art school, where I considered it elegant, professional and easy to wear. However, my experience of loss changed my relationship with it, as black became associated with mourning and a period I was trying to move beyond.

I turned to pink because of its ability to lift my mood, even getting pink braids for the summer of 2024. I began buying pink sets, bows, shoes and accessories and experimenting with makeup. Seeing myself in the mirror brought me joy and helped me reconnect with a softer, more feminine side of myself, even though pink was a colour I had disliked as a child.

Although pink remains a colour I gravitate towards, I have grown tired of being defined by it. My sisters' teasing made me realise how predictable my choices had become. Having found joy and a renewed sense of self through pink, I now want to broaden my wardrobe, tastes and understanding of feminine dressing.

Ethereal fashion is in

Dior's lotus lily pad heels, with their mismatched green designs and colourful floral details, captured my idea of ethereal fashion. Jonathan Anderson's bow slingbacks for Autumn/Winter 2026–2027 and Zimmermann's Kaleidoscope Spring/Summer 2027 collection, featuring butterfly cutouts, further explore this whimsical aesthetic.

Across these collections, designers are embracing a femininity that balances boldness with softness, celebrating womanhood without appearing childish. Through oversized florals, sculptural accessories, delicate embroidery and unexpected colour combinations, ethereal fashion encourages women to explore their femininity with imagination and joy, beyond conventional ideas of womanhood.

Finding myself in the softness

For me, this new era of womanhood means exploring parts of my identity I once overlooked without feeling the need to explain myself. Ethereal fashion has become more than an aesthetic; it reminds me that I can be ambitious and gentle, bold and delicate, strong and whimsical at once. I no longer have to choose between the woman who dressed for practicality and the woman who wants to wear flowers, bows and flowing fabrics. Both are me, and getting dressed has become a way to discover and express the different sides of myself.

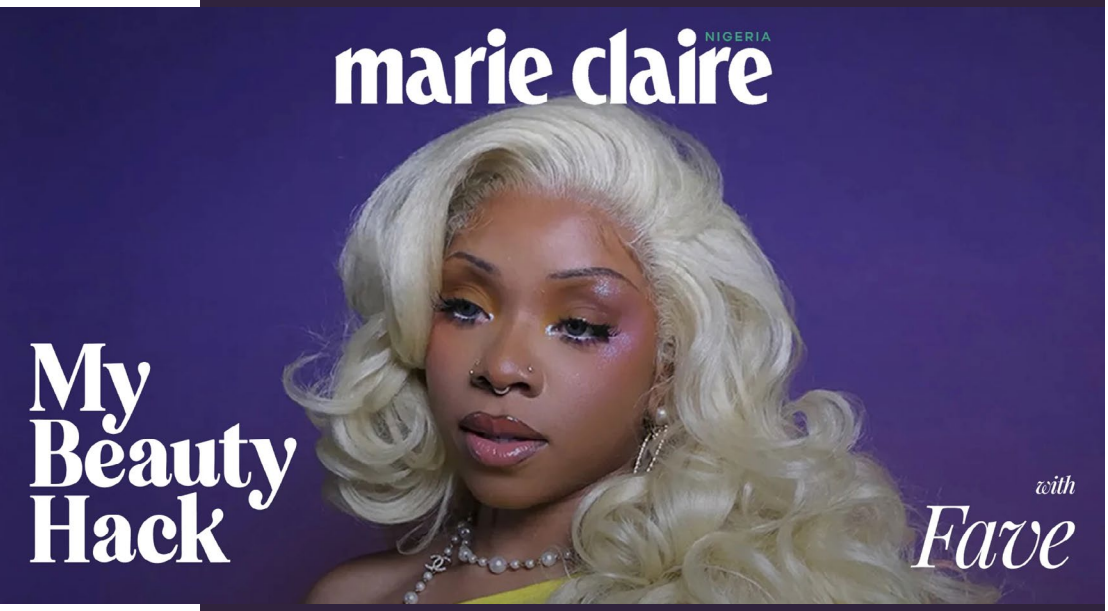
Visit www.marieclaire.ng to read more

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BEAUTY

My Beauty Hack — How to achieve a colourful 'Fairy Makeup' look this summer with Fave

by Chinazam Ikechi-Uko



You may know Fave for romantic tracks like "Baby Riddim" and "Mr Man", or her distinctive, rasp-laced vocals on Davido's hit "Kante". Born Chidozie Godsfavour Ugochinyere, Fave began sharing minute-long vocal freestyles on X (formerly Twitter) during the 2020 lockdowns, while studying law at 19. Her breakout single, "Baby Riddim", went viral in 2021, topping charts across Africa and introducing listeners to her signature blend of sultry vocal phrasing, dancehall-inspired rhythms and personal songwriting. She went on to win the Headies Rookie of the Year award in 2022, collaborate with artists including Olamide and Davido, and accumulate more than half a billion career streams.

Beyond music, Fave has a distinct interest in beauty. Her signature aesthetic features thin, carefully defined eyebrows, glossy lips, glittering eyeshadow and an ethereal finish she calls "Fairy Makeup".

In this edition of My Beauty Hack, she shares the steps behind the look, from skin preparation to the final touches. Fave begins with hydration, applying Laneige Lip Sleeping Mask before moisturising her face with Charlotte Tilbury's Magic Water Cream. She starts by applying One/Size Secure the Sweat Primer to control perspiration. Next, she uses Danessa Myricks' Universal Blurring Balm to minimise

she finishes with e.l.f. Power Grip Dewy Setting Spray to lock in moisture.

For her base, Fave prefers a light application of Bloom by Lisa foundation, which she blends in with her fingers. She uses Too Faced Born This Way concealer to define her features, adding a brighter concealer beneath her eyes for extra contrast. A vibrant pink blush gives her cheeks a whimsical flush, while contouring adds definition around her temples, cheekbones, nose and jawline.

Her brows remain deliberately tiny, shaped with Charlotte Tilbury's Brow Cheat pencil and cleaned up with a mixture of foundation and concealer. She sets her base with Laura Mercier pressed powder. She recommends tapping the loose powder on the back of the hand first to control the amount applied.

For the eyes, Fave sticks to soft pink eyeshadows, adding fine glitter for a little drama. A sharp winged eyeliner brings precision to the look. She finishes with a pink lip, softened with nude gloss and outlined with black liner to complement her fairy-inspired palette. Mascara, Dior Lip Oil and a few carefully drawn beauty marks complete the look. The result is a playful balance of glossy skin, delicate shimmer and bold details, reflecting Fave's personal approach to beauty. And she has more planned beyond makeup: after the success of her first clothing yard sale, the singer reveals that she hopes to organise another, potentially taking it beyond Lagos to other

Watch the full video on YouTube @ MarieClaireNG
Visit www.marieclaire.ng to read more

5 fashion mistakes to avoid



by Dorcas Ayoola

Getting dressed is a daily routine, but putting together a stylish and cohesive outfit is a skill that takes thought and practice. With fashion trends changing rapidly and style inspiration constantly available through social media and other platforms, it is easy to assume that having more clothes automatically leads to better style. In reality, personal style is shaped not only by what is in your wardrobe, but also by how you choose, combine, and wear your pieces.

Many common fashion habits can prevent people from making the most of their clothing.

So, which style mistakes are worth reconsidering?



1. Ignoring the occasion

One of the quickest ways to look out of place is to ignore where you're going.

Being stylish is not about being overdressed or underdressed; it is about understanding the occasion and dressing accordingly. An outfit that's perfect for a casual brunch may not work for a business meeting, wedding reception, or formal dinner.

Before choosing what to wear, consider the setting, expected dress code, weather conditions, and overall atmosphere. When your outfit suits the occasion, you naturally appear more polished and confident.



2. Dressing without inspiration

Great style rarely happens by accident.

Look for inspiration in fashion magazines, street style, designers, content creators, and people whose fashion choices resonate with you. Pay attention to how colours, textures, silhouettes, and accessories work together. Save outfits you like and identify recurring themes that appeal to you.

The goal, however, is not to copy someone else's wardrobe. Instead, use inspiration as a tool to discover what feels authentic to you.

Fashion icon Iris Apfel put it perfectly in a Vogue interview: "You have to know who you are and then work at it."
Her words are a reminder that style should reflect your personality, not someone else's.



3. Waiting until the last minute to choose an outfit

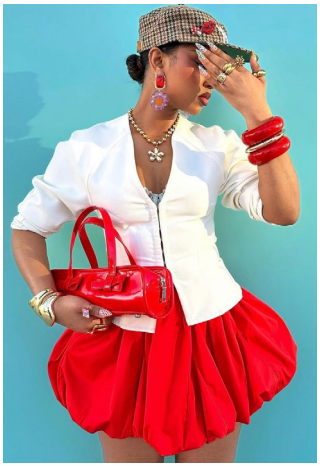
Rushing rarely leads to your best outfit.

When you wait until the last minute to get dressed, you're more likely to throw something together out of convenience rather than intention. This often leads to unnecessary stress, frustration, and outfit changes. Instead, take a few minutes the night before to plan your look.

Consider your clothing, shoes, bag, jewellery, and any other accessories you'll need. Planning ahead gives you the freedom to make thoughtful choices and prevents the morning rush from dictating your style.

Apfel also highlighted the importance of intention in personal style when she told Stylist:
"Real style in my view is attitude, attitude, attitude."

The message is simple: developing a distinctive style is not about perfection. It is about approaching the way you dress with purpose and confidence rather than treating it as an afterthought.



4. Treating accessories as an afterthought

Once you've chosen your outfit, don't overlook the details that complete it.

Accessories have the power to transform even the simplest look. A structured handbag, bold earrings, elegant sunglasses, statement necklace, or well-chosen belt can elevate an outfit instantly.

At the same time, more is not always better. The most stylish looks often strike a balance between interest and restraint.

Coco Chanel famously advised: "Always to take off, never to add."
Her philosophy speaks to the importance of refinement.

Rather than adding accessories simply because an outfit feels unfinished, step back and ask yourself whether every piece serves a purpose. Sometimes removing one item creates a cleaner, more sophisticated look.



5. Leaving home without checking the mirror

Never underestimate the value of a final outfit check.
Before you walk out the door, take a moment to assess your look. Check that your clothes fit properly, your accessories complement one another, and everything sits the way it should.

Look out for small details such as creased clothing, untucked shirts, twisted straps, visible garment labels, or shoes that do not complement the overall outfit. These details may seem minor, but they can affect how polished your look feels.

This final check is not about chasing perfection. It is simply about ensuring that you feel comfortable, confident, and put together.

Apfel's approach to fashion offers an important reminder here. In an interview with The Talks, she explained that people must first understand themselves before deciding how they want to dress. For Apfel, happiness mattered more than being perfectly dressed.

Photos by Fashionverse, hearttocart, Lume, Angel Aesthetic via Pinterest







Calabar, the capital city of Cross River State, Nigeria, was originally called Akwa Akpa by the native Efik community.

Explore Calabar's heritage

by Oluwagbemisola Sadare

It grew from a foundational Efik settlement into a bustling international port by the 1500s, initially exporting palm oil before becoming a major hub in the transatlantic slave trade. Because of its advantageous coastal positioning, the British established Calabar as the inaugural capital for both the Niger Coast Protectorate and the Southern Nigeria Protectorate, a status it held until 1906.

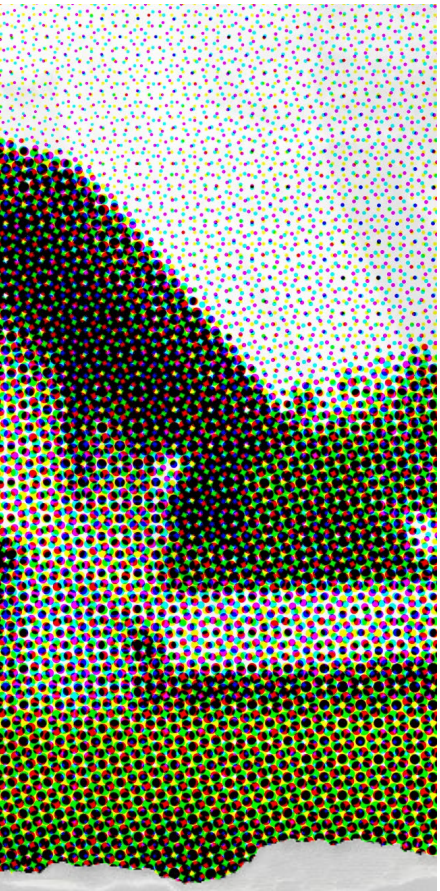
Known today by the nicknames "Canaan City" and the "People's Paradise," Calabar is internationally recognised for the Calabar Carnival, a massive street festival that takes over the city every December. The region is also highly praised across West Africa for its unique local meals, particularly beloved dishes such as Edikang Ikong and Afang.

For visitors, exploring Calabar means experiencing the city through its food, language, landmarks and festivals.

Meals to try in Calabar

Calabar's food culture is known







or its generous
se of vegetables,
eafood, periwinkles
nd richly seasoned
auces. Many dishes
re shared with
eighbouring
ommunities,
lthough
ngredients and
reparation
methods differ between households. Here are six dishes to look out for.

1. Edikang Ikong

Edikang ikong is one of the best-known soups associated with the Efik and Ibibio people. Prepared with waterleaf and fluted pumpkin leaves, the soup is enriched with assorted meat, dried fish, stockfish, crayfish and periwinkles. Palm oil gives it colour and depth, while the combination of vegetables creates a substantial dish with a distinctive texture.

Preparing edikang ikong involves cooking the proteins until tender before adding the vegetables and other ingredients. The leaves are incorporated carefully to retain their texture without leaving excess water in the soup. The quantities of vegetables, meat, and seafood vary according to the cook.

The soup is commonly served with fufu, garri, or pounded yam. Visitors interested in local cooking can ask how a particular household prepares its version, as recipes differ across the region.

2. Ekpang Nkukwo

Ekpang nkukwo is a cocoyam-based dish that requires patience to prepare. Grated cocoyam is wrapped in cocoyam leaves and arranged in a pot before being cooked with palm oil, pepper, seasoning, meat, fish, and periwinkles.

The wrapped portions soften as they cook, absorbing the flavours of the sauce. The leaves help hold the grated cocoyam together, while the seafood and meat contribute to the dish's savoury taste.

Ekpang nkukwo is associated with Efik and Ibibio food traditions and is enjoyed in homes and at gatherings. Its preparation can be time-consuming, making it a dish worth seeking out at a local restaurant specialising in traditional cuisine.



3. Afang Soup

Afang soup combines afang leaves, also known as okazi, with waterleaf, palm oil, meat, fish and other seafood. The afang leaves are finely shredded or pounded before being added to the pot, giving the soup its characteristic texture.

The waterleaf contributes moisture, while the afang leaves provide a firmer texture and distinctive flavour. Crayfish and dried fish are commonly used to deepen the taste, although the precise ingredients depend on the cook.

Afang soup is eaten across Cross River and neighbouring Akwa Ibom State. It is usually served with a swallow, making it a filling meal for anyone exploring the region's traditional food.

4. Afia Efere

Afia Efere, or white soup, is a traditional soup associated with Efik and Ibibio cooking. Unlike many Nigerian soups, it is prepared without palm oil, giving it a lighter appearance.

The soup may contain goat meat, chicken, or fish, with seasonings such as pepper, crayfish, utazi leaves, and uyayak, an aromatic fruit used in regional cooking. Pounded yam may be added as a thickener, depending on the recipe.

Its appeal lies in the balance between the broth, spices, and proteins rather than the richness of palm oil. Afia efere is often served with pounded yam and is worth trying at a restaurant that prepares traditional Cross River dishes.

5. Atama Soup

Atama soup is made with the leaves of the atama plant and palm fruit extract, alongside assorted meat, fish, and seafood. The leaves contribute a distinctive aroma and flavour, while the palm fruit base gives the soup its rich consistency.

The preparation begins with extracting the juice from cooked palm fruits. Meat and other proteins are seasoned and cooked before the palm fruit extract and atama leaves are incorporated. Additional ingredients vary between households.

Atama soup is associated with the food traditions of the Niger Delta and neighbouring southern communities, including parts of Cross River. It is commonly eaten with a swallow and offers another way to explore the region's use of indigenous leaves and palm products.

Ten Efik phrases to know

A greeting can make a visit to a new place more welcoming. In Calabar, Efik is an important language of the area's cultural heritage, although English and Nigerian Pidgin are also widely used.

Efik is spoken by the Efik people, whose history, language, and traditions are closely associated with Calabar and parts of Cross River State. For visitors exploring the city, learning a few local expressions can be a useful way to connect with its people and culture.
From exchanging greetings to expressing gratitude, these ten phrases offer a starting point for anyone interested in learning a little Efik before visiting Calabar.

1. Emesiere
Meaning: Good morning.

2. Mọkọm
Meaning: Hello; an afternoon or evening greeting.

3. Idem fo?
Meaning: How are you?

4. Mbọk
Meaning: Please; excuse me.

5. Sọsọñọ
Meaning: Thank you.

6. Sọsọñọ eti eti
Meaning: Thank you very much.

7. Ekere didie?
Meaning: What is your name?

8. Enyin mi edi …
Meaning: My name is …

9. Okuk ifañ?
Meaning: How much is this?

10. Ka di
Meaning: Goodbye.

Places to visit in Calabar

Calabar combines historic landmarks with natural attractions in and around the city. Its museums and heritage sites provide context for understanding the region's past, while nearby forests and waterfalls offer opportunities to explore the Cross River's natural environment.

1. Calabar Museum

Housed in a colonial-era building that once served as a residence for British colonial administrators, the Calabar Museum introduces visitors to the city's history. Its exhibitions explore the transatlantic slave trade, colonial administration, and the development of the region.

The museum provides a starting point for understanding Calabar's historical importance as a trading centre and port. Visitors can learn about the people, institutions and commercial networks that shaped the city before and during British colonial rule.

2. Duke Town Church

Duke Town Church is one of Calabar's historic religious landmarks. Its history is connected to the spread of Christianity in the region during the nineteenth century and the work of missionaries, including Mary Slessor.

The church offers a glimpse into the relationship between missionary activity, education and social change in the area. Its place in the city's history makes it a point of interest for visitors exploring Calabar's religious and architectural heritage.

3. Marina Resort

Situated along the Calabar waterfront, Marina Resort is associated with leisure and historical attractions, including the Slave History Museum.

The museum examines the transatlantic slave trade and the experiences of Africans caught within its networks. For visitors, it provides an opportunity to engage with a difficult chapter of regional and global history through historical displays and interpretation.







The waterfront setting also connects the attraction to Calabar's relationship with the Cross River and the waterways that contributed to its development as a trading centre.

4. Mary Slessor House

Mary Slessor House is associated with the Scottish missionary who lived and worked in the Calabar area during the nineteenth century. Slessor became known for her missionary work and her involvement in social issues affecting communities in the region.

The site forms part of Calabar's missionary history and offers visitors an opportunity to learn about her life and the historical circumstances in which she worked. As with other heritage properties, visitors should confirm access arrangements before planning a visit.

5. Kwa Falls

Located in Akamkpa Local Government Area, Kwa Falls is a natural attraction surrounded by lush vegetation. Water descends over a rocky formation into a pool below, creating a scenic setting for visitors interested in photography and outdoor exploration.

Reaching the falls involves descending steps through the surrounding forest. The journey requires suitable footwear and care, particularly after rainfall when surfaces may become slippery.

Visitors should check road conditions and local access arrangements before setting out, especially if travelling without a guide.

6. Cross River National Park

Cross River National Park protects areas of tropical rainforest that support

a wide variety of plants and wildlife. The park is important for biodiversity conservation, including the protection of threatened primates and other forest species.

Its landscape offers a different experience from Calabar's urban attractions, with opportunities for guided nature activities where access is permitted. Visitors should make arrangements with park authorities before travelling and follow guidance on safety, conservation and restricted areas.

7. Drill Ranch

The Drill Ranch is associated with efforts to conserve drills, a threatened primate species native to the Cross River region and neighbouring Cameroon.

The animals face pressure from habitat loss and hunting, making conservation work important to their survival.

A visit can introduce visitors to the challenges of protecting wildlife and maintaining suitable habitats. Travellers should confirm the facility's current operations, visitor access and any booking requirements before making plans.

8. Tinapa

Tinapa was developed as a business and leisure destination outside central Calabar. Its original vision combined commercial facilities with hospitality and entertainment, reflecting ambitions to expand the city's appeal to business travellers and tourists.

Although the development's fortunes have changed over time, it remains part of Calabar's modern tourism story. Visitors should check which facilities are currently operational rather than assume that all the original attractions and services remain available.

9. Calabar Botanical Garden

Calabar's botanical heritage reflects the region's tropical climate and rich plant life.

Before including a botanical garden as a visitor attraction, travellers should confirm the current status, public access and facilities of the specific site they intend to visit.

For those interested in plants and the natural environment, guided visits to established gardens or conservation facilities can provide insight into the region's vegetation and the importance of protecting indigenous species.

10. Old Residency

The Old Residency is a notable landmark in Calabar's colonial history. The prefabricated building was brought to the city during the nineteenth century and became associated with British colonial administration.



Its architecture and historical context make it relevant to visitors interested in how colonial power operated in the region. A visit can be combined with other heritage stops in central Calabar, although opening arrangements and access should be confirmed before travelling.



Festivals to experience in Calabar

Festivals in Cross River State bring together music, dance, costumes and community traditions. Calabar's best-known celebration is the annual carnival, but the state's cultural calendar also includes events rooted in the histories of individual communities.

1. Calabar Carnival

Held annually in December, the Calabar Carnival is one of Nigeria's best-known cultural celebrations. The event features elaborate costumes, dance performances, music and street processions involving participating bands.

The carnival has become an important part of the state's tourism calendar, attracting visitors from different parts of Nigeria and beyond. Its performances combine contemporary entertainment with cultural influences, giving the city a lively atmosphere during the festive season.

Visitors planning a trip around the carnival should confirm the official programme, dates and routes before travelling, as arrangements may change from year to year.

2. Ekpe Festival

Ekpe is an important institution in Efik cultural life, with associations that extend across community organisation, traditional authority and ceremonial performance. Public displays connected to Ekpe may include distinctive dress, music and masquerade traditions.

The institution carries cultural significance beyond entertainment, and not all its activities are open to the public. Visitors should seek guidance from local hosts and respect restrictions around ceremonies, photography and sacred spaces.



3. New Yam Celebrations

New yam celebrations take place in several communities across Cross River State and neighbouring parts of southeastern Nigeria. These events mark the arrival of a new harvest and recognise the importance of yam in local agriculture and food traditions.

The celebrations differ between communities and may include prayers, traditional rites, dancing and communal meals. Visitors interested in attending should ask residents about the dates and customs of the particular community they plan to visit.

Understanding the health risks of extreme heat

by Oluwagbemisola Sadare

As temperatures rise across Nigeria, extreme heat can do more than cause discomfort. From dehydration and disrupted sleep to heat exhaustion and potentially life-threatening heatstroke, understanding how the body responds to high temperatures can help people recognise the warning signs and protect their health.



Heat makes ordinary activities feel exhausting. A short walk under the afternoon sun becomes uncomfortable, concentration begins to slip, and returning home does not always bring relief. For others, particularly those who work outdoors or live with existing medical conditions, prolonged exposure to high temperatures can become a serious health risk.

As Nigeria transitions from the rainy season into the hotter, drier months, the Nigerian Meteorological Agency (NiMet) has warned of rising temperatures and increased heat discomfort. In an advisory reported on October 23, the agency recommended regular water consumption, lightweight clothing and reduced exposure to direct sunlight during the hottest periods of the day. It also urged schools and workplaces to provide drinking water, adequate ventilation and shaded rest areas.

The changing weather also comes as meteorologists monitor a strengthening El Niño. El Niño occurs when sea surface temperatures in the central and eastern equatorial Pacific become warmer than usual, influencing weather patterns in other parts of the world.

The World Meteorological Organization (WMO), in an update published on September 3, 2026, said the climate phenomenon was expected to intensify in the coming months, with possible effects on temperature and rainfall patterns and increased risks of extreme weather.

The United States National Oceanic and Atmospheric Administration (NOAA), in its October 8 update, reported that a strong to very strong El Niño was likely to continue into early 2027. However, the WMO cautions that the strength of an El Niño event alone does not determine the severity of its effects in a particular country. Its impact varies by location and season and can be influenced by other climate patterns. The forecasts therefore provide important global context, but do not establish El Niño as the direct cause of the heat currently experienced in Nigeria.

How the body responds to heat

Under normal conditions, the body regulates its internal temperature through mechanisms including sweating and changes in blood flow to the skin. When temperatures rise, sweating helps release heat as moisture evaporates from the skin. However, high humidity makes evaporation less efficient, while physical exertion generates additional heat.

When the body cannot lose heat quickly enough, its internal temperature can rise, increasing the risk of heat-related illness. Prolonged exposure can also place additional strain on the heart and kidneys, according to the WHO.

When heat becomes dangerous

One of the most immediate dangers is dehydration, which occurs when the body loses more fluid than it takes in. Excessive sweating, inadequate fluid intake and prolonged outdoor activity can contribute to the condition.

Thirst, dark-coloured urine, reduced urination, dizziness and tiredness may indicate dehydration. If fluid loss continues, a person may experience weakness and difficulty carrying out ordinary activities.

Heat exhaustion is another concern. It can develop after prolonged exposure to high temperatures, particularly when someone is physically active or sweating heavily. Symptoms may include headache, nausea, dizziness, weakness and excessive sweating.

Heatstroke is more dangerous. It occurs when the body's temperature regulation fails and can cause damage to the brain and other organs. Confusion, seizures, collapse or loss of consciousness in someone exposed to extreme heat are emergency warning signs. Emergency medical assistance should be sought immediately while rapid cooling is started.

In an October 25 report by the International Centre for Investigative Reporting, a consultant public health physician at Ikorodu General Hospital, Lagos, identified dehydration, heat exhaustion, heatstroke, cardiovascular strain and kidney complications among the risks associated with prolonged heat exposure.

The physician, Odusolu, emphasised the urgency of recognising severe symptoms.

"Heatstroke is a medical emergency, especially when a person develops confusion, collapse or altered consciousness. Seek emergency care immediately and begin safe cooling while help is arranged," she said.

Other effects on health

The impact of extreme heat is not limited to conditions that develop after spending hours in the sun. High temperatures can also aggravate existing illnesses.

The WHO identifies cardiovascular disease, diabetes, respiratory conditions, kidney disease and some mental health conditions among the health concerns that can be worsened by heat. The strain placed on the body as it attempts to cool itself can contribute to acute kidney injury and other complications.

For people living with chronic illnesses, extreme heat may therefore require additional precautions. Some medications can also affect sweating, fluid balance or the body's ability to regulate temperature. People taking regular medication should consult their healthcare providers about appropriate precautions rather than changing or stopping treatment themselves.

Sleep is another consideration. When indoor temperatures remain high at night, the body may struggle to recover from daytime heat exposure. Poor sleep can leave people tired and less able to concentrate during the day. Repeated







exposure to uncomfortable nighttime temperatures may compound the strain.

The effects can be particularly challenging in densely built urban areas, where buildings and roads absorb heat during the day and release it later. The WHO notes that the loss of green spaces and the use of building materials that retain heat can increase people's exposure to high temperatures.

In Lagos, humidity adds another complication. Even when temperatures are lower than those recorded in northern Nigeria, moisture in the air can make it harder for sweat to evaporate, reducing the body's ability to cool itself efficiently.

Who is most at risk?

Although anyone can develop a heat-related illness, the risks are not evenly distributed. Infants and young children, older adults, pregnant women and people with chronic illnesses are among those who require particular attention. People with disabilities, those living alone and individuals who have difficulty recognising or responding to thirst may also need additional support.



Outdoor workers face another challenge. Market traders, construction workers, farmers, traffic officers and sanitation workers may spend prolonged periods in the heat, sometimes with limited access to shade or drinking water.

Housing and income also influence exposure. People living in poorly ventilated rooms may struggle to find relief even after returning home, while unreliable electricity can limit access to mechanical cooling.

The WHO identifies outdoor and manual workers as particularly susceptible to heat stress. It also notes that people on lower incomes may face disproportionate exposure because of inadequate housing and limited access to cooling.

The consequences are not only physical. Research published in Environmental Research: Health in June 2026 examined the perceived effects of extreme heat on health and livelihoods among 368 Nigerian adults. The study found that 33 per cent of male respondents and 26 per cent of female respondents reported that extreme heat always or usually affected their physical health. Mental health and financial wellbeing were also affected among some participants.

The researchers cautioned that the study relied on self-reported experiences and that its findings should not be treated as representative of every Nigerian adult. Nevertheless, the results highlight how heat can affect several aspects of everyday life beyond immediate medical emergencies.

How to stay safe

Reducing exposure is one of the most effective ways to lower the risk of heat-related illness.

NiMet advises Nigerians to drink water regularly, wear lightweight, breathable clothing and limit prolonged exposure to direct sunlight. Where possible, strenuous activities should be moved to cooler periods of the day.

The WHO recommends spending time in a cool place, taking cool showers or baths, using damp cloths to cool the skin and wearing light, loose-fitting clothing. It also advises people to check on older relatives, neighbours and others who may be particularly vulnerable during periods of extreme heat.

Keeping indoor spaces cool requires attention to changing outdoor conditions. When the outside air becomes cooler than the air indoors, opening windows can help ventilate the home. During hotter periods, shading windows from direct sunlight can reduce indoor heat gain.

Fans can improve comfort in many conditions, but they should not be relied on as the sole cooling measure in extreme temperatures. The WHO advises against using electric fans when air temperatures exceed 40°C because they can increase heat exposure.

Hydration needs vary with activity, health and environmental conditions. People who sweat heavily may need additional fluids, while those with medical conditions requiring fluid restrictions should follow their healthcare provider's advice.

Employers also have a role to play. Providing drinking water, shaded rest areas, regular breaks and opportunities to reduce strenuous activity during the hottest periods can help protect outdoor workers.

When to seek help

Extreme heat should not be dismissed as an ordinary inconvenience when symptoms begin to appear.

Persistent dizziness, weakness, headache, nausea or heavy sweating may signal heat-related illness. Anyone experiencing these symptoms should stop strenuous activity, move somewhere cooler and begin cooling down.

Confusion, seizures, collapse or loss of consciousness require emergency medical assistance. A person showing signs of heatstroke should be cooled rapidly while help is arranged. Do not give fluids to someone who is unconscious or unable to swallow safely. Children should never be left alone in parked vehicles, even briefly, because temperatures inside can rise rapidly.

As Nigeria enters the hotter months, recognising the health risks of extreme heat becomes an important part of everyday self-care. Drinking water, adjusting outdoor activities, keeping living spaces cool and checking on vulnerable people are practical measures, but they must be supported by accessible health information, safer working conditions and effective public heat warnings.

Extreme heat may be unavoidable, but its most serious consequences are not inevitable. Early recognition, appropriate precautions and prompt medical attention can help protect health when temperatures rise.

Tips for staying safe in extreme heat

- **Drink water regularly**

Do not wait until you feel thirsty. If you have a medical condition that requires limiting fluids, follow your healthcare provider's advice.

- **Avoid strenuous activity during the hottest hours**

Exercise and carry out physically demanding tasks during cooler parts of the day where possible.

- **Wear light clothing**

Choose loose-fitting, breathable fabrics that help keep you comfortable.

- **Keep your home cool**

Shade windows from direct sunlight and ventilate rooms when the outdoor air is cooler than the air indoors.

- **Take cool showers or use damp cloths**

These can help lower your body temperature and improve comfort.

- **Take breaks in the shade**

If you work outdoors, rest regularly and drink water throughout the day.

- **Check on vulnerable people**

Pay particular attention to young children, older adults, pregnant women and people living with chronic illnesses.

- **Recognise warning signs**

Dizziness, nausea, weakness and headaches may indicate heat-related illness. Confusion, seizures or collapse require emergency medical attention.

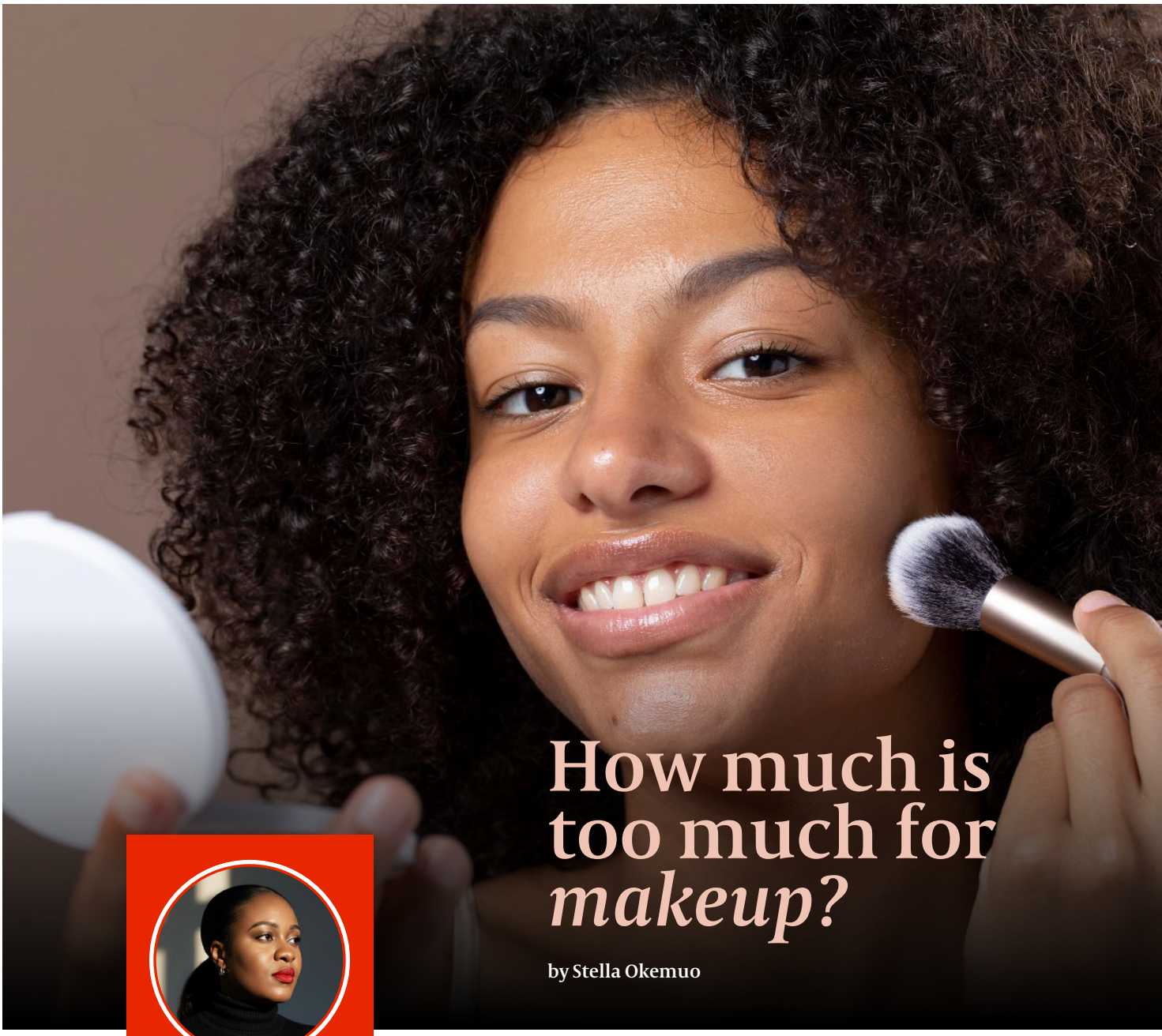
- **Never leave children in parked vehicles**

Temperatures inside a vehicle can rise rapidly, even when it does not feel exceptionally hot outside.

- **Do not rely on fans in extreme heat**

The WHO advises against using electric fans when air temperatures exceed 40°C because they can increase heat exposure.

Photos by Magnific



How much is too much for *makeup?*

by Stella Okemuo

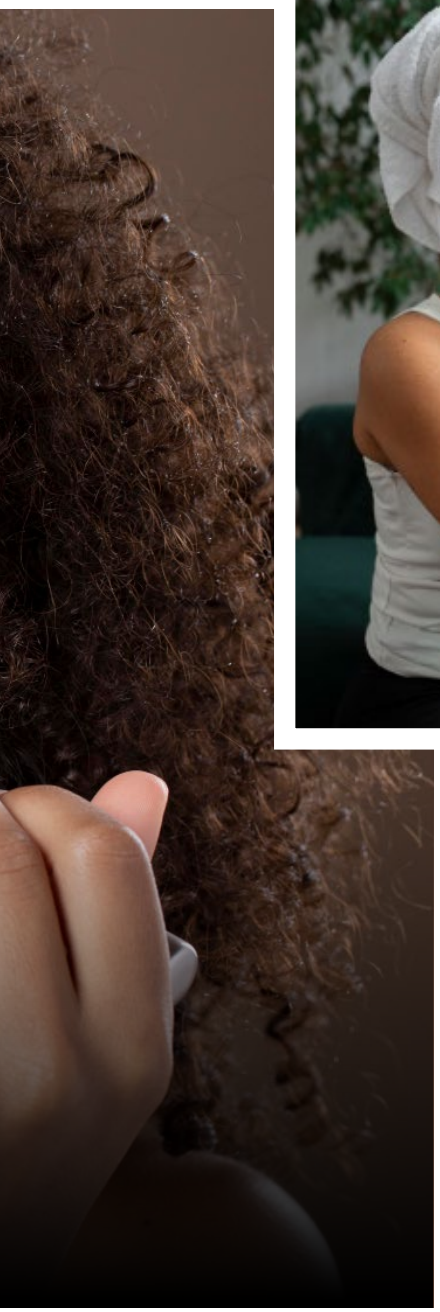
Stella Okemuo is a lawyer and public relations specialist with a deep interest in law, governance, and contemporary social issues. She is passionate about informed public discourse, and using her voice to contribute meaningfully to conversations on issues that matter.

From ₦500,000 glam sessions to million-naira bridal packages, Nigeria's celebrity makeup culture raises a familiar question: are we paying for artistry, luxury, or the privilege of being associated with a famous name?

This question has recently taken over Nigerian X, following a debate about a reported ₦500,000 makeup service associated with a celebrity makeup artist. As expected, Nigerians have divided themselves into camps. Some consider the price outrageous for something that will eventually be washed off, while others insist that an established artist has every right to charge what her brand, expertise and experience command.
And, as we say in Nigeria, una no go agree!

But beneath the jokes, outrage and occasional gbas-gbos lies a genuine conversation about beauty, money, social status and





the increasingly commercialised business of looking good.

First things first: makeup artistry is a skill, not simply the application of foundation, powder and lipstick. Professional artists invest years in mastering techniques, understanding facial structures, matching complexions and developing their signature styles. Their expenses also include cosmetics, brushes, lighting, studio equipment, training and other business costs.

For a celebrity makeup artist, the price may reflect years of building a reputation, attracting high-profile clients and establishing a recognisable brand. You are not necessarily paying only for the products on your face; you may also be paying for experience, exclusivity and the confidence that comes with hiring someone whose work you admire.

However, understanding why an artist charges **₦500,000** does not automatically mean the price is reasonable for everyone. Artists can set their prices, and customers can decide whether the service is worth their money.

The big question is—are we paying for glam or clout? Let us not pretend that social media has not changed the beauty industry. Sometimes, the attraction goes beyond the finished makeup. There is the excitement of having a celebrity artist work on your face, the possibility of appearing on their Instagram page and the bragging rights of saying, "Do you know who did my makeup?" toh!

But make we no lie: not everyone paying premium prices is chasing clout. Some clients genuinely love an artist's technique, trust their work, and can comfortably afford the service. Others simply want to look their absolute best for a special occasion.

The real question is whether the decision comes from personal preference or pressure to impress people who may have forgotten the entire look by next weekend.

The next question is: do expensive products guarantee flawless makeup?

In my view, expensive products alone do not explain every premium price. Technique, skin preparation, colour matching, hygiene, and an understanding of the client's skin (dry, oily, combination) matter enormously. A skilled artist can achieve a beautiful finish without every item in their kit carrying a luxury label. On the flip side, even the most expensive foundation cannot rescue poor technique.

Longevity matters too. Nobody wants to spend hours getting ready for an owambe only for their foundation to start separating before the celebrant cuts the cake. Between Nigeria's heat, humidity, dancing, perspiration, and endless picture-taking, the makeup has serious work to do!

Some people argue that it will eventually be washed off! This is perhaps the most popular argument against expensive makeup. Why spend half a million naira on something that will be removed before bedtime? Well, we spend money on experiences and things that do not last forever: concert tickets, restaurant meals, holidays, flowers and special-occasion outfits. Their value is not measured solely by how long we possess them. Enjoyment, memories, and photographs count too.

A bride, for instance, may willingly spend more on makeup because her wedding photographs will be cherished for years. Someone attending a birthday party or dinner may have different priorities.

If you have budgeted for premium glam without neglecting rent, savings, or other essentials, please enjoy yourself! But if you are borrowing money or sacrificing necessities to impress people, abeg, pause and reconsider. There is a difference between treating yourself and putting yourself under financial pressure for packaging.

Now, let us talk about bridal glam, because this one deserves its own conversation.

Could high bridal makeup prices





explain why some brides allegedly book appointments without disclosing that they are getting married, only for the artist to discover the truth later on social media? Imagine an artist scrolling through social media and suddenly seeing her supposedly regular client dressed in a wedding gown.

It is an interesting possibility. Bridal packages often cost more because weddings may require early call times, consultations, makeup trials, tighter schedules, additional services and greater attention to detail. There is also the pressure of ensuring the bride looks her best throughout a long, emotional day.

However, when the price difference is substantial, a bride may wonder whether she is paying for extra services or simply for the title of bride.

On the other hand, an artist who discovers that a client withheld the fact that she was getting married may understandably feel misled. The event could affect the time, preparation, and services required. So, are some brides trying to save money, or are makeup artists charging an automatic premium because the word bridal has entered the conversation? Both sides need to be honest. Artists should explain what their bridal packages include and why they cost more, while brides should disclose the nature of the event and agree on the fee beforehand.



Nobody wants the bride and makeup artist starring in two different versions of the same story!

Now some people may ask whether a celebrity name guarantees quality.
This debate raises questions about class and the growing divide between ordinary consumers and luxury clientele. When people dismiss less expensive artists simply because they lack celebrity clients, they risk overlooking talented professionals who offer excellent services at more accessible prices.

An emerging artist charging **₦30,000** and an established artist charging **₦500,000** may have different overheads, experience, clientele, and business models. Their prices do not have to be identical.

Equally, a higher price does not automatically guarantee a better result. Customers should check portfolios, read genuine reviews, clarify what the fee includes, and communicate their expectations before paying. Artists should also be transparent about their packages, cancellation policies, and additional charges.

A famous name is not a guarantee of perfection, and a less famous artist is not automatically less talented. So,how much is too much?

Perhaps the answer is not **₦50,000, ₦200,000** or **₦500,000**. It is any amount that exceeds what you can comfortably afford, fails to deliver the value you expected, or leaves you financially worse off just to maintain an image.

By all means, book your celebrity makeup artist if that is what you want and can afford. Enjoy the experience, take your photographs and show up at your owambe looking fabulous!

But remember: the makeup will eventually come off, the photographs may outlive the event, and the debit alert will remain real.

As Nigerians like to say, no let packaging put you for trouble!

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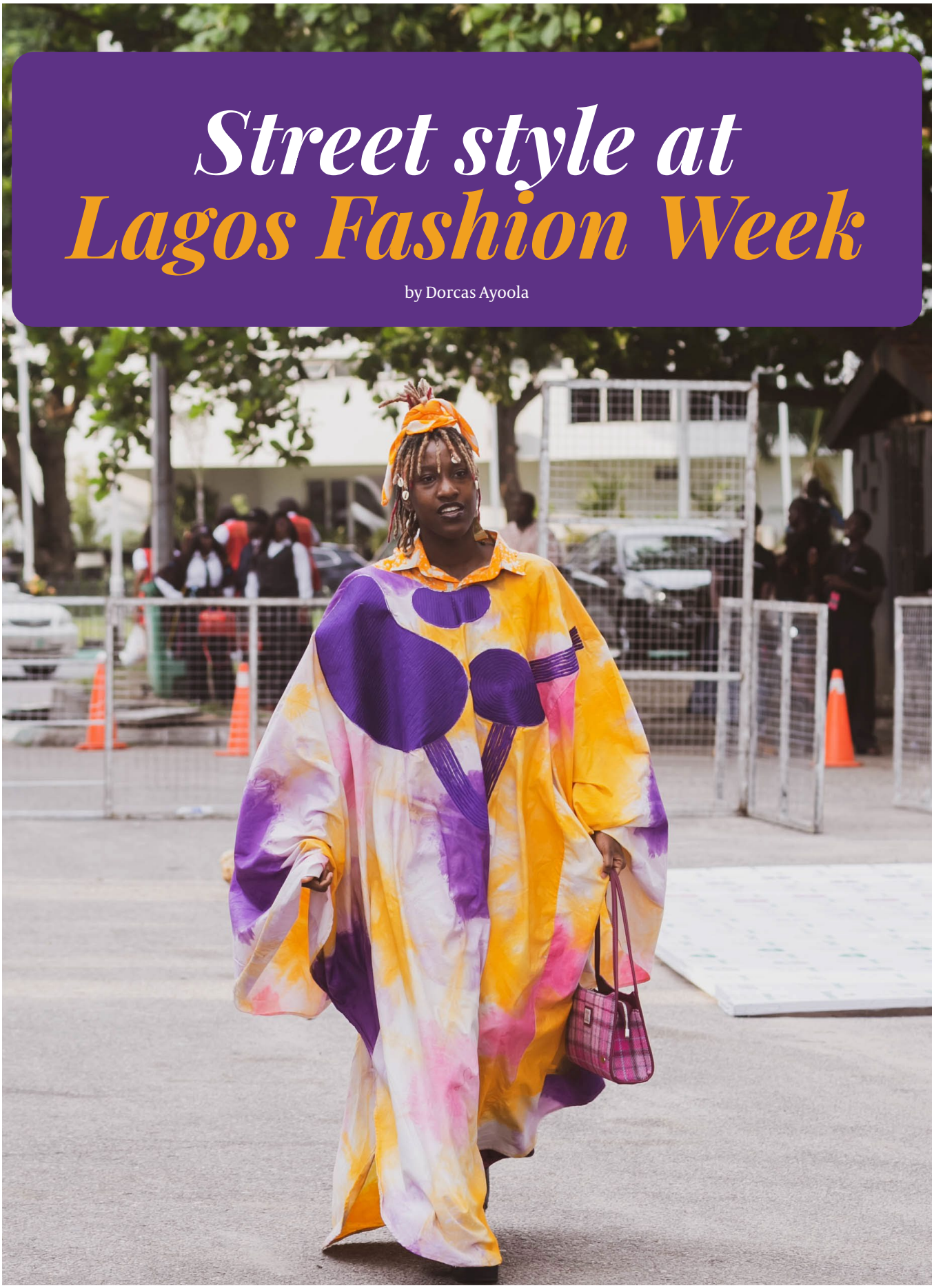
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Street style at Lagos Fashion Week

by Dorcas Ayoola



epaper.guardian.ng

At Lagos Fashion Week 2026, the runway didn't begin when the first model stepped out; it started long before the show. From the moment guests arrived, the streets around the venue became a fashion spectacle in their own right, with attendees serving looks worthy of the catwalk.

From bold fashion statements to effortlessly polished ensembles, some guests understood the assignment so well that they blurred the line between spectator and model. Every entrance felt like a photo call, and every corner doubled as a runway. In fact, a few fashion enthusiasts looked so good they almost upstaged the collections they came to see.

If dressing better than the people on the runway were a crime, these guests would be guilty as charged. Here are the street style looks that turned heads and stole the spotlight at Lagos Fashion Week 2026.




















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Heineken
LAGOS FASHION WEEK



Conflict rules every couple should know

COLUMN



Dolly Ohanyere is a Lawyer, Relationship and Marriage Counsellor, NLP Practitioner, and Founder of The Healthy Marriage Hub and Thrive360 Limited. She coaches individuals and couples toward identity, purpose, and thriving relationships.



Let me say something that might surprise you: conflict is not the enemy of a healthy relationship; contempt is.

Every relationship experiences conflict. Two people with different histories, different needs, different temperaments, and different ways of seeing the world will inevitably disagree. That is not a problem; that is reality. The question is not whether you will fight; it is whether you will fight well.

Relationship researcher Dr John Gottman spent decades studying couples and found that it is not the presence of conflict that predicts whether a relationship will fail. It is how couples handle conflict. Specifically, he identified four behaviours that are so damaging to relationships that he called them 'The Four Horsemen': criticism, contempt, defensiveness, and stonewalling. Of these four, contempt — treating your partner with disrespect, mockery, or disdain — is the single greatest predictor of relationship breakdown.

Fighting well means fighting about the issue without attacking the person. It means staying in the room even when the room is uncomfortable. It means listening to understand rather than to win. It means being willing to be wrong and saying so. It means returning to each other after the difficult conversation, rather than treating the argument as evidence that the relationship is broken.

A couple that fights well is not a couple that never fights; it is a couple that has developed the capacity to stay connected even in disagreement. That capacity is not magic; it is a skill, and like all skills, it can be learned, practised, and improved.

Rules for conflict that every couple needs to know

1. Attack the problem, not the person

There is always a difference between 'you are so irresponsible' and 'I am worried about how we are managing our finances.' The first is a character attack. The second is a conversation about a problem. One produces defensiveness and hurt; the other produces collaboration.

2. Stay in the room

The temptation to walk away, go silent, or shut down is powerful in conflict. Resist it where you can. If you need a break, name it and commit to returning: 'I need thirty minutes. I am coming back to this.' Walking away without that commitment communicates abandonment.

3 Repair quickly

The longer you allow distance and resentment to sit after a conflict, the harder it becomes to return to each other. Repair does not mean pretending the argument did not happen. It means making a deliberate move toward reconnection — a touch, a word, or an acknowledgement.

4 Know your triggers

Most couples have predictable triggers — specific topics or behaviours that reliably escalate an argument. When you know your triggers, you can prepare for them, name them in the moment, and choose a different response. Triggers are not excuses; they are information.

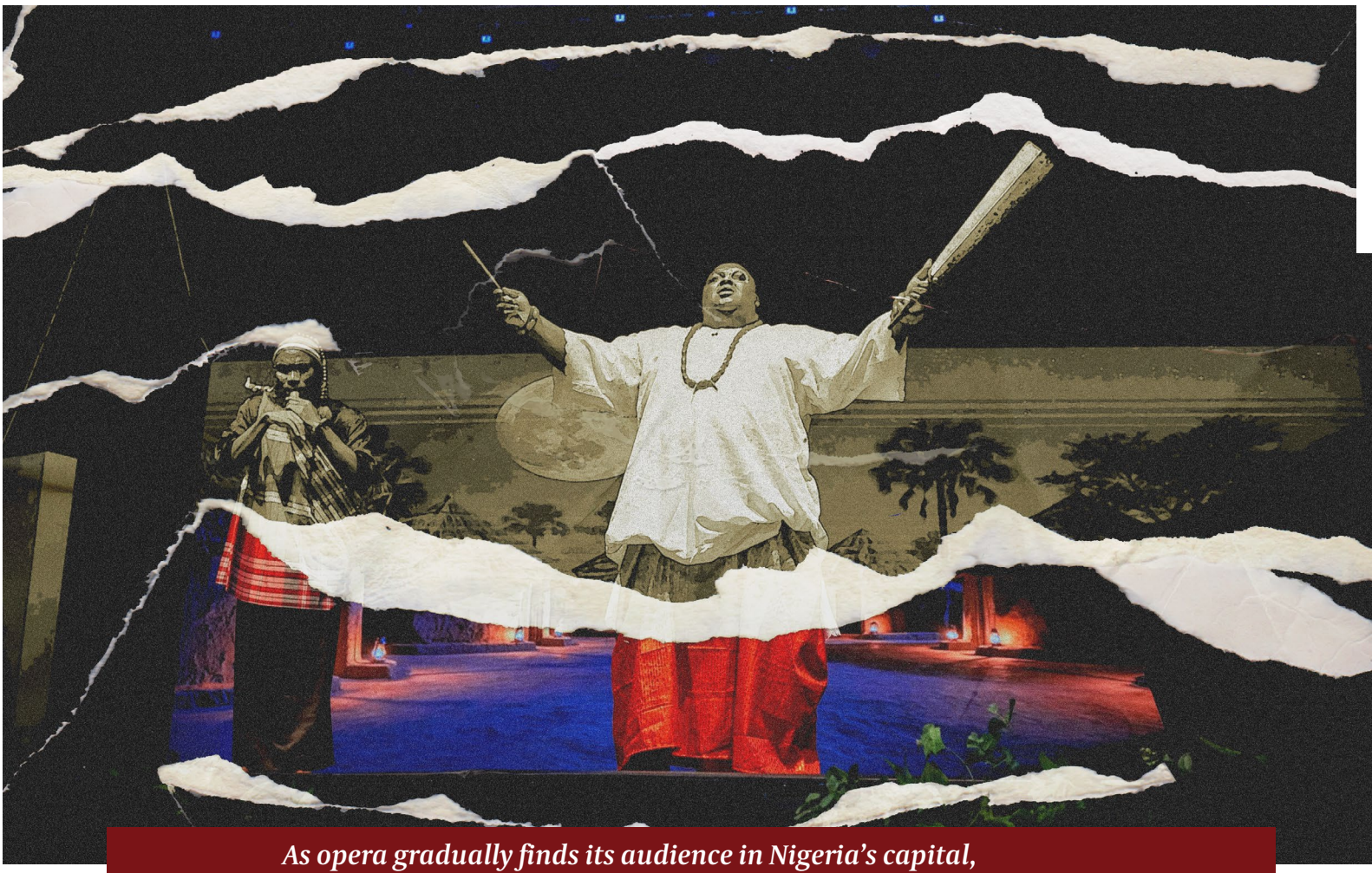
5 Apologise specifically

Not 'I am sorry you feel that way.' Not 'I am sorry but...' A genuine apology names what happened, acknowledges its impact, and does not include a defence. 'I am sorry I raised my voice. I know that shuts you down and I do not want to do that to you.' That is an apology.

Conflict is not the enemy of a healthy relationship; contempt is. Learn to fight well. It is one of the most loving things you can do for the person you are with.

Abuja's quiet opera revolution

by Ajuluchukwu Brown, Abuja



As opera gradually finds its audience in Nigeria's capital, performers confront the challenges of funding, infrastructure, and making classical music speak to African experiences.

In a city better known for political theatre than operatic performances, a small community of singers is working to establish opera as a sustainable art form. Away from the commercial dominance of Afrobeats, hip-hop and gospel, these performers are building an audience for classical music while confronting the financial and infrastructural limitations that threaten their ambitions.
The journey gained structure in 2007 with the establishment of the Abuja Metropolitan Music Society (AMEMUSO),



spearheaded by Maria Cecilia Toledo, then wife of the German ambassador to Nigeria, alongside co-founders including Sam C. Ezugwu, Abednego Okafor and James Agahyande.

Nearly two decades later, Opera Abuja, AMEMUSO's annual production, has become a platform for promoting classical music and nurturing local talent.

"When we started in 2007, you couldn't really point to an opera show in Abuja," Ezugwu recalls. "Our goal was to promote opera and find a way to popularise the genre in Abuja and beyond."
Yet, sustaining that ambition requires more than artistic commitment.

For Frank Okoye, known professionally as Frank De-Tenor, singing has evolved from passion into a livelihood. With between 15 and 20 years of experience, he has built a solo career through private engagements, events and invitations.

His experience demonstrates the possibilities of earning from classical music, but Belinda Feboks, popularly known as Regal-Bel, offers a less reassuring picture.

Despite participating in operas and musicals, sometimes in leading roles, she says many performers continue largely because of their love for the art.

"It's the passion for the music and the love of the art," she says, expressing hope that the profession will eventually become more financially rewarding.

For Matthew Samson Abah, known as Matt De Baritone, opera's potential extends beyond performance. With experience in musical theatre and classical singing, he has played roles in productions including Les Misérables, The Sound of Music and Mozart's The Magic Flute.

His experience reaching the finals of The Voice Nigeria in 2023 reinforced his belief that classical singers can appeal to mainstream audiences. Abah argues that opera can support an entire creative ecosystem, creating opportunities for singers, instrumentalists, directors, costume designers and stage technicians. However, expensive productions, inconsistent sponsorship and limited audiences continue to undermine its commercial prospects.

Paschal Nworgu, another experienced performer, shares this assessment, advocating regular productions, professional training, sponsorship and structured educational opportunities to help singers build sustainable careers.

The infrastructure deficit
For Ezugwu, the absence of a dedicated performing theatre remains a major obstacle. AMEMUSO has pursued the ambition of establishing an opera theatre, but specialised staging, acoustics, lighting and technical requirements make existing venues difficult and expensive to adapt.

Funding presents another challenge. According to Ezugwu, ticket sales cannot cover the cost of AMEMUSO's productions, making external sponsorship essential. The organisation initially offered free performances supported by sponsors before introducing paid admission as audience interest grew.

The transition has generated income but has not eliminated the funding gap.

Regal-Bel wants greater government support through suitable venues and deliberate sponsorship arrangements. Abah recommends transparent grants, scholarships, masterclasses and partnerships with universities and international cultural institutions.





For these performers, classical music must be recognised as part of Nigeria's creative economy, with links to education, tourism and employment.

Finding an African voice

Beyond infrastructure lies a cultural question: how can opera become more relevant to Nigerian audiences?

"Africa has its own stories. We have drama, literature and music. We can bring these together through opera to tell our stories," Ezugwu says.

AMEMUSO has explored Nigerian-themed productions, including collaborations involving the National Assembly Library Trust Fund. Abah believes greater investment in original works inspired by Nigerian history, folklore and literature could create a distinctive identity for local opera while attracting new audiences.

School performances, community productions and digital platforms could also introduce younger Nigerians to the genre without diminishing its artistic standards.



The next opportunity comes on November 29, when Opera Abuja returns to the Congress Hall of Transcorp Hilton, Abuja, with an operatic adaptation of Death and the King's Horseman, the celebrated play by Nobel laureate Professor Wole Soyinka.

The production will bring together singers, musicians and theatre practitioners to reinterpret Soyinka's work through opera, placing Nigerian literature at the centre of a traditionally European art form.

For Abuja's opera community, the event represents more than another annual performance. It is an opportunity to demonstrate how classical music can engage local stories while building a wider audience.

Opera may never compete with popular music on equal commercial terms. Its future, however, depends on regular productions, accessible venues, reliable sponsorship and audiences willing to explore unfamiliar musical experiences.

For now, passion continues to sustain the art. Whether it can sustain the artists remains the larger question.









Passion continues to sustain the art, but without reliable funding, proper infrastructure and wider audiences, sustaining the artists remains the greatest challenge for opera in Nigeria.



Dress for the weather

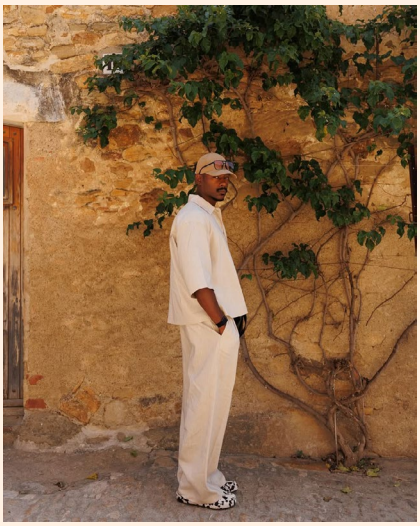
by Dorcas Ayoola

Choosing the right fabric can make workdays, commutes, celebrations and outdoor activities far more comfortable. As temperatures rise and heat stress becomes a growing concern, breathable, moisture-managing materials are no longer just a style preference, they are a practical necessity.

When dressing for hot weather, fabric matters as much as the outfit itself. The best materials allow air to circulate, help manage moisture and remain comfortable throughout the day. Factors such as loose silhouettes, lighter colours, open weaves and minimal lining can further improve comfort, while heavy fabrics and densely structured garments often trap heat and leave you feeling overheated.

Here is how some of the most common fabrics and Nigerian textiles perform in hot conditions.

Start with linen for maximum breathability



Few fabrics rival linen when it comes to staying cool. Linen is naturally breathable, allowing air to circulate while helping the body manage moisture. Its slightly textured finish also lends itself to effortless warm-weather dressing, making linen shirts, wide-leg trousers, loose dresses and coordinated sets stylish and practical options for work, travel and outdoor events.

In hot and humid conditions, linen is often considered one of the best-performing fabrics. Its ability to remain light and airy, even on particularly warm days, makes it a reliable choice for tropical climates.

Choose lightweight cotton carefully

Cotton remains one of the most popular fabrics in Nigeria, thanks to its affordability, versatility and wide availability.

Lightweight cotton shirts, voile blouses, poplin dresses and breathable skirts can provide comfort throughout the day, especially when designed with relaxed cuts.

However, not all cotton fabrics perform the same way in the heat. Heavier cottons can absorb sweat and take longer to dry, which may leave you feeling uncomfortable in humid weather. When shopping, pay attention to the fabric's weight and weave. Lighter fabrics, softer constructions, and unlined designs generally offer a cooler experience.



Consider polyester based on its construction

Polyester often gets a bad reputation in hot climates, but its performance depends largely on how the garment is made. Thick, tightly woven polyester pieces and synthetic linings can trap heat and moisture, making them less comfortable during long commutes or outdoor events.



At the same time, polyester is widely used in sportswear because engineered versions of the fabric are designed to wick moisture away from the skin and dry quickly. A lightweight performance top may keep you comfortable during exercise, while a heavily lined polyester dress may feel noticeably warmer.

Wear Ankara and Adire in lighter, looser designs

Traditional Nigerian textiles can be excellent choices for warm weather when styled thoughtfully. A lightweight cotton Ankara dress with a flowing silhouette may feel significantly cooler than a heavily structured version of the same fabric. Likewise, loose-fitting Adire shirts, airy kaftans and relaxed dresses combine cultural expression with everyday comfort.

For weddings and formal occasions, fabrics such as Aṣọ òkè, lace and other ceremonial textiles often require more consideration. Multiple layers, heavy embroidery and dense weaves can increase heat retention, particularly during daytime events. Choosing lighter constructions and simpler silhouettes can help reduce discomfort without compromising elegance or cultural significance.

Ultimately, it is not a fabric's heritage or appearance that determines how cool it feels, but its fibre content, weight, weave and overall construction.

Limit heavy and densely structured fabrics

Certain fabrics naturally feel warmer because they restrict airflow. Heavy denim, velvet, chunky acrylic knits and richly woven brocade can become uncomfortable in high temperatures, particularly during extended periods outdoors.

Fortunately, cooler alternatives exist. Lightweight denim, chambray and garments with looser cuts can offer a similar aesthetic without the added heaviness. Satin also deserves a closer look because satin refers to a weave rather than a fibre, its comfort level varies widely. A lightweight satin blouse may work well for an evening event, while a heavily lined synthetic satin dress can feel considerably warmer under the sun.





Photos via Pinterest

Workwear, reimagined

by Saodat Esin

Workwear took a more expressive turn at Lagos Fashion Week 2026, with designers introducing tie-dye trousers, fringe details and bold colour to familiar office silhouettes.

Some looks offered practical wardrobe ideas. Others pushed tailoring in directions better suited to workplaces with flexible dress codes.





Irapada

Irapada paired an indigo velvet double-breasted blazer with tie-dye trousers, bringing contrasting textures and patterns to a tailored look.

The blazer provides structure, while the trousers offer an alternative to matching suit separates. For a quieter interpretation, wear either piece with a plain counterpart.



Israel Kobla

Israel Kobla kept the lines clean with a muted blue button-down top and a high-waisted pencil skirt.

A front slit allows movement within the fitted silhouette. The coordinated pieces offer a straightforward approach to office dressing, with little need for elaborate styling.



Y'wande

Y'wande gave neutral tailoring a more experimental treatment through structured cuts, cut-outs and fringe.

The look draws on the shape of a conventional suit but takes it into more expressive territory. Its suitability for work would depend on the placement of the cut-outs and the office dress code.



Boyedoe

Boyedoe paired a chocolate-brown double-breasted suit with a tan shirt, using closely related shades to soften the formality of tailoring.

The relaxed silhouette offers an option for those who prefer a suit with a less rigid fit.



Abiola Olusola

Abiola Olusola added white tassels to a black midi dress, creating contrast and movement against its simple shape.

The detailing gives the dress a clear focal point. Restrained accessories would allow that finish to carry the look.



Desirée Iyama

Desirée Iyama brought colour to the selection with an orange midi dress featuring white polka dots, flutter sleeves and an asymmetric hem.

The print and loose sleeves make it a more playful option for workplaces where dresses and brighter colours fit the dress code.



Bridget Awosika

Bridget Awosika paired an oversized white button-down shirt with fluid, wide-leg denim trousers.

The shirt gives the combination a sharper finish, while the denim keeps it casual. It is an option for creative offices or workplaces that permit jeans.



Bornstar Nigeria

Bornstar Nigeria presented a cream double-breasted suit over a tan shirt. A textured finish adds interest to the neutral palette, while the structured cut keeps the silhouette defined.

Sandals relaxed the runway styling. Leather shoes or loafers would give the suit a more formal finish.

Heat-ready style at Lagos Fashion Week

by Saodat Esin

For Nigeria's heat and humidity, combined with the demands of daily commuting, can make getting dressed a challenge. Finding an outfit that looks good without becoming uncomfortable halfway through the day is not always easy.

Lagos Fashion Week 2026 offered plenty of styling inspiration for navigating the city's warm weather. From relaxed office looks and easy everyday outfits to streetwear and beach-ready ensembles, Nigerian designers presented different ways to stay stylish without compromising on comfort.

Having trouble deciding what to wear during this hot period? Here are some looks from the runway worth taking inspiration from.

Office dressing: staying polished without the heavy layers



Dressing for the office in hot weather does not have to mean relying on heavy suits and multiple layers. Lagos Fashion Week offered refreshing alternatives, showing how thoughtful cuts and lighter-looking pieces can create polished workwear.

Sahrazad reinterpreted classic tailoring with an all-white short suit, pairing a relaxed, single-breasted blazer with structured Bermuda shorts. The combination offers a fresh alternative to conventional trouser suits, making it an interesting option for those looking to keep their office wardrobe smart without excessive layering.

For a softer approach to workwear, Jewel Jemila presented a fluid olive-green set featuring sheer fabric and tiered ruffles. Its relaxed silhouette and flowing details offer a comfortable alternative to more structured office outfits.



Meanwhile, FIA introduced a sleeveless split tunic paired with a matching skirt in a bold monochrome check. The sleeveless cut and front slit give the outfit a relaxed feel, while its coordinated design keeps it polished enough for less formal office settings.

Everyday dressing: comfortable doesn't have to mean boring



For errands, casual meetups and other daytime activities, relaxed silhouettes and easy-to-wear separates can make dressing in the heat less complicated. The runway offered several ideas for putting together comfortable outfits without losing a sense of style.

NYA's collection embraced this approach with easy dresses and coordinated sets. One standout look featured wide-leg white trousers paired with a layered, camisole-style top. Its fluid silhouette makes a case for keeping everyday dressing simple, comfortable and stylish.

Elie Kuame offered another take on relaxed dressing with a cobalt-blue sheer co-ord, featuring wide-leg trousers, a tunic top and a lightweight jacket with contrasting lapels. The coordinated pieces create a polished look, while the option to remove the jacket makes it adaptable to changing temperatures.

For those who prefer a more feminine look, Pepper Row presented a high-neck, tiered pink dress with sheer, flowing



sleeves. Its lightweight appearance and flowing design add movement to the outfit, showing that everyday dressing can still feel elegant without being overly complicated.

Streetwear: keeping it cool with a little personality





Streetwear offers room to experiment with personal style, but dressing for Lagos weather calls for a little consideration. Rather than relying on heavy layers, some of the runway looks embraced interesting textures, relaxed cuts and statement details.

Jermaine Bleu presented a standout menswear combination, pairing a fitted brown ribbed tank with knee-length shorts featuring textured fringe details. The contrast between the simple top and statement shorts gives the outfit a relaxed but distinctive character.



For a feminine interpretation, MOT paired an olive-green halter-neck wrap top, featuring a collared keyhole cut-out, with a flared blue midi skirt. The exposed shoulders and flowing skirt create an easy silhouette while adding a playful touch to everyday streetwear.

Abiola Olusola brought a different kind of detail to the category, pairing dark-wash, straight-leg trousers with a sleeveless cream crop top finished with matching feathery neck trim. The combination of simple separates and an unexpected detail gives the outfit a distinctive edge without relying on multiple layers.

Beach and resort dressing: let the outfit breathe



Beach and resort dressing calls for pieces that feel relaxed and allow for movement. At Lagos Fashion Week, Studio Imo explored this through open-knit and crochet designs that brought texture and creativity to warm-weather dressing.

One standout was an earth-toned crochet dress featuring open-lattice weaving and midriff cut-outs. The design combines a fitted silhouette with open detailing, making it an interesting option for layering over swimwear or wearing for a relaxed beachside outing.



Make the Most of Warm-Weather Dressing

Dressing for the Lagos heat does not mean putting personal style on hold. As the looks from Lagos Fashion Week 2026 demonstrate, there are plenty of ways to approach warm-weather dressing, whether for the office, everyday activities, a casual outing or a day at the beach.

From relaxed tailoring and flowing dresses to playful streetwear and crochet pieces, the runway offered inspiration for making more thoughtful wardrobe choices. Ultimately, the key is to find the right balance between comfort, practicality and personal style, because looking good should not have to come at the expense of feeling comfortable.

Beauty guide for hot weather

by Saodat Esin



Maintaining a beauty routine can become a struggle when the weather is consistently hot. Skincare products that usually feel comfortable may suddenly seem sticky, greasy, or too heavy. Makeup can become uncomfortable, hair may be harder to manage, and excessive sweating can make staying fresh throughout the day a challenge. Yet, despite the unfavourable weather, we still want to look and feel our best.

Heat, humidity and sun exposure can affect the skin in different ways. Some people may experience increased sweating and oiliness, while others may develop heat rash or irritation caused by sweat and friction. Those prone to acne may also experience breakouts, while prolonged sun exposure can cause sunburn and worsen hyperpigmentation.

The question now is: Should you stop using your usual products or adjust how you use them? Here are some practical tips skincare experts recommend to help you maintain your beauty routine in hot weather.

Choose lighter moisturisers

According to a consultant dermatologist, Nigeria's hot, humid and sometimes dusty climate affects the skin barrier, oil production, sweating and how skincare ingredients behave. The dermatologist explains that heavy moisturisers and occlusive products may clog pores and trigger acne or heat rash in some people. She also discusses how exfoliating acids, retinoids and brightening ingredients can cause problems when sun protection is inadequate.



If rich creams or body butters feel too heavy, consider switching to a lighter lotion or gel moisturiser. This may be particularly helpful for people with oily skin who find heavier products uncomfortable. Apply body lotion after bathing while the skin is slightly damp to help retain moisture. However, avoid applying products that cause irritation or discomfort.

Keep your cleansing routine gentle

Dermatologists recommend using a gentle, non-abrasive cleanser and avoiding excessive washing or scrubbing, as these can irritate the skin. According to them, the face should be washed twice daily and after heavy sweating, as perspiration can irritate the skin, particularly when it accumulates under hats or helmets. Rather than repeatedly washing your face throughout the day, use a gentle cleanser after excessive sweating. After a long day, bathe when possible and change out of sweaty clothes to stay comfortable and fresh.

Make sunscreen non-negotiable

When it comes to sun protection, skin specialists emphasise that sunscreen should offer broad-spectrum protection, have an SPF of at least 30, and be



water-resistant. Some people avoid sunscreen because it can feel greasy or uncomfortable, particularly on oily skin. However, sun protection remains important, especially when spending time outdoors. Reapply according to the product's instructions, particularly after heavy sweating or wiping your skin.

Adjust your makeup routine

Heavy makeup may feel uncomfortable in hot weather, so consider lighter alternatives if full-coverage products leave your skin feeling greasy. Makeup artist Lilian Adebanjo, speaking to Marie Claire Nigeria, recommends strategic powder application and blotting papers to maintain a fresh makeup appearance in humid weather.

She also cautions against using too many oily products, which can leave your face looking greasy. Blotting papers can help absorb excess oil during the day without repeatedly washing your face. Also avoid layering too many products if you want to maintain a fresh appearance.

Keep your hair fresh and manageable

According to an expert, hair is also susceptible to damage from the sun's UV rays. Protecting the hair from prolonged exposure and adopting gentle haircare practices can help maintain its condition. Heat and frequent sweating can make haircare more challenging, particularly for people who cover their hair or wear protective styles. Choose hairstyles that are comfortable and easy to maintain, and keep your scalp clean according to your hair type and styling needs.

Avoid excessive product buildup, and allow your scalp to dry properly after washing. For people who wear wigs, ensure that the scalp is not left damp for extended periods.

Pay attention to body odour and fragrance

Frequent sweating can make body odour more noticeable. Bathing regularly, wearing breathable clothing, and changing out of damp clothes can help. Deodorants help control odour, while antiperspirants reduce sweating; choose what suits your needs and follow the product instructions.

Perfume can complement your beauty routine, but avoid using it to mask body odour. If fragranced lotions or perfumes cause irritation, consider reducing their use or switching to fragrance-free alternatives.

Stay hydrated and protect yourself outdoors

Medical advice highlights the importance of staying hydrated during extreme heat. Drink water regularly, especially when spending time outside. Where possible, seek shade and use protective clothing, hats, or umbrellas to reduce direct sun exposure. Remember that skincare products alone cannot prevent heat-related illness, so take practical steps to stay cool.

Know when to see a dermatologist

Persistent rashes, severe irritation, or worsening acne may require more than a change in your beauty routine. If you notice skin reactions that do not improve or continue to worsen, consult a dermatologist rather than experimenting with multiple products.

Maintaining your beauty routine in hot weather does not necessarily mean abandoning the products and habits you enjoy. Sometimes, a few thoughtful adjustments to your skincare, makeup, haircare, and personal hygiene are all you need to stay comfortable and feel your best.



Where to go



Places for a night out in Lagos

Lagos truly owns the night, and the energy of the city completely changes once the sun goes down. From dodging chaotic traffic to spotting your favorite Afrobeats stars popping bottles in Victoria Island, the adrenaline here never stops.

NOK by Alára

Address: Victoria Island, Lagos

Opening Hours: Tuesday to Sunday: 12:00 PM – 4:00 PM, 6:00 PM – 10:00 PM (Friday & Saturday until 10:30 PM); Closed Mondays

Overview: NOK by Alára offers a relaxed, unhurried dining experience filled with striking African art and a colourful outdoor garden. Featuring a menu that draws from different parts of the continent, it provides a calm and sophisticated environment for friends looking to catch up over great food.

The House Lagos

Address: Victoria Island, Lagos

Opening Hours: Daily: 10:00 AM – 2:00 AM

Overview: Designed to feel like visiting a stylish home rather than a traditional restaurant, The House Lagos features distinct indoor rooms and cozy outdoor corners. The comfortable seating, food, and ambient music create an energetic yet intimate atmosphere for an effortless night out.

Cactus Restaurant

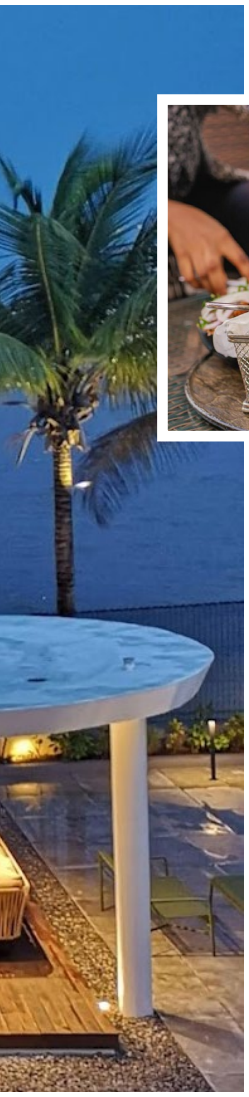
Address: Victoria Island, Lagos

Opening Hours: Monday to Thursday: 7:30 AM – 10:00 PM; Friday & Saturday: 7:30 AM – 10:30 PM; Sunday: 7:30 AM – 10:00 PM

Overview: Providing a welcome escape from city noise, Cactus Restaurant is best known for its breezy waterfront terrace. Guests can enjoy meals by the water as the weather cools down, complemented by live band performances on selected nights for a familiar and easygoing vibe.







New Afrika Shrine

Address: 1 NERDC Road, Agidingbi, Ikeja

Opening Hours: Open 24 hours daily (Best vibrant energy after 7:00 PM)

Overview: The legendary spiritual home of Afrobeat, run by the iconic Kuti family. Far from a polished VIP lounge, this massive open-air cultural hub offers a raw, completely authentic Lagos experience filled with sweat, palm wine, heavy political consciousness, and hypnotic live music.

Dynasty Lagos

Address: 24 Idejo Street, Victoria Island, Lagos

Opening Hours: Daily

Overview: Dynasty Lagos offers a sleek, high-energy environment designed for guests looking to experience the vibrant nightlife of Victoria Island. With stylish interiors and a lively crowd, it stands out as a prime spot for late-night socializing and upscale partying.

Buzz Barr

Address: 30 Adetokunbo Ademola Street, Victoria Island, Lagos

Opening Hours: Daily

Overview: Buzz Barr is a popular staple on a bustling Victoria Island strip, known for its electric atmosphere, vibrant music policy, and social crowd. It is a go-to destination for anyone wanting to kick off an energetic night out with

Shiro Lagos

Address: Victoria Island, Lagos

Opening Hours: Monday to Thursday & Sunday: 12:30 PM – 12:00 AM; Friday & Saturday: 12:30 PM – 1:00 AM

Overview: Shiro Lagos delivers a polished Pan-Asian dining experience defined by high ceilings, dramatic interiors, and curated music. The atmosphere transitions smoothly from a calm dinner setting into a livelier nighttime lounge as the evening progresses.

Terra Kulture

Address: Victoria Island, Lagos

Opening Hours: Daily: 9:00 AM – 10:00 PM

Overview: A vibrant cultural hub where an evening can seamlessly transition from authentic Nigerian cuisine to a play, concert, or live performance. It is a premier destination for visitors looking to combine dining with rich local arts and entertainment.

Piano Bistro

Address: Delborough Lagos, Victoria Island, Lagos

Opening Hours: Daily (Operating during hotel dining hours)

Overview: Located within The Delborough Lagos, Piano Bistro maintains a refined, tranquil mood with elegant interiors and gentle live piano music. The soft background sound ensures guests can dine and chat comfortably, making it well-suited for quiet dinners or small celebrations.

RSVP Poolside

Address: Victoria Island, Lagos

Opening Hours: Daily (Evenings and late night)

Overview: Tucked behind RSVP's main dining room, The Poolside offers open-air seating, music, and an informal vibe. It strikes the right balance for friends looking to unwind, eat, and enjoy the night without diving into a crowded club.

Circa Non Pareil (Penthouse/Lounge)

Address: 12 Mandilas Road, Lekki Phase 1, Lagos

Opening Hours: Daily

Overview: Perched with striking views in Lekki Phase 1, Circa Non Pareil combines sophisticated penthouse lounging with a vibrant nightlife pulse. The space is ideal for guests seeking a mix of fine dining, signature cocktails, and a chic party atmosphere after dark.

W Bar Lounge

Address: LASWA Yard, Under Falomo Bridge, Ikoyi, Lagos

Opening Hours: Daily

Overview: Set against a unique waterfront backdrop under the Falomo Bridge, W Bar Lounge offers an open-air vibe complete with cool breezes, good music, and an energetic crowd looking to unwind by the water.

Escape Nightclub

Address: 234B Adeola Odeku Street, Victoria Island, Lagos

Opening Hours: Nightly

Overview: Located on one of Victoria Island's most famous avenues, Escape Nightclub delivers a high-octane clubbing experience. Known for its celebrity sightings and vibrant party energy, it is a staple of Lagos nightlife.

355 Restaurant and Lounge

Address: 9A Oko Awo Street, Victoria Island, Lagos

Opening Hours: Daily

Overview: 355 blends a classic Mexican-inspired dining experience with a lively lounge setting. As the evening progresses, the atmosphere shifts smoothly from a relaxed dinner spot into an energetic hub for late-night drinks and socializing.

Nitro Nightclub

Address: 14 Adeola Hopewell Street, Victoria Island, Lagos

Opening Hours: Nightly

Overview: Nitro Nightclub is built for serious nightlife enthusiasts, featuring heavy basslines, dynamic lighting, and a packed dance floor. It is a premier destination in Victoria Island for dancing late into the morning hours.

Island Breeze

Address: Landmark Beach, Water Corporation Road, Victoria Island, Lagos

Opening Hours: Daily

Overview: Island Breeze brings a coastal, festive atmosphere to the shoreline of Landmark Beach. Guests can enjoy music, drinks, and ocean views in an open-air setting that feels like a permanent beach party.

Bay Lounge

Address: Plot 10, Admiralty Road, Lekki Phase 1, Lagos

Opening Hours: Daily

Overview: A long-standing favorite in Lekki, Bay Lounge offers a relaxed waterfront terrace overlooking the water. It seamlessly transitions from a breezy spot for evening drinks and grilled platters into a lively weekend hangout.





The Vibe Lagos

Address: 16b Akin Olugbade Street, Victoria Island, Lagos

Opening Hours: Daily

Overview: True to its name, The Vibe Lagos delivers an energetic blend of great music, social networking, and nightlife culture. It draws a stylish crowd looking for an electric atmosphere right in the middle of Victoria Island.



Cage Lagos

Address: No. 2 Shalom Street, Ago Palace Way, Lagos.

Opening Hours: Daily (with club setups running Friday – Sunday)

Overview: Cage Lagos brings a premium, upscale Island-style nightlife experience to the Mainland. Combining a beach-like poolside aesthetic with a high energy nightclub, it is a highly popular, visually striking spot for groups looking to enjoy Afrobeats, elite DJ sets, an energetic crowd without crossing the bridge.

Club Quilox

Address: 873 Ozumba Mbadiwe Avenue, Victoria Island

Opening Hours: Wednesday to Sunday, 10:00 PM – 8:00 AM (Closed Mondays and Tuesdays)

Overview: This is West Africa's most iconic luxury megaclub. Drenched in rich gold and red lighting, it is a high-octane paradise for big spenders, corporate moguls, and A-list celebrities looking to pop bottles and dance to world-class Afrobeats DJs until the sun comes up.

Sky Bar Rooftop

Address: Lagoon Compound, 1c Ozumba Mbadiwe Avenue, Victoria Island

Opening Hours: Monday to Sunday, 6:00 PM – 2:00 AM

Overview: Perched comfortably above the city's chaos, this high-end rooftop lounge serves up panoramic waterfront views and premium cocktails. It provides a sophisticated, breezy atmosphere that is perfect for a relaxed early-evening social hour or a romantic date night.



Zaza Lagos

Address: 19 Agoro Odiyan Street, Victoria Island

Opening Hours: Wednesday to Sunday, 7:00 PM – 2:00 AM (Closed Mondays and Tuesdays)

Overview: A stylish restaurant and high-energy playground that flawlessly transitions from fine dining to interactive theater shows and late-night dancing. It attracts an exclusive, fashion-forward crowd looking for great food, upscale design, and high-energy music in a more intimate setting.

Kaly Restaurant and Bar

Address: Victoria Island, Lagos

Opening Hours: Daily: 12:00 PM – 12:00 AM

Overview: Kaly combines high-end rooftop dining with sweeping panoramic views of Victoria Island and Eko Atlantic. After sunset, the open-air setting sparkles with city lights, offering selected live entertainment alongside a relaxed space to eat and talk.

Hard Rock Cafe Lagos

Address: Oniru, Lagos

Opening Hours: Monday to Thursday: 12:30 PM – 10:00 PM; Friday to Sunday: 12:30 PM – 12:00 AM

Overview: Set against a stunning beachfront backdrop, Hard Rock Cafe Lagos offers spacious seating and regular live music. Whether catching a high-energy performance or enjoying a relaxed ocean view during a quieter program, it delivers a classic social experience.

Cinemas and theatres across Nigeria



Find cinemas, private screening rooms and theatre venues across Nigeria.

MUSON Centre

Location: Onikan, Lagos Island, Lagos

What it is: The grand, elegant high-society hub for classical music, opera, and premium stage plays in Nigeria.

Why go: If you want to swap popcorn for a glass of wine and experience some world-class orchestral strings or breathtaking musical theatre, this is your spot. Dress up smart; the crowd here takes arts culture beautifully seriously.

National Theatre

Location: Iganmu, Surulere, Lagos

What it is: Nigeria's ultimate cultural monument. Shaped like a military cap, it is an architectural icon from the 1970s that recently got a massive, modern facelift.

Why go: It is pure history. Going here is a rite of passage for any culture lover. It is the birthplace of Nigeria's performing arts scene, and the massive halls are built for grand, unforgettable spectacles.

Terra Kulture

Location: Victoria Island, Lagos

What it is: A buzzing, lively cultural hub that combines an art gallery, an authentic Nigerian restaurant, and a top-tier theatre hall.

Why go: This is the beating heart of modern Nigerian theatre. If you want to see high-energy, Broadway-style Nigerian musicals with incredible dancing and costumes, Terra Kulture does it better than anyone else. Plus, you can grab amazing pounded yam right after the curtain falls.

Glover Memorial Hall

Location: Marina, Lagos Island, Lagos

What it is: One of the oldest and most historic performance spaces in Nigeria, beautifully restored to host cutting-edge modern stage plays and cultural festivals.

Why go: It perfectly blends old-school Lagos heritage with fresh, contemporary stage productions. The acoustics are fantastic, and it is a brilliant place to catch rising stars in the local acting scene.





Deja Vu Private Cinema Abuja

Location: Wuse, Abuja

What it is: An ultra-exclusive, private screening lounge where you rent out the entire room for just you and your favourite people.

Why go: Total privacy. You get massive screens, cosy plush couches, and custom food service without having to share the room with strangers. It is absolutely perfect for an intimate birthday bash, a romantic proposal, or a VIP gaming night.

Cinema Club Private Cinema Port Harcourt

Location: Elimgbu, Port Harcourt

What it is: A hidden, high-end private cinema lounge designed for exclusive, small-group entertainment.

Why go: It completely redefines "movie night." Instead of standard theatre seats, you get a luxury private space with premium sound and absolute comfort. It is the ultimate way to celebrate a special occasion with a close circle of friends.

Grenhauz Cinema Port Harcourt

Location: Port Harcourt

What it is: A beautiful, highly-rated boutique entertainment spot that offers intimate screenings and excellent customer care.

Why go: It feels much more personal and cosy than a giant commercial multiplex. The staff treat you like a VIP, the seating is incredibly comfortable, and it is a fantastic escape if you want to avoid the usual crazy weekend mall crowds.

EbonyLife Cinema

Location: Victoria Island, Lagos

What it is: A super-chic, boutique luxury cinema designed for film lovers who want a five-star, glamorous movie-going experience.

Why go: It is the ultimate date-night spot. Think plush reclining chairs, trendy neon lights, a beautiful rooftop bar, and artisanal snacks. It is where you go to watch the latest Nollywood blockbuster while feeling like royalty.

Filmhouse Cinema

Location: Ado Bayero Mall, Kano

What it is: The go-to modern multiplex in northern Nigeria for catching both massive Hollywood blockbusters and popular Kannywood films.

Why go: It brings high-tech cinema culture right to the heart of Kano. The screens are huge, the sound shakes your seat, and it is the perfect lively weekend escape inside a bustling mall.

Genesis Deluxe Cinemas

Location: Kano

What it is: A sleek, reliable, and comfortable commercial cinema franchise offering a crisp digital viewing experience.

Why go: It delivers a flawlessly smooth movie night. If you want great projection, perfectly salted popcorn, comfy seats, and a completely stress-free environment to watch the latest trending movies, Genesis always hits the mark.

Ozone Cinema Kano

Location: Kano

What it is: A trendy, youthful, and high-energy cinema spot that focuses on bringing the biggest entertainment hits to movie lovers.

Why go: The vibe here is always electric and full of life. It is the best place to watch big action films or hilarious comedies because the crowd is super expressive; expect plenty of laughing, gasping, and shared fun.

Your next **adventure spot**

A canopy walk, a museum visit, or an afternoon at a park offers a different way to spend your day. These six Lagos destinations cater to visitors interested in nature, history, culture, and outdoor recreation.



Badagry Heritage Museum

Location: Lander Road, Marina, Badagry, Lagos.

Opening hours: Confirm with the museum before visiting.

Housed in a former colonial district officer's office, Badagry Heritage Museum documents the history of the transatlantic slave trade. Its collections provide context for understanding Badagry's place in that history. Allow time to read the displays rather than rush through the building.

Omu Resort

Location: Bogije town, off the Lekki-Epe Expressway, Ibeju-Lekki, Lagos.

Opening hours: Monday to Saturday, 9am to 6pm; Sunday, noon to 6pm.

Omu Resort brings several attractions together, making it an option for families and groups planning a full day out. Check the available ticket packages before booking, as access to individual attractions depends on the package selected.

Lekki Conservation Centre

Location: Km 19, Lekki-Epe Expressway, Lekki, Lagos.

Opening hours: Confirm current visiting and canopy walk hours with the Nigerian Conservation Foundation.

The 78-hectare reserve offers a chance to spend time among trees and wetland habitats within Lagos. Its canopy walkway is a draw for visitors seeking a view above the trees, while the reserve's paths offer another way to explore the grounds. Check access arrangements before setting out.







Freedom Park

Location: 1 Hospital Road, Lagos Island, Lagos.

Opening hours: Daily, 9am to 9pm. Food court and bar hours extend on event nights.

Built on the site of the former Broad Street Prison, Freedom Park combines colonial history with an active arts programme. Visit to see the grounds and memorial features, or plan your outing around a concert, exhibition or festival. Check the programme before visiting, as some events require separate tickets.

Ndubuisi Kanu Park

Location: Mobolaji Johnson Avenue, Alausa, Ikeja, Lagos.

Opening hours: Confirm current park hours before visiting.

Ndubuisi Kanu Park offers space for outdoor recreation on the mainland. Following renovation work, the Lagos State Parks and Gardens Agency announced preparations for its reopening in October 2025. Check which facilities are currently available before planning your outing. The Rec Room, a children's play venue within the park, operates its own visiting schedule.

John Randle Centre for Yoruba Culture and History

Location: Onikan Roundabout, Lagos Island, Lagos.

Opening hours: Wednesday to Monday, 10am to 6pm. Closed on Tuesdays.

The John Randle Centre focuses on Yoruba culture and history through its museum displays and public programmes. It suits visitors interested in cultural exhibitions, with workshops and family activities also forming part of its programme. Check the centre's calendar for activities scheduled on your chosen date.

Coffee shops across Nigeria

by Chidinma Enweani

Whether you need a quiet spot to work on your laptop, a sunny place for weekend breakfast, or a really good cup of coffee, Nigeria's coffee space is growing fast.

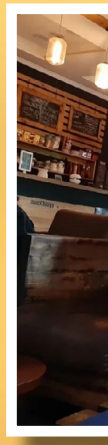
These great coffee shops double as stylish spaces, creative hubs, and top food spots.



Coffee Bar, Abuja

Sleek, minimalist, and intensely functional, this venue is built for focus and flavour. The atmosphere is sharp and modern, designed with clean lines, comfortable seating arrangements, and a serious dedication to productivity. They serve meticulously roasted coffee beans brewed into potent americanos, smooth flat whites, and refreshing iced beverages.

Why you should visit: You should visit if you are a remote worker, digital nomad, or creative professional looking for high-speed Wi-Fi paired with a serious caffeine kick to power through your deadlines.



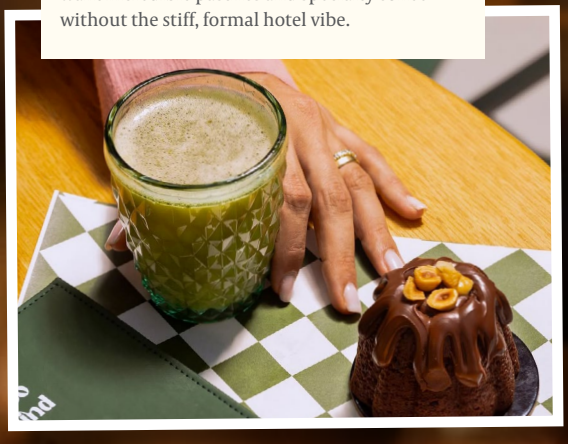




Ziya Federal Palace

The Lobby Café x Ziya brings Ziya Delicacy Boutique's cult-favourite bakes, pastries, and signature drinks straight into the iconic Federal Palace Hotel lobby.

Why you should visit: It is the ultimate spot for a chic, low-key catch-up or a solo treat when you want incredible pastries and specialty coffee without the stiff, formal hotel vibe.



Café Flour

This intimate neighbourhood favorite smells entirely of comfort the second you cross the threshold. The ambiance is warm, unpretentious, and deeply welcoming, featuring rustic wooden accents and gentle lighting that encourages you to linger. They excel in artisanal baking, serving fresh-out-of-the-oven loaves, buttery croissants, and robust, expertly pulled espresso shots.

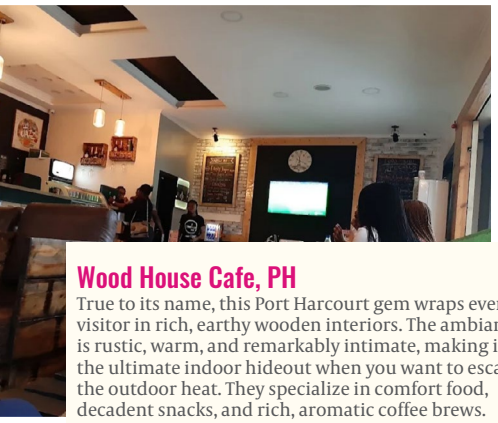
Why you should visit: Good for a quiet breakfast date or when you need a comforting slice of homemade cake paired with a hot cup of coffee to reset your day.



Pink Bear, Abuja

Tucked away in the capital, this pastel-drenched dreamscape is a whimsical escape from the city's formal pace. The interior is bathed in soft pink hues and plush, cozy seating, making it feel less like a traditional eatery and more like a curated film set. They specialize in velvety lattes, Instagram-worthy sweet treats, and delicate pastries that taste just as good as they look.

Why you should visit: Perfect for a relaxed afternoon catch-up with close friends or whenever your social media feed is screaming for a vibrant, cheerful backdrop.



Wood House Cafe, PH

True to its name, this Port Harcourt gem wraps every visitor in rich, earthy wooden interiors. The ambiance is rustic, warm, and remarkably intimate, making it the ultimate indoor hideout when you want to escape the outdoor heat. They specialize in comfort food, decadent snacks, and rich, aromatic coffee brews.

Why you should visit: To enjoy a quiet afternoon with a good novel or when you are craving a grounded, unpretentious space to slow down your pace.

ART CAFE, Lagos

A legendary bohemian sanctuary steeped in the creative history of the city. The atmosphere is eclectic, artistic, and bursting with soul, featuring vintage furniture, walls plastered with local art, and an effortlessly cool crowd. They serve a diverse menu of comforting meals, fresh juices, and dependable coffee classics.

Why you should visit: Visit if you would love to soak up the inspiring creative energy, sketch in your notebook, or lose track of hours conversing with fellow artists, writers, and thinkers.



Dulce Cafe & Bakery, Lagos

As a long-standing fixture on the island's luxury dining scene, this spot delivers refined elegance on every level. The ambiance is upscale, polished, and sophisticated, featuring chic contemporary furnishings and an expansive display of confections. They are masters of luxury baking, offering gourmet desserts, heavy-duty breakfast spreads, and premium coffee pairings.

Why you should visit: Beautiful spot to celebrate a milestone, impress a business date, or treat yourself to high-end pastries in an environment that feels effortlessly exclusive.

Nikkybell cafe, PH

A warm, community-driven neighborhood fixture that prioritizes comfort above all else. The atmosphere is friendly, unpretentious, and instantly puts you at ease the moment you walk through the door. They serve dependable, classic espresso drinks alongside comforting local and continental snacks.

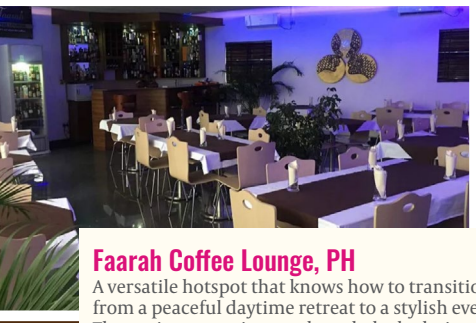
Why you should visit: Pay a visit when you want to bypass the scene-y pretension and simply enjoy a genuinely good cup of coffee served with a smile in a relaxed environment.



TOP BEANS. Coffee, Lagos

This is where casual coffee drinkers transform into purists. The atmosphere is sleek and dedicated, stripped of unnecessary fluff to put the absolute focus on the craft of brewing. They source exceptional beans and employ precise, scientific extraction methods to create everything from delicate pour-overs to rich, concentrated espresso shots.

Why you should visit: Visit if you view coffee as an art form and want to experience what a truly well-roasted, masterfully brewed cup of coffee tastes like.



Faarah Coffee Lounge, PH

A versatile hotspot that knows how to transition smoothly from a peaceful daytime retreat to a stylish evening lounge. The environment is upscale and plush, designed with mood lighting and comfortable lounge seating that invites you to stay a while. They craft exceptional coffees alongside a sophisticated menu of small plates and specialty drinks. Why you should visit: You should visit when your day calls for a seamless shift from catching up on emails over morning espresso to winding down with upscale relaxation in the evening.



Marley and Blue, PH

A design-forward, trendy addition to Port Harcourt's expanding culinary map. The aesthetic is vibrant, youthful, and contemporary, filled with clever design details and a buzzing social atmosphere. They offer inspired brews, creative drink formulations, and delicious pastries that cater to modern palates.

Why you should visit: You should visit if you want to be seen at the newest cool spot in town, catch up with your social circle, or simply enjoy a wonderfully crafted latte in a genuinely inspiring space.

Cafe One Yaba

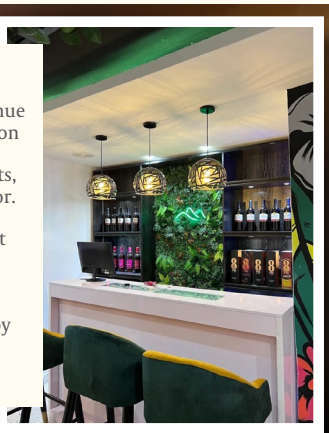
Nestled right in the pulsating heart of the mainland tech district, this space acts as an incubator for ideas and caffeine alike. The vibe is innovative, young, and dynamic, functioning seamlessly as both a collaborative workspace and a relaxed social lounge. They supply high-speed internet, steady workspace power, and reliable, energizing coffee options.

Why you should visit: You should visit if you want to plug into the local tech and startup ecosystem, collaborate with bright minds, or simply need a buzzing, productive atmosphere to get things done.

Tahilla Café, PH

Sleek, modern, and effortlessly chic, this venue brings a touch of metropolitan sophistication to the Garden City. The decor features contemporary lighting, clean seating layouts, and a stylish crowd that matches the interior. They serve a diverse lineup of artisanal coffees, specialty teas, and delightful dessert selections.

Why you should visit: You should visit to kickstart your weekend with style or to enjoy a trendy midday hangout that feels fresh, upbeat, and visually appealing.



Best spots for games and adventure



Looking for somewhere to play games or try something new? Here are gaming and adventure spots in Lagos.

1. Crusifix Games and Lounge

Location: Space 103, The Palms Shopping Mall, Oniru, Victoria Island.

Opening Hours: Daily 9:00 AM – 11:00 PM.

Why Go: It is the ultimate spot to blow off steam after a long week.

What to Expect: A beautifully designed modern lounge buzzing with neon accents and cosy seating. Expect top-tier virtual reality simulators, cutting-edge PC and console setups, and an intense multiplayer arena.

2. VR Place Nigeria

Location: 14b Karimu Kotun Street, Victoria Island, Lagos.

Opening Hours: Daily 11:00 AM – 9:00 PM.

Why Go: It is one of the most comprehensive and dedicated virtual reality playgrounds in the city, making it a fantastic destination for tech-forward date nights or friendly group battles.

What to Expect: Complete sensory immersion. Step inside to find massive active VR bays hosting fan favourites like Beat Sabre and heart-pounding horror shooters like The Walking Dead.

3. Rufus & Bee

Location: Twinwaters, Okunde Blue Water Scheme, Off Remi Olowude Street, Lekki Phase 1, Lagos.

Opening Hours: Daily 12:00 PM – 10:30 PM.

Why Go: It is a massive, multi-level wonderland that channels classic American boardwalk energy with a vibrant Lagos twist.

What to Expect: An overwhelming, beautiful sensory overload of flashing lights and nostalgic sounds. You will find over 100 arcade games, including classic basketball hoops, racing simulators, dance pads, and coin-pushers.

4. Enzo Reality

Location: Lekki Town Square Mall, 8 Providence Street, Lekki Phase 1, Lagos.

Opening Hours: Mon–Sun 10:00 AM – 10:00 PM.

Why go: This highly-rated tech hub focuses heavily on providing premium, mind-bending VR adventures backed by exceptional, attentive customer service.

What to expect: A stunning, futuristic space packed with the latest augmented reality (AR) and virtual reality (VR) tech. Expect to buckle into intense 360-degree rotating simulator chairs that make virtual rollercoasters and flight fights feel shockingly real.





5. Upbeat Centre

Location: 11 Admiralty Road, Lekki Phase 1, Lagos.

Opening hours: Tue–Sun 9:00 AM – 9:00 PM.

Why go: If your idea of gaming involves getting airborne and breaking a real sweat, this massive indoor trampoline sports park is the holy grail.

What to expect: High-flying physical action. Expect an enormous grid of interconnected trampolines, foam pits, dodgeball courts, and a challenging ninja warrior obstacle course. It is an electric, high-cardio environment perfect for unleashing your inner child or challenging your mates to a slam-dunk contest.

6. Escape Room 33

Location: 33 Fola Osibo Road, Lekki Phase 1, Lagos.

Opening hours: Tue–Sun 12:00 PM – 9:00 PM.

Why go: To put your intellect, teamwork, and nerves to the test. It is the perfect destination for live-action puzzle solving in the city.

What to expect: Atmospheric, highly detailed themed rooms where you and your team are locked inside with exactly 60 minutes to escape. Expect to hunt for hidden keys, crack cryptic codes, and unravel mysteries under the ticking clock. It is high-stakes, thrilling, and a brilliant ice-breaker for groups.

7. Illusions Zone

Location: Garnet Plaza, Igbo-Efon, Lekki-Epe Expressway (with a Mainland branch at Ile Oja Mall, Opebi).

Opening hours: Mon–Sat 10:00 AM – 5:00 PM (Lekki).
Why go: It is a brilliantly quirky, interactive exhibition designed to completely warp your perception of reality and upgrade your social media feed.

What to expect: A maze of mind-bending optical illusions, Ames rooms that distort your height, mirrored infinity chambers, and perspective tricks. Friendly on-site guides are on hand to show you exactly where to stand to capture the perfect, gravity-defying photo.

8. Funzia World

Location: 3B Anthony Etukudo Close, Lekki Phase 1, Lagos.

Opening hours: Daily 10:00 AM – 7:00 PM.

Why Go: A highly interactive entertainment centre engineered perfectly for young families and kids' birthday celebrations.

What to expect: A clean, brightly coloured paradise of safe indoor play. Expect multi-level soft play structures, obstacle courses, ball pits, and a gentle selection of beginner-friendly arcade machines designed to keep toddlers and pre-teens thoroughly entertained for hours.

9. Providha Fun City

Location: 79 Mobolaji Bank Anthony Way, Ikeja, Lagos.

Opening hours: Daily 9:00 AM – 8:00 PM.

Why go: A fantastic indoor entertainment hub that brings premium island-style gaming luxury straight to the Mainland.

What to expect: A sprawling, high-energy layout that has a little bit of everything. Expect sleek, modern bowling lanes, a massive array of prize-winning arcade cabinets, virtual reality simulators, and a swimming pool area. You buy a gaming access card at entry to tap your way through the various activities seamlessly

10. Funsation NG

Location: Penthouse Floor, Centro Lekki Mall, Admiralty Way, Lekki Phase 1, Lagos.

Opening Hours: Daily 10:00 AM – 8:00 PM.

Why go: A versatile indoor amusement park that perfectly balances casual family hangouts with vibrant children's event spaces.

What to expect: A joyful mix of physical play areas and digital entertainment. Expect bumper cars, a small indoor train ride, virtual reality setups, and an array of classic carnival-style arcade games that dole out prize tickets.

Where to eat Thai in Nigeria



Here is our guide to Thai and Asian-fusion restaurants in Nigeria.

TT Lagos

Location: 5 Olosa Street, Victoria Island, Lagos

Opening hours: Tuesday to Sunday, noon to 10.30pm. Closed on Mondays.

The vibe: A hidden retreat away from the bustle of Victoria Island. Formerly known as Thai Thai, this intimate, family-run boutique restaurant limits its seating capacity to keep the dining experience personal. Its decor features minimalist furnishings and green accents.

Why visit: The menu includes chor muang, flower-shaped purple dumplings, and classic pad Thai, which combines sweet tamarind with smoky wok flavours. The restaurant offers an intimate setting for diners who value privacy and careful presentation.

Kunakorn Thai Restaurant

Location: Ahmadu Bello Way, Wuse, Abuja

Opening hours: Daily, 11am to 10pm.

The vibe: Understated and traditional, with a focus on food. Located in Wuse, Kunakorn has a warm, welcoming interior reminiscent of a Bangkok eatery.

Why visit: Its dishes include green papaya salad, known as som tum, and coconut curries. Consider it for a relaxed lunch or a midweek dinner.

Siam City Thai Restaurant

Location: Plot 2044, 54 Aguiyi Ironsi Street, Maitama, Abuja

Opening hours: Daily, noon to 11 pm.

The vibe: An upscale setting in Maitama, with woodwork and modern fittings.

Why visit: The menu includes massaman curry with tender meat and layered spices, alongside crisp, seasoned fish dishes. The setting suits celebratory dinners and business meals.

Orchid House Thai Restaurant

Location: 14 Konoko Crescent, Wuse, Abuja
Opening hours: Tuesday to Sunday, 11am to 10pm. Closed on Mondays.

The vibe: Bright and airy, with a garden-like setting suitable for families and groups.

Why visit: Its tom yum soup combines lemongrass, galangal and lime leaves. The menu also includes vegetarian and vegan options.



Asia Town Restaurant

Location: 38 Forces Avenue, Old GRA, Port Harcourt

Opening hours: Daily, 11am to 11pm.
The vibe: A spacious setting with high ceilings, dramatic lighting, and an open-plan layout.

Why visit: The menu offers Asian-fusion dishes, including Thai-inspired seafood. Options include pineapple fried rice served in a carved-out pineapple shell, spring rolls, and sweet-and-sour stir-fries. The venue accommodates birthday dinners, anniversaries, and group outings.

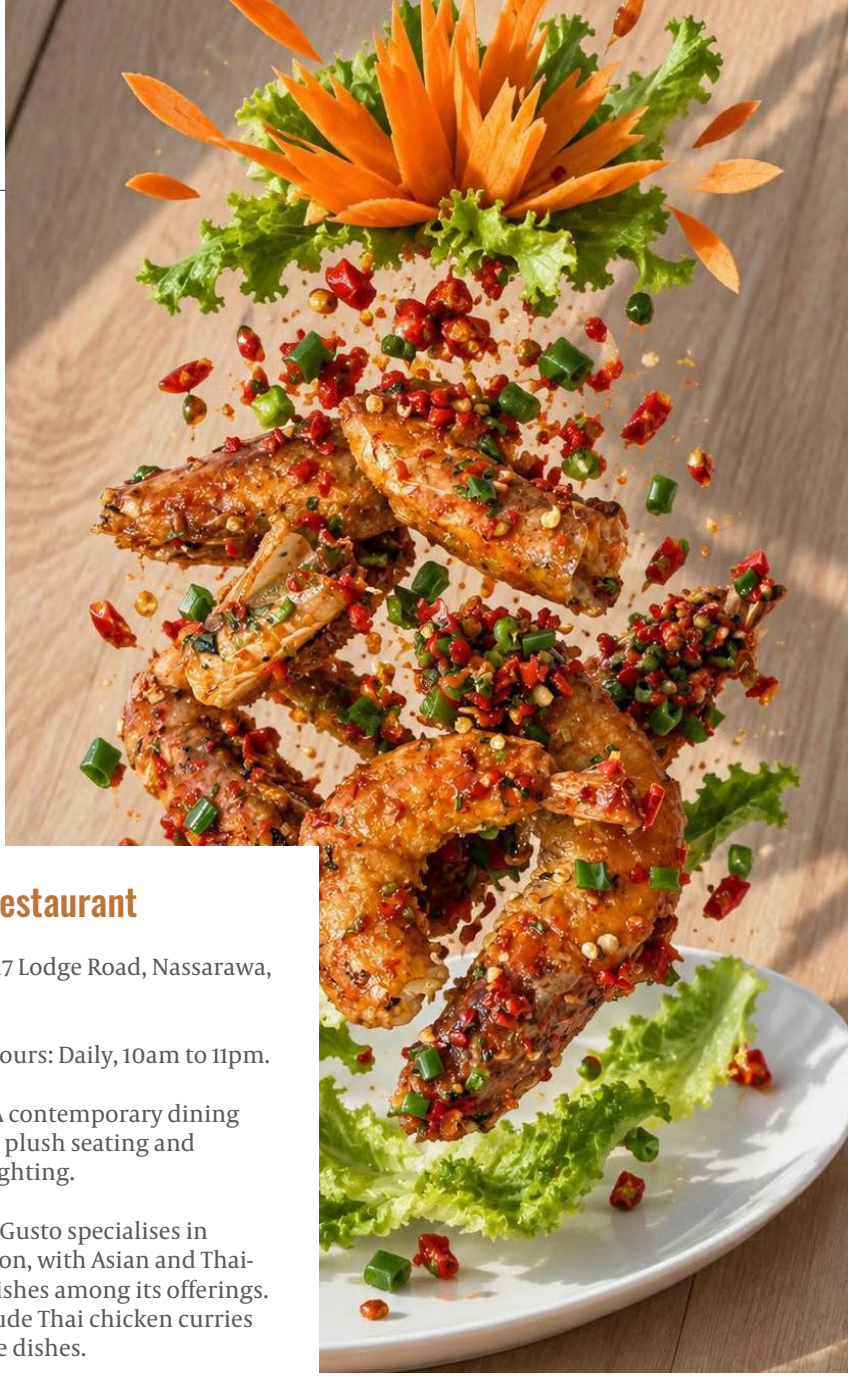
Miso Japanese and Thai Restaurant

Location: Summerset Continental Hotel rooftop, 34 Usuma Street, Maitama, Abuja

Opening hours: Daily, noon to 11 pm.

The vibe: Rooftop dining with views of the city's skyline and a pan-Asian menu.

Why visit: The menu combines Japanese and Thai dishes, making it an option for groups with different preferences. Choices include sashimi and Thai basil stir-fry, known as pad kra prow. Drinks and weekend music also form part of the offering.



Gusto Restaurant

Location: 17 Lodge Road, Nassarawa, Kano

Opening hours: Daily, 10am to 11pm.

The vibe: A contemporary dining space with plush seating and ambient lighting.

Why visit: Gusto specialises in global fusion, with Asian and Thai-inspired dishes among its offerings. These include Thai chicken curries and noodle dishes.

Asia Town Restaurant: Alternative entry

Location: 38 Forces Avenue, Old GRA, Port Harcourt, Rivers State

Opening hours: Daily, noon to 10.30pm.

The vibe: An upscale restaurant with Mediterranean-influenced decor and a lounge area, suitable for birthdays, dates and group dining.

Why visit: Its Asian menu includes spicy Thai prawns and chicken in massaman curry sauce, alongside spring rolls and cocktails.

Siam City Thai Restaurant: Alternative entry

Location: Plot 2044, 54 Aguiyi Ironsi Street, Maitama, Abuja

Opening hours: Monday to Thursday, 11am to 11pm; Friday, 11am to 12.15am; weekends, 2pm to 11pm.

The vibe: An outdoor garden lounge with bamboo huts, open lawns and warm lighting.

Why visit: The menu combines Thai dishes, such as pad Thai, with Nigerian options, including spicy grilled catfish. The supplied information also lists a Friday salsa dance party.

Chi Thai Revolution Restaurant

Location: 15 Rhine Street, Maitama, Abuja

Opening hours: Daily, noon to 10 pm.

The vibe: A relaxed space with an indoor dining room, an outdoor garden with gazebos, a koi pond, and a rooftop area.

Why visit: The pan-Asian menu includes pad Thai, sushi, spicy Korean chicken wings, and dumplings. The supplied information lists karaoke nights on Wednesdays and Saturdays from 6 pm.

FILMS

to watch in cinemas this November

★★★★★

by Musa Adekunle

A campus romance, a cybercrime drama, and a ghost scam gone wrong feature on November's watchlist. Here are eight films to watch this month. Check our cinema listings for showtimes near you.

01 Street Fighter



Ryu and Ken reunite when Chun-Li recruits them for the World Warrior Tournament. A hidden conspiracy raises the stakes, forcing the fighters to confront their past and face each other. Kitao Sakurai directs the action film, with a cast that includes Andrew Koji, Noah Centineo, Jason Momoa, Callina Liang, and Curtis "50 Cent" Jackson.

02 Wire Transfer



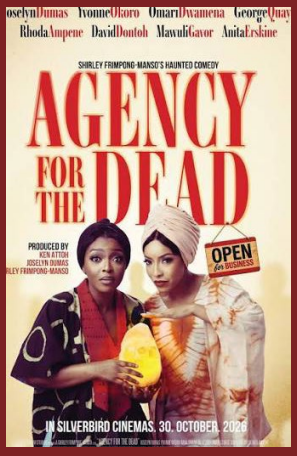
Tega enters a world of cybercrime and fast money, where betrayal makes every decision dangerous. As the authorities close in, he must navigate divided loyalties and decide how far he will go to protect himself and those around him. Directed by Lawrence Uchechukwu, the action drama stars Charles Okocha, Deyemi Okanlawon, Gideon Okeke, Hanks Anuku, Nkechi Blessing, and Segun Arinze.

03 Tele x Zikora



Zikora leaves her comfortable but lonely life in Houston for a semester at Lagos Metropolitan University. A demanding group project pairs her with Tele, a brilliant but guarded engineering student, and their frequent clashes gradually give way to romance. Adenike Adebayo-Esho directs the drama, whose cast includes Mike Afolarin, Daniel Etim Effiong, Ibrahim Chatta, Mercy Aigbe, and Olumide Oworu.

04 Agency for the Dead



Sisters Phebe and Sophia fake supernatural encounters to escape eviction, only to awaken real spirits. With ghostly visitors multiplying and suspicious detectives watching, they must find a way to contain the chaos their scam has unleashed. Shirley Frimpong-Manso directs the Ghanaian comic thriller, starring Joselyn Dumas, Yvonne Okoro, Mawuli Gavor, David Dontoh and Anita Erskine.

★★★★★

05 A Land Apart



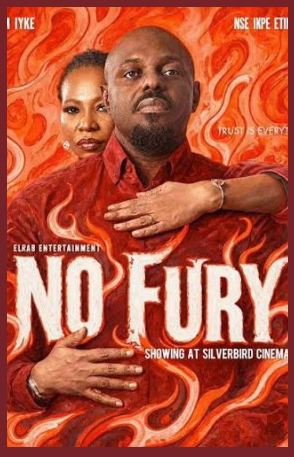
In an alternate Nigeria where agriculture drives national wealth, the illegitimate daughter of Africa's richest agripreneur inherits his empire. Her inheritance comes with a decision that extends beyond the family: which world power should receive her father's life-saving crop formula? Directed by Pever Bem, the drama features Richard Mofe-Damijo, Onyeka Onwenu, Sam Dede, Daniel Etim Effiong and Jide Bolarinwa.

06 Clayface



Rising Hollywood star Matt Hagen undergoes a horrifying transformation when scientific ambition strips him of his identity and humanity. His descent into a revenge-driven monster forms the centre of this horror thriller. James Watkins directs, with Tom Rhys Harries, Naomi Ackie, Max Minghella, Eddie Marsan and Nancy Carroll among the cast.

07 No Fury



A couple's seemingly perfect life falls apart when a hidden betrayal comes to light. The wife's pursuit of revenge sparks a conflict that threatens the bonds between their families, leaving her to confront whether their love can survive the deceit. Akay Mason directs the drama, starring Nse Ikpe-Etim, Jim Iyke, Nosa Rex, and Kameel Audu.

08 Arnie & Barney



Two clumsy ants with big ambitions stumble through life in the meadow, causing trouble wherever they go. Their misadventures turn everyday setbacks into a story of friendship, failure and small victories. Directed by Sean Heuston, the animated comedy features the voices of David Cameron, David Collins, Juliette Crosbie and Shane Dundas.



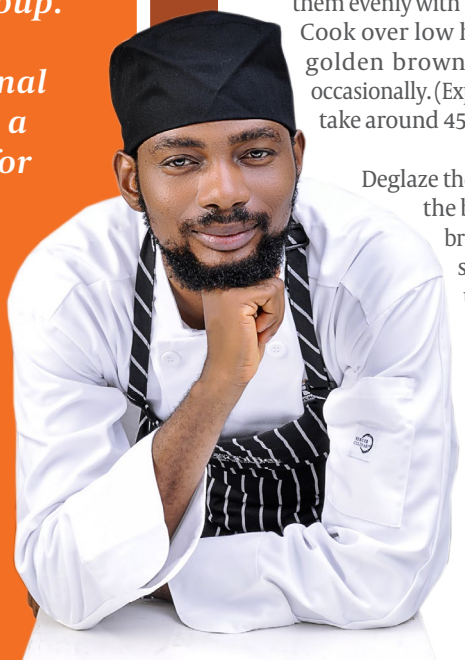
Flavourful *ehuru* onion-spiced soup

by Chidinma Enweani



This weekend, Olotu Oluwatimilehin Samuel, also known as Chef Olotu, will take us on a culinary trip. With an excellent ability to work magic in the kitchen, he'll show us how to make Ehuru-spiced onion soup.

He said, "While the traditional French onion soup relies on a standard pinch of nutmeg for subtle warmth, this recipe is uniquely different by completely swapping it out for Ehuru."
Here is how to make Chef Olotu's Ehuru-spiced onion soup:



Ingredients

- 2 tablespoons butter
- 2 lbs large yellow onions, Lyonnaise cut (about 3 to 4 pieces)
- ½ teaspoon freshly ground Ehuru (Calabash Nutmeg)
- 4 cups brown stock, unsalted
- 2 tablespoons brandy (optional)
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- 1 to 2 tablespoons sherry wine (optional)
- French bread, as needed
- 1½ cups Gruyère or Swiss cheese (or a mixture), coarsely grated

Before starting the soup, place your whole ehuru seeds into a dry skillet over medium heat. Toast for 2 to 3 minutes until highly fragrant. Remove from the heat, peel off the hard outer shells, and grind the inner seed into a fine powder. Set aside ½ teaspoon.

Heat the butter in a stockpot over medium-low heat.

Add the onions and coat them evenly with the butter. Cook over low heat until golden brown, stirring occasionally. (Expect this to take around 45 minutes).

Deglaze the pan with the brandy (or brown stock), scraping up any fond that has stuck to the surface of the pan. Reduce the liquid to au sec (until nearly dry).

Add stock and Ehuru: pour in the 4 cups of brown stock and stir in your ½ teaspoon of toasted, ground ehuru. Bring the mixture to a boil, then reduce to a simmer. Simmer the soup for at least 20 minutes to allow the woody, aromatic ehuru to blend perfectly with the sweet onions.

Season to taste with salt and pepper. Add the sherry wine, if desired. (Taste the broth here, if you want a punchier ehuru profile, add up to another ¼ teaspoon).

Keep the soup hot for service.

Cut the bread or croutons into ½ inch to 1 inch slices, or slices that fit your bowls or crocks. Each serving of soup will need 1 to 2 slices to cover the top, depending on the size of the serving vessel.

Lay the bread slices onto a sheet pan and toast under a broiler until lightly browned.

Ladle each portion of soup into a crock or small bowl and top with the toasted bread slice(s). Cover the bread completely with the grated cheese.

Carefully place the bowls or crocks onto a sheet tray and place in a preheated oven at 250°C under the broiler until the cheese is bubbling and browned.

Serve

Chef's tip

This entire process relies on low, gentle heat. Patience is your most important ingredient; timing is the secret to getting the best flavour and perfectly brown, sweet onions.

Palm wine & apple mimosa

by Chidinma Enweani

Every rich, savoury soup deserves a great partner on the table. Palm wine and apple Mimosa cocktail delivers exactly that. By pairing the natural, earthy bubbles of chilled palm wine with the crisp taste of sparkling apple cider, it creates a perfectly balanced palate cleanser. It is an unexpected, modern twist on a classic favourite, designed to lift the deep flavours of the soup and bring a refreshing finish to your weekend.



Ingredients

- 60ml fresh palm wine (well-chilled)
- 60ml sparkling apple cider
- 1 teaspoon fresh lime juice
- 1 thin slice of green apple (for garnish)

Instructions

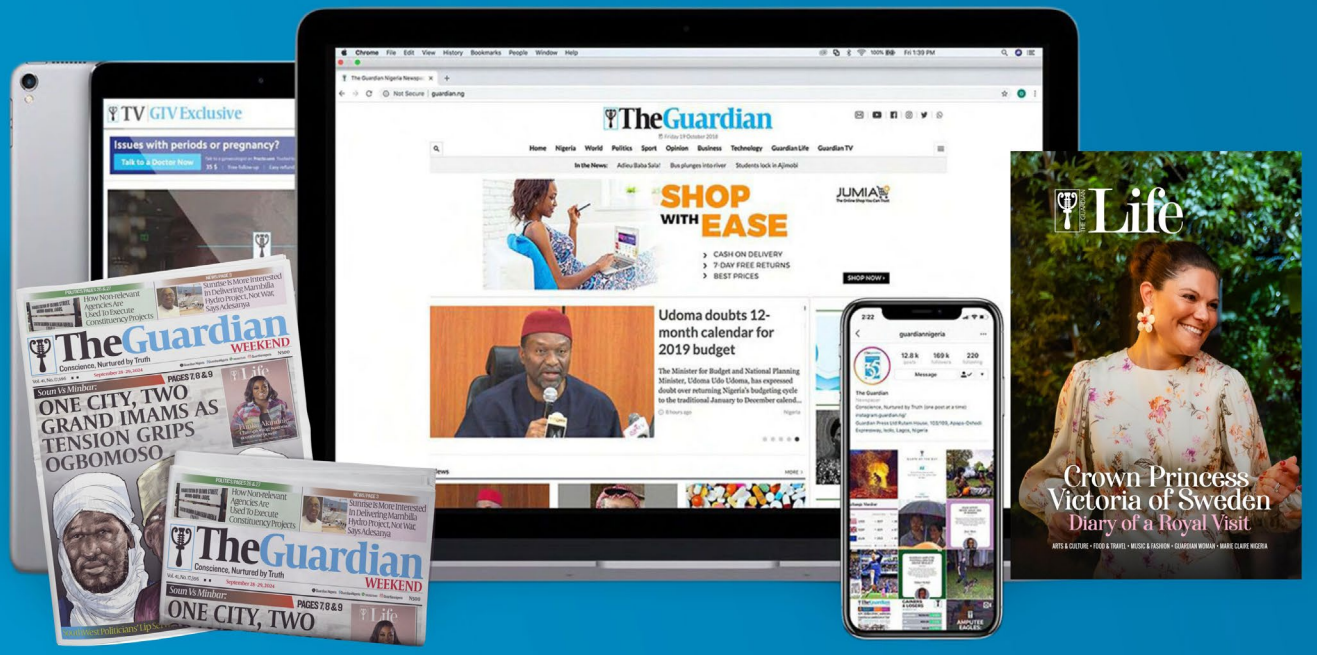
Pour the well-chilled fresh palm wine directly into a champagne flute.

Top it with the sparkling apple cider, letting the natural effervescence mix the liquids gently.

Stir in the fresh lime juice to cut through the natural sweetness.

Slit your green apple slice and rest it neatly on the rim of the glass. Serve immediately alongside the hot soup.

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