

KLlifestyle

MAY 2016

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Take the love of your life out somewhere nice this month, and we've got you covered!

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MAKAN-MAKAN

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88 Sojourn Hotel

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ON THE COVER



Abdul Latiff Mohidin
Siri Paga Paga - Debris, 1968
Oil on canvas 89 x 69.5 cm
RM 420,000 - RM 550,000

Managing Editor / Publisher

Datuk Gary Thanasan
gary@mediate.com.my

General Manager

Lydia Teoh
lydia@mediate.com.my

Deputy Editor

Kathlyn Ursula D'Souza
kathlyn@mediate.com.my

Writer

Vanessa R. Singh
vanessa@mediate.com.my

Writer

Jacqueline Benita Paul
jacqueline@mediate.com.my

Senior Designer

Eyda Faidah
eydafaidah86@gmail.com

Web Designer

Noor Elaine Noor Jan
elaine@mediate.com.my

Aviation News / Airlink

Andrew Ponnampalam
andrewponnampalam@yahoo.com

How to reach KL Lifestyle

For letters to editor, subscriptions, advertising, news releases and reproduction permission:

mediate
communications

31 Jalan Utara
46200 Petaling Jaya, Selangor

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www.kl-lifestyle.com.my

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CALENDAR

SUNDAY

01

IRFAN PLAYS RACHMANINNOFF

1 May
Dewan Filharmonik Petronas

PESTA AIR LABUAN

1 May
Labuan International Sea Sport Complex, Labuan

BALLET ILLUMINATIONS

1 May 2016 @ 2.00PM
klpac

MONDAY



TUESDAY



WEDNESDAY



08

TENBY SCHOOLS PRESENTS CARMINA BURANA

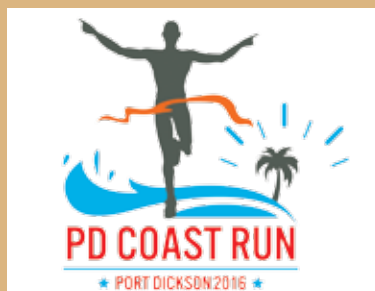
8 May @ 6.00PM
Dewan Filharmonik Petronas

PORT DICKSON COAST RUN

8 May @ 7.00AM
Pantai Cahaya Port Dickson



The Kuala Lumpur
Performing Arts Centre (klpac)
Pentas 1
29 April - 1 May 2016



22

KL-PJ WEDDING FAIR 2016

20 - 22 May @ 11.00AM - 10.00PM
Mid Valley Exhibition Centre, Kuala Lumpur

PETER AND THE WOLF

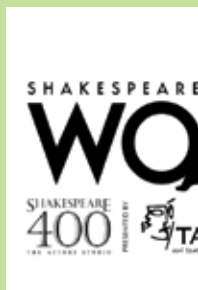
21 - 22 May @ 2.30PM and 4.30PM
Dewan Filharmonik Petronas



24

CHAMBER CONCERT XI

24 May @ 6.30PM
Dewan Filharmonik Petronas



MAY 2016

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



06

THE MPO & ZAINAL ABIDIN
6 - 7 May @ 8.30PM
Dewan Filharmonik Petronas

07

ELECTRIC RUN MALAYSIA 2016
7 May @ 7.00PM
Selangor Turf Club

M83 LIVE
7 May @ 7.00PM
KL Live

URBANSCAPES 2016 : M83
7 May @ 7.00PM
KL Live



13

NOBUKO IMAI PLAYS ELGAR
13 May & 14 May @ 8.30PM
Dewan Filharmonik Petronas

BORNEO JAZZ FESTIVAL
13 - 14 May
ParkCity Everly Hotel, Miri, Sarawak

14

THE SECRETS OF THE MAGIC POOL
13 - 14 MAY @ 8.00PM
Performing Arts Centre of Penang

MALAYSIA'S TADAU KA'AMATAN: OPEN HOUSE CELEBRATION (MRTM-TADAU)
14 May
Sandakan, Sabah



26

SHAKESPEARE'S WOMEN
26 - 29 May
klpac



27

SCHEHERAZADE
27 - 28 May @ 8.30PM
Dewan Filharmonik Petronas

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RAIN THE SQUALL TOUR IN MALAYSIA
21 May @ 8.30PM
Arena of Stars, Genting Highlands

WESAK DAY
21 May
Malaysian Buddhist Association Building, Penang

LITTLE MIX GET WEIRD TOUR
21 May
KL Live





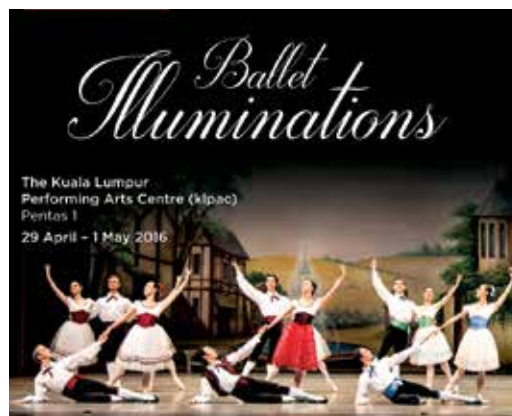
IRFAN PLAYS RACHMANINOFF

1 MAY

The sensational young Malaysian pianist Tengku Irfan performs Rachmaninoff's Third, a work demanding the utmost in technique, stamina and strength. World-renowned conductor Neeme Järvi opens this all-Russian programme with a seldom-played piece by Rimsky-Korsakov. A joyous, immensely powerful symphony by Glazunov brings this concert to a thrilling conclusion.

Venue: Dewan Filharmonik Petronas
Price: RM150, RM120, RM90, RM60
Suite Seats: RM270/seat, RM240/seat

www.mpo.com.my



BALLET ILLUMINATIONS

1 MAY 2016 @ 2.00PM

Singapore Dance Theatre's long-anticipated Ballet Illuminations Malaysia Tour returns with a medley of diverse and exquisite mix of classical and contemporary ballet by award-winning choreographers.

After six successful consecutive years of performances at KLPAC, the SDT will be making its seventh annual tour to KL and third tour to Penang, to share some of the company's best ballets with the audiences in Malaysia.

Be captivated and exhilarated as Singapore Dance Theatre brings to the stage a fine mix of classical and contemporary ballet at this year's Ballet Illuminations!

Venue: Pentas 1, (klpac)
Price: RM38

www.klpac.org

PESTA AIR LABUAN

1 MAY

This is the biggest annual event in Labuan. Major competitions include the Labuan International Deep Sea Fishing Tournament, Cross Channel Swimming Challenge and Round Island Kayak Challenge. If you up for an adventure, then this is the place to be.

Venue: Labuan International Sea Sport Complex, Labuan

www.motac.gov.my





URBANSCAPES 2016 : M83

7 MAY @ 7.00PM

Urbanscapes has added another exciting international music act to its line-up: French electronic band M83!

Having steadily garnered worldwide recognition, M83 has released over six albums, including the highly popular Saturdays = Youth (2008) and the critically acclaimed Hurry Up, We're Dreaming (2011), which received a 2013 Grammy nomination.

With a follow-up album in the works that has been self-described as "epic" and "eclectic", it's no surprise that M83 has played at major festivals around the world, including Lollapalooza, Coachella, and St Jerome's Laneway.

Named after a spiral galaxy Messier 83, you can expect M83 to deliver a musically stellar performance at KL Live!

Urbanscapes, one of the longest-running creative arts festivals in Malaysia, was founded with the aim of bringing together Malaysian creative communities. The festival has now grown to include the best from around the world. Built on the belief that great things happen when people come together, this year, the organizers are taking the festival back to its roots - in the heart of KL - Spanning over two weeks and at various venues throughout the city.

Venue: KL Live
Price: RM 199- RM 259

www.ticketpro.com.my



ELECTRIC RUN MALAYSIA 2016

7 MAY @ 7.00PM

Get your Glow-In-The-Dark paint and dust out your Glow Sticks because your ultimate nighttime 5k fun run/walk adventure is back! Step into the night life and join us for a nocturnal adventure you'll never forget! There will be seven dazzling course lands (Candy Lane, Rainforest, Water Station, Neffmau5 Land, Under The Sea, Rainbow Road, The Powerhouse) from its debut in Kuala Lumpur and will feature 2 new, never before seen course lands which will highlight Malaysia in all its neon glory. You'll make your mark in the dark by showing off your creative costumes and dancing the night away. The party is in your hands, so bring your A-game!

Venue: Selangor Turf Club
Price: Starting from RM 93.28

www.galactix.asia/electricrunmy

6-7



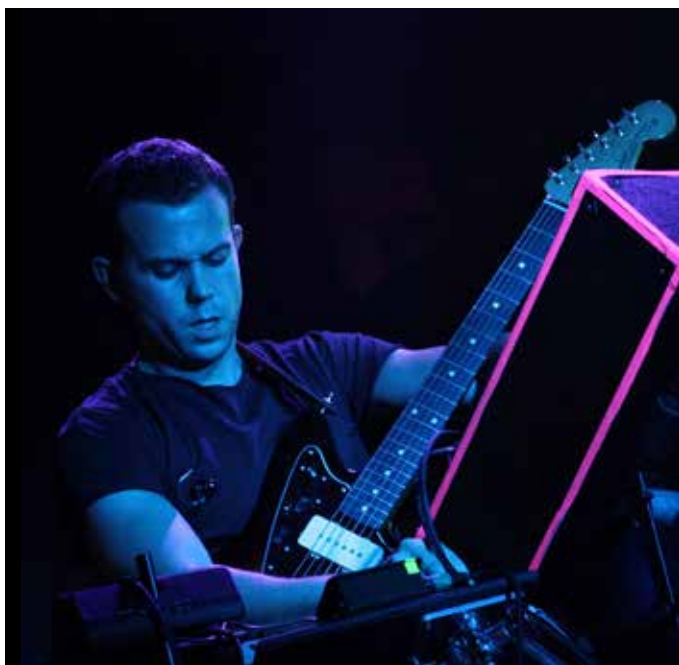
THE MPO & ZAINAL ABIDIN

6 - 7 MAY @ 8.30PM

This accomplished and renowned Malaysian artiste is famous for his unique and trademark sound and style. Zainal will take us on his musical journey spanning over 30 years - from local folk songs, his early solo albums, as lead singer for the famous band Headwind, to Malaysian evergreen hits including the timeless Hijau, Suraya, Manis and Ikhlas Tapi Jauh in symphonic arrangements for an unforgettable two nights alongside the MPO.

Venue: Dewan Filharmonik Petronas
Price: RM350, RM250, RM150, RM100
Suite Seats: RM630/seat, RM560/seat
All listed prices are inclusive of GST

www.mpo.com.my



M83 LIVE
7 MAY @ 7.00PM

M83, aka Anthony Gonzalez, has announced an initial series of Asian tour dates.

M83, aka Anthony Gonzalez, has announced an initial series of Asian tour dates. Following the success of his critically acclaimed album *Hurry Up, We're Dreaming*, featuring platinum-selling single "Midnight City," M83 is on the verge of another epic full-length release. Anthony describes his forthcoming album as "more fun and fresh" with "a lot of eclecticism," promising plenty of "unexpected guests."

Venue: KL Live
www.kl-live.com.my



TENBY SCHOOLS PRESENTS CARMINA BURANA
8 MAY @ 6.00PM

One of the most eccentric compositions of the 20th century, Carmina Burana will be performed by Tenby Schools' pupils at Dewan Filharmonik PETRONAS. The production is the full-scale Carmina Burana with a large orchestra, multiple vocal soloists, a 150-voice strong chorus and dancers. A former director of Music and now Campus principal, Andrew Auster will be the conductor for this ambitious event. The 60-minute Carmina Burana is a collection of 13th century lyrics set to a dynamic, percussive score by Carl Orff. Carmina Burana means 'songs of Beuron' and is about the wheel of fortune; sometimes one is up, sometimes one is down, but the wheel keeps turning...so keep hold of the wheel!

Venue: Dewan Filharmonik Petronas
Price: RM115, RM95, RM75, RM55
Suite Seats: RM135
All listed prices are inclusive of GST

www.mpo.com.my

PORT DICKSON COAST RUN
8 MAY @ 7.00AM

The PD Coast Run 2016 is a 8km & 11km road running event which will take place at Pantai Cahaya Negeri which covers the Port Dickson coast and surrounding area.

Venue: Pantai Cahaya Port Dickson
Price: RM49 - RM89

www.facebook.com/boongahevent





THE SECRETS OF THE MAGIC POOL 13 - 14 MAY @ 8.00PM

A Play of Good, Evil & the Water of Life. A witch who covets the pool. A crazed woman who controls it. A princess who wants to marry her prince. A cobbler who wants to marry off his daughters. A baker who keeps a deep secret. A blind beggar who sees better than most.

Set off on a magical journey to discover the secrets of the magic pool. A witch tempts a king's exiled brother, Cane, with a drop of the magic water in order to use him to break the curse of the caretaker of the pool. Cane's plot to capture the water puts him at odds with the prince of the Northern Kingdom, the princess he intends to marry, and the unlikely residents of Kidron. But when the witch comes calling, there's more than just Cane to worry about. With a wonderful cast of 13 unforgettable characters, "The Secrets of the Magic Pool" will delight audiences of all ages with its witty dialogue, intense dramatic scenes, and emotional impact while exploring universal themes of family, courage, temptation, love and sacrifice.

Price: RM30/ RM35/ RM25

www.ticketpro.com.my

13-14



NOBUKO IMAI PLAYS ELGAR 13 - 14 MAY @ 8.30PM

From Japan we hear a deeply moving work by the preeminent Japanese composer of the 20th century, Tōru Takemitsu. From England we get a rare performance of Elgar's poignantly beautiful Cello Concerto played on the viola (instead of the cello) by a world-class violist.

Venue: Dewan Filharmonik Petronas
Price: RM150, RM120, RM90, RM60

Source: www.mpo.com.my

13-14



BORNEO JAZZ FESTIVAL 13 - 14 MAY

The Borneo Jazz Festival was introduced in 2006 at ParkCity Everly Hotel, Miri. It is a festival awaited by fans of jazz music and promotes Miri as a tourist destination.

Venue: ParkCity Everly Hotel, Miri, Sarawak

www.sarawaktourism.com



MALAYSIA'S TADAU KA'AMATAN: OPEN HOUSE 14 MAY

Experience the Tadau Ka'amatan festivities in an open house celebration, which brings people together.

www.motac.gov.my



LITTLE MIX GET WEIRD TOUR

21 MAY

What do you get when you mix four gorgeous British girls with amazing vocals and winners of one of the most competitive singing competitions, X Factor? Little Mix! With over half a billion YouTube and Vevo views worldwide, they've also successfully become one of Britain's greatest exports with massive tours in the US, Australia and Japan – breaking the Spice Girls' long-held record of highest debut US chart position for a UK girl group in the process – with signature hits including 'Move', 'Wings', 'DNA' - and now insanelly effervescent comeback single, 'Black Magic'.

Price: Ranging from RM 116-RM258

www.ticketpro.com.my

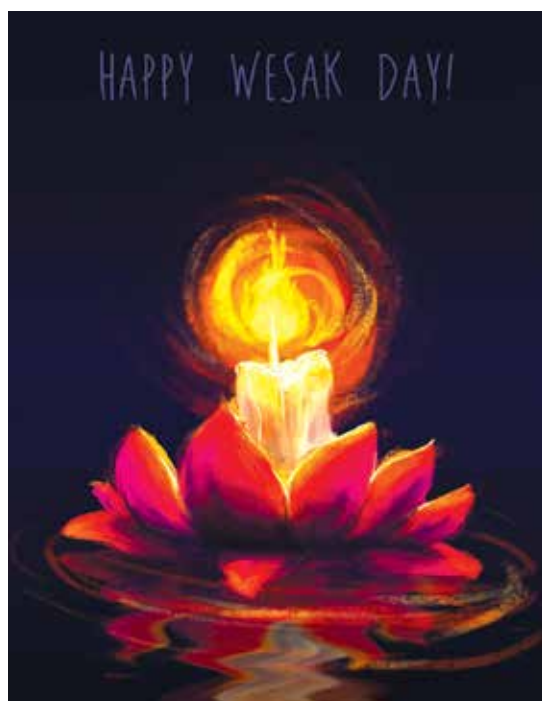
KL-PJ WEDDING FAIR 2016

20 - 22 MAY @ 11.00AM - 10.00PM

The 12th KL-PJ Wedding Fair 2016 from 20 to 22 May 2016 at the Mid Valley Exhibition Centre, Kuala Lumpur is the premier wedding expo in Malaysia. Also, the only exclusive wedding fair with KL-PJ top 50 local bridal houses, from SS2, Sunway, Damansara, Puchong, Jalan Ipoh, Loke Yew and Cheras. This year, the event brings some of the top bridal houses from Penang and Johor. The fair also incorporates more than 100 hotels and restaurants for your wedding dinner in KL, PJ, Penang, Malacca and Johor. Plan your dream wedding within your budget or at the most luxurious 5-star hotel banquets. To add more excitement, "Fashion @ KL-PJ" will feature Malaysia's best wedding suppliers - wedding gown, wedding dress, wedding shoes, wedding jewellery, wedding live band, wedding planner, wedding decoration, florists, bridal make-up, photobooth, etc.

Venue: Mid Valley Exhibition Centre, Kuala Lumpur
Free Admission

www.klpj.com.my

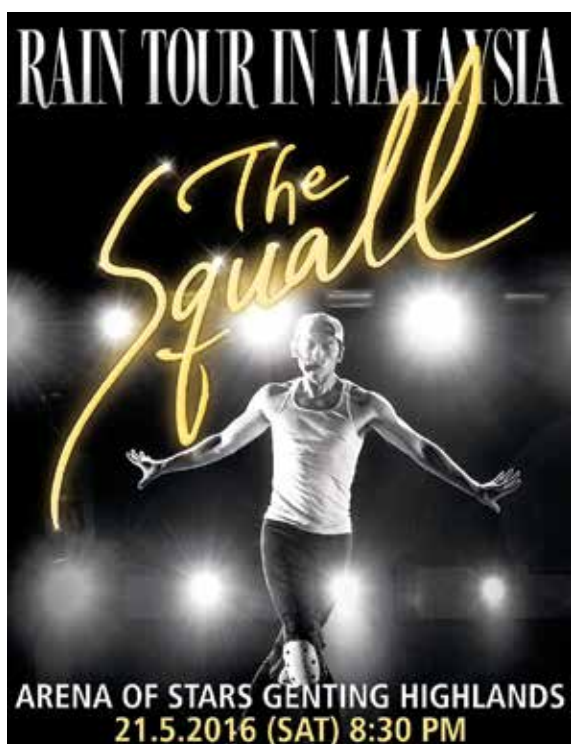


WESAK DAY

21 MAY

Wesak Day is observed by devotees to celebrate Buddha's birthday, enlightenment and achievement of Nirvana.

Venue: Malaysian Buddhist Association Building, Penang



RAIN THE SQUAL TOUR IN MALAYSIA 21 MAY @ 8.30PM

Return of The King - Rain The Squal Tour in Malaysia

Korean singer and actor Rain (Jung Ji Hoon) will make a come back after five years to hit the stage at the Arena of Stars, Genting Highlands! The show is presented by Galaxy Group. The Squal is Rain's first concert tour since completing his compulsory military service and seventh overall. The tour kicked off in Changsha, China on Nov 7, 2015, followed by successful performances in Shenzhen and Wuhan. His most recent and previous stop was in Hong Kong on Jan 30.

Venue: Arena of Stars, Genting Highlands
Price: RM 948 (VVIP), RM 768 (PS1), RM 598 (PS2), RM 368 (PS3), RM 298 (PS4), RM 198 (PS5)

www.galaxy.com.my



PETER AND THE WOLF 21 - 22 MAY @ 2.30PM AND 4.30PM

Prokofiev's Peter and the Wolf and Britten's Young Person's Guide to the Orchestra are two of the most famous, successful and enjoyable musical works ever written to introduce audiences to an orchestra. The Young Person's Guide to the Orchestra methodically features each section of the orchestra, and in Peter and the Wolf, each character is associated with a musical instrument.

Venue: Dewan Filharmonik Petronas
Price: RM130, RM100, RM80, RM50

www.mpo.com.my

21-22



CHAMBER CONCERT XI 24 MAY @ 6.30PM

Finally got to leave the office but dread the thought of going through the rush hour jam? Then join MPO musicians for an hour of chamber music and let the music carry you to your happy place.

Venue: Dewan Filharmonik Petronas
Price: RM30

www.mpo.com.my

SCHEHERAZADE 27 - 28 MAY @ 8.30PM

Rimsky-Korsakov set to music the marvelous tales of intrigue and adventure told by the beautiful Scheherazade, resulting in a four-movement narrative of scenes from the Arabian Nights. Renowned German cellist Daniel Müller-Schott is the star in Prokofiev's fiendishly difficult Sinfonia Concertante, dubbed "the Mt. Everest of the virtuoso cellist's repertory". Ravel's Alborada del Gracioso, originally a piano work, turns up in the composer's own orchestration.

Venue: Dewan Filharmonik Petronas
Price: RM150, RM120, RM90, RM60

www.mpo.com.my



27-28

May .



5

BAD NEIGHBOURS 2

5 May

Mac and Kelly Radner are expecting their second child when the sorority sisters of Kappa Kappa Nu move into their neighbouring house. The husband and wife turn to their former enemy and former neighbour, Teddy, for help with the problems caused by their new bad neighbours.

Genre: Comedy

Cast: Seth Rogen, Zac Efron, Rose Byrne, Dave Franco, Chloe Grace Moretz, Carla Gallo.



6

MOTHER'S DAY

6 May

A romantic comedy that features intertwining stories revolving around a television show host, a divorced mother looking for love, a girl who does not know who her mother is, and a woman who is looking to strengthen her relationship with her mother.

Genre : Comedy

Cast : Jennifer Aniston, Kate Hudson, Julia Roberts, Jason Sudeikis, Shay Mitchell.



12

THE ANGRY BIRDS MOVIE

12 May

Red, one of the flightless birds living on idyllic Bird Island, can't help being angry all the time and ends up getting sent to anger management class, where he meets fellow Angry Birds, Chuck and Bomb. Life on the island is turned upside down with the arrival of a Pig pirate ship, captained by Leonard. Red, Chuck and Bomb go in search of a legendary saviour, Great Eagle, to save the island. When that proves to be a fruitless attempt, it is up to Red to teach an entire civilisation how to get angry and plan an attack on Piggy Island.

Genre: Animation

Cast: Jason Sudeikis, Josh Gad, Danny McBride, Bill Hader, Maya Rudolph, Peter Dinklage.

13



THE LOBSTER

13 May

A love story set in a dystopian near future where single people are arrested and transferred to a creepy hotel. There they are obliged to find a matching mate in 45 days. If they fail, they are transformed into an animal and released into the woods.

Genre: Comedy, Romance, Drama, Sci-Fi, Thriller

Cast: Colin Farrell , Rachel Weisz , Léa Seydoux , John C. Reilly , Olivia Colman , Ben Whishaw , Ariane Labed , Angeliki Papoulia.

Movies

13



THE DARKNESS

13 May

A family returns from a Grand Canyon vacation with a supernatural presence in tow

Genre: Horror, Thriller

Cast: Kevin Bacon, Radha Mitchell, David Mazouz.



THE NICE GUYS

20 May

The Nice Guys takes place in 1970s Los Angeles, when down-on-his-luck private eye Holland March (Ryan Gosling) and hired leg-breaker Jackson Healy (Russell Crowe) must work together to solve the case of a missing girl and the seemingly unrelated death of a porn star. During their investigation, they uncover a shocking conspiracy that reaches up to the highest circles of power.

Genre: Crime / Thriller / Mystery

Cast: Russell Crowe, Ryan Gosling, Keith David, Beau Knapp.



26

RACHET AND CLANK

26 May

Adapted from the video game series of the same name, the movie follows Ratchet, a reckless orphaned Lombax, and Clank, a small but very smart robot. After finding out about a weapon that destroys planets, they join forces with the Galactic Rangers to stop evil alien, Chairman Drek, from destroying the Solana Galaxy, while learning lessons about courage, friendship and discovering one's own identity.

Genre: Action / Adventure / Animation

Cast: Sylvester Stallone, Paul Giamatti, Rosario Dawson, John Goodman, Bella Thorne

27

X-MEN APOCALYPSE

27 May

Since the dawn of civilisation, Apocalypse was worshipped as a god. He was the first and most powerful mutant from Marvel's X-Men universe, and amassed the powers of many other mutants, becoming immortal and invincible. Upon awakening after thousands of years, he is disillusioned with the world as he finds it and recruits a team of powerful mutants, including a disheartened Magneto (Michael Fassbender), to cleanse mankind and create a new world order, over which he will reign. As the fate of the Earth hangs in the balance, Raven (Jennifer Lawrence) with the help of Professor X (James McAvoy) must lead a team of young X-Men to stop their greatest nemesis and save mankind from complete destruction.

Genre: Fantasy, Action

Cast: Sophie Turner, Jennifer Lawrence, Olivia Munn, Evan Peters, Micheal Fassbender.



27



ALICE THROUGH THE LOOKING GLASS

27 May

When Alice wakes up in Wonderland she must travel through a mysterious new world to retrieve a magical scepter that can stop the evil Lord of Time before he turns forward the clock and turns Wonderland into a barren, lifeless old world. With the help of some new friends, Alice must also uncover an evil plot to put the Queen of Hearts back on the throne.

Genre: Adventure, Family, Fantasy

Cast: Johnny Depp, Sacha Baron Cohen, Anne Hathaway, Helena Bonham Carter, Alan Rickman, Micheal Sheen.

DS 5

ADVANCED IN STYLE



Showroom Locations: **Klang Valley** - Glenmarie 3S (03-5569 5700) - Naza Automall (03-7960 4900) - **Penang** - Juru 3S (04-508 4677 / 4900). Open Monday - Saturday (9am - 7pm) Sunday & Public Holiday
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DS AUTOMOBILES
SPIRIT OF
AVANT - GARDE

The stunning interior.

The dynamic of 'Nappa' leathers provide an all-encompassing sense of quality and comfort.



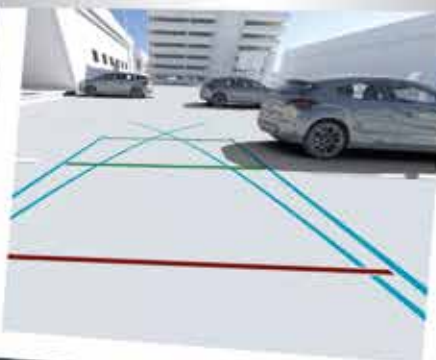
Aviation-inspired cockpit.

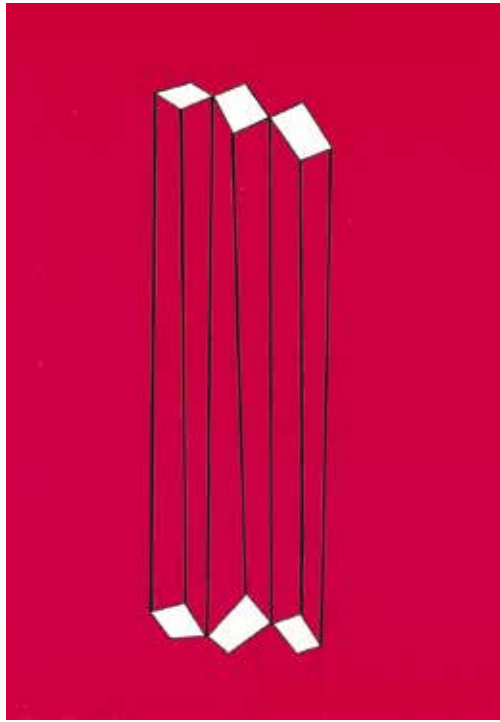
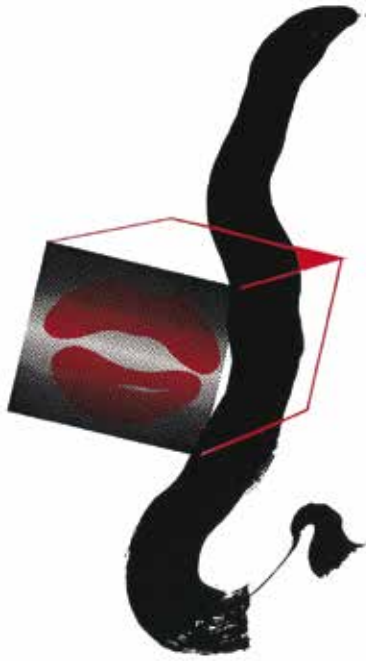
The cockpit roof has an integral control panel that features a series of beautifully engineered toggle switches. This overhead aircraft inspired design is perfectly positioned for clarity and control.



On camera, On track

Using a rear facing camera and the integrated satellite navigation screen, Citroën DS5 brings a clear, colour rear view for safe and incident free reversing and manoeuvres.





Galeri 11 greeting cards designed by then-budding artists such as Ibrahim Ismail, Jolly Koh and Abdul Latiff Mohidin.

GALERI 11

The Malaysian Martyr of Arts

BY KATHLYN URSULA D'SOUZA AS SPOKEN WITH MARENA CHEN

The late Chen Voon Fee may or may not ring a bell, but he was a man who lived a multi-faceted life. He was an architect most known for contributing greatly to Malaysia's architectural scene, especially with regards to the restoration of the Central Market and the Creative Centre at the Majestic Hotel when it was the National Art Gallery. His other projects included the Negeri Sembilan State Mosque, Kelab Malaysia, Dewan Persidangan Singapore, additional buildings for the Department of Literature, Universiti Malaya and the main hall, library and lecture halls of Universiti Sains Malaysia.

One of his other prodigious contributions to the country was in art. He was a founding member of Badan Warisan Malaysia and the author and illustrator of the now world-famous sketchbooks on Penang, Kuala Lumpur, Selangor, Perak and Malacca.

Chief of all his contributions was as the founder of Galeri 11, an old gallery located at 11 Jalan Pinang long ago which was responsible for the upsurge of the art scene in Malaysia. As an ode to the late Chen Voon Fee and Galeri 11, we spoke to former resident, assistant and sister-in-law of Chen Voon Fee, Marena Chen, who revealed to us the story behind the man himself, Galeri 11 and the legacy it has left us behind.

Chen Voon Fee and Galeri 11

"My brother-in-law was very art-conscious. He was an architect. He was one of the founders of Badan Warisan. **Voon Fee turned all the servants quarters into individual little studios for all those up-and-coming, struggling artists like Latiff Mohidin, Jolly Koh, Lee Kian Seng and Syed Alwi.** These people were his friends, and he gave all of them a chance for their works to be seen, where they didn't have to pay a lot of money, or didn't have to pay anything. They were sleeping there free-of-charge, including the German artists."

"And the first person I met was Latiff Mohidin. He had just come back from Indonesia after a



couple of weeks and he was staying up there. He was in his totem-pole phase at the time. Many a morning Latiff would come down and we would sit on the terrace, and have a cup of coffee or tea and a long chat. He would tell me his life story. I had asked him at that time why every painting that he did was a totem-pole. I just couldn't figure that out. He had gone to Borobudur and around Southeast Asia and it struck him that would be the right time to paint totem-poles.

"Shortly after, Galeri 11 organised an exhibition in 1967, with all these struggling, budding young artists. It was opened by Tun Ghazali Shafie – he was a Datuk back then. It was a huge success – a lot of the paintings were sold and I myself had bought about five."

"Anyway, on the whole it was a very jolly place, Galeri 11. Because artists from quite a lot of places – even European countries – came here and seemed to have heard of my brother-in-law. Of course, most of them had heard of him during his days in the UK when he was studying architecture and had met a lot of people. His friends knew friends who knew others and they had heard of him by name. They'd all come with their backpacks and would sleep on the floor.

"We never used to worry about all these people being in there because they were looking for a future for themselves, you see. A future that not many people were prepared to assist them to find." I really enjoyed the time that my husband and I lived there, until we had to move to Damansara because my husband was given a company house."

The inspiration behind Galeri 11

"My brother-in-law started Galeri 11 because these young, future artists of Malaysia, whom he greatly believed had a lot of talent. Nobody wanted to give them a chance to showcase what they could do. So he decided that as the house at 11 Jalan Pinang was so big and



Pago-Pago Debris by Latiff Mohidin, acquired by Pat Murphy from Galeri 11.

that he knew so many of the artists, he was going to give them a chance to be seen. As I mentioned earlier, during the first exhibition in 1967, it was really the start of something for the artists who are now quite well-known."

The artists residing in Galeri 11

"As a matter of fact, I was a member of the Klang Theatre Workshop (under Klang Club). My husband worked for SOCFIN and the SOCFIN people started this. Every time we put on a play at the Klang Club – which was a double-storey bungalow back then – I would get one of the artists from Galeri 11 to paint the backdrops, just to earn a little money. I liked the artists very much because they were very humble, they were so unsure of themselves and their craft as an artist. I was really surprised because, take for example, Syed Alwi, he painted beautifully!

"Most of these artists who are well-known today, they all came through and tumpang at the gallery because they had no money. They had just scraped enough money for their canvases and paints. So my brother-in-law said, 'This place is empty, with so many unused bedrooms upstairs.' Of course, there were no beds so the artists slept on the floor – on their mats. It was really sort of like a refugee camp, on occasions," she recalled, laughing mirthfully.

"They had these studios upstairs where they would paint in. Latiff, at the time, was having a rest after his totem-pole experience and he was deciding on a new genre or inspiration, so to speak."

The legacy of Galeri 11

"The whole Galeri 11 thing went on until 1991/1992 when they wanted to build the Etiqa towers. That was the end of Galeri 11.



Another painting by Latiff Mohidin - Pago-Pago Imago - which was acquired at Galeri 11 by Pat Murphy.

Everybody knew Galeri 11, though. People went in and out, all day long. Every cent that the paintings made went to the artists. My brother-in-law never claimed anything and he even provided food for these artists. He was a very generous person and we lost him about almost 8 years ago. After Galeri 11 closed, I don't think there was anybody else giving these new artists that much of a leg-up because my brother-in-law really gave them that."

"I wouldn't know if some of the old artists would want to admit it, but if you were a young, struggling artist ... everybody starts as an unknown. Somebody has got to give them a chance to sort of exhibit what they can do. And that's what Voon Fee did.

"Galeri 11 was a delightful place. And what my brother-in-law did there was an absolutely wonderful thing for our local, budding artists. Believe me, in 1967, they were all budding," she chuckled. "They were all penniless but they

had the ambition and talent. They just didn't have the finances, or the place to go where they could find a safe haven. Many of them came from the kampung, and it was really impossible for them to stay there and be an artist. They borrowed money from someone to get out of there, did a bit of travelling, saw some different perspectives and decided on what they wanted to specialise in. Some of them specialised in portraits, seascapes, abstracts, landscapes ... overall, they needed the exposure so they could decide. They all had phases like Latiff with his totem-poles and Jolly Koh with his ripples. Eventually, a breakthrough came and finally, the light went up and they found a genre. But they needed a start. And Voon Fee provided that start. Even during the first major exhibition at Galeri 11, Voon Fee provided the food, the wine, the champagne and so on."

"I don't know if anybody had ever thanked him, or whether it had even occurred to them.

There is no shame in accepting other people's help.

"We did our best for them. Voon Fee kept the gallery part upstairs and the free places to paint in their studios, food and shelter. Not only that, he was also paying rent for the place ... not for himself, but for these people, so that they could show off their works and have a place to tumpang if they had no other place to go. If it was not for my brother-in-law and Galeri 11, a lot of them would probably be by the river or under a bridge! It's not something that would take away their dignity, should people find out that they have to rely on things like that, but that is what budding artists do. There's nothing to be ashamed of. If you were starting out on something, especially something that does not bring in money immediately, this is something you have to do and hope and wait for - so that you could buy your next round of art supplies.

"Back then, some of the artists could even get 150 dollars (that time ringgit did not exist) which was quite a hefty amount of money, and for these budding youngsters, that would throw them into a joyful fit as they ran to the art supplies shop! They would go crazy and didn't even think to keep some for food because they knew they could come back to Galeri 11 and get fed there," she recalled with a laugh. "I don't know if the artists would remember me today, but they should because I was the only Mat Salleh living in that house!"

Fondest memory of Galeri 11

"It was the hodgepodge of people that were staying there," Marena admitted, "That place there was more or less their home. The free and easy feeling of being able to talk to these people, getting their ideas of their future ... the enthusiasm my brother-in-law had for helping these people and looking after them ... giving them a chance and hope. Living there, I tell you, was a really fun time. Even when I finally moved to Damansara, I always went down there for the exhibitions. Also, my brother-in-law never married so during exhibitions, he needed a hostess. And that hostess would be his sister-in-law, who had to attend to everything!

"And the artists, even if they were of different races and came from different countries, got along so well. So many of them were in and out, handing the door to each other. But it was their home."

"The day they closed down Galeri 11 was a sad day. It was filled with so much nostalgia. However, when my brother-in-law passed on, some of the artists and old architect friends such as Hijjas Kasturi came to the wake at the Methodist church in PJ. They all came to pay their respects to an old friend and colleague."



HOMAGE TO PAGO-PAGO

A Private Collection Showcase

MAY 2 - 18, 2016 | KLAS @ 31 JALAN UTARA



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KLAS ART AUCTION *Edition XX*

SUNDAY, 24 APRIL 2016 1.00 PM LE MERIDIEN KUALA LUMPUR

RESULTS



ABDUL LATIFF MOHIDIN B. N. Sembilan, 1941
Rimba Series - Puntung The Stump, 1996
Oil on canvas 137 x 266 cm
SOLD - RM 879,216.00

24 April 2016 marked the most exciting day for KLAS, as KLAS Art Auction Edition XX took place at Le Meridien, Kuala Lumpur. It was the second auction for the year, and a total of 88 lots were on display for art bidders.

The modern and contemporary art auction featured prized works of Malaysian and Asian masters from around the region. With big names and magnificent masterpieces that went under the hammer, the crowd turn-up was impressive and records were broken.

One of the pieces that got the crowd excited was Latiff Mohidin's Rimba Series – Puntung The Stump that set an all-time high of RM780, 000. This was

followed by Awang Damit Ahmad's EOC Ikan Kekek dan Gubang Bigul, which was sold for RM310, 000, making him one of the few Malaysian artists to breach past RM300, 000.

After a near three-hour show, guests were invited to some refreshments. KLAS is now in the midst of organising the next auction, which is set to be in June.

Art collectors and interested buyers are welcomed to visit KLAS @ 31, Jalan Utara, and our website at www.klifestyle.com.my for latest news. To register as a bidder for the next auction or for any enquiries, please contact Lydia Teoh at 019 260 9668 or Shamila at 019 333 7668. You can also send your requests to info@mediate.com.my.



ABDUL LATIFF MOHIDIN B. N. Sembilan, 1941
Debris (pago-pago series), 1968
Oil on board 89 x 69.5 cm
SOLD - RM 541,056.00



AWANG DAMIT AHMAD B. Sabah, 1956
E.O.C "Ikan Kekek dan Gubang Bigul", 1993
Mixed media on canvas 153 x 183 cm
SOLD - RM 349,432.00



KHALIL IBRAHIM B. Kelantan, 1934
Untitled, 1979
Acrylic on canvas 140 x 179 cm
SOLD - RM 157,808.00



YUSOF GHANI B. Johor, 1950
Segerak Series - Foray, 2007
Oil on linen 128 x 95.8 cm
SOLD - RM 73,268.00



TAJUDDIN ISMAIL, DATO' B. N. Sembilan, 1949
Seaforms, 1998
Acrylic on canvas 150 x 150 cm
SOLD - RM 42,833.60



KHALIL IBRAHIM B. Kelantan, 1934
Bachok, 1957
Oil on canvas 32 x 52 cm
SOLD - RM 67,632.00



JOLLY KOH B. Singapore, 1941
Yellow Suite, 1966
Acrylic and oil on canvas 97 x 76 cm
SOLD - RM 47,906.00



DZULKIFLI BUYONG
B. Kuala Lumpur, 1948-2004
Untitled, 1982
Acrylic on board 59 x 42 cm
SOLD - RM 42,833.60



LYE YAU FATT B. Kedah, 1950
Favourite Pastime, 1976
Oil on canvas 96.5 x 75.5 cm
SOLD - RM 30,434.40



IBRAHIM HUSSEIN, DATUK B. Kedah, 1936 - 2009
Multiple Figures, 1976
Mixed media on wooden barrel
10 cm (Diameter) 19 cm (Height)
SOLD - RM 30,434.40



ISMAIL ABDUL LATIFF B. Melaka, 1955
Lembah Kesuma Wangi, No 1, 2 & 3, 2002
Acrylic on museum board 38 x 38 cm x 3 pieces
SOLD - RM 13,526.40



ISMAIL MAT HUSSIN B. Kelantan, 1938 - 2015
 Playing Gasing, 1982
 Batik 92 x 105 cm
SOLD - RM 31,561.60



CHUAH THEAN TENG, DATO' B. China, 1914 - 2008
 Mother and Daughters : The Fruit Season
 Batik 57.5 x 45 cm
SOLD - RM 38,324.80



R.M. DE LEON B. Philippines, 1960
 Face is Stranger Than Fiction (Chihuahua in the sweetest and prettiest acid wash colour), 2009
 Acrylic on paper 122 x 150 cm
SOLD - RM 13,526.40



ABDUL LATIFF MOHIDIN
 B. N. Sembilan, 1941
 Zwischen Zwei Welten
 (In Between Two Worlds
 - Study for Paga-Paga Series, 1966)
 Ink on paper 16 x 11.5 cm
SOLD - RM 19,726.00



SEAH KIM JOO B. Singapore, 1939
 Singapore River
 Batik 51.5 x 79.5 cm
SOLD - RM 19,726.00



RAPHAEL SCOTT AHBENG B. Sarawak, 1939
 Gold Hue, 2015
 Acrylic on canvas 100 x 138 cm
SOLD - RM 15,780.80

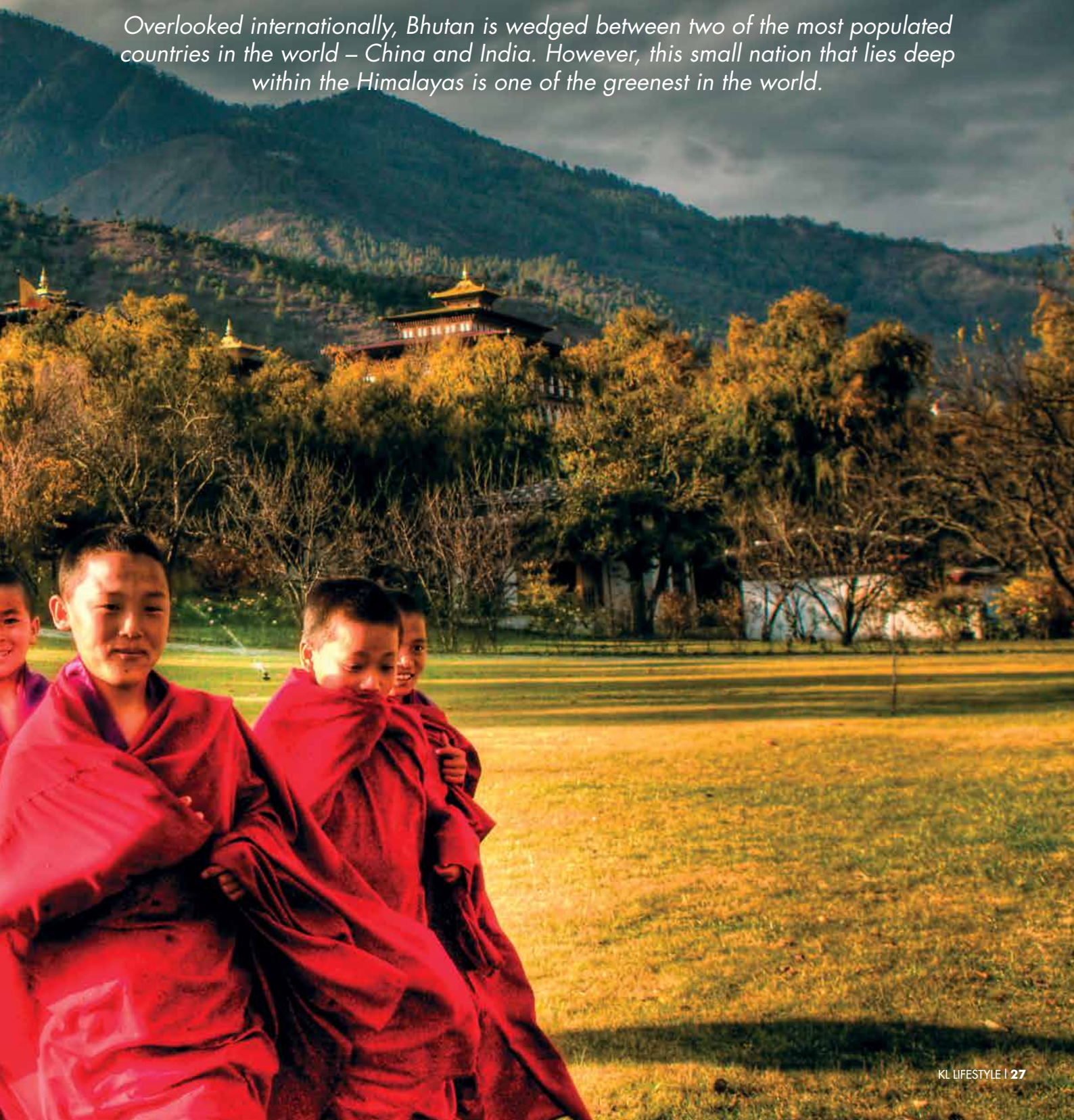


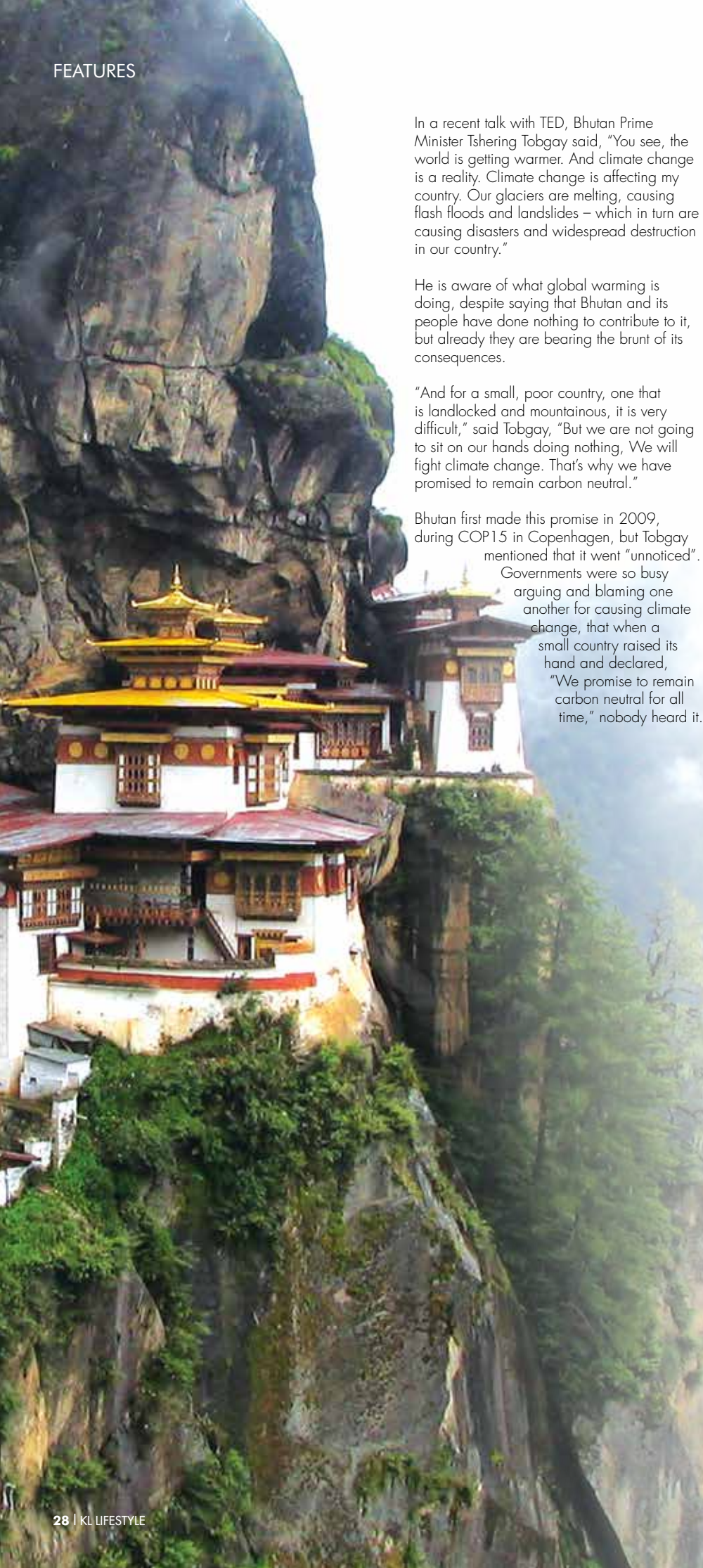
CARBON NEUTRALITY

Bhutan: Leading by Example

BY KATHLYN URSULA D'SOUZA

Overlooked internationally, Bhutan is wedged between two of the most populated countries in the world – China and India. However, this small nation that lies deep within the Himalayas is one of the greenest in the world.





In a recent talk with TED, Bhutan Prime Minister Tshering Tobgay said, "You see, the world is getting warmer. And climate change is a reality. Climate change is affecting my country. Our glaciers are melting, causing flash floods and landslides – which in turn are causing disasters and widespread destruction in our country."

He is aware of what global warming is doing, despite saying that Bhutan and its people have done nothing to contribute to it, but already they are bearing the brunt of its consequences.

"And for a small, poor country, one that is landlocked and mountainous, it is very difficult," said Tobgay, "But we are not going to sit on our hands doing nothing. We will fight climate change. That's why we have promised to remain carbon neutral."

Bhutan first made this promise in 2009, during COP15 in Copenhagen, but Tobgay mentioned that it went "unnoticed". Governments were so busy arguing and blaming one another for causing climate change, that when a small country raised its hand and declared, "We promise to remain carbon neutral for all time," nobody heard it.

However, things changed last December in Paris, at COP 21, when Bhutan repeated its promise to remain carbon neutral for all time to come. This time, it was heard. All governments came round together, to accept the realities of climate change – all countries from the very small and to the very big – all committed to reducing greenhouse gas emissions

The UN Framework Convention on Climate Change says that if these so-called intended commitments are kept, our world would be closer to containing global warming by 2 degrees Celsius.

Bhutan's Figures

Seventy-two percent of Bhutan is under forest cover - it is one of the remaining few global biodiversity hotspots in the world.

"And that's why we are a carbon neutral country, in a world that is threatened by climate change. Among all the 200-odd countries in the world today, it seems that we are the only one that is carbon neutral. Actually, that's not accurate. Bhutan is carbon negative," said Tobgay.

Bhutan generates 2.2 million tonnes of carbon dioxide, but its forests take back more than three times that amount. **So in actuality, Bhutan is a net carbon sink, for more than four million tonnes of carbon dioxide each year.** It also exports most of the renewable electricity it generates from its fast-flowing rivers.

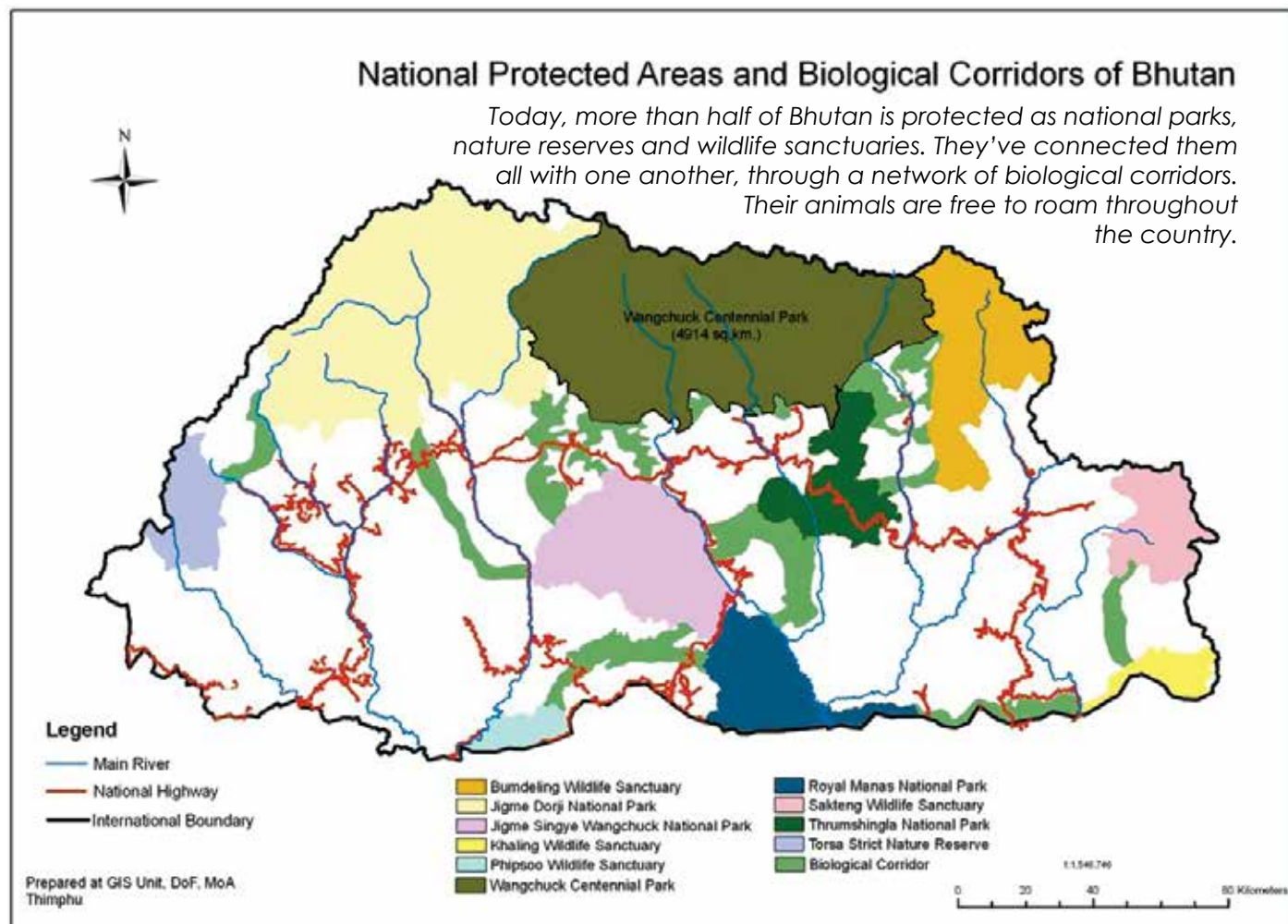
"So today, the clean energy that we produce, offsets about six million tonnes of carbon dioxide in our neighbourhood. By 2020, we'll be exporting enough electricity to offset 17 million tonnes of carbon dioxide. And if we were to harness even half of our hydropower potential – and that's exactly what we're working at – the clean, green energy that we export would offset something like 50 million tonnes of carbon dioxide a year. That is more CO₂ than what the entire city of New York generates in one year," Tobgay said.

So how does Bhutan do it?

It calls it the holistic approach to development – 'Gross National Happiness' or GNH. His Majesty the 4th King of Bhutan had said that for Bhutan, Gross National Happiness is more important than Gross National Product.

All development in Bhutan is driven by GNH. It aims to improve the happiness and well-being of the people. Although it is one of the smallest economies in the world – its entire GDP is less than 2 billion dollars – education is completely free. College education is given free to those who work hard. Healthcare, too, is also completely free.

"We manage this because we use our limited resources very carefully, and we stay faithful to the core mission of GNH – which is development with values," said Tobgay and



has mentioned that this preservation campaign is even mentioned in the Bhutanese constitution:

"The Government shall ensure that, in order to conserve the country's natural resources and to prevent degradation of the ecosystem, a minimum of sixty percent of Bhutan's total land shall be maintained under forest cover for all time." – Article 5 Section 3: Constitution of the Kingdom of Bhutan.

"It's crucial that all of us keep our commitments. As far as Bhutan is concerned, we will keep our promise to remain carbon neutral."

So far, Bhutan is providing free electricity to rural farmers. The idea, according to Tobgay, is that with free electricity, they will no longer have to use firewood.

Bhutan is also investing in sustainable transport and subsidising the purchase of electric vehicles. The government has formed a partnership with Nissan to provide hundreds of electric cars to the country – with the promise of thousands soon after and eventually convert all of Bhutan's vehicles to electric power.

Apart from that, the country is also subsidising the cost of LED lights. Its entire government is planning to go paperless. They are cleaning up the entire country through Clean Bhutan,

a national programme, and are planting throughout the country through Green Bhutan, another national programme. The country would also like to increase its share of renewables, while decreasing its reliance on hydropower and electricity imports in the winter. So, it's currently exploring wind, biogas and solar.

Today, more than half of Bhutan is protected as national parks, nature reserves and wildlife sanctuaries. But you know what the beautiful thing about this careful planning thing is? They've connected them all with one another, through a network of biological corridors. Their animals are free to roam throughout the country. Every year, they set aside resources to prevent poaching, hunting, mining and pollution in parks, as well as resources to help communities who live in those parks, manage their forests, adapt to climate change and lead better lives while continuing to live in harmony with Mother Nature.

Tobgay hopes that other countries would replicate so that they too, can conserve their protected areas and that everyone could work together to "carry this dream beyond borders, to all those who care about our planet's future," he concluded.

Carbon Neutrality

Carbon neutrality, or having a net zero carbon footprint, refers to achieving net zero carbon emissions by balancing a measured amount

of carbon released with an equivalent amount sequestered or offset, or buying enough carbon credits to make up the difference. It is used in the context of carbon dioxide releasing processes associated with transportation, energy production, and industrial processes such as production of carbon neutral fuel.

Two countries have achieved carbon neutrality:

**Vatican City
Bhutan**

Several countries have pledged carbon neutrality, including:

British Columbia, Costa Rica, Iceland, Maldives, New Zealand, Norway, Tuvalu, Sweden.

Companies that are self-proclaimed carbon neutral with climate neutral initiatives:

**Dell
Google
HSBC
ING Group
PepsiCo
Tesco
Toronto-Dominion Bank
Asos
Bank of Montreal**

WHY SO **HOT**?

Baby, it's hot outside. There's nothing worse than dry skin and feeling dehydrated. As the weather is so punishing these days, here are a few tips.

BY VANESSA R. SINGH

*"Healthy, hydrated cells are the key to ageless skin and a healthy body."
– Dr. Howard Murad*

Obviously, drink lots of water

Our bodies need H₂O to function well as it's made up of 50% water, so drinking water is essential. Of course, there are other benefits to consuming water such as clear and beautiful skin – who doesn't want that? Keeping yourself hydrated doesn't only help your inner system. Remember that time when your lips started cracking, and your skin looked flaky – that's because you were dehydrated, so get drinking! It also helps to get rid of the waste and toxins in your system which will also provide for a better oxygen flow in the body. Heat can only be expelled from our body if there is enough water to do so. Hence, the importance of staying hydrated. If you're an active person, you need to be drinking more water because you lose water as you sweat. Sports drinks or

something with a bit of sugar and salt (sodium) can be beneficial after an extreme workout as well. If you really can't stand drinking plain water, infuse it with fruits and vegetables or herbs such as strawberries, lemon and cucumber for added nutrition or try healthier versions with basil and rosemary.

Coconut Water

Naturally refreshing, coconut water is better than any sports drink. It contains natural ingredients and essential electrolytes including sodium, potassium, calcium, magnesium and phosphorus – promoting natural and sustainable hydration. It is mineral-rich, so it serves as an excellent replacement to a sports drink. Other benefits include weight loss support, hangover remedy, digestion aid and reducing blood pressure.



Stock up on fruits

Staying hydrated doesn't mean you have to consume liquids all the time. Mix it up with some fruits. Any fruit and vegetable with high water content and essential electrolytes such as potassium and sodium can provide hydration. Potassium is a great source for our system and can be found in bananas. They have fibre in them too, which helps relief constipation. If you love strawberries, its water percentage is the highest compared to all berries, and it's a great

source of fibre and vitamin C too. In this scorching heat, why not try watermelons. As its name gives away, its water content of 92% proves it's so much more refreshing. With added benefits, watermelons also contain 'lycopene', a cancer-fighting antioxidant. Cucumbers, tomatoes and iceberg lettuce are veggies with high water content that could be added to your diet.

Fruit Juices and Smoothies

Freshly squeezed juices and smoothies can be more appetising than just plain water, as it gives you not only water, but also vitamins, natural plant substances and minerals.

Carry a bottle of water with you

As someone who's not a fan of drinking water, I understand it can sometimes be hard to keep track of your water intake. So my suggestion would be to take a bottle with you wherever you go. Keep it close

to you, so you remember to drink up even when you're not feeling thirsty. All you have to do is take in small amounts throughout the day and drink at least 2 litres a day. Of course, the more the better, which I know might be difficult. But hey, at least we're trying, right? Try not to gulp down large amounts because you might end up running to the loo/washroom every other minute (which means you're not retaining the water for hydration).

Plant Nanny

Keep track of your water intake with a newly launched app – Plant Nanny. You'll get to choose a cute plant once you get started and as a plant nanny, you'll have to remember to water the plant (drink water) on a daily basis. Every time you drink a cup, bottle or any amount of water, you will need to log into the app and click on a button that will water your plant based on the amount you consume. It will remind you when you need to take your next cup, thus keeping both your body and your plant, hydrated. If your plant is dying, then you're not drinking enough water.



FEATURES



Shower her with flowers

You can never go wrong with flowers - it doesn't matter where you get them from as long as they're beautiful. We've found a place where you can order your loveliest bouquet from your phone. @SNSFLEUR on Instagram is a team of two who created an amalgamation of rustic and classic customised hand bouquets and "bloom boxes" which are bouquets in a box. They offer white, pink, red and rainbow coloured roses! Their mother's day promotion ranges from **RM79 to RM449**. My personal favourite is their S&S Signature Bouquet with 100 mixed roses. They can be contacted on **+6011 11771687**



Pamper her big-time

Don't want her to feel special alone? Indulge her with a gift that you both can share. She has been on her toes since the day you were born, so give her a day off to relax and be pampered at the **Spa Village Kuala Lumpur**. Enjoy a complimentary 30-minute neck and shoulder massage or Aroma bath worth **RM210 nett** when you purchase any massage therapy or facial treatments. The Spa Village will also be giving out their Signature Malay Bath soaps to all Mother's.

Spa Village Kuala Lumpur
The Ritz-Carlton, Kuala Lumpur
168 Jalan Imbi

55100 Kuala Lumpur
Tel: +603 27829090

Email: spavillagekl@ytllhotels.com.my

Get Chummy with Mummy

Mother's Day through our eyes ♥

Without our mothers, we wouldn't be here. She gave us life, raised us, nurtured us, and is the reason behind who we are today. It's impossible for us to repay her for all that she's done but we could make today a memorable one.

BY VANESSA R. SINGH



Treat her to a traditional high-tea experience

If you've ever had conflicting feelings about high-teas, this is the day you put that aside – it's Mother's Day (which is May 8). They may not admit it but mothers love an intimate brunch or high-tea, and in KL, there are lovely places for a wonderful high-tea experience offering either a fixed special price or à la carte selections. These places are often swarmed on Mother's Day but if you act fast (like now), you'll be spoilt for choice with the variety to choose from. We all know reservations are hard to secure, so act fast and impress your mom on this special day. Here's a recommendation from us:

At Majestic Hotel KL, the entire experience is at your discretion – enjoy the majestic afternoon tea in luxury at a location of your choosing (the Tea Lounge, Drawing Room, or the Orchid Conservatory which has been proven to be the ultimate choice of many). Their prices range from **RM90, RM110 to RM130 nett** respectively.

The Majestic Hotel Kuala Lumpur
 5 Jalan Sultan Hishamuddin, 50000 Kuala Lumpur
 Tel: +603 27858000
 Email: tmklresv@ytlhotels.com.my



Go on an adventure

Life is all about making memories, so why not try something new with your beloved mom? Ever wanted to fly (literally)? Experience tandem paragliding together in the skies over Bukit Jugra in Banting – the first paragliding site in Malaysia. Tandem paragliding involves two people, the passenger and the pilot, who controls the glider while you enjoy the scenic views and take in the breath of fresh air from the hills. The newly discovered location in Kuala Kubu Bharu is flyable upon request. Prices may vary according to the location of your choice but they generally range from **RM180 to RM250** per flight. Video and photography service, transportation and extended flight duration charges are not included.

Visit them at www.paragliders.my to find out how you can secure your once-in-a-lifetime experience.



GIMME GIMME ABBA LIVE IN MALAYSIA

Thank You for the Music

BY JACQUELINE BENITA PAUL

Listen up dancing queens, dust off your crowns and put on your best 70's look because the phenomenal new tribute show 'Gimme Gimme Abba' featuring Gimme Gimme Girls, Kate & Lucy will be performing live in Kuala Lumpur this May 17 to 20 May. The Gimme Gimme band will be performing all the greatest hits, including Waterloo, Dancing Queen, Mamma Mia, Voulez-Vous, Gimme! Gimme! Gimme!, Take a Chance on Me and many more. The Gimme Gimme Girls have performed and been adored by more than a million spectators in all corners of the world, including London, Monte Carlo, Canada, Beirut, Cuba, Paris and the USA.

Furthermore, there is an upcoming Royal Charity Gala Concert organized by Homme Productions and Seri Panglima Sdn Bhd in support of Yayasan Sultanah Bahiyah (YSB), an organisation named after the founder and first patron, Almarhum Tuanku Sultanah Hajah Bahiyah Ibni Almarhum Tuanku Abdul Rahman. The foundation has two major roles that involve carrying out community work through education, community development, health, youth and adults as well as training initiatives.

The Royal Charity Gala Concert aims to raise in more than RM250,000 through ticket sales to support Yayasan Sultanah Bahiyah in Kedah. The evening promises a programme featuring popular hits by the talented Gimme Gimme Abba with the support of a skilful back-up group.



We are sure you'd agree that Abba's music has always been a part of your personal journey in one way or another. Their music is known for being relatable to real life events. That said, let's take a look at some of their greatest hits.

Waterloo

A British favourite, Waterloo, became Abba's first No. 1 hit in several countries, reaching the US Top 10, and went on to sell nearly six million copies, making it one of the best-selling singles of all time. Fans claim that this song is about a woman who is suddenly pursued by a person that she doesn't want to give in to, whether because she isn't looking for a relationship, didn't like him, or for any other reason. She struggles to resist (like a battle in a war) and get away from him, but in the end, gives in and "loses", ("...I tried to hold you back but you were stronger") proclaiming her "Waterloo", just like Napoleon finally losing at Waterloo. As well as admitting her defeat, she also proclaims her loyalty and love for the guy, who earns it by "winning" the war ("...I was defeated, you won the war... Promise to love you for ever more"). Some fans claim that the song brings up images of poignant movie farewells with misty eyes and yearning gestures.

Voulez-Vous

A songwriting trip to the Bahamas saw the birth of this melody, and the proximity to Miami made it convenient to record the backing track at Criteria Studios with members of the disco group, Foxy. Criteria Studios

was where The Bee Gees made their disco-era records. "Voulez-Vous" is the only ABBA song to be recorded outside of Sweden, not including live recordings. This is an understated treasure. After Frida's gentle verse lead, the girls erupt spectacularly into an unforgiving chorus in which the fiery retribution (minor) and pathetic humiliation (major) they direct to the philanderer in the lyrics are masterfully differentiated.

Dancing Queen

The iconic track from ABBA was conceived by members Björn Ulvæus and Benny Andersson. According to ABBA's official site, it was created as a dance song with the working title "Boogaloo". They drew inspiration from the 1974 George McCrae disco hit "Rock Your Baby", and from the drumming on the 1972 album Gumbo by Dr. John. Their manager Stig Anderson came up with the title "Dancing Queen", and after several months working on the track, ABBA came up with arguably the world's first Europop Disco hit. Regarding the lyrics, "Night is young and the music's high", many listeners interpret this as a statement that the music makes you feel high. In ABBA's part of the world, however, it simply means that the music is loud.

So don't miss out on this nostalgic experience that is bound to get your heart racing. The concert at The Gardens Theater will start at 8pm and the tickets range from RM300-RM350, which are now on sale through the website www.ticketcharge.com.my and hotline 03-92228811.

Lexie Rodriguez

The fab fashion foodie

BY KATHLYN URSULA D'SOUZA

Hi Lexie! Tell us about yourself.

Well I have just turned 30! In a nutshell I am Filipino and Spanish parts, made in Malaysia, modified in the UK and ultimately a citizen of the world.

How did you get into your current career as a presenter, emcee and fashion personality?

I had been living in the UK for 10 years and was working as a professional dancer in musicals and for pop artistes like Lady Gaga, The Pet Shop Boys, etc. I always knew I would eventually want to get into presenting and while on holiday visiting my parents in Malaysia, I impulsively ended up doing an audition for Red FM in Mid Valley. Five years later, I'm still here! I went from Red FM to presenting on FashionTV Asia and now emcee mainly for fashion events in KL and run my online style diary, STYLEX. My most recent project was working on the series, "The Next Miss Universe Malaysia 2016" as the a style mentor and resident stylist for the season. We wrapped up at the end of January where we crowned Miss Universe Malaysia 2016, Kiran Jassal.

What's your daily diet like?

Not strict! Ha ha! I believe in having everything in moderation. I do try to eat more food that energise you rather than food that are too heavy and make you sluggish. My usual daily diet would normally be quite a light breakfast; fruits, cereal, yoghurt, and I usually have quite a heavy lunch; pasta, rice and then for dinner, I try not eat any carbs at all. I do always prepare fruit with chia seed pudding and that's what I snack on throughout the day.

Chilli Crab

Crispy Deep Fried Chicken

When it comes to guilty pleasures in food, what are your favourites?

Really good, crispy deep fried chicken and RICE! I am the rice queen and can literally devour it like it's going out of fashion.

Name us 3 Malaysian food you absolutely cannot live without.

Definitely chicken rice. If there is only one dish I could eat for the rest of my life it would be chicken rice. The other two would be Nasi Lemak and Chilli Crab.

Share with us a few of your favourite dining places, or even coffee haunts.

What are your favourite dishes there?

For local food, I love Wong Ah Wah and Village Park has the best nasi lemak. For amazing seafood, I always go to Siu Siu in Taman Seputeh. Coffee Haunts, I have to say Pulp at APW is my favourite but it doesn't have Internet, so it's not a place to go to drink coffee and work but the coffee is my favourite.

Do you cook? Any Lexie Rodriguez signature dishes?

After living in England for 10 years, I actually make a mean Sunday Roast! I make everything from scratch including Yorkshire pudding, stuffing and my roast potatoes are pretty amazing. I like them the right amount of crispy on the outside but super fluffy inside seasoned with rosemary, Himalayan salt and pepper. And then of course either roast chicken or beef and vegetables. The

hardest part about a roast is timing. You want everything ready at the same time so that everything is hot on the plate when you eat it.

What are your tips for eating healthy?

It's all about finding a diet that is easy to fit in with your lifestyle and is realistic for you to live with. Some people try to go on these crazy short term diets and yoyo in weight all the time or they may have a job that doesn't allow them to eat during the day, so some diets that require you to eat smaller meals throughout wouldn't work for that person. Find food that you like and balance it with healthier sides. I don't believe you should deprive yourself of what you want. We only live once, so if you want that Pavlova, have it but just don't have macaroni and cheese with it, maybe have a carb-free option or a starter portion as your main instead.

How do you keep yourself healthy and looking and feeling good?

I believe in a healthy, active lifestyle. I'm not one that does intense long workouts or is extremely conscious about what I eat. I believe it's better to fit exercise and eating healthy as a regular part of your life even if it's only in small doses everyday. Depriving myself never works for me, so I try to fit in a bit of exercise everyday. Some days, it may only be 15 minutes, others 2 hours but I make sure I do it. Eventually, it becomes part of your daily routine, like taking a shower or brushing your teeth.

What do you look forward to this year, in terms of career and personal life?

Middle of last year, I started STYLEX, my online style diary. It was just for fun and somewhere I could share my love for style and fashion. It's very therapeutic for me and I just love to play dress-up. Unexpectedly, the site and followers grew so this year, I'm spending a lot more time on the site. We are developing some YouTube content as well as, including interviews with different women around the world who are not only stylish but are very inspirational, and almost use fashion as their armour to take on the world. Fashion is kinda like every woman's secret superpower. It has the ability to alter your mood and determine how you want to be perceived, depending on what you do on that day. It's really quite incredible!

Lastly, what fuels and inspires you? What makes you happy?

Travelling definitely inspires me. You see things from different perspectives and also for me, it really re-energises me. When you're in a concrete jungle in the city and your life is go-go-go, it's important to spend time in natural surroundings to energise yourself again. And what makes me happiest? Being around the people I love. I really enjoy simple pleasures, so literally just being at home with my family and pets, and watching a movie on the couch with a hot chocolate is one of my favourite things.

Your friendly neighbourhood “gourmet café”

The Pantry

serves ALL house-made, healthy & hearty

BY VANESSA R. SINGH

Opened on January 28, The Pantry is a little ‘gourmet café’ that operates in secluded Lorong Kurau, Bangsar. As Chef Lee (one of three partners) had studied and was certified by Le Cordon Bleu in the UK, a lot of his dishes have a British twist and were inspired from his days of learning and exploring in England. In England, there are countless amounts of healthy and organic eateries – which are something that our country, Malaysia lacks. With this outlook, Chef Lee started the Pantry.

The pantry is completely pork and alcohol-free, – this was done to make sure that the café could cater to the entire neighbourhood. Chef Lee wanted the place to be accessible by people from all walks of life, which complements the name of his café and his neighbour concept.

Eggs Benedict fans will love the menu here. The range of versions of Eggs Benedict will sweep you off your feet, from the traditional Eggs Benedict, to a healthy gluten-free version where Portobello mushroom replaces the bun. If you’re looking for a healthier version of your favourite breakfast, the **Portobello Florentine** is calling out to you. This vegan dish does not contain any meat at all; it is gluten-free with poached eggs, wilted spinach and melted cheddar with homemade hollandaise sauce.

If you’re a fan of salad, the **Smoked Duck Salad** is a must-try. Despite it being a salad, the dish is hearty due to the generous amount of duck served on the plate. Some of you may not like salads, especially the ones with bitter ingredients such as beetroot, walnuts and bitter vegetables in general. However, the watery rose apple (also known as jambu air), orange slices and homemade honey mustard - make for a healthy dish that tastes yummy.

Avoiding rice has been a major tool in an individual’s weight loss regime these days and many have replaced it with quinoa. The **Herbed Quinoa Salad** here is served on a bed of deliciously roasted vegetables and pomegranate molasses which complement the vinegary taste from the vegetables.

Burger fans, on the other hand, should try their **Dynamite Soft-shelled Crab Burger**. The soft-shelled crab and its fillings can be found wrapped between two supple handmade brioche buns. The Sourdough is made fresh every morning



Passion Fruit Cheesecake



Smoked Duck Salad

together with their cakes and house-made sauces as well as other pastries such as the **Rose and Raspberry Croissant** – which is their signature pastry here. Although it's a bit too sweet, eating it with the raspberry coulee will balance it all out.

However, they do serve other meals like the **Buttermilk Chicken** and pastas (dishes Malaysians can't live without).

Onto their desserts! The **Passion Fruit Cheesecake** is to die for and the macarons such as the **Maldon Sea-Salt Caramel Macaron** are specially made. The Maldon sea-salt used for the macaron comes all the way from Maldon in the UK. I'm not a fan of caramel

due to its sweetness but the caramel filling in this is made with such attention to technicality that the caramel is cooked thoroughly to avoid it from being too sweet. The salt in its crust compliments the sweet caramel taste. The **Passion Fruit Chocolate Ganache Macaron** is a little on the sour side but it's ideal for those who love things like chocolate oranges with a dash of sourness. The **Vanilla Coconut Macaron** with a hint of salt, on the other hand, is made more interesting compared to the plain ol' vanilla and coconut ice-cream-like taste.

For drinks such as the **Detoxifier**, fruits are slow-juiced here, so you get the preserved nutrients. I am someone who's not a fan of beetroot but the combination of flavours outweighs the bitter beetroot and makes it taste very refreshing as it counters the bitterness. The **Immunity Booster** basically tastes like orange juice and is your way to a healthy dose of vitamin C.



Rose Latte

Not a coffee connoisseur? Fret not! The home brewed **Flat White** is ideal for those who aren't much into coffee but would like some caffeine ... I'm honestly not one for coffee, but this was the most delicate and smooth-sailing cup of coffee I've ever had (no joke). As Chef Lee said, it was so mild that you wouldn't need to add sugar into it even if you were not someone who liked coffee. Those of you who are always on the lookout for something new to try, the **Rose Caffè Latte** would be your interesting and wild, new choice - I was stunned by the idea of rose plus coffee. Who would drink something like that? My oh my was I wrong, with a sip of it you'd start to get a slight hint of rose, take another sip and you'd taste coffee. Surprisingly, the rose content didn't seem to overpower the actual coffee taste at all. If you're up for some tea there's a wide selection of fine teas from Harney & Sons.

The Pantry has collaborated with its neighbouring coffee-specialist, Pulp by Papa Palheta, for a good cause. Part of the proceeds from their coffee goes to Kebajikan Suara Kanak-Kanak Malaysia (SUKA)

9, Lorong Kurau, Taman Bukit Pantai,
59100 Kuala Lumpur

Herbed Quinoa Salad



Coloured Pasta with Duck Confit

If you're looking for a new place to unwind after work, try

SMIRK

BY KATHLYN URSULA D'SOUZA

28 Jalan Telawi 5 Bangsar Baru, 59100 Kuala Lumpur

Look for the most luscious pair of red, red lips in Bangsar and prepare to be welcomed home. With Smirk's careful attention to detail, they make sure the place exudes a nostalgic and homey décor with a touch of eclectic personality to boot. You'll find little trinkets, such as the very noticeable red-lipped sofa and a phonograph, adding to that quirky, comfortable mood. It all ties in well with the name too – reflecting a cocky, humorous personality all mixed with a relaxed, outgoing and bubbly feel.

For those of you who do prefer a wide range of options to choose from, you'll be spoilt for choice with their selection of sandwiches, soups, pastas, waffles, cakes and pastries available for breakfast, lunch, tea time, dinner and supper. For the moment, these are the highlights:



Grilled Salmon Fusion



Frozen Virgin Lychee Mojito



Grilled North Indian Chicken Breast Wrap



Crepe Suzette

Grilled Salmon Fusion

Have you ever considered mixing rending and salmon? No? But if it does intrigue you, we highly recommend the white Rendang Rataouille served with grilled salmon and a creamy radish sauce. You'll find that the textures collide in the best way possible, and so do the tastes. Mixing the fresh, light taste of the salmon and the heavy, musky tone and gritty tang of the rendang is guaranteed to perk up your palates. We loved this.

Coloured Pasta with Duck Confit

Now here's what the entire restaurant would look like if it was based in the form of a dish. This whimsical dish is well, colourful, and depending on your luck you may get different combinations of colours ranging from yellow, green, blue to pink. They colour the pasta here on their own with food colouring and this three-coloured spaghetti, complete with

sundried tomatoes is served with duck confit. The pasta here isn't too heavy, both in form and flavour, as the duck exquisitely contrasts with the simplicity of the pasta.

Grilled North Indian Chicken Breast Wrap

If you're looking for something that would blend in well with your diet and gym routine, the tortilla wholemeal bread stuffed with marinated grilled chicken breast, tomatoes and cucumber would be a great option. Dressed with mint yoghurt and served with French fries, it's a fulfilling meal on its own and let's just say it wouldn't make you feel so guilty without comprising taste.

Crepe Suzette

Well now that we've given you a healthy option, here's one of the most sinful desserts that you shouldn't pass. We had the stuffed crepe skin with fresh banana, garnished with

butterscotch sauce and some fresh berries. Exactly. Don't miss out on this one. Push that guilt away and have this.

For drinks we had the **Electric Blue Lemonade** (comprising fresh lemon juice, sugar syrup and blue lagoon syrup) and the **Frozen Virgin Lychee Mojito** (made with lychee, fresh lemon juice, mint leaves, wild mint syrup, sugar, soda and blended ice). Both were lovely thirst quenchers, considering the hot weather we've been experiencing lately. However, if you find yourself in the mood for some tea, they serve Harney & Sons Premium Tea, and if you're screaming for ice cream, then they've got Last Polka Ice Cream. Well, all in all, clearly the people here have really got something to smirk about – not only can they make you feel at home, they also serve good food and bottled German beers for your absolute pleasure. We will most certainly be returning to these lovely siren red lips soon.

TRYST CAFE

For the love of Food

BY JACQUELINE BENITA PAUL



Double Nutella Chocolate Pancake

Café's are often our go-to places to for a date or to hang out with friends over great food. For that, Tryst Café comes to mind. It's calming blue hues with amazing artistic interior design makes for a great workspace to stimulate your creative juices or set the semi-casual mood for a date. Recently opening its new Publika branch, the chain is constantly expanding its concept of all-day brunches (especially their pancakes) for customers to enjoy. Moreover, their expertly made coffees are an absolute treat for coffee lovers.

Personal Touch

Open, colourful and inviting, Tryst Café's ambience focuses on space which anyone can enjoy. It has a standard interior but in its own creative way, it evokes different emotions that relate to anyone who enters. At all three branches, you will find that the walls are unlike any other café concept.

We especially enjoyed and appreciated the art in the Publika branch. The drawing of people on the walls were articulately done, so you'd probably be having a conversation on what their personalities might be like because of how realistic they look. You'd even notice that there is a substantial amount of reggae influences in the colour choices. So who was the skilful one responsible for this? Bon Alfie, an insanely talented artist who apparently did everything via free-hand and on his own. Art aficionados should definitely make it a point visit to all three branches located in Seksyen 13 (Shah Alam), SS15 (Subang) and Publika (Kuala Lumpur) to view it for themselves.

Malaysian Hospitality

While there is not a lot of Malaysian influences in their interior or menu, their hospitality certainly points to Malaysia loud and clear. Moreover, you can certainly expect each meal or drink to be served with enthusiasm.



Aglio Olio Prawn Spaghetti

Gastronomic Affair

If their pancakes were on Tinder, by looks alone, you'd swipe right. According to café owner, Haikal, the idea of making the pancakes came to him and his co-founder by chance. He mentioned that the idea came about because his partner saw a documentary on a 3-star Michelin chef whose claim to fame was due to his pancakes. Pancakes? Michelin Star? We were skeptical but true enough, Adam Simmonds was the inspiration of their famed pancakes and of course the customer's opinions and feedback were also taken into considerations to perfect their recipe.

From the menu, we sampled something sweet and something savoury from their pancake selections. First up, the Pancake Chicken Burger. Moist and juicy chicken were topped with melted cheese in between the mouth-watering texture of the pancakes. Our verdict was that this was certainly comforting food bursting with familiar flavours that were creatively presented in a minimalistic style.



Pancake Chicken Burger

The next course was a double dosage of Nutella Chocolate Pancake. Our fellow diner was singing praises with each mouthful of the fine cake-like consistency, sweet and fluffy with a hint of vanilla. We were told that the secret to achieving such texture was not so much in the recipe but in the mixing method with a slight adjustment on the sugar level. In terms of presentation, the messy sophistication in their serving of this particular dish was quite delightful. It had the right balance of looking good enough to eat (as you can probably determine from the picture).

In the unlikely event that you might not be in the mood for pancakes, we recommend trying their Aglio Olio Prawn Spaghetti and Grilled Chicken Chop. Both bursting with flavours with fresh ingredients that will certainly bring a smile to your face. For their Grilled Chicken Chop, you may have the option of selecting the black pepper sauce or mushroom sauce. Each dish comes with a small fresh salad to balance out the savoury goodness of the dishes.

To wash it all down, we had Shakerato which is a signature drink that involves a double shot espresso shaken into a smooth foam that ties the whole experience together with a lovely undertone of tanginess.

Befitting its name, Tryst Café offers a romantic rendezvous between you and great food. The combination of the meal, ambience and service are no less a feast for the senses, and one certainly worth having again.



Grilled Chicken Chop with Blackpepper Sauce

Unit A2-G1-07 Publika Shopping Gallery,
1 Jalan Dutamas 1, Bukit Kiara, Kuala Lumpur



Avocado Toast with Sunny Side Up Egg

Eat Clean with Vanessa R. Singh

@ RAISIN' THE ROOF

“Indulge while keeping your waist line in mind”

I found that it was almost impossible to maintain a healthy diet here in Malaysia until I discovered Raisin' The Roof whose founder, Serina S. Bajaj and managing partner Ivana Tillich, are determined to educate us that anything can be delicious if you make it to be. And that great-tasting food doesn't have to be full of fats and when you eat clean, you can eat as much as you want without having to worry about not being able to wear a bikini. Their vision is to create awareness of the true meaning

of healthy eating in Malaysia, which is what got them to open up their little health kingdom here in Plaza Damansara.

Although the health scene is picking up in Malaysia, there aren't many places like this out there that serves clean, raw food. What are made here are not only affordable but also natural and unprocessed. Here, healthy food can be fun and flavourful too, which is why they recently launched an entire range of lip-smacking raw desserts to create awareness that desserts can be

healthy, too. For that, they use real maple syrup instead of refined sugar. Alternatives such as coconut sugar, dates, molasses, honey and agave syrup are also used to replace refined sugar as they give a lot of flavour, health benefits and are suitable for diabetics as well. A wide range of desserts, salads, wraps, sandwiches, toasts, raw pressed juices, smoothies, teas and coffees are offered here, and the expansion of their menu is a plan for the near future with healthy pizzas and pastas in mind.

Create your own salad

They've just launched their "create your own salad" menu, for those who prefer something of their own liking instead of being limited to what's on the menu.

Pistachio Falafel Wrap (Best Seller)

This comes with a house-made chilli sauce sweetened with dates and made of fresh tomatoes and capsicum. The combination of the pistachio falafel wrap with the house-made chilli sauce works really well. This was one of my favourite dishes, especially because it came with slightly spiced sweet potato fries.

Brown Rice Sushi Bowl

Customers have the option of a bulls-eye egg or sautéed mushrooms on top of their sushi bowl. A wholesome and pretty substantial meal.

Avocado Toast

The bread is house-baked and flourless, as it comprises oats, seeds and nuts – lots of fibre.

Cold-pressed Juices

They have a range of raw cold-pressed juices and what's special about them is the fact that they all contain superfoods. The Skinny Dip (pressed with coconut water, pandan, chia seeds and lemongrass) is unique as it brings a little taste of home to Malaysians with its little hint of pandan. The Flu Fighter tastes like a healthy version of orange juice, comprising baobab, orange, carrot, turmeric and ginger. Our favourite was the Power Punch (made with pineapple, juice, mint and starfruit). If you're feeling adventurous and would like to try a distinctively nutty milk as opposed to typical almond milk, the Pistachio Rose Milk is for you. It is a milk-free beautifying drink with pistachios, dates, rose water, sea salt and water.

Guilt-free indulgences (they launched a bunch of new desserts recently)

Their desserts seriously look unhealthy and sinful, but here's the catch – they're either vegan and raw, or dairy and gluten-free. All raw cakes are made with cacao powder and coconut oil and the desserts we got to try were the Chocolate Lava Cake, Red Velvet Cake, Purple Pecan Pie, Chocolate Brownie, a healthy version of Ferrero Rocher, raw Orange Chocolate Cake and a healthy version of the Snickers bar. These are all raw, gluten and dairy free, refined sugar-free, and not baked. Ingredients are mixed, frozen and eaten. No flour and no cooking needed.

Plaza Damansara

61 Jalan Medan Setia 1
50490 Kuala Lumpur
Tel: +603 20115313

Opening Hours are on Mondays-Thursdays 8am to 6.30pm, and Sat-Sun 9am to 6.30pm. Closed on Fridays.



Brown Rice
Sushi Bowl



Red Velvet
Cake



Cold-pressed
Juices

HAVE SOME DIM SUM

BY VANESSA R. SINGH

DOLLY DIM SUM

Kiss goodbye to the scorching outdoors and step into the wonderful world of Dolly Dim Sum. Instead of queuing in the heat in the hustle and bustle of the city, step into this eatery for a modern twist to this traditional delicacy. The special thing about this place is that it is also pork-free, which allows individuals and families from all faiths to enjoy the authentic and popular Chinese bite-sized classics. It is often packed on a weekday afternoon, so it might be best making a trip there at an unusual time. From the menu, the pork-free Siu Mai (chicken and prawn), har gao (shrimp) dumplings and salted egg custard buns (if you're into salted eggs) are worth a try. The name "Dolly" comes from the doll mascot that they have on the walls of their modernised Chinese teahouse. The rustic interior and colourful crockery caught my eye as it lightened up the mood. I also loved the birdcage lanterns. Dolly Dim Sum is merged with Fresca (Mexican restaurant), so if you're feeling it, have a Burrito instead.

Lot G9 Ground Floor, Avenue K
156 Jalan Ampang, 50450 Kuala Lumpur
+603 2181 3830
Open daily, 11am – 10pm

They may be small in size and served in small steamer baskets, but the fluffiness of the baos and the juiciness of the dumplings are so fulfilling. These bite-sized portions sure know how to find its way to our hearts.

DIN TAI FUNG (non-halal)

Here, it is all about the dumplings and baos. The dumplings are served with vinegar, soy sauce, and ginger, and they taste heavenly. A must-try, is the Xia Long Bao (pork bun). I promise you won't regret it. It is impossible to give you a list of dishes to try as they're all beyond delicious but literally everyone comes here for the dumplings. They offer a variety of a la carte selections as well such as rice, vegetables, and others, which are all pretty amazing too. Don't be surprised by the long queues during lunch hour and dinner time. Although they aren't cheap, they're definitely worth the money. If Pavilion is too far from you, they have a branch in The Gardens which is also worth checking out.

Pavilion KL, 168 Jalan Bukit Bintang
Pavilion
51000 Kuala Lumpur
Monday to Friday 11am – 10pm,
Sat and Sun 10am – 10pm



THE MING ROOM *(non-halal)*

Having opened in 2003, they have made their reputable mark through serving authentic Hong Kong Dim Sum and Cantonese cuisine in style. On weekends, it is advisable that you make a reservation before going over. They have a fairly extensive menu for your ideal “yum cha” session with family and friends. The elegant setting brings a fine dining touch to the traditional dim sum eatery which offers unique specialties such as the fœi gras stuffed sea clams, pumpkin wontons and the prawn Cheong Fun with shrimp chilli paste. I personally can’t stand the taste and smell of durian but apparently the Chilled Durian Pudding is a must-have! Traditional staples such as the juicy siu mai won’t disappoint your tummy either.

3rd Floor, Bangsar Shopping Centre
285 Jalan Maarof, Bukit Bandaraya
59000 Kuala Lumpur
+603 2284 8822

Open on Monday to Saturday, 11.30am–3pm, 6pm–11pm
Sunday & Public Holidays, 10am–3pm, 6pm–11pm

TAO

Have you ever come across a caviar dumpling? This was my first time having a luxurious array of dim sum in a majestic setting at an affordable price. Complimenting their standards, everything is prepared with care and class. If you’re looking for a place with guaranteed Malaysian hospitality, the service here is impeccable. As a starter, have the century egg porridge with fried radish cake on the side. For a hint of luxury, try Tao’s signature four caviar dumplings in a delicious broth. These dumplings are accompanied with wasabi, pomelo, squid and tobiko. Some might be put off by traditional food served in a hotel, but the food and hospitality at Tao genuinely delighted me.

Intercontinental Hotel
165 Jalan Ampang
50450 Kuala Lumpur
+603 2161 1111
Open Monday to Sunday

Setia Alam

BY JACQUELINE BENITA PAUL

Home to the arguably longest night market (pasar malam) in Malaysia is Setia Alam. You might recognise it better if we mention Setia City Mall. This developing residential area is fast becoming a food hub that may even challenge the rest of the Klang Valley. Be it a short drive from Klang or 30 minutes from the city, here are our picks that make the journey worth it. Enjoy!



Nasi Kukus Boss (NKB)

Just a short drive across the luxurious Setia Eco Park, you will find an absolute gastronomic gem. Entering Nasi Kukus Boss, you'd be welcomed with the delicious fumes from their 'rempah'. This is a dish that is certainly deserving of its "boss" title. Each serving of their signature Nasi Kukus certainly takes charge in exciting your palate. The moist texture of their chicken covered with almost 15 different kinds of spices is the epitome of what comfort food is defined as. We trust that the rich flavours from the carefully marinated chicken, steamed coconut rice, anchovy sambal, and most importantly the sweat-worthy sambal belacan will keep you coming back for more.

Nasi Kukus Boss

Jalan Setia Gemilang U13/BG,
Persiaran Setia Perdana, Setia Alam



Oyster Mee Sua

A perennial Taiwan delicacy, the oyster mee sua at the Setia Alam night market is a tantalising treat for the senses. The rich broth with a splash of vinegar, some Chinese coriander and a sprinkling of ground pepper help to complete the dish. Their mee sua is delightfully silky thin. Served with three different condiments: chilli sauce, minced garlic and secret sauce (passed down from generation to generation). The chilli sauce has a healthy dosage of spice for anyone to enjoy but feel free to ask for more should you require it. As heavy as the dish may look, it is actually prepared rather quickly (even if you have to wait, it would be worth it). The home-made mee sua is scooped into a large container and garnished with coriander leaves that enhance the flavour of the dish.

Setia Alam Night Market

Jalan Setia Prima A U13/A, Setia Alam, 40170 Shah Alam
(Saturday from 6pm-10pm)



Cantonese Noodles (Kung Fu Cha Noodles)

These noodles go into one of the flavourful broths with meats, vegetables and garnishes- an absolute treat for the eyes and palate. We absolutely enjoyed the combination of the slimy goodness of the seafood broth with fried mee hoon, squid rings, prawns, fish balls and topped with an egg that brings it all together – each ingredient with its sole purpose to stimulate culinary pleasures.

Dream Café

18-1-2, Jalan Setia Prima C, U13/C, Setia Alam



Rojak Buah

Oh yes, we mustn't forget our fibre, so we'd have a plate of fruits and veggies in the most fun way possible – rojak! An awesome rojak starts with the carefully fermented prawn paste. Put some tasty condiments with just the right amount of sauce and mix them all to perfection. This particular vendor is located right in the middle of the night market. We especially enjoyed the crunchy bits of the well-seasoned chips that were tossed together to give that extra Oomph!

Setia Alam Night Market

Jalan Setia Prima A U13/A, Setia Alam, 40170 Shah Alam
(Saturday from 6pm-10pm)



Fried and BBQ Squid

One of the amazing finds at the Setia Alam night market is the crispy fried squid. The batter is made fresh and after it comes off the BBQ pit in its glorious golden brown form, the squid is then slathered with different spices that complement its fresh flavour. This is a great snack for post-rainy nights. To make the most out of the experience, we recommend adding this to the list of your own street food hunt and setting up a picnic at the Setia City Mall park.

Setia Alam Night Market

Jalan Setia Prima A U13/A, Setia Alam, 40170 Shah Alam
(Saturday from 6pm-10pm)

SWEET 'N' SAVOURY

Opposites Attract

By definition, something savoury is recognised for being full of flavour. In the culinary world, savoury is also often used to mean the opposite of sweet, or salty. So how do chicken, waffles, ice cream or even squid ink come together? As farfetched as it sounds perhaps at some point in your life you thought "everything tastes better with meat". You are not alone and it is definitely something that everyone should try at least once. We had the pleasure of venturing out of the culinary norm to experience the trending brunch staple from various cafes in Kuala Lumpur and other parts of the Klang Valley.

BY JACQUELINE BENITA PAUL



CLASSIC WAFFLE WITH GRILLED CHICKEN (Non-Halal)

Creamy and crispy came to mind as we were digging through the grilled chicken waffles with a sweet assortment of strawberries and blueberries that make this a nutritious brunch meal or even a lovely weekend breakfast to have with someone special. We especially enjoyed the creative thinking of adding djon cream sauce to give some gravy to the dish. Cutting through the moist yet flavourful grilled chicken right down to the crispy waffles is an unusually satisfying experience. Bringing it all together is their serving of Americano coffee to wake up your senses and enjoy the dish as it rightfully deserves.

Sips & Bites Cafe

Lot 24-1, Sinaran 2, Jalan Anggerik Vanilla BE31/BE,
Kota Kemuning, 40460 Shah Alam

KNUSPRIGER SCHOKOLADENSPECK / SWEET & SAVOURY DUO (Non-Halal)

First impressions, we have to admit that we were a little reluctant to try such a peculiar dish. Chocolate and Bacon? Trust us, it was a pleasant surprise. Those who fancy themselves as food adventurers would certainly add this to their list. The flavours from the crispy chocolate bacon on white chocolate mousse provide a scrumptious balance but it is further perfected with lemon and pepper-marinated strawberries and apricot sauce. The tangy yet savoury flavours are delightful for the adventurous palate. Moreover, you would be taken aback by the level of technique to prepare a straight bacon, so it can be immersed in the rich Swiss chocolate. Take the experience to another level by pairing it with a glass of Hefe-Weissbier.

Brozeit German Bier Bar & Restaurant
Available in multiple outlets



WAFFLES AND BUTTERMILK CHICKEN

A brunch oasis, in Ara Damansara, Mr & Ms Café serves up an exceptional rendition of the Southern America staple. Topped with crispy fried chicken tenders, apple slices, fried egg and cheese, all served on a soft yet crisp waffle drizzled with tantalising buttermilk sauce. This is a treat for fans of the classic serving. What's more, you are welcome to swap the buttermilk sauce with maple syrup and cream too. Sweet tooths, rejoice!

Mr & Ms Café

B-G-3A, Block B, Oasis Ara Damansara, Petaling Jaya



SQUID INK WAFFLES WITH ICE CREAM AND BACON (Non-Halal)

We've seen squid ink in a variety of gourmet dishes so why should waffles be any different? Well it is (in a good way). This is one of those dishes that throws your natural food instincts out the window but you would be grateful for it. The flavour of the bacon is exceptionally rich and crispy with a slightly smoky aftertaste. The sweetness of the ice cream blends well together with the squid ink waffles and the unsubtle flavours of the bacon. Drizzled with chocolate sauce, this is an indulgence not to be missed!

1986 Espresso Bar

*10-1, Jalan Setia Dagang AK U13/AK,
Alam Nusantara, 40170, Selangor*



FRIED CHICKEN WITH RED VELVET WAFFLE

Curb your country food cravings with a visit to BRYCG (pronounced 'bridge') located in Jalan Ampang. Here you may indulge in the hot and juicy fried chicken on top of a crunchy red velvet waffle, then slowly pour some lovely maple syrup right over the top. Need a tissue for the drool? At first glance, it does not seem like such matches are meant to be, but in fact the mix of savoury chicken and sweet decadent waffles takes it to another level. Salty and sweet are meant to be together and every bite is better than the one before. BRYCG proves it.

BRYCG @ Greenhouse By Muir

1 Jalan Nipah, Off Jalan Ampang, Kuala Lumpur



**1. VERSACE
CROPPED FLORAL-PRINT CREPE TOP
RM3,000**

This athletic style has a cutout front and is lined in silk to ensure a smooth fit against your skin. We love it styled with the Gucci pleated wool crepe shorts.

**2. JENNIFER MEYER
18-KARAT GOLD, TURQUOISE AND
DIAMOND NECKLACE
RM9,000**

Simple yet striking, Jennifer Meyer's 18-karat gold necklace has been made by hand in the designer's Los Angeles studio. This pretty piece has a pendant that's set with 0.14-carats of diamonds and 0.30-carats of round turquoise stones. Wear it with everything from T-shirts to tailoring.

**3. TOM FORD
METALLIC LEATHER T-BAR SANDALS
RM3,750**

Elegance and Boldness are two combinations that are best interpreted through TOM FORD's sleek silver leather sandals. This Italian-made pair has a mirrored T-shaped plaque at the front and is finished with a slender pin-heel. Team yours with a midi dress and watch the heads roll.

**4. GUCCI
LINEA D DONNA PRINTED COATED
CANVAS WALLET
RM4,600**

Carefully crafted in Italy from coated canvas and monogrammed with the label's iconic 'GG' logo, Gucci's wallet will make for an alluring addition to your spring look. With the added feature of 18 card slots, a bill compartment and separate zipped pouch, this neatly organised piece is printed with a vivid floral and bird motif inspired by the Chinese landscapes depicted from the 18th century tapestries, making it a timeless piece.

**5. BURBERRY LONDON
LONDON SMALL CHECKED CANVAS-
TRIMMED LEATHER SHOULDER BAG
RM4,000**

Burberry London's shoulder bag is crafted from textured-leather in a timeless gray hue. Designed to fit essentials like your cell and wallet, this compact design has a detachable strap that will easily transition from day to night.



**6. CALVIN KLIEN
SATIN CREPE JACKET
RM4,600**

Tailored from lustrous satin-crepe, Calvin Klein Collection's pristine jacket is left unlined for a lighter feel. This off-white collarless style has a streamlined silhouette that will flatter any frame. Layer yours with the colors of spring.

**7. GUCCI
PLEATED WOOL-CREPE SHORTS
RM4,500**

Gucci's wide-leg shorts are cut in a floaty skirt-like silhouette that will surely be a great addition to your wardrobe. Crafted from wool-crepe in a rich navy hue, this pair has a flattering high-rise waist and front slant pockets. Go about your day in chic comfort.



1



3



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**RAY-BANS
AVIATOR METAL SUNGLASSES
RM590**

Ray-Ban's aviator sunglasses are a steadfast sartorial classic, and this sophisticated gold-tone pair proves that the style-meets-function ethos is as successful as ever.

**JCREW
TAPERED PLEATED DENIM TROUSERS
RM489**

With their tapered fit and pleated front, these J.Crew trousers have the sophisticated feel of a chino, whilst the indigo denim adds to the laid-back coolness of jeans. As such, they can be dressed up or down accordingly. Go more formal with a blazer and rollneck, or opt for a casual slant with a striped tee and sneakers.

**PHIL AND JOE
ST. GEORGE
RM1,000**

Intricately designed two-toned blue nubuck with camel suede that adds a distinctive texture to the classic wingtip brogues. Wear this versatile design in either formal or semi formal events.

**BREMONT
ALT1-CLASSIC/CR AUTOMATIC
CHRONOGRAPH WATCH
RM68,500**

This Swiss-made watch is expertly designed with classic elegance and premium mechanics. It comes with a domed anti-reflective face with scratch-resistant sapphire crystal and open case back.

**GUCCI
TAN SLIM-FIT CORDUROY BLAZER
RM6,880**

This sophisticated yet fun design by Gucci is resplendent in its attention to detail - the buttons are made from soft braided leather and the silk lining richly patterned with ornate florals. Expertly crafted in Switzerland by the brand's skilled artisans, the casual yet elegant design is a fresh take on '70s cool. Pick out the texture of this slim-fitting piece by wearing it with fine pure wool dress shirts for the spring fresh look.

**MIZZEN + MAIN
YELLOW GINGHAM
RM700**

The perfect fabric to wear in the warm weather conditions with its stretchable, moisture wicking properties and zero hassle maintenance requiring no ironing or dry cleaning. A gift to the affluent man.

Summer Come at Me!

As the temperature gradually inches upward, the office air condition set to an all new low to rally through the heat, we came up with a versatile look for stylish city dwellers.

This is the time we start sporting Ray-Bans with shivering confidence, along with a lighter dress shirt immersed with advanced technologies to keep you comfortable anytime, anywhere.

Spring Forward

1. DOLCE AND GABBANA GOLD-PLATED, SWAROVSKI CRYSTAL AND ENAMEL CLIP EARRINGS RM2,700

Dolce & Gabbana's clip earrings are an effortless way to reference the label's Sicilian-inspired aesthetic. Set with an amber Swarovski crystal, this gold-plated brass pair is decorated with beautifully lifelike resin leaves and enamel lemons. Make the most of this striking detail with a sleek updo.



2. VALENTINO BELTED WOOL AND SILK-BLEND MINI DRESS RM7,500

Valentino's mini dress has floaty, oversized sleeves and a softly fluted skirt. Crafted from a luxurious blend of wool and silk, this elegant piece is defined by a waist-cinching leather belt. The fabric is a spring favourite!



3. LANVIN GOLD-TONE RESIN BRACELET RM2,800

Lanvin is our go-to for chic statement jewellery. Cast from polished gold-tone brass, this chunky bracelet is punctuated with resin stripes in earthy malachite, ochre, black and white hues. It's the perfect finishing touch for both your day and evening look.



4. MIU MIU TWO-TONE TEXTURED-LEATHER POUCH RM1,600

Miu Miu's two-tone pouch is crafted from blush and cream textured-leather and accented with polished gold hardware. This satin-lined design will easily hold your cell phone, lipstick and compact and has a small card pocket. Detach the wristlet strap to use it as a makeup case.



5. JIMMY CHOO AGNES LEATHER-TRIMMED WOVEN PUMPS RM2,000

Jimmy Choo's signature 'Agnes' pumps are re-imagined for spring in a woven orange, yellow and lavender style with leather trim. This lightly cushioned pair has a timeless point-toe silhouette and easy-to-wear 85mm heel. We like them best with skirts or dresses.



6. DOLCE AND GABBANA SICILY SMALL PRINTED TEXTURED LEATHER TOTE RM11,400

Lemons are a key motif in Dolce & Gabbana's Spring '16 collection - inspired by Domenico Dolce's Sicilian roots. This tote is crafted from artfully painted textured-leather and lined in black twill. Inside this compact piece you'll find a handy vanity mirror.



Go with the *Glow*

BY VANESSA R. SINGH

There is nothing better than making your features shine through on a day or night out. Contouring your face will help redefine your looks to make you glow like a goddess. The right contour palette is what you need to give your face the definition that every woman longs for. All you need is one of our **TOP 5 CONTOUR PALETTES BY SEPHORA** to help enhance the dull areas on your face and sharpen features such as your cheekbones, chin, forehead and nose.

PS: Try a mattifying product that's two shades darker than your actual skin tone.

Too Faced Cocoa Contour - RM145

Discover the indulging chocolate-scented curated kit for your beautiful features, infused with antioxidant-rich cocoa inspired by a chocolate facial at a Hawaiian spa. Nothing can go wrong with moisturising cocoa butter that hydrates and smoothes the skin, especially when it comes in makeup. Achieve an A-list celebrity look with this skin moisturising palette comprising two sculpting shades, a matte highlighter and a shimmering light shade for a glowing contoured finish.



Marc Jacobs Beauty #Instamarc Light Filtering Contour and Highlight Powder - RM145

Try the first ever compact skin perfecter by Marc Jacobs with a specialised formula that helps with reduction of blemishes. The #Instamarc Contour and Highlight Powder is a powder-based product (as you could probably tell from the name itself) but it is a palette you don't want to miss out on. Despite it being powder-based, it doesn't leave you with a cakey coverage. Obtain impeccable coverage by blending the creamy duo together. Leave home with a velvety smooth skin from the vitamin A, C and E-infused powder.

Tarte Tarteist Contour Palette - RM193

If you're a contouring newbie and want a palette that could help you master the 'tarte' of contouring – this is for you. Tarte's universal face slenderising palette gets you ready in 5 minutes with its numbered contouring shades. It is coordinated step-by-step to help you enhance your best features from start to finish. Powered by mineral pigments, the formula used is perfect for a natural yet professional blend to give you a chiselled effect. Accentuate like a pro with this soft focus and radiant palette for all skin types.



Sephora Microsmooth Baked Sculpting Trio - RM79

Sephora's Sculpting Trio is sulfate, paraben and phthalates-free. Use the luminiser to highlight your cheekbones, the blush to make your cheeks pop, and the bronzer to contour for an all natural-healthy glow. A few brush strokes and you're ready to go. Get glowing with this compact sculpting trio.



Stila Shape & Shade Custom Contour Duo - RM139

The texture of the creamy highlighter and contour shade infused with high-performance technology pigments are made to warrant high-colour payoff, and blur imperfections. We all know a creamy matte contour palette is the king of all kings when it comes to contouring. Expect nothing but a flawless contoured result from this long-wearing matte formula by Stila. It blends perfectly to give you a smooth and natural-looking coat. It comes in three shades to cater to individuals from a fair to deep complexion.



Bon Zainal

A MAN OF SATORIAL ELEGANCE

JACQUELINE BENITA PAUL SPEAKS TO

Bon Zainal, one of Malaysia's top, award-winning fashion designers wears many hats...fashion mentor, image guru and fashion-preneur, among others. We speak to the debonair who shares a resounding resemblance to a popular fictional secret agent (hmm... we wonder who?) to seek his intel on mens wear fashion and the fashion world in general. First let us put your curiosity to ease, Bon is indeed his real name.

Let's face it, local men's fashion brands is a relatively niche endeavour but having persevered for 30 years you'd immediately associate the brand with exclusive bespoke mens wear designs which have helped elevate the fashion consciousness of the aspiring Malaysian man. With his unique style and creative edge built over the past two decades, he believes it is imperative that all men should have the basic knowledge of "dressing well". That said, let's look at his thoughts and opinions on the menswear fashion industry and discuss his latest collection.

Style Soldiers

Each day, we put on clothes that do more than just cover up our body. We choose clothes that represent our personality, our moods, the times we live in, our ambitions and our desires. The style soldiers, adorned in the creative and articulately designed Bon collection are men of stature. Bon explains that a true gentleman worthy of his designs must be a man of substance – a man who is willing to put in the hardwork, rises above his past and lives with his decisions respectfully.

Local artiste Resh and Sona One, Business tycoon Roen Cian and even English Premier League Commentator, Josh Bolton to name a few, are the reigning members of the Style Soldiers. You might be thinking that the standards might be too high. To put it simply, anyone familiar with Bon Zainal's designs can feel the emanating sense of power that the entire ensemble portrays. Therefore, it would make sense to set that sort of standard – "better to wear the suit than the suit wears you".

Fabrics to Wear this Season

Living in the city, we are constantly exposed to high heat yet we need to always be on the go. So we asked the esteemed designer on what fabrics would be best in high-temperature climates. First on the list he says, tropical wool. Wool? We wondered although, the fact is there's some solid reasoning behind wool as a warm-weather wear.

First, it absorbs and evaporates moisture more effectively than most other textiles, making it



"IT'S NOT WHAT YOU WEAR, BUT HOW YOU WEAR IT."

a good temperature regulator. On a cold day, sure, it'll keep you warm. But on a hot day? The right wool will cool you down. Next he mentions cotton. This breathable fabric with natural fibre will allow air to pass through to keep your body cool. Additionally, Bon mentions fine pure wool. To understand fine wool you should know that the higher the number goes, the lighter and finer the cloth produced will be. If you don't have any of these fabrics in your wardrobe yet, consider that you have just been given permission to go shopping.

The Collection

This would probably be a great time to mention that Bon does actually have his own women's fashion collection, BON BON. More importantly, he has actually set up his own store in the fashion hub of the world, Paris! Though he mostly focuses on mens wear. We took the opportunity to understand his creative process, especially having to inject Malaysian influences into his designs. Fundamentally, he explains that he is in a constant learning process even while he is teaching his students.

He also places emphasis that the fashion industry requires passion and talent. He lives, eats and breathes fashion in his daily activities. In fact, he would go as far as attending an IT conference because at the end of the day, everyone wears clothes. His personal favourite from his collection is his songket-infused jacket that certainly brings the Malaysian culture and brand to an international platform.

CHALLENGE NOT ACCEPTED

#A4WaistChallenge

BY JACQUELINE BENITA PAUL

Just when you think there can not be any more social media-related fitness images to make women feel more insecure about their bodies, here comes the #A4Waist Challenge (more like A4waste) with its impractical approach to fitness goals. This is how the challenge works - the part-takers holding an A4 paper vertically in front of their body and if the sides of their waist disappears behind the paper, they will take a selfie and post it online with the #A4Waist. To the part-takers, well done all you beautiful people aspiring to be approximately the same size as a 13-month-old-boy.

"Exposure to online images of extreme beauty standards and the drive to compare does increase the risk of developing eating disorders".

Here are the reasons why you may gracefully back out of this challenge.

Fact Sheet over Fat Sheet

Fact, there is a science that talks about waist circumference. But the evaluation is vastly different from what the #A4Waist challenge teaches. It refers to the ideal waist circumference to act as an indicator for type 2 diabetes, high blood pressure, high cholesterol and heart disease. Additionally, WebMD states that ideally women should be looking to stay under 35 inches. It is worth mentioning that the recommendation for Asian women is being under 32 inches. So you may proceed to put your A4 paper to better use.

Alright, we did not mention much on the aesthetics of the "fitness" level of a woman of a certain waist size. Though, come to think of it, shouldn't our priority be focused on achieving a better quality of life? The key is better habits, positive thinking, clean eating and most of all, loving yourself. We guarantee you'd be happier with the results.

All for one and one for all

As the musketeers aptly put it - teamwork isn't exclusive to how we function as a community but also how we treat our bodies to obtain results. See, setting your sights on the aesthetic goal on your waist measurement may lead you astray when it comes to your health and fitness journey. The expected consequences in an effort to get the tape measure to move, may lead you to succumb to the ever prevalent spot reduction myth, leading to countless crunches, side bends, and other waist whittling exercises. Or, when that doesn't

work (because it won't), you might feel pressured to increase calorie burn with excessive cardio workouts and bypass strength workouts. Worse still, you could feel pressure to severely restrict your calorie intake to tip the scales (and the results of the paper selfie) in your favour.

Plus, none of this will work. Getting to a healthier place requires a well-rounded fitness and nutrition programme. Core training is important for everyone, and must include exercises beyond those you feel will shrink your waist. And, actually, building muscle is the quickest way to decrease your body fat, size, weight, and more.

The likes are not worth it

Not that weight loss isn't important; so many Malaysians are in need of this. According to the British medical journal, The Lancet, Malaysia stands as the most obese country in Asia with an obesity rate of more than 45.3% (BMI more than 25). Yes, we must get moving for the health and wellbeing of the nation. But here's where that gets complicated.

We are already plagued by photoshopped pics of celebrities, airbrush filters on our friends' Instagram photos, and runway models that are genetically gifted. Now, we have a "perfect" 8 inches waist to contend with. What is being set as the "ideal" what people are aiming for, is simply too big a leap from where we are. People face immense internal conflict and struggles when expectations don't meet reality. And when you embark on a fitness journey with such unrealistic expectations, the chance of it becoming your reality and feeling accomplished is incredibly rare. This can lead to an all or nothing mentality—which skews to "nothing," for many people, since the goal is so far away. It would be better to take small steps everyday to adopt a healthier lifestyle and eradicate disease rather than endanger yourself to achieve a waist small enough to hide behind a piece of paper to get likes on your Instagram.

A standard fitness or beauty rule that has lived on for ages - with good reason is "If you feel good on the inside, then you will look good on the outside". Its pretty much all you need to know to achieve your fitness goals effectively. Challenges such as the thigh gap challenge, belly button challenge, reverse praying challenge and collarbone challenge are just all part of the bandwagon of beauty trends that should not be paid attention to. In fact, aesthetically it does not work for everyone, papers are made to look the same but not people.

'Exposure to online images of extreme beauty standards and the drive to compare does increase the risk of developing eating disorders'

STOP! SHOWER TIME

Hot vs Cold

BY KATHLYN URSULA D'SOUZA

Showers are honestly great – not only do they make you feel bright, sparkly and clean, they'll turn almost everybody into a professional singer and help you make most of life's decisions. However, there's this constant debate about whether it's best to stay under a searing blast of water or a sub-zero one. Good news is, they're both nice and they've got their own beneficial properties.

SOME LIKE IT HOT

For better circulation

You don't need a massage when you can get a rough-and-ready one in your shower. Hot water can treat muscular and joint pain associated with arthritis, muscle tears and muscle overuse. The warmth stimulates circulation and blood flow while loosening joints, tendons, tissues and muscles. While it may not cure the pain for good, five minutes under hot water can considerably ease pain, stimulate healing and reduce inflammation.

For clear skin

Clogged pores can lead to blemishes and a buildup of toxins in the skin. Hot water and steam open the pores of your skin, making it easier to clean and release impurities. Following with a cold water rinse will close the pores again and make your skin feel refreshed.

For a pre-workout prep

A hot shower is an effective way to warm up before a morning workout. When you get out of bed in the morning, your muscles can be stiff. So it's important to be completely warm and loose before any exercise, and a hot shower can get the blood flowing, warm the muscles and prime them for exercise.

For that stiff neck and locked shoulders

Aside from a massage, a hot shower is the next best thing for a stiff neck or shoulder pain. Letting hot water run over this area for 10 minutes will relax the muscles. Doing some easy neck and shoulder rolls while in the shower will further loosen these muscles.

For that cough and cold that never seem to go away

The steam from a hot shower can loosen phlegm and get rid of mucus that could be causing a cough or sore throat. Adding eucalyptus oil to your skin will make the steam more effective and can help you breathe more easily. A hot shower can also relieve other body aches associated with a cold.

For the stress and sleepless nights

A hot shower is a natural sedative. If you are stressed or have trouble sleeping, taking a hot shower for 10 minutes calms your body, mind and nerves. Adding lavender oil will help, because this is a natural relaxation herb.

For that time of the month, ladies

When dealing with menstrual cramps, take a hot shower and your pain will be diminished.

"Heat brings blood flow to your pelvic area, and that helps relax the muscles causing cramps in the first place," explained Alyssa Dweck, M.D., ob-gyn in Westchester, New York and co-author of *V Is for Vagina*.

COLD IS GOLD

If you're depressed

Cold showers have been shown to relieve depression symptoms due to the intense impact of cold receptors in the skin, which send an overwhelming amount of electrical impulses from the peripheral nerve endings to the brain. Thus, it produces an anti-depressive effect, and boosts moods, making it a pick-me-up. A study in 2008 found that cold hydrotherapy has an analgesic effect, and does not appear to have noticeable side effects or cause dependence. This treatment included one to two cold showers of 38 degrees Fahrenheit, two to three minutes long, followed by a five-minute gradual adaptation to make the procedure less shocking.

If you want to build tolerance

Jumping into the shower without letting it heat up, or going into the ocean without slowly acclimating to it, can help promote hardening, increasing tolerance to stress, and even disease. A 1994 study found a drastic decrease in uric acid levels and following exposure to a cold stimulus. There was also an increase in glutathione, an antioxidant that keeps all other antioxidants performing at their optimal levels. The participants, who were 10 healthy people who swam regularly in ice-cold water during the winter, adapted to repeated oxidative stress.

If something is sore and needs recovering

We have all seen athletes taking ice baths after training to reduce muscle soreness, but a quick cold shower after breaking a sweat at the gym can be just as effective, especially in relieving delayed-onset muscle soreness. A 2009 study analysing 17 trials involved over 360 people who either rested or immersed themselves in cold water after resistance training, cycling, or running. It found that 24-minute cold water baths were effective in relieving sore muscles one to four days after exercises with a water temperature of 50 to 59 degrees Fahrenheit, or 10 to 15 degrees Celsius.

If you want to lose a little bit of weight

Cold showers can aid weight loss in an unexpected way. The human body contains two types of fat tissue, white fat and brown

fat. White fat is accumulated when we consume more calories than our body needs to function, and we don't burn these calories for energy. This body fat piles up at our waist, lower back, neck, and thighs, and is the one we all struggle to eliminate. Brown fat is the good fat, which generates heat to keep our bodies warm, and is activated when exposed to extreme cold. Thus, cold showers can promote brown fat activity.

A 2009 study found that exposure to extreme cold temperatures activated brown fat in 23 and 24 participants by a 1.5-fold increase, meaning someone could lose up to nine pounds in a year if they kept this practice up.

If you want to be stronger

Cold water can improve circulation by encouraging blood to surround our organs, which can then help combat some problems of the skin and heart. As cold water hits the body, it's ability to get blood circulating leads the arteries to more efficiently pump blood, therefore boosting our overall heart health. It can also lower blood pressure, clear blocked arteries, and improve our immune system.

If you want better skin and hair

When it comes to hair and skin, one of the most natural ways to maintain our appearance is with cold showers. Hot water has the tendency to dry out our skin, so it's best to use cold water to tighten the cuticles and pores, which will prevent them from getting clogged. Cold water can "seal" the pores in the skin and scalp too, preventing dirt from getting in.

Ice-cold or lukewarm water can help our skin and prevent it from being stripped of its healthy natural oils too quickly. Remember, cold water only temporarily tightens skin as it constricts blood flow, but it does not shrink pores. When it comes to hair care, cold showers can make hair appear shinier, stronger and healthier by flattening hair follicles, and increasing their ability to grip the scalp.

If you want to be awake

Taking a cold shower in the morning, and feeling cold water pour down over our body seems more horrifying than soothing. However, the deep breathing in response to our body's shock helps us keep warm, as it increases our overall oxygen intake. Thus, our heart rate will also increase, releasing a rush of blood through our entire body. This gives us a natural dose of energy for the day.



*"Authentic, personalised,
fuss-free and able to
provide the skin with
exclusively customised daily
#Serumix that is created
solely just for you."*

Apothicaire Skincare

OLD WORLD MEETS NEW

95 Jalan SS2/72, 47301 Petaling Jaya

BY JACQUELINE BENITA PAUL

Modern apothecary skincare with a personalised approach to your skincare needs. This five-syllable word is derived from the Latin word "apotheca" that was commonly used to refer to a pharmacist or a facility that stored medicines. Apothicaire skincare is a new generation of natural skincare formulations using natural plant-based technology and a blend of well-chosen, laboratory-made active ingredients that revolutionise the traditional approach to skin health and treatment, without using harmful chemicals. So how does their approach take care of your skincare needs differently? By mixing your own serum. That's right. You can be your very own chemist because surely we have all experimented with and tried large a wide variety of skincare products. This is especially catered to those with sensitive skin problems such as eczema, allergies to certain chemicals, oily yet dehydrated skin and more.

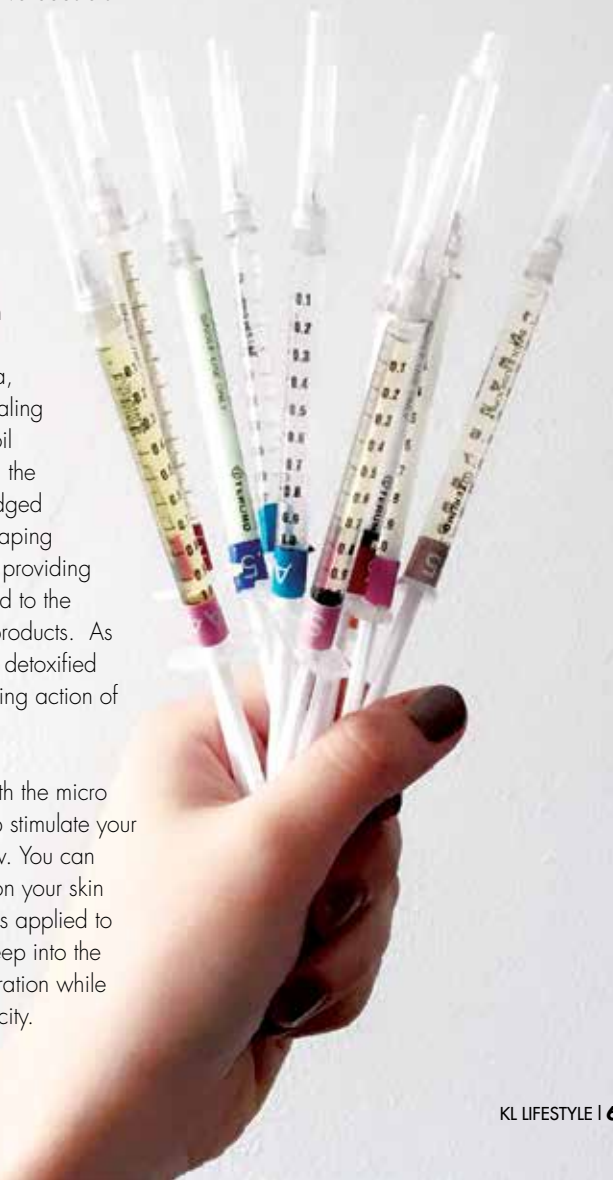
Furthermore, this concept will be able to minimise your daily regime because all you need is just one serum that already has all the properties that your 15 minutes a day regime would provide and more. Mixing serums are definitely a group affair, getting to know your friend's skin needs and the experience of role playing as your own chemist is an absolute thrill. When you walk into the Your Image & Body Wellness spa, you receive warm hospitality and attentive service, nothing less. Then, get comfortable (which is easy) and talk to the experts about your skin. Even for problems that occur internally that cause external effects are taken into account in the consultation.

Each product contains imported ingredients based on specific properties that the region offers. They even come in nifty syringes in the exact measurements, a must-have novelty to live up to the pharmaceutical namesake. The serums are segregated in syringes based on their special properties such as brightening, refining, moisturisers, sun-protection and more. Choose from their selection of ampoules, serum, cream, sun care and active boosters that can be mixed into one bottle that is just for you. Fuss-free and fun!

An adopted idea from the USA, Apothicaire Skincare offers 45-minute facials for quick pick-me-up sessions for your skin. This treatment compromises on time but not on quality or methods. Included in the session is, Meridian Guasha, that is an ancient East Asian healing technique. During the session, oil or lotion will be applied. Then, the practitioner will use a smooth-edged tool to stroke over the area. Scraping enhances circulation in general providing undernourished areas with blood to the feed tissue and remove waste products. As an area is innervated, it will be detoxified and toned by the deep massaging action of the stroke.

The application of the serum with the micro ultrasonic serum infuser will help stimulate your skin to achieve the desired glow. You can even add on a booster based on your skin needs. Later, a power masque is applied to deliver nourishing botanicals deep into the skin to provide long lasting hydration while improving skin clarity and elasticity.

You won't regret your visit and trying out their amazing products. If you aren't sure about what your skin needs, don't worry, as they have prepared a specialised menu to target different skin needs. Bring your friends and family to experience the beauty of creating your own daily serum just for your skin.





HOW IS HONEY MADE?

It takes about 60, 0000 bees that travel 55, 000 miles and visiting over 2 million flowers to make just enough nectar to produce about one pound of honey.

The nectar that was gathered is stored in the bee's extra stomach where it mixes with enzymes before passing it to another bee's mouth through regurgitation. The process goes on until the nectar is partially digested and dropped into a honeycomb. There, honeybees fan the liquid nectar with their wings, helping the water to evaporate and create the thick substance you know as honey.

Oh, HONEY!

A treasure chest of liquid gold

BY KATHLYN URSULA D'SOUZA

Honey isn't just something you soak your pancakes with or use to call the love of your life. It's actually got a lot of hidden nutritional and medicinal value and has been used since the early Egyptian days. Not only that, animals and humans have been raiding bee hives since the olden days, never mind the stings as long as they get to taste the sweet reward.

The National Honey Board (yes, there is such a thing), has found that a tablespoon of raw honey contains 64 calories, is fat-free, cholesterol-free and sodium-free. It doesn't just stop there ...

It aids with sleep

Having sleepless nights? Have some honey. Like sugar, honey is responsible for raising your insulin levels and releasing serotonin – a neurotransmitter that improves mood and happiness. The serotonin then converts into melatonin, which is a sleep aid, responsible for regulating sleep and wake cycles.

No more dandruff

If it's constantly snowing around your shoulders due to your dry scalp, then honey can bring temporary relief. The European Journal of Medical Research found that after applying honey diluted with 10 percent warm water to the problem areas for 3 hours (after which it is rinsed), there is a significant relief from itch and scaling within a week. Not only that, after two weeks, skin lesions were found to be healed and there was a noticeable improvement in hair loss.

This is due to the fact that honey has got antibacterial and antifungal properties, which is ideal for treating dandruff and seborrheic dermatitis (which are both caused by an overgrowth of fungus).

Antibiotic for wounds and burns

As mentioned before, honey has got a lot of medicinal value. It can act as a natural antibiotic, both for internal and external wounds. It can disinfect wounds, burns and sores. In fact, a study published in the British Journal of Surgery found that patients who suffered from wounds and leg ulcers showed remarkable improvement after applying a topical application of honey. Honey continues its legacy as a multipurpose health aid, and has been utilised for over 2,000 years and counting!

Drink for that extra energy

At just 17 grammes of carbohydrate per tablespoon and as natural unprocessed sugar (fructose and glucose), it directly enters the bloodstream and gives you that quick boost of energy, if ever needed. This would prove to be ideal for longer endurance in exercise, as it acts as a short-term energy source.

Good memory

This sweet thing is loaded with antioxidants that help prevent cellular damage and loss within the brain. Coincidentally, a 2011 study found that

a daily spoonful of Malaysian honey may boost post-menopausal women's memory. After four months of taking 20 grammes of honey a day, the women had better short-term memory than those who had taken hormone pills – which means that honey is a better alternative therapy for hormone-related intellectual decline.

No more allergies, hangovers and sore throats

Honey has been part of home remedies around the world for a wide range of ailments. Not only does it act as a natural vaccine for allergies, it can combat hangovers for those who had too much fun the night before. Honey is gentle on the stomach and speeds up the oxidation of alcohol by the liver – and that literally makes it a sobering agent. Also, if you dearly love to sing in the shower and can no longer do so, try some honey mixed with lemon juice and a pinch of salt. Professional singers commonly use honey to soothe their throats before performances. The Chinese also believe that excess "heatiness" in the body causes sore throats and taking honey might just relieve that. And oh, there is also a theory that honey can help reduce the risk of some cancers and heart disease.

“Rejuvenate Naturally” with our custom made treatment”

White Hair to Black Hair



Anti-Hair Loss



Anti-Dandruff



Healthy Hair
Inside Out



AIRLINK

MALAYSIA
AIRPORTS

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Malaysian Indian Travel Association

AIRPORT MD SPEAKS

As Managing Director of Malaysia Airports Holdings Berhad, Datuk Badlisham Ghazali is fast gaining recognition in the global aviation world. A speaker at the World Routes Strategy Summit in Chicago in 2014 and the 22nd Global Airport Development Conference in 2015, he sits on the Asia-Pacific Regional Board of Airports Council International. He is also a member of the Boards of Directors of the international airports at Hyderabad and Istanbul.

This month, Datuk Badlisham speaks about Airports Council International.



"As a representative of Malaysia, I am pleased to inform that I was recently appointed to the ACI Asia-Pacific Regional Board of Directors, together with Fred Lam, Chief Executive Officer of the Airport Authority of Hong Kong. Having just returned from the Airports Council International Asia-Pacific Regional Assembly, Conference & Exhibition that was held on the Gold Coast of Australia

last month, it would be timely for me to elaborate on this organisation and its vital role to the industry.

"Airports Council International (ACI) is the only global trade representative of the world's airports. Headquartered in Montreal, Canada, ACI is made up of five geographical regions - Africa, Asia-Pacific, Europe, Latin America/Caribbean, and North America.

"Established in 1991, ACI represents airports interests to Governments and international organizations such as ICAO, and develops standards, policies and recommended practices for airports around the world, and provides information and training opportunities to raise standards. It also advances the collective interests of, and acts as the voice of the world's airports and the communities they serve, and promotes professional excellence in airport management and operations.

"I am pleased to note that Malaysia hosted both the 19th ACI World & Asia Pacific General Assemblies in 2009. Over 500 airport leaders and aviation business-partners from every corner of



Penang International Airport



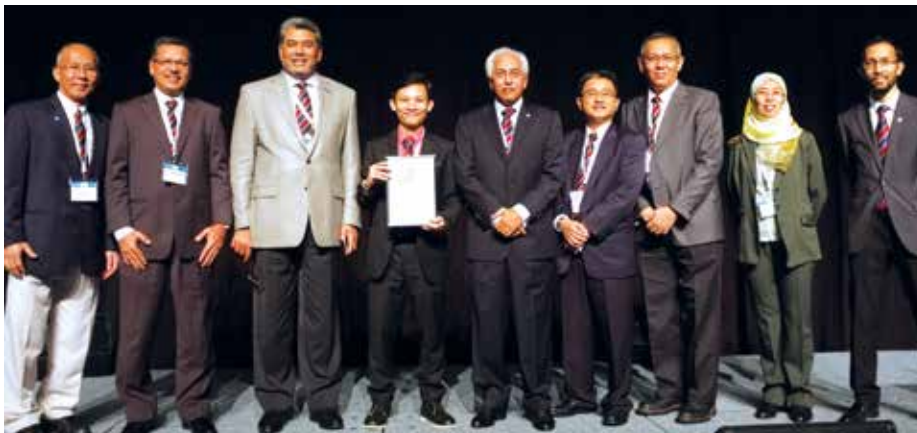
Langkawi International Airport



Kota Kinabalu International Airport



Kuching International Airport



the world congregated in Kuala Lumpur for their annual conference that focused on strategies for re-energising the airport business. Jointly organised by ACI World and ACI Asia-Pacific, and hosted by Malaysia Airports, this iconic event was attended by aviation experts from all five ACI geographic regions spanning the globe.

"Our productive association with ACI continues till today. Just last year, I was

proud and happy to represent Malaysia Airports in Jordan, where I received a certificate from the President of ACI Asia-Pacific Dennis Chant stating that our flagship facility KLIA has been awarded ACI's globally-respected Airport Carbon Accreditation for the Main Terminal.

"ACI's Airport Carbon Accreditation is the only institutionally-endorsed carbon management certification standard for airports. It is an independent, voluntary

programme developed by ACI Europe, designed to allow the assessment and recognition of participating airports' efforts to manage and reduce their carbon dioxide emissions. One of the pillars of Malaysia Airports' strategy themes and objectives is sustainability. The ACI accreditation is therefore an important milestone in our pursuit for environmental excellence and sustainable future.

"At last count, ACI Asia-Pacific had 101 members operating 574 airports serving about 2500 million passengers a year – yes, that is 2.5 billion air-travellers! In 2015, airports in the Asia-Pacific region registered an impressive 8% growth, affirming our region's position as the one to watch in the global world of commercial aviation.

"Situated at the heart of Asia, it is clear that Malaysia commands an attractive and strategic position on the air-routes of this region. Malaysia Airports also has no less than 39 airports within this country, and others abroad. In all our operations, we see the synergy that ACI brings to the industry in very practical and tangible ways.

"It is my sincere commitment that Malaysia Airports will continue to serve the regional and global aviation community with increasing efficiency, and continue to participate in a practical and positive way in the activities and aspirations of Airports Council International."



KL International Airport



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Advisor

Y.Bhg. Datuk Badlisham Ghazali

Managing Editor

Mohamed Sallauddin Hj. Mat Sah

Editorial & Concept

Andrew Ponnampalam

andrewponnampalam@yahoo.com

Advertising & Production

Mohd Faizal Md Haris

faizalmd@malaysiaairports.com.my

Design & Distribution

Mediate Communications Sdn. Bhd.

MALAYSIA AIRPORTS HOLDINGS

BERHAD (487092-W)

Marketing Division, Suite 13.5,
Level 13, Menara IMC, Letter Box 41,
No. 8, Jalan Sultan Ismail,
50250 Kuala Lumpur, Malaysia

Tel : 603-2070 8606

Fax : 603-2070 3387

Email : marketing@malaysiaairports.com.my

National Slot Coordination Malaysia

A growing responsibility for Malaysia Airports



When Commercial Aviation began to grow around the world, airports were built to facilitate this burgeoning mode of transport. Soon, high volumes of international traffic necessitated some form of organisation for aircraft to land and take-off at busy airports. A landing slot or takeoff slot is a right granted by an airport-owner which allows the slot holder to schedule a landing or departure on a specific time period.

In the early years of civil aviation, this coordination was just done by national carriers coordinating their own domestic flights, and agreeing their international timetables with other national carriers. From 1947, airlines met regularly, under the auspices of the International Air Transport Association (IATA), to discuss their timetables planned for the following season.

In Malaysia, slot-coordination was done for decades by Malayan Airways, which

later became Malaysia Airlines. With the unprecedented boom in air-travel, slot-coordination had to involve airlines, airports, governments and other related stakeholders. With the rapid rise of factors like new technology, commercialisation, mass-travel, security concerns and safety issues in this millennium, Slot Coordination has gradually evolved away from airlines and into the ambit of impartial coordinators.





Baharudin Mohd Atan



Zainol Mohd Isa

"The government has shown faith in us to manage slot-coordination for all airports in Malaysia, including those not operated by us, and we want to do our best for the responsibility entrusted to us."

The international process that determines who agrees to what slots has been steered by IATA's Worldwide Slot Guidelines (WSG) since it was first issued in 1976. All

airports worldwide are classified in one of three categories:- Level 1 (Non-Coordinated Airport) where landings are infrequent and slots are not necessary, Level 2 (Schedules Facilitated Airport) where there is potential for congestion at some periods of the day, or Level 3 (Fully Coordinated Airport). KLIA, like most busy airports, is classified by IATA as a Level 3 Fully Coordinated Airport that is sufficiently busy to need all slots coordinated around the clock, 24 hours a day.

the growth in air-travel and restricted airport access. IATA member airlines and a community of airport-coordinators from around the world jointly produced the WSG which is now the Industry Standard recognized by most regulatory authorities for the management and allocation of airport capacity. In some instances, this text has been incorporated into local regulations and national law. The Worldwide Slot Guidelines operate on four cornerstones:- certainty of access, guarantee of flexibility, sustainability of costs, and transparency of allocation.

Certainty of access means airlines, new and established, can be confident that any slots obtained will be there when aircraft enter into service or a fledgling carrier wants to begin operations. Flexibility means airlines can adjust schedules to react to operational disruptions and match demand throughout the year. Sustainability of costs is securing landing and take-off slots with a price that makes the operation financially viable while transparency of allocation ensures slots

In Malaysia, the aviation sector is regulated by the Department of Civil Aviation (DCA) under the Ministry of Transport (MOT), including airport access and related services. On 1st September 2014, the DCA appointed Malaysia Airports to steward National Slot Coordination Malaysia (NSCM). "The appointment places considerable responsibility on our shoulders, but Malaysia Airports has stepped up to the plate as our national duty", says Baharudin Mohd Atan, co-chair of the current team.

"The Slot Coordination Team is a non-profit entity; we are basically working hard and giving our best as we know this is a practical and important contribution to the aviation industry of Malaysia. Proper slot-coordination produce optimum efficiency for the operations of all airports, airlines and commercial aircraft within our borders. From our Team Leader Zainol Mohd Isa to the youngest member, everyone is fully focused on delivering excellence in slot-coordination", he explains.



Apart from daily scheduled flights, National Slot Coordination Malaysia (NSCM) is also responsible for coordinating special events. It is, for example, the slot-coordinating authority for inbound and outbound aircraft into Langkawi International Airport during the bi-annual Langkawi International Maritime & Aviation (LIMA) events which see intense increases in aircraft movements for a week or two.

Adherence to IATA's Worldwide Slot Guidelines is the fairest way to balance

are allocated to airlines and other aircraft operators in a neutral, transparent, and non-discriminatory way.

The number of slot-coordinated airports is expected to grow and IATA is working with the Malaysian government to promote WSG policies and principles. National Slot Coordination Malaysia is essential for optimising value in network growth, and Malaysia Airports takes this vital national duty very seriously as its growing responsibility.

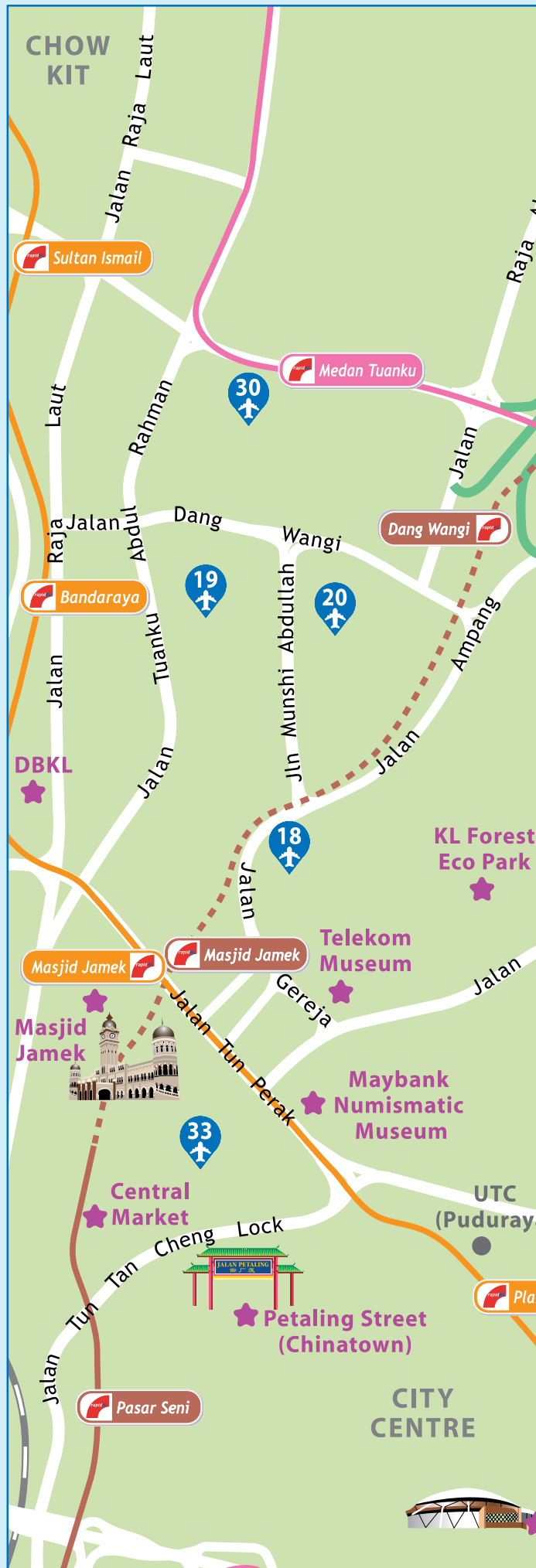


AIRLINE & AVIATION OFFICES

A Malaysia Airports concept for communication convenience !

1) Aeroflot • Lion Office Tower • 03-2141 4000	10	50) Hunnu Air • Menara Hap Seng • 03-2148 7500	16
2) Aerolineas Argentina • Central Plaza • 03-2144 3288	8	51) Icelandair • UOA Centre • 03-2715 2277	24
3) Aero Mexico • UOA Centre • 03-2715 2277	24	52) Iran Air • Megan Avenue II • 03-2161 1351 / 0411	25
4) Air Arabia • Hotel Maya • 03-2161 0908	31	53) Iran Aseman Airlines • Hotel Maya • 03-2166 7644	31
5) Air Astana • Central Plaza • 03-2144 1571	8	54) Iraqi Airways • Berjaya Times Square • 03-2110 0105	3
6) Air Berlin • Menara Standard Chartered • 03-2687 2222	9	55) Jet Airways • Lion Ofce Tower • 03-2148 9020	10
7) Air Bagan • Central Plaza • 03-2144 6785	8	56) Jetstar • Amoda Building • 03-2713 3909	2
8) Air Canada • UOA Centre • 03-2715 2053	24	57) Kenya Airways • Menara Hap Seng • 03-2141 7521	16
9) Air China • Plaza OSK • 03-2166 1999	27	58) KLM Royal Dutch Airlines • ParkRoyal Hotel • 03-7712 4555	4
10) Air France • ParkRoyal Hotel • 03-7724 8181	4	59) Korean Air • Menara Hap Seng • 03-2030 0200	16
11) Air India • Wisma Paradise • 03-2072 6066	18	60) Kuwait Airways • UBN Tower • 03-2031 6033	8
12) Air KBZ • Central Plaza • 03-2144 6785	8	61) Lufthansa • Kenanga International • 03-2053 1898	15
13) Air Madagascar • Lion Office Tower • 03-2141 3899	10	62) Mahan Air • Megan Avenue II • 03-2166 7977	25
14) Air Mandalay • Central Plaza • 03-2144 6785	8	63) Malindo Air • Medan Tuanku 1 • 03-7841 5388	30
15) Air Mauritius • Central Plaza • 03-2142 9161	8	64) Mandarin Airlines • Amoda Building • 03-2142 7344	2
16) Air New Zealand • UOA Centre • 03-2715 5020	24	65) Myanmar Airways International • Central Plaza • 03-2144 6785	8
17) Air Niugini • Central Plaza • 03-2148 4313	8	66) Nepal Airlines • Semua House • 03-2698 7933	19
18) Air Seychelles • Menara Standard Chartered • 03-2687 2222	9	67) Oman Air • Menara Hap Seng • 03-2145 6123	16
19) Air Serbia • Menara Standard Chartered • 03-2687 2222	9	68) Pakistan International Airlines • Central Plaza • 03-2142 5444	8
20) Alitalia • Lion Office Tower • 03-2148 0644	10	69) PAL Express • Lion Office Tower • 03-2141 0767	10
21) All Nippon Airways • Wisma Goldhill • 03-2032 1331	11	70) Philippines Airlines • Lion Office Tower • 03-2141 0767	10
22) Amadeus (GDS) • Menara Dion • 03-2302 2100	13	71) Qantas • Amoda Building • 03-2713 3911	2
23) American Airlines • UOA Centre • 03-2715 1122	24	72) Qatar Airways • Central Plaza • 03-2118 6100	8
24) Asiana Airlines • Central Plaza • 03-2144 3101	8	73) Regent Airways • Jalan Hang Kasturi • 03-2072 8255	33
25) Association of Asia Pacific Airlines • Menara Prestige • 03-2162 1888	23	74) Royal Brunei Airlines • UBN Tower • 03-2070 7166	17
26) Austrian Airlines • Central Plaza • 03-2148 8033	8	75) Royal Jordanian • Menara Hap Seng • 03-2148 7500	16
27) Bangkok Airways • Central Plaza • 03-2148 0829	8	76) Saudi Arabian Airlines • Megan Avenue II • 03-2166 7778	25
28) Biman Bangladesh Airlines • Menara Atlan • 03-2164 6270	26	77) Scandinavian Airlines • Megan Avenue II • 03-2162 6044	25
29) British Airways • The Intermark • 03-7712 4747	28	78) Shaheen Air • Binjai 8 Premium Soho • 03-2181 5786	34
30) Cathay Pacific • Menara IMC • 03-2035 2777	22	79) Silk Air • Menara Multi-Purpose • 03-2618 6333	20
31) China Airlines • Amoda Building • 03-2142 7344	2	80) Singapore Airlines • Menara Multi-Purpose • 03-2618 6333	20
32) China Eastern Airlines • Plaza OSK • 03-2161 1666	27	81) Shanghai Airlines • Plaza OSK • 03-2161 1666	27
33) China Southern Airlines • Plaza OSK • 03-2163 9977	27	82) Shenzhen Airlines • Plaza OSK • 03-2166 1999	27
34) Cathay Dragon • Menara IMC • 03-2035 2777	22	83) South African Airways • Lion Office Tower • 03-2141 7456	10
35) Egypt Air • Menara Keck Seng • 03-2145 6867	6	84) SpiceJet • Wisma Paradise • 03-2070 6055	18
36) Emirates Airlines • The Pavilion • 03-2058 5899	7	85) SriLankan Airlines • Menara Hap Seng • 03-2070 1979	16
37) Ethiopian Airlines • Central Plaza • 03-2141 2190	8	86) Swiss International Air Lines • Kenanga International • 03-2053 1898	15
38) Etihad Airways • Menara Standard Chartered • 03-2687 2222	9	87) TAP Portugal • UOA Centre • 03-2715 2277	24
39) Etihad Regional • Menara Standard Chartered • 03-2687 2222	9	88) Thai Airways • Wisma Goldhill • 03-2034 6999	11
40) Eva Airways • Kenanga International • 03-2162 2981	15	89) Turkish Airlines • Menara Prestige • 03-2163 0849	24
41) Finnair • Central Plaza • 03-2145 1155	8	90) Turkmenistan Airlines • G Tower • 03-7728 1044	32
42) flyNiki • Menara Standard Chartered • 03-2687 2222	9	91) Ukraine International Airlines • Hotel Maya • 03-2161 0908	31
43) Galileo (GDS) • Menara Keck Seng • 03-2119 6000	6	92) United Airlines • Lion Office Tower • 03-2161 1433	10
44) Garuda Indonesia • The Intermark • 03-2162 2811	28	93) U.S. Airways • UOA Centre • 03-2715 1122	24
45) Gulf Air • Central Plaza • 03-2141 2676	8	94) Uzbekistan Airways • Wisma UOA II • 03-2166 3439	24
46) Hahn Air • Central Plaza • 03-2148 8033	8	95) Vietnam Airlines • Menara Hap Seng • 03-2031 1555	16
47) Hawaiian Airlines • Lion Office Tower • 03-2143 1533	10	96) Xiamen Airlines • Plaza OSK • 03-2166 8222	27
48) Heli Air Monaco • Lion Office Tower • 03-2141 4540	10	97) Yemen Airways • UOA Centre • 03-2164 3031	24
49) Hong Kong Airlines • UOA Centre • 03-2715 1155	24		

MALAYSIA AIRPORTS HOLDINGS BERHAD (487092-W)
Marketing Division



KUALA LUMPUR





Growth for BANGKOK AIRWAYS

Bangkok Airways continues to grow in both fleet-size and route-network. The airline is due to add a further six or seven aircraft this year, including three ATR 72-600 turboprops and three or four Airbus A319s which will grow its fleet to 36 aircraft.

"This year, Bangkok Airways will concentrate on countries in South East Asia and North Asia such as Myanmar, Vietnam, Laos and China as we foresee that these countries project notable economic growth and high travel demands," said Varong Israsena Na Ayudhya, Vice President – Sales, Bangkok Airways. "South East Asia in particular

is one of the most popular destinations for European and Americans who are the majority of our customers and are likely to fly with our codeshare and interline partners to connect with our flight in Bangkok," he added.

This year, the new routes planned by Bangkok Airways include flights between Chiang Mai and Mae Hong Son, Bangkok and Danang and between Koh Samui and Guangzhou. It will also boost the frequency on some of its most popular sectors, namely Bangkok – Phnom Penh, Bangkok – Chiang Mai (from seven to eight daily), and Chiang Mai – Koh Samui (from once to twice daily during high-season).

Known as "Asia's Boutique Airline", Bangkok Airways serves 11 destinations throughout Thailand, plus a further 13 destinations in Bangladesh, Cambodia, Hong Kong, India, Laos, Malaysia, the Maldives, Myanmar and Singapore, says Bangkok Airways Country Manager Nitikorn Komkris, adding that the airline has direct daily flights between Kuala Lumpur and Koh Samui; departing KLIA at 9.15 in the morning and arriving from Koh Samui at 8.25 in the evening. For more information and ticketing, please visit www.bangkokair.com or call **03- 2148 8033**.



VIETJET is coming!

Vietjet recently announced its newest international route connecting Kuala Lumpur with Ho Chi Minh City in Vietnam which will be daily operated from June 1st, 2016. Speaking at the Announcement Ceremony, Vietjet's Vice President Nguyen Thi Thuy Binh said "The launch of the new route is a latest development of our masterplan to expand Vietjet's operating network to South East Asia. With the route, Vietjet expects to offer passengers more options for their aviation travel with affordable fares and joyful flights. I do want to ensure that our valued passengers

enjoy their journey from the very moment they board our aircraft."

Vietjet is the first airline in Vietnam to operate as a new-age airline with low-cost and diversified services to meet customers' needs. Tickets can be booked at www.vietjetair.com (also compatible with smartphones at <https://m.vietjetair.com>) or at www.facebook.com/vietjetvietnam (just click the VIETJET "Booking" tab). Payment can be easily made with Visa, MasterCard, JCB, and American Express.





Airlines, Qatar Airways, Emirates, Kuwait Airways, Oman Air, Saudia, Gulf Air, PLA, Indian Airlines, Cathay Dragon, Drukair, etc. at Hazrat Shahjalal International Airport, Dhaka. Biman Flight Catering Center (BFCC) has the capacity of producing 8500 meals a day and is providing cuisine not only to Biman but also to Saudia, Etihad, Malaysia Airlines, Thai Airways, Emirates, Cathay Dragon and China Southern Airlines.

"Malaysia is one of the key destinations in the Biman network", explains Mohammed Salahuddin. "We are gratified to have been named 'Foreign Airline Of The Year 2014' for the South Asia sector by Malaysia Airports, at the KLIA Awards. We currently have 12 weekly flights from KLIA." For more information and ticket reservations, please visit Biman's website at biman-airlines.com or send an email to kuluv@bdbiman.com.

BIMAN showcases Bangladesh

Biman Bangladesh Airlines Country Manager Malaysia Mohammed Salahuddin says that the nation of Bangladesh is "an undiscovered tourism treasure" awaiting Malaysian travellers. "Splendid scenery, rich biodiversity, halal cuisine, fabulous festivals and simply great shopping....Bangladesh is really a great place for a holiday!" he states emphatically. "Most people do not know that Bangladesh has the world's longest sandy beach at Cox's Bazaar and the world's largest mangrove forest in the Sundarbans. There is so much to discover."

Biman Bangladesh Airlines, popularly known as Biman, is the national airline of Bangladesh. A member of IATA, it flies passengers and cargo to 18 international destinations in Asia and Europe. Convenient transfer connections from Dhaka to regional

destinations are easily available. Biman is reputed for its well-trained and dedicated crew.

Biman came into being on January 04, 1972 with a gift of DC-3 aircraft from Bangladesh Air force. Presently Biman has four 777-300ER, two 777-200ER, four 737-800, two A310-300 and two Dash-8 aircraft in its fleet. The airline's Reservation and Departure Control System and other communication systems are fully computerized. Biman is now striving to make the airline more attractive to its valued passengers by fixing priority on providing more comfort and maintaining schedule regularity.

In addition to its own aircraft, Biman's Ground-Handling Unit also provides support to Singapore Airlines, Thai Airways, Malaysia





CHINA SOUTHERN promotes Changsha



The historic capital of Hunan province is an extremely attractive destination, says China Southern Airlines General Manager for Kuala Lumpur Li Yi Dong, adding that Asia's largest airline has direct daily flights between Changsha and Kuala Lumpur.

Changsha is an important commercial center and river port, with abundant light industrial production. Situated in the river valley along the lower reaches of the Xiang River, Changsha has a recorded history that can be traced back an amazing 3,000 years. The area's rich historical heritage-sites include old wall remains, tomb sites, religious temples and buildings.

What earns the city its reputation among visitors are two things. One is a great man in recent history, Chairman Mao Zedong and the other is Yuelu Academy, a time-honored academic school perched on the scenic Yuelu

Mountain. Originally built in 976 AD during the Song Dynasty, the academy school survived through the Yuan, Ming and Qing dynasties and is considered to be the cradle of Huxiang Culture.

The Kuala Lumpur office of China Southern Airlines has a Facebook page to increase interaction with the public. The Facebook page, China Southern Airlines Kuala Lumpur, is proving popular with more and more air-travellers. The airline also has a global website interface to provide better user-experience for passengers all over the world.

Apart from Changsha, China Southern Airlines has three daily flights from KLIA to Guangzhou. For ticketing and reservations, please call **03-2163 9977**. For more information on China Southern Airlines, please log-on to global.csair.com



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Every Premium Economy seat has a relaxing 39-inch seat pitch with fixed seat-back and front-sliding seat recline with no interference front or back. China Airlines Premium Economy passengers are also pampered with refreshing amenities from Kuan's Living and Italian skincare house, Acca Kappa.

Robert Chin adds that next year, China Airlines celebrates its 50th year in Malaysia; making it one of the most established foreign airlines in this country. It flies to 136 destinations in 28 countries around the world, and provides the highest state of comfort, especially for its Premium Economy Class passengers. For ticketing and more information on China Airlines' daily flight from KLIA and its services, please visit www.china-airlines.com or call **03-2142 7344**.



Enjoy an exciting combination of Business Class and Premium Economy when you fly on China Airline's Premium Economy class to the USA and Canada! This year, air-travellers from KLIA to destinations on mainland North America need only pay for Premium Economy, and enjoy Business Class travel to Taipei and Premium Economy flying onward to Los Angeles, New York, San Francisco and Vancouver.

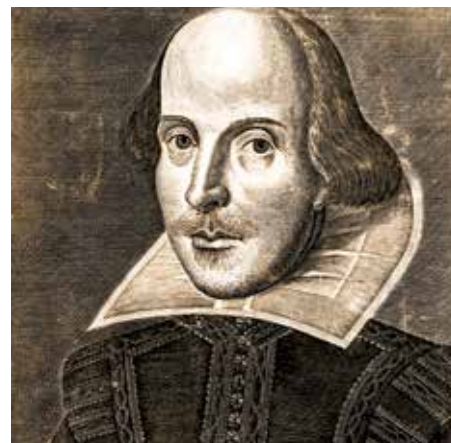
Enjoy greater leg-room, more comfortable seats, larger video screens and all the amenities and exclusivity of the Dynasty Lounge. General Manager of China Airlines Malaysia Branch Robert K. C. Chin says that the airline is one of very few with its own business lounge at KLIA. The exclusive

Dynasty Lounge specially caters to the airline's Frequent Flyers members on the Paragon/ Emerald and Gold programmes and all its Business Class travellers from KLIA. It is now open to privileged Premium Economy Class passengers during this exciting promotion.

Other deluxe comforts that Premium Economy passengers enjoy include industry-leading 12.1-inch HD multi-touch screen AVOD (Audio Video on Demand), multi-function dining table, personal storage space, dedicated reading-light, dedicated personal USB port and power outlet, plus an amazing entertainment system featuring Seat Chat function for messaging with your friends and real-time sharing of your favorite video and audio material.



BRITISH AIRWAYS celebrates Shakespeare



To mark 400 years of William Shakespeare, British Airways is celebrating the prominent English writer's famous works by promoting travel to related destinations in the UK and Europe with the airline's convenient connections to Europe through London Heathrow. British Airways has compiled a list of the top destinations to visit that feature in Shakespeare's classics, and these include:

Italy, the setting for many of Shakespeare's plays, including the tragic love story of Romeo and Juliet set in the northern city of Verona. The city of Venice is the central location for Othello and the Shakespearean comedy, The Merchant of Venice. Travellers looking to visit places in the city referenced by Shakespeare, can visit the bustling Rialto Market to see an array of stalls selling fresh vegetables, fruits and seafood. Take the ultimate tour along the Grand Canal in the famous gondolas like the characters Lorenzo and Jessica from the play. Antony and Cleopatra, Coriolanus, Titus Andronicus

and Julius Caesar are known as the 'Roman plays' as they are all set in ancient Rome. The volcanic Alban Hills mentioned in Coriolanus are located on the outskirts of the city.

Athens in Greece is the location of William Shakespeare's magical and romantic play, A Midsummer Night's Dream. It tells the story of fairies, actors and the marriage of the Duke Theseus of Athens and Hippolyta the Amazon queen in the forest under the moonlight. **Scotland** is the setting for the renowned tragedy of Macbeth which is set across Inverness and Fife.

William Shakespeare lived in **London** and also used the capital city as the centre for some of his most famous plays such as Henry IV and King Lear. Westminster Abbey, located in the heart of London is mentioned in Shakespeare's work and visitors can look around the gothic church and grounds. The Tower of London is also referenced. Embrace the Elizabethan theatre-experience at The



Globe, a replica of Shakespeare's theatre showcasing different productions from the writer in an open air performance.

Travellers can visit Shakespeare's home and exhibition in his birthplace of **Stratford-upon-Avon**, or travel to Windsor, located along the River Thames. This is the setting for Shakespeare's comedy, The Merry Wives of **Windsor**. To celebrate William Shakespeare's works, Windsor Castle is hosting a special exhibition until February 2017 in its Royal Library. It includes Shakespearean materials collected by the royal family and accounts of performances that took place in the castle.

Air-travellers from KLIA can now fly to any of the Shakespearean destinations via London on British Airways' latest and most technologically-advanced Boeing 787-9 Dreamliner which features the airline's new First suites. Flights from Kuala Lumpur arrive at the airline's home at London Heathrow Terminal 5, where British Airways customers can enjoy stress-free onward connections to cities in the UK and Europe from Heathrow. For booking and more information, please visit **ba.com** or call **03-7712 4747**.



TIGERAIR TAIWAN touches down in Sabah



Kota Kinabalu now has new connections to Taipei, and onward to Tokyo, Osaka and Nagoya since Tigerair Taiwan began flights recently. The airline's Chief Executive Officer Kwan Yue said the carrier chose Sabah because the state was an attractive resort-destination with modern facilities, strong cultural elements, great scenery and a tradition of warm hospitality.

"We were able to generate high interest among people to come to Sabah within a short time of marketing the destination. We foresee great potential in the Kota Kinabalu route, and are looking forward to increase frequencies while

continuing to offer affordably-priced tickets," he said.

Tigerair Taiwan is the country's first low-cost carrier and operates a route network covering destinations across Northeast and Southeast Asia. The airline is the first international carrier to have the words 'Taiwan' as part of its corporate livery or in its company name. Tigerair Taiwan utilises a fleet of Airbus A320 aircraft.

With the arrival of Tigerair Taiwan, Sabah is confident of surpassing its aim of 60,000 tourist arrivals from Taiwan by year end says State Assistant Tourism, Culture and Environment Minister Datuk Pang Yuk Ming, adding that it was not impossible to achieve the target with the addition of the new direct flights. He was speaking at a reception welcoming the budget airline's inaugural flight from Taipei to the Kota Kinabalu International airport. He was accompanied at the event by a large group of state dignitaries, including Sabah Tourism Board chairman Datuk Joniston Bangkuai.

Tigerair Taiwan operates four flights weekly between Kota Kinabalu and Taipei. For ticketing and reservations, please call **03-2773 0088**.



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An Industry Leader has a clear vision for the aviation and travel industries



Interview with
Thangavelu Kuppusamy
National President
Malaysian Indian Travel Association

He started his career as an airline-man, and today, a large portion of his business is involved with the needs of airlines and their passengers. After 32 years with Malaysia Airlines, he joined his wife in the travel business more than a decade ago. “During his tenure in the national-carrier, he was extremely hardworking and curious about all aspects of the business”, recalls a retired travel veteran. “K. Thangavelu even won a scholarship and obtained his MSc. In Transport Planning – all the while holding down a full-time job with heavy responsibilities. I believe he was In-Flight Director for Customer Service at Malaysia Airlines around that time!”

The man himself is quiet and self-effacing. “I believe that success will come to anyone who is prepared to work very hard and build a reputation for honesty, reliability and integrity. There is no short-cut to success. My wife and I have gone through thick and thin in the travel business, and I can assure you that bad times occur as frequently as good times! Both the travel and aviation industries have challenges. The important thing is to have commitment, dedication, and lots of hard work.”

Today, this immaculately-attired industry-leader is a Chartered Member of The Chartered Institute of Logistics & Transport, a Council Member of the Kuala Lumpur Selangor Indian Chamber of Commerce & Industry, and the President of the Malaysian Indian Travel & Tour Association, MITA.

The idea of forming an association for the Indian travel-agents in Malaysia began in 1996. The Association was registered officially in 1997. Among its key objectives are to provide a liaison between its members and provide opportunities for them to work in close collaboration, to promote co-operation with other organisations and agencies connected with the tourism industry, and to promote professionalism and ethical conduct in the travel industry.

In this last respect, K.Thangavelu is fully committed to training and education. He has conducted over a hundred training and education courses for those he calls “our valuable next generation” as a qualified instructor for the Travel & Tours Enhancement Course, the Train The Trainer Programme, and the Tour & Travel Management Course.


Having been speaker and moderator for international events such as the MATTA Annual Conference, the Asia Pacific Ecotourism Conference, the United Federation of Travel Agents Association Meeting, and the Asean Economic Community Forum, K.Thangavelu has a very clear vision for the aviation and travel industries. His years as Managing Director of Grand Lotus India Visa Centre and his current work managing the Visa Centre of IVS Global gives him daily hands-on experience and insight into the needs of airline-passengers, and the role of both airlines and travel-agents.

“Both the aviation and travel industries are going through a massive transformation process”,

he says. “The IT age and the new generation of tech-savvy consumers are constantly evolving the market, and both travel-agents and airlines must learn to work together more efficiently to stay relevant and productive. Travel-agents and airlines can never replace each other – never. Each provides a specific range of products and services, and to be most effective, they must work together to achieve optimum synergy for themselves and the consumer.”

“Even airports have transformed in the last couple of decades. They are no longer drab infrastructure, but attractive destinations in themselves. Travel-agents and airlines need to know how to assimilate this transformation into their business, and to integrate this modern genre of airports into their product for their consumers’ benefit! Airlines, airports, travel-agents, tour-operators...all stakeholders must embrace change and appreciate each other’s roles and responsibilities. Ultimately, both the aviation and travel industries must be fully-committed to work together for the consumer’s benefit by promoting a powerful and productive partnership.”





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Alois Hofbauer

Managing Director, Nestle (Malaysia) Berhad

“MALAYSIA HAS A SPECIAL PLACE IN MY HEART.”

BY KATHLYN URSULA D'SOUZA

Where are you originally from and what was your hometown like?

I grew up in a little skiing village close to Innsbruck, Austria, where my family runs a family hotel. In our village, we have a common saying that kids first learn to ski before they learn to walk, and skiing as you may know, is a big thing in Austria. Almost every kid dreams of becoming a world champion skier.

At our family-run hotel, we house guests from all over the world; thus multiculturalism has always been part and parcel of my life since young. This early exposure to business and the multicultural experience proved invaluable to me later on, as out of my 25 years with Nestlé, I have spent now over 20 years in Asia. I was exposed to my family's business from a very young age and learnt the various aspects of running a business, as well as the value of providing good food and healthy nutrition to our guests. This early experience was indeed conducive when I joined Nestlé, as our mission is to be the world's leading Nutrition, Health and Wellness company and our philosophy is to provide 'Good Food, Good Life' experiences to our consumers.

When did you arrive in Malaysia and what was your first impression?

I arrived in Kuala Lumpur in February 2013, and I was appointed managing director of Nestlé Malaysia, as well as the regional head of Nestlé for Singapore and Brunei. I have lived in this beautiful country for over three years now, and it is safe to say that Malaysia has a special place in my heart.

Malaysia offers a conducive environment to live in as it boasts a rich diversity of culture, races, and religions, as well as a fantastic variety of cuisines. I love Malaysian food!

Over my past few years in Malaysia, I have felt extremely comfortable and welcomed living

here, despite being a foreigner. Malaysia is a good place for doing business, and its location in the heart of the ASEAN region makes it an attractive investment destination. This is why Nestlé has invested over RM1.5 billion in the last 7 years in new factories and extended manufacturing capabilities in the country.

What was the transition like moving from country to country? Do you ever get homesick? What do you miss about home?

I have been living for over 20 years now in different parts of Asia and moving from one place to another has become routine for me. Having said that, after close to three years in Malaysia, I find that settling into this beautiful country was very easy and uncomplicated.

How did you get into your current career?

I started my career with Nestlé in 1990, after graduating from the University of Innsbruck, Austria. I started off in Sales before moving on to Marketing. In the mid-nineties I moved to Hong Kong, which was the first of several assignments in the Greater China region.

Later on, I moved to Taiwan and assumed my first role as a managing director. After Nestlé Taiwan, I moved to become the managing director of Nestlé Sri Lanka. This was a particularly memorable role, because Sri Lanka just came out of a 27-year civil war. We worked very hard and the company delivered outstanding results in a post-war environment. In early February 2013, I became the managing director of Nestlé Malaysia, and the head of the whole region for Malaysia, Singapore and Brunei. Over the past three years in Nestlé Malaysia, I have enjoyed working with a strong, professional and multicultural team who are passionate and driven to take the company to new heights. The fruits of our labour are certainly paying off. As a result of this, Nestlé Malaysia has been able to deliver strong results despite a really tough economic climate in 2015.

Any philosophy that you live by in life?

Let me share with you a valuable piece of advice given to me by one of my previous bosses while I was still a relatively junior manager. I still follow this advice till this very day. He said, "Take care of your people and in return, they will take care of you."

What is it that you love about what you do? Any challenges?

As a Nestlé team member, I have been posted to many different parts of the world, especially Asia, and have enjoyed all my assignments with Nestlé.

I have especially enjoyed my time in Greater China where I spent almost 15 out of over 20 years in Asia. There is definitely something special about the cultures and people in Asia that has kept me here. It is the opportunity to build something new and move forward. In Asia, people are forward-looking and possess a positive attitude and outlook of life. I love that!

Helming Nestlé Malaysia, with its rich history and its brand legacy is an exciting and formidable task, given the company's firmly entrenched position in the country with a turnover close to RM5 billion in 2015, employing 5,500 staff and having eight factories throughout the nation. I am also the regional head, and head of Nestlé Singapore and Brunei that employ another 1,000 staff. Singapore also hosts one of our Research and Development Centres.

I love Malaysia, its cultural diversity, great food, as well as the abundant warmth and friendliness of the people here. It is a joy to work with such an exceptional group of highly motivated professionals in our company.

Have you tried any of the local food in Malaysia? Do you have any favourites?

I've tried it all; roti canai, nasi lemak, asam

laksa, char kuay teow – those are the “staples” that have been recommended to me, and I love them all! Only durian is still a little challenging for me...

Any favourite holiday destinations in Malaysia so far?

My favourite destination so far is in East Malaysia, Sabah. It's perfect for diving, and I love trekking in the rainforest.

What is your advice to those who would love to pursue your career line or take the plunge into the unknown?

Having been in this company for some years now, I have definitely learnt that you can never stop learning. There will be times when work is difficult, but I believe that it is important to have a positive attitude and outlook, no matter how difficult things get. I believe that it is important to enjoy what you do and be committed to give it your best at work at all times. Never give up! Throughout my career with Nestlé, I had many opportunities and challenges, and I have always embraced it positively and faced them head-on. Because of this, I have been able to move further and remain happy and content. In order to overcome difficult times and struggles, you need to have a passion and purpose in whatever you do.

What fuels you and what makes you happy?

I believe that taking care of our employees and ensuring that we provide an excellent multicultural work environment that offers plenty of opportunities for people to develop and offer them experience-rich careers. This ensures that we have happy, healthy and well-rounded team members. This makes us a great company to work for. This will also push the company to greater heights in terms of competitiveness and sustained long-term success.

I am also an outdoor person, and my favourite ways of keeping fit are cycling, running, swimming, and if time allows once a year, skiing.



FEATURES



THRIVEN GLOBAL Bhd

StarProperty.my's The Best Touch and Feel Award Winner 2016

BY KATHLYN URSULA D'SOUZA

Thriven Global Bhd has won the Excellence prize for The Best Touch and Feel Award category at the StarProperty.my Awards 2016. We spoke to Thriven Global's group managing director Ghazie Yeoh Abdullah on its Lumi Tropicana Project.

On winning the StarProperty.my's Excellence prize of the Best Touch and Feel Award

"This mainly contributed to the company and the team. Thriven works like a little family – we don't have many people in it. All together, there are sixty-five of us. The process of winning the award was more interesting than actually winning it on its own. This is because we are one of the smallest and youngest companies among all the larger boys around. Winning the award was definitely an achievement in terms of self-actualisation for the team – who has actually put a lot of attention to the details; from the space planning to the graphics aspect of it all. So, it was something that puts a very deep process in the hearts of each and every individual."

The meaning behind Lumi

"Lumi stands for luminous Living. When the company embarked on this three years ago, we decided to build three brands. One was Thriven – which stands for thrive and driven. Then we're also focusing on affordable housing, which the team has a lot of compassion and interest in. For that we built Enesta. And then we have what we call the affordable luxury segment of Lumi. We call it affordable luxury because wherever we go, our prices are always lower than our competitors. So we always make it a point to leave money on the table, for our buyers and investors in our products."

Lumi Tropicana

"Lumi Tropicana is not a development per se, nor is it a mixed integrated development, it is a development with solutions. What we mean by solutions is: each and every tower was thought of in detail. One tower is called Play. One tower is called Action, Wellness, Business and Lifestyle. In Play, for example, it is a tower that focuses on family living – people who are actually embarking on their journey in life (newlyweds, those with newborn, young families). So in that tower you'll see that we have facilities linked to children who are growing up. We provide



the hardware and the software. If your child would like to play the piano or the drums, and what we have is not only the room, which is situated in a convenient location, we also have the software – which are the pianos, drums and guitars.

"This is similar to every single element of different areas that we're looking at. The development focuses a lot on the community. That's what it has been designed for since day one. So, we took the Australian living concept of keeping it simple but ensuring that community living is provided – that people will be able to have their activities carried out from the moment they wake up to the time they go to sleep. When one needs to go to a gym or a grocer at 10am or 10pm, they will be able to do so. These are the little things that we focus on. It's all about solutions."

On choosing the Tropicana area

"We acquired two sites – section 13 and Tropicana as well. We believe in solely one thing and what we believe in is real economy. Real economy means that you must have population, supplemental business, and key facilities such as schools, public transportations and hospitals. We do not believe in areas that have promises of growth. So if you see, three and a half years ago, we exited from Johor when everybody was building high-rises there, we had sold all our assets in Johor, rationalised our business and focused on the central and northern regions. These two regions have high economical growth, real population.

"Moving away from Thriven, when my partners and I ventured into the Middle East, we did not go into Dubai and Abu Dhabi. We went to Saudi Arabia, a place where nobody wanted to go to. It's simple – Saudi Arabia had economy, growth and young population. We always focus on these elements.

"So coming back to Tropicana – real buyers, not people speculating for a place to live."

Unique selling points

"Our unique selling points are about solutions. Whatever happens, we always obtain solutions. That's the major difference. If I walk you through our gallery today, you're going to ask if certain things are provided. In Lumi, you buy a solution. Walking in from day one, everything would be there. If you compare a property, which needs to have a lot of work done, compared to a complete one, which one are you most willing to go for? We also assist to maintain our property's value.

"Thriven's business spans from property development, property investment (which means that we invest in the property we build), hospitality and lifestyle (in which we provide actual housekeeping services) and most importantly, facility management.

"In Asia, everybody can build properties, but not many can maintain. The difference with Lumi and Thriven is that, we tell you that once you've bought the property, you'll keep us to maintain said property. We believe that maintenance is more important than building. We are building Lumi into a full-fledged HMA (Hospitality Management Agency), which means that we retain and upkeep a property and consequently increase the value, drawing more buyers in."

What's in store for the future

"You will see a lot from the Thriven team. Lumi is a series called Lumi Collections and in that we have Lumi Tropicana, Lumi Section 13 and Enesta in Kedah and Kepong. We are building affordable, branded houses. Which means that people buy a RM150,000 house and they are happy with it. They will receive the same form of treatment, quality and attention to detail.

"Moving forward, new products will be coming out from the Thriven team. The focus will always remain simple. Our solutions are simple, we keep it young and energetic, and we ensure that we deliver our promise."

SOJOURN

Guest House

*Short Weekend Getaway You Never Knew
You Needed... Until Now*

BY JACQUELINE BENITA PAUL

A tranquil retreat that is second to none, Sojourn Guest House is designed for a short vacation minus the airport hassle, worries for any work emergencies or even cut-back on discretionary expenses. Imagine this, the convenience of getting off work, packing a nighter, picking up your spouse and child, then off you go to the nature-inspired therapeutic world that is a few minutes from Kuala Lumpur.

There is an elegance to the simple concept that exists at Sojourn Guest House - Live Well, Look Well, Eat Well. Each concept is executed with precision for guests to make the most out of the short time spent there. You might think of bringing your own laptop, to get a little work done. As productive as you may be, the moment you step foot into the hotel,

the ambience will put you in a state of calmness and realign your senses. The kind hospitality from the moment you check in matched with the deliciously nutritious signature Lemongrass Tea which definitely sets the mood for an amazing weekend.

The Sojourn Guest House is the embodiment of Herbaline's 3-in-1 Staycation concept. The brand is often recognised for its tasteful modern contemporary surroundings at its spas that are paired with professional beauty techniques and innovative spa treatments which deeply emphasise their business philosophy of providing "stress-free treatment". Staying true to their philosophy, you would find that all of their products and treatment packages are reasonably priced without compromising quality.



The best way to describe the facilities and overall environment of Sojourn Guest House would be to revisit the Herbaline's 3-in-1 Staycation concept, which starts with Live Well. The rooms that are located on the 2nd and 3rd floors, decorated with flourishing greenery, sound of harmonious chimes from the trees softly brushing against one another lightly echoing through the hall. The light green hues matched with earthy tones enrich the senses as you continue your holistic experience. For avid readers, the reading corners, available on the said levels offer guests a variety of books that they may read on the comfortable cushioned chairs. Typically, spas or hotels are often guilty for extremely low or synthetic lightings that would disrupt the experience. However, Sojourn Guest House fare splendidly in lighting for these to be bright enough as reading lights and low enough for meditation and relaxation.

We've all heard about the wondrous rejuvenating properties of meditation yet in the haste of our everyday lives, it becomes a major challenge to be able to find the right time, space and will to meditate. All of that comes naturally when you are in the meditation area of Sojourn. With just a couple of sips of their complimentary lemongrass tea, you will find yourself in a state of meditation that whisks away all your worries in a single swoop. As a family, this space works best when phones and digital distractions are kept away for light conversations and perhaps comfortable silence in each other's presence.

Under the Look Well concept, the Herbaline Facial Spa offers multiple beauty and facial spa options and relaxing massage sessions followed by a series of complimentary services like foot bath and fish spa. The excellent service is equal to the quality of their products that are formulated with natural herbs and are the result of the latest technology without the use of AHA and compulsory skin peeling. To make the most out of your stay, we recommend trying their brand new Jade Stone Acupressure & Massage therapy that uses proprietary meridian fork fashioned from high quality jade that harness the stone's natural energy. If you are not the a of conventional hand or oil message, you should give this a try. Upon completion, expect to feel energised, physically relieved and ready to take on the world.

Nourishing your body with delicious yet healthy meals is also part of the comprehensive journey for overall wellness during your stay. A gastronomic adventure is merely one floor below the rooms where you will find a healthy eatery that promises a hearty, healthy meal with enhanced flavours just like how a loving mother would prepare it.

Their featured dish called the Mama Kim Sauna Noodle, implements the 80 by 20 rules and has a balanced combination of meat and vegetables from five different colours. Served with two delicious choices of fish or vegetarian soup that is packed with natural flavours. The healthy recipes by Mama Kim are a stand-out with those who desires healthy, authentic yummy dishes.

With all its offerings from a tranquil and relaxing atmosphere, healthy meals by Mama Kim, and rejuvenating experiences by Herbaline Facial Spa, Sojourn Guest House is a sanctuary for active city dwellers who seek a short retreat to pamper their exhausted body, mind and spirit.

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Foot Spa



Queen Room



Entry

Kuala Lumpur JOURNAL

Stylish stay for independent travellers

BY VANESSA R. SINGH

Early this year, The Kuala Lumpur Journal (a new boutique hotel) opened in the city's vibrant section of Bukit Bintang. The hotel is located in an ideal location for travellers who wish to enjoy both the shopping and entertainment in the heart of the city. It is also purposely built to cater to the new generation of independent travellers looking for a modern hotel with retro vibes inspired by Malaysian scenes, instead of the commercialised chain brands. KL Journal sets itself apart with its touch of personal style but delivers all the necessities and modern-day facilities that an independent traveller would require.

Generations are changing and independent travellers these days tend to be young adults who have either saved up some money throughout college or those who worked for a few years and decided to drop everything and head off on a journey. Therefore, the needs and style of these travellers differ from that of the older working generation who have a lifetime worth of savings and an established career. Which is the reason behind KL Journal's concept, interior and décor – they emphasise on mid-century modern architecture with art deco influences including rigged lighting, weathered wooden surfaces and shaped iron grilles to cater to the younger generation.

"We wanted to create a hotel that fills a gap in the local market for travellers who are not looking for a cookie-cutter experience found in most international chain hotels. They want to stay in a place with a little more character but at the same time don't want to compromise on the quality standards they are accustomed to," said Kenny Tai, director of Beremi Holdings, the niche property developer of the KL Journal.

For a city boutique hotel, it is relatively spacious with 112 rooms. In accordance with the hotel's theme, the rooms are kept simple and minimal with soft neutral colours. All rooms feature floor-to-ceiling windows, ergonomic mattresses and a power shower. To cater to the technological needs of the guests, there are plugged-in connectivity for all mobile devices, wireless Bluetooth connection, a high-quality audio stereo system and 40-inch flat screen TV with HDMI cables and USB charging ports in each room. Guests are given the option of a king or twin deluxe room, and there are eight designer corner suites. Keeping up with the trend, rooms exhibit specially commissioned paintings of the architecture and street life of KL.

KL Journal proves how much it genuinely cares about its customers' satisfaction when it crafted its own insider guide to KL by providing them with exclusive suggestions on ways to fully experience the lifestyle of the locals or as locals. The reason behind this guide is to encourage travellers and guests of the hotel to create a personalised travelogue of experiences in the city that they'd want to explore.

On Level 1 of the hotel, guests will come across a Workers' Union – an open plan communal area designed for work and play. They will be able to bring their laptop or have the option of using the meeting rooms provided.

In line with keeping things simple, the hotel has one main eatery, Bounty, a casual bistro that offers breakfast on a daily basis which includes freshly baked breads and pastries churned out daily from its pastry studio and a classic menu of European staples for lunch and dinner.

Other amenities include a rooftop saltwater infinity pool with a panoramic view of the city particularly at twilight, and a small gym for hotel guests.





Infinity Pool



Bounty Bistro



King Deluxe Room

PUB PURSUITS

Uncovering 8 of KL's hidden bars

BY KATHLYN URSULA D'SOUZA

Let's face it, who doesn't like a little bit of an intrigue. It's human nature - the less something is revealed, the more one wonders. Attraction is only intense when mystery is involved, and the same thing can be said for the hidden bars in KL. The term "speakeasy" is thrown around a lot when it comes to describing these hidden nooks, but that term can only be used loosely as these bars aren't exactly illicit like the typical Prohibition-era ones before. The word is only a theme, as these bars revolve around it, staying true to its nature of something not meant to be found, something exclusive, intimate, cloistered, secretive and enigmatic.

Now, if that has piqued your interest, here are the top 8 hidden bars in KL for you to "stumble upon". Shh, don't tell anybody else though.

Blue Elephant

This place has no signboards and it requires a little de-puzzling before you have access to it. The only hint of this place is a nondescript staircase with walls that are aligned with Hollywood movie posters. Even then you have to crack the enigma behind fake doors and the true source of the music to find the real entrance to this hidden bar (shan't tell you, it will ruin part of the excitement). Once you've figure that out, you will be greeted by a quote from The Matrix and find flashes of light from the paparazzi wall, and you will enter feeling like an A-list celebrity. Take a seat at the Director's chair or sit on storage trunks and prepare to have a great time. Blue Elephant gives the impression of luxury and exclusivity. There is a large Oscar statue that you cannot miss, and makeshift tables made out of trunks. Quotes by famous directors like Martin Scorsese and Jean Luc Goddard bedeck the walls and the uniforms of the staff are adorned with posts held by film crews – dolly grip and such – fit nicely with this cinema-themed bar. One can even recreate the iconic Marilyn Monroe pose, should you ever feel the need to, as this bar has a section dedicated to this, equipped with an air vent for that billowing skirt effect.

5 Plaza Damansara, Medan Setia 1, Bukit Damansara, 50490 Kuala Lumpur

Omakase + Appreciate

If you're familiar with Japanese dining etiquette, then the word "omakase" would serve as an inkling as to what is to be expected here – which is uncertain, really. Your drinks are left up to the bartender and mixologists Shawn Chong and Kart Too, as they whip up an unpremeditated cocktail just for you. Located in Bangunan Ming Annexe, the only indication that you'll find when you're around this area is a ventilation cupboard door in the basement. Naturally, there are words of caution, "No Admittance", in several languages because you know, there really is nothing more to the ventilation cupboard ...

Ampang Bangunan Ming Annexe, Jalan Ampang, Kuala Lumpur

Hyde

Have you ever read The Great Gatsby? Or even watched the film? Well if you are ever interested in seeing those two come to life, hit the second floor of The Good Batch in Damansara, past the black sliding door and enter the 1920s era. There'll be jazz playing in the background, bars with marble tops and cushioned seats. Dress up and head to Hyde for a good time or if you're out for a meal before you get some drinks, opt to have it at The Good Batch because these two joints are owned by the same people. Nice, huh?

Jalan SS 21/1a, Damansara Utama, 47400 Petaling Jaya, Selangor

Mr Brooks

Finding a car in the middle of a mall isn't really something new, especially since most car exhibitions and sales occur there, but to find out sticking out of the wall on the third floor of Bangsar Shopping Centre is not merely a décor to go with some extravagant restaurant. The car you'll find here is a purple Sunbeam Alpine and once you've figured out how to get in, have yourself a gin or a cocktail. This bar got the nickname "1920s British Gentlemen's Club" but both men and women frequent this cavern for some drinks and a game of pool.

Level 3, Bangsar Shopping Centre, Jalan Maarof, Bukit Bandaraya, Kuala Lumpur

Whisky Tango Foxtrot

Oh look, a British telephone box! If you're a whisky drinker and a cigar smoker, you'll know it's not merely a telephone box. You'll find this red prop right above Medan Damansara's row of restaurants, and it is most definitely the place to be if you want a place that oozes masculinity. One thing to note here is that they don't allow cigarettes, just cigars. It doesn't stop there, another telephone box is spotted in Avenue K recently ... so if you think you're a real man who is a whisky drinker, then swing by for a true gentlemen's club experience.

128, Jalan Kasah, Medan Damansara, 50490 Kuala Lumpur

Tate

Ah, a true American bar. This bar is a strange cross between calm and creepy, but their drinks are heavenly and unique such as the Chai-infused vermouth, rosebuds and earl grey tea with lychee liqueur. Here you'll find interesting décor such as a knight's armour, fine cigars and leather chairs. To get to this joint's entrance is a little tricky as it was purposely built to blend with the wall. So, if you're careful enough to notice the slits in the wall with a hanging bowler hat, you know you've found it.

Ground floor, The Intermark, 182 Jalan Tun Razak, 50400 Kuala Lumpur

Barlai

Alleys are normally avoided, especially if you're familiar with KL. But this certain alley down Jalan Sin Chew Kee, Pudu is the place to be. This old-meets-new space occupying an 80-year-old building is surrounded by wooden picnic tables, brick walls and huge, tall trees. The only indication is that it's on the ground floor, completely tucked away and hidden by the aforementioned trees outside. Once you find a porch with a nearly-hidden signage, that's the one. In here you'll find yourself forgetting that you're in the city, or in an alley for that matter.

3, Jalan Sin Chew Kee, Bukit Bintang, 50150 Kuala Lumpur

Private Room

Consider this place a master of wine, where you'll find bottles from Spain, France and South Africa at the most affordable prices. To enter this shadowy, mysterious place, look for the yellow door. It would be even better if you've made a reservation, as you'll then receive a text with a password to the door – which, let's face it, makes it even more exciting. There are over 200 labels but if you're more of an expert, you'll be thrilled to find that there is a premium selection in a hidden chiller.

48a-2, First Floor, Persiaran Zaaba, Taman Tun Dr Ismail, Kuala Lumpur

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Penang
Sales Gallery

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☎ +604 5062 688 📍 Thriven Penang Gallery

lumicollections.com



[lumicollections](https://www.facebook.com/lumicollections)



[lumi_collections](https://www.instagram.com/lumi_collections)

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(OPEN FOR SALE)

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(COMING SOON)

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- Wine and cigar room • Sky Dining

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RESIDENCES
PHASE 2.2
(COMING SOON)



the Curve

Mutiara Damansara, PJ
Tel : 03-7710 6868
Situating in PJ's golden triangle, this open-air mall boasts 700,000 sq ft of space spreading over 3 floors and accommodating 270 specialty shops. It is connected to Ikea, Ikano Power Centre and Tesco. • 10am-10pm daily.

Bangsar Village

Jalan Ara, Bangsar • Bangsar
Tel : 03-2282 1808
Located in happening Bangsar, this neighbourhood mall is vastly popular due to its individual specialist shops offering fashion wear, toys, jewellery, hardware, beauty salons and F&B. Anchor tenants include The Village Grocer. The newer and bigger Bangsar Village II that's connected to this mall offers more local and international brands.

Alamanda Putrajaya

Jalan Alamanda, Precinct 1, Putrajaya
Tel : 03-8888 8882
Accessibility: ERL Putrajaya & Nadi Putra (bus service) Located at the heart of Putrajaya, Alamanda offers a new resort-style shopping to suit the needs of all - with Parkson & Carrefour as anchor tenants, FOS, Somerset Bay, MPH and Toycity tagged with ARL Bowl.

CapSquare

Jalan Munshi Abdullah • M Tuanku
 Dang Wangi
Tel : 03-26912036
Strategically located in the heart of KL's midtown area, CapSquare is an eclectic mix of signature offices, Manhattan-inspired residences, a shopping centre and a vibrant 300-metre retail boulevard. It also houses intimate eateries, chill-out spots and a TGV cinema. • D6

Bata

• Sunway Pyramid • LG14 Subang Parade • One Utama PHS 2 • KLCC • Mid Valley Megamall • Alamanda Putrajaya • Pavilion KL • Jusco Bukit Tinggi

fahrenheit88

179, Jalan Bukit Bintang • B Bintang
Tel : 03-2148 5488
A hot spot for Fashion, Food, Gadgets and Entertainment with 200 retail stores over 7 levels of shopping space. Shop at South East Asia's largest Uniqlo store, the latest Shoes, Bags, Accessories on First Floor, or buy gifts and souvenirs. Discover new concept cafes and restaurant or entertain at CEO Karaoke Box and Club Vellin. • 10am-10pm daily

1 Utama

1 Lebuhr Bandar Utama, Bandar Utama, PJ Tel : 03-7710 8118
A new generation shopping centre which satisfies all shopping needs under one roof. The old wing has Jusco as the main anchor tenant while the new extension houses many designer brands and has U Parkson, MPH & Jusco as anchor tenants • 10am - 10pm daily.

Berjaya Times Square

Tel : 03-2143 2386
1 Jalan Imbi • Imbi
The biggest in Southeast Asia, this mall which measures 7.5 million sq ft, is an integrated shopping-cum-entertainment centre with a hotel, the region's biggest indoor theme park and bowling centre. • 10am - 10pm daily. • F8

KLIA Shopping

KL International Airport, Sepang KLIA Ekspres-KLIA Tel : 03-8777 8888
One of airports with value-for-money shopping, it offers an excellent selection of goods like souvenirs, tobacco, liquors, perfume, chocolates and designer brands.

Publika Shopping Gallery

Tel : 03-62079426
No 1, Jalan Dutamas 1, Solaris Dutamas, 50480 Kuala Lumpur
Tel : 03-621107877
www.publika.com.my
www.facebook.com/publikashoppinggallery

Suria KLCC

Petronas Twin Towers • KLCC
Tel : 03-2382 2828
Located at the base of the Petronas Twin Towers, Suria KLCC is the premier shopping centre in KL. It offers unique shopping, dining & entertainment experience. It houses exclusive designer brands and provides an abundant choices of goods and services for everyone. • 10am - 10pm daily. • D8

Sunway Pyramid

Bandar Sunway
Tel : 03-74943100
Impressive giant sphinx statue greets you at the entrance of this Egyptian-themed shopping centre situated next to Sunway Hotel and the Sunway Lagoon theme park. The mall has a variety of shops and restaurants, an indoor ice-skating rink and a cineplex. • 10am-10pm daily.

Pavilion KL

168, Jalan Bukit Bintang • B Bintang
Tel : 03-2118 8833
The shopping centre blends the best of the international retail world with 450 stores - ranging from fashion to home deco and leisure to culinary delights - over its 7 levels and 6 themed precincts. 20% of its tenants represent debut brands in Malaysia. Anchor departmental stores are Parkson Pavilion and Tangs. • 10am to 10pm daily

Bangsar Shopping Centre

Jalan Maarof, Bangsar
Tel : 03-2094 7700
Located in the affluent Bangsar suburb, this mall buzzes with a trendy crowd and houses an array of individual specialist shops for every need. Jasons Food Hall is a favourite with shoppers, as it offers an extensive range of fresh and international food brands. 10am - 10pm daily.

Maju Junction Mall

1001 Jalan Sultan Ismail • M Tuanku
Ismail Tel : 03-27728500
Located at the junction of Jalan Tuanku Abdul Rahman and Jalan Sultan Ismail, the five-storey mall has 101 outlets with Giant, Wh by British India, FOS, Nichii Fashion City being the anchor tenants. The mall provides concierge service and has an indoor archery centre, Big-Shot Archery. • 10am - 10pm daily.

Bukit Bintang Plaza

111 Jalan Bukit Bintang • B Bintang
Tel : 03-2148 7411
Extending into Sungei Wang Plaza, BB Plaza offers an interesting variety of stores selling jewellery, fashion wear, books, AV equipment, etc. Metrojaya department store is the anchor tenant. • 10am - 10pm daily. • F8

Pertama Complex

Jalan Tuanku Abdul Rahman
• M Tuanku
• Bandaraya • Bank Negara
Tel : 03-2691 6599
One of the earliest shopping complexes in KL, this mall consists of many small shops selling an astonishing variety of goods and services appealing to the masses, including sports goods, leatherware, clothes, shoes and stationery. • 9am - 9pm daily. • D5

Sogo KL

Jalan Tuanku Abdul Rahman
• M Tuanku
• Bandaraya • Bank Negara
Tel : 03-2698 2111
This 10-storey shopping mall is well patronised for its quality goods (local and international) ranging from apparel, home furnishing to daily need items. It also has an international restaurant floor on the 6th floor • 11am-9pm daily • D5

Starhill Gallery

181 Jln Bkt Bintang • B Bintang
Tel : 03-2782 3800
Connected to JW Marriott Hotel and Ritz Carlton Hotel, Starhill houses the largest retail watch floor and a host of top fashion designer boutiques. An exclusive mall with excellent eateries and high-end shops. • 10am - 10pm daily • E9

Sungei Wang Plaza

Jalan Sultan Ismail • B Bintang
Tel : 03-2117 0288
Sungei Wang remains one of the busiest shopping centres for the last 2 decades. Linked directly to the Monorail, it has over 500 retail outlets and eateries. A great place to hunt for electrical and electronic products, mobile phones, fashionable street wear, shoes & accessories. The hip T-Hop zone at the 6th floor caters to trendy teenagers • 10am - 10pm daily • F8

Subang Parade

Subang Jaya • Subang
Tel : 03-5633 2530
This suburban mall offers an interesting mix of stores with goods ranging from apparels to antiques, and music to jewellery. Anchor tenants include Toy 'R' Us and Parkson. Carrefour hypermarket is located next door. • 10am - 10pm daily.

Great Eastern Mall

303 Jalan Ampang
Tel : 03-4259 8090
Located along busy Jalan Ampang, this 6-storey mall has a host of shops including a pet shop, Aussino, British India and eateries like Starbucks and Alexis. It has Cold Storage as its anchor supermarket. • 11am - 9pm daily.

IPC Shopping Centre (Formerly Ikano)

2, Jalan PJU 7/2, Damansara Mutiara, PJ
Tel : 03-2141 0500
Located near 1 Utama and linked to IKEA, this centre only has XXL size stores. The 11 anchor tenants includes Harvey



Hartamas Shopping Centre

Plaza Damas, 60 Jalan Sri Hartamas 1
Tel: 03-6211 0611
Integrated with Plaza Damas & situated among retail shops, offices, serviced apartments and alfresco boulevards. Features Citi Super, SenQ and many other speciality retailers.

Lot 10

50 Jalan Sultan Ismail • B Bintang
Tel: 03-2143 6092
Linked to the Bukit Bintang Monorail station and Sungei Wang Plaza by an overhead bridge, Lot 10 offers an upmarket and wide selection of fashion wear. It has Isetan as anchor tenant • 10am - 9.30pm daily • F8

Low Yat Plaza

Off Jalan Bukit Bintang • B Bintang
Tel: 03-2148 3651
Located next to the Federal Hotel, it has 250 tenants offering goods as varied as cameras, mobile phones, apparel, fashion accessories and antiques. This largest IT centre provides for all your computing needs. BB Park, located across the plaza and consisting of trendy restaurants and alfresco cafes, sees a hive of activities at night. • 10am - 10pm daily • F8

MINES Shopping Fair

Seri Kembangan • KMYN Serdang
Tel: 03-8949 6288
Cruise into the heart of a busy shopping mall with a vibrant mix of more than 300 retailers, fashion boutiques, F&B outlets, canal quay alfresco dining, IT & mobile gadgets and also leisure and entertainment facilities like a cinema, bowling alley and snooker centre. • 10am - 10pm daily.

Mid Valley Megamall

Lingkaran Syed Putra • KMYN Mid Valley
Tel: 03-2938 3333
The shops go on and on in this mall strategically located between KL and P.J. It has Metrojaya, Jusco, Carrefour, Golden Screen Cinemas and MPH as anchor tenants, over 300 specialty stores and 70 F&B outlets under one roof. Adjacent to the mall are Clifitel Mid Valley Hotel and Boulevard Hotel • 10am - 10pm daily.

The Gardens

Mid Valley City • KMYN Mid Valley
Tel: 03-2297 0288
10am - 10pm daily

Sunway Putra Mall

(Formerly The Mall)
100 Jalan Putra, KL • PWTC
Tel: 03-2786 9333
Located across the Seri Pacific Hotel and Putra World Trade Centre, the Mall has anchor tenant Parkson Grand together with a host of retailers, offering a full range of products, services, food & amusement to shoppers • 10am - 10pm daily • B5

DINE



Plaza Damansara
61 Jalan Medan Setia 1
50490 Kuala Lumpur



SMIRK
28 Jalan Telawi 5 Bangsar Baru,
59100 Kuala Lumpur

Chinese

Celestial Court

03-2717 9988 • M Tuanku •
Sheraton Imperial Hotel
• Halal • Casual Dining • C6

Chynna

03-2264 2264 • KL Sentral • Hilton KL
• Halal • Casual Dining • H3

Dynasty

03-2162 2233 • B Nanas • East Wing,
Renaissance Hotel
• Non-Halal • Casual Dining • D7

Dynasty Dragon

03-2145 1628 • B Bintang • Time Square
• Non-Halal • Casual Dining • F8

Hakka

03-21431907 • Raja Chulan 6 Jalan Kia
Peng • Non-Halal • Casual Dining • E9

Imbi Palace

03-2145 4822 • Imbi • Jalan Barat, off
Jalan Imbi • Non-Halal • Casual Dining
• F8

Kim Ma

03-8946 2333 • Palace of the Golden
Horses • The Mines Resort City • Halal
Fine Dining • Cantonese cuisine

Lai Po Heen

03-2179 8885 • KLCC • Mandarin
Oriental Hotel • Halal • Casual Dining •
Cantonese • D8

Lee Wong Kee

Bandaraya • 239 Jln Tuanku Abdul
Rahman • Non-Halal • Casual Dining •
Cantonese • D5 • 03-2692 2685

Li Yen

03-2782 9033 • B Bintang • The Ritz
Carlton Hotel • Non-Halal • Casual
Dining • F9

Maju Palace

03-2691 8822 • M Tuanku S Ismail • Level
5, Maju Junction Mall • Halal • Casual
Dining • C5

Mandarin Palace

03-2148 9166 • B Bintang • 2/F, Federal
Hotel • Non-Halal • Casual Dining • F8

Marco Polo

03-2141 2233 • Raja Chulan • 1/F, Wisma
Lim Foo Yong, Jalan Raja Chulan • Non-
Halal • Casual Dining • E8

Meisan

03-2693 9233 • Bandaraya • Quality
Hotel City Centre • Jalan Raja Laut
• Halal • Casual Dining • Szechuan
cuisine

Ming Palace

03-2161 8888 • Ampang Park • Corus
Hotel, Jln Ampang • Casual Dining

Ming Room

03-2284 8822 • Bangsar • Bangsar
Shopping Centre • Non-Halal •
Casual Dining

Oriental Noble House

03-2145 8822 • Imbi • 19 Jalan Delima,
Off Jalan Imbi • Non-Halal • Casual
Dining • F10

Overseas

03-2144 9911 • B Bintang • 84-88
Jalan Imbi • Non-Halal • Casual
Dining • F8

Purple Cane

03-2272 3090 • Maharajalela •
Selangor Chinese Assembly Hall, 1 Jln
Maharajalela • Halal • Casual Dining
• G6

Xin Cuisine

03-2144 2200 • B Nanas • Concorde
Hotel • Non-Halal • Private Dining
• D7

French

Café Café

03-2141 8141 • Maharajalela • 175
Jalan Maharajalela • Halal • Fine
Dining • Fr & Italian • H7

Fusion

Cilantro

03-2179 8082 • MiCasa All Suite Hotel,
368B Jalan Tun Razak • Pork-Free • Halal
• Fine Dining • D10

Etoile Bistro

03-2161 7777 • R Chulan • Hotel
Equatorial • Halal • Casual Dining • E8

Frangipani

03-2144 3001 • B Bintang • 25,
Changkat Bkt Bintang • Halal • Fine
Dining

Isthmus

03-2282 8112 • Mid Valley • G/F,
Northpoint, Mid Valley City • Thai &
Nyonya • Pork-Free • Casual Dining • F8

Shooki

03-2719 8535 • B Bintang • Lower G/F,
Starhill Gallery • Halal • Fine Dining • E9

Indian

Estana Curry House

03-2141 1958 • Raja Chulan • 23D, Jln
Sultan Ismail • Halal • Casual Dining
• C6

Khaana Peena

03-6201 3355 • E-01-04, Plaza Mont Kiara
• North Indian • Halal • Casual Dining

Passage Thru' India

03-2145 0366 • 4, Jln Delima,kl
Halal • Casual Dining • E10

Spice Garden Imperial

03-2142 2220 • B. Bintang • 205 Jln Bkt
Bintang.

Indonesia

House of Sundanese

Sari Ratu
03-2166 2272 • 4th Floor KLCC

International

Essence

03-2717 9900 • M Tuanku • Sheraton
Imperial • Halal • Casual Dining • C6

The Resort Cafe

03 - 7495 2009 • Lobby Level,
Sunway Resort Hotel & Spa
*Pork-Free Restaurant

Eight Gourmets Gala (EGG)

017 948 8684 • Suite G-01,
Ground Floor, Pinnacle Annexe,
Persiaran Lagoon, Bandar Sunway,
47500, Selangor

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HOTELS & RESORTS

Maya Brasserie

03-2711 8866 • B Nanas • KLCC
• Hotel Maya KL • Halal • Casual
Dining • Nyonya & International • D8

Melting Pot

03-2144 2200 • B Nanas Concorde
Hotel, 2 Jln Sultan Ismail • Halal • 24-
hour • Casual Dining • D7

Still Water Restaurant

03-27118866 • B Nanas • KLCC •
Hotel Maya KL • Halal • Casual
Dining • Japanese & Western • D8

The Vogue

03-2162 2233 • B Nanas
Renaissance Hotel • Halal
Casual Dining

PNB Darby Cafe

03-7490 3838 • Ampang Park • G/F,
PNB Darby Park, Executive Suites, 10
Jalan Binjai • Halal • Casual Dining
• D9

Italian

Cellini's

03-2715 1000 • B Bintang • Dorsett
Regency Hotel • 172 Jalan Imbi • Halal •
Casual Dining • F9

il Tempio

03-4256 9300 • Tamarind Springs
Restaurant • Halal • Fine Dining

La Risata

03-4252 6269 • 26, Persiaran Ampang
• Halal • Casual Dining

Prego

03-2773 8338 • B Bintang • The Westin
Hotel • Halal • Fine Dining • E9

Villa Danieli

03-2717 9922 • M Tuanku • Sheraton
Imperial Hotel • Halal • Italian • Fine
Dining • C6

Japanese

Benkay

03-2782 6118 • Ampang Park • Hotel
Nikko • Halal • Casual Dining • C9

Gen

03-4042 9888 • PWTC • Sunway Putra
Hotel • Halal • Casual Dining • B5

Genki Sushi

03-2166 6220 • KLCC • 428 Level 4, Suria
KLCC • Halal • Casual Dining

Iketeru

03-2264 2264 • Stesen Sentral KL
• Hilton Kuala Lumpur, 3 Jln Stesen Sentral

Kampachi

03-2148 9608 • Raja Chulan • Pavilion KL

Kokufu

03-4049 4412 • PWTC • Pan Pacific Kuala
Lumpur • Halal • Fine Dining

Komura

03-2161 8888 • Ampang Park Corus Hotel
• Casual Dining • C9

Ozeki Tokyo Cuisine

03-2166 4263 • B Nanas • Menara TA One
• Halal • Fine Dining • D8

Sagano

03-2162 2233 • B Nanas • Renaissance
Hotel • Halal • Casual Dining

Korean

Da On

03-2141 2100 • B Bintang
• Pavilion KL • Halal • Fine Dining •
Korean • E8

Ko Hiang

03-4251 0492 • 314 Jalan Ampang
• Non-Halal • Casual Dining

Koong Jung

03-2166 7181 • Ampang Park • PNB
Darby Park • Halal • D9

Koryo Won

03-2143 2189 • Bukit Bintang • Starhill
Gallery • Halal • Casual Dining • E8

Thai

Rama V Fine Thai Cuisine

03-2143 2428 / 03-2143 2663 5, Jalan
U-Thant, 55000 Kuala Lumpur • Halal •
Fine Dining

HOTEL & RESORT

★★★★★

Ascott KL

03-2718 6868
9, Jalan Pinang • R Chulan • From
RM380-RM790

Berjaya Times Square Hotel & Convention Centre

03-2117 8000 • 1 Jalan Imbi • Imbi • Big
Apple Restaurant (Fusion) Broadway
Lounge, The Cafe, The Bar, • From
RM245-RM700 • F8 • www.timesquarekl.
com

Seri Pacific Hotel Kuala Lumpur

03-4042 5555 • Jalan Putra • PWTC
Zende (Int'l), Kokufu (Jap), lounge to Chereza
From RM198++ to RM3,000 • B5
www.seriopacifichotel.com

Grand Hyatt Kuala Lumpur

03-2182 1234 • Jalan Pinang
• KLCC • JP Teres (Malaysian),
THIRTY8 (International), Poolside
From RM550 - RM5610
www.kualalumpur.grand.hyatt.com

The Westin KL

03-2731 8333 199 • Jalan Bukit Bintang
• B Bintang • Prego (Ita), Living Room
(Int'l), Qba (Bar & Grill), Treats (gourmet
bakery), Eest (Pan Asian) • From RM480-
RM7,000 • E9 • www.westin.com

Grand Millennium KL

03-2117 4888 • 160, Jalan Bukit Bintang •
• Bukit Bintang • Zing (Chi), The Mill (Int'l)
• From RM300-RM5,600 •
www.millenniumhotel.com

Hilton KL

03-2264 2264 • 3, Jln Stesen • Sentral,
KL Sentral • KL Sentral • Chynna (Chi), Senses (Fusion), Noodle
Room, Sudu, Zeta Bar, Vintage Bank •
From RM385-RM605 • G3
• www.hilton.com

Hilton PJ

03-7955 9122 • 2 Jalan Barat, PJ • Asia
Jaya • Toh Yuen (Chi), Paya Serai Coffee
House, Genji (Jap), Caffè Cino, Uncle
Chilli's • From RM220-RM1685

Holiday Inn Kuala Lumpur Glenmarie

03-7802 5200 • 1 Jalan Usahawan U1/8,
Shah Alam • Fu-Rin (Jap), Kites (Int'l), The
Mix Restaurant & Bar • From RM290 •
www.holidayinn.com/glenmarie



KL Tower

03-2020 5499
• Bukit Nanas • Jalan Punchak, off Jalan
P Ramlee. • The KL Tower stands at 421
metres. The tower houses a revolving
restaurant and an observation deck
which takes 58 seconds to reach. Catch
the sunset or experience sky jumping
from the tower roof. • Opens 9am 10pm
daily • E7



Istana Negara, Jalan Duta

Located along Jalan Duta, it is the of-
ficial residence of Malaysia's king since
Nov 11, 2011. Influenced by both Is-
lamic and traditional Malay architecture,
this unique structure is the latest addition
to the country's architectural wonders.



National Monument

Jalan Tugu, off Jalan Parlimen
• Designed by American artist,
Felix Weldon and cast in Italy, the
immense bronze structure was built to
commemorate the servicemen who lost
their lives during the struggle against
the communist insurgency in the 1950's.
The 7 soldiers symbolise unity, strength,
leadership, sacrifice, courage, suffering
and vigilance • E3



Little India

• Masjid Jamek • Jalan Masjid India is a
colourful street with numerous wholesale
and retail Indian traders who sell
everything from Indian brass, jewellery,
sarees, Indian handicrafts to perfumes &
spices. • E5



National Museum


03-2267 1111 • 29 Jalan Raja • Displays a
unique permanent collection of artifacts
and materials showcasing the history
and heritage of Malaysia • Opens 9am
to 6pm daily • Admission RM1. Free for
<12 yrs & students



Jamek Mosque

Jalan Tun Perak • Situated at the
confluence of the Klang and Gombak
rivers, this grand old mosque was
designed by British architect AB Hubbock
in 1909. It incorporates many features
of Moghul architecture • Opens 8am-
1:30pm & 2:30pm-6pm.

Sheraton Imperial KL

03-2717 9900 • Jln Sultan Ismail •  M Tuanku • Essence (Int'l), Villa Danieli (Ita), Celestial Court (Chi) • From RM300-RM5,825 • D6

Hotel Istana

03-2141 9988 • 73, Jalan Raja Chulan •  R Chulan • Peach Garden (Chi), Urban Bistro (Aus), Taman Sari (Int'l) • From RM299-RM5000 • E8 • www.hotelistan.com.my

Hotel Maya KL

03-2711 8866 • Jalan Ampang •  Bukit Nanas • KLCC • Still Waters, Maya Brasserie, Ramah Tamah • From RM325-RM1,800 • D8 • www.hotelmaya.com.my

InterContinental KL

03-2161 1111 • 165, Jalan Ampang •  Ampang Park • Serena Brasserie, Tao (Chi), Tatsui (Jap), Bentley's Pub, Lobby Lounge & The Deli • From RM330-RM12,500 • C9 • www.intercontinental.com

JW Marriott Hotel KL

03-2715 9000 • 183 Jalan Bukit Bintang •  B Bintang • 3rd Floor (Int'l), Marriott Café, Shanghai (Chi), JW Marriott Gourmet (Int'l), Havana Club • From RM400-RM8,000 • E9 • www.marriott.com

Le Meridien KL

03-2263 7888 • 2, Jln Stesen Sentral 5, KL Sentral •  KL Sentral • One On One (Asian Fusion), Al Nafourah (Middle Eastern), The Conservatory (Lounge & Bar) • From RM 328-RM5,500 • H3 • www.lemeridienkualalumpur.com

Mandarin Oriental Hotel

03-2380 8888 • KL City Centre •  KLCC • Lai Po Heen (Chi), Mandarin Grill and Mo Bar (Bar & Grill), Mosaic (Buffet), The Mandarin Cake Shop, Cascades (Int'l), Wasabi Bistro (Jap) • From RM409 (internet)/RM499 (phone) • D8 • www.mandarinoriental.com

Palace Beach and Spa

03-8943 6688 • Jalan Dulang, Mines Resort City, Seri Kembangan, Selangor •  Serdang • Abdul and Charlie's (local), Cheng Ho Court (Chi), Beach Hut and Sunset Lounge (drinks and snacks) • From RM200-RM2000

Sama-Sama Hotel KLIA

03-8787 3333 • Kuala Lumpur International Airport •  KLIA Degrees (Int'l), Traveller's Bar & Grill, Palmz Lounge (Wn) • From RM570++ • www.samasamahotels.com

Parkroyal Kuala Lumpur

03-2147 0088 Jln Sultan Ismail •  B Bintang • Chatz Brasserie (Wn), Bossa Nova (Wn), Hot Gossip, Si Chuan Dou Hua (Chi), Klix Lounge • From RM270 • www.parkroyalhotels.com


PNB Darby Park Executive Suites

03-7490 3333 • 10, Jln Binjai •  Ampang Park • The 39 Restaurant, Minmax (Chi), Koong Jung (Jap/Korean) • From RM350-RM686 • D9 • www.pnbdarbyparksuites-kl.com

Pullman Kuala Lumpur

03-2170 8888 • 4, Jalan Conlay •  Raja Chulan • Tai Zi Heen (Chi), Eccucino (Café), Enju (Jap) • From RM270-RM670 • E9 • www.princehotelskl.com


Renaissance KL

03-2162 2233 • Corner of Jln S. Ismail/Jln Ampang •  B Nanas • Sagano (Jap), MED@Marche (Med), Vogue (Int'l) • East Wing: Dynasty (Chi), TEMPTationS (Int'l) • From RM215-RM6,000 • D7

Shangri-La Hotel KL

03-2032 2388 • 11 Jalan Sultan Ismail •  B Nanas • Shang Palace (Chi), Zipangu (Jap), Lafite (Fr), Lemon Garden Café (Int'l), The Pub • From RM364-RM12,000 • D7 • www.shangri-la.com


Sheraton Imperial Hotel

03-2717 9900 Jln Sultan Ismail •  M Tuanku • Essence (Int'l), Villa Danieli (Ita), Celestial Court (Chi) • From RM300-RM5,8250 • D6

Seri Bukit Ceylon

03-2724 0408 • No 8, Lorong Ceylon off Jalan Raja Chulan • NeroTeca (Ita) • From RM250-RM480 • E7


The Gardens Hotel & Residences

03-2268 1188 • Mid Valley City •  Mid Valley • The Soread (Int'l), Sage Restaurant & Wine Bar (Fr & Jap) • From RM600-RM2,600 • www.gardenshtres.com

Sunway Putra Hotel (Formerly The Legend Hotel)

03-4042 9888 • Putra Place, 100 Jalan Putra •  PWTC • Museum (Chi), Di-Atas Brasserie (Int'l), Gen (Jap), Monkey Bar • From RM188-RM388 • B5 • www.legendhotelkl.com

The Ritz-Carlton KL

03-2142 8000 • 168, Jalan Imbi •  B Bintang • Li Yen (Chi), Rossini's (Ita) • From RM418 • F9 • www.ritz-carlton.com



The Ritz-Carlton Residences

03-2142 9000 •  B Bintang • From RM950-RM1,330 • F9

The Royal Chulan

03-2688 9688 • Jalan Conlay •  R Chulan • Deli Cafe (Ita), Bunga Emas (Mas), L'Heritage (Fr) • F6 • www.theroyalchulan.com.my

**Aloft Kuala Lumpur Sentral**

03-2723 1000 • Jalan Stesen Sentral •  KL Sentral •  KL Sentral • Nook (International), MAI Bar (Bar Menu), wxyz(SM) Bar (Cocktails & Snacks) • From RM270 - RM388 • www.starwoodhotels.com/aloft/hotels


Ancasa Hotel KL

03-2026 6060 • Jln Tun Tan Cheng Lock •  Plaza Rakyat • Saffron Brasserie and BabaReebal • Ancasa Spa • From RM165-RM416 • www.ancasa-hotel.com

Boulevard Hotel

03-2295 8111/2295 8000  Mid Valley City, Lingkaran Syed Putra • Mid Valley • Wild Rice (Int'l) • Rates from RM290Nett - RM420Nett • www.blvhotel.com

Concorde Hotel

03-2144 2200 • 2 Jalan Sultan Ismail •  B Nanas • Spices (Western), Melting Pot (Int'l), Xin (Chi) • From RM178+-RM320++ • D7


Coronade Hotel KL

03-2148 6888 • Jalan Walter Grenier, Bkt Bintang •  B Bintang • Makan-Makan (Local & Int'l), The Kasturi (Malay), Lobby Lounge • From RM208-RM500 • F8 • www.coronade.com

Corus Hotel KL

03-2161 8888 • Jalan Ampang •  Ampang Park • Ming Palace (Chi), Dondang Sayang (Int'l), Komura (Jap) • From RM185-RM390 • C9 • www.corushotelkl.com

Dorsett Regency

03-2716 1000 • 172, Jalan Imbi •  B Bintang • Checker's (Café), Cellini's (Ita), Windows Lounge (Wn) • From RM200



The Majestic Hotel Kuala Lumpur
5 Jalan Sultan Hishammuddin, 50000 Kuala Lumpur, Malaysia.
03-2785 8000
www.majestichotel.com

onwards • F9
• www.dorsettregency-kl.com


Federal Hotel

03-2148 9166 • 35, Jalan Bukit Bintang •  B Bintang • Mandarin Palace (Chi), The Verandah (Int'l) Revolving Bintang (European) • From RM170-RM600 • F8 • www.fh-hotels.com

Grand Seasons

03-2697 8888 • 72, Jalan Pahang •  Chow Kit •  KLCC • Season (Café), O'Las (Indian), Lobby Lounge (Wn), Kas Bah Bar (Wn) • From RM150-RM348 • B6

Impiana KLCC Hotel & Spa

03-2147 1111 • 13 Jln Pinang •  R Chulan • Tonka Bean Cafe (Int'l) • From RM219-RM368 • D8 • www.impiana.com

Novotel City Centre KL

03-2147 0888 • 2 Jln Kia Peng •  R Chulan • Qing Zhen (Chi Muslim), The Square (Int'l), Fun Pub, Al Fresco • From RM260-RM660 • E8 • www.novotel.com

Pacific Regency Hotel Suites

03-2332 7777 • Menara PanGlobal, Jalan Punchak •  B Nanas • Soi 23, Luna, Olive & Geo Café • From RM290-RM500 • D7 • www.pacific-regency.com

Sunway Resort Hotel & Spa

03-7492 8000 • Persiaran Lagoon Bandar Sunway Petaling Jaya

Quality Hotel City Centre

03-2614 8000 • Jalan Raja Laut •  DBKL • Benteng Coffee House (Int'l), Meisan Szechuan (Chi), Club 300 • From RM150-RM550 • C5 • www.quality.com.my

Swiss Garden Hotel

03-2141 3333 • 117, Jln Pudu •  Hang Tuah • Blue Chip Lounge (Int'l), Flavours Restaurant (Int'l), Green Treats Delicatessen (Int'l), T@ste 6 Restaurant (Int'l) • From 470+

The Royale Bintang KL

03-2143 8998 17-21 Jalan Bukit Bintang •  B Bintang • Sunflowers Brasserie, Cafe Royale & Bar, Rimba Spa • From RM208 • F8 • www.royale-bintang-hotel.com.my

The Royale Bintang Damansara

03-7843 1111 • 6, Jalan PJU 7/3, Mutiara Damansara • The Restaurant (Int'l), Mystery Pub & Café • From RM195 • www.royalebintang.com.my

The ZON All Suites Residences on the Park

03-2164 8000 • 161D Jalan Ampang •  Ampang Park • Terracotta Restaurant &

Lounge • From RM253-RM396 • D8
• www.zonhotel.com.my

Traders Hotel

03-2332 9888 • Kuala Lumpur City Centre •  KLCC • Gobo Chit Chat, Gobo Upstairs, Sky Bar, Lounge & Grill • From RM270 • This hotel is located in the vicinity of KL Convention Centre • D8

Vistana KL

03-4042 8000 • 9 Jalan Lumut, off Jalan Ipoh, Kuala Lumpur •  Titiwangsa • Vistana (Asian) • From RM172-RM230 • A5 • www.vistanahotels.com

**Alpha Genesis**

03-2141 2000 • 45 Tingkat Tong Shin •  B Bintang • Tee Box Café • From RM150-RM380 • F7 • www.alphagenesishotel.com


Cititel Mid Valley

03-2296 1188 • Mid Valley, Lingkaran Syed Putra •  Mid Valley • Citi Café • Rates from RM205Nett - RM320Nett

Corona Inn

03-2144 3888 • 22, Jalan Tong Shin •  B Bintang • Corona Café • From RM130-RM180 • F8 • www.coronainn-kuala-lumpur.com


Grand Continental

03-2693 9333 • Jln Bella/Jln Raja Laut •  PWTC M Tuanku • Grand Star (Chi), Lai Marble Coffeehouse • From RM135-RM800 • C5 • www.ghihotels.com.my

First World Hotel

03-6101 1118 • Genting Highlands • Istorante Torcello's (Italian), Lakeview Seafood Restaurant (Seafood), The Patio (Wn) • From RM85 - RM460

Hotel Malaya

03-2072 7722 • 162, Jalan Hang Lekir •  Pasar Seni • Malaya Café • From RM120-RM250 • F5 • www.hotelmalaya.com.my

Midah KL

03-2273 9999 • 8, Jalan Kampung Attap •  Maharajalela • Attapia Coffee House (Int'l), Rolling Good Times Café • From RM145-RM250 • G5

Prescott Inn

03-2713 7887 • 23 Lrg Medan Tuanku 1, off Jln Sultan Ismail •  M Tuanku • Makana Restaurant • From RM110-RM170 • C5

SIGHTSEEING

Swiss-Inn KL

03-2072 3333 • 62, Jln Sultan • 📍
Maharajalela
• Café Petaling • From RM130-RM175
• G6

The Plaza Hotel

03-2698 2255 • Jalan Raja Laut • 📍 Sultan
Ismail • Pago-Pago Café (Continental),
Plaza Court (Chi) • From RM110-RM178
• C5

SIGHTSEEING

Aquaria KLCC

03-2333 1888 • 📍 Raja Chulan 📍 KLCC •
All 60,000 sq ft of Aquaria encompasses
Evolution, Jewels of the Jungle, Deep
Forest, The Coasts and Touch Pool, The
Living Oceans and The Living Reef, with
over 5000 aquatic and land-bound animals
representing over 150 different species.
Don't miss the 90-metre underwater tunnel.
Opens daily from 11am-8pm. (Including
weekends, school and public holidays) Last
admission at 7pm. Entry RM38 (adult), RM26
(children) • D8

Batu Caves

03-6189 6284 • This popular Hindu
temple draws hundreds of thousand
of visitors during Thaipusam. It
consists of three grand caves: the
Dark Cave, the Museum Cave and
the Temple Cave with brilliant rock
formations. The Museum Cave at
the foothills has interesting display
of Indian mythology. To reach the
main Temple Cave, one has to climb
272 steps.

Bird Park

03-2272 1010 • Located at the Lake
Gardens, this 8.4ha bird park is the
world's largest free-flight walk-in
aviary. It is home to more than
3,000 birds from approximately 200
species. Opens daily from 9am-
6.00pm • F4

Butterfly Park

03-2693 4799 • Over 120 species
of butterflies can be found in this
park located at the Lake Gardens'
vicinity. Admission is RM9 for adults
and RM2 for children. Camera: RM3.
Opens 9am to 6pm daily. • F4

Bukit Nanas Forest Recreational Park

03-2306 3421 / 2064 4741 • 📍 Bukit Nanas
• Nestled in the heart of KL, the virgin
forest-clad hill is a 10.5 ha park offering a
10-minute & a 20-minute walk trails from
the Forest Information Centre at Jalan
Raja Chulan to KL Tower. • E7

Central Market

03-2274 6542 • 📍 Pasar Seni Once the
city's biggest wet market, it is now a
centre for food and cultural activities.
Cultural performances are staged during
weekends at the riverside amphitheatre.
Handicraft, souvenirs, art & portrait
paintings are sold at bargain prices. The
Annexe Gallery at CM is a progressive
art centre. • Opens 10am to 10pm daily.
• F5

Deer Park

03-2693 6661 • Enclosed within a 2-ha
ground at the Lake Gardens, the deer,
fawns and does roam freely in a cool
and peaceful habitat with lush trees and
shrubs and ponds. • F3

Istana Negara

Official residence of Malaysia's King,
visitors can witness the changing
of the royal guards daily. The Rulers
Conference, various royal and national
ceremonies, investitures and official
banquets are held at this palace. • H5

Little India

📍 Masjid Jamek • Jalan Masjid India
is a colourful street with numerous
wholesale and retail Indian traders
who sell everything from Indian brass,
jewellery, sarees, Indian handicrafts to
perfumes & spices. • E5

Jamek Mosque

📍 Masjid Jamek • Jalan Tun Perak
• Situated at the confluence of the
Klang and Gombak rivers, this grand old
mosque was designed by British architect
AB Hubbock in 1909. It incorporates
many features of Moghul architecture
• a • Opens 8am-1:30pm & 2:30pm-6pm.
• E5



Craft Complex

03-2164 8344
📍 Raja Chulan • 63, Jalan Conlay. •
Showcases ethnic handicrafts, batik
printing and pottery from the 13 states
of Malaysia. • Opens 9am-6pm daily.
• E9 FREE



Telekom Museum

03-2031 9966
📍 Raja Chulan • Jalan Raja Chulan
• Displays interesting exhibits of
telephones and evolution of their
designs over the years.
• Opens 9am-5pm. Closed on Mondays
• E6 FREE



Sultan Abdul Samad Building

📍 Masjid Jamek • Jln Sultan
Hishammuddin • Also known as the Big
Ben of KL, this historical landmark and
heritage building is well known for its
Moghul architecture dating back to
1897. Originally the offices of the Colonial
Secretariat, it then housed the Supreme
Court. • E5



PETRONAS Twin Towers

03-2615 8188
📍 KLCC • KL City Centre • The
88-storey Petronas Twin Towers stand at
451.9 metres. Seated in the heart of KL
and amidst a 50-hectare landscaped
park, a skybridge on the 41st floor is
open to visitors between 9am-7pm
daily, closed on Monday • D8

Lake Gardens

Jalan Parlimen • Located near the city
centre, this 9.2ha landscaped garden is
built around a lake. Several attractions
are found within the park including
an Orchid Garden, Hibiscus Garden,
Butterfly Park, Bird Park, Deer Park,
National Monument and the Asean
Sculpture Garden • F3

Malaysian Tourism Centre

03-9235 4848 • 📍 B Nanas • 109
Jalan Ampang • This is a one-stop
tourist service centre comprising the
information counter (7am-10pm)
Transnasional Executive Coach counter,
domestic tour booking counter, money
changer, restaurant and craft demo
centre. Built in 1935, the building was the
home of wealthy tin-miner and planter,
Eu Tong Seng. Cultural shows are on Tues,
Thur, Sat & Sun 2-2.30pm. • D7

Merdeka Square

📍 Masjid Jamek • Jalan Raja •
Opposite the Sultan Abdul Samad
Building, this is the site where the
independence of Malaya was declared
on 31 August, 1957. The 100m high
flagpole is the tallest in the world. Live
entertainment and cultural shows are
staged here on festive occasions. The
Royal Selangor Club and St. Mary's
Cathedral are located nearby. • E5

National Science Centre

03-2092 1150 • Persiaran Bukit Kiara •
Houses 9 galleries with different scientific
themes. Offers interesting interactive
displays for learning and entertainment.
• Opens 10am-5pm. Closed on Friday.

National Mosque

03-2693 7784 • 📍 KL • Jalan Perdana
• This mosque embodies contemporary
designs, together with traditional Islamic
art, calligraphy and ornamentation.
The main dome with its 18-point star,
represents the 13 states of Malaysia
united by the Five Pillars of Islam. Visitors
must dress conservatively and remove
their shoes before entering the mosque
• Opens 9am to 12noon; 3pm to 4pm;
5:30pm to 6:30pm daily. • F4

National Planetarium

03-2273 4303 • Lot 54 Jalan Perdana •
Located close to the National Mosque,
the attractions include space science
and astronomy exhibits, a theatre
screening 3-Dimensional movies, a
viewing gallery and an observatory •
Admission is RM1 for adults and children
over 12 years [extra charges for all
shows]. Opens 9:30am to 4:15pm daily.
Closed on Monday except public &
school holidays • G4

National Zoo

03-4108 3427 / 4108 3422 • Located in
Hulu Kelang, 12km from the city centre,
the zoo is home to 400 species of local
birds, mammals, reptiles and fishes. •
Opens 9am - 5pm daily. Night Zoo is on
Saturdays 7.30am - 10.30pm. Admission
RM 32 for adults and RM11 for children
3 to 12 years old

Old KL Railway Station

Jalan Hishammudin • Built in 1910,
the Moghul-inspired building was a
hub for Malaysian rail transport until it
was replaced by the new KL Sentral
Station. It remains a landmark and the
refurbished Heritage Hotel is still open for
business. Across the road, the Malaysian
Railway administrative building is also a
breathtaking architectural showpiece
• G5

Petrosains, The Discovery Centre

03-2331 8181 • 📍 KLCC • Petronas Twin
Towers, Level 4 Suria KLCC • Focusing on
Malaysia's oil and gas industry, it offers
an interactive approach to learning.
It takes you through a unique voyage
of discovery of science. • Opens daily
9.30am to 6pm. Last admission 4.30pm.
Closed on Monday • D8

Royal Selangor Visitor's Centre

03-4145 6000 • 4, Jalan Usahawan Enam,
Setapak Jaya • Located 15 minutes from
the city centre, the Royal Selangor which
is internationally known for its fine designs
and craftsmanship, offers a complete
visitor experience, enabling them to see,
hear, touch and learn how pewter is
made. • Opens daily from 9am-5pm.

Royal Selangor Club

03-2692 7166 • 📍 Masjid Jamek • Jalan
Raja • Once nicknamed 'The Spotted
Dog' during the colonial days, this club
which features Mock Tudor architecture,
is one of the oldest membership clubs
in KL. • E5

Thean Hou Temple

03-2274 7088 • 65 Persiaran Endah, off
Jalan Syed Putra • A beautiful blend of
Chinese and contemporary architecture,
this is one of the largest and most ornate
Buddhist temples in the region and a
venue for major religious festivals. Also
check out the herbs garden, wishing
well and souvenir stall • Opens 9am to
9pm daily.

MUSEUMS

Asian Arts Museum Universiti Malaysia

03-7967 3805 • Uni. of Malaya • A unique collection of Asian art & sculptures, ceramics, including Islamic & Malay art and textiles • Opens Mon - Sat. Closed on Sunday & public hols.

Forest Research Institute Malaysia

03-62797 000 • Kepong • Located within the 1,500 hectares of natural land reserve, the institute showcases Malaysia's rich forest heritage. • Opens 8am-4pm. Fri 9am- 12pm.

Heritage Centre

03-2144 9273 • 2 Jln Stonor • Showcases Malaysia's architectural heritage, the centre also conducts 2 guided tours a day (11am & 3pm) of the Rumah Penghulu or Village Head's abode which has been furnished to reflect a house in the early thirties • E10

Islamic Arts Museum

03-2274 2020 • Jalan Lembah Perdana • Opened in 1998, the museum focuses on the rich diversity of Islamic arts and culture. Miniature replicas of Taj Mahal and other Islamic architectural wonders are on display • Tickets at RM12 (adults), RM6 (under 18, students & senior citizens) • Opens 10am to 6pm daily. • G4

Museum Orang Asli

03-6189 2122 • Km 24 Gombak • Displays a collection of over 3,000 artifacts showcasing the history, culture & lifestyle of indigenous tribes of Peninsular Malaysia. • Opens 9am-5pm. Closed Fri. FREE

National Museum

03-2267 1111 • 29 Jalan Raja • Displays a unique permanent collection of artifacts and materials showcasing the history and heritage of Malaysia • Opens 9am to 6pm daily • Admission RM1. Free for <12 yrs & students

Petronas Philharmonic Hall

03-2331 7007 • KLCC • Located within the Petronas Twin Towers, it is home to the Malaysian Philharmonic Orchestra and the National Choir. It features performances of highest quality by visiting orchestras and world-renowned soloists, besides performances by the MPO which now ranks among the top orchestras in the region • D8

OTHER FUN-TASTIC THRILLS & SPILLS

Casino

03-2718 1118 • Genting Highlands Hotel

D'Paradise

063, Jalan Solok Uban, Kampung Brisu, Lubok China, 78100 Melaka. 06-552 8010/0611 (Resort),

03-4251 8199 (KL Sales Office)
www.d-paradise.com.my

Flying

03-2141 1934 • Royal Selangor Flying Club

Horse Racing

03-9058 3888 • Selangor Turf Club, Jln Sungai Besi

Horse Riding

03-4256 4531 • Royal Selangor Polo Club, Jln Ampang Hilir

03-2094 1222 • Bukit Kiara Equestrian Club, Jln Bukit Kiara, Kuala Lumpur

Theme Parks

09-288 8890 • Colmar Tropicale, Bkt Tinggi

03-71188338 • Desa Water Park, Trm Desa

03-8942 5021 • The Mines Wonderland



Bank Negara Malaysia Museum and Art Gallery Sasana Kijang

No. 2, Jalan Dato Onn, 50480 Kuala Lumpur
Opening Hours: 10am to 6pm daily
For Enquiries Call: 03-9179 2784



University of Malaya Art Gallery (UMAG)

Tingkat 5, Bangunan Canseleri, Universiti Malaya, Petaling Jaya
Tel: 03-79671061
Opening Hours: 9.00am to 4.00pm
Closed on: Saturday and Sunday



Galeri Tenaga

Wisma TNB, Jalan Timur, Petaling Jaya
Tel : +603-2296 5566
Fax : +603-2282 3274
Opening Hours: Monday – Friday : 10 am – 3 pm.

ARTS & CULTURE

National Library

03-2687 1700 • 232 Jalan Tun Razak. • This 7-storey building which blends traditional design with modern architectural elements houses more than 1.5 million books, some of them extremely rare. • Opens daily except Monday • A8 FREE

Galeri Petronas

03-2051 7770 • KLCC • Level 3 Suria KLCC. • Exhibits artworks by local and international artists. • Opens 10am to 8pm. Closed on Monday. • D8 FREE

National Theatre (Istana Budaya)

03-4026 5555 • Jalan Tun Razak • Designed by Malaysian architect Muhammad Kamar Ya'akub, this modern theatre is one of the world's most sophisticated theatres with state-of-the-art stage equipment. It holds drama, dance and musical performances regularly. • A7

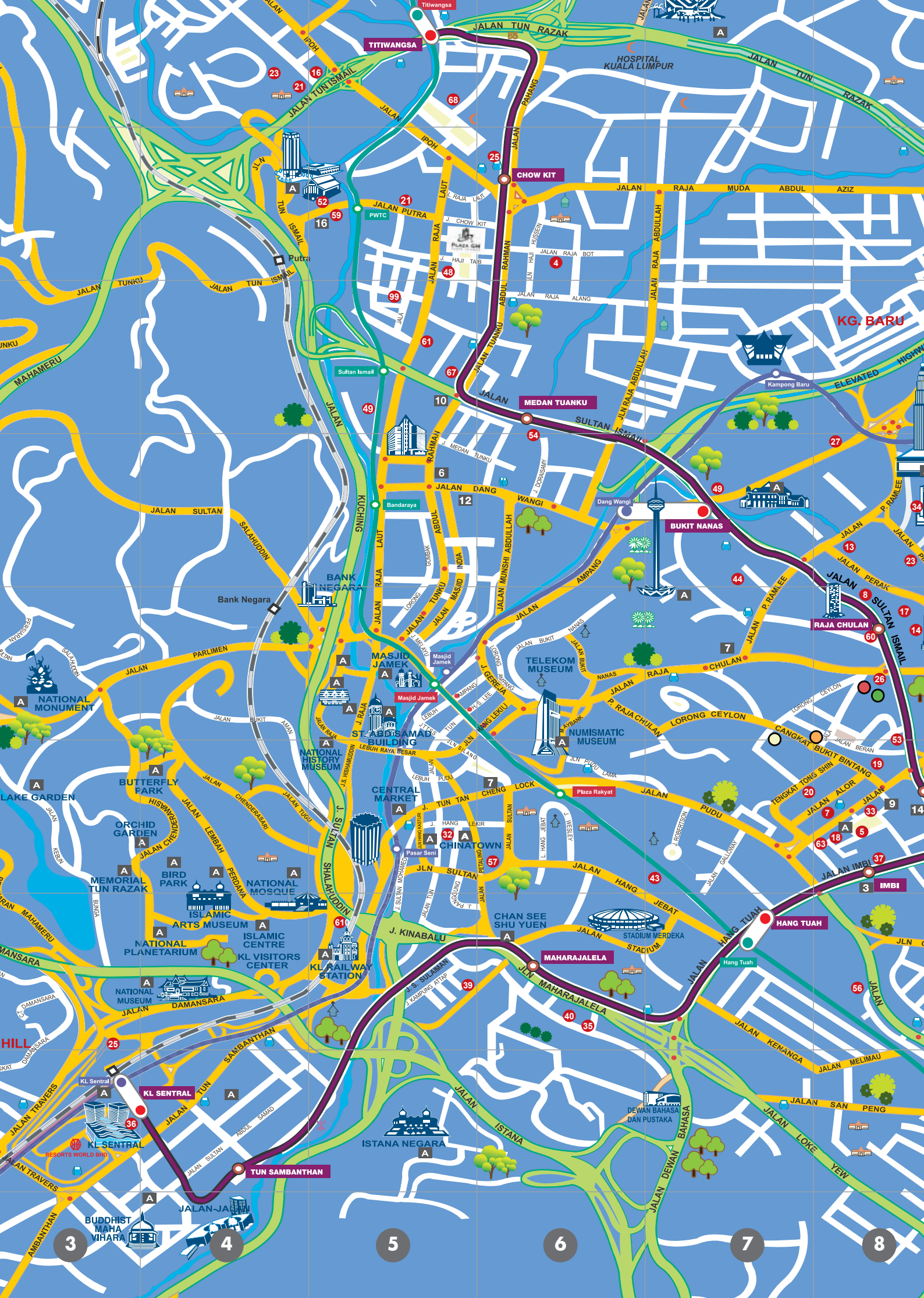


KL Lifestyle Art Space

31 Jalan Utara, 46200 Petaling Jaya, Selangor, Malaysia

Tel: +603 2093 2668, +603 2094 2668
Email: info@mediate.com.my

Open Monday - Friday, 10am - 7pm
(Closed on Weekends and Public Holidays)



EXPLORE KUALA LUMPUR

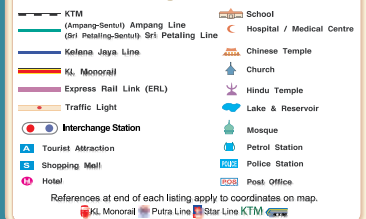


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|---|--|---|
| 1 Agora Hotel
Tel: 2142 8133 F8 | 25 Hilton KL
Tel: 2264 2264 G3 | 48 Quality Hotel
Tel: 2693 9233 C5 |
| 2 Alpha Genesis Hotel
Tel: 2142 6868 F7 | 26 Hotel Istana
Tel: 2141 9988 E8 | 49 Renaissance Kuala Lumpur Hotel
Tel: 2162 2233 D7 |
| 3 Berjaya Times Square Hotel & Convention Centre
Tel: 2117 8000 F8 | 27 Hotel Maya Kuala Lumpur
Tel: 2711 8866 D8 | 50 Residence Hotel
Tel: 2693 3333 C5 |
| 4 Brisdale International Hotel
Tel: 2694 8833 B6 | 28 Impiana KLCC Hotel & Spa
Tel: 2147 1111 D8 | 51 Ritz-Carlton Kuala Lumpur Hotel
Tel: 2142 8000 F9 |
| 5 Capitol Hotel
Tel: 22143 7000 F8 | 29 JW Marriott Hotel
Tel: 2715 9000 E9 | 52 Seri Pacific Kuala Lumpur
Tel: 4042 5555 B5 |
| 6 Carcosa Seri Negara
Tel: 2282 1888 F8 | 30 Kuala Lumpur International Hotel
Tel: 2697 8833 B6 | 53 Shangri-La Hotel
Tel: 2032 2388 D7 |
| 7 Cardogan Hotel
Tel: 2144 4883 F8 | 31 Le Meridien KL
Tel: 2263 7888 G3 | 54 Sheraton Imperial
Tel: 2717 9900 D6 |
| 8 Concorde Hotel
Tel: 2144 2200 D7 | 32 Malaya Hotel
Tel: 2072 772 F5 | 55 Stanford Hotel
Tel: 2691 9833 B6 |
| 9 Corona Inn
Tel: 2144 3888 F7 | 33 Malaysia Hotel
Tel: 2142 8033 F8 | 56 Swiss Garden Hotel
Tel: 2141 3333 F7 |
| 10 Coronade Hotel
Tel: 2148 6888 F8 | 34 Mandarin Oriental Hotel
Tel: 2380 8888 G6 | 57 Swiss Inn Hotel
Tel: 2072 3333 G6 |
| 11 Corus Hotel
Tel: 2161 8888 C9 | 35 Mandarin Court Hotel
Tel: 2273 9933 G6 | 58 The Heritage Station Hotel
Tel: 2273 5588 G5 |
| 12 Doubletree Hilton Kuala Lumpur
Tel: 2172 7272 C10 | 36 Maradian Oriental Hotel
Tel: 2380 8888 D8 | 59 The Legend Hotel
Tel: 4042 9888 B5 |
| 13 Crown Regency Hotel
Tel: 2162 3888 D8 | 37 Melia Kuala Lumpur
Tel: 2785 2828 F8 | 60 The Lodge
Tel: 2142 0122 E8 |
| 14 Crowne Plaza Kuala Lumpur
Tel: 2148 2322 E8 | 38 Micasa All Suite Hotel
Tel: 2179 8000 D10 | 61 The Plaza Hotel
Tel: 2698 2255 C5 |
| 15 Dorsett Regency Hotel
Tel: 2715 1000 F9 | 39 Midah Hotel KL
Tel: 2273 9999 G5 | 62 The Ritz-Carlton Residences
Tel: 2142 9000 F9 |
| 16 Dynasty Hotel
Tel: 4043 7777 A4 | 40 Mirama Hotel
Tel: 2148 9122 G6 | 63 The Royale Bintang
Tel: 2143 8000 F8 |
| 17 Equatorial Hotel
Tel: 2161 7777 E8 | 41 InterContinental KL
Tel: 2161 1111 C9 | 64 The Westin KL
Tel: 2731 8333 E9 |
| 18 Federal Hotel
Tel: 2148 9166 F8 | 42 Novotel Kuala Lumpur City Centre
Tel: 2147 0888 E8 | 65 The Zon All Suites Residences on the Park
Tel: 2164 8000 C9 |
| 19 Fortuna Hotel
Tel: 2141 9111 F8 | 43 Olympic Sports Hotel
Tel: 2078 7888 F7 | 66 Traders Hotel
Tel: 2332 9888 D8 |
| 20 Grand Central Hotel
Tel: 4041 3011 B5 | 44 Pacific Regency Hotel Suite
Tel: 2332 7777 D7 | 67 Tune Hotels.com
Tel: 7692 5888 C5 |
| 21 Grand Continental Hotel
Tel: 2693 9333 C5 | 45 Parkroyal Kuala Lumpur
Tel: 2147 0088 F8 | 68 Vistana Hotel
Tel: 4042 80000 A5 |
| 22 Grand Millenium KL
Tel: 2141 8000 E8 | 46 PNB Darby Park Executive Suites
Tel: 7490 3333 D10 | |
| 23 Grand Pacific Hotel
Tel: 4042 2177 A5 | 47 Prince Hotel & Residence Kuala Lumpur
Tel: 2170 8888 D10 | |
| 24 Grand Seasons Hotel
Tel: 2697 8888 B6 | | |

Shopping Malls:

- | | | |
|--|---|--|
| 1. Ampang Park
Tel: 03-2161 7006 C10 | 8. Low Yat Plaza
Tel: 03-2162 1176 F8 | 15. The Weld
Tel: 03-2162 3580 E9 |
| 2. Avenue K
Tel: 03-2166 7888 C9 | 9. Maju Junction
Tel: 03-2772 8550 C5 | 16. Yow Chuan Plaza
Tel: 03-2142 9701 C10 |
| 3. Berjaya Times Square
Tel: 1-300-888-988 E9 | 10. Pertama Complex
Tel: 03-2691 6599 D5 | |
| 4. City Square
Tel: 03-2162 1566 C10 | 11. Starhill Gallery
Tel: 03-2148 1000 F8 | |
| 5. KL Sogo
Tel: 03- 2698 2111 D5 | 12. Sungei Wang Plaza
Tel: 03-2148 6109 F8 | |
| 6. Kompleks Kotaraya
Tel: 03-2072 2562 F6 | 13. Suria KLCC
Tel: 03-2382 2828 D8 | |
| 7. Lot 10
Tel: 03-2141 0500 F8 | 14. The Mall
Tel: 03-4042 7122 B5 | |

LEGEND



Getting around in Kuala Lumpur is easy. The transit systems are efficient, taxis are plenty and buses are cheap. The public transportation usage peak hours are from 7am to 9am and 4.30pm to 6.30pm during the working days.



By Transit systems

The KL monorail and LRT coaches are air-conditioned and comfortable and run from 6am to midnight. The systems are connected to each other at several points and the network covers most parts of the city. Fares range from RM0.70 to RM2.80 per single journey.



By Taxis

Taxis are easily available at hotels or at taxi stands. Fares start at RM3 for the first kilometre and RM0.10 for every 115 metres thereon. There is a 50% surcharge on the metered fare from midnight to 6am and a baggage charge of RM1 per piece stored in the boot. There is also an additional RM1 for 3rd passenger (maximum 4 in a car). For an extra charge of RM2, you can book a taxi by phone.



By Ecovans

Ecovans can accommodate up to 5 passengers. They serve mainly guests at major hotels and follow the fare structure of taxis but charge RM4 instead of RM2 for the first kilometre.



By Buses

Buses serve all parts of Kuala Lumpur with fares beginning from RM1. Some hotels also offer free bus shuttle services to major shopping malls in the city.



KL Hop-on/Hop-off Bus Service

Links you to 40 attractions around the city with 22 designated stops. 8.30am to 8.30pm. Ticket: RM38 with discounts for locals, senior citizens, students and children. 03-2691 1382

Getting to the Airport



KLIA Ekspres: The journey takes about 30 minutes from KL Sentral and the fare is RM35 per person per way. There is also check-in facility at KL Sentral for some airlines.



Taxi: The fare from the city centre to the airport is RM60 – RM90 per taxi.



Eco Transit: Eco Transit can accommodate up to 5 adults and has a fixed fare of RM130/ trip.



Limousine: Can be arranged with the hotel concierge and fare range from RM100 – RM200.

Coaches To KLIA and/or LCCT

The 1-hour journey costs between RM9 and RM25 per person.

- Airport Coach - 03-8787 3894
- Sky Bus - 03-6201 2742
- Aerobus - 017-363 3255
- The Star Shuttle - 03-4043 8811

RAIL TRANSIT NETWORK OF KUALA LUMPUR



Transportation



Air Travel

- **KL International Airport Sepang** 03-8776 2000
- **LCC Terminal - KLIA** 03-8777 8888
- **Domestic Airport - Subang** 03-7846 7777
- **KL CAT (City Air Terminal)** 03-2267 8000



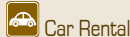
Domestic Airlines

- **MAS** 03-7843 3000
- **MAS Reservation Number** 1 300 88 3000
- **AirAsia** 03-8775 4000
- **Berjaya Air** 03-7846 8228
- **FireFly** 03-7845 4543
- **Fly Asian Xpress (fax)** 03-8660 4343



Rail

- **KL Sentral** 03-2274 7435
- **KLIA Ekspres** 03-2267 8000
- **KTM** 03-2267 1200
- **Rapid KL** 03-7625 6999
- **KL Monorail** 03-2273 1888



Car Rental

- **Apex** 03-2142 1926
- **Avis** 03-2142 0166
- **Orix** 03-2142 3009
- **Hertz** 03-2148 6433
- **Mayflower** 03-2279 1188
- **Sintat** 03-2145 7988



Taxis

- **Radio Cab** 03-9221 7600
- **Airport Limo Meet & Greet** 03-8787 3678
- **Saujana Cab** 03-2162 8888
- **Comfort Taxi** 03-8024 2727
- **Eco Transit** 03-5512 2266
- **Supercab** 03-7805 5333
- **Outstation Taxi** 03-2078 0213

Emergency Services

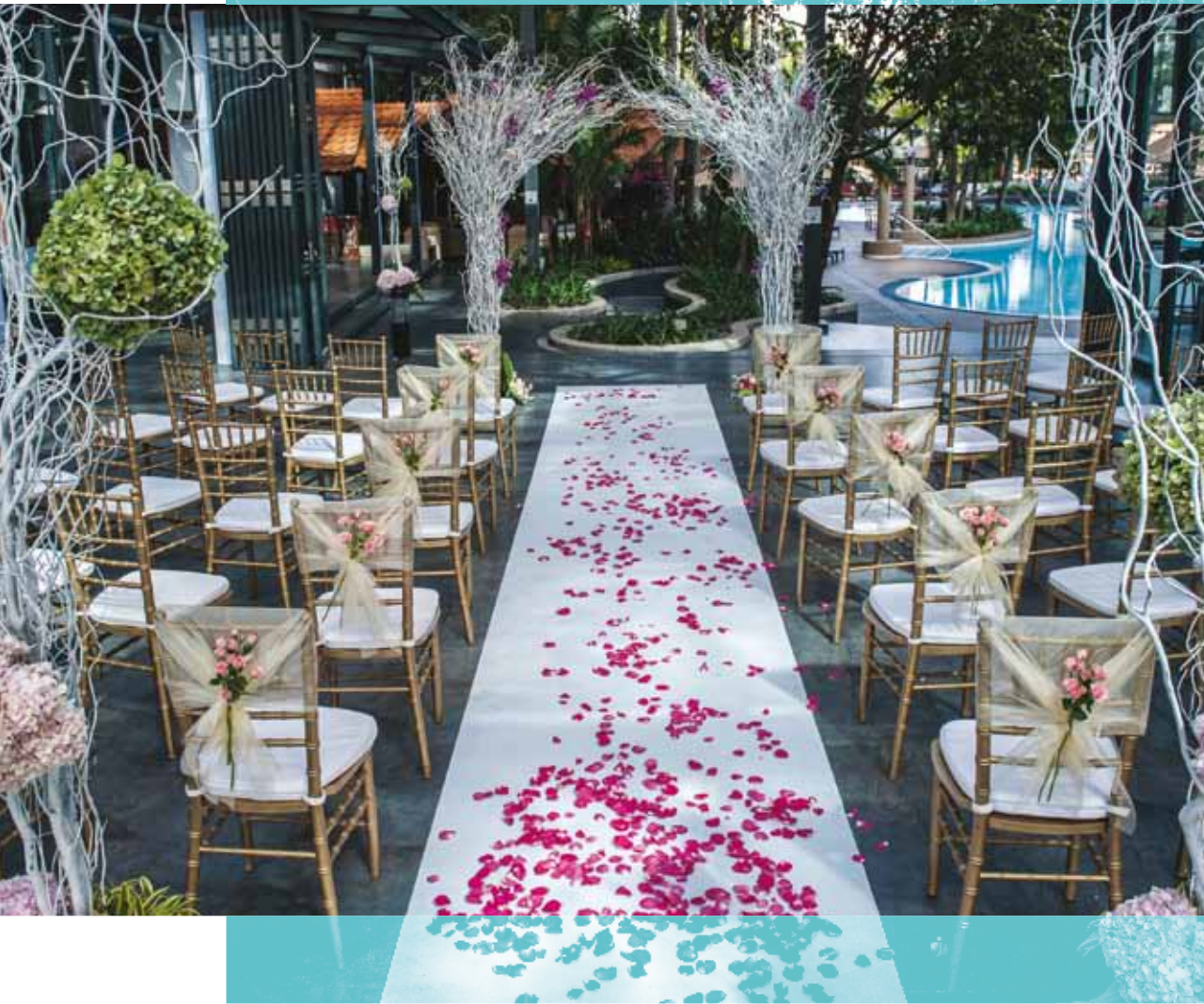
- **KL Tourist Police (24 hours)** 03-2166 8322
- **Police & Ambulance** 999 or 112 (mobile phones)
- **Fire & Rescue** 994
- **KL City Council** 03-2691 6011

Tourism Offices

- **Malaysia** 1-300-88-5050
- **Tourism Centre (24-hour)** 03-2164 3929
- **Kuala Lumpur** 03-2693 6661
- **Penang** 04-261 9067
- **Johor** 07-222 3591
- **Terengganu** 09-622 1433
- **Sabah** 088-248 698
- **Sarawak** 082-246 575
- **Kedah** 04-731 2311
- **Pahang** 09-747 7520

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The newly refreshed Pool Bar and Grill@8 is an indoor venue by the poolside with all the perks of being outdoors. Sleek glass panels line the walls and ceiling of the room, inspiring a feeling of spaciousness and elegance.

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To discover more, speak to our Wedding Specialist at +60 3 2263 7888, e-mail sales.lmkl@lemeridien.com, or visit lemeridienkualalumpur.com/weddings

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After



Before



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We understand that frames are equally important to both art collectors and artists, therefore framing and properly protecting artwork is critical to maintaining a work's value. Designed by our team, each custom frame is as unique as the art it holds. We use the finest materials and the best conservation techniques.



**Malaysia
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Malaysia Art Network
29 Jalan Utara, 46200 Petaling Jaya, Selangor, Malaysia
Joshua Tan: +6012 3900 858 | malaysiaartnetwork@gmail.com