

KL lifestyle

NOVEMBER 2016

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NEW PEUGEOT 408 e-THP

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with start stop technology

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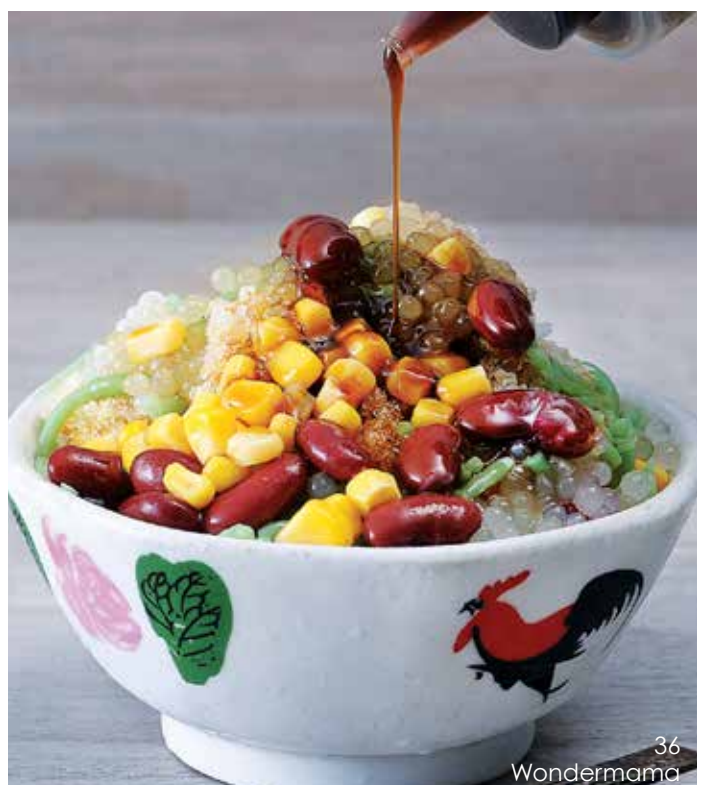
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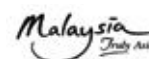


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IN YOUR CITY



APPLE CIDERS

*nature
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CALENDAR

SUNDAY



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LET'S DANCE – A TRIBUTE CONCERT TO DAVID BOWIE
6 - 7 NOV @ AVENUE K ROOF TOP
OUTDOOR CONCERT KL

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13 NOV @ KLAS, Jalan Utara

ASIA ISLAMIC FASHION WEEK 2016
10 - 13 NOV @ KL CONVENTION CENTRE (KLCC)

DAVID FRAY'S PIANO RECITAL
13 NOV @ MALAYSIAN PHILHARMONIC ORCHESTRA



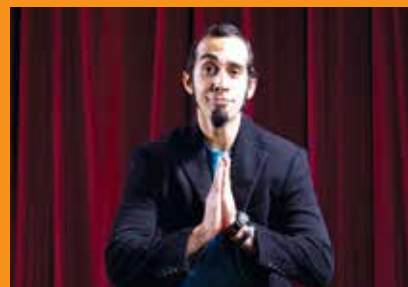
MONDAY



TUESDAY

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TOYOTA CLASSICS – MUSIC THAT MOVES LIVES
2 NOV @ MALAYSIAN PHILHARMONIC ORCHESTRA



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CHAMBER CONCERT
15 NOV @ MALAYSIAN PHILHARMONIC ORCHESTRA



WEDNESDAY



NOVEMBER 2016

WEDNESDAY



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ONE THOUSAND MILLION SMILES
3 - 5 NOV @ PENTAS 1, KLPAC

YKLS DOES THE BARD
3 - 6 NOV @ PENTAS 2, KLPAC

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MALAYSIA INTERNATIONAL MINING AND MATERIAL 2016
10 - 12 NOV
@ PUTRA WORLD TRADE CENTRE (PWTC)



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13TH TCE BABY EXPO 2016
24 - 27 NOV @ MID VALLEY EXHIBITION CENTRE (Hall 1, 2 and 3)



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FRIDAY



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THEATRE FOR KIDS : MONSTERSAURUS
11 NOV @ Pentas 1, PERFORMING ARTS CENTRE OF PENANG (PENANGPAC)

SCHUMANN AND BRUCKNER
11 - 12 NOV @ MALAYSIAN PHILHARMONIC ORCHESTRA



SATURDAY

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MALAYSIA FASHION WEEK 2016
2 - 5 NOV @ MATRADE EXHIBITION AND CONVENTION CENTRE (MECC)

LOL LIVE : VIVEK MABHUBANI
4 - 5 NOV @ LOL IN LIVE HOUSE, TREC KL

CHARLIE CHAPLIN AT THE SYMPHONY
4 - 5 NOV @ MALAYSIAN PHILHARMONIC ORCHESTRA

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SCORE FITMOB FESTIVAL
12 NOV @ SELANGOR TURF CLUB

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ROCKAWAY FESTIVAL 2016
29 Oct - 19 Nov @ B HILLSTAND, SEPANG INTERNATIONAL CIRCUIT





MALAYSIA FASHION WEEK 2016

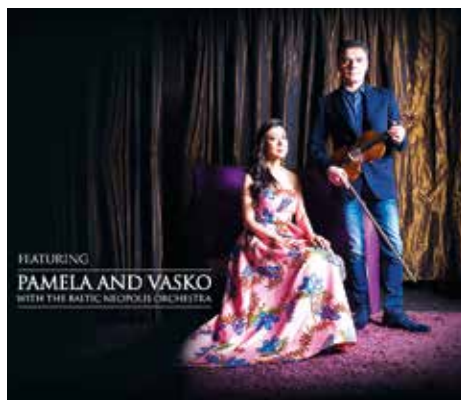
2 – 5 NOV @ MATRADE EXHIBITION AND CONVENTION CENTRE (MECC)

Malaysia Fashion Week (a project by INTRADE), is a collaboration between Malaysia's national trade promotion agency MATRADE (Malaysia External Trade Development Corporation) and Malaysia's leading fashion event organiser STYLO International, together with Mercedes-Benz presenting the Asian segment – "Mercedes-Benz STYLO Asia Fashion Week (MBSAFW)", an international platform that plays hosts to top buyers, mass media, editors, retailers, celebrities, and VIPs from around the world in the lifestyle industry.

For further information about Intrade & Malaysia Fashion Week 2016, visit www.malaysiafashionweek.my

TOYOTA CLASSICS – MUSIC THAT MOVES LIVES

2 NOV @ MALAYSIAN PHILHARMONIC ORCHESTRA



For over 25 years, Toyota Classics has brought classical music enthusiasts together to enthrall, entertain and enlighten enthusiasts with some of the world's most renowned soloists, conductors and orchestras. Toyota Classics is UMW Toyota Motor's CSR initiative to enrich the lives of the community through philanthropic activities and the proceeds from this performance will be donated to deserving organisations. The 2016 Toyota Classics presents the Baltic Neopolis Orchestra from Poland, featuring Pamela Tan-Nicholson as pianist and Vasko Vassilev as violinist and conductor.

Ticket prices range from RM 106 - RM 265

www.mpo.com.my



ONE THOUSAND MILLION SMILES

3 - 5 NOV @ PENTAS 1, KLPAC

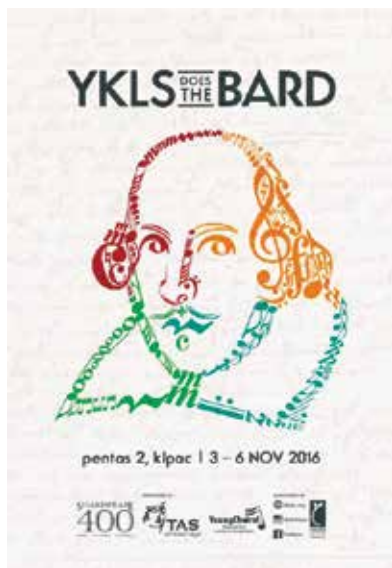
Sudirman, known as the People's Singer, not only brought Malaysians from all walks of life together but also put Malaysia on the world map after clinching the Best Performer Award at the Asian Music Awards.

A musical tribute directed by Datuk Faridah Merican is set to bring back his music in a big way. Reminiscent of the extravagant musical shows in the 80's, the singers will be backed by a 5-piece band and a full orchestra.

Like the man himself, One Thousand Million Smiles will be a toe-tapping showstopper from start to end.

Not only will we be celebrating his music but we will also be honouring his legacy by setting up a scholarship in his name. The show on November 5 is a fundraising night for the Sudirman Scholarship Fund.

www.klpac.org



YKLS DOES THE BARD

3 - 6 NOV @ PENTAS 2, KLPAC

The award-winning Young KL Singers perform a unique programme of music set to the poetry and text of William Shakespeare. Raw and uncut, live and unplugged.

www.klpac.org



CHARLIE CHAPLIN AT THE SYMPHONY

4 - 5 NOV @ MALAYSIAN PHILHARMONIC ORCHESTRA

A classical concert goes horribly wrong when an annoying mime battles the conductor for control of the orchestra. The mime then unmasks to introduce two timeless Chaplin comedies, *Easy Street* and *The Immigrant*, accompanied by terrific new symphonic scores by Grant Cooper. There is no better way to experience the art of Charlie Chaplin than the way his original audiences did – on the big screen, with 'live' orchestral accompaniment. It's an uproarious evening of comedy and music!

Tickets: RM 60

www.mpo.com.my



LOL LIVE : VIVEK MABHUBANI

4 - 5 NOV @ LOL IN LIVE HOUSE, TREC KL

Comedians : Keren Bala Devan, Brian Tan, Vivek Mahbubani

Vivek Mahbubani is a Hong Kong-bred bilingual stand-up comedian performing in both Cantonese and English. He was crowned the Funniest Person (in Chinese) in Hong Kong in 2007 followed by his victory in the English category at the Hong Kong International Comedy Competition in 2008. Vivek has had the opportunity to take his sense of humour all over Asia including Hong Kong, China, Macau, Singapore, Malaysia, Manila, Bangkok, Sri Lanka and India. Having been ranked as the top comedian in Hong Kong, in 2014, the world-famous Laugh Factory in the U.S. ranked Vivek as one of the top 10 comedians in their Annual Funniest Person in the World Competition. In 2015, he was handpicked as one of the comedians to represent Asia's best at the Melbourne International Comedy Festival's inaugural "Comedy Zone Asia" shows.

For ticketing information visit www.funnyvivek.com



LET'S DANCE – A TRIBUTE CONCERT TO DAVID BOWIE

6 - 7 NOV @ AVENUE K ROOF TOP OUTDOOR CONCERT KL

Former lead singer of The Stranglers pays homage to the greatest British rock star the world has ever seen.

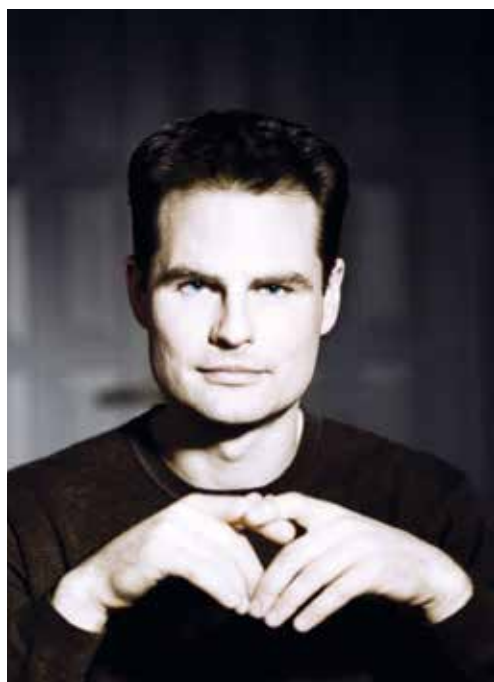
Are you ready to dance? From Space Oddity through to smash hit Let's Dance to the wonderful The Next Day, internationally-acclaimed British rock frontman Paul Roberts and his band deliver a set featuring songs from a dozen of David Bowie's classic albums. The kind of set described by Bowie himself as "a t-shirt and jeans type of show". Celebrating the incredible music of the late, great and unique master of modern pop culture, the show also includes hits such as The Jean Genie, China Girl, Re be I Re be I, Sound and Vision, Fame, Suffragette City and many more.

Paul Roberts was the lead singer of The Stranglers between 1990 and 2006, replacing Hugh Cornwall in 1990 and appearing on and co-writing their studio albums Stranglers in the Night, About Time, Written in Red, Coup de Grace and Norfolk Coast. Since then, he has worked on several solo music projects and, as a talented actor, toured in shows including the world premiere of The Darling Buds of May in which he played Pop Larkin, and starred in The Great American Songbook in London.

6-7

So come on, be anything you want - scream, shout and try to hang on to yourself in this night of rock and roll heaven!

Get your tickets via www.ticketcharge.com.my or KL Hotline : +603 9222 8811.

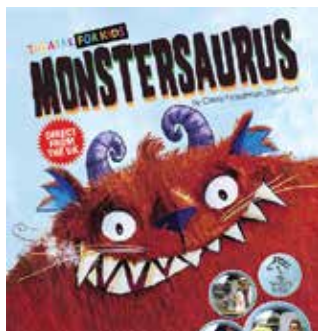


SCHUMANN AND BRUCKNER

11 - 12 NOV @ MALAYSIAN PHILHARMONIC ORCHESTRA

Masterpieces by two towering figures of the mid-19th century adorn this programme. Making his MPO debut in Schumann's Piano Concerto is French pianist David Fray whose playing has been described by critics as "exquisite, imaginative, and virtuosic". Bruckner's best-known symphony, the Fourth, inhabits a sound world of celestial majesty, vast time scale, far-flung sonic splendour, a leisurely pace, awesome silences and engaging themes of great breadth.

Ticket prices from RM 60 - RM 150



THEATRE FOR KIDS : MONSTERSAURUS

11 NOV @ PENTAS 1, PERFORMING ARTS CENTRE OF PENANG (PENANGPAC)

Monty loves inventing. But things don't always work - his walking toaster ran away. And the robot went berserk! But then one day Monty found a book with instructions on how to create inventions very rare... watch it if you dare!

www.gardnerandwifetheatre.com



MALAYSIA INTERNATIONAL MINING AND MATERIAL 2016

10 - 12 NOV @ PUTRA WORLD TRADE CENTRE (PWTC)

Malaysia International Mining & Material (MIMM 2016), the first professional specialised trade platform within the region for mining and minerals industry – an event to showcase their advances and innovations, expand exposure and brand recognition, and also to network with most influential individuals and key decision-makers from corporate and government entities as well as industry professionals in the industry.

MIMM 2016 aims to help energise, revitalise and promote mineral resource development in the present challenging global economic headwinds.

MIMM is a specialised trade event within the region for companies to showcase their advances and innovations to the industry professionals in the mining and mineral industry. It is organised by the ASEAN Federation of Mining Associations (AFMA) and hosted by Malaysian Chamber of Mines (MCOM).

10-12



ASIA ISLAMIC FASHION WEEK 2016

10 - 13 NOV @ KL CONVENTION CENTRE (KLCC)

Malaysia is set to play host to the inaugural ASIA ISLAMIC FASHION WEEK 2016 from Nov 10 to 13 at Kuala Lumpur Convention Centre. #AIFW presents an exciting line-up of Islamic-inspired fashion collections around the world to Asia's key retailers, agents, distributors, e-commerce partners and the media.

www.asiaislamicfashionweek.com



**MALAYSIA
INTERNATIONAL
JEWELLERY FESTIVAL
2016 (AUTUMN EDITION)**
11 – 13 NOV @ KUALA LUMPUR
CONVENTION CENTRE (HALL 5)

Malaysia International Jewellery Festival 2016 (Autumn Edition) will showcase the very best in jewellery design, unique and elegant collections from around the world.

www.mij.com.my



**SCORE FITMOB
FESTIVAL**

12 NOV @ SELANGOR TURF
CLUB

We're back! Experience mind-blowing action like you've never seen before. With over 6,000 dance fitness party enthusiasts, the stage is set to welcome not just one, but four Zumba Education Specialists (ZES) for the first time. Get ready to sweat with the international all-star cast - David Velez (Columbia), Richard Gormley (Canada), Aben Li (China) and Anya Weir (England) - and burn over 1,500 calories at the ultimate 3-hour fun workout.

www.score.my



DAVID FRAY'S PIANO RECITAL

13 NOV @ MALAYSIAN PHILHARMONIC ORCHESTRA

Join internationally renowned guest artistes in an intimate recital setting, including performances featuring DFP's majestic Klais organ. Don't miss these affordable and accessible concerts!

Tickets prices are from RM 70 and RM 50

13



CHAMBER CONCERT

15 NOV

@ MALAYSIAN PHILHARMONIC ORCHESTRA

Relax after work and explore the richness and depth of the chamber music repertoire in the Chamber Concert series, featuring MPO musicians performing in small ensembles. Concerts last approximately one hour.

Tickets: RM30

15



ROCKAWAY FESTIVAL 2016

29 OCT – 19 NOV @ B HILLSTAND, SEPANG INTERNATIONAL CIRCUIT

Rockaway is the biggest rock festival and the first of its kind in Malaysia. It has in the past featured the likes of Bring Me The Horizon, Dashboard Confessional, You Me At Six, Sum 41, and Paramore among many others. This year, Rockaway will be marked by two major festivals; "Rockaway Weekender" at Sepang International Circuit on Oct 29 & 30 and the "Rockaway 2016 Finale" on Nov 19 at Extreme Park.

Tickets: Starting from RM151

www.ticketpro.com.my



13TH TCE BABY EXPO 2016

24 – 27 NOV @ MID VALLEY EXHIBITION CENTRE (HALL 1,2 AND 3)

TCE Baby Expo (MVEC) – advancing parenthood! recognised as the No.1 Baby Expo in Malaysia, this is the 'must attend' event for expectant and new parents.

Average of 180,000 parents attended each and every of our previous expos and the expo is supported by some of the industry's biggest names including Aprica, Babybjorn, Bio-oil, Butt Naked Baby, Combi, Dr Brown, Drypers, Enfagrow A+, Enfamama A+, Early Learning Centre (elc by mothercare), Friso® Gold, Gerber, Graco, Hauck, Heinz, Huggies®, Maclaren, Mam, MamyPoko, Maxi-Cosi, Medela, Mothercare, Motorola, Peg Perego, Philips Avent, Purren Putto's Angel Magic, Quinny, Stephen Joseph and Tommee Tippee.

November

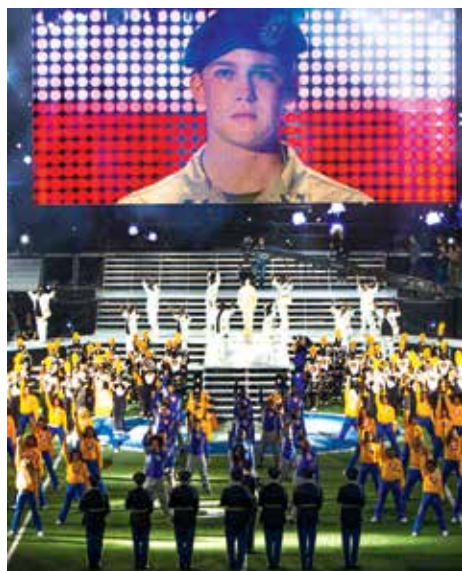


SHUT IN 10 Nov

Naomi Watts plays a widowed child psychologist living alone in rural New England. She has to find a way to save a young boy when both get caught in a deadly winter storm, before the young boy disappears forever.

Genre: Thriller

Cast: Naomi Watts, Oliver Platt, Charlie Heaton, David Cubitt.



10 BILLY LYNN'S LONG HALFTIME WALK 10 Nov

Billy Lynn, a 19-year-old private who survived a tumultuous battle, is brought home by the U.S. administration for a promotional tour with his troops. While concluding the halftime show of a Thanksgiving Day football game, they face an imminent return to the battlefield.

Genre: Drama/Historical

Cast: Joe Alwyn, Kristen Stewart, Chris Tucker, Garrett Hedlund, Vin Diesel, Steve Martin, Ben Platt.



FANTASTIC BEASTS AND WHERE TO FIND THEM 17 Nov

Adapted from renowned author JK Rowling's book, "Fantastic Beasts & Where to Find Them: Newt Scamander", the movie revolves around Newt Scamander who makes a brief stop in New York in December 1926, shortly after completing his travels around the world to research for his Magizoology book, Fantastic Beasts and Where to Find Them. What was meant to be a short interlude is prolonged when a no-maj called Jacob Kowalski inadvertently disrupts Newt's magically-expanded suitcase, releasing a number of dangerous magical creatures into the city which threatens to worsen the state of magical and non-magical relations in the United States even further.

Genre: Adventure/Fantasy

Cast: Eddie Redmayne, Katherine Waterston, Ezra Miller, Dan Fogler, Colin Farrell, Jon Voight, Ron Perlman.



THE CURSE OF SLEEPING BEAUTY 17 Nov

Thomas Kaiser inherits an ancestral mansion that has been in his family for generations. He later discovers that along with it, he inherits an ancient curse stemming back to the Crusades. Now, he is forced to become the new "protector", appointed to keep the evil demons in the house at bay. Thomas must unravel all the mysteries of the house while at the same time find a way to awaken the beautiful Briar Rose, who is held captive in an underworld in which he has previously seen in his dreams.

Genre: Fantasy/Mystery/Thriller

Cast: Ethan Peck, India Eisley, Natalie Hall.



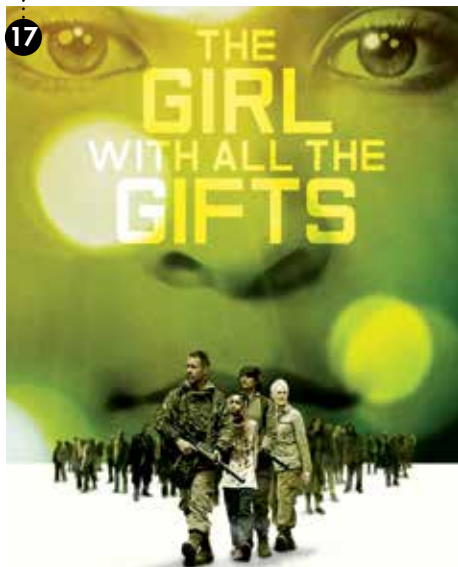
KEEPING UP WITH THE JONESES 24 Nov

A comedy revolving around a suburban couple who gets entangled in an international spy plot after finding out that their new neighbours, who seem perfect and normal, are government spies.

Genre: Comedy

Cast: Jon Hamm, Zach Galifianakis, Gal Gadot, Isla Fisher, Maribeth Monroe.

Movies



THE GIRL WITH ALL THE GIFTS
17 Nov

In a dystopian future, the zombie fungus has infected most of humanity. The infected are referred to as Hungries, who completely lose their mental powers and feed on the flesh of healthy humans. The few surviving humans, who live in heavily guarded Birmingham, focus on searching for a cure by studying a small group of part Hungry and part human hybrid children. Unlike the first-generation Hungries, the children are still able to retain their mental powers but will lose control when they get too close to human scent. If anything goes wrong, the scientists will kill their test subjects and that is something that Helen Justineau, a teacher, cannot accept. When one of the children, Melanie, is selected for dissection, Helen, along with a scientist and two soldiers will do anything to keep her safe.

Genre: Drama / Horror / Thriller
Cast: Sennia Nanua, Gemma Arterton, Glenn Close, Paddy Considine.



THE DEVIL'S DOLLS
24 Nov

In ancient Guatemalan tradition, parents encourage their children to soothe their troubles by telling them to hand-make "worry dolls". But the supposedly gentle, mystical practice turns into a gory game when a bloodthirsty serial killer exploits the worry doll, causing a series of brutal murders and pitting a detective who is against the clock to save his daughter's life.

Genre: Horror/Thriller

Cast: Christopher Wiehl, Kym Jackson, Samantha Smith, Tina Lifford.

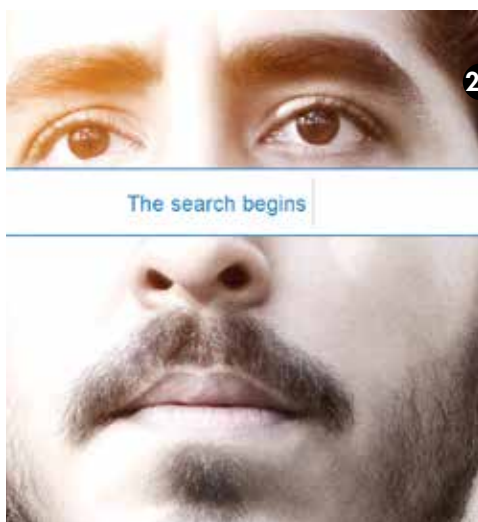


THE WARRIOR'S GATE
24 Nov

A teenager is magically transported to China with a mission to save a princess from danger. Using his video game skills, he transforms into a Kung Fu warrior and battles evil villains along the way.

Genre: Action/ Adventure

Cast: Dave Bautista, Francis Ng, Mark Chao.



LION
24 Nov

Adapted from the non-fiction book "A Long Way Home" by Saroo Brierley, the movie follows five-year-old Saroo who accidentally boards a wrong train that takes him thousands of miles away from his home and his family. With no way of going back, Saroo faces many challenges and is finally adopted by an Australian family. Twenty-five years later, he learns a new technology called Google Earth and is determined to find his long lost family with it.

Genre: Drama

Cast: Dev Patel, Nicole Kidman, Rooney Mara, David Wenham, Nawazuddin Siddiqui.



ALLIED
24 Nov

Set in 1942 during World War II in Casablanca, French-Canadian spy Max Vatan falls in love and marries French agent Marianne Beausejour, but he is then notified that his wife might be a Nazi spy.

Genre: Romance / Thriller

Cast: Brad Pitt, Marion Cotillard, Lizzy Caplan, Matthew Goode, Jared Harris.

DS

THE REFINED, *SPIRIT OF*



Showroom Locations: Klang Valley - Glenmarie (03 5566 3685) - Puchong (03 8076 1788) - Johor Bahru (07 351 6778 / 353 7000)
Penang - Juru 3S (04-508 4677 / 4900). Open Monday - Saturday (9am - 7pm) Sunday & Public Holiday (10am - 6pm).

*Specifications may vary. Photos are for illustration only. Naza Euro Motors Sdn. Bhd. (1012825-T) is the official distributor of Citroën Malaysia



DS AUTOMOBILES

5

REDEFINED
AVANT-GARDE





RESH

FROM TREBLEMAKER TO 'TROUBLEMAKER'

BY ROSHINEE MOOKAIAH

Resh, who is formerly known as Reshmonu is no stranger among Malaysians, with memorable hits such as 'Hey Waley', 'Cintaku Pergi' and 'Superfine'. Despite his widespread fame and popularity, you may not be able to recognise this singer-songwriter that easily anymore. He has since ditched his iconic cornrows and instead opted for a more dapper, and dare we say it, an irresistible brawny look upon rebranding himself as Resh last year. Fresh off the photoshoot for KL Lifestyle, Resh, whose real name is Hires Haridas, sits down with us to discuss his musical journey leading up to his new international EP, 'Who Am I'.

How did you get started in the local music industry?

I actually started out as a sound engineer at a nightclub known as X-Place back in the 2000s, which used to be a hangout for a lot of top-notch local musicians. While working with the other musicians there, I gained more exposure and that was when I had the first inclination towards pursuing music seriously as a performing artist.

However, music has also always been an inherent factor in my family and my life in general. My late dad used to busk in the streets of Scotland during his student years, so yes, there was a lot of music around me growing up. I owe a lot of my musical influences to him.

You mentioned your dad was a musical influence to you. What other early musical inspirations did you have back then?

Well, I grew up listening a lot of reggae (thanks to my dad), country and western music. Personally, I listened a lot to Brian McKnight, Aaron Neville, The Neville Brothers and Marvin Gaye, so a lot of soul and Motown too.

You made a strong debut back in 2004 with your first album, Monumental, and fast forward to 2016, your song is being played in the United States. Do share with us the journey that took you from there to here.

The first album took three years to complete, and I honestly did not expect it to spearhead my career. But then it received all these AIM (Anugerah Industry Muzik) nominations and I experienced this one very distinctive moment at KLCC. I was with my sister and as we were getting into a lift, two Malay ladies who did not recognise me,

were humming the tunes to my Malay track which I had just released on radio. I was literally standing behind them and my sister was just nudging me and going, "That's your song, that's your song!"

It was a moment of disbelief for me when I came to a realisation that my music was being accepted and had an effect on people I don't even know. That has since been a driving force for me, to know that through music you can connect with so many different souls. I finally saw pursuing music as something worthwhile and one that I was capable of accomplishing.

It has been a comfortable transition since then. I have since released 3 English albums, a Malay album and I even produced a Tamil album. Finally, I got into working with an international music producer, Jim Beanz, and that was how my new international EP came about.

Upon producing the EP in 2015, you rebranded yourself as Resh. So, who is Resh?

This is Resh (shows off his biceps)
Laughter ensues

Nah, I am just joking! Resh is basically just a more mature person. I am not a boy anymore; I am a 40-year-old man and a father to three children, so Resh represents that maturity. He is also someone who after having survived this tough and daunting music industry, just wants to assert that he is still here to make his music relevant.

Run us through on the rebranding process.

After I managed to hook up with Jim in Philadelphia for the 'Who Am I' EP,

it eventually convinced Universal Music Regional to sign a deal with me, with the intention of introducing me to the wider Asian market. At this stage, I realised that if I was going to make a change, it had to be now, and coincidentally, the label agreed to this too by proposing that I cut off my hair.

There are two main changes, the first being my hair, which was known to be a major part of the Reshmonu package. The second is my health regime. I got into the health game roughly four to five years ago and I have been an avid cross fitter for the past two years. And since we were going for this completely new look with the shortened hair, we decided that we might as well shorten the name too to solidify the rebranding process.

Was the transition from Reshmonu to Resh a challenging one?

My biggest concern was how I would look with short hair, which is natural when you realise that I have had cornrows for 9 years, and long hair for the past 20 years of my life. But when I eventually did cut off my hair in South Korea, the barber started working his magic and I came to a conclusion that I could work with the new look. And now, I am super comfortable with it!

Let's talk about your international EP, 'Who Am I' which is a collaboration with Jim Beanz, a highly-acclaimed music producer. How did that come about?

We sent out emails to music producers around the world and Jim's company, Sunset Entertainment got back to us within 24 hours! One thing led to another, and I was soon in Philadelphia working with Jim. In the end, we came up with 8 full songs in the span of 10 days.





How did you feel when you found out that your single, 'Half The Men' had made a breakthrough within North American radio airwaves?

It was quite a surreal moment and I was definitely excited because it made headlines here in Malaysia, but I did not let myself be too self-indulgent about it. I knew that despite it being in the charts, it does not negate the fact that there is still a greater playing field out there, which meant that I still had a lot more things to be done.

For your latest single, 'Trouble', you worked with yet another international artist, Monica Dogra. Tell us more about this experience.

'Trouble' explores the limits to which love can push us to, and I had conceptualised the single to be a bit more raunchy, edgy and rough. The head of Universal Music India introduced me to Monica who is known as the queen of their independent music scene. We hit it off immediately and I proposed that we work together on this single. I believed she would be the perfect person for it because not only is Monica talented, she is also a very gorgeous woman, and I wanted to capture that much needed sensuality within this single. She really personified the essence of 'Trouble', and that really helped take the chemistry to a whole other level.

Speaking of trouble, what has been the main challenge in your musical career?

My biggest challenge came from being a minority who is trying to gain the acceptance of the majority. When I started, the local R&B and Hip Hop scenes were just starting out, and rather sporadically too. So it was a real struggle, in fact it still is a struggle for an artiste to make a breakthrough with an English song because there is still a strong preference for Malay songs. That eventually pushed me harder to break through the barriers, which I eventually accomplished through 'Hey Waley'. It

was a very simple and catchy song, and that made it accessible for people from all walks of life to enjoy it.

If you had not pursued music professionally, what career path would you have taken?

I actually wanted to be a pilot. My late dad was in aviation and had worked with MAS, so I shared that same passion. I have a Bachelor of Engineering degree, but it was more of a back-up plan. Also, I wear glasses, which is a disadvantage for me in the aviation industry, so that was not going to work either. But hey, maybe one day I can make enough money to buy my own aircraft and fly it myself, like John Travolta!

If you could collaborate with anyone, who would it be?

I would like to collaborate with someone like Nitin Sawhney, who is a British Indian music producer. Nitin is absolutely brilliant at experimenting and incorporating very relevant social themes such as racial discrimination into his music. I would also like to work with Brian McKnight, because he is an all-rounder with his multi-instrumentality, which to me is quite amazing.

Do you have any pet peeves with regard to your music?

I hate being in a venue when they suddenly start playing my songs. I mean, how are you supposed to react to that? You can't just start dancing to your own song, or else you might be labelled as 'melebihi-lebih' or 'syok sendiri'. So, if that does happen, I would usually just disappear for a bit, peek for a moment to see the crowd's reaction to the song, and when it is done, I'll come back again.

What are your thoughts on the current state of our local music industry?

I am quite saddened by it. We are having this sudden boost of talent and content, but there is an evident lack of platforms that are willing to take them in

and bring them to greater heights. The value then drops, because you have too many fish in the same sea.

There is also a perception that this is an easy game to play. Because of social media, a lot of these talents think that it is sufficient to just publish their materials online. Unfortunately, within the Malaysian landscape, that is still not enough to pay the bills. You can have a one-hit wonder which lands your name in the charts, but what happens afterwards? Sadly, a lot of them are unable to follow through due to their lack of experience.

How do we fix the perception of the Malaysian public regarding the quality of homegrown music?

We need to consistently put out more quality material, and indeed we can now see that more and more people are being convinced. Besides that, we need to support our fellow Malaysians, and this has to be adopted even at the corporate level too. People who are able to pay [x] amount of dollars for an international act, should also pay a similar amount for local artistes as well.

What advice would you give to aspiring artistes?

Keep it real. If you feel strongly about something, work at it and get it out there but always be prepared to work some more. You have to be ready with the complete package, from a nice music video, to a nice album cover and nice representation too.

So, what is next for Resh?

We are currently busy promoting 'Trouble', and because it had recently picked up airplays on Indonesian radios, I am hoping to do some engagements there. I have yet to go back into production mode, but I do have some songs from the EP that I would like to launch soon with music videos. That, and getting more buffer.

ACTION SPEAKS LOUDER THAN WORDS

Understanding Visual Language

BY JACQUELINE BENITA PAUL



To be honest, I've not given much thought to the deaf community until recent events involving America's Next Top Model winner Nyle DiMarco (deaf contestant) and the recent Starbucks opening in Bangsar (employing deaf baristas). This inspired me to do some research on the matter and the results were quite riveting. A study by a Malaysian institution states that there are several sign languages in Malaysia, namely, Kuala Lumpur Sign Language (KLSL) which is based on American Sign Language (ASL) and Malaysian Sign Language, (also known as Bahasa Malaysia Kod Tangan KTBM, which is being developed by the Malaysian government.

Further research revealed that American Sign Language (ASL) was brought into Malaysia in the early 1960s by Mr Tan Yap – known as the Father of the Deaf who took a leave of absence from work for one year to study ASL and help the deaf of Malaysia. At the time, the only school for the Deaf in Malaysia then was in Penang, and oralism was the method of teaching. The students themselves developed their own indigenous sign language, now called Penang Sign Language (PSL). Later in 1976, ASL was introduced at

the school in a pilot class and eventually was approved for national use in 1979. With the introduction of ASL, the use of PSL diminished and is mainly used now only by the older generation.

So why should we learn how to sign?

It is actually fun.

Learning a new language and being good at it is quite an exciting experience. You can even do this with the kids. It even makes learning vocabulary and alphabets more interactive which not only increases their self-confidence but gives you something to bond about regardless of having a hearing disability.

It encourages stronger communication.

Other than just hearing about what is being said to you, learning to sign also inadvertently makes you more observant of body gestures that give you an insight of the underlining message.

Hearing loss is more common than you think.

Not that it is my intention to instil fear but it is to encourage practical thinking. Age-related hearing loss is one of the most common conditions affecting older and elderly adults. Not being able to communicate in that condition is not only frustrating, as one would need to depend on lip reading or writing. But being able to sign keeps the mind active and encourages movements, which is a healthy gesture.

Improve brain motor functions.

Science has proven that an inevitable consequence of learning a new language is increasing the cognitive process in your brain. Also, think about it, we tend to focus better when the conversation is more interactive.

Closing the gap between hearing and non hearing people.

Isn't it strange to deprive yourself of getting to know someone amazing or for someone to get to know the wonderful person that you are, just because of language barrier? We live in a community in which we celebrate diversity and immerse ourselves in different cultures including languages. The only difference between us is how we communicate but once the barrier is lifted, the rest is history.

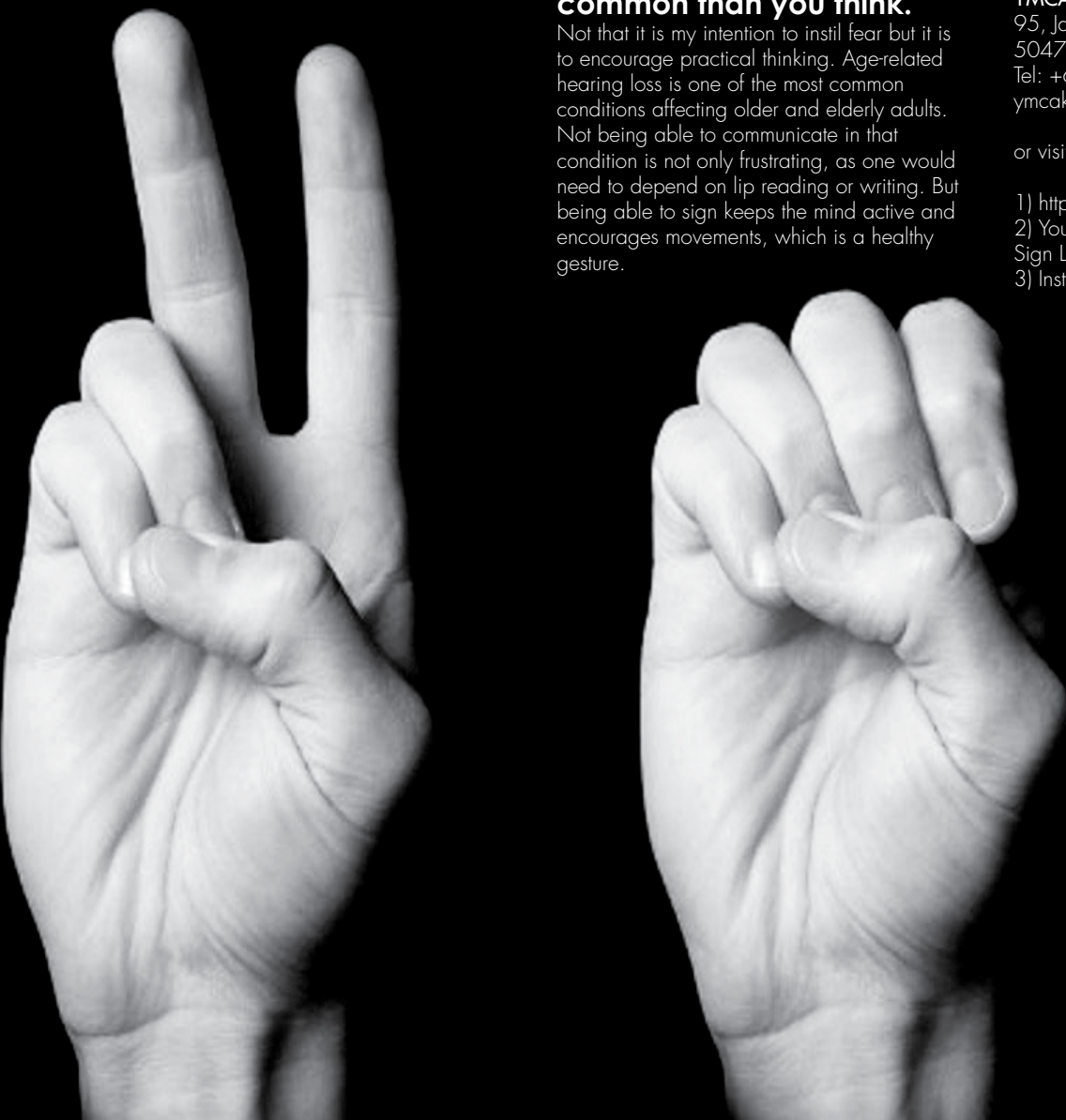
So get started with some basic ASL.

Classes Available at:

YMCA KL
95, Jalan Padang Belia, Brickfields,
50470 Kuala Lumpur.
Tel: +603-22741439 | membership@ymcakl.com

or visit

- 1) <http://www.malaysiansignlanguage.com>
- 2) Youtube ; Rochelle Barlow and Sign Language 101
- 3) Instagram ; Nyle Dimarco, @nyledimarco



MEET YOUR RESOLUTIONS IN A MONTH

The sky is the limit

BY HIRANMAYI AWLI MOHANAN

WITH THE NEW YEAR FAST APPROACHING AND THE CURRENT YEAR'S RESOLUTION STILL UNMET, MANY OF YOU MUST FEEL DISAPPOINTED. YOU ARE NOT ALONE. FRET NOT, BECAUSE YOU STILL HAVE TIME. REMEMBER, RESOLUTIONS ARE NOT MEANT TO BE ACHIEVED IN THEIR MAXIMUM VALUE BUT INSTEAD ACT AS A GUIDELINE OR A STEPPING STONE TO START A NEW HABIT. IT'S NOT ABOUT THE DESTINATION, RATHER THE JOURNEY.

KL LIFESTYLE MAGAZINE HAS LISTED A FEW COMMON RESOLUTIONS THAT CAN BE ACHIEVED IN A MONTH:

JOIN GYM

FIND LOVE ~

read more!

BE HAPPY 😊

Aprender Español!

DIET

Lose Weight

Losing weight in Malaysia is hard considering the wide array of choices and high-calorie food offered. Here are a couple of pointers to get you running:

1. **Cut down on sugar and carbohydrates**
2. **Have smaller, frequent meals**
3. **Exercise for a minimum of 30 minutes a day**

Travel more

Don't worry wanderlusters, I have your back. There are many places that you can travel to in Malaysia over the span of four weeks, without compromising your work duties.

1. Kamasutra Studio (Georgetown, Penang)

Calm down, there is nothing lewd about this eclectic boutique hotel. There's a Chinese (modelled after a Hokkien wedding room), Malay (a batik-style setup and an Indian room, called Kamasutra room (Indian setup in a giant bird-cage like room)).

2. Sekeping Serendah

This gem is a private retreat perfect for those in need of a getaway far from the hustle and bustle of the city. It has a transparent and open shade concept for guests to enjoy the natural beauty that surrounds them.

3. Time Capsule Retreat

Located in the middle of Sungai Lembing town in Kuantan, this unique setup faces a lush forest reserve that provides an amazing green view and cool temperature, perfect for you to relax.

Save Money

This is a pretty easy one to achieve. Saving money in this day and age where you can shop online, is a difficult feat, believe me, I know. However, there are methods to resolve this.

1. **Car pool with a colleague**
2. **Bring food from home**
3. **Close your eyes when you pass by Sephora**
4. **Keep aside some money from your salary and keep it from harm's way (yourself)**

Keeping a Healthy Lifestyle

Losing weight and keeping healthy though in the same realm, can mean different things. Leading a healthy lifestyle transcends losing weight to a robust wellbeing.

1. Think positive

You may snigger but research has shown that a positive attitude helps build a healthier immune system and boosts overall health.

2. Get a good night's sleep

A well-rested body is a healthy body.

3. Keep good company

You can do everything that is right but if those close to you lead an unhealthy lifestyle, it is often an uphill battle.

Learning a New Language

If your new year resolution is to learn a new language, you would be happy to know that My Teacher: Language & Cultures centre in Hartamas specialises in French, Spanish, German and other language courses, designing the class schedule to suit your need. You would be able to master the beginner's level in no time.

Do something kind/good

Quoting Martin Luther King Jr., "Everybody can be great, because anybody can serve. You don't have to have a college degree to serve. You only need a heart full of grace and a soul generated by love." Take part in various charities like the Kechara Soup Kitchen where you help feed the homeless or donate to the National Cancer Council. Sometimes, doing something kind involves the most minute and trivial of things such as opening the door for someone, holding the lift or even smiling. You never know, you might cheer up someone's day with those pearly whites.

Do something adventurous

This particular resolution is in my bucketlist too. Would you believe me if I told you that you can tick four adventurous shenanigans off your list in merely 4 weekends?

1. Bungee Jumping at Sunway Lagoon

Take the ultimate leap of faith and dive headfirst with Malaysia's first bungee jump.

2. Riding an ATV at Kampung Kemensah, Hulu Kelang

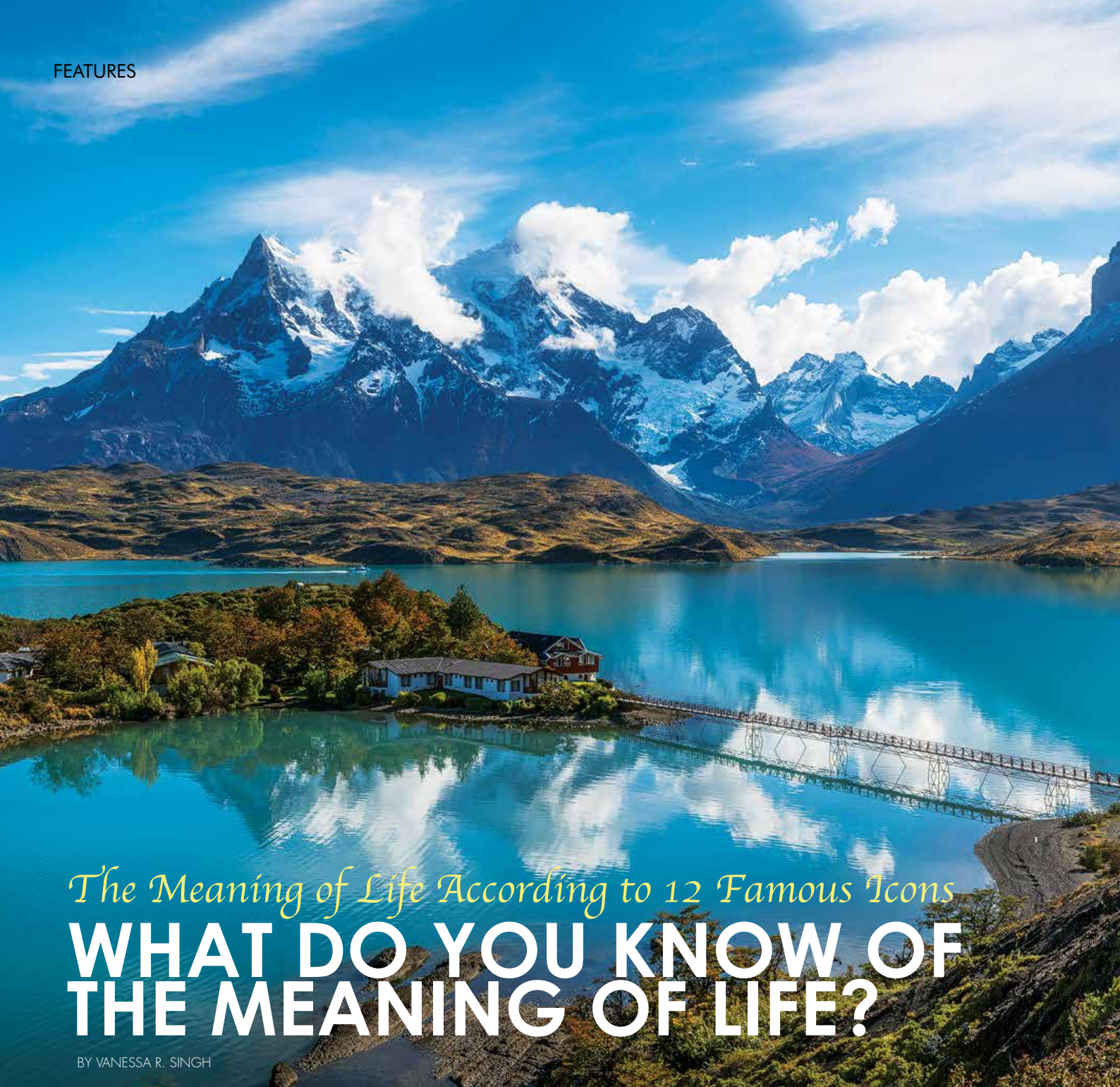
Get your adrenaline pumping with an ATV ride through the lush green jungle trail at Hulu Kelang.

3. Sky Diving in Langkawi

Why go overseas when you can do it in Langkawi, Asia's highest skydive and Asia's only beach landing.

4. Hiking up Mount Kinabalu

Join a tour package fit for the weekend to experience hiking up the 20th most prominent mountain in the world and UNESCO's World Heritage and be back for work the next day.



The Meaning of Life According to 12 Famous Icons

WHAT DO YOU KNOW OF THE MEANING OF LIFE?

BY VANESSA R. SINGH

EVEN IN THE MIDST OF OUR HECTIC DAILY LIFE, WE CAN'T ESCAPE THE ONE QUESTION THAT PREVAILS AND LINGERS IN OUR DEEP THOUGHTS; "WHAT IS THE MEANING OR PURPOSE OF MY LIFE AND EXISTENCE?" WE ALL HAVE OUR OWN PATHS TO FOLLOW, HOWEVER, IN THIS ISSUE, WE HAVE PRESENT A LIST OF QUOTES FROM PROMINENT CHARACTERS THAT MAY HELP YOU IN YOUR TRAIL OF THOUGHT AND GIVE YOU A LITTLE MORE INSIGHT INTO LIFE.

Cookie Monster claims that the meaning of life is friendship.

"Life is not all guessing games... Sometimes, we have to care about friends, especially friends who love cookies."

Dalai Lama believes that the meaning of life is the wrong question.

"The meaning of life is happiness. Hard question is not, 'What is the meaning of life?' No, the hard question is what makes happiness. This is a question all human beings must try to answer: What makes true happiness?"



Joseph Campbell says that the meaning of life is within us.

"Life has no meaning. Each of us has meaning and we bring it to life. It is a waste to be asking the question when you are the answer."

David Viscott tells us that the meaning of life is to serve.

"The purpose of life is to discover your gift. The work of life is to develop it. The meaning of life is to give your gift away."

Whoopi Goldberg believes that life is about encouraging others to live theirs.

"We're here for a reason. I believe a bit of the reason is to throw little torches out to lead people through the dark."

Marc Chagall states that the meaning of life is love.

"In our lives there is a simple colour, as on an artist's palette, which provides the meaning of life and art. It is the colour of love."

Robert Louis Stevenson determines that the meaning of our lives comes through passion.

"To be what we are, and to become what we are capable of becoming, is the only end of life."

2Pac expresses that the meaning of life is to spread positivity.

"My aim is to spread more smiles than tears."

Jim Henson explains that in life, it is important to have compassion.

"Life is meant to be fun, and joyous, and fulfilling... Please watch out for each other and love and forgive everybody. It's a good life, enjoy it."

Kurt Vonnegut jokes about farting as a meaning of life.

"I tell you, we are here on earth to fart around, and don't let anybody tell you different."

Tom Stoppard enlightens us that life is about living in the moment.

"Because children grow up, we think a child's purpose is to grow up. But a child's purpose is to be a child. Nature doesn't disdain what lives only for a day."

The Beatles conveys that life is about moving forward.

"OB-LA-DI, OB-LA-DA, Life goes on."

Finally, Monty Python gives us the true meaning of life.

"Try and be nice to people, avoid eating fat, read a good book every now and then, get some walking in, and try and live together in peace and harmony with people of all creeds and nations."

There you go, various meanings of life from various notable beings. See, everyone has a different perspective on life and we don't necessarily have to know what it specifically or actually means as long as we believe in something and ourselves. As Swami Vivekananda once said, "You are the creator of your own destiny", and therefore, you should be the one to bring meaning to your own life.



STORE HOUR:

TUESDAY-SUNDAY (11:00 - 20:00)

MONDAY (DAY OFF)

NO.150, JALAN MAAROF, BANGSAR, 59200 KUALA LUMPUR | 03 2201 8993 | FB:



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SPECIALIZED
CONCEPT STORE KUALA LUMPUR

Jacqueline Benita Paul speaks to

Aeril Zafrel

You probably recognise him from *Apokalips*, KRU's *Cinta Kura-Kura*, *Budak Pailang* and horror film *CCTV* last year. Even with so many movies on his roster, he still managed to be part of the cast of drama series *Hidayahmu* that won Best Drama Series at Anugerah Skrin 2015. On top of that, he recently broke into his first directorial role in a thriller that is set to be released in the middle of next year. So how does someone so talented and diligent keep up with a hectic lifestyle? We have the details.



Rendang



Soto

First things first - tell us about yourself.

I am 28 years old (young). Born in Batu Pahat, Johor. Got serious in the acting world in the year 2012. Prior to that, I was taking the occasional acting jobs and slowly I came to love the world of acting. On top of that, I am married to beautiful Wawa Zainal and we are dan blessed with two children, named Attar (boy) and Hayla (girl). And a little bit about how you got into your current career.

One of the reasons that I love acting is because I am allowed to bring to life, all kinds of characters with diverse backgrounds. I could be anybody from the kindest human being to the most wicked person known to man. At the same time, it allows my soul to relate with and experience different lives.

What is the best part about being an actor?

After directing my first film that will be released in cinemas next year, I am currently in the planning process for the next film.

Tell us a little bit about your upcoming projects?

The latest drama series that I was involved

in is entitled Nahu Rindu that is set to premier in January 2017 on TV3. Also, I recently finished filming KL Vampire and several other projects involving television film, drama series and movies that have already passed the agreement process though several details are still under discussion.

What's your daily diet?

Well, I don't actually have a particular diet but I'll happily outline my food routine. Is it a diet? Your call. In the morning, I enjoy Malaysian sweet treats or bread with several fruit selections. My lunch is a plate of rice with gravy and an assortment of different dishes. In the evening, I enjoy a simple plate of fruits and soup. And finally dinner, where I'll either enjoy a burger or lamb steak.

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

Anything involving lamb is fine with me.

Name us 3 dishes that you absolutely cannot live without.

Nasi Lemak, Soto (traditional Indonesian soup with broth, meat and vegetables and Rendang.

Share with us a few of your favourite

dining places, or even coffee haunts. What are your favourite dishes there?

I have no particular favourite venues at the moment because I prefer the comfort of returning home for a home-cooked meal or at my manager's mother's house.

Do you cook? Any signature dishes of yours?

If time permits, I'll cook simple dishes such as fried egg in soy sauce or chicken in soy sauce.

Does your wife and/or you take a particular interest in your children's diet? How so?

My wife and I definitely take strong considerations to our children's diet to ensure they get the right nutrition. In that effort, we do encourage our kids to refrain from junk food or carbonated drinks.

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

I make an effort to do vigorous exercise or hit the gym about three times a week. For lighter workouts, I cram it in the morning or just before I need to leave for work.

Lastly, what fuels and inspires you?

The people I meet and those around me give me inspiration, aside from reading and watching films.



Scrumptious Lobster serving with the Chef's special sauce

RESTHOUSE CAFÉ @ Equatorial Hotel Melaka

A Gastronomic Voyage

BY JACQUELINE BENITA PAUL

Bandar Hilir, 75000, Malacca, Malaysia
Tel: +60 6-282 8333





A grand assortment of fresh seafood for patrons to enjoy



DINING IDEAS

Mouthwatering seafood serving of clams



Executive Chef S Pari presents his catch of the day



Interior look of Resthouse Café in Equatorial Hotel Melaka

My heart leapt at the thought of going back to the ever enchanting Equatorial Hotel Melaka. This time, the focus was on the Resthouse Café which is one of several culinary offerings in the hotel. This is a happy place, one that manages the special magic of restaurants, cocooning you in a little bubble during the time you are here. The walls are adorned with old Baba Nyonya photos and even corner cushioned diner seats that create a welcoming and homely ambience. There's definitely a romantic appeal here in a sense that you could go there as a young couple dating to newly weds, then as a big family and be that enviable elderly pair that are giggling in reminiscence.

Resthouse Café kitchen is spearheaded by Chef S. Pari to bring the best flavours and authenticity to his customers. He specialises in western cuisine and is the World Association Chef Society president for the East Coast for 13 years. He is also set to be a judge for Masterchef Asia with Gordon Ramsey. Needless to say, we were very excited to see what was in store for us.

Walking into Resthouse Café on that Saturday night was truly a dream come true for seafood lovers like us. We were so taken with the view of all the fresh seafood spread with silver pomfret, squid, prawns, catfish and so much more. Mind you that Chef Pari and his team venture out very morning to get the freshest and best catch of the day to bring to the

Resthouse Café kitchen so that their patrons can indulge happily.

Once you've selected your favourite seafood, you can deep fry it and enjoy it with their delicious sauces. For us, we tried the tomato coolie sauce. The spiciness of the sauce elevated the freshness of the seafood and just the thought of biting into that crispy soft shell crab made my heart flutter.

You'd be very shocked to know the price tag of this glorious buffet. It is about one third of the typical buffet prices in Kuala Lumpur. Other than the option of stir-frying your selections, you can also choose to wok-fry it and drizzle it with their incredible sauces. Seriously, ask for the chef's special. You would regret not doing so. Another great highlight to Resthouse Café is the Equatorial Hotel Melaka hospitality. You simply can't find great intuitive service that holds a candle to Equatorial's standard. Despite his credentials, you'd find Chef Pari intermittently circulating the tables to enquire in person about the quality of the service and food. Now this is a man who is dedicated to his trade and his customers. The same can be said about the waiters that smile and look genuinely happy to be working there. Thus the positive feeling is easily emitted to their customers.

Personally, I was quite sad that the seafood buffet had ended. But I am very excited with what Chef Pari and his team have in store for the next culinary adventure. You can be sure that I would make an appearance because it is simply worth it.

Wondermama

Trust Mama!

BY HIRANMAYI AWLI MOHANAN



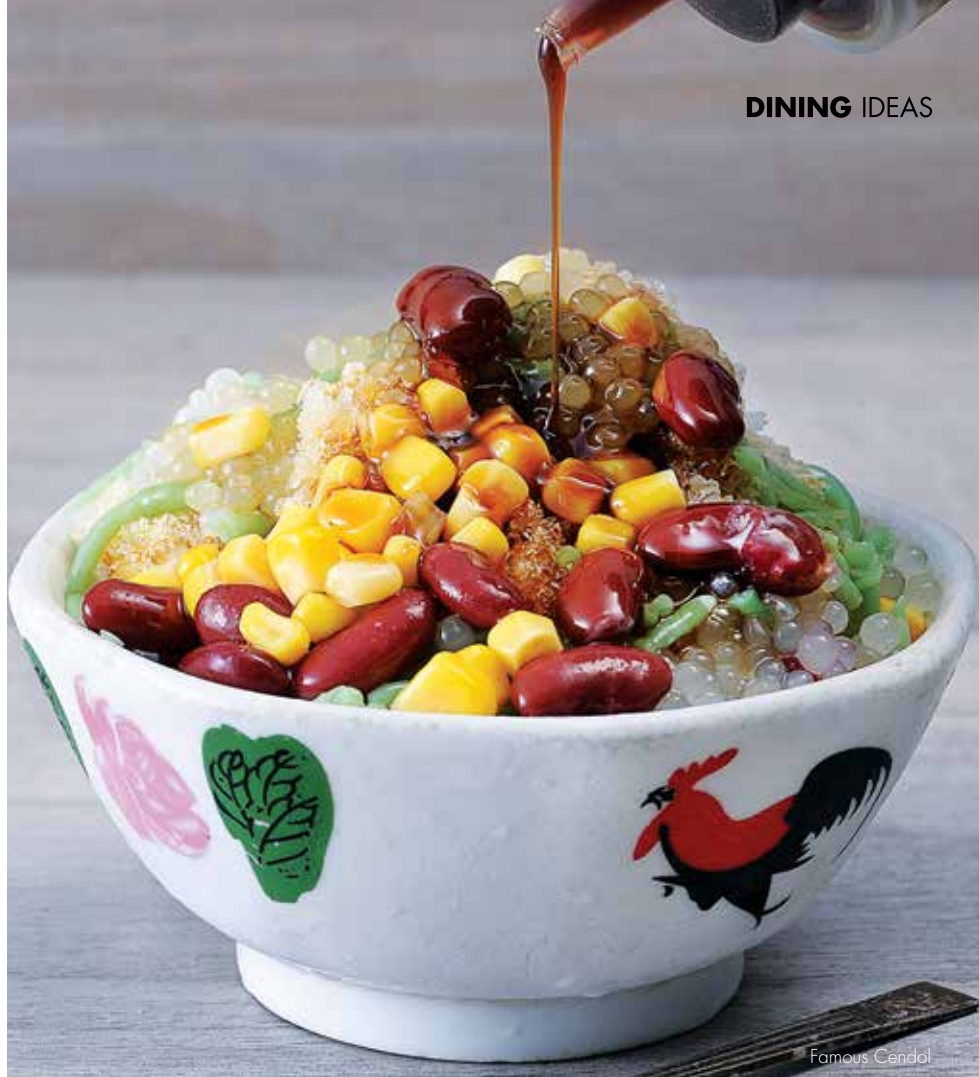
Crispy Soft Shell Crab Salad

As Malaysians, we are truly blessed to come from a melting pot of culture and food. What better place to define this melting pot than Wondermama. Wondermama has been my lifesaver whenever my foreign friends visit Malaysia, demanding me to whip up some Malaysian food. Being cooking impaired, Wondermama, One Utama always comes to my rescue, offering the taste of a comforting home-cooked meal that my friends yearn for.

Wondermama One Utama exudes the comfort and coziness of a home, perfect for friends and family to convene. This home away from home has three other outlets in the Klang Valley; the first flagship outlet in Bangsar, Wondermama X at Avenue K, and the third at SS15 Courtyard.

Upon arrival at this establishment, I fell in love with its inviting wooden façade that I found so original and befitting their concept. They have cleverly positioned two wooden tables and rattan chairs to go along with it at the foyer, resembling a Malaysian rural house. Its traditional domestic interior made us nostalgic that led to a conversation of the good old days.

If you are a patron of Wondermama outlets, you would be pleasantly surprised to know that they have come up with a unique and playful menu that puts a twist on patron's all-time favourites such as the Sotong Sambat with fresh squid tom yam fried rice cooked in Mama's sambal served with mixed salad and Thai dipping sauce. It's the alluring marriage between all the elements on the plate that destroys any plans of dieting. The Black Spider Fried Rice, which is served alongside soft shell crab and black ebiko, has a powerful pull, leaving you succumbed to its powers. Ah Lio- Oh-Lio- a witty name befitting the course, is a classic aglio olio with bursts of local flavour served with squid and a speckle of fragrant daun kesum topped off with their signature fried chicken. The scrumptious festivity doesn't end here. For you clam lovers, you would be happy to know that the 'Shing Tong La-La' one of Wondermama's signature dishes, is steamed to perfection and glides down your throat like fun slide in a perfect weather.



Famous Cendol



Another favorite of mine is the sinfully delicious 'Famous Mee Siam', a staple Peranakan food. This dish will be etched to your memories because it has the right amount of spiciness and tanginess with piquant flavours. For future reference, we recommend ordering more sambal because you can never get enough. Their signature fried rice aptly named, 'Very Kampung Fried Rice', is everything that you would hope for in a kampung fried rice. The moment it arrived to our table, the pleasant aroma circled us and

we hungrily took a spoonful, revelling in its spicy home-cooked flavour.

We ended our food fest at Wondermama with the 'Pisang de Goreng' dessert, a contemporary twist on the local delicacy 'Pisang Goreng'. This confection is drizzled with caramel sauce, and accompanied by ice cream, summing to an outburst of crunch and flavour that can only be described after a long exhalation of utter contentment.

HALE RESTAURANT

A Standout Healthy Fast Food Joint

BY JACQUELINE BENITA PAUL

My friends would attest to the fact that I never suddenly bring up a burger craving or any kind of fast food craving. That all changed during our visit to Hale Restaurant in Menara Hap Seng. Now I think that for a well rounded diet, I should look to living on burgers (this is not a professional opinion). Looking at the interior of Hale Restaurant, it is nothing that you'd expect from a restaurant that markets itself as a fast food joint. Probably one of the most conducive work environment with its comfortable chairs, naturally lighting and spaciousness.

The Organic Award-Winning Coffee caught my sight and one of the first things I wanted to taste. You wouldn't believe me if I told you the price. Typically, I wouldn't order an Americano coffee either but I thought it would be a good idea to try indulging in the coffee without all the added condiments and I was happy to be right. The taste was strong but not in an overbearing manner. In fact, it was quite comforting with its sugary overtones. For breakfast, we highly recommend the banana muesli yoghurt or the apple muesli yogurt which are made fresh daily.

I couldn't believe it myself that they also serve a healthy mix of red and white rice options. The Green Curry Chicken is made from scratch with slow-cooked diced chicken breast. The juiciness of the meat along with the delicious green curry sauce was breathtaking. It also comes with a generous serving of roasted eggplant, fresh pineapple salsa and topped off with spring



Pesto Pasta With Grilled Chicken, Green Curry Chicken and Butter Yogurt Chicken



Australian Grass-Fed Beef Burger



Banana Muesli Yogurt

The memory of the tangy and spicy flavours dancing in our mouths will make any stressful work day seem bearable.

onions.

The Butter Yogurt Chicken was also packed with delicious and fresh spices topped with fresh yogurt served with roasted eggplant, toasted cashew nuts and fresh coriander. Even if the mere description of the meal sounds filling, we didn't feel uncomfortably bloated and the memory of the tangy and spicy flavours dancing in our mouths will make any stressful work day seem bearable. Another highlight of the menu, you can even match your red or white rice with your selection of protein such as roasted mushroom, grilled chicken breast, handmade beef meatballs and smoked salmon. I can almost hear the fitness buffs cheering in the background.

If rice isn't for you, there is premium pasta served in a kraft box which makes it easily transportable if your boss suddenly calls you in for a meeting. We tasted the Pesto Pasta with Grilled Chicken and completely fell in love with the simplicity of the dish visually but taste wise, it was an adventure. The homemade pesto sauce was well balanced with the zesty taste of the roasted cherry tomatoes and succulent sliced grilled chicken. Adding a bit more crunch to the dish, we bit into the toasted pumpkin seeds with romain lettuce and rocket leaves topped with parmesan cheese.

Of course, I saved the best for last. The motherload of burgers that has even put to shame some of the gourmet burgers I've sampled in my line of work. The Australian Grass-Fed Burger with its oven-baked juicy beef patty. The burger patty was just firm enough to linger on the palate and cushioned between two plush buns that paired nicely with the beef patty to deliver a consistent bite throughout the meal. The creamy sliced cheddar cheese delightfully brought all the fresh ingredients together that made each bite memorable.

Hale Restaurant, although new to the scene, has really thought everything through in creating a memorable dining experience with the added feature of being health conscious and convenient. You know what's great? You don't even have to go to Hale Restaurant because it can come to you as it is offering delivery service in certain areas. You may visit www.halerestaurant.com for more details.

Lot 1-20, First Floor, Menara Hap Seng,
Jalan P. Ramlee, 50250 Kuala Lumpur.



YEZI

(Non-halal)

An Oriental Escape for Your Tastebuds

Sky Level, 1 First Avenue, Bandar Utama,
47800 Petaling Jaya, Selangor.
03-8605 3388 / 012-323 5841

BY HIRANMAYI AWLI MOHANAN

Steamboats are just perfect for cold rainy days or even everyday. Winner of the most innovative cuisine at taste Malaysian International Gourmet Festival 2015, Yezi@ The Roof is the first premium steamboat restaurant in Malaysia that uses coconut-based broth. Located at The Roof and 1 Mont Kiara, this restaurant is distinct. It draws inspiration from its name (defined as coconut in Mandarin) and from a famous Chinese steamboat restaurant in Shenzhen, China.

The moment I stepped into this restaurant, two things caught my attention, a delicious



aroma and the view. You can opt for a balcony dining overlooking the breathtaking view of Petaling Jaya whilst enjoying your meal or you can choose to dine indoors, which is equally pleasing to the eye with giant, magnificent lanterns that take shape of the rolling winds hovering above you and soothing Chinese numbers playing in the background. Private rooms are also available for celebratory occasions, fully equipped with a TV and a karaoke set for you to burst into song.

Galvanised by healthy lifestyle, Yezi places great importance on a coconut-based broth, a healthier option and it is accompanied

by a wide repertoire of organic and semi-organic dishes promising you the freshest of ingredients. Patrons are spoilt for choice with five unique variants of the specialty coconut-based broths; the original Yezi Broth, Imperial Canton Broth, Aromatic Taiwanese Beef Spice Broth, Fragrant 'Shao Xing' Wine Seafood Broth and Wild Forest Truffle Mushroom Broth. This establishment prides itself in its homemade dipping sauce consisting of cili padi, chopped sand ginger, calamansi lime, chilli sauce and homemade soy sauce. There is a proper conduct to follow before consuming this condiment. First, squeeze two to three calamansi lime wedges, add a spoonful of chopped sand

ginger and finally add some cili padi to taste. The combination of these elements makes for a perfect condiment to go alongside your food.

My gastronomic experience at Yezi started off with their signature appetizers, the "Tong Sum" Century Egg with Ginger Slice and The Salt & Pepper Mushroom. The "Tong Sum" Century Egg left us baffled with its creamy texture and flavourful aftertaste. The Salt & Pepper Mushroom is by far my favourite due to its crispy and crunchy exterior, yet soft interior that just melts in your mouth and seconds later you feel your hand reaching out for more, not being able to stop. Another homemade specialty that left me wanting more was the Otak-Otak Dumpling. Honestly, I had not heard of an Otak-Otak dumpling before and that peaked my curiosity. The exterior of this dish resembles a typical dumpling but one bite off this delight here gives you so much depth in flavour and an exciting one at that. Next, we chose to try the award winning and bestseller Truffle Mushroom Broth. We were pleasantly surprised by this broth. This delicacy offers a hint of coconut flavor amalgamated with a rich and earthy taste of the truffle mushroom, making it the most unique and flavourful broth I have ever tried. Wild forest truffles are highly beneficial as they are rich in protein, essential vitamins, minerals and amino acids.

The Truffle Mushroom Broth adds a depth of flavour to the slew of homemade specialties and meats such as the 'Coriander Squid Ball', 'Black Truffle Balls', 'Fried Lobster Salad Ball' and my favourite, 'Coconut Dumpling', most of them homemade. A rather interesting homemade dish that I have never tried is the Bamboo Charcoal Ramen, a personalised twist from the regular ramen noodle. It resembles the typical ramen in texture but differs in terms of taste. Finally, after stuffing ourselves with an assortment of deliciousness, it was time for dessert. There's always room for dessert. We were presented with a one-of-a-kind signature dish, Coconut with Avocado. I know what you are thinking, that's an unlikely combination but they will gladly prove you wrong. Served in a coconut, the combination of these ingredients complement each other, offering a creamy, ice-cream like dessert topped off with sago, an exquisite Asian fusion dessert. Dining at this premium steamboat restaurant has elevated my dining experience by offering me a myriad of unique dishes that would tickle my taste buds.



Taste of Italy

Italy in KL

BY HIRANMAYI AWLI MOHANAN

Quivo *(Non-halal)*

In need of a pizza and pasta fix? This establishment serves a mean pasta and pizza you can't say no to. With staff so friendly and obliging, you would not be disappointed. Located in the Golden Triangle, this bistro will define your dining experience, making you crave for more.

3.09.02, Level 3, Pavilion KL, 168, Jalan Bukit Bintang, Bukit Bintang, 55100 Kuala Lumpur
03-21417711

Sassorosso Restaurant & Wine Retailer

Dining is a form of art. There are many elements that go into a great dining experience such as the company you are with, the ambience of the restaurant and the food. Sassorosso adheres to the mentioned elements, making it the perfect spot to unwind. Their motto being, 'Experience real Italian food, fresh everyday', promises that you will receive top-notch quality all day, everyday that will please your palate.

9, Lorong Yap Kwan Seng, 50450 Kuala Lumpur
03-2166 6428

Marini's on 57 *(Non-halal)*

Interested in a literally elevating and premium dining experience? Only one place comes to mind and that's Marini's on 57. Located on the 57th floor of the Petronas Tower 3, you can indulge in Italian luxury dining cuisine topped off with a breathtaking view of Kuala Lumpur city. Wine lovers would be happy to know that Marini's on 57's wine selections are exceptional and extensive, ranging from

Don't you just love everything that the Italian cuisine has to offer? Does it not make you want to jump on the next flight to Italy to reach the ultimate food haven? If your answers to my questions are yes, we are on the same boat. Fortunately, you can get a taste of Italy all in the comfort of your own city, without having to bear the exorbitant ticket cost.

rare and highly allocated wines, to value-oriented bottles that would complete your gastronomic experience.

Level 57, Menara 3 PETRONAS Persiaran KICC,
50088 Kuala Lumpur
03-2386 6030

Ciccio Pasticcio *(Non-halal)*

Nestled in the hub of Kuala Lumpur's nightlife, this restaurant promises hearty and authentic Italian food. Staying traditionally true to its roots, Ciccio Pasticcio uses wood-fired clay oven to bear their delectable pizzas. With 14 years in the business, Ciccio Ristorante stands strong with the warm rustic colours of Italy in its interior, and an unwavering Italian spirit that translates through their food.

15 Changkat Bukit Bintang,
50200 Kuala Lumpur
03-21418605

Prego *(Non-halal)*

Located in The Westin Kuala Lumpur, this award-winning restaurant offers a myriad of Italian specialties along with a view of the hustle and bustle of Kuala Lumpur city. For those of you who have watched Hell's kitchen before, Prego Ristorante offers a similar show kitchen concept except livelier and with no profanities involved. Head on over to Prego Ristorante for your dose of Italian goodness.

199 Jalan Bukit Bintang Bukit Bintang,
55100 Kuala Lumpur
03 27738338

THE ROW @ Jalan Doraisamy

Tucked away in the city, is a street with various unique cafes, restaurants, lifestyle retail stores and a live music venue. It certainly is quite unassuming yet once you've caught sight of The Row building, you simply can't help yourself from the temptation of savouring the offerings of each outlet. With that, we are excited to bring you some signature dishes that we had the pleasure of sampling for you to consider during your visit.

BY JACQUELINE BENITA PAUL



Chicken Ballotine with Parisian Gnocchis and Thyme Gravy.

We walked into a beautiful French restaurant located in the middle of The Row. It offers a sophisticated lounge and casual dining area for you to enjoy their meal in a comfortable and luxurious setting. The Chicken Ballotine was remarkably juicy and certainly made an impact on my tastebuds along with the delicate texture of the carrot puree and mushroom duxelle prepared by none other than the French cuisine expert himself, Chef Florent Lescouezec.

2OX French Bistro Bar
54, Jalan Doraisamy, 50300 Kuala Lumpur
03-2692 2233



Tom Yam Lasagna

Prior to checking in at work and during lunch hour you'd find the white-collar crowd here enjoying the delicious coffee brews, sandwiches, cakes and fusion dishes. For this visit, we savoured the richness of the locally roasted Columbian-Sumatran coffee and the Tom Yum lasagna. The layers of pasta in an al dente texture was perfectly matched with the opaque spices. The ambience is also one of the key factors we'd want to return in the future with positive messages all around and smiles to greet you as soon as you enter. Since you are here, do be sure to try out their Almond Salted Caramel cake.

The Common Grind
42A, Jalan Doraisamy, 50300 Kuala Lumpur
60 3-2602 2177



Salmon Poké

League of Captains is brought to you by renowned local clothing brand Pestle and Mortar in partnership with Danial Naim, a barista who is dedicated to his trade in brewing the perfect cup of coffee and preparing the scrumptious dishes in the café.

We tried out the Salmon Poké, which is not at all inspired by the Pokemon Go trend as one would assume. It is a Hawaiian dish that usually features tuna but at League of Captains you get fresh salmon instead accompanied with other fresh ingredients with spicy soy sauce that makes the whole healthy ensemble an absolutely delicious treat.

League of Captains
The Row, Jalan Doraisamy,
Off Jalan Sultan Ismail, Kuala Lumpur



Seafood Pasta with Homemade Tomato Sauce and Salad

Anyone who has shopped at Peter Hoe's Lifestyle store would be rest assured of their authentic and fun designs that are either perfect gift ideas or an addition to beautify your home. Furthering the brand, we sat at the Peter Hoe Café that has recently relocated to The Row, to enjoy hearty home-cooked meals. The seafood pasta had a solid burst of flavours from the fresh scallops, squid, prawns and mussels accompanied with rich tomato sauce.

Peter Hoe Café and Lifestyle Store
56-1, 1st Floor The Row KL Jalan Doraisamy,
54100 Kuala Lumpur
+60 12-334 7123



Uncle John's Nyonya Laksa

Meet your new favourite Peranakan restaurant. The provocative taste of the rich spices in the laksa resulted in the perfect layers of flavours. Given that it is such an incredible dish, we wanted to point out that it is limited so be sure to get over to Limapulo soonest possible. The prices point here are also surprisingly reasonable given its strategic location and food quality. Be sure to take the time to let the ambience transport you to simpler times in a Peranakan home.

Limopulo
50, Jalan Doraisamy, 53000 Kuala Lumpur
03 2698 3268

RAINDROPS ARE FALLING ON MY CAKE

Interested in a jiggly, wiggly dessert that resembles our favourite childhood snack? Have I gained your attention yet? As of late, a wobbly half spherical jelly that looks like a raindrop has been sweeping the globe and has made its way to Malaysia. The Raindrop Cake, which is not in the form of a cake has developed major buzz and we intend to find out why. We have taken the liberty to identify a few places for you inquisitive folks.

BY HIRANMAYI AWLI MOHANAN



MINAMOTONOYA CAFÉ (Non-halal)

Located inside the Glass City in Sri Petaling, this quaint Japanese café is among the few that serve the popular Raindrop Cake. This unique dessert is served alongside brown sugar syrup and soybean powder, which complete this dish. This café tapped into its creative juices and serve this dessert on animal printed plates such as bears and bunnies, which gives the illusion that it is in the shape of an animal. Honestly, who would not love that?

Address: No.37-1, Jalan Radin Anum 1, Bandar Baru Sri Petaling, 57000 Kuala Lumpur
Hours: 11am-3pm (lunch), 6pm-10pm (dinner)
on Mon-Sat, 11am-5pm on Tuesdays
Tel: 016-621 2730

ISHIN JAPANESE DINING (Non-halal)

If you are looking to try the Raindrop cake in a more premium and luxurious setting, this would be your place. This winner of the 2016 Tripadvisor Certificate of Excellence sets the bar by its simple yet elegant serving of the Raindrop Cake that melts in your mouth, leaving you contented with this unique dessert. So go on over and be a part of this raging sensation yourself.

Address: No. 202, Persiaran Klang, Batu 3 3/4, Off Jalan Kelang Lama, 58000 Kuala Lumpur
Hours: 12pm-3pm (lunch), 6pm-1am (dinner) daily
Tel: 03-7980 8228





MR. G BAKERY

Nestled in Wangsa Maju, is this cute bakery which serves a myriad of pastries and bread. Among the wide array of delights, you can choose the Raindrop Cake that sets you back only RM3. So if you want to jump on the bandwagon for a cheaper alternative, you have found the place.

*Address: 37, Jalan 14/27B, Desa Setapak,
53300 Kuala Lumpur
Hours: 4pm-10pm daily*

YOKOSUKA CURRY HOUSE

Here's a break from the norm. This cute little joint serves the Green Tea Raindrop Cake that would peak you matcha lovers' interest. What sets this Raindrop Cake apart is the matcha syrup that replaces the brown sugar syrup, making this dessert perfect for a blazing hot day.

*Address: Yokosuka Curry House, Inner City Level
3, City Square, 80000 Johor Bahru
Hours: 10.00am to 10.00pm
Tel: 018-786 6897*



TERRACOTTA CAFÉ, TROPICANA AVENUE (Pork free)

Raindrop Cake? Yes please. This charming and cozy café has been the home of the latest dessert craze and they are serving it in the cutest way possible. Served in a paper sampan that is placed on a lace paper underneath and a block of wood, it makes for a perfect Instagram shot.

*Address: P-1-15, Tropicana Avenue,
47410 Petaling Jaya, Selangor
Hours: 10am-12am on weekdays,
9am-1am on weekends
Tel: 012-616 0270*



THE ROOF

For A Great Night Out

BY JACQUELINE BENITA PAUL

Sky Level, 1, First Avenue, Bandar Utama,
47800 Petaling Jaya, Selangor
Tel +60 3-8605 3388

There we were, standing on an infinity grassed helipad with delicious cocktails in hand and letting our daily work stress drift away in the ambience. We then made our way to wine and dine in the award-winning restaurant to enjoy fusion dishes before we went to enjoy tasteful live music in an inviting lounge. Furthering the experience, we visited a designer super club with one of the best audio and spaces to dance the night away.

Needless to say, it was an unforgettable evening at The Roof. This entertainment hub is located on the Sky Level of First Avenue with various offerings for such as a stylish gastro-lounge, music bar lounge, sports bar, designer super club, premium steamboat restaurant and even a single malt & cigar lounge. It encapsulates the perfect night out especially for a cosmopolitan.

Stratosphere *Paradise in the Sky*

Everything about Stratosphere screams romance, style and sophistication. Climbing up a short flight of stairs to be greeted by lush greenery and starry skies is an experience like no other. Not to mention the fact that you can enjoy the delicious cocktails with 360-degree panoramic view. That's one way to feel on top of the world. One



of my favourite feature that I think is pretty understated is the genius of the lighting; there is just enough to highlight the décor and ambience. This venue is definitely on my list for weddings or private birthday parties.

Signature @ The Roof *Avant Garde Dining and Cocktails*

After an exhilarating outer body experience, we ventured to Signature @ The Roof to taste some of their innovative cuisines and beverages. As my dining partners and I perused the menu, a particular beverage caught our attention. The Milo Ais which was by no means the same kind we enjoyed in our childhood but the kind that makes adulthood better. It was made with bailey, rum, kahlua and of course Milo. Those who enjoy Milo Ais would not regret trying this out. Also making our list of great cocktails is the Signature Watermelon Slush or as my friend calls it "Filled with Love" which is best enjoyed in a larger group. An absolutely refreshing drink made

from vodka, midori, lychee liqueur and watermelon. And what goes well with a great cocktail? Great food and thus we started our gastronomic adventure with creamy oysters to savour. Next, I had the Chargrilled Lamb Tikka which smelled as divine as it tasted. Maybe it was the alluring use of spices that bring out the savouriness of the lamb that made me gorge the dish without offering anyone else a piece to try. You've been warned.

HIDE *Home to Malaysia's best Live Bands*

Centred on showcasing local talents on an elaborate stage of LED screen fixtures and top of the line sound system, this is where you and your friends would want to be for a great night out. The cocktail promotions are nothing to cough at with an incredibly reasonable price for delightful libations. We visited on one delightful Thursday evening to see Acoustic Fourplay rocking the stage with amazing covers that certainly pleased the crowd. Though we wished we had

also caught Black Velvet on Friday night but it is definitely in our nightlife bucket list. You can't do better than at HIDE if you want the option of resting on the big comfortable sofa while bobbing your head to the music or stand tall singing along to some of your favourite songs.

PLAY CLUB *Dance the Night Away*

It is a well known fact that Play Club is one of the hottest clubs in town with regular appearances of international DJs and trendsetters. When we were there on a regular Thursday night, there was still a huge turnout of people who were clearly having a great time even in the early hours. Well, that is what you get when you have DJ Keith Mintz on the decks. Though, you don't just come here to dance, because if you're lucky you might find yourself participating or spectating a dance-off or other incredible giveaways. Talk about a wild night.

Own the Occasion

Bring out your fun and feminine side with these hand-picked designs



ROKSANDA
Truffaut cotton-poplin top
RM2,981



SONIA RYKIEL
Metalic Striped Knitted Top
RM1,980



GIVENCHY
Mini Bow Cut shoulder bag in ayers-trimmed black and white leather
RM8,066



STUART WIEZMAN
TieGirlBingo suede sandals
RM1,666

OUTFIT ELEVATORS



TIFFANY & CO
18-karat gold diamond ring
RM13,301

+



MARC JACOBS
Tulip-print silk-twill scarf
RM376

MEN-IN-LEATHER

Great leather jackets are made to last a lifetime. It is versatile, timeless and classy in every sense of the word. Since the new year is closely approaching, you can invest in a new classy leather jacket to end the year in style.



BALMAIN
Shearling Biker Jacket
RM13,594



GANT RUGGER
Melange Cotton-Jersey T-Shirt
RM181



MASSIMO ALBA
Winch Stretch-Cotton Twill Trousers
RM862



RAPLH LAUREN PURPLE LABEL
Randall Leather Biker Jacket
RM7,568

OUTFIT ELEVATORS



HERMES
Intense Leather Bracelet
RM2,256

+



TOM FORD
Wilson Suede Loafer
RM3,854

+



COS
Wrap Over Leather Sneakers
RM564

DRESS FOR THE FUTURE

Metalic Attachement



ROBERTO CAVALLI

Organza-trimmed metallic silk-jacquard blouse
RM8,376



TIBI

Sequined silk-chiffon top
RM4,569



RACHEL ZOE

Metallic fil coupé silk-blend wide-leg pants
RM1,352



CHRISTOPHER KANE

Metallic PVC midi skirt
RM6,136

OUTFIT ELEVATORS



BOTTEGA VENETA

Medium intrecciato metallic leather pouch
RM3,769



CUTLER AND GROSS

Aphrodite cat-eye rose gold-tone
mirrored sunglasses
RM2,173



TOM FORD

Metallic python sandals
RM6,319

VELVET LIPS

Choose Comfort

Do you covet a lip product that is fully pigmented, bold and long lasting? Look no further because KL Lifestyle magazine has identified five velvet lip products that you need stat.

BY HIRANMAYII AWLI MOHANAN



SUPREME HOLIDAY VELVET LIP PLUMPER MANIA

Mirenesse
RM250

Envy Kylie Jenner's lips? You no longer have to with Mirenesse's award-winning Velvet Lip Plumper. This fun-sized lip plumper comes in a signature diamond gift box of three that serves as a gift either to yourself or your dear ones. What's rather interesting about the way it works is that an ingredient called Collagen Microsphere swells upon contact with your lips, making it a la Kylie Jenner in just 5 minutes.

2

LIP VELVET
Burberry
RM115

Just like comfort food, Burberry's Lip Velvet Lipstick will give you all the creamy comfort that your lips need. With just one stroke of the hand, you are able to transform your lips to velvety perfection that is rich in pigments and non-drying.



3

LIQUID VELVET
Ciate London
RM60

Ciate London gives you comfort in a tube with the Liquid Velvet Matte Lip Slick. This product is gold because it combines highly pigmented, gorgeous matte, longwearing lip colour with hyaluronic acid for its intense lip conditioning benefits so that your lips will appear plumper and smoother.



4

PURE VELVET LIPSTICK
Alima
RM121

This cruelty-free and paraben-free gem is definitely a keeper for its high pigmentation formula crafted with pure ingredients that leave your lips feeling hydrated and comfortable.



5

LONGLAST VELVET LIQUID-LIPS
Studio 10
RM187

Luscious lips all day? Yes, please! This semi-matte liquid lipstick is so richly pigmented, weightless and silky smooth. You no longer have to fret about dry flaky lips, thanks to this guy here.



BUBBLEGUM WAXING AND FAILS

A Fuss (Fuzz)-Free Experience

B.1.5 Casa Tropicana, Jalan Persiaran Tropicana,
Tropicana Golf & Country Resort, 47410 Petaling Jaya, Selangor
Tel: 03 7803 1212

BY JACQUELINE BENITA PAUL

I could write a book about how much women need to do in the name of beauty. There would be a chapter about dealing with abnoxious beauty therapists who don't take the time to care for your needs but just want to get it over with. The price tags and post discomfort also don't help the situation. I think it would be fair to say that it inspired the body hair removal trend. Thankfully, I did not have to resort to following the made up trend since I found BubbleGum Waxing.

You know how a best friend helps you become the best version of yourself? Bubblegum Waxing is that kind of friend, especially when it comes to making sure you leave feeling empowered and polished (literally). Although, there is no sugarcoating the inevitable pain that varies according to your sensitivity but having expert help makes a monumental difference. From personal experience, waxing at home is both cheaper and

causes less anxiety. I understand that waxing is probably one of most dreaded beauty rituals (second to threading). It isn't just about the asthetical aspect but it has a lot to do with hygiene. Did you know that your intimate areas could get exposed to flee investation if it is not taken care of? That would be absolutely dreadful!

Honestly, I was surprised to find out that BubbleGum Waxing is actually a home-





Gorgeous starry night design that will accentuate any look



Bold and glamorous black, red and white design



Expertly designed with 3D nails art commanding attention

grown waxing parlour. It was founded by expert therapists that wanted to establish a comfortable and relaxing environment for their clients to receive their expert treatments. This was truly evident to both me and my friend who went there for our treatments. I underwent a Brazilian, Full-Leg and Upper Lip IPL (Intense Pulse Light) treatment while my friend did a Brazilian treatment. We were familiar with their waxing treatments that are done by a team of qualified and enthusiastic therapists that would not just meticulously care for your hairy needs but also make light conversation and intermittently follow up with you about the treatment. However, it was my first IPL treatment but I wasn't too afraid since I am familiar with the therapist, Jessica who is with the headquarters of the chain in Casa Tropicana.

So here are some things you need to know about IPL that I learned during my treatment. Firstly, IPL involves shaving the selected part of your body before the gel is placed for the IPL machine to do its work. That means, you should not wax the area that you choose for the IPL treatment. The reason being is that waxing removes the hair follicles while shaving allows the follicles to remain so that the intense laser will be able to locate them and the procedure would be less painful. Next, for darker skin tones, just be aware that the sensitivity is higher so you can request a lower power and be honest about the treatment so your therapist can adjust accordingly. Lastly, it takes at least five sessions or more before the hair is completely removed but you will



BubbleGum Waxing Treatment Room. An inviting space with privacy and efficient use of space is a priority

see results gradually from the first session. To my surprise, it has been three weeks since the treatment and I can barely notice my upper lip hair that was slightly more obvious before.

One of the great things about BubbleGum Waxing other than its price that is so much lower than most in the market, product quality and service is that they also offer waxing services for men. They also offer a range of products that can help lighten areas such as underarms and bikini line which sell out pretty easily. So if there is stock available during your visit, don't miss out on the opportunity to try it.

BubbleGum decided to spoil us further with their nail treatment that is located right next to the Casa Tropicana branch

called Bubblegum Nails. Staying true to their brand nature, their manicurists also conducted themselves professionally and even gave great suggestions for nail designs and colour. My favourite colour that I'd definitely go back to is the Cat's eye colour nail polish, which is a mix of any two colours of your choice. What was really interesting was that my manicurist, Anne was actually using a magnet to achieve the gorgeous glass-like effect that made me the envy of my peers for weeks. The space in the parlour was small but it was used efficiently by putting comfortable chairs and placing a TV in the middle of the room for all to see without much neck movement. BubbleGum is a brand that truly does what it promises and more. Now you may go forth and enjoy a fuss-(fuzz) free experience!



A LITTLE SPICE IS VERY WISE

HOW GINGER & TURMERIC

Can Benefit YOU

BY KATHLYN URSULA D'SOUZA

What's life without a little bit of spice?

Ginger and turmeric are two powerful spices that have been used widely throughout history for both culinary and medical purposes. Using these spices in recipes provides a way to season a variety of foods without adding sodium or fat. As supplements, ginger has been frequently used in traditional and herbal medicines, and turmeric has long been used to treat various physical ailments, according to the University of Maryland Medical Center. Although they are used in many different types of cuisines for their spice and flavour, these spices may also provide a number of health benefits.

GINGER

As one 16th century physician put it: "Ginger does good for a bad stomach." In *The Family Herbal* from 1814, English physician Robert Thornton noted that "two or three cupfuls for breakfast" would relieve "dyspepsia due to hard drinking".

Modern research later confirmed that **ginger reduces nausea and vomiting** from multiple causes: morning sickness, postoperative upset, chemotherapy and motion sickness. The studies on whether or not ginger prevents motion sickness are mixed. **One study** found

ginger to be as effective, with fewer side effects, as dimenhydrinate (Dramamine). Other studies indicate that, when added to anti-nausea medications, it further reduces **nausea and vomiting from chemotherapy**.

While the best-researched use of ginger is in combating nausea and vomiting, studies have shown that **ginger is a multi-faceted remedy** with at least six more healing effects: it reduces pain and inflammation, making it valuable in managing arthritis, headaches, and menstrual cramps; it has a warming effect and stimulates circulation; it inhibits rhinovirus, which



can cause the common cold; it inhibits such bacteria as *Salmonella*, which causes diarrhoea, and protozoa, such as *Trichomonas*; in the intestinal tract, it reduces gas and painful spasms; and it may prevent stomach ulcers caused by nonsteroidal anti-inflammatory drugs, such as aspirin and ibuprofen. You can take ginger in whatever form that appeals to you.

If you're pregnant: Try it in tea, soup, or capsules - up to 250 milligrams four times a day. If you choose a carbonated beverage, make sure it's made from real ginger. You can also nib-ble crystallised ginger.

To counter motion sickness: Taking 1 gram of dried, powdered, encapsulated ginger 30 minutes to two hours before travel can help ease travel related-nausea.

For postoperative nausea: In a recent study on the use of gin-ger to thwart postoperative nausea, the dose was 500 milligrams 30 minutes before surgery and 500 milligrams 2 hours after surgery. Otherwise, ginger is usually not recommended during the seven to ten days leading up to surgery because of its effect on blood clotting. Discuss the use of ginger with your surgeon or anaesthesiologist before trying it.

TURMERIC

Prevents Cancer

Turmeric can help prevent prostate cancer, stop the growth of existing prostate cancer and even destroy cancer cells. Multiple researchers have found that the active components in turmeric make it one of the best protectors against radiation-induced tumors. It also has a preventive effect against tumor cells such as T-cell leukemia, colon carcinomas and breast carcinomas.

Relieves Arthritis

The anti-inflammatory properties in turmeric are great for treating both osteoarthritis and rheumatoid arthritis. In addition, turmeric's antioxidant property destroys free radicals in the body that damage body cells. It has been found that those suffering from rheumatoid arthritis who consume turmeric on a regular basis experience much relief from the moderate to mild joint pains as well as joint inflammation.

Controls Diabetes

Turmeric can be used in the treatment of diabetes by helping to moderate insulin levels. It also improves glucose control and increases the effect of medications used to treat diabetes. Another significant benefit is turmeric's effectiveness in helping reduce insulin resistance, which may prevent the onset of Type-2 diabetes. However, when combined with strong medications, turmeric can cause

hypoglycemia (low blood sugar). It is best to consult a healthcare professional before taking turmeric capsules.

Reduces Cholesterol Level

Research has proven that simply using turmeric as a food seasoning can reduce serum cholesterol levels. It is a known fact that high cholesterol can lead to other serious health problems. Maintaining a proper cholesterol level can prevent many cardiovascular diseases.

Immunity Booster

Turmeric contains a substance known as lipopolysaccharide, which helps stimulate the body's immune system. Its antibacterial, antiviral and antifungal agents also help strengthen the immune system. A strong immune system lessens the chance of suffering from colds, flu and coughs. If you do get a cold, a cough or the flu, you can feel better sooner by mixing one teaspoon of turmeric powder in a glass of warm milk and drinking it once daily.

Heals Wound

Turmeric is a natural antiseptic and antibacterial agent and can be used as an effective disinfectant. If you have a cut or burn, you can sprinkle turmeric powder on the affected area to speed up the healing process. Turmeric also helps repair damaged skin and may be used to treat psoriasis and other inflammatory skin conditions.

Aromatherapy

THERAPY AT HOME

BY HIRANMAYII AWLI MOHANAN

Though we are living in a technological era, stress is always at bay, waiting for the right moment to prance onto to us like a predator. Unfortunately, we can't constantly visit spas when we are stressed because it will eventually dry our accounts out. One substantial way to relieve stress is through aromatherapy and all in the comfort of your own home. Just imagine adding some essential oils to your bath water with Bubl  playing in the background and you jump in after a long and hard day. You can feel the stress and the tire wash away. Not only is aromatherapy a stress reliever, but it is also a fascinating alternative medicine that involves the use of volatile plant materials, also known as essential oils that can be aromatically inhaled by patients of a wide variety of health conditions. Some of the health benefits of aromatherapy include its ability to reduce anxiety, ease depression, boost energy levels, speed up the healing process, eliminate headaches, induce sleep, strengthen the immune system, reduce pain, and increase circulation.

1

LAVENDER ESSENTIAL OIL (LAVANDULA ANGUSTIFOLIA)

Lavender oil has a beautiful, versatile aroma. It is anti-bacterial and is a must-have for your first-aid kit. Lavender Essential Oil is well known for its sedative properties and for its ability to help calm stress and anxiety and to help promote sleep. For those of you battling headaches, just take a drop of the lavender essential oil and massage it onto your temples and say bye-bye minutes later.

2

CINNAMON ESSENTIAL OIL (CINNAMOMUM ZEYLANICUM)

Cinnamon Essential Oil is slightly stronger than your average ground cinnamon. It has a peppery, earthy and slight woody scent. This essential oil is great if you are suffering from constipation and low blood pressure. For those of you who are battling rheumatism, apply a little bit of this oil on your affected areas and wait for the results.

3

**JASMINE ABSOLUTE
ESSENTIAL OIL (JASMINUM
GRANDIFLORUM)**

If you love a warm yet floral fragrance, this is your guy. This unique scent will uplift your day and it will aid you in your tussle with depression. Attention couples, you may want to take note that jasmine absolute essential oil is an aphrodisiac.

4

**LEMON ESSENTIAL OIL
(CITRUS LIMON)**

Lemon emits the most amazing aroma. If you love lemon, trust me, you would love this too. It has a powerfully fresh traditional lemon fragrance that is quite energising and uplifting. Lemon Essential Oil is a good choice to diffuse the room of the smell of cigarette smoke or other unpleasant aromas. Lemon oil is typically used for cold, corn, warts, dark skin and oily skin.

5

**ORANGE ESSENTIAL OIL
(CITRUS SINENSIS)**

This one has to be my favourite oil yet. This little thing packs a punch with its citrusy yet sweet fragrance. It is deemed one of the most popular aromatherapy due to its cheerful and uplifting nature. Orange oil can be used to relieve stress and flatulence.

6

SANDALWOOD ESSENTIAL OIL

Sandalwood oil should not require much introduction due to its popularity and versatility. It is most commonly used in perfumes and skin care. Let me give you a little background on sandalwood. Sandalwood has been used since ancient times as incense for spiritual applications to instil sense and inner peace. Moving on to its health benefits, research by Rockport (1995) shows that it is great for those with bronchitis, chapped skin, depression, dry skin and laryngitis.

HAIR EXTENSION

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- * "U" Shape Glue



AIRLINK

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Vivien Wong
Sales & Marketing Manager
BANGKOK AIRWAYS

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tomorrow's sunrise

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GOOD NIGHT • SWEET DREAM



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 is also a Director of Airports Council International Asia-Pacific. He sits on the Boards of the international airports at Hyderabad and Istanbul (Sabiba Gokcen).

This month, Datuk Badlisham speaks about working with various state and regional tourism organisations in Malaysia.



AIRPORT MD SPEAKS

"Here's a surprising fact. Did you know that the International Air Transport Association (IATA), the trade association for the world's airlines, has courses in travel and tourism that provide skills and knowledge in areas such as developing travel-itineraries,

handling ground-transport, accommodation for tourists, and even food & beverage? Many people are really startled to discover this! What have any of these to do with commercial aviation, you may ask.

"Well, according to IATA, over 200 million people work in the travel and tourism industry worldwide. The United Nations World Tourism Organisation (UNWTO) states that international tourism arrivals in 2015 totaled more than 1,184 million people! And as an airport-leader, I can tell you that tourism is the major source of mass-travel by air, and that there is a powerful trifecta synergy when airports, airlines and tourism organisations work together for the good of the ordinary air-traveller.

"It is for this reason that Malaysia Airports is increasingly working with local state and regional tourism organisations to collectively help airlines that are flying into or planning to fly into Malaysia. Since 2011, for example, we worked with the Sarawak Tourism Board to secure the rights to host Routes Asia 2014 in Kuching; and to subsequently assist international airlines to commence flights into Malaysia's largest state. We have also worked on joint marketing with the Northern Corridor Economic Region (Koridor Utara), which encompasses 21 districts in northern Peninsular Malaysia in the states of Kedah, Perak, Perlis and Penang.

"But that's not all! Some of the initiatives currently being undertaken by Malaysia Airports include programmes to promote tourism into Sabah and Langkawi such as the Sabah International Tourism Promotional Fund (SITPF), the Langkawi Charter Flight Incentive Programme (LCFIP), and the Langkawi Incentive Programme (LIP). When airlines arrive, visitors increase, and so do opportunities for Malaysians to grow, prosper and succeed in related careers and businesses. The powerful trifecta of airports, airlines and tourism organisations is always an effective catalyst for a nation and its people.

"While Malaysia Airports works hard to promote tourism into Malaysia, may I take this opportunity to encourage readers of Airlink to plan vacations within our colourful and cosmopolitan country! From impressive international gateways to delightful little rural airports in scenic tourism destinations, we have 39 airports for you to choose from! You have easy and immediate access to some of the best domestic air-travel facilities in the region, and you should take full advantage of this to explore and enjoy the delightful undiscovered attractions of our fascinating country with its diverse destinations!"



SARAWAK TOURISM BOARD





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CHINA TO THE FOREFRONT

Malaysia Airports promotes its air-hubs at World Routes 2016



Airports all around the globe meet the airlines of the world once a year at a table-talk marketing event called the World Route Development Forum, or World Routes, for short. The host for this year's World Routes was Chengdu Shuangliu International Airport (CDIA), currently the largest air-traffic hub and cargo distribution centre in the central-western region of China with 170 domestic routes and a further 51 international and regional routes. It is ranked as the 4th biggest airport in China and among the top 30 busiest in the world.

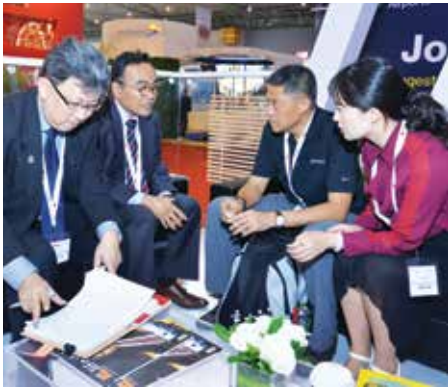
Chengdu itself is the provincial capital of Sichuan province, with a history stretching back some 2,000 years. In recent years, the city has become a major tourist destination which promotes some famous attractions, perhaps the most well-known being the internationally-renowned Panda Research Centre. It's promotion and development of the inbound travel industry has been so successful that Chengdu has been crowned The Best Tourism City of China.

With a population of over 13 million people, Chengdu is also the centre of finance, commerce, transportation, communication and science and technology for the central western part of China. When

the team from Malaysia Airports arrived in Chengdu, the city was bustling with activity. Three days of solid networking, scheduled meetings, and numerous informal connections gave the Malaysia Airports marketing team the opportunity to present the impressive facts and figures about Malaysia Airports and our five international gateways into Malaysia.

The Malaysia Airports Airline Marketing Division team was led by General Manager Mohamed Sallauddin Haji Mat Sah and included Manager Airline & Market Development Sarjanisham Darus, Manager Marketing Communication & Services Mohd Shaffreen Noorane; Senior Executive Marketing Communication & Services Mohd Faizal Md Haris; Executive Marketing





Research & Analysis Abdul Hazim Idris; Executive Airline & Market Development Azrul Izham Abdul Jamil; and Executive Business Intelligence Mohd Hyziera Daud.

They were accompanied by KL Airport Services Group Chief Executive Officer Mohd Rani Hisham Samsudin and Head of Commercial Support Woo Kam Weng. Also at the Malaysia Airports booth was Tourism Malaysia (Guangzhou) Marketing Executive Aurora Zhong plus Malaysian caterer based in Chengdu, Gourmet Malaysian Café, who provided piping hot satay for guests, complete with all the delicious accompaniments of peanut gravy, cucumber, onion and ketupat- rice.

The synergy between Tourism Malaysia and Malaysia Airports was reinforced by the attendance of Sharon Ho, Director of Tourism Malaysia Southern China, and Tai Zee How, Communication and Multimedia Officer on China Cultural Affairs to the Minister of Tourism and Culture Malaysia at the booth for a day. The spontaneous interaction and partnership resulted in a mutual appreciation by all

stakeholders of the value and effectiveness of the collaboration between Tourism Malaysia and Malaysia Airports to woo airlines and their passengers into Malaysia.

There was also a growing awareness by all concerned of the importance of this iconic event and the increasing regional competition, as evidenced by the strong marketing presence of new participants like Airports Of Thailand and the Myanmar's national airports operator, as well as event stalwarts like Changi Airport Singapore and teams from the airports of Cambodia, Vietnam, Indonesia and other Asean nations.

In total, the Malaysia Airports marketing team had more than 50 meetings with delegates from various aviation stakeholders, including current and potential airline-partners; several who are planning to commence flights into one or more of the five international airports in this country. The team was particularly encouraged by the number of new carriers expressing interest about Malaysia such as Qingdao Airlines, Shandong Airlines, Tibet Airlines and Colourful Guizhou Airlines.

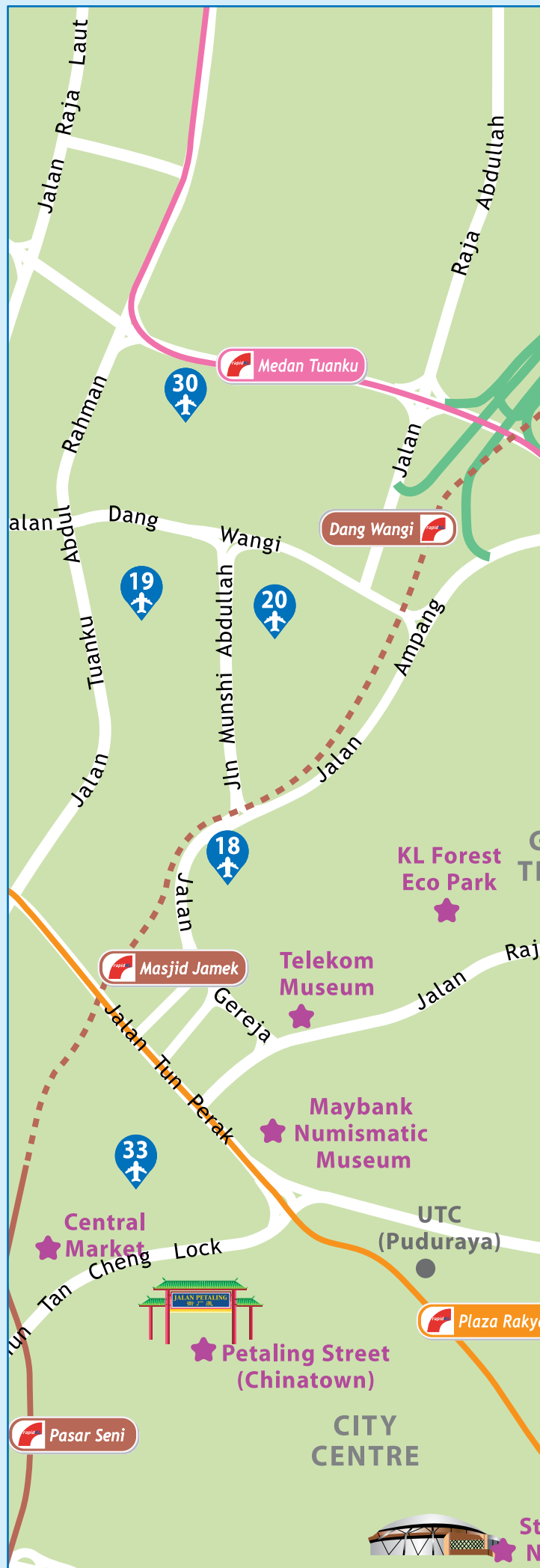
According to Mohamed Sallauddin, the 22nd World Route Development Forum provided the opportunity to make a lasting Malaysian impact on airline route-planners, and to showcase Klia and the Regional International Airports of Langkawi, Penang, Kuching and Kota Kinabalu. "As apparent from our close partnership with Tourism Malaysia, we are actually showcasing Malaysia to the world! Personally, while we received serious enquiries from airlines in various parts of the world, I was extremely encouraged by the number of emerging carriers especially from China who have set their eyes on Malaysia."

"I believe we effectively communicated the message that airlines have the best choice of a regional air-hub in Malaysia, the Heart of Asia – not just because of our strategic geographic location, but also for our pan-Asian multicultural infrastructure, as well as the excellent choice of five different airports and destinations that can cater to the requirements of practically every airline and its passengers!"

A Malaysia Airports concept for communication convenience !

1) Aeroflot • Lion Office Tower • 03-2141 4000	10	50) Hong Kong Airlines • UOA Centre • 03-2715 1155	24
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 • Central Plaza • 03-2148 8033	8	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 • Lion Office Tower • 03-2143 6033	10
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) Azerbaijan Airlines • Central Plaza • 03-2148 8033	8	76) Saudi Arabian Airlines • Megan Avenue II • 03-2166 7778	25
28) Bangkok Airways • Central Plaza • 03-2148 0829	8	77) Scandinavian Airlines • Megan Avenue II • 03-2162 6044	25
29) Biman Bangladesh Airlines • Menara Atlan • 03-2164 6270	26	78) Shaheen Air • Binjai 8 Premium Soho • 03-2181 5786	34
30) British Airways • The Intermark • 03-7712 4747	28	79) SilkAir • Menara Multi-Purpose • 03-2618 6333	20
31) Cathay Dragon • Menara IMC • 03-2035 2777	30	80) Singapore Airlines • Menara Multi-Purpose • 03-2618 6333	20
32) Cathay Pacific • Menara IMC • 03-2035 2777	22	81) Shanghai Airlines • Plaza OSK • 03-2161 1666	27
33) China Airlines • Amoda Building • 03-2142 7344	2	82) Shenzhen Airlines • Plaza OSK • 03-2166 1999	27
34) China Eastern Airlines • Plaza OSK • 03-2161 1666	27	83) South African Airways • Lion Office Tower • 03-2141 7456	10
35) China Southern Airlines • Plaza OSK • 03-2163 9977	27	84) SpiceJet • Wisma Paradise • 03-2070 6055	18
36) Egypt Air • Menara Keck Seng • 03-2145 6867	6	85) SriLankan Airlines • Menara Hap Seng • 03-2070 1979	16
37) Emirates Airlines • The Pavilion • 03-2058 5899	7	86) Swiss International Air Lines • Kenanga International • 03-2053 1898	15
38) Ethiopian Airlines • Central Plaza • 03-2141 2190	8	87) TAP Portugal • UOA Centre • 03-2715 2277	24
39) Etihad Airways • Menara Standard Chartered • 03-2687 2222	9	88) Thai Airways • Wisma Goldhill • 03-2034 6999	11
40) Etihad Regional • Menara Standard Chartered • 03-2687 2222	9	89) Turkish Airlines • Menara Prestige • 03-2163 0849	24
41) Eva Air • Kenanga International • 03-2162 2981	15	90) Turkmenistan Airlines • G Tower • 03-7728 1044	32
42) Finnair • Central Plaza • 03-2145 1155	8	91) Ukraine International Airlines • Central Plaza • 03-2148 8033	8
43) flyNiki • Menara Standard Chartered • 03-2687 2222	9	92) United Airlines • Lion Office Tower • 03-2161 1433	10
44) Galileo (GDS) • Menara Keck Seng • 03-2119 6000	6	93) U.S. Airways • UOA Centre • 03-2715 1122	24
45) Garuda Indonesia • The Intermark • 03-2162 2811	28	94) Uzbekistan Airways • Wisma UOA II • 03-2166 3439	24
46) Gulf Air • Central Plaza • 03-2141 2676	8	95) Vietnam Airlines • Menara Hap Seng • 03-2031 1555	16
47) Hahn Air • Central Plaza • 03-2148 8033	8	96) Xiamen Airlines • Plaza OSK • 03-2166 8222	27
48) Hawaiian Airlines • Lion Office Tower • 03-2143 1533	10	97) Yemen Airways • UOA Centre • 03-2164 3031	24
49) Heli Air Monaco • Lion Office Tower • 03-2141 4540	10		

MALAYSIA AIRPORTS HOLDINGS BERHAD (487092-W)
Marketing Division







ROYAL BRUNEI appoints Haji Azmi

Royal Brunei Airlines recently appointed Haji Noor Azmi Haji Jamaludin as Country Manager for Peninsular Malaysia. Having served in the national flag-carrier of Brunei for more than 22 years, Haji Azmi as he is popularly known in the industry; is very enthusiastic about the airline. He explains that Royal Brunei has achieved Top 10 ranking in the latest Skytrax's Most Loved Airlines 2016. This was based on customer-reviews in which 420 airlines were featured; across eight categories that included seat-comfort, onboard services, food & beverage, inflight entertainment, onboard wifi, airport services and value for money.

"To be listed among the Top 10 Most Loved in the business is an achievement the entire team at RB is extremely proud of. We would like to thank our customers for their continuous

support and recognition of the improvements we have made in our product offering and services", he said, quoting Karam Chand, Royal Brunei Airlines' CEO.

"At RB, we are always looking for ways to provide the best to our customers. We look forward to continuing to surprise and delight our customers and to feature amongst the best in the world" he added.

According to Haji Azmi, Royal Brunei is the best airline on which to travel to the fascinating tourism destination of Brunei itself. "Brunei is truly a tourism treasure! It is just an hour or so away from Kuala Lumpur – yet is a totally different world to experience! More Malaysians should be visiting this really enchanting kingdom – they won't regret it!"



He adds that Royal Brunei operates to 14 destinations in Southeast Asia, the Middle East, Europe, and Australia, and reiterates his emphatic conviction that there should be more tourists visiting the country on the national flag-carrier of the Nation of Brunei – Abode of Peace. Royal Brunei has double-daily flights from KLIA. For ticketing and reservations, please call **03-2070 7166**.

New Moves for AIR ASTANA



The national flag-carrier of Kazakhstan recently announced the appointment of C. Balachandran as Regional Manager (Asia Pacific). A familiar figure in the aviation circles of Malaysia, Brunei and Indonesia, Balachandran spent 25 years with Royal Brunei Airlines prior to taking up his present post.

With this appointment, Air Astana has moved its regional office to Kuala Lumpur; from where Balachandran will be responsible for Air Astana activities and operations in the ten Asean countries as well as Australia and New Zealand.

Air Astana commenced flying into Malaysia in October 2009 with a weekly flight. This was doubled to twice-weekly in Nov 2010, and with increasing demand, the frequency



was increased to the current three times weekly. Balachandran says that Air Astana has an extensive and convenient network across Central Asia that includes famous Silk Road destinations in Kazakhstan, Kyrgyzstan, Uzbekistan, Turkmenistan and Tajikistan. In total, the national flag-carrier of Kazakhstan connects over 64 destinations around the world, from Europe to the Far East. For ticketing and enquiries, please call **03-2144 1571**.



ERL unveils New Trains



Express Rail Link Sdn Bhd (ERL) unveiled its new train last month at its depot in Salak Tinggi. The new train, manufactured by CRRC Changchun Railway Vehicles Company Limited, is the first of six train-sets delivered. Collectively, they will increase ERL's total capacity by 50% when they start operating from March 2017.

The unveiling of the train was officiated by the Minister of Transport Dato' Sri Liow Tiong Lai. Also present were Deputy Minister of Transport Datuk Aziz Kaprawi, Executive Chairman of ERL Tan Sri Mohd Nadzmi Mohd Salleh and Vice President High Speed and Main Line of CRRC Changchun, Lou Yanjun.

Dato' Sri Liow in his speech said, "The purchase of these new train-sets by ERL is indirectly a reflection of the Government's overall strategic plan to transform public transportation in Malaysia. Under the Urban Public Transport National Key Results Area (NKRA), the Government is undertaking several wide-ranging initiatives to increase the public transport modal share in urban areas to 40% by 2030.

Dato' Sri Liow also said that ERL is a good example of the public-private partnership which plays an important role in contributing to Malaysia's economic development. He urged Government agencies such as the

Ministries of Transport and Finance, SPAD, UKAS and the Economic Planning Unit of the Prime Minister's Department to continue to enable private enterprises such as ERL to match the nation's growing technical expertise to the increasingly sophisticated needs of the people.

During the unveiling ceremony, Tan Sri Mohd Nadzmi in his speech said, "We expect more and more people will opt for public transport services to get them to work every day, and to reach the airport when they need to catch a flight. This train service also provides an efficient transportation system for those living and working in townships along the ERL corridor. The capacity-increase means less congestion, especially during peak hours, giving passengers a much more comfortable and enjoyable ride. The new train will also offer 15% more air-conditioning capacity, added handrails and better legroom for facing seats," he added.

ERL is the operator of KLIA Ekspres and KLIA Transit high-speed train services that connect Kuala Lumpur International Airport (KLIA & KLIA2) and the city. The non-stop journey on KLIA Ekspres between KL Sentral and KLIA takes only 28 minutes. Passengers can also take a 3-minute ride between KLIA2 and KLIA.





More Flights with EVA AIR

While celebrating its 25th year of operations, Malaysia's first Skytrax 5-star Taiwan airline Eva Air introduces additional flights for Malaysia travelers. General Manager Malaysia Branch Joe Huang explains that there will be a total of 11 flights per week flying to Taiwan from KLIA effective 28th Nov 2016.

The additional 4-times weekly flight will depart from Kuala Lumpur International Airport at 13:00hrs and land at Taoyuan International

Airport at 17:50hrs every Monday, Wednesday, Friday and Sunday. With this flight, travellers are not going to miss any of Taiwan's glittering night-life, especially the famous night markets!

On any of Eva Air's flights from KLIA to Taiwan, Malaysia travelers can connect seamlessly to numerous destinations in North America, including Chicago, Houston, New York, Los Angeles, San Francisco, Seattle,

Vancouver, and Toronto. Travelers may have only time for a few quick photo snaps at the airport as the convenient transit time could be as little as 50 minutes. And savvy air-travellers get world-renown Skytrax-rated 5-star service all the way!

"Skytrax's 5-Star Rating is a great honor and also a great responsibility. It is extremely gratifying that all of our hard work to keep quality service and safety as our top priorities is recognized", says Joe Huang. "At the same time, this prestigious rating reminds us that we must never lose sight of our commitment to being the best, and never falter in our quest to continually improve and innovate". For flight schedules and booking information, please visit www.evaair.com or call EVA Air at **03-2162 2981**.



The next generation hub is taking shape at KLIA, and it's taking aviation to unprecedented heights.

Rock Night with AOC!



The Airline Operators Committee KLIA held its Annual Gala Dinner at Sama-Sama Hotel KLIA last month. The theme of Rock Night was highlighted when heavy-metal biker fans roared into the venue on large motorcycles with their biker chicks – to serve the VIP guests their dinner. Talented AOC members' band Swing Bowl and the Sama-Sama Hotel's resident band Own

Style delivered outstanding music all night long, while performers presented colourful and exciting performances that got the audience quite worked up. A Lucky Draw kept the excitement high all throughout the night.

The Guest-Of-Honour for the night was Deputy Minister of Transport Datuk Abdul Aziz Kaprawi, while there were numerous guests from government departments like the Ministry of Transport, Customs, Immigration, Department of Civil

Aviation, and the Airport Health Department. Malaysia Airports was represented by a large group of senior management led by Managing Director Datuk Badlisham Ghazali and his wife.

Apart from Singapore AOC Chairman Cedric Clunies-Ross, there were also guests from IATA, Malaysian Aviation Council, Board of Airline Representatives and related aviation

organisations. The airline community was represented by leaders and top management from all three major Malaysian carriers : Malaysia Airlines, Malindo and the Air Asia Group, as well as Country Managers and teams from numerous international airlines, ground-handlers, and various service-providers.

According to current AOC Chairman Mokhtar Omar, the Airline Operators Committee KLIA consists of representatives from the 50-plus airlines that operate from Kuala Lumpur International Airport. The purpose of the AOC is to promote all the necessary actions required to improve the airport's operation, safeguarding the rights, the needs and the interests of the air transport's users and the Airline Operators in full respect of their individual independence. The AOC strives to provide opportunities for dialogue, education, advancement and improvement of all aspects of the airport operations through meetings, seminars, communications, publications, and any other programmes or activities.

THAI hosts Special Events



Thai Airways International General Manager Malaysia & Brunei Nivat Chantarachoti and the team at the Kuala Lumpur office recently hosted two separate events at the Majestic Hotel, Kuala Lumpur.

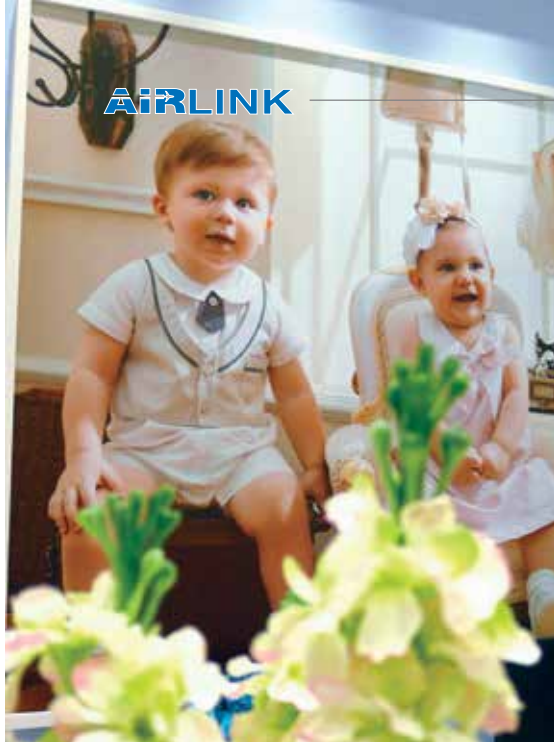
In the first event at the Orchid Conservatory Thai Airways International and MasterCard Asia/Pacific announced their partnership in Malaysia. Both companies jointly hosted afternoon tea for members of the travel trade to officially announce the tie-up between the two leading companies. "We are very proud and privileged to be partnered with such a prestige brand like MasterCard," said Nivat Chantarachoti. "We believe this tie-up will enhance convenience for our passengers as well as special airfares and packages exclusively for MasterCard holders".

His co-host for the event was Perry Ong,

Country Manager for MasterCard Malaysia. Also present were Brian Seow, Program Manager for Market Development of MasterCard Malaysia as well as Sharon Law and Peggy Loh from the Kuala Lumpur office of Thai Airways.

The second event was a lavish black-tie dinner for the Management of the airline's top agents at the Smoke House. Also present that evening was Kittiphong Sansomboon, Thai Airways' Regional Director for ASEAN, who flew in to personally welcome and thank the airline's trade-supporters. "I'm very delighted to meet and thank you all in person for your support and contribution you have given to THAI. We appreciate and will cherish this business relationship", he said, noting that since the arrival of Nivat Chantarachoti last May, the airlines' revenue has tripled from the total sales in Malaysia and Brunei, despite the slow economy and currency depreciation.

THAI is one of the pioneer international airlines to fly into Malaysia, with a strong market presence spanning nearly half-a-century. The national flag-carrier of Thailand connects Kuala Lumpur to Bangkok with a total of 14 weekly flights from KLIA. It is one of very few airlines to provide its Business Class passengers the privileges and elegance of its own deluxe Orchid Lounge at the airport. For more information on travel with the national flag-carrier of the Kingdom of Thailand, please contact **03-2034 6999** or log-on to www.thaiairways.com.my



Diminutive Dress Delights at TRUDY & TEDDY

A shop designed for babies, children and parents? Yes! Trudy & Teddy at Mitsui Outlet Park KLIA Sepang is definitely the place to shop for parents who fancy modern yet timeless apparel for their precious little ones. Trudy & Teddy have an exciting array of fashion apparel, accessories and shoes for infants and pre-school children.

Inspired by classic European style, Trudy & Teddy offer a range of top-quality baby-gear for all children from newborns to 5-year olds. According to the manufacturer, "A new elegant style in subtle shades is born. It is the everyday style that can be easily matched."

Lovingly created for babies and toddlers, Trudy & Teddy make it possible for every mother to proudly show off her pride and joy while enjoy creating moments to dress up her beloved baby. Trudy & Teddy have wonderful gifts to usher in the new-born child or delight the active toddler.



Proud parents, loving relatives and caring friends can shop at Trudy & Teddy and enjoy attractive savings of up to 70% throughout the year! Trudy & Teddy have exciting promotions, great discounts and savings on selected off-season merchandise – all year round! It doesn't matter whether you're a retailer purchasing by the bundle, or an individual shopper seeking superior quality with wonderful value – this is the place for diminutive dress delights!

Trudy & Teddy are located on the 1st floor, at Lot No.F46 of Mitsui Outlet Park KLIA Sepang. The store is specially designed to be spacious and safe for the babies and kids to move around while providing a memorable, happy and comfortable shopping experience for adults. Whether you're a value-watching Malaysian or a thrifty tourist looking for top quality, Trudy & Teddy is the place to go.



CHOCOLATE SAFARI opens @ klia2



Chocolate Safari @ KLIA2 is now open for business next to the International Departure gate. The latest airport chocolate-shop has thousands of choices in delicious chocolates, snacks and confectionary treats for the most discerning traveller. There are also popular varieties of local durian-flavoured delicacies which attract many travellers.

There is an eye-catching large huge cow right smack in front of the store. Children love this character as it is constantly shaking its head and tail while making loud mooing sounds. This is a favourite spot for families, children and the young-at-heart to take photographs.

According to Shereen Lau, Group Marketing Manager of Chocolate Sales

& Supplies, Chocolate Safari is designed to be exciting, colourful and absolutely inviting. The many well-known chocolate brands available include Ferrero, Hershey, Mars M&M, Nestle, Lindt, Loacker and Danson. She adds that Chocolate Safari carries an impressive array of the latest new varieties.

Step into Chocolate Safari and you will see rows and rows of both local and international chocolate selections. Shereen Lau describes it as "an avalanche of world-class chocolates and confectionary treats." Many shoppers make quick decisions to buy from Chocolate Safari because of the many irresistible offers and free gifts! The exclusive free gifts include quality cooler bags, powerbanks, watches, selfie sticks, sport bags, travel pillows, plush pandas and beautiful silk roses. There really is something for everybody!



“WORKING WITH THOSE I BELIEVE IN”

This committed lady reveals the secret of her professional excellence.



Interview with

Vivien Wong

Sales & Marketing Manager
BANGKOK AIRWAYS

“I have known her for many years. She worked in some of the biggest and best travel agencies before moving into the airline-side of the business, so she has a pretty good grasp of both sides of the coin”, comments a retired airline-manager. “Vivien may look quiet and bookish, but did you know that she has handled airlines from practically every corner of the world?” asks a travel-agent in Kuala Lumpur. “Even now, she is currently handling a very diverse portfolio of airlines for the GSA Company she works for.” Another tour-operator has a very different perspective: “Vivien Wong? Bangkok Airways lady! She is soft-spoken and quiet, but she can be very persistent and consistent in marketing that airline. If you ask me to describe her, I guess I’d say she is definitely hard-working”.

When approached, Vivien Wong herself is extremely embarrassed and self-effacing. When pressed for a response, she reluctantly agreed that both descriptions were true: she works for Aviareps Global Alliance Travel which is a General Sales Agency with a comprehensive portfolio of airlines, and she is currently focusing on Bangkok Airways in her role as the airline’s Sales & Marketing Manager for Malaysia. In fact, the mention of Asia’s Boutique Airline immediately made this reticent lady quite animated and enthusiastic.

“I believe I am really very fortunate in my job for two reasons. On one hand, my local bosses are really good people, and I learn a lot from them. Aviareps Global Alliance Travel combines the international standards of the global Aviareps brand and the familiar commitment and dedication of my former employer Global Alliance. I really enjoy

working here! On the other hand, Bangkok Airways is also a really great airline to work for! They are modern and global in professionalism and operations, yet very traditionally Thai in their human-relations, whether it is internally to colleagues or to external associates and customers. It is such a charming way of doing business and I really like their work-culture very much. In both cases the companies are led by people who can be trusted and relied upon.”

Bangkok Airways first began air transportation services in 1968 as the first private aviation company in Thailand. Initially, the airline provided charter services with a twin-engine 9-seater aeroplane. In 1986 Bangkok Airways became Thailand’s first privately-owned domestic airline; offering scheduled flights from Bangkok to Krabi, Korat, and Surin. From this modest beginning, Bangkok Airways is today an award-winning airline operating scheduled flights on over 20 different major routes both domestically and internationally. On its international network, this perky and attractive carrier connects to Myanmar, Laos, Cambodia, Malaysia, Singapore, India, Bangladesh and the Maldives.

Domestically, there is a very clear focus. As a leisure-based Boutique Airline, Bangkok Airways covers nearly all major resort destinations in Thailand. It has also become world-famous for introducing the unique concept of Resort-Themed Airports. It has been reported in global media such as Time Magazine that Bangkok Airways invested in building and maintaining its own privately-operated airports at Samui, Sukhothai, and Trat. Each airport has a distinct ethnic-styled resort-theme, with passengers being met with flowers and welcome-drinks before being ushered into modern airport-buildings that incorporate traditional open-sided local architecture and interior décor.

These innovative developments provide Thailand with more air-transportation hubs to facilitate increasing air-traffic volume, and they enhance the nation’s tourism-product at the same time. The attractive boutique lounges at these airports are similar to business-class style lounges offered by other airlines, but

the striking difference is that it is available to all passengers with no extra charge or hidden fees. Each lounge has a courtesy corner where passengers can treat themselves to free snacks and hot or cold drinks. Passengers can also enjoy free internet access from one of several computer booths while a kid’s corner located within the lounge area will satisfy the needs of young children.

Bangkok Airways’ boutique lounges have recently received new additions as the Blue Ribbon Club Lounges are now ready to serve premium passengers flying with Bangkok Airways’ new business class, Blue Ribbon Club; or with Boutique Premier Service; or for any passengers with FlyerBonus Premier Membership. The airline is also known for the vivid livery on its aircraft. At any airport, Bangkok Airways’ aircraft stand out with colorful liveries of the various exotic and cultural destinations they fly to, thus adding to the airline’s trendy boutique vacation image. “Our aircraft really look outstanding!” exclaims Vivien Wong.

Listening to the animation and intensity with which this mild-mannered Manager speaks about her employers and the airline she is handling, it becomes apparent that the reason for her enthusiasm is that, as she says, “I am really happy in my current position because I am working with those I believe in.”





LONG SANDY STRETCHES.
GLORIOUS LANGKAWI SUNSET.
HUNDREDS OF SPIRITS START
A NEW CHAPTER.

Langkawi spells enchantment. Make your travels legendary. Add your story to the many legends surrounding the 99 islands of Langkawi. Pristine blue waters, a bird's eye view of the lush surroundings accessible by cable car, island-hopping tours and treks to hidden waterfalls. Langkawi has all you need for a tranquil getaway.

But first, let us welcome you to the laidback charm of the Langkawi International Airport, served by 7 airlines with a total of 239 frequencies weekly.



Include Langkawi International Airport into your flight route and watch the influx of eager travelers. Contact our Airline Marketing Team at +603-2070 8606 or email marketing@malaysiaairports.com.my

KLAS ART AUCTION

MALAYSIAN MODERN & CONTEMPORARY ART



EDITION XXIV

AUCTION DAY: SUNDAY, 13 NOVEMBER 2016 • 1 PM • KLAS @ JALAN UTARA



YUSOF GHANI
Sini Tari, 1989
Mixed media on paper 53 x 72.5 cm
RM 8,000 - RM 12,000



RAFIEE GHANI
Le Jardin Series, 1993
Oil on canvas 45 x 59.5 cm
RM 4,000 - RM 7,000



NORMA ABBAS, PUAN SRI
Indian Woman V, 1989
Mixed media on paper 74.3 x 50.2 cm
RM 5,000 - RM 8,000



MOHD ZAIN IDRIS
Paddy Field, 1965
Oil on canvas 38.5 x 58.5 cm
RM 3,000 - RM 5,000



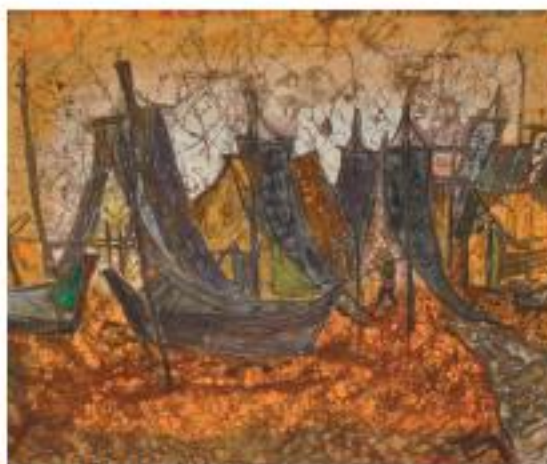
KHOO SUI HOE
Dancer II, 1993
Oil on canvas 80 x 80 cm
RM 10,000 - RM 18,000



LEE LONG LOOI
Night, 1984
Watercolour on paper 50 x 38 cm
RM 3,000 - RM 4,500



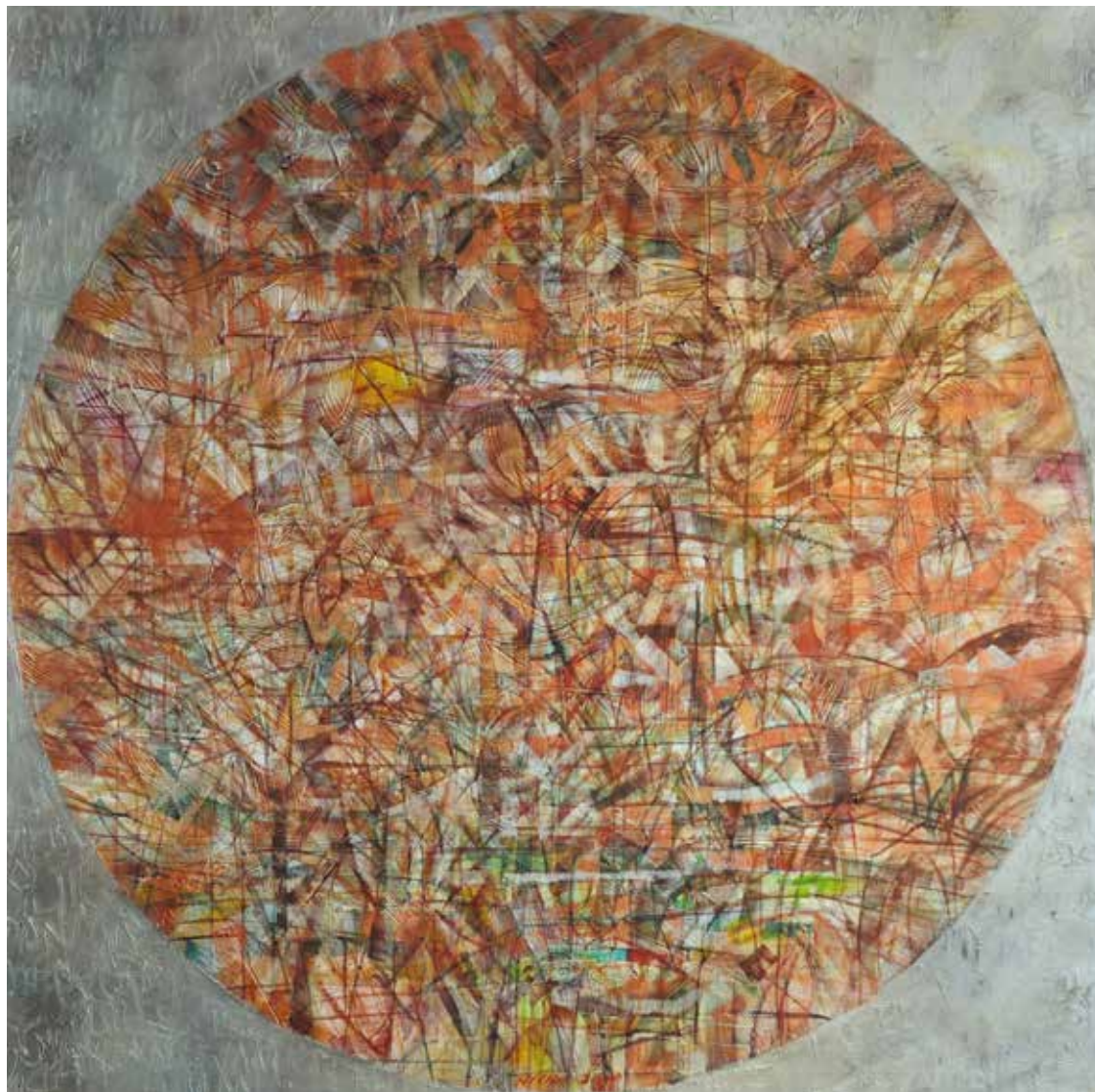
JOLLY KOH
Praying I
Mixed media on paper 37.5 x 55 cm
RM 2,500 - RM 5,000



CHUAH SIEW TENG
Village Boats, 1970
Batik 45.5 x 57 cm
RM 2,800 - RM 6,000



SHARIFAH FATIMAH, DATO'
Golden Earth 2, 1991
Acrylic and modelling paste 50 x 40 cm
RM 4,000 - RM 7,000



EDITION XIV, MARCH 22, 2015
Siri Dunia-Kota Perang #5, 2014
Acrylic on canvas 152 x 152 cm
SOLD - RM 22,400.00

NIZAR KAMAL ARIFFIN

From humble beginning to a Master of Abstract Art

BY HIRANMAYI AWLI MOHANAN

The wonder that is Nizar Kamal Ariffin was born on September 9, 1964 in Kuala Lipis Pahang. The induction of his painting began during his career with the Ministry of Culture and Youth and was then appointed as their Resident Artist at Taman Seni Budaya Pahang. Yearning to expand his knowledge, Nizar pursued his studies in Fine Arts and Graphic at Universiti Sains Malaysia in 1986. He only started painting seriously after graduating. In 1993, he moved to Kuala Lumpur to paint at the APS (Angkatan Pelukis SeMalaysia)

house, Central Market while freelancing mainly in graphic and print works. Nizar recognised his calling and plunged into the painting scene full time, eventually joining the Conlay Artists Colony at the Malaysia Craft Complex Malaysia in 1998.

Nizar had a passion and yearning for self-discovery that led him to a relentless search for truth and the meaning of life, which he translated beautifully into his paintings. His incredible zest for life resulted in his pioneer artwork, named 'Topeng' or Mask Series 1998, a prelude to his soul-

searching journey. The beauty that defines Nizar's artwork are the details that go into the conception of his paintings, such as the swift and agile movement of his hand and effortless strokes resembling a true master of martial art. Along with his high finished surface, he manages to portray refinement and responsiveness towards life.

Nizar's Mask Series revolved around the use of a square format, symbolising fairness and the use of round circles that reflects on the balance of life. The mask series though derived spiritually, does not have any relation



EDITION XXII, 4 SEPTEMBER 2016
Siri Dunia - Garis Lunak #6, 2016
Acrylic on canvas
120 x 240 cm (Diptych)
SOLD - RM 21,416.80

to religion, ritual or ethnic culture. Mask as a mask, is the artist's answer to his unending quest of Who, What, Why, When and How. Nizar's paradigm on the process of soul searching is not about unravelling the truth or untruth, but goes beyond that into a state of consciousness, ultimately leading to self-revelation. Unlike many artists, Nizar believes in using the most basic colours such as black, white, red and green to express his feelings on the canvas.

Nizar's current works play around the theme of landscapes of the mind and spirit. 'Pohon Beringin' or Tree of Life, his latest aesthetically pleasing work showcases the artist's skilful talent in using overlapping lines and juxtaposing shapes to create more interesting outcomes. There are two facets portrayed by Nizar's latest work, from afar and up-close. Standing a few steps back from Nizar's paintings allows you to see the bigger picture where shapes, forms and colours surface. At a closer distance, one can observe that his thick strokes and bold lines tell the tale of a hidden meaning. His paintings are both concealing and revealing, exhibiting the complexity of the intricate cluster of lines and brushstrokes, as well as what they ultimately form, and what meaning they camouflage. His brilliant and crafty technique of manipulating images and layering meaning on his canvas are sure to catch the viewer's eyes.

"Most of my works is to search the soul through the purest inner sense. Life is life, full of beauty, suffering and secrets. It is the inner beauty of time, space and mass." – Nizar, the Pondering Mask Man.



EDITION XXI, JUNE 26, 2016
Dalang Series "Dunia Berbisik Whispering World #14", 2015
Acrylic on canvas 122 x 122 cm
SOLD - RM 16,344.40

KLAS ART AUCTION RESULTS *Edition XXIII*

SUNDAY 23 OCTOBER 2016, LE MERIDIEN KUALA LUMPUR



IBRAHIM HUSSEIN, DATUK B. Kedah, 1936-2009
Jelly Fish, 1967
Oil on canvas 141.6 x 146.4 cm
SOLD AT RM 428,336.00

KLAS hosted its 23rd auction at Le Meridien Kuala Lumpur on October 23. It was the fifth auction of the 2016 calendar year and a total of 90 lots were on sale with 70 lots sold, garnering sales close to RM2 million.

The modern and contemporary art auction featured an array of Malaysian and Asian art masters from around the region. Art aficionados' eyes glimmered with excitement at the magnificent prospects awaiting them. The crowd turn-out was impressive, showing a vested interest in the variants of art KLAS offered.

It did not come as a surprise that the bids for Datuk Ibrahim Hussein's "Jelly Fish" were neck to neck, finally topping the sales at a whopping RM428,336.00, the most expensive piece sold at the KLAS Art Auction Edition XXIII.

The second biggest name in the local art scene, Abdul Latiff Mohidin's Mindscape Series "Mindscape-27" (1983) followed suit, sold for RM191,624.00. Jolly Koh's "The Red Dreaming" (2004) tailed closely, sold for RM110,465.60. Yusof Ghani's Segerak Series 'Foray' (2007) followed closely behind with RM90,176.00 while his "Siri Tari 1989" (1989) fetched RM73,268.00. Awang Damit Ahmad's Marista "Imajan Dari Pedalaman" (1997) sold for

RM76,649.60 while his Iraga "Duyung Patah" (2006), sold for RM51,851.20.

The biggest disappointing pieces were Drew Harris' Evoke Series #4 and #6 (2013), which unfortunately did not garner the attention of the art enthusiasts, resulting in its current availability for sale. Another brilliant artist whose work did not receive much interest at the auction was the late Ismail Mat Hussin. His piece, "Pantai Sabak Fishing Village" (2011) sold for merely RM33,816.00 at the opening price to a lucky bidder.

Fair prices were seen on Ismail Mat Hussin's "Tumpat" (1990s), sold for RM2,141.68 and his "East Coast Fishing Village" (1992) for only RM2028.96.

KLAS is in the midst of organising the next auction scheduled for November 13 which will be hosted at the KLAS Gallery @ Jalan Utara as it closes the auction season of 2106.

Art collectors and interested buyers are welcomed to visit KLAS @ 31 Jalan Utara, and its website at www.klifestyle.com.my for the 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.



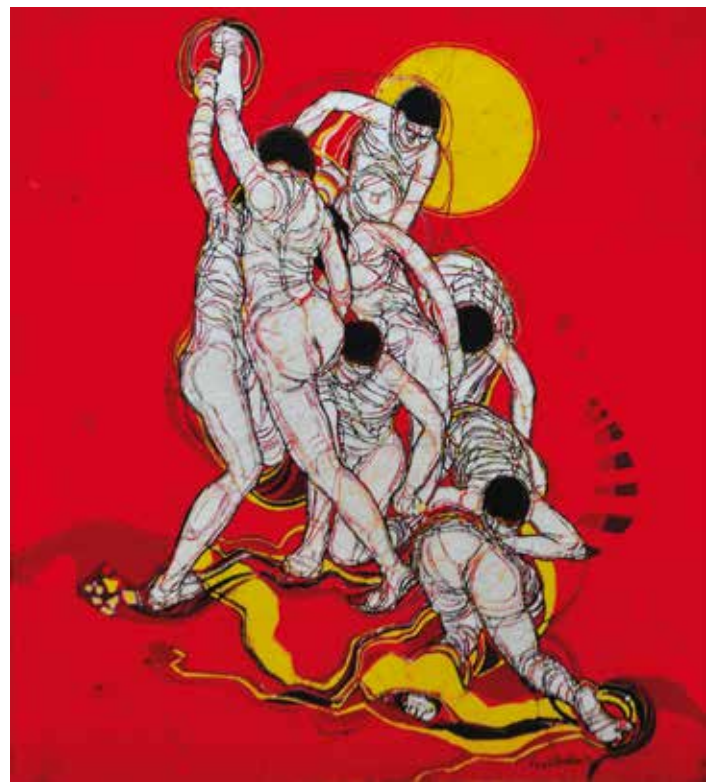
ABDUL LATIFF MOHIDIN B. N. Sembilan, 1941
Mindscape Series "Mindscape-27", 1983
Oil on canvas 89.5 x 90 cm
SOLD AT RM 191,624.00



JOLLY KOH B. Singapore, 1941
The Red Dreaming, 2004
Acrylic and oil on canvas 179 x 220 cm
SOLD AT RM 110,465.60



YUSOF GHANI B. Johor, 1950
Segerak Series "Foray", 2007
Oil on linen 128 x 95.8 cm
SOLD AT RM 90,176.00



KHALIL IBRAHIM B. Kelantan, 1934
Movement in Red, 1971
Batik 91 x 81 cm
SOLD AT RM 56,360.00



AWANG DAMIT AHMAD B. Sabah, 1956
Marista "Imajan Dari Pedalaman", 1997
Mixed media on canvas 136 x 120 cm
SOLD AT RM 76,649.60



IBRAHIM HUSSEIN, DATUK B. Kedah, 1936-2009
Mother and Child, 1964
Gouache on magazine page 33 x 25 cm
SOLD AT RM 67,632.00



YUSOF GHANI B. Johor, 1950
Siri Tari 1989, 1989
Mixed media on canvas 122 x 122 cm
SOLD AT RM 73,268.00



SHARIFAH FATIMAH SYED ZUBIR, DATO' B. Kedah, 1958
Pillars of Dawn, 1994
Acrylic on canvas 120 x 120 cm
SOLD AT RM 32,688.80



TAJUDDIN ISMAIL, DATO' B. N. Sembilan, 1949
Blue Landscape, 2003
Oil on canvas 153 x 137 cm
SOLD AT RM 29,307.20



YUSOFF ABDULLAH B. Kelantan, 1928-2006
Wayang Kulit, 1971
Batik 60 x 46 cm
SOLD AT RM 7,326.80

TEW NAI TONG B. Selangor, 1936-2013
She Likes Flowers, 2010
Oil on canvas 91 x 91 cm
SOLD AT RM 16,908.00



ONG KIM SENG B. Singapore, 1945
Old Bridge, 1990
Watercolour on paper 36 x 54 cm
SOLD AT RM 5,636.00



CHUAH SEOW KENG B. Kelantan, 1945
Orchids, 1973
Batik 57 x 43.5 cm
SOLD AT RM 5,974.16

Jacqueline Benita Paul speaks to

LARS KRUSE THOMSEN

Where are you from? Tell us about your hometown.

I was born and raised in Copenhagen, Denmark. Copenhagen is a charming city of one million people, and it is the capital of "the world's happiest country"; so happy that Denmark recently had its own feature with Oprah Winfrey. Copenhagen flourishes with art and great architecture and back in the days the city was one of the preferred music scenes for the great American jazz musicians. Copenhagen is also where it all began for the classic Danish furniture designers who have left an everlasting influence on us Danes.

Tell us a bit about your background.

Raised in a family where my father was a merchant sailor, I travelled the world on container and cargo ships a few months every year during my childhood. This left me with a great appetite for adventure and for cultures beyond the Danish sphere. After the odd years of studying I gained my Master's degree and worked as a marketer with large international companies in branded consumer goods, including beer and tobacco. The crave for adventure eventually took me out as an expatriate; first to Switzerland, then off to pre-EU Poland and the Baltic states. Eventually Malaysia became my destination and destiny, so I relocated together with my Polish-Swedish wife and three kids.

When did you come to Malaysia? What was your first impression?

I arrived at KLIA in October 2010, and I was flabbergasted! The ambience, the scents of great food from all over completely seduced me, the ease of communicating, as people were open, friendly and well English spoken. Not to mention the beauty beyond KL, especially the weekends of visiting several of the exotic islands.

How did you get into being a founder of Danish Loft Design?

My Danish partner and I founded Danish Loft Design Co. with Thailand as our first market some years back. We both have a passion for simplistic and aesthetic designs, which we grew up with, and we have both experienced the scarcity of getting proper Danish style furniture in South-East Asia. As we realised that the Danish simplicity works extremely well in balance with the more industrial "New York Loft style", we soon found a balancing point that integrated

the two design styles, creating a third. Hence, Danish Loft Design was born. The company has a grand showroom in Bangkok's Sukhumvit area, and recently, we opened our new showroom in Bangsar, KL.

How does Danish Loft Design fit into Malaysian homes?

The interior decoration in Malaysia traditionally calls for furniture that is very expressive in shape and colour. If one adds enough of this furniture in a room setting, one risks the interior becoming too "loud", and hence the individual furniture piece may drown.

To address this, Danish Loft Design builds on the principle that the core furniture set-up is a canvas: Simple design, subtle and functional. Once this foundation has been laid, you then add your accessory deco, to create the balance between loud and subtle, and to highlight selected single pieces of furniture that command attention in the room.

What is your favourite Malaysian holiday destination?

I am utterly in love with Perhentian Islands that I have visited on many occasions with friends and family the past six years. The islands are still relatively unspoilt and the recreational diving is amazing. Also, I have a thing for East Malaysia. I have spent a lot of time over the years in both Kota Kinabalu and Kuching and I keep coming back. Kuching is a great, quiet get-away and the food there is superb. In fact, Kuching is THE place to enjoy the laksa. KK is more lively, and it is an addictive combo of waterfront nightlife, great seafood and super recreational facilities in the TARP marine park.

Do you eat the local food here? Any favourites?

I certainly do. My favourites tend to be Indian and I also enjoy the occasional Beef Rendang and Nasi Lemak. Recently I have also taken a great liking for the Chinese Bak Kut Teh.

How is your interaction with the locals?

During our six years here my family has gained a number of local friends. We live in a community in Sungai Buloh with a representation of pretty much all nationalities. My kids go to international school, also with a widespread of cultures. Consequently, I don't pay a lot of attention to who is local and who is not. Like Malaysia itself, we are all a mix of cultures and influences.

What are the five things that an expatriate can take advantage of by living in Malaysia?

The smashing surroundings: KL is a great experience in itself; the more you dig in, the more you discover. On top of that, we have great nature surrounding us and fantastic islands.

The hub of South-East Asia: From KL we can go just about anywhere, smooth and at low cost. Make sure to make the best of this, be it tripping to Sri Lanka, a weekend in Bali or trekking in Thailand or Vietnam.

The cost of living: Most expats will find the cost of living here very agreeable, especially if their company takes care of the school fees.

The predictable weather: It's summer 365 days a year. I am sure this is like a Danish "cold rainy weather" remark. Many of us have spent a lifetime dreaming of perpetual summer where we don't have to spend half the morning getting the kids dressed for yet another arctic day...

The open business environment: With Malaysia being so multi-ethnic, the way of doing business is much more tolerant of foreigners than so many other countries in the region. There is no "one way"; it all boils down to mutual respect, and to making that right relationship.

Have you got any funny/interesting stories that have happened while you've been here?

Plenty! For example, here is an old one where I found myself at a restaurant in Kuching with a local business partner. He offered me a peculiar dish and I politely accepted. "Do you like it?", he asked. I concurred and I asked what it was. "Monkey's privates!" he said, laughing out loudly. As it turned out, the dish was "merely" a curry dish with some cooked white worms from a bamboo...

Your advice to people who would like to follow in your footsteps?

To many expat candidates, at a glance Malaysia may not be an obvious choice. However, pay good attention to Malaysia's benefits versus other countries' in the region. The "package" here tends to win due to the multi-cultural setting, the lack of language barrier and the general ease of living.

As for the entrepreneurial arena, the administrative system is relatively smooth, and setting up a business or a sister company is simple and with little hassle.



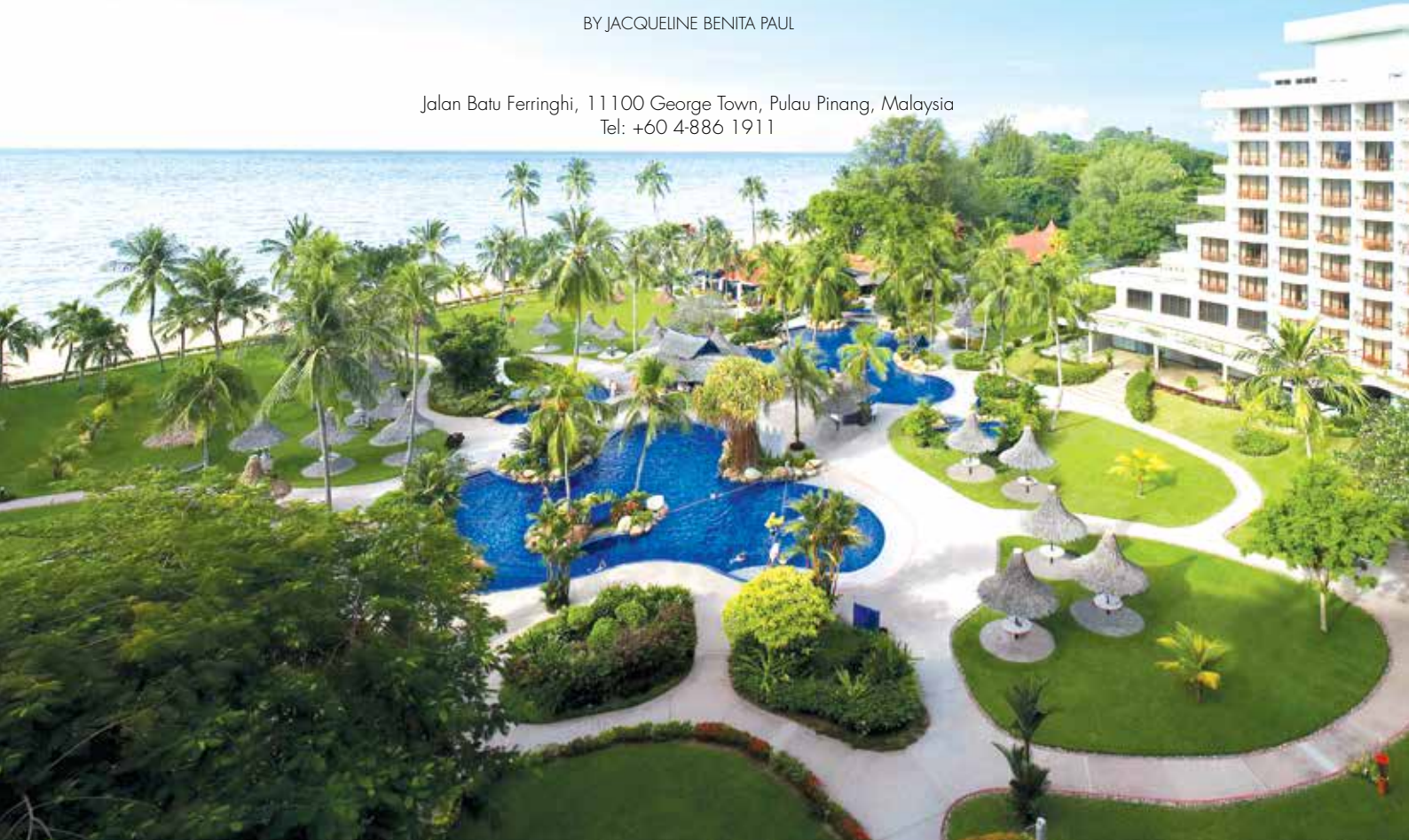
Danish Loft Design Co. designs and produces high-end solid urban furniture, balancing the international LOFT style with Danish design aesthetics and simplicity. See more at www.danishloftdesign.com or visit their showroom at 140, Limau Manis, Bangsar (by appointment, 019 611 8035).

GOLDEN SANDS RESORT

Penang's Premier Family Resort

BY JACQUELINE BENITA PAUL

Jalan Batu Ferringhi, 11100 George Town, Pulau Pinang, Malaysia
Tel: +60 4-886 1911



Someone once said "Fill your life with experiences, not things. Have stories to tell, not stuff to show". This piece of wisdom led us to stay at the Golden Sands Resort, Penang. Known for being Penang's premier family resort, this fine establishment presents its guests with the comfort of home and the pampering of warm Asian hospitality. Certain rooms come with a gorgeous view of the hills while some come with exclusive panoramic coastal and sea views but you can be rest assured that each room is furnished in a cheerful and contemporary style. If you have a family as big as the hit tv series "Full House", the Executive

Sea View Suites are exactly what you need. We were happy to indulge in the luxurious accommodation that includes a separate sitting room and a spacious bedroom with a king-sized bed. The view from the private wrap-around balcony will always be imprinted in our memories with its captivating sea view.

It would be an understatement to say that it was a relaxing holiday at the Golden Sands Resort. The premium facilities provided not only cater to adults but children too. Families can enjoy the indoor playground designed by UK specialist David Taylor of Taylor-Made Play Equipment Ltd, thus you can be

rest assured that the safety regulations are UK and Malaysia-compliant. We started our adrenaline rush in the Adventure zone from the Hypergilde Astra Drop to Double Drop and Demon Drop slides.

For the tots, the Toddler zone offers safe and fun modular play equipment that include padded corner climber, spinning disc, over and under hurdles, tumble tower, padded ramp, ball fountain, ball pool, swinging snakes, bish bads and a play kitchen. Nothing can compare to the smiles and laughter you hear from your beloved children having a great time.



Splash Zone



Executive Suite

Adding to a more challenging play module for older children, the second zone offers a pull-up ramp, roller pole, an x-changer, a padded corner climber, over and under hurdles, the horizon roller, ladder climber, zigzag climber, spinning pole and spinning step. If those don't exhaust the kids perhaps a horizontal squeeze roller, a firemen's pole, a v-net bridge, swinging steps, swing over nets,

tube crawl, tumble tower and slither chicane will definitely do the job.

The highlight of the whole experience was the all new Splash Zone that offered children more fun in the sun. Tucked between two big pools, the Splash Zone combines the sensation of water movements and interactive play elements in a safe "zero depths" water play

area. The safety consideration includes the installation of non-slip flooring that is constructed on a concrete slab with twisting roots fitted with water jets and mists shooting out in different patterns and directions. Children can have their pick of whimsical sculptures, water slides with a landing pool, tipping water bucket and cones, water sprays in the shape of dolphins, butterflies, turtles, monkeys and squirrels. The existing outdoor whirlpool was resigned and is now surrounded with rocks and a water feature to stimulate the ambiance of a natural oasis in the garden.

For its corporate guests, Golden Sands Resort is a prime location with its beachside setting, state-of-the-art facilities and attentive professional services. Spice up any corporate occasion with water sports, an excursion to Penang National Park, jungle trekking, paint ball competitions, sightseeing and golfing at the resort's Par 3 Pitch and Putt Golf Course. Clearly, there is something for everyone at Golden Sands Resort and it is truly an experience that will make for an interesting and enviable journal entry.



GRID 9

A Flashpackers' Joint

BY HIRANMAYII AWLI MOHANAN





Being a KL girl, I am ashamed to say that I was unaware of the establishment called Grid 9. Located in the epicentre of KL city, this 2014 Travelers' Choice Award winner is merely 10 minutes away from Chinatown and it is conveniently located near a Monorail station for rapid and easy access to the Golden Triangle. The targeted clientele that Grid 9 aims to receive are flash-packers who are looking to paint the town red. What is flashpacking or flashpackers, you ask? Flashpacking is backpacking for the 21st century. It's no longer about a few clothes, hitch-hiking or hoping you have enough money for the day. The flashpacker carries the backpacking ethos but wants to do it with a little more style and a lot more technology.

Don't let the minimalistic exterior of this hotel fool you. Grid 9 is an all-rounded entertainment hub designed to keep you entertained at all hours of the day. The three young gentlemen who came up with this innovative concept had a specific vision in mind, guided by three main factors: value-for-money stay, young and vibrant feel and location.

Speaking of the location, it is imperative to find the right spot to move around in this colossal city of Kuala Lumpur, especially if you are looking to let your hair down. Conveniently situated near the Monorail station, guests can disembark a couple of stations away to Changkat Bukit Bintang where Kuala Lumpur comes to life when the sun sets.

The highlight that defined my Grid 9 experience has to be Grid 9 Lounge. The Lounge exudes youth, fun and entertainment. From the Ipads to the pool table and the Doof bags, they just blew our minds. We felt as if we were in Disneyland. We made great use of the pool table, challenged other guests to join us whilst socialising. The notion of installing the Doof bags gave us the feeling of being at home, accompanied by a 55" LED TV and a surround system that gives you an unforgettable cinematic experience. We felt so comfortable that it was a challenge to leave. After all that fun, we naturally developed a hunger pang and longed for food. Thankfully, Grid 9 offers a gastropub (a pub that specialises in serving food). Food accompanied by libations, do I even need to go on? You can find all the entertainment you need in one place, all without having to leave the building.

There are seven variants of rooms offered by Grid 9, catered for the lone rangers to those within a big group. We stayed in a room named 'The DTXR Crib', named after the originators friend's initials. We welcomed the minimalistic interior of our room with open arms because sometimes, less is more. More often than not, the quality of the mattress used by hotels plays a significant role in ensuring one's sweet-laded dreams. Grid 9 understood its significance and took the liberty to form a partnership with Dunlopillo to define your sleep experience, promising that you would sleep soundly through the night.

9 Jalan Maharajalela, 50150 Kuala Lumpur
Tel: +603 9226 2629



Special appearance by our Prime Minister Datuk Seri Najib Tun Razak, Malaysian Olympians and Paralympians at the 2016 Formula 1 PETRONAS Malaysia Grand Prix.

FORMULA 1 POST-EVENT

SOARING TO AN END

BY HIRANMAYIL AWLI MOHANAN

The 2016 Formula 1 PETRONAS Malaysia Grand Prix concluded on a high yesterday, as fans at the circuit and around the world got to witness an adrenaline-pumping race with the Mercedes AMG PETRONAS and Red Bull Racing teams battling it out at the circuit in Sepang. Fans also enjoyed a range of activities for all ages organised by Sepang International Circuit (SIC) in line with its Experience Redefined theme and took the opportunity to shop for attractive merchandise. The soaring weekend concluded with fans, including our very own Prime Minister Datuk Seri Najib Tun Razak, enjoying the After-Race Concert headlined by Usher.

Datuk Razlan Razali, chief executive officer of SIC, said at the closing of the F1 Grand Prix, "First of all, congratulations to Daniel

Ricciardo and the Red Bull Racing team for their win in the 2016 Formula 1 PETRONAS Malaysia Grand Prix. Fans in Sepang got to see an amazing race this year, and the drivers really made the best of the resurfaced and upgraded track. It was great to also see the fans having so much fun at the After-Race Concert. On behalf of SIC, I would like to thank our sponsors and partners, as well as the vendors and fans for their continuous support and enthusiasm for the F1."

Malaysian racers Nabil Jeffri in GP2 and Akash Neil Nandy in GP3 received roaring cheers, as they tried to use home circuit advantage to achieve admirable results. Meanwhile, off the track, fan favourites included the F1 Village & Fan Zone, Public Pit Lane Walk, Drivers' Autograph Session, Drivers' Fan Forum and the XTrack Experience.



Usher performing at the AfterRace Concert.

SIC also used the event as a platform for a good cause, by providing an opportunity for The Ten Ringgit Club to create awareness on its cause and also to display the Penan weave-ware during the race weekend. The non-profit organisation, formed to improve the educational opportunities of marginalised children in northern Sarawak, also helps generate income for the Penan villagers by offering their weave-ware for sale. Visitors had the opportunity to purchase colourful woven items such as purses, baskets and handbags, with prices ranging from RM20 to RM150. The public was also able to contribute to The Ten Ringgit Club by pledging any amount over RM10 to help fund the education of the marginalised children. The Ten Ringgit Club will also be setting up its booth at the upcoming Shell Malaysia Motorcycle Grand Prix 2016. With all the festivities and concert, the Formula 1 Petronas Malaysia Grand Prix came to a soaring end.



Fans from all around the world watching the race at Sepang International Circuit





BRITAIN SET TO AMAZE AND ENGAGE WITH A SERIES OF GREAT EVENTS IN MALAYSIA

EVENTS WITH EDUCATION THEME AUGURS WELL WITH UK'S EDUCATION IS GREAT CAMPAIGN

Britain is set to amaze and engage with a series of events in Malaysia at Avenue K Mall in Kuala Lumpur. The exciting line up kicks off with a flypast over the Petronas Twin Towers by the British Royal Air Force aerobatic team The Red Arrows, and ends with two international conference events, namely BETT Asia Leadership Summit & Expo and Wilton Park Education Dialogue in Kuala Lumpur.

There will also be The GREAT Britain Festival which will see a host of activities in Avenue K Mall in

Kuala Lumpur, including the #MYUKedu British Alumni Pop-up Night Club featuring British celebrity DJ Goldierocks, a UK Education Fair and a David Bowie tribute performance by Paul Roberts as the legendary British musician.

The events are organised by the British High Commission Kuala Lumpur in collaboration with the UK Department for International Trade, British Council, Avenue K and Homme Productions among others.

THE ALL-NEW CHEVROLET COLORADO : NOW OPEN FOR BOOKING IN MALAYSIA



The All-New Colorado is the latest model in Chevrolet's great truck lineage. The second-generation facelifted Chevrolet Colorado first made its preview debut early September, this year at the Chevrolet display area in Naza Automall during the recent Naza Merdeka AutoFair 2016. Staying true to its tagline 'More Than Just A Truck', this premium American 4-door truck projects tough and capable features, built for those who seek adventure and adrenaline challenges. With superb engine performance, excellent handling and serious off-road capability, the All-New Colorado indeed is ready to conquer every terrain with you whilst maintaining its refined design of tough yet sophisticated appearance, making it an ideal truck for work and play. Colour schemes range from Summit White, Black Meet Kettle, Switchblade Silver to the two new colour additions namely the striking Pull Me Over Red and the more subtle Blue Mountain.

TOUGH AND REFINED DESIGN

The All-New Colorado's look is none other than mighty tough. In addition to its new exterior design, the truck's appearance is now more refined than ever with more angular lines and strong proportions – a nod to its American truck DNA. The most obvious exterior enhancement would be the new LED Daytime Running Auto Headlamps with Follow Me Home System. These new headlamps are also equipped with an enhanced passive safety feature – a delay function which keeps the headlamps on for a scheduled preferred time even after the ignition is turned off.

DRIVING PERFORMANCE

The All-New Colorado comes in 3 different engine variants. Depending on the variants, the All-New Colorado gets both automatic and manual 6-speed transmission, which has been tuned to offer better performance, improved fuel economy and lower emissions.

COMFORTABLE RIDE AND PLEASURABLE DRIVING EXPERIENCE

Beyond its outstanding performance, The All-New Colorado offers convenience and advantages making driving and

travelling a pleasurable experience. The Remote Engine Start function is available to the Colorado and is the first pickup truck in its segment to have this feature. The remote-start system is especially useful in Malaysia with its hot and humid weather when the engine can be started using the key fob, allowing the cabin to be cooled sufficiently before occupants get into the vehicle. The said remote key also comes with an immobilizer system that safeguards your vehicle and the vehicle remains locked when remote engine start is activated. Other features that raise the comfort level of The All-New Colorado is Comfort Closing Windows. When the vehicle is opened or locked, the front windows automatically drop a fraction to facilitate door closing by reducing noise and shut softly. Parking is now made easier with the Front and Rear Park Assist.

UNPARALLELED CONNECTIVITY

The makers of the American pickup truck understand the importance of staying connected through technology. Knowing that connectivity is critical to today's driver, The All-New Colorado is the first in its segment to come with Apple CarPlay™ applications with Siri Eyes Free feature. The Apple CarPlay™ allows intelligent functions such as phone screen mirroring; drivers may now able to project a simplified version of their smartphone screen onto the truck's infotainment system colour touchscreen. Complemented by Siri Eyes Free and voice recognition software, allowing drivers to give verbal commands ensuring their hands never have to leave the steering wheel for a safer journey. This system also enables the new Colorado to support the driver's lifestyle.

ADVANCED ACTIVE AND PASSIVE SAFETY

The All-New Chevrolet Colorado is awarded with ANCAP and ASEAN NCAP 5 star rating, thus making it one of the safest pickup trucks in the industry. With a wide range of new active safety features, this highly advance pickup truck introduces Lane Departure Warning (LDW) where it helps in alerting drivers when unintentionally drifting out of their lane without a turn signal at a given speed.








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THRIVEN



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



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Bandar Hilir, 75000 Malacca



WONDERMAMA
S131, 2nd Floor,
1 Utama Shopping Centre,
47800 Petaling Jaya, Selangor

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

FASHION DESIGNER + MAKEUP ARTIST

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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 Cuizine

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.hotelistana.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 •  S 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-RM5,825 • 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 8988 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.alphageneshotel.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 Malaysia

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

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
 unified 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

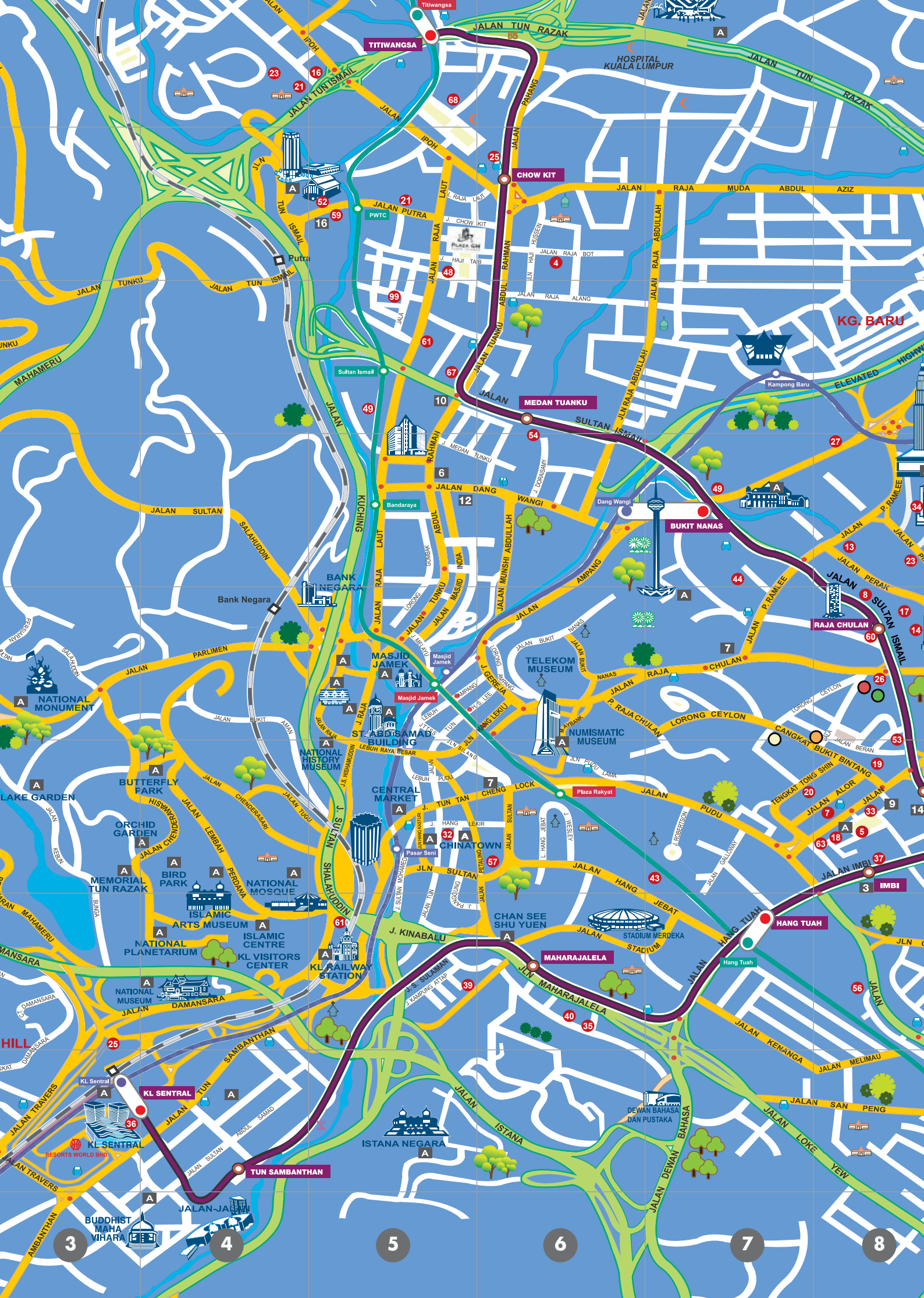


KL Lifestyle Art Space

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

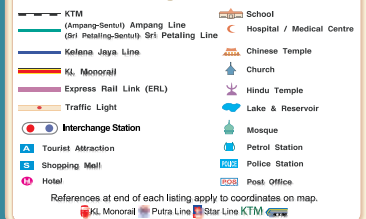


- | | | |
|---|--|---|
| 1 Agora Hotel
Tel: 2142 8133 F8 | 25 Hilton KL
Tel: 2264 2264 G3 | 48 Quality Hotel
Tel: 2693 9233 C5 |
| 2 Alpha Genesis Hotel
Tel: 2142 6868 F7 | 26 Hotel Istana
Tel: 2141 9988 E8 | 49 Renaissance Kuala Lumpur Hotel
Tel: 2162 2233 D7 |
| 3 Berjaya Times Square Hotel & Convention 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



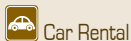
Domestic Airlines

- **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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KLAS CELEBRATES 5 ASTOUNDING YEARS

ABDUL LATIFF MOHIDIN Siri Pago-Pago, 1963 Oil on canvas 87 x 78 cm
PRIVATE COLLECTION OF DATUK GARY THANASAN
 (Formerly in the Private Collection of Datuk Syed Ahmad Jamal)

SAVE THE DATE



KLAS ART AUCTION MALAYSIAN MODERN & CONTEMPORARY ART

2016 YEAR END SALE

AUCTION DAY
SUNDAY, 13 NOVEMBER 2016
1.00 PM
KLAS @ JALAN UTARA

AWANG DAMIT AHMAD E.O.C "6/86", 1988
 Mixed media on canvas 98 x 87 cm **RM 25,000 - RM 55,000**

For enquiries, please contact: **LYDIA TEOH** +60192609668 **SHAMILA** +60193337668 info@mediate.com.my



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 T: +603 7932 0668 F: +603 7955 0168
www.kl-lifestyle.com.my