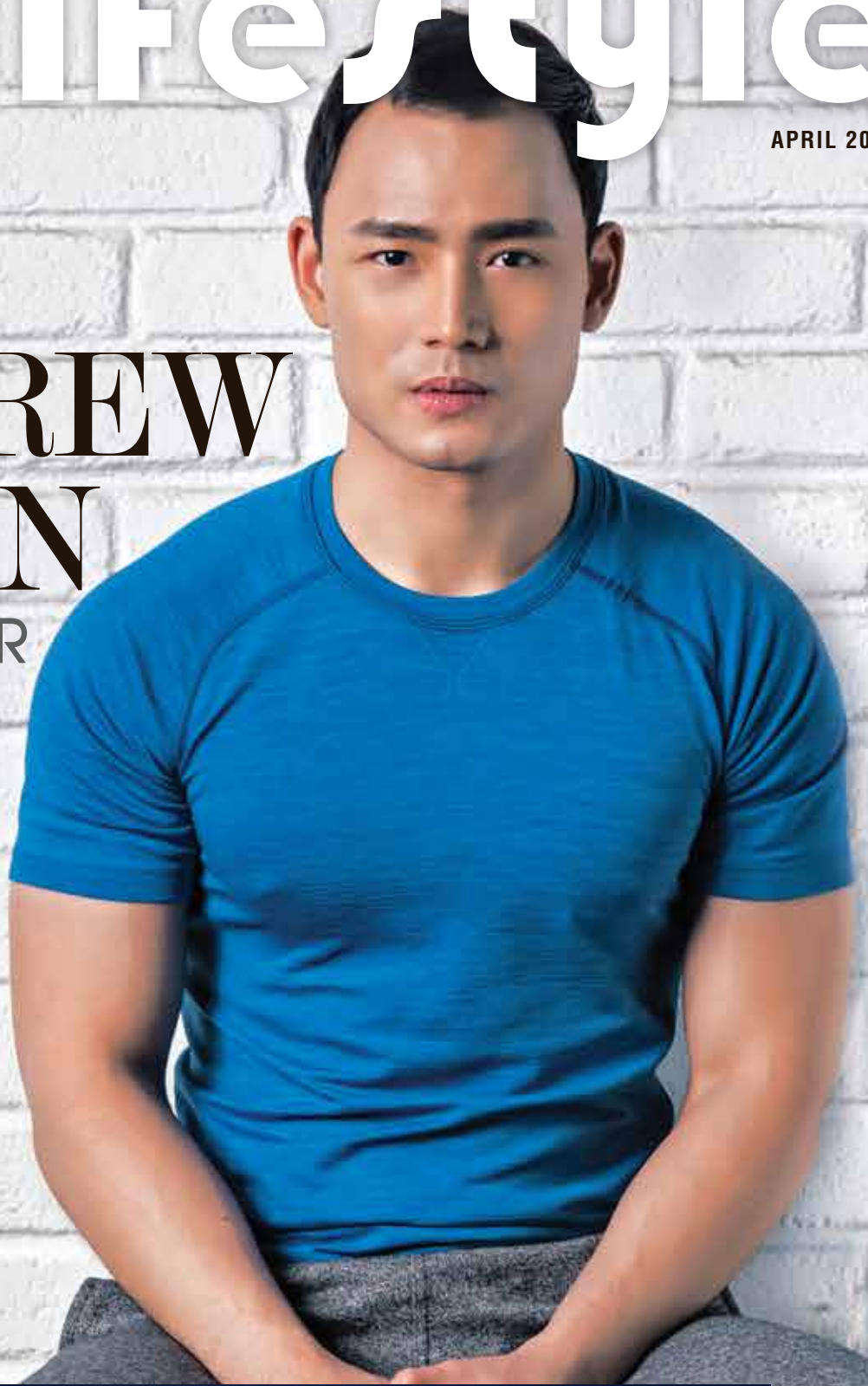


KL lifestyle

APRIL 2017

ANDREW KWAN

A MUSCULAR
MILLENNIAL



PURETECH

THE NEW FUEL EFFICIENCY
LEADERS HAVE ARRIVED



THE NEW 2008 SUV PURETECH
#MASTERTHEELEMENTS



THE NEW 208 PURETECH
#AWAKENYOURENERGY



THE FUEL EFFICIENCY LEADERS HAVE ARRIVED



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MASTER THE ELEMENTS



NEW 208 **PURETECH**
AWAKEN YOUR ENERGY

THE **PURETECH** ADVANTAGE



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of power for dynamic
driving performance



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of peak torque for
class-leading performance



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low engine speeds



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90 Oasia Hotel Downtown

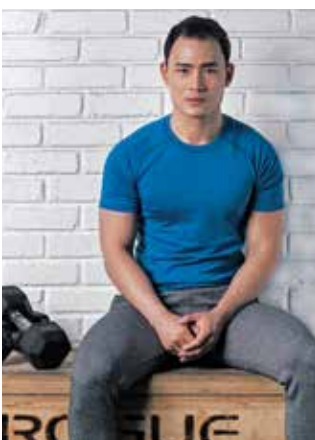
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ON THE COVER



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CALENDAR

APRIL 2017

SUNDAY

30

PERLIS MARATHON 2017
APR 30
@ TUANKU SYED PUTRA SPORTS COMPLEX, PERLIS

VIPER CHALLENGE 2017 SERIES
APR 30
@ ISKANDAR JOHOR



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MAGICAL MUSICALS WITH KLPAC OCHESTRA
APR 7 - 9
@ PENTAS 1, KLPAC

AN EVENING WITH BRIAN MCKNIGHT
APR 9
@ MANDARIN ORIENTAL KUALA LUMPUR

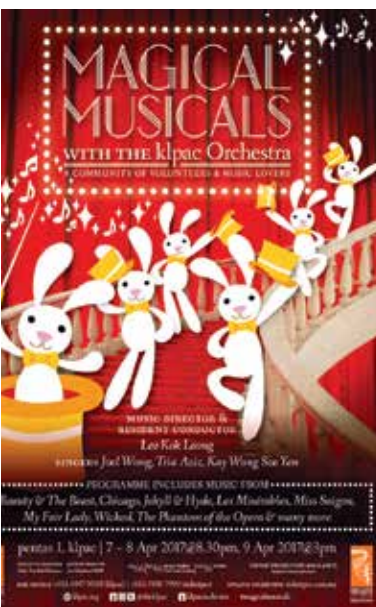


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GFNY MALAYSIA
APR 23
@ EXTREME PARK, TAMBUN IPOH, PERAK

URBANSAPES 2017
APR 23 - MAY 8
@ MULTIPLE AREAS IN KUALA LUMPUR

MONDAY



TUESDAY



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IPOH CYCLE FEST 2017
APR 23 - 30
@ BULATAN AMAN JAYA

WEDNESDAY



THURSDAY

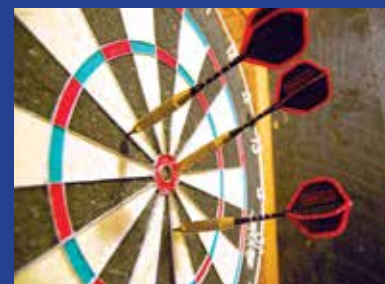


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HOME LOVE 2017
APR 6 - 9
@ PWTC, KUALA LUMPUR

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ECOBUILD SOUTHEAST ASIA 2017
APR 12 - 14
@ KUALA LUMPUR CONVENTION CENTRE, KUALA LUMPUR



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SHAKESPEARE DEMYSTIFIED: MACBETH
APR 27
@ PENANGPAC

FRIDAY



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WORLD HEALTH DAY
APR 7

FIFTH HARMONY 'THE 7/27 TOUR' LIVE IN MALAYSIA 2017
APR 7 @ SURF BEACH, SUNWAY LAGOON



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ONE MAN STAR WARS TRILOGY
APR 21
@ HGH CONVENTION CENTRE, KUALA LUMPUR

REGATTA LEPA SEMPORNA
APR 21 - 23
@ SEMPORNA TOWN, SABAH



SATURDAY

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KALIMARAN FESTIVAL
APRIL 1 - 30
@ MURUT CULTURAL CENTRE, TENOM, SABAH



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NASI AMBENG FESTIVAL
APR 15 - 16
@ HOMESTAY BAGHURIS, SELANGOR



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TRADITIONAL ARTS SHOWCASE
APR 28 - 29
@ KUALA LUMPUR

MYVAISAKHI FEST
APR 29

HOMEDec KUALA LUMPUR
APR 29 - MAY 1ST
@ KUALA LUMPUR CONVENTION CENTRE



KALIMARAN FESTIVAL
APR 1 – 30
@ MURUT CULTURAL
CENTRE, TENOM, SABAH

The Kalimaran Festival is a celebration of the arts and customs of the Murut people – one of the largest ethnic groups in Sabah.

Email : bobbey.suan@sabah.gov.my



WORLD HEALTH DAY
APR 7

The theme of World Health Day 2017 is Depression



**MAGICAL
MUSICALS WITH
THE KLPAC
OCHESTRA**
APR 7-9
@ PENTAS 1, KUALA
LUMPUR PERFORMING
ARTS CENTRE (KLPAC)

Music lovers, make a date with the klpac orchestra as it pays tribute to some of the most well-known and well-loved musicals that have entertained audiences around the world time and again. From the dramatic and iconic tunes of Les Misérables and The Phantom of the Opera to the family-friendly soundtrack of Beauty and the Beast, Magical Musicals promises to be a smashing season opener for the klpac Orchestra.

Program includes:
Beauty And The Beast, Chicago, Jekyll and Hyde, Les Misérables, Miss Saigon, My Fair Lady, The Man of La Mancha, The Phantom of the Opera and many more.
Music director and resident conductor: Lee Kok Leong
Singers: Joel Wong, Tria Aziz, Kay Wong Sze Yen

Tickets: RM36-RM66



**FIFTH HARMONY
'THE 7/27 TOUR' LIVE IN
MALAYSIA 2017**
APR 7
@ SURF BEACH, SUNWAY
LAGOON

From the stage of The X Factor to opening for Cher Lloyd, Demi Lovato and Austin Mahone to headlining tours all around the world, the beautiful and incredibly talented girl group Fifth Harmony will be touring South-East Asia for the very first time.

After leaving The X Factor, Fifth Harmony has gained rapid success with their debut single "Miss Movin' On", which was certified gold by the Recording Industry Association of America (RIAA). Its music video won the group the MTV Video Music Award for Artist to Watch. Their debut extended play (EP), "Better Together" (2013), had a first-week position of number six on the US Billboard 200. The group released their debut studio album Reflection in 2015, debuting at number five on the Billboard 200 and receiving a gold certification from the RIAA. The album includes the platinum singles "Boss", "Sledgehammer" and "Worth It". The latter achieved triple platinum certification in the United States and reached the top ten in 13 countries. "Work from Home", the lead single from their second album 7/27 (2016), became the group's first top ten single on the US Billboard Hot 100 and the first top five by a girl group in a decade on that chart.

Tickets: RM154-RM454



LADYSMITH BLACK MAMBAZO
APR 10
@ DEWAN FILHARMONIK PETRONAS

World music will be heard in the acoustic hall when multi Grammy Award winner South African a-cappella vocal group Ladysmith Black Mambazo presents a one-night-only showcase. The group has performed with renowned artists such as Dolly Parton, Stevie Wonder and Josh Groban.

Tickets: RM150-RM380
Tel: 03-23317007
Email: boxoffice@dfp.com.my



FAMILY-THEMED CONCERT, 'THE BEAR'
APR 22 3:00PM
APR 23 2:30PM & 4:30PM

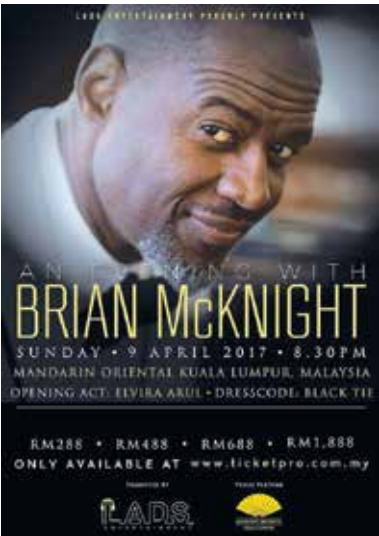
Resident Conductor Harish Shankar returns to the podium to helm the MPO in family-themed concerts, 'The Bear'.

Tickets: RM50-RM130
Tel: 03-23317007
Email: boxoffice@dfp.com.my

**AN EVENING WITH BRIAN
MCKNIGHT**
APR 9
@ MANDARIN ORIENTAL
KUALA LUMPUR

American R&B crooner Brian McKnight is making appearance in Malaysia once again, after turning heads in May 2014. Presented by LADS Entertainment and LADS International Inc, this famed music icon will be performing at Mandarin Oriental Hotel on April 9. If you are a fan of 1990s R&B, then McKnight is the man to tune to especially for the slow jams and laid back party starters. Malaysian artiste, Elvira Arul will be doing the opening act for McKnight's performance. Elvira is a local singer who landed the role-of-a-lifetime with Effie White in the Asian production of Dreamgirls at the Malaysian National Theatre in 2011.

Tickets: RM288 - RM1,888



09



NASI AMBENG FESTIVAL
APR 15 - 16 @ HOMESTAY BAGHURIS,
SELANGOR

Visitors will be able to experience the traditional way of enjoying 'Nasi Ambeng', a specialty of Selangor. This festival also promotes the Sepang district and Banghurus Homestay.

www.jkkn.gov.my



REGATTA LEPA SEMPORNA
APR 21 - 23
@ SEMPORNA TOWN, SABAH

This regatta pays homage to the lepa, a traditional single-mast sailing boat of the Bajau community of Semporna.

www.sabah.gov.my/pd.sprn

ONE MAN STAR WARS TRILOGY
APR 21 @ HGH CONVENTION CENTRE,
KUALA LUMPUR

Long long time ago in a far far away galaxy, a true Star Wars geek who had secretly been watching all of the shows for the 400th time decided to join in the force. Armed with a light sabre on his wit, Charles Ross wrote and played his hilarious creation of "One-Man Star Wars Trilogy Show", officially endorsed by Lucasfilm and approved by George Lucas himself. Ross single-handedly plays all the characters with spot-on voice impressions, sings the music, flies the ships, fights the battles and condenses the plots of the three films into one hilarious 75-minute production!

Tickets: RM100-RM298



GFNY MALAYSIA
APR 23
@ EXTREME PARK, TAMBUN IPOH, PERAK

Gran Fondo New York (GFNY), a global cycling marathon series expands its portfolio to Malaysia for the first time ever. With a total of 14 races next year, GFNY Malaysia has been announced as the fifth GFNY race in 2017, after GFNY Mexico City on March 26.

www.gfny.com



IPOH CYCLE FEST 2017
APR 23 - 30 @ BULATAN AMAN JAYA

The stage has been set to blow your mind with Malaysia's biggest bicycle festival that's back for its second edition come April in conjunction with Visit Perak Year 2017. Jointly organised by both X Camp Adventure Sdn Bhd and Destination Perak Sdn Bhd, the event promises an entire week of high energy, adrenaline pumping action for all ages.

The Ipoh Cycle Fest promises more than just a spectacular show but an entire celebration of the art of cycling within a festival atmosphere for the whole family, regardless if you're a novice or a pro. Amidst great music, food and quality sports entertainment, it also allows you to soak up the beauty of the limestone city, Ipoh.

www.ipohcyclefest.com



**SHAKESPEARE
DEMYSTIFIED: MACBETH**
APR 27 @ PENANGPAC

A performance on the canonical speeches and scenes from Macbeth, each comes with narration of plots and discussion on the themes. Audience is invited to join the discussion during Q&A session.

Tickets: RM35-RM45

23-30

HOMEDec KUALA LUMPUR
APR 29 - MAY 1ST
@ KUALA LUMPUR CONVENTION CENTRE

In just 15 years, HOMEDec has grown into more than an exhibition. It has spearheaded the industry with refreshing highlights, life-sized showhome themes, forums as well as successful partnerships. Visitors flock to HOMEDec annually to discover, learn and realise a dream home by meeting with industry experts.

Along with the other significant highlights in store for visitors, HOMEDec Salebration™ is all geared up to be the unmissable event of the year for all your home design and interior needs. Seriously, don't miss it!

www.homedec.com.my





TRADITIONAL ARTS SHOWCASE
APR 28 - 29
@ KUALA LUMPUR

The traditional arts theatre presents classical masterpieces synonymous with Malaysian culture. It will be a true cultural journey.

www.jkkn.gov.my



PERLIS MARATHON 2017
APR 30
@ TUANKU SYED PUTRA SPORTS
COMPLEX, PERLIS

An international marathon program organised annually by the Perlis state government.

www.perlis.gov.my
www.myraceonline.com



MYVAISAKHI FEST
APR 29 @ MATIC, KUALA LUMPUR

The Sikh feast marks the harvest festival and the religious Khalsa Janam Divas.

VIPER CHALLENGE 2017 SERIES
APR 30
@ ISKANDAR JOHOR

Known as Asia's largest obstacle course running event, Viper Challenge is a brainchild of Original Bootcamp Sdn Bhd, a progressive and dynamic company that is also known for its fitness program. Started in 2013, Viper Challenge has now become immensely popular, with frequent sold out events and currently have over 90,000 enthusiasts participating in their events locally and internationally. Viper Challenge events has multiple formats, catering to the masses as well as the elite few. From the more family oriented RevRun to the mentally and physically demanding Viper2Four, the Viper Challenge is known to push the boundaries of not just physical events, but also the landscape of health and fitness in the region.

Tel: +60 16 205 4410



URBANSCAPES 2017
APR 23 - MAY 8
@ MULTIPLE AREAS IN KUALA LUMPUR

Urbanscapes 2017 Live Music And Creative Arts Festival In Kuala Lumpur is set to rock Malaysia between the months of April and May, welcoming a whole host of globally-renowned headline acts alongside some of the best local talents in live music and performing arts. Spread across three weekends, Urbanscapes 2017 kicks off with a massive food, fashion and art fiesta at the Urbanscape House in Jalan Hang Kasturi. Entrance is free of charge, where visitors can enjoy a wide range of delicacies from some of the city's most prominent cafes and bakeries. There are also numerous workshops available throughout the entire festival, such as terrarium, tote bag painting, calligraphy, and food styling and photography.

★★★★★
APRIL

MOVIES



SMURFS:THE LOST VILLAGE
6 APR
The fully computer-animated feature film follows Smurfette along with her brothers who are trekking through the unknown regions of the Enchanted Forest in order to search for the fabled Smurfs village before their nemesis, Gargamel the Evil Wizard, finds it first. Throughout the film, the mysteries and origins of the small blue creatures who live in mushroom-shaped houses will be unveiled, including the reason why there are 99 boys and only one girl.

Genre: Animation
Cast: Demi Lovato, Mandy Patinkin, Jack McBrayer, Danny Pudi, Joe Manganiello, Rainn Wilson.

RENEGADES
6 APR
As a group of Navy SEALs try to solve a long-forgotten mystery, they encounter yet another enigma - deep inside a lake in war-torn Serbia, an immense treasure lies hidden waiting to be discovered.

Genre: Action / Thriller
Cast: Sullivan Stapleton, J.K. Simmons, Charlie Bewley.



FAST AND FURIOUS 8
13 APR
Dominic Toretto and his crew are not finished with Deckard Shaw after the chaos in Dubai. The story continues in the eight instalment that will kick off the final trilogy of the "Fast and Furious" franchise.

Genre: Action / Crime
Cast: Vin Diesel, Dwayne Johnson, Michelle Rodriguez, Jason Statham, Charlize Theron.



COLOSSAL
6 APR
Gloria is abandoned by her boyfriend because she parties too much and cannot control her drinking problem. Returning to her hometown, Gloria revives her childhood friendship with Oscar, who runs a bar. After drinking the night away with Oscar and his friends, Gloria wakes up and discovers that a gigantic monster is rampaging through Seoul. She also begins to realise that the monster is somehow connected to her.

Genre: Action / Science Fiction / Thriller
Cast: Anne Hathaway, Dan Stevens, Austin Stowell, Tim Blake Nelson.



BEFORE I FALL
6 APR
Popular girl Samantha Kingston has it all - the perfect friends, the perfect guy, and a seemingly perfect future, until one day, she is killed in a car crash. She then finds herself stuck reliving her last day over and over again for one inexplicable week. As she is trapped reliving the same day, Samantha begins to question whether her life was really perfect. She starts to untangle the mystery around her death including unwinding the secrets of the people closest to her. She also discovers the power she has to make a difference in a single day, not just to her own life but also to the lives around her.

Genre: Drama
Cast: Zoey Deutch, Halston Sage, Logan Miller, Kian Lawley.



LA LA LA AT ROCK BOTTOM (JAPANESE)
6 APR
During a band's performance at a square in Osaka, a beaten young man suddenly rushes to the stage and starts singing. Shocked by the man's action, the audience is soon enthralled by the man's singing voice. The band's manager Kasumi finds out that the man has no memory of his own life, so she insists that he joins the band as the lead singer. Kasumi then gives him a nickname called Pochio, short for "Pochi Otoko" which means "dog man". Everything seems well for the band and their performance is very well-received - that is, until Pochio begins to recall his dark and violent past.

Genre: Comedy / Drama
Cast: Subaru Shibutani, Fumi Nikaido, Sarina Suzuki, Katsumi Kawahara.

UNFORGETTABLE
20 APR
Tessa is barely coping after splitting from her husband, David, and child, Lilly. When David gets engaged to Julia, jealousy consumes Tessa as Julia is living what was supposed to be Tessa's life. She stops at nothing to get what she wants, and that is to turn Julia's dream into her ultimate nightmare.

Genre: Drama / Thriller
Cast: Katherine Heigl, Rosario Dawson, Geoff Stults, Isabella Rice, Cheryl Ladd.



GIFTED
27 APR
After his sister's death, Frank Adler is put in charge of taking care of his 7-year-old niece, Mary. When Mary's outstanding mathematical abilities come to light, Frank's mother plans to take Mary away from Frank and now he has to battle her for custody of the child prodigy.

Genre: Drama
Cast: Chris Evans, Jenny Slate, Mckenna Grace.

MARVEL'S GUARDIANS OF THE GALAXY VOL.2
27 APR
Peter Quill a.k.a. Star-Lord leads the Guardians of the Galaxy on another perilous mission to salvage the fate of the galaxy that's threatened by the evil Thanos. Buried secrets about the true origin of Peter's estranged father will also be uncovered.

Genre: Action / Science Fiction
Cast: Chris Pratt, Zoe Saldana, Dave Bautista, Vin Diesel, Bradley Cooper, Michael Rooker, Karen Gillan.



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ANDREW KWAN

Built like a brick

BY HIRANMAYI AWLI MOHANAN

Meet Andrew Kwan, a strength and conditioning trainer and one of the muscle-power behind Revelation Republic. We sit down with this fitness enthusiast to discuss his passion and the true grit that goes into the toned physique that he has developed.

TELL US ABOUT YOURSELF.

I am 31 years old, born and bred in Petaling Jaya. I'm very adventurous and passionate about the things I do. I graduated with a degree in Marketing and Finance. I then I pursued a career in the aviation industry. After that, I ventured into a couple of businesses. One thing that has been constant is that I am energetic and passionate.

YOU DID A DEGREE IN MARKETING AND FINANCE AND SWITCHED TO BECOME A FLIGHT ATTENDANT. WHAT INSPIRED THE SWITCH?

When I was completing the third year of my Marketing and Finance degree, I had the opportunity to do an internship in a company. Although marketing was something I was interested in at that point, I realised that my heart wasn't in it. I just could not sit still, I kept wondering about my next adventure. I wanted to do something different. That is why I took a couple of months off to see the world.

WHAT IS FITNESS TO YOU?

Fitness to me is the ability to live life in a way that makes you functional to the best ability without having restrictions

such as shortness of breath after walking up a flight of stairs or feeling fatigue after a day of work. Fitness is basically leading a healthy lifestyle, one that is functional and purposeful. To me, fitness is more than being healthy, it's beyond that.

WERE YOU ALWAYS A FITNESS BUFF? WHAT MOTIVATES YOUR CURRENT LIFESTYLE?

I was always an active kid who couldn't keep still. When I was in primary school, I played football and ran the track. It continued these sports throughout high school. I actually joined the Brazilian Football Academy and was coached by an ex-player from the Sao Paolo Brazilian team. He was an amazing coach. It was then when I realised that fitness was not just about playing football and having the skill, but having the conditioning ability to perform in the sport. From then on, I had a huge interest in sports conditioning. That led me to do research and I joined a gym. I found how strength and conditioning not only aided me in sports but in my daily lifestyle too. At Revelation Republic, we believe that a stronger athlete is a better athlete. I personally am a testimony to that. Just for your information, the body that Cristiano Ronaldo has is not due to football alone. Rather, he spends hours in the gym, doing strength and conditioning that enables him to jump high and head the ball. That jumpstarted my passion in this lifestyle.



A collage of our photoshoot with Andrew Kwan, his family potrait as well as a picture with his business partner, Jonathan Wong

YOU MENTIONED ABOUT STRENGTH AND CONDITIONING. CAN YOU ELABORATE?

Strength and conditioning is basically a specialised programme that caters to the exact fitness needs of an individual. Everyone that comes to Revelation Republic have different anatomies and different fitness goals but one thing that is similar is that they want a transformation. So what we do here (at Revelation Republic) is programme a training routine (18-20 week programme) catering to the persons’ needs. We track, and manipulate variables and movements that will benefit our client’s fitness goal. That’s the beauty of strength and conditioning, aswe are able to target specific goals of every individual. Unlike working up a sweat at the gym, strength and conditioning focuses on the minute details such as percentages and workout sets. It is called linear periodisation. We periodise our training methods in that way so the results are almost guaranteed in the following. I can vouch for that because I have seen numerous transformations within Revelation Republic.

WHAT DOES YOUR DAILY DIET CONSIST OF?

My daily diet depends on my training goals. For example, for my current cycle, I am looking to be leaner yet build quality muscle. I am looking to bulk up but keep my body fat relatively low. For breakfast, I have a slice of bread with a huge chunk of peanut butter before I work out. Post workout, I have a protein shake. As for lunch, I’ll have two slices of chicken breast, accompanied by a huge amount of broccoli. For dinner, I have a piece of fish, broccoli again and this time, with two boiled eggs. I consume yoghurt, probiotics and supplements too. I do have cheat days (chuckles) usually on the weekends where I have my favourite food like nasi lemak and roti canai.

WHAT DOES YOUR FITNESS REGIME LOOK LIKE?

Right now, I train at least four to five times a week. Each training session would be at least three to four hours. Like I said, this is because I want to bulk up a little and gain leaner muscle mass. I’m training to get my numbers up in my main compund lifts which are the squats and deadlifts. I focus a lot on hypertrophy, which is higher volume and lower intensity. So, multiple reps at lower weights. After my workout, I like to go for a short conditioning workout just to make sure my lungs are in check. That’s when I do high intensity circuits for about 10 to 20 minutes.

“SIT DOWN AND THINK ABOUT THE FITNESS GOAL THAT YOU ARE PURSUING; DO YOU WANT TO BETTER YOURSELF? ARE YOU WILLING TO TAKE THE NECESSARY STEPS TO BETTER YOURSELF?”

WHAT IS THE HEAVIEST YOU HAVE LIFTED?

For deadlift, I can lift up to 180kg. As for bench press, I can do about 110kg while for squats, I can go up to 145kg. I am still looking to improve though.

WHAT INSPIRED THE INCEPTION OF REVELATION REPUBLIC?

Let me take you down memory lane. Jonathan Wong (business partner) and I have been friends for over 20 years. We are almost like family. We went through life together and we’re both sportsmen. We came to a point in life when we realised that we needed to bulk up and improve our fitness because Jon and I were actually skin and bones prior to this. We wanted to better ourselves. So I joined the gym first and brought him in six months later. Since then, we have not stopped working out, whether it is swimming or cross-fit. When Jon went to the States, I got on a Skype call with him and said that we should do something together. I had witnessed with my very eyes the transformation that Jon and I went through and I believed that we could help our friends. At that point, I wanted to have a strength and conditioning facility of my own. But it wasn’t as easy as that. We started out small in Jonathan’s garage. We started out with a couple of equipment we bought from the US. We initially had two clients which then grew to a community of 200 people over a year. We are such a close-knit community because everyone who walks through our doors are like our family. We were running out of space at the time and it was Jon’s late brother, Norman who spearheaded us to this space. He developed this community for us. So after a short span of one year, we moved to this space. As the name, we didn’t want something that screams gym. The name revelation was at par with our faith to better ourselves and also Norman believed that it suggested more. Republic stands for the community of equals that we have developed.



TELL US ABOUT YOUR EXPERIENCE REPRESENTING MALAYSIA IN THE UNDER ARMOUR TEST OF WILL 2016?

When Under Armour launched this competition, we knew that we had to enter and had a chance to win. We altered our training cycle two months before the competition and focused solely on training for the competition. One week before the competition, I had a misfortune and suffered from food poisoning. My potassium levels dropped and there was a time halfway during my routine when I lost sensation from my waist down. I sought therapy and was advised to monitor my condition. My family and friends encouraged me and gave me the support I needed. On the competition day, I just wanted to gauge whether I had the mobility to go through the competition. Everything seemed okay so I gave it my all. As for the result, Jon and I secured the top two national ranking. When I went to the finals in Singapore, it was so intimidating as I was the smallest one there. During the finale, I managed to secure third place which was a huge achievement. I was doing it for the late Norman, our business partner. Carrying the lion, our logo for Revelation Republic and representing Malaysia in Singapore was a huge sense of achievement and pride for me. Test of Will was a humbling experience.

WHO WOULD YOU SAY IS YOUR BIGGEST FITNESS INSPIRATION?

Rich Froning. He is a four-time CrossFit champion individually and a two-time Crossfit champion in Team Event. I look up to him because of his dedication towards his training and dedication to his family. I can resonate with his lifestyle. He also runs a fitness centre with his best friend, similar to Jon and I.

WHAT IS NEXT FOR ANDREW KWAN?

We are thinking about giving back to the public and we are going quite aggressive with our marketing. We want to make our presence more known and we want to be the best fitness provider in Malaysia. I might take a break from competitions this year to focus on other things.

WHAT DO YOU DO TO UNWIND?

My close friends know this; I really love being at home to unwind after a day's work. I like listening to music and watching movies. I enjoy being at home with my family. I am a homely boy. That is how I unwind.

HOW WOULD YOU RECOMMEND GETTING INTO SHAPE FOR OTHERS WHO ARE STILL LEADING A SEDENTARY LIFESTYLE WITH NO EXERCISE?

I recommend first and foremost, engaging a professional and to get the motives behind working out right. Sometimes there is so much that a coach can inspire you or motivate you. But at the end of the day, it boils down to the individual. As a coach, I would recommend sitting down and thinking about the fitness goal that you are pursuing; do you want to better yourself? Are you willing to take the necessary steps to better yourself? I say this because once you have set your mind to it, it requires hard work and dedication. However, you are going to reap the rewards. Do it for the right reasons.

OVERCOMING POST HOLIDAY BLUES

Time To Get Back On Track

BY JACQUELINE BENITA PAUL

Ah, here we are in the month of March, I am still in disbelief that in just a blink of an eye we've come to the third month of the year. For introverts, this is a time to relish in the calm and leisurely season while for extroverts like myself, this is a time for anxiety and restlessness. Though, it doesn't have to be a negative season at all. Given the right mindset and occupying your time with enriching experiences, this could be the month of the most incredible breakthroughs in your life.

In the last couple of months, it was one festive celebration after another. To find time to sit down and take a look at where your life is heading or whether the choices you're making in your business or personal development seemed like a thing of luxury until now. You could do this in the comfort of your own home. Other options include taking short early morning or evening walks, engage in meditation, yoga, relax on a park bench or do whatever that works for you. The only way you can know what works is to just do it. Here are some questions you can ask yourself when you are ready.

- i) Where you want to be in 5,10,20 or 40 years?
- ii) What are the 3 things in your life that you would like to change?
- iii) Do you live for others or for yourself?
- iv) What was the last life lesson you learned?
- v) Have you been truly living?

Next, you engage your mind and body. Whether your favourite way to exercise is hitting the gym, doing Zumba with a friend, walking the dog, or doing pilates or tabata at home, don't forget to engage your mind and body in some physical activity. It is quite easy to forget how easily effective exercise can enhance your good mood in more ways than one. In both the near and distant future, you'd do well to keep that in mind. Alternatively, you can even choose to engage both your mind and body with workshops. My favourite thing about workshops is the fact that joining one is akin to the essence of travelling – experiencing a cultural exchange. The following are some options you might want to consider.

i) UNLEASH YOUR ARTISTIC TALENT
Whether it is silkscreening, watercolour painting or drawing, express your inner Picasso and add beauty to the world right here.
Th.Inc Academy
8a Jalan Kemuja, Bangsar, 59000 Kuala Lumpur.
03-2283 4698

ii) COOK UP A STORM!
Hone your culinary skills at the leading Japanese cooking studio and who knows you might end up with a new calling.
ABC Cooking Studio
Pavilion, C4.05.01, Bukit Bintang, 55100 Kuala Lumpur.
012-9140 002

iii) BUILD A GREEN-FRIENDLY FUTURE
Take on the green path with sustainable living and design. Join in a community of craftsmen who are bound together by diversity and the love of sharing.

Biji-biji Initiative
No. 9, Jalan Nangka, Sentul, Kuala Lumpur
03-4051 1558

iv) GET GROOVY
Enjoy fun movements and meeting new people? Then this is exactly what you need. With a partner or flying solo, this is a workshop you can enjoy either way.

KL Swing
Tuesday nights @ sid's
Sid's Pub M-5A, The Village Bangsar
South off Jalan Kerinchi,
59200 Kuala Lumpur
830-11.30pm with FREE taster class at around 9.15pm

That should keep you occupied. Otherwise, you could take up a language course.

WILDEST DREAMS

What do your dreams mean?

BY HIRANMAYI AWLI MOHANAN

Carl Jung, a psychologist and one of the founding fathers of dream interpretations believed that when we lay to rest at night, our unconscious mind works through issues that we face in the conscious mind. He also believed that dreams are the window to an unconscious mind. It is apparent that we all dream of different things, however, in those dreams, there are common symbols that have a universal meaning. For the most part, it is up to the dreamers to unlock the cryptic images in their dream to understand its true meaning. Following are the most common symbols and their interpretations.

BEING CHASED

I don't know about you but I have certainly had dreams where I was running away from something or someone. The dream of someone chasing you or you running away suggests that you are in fear or anxiety in waking life. Your action of running away suggests that is how you would respond to pressure and cope with stress or fears day to day. It is suggesting that you have a tendency to run away from issues rather than tackle them. This dream can be recurring until you find the issue and resolve it in your waking life.

NAKED IN PUBLIC

Being naked in public spaces or in front of an audience suggests that you are struggling to find yourself or that you feel that you are being wrongly accused or exposed. If tables are turned and it is someone else in the dream is nude and you are sickened by it, it may mean you are worried about exposing that person over a particular issue. It could also mean that you are comfortable in your skin. You are at ease with yourself and the people around you because you realise that everyone is distinct.

FALLING

When you are falling in your dream and you are overwhelmed by fear, it symbolises your insecurity and anxiety about a situation. You may have failed at doing something in your waking life and the dream is letting out your feelings about not doing as well

as you'd hoped. On the other hand, if you are embracing free falling and you are happy about it, it suggests you are not afraid of changes and you are ready to embrace the beauty of it. If it is in water, the dream suggests that you have very strong feelings for someone.

BEING LATE

Dreaming that you are late to an occasion, it represents your worry and anxiety about taking a different direction in your waking life. You may not be 100% confident about making a change. Could also be defined that you feel like you are running short of time. Your unconscious is telling you that it is never too late to do the things you want in life.

FLYING

Ever had the dream of soaring alongside birds? Dreaming of being able to fly in your dream can be interpreted in many ways. If you are having a bad time flying in your dream, it suggests that someone (or something) is stopping you from moving to the next step in your life. If you are unable to fly, it suggests that you might be struggling to meet the high goals you set for yourself. Similarly, being alone and struggling to fly implies that you are lacking confidence in yourself.

OUT OF CONTROL VEHICLE

Cars in our dreams usually symbolise our drive in life and the direction we are heading. If you dream of your car swerving and losing control, you may feel that you are off track and need to get back on the road to keep going. If you lose control with someone you know driving the car, you might feel you need to get him or her back on track. The person driving will help you to understand who is controlling your direction.

A long day's **WORK**

BY HIRANMAYII AWLI MOHANAN

*More often than not, work can get so stressful that it might just drive you up the wall. It doesn't help that after what seems like the longest day at work, we have to face bumper-to-bumper crawl accompanied by the sounds of horns blazing. In fact, that adds to the stress. Having that in mind, we have come up with **six ways** to initiate your day and to wind down on a calm note after work.*

1. TAKE A LONG SHOWER OR BATH

This is proven effective. Standing under the shower or dipping in the bath tub has a soothing and relaxing effect to the body. It feels great to just stand under the shower and wash off all the impurities and stress from work. The drop in your body's temperature after the bath or shower can help you feel sleepy. Not to mention, the experience itself may help you clear your mind. Use scented bath gel that you love and let it work its magic on you. You will walk out of the shower like a new person.

2. WORKOUT

Hit the gym or work out in the comfort of your home. Either way, working up a sweat is a productive method to begin or conclude your day on an energetic note. Your body will instantly feel relaxed and energised. If you feel like you are thinking about work, push yourself harder to the point that you will be focused on your breathing and the exercise you are doing.

3. MEDITATE

Do not dismiss the power of meditation and silence. What meditation does is, it takes you away from everything and it leads you to focus on your breathing. It is not an easy task, however, it helps eliminate all the stressful chaos from your mind. Good thing that meditation need not be a long session that lasts hours. You can practise this before heading off to work, during work and after work to dispel the bad energy. You would be amazed what a mere 5 minutes of just focusing on your breathing can do for you.

4. CATCH UP ON SOME TV

Dust the cobwebs of the day by sitting in front of your TV with a glass of red in hand and catch up on your favourite series or movies. This for us, is the ultimate form of relaxation. Slip into your comfortable pj's, put your feet up and allow yourself to get sucked into a fictitious reality of mystery, thrill and romance.

5. ROMANCE

Physical contact is said to be the ultimate distressing activity since the dawn of mankind. Not only is it the quickest way to let your hair down, it is also healthy for your relationship with your partner and your body. Cuddle up to your loved one and just stay silent, hugging each other. Sometimes, a hug is all you need to make everything okay.

6. AROMATHERAPY

The power of scent is profound, and breathing in a relaxing essential oil can totally shift your head and heart space. Small studies have proven that lavender essential oil is beneficial for a number of conditions, including insomnia. You can use any essential oil that works for you. Add a few droplets of the essential oil on your temples to prepare you for the long day before you or some on your pillow after a long day. Alternatively, you can add droplets of essential oil into the humidifier for your home space or office too.



STORE HOUR:

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

MONDAY (DAY OFF)

NO.150, JALAN MAAROF, BANGSAR, 59200 KUALA LUMPUR | 03 2201 8993 | FB: FACEBOOK.COM/SPECIALIZED.KL





Hiranmayii Awli talks to

Linora Low

For those of you who tune in to Mix FM, you should be familiar with the soothing voice of Linora Low who accompanies you through the Mix Blitz. Not only is she a well-known radio DJ and emcee, she uses her famed platform to advocate health and fitness. We get down to business to find out the secret behind her toned figure and her guilty pleasures.

Tell us a bit about yourself.

I'm a radio announcer, TV host and fitness personality. Essentially, I talk for a living, dabble with videos online, and motivate people to change their lives through fitness. I'll also be attempting my first bikini bodybuilding competition while holding off from my cupcake cravings.

Tell us how you got into being a radio DJ and emcee.

There were auditions being held at my former radio station and after a few levels of approvals, I was in! Since then, I've enjoyed being able to connect with people in their cars and also connect with people live, as an emcee.

Has entertainment always been a passion?

Yes, I've always been drawn to performance. I would say that even from a young age, I loved impersonating characters and watched as many movies as possible. I know acting isn't a first choice as a profession but luckily, I have incredibly supportive parents who have been my rock through this journey. I've learnt to be observant and inspired with various types of entertainment, from films to TV shows, YouTube to social media. Radio has played a part in being able to improve my craft.

If you could pick one moment as the highlight of your career, what would it be?

There are too many highlights in my career, but one last year would be when I was named the Brand Ambassador of a regional program from KIXHD. I was involved in KIX R U Tough Enough 2016. A fitness competition that tests the contestants on speed, agility and strength. I was able to witness the inner strength and perseverance of my all-female team and one of the competitors mentioned that I was one of her inspirations while she had issues with body image insecurities. It made me realise how important it is to share on my social media platform because you never know what kind of impact you can have on people and the responsibility I have as someone in the public domain.

What is health to you?

Health is more than the physical aspect of having a fit body and eating right. It also about the mind set, how well do you handle and feel about situations, your reactions. Staying positive is the core of maintaining a healthy lifestyle. Believe in yourself and you will be unstoppable.

What does your daily diet consist of?

I've got a fairly strict diet because I'm preparing for my first bikini competition. My

diet consists of mostly protein, solid foods like fish, turkey, beef, a good amount of fats from all sources - avocado, coconut oil, nuts. My only source of carbs comes from 3 rice cakes and berries. Not to mention, I try to drink as much water as I can.

What does your fitness regime look like?

My preparation for competition requires me to do 4-6 intensive weight training sessions in a week. Each session is not more than 75 minutes at the gym. As the weeks progress closer to competition, I'll start adding cardio. Hence, it'll become more than one work out session a day.

What is your guilty pleasure when it comes to food?

I have crave phases. At first, it was burgers and ice cream (Godiva in particular), then pizzas and donuts, then it was siew pau and waffles, now anything that is extra fatty or sweet is on that list! So when cheat meal day comes - and it is ONLY ONE cheat meal, I make sure it is worth the calories going into my mouth.

Three Malaysian food that you cannot live without are...

Seremban Siew Pau! Nasi Briyani and Bak Kut Teh.

Any food-related rituals before you go on the radio or emcee?

Two to three shots of coffee and six-egg white omelettes for radio. As for emceeing, I usually don't have anything before a gig, keeping the butterfly wings at bay.

What can we expect from Linora in the near future?

I'd like to continue giving talks and sharing my experiences in fitness and my fitness journey and also spreading the awareness on PCOS (Polycystic ovarian syndrome) as I am affected by it too. I upload weekly on my YouTube channel youtube.com/linoralow where I share my week's worth of ups and downs of working towards the challenging bikini competition.

And finally, what inspires you in life?

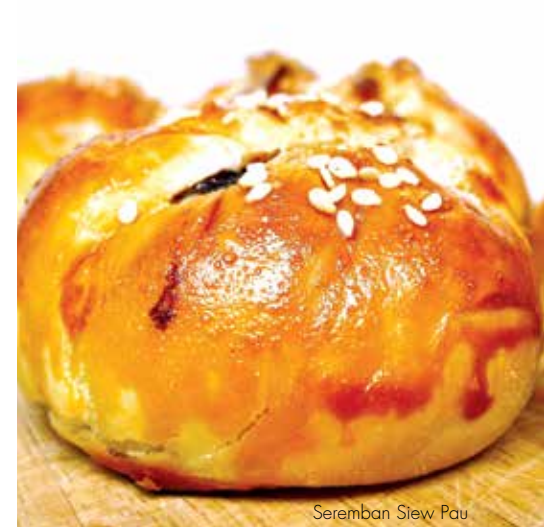
The closest people to me, my family. My dad works hard to provide for the family and my mom's patience and support system for everyone. Kindness, hard work and determination inspire me to be a better human being. Plus, everyday people who do what they can to make the world a little bit better for everyone else. To me, that's what life is about, impacting those around you.



Bak Kut Teh



Nasi Briyani



Seremban Siew Pau

Chimi Churri

Fresh, Honest Food

BY HIRANMAYI AWLI MOHANAN



In conjunction with the World Health month, we were on a quest to look for the healthiest fare of them all. Through word of mouth, our quest finally led us to the culinary destination that is Jaya One along bustling Jalan University. Tucked away on the first floor of The School, was Chimmi Churri in all its glory, eagerly anticipating customers to indulge in its delicacies.

Chimmi Churri is a restaurant that gym trainers will nod in approval for its warm, healthy offerings. It simply offers fresh, honest and healthy food. As warm as the food, is its interior. It is simplistic and raw, encompassed by floor-to-ceiling windows that allow the natural light to stream in. Diners may opt to dine outdoors to bask in the breeze and to watch the brisk walks of white-collared workers while taking a bite of the delectable goodness. It might peak your interest that the WiFi at this establishment is as fast as the time taken to prepare your meal, which, for your information, is fast.

As unique as its namesake, Chimi Churri was inspired as an outlet to indulge in food that is clean, fresh and good for the body. It is noteworthy that all warm fillings are

prepared multiple times daily to ensure their patrons consume the best. The end in mind for Chimi Churri is to provide its patrons an avenue to indulge in food, guilt-free.

Though it shares an affinity with Subway, it is distinct in offerings. As for their healthy fare, patrons are given a choice to choose from the salad bowl, wraps and sandwiches and they are each empathically hearty, enough to keep you satiated. What's interesting about Chimi Churri is its customisable ingredients. Upon choosing the desired meat ranging from chicken

to salmon, you are given an abundant herbivorous selection such as cous cous, cauliflower, rice, brown rice, sweet potato mash, mushy peas, rocket and red cabbages, cucumber, lettuce and onions.

The selection of sauces at Chimi Churri is not only inviting, but it packs the most piquant punch. If you are lost for choice, you can ask the ever accommodating staff who will guide you on the condiments to choose from to complement your meal of choice. I tried out the salad bowl with a choice of salmon fish fillet and a little of all the vegetables available. The friendly staff suggested a zesty chilled orange vinaigrette and a creamy butter sauce that just amalgamated with the salmon fillet and vegetables. The orange vinaigrette is one of a kind, consisting of the perfect amount of zest that gives the vegetables a favourable kick. The butter sauce needs no explanation as we all know butter can only make a dish taste even better.

The wraps are a mammoth of 10 inches of tortilla, conveying robust and exquisite essence. These hearty meals are convenient for busy metropolitans who are constantly on the run. However, to preserve the savouriness of the sandwich and wraps, it is advised to consume it almost immediately post-purchase. One can consume the fare at Chimi Churri without a shadow of guilt because it is prepared in the healthiest and freshest manner.

There is always room for dessert after a hearty healthy meal, right? Fortunately, Chimi Churri is one step ahead, providing fruit muffins with actual bits of fruit in it, and cookies to appease the sweet tooth in you.



Lot 100.1.037 First Floor, The School, No 72A Jalan University, 46200 Petaling Jaya, Selangor
Tel: +60 3-7666 8088

Uroko

Appease your inner gods

BY HIRANMAYII AWLI MOHANAN



Uroko Maki



Salmon Ball Salad



Yuzu Ice Cream



Uroko Salad

22A-2, Jalan 17/54, Seksyen 17, 46400 Petaling Jaya, Selangor
Tel: +6017 673 9223



Tokujiyo Sashimi

The Japanese cuisine offers an abundance of gastronomical delights with a boundless variety of regional and seasonal dishes as well as international offerings. We absolutely love the Japanese cuisine. That being said, we have identified a relatively new kid on the block by the name of Uroko for you to try. Nestled in the neighbourhood of Section 17, Petaling Jaya, it offers the best of the Japanese fare and more; it offers you a culinary experience.

We were impressed with the humble façade and an interior that is close to its roots. The inner sanctum of Uroko is very Japanese-esque with a hint of contemporary architecture. Playing with a large space, there is a Sushi bar section where one can observe the chefs and their antics, a Yakitori bar that is available in the evening, and the dining area and private rooms to accommodate a large crowd for revelries. Akin to a typical Japanese restaurant, the revolving theme of Uroko is wood. This is applied to its dining tables, the partitions as well as the flooring. The tableware presented on the tables are of black, stone origin that contributes to the entire Nippon setting. Stepping foot into Uroko transports you to the Land of the Rising Sun without having to bear the exorbitant plane ticket.

There is a plethora of specialties to choose from at this fine eatery. We tried a little of everything. Our gastronomic journey began with appetizers, two salads to be specific. The first that danced its way to our table was the Salmon Ball Salad; it was presented in a spherical shape of sliced salmon. However, upon mixing it, it gently broke away to reveal a beautiful and delectable Japanese vegetable. The salad was surprisingly abundant with flavour. The special (and secret) sauce combined with the salmon and the vegetable perfectly.

The Uroko Salad was the next appetizer. It consisted of soft shell crab and salmon skin, served with greens and sesame mayo sauce. This dish had us reaching out for more for its literal burst of flavour. The salmon skin was fried to a crisp, endowing the dish the crunchiness that sets the bar for this dish. Soft shell crab is a delicacy, so it did not come as a surprise that it blended well with the vegetables and the salmon skin. The easily underrated sesame mayo sauce is what we believe to be the tipping point that begot the immaculate seasoning we tasted.

The pan-fried Foie-Gras with steamed melon at Uroko is one of its signature dishes and customers' favourite too. It has a silky,

melt-in-your-mouth texture and a very subtle taste. It is savoury, rich and buttery in an appropriate amount. For a lack of a better term, the following dish is to die for. The Uroko Maki comprises several lip-smacking elements such as salmon, encompassed by eel and finally topped off by caviar. Not only is it a feast for the eyes, but a delight to the taste buds too.

What came last was an incredible, savoury sea of sashimi. The Tokuiyo Sashimi (a house specialty) comprises eight assortments of seafood, from prawns to a diverse serving of fishes. Its delicate texture and thick, chunky portions and vivid colours left us wasting no time. Chopsticks were battling each other to greedily pick up a sashimi. Our favourites from the sashimi platter were the white tuna or commonly known as butterfish, toro (tuna belly), hotate (scallops) and salmon sashimi. The sashimi just melted in our mouths, providing a faint yet exquisite piquancy.

After the ravenous feast that we experienced, we were presented with a distinct and traditional dessert, the Yuzu ice cream. A perfect palate refresher and guilty pleasure, the citrus-tasting ice cream is made of bits and chunks of the Japanese Yuzu fruit (a citrus fruit). At last, we ended our journey on a literal sweet note.

Iketeru Restaurant

Japan within four walls.

BY JACQUELINE BENITA PAUL

Always packed with people, Iketeru restaurant at Hilton Hotel, Kuala Lumpur is the place to satisfy your utmost Japanese food cravings. We were welcomed by the blissful sound of cascading waterfall and the sight of a Zen-inspired rock garden. The doors were opened for us and there it was, on our right was a Tempenyaki grill area for customers to be seated around the grill and feast their eyes on the food being prepared by professionals. In front of us was a small seating area with an exquisite display of sashimi where customers can watch the display of skills by the Itameas (sushi chefs). We were directed to our very own private Tatami room with the sliding Shoji (Japanese door consisting of translucent paper over a frame of wood).

After being at awe with how well the décor truly embodied Japanese culture, we were greeted by our host, Azura who has been working in Iketeru for six years. The experience was so unreal that I thought it could only have existed in my fantasy of what hospitality should look like. She spoke to us for a brief moment and was immediately able to deduce what menu choices would appeal to us. She laid out the options and even took the time to explain the menu. Her bright and genuine personality is truly an asset to the experience of dining in Iketeru.

We decided to take up her suggestion to start first with a selection of sashimi featuring tuna belly, salmon belly and Ishitaru Sashimi. Though staying true to his reputation, executive chef Ricky Kamiishi decided to create an impromptu presentation that featured a smoking effect (from dry ice) to feature the freshness of the sashimi with true Japanese finesse. While we had our expectations set on a pretty high standard due to Hilton's credibility, we could not have anticipated our state of euphoria in each bite of the perfectly cut slices.

Of course, a proper Japanese affair simply isn't complete without some lovely Chawan Mushi. Rumour has it that Iketeru has the best Chawan Mushi in town. We had to try it for ourselves. Presentation wise, it was a little underwhelming. Taste wise, it was incredible



Boston Lobster that will make any foodie swoon in delight

by our standards, the best we have ever had. The egg custard had the perfect balance of texture, both firm and silky. After tasting it, we completely understood what was all the fuss about. You haven't truly eaten Japanese food until you've had this.

It started to rain and we could only notice because we were seated between two large windows that revealed the waterfall. We were so fortunate that we were recommended to try the Dobin Mushi. The soup is made from Japanese seafood broth and is served with a dobin tea pot with shrimp, chicken, lemon (optional if you want to squeeze a little in) and matsutake mushroom. We also loved the Tempura Moriawase which featured daikon, enoki, Japanese chilli and prawns, all of which were just pure savoury goodness without the guilt of having fried items.

Frankly, I think I wouldn't be doing Iketeru's reputation justice unless I mention just how

impeccable the service was. The food was served within a reasonable time frame despite the crowd. Even the menu choices were just right for our palates and it felt like my foodie soul was experiencing a holiday in Japan. So if you're looking to seal the deal in an important proposal meeting or family dinner, Iketeru is exactly where you should be. Our only regret was not taking the opportunity to try out its extensive sake selections. In a nutshell, Iketeru offers customers something new and unique. It has excelled in delivering authentic flavours of Japan while respecting the tradition of the preparation and presentation. It is the ultimate Japanese dining experience in town; Japanese cuisine with an innovative twist, state of the art hardware, and a passionate team headed by one of the most gifted chefs in town, Ricky Kamiishi.

For reservations and enquiries, log on to www.life.hiltonkl.com/dining or call +60 (3) 2264 2596.



A feast for the eyes, Sashimi set

NYONYA ROOTS PRIVATE DINING

NO PLACE LIKE HOME

BY JACQUELINE BENITA PAUL



From down left - Jêu Hoo Char, Rempah fried Chicken, Nyonya Mo Choi, Kerabu Pucuk Paku, Mutton Rendang, Sambal goreng sajoang and Fish head curry

While I can testify that I’ve been to my fair share of home cooked style dining, I have to say Nyonya Roots has brought a whole new meaning to the experience. To attempt to replicate the dining experience here would be futile. The reason is simple, Nyonya Roots doesn’t just offer great food, it also offers the purest form of being with family, through shared laughter, at home.

Everything placed in the house was a piece of Nyonya culture that made us feel like we were transported back into simpler time and made us feel right at home effortlessly. Like a child who came home after a long school day, I simply couldn’t wait to be welcomed home with a warm plate of food on the table. Let me walk you through our menu for that night.

PAI TEE

This appetiser was presented in a thin and crispy pastry that looked like a mini cup. It was filled with radish and other lovely ingredients that had a delightful savoury flavour. It did make all the difference when I put in the homemade sauce which is a Baba Nyonya speciality. I couldn’t help but admire the level of complexity that was overcome through what looked like a simple dish. Just think about it, the skin would have to be firm enough to hold all the ingredients while delicate enough to melt in your mouth. Hats off to the chef!

AH MA’S KARI HU TAO (CURRY FISH HEAD)

This is the most highly demanded dish on the menu and that’s for a good reason. You get incredible flavours from the fish that is swimming in the robust savoury flavour which is tamed with just enough tamarind to give it an extra dimension. The winning factor for me is the thickness that blends in perfectly with the steamed rice. The mere recollection inspires euphoria.

SAMBAL GORENG PRAWNS

Don’t be misled by the use of the word “sambal” in the name of the dish. It isn’t even used in the dish at all. It is more of a reference to the texture than the flavour. As for the flavours, the gravy offered a more comforting approach to balance the freshness of the prawns. It was love at first bite.

MUTTON RENDANG

This brought back more of my own childhood memories and I was never even exposed to Nyonya culture before! Frankly, this just adds to the list of why food is just so amazing. Prepared correctly, food can transcend cultural borders and even establish a connection that you didn’t even know was there. Frankly, if it were possible, I would keep a tupperware of the rendang and eat it with bread for the entire week and I’d still never be sick of it. Somehow if you pair this with the Kerabu Pucuk Paku and rice, it would be a mouthful that you will never forget.

CENDOL

Before we dug into the cendol, we tasted the last of the savoury option which was the Chicken Loh Bak, an impeccable Nyonya meat roll served with a slightly spicy sauce. Despite how full I was from all the food I had, I made room to finish it and stretched my digestive ability to make more room for the Cendol. At first sight, my dining partner and I took a moment to appreciate that this was a completely unique cendol that was more creamy like a soft serve ice cream rather than grated ice. You can expect generous lashings of coconut milk, rich sweet gula Melaka, pandan strands, grass jelly and red bean. I dare agree with one of the founders who said that this was absolutely the dessert you must have before kicking the bucket.

Private dinings are definitely something to look out for in the future of the culinary scene in Malaysia. Nyonya Roots has set the bar pretty high by offering not just incredible home-cooked Penang Peranakan flavours and presentation but it also offers service and hospitality akin to attending a dinner party. For families, you can discard the stress of hosting a party at your home because you can hire Nyonya Roots to give you and your guests quality food and an enjoyable, relaxing dining experience.

Bookings must be made in advance to enjoy this private dining experience. For further details, contact 012-2857668 or 012-2136608 or visit www.facebook.com/nyonyarootsspk.

The Best NASI LEMAK BUNGKUS in Klang Valley

The ubiquitous nasi lemak needs no introduction. It is a local favourite breakfast meal that gives you a warm fuzzy feeling of contentment and if you are lucky, a fiery sambal sidekick. The nasi lemak that we indulge in today actually originates from ‘nasi lemak bungkus’ which is usually packed in pandan leaf, brown paper or newspaper and has the basic necessities in it. It then evolved into the variants that you see today. We have identified 5 places to get an inevitable hankering for nasi lemak after reading this article.

BY HIRANMAYII AVULI MOHANAN

NASI LEMAK ATAN

Tucked away in the heart of Chow Kit, is a stall located opposite a bundle shop trading in shoes. It is surrounded by a popular night market and other establishments that offer reflexology services. Each packet is priced at RM1. What makes this stall a serious contender is its generosity with the sambal that is filled with chopped onions and ikan bilis. After all, the secret to a great nasi lemak lies in the sambal.

Lot 1185 1A, Lorong Haji Hussein 3, Chow Kit, 50300 Kuala Lumpur



NASI LEMAK YATIE, AND NASI LEMAK SURI

Within a food court in PJ lies two iconic stalls in battle to serve you their rendition of the nasi lemak bungkus. The nasi lemak from these stalls are differentiated through the colour of their brand on the packet. It's not hard to spot the difference; Yatie's packets have a red coloured chop while Suri's packets have a blue coloured chop. If you prefer to eat your nasi lemak right off the stove, to be piping hot look for Yatie's nasi lemak, as the packets are packed in small batches. The sambal is also distinctly sweeter compared to Suri's spicier rendition.

Jalan 51a/223, Seksyen 51a, 46100 Petaling Jaya, Selangor



WARONG NASI LEMAK PANAS WARISAN SAMBAL OPAH

You may be in for a long wait for these nasi lemak bungkus but believe us, they are worth the wait. People seem to grab bountiful ‘nasi lemak bungkus’ into plastic bags as fast as the workers can pack them. One is definitely not enough as the packaging is small, yet packed with flavour. There is a wide offering of dishes to accompany the nasi lemak bungkus like fried chicken, beef rendang, prawn sambal, etc.

7, Jalan USJ 9/5p, Subang Business Centre, 47620 Subang Jaya, Selangor



NASI LEMAK CHUN-ONE

The Nasi Lemak Chun-One at the stall is quite popular around the Ampang Jaya stretch near ISKL. You may also know it as ‘nasi lemak tetek’ in honour of the pointy shapes, named by some mischievous souls. The packets are kept warm in the steamer and they sell for merely RM1.20 each. We suggest to eat it while it's still hot to truly appreciate its flavour. Open one packet and the aroma of the rice cooked in coconut milk and the banana leaf will tease your nostrils. They also offer accompaniments for the nasi lemak should you prefer it, such as mouth-watering sambal sotong, fried chicken and beef rendang.

Ampang Jaya, Kuala Lumpur.



NASI LEMAK DAUN PISANG

Don't let this humble stall fool you. Located right in front of a Chinese kopitiam, this stall sells nasi lemak bungkus as fast as a hare and we now know why. The swift morning business sees its packets of nasi lemak being snapped up as soon as the Malay lady preps them. The delectable aroma of rice amalgamated with coconut milk accompanied by the sambal is like a warm comforting hug on your palate. Patrons from the kopitiam eat it there while others pack it for friends and family.

Restaurant 88, Jalan Batu Bernam, 5th Mile, Off Jalan Ipoh, 51200 Kuala Lumpur.

KOTA KEMUNING

Understated Food Haven

Kota Kemuning is an award-winning township and like all proper townships, the rise of cafes, restaurants and hawker food was inevitable. We ventured far and wide across the neighbourhood and gorgeous landscapes in search of delicious food, a 10-minute drive away from Subang via the Kesas Highway or 20 minutes from Bukit Jalil.

BY JACQUELINE BENITA PAUL



GRILLED CHICKEN SANDWICH

The façade of this café looks like a two-dimensional house as if it came out of a children’s storybook. That is an achievement that should not go uncredited because not only does it look charming, it is also a practical design that allows for a generous amount of natural light to brighten up the space. Beyond that, you can enjoy expertly brewed coffee with impeccable desserts. Thanks to the simple yet enchanting décor and greenhouse concept, you can quickly snap beautiful photos then enjoy your coffee while it is hot. The grilled chicken sandwich was well proportioned and had a great balance of flavours that was only further complimented by the great coffees served here. If you still have room, be sure to treat yourself to an indulgent piece of cake that will surely brighten up your day.

The Parque Café
Lot 41296, Persiaran Eco Sanctuary, Telok Panglima Garang, 42500 Kota Kemuning, Selangor
+60 18-221 1566



EGGS BENEDICT

I don’t know about you but I find that a proper egg’s benedict is only as good as what it is paired with. I have to say that the pairing made in Brew n Bread is nothing short of impressive, especially by having turkey ham to compliment the lovely texture of the poached eggs. I also like how the dish is kept simple with the usage of ciabatta bread and lemon-infused hollandaise that gives way to the flavours of the turkey ham. The ambience offers a conducive work environment that will get your productivity gear running on full speed.

Brew n Bread
10, Jalan Anggerik Vanilla M 31/M, Kota Kemuning, 40460 Shah Alam, Selangor
+60 3-5131 5201

PENANG ASAM LAKSA

It takes a lot to do justice to Penang food but Angcle Peoh has made sure that the standards are met so that it stays true to its origins. This bowl of laksa is full of “kembung” fish meat, a generous amount of chopped lettuce, shredded cucumber, sliced onions, mint leaves, and laksa noodles that I’d never get enough of (I had ordered an extra bowl of noodles before). The prawn paste “hae koh” is brought in from Penang that it doesn’t give an overly fishy smell. So at any point you wonder to yourself, “what should I eat?” or “where should I eat?”, consider Angcle Peoh because any time is a good time for Penang cuisine.

Angcle Peoh
27, Jalan Anggerik Vanilla, AB 31/AB, Kota Kemuning, Seksyen 31, 40460 Shah Alam, Selangor
Phone: +60 3-5131 9378



BIG BREAKFAST (Non-Halal)

Another great venue if you want to bring out your laptop and get your work done. Usually the after-work crowd populate this café on weekdays and on weekends, it is a family and friends affair. Either way, you should definitely sample their impeccable savoury waffles and big breakfast. Additionally, this café offers one of the best services I’ve experienced and genuine hospitality. For pork lovers, this is your haven.

Sips and Bites Café
11-1, Jalan Anggerik Vanilla 31/93, Kota Kemuning, 40460 Shah Alam, Selangor
+60 10-226 0267

DUCK NOODLES (Non-Halal)

Forget commuting all the way to Bidor for excellent duck noodles when a mere 20 minute drive from the city to Pun Chun Noodles house is all it takes. The handmade noodles come from a recipe that has been passed down for seven decades. You can definitely gauge the passion in serving food up here. The aromatic herbal soup provided with the duck noodles was dizzying, to say the least. As for the duck, the meat achieved the perfect balance of soft and tender. This explains the crowd during lunch and dinner time. Definitely a go-to restaurant for a local Chinese delicacy craving.

Pun Chun Noodle House
Address: 10, Jalan Anggerik Vanilla Ac 31/Ac, Kota Kemuning, 40460 Shah Alam, Selangor
019-320 6773

ABERRANT SALADS

To make a good salad is to be a brilliant diplomatist - the problem is entirely the same in both cases. To know exactly how much oil one must put with one's vinegar

— Oscar Wilde

BY HIRANMAYI AWLI MOHANAN

CHICKEN RICE SALAD

Chicken rice is one of Malaysia's most treasured dishes. Would you believe me if I told you that you could indulge in this favourite guilt-free? The new Chai Bar at Oasis Ara Damansara has turned the beloved chicken rice into a salad. It comprises the outlet's own poached chicken breast with crunchy red rice, bean sprouts, onions, cucumber, baby spinach and a soy sauce dressing. It is the healthiest rendition of the chicken rice. Now you can enjoy with minimal guilt.

Chai Bar
Jalan PJU 1A/7, Taipan 2 Damansara,
47301 Petaling Jaya, Selangor



CHICKEN AND WATERMELON SALAD

What is presumably an odd combination results in an assortment of zest on one plate. We are in love with this unique dish that offers a crunchy, lightly spicy Asian salad of spring onions, coriander and chillies, tossed with watermelon and toasted almond flakes, topped with crispy-juicy fried chicken. Let's just say, it was an experience that you should try for yourself.

Frisky Goat
72, Jalan Burhanudin Helmi,
Taman Tun Dr Ismail, Kuala Lumpur



ONE IN A MELON

One in a Melon at Delicious certainly keeps to its namesake. It comprises lemon dressing, rocket, feta cheese, olives, mint, basil, pine nuts, balsamic pearls, basil oil, and yoghurt ravioli. Not only is it a sight to behold but, it is also a tantalising thirst quencher with a surprising burst of piquancy.

Delicious
Lot G316, Ground Floor,
One Utama Shopping Centre (New Wing) 1,
Lebuhraya Utama, 47800 Petaling Jaya.



SPICY FUJI APPLE SALAD

Looking for a little spice and everything nice? Well look no further because Konscious Café offers Spicy Fuji Apple Salad that is fiery, evident by the mix of Fuji apple slices, mint and chillies. Talk about a dynamite salad.

Konscious Café
Damansara Perdana, 47820 Petaling Jaya, Selangor.



GELATO SALAD

The name of the café is Whimsical. So one can only expect whimsical elements to be part of the menu. We found it particularly quirky to infuse ice cream made in the traditional Italian fashion into a salad. Who needs olive oil and ranch dressing when basil gelato can accompany their tomato salad with Japanese cucumber strips, lettuce, chives, goat's cheese and balsamic reduction.

Whimsical Gelateria and Caffè
D2, G3.05, Publika, Solaris Dutamas, 1,
Jalan Dutamas 50480 Kuala Lumpur

CHICKEN AND POTATO SALAD

A sight of this dish will make your gym trainer scorn and unleash a wrath of cardio and weights. Though it hardly looks like a salad, it certainly counts for being a distinctive one. Unlike other salads that barely fills the stomach, Wondermama's signature salad of cubed potatoes, fried chicken, tomatoes and veggies would work well even as a main course.

Wondermama Bangsar Village
G6, Ground Floor, 1, No. 1, Jalan Telawi 1,
Bangsar Baru, 59100 Kuala Lumpur





From left to right Baileys Chocotini, Top Shelf Margarita and Red Corvet

LIQUIDITY CONCEPT BAR

For business and pleasure

BY JACQUELINE BENITA PAUL

Meeting people is easy with technology but forming quality networks takes time and effort. Though, in this fast-paced environment where everything needs to be done yesterday, a quicker solution has emerged and it is called Liquidity. This is a venue that hosts meet-ups and workshops in order to get entrepreneurs on the right track in their venture. Besides that, Liquidity also offers extensive and avant garde craft cocktails for anyone to enjoy. You can even get your hands on selected whiskeys and Australian beer. Unlike most bars where there are only a couple of days in a week that are designated for a certain activity, Liquidity offers a different experience each day for an enjoyable after-work session.

MONDAY, LET THE GAMES BEGIN

Bond with your colleagues through a fun game of cards against humanity or your favourite board game or card game over a glass of Top Shelf Margarita which as the name implies, features a mix of premium liquors for you to enjoy the perfect balance of flavours between a little sweet, a little sour and a lot of booze.

TED TALK TUESDAYS

On Tuesdays, you can look forward to the TED Talk Tuesdays where entrepreneurs from various industries are invited to gather to exchange their opinions and provide some insight into their industry. With content curated by KERN Ventures, Tech Talk Tuesdays bring you new and interesting content each week. It also acts as a type of open mic for aspiring entrepreneurs to pitch their business proposal to potential investors. So if you have an idea to materialise, mark your Tuesdays!

WEDNESDAY, IT'S LADIES NIGHT!

Complimentary welcome drinks are available for all the women who walk in, and those who come in groups of 4 will receive a complimentary bottle of wine (either red or white). Ladies can enjoy house cocktails and house wine priced at RM15 all night long.



A fun night for all awaits by making your own shots with Chemical Reaction!



Red Corvet, a fun and sexy cocktail!

TRANQUIL THURSDAY

It's almost the end of the week, so ease away your work stress by listening to one of KL's hottest new bands, Vision on stage from 9pm. Vision is a three-piece band from KL formed in late 2016. The band consists of Nur Izzati on vocals, Nurizwan on percussions, and Jay-r Yong on vocals and guitar. While you're at it, you can try out my personal favourite, the Chemical Reaction cocktail. It is served in a kipp's apparatus where the Midori is mixed together with absinthe and Blue Curacao, creating a sort of solid green colour effect within the glass and on the outer layer, the clear liquid is actually vodka. This drink allows you to mix based on your own preference, depending on how boozy would you like your drink to be.

FREEDOM FRIDAY

On Friday nights, you can enjoy your after-work freedom to the fullest with music that has influences of Earth, Wind & Fire; Tower Of Power; Donna Summer; Santana and Pink Floyd to name a few by Project N9 on stage from 9pm. The experience simply wouldn't be complete without the right cocktail, for such a night you should grab the Red Corvet which is an absolute crowd favourite that features Frangelico, Midori and strawberries. For our expat readers, we recommend trying out the Teh Tarik Satu for a sip of culture with the addition of alcohol.

ACOUSTIC SATURDAY

Should you enjoy a more vocal-based performance, you can head on to Liquidity to enjoy music ranging from the late 60's to the top 40's while satisfying your cocktail craving with a Bailey's Chocotini.

HAPPY HOUR! SIP, SIP HOORAY!

You can look forward to some great happy hour deals from 5-7pm, 6 days a week with RM10 beer, RM15 wine and cocktails and up to 50% off liquor shots.

You can look forward to experiencing Aussie-style BBQs happening this month. Tentatively, it will be happening every Sunday. You can find out more via Liquidity's Facebook page. I can't think of a better way to spend my Sunday than biting into some succulent steak with a bottle of Little Creature beer in hand.

Sky Level, 1 First Avenue, Bandar
UtamaPetaling Jaya 47800
03-8605 3388
www.facebook.com/LiquidityKL

HOME GADGET ESSENTIALS

The future is here! We live in a time where there is constantly new gadgets to help improve just about everything in our life. The home is no exception. So here are some gadgets you might want to get to turn your home into a thing of the future.



PERSEUS
THE PERSEUS MIRROR TWO OF A KIND
RM2,087

With their Kickstarter funded, the Perseus smart mirror aka the world's first smart mirror is now available for pre-order, so you can get your hands on one by Spring 2017. While you use the mirror you can see texts, take photos (no more mirror selfies), stream video, see the news, view your notifications, the progress of your Uber and more, it also has hands-free voice control.

GOOGLE
CHROMECAST ULTRA
RM200

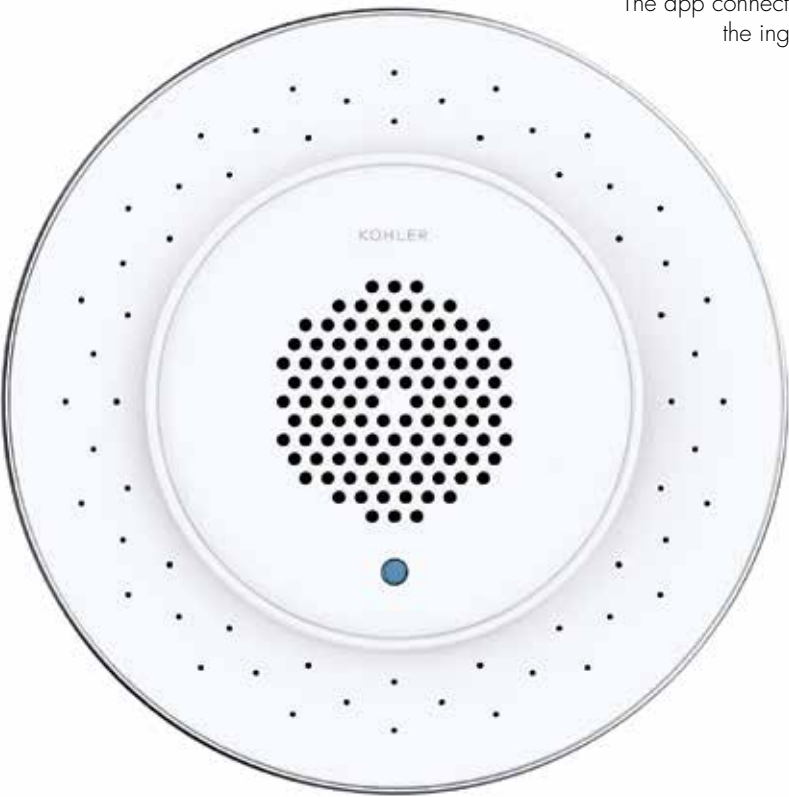
The Chromecast has always been a key tool in the cord cutter's arsenal, and the latest Chromecast Ultra adds 4K support and speeds up load-time performance.

The tiny Chromecast dongle plugs directly into a free HDMI port on your TV. From there, you use your smartphone (iPhone users are welcome too) to find and control content from a wide variety of streaming TV services, including Netflix, YouTube, Hulu and HBO. Still, the Chromecast Ultra is a great vehicle for getting 4K video from Netflix, YouTube and Vudu onto your new 4K TV.



DROP
DROP KITCHEN NON-SLIP SILICONE CONNECTED KITCHEN SCALE
AND INTERACTIVE RECIPE APP
RM356.12

Hone your culinary skills with the help of a futuristic gadget. The Drop Scale can smart weigh your ingredients and connects with an app that has a huge recipe book. The app connects to the scales and guides you through the recipes, even adjusting the ingredient amounts if you don't have enough of something.



KOHLER
K-9245-CP 2.5 GPM MOXIE SHOWERHEAD AND WIRELESS
SPEAKER, POLISHED CHROME
RM311

Have you always wanted a Bluetooth shower head? What do you mean no? You honestly don't know what you're missing. The Kohler Moxie Showerhead + Wireless Speaker connects to your smartphone or tablet via Bluetooth and allows you to stream music anywhere in the house, especially in your shower.

AMAZON
AMAZON ECHO
RM800

We are all so busy, we need a personal assistant to remind us about many things. That's where Amazon Echo comes in handy, it can schedule appointments for you, tell you what the traffic is like, view your calendar, take down shopping lists, answer questions, play tunes and help you with recipes. Alexa (the voice of your Echo) can read audiobooks, the news, tell you what the weather is like and the device can also control lights, switches and thermostats with compatible smart home devices.



BLAZE THROUGH THE CITY

Go all out with the ever versatile blazer; perfect for any occasion



BALMAIN
Double-breasted wool blazer
RM7,198



M.I.H JEANS
Niki cropped high-rise skinny jeans
RM1,271



GIANVITO ROSSI
Vamp 105 leather ankle boots
RM3,045



ÉTOILE ISABEL MARANT
Janey checked linen blazer
RM2,014



ÉTOILE ISABEL MARANT
Jevil plaid linen mini skirt
RM898



JIL SANDER
Leather sneakers
RM1,360

OUTFIT ELEVATORS



VALENTINO
The Rockstud leather clutch
RM6,585

+



LANVIN
Sugar mini leather shoulder bag
RM4,891

+



JENNIFER FISHER
Orb gold-plated necklace
RM1,227



NN07
Samuel Slim-Fit Grandad-Collar Cotton
Oxford Shirt
Approx. RM443.53



POLO RALPH LAUREN
Slim-Fit Brushed-Cotton Twill Chinos
RM542.11



O'KEEFFEFELIX
Suede Derby Shoes
Approx. RM1,725.72



RICHARD JAMES
Pink Slim-Fit Cotton And Linen-Blend
Suit Jacket
RM2,685.86



RICHARD JAMES
Pink Slim-Fit Cotton And Linen-Blend
Suit Trousers
RM1,208.19



J.M. WESTON
180 The Moccasin Leather Loafers
RM2,465.47

PASTELS

A soft, barely there shade that makes a bold statement

OUTFIT ELEVATORS



JACQUES MARIE MAGEMOLINO
Square-Frame Tortoiseshell Acetate
Sunglasses
RM2,465.34

+



DUNHILL
Duke Leather Briefcase
RM8,136.68

+



TSOVET
SVT-SC38 38mm Stainless Steel
And Leather Watch
RM912.18

MOODBOARD





ADAM LIPPES
Gathered floral-print cotton-voile dress
RM4,656



STELLA MCCARTNEY
The Falabella Box studded faux leather
shoulder bag
RM7,294



CHLOÉ
Buckled leather ankle boots
RM3,658



GUCCI
Printed silk-satin bomber
jacket
RM10,566



THE ROW
Gibbons crepe midi dress
RM3,956



FENDI
Baguette mini embellished leather
shoulder bag
RM13,371



ALAÏA
Cutout studded glossed-leather Chelsea boots
RM5,122

WILD FLOWERS

A flower-powered rock look

OUTFIT ELEVATORS



DANNIJO
Urchin oxidized silver-plated Swarovski
crystal necklace
RM1,521

+



DIANE KORDAS
Triple Cosmos 18-karat rose gold diamond ring
RM13,040

+



MARIA BLACK
Phoenix gold and rhodium-plated earring
RM386

+



SAINT LAURENT
Round-frame silver-tone sunglasses
RM1,437

BEAUTY PRODUCT



MAISON BY AMANDA DYER
CALM Scented Candle 350g
RM233.00



WILD PRODUCTS
Essential Oil Peppermint
(Mentha Piperita)
RM71.00



ORIGINS' PEACE OF MIND
On-the-Spot Relief cream
RM59



MARIO BADESCU
Facial Spray
With Aloe, Herbs and
Rosewater 118ml
RM39.00



TWG TEA
Always Sakura Tea 100g
RM112

Ease your mind

We all know that feeling when the email s are overflowing, paper work piled up, deadlines are fast approaching and there's too much happening at work. Stress these days is constantly at bay, waiting eagerly just to make you feel miserable. It is inevitable. Fortunately, on days when you feel like you don't have it all together, there are solutions to make you look and feel immensely better. Thus, we have identified several products you can keep at your desk to give you a quick pick-me-up when you need one, just so you keep feeling zen even during testing times.

Encased in a blush pink collectable tin, this marvellously luxuriant green tea is blended with notes of Rainier cherry and sweet florals which produce an airy and intoxicating aroma and yield a smooth and tender aftertaste. It is a beautiful accompaniment for your desk and to chase away the blues.



ETERNEL

Unleash your true beauty

BY JACQUELINE BENITA PAUL

Lot 2.01C Second Floor, Menara BRDB, No 285, Jalan Maarof, Bukit Bandaraya, 59000 Kuala Lumpur
Tel: 03-2284 9939 . www.eternelinternational.com

Often times, women usually feel that they would need to decide between cosmetics or skincare. However, the right skincare would later make the use of cosmetics redundant. That's where Eternel comes in, offering beauty solutions to bring out their customers' natural beauty through modern techniques. Here you can get access to a myriad of treatments depending on your beauty goal. Whether it is face lifting, face contouring, removing eyebags and dark circles, hands and feet restoration, bio-oxidation, live cell therapy and hair growth, you can be rest assured that your needs are taken care of. I already had an idea of what I wanted, so it was quite easy for me to communicate my beauty goals to the staff and hear out her suggestions. Taking into consideration my skin history and current state, I was suggested to try out the Nd:YAG Laser Treatment.

I was apprehensive at hearing the word "laser" at first till I was convinced that the treatment was completely painless and I wouldn't need any recovery time. This minimal fuss treatment begins with a layer of liquid carbon that is applied to the skin, where it penetrates deep into the pores. Due to the attraction of the laser light to the carbon particles, it easily destroys the carbon while absorbing the dead skin cells, contaminants and oil with it, leaving you with an exfoliated skin effect. You'd notice immediately of having softer, smoother and firmer skin.



This treatment provides several benefits as listed below:

CLEANSING:

Carbon has the ability to absorb oil and contaminants from deep within the pores. When the laser is passed over the treatment area, it targets and destroys the carbon particles, taking any absorbed material with it.

EXFOLIATING:

As the carbon is targeted by the laser, it blasts away dead skin cells, blackheads and effectively exfoliates the skin. The result is softer, radiant skin with reduced pore size and a more even skin tone.

REJUVENATING:

Carbon peels also target the deep layers of the skin to stimulate collagen production, which in turn produces firmer, plumper skin, reduces fine lines and wrinkles, and leaves skin feeling tighter and glowing.

ACNE AND OIL DESTROYING:

The heat produced by carbon peels has two additional benefits. It reduces the P.Acnes bacteria responsible for acne, allowing for better management of pimples and outbreaks, and it also shrinks sebaceous glands (oil producing glands), resulting in less oil production, and therefore reducing congestion building up in the pores.

Noticeable results can be experienced after a single treatment, but for maximum long-term results, regular treatments are recommended.

Should you find yourself wanting to enhance your natural beauty, there's a promotion you might want to consider. You may enjoy

the first time trial of this spectacular treatment for only RM495 (normal price: RM990). Applicable for first-time customers only.

On the other hand, I recently reached the realisation that I needed to take action on the post-holiday belly I seemed to have let myself go a little (I could almost hear Jillian Michaels disapproving my choices from a distance). So while I was at Eternel, I decided to also sample the much raved about Cryolipolysis treatment.

I had heard of this treatment before and had always wondered how effective it would be but had never actually booked for one. To my understanding, Cryolipolysis works on the basis that fat cells are more vulnerable to energy extraction – in this case, cooling, than the surrounding tissues. It means that cryolipolysis would break down the fat cells, but not the surrounding tissues. Once cooled, the fat cells then undergo apoptosis, which is controlled cell death. When apoptosis happens, the fat cell wall breaks down, causing lipids (fats) from the cells to be released. These lipids are transported by your lymphatic drainage system to be processed and eliminated through the body in the same way that fat from your food is eliminated. This process is very gradual, meaning that there is no danger of your lymphatic system being overloaded. Following the procedure, the fat breaks down over a period of two to three months, resulting in fat loss that appears entirely natural.

You too can achieve a fabulous figure with the exclusive promotion in collaboration with Eternel. For 4 areas, the price is only at RM698 (RM 4,800). For first-time customers only.



Is it **STRESS** or **ANXIETY**?

It is safe to say that most of us have suffered stress in some form or another, be it from work or personal lives. It's human nature to exaggerate, so there are many times we claim we feel something more than we actually do. So how can you tell whether you are truly suffering from stress or is it something else altogether? Following are the five essentials you should know about stress and anxiety and how they associate with each other.

BY HIRANMAYII AWLI MOHANAN

STRESS AND ANXIETY SHARE THE SAME PHYSICAL SYMPTOMS

David Spiegel, Stanford University's associate chair of psychiatry and behavioural sciences stated that "whether you are tense or suffering from something more, the stressful and anxious emotions can sometimes bring the same feelings of arousal." Sharing similar traits, stressful or anxious emotions affects the physical scale. The heart beats faster, rapid breathing is triggered and can cause muscle tension. That being said, the similarities end there. Anxiety produces panic attacks which subsequently trigger severe versions of the symptoms which include chills, headaches, hot flashes and chest pain.

THE CAUSE OF ACUTE **STRESS IS DISTINCTIVELY DIFFERENT FROM THE CAUSE OF **ANXIETY****

Granted, there is definite overlap between stress and anxiety, but ultimately, the two emotions originate from two different places. When we are stressed, we are in the know of the cause of us feeling stressed. However, with anxiety, you become progressively less aware of what you are anxious about at the moment and the reaction then becomes the problem. You start feeling anxious about being anxious.

A LOT OF **ANXIETY CAN STEM FROM FEAR**

Experiencing phobias of events, activities or social situations originate from fear and terror. This can lead the individuals to suffer from a panic disorder when they come face-to-face with that stressor, Spiegel explains. The anxiety that people suffer stem from fear. When it is converted to feelings, the person who is suffering from it will tend to be in denial of what makes him fearful instead of facing it head on. That can make things a lot worse for that person. A clinical counsellor by the name of Megan Devine suggests facing one's fear head on and taking steps forward from there.

MAJORITY OF ACUTE **STRESS STEMS FROM EXTERNAL SITUATIONS**

The majority of stress that we face stems from external situations that we are aware of such as a deadline around the corner, a stack of bills, juggling between the load of work and family, etc. When it comes to these external stressors, we are actually able to control them by prioritising and handling them one at a time. Let go of the idea that multitasking might be able to help because you are managing several stressors at a time but that only makes things worse. Spiegel suggests, "Figure out what you can do about things and what you can't, take on the things you can do something about and give yourself some credit when you've accomplished something." That will alleviate your stress.

ANXIETY AND **STRESS ARE OFTEN INTERCHANGEABLE, EVEN THOUGH THEY ARE TWO DIFFERENT EXPERIENCES**

By definition, anxiety and stress are categorized by separate feelings. In his research, Spiegel related that the root of stress experienced in our lives on a day to day basis is commonly due to frustration and nervousness. Anxiety on the other hand, roots from fear, uneasiness and worry. "The key difference [between the two] is the sense of helplessness," Spiegel explains. Stress differs from anxiety in the sense that you are able to deal with things and mastering it which will subsequently leave you feeling less helpless.

Unlock the BITTER GOURD'S Secrets to GREAT HEALTH

BY SUE ANNE CHEE

For something that really isn't much to look at, the bitter gourd may just be the best thing you'll consume in your day. Ridiculously low in calorie count, it packs a punch in the nutrition department. Full of sources of phytonutrients like dietary fibre, minerals, vitamins and anti-oxidants, these are the seven benefits bitter gourd will contribute to your health:

FANTASTIC REGULATION OF YOUR BLOOD SUGAR LEVELS

According to a 2011 study published in the Journal of Ethno Pharmacology, a four-week clinical trial was done on patients suffering from type-2 diabetes. The patients showed significant decrease in blood glucose level when 2,000 mg of bitter gourd was taken on a regular basis. This is due to its composition of an insulin-like compound called Polypeptide-p which has the ability to control diabetes naturally. So when you lose all self-control and just had that sugary binge, don't beat yourself up just yet. Curb those escalating blood sugar levels with a healthy glass of bitter gourd juice!

MINIMISE YOUR BAD CHOLESTEROL

According to Dr Anju Sood, bitter gourd juice helps in lowering bad cholesterol levels in the body. With that comes a reduced risk of heart attacks and strokes, both caused by a cholesterol build-up inside the blood capillaries. To keep your veins clear of blockage, bitter gourd juice is a great addition to your diet to stay healthy in the long run.

FOR THE SAKE OF FLAWLESS SKIN

Ladies, let's not kid ourselves. We all yearn for that gorgeous, silky skin all models seem to have. You'll be pleased to know that the bitter gourd just might be the answer. Dr Simran Saini from Fortis Hospital, New Delhi tells us that bitter gourd juice has powerful anti-oxidants along with vitamins A and C all of which ferociously battle the free radicals harming our bodies. Elimination of these harmful substances produced by our bodies will slow down the ageing process. As a result, less pimples, less acne, and less blemishes. So the next time you're getting ready for an important event and you simply must look your best, do try the bitter gourd juice diet and watch it work its magic.

FOR THOSE LONG, LUSTROUS LOCKS

Those same vitamins in the bitter gourd, vitamin A and C, coupled with Biotin and Zinc will imbue shine and lustre to your hair. To combat hair loss, greying, split-ends and dandruff, simply apply bitter gourd juice (mixed with curd if preferred) regularly to your scalp. For serious cases of dandruff, try making a hair mask with bitter gourd juice, cumin seed paste and a tablespoon of lime juice. Leave on for half an hour and rinse to reveal a fresh and healthier scalp.

SHEDDING THOSE EXTRA POUNDS

Containing just 17 calories per 100g, the bitter gourd is a prime choice in any weight loss plan. A 2010 report by the Journal BMC Complementary and Alternative Medicine, disclosed that extracts of bitter gourd helped in the breakdown of human fat cells and also hindered the growth of new fat cells. This means bitter gourd not only helps us lose fat, it also aids in keeping it off! What a great discovery! I present to you, the bitter gourd: secret to weight loss.

BOOSTS YOUR IMMUNE SYSTEM

The next time you fall sick, remember to take some bitter gourd juice as remedy. Its antioxidants work as powerful defence mechanisms, fighting viruses and strengthening your immune system. Not just that, it's been found that the bitter gourd has anti-carcinogen and anti-tumour properties. This destroyer of free radicals has shown to reduce the risk of prostate, breast and cervical cancer. The ultimate healing machine that is both natural and dirt cheap.

GREAT FOR YOUR EYES

Containing beta-carotene and vitamin A, bitter gourd helps prevent cataracts as well as strengthens your eyesight. Also, it's a great remedy to treat those dark circles under your eyes. Ditch the concealer and start picking up bitter gourds. There is nothing better than looking beautiful, naturally.

Now that you know all the rewards bitter gourds have to offer, you'll be keen to add this to your diet. But before you go out and purchase all the bitter gourds you can carry, remember the old mantra: "Everything in Moderation". Too much bitter gourd juice may cause abdominal pain and diarrhoea. So, follow the advice of Dr Geeta Buryok, chief nutritionist at Max Health Care, and take just 30 ml of bitter gourd juice daily for maximum benefits. You'll find yourself on your way to amazing health in no time.



LOCAL
KUALA LUMPUR

SYDNEY
13:42

SEOUL
11:42

TAIPEI
10:42

DELHI
08:12

NEW YORK
2:42

LONDON
02:42

ARRIVAL				Monday, 25 Dec 2014			
08:15	QJ 008	Phuket	LANDED	11:25	3J 048	Singapore	11:47
08:25	QJ 008	Adana	LANDED	11:30	3K 085	Jakarta	11:59
08:40	QJ 001	Kuala Lumpur	LANDED	11:35	3K 047	Bandung	11:33
08:45	QJ 007	Indo Rama	LANDED	11:35	3K 043	Shah Alam	11:34
08:50	QJ 007	Wia	LANDED	11:35	3K 027	Kuching	11:40
08:55	QJ 011	Don Mueang	LANDED	11:45	3K 027	Brunei	11:43
09:00	QJ 007	Phuket	LANDED	11:45	3K 087	Don Mueang	
09:05	QJ 007	Phuket	LANDED	11:50	3K 042	Pulau Panglima	12:00
09:10	QJ 007	Phuket	LANDED	12:00	3K 047	Siak	12:11
09:15	QJ 007	Phuket	LANDED	12:05	3K 041	Siak	
09:20	QJ 007	Phuket	LANDED	12:05	3K 015	Penang	
09:25	QJ 007	Phuket	LANDED	12:05	3J 032	Jakarta	
09:30	QJ 007	Phuket	LANDED	12:05	3K 081	Ho Chi Minh City	
09:35	QJ 007	Phuket	LANDED	12:15	3K 011	K. J. S. S. S.	
09:40	QJ 007	Phuket	LANDED	12:15	3K 026	Kuching	
09:45	QJ 007	Phuket	LANDED	12:15	3K 027	Siak	
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09:55	QJ 007	Phuket	LANDED	12:15	3K 027	Siak	
10:00	QJ 007	Phuket	LANDED	12:20	3K 027	Siak	
10:05	QJ 007	Phuket	LANDED	12:20	3K 027	Siak	
10:10	QJ 007	Phuket	LANDED	12:20	3K 027	Siak	
10:15	QJ 007	Phuket	LANDED	12:20	3K 027	Siak	
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11:40	QJ 007	Phuket	LANDED	12:20	3K 027	Siak	
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12:00	QJ 007	Phuket	LANDED	12:20	3K 027	Siak	

HAIR EXTENSION

EXCLUSIVELY IN ANAGEN



Hair Extension

- * 100% Human Hair
- * "U" Shape Glue



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LONG SANDY STRETCHES.
LORIOUS LANGKAWI SUNSET.
INDRED 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.

Include Langkawi International Airport into your flight route and watch the influx of eager travelers. Contact our Airline Marketing Team at marketing@malaysiaairports.com.my



As Managing Director of Malaysia Airports Holdings Berhad, Datuk Badlisham Ghazali has gained considerable recognition in the global aviation world. A speaker at the World Routes Strategy Summit in Chicago in 2014 and the Global Airport Development Conference in 2015 and 2016, he is also a Director of Airports Council International Asia-Pacific. He sits on the Boards of the international airports at Hyderabad in India and Sabiha-Gokchen in Turkey.

This month, Datuk Badlisham shares some thoughts about training and empowerment of people.



AIRPORT MD SPEAKS

"When we launched the Malaysia Airports 25th Anniversary Celebrations in February, I mentioned it is to the future that we must look to ensure the sustainability and relevancy of our business. In the same breath, I added that as a service provider, our greatest asset is our people.

"Now, let me get one thing straight! This is not a cliché or some slick slogan – it is a fundamental reality that as an airport-operator, it is our people that make us tick. It is our people that make everything work; it is our people that are at the heart of our continuing success. It's a simple fact.

"I am fully committed to empowering everyone at every level of the Malaysia Airports team with the best possible training resources we can provide, in order to enhance their productivity and effectiveness even further. From top management and team-leaders to engineers and technicians, to security personnel and clerical staff - and even the lowest ranks of the industrial-manual labour – proper training and appropriate learning-opportunities will transform people and improve the way they do their jobs.

"We have been acknowledged as an Employer of Choice with one of the best career-progression programmes in the country, but my hope is to see Malaysia Airports soar even higher in terms of human capital development. Financially, I believe that any money used for training and development of our people is never an expense – it is a valuable investment. This is part of Malaysia Airports' ceaseless drive and pro-active efforts to chart our progress in serving our customers and stakeholders successfully.

"There is the other side of the coin, though. We can provide the very best facilities and opportunities; but it is the individual who has to decide how far he or she wants to go, and how dedicated he or she will be to the learning process. What is true for the Malaysia Airports team is also true for every one – including the readers of this magazine:- Ultimately, our own progress and success in life is largely dependent on our own commitment, and our own hard work. True success in personal empowerment is actually in our own two hands. I wish you well!"





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REJUVENATION AND EMPOWERING THROUGH TRAINING

Malaysia Airports is committed to constant upgrading of skills and productivity



The International Air Transport Association (IATA) believes that appropriate training is critical in all sectors of the aviation industry, including airline, airport, air-navigation services, cargo, civil aviation, ground operations, safety, and tourism. Key global leaders of industry state that in today's business landscape, training is not just a matter of survival; it is what separates high-performance organizations from those that fail. To them, training is a competitive and strategic necessity.

World-renown universities state that training will challenge graduates to think differently, give them tools to manage complex issues and make strategic decisions, and help them learn how to be team-leaders. Coursework in such institutions of higher learning focuses on technical competence, effective problem-solving, communication skills, and ethical professional values.

Additionally, more and more educational establishments promote life-long learning, and are committed to the development of working adults into innovative and entrepreneurial leaders for the global market, who contribute to the advancement of knowledge, and contribute to the societal wealth and well-being. The Core Values of its programmes are teamwork, integrity, and professionalism.

Malaysia Airports Senior Manager Human Resources (Organization and Recruitment) Nor Hamizwa Mohd Nor firmly believes in the power of training for working professionals. "Training is more than just building the skills and knowledge of each individual for their own personal benefit", she explains. "Training fits the company's strategic plan and enables corporate performance to reach new heights. Training should help employees develop both technical mastery, as well as interpersonal skills such as effective



communication, quality management and team building."

Malaysia Airports conducts courses and training-programmes for its management and staff at all levels, from the newest tyro to the most senior managers, throughout the year. Training is an integral part of operations at Malaysia Airports. The demands of today's aviation industry are increasingly challenging. As such the need for effective and knowledgeable airport staff is greater than ever before.

"Our Managing Director Datuk Badlisham Ghazali recently said that although we have been acknowledged as an Employer of Choice with one of the best career-progression programmes, his hope is to see Malaysia Airports soar even higher in terms of human capital development. With this vision, Malaysia Airports provides scholarships, internships and a unique SLIM-MAHB programme", explains Nor Hamizwa.

"The SLIM-MAHB training program was developed to increase graduate marketability and employability. As collaboration between Malaysia Airports and the Malaysian Government, the program is designed to alleviate the unemployment rate among graduates. The SLIM-MAHB programme has comprehensive classroom training and on-the-job training in various airport business functions, spread over a 6-month period.

"At Malaysia Airports, we are committed to educating and nurturing the new working



generation. Our internship programme aims to give students an excellent learning-experience as they expand their knowledge in a working environment. Our scholarships are aimed at empowering students to focus on their studies with financial and practical assistance.

"The Malaysia Airports Training Centre (MATC) has won accolades from all over the world for our standards of excellence. MATC provides training programs in following key airport operations: Airport Operation Training, Airport Technical Services Training, Airport Fire and Rescue (AFRS) Training, Aviation Security (AVSEC) Training and Ground Handling Services Training.

"The training programs are provided at the MATC centres in Penang and KLIA. Both Training Centres have ISO 9001:2000 Certification, and are endorsed by the International Civil Aviation Organization (ICAO), Airport Council International (ACI), and Malaysia's Department Of Civil Aviation.



"It is a source of great pride to the nation that in 1992, ICAO selected Malaysia as the venue for the ICAO Asia Pacific training facility for aviation security (AVSEC), and appointed MATC to manage it. In the 25 years since, we have trained scores of aviation professionals from all over Malaysia, the ASEAN region, and other parts of the world", she concludes.



Accolades won by the Malaysia Airports Training Centre (MATC)

- Recognized as the "Global Training Hub" (GTH) for the Asia Pacific region by Airports Council International.
- UKAS Certification in Quality Management System for Aviation Security and Airport Fire and Rescue Services Training programs.
- Referred to by ASEAN and International Airports as the preferred centre of Aviation Security Training.
- Appointed by ICAO to manage the ICAO AVSEC Asia Pacific training facility



EGYPTAIR Orders New B737-800s



"The recent order by Egyptair for nine new Boeing 737-800NGs coincides with 50 years of partnership between Boeing and the airline that began with an order for a 707 in 1966. Egyptair placed its first 737 order in 1975", says Maggie Huan, Managing Director of Etonic Travel, the Malaysian GSA for Egypt's national carrier.

Egyptair currently operates twenty 737-800NGs. When the nine aeroplanes on order have been delivered, this aircraft will comprise the largest single-aisle aircraft type in Egyptair fleet. The airline also has six 777-300ERs and two 777-200ERs and Egyptair forecast significant growth of its total fleet by 2026.

Established in 1932, Egyptair is one of the world's pioneer airlines. It has been a member of the Star Alliance since 2008, and flies to more than 70 destinations around the globe. For inquiries and ticketing, please call **03-2145 6867**.

KLM named Safest Airline

KLM Royal Dutch Airlines Country Manager Malaysia Estee Ng says that the German Jet Airliner Crash Data Evaluation Centre (JACDEC) has declared KLM the safest European airline. KLM comes fifth in the JACDEC worldwide rankings.

KLM is also the most punctual airline, FlightStats recently announced. This aviation-insights company publishes an annual list of international airlines with the best on-time performance records. FlightStats compares airlines on punctuality, flight schedules and flight times. KLM holds first place for global arrival performance.

"I see this as a wonderful acknowledgement of KLM's constant efforts in safety, punctuality and customer focus. We want to continue to give our customers a safe and pleasant travel experience throughout 2017 and beyond", Estee Ng stated, adding that the airline has 10 weekly flights into KLIA. For more information and ticketing, please visit www.klm.com.my or call KLM Reservations at **03-7712 4555**.



ETHIOPIAN No.1 in Punctuality



Ethiopian Airlines has been ranked No.1 for airlines based in the Middle East and Africa in flight on-time performance for the month of January 2017, according to FlightStats, the leading provider of real-time global flight data.

Of the almost 8000 flights operated by the airline in January, 81% arrived within 15 minutes of the schedule arrival. Worldwide, the national flag-carrier of Ethiopia ranked 11th, says Ethiopian Airlines Area Manager Malaysia Osman Habib. Although there are quite many factors which affect the on-time departure of flights, we will continue to do whatever it takes to achieve the best flight punctuality in the industry. To this effect, we are very happy that we have outperformed the industry in the Middle East and Africa and stood number 11th in the world."

The national flag-carrier of Ethiopia recently held an Agency Award & Appreciation Dinner at a deluxe restaurant in Kuala Lumpur. The

airline's Malaysian GSA Abadi Aviation Services was represented by Founder and Chairman N.Y.Lai and Managing Director Calvinn Lai as well as the management and staff of its Kuala Lumpur office.

Osman Habib explains that Ethiopian Airlines received numerous accolades in 2016. The airline was awarded "Best Airline Staff in Africa" by SkyTrax, and "Airline of the Year" for the fifth year in a row by the African Airlines Association, AFRAA. Ethiopian is fast becoming recognized worldwide for its service-levels and employee dedication. Ethiopian is implementing a 15-year strategic plan, Vision 2025 that will see it become the



leading Aviation Group in Africa, offering passengers international-standard services and products with five-star service delivery.

The largest and fastest-growing African airline currently flies four times weekly between Kuala Lumpur and Addis Ababa. For enquiries and reservations, please visit www.ethiopianairlines.com or call **03-2141 2190**.



New aircraft, new frequencies with SAUDIA

The national flag-carrier of the Kingdom of Saudi Arabia is bringing one of the newest aircraft in its fleet to Malaysia, says Saudia Country Manager Malaysia, Thailand & Vietnam Fawaz R. Alharbi; adding that from next month air-travellers can enjoy the comforts of the Boeing 787 Dreamliner, one of the world's most innovative passenger-aircraft.

He says that the national flag-carrier of the Kingdom of Saudi Arabia is also increasing frequencies into Malaysia, from 14 to 16 weekly flights. Apart from convenient direct connections from KLIA to Jeddah, Riyadh and Medinah in the legendary kingdom, Saudi Arabian Airlines also takes you onward to

such classic destinations as Amman, Cairo, Casablanca, Dubai, Istanbul, London, Manchester, Madrid, Paris, Toronto, New York, Washington, Los Angeles and more.

Alharbi adds that passengers flying on First & Business Class, Alfursan Gold / Silver Class and Skyteam Elite Class enjoy all the facilities of the Plaza Premium Lounge and the convenience of the Immigration Premier Lane at KLIA, as



well as the luxury of the exclusive Saudia Alfursan VIP Lounges at the major airports in the Kingdom of Saudi Arabia.

New A320neo for AIR INDIA

Air India has become the latest A320neo operator after taking delivery of the first of 14 aircraft, says the carrier's Country Manager Malaysia Bethel Elishoma Lakra, adding that the A320neo joins Air India's existing fleet of 138 planes, including 66 A320 Family aircraft. He explains that Air India plans to induct 29 A320neo aircraft into its fleet by 2019.

Through a network of over 45 Indian suppliers, more than 6,000 professionals

in India contribute directly and indirectly to all Airbus programmes and every Air India Airbus aircraft produced today is partly made in India. The A320neo Family incorporates latest technologies including new-generation engines and wingtip devices, which together deliver more than 15% in fuel savings.

Thanks to the widest cabin, all Air India A320neo aircraft provide unmatched comfort in all classes, with generous 18" wide seats in economy as standard. "We are committed

to providing superior comfort and quality of service to our passengers", he says, adding that Air India connects a network of 42 destinations across the USA, Europe, Australia, Far-East and South-East Asia and the Gulf. The airline's domestic network covers 71 destinations within India, including far-flung areas of the North-East as well as Ladakh, Andaman and Nicobar Islands.

For ticketing and reservations, please call **03-2072 6066**.



US-BANGLA AIRLINES lands in Malaysia



US-Bangla Airlines, voted as Bangladesh's best airline in 2015 and 2016, commenced flights into Malaysia on 2 March 2017. The inaugural flight at KLIA was greeted by an arcing water-salute by airport fire-tenders, followed by a formal induction ceremony with top officials of US-Bangla Airlines. The aircraft was welcomed by a large group of Malaysia Airports management and staff led by Sarjanisham Darus, Manager Airline & Market Development.

Managing Director of US-Bangla Airlines Limited Muhammed Abdullah Al Mamun said, "US-Bangla Airlines is extremely proud to extend its services to Malaysia. This move is a highly strategic and beneficial decision that will work in favor of the Malaysian travel market, connecting the people of Bangladesh and Malaysia. This proposition is a fruitful one, promising great results for both countries and providing a cost-effective service to all those intending to visit or travel to Bangladesh."

The flights between Dhaka and Kuala Lumpur are operated daily on weekdays, but not on Saturday and Sunday. The flights utilise 164-seater Boeing 737-800 aircraft with 8 business-class and 156 economy seats.

US-Bangla Airlines is part of the US-Bangla Group, a leading business-conglomerate of Bangladesh. The airline started operations on 17 July 2014, with the motto "Fly Fast-Fly Safe". Within just 2½ years, US-Bangla Airlines has already operated over 22,000 flights successfully on domestic and international routes, which stands as a landmark in the aviation industry of Bangladesh. As the only private carrier to provide services to every airport in Bangladesh, US-Bangla Airlines currently carries over 50% of the total passenger-traffic on domestic routes.

Internationally, the airline flies to Muscat, Kathmandu, Kolkata and Singapore, with



Bangkok, Guangzhou and Doha being lined up in its global network expansion.

Among the distinctive achievements that US-Bangla airlines has chalked up is an impressive 98.7% on-time performance, and delivering luggage within 10 minutes after landing; which is another milestone in Bangladesh aviation history. For Business Class passengers in Dhaka, US-Bangla Airlines provides pick-and-drop facilities from home to airport and airport to home.

For more information and reservations, please call **014-973 7814**.

PHILIPPINE AIRLINES announces daily flights



Philippine Airlines will resume daily flights between Manila and Kuala Lumpur in June 2017. This was announced at a Press Conference held by Philippine Airlines Commercial Group Consultant David Lim, Vice President Sales Ryan T. Uy and Pacific World Travel Group President Dato Seri Tunku Iskandar bin Tunku Abdullah.

The event was also attended by Mohamed Sallauddin Mat Sah, General Manager of Airline Marketing, Malaysia Airports. Pacific World Travel is the General Sales Agent for Philippine Airlines in Malaysia.

The national flag-carrier of the Republic of the Philippines is targeting at least 80% in

load factor over the next 12 months, with the flight-resumption between both national capitals being in line with the carrier's route-expansion and flight-modernisation programme.

"We are looking at not only promoting Manila to Malaysian travellers but also the Philippines as a whole and the Americas, as well as our Oceania routes," Lim said, when announcing the Manila-Kuala Lumpur route to a subsequent large gathering of media and travel-agents. "We have expanded eight new destinations this year and we will expand more as we move towards the year-end".

Lim added that Philippine Airlines planned to expand its code-share partnership with Malaysia Airlines in domestic flights across Malaysia.

Philippine Airlines is Asia's first airline with a route-network covering 31 domestic and 44 international destinations. The carrier serves Asia, Oceania, the Middle East, the United States and Europe (London). For ticketing and enquiries, please call **03-2141 0767**.



Inaugural Flight for CATHAY DRAGON



Hong Kong-based airline Cathay Dragon had its inaugural flight into Kuala Lumpur recently, when Flight KA725, an Airbus A330-300, touched down at Gate C2 of the Satellite Building of KLIA.

As part of the celebrations at KLIA, passengers arriving on Flight KA 725 received a goodie bag from Malaysia Airports and Tourism Malaysia, while departing passengers boarding the first Cathay Dragon Flight KA724 from Kuala Lumpur to Hong Kong received a very special memento of treats from Chef Nic's Cookie Cha Chuan Teng range distributed by Cathay Dragon's representatives.

There was also a cheerful reception attended by management and staff of Cathay Dragon, Malaysia Airports Holdings

Berhad and Tourism Malaysia. The Malaysia Airports team was led by Managing Director Datuk Badlisham Ghazali while Tourism Malaysia's delegation was headed by Datuk Musa Yusof, Senior Director, International Promotion Division (Asia & Africa).

Cathay Pacific Country Manager for Malaysia and Brunei Anna Choi reiterated the airline's commitment to servicing passengers to and from Malaysia. "The Cathay Pacific Group of airlines which include Cathay Dragon, remains committed to grow with the Malaysian market, and will continue to provide the same high level of product and service to our customers travelling between Malaysia, Hong Kong and beyond, to our network of international destinations worldwide", she said adding that Kuala Lumpur is Cathay Dragon's third destination in Malaysia.



She explained that the airline already operates 11 weekly flights to Penang and five weekly flights to Kota Kinabalu; and that in total, Cathay Dragon will soon be operating 44 weekly flights to Malaysia.

Cathay Dragon, which in 2015 won the title of the World's Best Regional Airline in the Skytrax World Awards for an unprecedented fourth time, has earned a well-deserved reputation built on its distinctive Asian culture and hospitality. Seamless connectivity, increased customer convenience, and an enhanced travel experience at every stage of the journey – this is the collective promise made to passengers by Cathay Dragon. For ticketing and reservations, air-travellers can call **03-6207 4989**, or visit www.cathaypacific.com.my.



Changeover at GARUDA INDONESIA



The Kuala Lumpur office of Indonesia's national flag-carrier sees a changeover as new General Manager for Malaysia Supriyono takes over from Ronald Lubantobing. 'Bapak' Supriyono came to Kuala Lumpur from Garuda Indonesia's Jogjakarta office. Since his entry into the airline in 1993, he has served in various parts of Indonesia including Cengkareng, Banten, Jayapura and Solo.



The changeover was witnessed by Garuda Indonesia Vice-President Asia Region Uun Setiawan at the stylish Garuda Indonesia office in The Intermark tower in Kuala Lumpur. Since its inaugural flight in 1949, Garuda Indonesia has become one of the most established airlines in Asia. It currently serves 33 domestic and 18 international destinations in Southeast Asia, Middle East, the Far East, Australia, and The Netherlands in Europe.

Bapak Supriyono says Garuda Indonesia has three daily flights between Kuala Lumpur and Jakarta utilising Boeing 737-800 aircraft. Air-travellers have the convenience of choosing departure times at 8.40am, 12.50noon or 7.05pm. New frequencies and new routes are being considered, he said. For booking enquiries and reservations, call **03-2162 2811**.



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Wellness Spa at KLIA Main is located at Level 2 of the Satellite Building, near Gates C21 to C27. Guests selecting the various massage packages are accorded complimentary access to the Plaza Premium Lounge, located a few steps away with an on-site bar, 24-hour buffet and free WiFi access. Private Resting Suites are available with a restful reclining chair and an adjoining bathroom fitted with shower, towel, complimentary toiletries and a hair-dryer.

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Very Impressive Privileges with KUL VIP Access



In conjunction with Malaysia Airports 25th Anniversary, Malaysia Airports will be giving away 100 complimentary KUL VIP Access to passengers of Malaysia Airlines, Air Asia and Malindo Air throughout the year.

Malaysia Airports Managing Director Datuk Badlisham Ghazali said that KUL VIP Access is a collaboration between MAHB, its airline-partners and other service-providers such as Plaza Premium Lounge, Airport Limousine and Express Rail Link; adding that it will provide seamless and memorable airport experiences to the passengers. This, he explained, is in line with the Total Airport Experience that is one of the Strategic Pillars of Malaysia Airports' five-year business plan called Runway to Success 2020.

To launch the programme, 5 passengers from each airline were given the KUL VIP Access card in March, and it is hoped that these select few will become KUL Experience ambassadors, able to testify to an excellent Total Airport Experience at KL International Airport.

Malaysia Airports Senior General Manager of the Commercial Services Division Mohammad



Nazli Abdul Aziz explains that KUL VIP Access caters to both international and domestic passengers on both departing and arriving flights, and covers end-to-end passenger-travel. For just a reasonable fee, air-travellers will have home or office pick-up, fast-track check-in, Welcome Pack, escort to gate and vice-versa on arrival. Travelling to or from the airport, passengers can choose between taking the limousine or riding the award-winning KLIA Ekspres air-rail link.

There are very impressive privileges with KUL VIP Access!



"YOU CAN ACHIEVE A LOT WITH DISCIPLINE AND CONSISTENCY"

A pioneering aviation-professional engineers excellence by adhering to vital fundamental principles



Interview with
Ir. Suradini Abdul Ghani
Senior General Manager
Non-Aviation Business
MALAYSIA AIRPORTS
HOLDINGS BERHAD

"She looks like a cheerful fulltime mother or happy housewife, but in actual fact, she is internationally-recognised as a pioneering aviation professional!" exclaims the manager of a European consultancy. "While she is naturally warm and friendly, don't let that easy-going manner give you a wrong impression. That lady is one very capable and experienced boss - she gets things done."

A Malaysian working at KLIA had a somewhat similar take. "From the name and the impressive track-record, I had expected to meet a tough guy of Indonesian origin. To be more specific, the resume' I had read was quite intimidating. Suradini Abdul Ghani has achieved a lot in very different areas of our industry - not just in Malaysia, but in other parts of the world. I was so embarrassed when it finally dawned on me that the pleasant and mild-mannered Malay lady who had been in the room all along was actually the person I was waiting to meet!"

'Puan Su', as she is fondly called, certainly has developed a formidable reputation in the aviation industry. An electrical engineer by training, she holds a Bachelor of Science degree in Electrical & Electronics Engineering from the University of Nottingham in the United Kingdom, a Postgraduate Diploma in Airport Engineering from Nanyang Technological University, Singapore, and an MBA from Universiti Teknologi MARA, Malaysia. She is a Member of the Institute of Engineers Malaysia and is a registered Professional Engineer with the Board of Engineers Malaysia. She

has been described as one of the first few Malay women to have earned the prestigious professional initials 'Ir' before her name, a pioneering achievement she herself modestly declines to discuss.

Ir. Suradini started her career as an electrical engineer with the Public Works Department in 1983. She moved to the Engineering Division of the Department of Civil Aviation Malaysia in 1985 and joined Malaysia Airports Berhad when it was first set up in 1992.

Over the past 25 years, she has served in various departments, with responsibilities that included engineering design and supervision, operation and maintenance of airport facilities, airport planning, design and development, contract and project management, and international airport consultancy; as well as the operation and management of airports in different parts of the world - in places as diverse as Cambodia, Kazakhstan, Maldives, and India. She was also the Senior General Manager Human Resources Services before taking up her present position.

Today, Ir. Suradini is the Senior General Manager Non-Aviation Business for Malaysia Airports. Her portfolio includes MAB Agriculture-Horticulture Sdn. Bhd. (MAAH), Malaysia Airports Properties Sdn. Bhd. (MA Properties) and K.L Airport Hotel Sdn. Bhd. (KLAH). The latter operates and manages the award-winning 5-star airport-hotel. This means that on a daily basis, she handles matters relating to things as diverse as world-class hotels, oil-palm plantations, landscaped gardens and physical properties such as the Malaysia Airports Corporate Office building, the Group's Staff Home Stay as well as the MAHB Child-Care Centre.

Looking at her career-path, the most obvious question that springs to mind is, "How could you cope when asked to handle such different jobs, and how did you manage to make each challenge a success?" Her answer is immediate and

spontaneous. "There are two factors. The first is my training as an engineer, which taught me to be organised - and to execute in a systematic, analytical and objective way until each challenge is resolved.

"The second is that I have had outstanding bosses in Malaysia Airports who mentored me, moulded me and made sure I adhered to the strictest standards at all times. They taught me that anyone can produce good results if you work hard and stay focused. Bosses like former MAHB Chief Operating Officer Dato' Abdul Hamid and former MAHB Chairman Tan Sri Datuk Dr. Aris Othman lived out what they taught; and by observing them, I learnt that you can achieve a lot with discipline and consistency. Every time I was faced with what seems like an insurmountable challenge in my career path, I have simply tried to apply what I have learnt from my professional training and from my former bosses."

As Suradini Abdul Ghani speaks about Malaysia Airports, her enthusiasm for the company she works for makes her animated; and her loyalty and commitment to her employers of quarter century begin to infuse her words quite unconsciously. It becomes apparent that this pioneering aviation-professional enjoys her work, and that in whatever task that is set before her, she engineers excellence by sticking to vital fundamental principles:- organise your work in a systematic, analytical way; and you can achieve a lot with discipline and consistency.



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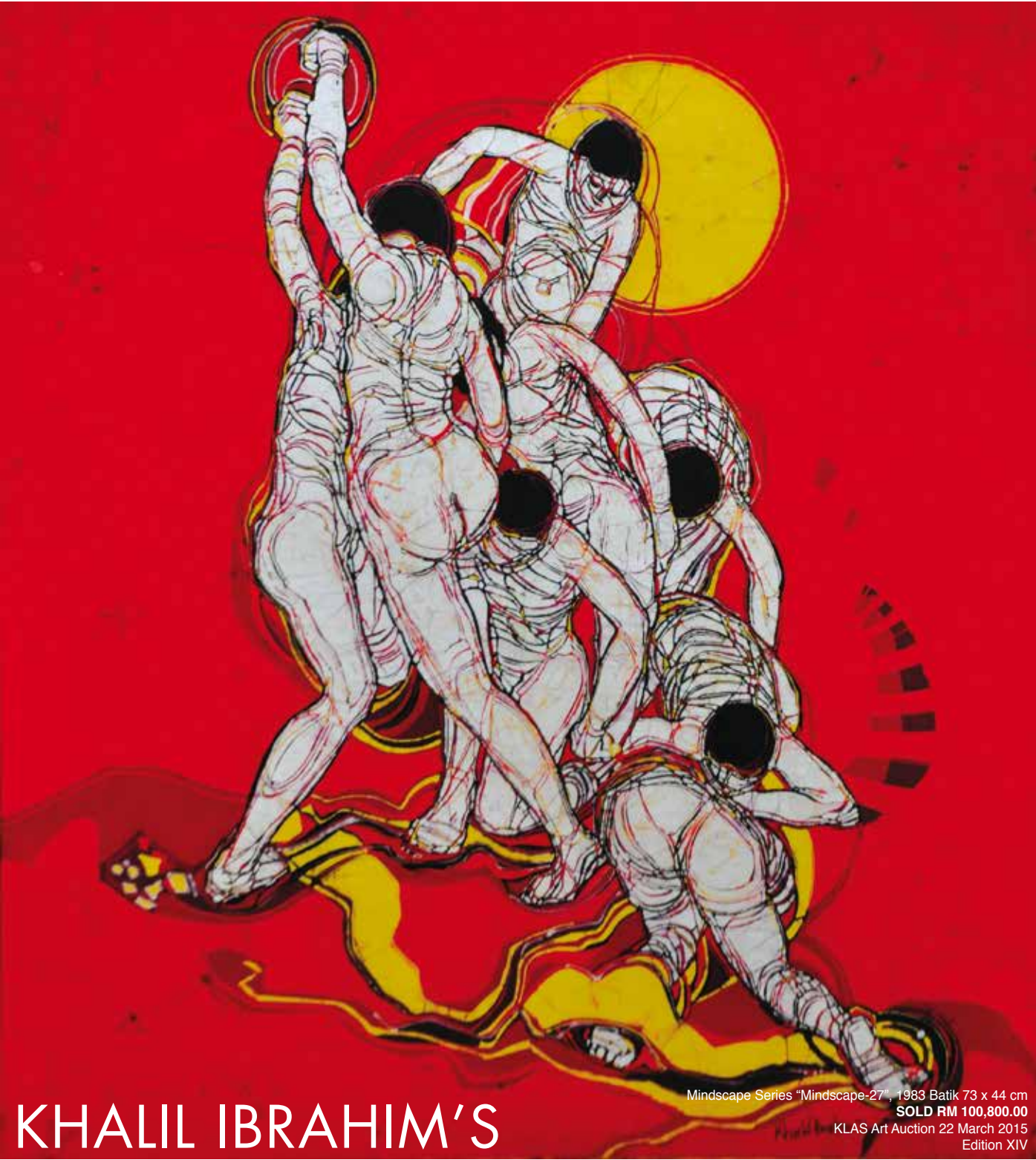
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KHALIL IBRAHIM'S BATIK

'My Art is Me'- Khalil Ibrahim

BY HIRANMAYII AWLI MOHANAN



BACKGROUND

Malaysia's legendary artist and aptly described by KLAS as Malaysia's father of figurative painting, Khalil Ibrahim was born in 1934 in Kubang Krian, Kelantan. He is one of the earliest Malaysians who received a full state scholarship in 1960 to study art at the prestigious Central St Martins School of Art and Design in London. His masterful skills in drawing, watercolour and acrylic, are styles that move from the almost real to the almost abstract. Today, at the golden age of 83 years old, Khalil still paints and continues to be ardent to art, surrounded by familiar canvas or batik on canvas before him and paint brushes for days in his studio in Petaling Jaya.

HOW IT ALL BEGAN

Khalil's rich Malay cultural background from the East Coast and the discipline of Islamic values that he learnt at the Pondok school shaped his primordial artistic journey. These values stuck by him which then merged with the freedom of expression that he encountered later through his formal art education at St. Martins in London. Though he did not receive any formal art education during the early years in Kelantan, Khalil's awareness of modern art was cultivated through a period of colonialism and the experiences of pioneering artists from the Nanyang Academy. Khalil is well known for his amazing watercolour paintings, delicate batik works and intriguing acrylics. His artistic talent began as a young boy with a passion for making wayang kulit. He would make the wayang kulit by drawing on a big leaf with the addition of a cardboard, which would then be used to play with his friends. He took this newfound



Movement in Blue, 1985
Batik 92 x 91 cm
SOLD RM 100,100.00
KLAS Art Auction 21 September 2013
Edition V

Two Figures, 1986
Batik with newsprint 90 x 60 cm
RM 35,000 - RM 75,000
KLAS Art Auction 12 May 2017
Edition XXVII

interest and participated in competitions and shows held almost every month. Unfortunately, his mother disapproved of his newly found passion while his father, wanted him to be a teacher. Despite his parents' disapproval, Khalil remained steadfast to his passion.

In pursuit of his passion, he began attending art classes held every Sunday, in Kota Bharu. The art inspector, Nik Mahmud Idris bestowed upon Khalil the art of watercolour and painting techniques. Equipped with the painting techniques that he learnt in the art classes, he allowed his creativity to blossom, which resulted in the scenic landscapes of the Malaysian East Coast in his works, such as the undulating hills and the padi fields. His works generated the interest of army officers and civil servants who went on to purchase many of the paintings he produced. He was a teacher in a primary school, but he painted in his spare time and he travelled from Kelantan periodically to sell his works at the annual MAHA (Malaysian Agriculture and Horticulture Association) trade fair.

EXHIBITIONS

One of the country's most prolific artists, Khalil has held many group exhibitions in Malaysia, Singapore, Indonesia and Switzerland. His works have been acquired by many collectors, in places such as the Singapore Art Museum, Fukuoka Museum of Art in Japan and Victoria Gallery in Melbourne, Australia. His selected group exhibitions included X Biennale, Sao Paulo, Brazil (1971) and Man & His World, Montreal Canada (1970). His subsequent solo exhibitions included Khalil Ibrahim 'The Art Journey' (2015), A Tribute to Khalil Ibrahim (2011), Khalil Ibrahim - A Continued Dialogue, Galeri Petronas (2004) and The Spirit of the East Coast, Yayasan Seni Artisan, Kuala Lumpur (2001).



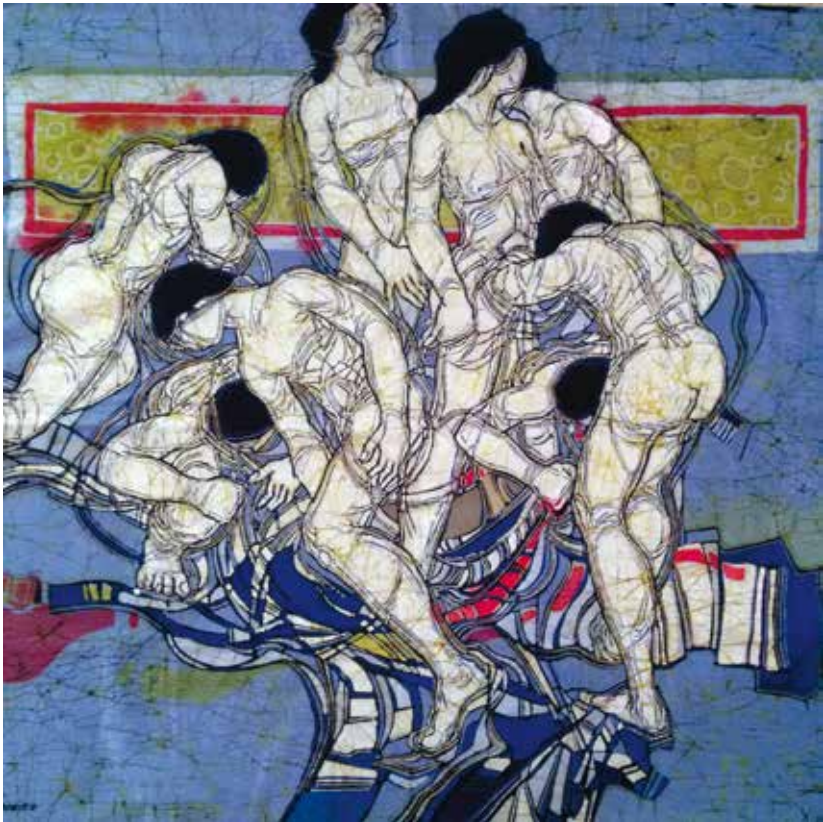
Abstract, 1983
Batik 108 x 105 cm
SOLD RM 33,000.00
KLAS Art Auction 8 November 2014
Edition XII



Abstract in Blue & Red, 1972
Batik 95 x 95 cm



East Coast Series, 1973
Batik 90 x 60 cm
SOLD RM 132,000.00
KLAS Art Auction 19 January 2014
Edition VII



Nude Movement, 1983
Batik 93 x 103 cm
SOLD RM 123,200.00
KLAS Art Auction 28 September 2014
Edition XI



Abstract Pink Print, 2002
Batik 93 x 83 cm
SOLD RM 27,052.80
KLAS Art Auction 13 November 2016
Edition XXIV



Abstract in Yellow and Pink, 1987
Batik 54 x 45 cm
SOLD RM 11,550.00
KLAS Art Auction 7 July 2013
Edition IV

ARTWORK

When it comes to his artwork, Khalil works with drawings, acrylic and watercolour. The dimensions of his style range from realist to abstract. Not only has he worked in a variety of styles (including figurative sketches, landscapes, portraits, abstracts and semi-abstracts), he has also excelled in many mediums, including painting, batik prints and etching. One can notice that his preference for the element of human figure is drawn from his hometown. It has led him to create iconic images of men and women in the East Coast Malay fishing villages against the backgrounds of blues and greens and watercolour landscapes of villages such as the ‘Kota Bahru Boathouses’, ‘Tending Nets’, ‘Kelantanese’, ‘East Coast Series’ and many more.

BATIK

As a medium, batik in Malaysia opened itself out in various directions by the mid-twentieth century. While contemporary batik painting in its extended form became not just a continuation of the craft’s classical origins but rather it took a revolutionary step forward as an accepted notion of mark making within Malaysian contemporary art practice. While the late Chuah Thean Teng pioneered this art form in the 1930s, it was only accepted as a medium of artistic expression by the 1960s.

Somewhat later, Khalil Ibrahim also depicted Malay life, primarily that of the fishermen fraternity, through the batik technique - in a

more real sense. While colour and texture became the primary fascination for Khalil, he remained true to - firstly, the human figure albeit fragmented and secondly his people of the East Coast. Unlike Teng’s subjects who reflected a lazy contentment about kampung life, Khalil’s interpretation, in a piece such as East Coast (1978) NAG seems somewhat more involved. Even if rather romanticised in gesture and cluster and vibrant colour, there are possessed in their stance - notions that highlight their industriousness.

Despite his formal western art education, Khalil never wavered from his rich Kelantanese cultural heritage and it was natural that he would pursue batik painting upon his return from England in 1966. For Khalil, the material and tools of batik making were no different from the pens and paints used in artwork. It is undeniable that Khalil’s understanding of batik was deeply rooted. The manufacture of batik has notably been associated with the East Coast states of Kelantan and Terengganu, having been introduced into Kelantan by Indonesian craftsmen in the very early twentieth century.

Renowned for his pictorial style and his fascination with the daily activities of the rural communities of the East Coast, he employed various techniques that included traditional methods such as dip dye, crackling and the use of the tjanting to imbue delicate lines and details to his paintings. In his abstract batik paintings, he developed techniques by using brush strokes and thus created abstract works that broke through tradition and defied the stereotypes of batik painting.

KLAS ART AUCTION RESULT

EDITION XXVI

SUNDAY, 12 MARCH 2017 . 1 PM . KLAS @ JALAN UTARA



YUSOF GHANI
Siri Tari "Lambak I", 1990
Mixed media on canvas 91 x 163 cm
SOLD RM 202,896.00

KLAS witnessed another extraordinary auction during the KLAS Art Auction Edition XXVI which was conducted at its gallery in Jalan Utara, Petaling Jaya on March 12. The event marked its second auction of the 2017 calendar year. A total of 68 lots were on sale, with 54 lots sold, garnering sales of over RM750,000.

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 turnout was intimate yet substantial, showing a vested interest in the variants of art KLAS offered.

The show stealer of the auction was Yusof Ghani's 'Siri Tari Lambak I' (1990). It did not come as a surprise that the bids for the renowned artist's painting were neck to neck, opening at RM120,000 and finally topping the sales at a whopping RM202,896.00, the most expensive piece sold at the auction.

The 'Blue Birds' (2005) by Jolly Koh followed suit with his painting being sold at double the estimated lower limit, at RM105,956.80. Tailing closely behind was Khalil Ibrahim's batik piece, 'Tending Nets' (1968), which came as no surprise of being sold higher than its estimated upper limit, at RM78,904.00. Khalil's

two other paintings that were featured during the auction also did fairly well. The 'Pembicaraan Series' (1995) was snatched up at slightly higher than its estimated price, at RM19,162.40. Meanwhile, his 'Kota Bharu Boathouses' (1960) fetched a price of RM24,796.40, slightly higher than the opening price.

The late Datuk Chuah Thean Teng's 'Countryside' (1972) unfortunately did not garner the expected attention, leaving it sold for RM31,561.60, substantially lower than its estimated high limit. The late Basoeki Abdullah's 'Seascape' shared a similar fate, snagged for RM25,925.60, lower than its expected high limit.



JOLLY KOH
Blue Birds, 2005
Oil and acrylic on canvas 137 x 170 cm
SOLD RM 105,956.80

'Pertarungan #2' (2016), made from natural stone and metal by Mat Ali Mat Som opened at RM18,000 and finally sold at RM20,289.60.

Ismail Abdul Latiff was a crowd pleaser at this auction as all three of his artworks featured underwent a bid war and were finally grabbed for well above their high estimated price. His 'Festival of Inner Jungle.. Purple Morning' (2012) opened at RM8,000 and was sold to a lucky bidder at RM18,035.20. 'Gelombang Mandi Angin' (2014), on the other hand, sold for a substantial RM12,962.80. Finally, the 'Geraksakti... Kumbang Malam' (2011) was sold for almost double its opening price, at RM18,035.20.

The revelry continued with Lye Yau Fatt's 'Two Maidens' (1980s), also a popular favourite, was sold to a fortunate bidder for RM19,162.40 after a tug-of-war from the opening price of RM6,000. Fauzul Yusri, a respectable contender, featured two paintings during the auction, 'Ground II - Historic' (2016) and 'Untitled' (2001). His 'Ground II - Historic' (2016) did well, sold at RM7,890.40, higher than the estimated price. The 'Untitled' (2001) unfortunately did not do as well, sold for RM563.60, slightly higher than its opening price. A happy bidder walked home with Nik Rafin's 'Tenang' (2015) that was sold for a respectable high of RM1,456.36, more than double its opening price.

KLAS is in the midst of organising the next auction which is scheduled for May 14, 2017.

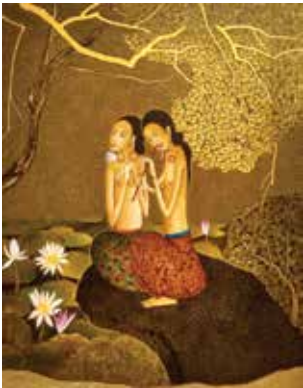
Art collectors and interested buyers are welcomed to visit KLAS @ 31, Jalan Utara, and its website at www.khlifestyle.com.my for the latest news. To register as a bidder for the next auction or for any enquiries, contact Lydia Teoh at 019 260 9668 or Shamila at 019 333 7668. You can also send your requests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



KHALIL IBRAHIM
Tending Nets, 1968
Batik 86.5 x 56.5 cm
SOLD RM 78,904.00



ISMAIL ABDUL LATIFF
Geraksakti... Kumbang Malam, 2011
Acrylic on canvas 90 x 71 cm
SOLD RM 18,035.20



LYE YAU FATT
Two Maidens, 1980s
Mixed media on canvas 81 x 63.5 cm
SOLD RM 19,162.40



JAILANI ABU HASSAN
Labu Sayong, 1997
Mixed media on paper 67 x 101 cm
SOLD RM 12,399.20



ISMAIL ABDUL LATIFF
Festival of Inner Jungle... Purple Morning, 2012
Acrylic on canvas 90 x 71 cm
SOLD RM 18,035.20

EXO BOYS ARE BACK!

EXO. A name inspired by the Latin word "exordium" which means "beginning".

This sensational boy band has taken the world by storm. A force to reckon with, EXO debuted in 2012 and quickly rose to fame with the release of their first album XOXO in 2013. You need only watch their album's breakthrough hit "Growl" to see how their seamless and entertaining performance has captured the hearts of girls and guys everywhere. Perfectly synchronised dancing, with incredibly entertaining moves, their performance is an art form that has effectively engaged and entertained millions and millions of people. It is no wonder that their first album sold over one million copies,

making EXO the best-selling Korean artist in twelve years. Their addictively catchy tunes and electric dance moves are the reason they won multiple awards and were nominated as #1 Best K-Pop Song by American Billboards in 2013. Not just that, Forbes Korea Power Celebrity named EXO as the biggest influence in Korea for two consecutive years (2014 and 2015). They have also been named "the biggest boyband in the world" by the media, saying that "EXO is at the forefront of pop domination, with knife-point choreography seamlessly gelled to songs crafted by some of the world's most gifted writers and producers, honed by their myriad of personalities and talents."

Maintaining their impressive momentum, EXO's second studio album EXODUS made EXO the highest-charting Korean male act on the Billboard 200 in 2015. Still going strong, the group became a 'triple million-seller' with their second album in 2015 and third in 2016, both of which recorded platinum by selling more than 1 million copies. Along with that, EXO also bagged #1 awards four years in a row at multiple year-ending award ceremonies. The group made entertainment history and created a huge wave in the music scene, all over the world.

Malaysia was graced with this talented team of artistes on the night of March 18, this year. Back for the second time by popular demand, EXO stomped the stage of Merdeka Stadium in Kuala Lumpur in front of an enthusiastic crowd of more than 15,000 people. Organised by Star Planet and supported by Malaysia Major Events, tickets for the show started selling as early as January 14. An overwhelming crowd of about 2,000 people flooded Atria Shopping Gallery, where the ticket sales were launched, competing for a chance to grab the best seats. Within 3 hours, 25% of the tickets were sold during the ticket launch, with the most exclusive

seating, Rock (RM688), sold out almost instantly. Dedicated fans were even standing in line days before the ticket launch. The first person in line, Jayleen Ong, 19, revealed that she had been queuing at the venue since last Friday, taking turns with ten companions.

In response to the overwhelming support, an exclusive video addressing Malaysian fans recorded by the nine EXO members was released online. It went viral on the Internet, garnering over 330,000 FB video views in a mere 3 days. You can imagine how incredibly excited Malaysian fans were to see EXO's live performance. So excited that hundreds of fans gathered at KLIA to warmly and ecstatically welcome the band upon their arrival in Malaysia.

On the day of the show, EXO did not disappoint. Their dance moves were impeccable as they bust out all their hit songs. Their fiery performance roused the audience and got them singing along. The crowd went wild cheering and clapping, gushing over the actual presence of their Korean idols. Overall, it was an outstanding performance, and Malaysia hopes to welcome back soon, the riveting and phenomenal band, EXO!

JACQUELINE BENITA PAUL SPEAKS TO

Personal Trainer, TONY KENNEDY

Looking to shed some holiday weight or tone up?
We are featuring a man who can help you get to your fitness goals
through high energy, fun and focused training.



Where are you from? Tell us about your hometown.

I was born in Brighton in the UK. Basically, think London by the sea.

Tell us a bit about your background.

I worked as a jobbing actor for many years prior to becoming a personal trainer.

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

A couple of years ago, and I loved it!

While there are ways to speed up the desired results, there really is no shortcut so you better enjoy the journey. I apply this by making short-term goals with the clients that would take them to their final goal.

What is your favourite Malaysian holiday destination?

I would have to say Penang. Perhaps I am a little bias as my father was born there.

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

Too many to pick just one. Saving them for my memoirs.

What is the most requested fitness goal by your clients?

Well that one is easy! Lose weight and tone up!

What is the strangest fitness goal that was requested by a client?

Nothing that comes to mind, however, all dialogues between myself and my client iarea 100% confidential.

Are there any new fitness styles you'd like to learn and apply to your clients in the future?

I am always keeping myself updated and informed of new developments in the industry. However, everyday there is a new workout regime promising incredible results in no time. Generally, these claims are paired with someone selling something. I've found from years of working in the industry that results only truly come from hard work, consistency and commitment.

Your advice to people who would like to get into a healthy lifestyle?

Well this can be tricky because some people thrive on making a complete 180 degree change and overhaul to both their outlook on training and nutrition, while others find that too daunting and benefit better by making small changes gradually. In KL, most of us have a gym at our disposal where we live so there really is no excuse not to get down there and start the ball rolling. A good and simple bit of nutritional advice would be to take a look at their diet and start eliminating such things as processed food and refined sugar. These are really unnecessary and unhelpful in our quest for health. Also, while it is great to have a final goal in mind, I find it beneficial for the individual to have a series of small goals put in place that would take them to the end results. Purely looking at the end results can sometimes be a little overwhelming.

How did you get into being a personal trainer?

I have always for as long as I can remember enjoyed working out and the process of improving oneself both physically and mentally. I found myself being asked by several friends to train them. I was really enjoying it and decided to pursue it professionally.

Describe your training style?

High energy, fun, deliberate and focused.

What is it that you love about what you do?

Seeing clients reap the benefits of their hard work and dedication.

Where did you get your certification?

In London.

What is your fitness philosophy and how is it applied to your clients?

Do you eat the local food here? Any favourites?

When I first arrived here, I did find myself eating far too many roti canai. However, this is really not good for the waistline. If I eat at a mamak outlet these days, I would simply order the chicken tikka.

How is your interaction with the locals?

Great! I always enjoy meeting and socialising with the locals of any country I am in.

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

- The weather
- The variety of amazing food
- The opportunity to meet people from all walks of life and different cultures
- Centrally located to travel to other countries in Southeast Asia
- Beautiful beaches in the East Coast

OASIA HOTEL DOWNTOWN

A luxurious way to enjoy nature.

BY JACQUELINE BENITA PAUL



100 Peck Seah Street, Singapore 079333
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Email: reseasy@fareast.com.sg

Far East Hospitality has taken the term "concrete jungle" to new heights with the latest addition to its hospitality portfolio, Oasia Hotel Downtown. In reflection to the famous Singaporean landmark, Botanical Gardens, the lush green façade stands out with a unique silhouette which looks like a massive vertical garden. The exquisite 27-storey tall business hotel offers beautifully-appointed rooms in the heart of Singapore's Central Business District – it is also just minutes away from Raffles Place, Clarke Quay, Sentosa, Orchard Road and Marina Bay.

Now this begs the question, does the outstanding façade outshine the facilities and service provided here? We were enlightened with the answer to our

question through a tour. It isn't news that Singapore has thriving and continuously developing new hospitality experiences. But sometimes, with all the frills and glamour, down-to-earth service is often forgotten. This isn't the case for this beautiful tropical escape.

We also observed that the hotel stayed true to the Far East Hospitality wellness pillars – Recharge, Refuel and Refresh in more ways than one. For instance, the stunning sky terrace offers a space for guests to recharge by allowing them to use the space for any activities such as yoga, pilates, tai chi and more while being one with nature. Alternatively, you could take a dip in the infinity pool that will quite literally take you to the edge for an unrestricted view of the city.

After working long hours on the weekdays, it is high time to Refuel yourself. The Marmalade Pantry provides luxury comfort food, pretty cup cakes, high-tea sets and signature dishes in a beautiful setting. This should last you till your next holiday. Don't miss out on trying the Sticky Date Pudding, Crabmeat Linguini and Steak Sandwich.

A refreshing experience can only be truly achieved with the right bedding for the perfect sleep. The bed in the Club Room is a thing of dreams. The moment we laid on it, we couldn't help but drifted away in the tranquillity and comfort of the whole ambience. It also helped to have a breath-taking view of the city. Notably, the rooms in Singapore are quite small but one common denominator of each Far East



Hospitality hotels I've been to personally, is that the rooms are usually more spacious than the rest. So, if you happen to be a little claustrophobic, this hotel might just be what you need for your vacation in Singapore. Adding further value to the Refreshing initiative, you'd find a pillow mist by To Be Calm to help you unwind.

We're pretty sure once you've experienced all the facilities and the attentive service provided at Oasia Downtown Hotel, you'd want to start planning your next stay. Be sure to sign up for the mailing list at the hotel, so you can keep yourself posted on the latest promotions or be in the running for discounts on your next stay. Personally, I felt absolutely rejuvenated enough to take on the world and I have Oasia Hotel Downtown Singapore to thank for that. Though, I could always do with more complimentary TWG Tea from the minibar.

Friendly tip to you, be sure to take the time and move around the hotel as there are many installations that will certainly add more to your wellness journey here.





Lobby

This fine establishment resonates an old world charm with a grand nod towards the modern day glamour.



Astor Bar



Deluxe Room



The Brasserie

THE ST REGIS KUALA LUMPUR

A Royal Sojourn

BY HIRANMAYII AWLI MOHANAN

The St. Regis precedes its name. This world-famous brand name is synonymous with elegance, luxury and the epitome of royalty. Digging into the history behind the hotel, the finest hotel in America premiered in New York, way back in 1904 by John Jacob Astor IV. Located in the heart of the city, the St. Regis Kuala Lumpur joins the range of one of the premium hotels that offers 208 guest rooms. This fine establishment resonates an old world charm with a grand nod towards modern day glamour.

This premier establishment supports and promotes culture, art and lifestyle. It is the home to several art collections such as the monumental horse sculpture by Fernando Botero, an exceptional three-dimensional Birds and Butterflies artwork by Barnaby Hosking, inspired by the birds and butterflies in our very own Lake Gardens. Inspired by the Astors' love for Polo, the concierge is decked with a mammoth of two leather Polo murals by the renowned artist Mark Evans.

The aesthetics of the concierge alone is astounding. Its flooring has a marble finish, chandeliers made with Austrian crystals cascade from the ceiling, there's a floor-to-ceiling bookshelf and giant arrangement of flowers embellish the tables, which complement all the warm tones of the ambience.

Upon entering the palatial room, we were spell bounded by its beauty. Hues of grey,

brown and blue adorn the walls and furniture in the room. The room's space is fully utilised by providing magnificent beds that are of quality and comfort, a large dedicated seating area for you to relax at and an impressive walk-in closet that is able to hold a legion of luggage.

If you were to ask us our favourite part of the room, we would say it's the bathroom. Not only is it commodious, it has everything you may ever need. The marble finishing of the walls radiates opulence and comfort while the wall in front of the colossal bath tub is furnished with a mini TV to enjoy a movie or two while soaking in. After getting over the oohs and aahs of the bathroom, we were pleasantly surprised by a section of the room that hosted a mini fridge, coffee maker, and a boiler, as well as several snacks and beverages. It was similar to a massive vintage suitcase placed upright and in an opened position. Needless to say, we were absolutely captivated by the offerings of the room.

The highlight of the room is the view overlooking the city. It is especially mesmerising when the sun goes down and the building lights come to life, offering a picturesque perspective of the concrete jungle of Kuala Lumpur. With a vision of fulfilling every guest's desire, the St Regis Butler Service was born; they pamper and smother you in the best way possible by providing an exemplary service.

One need not look far for food and beverages as this establishment offers six distinct dining and libation venues. Patrons are spoilt for choice with their myriad offerings. We recommend heading over to The Brasserie for an exquisite palate titillating lunch and later, indulge in the Signature Afternoon Tea at The Drawing Room that offers sweet treats that are worth the calories. For dinner, enjoy the three-star Michelin Saito-san's signature, Anago Sushi and other offerings at Taka by Sushi Saito. Believe us, you would want to try out these delicacies. To end the night, drop by Crystal for a libation or two while enjoying an al fresco view of the city and the swimming pool.

Besides accommodation, the St Regis Kuala Lumpur has an abundant 10,000 sqm of meeting and event space, perfect to hold a conference or to capture the best day of one's life. What we love about the St Regis Hotel is the amount of thought put into ensuring its clients experience the best, be it the stay or an event. With that thought, a unique bridal salon is located on the same floor of the ballroom, providing convenience and comfort for the bride.

Just like a music reaching its crescendo, so was our stay at the St Regis Kuala Lumpur. It was overall an experience that would linger on like an expensive perfume.

No 6 Jalan Stesen Sentral 2, Kuala Lumpur Sentral, Kuala Lumpur, 50470, Malaysia
Tel: +603.2727.1111
www.stregiskualalumpur.com

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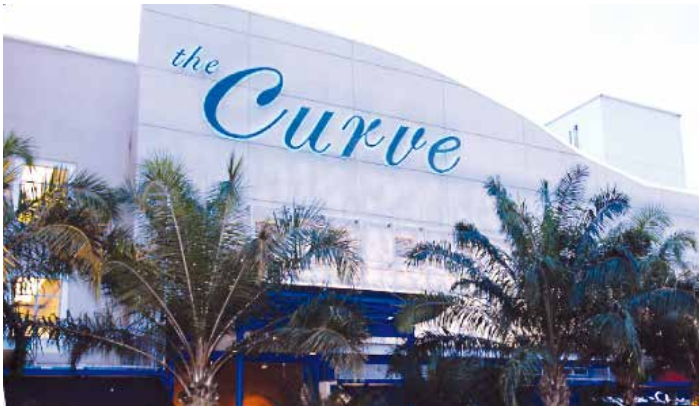
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THRIVEN

Developer: Mayfair Ventures Sdn Bhd (1046201-T) • Developer's License No.: 14157-1/11-2017/0941(I) • Validity Period: 10/11/2015 - 09/11/2017 • Advertising & Sales Permit No.: 14157-1/11-2017/0941(P) • Validity Period: 10/11/2015 - 09/11/2017 • Approving Authority: Majlis Bandaraya Petaling Jaya • Approval Plan No.: MBPJ/120100/7/P1079/2015 • Land Encumbrances: United Overseas Bank (Malaysia) Bhd • Land Tenure: Leasehold 99 years (Expiry 30 December 2114) • Expected Date of Completion: June 2019 • Type of Property: Serviced Residences • Total Units: 372 • Selling Price: RM809,200.00 (Min) - RM1,952,303.00 (Max) • Built Up: 862sqft (Min) - 2,218sqft (Max) • Bumiputera Discount: 10% • SOHO: Total Units: 62 • Selling Price: RM550,000 (Min) - RM 700,000 (Max) • Built Up: 441sqft (Min) - 452sqft (Max) • Restriction in Interest: This land cannot be transferred, leased or charged without prior consent from State Authority.



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

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 Jin 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 -1 0pm 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 • 🚶 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 • 🚶 Mid Valley
Tel : 03-2938 3333
The shops go on and on in this mall strategically located between KL and PJ. 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 Cititel Mid Valley Hotel and Boulevard Hotel • 10am - 10pm daily.

The Gardens
Mid Valley City • 🚶 Mid Valley
Tel : 03-2297 0288
10am - 10pm dayly

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

FASHION DESIGNER
+
MAKEUP ARTIST

ANAGEN

+6016 8338322
WWW.ANAGEN.COM.MY

DINE



CHIMI CHURRI
Lot 100.1.037 First Floor, The School,
No 72A Jalan University, 46200
Petaling Jaya, Selangor



IKETERU
3, Jalan Stesen Sentral 5,
50470 Kuala Lumpur

Chinese

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

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

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

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

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

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

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

Lai Po Heen
03-2179 8885 📍 KLCC • Mandarin
Oriental Hotel • Halal • Casual Dining •
Cantonese • D8

Lee Wong Kee
📍 Bandaraya • 239 Jin 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, Jin 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 Jin
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,
3688 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

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

Indian

Estana Curry House
03-2141 1958 📍 Raja Chulan • 23D, Jin
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, Jin Delima,kl
Halal • Casual Dining • E10

Spice Garden Imperial
03-2142 2220 📍 B. Bintang • 205 Jin 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

NIC CHUNG

PHOTOGRAPHY

WWW.FACEBOOK.COM/NICCHUNGPHOTOGRAPHY

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+6016 826 3131

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

Melting Pot
03-2144 2200 🚗 B NanasConcorde 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
03-7492 3838 🍷 Ampang Park • G/F, PNB Darby Park, Executive Suites, 10 Jalan Binjai • Halal • Casual Dining •D9

HOTEL & RESORT
★★★★★

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

Berjaya Times Square Hotel & ConventionCentre
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.seripacifichotel.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 • www1.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

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

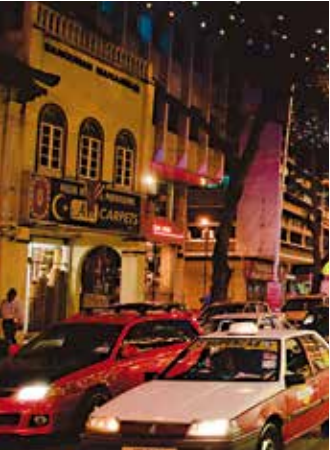
Koryo Won
03-2143 2189 🚗 Bukit Bintang• Starhill Gallery • Halal • Casual Dining • E8

Thai

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



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, sarrees, 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 a • 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) , Tatsu (Jap), Bentley's Pub, Lobby Lounge & The Deli • From RM330-RM12,500 • C9
• www.intercontinental.com

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

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

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

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

Sama-Sama Hotel KLIA
03-8787 3333 • Kuala Lumpur International Airport • 🍷 KLIA Degrees (Int), 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.princehotelkl.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), Laffite (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), Calesstial Court (Chi) • From RM300-RM5,8250 • D6

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

The Gardens Hotel & Residences
03-2268 1188 • Mid Valley City • 🍷 Mid Valley • The Soread (Int'l), Sage Restaurant & Wine Bar (Fr & Jap) • From RM600-RM2,600• www.gardenshtires.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), w xyz(SM) Bar (Cocktails & Snacks) • From RM270 - RM388 •
www.starwoodhotels.com/alofthotels

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
03-2143 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



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.fhnhotels.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.qualiti.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) • From470+

The Royale Bintang KL
03-2143 9898 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 • 🚗 Tiffwangsa • Vistana (Asian) • From RM172-RM230 • A5 • www.vistanahotels.com

★★★★

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

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

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

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

First World Hotel
03-6101 1118 • Genting Highlands • istorante Torcello's (Italian), Lakeview Seafood Restaurant (Seafood), The Patio (Wn) • From RM85 – RM460

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

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

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

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
Livingb 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



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

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

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



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

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

**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



Sultan Abdul Samad Building
🚗 Masjid Jamek • Jln Sultan
Hishamuddin • 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

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

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



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

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
Malaya**
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

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

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, Tmn 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.

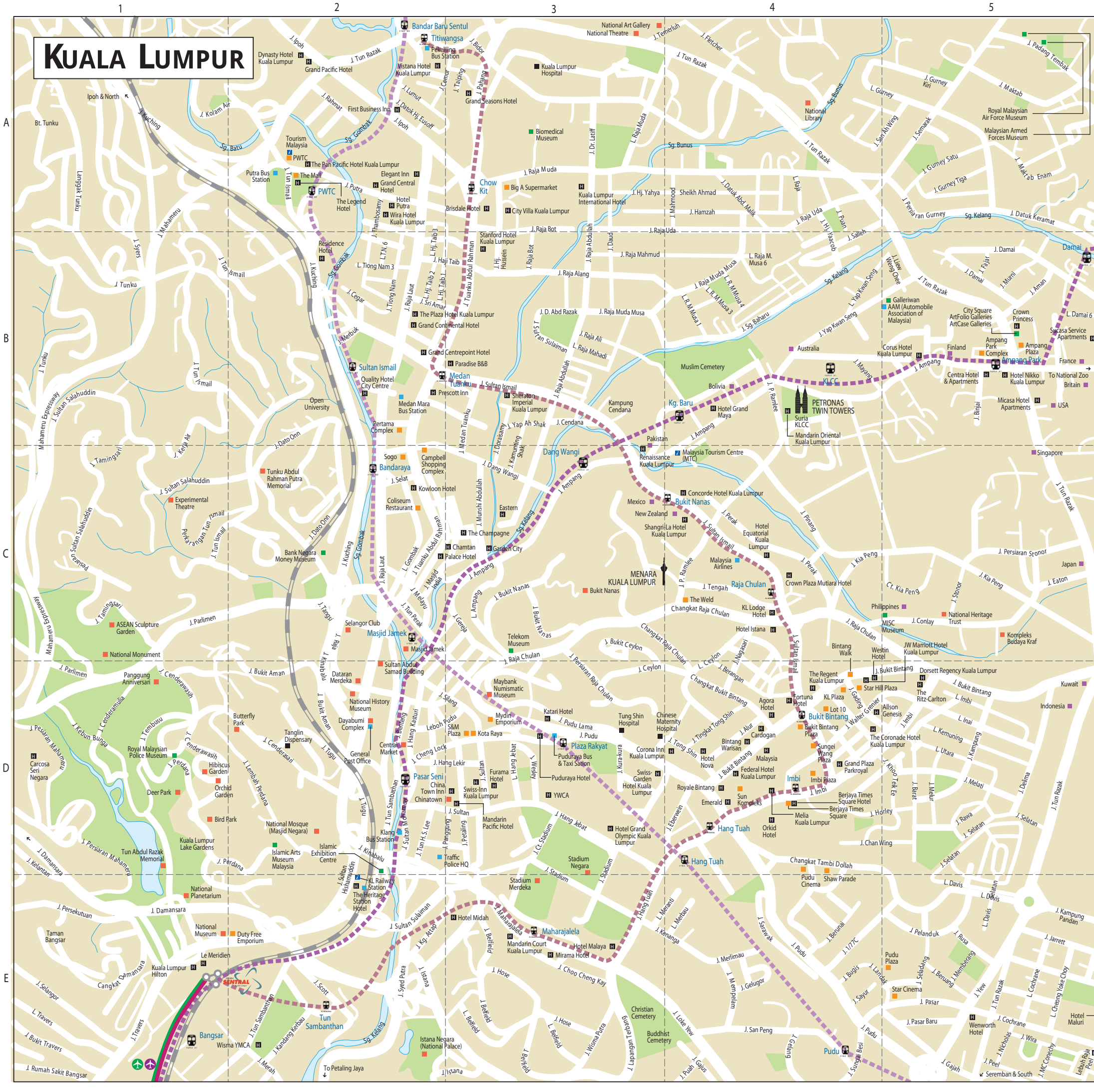


KL Lifestyle Art Space
31 Jalan Utara, 46200 Petaling Jaya, Selangor, Malaysia

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

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

KUALA LUMPUR



- PLACES OF INTEREST**
 - 1C ASEAN Sculpture Garden
 - 4D Bintang Walk
 - 1D Bird Park
 - 3C Bukit Nanas
 - 2D Butterfly Park
 - 2D Central Market
 - 3D Chinatown
 - 2D Dataran Merdeka
 - 2D Dayabumi Complex
 - 1D Deer Park
 - 1C Experimental Theatre
- MUSEUMS**
 - 5B ArtCase Galleries
 - 5B ArtFolio Galleries
 - 2C Bank Negara Money Museum
 - 3A Biomedical Museum
- EMBASSIES**
 - 4B Australia
 - 4B Bolivia
 - 5B Britain
 - 5B Finland
- ENTERTAINMENT/SHOPPING**
 - 5B Ampang Park Complex
 - 5B Ampang Plaza
 - 4D Berjaya Times Square
 - 4D Bukit Bintang Plaza
 - 2C Campbell Shopping Complex
 - 5B City Square
 - 2C Coliseum Restaurant
 - 2E Duty Free Emporium
- BUS, TAXI, RAILWAY STATIONS, POST OFFICE**
 - 5B AAM (Automobile Association of Malaysia)
 - 2D General Post Office
 - 2E KL Sentral (main transport terminal)
- HOTELS**
 - 4D Agora Hotel ★★
 - 4D Allison Genesis Hotel
 - 4D Berjaya Times Square Hotel
 - 4D Bintang Warisan Hotel ★★
 - 3A Brisdale Hotel
 - 1D Carcosa Seri Negara ★★★★★
 - 4D Cardogan
 - 5B Centra Hotel & Apartments
 - XX Champagne ★
 - 3C Chamtan
 - 3D China Town Inn
 - 3A City Villa Kuala Lumpur ★★
 - 4C Concorde Hotel Kuala Lumpur ★★★★★
 - 4D Corona Inn Kuala Lumpur
 - 5B Corus Hotel Kuala Lumpur ★★★★★
 - 4C Crown Plaza Mutiara Hotel ★★★★★
 - 5B Dorsett Regency Kuala Lumpur ★★★★★
 - 2A Dynasty Hotel Kuala Lumpur ★★★★★
 - 4D Emerald
 - 3C Eastern
 - 2A Elegant Inn
 - 4D Federal Hotel Kuala Lumpur ★★★★★
 - 2A First Business Inn ★★
 - 4D Fortuna Hotel ★★
 - 3D Furama Hotel ★★
 - 3C Garden City
 - 2A Grand Central Hotel
 - 2B Grand Centrepoint Hotel ★★
 - 2B Grand Continental Hotel ★★
- HOSPITALS**
 - 3D Chinese Maternity Hospital
- TOURIST INFORMATION CENTRES**
 - 2A Putra World Trade Centre, Level 2, 45, Jalan Tun Ismail, 50480 Kuala Lumpur. Tel: 03-4041 1295
 - 4C Malaysia Tourism Centre (MTC), 109 Jalan Ampang, 50450 Kuala Lumpur. Tel: 03-2164 3929
 - 2E Stesen Sentral Kuala Lumpur, Lot 21, Level 2, Arrival Hall, Kuala Lumpur City Terminal, Stesen KL Sentral, 50050 Kuala Lumpur. Tel: 03-2274 3135
- PLACES OF INTEREST**
 - 1D Hibiscus Garden
 - 2E Istana Negara (National Palace)
 - 5C Kompleks Budaya Kraf
 - 2C Masjid Jamek
 - 3D Maybank Numismatic Museum
 - 2C Menara Kuala Lumpur
 - 3A National Art Gallery
 - 5C National Heritage Trust
 - 2D National History Museum
 - 4A National Library
 - 1C National Monument
 - 2D National Mosque
- MUSEUMS**
 - 5B Galleriwan
 - 2D Islamic Arts Museum Malaysia
 - 2D Islamic Exhibition Centre
 - 5A Malaysian Armed Forces Museum
 - 5C MISC Museum
- EMBASSIES**
 - 5B France
 - 5D Indonesia
 - 4B Bolivia
 - 5D Kuwait
 - 3C Mexico
- ENTERTAINMENT/SHOPPING**
 - 4D Imbi Plaza
 - 3D S & M Plaza
 - 4D Shaw Parade
 - 4D Kuala Lumpur Plaza
 - 3D Kota Raya
 - 4D Lot 10
 - 3D Mydin Emporium
 - 4D Pavilion Cinema
 - 2B Pertama Complex
 - 4D Pudu Cinema
- BUS, TAXI, RAILWAY STATIONS, POST OFFICE**
 - 2D Klang Bus Station
 - 2E Kuala Lumpur Railway Station
 - 4C Malaysia Airlines
 - 2B Medan Mara Bus Station
 - 2A Pekeliling Bus Station
 - 3D Puduraya Bus & Taxi Station
- HOTELS**
 - 2A Grand Pacific Hotel ★★
 - 4D Grand Plaza Parkroyal ★★★★★
 - 3A Grand Seasons Hotel ★★★★★
 - 3C Hotel Champagne
 - 4C Hotel Equatorial Kuala Lumpur ★★★★★
 - 4B Hotel Grand Maya ★★★★★
 - 3D Hotel Grand Olympic Kuala Lumpur
 - 4C Hotel Istana ★★★★★
 - 3E Hotel Malaya ★★★★★
 - 5E Hotel Maluri ★★★★★
 - 3E Hotel Midah ★★★★★
 - 5B Hotel Nikko Kuala Lumpur ★★★★★
 - 4D Hotel Nova ★★★★★
 - 2A Hotel Putra
 - 4D JW Marriott Hotel Kuala Lumpur ★★★★★
 - 3D Katari Hotel ★
 - 4C KL Lodge Hotel ★★
 - 2C Kowloon Hotel ★
 - 1E Kuala Lumpur Hilton ★★★★★
 - 3A Kuala Lumpur International Hotel ★★★★★
 - 1E Le Meridien ★★★★★
 - 4D Malaysia
 - 3E Mandarin Court Kuala Lumpur
 - 4B Mandarin Oriental Kuala Lumpur ★★★★★
 - 4D Melia Kuala Lumpur ★★★★★
 - 5B Micasa Hotel
 - 3E Mirama Hotel ★
 - 4D Orkid Hotel ★
- HOSPITALS**
 - 3A Kuala Lumpur Hospital
 - 3A National Heart Institute
- TOURIST INFORMATION CENTRES**
 - 2A Putra World Trade Centre, Level 2, 45, Jalan Tun Ismail, 50480 Kuala Lumpur. Tel: 03-4041 1295
 - 4C Malaysia Tourism Centre (MTC), 109 Jalan Ampang, 50450 Kuala Lumpur. Tel: 03-2164 3929
 - 2E Stesen Sentral Kuala Lumpur, Lot 21, Level 2, Arrival Hall, Kuala Lumpur City Terminal, Stesen KL Sentral, 50050 Kuala Lumpur. Tel: 03-2274 3135
- PLACES OF INTEREST**
 - 1E National Museum
 - 1E National Planetarium
 - 1A National Theatre
 - 1D Orchid Garden
 - 1D Panggung Anniversari
 - 2C Selangor Club
 - 3E Stadium Merdeka
 - 3D Stadium Negara
 - 2D Sultan Abdul Samad Building
 - 1D Tun Abdul Razak Memorial
 - 2C Tunku Abdul Rahman Putra Memorial
- MUSEUMS**
 - 5A Royal Malaysian Air Force Museum
 - 1D Royal Malaysian Police Museum
 - 3C Telekom Museum
 - 1D Tun Abdul Razak Memorial
- EMBASSIES**
 - 4C New Zealand
 - 3B Pakistan
 - 5C Philippines
 - 5C Singapore
 - 5B United States of America
- ENTERTAINMENT/SHOPPING**
 - 5E Pudu Plaza
 - 2A Putra World Trade Centre (PWTC)
 - 2C Sogo
 - 5E Star Cinema
 - 4D Star Hill
 - 4D Sun Complex
 - 4D Sungei Wang Plaza
 - 4B Suria KLCC
 - 2A The Mall
 - 4C The Weld
- BUS, TAXI, RAILWAY STATIONS, POST OFFICE**
 - 2A Putra Bus Stand
 - 2D Traffic Polis HQ
 - STAR LRT Station
 - PUTRA LRT Station
- HOTELS**
 - 2C Palace Hotel ★★
 - 3B Paradise B&B
 - 2D Prescott Inn ★★
 - 3B Puduraya Hotel ★★
 - 2B Quality Hotel City Centre ★★★★★
 - 3C Renaissance Kuala Lumpur ★★★★★
 - 2B Residence Hotel
 - 4D Royale Bintang ★★★★★
 - 4C Shangri-La Hotel Kuala Lumpur ★★★★★
 - 3B Sheraton Imperial Kuala Lumpur ★★★★★
 - 3B Stanford Hotel Kuala Lumpur ★★★★★
 - 5B Sucasa Service Apartments
 - 3D Swiss-Garden Hotel Kuala Lumpur ★★★★★
 - 3D Swiss-Inn Kuala Lumpur ★★★★★
 - 4D The Coronade Hotel Kuala Lumpur ★★★★★
 - 2E The Heritage Station Hotel ★★
 - 2A The Legend Hotel ★★★★★
 - 2A The Pan Pacific Hotel ★★★★★
 - 2B The Plaza Hotel Kuala Lumpur ★★★★★
 - 4D The Regent Kuala Lumpur ★★★★★
 - 5D The Ritz-Carlton ★★★★★
 - 2A Vistana Hotel Kuala Lumpur ★★★★★
 - 5E Wenworth Hotel ★★★★★
 - 4D Westin Hotel ★★★★★
 - 2A Wira Hotel Kuala Lumpur ★★★★★
 - 2E Wisma YMCA
 - 3D YWCA
- HOSPITALS**
 - 2D Tanglin Dispensary
 - 3D Tung Shin Hospital

Road / Jalan J.
Lane / Lorong L.
River / Sungai Sg.
Village / Kampung ... Kg.

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 RM0.90 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 RM0.25 for every 11.5 metres thereon. There is a 50% surcharge on the metered fare from midnight to 6am and a baggage charge of RM2 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 RM90 – RM120 per taxi.



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

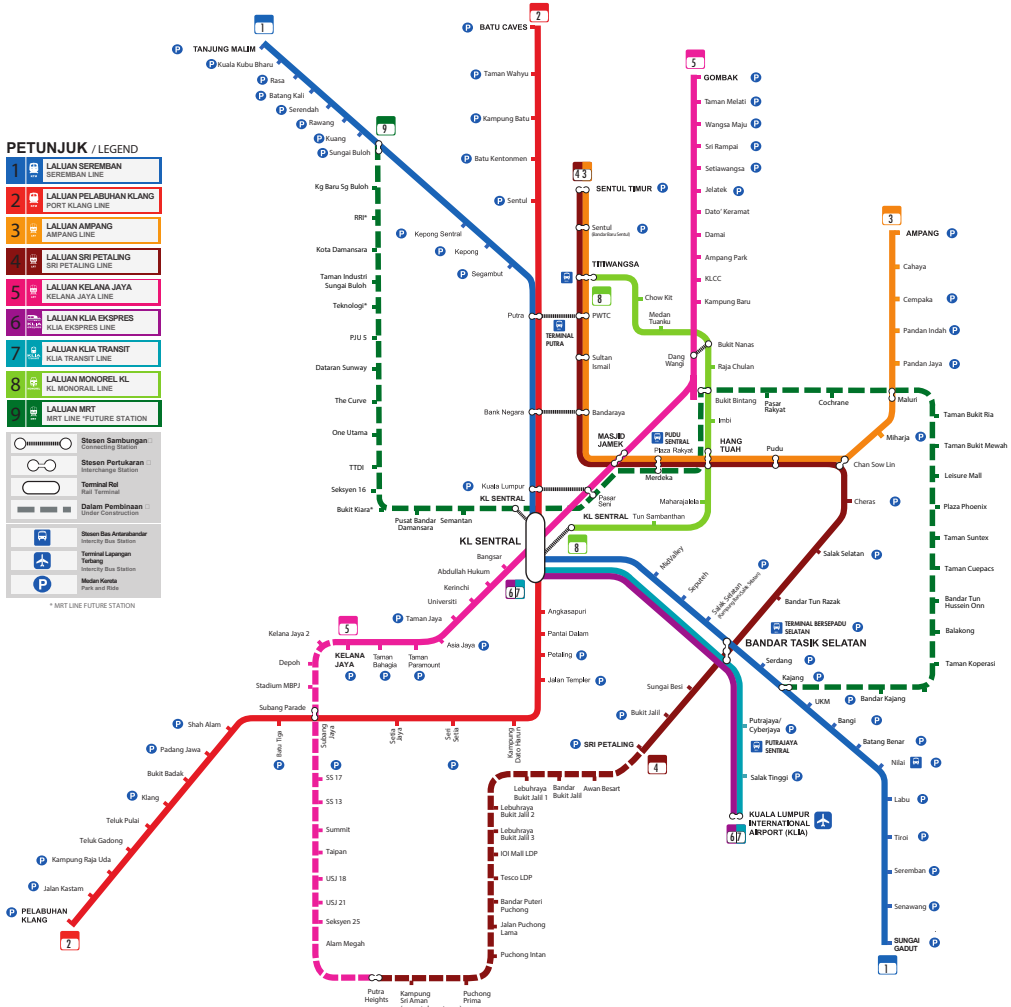


Limousine: Can be arranged with the hotel concierge and fare range from RM100 – RM200.

COACHES TO KLIA AND/OR LCCT

- Airport Coach - +603-6203 3067
- Sky Bus - +6016-217 6950
- Aerobus - +603-3344 8828
- The Star Shuttle - +603-4043 8811

Klang Valley Rail Transit Map



TRANSPORTATION



Air Travel

- Kuala Lumpur International Airport +603-8776 2000
- Domestic Airport - Subang +603-7845 3245
- Kuala Lumpur City Air Terminal +603-2267 8000



Domestic Airlines

- MAS +603-2161 0555
- MAS Reservation Number +603-8890 3702
- AirAsia +603-2171 9333
- Berjaya Air +603-7847 1338
- FireFly +603-7845 4543
- Malindo Air +603-7841 5388



Rail

- KL Sentral 03-2274 7435
- KLIA Ekspres 03-2267 8000
- KTM 03-2267 1200
- Rapid KL 03-7885 2585
- KL Monorail 03-2273 1888



Car Rental

- Galaxy Asia 012-368 0117
- AVIS +603-5885 2300
- ORIX Auto +603-9284 7799
- Eazy Peezy +6011-1166 6545
- WS Rent-A-Car 03-4256 6999



Taxis

- Sunlight Cab +603-9200 1166
- Public Cab +603-6259 2929
- MyTeksi +601-300-80-5858
- Saujana Teksi +6011-1929 0976
- Grab Malaysia +601-300-80-5858

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

- Ministry Of Tourism Malaysia +60 3-2161 5161
- Pusat Pelancongan Malaysia (MATIC) +60 3-9235 4827
- Tourism Malaysia +603-8891 8000
- Melaka +60 6-288 1549
- Putrajaya Tourism Malaysia State Office +60 3-2615 8188

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KHALIL IBRAHIM PANTAI IRAMA, 1970 ACRYLIC ON CANVAS 92 X 120 CM RM 30,000 - RM 50,000

KLAS ART AUCTION MALAYSIAN MODERN & CONTEMPORARY ART EDITION XXVII

SUNDAY, 14 MAY 2017
AUCTION VENUE : KLAS @ JALAN UTARA

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