

# KL lifestyle

JUNE 2017

## HANS ISAAC & GABRIELLA A BLISSFUL UNION



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www.nicchung.com

www.facebook.com/NicChungPhotography

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# CALENDAR

# JUNE 2017

SUNDAY

MONDAY

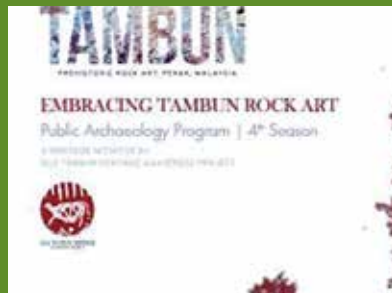
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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**SIBELIUS SECOND**  
JUNE 11  
DEVAN FILHARMONIK PETRONAS,  
PETRONAS TWIN TOWERS, KLCC



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**HARI RAYA AIDILFITRI**  
JUNE 25 - 26  
NATIONWIDE



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**CHAMBER CONCERT X**  
JUNE 13  
DEVAN FILHARMONIK PETRONAS, PETRONAS  
TWIN TOWERS, KLCC



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**PENANG DURIAN FESTIVAL 2017**  
JUNE 1 - JULY 31  
ANJUNG INDAH BALIK PULAU



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**1 MALAYSIA MEGA SALE SHOPPING CARNIVAL**  
JUNE 15 - AUGUST 31  
THROUGHOUT MALAYSIA



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**LOVE STORY**  
JUNE 9 - 18  
PENTAS 1, KUALA LUMPUR PERFORMING  
ARTS CENTRE

**PETRUSHKA!**  
JUNE 9 - 10  
DEVAN FILHARMONIK PETRONAS, PETRONAS  
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JUNE 16 - 18  
PENTAS 2, THE KUALA LUMPUR PERFORMING  
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**HAROLD PINTER'S BETRAYAL**  
JUNE 16 - 17  
STAGE 2, PERFORMING ARTS CENTRE OF  
PENANG

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**FIESTA SAN PEDRO**  
JUNE 23 - 29  
PORTUGUESE SETTLEMENT, MELAKA



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**THE BEST OF RODGERS & HAMMERSTEIN**  
JUNE 3 - 4  
DEVAN FILHARMONIK PETRONAS, PETRONAS  
TWIN TOWERS, KLCC

**SYIOK SENDIRI 6**  
JUNE 3  
STAGE 1, PERFORMING ARTS CENTRE OF  
PENANG

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**1ST INTERNATIONAL THINK BIG SUMMIT  
- MALAYSIA**  
JUNE 10  
TAYLOR'S UNIVERSITY LAKESIDE CAMPUS

**AFTERNOON OF A FOEHN BY COMPANIE  
NON NOVA, AN UNEXPECTED PUPPET BALLET**  
JUNE 10  
BLACK BOX, PUBLIKA SOLARIS DUTAMAS

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**LOVE & DEATH AT THE OPERA**  
JUNE 17 - 18  
DEVAN FILHARMONIK PETRONAS, PETRONAS  
TWIN TOWERS, KLCC

**LA FILLE DU REGIMENT (THE DAUGHTER OF  
REGIMENT)**  
JUNE 17 - 18  
STAGE 1, PERFORMING ARTS CENTRE OF  
PENANG





PENANG DURIAN FESTIVAL 2017

JUNE 1 – JULY 31  
ANJUNG INDAH, BALIK PULAU

Durian is one of the most popular fruits in Penang and it is a must-try for most visitors. During this fruit season, there will be ample local fruits displayed to satisfy your appetite. There are many award-winning durians in Penang such as Ang Hae, D16, Ang Jin, Ang Bak, D700, etc.

Durian lovers should not miss this Penang Durian Festival where the 'King of Fruits' is featured as the main item. Savour fresh durians categorised according to grades as well as sumptuous delicacies made from durians. Although it is an acquired taste for the uninitiated, this controversial fruit will win the hearts of those who are brave enough to try.

www.pgevents.my/penang-durian-festival-2017

THE BEST OF RODGERS & HAMMERSTEIN

JUNE 3 – 4  
DEWAN FILHARMONIK PETRONAS, PETRONAS TWIN TOWERS, KLCC

Rodgers and Hammerstein were two of Broadway's greatest legends, and creators of some of the most popular musicals of all time, including The Sound of Music, Oklahoma!, Carousel, South Pacific, and The King and I. In these concerts, MPO celebrates the best of Rodgers and Hammerstein. Don't miss some of the greatest Broadway tunes ever written in this toe-tapping, show-stopping orchestral extravaganza

Tickets: RM120- RM240  
Tel: 03-2331 7007  
Email: boxoffice@dfp.com.my

SYIOK SENDIRI 6

JUNE 3  
STAGE 1, PERFORMING ARTS CENTRE OF PENANG

Good God-Ya Allah Tuhanku-Kadavule! You'd think these guys would know to stop while the going is good, but nope! It looks like they're not ready to call it quits just yet. So, here they are with their sixth instalment! Seven, if you count that ridiculous short play they staged in February! Brace yourselves yet again as Syiok Sendiri returns with another round of cheap, trashy, hopelessly unfunny, sorry excuse for a comedy...and this time on the big stage! But there is a God after all for this time around, they're performing for ONE NIGHT ONLY!

Tickets: RM40 - RM100  
Tel: 04-899 1722 / 2722  
www.ticketpro.com.my

EMBRACING TAMBUN ROCK ART (4th SEASON)

JUNE 3  
GUA TAMBUN, IPOH, PERAK

The 4th season of "Embracing Tambun Rock Art" is here! Let's travel back in time and immerse ourselves in the 4,000-year-old rock art of Gua Tambun! "Embracing Tambun Rock Art" is a heritage initiative of Gua Tambun Heritage Awareness Project - a heritage collaborative project run by a team of archaeologists from the Centre for Global Archaeological Research, Universiti Sains Malaysia. This three-hour monthly workshop aims to connect the participants to the rich prehistoric past of Tambun and encourages community participation in rock art conservation through promotion of heritage awareness and local capacity building. This heritage workshop comprises a full-guided heritage walk and two hours of hands-on activities.

Tickets: Free  
www.eventbrite.com

LOVE STORY

JUNE 9 – 10  
PENTAS 1, KUALA LUMPUR PERFORMING ARTS CENTRE

Love Story is a musical written by Stephen Clark with music by Howard Goodall and lyrics by Stephen Clark and Goodall. It is inspired by Erich Segal's best-selling novel and the hit movie (in the 70s) of the same name. Dama Asia Productions is now bringing this celebrated musical which was nominated for three Laurence Olivier awards – including the Best New Musical – to the Malaysian shore. The musical tells of Oliver Barrett IV, a rich young man, who falls in love with Jennifer Cavillieri, a poor music student. They marry against his family's wishes and struggle to build their life together despite being disowned by Oliver's wealthy father. But then fate has other plans.

Tickets: RM65 - RM285  
Tel: 03-4047 9000  
www.damaorchestra.com

PETRUSHKA!

JUNE 9 – 10  
DEWAN FILHARMONIK PETRONAS, PETRONAS TWIN TOWERS, KLCC

English conductor Mark Wigglesworth and Serbian violinist Nemanja Radulović join forces in Tchaikovsky's super popular Violin Concerto, music that is by turns hyper-emotional and passionate, reflective and introspective, hence in many ways reflecting the life of the man who wrote it. Stravinsky's Petrushka, another audience favourite, is a wildly colourful ballet score filled with picturesque details – some riotously flamboyant, some exquisitely beautiful – depicting a puppet show at a carnival scene in a 19th century Russian village. Fairytale music by Ravel opens the programme.

Tickets: RM100 - RM200  
Tel: 03-2331 7007  
Email: boxoffice@dfp.com.my

03-04



09-10



1<sup>st</sup> INTERNATIONAL  
THINK BIG SUMMIT  
– MALAYSIA

JUNE 10  
TAYLOR'S UNIVERSITY  
LAKESIDE CAMPUS

Think Big, Think Different, And Why Should We Even Care? Do you want to THINK BIGGER from the ordinary and THINK DIFFERENT from the majority? Why conform when you can awaken the greatest power in you to realise your true potentials, thoughts flexibility and possibilities? It's time to realise the freedom of thinking outside your own bubble of knowledge and its power for change! International Think Big Summit (ITBS) is Malaysia's brand new and singular platform that tackles the deprivation of thinking and inquiring in the silent majority, helping them realise the freedom of thinking outside the box and its power for change. It is an unprecedented opportunity in our country for us to collectively reignite the sense of wonder and achieve moments of breakthroughs in our lives and community.

Tickets: RM49.20 - RM69.70  
www.myphilsoc.com/thinkbig



AFTERNOON OF A  
FOEHN BY COMPANIE  
NON NOVA, AN  
UNEXPECTED PUPPET  
BALLET

JUNE 10  
BLACK BOX, PUBLIKA  
SOLARIS DUTAMAS

The will to bring a fresh perspective to the art of juggling and approach it from a more dramaturgical angle led by Phia Ménard to create the "Non Nova Company". The founding idea of this company, the maxim "Non nova, sed nove", means "Not new things, but in a new way". A notion which, actually, applies to the show they will perform in the Publika's Black Box.

The choreography will be a ballet of plastic bag puppets performing to Claude Debussy's superb pieces "Afternoon of a faun", "Nocturnes" and "Dialogue of the Wind and the Sea". This 25-minute show is meant for the enjoyment of the whole family.

Tickets: RM31  
Tel: 03-4047 9000  
www.lefrenchfestival.com.my



SIBELIUS SECOND  
JUNE 11

DEWAN FILHARMONIK  
PETRONAS, PETRONAS TWIN  
TOWERS, KLCC

Resident conductor, Harish Shankar leads the Malaysian Philharmonic Youth Orchestra in Sibelius' grandest and most popular symphony, the Second, which takes the listener from a gentle beginning to towering symphonic strength.

Tickets: RM60 - RM100  
Tel: 03-2331 7007  
Email: boxoffice@dfp.com.my

11



CHAMBER CONCERT X  
JUNE 13

DEWAN FILHARMONIK  
PETRONAS, PETRONAS TWIN  
TOWERS, KLCC

Join MPO and MPYO musicians for an evening of chamber music.

Tickets: RM30  
Tel: 03-2331 7007  
Email: boxoffice@dfp.com.my

13



MALAYSIA  
PERCUSSION FESTIVAL  
2017

JUNE 16 – 18  
PENTAS 2, THE KUALA  
LUMPUR PERFORMING ARTS  
CENTRE

The Malaysia Percussion Festival (MPF) aims to provide a creative environment where people from all walks of life and ages, with various skill levels and cultural backgrounds could gather to explore, innovate, educate and build a community together. MPF also seeks to create a culture that promotes overall wellness in terms of thinking skills, communication skills, organising skills, and rhythmic skills. It hopes to bridge musical traditions through innovative collaborations. This year's festival includes artiste concerts, numerous workshops, ensemble performances, ensemble experience, clinics, community drumming, outdoor marching percussion talk and competition.

Tickets: RM25 – RM189  
Tel: 017-753 3930



HAROLD PINTER'S  
BETRAYAL

JUNE 16 – 17  
STAGE 2, PERFORMING  
ARTS CENTRE OF PENANG

The story revolves around a love triangle between Emma, her husband Robert and his best friend Jerry. One day after a party, Jerry confesses his love for Emma and the two begin an affair that will continue for years. Unbeknownst to Emma, Robert actually caught whiff of the affair but remains quiet. Who is leading who on and who is betraying who actually? With a sterling cast, Stephanie Van Driesen, Omar Ali, Razif Hashim and Jad Hidir, the audience will have a lot to talk about at the end of every show night.

Tickets: RM45 – RM60  
Tel: 04-899 1722 / 2772  
www.ticketpro.com.my





**LOVE & DEATH AT THE OPERA**  
JUNE 17 – 18  
DEWAN FILHARMONIK PETRONAS, PETRONAS TWIN TOWERS, KLCC

The featured work on this concert is a symphonic synthesis of Wagner’s monumental Tristan and Isolde, a tale of searing passion set in legendary time. Soprano Tamara Wilson stars in the poignant, tender Willow Song from Verdi’s penultimate opera Othello, and the programme opens with a suite of orchestral numbers from Carmen, the world’s most popular opera.

Tickets: RM100- RM200  
Tel: 03-23317007  
Email: boxoffice@dfp.com.my



**LA FILLE DU REGIMENT (THE DAUGHTER OF REGIMENT)**  
JUNE 17 – 18  
STAGE 1, PERFORMING ARTS CENTRE OF PENANG

La fille du régiment (The Daughter of the Regiment) is an opéra comique in two acts by Gaetano Donizetti, set to a French libretto by Jules-Henri Vernoy de Saint-Georges and Jean-François Bayard. Casts include Jane Soong as Marie, Yap Jin Hin as Tonio, Shawn Liew as Sergeant Sulpice, Regina Neoh as Marquise of Berkenfield, the Kuala Lumpur City Opera Chorus and KL City Opera Orchestra Ensemble. Conducted by Juan Montoya and concert master, Lim Jae Sern.

Tickets: RM128  
www.klcityopera.com



17-18

**FATHER’S DAY**  
JUNE 18  
Father’s Day is a celebration honoring fathers and celebrating fatherhood, paternal bonds, and the influence of fathers in society.



**FIESTA SAN PEDRO**  
JUNE 23 – 29  
PORTUGUESE SETTLEMENT, MELAKA  
The Fiesta of St. Peter, the patron saint of fishermen. Highlights at the Portuguese Settlement and the attractions include decorated boats, food and fun fair.  
Tel: +606 284 7050



**HARI RAYA AIDILFITRI**  
JUNE 25 – 26  
NATIONWIDE  
After fasting from dawn to dusk for a month, Hari Raya Aidilfitri is a day that signifies victory for Muslims everywhere. On this special day, Muslims attend special morning prayers in mosques and visit the graves of their loved ones. Decked in their traditional finery, friends and family from near and far come together to celebrate this joyous occasion. There will be lots of tasty delicacies to make the celebration memorable.



**1 MALAYSIA MEGA SALE SHOPPING CARNIVAL**  
JUNE 15 – AUGUST 31  
THROUGHOUT MALAYSIA  
1 Malaysia Mega Sale Carnival is part of the country’s thrice yearly nationwide sales campaign to promote Malaysia as a world-class shopping destination to domestic and international tourists.  
Tel: 03-8891 8000



25-26



★★★★★  
JUNE

MOVIES

WONDER WOMAN  
JUNE 1

Diana Prince is the princess of the Amazons who was raised on a sheltered island filled with a race of immortal super-women, and these women are trained to become unconquerable fighters. When American pilot Steve Trevor accidentally crashes on the island and tells Diana about a war that is happening in the outside world, Diana leaves her home to try to stop the war and becomes a superheroine known as Wonder Woman.

Genre: Action / Adventure / Superhero  
Cast: Gal Gadot, Chris Pine, Lucy Davis, Connie Nielsen, Robin Wright.



THE MUMMY  
JUNE 8

Two thousand years ago in Egypt, Princess Ahmanet was buried alive in a tomb beneath the desert as punishment for killing her father. The ancient princess is awakened in the modern era when her tomb is rediscovered. Holding a malevolent grudge that has grown over millennia, once resurrected she begins spreading terror on earth that defies human comprehension.

Genre: Action / Adventure / Fantasy  
Cast: Tom Cruise, Sofia Boutella, Annabelle Wallis, Jake Johnson, Courtney B. Vance, Russell Crowe.



ROUGH NIGHT  
JUNE 15

Five friends head to a house at Miami Beach for a fun bachelorette party weekend. The fun comes to a halt when the male stripper they hired ends up dead during the party.

Genre: Comedy / Drama  
Cast: Scarlett Johansson, Kate McKinnon, Ilana Glazer, Jillian Bell, Zoe Kravitz.



STRATTON  
JUNE 15

One single man, a British Special Boat Service commando named John Stratton, is on a mission to track down an international terrorist cell.

Genre: Action / Thriller  
Cast: Dominic Cooper, Gemma Chan, Austin Stowell, Tyler Hoechlin, Tom Felton.



DESPICABLE ME 3  
JUNE 15

Gru meets a new villain in the form of Balthazar Bratt, a former child star in the '80s who now plans for world domination. But that's not Gru's only problem, his long-lost twin brother Dru, who just happens to be more charming, cheerful and successful, is suddenly back in his life. Dru plans to rope Gru into his plan for one last heist to steal the diamond Bratt has stolen.

Genre: Animation  
Cast: Steve Carell, Trey Parker, Kristen Wiig, Miranda Cosgrove, Dana Gaier, Russell Brand.



ONCE UPON A TIME IN VENICE  
JUNE 15

An LA-based private detective, Steve Ford, has his beloved dog stolen by a notorious gang. To get his dog back, he ends up working for the gang's leader and forced to do the gang's bidding. At the same time, he is being chased by two vengeful Samoan brothers, a loan shark's goons and a few other shady characters who operate outside the boundaries of the law. A dog is a man's best friend. Steve shows exactly how far a man will go for his best buddy.

Genre: Action / Comedy  
Cast: Bruce Willis, Jason Momoa, John Goodman, Thomas Middleditch, Famke Janssen.



TRANSFORMERS: THE LAST KNIGHT  
JUNE 22

Optimus Prime returns to his home planet, Cybertron, which is now a dead planet, and learns that he was the one responsible for killing it. Back on earth, in his absence, humans and transformers are at war. The key to saving the future lies in the past. Now, Cade Yeager and Bumblebee form an unlikely alliance with a British Lord and an Oxford professor to find the answers that can help save the earth.

Genre: Action / Science Fiction  
Cast: Mark Wahlberg, Stanley Tucci, Isabela Moner, Josh Duhamel, Tyrese Gibson, John Turturro, Santiago Cabrera, Anthony Hopkins.

AMITYVILLE: THE AWAKENING  
JUNE 29

To help pay for her comatose twin brother's expensive healthcare, Belle, her little sister Juliet, and her twin brother James, move into a new house with their single mother Joan. However, strange phenomena start to take place in the house including her brother's sudden recovery. Belle starts to suspect that her mother has been keeping some secrets from her, and she soon finds out that her family has moved into the infamous Amityville house.

Genre: Horror / Thriller  
Cast: Bella Thorne, Cameron Monaghan, Jennifer Jason Leigh, Thomas Mann, Jennifer Morrison.



THE HOUSE  
JUNE 29

A guy and his wife are desperate to make up the money they have used from their daughter's college fund. They team up with some neighbours to manage an illegal casino in the suburb, right in the basement of their own house, specifically.

Genre: Comedy  
Cast: Will Ferrell, Amy Poehler, Ryan Simpkins, Jason Mantzoukas.





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Open Monday-Saturday (9am - 7pm) Sunday & Public Holiday (10am - 6pm).



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DS OWNERSHIP EXCLUSIVES:





# Hans Isaac and Gabriella Robinson

*Together is a beautiful place to be*

Datuk Hans Isaac is not only known for his charming good looks, but his established career as an actor, producer and director. He will bid his bachelorhood goodbye now that he has met former beauty queen, Gabriella Robinson. Like magnets, they attracted each other and are now about to embark on an adventure that is marriage. Fresh off the photoshoot for KL Lifestyle magazine, they sit down with us to share details about them as a couple and their upcoming wedding.

BY HIRANMAYIL AVULI MOHANAN





## HOW DID YOU TWO MEET?

**Gabriella:** I auditioned for the Miss Universe Malaysia pageant back in 2011 and Hans was one of the judges. That's how we met. But it was only a year or two later when we properly got to know each other and became friends.

**Hans:** I was very mean to her.

## BOTH OF YOU ARE OF MIXED HERITAGE. TELL US MORE.

**Hans:** I'm Filipino-Indian.

**Gabriella:** I'm a mix of Chinese, Indian and English.

## WHAT DO YOU DO FOR FUN?

**Hans:** We go to the gym and the driving range together. We have been on short holidays together too.

**Gabriella:** We spend a lot of time together with our families.

**Hans:** Yes, we definitely spend a lot of time with each other's family and we have a lot of meals with them, thus the trip to the gym.  
\*laughter ensues\*

## ANY JOINT-PROJECTS YOU ARE WORKING ON OR IN THE FUTURE?

No. We respect each other's work and how we want to do things.

## THEN TELL US WHAT YOU WANT TO DO IN THE FUTURE SEPARATELY.

**Gabriella:** Honestly, right now I'm emceeing. That's what I'll probably try to do for a while until I decide what I want to do next. I do enjoy emceeing. I still do get really nervous but I think it's challenging and that's why I do it.

**Hans:** She is a perfectionist; she wants everything perfect but I'm also the same, so I understand it. I'm pretty much filled up with work. I'm really exhausted, to be honest. I feel that Gaby and I need to go away for a week, before the wedding. That's key right now. With work, I pretty much have my targets. I have three different companies, in real estate, production and I'm on the board of directors of Perdana Petroleum, a public listed company where I have responsibilities too.

## DATUK HANS, HOW DID YOU KNOW THAT GABRIELLA IS THE ONE?

We're very different in many ways. I felt that was interesting when I met her, the fact that we are different. We had been friends for a while and we had gone through a lot together. I noticed that she is a very determined person and that she is down to earth. Gaby is just a simple girl and that's what attracts me about her. I haven't met someone like that in that sense. She will talk to anyone, regardless of whether they are established or not. She treats everyone as equals and I like that. She is just distinct from the people I usually hang out with and that to me, is refreshing. I can't really pin it down to one thing, it is a cumulative of her traits that makes her the one.

## WHAT IS YOUR VISION FOR A FAMILY IN 5 YEARS?

**Hans:** I'm a bit older than Gaby so I think it's due time for me to start a family. I was always afraid to get married and to take on the responsibility because I was afraid of failing. I was afraid to give everything to a relationship, to sustain it and be the person I'm supposed to be. And now, (with Gaby) I feel I can be myself and do things the way I want to do them with her by my side. Family is important to us and that will be our next adventure together, to bring up a family.

**Gabriella:** We are on the same page when it comes to us having children and a family of our own, that is the whole point of us tying the knot, I think. For me, I definitely do want to have kids. I come from a big family of six siblings. I don't want that many children though. (laughs) We would like two children, max.

**Hans:** We are on the same page on that. Two children fit in the car and plane nicely. A family of four is a nice number.

## WHAT IS YOUR FAVOURITE CHARACTERISTIC ABOUT EACH OTHER?

**Hans:** Her bubblyness. When she misses me and 'manja' with me, I love that and the attention given to me. She is smart and simple. She still drives the same car and refuses to change it. She is very attached to the things that she has because I think she worked hard for it and she earned it.

**Gabriella:** Material things come and go. For me, because we are very different, I like that fact that he is very direct whereas I'm very soft-spoken. He is very opinionated while I'm more flexible. He is very organised; a trait I'm trying to learn, to think three or four days ahead. He is also kind and loving towards his family and those around him. He takes care of his family and staff very well.



TELL US YOUR BEST MEMORIES WITH EACH OTHER.

**Hans:** Mine was a dive trip we went on. It was nice because it was the first proper outing we had as a couple, though we had friends around. The second best was when I proposed to her in Singapore. I will never forget that because I put a lot of effort into it, to surprise her.

**Gabriella:** The moment he proposed, of course. I think the most memorable moments for me were those times when he unwaveringly supported me through my ups and downs.

ANY HONEYMOON DESTINATIONS IN MIND?

**Gabriella:** Nothing is set in stone, to be honest, but I think we are looking at Europe. However, that could change.

WHAT ARE YOU LOOKING FORWARD TO THE MOST? THE WEDDING, THE RECEPTION OR THE HONEYMOON?

**Hans:** I think it's the process for me. The process of getting everything together is fun. You can't see these (wedding, reception and honeymoon) as separate parts because they are integrated, and come together as one.

**Gabriella:** It is the life post-wedding and honeymoon as well, the actual marriage and how we work as a team.

WHAT MOMENT OF YOUR WEDDING DAY ARE YOU MOST ANTICIPATING?

**Gabriella:** I think walking down the aisle in the church, I'm really nervous.

**Hans:** For me, everything major in my life happened at the Cathedral of St. John; my parent's last rights were there, I grew up there. The start of my life with Gaby is going to be there too, so we're very emotional in that sense.

HOW WOULD YOU DESCRIBE THE STYLE OF YOUR WEDDING?

**Hans:** It's elegant traditional.

**Gabriella:** Yeah. We did not go all out to pick a theme for the wedding.

**Hans:** We wanted it to be elegant and also for the guests to be relaxed, happy and to just enjoy the moments.

**Gabriella:** Also for the guests to have an amazing time.

WHAT HAS BEEN THE MOST FUN DETAIL IN WEDDING PLANNING?

**Gabriella:** The decorations, I think. We spent a lot of time in deciding on the flowers, how the church and ballroom are going to look like.

WE WOULD LIKE TO KNOW YOUR FUNNY HABITS WITH EACH OTHER.

**Gabriella:** I cannot go to bed peacefully anymore because every night, he wants me to massage his face. And once he starts snoring, I know that he has fallen asleep. If I don't, he'll complain and whine. (giggles)

**Hans:** I just tell you to play with my face. I have no comeback to that (laughs). Like I said early on, I like 'manja' time.

AND FINALLY, IF YOU COULD DESCRIBE EACH OTHER IN ONE WORD, WHAT WOULD IT BE?

**Gabriella:** He is responsible.

**Hans:** She is humble and relaxed. That's very attractive to me.

WHAT FUELS YOU IN LIFE?

**Gabriella:** I think because I've been through a lot of adversities, those experiences have made me stronger. My family fuels me in life too.

**Hans:** For me, I just give things the best I've got, I give it my 100% and doing that makes me happy, although the result may not be in my favour. I really do believe that everyone should have this mindset, to give things the best that they've got.

“LOVE LOOKS NOT WITH THE EYES,  
BUT WITH THE MIND, AND THEREFORE  
IS WINGED CUPID PAINTED BLIND.”

- William Shakespeare, A Midsummer Night's Dream





# Revitalising BODY & SPIRIT

Seven ways to avoid dehydration during your Ramadan fast

CHEE SUE ANNE

**F**asting of the body is food for the soul. The discipline to abstain from one of life's greatest pleasures is a tremendous feat indeed.

And the mind is the key player in this monumental display of self-control. However, we often neglect the body when it comes to fasting. Depriving our physical form of its second most vital resource can cause major consequences. So here are seven ways to help you keep hydrated.

## 1. WATER IS VITAL. JUICE IS NOT

We know. The force is strong on this one. Not having a cool, refreshing glass of juice to break your fast is almost unthinkable. But rest assured, it will make sense when you consider the detrimental effects of juice. These drinks fill up your stomach up quick, giving a sense of fullness and decreasing the quality of digestion. The excess sugar from these drinks will also cause weight gain in the long run. Water is the better alternative for hydration. A no-brainer of course, but internal battles are fought when faced with the decision of what to drink at Iftar. Just know, that this clear natural liquid will ease your digestion by dissolving minerals and other nutrients from food, making them accessible to your body. Water is your body's best friend. Never substitute it with another form of liquid, more so when fasting.

## 2. KEEP ON SIPPING, SIPPING, SIPPING

You've been depriving your body of water the entire day. So, during the hours when

you can actually drink, you need to keep sipping, continuously. Keep a bottle by your side as reminder to take constant swigs. Only then can your body return to its original levels of hydration, before you commence your fast again. To find out how much water your need to drink in a day, in ounces, take your body weight (in pounds) and divide it by two.

## 3. HYDRATE WITH FOOD

For the sake of hydration, carefully consider the food you consume. Food that contain a lot of water are gold. So at Iftar, make a salad with tomatoes, cucumbers and peppers. At Sahur, go for a homemade watermelon or strawberry smoothie, and an apple while you're at it. Your body isn't going to hydrate itself, you'll have to put in the extra effort. So abstain from bread, cheese and fried foods and turn to hydrating ingredients that will help you get fluids into your diet.

## 4. SHUN THE SUN

Fasting, in itself is already a strain on all your systems. Avoid heightening the duress your body is experiencing by refraining from physical exertion. The body gets energy from the food that we eat, and without it, energy conservation is a must in order to function as normally as possible.

## 5. TURN DOWN THE HEAT

Exposing yourself to heat will kick off

the sweating mechanism of your body. You'll squander the much needed liquids in your body that keep you hydrated. Not just that, the water escaping your body will induce thirst. So stay in the shade and in cool, enclosed areas as much as possible. Wear a hat or cap if you have no choice but to go outdoors.

## 6. BREAK IT SLOW

You'll need to be more mindful about how you break your fast if you want to take good care of your body. Easing into it is the key. Start off with water, of course, then small appetisers, like soup, light salad, yogurt and dates, before starting with your actual dinner. You could even eat morsels of food, leave to pray, then return for the real meal. This bit-by-bit ingestion will allow your body time to readjust back to normal digestion and assimilation. It's a great habit that will avoid the long-term negative side effects of fasting.

## 7. EAT THE EXTRA MILE

There are some food that'll help you go the distance in your fast. Food that are low in sugar but contain complex carbohydrates. These characteristics help them stay in your system longer, hence aid in curbing the hunger pangs. Power food like these include whole grains, like barley, wheat and oats; legumes like lentils and beans; and fresh produce like fruits and potatoes. Protein-rich sources such as lean meat, fish, eggs, milk, nuts and seeds can also help to stabilise blood sugar levels, which tone down the food cravings.





# PARENTHOOD BECKONS

How to  
prepare for  
parenthood

BY HIRANMAYII AWLI MOHANAN

So, you have met your other half; the one you are going to spend the rest of your life with. You subsequently have either an intimate or an extravagant wedding to commemorate your relationship. It is only natural that the next step is to start a family (though that might not be the case for some people). However, before going into the battlefield that is parenthood, it is vital for you to be armoured with the right artillery and weaponry in order to win this beautiful experience.

*“I came to parenting the way most of us do-knowing nothing and trying to learn everything.”  
– Mayim Bialik, actress and neuroscientist*

## READ BOOKS ON PARENTING

Knowledge is power. Hence, it is imperative to equip yourself with enough information about being a parent and raising a child (or children) before diving into the deep end. I recollect my parents telling me that they read every book under the sun when I was conceived. Not having any knowledge regarding parenthood is akin to someone having no clue whatsoever about rocket science and they are commissioned to launch a rocket into space. Besides that, reading books would help you gain perspective on ways to raise your child.

## BABYSIT

The best way to get a feel of what’s to come is to babysit. It is like a trial run or sneak peek if you will. Volunteer to take care of your nephew or niece, or your friend’s children. This is the most hands on approach to experiencing tending to children and their antics. The most significant outcome of babysitting is that you will learn to be accustomed to their quirks and what a child’s antics on a daily basis.

## GET A PET

A pet needs your time, care and attention, similar to a child. You can opt to get a pet to test the waters; to see if you are ready for the challenge. Adopt a pet from the nearest animal shelter and try to keep it alive and well for as long as you can. Work together with your spouse to take care of your pet’s needs. Your actions are an indication to how you would respond in actual parenthood.

## FINANCES

With the economy on a see-saw these days, you and your partner should start saving early because we all know that having a baby is no cheap affair. From the clothes to food and their education in the long run, you have to start saving early and as you go. Just like any parent, you want to give the best to your children. In order to do so, for their sake, you have to be financially able and stable.

## TALK TO FRIENDS WITH KIDS

Parenting is a learning curve. You learn about what works with your children as you go, through experiences. The best people to talk to regarding these experiences are your friends who have children. You can feed of their experiences and learn about the do’s and don’ts and basically, how to brace yourself to be a parent.

## SOCIAL LIFE

Call all of your friends without children. Tell them it’s been lovely knowing them, but you’re going away. Let them know you’ll see them on Facebook. In all seriousness, the lifestyle of a parent differs considerable to when you are single. You have to give them every ounce of your attention and time because they are dependent on you. That means, you won’t have enough time to go window shopping or for a cuppa with your friends. It would mean that you won’t have enough time for your spouse, let alone yourself. However, the secret to success is in the art of balancing. It is vital that you make time for your spouse and (especially) yourself.

## SLEEP PATTERN

Parenting may slightly (okay slightly is an understatement) affect your sleep pattern. To prepare yourself for this, find the most annoying ringtone on your phone. Then, set up 2-3 surprise alarms between midnight and 5 a.m. Live like this for months. This would give you an idea to the number of times you would have to sacrifice a good night’s sleep to feed and pacify your child. Yes, it may seem daunting at first but the sweet face of your child and that toothless smile makes it all worth it at the end of the day.



# SMILE, AND THE WORLD SMILES WITH YOU

Time to turn that frown upside down

BY CHEE SUE ANNE

**S**milng, a natural and frequent expression when we are kids. But as we transition from childhood to adulthood, we tend to lose the habit of flashing our pearly whites. An unfortunate thing, that is about to change because I am dishing out to you the countless benefits of smiling I bet you never knew.

## SMILING CAN BOOST YOUR MOOD!

"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy." -Thich Nhat Hanh, Vietnamese Buddhist monk and peace activist.

It's amazing that our facial expressions do more than reflect our mood; they are capable of influencing it as well. When you flash a grin, your brain releases endorphins, the body's happy chemical. Current studies show the ability of people's moods to align with their expressions. Even fake smiles do the trick. So when you're feeling sad or frustrated, and want to shed those negative emotions, try putting on a smile. Your mood may brighten up within minutes.

## SMILING HELPS REDUCE STRESS.

It seems counterintuitive but recent studies have shown that smiling amid your frustrations delivers health benefits! A 2012 experiment revealed that subjects who were told to smile experienced a substantial reduction in heart rate and quicker stress recovery compared to those whose expressions remained neutral. The next time you can't find your keys, and your child is crying, and the world is going to hell, pause for a minute and force that smile. You'll be more likely to calm down and continue on with your day, with less frustration.

## SMILING MAKES YOU MORE ATTRACTIVE.

Did you know that 61 percent of us have been attracted to somebody just by their smile alone? A smile is a powerful element of the first impression. It gives off a subconscious suggestion that you're personable, easy-going, and empathetic. So, beam your way into that job! Seal that deal! Or get that first date, all by initiating a smile.

## A SMILE MAKES YOU SEEM MORE TRUSTWORTHY.

A University of Pittsburgh study revealed that the bigger the subjects smiled, the more trustworthy they seemed. It seems that we are inclined to trust people more when they smile rather than when they are frowning or having a neutral expression. You can try using this valuable information

to your advantage. When the need to impress someone arises and you need to gain that person's trust, a genuine smile could do the trick.

## SMILES ARE CONTAGIOUS.

When someone smiles at you, don't you feel that natural urge to smile back? It's almost involuntary. And there's a scientific explanation for it. Neuroscientist, Marco Iacoboni highlights the role of our mirror neurons in this phenomenon. He says, "When I see you smiling, my mirror neurons for smiling fire up too, initiating a cascade of neural activity that evokes the feeling we typically associate with a smile." That's why we always smile back. Mirroring others is our natural way of connecting with people and a grin is the simplest and quickest way to do just that.

## SMILING MAKES YOU MORE PRODUCTIVE.

Smiling doesn't just give you a mood boost, that dose of dopamine goes a long way, by making us more productive people. Do you seem to get a lot more work done when you're happy? It's not just you. In 2010, a team of economic researchers found that happiness had a significant and causal effect on productivity in the workplace. And just as the positive emotions prove invigorating, negative ones are equally draining. So, be a better boss or employee by incorporating the smile trick into your workplace and your colleagues will slowly notice the improvements.

Great things usually come at a high cost. Not this one! A smile costs nothing and you can give it to anyone instantaneously. Plus, there are so many health, relationship and emotional benefits to reap from it. Start right now. Do it! Look up from this magazine and flash a smile at someone nearby. Take hold of this power you own to create happiness and make the world a better and friendlier place.





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Hiranmayii Awli talks to

# SONAONE

This illustrious musician by the name of SonaOne is one of Malaysia's gems. His fame grew considerably when he released the head-bobbing song, 'No More'. He has collaborated with esteemed local musician, Joe Flizzow and the list goes on. KL Lifestyle magazine talks to him about his plans for Hari Raya Aidilfitri and his upcoming projects.

## Tell us a bit about yourself.

I'm Mika. Some people know me as SonaOne, and some people don't know me at all! I produce music, write songs and also rap or sing over some of it. And I'm a huge Star Wars fan!

## How did you fall in love with music?

Music was always a bit part of my life growing up. I guess you could say I fell in love with music before I was even born! My mother was an entertainer and I've never known life without music! I was fascinated with sound and how to manipulate it, and when I was about 10 years old I started experimenting with audio software and the rest is history.

## Who is your favourite musician or rapper?

Stevie Wonder and Kanye West, both of them are geniuses in their own right. What I love about Stevie is his ability to make his music vivid and colourful, and the musicality is very complex, yet elegant and easy to listen to. Kanye, love him or hate him, has contributed a lot to hip hop and pop culture as a whole. He has influenced the way music sounds today all the way to how people dress. Two very inspiring individuals in my opinion.

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

The highlight of my career so far was releasing my first album, "Growing Up Sucks". It had been in the works for about five years, and I was really happy when it finally came out.

## Any upcoming songs or projects?

I'm currently working on some new material for a potential new album. Hopefully, I'll be releasing singles throughout the year leading up to it. I've also collaborated with Zizan on his new Malay single "Chentaku" and plan to work with more artistes and producers this year as well.

## How will you be spending Hari Raya Aidilfitri?

I'll be spending it with my family at my grandma's place in Kuantan, Pahang. We don't always go back there to celebrate because my grandma usually comes to KL, but this year we've decided to crash at her place instead!

## Where is your hometown?

Kuantan, Pahang though I've never really lived there, only went to visit my grandparents during holidays. If I'm overseas, I'd consider KL to be my hometown.

## What is the highlight of Aidilfitri for you?

The food, without a doubt! Even though you

can eat "raya food" at any time of the year, it's the atmosphere and raya mood that makes it so special and yummy! Plus, my mom makes the best Rendang in the universe, so I always look forward to that.

## Who does the cooking for Hari Raya?

My mom does most of the cooking. She is really hands-on in the kitchen, and her food tastes awesome. Did I mention that her Rendang is the best in the universe?

## Top 3 favourite Raya dishes?

Rendang  
Lemang  
Satay

## Three local favourites you can't live without are...

Nasi Lemak  
Char Kuey Teow  
Roti Canai

## What do you do to stay in shape?

I usually try to watch what I eat, and when I get the chance I head to the gym or swim a few laps in the pool to sweat it out.

## Finally, what inspires you in life?

Everything inspires me really, even my failures and other people's struggles. I try to see the good in everything, even when things are bad. Inspiration comes from you when you overcome that feeling of being held back.



Lemang and Rendang



Satay



# The curious case of GinRikSha

Contemporary Cuisine with Cocktails

BY HIRANMAYI AVLI MOHANAN



Banana Leaf Baked Sea Bass

Situated in the bustling neighbourhood that is Bukit Damansara is a hidden gem by the name of GinRikSha. Its unique name is derived from 'Jinriksha', a Japanese term describing the two-wheeled vehicle pulled by man's strength. The man is key - no one can contest the hardy charm and daring of the rickshaw driver, who gets you to your door come hell or high water. He is GinRikSha's inspiration, as it quickly becomes clear that they are as much about our people as they are about food.

Paying tribute to its namesake, 'riksha' wheels adorn the ceiling. Lightbulbs are attached to the spokes of the wheel, brightening up the restaurant and providing a contemporary feel. The interior of this eatery is very cool yet vibrant. A step into this place will blow you away with its rustic and retro vibe. To make you feel truly at home, soothing numbers of the 60s and 70s play in the background.

The focus of this establishment's menu now is the flavours of India, but don't expect a typical traditional meal here. Creativity drives the construction of the menu and one can expect compelling dishes. The dishes come in generous sharing portions and diners are encouraged to share. In GinRikSha's quest to embody the soulful connections food can create, they serve their menu family-style. The best way to experience their dishes are through sharing plates to ensure everyone gets a bite of their lovingly-crafted recipes.

## CRANBERRY CREAM CHEESE CRESCENT BITES

Humble and unassuming as it seems (at first), this petite appetizer packs a punch. The consistency of the crescent bite is flaky and light. Upon a bite, the cheese hiding in the middle of this pastry middle just oozes into your mouth and melts almost instantly. The cranberry makes all the difference by providing a slight sweetness and tanginess to it.

## KERALA SHRIMP

Ahh, the Kerala Shrimp. Thinking about it now makes my mouth water. This dish comprises spicy tamarind-flavoured shrimp with diced coconut. My colleague absolutely devoured this dish. Upon her first bite of it, she literally tilted her head back and her eyes were closed in delight and sheer contentment. The spices that go into this dish provide it a piquancy and tinge of spiciness. We loved how the texture of the prawn was firm and succulent but it was the gravy that stole the spotlight.

## BUTTER CHICKEN POUTINE

I was sceptical about this unassuming dish because I didn't think that butter chicken and fries would go hand in hand but boy, was I proved wrong. The Butter Chicken Poutine is GinRikSha's rendition of a Canadian classic with an Indian twist. The creamy butter chicken and fries is now my idea of a comfort food. Eating this delicacy makes me want to kick back, let my hair down and sit comfortably in front of a TV with a cocktail in hand.



Cranberry Cream Cheese Crescent Bites

**Eating  
is a necessity  
but cooking  
is an art**



Kerala Shrimp

## BANANA LEAF BAKED SEA BASS

This is my personal favourite and in my humble opinion, the highlight of our dinner at GinRikSha. We highly recommend that you try out this dish because we fell in love with it at first sight and bite. This inventive dish is perched atop a beautiful bed of basmati rice and accompanied by brinjal sambal. The banana leaf that envelops the fish is guilty for the palatable aroma and flavours exuding from this humble dish. In addition, the masala that coats the seabass emits a burst of spice that plays with your taste buds, leaving you wanting more.

## CHOCOLATE BREAD AND BUTTER PUDDING

They say that good things come to those who wait, and it did in the form of a homemade Chocolate Bread and Butter Pudding. This

dessert is fluffy, crusty on the outside and is moist on the inside. It has an ooey gooeey centre of chocolate goodness that peeps out upon reaching the core. Without a shadow of doubt, the best part of this lovingly-made dessert is the drizzle of vanilla sauce that makes it a lavish and nectarious end to a meal.

## MIXOLOGIST

The bar at this restaurant is helmed by a super mixologist, whose sole aim is to create cocktails which can be perfectly paired with and ground our various dishes. Asian spices are her playground, and combined with a range of alcoholic beverages, each of her creations pays tribute to their powers in a fresh way. Be adventurous and challenge their mixologist by ordering customisable drinks. Just tell her your favourite spirit and whether you want your cocktail sweet and sour; the result is deliciously lip-smacking. We enjoyed how the dulcet tones of the cocktail flavours masked the strong taste of the alcohol perfectly but still managed to give you a kick after a few sips.



Bombay Masala Salmon



# VCR BANGSAR

Coffee and cuisine, the hipster way

BY CHEE SUE ANNE

**V**CR. A name inspired from the classic cassette tapes of the Sixties. Built on passion and vision, Andrew, its founder drew inspiration from the coffee culture in the States. A coffee geek at heart, with intense fervour for the bean, Andrew took it upon himself to create an outlet to educate people about coffee, so they can share his passion. His brainchild: VCR.

Here, customers are spoilt with coffee beans from around the world, roasted locally, and new bean types introduced every three months. Also, the great thing about VCR is the extent to which they strive to cater to each and every customer. VCR understands that people differ in their preference of coffee taste. If customers do not enjoy a particular way the coffee is made, VCR does its level best to tweak its recipe to accommodate. To them, coffee is for everyone, and if you haven't fallen in love with it yet, it just means you haven't found the right cuppa.

VCR takes on an industrial, minimalistic, New Yorkesque vibe. Hues of black and white, with mini coffee tables, the interior's edgy design definitely earns its place in the heart of Bangsar.

Catering predominantly for breakfast and lunch, you'll find an interesting array of selections. We tried two items from the lunch menu. The Pennsylvania Soul and

the VCR Hot Cakes. An American-inspired combination of sweet potato waffles and fried chicken, this wonder of a dish is incredibly easy on the eyes. A warning though, you'll probably be starving by the time you're done Instagramming this stunning display of food. The chicken here is pleasantly done, its crisp coating delivering that delectable crunch. But the real winner of this dish is the sauce drizzled over it. A smooth blend of sriracha and mayo, it gives the chicken a memorable twist. You'll be wiping the dish clean to finish. It's no wonder that the Pennsylvania Soul is their best seller. The ideal comfort food, this waffle and chicken combo will surely win you over. Another lunch item we tried was the VCR Hot Cakes. Made from Polenta corn milk, regular milk, and butter, and topped with homemade caramel fig yogurt, berries, nuts and flax seeds, this blueberry hot cake dessert sports a healthy disguise. I must say, the yogurt was a delight to consume, light and fluffy from the blend, it was the perfect finish to this creative dish.

VCR just launched its dinner menu in May, and we were fortunate to sample some dishes during our visit. We started off with a VCR Nibble; The Jerusalem. Its name was enough to induce curiosity. The crux of VCR is its appetite for experimentation. So when the desire to bring something new to its predominantly western-themed table met Greek and Middle Eastern cuisine, Jerusalem was born. A generous portion

of aubergine bathed in the rich flavours of hummus with a sprinkle of hazelnuts, tomato salsa and pomegranate, this interesting ensemble is to be scooped and eaten up with the accompanying flatbread.

Next up, the Ebi and Salmon Bao. A creative integration of Asian and Western cuisine, it showcased deep-fried ebi and salmon belly sandwiched in between a homemade bao sliced into two. With ingredients locally sourced and made entirely from scratch, this yummy burger-like treat had deep fried salmon coated with breadcrumbs and was stuffed with watercress, Ponzu caramel and Yuzu mayo.

Pretty soon, it was time for dessert and we were presented with a shimmering orb of neon pink, Sepia, VCR's gorgeous star in its dessert menu. The sweet light flavours of the raspberry sorbet danced in synchrony with the rosemary shortbread blended to resemble the texture of soil. Dehydrated chocolate mousse fenced around the cold sphere, as coconut curd and kiwi nestled at the bottom of the sweet dish ready to surprise the unsuspecting diner. An ornate and mouth-watering garden party right there.

Coffee education, good food and a great experience. The DNA components of VCR. With great food made from scratch, and coffee brilliantly and passionately brewed, VCR is a soothing comfort of a place, definitely worth a stop-by.



# Food Foundry Pork-free

## *An Oldie but a Goodie*

Seksyen 17, 46400 Petaling Jaya, Selangor

BY HIRANMAYII AWLI MOHANAN

Food Foundry, a familiar name in the neighbourhood of Section 17, Petaling Jaya is one of the pioneer F&B establishments which took a plunge by locating its restaurant amid flats. The lightbulb moment struck from the owners' love for travel, especially in cities such as Bangkok, Sydney and Melbourne where they would come across cute restaurants and cafes snuggled away off the beaten path, in flats, alleys and the most unassuming of places. That revelation derived the Food Foundry that you see today. Believe it or not, they have been in the business for over a decade now and they are growing stronger despite the competition surrounding them. This establishment is constantly renewing itself, undergoing three renovations over a span of 10 years in order to evolve with the times.

The façade and interior of the restaurant is not the only aspect they renewed; the menu at this eatery varies every seven to eight months, just to keep their customers on their toes. However, their staple dishes remain a constant for loyal customers. If I were to use a word to encapsulate Food Foundry's interior, it would be warm. I say this because warmth emanates not only from its food, but the ambience and its staff too. The goal at Food Foundry is to make its patrons feel cosy and carefree. As you walk into the premises, you would catch a waft of food from the kitchen, find effortless furniture and my favourite detail, a wallpaper by a Scandinavian artist that depicts the different shades of the Scandinavian sky.

Food Foundry is distinct for its family-centric vibe that attracts the entire demographic, from grandparents to kids and it resonates through its menu too. There is something for everyone. Basically, what you are in for is simple and down-to-earth food that is made from scratch, using the freshest ingredients, and is presented on a plate like an art piece.



A palate-titillating experience

### FF CHICKEN CHOP

Food Foundry's rendition of chicken chop is sui generis. I don't know about you, but when I envision a chicken chop, I see a fried chicken, coated with generous condiments. What arrived at our table defeated expectations in the best way possible. FF Chicken Chop is served atop a thick bed of homemade mashed potato, and garnished with sautéed spinach and a generous drizzle of homemade BBQ sauce. Eating it is akin to getting a giant hug. It results in you feeling warm, happy and comfortable. As humble as it looks, it will blow your palate away.

### IKAN BAKAR COUSCOUS

The Ikan Bakar Couscous at Food Foundry is an intriguing dish. For starters, one does not see the pairing of 'ikan bakar' and couscous. However, by a stroke of genius, they made it utterly ambrosial. The fish is grilled to perfection and coated with a generous layer of homemade 'ikan bakar' (grilled fish) paste. It is served on a beautiful garden of couscous. You don't have to worry about the calories because it is a relatively healthy meal. Hence, you can shamelessly order two of this dish should your heart desire it.

### DUCK CONFIT PASTA

Federico Felleni once said that life is a combination of magic and pasta. We absolutely concur. Pasta can turn a frown upside down, what more a Duck Confit Pasta. It will leave you singing songs of its praises. To truly experience its piquancy, we recommend eating it as soon as it reaches your table. This dish comes in a glorious bowl of shredded duck confit, sundried tomato and spring onions. The soft consistency of the pasta and the light duck confit almost melt in your mouth, teasing you of its savouriness.

### PAN-SEARED SEA BASS

The festivity included pan-seared sea bass which quickly became my personal favourite for its seamless amalgamation of flavours. This dish swept me off my feet in merely one bite. The spinach sautéed in cream provided the fish with a savoury base. Upon chewing, you would find flavours peeping out like the sweetness of pumpkin puree amid the mashed potato; it gave this dish the depth and the sweetness it deserved. Garnishing the Pan-Seared Sea Bass were cherry tomatoes and pumpkin chips.

### DESSERTS

One can go nuts at the beautiful sight of Food Foundry's myriad of homemade naked cakes and mille crepe cakes. If you are a fan of mille crepe, we suggest you try the Salted Caramel Crepe, their best seller. It contains the right amount of sweetness and saltiness, to end your meal on a sweet note. Aside from mille crepes, they offer naked cakes. Naked cakes are cakes that are not covered entirely by cream or frosting, giving off a more exposed look. Among this establishment's sundry of naked cakes, their best sellers are the Chocolate Caramel Walnut, Red Velvet and Naked Peanut Butter Jelly Cake.





# The Embassy Cafe

Your home away from home

BY CHEE SUE ANNE



Rack O' Lamb



Sago Kg Melaka

**E**mbassy. The one spot in every country that connects you to home. A safe place, permeating familiarity and a comforting atmosphere where you know you can just be yourself. That's the vibe The Embassy Café strives to imbue into their bright and cosy crib on the second floor of The Starling Mall, Uptown Damansara. Its Malaysian essence is further emphasised by a tropical interior design and an infusion of natural clean lines, symbolic of the fluidity of time, space and evolution that connects all of us; The Embassy has succeeded in merging quiet elegance with local familiarity.

Coffee lovers will love having their coffee selected and made by The Embassy's head coffee specialist and manager, Joseph Long. Joseph had garnered a wealth of coffee knowledge through his Malaysia Barista Championship 2013 Best Espresso, being the Malaysia Brewers Cup Champion 2014 and Malaysia Latte Art 2015 Sensory. The coffee here comes freshly roasted from esteemed roaster Coffex Coffee, providing only the best beans from around the world.

Offering cuisine from the East and West, the founders of this dining experience were inspired by their fervour for food. Wanting to bring back the lost relics of traditional Malaysian recipes especially from the northern states, the team visited old aunties in their homes to uncover the secrets of authentic Northern cooking, bringing elements of it back to the city. Infusing these old flavours into their repertoire, Chef Mohd

Amir has done a fantastic job at creating a tantalising menu of traditional Eastern tones blending with familiar Western favourites. Simplicity is at the heart of The Embassy's menu.

We began our gastronomic journey at The Embassy with a Nordic Salad. The Embassy has managed to accomplish the impossible: making salads addictive. Simple yet delightfully fragrant, the Nordic Salad was infused with delicious light, citrusy dressing and topped with a golden, crispy soft-shelled crab. This appetising dish of greens is one that you're bound to finish.

Then our Mushroom Soup arrived. One of the best that has crossed our path, this fresh creamy potage is a blend of five different types of wild mushrooms; the Shiitake, Enoki, Shimeji, button and black mushrooms. Indulge in its rich and savoury taste and texture with warm toast spread with a distinct and delicious homemade garlic paste, a finishing touch to soupy perfection.

Moving on to the mains, the Cheese Trio Sourdough was a bombshell in the disguise of a regular sandwich. A grilled triple cheese medley with fresh spinach and tomatoes, the tercet of cheeses were the flavour factors that made this simple dish remarkable. Don't be surprised if you're calling for seconds! Our meal continued with the Madame Secretary Burger. A phenomenal piece of culinary masterpiece, this massive bun, nestling its fried buttermilk chicken, cheese, onion rings and a flawless sunny-side-up egg will blow your mind.

Drizzle some delectable honey mustard mayo over the burger and enjoy this little piece of heaven, with fries. The Napoleon Pasta was another flooring dish. With the right amount of creaminess and a tinge of spiciness, this al dente dish, integrated with a local twist, was a thrilling escapade for the taste buds.

The desserts were the perfect ritardando to The Embassy's culinary ensemble. The Gula Melaka Banana Cake was light but richly infused with fresh banana flavour, with nuts and caramel topping to seal the deal. Embassy's Eton Mess culminated the dining experience perfectly, with its silky smooth blend of meringue and heavy whipped cream topped with a toothsome display of fresh fruits. You'll be scooping spoon after yummy spoon of this luscious dessert.

This Ramadan, swing by The Embassy from May 29 to June 25 for a delightful buka puasa buffet. You'll be presented with a truly Asian setup, with over 20 dishes of local and western favourites at just RM59, not to mention the chance to win a 3-day-2-night stay at Holiday Villa Langkawi for 2 through 'The Embassy Holiday Getaway' competition.

With superb customer service, a family-focused mindset and ethical kitchen operating principles of honesty, integrity and prioritising customer value, The Embassy Café is an ambassador of offering amazing Western cuisines with Malaysian timbres at reasonable prices. A place where East and West blend to create the extraordinary, this inconspicuous nest of simplicity is definitely worth discovering.



# Buka Puasa Spots

Make your delayed gratification worthwhile

BY HIRANMAYII AVLI MOHANAN



## The Resort Café @ The Sunway Resort Hotel and Spa

Inspired by the proverbial invitation and expression “Jemput Makan”, The Resort Café invites diners to be enticed by the interactivity, aromas and flavours of the nostalgic and traditional dishes from Malaysia and around the region. Taking centre stage during Ramadan this year include the 16 varieties of mouth-watering ‘rendang’, steamboat with 70 choice ingredients and five signature broths, and live action stations with fresh and grilled seafood. It doesn’t stop there; you will find Kambing Golek, Bubur Lambuk and Lauk Pauk, Seafood-On-Ice with fresh prawns, slipper lobsters and mussels, 18 varieties of speciality rice dishes including Nasi Hujan Panas and Nasi Arab, the popular Sup GearBox Turbo and a dedicated island buffet filled with local and western desserts. This delectable spread will be on a daily rotation for 29 delicious days. The buffet is priced at RM188 nett per person.

Persiaran Lagoon, Bandar Sunway, 47500 Subang Jaya, Selangor



## Bowery Metro

If you are working in the heart of Kuala Lumpur and intend to break your fast somewhere convenient yet refreshing on the palate, head on to Bowery Metro at Menara Hap Seng. For Ramadan, The Bowery Group intends to celebrate the culture of togetherness, whilst blending in the tastes of New York City. What makes ‘Berbuka with Bowery’ distinct is its vast array of interesting offerings which sees the best of New York City and Malaysian culinary cultures come together to delight local taste buds. For instance, their line of starters features Malaysian traditional salad or ulam of all sorts and paired with ‘sambal belacan’, ‘cincalok’ and ‘budu’ alongside NY options such as St. Louis Macaroni, Buffalo Mozzarella Salad and Manhattan Pulled Chicken Pasta Salad. A must-have during this festive period is this eatery’s rendition of the ‘classic Bubur Lambuk’—sure to bring back memories of one’s “balik kampung” experience. Another gastronomic delight to look forward to on this MY meets NY culinary adventure is Berbuka by Bowery’s carving station. It features a wide range of worldly flavours you shouldn’t miss. At Bowery Metro, ‘Berbuka with Bowery’ can be enjoyed for RM 65++ per pax.

Menara Hap Seng 2, Jalan Tengah, 50450 Kuala Lumpur



## The Cobalt Room, The Ritz Carlton Kuala Lumpur

In conjunction with the fasting month, The Ritz Carlton Kuala Lumpur presents its inaugural Festive Feast. Your palates will enjoy flavourful signature dishes from Johor to Malacca, Pahang to Kelantan, Perak to Penang and all the way up north to Perlis. Relish in well-known dishes from each state such as Asam Pedas Ikan Tenggiri from Malacca, Ikan Patin Masak Tempoyak from Pahang, Laksa from Kedah, Nasi Kerabu from Terengganu, Penang Rojak and more. Guests will also be able to experience delightful offerings from Sabah and Sarawak in East Malaysia and a spread of Middle Eastern favourites will also be featured. The Festive Feast at The Cobalt Room on Level One is priced at RM118 nett per adult and RM59 nett per child 12 years and below.

168 Jalan Imbi, 55100 Kuala Lumpur



## Pullman KLCC

Eccunino Restaurant does not disappoint as it brings to life the magic of Ramadan with an extensive spread of authentic local favourites like Rendang Tok, Nasi Biryani with Kacang Gajus, Kambing Panggang Berjintan and Udang Goreng Berempah, all presented at stalls with exciting live cooking stations. Not just that, there will also be a sugar cane machine, coconut drinks, fresh seafood for those craving for what’s under the sea, and a superb array of tempting desserts to finish you off for the night. Perfect for a family and friends gathering, Pullman KLCC also has separate male and female prayer rooms available. Priced at RM150 per adult and RM75 per child, breaking your fast in Eccucino Pullman KLCC, with its fantastic spectrum of Malaysian cuisine, will definitely bring on the Raya fever.

4, Jalan Conlay, Kuala Lumpur, 50450 Kuala Lumpur

## Gobo Chit Chat @ Traders Hotel Kuala Lumpur

Citarasa Santapan Buffet dinner at Gobo Chit Chat features a selection of local and international cuisines with highlights on traditional Malay cuisine, just like how a nenek (grandmother) in the kampung would cook them. The delicacies include Lemang Pulut Hitam, Ketupat, Serunding Daging, Kerabu Kaki Ayam, Sengkuang Calit, Sup Gearbox, live roti canai and murtabak station, and Briyani stuffed in bamboo which is slow-cooked to obtain the beautiful fragrance of the basmati rice and spices. We would say that the highlight of the buffet is the whopping 12 flavours of free-flow New Zealand Natural ice cream and traditional Look out for the ever popular Pengat Durian that is bound to tantalise your taste buds. The Citarasa Santapan buffet dinner is priced at RM125 nett per adult for the 1st and 2nd week (May 26 to June 9 2017) and RM135 nett per adult for the 3rd and 4th week (June 10 to June 24 2017).

Kuala Lumpur City Centre, 50088, Kuala Lumpur



## Le Meridien, Putrajaya

The ‘Destinasi Rasa’ at Le Meridien Putrajaya will spoil you with its explosion of flavours. Diners may savour a mouth-watering spread which includes ‘cencaru pais kelapa’, ‘ayam kalio pekat’, ‘ekor asam pedas Melaka’ and ‘daging dendeng ibunda’. No spread is complete without a roast, so be sure to try the roasted lamb with kebuli rice. The highlight of the spread is a traditional family favourite, rarely found in restaurants around the city, ‘Ayam Ungkep’. This dish has deep roots in Javanese cooking and is prepared using traditional spices and dressed in local herbs. In addition to the special ‘buka puasa’ menu, diners will be entertained by the live kitchen that prepares a host of daily specials. If you are a fan of Japanese cuisine, the sushi rolls, salmon and tuna in smoked and sashimi form are made available. We love the unique Teppanyaki ice-cream for dessert amid the plethora of desserts available. The ‘Destinasi Rasa’ buffet is priced at RM110 nett for adults and RM55 nett for children.

Lebuh IRC, 62502 Putrajaya





# PJ SECTION 14'S FOOD TRUCKS

## Eateries on Wheels

Petaling Jaya's Section 14 is known for its myriad of eateries, popping up like mushrooms. New to the myriad of eateries are food trucks, stationed next to Pos Malaysia and Maybank. Five food trucks offer a diversity of cuisine, all in the vicinity of Section 14.

BY HIRANMAYI AWLI MOHANAN

### KUIH-MUIH

Kuih-muih is a variety of local snacks, usually consumed during tea time. The kuih-muih food truck at Section 14 offers a sundry of fried kuih, perfect to eat with a side of 'teh tarik'. Our favourites are the sardine curry puff and 'keropok lekor'. Best consumed when still warm, you end up subconsciously reaching out for more. Pack for your colleagues and make it a tea time party.



### CITA RASA PANTAI TIMUR

When we got to Section 14, we were amazed by the queue at the Cita Rasa Pantai Timur food truck. So we thought to ourselves that it must be good. Turned out, we made the right choice standing in line because we were far from disappointed. Focusing only on rice, they serve 3 distinct varieties, nasi kukus (steamed rice with fried chicken), nasi kerabu (Kelantan's staple dish) and nasi briyani (needs no introduction). Among the three varieties, the nasi kerabu stood out to us due to its blue nature. It is eaten with salted egg, 'kerabu' (mixed shredded vegetables) and chicken. Besides the nasi kerabu, we were also impressed with this food truck's rendition of the Indian bryan



### MANGO JUICE

This truck is home to Section 14's delicious blend of mango juice. Perfect to be consumed on a hot sweltering day, this mango juice will do more than quench your thirst; it will refresh you. Unlike at most places, this food truck uses actual mangoes that result in a thick consistency of juice. What makes this juice phenomenal is that it's sweetened appropriately, giving way to the mango's natural sweetness to shine through.



### BOXX BY KOKOPELLI

While the Cita Rasa Pantai Timur food truck focuses primarily on rice, Boxx by Kokopelli is the opposite; it only serves a variety of noodles. Should you wish to pack it, the operators present the noodle in the cutest take-out box. In addition, they serve three beverages, a refreshing lemonade, Coca-Cola and mineral water. The offerings at this eatery are simple, scrumptious and generously-portioned using the freshest of ingredients. Their bestseller is the Kokopelli Signature Fried Kuey Teow. You should also try their fried Loh Shee Fun and Wok Fried Noodles. The best part is, they also cater to vegetarians and will customise your order accordingly.



### MASTER BURGER

Why face the long queue at McDonalds and KFC when you can opt for something as delicious at the Master Burger? This eatery on wheels offers an impressive variety of burgers and a couple of hot dog selections too. Not to mention, they are reasonably priced. Our favourite is the 'burger ikan cheese' (fish burger with cheese). Boy oh boy, it satiates you all through lunch to dinner. It may not have the least caloric count but it is worth every single bite.



# MILLE CREPE CAKES

A thousand layers of sinful indulgence

A decedent and elegant classic French pastry, the mille crepe cake is the embodiment of overachiever in the cake family. A single layer is not enough. We need 20! Yup, 20 layers, all individually browned, then stacked, each layer paper thin and separated with a brush of French pastry cream. The word mille feuille means “a thousand sheets, layers, or leaves”, implying the many layers of crepe giving this no-bake cake its distinct and memorable texture. It takes real effort to create, but tastes absolutely divine when made right. We combed through KL looking for the best mille crepe cakes this bustling city has to offer and here are our top picks.

BY CHEE SUE ANNE



## VANILLA CAFÉ EXPRESS

Priding themselves of the authenticity of this delicate French pastry, this venerable brand deserves a whole lot of respect. From hardworking chefs slaving away on the handmade paper. thin pancake sheets, to the freshness of the Parisian whipping cream that alternates in between, to the striking texture of the cakes and its incredible deliciousness, Vanilla Café has it all. Placing a true emphasis on each cake’s quality, all ingredients are imported and halal-certified, and all 30 layers of the cake made with love and passion. Our absolute favourite, the Vanilla, was absolutely divine with melt-in-your-mouth smooth texture, the vanilla flavoured pancake sheets blended perfectly with the cream. This truly is the embodiment of love at first bite. Trust me, you’re going to get seconds, and thirds, heck just buy a whole cake, you’re definitely going to finish it. Another noteworthy mention, the Bamboo Charcoal, was extraordinary as well. A crisp texture, with the perfect sweetness level, this is the epitome of mille crepe cake decadence. Delivery service is available to Sunway and Subang areas.

K10A, LG2, Sunway Pyramid Shopping Mall  
Tel: +60 3-5612 5511



## REKINDLE

Its rustic and cosy interior with furniture cleverly fashioned out of classic foot-paddled sewing tables emits a fascinating retro vibe. Bean bags are strewn around for that comfortable recline while the upbeat, fun tunes help you unwind. The mille crepe cakes here made with French cream definitely topped our list. We tried four flavours, each of them so good; it was difficult to pick a favourite. The Ferrero Roche was definitely the best chocolate-themed mille crepe cake we’ve tried. Deliciously decadent, its layers of chocolatey goodness is definitely one you don’t want to miss. The Apple Crumble was equally magnificent! The fresh flavour of this simple fruit, sans preservatives, with bits of it blanketed in between the crepe layers was like a warm comforting hug. The Durian Coffee was a riddle we loved solving. The dulcet tones of the durian was pleasantly masked and balanced by the coffee flavour, so even durian haters could enjoy. Finally, the best seller: the Salted Caramel Candy Pecan. With well-defined layers, this crème de la crème of a cake won’t be dismissed easily from memory.

Ground Floor, 25, Jalan SS 2/64, SS 2,  
47300 Petaling Jaya, Selangor  
Tel: +60 3-7496 6309

## CREPES 21

The idea behind Crepes 21 is to create a dessert loophole. A cake that’s healthier and has lower sugar and fat content, not to mention, incredibly convenient to consume. How? You can get it delivered straight to your door step! A recipe passed down by a French chef to the father of Crepe 21’s founder 20 years ago, this recipe has been perfected throughout the years. Madagascar Vanilla is a signature here, with Espresso Macchiato and Triple Chocolate being the other two best sellers. A tad bit more moist than the rest of the mille crepe cakes we tried, this convenient and delectable treat ends our list of best mille crepe cakes in Kuala Lumpur.

Pavilion, 168, Jalan Bukit Bintang, Bukit Bintang,  
55100 Kuala Lumpur  
Tel: +60 3-2780 3862



## FOOD FOUNDRY

Tucked neatly in a corner lot of the Happy Mansion apartments, this familiar, thriving café has come a long way. Homemade crepes layered in between fresh cream fraiche, Food Foundry has succeeded in creating taste and texture perfection. We tried the Strawberry Pastaram, a delightful piece of pastry with freshly made strawberry jam-infused cream to layer between the crepes, topped with an enormous piece of the fresh fruit itself. Not too sweet, this delectable treat was a pleasure to indulge in. The best seller here, the Almond Salted Caramel had light, melt-in-your-mouth smooth layers, crafted beautifully to produce the most magnificent of mille crepe textures. Its salted caramel topping enhanced and complimented the flavour of the crepe and cream layers, making it a brilliant dessert experience you’d definitely remember.

BG8, Block B, Happy Mansion, Jalan 17/13, Section 17,  
Petaling Jaya, 47400 Selangor  
Tel: +60 3-7932 2322



## TOKYO PASTRY

Discover this cosy café on the mezzanine level of Avenue K. With a décor straight out of a 1940’s movie, this pork-free, no-alcohol establishment is popular with working adults around KL and travellers for a convenient and satisfying sweet treat. With comfortable seats and a relaxed atmosphere, the crepe cakes here may look simple, but take a bite and see the wonders that this Japanese-Western café has to offer. Light and delicious with crisply layered texture, the three flavours we tried were scrumptious, and substantially creamier than the rest of the crepe cakes we had. They were the Matcha, Tiramisu and Vanilla. Try the Tiramisu for a coffee-imbued dessert, and for something mild, the Matcha is perfect for a yummy treat, any time of the day. If you visit from 3pm to 6pm, Mondays to Fridays, you can get any slice of cake with a coffee or tea for just RM19.90.

152, Jalan Ampang, Kuala Lumpur City Centre,  
55000 Kuala Lumpur  
Tel: +60 3-2181 7660



# BRIDGE BAR @ G TOWER

## A Gentleman's Den

BY CHEE SUE ANNE

The elegant and lavish interior of Bridge Bar makes it the perfect host for a plethora of events, be these dignified business meetings, relaxing evening of cocktails with friends and of course, a romantic night out with that someone special.

Oozing opulence and style, The Bridge Bar of G Towers is indeed a stunning hideout in the middle of KL city. A floating bar with floor-length glass walls on either side, you'll experience a breathtaking bird's eye view as the sun sets over KL city. A masterpiece in design, this gravity-defying aisle of luxury complete with an al-fresco terrace, presents the perfect avenue to host events, corporate or otherwise.

Exuding character and artistry, the Bridge Bar has a fascinating history. Built from scratch from recyclable materials, consistent with the green architecture and sustainable theme of the G Towers, its tasteful construction includes recycled 'chengal' wood flooring salvaged from a 15-year-old outdoor timber deck as well as double-glazed glass windows that reduce both heat transmission into the building as well as negative impact on the environment through reduced consumption of air-conditioning electricity. To add to that, Bridge Bar pays a humble ode to creativity, partnering with local artist Ahmad Fuad Osman, adorning the walls of Bridge Bar with his imaginative and comical artwork. Its mellow and at the same time invigorating atmosphere makes Bridge Bar the perfect place for city folk to wind down after a long day's work.

Besides offering bottles of reputable liquor, some of Bridge Bar's signature cocktail highlights include the Classic Mojito, a Brazil Cachaca light rum infused with muddled mint leaves, lime wedges, soda and lemongrass syrup with a choice of lychee, pineapple, mango, orange, apple or strawberry. There is also the Classic Margarita, featuring Omelca Tequila, Cointreau, an orange-based liquor to infuse flavour, and sweet and sour syrup. For those who refrain from this liquid courage, there is a perfect substitute: the Bohito Mocktail. A mixture of Boh tea, mint leaves, lime wedges, sprite and syrup, this concoction will soberly sooth your troubles away.

To whet your appetite, the Bridge Bar offers a generous spread of bar dishes. First off, there's the Lamb 'Mandura' Satay. Tenderly grilled chunky Mandura-style lamb with house-made peanut sauce stands for a lip-smacking experience. For a more Western tone, there's the Varuval Pizza, minced lamb garnished with mild spices on a thin crust dough. But the best bar snack would be the Duck Spring Roll. Giving an oriental touch to the Bridge Bar menu, this deep-fried crispy roll, stuffed with shredded Beijing-style roasted duck, served with house-made sauce is a light but scrumptious accompaniment to the serenade of cocktails.

This gentleman's bar, an exquisite and exclusive venue defining stature and social distinction, is created for curating extraordinary moments for business gatherings as well as private events. With ornate interior design, a relaxed atmosphere, a stunning view of the city and delectable dishes and cocktails, you'll be in for a night of memorable extravagance and convivial conversation.

Level 28, G Tower, Jalan Tun Razak, Kuala Lumpur  
Tel: +60 3-2168 1899 . For event customization, please call +603 21681919





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Korean Face Masks

The Regime of Rejuvenation

BY CHEE SUE ANNE

COCONUT JELLY MASK  
(HYDRATING) 22ML

A naturally-derived sheet made from fermented coconut, this bio-cellulose mask is formulated with centella asiatica extract to soothe dry and rough skin. Formulated with coconut water and oil, this silky peel hydrates dry skin, forming a moisture-retaining shield to keep your skin silky soft.



ANTI-AGING MASK  
[FIRMING] 25ML

A complete anti-ageing solution, this mask is a double functional product for anti-wrinkle and brightening effects. A 100% pure cotton sheet made from soft, fluffy cotton seeds, it strives to battle the effects of ageing and stress, keeping your skin youthful and elastic. Its essential ingredients, bifida ferment lysate takes care of skin complexion roughened by large pores while its niacinamide brightens up the skin and adenosine reduces the appearance of wrinkles. This is one product that’ll treat your skin just right.



SKIN CLINIC MASK  
(VITA C) 20ML

This delicate 100% natural cotton mask with functional whitening benefits contains vitamin C derivatives and niacinamide to brighten up dull skin, leaving it clear and radiant. Transparent and thin, with good adherence to the skin, the nutritious substances it contains transfer effectively into the skin, ushering your skin back to good health.



IT'S REAL SQUEEZE MASK (GREEN TEA) 20ML

For a refreshing mask experience, It's Real Squeeze should definitely be your top pick. A three-layered sheet for longer moisturising and greater adherence, its natural green tea extracts provide a soothing and hydrating treatment for the skin. What’s more, this mask’s Jeju green complex, consisting of green tea, tangerine, white lotus, camelia, and orchid further enhances its moisturising effects, creating the perfect rejuvenating experience for your precious skin.



SECOND SKIN MASK  
[MOISTURIZING] 20G

Is your skin feeling dull and rough? Bring back your inner glow with this Bio Cellulose premium mask made of mesh-structured fermented microfibers. It’ll fit like a second skin while providing deep hydration. Free of 19 types of preservatives including parabens and phenoxyethanol, and with the help of one of its key ingredients, ceramide, the Second Skin Mask locks in moisture and keeps your skin soft and supple.





The Hair Tric Interior

# The Hair TRIC and *Lashility*

*Love is in the hair*

BY HIRANMAYII AWLI MOHANAN

“A GOOD HAIR  
STYLIST IS A SHEAR  
DELIGHT.”



Before and after the magic

**D**o you ever suffer from days where your hair just does not cooperate with you? It is almost as if it has a life of its own and no one is going to tell it how to behave. I'm sure you do, just like the rest of us. There is something about a good hair day. It makes me feel like I can slay dragons and take on the world. In our recent search of a new beauty centre, we came across The Hair Tric and Lashility, a one-stop beauty centre that offers not only services for your hair but your lashes and soon, your nails too!

## HAIR TRIC

Though it is a relatively new salon, it does not translate into the staff's experience. The owner himself has over a decade worth of experience in the hair industry. He chose Bangsar as his business abode for its strategic location and to appeal to the demographic around the area. When asked of his vision when establishing his salon, he aimed it to be a one-stop beauty centre where his clients can enjoy the best of beauty under the roof of The Hair Tric and Lashility. He envisioned clients getting their hair done while having a manicure at the same time or subsequently doing their lashes after. To encapsulate the entire experience at this beauty centre, they would leave it up to your hair and lashes to speak perfection. If experience isn't enough, they can wow you with their knowledge in hair services.

They are able to advise you on the colour that best suits your hair and the treatment you should undergo to keep your hair healthy. If your hair lacks lustre, add some colour into your hair and life at the Hair Tric. From a rainbow of norm colours to vibrant ones, they will aid you in choosing a hue that best fits your personality and you. On top of that, their hospitality is top-notch. They make sure you have something to drink, that you are entertained and that you leave the salon with a confident strut and your hair bouncing along in agreement. Patrons can be rest assured that they use the crème de la crème of hair products, flown in from the US, Taiwan and Japan. The interior of this salon reeks of class, sophistication and glamour. Akin to any salon, it comprises mainly of black-framed mirrors and seats in the heart of this establishment.



## LASHILITY

Lashility is a sister company (if you will) under the umbrella of The Hair Tric. It occupies a humble room in the corner of the entire space. Being eyelash extension virgins, we were a tad nervous and sceptical. A friendly staff then explained their eyelash offerings, from the type of lash, the length and how curled you want them to be. Lashility offers four types of lashes, the Pandora 3D (one fake lash stuck to one real lash), Aurora 6D (two to three fake lashes stuck onto one real lash), Novaria 9D (three to five lashes to one real lash) and Camellia. Their best seller is the Aurora 6D, which doubles up your lash volume but fear not, it won't be heavy on your lashes.

If you are looking for a light, day-to-day lash extension which is natural looking yet high in volume, try out Camellia. The lashes that are used in Lashility hail all the way from the US and Taiwan. Most importantly, the glue used is from US. The process of gluing



You can custom design your own lashes here



Lashility's Interior

the extensions take one hour and 30 minutes long. You are more than welcome to doze off on their comfortable beds while they work on your eyelashes. Firstly, once you have customised your lashes, they will pick it out accordingly and start prepping your eyes and eyelid. Just like putting on make-up, they apply an eye primer first, followed by serum for the lashes. Then, they initiate the extension by gluing one fake lash at a time; an hour and a half later, you are done. You will wake up with the sexiest pair of eyes you have ever seen looking back at you. It is astonishing how a matter of a few more strands of lashes will make a world of a difference to your face. Impressive is an ordinary word compared to how we felt with the result.

2-1 Jalan Telawi 4 Bangsar Baru, Jalan Telawi, 59100 Kuala Lumpur



# Recognising Depression *in* The Elderly

UNEXPLAINED  
BODY  
ACHES AND  
ASSOCIATED  
IRRITABILITY  
MAY BE A  
SYMPTOM OF  
DEPRESSION.



Associate Professor  
Datin Dr Sharmilla  
Kanagasundram

As we march towards an aging population, we should be prepared to treat depressive disorders that often afflict many of the elderly. Clinical depression is present in about 15%-20% of the elderly. However only a small minority receive treatment for depression. The reason for this, is that frequently the depression is not even recognized by busy younger family members. Also the elderly often display symptoms of depression differently as compared to the younger persons with depression.

The common signs and symptoms of depression in younger adults are persistent low mood, loss of interest, loss of mood reactivity, reduced energy and concentration, early morning and multiple awakenings from sleep, decreased appetite and weight loss. However many of the elderly with depression often don't feel sad but show other symptoms like unexplained body aches and pains, sudden lack of motivation or energy to tackle daily life events or familiar aches and pains that have worsened. Depression in the elderly can also take the form of excessive nervousness, irritability and anxiety. Depression in the elderly also co occurs with multiple medical illnesses. Sometimes the drugs used to treat the associated medical disorders in the elderly may cause low mood.

Advancing age associated with loss of social support due to the death of spouse or siblings, retirement, or change of residence are contributory factors. Due to these changes in an elderly person's circumstances doctors and family may miss the signs of depression. As a result, effective treatment gets delayed. Many elderly people find themselves trying to cope with symptoms that could have been easily treated with medication.

Depression tends to last longer in elderly adults. It doubles their risk of cardiac diseases and increases their risk of death from cardiac as well as other illness. Depression may predispose to the occurrence of increased cardiac disease by affecting physiological and behavioral factors.

Physiologically, depressed patients experience elevated platelet adherence giving rise to thromboembolic events. Behaviorally, depression is associated with higher incidence of medication non-adherence and the maintenance of unhealthy lifestyle habits such as poor diet, not exercising, alcohol use and smoking.

Associate Professor Datin Dr Sharmilla can be contacted at [sharmilla\\_kanagasundram@yahoo.com](mailto:sharmilla_kanagasundram@yahoo.com).







Neck, Back & Joint Pain Relief

# DR. MIKE CHIROPRACTIC (DMC)

got you covered

BY HIRANMAYII AWLI MOHANAN

DR MIKE CHAN IS THE FOUNDER OF DR MIKE CHIROPRACTIC, A CENTRE DEDICATED TO RELIEVING YOUR PAIN. WE SIT DOWN WITH THIS IMPRESSIVE DOCTOR AND DELVE DEEP INTO THE ART OF CHIROPRACTIC.

TELL US A BIT ABOUT YOURSELF.

My name is Michael Chan and I am a doctor of chiropractic. I love what I do.

WHAT INSPIRED YOU TO GET INTO CHIROPRACTIC?

I realised from very early on that I wanted to heal. I somehow knew instinctively from young, I didn't only want to get someone out of pain or to alleviate the symptoms, I wanted to get someone sound, whole and healthy again. As I grew up and got involved in sports and physical activities, I started mucking around with the cold steel in the gym, the great Arnold Schwarzenegger became my hero.

Arnold's best friend and training partner, Dr Franco Columbu is an actor, author, former champion bodybuilder and a World's Strongest Man competitor. He is also a doctor of chiropractic. When I heard about what Arnold had to say about Dr Franco, about how he is a miracle worker, that did it for me. I was hooked. I knew then and there what my calling is.

ENLIGHTEN US ABOUT CHIROPRACTIC.

Chiropractic evolved from a Greek word, meaning 'to heal by hand'. Chiropractic is the art, science and philosophy that allow me to take a person through those three variables with a natural, painless and drug-free approach by optimising the central nervous system (CNS) and its peripherals. Why the CNS? Simply put, that's the master control of the human body.

HOW DOES A LIFESTYLE CHIROPRACTOR DIFFER FROM A REGULAR CHIROPRACTOR?

I am a life extension expert. My focus is on nervous system optimisation. With a background in human anatomy and physiology, I am able to understand and reverse engineer to suppress, counter and reduce inflammatory responses to the stressors in our life. I will get you to move well, eat well, rest well, think well. Through this complete lifestyle approach, we will achieve health, performance and longevity.

WHAT MAKES DMC DISTINCT FROM OTHER CHIROPRACTIC CENTRES?

What makes us distinct is that we talk to you about your problem. First, we find out if we can help you and if you are suitable for care. If we can help you, we will do a thorough assessment. Then, we take x-rays of the involved areas. Later, we will do a comprehensive analysis of the examination findings, subsequently informing you of your

options should you qualify for care. If you like the personalised treatment plan, we begin. If you don't think the care plan is for you, we shake hands and part as friends. We want you healthy, happy, and back to normal. That's our goal at DMC.

WHAT ARE THE SERVICES YOUR CENTRE RENDERS TO YOUR CLIENTS?

Patients usually come to me for a number of issues and they are,

- joint pain relief: especially hips, knees and feet
- headache and migraine relief
- chronic pain relief
- disc conditions correction
- nerve damage care
- high-intensity laser therapy
- weight loss
- nutritional consultations
- heart health and diabetes consultations
- vibration therapy

WHAT ARE THE STEPS TAKEN TO DIAGNOSE AND TREAT YOUR PATIENT'S CONDITION?

The key to a good diagnosis starts with listening. We listen, we ask, we observe. We will then go through a complete physical, neurological, orthopaedic and chiropractic assessment. From there, we will refer you for further tests as well as to go over any relevant past medical records and findings.

WHAT IS YOUR GOAL AS A CHIROPRACTIC DOCTOR?

I realise now I am able to make the most changes to a person's life through education.



A patient getting his knee tendinitis sorted out with the High Intensity Laser before a long trip away



The Rapid Release Pro2 is fantastic for removing adhesions that can lead to trigger fingers and carpal tunnel

Throughout my interactions with my patients, I will continually educate and help them make the smallest of changes that will lead to the biggest of improvements over the longest period of time.

I want to change how we as a collective view healthcare. After decades of emphasis on the primacy of quick fixes and pain free-ness, as if this was an end in itself and driving a market of 'health' fads, food and medications, we have been misguided. Healthcare should not only be about the treatment success rate. Primary health providers should be empowered to learn, to be valiant in educating their patients, and be able to guide and advise with no fear of monetary repercussions. We should aim to prevent diseases and improve one's health from the get go.

HOW DOES CHIROPRACTIC INCREASE ONE'S QUALITY OF LIFE?

A single treatment can make you happier, sharper, and stronger.

It can help you sleep, clear space in the joints for nutrient storage, and have a healthier response to food. Then you have another treatment a week later, and those benefits only increase.

And with another treatment, the benefits only increase.

HOW DOES LASER THERAPY HELP IN TREATING AN INJURY?

- Melts scar tissues to allow joints to move again
- Speeds up tissue repair and growth from inside the cells

- Reduces swelling, inflammation and activates lymphatic drainage system
- Improves blood flow, bringing vital nutrients and oxygen to damaged tissues
- Accelerates nerve cell regeneration to improve nerve and brain function
- Resets chronic pain cycle from the brain and relieves pain
- Most people can feel the difference on the first visit

WHAT IS THE MOST COMMON WAY PEOPLE EXPERIENCE AN INJURY?

Every cause has an effect; every effect has a cause. Nonchalance and indifference is the most common way someone can get injured. All injuries, when unattended, will eventually lead to something downstream. There is no such thing as a minor injury that can be left alone. Things accumulate, things wear and things tear.

WHAT WOULD YOUR ADVICE BE TO PREVENT PAIN?

First, let's understand what pain is. I like pain. It means our body is telling us to do something about what is causing the pain. It is a primal mechanism designed to stop us from hurting ourselves further, to do something about it.

LASTLY, WHAT IS YOUR ADVICE TO LIVE A PRIMAL LIFESTYLE?

Fundamentally, let us work on reducing oxidative stress. There are three basics you should live by and they are, to move well (focus on mobility), think well and rest well (get your sleep) and lastly, eat well (eat proportionately and not too much sugar).



# HAIR EXTENSION

EXCLUSIVELY IN ANAGEN



## ***Hair Extension***

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



# AIRLINK

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**June - July 2017**

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Like me, many of you would have noticed how airports have changed over the years. They used to be just places of necessity, where you spend just enough time for checking in, clear customs and immigration and hopefully, no longer than necessary. Then, over time, the waiting lounge improved and cafes were introduced, and the duty-free shops began to grow, offering more choices and variety.

Today, our airports are more than just travel terminals for boarding planes. Many of them today hustle and bustle like little cities, with enough activities and connections to fill your senses and enhance your travel experience.

klia2 is the best example. Since its opening on the 2 May 2014, the terminal has handled a total of 88 million passenger movements comprising of 30 million domestic and 58 million international passengers. Sure enough, the first quarter of 2017 has already shown a positive number with a total of 7.1 million passenger movements.

Although air travel growth worldwide has contributed to the number, it takes more than this to propel klia2 to where it is today. It is in no small measure that this is also due to the ability of Malaysia Airports to provide good infrastructure to keep up with the demand, and being a state-of-the-art terminal is just as important.

## Airport MD Speaks

**One of Malaysia's most highly regarded corporate leaders lays his considerable expertise and experience to raise Malaysia Airports Holdings Berhad (MAHB) to higher levels.**

**This month, Datuk Badlisham shares some thoughts about his view on the current feats of klia2 and its bright outlook for the future.**

When I join our fellow travelers at klia2 recently, I am delighted at the lively ambience of the terminal – it is like a bustling city. Being a large busy place, moving around could be challenging, so at klia2, we have installed 25 additional walkalators in the last three years bringing a total number to 42. On top of that, we offer 24-hour buggy service to passengers to get about easier.

Moving forward, I believe the connectivity provided by klia2 will be the critical ingredient for the full realisation of KL International Airport as one of the most important hub in the region.

Do enjoy your travel experience at our airports, and I would like to take this opportunity to wish our Muslim travelers a joyous Ramadan ahead.





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# GALLERY OF WEDDING WONDERS!



Every wedding marks the beginning of a uniquely human journey. It is also the culmination of our instinctive search for the other half that will make us complete.

A wedding is a profound moment when two lives consent to become one. A union that is bound by love and celebrated by our nearest and dearest.

At Sama-Sama Hotel, the staff are deeply conscious of the enormity of the occasion. Which is why they ensure that every wedding celebration is absolutely flawless. It is the sweetest day in every life, and they are honoured to create memories that will last a lifetime.

## Wedding Gallery Launch

Sama-Sama Hotel takes great pleasure in unveiling its Wedding Gallery, which is the heart of its wedding services and facilities programme. The Wedding Gallery's highly anticipated launch was held on 4 May 2017 and it was graced by Datin Rogayah Ibrahim and Sama-Sama Hotel KLIA's General Manager, Noorazzudin Omar.

Whether the wedding is meant to be an intimate ceremony or a spectacular bash, Sama-Sama Hotel's Wedding Gallery is an ideal one-stop centre that offers wedding planning, marriage registration, wedding banquet facilities, and other relevant details like suits, gowns, cakes, invitation cards, gifts and floral arrangements.

## Glamorous Fashion Legends

All eyes will be on the star of every wedding - the bride. As such, the Wedding Gallery is collaborating with the living legend of Malaysian fashion - Carven Ong - to bring you the most heavenly wedding gowns.

Renowned for his romantic flair and exquisite detailing, every bride at the Wedding Gallery will be a vision of pure grace floating on admiration and awe.

Not to be outdone, the groom will also be a sight to behold. To this end, the Wedding Gallery has recruited the expertise of the award-winning fashion designer, Bon Zainal. He is responsible for crafting the groom's attire, ensuring that he cuts a fine figure on that special day.

## Impeccable Event Orchestration

It is effortless to envision a grand and elaborate wedding. However, it takes a small army of event planners to bring it to fruition.

The greatest strength of the Wedding Gallery may well be its team of experienced professionals who are so familiar with each other after organizing countless memorable weddings together.

The wedding planners work hand in glove with the banquet team to create extraordinary experiences. The banquets impress with culinary delights that are also visually stunning.

For those who have special expectations, customized menus are available. Indeed, Sama-Sama Hotel offers a choice of wedding and menu styles - Malay, Chinese or Indian. In addition, it is possible to opt for a fusion set menu.

To firmly establish the calibre of its services, the Wedding Gallery has chosen to work with only the top brands. Its partners include WeddingsMalaysia.com, Aspara Events, Wishper, Antwork Communications, Chocolate Chapters, MobiPhotoBooth and ZZ Lim Antique Car.

## Iconic One-Of-A-Kind Venue

Sama-Sama Hotel is totally unique. Its strategic location is adjacent to the KL International Airport, making it so convenient for wedding guests who are flying in to attend the event.

Within the hotel, there is a choice of wedding venues. Its roof-top Sky Deck dazzles with a panoramic view that accentuates an incredibly romantic setting.

For weddings of a larger scale, it has a pillar-less ballroom that accommodates up to



800 guests. The elegant hall has a 5.5-metre ceiling as well as a dedicated foyer for pre-function socializing. In addition, it features a private driveway that leads to the ballroom's splendid entrance, where guests can be welcomed with greater privacy.

To encourage couples to hold larger wedding

dinners, Sama-Sama Hotel is offering complimentary use of its Bridal Suite to those who invite more than 300 guests.

All in all, the Wedding Gallery is designed to ease the stress of organizing a wedding, leaving the lucky couples to enjoy every moment to the fullest...





## Saudia Dreamliner Delight Lands at Klia

**Saudi Airlines takes pride in offering latest cabins experience for the greater comforts of her passengers by introducing their latest technological aircraft.**

The new aircraft will service the cities of Saudi Arabia (Jeddah, Riyadh and Medinah) to Kuala Lumpur twice daily. This will benefit both countries and thereby promotes KLIA as the preferred aviation hub in the region.

The Boeing 787-9 Dreamliner is a 298-seat passenger aircraft with 24 seats in Business Class and 274 seats in Economy Class.

Welcomed by the traditional water turret salute by Malaysia Airports' Airport Fire and Rescue

Services (AFRS), the successful inaugural flight of Saudia's Boeing 787-9 Dreamliner landed at KLIA. The arrival was graced by a welcome ceremony organised by Malaysia Airports in cooperation with Saudia's office in Malaysia (Kuala Lumpur), attended by the Ambassador of the Kingdom of Saudi Arabia HE Mahmud Hussin Qatan, Deputy Ambassador of the Kingdom of Saudi Arabia Fawaz Alotibi, Saudia Manager Malaysia-Singapore-Thailand-Vietnam Fawaz Alharbi, Deputy Director International Promotion Division



(Asia/Africa) Tourism Malaysia Taha Yusof and representatives from Malaysia Airports.

Senior General Manager of Malaysia Airports (Sepang), Zainol Mohd Isa said, "We first welcomed Saudia at Subang Airport in 1987. It has been 30 years since we first started our business relationship and I am happy to see that it has grown from strength to strength. In fact, 2016 saw an increase of 11.8% in passenger traffic movement from the Middle East to KLIA."

Fawaz Alharbi quoted, "Reliability, operational efficiency and luxurious comfort from the introduction of the Dreamliner 787-9 are factors which will expand and strengthen increased passenger flow between Saudi Arabia and Malaysia. Overall our combined fleet of 136 aircrafts are new and are only 3 years old."

Saudia started its operations in 1945 with a single twin-engine DC-3 (Dakota) HZ-AAX. As to date, Saudia has 136 aircrafts including the latest and most advanced wide-bodied jets presently available: B787-900, B777-300ER, B777-268L, Airbus A320-200, Airbus A321 and Airbus A330-300.

For more information  
please call: +603 - 2166 0088

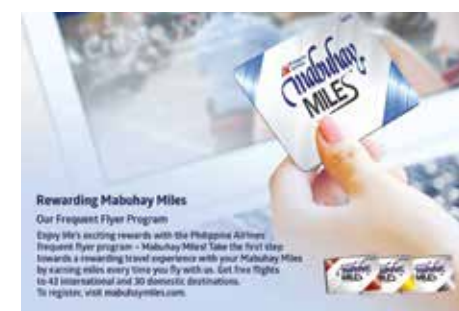


**Mabuhay! is a unique Filipino greeting, which has only good intentions for the receiver. It could mean 'long live', 'may you live', 'cheers', 'welcome' or 'hurrah'.**

When your Philippine Airlines hosts greet you with Mabuhay, you find the meaning that suits you best, and it raises your spirits. The word now practically brands the airline, framing its modern persona and importantly, it reflects the inner character of the warm, friendly Filipino character. Its culture reflects its historical heritage, being a vibrant mix of Asia, Spanish and American cultures, which is reflected in the food it serves on the plane.

Philippine Airlines is Asia's first airline, which has been around for 76 years. It flies to 44 international and 31 domestic destinations making it a major carrier in the region. What is important as a modern carrier is it catches up with the latest offerings and compares favorably with any other modern carrier. For example, it calls its frequent flyer program, Mabuhay Miles – of course, which reward frequent customers with free flights after earning adequate miles.

For Business Class passengers, it has its Mabuhay Lounge for the privileged customers to relax in an exclusive ambience. The lounge is equally accessible to its Mabuhay Miles Million Milers, Premier Elite and Elite Members. Mabuhay Lounges are located in NAIA Terminal 2, Bacolod-Silay, Cebu-Mactan, Davao, General Santos, Iloilo and San Francisco International Airport.



The airline is equally adept in using technology to provide convenience to all its passengers. For example, online check-in is available 24 hours to 1 hour prior to the flight's departure, and through advance seat reservation, even seats could be chosen through online check-in. On board, it offers myPAL eSuite which has over 300 hours of free movies, tv shows and music. Through myPAL Player App, the latest movies, music and tv shows could be streamed through passengers' own devices. Roaming facilities are also available and through myPAL Mobile, passengers can text, call or use data plan as if they on the ground.

By applying modernity with the spirit of Mabuhay, Philippine Airlines has certainly carved out for itself a place in the psyche of air travelers and with so much available to the modern travelers, the move seems just right.

For more information  
please call: +603 - 2141 0767







## Way of Jet Airways

Jet Airways is India's full-service, premier international airline which operates flights to 65 destinations, including domestic and international routes. Jet Airways' robust domestic India network spans the length and breadth of the country covering metro cities, state capitals and emerging destinations. The Jet Airways Group currently operates a fleet of 112 aircraft, comprising of Boeing 777-300 ERs, Airbus A330-200/300, Next Generation Boeing 737s and ATR 72-500/600s.

Jet Airways operates five daily flights from Singapore to India's Mumbai, Delhi, Chennai and Bengaluru. Beyond India, Jet Airways operates flights to key international destinations including Amsterdam, Paris, London, Dubai, Kathmandu, Colombo and more.

With the most recent codeshare agreement with Jetstar Asia, guests from Kuala Lumpur and Penang can connect easily through our Asia gateways, Singapore, Hong Kong and Thailand to connect to India and beyond destinations. Jet Airways has 21 codeshare partners to bring to offer seamless travel

options to its guests from its ever-expanding and convenient bouquet of business and leisure destinations.

Colin Neubronner, Sr. Vice President – Marketing & Sales, Jet Airways, said "The combination of comfort, great Indian hospitality, world class in flight services, and attractive frequent flyer benefits makes Jet Airways the perfect option for travellers to India and beyond. Jet Airways has established itself as a premier brand on account of its service excellence for decades."

As an award-winning airline, Jet Airways has recently been voted 'India's Best Airline' in TripAdvisor's first annual Travellers' Choice® awards for airlines for the year. The winners were based on airline reviews submitted on TripAdvisor flights from February 2016 to February 2017. Jet Airways has also recently celebrated its 24<sup>th</sup> Anniversary on 5 May 2017.

Featured as one of the Top 200 Most Influential Brands in the World by Richtopia, a leading digital platform covering a mix of valuable content on success, future investments, new technologies, work and life balance, inspirational people, finance and economics.

Commenting on the recognition, Jayaraj Shanmugam, Chief Commercial Officer, Jet Airways said, "It's an honour to be featured amongst the world's most prestigious and influential brands. The ranking is testament of our organisation's creative thinking. Our focus on innovation and technology, especially in the digital space, offers guests the choice to customise and personalise their end-to-end travel."

For bookings and more information, please visit [jetairways.com](http://jetairways.com) or call +603 2148 9020.



# To The EXPO with Air Astana



The 2017 EXPO is happening at Astana! It is a great milestone for Kazakhstan as it connotes the arrival of the country among the principal nations of the world to be able to hold this event.

It is after all the biggest expo of the year; its exhibition site is an enormous 25 hectares with the participation of 115 countries. There will be over 3,000 cultural events, including concerts by Rihanna and Dimash. Over 2 million visitors are expected to attend the EXPO between 10 June and 10 September 2017.

The world will soon come to know the modernity of Kazakhstan and how far it has progressed since the end of the Soviet era. The theme for this years' EXPO is "Future Energy", a very apt theme as Kazakhstan is a major producer of oil, the most talked about energy

resource that affects everyone on the planet. The EXPO however explores future prospects of alternative energy resources as well.

Kazakhs are noted for their warm hospitality and being a bridge between Asia and Europe for centuries, it sees the world as a global community. It is no wonder that Astana is chosen as the venue for this years' EXPO.

Air Astana, Kazakhstan's Skytrax award-winning national airline and official carrier of Astana EXPO 2017, is offering its international passengers, arriving at the capital Astana, a free ticket to attend the EXPO. To obtain a free ticket, eligible passengers should simply go to [www.airastana.com](http://www.airastana.com) and click on the EXPO tab to register and print the ticket.



For more information, please call Air Astana at +603-2144 1571 or Global Alliance Travel Services at +603-2722 7163.







## Flying Higher with Korean Air



Korean Air is putting its foot on the pedal, or rather, moving the controls forward to propel its way to fly higher, at least in the Asian skies between Malaysia, Korea and beyond. Already, its commitment to the Malaysian market is firm, but with the recent appointment of Mr. Jeon Young Do as Country Manager for Malaysia, Brunei and Bangladesh, it is raising its ambition for the regional, especially Malaysian market.

Mr. Jeon has a very good impression of Malaysia, based on his experience with the people, its delicious variety of food and of course, the bright tropical sunlight. Having been in service with Korean Air for 22 years, Mr. Jeon comes with vast experience, especially in international aviation. His last posting was as General Manager of Passenger Marketing based at the central headquarters in Beijing.

Mr. Jeon believes that Asia's demand for air travel will continue to grow with the route between Malaysia and Korea growing rapidly in quality and quantity. Air traffic to Korea is already busy, with many airlines vying for the shared airspace. The competition is demonstrated by competitive

pricing and increased supply. Mr. Jeon's work seems already cut out – it is to find ways to make Korean Air the preferred choice for Malaysians. The premium standards of Korean Air are already well known, so the primary focus is to uphold the standard, while responding effectively to the rapidly increasing passenger movements in Malaysia.

He aims to have more Malaysians experience the excellent quality of Korean Air flight service, and to make pricing



more competitive with better aircrafts. Online marketing will be promoted as a superb convenience and to strengthen ties with retailers, especially with the upmarket commercial retailers.

As an update, Korean Air is currently one of the few airlines to fly First Class out of Kuala Lumpur and is fully committed to provide the luxurious experience. It offers award-winning Korean and Western meals as well as state-of-the-art in-flight services to business and leisure travelers alike.

Korean Air brand new Boeing 787-9 Dreamliners now connect Seoul's Incheon Airport to Toronto, and soon to Zurich and Madrid. It also operates on some flights between Seoul's Gimpo Airport and Jeju Island. Furthermore, the aircraft is equipped with 269 seats, including 6 First Class and 18 Prestige (Business) Class seats.

Korean Air prides itself as a Boeing partner on the Dreamliner program as its Aerospace Division supplies components such as raked wing tips, after bodies and flap support fairings for the program since 2006. Recently, Korean Air has launched a new route from Incheon to Barcelona, and increased America bound frequency, making better networks.

For more information please call: +603 - 2030 0200



## Half a century ago, on a sultry afternoon with blue skies, a DC8-32 aircraft emerged from behind unruly, billowing clouds. Sunlight glinted off its fuselage, adding radiance to its smart livery.

Emblazoned on its tail was the JAL logo, proudly proclaiming the presence of Japan's official flag carrier airline.

Soaring over fields of gold and green, the plane made its final approach to land at the Subang International Airport. Its wheels touched down on Malaysian soil for the very first time, with a solid thud that seemed to underscore the strength of the relationship that would blossom between JAL and Malaysia.

JAL's maiden flight to Malaysia on its Tokyo-Kuala Lumpur route took place on 8 May 1967. It was the beginning of a friendship that would span decades, witnessing Malaysia's growing pains as a young nation and subsequent rise to the top table of the world economy.

Fast forward 50 years, and another JAL airliner is winging its way across Malaysian airspace. The date is 8 May 2017, and flight JL723 marks the 50th anniversary of JAL's first flight on its Tokyo-Kuala Lumpur route.

A distinguished welcoming committee led by Kan Komatsu, Vice President and Regional

Manager (Malaysia) for Japan Airlines, gathers at the arrival hall. The atmosphere is electric with excitement, as everyone scans the horizon.

At approximately 5.45pm, flight JL723 touches down at the KL International Airport in Sepang and makes its way into history. The landing sets off a hearty round of applause that rings across the airport.

Two water cannons were set up on both sides of the Boeing 787-9 to shower it with water as a salute, as it taxied slowly across the tarmac.

Mr. Komatsu along with a team of JAL employees warmly welcomed the passengers at the arrival gate. A backdrop featuring JAL's logo was set up there for every one to take photographs with Mr. Komatsu and JAL air stewardesses. Cabin crew wearing JAL's past uniforms and JAL collectibles were also on display.

In his statement, Mr. Komatsu thanked the Department of Civil Aviation Malaysia, Malaysia Airports Holdings Berhad (MAHB) and JAL employees for making the event a success. He stressed that JAL's Tokyo-Kuala Lumpur route has greatly enhanced economic and cultural development in both Japan and Malaysia.

Presently, JAL operates Narita-KLIA-Narita roundtrip services daily. And in the future, it will continue to be the preferred choice of entrepreneurs, travellers and dreamers.

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# Sama-Sama Hotel KLIA

## 1,001 FABULOUS FLAVOURS



**In conjunction with the month of Ramadan, Sama-Sama Hotel will be tempting and thrilling food lovers at its main all-day dining restaurant – Degrees**



The hotly anticipated Ramadan buffet dinner is aptly titled 'Seribu Satu Rasa' which means 1,001 flavours. Guests can look forward to a diverse array of cuisines at this buffet dinner, which will be presented by Chef Ammar from Jordan.

Chef Ammar is a household name whose popular TV show, 'Hidangan Baraqaq Bersama Chef Ammar', is broadcast on the Al Hijrah channel.

He specialises in Middle Eastern cuisine, and he even has his own brand of spices that are imported from the Middle East, Turkey and India. The spices are packed locally, and they are used for preparing meat dishes as well as desserts.

Apart from Chef Ammar's zesty signature Arab Lebanese dishes, the Ramadan buffet will be featuring a spellbinding spread of popular Malay and Malaysian culinary creations. Spearheaded by Executive Sous Chef Alias, Sama-Sama Hotel's kitchen team will be giving new life to traditional recipes that were passed down through the generations. The diversity of the cooking styles of various Malaysian states is a revelation.

A key highlight of the Ramadan buffet is the verve with which the chefs will be innovating with trendy hawker fare. Be sure to savour the interplay of delicate flavours and textures as the chefs push the boundaries of contemporary cuisine.

What's more, you can relish the Ramadan buffet at a truly exotic setting because Sama-Sama Hotel is located adjacent to the KL International Airport.

Embark on a culinary adventure with Sama-Sama Hotel this Ramadan month. Delight your taste buds as everyone explores the nuances of classic cuisine and the vivacity of street food together.

SERIBU SATU RASA' Ramadan Buffet Dinner at Sama-Sama Hotel KL International Airport, 29 May until 23 June 2017.

Ramadan Buffet Dinner:  
For Reservations, please contact  
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MOP KLIA, offers more than the normal shoppers' experience by introducing Japanese culture alongside Malaysian culture. Just a stone throw away from the airport, shoppers get to savour Japanese culinary delights at 'Japan Avenue'. It is also where shoppers can experience authentic Japanese culture through traditional demonstration of arts and crafts, tea as well as other culinary wonders.

MOP KLIA also offers fantastic shopping choices through a wide range of brands such as, Hugo Boss, Bally, Polo Ralph Lauren, Outlet by Club 21, Ermenegildo Zegna, Aigner, Sacoor Outlet, Tommy Hilfiger, Hackett London, Adidas, Guess, Versace, Quiksilver, Superdry and more. With these brands, shoppers get an exciting array of discounts from 30% to 70% ranging from luxury and branded products, fashion apparel, perfumes and cosmetics, chocolates and confectionery,

children's wear, sportswear, household items, luggage and well as a sumptuous choice of gastronomic delights.

To make it a convenient, stress-free shopping for the traveler, MOP KLIA has its own Flight Check-in Centre, which allows passengers to obtain their boarding pass. It has flight information display for passengers to check flight information while shopping. Also available are free baggage storage service as well as facilitation for transportation services such as buses, taxis and cars for rental. It also

has free shuttle buses to KLIA and klia2. Putting customers on top, it is also equipped with baby nursing rooms, prayer room, money changer, automatic teller machines, children's playground, wash rooms and altering services. When needed, wheelchairs and strollers are available for loan.

MOP KLIA is celebrating its second year anniversary this July 2017.

For more information, visit [www.mitsuioutletparkklia.com.my](http://www.mitsuioutletparkklia.com.my)



## HANDS-ON OPERATIONS

A strategic perspective of a determined airport leader



Interview with  
**Mohd Arif Jaafar**  
General Manager (Operations)  
Malaysia Airports (Sepang) Sdn Bhd

“When you get close to the staff, all you need is one phone call or a whatsapp message and problems are solved.”

A silver-haired gentleman emerges from the meeting room and as he approaches, a broad smile lights up his face, warming even the cold, empty room. Known for his generous smiles and jolly laughter, Encik Mohd Arif Jaafar is General Manager (Operations) of Malaysia Airports (Sepang) and looks after Terminal Services (KLIA/klia2), AOCC (Airport Operations Control Centre, KLIA/klia2), Airside Safety, Landside Management and Operation Management Unit.

Definitely more than enough to keep him very busy but as he believes in hands-on operations, he often goes on a walkabout of the airport. “This way, I can get more information and experience on a first-hand basis.”

Encik Arif has been with Malaysia Airports since 1994, starting as Chief of Security in Alor Setar and moving on to Ipoh, Kota Bharu and Penang as Airport Manager. The father of three was at KLIA from 2007 to 2010 for a brief stint before he went to Penang. Now, he has been back in Sepang for nine months and is already in the thick of operations.

“The condition of toilets is our major concern, depend on the type of users and peak times. There are 225 toilets at KLIA and 162 at klia2. We are undertaking a multi-million ringgit refurbishment exercise, especially at 88 toilet hotspots which often caters to 200 passengers an hour.”

The design for the new toilets is impressive, with the use of black-grey-white jigsaw

mosaic to add a touch of elegance. To add to that, illustrations will be put up to “educate” travellers on the proper ways to use the toilet.

“Yes, we have found strange goings-on in toilets. People even stuff old shoes and bottles in bins meant for soiled sanitary pads. So now, we’ve had to put in additional bins despite the lack of space and hope people will dump the correct things in the correct bins,” says Encik Arif, chuckling.

Toilets aside, he finds the technical Airside very challenging. He says: “It is important that we give accurate data to airlines and pilots. And we must work with airlines, baggage handlers, vendor etc. We work closely to tackle any issue the airlines have, to ensure smooth, acceptable services.

“KLIA is the gateway to the country and therefore, a visitor's first impression of our country.”





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# BHANU ACHAN

## Nature’s Translator

BY CHEE SUE ANNE



Abstract Landscape V, 2011  
Oil on paper 54.5 x 67 cm x 3 pieces  
**SOLD RM 7,150.00**  
KLAS Art Auction 7 July 2013  
Edition IV



Abstract Landscape, 2011 Abstract Landscape 2, 2009  
Oil on paper 55 x 60.5 cm  
**SOLD RM 4,400.00**  
KLAS Art Auction 19 January 2014  
Edition VII

### BACKGROUND

At 64, Kuala Lumpur-born artist, Bhanu Achan is quietly content with life. If given a second chance, he would not be anything but an artist. His love for art has guided him through the twists and turns of his life to be where he is today.

Completing high school with an impeccable academic record, and marked with a brilliant future ahead, Achan enrolled into medical school in India. Experiences in that deeply spiritual land introduced to him the divine and mystical side of reality that manifested in art. His growing ardour for his paint and brushes gave him no choice but to forsake medicine. Achan returned to Malaysia, an artist. And he has never looked back since. Over the course of his 40-year career of creating art, Achan has produced spectacular masterpieces with consistent frequency. His gift for design stems from his love for nature. They are metaphoric of Achan’s struggle to find meaning beyond form and content.

“Although I have endured hardships in life as an artist, including financially, I would never choose anything else,” Achan stated. Achan sees the toil he goes through as a labour of love, painting imbues in him a profound sense of satisfaction. His struggle is glimpsed in his compelling creations of art that are thought provoking, bewitching and sometimes even controversial.



Forest Impression, 2016  
Oil on canvas 152.5 x 88 cm  
**SOLD RM 5,072.40**  
KLAS Art Auction 12 March 2017  
Edition XXVI

### EXHIBITIONS

Achan’s works have been exhibited extensively across the country, and this national treasure has three of his pieces included as part of the National Art Gallery’s permanent collection.

Besides that achievement, Achan has had a long and illustrious career in the art industry. With more than 50 exhibitions over the past 40 years under his belt, he has earned his place and position as one of Malaysia’s most preeminent artists. In 1972, Achan exhibited and sold his works at Samat Gallery, and at Le Beaux Art Gallery in 1982. Achan showcased his works at an open art exhibition at the National Art Gallery in 1980. In conjunction with the 1998 Commonwealth Games, he exhibited his art at Armada Hotel. When the country launched the Visit Malaysia campaign in 1990, Achan was there to champion the art movement alongside the booming tourism industry through the Pemandangan Malaysia Travelling Art Exhibition organised by the National Art Gallery. In 1996, he was part of the ‘Up In The Clouds’ exhibition organised by DNA Studios at the National Planetarium, as well as the Star Hill Art Exhibition organised by Galeri Anugerah in 2000. In 2004, Achan’s art graced the walls of Galeri Seni Maya and again in 2008 at the “Interlude” art exhibition at RA Fine Arts. In 2011, his paintings stole the show at the art exhibition ‘Suara dan Rupa’ at Yayasan Seni Berdaftar as well as at KLPAAC during his solo exhibition there.

To add to the already extensive list, Achan has also exhibited 30 of his paintings during the art exhibition at MAA@KL Sentral Artspace in 2013, one of which was his vibrant Vincent van Gogh-inspired piece, ‘Himalaya 11’. The Empire Art Space was another home to his paintings as well as Grand Hyatt Kuala Lumpur at their festive art exhibition during Ramadan in 2015. And Achan’s paintings, ‘Forest Impression’ and ‘Teluk Cempedak II’ were recently sold at KL Art Space. His invaluable works, appreciated by many, have also found their way into countless private collections. The quiet beauty his art expresses has stolen many hearts and will continue to do so for as long as Bhanu Achan can continue to use his paint brushes to translate his vision onto canvas.

### ARTWORKS

Achan’s artworks strive to escape the boundaries of form. Constantly inspired by nature, there is a raw and rustic mood to many of his paintings as can be seen in his recent works, ‘Journey to Mount Kinabalu’ and ‘Forest Impression’.

Achan’s favourite piece though, is ‘Lost in the Midst’. The ease and effortlessness of how it came together in his hands was amazing even to him. “I was just pouring paint and it came out as an interesting composition of greenery, mountains and morning mist,” Achan said.

Breathing life to his preferred media, canvas and paper, Achan’s orchestra of paint and colour never fails to harmonise fluidly, seeking to evoke an emotional response in all who lay eyes on it. His work speaks for itself. “My messages are obvious. They are what they are,” Achan said.

He added that his paintings always came as a surprise to him. Achan is one of the few that creates subconsciously and moves as the art tells him to. A genius, ahead of his time, Achan has beautifully combined his love for nature and his deep spirituality to produce pieces that invoke a sense of calm, wonder and deep appreciation, and insight into the complex and obscure world we live in.



Sailing (Indian Ocean) I  
Mixed media on paper 108.6 x 79.4 cm



Sailing (Indian Ocean) II  
Mixed media on paper 108.6 x 79.4 cm





Two Women with Dove, 1970s  
Batik 60 x 47 cm  
**SOLD RM 8,454.00**  
KLAS Art Auction 14 May 2017  
Edition XXVII

# SEAH KIM JOO

## Batik, his canvas

BY HIRANMAYII AWLI MOHANAN

Born in 1939 and raised in Terengganu, Seah Kim Joo was exposed to the process of traditional batik-making very early in his career as an artist. It was the environment of his hometown that first introduced him to the notion of batik. Subsequently, in the 1950s, when the Penang-based artist Chuah Thean Teng first pioneered painting using the batik medium, Seah was drawn more into batik painting. It also resulted in Seah being an ardent follower of the late Chuah and his works, since the manifestation of contemporary themes in a traditional medium was regarded as a direct expression of Nanyang regionalism. This is evident in Seah's works, where he mimicked the pictorial characteristics of Chuah's batik painting back to the oil medium in the 1960's.

This artist had spent his youth studying at the Nanyang Academy of

Fine Arts, Singapore in 1959 before returning to Malaysia to further enhance his batik skills through his travels back to the East Coast in 1965. Seah gained major recognition for his batik paintings when he won the first prize at the Malayan Federation Open Art Competition two years in a row. Since then, he was already popularly known for his use of the dye-and-resist technique in batik. His murals have adorned the Singapore Pavilion, and one of his paintings was selected for Singapore's commemorative stamp series.

One would say that the common thread surrounding Seah's works is nature and people, such as, his 'Stilt Houses', a 1960's piece and the 'Buffalo Tender' (undated). Apart from occasional abstract pieces,



Chinatown Singapore, 1970s  
Batik 89 x 50 cm  
**SOLD RM 20,289.60**  
KLAS Art Auction 31 January 2016  
Edition XIX

the subject of his artworks focuses mostly on people. Perhaps it was the cultural background of his hometown in Terengganu that influenced his choice of subject matters. Albeit Seah predominantly dabbled in batik, he does have artworks that applies the medium of watercolour, such as, 'Fishing Net' (1963) and 'Floating Market', (1963) that were featured in KL Lifestyle Art Space's auction, Edition VI.

Seah's biggest and most prominent artwork, 'Untitled (Malayan Life)', 1968 proudly resides in the National Gallery of Singapore. The 'Untitled' is a batik piece comprising five panels showcased together to form a larger image. This magnificent mural depicts the daily lives of the Malayan people (thus its namesake) back then and their antics. This mural was initially commissioned for the lobby of Hotel Malaysia (later renamed Omni Marco Polo Hotel) for its grand opening in 1968. The mural was placed in the lobby of the hotel to greet its guests upon their arrival, the Malaysian way. His works are clearly a departure from traditional batik for functional purposes. It demonstrates Seah's skills in adapting the techniques of a traditional craft to display a modern work of art and his rendition of art.



Singapore River  
Batik 51.5 x 79.5 cm  
**SOLD RM 19,726.00**  
KLAS Art Auction 24 April 2016  
Edition XX



Farmers and Cockerels, 1970s  
Batik 73 x 98 cm  
**SOLD RM 16,344.40**  
KLAS Art Auction 24 April 2016  
Edition XX



Grooming 1970s  
Batik 60 x 44cm  
**RM 6,000 - RM 9,000**  
KLAS Art Auction 30 July 2017  
Edition XXVIII



# KLAS ART AUCTION RESULTS

EDITION XXVII

SUNDAY, 14 MAY 2017 . 1 PM . KLAS @ JALAN UTARA



**YUSOF GHANI**  
Siri Tari 1989, 1989  
Mixed media on canvas 122 x 122 cm  
**SOLD RM 74,395.20**

**K**LAS celebrated another exceptional auction during the KLAS Art Auction Edition XXVII which was conducted at its gallery in Jalan Utara, Petaling Jaya on May 14, 2017. The event marked its third auction of the 2017 calendar year. A total of 70 lots were on sale, with 85 percent of the lots sold, garnering sales of over RM1.1 million.

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

The show stealer of the auction was none other than Yusof Ghani, for his 'Siri Tari 1989' (1989). It did not come as a surprise that the bids for the renowned artist's painting were neck to neck, opening at RM45,000 and finally topping the sales at a whopping RM74,395.20.



**KHALIL IBRAHIM**  
Pantai Irama, 1970  
Acrylic on canvas 92 x 120 cm  
**SOLD RM 60,868.80**



**JOLLY KOH, DR**  
Philosopher's Garden, 2004  
Oil and acrylic on canvas 91 x 91 cm  
**SOLD RM 42,833.60**



**ARIE SMIT**  
Red Sunset Temple, Bali, 2001  
Acrylic on canvas 45 x 55 cm  
**SOLD RM 21,416.80**



**ISMAIL ABDUL LATIFF**  
Mystery Tour... Into the Wild Night, 2014  
Acrylic on canvas 90 x 71 cm  
**SOLD RM 18,035.20**



**KHALIL IBRAHIM**  
Two Figures, 1986  
Batik with newsprint 90 x 60 cm  
**SOLD RM 58,614.40**



**AFFANDI**  
Cucu Kesayangan (Dearest Grandchild), 1977  
Ink on paper 37 x 39 cm  
**SOLD RM 33,816.00**



**FADILAH KARIM**  
Mysterious Faces, 2013  
Oil on canvas 152 x 183 cm  
**SOLD RM 18,147.92**



**NIZAR KAMAL ARIFFIN**  
Siri Pohon Beringin - Daerah #10, 2012  
Acrylic on canvas 167 x 137 cm  
**SOLD RM 10,144.80**

Two of Khalil Ibrahim's were featured during this auction, the 'Pantai Irama' (1970) and 'Two Figures' (1986). Both paintings fetched a good price. The former, sold at RM60,868.80 and the other sold at RM58,614.40. Tailing closely behind was Dr Jolly Koh's piece, 'Philosopher's Garden' (2004). It was sold to a lucky bidder at RM42,833.60, well over its upper limit.

The revelry continued with Indonesian artist Affandi's 'Cucu Kesayangan' (Dearest Grandchild) work that was snatched up for

RM33,816.00. Next, both of Ismail Abdul Latiff's works that were featured did fairly well. The 'Tanah Pusaka Bumi Manusia' (2011) sold higher than its opening price at RM22,544.00. The 'Mystery Tour.. Into the Wild Night' (2014), on the other hand, fetched a decent price of RM18,035.20, above its high estimate price.

Newcomer to KLAS's auction, Arie Smit from Indonesia did surprisingly well. His 'Red Sunset Temple, Bali' (2001) fetched

a substantial price of RM21,416.80, almost double its estimated high limit.

KLAS is now preparing the next auction which is scheduled for July 30, 2017. Art collectors and interested buyers are welcomed to visit KLAS @ 31 Jalan Utara, Petaling Jaya and its website at [www.kllifestyle.com.my](http://www.kllifestyle.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](mailto:info@mediate.com.my)





The grand launch of the new Kia Optima GT

## THE ALL-NEW KIA OPTIMA GT IS HERE IN MALAYSIA!

A "class above" the rest



Optima GT on display

**N**aza Kia Malaysia, the official distributor of Kia vehicles in Malaysia, unveiled on the May 24, 2017, the all-new fourth-generation Kia Optima GT for the local market.

The introduction took place at the Naza Tower, Platinum Park Kuala Lumpur and was attended by Kia dealer principals, business partners, members of the media and the management of Kia Motor Corporation and Naza Corporation Holdings Sdn Bhd.

"What you are about to witness today from Kia is the ultimate expression of performance and contemporary styling; a "class above" the rest; a result of many months of hard work, research and development by our team with the collective support of Kia Motors Corporation", said Datuk Samson Anand George, Group COO, Automotive Group, Naza Corporation Holdings Sdn Bhd.

Speaking about the all-new Kia Optima GT, Datuk Samson Anand George said, "The GT spec gives the Optima a number of impressive features like the LED projector headlights that bend to

illuminate dark corners. Customers will also appreciate the spaciousness of the GT, which is complemented by the electronically operated panoramic roof. There are other conveniences too like the smart trunk, smart phone wireless charger, automatic headlights and wipers, drive modes selection remote window control and electric seats with memory function, just to name a few."

Inside the Optima GT is a pleasant balance of comfort and sportiness. The real aluminum trim around the centre console and the pedals gives the car a sporty ambience. The centre fascia too has been angled towards the driver by 8.5 degrees, and the flat-bottom D-Shaped steering wheel also complements the sports character of the car.

Other interior features include a 7-inch TFT LCD screen for the entertainment system that also features MP3, MP4, Bluetooth, iPod connectivity and a MirrorLink feature that mirrors the screen of the phone on to the centre-mounted display screen.

Performance figures too are impressive with the 0-100km/h acceleration seen off in just 7.4 seconds while fuel consumption is rated at 8.5-litres for every 100 kilometres travelled on the combined cycle.

Also contributing to the overall performance and efficiency of the car are 3 driving modes - Sport, Normal and Eco. Sport adjusts the sensitivity of the throttle for maximum performance and also the steering wheel feels heavier for precise control of the car at high speed. Normal

takes the throttle and steering wheel back to its usual factory settings while Eco reduces throttle sensitivity, lightens the steering wheel and also slows down the air-conditioning system to reduce fuel consumption.

On the safety front, the Kia Optima GT is fitted with 6 airbags – two for the front passengers, two side airbags as well as curtain airbags. There is also an arsenal of electronic safety nets such as the anti-lock braking system (ABS), Electronic Stability Control (ESC), Vehicle Stability Control (VSM), Hill-start Assist Control (HAC) and an Emergency Stop Signal (ESS), which flashes the hazard automatically when emergency brakes are applied.

The all-new fourth-generation Kia Optima GT scored 5 stars at the Euro NCAP crash test rating, 5 stars in the Asian NCAP, 5.1 stars in the US NCAP and achieved a 1st grade rating in the Korean NCAP crash test.

The All-New fourth-generation Kia Optima GT offers the ideal balance of power, comfort, spaciousness and more importantly, safety for the entire family. It is a rare breed that has all the modern features that are expected of a modern car, and buyers can rest easy in a car, which also comes with a five-year warranty.

Concluding his speech during the launch of the all-new Kia Optima GT, Datuk Samson Anand George said, "We are constantly finding ways to improve the presence of the Kia brand in Malaysia, and it is my sincere belief that the all-new fourth-generation Kia Optima will surprise the market."



2016 KDEP+ Grade 'A' winners



Awards won by Kia for delivering excellence



Datuk Samson Anand George delivering a speech at the launch



CHEE SUE ANNE SPEAKS TO

# ANNA KARINA JARDIN

## Art speaks to those who listen

**Tell us about your home country and what do you miss about it.**

Pearl of the Orient seas is what often travel magazines and books define us but we always say, "It is more fun in the Philippines". My home country has 7,107 islands; the land to the most number of beauty pageant title holders in ASEAN; the land of artists as everyone can sing, dance, paint or do something creative; the land of melange of occidental and oriental values, and of course the land of the free as we embrace diverse beliefs and gender roles in the country. It is three and a half hours away from Kuala Lumpur but I always miss pandesal, (local sweet bread usually sold hot and fresh in the morning); our pristine waters and beaches, and Jollibee (a local food chain in the Philippines that almost all the 100 million population of the country has been to even at least once in their life.)

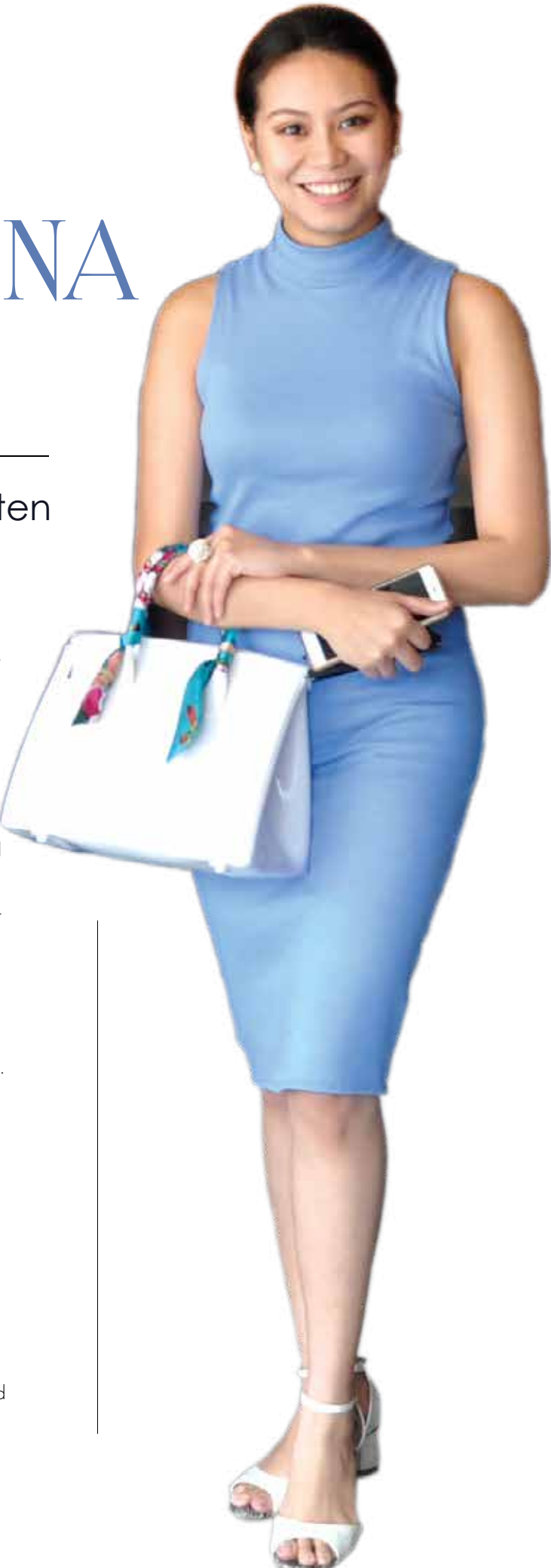
**What made you decide to start your life in Malaysia?**

Malaysia is a melting pot of cultures. The people are friendly and it has all sorts of gastronomical experiences to offer. I wanted to expand my horizons as a creative person in a different place. But above all, I fell in love with the place and a man hailing from here.

**What was your first impression about this country? Did you experience any culture shock?**

I visited Malaysia in 2009 for a conference and because of the spicy food it made me say, "I will never go back to Malaysia again" and look, this is home for me now. I thought Malaysia was also strict when it came to dress code that I even had to ask my protocol officer if I could wear shorts to walk around Petaling Street.

I also thought that art forms in Malaysia were just limited to geometrical figures and expressions patterned to it and the Quran. Staying and being more "Malaysian-ised" made me debunk all my impressions about Malaysia. With the spicy food, my health became better, with the dress code, I learnt to be more modest and lastly, with the little knowledge about the art scene, it made me discover wonderful art forms from Malaysians.



**What was your transition like? Did you face any major difficulties?**

I think the difficulty was more about who to trust around in a new city. However, KL wasn't too new to me but as you transition into living here, you will know who the birds of the same feathers that flock together are.

**Tell us what you do for a living, and what you love about it?**

I am a Project/Programme Management and Communications specialist and an artist. More like a creativepreneur. Professionally, I create and implement projects and programmes that not just provide sustenance for myself but also for others as most of it is developmental. I work closely with communities, projects on corporate responsibilities, local governments and other insitutions. I am involved in numerous community work mainly in the Philippines, Malaysia and Indonesia. I founded my own NGO when I was 19 years old, Artistikong Kabataan Philippines Inc., which allowed me to maximise the potential of young people and support creative pursuits of the next generation. And taking my vision to the next level, my NGO evolved to be more inclusive as it later became ARTDIALOGO Asia Foundation Inc so I may also represent the interests of artists alike and continue to make an impact to the community through arts and values formation.

**What is your passion in life and what fuels it?**

Art, learning and helping communities are my passions. These allowed me to see opportunities beyond my time, allowed me to grasp zones I thought I wouldn't reach, and allowed me to diversify my skills in more ways I can imagine.

I am always thirsty to learn for the purpose of enriching myself as I immerse in many communities of different backgrounds, and whatever I have learnt I share it with them. I always opt to learn new things. Life will never be boring if one continues to learn anyway.

I am immersed in many communities and I do not look on the plight of people rather their potential and work together with them and their motivation.

**Tell us about your family.**

My family has always been my beacon of hope and love. I have younger siblings; a brother and a sister. My father and my mother ensured that we would have a great time growing up, attend classes that would enrich our skills and values, and love us deeply. They geared me up to be the woman that I am today. No word can express how much I love and value my family.

**What is your typical weekend like in Malaysia?**

Weekend is meant for teaching painting, art and sharing the gift of creativity with children of different backgrounds and abilities. Volunteer work without fail unless I am travelling overseas or attending a social event.

**What would be your favourite Malaysian food?**

Satay, Nasi Kerabu and Ayam Masak Merah. I also like Roti Cheese together with a hot teh tarik. I also like munching on the sweets they sell during Hari Raya.

**Have you had funny or interesting experiences while in Malaysia?**

The different personalities of the people from here are interesting enough but I guess the police officers here are quite interesting especially during weekends and evenings. I had been asked once at a roadblock when I was in a taxi if I was in a hurry, so said "No, and go take your time" because I was oblivious to the point of why they were checking on foreigners inside taxis and vehicles. But anyhow, at the end of the night they were perhaps just looking for an "honorarium". Very interesting form of upfront use of power.

Also, riding a taxi from Bukit Bintang to SS2 for 120 MYR. I found it interesting as the amount I paid for is almost equivalent to a taxi ride from the same location to the airport. My friends told me that the amount was ridiculous, so I agreed with them! Thank God there are alternatives for local taxis.

**What are your favourite holiday destinations around Malaysia?**

Malacca for its heritage and Penang for its gastronomy.

**What would your advice be for those making a decision to venture into something or somewhere completely new?**

Learn their ways; eat their food, love their people, learn their language, learn their culture, earn their currency but do not forget your own culture because that is your source of moral fibre which will allow you to make sound decisions with whomever you are dealing with and wherever you are. Above all, spray for guidance.

**What is your favourite quote in life?**

"Destiny is not a matter of chance, it is a matter of choice."



# MAJESTIC HOTEL MALACCA

Discovering the Splendour of Peranakan culture

BY CHEE SUE ANNE



Spa Village

An enclave of elegance, luxury and exquisite Peranakan culture, the Majestic Malacca is truly a destination icon in the heart of Melaka. Perfect for tourists of this heritage city as well as locals for that relaxing weekend getaway, the preservation of the Baba Nyonya culture here, the impressive Kristang cuisine, the rejuvenating Majestic Spa Village, not to mention the hotel's strategic location and impeccable customer service make this retreat one that completely soothes your body, mind and soul.

Upon checking in, you'll be escorted by two beautiful ladies in Kebaya, the traditional Peranakan attire, and presented with hot tea in your room, to spruce you up from your trip. The deluxe room at the Majestic is indeed a place for pleasure. With soft comfy beds, plenty of work space, a view of Melaka city, and a tub for that long awaited bubble bath, you might never want to leave your room.

Except maybe to get to the spa of course! Ladies, be prepared to enter into a Zen that you will emerge from, blissful, calm and utterly content. The spa at Majestic Malacca is the stuff of legends. You'll be welcomed with a customary sprinkle of flowered water, then led into a complimentary hair washing ceremony. Using the mild and fragrant Malacca Fruit hair products to gently shampoo and condition the hair while giving you a soothing head massage, then rinsing off with some lemon water to prevent dandruff growth, the revitalising effects of the spa begin here. You'll then be whisked off to a spa treatment tailored to your body's needs. If you have frequent body spasms due to tight and constricted muscles, go for the Nutmeg-Rice Rolling Massage for a 'warming body treatment'. On the other hand, if you're constantly feeling hot and humid, opt for the Egg Rolling Therapy for a

cooling effect. Hardboiled eggs when gently rubbed against the skin have the special ability to settle cramping and swelling, calm the mind, and draw out excess heat. The egg rolling goes together with a relaxing Thai massage, to loosen those knots within. The masseuses here are immensely accommodating and exceptionally experienced. So much so that they are able to tweak their massage repertoire to suit your preferences. To stress once again how relaxing the spa experience here is, don't be surprised if you doze off mid-massage.

The other vital nerve of Majestic Malacca is its authentic and distinctive Kristang cuisine, spearheaded by the venerable head chef, Melba Nunis. A warm and jovial lady, her interaction with guests of her dining mansion is bound to set the mood for a sensational gastronomical experience. A Kristang herself, her dishes are the product of the ever-evolving recipes passed down throughout the Kristang generations. Her evident and intense passion for cooking was initially inherited from her grandmother, an impeccably pristine lady, where Melba learned to be ever attentive to the cleanliness of her kitchen and ingredients. Her mother, on the other hand, nurtured in her the love to create cuisines the natural way. An adversary to kitchen shortcuts, Melba, since her tender age has been preparing food from scratch, where chickens came to the kitchen alive, where blenders were a thing of the future, and young Melba sat plucking out chicken feathers and grinding by hand, spices for the evening's curry.

Striving to provide tasty and traditional home-cooked food to all who venture into the Kristang mansion kitchen, its simple yet enjoyable cuisine will steal your heart away. Some appetizer highlights are the delectable Cincalok Fretu, crispy fried balls of fritters infused with savoury cincalok and the Seybah Galinhia which blew us away!



Deluxe Room



Chef Melba's Kristang appetizers

Braised chicken chop served atop a blanket of fried bean curd and cucumber salad, this traditional snack has been perfected by Chef Melba, definitely a must-try. Moving on to the main courses, the Inchimintu Karangezu is a piece of culinary art. Baked crab stuffed generously with vegetables, chicken and prawns, it definitely was a Kristang highlight. The Sambal Nanas was a fiery addition to the table. Fresh prawns flavoured with spicy sambal and citrus tones from the pineapple, this exotic number will please you to tears. For those with the stomach for adventure, you'll have to indulge in the Aros Fretu Keluak. Seeds of the Keluak tree cooked in chicken curry, a long metal spoon is used to scrape out the flesh within the hard seed shells. For something more staple, Melba's Nasi Lemak here is unlike any other. The serai-flavoured chicken in the dish was incredibly yummy, ranking this dish as one of our Nasi Lemak favourites. For dessert, our favourites were the Pulut kung Kaya, glutinous rice doused with Melba's delish homemade golden kaya, and Sagu kung Sukri Malaka, sago pearls swimming in coconut milk and melted palm sugar that fall apart in your mouth. Fair warning, you will feel like dancing.

The verdict? Majestic Malacca was indeed an incredible stay experience, a hideout from the hustle and bustle, a sanctuary to recuperate and unwind, and a haven for traditional and outstanding Kristang cuisine exploration.



# THE BANJARAN HOTSPRINGS RETREAT

Where every second is an experience

1 Persiaran Lagun Sunway 3, 31150 Sunway City Ipoh, Perak, Malaysia  
Tel: +60 5-210 7777  
Website: [www.thebanjaran.com](http://www.thebanjaran.com)  
BY HIRANMAYII AWLI MOHANAN

When you are stuck in a 9am-to-5pm cubicle job, all you yearn for is an escape from reality. Dreams do come true and it takes manifestation in The Banjaran Hotsprings Retreat, a sanctuary that awaits you in the enclave of Ipoh. Those who appreciate nature would fall in love with The Banjaran Hotsprings Retreat, just like we did. It is cradled by lush tropical rainforest, geothermal hot springs, natural caves, cascading waterfalls and magical 260-million-year-old Paleozoic limestone hills.

VILLAS

The accommodation offered at this establishment is meritorious to say the least. Nestled in a secluded cove, one is enveloped by the towering sight of Ipoh's

pride and joy, the limestone hills. We can guarantee that you will be flabbergasted by the vast space the villas offer and its extensive facilities. There are two distinct villas to choose from, the Garden Villa and the Water Villa. Each of the Garden Villas is cleverly hidden behind a veil of lush tropical foliage while the Water Villas are perched over the tranquil waterways, leading guests closer to complete relaxation.

Both types of villas differ in view; the Garden Villa has its own secluded tropical courtyard, whereas the Water Villa overlooks the water canal. The interior of each villa takes on an open concept where the indoor and outdoor blend seamlessly, allowing the natural sunlight to seep in. The interior of the villa resonates a casually luxurious feel, accented by warm neutral

tones, relaxed furnishings and eclectic art installations. The highlight of these dwellings are a personal plunge pool and its splash, living and dining areas and several cosy nooks.

After getting over the oohs and aahs of the living area, the bedroom area will also enthrall you with its oversized custom-made, king-size bed, promising a night on cloud nine. You can enjoy the benefits of the outdoor sunken Jacuzzi with natural geothermal hot springs water. Eleanor Roosevelt once said that true hospitality consists of giving the best of yourself to your guests. This quote perfectly portrays the hospitality of the team of butlers at The Banjaran. They anticipate your every need, they are friendly and just emit warm Malaysian hospitality and charm.



Water Villa Outdoor Terrace Area



Spa & Wellness

SPA AND WELLNESS CENTRE

Though this establishment offers bewitching accommodation, the heart of The Banjaran experience is its spa and wellness centre. Bask in the simple pleasures in life with The Banjaran Spa and Wellness's range of treatments inclusive of facials, body treatments, Personalised Fitness Programme and Retreat Programme. The Spa and Wellness Centre at The Banjaran is sui generis for its holistic nature to wellness by incorporating meals, exercise as well as spa and wellness treatments. You can opt to take part in the Retreat Programme that includes, detoxification, weight loss, fitness, rejuvenation and longevity programmes. This centre also has tailor-made programmes available for guests who prefer a treatment customised according to their needs.

Retire to silence and requiescence by exploring the thermal steam cave, meditation cave or crystal cave. You can also be one with nature by taking a brisk jungle walk and dipping in the Geothermal Hot Springs Dipping Pool. What we love about this retreat is how the utilities and features were created with consideration of the surrounding environment. A natural and relatively rare phenomenon, The Banjaran's geothermal hot springs water flows naturally at the base of its limestone hills. This fresh hot springs water billows up at a rate of three million litres per day or approximately 2,000 litres per minute from the ground below. Its source is a deep underground reservoir fed by rainwater that slowly percolates downwards through the limestone hills and underlying granite.



In villa BBQ Dining



The Star Deck Dinner Set Up

While cascading through the rocks, the water collects minerals and dissolved ions, making it ideal to supply the retreat's hot springs dipping pools, feed the steam cave, fill the hot springs lake and warm up the swimming pool.

DINE AND DREAM

'Dine and Dream' is the name given for the myriad of dining destinations at this retreat for its blissful dreamy ambience that surpasses expectations. Guests are spoilt for choice with the venues to indulge at. We suggest that you dine under the stars at the Star Deck which comes complete with a telescope. Alternatively, if you prefer feasting your eyes on the beautiful hot springs lake, head on over to The Balcony. Finally, experience a culinary adventure in the ethereal cave chamber of Jeff's Cellar or in the privacy of the villa, and choose options of menus that range from a 7-course gourmet selection to miniature BBQ for two persons. You will leave these dreamy venues yearning for more.



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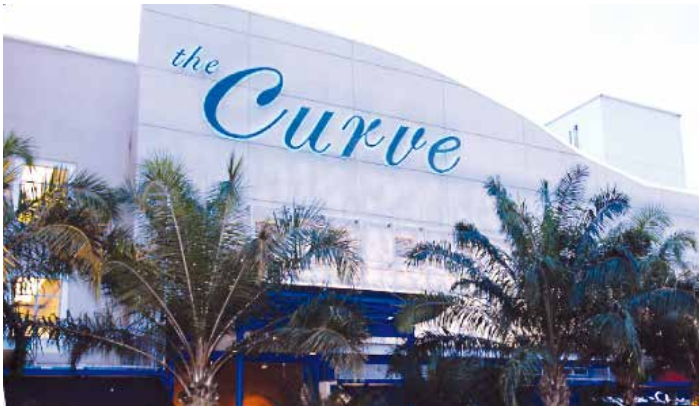
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**THRIVEN**



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**  
Mutiarra 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 - from Parkson & Carrefour as anchor tenants, FOS, Somerset Bay, MPH and Toycity tagged with ARL Bowl.

**CapSquare**  
Jalan Munshi Abdullah • 📍 M Tuanku  
📍 Dang Wangi  
Tel: 03-2697 7662  
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**  
No 1, Jalan Dutamas 1, Solaris Dutamas, 50480 Kuala Lumpur  
Tel: 03-6211 7877  
www.publika.com.my  
www.facebook.com/publikashoppinggallery

**Suria KLCC**  
Petronas Twin Towers • 📍 KLCC  
Tel : 03-2382 2828 / 2430 / 2431  
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.

**Mayu Junction Mall**  
1001 Jalan Sultan Ismail • 📍  
Tel: 03-2697 9312  
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, Nichil Fashion City being the anchor tenants. The mall provides concierge service and has an indoor archery centre, Big-Shot Archery. • 10am - 10pm daily.

**IPC Shopping Centre (Formerly Ikano)**  
2, Jalan PUJ 7/2, Damansara Mutiara, PJ  
Tel: 03-7730 0333  
Located near 1 Utama and linked to IKEA, this centre only has XXL size stores. The 11 anchor tenants includes Harvey

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

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

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

**Sungei Wang Plaza**  
Jalan Sultan Ismail • 📍 B Bintang  
Tel: 03-2142 6636  
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.



**Hartamas Shopping Centre**  
Plaza Damas, 60 Jalan Sri Hartamas 1  
Tel: 03-6201 6553  
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 Centre**  
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

## DINE



**THE EMBASSY CAFE**  
Starling Mall, Jalan SS 21/37, Damansara Utama, 47400 Petaling Jaya, Selangor



**FOOD FOUNDRY**  
Seksyen 17, 46400 Petaling Jaya, Selangor

### Chinese

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

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

**Dynasty**  
03-2771 6773 📍 B Nanas • East Wing, Renaissance Hotel  
• Non-Halal • Casual Dining • D7

**Dynasty Dragon**  
03-4280 5666 📍 Ampang Water Front  
• Non-Halal • Casual Dining • F8

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

**Imbi Palace**  
03-2143 1128 📍 Jalan Bukit Bintang  
Pavilion • 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

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

**Mayu Palace**  
03-2691 8822 📍 M Tuanku S Ismail • Level 5, Mayu Junction Mall • Halal • Casual Dining • C5

**Mandarin Palace**  
03-2148 8744 📍 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**  
03-2614 8056 📍 Bandaraya • Quality Hotel City Centre • Jalan Raja Laut • Halal • Casual Dining • Szechuan cuisine

**Ming Palace**  
03-2161 8888 📍 Ampang Park • Corus Hotel, Jln Ampang • Casual Dining

**Ming Room**  
03-2284 8822 📍 Bangsar • Bangsar Shopping Centre • Non-Halal • Casual Dining

**Oriental Noble House**  
03-2145 8822 📍 Imbi • 19 Jalan Delima, Off Jalan Imbi • Non-Halal • Casual Dining • F10

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

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

**Xin Cuisine**  
03-2144 2200 📍 B Nanas • Concorde Hotel • Non-Halal • Private Dining • D7

### French

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

### Fusion

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

**Shook!**  
03-2782 3875 📍 B Bintang • Lower G/F, Starhill Gallery • Halal • Fine Dining • E9

### Indian

**Estana Curry House**  
03-2141 1958 📍 Raja Chulan • 23D, Jln Sultan Ismail • Halal • Casual Dining • C6

**Passage Thru' India**  
03-2145 0366 • 4, Jln Delima,kl  
Halal • Casual Dining • E10

**Spice Garden Imperial**  
03-2142 2220 📍 B. Bintang • 205 Jln Bkt Bintang.

### 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

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

**Melting Pot**  
012-399 0734 📍 B Nanas Concorde Hotel, 2 Jln Sultan Ismail • Halal • 24-hour • Casual Dining • D7

**Still Water Restaurant**  
03-2333 1360 📍 B Nanas 📍 KLCC • Hotel Maya KL • Halal • Casual Dining • Japanese & Western • D8

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

## FASHION DESIGNER + MAKEUP ARTIST

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IG SAYAP\_REPUBLIK

## NIC CHUNG

PHOTOGRAPHY

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+6016 826 3131



Italian

**Cellini's**  
03-2715 1000 📍 B Bintang • Dorsett Regency Hotel • 172 Jalan Imbi • Halal • Casual Dining • F9

**Tamarind Springs**  
03-4256 9300 • Jalan 1 Taman Tun Abdul Razak, Ampang  
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

**Tatsu Japanese Restaurant**  
03-2782 6118 📍 Ampang Park InterContinental Hotel  
Halal • Casual Dining • C9

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

**Nobu Kuala Lumpur**  
03-2164 5084 • Menara 3 Petronas Persiaran KLCC • Fine Dining

**Fukuya Restaurant**  
03-2144 1022 • 9, Jalan Delima, Imbi, Kuala Lumpur • Casual Dining

**Haru Japanese Restaurant**  
03-2011 8783 • 124A, Jalan Kasah, Medan Damansara • Casual Dining

**Iketeru**  
03-2264 2264 📍 Stesen Sentral KL • Hilton Kuala Lumpur, 3 Jln Stesen Sentral  
Halal • Casual Dining • C9

**Kampachi**  
03-2148 9608 📍 Raja Chulan • Pavilion KL

**Kokufu**  
03-4049 4412 • Sri Pan Pacific KL  
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

**Yuzu**  
03-2284 7663 • The Gardens, Mid Valley City • Casual Dining

**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

**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

★★★★★

**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**  
03-2782 6000 • 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

**Philea Mines Beach Resort**  
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), Klx 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

**The St. Regis Kuala Lumpur**  
03-2727 1111 • Jalan Stesen Sentral 2, Kuala Lumpur Sentral • From RM850

**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), Celestial Court (Chi) • From RM300- RM5,8250 • D6

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

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

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



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

onwards • F9  
• www.dorsettregency-kl.com

**Federal Hotel**  
03-2148 9166 • 35, Jalan Bukit Bintang • 📍 B Bintang • Mandarin Palace (Chi), The Verandah (Int'l) Revolving Bintang (European) • From RM170-RM600 • F8 • www.fhhotels.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) • From 470+

**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 • 📍 TiTiwangsa • Vistana (Asian) • From RM172-RM230 • A5 • www.vistanahotels.com

**Seri Bukit Ceylon**  
03-20201708 • No 8, Lorong Ceylon off Jalan Raja Chulan • From RM250-RM480 • E7

★★★

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

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

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

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

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

**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**  
03-2733 1887 • 23 Lrg Medan Tuanku 1, off Jln Sultan Ismail • 📍 M Tuanku • Makana Restaurant • From RM110-RM170 • C5

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



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



**Istana Negara, Jalan Duta**  
Located along Jalan Duta, it is the official residence of Malaysia's king since Nov 11, 2011. Influenced by both Islamic and traditional Malay architecture, this unique structure is the latest addition to the country's architectural wonders.



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



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



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



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



**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 0191 • 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

**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

**Berjaya Times Square Theme Park**  
1 Jalan Imbi, Level 5 & 7, Kuala Lumpur  
Tel: 03-2117 3118

**Sunway Lagoon Theme Park**  
3 Jalan Pjs 11/11, Bandar Sunway,  
Petaling Jaya . Tel: 03-5639 0000

**Genting Highlands Theme Park**  
Genting Highlands Resort  
Tel: 03-2718 1118

**District 21**  
Level 1, IOI City Mall, Putrajaya  
Tel: 03-8328 8888



**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)



**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



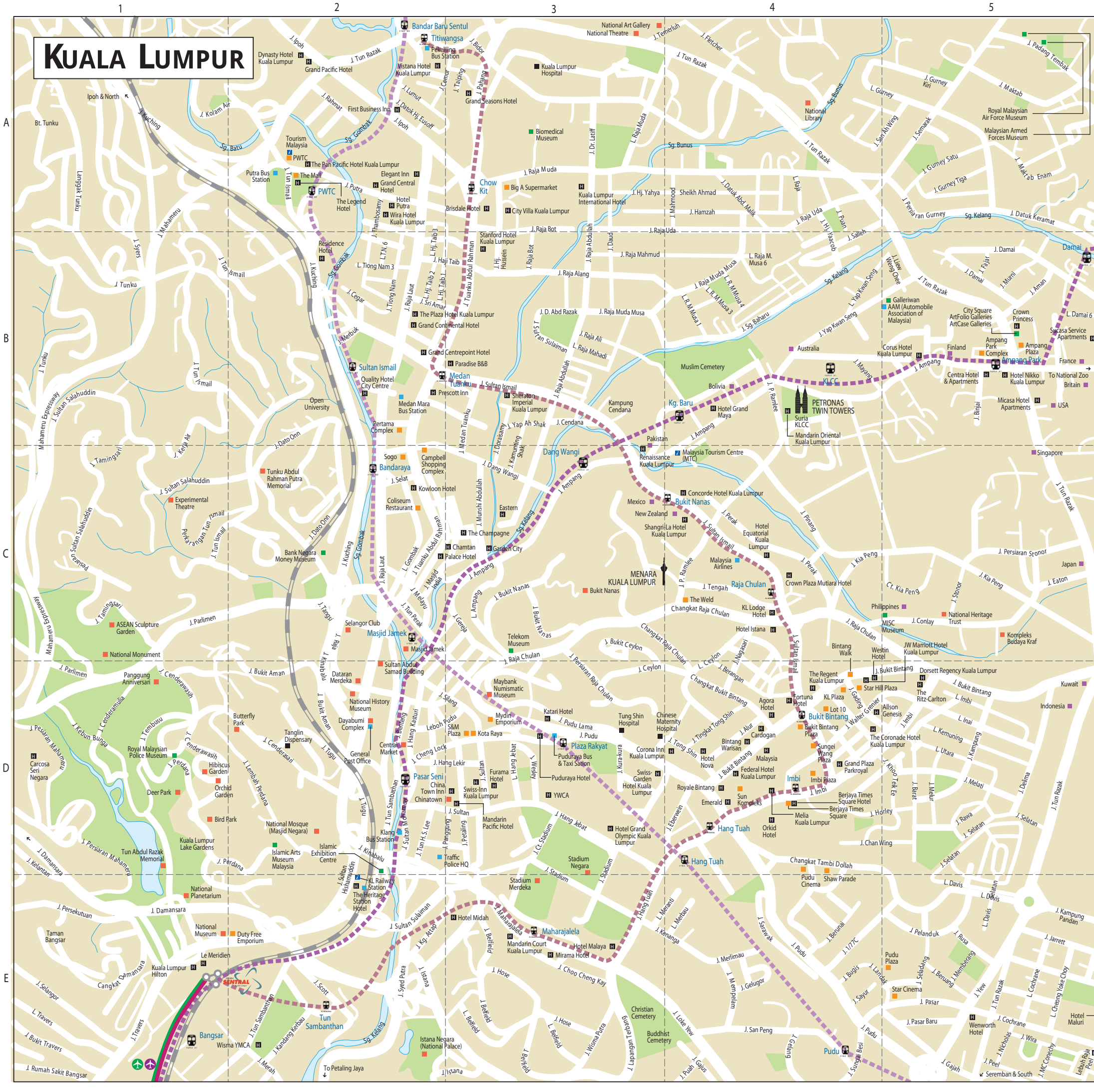
**University of Malaya Art Gallery (UMAG)**  
Tingkat 5, Bangunan Canseleri, Universiti Malaya, Petaling Jaya  
Tel: 03-79671061  
Opening Hours: 9.00am to 4.00pm  
Closed on: Saturday and Sunday



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



# 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 ★★★★★
  - 3D Mandarin Pacific Hotel ★★★★★
  - 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.

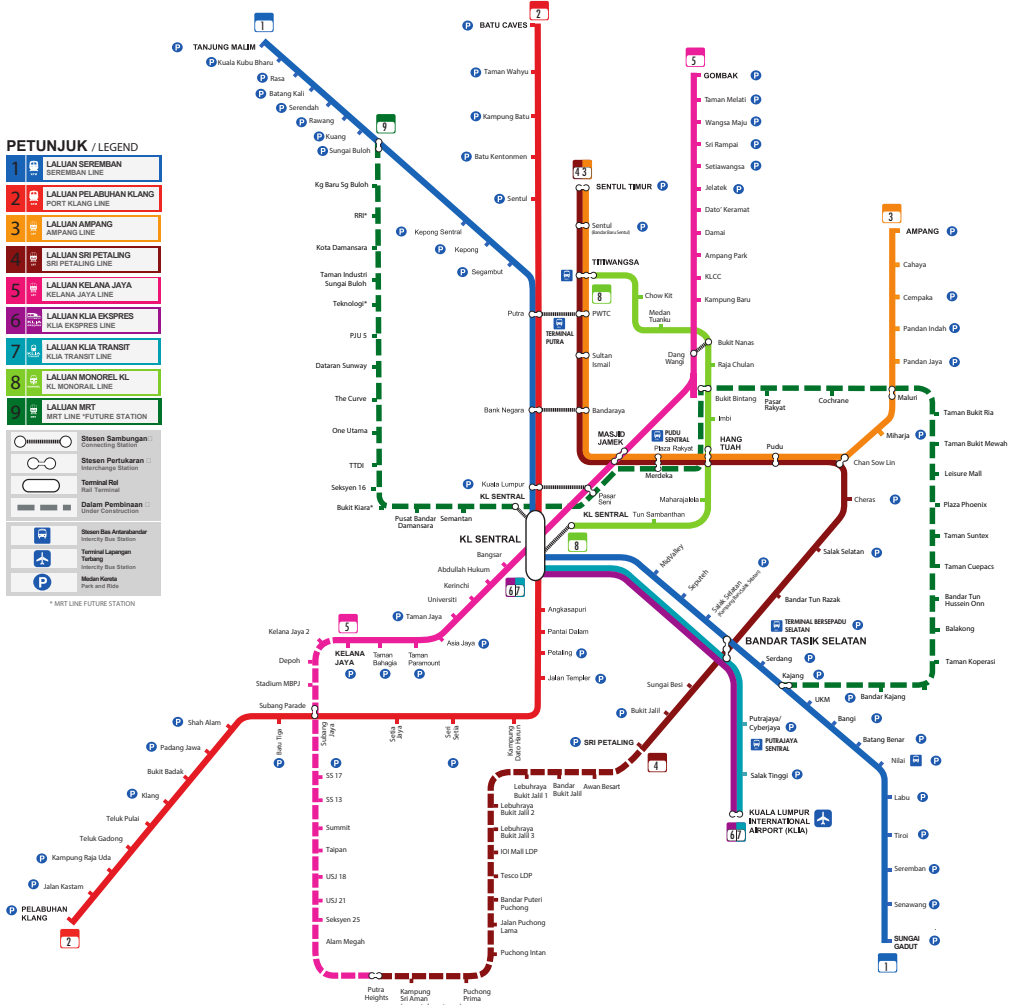


**Limousine:** Can be arranged with the hotel concierge and fare range from RM100 – RM200.

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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**YUSOF GHANI** *Siri Tari II*, 1989 Mixed media on canvas 122 x 122 cm **RM 80,000 - RM 140,000**

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EDITION XXVIII

**30 JULY 2017**

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KLAS, 31 Jalan Utara, 46200 Petaling Jaya, Selangor