

# KLlifestyle

NOVEMBER 2017

SPICING UP WITH

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## ON THE COVER



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# CALENDAR NOVEMBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>02</b> SARAH KANE'S 4.48 PSYCHOS NOV 2- 12 INDICINE, THE KUALA LUMPUR PERFORMING ARTS CENTRE (KLPAK)  SWORDFISH + CONCUBINE NOV 2-5 PENTAS 1, THE KUALA LUMPUR PERFORMING ARTS CENTRE	<b>03</b> MALAYSIA URBAN RETREAT FESTIVAL I MURFEST 2017 NOV 3-6 LE MERIDIEN PUTRAJAYA & IOI RESORT CITY PUTRAJAYA	<b>04</b> SHORT + SWEET MALAYSIA 2017 IN PENANG: DANCE NOV 1-4 STAGE 2, PERFORMING ARTS CENTRE OF PENANG (PENANGPAC)  HEROIC STRAUSS & BEETHOVEN NOV 4 - 5 DEWAN FILHARMONIK PETRONAS
<b>05</b> 27TH BORNEO SAFARI INTERNATIONAL OFF-ROAD CHALLENGE OCT 29 - NOV 5 SABAH TOURISM BOARD FRONTAGE  HARRY POTTER AND THE PHILOSOPHER'S STONE™ IN CONCERT 2017 NOV 4-5 PLenary HALL, KUALA LUMPUR CONVENTION CENTRE				<b>09</b> SHORT + SWEET MALAYSIA 2017 IN PENANG: THEATRE NOV 8-11 STAGE 2, PERFORMING ARTS CENTRE OF PENANG (PENANGPAC)		<b>11</b> IRONMAN MALAYSIA LANGKAWI 2017 NOV 11 CHENANG BEACH, LANGKAWI
<b>12</b> CHIPMUNK PICNIC NOV 12 DEWAN FILHARMONIK PETRONAS		<b>14</b> ED SHEERAN DIVIDE TOUR NOV 14 BUKIT JALIL NATIONAL STADIUM			<b>17</b> KONSERT TANAH AIRKU NOV 17-18 DEWAN FILHARMONIK PETRONAS	<b>18</b> PIRATES! NOV 18- 19 PENTAS 1, THE KUALA LUMPUR PERFORMING ARTS CENTRE (KLPAK)  VIPER CHALLENGE 2017 SERIES NOV 18 SEPANG INTERNATIONAL CIRCUIT, SELANGOR
<b>19</b> SINGAPORE SYMPHONY ORCHESTRA NOV 19 DEWAN FILHARMONIK PETRONAS				<b>23</b> VIR DAS- THE BOARDING DAS WORLD TOUR NOV 23 GALAXY HALL, HGH CONVENTION CENTRE, KL	<b>24</b> CONCERT OF COMMUNITY YOUTH ORCHESTRAS NOV 24 DEWAN FILHARMONIK PETRONAS	<b>25</b> REGAL ROYAL FIREWORKS NOV 25-26 DEWAN FILHARMONIK PETRONAS
						



SHORT + SWEET  
MALAYSIA 2017 IN  
PENANG: DANCE

NOV 1-4  
STAGE 2, PERFORMING  
ARTS CENTRE OF PENANG  
(PENANGPAC)

This is a fantastic platform to showcase both veteran and emerging talents. The networking opportunity it creates is invaluable for all the festival participants. Audience will get to see bite-sized sampling of what the local scene can offer in dance and theatre. It is a great time for producers to also scout for talents for other upcoming productions.

Tickets: RM45

27<sup>th</sup> BORNEO SAFARI  
INTERNATIONAL OFF-  
ROAD CHALLENGE

OCT 29-NOV 5  
SABAH TOURISM BOARD  
FRONTAGE

The much anticipated annual eight-day event is one of the ultimate gruelling yet exciting off-road challenges traversing the rugged terrain of Sabah. There are two main categories: Special Stages of competition and Expedition Experiences for tag-ons.

This adventure promoting 4X4 motorsports and the eco-tourism journey has been held annually since 1991, covering approximately 1,000km of extreme driving conditions through the most challenging terrains in Sabah. This competitive expedition is designed to unleash the spirit of adventure, teamwork and puts the true skill of four-wheel driving to test.

Tel: +6014 850 3456

MALAYSIA URBAN  
RETREAT FESTIVAL  
| MURFEST 2017

NOV 3-6  
LE MERIDIEN PUTRAJAYA &  
IOI RESORT CITY PUTRAJAYA

A unique homegrown now international Urban Retreat Festival. Inaugurated in 2014, MURFEST has grown to position Malaysia as a health & wellness tourism destination. With 6,000 to 8,000 participants over three days, MURFEST surely not to be missed. With 80 over workshops, 1 Asian Health & Wellness Awards event, an International Zumba Concert and many many activations focused on wellness, music and dance at an urban location, the Le Meridien Putrajaya and IOI Resort City. Explore and experience an urban retreat in Malaysia.

Tel: +603228 70079

SARAH KANE'S 4.48  
PSYCHOSIS

NOV 2-12  
INDICINE, THE KUALA LUMPUR  
PERFORMING ARTS CENTRE  
(KLPAC)

"How do I stop? How do I stop? How do I stop?"  
Delve into the trippy and electrifying subconscious of an individual dealing with clinical depression. Through a support system of friends, appointments with the psychiatrist and an endless flow of antidepressants, will she come out of her rut and find light once more?  
4.48 Psychosis scrutinises the intricate dynamics between a tormented individual and the societal pressure to be normal. The play debuted posthumously in London's Royal Court Theatre in 2000. 4.48 Psychosis is Sarah Kane's final piece of work. Featuring Phraveen Arikiah, Alex Chua, Claudia Low and Andrew Wood.  
Tickets: RM55



SWORDFISH +  
CONCUBINE

NOV 2-5  
PENTAS 1, THE KUALA  
LUMPUR PERFORMING ARTS  
CENTRE

Swordfish + Concubine by Kee Thuan Chye is an epic production based on the classic Sejarah Melayu (Malay Annals), but Kee turns its ancient story into a lavish and fun-filled piece of theatre about the present.

The story of ancient Singapura attacked by swordfish until it is saved by a boy, and of a young, smart and spirited concubine sentenced to death by impalement - this is made relevant to Malaysia today.

The play is packed with drama, humour, music, movement, silat and, as they used to say in the old Hollywood heydays, "a cast of thousands"!

Swordfish + Concubine is theatre that appeals to the senses, the mind and the heart. You have to see it to appreciate it.

Tickets: RM45 - RM95



HEROIC STRAUSS  
& BEETHOVEN

NOV 4-5  
DEWAN FILHARMONIK  
PETRONAS

Richard Strauss' youthful Serenade for Winds opens this concert conducted by veteran Austrian conductor Hans Graf. MPO principal horn Grzegorz Curyla performs Strauss' heroic Horn Concerto No. 2, a work from the composer's twilight years. Regarded as one of the greatest symphonies of all time, Beethoven's electrifying Eroica celebrates human revolutionary spirit and never fails to thrill concert audiences.

Tickets: RM60- RM150



01

04-05



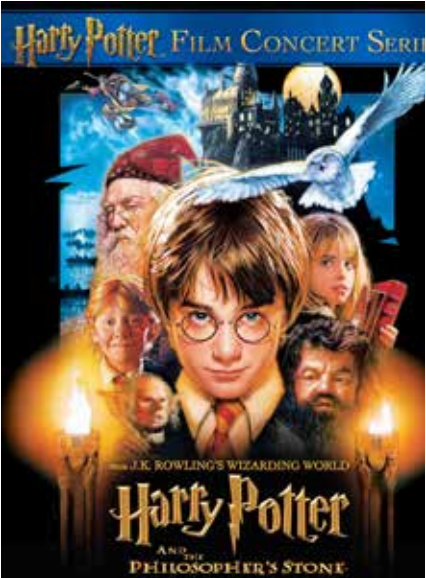
**HARRY POTTER AND THE PHILOSOPHER'S STONE™ IN CONCERT 2017**

NOV 4-5  
PLENARY HALL, KUALA LUMPUR CONVENTION CENTRE

For the first time in Malaysia, audiences will experience a symphony orchestra performing music to the entire film from one of the most beloved film franchises in history.

The concert will feature the live symphony orchestra performing, to picture, every note from Harry Potter and the Philosopher's Stone. Audiences will be able to relive the magic of the film in high-definition on a 40-foot screen while hearing the orchestra perform John Williams' unforgettable score.

Tickets: RM198 – RM488



**SHORT + SWEET MALAYSIA 2017 IN PENANG: THEATRE**

NOV 8-11  
STAGE 2, PERFORMING ARTS CENTRE OF PENANG (PENANGPAC)

This is a fantastic platform to showcase both veteran and emerging talents. The networking opportunity it creates is invaluable for all the festival participants. Audience will get to see bite-sized sampling of what the local scene can offer in dance and theatre. It is a great time for producers to also scout for talents for other upcoming productions.

Tickets: RM45

**SHORT + SWEET THEATRE MALAYSIA**

08-11

**IRONMAN MALAYSIA LANGKAWI 2017**

NOV 11  
CHENANG BEACH, LANGKAWI

The ocean swim starts from the picturesque white sandy beach of Pantai Kok with a two-loop triangle out and back course. A two-loop bike course heads out of Pantai Kok on to a clockwise loop from towards the rolling hills of Datai and the fringes of Kuah town. Athletes will return from the cycling into a unique indoor air conditioned transition at the Mahsuri International Exhibition Centre (next to the airport). The two-lap run course will be an amazing scenic run beside the Langkawi International Airport towards the finish line at the stunning Chenang beach.

Tel: 03-7491 0591



**CHIPMUNK PICNIC**

NOV 12  
DEWAN FILHARMONIK PETRONAS

Come meet Leopold the Leopard and his best friend, a talking tree, as they recount the magical and hilarious story of The Great Chipmunk Picnic. Set to the nature-inspired music of Beethoven's Pastoral Symphony, this incredibly silly adventure created by world-renowned puppeteer, Victor Yerrid, will keep the whole family giggling.

Tickets: RM50–RM130



**ED SHEERAN DIVIDE TOUR**

NOV 14  
NATIONAL STADIUM, BUKIT JALIL

Ed Sheeran will return to Kuala Lumpur ON his highly-anticipated tour of 2017. Sponsored by U Mobile, Cornetto and SP Setia and supported by Malaysia Major Events, the most awaited concert will take place at the Axiata Arena, Bukit Jalil on Nov 14 2017 (Axiata Arena was previously known as Putra Indoor Arena). Hitz FM and Era FM are the official radio partners.

Tickets: RM198–RM458



14

**KONSERT TANAH AIRKU**

NOV 17-18  
DEWAN FILHARMONIK PETRONAS

The MPYO meets the Orkestra Tradisional Malaysia in an East-meets-West programme, where a blend of Malaysian traditional instruments and their Western classical counterparts create two delightful genres. The concert begins with a modern and contemporary twist, before harkening back to the age-old classics of traditional Malaysian and folk music, joined by top local vocalists.

Tickets: RM60-RM100

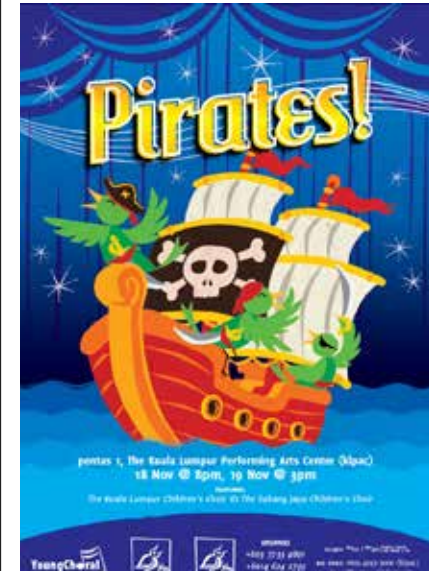




**PIRATES!**  
NOV 18-19  
PENTAS 1, THE KUALA  
LUMPUR PERFORMING ARTS  
CENTRE (KLPAK)

Two heart-warming stories about a band of fun-loving pirates and their colourful adventures on the high-seas! They entertain with their swashbuckling charm, wit, song-and-dance antics, while discovering and learning about important life's lessons such as friendship, team work, perseverance and dreaming big. A wonderful show for the whole family not to be missed!

Tickets: RM40–RM60



**VIPER CHALLENGE  
2017 SERIES**  
NOV 18  
SEPANG INTERNATIONAL  
CIRCUIT, SELANGOR

Known as Asia's Largest Obstacle Course Running event, Viper Challenge is a brainchild of Original Bootcamp Sdn Bhd, a progressive and dynamic company that is also known for its fitness programme. Started in 2013, Viper Challenge has now become immensely popular, with frequent sold-out events and currently has over 90,000 enthusiasts participating in its events locally and internationally. Viper Challenge events has multiple formats, catering to the masses as well as the elite few. From the more family oriented REVRUN to the mentally and physically demanding VIPER 2 FOUR, Viper Challenge is known to push the boundaries of not just physical events, but also the landscape of health and fitness in the region.

Tel: +6012 668 2267



**SINGAPORE  
SYMPHONY  
ORCHESTRA**  
NOV 19  
DEWAN FILHARMONIK  
PETRONAS

Malaysian composer Tengku Irfan's Meditation receives its national premiere performance by the Singapore Symphony Orchestra under its music director Ian Shui. The concert continues with dual choral delights by Brahms – his rarely performed Gesang der Parzen (Song of the Fates) and his much loved Schicksalsleid (Song of Destiny). Brahms' sunny and pastoral Second Symphony concludes a magnificent concert feast from the SSO.

Tickets: RM60–RM150



19

**VIR DAS- THE  
BOARDING DAS  
WORLD TOUR**  
NOV 23  
GALAXY HALL, HIGH  
CONVENTION CENTRE, KL

On the heels of sold-out performances across the world, accomplished Indian actor, stand-up comedian, musician and writer, Vir Das, will be coming to Kuala Lumpur as part of his global stand-up tour - Boarding Das World Tour.

Das' tour is in support of his upcoming one-hour comedy special titled "Abroad Understanding", that was released by Netflix April 25, 2017. Das has garnered attention across film, television and stand-up as the biggest English-speaking comedian in India and has proven himself to be one of the country's top entertainers. Fans will recognise Vir from his various films such as BadMaash Company, Delhi Belly and Revolver Rani.

Tickets: RM80 - RM250



24

**CONCERT OF  
COMMUNITY YOUTH  
ORCHESTRAS**  
NOV 24  
DEWAN FILHARMONIK  
PETRONAS

This programme celebrates the establishment of community youth orchestras in Malaysia. Following an annual competition, this concert showcases the winners from the Ministry of Education's Wind Orchestra Competition in a glittering concert at Dewan Filharmonik PETRONAS.

Tickets: RM60 – RM100



**REGAL ROYAL  
FIREWORKS**  
NOV 25-26  
DEWAN FILHARMONIK  
PETRONAS

Two seldom-played works by composers Brescinello (Sinfonia No. 5) and Rittler (Ciaccona à 7) preface Bach's regal Suite No. 4 with its high and festive trumpet parts. Teenage Mozart's sparkling Divertimento precedes Handel's perennial audience favourite, Music for the Royal Fireworks, written to celebrate the end of the war of the Austrian succession and the Aix-la-Chapelle treaty. Paul Dyer leads this elegant baroque concert.

Tickets: RM60-RM150





★★★★★  
NOVEMBER

MOVIES



**ONLY THE BRAVE**  
NOV 2

The drama is based on the elite crew of men who battle Yarnell Hill fire, a wildfire in Prescott, Arizona, ignited by lightning in June 2013. It has killed 19 City of Prescott firefighters, members of the Granite Mountain Hotshots.

Genre: Drama  
Cast: Ben Hardy, Jennifer Connelly, Taylor Kitsch, Miles Teller.

**JUSTICE LEAGUE PART 1**  
NOV 16

Several months after the events of "Batman V Superman", Bruce Wayne's faith in humanity is restored due to Superman's selfless act. So together with Diana Prince, he decides to assemble a team of superheroes who include The Flash, Cyborg and Aquaman, to battle against the catastrophic threat of Steppenwolf and his army of Parademons who are on the hunt for three Mother Boxes on Earth.

Genre: Action / Adventure / Superhero  
Cast: Ben Affleck, Henry Cavill, Gal Gadot, Amy Adams, Jason Momoa, Ezra Miller.



**DADDY'S HOME 2**  
NOV 30

In this follow-up to the 2015's "Daddy's Home", Brad Whitaker and Dusty Mayron return with new complications to add to their already complicated family situation. The two men will have to deal with their own pushy fathers during the holidays.

Genre: Comedy  
Cast: Will Ferrell, Mark Wahlberg, Mel Gibson, John Lithgow.



**BUSHWICK**  
NOV 2

Twenty-year-old Lucy's Brooklyn neighbourhood gets invaded by a Texan military force. Now, Lucy and a war veteran named Stupe have to rely on each other if they want to make it out alive.

Genre: Action / Adventure  
Cast: Dave Bautista, Brittany Snow, Angelic Zambrana.



**BRAD'S STATUS**  
NOV 9

While taking his son Troy on a college tour on the East Coast, an inner crisis is triggered in Brad. While he has a satisfying career and a comfortable life in Sacramento with his wife Melanie and their son, it is not what he had pictured for his future during his glorious college days. Throughout the tour, Brad can't help to compare his life with his four other college friends that he stumbles on a Hollywood bigshot, a hedge fund founder, a tech entrepreneur, and a bestselling author. As he imagines their glamorous lives, he ponders if this is all that he will ever amount to.

Genre: Comedy  
Cast: Ben Stiller, Michael Sheen, Jenna Fischer, Luke Wilson, Austin Abrams.

**COCO**  
NOV 23

A spirited 12-year-old boy named Miguel, who comes from a big family in rural Mexico, discovers a generations-old mystery on the eve of Dia de los Muertos, or the Day of the Dead. His discovery will forever change his life.

Genre: Animation  
Cast: Gael Garcia Bernal, Anthony Gonzalez, Benjamin Bratt, Renée Victor.



**A BAD MOM'S CHRISTMAS**  
NOV 30

Feeling under-appreciated and overburdened, three mothers, Amy, Kiki and Carla decide to fight against the challenges and expectations of a perfect Christmas. Not only would they have to rise to the occasion of the beloved holiday, they will also have to do it while entertaining their respective mothers, who have come over to visit the families.

Genre: Comedy  
Cast: Mila Kunis, Kristen Bell, Susan Sarandon, Kathryn Hahn, Christine Baranski, Peter Gallagher and Justin Hartley.

**MURDER ON THE ORIENT EXPRESS**  
NOV 30

A remake of the 1974 classic movie of the same name, based on a novel by Agatha Christie. It follows a Belgian detective, Hercule Poirot, who is investigating the murder of an American tycoon aboard the Orient Express train.

Genre: Drama / Mystery  
Cast: Kenneth Branagh, Tom Bateman, Lucy Boynton, Olivia Colman, Penelope Cruz, Willem Dafoe, Judi Dench, Johnny Depp.



**PADDINGTON 2**  
NOV 30

Paddington, having settled happily in Windsor Gardens with the Brown family, has become a popular member of the local community, spreading joy and marmalade wherever he goes. One day, he spots the perfect present for his Aunt Lucy's 100th birthday, a unique pop-up book in Mr Gruber's antique shop. Paddington picks up a series of odd jobs to save money and buy the book. When the book is suddenly stolen, it is up to Paddington and the Browns to capture the thief.

Genre: Animation / Comedy / Family  
Cast: Ben Wishaw, Hugh Grant, Brendan Gleeson, Sally Hawkins, Julie Walters and Madeleine Harris.





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# DIANA CHAN

## Superwoman in the Kitchen

BY HIRANMAYI AVULI MOHANAN

*We were at the edge of our couches, biting our nails in anticipation while feeding off the tension that reverberated off our TV screens. Neck-to-neck with fellow contestant, Ben Ungerman, Diana Chan made Malaysians all over so proud when she finally took home the highly coveted title, Masterchef Australia 2017. KL Lifestyle magazine sat down with this skilled beauty during her trip to Malaysia to enquire about the competition and her plans for the future.*







#### TELL US ABOUT YOUR BACKGROUND.

I was born in Sitiawan, Perak but grew up in Johor Bahru. At 17, I moved to KL and did my A levels at Sunway University. At 19, I moved to Melbourne, Australia and did my Bachelor of Commerce in Accounting and Finance. As soon as I graduated, I was offered a job and got my permanent residency. I have lived in Melbourne since 2006.

#### HOW DID YOU DEVELOP THE PASSION FOR COOKING? DID YOUR PARENTS PLAY A PART IN IT?

I have always loved good food. Growing up in a family where my parents are excellent cooks and always taught me about the provenance of food, I automatically had a passion for cooking but it was only when I moved to Melbourne at 19 where I had to fend for myself that I decided to cook every day. Eating out as a uni student was just way too expensive and I was so impressed with the fresh produce found in Australia. I loved going to the markets every weekend and experimenting on different ingredients available every season.

#### WHAT URGED YOU TO COMPETE IN MASTERCHEF AUSTRALIA?

I was always interested in Masterchef and always wondered about joining but as I had watched it from the 1st season to the 8th, the competition just got tougher and tougher each year. It was my boyfriend, Tim, and my friends who pushed me to join and I thought to myself, "Why not". The timing was perfect and I was in the best position in my life to pursue my passion.

#### HOW DID IT FEEL WINNING MASTERCHEF AUSTRALIA? WALK US THROUGH YOUR THOUGHTS AND EMOTIONS.

I felt like a million dollars. The feeling is unexplainable. I was, shocked yet happy and couldn't believe I actually did it. Never in a million years did I think I would have held the trophy and I was so proud of my achievement. I was overwhelmed with so much love and support and it was definitely the proudest moment in my life.

#### WHAT HAVE YOU TAKEN AWAY FROM THE MASTERCHEF AUSTRALIA?

I've taken away many lessons from being in the Masterchef competition but the main thing would be that I learnt to not be afraid of failing as when I lost that fear, I performed at my absolute best. I'd give anything a go now and Masterchef has definitely helped me work better under pressure. It has opened up a world of opportunities for me and I am ever so grateful.

#### WHAT WAS YOUR BIGGEST NIGHTMARE DURING THE COMPETITION?

My biggest nightmare was that people perceived me as someone I wasn't. I was conscious of making sure that my cooking reflected my personality. I wanted to show the world my style of cooking that was reflective of my childhood and my future. I was also afraid that I would make mistakes that would get me eliminated from the competition. I was afraid of failing and the closer I got to the end, the more competitive I became.

#### TALK US THROUGH YOUR PROCESS OF CREATING A LIP-SMACKING DISH?

To create a truly lip-smacking dish, I start by thinking what I would like to eat on that day. Next, I think about the ingredients available and if they aren't available, I would find alternatives. Now I take the memory and the cravings and merge them together to create something delicious and familiar, yet new and exciting.

#### NAME US YOUR FAVOURITE MALAYSIAN DISH AND WHY?

This is not fair! There are too many to name but if my life depended on it, it would be Asam Pedas. The balance of sweetness, sourness and saltiness from the gravy with the perfectly cooked fish and ladies fingers served with a bowl of steaming rice make this dish the best thing I've ever eaten. I also have a personal connection to it as my mom used to make this for me all the time when I lived at home.



**DO YOU HAVE A STYLE OF COOKING? IF SO, WHAT IS IT?**

My style of cooking is always using fresh, locally sourced produce with a fusion twist. I want to create no-fuss cooking but make it delicious and achievable for home cooks. When I think of food, I think of sharing it with my loved ones and I hope that translates to the food that I create.

**WHAT IS YOUR COMFORT FOOD? DO YOU OFTEN MAKE IT AT HOME?**

My comfort food is Hainanese chicken rice. It's just sooooo good!!! I make this when I have the time on weekends. Another one would be spaghetti bolognese. I always have a tupperware of it in the freezer for the nights when I am too lazy to cook or work late. It really hits the spot!

**AMONG ALL THE TALENTED CHEFS OUT THERE, WHO DO YOU LOOK UP TO THE MOST AND WHY?**

My favourite would be Yotam Ottolenghi. I love his approach to produce and care for ingredients. He takes a humble potato and transforms it into something so delicious. I love that he doesn't spend an extortionate amount of money on ingredients and how he focuses on a lot of vegetarian cooking. It's simple and delicious.

**IN HINDSIGHT, WOULD YOU DO IT ALL AGAIN?**

Definitely!! I miss the adrenaline rush. Masterchef Australia was super fun and it was an opportunity of a lifetime.

**WHAT DOES THE FUTURE LOOK LIKE FOR DIANA CHAN?**

I have a lot of things in the pipeline but I am working towards my own fresh, casual restaurant. Before I settle into a business, I would like to host a food and travel show around Malaysia, to showcase the food and culture my beautiful home country has to offer. I am also working on a cookbook.

**WHAT IS YOUR ADVICE TO ASPIRING CHEFS OUT THERE?**

To keep learning and keep evolving. Food is like anything else, it evolves over the years. It's interesting and you should be open to changes. Never be afraid to give anything a go and you'll be surprised at how much you might actually like it.





# NATURAL WONDERS OF THE WORLD YOU PROBABLY NEVER KNEW EXISTED

BY HIRANMAYII AVULI MOHANAN

Mother nature never ceases to amaze. Following are eight natural wonders of the world you probably have never heard of. Be prepared for your mind to be boggled. Enjoy!

## CRYSTAL CAVE, ICELAND

This crystal cave in Iceland appears like a dream world only depicted in storybooks. This fortress of solitude is Europe's largest glacier. Just imagine, standing inside an ancient glacier and everywhere you look there are different shades of beautiful blue colours and natural creations. This stunning phenomenon is a must-see for anyone visiting Iceland during winter time.

## SALAR DE UYUNI, BOLIVIA

Salar de Uyuni is the world's largest salt flat, and is also one of Bolivia's most visited sites. Photographers flock here like birds to capture the mirror-like milieu.

## GLOW WORM CAVE, NEW ZEALAND

A type of insect, known as glow worms that are bioluminescent which in laymen's term, glow in the dark. These insects are common in Australia and New Zealand. There are a number of caves in these countries that are noted for their presence. It looks like a star-studded cave.

## GREAT BLUE HOLE, BELIZE

The Great Blue Hole of Belize is basically a giant sinkhole, and according to scientist Glynn Collinson, it is the deepest, blue hole imaginable. It had been forged out of solid rock as caverns, hundreds of thousands of years ago during the last Ice Age. For eons, water filtered through the rock and into these great stone cathedrals, creating multicoloured stalactites and stalagmites.

## TIANZI MOUNTAINS, CHINA

Theses transcendent and magnificent mountains look like something out of the movie, 'Avatar'. These towers in the Hunan Province of China are formed of quartzite sandstone pillars that are so high, it looks like they're touching the sky.

## CAÑO CRISTALES, COLOMBIA

Cano Cristales is known as one of the most colourful rivers in the world. The coloured waters are caused by small plants called *Macarenia Clavigera* in the river that are of the colour. It occurs for a brief period of time every year.

## DUSTY ROSE LAKE, CANADA

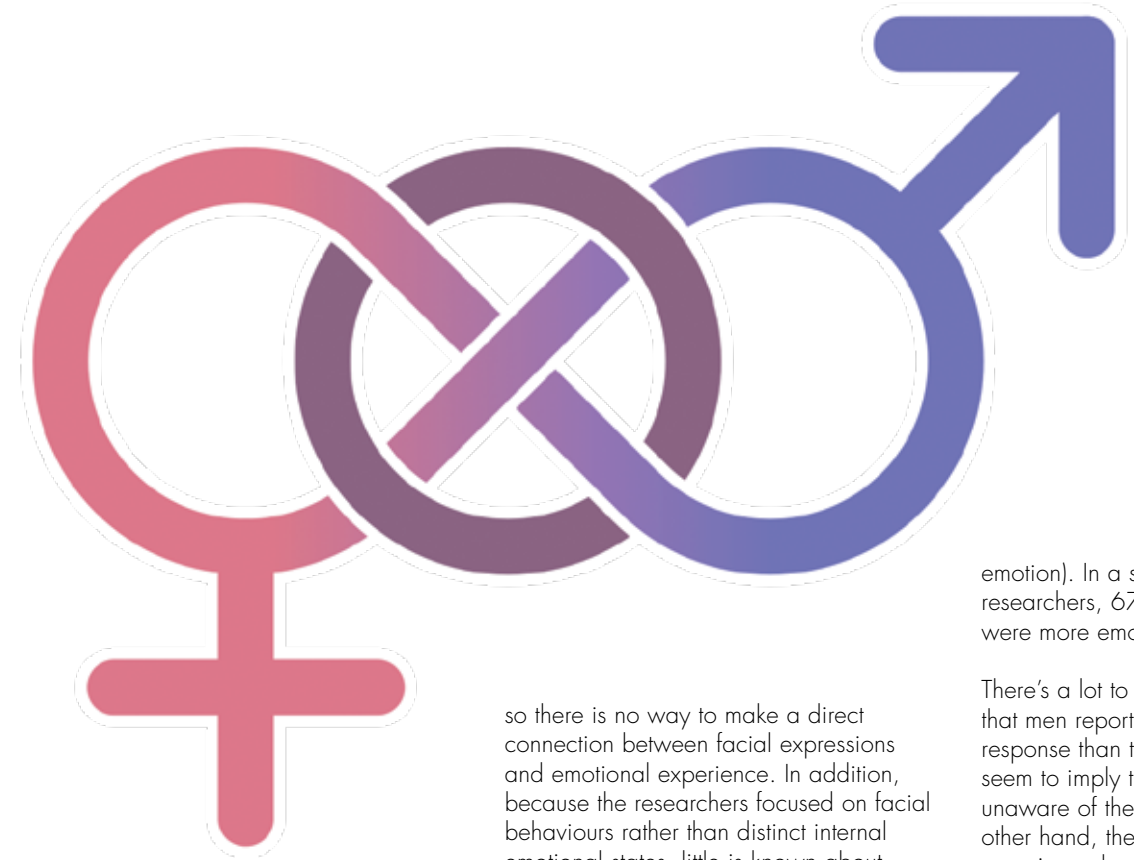
Seeing pictures of the Dusty Rose Lake reminds us of a large pool of strawberry milkshake. The lake is formed by glacial melt waters which contain particulates (tiny fragments of minerals) which give the pink colour although, as the waters flow into the hollow, they actually have a lavender hue.



# STREOTYPE : MEN ARE LESS EMOTIONALLY EXPRESSIVE THAN WOMEN

## IS IT A FACT?

BY JACQUELINE BENITA PAUL



Often times, movies and television shows feature stoic men that are epitomised as a symbol of masculinity, and equally strong but very expressive women who wear their hearts on their sleeves. But is this simply a gender stereotype, or are men generally less emotionally expressive than women?

Recent studies show that women do smile more than men, and there is evidence that women exaggerate facial expressions for positive emotion. However, the researchers also consider that emotions can be negative as well as positive, and within each valence there is a range of distinct emotional states, including fear, disgust, anger, joy, satisfaction and gratitude.

Despite these advantages, there are still more questions to be answered. Are women and men relatively more expressive for happiness and anger, respectively, because they experience these emotions more intensely? Unfortunately, the participants did not report their internal emotional reactions to the ads, and

so there is no way to make a direct connection between facial expressions and emotional experience. In addition, because the researchers focused on facial behaviours rather than distinct internal emotional states, little is known about sex differences in reactions to specific states like disgust, hope, or gratitude. As scientists further pursue these questions, we can be fairly confident in one thing: Despite Hollywood portrayals, women are not universally expressive and men are not consistently stoic. Instead, the intensity of the reaction is likely to depend not only on the sex of the individual but also on the specific emotional state.

However another study carried out by neurologists at Mindlab, revealed that men are actually more sensitive than women when it comes to all sorts of emotional stimuli – they are just better at keeping it under wraps.

The study consisted of two groups of volunteers — half men, half women — had their physiology measured with skin conductance electrodes while being shown videos with varying emotional content. The men exhibited stronger emotional reactions than women to all categories of video, and responded twice as strongly to content described as “heart-warming” than did their female counterparts. At the same time, the men in this study reported feeling less emotion than they actually did (to the extent that electrodes could quantify

emotion). In a separate survey by the same researchers, 67 percent of men said they were more emotional than they appeared.

There’s a lot to unravel here. The fact that men reported a weaker emotional response than they actually had would seem to imply that men are, in some way, unaware of their own emotions. On the other hand, the majority of men said they experienced more emotion than they let on in public, which suggests at least some degree of awareness about their own emotional states. Perhaps the larger lesson here is that one of the biggest gender norms out there is wrong, and that when confronted with the expectation to appear emotionless, men react in unpredictable and at times, contradictory ways.

Neuropsychologist Dr David Lewis, the director of Mindlab and a former lecturer at the University of Sussex, said: “Gender stereotypes about men being stoic and women being emotional are reinforced by our day to day consumption of media and our social interactions.”

While such studies suggest that men feel emotion just as much as women, sometimes more strongly, but are less willing to express these emotions openly due to expectations put on them by society. Although, as time passes we can see with our own eyes that the gender roles are beginning to dissolve. Men are becoming more accepting of the emotions they are experiencing, as well as more open about them, while women are becoming more independent, more sexually open and more emotionally reserved.



# TU SERIES YOU SHOULD RUSH HOME TO

There is something gratifying about kicking back on the couch after a productive day at work and catching up on some good TV series. Following are our top eight picks of our favourite TV shows to date.

BY HIRANMAYII AWLI MOHANAN



### 1. THE GOOD DOCTOR

This new show revolves around Freddie Highmore who plays Shaun Murphy, a young surgeon with autism and savant syndrome. He relocates from a quiet country life to join a prestigious hospital's surgical unit where he faces trials and tribulations due to his illness. Alone in the world and unable to personally connect with those around him, Shaun uses his extraordinary medical gifts to save lives and challenge the scepticism of his colleagues.

### 2. GREY'S ANATOMY SEASON 14

The new season of Grey's Anatomy evokes the same warm feeling it did back in Season One and we are loving it. Meredith and the team are focused on helping Owen's sister after her shocking return, and Amelia faces a conflict over a patient. Meanwhile, Bailey is forced to give Grey Sloan a facelift after the fire, and the doctors are introduced to a few new faces that spice things up around the hospital.



### 3. HOW TO GET AWAY WITH MURDER SEASON 4

This infamous TV series returns for its fourth instalment while still keeping us on the edge of our couches. Annalise and the Keating 4 are still dealing with the aftermath of Wes' (Alfred Enoch) death. While Annalise tries to take care of her mother's mental health and at the same time reorganise her personal and professional life, her associates move on after being left out of the law firm. In the meantime, Connor accepts Oliver's proposal, Laurel expects Wes' baby, Michaela and Asher team up for internships, and Bonnie (Liza Weil) seeks her professional future.



### 4. MACGYVER SEASON 2

If you are an action junkie, you would love this series. Young war hero Angus "Mac" MacGyver has an extraordinary knack for unconventional problem-solving and an extensive bank of scientific knowledge that he believes can best be put to use saving lives, both of which come in handy when he creates a clandestine organisation within the United States government to tackle high-risk missions around the world. Working under the sponsorship of the Department of External Affairs, MacGyver quietly prevents disasters with the help of former CIA agent Jack Dalton.

### 5. GHOSTED

For anyone who ever wanted The X-Files to be funnier, there's this new comedy that celebrates the supernatural with a twist on the buddy-cop trope. Craig Robinson plays extremely overqualified mall security guard who gets partnered with Adam Scott's true believer when the two are recruited to investigate paranormal activity in Los Angeles. Sadly, neither wear trench coats.



### 6. THIS IS US SEASON 2

Everyone has a family. And every family has a story. "This Is Us" chronicles the Pearson family across the decades: from Jack (Milo Ventimiglia) and Rebecca (Mandy Moore) as young parents in the 1980's to their 37-year-old kids Kevin (Justin Hartley), Kate (Chrissy Metz) and Randall (Sterling K. Brown) searching for love and fulfilment in the present day. This grounded, life-affirming dramedy reveals how the tiniest events in our lives impact who we become, and how the connections we share with each other can transcend time, distance and even death. From the writer and directors of "Crazy, Stupid, Love" comes a smart, modern show that will welcome you into a family you feel you've known for years.



### 7. THE BRAVE

Get a glimpse of the routine and adventure of the military world through The Brave. This fresh, heart-pounding journey into the complex world of America's elite undercover military heroes follows Captain Adam Dalton and his heroic Special Ops squad of highly-trained undercover specialists as they carry out each mission on the ground. All members of this elite squad, both in D.C. and across the world, have one thing in common, their resilience and commitment to freedom is unmatched by any other. Often facing insurmountable challenges, the team works tirelessly to get the job done and to prevail in even the most complex situations.

### 8. STAR TREK: DISCOVERY

Prepare your captain's logs. The first Star Trek series in over a decade is actually a prequel to the original series from the 1960's and focuses on Sonequa Martin-Green's Michael Burnham, a human raised as a vulcan and who is the ship's first officer. Other cast members include Rainn Wilson as the conniving Harry Mudd and Jason Isaacs as ship captain Gabriel Lorca. Also noteworthy: Wilson Cruz and Anthony Rapp play medical officer Hugh Culber and science officer Paul Stamets and the franchise's first gay couple.





**STORE HOUR:**

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

**MONDAY (DAY OFF)**

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





The Doyen of Indian Classical Dance

# Datuk Ramli Ibrahim

BY HIRANMAYI AVLI MOHANAN

Ramli Ibrahim.

This name is synonymous with his precocious talent for dance. He engrosses his audience with the swift and rhythmic movements of his toned physique and he sets stages ablaze with sheer dynamism and intensity. He is a storyteller, a visionary choreographer and an awe-striking dancer.

## How did you stumble into this art form?

I didn't stumble. The dance found me. I did a research on shamanism, on traditional psychotherapy that is done in Kelantan and ascertained that we are made up of 'angin', an inner wind or temperament within us and we need to fulfil this temperament. One of my major temperaments is dance. Even as a child, I was artistically inclined.

## You studied ballet, modern and classical form of dance. What made you pursue Indian classical dance and what was the transition like?

I studied ballet and modern dance simultaneously. These dances share a similar characteristic and it is of body conditioning. I think an efficient technique to prepare the body is practising the Surya Namaskar from Yoga or plie and tendu from ballet. The techniques are neutral. It was during the 1970's when an interest developed in Indonesia and India. It felt like kindred spirit. I found that connection within my DNA. Although I was trained in classical ballet, I also practised modern dance because there are linked. It is not uncommon that in ballet companies, they not only have neoclassical works, but contemporary works too.

## How do you come up with choreography for a performance? What is the process like?

I think for dance or an artwork, you are judged on your last work. Each work has got its own creative path. It is a great creative challenge for an artiste to create a masterpiece. For a choreographer like me, I transfer that creativity into a dancer who is interpretive. I am the creator.

## Tell us about the inspiration behind establishing the Sutra Dance Theatre.

I needed an umbrella. This was my father's residence and I wanted more people to enjoy it. Thus, we have an open-door policy to Malaysians. The dance practised here is not restricted to Indian dance. We do a lot of contemporary work as well. The inspiration behind this establishment is that we needed a centre to consolidate the legacy and everything we have done over the years while still having a platform.

## What is Odissi and how is it different from other dance forms?

There are eight Indian classical dances. I specialise in the Southern form (Bharatanatyam) and the Eastern form (Odissi). Around the 10th century, vernacular differences developed and with that came differences in speech, dialect and dance. Natya Shastra is a definitive book on Indian dramaturgy. In traditional form, there is no demarcation between dance, drama and music. They all come together as one. The book which was written between 2 to 5 AD comprised 40 chapters that depict how to construct a stage, the movements of the eyes, eyebrow, facial expressions and also highlights a philosophy that says there is no axiom in the universe that can't be expressed through dance. It also explains the Rasa theory (the relationship between the performer and the audience). The objective of the dancer is to allow the audience to experience the 'Rasa' (sentiment) or feel. Odissi differs from Bharatanatyam in terms of music, costume and language. Bharatanatyam is very sharp

while Odissi is very flowy. Odissi has a lyrical, sensuous and Dionysian quality of the ribcage and as I have mentioned, Bharatanatyam is sharp.

## I understand that you underwent Odissi training in India. How rigorous was the training?

I think what is important is that the best dancers come from Guru-Shishya Parampara (denotes a succession of teachers and disciples). This concept is when you have a one-to-one relationship with your teacher, not through Skype or through modern technology. That's why it's difficult to produce the Yamini Krishnamurthy of today because back then, the dancers were imbued organically from their guru. Likewise, my students have a strong link with me. They come here (Sutra Dance Theatre), they stay here and I whack them occasionally (chuckles) but that is part of the bond.

## Tell us about your experience studying under a master in India.

I had both Bharatanatyam and Odissi gurus because I studied both dance forms. My Bharatanatyam guru is extremely Apollonian. I was an exemplary student, so they hardly scolded me. I was one of those people that seemed to be doing the right thing. Due to my limited time with them, I felt that the knowledge imparted was not sufficient. The gurus back then were stingy with knowledge. Times have changed because with my students, I give them more than they need but they can't take it. I consider myself a new generation of guru who's continuously mentoring and bridging the gap between the old guru and the young guru.

## Have you or your dancers experienced the moment when the dancer becomes the dance?

We are always looking for this experience. It's very elusive. That glimpse of beauty or resonance that you are one is very brisk. Once you experience it, you want to repeat it, and you are changed forever. These moments are subjective. The dancer becomes a gateway where the dancer forgets the mundanity of life and transported into a higher experience (catharsis or Moksha), as explained by the Natya Shastra.

## What do you do to wind down?

My cats welcome me at home. I read voraciously, evident by my bed surrounded by books. I read while caressing my cats. I find that very therapeutic for me. They wind me down. I think the need to feel you are cared for aids in the process of winding down.

## At this stage in life, having seen the highest highs, what are your plans for the future?

For a short term, I really need to take a break. My body is due for a sabbatical.

## You have travelled all over the world. Would you say that Malaysian food is the best?

One of the things that I love about Malaysia is its food. Everybody is somehow open about trying out new dishes. For me, it depends on who cooks my meal. When I'm in Bali, I love eating the food that the locals eat and when I am in Portugal, I visit the cafes that locals flock to. That being said, Malaysia is indeed a haven for a variety of food.





Classic Salmon Don

# KURIN

FUELING YOUR BODY WITH  
EVERYTHING HEALTHY

BY HIRANMAYII AWLI MOHANAN



Benjamin Franklin once said, “One should eat to live, not live to eat”. However, staying in the food haven that is Malaysia, this maxim is deemed almost impossible to live by. Thankfully, there have been eateries sprouting as of late that concur with the quote above and consider healthy eating essential.

One of these healthy eateries that stands out to us goes by the name of Kurin. Defined as clean eating, this establishment certainly keeps to its namesake by offering a menu of delicious and nutritious poke bowls, salads, soba noodles, sushi donuts, sandwiches and pokeritto. Targeting the on-the-go metropolitan, Kurin has widened the accessibility for them to keep up with a fast-paced work life and who wishes to maintain a healthier lifestyle.

Patrons can expect high-quality ingredients, speedy service and healthy eats from as low as RM6. We bet that caught your attention. This establishment is the brainchild of enthusiasts, who share similar goals in living a well-balanced lifestyle. Kurin’s first outlet at bustling Nu Sentral features a cheerful and minimalistic design with splashes of yellow that reflect the brand’s honesty, enthusiasm and positive nature. Staying true to the brand promise of transparency, the interior design also features a transparent counter where customers can witness their food being prepared from base to topping. Furthermore, in line with Kurin’s practice of strict standards and quality control for its food and services, any unsold food for the day will be contributed to charity rather than keeping it to sell the next day.

Kurin’s star dish and our favourite, the unique Pokeritto, a hybrid of a poke and burrito. You can expect to be wide-eyed with the array of fillings offered- tuna, salmon, chicken or torched tofu, paired with Japanese short grain or brown rice. If you are on a diet, fear not, Kurin’s got your back. They have a carbless option such as lettuce and cabbage as the base. The Pokeritto basically offers all the nutritional benefits of a poke bowl with a handier option, ideal for on-the-go individuals.



Spicy Salmon Pokeritto

Dig into this dish guilt-free as each serving is packed with essential fatty acids, lean protein, minerals, vitamins, fibre and omega-3.

Every other day, the team will personally visit the Selayang wholesale market as early as 1am to handpick the freshest vegetables selections from local farmers.

We find it noteworthy that in accordance with Kurin’s commitment to using only the freshest ingredients, you can expect frequent changes on the protein and vegetable selections. This way, patrons are kept on their toes. There’s also a variety of homemade sauces to vamp up your pokerrito, such as Wasabi Mayo (creamy Japanese sauce), Spicy Mayo (creamy sriracha), Ponzu Fresh (citrus-infused soy), Teriyaki (with no mirin), and Classic (shoyu-sesame oil). Here’s a tip, ask the friendly staff for their suggestions on the sauces that complement your choice of meat, you won’t be sorry. For that extra crunch, patrons may add crispy garlic, crispy lotus or almonds to their order. For those who feel creative, you can build your own poke bowls and salads the way your hearts desire. Aware with the fact that raw protein may not sit well with some people, Kurin provides an option to have your meat torched to enjoy an alternate decadent flavour.

For a limited time, customers can enjoy 20% discount on all pre-packed food when they purchase a pokebowl, pokeritto or salad at Kurin Nu Sentral. Customers can also enjoy an extra scoop of protein for free when they go large for the pokebowl, pokeritto or salad from 7pm to 10pm daily.



Customise your pokeritto

Ponzu Tuna Don



Lot 5-10, Nu Sentral Mall  
201, Jalan Tun Sambanthan, 50470 Kuala Lumpur



kurin.my



kurin.com.my



Chicken Avocado Sandwich





Porkymon



Baconara



Pad Ka Prow

# Lat Tali Lat

brings back a taste of yore

Non-Halal

BY JACQUELINE BENITA PAUL

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47400 Petaling Jaya  
Tel: +03-7733 7373

There is nothing like enjoying a home-cooked meal. As I entered Lat Tali Lat, I couldn't help but felt like I was a child again entering my neighbour's house after school. While my neighbour's house interior was not as colourful as Lat Tali Lat's, the figurines and card games on the counter certainly invoked the memory. I recall looking forward to go over to my neighbour's house after school to enjoy a warm and wholesome home-cooked meal before I had to go for my tuition classes. As it turned out, that was the intention of the founders Li May and Joanne, to bring back a taste of yore from ambience to food.



Papa Yong's Bolognese

While Joanne mans the counter and the café itself, the kitchen is Li May's realm. The two decided to start Lat Tali Lat after enduring years of working in the advertising industry. At some point, when the two resigned, they decided to combine their passions to create Lat Tali Lat. The food served is a porky Thai fusion menu inspired from Li May's heritage. Everything on the menu is made from scratch and with love which is quite a rarity these days with the blooming café market of microwaved food. Joanne explained that because of their youth, first-time customers usually assumed that the food was prepared elsewhere and simply heated up in the café which was far from the truth. Staying true to their personal belief that they want to nourish their customers with wholesome and fresh home-cooked meals, they have always hunted down fresh ingredients and strategised operation plans. This is part of their efforts to ensure quality food and services as the gratification they get from doing so is the highlight of doing what they do.

I felt another strike of nostalgia when I was presented with the ice gem biscuits that is offered as a complimentary dish for all their patrons. I felt like I had transformed into my eight-year-old self with much anticipation to try the dishes offered. First up, was the pork skewers. The sweet and savoury smell teased my senses, inviting me to take the first bite. It was truly as delicious as the smell would suggest. Next, was the ever popular Papa Yong's Bolognese. This is a dish truly made out of love as it took Li May two years to perfect the recipe that was an attempt to replicate the spaghetti her father favoured in Switzerland in 1975. The beef broth had a lovely density of flavour that made this a memorable and comforting dish.

The weekend special, Porkysicle, offers more than just a whimsical name. Usually, when one consumes pork chop especially us Malaysians, we tend to love drowning the meat with gravy or sauces. However, curiously this pan-seared pork chop does not come with any of that (though available upon request) as the marination of the pork

provides the perfect seasoning that keeps the meat tender and succulent to enjoy. Should you still have room, I would recommend ordering the Buttermilk Chicken Mantao's. The founders shared with me their dining experience with their families when enjoying the mantao's with chilli crab but ended up eating more mantao's than the dish itself. Since it does take time and effort to peel the crab for the meat, they decided to use chicken instead to make consuming the mantao's with the meat easier. All in all, I would say that Lat Tali Lat has accomplished its goal in being a neighbourhood café. It is most certainly a place I'd frequent for my comfort food.



Porkysicle





# Define Food

Pork-free

## An Oasis of Flavours

BY HIRANMAYI AWLI MOHANAN

Epicurean Burger



Duck Confit Aglio-Olio & Carbonara 2.0



Pan-Roasted Scallops



Pisang Goreng 2.0

**S**towed amid Mid Valley and The Gardens is a year-old contemporary restaurant that tenders its interpretation of what food should taste like and comfort food made right, thus the name, Define Food. This restaurant is the creation of two friends with passion for food. Malcom Goh, a celebrity chef collaborated with foodie friend Ryan and voila, a new spot for you fellow foodies to appraise.  
*P/S: You know that your palates are in for a treat if you have a celebrity chef manning the kitchen.*

You may wonder how does Define Food differs from the restaurants ever blossoming in the Klang Valley. Well, the answer is passion. The passion for sublime food and rendering top-notch service has led to every condiment being concocted from scratch, from the ketchup sauce to the ice cream used for their desserts. Trust us when we say the fruition of homemade makes a substantial difference, primarily in taste. Realising that patrons' taste buds are ever evolving, Malcom and Ryan decided to reconstruct the menu just to keep customers on their toes. The new menu is set to take you on an exuberant culinary journey.

Ryan, a globetrotter and a foodie brought back his culinary experiences in countries he has visited, which in turn, inspired

Malcolm and Define Food's menu. What we have come to appreciate about this establishment is that it caters to hearty eaters (like us) by serving generous, value-for-money portions of food. We were fortunate to partake in a tasting session of their new menu and boy, we were comatose after.

**SMASHED AVOCADO ON TOAST SERIES**  
The Smashed Avocado on Toast Series, a staple brunch fare comprises four absolutely mouth-watering sumptuous options. Patrons can opt for a simple In-house Smoked Feta Cheese with Salted Onion and Cherry Tomato or if you want to mix it up, choose the Sunnyside Up Egg, Toasted Sunflower Seeds and Cherry Tomato. Our favourite out of the four toast series is the In-house Cured Salmon Gravlax with Capers, Rocket, Cherry Tomato. Finally, duck lovers will be thrilled about the Seared Smoked Duck topped with dry cranberries and cherry tomato.

**EPICUREAN BURGER**  
A person with epicurean tastes will fall in love with this dish for obvious reasons. The glorious Epicurean Burger was so decadent and mammoth-sized that we had to take it away to indulge later on. Pamper yourself with a burger that consists of 100% Wagyu patty seared and dipped in brown sauce, sandwiched in between caramelised onions and

sautéed mushrooms. It that didn't sound opulent enough, a patty of seared foie gras intercedes the burger.

**PAN-ROASTED SCALLOPS**  
Duck takes the limelight yet again for this dish. The pan-roasted scallops sit on a bed of truffled potato cauliflower puree, accompanied by seared, shaved smoked duck and marinated, juicy cherry tomatoes. Finally, garlic confit garnishes the dish. It was a lip-smacking and couldn't-get-enough affair.

**DUCK CONFIT AGLIO OLIO & CARBONARA 2.0**  
If it were possible to eat two dishes for the rest our lives, these would be it. We were torn between the zesty yet savoury flavours of the Duck Confit Aglio and the creaminess of the Carbonara 2.0 that we had to tie them together. We suggest ordering both dishes and share them out. This way, you get the best of both worlds.

**PISANG GORENG 2.0**  
This dessert in our opinion is a stroke of genius. Who would have thought that our favourite tea-time snack, the pisang goreng makes for a great dessert, especially when paired with Define Food's homemade Ferrero Rocher ice cream that's enveloped by a chocolate dome and topped off with salted caramel. Need us say more?

The Boulevard, 59, Lingkar Syed Putra, Mid Valley City, 59200 Kuala Lumpur  
Tel: +60 3-2201 1316



# Cocott'

## A Pot-full of goodness!

BY JACQUELINE BENITA PAUL

**C**ocott' pronounced as kô'kôt describes a cast-iron pot in which food can be both cooked and served. It is widely used in France and associated with hearty food as it is particularly well suited for long, slow cooking like roasts, stews and casseroles, linking it to traditional dishes such as beef bourguignon, pot-au-feu and roast chicken. French cuisine has a reputation to be of fine-dining style, stiff, expensive and in tiny portions but you can expect a completely opposite experience here. This is a place of warm and hearty meals that are meant to be shared.

As the restaurant name implies, patrons can enjoy food that is cooked and served in cocottes and get the classic French dining feel. By doing so, Cocott' has created an ambience ideal for communal dining and provides a convivial way to enjoy French cuisine that has been lifted from all the rules and fuss associated with it.

Plus, you know you are in good hands when you know the founder and executive chef, Geoffroi Herin of Cocott' has worked in Annecy-le-Vieux's, a two-Michelin-starred restaurant in France!

After hearing about Cocott', we decided to join in on their exclusive preview of 12 Wines over a seven-course French dinner in collaboration with Fermented Grape Juice (FGJ). Below are some of the menu highlights from the event:



Cocott' Top Picks

### Flamed Torch Cured Mackerel:

A surprisingly refreshing and well-balanced dish with different flavours, savoury, sweet, smoky. It was perfectly paired with the Palazzo del Mare Cataratto, a wine from Sicily that complimented the freshness of the mackerel with the notes of citrus and apricot.

### Potato & Cheese Mousse:

This is a modern version of the traditional dish Aligot, using the syphon to give a airy textured as opposed to a traditionally heavy dish. It was an unforgettable experience from tasting the first mouthful of the delicate yet savoury mousse, I couldn't get enough.

### Beef Bourguignon:

A staple in French cuisine, a beautiful beef stew cooked overnight in red wine to ensure tenderness of the meat. This is the dish to order when you are visiting Cocott' for the first time or perhaps everytime once you've had it. Best enjoyed with Carito Oscuro with a firm structure that best brings out the tenderness of the beef bourguignon.

### Pan-Seared Foie Gras:

Beautifully seared and marinated, served with salad and exotic fruits (pomegranate and mango) with a caramelised apple giving the perfect balance of acidity and sweetness.

### Stewed Lamb Estouffade

Comforting in each bite, this dish features the perfect balance of acidity, saltiness sweet and creamy flavours to compliment the richness of the lamb. Ravish your palate with the energetic and delicious The Opportunist Shiraz, Langhorne Creek 2016.

### Mango Tatin

A dessert you should not miss! The roasted mango paired well with the shortbread crumble which gave the texture more density and complexity.

Cocott' is the place to be to enjoy simple, yet hearty French cuisine with a stylish ambience that aims to bring people closer together.

Jalan Wan Kadir 3, Taman Tun Dr Ismail,  
60000 Kuala Lumpur  
Tel: +60 3-2712 4481



# Your Body is a Temple

## Best Vegetarian Spots in Klang Valley

BY HIRANMAYI AWLI MOHANAN



### Raisin’ The Roof

Why do we love Raisin’ the Roof? Well, it is the simple notion that vegetarian healthy food can be fun, flavourful and fitting to modern lifestyles. You can have great tasting feasts without compromising on good taste and premium quality. They offer a myriad of lip-smacking dishes that are nutrient-rich and high in disease-fighting antioxidants to provide premium quality fuel for your body. Their menu features an array of desserts, sandwiches, toasts, wraps, salads, freshly pressed juices, smoothies, teas & coffees – many of which are raw, vegan, gluten-free, dairy-free and paleo while all are healthy and delicious. We recommend indulging in the guilt-free Chocolate Lava Cake.

No. 61, Jalan Medan Setia 1, Bukit Damansara, Kuala Lumpur  
Tel: +603 2011 5313



### BMS Organics Vegetarian Café

BMS Organics has been a purveyor of healthy, vegetarian food for some time now. “Being a vegetarian is to be healthy” is undoubtedly true. With that in mind, this café provides its customers the convenience of having healthy food choices with a wide array of delicious Malaysian, Eastern and Western cuisines, ranging from fried brown rice, pumpkin fried brown rice, Mongolian chicken, curry mixed vegetables, salad tasty tofu, honey mushroom and many more. The passion for food begins from the superb culinary skills of chef through the preparation of each cuisine with fresh and natural ingredients and excluding the use of chemical flavourings or additives. BMS Organics Vegetarian Café delivers natural and organic foods that not only impress the palates of different age groups but helping them to start loving healthy vegetarian dishes.

G, 21, Jalan Radin Bagus, Sri Petaling, 57000 Kuala Lumpur  
Tel: +60 3-9056 1872



### Rawsome

Vegetarians would have another restaurant to patronise as Rawsome offers healthy, meat-free meals for lunch and dinner. Trying to constantly turn Asian dishes into a healthier option (though it may be a feat), Rawsome thrives to improve and make it exciting and flavourful. It believes in eating better, not lesser and we concur. What we have found special about this eatery is that it makes raw chia seed cakes for birthdays or special occasions. Chia cakes are naturally healthier and lower in calories, so one need not worry about calories. Who said you need to give up on nasi lemak just because you’re vegetarian? A must-try at Rawsome is the Vegetarian Brown Rice Quinoa Lemak.

20A, Persiaran Zaaba, Taman Tun Dr Ismail, Kuala Lumpur  
Tel: +60 3-7733 8632



### Real Food

Real Food appeals to its patrons for being both a vegetarian eatery and a superbly well-stocked grocer with an impressive repertoire. The kitchen will charm you with a plethora of healthy, nutritious food from gluten-free kombu & shiitake soup to fried Bario rice and organic pizzas made from scratch. There is a host of libations to choose from as well such as kombucha iced tea and kale-apple smoothies.

This eatery keeps its food riveting by serving peculiar yet sumptuous fare such as pumpkin pancakes made with a dense mash-up of organic pumpkin, soy milk, coconut oil and self-raising flour, served alongside fruits and agave. We love burgers. There’s something about eating a burger that gives pleasure and fulfilment. When we found out that Real Food’s highlight is its burger, we had to give it a go. This establishment offers guilt-free burgers, comprising hand-made patty of beetroot, carrots, onions, millet and potatoes stacked with guacamole, greens and biodynamic-farmed tomatoes. This massive burger is accompanied by organic potato wedges and vegan mayo.

1 Mont’ Kiara, G-11, No. 1, Jalan Kiara, Mont Kiara, 50480 Kuala Lumpur  
Tel: +60 3-6211 9078



# Brickfields

## For Mouth-Watering Indian Cuisines

BY JACQUELINE BENITA PAUL

*Where to eat good and authentic Indian food? Brickfields, otherwise known as Little India, is home to many Indian restaurants and shops that can be found along the main street called Jalan Tun Sambanthan. It is also a prime location in KL to experience the Indian culture with the spice shops, grocery outlets, sweets and snack shops, textile shops, goldsmiths, hotels, restaurants, food stalls, printers and even flower stalls. It is also where the transport hub, KL Sentral, is located. You'd be overwhelmed with choices. Thus, we have listed out some must-try eateries for your next visit.*

### Vishal Food & Catering

Known to be the go-to spot for Banana Leaf Rice in Brickfields, located at a quiet street near the Hindu temple in Brickfields. After finding a place to sit, you will be served with a piece of fresh banana leaf on which is laid out on steamed rice, vegetables, curry gravy and various types of additional spicy dishes. Some recommended dishes to add include chicken parattal, stir-fried banana flowers, and mutton varuval.

Off, Jalan Scott & Jalan Tun Sambanthan 3, Brickfields, Kuala Lumpur  
+60 3-2274 0995  
Open daily from 7AM – 11PM

### Chat Masala

For vegetarians, Chat Masala is an ideal choice. Their claim to fame comes from being one of the first restaurants to have successfully experiment with vegetarian chicken and mutton dishes prepared in authentic Indian style. For RM7.50, the vegetarian meal consists of rice, three kinds of veggies, mango pickles, papadom, mint coconut chutney, vegetarian curry, curry gravies, rasam soup plus extra servings of veggies at no extra cost.

Off Brickfields, Kuala Lumpur  
+603 2260 3244  
Open daily from 9AM – 9.30PM

### Dindigul Thalappakatti

Opposite Nu Sentral, you'd find Dindigul Thalappakatti, a famous chain restaurant from Tamil Nadu. Their briyani is unique with jeeraga samba rice, South Tamil Nadu spices and extra ghee. The mutton briyani certainly stood out among the rest of the biryani dishes as the aroma and taste was unique and memorable. The side dishes such as the tawa fish, black pepper chicken and prawns are also worth trying. Indian food lovers would appreciate the authenticity of the food served.

130, Jalan Tun Sambanthan, Brickfields, Kuala Lumpur  
03 22721500  
Open daily from 7AM – 10.30PM

### Lawanya Food Corner

This humble stall offers a great taste of homecooking. There are 20 varieties of class indian vegetable dishes to choose from. For non vegetarians, you can enjoy the 10 varieties of meat dishes served. Their famous dishes are known for its authentic south indian flavours that keep customers coming back for more. Don't miss out on this hidden gem when you are in Brickfields.

8, Jalan Scott, Brickfields, 50470 Kuala Lumpur  
+60 16-220 2217  
Open 6AM to 4PM

### Taj Garden Restaurant

The Taj Garden Restaurant is a gastronomic oasis in the urban chaos of Brickfields. The restaurant offers authentic North Indian cuisine. If you favour perfectly seasoned paneer, naan or chicken curry then this is where you'd want to dine. Thanks to the al fresco dining section, diners can enjoy a casual and relaxing ambience. Customers can enjoy watching the chefs in action as they toss, sizzle, and create masterpieces scrumptious enough to delight the fussiest palates with love and enthusiasm.

No.5, Annexe Wisma Leopad, Jalan Tun Sambanthan, Brickfields, Kuala Lumpur  
+603 2 260 6489  
Open daily 11AM-11PM





# Panna Cotta

Creamy, Italian and Sweet. What's not to love?

BY JACQUELINE BENITA PAUL

At first glance, this seems like a simple dish. However, this Italian delight is a lot more complex than it appears with layers of texture and flavour. Panna Cotta is a type of pudding made of sweetened dairy thickened with gelatine and moulded. In some places, it can be consumed right out of a cup but it is more commonly enjoyed in its unmoulded form on a plate and drizzled with various flavourings such as rum, caramel, coffee, vanilla and coupled with fresh fruit. So where can you enjoy these mouth-watering creamy indulgence? Read on to find out.

## Jersey Milk Panna Cotta

Roost KL is known for being a place of comfort and relaxation. Its Panna Cotta certainly reflects its reputation with its creamy, soft and smooth texture. The coconut-based panna cotta is paired with passion fruit coulis and shaved chocolate which certainly compliment the contrasting flavour of the passion coulis. Be sure to save this for last after trying out some of the amazing meals on their menu. It would be a dining experience you won't soon forget.

**Roost KL**

*(non-halal) (pork-free)*

69-1 Jalan Telawi 3 Bangsar Baru, 59100 Kuala Lumpur

03 2201 1710

Open from Tuesday to Sunday

11.30AM- 11.30PM

## Panna Cotta with Caramel Sauce

If you are hunting for a place that gives you a very Italian dining experience then you need not look further than La Risata. Since 1996, La Risata has been serving up a diverse variety of authentic Italian dishes ranging from traditional wood-fired oven thin pizzas to pastas, meat and seafood dishes that exude the very essence of Italian dining – rustic, hearty and good. Their desserts are not lacking in their quality, either, and the same can be said for their panna cotta. La Risata's panna cotta is a smooth and soft cream pudding. Topped with their memorable caramel sauce, it goes down the throat perfectly.

**La Risata Bar Pizzeria and Ristorante**

*(non-halal)*

12-24, Persiaran Ampang, Desa Pahlawan,

55000 Kuala Lumpur

03 42526269

Open daily from 6.00PM – 11.30PM

## Panna Cotta and Fresh Plum Poached in Caramalised Red Wine

Sassorosso takes a cheekier approach to making their dessert with sweet and tangy fresh poached fresh plum balanced perfectly with the acidity of the red wine. Located within the heart of the city centre, this Italian restaurant serves up comforting and homely Italian meals within a cozy and quaint bungalow for anyone to enjoy a truly Italian dining experience. While you're here, be sure to try out their pizzas. You won't be dissapointed.

**Sassorosso**

*(non-halal) (pork-free)*

9, Jalan Yap Kwan Seng, 50450 Kuala Lumpur

03 2166 6428

Open daily from 11.00AM- 12.30AM

## Panna Cotta alla Vaniglia

It is easy to fall in love with the Panna Cotta in Verona Trattoria. It is made with traditional vanilla pudding served with chocolate cream anglaise and chocolate cream. It melted on my tongue and was absolutely delicious. The restaurant itself serves up dishes that combine Italian cuisine with Asian flavours to suit the local palate. The risotto and pastas are certainly worth trying out. To avoid dissapointment, do call and book your tables in advance.

**Verona Trattoria**

8, Jalan 17/56, Seksyen 17,

46400 Petaling Jaya, Selangor

03 79602890

Open daily from Noon – 2.30PM

then 6.00PM – 10.00PM



# Pahit

## When Life Gives You Lemons, Make Gin and Tonic

BY HIRANMAYI AWLI MOHANAN

Our pursuit for contemporary and sui generis bars in Klang Valley led us to, Pahit, housed in a heritage building from the 1920's, in the heart of the city. At first glance, you would think that you have driven back in time, to the colonial period where buildings reeked of its influences and everything is slow-paced. Although Pahit has taken residence in a colonial building, its interior and ambience scream rustic, raw and a mysterious.

This bar's namesake was inspired by a classic drink way back when by the name of Gin Pahit. As you would have guessed, Pahit specialises in everything gin and it features 70 to 80 types of gin from across the globe. Fret not, if gin does not strike your fancy, you can opt for craft beer on tap or wine. CK Kho, Pahit's barkeeper said that he had wanted to open a gin bar for longest time to clear the negative connotation that surrounds gin and to prove that when concocted the right way, it is a pleasurable, everyday drink. If you think about it, gin could be quite healthy for you because it essentially stems from botanicals.

What's special about Pahit? A lot, but specifically their craft cocktails. There are two types of cocktails at Pahit, Fruit Gin and Tonic and Classic & Signature

Cocktails. The former is local fruits or herbs that are infused with gin and served as Gin and Tonic. We propose these cocktails as an introduction to make you fall in love with gin. Pahit is known to make its own blend of bitters, which in turn gives the cocktails a natural, organic flavour.

### Coconut Clover Club

This cocktail is based on the classic gin cocktail called Clover Club, thus its name. It is served alongside a white chocolate-coated raspberry. Initially, you would assume that it would be creamy because of the coconut and it also appears creamy. However, it is rather smooth. This is truly a delicious libation, almost like a liquid dessert. The barkeeper suggested taking a bite of the white chocolate-coated raspberry, then take a sip of the cocktail and back with another sip. Our minds were blown with the explosion of flavours. The white chocolate-raspberry combination heightened the coconut flavour like it was meant to be with each other, extracting smokiness that tingled our nose.

### Pandan and Biji Selasih

The Pandan and Biji Selasih cocktail is part of the Fruit Gin and Tonic family. We loved how local ingredients fused seamlessly with the gin, almost like it was meant to be. Its taste, was like an affair. The Daun Pandan teases your senses, and without any warning, the Biji Selasih emanates a sweetness that envelopes this cocktail.

### Gin Pahit #2

Gin Pahit, a drink that inspired the namesake of this establishment is also Pahit's bestselling libation. Gin Pahit #2 is its twist on this classic drink. It has an aesthetically beautiful pink colour and topped with an orange bitter. It's surprising that the initial bitterness of the gin doesn't overwhelm you like the name suggests. We loved the zesty hints that played with us like hide and seek. This is an easy-to-consume cocktail that could brighten up a cloudy day. But mind you, it will give you a deserving kick after a long hectic day at work.

### Lychee and Ginger Flower

This cocktail is definitely a lady's drink. It has a feminine flavour, it's demure and unassuming until you have the first sip. Then you realise you have been transported into the sweet discovery of loving gin as your base.

### Pineapple and Basil

The Pineapple and Basil cocktail stole our hearts at first sip. What was assumed as an unlikely blend turned out to be a masterpiece. This refreshing drink was not only aromatic, but it was marginally sweet. It almost felt as if we sprinkled some chill water on our face on a sweltering day. If you could use a pick-me-up, this is your drink.



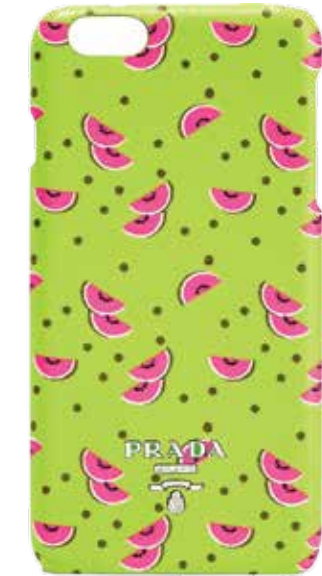
Allow yourself to be swept away by the depth of flavour gin offers

3, Jalan Sin Chew Kee, Bukit Bintang, 50150 Kuala Lumpur  
Tel: +60 3-2110 0776





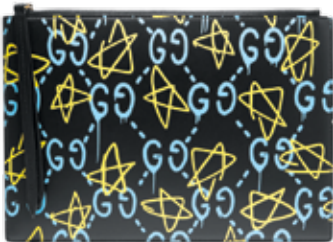
**ESTEBAN CORTAZAR**  
crepe and printed satin mini dress  
RM3,644



**PRADA**  
Printed textured-leather iPhone 6 case  
RM809



**ALAÏA**  
Studded suede wedge ankle boots  
RM4,213



**GUCCI**  
printed leather pouch  
RM2,447



**CHLOÉ**  
Nola oversized square-frame gold-tone sunglasses  
RM3,125.88



**MATTHEW WILLIAMSON**  
Pampas Peacock embroidered cotton jumpsuit  
RM5,030



**SEE BY CHLOÉ**  
Embroidered suede sandals  
RM1,200

**MOTIF MOTIVATION**

This season we've spotted a modern take on motifs that are just inspiring! Whether for work or for play, this style works for both occasions.



**ETRO**  
Printed wool jacket  
RM6,643



**CHARVET**  
Polka-Dot Silk-Faille Flower Lapel Pin  
RM468.13



**BOTTEGA VENETA**  
Sterling Silver Cufflinks  
RM1,256.60



**JOHNSTONS OF ELGIN**  
Checked Cashmere Scarf  
RM490.11



**HUGO BOSS**  
Polka-Dot Stretch Mercerised Cotton-Blend Socks  
RM58.80



**SAINT LAURENT**  
Round-Frame Matte-Titanium Sunglasses  
RM2,144.04

**ITALIAN STALLION**

Simple yet refined is the signature style of an Italian man. He does not fear taking risks with colour combinations like a brown coat with silver pants.



**CORDINGS**  
Hare Jacquard-Knit Wool Sweater  
RM1,003.14



**CORDINGS**  
Brown Ripley Suede Elbow Patch Cotton-Corduroy Blazer  
RM2,315



**J.M. WESTON**  
300 SUEDE OXFORD SHOES  
RM2,597.06



**KENT & CURWEN**  
Tapered Prince of Wales Checked Wool Trousers  
RM1,936.04





**GUCCI**  
Twisted jacquard headband  
RM1,502



**GENTLE MONSTER**  
+ Tilda Swinton Eye Eye D-frame  
acetate sunglasses  
RM1,138



**DEREK LAM**  
floral print tank top  
RM6,074



**MIU MIU**  
Embellished faux glossed-leather hat  
RM3,505



**PRADA**  
Shearling and textured-leather  
shoulder bag  
RM11,760

FAREWELL MELLENIAL PINK,  
HELLO REVOLUTINARY RED!



**ZIMMERMANN**  
Cold-shoulder ruffled silk-satin mini dress  
RM3,192



**MAX MARA**  
high waisted palazzo pants  
RM3,641

# HER . CAPTAIN

The perfect long-wear matte lip cream  
for any occasion

BY JACQUELINE BENITA PAUL

Wearing matte lipstick just makes sense. Now ubiquitous, shine-free lip colour is more than Instagram makeup. Unlike gloss or sheeny lipsticks, flat pigment stays put the longest—second only to lip stain—which means no mess on cups, clothes, or other people's faces. On the flip side, matte lipstick longevity means you'll want to find colours that you can live with all day. Her Captain offers a gorgeous array of long-wear matte lip creams.

Her Captain is actually an online store that operates through Instagram with the handle @her.captain.official. Floods of praise fill the page from customers who have received the lip cream and found it to be as long-lasting as promised and has a great scent to it. Since it has garnered so much attention, we decided to try out the lip cream for ourselves.

**Sexy Wife**

A bold shade of red that could suit any skin tone and has a soft texture. We love it because it is as long-lasting as promised and it made our lips look smooth.

**Her Pilot**

We've never seen a pink matte lip cream like this before. It is vibrant and eye-catching to be sure. Such a colour would be best worn at a cocktail party or the likes.

**Caramel Latte**

We love this shade because it is hard to find a nude shade that is compatible with darker skin tones but this certainly works!

**The Aircraft**

This shade is quite light and great for everyday use. It's perfect if you are going for a more natural look. It's got a little bit of a pinkish undertone that makes the entire face look healthier.

**Soft Spoken**

Another great shade for a more natural look and best suited for skin tones with a slight tan. Wear this on your next brunch date with your girlfriends and be envied. These shades are only available in the Princess Flight Kit:

**Teddy Bear**

A dark nude pink tone for a bolder approach to your everyday look.

**First date**

Impress your date with a slightly cheeky yet demure shade.

**Cabin Crew**

Going on a long flight? Then this is the shade you'd want to wear to look fresh and lovely all day.

**Need to get your hands on these lip creams?**

Get connected to Her Captain on Instagram  
@her.captain.official  
012-8500392  
her.captain.official@gmail.com



**COLOUR ANALYSIS IN FASHION**

The urban society is obsessed with wearing BLACK, for the good reason it is easy to look elegant, sophisticated, and artsy in black. However, black may be too harsh for some, making them appear pale or dull.

True black appears terrific on those with a 'clear' skin undertone. On the other hand, it is often too severe for those with 'soft' skin undertone, hence wearing true black may cause blemishes, fine lines, or dark circles to appear or much worse.

Alternatively, ash black, charcoal grey or navy blue may be the 'NEW BLACK' that's more flattering, giving those with softer-tone skin appear to be younger, more vibrant with healthy glowing skin!

Colour Analysis is a useful tool to find out what are your best colours! WHITE or CREAM flatters you more? Can you take earthy tones like caramel? Do your eyes sparkle in bright neon colours?

**Ong Soo Hua**  
Certified Image Consultant, Personal Stylist & Corporate Trainer  
www.stylebyosh.com





# AAROMA BEAUTY

## REJUVENATING TREATS FOR YOUR LOVED ONES

BY HIRANMAYII AWLI MOHANAN

The year-end always gets us excited because it is the festive season and it is synonymous with presents. In light of the joyous occasion, Aaroma Beauty introduces its festive collection comprising five unprecedented limited edition products. These products are essentially balance and peace in a bottle, specially curated for those who are worn-out from their frenzied working life. The festive season is the time to give, relax and time to reflect on what is important- our wellbeing and our loved ones. With that in mind, pamper yourself with Aaroma Beauty's offerings.

### REVIVE

Everyone could use a little pick-me-up to start our day. What better than a boost of energy to face the mountain of work. The invigorating powers of grapefruit, rosemary and juniper essential oils will awaken your mind and body so you can make the most of your day.

**Contents**  
1 x 9ml Revive Morning Bath & Shower Oil  
RM66

### DE-STRESS

This product is essential to unwind and de-stress from your busy life. Treat your body to the warming powers of rosemary, black pepper, lavender and ginger essential oils to de-stress after an intense workout or a long day at work. Your aching muscles will appreciate the TLC.

**Contents**  
1 x 9ml De-Stress Muscle Bath & Shower Oil  
RM66

### SUPPORT

It is good to pamper yourself with much-needed care and rejuvenation. Whether you are fighting off a cold or need to clear your head, support and refresh your mind and body with the powers of eucalyptus, pine, tea tree and peppermint essential oils in this luxurious blend.

**Contents**  
1 x 9ml Support Breathe Bath & Shower Oil  
RM66

### TREASURED TIME

Carry a haven of peace wherever you are. The roller balls awaken your mind and body with a boost of energy throughout the day and leave you deeply relaxed and at night with the powers of aromatherapy.

**Contents**  
1 x 4.5ml Deep Relax Roller Ball  
1 x 4.5ml Revive Morning Roller Ball  
RM132

### ME TIME

Take time out for yourself and enjoy a moment of pure luxury. Everybody needs a little me time to help find balance. Sit back and revel in a moment's peace with this luxurious blend of natural rose to boost your spirits and feel radiant both inside and out.

**Contents**  
1 x 15ml SPECIAL EDITION Renewing Rose Bath & Shower Oil  
RM149

### UNWIND

A moment of pure relaxation to soothe tired muscles and de-stress at the end of the day. Treat your body to the warming powers of rosemary, black pepper, lavender and ginger essential oils in this de-stressing set to unwind after an intense workout or spending too much time in one position at work. Soak away your worries and pains with the De-Stress Muscle Bath & Shower Oil. The Limited Edition De-Stress Muscle gel will give your aching muscles the extra love they need. The Body Oil helps to support healthy circulation and revive tired, overworked muscles as well as nourish the skin. Your aching muscles will appreciate the TLC.

**Contents**  
1 x 150ml Special Edition De-Stress Muscle Gel  
1 x 13ml De-Stress Muscle Bath & Shower Oil  
1 x 20ml De-Stress Body Oil  
RM231

### TIME FOR MINDFUL BEAUTY

Take a moment for yourself to rebalance your mind and body with any of their 10 natural and luxurious Bath & Shower Oils. Whether you struggle to fall asleep at night or wake up in the morning, just need to unwind or need an emotional uplift, there is an oil for every need.

**Contents**  
10 x 9ml Bath & Shower Oils  
RRP: RM413

### TIME FOR SLEEP

This package is all the beauty sleep you will need. This luxurious sleep set including our Limited Edition super-sized Deep Relax Bath & Shower Oil will help you switch off and relax after a busy day. Treat yourself to the deeply relaxing powers of vetiver, camomile and sandalwood. Camomile helps to calm the mind and body. Vetiver naturally relaxes the mind and body and sandalwood comforts you. This bedtime indulgent set will allow you to experience a tranquil and relaxing night's sleep.

**Contents**  
1 x 100ml Special Edition Deep Relax Bath & Shower Oil  
1 x 20ml Relax Body Oil  
1 x 4.5ml Roller Ball  
RRP: RM413





# The Power of Exfoliating

STRIP AWAY THE UNWANTED FOR A NEW YOU

BY HIRANMAYII AWLI MOHANAN

### The Benefits of Skin Exfoliation

Exfoliation is the removal of dry or dead skin cells on the surface of the skin. It is regarded as one of the most important aspects of your skincare routine for not only your face, but body too. Do not underestimate the humble power of exfoliating because it resolves many skin problems, increases blood circulation which subsequently leaves your face healthy and glowing.

### How Often Should You Exfoliate?

You are probably aware that our body is constantly renewing skin cells, hence, we suggest exfoliating twice a week as part of a good home skincare regime – both the face and body. That being said, it is vital to bear in mind that while it's important to remove dead skin, it's also important not to strip away too many of your natural oils, so a good balance is essential.

### Aftercare for Exfoliating

While exfoliating is important, the aftercare is also crucial. Why? That's because you are increasing blood circulation, breaking down toxins and encouraging new skin cells to come through, our best advice is to drink lots of water which drain toxins and help give those new skin cells a "drink from the inside". Next, you should have a good moisturiser as your arsenal to hydrate the skin from the outside in.

### Specific Benefits of Exfoliation

#### Blemished Skin

It is important for people with blemished skin to use an exfoliator on the face or body at least twice a week. Some people believe the best way to stop a breakout is to strip the skin, killing bacteria, but, this will also dry out the skin and cause irritation.

We would suggest removing dead cells while keeping the skin clean and hydrating with a good moisturising lotion – lighter than a cream – making sure that you apply the lotion with clean hands to prevent bacterial infection and spots.

#### Post-Breakout, Red and Dark Marks

After having a blemish on the skin there can sometimes be a dark mark left for a while. The best way to fade these dark marks is to exfoliate twice a week to remove those damaged skin cells and encourage new healthy skin tissue to grow through.

#### Clogged Pores

Many of us suffer from clogged pores that then lead to blackheads and whiteheads. Exfoliation aids in drawing out the congestion in your pores, especially on the nose, chin and forehead. Do bear in mind that twice a week is all you need.

#### Pigmentation

Pigmentation is the dark areas that present from age, pregnancy and changes in your hormonal balance. These areas tend to become more apparent and darker as the skin ages. Sounds familiar? Well,

exfoliation will benefit you by breaking up pigmented cells, consequently encouraging them to fade. Regular targeted facials at spas are also good to help promote healthy skin reproductions, helping these areas to fade.

#### Dry Skin

If your skin is dry or dehydrated, you may find scaly or flakey areas which would benefit hugely from exfoliation. Once you have exfoliated an area of dry skin you can apply a moisturiser to the new skin cells.

#### General Health and Well Being

When you exfoliate the body you are improving blood circulation and the lymphatic system which is very beneficial for the body. This in turn encourages new skin cells, as it breaks down fatty tissues and drains toxins from the skin. After exfoliating, the skin is left beautifully soft and ready to absorb a good moisturiser.





# be Urban Wellness

## Regain your senses by losing it!

BY JACQUELINE BENITA PAUL

When the going gets tough, we get going to Be Urban Wellness. This award-winning health and wellness centre offers various facilities and services to give their customers a holistic wellness experience. They have even brought in some unconventional treatments such as the sensory deprivation tank and Hyperbaric Oxygen Chamber. These treatments have garnered attention from tastemakers around the world as an innovative and revolutionary approach to achieving wellness. Hence, we decided to put these treatments to the test to see if they live up to the hype.

### Bliss Out Floatation

I recall seeing a sensory deprivation tank in the Netflix series, Stranger Things. In the show, it looked scary to be in an enclosed tank, floating on water alone, in darkness but when I got to Be Urban Wellness, I was more excited than afraid. The tank was filled with salt water and warmed to the exact temperature of human skin.



Members of BE Urban Wellness will be able to enjoy the infinity pool overlooking the city

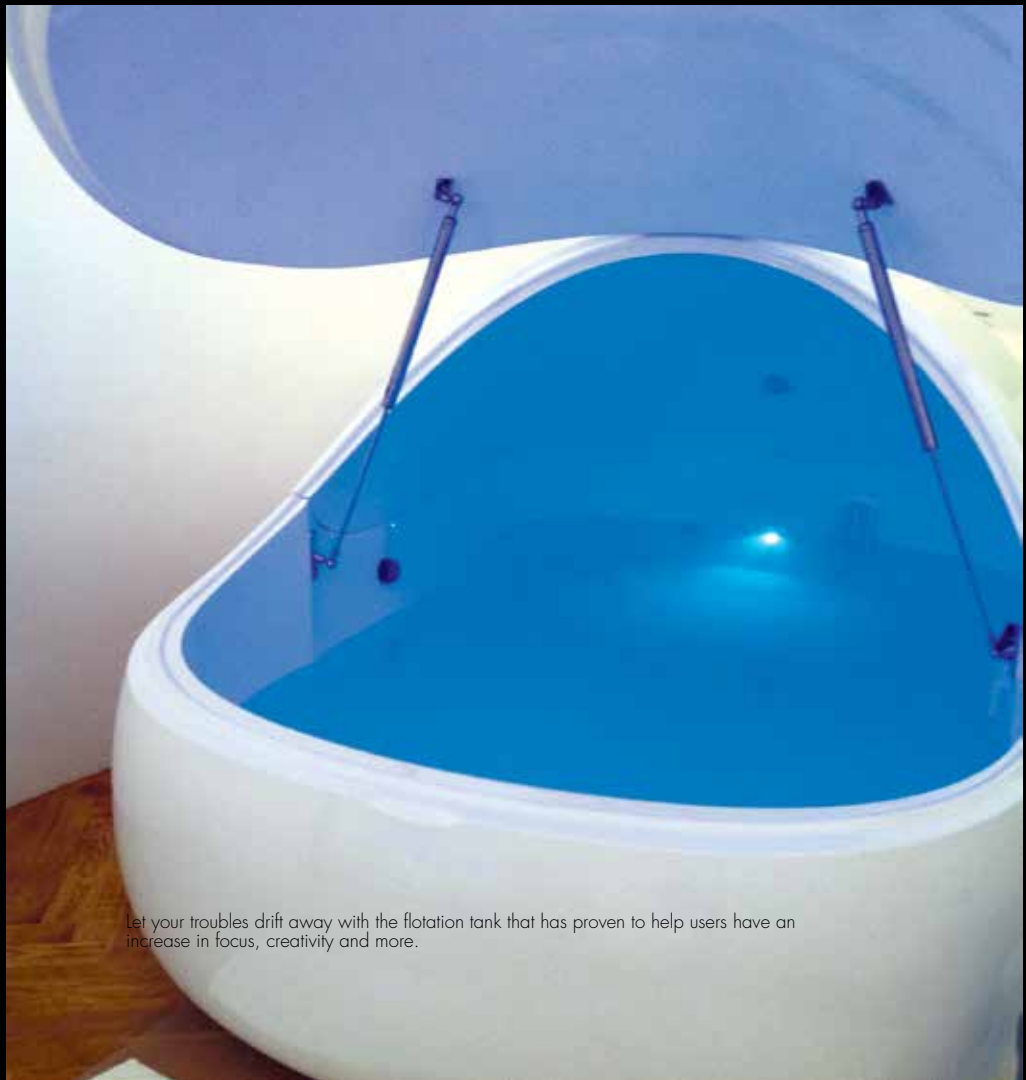


Part of the Rejuvenation services include the Oxygen tank where you can breathe in pure oxygen and rejuvenate from within.

11F/L Work @ Clearwater,  
Changkat Semantan, Damansara  
Heights, 50490 Kuala Lumpur  
Hours: Open daily 7am-10pm  
Tel: +60 3-2095 1999



Be Urban Wellness's facilities also include the jacuzzi where members can just relax anytime.



Let your troubles drift away with the flotation tank that has proven to help users have an increase in focus, creativity and more.

I entered the tank and allowed myself to be carried without putting in my own effort to float. Floating mindlessly on the water allowed my mind to relax into a state of nothingness. Though I am a restless person, inside this setting, I found solace in the isolation. As I continued on floating for an hour, I finally understood why many have claimed that they fall into such a deep state of relaxation that they start to hallucinate and are in a state between being awake and asleep. The next thing I really remember was a warm feeling of calmness, almost sleep-like, but something more in-between. I was in mental bliss and it felt like I had a lucid dream, only clearer.

When I got out of the tank, I felt like a new person. I was told that I would be able to experience improved skin condition, better concentration, synching of left and right brain usage and many other health benefits. Clearly, floating is one of many tools that can be a valuable addition to any person's healthy-living toolbox. I'm glad that I'm slowly learning how to just be, and dropping in a float tank is something I plan on sticking with over the long term.

**Hyperbaric Oxygen Therapy (HBOT)**  
Lydia tried out the Hyperbaric Oxygen Therapy (HBOT) for the first time. The treatment involves breathing in pure oxygen in a pressurised tube. By allowing oxygen to enter into every cell of the body, it will improve digestion, decrease stress, enhance post-surgery recovery, skin collagen stimulation and more.

According to her, everyone should at least try this treatment at least once in their life. Then, you can experience the results for yourself - you and your health are definitely worth it. More so if you are going through some major healing. Also, considering that a lot of us are oxygen-deprived since we live in a city environment, we innately do not want to breathe in deep breaths of heavy metals and environmental toxins, so we naturally get used to shallow breathing. Be sure to give this treatment a try for the sake of your health!



# AIRLINK

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# HAIR EXTENSION

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- \* "U" Shape Glue





# Your dream trip is a click away with **FLYKLIA**



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**I remain optimistic where air travel is concerned despite the global and political upheavals that you hear and read about daily. Supporting my optimism are the latest figures released by the International Air Transport Association (IATA) which reported a 7% increase to 3.8 billion passengers on scheduled flights last year.**

Asia Pacific, which garners about 35% of the total market share with 1.3 billion passengers, continues to have the top five international/regional passenger airport pairs located within this region. And, they are almost in the same positions as in 2015! In the fourth placing, we have Kuala Lumpur-Singapore with 2.8 million passengers, up 3.3% from 2015.

At MAHB, where we operate 39 airports in Malaysia and an international airport in Istanbul, our third quarter passenger traffic registered 6.6% growth with 33.5 million passengers. International traffic continues to grow by 13% while domestic traffic was up 1.5%.

That's where we begin to see the significance of connecting dots between our airport users or travellers and our stakeholders by coming up with a travel portal, FlyKLIA that allows for an interactive sharing of their travel tales and memorable photographs. We intend to create joyful experiences for everybody. FlyKLIA was showcased at our MAHB booth at World Routes 2017 in Barcelona, Spain.

## 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 his thoughts about air travel, his experience at the recent World Routes Development Forum 2017 in Barcelona, Spain where he was one of the speakers in the session on Airport Challenges in 2020 and where MAHB's new FlyKLIA travel portal made its debut to an international audience.**

With the aviation industry set for take-off and many of our airports poised for further expansion, we have asked the government for funds allocation for our overcrowded airports in states such as Selangor, Penang and Sabah.

This includes the Sultan Abdul Aziz Shah Airport, also known as Subang Airport or Subang Skypark which is operating at its designed capacity of three million passengers per annum (mppa). We plan to increase it to five million passengers with tentative investment of RM150 million to RM200 million.

Other airports identified for expansion include Langkawi International Airport in Kedah, Sultan Ismail Petra Airport in Kota Bharu, Kelantan and Mukah STOLport in Sarawak. Following our negotiation at World Routes 2017, hopefully we will see five new airlines flying into Kuala Lumpur next year.





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# Malaysia's presence in World Routes 2017

## KL seen as a high traffic destination



**Malaysia Airports Holdings Berhad (MAHB) participated for 17<sup>th</sup> time at the recent 23<sup>rd</sup> World Route Development Forum or World Routes 2017 in short. Held in Barcelona, Spain, this year's event attracted a record 275 airlines, 610 airports and 90 tourism authorities globally. This event's success is partly attributable to the successful branding of the smart cosmopolitan host city, which is also the world's 10<sup>th</sup> most visited city.**

Among its key takeaway messages are Asia and the United States will lead the charge with the fastest growing routes and that digitalisation will be instrumental in increasing profitability within the next decade. Understandably, Copenhagen Airport has indicated that it is eyeing to get routes to Kuala Lumpur, Manila, Bali, Colombo, Seoul and Seattle. These are just some of the destinations it has identified which have the highest traffic potential.

Director of Tourism Malaysia London Mohd Shahrir Mohd Ali, who was present at World Routes 2017, said, "It was fantastic to hear commitment from European cities such as

Copenhagen, which sees Kuala Lumpur as a potentially high traffic route for future development. We look forward to working with the airport and airlines to make this become a reality."

He added, "Attending the show has always been a good opportunity for us to network with key decision makers within the aviation industry. We are constantly looking for ways to develop routes from Europe into Malaysia and the forum is an excellent springboard for these discussions."

We had several promising discussions with partners we are keen to support. We look forward to make announcements and share the full details in the not too distant future.

MAHB's General Manager of Airline Marketing Mohamed Sallauddin Haji Mat Sah, who has been attending World Routes since he joined the company in 2001, remarked, "We participate yearly to strengthen our networks for all airports under MAHB."

"I think this year there is visibly greater networking at the airport area as more airports and tourism organisations are finding it an effective platform to woo airlines to their destination. Barcelona tends to attract more participation also because of their location."



From Malaysia, he said the participation also included two representatives from its key ground handler Pos Aviation, namely its Chief Executive Officer (CEO) Woo Kam Weng and Chief Operating Officer Sarley Adle Sarkum. Istanbul Sabiha Gokcen International Airport (SGIA) CEO Ersel Goral was also present at World Routes 2017.

Mohamed Sallauddin, who had led MAHB in organising Asia Pacific's first World Routes in Kuala Lumpur in 2008, commented: "Apart from KLM Royal Dutch Airlines, British Airways and to a certain extent, Turkish Airlines depending on whether you view it as an Asian or European carrier, our spread of connectivity in Europe is not very strong yet."

As such, Europe constantly falls under its radar. "We are strong in Southeast Asia and see opportunities in India and China," he said, pointing out that although all proceedings at World Routes 2017 remain the same, it has become more intense during its four-day duration.

Highlights of this year's event were captured by an art wall by artist Paula Bressler using images and key quotes from the major players and speakers as they touched on the major challenges and opportunities facing the aviation industry. Slot constraints, digital disruption, oil prices, security, Gulf tensions, tourism caps and cyber-attacks were among some of the challenges identified.

In Bressler's art wall, she posted the key quote from the MAHB Managing Director Datuk Badlisham Ghazali, who was one of the speakers in the session on Airport Challenges in 2020 on 26 September, as: "We are no longer just gateways into two countries, we are economic enablers for two countries."

He was referring to Malaysia and Turkey where MAHB manages 39 airports in the case of the former besides Istanbul SGIA. Latest statistics from the airport operator on its total network of airports showed a moderate 4.7% growth in September with 10.8 million passenger traffic while a new record high of 126.2 million passengers was registered on a 12-month basis.

The data also showed Istanbul SGIA continuing its growth streak for the seventh consecutive month with 7.9% increase in passenger traffic in September, with its international passenger numbers surpassing the one million mark for the third consecutive month this year.

### Debut of FlyKLIA travel portal

Taking advantage of the World Routes' global platform, Badlisham launched MAHB's online travel portal FlyKLIA, which aims to enhance the airport users' travel experience in Malaysia by creating an interactive platform for them to share their experiences.

He sees FlyKLIA as part of the group's initiative to be more technology-driven in catering to the highly IT-savvy generation's needs. Beneficiaries of FlyKLIA will include its stakeholders and airline partners who can gain from the valuable insights obtained from its consumers' profiling.

According to him, "Our partners can also create social itineraries and promote their exclusive travel deals in Malaysia through the portal."

Mohamed Sallauddin echoed the same sentiments by adding that his department, which is in charge of FlyKLIA, also plans to work closer with national tourism organisations



and hoteliers. He quipped that airlines could also partner with them to share inspiring articles. "Via FlyKLIA, we hope to become a holistic, integrated service provider. Our partnership is free of charge and everyone can partner with Skyscanner in our portal."

Skyscanner is an all-in-one travel app for flights, hotels and car rentals.

Watch out for its coming promotions, enticements and campaigns!



“We are no longer just gateways into two countries, we are economic enablers for two countries.”

**DATUK BADLISHAM GHAZALI**  
Managing Director  
Malaysia Airports Holdings Berhad



## Malindo Air Continues Growth in Partnership With Xiamen Air

**Malindo Air is one of South-east Asia's fast growing airlines with the accolade of being conferred CAPA 2016 Asia Pacific Regional Airline of the Year. It continues its growth trajectory with its 6th interline partnership in September with Xiamen Air, one of China's major airlines.**

Malindo Air CEO Chandran Rama Muthy said, "We are delighted to have Xiamen Air as our new interline partner. Apart from its extensive network to 350 international and



domestic networks throughout Asia, Europe, North America and Oceania, the multi award-winning airline that emphasises on safety assurance and service improvement is certainly what we want to be associated with as a premium carrier".

Mr Guo Yuan, Country Manager of Xiamen Air Kuala Lumpur said, "Partnering with Malindo Air will enable us to offer greater services and grow more extensive networks. It is a great success for market development, especially for mutual transportation between Malaysia and China. We are looking forward to a win-win cooperation".

Currently Malindo Air is an interline partner with ANA, Turkish Airlines, Qatar Airways, Etihad Airways and Oman Air.

For more information, please call +603 - 7841 5388



**Green conversations in many other industries happen by default, but not in the airline industry. One airline has taken a giant step to address the gap.**

British Airways has entered into partnership with Velocys, a renewable fuels company, to design a series of waste plants that convert household waste into renewable jet fuel to power its fleet. The move forms part of the airline's plans to develop long-term, sustainable fuel options.

Hundreds of thousands of tonnes of household wastes that are destined for landfill or

incineration would be converted into clean-burning, sustainable fuels. This will contribute to the airline's commitment to reduce net emissions by 50% by 2050.

Willie Walsh, International Airlines Group (IAG) chief executive said, "Sustainable fuels will play an increasingly critical role in global aviation, and we are preparing for that future.

"Turning household waste into jet fuel is an amazing innovation that produces clean fuel while reducing landfill.

"From developing innovative operating techniques, to investing in the most modern

## British Airways Turns Household Rubbish into Sustainable Jet Fuel

and efficient aircraft, we have a strong track record in researching, identifying and implementing ways to reduce emissions.

"This partnership continues this tradition, and shows how we are investing in our long-term future – and that of our customers."

British Airways currently operates daily flights from Kuala Lumpur to London with its most technologically-advanced aircraft in its fleet, the Boeing 787-9 Dreamliner.

For more information, please call +603 - 7712 4747

## Convenience and Savings on KLIA Ekspres With Visa payWave



**The KLIA Ekspres train, operated by Express Rail Link Sdn Bhd (ERL) provides the preferred link for many passengers travelling between the city centre and KLIA / klia2 – It certainly provides the quickest and most relaxed route to and from the airports.**

KLIA Ekspres also connects to a comprehensive network of public transport from the airports to the Klang Valley and subsequently, to the rest of the country via its station located at KL Sentral. The completion of the first phase of

the MRT line encapsulates the government's intention to improve connectivity and encourage the use of public transport.

To make travelling easier for travellers, various conveniences are introduced. In August, the KL TravelPass was introduced to provide 2-day unlimited travel across the Klang Valley from KLIA and klia2 for travellers using the MRT, LRT or KL Monorail lines.

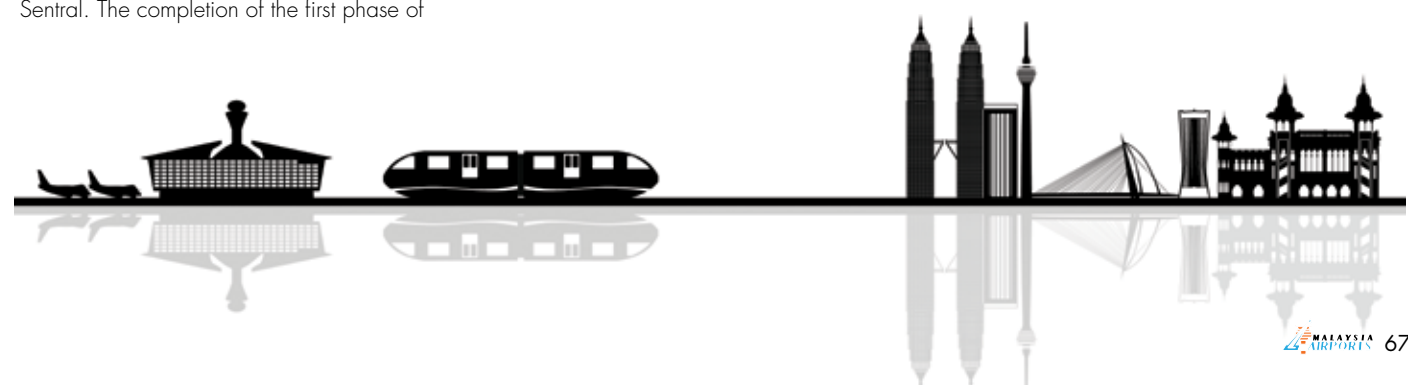
Launched in September, the ERL is currently collaborating with Visa International (Asia Pacific) to encourage the use of Visa payWave at its gates. With contactless transaction, getting on board the trains will be quicker, and on top of that, all Visa payWave credit and debit cardholders get to enjoy 15% off their KLIA Ekspres fare when they travel between KLIA / klia2 and KL Sentral Station.

Visa payWave is a payment feature that lets customers use their enabled Visa cards or mobile device at the gate or point of sale (POS). The customer simply waves his card or mobile device in front of the secure reader, instead of swiping it or handing it to the cashier.

Noormah Mohd Noor, Chief Executive Officer of ERL said, "As the fastest airport transfer in town, this partnership with Visa fits ERL's mission to provide a seamless travel experience that is fast, reliable, convenient, and now even more affordable".

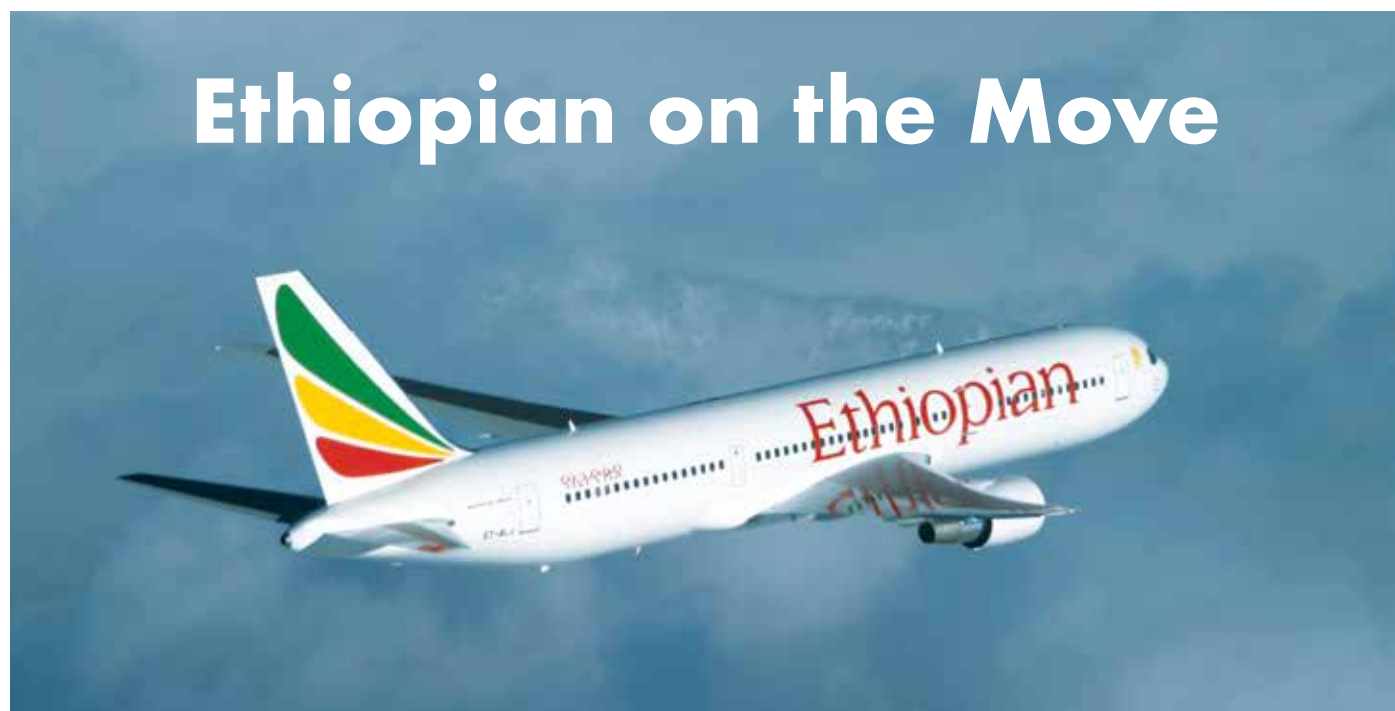
Ng Kong Boon, Visa Country Manager for Malaysia said, "Visa payWave is now enhanced by Malaysians and we are seeing double digit month-on-month growth for the number of transactions. By enabling contactless acceptance at KLIA Ekspres gates, international Visa payWave cardholders are also able to use their Visa payWave cards when they travel on trains. We believe more people will embrace the use of their Visa payWave cards with this attractive offer provided by ERL".

The 15% discount promotion is now running until 31<sup>st</sup> March 2018, and is only applicable to transactions using Visa payWave cards at the KLIA Ekspres gates only. This offer is not valid for tickets purchases at the counter, kiosks, online and for travel on KLIA Transit.





# Ethiopian on the Move



**Africa's largest airline continues to make strides to remain at the forefront of the continent's air travel industry. It is on the move, with upgrading its services, increasing its flight frequencies and introducing new destinations.**

In September it announced that it has fully refurbished its Boeing 767-300ER fleet for service on its India, Middle East and Africa destinations. The refurbished planes are fitted with new full flat-bed seats in Cloud Nine, modern IFE with high resolution 17 inch screen and in-seat power outlets for inflight entertainment, with lighting upgrades and modernising its cabin products. Customers in the main cabin will enjoy new seats, multiple channels of inflight audio and video entertainment accessible with their own mobile devices and tablets.

Mr Tewolde GebreMariam, Ethiopian Group CEO remarked, "As a customer focussed and market driven airline, we have always committed to avail unmatched travel experience for our customers. We have invested more than USD 6 million to retrofit our B767-300ER fleet, which will surely provide more choices and greater comfort to our customers. By December 2017, all our B767 fleet will be fitted with flat-bed seats in Cloud Nine with access to a range of video programming available for wireless streaming in all cabins. I would like to congratulate our engineering and maintenance team at



Ethiopian MRO for the job well done and wish to pledge to our customers that we shall always strive to ensure their extra comfort everytime they fly with us".

To achieve the right fleet mix for the mission, Ethiopian Airlines has currently deployed 92 of the youngest (with five years average fleet age) and most modern planes, with future plans to receive nineteen A350-900s, four B787-900s and five Q400s.

In August, the airline commenced a thrice weekly service to Bahrain from Addis Ababa Bole International Airport, increasing its destinations in the Gulf. Mr Tewolde GebreMariam remarked that, "The fact that the flight is full from its commencement flight designates the success and significance of our service to Bahrain". The airline's other

destinations in the Middle East are Beirut, Dammam, Doha, Jeddah, Kuwait, Dubai, Madinah, Muscat, Riyadh and Sharjah.

Correspondingly the airline announced that it will start nonstop direct services to Sao Paulo, Brazil from September, flying from Addis Ababa and in December, the airline will complement this nonstop service with a fifth flight frequency. Mr Tewolde GebreMariam said that, "This move will also be an impetus to consolidate the multiple ties between Africa and Brazil".

Currently, Ethiopian operates five times weekly from Kuala Lumpur to Addis Ababa via Singapore.

For more information, please call +603 - 2141 2190

# The Innovative Culinary Formula from JAL



**Culinary treat is often at the top of the list of passengers' priority. Airlines too take great pride in the cuisines they offer the passengers, with the impression that the quality and accent of the cuisine mirrors the character of the airline.**

Japan Airlines (JAL) has taken an innovative step by adding glamour and spectacle to its menus by collaborating with the young finalists of the RED U-35 cooking contest. The contest is an annual event to discover the future Japanese star chef over a gruelling six-month period, with judging by other eminent chefs.

Since 1<sup>st</sup> September, the airline has been serving inflight menus in collaboration with RED U-35 finalists on selected medium and long-haul international flights from Japan. Kuala Lumpur is included among the selected destinations.



The new menus by the talented young chefs highlight the colourful styles 'sparkled' from Japanese, French and Chinese cuisines. The new collaboration menus have been tailored to satisfy both Japanese and overseas customers' tastes. Designed and prepared by youthful spirit, the menus are intended to deliver a refreshing and inspiring dining experience.

For more information, please call 1-800-81-3366



# Finnair Empowering Passengers with AI Chatbox

**With 2 billion active monthly Facebook users, it makes sense for Finnair to use this platform for reaching out and empowering its customers. An artificial intelligence chatbox, Finn, has joined Finnair to help passengers in Facebook during their Finnair journey.**

Finn is a programme that can be trained by the users. Finn knows to sell flights, knows if your flight is on time, helps to calculate how much baggage can be taken on a flight, and helps to redirect the customer to the Manage My

Booking page. Finn also answers to frequently asked questions, and if Finn does not have the answer to the question, the message will be delivered to a customer service agent for further action.

Rogier van Enk, Vice President Distribution, Finnair, said, "Exploiting artificial intelligence is an integral part of our transformation strategy. We are growing and we constantly look for new ways to improve our customer service and developing new sales channels using New Distribution Capability technology".

He added, "We believe that fast developing digital tools will greatly benefit our customers. Finn understands and communicates in English, but later it will learn more languages and functionalities. Finnish and Chinese are coming up this year. After the initial stage, Finnair is looking to find a home for Finn also in other social media platforms such as WeChat in China".

For more information, please call +603 - 2145 1155

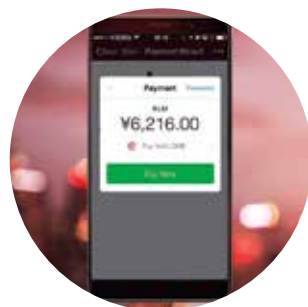






## KLM Takes Strategic Step With WeChat

**One of the oldest airlines is also one of the world's foremost innovators of social media connectivity in the airline industry. KLM will be the first non-Chinese airline to offer WeChat Pay.**



Customers now have the opportunity to pay for tickets and ancillaries via WeChat Pay on KLM.com and WeChat. WeChat is currently the number 1 social media platform in Mainland China with 963 million users, out of which 600 million have activated WeChatPay. The service is convenient to a Chinese bank account holder as it is linked directly to the bank account, making the payment seamless.

Once a passenger booked a ticket on KLM.com via desktop, and chooses WeChat as the preferred payment option, a QR code appears. Users scan this code which refers them to WeChat Pay, and the money is amortised and a successful payment is done. If a customer booked a ticket on mobile or via the WeChat app, and chooses WeChat as the preferred payment option, the customer is automatically referred to WeChat and able to pay for the ticket easily. Users need to bind their bankcard only once to use WeChat Pay.

Pieter Elbers, President and CEO KLM, said, "The WeChat Pay option is a perfect next step in KLM's social media strategy. We believe we should be where our customers are. In China we therefore have to be on WeChat. China has developed into an incredibly important market for KLM. By offering WeChat Pay, KLM has made it possible to book a ticket and pay for it via WeChat, subsequently receiving flight info and ask questions 24/7 all on the same

platform. The WeChat Pay feature gives us valuable insights for implementing payment options into other worldwide social platforms in the future as well. By taking this next step, we continue to be an aviation pioneer."

KLM opened a WeChat account in 2014 offering her Chinese passengers service, brand content and commercial offers via the platform. Since May 2017, KLM customers have the choice to receive their booking confirmation, check-in notification, boarding pass and flight status updates via WeChat. So far nearly 25% of all Chinese KLM customers booking online, receive their flight info via WeChat. KLM gets over 8,000 servicing questions a week, mainly in simplified Chinese.



For more information, please call +603 - 7712 4555

## Being There – The Final F1 Race in Sepang



**The Sepang International Circuit (SIC) has hosted the Formula One Malaysian Grand Prix since 1999 and last month, it saw its last race at the circuit. Being the final F1 race at Sepang, the occasion was historic, with an atmosphere that was as celebrative as ever, even if it was the passing away of one of the Malaysia's major calendar event.**

The crowd turned up, and the atmosphere was as vibrant and boisterous as ever. To many, it was the common love for the sport that drew them here and who among them would want to miss this historic, memorable occasion? For others it was simply a reason to get together, spreading camaraderie around.

Malaysia Airports was there, sharing and soaking in the atmosphere and networking with groups of common interests, right at the Marquee Area of the Main Grand Stand. Forty airlines' representative attended the networking event as well as officials from Tourism Malaysia. Malaysia Airports was represented by personnel from the Airline Marketing Team.

The Malaysian Prime Minister was there too, to bring the final race to a close. No doubt many in the crowd would have noted the

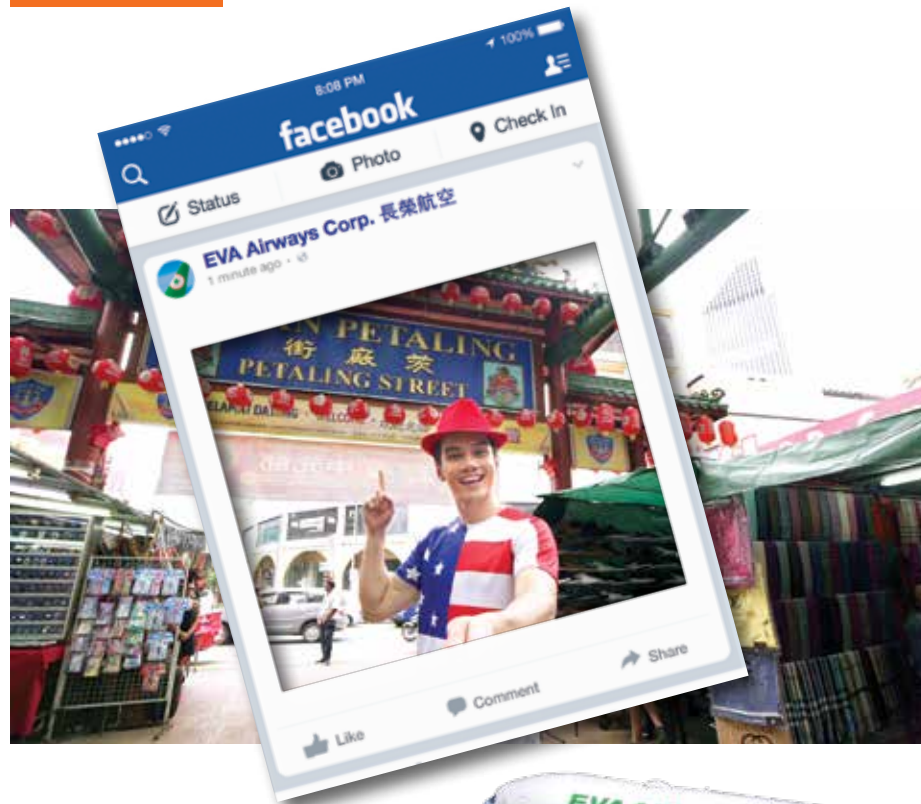


statement made by the Prime Minister that the F1 race at Sepang may be recalled in the future under better economic conditions.

"Bidding farewell to the last Formula 1 event at SIC is a sad affair. Nevertheless, to have a chance to network with our airline and industry partners in this rare occasion is an unforgettable opportunity, and these celebrative moments are to be cherished," said Mohamed Sallauddin Hj. Mat Sah, General Manager of Airline Marketing, MAHB.

He also propositioned that more similar networking events would be held as opportunities arise in the future.





## EVA Airways in an American Twist

**Having made its mark as one of the world's 5-Star airlines, and with some of its major destinations in America, EVA Airways offers one of the best ways to get from Kuala Lumpur to America with just a stop-over at Taipei.**

To get into the groove of the American way, EVA Airways launched a social media contest targeted at Malaysian travellers who dreamt of visiting America. The online contest ran over the month of October. Called "Chapati in the USA", the contest was conceptualised by EVA Airways marketing agency, Kingdom Digital to create awareness of the airline's multiple destinations in America.

The winner was entitled to two return flight tickets to any of the airline's destinations in North America, such as Chicago, Houston, New York, Los Angeles, San Francisco and Seattle.

To kick-off the contest, EVA Airways released a short video on its official Facebook page about a Malaysian man who loved everything American, so one day he decided to put on an American-inspired attire and went about doing things with an American twist. For example, he ordered a chapati and pretended

that it was pizza by the way he treated it, or taking a photo of the KL Tower and making it appeared like the Statue of Liberty by the way he posed in front of it, or the way he twisted a game of soccer into American football.

The contest invited the contestants to snap a photo of themselves twisting everyday things and making them American.

The contest ended on the 31<sup>st</sup> October 2017, bringing fun in a way that drew attention to EVA Airways' American legacy.

Au Yong Yoon, Assistant Manager of EVA Airways said, apart from promoting its routes, the airline hopes this social media campaign will inspire and ignite the interest of Malaysians to experience North America themselves.

For more information, please visit [facebook.com/evaairwayscorp.my](https://facebook.com/evaairwayscorp.my)



## Singapore Airlines Ties Up With Grab



**For Singapore Airlines (SIA), seamless connectivity includes the convenient use of mobile application, which is familiar and imminently accessible to most of its customers. Its partnership with Grab, the ride-hailing giant completes the connective picture.**

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Together with Malaysia, Grab rides to the airport can be booked in Indonesia, the Philippines, Singapore, Thailand and Vietnam.



SIA's KrisFlyer members and those enrolled in Grab's GrabRewards programmes also enjoy additional benefits as GrabRewards members can convert their GrabRewards points into KrisFlyer miles.

Customers stand a chance to win a pair of Economy Class tickets to the Maldives in a contest. To take part, customers have to simply enter the code 'GRABSQ' in the promofield in the Grab app booking screen for every Grab ride they take between 11 October to 11 November 2017. The customer with the most Grab rides booked during this period will win.

Jason Thompson, Head of GrabPay said, "We are constantly making the Grab platform more rewarding for our customers. With GrabRewards, a dollar spent on Grab is more valuable than a dollar spent in cash. By integrating Grab's and SIA's loyalty programmes, customers can look forward to using their points when they plan for their next holiday".



Campbell Wilson, SIA Senior Vice President Sales & Marketing said, "We are thrilled to bring more convenience to our customers on the ground and in the air through our new partnership with Grab, while also offering KrisFlyer and GrabRewards members the opportunity to convert points to miles and redeem them for award flights or upgrades. We are constantly seeking to enhance our SingaporeAir mobile app and KrisFlyer programme to ensure that we provide more benefits to our customers".

Grab today is in more than 100 cities, including Singapore, Indonesia, the Philippines, Malaysia, Thailand, Vietnam and Myanmar. Singapore Airlines operates services to over 60 destinations in more than 30 countries on five continents worldwide.

For more information, please call +603 - 2618 6333





## Japanese Delight at Mitsui Outlet Park KLIA Sepang

**Being just 5km away from KLIA and klia2, with ample parking spots and accessible by free shuttle bus service from the terminals, Mitsui Outlet Park KLIA Sepang is just the place to linger before catching the flight. There are check-in kiosks and even places to store the bags while shopping or dining. Digital displays keep passengers updated with flight information.**

It is the ideal place to be with time to spare before the flight. Independently located from the airport, Mitsui Outlet Park KLIA Sepang is also patronised by regular patrons as it is just beside the highway.

The delightful Japanese-style Don Don Tei restaurant located in the outlet is the ideal

place for quick servings of genuine Japanese cuisine. It is equally appropriate for those with ample time to spare and those in a hurry.

It specialises in quick-serving traditional tempura cuisine in a contemporary dining setting. It is part of an established chain restaurant with 20 years of history, having 20 outlets spanning across Japan and America, with future expansion plans in Asian countries.

Don Don Tei menu offers donburi (rice bowl dish), tempura and noodles. Signature must-try donburi dishes include Nigirai Tendon, Oyakodon and Tokutoku Tendon.

The specially prepared tempura dishes provides for a gratifying gourmet experience. They are tempered with delicious golden crispy batter, served with Don Don Tei's 'secret' concocted dipping source. The tempura dishes come in chicken, vegetables and seafood varieties.

The restaurant is designed with an open kitchen concept with Japanese touches of natural wood to its interior. The food is reputed to be of the highest quality, prepared with fresh ingredients, and kept to affordable prices.

Have a go at Don Don Tei's best sellers, juicy chicken Teriyaki Don, smoky Grilled Salmon Steak Don and tender Grilled Beef Ginger. Sets come with pickles, miso soup and a choice of cold or hot green tea.

Don Don Tei is located at F55, First Floor of the Mitsui Outlet Park KLIA Sepang.



## Buy and Fly

## Interview with Zulhikam Ahmad General Manager, Malaysia Airports (Niaga) Sdn Bhd

Encik Zulhikam Ahmad has a confession to make. With a sheepish smile, he admits: "I was one of those who didn't stop to shop at airports when I had to fly regularly in my early working years. I would go to the airport barely an hour before the (international) flight and once the plane landed, I would be running out of the airport as quickly as possible."

Prior to this, Zulhikam was with 7-Eleven Malaysia as a General Manager of Sales and Operations for 5 years, 2010 - 2015.

Today however, as General Manager of Malaysia Airports (Niaga) or known as Eraman, it's his job to find ways to help travellers part with their money; he chuckles softly as the irony is not lost on him.

Eraman, the largest travel retailing arm of Malaysia Airports Holdings Bhd, operates duty-free shops over 50 retail and food & beverage outlets in KLIA, klia2, Kuching, Kota Kinabalu, Penang, Langkawi and Labuan airports.

Eraman is looking to strengthen its brand presence by introducing a distinctive corporate identity with clear brand positioning. "We are refreshing the Eraman brand. The old logo and colour looks outdated. Now is the right time for change," says Zulhikam.

"Our mission is to create a Joyful Shopping Experience for travellers, so we'll offer fabulous promotions and reward customers. Actually, it is also cheaper to buy things at the airport."

### Has your experience with 7-Eleven stores helped you manage Eraman?

7-Eleven is about high-street customers and Eraman is about luxury goods. But both are still about understanding customer needs and when we do, it's easier.

I came to Eraman for a challenge, and I tried to do things differently and make Eraman more aggressive in its industry. We need to move faster to grow better and capitalize where we can, and I am very open and receptive to change. I am always looking for ways to grow.

### Which sectors have shown the strongest growth?

Perfume and cosmetics are the fastest in terms of growth. This is driven by passenger movement, especially with the increase in travellers from China.

Chocolates is another strong sector. Foreign travellers look for unusual gifts, so durian chocolates, for example, is extremely popular.

### What are your plans for improving sales at Eraman outlets?

The main thing is to understand the customer psyche. Travellers are always strapped for time. Of the total number of travellers at the airport, 10% will actually buy something from Eraman outlet. They don't have the time to browse either; they spend an average two minutes in a shop. Our main concern is to make them stop and buy, so we have three strategies to lure them in.

1. Tactical: We have offers and promotions such as purchase-with-purchase. We hold contests where shoppers can win luxury cars such as BMWs, travel packages, cash vouchers and even designer bags. So if you're going to buy something in the city, why not buy at the airport and stand a chance to win a prize? We've had three winners already – two Malaysians and an Indian national from our Eraman Shopping Extravaganza campaign held in 2016 to 2017.

Eraman has recently launched the new phase of Eraman Shopping Extravaganza 2017/2018 to reinforce the value that we offer to our loyal customers. Eraman is working with MAHB to create more excitement in the airport by offering bigger and better prizes with the grand prize of a BMW318i series car for every phase.

2. Thematic: This covers an array of products and we have strategic partnerships with prestigious brands to showcase premier, classy and trendy products to customers.

3. Collaboration: We have collaborations with banks and payment channels such as Alipay (very popular with China nationals who find this mobile payment method more convenient than carrying cash).

Eraman is constantly looking to differentiate ourselves from the competition by working closely with our brand partners and also having innovative promotions to reward our loyal customers.

### What do travellers look for shopping at airports?

Travellers buy for themselves, to share or as gifts. So we need to create attractions in each category such as Travel Exclusive packs that are only available at Eraman and Combination Packs which are priced lower than the individual items.

### Do local brands perform better than global brands?

Global brands definitely do better but this year, we've seen a double-digit growth in sales of chocolates, especially those with durian flavour. Asians love chocolates.

### Finally, do you now shop at airports?

(Laughs) Yes. I buy chocolates for my family especially for my two lovely daughters.







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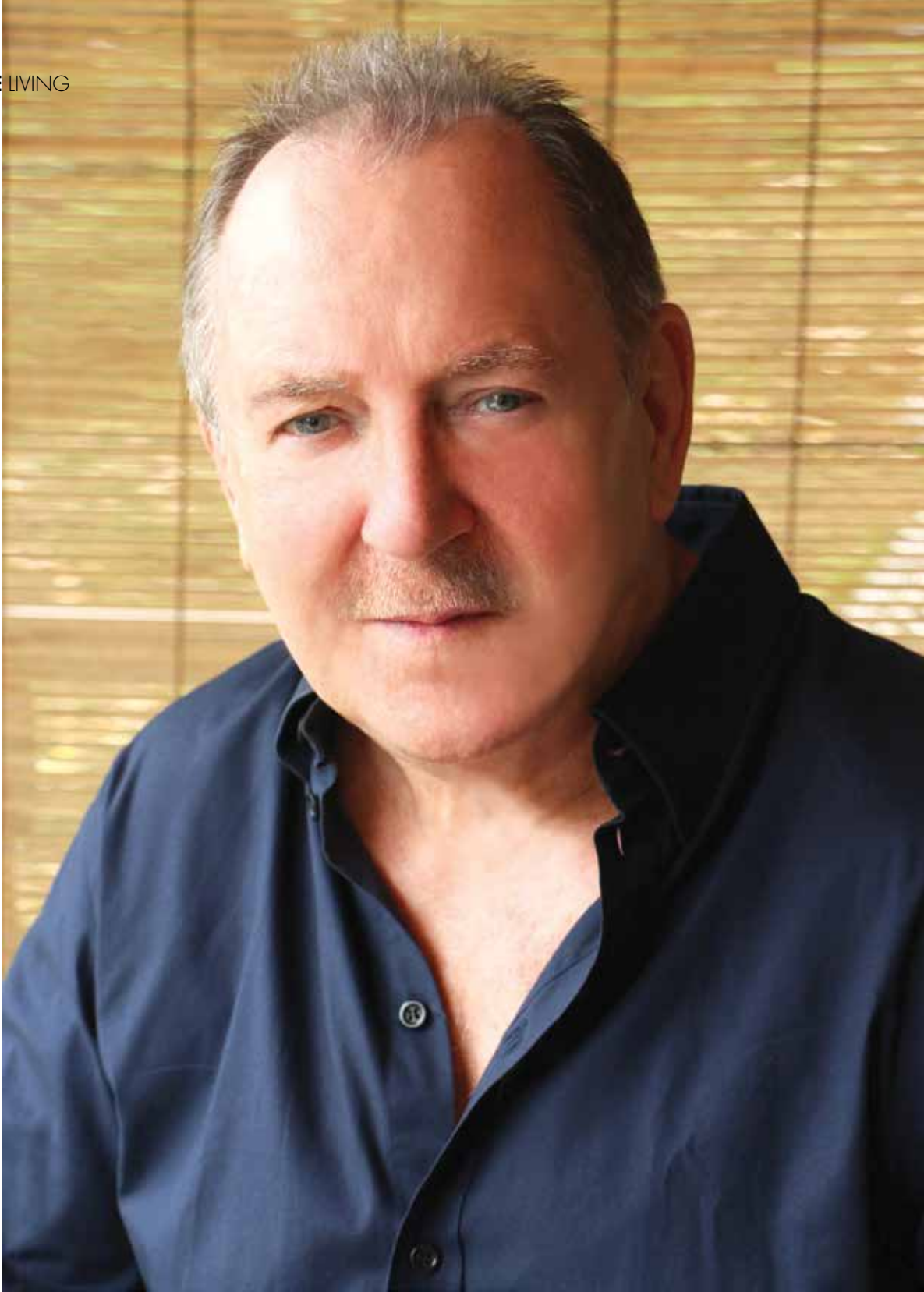
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HIRANMAYI AWLI SPEAKS TO

# PAUL CALLAN

## A STORYTELLER OF LOVE

**Tell us a little about yourself. (How long have you lived in Malaysia?)**

I'm an Irish. Both my parents are artists, my mother was a tapestry artist while my dad was a painter. I am a rugby nut; I find that there is masculinity in this sport. I have a lot of respect for women. I started to write 25 years ago, however, I got distracted with the desire to make money and that deviated my plans. Ten years ago, when I first arrived in Malaysia, I found it very conducive for writing, because the place I stayed at was very quiet and peaceful and that made me determined to write again.

**You've written three books to date; The Dulang Washer, Shadows beneath the Fronds and now The Brigadier's Daughter. There seems to be a consistent geographic theme that runs through them. Is there a reason?**

I fell in love with Malaysia when travelling around in search of a tin mine that help me to describe such a setting in The Dulang Washer. And it wasn't simply the landscape, it was much more than that, it was the people. Malay, Chinese, Indian, all three races of people, especially when grouped together, and live in harmony with one another, are true inspiration. It is to them that I owe a huge debt of thanks. And it is to them that I am able to indulge myself writing about each culture in my books. My next story is set in the state of Johor and in Singapore and I am now about to embark on another story, this time set in Singapore when Malaysia and Singapore were as one.

**What appeals to you the most about South-East Asean culture.**

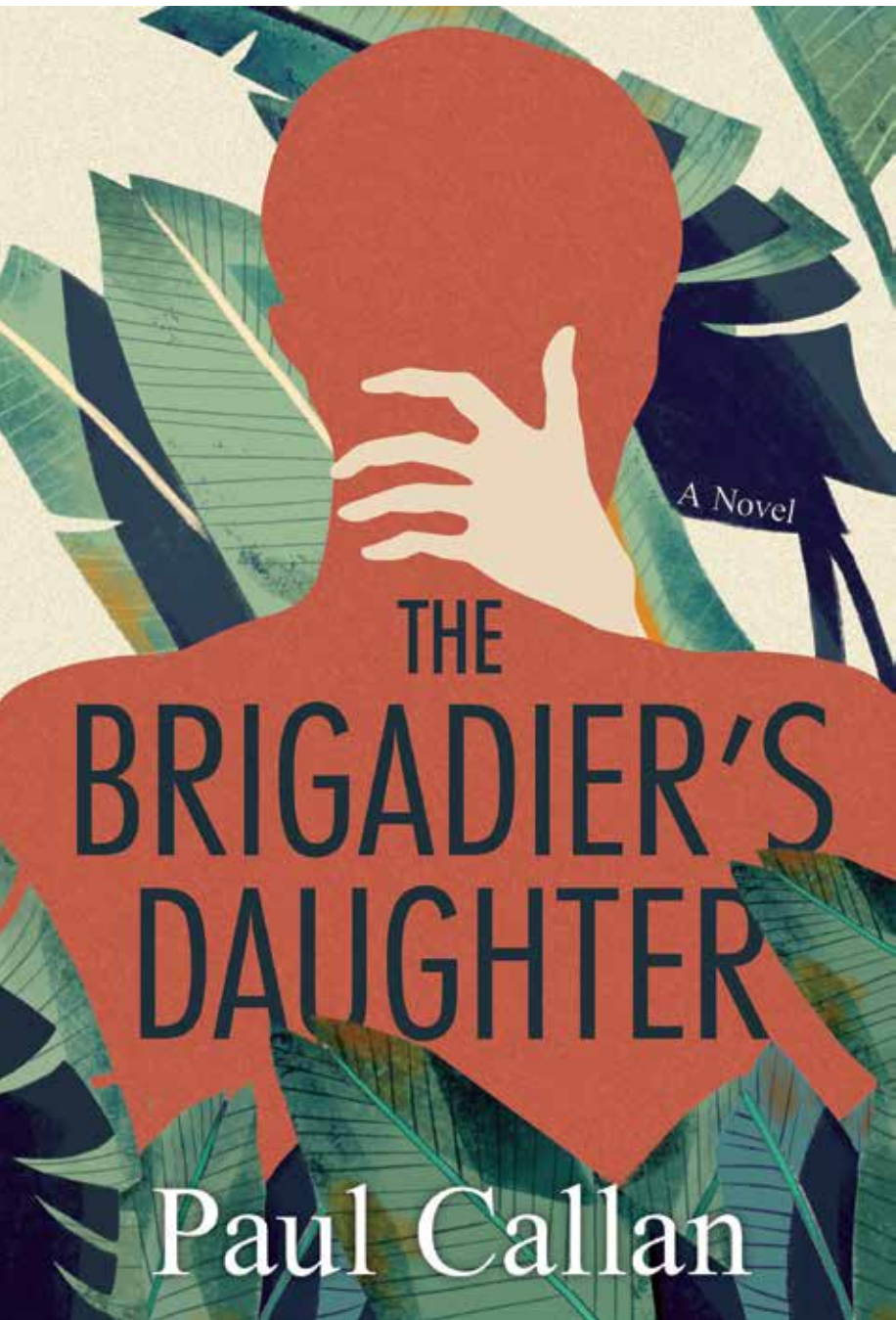
I come from Ireland, a country that's been dominated by the British for centuries. I find that the modern history of Malaysia is similar. I love the fact that once you go outside KL, the people are phenomenal, very friendly and gentle.

**Describe in your own words some of the most fascinating cultural aspects you've stumbled across in Malaysia.**

The most inspiring, I have noticed is the how the cultures in Malaysia have merged and you are only able to witness it outside KL. In the rural areas, people all live together without any divide.

**Paint us a short picture of The Brigadier's Daughter.**

I wrote this book, so that young people would want to read, particularly a book that would appeal to them. I also wanted to get the message out to mature people of the trials



and tribulations that young people endure, their first love in particular. If they reflect on that, they might begin to understand their frustrations. The Brigadier's Daughter is a very passionate love story. In addition, it is designed to point out to young people that that the older generation do understand their predicament because they've been through that period of love themselves.

**What sparked the birth of The Brigadier's Daughter?**

The desire to make a book that everybody would want to read.

**How did you get such a strong grasp of the culture and norms of say Singapore?**

A lot of research. I take research very seriously. During research for the

Brigadier's Daughter, I met a handyman when I was in Singapore who later invited me to a temple. At that temple, I saw a lady playing an extraordinary instrument, and a young man beside her playing the Er Hu. That led to my research on the Er Hu. I find that it's the little details that bring things to life. I love doing research. It's what makes the story and gives me content.

**These characters, how do you give thought and voice to them so well?**

They bear no particular resemblance to you. All my characters are based on past experiences; like people you talk to after a game of rugby. You find that things tend to stay with you.



# Terrains of the Heart: Private Collection of HRH Sultan of Selangor

A Peek into His Royal Highness’s Extensive Artworks



**Datuk Ibrahim Hussein**  
Father And Son, 2008  
Acrylic on Canvas 32 x 32 cm

His Royal Highness Sultan of Selangor Sultan Sharafuddin Idris Shah Alhaj ibni Almarhum Sultan Salahuddin Abdul Aziz Shah Alhaj has given consent for his extensive private art collection to be disclosed the public through an exhibition by Galeri Prima.

The exhibition, Terrains of the Heart, was commemorated for the launch of Galeri Prima, which was officiated by His Royal Highness on Sept 30 as a hub for the art community in Malaysia.

This showcase renders works by 14 artists, all of which resonate intrigue and delight, with every piece meticulously selected by HRH Tuanku himself. This exhibition is close to the heart as no one has seen these works outside the palace until now.

This exclusive exhibition showcases various paintings that envelops life and love. It gives its audience a glance into the heart of its owner, HRH Sultan Sharafuddin Idris Shah.

The painting, “Father and Son” holds a more profound meaning to His Royal Highness for it was painted by his very dear friend, Datuk Ibrahim Hussein and gifted to his only son, Raja Muda Selangor HH Tengku Amir Shah. With the honourable grace of Tengku Amir, the exceptional painting was on display at the exhibition. “Father and Son” portrays a patriarch and offspring huddled in a fierce embrace painted in a shadowy manner, it is distinctively attractive. Ibrahim’s masterpieces easily placed themselves in the limelight of the exhibition and has driven His Royal Highness to obtain over 20 of the late artist’s work.

Amongst the arsenal of Ibrahim’s works collected by His Royal Highness, six were on display namely, “Kimono” (1996), “Helmet” (2000), “HRH Tengku Ampuan Rahimah, Selangor” (1985), “Mix” (1983), “Lovers” (2002) and “Father and Son” (2008).

The exhibition sheds light on the works of Ahmad Nazri Abdullah, Selangor royal painter. He has painted more than 100 official portraits, including 14 portraits of the Yang DiPertuan Agong. His Royal Highness chose Ahmad Nazri’s paintings of “Sultan Salahuddin Abdul Aziz Shah” (1978) and “Sultan Sharafuddin Idris Shah” (2003) for this show. Ahmad Nazri related that most difficult part in painting portraits of royalty is the songket.



**Datuk Hoessein Enas**  
Sultan Hisamuddin Alam Shah, 1968  
Oil on canvas 75 x 100 cm

Another Royal Painter, appointed by HRH Sultan Sharafuddin Idris Shah, is Datuk Azman Yusof, whose works are, plainly put, engrossing. This is evident by HRH Sultan Sharafuddin Idris Shah’s extensive collection of about 300 works. Six of Azman’s works were on display at the gallery, “Mimbar Masjid Sultan Alaeddin Suleiman Shah, Kuala Langat” (1999), “S. Y. Jugra” (2000), “Sultan Salahuddin Shah (2003)”, “Masjid Negeri Selangor (2009)”, “Dugaan (2010)” and “Dalang (2014)”.

A clear favourite of Azman’s works is “Dugaan”, especially commissioned by HRH Tuanku during a ‘playful epiphany’. The setting is a backdrop of an eatery, aptly named Halal Restaurant. It also depicts a man, upon returning from prayers at the mosque, walks to his next destination. The Temptress passed him by, her revealing scarlet dress battling against the cheeky wind. As she struggled to keep what little modesty she began with, the man gripped his tasbeih (prayer beads) and unashamedly stared.

Of Royal painters, Datuk Mohamad Hoessein Enas deserves unwavering laurels. He was the Royal Painter of HRH Tuanku’s father,

Almarhum HRH Sultan Salahuddin Abdul Aziz Shah. Hoessein’s paintings are soft and polite, incisively striking and densely solid. They are painted virtuosolike, which takes you on a journey. The Father of Malaysian Portraiture had two paintings on show; “Sultan Hisamuddin Alam Shah” (1968) and “Tengku Ampuan Jemaah”, HRH Tuanku’s grandmother, painted in the same year. Hoessein painted HRH Tengku Ampuan Jemaah perfectly, her fiercely intelligent eyes made it that much harder to look at for long. You will be beguiled and drawn in to the work.

Haron Mokhtar, a name that may not ring any bells for many is the painter who made “Breathing Space” an indelible part of his work. In the paintings, “Before Penang III” (1998), “Siri Dukung IV” (2001), “Penghulu Natar I” (2013) and “Perkahwinan Baba Nyonya” (2014), Haron displays an innate aptitude and sensitivity to his surroundings and to cultures he holds dear and near.

Another artist featured in the exhibition is Jaafar Taib, who is among the top artists, cartoonists and caricaturists in Malaysia. He is also a noted wildlife and avian artist,



**Datuk Hoessein Enas**  
Tengku Ampuan Jemaah, Selangor, 1968  
Oil on canvas 75 x 100 cm

having painted for numerous elites and royalty. As depicted in “Ayam Hutan” (1983), “Crested Serpent Eagle” (1987), “Crestles Fireback” (1987) and “Orang Utan II” (2015), he paints in a free and almost impressionistic brush strokes. This exceptional artist believes that humour is an indispensable component in cartoons and is consequentially, one our best cartoonists and caricaturists.

The legendary Datuk Mohammad Nor Khalid, more commonly known at Lat, is Malaysia’s beloved cartoonist. Lat’s style has been described as reflective of his early influences, “The Beano and The Dandy”. He has, however, found his own style of illustration, drawing the common man on the streets with bold strokes in pen and ink. A trademark of his Malay characters is their three-loop noses. “Rewang”, a 165 cm x 165cm, drawing is his largest scale painting to date, a rare piece that marked his first and last large drawing.

The list of accomplished and brilliant artists include Anisa Abdullah who uses collage, an exceptional approach to express personal narrative, vintage and metropolitan symbolism as well as her own past experiences. Her work





**Datuk Ibrahim Hussein**  
Helmet, 2000  
Paint & Acrylic on Helmet Surface, Variable & Casing Size 30 x 30 x 38 cm



**Datuk Ibrahim Hussein**  
Kimono, 1996  
Acrylic on canvas 110 x 100 cm



**Datuk Ibrahim Hussein**  
Tengku Ampuan Rahimah, Selangor, 1985  
Acrylic on canvas 86 x 112 cm

is made entirely from snips of paper; each piece carefully selected for its colour tone and print style. The result is a seamless blend not unlike the careful shadings of a painted work.  
Her 2013 piece of HRH Sultan Sharafuddin Idris Shah's granddaughter, Layla, based on a photograph HRH Tuanku took when she was a year old was simply mesmeric – those innocent wide eyes and gleeful air is contagious.

Ilse Noor's 1986 etching on paper Istana Bandar Jugra demonstrates the artist's skill and deftness so beautifully, whilst Datuk Chuah Thean Teng's 1982 "Ibu dan Anak" and 1983 "Mendodoi Anak" proves why he is our Father of Batik Painting. Teng, as he was affectionately known, immortalises instants of a child's young life seized for eternity.

There were so much more to witness such as, Raja Azhar Idris' blindingly lovely "Wayang Kulit" (1990), Shafie Hassan's 1989 "Membuat Tudung Saji", Datuk Sharifah Fatimah Syed Zubir's awe-inspiring 2003 "You" and Abdul Fatah Ngah's 1996 "Wayang".

Apart from these, selected still photos of His Royal Highness and family members, carefully selected from the archives of The New Straits Times Press (M) Berhad's (NSTP) Resource Centre, were also on display.

These photographs, dating back from as early as 1952, gave a glimpse into HRH Tuanku's private and official life. They were picked for their intrinsic value, tracing HRH Sultan Sharafuddin Idris Shah's journey as a prince to being the Raja Muda of Selangor and later to become the Sultan.

# WAYANG KULIT RAJA LINGKARAN BELUT BY GALERI PETRONAS

## Tale of an Epic Battle

BY HIRANMAYII AWLI



Wayang Kulit Performance



Wayang Kulit Performance



Wayang Kulit Workshop

Galeri PETRONAS presented a two-day showcase of wayang kulit, a traditional puppet play of the Malay Archipelago. Performed by puppet master Dollah Mamat, the wayang kulit showcase entitled 'Raja Lingkaran Belut' was a prelude to an exciting upcoming exhibition in Galeri PETRONAS which explores the traditional wisdom of Malay culture entitled 'Alegori'- Contemporary Art Expressions from Malay Manuscripts.

The story of Raja Lingkaran Belut was one that took place in Java, under the rule of King Sri Rama. One day, his brother named Bujang Laksamana came to him at the palace's Balai Gading and informed him that the whole of Java was in a state of peace and security.

Subsequently, the son of Raja Sri Rama, Hanuman Kera Putih, approached the king to seek permission to allow him to meditate. The task of maintaining the security of the state and the palace was taken over by five caretakers and 33 soldiers. Concurrently, there was a palace in the jungle called Jitu Ropok Bunut Tunggal ruled by a king named Raja Lingkaran Belut. He was also known as the son of Rawana or Boto Mahraja Wana.

One day, Raja Lingkaran Belut ordered his army to bring forth his two brothers, named Anak Gajah Meto and Anak Badak Api Sumbu Gano, to see him. The king made a pact with both of them to attack the kingdom of Sri Rama as an act of revenge on Hanuman Kera Putih's action who beheaded their father at Mount Masin in the Kingdom of Gajah Putih.

Hence, the three brothers and all the armies at their calling attacked the kingdom of Sri Rama which led to an epic battle between King Sri Rama and Raja Lingkaran Belut.

Performed by:  
• Kelab Kesenian & Kebudayaan Kampung Pulau Tebu, Tunjong, Kota Bharu, Kelantan.  
• Mohd Aswawi Isa is the chairman of Kelab Kesenian & Kebudayaan Kampung Pulau Tebu.  
• Dollah Mamat is Tok Dalang @ Wayang Kulit Puppet Master. He was born on Sept 2, 1956 and began working in this art form since the age of 11. Dollah used to study wayang kulit with Tok Dalang Deraman Kg Baloh Kok Lanas and Tok Dalang Dollah Baju Merah.

Besides the wayang kulit performance, Galeri PETRONAS also organised the following programmes:

- Art Talk: The Realm of Malaysian Wayang Kulit (Oct 21, 2017)  
Speakers:  
Dr A.S. Hardy Shafii – deputy dean (Research, Graduates & Linkages) USM  
Dr Lawrence Ross – senior lecturer, Academy of Malay Studies  
Mohd Aswawi Isa - chairman of Kelab Kesenian & Kebudayaan Kampung Pulau Tebu, Kelantan
- Wayang Kulit Workshop (Oct 22)  
Moderated by:  
Dr A.S. Hardy Shafii  
Mohd Aswawi Isa





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BY CHEE SUE ANNE

For a breathtaking bedroom window view of one of Melbourne's oldest parks, the Flagstaff Gardens, 24-hour excellent room service, and opportunity to savour a seasonal menu from the artful hands of executive chef, Leigh Robbins, Radisson's on Flagstaff is a warm and friendly home away from home during your travels to this Australian city.

Radisson lives up with gusto to its four and a half-star rating. Enter its welcoming sliding doors and be graciously swept up by top-notch customer service, seamless and worry-free concierge experience and the exquisite interior design and luxurious comfort of Radisson's recently refurbished rooms.

Be enveloped with cloud-like comfort as your head meets with the soft pillows on the king-sized bed that moves to perfectly fit around your travel-weary body. You'll find no complaints with its lavishly decorated rooms, beautiful in design, ergonomic in use, extremely spacious yet maintaining an element of cosy, warmth and familiarity.

Just a three-minute walk from Flagstaff station, Radisson's connectivity to the city is of undeniable convenience. You'll stay within the Free Tram Zone, be just five minutes' walk from the invigorating hustle and bustle of Queen Victoria Market, and have hassle-free access to all of Melbourne's lively cafes, pubs, bars and malls.

Previously a police headquarters, Radisson has chosen to maintain a few of its sui generis elements, explaining why their restaurant is thoughtfully named HQ's. This unassuming dining pocket in the heart of Melbourne has managed to bag many notable awards, one of which was Best All-Day-Dining Hotel Restaurant in Victoria (2016), an accomplishment that drove us to try out some of its exclusive offerings.



Hotel Bedroom



Hotel Lobby area



Restaurant Buffet Cooking Station

Restaurant Buffet Cooking Station

A brilliant visual ensemble of orange, cherry and strawberry intermingling with the lychee liquor, we were first introduced to the magic of HQ's through its Lychee Affair cocktail, creatively crafted by its mixologist, Eldo Jacob. The freshness of the ingredients, with its sour and sweet flavours perfectly balanced, brought to life a refreshingly delicious concoction, uncomplicated in taste but very worthy of mention. Orange slices were meticulously burnt to infuse a zesty, citrus flavour into the liquor. A play on sweetness came in with fresh strawberries drizzled with homemade chocolate sauce, effortlessly conjuring ambrosia on the taste buds.

For starters, the Bruleed Chicken Parfait did not fail to impress. To be spread on brioche, it presented itself crusty and caramelised on the surface but unbelievably smooth and silky upon cracking the top layer. The soft and savoury free-range chicken parfait tangoed in harmony with its crunchy and sweet caramelised top; this fascinating creation earning its place in our good books.



Hotel Exterior

Simple plating belied the true nature of the delectable dish. This Twice-Cooked Free-Range Duck with its amazingly tender texture. Meat that fell off the bone, oozing with natural sweet juices, it was perfectly supple and smooth. This was a glorious dish! You will find yourself mopping up the parsnip cream and blood orange caramel alongside the duck as the combination of sweet, zesty and balsamic flavours implode in your mouth, begging for another bite.

If you're dropping by this festive season, there're some delightful lunch buffets served at HQ's befitting the joyous occasion. And come Dec 31, drop by during HQ's New Year party for canapes, cocktails and front-row seats to the New Year fireworks show! To make bookings, call (03) 9322 8198 or email [hqsonwilliam@radisson.com](mailto:hqsonwilliam@radisson.com).



# Sofitel Hotel Kuala Lumpur Damansara

## An Epicurean Staycation

BY HIRANMAYII AWLI MOHANAN

6, Jalan Damanlela, Bukit Damansara, 50490 Kuala Lumpur  
Tel: +60 3-2720 6688

**T**he perks of living in the city and during the peak of modernity is the emergence of bountiful establishments that are designed to serve your needs. Sofitel Kuala Lumpur Damansara is one of them. This brand-new establishment is situated strategically between Kuala Lumpur and Petaling Jaya, offering metropolitans a staycation to remember.

Immerse yourself in grandeur and splendour at Sofitel Kuala Lumpur Damansara without having to brave long hours of driving or flight. The hotel's interior is not only visually stunning, but it also addresses the local heritage with a sophisticated wall depicting the country's "Wau Bulan" which blends seamlessly with French art vivre through an Eiffel Tower sculpture. You will be surrounded by impressive tailor-made art pieces and sculptures that are ubiquitously placed around the hotel, again, paying tribute to the rich Malaysian and French heritage and culture.

### Rooms & Suites

Rest assured at this hotel, you will sleep in luxury and elegance. One can tell a lot of celebration was put into designing each room to make it snug for its patrons. The rooms and suites are enhanced by a unique blend of French sophistication and contemporary design while the bathroom space is lavishly adorned with a bath, shower and Larvin toiletries to boot. Coco Chanel once said, "Luxury must be comfortable, otherwise it is not luxury." When night falls, you will find yourself to be sleeping on a cloud with their signature bedding concept, MyBed™. It was designed to create the kind of multi-

sensorial experience that guests would be inclined to take home with them. This experience comprises an ensemble of the finest bed base, mattress, feathered over-mattress (topper), pillows, and a down duvet, restoring the body, mind and soul of every discerning guest and creating memorable dreamscapes every night. Guests staying in suites are in for a panoramic treat as the Club Millésime executive lounge offers breathtaking views of the city's skyline and other exclusive services including complimentary breakfast, all-day refreshments, evening cocktails and more.

### Dining

Don't bother leaving the hotel premises for food because it houses a plethora of restaurants and bars offering various cuisines. Be sure to try out the signature all-day dining restaurant, Kwee Zeen that serves Pan-Asian cuisine. Alternatively, Chinese restaurant Wan Chun Ting, which translates as Ten Thousand Springs Pavilion, offers authentic Cantonese and Imperial cuisine amid intricate fabrics, fine embroidery and gold damask velvet. Hold festivities at Wan Chun Ting's palatial private dining rooms with plush furnishings, sophisticated blend of

East-meets-West décor with elements of Chinese-inspired silhouettes and traditional art pieces. As for libations, revel in a selection of French wines and afternoon tea at Le Bar. Later, when nature calls and your stomach grumbles for food, head on to the French Riviera-inspired restaurant, Nizza to relish in authentic French cuisine.

### Facilities

Self-care is a divine responsibility. Hence, it is your right to pamper yourself at the SO SPA where signature facials, massage treatments, sauna and steam rooms await. The spa is also the country's first to offer a Moroccan Hammam bath treatment. Those who adhere to a healthy lifestyle will be pleased that there is an outdoor swimming pool and the SO FIT gym to work up a sweat during your staycation.

### Functions

Trust the professional hands of Sofitel Kuala Lumpur Damansara to make your special day a memorable one. Be they conventions, weddings or corporate events, the hotel's mammoth 'Wau Bulan' Ballroom accommodates up to 800 guests, while the six meeting rooms are perfect for merry-making and business acquisitions.

Sofitel's Suite

Sofitel's Swimming Pool



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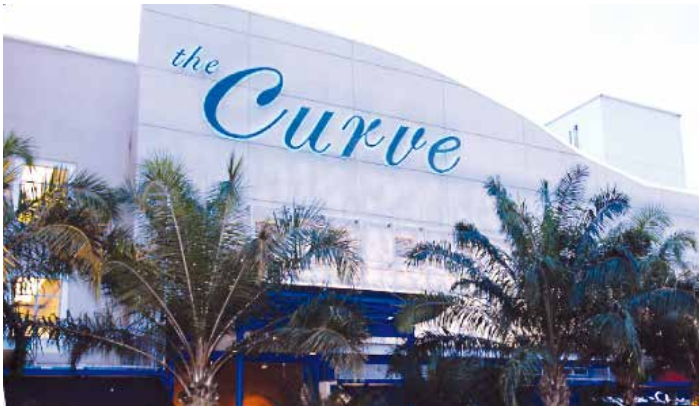
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**THRIVEN**



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 Cit 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



**LAT TALI LAT CAFE**  
73, Jalan SS 20/11, Damansara Kim, 47400 Petaling Jaya, Selangor



**DEFINE FOOD**  
The Boulevard, 59, Lingkaran Syed Putra, Mid Valley City, 59200 Kuala Lumpur

### Chinese

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

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

**Dynasty**  
03-2771 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 Pavillion • 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

**Play Lounge**  
64M, Jalan SS21/58, Damansara Utama, 47400, Petaling Jaya  
Tel: +6011-3920 7568

**Alexis the Bar Upstairs (partial smoking section)**  
29A Jalan Telawi 3, Bangsar Baru, 59100 Kuala Lumpur  
Tel: +603 2284 2880

### 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

**Shookl**  
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 Lagoan, 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

**Hubba Hubba Mont Kiara (partial smoking section)**  
Level G, Seni Mont Kiara, 2A, Changkat Duta Kiara, 50480 Kuala Lumpur  
Tel: +6012 205 0442

**The Berlin KL**  
208, Jalan Tun HS Lee, 50000 Kuala Lumpur  
Tel: +603-20222111





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

**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 (Ch), 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), Lafite (Fr), Lemon Garden Café (Int'l), The Pub • From RM364-RM12,000 • D7 • www.shangri-la.com

**Sheraton Imperial Hotel**  
03-2717 9900 Jln Sultan Ismail • 🚗 M Tuanku • Essence (Int'l), Villa Danieli (Ita), Calestial 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.gardenshtres.com

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

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

**The Ritz-Carlton Residences**  
03-2142 9000 • 🚗 B Bintang • From RM950-RM1,330 • F9

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

★★★★★

**Aloft Kuala Lumpur Sentral**  
03-2723 1000  
Jalan Stesen Sentral  
KL Sentral • 🚗 📍 🚗 KL Sentral • Nook (International), MAI Bar (Bar Menu), w xyz(SM) Bar (Cocktails & Snacks) • From RM270 - RM388 • www.starwoodhotels.com/aloft-hotels

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

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

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

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

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

**Dorsett Regency**  
03-2716 1000 • 172, Jalan Imbi • 🚗 B Bintang • Checker's (Café), Cellini's(Ita), Windows Lounge (Wn) • From RM200 onwards • F9 • www.dorsettregency-kl.com

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



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

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

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

**Impiana KLCC Hotel & Spa**  
03-2147 1111 • 13 Jln Pinang • 🚗 R Chulan • Tonka Bean Cafe (Int'l) • From RM219- RM368 • D8 • www.impiana.com

**Novotel City Centre KL**  
03-2147 0888 • 2 Jln Kia Peng • 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.qualifi.com.my

**Swiss Garden Hotel**  
03-2141 3333 • 117, Jln Pudu • 🚗 Hang Tuah • Blue Chip Lounge (Int'l), Flavours Restaurant (Int'l), Green Treats Delicatessen (Int'l), T@ste 6 Restaurant (Int'l) • From470+

**The Royale Bintang KL**  
03-2143 9898 17-21 Jalan Bukit Bintang • 🚗 B Bintang • Sunflowers Brasserie, Cafe Royale & Bar, Rimba Spa • From RM208 • F8 • www.royale-bintang-hotel.com.my

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

**The ZON All Suites Residences on the Park**  
03-2164 8000 • 161D Jalan Ampang • 📍 Ampang Park • Terracotta Restaurant & Lounge • From RM253-RM396 • D8 • www.zonhotel.com.my

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

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

**Hotel Capitol Kuala Lumpur**  
03-21437000 • Jalan Bulan Off Jalan Bukit Bintang • www.capitol.com.my

★★★

**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 • Citl 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 • ristorante 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**  
03-2713 7887 • 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



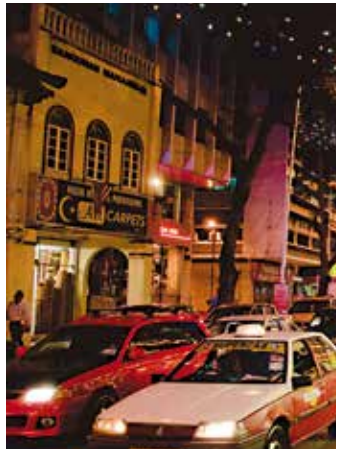
**KL Tower**  
03-2020 5499  
🚗 Bukit Nanas • Jalan Punchak, off Jalan P Ramlee. • The KL Tower stands at 421 metres. The tower houses a revolving restaurant and an observation deck which takes 58 seconds to reach. Catch the sunset or experience sky jumping from the tower roof. • Opens 9am 10pm daily • 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  
Living Oceans and The Living Reef, with  
over 5000 aquatic and land-bound animals  
representing over 150 different species.  
Don't miss the 90-metre underwater tunnel.  
Opens daily from 11am-8pm. (Including  
weekends, school and public holidays) Last  
admission at 7pm. Entry RM38 (adult), RM26  
(children) • D8



**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



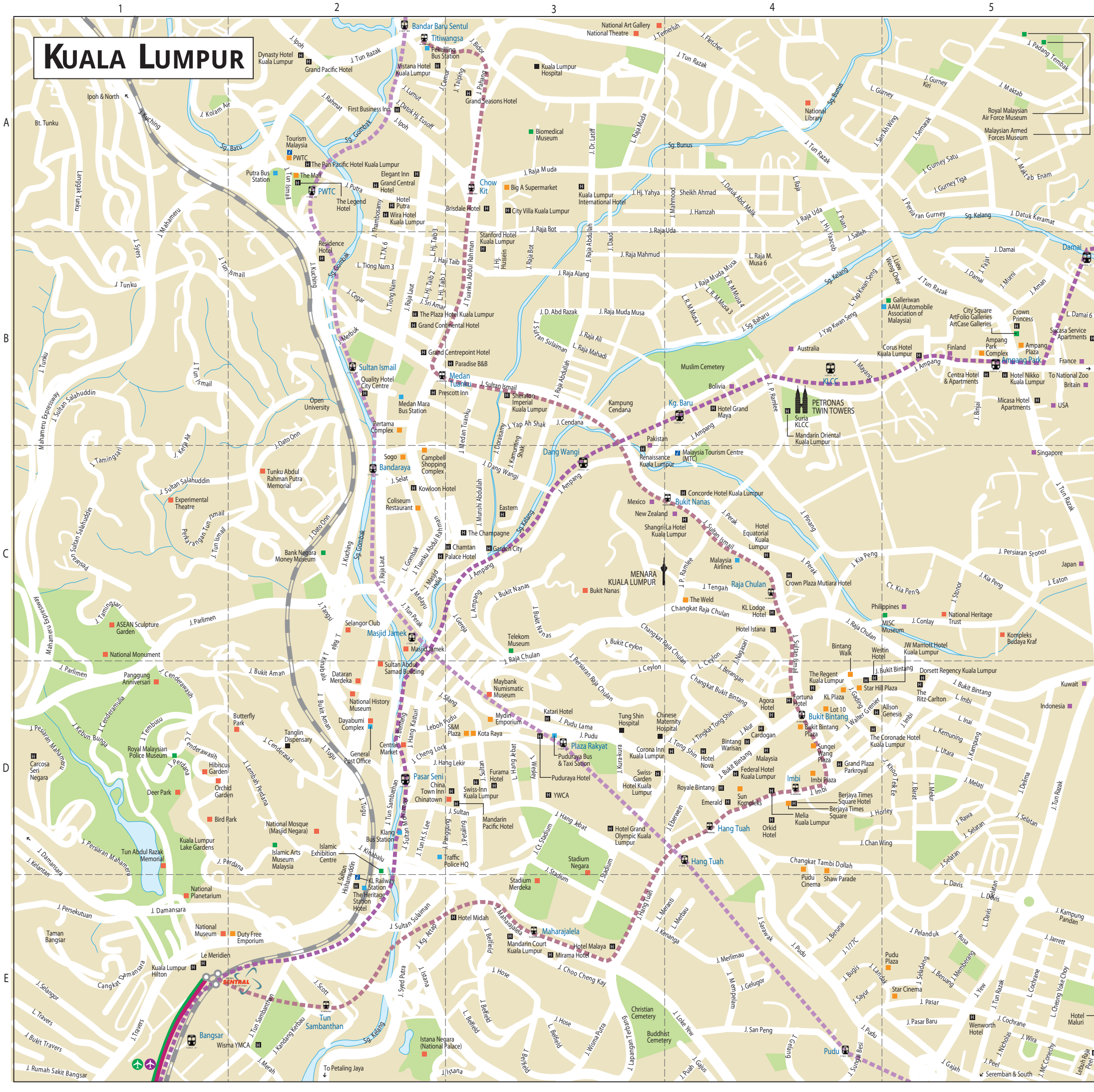
**University of Malaya Art Gallery (UMAG)**  
Tingkat 5, Bangunan Canseleri, Universiti Malaya, Petaling Jaya  
Tel: 03-79671061  
Opening Hours: 9.00am to 4.00pm  
Closed on: Saturday and Sunday



**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 Japan
  - 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
- 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
- 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.

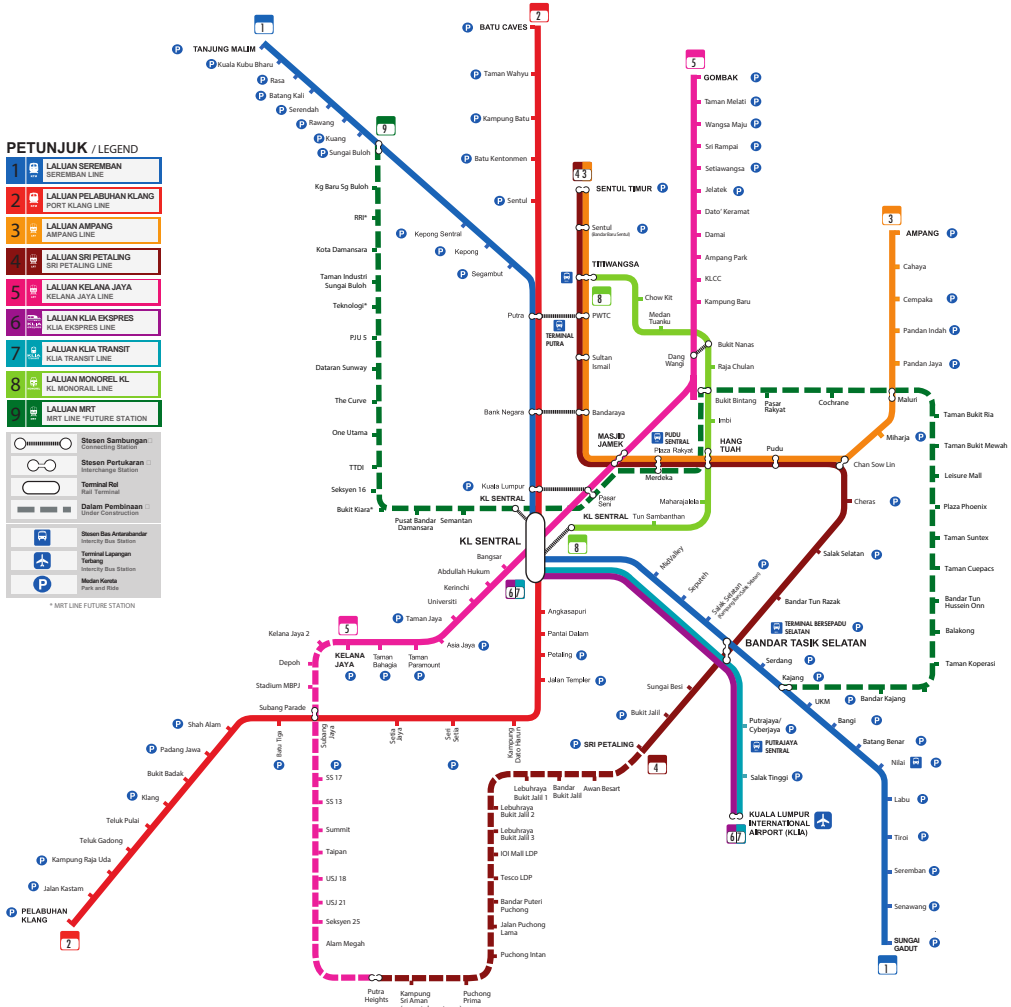


**Limousine:** Can be arranged with the hotel concierge and fare range from RM100 – RM200.

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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**CHANELA** (KLL Cover July 2015)  
Acrylic on canvas with metal leaf gilding 150 x 120 cm

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