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AERIL ZAFREL & WAWA ZAINAL
Image courtesy of Aerial Zafrel

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CALENDAR

FEBRUARY 2018

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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BALLET FESTIVAL-TCHAIKOVSKY SPECTACULAR
FEB 2 - 4
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FEB 4
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FEB 9 - 11
STAGE 2, PENANGPAC



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FEB 24 - 25
PADANG POLO, PENANG



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15th NEW TALENT EXHIBITION
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SABAH ART GALLERY, KOTA KINABALU



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MIRI COUNTRY MUSIC FESTIVAL
FEB 1 - 28
PARKCITY EVERY HOTEL



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YOU STUPID OR WHAT?
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STAGE 1, PENANGPAC

THE BEE BY HIDEKI NODA AND COLIN TEEVAN
FEB 1 - 11
PENTAS 2, KLPAC

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FEB 1 - 4
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PASIR GUDANG

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CHINGAY FESTIVAL
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JALAN ULU AIR MOLEK AND AROUND
THE CITY, JOHOR BAHRU, JOHOR



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GRANDEUR AND TRIUMPH
FEB 24 - 25
DEVAN FILHARMONIK PETRONAS



MISCELLA



FEDERAL TERRITORY DAY

1 FEB
NATIONWIDE

Public holiday marking the ceding of Kuala Lumpur to the federal government of Malaysia in 1974 by the surrounding state of Selangor. It's marked by colourful celebrations including fireworks and parades.



EXHIBITION PEKING MAN

FEB 1 - MARCH 31
GALLERY 1, DEPARTMENT OF MUSEUMS MALAYSIA

This exhibition is a joint effort between the Government of Malaysia and China, using the theme 'Payung Kebudayaan'.

Tel: +603 22671000



MAYBANK CHAMPIONSHIP

FEB 1 - 4
SAUJANA GOLF & COUNTRY CLUB

After a decade of golf excellence, Maybank continues to give players across the world and the ASEAN region a chance to redefine the game at the Maybank Championship.

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01-04

NEOUS



15th NEW TALENT EXHIBITION

JAN 18 - APRIL 4
SABAH ART GALLERY,
KOTA KINABALU

An exhibition of creative works by new talents discovered or introduced to the gallery. This is an annual show of fresh new works by newcomers to the gallery with the objective of encouraging and promoting talented individuals to be actively involved in the creation and appreciation of visual arts in the state.

Tel: +60 88 268 748



RUHIANG-KIULU ADVENTURE CHALLENGE

FEB 1 - 28
TAMPARULI TAMU GROUND, TAMPARULI TOWN

The Ruhiang-Kiulu Adventure Challenge is an annual sporting event since 2011. Known for paragliding and white river rafting activities, this extreme sports challenge is held to promote sports tourism. Witness participations from Kenya, Singapore, England, Brunei and of course, the whole of Malaysia!

Mr. Steve Johnny Mositun
019 860 1717, 014 2019127,
088 782154



PASIR GUDANG WORLD KITE FESTIVAL

FEB 1 - 28
PASIR GUDANG

World Kite Festival is an annual event held in Pasir Gudang, Johor. It gathers almost 230 international kite flyers from more than 40 countries.

Tel: +607 251 3720

01-28

THEATRE



THE BEE BY HIDEKI NODA AND COLIN TEEVAN
FEB 1 - 11
PENTAS 2, THE KUALA LUMPUR PERFORMING ARTS CENTRE (KLPAAC)

Salaryman Ido arrives home from an ordinary day at work to find it barricaded. He discovers that his wife and son are held hostage by an escapee from a nearby prison. The policemen are apathetic, the TV reporters are grating. As pressure mounts and time runs out, Ido seeks revenge - by replicating the same nightmare at the escapee's home... The Bee is a macabre psychological thriller about ordinary individuals who - when pushed to their limits by society - find strength through violence and absurdity. What happens when victims become aggressors, the weak become powerful, and the watcher becomes the watched? Who should take responsibility?

www.klpac.org



MIRI COUNTRY MUSIC FESTIVAL
FEB 1 - 28
PARKCITY EVERLY HOTEL

A festival for both the young and old, and definitely for country music lovers. Activities at the festival include a bazaar offering various stalls selling a wide variety of food, games and souvenir items. For the first time, MCMF'18 will be held for two days featuring some of the best lineups of country musician from all over the world. The MCMF'18 is definitely coming in with a loud BANG!

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YOU STUPID OR WHAT?
FEB 2
STAGE 1, PERFORMING ARTS CENTRE OF PENANG (PENANGPAC)

After ditching the white coat and stethoscope, Dr Jason Leong has slowly become one of Malaysia's fastest growing stand-up comedians. Catch him in action as he cracks his latest jokes and greatest hits from over the years at this show brought to you by 8excite.

Kick and relax!

Tickets: RM40

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01-28

CLASSICAL



TALES FROM THE BEDROOM
FEB 9 - 11
STAGE 2, PERFORMING ARTS CENTRE OF PENANG (PENANGPAC)

Subsequent to its three years of consecutive sold-out run in 2014, 2015, and 2016 at the Kuala Lumpur Performing Arts Centre, Big Nose Productions and penangpac present The Best of Tales from the Bedroom, a special treat for Penangites this coming Valentine's Day.

A compilation of the comedy line-up from Tales from the Bedroom I, II and III, this two-hour comic fiesta is a show not to be missed.

Join us this Valentine's Day as we delve into the lives of couples and explore relationship stereotypes, squeamish bedroom conversations, awkward one night stands and sneaky quickies.

What better way for you to celebrate the most romantic time of the year than to hold the hand of the one you love as you laugh out loud. Come spread love and laughter.

Tickets: RM35
www.penangpac.org



BALLET FESTIVAL -TCHAIKOVSKY SPECTACULAR
FEB 2 - 4
DEWAN FILHARMONIK PETRONAS

Conductor Karen Durgaryan and the Ballet of Armenia entertain with memorable performances of scenes from Tchaikovsky's greatest ballet scores, Swan Lake and The Nutcracker. Swan Lake, one of the most popular ballets in the world, tells the story of evil sorcerer Von Rothbart who turned Princess Odette into a swan. The ever popular Christmas Eve tale of Clara and The Nutcracker never fails to delight audiences of all ages.

Tickets: RM150 to RM380



BALLET FESTIVAL - KHACHATURIAN SPECTACULAR
FEB 9 - 11
DEWAN FILHARMONIK PETRONAS

Conductor Karen Durgaryan and the Ballet of Armenia perform fellow Armenian composer Aram Khachaturian's two most well-known ballets, Gayan  and Spartacus. Khachaturian's sublime music provides the perfect backdrop to a tale of love and betrayal in Gayan , and his thrilling score drives the story of slaves uprising against the Romans in Spartacus. The Ballet Festival is choreographed by the renowned Armen Grigoryan.

Tickets: RM150 to RM380

MISCELLA



**GUNUNG NUANG
ULTRA CHALLENGE**
FEB 4
GUNUNG NUANG,
HULU LANGAT

The Gunung Nuang Ultra Challenge covers the first half of the rover trail which starts at 70metres above sea level to 500m altitude point and returns to the start/finish point. Every loop takes 10 km with 530m elevation gain.



VALENTINE'S DAY
14 FEB
AROUND THE WORLD

It is the traditional day on which lovers express their love for each other.

14



CHINESE NEW YEAR
FEB 16 - 17
NATIONWIDE

Chinese New Year is a time for celebration and merrymaking. Family reunion feasts and open houses are a common feature and children receive 'angpow' or little red money packets from the elders. Don't miss the exciting lion and dragon dance performances at shopping malls and homes!

NEOUS

CLASSICAL



CHINGAY FESTIVAL
FEB 23
THE CITY, JOHOR BAHRU

This is a special Chinese New Year celebration when devotees take the five deities from Johor Bahru old temple on their annual 'tour'.

This is a special Chinese New Year Celebration when devotees take the five deities from the Johor Bahru old temple on their annual 'tour'.

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**PENANG HOT AIR
BALLOON FIESTA**
FEB 24 - 25
PADANG POLO,
PENANG

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24-25



**GRANDEUR
AND TRIUMPH**
FEB 24 - 25
DEWAN FILHARMONIK
PETRONAS

Wagner's grand prelude to his lighted-hearted opera Die Meistersinger von Nürnberg whose subject of master singers, apprentices and their singing contests makes a perfect introduction to Mahler's amorous, optimistic and sunnily triumphant Seventh Symphony. Purely symphonic in orchestration, the Seventh Symphony revels in special orchestral tones and uses unusual instruments such as tenor horn, guitar and mandolin to make its unique effects. Russian conductor Stanislav Kochanovsky shows his versatility in these two great German masterpieces.

Tickets: RM60 to RM150

MOVIES



FEBRUARY

WINCHESTER FEB 1

After the sudden death of her family, firearms heiress Sarah Winchester becomes convinced that she's haunted by the souls of those killed by guns. Winchester then decides to build an enormous mansion that's designed to keep the evil spirits at bay. When sceptical psychiatrist Eric Price visits the estate to evaluate her state of mind, he soon discovers that her obsession may not be so far-fetched after all.

Genre: Biography / Horror / Mystery
Cast: Helen Mirren, Jason Clarke, Sarah Snook, Angus Sampson.



FIFTY SHADES FREED FEB 8

The final instalment of the "Fifty Shades" franchise follows the life of now-married Christian and Ana. Their happy marriage will soon be under threat when Ana's former boss, Jack Hyde, comes for his vengeance while Elena, Christian's past lover, returns to make the couple's life more difficult.

Genre: Drama / Romance
Cast: Dakota Johnson, Jamie Dornan, Kim Basinger, Arielle Kebbel, Brant Daugherty, Luke Grimes.

BLACK PANTHER FEB 15

Set after the events of "Captain America: Civil War", T'Challa returns to Wakanda as the country's king, but finds his position challenged by a long-time rival and certain factions within his own country in a conflict that may affect countries outside of Wakanda. The Black Panther is left with little choice but to team up with C.I.A. agent Everett K. Ross and the Dora Milaje, Wakanda's very own special force, to prevent the country from being dragged into a world war.

Genre: Action / Drama / Science Fiction
Cast: Chadwick Boseman, Michael B. Jordan, Lupita Nyong'o, Danai Gurira, Martin Freeman, Daniel Kaluuya, Letitia Wright, Winston Duke, Angela Bassett, Forest Whitaker, Andy Serkis



PHANTOM THREAD FEB 22

Set in 1950's London, Reynolds Woodcock is a renowned dressmaker whose fastidious life is disrupted by a young, strong-willed woman, Alma, who becomes his muse and lover.

Genre: Drama
Cast: Daniel Day-Lewis, Lesley Manville, Vicky Krieps, Richard Graham.

BEHIND THE WALLS FEB 1

A horror movie told from the point of view of the haunted house itself. It waits patiently for years for someone to move in. Finally, a broken family desperately seeking new beginnings moves into it, thinking it will be their new happy home. Little do they know, there is something evil behind the walls, something that wants them to stay - forever.

Genre: Horror
Cast: Vanessa Angel, Hutch Dano, Reggie Lee, Lew Temple.



SELFIE FROM HELL FEB 8

Erdal Ceylan's extension of his highly popular short film of the same name. Here the story follows Hannah, whose cousin, a German blogger named Julia, visits her in the States and starts falling ill. Julia not only succumbs to the illness that takes over her body but also causes strange happenings in her home. Hannah sets out to find the cause of her cousin's illness, which takes her on an investigation through the deep, dark web.

Genre: Horror
Cast: Alyson Walker, Tony Giroux, Meelah Adams



THE MONKEY KING 3

As Tang Sanzang and his three protégés head into the all-female territory in the Xi Liang nation known as Women's Country, they meet the ruler of the country. On Sun Wukong's suggestion, Tang Sanzang pretends to marry the ruler and lies that his three students will go to fetch the scriptures in place of him. Later, he pretends to see his students off and escapes with Sun Wukong's help when the four of them are safely outside the city.

Genre: Action / Adventure / Fantasy
Cast: Aaron Kwok, Feng Shaofeng, Zhanilia Zhao, Lin Chi ling, Yuen King-Tan.

ANNIHILATION FEB 22

A biologist signs up for a dangerous, secret expedition where the laws of nature don't apply.

Genre: Action / Adventure / Fantasy
Cast: Natalie Portman, Jennifer Jason Leigh, Gina Rodriguez, Tessa Thompson, Tuva Novotny, Oscar Isaac.



THE HURRICANE HEIST FEB 22

The rural town of New Hope, Alabama, has a pair of supersized problems heading its way: There's a hurricane bearing down on the Gulf coastline, and there's a team of 30 well-armed mercenaries intent on looting the local treasury facility.

Genre: Action / Adventure
Cast: Toby Kebbell, Maggie Grace, Ryan Kwanten.



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AERIL ZAFREL AND WAWA ZAINAL

Love Is In The Air

WORDS BY HIRANMAYI AWLI MOHANAN

Malaysian TV's handsome hunk, Aerial Zafrel, is a model and one of Malaysia's top television actors. He hails from a humble background, Kampung Sungai Kluang, Rengit, Batu Pahat. Aerial is of mixed Javanese, Achinese, Minang and Bugis blood, explaining his charming looks. His fame skyrocketed from TV series, 'Kisah Kaisara Musim Pertama' where he played the character, Affendi. In addition, his repertoire of work included TV series, 'Senja Permai' on Astro Prima, 'Durja Ningsun' on TV3, 'Cinta Jannah' and an exclusive drama series entitled, 'Cerita Cinta Kita'.

Aerial Zafrel's wife, the gorgeous Wawa Zainal, was born to a hybrid Filipino-Malaysian family. She is a famed actress, known for her portrayal of the character, Bunga, in the drama series, 'Ana Lu'lu'. Aerial and Wawa's romance and romantic gestures have everyone envious and wishing to be in their shoes. KL Lifestyle magazine chats with TV's dazzling duo on their Valentine's Day plans and how they first met.

"Love looks not with the eyes, but with the mind and therefore is winged cupid painted blind." – William Shakespeare



**Tell us about yourself.**

I grew up in Sungai Kluang, Batu Pahat and my passion is acting. I am a quiet, simple man. I'd like to think that I am a loving person and a seeker of knowledge.

How did you get into acting?

It was actually a teenage drama that played on TV3 many years ago entitled, 'Dunia Baru' that catapulted my passion for acting. I then started attending auditions and casting actively. I also believe that lady luck was on my side and that helped me get into acting.

Do you have any projects you are working on at the moment?

I have a couple of projects that I am working on. Currently, we are in the midst of filming a movie entitled, 'Musyrik' that I am excited for audiences to watch. Besides that, I am also juggling a progressive drama series that will air on TV3 soon.

Where do you see yourself in five years?

In five years, I intend to be an even more established actor. I also want to venture into business and build my own brand. Most importantly, I want to do right for my children and be the best father I can be.

What motivates you to succeed?

My wife and children serve as a great motivation for me as it drives me to provide them with the best. Everything that I do is for them. My religion and the hunger to realise my dreams push me to succeed too.

What is the most challenging about the movie industry?

Initially, when I was looking for my first break in the industry, it was rather challenging landing roles and when a movie or series I was in wasn't well received by the masses. However, now that I have my foot in the door, I am grateful for the experiences and the knowledge I have gained. I now strive to sharpen my craft and contribute to the movie industry.

Who is your favourite actor or actress?

I look up to Fauziah Nawî, an actress of the yesteryear for her knowledge and experience in the craft while for actors, Ahmad Yatim, Daniel Day Lewis and Sidi Orazza are among my favourites.

How did you and your wife Wawa Zainal meet?

Wawa and I had worked on several TV series together but we first met at the sets of a drama series entitled, 'KLIK'. We clicked with each other in terms of on-screen chemistry and immediately took a liking for each other. We then started dating and the rest as you know, is history.

What do both of you do for fun?

We essentially love spending time with each other. But for fun, we love travelling and shopping. We recently travelled to Seoul,

Korea as a family to celebrate our sixth wedding anniversary and we enjoyed the weather as well as the country!

Any joint projects you are working on for the future?

Yes, I am happy to say that we do have a joint project in the works but I am not at liberty to divulge anything yet. Don't worry, it will be revealed soon.

How did you know that Wawa Zainal was the one?

I knew Wawa was the one for me when I felt comfortable being with her.

What are the favourite characteristics about her?

I can't name a specific characteristic because I love everything about her.

What is your idea of a perfect date?

I am a prototype, not a stereotype; I don't follow trends of how a person can be romantic. In regards to a perfect date, I try to keep it as original as possible whenever I can.

What is the most romantic gesture you have done for your wife?

I think the most romantic gesture I had done for Wawa was for her birthday, I took her on a holiday to Lombok without her knowledge. I initially told her that we were travelling to Langkawi. I collaborated with the CST Production crew who captured our trip and when we arrived at our villa in Lombok, we made a Bollywood-esque video, as Wawa had always wanted to work with them.

What is love to you?

Love is trust and having respect for not only each other, but for our love.

What is your favourite love song?

I love all Maroon 5 songs and Sholawat.

If you could describe Wawa Zainal in a word, what would it be?

Soulmate.

If you could give one advice to your children, what would it be?

My advice to my children is to always follow and respect your religion.

What are your plans for Valentine's Day?

For me, every day is Valentine's day.

Finally, what are your aspirations in life?

I aspire to be the best person I can be, while adhering to the fine examples set by Prophet Muhammad.

Chinese New Year Traditions We Love

For Prosperity, Longevity and Happiness

BY HIRANMAYI AWLI MOHANAN



AS JUBILATIONS FOR THE NEW YEAR ON THE GREGORIAN CALENDAR HAVE JUST ENDED, IT'S TIME TO USHER IN THE CHINESE NEW YEAR AND MAN'S BEST FRIEND. THE LUNAR NEW YEAR IS NOTORIOUS FOR ITS CUSTOMS AND TRADITIONS THAT HAVE BEEN PRACTISED OVER GENERATIONS. AS THE DAWN OF THE LUNAR NEW YEAR APPROACHES, WE LIST DOWN THE TRADITIONS CLOSE TO OUR HEART.

Cleaning

Provided that cleaning is always done at least a week before the New Year approaches, it is a tradition we have grown fond of. People would clean their house until it's speckless which signifies removing the old and welcoming the new. This is also where the term 'spring cleaning' is derived. Historically, when bathing did not occur often, people would normally take one to welcome the New Year.

Decoration

Once the spring cleaning is done and dusted, it is time to adorn the house with decorations to welcome the New Year. Naturally, most of the decorations are red in colour. The most popular New Year decorations are the upside down fu, dui lian, lanterns, year paint, papercuttings, door gods, etc.

Shopping

Last but not least, Chinese New Year sees a surge in retail every year, thanks to the holiday sales. The closer to New Year's Day, the bigger the discounts get. We don't know about your family but ours makes sure that with the dawn of the new year, we should wear new clothes to fit the occasion. It is essentially a 'New Year, New Me' thing.

Reunion Lunch or Dinner

The New Year's Eve dinner or lunch is the

most important meal for the Chinese. This is when family members away from home congregate for a family reunion with an abundance of food. Needless to say, it is one of the traditions we await with pleasure. A big homemade meal consists of a myriad of dishes, steamed fish included. The tradition of eating fish during the reunion dinner is derived from the Chinese word 'profit' that mirrors the sounds to the word fish. Hence, it is believed that eating fish will bring in prosperity. The rest of the dishes served are dependent on personal preference. The majority of Chinese will have New Year's Eve dinner at home instead of a restaurant.

Fireworks

The Chinese New Year festivity is incomplete without pyrotechnics. Fun fact: Fireworks were used to dispel negative elements in China. The brilliant spectacle of colours and the loud, crackling noise from the fireworks just add to the merrymaking.

Shou Sui

Shou Sui means "after the New Year's Eve dinner" as family members will normally stay awake during the night. Some people just stay up until midnight after the fireworks. According to tales and legends, there was a mythical beast named the "Year". On the night of New Year's Eve, the "Year" would come out to harm people, animals, and proprieties. Later, people found that the "Year" was

afraid of the colour red, fire, and loud sounds. Thus, during the night of New Year's Eve, fireworks are launched, fires lit and people stay vigil the whole night to fend off the "Year".

Lion and Dragon Dances

This colourful traditional dance is what most children look forward to during Chinese New Year and to be honest, so do we. Said to bring good luck, it is performed outdoors to the accompaniment of drums and cymbals, sometimes as a street parade. The frightful yet intrigued looks on the kids' faces as well as those of excitement is truly a sight to behold. Lion dance is more common compared to the dragon dance as it is typically performed by a troupe of acrobatic dancers.

Red Packets

Let's be honest, if you are unwed, the red packets are something you look forward to the most, besides the food and company. Known as 'angpow', this packet is typically dispersed by adults, especially married couples or the elderly to those younger than them. In ancient times, it was believed that the money in the red packet would suppress the evil from children, keep them healthy, and give them a long life. Today, it has become a custom to give out the 'angpow'. It is remarkable to say the least that the red packets are getting more beautiful and creative every year.

Romantic RAINFOREST RETREATS

Pamper Your Valentine

BY HIRANMAYII AWLI MOHANAN

In this day and age, everyone is busy juggling work, family and other commitments. It is extremely difficult to spend time together as a couple. So this Valentine’s Day, we suggest a romantic excursion into wilderness. I mean what better way to reconnect than to be cut off from the world for a day or two, surrounded by giant, ancient towering trees, fascinating fauna and most importantly, the tranquillity. Lucky for you, our beautiful country is brimming with beautiful nooks and crannies for you to escape to. Following are our top 5 picks.



The Banjaran Hotsprings Retreat

This is by far one of our favourite forest resorts. This hidden gem nestled in the Sunway City of Ipoh offers garden and water villas, enveloped by paleozoic limestone hills, a restaurant in a well-preserved cave, exquisite greens, and geothermal hot springs that flow to the Jacuzzi in your villa. This resort is perfect for a Valentine excursion and rejuvenation. Pamper each other with a slew of spa treatments and holistic programmes.

Address: No. 1, Persiaran Lagun Sunway 3, Sunway City Ipoh, 31150 Ipoh, Perak Darul Ridzuan, Malaysia.



The Shorea

Set within the thick Berembun Forest Reserve is a boutique eco-resort for you to discover. This beautiful establishment comprises eight villas, accommodating up to 40 adults. Its open concept allows natural light, air and breeze in. If that isn’t appealing enough, the Shorea offers two main infinity pools that spread across the Shorea Estate and Shorea Resort wings and a breathtaking view you wouldn’t want to leave. The greenery paired with the blue sky is simply picture-perfect.

Address: Village Kolam Air, Mukim Pantai, Jalan Jelebu, 71770 Seremban, Negeri Sembilan.



Malihom

Perched 1,000 metres above sea level, this resort stands sturdily amid a mountainous highland rainforest. Bask in the crisp and cooling temperatures ranging from 18-25 degrees Celsius all year round and cosy up to your other half. This utopia offers a unique experience, such as the therapeutic Jungle Spa. With these fantastic facilities and amenities, cloud nine is merely at arm’s length.

Address: Kiri N/T 168, Bukit Penara, Mukim 6 Balik Pulau, 11000 Penang.



Fifty4Ferns

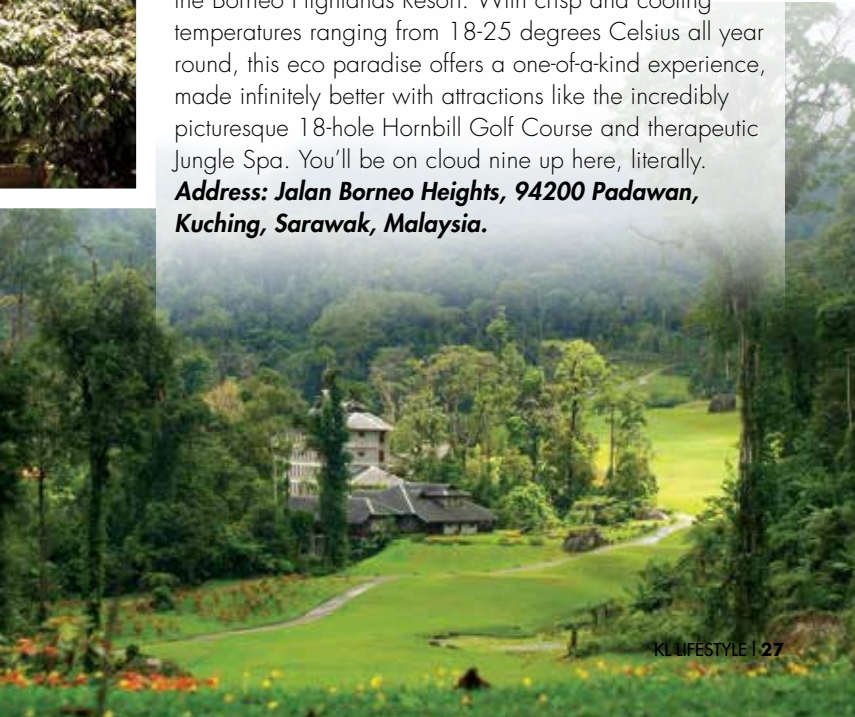
Sprawling over the estate of Fifty4Ferns are 12 units of luxurious chalets to cater to the needs from all walks of life. The chalets are tastefully decorated and furnished with a fusion of contemporary and traditional amenities. This resort offers variants of luxurious chalets, from a Standard chalet for couples to the Fern Estate fit for ‘Full House-like’ families. This resort’s most unique and sought-after chalet is the Tree House. The Tree House rests on wooden stilts, facing a stream and a beautiful view of the forest. This traditional tree house chalet abides by its traditional roots by also rendering a wooden bath tub.

Address: Lot 12188, Lorong Cheringin, 28750 Janda Baik, Bentong, Pahang

Borneo Highlands Resort

Cocooned in lush jungle and snuggled within the hills is a distinct retreat and a wellness sanctuary for you and your partner to seek solace in. It is situated amid virgin, Bornean tropical rainforest, a perfect getaway within Malaysia. Offer your partner solace this Valentine’s in a natural surrounding teeming with unique flora and fauna and take pleasure in the relaxing serenity that is the Borneo Highlands Resort. With crisp and cooling temperatures ranging from 18-25 degrees Celsius all year round, this eco paradise offers a one-of-a-kind experience, made infinitely better with attractions like the incredibly picturesque 18-hole Hornbill Golf Course and therapeutic Jungle Spa. You’ll be on cloud nine up here, literally.

Address: Jalan Borneo Heights, 94200 Padawan, Kuching, Sarawak, Malaysia.

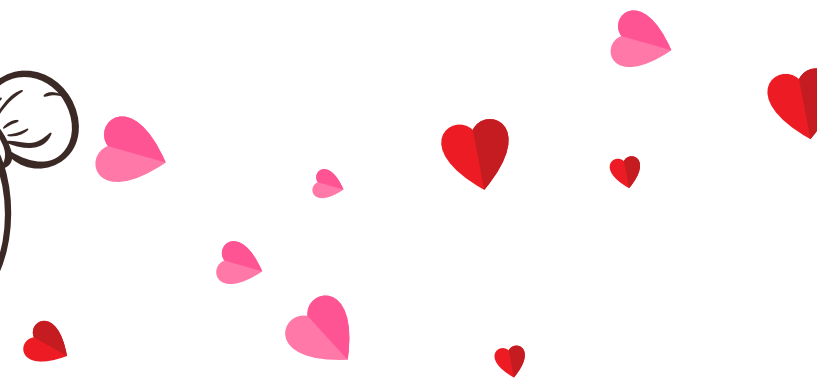
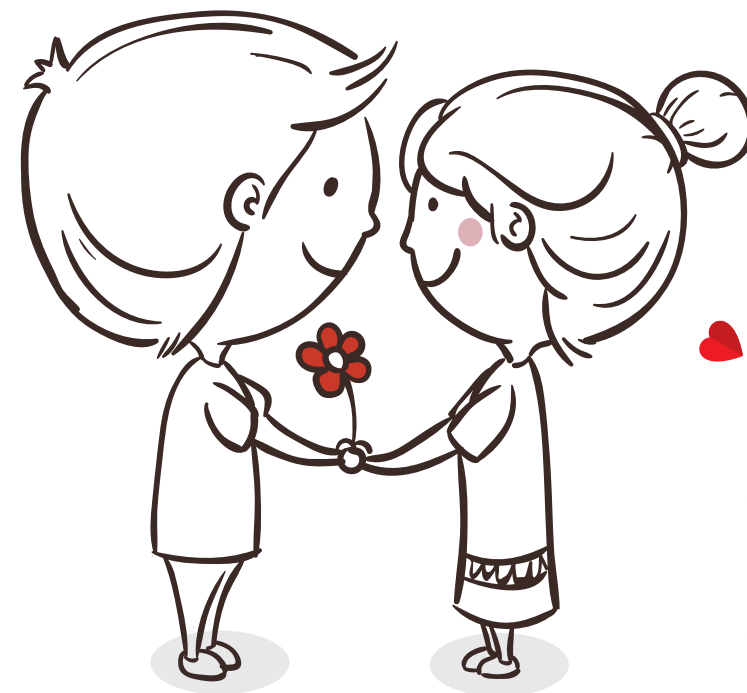
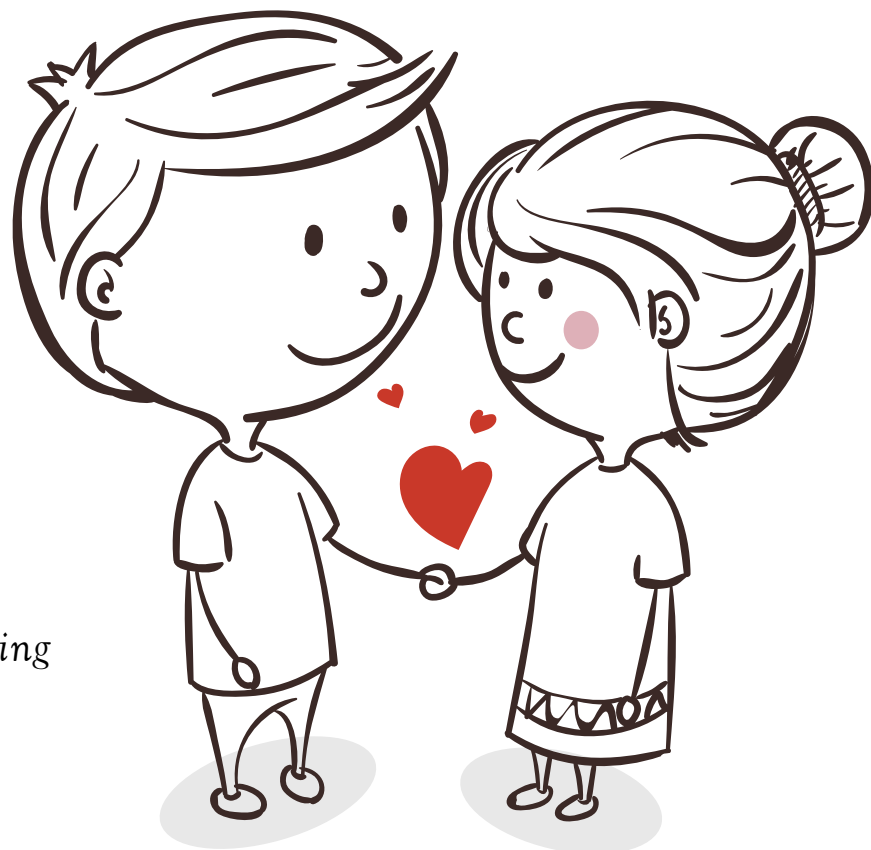


valentine's day Facts

Get in the mood for love
on the sweetest holiday

BY JACQUELINE BENITA PAUL

The 14th of February is one of the most celebrated occasions in the world with close to 151 million greeting cards exchanged annually. Love it or hate it, Valentine's Day is just around the corner. Read on for surprising information about the most lighthearted celebration of the year.



1. IT ALL STARTED IN ROME

Some references depict the origins of Valentine's Day from the Lupercalia, a raucous Roman festival celebrated on February 15 in honour of the gods Faunus ("Pan" to the Greeks), Luperus and Romulus. On the other hand, the holiday is more popularly known as the result of a rebellion. Back in the reign of Emperor Claudius II, men were forbidden to marry during wartime. In the spirit of love, Saint Valentine defied the ban and performed secret marriages. For this, Valentine was jailed and executed. Notably, while he was in jail, he wrote a note to the jailor's daughter signing it, "from your Valentine". What bittersweet beginnings.

2. "WEARING YOUR HEART ON YOUR SLEEVE" IS MORE THAN JUST A PHRASE

Back then, young men and women drew names from a bowl to find out who would be their valentine. The single women's names would be added to an urn and single men of the town would pick a name out at random and pin it to their sleeves for one whole week. This would allow everyone in town to see who their valentine was and could be where the term "wearing your heart on your sleeve" was conceived.

3. IT IS NOT AN EXCLUSIVE CELEBRATION FOR LOVERS

In some countries like Finland, February 14 is Friends Day where card and gift exchange happens amongst everyone. In Denmark, their tradition involves giving women gaekkebrev, a "joking letter" consisting of funny poems and rhymes written on intricately-cut paper and signed only with anonymous dots. If a woman who receives the said letter can correctly guess the sender, she will earn herself an Easter egg later that year.

4. PETS CAN BE YOUR VALENTINE TOO

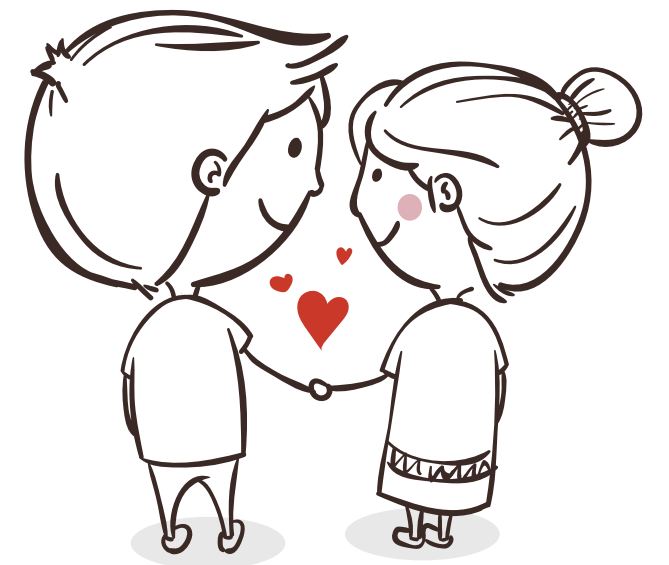
There are very few things that we can say that we really love in this world. For most of us, pets aren't just pets, they are family. For the not-so-romantic folks out there, a pet won't look hopefully, then desperately, and finally disdainfully into your eyes when the evening doesn't end in a helicopter ride to Paris and a romantic marriage proposal. It won't happen. You don't have to share your dessert with a pet (and probably shouldn't). This is great because dessert is the best part about Valentine's Day. So you get your tempting torte all to yourself. Perfect! Don't have one yet? Adopt one today at SPCA, MIAR or PAWS.

5. MEDIEVAL RITUALS ASSOCIATED WITH VALENTINE'S DAY

Another medieval ritual involved girls eating unusual food on St Valentine's Day to make them dream of their future husband. Other sayings were popular at the time:

- If you see a bluebird you will marry a happy man.
- If you see a goldfinch on Valentine's Day, you will marry a millionaire.
- If you see a sparrow, you will marry a poor man.
- If you find a glove on the road on Valentine's Day, your future beloved will have the other missing glove.

Though given the tropical Malaysian weather, I doubt we will be seeing single women bird-watching anytime soon.





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





Amin Idris

When passion meets success

BY SITI WAJIAH KHOLIL

Anyone who meets Amin Idris can clearly see why success has reached him. The television personality has the tendency to leave quite an impression with his clean-cut image and vast knowledge of religious and world issues. His natural talent in writing and hosting as well as his great passion for motivating and inspiring the masses by instilling self-confidence through his various talks and forums all around the country are reasons why many of his fans feel so attached to him. Having the experience of talking to him personally, he sure is a gentleman, inquisitive and is a definite expert in the know-hows of connecting with people.

Although Amin is more known for his Kelantanese roots and Islamic background, he was born a Christian in Sibul, Sarawak as James Kelson Dambu Murthy. He converted to Islam at the tender age of five and was gifted with the name Amin by his Indian-Iban father when he was in Primary 3. Growing up in Kelantan, like most boys, he was a mischievous. His mother, a mix of Chinese-Siamese-Philippino descent, is also a convert and had sent him to an Islamic school to understand the religion they had newly vowed to.

When he was a law undergraduate at the International Islamic University of Malaysia (IIUM), he began to show his passion for writing and current issues. He wrote articles for local newspapers and scripts of educational content for a local television programme. Despite being a controversial student for his student movement activities, by his final year of studies, he had written six books on motivation. After he graduated, he joined a training consultant organisation called RK Training & Management. After a few years, he established his own company called Amin Idris Training Consultant in 2009, which is known as Academy Magnet Success Sdn Bhd since 2015.

Amin's knowledge and ability to motivate through his writings and talks led him to appearing as a guest on various television programmes and platforms such as RTM, TV3, NTV7, etc. With an impressive track record, he was offered to audition for TV Al-Hijrah as a host in 2010 and successfully did so with programmes such as Assalamualaikum, Pentas Dakwah, Bicara and more. From then on, his name sky-rocketed and most of the programmes he hosted were always deemed successful.

After six good years in TV Al-Hijrah, he decided to seek a new experience. Hence, he made his move to Astro where he hosted Salam Dhuha and became a judge on the panel of on a popular children's reality television programme called Ceria i-Star. When asked about the transition, he said, "I appreciate my experience in TV Al-Hijrah. I am so thankful to them because from there, people started to know me more than before. I am proud to have been a part of TV Al-Hijrah when it was on the rise and it's doing good now. In Astro, I get to experience something that is out of my comfort zone. It is something new and challenging which I feel is good for my development. Also, I get to show viewers another side of me. Like in Ceria i-Star, for instance, I can bring out my favourite Iron Man character."

Those who know Amin Idris know that not only is he an Iron Man fanatic, he is also a Kelantanese food lover. He discovered Threeplates from a school friend who turned out to be one of the



Nasi Kak Wok



Nasi kerabu ayam percik



Nasi air hatyai

owners. According to Amin, for a true taste of traditional Kelantan cuisine, Threeplates is the place to go to.

"Although I was born in Sarawak, I have a Kelantan tummy. I love nasi kerabu, nasi dagang, nasi kakwok and kuih akok. Everything about Kelantan food, they are heaven! The main reason I love Threeplates is because their theme is nasi Kelantan. These are not mere nasi Kelantan, as they have the original taste of nasi Kelantan and are 100% authentic," said Amin enthusiastically.

Of all the dishes, nasi kakwok is his favourite. Nasi kakwok comprises of rice and fried chicken bits topped with a special gravy and sambal with some cucumber on the side. The secret to this dish is the gravy and the sambal that make all the difference. The seasoning is a great balance of savoury with a dash of sweet and spiciness, which goes so well with the rice and chicken.

Another of his favourite dish is none other than nasi kerabu, also known as nasi ulam. The blue-coloured rice dish is not only aesthetically pleasing to the eye, but once it is mixed with the aromatic herbs and sambal, it is incredibly flavourful, especially when accompanied by a fried fish, chicken or grilled lamb. Another honorary mention is the ayam percik. Tender grilled marinated chicken topped with Kelantanese sweet and savoury sauce. Add it to your nasi kerabu and you simply cannot resist.

Threeplates opens everyday (except Friday) from 8am to 7pm. The ambience is suitable for all. It is a place for families and friends to simply come and enjoy the authentic flavours of Kelantan. Through its cuisine, the eatery strives to preserve its food authenticity and quality. So patrons who come will always leave satisfied. As busy as Amin Idris is with being a professional trainer, motivator, writer and TV presenter on Astro Oasis, he still finds time to go all the way to Seksyen 13, Shah Alam just to satisfy his taste buds at Threeplates.

"Even if I'm on a diet, when it comes to Kelantan food at Threeplates, my diet goes out the window," said Amin in laughter.



DEUCE DINING & BAR

Artisans of Modern
European Cuisine

BY HIRANMAYII AWLI MOHANAN

Amid the playground of restaurants existing in Publika, one by the name of Deuce stands new and full of pride, awaiting to make its mark in the F&B industry. Deuce, a number that holds a special place in Tricia Kandiah's (owner and founder of Deuce) heart is also the derivative behind its namesake.

When asked to encapsulate Deuce in one sentence, Tricia described it as a casual, modern European restaurant and wine bar, serving creative sharing plates in a cosy and relaxed manner, creating the perfect dinner experience for any occasion. Having visited the eatery, myself, it's safe to say that I see myself letting my hair down here after a long bustling day at work with a glass of wine in hand and a platter to be shared with my girls.

Besides Deuce's charming interior, another highlight that caught my eyes even before I stepped into Deuce was its handsome wine cellar, boasting a repertoire of wine, begging to be decanted. The restaurant carries six labels of wine that changes from time to

time. The perk of an in-house wine cellar is pairing the wines with their winning menu, making the dining experience here one you would return for.

DEEP-FRIED KALE

Picked from the small plates, this refreshing dish turned my colleague who evades vegetables like the plague a fan (that says something about the dish). The garden of kale was embellished by acar vinaigrette, walnuts, pine nuts and macadamia. Perfect alongside a pint of beer or wine, it is a light, healthy snack you don't have to feel an ounce of guilt about. We loved the bite of crunchiness and as you munch on the kale, you would find savoury juices impatiently bursting in your mouth.

MUSHROOMS

Aptly titled mushrooms, it is one of the most popular dishes here. A medley of seasonal mushrooms is placed on a bed of poached egg and truffle mouse, finally garnished by pine nuts and hazelnut crumble. The medley of mushrooms was of varied texture and consistency, making it an interesting dish. It is rather remarkable how an unassuming dish could be packed with brilliant flavours



Mushrooms



Deep fried kale

such as that from the poached egg and mushrooms, that complement each other seamlessly. Take it from a non-mushroom lover, your palate will be sent on a whirlwind of different flavours.

OCTOPUS

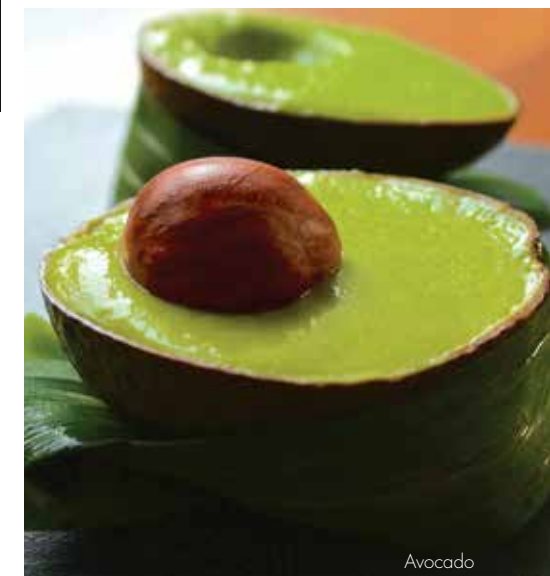
The menu then crescendos into the Octopus, an intriguing and strikingly cool dish, also one of Tricia's favourites from the menu. The fresh embellishments such as confit potatoes, pickled beetroot and saffron aioli made it incredibly moreish. The octopus was cooked to perfection, tender upon cut and emanated richness.

TYPHOON SHELTER CRAB SPAGHETTI

With little to no room in our stomachs, then came a typical Hong Kong dish, the Typhoon Shelter Crab. This was the best plate of the evening. Bounteous fresh-picked crab perched seductively on the spaghetti, decorated with lots of crispy garlic, spring onions and chilli. The delicious aroma tingled our noses as it arrived, making our mouths instantaneously salivate. Within minutes, it disappeared and all that was left was our satiated faces and a yearn for more.

AVOCADO

Finally, it was time to end the day with something sweet. When this dessert was presented before us, it looked like an unassuming, sliced avocado. Only upon consumption we realised that we had dug into an avocado and pandan sorbet, sitting on a base that was glutinous with a side of 'kerisik' (roasted coconut powder). Our minds were blown with Deuce's modern interpretation of the 'kuih seri muka'.



Avocado

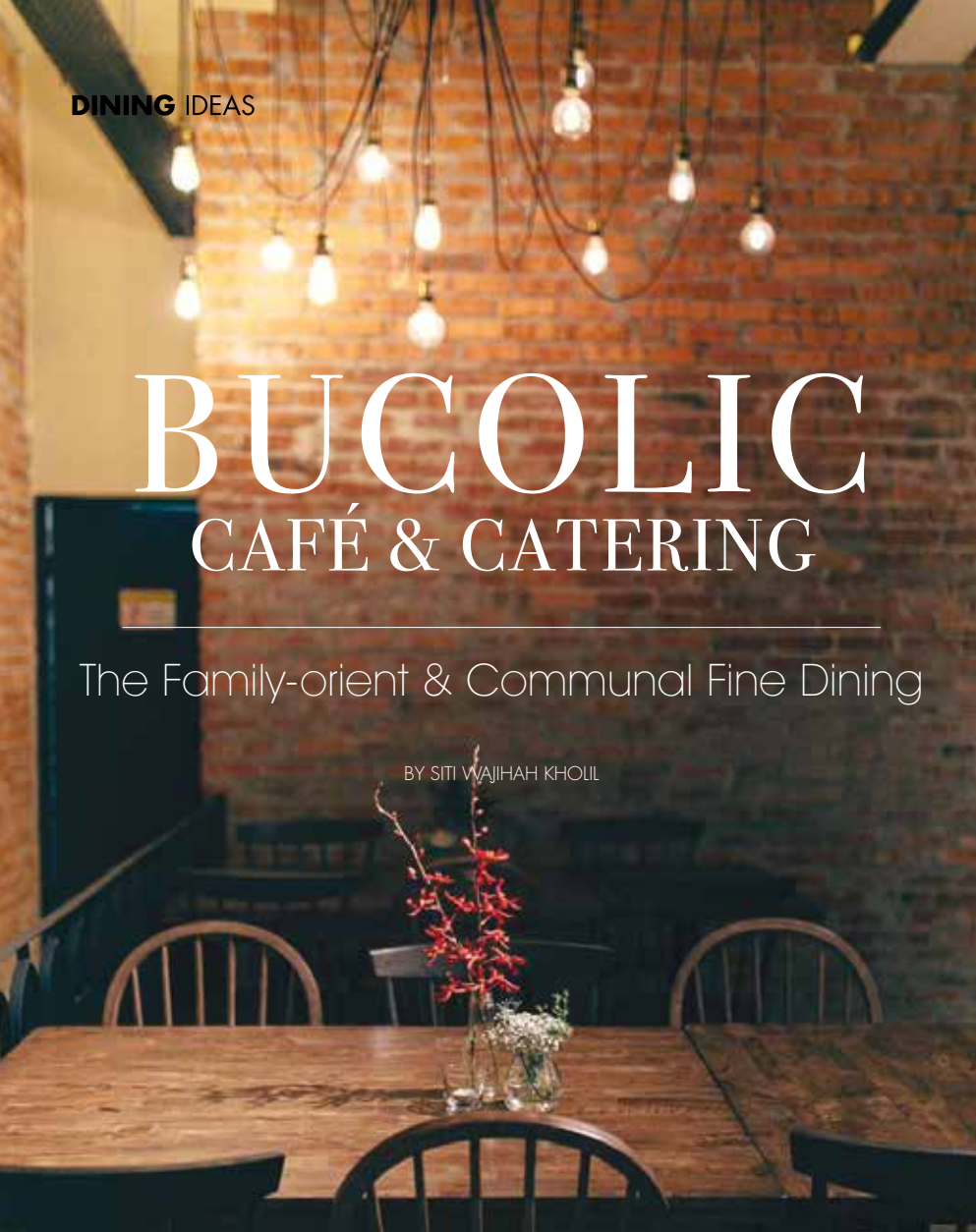


Typhoon Shelter Crab Spaghetti

BUCOLIC CAFÉ & CATERING

The Family-orient & Communal Fine Dining

BY SITI WAJIAH KHOLIL



Generic food production is common as many food eateries opt to produce their dishes quick and easy, though they lack quality. Today as the current generation are becoming more health conscious and aware of what they consume, there is a demand for fresh quality made food. In a place such as Setia Alam, home-made western cuisine may be difficult to come by, but it exists. Introducing the Bucolic Café & Catering.

The Bucolic Café & Catering has only been in the scene for two years and is already making itself known for its freshly made dishes. Adapting to the Italian culture of fine dining, they take pride in their fresh ingredients and the cooking process of

every dish is taken seriously, ensuring that patrons can verify its authenticity. When the food is of good quality, the experience is beyond expectations.

For instance, the cream of mushroom is so packed with mushroom flavour and chunks, you can immediately tell that this definitely did not come out of a can. When it comes to the appetiser on the other hand, the tomato baked egg called out to me. If you want to eat something that is non-heavy yet fulfilling, this dish is the ideal choice. It is basically baked egg in spicy tomato sauce surrounded by fried eggplants served with foccacia fritte. The spicy tomato sauce had some heat, adding an extra thrill to the palate, it was just bursting with savoury-sweet mixed with a hint of sour and spice.

Lot 33-1 Block 6, Setia Avenue,
Jalan Setia Prima S U13/S,
Setia Alam, 40170 Shah Alam,
Selangor

The homemade pizza at the Bucolic is made from scratch. My personal favourite pick would be the Atlantis. Crunchy thin crust topped with Spanish onions, fresh calamari, thick prawns, fish and mozzarella cheese, it was simply delightful. Another best seller pizza item is the more local-taste preference, the Hawaii pizza. Chicken ham, Spanish onions, mozzarella cheese and pineapple, it was a great savoury meets sweet combination. What impressed me was the taste of the cheese. The cheese is legit and real, not the processed kind. So it really accentuates the flavours of the pizza as a whole.

The main course that caught my attention the most was hands down, the Grilled Beef. As a meat lover, I was happy and over the moon. The medium rare cooked Australian sirloin was tender, meaty and juicy. Seasoned with simply just salt and pepper, you can really savour the mouthwatering taste of meat. Served with wild rocket topped with balsamic glaze and parmesan shaving, it was a healthy and fulfilling balanced meal. If there is a meal I could eat every day, this would be it.

A dish in which I find unique and a little different throughout my dining experience is the Chicken Roulade, a spinach stuffed chicken leg. I was caught by surprise as the chicken had a little crisp on the outside due to the skin, which I thoroughly enjoyed as it tasted well with the tenderness of the chicken and the mushy spinach. Accompanied by sautéed vegetable and mashed potatoes, even when you are dieting,



Assorted Mocktails

there is no guilt in enjoying until every last bite. Other main course dishes include the Crusted Lamb Rack, Crisp Seared Salmon and more as well as a variety of pastas. Feel free to explore and feel free to enjoy. Be it their pizzas, appetizers, mains or pastas, I am sure the food will not disappoint.

Your meal would not be the end without any dessert. The desserts at the Bucolic Café & Catering is heavenly. The Royale Tiramisu had the perfect combination of mascarpone cheese, finger biscuit, espresso and hand whipped cream. It was creamy yet, it was not overwhelmingly rich. The real winner, based on my personal taste, is the Mixed Nutty Semifreddo. I have a feeling that this dessert may be unfamiliar to many locals. It is actually a semi-frozen mixed nuts custard served on a pool of coffee cream. It is nutty, yet it melts in your mouth immediately. The coffee cream adds a little character to the mixed nuts custard. What I love about these desserts is that it is creamy, but very light. So even when you are full from your earlier meals, not finishing your dessert is blasphemy.

The Bucolic Café & Catering is different for a couple of reasons. First, it aims to adapt a rustic interior concept with nostalgic elements and hanging light bulbs from the ceiling for a contemporary touch. The name "Bucolic" literally means rustic. Spacious and minimal with warm coloured lighting, it sets the mood for fine dining in a modern manner. Second, despite its fine dining concept, the restaurant adapts the Italian dining culture of putting an importance of family values. Therefore, you will notice many large table settings that are accommodating to families and also as a means of promoting communal dining. Lastly, the eater also provides catering services and space rental for events such as birthday celebrations, mini weddings or any gatherings.

Call your friends and family, grab this fine dining experience surrounded by the people you enjoy company with. Drink up some mocktails, savour their delicious mains and indulge in Bucolic's never-to-be-missed desserts. What better way to enjoy great food than having the best of beings around you. At the Bucolic, the more the merrier. Cheers!



Grilled Beef



Chicken Roulade



Mixed Nutty Semifreddo

the SOCIAL

@Empire Subang

TUGGING ON OUR PALATES

BY HIRANMAYI AWLI MOHANAN



Very Beefy Burger



Nachos



The Taj

A brand that needs no introduction, The Social, has spread its wings to the nether regions of Petaling Jaya, nesting under the roof of Empire Shopping Gallery, Subang. Its latest outlet is bigger, bolder and better, offering patrons a culinary journey. The restaurant's façade stands distinct from the other branches; it is beautiful, rustic, contemporary and with an air of grandeur. Inside, the open kitchen greets you first. When you make your way further into this establishment, you would find a commodious dining area that envelops a bar. A staircase will lead you up to the mezzanine floor, where there is a glorious pool table for patrons to unleash their competitive streak.

We found that the ambience during the day is inviting, homey, cosy and one you would hesitate from leaving. However, when night falls, the air changes, the light turns on and this restaurant and bar shifts to a sexier setting where revellers can enjoy a libation or two. When we asked the general manager to encapsulate The Social Empire Subang in one word, he quickly answered, home. He further elaborated that this eatery is as cosy as home, it has food at your beck and call, ubiquitously-placed television, and a pool table. It has the essential elements that a house offers; comfort and fun.

It comes as no surprise that the food and service are top-notch, considering their

foothold in the F&B industry. As you enter, you would find that all their staff members are never without a smile and ever ready to assist. At the table, which is made out of beautiful barks of wood, we took a look at the wide-ranging menu and were flabbergasted. There is something to suit everyone's palate, kids included.

ENTERTAINMENT

There is never a dull moment at The Social as they strive to keep their guests wine, dined and entertained. Every Tuesday and Wednesday, talented local band Astra invigorates with their melodies and vocals while on Fridays and Saturdays, the DJ spinning on deck will encourage you to dance the night away.

THE SOCIAL REWARDS PROGRAMME

The Social Rewards Programme is a Membership programme which is essentially their way of giving back to their loyal customers. They have recently released a new, personalised app which allows users to collect points each time you dine at any outlet within The Social Group of Restaurants. This includes The Social, El Meson Spanish Restaurant and Ekkamai Thai Kitchen. Points collected can be converted into enticing rewards or cash vouchers at The Social Group.

PROMOTIONS

This Valentine's Day, The Social is partnering up with BloomThis, an online flower concierge where you can make your partner's heart flutter by sending wine and a custom bouquet bundled with love to her doorstep for only RM180++.

In addition, The Social Group of Restaurants is the purveyor of fresh, crisp and deliciously homemade Yee Sang for Chinese New Year. Patrons are given a choice to embellish the Yee Sang with salmon sashimi (RM68), crispy duck (RM78) or crispy soft shell crab (RM88).

SIGNATURE MUST-TRY ITEMS

Some of the highlights that we were able to sink our teeth into included customer's favourite and all-time signature, the Aromatic Crispy Duck. The sweet and savoury notes dazzled our senses and quickly became our favourite dish. From the Wood-Fired Pizza menu, we ordered The Taj and quickly fell in love with it for its ingenuity. Tandoori chicken is strewn over the homemade dough and a spoonful of cucumber yoghurt raita perched near its crust, garnished with coriander leaves. This dish gave us ecstasy by its complexity of piquancy. We say the Nachos here are like drugs, as they are fulfilling, palatable and addictive. Then came a monster of a burger by the name, the Very Beefy Burger. This mammoth of a burger comprised thick, juicy 100% handcrafted beef patty with cheese, gherkins, lettuce and a side of fries. It was the most succulent and juicy beef burger we have tasted. We were quite pleased to see the Japanese cuisine on the menu. We dug into the Spider Roll earnestly and diligently. Step into The Social at Empire Shopping Gallery, Subang for an experience you will never forget.

BEER SHACK Pork-free

WHERE THE FLAVOUR INEBRIATES YOU

12, Jalan 22a/70a, Desa Sri Hartamas, 50480 Kuala Lumpur
Tel: 016-866 7511

BY HIRANMAYII AWLI MOHANAN

Andrew Ong, owner of Sango Japanese Restaurant has added another F&B baby to his decorated belt of achievements. Beer Shack is a friendly neighbourhood restaurant situated in Desa Sri Hartamas and one is impending in TTDI.

The aesthetically pleasing façade of Beer Shack is hard to miss as it immediately catches your eye. Manga-styled murals greet patrons in the exterior and interior of this restaurant. We loved the bright, vibrant play of colours and the characters that do not cease to amaze. We found ourselves staring at this contemporary art form as we awaited our food.

We were wide-eyed when we glanced at the menu as it comprised a variety of fare ranging from Japanese, Asian to Western. There is something to suit everyone's palate here, for diners and those who are looking for tidbits to accompany their libations alike. Their menu also encourages patrons to return to this eatery, never being bored of its widespread offerings. Besides that, Beer Shack boasts a repertoire of wine, beers, hard liquors, cocktails that can be paired with any goodies from the menu.

BARA WAGYU CUBES DONBURI

The indulgent Bara Wagyu was cubed, and perched comfortably atop a bed of Japanese rice. It was then embellished by glazed shitake mushrooms. The wagyu was oh-so-tender that it almost melted in our mouths. A mixture of savoury and sweet flavours teased our palates, led us to unashamedly devour the entire bowl.

SEAFOOD TOM YUM LINGUINI

We have to warn you that just like a Tom Yum soup, this dish is fiery. If you are a fan of spice and everything nice, this would be your favourite. Tom Yum spice paste is tossed together with sautéed seafood and spinach.

CHICKEN CHOP

When we think of a chicken chop, it is like thinking of a giant, comforting hug. This comfort food was grilled, and served with a side of French fries, coleslaw, creamy wasabi and corn on the cob. Customers can choose between the black pepper and brown sauce to drizzle over the beautifully grilled meat.

BEER SHACK WINGS

This is one of Beer Shack's signature dishes. Perfect alongside a frozen mug of beer, the wings are glazed with a special Thai honey chilli sauce and fried to a golden perfection. It is so addictive you might finish a serving all by yourself. You are warned.

CLAYPOT PATIN TEMPOYAK

From the Asian segment, this is a unique version of Gulai Patin Tempoyak, is basically fermented durian. A river fish, named Patin, is bathed in a thick ocean of durian-flavoured rich and savoury gravy, served alongside piping hot rice. While it is an acquired taste, we believe durian lovers would appreciate it.

MEE GORENG RAMEN

Resembling a typical mee goreng mamak, this dish is truly a stroke of genius. It is rather fascinating how a simple element makes a world of a difference to the dish. Instead of using mee, they have cleverly substituted it with ramen, which has a softer and springy texture. Stir-fried with their homemade sauce, you would find that the taste varies ever so slightly.

Claypot Oxtail Asam Pedas

CLAYPOT OXTAIL ASAM PEDAS

To be honest, this was our first time trying out ox tail. We were initially apprehensive but it turned out that, we loved this dish. The spicy sour broth is Beer Shack's own rendition of the Asam Pedas. The broth was thicker and it blended seamlessly with the texture and the juices emitted by the oxtail.

Bara Wagyu Cubes Donburi

Seafood Tom Yum Linguini

Beer Shack Donburi

Chicken Chop

PLACES TO FEAST THIS *Chinese New Year*

Rejoice, Relish and Reunite Here

BY HIRANMAYI AWLI MOHANAN



Shang Palace, Shangri-La Kuala Lumpur

Shang Palace is offering an abundance of prosperity dishes this Chinese New Year. Specialties such as Braised Bird's Nest Soup with Lobster Meat, Wok-Fried Freshwater King Prawns with Chili Sauce, Poached Chicken with Lemongrass and Supreme Sauce, are dishes you should look out for. In addition, those looking for curated menus will be pleased with Shang Palace's five prosperity set menus, namely the 9-course Great Prosperity Set Menu, Rich Fortune Set Menu, 9-course Happy Reunion Set Menu, 9-course Wealth Treasures Set Menu and 9-course Immense Wealth Set Menu. These set menus commence with Yee Sang and end with the pan-fried Ninko. You may also choose from six varieties of Yee Sang to order a la carte or take away. We recommend the Sliced Abalone with Caviar and Gold Flakes, which is sure to be a crowd-pleaser.

Email: restaurantreservations.slkl@shangri-la.com
Tel: 03-20743904



Wan Chun Ting, Sofitel Kuala Lumpur Damansara

Sofitel Kuala Lumpur Damansara ushers in the Year of the Dog with three exciting and savoury Chinese New Year menus. Treat your family and friends to a sumptuous meal at Wan Chun Ting, featuring auspicious dishes like Braised Black Mushroom with Double-Boiled Chicken Soup, Dried Scallops and Cordyceps Flower, Hong Kong Style Steamed Live Tiger Grouper with Superior Soy Sauce and Steamed Farm Chicken with Hong Kong Kai Lan in Soy Sauce. Wan Chun Ting also offers a special Lunar New Year a la carte menu featuring mouth-watering delights like Steamed Scallops with Homemade Bean Curd, Double-Boiled Chicken Soup with Morel Mushroom and Wolfberries, Sliced Abalone with Sun-Dried Oysters, Bean Puff and Garden Greens, Wok-Fried Fish Roll with Premium Spicy Sauce, Steamed Farm Chicken with Chinese Wine and Dang Gui, Wok-Fried Black Pepper Beef Tenderloin Cube with Capsicum and Shimeji Mushroom, and more.

Email: ha123-fb4@sofitel.com
Tel: 03-2720 6688

The St. Regis Kuala Lumpur

The St. Regis Kuala Lumpur invites you to usher in the Year of the Dog with traditional indulgences, kicking off with its signature Prosperity Yee Sang, set menus that feature customary delicacies and heartwarming dishes that are available for lunch and dinner. Congregate with family and friends to celebrate longevity, prosperity and abundance. The St. Regis Prosperity Yee Sang is distinct for it's made with a base of finely chopped and sliced salad accompanied with assorted nuts, seeds and sauce. You have an option to include slices of salmon or abalone. Besides that, sumptuous Chinese New Year set menus await you and your family. Each course will commence with Yee Sang of your choice followed by auspicious dishes such as braised bird nest soup with crab meat, bamboo pith and egg white and handmade vegetarian 'jiao zhi' dumplings with ginger vinegar.

Email: dining.kualalumpur@stregis.com
Tel: 03-27276696



The Resort Café, Sunway Resort Hotel & Spa

The Resort Café with Chefs' masterful creations of traditional and auspicious dishes that symbolise abundance, prosperity and good health, expansively displayed on the restaurant's 60-metre long centre-island buffet exhibition kitchen and also special set menus for intimate roundtable gatherings for the season. At the cafe's Oriental corner buffet offerings, guests can indulge in over 25 types of celebratory Chinese delicacies such as Roasted Chicken marinated with Black Garlic, Barramundi Belly with Fermented Red Bean Curd "Nam Yee" Sauce, Traditional Eight Treasure Duck, Deep-Fried Soft Prawns with Fragrant Garlic and chili, and Steamed Waxed Meat Rice in Lotus Leaf. At the dessert section, sweetened 'Tang Yuen' with Ginger-Infused Syrup, Fried and Steamed Nian Gao, Sesame Balls with Lotus Paste, Traditional Cookies and more will be offered.

Email: srhs.bookfmb@sunwayhotels.com
Tel: +603 7495 2009



Jalan Alor

(Non Halal)

A FOODIE’S HAVEN

BY HIRANMAYII AWLI MOHANAN

Jalan Alor, located in the heart of Bukit Bintang is a foodie’s haven. When night falls, Jalan Alor makeshifts into a dining street that stretches out as far as the eyes can see. Locals and tourists alike flock to this spot for its variety of palatable dishes. There’s something to suit even discerning palates here so everyone can enjoy. We recommend heading to this street with a group of friends or family, so you you can order a variety of dishes to share. Most restaurants are open until the wee hours of the morning to cater to those who enjoy supper.



Kedai Makanan & Minuman TKS

Should you get a hankering for Szechuan cuisine, TKS is where you go to. This restaurant embodies the fiery element that makes up Szechuan fare. A highlight at this place is the beef and cabbage soup. The bowl of steamy soup has tender beef in it. The pot stickers, basically fried potatoes and peppercorns are filled with minced pork served with a spicy garlic sauce. It is a guilty pleasure you wouldn’t feel guilty about.

Opposite Restoran W.A.W., Jalan Alor,
50200 Kuala Lumpur.
Opening hours: 6pm till late



Ngau Kee Beef Noodles

If you frequent Jalan Alor, you would know that this Ngau Kee Beef Noodle stall is one of the veterans here. Their expertise in serving beef noodles is enhanced by decades at Jalan Alor. Nestled amid several other stalls at Tingkat Tong Shin, this stall can easily be missed. The bowl of signature beef noodles with a bowl of noodles topped with minced meat and a side bowl of clear soup with springy beef balls. They have an awesome chilli sauce, so mix it in for that extra oomph factor.

6 Tingkat Tong Shin, 50200 Kuala Lumpur.
Opening hours: 6pm onwards



Alor Corner Curry Mee

Curry mee fans would find that this humble stall will blow your socks off. Besides curry mee, they’re also a purveyor of asam laksa, fish balls and prawn noodles. A bountiful amount of noodles is bathed in a sumptuous and hot curry laden with the usual chicken strips, cockles, fish cake, prawns and tofu puffs. Naturally, this bowl of deliciousness should be consumed immediately to immerse in the flavours orchestrated for you.

Corner of Jalan Alor and Changkat Bukit Bintang,
50200 Kuala Lumpur.
Opening hours: 6:30pm till late



Restoran Meng Kee Grilled Fish

Restoran Meng Kee is constantly bustling and we now know why. Its grilled seafood items are the main highlight here. Customers would have to pick their seafood of choice from the display and they would grill these to perfection. We took pleasure in grilled spicy fish and sambal. The grilled squid was also divine. We love seafood and we love that this eatery whips up delights on a plate.

39, Jalan Alor, 50200 Kuala Lumpur.
Opening hours: 6pm till late



Restoran W.A.W (Wong Ah Wah)

Jalan Alor wouldn’t be what it is without W.A.W aka Wong Ah Wah because it has been there since before we could remember. It was and still is notorious for its oh-so-good, delectable barbecued chicken wings. Patrons are given choices to dine comfortably indoors or outside where you can watch the antics of passersby. In addition to the barbecued chicken wings, this eatery is also infamous for its salted egg crab, butter prawns and lala in black bean sauce, besides other items.

1 Jalan Alor, 50200 Kuala Lumpur.
Opening hours: 5pm till 03.45am. Closed on alternate Mondays.

Cronut

A rare and sweet, delicious hybrid

BY SITI WAJHAH KHOLIL

The half croissant and half doughnut hybrid is such an innovative invention and proven to be such a successful recipe that those who have had it, love it. Since it's still relatively unfamiliar in the Malaysian food scene and very difficult to find, we're sharing with you where you're able to find these scrumptious cronuts.

Cream Cheese Cronut

For those in East Malaysia, don't feel discouraged as you can also get on the bandwagon of the cronut craze. This Cream Cheese Cronut from Cronut Kota Kinabalu is the one to try. The cream filling is just of the right consistency and goes immensely well with the flakiness of the cronut. Thick and creamy with just the right amount of sweetness, it's delicious.

Cronut Kota Kinabalu
Delivery only at Kota Kinabalu area
Address not available
T: +60 19 883 3873

Green Tea Cronut

Don't let this Green Tea Cronut scare you with its bright green color topping. It's all part of the fun and enjoyment of exploring something different and new. Matcha fans will surely love this exquisite rarity of a cronut. Mildly sweet with a dash of green tea flavour, it sure is a well-balanced dessert that one could savour at tea time.

Cronut Kota Kinabalu
Delivery only at Kota Kinabalu area
Address not available
T: +60 19 883 3873

Salted Egg Yolk Cronut

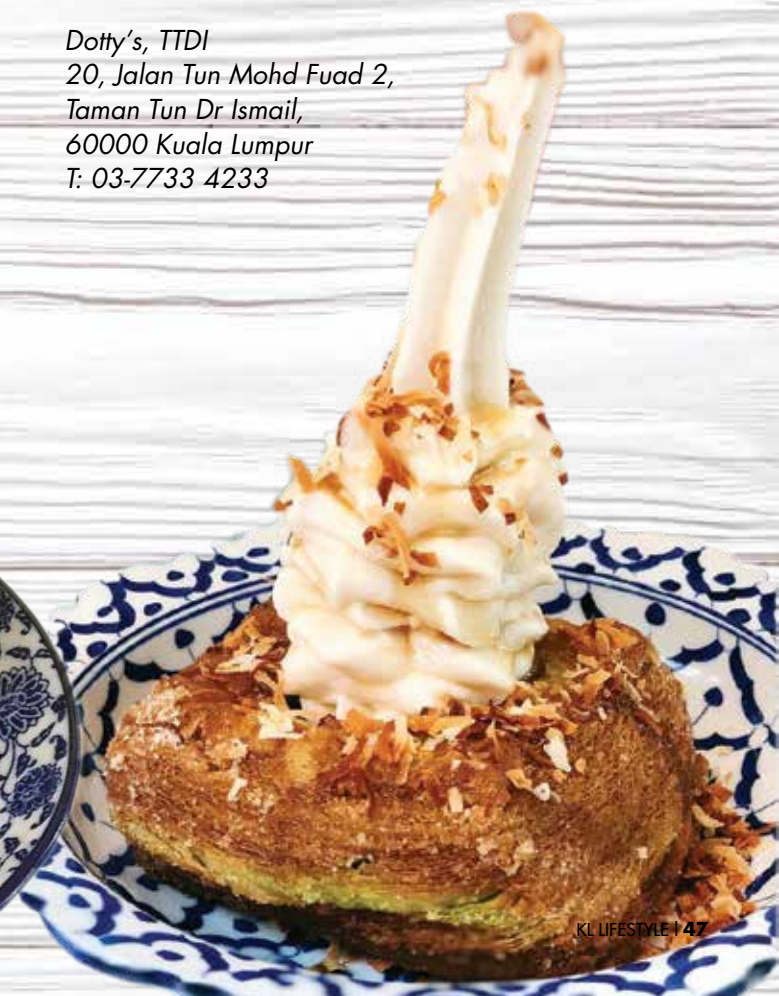
Those who are familiar with Dotty's, the first thing that comes to mind is none other than the Salted Egg Yolk Cronut. The main attraction and the ultimate crowd puller of the eatery. The drizzle of the salted egg yolk as well as the filling that oozes beautifully out of the soft inside, are incredibly satisfying to the eye and palate. The crispy layers of the cronut simply add the perfect crunch to every bite. Savoury and sweet, it's a must-have.

Dotty's, TTDI
20, Jalan Tun Mohd Fuad 2,
Taman Tun Dr Ismail,
60000 Kuala Lumpur
T: 03-7733 4233

Ondeh-Ondeh Pandan Cronut

If you want a taste of cronut with a more local touch, our recommendation is the Onde-Onde Pandan Cronut. Infused with pandan flavour in its flaky pastry, topped with coconut flakes, all your sweet cravings will be fully satisfied. If you're more of a sweet tooth, you can even top it off with ice cream.

Dotty's, TTDI
20, Jalan Tun Mohd Fuad 2,
Taman Tun Dr Ismail,
60000 Kuala Lumpur
T: 03-7733 4233





Lounge Seating

Golden Shower

by chinchin

The Den of Mystery and Authenticity

BY HIRANMAYIL AWLI MOHANAN

86, Lebuh Bishop 10200 Georgetown, Penang.

The masterminds behind the contemporary restaurant chinchin has struck again, this time in the form of a lounge by the name, Golden Shower. Chef Weng and Jack's latest brainchild embodies a speakeasy concept, set to flourish in Penang's nightlife scene. Golden Shower is special to them because it marks a new chapter in their humble company. Their team has worked immensely hard to get to this point and they intend to keep the momentum going in order to create new offerings for their customers. This establishment is ingrained as a location for great drinks, delectable fare and good vibes.

Golden Shower by chinchin is a lounge and bar that serves modern bar snacks. The owners wanted to present a bar that creates a strong and lasting impression on its guests, but also for them to feel comfortable, relaxed and most importantly, have a great time with their friends and family. The drinks and food cater towards that quality-focused concept. The beverage list is carefully selected to feature favourite drinks, including a wide selection of fine wines, gins, whiskeys and champagne. The food, on the other hand, is crafted with only the freshest ingredients, finest technique and detailed presentation.

Chinchin and Golden Shower may differ in concept and look but these establishment share one key principle, closeness. At chinchin, the principle that is emphasised is solidarity; food is shared across the table in order for patrons to share a bond. The open bar at chinchin enables the owners and staff to express that bond more personally when they create and present their dishes in front of guests. At Golden Shower, they attempt to portray that same emotion of closeness through the products, service and ambience.



The bar



Interior view



Chocolate Pearls



The masterminds behind the contemporary restaurant Chinchin

The interior look of Golden Shower was orchestrated to be highly photogenic and Instagram-worthy, with the focus on elegance, simplicity and comfort. The owners essentially wanted a place where guests could feel relaxed and take amazing pictures at the same time. If you are a fan of the pink hue, Golden Shower is the place you need to be. Soft hues of pink adorn the walls, the sofas, the lounge as well as the powder room. It is truly an aesthetically pleasing establishment.

The lounge's namesake, Golden Shower is depicted from the concept of its storefront which is a bathroom with gold hardware while its interior design is of gold and pink hues (rose-gold). When we asked Chef Weng to encapsulate Golden Shower in one sentence, he replied sexy, elegant and playful and so it is.

Naturally, the acmes of this joint lies in their drinks and fare. It is rather impressive that their gin selections are extensive, offering more than 20 different types for you ginlovers out there. As for their cocktails, be sure to try the Apple Avenue and Koko, their customer-favourite. For food to accompany the libations of choice, try out the Crostini with chinchin dips. A crunchy side to a savoury drink. The food at Golden Shower is not only delectable, but the presentation is appealing to the eyes as well. It is noteworthy that great attention is paid to detailing in terms of taste and the aesthetics of each item.



Irish Gallagher Oysters



Salmon Tartare



Storefront

HOTPICKS **WOMEN**



MONICA VINADER
Riva rose gold vermeil diamond earrings
RM1,747



MOSCHINO
Denim biker jacket
RM3,037



GUCCI
Pleated lamé midi skirt
RM5,599



TIBI
Dana leather mules
RM1,374



JIMMY CHOO
Milla textured-lamé clutch
RM2,221



GIANVITO ROSSI
Portofino 105 metallic leather sandals
RM2,569

PRETTY IN PASTEL

Make your other halves swoon
with these pastel numbers.



REBECCA VALLANCE
Hamptons off-the-shoulder crepe mini dress
RM1,534



ALICE + OLIVIA
Eliza washed-silk maxi dress
RM1,050



FIGMENT
Woman (100ml)
RM1,200



AMIRI
Slim-Fit Checked Cotton-Blend Flannel Shirt
RM1,302



BEACH HUT
Man (100ml)
RM1,115



COMMON PROJECTS
Original Achilles Leather Sneakers
RM1,482



TAG HEUER
Carrera Automatic Chronograph 39mm Polished-Steel and Leather Watch
RM12,904



ALEXANDER MCQUEEN
Leather and Gunmetal-Tone Wrap Bracelet
RM1,171



CHURCH'S
Houston Leather Chelsea Boots
RM2,032

ROCKSTAR

Style yourself in classic rockstar
garments for a look that shouts
'80s and '90s boy band.



AMIRI
Embellished Hand-Painted Vitellino Leather Biker Jacket
RM69,296



NN07
Pima Cotton-Jersey T-Shirt
RM215



JACQUES MARIE MAGE
Sheridan Round-Frame Tortoiseshell Acetate Optical Glasses with Clip-On Gold-Tone UV Lenses
RM3,130



RAG & BONE
Fit 1 Skinny-Fit Denim Jeans
RM765



TEMPERLEY LONDON

Pipe Dream printed silk midi dress
RM2,416



GIORGIO ARMANI

Silk-satin bustier top
RM5,752

GIORGIO ARMANI

Printed silk-blend satin maxi skirt
RM7,746



RIXO LONDON

Iris embroidered velvet wrap dress
RM819

ORIENTAL ORIGINS

Embrace the oriental elements this Chinese New Year



JÉRÔME DREYFUSS

Popoche O metallic cracked-leather clutch
RM906



GIORGIO ARMANI

Ayers clutch
RM10,615



CHLOÉ

Nile Bracelet small textured-leather shoulder bag
RM 7,246



MANSUR GAVRIEL

Ballerina suede pumps
RM1,545

GIANVITO ROSSI

Portofino 70 patent-leather sandals
RM2,648

GIANVITO ROSSI

Portofino 105 suede sandals
RM2,668



BODY LENGTH PROPORTIONS: PART III

What do you do when you have a body of **short torso and long legs**? The followings are the garment design that will visually adjust your body length to present an ideal and beautiful body proportion.

1. Opt for garments with shorter sleeves to give more balance to shorter legs, $\frac{1}{2}$ length or $\frac{3}{4}$ length will do justice. If you must wear long sleeves, choose sleeves that taper at the wrist, or deep cuffs.
2. Choose a dress construction with slightly higher waistline, for example, an empire-cut dress, or perhaps a tie-waist dress to break up your long torso.
3. Choose high-waist trousers or skirt to camouflage the long torso and at the same time elongate your legs. Wear it with your blouse or shirt tucked in.
4. Wear matching colour of belt and shoes to your trousers or long skirt to elongate the legs.
5. Pair a cropped jacket (at waistline or above) with a dress or trousers to disguise the long torso at the same time extend the legs visually.

Good luck in using all these tips!

Ong Soo Hua

Certified Image Consultant, Personal Stylist & Corporate Trainer
www.stylebyosh.com



SK-II

SK-II Facial Treatment Oil 50ml
RM636



CLINIQUE

Take The Day Off Cleansing Oil 200ml
RM130

Cleansing Oils

BY HIRANMAYI AWLI MOHANAN

Yes, the notion of cleansing your facing using cleansing oils might sound kooky. It actually does wonders for your skin.

The essence of oil cleansing is to use natural oils in specific combination to cleanse the skin and naturally balance the skin's natural oils. This produces much more nourished and moisturised skin. How it works is that when you massage oil cleanser into your skin, it dissolves the natural oils and impurities that are stuck in your pores. We have compiled the best facial cleansers you need in your beauty regime.



SHU UEMURA

High Performance Balancing Cleansing Oil Advanced Formula 450ml
RM300



PIXI

Rose Oil Blend 30ml
RM121



SKIN INC

Serum-infused Night Oil 20ml
RM296



FARSALI

Rose Gold Elixir 30ml
RM250



ELAINE
Pink suede sandal with spider
accessory

*Collection takes a step
back in time, journeying
through to present day
and building bridges
from the past to the
contemporary. The great
voyages, the Roaring
Twenties, the discovery
of an unexplored taste for
the exotic, influences from
the Asian continent and
a new artistic freedom of
expression are reflected
not only in architecture
and design, but also in a
new take on fashion itself.*

GIUSEPPE



KRISS STUDS
Brown calfskin leather
sneaker with studs



PICARD GOLD
Black suede boot with
'sculpted' heel



HARMONY WINTER
Pink leather sandal
with mink fur



CHARLESTON
Black suede boot
with feathers

ZANOTTI

A JOURNEY LASTING A CENTURY



SPACEY
Fabric loafer with silver
glitter finishing



RUSTIN
White ram skin
high-top sneaker

FACE YOUR BEAUTY WOES

NUTS ABOUT COCONUTS

BY HIRANMAYII AWLI MOHANAN



Coconut oil, as humble as it may seem, possesses the cure to all your beauty woes. Really, what can't coconut oil do? Inside a bottle or jar is a power-packed, natural beauty remedy. It's a jack-of-all-trades you can use for everything from healing scars to moisturising dry knees.

A number of Hollywood celebrities swear by this natural ingredient and we don't see why you shouldn't too. We have analysed and probed about the wonders of this fruit, so here's our list of the top 10 ways you can incorporate into your daily routine. After you read this list, you'll definitely want to head to your local grocery store, pick up a jar, and get nuts for coconuts.

Makeup Remover: Even the most resistant waterproof mascara falters against the coconut oil. You can apply it directly to the face as an oil cleanser, or let it sit on your skin with a cotton pad and watch the makeup disintegrate and melt away.

Breath Freshener: Coconut oil possesses antifungal and antibacterial properties. If you want to keep bad breath at bay, gargle for 20 minutes with a spoonful of oil and you would find that it can help clear up germs in the mouth, leading to fresher breath, whiter teeth, and healthier gums.

Body Moisturizer: Coconut oil is affluent in fatty acids subsequently making it an effective moisturiser. It has a rapid absorption power and that is vital because it means that the oil makes your skin glow and look dewy.

Face Moisturiser: Similar to its benefit on the body, it is on the face too. You can include coconut oil on your

face as a moisturiser daily. Furthermore, it particularly useful as a primer to smoothen the skin before applying makeup. It'll give you a luminescent look after you apply your foundation.

Makeup Brush Cleaner: Believe us, we know that cleaning makeup brushes can be a tedious act but it is necessary for a clean skin. It should be made a monthly ritual. In order to restore moisture to the brush, you can infuse coconut oil to the soap used.

Body Scrub: This is a pretty simple one for that once-a-week exfoliation. All you have to do is mix half a cup of coconut oil with a handful of coarse salt or sugar. What's great about this is that the moisturising oil will long last after the grains have melted away.

Dandruff Treatment: Dandruff and dry scalp are co-related. Why? Well, when your scalp is dry, it is inevitable for it to produce flakes, also known as dandruff. Send moisture right to the roots with nightly coconut oil treatment. As you apply the oil, massage it in in order to increase blood circulation and stimulate hair growth.

Deep Conditioner: Step up your pre-shampoo game by conditioning your hair beforehand. You can achieve this by using hot coconut oil to soothe dry hair before shampoo and conditioning. Leave it in for an hour or so for a deep moisturising treatment.

Stretch Mark Oil: It is known that one of the things to expect when one is pregnant is stretch marks. We have a remedy and a precautionary concoction for that. It's none other than a jar of coconut oil.

Eyelash Growth Serum: Thanks to the many fatty acids found in coconut oil, it makes for an excellent base for creating a DIY eyelash growth serum. The coconut oil can help to stimulate growth and lead to longer lashes. Combine a tablespoon of coconut oil with one drop of lemon essential oil and one drop of lavender oil. Apply the mixture to your lash line each night with a Q-tip and dab away any excess moisture with a tissue and watch for the progress.

Clique CLINIC

First class to true beauty and wellness

BY SITI WAJIAH KHOLIL

4, Jalan 19/36, Seksyen 19, 46300 Petaling Jaya, Selangor
www.cliqueclinic.com . Tel: 03-7960 1211

Be it men or women, self care is crucial. As we age, our health and physique deteriorate in ways we do not wish. Of course, we are lucky that we live in an era where today's advanced technology allows us to delay our ageing process. All we need is the right expertise and guidance to help retain our youth.

When it comes to aesthetic treatment, there has always been a negative stigma that has latched itself onto its reputation due to false news and scary tales of uncertified doctors distorting the physical condition of their clients. Therefore, the lack of understanding and false information has caused fear and hostility towards aesthetic treatment in the

beauty scene. This is unfortunate because when aesthetic treatments are done correctly and by the right hands, the result is remarkable. The key is to know where. Therefore, we at KL Lifestyle introduce you the Clique Clinic.

The Clique Clinic is an international award-winning clinic consisting of three main components which are aesthetic medicine, regenerative medicine and primary health care. The clinic was established around five years ago to promote a better and healthier community in general. Over time, the clinic has become more known for its evidence-based medical aesthetic treatments with the use of ultramodern medical equipment by qualified physicians.

To grasp a better understanding of what it is that the Clique Clinic does, I had an interview session with Dr Tingsong Lim, the medical director of the clinic. Dr Lim explained: "There are five structures of ageing. The skin, fat, the anchoring complex which holds the skin to the bone, muscles and bones. These structures change with time. What we do is we study and look at the science of how these structures change with time and develop a solution to reverse it. Our approach is subtle as we only do medical aesthetics work. We restore these structures and try to reverse or slow down the ageing process. So people can look young and fresh in a longer period of time."

During the interview, many topics were discussed with regard to the kind of services and treatments the clinic provides. One of these seems to be a must-experience, especially for those with skin concerns. It is the PICO Genesis skin laser treatment. This non-invasive treatment aids in treating hyperpigmentation and skin discoloration by using its laser to

shatter the pigmentation, reviving one's complexion. Whether it is dark spots, age spots, liver spots, acne scars and all that are negatively related to the skin condition, the PICO Genesis laser treatment is for you.

As a newbie to the laser treatment experience, it was not scary at all for me. Accompanied by a cooling air blower, the device swept over my skin surface and allotted energy pulses to the targeted area. While some might say that it felt like a gentle rubber band snapping against the skin, but to me, it felt more like there were pop rocks popping on my skin. I really enjoyed the treatment and my skin felt so supple. I went to meet some friends a few hours after the treatment, without telling them anything, but they asked me why I was glowing. So there was a major difference. What is also important is that the treatment will not steal your precious time, especially if you are a workaholic. It was quick and convenient. It did not take more than 20 minutes.

Another treatment that has put the Clique Clinic on the map is its dermal fillers. Fighting off wrinkles naturally may seem impossible, but the dermal fillers at the Clique Clinic are made of biofermentation hyaluronic acid which is biocompatible to the human skin. It smoothens fine lines and restores facial volume naturally. However, if you are more concerned with your skin's

elasticity and in need of a non-surgical facelift, then the Ultherapy is for you. The Ultherapy uses sound to penetrate deep into the skin and stimulates collagen production to promote natural skin tightening. Hence, younger in appearance and delayed future wrinkles.

The Clique Clinic has many other focuses. Not only treatments on the skin, but also the body. When it comes to body treatments, the Zeltiq CoolSculpting treatment is the main. It is a miracle and revolutionary weight loss solution and body contouring treatment using a cooling process known as cryolipolysis. The process targets the unwanted fat, freezes it and eliminates it from the body without damaging any of the healthy skin and tissues. No diet or supplements are required. Seems too good to be true? Believe it.

There is no denying that pollution, lack of nutrients in food and stress from a busy lifestyle as well as lack of sleep have caused an increase in the problem of male and female balding, also known as alopecia. An issue many people seem to not want to talk about. If you are facing this problem, introducing the Platelet-Rich Plasma (PRP) treatment. It is a procedure where your own blood of platelet-rich plasma is used to inject into the scalp.

Then the growth factors in your blood cells will naturally stimulate your hair growth. In due time your hair will grow and your confidence is back on track.

It is not just the treatments here that are impressive and proven to have phenomenal results based on client testimonies, but the hospitality here is top-notch. From the reception to the consultation to the doctors themselves, they are easy to talk to and comfortable to be with. Sharing a physique-related problem is not a problem. Not to mention, the ambience of the clinic which is modern, clean and feels somewhat hotel-like, only that the rooms have state-of-the-art medical equipment. They even have their own coffee machine from which I was greeted with a cup of hot latte. I give extra points for the hot latte.

Other than the above mentioned treatments, there are also others which are beneficial as well. From anti-ageing to skin youthfulness to weight loss to body sculpting to hair loss, the Clique Clinic encompasses the overall health and beauty regime through advance aesthetic treatments and technology. Why wait when you can restore and enhance your natural magnificence? True beauty can only shine from within. The Clique Clinic is proving that. Literally.



The Doctors



Interior



PICO Genesis laser treatment

LOW INTENSITY STEADY STATE CARDIO (LISS)

A Comfortable Workout

BY HIRANMAYIL AWLI MOHANAN

For those of you who are familiar with HIIT (High-Intensity Interval Training), well, LISS is a kinder and milder relative that won't send you running for the hills. LISS is an acronym for Low-Intensity Steady State Workout. This revelation befits those who are interested to get a leaner and trimmer body with just a two-hour slow walk on the treadmill each week. This is a godsend for those who are not used to pushing past your comfort zone. LISS workouts involve keeping your heart rate at a low level of intensity for the entire duration of your workout. Since your heart rate stays low during your workout, you will primarily be burning body fat for fuel. Keeping your heart rate at a moderate level ensures that your body will burn body fat as a primary source for fuel; easy peasy.

#1: WALKING FOR LISS

Walking speaks for itself as we are bound to do it at some point in the day. I know what you're thinking: "Who in their right mind thinks that you can improve your fitness level just by walking?" Smirk not because contrary to popular belief, walking is the best option of steady state cardio due of its lack of detriment on your body.

Example of a Walking Workout: At a brisk pace, walk at a steady rate for 25-30 minutes to start with. After 2-3 weeks at the same pace, add 3-5 minutes for 6-8 weeks, then take a week off. Taking a week off will allow your body to reset.

#2: ROWING FOR LISS

Many athletes swear by rowing, which is one of the most popular cardio workouts used in Cross fit (a strength and conditioning programme). Using the rower machines which are available at most gyms, you would have to row at a steady

pace, making it a great low intensity steady state cardio workout when done correctly.

Example of Rowing Workout: Row 30 minutes at a brisk pace but keeping the rate as steady as possible. Bump up the intensity if you feel you can go harder but ensure that you're not pushing yourself too much so you can make it the full 30 minutes.

#3: ELLIPTICAL FOR LISS

The gym may not be the place for everyone and for those you who fear the gym, especially just for cardio, then an elliptical (a machine that emulates walking, stair climbing and running without excessive pressure on joints) is something to definitely invest in. What I find great about the elliptical is that it is suitable if you want to lose 5 kg or 15 kg. In a nutshell, you get to escape the mean machines of the gym and opt for something milder all in the comfort of your own home.

Example of Elliptical Workout: At a steady pace, go forward for 15 minutes and then pedal backwards for 15 minutes.

#4: SWIMMING FOR LISS

Swimming has been known to be the ultimate full-body workout that is pain and resistance-free. Alternating between the different types of strokes will enable you to work the different muscles on your body. The natural kicking movement while swimming will emulate walking/jogging movements, resulting in a great cardio workout that is not heavy on your knees. If you haven't tried swimming as a form of your everyday cardio, get on it ASAP!

Example of Swimming Workout: Find whatever stroke you are the best at and continuously swim up and down the length of the pool without letting your feet hit the bottom. Swim continuously for 20-25 minutes for the full workout.



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AIRPORT TALK



Airport MD Speaks

One of Malaysia's most highly regarded corporate leaders lays his considerable expertise and experience to raise Malaysia Airports to higher levels.

This month, Datuk Badlisham shares his thoughts on the growing market from mainland China to Malaysia and preparations on receiving the influx of these tourists during their two-week long national Golden Week holidays.

With China moving up fast as the second passenger growth market since 2014 and it being recognised as the largest global market by 2034, we have to be ready to capitalise on this trend and start developing this market by building partnerships with strategic airlines.

I am pleased that at Kota Kinabalu International Airport, which has 86 weekly flights from China, Xiamen Airlines has recently commenced its inaugural non-stop flight from Beijing to Kota Kinabalu. Our second busiest airport in the country has also welcomed two new schedule flights from Chengdu and Changsha last month and expecting numerous charter flights from China later in the year.

Negotiations are also underway to have another airline from China to operate flights from Shenzhen, Guangzhou and Haikou to the legendary island of Langkawi by the second quarter of this year. Moving in tandem with local carriers such as Malaysia Airlines increasing its capacity during Chinese New Year on its Kuala Lumpur-Hong Kong route with its A380 aircraft, all this augur well for the aircraft movements at our airports.

Given the increase in the projection of international traffic in 2018 and China continuing to form a significant portion of the tourist arrivals and expenditure into our country, collaboration with our main stakeholders will be intensified following the joint marketing initiative between Malaysia Airports and Tourism Malaysia which was firmied at the World Travel Mart last year. The collaboration is aimed at developing and increasing inbound tourists into our country.

On the ground, Malaysia Airports has made preparations to come up with tactical campaigns with participating retail and F&B outlets for travellers from China. Since the start of this year, we have prepared for them a special welcome pack filled with vouchers on food and beverage, health and beauty as well as retail deals and promotions, encouraging them to shop and dine at our airports.

I would like to assure all the passengers that we will continuously strive to provide them with a total airport experience. As always, we wish you all a safe and joyful experience at our airports.



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Staying on course after 25 years

2017 has been described as a "productive year" by Malaysia Airports managing director Datuk Badlisham Ghazali with the airport operator making significant headways in the delivery of many of its initiatives besides achieving new milestones.

Its latest traffic snapshot for last year shows total passenger movements for its network of airports, including Istanbul SGIA, up by 7.8% from 2016 to post 127.9 million movements. Not only is this the highest passenger movements ever recorded by Malaysia Airports but its passenger movements at its 39 airports in Malaysia also surpassed the 90 million mark for the first time to hit 96.5 million passengers.

Another milestone reached was when its international passenger market share exceeded 50% in 2017 with international passenger movements up 14.1% over 2016 reaching to 49.3 million passengers. Although its domestic passenger movements grew at 3.2% over 2016, the overall average load factor for 2017 was 76%, its highest since 2012.

On top of that, Malaysia Airports lays claims to being Asia's first airport operator to be listed with RM14.6 billion market capitalisation as at 31 December 2017, according to the FTSE4Good Bursa Malaysia Index.

After 25 years of serving the nation, Badlisham says in his recent round up of Malaysia Airports' 2017 performance that KL International Airport (KLIA) is staying on course in its growth. Based on its latest December figures, KLIA movements for 2017 grew 11.2% to register 58.5 million passengers over 2016's 52.6 million. Seven new airlines and 25 new routes were also added in 2017 to KLIA.

Meanwhile, Kota Kinabalu International Airport saw the addition of three new airlines while Langkawi International Airport and Miri Airport saw one each.

Apart from KLIA's 25 new routes, eight were added to various airports in Penang International Airport (two), Kuching International Airport (two) and one each to Kota Kinabalu International Airport, Langkawi International Airport, Sultan Abdul Aziz Shah Airport and Bintulu Airport.

Prospects bright for 2018

On its route development, which will kick-start on a positive note in 2018, Badlisham says several airlines have announced their planned flight commencements, which are expected to bring in higher international traffic growth due to the launch of more international routes by these new and existing airlines.

China and India will continue to form a significant portion of the international arrivals in



From left to right: Azli Mohamed (Chief Strategy Officer, Malaysia Airports), Datuk Badlisham Ghazali (Managing Director, Malaysia Airports) and Randhill Singh (General Manager - Land Development, Malaysia Airports)

Malaysia this year. Anticipated aircraft delivery by local carriers such as Malaysia Airlines and AirAsia are also expected to support the capacity growth coupled with their increase of new routes and additional flight frequencies.

Badlisham adds that airport developments in Malaysia, especially in the rural areas, will continue to be a priority in 2018. More work improvements and optimisation are expected this year, especially for Kuching International Airport and Miri Airport and across the different STOLports, basically airports designed for short take-off and landing operations.

The plans include proposals for facility upgrade and refurbishment of six airports/STOLports, which amount to RM52.6 million. Malaysia Airports' investment for Kuching International Airport and Sarawak's other airports in Miri, Sibul, Bintulu, Limbang and Mulu is estimated at RM42.1 million.

Meanwhile, new projects pending as announced under the 2018 Budget include the Mukah Airport and a study on a new airport on Pulau Tioman. Also announced were the airport expansions in Kota Bharu and Sandakan and upgrade of the Penang International Airport and Langkawi International Airport.

Badlisham reiterates that Malaysia Airports is on track to deliver its initiatives outlined in

the Runway to Success 2020 Business Plan based on its twin strategic thrusts, which is to strengthen its core business and to expand and diversify.

"2018 will be focused on ramping up the initiatives around airside connectivity development at KLIA and our regional international airports."

On its international expansion, plans are afoot to set up a separate services and consulting entity, Malaysia Airports International Sdn Bhd, for greater transparency by the fourth quarter of 2018.

The new unit will house its three overseas ventures in Istanbul's Sabiha Gokcen International Airport (ISGIA) in which it has 100% equity; Rajiv Gandhi International Airport Hyderabad (11% equity); and an operational contract with Hamad International Airport Doha.

For ISGIA, its total passengers surpassed the 30 million mark to register 31.3 million passengers for 2017, up 5.6% over 2016 while its international and domestic passenger movements grew by 8.5% and 4.3% to 10.34 million and 20.98 million respectively.

ISGIA's passenger traffic has picked up momentum after February 2017 with its international sector recording monthly double-

digit growth from June 2017. About 96% of its overall traffic was contributed by three major carriers: Pegasus Airlines, Turkish Airlines and Anadolujet.

Badlisham says ISGIA's construction of the second runway by the Turkish government is on track for completion in 2018. The same goes for its new boarding hall for its domestic terminal.

"Overall, there is a lot to be done. Some of the plans for 2018 are in the feasibility and master planning stages, especially the ones under our KLIA Aeropolis developments.

“We are building closer links to infrastructure planning to drive synergistic developments and positioning of our airport cities to attract high value and high-tech businesses and talents.”

DATUK BADLISHAM GHAZALI
Managing Director
Malaysia Airports Holdings Berhad

Ethiopian Raises Bar with Dreamliner



Since its formation 72 years ago in 1945, Ethiopian Airlines has operated autonomously despite its status as Ethiopia's flag carrier. It has consistently stayed at the forefront among Africa's airlines and today, Ethiopian flies to more destinations in Africa than any other carrier. The airline's network also covers destinations in Europe, the Americas and Asia. It is one of the fastest-growing companies in the industry and is the largest in the African continent.

Further to its Boeing 787-800 Dreamliner commencement back in August 2016, the airline in December 2017 with the introduction of the Dreamliner 900 series. The Boeing 787-900 Dreamliner is technically state-of-the-art and raises the bar for Ethiopian's cabin experience and flight efficiency.

The new Ethiopian Dreamliner is scheduled to fly from Addis Ababa, Ethiopia to Kuala Lumpur on selected dates.

Malaysia Airports managing director, Datuk Badlisham Ghazali commented, "We first welcomed Ethiopian in the year 2012. It has been more than 5 years since we first started business relationship and are happy to see that it has grown from strength to strength. With the increasing passenger traffic from the African continent, the introduction of the Ethiopian Dreamliner 787-900 series is timely and will cater to the rising passenger load factor. Thus,



we are absolutely confident that Africa's leading carrier will grow even further thus benefitting our two countries and at the same time will further promote KLIA's status as a preferred hub in the region".

The cutting edge B787-900 Dreamliner marks another first for Ethiopian's modern and fast growing fleet. Mr Tewolde GebreMariam, Group CEO of Ethiopian Airlines said that the 787 forms the core of the fleet with 20 aircraft in service.

Mr GebreMariam added, "Our investment in the latest technology airplanes is part of our Vision 2025 strategy and our commitment to our esteemed customers to offer complete on-board comfort. We will continue to invest

in the most advanced aircraft to give our customers the best possible travel experience".

The 787 Dreamliner is known to be the most innovative and efficient airplane family flying today. Since 2011, more than 600 Dreamliners have entered commercial services, flying almost 200 million people on more than 560 unique routes around the world, saving an estimated 19 billion pounds of fuel.

Ethiopian Airlines currently operates a Boeing fleet of 737, 767, 777, and 787 airplanes in passenger service and six 777 and two 757-200 airplanes in cargo operations.

For more information, please call +603 - 2141 2190



Royal Brunei Upgrades Sky Lounge, Brings in Business Class Lounge

More than ever before, airline lounges have become integral to the airlines' services, providing the extra touch-point to discerning passengers who expect more comfort and convenience. They are now intrinsic to the passengers' experiences with the airlines.

Staying at the front of service experience, Royal Brunei Airlines (RB) has launched its newly refreshed and upgraded Sky Lounge and introduced the new flagship Business Class Lounge at Brunei International Airport recently.

The RB Business Class Lounge is accessible to RB's Business Class guests and its Royal Skies Gold Members. It has a capacity of 72, featuring plush, comfortable decorative items and furnishings that are designed to make the guests feel at home in a relaxed ambience. Warm hospitality complements the setting.

Guests at the Business Class Lounge have access to executive meeting rooms and all the facilities offered at the Sky Lounge including the coffee bar.

The Sky Lounge is open to Royal Skies Silver members, corporate guests, customer airline guests and for the first time in Brunei, to walk-in guests. Priority Pass customers are also welcomed to the Sky Lounge.

The Sky Lounge accommodates up to 120 guests, with upgraded buffet dining and all facilities intact, including the prayer room. More has been added with the upgrades, such as a movie room, kids' room, family zone, gaming area featuring PS4 and Xbox Kinect as well as a Virtual Reality station highlighting places of interest in Brunei and other RB destinations.

With a ceiling to floor glass exterior, the glass lounges overlook the departure hall and features the warm and refreshing colours that have become synonymous with the RB brand. The lounge glass also retains previous design elements like the Brunei iconic Ayer Muleh design and a unique brass art piece depicting Kampung Ayer as part of Bruneian identity.

Karam Chand, RB's CEO said, "At RB, we believe the service experience right from research for the holiday options, bookings,



service at the airport and inflight is our key strength and we continuously strive to innovate and improve the guest experience at every touch point. We are pleased to offer our guests the best Bruneian hospitality and positively position Brunei International Airport (BIA) to international travellers".

Savy's Brasserie has partnered with RB as the caterer and service provider and has designed the menu to suit all taste buds. The partnership includes fine dining at the Business Class Lounge.

Royal Brunei Airlines has double daily flights from Kuala Lumpur to Bandar Seri Begawan.

For more information, please call +603 - 2070 7166

Xpress Air Strengthens Indonesia-Malaysia Connections with Miri

Indonesia's Xpress Air dominance is traditionally along domestic routes in Eastern Indonesia. However, it is currently in the process of major fleet expansion domestically as well as introducing new routes in Malaysia.

Xpress Air now operates a direct flight between Pontianak in West Kalimantan and Miri in Sarawak since December 2017. Flight frequency is twice weekly on Tuesday and Saturday.



Besides Kuching and Miri in Sarawak, Xpress Air also flies to Melaka and Johor.

Kuching-based Indonesia Consul-General Johar Gultom said at the function to witness the inaugural landing of the Xpress Air in Miri, "The flight would enhance relationship between Malaysia and Indonesia. Miri, being Xpress Air's second destination in Sarawak after Kuching, would benefit tourism for both sectors and Indonesian nationals working in

Bintulu and Miri as well as those working in Brunei".

The Pontianak-Miri route is serviced by Boeing 737-300 aircrafts and the flight takes 1 hour and 15 minutes. From Pontianak, Xpress Air has connecting flights to major cities such as Yogyakarta and Bandung.

For more information, please visit www.xpressair.co.id



Malaysia Airports hosts Dinner for Delegates

The special flight of Malaysia Airlines' (MAB) latest airplane, the Airbus A350-900 VXB from KLIA to Kota Kinabalu International Airport last month deserved a Malaysian style dinner, as it elicit a celebration and a new beginning for the airline. Malaysia Airports took the opportunity to host the dinner at Sama-Sama Hotel KLIA, graced by the presence of several very important guests from the industry.

VVIP in attendance were Sabah Minister of Tourism, Culture and Environment YB Datuk Seri Panglima Masidi Manjun, Managing Director of Malaysia Airports Datuk Badlisham Ghazali, Executive Director and Group CEO of MAB

Captain Izham Ismail and Pak Toto Sudiarjo who is the Chairman of Indonesia Airport Slot Management.

In his speech, Datuk Badlisham Ghazali suggested that the new aircraft, "underlines the continuous transformation that Malaysia Airlines is committed to". He added that, "this new aircraft will add versatility to MAB fleet and will support its international route restructuring that will ultimately ensure continuous route and passenger growth and profitability".

Datuk Badlisham further expressed, "For many visitors, the airport and national carrier serve

as the first glimpse and impression into what the country has to offer. It is my sincerest hope that all our endeavours will contribute towards strengthening the image and reputation of our national carrier and KLIA's position as a premier ASEAN hub".

The latest to its fleet, the A350 has a total capacity of 286 seats - four in First Class, 35 in Business Class and 247 in Economy Class. The aircraft is equipped with Malaysia Airlines' latest cabin products including more spacious seats in Economy Class, all-new inflight entertainment experience and in-flight connectivity.

Inflight Shopping Festival with China Eastern Airlines



Inflight shopping fits the busy air commuter who has just enough time to shop on board and who is otherwise challenged for time. To celebrate on board shopping, a new event appeared on China Eastern Airlines new retail strategy, with China Eastern Airlines and BlueFocus IFEC launching the first 'Air to Home' Inflight Shopping Festival in November 2017.

With the launch, China Eastern Airlines now include E-commerce as part of the IFEC (In-flight Entertainment and Connectivity) features. This feature marks BlueFocus IFEC as the first high-tech enterprise to develop the IFEC platform for on board shopping.

BlueFocus IFEC platform enables product selection, purchasing, sale and logistics. In December, China Eastern enabled more than 30 fancy, special and new products to enter the 'Air to Home' event. Popular Chinese brands like Whoo, Wet 'n' Wild and De Yeen Jewels form part of the shopping list.



Passengers can enjoy competitive prices and use China Eastern's points to purchase, and earn points with cash transactions. The BlueFocus IFEC logistics system enables all the products to be delivered free of charge to the passengers' homes.

At the launch in November 2017, Kyle Cheung, Deputy Director of Transformation Office of China Eastern Airlines said, "The new in-flight e-commerce retail in China is a change in current thinking. The traditional in-flight retail is dominated by airlines where passengers buy what the airlines supply. However, the new in-flight e-commerce is dominated by passengers where airlines supply what passengers want; and the passengers decide whether to shop on-line or, off-line and where to deliver".

With the rapid development of China's in-flight Internet along with the relaxation of Wi-Fi services policy, a hundred-billion-yuan retail era of in-flight consumption is expected. China Eastern Airlines and BlueFocus IFEC are partnering to take the first step to tap into this consumer market.

China Eastern Airlines E-Business Co Ltd, a wholly owned subsidiary of China Eastern Airlines is committed to integrate all kinds of on-line/off-line products and services, providing travel related one-stop products and services solution for the millions of passengers of China Eastern Airlines each year.

For more information, please call +603 - 2161 1666

Jakarta to Kota Kinabalu with Batik Air



Created in 2013 as a full-service airline by its parent company Lion Air, Batik Air is on a route expansion mode. Still regarded as a regional airline, it made its inaugural flight from Jakarta Soekarno-Hatta (CGK) International Airport to Kota Kinabalu International Airport (BKI) in December 2017. It now operates twice weekly service along the route.

Earlier in December 2017, Batik Air flew to two new Indonesian destinations, Silangit in North Sumatra and Labuan Bajo on the island of Flores in East Tenggara.

Malaysia Airports managing director, Datuk Badlisham Ghazali said that the new Jakarta - Kota Kinabalu flight route would be beneficial to the two countries: "We are glad to see this increase (international traffic movements at BKI) especially after our pledge in the last two years to further support the development of tourism in Sabah by intensifying efforts to promote Sabah as a destination".

"Tourism in Sabah is at its peak right now with each town offering fabulous local activities combining nature and culture. This new route introduced by Batik Air is timely for its passengers from Indonesia to enjoy Sabah at its best".



President Director of Batik Air, Captain Achmad Luthfie shared the same thoughts on the current high demand for tourism and business destinations and said that this new route will contribute to the economic growth, especially for Indonesia.

He said that based on the forecasted passenger load factor for this new CGK-BKI route, there is a high possibility for the flight frequency to increase to 7 times per week from its introductory flight schedule of twice weekly.

Captain Achmad added, "On top of that, Batik Air plans to develop more new routes to East Malaysia such as Kuching".

Batik Air uses its fleet of Airbus A320 or Boeing 737-900 ER to operate the new route.

Batik Air currently serves more than 35 domestic destinations in Indonesia, as well as international destinations such as Singapore, Kuala Lumpur, Chennai and Perth. They have a fleet size of 51 aircraft, flying a total of 280 flights daily.

For more information, please call +603 - 7841 5388

ANA Group Widens Reach with Odyssey Japan



Japan is filled with cultural riches but international tourism to the country is largely concentrated around the urban conurbations of Tokyo, Kyoto and Osaka, the so-called 'Golden Route'.

Malaysian travellers to Japan are however familiar with other areas due to promotions and connectivity. The frequency of ANA flights from KLIA contributes to the popularity of other Japanese destinations.

ANA flies double daily from KLIA to Tokyo (Narita International Airport or Haneda Airport), which then connect passengers to other major destinations like Nagoya, Hiroshima and Fukuoka, as well as more provincial destinations like Sapporo, Komatsu and Hakodate.



To strengthen travel to destinations other than the 'Golden Route', ANA Group launched 'Odyssey Japan' to encourage international travellers to explore destinations beyond the well-trodden ones. ANA Group's think tank, the ANA Strategic Research Institute led the Odyssey Japan project, working with local government authorities across Japan to develop strategies and programmes that boost international tourism towards their regions.

With the projected increase of tourists to Japan, particularly from Europe, North America and Australia, Odyssey Japan are promoting culture and food that are unique to each Japanese region. The project include highlighting local cuisines, offering cooking classes, sake-tasting, farm-stays and local community events.

The project started with Tottori prefecture, where ANA group drew on knowledge

of local experts, including Tottori City, the Association for the promotion of Tottori Airport, and the Tottori and Inaba Tourist network.

The sequence of experiences starts off with a sight-seeing and cultural tour, especially designed for foreigners. It introduces the world-famous sand dunes, continuing with the cuisines made from locally-grown ingredients, and the chance to try a variety of sake at tasting sessions.

ANA Group would likewise collaborate with local government authorities across other prefectures to develop similar tours and marketing campaigns to promote those other regions.

The term Odyssey Japan follows an epic poem, 'The Odyssey' by the ancient Greek poet Homer. An odyssey has come to mean an 'important life-changing journey' or simply, an 'adventure'. ANA hoped that tourists to Japan can enjoy an adventure, visiting not only the core tourist areas such as Tokyo, Kyoto, or Osaka, but also delve deeper into the depths of Japan and discover much more.

For more information, please call +603 - 2032 1331

ANA
EXPERIENCE JAPAN





Five-Star Hainan Airlines Shows Design Flair

Hainan Airlines is the only carrier in mainland China to be nominated and awarded the SKYTRAX Five-Star Airline award and it did it for the 7th consecutive year at the Paris Air Show in June 2017. It was also listed among the Top 10 SKYTRAX carriers.

It is a superlative achievement for an airline that was officially founded only in 1993. Although the airline is yet to operate direct routes to Kuala Lumpur, some of its codeshare partners do. Hainan Airlines has codeshare agreements with several airlines such as Etihad Airways, Korean Air, American Airlines and Hong Kong Airlines.

The airline has a fleet size of over 170 aircraft operating flights to over 100 international destinations as well as 1,000 domestic destinations, including those maintained by its subsidiaries, including China Xinhua Airlines, Fuzhou Airlines, Beijing Capital Airlines and Yunnan Lucky Air.

Other than expanding its route network, it continually upgrades its products and improves its service based on client feedback. It keeps up with other airlines with its on-board entertainment as well as its cuisine by cooperating with leading hotel brands and restaurants.

It has also opened a brand new VIP lounge at Beijing Capital International Airport's Terminal 2 in 2017.



Since November 2017, Hainan Airlines is progressively rolling out 11 new Airbus A330-300 airplanes with newly designed seats with innovative layout and hardware system. All for the purpose of increased comfort and to enhance passenger experience for its 24 Business Class seats and 279 Economy Class seats.

The Business Class seats are arranged in a 1-2-1 reverse fishbone layout, to facilitate passenger movement, with a seat pitch of 45 inches. The Economy Class seats retain a 2-4-2 layout, with a seat pitch of 31 inches.

For the Business Class, the seats can be folded down and turned into a comfortable bed that is nearly 2 metres long. Specially designed adjustable screens create a comfortable private area for the passengers.

The bold moves are consistent with Hainan Airlines continual pursuit of excellence and to stay ahead among the airlines.

For more information, please visit www.hainanairlines.com



Xiamen a Tourism Boost for Sabah



Operating out of the the city of Xiamen in Southern China since 1984, Xiamen Airlines operates 350 international and domestic routes, mainly covering China with a network that extends throughout Southeast and Northeast Asia.

The airline, which already operates flights from Kuala Lumpur to various destinations in China, as well as from Fuzhou to Kota Kinabalu, now operates a new route from Beijing to Kota Kinabalu starting 16 January 2018. The daily flight on a Boeing 737-800 aircraft will be Xiamen Airlines' first ever international route from its Beijing regional hub.

On board the inaugural flight were Sabah Minister of Tourism, Culture and Environment YB Datuk Seri Panglima Masidi Manjun, His Excellency Dato' Zainuddin Yahya, Ambassador of Malaysia to the People's Republic of China, and notable Sabah delegates. Sabah Tourism Board as well as Malaysia Airports officials were at the airport to welcome the first batch of passengers with a cultural welcome.

Ms Ou Dong Ying, Deputy General of Xiamen Airlines said, "This is Xiamen Airlines' second route to Kota Kinabalu after the Fuzhou – Kota Kinabalu which is running at an average 80% load since it first started in January 2017.



We expect the new route to contribute the growing demand Chinese and expatriate holiday makers to Sabah which is located within the six hour radius".

Datuk Masidi Manjun said, "There will be a strong exchange of visitors to foster good relationship between China and Sabah. China has been the main international market source for Sabah. For the last ten years, we have penetrated into the main as well as the second tier cities with a population that craves for trips to the beaches and islands which we are known for. As of November last year, China arrivals to Sabah was up +14.7%, which recorded a total of 430,000 Chinese visitors compared to the same time in 2016. Kota Kinabalu International Airport is one of the most profitable airport in the country".

Malaysia Airports managing director, Datuk Badlisham Ghazali is delighted with the introduction of the new route and said that the organisation is always supportive towards its partner airlines. Malaysia Airports offers airlines amongst the world's lowest aeronautical charges which enable them to operate with a lower cost base, he said, "As such, this has encouraged many of our airline partners to increase and improve their services



and frequencies, giving rise to Malaysia's continued overall growth. I am confident that this new route by Xiamen Airlines will increase the number of Chinese visitors to Kota Kinabalu as this destination has a lot to offer in terms of its natural beauty".

To date there are 86 weekly flights from China. Last year the airport experienced good growth in total passenger traffic movements amounting to 7,998,097 million, which was an increase of 10.1% from 2016. International passenger traffic movements totalled 2,565,121 million in 2017, showing an increase of 21.8% from 2016.

For more information, please call +603 – 2166 8222



Chocolate at its Best

Located prominently at the departure hall in the main terminal building at KLIA, Choc Stop International just cannot be missed. Indeed it is like a glistening landmark for departing passengers, and literally, a visual candy to visitors alike.

The world's most awarded chocolate shop, Choc Stop International hosts over 35 of the best-loved chocolate in over 100 different packs, providing quite a visual and tactile treat to the customers and chocolate fans.

At a glittering Concessionaires Awards Night organised by Malaysia Airports last year, Choc Stop International KLIA received the Best Product Category for Confectionary.

It is also the winner of the Best Confectionary & Fine Foods Marketing Campaign, organised by Duty Free News International London, beating airport chocolate shops across Asia Pacific, Europe, Australia and America. The world-class product merchandising displays, ambience and marketing activities made quite an impression on the judges.

Dato' Dahlan Rashid, Group Managing Director of DR Group Holdings said, "We are committed to continue contributing

and improving the airport retail industry by offering best services and products in the best environment possible".

Choc Stop is also known to have fantastic High-Profile Promotion visuals and shop display, featuring all of its brands. One of the best would be its best seller "Italian chocolate brand, Loacker". Since 1925, Loacker has been synonymous with its high quality fresh wafer and chocolate products.

Loacker is known to use very high quality natural ingredients and produce in its state-of-the-art factory located 1,000 metres above sea level at the heart of the Dolomite mountains, served by pristine fresh air and water.

Loacker's ingredients comprise of selected vanilla pods and pure Italian hazelnuts. These are complemented by high quality milk and cocoa ingredients.



The Loacker promotion at Choc Stop International include free gifts with multiple purchases. The gifts range from Italian Travel bags to popular tennis rackets, pencil boxes, backpacks, lunchboxes and exclusive designer note boxes. On top of these offers, Choc Stop International goes further by offering a free box of chocolate for every 3 items purchased.

Choc Stop International marketing strength has likewise benefitted other chocolate brands. Being at the forefront of the business since 1984, Choc Stop International is regarded as one of the best chocolate shops in the world.



Interview with Mohd Nadziruddin Mohd Basri Chief Executive Officer, AeroDarat Services Sdn Bhd

Mohd Nadziruddin, who recently turned 50, might be an accountant by profession but confesses that he is a reluctant one as his love lies elsewhere... in the aviation industry. Recalling his first brush with aviation in 2001 when he was seconded to Malaysia Airlines System Bhd as the national carrier was known then, he found that he "enjoyed working with the people".

He has no regrets when duty calls for him to rejoin this industry under this new entity where he is the CEO. The other loves of his life are his wife and three children. "I've a special bonding with my 17-year-old eldest daughter where we cook together," he unabashedly admits and with his growing teen twin boys, he plays football with them.

You have an interesting career in the aviation industry with your accountancy and economics background. What are some of your career highlights?

As a finance person running an organisation, you cannot run away from understanding the bottom line. At the end of the day, it is about having a

healthy financial and being sustainable. In 2003, when I joined as a permanent staff of MAS, my immediate role was to head its properties and projects. One of the projects I completed was the exclusive Four Seasons Resort Langkawi, which I became sentimentally attached to. I had to control its cost. We were the owner and this was our first hotel. I personally have never done a hotel.

Since you took over as the CEO on 1 September 2015, what are the changes you have introduced?

Being in the services line, our business is to improve the service delivery and give the best possible experience. To achieve that, we tap on our two biggest resources: manpower and equipment. We need the right staff with right attitude as well as the right mind and skill sets. Thus, one of the first things we did was to recommit the equipment and staff, especially the frontliners, to the company.

We reversed the business model. Although our staff were supposed to exit in stages according to our earlier restructuring plan, we brought them back. We did a major recruitment exercise the last six months and hired about 700 locals to gradually replace the foreign contract workers. This was in line with the government's aspiration to give more jobs to the locals.

AeroDarat Services projected a revenue of RM300 million in 2016. Was that achieved? What was the revenue targeted for 2017 and 2018?

Generally, we meet our targets and should be on track. For 2017, it should be about the same in terms of the number of flights.

Besides providing ground handling services to Malaysia Airlines, AeroDarat Services also caters to third party airlines. What is your market share?

We have 65% of the market. We cannot be complacent. Our customers have been with us since MAS days. Now that we are an independent company, we have to prove that we can do the job. In the airline industry, the margin is very low and it is getting lower due to a lot of competition.

AeroDarat Services serve 15 other airports managed by

Malaysia Airports in the country apart from KL International Airport. Where are they sited and what are some of the challenges you face?

Seven of the airports are in Peninsular Malaysia while eight are in Sabah and Sarawak. These are all the destinations that Malaysia Airlines fly to. In Kota Kinabalu, we also serve some foreign airlines. There is a lot of charter business from China as Sabah has always perform well promoting its tourism.

With 3,515 staff, what is the attrition rate and your strategy to retain your talents? Do you have difficulties sourcing for them?

Splitting them into two main groups: the non-executive, which includes the frontliners; and the management, the attrition rate for frontliners and those below the wing such as the loaders is about 5%-8% while for the management level, it is a slightly lower at about 3%.

The frontliners have the options to join other airlines and industries but we try to retain them as much as possible by offering incentives. To encourage a performance-based culture, I introduced productivity incentives based on their attendance. It is new to us but it is what AirAsia and Malindo Air have been doing. For Malaysia Airlines, we have never done this before. I started this about a year ago and it has helped reduce the attrition rate.

For the management staff, we have a career progression plan and provide them with training, especially the good ones who are highly demanded. Our management pay is quite competitive. Sometimes it is not just about the money, it is the job satisfaction. When you reach a certain level, it opens a door for you and sometimes you cannot stay put in one place. If my staff do well outside, I'm very happy for them because it also reflects on me.

How do you maintain a work-life balance?

I believe in spending quality time with my family during the weekends and being there for them when they need me. However, if I have to bring work back, I would do so. I play golf occasionally and like cars. To unwind, I do two overseas trips annually with my family. My favourite domestic destination is Langkawi because of my previous association with Four Seasons Resort.



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drink sensibly



HIRANMAYII AWLI SPEAKS TO

ARJUNA RAJ

Chief Operating Officer of LittleLives

Tell us about yourself.

I am the chief operating officer (COO) of LittleLives Inc, a Singapore start-up that has gone global since 2015. Currently, over 700 preschools in Singapore are using LittleLives daily and we have expanded to include more than 100 here in Malaysia, 20 in Vietnam and most recently, 130 preschools across 32 different cities in China. As we have gone global, I have been able to match my dream to travel to my job as I am constantly in different countries or cities every two weeks. I am predominantly based in Kuala Lumpur.

I find great joy in interacting with people and gaining new experiences. I also believe to never conform with the norm. Working in an industry that centres around young children energizes me and allows me to think quick on my feet. These qualities I feel are the reasons why I like to travel a lot and explore new cities and countries.

I am currently pursuing a Masters in Early Childhood Education part time. On top of that, I am a guest lecturer at the Institute of Technology College Centre (Singapore) under the umbrella of National Institute of Early Childhood Development (NIEC). Hence, I frequently shuttle between Singapore, Malaysia, Vietnam and China.

How long have you lived in Malaysia?

I have lived in Malaysia since 2015. I have been spending about two weeks or so every month in Malaysia and Kuala Lumpur has started to feel more like home. Periodically, I also visit Ipoh, Penang and Malacca.

What made you move here?

For starters, work. I have grown to love this country and the people. Being an expat in Kuala Lumpur has given me many opportunities and I must say, Malaysia is truly a culinary paradise for food lovers like me.

What is your favourite aspect about Malaysia?

My favourite aspect has got to be the people. Working in the preschool industry and visiting various taska and tadika across the country exposes me to the importance of education. Seeing how warm preschool educators are and how welcoming they are in helping me adapt here has truly made me truly grateful. For example, when I first moved to Kuala Lumpur, a client of mine who operates three taska was so concerned about my wellbeing that she sent food to my apartment in KL daily for two whole weeks. She even recommended places for me to visit and help me set up a home in Kuala Lumpur.

What does your weekend look like here?

My guilty pleasure is shopping and dining. Checking out the new restaurants and bars is what I like to do, or hanging out at Publika and Bangsar Village to soak in the nightlife. I have formed great friendships with fellow expats and some of my clients, and we often have brunch or high tea at Majestic Hotel, or simply catching a movie. I also use the weekends to catch up with my master's programme assignments and my reading.

What are your favourite places to dine in the Klang Valley?

I love Dancing Fish for good Indonesian food and Restaurant Rebong for authentic Malaysian food. For a good brunch place, I love Huckleberry. I like to kick back and enjoy a few drinks with my friends at Meercat, Bangsar Village. When I am feeling extra merry, I like to indulge in the durian ice cream at Inside Scoop. I also like Wonder Mama for good local fusion food and I love street food as well.

Describe the current status of the pre-school landscape in Malaysia and why do you think there is a need to improve the current system?

We have noticed a trend in the past few years, especially here in South-East Asia, where the focus has been in Early Childhood education. Government policies across the board and investments from foreign companies have recently changed the landscape. With parents being millennials and very technology-driven, parents expect the communication between schools and themselves to be as seamless as possible. They are very eager to learn and understand the ongoing activities in school for their child.

Based on your experience, what are the demands or expectations from parents in sending their children to preschool nowadays? How have their expectations evolved throughout the years?

Parents always want the best for their children, and that is a valid expectation. Parents want to be in the loop of their child's learning progress more frequently than usual, and this may create an additional pressure on the school. If the school is unable to meet parents' demands, parents can easily switch to another school. As such, I believe that it is important for schools to understand this demand, address it and at the same time not to burden the teachers' workload too much.

It is important for these children to pass a visual health check and have their temperature taken before they are deemed healthy enough to attend school. If the child is feeling unwell and is still allowed to enter the compounds, it will not only affect the other children but also their parents' entire work day. We understand this expectation and have found a simple way for schools to check the children daily, document their visual health check and record their temperature using LittleLives Check In app and LittleLives Smart Thermometer which is both FDA and CE-approved.

Tell us about LittleLives.

LittleLives is a Software as a Service (SaaS) company that provides technology for preschools. We truly help the schools to be more productive, go paperless and be more cost-effective. We also assist in ensuring that parents are happy with the school's service. LittleLives has various apps in its system that handle finance, administrative tasks, recording of child's learning progress, parents' portal and human resource matters.

How does LittleLives improve the teaching and learning experience of both teachers and children in preschools nowadays?

We see the need to improve the quality of preschool educators, which was why we held our first-ever International Preschool School Conference (IPEC) in Malaysia that had guest speakers from the United States, Singapore and Malaysian academics who created the early childhood framework for Malaysia.

Developments in the teaching standards of preschool educators trickle down towards the children as they receive better education by schools. To supplement teaching in the classroom, LittleLives have also created an animated series called Twinkle Trails that feature Ms Twinkle, an alien teacher that takes her class of alien children on fun field trips. Each episode is thematic and preschool educators could tap on it as part of their introduction to lessons in the classroom, as every preschool child loves to be engaged in animation and songs.

What are the specific features of the product?

LittleLives is a preschool management system that allows schools to manage their daily operations more seamlessly and effectively. One of the products we have is the Little Check in app. Coming to schools will be fun when children and their parents start the day right with a "selfie" to check in. The photos are automatically sent to the parents' inboxes which give a greater sense of reassurance. Paired with LittleLives smart thermometer, taking temperature of multiple students will be a breeze.

Our main system makes running of preschools easier and it encompasses features such as finance, administration and portfolio. LittleLives helps schools to record basic information of children and makes it easy for them to retrieve any important information when needed.

We also have a parents' portal also known as Little Family Room. It is a parent communication platform which allows parents to access via the Web or App to see the check-in photos of their child, receive important information on school events, bulletins and newsletter, and view their child's portfolio and progress reports all in one place.

How long has LittleLives been in Malaysia and how many preschool partners do you have?

We have been providing our service to Malaysian preschools since mid-2015 and we currently partner 120 preschools in Malaysia.

Did you experience any challenges in particular to the Malaysian market compared to other countries you rolled out the product to?

The structure of how preschools are run in Malaysia is still developing and at times, a preschool might not see the benefits of technology. If they do not see the advantages, demand is not there and that is a challenge for us. But I think the key here is to expose them to the potential of technology in order to create a hunger for preschool management systems like LittleLives.

LATIFF MOHIDIN

Southeast Asia’s modernist legend

BY SITI WAJIAH KHOIL



PROVOKE, 1965
Oil on board 97.8 x 113.1 cm
Collection of the artist

Latiff Mohidin is no doubt a noteworthy artist and incredibly sought after by serious art collectors. The man who was once a child prodigy and now a legend on his own accord is known for his eye-catching modernist artworks. His versatility has garnered worldwide the attention of many art enthusiasts, falling deeply far his demesne of expressions, uniqueness and originality. Now, he is making history by being the first Southeast Asian artist to showcase at the renowned Centre Pampidou, Paris on February 28, 2018.

EDUCATION

Born in 1941 in Negeri Sembilan, Latiff Mohidin was an art genius with immense talent and passion at an early age. He had a gift of producing phenomenal works as one of the earliest Malaysian modernist artists, having studied at the Hochschule für Bildende Künste (Academy of Fine Arts) in Berlin from

1960 to 1964 on a German scholarship. That is why his earlier artworks had tinges of German Expressionism.

In 1964, Latiff returned to Southeast Asia and embarked on an exploration in countries such as Thailand, Laos, Cambodia and the Philippines which greatly influenced his famous poetry of the ‘Pago Pago’ series. In 1969, he went on to further his studies in printmaking at the Atelier La Courier in Paris on another scholarship and also went to Pratt Institute of New York on a John D. Rockefeller III scholarship in that same year.

He not only is well skilled in just the arts, he too delved into other art forms such as sculpting and print-making. The Penang-based artist has also showed interest in literature by publishing books of pictorials, translated literature and his anthology of poetry compositions.

EXHIBITION TRACK AND OTHER WORKS

The prominent artist has mounted more than 31 exhibitions under his name, both locally and abroad. Some of his monumental exhibitions that were held locally included the Six Decades of Latiff Mohidin: A Retrospective (2012-2013) which was organised by the National Art Gallery in Kuala Lumpur. The exhibition showcased 344 of his masterpieces that he has produced over the span of 60 years of his art career. Another notable showcase was the Latiff Mohidin: Modern Sculptures 2007-2015, curated by art historian TK Sabapathy at The Edge Galerie in 2016.

Since his works were in demand, it is no surprise that he has been featured internationally in various solo exhibitions such as in Berlin, Frankfurt, Hamburg, Bangkok, Singapore, New Delhi, New York, Sydney, Sao Paulo, Osaka, Montreal, Manila, Jakarta,



Pago Pago, 1966
Ink and wash on paper 13.6 x 21.5 cm
Collection of the artist

Dublin and London. Of course, the art community took notice, therefore, in 1984, he was awarded the S.E.A Write Award in Bangkok.

As mentioned earlier, besides creating artworks, he is also known for his poetry and written anthologies. He has translated seven literary works by illustrious authors and playwrights to Bahasa Malaysia such as Gitanjali by Rabindranath Tagore, Tao Te Ching by Lao-tzu (Zhou Dynasty, 1046-256 BC) and Faust by German author Johann Wolfgang von Goethe. Other literary works under his name also include Sungai Mekong (1971), Kembara Malam (1974), Serpihan Dari Pendalaman (1979), Pesisir Waktu (1981) and Sajak-Sajak Dinihari (1996).

INSPIRATION AND STYLE

Through proper training, talent and experience over the years, Latiff Mohidin has developed his own identity in art practice and literation through extraordinary concepts and visualisation. What makes him unique is that while most artists draw inspiration from their physical surroundings, exterior environment or some form of somatic creation, he receives his muse from his imagination. He extracts the visuals from what is in his mind and illustrates it on canvas.

His primary source of his imagination comes from the memories of the place he has travelled to. He fuses his emotional and poetic vision of those memories and translates them through his art masterpiece. His art style, rather than replicating what is seen, he interprets and expresses it. This is



Malam Merah (Red Night), 1968
Oil on canvas 81.5 x 99.5 cm
Collection of Zain Azahari

According to Shabbir Hussain Mustafa, senior curator at National Gallery Singapore and co-curator of the exhibition, it was during this time when Latiff Mohidin incited the consciousness that emerged through his travels with a phrase: ‘Pago Pago’, a manner of thinking and working that complicated Western modernism through the initiation of dialogues with other avant-garde thinkers in Southeast Asia. He said, “This exhibition will explore all sorts of interlocking connections in highlighting what constitutes a contribution to 20th century modernism.”

The Deputy Director of Musée National d’Art Moderne of Centre Pompidou and co-curator of the exhibition, Catherine David, also explained, “This in-focus exhibition is designed to unravel the complexities of key works that Latiff Mohidin produced in the 1960’s, a decade which could be characterised as a moment when Southeast Asia established itself as a locus within the major redraft of Modernism. The exhibition concludes with the 1969 moment of Neo Pago Pago, a critical year in the artist’s practice as he transitioned from the Pago Pago series (1964-68) into a prolific output of literary prose and poetry, yet another understudied aspect of his practice that this exhibition will seek to tease out.”

With a celebrated career of more than 65 years, Latiff Mohidin has proven his relevance and significance in the art fraternity. His artworks have received noteworthy praises and critical acclaim resulting in artistic awareness in modernism. The demand for his artworks as well as his upcoming showcase at the Centre of Pompidou evidently show his contribution to art in a global context. Therefore, there is no denying that he is indeed, a legend in the art scene.



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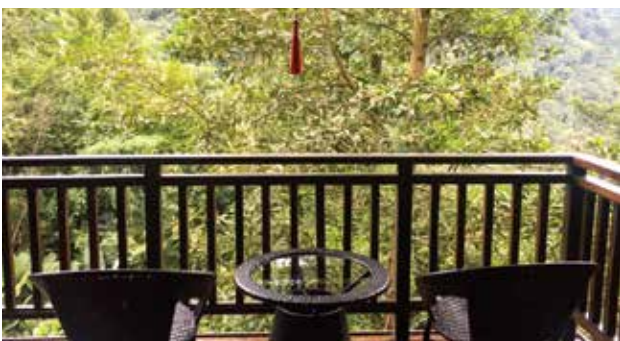
An Eco Paradise Awaits at
The Shorea

BY HIRANMAYI AWLI MOHANAN

Kampung Kolam Air, Mukim Pantai, Jalan Jelebu 71770 Negeri Sembilan.



Villa Bougainvillea



A beautiful passageway with cascading flora

As night falls, the temperature here dips to a cooling 15-17 degrees Celsius, the typical temperature of a highland. We did not switch on the fan during our stay as the well-ventilated villa allowed the natural, cooling breeze to permeate our abode. Staying at the Shorea has given us an insight into how our great-grandparents lived during the time before the Internet and modern facilities. It was just us and mother nature. The spotty network service allowed us to lift our heads from our phone screens, bond with each other and be one with our surroundings.

A common dining pavilion at the Shorea Resort provides patrons dining with a beautiful view of the lush greenery. You will be spoilt for choice with three different dining options, the Cicada Asian Dining, Woodpecker Dining and In Villa Dining to cater to varied palates and occasions. Couples who are looking for a romantic dinner can embark on a culinary journey at the Woodpecker Dining with mother nature as the perfect backdrop. In addition, should you be hesitant to leave your villa, fret not because an In Villa Dining can be arranged for you to feast comfortably.

Just when we thought this eco-resort couldn't impress us anymore, we were proved delightfully wrong. The mornings here are like something concocted from a novel or a day dream. We woke up to a gathering mist that dipped ever so slightly on the rainforest, the symphony of the chirping birds and insects communicating with each other and the sun arising progressively. It was truly a sight to behold and an experience that is etched to our memories forever.

Mother nature as the background of the swimming pool

We don't know about you but every time we drive to the outskirts of Kuala Lumpur, a feeling of serenity washes over us. Our drive down to The Shorea, Seremban was the same. This well-thought out eco-resort is enveloped by the magnificent Berembun Forest Reserve. It offers two wings, namely The Shorea Estate and The Shorea Resort. The Estate and Resort render eight villas with 15 rooms that can accommodate up to 40 adults.

The resort's lofty architecture utilises locally sourced natural materials like recycled Shorea species timber, natural slates and stones, as well as reclaimed terracotta roof tiles. These natural materials heighten the locality of the resort within the tropical rainforest. We found that the brilliance in architecture has resulted in every nook and cranny of The Shorea being aesthetically pleasing and Insta-worthy to say the least. The establishment's setting amid nature is one that is seeing an increasing demand to escape and recuperate.

Duplex air-conditioned villas with individual pools are located at the modern Shorea Estate, while naturally ventilated wooden villas with open view of the forest are located at the rustic Shorea Resort. It is noteworthy that there are two main infinity pools spread across the two wings and both pools face the verdant rainforest. The Duplex Villas at the Shorea Estate are cleverly designed by the owners to accommodate bigger families who are looking for an excursion.

We stayed at The Shorea Resort wing, in the Villa Bougainvillea. We recommend this villa for couples or families of three adults and a child. It's baronial and warm interior is one that mimicks a kampung house with its wooden structures. The 600sqf villa boasts a majestic panorama of the forest reserve in all its glory and the Infinity pool a few steps away. We loved the sea of greenery before us. Besides the natural wonders, the villa itself is pretty impressive. It has a king-sized bed, a daybed to lounge on, a private kitchenette in case the domestic goddess in you wants to cook up a storm, and an outdoor balcony to soak in the wilderness. Couples would appreciate its spacious semi-outdoor bathroom featuring a bathtub, vanity and WC.

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BY SITI WAJIAH KHOLIL

Comfort and convenience is most sought after when it comes to searching for a place to stay for work visits or travels. Whether you are from abroad, the outskirts of KL city or even from within the city, if there is one place where I would recommend for a great escape or the ideal staycation, it would be the Kuala Lumpur Journal - a very chic boutique hotel located strategically in the KL city centre.

The moment you step into the KL Journal Hotel, you can tell that the mastermind behind the architecture and interior design sure had a great vision as the overall setting of the hotel is very well thought out and is nourishing to the eye. In the lobby area, the colourful trendy furniture and how the lights play together is very alluring. It exudes a relaxing vibe and at the same time, it feels grand in the humblest and most simplistic manner.

Checking in was a breeze and I was greeted warmly prior to entering my deluxe twin room on the 9th floor. Just one step into the room and I was already delighted with the warm lights gently shining from different angles of the room, giving that calming effect. You can also slide open the curtains and enjoy the full blast of the day's natural sunlight shining through the floor-to-ceiling window. From my room, I had a great view of the hotel's neighbouring apartments and nearby skyscrapers.

The beige curtains and wooden floor gave the room a soft touch. When combined with a little black in parts of the furniture,

it added a little more of a modern feel. What I really love about the room is the huge photo on the wall. The photo is actually the work of internationally recognised, award-winning photographer, Che' Ahmad Azhar, who is widely known for his skill in capturing the essence of life on the streets. Since the past month, every room features a display of the photo because the KL Journal Hotel's theme is modernity with a touch of local culture. Therefore, the hotel stands to promote local art, music, events, food and activities. There are other room types as well such as the deluxe king and

superior deluxe, where connected rooms are available on request to accommodate families.

One of my favourite features of the hotel is the bathroom. The high-pressure rain shower felt like I was under a waterfall. Complete with spa toiletries and sweet-smelling body wash and shampoo, it made my showering experience super refreshing. With the bathrobe and hair dryer, drying myself was convenient. Sleeping was a bliss. The night welcomed me with an ergonomic on mattress queen-size bed with pure cotton sheets and soft micro fibre pillows. Gentle



Swimming pool

to my skin, I comfortably cuddled in the duvet and reached my dreamland with so much ease. The windows are double-glazed and sound-proof, so I slept soundly without any disturbance from the outside noise.

In the morning, you can be sure to look forward to a very filling breakfast at the Kedai Kopi Journal- a voguish yet old coffee shop style in-house eatery. You can expect a mixture of local and continental-type breakfast. For lunch however, this month, the KL Journal is promoting its "In

The Mood for Love" campaign featuring a whole new line-up of menu, celebrating Valentine's Day and Chinese New Year combined. You are spoilt for choice with its tantalisingly delicious wagyu beef burger, juicy matao barbecue chicken burger, gently textured pasta carbonara, scrumptious vegetarian quesadilla and perfectly seasoned, steamed barramundi fish with rice. To add to the festivity of the "In The Mood for Love" campaign, the hotel will hold a bazaar consisting of various vendors promoting products related to the theme.

Have your dinner at the Terrace Bar and Grill. The experience and ambience there is satisfying to all your senses. You can smell and taste the food you are about to enjoy. A must-try is the fish head curry. Tender fish in rich flavourful curry with a little kick of spice, add it to your rice and it is divine. Another highly recommended is their beef rendang. The ripped meat makes it so easy to eat and just one bite, your palate bursts with the perfect flavours of sweet and spiciness. Delicious.

While you eat, you feel relaxed amid the surroundings of lush greenery and the gentle sound of current music playing in the background. If you come on a Wednesday, you will be able to enjoy a live band performance while on Thursday, there is an open mic. Also, be sure to make a stop at the rooftop infinity pool. Dip yourself in water and chill out. As if you are swimming in the sky, whether it is day or night, you can relax while being entranced with the spectacular panorama of the city.

Centrally located in the city's main shopping and entertainment district of Bukit Bintang, you are just minutes away from the best of night life area known as Changkat as well as the infamous food haven street, Jalan Alor. But if you prefer not to explore the city, you can also enjoy yourself just as much indoors. You can get connected on social media via the free high speed internet, listen to music with the available JBL wireless bluetooth speaker, read up on a good book on the lounge chair or watch free satellite channels on the 40" flat screen HDTV. The TLC channel is my favourite. The hotel also has a gym, so gym junkies are able to get a good workout anytime as they please.

For visitors who are on business visits, there are even creative communal spaces provided known as the Workers' Union. It is a space designed for work and play. There are board rooms, business centre as well as an event space available for gatherings and activities in which you can use for work purposes.

Providing comfort, convenience, and relaxation, the KL Journal is the ideal vacation or staycation that is much needed by many. Amidst the hustle and bustle of the city, the boutique hotel is holistic and proves its uniqueness in exhibiting the modernity infused with local culture sentiment.



Bedroom



Dining area

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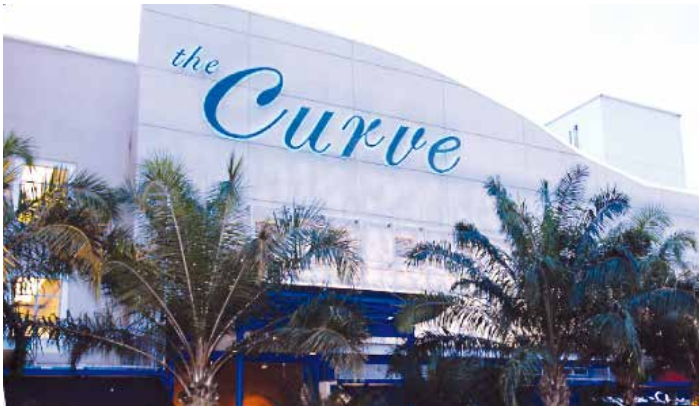
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Developer: Mayfair Ventures Sdn Bhd (1046201-T) • Developer's License No.: 14157-1/11-2017/0941(1) • Validity Period: 10/11/2015 - 09/11/2017 • Advertising & Sales Permit No.: 14157-1/11-2017/0941(9) • Validity Period: 10/11/2015 - 09/11/2017 • Approving 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 speciality shops. It is connected to Ikea, Ikano Power Centre and Tesco. • 10am-10pm daily.

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

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

CapSquare
Jalan Munshi Abdullah • 📍 M Tuanku
📍 Dang Wangi
Tel: 03-2697 7662
Strategically located in the heart of KL's midtown area, CapSquare is an eclectic mix of signature offices, Manhattan-inspired residences, a shopping centre and a vibrant 300-metre retail boulevard. It also houses intimate eateries, chill-out spots and a TGV cinema. • D6

Publika Shopping Gallery
No 1, Jalan Dutamas 1, Solaris Dutamas, 50480 Kuala Lumpur
Tel: 03-6211 7877
www.publika.com.my
www.facebook.com/publikashoppinggallery

Suria KLCC
Petronas Twin Towers • 📍 KLCC
Tel : 03-2382 2828 / 2430 / 2431
Located at the base of the Petronas Twin Towers, Suria KLCC is the premier shopping centre in KL. It offers unique shopping, dining & entertainment experience. It houses exclusive designer brands and provides an abundant choices of goods and services for everyone. • 10am - 10pm daily. • D8

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

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

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

Mayu Junction Mall
1001 Jalan Sultan Ismail • 📍
Tel: 03-2697 9312
Located at the junction of Jalan Tuanku Abdul Rahman and Jalan Sultan Ismail, the five-storey mall has 101 outlets with Giant, Wh by British India, FOS, Nichil Fashion City being the anchor tenants. The mall provides concierge service and has an indoor archery centre, Big-Shot Archery. • 10am - 10pm daily.

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

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

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

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

Sungei Wang Plaza
Jalan Sultan Ismail • 📍 B Bintang
Tel: 03-2142 6636
Sungei Wang remains one of the busiest shopping centres for the last 2 decades. Linked directly to the Monorail, it has over 500 retail outlets and eateries. A great place to hunt for electrical and electronic products, mobile phones, fashionable street wear, shoes & accessories. The hip T-Hop zone at the 6th floor caters to trendy teenagers • 10am - 10pm daily • F8

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

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



Hartamas Shopping Centre
Plaza Damas, 60 Jalan Sri Hartamas 1
Tel: 03-6201 6553
Integrated with Plaza Damas & situated among retail shops, offices, serviced apartments and alfresco boulevards. Features Citi Super, SenQ and many other speciality retailers.

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

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

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

Mid Valley Megamall
Lingkaran Syed Putra • 🚶 Mid Valley
Tel : 03-2938 3333
The shops go on and on in this mall strategically located between KL and PJ. It has Metrojaya, Jusco, Carrefour, Golden Screen Cinemas and MPH as anchor tenants, over 300 speciality 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

NON-SMOKING BAR



DINE



BEER SHACK
12, Jalan 22a/70a, Desa Sri Hartamas, 50480 Kuala Lumpur



GOLDEN SHOWER
86, Lebuhr Bishop 10200 Georgetown, Penang.

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

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

Indian

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

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

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

International

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

The Resort Cafe
03 - 7495 2009 . Lobby Level, Sunway Resort Hotel & Spa
*Pork-Free Restaurants

Eight Gourmets Gala (EGG)
017 948 8684 . Suite G-01, Ground Floor, Pinnacle Annexe, Persiaran Lagoon, Bandar Sunway, 47500, Selangor

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

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

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

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

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



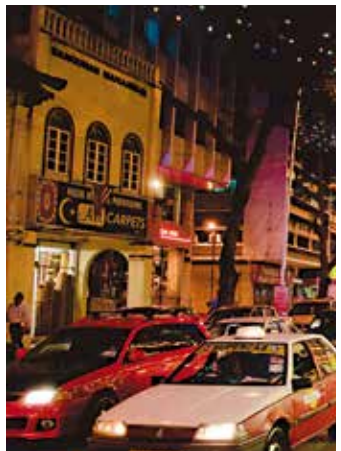
KL Tower
03-2020 5499
🚗 Bukit Nanas • Jalan Punchak, off Jalan P Ramlee. • The KL Tower stands at 421 metres. The tower houses a revolving restaurant and an observation deck which takes 58 seconds to reach. Catch the sunset or experience sky jumping from the tower roof. • Opens 9am 10pm daily • E7



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

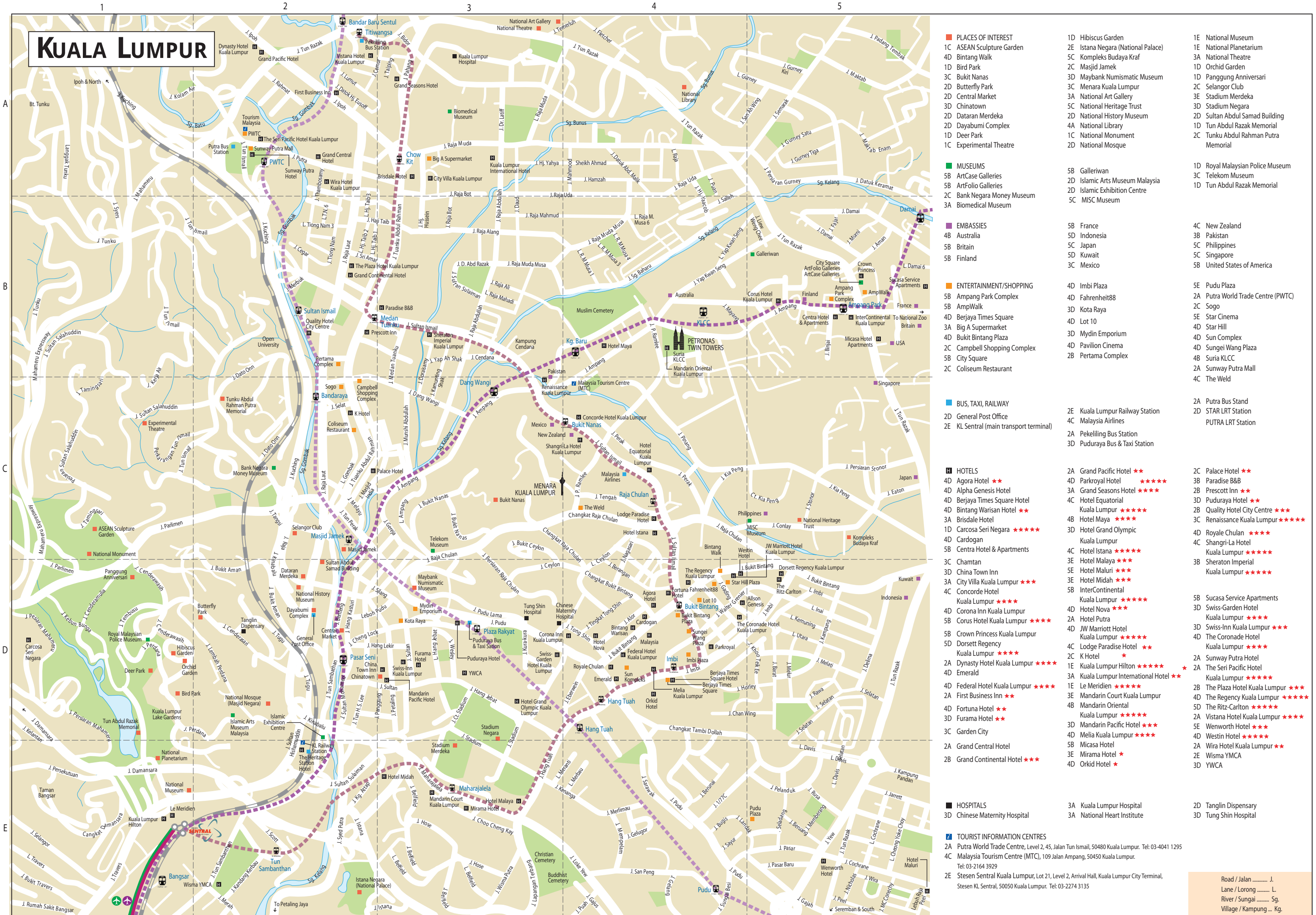


University of Malaya Art Gallery (UMAG)
Tingkat 5, Bangunan Canseleri, Universiti Malaya, Petaling Jaya
Tel: 03-79671061
Opening Hours: 9.00am to 4.00pm
Closed on: Saturday and Sunday



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
- 5B Britain
- 5B Finland

ENTERTAINMENT/SHOPPING

- 5B Ampang Park Complex
- 5B AmpWalk
- 4D Berjaya Times Square
- 3A Big A Supermarket
- 4D Bukit Bintang Plaza
- 2C Campbell Shopping Complex
- 5B City Square
- 2C Coliseum Restaurant

BUS, TAXI, RAILWAY

- 2D General Post Office
- 2E KL Sentral (main transport terminal)

HOTELS

- 4D Agora Hotel ★★
- 4D Alpha Genesis Hotel
- 4D Berjaya Times Square Hotel
- 4D Bintang Warisan Hotel ★★
- 3A Brisdale Hotel
- 1D Carcosa Seri Negara ★★★★★
- 4D Cardogan
- 5B Centra Hotel & Apartments
- 3C Chantan
- 3D China Town Inn
- 3A City Villa Kuala Lumpur ★★
- 4C Concorde Hotel Kuala Lumpur ★★★★★
- 4D Corona Inn Kuala Lumpur
- 5B Corus Hotel Kuala Lumpur ★★★★★
- 5B Crown Princess Kuala Lumpur
- 5D Dorsett Regency Kuala Lumpur ★★★★★
- 2A Dynasty Hotel Kuala Lumpur ★★★★★
- 4D Emerald
- 4D Federal Hotel Kuala Lumpur ★★★★★
- 2A First Business Inn ★★
- 4D Fortuna Hotel ★★
- 3D Furama Hotel ★★
- 3C Garden City
- 2A Grand Central 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

- 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

- 5B Galleriwan
- 2D Islamic Arts Museum Malaysia
- 2D Islamic Exhibition Centre
- 5C MISC Museum

- 5B France
- 5D Indonesia
- 5C Japan
- 5D Kuwait
- 3C Mexico

- 4D Imbi Plaza
- 4D Fahrenheit88
- 3D Kota Raya
- 4D Lot 10
- 3D Mydin Emporium
- 4D Pavilion Cinema
- 2B Pertama Complex

- 2E Kuala Lumpur Railway Station
- 4C Malaysia Airlines
- 2A Pekeliling Bus Station
- 3D Puduraya Bus & Taxi Station

- 2A Grand Pacific Hotel ★★
- 4D Parkroyal Hotel ★★★★★
- 3A Grand Seasons Hotel ★★★★★
- 4C Hotel Equatorial Kuala Lumpur ★★★★★
- 4B Hotel Maya ★★★★★
- 3D Hotel Grand Olympic Kuala Lumpur
- 4C Hotel Istana ★★★★★
- 3E Hotel Malaysia ★★★★★
- 5E Hotel Maluri ★★
- 3E Hotel Midah ★★
- 5B InterContinental Kuala Lumpur ★★★★★
- 4D Hotel Nova ★★
- 2A Hotel Putra
- 4D JW Marriott Hotel Kuala Lumpur ★★★★★
- 4C Lodge Paradise Hotel ★★
- 2C K Hotel ★
- 1E Kuala Lumpur Hilton ★★★★★
- 3A Kuala Lumpur International Hotel ★★
- 1E Le Meridien ★★★★★
- 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 ★

- 2C Palace Hotel ★★
- 3B Paradise B&B
- 2B Prescott Inn ★★
- 3D Puduraya Hotel ★★
- 2B Quality Hotel City Centre ★★★★★
- 3C Renaissance Kuala Lumpur ★★★★★
- 4D Royale Chulan ★★★★★
- 4C Shangri-La Hotel Kuala Lumpur ★★★★★
- 3B Sheraton Imperial Kuala Lumpur ★★★★★
- 5B Sucasa Service Apartments
- 3D Swiss-Garden Hotel Kuala Lumpur ★★★★★
- 3D Swiss-Inn Kuala Lumpur ★★
- 4D The Coronade Hotel Kuala Lumpur ★★★★★
- 2A Sunway Putra Hotel
- 2A The Seri Pacific Hotel Kuala Lumpur ★★★★★
- 2B The Plaza Hotel Kuala Lumpur ★★
- 4D The Regency 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

- 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

- 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
- 1D Royal Malaysian Police Museum
- 3C Telekom Museum
- 1D Tun Abdul Razak Memorial
- 4C New Zealand
- 3B Pakistan
- 5C Philippines
- 5C Singapore
- 5B United States of America

- 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 Sunway Putra Mall
- 4C The Weld

- 2A Putra Bus Stand
- 2D STAR LRT Station
- PUTRA LRT Station

- 2C Palace Hotel ★★
- 3B Paradise B&B
- 2B Prescott Inn ★★
- 3D Puduraya Hotel ★★
- 2B Quality Hotel City Centre ★★★★★
- 3C Renaissance Kuala Lumpur ★★★★★
- 4D Royale Chulan ★★★★★
- 4C Shangri-La Hotel Kuala Lumpur ★★★★★
- 3B Sheraton Imperial Kuala Lumpur ★★★★★

- 5B Sucasa Service Apartments
- 3D Swiss-Garden Hotel Kuala Lumpur ★★★★★
- 3D Swiss-Inn Kuala Lumpur ★★
- 4D The Coronade Hotel Kuala Lumpur ★★★★★
- 2A Sunway Putra Hotel
- 2A The Seri Pacific Hotel Kuala Lumpur ★★★★★
- 2B The Plaza Hotel Kuala Lumpur ★★
- 4D The Regency 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

- 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

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.

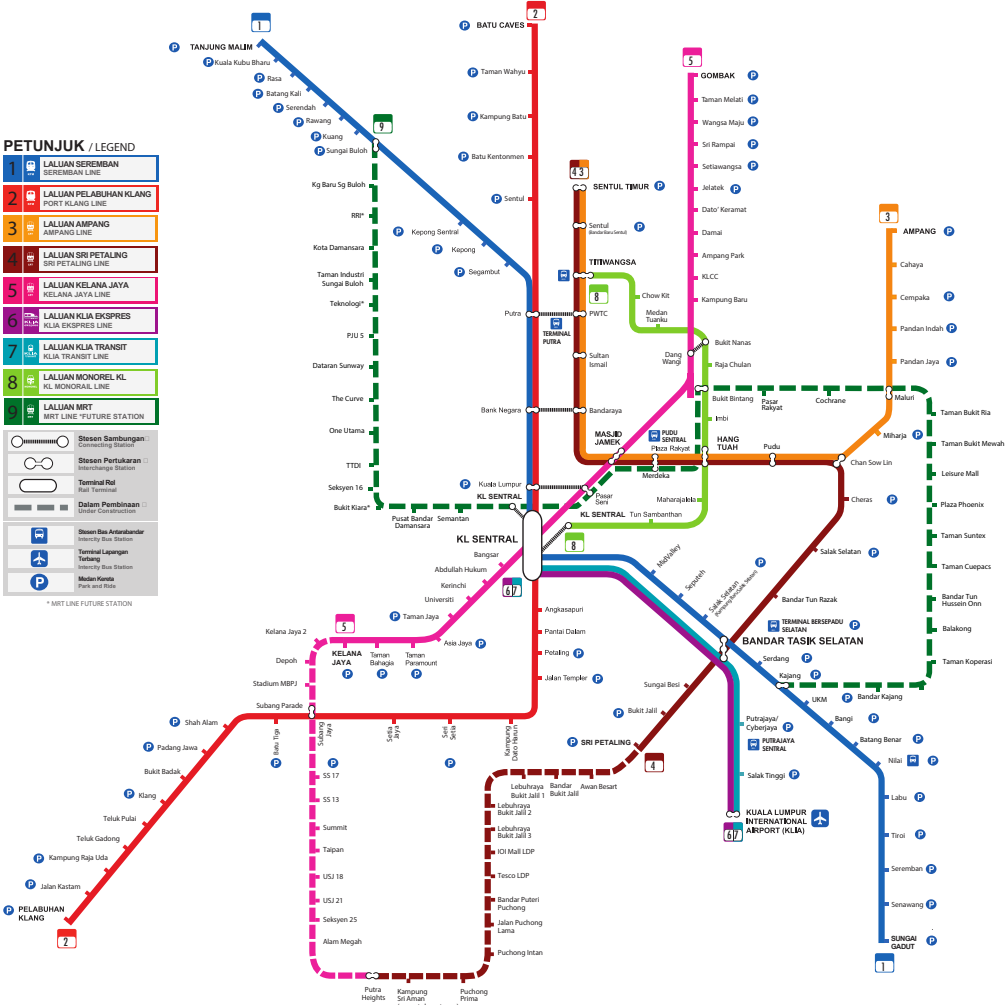


Limousine: Can be arranged with the hotel concierge and fare range from RM100 – RM200.

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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