

KLlifestyle

MAY 2014



Lina Teoh
Enjoying Motherhood

MAKAN-MAKAN



SHOPPING



ART & LIVING



HEALTH & BEAUTY



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AUDIT BUREAU OF CIRCULATIONS
(Incorporated in Malaysia)

Certification of average net circulation:
78,098 (from 1.7.10 - 30.6.11)

KL Lifestyle is distributed by MPH Distributor Sdn Bhd and sold at major bookstores at RM6.80 per copy. It is also available at all major hotels, KLIA and Malaysian airports, selected malls, restaurants, popular cafes and coffee chains, hair salons, and leisure and entertainment outlets in Kuala Lumpur.

Endorsed by



How to reach KL Lifestyle
For letters to the editor, subscriptions,
advertising, news releases and
reproduction permission:

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Printer

Art Printing Works Sdn Bhd
29 Jalan Riong, Bangsar,
59100 Kuala Lumpur

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LINA TEOH

Dedicated artiste, devoted mother

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A loyalty programme that rewards
you better than any other.



COVER



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Lina Teoh
Venue:
Intent Fashion Boutique & Chinoz
Wardrobe:
Intent Fashion by Sakinah Kosem
Hair & Make-up:
Annie Pung and Mei Ping
from Snips
Photography:
Jane Bee

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KLAS ART AUCTION

MALAYSIAN MODERN & CONTEMPORARY ART

AUCTION DAY

SUNDAY, JUNE 22, 2014
1.00 PM
LE MERIDIEN KUALA LUMPUR



Awang Damit Ahmad
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RM 9,000 - 18,000

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Open Daily from 10am - 7 pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday



2NE1 2014 WORLD TOUR "ALL OR NOTHING" IN MALAYSIA

The No.1 girl group in South Korea, 2NE1 is set to perform their first full-fledged concert this month as part of their "2014 2NE1 World Tour All or Nothing". This concert will see the members, CL, Dara, Park Bom and Minzy showcasing their individual strengths – with each of them performing their previous chart-topping hits and latest singles such as Falling in Love, Do You Love Me and Missing You, as well as songs from their upcoming album, All or Nothing.

24 May @ 7.30pm, Stadium Negara

Tickets: RM202, RM402, RM502, RM602

www.ticketcharge.com.my

MUSIC

BORNEO JAZZ FESTIVAL

Previously known as Miri International Jazz Festival, the Borneo Jazz Festival promises visitors and jazz lovers a fun-filled and entertaining experience with performances by international jazz artistes while showcasing Miri's cosmopolitan characteristics. This vibrant and exciting festival is definitely not to be missed this month.

9-10 May @ Parkcity Every Hotel, Miri

Tickets: Adults RM30 to RM130, Child RM15 to RM50

www.ticketpro.com.my



KL JAZZ INTERNATIONAL FESTIVAL

The KL International Jazz & Arts Festival 2014 is back with more groove and excitement with performances by acclaimed international jazz stars and the best local talents like Keiko Matsui, Tizer Quartet, John Beasley and Michaela Rabitsch & Robert Pawlik. It is a world-class jazz festival that sees music lovers gather to enjoy the music where contemporary jazz, smooth jazz, straight ahead jazz, classic jazz, jazz-rock, R&B, swing, funk, classic rock and blues converge all day long.

17 – 18 May @ University of Malaya

Tickets: From RM45 to RM288

Tel: 03-5637 7742 / 03-5637 1539
www.ticketpro.com.my

17-18



MUSIC

ALAN TAM & HACKEN LEE 10th ANNIVERSARY WORLD TOUR

The legendary Cantopop duo, Alan Tam and Hacken Lee, are back with their world tour series titled "Neighbours" after a five-year hiatus. This concert marks the duo's 10 years of collaboration in large-scale musical gigs that are known for their hit-packed, high-energy, colourful and excellent lighting effects and the duo's showmanship and chemistry.

31 May @ 8.00pm, Bukit Jalil Putra Indoor Stadium

Tickets: RM140, RM230, RM340, RM430, RM530 and RM650

www.ticketcharge.com.my

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PERFORMANCE

BALLET ILLUMINATIONS

In conjunction with Singapore Dance Theatre's 25th Silver Anniversary celebration, the company is back for the fourth consecutive year to perform some of the classical and contemporary favourites from its repertoire as well as its best ballad. The performance will be featuring a medley of inspiring international masterpieces by world-renowned choreographers such as Stanton Welch, Janek Schergen, ZINI!, Nils Chrite and Natalie Weir.

9 May @ 8.30pm

10 May @ 3.00pm & 8.30pm

11 May @ 2.00pm,

Tickets: From RM18 onwards

Tel: 03-7880 7999
www.ticketpro.com.my



9-11



JEFF DUNHAM DISORDERLY CONDUCT TOUR 2014

Comedian and ventriloquist Jeff Dunham will be making Malaysia his first stop in his first ever tour of Asia. Hailed as 'the most popular comedian in the United States' by TIME magazine, Dunham has been making a name for himself with the highest-rated programme in Comedy Central history, millions of DVD sales and YouTube views and sold-out concerts worldwide. Be sure to catch him and his signature characters that always question and reprimand his words.

20 May @ Sunway Pyramid Convention Centre

Tickets: Range from RM111 to RM420

www.ticketpro.com.my

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SPORTS



REDBULL AIR RACE WORLD CHAMPIONSHIP

If you are out for some thrills and excitement, you ought not to miss the Red Bull Air Race World Championship in Putrajaya this month. The event sees the battles of the world's best pilots using the fastest, most agile and lightweight racing planes while navigating at 82-feet high pylons at breakneck speeds of up to 230 mph (370km/h). It will also be Malaysia's first time hosting Southeast Asia's most thrilling motor sports competition in the sky.

17 – 18 May @ Putrajaya Lake

Tickets: From RM85 to RM3273

www.ticketpro.com.my

17-18

BRILLIANT BROTHER

Sensational Malaysian violinists, Timothy and Nikki Chooi will be starring in this solo and double concertos. They will perform some famous pieces – concerto for two violins by Bach, individually romantically-infused concertos by Saint-Saens and Bruch, as well as Tchaikovsky's musical portrayal of Romeo and Juliet.

17 May @ 8.30pm

18 May @ 3.00pm, Dewan Filharmonik PETRONAS, PETRONAS Twin Towers, KLCC

Tickets: RM50, RM70, RM100 and RM130

Tel: 03-2051 7007

www.mpo.com.my



CLASSICAL



ROMANTIC FAVOURITES

Audiences will be presented with romantic favourite pieces written by Brahms and Tchaikovsky in this programme. Both Brahms's Violin Concerto and Tchaikovsky's Pathétique Symphony that was composed in the late nineteenth century share one similarity, being powerful pieces capable of piercing one's heart with moving musical experience. If you are into romantic music, you ought not to miss this.

31 May @ 8.30pm

1 June @ 3.00pm Dewan Filharmonik PETRONAS, PETRONAS Twin Towers, KLCC

Tickets: RM50, RM70, RM100 and RM130

Tel: 03-2051 7007

www.mpo.com.my

31-1

CLASSICAL

LATE STRAUSS, EARLY BRUCKNER

Claus Peter Flor will be offering audiences a glimpse of the Strauss memories of the Allied bombs destroying his native Munich along with his sense of grief and loss through Metamorphosen. Audiences will be entertained with Anton Bruckner's Third Symphony that continues to impress with its colossal power despite the piece was produced three-quarters of a century earlier.

24 May @ 8.30pm

25 May @ 3.00pm, Dewan Filharmonik PETRONAS, PETRONAS Twin Towers, KLCC

Tickets: RM50, RM70, RM100 and RM130

Tel: 03-2051 7007

www.mpo.com.my

24-25



2-4



SABAH FEST – A CULTURAL EXTRAVAGANZA

This prelude to the Harvest Festival will entertain visitors with a variety of cultural activities, from poetry to music, songs, dance, food and fashion which showcases the unique traditions and culture in Sabah.

2-4 May @ Auditorium, Kompleks JKKN Sabah

Tel: 08 – 823 2121



INTERNATIONAL PAHANG RIVER RAFTING EXPEDITION

Started in 2011, the International Pahang River Rafting Expedition has since become an annual event held during the water festival. The program gathers international and local adventure seekers along the water way that comes with a variety of cultural and communal activities. It will be a five-day event, filled with excitement and thrills.

12 to 18 May @ Pahang River, Pahang

Tel: 09-517 1111
www.tourism.gov.my

MISCELLANEOUS

TADAU KAAMATAN

Tadau Kaamatan is a month-long festival that sees the Kadazandusun community of Sabah celebrating the new harvest season as well as offering gratitude in return for a good harvest. About 5,000 locals and tourists are expected to join this festival with activities such as folk song and cultural dance performances, traditional games and Unduk Ngadau (Harvest Beauty Queen) taking place.

30 and 31 May @ Penampang, Sabah
www.tourism.gov.my



6TH KL-PJ WEDDING EXPO 2014

KL-PJ Wedding Expo, the premier bridal fair in Malaysia is back for the sixth time – bigger and merrier. The wedding fair will be bringing together and featuring renowned local bridal houses and studios and celebrity wedding photographers as well as incorporating the Wedding Venue, Banquet and Restaurants Show (WVBR&RS) and Beautiful Brides Show (BEAUBS).

23 to 25 May @ Hall 2 & 3 and Hall 3 Foyer,
Mid Valley Exhibition Centre
www.klpj.com.my

KL INTERNATIONAL TOWERTHON 2014

Since its inception in 1998, the KL International Towerthon has become a signature sports event for Menara Kuala Lumpur. This event will see local and international sports enthusiasts bracing the 1km run uphill before they are required to conquer the 2,058 steps to reach the top level of the tower that is located 283 metres above ground level.

18 May @ 5.00am, KL Tower

Entry Fees: RM55, RM85

<http://event.themarathonshop.com.my>



AROUND MALAYSIA

LABOR DAY



LABOUR DAY

Labour Day is originally a celebration that commemorates the economic and social achievements of workers. It is a national holiday for more than 80 countries. Labour Day is also known as Labor Day, Worker's Day, International Worker's Day or May Day.

1 May

MOTHER'S DAY

Mother's Day was first celebrated in 1908 by Anna Jarvis when she decided to hold a memorial for her mother. She then began a campaign and successfully made Mother's Day a recognised holiday in the United States in 1914. Other countries soon adopted the holiday and Mother's Day is now a celebrated holiday worldwide in honouring mothers and motherhood. People also express their gratitude with gifts or in remembrance of their mothers or any maternal figure on that day as well.

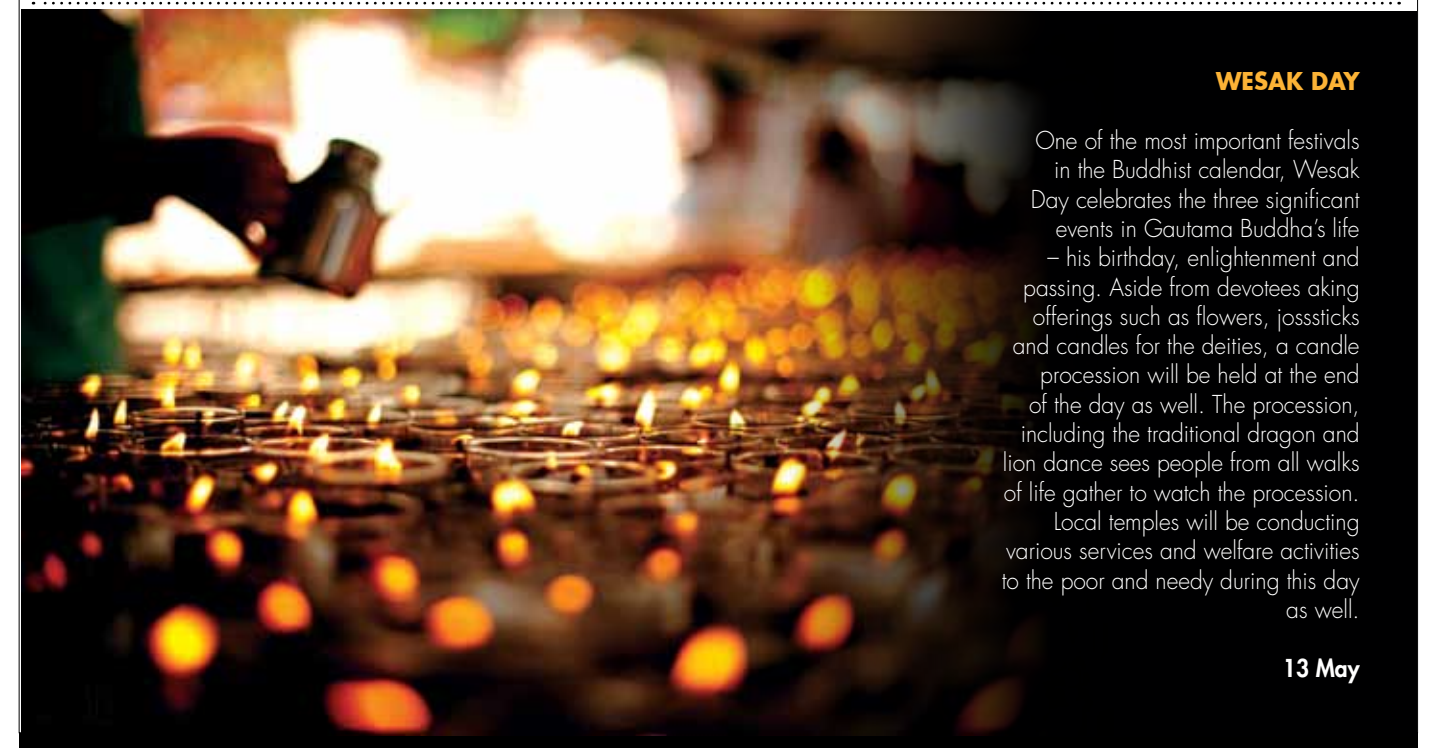
11 May



WESAK DAY

One of the most important festivals in the Buddhist calendar, Wesak Day celebrates the three significant events in Gautama Buddha's life – his birthday, enlightenment and passing. Aside from devotees aking offerings such as flowers, josssticks and candles for the deities, a candle procession will be held at the end of the day as well. The procession, including the traditional dragon and lion dance sees people from all walks of life gather to watch the procession. Local temples will be conducting various services and welfare activities to the poor and needy during this day as well.

13 May



LINA TEOH

Dedicated artiste, devoted mother

By Siti Wajihah Kholil

Lina Teoh - How can anyone not remember her memorable role as Susan in "Kopitiam", one of the best Malaysian comedy television shows ever aired? On top of that, who could ever forget how proud she made Malaysia when she won third place in the Miss World 1998 pageant, the best Malaysia has ever achieved to date? Lina Teoh has given the industry her all through phenomenal works over the years as documentary filmmaker, actress, TV host and emcee. Having come such a long way, she is immensely loved by many of her fans and is indeed, one of Malaysia's cherished treasures. In addition to her achievements, what makes her even more successful is the fact that she is now a happy mother.

From tomboy to model

Born in Melbourne, Australia from a Chinese father and Dutch mother, Lina has spent most

of her adult life based in Kuala Lumpur. Reminiscing about her childhood days, she revealed that she was an active kid as the middle girl between two boys. In contrast to what people expected her to be like, being a beauty queen and all, she actually grew up as a tomboy. She was always in the mud and hated wearing dresses. Climbing trees, playing sports and getting dirty was her forte. She admitted to liking Barbie dolls, but she never wanted to be a princess as a little girl, so becoming a beauty queen was the last thing she ever expected to do.

One must wonder if she was such a tomboy, how on earth did she get into the Miss World contest? Even though entering the more girly side of things seemed like a clash to her personality, Lina was an adventurous person and was up to trying something new. In her late teens, she ventured into modelling

thinking it could be fun and a good way to travel while making some extra money. Over time, she received many great modelling contracts and eventually landed an acting job. It was around this time that some friends tried to get her to join the pageant. And although initially she was not very keen on the idea, finally she agreed to enter. Not in it for the fame or glamour, there was a certain part of pageantry Lina enjoyed most. "As much as it gets criticised, many beauty pageants do a lot of charity work and give back huge amounts of money to the community, and that is really why I joined in the end," she stated. And lucky she did because winning the national Miss World competition allowed her to expand her horizons even further when she represented the country at the Miss World finals.



Getting ready for shoot



Memories of Miss World 1998

Asked about her recollections of the Miss World 1998 pageant, Lina said, “It was like being in a girls only camp with a huge group of really amazingly beautiful young women!” A lot of the girls were really young and struggled being away from home for the first time. But somehow I was very lucky and got a very cool roommate, Miss USA, which really helped make the experience so much more enjoyable.” Despite being a go-with-the-flow kind of person, she admitted she was also very competitive. “Maybe it’s the sporty side of me,” she said. Although one part of her was very much relaxed and simply wanted to enjoy the experience, the other part of her had a great determination to go home victorious, which she did by being crowned third in the pageant.

She did not expect to achieve that, but she was extremely grateful for having achieved

it. In such a major competition where the whole world is watching, she feels confidence and belief in oneself is crucial. When every single one of the competitors is a gorgeous, stunning woman specially chosen to represent their nation, it can be very intimidating. So when you are in that kind of situation, you really need to be comfortable with yourself and let your personality and confidence shine as much as possible. “That’s what I think makes a person stand out and be remembered most – their personality,” she said.

Since then, Lina has continued to do many new and exciting things in her life. As an actor, emcee, voice-over talent and in more recent years, an accomplished international documentary filmmaker. She is constantly learning new skills and experiencing many different things in her life, which fits her naturally inquisitive personality perfectly.

Although acting and emceeing have their own challenges, documentary filmmaking has been by far the most difficult thing she has ever done, as she mostly works in very small teams, sometimes having to create, write, produce and direct all at once. “Making documentaries is madness! There is so much research involved, which can often mean months of work on its own. And many times you are not following your own working hours as you have to follow your subject matter’s schedule,” said Lina. During her work on The Lion Dance King documentary, she had to follow the lion dancers – where and when they trained and the competition. When she worked on the Smart Tunnel, a four-year construction project, she had to take a construction train 30 metres into the ground to the tunnel boring machine with the workers who were all men. During The Great Apes of Asia with Michelle Yeoh documentary, she spent time over a span of a year in the jungles in Sabah, including a 14-day shoot. However, despite the challenges and extreme hard work involved, she did not mind it as she loves the outdoors, adventure and learning new things. So for her, it was a dream come true.

Pregnancy and motherhood

Admitting to being a bit of a ‘fitness freak’, the thought of having to carry more weight than usual and sharing her body with another entity was a totally new concept for Lina. However, as she had been planning this new phase of her life for some time, before she became pregnant she decided to prepare her body as much as she could for the transition. “I worked very hard on my health and fitness the year before I became pregnant and I am sure that contributed to how healthy and strong I felt throughout. It also really helped me recover quickly after my son arrived”. A complete bootcamp addict, runner and general adventure nut, Lina continued doing most of her fitness activities throughout her pregnancy but made sure she toned it down and kept it at a safe level. “I did get a lot of strange looks when I was still out running ten kilometres at 7 months but I never pushed myself beyond my limits and made sure I kept my heart rate at a safe level and was always well hydrated.” Just like her documentaries, Lina researched the topic extensively. “You can continue to do the things you did before you got pregnant, as long as you take it back a notch and of course only if your doctor says it’s okay”. Towards the end, she found swimming the best form of exercise along with personal training.

It is impossible to explain what Lina felt when she first laid her eyes on Dylan, her son. “After more than nine months of growing and carrying this being inside of you, finally he’s out and in your arms. It’s such a surreal feeling”. And suddenly it’s a whole new world. “Every experience is new



and you have to very quickly learn how to look after this tiny little human being you just brought into the world”. Being a mother is definitely a journey of ups and downs, joy and exhaustion! It’s like nothing you can ever prepare yourself for or fully understand until you experience it yourself. Every day you grow and learn something new and it is more challenging than anything you can ever imagine. In that sense, the role of motherhood suits Lina well as it allows her to experience new things every day. “Every day is different, they are constantly changing, growing and evolving, so there’s little time to rest or get bored!” And the level of love is far beyond anything else that anyone will possibly ever experience in life.

With motherhood, the word ‘easy’ is something you delete from your vocabulary. The daily tasks can be endless and when you haven’t slept for a long time everything seems difficult. It takes a great level of dedication, discipline and commitment to take care of a baby day in and day out. One should try not to be too hard on oneself about trying to make everything perfect. Before having Dylan, Lina read lots of books and guides on raising a baby and had a pretty good idea of what sort of mother she wanted to be,

planning out the things she would and would not do. But then again, “Forget it man! It doesn’t work on babies! Well, I couldn’t make it work on mine!” she revealed. Every baby is different and every mother will change so much as a person after they give birth. As for Lina, having her son in her life has made her more chilled, compassionate and empathetic towards others. Having a child is the most awesome experience ever and Lina stated, “I would not change it for anything else in the world. I am truly blessed.”

Career-wise, Lina is now freelancing, doing jobs that allow her to work around spending most of her time with her son while he’s still young. “They grow so quickly, I am trying savour every moment I have with him now. Before I know it he’ll be in school! And I’m loving every minute”.

While some parents choose to send their kids to caretakers or relatives or have a maid or nanny, Lina and her husband decided to raise their son one hundred percent on their own. “We are very fortunate that we are able to spend so much time with him. Not everyone has that option. But it’s not easy! Everything each day begins and ends with us,” she said. Despite the exhaustion, it is a choice that

they made together as parents. “Witnessing a foetus grow into a baby and then a little boy that is now running around with his own little ideas, thought processes and ready to experience life, being a part of creating and influencing, is priceless”.

Message to future mothers

The best advice from Lina for future mothers is before you have kids, SLEEP! Sleep as much as you can! Enjoy everything like sleeping, going to the movies and going out for dinner. And once your little bundle of joy has arrived, if you are a first-time mother, do not be so hard on yourself. No mother knows everything the first time they have a baby. So be kind to yourself and give yourself some time to get to know your baby. As difficult as it is, try not to compare yourself to other mothers and their babies. This is a unique experience for each and every parent.

She also mentioned that while to an extent, it is good to read books and do research before you give birth, the motherly instinct is so strong that you will know what to do once your little one arrives. You just have to trust yourself and the bond your baby will have with you. “When push comes to shove, just follow your gut,” she said.

2NE1

Bringing Hallyu to KL

By Siti Wajihah Kholil

Attention all K-Pop fanatics. Korea's number one girl group, 2NE1 is coming! Lee Chaerin (CL), Park Bom, Gong Minji (Minzy) and Sandara Park (Dara) are set to rock Stadium Negara in Kuala Lumpur this month. These talented urban empresses have drawn millions of fans worldwide with the catchiest of music and having the most visually-striking music videos and vibrant, yet edgy style in the industry.

Prior to their debut, CL, Bom, Minzy and Dara were trained for four years under YG Entertainment. Their first appearance in "Lollipop" for a commercial campaign with Big Bang for LG Electronics in March 27, 2009 caught the attention of the Korean public. On May 6, 2009, 2NE1 released their first official single "Fire", produced by 1TYM's leader Teddy Park. The song became an instant hit and topped all the Korean charts, becoming the second best-selling single of all time in Korea with more than five million digital downloads by the end of 2011. The group then released two episodic extended plays, 2NE1 (2009) and 2NE1 (2011), as well as a studio album entitled, To Anyone, which led the group to major successes and vast increase in popularity.

2NE1 is distinct due to the group's diversified music styles. Fans can always expect something new as they tend to mix up genres. Their first debut single "Fire" is classified as hip-hop while their follow-up single "I Don't Care" has a reggae-like

element, winning Song of the Year at Mnet Asian Music Awards 2009. Their popular hit single "Go Away" from the album To Anyone, however, is categorised as dance. The band also incorporated an R&B feel with songs such as "It Hurts". The perfect all-kill song "I Am the Best" displayed electronic hip-hop, which topped all Korean charts within 24 hours of its release and won 2NE1's second Song of the Year award at the Mnet Asian Music Awards 2011.

2NE1 girls are not just well known for their experimental music genres and burst-of-colour fashion attire, they are also known for their in-your-face swag-like and fearless messages of independence and women empowerment. There is no doubt that these hip-hop warriors are conquering the globe with successful Japanese extended plays and albums as well as English releases and collaborations with international renowned artistes such as will.i.am. This year, the group will hold a world tour concert "All or Nothing" in nine countries including Japan and China, meeting fans in 13 cities including Seoul, Hong Kong, Kuala Lumpur and Yokohama for their 17 concerts.

The creative director of the 2NE1 world tour is Travis Payne and Stacy Walker, both of whom have directed choreography for the late Michael Jackson's "This Is It" tour. Gil Smith II, the music director of Britney Spears, Chris Brown, Lil Wayne and many other big names, will be leading his fellow band members to collaborate with 2NE1, while Possible will be participating as the visual content creator. So you can definitely expect the best of performance coming your way.

IME Production is the lead promoter of the 2NE1 2014 World Tour "All or Nothing" in Malaysia. The major concert will take place on May 24 (Saturday) at 7:30pm at Stadium Negara, Kuala Lumpur. Tickets are priced at RM599 (VIP numbered seat), RM499 (free standing rock zone), RM399 (numbered seat) and RM199 (free seating). Tickets are selling fast, so get your tickets now!

For more information, log on to IME Production official Facebook at www.facebook.com/imepmy or 2NE1 official Facebook <http://www.facebook.com/2NE1>.



SHEENA LIAM

Making it as Asia's top model

By Siti Wajihah Kholil

After weeks of challenges, judges' deliberations and eliminations in the popular reality television show, Asia's Next Top Model, in the end, our homegrown aspiring model, Sheena Liam came out victorious. The girl who was once bullied for her dark-skin-for-a-Chinese complexion and thought that she was not model-material is clear living proof that pure talent and personality counts. Sheena triumphed over 15 other models throughout Asia and indeed made Malaysia incredibly proud. KL Lifestyle had the chance to get Sheena back to share her experiences and moments before and after winning Asia's Next Top Model cycle two.

1. How do you feel about winning Asia's Next Top Model 2?

I feel great, it's a great achievement for not only me but Malaysia as well. There are doors opening, 2014 is looking awesome.

2. While you were on the show, did you expect to win? Who did you feel was going to come out tops?

I didn't expect it. I wanted it really bad of course but with Jodilly's situation with her family, I really wished for her to win. I remember this moment backstage when we found out how much the prize money was and she started tearing up, saying she could buy her mother a home. I was gutted of course, but at the end of the day, it was a modelling competition, not a charity competition. Anyway, Jodilly is doing fantastic. There may only be one winner, but it definitely doesn't mean that the others won't go on to do greater things.

3. What was your strategy to survive the show?

I wanted to be quiet at first and not stand out too much, but I realised that one mistake could send you home, so I had to go all out. My strategy was always to please the judges and never complain about anything. The judges were the clients now and you just had to follow what they said.

4. Of course you knew the results all along, was it hard to keep it in and not reveal it to the public?

It was alright, it was nice to get to be myself a bit. I knew it was going to be explosive when the results were announced, so I sort of wanted to keep it down as long as possible.

5. Did anyone else know that you won besides the girls from the show? Friends? Family?

No, we signed the non-disclosure agreement (NDA) and it would be a pretty hefty fine if you revealed anything. Anyway, why spoil the surprise?

6. How has this experience changed your life?

Career-wise, it's opening so many doors and getting me noticed. It's giving me the chance to work overseas. I'm flying to Hong Kong, Indonesia and Singapore this month. On a personal level, I guess other than more people following me on social media, it's pretty much the same.

7. Do people treat you differently now after the world knows you won the show?

Yes, I think my parents are a lot more accepting of my career choice now that they see a plausible future in it. My friends are pretty much the same though. It's just that they embarrass me a lot by telling everyone my title.

8. What's your favourite and least favourite Top Model picture of yourself and why?

My favorite would be the Tresemme I guess, the styling, the setting, the dresses and the hair. Plus Coco Lee was guiding us, so it was a pretty surreal moment. I don't think I have a least favourite photo. They all evoke different things to me, even the bad ones. I guess it's because I know the story behind each and every one of them and how hard I pushed.

9. What was the toughest challenge in the show?

The toughest challenge in the show would be when we had to shoot the commercial with the millipedes. They didn't air too much of it probably because it was more distressing than entertaining, but I was really bawling my eyes out. I almost pushed Joey away. It was terrifying! They were on me but all I wanted to do was throw them to the ground and get as far away from them as possible.

10. We can see that as the show progressed, your number of fans grew as well. Your Sheenators (Sheena supporters) supported you all the way. What would you like to say to all your fans?

Well, thanks for supporting me. It's crazy to have fans, I just wanted to make everyone back home, my friends, my family and my supporters proud. I love all the love you guys send me and I'm sending positive vibes right back to you!



Sheena Liam, our choice for our cover for the February 2014 issue of KL Lifestyle

Photo by Biba Awan

Experience The brand new Cold Storage at Jaya Shopping Centre.

01 MAY 2014

COLD STORAGE RE-OPENS ITS DOORS AT THE NEW JAYA SHOPPING CENTRE.

THE DELIGHTFUL SIGHT and the aroma of crisp, colourful fruits and vegetables as you walk past Cold Storage Supermarket at Jaya Shopping Centre will make many shoppers do a double-take. The inviting ambience and the unbelievably generous aisle space with attractive displays of produce is the key visual difference that has thrilled the shoppers.

But, that is not the whole story. The real difference is to be found on the shelves, the fridges, the island displays, the bakery, at the checkout counters, and more. Yes, Cold Storage, the Fresh Food People are back to doing what it is truly good at!

Paul McShane, general manager for Cold Storage Supermarkets, with a track record of 26 years running supermarkets in the UK, Europe, and Asia, was recently entrusted with the job of putting the brand back to where it was – the supermarket of choice. He says, "Cold Storage is an iconic brand, famous for fresh and imported quality food. That is what our customers come for. We realise that, and everything we have done in the last couple of months is to ensure we deliver this brand promise stronger than ever."

"Our customers are changing and we need to change too. We know they are happy to experiment, they watch cooking programmes, are educated, well-travelled, understand and are aware of the availability of imported products, appreciate quality, and are

prepared to spend on choice and convenience. "And they are demanding. The younger set wants convenience; the mature shopper still wants the freshness and variety found at wet markets. We have designed our store to bridge the needs of the two groups: to offer great convenience and have the features of a wet market's daily fresh fruit and vegetables."

Keeping true to its brand promise, close to half of the store's trading floor space at Cold Storage - Jaya Shopping Centre is dedicated to fresh food – It's a fact that seafood is delivered to the store fresh from Kuala Selangor on a daily basis. Even our salmon are air-flown directly from Norway. Our fruits and vegetables are handled the same way. You can expect that the meat, herbs and spices – as well as freshly baked bread, cakes, and pastries to be fresh every single time. That's not all, our butchers and fish mongers are always more than happy to prepare the cuts that you need upon request and that saves your time.

MONTE VERDE AND WAITROSE EXCLUSIVE TO COLD STORAGE

It takes a dedicated sourcing team to identify and import products of outstanding quality from all over the world. As a result of this effort, Cold Storage has been given exclusivity for two of the world's leading quality food brands, Waitrose of the UK, and Monte Verde of Italy. The range of foods from these two brands, covering groceries and perishables make up a total basket of gourmet products.

In addition, 1,200 new items of all categories of produce and food from Australia, Europe, America,

Asia, and other regions have been brought in for the opening of the new store.

"For example, we now offer about eight to nine types of melons, all types of soft and stone fruits, local fruits, and imported fruits," McShane explained.

THE MEETING PLACE

One such innovation is the unveiling of a chic café aptly called The Meeting Place, right within the store. Cheerful in lime green, white, and black, the area's sofas, tables, and chairs are welcoming and comfortable. It is designed to be the ideal place for friends and families to meet.

"It's the perfect place for the spouse who prefers to have a freshly brewed cuppa and catch up on reading while the better half shops, or for the children who had to drive mom to the store and wait for her to finish shopping," McShane said. "There is plenty of reading material and a good simple selection of quality food such as quiche, pies, pastries, and sandwiches that are made fresh daily. We also offer good quality coffee and tea. Our goal is to offer customers a better deal than those available at other coffee places."

Times are changing, shoppers want convenience and The Meeting Place is definitely the spot to rest your feet and wait to meet family and friends who are out shopping at the same time.

A MAJOR CHANGE

McShane says, Cold Storage has completely changed including the fresh layout, brighter lighting,

new racking systems, and different displays. Shoppers can now watch the baker and butcher at work.

The health-conscious will also have a great time shopping. The "Health & Wellness Section" has ample space and the lighting has been conducive for clearer viewing. New ranges of products have also been added to the dedicated organic foods section.

Those with a preference for Oriental tastes will also be pleased that the selection of Taiwanese, Japanese, and Korean foods has been expanded as well.

For the busy parent who has forgotten about the birthday present for his son's friend, Cold Storage at Jaya Shopping Centre also stocks children's all-time favourites such as Lego, Hot Wheels, Barbie, and Monster High. Again, convenience is the buzzword.

All exclusive and new range of wine selected by our wine expert are found in the non halal section.

Wine, beer, and liquor from all over the world are displayed by regions and country, making it easy for the shopper to find what they are looking for.

To enhance the convenience factor, there is a section for chilled wine to cater for your last-minute dinner party needs!

Another nice surprise is the check-out. Adopting the common queuing system, it walks the customers through racks of interesting items – and possibly items they may have missed out in their shopping list – such as newspapers, magazines, freshly roasted chicken, snacks, and popular confectioneries.

Cold Storage at Jaya Shopping Centre is a shining example of the Cold Storage experience – the widest range of good quality fresh food, international merchandise, and a bustling market place set in an exceptionally pleasant customer-friendly environment.

"R&R HAS A NEW SPOT AT THE MEETING PLACE, AMAZING COFFEE, DELICIOUS SNACKS, FREE WiFi... WHAT'S NOT TO LOVE?"



"WHAT IS FRESH IN COLD STORAGE? EVERYTHING! IT'S ALWAYS IN SEASON"

Brought to you by THE FRESH FOOD PEOPLE

WWW.COLDSTORAGE.COM.MY

Here's how you get there...



Mother's Day Treats

Forget flowers and expensive gifts. Pay attention to the small little things that many of us overlooked most of the time and you will be surprised at how these little acts put a smile on your mother.

By Jane Bee

Gift of Relaxation

1

When it comes to loosening up oneself, nothing beats a nice session of spa. Surprise your mother by pampering her with a massage and spa session. The fluffy towel, light cuisine, the gentle massage and the relaxing music, without a doubt will provide her with the much needed tranquillity and serenity. You can also reward her with some DIY indulgent and relaxing treats such as lemon body scrub, eye pillow and lip balm, a total plus point if you take the effort to make one yourself.



2 Make her a card

One thing for sure, you can never go wrong with the classic and timeless heart-melting homemade card. What used to be handmade are now replaced with commercialised printed cards and while these offer a variety of designs, they certainly lack the personalised touch. Getting the same card that everyone else is having certainly doesn't make it unique and there's nothing more precious than the effort that you put into making the card. After all, it's the thought that counts.



3 Make Her a Meal, Anything But Breakfast In Bed

While breakfast in bed is one romantic thing you can do for your mother, we are more than sure that she would appreciate if you could serve her meal at the table instead. The last thing she ever wanted to do is clean the stained bedsheet or the crumbs that fall all over the bed. We are sure your mother appreciates the fact that you take the trouble to prepare her a hearty meal filled with love. Oh, be sure to clean up the kitchen – your mother would be thankful for that.



Mother's Day Off 4

Being a mother basically means that all her time and energy are spent on attending to the family's needs. This Mother's Day, let your mother take a day off from being a mother to enable her to own the day for herself. No laundry, no cooking and no running errands – just her doing anything she feels like doing such as catching up with her girlfriends, lazing around in the bed or shop all she wants without any worry that no one is taking care of the family.



5 Try Something New

You don't have to spend Mother's Day in a mainstream way: gifts and dinner. Instead, let your mother have a new breath of air by doing something new with her. Ditch all the technology for a day and indulge in some fun outdoor activities: picnic, camping, random road trip, jungle trekking, you name it. While it might send some chill down your mother's spine for some activities, we are sure that she will fondly look back at those moments in the future.



6 Give Her Your Time

With so many distractions around us, it is so easy for us to lose sight and take for granted at things and people that matter a lot to us, especially family. We are so used to making 'I'm busy' as the excuse in almost everything. If you ever ask your mother how she wanted to spend Mother's Day, you can be sure to find out that she doesn't need any expensive gift or dining at a fancy restaurant. Having her loved ones, especially her children spending time with her is the best gift a mother can ask for, for Mother's Day. So, stop making excuses and ditch your smartphone, notebook and note pad for some quality time with the family this Mother's Day.



INSPIRATIONAL MOTHERS

A mother does not only hold power in the house, in fact, she is capable of wielding enough strength and influence to innovate, inspire, encourage and leave an impact on people. In this issue, we feature some of the well-known mothers who bring about changes and make a difference in many ways.

By Jane Bee



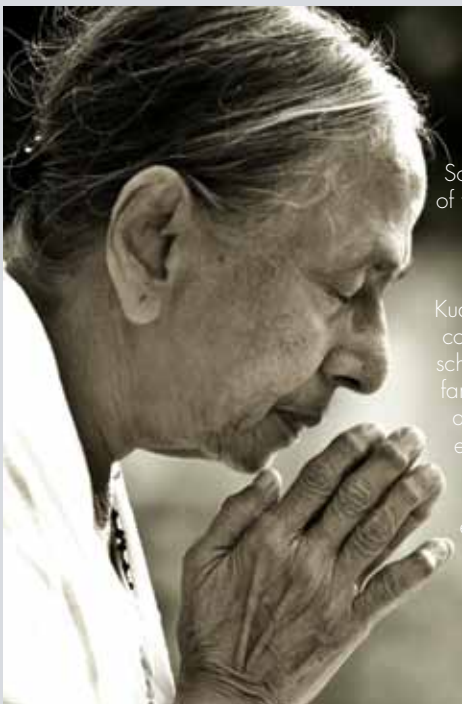
Datin Paduka Marina Mahathir

The eldest of former Prime Minister Tun Dr Mahathir Mohamad's seven children, Marina is known for her audacity to speak the truth without the fear of upsetting those in power. Her thoughts and opinions were channelled through her impactful articles through various platforms such as Musings in The Star newspaper and published her own books, 50 Days: Rantings by MM and Telling It Straight. Not only is she a writer, Marina is also an avid socio-political blogger and prominent social activist. She has led or served many non-governmental organisations such as the Malaysian AIDS Foundation and Sisters in Islam. A mother for three, Marina certainly proves a mother does not hold real power only in the family.



Tan Sri Dr. Zeti Akhtar Aziz

Known as one of the most powerful women in Malaysia, this mother of two is the first woman governor of Bank Negara Malaysia since 2000. She kick-started her career as an economic analyst for the South-East Asia Central Bank Training and Research Centre before moving to Bank Negara Malaysia in 1985. Throughout her career in the bank, she held several senior positions in the areas of monetary, financial policies and reserved management. She was appointed as the acting governor during the height of the Asian financial crisis in 1998 where she successfully led the team in restoring the stability and economic recovery in Malaysia. She shows no sign of showing down, instead, she's constantly on the quest to improve the country's financial system such as the introduction of direct renminbi-ringgit exchange in 2010. She was named as one of the world's best central bank chiefs in 2009 by the Global Finance Magazine.



Datin Paduka Mother A Mangalam A/P Iyaswamy Iyer

For the orphaned children in Pure Life Society, Mother Mangalam is a mother to all of them. Born in Singapore in 1926, Mother Mangalam made a bold decision to leave her family and made her way to Malaya at the age of 22. She started teaching in Kuala Lumpur upon passing a teacher training course after which she was posted to a Tamil school, attended by mostly students from poor families in Bangsar. A woman of compassion and empathy for the downtrodden, she then established Pure Life Society, a place called home for the orphans, and dedicate her entire life to welfare work. The difficulties endured during the early years of the home did not deter her and her perseverance finally paid off when the home has since expanded to an institution that includes schools, clinics, recreational halls and vocational training facilities.

A close-up photograph of a white bowl filled with ramen. A pair of chopsticks is lifting a large, tangled portion of thin, yellow ramen noodles from the bowl. The noodles are coated in a light-colored broth and garnished with green onions. In the bowl, there is a piece of chashu (braised pork belly), bean sprouts, and other toppings. The background is a dark, out-of-focus wooden surface.

PREVIEW

MAKAN-MAKAN

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BELINDA CHEE

Sharing the motherhood experience and a love for Italian food.

By Jane Bee

D'italiane Kitchen

PG-01B, Ground Floor, Jaya 33, No 2 (Lot 33) Jalan Semangat, Section 13, 46100 Petaling Jaya, Selangor
Tel: 03-7956 3684



with baby Danielle



Crunchy Galliano Zabaglione (Alcohol)

When I first met Belinda, she certainly left me in awe and amazement. Despite having a two-year-old daughter, she looked like the same Belinda I saw on the television screen a few years ago – bubbly, bright and looking great, effortlessly. She emitted an ethereal aura through her lovely smile that made me feel like we knew each other long though it was my first time meeting her.

She beamed with pride and happiness when we talked about her daughter, Danielle Eng. True enough, being a mother requires her to make a huge sacrifice in her lifestyle but Belinda assured that it was worth it if it meant she got to spend more time with her child.

"I want to be the best mother for my daughter and be there for her. It does mean that I need take a little back seat in my career where I only accept on job basis and part time. At times, it gets really hectic for me as I have to rush around only to make it back in time for her bedtime. But, this is a sacrifice that I am willing to make for my child," she said with a smile of satisfaction.

She also recalled fondly her first Mother's Day with her then five-month-old daughter. "It was a Sunday and I was alone with my daughter. We spent a quiet night together - we sort of bonded over milk as she was still breastfeeding at that time. It was a simple yet, nice and memorable day as it reminded me of how my daughter was my pride and joy all along."

While Belinda normally prefers spending time with her family at home with some hearty home-cooked meals, she would still make a point to visit her favourite restaurants every now and then for her favourite food with D'italiane at Jaya 33 being one of them.

"I come to this restaurant quite often, at least once a month as my daughter loves their Spinach Ricotta Ravioli and their pizza being my favourite. The portion is big enough for us to share as well. The best part, however, would be it being a family-friendly restaurant," said Belinda.

Both Belinda and I were lucky enough to be the first to try their Mother's Day Special menu during our recent visit to D'italiane Kitchen. The meal started with Lamb and Chickpea Salad, seared and sliced marinated lamb shoulder with aragula, spinach, roasted bell pepper, sun-dried tomato and chickpeas tossed in vinaigrette dressing and topped with toasted sesame seeds. Both of us loved how the crisp of the vegetables and tender lamb teased our taste buds – a perfect savourish starter to kickstart our appetite.

Belinda is very particular and hard to please when it comes to food as she believes in the saying of 'You are what you eat'. However, she loved how the chef prepared the Seabass with Citrus-Tarragon Butter and

Roasted Leg of Lamb. Despite not being an adventurous foodie, she took a liking to the unique taste and smooth texture of the sea bass that was well marinated in Italian herbs and pan grilled to perfection. The Roasted Leg of Lamb, on the other hand, was tender, juicy and refreshing. One thing for sure, they are certainly very generous with the portions served that could definitely satisfy your appetite, just as mentioned by Belinda earlier.

Their dessert, the Crunchy Galliano Zabaglione, made from galliano, egg and cream reduction encapsulated in dark chocolate sponge, fresh cream and Swiss crunchy flakes brought out the little girl in both of us. It certainly had us feeling happy and satisfied with a big grin on our face at the end of the meal.

Belinda will be shooting a Mandarin drama called 3.15AM for 8TV in June where she will be appearing in two of the episodes in the series. So, be sure not to miss catching her in the drama. After all, Belinda never fails to surprise us with her talents!



Lamb and Chickpea salad

IPPUDO

With a hip and impressive menu, ramen dining experience will never be the same again.

By Jane Bee

(Non-Halal)

Lot G110, Ground Floor, Bangsar Shopping Centre, Jalan Maarof, 59100, Bangsar, Kuala Lumpur
Opening Hours: 11.00am to 12.00am daily
Tel: 03 – 2011 6238



Grilled Romaine Lettuce with Crispy Bacon and Caesar Dressing



Flash Fried Satsumo Imo Chips with Butter Sauce



Original Kushiyaki (5 Skewers)

When it first reached Malaysia in 2013, Ippudo instantly became a hit among Malaysians for its unforgettable bowl of ramen. Customers would constantly come back for more and it is a common sight to see a long queue in front of the restaurant all the time.

With the opening of its third outlet in Bangsar Shopping Centre (BSC), Ippudo Malaysia will be introducing a brand new concept that without a doubt, places it as the one-of-its kind ramen dining experience in Kuala Lumpur. It will be presenting not only its signature ramen in the usual dining setup, but an outdoor dining concept with a full-range bar of Ippudo cocktails, whisky, sake and wine along with a vast selection of brand new Japanese-Western fusion food.

Among the few hot items that we wouldn't miss for the world is its Grilled Romaine Lettuce with Crispy Bacon and Caesar Dressing. The crunchy smoky grilled lettuce that comes with a tang of saltiness and the sweetness of the signature egg, cooked to perfection where it easily melts in your mouth is simply ravishing. Combine it with ingredients like crispy bacon and juicy tomato, it is a succulent and luscious plate of irresistible salad.

At one look, the Flash Fried Satsumo Imo Chips with Butter Sauce looks like your ordinary plate of potato chips. That is, until you take your first bite, you are literally hooked to it. The chips are crispy and yet, retain the enticing flavour of the potatoes. Despite it being a relatively simple dish, it is ultimately flawless when it comes to captivating our taste buds with its texture and taste.



Kuro Ramen

Ippudo's Original Kushiyaki (five skewers) tops our must-try list. This plate of juicy skewers comes with beef cubes with cherry tomato and lady's fingers, salmon cubes with salmon roe, beef slice with inoki and asparagus, pork bacon with soft-boiled egg and pork slice with avocado. It has all the desirable taste and texture that you are looking for in skewers: sweet, salty, crunchy, crispy, chewy and smoky that leave you craving for more as you indulge in it.

When it comes to its Braised Pork Ribs with Caramel and Marmalade Sauce, do not be deceived by the look of its braised pork ribs. The ribs are absolutely moreish and luscious despite appearing a little dry. The ribs are well marinated for they have a pleasant rich flavour.

A visit to Ippudo will not be complete without a bowl of its ramen. Loyal ramen connoisseurs will still be able to enjoy their ramen but our

timeless favourite would be none other than Shiromaru ramen, Ippudo's original tonkotsu broth served with ultra thin noodles, pork loin, bean sprouts, kikurage and spring onions. This best-loved bowl of ramen pleases our tastebuds with its simple, yet delicate and alluring flavours.

The restaurant has also introduced the Kuro ramen, thick and chewy noodles served in Ippudo's signature Tonkotsu broth, topped with BBQ pork, flavoured black fungus, spring onions, spicy blended miso paste and fragrant garlic, that is available only at the BSC outlet. It is a perfect bowl of ramen for the adventurous ramen gastronome. The blend of spiciness along with the crunchy black fungus, a tang of saltiness, the fragrance mix of miso and garlic along with the chewable ramen is set to send thrills and shocks to your tastebuds.

Let's just say it is a rule of thumb that good food must be complimented with an equally splendid glass of beverage. Thus, be sure to check out its signature drinks made in the very Ippudo style such as Aranchiata Plum, Pomegranate Smoothie and the refreshing mojito.

Cosy ambiance, delicious food and astounding drinks, Ippudo could make a favourite hangout spot.

VILLA DANIELI

Dining like the Italians

By Siti Wajihah Khalil



Sheraton Imperial KL, Jalan Sultan Ismail, 50250 Kuala Lumpur
Opens: Monday to Saturday (12.00pm - 2.30pm / 6.30pm to 10.30pm)
Tel: 03-27179900



Located in the heart of Kuala Lumpur, the Sheraton Imperial Kuala Lumpur hotel is an urban oasis for travellers as it offers the best hospitality and impeccable comfort, be it for business or leisure. This hotel hosts one of the best dining restaurants in the city, Villa Danieli-an Italian restaurant with a unique characteristic for its use of wood-fired oven for most of its dishes. Executive sous chef, Kamaruddin Adnin and his team ensure that all guests will have the ultimate Italian dining experience, wowing them with authentic specialties that are cooked fresh using the wood-fired oven.

Patrons can indulge in the best of Italian cuisine made with the freshest of ingredients at Villa Danieli. Why not kick-start your palate with a light appetiser such as the Rosemary Smoked Salmon? Layered with delicious beetroot mille-feuille, it sure is a delicate dish that stimulates your appetite. The Eggplant Parmigiana however is also another way to go with its oven-baked eggplant layered with Roma tomato, zucchini, tomato sauce and mozzarella cheese. Despite its mouthwatering cheesy-ness, it is not too filling as the fresh tomatoes balance the richness of the mozzarella. Other must-try appetisers include the Cheesy Portobello Mushroom which is stuffed portobello mushroom with herbs and goat cheese and the Herb Vegetable Tart, vegetables carponata in tart shell with baked ricotta cheese.

One of the stars of the main course at Villa Danieli is of course the Lamb Ribs served with steak fries, coca-cola barbeque sauce and broccolini. Cooked for twelve hours, the lamb is so tender and incredibly delicious. The coca-cola barbeque sauce is not too tangy, so you could enjoy the taste of the lamb itself as well as the sauce that complements it perfectly. Another notable dish is the Melting Beef Cheek which is braised beef cheek with French beans, olive oil, mashed potato and

natural braising jus. The beef really does melt in your mouth bite after bite and meat eaters will surely appreciate not only the taste but also the thickness of the meat. If you are not into a meaty meal, you can also opt for its Mixed Seafood Al Cartoccio which includes fresh seafood such as prawns, scallops, baby octopus, mussels and sea bass served with potato, lobster bisque and garlic bread. Other dishes include the classic Lasagna, Baked Tagliatelle, Italian Sandwich, King Prawns, Cod Cartoccio and Salt-crusted Whole Sea Bass.

Complete your last course with its delectable dessert. The Chocolate Lava cake includes

a soft chocolate cake with a melt of warm chocolate sauce that oozes out. Team it up with its walnut ice-cream and you definitely will not be able to stop eating. The Pear Tartin, on the other hand, has a slight crunch when you bite, but is delicate in its texture and taste. However, it becomes extra yummy when it is combined with the mango sauce, strawberry, sable crumble and ricotta mousse. Another must-try dessert is also the Bread Butter Pudding with strawberry, vanilla sauce and ricotta mousse.

Villa Danieli is a free-standing trattoria, styled after an Italian country home that enables patrons to celebrate great food and drinks. Its décor is luxuriant in style and includes chairs and comfortable cushioned seats with tables that are not only set in twos, but also for a large number of visitors. The restaurant gives off a very romantic atmosphere with its dim lights which is great for couples. At the same time, it gives a very warm, cosy and homey feel which suits families. It is also a great venue for a large group of friends to gather and relax with tasty Italian delicacies. The service is impressive. The waiters are uniformed handsomely while the waitresses are dressed elegantly. More importantly, they are friendly and attentive to your needs.

Villa Danieli is without a doubt, a dining experience which will leave you on a magical note. So be sure to make a stop or make your reservations for a table for a taste of Italy's best and as Italians would say it, buon appetito!



Rosemary Smoked Salmon

MY ELEPHANT

Tantalizing Thai cuisine

By Siti Wajihah Kholil



No. 22, Jalan PJU 1/43, Aman Suria Damansara, 47301 Petaling Jaya, Selangor
Opening hours: Mon - Sun: 12:00 pm - 2:00 pm & 6:00 pm - 10:00 pm
Tel.: 03-7886 1451

Who knew that something that started out for fun could become such a success? Patrick Cheng Yee and his partner started a Thai restaurant called, My Elephant, out of a spontaneous idea. Despite its random start-up, the restaurant has expanded to four branches in total and most impressively, they are hardly short of customers. Patrons consistently come to dine in the restaurants. So what makes this eatery chain so great? Well, one reason is obvious: their Thai dishes are spectacular!

One of My Elephant's most popular appetisers is the Tod Man Plah or Thai fish cakes. Made from the best ingredients and cooked fresh in the kitchen daily, this is the one starter you must definitely try. It is a mixture of mackerel paste with lime leaf, long beans and spices, then fried to perfection. The taste is so flavourful, that one bite of the fish cake will leave you wanting more. Dip it in chilli sauce for additional sweetness to the delightful savoury fish cakes. Other must-try appetisers include PoPiah Tod, deep-fried hand rolled spring rolls with braised glass noodle, dried shrimp and assorted vegetables (three pieces per portion) and Fresh PoPiah, a combinations of shrimps, lettuce, carrots, rice



Thai Fish Cakes

noodle sticks and Thai herbs wrapped in rice paper served with My Elephant's signature chilli sauce.

One of their most popular soups is the Tom Som. Similar to the Tom Yum, Tom Som however, uses the same ingredients except for the use of red chilli paste and coconut milk. Tom Som has a transparent soup and it uses natural ingredients for its flavours. The spiciness comes from the galangal or Thai ginger whereas the sour-sweet taste comes from the starfruit. It also includes prawns, mushrooms and other herbs to give that perfect spiciness and tang to the taste. Another soup that is worth a try is the Tom Yum, which is spicy and aromatic from the use of galangal, lemongrass and lime leaves and homemade red chili paste.

Try My Elephant's range of lunch sets. Not only are they great tasting food, but also affordable. Have a go at its Phad Grapow Chicken! It is mixed brown and white rice served with pan-fried holy basil-flavoured chicken accompanied by a sunny side up, mango salad, fresh lime and a slice of watermelon. The chicken and basil are fried to a delicious crisp and when you pair this



Phad Grapow Chicken

up with the mango salad, egg and a squeeze of lime, the combination is absolutely amazing. Adding the lime especially adds moist and zest to the dish. However, if you like to enhance the taste, add some Gaeng Keow Wan Gai or green curry chicken, consisting of chicken and eggplant bits, to the Phad Grapow Chicken. The green curry that is light and easy in flavour but rich in consistency provides such a delectable taste to the overall mix. Other dishes available are also Rice with Panaang Curry, Rice with My Elephant's Chicken Maryland, Khao Phad Sapparot and Khao Phad Kapi.

My Elephant's most widely popular seafood dish from their dinner menu is the Snow Fish. The super best seller is a salt-baked whole seabass served with the signature green chilli sauce. Another must-try dish that is also the chef's recommendation is the Plah Nung Manow, steamed whole seabass with My Elephant's signature lime, garlic and dressing. For non-spicy eaters, have no worry! You can opt for the non-spicy dishes such as the Plah Tod Phand Khing, deep-fried fish fillet stir

fried with ginger and herbs and Goong Tod Geaow Mung Gorn, deep-fried prawns with mayonnaise and dragon fruit. Quench your thirst with My Elephant's variety of cooling drinks such as the Green Aroma, which is freshly made pandan and lemongrass with herbs, Green Mango Cooler, which is Thai special mango with lime and Pandan Cooler.

The concept of My Elephant is an enigma. It is different than most Thai restaurants because it makes people wonder and curious. If anyone enters the restaurant, nobody would think that it is a Thai restaurant due to its very contemporary and modern décor. The tables and chairs are all white and some parts of the walls are painted sky blue with grey-coloured flooring. There is no hint of Thai-feel in terms of its interior design. Instead, it looks simply just like a regular eatery. So you will not know that it is a Thai restaurant until you walk in and try the food. However, people seem to love the concept as it is very relaxing and relatable. So if you are in the mood for an affordable great quality Thai cuisine, go to My Elephant!



Green Curry Chicken

NAKED RESTAURANT & BAR

Bare it all, let creativity and passion do the rest of the talking

By Jane Bee



Block E-0-2 & E-1-2, Plaza Damas, No 6 Jalan Hartamas 1, Taman Sri Hartamas, 50480 Kuala Lumpur
Opening: Weekdays 10.00am to 11.00pm, Weekdays 10.00am to 12.00am
Tel: 03-6206 1623



Petite Burger



Tagliatelle



Blue Fin Tuna Toro

With a name like Naked, it wouldn't be surprising if you expect some absurdly half-naked hot waiters and waitresses serving you or that there's a charming and sexy chef preparing your meal in the kitchen. Except that for this particular restaurant, the word 'NAKED' is designated in food terms and no, there's no half-naked waiters and waitresses serving you.

Located at Plaza Damas is NAKED Restaurant & Bar, a down-to-earth restaurant that was born from the need to provide the best experience for its patrons with a whole new degree of self-satisfaction by indulging in food and beverages created by a group of honest and passionate souls.

The moment we arrived at the restaurant, we were enthralled with its simple yet bold interior. Nothing complicated and fancy, but brilliant arrangement, straightforward design with a touch of glam in creating a comfortable and casual atmosphere. The restaurant is divided into two sections with the ground floor serving as bar with a more laidback environment while the upper floor is more warm and cosy, and offers more privacy to diners.

When you can't decide what you want to eat, the best option is to ask and heed the chef's suggestion – you can never go wrong with it! We started the meal with Petite Burger and Blue Fin Tuna toro – the two simple dishes that charmed our taste buds almost instantly. Consisting of 50g of homemade patty, gratinate jalapeno, oven-dried tomato with Gruyere and a side of petit salad, the burgers were brilliant kick-starter for the meal. The chef did an absolutely great job in bringing out the best taste of the beef and further enhancing it by adding in Gruyere – a perfect cheesy and juicy starter with a smack of enticing saltiness.

The Blue Fin Tuna toro, on the other hand, was seared, peppered tuna with quail's egg, haricot verts, pitted black olives, mozzarella di bufala, dried cranberries with a wild rocket salad and anchovy-whole grain mustard cream dressing. It might look like a plate of salad with a bizarre combination, but surprisingly each ingredient complimented each other well. This salad is where you'll get a whirlpool of aquatic, cheesy, salty, minty and sourish taste – leaving you wanting more of it.

The salad and appetisers come in portions that are just enough to trigger your taste buds. After all, bigger portions mean you risk getting full from just the starters and hence, missing out on the main courses and desserts which would defeat the whole dining purpose.

We then had Tagliatelle, fettuccine cooked in basil cream and almond flakes with baked portabello mushrooms, duck giblet and wagyu cheek duxelle. We loved the fact that this plate of pasta did not make us feel nauseous despite it being creamy. Almonds were added to the pesto - giving off a nutty flavour that made the dishes unique. The pasta and pesto were blended together in a bowl instead – retaining the original taste of the ingredients used.

Their Almond Crusted Rack of Lamb is something not to be missed. The oven-baked lamb rack is so savourish and irresistible – juicy, tender and well-marinated lamb with maple syrup, mustard, garlic and cream. Paired it with a cheesy and mashy potato-like-texture polenta muffin and the wine, spiced port dark chocolate veloute, there is no way you can resist this slice of heaven!

Naked Restaurant & Bar is one of the few places that offers semifredo as dessert. The luscious white chocolate semifredo above the rich vanilla crème that is dusted with chocolate cumble, seasonal berries and raspberry coolie is a piece of tantalising plate of art. With its delicate and fine texture where it literally melts once in the mouth, you can't say no to this plate of temptation, can you?

We leave the place feeling full, happy and satisfied. One thing for sure, NAKED Restaurant & Bar has a whole lot more to offer and we can't wait to come back for more good food and drinks.



NAKED House Semifredo

All Thing Nice With Rice

By Jane Bee

The food in this country certainly reflects who we are as Malaysians in many ways. Just like how Malaysians live in harmony despite coming from different race and religious, one can find a variety of rice dishes that come in different colours such as white, brown, blue and yellow that are nevertheless loved by all.

Lui Cha (RM7.00)

A good bowl of tasty Lui Cha is hard to come by nowadays – with most of it being too bland or bitter with the taste of herbs. Thus, imagine how thrilled we were when we discovered Lui Cha King Restaurant that serves the oh-so-delicious Lui Cha! The mix of vegetables such as four-angled beans, tofu, nuts and ‘sayur mali’ brings along a trail of pleasant saltiness that makes it a real savourish deal. Unlike most Lui Cha I’ve tasted where the soup tasted like bitter medicine, the green-coloured soup was herby, smooth and refreshing. They use mostly fresh ingredients and are pretty generous when it comes to the portion.

*Lui Cha King Restaurant
No 15 Jalan Ambong, Kepong Baru,
52100 Kuala Lumpur*



Lo Mai Kai (RM4.00)

Let’s just say that it is a must to eat Lo Mai Kai (steamed glutinous rice with chicken) whenever you visit a dim sum restaurant. This dish looks simple and yet, balancing the texture and the taste is one daunting task as it tends to get either too rich, too bland or too sticky. However, the Lo Mai Kai in Restoran Key Hiong hit all the right buttons with its smooth, soft and goeey texture and rich savourish flavour that did a good job in teasing our taste buds. It did leave us craving for more as each of us ended up with not one but two Lo Mai Kai.

*Restoran Key Hiong (Dim Sum)
No 21 Jalan SS24/8, Taman Megah,
47301 Petaling Jaya, Selangor*



Nasi Dagang (RM8.90)

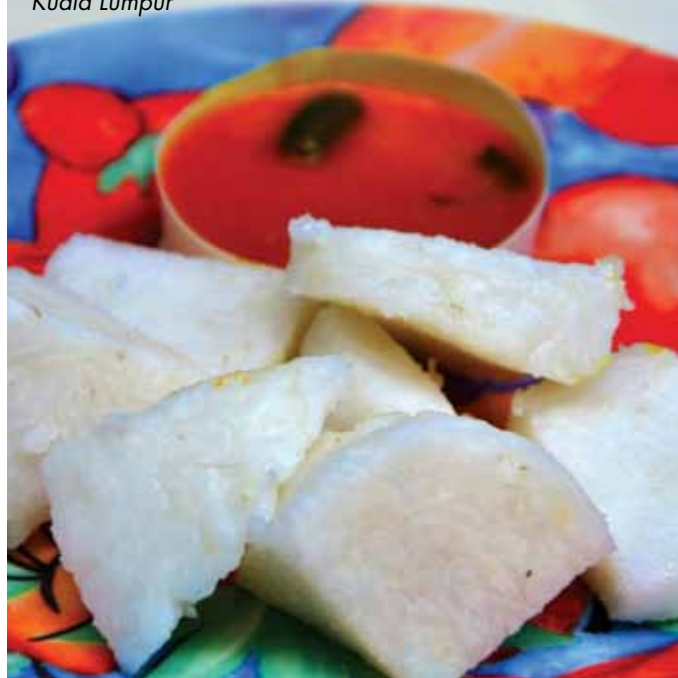
The opening of Capital Nasi Dagang Kelantan surely has our deprived palates for East Coast delicacies rejoice in delight. Nasi Dagang, or literally means ‘Trading rice’ is one of the well-known and must-have food in Terengganu and Kelantan. As authentic as it goes, the nasi (rice) comes with appetising sides like gulai ikan tongkol (tuna curry), beef rendang, chicken curry and prawn curry that completely compliment the well-separated, fluffy and moist rice. It also brings a tinge of sweetness that reflects the essence of Kelantanese as well.

*Capital Nasi Dagang Kelantan
29 Jalan SS21/1A, Damansara Uptown,
Petaling Jaya
Tel: 012-921 5200*

Nasi Himpit

Nasi Himpit is pretty much your ordinary rice, except that it has been compressed in cube form and cut into small pieces when served. It is usually served usually during festive season like Hari Raya and normally eaten with peanut sauce or rendang. However, nasi himpit goes well with almost anything including of curry and sambal – just take your pick!

*Roadside stalls
Along Persiaran Meranti, Bandar Sri Damansara,
Kuala Lumpur*



Nasi Kerabu (RM5.50)

Nasi Kerabu is another irresistible plate of delicacies originating from Kelantan. It is a type of nasi ulam where one normally eat the blue-coloured rice with dried fish, crackers, pickles, salad and paired with fish, chicken or beef. The dish has a distinctive taste and the mixture of sweetness, saltiness and herby creates a whirlpool of flavours that is so unique and indescribable with words.

*Lorry Stall in front of Petronas
Jalan Tasek Tambahan Satu, Lot PT 32710, HS (M) 32875,
Taman Permai Jaya, 68000 Ampang, Selangor*



SS2 Ibumie Petaling Jaya

Hidden within Petaling Jaya is a row of many hawker stalls, all serving different types of food just waiting to be discovered and tasted. Opened after working hours, the area is an open space with the stalls on the side. Unlike some hawker stalls where you simply come and go, here there are many tables available for patrons to sit and enjoy their food with friends. The best part is, there is a wide variety of food, so there is always something for everybody.

By Siti Wajihah Kholil



Ostrich Burger Special Cheese

RM6.00

The first stall on the right, is called Burger and Nasi Lemak Utara. Out of all the items on the menu, the ostrich burger was the most uncommon. It is not a usual occasion where one finds such burger. However, do not judge this ostrich burger by its exterior. As messy as it looks, this burger turned out to be really delicious. Surprisingly, ostrich meat is more beeflike than chicken-like, considering that the animal is a giant bird. The ostrich meat is grilled and wrapped in fried egg then topped with cheese, shredded white cabbage, chilli sauce and mayonnaise. Super yummy for the tummy and it only costs RM6.00.



Ikan Pari Bakar

RM 15.00

Ikan Pari Bakar or grilled Sting Ray is also available. However, the order may take a while to come because the grilling process takes time. The sting ray is chopped into bits and pieces and marinated with herbs, spices and ladies fingers. It is then wrapped in aluminum foil and placed on the charcoal grill to cook. You also have the option of wanting it dry or moist. You can eat it on its own or with rice. As the portion is quite big, it is best shared by two people. In terms of its taste, it is a little sweet with a tinge of spiciness. Both spicy and non-spicy eater can enjoy it. The Ikan Pari Bakar costs RM15.00 or more, depending on the size.



Kuey Teow Kung Fu

RM6.00

Get oriental with Kuay Teow Kung Fu from Gerai Kak Ya. Kuay Teow Kung Fu is rice-flour squared noodles wrapped or mixed with egg whites. It is then cooked with prawns, chicken bits, garlic, white cabbage, carrot, corn flour, water, squid, chicken stock and other ingredients and seasoning to form a thick white gravy. The gravy, however, soaks the kuay teow and infuses the flavours, so when you eat it, its tastiness spreads through your taste buds. So give Kuay Teow Kung Fu a try at only RM6.00.

Sizzling Sirloin Beef Steak

RM14.00

If you are in the mood for western food, how about indulging in a street steak? Who says you need to go to a fancy restaurant for fancy food. As steaks are now very well loved by the locals, the Lanun Steak stall here at SS2 Ibumie is one of the best street steak vendors in the area. Most of its products are premium-cut meats of great quality from New Zealand. The Sizzling Sirloin Beef Steak was succulent, tender and easy to cut. Its Lanun sauce (a combination of mushroom and black pepper sauce) was pleasant to the palate. It is also served with crinkled fries and coleslaw. Affordable and delicious, this steak costs RM14.00.



Chee Chong Fun

Price depends on what you take

At Gerai Ah Weng, you will find yourself something light and easy to eat if you are not in the mood for anything heavy. Have a go at Chee Chong Fun, a Chinese dish where you are allowed to decide on what you want to eat. There is a variety of selections of fish balls, tofu, chillies and ladies' fingers stuffed with fish paste, crabsticks, kangkong, rice-flour roll and many deep fried items. The non-deep-fried items selected will be boiled and then eaten with hoisin-based sauce, chilli sauce and sprinkles of toasted sesame seeds. Sweet and savoury, it is very good to eat. The price of each item ranges from RM1.00 to RM1.50, so the cost of your total depends on what you take.



Go Bananas!

High in fibre, great source of potassium and natural antacid, there is no excuse why anyone should not eat bananas. On top of all the health benefits that the fruit provides, it is also incredibly delicious! We have hunted and found some of the best places in Kuala Lumpur for you to go bananas!

By Siti Wajihah Kholil

Banoffee Pie RM14

Simple in recipe, delicious to eat and definitely a favourite with locals, the Banoffee Pie is an English dessert that is increasing in popularity. It consists of bananas, cream, toffee and chocolate on top of crumbled biscuit base. It is the perfect sweet indulgence for any time and any day. If you want one of the best ones, check out the Banoffee Pie from Bisou Bake Shop.

Bisou Bake Shop
Lot F-30, 1st Floor Bangsar Village 1
Jalan Telawi Satu
59100 Bangsar Baru
Kuala Lumpur
Tel.: +603 2287 3535
Opening hours: Daily
10.00am – 10.00pm



Swensen's Banana Split RM21.90

You can never go wrong with people's classic favourite, the banana split. A fresh banana is split in half and served with vanilla, strawberry and chocolate-flavoured ice-cream in between. The toppings include pineapple bits, strawberry jam, chocolate fudge syrup, almonds, whipped cream and a cherry on top. The overall combination of Swensen's Banana Split is exquisite! It is hands-down, one of the best banana split in town.

Swensen's Café
Lot UC-1, Upper Concourse
Avenue K, 156 Jalan Ampang
50450 Kuala Lumpur
Tel: +603 2181 7188
Opening hours: Daily 10.00am to 10.00pm



Banana Pizza RM29

Looking for something different and out of the ordinary banana dessert? Then give the Banana Pizza a go! The dessert uses pizza dough as the base and is topped with luscious sliced bananas with vanilla and sabayon sauce. The edges are decorated with strawberry and physalis bits, adding tanginess to the dessert as a whole. The combination is genius. It is so good and so worth it.

Maya Brasserie
Level 1, Hotel Maya Kuala Lumpur
138 Jalan Ampang
55000 Kuala Lumpur
Tel: +603 2711 8866 ext. 258
Opening hours: Daily 6.30am – 12.00am



Chocolate Cake Banana Crepe RM8.90

Desserts now can be enjoyed in an instant. If you ever come across Shimino, a Japanese crepe joint, be sure to get the Chocolate Cake Banana Crepe. It combines a piece of chocolate cake, sliced banana, whipped cream and chocolate syrup all wrapped tightly in a crepe. It is simple but oh my goodness, incredibly yummy! You can even add ice-cream for an additional RM1.00 charge. Try and you will definitely not regret it.

Shimino Japanese Crepes
EK2, Level 4, New Wing
1 Utama Shopping Centre
1 Lebuhr Bandar Utama,
Bandar Utama Damansara
478000 Petaling Jaya
Tel: +603 7726 4233
Opening hours: Daily 10.00am – 10.00pm



Banana Cream Pie RM11.90

If you are health-conscious and opt for a banana dessert without the use of excessive cream, the Banana Cream Pie from A Slice of Heaven is your ideal preference. It has a delectable crunchy crust as base with just a tad bit of creamy custard inside and loaded with lots of delicious chunky caramelised sweet bananas. Once you start, you simply cannot stop. Note: The banana cream pie is only available every Friday and Saturday and can be ordered before four working days.

A Slice of Heaven
Lot P1.12.01, Level 1
168 Jalan Bukit Bintang
55100 Kuala Lumpur
Tel: +603 2141 5150
Opening hours: Daily
10.00am – 10.00pm



SHOPPING PREVIEW



Mulberry Spring summer 2014

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Hotpicks Women
Hotpicks Women - Mother's Day
Hotpicks Men



Bold And Fearless

Get adventurous and quirky with Fendi's colour block sunglasses this May. Staying in the comfort zone all the time is certainly boring, so ditch your usual style and get wild with colours. Don't be afraid in looking silly and who knows you might just love your new look!



Versatile Accessory

You can always count on a scarf to breath a new look to your outfit. Emilio Pucci scarf is unique and beautiful - its luscious, bright colours bring the essence of happiness as well as enhance your skin tone. Once you get a hang of styling your attire with a scarf, it could eliminates the need for jewellery or add interest to a basic handbag.



Bag of Temptations

Now, who would be able to resist the idea of having their very own pandora box as part of their fashion statement? Givenchy Pandora Box obviously makes it hard to resist the temptation to peek the inside of this Givenchy bag. Fashionistas will also surely be happy make full of use of the silhouette effect from the angle two zipper top.



Get Sexy!

If you think floral prints only make one look sweet, you totally got it all wrong. Stuart Weitzman' Nouveau Rose Floral pointed toe stiletto pump is all about looking sweet, yet sexy at the same time. The floral print is never classier with this pair of heels.

Express yourself!

Excited, sad, happy, gloomy and frustrated – there are always colours that represent our emotions. This salmon pink dress from MSGM is sure to reflect the colour of spring and bring out the little girl in us. Simplicity at its best, be it for formal, smart casual or casual wear.

Mother's Day Special

Especially For Mother Dearest



Gift of elegance

One thing for sure, you can never go wrong with Carrera y Carrera's exquisite mix of white gold and blue topaz necklace. Like a queen's elegance and sophistication, it definitely enhances the look of the weaver to a new level.

Cool Factor

This retro-inspired and butterfly-shaped pair of sunglasses from Alexander Mcqueen is not only about style, but also chic and edgy with a twist of glamour. The gold and palladium grey tones stand out against the understated hues that give a luxurious feel as well. If you have adventurous mother when it comes to fashion, she would love this pair of shades!

A Woman's Must-Have

A pair of striking earrings is a necessity for woman. Inspired by the Cambridge Lover's Knot tiara created for Queen Mary in 1914, Garrard's latest collection, Entanglement, is a perfect twist of modernity and history. The beautiful earrings with delicate bead tassels of sapphire and other precious gemstones spell enchantment, class and style.



Dress Her Up

Doesn't matter she's 30, 40 or 70, every woman loves to dress up. Make her feel young and beautiful with dresses that would flatter her body shape such as those from Emilio Pucci. For a romantic dinner, you can be sure it would make your mother feel special and have her smiling the whole night.

Timeless Black And White

We can never get enough with the classic black and white – it's versatile and goes well for everyone in almost all occasions. The Saint Laurent Monogram collection is made from base-coated natural cotton to give the sheen and strength required for leather goods, your mother will definitely love the fact that she can easily pull off any style with this bag.



Retro touch

Round in shape, bold, retro and contemporary in design frame, the PLP 0303 from Polaroid is classy and cool for any wearer. Not only does it have an impressive style and functionality, its cutting-edge polarisation technology offers the best eyewear experience for men. The acetate man's sunglass includes an engraved letter "P" on the metal block hinge for a unique style. **Price: RM460**



Tie, tie, tie

You can never go wrong with silk ties. Elegant, yet exudes an immense level of masculinity for those who wear it, regardless whether it is for work or for an event. Made from 100% silk of premium quality, this silk tie (5.5cm in width) from H&M is just what you need to add sophistication and class. **Price: RM79.90**



Step in style

Stylise your steps with Tod's Envelope Boat Shoes by Nendo, a multi-awarded Japanese design studio led by renowned designer and architect, Oki Sato. Created for the Spring/Summer 2014 season, it is laidback, chic, with anti-slide side sole and water resistant, which makes it essential for everyday wear. With the use of mix suede and soft leather materials, its distinctive fastening detail of the laces with two matt silver studs enables you to take every step in style. **Price: RM1,850**



Monogram for men

Yves Saint Laurent large garment cover toile is part of YSL's newest monogram design series featuring the YSL logo designed in 1961 by the artist, Cassandre. Made from a base of natural cotton, coated to give it the sheen and strength required for leather goods, the quality, cotton weave as well as the interior lining are immaculate. Made in Italy and embossed in gold letters, it is the bag of the season. **Price: RM12,300**

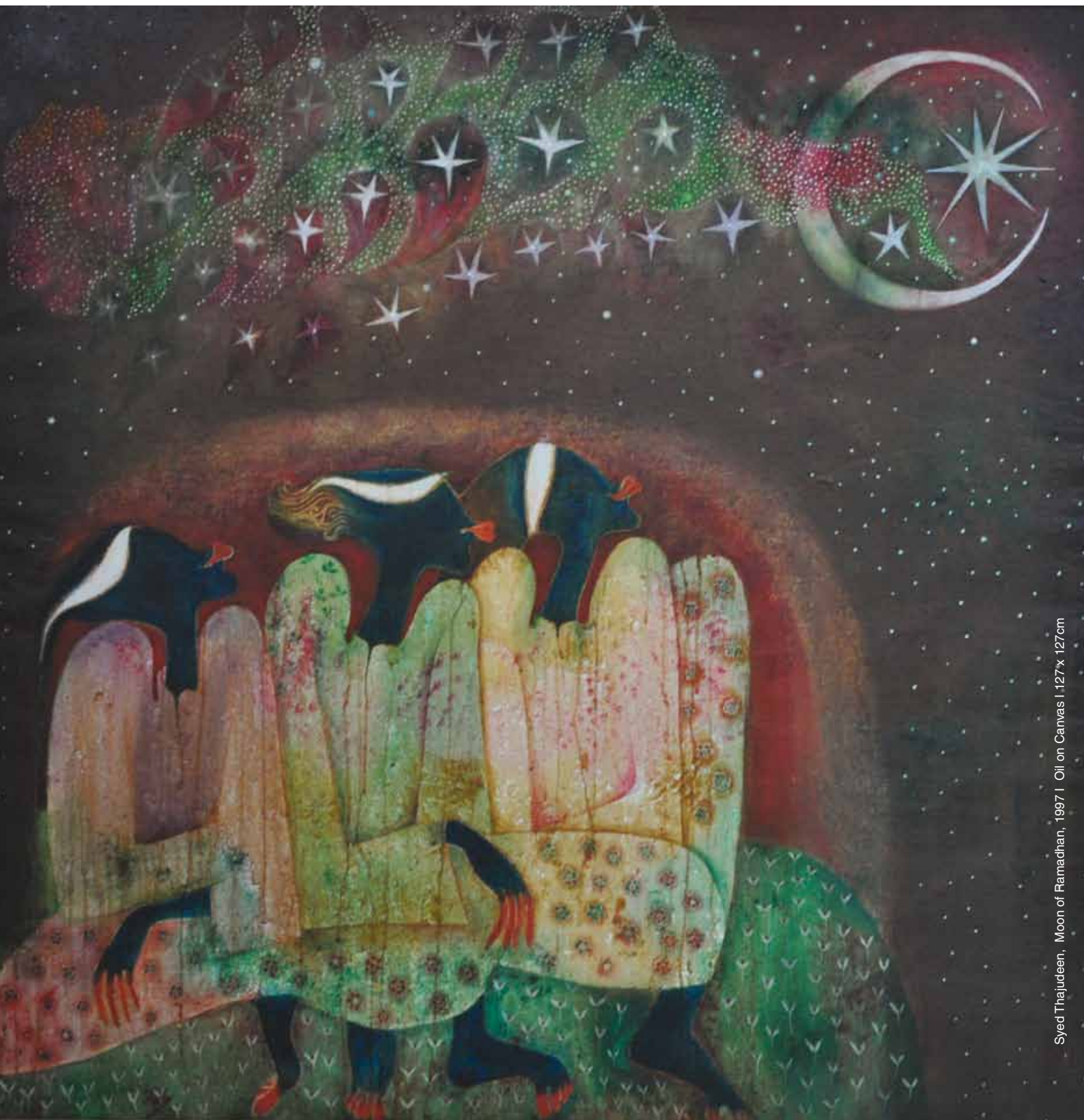


Suit up!

BOSS has set a new benchmark for smart wear fusing contemporary look into its style. Throw in a mint green shirt to brighten your look for spring. With intricate technical details and upgraded state-of-the-art material, this pair of suit will perfectly harmonise your anatomical and mobility needs. So get ready and suit up. **Price: RM4970**



ART & LIVING PREVIEW



Syed Thajudeen, Moon of Ramadhan, 1997 | Oil on Canvas | 127 x 127 cm

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Save the Date

KLAS ART AUCTION

MALAYSIAN MODERN & CONTEMPORARY ART

AUCTION DAY

SUNDAY, JUNE 22, 2014 | 1.00PM | LE MERIDIEN KUALA LUMPUR



Ismail Mat Hussin Wau Series 1983 Batik 94 x 105 cm RM 11, 000 - RM 22, 000

Kuala Lumpur Full Showcase

June 5 - June 21, 2014

KL Lifestyle Art Space

150 Jalan Maarof, Bukit Bandaraya, 59100 Kuala Lumpur

Auction catalogue available online at www.klifestyle.com.my/artauction

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Presented by



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T: +603 2093 2668 | F: +603 2093 6688
www.kl-lifestyle.com.my/artauction

KLAS ART AUCTION

MALAYSIAN MODERN & CONTEMPORARY ART



AUCTION DAY: JUNE 22, 2014

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Ahmad Zakii Anwar
Legong 6, 1998
Acrylic on canvas, 120 x 180 cm
RM 60,000 - RM 120,000



Yusof Ghani
Serian - Hijau Series, 2001
Oil on canvas, 147 x 147 cm
RM 24,000 - RM 50, 000



Hamidi Hadi
Invisible Cage - Grid, 2000
Mixed media on canvas, 107 x 132 cm
RM 6,000 - RM 13, 000



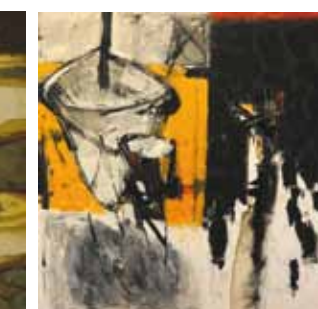
Ng Eng Teng
Teluk Bahang Beach Penang Malaya, 1960
Oil on canvas, 74 x 54.5 cm
RM 24,000 - RM 38, 000



Fatimah Chik
Untitled, 2001
Mixed media batik collage, 53 x 43.5 cm
RM 2,000 - RM 5,000



Ismail Mat Hussin
Bachok Fishermen, 1979
Batik, 51 x 69 cm
RM 7, 000 - RM 15,000



Awang Damit Ahmad
Iraga - Sketsa V, 2004
Mixed media on canvas, 61 x 61 cm
RM 4,500 - RM 9,500



Khalil Ibrahim
Two Figures, 1986
Batik with newsprint, 90 x 60 cm
RM 30,000 - RM 60,000



Awang Damit Ahmad
Jejak Waktu Series II, 2008
Mixed media on canvas, 122 x 122 cm
RM 9,000 - RM 18,000



Jei Han Sukmantoro
Face, 1990
Oil on canvas, 40 x 50 cm
RM 5,000 - RM 7,500



Ismail Latiff
Floating on Dreams, 1995
Mixed media on paper, 76.5 x 56 cm
RM 4,500 - RM 9,500



Khoo Sui Hoe
Family, 1964
Oil on canvas laid on board, 73 x 64 cm
RM 16,000 - RM 32,000



Tajuddin Ismail
Innerspace - Minscape No 8, 1990
Acrylic on board, 122 x 122 cm
RM 8,000 - RM 18,000



Yusof Ghani
Topeng Sketch, 1996
Mixed media on paper, 28 x 40.5 cm
RM 2,500 - RM 6,000



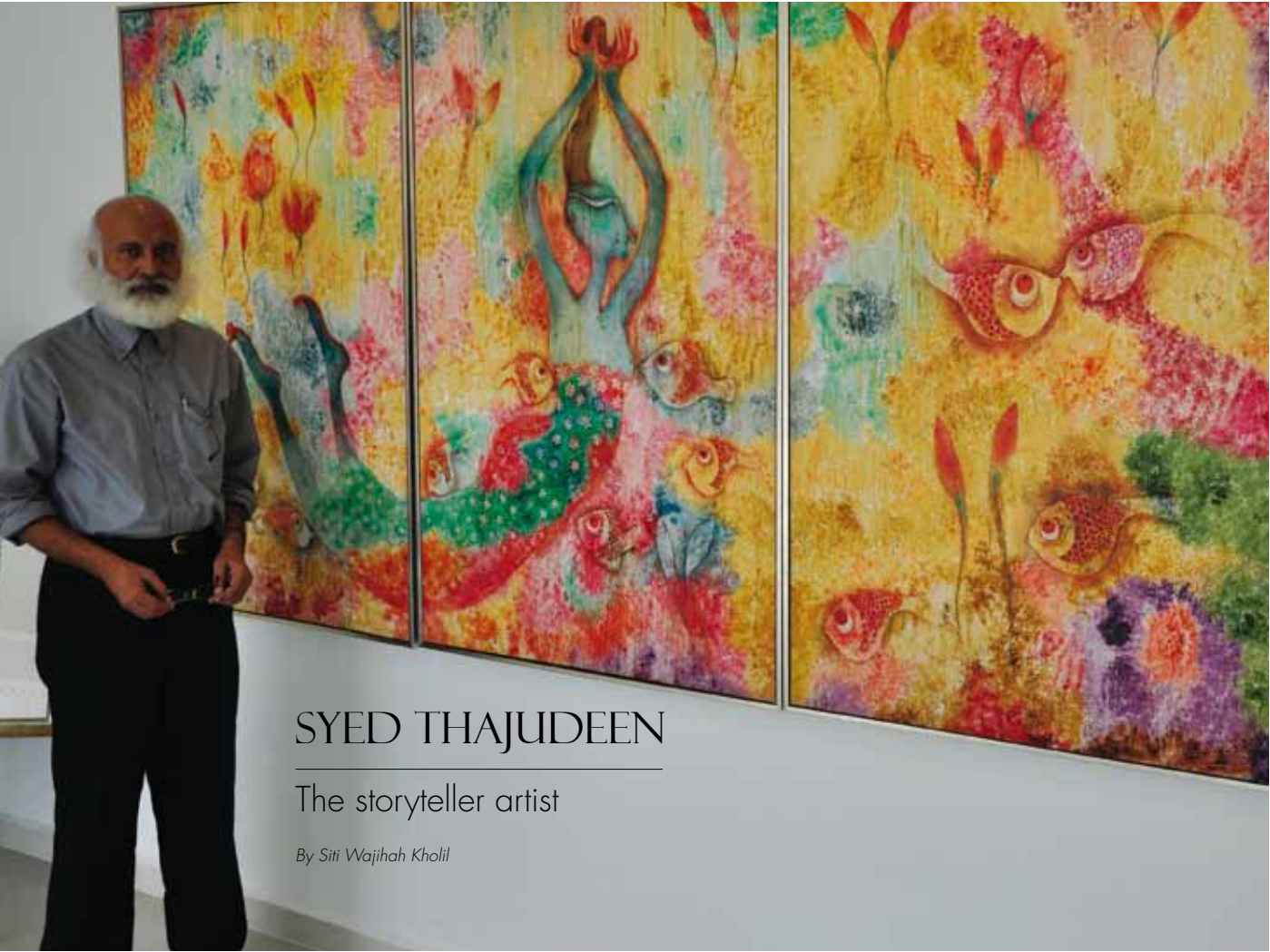
Kwan Chin
Working Day, 2012
Batik, 51 x 76 cm
RM 4,000 - RM 8, 000



Sharifah Fatimah Syed Zubir, Dato'
Kenangan V, 1999
Acrylic on canvas, 65.5 x 56 cm
RM 4,000 - RM 12,000



Syed Thajudeen
Moon of Ramadhan, 1997
Oil on canvas, 127 x 127 cm
RM 26,000 - RM 60,000



SYED THAJUDEEN

The storyteller artist

By Siti Wajihah Kholil

Syed Thajudeen Shaik Abu Talib is one of Malaysia’s best lyrical and romanticism artists. He was born in 1943 in Alagan Kulam, India, where his parents lived during World War II. At the age of eleven, he joined his family to live in Penang where he grew up as a boy from primary school until secondary school.

His talent was already apparent at a young age, even though at the time, he did not realise it. In Standard Four, the teacher had assigned homework to the class where all the students were required to write a story as well as draw the pictures from the textbook. With a pencil and a notebook, he drew a crocodile and a monkey for the task. To his surprise, he discovered that the teacher had displayed his drawing on the board.

Thajudeen became more involved in art during his secondary school. Back then in the 50’s and 60’s, women in Malaysia wore kebaya. This struck his interest in the beauty of the garment and how it accentuates a woman’s figure, which led him to start sketching women in kebaya. Gradually, he developed a great attraction towards batik and sarong designs. He was captivated with the stunning patterns and colours. Every time when his parents bought a batik or a sarong, he would collect it and trace the pattern out of fascination for its colours and flowers. “At the time, the hibiscus was the most popular flower in all the land, very prominent. It was beautiful,” recalled Thajudeen.

Despite his parents’ objections, Thajudeen’s passion for art was too great. He became the secretary of an art club and joined art competitions where he always won. In 1965, the Penang Museum was launched by Raja Tun Uda Al-Haj Raja Muhammad, governor of



Penang at the time, and held an open show where participants were able to submit their artworks. Thajudeen’s art piece was exhibited and published in the catalogue. He was appreciated for his creativity and this sparked his interest in pursuing art even more.

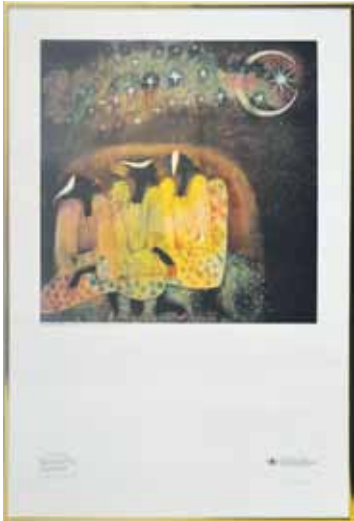
Initially, Thajudeen was sent to India to study medicine, following his father’s wish. As he travelled around India, he discovered abundant architectural beauty and culture. His soul was calling out to art. After some time, he went back to Malaysia and convinced his parents to allow him to study art. With his parents’ blessings, he studied art for six years at the Government College of Arts and Crafts in Madras, India from 1968 to 1974. At the time, he was the only Tamil Muslim in the community to study art.



Moon of Ramadhan, 1997
Oil on canvas
127cm x 127cm

Moon of Ramadhan
Moon of Ramadhan, 1997 oil on canvas is one of his notable art pieces yet. Behind the story of the painting comes a very spiritual side of Thajudeen as a person. Coming from a Muslim family, he strongly believes that the moon plays a very significant role in Islamic history and life. Going back to the olden days, travellers in the Arabian desert needed the moon and the stars in the skies to navigate their way. Even today, Muslims need the moon to calculate the month, including the month of Ramadhan, as well as the time for prayers. “It’s a tribute to the moon as the moon is a Muslim’s companion,” said Thajudeen. Having done a lot of paintings on this subject in different forms, he enjoys portraying how the first moon begins, how it grows and descends while surrounded by the stars. The skies and the galaxy are amongst his greatest fascination.

With the Moon of Ramadhan, you can see so many colours but it is not direct. You have to closely observe the serene of the moon crescent and the sparkles of the stars. The scene of the ladies sitting and admiring the skies radiates a sense of tranquility and has a romantic feel as well as spiritual. He described how he created layers and layers of colours and said that only those who truly observed the painting would understand it. The Moon of Ramadhan should lure its audience, as there are so many hidden elements. “I wanted to portray divinity and a sense of spirituality, especially to Muslims as we are all entangled with the moon,” explained Thajudeen.



Promotional poster printed by National Art gallery



Self potrait on paper



Lord Buddha, 1971
Oil on board 17cm X 21cm

Styles and other masterpieces
Many of Thajudeen’s art pieces incorporate literature, music, dance, sculpture and philosophy, showcasing his vast knowledge on the subject matter; mostly dealing with women and love, sharing the same archetypal symbols and metaphors. His romantic treatment of the subject and rich colours depicts his influence from the Ajanta cave painting of Maharashtra and the Mughal.

Despite being highly criticised for his obvious Asian influences, overtly use of colours as well as for painting human figures, which is scorned by Islamic fundamentalists, Thajudeen has convinced his detractors otherwise. His masterpieces are now an important element of Malaysian art and its history. Striving to preserve it, he tells the Malaysian epic tales and history through lyrical and poetical colours.

Thajudeen’s Kebaya and Waiting for the Lover series are his widely popular artworks, emoting the joys of love and femininity in its truest form and beauty. Some of his known works include the founding of Malacca by Parameswara and his travels, the Malacca Sultanate series, The Eternal Love between Hang Tuah and Puteri Gunung Ledang, a three-year project. Currently, Thajudeen’s works adorn the walls of Petronas Gallery, National Art Gallery of Malaysia, Singapore Art Museum, corporate buildings and many private homes in Malaysia and abroad.

Thajudeen has the unique ability to tell his art through a blend of colours in a lyrical and poetic manner. His colour combination and background base shows his Indian background, fused with Malay cultural elements. He is indeed Malaysia’s hope in preserving its national history, epic tales and heritage.

KLAS ART AUCTION MALAYSIAN MODERN & CONTEMPORARY ART EDITION VIII RESULTS



SUNDAY, APRIL 6, 2014

KL Lifestyle Art Space (KLAS) hosted its eighth edition of the KLAS Art Auction Malaysian Modern & Contemporary Art on April 6, 2014 at the Clarke Ballroom, Le Meridien Kuala Lumpur. It was without doubt a great feat considering that it was their eighth art auction in Malaysia over a span of 18 months since its inaugural edition on Sept 30, 2012.

The auction featured a total of 107 lots, showcasing the artworks of Malaysia and Asia's best and finest art masters as well as emerging contemporary artists. KLAS achieved sales of RM1.7 million which matched its previous held in January 19, 2014. However, 28 lots of art pieces were unsold after the post-auction sales and are still available for sale.

Art aficionados in Malaysia can look forward to the IX edition of the KLAS Art Auction Edition IX 2014 on June 22 and the Sneak Preview is currently available online at www.kl-lifestyle.com.my.



Yusof Ghani
Biring IX, 2006
Oil on canvas | 158 x 158 cm
SOLD AT RM 104,500



Abdul Latiff Mohidin
Landscape (Gelombang Series), 1991
Oil on canvas 96.5 x 152.5 cm
SOLD AT RM 451,000



Khoo Sui Hoe
Girl with a Flower, 1968
Oil on board 61 x 81 cm
SOLD AT RM 66,000



Awang Damit Ahmad
Iraga, "Perjalanan Utara, Monument I", 2009
Mixed media on canvas 100 x 100 cm
SOLD AT RM 26,400



Ismail Latiff
Bumi Ku Bersolek No. 3 & No.4, 2012
Acrylic on canvas 48 x 48 cm x 2 pieces
SOLD AT RM 18,150



Awang Damit Ahmad
E.O.C Apung, 1994
Mixed media on canvas 100 x 92 cm
SOLD AT RM 39,600



Long Thien Shih
Fishing Boats Under a Cubistic Sky, 1961
Oil on board 49 x 79 cm
SOLD AT RM 9,350

PREVIEW

ART & LIVING



Ismail Mat Hussin 'Rebat Musicians' (1979) 53cm x 62cm Batik, RM 12,000 - RM 18,000

KLAS ART AUCTION
GEORGE TOWN FESTIVAL

**GEORGE
TOWN
FESTIVAL**

AUCTION DAY

SUNDAY, AUGUST 10, 2014 | 1.00PM | SEKEPING VICTORIA, PENANG

KLAS ART AUCTION
MALAYSIAN MODERN & CONTEMPORARY ART
EDITION IX RESULTS



SATURDAY, JUNE 21, 2014



KHOO SUI HOE
Affection, 1964
Oil on canvas laid on board | 73 x 64 cm
SOLD AT XXX

The ninth and latest edition of the KLAS Art Auction Malaysian Modern & Contemporary Art hosted by KL Lifestyle Art and Space on June 21 at Connexion @ Nexus, Bangsar South City was an intense one receiving overwhelming response from art bidders, collectors and enthusiasts from across Malaysia and Singapore.

Anticipation and excitement filled the air hours before the start of the auction at 4.00pm with guests discussing among each other the desired artworks from the 77 lots up for auction that day.

These are works by Malaysia and Asia's top artists as well as modern and contemporary emerging artists.

The much sought-after masterpiece was 'Water Kampung Night' (1961) in ink and colour on paper by the late China-born Cheong Soo Pieng from Singapore. It received the most number of phone bids and also saw the most active bidding among the audience.

This ninth edition of the auction was also the third held this year. Art aficionados can look forward to two more scheduled before the year-end.

Look out for the next KLAS art auction on August 10 in Penang in conjunction with the Georgetown Festival, and in the final one this October in Kuala Lumpur.



ABDUL LATIFF MOHIDIN
tao landscape (homage to lao tzu), 1999
Oil on canvas | 92 x 92 cm
SOLD AT XXXX



AHMAD ZAKII ANWAR
Legong 6, 1998
Acrylic on canvas | 120 x 180 cm
SOLD AT XXXX



KHOO SUI HOE
Affectation, 1964
Oil on canvas laid on board | 73 x 64 cm
SOLD AT XXXX



AWANG DAMIT AHMAD
Iraga - Sketsa V, 2004
Mixed media on canvas | 61 x 61 cm
SOLD AT XXXX



AWANG DAMIT AHMAD
Jejak Waktu Series II, 2008
Mixed media on canvas | 122 x 122 cm
SOLD AT XXXX



KHALIL IBRAHIM
Two Figures, 1986
Batik with newsprint | 49 x 74.5 cm
SOLD AT XXXX



LYE YAU FATT
Afternoon Pastime, 1980s
Mixed media on paper
74.5 x 55 cm
SOLD AT XXXX



NG ENG TENG
Telok Bahang Beach Penang Malaya, 1960
Oil on canvas | 74 x 54.5 cm
SOLD AT XXXX



JOLLY KOH
River Birds, 2012
Oil and acrylic on canvas | 61 x 122 cm
SOLD AT XXXX



JAILANI ABU HASSAN
Drawing for Aqsa, 2011
Mixed media on paper | 39 x 29 cm
SOLD AT XXXX



KHALIL IBRAHIM
Portrait of a Girl, 1996
Acrylic on board | 17 x 13.75 cm
SOLD AT XXXX



YUSOF GHANI
Biring XLV, 2006
Oil on canvas | 122 x 90 cm
SOLD AT XXXX



RAPHAEL SCOTT AHBENG
Seaside, Undated
Acrylic on canvas | 60 x 90 cm
SOLD AT XXXX



ISMAIL LATIFF
Water Dance...Green Pond Magic, 1999
Acrylic on canvas | 98 x 139 cm
SOLD AT XXXX



SHARIFAH FATIMAH ZUBIR, DATO'
Kenangan V, 1999
Acrylic on canvas | 65.5 x 56 cm
SOLD AT XXXX



CHEONG SOO PIENG
Untitled (Water Kampung Night), 1961
Ink and colour on paper
91 x 45 cm
SOLD AT XXXX



TAJUDDIN ISMAIL
Innerspace - Mindscape No. 8, 1992
Acrylic on board | 122 x 122 cm
SOLD AT XXXX

KLAS ART AUCTION
GEORGE TOWN FESTIVAL



AUCTION DAY

SUNDAY, AUGUST 10, 2014 | 1.00PM | SEKEPING VICTORIA, PENANG



Awang Damit Ahmad Perjalanan Utara - Jejak Waktu Broken Gate II, 2011
Mixed media on canvas 107 x 107 cm RM 10,000 - RM 22,000

Full Preview
August 1 - August 9, 2014
Sekeping Victoria
164A-B Lebu Victoria, 10300 Penang

Auction catalogue available online at www.kl-lifestyle.com.my/artauction

For enquiries, please call:
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Presenter



Organiser

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www.kl-lifestyle.com.my/artauction

KLAS ART AUCTION
GEORGE TOWN FESTIVAL



AUCTION DAY: AUGUST 10, 2014
www.kl-lifestyle.com.my/artauction



Ahmad Zakii Anwar
Vase, 2006
Oil on canvas, 69 x 69 cm
RM 15,000 - RM 22,000



Jeihaan Sukmantoro
Untitled, 1991
Oil on canvas, 40 x 50 cm
RM 5,000 - RM 7,500



Ismail Mat Hussin
Rebat Musicians, 1979
Batik, 53 x 62 cm
RM 12,000 - RM 18,000



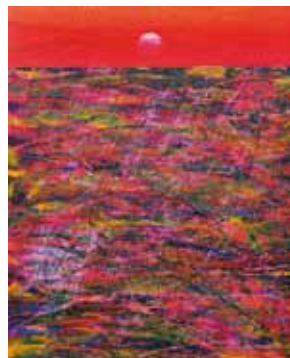
Awang Damit Ahmad
Iraga Perjalanan Utara
Jejak Waktu Memori Merah, 2011
Mixed media on canvas, 122 x 122 cm
RM 12,000 - RM 22,000



Yusof Abdullah
Wau Series, 1976
Batik, 99 x 67 cm
RM 12,000 - RM 18,000



Khalil Ibrahim
East Coast Series, 2000
Watercolour on paper, 21 x 29.5 cm
RM 2,000 - RM 3,500



Ismail Latiff
Rapat Sesak... Bumi Manusia
2012
Acrylic on canvas, 90 x 71 cm
RM 9,000 - RM 15,000



Zhao Shao'ang
Flowers and Birds, 1978
Chinese ink and watercolour on paper
83.5 x 30 cm
RM 25,000 - RM 38,000



Tan Thean Song
Pasar Pagi, 2007
Batik, 78 x 48 cm
RM 4,500 - RM 6,500



Raphael Scott AhBeng
Forest Magnet, 2012
Oil on canvas, 96.5 x 128 cm
RM 7,000 - RM 12,000



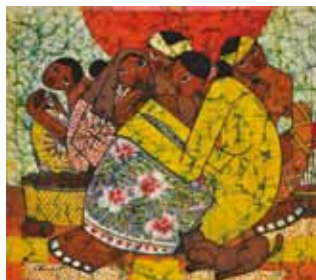
Yusof Ghani
Central Park NY, 2012
Mixed media on paper
26.5 x 37.5 cm
RM 2,000 - RM 3,800



Lee Long Looi
Present - Past, 1981
Watercolour on paper
53 x 34 cm
RM 3,000 - RM 5,000



Nik Rafin
Feeling Blue, 2011
Acrylic on canvas, 60 x 60 cm
RM 800 - RM 2,500



Kwan Chin
Mangosteen Feast, 2012
Batik, 76 x 76 cm
RM 3,500 - RM 6,000



Zulkifli Yusoff
Suap, Pilit, Usung, Kipas, 1995
Acrylic on canvas, 75 x 75 cm
RM 5,000 - RM 9,000



Khoo Sui Hoe
The Wedding, 1980
Oil on canvas, 76.2 x 76.2 cm
RM 16,000 - RM 28,000



Zalman Aefendy Zainal Abidin, Chief Marketing Officer of Celcom Axiata Berhad (second from left) and Ahmad Taufek Omar, Head of Customer Value & Brand Management INFIWIFI of Celcom Axiata Berhad (third from left) holding two tablets showing the websites of XClub and Club Celcom First

CELCOM Says 'Thank You' With New Customer Loyalty Programme

Enriching customer experience with instant rewards

By Jane Bee

Celcom Axiata Berhad, the first and foremost mobile telecommunications provider in the country, recently launched three loyalty programmes designed specially to recognise and reward Celcom's loyal customers.

The three programmes – Club Celcom First, XClub and FRENZ Club – are conceived with the thought to enhance the overall customer experience by providing instant rewards and added-value to Celcom customers who subscribe to the Celcom First, Xpax and Celcom FRENZ plans. Customers not only will be enjoying Celcom's services as usual, they will be able to luxuriate in the exclusive benefits, promotions and instant rewards as well

as boosting the experience with engaging, interactive and hassle-free mobile apps.

"We always have our customers' interest at heart and with the abundance of options for products and services in the market, it really boils down to how customer experience is vital to build their trust and confidence to create long-term customer loyalty and to fuel continued business growth.

"The launch of Club Celcom First, XClub and FRENZ Club exemplifies our continuous commitment to ensure customer satisfaction by offering them the ultimate experience to meet the demanding lifestyle of today's customers," said Zalman Aefendy Zainal Abidin, Chief Marketing Officer of Celcom Axiata Berhad at the launch of the loyalty programme.

The programmes will incentivise customers for their regular support through instant rewards, immediately and conveniently at the touch of their fingertips. Through a loyalty concept, customers will be rewarded based on their billable usage when they are making voice calls, sending SMSes and data usage through mobile services. The accumulated billable usage and tenure will be used as a basis for

instant rewards and notifications which are sent immediately to them via their mobile device. No redemption process is required, offering a worry-free procedure.

With the launching of Club Celcom First, XClub and FRENZ Club, Celcom also marked its milestone as the first telco in the mobile telecommunications industry that uses the 'gamification' concept in its customer loyalty programme. Gamification is a concept that promotes a fun, interactive, engaging, stimulating and competitive experience that enables members to maximise and leverage their daily usage as well as facilitating the effectiveness of the programmes.

The programmes also allow Celcom to gain invaluable insight into customer interaction which is essential in its quest to constantly improve customer relationship management, efficiently deliver enhanced services to customers and provide personalised offers that best fit customers' interest.

For more information on Club Celcom First and XClub, log on to www.celcomfirst.com.my/clubcelcomfirst and www.xpax.com.my/xclub.



Hotel Maya Kuala Lumpur

Offering exquisite tranquillity and serenity in the heart of the city

By Jane Bee



Address: 138 Jalan Ampang,
50450 Kuala Lumpur
Tel: 03 – 2711 8866
Email: info@hotelmaya.com.my
Website: www.hotelmaya.com.my

Located strategically in Jalan Ampang, the city's central business and commercial district and a stone's throw away from the iconic Petronas Twin Towers, Hotel Maya is not your ordinary hotel that offers just comfort and convenience. Instead, this urban boutique resort strives to provide an unforgettable experience for its guests - by providing a place that make themm feel at home with ample privacy and personalised top-notch service specially designed to cater to their needs.

As we stepped into Hotel Maya, we were greeted with a theatrical atmosphere that instantly lifted our mood. Decorations are kept minimal, using only contemporary yet natural and simple designs that are pleasant to the eye. There's no sign of hustle and bustle, but the soothing silence that is hard to come by in an urban area.

The hotel is designed with lifted atriums that allow natural light and ventilation to permeate the rooms. All the 207 spacious rooms –

100 studios and 107 suites come with rustic timber flooring, contemporary furnishings and floor-to-ceiling glass panel windows that allow ambient lighting as well as providing a breathtaking and unobstructed view of either the Petronas Twin Towers or Kuala Lumpur Tower. Each room is also equipped with Medklinn Air Sterilizer that ensures clean and air all the time.

Our stay at Hotel Maya in a deluxe suite room offered us the needed relaxation and a getaway from the hustle and bustle of the city. Nightfall changed the atmosphere as the hush descended over the room, leaving us in a peaceful state of mind. Paired with an ideal setting that resembles a workplace, it wasn't long before we found ourselves being focused on our work with inspiration flowing in. Break time in between work was something we looked forward to as we either pampered ourselves with a dip in the bathtub or enjoying the scenic view of the city while sipping a cup of aromatic tea.

A stay at Hotel Maya is not complete if one did not spend some time at its Sky Lounge. Situated on the 13th Floor, Sky Lounge boasts the most stunning night views of Kuala Lumpur while offering an upclose full frontal view of the Kuala Lumpur Twins Tower. The relaxing ambience makes it an ideal spot for guests to unwind themselves as well as for book lovers to get some reading done. The Sky Lounge also comes with an executive boardroom for 12 people, equipped with video-conferencing facilities.

For those who would like to pamper themselves with relaxation, be sure to check out the facilities available in the hotel, especially Anggun Spa. It offers a wide range of pampering treatments from complete therapy treatments, massage therapy, bath and body treatments, the luxurious 3 ½-hour Maya Indulgence Signature Therapy and ancient Ayurvedic Shirodhara treatment. Do not miss its hydrotherapy pool, a heated indoor pool utilising pressurised jets of water to massage the head, neck and body.

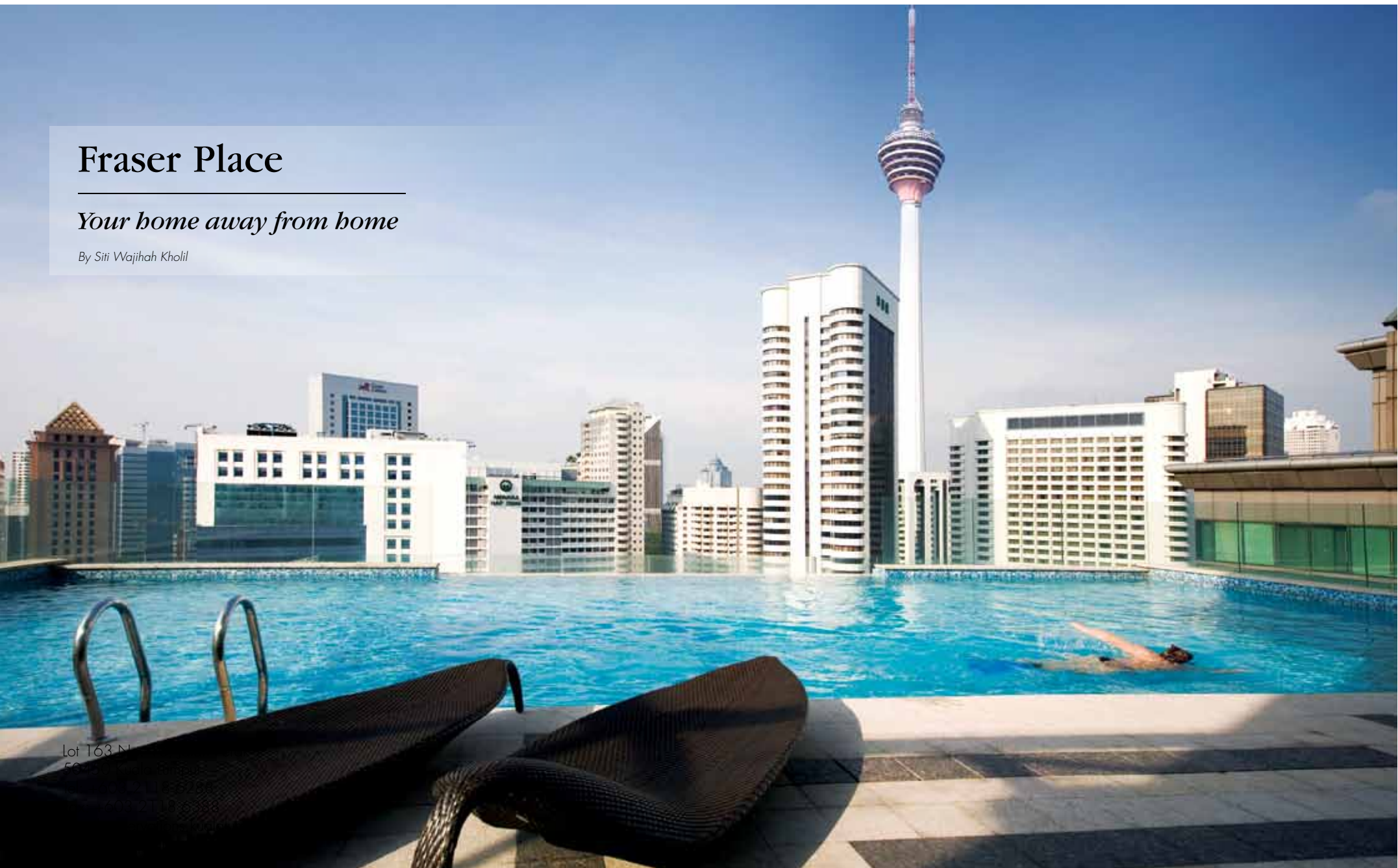
Hotel Maya makes everything easier and convenient for its guests. From checking in to checking out, the staff hardly kept us waiting at all. We were always greeted with smiles and our needs and enquiries, no matter how trivial were attended almost immediately. Our favourite part would be how Hotel Maya allows it guests to check in as early as 7.00am upon prior arrangement.

The hotel's flexibility, convenience and the comfort and privacy offered make it an ideal getaway for business people as well as couples.

Fraser Place

Your home away from home

By Siti Wajihah Kholil



Lot 163 N...
50...

Strategically set in the hub of Kuala Lumpur, at the junction of Jalan Perak and Jalan P. Ramlee of KL's Golden Triangle, Fraser Place Kuala Lumpur is a highly personalised and innovative lifestyle-oriented residence catered mostly for business travellers and their families. It also serves those who would like a not-so-far quick escape from home but still enjoy the homey feel. Being in the heart of the federal capital's business shopping and entertainment centre, Fraser Place is the perfect place to reside as you are surrounded with comfort and leisure.

Fraser Place is an apartment-styled concept and is the culmination of metropolitan lifestyle with a minimalistic approach in its interior décor. At Fraser Place, you will walk into relaxation

with the neutral palette of warm earthy colour used for the walls. Its simple use of furniture is clean and neat, yet still cosy and comfortable to its guests. With a kitchen, dining table, living room, a bedroom and a bathroom, it is like home away from home. The kitchen is fully equipped with a coffee-maker, toaster, electric kettle, microwave oven, refrigerator, electric cooker and hood, rice cooker (upon request), blender (upon request), crockery, utensils and cutlery. There is even a pan and a pot if one chooses to cook and eat in. All you have to do is purchase the raw materials.

The living area is spacious and complete with electronic equipment such as an Internet-ready port, telephone lines with international direct dialling (IDD) access, plentiful of power sockets,

WiFi and voice mail facilities. There's also a television, a stereo (with an iPod dock) for playing music and a DVD player for movies. The bedroom has an iron, ironing board, a flashlight, a safe, another television, iPod dock, full-body mirror and a vanity mirror. The bed is luxurious, soft and inviting. It makes you feel like you are sleeping on clouds. The bathroom is complete with a toilet, bidet, shower and a tub for a nice warm relaxing bath.

Fraser Place offers state-of-the-art facilities available for in-house guests. On the 18th floor, open from 7am to 10pm, feel free to have a splash at the swimming pool. Refresh yourself with an invigorating swim to take your mind off work and stress or simply relax at the pool deck where you can enjoy the view of the KL skyline.

If you prefer privacy, the hotel provides a sauna, steam bath and hot and cold dipping pools that are gender segregated. Feel comfortable releasing your tiredness and work kinks out of your system in the sauna and steam room, then rejuvenate yourself by immersing in either the hot or cold dipping pools.

The gym is also available for use and is open for 24 hours. Fully ready with high-powered vascular machines, treadmills, cycling machines, weights and strength machines, sweat yourself to a complete workout for better health and fitness. However, the access to the gym requires the apartment keycard only and kids below 15 years old must be accompanied by an adult at all times. Proper



Cosy and comfortable bedroom



Fraser Place main lobby

exercise attire and shoes are also necessary. For more fun, head to the reception on the 2nd floor and enjoy the Playstation 3 and Wii games.

To make your stay even more convenient, there is also a self-service launderette on the 18th floor available for use from 7am to 10pm. However, tokens need to be purchased at the reception before use. So if you plan on doing your laundry, head to the gym or relax in the pool while you wait on your load. Practical for business travellers, there is also a business centre where you can photocopy, print, bind documents, fax and provide you with all your secretarial services and stationery needs. There are also seminar and function rooms which can

be used for corporate meetings and functions.

If you opt to explore the city, Fraser Place is perfect. The residence provides shuttle bus service. It is a daily scheduled van transfer that can transport you to major shopping areas and city commercial sites. The Suria KLCC or the Petronas Twin Towers as well as the nearest monorail (Bukit Nanas station) is just 5 minutes' walking distance from your stay. The Seven Eleven mart is also right across the street. If you prefer to stay in, you are allowed to order outside food or you can enjoy dining in the restaurants or order room service from Swatches, MediTeca, Trattoria and Yokozuna. You can even order groceries to your room. With Fraser Place, everything is within your vicinity.



Wildlife warrior stories from the field

by Azlan Mohamed, field biologist, WWF-Malaysia Tiger Conservation Programme



Wildlife “family” photos
Among my favourite camera-trap photos are of a gaur herd photographed at a saltlick (Photo 1) and of a female tiger with three cubs (Photo 2). Why? Because from these photos, I know that there are breeding populations of gaur and tigers in this area. Similar to tigers, gaur are also endangered and their occurrences in the wild are limited to certain places. I feel very lucky to have observed, with my own eyes, a wild tiger swimming in the river in Royal Belum State Park.

Challenges in the field
Beautiful camera-trap photos and wildlife sightings are the benefits of field work, but going into the forest can be challenging. The one that I remember the most was when my team and I had to walk for more than 16 hours with heavy backpacks to find our way out of the forest. There were five of us, and we started trekking from our campsite at about 8:00 am. On the map, it showed that we needed to walk about 10 to 12 km from our campsite to the road, so we estimated that we would reach the road around 5:00 to 6:00 pm. However, it was not as easy as we expected. Apart from having to cross a few peaks, we also had to cut almost half of the way out because the trail was overgrown with shrubs and bamboo. At one point, we took almost one hour to cover just 200 metres because of the very dense vegetation. In the end, it was 1:00 am by the time we managed to get out of the forest. It was very tiring and a hard day for all of us, especially because we had to trek in the rain and in darkness on unfamiliar trails.

WWF Malaysia - Take action with WWF's online ef...
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Download the Kaywa QR Code Reader (App Store & Android Market) and scan your code!



Azlan: “I think what motivates me to stick to my challenging job as a field biologist is very much related to the interest and love of what I am doing. Without this, I don’t think that I would be working in this field anymore because the nature of our work not only tests our physical fitness, but our emotional strength as well as we are forced to spend less time with our loved ones. Besides, I also want tigers and other wildlife to continue to survive in the wild for future generations. For me, it would be really saddening if any of our precious wildlife species goes extinct during my lifetime.”



Wildlife Warrior’s World

This article provides a glimpse at the lives of WWF-Malaysia field biologists; the wildlife warriors who battle daunting challenges in their conservation quest. Their surveys, which take them deep into dense forests where they have to face long and arduous hours of trekking with heavy backpacks, navigating in the dark, storms, raging rivers and wildlife, provide critical data for the enhancement of conservation efforts. Despite these difficulties, they carry out their tasks with indomitable spirit and a heart full of love for our natural treasures.

Thank you so much for supporting WWF-Malaysia, your contributions enable these green superheroes to protect our living planet.

- What does a field biologist do?**
- Carry out camera-trapping and sign surveys to access the population status of tigers and their prey.
 - Compile and analyse camera-traps photos, sign survey information and Global Positioning System (GPS) data collected in the field.
 - Socialise the findings to government agencies in order to motivate these stakeholders to take action to improve the effectiveness of tiger conservation efforts.
 - Meeting and working with stakeholders, ranging from government agencies to indigenous communities/ Orang Asli.
 - Manage field teams, plan conservation efforts, review documents as well as participate in stakeholder meetings and workshops.

Usually five to six field biologists will be on the ground conducting surveys, while one or two might stay back to attend to other office work. We work in small teams of two to three people, usually comprising one field biologist and at least one Orang Asli.

Having many small teams conducting surveys enables us to cover larger areas in a shorter period of time, compared to having fewer teams comprising more people. We often have to cover large areas, many of which are inaccessible even by four-wheel drive (4WD) vehicles. For example, in a recent study site we had to cover an area of 500 km², which is about half the size of Penang! However, if a survey will take a longer time to complete and extensive camping is required, at least two biologists and two to three Orang Asli assistants will form a main team, but splitting into two smaller teams while conducting surveys. The higher number of people serves safety purposes as well, because we can help each other out if anything unforeseen happens while camping in the forest.

How remote are the places that you go to for your fieldwork?
This depends on the study area - some are accessible by 4WD vehicles, but we have surveyed areas of forest where there are no signs of human presence and which are not often visited even by the Orang Asli. Some areas are so remote that you can only access them after four

days of hard trekking for eight to ten hours per day. Sometimes the closest man-made structure or settlement is more than 20 km away.

Most of the places we go to do not have any mobile network, so we carry satellite phones in case of emergencies. Any error in navigation will cost us severely, especially when our backpacks are heavy. This is why all our field biologists are well trained before they are sent to the field to carry out the surveys independently. There have not been any cases where any of our team members got lost in the forest, and we would like to keep it this way.

How long do you stay in the forest for each project?
The duration we spend in the forest depends on how many people are carrying out the survey on the ground, the size of the area that needs to be surveyed, and the number of camera-traps that need to be deployed. When our surveys in Temengor started in 2009, there were only three field biologists to cover part of our project site, an area of approximately 140 km², and set 36 camera-traps, in a single trip. With those resources, it took us a month to complete the trip! However, with our current team of six biologists, we are able to cover more ground in a shorter period of time.

Currently, the team members spend an average of about two weeks in the forest at a time, depending on the remoteness of the area. Sometimes we have to trek for two days just to arrive at the survey site. Moreover, if someone gets injured, the other team members will need to extend their stay in the forest to complete the survey on that person’s behalf. Elan holds the record for the longest stay in the forest: five weeks!

What supplies do you need to carry out field work?
Careful planning is required before we make our trips into the forest. For study areas that have logging roads, we can load up our 4WD vehicles with supplies that can sustain ten to twelve people for a month. However, we often have to go to areas that are only accessible by foot. In such cases we bring in enough supplies for the duration of the survey, making estimates based on previous experience. Normally, we carry extra food rations, in case of delays or accidents. The average weight of a backpack is 25 to 30 kg. Shariff holds the record for the heaviest backpack: 33 kg!

What is the one thing that you always carry with you in the jungle?
Azlan: “My parang/machete. I think this is the most important tool that everyone should have whenever they are in the forest for defence and survival. The most important item in my pack is my lighter. Why? Because I need it to make fire at our base camps.”

Chris: “I guess one thing I would always carry and is of extreme importance to me in the forest is a GPS unit. It sometimes scares me when I do not

know where exactly I am in the forest, and the GPS is the only way that I can confirm my location and ensure that I am on the right track. It also helps me estimate the time needed to get back to the base camp, hopefully in time for dinner (although there were times that I only returned to base camp after dark).”

Elan: “A GPS unit and a satellite phone. A GPS unit is important to carry out surveys, and it makes it almost impossible for anyone to get lost (although individual navigation skills also play a part). If I ever get lost, a satellite phone will be really handy. It enables you to contact someone to seek help, and gives the location of where you are so that help can arrive quickly and at the right location.”

Hamirul: “The most important items when I am in the forest are my lighter and parang. The parang is for security and the lighter is to make fire for cooking, to provide light and warmth in the night, and to discourage wildlife from approaching or attacking us while we sleep.”

Shariff: “The one thing I could never be without is my trusty GPS. We need it to navigate, record data, and to avoid getting lost. Until recently, I did not carry a parang as our Orang Asli guides always carry one, but I decided to start carrying one not long after being charged by a sun bear!”

How long does a camera-trap last in the field?
The lifespan of a camera-trap can be as long as several years, but it can malfunction, be damaged by wildlife or flooded by rainwater if the seals are faulty. Some camera-traps are even stolen, most probably by poachers. We try our best to regularly service and repair the camera-traps so that they can be used for as long as possible.

Usually our camera-trapping work will be carried out over eight to nine months in a designated study site. During that period, the team will visit and replace the camera-trap’s battery and change the memory sticks every two to three months. The battery life might last about three months, depending on the camera-trap model, and how many photos are captured. Faulty camera-traps will be taken back for repair and replaced with functioning units.

Support WWF-Malaysia

NOTE : A satellite phone costs RM3,000, a GPS costs RM1,500 and a camera-trap costs RM1,500. All these equipment, among others, are crucial for our field biologists to undertake their conservation work.

If you would like to make a donation to help equip our wildlife warriors, please visit: pandashop.my/wildlifewarrior

Swaying the night away with Lionel Richie

By Jane Bee

At the age of 64, the Grammy award-winning singer-composer continues to charm his fans, be they young or old, with his mellow and soothing vocals.

His recent concert, All The Hits All Night Long, saw Richie entertain his audience with his wit, humour and timeless favourites hits, ballads and dance numbers such as Just For You, Penny Lover, Easy, Ballerina Girl and Truly. Fans also caught a glimpse of Richie's life when he shared some of his stories - how his songs would often cross people's mind when they were devastated, heartbroken or in love, before singing a romantic push of ballads such as Oh No and Stuck On You.

The audience was all filled with excitement when Richie got everyone grooving and dancing on their feet with numbers like Dancing On The Ceiling. Throughout the night, he continuously performed 21 songs without a break in between before wrapping up the night with Hello, All Night Long and We Are The World.



PREVIEW

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ZÉLL-V
Cellular Therapy

Rejuvenation Power of Cellular Therapy

By Hong Siew Ling



"ZÉLL-V Sheep Placenta Extract is an exclusive formulation from IAOSS (International Association for Organ Cell Therapy Specialists, Switzerland & Germany) and GSTT (German Society for Thymus Therapy, Germany), and manufactured in New Zealand," says Hooi.

Have you heard of "heart heals heart; lung heals lung; liver heals liver and cell cures cell"? This is the basic theory behind cellular therapy.

"In cellular therapy, we introduce sheep placental cell factors into the body to rejuvenate the damaged, weak and ageing cells," says Simon Hooi, Physiologist & Cellular Therapy specialist of Ruyi Holdings Sdn Bhd and ZÉLL-V International.

"In our city lifestyle, we experience stress, which is a real damaging factor to our body. Stress and unhealthy lifestyle can actually weaken our cells. In cellular therapy, when placental cell factors are ingested and delivered throughout the entire body, these early foetal cells will signal the old and weak cells to rejuvenate and become stronger. When these cells in our body are rejuvenated, the body regains proper and optimum function, thus regaining youth," adds Hooi.

Good Health and Youthfulness into Old Age

"Every system in our body has its own function. The same applies to every gland in our body. Glands are made up of cells, for example, the liver is made of liver cells. However, these glands need to work in a system and not alone, for example, the liver has to work together with the kidneys as the detoxification system.

"Furthermore, as we age, the capillaries of arteries in our skin become shorter, hence, slowing down the delivery of blood and oxygen to the skin cells. When we rejuvenate these capillaries with placental cell factors, they will regain proper functionality, which is to deliver oxygen and nutrients throughout the body optimally. This is how cellular therapy works," explains Hooi.

Beauty is important to most people. When the skin does not function at its best, it may result in dryness, fine lines, wrinkles and even losing its elasticity and suppleness.

"Fibroblast cells in the skin produce collagen and hyaluronic acid, hence they are called the collagen cells. The function of hyaluronic acid is to retain moisture in the skin and collagen ensures skin elasticity. When we are stressed, and experiencing an unhealthy lifestyle, these cells degenerate, resulting in lesser collagen and hyaluronic acid production. Hence, the skin loses its firmness and elasticity.



"Some people misunderstand the concept of cellular therapy that it stimulates collagen in the skin. What cell therapy does is it rejuvenates the fibroblast cells, thus regaining optimum function to produce good levels of collagen and hyaluronic acid," Hooi says.

Besides the skin, cellular therapy also rejuvenates body systems to regain youthfulness.

"The immune system, for instance, produces white blood cells. White blood cells of the immune system protect the body against foreign invasion, for example, free radicals, pollution and toxins in our body. When the immune system is weakened by stress, a unhealthy lifestyle and ageing, we are more vulnerable to rapid ageing. This is when cellular therapy comes in, to rejuvenate the immune system to restore optimum functionality so that the body is able to combat against foreign invasions by itself. In other words, it allows everybody to feel young again. This is anti-ageing," explains Hooi.

Many decades of research and development in anti-ageing and regenerative medicine have demonstrated the effectiveness of cellular therapy. For over 70 years, cellular therapy has been documented in more than 50,000 medical articles, and anti-ageing and regeneration medicine journals worldwide, as fully beneficial and effective.

For more information on cellular therapy with ZÉLL-V Sheep Placenta Extract, call 03-2141 8011 or visit www.zell-v.com



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ZÉLL-V CELLULAR THERAPY REINVENT YOUR LIFE

Do you desire to live a passion filled life where you feel alive, energised and on purpose? As our body continues to age every single day, how can we retain youthful vitality?

International artiste Sharon Chan shares that her hectic life consumed by endless hours of filming had once become monotonous and wearisome.

"Coupled with the natural process of ageing, my cells began to lose their youthful vitality. When cells are weak, the endocrine system - which regulates mood and interest - becomes sluggish, greatly affecting my overall enthusiasm and passion for living," she says.

"ZÉLL-V Cellular Therapy has reinvented my life by rejuvenating my cells and tissues, allowing my organs and systems to regain their optimum function! Before long, I feel my energy and enthusiasm returning! Today, as I stand before the audience, I shine with renewed vitality and zest for life!

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BE Urban Wellness

Giving you the ultimate relaxation and rejuvenation

By Jane Bee



Couples massage room

When we first arrived at BE Urban Wellness, both Waji and I were basically feeling exhausted, mentally and physically, after having a long day at work. Thinking that it would be just like any other spa, we went there with no expectations at all. And boy, we couldn't be anymore wrong than that.

We were in awe as we stepped into the calm and peaceful place. There was a blue-tiled infinity pool that skirts the building, offering a breathtaking and unobstructed view of Kuala Lumpur from a distance. The interior decor were kept minimal – the spacious space was predominantly white with decorative flourishing of occasional pop of silver and blue that indirectly took your mind off the outside world for you to fully focus on the present moment.

BE Urban Wellness prides itself in being a holistic health and wellness centre where it seeks to improve your health through a powerful combination of therapies. It offers a wide range of services, from fitness and meditation classes to spa treatments, oxygen chambers, facials and new-age offerings such as nutrition therapy and bio-scans. There are also other facilities such as a well-equipped gym, yoga room and locker rooms that come with complete infra-red sauna, steam room and jacuzzi. In case you aren't sure of the therapies that best suit your needs, you can always go for a personal consultation with the director of wellness where they will analyse your lifestyle and condition before deciding on the treatment that will best suit your needs.

I chose to go for the 90-minute Be Signature Massage I, a signature blend of various massage strokes that combine Eastern and Western techniques in providing ultimate relaxation. It uses elbows, forearms, palms and thumbs to help unlock the flow of energy, releasing tension and relax the tense muscles. During the whole massage, they used the essential oil Be Rejuve, made from a combination of geranium and eucalyptus that would help in energising the psyche.

This massage was exactly what I needed to distress my tense body and sore muscles built from my workouts as well as sitting for long hours in the office. My masseuse was not only skilful, but attentive to my needs as well. She demonstrated her knowledge of the human body with controlled and measured pressure in catering to the needs of different parts of the body where my tense shoulder requires less strength compared to my hands and legs. Her massage left me feeling so comfortable and relaxed that I fell asleep during the session, only to find myself awake feeling fresh and light at the end of the session.

Waji opted for the discovery facial and oxygen chamber treatment. The Discovery Facial is a 60-minute session that would immediately refresh and smoothen your complexion in a single treatment. Her face was cleansed and steamed for 10 minutes to enable the heat to open up the pores that would make the extraction of the blackheads easier. When the extraction was done, aloe vera gel was spread on the skin for a soothing effect followed by the application of volcano

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mud mask. The Radio Frequency Heat machine was then used to massage the skin – it helps to tighten the pores, give a facelift, shapes the jaw area and naturally regenerate or heal the collagen found in skin.

She then proceeded to her second treatment, the Oxygen Chamber that would dramatically improve oxygen delivery to the tissues throughout the body for rejuvenation purposes. She then spent 40 minutes relaxing herself while lying in the large bag-like chamber where it emitted oxygen that directly penetrated the skin and body – doubling the effects of the previous facial treatment.

Despite spending only three hours at BE Urban Wellness, we felt like an entirely different person at the end of the session. We arrived at the place feeling pretty cranky, grumpy and moody from the exhaustion. Yet, we left feeling light as a feather and happy like a kid gotten her favourite candy. If there is a need to recondition ourselves, we sure know where to go now.



Kinesis and treadmills in gym



Z Fencing

A sport of honour, grace and chivalry

By Siti Wajihah Kholil

As fortunate as you are to be able to enjoy western movies like Lord of the Rings or The Three Musketeers, did it ever occur to you how cool it would be to be able to sword fight like the characters in these movies? What people do not realise is that they can learn sword fighting. You just have to know where. The art of sword fighting or more known as fencing in Malaysia has actually grown in popularity over the years. As underrated as the sport is, it is currently very well received among children and youths. In Kuala Lumpur, you have Z Fencing at your service.

Z Fencing was established in 1993 by an Olympian and Singapore fencing champions. The centre is Asia's premier and largest private fencing club with the largest team of internationally-certified coaches and trainers. The maestro and principal of Z Fencing at Bangsar Shopping Centre, Chan Pak Choong, was a representative of Malaysia in the Southeast Asian (SEA) Games in 1989 and 1991. He said that the setting up of fencing centres by Z Fencing began as a mission to provide the needed platform in nurturing men and women alike with the proper techniques of the sport. However, the centre's curriculum goes beyond the sword, as its primary task focuses on character-building by instilling moral conduct such as honour, grace and chivalry.

Classical fencing is perceived as a martial art, while the mainstream version of fencing that we see today is called Olympic fencing or competitive fencing. Competitive fencing is one of the five sports featured at every one of the modern Olympic Games with athletics, cycling, swimming and gymnastics being the other four. It involves the use of three main weapons which are the foil, sabre and epee, which are differentiated based on the targeted areas. The foil is light in weight and is used by thrusting the weapon targeting the opponent's torso and back, but not the arms. The sabre is also light and can be used in a cutting or thrusting method and targets the entire body above the waist, except the hands. Last but not least, the epee is heavier and used in a thrusting motion attack, and unlike the foil and the sabre, it targets the entire body from head to toe.

Fencing is not only for sport and fun, but it has a lot of benefits as well. The fast-paced sport incorporates intense footwork during a combat. This exercises your cardiovascular system which enhances your cardiovascular endurance. More importantly, it burns off calories and increases your stamina. Engaging in the sport contours your body shape by providing a solid workout for your buttocks, stomach and thighs. Over time, your coordination advances as you learn to control your hands

and train your muscles on reaction. You will also notice improvements on your flexibility, strength and agility. You will become more swift in your movements and develop a great sense of balance.

It is also good for your mental health as it trains your focus and concentration. Your observational skills improve through your hand-eye coordination and you will develop an impressive sense of strategic intelligence needed to predict your opponent's movements. Your decision-making skills will also progress tremendously as fencing trains you to make quick decisions in the heat of the moment. Chan stated, "A fencer's reaction is based on his training. When you are being attacked, there is no time to think. So we provide the techniques for your instincts to react properly." Furthermore, fencing can be therapeutic too for some people. At times, it is used as an outlet for fencers to relieve themselves from any deep stress, frustration or aggression in a healthy manner.

Z Fencing ensures that the fencing activities are in a safe, controlled environment. It is a safe combat sport that disciplines all students the importance of wearing the face mask, gloves and protective jackets. No one is allowed to play around with the weapons without supervision and without their protective gear. This fencing centre is open to all age groups. So are you a sword fighting warrior? Find out at Z Fencing!

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Keep Skin Hydrated

Aesop's Geranium Leaf Body Balm will certainly come in handy for mothers who constantly put the needs of the family above everything else. The refreshing and scented balm nourishes the skin with nut oil extracts, alleviates seasonal dryness, hydrates and relieves the skin regularly. For mothers who are always on the go, this hydrating balm will allow a quick pampering session that will leave them refresh in tackling their endless chores throughout the day.



Skin Get Stressed Too!

Pollution, stress and extreme artificial climatic conditions created through heating and cooling often take a toll on the skin, causing inflammation and irritation at times. Thus, anti-oxidant is required by the skin to protect itself against the effects of urban life as well as assisting in cell regeneration. Leave your skin feeling smooth and supple with Aesop's Parsley Seed Anti-Oxidant Hydrator – its light texture makes it easy for the skin to absorb the facial moisturising fluid. This will surely make an ideal gift for busy mothers who have little time to spare when it comes to self-pampering.

The Nourishing And Refreshing Treats

By Jane Bee



Touch Of Gentleness

Household chores such as cleaning, washing and gardening contribute to dry skin and cause discomfort if not given proper care. Thus, be sure to pamper her with a set of Aesop Resurrection Duet, consisting of a mild cleanser and rich soothing balm, designed specially to treat and hydrate her hands. After all, the pair of hands that does so much for the family deserves to be well taken care of.

Say Goodbye To Frizzy Hair

Created in 1990 from the commitment in offering a unique approach to professional haircare, Matrix Biolage is back with more exclusive and high-performing formulas that are designed to enhance hair beauty. Inspired by the water-resistant properties found in the Camellia flower, its Smooth Proof range contains formulas that encapsulate hair and align the cuticles for more control and smoothness. The Smooth Proof range consists of shampoo, conditioner, mask, leave-in cream and leave-in serum where all the five products compliment each other in cleansing, detangling, controlling and taming the frizz for smoother and more manageable hair.



The Other Woman

Opening: May 1

Carly tries to get her ruined life back on track upon discovering her boyfriend Mark is married. However, when she accidentally meets Kate, Mark's wife, they realise both of them share a lot of similarity and instantly become good friends. It isn't long before they discover Mark's another affair, Amber. The three women then decide to team up to plot revenge on Mark to teach him a lesson for being a cheater, liar and a three-timer.

Casts: Cameron Diaz, Nikolaj Coster-Waldau, Nicki Minaj, Leslie Mann, Taylor Kinney, Kate Upton



Still 2

Opening: May 8

Still, or known as Phi Tai Hong in Thailand refers to the vengeful and restless spirit of a person who was subjected to a violent and brutal death. In this latest instalment of Still, the movie tells four stories adapted from four real-life stories whereby the news headlines maintain the victim as 'still' dead. The tale follows one of Thailand's infamous incidents which sees minivans plunging from an elevated expressway, murdered women whose bodies are hidden in the sewer of a brothel, the discovery of a body stuffed into a room's air-conditioning vent and a young man's decision to leave the monkhood to be with his girlfriend only to find her murdered one night.

Casts: Pimchanok Luewisetphaibun, Chotwutthi Bunyasit, Natpassara Adulyamethasiri, Pharunyoo Rotchanawutthitham, Charm Osathanond, Charlie Trairat



Bad Neighbours

Opening: May 8

Bad Neighbours is a comedy that shows a dysfunctional relationship when a family and a fraternity house become neighbours. Kelly and Mac find their peaceful life in a quiet neighbourhood at stake when they are forced to live next to a fraternity house that is run by an obnoxious student, Teddy and his wingman, Pete. Soon, Mac finds himself having to get Teddy to lower the fraternity's noise almost every night. The war begins when Mac get the police involved in his quest to deal with this problem. The family feud with the frat brothers and all hell break loose with each party pulling pranks and tricks, intended to drive each other off the wall.

Casts: Seth Rogen, Zac Efron, Rose Byrne, Dave Franco, Christopher Mintz-Plasse, Lisa Kudrow



X-Men: Days of Future Past

Opening: May 22

Bryan Singer is back with Days of Future Past, a sequel to both X-Men: The Last Stand and X-Men: First Class as well as a follow-up to 2013's The Wolverine. This recent instalment sees the characters from the original X-Men film trilogy join forces with their younger selves from X-Men: First Class as they fight the battle that will determine the survival of both humans and mutants. It is a battle where they are required to change the past in the quest to save their future.

Casts: Hugh Jackman, Jennifer Lawrence, Halle Berry, Ellen Page, Peter Dinklage, James McAvoy



Maleficent

Opening: May 29

Before she becomes Disney's most iconic villain, Maleficent is a beautiful, pure-hearted young woman with a pair of stunning black wings. She rises to be the protector of the land from an invading army of humans who threaten and put the idyllic life and the harmony of the kingdom at stake. However, she is subjected to ruthless betrayal that turns her heart to stone. Driven by revenge, Maleficent rages a war with the king of the humans and places a curse upon his newborn infant, Aurora, in the process. Little does she realise that the child is the key to peace in the kingdom, as well as to her true happiness and enlightenment as well.

Casts: Angelina Jolie, Juno Temple, Elle Fanning, Brenton Thwaites, Sharlto Copley, Ella Purnell



Edge Of Tomorrow

Opening: May 29

Lt. Col. Bill Cage has never seen a day of combat and finds himself in a nothing more than a suicide mission after he was demoted, untrained and ill-equipped in a battle with an alien race known as Mimics. Despite being killed within minutes, Cage manages to take down an Alpha with him. However, the direct physical combat with the alien throws Cage into a time loop where he is forced to fight and die again and again. With each passing, Cage becomes skilful, smarter and tougher before he finds himself fighting the Mimics alongside Special Forces warrior, Rita Vrataski. They soon turn each repeated battle into opportunity to find the key to save the Earth from invading aliens.

Casts: Tom Cruise, Emily Blunt, Marianne Jean-Baptiste, Bill Paxton

