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#### Managing Editor / Publisher DATUK GARY THANASAN

gary@mediate.com.my

#### Writer

#### HIRANMAYII AWLI MOHANAN

hiran@mediate.com.my

#### Designer

ALEEF

aleef.mediate@gmail.com

#### AIMAR RAHMAN

aimar.mediate@gmail.com

#### **Aviation News / Airlink** MEDIATE COMMUNICATIONS

airlink@mediate.com.my

#### **Editorial**

LAURA LEE

laura@mediate.com.my

#### ANTHONY TAN

anthony@mediate.com.my

#### How to reach KL Lifestyle

For letters to editor, subscriptions, advertising, news releases and reproduction permission:

#### <u>media</u>te communications

150, Jalan Maarof, 59200 Bukit Bandaraya, Bangsar, Kuala Lumpur, Malaysia

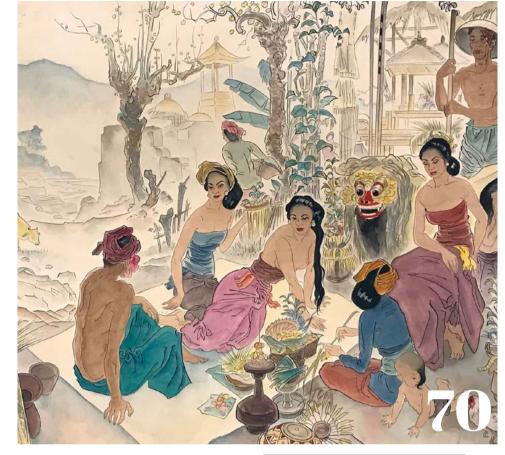
> Tel: +6019-333 7668 Email: editor@mediate.com.my www.kl-lifestyle.com.my

#### **Printer**

Swan Printing Sdn Bhd Lot 5249, Jalan BS 7/1 Kawasan Perindustrian Serdang 43300, Seri Kembangan, Selangor







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#### **ON THE COVER**

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## GOINGS ON JUNE 2023



#### **DFP PRESENTS: EXISTS**

June 3

#### Venue: Dewan Filharmonik Petronas

Die-hard fans of Exists are in for a treat! The band will reunite for this special show featuring the original members, including vocalists Mamat and Ezad. Performing several of their massive hits including their rock and ballad songs which dominated the charts during its heyday, this concert is a special celebration dedicated to Exists' loyal followers throughout the years.

Ticket: RM 198 to RM 550



#### A CONCERTO NIGHT

June 3 & June 4

Venue: PJPAC

"3+1 Productions" comprising of three passionate musicians and a dynamic manager, their debut concert will feature a series of renowned Chinese concerto classical works such as "Butterfly Lovers", "The Legend of White Snake" and "Erhu Rhapsody No. 1". The three young virtuosos, Liao Ruofan (Erhu), Lim Lin (Dizi), and Chen Kian Hao (Erhu) will rise to their occasion along with the 80 piece orchestra of the Lee Rubber Chinese Orchestra Kuala Lumpur. Their exceptional talents and fiery passion, paired with conductors, Mr Leong Han Kuei and Mr Siah Zheng Fong, will surely culminate in an unforgettable performance.

#### Ticket: RM 48 to RM 138



CONDUCTED BY SZE GEE Chew

#### A MAGICAL ADVENTURE

**SPECTACUI** 

**/6**(SUN) 3:00PM

Stage 1 Theatre,

PJPAC, 1 Utama E

RM160, RM140, RM120, RM100,

What do we love more than Disney movies? The music of course! Over the years, there have been so many memorable tunes that have us all singing and humming along long after the credit roll ends. You can now relive those wonderful childhood memories in A Magical Adventure concert featuring the largest flute ensemble in Malaysia! The CGFA Flute Choir is a unique platform for flutists and flute lovers from different backgrounds to come together and make music together. Under the baton of Sze Gee Chew, the CGFA Flute Choir comprising 30 flutists that have been rehearsing for the past 9 months to bring you hits from Disney classics. A heart-warming concert for kids and those young at heart!

20% OFF until 15/5/2023

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L'ELISIR D'AMORE - NORMA LES PÊCHEURS DE PERLES

DIE TOTE STADT • LAKMÉ

DON GIOVANNI • LA BOHÈME

LA FORZA DEL DESTINO

Ticket: RM 55



with the KL City Opera Orchestra & KL City Opera Choru

June 9 - June 11 Venue: PJPAC

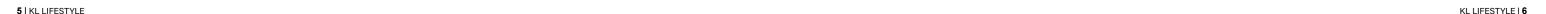
FEATURING CGFA Flute Choir

pentas 2, klpac 3 JUN 2023 @ 8.30pm 4 JUN 2023 @ 3.00pm

Birdian

Get ready to be swept away by a spectacular evening of operatic music and drama as BOH Cameronian award-winning company, KL City Opera presents the "Opera Gala Spectacular" featuring iconic opera scenes from Donizetti's L'elisir d'amore, Puccini's La Boheme, Mozart's Don Giovanni to rare gems and excerpts from operas such as Bellini's Norma, Bizet's Les pêcheurs de perles, Leoncavallo's Pagliacci, Korngold's Die Tote Stadt and more. Conducted by the renowned conductor, Lien Boon Hua and featuring an extraordinary line-up of Malaysian vocal talents, including sopranos Cecilia Yap, Ho Chi Mei, Tan Sin Sim, and Evelyn Toh, mezzo-soprano Lim Yee Fen, tenors Heo Yueh Ren and Tan Chee Shen, baritones Wilson Loh, James Long, and Joseph Ng, and bass-baritone, Chi Hoe Mak accompanied by the KL City Opera Orchestra and KL City Opera Chorus.

Ticket: RM 100 - RM 160



GOINGS ON



#### MALAYSIA JAZZ PIANO FESTIVAL 2023

June 9 - June 11

Venue: Pentas 2 & Indicine, KLPAC

Come celebrate our 10th year anniversary, from June 9-11th. It is the only one of it's kind in the world with hundreds of musicians having participated over all these years! This year our program will highlight 4 main events beginning with the College night, followed by the premier of the our first Virtuoso concert, the Lindy Hop matinee and the 10th Gala Anniversary concert finale that will feature legendary and prominent jazz musicians and groups in the country like Junji Delfino ft. WVC, Pop and Bop, Rhythm Break and many more

Ticket: RM 20 - RM 80



#### **FAMILY FILM FAVOURITES**

June 17

#### Venue: Dewan Filharmonik Petronas

It's never too late to get to know your own local arts centre by taking a guided backstage tour through the 121-year old heritage building that now houses klpac, the country's first and only fully-integrated arts centre. In honour of our birthday celebrations, we invite you the public to join us on an intimate, no-holds-barred live Jom Sembang session with our Co-Founders Dato' Dr. Faridah Merican & Joe Hasham OAM. Feel free to ask them questions on their years of experience in the theatre & film industry, how they came to start The Actors Studio and fought to survive the devastating floods that destroyed their space in 2003 and how it eventually led them to founding klpac 18 years ago. While the tour is limited to 25 pax, more can be accommodated for the Jom Sembang session. You can opt to join the tour along with Jom Sembang or just Jom Sembang on its own.

Ticket: RM 118 - RM 318



#### LIVE IN KUALA LUMPUR: ALENA MURANG SKY SONGS

June 17

Venue: Stage 1 Theatre, PJPAC

Famed as a sape' songstress, Alena sings in the endangered Kenyah and Kelabit languages and is the first woman to professionally play the lute instrument of the highland tribes of Borneo. Alena has carried the enchanting sounds of the sape' to over 20 countries, from Iceland to Australia to Thailand to the USA. With sold out concerts in Sarawak and Taipei, Alena Murang takes flight in KL. Sky Songs, the show, is named after Alena Murang's second album, her songs inspired by elements of the sky - the thunder, rain, the sun, the morning mist, the stars, the moon; and contemplates how all of nature interacts.

Ticket: RM 80 - RM 150



#### WEI TO THE HEART CONCERT

June 24

Venue: Stage 1 Theatre, PJPAC

"Zhao" (illuminate) brings light and warmth. Indeed, this is a concert of "light and warmth". Through Wei Han Works shall feel the warmth, love and care. This concert enables us to rediscover our simplicity, to illuminate our thinking and to enlighten our hearts. The concert takes the form of live music and singing. The content and the power of the music are the focus. The light and the shadows sketch the scene and the atmosphere of the story. The content of the words is the soul of the whole concert. which is responsible for moving, contemplating and realising.

Ticket: RM 80 - RM 150

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# MOVIE REEL JUNE 2023





#### SPIDER-MAN: ACROSS THE SPIDER-VERSE

JUNE 2

After reuniting with Gwen Stacy, Brooklyn's full-time, friendly neighborhood Spider-Man is catapulted across the Multiverse, where he encounters a team of Spider-People charged with protecting its very existence. However, when the heroes clash on how to handle a new threat, Miles finds himself pitted against the other Spiders. He must soon redefine what it means to be a hero so he can save the people he loves most.

Genre: Adventure / Animation

Cast: Phil Lord, Christopher Miller, Shameik Moore, Hailee Steinfeld, Issa Rae, Kemp Powers, Justin K. Thompson, Amy Pascal.





#### TRANSFORMERS: RISE OF THE BEASTS

JUNE 9

Set in the 1990s, Transformers: Rise of the Beasts will take audiences on an action-packed, globetrotting adventure as the Maximals, Predacons, and Terrorcons join the battle between the Autobots and Decepticons on Earth. Noah, a sharp young guy from Brooklyn, and Elena, an ambitious, talented artefact researcher, are swept up in the conflict as Optimus Prime and the Autobots face a terrifying new nemesis bent on their destruction named Scourge.

Genre: Action / Sci-Fi

Cast: Joby Harold, Pete Davidson, Luna Lauren Velez, Tobe Nwigwe, Steven Caple Jr., Michelle Yeoh, Steven Spielberg, Cristo Fernández.





#### THE FLASH

JUNE 16

Worlds collide when the Flash uses his superpowers to travel back in time to change the events of the past. However, when his attempt to save his family inadvertently alters the future, he becomes trapped in a reality in which General Zod has returned, threatening annihilation. With no other superheroes to turn to, the Flash looks to coax a very different Batman out of retirement and rescue an imprisoned Kryptonian albeit not the one he's looking for.

Genre: Drama / Action

Cast: Ray Fisher, Ben Affleck, Ezra Miller, Andy Muschietti, Michael Keaton, Zack Snyder, Ron Livingston, Sasha Calle.





#### **NO HARD FEELINGS**

**JUNE 23** 

On the brink of losing her childhood home, Maddie (Jennifer Lawrence) discovers an intriguing job listing: wealthy helicopter parents looking for someone to "date" their introverted 19-year-old son, Percy, before he leaves for college. To her surprise, Maddie soon discovers the awkward Percy is no sure thing.

Genre: Comedy

Cast: Gene Stupnitsky, Jennifer Lawrence, John Phillips, Ebon Moss-Bachrach, Kyle Mooney, Matthew Broderick, Andrew Barth Feldman, Natalie Morales.

# 

#### FROM LOCAL TRACKS TO GLOBAL TRIUMPHS, MEET THE HIGH-SPEED HERO REVVING UP THE NATION

In the world of motorsport, where talent, adrenaline, and unwavering determination collide, one name stands out as the embodiment of Malaysia's racing aspirations: Jazeman Jaafar. With a driving style that merges precision and panache, Jaafar has carved a path towards greatness, propelling himself and his nation onto the international racing stage. Born and bred in Kuala Lumpur, Jazeman Jaafar's journey began amidst the scorching heat of local go-kart tracks. From the tender age of 9, he demonstrated a natural flair for speed, quickly earning recognition as a prodigious talent. Fast forward to the present day, and Jazeman Jaafar is a force to be reckoned with in the world of motorsport. Having made his mark in various prestigious championships, including Formula Renault 3.5 Series and GP2 Series, he has showcased his prowess on renowned circuits around the world. From Monaco's winding streets to the legendary Spa-Francorchamps in Belgium, Jaafar has left tire tracks of success everywhere he goes. Join us as we delve into the extraordinary life and career of Jazeman Jaafar, exploring the challenges, triumphs, unrelenting pursuit of excellence and his new role and adventure of being a parent.

## Can you tell us about your journey into motorsports and how you developed a passion for racing?

I started at a tender age of six years old, in a small Go Kart track in Shah Alam, when we were invited by friends of my father. I arrived there and I was truly very shocked to see kids between seven to nine years old, racing each other in little go karts. So I was amazed, because I never knew there was such a platform for young passionate talents to start their career. So, it started off as a weekend hobby which then evolved into driving at a national level and later started participating and winning in regional championships across Asia. I then did some races in Europe which led me to win the Belgian championship. So yeah, it's a hobby turned career. I knew it was what I wanted to do at eight years old – I told my mother I wanted to be a Formula One driver. My mom was totally against it in the beginning, but she saw my dedication towards the sport and how I balanced my homework, reciting my Quran and racing and later agreed.

What are your future goals and aspirations in motorsports? Are there any specific races or championships that you dream of participating in or winning?

I would love to be back at the FIA World Endurance Championship. I was there in 2018 and to race for 24 hours of the prestigious Le Mans which is celebrating their 100th year anniversary. It's not a race that you can just enter; you have to be invited to the race. So there are only 60 teams allowed to race, with only three drivers per team. So I would love to be back racing in the championship in Le Mans. In 2018, we had an all Malaysian line up, and finished fourth in Le Mans despite having issues, and we were leading the championship until our backers pulled out with only three races to go, which is really a shame. So I feel like we have unfinished business and have more to achieve in the championship. Besides that, I have created an education platform that allows young boarding technicians and engineers to enter into motors sports. Upon my return from Europe in 2018, I created a syllabus and a platform in which young Malaysian talents can further their careers, via our platform. I hope that it will grow and continue to be a sustainable platform for future talents.



#### Congratulations on becoming a new father! How has this new role in your life impacted your perspective on motorsports and racing?

The birth of my son was so special, although I never thought that I would've become a father at 30. But it's been a huge blessing for me. This hasn't faltered my commitment towards racing and the development and the growth of the sport. I'm still truly passionate and that has not lifted off. I'm still at full throttle and I'm excited for big plans coming up this year and years to come.

#### Parenthood often brings about a shift in priorities. Has your motivation for racing changed since becoming a father? If so, in what ways?

I think the challenging aspect is that being a race car driver is not a nine to five job. There's always the training element, representing the sponsors and a lot of travelling involved. So I prioritise and make my schedule a little more compact and efficient so that I'm away for 10 days instead of two or three weeks. Of course with having a newborn baby, we're in the throes of figuring everything out so it's all about teamwork both on and off track. I try to be as present as I can to help my wife and be in the moment to witness my son grow, which has been incredible. About a month ago, my son came to one of my races in Sepang and he was about four months old then. It was such a great feeling to have him there.

# Has becoming a parent influenced your approach to risk-taking in motorsports? How do you maintain a balance between pushing the limits on the race track and ensuring your safety as a father?

Well, my wife and my mother always remind me to be careful all the time. I'm an adrenaline junkie, and I love extreme sports. For example, although I'm afraid of heights, for my birthday, I decided to jump off a plane. Wakeboarding is another element of extreme sports which I love. I love activities that are full of adrenaline and fast paced. But having said that, now that I have a kid, my training approach differs. Maybe the risk factor is less at the moment, but the overall approach to racing is still the same. I'm there at 120% fully motivated because I approach every, every race as though it's my last because you never know when your last race will be — if opportunities cease to arise or it's time for retirement, so, I approach every race with everything I've got and enjoy every aspect of it.





## In your opinion, what sets Malaysian motorsports apart from other countries? Are there any unique aspects or challenges specific to the Malaysian racing scene?

I lived in the UK for nine years, where I progressively furthered my career. I noticed while being there that motorsports is so much more approachable. There are established programs specially designed for kids aged eight to 12. Then there are big names like Redbull and Ferrari with respective academies that furthers a career in the industry from age 15 onwards. So there are more establishments to nurture young talents there. Then, on the technical and engineering side of things, people are too concerned about having qualifications, when my Formula 3 and 4 mechanic was a school dropout who then earned a technical certification because he wanted to further his career in motor racing. Today, he's one of the data performance engineers in Formula One. So, in the industry, qualifications don't necessarily matter when you're climbing the ranks. Moreover, there's a missing gap, especially in Malaysia, and that is the support from the manufacturers. As aforementioned about Ferrari and Redbull and their academies, I feel that if there are more platforms recognised by manufacturers, more Malaysians can enter the sport in a more sustainable way.

## Motorsports can be physically and mentally demanding. How do you prepare yourself both physically and mentally for races? Do you follow any specific training routines?

You see, being a racing driver, you've gotta be an all-rounder. Being an all-rounder means taking into account your schedule, when to train, what to eat, your travel plans, your jet lag, etc. So, I think first things first is time management. Some drivers or teammates have overtrained and want to be the fittest guy out there, but it won't matter if you can't communicate and spend time with engineers who are developing the car. You also can't be over analytical and forgo your training, which results in getting tired easily. So my routine is always planned months in advance – from my training to sponsorship appearances, I always pre-plan. Right before my races, I like to listen to music with a lot of bass like Hip Hop and R&B to calm me down. Okay. And, you know, I, I do it like I say, I do it because of my passion and, and and for the country, right? So, that's my motivation to every, every time I prepare for my race. One thing that many are not aware about race cars is the heat. It's about 60 to 65 degrees in the car and you're wearing a fireproof suit and helmet which can lead to heat exhaustion, so acclimatising to the heat and drinking plenty of fluids is important. Diet is also an important aspect of preparing for races. If you've done all the work and prepped everything beforehand, everything becomes second nature the moment you jump in the car.



COVER STORY COVER STORY

#### Can you describe a memorable race or moment in your career that has had a significant impact on you as a driver? How did it shape your approach to racing?

There are two major races that I still remember as though it was yesterday. Number one was Formula BMW Asia, when my career had just taken off at the time. The criteria for the next stage was to first, win the Asia championship. We didn't have much funding at the time, we had just enough funding to attend and race. I was in second place in the championship and needed to win three races to win it. I had a very poor qualifying score because I made mistakes and was under a lot of pressure at 14 years old. I continued making mistakes only to be encouraged and motivated by my late dad. The pressure was tremendous because if I didn't win, I would have stopped racing as I didn't have any funding to proceed further. I kept my perseverance and my focus which led me to win the three races and won the championship by just one point. Then, the following Monday, I received a phone call from Petronas and the rest is history. The other major memorable race for me was the Monaco Grand Prix. I raced in Monaco three times before finishing in third place, twice qualifying the front rule for both years.

The final year in Monaco, I was determined to check all the boxes in order to win the race. I was qualified and in pole position, in the front of the grid. Leading up to the race, I was on the flag to the grid and started having problems in my car – I couldn't shift gears and immediately thought, "Oh man, this is over". But my team did an incredible job – they swiftly replaced the geometric pump which typically takes half an hour to change, but they did it in eight to 10 minutes. My heart was pumping through the roof, and dad was calling my then manager every two minutes to ask if I was going on with the race. So I missed one of the green flag laps in which I then continued for the race with warm tires. I had an average start, but I managed to wheel off, let the race pull the gap and won the race. So, yeah, winning the Formula BMW Asia in 2007 and winning the Monaco Grand Prix was the highlight of my career. Negaraku was played in Monaco and the goosebumps were unreal.

## What is it about motorsports that fascinates you the most? How does it feel to be behind the wheel and competing at high speeds?

There are two sides to it. On one hand, it's adrenaline for me. The adrenaline is really something and you can't get it elsewhere. The moment you get your helmet strapped on, your heart is already beating at 160 beats per minute, your hands are sweating and there are thousands upon thousands of people there in anticipation of the race weekend. It's not like an ordinary event, you know what I mean? So, you're in the thick of the action and one of the main acts per se. That experience is something money can't buy. The second part about motor racing is the advanced technology that comes with it. The automotive manufacturers use motorsports as a research and development platform which means there are always new technologies introduced like smaller engines, new sustainable materials, bio-ethanol. There's always something new to innovate and I love the technical innovations that come with the sport.



## What are the major challenges you have faced as a Malaysian racing driver, and how did you overcome them?

The major challenge has always been that there are only a handful of us who are racing internationally. So, it surely took time to gain recognition at an international stage. The fact is that everyone is talented and equally as good as you. Eventually, when you're recognised and accepted in the top field of drivers, it becomes a totally different ball game altogether. The second challenge is always the hunt for funding and in motorsports, you can't run away from it. It is an expensive sport. But I was very lucky in the sense that after school, with my school uniform still on, I would run about and offer sponsorship packages to attract the sponsors. I remember I was in standard three, I just finished my exams and in the evening, dad and I worked on my sponsorship decks. There was one instance, after school, when my dad brought me to Menara TM to do our proposal and we got our sponsorship. The hunt for sponsorship was and is never easy. That said, when I turned pro at 14 and had won the Formula BMW championship, I received a phone call from Petronas because Petronas was nurturing their talent development program. They were nurturing talents from the ground up. So that's where I furthered my career internationally. So, without Petronas, I wouldn't be where I am today.

# What are your strategies for adapting to different race tracks and varying weather conditions? How do you analyse and make adjustments to optimise your performance?

Before the race, we would normally do quite a bit of simulator work. There are simulators that can mimic different tracks so we can practise and learn. There's also a pre-brief and debrief which gives us insight on the technical side of things, which is important because acclimatising to racing in Japan and racing in Bahrain, for example, are totally different. It's different because the car reacts differently to the terrain like the hilly landscape of Fuji in Japan to that in Bahrain which is almost under sea level and its weather is hot and dry. So we try to simulate the races in a simulator and complement that with physical training.

# Are there any particular racing drivers, past or present, who have been a source of inspiration for you? How have they influenced your approach to racing?

The late Ayrton Senna has been my inspiration on track. I think his approach to being ahead of others, being the strongest, the most competitive driver, religious and all rounder himself, that is the dream, for me. He died when I was very young, but his racing legacy lives on. Off track, my inspiration is my late father. Prior to his passing, we spent so much time on and off track trying to get my career on track. He passed away in 2017, when I was tied to McLaren at the time. We went through so much, from karting, racing regionally and then internationally. My late father has been and will continue to be my true inspiration and the backbone of my career.







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Father's Day is just around the corner, and it's time to show your adventurous dad how much you appreciate his fearless spirit and zest for life. Instead of settling for a predictable gift, why not plan an unforgettable day filled with adrenaline-packed activities that will leave him exhilarated and grateful for the incredible memories you create together? From heart-pounding adventures in the air to daring escapades on land and water, this article is your ultimate guide to celebrating Father's Day with thrilling experiences that cater to the adventurous soul of your dad. So buckle up and get ready to embark on an action-packed journey.



## 1. SKYDIVING

For the ultimate adrenaline rush, skydiving tops the list. Take your daring dad to a skydiving centre, where he can experience the breathtaking sensation of free falling through the sky. Tandem jumps with a certified instructor ensure safety while maximising the adrenaline-fuelled excitement.

## 2. WHITEWATER RAFTING

If your father enjoys water and adventure, whitewater rafting is an excellent choice. Navigate through rapids, paddle through churning waters, and conquer the untamed river currents together. Choose a river that matches your father's skill level for an optimal experience.

## 3. OFF-ROADING

For dads with a love for speed and rugged terrain, off-roading is an ideal activity. Whether it's driving ATVs, dirt bikes, or powerful 4x4 vehicles, off-roading adventures provide an adrenaline rush as you navigate through challenging landscapes, conquer steep hills, and splash through muddy trails.

## 4. BUNGEE JUMPING

Give your father an opportunity to leap into the void and experience an unmatched rush of adrenaline. Bungee jumping offers an unforgettable thrill as he plummets towards the ground before bouncing back. Make sure to choose a reputable bungee jumping location with proper safety measures.

## 5. ZIPLINING

If your dad enjoys a mix of adventure and stunning views, ziplining can be an excellent choice. Glide through the air on high-speed ziplines, soaring above canopies, rivers, or even mountains. It's a thrilling and awe-inspiring experience that will leave your father with unforgettable memories

## 6. ROCK CLIMBING

For fathers who seek both physical and mental challenges, rock climbing is an ideal adventure. Whether indoors or outdoors, scaling vertical walls requires strength, agility, and problem-solving skills. Consider hiring a professional guide or joining a climbing gym for a safe and exhilarating experience.

## 7. PARAGLIDING

If your father dreams of soaring like a bird, paragliding offers an unparalleled sense of freedom. Strap into a paraglider, run down a slope, and let the wind carry you through the sky. The combination of tranquility and adrenaline makes paragliding an unforgettable adventure.

## 8. SHARK CAGE DIVING

For dads with a fascination for marine life and a desire to face their fears head-on, shark cage diving is an exhilarating option. Embark on an expedition to witness these majestic creatures up close from the safety of a submerged cage. It's an adventure that combines thrill and education.

## 9. ADVENTURE RACING

For fathers who thrive on endurance challenges and teamwork, adventure racing provides the perfect outlet. Participate together in an adventure race that combines various activities such as trail running, mountain biking, kayaking, and orienteering. It's a test of physical and mental strength that fosters camaraderie.

## 10. HELICOPTER TOUR

For a more relaxed but still thrilling experience, surprise your dad with a helicopter tour. Take to the skies and enjoy breathtaking views of landmarks, natural wonders, or the cityscape. Helicopter tours offer a unique perspective, combining adventure with awe-inspiring beauty.









#### **Balmoral Castle**

Castle is the royal family's beloved summer retreat. Purchased by rolling hills, and picturesque lochs, Balmoral offers a tranquil and scenic escape. The castle's architecture, characterised by its aranite turrets and baronial style, is a testament to its historical significance.



## **Buckingham Palace**

Undoubtedly the most famous and iconic royal residence, Buckingham Palace stands proudly at the heart of London. Serving as the official residence of the reigning monarch since 1837, it is a symbol of power and elegance. The palace encompasses an astonishing 775 rooms, including opulent state rooms, private apartments, and sprawling gardens. Its grand facade and exquisite interior design make it a spectacle to behold during the Changing of the Guard ceremony, attracting millions of visitors each year.



#### Windsor Castle

Nestled amidst the rugged beauty of the Scottish Highlands, Balmoral Situated in the idyllic Berkshire countryside, Windsor Castle is the oldest and largest inhabited castle in the world. Spanning over 900 years of history, it serves Queen Victoria in 1852, it has remained a private property of the as both a royal residence and an official venue for state ceremonies. The castle's royal family ever since. Surrounded by acres of enchanting forests, stunning architecture combines various styles from different centuries, reflecting the evolution of British architecture. With its extensive grounds and beautiful gardens, it offers breathtaking views of the surrounding countryside.

#### **Kensington Palace**

Located in the heart of London, Kensington Palace is a historic royal residence that holds a significant place in British history. The palace is divided into private apartments and ceremonial spaces, with one apartment housing the Duke and Duchess of Cambridge and their family. Its elegant architecture, combined with its proximity to Hyde Park, makes it an enchanting and picturesque royal abode.



## Sandringham House

Located in the Norfolk countryside, Sandringham House holds a special place in the royal family's heart. Acquired by Queen Victoria in 1862, it has been a private residence for four generations. The house itself is a splendid example of the late Victorian style, boasting grand reception rooms, a stunning ballroom, and beautifully manicured gardens. It is often used by the royal family for their traditional Christmas celebrations.



## **Frogmore House**

Since 1792, the Crown has possessed Frogmore House in Windsor, England. Although the house is vacant right now, it frequently hosts private and professional functions. Perhaps Frogmore Cottage, the former residence of Prince Harry and Meghan Markle, which is located on the same grounds as Frogmore House, is the more well-known Frogmore property. Frogmore Cottage was built in 1801 when Queen Charlotte reigned.



## **Highgrove House**

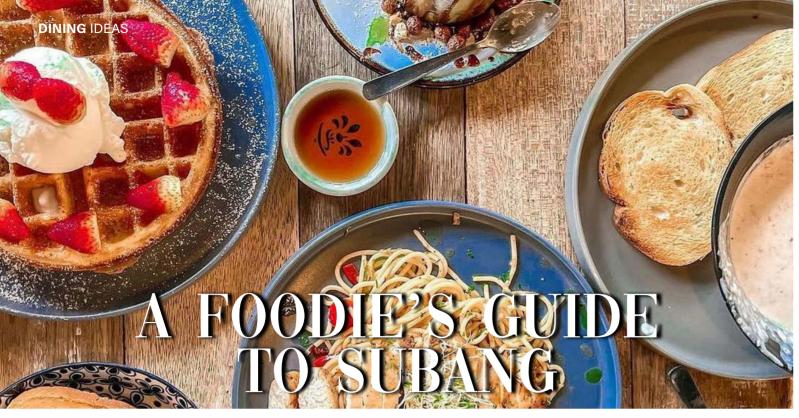
Highgrove House, set in the charming Gloucestershire countryside, serves as the private residence of the Prince of Wales and the Duchess of Cornwall. Purchased by Prince Charles in 1980, it has since been transformed into a remarkable showcase of organic gardening and sustainability. Highgrove's stunning gardens are renowned for their ecological diversity, featuring rare plant species and exauisite floral displays.



#### St. James's Palace

Up until Queen Victoria's reign, the monarchs lived in St. James's Palace in London as their official residence. The Garter King of Arms makes the announcement of the new monarch's accession there, and it still plays a significant role today. Additionally, when visiting London, it serves as the home of Princesses Anne, Beatrice, and Alexandra. Each year, more than 100 charity banquets are held here for organisations connected to the royal family.

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Subang has emerged as a culinary utopia and holds the key to a gastronomic adventure. It has firmly established itself as a food lover's haven for years now with its variety of offerings, so join us as we unravel the rich tapestry of Subang's food culture. Check out our fool-proof foodie's guide to unlocking the flavours of this locale. Enjoy!



## Rata

Rata takes its name from Tanah Rata — a township in Cameron Highlands, from where they source their vegetables. Walking into Rata is like being transported to a tropical paradise (picture Bali), with curated furnishings and bits and bobs that contribute to its architectural trope. Helmed by Chef Vic who has a decade-long experience under his belt, his recent exploration of the food scene in Southeast Asia has birthed a plethora of distinct dishes that are both flavourful and highly addictive. Expect nothing less than a play of flavours at Rata. This is evident in the Pesto Paneer and Caper Relish pizza — a marriage of Indian cottage cheese with Mediterranean capers. It is a feast for the eyes and the palate, especially when paired with a lip-smacking cocktail like Mandarin Moschino. Seek comfort in the plate of Rata's Mutton Chukka, alluring with its sultry aroma and even better piquancy exuded from the slow-cooked mutton with homemade gravy which is best lapped up with turmeric rice. The dish is made complete with the accompaniment of raita and papadom.

Rata, 25, SS15/5A 47500 Subang Jaya, Selangor.

## Garage 51

Garage 51 took Kuala Lumpur by storm with their decadent, over-the-top, utterly addictive milkshakes. Since then, they have been brewing more than just milkshakes. Rather, they have an extensive menu that screams EAT ME! On top of that, great attention is paid to the presentation of both their libations and fare, making it irresistible to take pictures in their edgy and industrial interior. We love the comfort exuded by the Chicken Tempura with Japanese Rice, tossed with sautéed mushrooms, onsen egg at its centre and homemade sauce for that extra oomph factor. From the brunch segment, you can't go wrong with the Toast with Poached Eggs — a hearty dish complemented by smashed avocado and smoked salmon, as well as pesto sauce to tie it all together.

51, Jalan PJS 11/9, Bandar Sunway, 47500 Petaling Jaya, Selangor.



## **Kubis and Kale**

Kubis and Kale welcomes health enthusiasts as well as those who relish in scrumptious fare. The high ceiling, sprawled space, glass windows, dotted greenery and friendly faces is what makes this local haunt charming. The relaxed ambience inspires playful banter with a group of friends over their wholesome poke bowls. With a philosophy on cooking from scratch using whole, nutritious seasonal ingredients, sourced from a community of local farmers and suppliers, the restaurant uses carbon vegetables, which are clean, nutritious and safe. They are so-called because they are grown using the carbon regenerative farming method which is chemicide-free and improves the nutritional benefits of vegetables – purveying only the best for its customers. On days when your appetite is low, seek comfort from the Superfood Lite Bowl, suitable for light eaters. Build your own bowl and choose a base such as the brown pilaf rice, three sides with options such as pico de Gallo, sichuan egaplant and crispy snakegourd, two toppings, a protein choice like cajun shrimp and delicious sauce selections to unify the bowl. The Kubis Sandwiches are delectable and hearty alternatives with choices like the Honey Soy Chicken Sandwich and Egg Burst Sandwich on offer.

Lot 2 & 4, Ground Floor, Jalan PJS 11/5, Bandar Sunway, 46150 Petaling Jaya.

## **Jibril**

Founded in 2015 by four university students, Jibril has carved a name for itself in Subang's food and beverage scene. The first of its kind, Jibril was designed to be a speakeasy restaurant with great ambience and even better food and drinks. The highlight at Jibril has and still is the Salted Egg Butter Chicken which is triple-fried, each time using different premium ingredients to ensure the taste and crunchiness of the butter chicken is consistent and delectable. Switch out the rice and try the Butterchicken Chop Pasta which boasts the same creaminess and umami on a bed of all dente pasta. Besides chicken, the Hot Chilli Clams is a bowlful of goodness, boasting fresh, spice-inducing clams served with crispy on the outside, soft on the inside mantao buns. It embodies contrasting flavours to the butter chicken, but is delicious nonetheless.

25, Jalan SS 15/4b, Ss 15, 47500 Subang Jaya, Selangor.

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Chica Bonita Mexican Kitchen and Bar, a recent addition to Klang Valley's thriving food scene, embodies all the hallmarks of a contemporary Mexican spot — vibrant interior, sugar skull murals and upbeat Latin numbers playing in the background. The playful colours and ambience are contagious, rendering us energised and enthused.

The fare here slants towards Tex-Mex, so expect the likes of nachos, burritos and enchiladas to name a few. When in doubt, start small with the Elote a street snack which is essentially corn on the cob sprinkled with chilli tajin, crushed cheese and served with fresh lime. Together, they create a crunchy bite of tart and spiciness.

The tacos are crowd favourites, especially the Pescado Tacos which see crispy battered fish seasoned with pico de Gallo, sriracha menu and complete with a pickled red cabbage. It's noteworthy that Chica Bonita caters to vegetarians, offering options such as mushroom, pumpkin or bean tacos, the Garbanzo y Maiz Burrito Chingon — a chunky roll robust with chickpeas, corn, lettuce, pico de Gallo and quacamole. For dessert, the Tres Leches is a must. It's crafted from sponge cake soaked in condensed, evaporated and cream milk, topped with charred pineapple and whipped cream.







A fresh and mouthwatering innovation to the traditional Black Tap Hot Chicken Sandwich, it features crispy chicken drenched in hot chilli oil, spiced with a blend of Asian chillis, Italian seasonings, and black garlic hot rub, and topped with pickle chips and buttermilk dill. Additionally, the Sunway Resort Hotel's Black Tap branch has debuted a limited-edition speciality called Atomic Shrimp! Deep-fried with Asian seasonings on top, the shrimp are placed in a bowl with dry coleslaw, Boston

"Black Tap is about creating an experience. Everything from our design to our gourmet burgers to our

leaf lettuce, sesame seeds, and scallions.

Black Tap is bringing the heat of Nashville to people all over the world with the Hot Chicken Sandwich in honour of the company's expansion to Nashville, Tennessee in the United States this month. From May 15 to June 15, 2023, the sandwich will only be sold in Malaysia, New York City, Las Vegas, Anaheim, Singapore, Switzerland, Dubai, Kuwait, Saudi Arabia, and Abu Dhabi.





BLACK TAP BURGERS & SH

Black Tap Craft Burgers & Shakes, Sunway Resort Hotel Persiaran Lagoon, Bandar Sunway, 47500 Selangor. +603 7492 8000

SIC SHAKES SNACKS

CrazvShake® milkshakes are meant to create lasting memories for our guests. We hope with this new addition to the menu, the Black Tap Hot Chicken Sandwich, we are able share a bit of the opening excitement and Southern hospitality with our diners," said Chris Barish, founder, and owner of Black Tap Craft Burgers & Shakes.

Black Tap integrates Malaysian hospitality with the spirit of New York City to offer an unforgettable experience for all visitors. The brand has grown since launching its first 15-seat shop in NYC, not only nationally but also internationally, all the way to Sunway City Kuala Lumpur, its first site in Malaysia. Award-winning restaurant chain Black Tap offers a laid-back atmosphere with a uniquely New York feel, complete with music from the 80s and 90s, art-covered walls, and mouthwatering artisan burgers and its world-famous CrazyShake® milkshakes. The Black Tap Hot Chicken Sandwich is priced at MYR 49.00 for a package with sides to taste Black Tap's tribute to Nashville, while the Atomic Shrimp costs MYR 35.00. Both are available from now through June 15th, 2023.

# XIAO BY CRUSTZ

18, Jalan SS 2/72, Seksyen 19, 47300 Petaling Jaya, Selangor.

After seven years of calling Happy Mansion Section 17, PJ its home, renowned patisserie Xiao by Crustz has moved a stone's throw away from its former location to a bounteous space in Section 19. Its new abode is almost triple the size of its former nook and embraces a warm, leafy interior. High exposed ceilings, glass windows and doors, tatami seating as well as ubiquitously places plants contribute to a cosy ambience, one that can accommodate more guests now.

There are plenty to indulge in here, from their bestselling petit gateaux to ice cream and savoury pastries available from Monday to Sunday (except Tuesday). It's well established that Xiao by Crustz's petit gateau is a work of art, comprising layers of flavour and boasting the artisan's prowess in crafting these. Being matcha fans ourselves, we couldn't help but try the Zen — a green circular cake crafted with rich matcha Chantilly and refreshing yuzu cream for balance.

For larger groups of friends or family, we recommend indulging in a set of four petit gateau, appropriately named Springfield, as an ode to the season. The Set comprises Citrus Flower — embodying an orange white chocolate flavour, Stellar — a dark chocolate and cherry number, Cerf — a chocolate hazelnut delight for chocolate lovers and Pear — a vanilla pear rendition. We also relished in the Longevity Bao — a coconut frenzy boasting a layer of coconut chiffon and mousse filled with mango passionfruit cream. Pair your sweet indulgence with Xiao by Crustz's caramel latte or grapefruit Jasmine tea for the perfect afternoon treat.







# LOUNGE ON THE PARK @ MANDARIN ORIENTAL, KUALA LUMPUR

Kuala Lumpur City Centre, 50088 Kuala Lumpur. +603 2380 8888

Situated adjacent to the iconic PETRONAS Twin Tower, Mandarin Oriental, Kuala Lumpur is the city's leading luxury hotel with 629 well-appointed rooms, suites, and serviced apartments. Delight your senses with an array of cuisines showcased in seven innovative outlets. Escape Kuala Lumpur's urban bustle at The Spa with rejuvenating facials, body treatments and award-winning Signature Therapies for a holistic wellbeing. Take a dip at the infinity edge pool overlooking the spectacular city skyline or be mesmerised by the magnificent display of KLCC Lake Symphony Fountain at the Esplanade KLCC.

Mandarin Oriental Kuala Lumpur announced the "Le Petit Goûter À La Française" Afternoon Tea – available from June 1 to Aug 31 at Lounge on the Park. The tea set is inspired by the timeless elegance of patisseries from around France and is the perfect way to savour the flavours of key French cities such as Alsace, Nice, Normandy and Paris, in the heart of Kuala Lumpur. Guests can indulge in a selection of delectable pastries, sandwiches, and desserts, all created with the finest ingredients by our Executive Pastry Chef, Kevin Pannier.

The French Afternoon Tea menu includes classic French favourites such as madeleines, quiches, croissants, macarons, as well as delicate finger sandwiches with a modern twist such as Duck Rillette, Salmon, and more. The French Afternoon Tea promotion is available daily from 2.30pm to 6.00pm, priced at RM188+ nett per person, inclusive of free flow of hot beverages. Guests can opt for a selection of French inspired cocktails for encapsulating experience.



**NIGHTLIFE NIGHTLIFE** 

# TANTALISING TIPPLES

#### CRAFT COCKTAILS TO TRY AT HOME

What's a good hostess without an arsenal of cocktail recipes up your sleeve? Try your at-home mixologist skills with the following cocktail renditions.



## Lavender Lemonade Spritz

This Lemon Lavender Gin Spritz is a refreshing and fun cocktail filled with whimsy! Gin, lavender, and lemonade are the base of this drink - light and delicious. A float of butterfly pea pollen over top gives this a dramatic and festive flair!

#### **Ingredients:**

2 oz Vodka 1 oz Lavender Syrup 1 oz Lemon Juice 3 oz Sparkling Water Lavender Sprig for Garnish Lemon Twist for Garnish

#### Method:

- 1. In a cocktail shaker, combine vodka, lavender syrup, and lemon juice.
- 2. Fill the shaker with ice and shake well for about 15 seconds.
- 3. Strain the mixture into a glass filled with
- 4. Top with sparkling water and gently stir.
- 5. Garnish with a sprig of lavender and a twist of lemon. Sip and enjoy the refreshing and floral lavender lemonade



## Cucumber Jalapeno Margarita

Nothing tastes better than tequila and jalapeño; the cucumber adds a freshness that helps to mute the jalapeños bite. The longer it chills, the more jalapeño and cucumber infuses into the tequila. Serve over ice in a salt-rimmed glass, garnished with cucumber slices.

#### **Ingredients:**

2 oz Teguila 1 oz Lime Juice

1 oz Agave Syrup

2 slices of Fresh Cucumber

2 slices of Fresh Jalapeño Salt and Chilli Powder for Rimming

Cucumber Slice and Jalapeño Slice 4. Fill the shaker with ice and shake well for for Garnish

#### **Instructions:**

- 1. Rim a glass with a mixture of salt and chilli powder.
- 2. In a cocktail shaker, muddle the cucumber slices and jalapeño slices.
- 3. Add tequila, lime juice, and agave syrup to the shaker.
- about 15 seconds.
- 5. Strain the mixture into the prepared glass filled with ice.
- 6. Garnish with a slice of cucumber and a slice of jalapeño. Savour the refreshing kick of the cucumber jalapeño margarita!



## **Tropical Thunder**

In this frothy, tropical-leaning riff on the Daiquiri, milk-washed rum lends a rich mouthfeel to the fruitier notes of pineapple and orange juice. Created during this barback days at Booker & Dax, this was Jack Schramm's first cocktail to ever make it on a menu.

#### **Ingredients:**

2 oz Dark Rum

1 oz Pineapple Juice 1 oz Passion Fruit Juice 1/2 oz Lime Juice 1/2 oz Honey Syrup Dash of Angostura Bitters Pineapple Wedge and Mint Sprig for Garnish

#### **Instructions:**

- 1 In a cocktail shaker, combine dark rum, pineapple juice, passion fruit juice, lime juice, honey syrup, and a dash of Angostura bitters.
- 2. Fill the shaker with ice and shake vigorously for about 15 seconds.
- 3. Strain the mixture into a chilled glass filled with ice cubes.
- 4. Garnish with a pineapple wedge and a sprig of mint. Enjoy the tropical thunder!

## Smoky Maple Old Fashioned

This smoked maple old fashioned cocktail is the perfect smoky drink for rainy evenings. It's warming and filled with amazing flavour, using smoked maple bourbon and pure maple syrup. Delicious!

#### **Ingredients:**

2 oz Bourbon 1/4 oz Maple Syrup 2 dashes of Angostura Bitters 1 dash of Orange Bitters Orange Peel for Garnish Wood Smoke (optional)

#### **Instructions:**

- 1. In a mixing glass, combine bourbon, maple syrup, Angostura bitters, and orange bitters.
- 2. Add ice cubes to the mixing glass and stir gently for about 30 seconds.
- 3. If desired, use a smoking gun or smoker box to infuse the cocktail with wood smoke.
- 4. Strain the mixture into a rocks glass filled with ice.
- 5. Express the oils from an orange peel over the drink and use it as a garnish. Sip and savour the smoky maple goodness!





The history of strudel dates back to hundreds of years, which served as an easy yet satisfying meal of the poor. The name Strudel comes from the German word for "whirlpool" or "eddy". It is also associated with Austrian cuisine, formerly belonging to the Austro-Hungarian Empire. However, it was the Viennese who made this dish famous with its delicate, thin layers of dough and sweet, tart apple filling. While some of the strudels in the world today can be found in Corica Pastries in Perth, Australia, we have our fair share of local contenders in Malaysia. Whet your appetite with these bakeries listed below.



## Fruity Bakery and Cafe

For 30 years, Fruity Bakery and Cafe has reigned as the top purveyor of apple strudel. Tucked away in Klang, their recipe is said to be based on an original recipe from Perth, Australia. It's undoubtedly the most sought-after apple strudel for its incredible length of 34 cm, the tender flakiness of the pastry that melts in the mouth and the heart of the strudel which is a generous filling of apple, whipped cream and custard. While Klang is rather far to travel to, Kl-ites can rejoice as its store in Mont Kiara, in collaboration with H Floriste, is open again to satisfy your apple strudel cravings.



## Kenny Hills Bakers

Strudels are a traditional Austrian pastry made from flaky pastry, which can be served sweet when filled with fruit and sweetened cream, or savoury. The peach strudel at Kenny Hills Bakers is delectable and what many queue up for during the weekends. It is rather sizable, swathed with sliced peaches and a sweetened Chantilly cream as its base. The cream isn't overly sweet, with extra crispy and flaky pastry giving it a nice firm texture. This dessert alone is worth the visit.





## Icon Brewings

Hidden in Taman Bukit Segar, Cheras is a renowned bakery called Icon Brewings. Ask anyone living in Cheras and ninety per cent of them would probably say that they've certainly heard of this patisserie. Icon Brewings has earned its name in the local scene for its array of scrumptious fruit strudels. From mango with pomegranate to blueberries and even kiwi, its fruit strudels are pleasing to the eye and palate. If you're unsure of what to order, get the Fruit Strudel Set which comes in a box of five strudels — kiwi, mango, blueberry, strawberry and peach.

## Foo Foo Fine Desserts

At Foo Foo Fine Desserts, one can expect exquisitely plated desserts paired with home-made ice cream for your sweet indulgence. Among the delectable offerings is their rendition of the apple strudel which comes in an unconventional presentation. Foo Foo's apple strudel is presented in a puff pastry pouch with a refreshing apple filling, complemented with a velvety Black Pepper Mango Ice Cream that conveys a harmony of flavours.

## **Encore Malaysia**

Encore Malaysia has been attracting pastry lovers with its plethora of enticing pastries, from strudels to mille feuille, flan and many more. Nestled in Taman Bukit Desa, Kuala Lumpur, this patisserie's fruit strudels come with a generous custard filling topped with fresh strawberries and blueberries with a dusting of icing sugar.

KL LIFESTYLE KL LIFESTYLE I 30



The Korean phenomenon has swept the world; from the K-dramas, K-pop celebrities to Korean fried chicken and its various cuisine offerings, there's much to love about this. It goes without saying that Malaysians have fallen head over heels for the crispy, flavourful and addictive Korean fried chicken. With numerous Korean eateries sprouting up across the region, it's time to embark on a finger-lickin' adventure and discover the best Korean fried chicken joints in the Klang Valley.



## **KyoChon**

KyoChon is a popular Korean fried chicken chain known for its mouthwatering crispy wings and signature soy garlic glaze. With outlets scattered throughout the Klang Valley, their chicken is cooked to perfection, delivering a delightful crunch with every bite. Don't miss out on their spicy variations for an extra kick of heat.

## K Fry Urban Korean

K Fry Urban Korean is a go-to spot for those who crave hearty Korean fried chicken. Their menu features a variety of chicken cuts, including wings, drumsticks, and boneless options. From the classic soy garlic to the fiery yangnyeom, each piece is generously coated in their signature sauces, resulting in a satisfying explosion of flavours.



## MyeongDong Topokki

While MyeongDong Topokki is renowned for its delectable Korean street food, their Korean fried chicken is an absolute must-try. Crispy on the outside and juicy on the inside, their chicken comes in a variety of flavours, including the crowd-favourite Korean soy sauce and the tantalisingly spicy Gangnam style. Enjoy your chicken with a side of their famous toppoki (rice cakes) for a complete Korean culinary experience.



# AIRLINK

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## MORE THAN AN ISLAND, A GATEWAY TO LIVING HERITAGE.

PENANG INTERNATIONAL AIRPORT, THE GATEWAY TO GETAWAYS

It all begins at Penang International Airport (PEN). Modern street art interweaving with old world architecture. Cuisines both fancy and rustic, found nowhere else. Home to a heritage of 500 years. Plan your route to a UNESCO World Heritage City.





↑ s part of our continuous efforts to elevate our service Astandards to help us regain top-tier global rankings for KLIA, we recently introduced the STARdesk system which can quickly validate and address passengers' feedback within 15 minutes after they are submitted to our MYAirports mobile app. The app, which can be downloaded at Google Play Store or Apple App Store, is also useful for our passengers as it features flight schedules, wayfinding as well as food and beverage offerings at our flagship airport.

STARdesk was launched alongside our new EZbagz selfservice bag drop facility at KLIA Terminal 1 where we are working for a start with Malaysia Airlines for its domestic flights. We are changing the way we operate with more vigour and carrying various transformation exercises for continuous enhancements to the passenger journey. We aim to sustain this momentum and introduce more innovative initiatives in the coming months.

As for our other airports in Malaysia, we have not overlooked their expansion plans or upgrading exercise either. In the case of Kuching International Airport, RM2.9 million has been allocated for 2023-2025 to upgrade its facilities, baggage handling system and aerobridges.

On the estimated RM1.2 billion expansion of Penang International Airport (PIA), which will cater to 12 million passengers annually upon its completion in four years'

## Airport MD Speaks

Dato' Iskandar Mizal Mahmood returns to Malaysia Airports after almost 20 years with his wealth of experience gleaned from many multinationals and governmentlinked companies to elevate and transform Malaysia Airports in the fast-changing aviation landscape with new travel norms and innovative technological advances.

This month, he is pleased with the newly launched upgraded management platform STARdesk to enhance its passenger experience at KL International Airport (KLIA). Upgrading or expansion at other key airports are also in the works to ensure that they are able to meet the increasing passenger capacity as travel momentum continues to pick up post Covid-19 pandemic. He also brims with pride that a Malaysia Airports talent has won Airports Council International Asia Pacific (ACI APAC) signature Human Resource programme's Young Executive Award 2023 for promulgating innovative ideas and best practices in the region and the Middle East.

time, construction is expected to begin next year. It will include the building of a new terminal, infrastructure and facilities for passengers.

Meanwhile, the federal government has approved the redevelopment of Sultan Abdul Aziz Shah Airport, popularly referred to as Subang Airport, to be turned into a regional aviation hub with a maximum capacity of eight million annual passengers. All these airport expansion projects are expected to create high value and skilled job opportunities, which will augur well for the aviation sector.

am also happy to announce that Noor Sabrina, our senior executive of stakeholder relations and regulatory affairs has been declared the winner of this year's Young Executive Award themed 'The Future of Airport Workforce'. She will not only receive US\$1,000 cash and a scholarship for an online self-study on an Airports Operations Diploma programme but will have her research paper featured on ACI website.

As an incentive for nominating her, Malaysia Airports is also offered an additional scholarship to any ACI Global Training Leadership and Management Professional Course which can be taken virtually or classroom style. excluding travel fare. We are thankful for this opportunity to send our young talents to further enhance their skills and develop their career with us.

AIRPORT TALK **AIRLINK AIRLINK** AIRPORT TALK



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#### Advisor

Dato' Iskandar Mizal Mahmood

**Managing Editor** Mohamed Sallauddin Haji Mat Sah

#### **Editorial & Concept**

Mediate Communications Sdn Bhd airlink@mediate.com.my

Advertising & Production Noor Hafiza Ruslan hafiza@malaysiaairports.com.my

Mohd Faizal Md Haris faizalmd@malaysiaairports.com.my

**Design & Distribution** Mediate Communications Sdn Bhd

MALAYSIA AIRPORTS HOLDINGS BERHAD (487092-W)

Aviation Marketing and Development Level 3, Arrival Hall (Domestic) Main Terminal Building KL International Airport 64000 Sepang Selangor Darul Ehsan, Malaysia Tel: 603-8776 4949 Fax: 603-8776 4040 Email: marketing@malaysiaairports.





## Air Connectivity Recovery to Boost Socio-Economic Growth

The full-scale of global Covid-19 scenario, Pacific between 2019 and now. large airports in the region.

Preliminary findings of a study on Airport Connectivity by Airports Council International Asia Pacific (ACI APAC) cited that these airports, largely more dependent on international traffic, saw a 42% reduction in the connectivity index by August 2022 compared to a 17% drop reported at small airports, which benefited from a more resilient domestic traffic.

Conducted with the assistance of PwC, the study also revealed that airports in the Middle East (ME), especially the large and mediumsized international airports, have recovered much faster with 19% increase in connectivity while the smaller airports witnessed 5% increase.

Understanding the way airports operate and how the current

characterised bv pandemic has brought about increased airfares, manpower a significant drop in the number shortage and stiff competition of direct routes, flight frequencies in the aviation sector, the ACI and available seat capacity in Asia APAC Board, which recently met at its 18th Regional Assembly in affecting more so the medium or Kobe, Japan, called on airport operators to open a new dialogue with their national authorities and industry stakeholders to modernise the aviation sector and its infrastructure.

> Considering that the sector generates economic value and supports employment besides boosting trade, tourism, education and foreign investments, it believes that a holistic approach to create the fertile ground for the industry is required. They include boosting connectivity by further liberalising international aviation markets.

> Given the ensuing congestion at airports amid the strong growth prospects, ACI APAC also suggested a rethink of the model of optimising the use of existing infrastructure via slots allocation as well as modernised and a more flexible charging system.

It also urged governments to simplify and streamline visa processes for inbound international travellers, where applicable and to incentivise funding and financing of airport infrastructure with a reasonable return on investment.

Compliance with environmental and other sustainability objectives, including reducing carbon dioxide emissions in compliance with the long-term global aspirational goal for international aviation of net-zero carbon emissions by 2050 should also be prioritised.

Recognising the importance of fully restoring air connectivity and the essential role airports play in driving socio-economic growth, the trade association representing 622 airports from 47 countries or territories, also made a resolution to promote, restore and develop air connectivity in APAC and the ME besides supporting the United Nations Sustainable Development Goals.

Connectivity is a critical enabler for social and economic wealth. Restoring air connectivity in the APAC and development of more routes in the ME is essential to support the recovery of their economies.

#### **EMMANUAL MENANTEAU**

President of Airports Council International Asia Pacific (ACI APAC)

With APAC resurging after three complex vears, ACI APAC Director General Stefano Baronci said, "Modernising the sector means critically assessing what can be done differently and better through a close dialogue between institutional and industry stakeholders."

Following the model of the first bloc-to-bloc air transport agreement between the European Union (EU) and the ASEAN as well as the recent summit between India and the EU, he called upon the implementation of a more liberalised market, the strengthening of cooperation and harmonisation on safety, security and environmental protection among other things.

"This will require a sense of leadership, significant investment but also building capacity and expertise. At all levels, ACI AP is keen to provide its contribution through this process of transformation."

#### **Tourism Malaysia's Focus on GCC**

Capitalising on the continuing growth of the Gulf Cooperation Council (GCC) countries outbound sector, Tourism Malaysia spearheaded a tourism sales mission to Bahrain and Kuwait from May 7-9 May after its participation at the Arabian Travel Mart (ATM) from May 1-4 at the Dubai World Trade Centre.

Led by Manoharan Periasamy, its Senior Director of International Promotion Division (Asia/Africa), Tourism Malaysia visited Manama and Kuwait City to promote Malaysia as a top-of-the-mind tourist destination and to strengthen Malaysia's presence in these markets. The Malaysian delegation comprised 16 organisations which represented a good mix of hotels and resorts. travel agents, associations and representatives from state tourism boards.

Meetings were held with key Bahrain and Kuwait tourism industry players, Gulf Air, Kuwait Airways, top travel agents besides a courtesy call to the High Commissioner of Malaysia to Bahrain and Kuwait.

Earlier at the four-day ATM. Tourism Malaysia's efforts to publicise its promotional efforts to the ME was led by Khairul Firdaus Akbar Khan, Deputy Minister of Tourism, Arts and Culture Malaysia. It was participated by 76 organisations. They included state tourism organisations such as Langkawi Development Authority, Penang Global Tourism, Sabah Tourism Board, Sarawak Tourism Board, Tourism Melaka, Tourism Pahang and Tourism Johor.

ATM 2023 marked the 29th anniversary of Malaysia's participation to market and promote its latest attractions and safe travel destinations for shopping, family fun, eco-adventure, honeymoon, and luxury holidays. During the event, the Malaysian delegation met up with a few Middle Eastern airlines such as Qatar Airways, Emirates, Etihad Airways, Saudia, Air Arabia, Oman Air and Salam Air to discuss future collaborations.

Tourism Malaysia also signed two Memorandums of Collaboration (MOC) with Saudia and Air Arabia on May 2 and 3. The MOCs will benefit the Malaysian economy and strengthen its economic ties with Saudi Arabia and the United Arab Emirates.

Malaysia, which has recorded 10.07 million tourist arrivals and RM28.2 billion in tourist receipts in 2022, surpassed its initial target of 9.2 million international tourist arrivals. It received 88,534 tourist arrivals from the ME.

Malaysia aims to welcome 16.1 million international tourist arrivals this year, of which 300,000 tourists are expected to come from West Asia, and to generate RM49.2 billion in tourist receipts.

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**AVIATION NEWS** AVIATION NEWS **AIRLINK AIRLINK** 

# Wings Air Opens New Pekanbaru-Melaka Route



The first flight of Wings Air into Batu Berendam Airport in Melaka from Sultan Svarik Kassim II Pekanbaru International Airport in the Riau province of Indonesia on May 15 has brought 85% of its passengers who are seeking medical treatment at the state's private hospitals.

Besides Melaka being a popular health tourism destination, especially among tourists from Indonesia, Wings Air Acting Chief Executive Officer Captain Fitzgerald Julian also expects the new route to benefit both Malaysia and Indonesia in terms of business. economy and trade.

Additionally, Riau, located on the island of Sumatra with Pekanbaru as its capital and largest city, share a rich history and cultural relationship with Melaka as both were part of the Melaka Sultanate in the 15th century.

A member of Indonesia's Lion Group, Wings Air's seven weekly flights, using the ATR 72-600 aircraft with 72 seats, delivers its passengers to Melaka in slightly more than an hour.

Present at the launch of its inaugural flight in Pekanbaru were Mohamad Hendra Irawan, Executive General Manager of Sultan Syarif Kasim II Pekanbaru International Airport and Lieutenant-Colonel Aviation Corps (PNB) Bambang Apriyanto, Head of Operations Department at Roesmin Nurjadin Air Force Base.

Welcoming the low-cost carrier's maiden flight in Melaka, State Tourism, Heritage, Arts and Culture Committee chairman Datuk Abdul Razak Abdul Rahman hopes Wings Air will help Melaka achieve its target of attracting 8.4 million tourist arrivals this year.

The state government, which reportedly has been holding discussion with Malaysia Airports and the Civil Aviation

Authority of Malaysia to attract more airlines to Melaka, said it is drafting strategies and plans regarding the operations and facilities at the Melaka Airport.

According to Melaka State Works, Infrastructure, Public Facilities and Transport Committee chairman Datuk Hameed Mytheen Kunju Basheer, this includes new applications to the federal government for additional allocation to upgrade the airport runway.

For more information, visit www.lionair.co.id





## Etihad Airways Expands Interline Pact with Emirates Airline to Boost UAE's Tourism

provide travellers with additional itinerary options this capital city of Lisbon from its Abu Dhabi hub. summer.

Viewed as the first of its kind agreement between the two UAE flag carriers, the initial stages of their interline pact will enable them to focus on developing inbound traffic to the UAE from select points in Europe and China.

According to the Emirates Tourism Council, tourism, a key pillar of UAE's economy, is expected to contribute to 5.4% or US\$31.6 billion of its total gross domestic product, supporting almost an estimated one million jobs by 2027.

Via this "open jaw" arrangement, which offers the flexibility of a single ticket and convenient baggage check-in for the full journey, visitors can cover as much ground as possible when exploring Abu Dhabi, Dubai or the other emirates. This "multi-city flights" option also saves them time as they do not need to fly home via their arrival airport.

The MoU's two signatories - Etihad Chief Operating Officer Mohammad Al Bulooki and Emirates Chief Commercial Officer Adnan Kazim - inked the pact in the presence of Emirates President Sir Tim Clark and Etihad Chief Executive Officer Antonoaldo Neves, who viewed it as "a win-win proposition for travellers to the UAE".

after their first MoU in 2018, which saw Etihad Aviation Group and Emirates Group Security strengthening their aviation security, including the sharing of information and seats available than in 2022. intelligence in operational areas both within and outside the UAE.

To woo visitors to the United Arab Emirates (UAE), As part of its network expansion, Neves also announced Etihad Airways and Emirates Airline have signed a Etihad will be returning to Mykonos in Greece, Malaga Memorandum of Understanding (MoU) at the recently in Spain with twice weekly flights each from June 16 and concluded Arabian Travel Market 2023, which saw the 18 respectively while on July 2, the national carrier will interline agreement between them being expanded to introduce its new direct thrice weekly service to Portugal's



This is the second collaboration between the two airlines With the addition of these three popular hotspots, Etihad will be offering travellers nearly 160 weekly flights to 21 destinations in Europe this summer, which is 20% more

For more information, visit www.etihad.com

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## Xiamen Airlines Inaugurates Chongging-Kuala Lumpur Flight

✓ iamen Airlines' recent commencement of its four times weekly flight from Chongging to Kuala Lumpur (KL) will be instrumental in helping Malaysia achieve its target of five million Chinese tourists this year. Its new non-stop flights will fly on Monday, Wednesday, Friday, and Sunday.

The airline's maiden flight MF8687 touched down at KL International Airport Terminal 1 on May 15 with 165 passengers and nine crew. They were welcomed with goody bags by the Minister of Tourism, Arts and Culture Dato Sri Tiong King Sing, Tourism Malaysia Director General Datuk Dr Ammar Abd Ghapar and its Senior Director of International Promotions of Asia and Africa, Manoharan Periasamay. Also present was China Cultural Centre Director Zhang Jie Xin.

Senior General Manager of Malaysia Airports (Sepang). Mohd Arif Jaafar said Xiamen Airlines, which has been operating flights to KL since 2002, continued to do so during the Covid-19 pandemic and added more flights last year.

The additional four weekly flights from Chongqing now brings it to a total of 25 flights a week. They have not only enhanced KLIA's connectivity network but also fuelled further growth for the national aviation sector. "Malaysia Airports is committed to build a strong and mutually relationship with Xiamen Airlines to support its growth," he added.

Datuk Dr Ammar viewed Xiamen Airlines' Chongqing-KL inaugural flight as "timely" to welcome more arrivals from China as Tourism Malaysia had fruitful discussions with the Civil Aviation Administration of China and various airlines to get more flights to Malaysia during its recent roadshow to China, which included Xiamen.

"We aspire to have more direct flights to China as we have

the capacity for 175 weekly flights from China to Malaysia," he added. Describing Chongging as a dynamic and charming mountainous city sited southwest of China, which is famous for its foggy weather in spring and winter, Xiamen Airlines KL office general manager Gao Ya Shuang said its nickname is wu du or fog city.

Besides the KL-Chongqing sector, the airline also operates daily KL-Fuzhou and twice daily KL-Xiamen

For more information, visit www.xiamenair.com





# Sustainability at the Forefront of Air France-KLM Group's DNA

LM Royal Dutch Airlines, which is part of the Air France KLM Group, is focusing on a sustainable future having been a pioneer and forerunner in sustainable aviation. "Sustainability has been in our DNA," said Roland Coppens, Air France-KLM Vice President and General Manager of Southeast Asia and Oceania.

The Dutch airline's pioneering efforts in sustainable aviation date as far back as November 2009 with its first biofuel powered demonstration flight.

At the recent celebration of the airline's 65 years' presence in Malaysia, Coppens told his corporate guests and media, "We want to be at the forefront of a more responsible European aviation. We cannot do this alone; we need to do it together with our customers and colleagues to create a sustainable future."

He said Air France-KLM is committed to blend 10% sustainable aviation fuel by 2030, which is more than the European Union's (EU) target, adding that it has been ranked top among the airlines in the Dow Jones Sustainability World Index for many years. Its sustainability commitment to reduce carbon emission will be achieved via fleet modernisation, inflight operations and sustainable catering.

Commenting on the strong bilateral relationship between Malaysia and the Netherlands at KLM's 65th anniversary celebration, His Excellency Jacques Werner, Ambassador of the Netherlands to Malaysia, said the two countries marked 65 years of diplomatic relations last year. The Netherlands is Malaysia's top five foreign investors while Malaysia is the second largest trading partner in the EU.



Werner also took the opportunity to congratulate the airline for supplying the much needed personal protection equipment to European hospitals, proving to be a lifeline during the Covid-19 pandemic, where many passengers from Southeast Asia, Australia and New Zealand were routed back to the Netherlands through Kuala Lumpur by the airline.

His Excellency Axel Cruau, the Ambassador of France to Malaysia, was also present at KLM's 65th anniversary celebration in Malaysia, where Estee Ng, Air France-KLM Country Manager for Malaysia, Indonesia and Thailand took her guests on a video presentation on KLM, tracing its history from its early beginnings until the present day.

For more information, visit www.klm.com

# Malaysia Airlines' Revamped Website

aving kickstarted the relaunch of its website in Malaysia on April 17, Malaysia Airlines will be progressively rolling out the improved overall user experience to 17 countries. Supporting 11 languages, the new website is powered by the Adobe Experience Cloud, **66** which has been the staple marketing technology platform for the national carrier over the past decade.

It is collaborating with GrowthOps Asia, a marketing transformation solutions provider, to improve the customers' digital journey from the booking of their tickets to the online check-in on the day of their flight. Other improvements include personalised content with the most relevant topics and destinations based on the user's past activities such as completed bookings. destination search history and other website activities.

With its enhanced search functionality and user-friendly navigation interface, the responsive and fast loading website is optimised to be launched on any device. Embedded with Adobe Analytics capabilities, it will not only enable Malaysia Airlines' marketing team to review their customer experience data for better browsing experience but also track their marketing campaign's effectiveness.

Inspired by the concept, Windows of Hospitality, the revamped website also embeds inspirational images of

destinations combined with iconic Malaysian batik in the designs, thus reflecting the promise of experiencing Malaysian hospitality through travel.

We are delighted that this critical piece of our digital transformation journey is now live for our customers to enjoy. One that is focused solely on improving the customer experience for travellers who are looking to explore the region and the world with our signature Malaysian Hospitality.

#### **CLARENCE LEE**

Group Chief Digital and Technology Officer Malaysia Aviation Group

Tng Boon Keong, Regional Head of Consulting of GrowthOps Asia remarked. "A traveller's journey begins the moment they start searching for a destination. Thus, we wanted to provide users of the website with a delightful, smooth and seamless experience in arranging one of the most integral aspects of a trip-their flights."

For more information, visit www.malaysiaairlines.com

mirates SkyCargo has added two Boeing 747-400Fs secured on long-term wet-lease to complement its existing fleet of 11 Boeing 777 freighters. They are being deployed to Chicago three times weekly and to Hong Kong nine times weekly.

With the medium to long-term projections for global air cargo showing an upward trajectory of between 3% and 5%, its Divisional Senior Vice President Nabil Sultan said given Dubai's strategy to double its foreign trade where multi-modal logistics have its MRO set-up to quickly to 150 destinations across six will play a big role and the economic activities happening in markets around the Gulf, West Asia and Africa, the opportunities for Emirates SkyCargo are aplenty.

cargo market, Emirates cargo division is expecting 15 more freighters to join the fleet B777-Xs the next year. from its announced orders and freighter conversion programme.

Nabil guipped, "The two new B747-Fs which we have leased will give us immediate destinations to its freighter network capacity while we wait for the delivery of besides offering more flexibility and five new B777Fs in 2024 and 2025 and 10 services with a fleet mix of over 300 B777-300ERs to roll out of our conversion wide-body aircraft. programme over the next five years."

By then, he said Emirates SkyCargo will



and efficiently scale-up its freighter continents, offering transit times conversion programme. It will also be of three hours air-to-air. boosting its belly-hold capacity from new passenger aircraft deliveries, Reflecting its strong confidence in the global starting with Airbus A350s in the late summer of 2024 and followed by

> Over the next decade, Emirates SkyCargo expects to double its existing capacity and add over 20 new

Via its two state-of-the-art cargo www.skvcargo.com terminals in Dubai, it transports cargo

The terminals have a total cargo capacity of around one million tonnes per year, with the ability to raise it to 1.3 million tonnes.

Emirates SkyCargo, which recently launched its brand-new creative advertising campaign, is investing to develop new products and to speed up its digitisation and technology innovation.

For more information, visit



The recent delivery of the 20th Airbus A350-900 aircraft to Ethiopian Airlines represents another historical first for Africa's largest carrier as its first flight uses the 30% blend Sustainable Aviation Fuel (SAF), thus demonstrating its commitment to realise a sustainable air transport industry.

Besides contributing to the net zero carbon emissions target by 2050 set by the International Air Transport Association, Air Transport Action Group and International Civil Aviation

Organisation, it also helps the airline to reduce its carbon footprint.

The aircraft also carried 10 tonnes of humanitarian shipment into Ethiopia on its April 28 flight as part of the airline's corporate social responsibility. Ethiopian Airlines Group CEO Mesfin Tasew guipped, "The A350-900 has proven to be instrumental in its fleet strategy, offering unrivalled operational flexibility and efficiency and best in class passenger comfort."

With the new delivery, Ethiopian Airlines now operates 144 modern and environmentally friendly aircraft to more than 150 domestic and international passenger and cargo destinations across five continents.

They include Boeing 737s, 777s, 787s and Bombardier Dash 8-400 double cabin.

For more information. call 03-2148 9500 or visit www.ethiopianairlines.com AVIATION NEWS **AIRLINK AIRLINK AVIATION NEWS** 



laza Premium Group's (PPG) two airport lounge brands - Plaza Premium First and Plaza Premium Lounge - housed under one roof at its new site at the Contact Pier of KL International Airport Terminal 1, have attracted a good mix of 60% business travellers and 40% leisure travellers or quests.

The guests are mainly admitted via airline invitations to Plaza Premium First while those gaining entry to Plaza Premium Lounge are from corporate or financial institution entitlements, PPG Area General Manager for Malaysia and Indonesia, Calvin Loh told Airlink.

"Plaza Premium First is accessible to passengers of specific airlines, those with elite status, premium cabin passengers or those willing to pay for access while Plaza Premium Lounge, available to a broader audience, can be accessed via various means. including through airline alliances, bank credit cards or by paying an admission fee."

Given PPG's 25 years' presence previously at the satellite building of KLIA, Loh said, "We have been working extra miles and using all communication channels to inform our guests about the relocation and will continue to do so until we reach full capacity."

While the two brands share some similarities, there are key differences between them, notwithstanding their many unique selling points. Concept wise, Plaza Premium First, positioned as an exclusive and luxurious airport lounge, offers enhanced services and amenities for its discerning travellers with its more sophisticated and elegant design plus separate zones for dining, relaxation, work and privacy.

Loh said Plaza Premium First's elevated experience ranged from fine dining options, tailor-made a la carte menus, premium alcoholic beverages, spa and wellness facilities, shower suites to personalised assistance. Its guests not only get a welcome drink alongside the full airport runway view at the dining or



private seating area but can also make reservation at the counter for complimentary 15 minutes head and shoulder massage treatment.

Meanwhile, Plaza Premium Lounge, catering to a wider range of travellers, provides amenities that include self-service food and beverage stations. complimentary Wi-Fi access, various seating options, designated quiet areas and three private rooms.

With sizes ranging from 37 to 53 sq m for event bookings, each room can hold 25 to 40 persons depending on the seating arrangement. Apart from being a media room for events, these private rooms also serve as dedicated meeting rooms for corporates as well as a holding room for VIPs from the local authorities, airlines and various organisations.

Overall, the two lounges' interior design focuses on a sense of place, showcasing culturally rich local elements. "Partnering with The Art People Gallery, we create an art and lounge concept, taking our guests on a journey through the exhibits and paintings that pay tribute to the Malaysian spirit," Loh quipped.

For more information, call 03-8876 0988 or visit plazapremiumlounge.com



## Jetstar Asia Resumes Singapore-Haikou Route

collowing Singapore-based Jetstar Asia's recent pointing out that travellers from Hainan are also resumption of its four return services a week after a three-year hiatus due to the Covid-19 pandemic destination. to Haikou, the popular port city and capital of China's Hainan Island, the low-cost carrier (LCC) is expected to carry up to 70,000 travellers each year between the two cities using the Airbus A320 aircraft.

Before the pandemic, the airline operated more than 80 weekly services to six destinations in Greater China. namely Haikou, Shantou, Sanya, Xuzhou, Guiyang and Taipei.

Its Chief Executive Officer Barathan Pasupathi viewed Jetstar Asia's return of its Singapore-Haikou service on April 29 as a significant milestone as the airline cashed in China's Golden Week Labour Day long weekend.

"Haikou was the first Chinese city Jetstar Asia flew to in 2009 and today, Hainan Island is one of the few Chinese destinations where most visitors can stay for up to 30 days without a visa. We are seeing strong demand for this service and our timing could not be better with the Chinese authorities lifting PCR testing, making it easier for travellers to visit this incredible city, which is great news for our customers as well as tourism stakeholders and hospitality businesses," he added.

Xie Jinhua, General Manager of Hainan Dahua Tourism Service Company, which is the airline's travel partner in China, said: "Jetstar Asia is known for its competitive fares, record for safety and reliability,"

interested to visit Southeast Asia (SEA) as their holiday

It has been wonderful to hear so many heartfelt stories from the Hainanese-dialect community in Singapore, Malaysia and Indonesia about their desire to be reunited with their families and friends.

For our customers from China, they will not only enjoy direct flights to Singapore, the Garden City but also seamless connectivity to our expanding network of incredible Southeast Asian countries.

**XU HAIBING** 

Regional General Manager of Jetstar Asia

They include Bali (Denpasar), Bangkok, Jakarta, Kuala Lumpur, Manila, Phnom Penh and Surabaya.

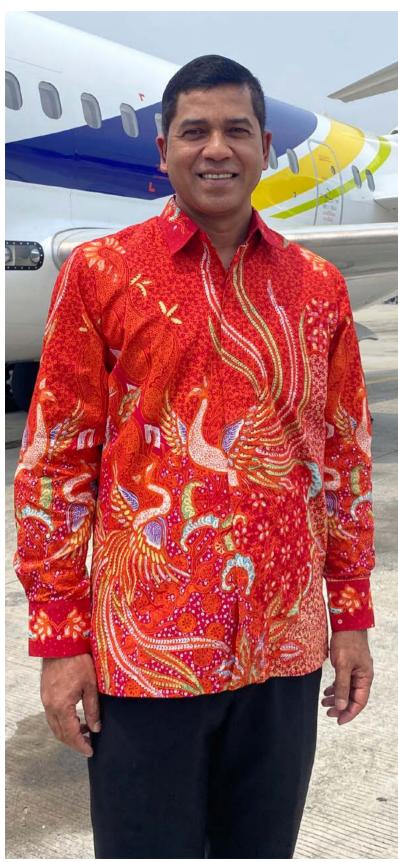
Jetstar Asia currently operates more than 200 weekly return flights to 11 key destinations in Asia Pacific. It is part of the Jetstar Group, which is listed in Airline Ratings' 2022 World's Top 10 LCC earning recognition for its flight safety records and services.

For more information, visit www.jetstar.com

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## **UPCLOSE WITH DATUK BERNARD FRANCIS**

Aviation Group Chief Executive Officer of PT TransNusa Aviation Mandiri



viation industry veteran Datuk ABernard Francis, who hails from Sitiawan. Perak has been with Indonesia's TransNusa as its Aviation **Group Chief Executive Officer since** October 2019. He turns 54 this year and brings with him nearly 23 years of experience having worked with various airlines of different countries, including Philippines.

responsibilities previous covering sales and distribution, marketing, revenue management, communications events. branding. route development, network planning and ancillary revenue have certainly stood him in good stead.

Tell us how it has been like working in a foreign country and now helming one of Indonesia's airlines?

Actually, my first experience working overseas was in Indonesia about two decades ago. If I were to describe my working experiences abroad in one word, it would have to be "enriching". It has been an exciting journey for me working in different environments, cultures and having to abide by the rules and regulations of these different countries.

These priceless experiences have given me a more in-depth understanding of the aviation industry and how specific short- and long-term variables in each country impact the industry.

How have your previous job experiences of working in both premier airlines and low-cost carriers (LCCs) shaped you to manage your current responsibilities?

My past experiences have made me the person I am today where I have learnt to reinvent myself. The continuous agility to reinvent is the key to succeed in this industry. Certain industry practices and regulations cannot be changed but if you strive to re-invent oneself then you will find a winning strategy to succeed.

#### When was TransNusa officially definitely be exploring it as this is a end of 2023. As we increase our relaunched from a regional carrier prospect we are looking forward to. to a LCC?

a LCC in 2022 after ceasing operations in 2020 due to the Covid-19 pandemic. Since then, we have developed and relaunched old routes as well as introduced new routes. We have also ventured outside of Indonesia to launch our first international flight on April 14 to Kuala Lumpur.

#### What strategies have you mapped out for TransNusa?

Owing to the pandemic, our passengers' needs have changed. They want more comfort and require more attention The competition among LCCs Focused on absorbing outstanding for their hassle-free and no-delay is heating up post-pandemic. Indonesian professionals, we look for flight journey. Our overall strategy is TransNusa is not only the first LCC to give them what they want. Hence, the launch of our premium services for international flights, which sit in the space between full-fledged and LCC products.

As such, we are offering among other things free baggage of between 15kg and 30kg, excluding hand-carry of up to 7kg, that is similar to a fullfledged airline. We aim to provide our passengers with high levels of comfort and peace of mind both on and off the flights so that they can enjoy the smoothest and most efficient journey possible.

#### Since the launch of TransNusa's Jakarta-KL first international service, how is it performing and what segment does it serve?

On average, TransNusa has captured a 75% load factor for this sector. Based on our data, we currently serve the leisure market

#### How are your plans to have a direct flight from Sultan Abdul Aziz Shah Airport to Jakarta by the end of the year working out

For the time being, Sultan Abdul Aziz Shah Airport is not open for international flights but as soon as the opportunity presents itself, we will

## You mentioned about TransNusa later this year. What is its timeline?

Since our announcement in April, other airlines have increased the international routes, we will kickstart with destinations in China towards the third quarter.

## offering premium services. How does it distinguish itself from its competitors?

In Indonesia. TransNusa is an LCC but in the international market, we are a premium service airline offering products and services that are comparable to that of a full-fledged

For instance, our legroom is similar to a full-fledged airline. Transnusa passengers are thus able to enjoy 30 to 31 inches of space as we have configured our fleet of Airbus A320s with a 168 to 174 seat configuration. We offer unlimited flight changes and are one of the few airlines in the world to offer refunds.

## In Indonesia, how many domestic Furthermore, feedback on the COMAC

Since its relaunch, TransNusa has started flights to Denpasar Bali, Manado, Jakarta and Yogyakarta. Currently, TransNusa flies from Jakarta to Bali 10 times daily and three times a day from Jakarta to Yogyakarta.

#### What is its fleet size?

TransNusa will have six aircraft in its fleet by June. We plan to add another two more aircraft to our fleet by the

domestic and international routes, we will further expand our fleet.

#### TransNusa relaunched its operations as launching flights to Johor Bahru What is TransNusa's staff strength? and other international destinations With manpower shortage affecting the aviation industry, where do you source for your staff and what are the qualities you look for?

number of flights from Johor, which We currently have 250 employees, resulted in overcapacity. As such, we who keep our airline running. They will probably reconsider and move are the backbone of our company. the flight plan from Johor Bahru to As a result of the pandemic, many Jakarta to a later stage. As for our new aviation industry professionals have been unemployed worldwide.

> As such, we have had the opportunity to employ the best local talents. those with innovative thinking and are not afraid to challenge the norm.

#### TransNusa is the first foreign operator of the COMAC ARJ21. Where do you plan to use this aircraft and how do you deal with the stigma that aircraft made in China are not up to par?

Data is imperative in eliminating stigmas. Currently, there are more than 100 COMAC ARJ21s operating in China, which have carried more than five million passengers.

The Civil Aviation Administration China has taken many precautions to ensure the safety mechanisms and features of this aircraft are of high standards that they rival that of Western aircraft manufacturers.

destinations does TransNusa fly ARJ21 performance in April has been positive and passengers are enjoying the experience onboard. This is good news for COMAC, which is well on its way to remove the negative stigma on Chinese airline manufacturers.

#### What are your hobbies?

I love sports and recently ran the Singapore Sundown Half Marathon. Last October, I participated in the Jakarta Marathon. I also enjoy reading and listening to music in my free time.

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# MORE THAN NATURAL WONDERS, A GATEWAY TO EPIC EXPEDITIONS.

KOTA KINABALU INTERNATIONAL AIRPORT, THE GATEWAY TO GETAWAYS

It all begins at Kota Kinabalu International Airport (BKI). Make an aquatic friend, conquer Mount Kinabalu, and discover a world so exotic with more than 6,000 plant species, even the first season of reality TV show Survivor was filmed there. Plan your route to countless new adventures.



## FASHION AND BEAUTY NEWS

ALL THE MUST-KNOWS AND MUST-HAVES OF THE MONTH



## Vegan Skincare Line Melixir has Launched in Malaysia

Melixir, South Korea's revolutionary vegan skincare brand, makes its inaugural entrance into the Southeast Asian market with the Malaysian launch at all Sephora stores and online at sephora.mv. With a belief of nature as the purest form of beauty, Melixir draws inspiration from Asian medicinal plants with the focus of providing cruelty-free and creating plant-based products designed for sensitive skin. Formulated with the highest quality and privilege plant-based ingredients that are vegan, non-toxic and hypoallergenic, all of Melixir's skincare essentials are cruelty-free and made without parabens, sulphates, phthalates, mineral oil, formaldehyde and certified Clean at Sephora. This formulation philosophy has single-handedly raised the brand to cult status in the United States, Germany, Japan, Korea and beyond.



#### OMEGA Seamaster Aqua Terra Worldtimer 2023

In the last few years, OMEGA's Seamaster Aqua Terra Worldtimer has grown steadily in popularity, to become a go-to timepiece for international travelers and passionate collectors. Now, OMEGA is expanding the Worldtimer collection to include three new models: a titanium edition with a dial made entirely by laser ablation - and two striking options in stainless steel. In addition to scratchresistant ceramic bezels, all three watches have something very special in common: the unique Worldtimer display. At the centre of the dial, OMEGA has produced a vision of Earth, viewed from above the North Pole, by laser-ablating continents and colours on a grade 5 titanium surface. Although impossible to see with the naked eve, this entire watch-scape is domed, to mimic the curvature of the Earth. Circling the topographic map is a 24-hour indication under hesalite glass, divided into night and day sections.



#### Your Secret to Radiant, Rejuvenated Skin

Introducing the I'm From Fig Scrub Mask and Mugwort Mask - Your daily dose of skin magic, tailored to breathe life into tired skin and help you feel like the glowing goddess you are. Korean natural skincare expert I'm From understands the importance of combining the purity of nature with the effectiveness of modern skincare. And have created a gentle, yet potent formulation of these two remarkable products that seamlessly blend into your existing skincare routine, to deliver noticeable glowguaranteed results for your skin. Begin your journey to naturally beautiful skin with the I'm From Fig Scrub Mask, a powerful dual-action exfoliator infused with 1.2% Fig powder and Black sugar. This invigorating combination eliminates dead skin cells and impurities, unveiling your smooth, glowing skin beneath. Your at-home skincare spa doesn't end there. Next step: Immerse your skin in the calming embrace of the brand's bestselling I'm From Mugwort Mask. Infused with 2.1% real mugwort from Ganghwa, this mask is a natural remedy and treat for troubled, stressed, or acne-prone skin, providing a cooling sensation even in Malaysia's tropical heat.



#### Celebrate the Long Love Story Between Guerlain and Bees

As a sign of its commitment to bees and the environment, Guerlain gave carte blanche to French visual artist Céline Cléron to revisit the bottle and packaging of its star product - Abeille Royale Advanced Youth Watery Oil. A painter, sculptor and visual artist, Céline Cléron regularly places animals at the heart of her artistic world and work. To create the motif for the limited-edition Abeille Royale Advanced Youth Watery Oil, she was inspired by her own passion for nature. She created a large, luxuriant, and colourful watercolour drawing that represents a large field of flowers and evokes a buzzing garden. A real ode to naturalness, this iconic skincare product combines the best of bee products and Guerlain research in a unique texture, as rich as an oil and as light as water, offering an extraordinary skin-repairing power. Made up of more than 95% naturally-derived ingredients, its formula draws its benefits from an exceptional blend of bee products: pure Black Bee honey from Ouessant Island (Brittany, France), rich honey from Corsica (France), the legendary honey from the island of Ikaria (Greece), rare honey from the Äland archipelago (Finland) and an exclusive French royal jelly, all from exclusive protected channels, using beekeeping methods that are kind to bees and the environment. 20% of sales will be donated to the Guerlain for Bees Conservation Programme, including sales of the limited-edition Abeille Royale Advanced Youth Watery Oil, which has been redesigned for the occasion by the French artist Céline Cléron.



## New Balance Celebrates "Grey Day"

New Balance celebrated "Grey Day"—a day that pays homage to the new and classic expressions of the brand's enduring legacy in the colour grey. In the late 1970s, grey was originally born as a solution for urban runners whose white shoes were getting destroyed by city conditions. The grey suede reinforced durability, matched the colour of asphalt, and fit seamlessly into consumers' lifestyle. Countless iterations of grey products later, the connection between the colour and New Balance remains everlasting and endlessly versatile. In tribute to Grey Day, the brand will release several exclusive new products including a bespoke "Moon Daze" collection that will include versions of three classic New Balance silhouettes: the 550, 580 and 9060. Drawing inspiration from the future and prompting us to think further beyond our world, "Moon Daze" begs the question: What would shoes look like after walking on another planet?, as well as a MADE in USA\* capsule which outfits the 990v4, 990v6, 996, and 998, in grey hues.



## Time to Get Going and Glowin'

A new dawn has arrived. Supergoop!'s bestselling glowy tinted sunscreen Glowscreen SPF 40 welcomes a NEW shade: Dawn. Supergoop! Glowscreen SPF 40 in Dawn gives you a pink pearl glow when applied, hydrating skin and priming it for makeup with a dewy finish. Upon application, this multitasking formula gives you an instant glow-up, imbuing your complexion with radiance without leaving visible glitz or glitter on your skin. As with all Supergoop! products, you'll have all the protection you need to conquer your day without damaging your skin. With SPF 40 and broad spectrum protection from UV rays and infrared radiation, Glowscreen keeps you safe from the sun while also helping filter blue light from tech. Perfect for normal to dry skin types or anyone who is looking for a lit-from-within glow, Glowscreen also provides nourishing skin-loving benefits such as Hyaluronic Acid and Vitamin B5, a hydration cocktail that boosts the skin's water levels and leaves your skin feeling soft and supple. Niacinamide helps reduce the appearance of pores and skin tone, while Sea Lavender provides powerful antioxidant protection and supports long-lasting hydration.



## Perfection made to last all day long with Gucci Beauty's Éternité de Beauté 24-Hour Foundation

Gucci Beauty welcomes the coveted, Éternité de Beauté, a 24-hour, no-transfer foundation that lasts from day to night. All you would need is just one drop of this full coverage foundation for a luminous and comfortable matte finish that feels extremely lightweight on the skin. The Éternité de Beauté debuts in 40 diverse shades covering a range of four undertones: cold, neutral, warm, and olive. Éternité de Beauté is unique and a definite must-have for its four key features, including, 24-hour wear and transfer-proof finish, full coverage with just one pump, its breathable texture and luminous, matte finish with oil control. Gucci Beauty's Éternité de Beauté 24-Hour Foundation is available at selected Gucci Beauty stores - Mid Valley, KLCC, Sunway Pyramid, Sogo Southkey Mall and selected Sephora outlets.

**LUXE FASHION & BEAUTY LUXE FASHION & BEAUTY** 



## **Elevating Women's** Voices

Following the successful launch of Aesop Singapore Women's Library in Southeast Asia, Aesop continues to elevate women's voices, stories, and experiences with its inaugural The Aesop's Women's Library in Malaysia, arriving in three signature stores—Aesop Pavilion and Aesop The Gardens Mall in Kuala Lumpur, and Aesop Gurney Plaza in Penang. Over the course of three days, the shelves of the three signature stores will be cleared of products and stocked entirely with books by Malaysian woman-identifying authors —making way for significant works of literature detailing the experiences of these authors and allies. The ephemeral library will allow customers visiting the stores to take home one complimentary book of their choice—no purchase required. To further promote selfexpression through the written word, The Aesop's Women's Library is collaborating with literary podcast Two Book Nerds Talking. Over the course of three episodes, the hosts will introduce our local initiative, share some of their thoughts on the books featured, and invite a few key authors to discuss their journey to become a writer. The Aesop Women's Library's complete list of featured titles and the Two Book Nerds Talking podcast can be found on malaysia.aesop.com.



## Versace Allover

Versace releases a series of styles featuring the Versace Allover—a multi-logo jacquard based on the Versace logo of the 1990s. The collection theme revolves around the Versace Allover Jacquard, featuring women's and men's styles crafted in techno canvas fabric with Versace Allover jacquard, the Versace Allover Laser Print that sees denim short-sleeve shirts and pants with Versace Allover finished through laser print technique and Matching Seperates. This features fitted women's dresses with leather trim and Medusa '95 hardware detailing, as well as cropped biker-style jackets featuring leather trim and zip detailing. It comes with matching shorts and skirts. Men's Heritage shirts come with Medusa buttons as well as matching shorts and pants with cargo-style patch pockets.



## Zenith Presents the Defy Extreme E 2023 Limited Edition

Ahead of Extreme E's Hydro X Prix in Scotland, ZENITH unveils this season's DEFY Extreme E limited edition watch, crafted entirely in carbon fibre and featuring Extreme E's official "Vital Green" colour. For the third Season of Extreme E, ZENITH has created the lightest iteration of its groundbreaking 1/100th of a second chronograph to date: The DEFY Extreme E edition. Combining performance-centric materials and a highfrequency chronograph movement capable of accurately measuring elapsed time to an astounding level of precision, the DEFY Extreme E edition has also been conceived around the values of sustainability shared by Extreme E and ZENITH's HORIZ-ON initiative of CSR objectives and commitments. It features brightly coloured accents in Extreme E's signature "Vital Green" tone as a message of awareness and action on climate change, as well as recycled and upcycled parts from the actual races incorporated in the strap and



## **Dolce & Gabbana Beauty** Presents Dolce Violet Eau de Toilette

In the last few years, OMEGA's Seamaster Aqua Terra Worldtimer has grown steadily in popularity, to become a go-to timepiece for international travelers and passionate collectors. Now, OMEGA is expanding the Worldtimer collection to include three new models: a titanium edition with a dial made entirely by laser ablation - and two striking options in stainless steel. In addition to scratch-resistant ceramic bezels, all three watches have something very special in common: the unique Worldtimer display. At the centre of the dial, OMEGA has produced a vision of Earth, viewed from above the North Pole, by laser-ablating continents and colours on a grade 5 titanium surface. Although impossible to see with the naked eye, this entire watch-scape is domed, to mimic the curvature of the Earth. Circling the topographic map is a 24-hour indication under hesalite glass, divided into night and day sections.



## Cartier Libre Tressage Cape

Cartier Libre is pushing creative boundaries and challenging conventions. Designed with total freedom by the creation studios, each year sees a new collection which draws on an UNPRECEDENTED INSPIRATION to unveil bold and radical pieces, produced in limited editions. Cartier Libre questions form and design, challenges expertise and savoir-faire in a constant pursuit of innovation. These creative explorations are part of the long-standing Cartier tradition of RICHLY INSPIRED collections from an insatiable and powerful curiosity. Creations of pure forms that defy limits and reveal new perspectives of lines, volumes, contrasts and mobility.

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**LUXE FASHION & BEAUTY LUXE FASHION & BEAUTY** 

# HOTPICKS BEAUTY KL LIFESTYLE'S TOP PICKS

WE HAVE CURATED A LIST OF ALL THE BEAUTY PRODUCTS WE'RE LOVING AND ARE PART OF OUR ARSENAL.



## Estée Lauder 50ml

Nutritious Melting Soft Creme/Mask

#### **RM 190**

Show your skin some love with peak performance skincare from NUTRITIOUS. If your skin is grumpy, dull and irritable, this collection is what you need. Ingeniously calibrated, nutrient-rich formulas feature naturally derived ingredients. It's skincare that will help skin flourish and flaunt its natural vibrancy. It's as simple as that. Estée Lauder's Nutritious Melting Soft Creme/Mask is a cushy, pillowy moisturiser and weekly mask to quench, strengthen and show your skin some love.



## Jo Malone London 30ml

Highland Heather Cologne (Limited Edition)

#### RM 652

The untamed beauty of the Scottish Highlands have inspired Ja Malone's new limited-edition collection. Morning haze across the Highlands fades to reveal a wilderness blanketed by swathes of heather. An amethyst vision captured in a woody scent, enhanced with English lavender and freshened by cypress, grounded in sensual amber.



#### Versace 100ml

Pour Femme Dylan Purple Eau De Parfum

#### **RM 545**

Dylan Purple is a bright and elegant fragrance. A sparkling bergamot is blended with the joyful tones of a freshly harvested orange, while the delicate scents of freesia deliver an explosion of bright purple colour. The bottle's elegant curves are reminiscent of an amphora, strongly evoking the classical culture and mythology that runs deep through the Versace imagination. Baroque-style letters spell out the brand name.



## Foreo

Iris 2 Rejuvenating Eye Massager

#### RM 999

Inspired by ancient acupressure techniques practiced in Asia, and revolutionised by FOREO's patented T-Sonic<sup>™</sup> massage pulsations from Sweden. IRIS<sup>™</sup> 2 is clinically proven to help with signs of aging around the eyes, while reducing eye strain and relieving dry, tired eyes - for an instant refresh. The IRISTM 2 uses relaxing finger-tapping acupressure to help reduce dark circles by 70% and increase eye contour radiance by 50%. Enhance the efficacy of eye creams & serums. IRISTM 2 increases the absorption of ingredients in your eye care by 84% - pushing them deep into the skin, where they work best. Use less and get better results.

## THE GETAWAY DRESS



Loewe Goya Leather Shoulder Bag RM 18,789

Amina Muaddi Cameron Mini Gold-Tone Crystal Hoop Earrings

RM 4,085







Jennifer Fisher Large Essential Gold-Plated LOOK 1 Choker

RM 1,414



Pucci Fringed Printed Cotton-Jersey Mini Dress

RM 2,091



**Bottega Veneta** Lido Intrecciato Leather Mules

RM 6,719



#### Loewe Paula's Ibiza Slit Leather-Trimmed

Woven Raffia Tote

RM 5,934



Laura Lombardi Spira Gold-Tone Hoop Earrings

RM 729



Alighieri The Gaze Of The Moon Gold-Plated Emerald Necklace

RM 1,984





Zimmerman Devi Embroidered Panelled Linen Mini Dress

RM 4,343



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## LUXE | KLlifertyle

## SUMMER READY FITS



SAINT **LAURENT** Silk-Chiffon Shirt RM 6,750



**SAINT** LAURENT Straight-Leg Jeans RM 3,615



SAINT LAURENT Silver-Tone Bracelet

RM 2,457



SAINT



**SAINT** LAURENT Logo-Embroidered Raffia Messenger





RM 3,615



Gucci Logo-Embroidered Striped Cotton-Jersey Shirt RM 6,094



Gucci Wide-Lea Pleated Logo-Jacquard Cotton-Blend Shorts RM 5,021



Gucci Horsebit Webbing-Trimmed Leather Clogs RM 5,603



Gucci Jackie 1961 Medium Leather Tote Bag RM 15,764



Silver and Enamel RM 5,603



# HEAD OVER HEELS

LEVEL UP EVERY VACATION LOOK WITH THESE HIGH-IMPACT HEELED SANDALS BY HIRANMAYII AWLI MOHANAN



#### Manolo Blahnik

Mumbimu 70 Suede Mules

RM 5,213

The "Mumbimu" mules by Manolo Blahnik give the look of something Marilyn Monroe may have worn at a movie premiere. They are expertly made from suede in Italy, featuring crossed straps, and a soft leather interior. A stunning approach to upgrade grey or navy tailoring is with the brilliant saffron



Elina Logo-Detailed Leather Sandals

RM 6.931

Salvatore Ferragamo is well known for its traditional, ladylike shoes, but for his debut collection, new Creative Director Maximilian Davis gives the brand a surrealist and sculptural twist. These Italian-made 'Elina' sandals feature cage-like leather straps and eye-catching 'Gancini' heels. Another important factor is comfort, which is why the sides and footbeds are both padded and elasticised.





#### Bottega Veneta

Jimbo Rubber Slingback Sandals

RM 3,958

Bold, sculptural accessories are always a key fixture in Bottega Veneta's collections. Made in Italy for Spring '23, these rubber 'Jimbo' sandals come in the brand's signature 'Parakeet' shade that's loved by fashion editors and influencers, alike. Wear yours with something black to ensure they really pop.

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#### **Christian Louboutin**

Me Dolly 85 Patent-Leather Trimmed Iridescent TPU Mules RM 3.926

Bold, sculptural accessories are always a key fixture in Bottega Veneta's collections. Made in Italy for Spring '23, these rubber 'Jimbo' sandals come in the brand's signature 'Parakeet' shade that's loved by fashion editors and influencers, alike. Wear yours with something black to ensure they really pop.

#### Loro Piana

Summer Charms Embellished Suede Mules

RM 4,307

The silver rings and padlock pendants on Loro Piana's "Summer Charms" mules are embellished with variations of the brand's insignia. They are Italian-made, boast broad suede straps, and have moderate 55mm lift from their block heels. Wear yours with anything, including cropped tailoring and flouncy dresses.



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#### **Jacquemus**

Pralu Logo-Embellished Leather Sandals

DM 2 842

The 'Pralu' sandals by Jacquemus are made of leather and have thickly cushioned insoles; they are as spongy as they appear. The rounded toes and the capped heels are just two examples of the sculptural details. You can take fashion cues from the straps' gold logo embellishments when it comes to jewellery.



ILL THE MAN BAGS AND MORE THAT WILL CARRY YOU AND YOUR BELONGINGS THROUGH THE SEASON IN STYLE.



## Saint Laurent

Noe Logo-Print Leather-Trimmed Canvas Tote Bag

#### RM 8,168

SAINT LAURENT's 'Noe' tote is spacious enough to hold a laptop and a couple of work files, plus it's equipped with a practical zipped pocket to keep everything secure when you're on the move. It's been made in Italy from durable canvas, trimmed with leather and printed with the brand's 'Rive Gauche' logo.



The elegant and sophisticated Montblanc 'Meisterstück' rucksack is small and perfect for journeys for work. It is minimally embellished with a snow-capped symbol on the front and made in Italy from smooth leather. It's simple to organise your essentials with the inside and external zippered pockets.



## Gucci

Ophidia Mini Leather-Trimmed Monogrammed Coated-Canvas Messenger Bag

#### RM 7,430

This messenger bag, which is a part of Gucci's iconic 'Ophidia' range, is made of coated canvas and is imprinted all over with the brand's distinctive 'GG' monogram. It has a useful front flap pocket and is edged in matching leather. You can either remove or adjust the webbing strap to your preference.



## Tom Ford

Croc-Effect Leather Messenger Bag

#### RM 9,036

The shiny croc-effect leather used for TOM FORD's messenger bag features smooth black accents for contrast. It was produced in Italy. Its size allows it to hold lesser necessities, and its front zipped pocket accommodates your phone and keys. Wear it cross-body or carry it by the top handle.



## Valentino Garavani

Medium Leather-Trimmed Logo-Jacquard Canvas Tote Bag

#### RM 10,302

The tote bag by Valentino Garavani is jacquard woven with the brand's famous 'VLOGO' all over. It is constructed in Italy from sturdy canvas and strengthened with trims made of silky leather. The detachable strap provides several carrying options while the removable pouch secures smaller items.

## Bottega Veneta

Intrecciato Leather Phone Pouch

#### RM 8,450

Bottega Veneta's leather phone pouch is perfect for keeping the essentials close to hand. It's been crafted in Italy using the label's signature intrecciato weave and fitted with interior card slots, so you can leave your wallet at home.



SEEK INSPIRATION FROM A COLLECTION OF WEDDING OUTFITS AND ELEGANT PIECES THAT ARE PERFECT FOR ANY STYLE OF NUPTIALS, FROM FORMAL BLACK-TIE EVENTS TO CASUAL OUTDOOR WEDDINGS.



Isabel Marant
Ruched Floral-Print Stretch-Silk
Crepe Dress

#### RM 6,361

The outfit by Isabel Marant has a glitzy vintage vibe. It plunges from the V-neckline into the ruched waist and is composed of printed silk-crepe combined with a little stretch for comfort. Put on yours with knee-high leather boots.



Erdem

Evora Draped Taffeta and Embroidered Cotton-Faille Dress

#### RM 17,289

The painterly nature of Erdem's outfit is both startling and charming. One of the first looks from the Spring '23 show, it's constructed of cotton-faille and exquisitely embroidered all over the smooth surface. There will be lots of photo opportunities with the taffeta bow and draped overlay.



Zimmermann

Wonderland embellished ruffled linen and silk-blend gauze gown

#### RM 13,460

Zimmermann's 'Wonderland' gown is made from linen and silk-blend gauze and traced with frothy ruffles that move prettily when you walk. The neckline and armholes are framed with shells that extend all the way down to below your knees. Keep your makeup and accessories on the simple side.

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LUXE FASHION & BEAUTY

## Stella McCartney Cape-Effect Asymmetric

Jersey Maxi Dress

#### RM 11,141

The dress by Stella McCartney is made of flexible fabric that flows beautifully over your figure. It boasts a sweeping cape-effect sleeve that rotates to reveal a skinbaring racer back before falling to an asymmetric maxi hem. Just as on the Spring '23 runway, style yours with sandals and minimal makeup.



Taller Marmo

Ubud One-Sleeve Feather-Trimmed Crepe Gown

#### RM 10,284

Taller Marmo's collections are crafted at small Italian ateliers so no detail in is overlooked. Draped from smooth crepe, this 'Ubud' gown is defined by its sweeping neckline and cascading feather trims. Complement the punchy pink hues with tonal sandals and a sculptural clutch.



Costarellos

Katana Appliquéd Woven Gown

#### RM 6,096

As demonstrated by this "Katana" style, Costarellos' gowns are created utilising couture processes that guarantee a precise fit and drape. It has generous bishop sleeves and a nipped-in waist that are adorned with appliqués. It is made with a little bit of linen and a brilliant "Tangerine" colour. With heeled sandals, you can soften the floor-sweeping hem.

# THE LUXE REPORT







#### JOURNEY OF DISCOVERY AT THE RESIDENCE MAURITIUS

A jewel of elegant refinement reminiscent of a bygone age, The Residence Mauritius is a beachfront paradise set along a stunning stretch of pearl-white sand, swept up in the warmth of Mauritian hospitality and exceptional island experiences. Prepare for amazing encounters among the island's natural wonders as guests head to the Black River Gorges National Park to see the protected tropical hardwood trees, including the Mauritius ebony which once covered much of the island. Famous for its waterfalls, vistas and hiking, the gorge is the largest national park in Mauritius, located in the central highlands. After a day full of adventure, guests are welcomed back to The Residence Mauritius for unreserved relaxation. Embrace the serene spa treatments at The Sanctuary with therapeutic rituals by luxury French brand CARITA before savouring in an exciting medley of Indian, Chinese, European and Creole influences at one of the resort's dining destinations, or simply luxuriate like royalty in rooms that radiate comfort and charm, with attentive service worthy of the grand houses.



## THE POWER OF TOGETHERNESS AT ANI PRIVATE RESORTS

ÀNI Private Resorts, the world's first collection of private resorts, is proud to celebrate the art of 'togetherness' in stunning locations to foster meaningful connections. The brand champions the art of 'togetherness', in breathtaking settings, to create connections that last a lifetime. Perhaps traveler's travel to experience the unexpected: swimming with wild dolphins in Sri Lanka, watching the sunrise from an idyllic island in Thailand, admiring the awe-inspiring passage of whales in the Dominican Republic, or snorkelling with jewel-coloured marine life in Anguilla. These are the kind of unscripted, priceless encounters that ÀNI Private Resorts creates. Each of ÀNI's four all-inclusive luxury resorts across the globe showcases a different, beachfront destination, but they all reconnect people with nature and each other

#### CHÂTEAU SAINT-MARTIN OPENS FOR A NEW SEASON

The Palace on the French Riviera reopened its doors on 30th April for a new season full of promise. Nestled in the hilltops of Vence, this Oetker Collection Masterpiece Hotel is an exceptional setting steeped in Provençal elegance. The property's gastronomic restaurant, Le Saint-Martin, features exceptional views extending all the way to the coastline from its terrace, to enjoy alongside the refined dishes of chef Jean-Luc Lefrançois. Awarded one Michelin star in 2017, Jean-Luc Lefrançois offers a cuisine of authentic Provençal flavours crafted from seasonal ingredients. Surrounded by century-old olive trees and fragrant Ronsard roses, the outdoor restaurant, L'Oliveraie, is open from June until the end of August.



## LUXE KLlifertyle

# TIVOLI DEBUTS IN THE NETHERLANDS WITH THE LAUNCH OF THE HISTORIC TIVOLI DOELEN AMSTERDAM HOTEL

Tivoli Hotels & Resorts has just launched its first property in the Netherlands. The Tivoli Doelen Amsterdam Hotel is a XVI century property in the classicist style overlooking the Amstel Canal and is considered to be the oldest hotel in the Dutch capital. The original home to Rembrandt Van Rijn's famous painting The Night Watch (which was completed in 1642) it hung on a wall inside one of the bedroom suites until it moved to the city's famed Rijksmuseum. Inspired by the Dutch Golden Age and the unique atmosphere of Amsterdam, Tivoli Doelen's interiors blend an old-world elegance with contemporary service and special Tivoli touches. The quest rooms and suites offer views over the canals or the city, with the interiors featuring pastel tones with red splashes of colour for a relaxing but vibrant atmosphere, combined with touches of wood. New beds and bed linen provide the best night's sleep and the marble bathrooms feature special amenities from the French luxury brand Lalique.



## LE GRAND JARDIN CANNES - A PRIVATE ISLAND ESTATE LIKE NO OTHER

Surrounded by nature, Le Grand Jardin is like no other. A hidden sanctuary on the island of Saint Marguerite. With historic charm and modern amenities, it is clear why it is one of the most desirable properties on the French Riviera. But what makes it a cut above the rest is its eco-friendly focus. As expected from its name, horticulture is at the heart of Le Grand Jardin. Dating back to the 13th century, the botanical gardens are a defining part of the estate. The focus of the restoration project was preserving the property's history, from the buildings to the gardens. Taking the "farm-totable" ethos to another level, the estate benefits from its own vegetable garden, growing vegetables and herbs for the property's kitchen. Alongside this, the chef can work with local producers to integrate local culture and the ingredients into the guests' gourmet experiences. Creating a more sustainable food system means that the environmental impacts are minimised whilst also supporting the local

## LÜRSSEN DELIVERS 90M NORN

Lürssen has delivered the 90m Norn, which recently left the shipyard and embarked on her maiden voyage. Formerly known as Project 1601 and launched in February, the 295-footer has a beam of 14.7m (48ft 2in) and was built for a couple that previously owned a 70m Lürssen, which they had for over 20 years. For the new yacht, the owners required top-notch design and engineering as well as seagoing comfort for their family. For the exterior, the owners once again worked with Espen Oeino, who created a striking design dominated by flat surfaces, straight lines and angular corners, along with a series of extraordinary features. As with all Lürssen yachts, Norn is equipped with state-of-the art technology and engineering systems including zero-speed stabilisers, an outside cinema, and a liftable pool floor with dance floor illumination. A dynamic positioning system enables electronic anchoring in sensitive and remote areas, protecting the seabed and allowing for safe mooring regardless of water depth.



# THE WORLD OF BY HIRANMAYII AWLI MOHANAN

We're Here to Hype You Up on All The Beautifully Designed Automobile News and Latest Releases



#### PORSCHE ANNOUNCES ITS POWERFUL 2024 718 SPYDER RS

Porsche called for attention as it unveiled its all-new 2024 718 Spyder RS. The German automobile manufacturer confirms that this is the mid-engine roadster's most powerful offering to date as it bears the naturally aspirated engine from the 911 GT3. The GT3's 4.0-litre six-cylinder engine, which produces 493 HP and 331 lb-ft of torque and accelerates the car to 60 mph in 3.2 seconds, is located under the hood. The carbon fibre-engineered front trunk lids include a large air outlet above the bumper for rerouting airflow. With a reported weight of 3124 pounds, the vehicle is 59 pounds lighter than the non-RS Spyder with PDK and only nine pounds heavier than the manual Spyder. Additionally, it has a lightweight soft top that is manually controlled and consists of a weather protection and a sunshield.



## THE 2024 MERCEDES-BENZ E CLASS PUTS TECHNOLOGY FIRST WHILE RETAINING ITS CLASSIC DESIGN

The latest Mercedes-Benz E-Class features an all-new facade that merges the classic sedan look with an enlarged interior set-up and state-of-the-art technologies. The new, W214-generation model carries a signature, three-box design as opposed to a more futuristic appearance, in an effort to set itself apart from Mercedes-Benz's other midsize sedan, the EQE. The updated model's wheelbase is roughly one inch longer than its predecessor, allowing second-row passengers more room. It's available with two different front ends: a sleek grille featuring vivid slats and a Mercedes-Benz emblem, as well as a sportier version with a large star motif. Inside, the dashboard provides an immersive digital experience, with the MBUX infotainment system.

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## The New McLaren 750S

Consider the all-powerful McLaren F1, which held the record for the fastest road car for more than a decade until the Bugatti Veyron arrived. British automaker McLaren is known for producing some of the fastest vehicles on the market. Enter the McLaren 750S, the marque's latest weapon of attack. It uses a twin-turbocharged V8 engine that produces 740 HP and 800 Nm of torque, which is good for 0-62 MPH in 2.8 seconds, 0-124 MPH in 7.2 seconds, and a top speed of 206 MPH. It manages this not due to sheer power alone, as the 750S is 30kg lighter than the formidable 720S, coming in at 1,277kg dry.



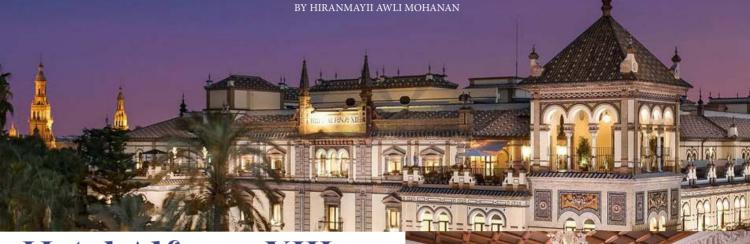
# THE BMW i7 M70 IS ITS MOST POWERFUL EV TO DATE

BMW's brand-new i7 M70 sedan, the company's fastest and most potent EV to date, has made its formal debut. The 650 horsepower, 3.5-second 0-60 time, and top speed of 155 mph of the all-electric flagship are combined with a 295-mile projected range. The i7 M70's exterior styling is distinguished by its black trim, side skirts, and modified rear diffuser; the M Performance Professional package adds additional touches of black to the rear spoiler, rear bumper, and trim piece between the taillights. The LED grille is finished in black high gloss and comes standard with 21-inch M light-alloy wheels and blue floating-calliper rear brakes.

# LUXE Melifertyle

## BEAUTIFUL HOTEL DESTINATIONS

Somewhere along the way, hotels have become rightful destinations on their own. Here are some luxury hotels scattered across the globe, that should be on top of your bucket list.



## **Hotel Alfonso XIII**

### Seville, Spain

Commissioned by the King of Spain to play host to international dignitaries during the 1929 Exhibition, Hotel Alfonso XIII, a Luxury Collection Hotel remains an iconic cultural landmark, centrally located in the historic quarter of Santa Cruz, next to Reales Alcázares and Seville Cathedral. The hotel's distinguished architecture and Moorish detailing have been enriched, showcasing native Andalusian design and heritage to a new generation of traveler. The hotel's elegant décor, from the lobby to the inner courtyard, continues to reflect Sevillian style. This ambience also pervades our outdoor swimming pool and gardens, which entice guests to relax and refresh under the warm Andalusian sun.

www.marriott.co.uk/hotels/travel/svqlc-hotel-alfonso-xiii-a-luxury-collection-hotel-seville



# Shangri-La Paris

#### Paris, France

In the former home of Prince Roland Bonaparte, overlooking the Eiffel Tower and River Seine in the 16th arrondissement, ultimate Parisian elegance lives on at Shangri-La Paris. Holding both Palace distinction and Monument Historique status, the hotel seamlessly blends European grandeur with traditional Asian hospitality and is home to the only Michelin-starred Chinese restaurant in France. Each of the 100 rooms and suites are individually designed in a distinct French-meets-Asian style, dominated by a calming Rococo colour scheme and bathed in natural light. Commanding spectacular views of the Eiffel Tower or Avenue d'Iéna, many rooms can interconnect to accommodate larger families or groups.

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www.shangri-la.com/paris/shangril



## **Grand Hôtel**

#### Stockholm, Sweden

The Grand Hôtel in Stockholm has been home to celebrities, high-profile events and everyday bon-vivants since 1874. Situated in the best waterfront location imaginable, the hotel overlooks the Royal Palace and Gamla Stan, Stockholm's old town. The Grand is also home to the classic Swedish Veranda restaurant, renowned for its traditional smörgåsbord, Mathias Dahlgren's awardwinning restaurants and the spectacular Cadier Bar. For recreation, there's the Nordic Spa & Fitness club with hot saunas and pools.

andhotel.s



# LikuLiku Lagoon Resort





### Malolo Island, Fiji

The only over-water bungalows in Fiji are at the adults-only Likuliku Lagoon Resort, where visitors get a front-row seat to the reefs and other natural splendour of the island. Four private seating areas in the resort restaurant were created with couples in mind. Along with a variety of daily activities like snorkelling, surfing, and even a trip to Mociu Island, a private, uninhabited island in a protected nature reserve that the resort has access to, Likuliku Lagoon Resort also has the opulent Tatadra spa. This spa provides soothing beauty and body treatments.

likulikulagoon.com



## Olinto Atlas Mountain Retreat

#### Marrakech. Morocco

Olinto is a luxury Atlas Mountain, adults only, retreat situated in the Berber heartland of Morocco, a mere 55-minute drive from Marrakech airport. Each of the nine majestic pavilions has been designed with privacy and the utmost comfort at its core. Those in search of utter tranquility and a much needed getaway from it all, will find themselves surrounded by stunning vistas and pure mountain air. Olinto has been created by Prince Fabrizio Ruspoli di Poggio Suasa, a pioneer in establishing legendary Moroccan properties.

linto.net



#### WITH THESE CONTEMPORARY BATHROOM DESIGNS, A RELAXING BATH AWAITS

Welcome to the ultimate guide to transforming your bathroom into a serene and rejuvenating spa-like oasis! Are you ready to take your daily routine from ordinary to extraordinary? Picture this: a tranquil space filled with soothing scents, gentle lighting, and luxurious touches that make you feel like you're on a never-ending vacation. We've curated a collection of modern bathroom ideas that will transport you to a state of bliss every time you step foot inside. So, put on your plush bathrobe, grab a fluffy towel, and let's dive into a world of relaxation, indulgence, and pure bathroom bliss!



Ah, how modern bathroom designs teleport you to a saner state of mind when you create a shower and tub alcove of sorts. If you're incorporating a shower and bathtub and space is a concern, consider a wet room — where a freestanding tub and shower are paired together in a single space. This new concept is a fresh, lux take on a shower-tub combo that establishes a spa-like ambience. What's even better is if you can create a curbless entry to the wet room, for seamless visual flow.



Embrace the power of creativity and transform your bathroom into a captivating spa-like oasis with the enchanting allure of wallpaper. Imagine stepping into a bathroom adorned with a stunning botanical wallpaper, where lush greenery and delicate blossoms surround you. Every time you enter, you'll be transported to a peaceful garden, as if you're soaking in a floral paradise. For those who crave a touch of opulence, metallic or textured wallpapers can add a luxurious and glamorous touch to your spalike oasis. Think shimmering gold or silver accents that catch the light, creating an atmosphere of indulgence and sophistication.



In the quest for creating a serene and luxurious spa-like oasis in your bathroom, one design principle stands out: embracing mono materialism. The concept of mono materialism revolves around using a single material or a cohesive set of materials throughout your bathroom space, creating a harmonious and visually appealing environment. In a modern bathroom, don't be afraid to combine sleek materials with earthy textures and natural products to create a beautiful spa aesthetic. Choose the likes of textured porcelain wall tiles that add depth but give the appearance of a wall covering without sacrificing durability.





Even if you don't have the resources or time to completely renovate your bathroom, modern bathroom designs can still be achieved with updated lighting without spending a lot of money or labour. When adding decorative lighting, consider using pendant lighting over more traditional sconces. Opt for soft and diffused lighting to create a calming atmosphere. Harsh, bright lights are a big no-no in a spa-inspired space. Instead, consider installing dimmer switches or selecting fixtures with adjustable brightness, allowing you to customise the lighting to match your desired mood. Clean lines, geometric shapes and metallic finishes like brushed nickel or chrome can elevate the overall aesthetic of your bathroom. Lastly, don't underestimate the power of natural light. If possible, maximise the amount of natural light entering your bathroom by using sheer window coverings or frosted glass.



Say goodbye to bulky cabinets that dominate the visual space. A floating vanity appears to hover above the floor, creating an illusion of weightlessness and allowing the room to breathe. Sleek and minimalist, it not only enhances the overall aesthetics but also opens up the floor area, making the bathroom feel more expansive. You can choose from a variety of materials, like rich woods or glossy lacquers, to match your personal style. Complementing the floating vanity, consider installing a wall-mounted toilet. By eliminating the traditional base, this modern marvel creates a clean, streamlined look while freeing up valuable floor space. The absence of visible plumbing adds to the sense of floating, lending an ethereal quality to the room.



Imagine standing beneath a cascade of warm, gentle droplets enveloping your body from all angles. With double showerheads, you'll experience a symphony of water, washing away the stresses of the day and leaving you feeling refreshed and rejuvenated. No more fighting over the water stream or feeling cramped in a small shower stall—double showerheads provide an immersive experience for you and your partner, turning shower time into a delightful shared moment. The benefits of double showerheads extend beyond mere luxury. They also provide practicality, allowing for quicker rinsing, efficient use of water, and the ability to customise water temperature and pressure to your liking. Plus, the added convenience of having dual showerheads means you can easily target different areas of your body simultaneously, making your shower routine more efficient and enjoyable.



Lee Man Fong, a name that reverberates through the annals of art history, stands as a shining testament to the rich and diverse cultural tapestry of Chinese Indonesian artists. Born in 1913 in Guanadona, China, Lee Man Fona went on to become one of the most prolific and celebrated painters of his time, leaving an indelible mark on the world of art. In this regard, KL Lifestyle is pleased to announce an exhibition dedicated to this late artist and the prolific paintings of his forever muse — the Indonesian landscape. This exhibition will see specially-curated artworks that not only showcases the artist's prowess, but also what fuelled them and became his affinity.

Lee Man Fong was a Chinese-Indonesian painter who had his training in China and Western Europe, and lived most of his life in Indonesia, developing a particular style that amalgamated his teachings with a quiet yet passionate vision. His works are highly coveted by many for the fusion of Chinese brushwork and Western techniques which resulted in a richly sentimental yet elegant paintings.

in a richly sentimental yet elegant paintings. A leading painter and curator of his time, the artist pioneered the Nanyang style in the 20th century in Indonesia.

Lee was born in November 14, 1913 in Guangdong, China, to a family of ten children. Fong moved to Singapore in 1917 and studied at the Anglo-Chinese School until 1929.

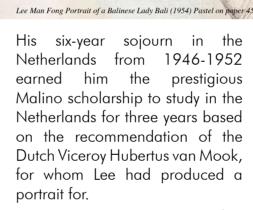
After his father's death, it was up to Lee to help support his family, so he began producing images for advertisements. The family moved to Singapore but eventually settled in Jakarta in 1930, where Lee secured a job at Kolff, a Dutch printing company. Steeped in a multicultural upbringing, Lee Man Fong moved to Indonesia in 1932, a land that would become both his muse and his home. His artistic journey took him on a vibrant exploration of themes inspired by his surroundings, blending the traditional Chinese painting techniques he had learned with the lush landscapes, people, and cultures of his adopted homeland. He was married to Lie Muk Lan —

a pianist — and his son Lee Rem.

born in 1938, also became a painter who would later exhibit jointly with his father.

His six-year sojourn in the Netherlands from 1946-1952 earned him the prestigious Malino scholarship to study in the Netherlands for three years based on the recommendation of the Dutch Viceroy Hubertus van Mook, for whom Lee had produced a portrait for.





At that point, Lee became the first non-Dutch artist to be invited to provide works for an exhibition organised by the Dutch East Indies Association. During this time, he was introduced to the techniques employed by the Dutch masters, thus expanding his repertoire of artistic skills beyond classical Chinese painting. Lee, a Rembrandt aficionado loved the works of the legendary artist, especially that of chiaroscuro, and sought to incorporate it into his own works. Dutch genre paintings which portrayed the simplicity of daily life and amplified the beauty of quotidian happenings,

also made an impression on the artist. After 1940 Fong devoted himself full-time to painting. He visited Bali, working briefly there, and held solo shows in Jakarta and Bandung. Lee quickly gained recognition for his paintings of Balinese subjects, many influenced by the work of Willem Hofker. He then held a solo show in Jakarta in 1941, after which he was interned by the Japanese.



Lee Man Fong Still Life Flowers (Undated) Oil on Canvas 74.5 x 61cm



**ART FEATURES** 

Lee Man Fong Untitled (Amsterdam, Circa 1948) Oil On Masonite Board 87 x 41.5cm

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**ART FEATURES ART FEATURES** 



which integrated Western, Chinese paint animals of the Chinese zodiac. and Indonesian traditions in bold yet delicate compositions. From 1955 to 1961, Lee served as the chairman of Yinhua Meishu Xiehui (Society of Chinese Artists in Indonesia).

In 1961, his long-time friendship with the late former President Sukarno (also an admirer and collector of his works) earned Lee the position of consultant to the Presidential Palace and chief curator of its art collection for six years. The late Presidents' extensive collection of Lee Man Fong's works inspirited the artist and Lim Wasim, to assemble a 5-volume edition of the Soekarno Collection. Durina this period, Lee was awarded an Indonesian citizenship. In 1967, when Soekarno fell from grace, Man Fong, who was considered close to Sukarno, and alleged to have communist inclinations,

With his growing success, Lee and this resulted in the artist's consistently and successfully sold his decision to move to Singapore works at the Hague and the Salon in 1970. His career continued in Paris. Upon the artist's return to thrive, and he was often given to Indonesia in 1952, he touched lucrative commissions by Chinese down with an evolved artistic style businessmen who wanted him to

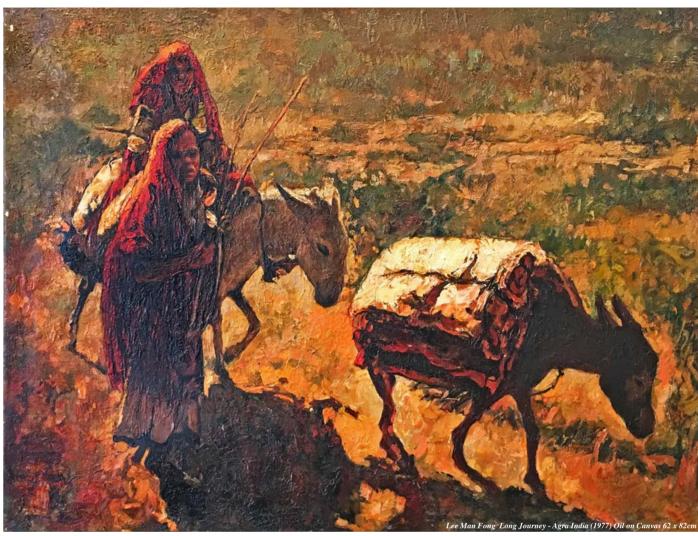


Circa 1970's, Lee's tarriance to Cairo, Egypt was when the artist started dabbling in oil paintings. His time there inspired him to produce scenes of the Egyptian landscape and thenceforth, a prolific variety of oil paintings. Lee continued to exhibit within Indonesia and was heralded as a major artist of the period.

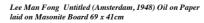
In the 1980's Lee Man Fong suffered from kidney and heart disease, and became increasingly private. His final solo exhibition at the National Gallery in Singapore was a major success, and he donated its proceeds to the National Kidney Foundation. Lee died in Jakarta on April 3, 1988 at the age of 75.

Lee Man Fong's artistic prowess encompassed a wide range of subjects, including captivating landscapes, expressive portraits, and mesmerising still life. His masterful brushwork, infused with a sense of poetic grace, brought his subjects to life on the canvas, evoking a profound emotional response from viewers. His ability to capture the essence of a fleeting moment, whether it be the play of light on water or the soulful gaze of a subject, was nothing short of extraordinary.

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Lee Man Fong Sketch for Ancient Street in Cairo (1978) Pastel on paper heightened in whites 44.5 x 66 cm

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# RESTORING RADIANCE

A COMPREHENSIVE GUIDE TO REPAIRING YOUR SKIN BARRIER

Our skin is a remarkable organ that acts as a protective shield, defending us against environmental aggressors. At the forefront of this defence is the skin barrier, a delicate balance of lipids and proteins that helps retain moisture, keeps irritants out and maintains a healthy complexion. However, daily exposure to harsh weather, pollution and improper skincare practices can compromise the integrity of the skin barrier, leading to various concerns such as dryness, sensitivity and dullness. Skin barrier aggressors are everywhere, but the most overwhelmingly common reason for impairment is the overuse of actives and using too many products all at once. The skin becomes overwhelmed, and, as a result, the barrier becomes compromised. Fortunately, with the right knowledge and a consistent skincare routine, you can repair and strengthen your skin barrier, restoring its natural radiance. In this article, we will delve into the essential steps and key ingredients to help you regain a healthy and resilient skin barrier.

## Understand Your Skin Barrier

Before embarking on a journey to repair your skin barrier, it is crucial to understand its structure and function. The skin barrier is primarily composed of ceramides, cholesterol, and fatty acids that form a protective barrier known as the lipid barrier. This barrier helps retain moisture and prevent water loss, keeping the skin supple and hydrated. Additionally, it serves as a defence against external irritants, allergens, and bacteria.

## Identify Signs of a Damaged Skin Barrier

Recognising the signs of a compromised skin barrier is essential to determine the appropriate course of action. Common indications include dryness, redness, flakiness, tightness, increased sensitivity, and a dull complexion. It can be ashy or flaky, and can feel irritated (or sting) after any chemical formula is applied. You might also experience acne breakouts, rosacea and eczema. Those with sensitive skin are more predisposed to suffering from an impaired skin barrier, so need to be extra vigilant about keeping it strong and healthy. Age is another factor, as we get older, our skin slows down its own production of lipids, ceramides and hydrators, which are three key components that make up the skin barrier. If you experience any of these symptoms, it's time to give your skin barrier some extra care and attention.

## Gentle Cleansing

Opt for a mild, pH-balanced cleanser that effectively removes dirt, impurities, and makeup without stripping the skin of its natural oils. Harsh cleansers can disrupt the skin barrier, exacerbating dryness and irritation. Remember to wash your face with lukewarm water, as hot water can further dehydrate the skin.

## Nourishing Hydration

Hydrating the skin is vital for repairing the skin barrier. Incorporate hydrating products such as hyaluronic acid serums, lightweight moisturisers, and facial mists into your skincare routine. These products replenish moisture levels, plump the skin, and strengthen the barrier function.

## Repairing Actives

Introduce skin-repairing ingredients like niacinamide, ceramides, and peptides into your skincare regimen. Niacinamide helps restore the skin barrier by increasing ceramide production, reducing redness, and improving skin texture. Ceramides, either in serums or moisturisers, fortify the lipid barrier, while peptides stimulate collagen production, promoting skin elasticity.

## Protective Sunscreen

Shielding your skin from harmful UV rays is crucial for a healthy skin barrier. Choose a broad-spectrum sunscreen with a high SPF to protect your skin from sun damage, which can further compromise the barrier. Apply sunscreen generously, even on cloudy days, and reapply every two hours for optimal protection.

## Avoid Irritants

To facilitate the healing process, minimise exposure to potential irritants. Fragrances, alcohol, and harsh chemicals in skincare products can exacerbate skin barrier damage. Opt for fragrance-free, hypoallergenic formulations that are gentle on the skin. Be cautious with exfoliation as well, as overdoing it can strip away the skin's protective barrier.

## Amp Up Antioxidants

Antioxidants such as vitamin C and vitamin E help neutralise free radicals, reducing oxidative stress and promoting skin barrier repair. Look for serums or creams containing these antioxidants to enhance the healing process and restore your skin's natural radiance.



With the ongoing COVID-19 pandemic, it is crucial to be vigilant about our health and understand the differences between common cold symptoms and those associated with COVID-19. While the common cold and COVID-19 share some similarities, being able to distinguish between the two can help you make informed decisions about seeking medical care, taking appropriate precautions, and safeguarding the health of yourself and those around you. In this article, we will explore the key differences in symptoms between a cold and COVID-19, empowering you to navigate through these challenging times with clarity and confidence.

### Common Cold Symptoms

The common cold is typically caused by different strains of viruses such as rhinovirus or coronavirus (not the COVID-19 strain). Common cold symptoms can vary from person to person, but they generally include:

- Runny or Stuffy Nose: Nasal congestion, sneezing, and a runny nose are common symptoms of a cold. You may experience a clear or slightly coloured discharge from your nose.
- 2. Sneezing: Frequent sneezing is a common cold symptom, often accompanied by a runny nose.
- 3. Sore Throat: A scratchy or irritated throat is another common symptom. It may feel dry or slightly painful, particularly when swallowing.
- 4. Cough: A mild cough is often present with a common cold. It can be productive, producing small amounts of mucus.
- 5. Mild Headache: Some individuals may experience a mild headache, which is typically not severe.
- 6. Mild Fatigue: Feeling slightly tired or fatigued is common with a cold. However, the fatigue is generally mild and doesn't significantly impact daily activities.
- 7. Mild Body Aches: You may experience mild muscle aches or discomfort, particularly in the back and limbs.
- O Low-Grade Fever: In some cases, a common cold may cause a low-grade fever, typically below 100.4°F (38°C). However, it's important to note that fever is less common with a cold compared to COVID-19.

It's worth mentioning that cold symptoms typically develop gradually over a few days, and the overall severity of symptoms is milder compared to other respiratory illnesses such as the flu or COVID-19. Additionally, symptoms like loss of taste or smell, shortness of breath, and severe coughing are not commonly associated with a common cold and may indicate a different respiratory condition.

## COVID-19 Symptoms

COVID-19 symptoms can vary widely, ranging from mild to severe, and can appear two to fourteen days after exposure to the virus. Common symptoms include fever, persistent dry cough, shortness of breath, loss of taste or smell, fatigue, body aches, sore throat, headache, congestion and gastrointestinal issues such as nausea or diarrhoea. It's important to note that not everyone infected with COVID-19 will exhibit all symptoms and some individuals may experience symptoms that are unique to them.

## **Key Diffrences**

- 1. Fever: While both colds and COVID-19 can cause a mild fever, it is more common and often higher in COVID-19 cases.
- 2. Respiratory Symptoms: COVID-19 is more likely to cause a persistent dry cough and shortness of breath, which are less common with a
- 3. Loss of Taste or Smell: An abrupt loss or change in taste or smell is a notable symptom of COVID-19 and is rarely associated with the common cold.
- Severity and Progression: COVID-19 symptoms, particularly respiratory distress, can escalate rapidly and lead to severe complications, whereas the common cold generally runs a milder course.

#### When to Seek Medical Attention

If you are experiencing symptoms and are unsure whether it's a cold or COVID-19, it is crucial to exercise caution and seek medical advice. Contact your healthcare provider or local health department to discuss your symptoms, exposure risks, and determine if COVID-19 testing is necessary. If your symptoms worsen or you have difficulty breathing, seek immediate medical attention.

## Preventive Measures

Regardless of whether you have a cold or COVID-19, taking preventive measures is essential to protect yourself and others. Practice good hand hygiene by washing your hands frequently with soap and water for at least 20 seconds. Use hand sanitiser when soap is unavailable. Wear a mask, maintain physical distancing, avoid crowded places, and follow the guidelines provided by health authorities in your area.

## Testing and Quarantine

If you test positive for COVID-19, it is crucial to follow the recommended guidelines for self-isolation and quarantine. Notify close contacts and individuals you have recently been in contact with to ensure they take necessary precautions. For cold symptoms, a COVID-19 test may not be necessary, but it is advisable to stay home, rest, and avoid close contact with others until you feel better.

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Running a marathon is a monumental achievement that requires dedication, discipline, and careful preparation. Whether you are a seasoned runner looking to tackle the 42km challenge or a beginner aiming to cross that finish line, this comprehensive guide will provide you with valuable insights and tips to help you reach your marathon goals. From setting realistic expectations to training effectively, fuelling your body, and managing race day, let's embark on a journey to conquer the ultimate running feat.



#### SET YOUR GOALS AND PLAN

Before diving into marathon training, it's crucial to establish clear goals. Determine your desired finishing time or focus on simply completing the marathon. Set realistic expectations based on your fitness level and previous running experience. Once you have your goals in mind, create a training plan that gradually increases mileage, incorporates rest days, and includes cross-training activities to prevent injury and build endurance.

# CROSS-TRAINING AND STRENGTH TRAINING

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#### TRPER AND RECOVERY

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#### **BUILD YOUR BASE**

If you're new to running or have been on a break, it's important to build a solid running foundation before starting marathon training. Begin with shorter distances, such as 5K or 10K races, and gradually increase your mileage over several months. This basebuilding phase helps condition your body for the demands of marathon training.

# PROPER NUTRITION AND HYDRATION

Fuelling your body with the right nutrients is vital for marathon training. Consume a balanced diet that includes complex carbohydrates, lean proteins, healthy fats, and plenty of fruits and vegetables. Adequate hydration is also crucial, both during training runs and in daily life. Drink enough water and consider electrolyte-rich beverages for longer runs. Experiment with different nutrition strategies during training to find what works best for you on race day.

#### RACE DAY STRATEGIES

On race day, arrive early, familiarise yourself with the course, and stick to your planned pacing strategy. Start at a comfortable pace and gradually increase if you feel strong. Stay hydrated at aid stations, and refuel with energy gels or snacks if needed. Mentally break the race into smaller segments, focusing on one kilometre at a time. Embrace the support of fellow runners and spectators to keep your motivation high.

# FOLLOW A STRUCTURED TRAINING PROGRAM

Adopting a structured training program is essential for marathon success. Consider working with a running coach or utilising reputable training plans designed specifically for marathons. These programs typically incorporate a combination of easy runs, long runs, speed work, and recovery days to improve endurance, speed, and overall fitness

### PRACTICE LONG RUNS

Long runs are the backbone of marathon training. Gradually increase the distance of your long runs each week, simulating race conditions as much as possible. Practice fuelling and hydrating during these runs to find what works best for your body. Build up to running at least 40 km before race day to ensure your body is prepared for the full marathon distance.

#### POST-MARATHON RECOVERY

After completing the marathon, prioritise recovery to allow your body to heal and rejuvenate. Rest, gentle stretching, and light activities like walking or easy cycling can help with muscle soreness. Gradually ease back into running and set new goals for future races or personal achievements.



Batten down the hatchets and settle in for an indulgent stay at Doubletree by Hilton Hotel Melaka. Towering over Hatten City, this premier hotel is merely kilometres away from the flurry of activities in Jonker Street. Moreover, its location within the UNESCO World Heritage Site offers guests an experience of a city that dates back 500 years. From the subtly perfumed air at the lobby that envelops guests on arrival to the extravagant floral displays and warm, generous staff, Doubletree by Hilton Hotel Melaka is a feast for the senses. It offers 273 rooms, including 27 suites and a luxurious Presidential Suite.

# Rooms

The hotel channels the relaxed energy of this historic city without sacrificina on elegant design. Stylish quest rooms are met with capaciousness and a laidback atmosphere. Walking into the room immediately triggers the motion sensor which sees everything come to life and that's when you notice the beautiful fittings that make up the room. The focal point of the room, naturally, is the marshmallowlike king-sized Sweet Dreams® bed, comprising layers of plush and luxurious linens. The generous-sized room is bathed in warm monochromes that emanate a sense of cosiness. Punctuating the rest of the room is a lounge chair for lazy days, a 48-inch LED TV for some bingewatching and a work desk for business travellers. The bounteous bathroom calls for some attention, featuring a walk-in rain shower, private toilet and bathroom amenities.

# Food

When it comes to meals, the sense of abundance continues. Jugalina between three restaurants during our stay, hunger was unheard of. Breakfast was a buffet extraordinaire at the famed Makan Kitchen where aromatic nasi lemak, eggs every way, breads, fruits and pastries piled high. Tosca Trattoria Italiana, as its moniker suggests, is the purveyor of Italian delights that overlooks a sweeping view of Melaka. Axis Lounge boasts a relaxing environment, where lingering over a digestif is positively encouraged. Homebodies appreciate the in-room dining, where comfort is of importance and the dining experience is uncompromised.

## **Facilities**

Bask in the brilliance of a sunrise or sunset or simply get a swim in the outdoor infinity pool on Level 13 that overlooks Melaka township. You can follow this by working up a sweat at the fitness centre to kickstart the day or make use of the sauna and steam rooms. Parents looking to indulge in some retail therapy or sight-seeing can leave their worries (and children) behind at Doubletree by Hilton kid's club – an entertainment hub for the little ones.



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YUSOF GHANI Siri Biring XXX, 2006 Charcoal and acrylic on linen 127 x 97 cm

#### FOR ENQUIRES CONTACT

SALES/NIK +6019-333 7668 ADMIN +6013-361 2668 INFO@MEDIATE.COM.MY WWW.KL-LIFESTYLE.COM.MY

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