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# CELEBRATING MOTHERHOOD



# KLAS PROJECT ROOM I, II & III

A GROUP EXHIBITION BY MALAYSIA'S EMERGING ARTIST 150, JALAN MAAROF BANGSAR, KUALA LUMPUR

17 APRIL - 30 MAY 2023

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# GOINGS ON MAY 2023



# RAYA SEPANJANG ZAMAN May 6

The festivities continue onstage at DFP with MPO's Hari Raya Aidilfitri concert sequel after the success of MPO's Cahaya Aidilfitri in 2022! The MPO performs nostalgic holiday hits with a symphonic touch, combining traditional instruments and folk tunes against a full orchestral backdrop. Join us in this festive season with us and sing along with your friends and family! Featuring famed vocalists Bob Yusof, Datuk Hail Amir, Ziana Zain, and Sanisah Huri.



# BACKSTAGE BITES: BIRTHDAY EDITION May 7 Venue: KLPAC

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: RM80 to RM120



# **CZECH IMPRESSIONS** May 12 - May 14 Venue: KLPAC

Under the helm of its Music Director and Resident Conductor, Lee Kok Leong, The klpac Orchestra launches into its 2023 season with the dreamy "Czech Impressions", featuring music from Czech Romantic composers Antonín Dvořák and Bedřich Smetana. The orchestra is set to perform two of Dvořák's most memorable works – Kolo from Slavonic Dances Op. 72 and Cello Concerto in B Minor featuring cello soloist Eric Yip. It was the Slavonic Dances that launched this then unknown composer into international stardom while the cello concerto, his last solo concerto work, became one of the most famous pieces in the cello canon.

"Czech Impressions" also shines the spotlight on the father figure of Czech music, Bedřich Smetana, who was responsible for the internationally-acclaimed comic opera The Bartered Bride. The orchestra will perform the Overture as well as three dances – Polka, Furiant and Skočná (Dance of the Comedians) from the opera as well as another piece from his symphonic poems called Vltava (The Moldau), a moving tribute to Bohemia and its countryside landscape.

Ticket: RM48 to RM64





# MAMA LOOKING FOR HER CAT May 19 - May 21 Venue: Pentas 2, KLPAC

An old dialect-speaking mother has lost her only companion — a cat. She asked for help, but was snubbed by her grown-up children. One night, the old lady left her house looking for her cat in a world that has left her behind — a world obsessed with progress and prosperity, which has forgotten the traditional, the old and the frail. Mama Looking For Her Cat is a play about the communication differences and the estranged relationship between a mother and her children. Written by the Late Kuo Pao Kun in 1988, the play revolves around the theme of Singapore being a multiracial, multicultural and multilingual society. Two decades later, this poignant piece remains as powerful, as relevant and as emotionally hard-hitting as ever.

Ticket: RM98

# BRAHMS

SAT 20 MAY 2023 8:30PM

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# DFP PRESENTS: RAMLI SARIP - SYAIR TIMUR May 13

### Venue: Dewan Filharmonik Petronas

DFP will glitter again with our legendary musical gem, Datuk Ramli Sarip who is back with songs from one of his most prolific albums, Syair Timur. Come and immerse yourselves in the distinctive vocals of our very own Papa Rock, serenading the audience with his deeply poetic songs, enriched with a tantalizing blend of middle eastern influences, local traditional sounds and rock/blues flavour. A night of extraordinary sound, music, and memories not to be missed!

## Ticket: RM198 to RM550



# BRAHMS VIOLIN CONCERTO

# May 20

### Venue: Dewan Filharmonik Petronas

The gloriously epic Brahms violin concerto was written for Joseph Joachim, the leading violinist of his time and his lifelong friend. Featuring MPO Concertmaster Peter Daniš, this masterpiece of the Romantic era soars with lyricism, innate virtuosity, and raw symphonic power. The MPO performs Mozart's formidable Symphony No. 41, the "Jupiter", widely recognised as the pinnacle of Mozart's instrumental writing.

# Ticket: RM198 - RM358



# ANGELINE WONG CHARITY CONCERT 2023 May 20

### Venue: Pentas 1, KLPAC

Malaysian platinum record singer Angeline Wong released her debut album in 2009 and won the AIM Local Original Classic Style – Best Female Artist Award in 2016. Before the pandemic, Angeline also held a performance combining stage play and concert at klpac in 2020. After 3 years, Angeline once again appeared on the stage of klpac to do her part for the disadvantaged groups in society; with sponsorship, the "Angeline Wong Charity Concert 2023" is scheduled to be held on 20/05/2023. The show will be performed by a live band with a total of 30 songs.Two teams of professional dancers will present ballroom dance and modern dance respectively.



# COMEDY COMALIS May 20

### Venue: Plenary Hall, KLCC

A Magnum Opus Laughter Experience in Malaysia! This is a scripted comedy show and the goal is to bring a live experience of the artist's hilarious performances and experience of the grandest Tamil comedy show ever in Malaysia.

Ticket: RM119.44 - RM581.20



# MUSIC FEST WITH SHANKAR MAHADEVAN

# May 20

Venue: Sungei Wang Plaza Get ready to groove and bob heads to the sultry and stunning voice of renowned Indian singer and composer, Shankar Mahadevan. Ticket: RM233 - RM1,303







RM95.00 | RM195.00 | RM295.00 RM450.00 ( Meet & Greet ) TTHET - www.ticket2u.com.my

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# THEY ALL DIE AT THE END May 25 - May 28

### Venue: Dewan Filharmonik Petronas

Thosai at funerals. Unspoken words of love. Missed calls from Amma. Unwritten letters to Appa. Five men reflect and interrogate what it means to be sons, Malaysian and also Indian. In the past, present and imagination. They All Die At The End is a brown boy fantasia that tells the story of love, family and identity. What does it mean to be a Malaysian Indian man in 2023? What did it mean to be one in the past? What does it mean to love, to exist and to live as a brown man? Combining poetic text, dialogue, music and movement, the show explores painful realities and joy-filled spaces. Presented in collaboration with klpac, the devised production presents a world where brown men can be who they want to be and say what they want to say.

### Ticket: RM55



# THE MUSIC OF STAR WARS May 27 - May 28

### Venue: Dewan Filharmonik Petronas

Join us for a monumental Star Wars Day celebration as the MPO presents symphonic highlights from the famed film series. From the very first release in May, 1977 of "A New Hope" to the present day "Mandalorian", we relive over 4 decades of intergalactic travel and the unforgettable antics of your favourite characters! Featuring the music of John Williams and Ludwig Göransson, conducted by Gerard Salonga.

### Ticket: RM218 - RM518

# REVOLUSI EXISTS LIVE IN KUCHING

# May 27

### Venue: MBKS Indoor Stadium, Kuching

Exists, who made an appearance in a series of concerts in the peninsula and made many fans' hearts "burn", is now ready to repay the services of fans in Borneo, particularly Sarawak. For the members of Exists, namely Ajai, Along, Musa and Ujang including vocalist Mamat along with two guest singers namely Pasya and Eiz, they believe that performing in Sarawak is a benchmark and evidence that the heart of fans can be conquered.

## Ticket: RM95 - RM450





MAY 5



# GUARDIANS OF GALAXY VOL.3

In Marvel Studios "Guardians of the Galaxy Vol. 3" our beloved band of misfits are looking a bit different these days. Peter Quill, still reeling from the loss of Gamora, must rally his team around him to defend the universe along with protecting one of their own. A mission that, if not completed successfully, could quite possibly lead to the end of the Guardians as we know them.

Genre: Action / Adventure

Cast: Chris Pratt, Vin Diesel, Dave Bautista, James Gunn, Zoe Saldana, Pom Klementieff, Maria Bakalova, Kevin Feige.



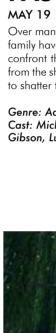


# LOVE AGAIN

Coping with the loss of her fiance, Mira Ray sends a series of romantic texts to his old cellphone number, not realizing it was reassigned to journalist Rob Burns. Rob becomes captivated by the honesty of her words in the beautifully constructed texts. When he's assigned to write a profile of superstar Celine Dion, he enlists her help to figure out how to meet Mira in person -- and win her heart.

Genre: Comedy/ Romance Cast: Basil Iwanyk, Priyanka Chopra Jonas, Sam Heughan, Omid Djalili, Jim Strouse, Russell Tovey, Celia Imrie, Céline Dion.





**MAY 26** 



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# **FAST X**

Over many missions and against impossible odds, Dom Toretto (Vin Diesel) and his family have outsmarted, out-nerved and outdriven every foe in their path. Now, they confront the most lethal opponent they've ever faced: A terrifying threat emerging from the shadows of the past who's fuelled by blood revenge, and who is determined to shatter this family and destroy everything and everyone that Dom loves, forever.

# Genre: Action / Adventure

Cast: Michelle Rodriguez, Vin Diesel, Scott Eastwood, Jason Momoa, Tyrese Gibson, Ludacris, Jeff Kirschenbaum, Samantha Vincent.



# THE LITTLE MERMAID

The youngest of King Triton's daughters, Ariel is a beautiful and spirited young mermaid with a thirst for adventure. Longing to find out more about the world beyond the sea, Ariel visits the surface and falls for the dashing Prince Eric. Following her heart, she makes a deal with the evil sea witch, Ursula, to experience life on land.

### Genre: Romance / Adventure

Cast: Melissa McCarthy, Halle Bailey, Awkwafina, Jonah Hauer-King, John DeLuca, Javier Bardem, Lin-Manuel Miranda, David Magee.

# CAREY NG

### EMPOWERING WOMEN EVERYWHERE

Beautiful, beauty queen, emcee, social media star and mum of two are the few words that promptly come to mind when describing Carey Ng. However, upon meeting and interviewing her with her two daughters in tow at Sofitel Kuala Lumpur Damansara — our photoshoot and interview spot, we learn that she's so much more. She's kind, ever with a hearty smile, resilient, views working out as therapy, fiercely loves her family and leads with her heart. As a tribute to Mother's Day, for the May issue, we speak to Carey Ng on all things motherhood and learn about her journey as she continues to navigate through the throes of being a mum.



# Could you talk us through your daily routine as a mum of two?

I try not to keep my routines too similar day to day. I kind of like the spontaneity and I think my kids will love yesterday. They're their school, which is a constant, you know, so they spend the first half of the day away from me and I have that time to myself. And then in the afternoons, we usually have family activities together. And once they go to bed, it's alone time with the husband. And we tried to keep our weekends pretty fluid and focus on experiences we can do as a family, maybe meet some friends and, you know, other family friends that we have. So we're actually quite fluid as a family. You know, we just want to be able to be productive and, you know, create memories together.

# How are you and how has life been for you lately?

I think that's an interesting question. Because we came out of the pandemic. And I think the last two years were really about progressing, you know, building the businesses and really getting used to what life has to offer post pandemic. So we've been travelling a lot, which is great. But there are also new challenges in adapting to the faster pace that we were probably so blessed to not have doing the whole pandemic. But it is great, you know, we're, we're kind of getting our feet off the ground and loving life spending a lot more time together as a family and you know, travelling, making new connections, which is great for the kids who have been, you know, in hiding for way too long. Back to School, which is great. I think it's just nice that we are finally getting to the speed that we want in our lives and seeing progress and growth. So I would say I'm good, or maybe more than good.

# Tell us more about the Curious Child Centre and what's in store for the future?

I would say that Covid definitely impacted the Curious Child Centre, like any other kindergarten and nursery. It was tough to keep it aoing while servicing the families with us by continuing education at its standard through alternative platforms such as Zoom. However, post Covid, the expansion of our little centre is going great. Curious Child Centre is basically a pre-school where we prepare children for international and public schools. Given that we're now back to normalcy, we want to focus on aetting the kids who were lacking behind during Covid back on track and ready for primary school. My kids actually fall in that category. My oldest, Shaelyn will be starting what she calls 'the big girl school' in August. So our jobs at the Curious Child Centre is to equip them in academics so they can ease through the formative years of education. The idea of establishing this kindergarten and nursery goes back about six years when I was still pregnant with Shaelyn. It was a transitional period for me personally, as I was thinking of expanding my repertoire to something that was more sustainable, meaningful and grew in tandem with my life. The idea was also supplemented by my peers who had kids and were daunted by choosing a proper pre-school to care for their children. It's scary, I related to that and that passion translated into the business. I'm lucky to have support from my mum and husband who are the key people in shaping this business. I'm very happy to say that Curious Child Centre has been thriving for the past five years since its inception. At the heart centre, we foster creativity and a child's love for learning, which I believe sets them for primary school.

# Besides the Curious Child Centre, do you have any projects in the pipeline?

Well not so much since my sole focus is definitely on the school. I don't have an education background so I knew that I wanted to put 100% effort into it in order for it to work. The other projects that I do are mainly for fun -- things that give me some fulfilment, like hosting. I used to be an introverted kid. Just like how Beyonce has an on-stage persona, hosting is the same for me -- it brings me out of my shell and I feel like I don't do enough these days. Hosting reminds me of the courageous, extrovert that I can be if I put my mind to it. I do try to take those jobs once in a while. On top of that, social media and creating content for it is a project of its own. The goal is definitely to create content that speaks to me a little more. Actually, I recently lost my best friend and it's probably the hardest thing I've had to go through, but it has put a lot of things into perspective. I do truly want to work on relationships that I have. I guess this year's plans would have to make a shift but that's life right? It's never what it's planned to be.



# How has becoming a mother changed you as a person and your view of the world?

Wow, I think everything changed. It's scary, to feel like the two most important people in your life that came from you are just living out of your, your heart. You know, like anything could happen to them. And I think, this recent incident with the passing of my best friend has really taught me that you can't have full control of everything — to love and to have family and people close to you. It's all about doing your best and not feeling like you fear losing them. I think it's a scary thing for sure. You wanna do all you can to keep them safe. So, I think the biggest thing is really the balance of not trying to be paranoid about everything. Don't live with that fear in your mind, you know, and that nothing is perfect. Every parent is still learning. No one is doing as well as they portray themselves to have done. We all don't know what we're preparing ourselves for, because the generation to come have their own challenges that we can't even fathom, but all we can do is help navigate them through. So, I think that it has really taught me to not live inside my head too much, and rather, live in the moment; not plan too much and not worry about what's gonna happen in the next 10 years. You know, planning is great up to a certain point, and then, you just gotta go with the flow.

# How has becoming a mother changed you as a person and your view of the world?

Mum Guilt \*laughs\*. I think every mom would agree with me that, no matter how much time you spend with them or how little time you have for them, you'd still feel that auilt, like you're not doing enough. I guess that's it, right? You feel like you're not giving your best sometimes, even though I think we all are trying our very best. I just think that no matter what, you have to create that balance. I also think that you should put yourself first, because without happiness, self-love, self-care, you can't be happy. And when I'm not happy, I can't love my husband as well as I should, I can't be patient with my children when they're bickering or throwing tantrums or having relationship problems with each other.

My girls are very, very close and love each other very much. But that also comes with the territory of them wanting the same thing and wanting you, and this takes a lot of patience. I spend a lot of time with them because they're in my business — they're in every aspect of my life. For example, if I go out with my friends, I try to include them. I want them to experience social settings and whatnot. So my boundary is finding some 'me time' or time with my husband. It's always a blur and I'm still trying to manage that for sure. I believe that women are made to be nurturers of the family, and you can only nurture when you feel nurtured. So you gotta take care of yourself first. For me, it's working out. I love my workouts — it clears my head. The more pain, the better \*laugh\*. I'm striving, giving myself what my body needs and challenging myself. That's my own personal goal. A lot of people doubt and think how does that help? But honestly, it's therapy for me. When I'm physically stronger, I feel like I'm able to be more present.



# Can you share a particular moment or experience that has been the most rewarding or fulfilling as a mother?

Just being their number one. You find so much joy knowing they have so much love for you and teaching them so many things like kindness, how to be empathetic and being a good person. I feel like I've done good and reflect on your journey as a mum. It's nothing like having their love, whether they say it or not.

**COVER** STORY

# What has been your biggest learning experience as a mother so far?

I see my flaws a lot as a mother. I think that children are reflections of who we are — your biggest fears and the worst. And that's the hardest thing, to see your biggest fear or flaw in your kid and to have to deal with that. That's the toughest part, along with the steep learning curve that is motherhood. I'm still on that path and I won't try to sugarcoat it. I know I speak on behalf of a lot of people that we grew up with a generation of parents who sacrificed everything for us. But like any other Asian parent, they're not very PDA or expressive. So, we've been through life knowing our parents sacrificed for us but we lack dealing with emotions, conflict and difficult situations in a relationship. There are instances that motherhood has forced me to ponder. I am who I am today because of my parents but I've got to work on myself and my triggers for my children suffer. I feel like navigating through infancy and learning to balance motherhood and self is indeed hard, but it's just the tip of the iceberg. Everything below is all the trauma we've suffered during childhood and how we relate to parenting. That's what I hear whenever I talk to other

# What advice would you give to new mothers who are struggling to find balance and prioritise their own needs while caring for their child?

You're not alone and don't allow yourself to be alone. Find your drive or people you can relate to in terms of principles of motherhood or friends. That allows and helps you be better. Find your tribe who'll support you to take care of yourself first before anything. It's very isolating for new mums to be facing motherhood alone. Find your tribe, find people you can talk to. Motherhood is a long journey and the first few years can be intense so we, mothers should be there for and encourage each other.

# How do you navigate parenting in the public eye and protect your children's privacy?

This is going to be an ongoing conversation. I've honestly thought hard about it, posting about them or not. But I also want to be authentic and family is a huge part of me. I don't post every nitty gritty about my children and family but I do involve them and keep it light. I'm just hoping to create a separation between what's on social media and what's not and that would create some sort of privacy for them. They're still young so they're not really on social media but I know once they grow up, it will be a challenge to create a boundary for them when they have the liberty to control their own social media. But I feel we can't avoid having privacy because that's the way the world works. It's just really asking yourself what you need for yourself and where do you draw the line. It's okay if they don't want to be on social media either because I don't want them to ever feel like they're obligated to.

# How have you taught your children about self-love and body positivity in a world that often promotes unrealistic beauty standards?

NAMES AND

For one, at home, we don't really talk about how we look. We talk about hygiene, being fit and healthy, and all that feeds into the bigger picture. It's not about being fat or thin or the physicality of it, but what it represents. It's important to feel healthy and strong. So we don't really talk about size. Moreover, children don't really notice that and skin colour, which is really beautiful and we want to encourage that. I also feel really encouraged by ads and brands that are more inclusive these days. For example, we work very closely with Adidas and body positivity is very evident in their campaigns instead of unidealistic body types portrayed in every picture. It's very inclusive and I hope they keep at it and will realise that's the way to go and our children will reap from that awareness. But yeah, we don't talk discriminatingly at home and we hope that our daughters will follow in our footsteps.

# What kind of legacy do you hope to leave for your children?

My husband and I both always talked about financial security a lot and what we are going to leave our children with so they'll be protected and they can be comfortable in life. But I think leaving a legacy behind is related to the relationships you have, be it with yourself or people you love and the kindness you spread. I want people to remember me, at least, by this positive feeling and the only way to do that is just being kind. It can be a hard practice especially when the world is unfair and some people can be cruel and so much to combat. If I can teach my daughters to be kind and be good people above all else, that'll be the proudest and biggest legacy I leave behind. We don't know when your last day on earth is, and one thing is for certain, people will remember how you made them feel. Like my late best friend for instance, I don't remember her from all she's achieved, and she has, but it's really how she was there for everyone. I want that for me and my children.

# WITH MOM

Exciting Ways to Treat Your Mum This Mother's Day

one for the books.

Mothers are divine creatures, they are unsung superheroes and are an embodiment of selflessness. While Mother's Day is a day to honour motherhood, we believe that reverence and appreciation of our mothers should be a daily observance, not limited to a special day. She should be spoiled, pampered and loved every day. Sure, Mother's Day gifts are always a nice surprise, but this day isn't about spending a ton of money — it's about spending quality time with her. Whether she likes to get out and explore or stay in and relax, we have rounded up some fun activities that will make this Mother's Day

# Breakfast in Bed

Start your mom's day off on the right foot by preparing her favourite breakfast in bed. You can make pancakes, waffles, or even a fruit salad. Add a cup of tea or coffee to complete the experience.

# Sweat it Out

Kick off Mother's Day on a healthy note by either heading to a yoga class or even heading to hills for a beautiful morning hike. Not only is this an incredible bonding activity, but you'll both feel energised and ready to tackle more activities.

# Surprise Her

Surprise your mom with something unexpected. You can send her flowers or balloons to her workplace, organise a surprise party with her friends, or even plan a weekend getaway.

# Spa Day

Treat your mom to a relaxing spa day. Book a massage, facial, or pedicure. If you can't go to a spa, you can create a spa-like experience at home by lighting candles, playing soft music, and giving your mom a massage or a foot rub.



# Movie Night

If mom prefers staying in and relaxing, we suggest getting her favourite bottle of wine, some hearty comfort food to accompany and to top it off, a movie night. You can even make it a themed night, like a classic movie night or a chick-flick marathon.

# Treat Her to a Meal Out

Mothers slave over the stove almost every single day so why not treat her to her favourite cuisine, at her favourite restaurant. Whether it's as simple as breakfast or a special dinner, we know she would appreciate it.

# Go on a Road Trip

What better way to bond with your mother than a road trip? It's just you, songs, meaningful conversations and the open road. It could be a trip to Port Dickson or even to Ipoh for food hunting, you will return happy and closer than ever.

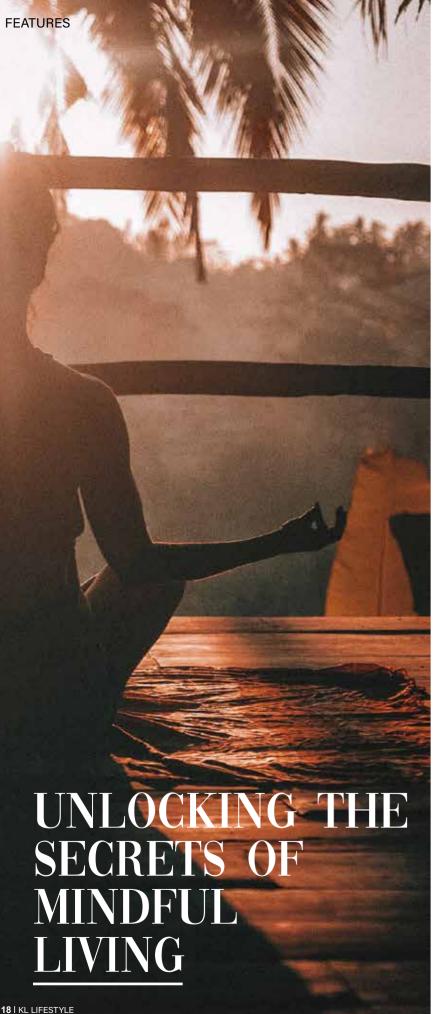
# Go Glamping

With the recent surge of glamping venues just outside of KL, it makes for a fun escapade to nature with style. Even if your mom is not the outdoorsy type, we bet she won't mind luxe take on sleeping under the stars. Hello, adventurous girls trip!

# **DIY Projects**

Get creative and make something for your mom. You can bake her favourite dessert, paint her a picture, or even make a handmade card. It's not about the gift itself, but the effort and love that went into creating it.





In today's fast-paced world, it can be easy to get caught up in the hustle and bustle of everyday life. Between work, family, and social commitments, it can feel like we're always on the go, with little time for rest or reflection. But what if there was a way to slow down, tune in, and live more mindfully? Here are some tips and practices to help you unlock the secrets of mindful living, and find greater balance and fulfilment in your daily life.

# **Practice Mindful Breathing**

Mindful breathing is a simple yet powerful practice that can be a key component of a mindful lifestyle. By bringing your attention to your breath and noticing the sensation of each inhale and exhale, you can anchor yourself in the present moment and cultivate a sense of calm and focus. This practice can be done anytime, anywhere, and requires no special equipment or training. Whether you're feeling stressed, anxious, or overwhelmed, mindful breathing can help you find a sense of peace and clarity. Over time, this practice can become a natural part of your daily routine, helping you stay present and attuned to the richness of each moment.

# Make Time for Self-Care

Self-care is a crucial aspect of a mindful lifestyle, and one that often gets overlooked in our busy lives. Taking time to prioritise your own well-being and nourish your body, mind, and spirit is essential for living a balanced and fulfilling life. Self-care can take many forms, from exercise and healthy eating to meditation and relaxation practices. By making self-care a regular part of your daily routine, you can boost your energy, reduce stress, and enhance your overall sense of well-being. So whether it's taking a yoga class, cooking a healthy meal, or simply taking a few minutes to relax and recharge. By taking care of yourself, you'll have more energy and focus to give to others.

# **Embrace Mindful Movement**

Exercise and movement are also important components of a mindful lifestyle. By moving your body with intention and awareness, you can tap into a sense of embodied presence and flow. This might mean practicing yoga, going for a walk in nature, or dancing to your favourite music. Whatever form of movement you choose, aim to do it with mindfulness and curiosity, noticing the sensations in your body and staying attuned to your breath.



## **Practice Gratitude**

Gratitude is another powerful tool for cultivating mindfulness and enhancing your overall well-being. By focusing on the blessings in your life, no matter how small, you can shift your perspective and cultivate a sense of abundance and contentment. Try starting each day by writing down three things you're grateful for, or taking a moment before bed to reflect on the highlights of your day. Over time, you may find that gratitude becomes a natural part of your daily mindset.

## **Connect with Others**

It involves building and nurturing meaningful relationships with those around us, whether that's through spending quality time with loved ones, volunteering in our community, or joining a group that aligns with our interests. By connecting with others in genuine and authentic ways, we can experience a deeper sense of belonging and purpose, and enhance our overall well-being. Connecting with others can take many forms, from simple acts of kindness and compassion to more involved commitments, such as volunteering or joining a support group. Regardless of the form it takes, connecting with others requires us to be fully present and engaged in the moment, and to approach each interaction with an open and curious mindset. In addition to enhancing our sense of connection and community, connecting with others can also have a positive impact on our mental and physical health. Studies have shown that social support can help reduce stress and anxiety, boost mood, and even improve our immune function.



Ferria, the latest bar and grill restaurant that nestles under the roof of The Westin Kuala Lumpur, acts as a gateway to a rainforest with its lush greenery and vibrant prints that instantly catches the eyes. Rattan seating, velvet dining bold-coloured velvet dining chairs, hanging vines and stained alass with flora and fauna motif adds to the tropical experience, lending an escape for busy metropolitans. The theme flows outdoors to an al fresco seating area, with ubiquitously-placed foliage and a beautiful bar at its centre.

As a restaurant that focuses on grill, the inner sanctum of Ferria boasts an open kitchen where quests can get enthralled by the chefs in the works. Ferria brings their forte of grilling techniques to the forefront. Ingredients are freshly-sourced and are complemented by the chefs charcoal grilling and cutting edge techniques. The specialty grill bar offers a variety of meat, poultry and seafood selection such as lobster, freshwater prawn, black cod, Wagyu, lamb and chicken, grilled to perfection. The menu is designed for sharing among friends and family, or individual dining.

Start with the Jungle Jewel - an unassuming bowl of corn that whets the appetite before the mains. The bowlful of grilled corn is tossed in chicken lard, thus lending a delicious savouriness and smokiness. Additionally, the Adventurous Prawn is a nice treat to build appetite, especially with its crunchy exterior layered with Greek pastry. This is complemented by a smooth wasabi mayo sauce that offers a much desired kick.

For those who appreciate comfort, the XL River Monster Roll offers just that and more. Freshly made brioche buns sandwich chunks of freshwater prawn that delivers subtle spice. This dish is served alongside what we think is the perfect accompaniment — crispy French beans. As you move on to something more satiating, the Oceanic Olio does justice with its generous portioning. It's light, a tad spicy and topped with a giant freshwater prawn and melt-in-your-mouth scallops to complete the oceanic experience. Dessert calls for the Grilled Crystal Pineapple which balances the tartness with ice cream and vanilla butter crumble. The Wild Expedition Tiramisu is for those craving for something more indulgent, a mixture of coffee and cocoa powder.

# BLACK TAP CRAFT BURGERS & BEER -

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

BY HIRANMAYII AWLI MOHANAN





Sunway Resort Hotel at Sunway City Kuala Lumpur introduces the attitude and energy of New York City to Malaysians with the launch of Black Tap Craft Burgers & Shakes, the awardwinning restaurant brand that specialises in mouth-watering craft burgers and its worldfamous CrazyShake® milkshakes.

With the first venture into Malaysia, this edgy, urban concept restaurant offers a casual vibe reminiscent of a classic American luncheonette with a distinctly New York feel, complete with 80's and 90's hip-hop and pop music and art covered walls. The facade and interior features mural art by Kenji Chai, the famous Malaysian street artist whose iconic, era-defining designs have adorned the walls of cities across the country - including the tallest mural in Malaysia! Having worked with multinational clients such as Netflix, Volkswagen and Uniqlo, Kenji has now created striking monochrome designs exclusively for Black Tap Malavsia.

Diners may enjoy an astonishing variety of all-American foods in these chic surroundings, upgraded to the highest level of whimsicality and creativity, and boasting a delicious menu of American comfort food, including burgers, sandwiches, and salads - but not as you know it! The Greg Norman Burger, made with wagyu beef and topped with house buttermilk-dill, blue cheese and rocket and served on a soft potato bun, has won the People's Choice Award at the NYC Wine & Food Festival's 'Burger Bash' three times. Other awardwinning Black Tap Burgers include the mighty Texan Burger, Crispy Chicken Sandwich and, of course, the Greg Norman Burger.

These outstanding dishes can be paired with one of the delicious CrazyShake® milkshakes that are brimming with sweet goodies and irresistible toppings. You can choose from flavours like The Cookie Shake, a vanilla cookie shake with a vanilla frosted rim and cookie crumbles, topped with a "cookiewich," crumbled cookies, chocolate chips, whipped cream, and chocolate drizzle, The Sweet 'N Salty, a peanut butter shake stacked with a sugar daddy, pretzel rods, chocolate covered pretzel, whipped cream, and caramel and chocolate drizzle, and The Cotton Candy Shake, a riot of colour.

# FT®

WET<sup>®</sup> Deck, Level 12, W Kuala Lumpur, 121 Jalan Ampang 50450 Kuala Lumpur +6012 347 9088 BY HIRANMAYII AWLI MOHANAN

W Kuala Lumpur, the leading city escape in the heart of Kuala Lumpur city centre with iconic views has long been a favourite destination for travellers. By using food and drinks to convey unique stories and celebrate local cultures that are anything but mainstream, WET® Deck launches its new menu featuring an exciting selection of dishes that are sure to tantalise the taste buds.

The new menu is designed to appeal to a wide range of tastes, with dishes that are perfect for sharing as well as more substantial options for those with a hearty appetite. It's carefully curated to showcase the best of W Kuala Lumpur's culinary expertise, blends fresh ingredients and bold flavours for a truly memorable dining experience. Stand out dishes include the Seafood on Ice, featuring a selection of fresh seafood sourced internationally and locally from Sekinchan prawns, Irish oysters, Japanese scallops and Norwegian salmon sashimi served with tangy Wasabi Mayo and Ponzu Sauce. The Angus Sliders are also a must-try, featuring juicy patties topped with caramelised onions and Gruyere cheese.





Sushi lovers will be delighted with the new selection of rolls, which include the Spicy Unagi Roll featuring tender and succulent slices of grilled eel (Unagi). The Unagi's soft and slightly chewy texture contrasts with the tender bite of the sushi rice to create a satisfying mouthfeel. The Torched Salmon Roll, on the other hand, is made with fresh salmon that is lightly seared on the outside with a blowtorch. The searing process imparts a smoky and charred flavour to the salmon; the texture is also noteworthy, with the salmon being slightly firm and flaky. while the rice provides a soft and chewy contrast. These flavourful rolls are sure to satisfy any craving for fresh sushi, while the innovative flavour combinations will leave guests wanting more.

For those looking for something heartier, the Anaus T-Bone Steak and Salmon Fillet are both excellent choices. The steak is cooked to perfection, with a mouthwatering crust and tender, juicy meat, while the Salmon Fillet is served with a delectable grilled vegetables and Romesco sauce that perfectly complements the delicate fish



SALMON FILLE



# Solf

Damai 88 Residence, Jalan Ampang Off Jalan Damai, 55000 Kuala Lumpur. +6012 445 3601 BY HIRANMAYII AWLI MOHANAN

Translated to 'peace' in Persian, Solh is a leafy, al-fresco space tucked away in Jalan Damai, Ampang. The atmosphere here boasts a modern garden-like concept, with glass and steel roof as its canopy, manicured grass and lush foliage surrounding the space. A touch of modernity is injected with distinct artworks and fairy lights dressing the tree bark.

But it's not just the decor that makes Solh a must-visit dining destination. The food is truly exceptional, and the menu features an impressive range of dishes that fuse Middle Eastern and Mediterranean cuisine. The menu is designed to be shared among large groups, so order a variety to ensure everyone gets to try something. Dishes such as mezze platters, grilled meats, and amazing pizzas tastes even better when it's shared communally.

We start with the Lebanese Lamb Skewer from the arill section. served with Syrian bread, sumac onion and parsley, served together with a mint yoghurt sauce to bring it all together. Also from the same segment, we indulged in the Citrus Grilled Red Tilapia, which is served with chilli garlic butter to lather on the fish. It's both tender and delectable.

Something more satiating comes in the form of a pizza, the Farmer's Cart to be exact. The pizza is layered with organic kampung eggs, baby spinach, arugula, feta and a layer of pesto sauce to convey herby yet piquant flavours. For a meaty topping, the Sam Panopolous is what you need. It's crafted with layers of chicken Shawarma, jalapeno, pineapple slice, arugula, feta cheese, mozzarella and tomato sauce. A rustic sweet ending calls for the Saffron and Cardamom Crème Brulée, concocted to perfection.







PIZZAS AT SOLH



K Fry Urban Korean, LCC 02 Level Concourse Suria Kuala Lumpur City Center, 50088 Kuala Lumpur.

https://www.kfry.my/order-online/

### BY HIRANMAYII AWLI MOHANAN

K Fry Urban Korean (slang for Korean fried chicken) is a home grown Korean brand that specialises in authentic Korean Fried Chicken and hearty Korean food with an urban twist. From creating authentic Korean flavours, insisting on the freshest and best ingredients and delivering service akin to welcoming a dear friend to our home, honesty is a serious principle placed in the K Fry DNA. The brand aspires to improve the Food and Beverage Landscape in Malaysia by raising the bar for food quality and service excellence, creating lasting, meaningful experiences that would stand the test of time.

K Fry's bestseller is undoubtedly the K'razy Spicy Cheesy Fried Chicken Bumbuk which sees juicy boneless fried chicken smothered in Korean spicy yangyeom (sweet and spicy) sauce combined with the indulgent and savoury mozzarella cheese. The Kimgaru Bokkeumbap reigns in next, featuring seaweed garlic fried rice served on a bed of runny egg river with K'rispy Korean fried chicken with cheesy centre. For a bowlful of hearty goodness, you can't do wrong with the Anchovies and Tuna Rice Balls — another signature dish. This dish comprises a mixture of Korean short grain rice and black sweet rice tossed in sesame oil and served together with fried anchovies, tuna in mayonnaise, Korean seaweed. and flying fish roe.

Rainy Malaysian days call for dishes like the Bulgogi JeonGol — a traditional Korean stew cooked in a hot pot with marinated bulgogi New Zealand beef or chicken, served with fresh vegetables and a variety of mushrooms. Alternatively, the Budae Jigae is equally scrumptious, it's a classic Korean army stew in a pot with grilled chicken, ham, sausage, chicken, luncheon meat, baked beans, lots of cheddar cheese and noodles.







# The Lemon Tree

The Lemon Tree, Ground Floor, Menara Lien Hoe, Persiaran Tropicana, 47410 Petaling Jaya, Selangor +6011 5763 0433

### BY HIRANMAYII AWLI MOHANAN

Nestled in Menara Lien Hoe in Tropicana is a beaming, beautiful café bathed in bright, warm natural light owed to its Victorian glasshouse-like aesthetics. The Lemon Tree, inspired by a lemon tree at the centre of the eatery, is elegant as it is cosy, reminiscent of the summer season in Europe. Besides the high glass windows and dome ceiling, the piece de resistance here is the array of freshlybaked artisanal pastries, cakes and savoury mains.

Our favourites from The Lemon Tree include the Pistachio and Nutella Croissants, Mille Feuille as well as the restaurant's signature breakfast, named the Morning Fuel. This sees fluffy, buttered croissant, gourmet chicken sausage and portobello mushroom all on one plate. Another satiating option for breakfast is the Brekkie Wrap stuffed with mammoth-sized chicken sausage, organic scrambled eggs, hash browns and karashi mentaiko.

Pair this with their extensive tea and coffee selections and signature drinks such as Tangy Pear Honey-nade and Citrus Yuzu Oolong cooler. For the sweet tooths, the Coconut Jelly is a great pick, beaming with layers of coconut, from shavings that garnish its exterior to actual coconut flesh that is sandwiched between the light-asair cake. According to The Lemon Tree's marketing manager Brenda Ou, they love translating their passion into the menu. "Our goal here is to allow café-goers to experience the many flavours offered while enjoying the space to rest, relax and gather with friends and family," she said.

PPERONI, BABY SPINACH, AND MUSHRROM QUICHE



LEMON DRIZZLE CAKE

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# TANTALISING TIPPES BY HIRANMAYII AWLI MOHANAN 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.



# **Gold Rush**

This classy cocktail has a retro name and a sweet tart flavour: it's the Gold Rush! The name makes it sounds like a 1920's mixed drink, but it's actually a modern take on the classic whiskey sour.

# **Ingredients**:

- 2 ounces (4 tablespoons) bourbon
- 1 ounce (2 tablespoons) fresh lemon juice
- <sup>3</sup>/<sub>4</sub> ounce (1 <sup>1</sup>/<sub>2</sub> tablespoons) honey syrup
- For the garnish: lemon wedge

# Method :

# Paper Plane Cocktail

If you're an avid homemade cocktail drinker, here's a mustmake craft cocktail: the Paper Plane! This one is a brilliant study in balance and contrast. It's bitter, sweet and tangy all at once, hitting a magical synergy between the bourbon and amaro.

# **Ingredients**:

- 1 ounce (2 tablespoons) bourbon whiskey
- 1 ounce Aperol
- 1 ounce Italian amaro (like Nonino Quintessentia or other brand)
- 1 ounce fresh lemon juice
- For the garnish: Lemon peel

# Method :

The Paper Plane is a standard shaken cocktail: there's really nothing more to the drink than shaking and straining. Add the bourbon, Aperol, amaro, and lemon juice to a cocktail shaker. Fill it with ice and shake it until cold. Strain into a cocktail glass. If desired, garnish with a lemon peel.

# FORAGED MALAYSIA BY HIRANMAYII AWLI MOHANAN BAR TRIGONA'S NEW COCKTAIL MENU

At the renowned drinking spot Bar Trigona at the Four Seasons Hotel Kuala Lumpur, explore creative incarnations of Malaysia's most beloved flavours with a newly minted cocktail menu. Bar Trigona brings quests on an immersive voyage of discovery-and rediscovery. It has been named the Best Bar in Malaysia for three years running.

The playful new menu highlights the nation's wide variety of regional foods and drink customs, which are divided into four unique regions: Sabah, Sarawak, Peninsula, and Islands. The brilliant Bar Trigona crew, led by Head Barman Rohan Matmary, searched far and wide for the best regional flavours and cherished customs, giving them modern expression through cutting-edge mixology methods and avant-garde touches. Teh Tarik, Bak Kut Teh, and even Laksa-inspired drinks are available on the menu. Rohan claims that when we see the world through fresh eyes, we discover limitless opportunities that are hiding right in front of us. There are numerous aspects of daily life that can be reinterpreted in fascinating new ways, such as fruit peels, spice boxes, and tea rituals.





Embark on a liquid exploration of Malaysian culture with 16 new signature drinks. Must-try creations, and our favourites include the Kunyit Royale - This hero beverage was inspired by the Sabahan practise of wrapping dishes flavoured with ginger and herbs in turmeric leaves. Four different varieties of ginger root, foraged from the Malaysian countryside, exhibit a delicate harmony of heat, scent, and flavour.

Representing Sarawak, The Sarawak Bubbles is a sustainable cocktail that evolves throughout the year, incorporating the freshest local citrus fruits with every changing season. Asam Paya, a palm fruit from Sarawak, lends a delicate blush to the bubbly concoction. The Manaoism is aramappropriate and is a tribute to the fruity abundance of Sarawak. Unique local flavours such as Bambangan wild mango and rainforest honey find their way into the glass, anchoring this cocktail firmly in the region's vibrant landscape. Interestingly layered and crafted, the Penang Laksa cocktail is Penang's favourite curry's cocktail counterpart. Iconic coastal flavours breathe new life into the bittersweet Negroni.



# SATISFY YOUR SWEET TOOTH

# EXPLORING THE BEST DESSERTS IN THE CITY

Are you a dessert enthusiast on the hunt for the ultimate sugar rush? Look no further, friends! Join us on a delicious adventure as we explore the best desserts that the city has to offer. From classic cakes to trendy treats, we'll sample it all and indulge in a sugar high like no other. Get ready to drool over mouth-watering desserts, snap Insta-worthy pics, and make some unforgettable taste memories. So buckle up, loosen your belts, and let's go on a dessert-filled journey that will leave your taste buds singing!

BY HIRANMAYII AWLI MOHANAN



# Crème de la Crème

Crème de La Crème, or affectionally known as CDLC, is a sweet tooth's wonderland, rendering handcrafted petit gateaux and mouth-watering ice cream. Matching stylish interior and funky furniture pieces, CDLC creates a fun and hip ambience to relish in an array of 18 lush, homemade ice cream. Personifying the definition of its moniker, this dessert bar prioritises in procuring the cream of the crop – from exceptionally skilful and passionate pastry chefs to insisting on 100% natural ingredients, and using only top-of-the-line machinery – all to bring to Malaysians unrivalled quality ice cream texture and taste.





# Tanuki by Crustz

Another dessert bar we fell in love with early this year was Tanuki by Crustz, a charming nook tucked away in Taman Bukit Indah. If its moniker sounds familiar to you, you're not far off because Tanuki by Crustz is the sister patisserie of the famed Xiao by Crustz. Tanuki by Crustz embodies similar French influence as its sister, yet differs in offerings. You would find petite, individual-sized ice cream cake. This dessert bar reflects Japanese concept with a Japanese racoon, sliding door, wooden accents in the furniture, and dim lights for a cosy, indulging ambience. The creations here are a labour of love – each dessert is intentional, lavered with different textures and flavours to create a heightened dining experience as well as an intimate conversation with the pâtissier.

# **Kind Kones**

"Taste the pleasure, not the guilt." Kind Kones is the purveyor of handcrafted, all-natural vegan ice cream. Every bite screams passion and love. Just as the name implies, Kind Kones is kind to your body. Instead of using refined cane sugar or artificial preservatives, stabilisers, emulsifiers, colouring or other synthetic additives, the owner, Serina S Bajaj uses coconut sugar, maple syrup or agave instead. If ice cream doesn't float your boat, you can also enjoy a generous selection of raw cakes, bread and more — without the guilt.



# **Jaslyn Cakes**

Jaslyn Cakes is the ultimate destination for those who love all things sugar and spice. From classic cupcakes to delectable macarons, this bakery has something for everyone. But what sets Jaslyn Cakes apart from the rest? It's not just the delicious treats, but the whimsical and charming atmosphere that makes it feel like a dreamland. But the star of the show at Jaslyn Cakes has to be their signature cakes. From the decadent chocolate cake to the light and refreshing lemon cake, each one is a work of art. Each slice is beautiful and leaves you wanting more.





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# MORE THAN UNTAMED BEAUTY, A GATEWAY TO UNTOUCHED CULTURE.

# KUCHING INTERNATIONAL AIRPORT, THE GATEWAY TO GETAWAYS

It all begins at Kuching International Airport (KCH). Rainforest millions of years old, wildlife in its true element, 240 ancient caves, and a culture preserved in time. Plan your route to a legendary site like nowhere else on the planet.





Dato' Iskandar Mizal Mahmood Managing Director Malaysia Airports Holdings Berhad

Always mindful of providing convenience and a seamless travel experience to our passengers, we have recently introduced as Airbus, Boeing and Embraer showcasing their products but also see significant memoranda of understanding signed that will EZBagz (a new self-service bag drop facility) at KLIA Terminal 1. provide an economic impact to our country and in particular the which is located at check-in counters B3 to B8 for those taking aerospace sector. domestic flights from Malaysia Airlines. Meanwhile, the baggage We look forward to seeing more new airlines making their entry arrivals at KLIA Terminal 1 and 2 are within 40 minutes with the into our airports, which will help ease the seat capacity constraints flight movements registered at both these two terminals at 6,150 and stabilise airfare prices, thus enabling more people to travel and 5,916 respectively, which is part of passenger experience by air travel. This is particularly so for the air connectivity between overview for the first guarter 2023. Peninsular Malaysia and the two East Malaysian states of Sabah Commercial outlets at the two terminals have also witnessed the and Sarawak. We thus welcome Sarawak's proposal to set up a state-owned boutique airline to resolve the issue of expensive airfares, especially for Malaysians.

opening of new food and beverage (F&B), retail and services outlets such as Travel Club Lounge, PBH Duty Free, Alhabshi Dessert, Ahh-Yum and many more. At Terminal 1, 48 out of our 54 F&B outlets have opened while it is 90 out of the 133 F&B outlets at Terminal 2. In terms of retail and services, 124 out of the 130 outlets have opened at Terminal 1 while at Terminal 2. it is 149 out of 175 outlets.

I am happy to say that the improved contributions from the commercial revenue of our network of airports in Malaysia and Turkive have been largely responsible for the higher nonaeronautical revenue of RM1,206.5 million Malaysia Airports received for the financial year ended December 31, 2022. We expect to see this trend continue as air travel and more major events pick up steam.

For instance, the upcoming five-day LIMA 2023, touted to be bigger, is expected to see not only aircraft manufacturers such

# Airport MD Speaks

Dato' Iskandar Mizal Mahmood returns to Malavsia 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 welcomes the return of the 16th edition of the Langkawi International Maritime and Aerospace (LIMA) 2023 from May 23-27 after a four-year hiatus due to the Covid-19 pandemic as this event will not only bring many delegates coming through Langkawi International Airport but will also attract more foreign investment from global players which will benefit the aviation industry. Pivoting towards the propensity for further growth this year, the airport operator continues to be driven by increased passenger and aircraft traffic as more new routes and flight frequencies are introduced and improvements are made at its airports, in particular our flagship KL International Airport (KLIA).

We are thus grateful to the various airlines such as Malaysia Airlines, AirAsia and Batik Air Malaysia for mounting extra flights, especially during the festive periods like the recent Hari Rava holidays. As your airport operator, we always stand prepared to make your air travel as seamless as possible by working closely with the respective stakeholders within our airport community.

On a final note, for the coming Gawai holidays and festivities. where we anticipate an upsurge of travelling between the peninsula and East Malaysia, we advise that you not only book your flights early to secure cheaper air tickets but also be at our airports four hours early before your scheduled flight's departure to allow for sufficient time for check-in and document verifications at the various touch points.

### AIRLINK



### northern, central and southern China this year.

Although the China market remains in the early phase of recovery, Malaysia Airports' data revealed Facilitating the return of China tourists to Malaysia, Tourism Malaysia embarked on its first sales missionthat passenger movements for this sector grew by cum-roadshow to the major cities in China from March 61% in February over January. March saw the airport 29 to April 15. Its sales mission trips were held in Beijing. operator welcoming more flight resumptions from Chongqing and Guangxi while the roadshows took place China from carriers such as Shenzhen Airlines with in Guangzhou, Beijing, Shanghai and Xiamen. its Shenzhen-KL and the AirAsia Aviation Group.

AirAsia recently had promotional offers of discounted fares for a limited period for its flights from Beijing, Shanghai, Hangzhou to KL and from Guangzhou, Shenzhen, Kunming, Nanning and Wuhan to KL, Johor Bahru and Kota Kinabalu to encourage travel between April 17 and October 28.

Currently, there are more than 81 flights weekly from China to Malavsia operated by AirAsia. Batik Air Malaysia, Malaysia Airlines, Cathay Pacific, China Southern Airlines, Shenzhen Airlines and Xiamen Airlines.

Sabah Tourism. Culture and Environment Minister Datuk Christina Liew is confident of direct flights connecting China to Sabah with the soon establishment of KK as a hub by Firefly as it takes over the Sandakan, Tawau and Kuching routes from its sister company, Malaysia Airlines from mid-May.

She had been reportedly briefed by Ahmad Lugman Mohd Azmi, Chief Executive Officer of Airline Business of Malaysia Airlines Berhad that direct flights by Firefly from China to Sabah are expected to start from the second quarter.

So far, he said there have been chartered flights from China to KL using Malaysia Airlines services. It started with weekly chartered flights from Xiamen to KL in January, adding that chartered flights from Xiamen to KK using Firefly are under discussion.

KL, Sabah and Pahang were among the top three states visited by tourists from China pre-pandemic. Maybank Investment Bank Bhd highlighted in its research report earlier this year that out of the 3.1 million

Chinese who visited Malaysia in 2019, two million flew into the country. Expecting a gradual recovery of the China market, it projects that Malaysia Airports will welcome only 1.3 million Chinese visitors or twothirds of its pre-Covid levels in 2024. This is partly because Malaysia Airlines, Batik Air Malaysia and AirAsia X cut their fleet size during the pandemic while AirAsia has yet to return all its aircraft to service.

VIRPORTS

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# Gradual Road to **Recovery of China Market**

Collowing China's relaxation of its China Southern Airlines' Kuala travel restrictions on January 8 Lumpur (KL)-based Sales Manager and the subsequent resumption of Low Yu Yang told Airlink its twice outbound tour groups to 20 countries, daily Guangzhou-KL flights, which including Malaysia, from February 6, recommenced on February 12, would it did not take long for travel bookings be increased to thrice daily flights from to recover to pre-pandemic levels May 15. This sector uses the Airbus after its zero-Covid policy was lifted.

Airlines around the world were guick to scramble to restart their flights to China, the world's second biggest economy after almost a threeyear hiatus. Prior to the Covid-19 to May 6 on the A320, Low said the pandemic, Beijing was ranked the flights would be continued later in July. world's second most connected city in Meanwhile, its Guangzhou-Penang's terms of number and quality of flight thrice weekly flights, which restarted connections after London, according on March 1, had been increased to to Knight Frank Research.

Meanwhile, data from the Civil Aviation of China showed 169 domestic and foreign airlines offering (PETACE) said China Southern 117,222 passenger and cargo flights a week for the summer schedule effective March 26.

Reportedly, 28 local airlines plan to operate 6.772 international flights weekly serving 101 cities in 55 countries while 88 foreign airlines currently fly to China from 79 cities in 47 countries.

A320 and Boeing 787 Dreamliner aircraft.

Testing the resumption of its Guangzhou-Kota Kinabalu's (KK) thrice weekly flights from April 29 twice daily on April 24.

Yeoh Soon Hin, Penang State Exco for Tourism and Creative Economy Airlines, which has been flying to Penang since 1991, enjoys a longterm working relationship with PETACE.

With China, recognised as having one of the world's highest outbound expenditures, he added that PETACE plans to launch a series of online and offline promotional strategies in

## Tourism Malaysia's efforts to boost arrivals from China

Led by the Minister of Tourism, Arts and Culture Datuk Seri Tiong King Sing, one of its main objectives was to promote deeper Malaysia-China bilateral cooperation in tourism and cultural exchanges. Recognising the potential of this market, the minister was eager to seek breakthroughs after identifying some of the restrictive barriers affecting it.

Among the issues raised was the easing of the visa application process as well as the requests for more flights and incentive allowances. Datuk Seri Tiong assured, "We will prioritise these matters towards achieving tangle results as soon as possible."

Tapping into the existence of the Chinese Cultural Centre established by China, he said, "We intend to continue building more bridges of mutual exchanges and appreciation on tourism promotion, investment, human resource training, cultural exchanges and tourism security.

"We will begin planning a series of large-scale cultural and tourism events such as the Malaysia-China Cultural Festival, Folklore Festival and other events aimed at welcoming the 10th anniversary of the Malaysia-China comprehensive strategic partnership."

During the trip, Tourism Malaysia, also signed two memoranda of understanding with two travel agencies to bring 350,000 and 100,000 Chinese tourists respectively to visit Malaysia this year.

The momentum to engage with more Chinese tour operators will continue as the two countries move towards their 50th anniversary of diplomatic relationship in 2024.

Datuk Seri Tiong guipped, "We are certainly looking forward to working with them on developing new tour opportunities related to tropical islands, diving activities, camping or glamping, campervans travel and other more diverse tourism collaborations."

He added his ministry would be upgrading the facilities and services of these attractions as it ramps up the awareness of its Visit Malaysia Year 2025 campaign to the Chinese tourists.

### AVIATION NEWS

### AIRLINK



# Myanmar Airways International **Appoints GSA for Malaysia**

vanmar Airways International (MAI) has appointed H Travel Sdn Bhd as its general sales agent (GSA) for Malaysia effective March 16, overseeing its sales, including total customer and travel agent.

The GSA, which is part of the Singapore-based Holiday Tours & Travel Group, will also provide support for the airline's marketing and promotional activities as well as trade partners collaboration.

Malaysia continues to be a core market in MAI's expanded network post Covid-19 pandemic. The airline currently serves the Yangon-Kuala Lumpur route 11 times weekly using both the Airbus A319 and A320 aircraft.

Tanes Kumar, Chief Commercial Officer of MAI said: "We embarked on this partnership with H Travel as we believe it would be able to provide us with a broader presence in the Malaysian market beyond the Klang Valley with H Travel's expertise, experience and local know-how.

"Furthermore, they understand the overall travel landscape of both markets well. We hope to continue to build our position in the market with creative and engaging initiatives beyond the traditional means."

Duncan Choo, Director of H Travel remarked, "MAI is an established airline with a growing presence in the region. We look forward to working closely with our trade partners and the MAI team to continue to build the airline's position in the market."

From MAI's hub in Yangon and Mandalay, using a fleet of four A320s and A319s each, and three E190s, the airline covers other destinations such as Thailand, Singapore, China, Taiwan, South Korea and India, where it is starting a new route to Chennai on May 6.

Overall, about 42% of MAI's international seat capacity are taken up to and from Myanmar. Its business class passengers

departing from or arriving at Yangon International Airport enjoy complimentary access to the Mingalar Sky Premium Lounge.

The passengers can complete their check-in and baggage drop at its dedicated check-in counter within the lounge before enjoying the lounge's facilities and services. Ensuring the highest levels of comfort and luxury seamlessly, it also offers benefits for its niche segment of travellers. They include a one-time free date change for medical travellers, 5kg extra baggage allowance and special group fare for labourers while students get an additional baggage allowance of up to 9kg.

For more information, visit www.maiair.com or call 03-4812 9588/9





# **TAP Air Portugal Partners** APG Network in 18 Markets

TAP Air Portugal has chosen APG Network to expand its reach across 18 markets in Asia, Australia. Europe and Africa. The latter will provide comprehensive sales and marketing activities as well as ticketing and reservation services, thus enabling the airline to strengthen its position in these keymarkets.

Headquartered at Lisbon Airport, Portugal's 78-yearold flag carrier aims to not only improve its brand presence in these markets but to also grow its revenue.

Justin Jovignot, Director of Commercial Strategy and Distribution of TAP Air Portugal said while the airline is flying directly to some of these markets where it has appointed APG Network as its GSA, its focus is also on the offline markets, where it is "still not flying to and where growth potential is a key element for future business development".

Tunku Iskandar, Asia Pacific (APAC) Regional Vice President and Board Member of APG Network quipped, "Significantly, the APAC market has been recognised by TAP Air Portugal to have strong potential business and leisure traffic to Europe and beyond coming out of the Covid-19 pandemic.

"Ten of our offices in Australia, Hong Kong, Indonesia, Japan, Malaysia, New Zealand, Singapore, Taiwan, Thailand and the Philippines will be actively providing sales and marketing support to TAP Air Portugal's services.

"This is in addition to Morocco, Bulgaria, Cyprus, Egypt, Guinea, Malta, Slovenia and Tunisia," said Tunku Iskandar, who is also the Group President for APG Malaysia and Singapore.



Early this year, TAP Air Portugal earned the recognition from AirlineRatings.com as Europe's safest airline and the world's sixth safest airline.

for 2025.

For more information, visit www.flytap.com or call 03-2181 5800

A member of the Star Alliance network, it currently operates flights to 90 destinations in 36 countries with a fleet size comprising 77 Airbus, 16 Embraer and two ATR aircraft.

Despite operational challenges, its Chief Operating Officer Christine Ourmières-Widener said the airline delivered in for the first full year of its restructuring plan in 2022, a performance close to its forecast

Closing last year with higher net profit of €65.6 million, it carried a total of 13.8 million passengers, reaching 81% of its 2019 level. "2023 is about optimising revenues in an uncertain environment, further reducing costs against a backdrop of inflation," she added at the airline's recent annual general meeting.





# TransNusa Launches International Flight to Kuala Lumpur

ndonesian low-cost airline. PT TransNusa Aviation Mandiri (TransNusa) has introduced itself as a premium service carrier with the launch of its maiden international flight from Jakarta to KL International Airport (KLIA) Terminal 1 on April 14, carrying 90% load factor or 154 passengers.

Among those welcoming the first batch of arrivals from Malaysia Airports were Mohamed Sallauddin Mat Sah, its General Manager (GM) of Aviation Marketing and Development and Abd Hasman Abd Muhimim, its GM of Operations for KLIA.

Also present from TransNusa were its President-cum-Director Bayu Sutanto, Director Leo Budi, Chief Executive Officer Datuk Bernard Francis and GM Operational Capt Heru Triperwiranto.

Based on the intensive market research carried out by the airline company. Datuk Francis noticed that travellers' behavioural patterns have changed after the Covid-19 pandemic. As such, TransNusa has curated various packages to meet different passengers' needs.

For its international sector, premium services with competitive ticket prices and attractive new product bundles - SEAT, SEAT-PLUS and FLEXI-PRO - have been introduced.

He said, "We offer various facilities and services that can enhance your travel experiences such as more comfortable seats, high-quality food and beverage (F&B) as well as friendly and professional service from our crew.

"Our passengers enjoy check-in baggage of between 15kg and 30kg, depending on the product purchased," Datuk Francis added, pointing out that it is above the 7kg limit normally offered for passenger's hand-carry luggage by other airlines.



Its highest package FLEXI-PRO provides services such as 30kg baggage allowance, seat selection, complimentary F&B as well as priority check-in and boarding. Passengers can also change their flight schedule without restrictions as well as make cancellations and refunds subject to terms and conditions.

Using the Airbus A320neo and A320ceo aircraft, TransNusa offers a 168-174 seat configuration, which allows its passengers to enjoy 30-31 inches of legroom that is comparable to a fullservice airline.

Operating two return flights from Jakarta to Kuala Lumpur (KL) daily at 07:00 and 16:50, its KL flights depart for Jakarta at 10:40 and 20:35 respectively to arrive at Terminal 3 of the Soekarno-Hatta International Airport.

Plans are afoot to launch flights from Jakarta to Johor Bahru and other international destinations later this year. Currently, TransNusa also operates 10 daily flights between Jakarta and Bali and thrice daily flights from Jakarta to Jogjakarta.

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



# Firefly's Intra-Borneo Services Take Off on May 16

Malaysia Aviation Group (MAG) will facilitate the transfer of some intra-Borneo services from Malaysia Airlines to sister airline Firefly effective May 16 as part of its strategic route rationalisation plan and review of its business operations as travel demand recovers.

Facilitating one-time daily return flights from Kota Kinabalu (KK) to Sandakan. Tawau and Kuching as well as a daily return service between Kuching and Miri, Firefly will be using its newly retrofitted Boeing 737-800 aircraft which offers 189 economy class seats.

The implementation of this latest initiative is a testament to MAG's continued efforts to refine and improve its network and product offerings.

"

### AHMAD LUQMAN MOHD AZMI

Chief Executive Officer Airline Business of Malaysia Airlines Berhad

Reiterating MAG's unwavering commitment to remain responsive to changing customers' demands and the prevailing market conditions, he pointed out that Firefly's launch of its jet operations in 2022 has elicited considerable response, particularly within the leisure travel sector.

Based on its business model as a value carrier, Firefly passengers can elevate their journey by purchasing its bundle services, Plus, Extra and Flex, which offer savings of up to 70% on their 20kg baggage allowance, in-flight hot meals, two flight changes, priority baggage,



boarding and check-in, seat selection, travel insurance and more.

They can also expect a refreshed, vibrant ambience and new features such as its ergonomically designed seats with ample legroom, personal device holders and USB type A and C power outlets, thus enabling them to charge their devices conveniently from each seat.

Sabah Minister of Tourism, Culture and Environment Datuk Christina Liew, who was earlier briefed by Ahmad Lugman on Firefly making KK its hub following the transfer of these intra-Borneo services from Malaysia Airlines, believes this would augur well for the state's tourism sector, including facilitating direct flights from China.

For more information, visit www.fireflyz.com.my





# **MYAirline Welcomes Sixth Aircraft Delivery**

he recent induction of the sixth aircraft to MYAirline's Initially introduced as MY Travel Shield in February, the fitting into its policy of having a spare aircraft to meet its flights or cancelled trips; lost, damaged or delayed luggage; operational efficiency and high on-time performance emergency medical treatment during travel; and Covid-19 (OTP) goals. Its Chief Executive Officer Rayner Teo said benefits, which are particularly useful when Covid-19 MYAirline also considered various other factors such as infections persisted after travel borders have opened. market demand and financial viability.

new airline's OTP had been affected for a few days around mid-March which resulted in flight delays and cancellations. Committed to provide a safe and reliable travel experience, it has been working diligently to avoid further flight disruptions.

Rayner added that MYAirline is confident to improving its operational efficiency by scheduling more frequencies to its existing routes as its seventh aircraft will be inducted very soon.

MYAirline, which had reached its 500,000-passenger milestone in April, currently flies from Kuala Lumpur to KK, Kuching, Langkawi, Kota Bharu, Penang, Sibu, Tawau and Miri using Airbus A320-200 aircraft.

The airline expects to have a total of 20 aircraft by end-2023 to further expand its domestic routes and customer base in ASEAN having launched its first Kota Kinabalu (KK)-Tawau intracity service in Sabah on April 18.

Securing further protection for its passengers by safeguarding their journey against inconveniences and mishaps. MYAirline appointed Zurich Malavsia as its exclusive travel insurance provider in March for all its routes by sealing the strategic collaboration with the latter's Country Head Junior Cho.

fleet to meet the growing demand for air travel is timely, customised MYAirline Travel Insurance covers delayed

MYAirline passengers can opt to be protected starting from After taking to the skies in December 1 last year, the an additional RM25 for either one-way or return flights up to an insured sum of RM100,000 in case of accidental death or permanent disablement.

For more information, visit www.myairline.my





# British Airways Rolls Out New Uniforms and Flights to Istanbul Sabiha Gokcen Airport

arly this year, British Airways unveiled its new uniform for the first time in nearly 20 years. Created by British-Ghanaian fashion designer and master tailor Ozwald Boateng OBE, the airline's engineers and ground operations agents were the first to wear the new uniform from spring followed by its cabin crew, pilots and check-in agents in summer.

Our uniform is an iconic representation of our brand. something that will carry us into our future, representing the very best of modern Britain and helping us deliver a great British original service for our customers.

### SEAN DOYLE

Chairman and Chief Executive Officer of British Airwavs

Over 1,500 of its staff gave their input into the design and tested the new collection over the last four years with secret trials in the air and on the ground. Taking inspiration from the airline, its people and the flight experience, Boateng developed unique bespoke fabrics and designs.

"Although the airline has a strong heritage, it was imperative to support in creating a fresh narrative of change and transcendence, while remaining timeliness," he said.

A tailored three-piece suit was designed for the men with regular and slim-fit style trousers and dress, skirt and trouser options for women, as well as a modern jumpsuit, which is an airline first.

Boateng also created a tunic and hijab option for the global carrier. The airwave pattern found across the



entire uniform collection, including jackets, t-shirts, buttons and ties, was inspired by the air movement over an aircraft wing while the jacquard fabric across all of the tailored garments features variation of the airline's iconic speed marque.

Over 90% of the airline's staff garments were produced using sustainable fabric from blends of recycled polyester. As part of its BA Better World commitment to work with sustainable suppliers. British Airways worked with manufacturers who are members of 'Better Cotton', a world leading sustainability initiative to help cotton communities survive and thrive while protecting and restoring the environment.

The airline's sustainability drive also saw the staff's old Julien MacDonald garments donated to charity or recycled to create toys, tablet holders and other things. A number of items were also gifted to the airline's museum.

Another British original that British Airways has rolled out is its new onboard safety video starring many of its staff, ordinary people and some well-known faces Britons going about their daily activities. Encompassing British wit and obsessions, the safety video is shown on its longhaul aircraft with inflight entertainment screens starting May 1.

For the summer season, British Airways will be launching its maiden four times weekly flight to Istanbul Sabiha Gokcen Airport from London Heathrow Airport on June 1 using the Airbus A320. The flights are now on sale and for Avios redemption. Avios is a reward currency collected by members of British Airways Executive Club.

For more information, visit www.ba.com



AVIATION NEWS

AIRLINK



# **Oman Air's Network Expansion** and Frequency Increases for Summer

or the summer schedule, Oman Air has introduced four new destinations and flight frequency increases to some of its existing routes, which represent a 60% increase in the number of flights from its hub in Muscat compared to the previous year.

This will provide the market with about 60,000 more seats weekly across its network. The national airline of the Sultanate of Oman said among its four new routes from Muscat to the Indian subcontinent, its four weekly flights to Chittagong in Bangladesh have started at end-March.

Of the remaining three, its four weekly flights to Maldives will begin from end-June while its 12 weekly flights to Lucknow and five weekly flights to Thiruvananthapuram will commence from August.

Owing to popular demand for Turkey, Oman Air has relaunched its daily flights to Trabzon and will be increasing its frequency to double daily to Istanbul in June.

Its other additional flight frequencies for the summer included cities such as Kuala Lumpur (KL), Mumbai, Paris and Kuwait, where it will also be having double daily flights in June.

Salah Sakhi Al Balushi, Oman Air Country Manager (Malaysia and Indonesia) said its daily Muscat-KL flight will be increased to 10 weekly flights in June. As part of its promotional activities in Malaysia, he gave away three round-trip economy-class tickets from KL to Muscat at the recent MATTA Fair March 2023 Buyers' Contest prize giving ceremony.

For more information, visit www.omanair.com or call 03-2145 6123





# Vietnam Airlines Expands Its International Network

Delhi.

meet the increasing travel demand of passengers, Vietnam Airlines will be launching new routes connecting Hanoi and Ho Chi Minh City to Mumbai on May 20, 2023.

xpanding its international network to Hanoi-Mumbai route, departing on Tuesdays, Thursdays, Saturdays, and Sundays while the thrice weekly Ho Chi Minh City-Mumbai route will depart on Mondays, Wednesdays and Fridays.

Mumbai, the capital of Maharashtra, is India's second-most populous city. Rated among the top 10 business centres, it is also known as India's commercial and entertainment capital.

Using the Airbus A321, Vietnam Airlines will operate four flights weekly on the

The new routes are expected to further strengthen trade, cultural, social and tourism ties between Vietnam and India. Currently, Vietnam Airlines also operates four flights a week from Hanoi to New Delhi and three flights a week from Ho Chi Minh City to New

# All Nippon Airways Restores Its China Network

Mall Nippon Airways (ANA) is boosting its routes to China during the summer by increasing frequencies, resuming one route and launching a new daily service between Tokyo Haneda and Shenzhen from May 20.

From May 1, the airline is increasing its frequency on its Tokyo Narita-Shanghai Pudong and Tokyo Narita-Guangzhou to daily flights weekly from thrice weekly and twice weekly respectively. Its Tokyo Narita-Dalian route is scheduled to be increased from twice weekly to four times a week from May 5 while its Tokyo Narita-Beijing flights will be raised to thrice weekly from twice weekly on May 6.

### AVIATION NEWS

On its largest market, Japan, the airline has resumed all its routes. including between Hanoi. Ho Chi Minh City and Tokyo Narita, Nagoya, Osaka, Fukuoka.

Its Da Nang and Tokyo Narita sector, which resumed on March 26. was welcomed with a Yosakoi dance, flowers, souvenirs and free flight tickets to three lucky guests.

Plans are afoot to increase its four weekly Da Nang-Tokyo Narita flights to daily frequency from July 1.

Celebrating the 50th anniversary of diplomatic relations between Japan and Vietnam this year, Vietnam Airlines has been playing a crucial role connecting the two countries via cultural and economic ties.It transported over 1.6 million passengers in 2019 from Japan while the Da Nang-Tokyo Narita sector registered nearly 200,000 passengers.

For more information, visit www.vietnamairlines.com or call 03-2031 1666



ANA will also resume its thrice weekly service to Osaka Kansai and Shanghai Pudong route on June 5, which has been suspended since the onset of the Covid-19 pandemic in March 2020. Besides these cities in mainland China, ANA will also be increasing its frequencies to Hong Kong from July.

Meanwhile, the airline has revised its consolidated results forecast for financial year ended 31 March 2023 as its international passenger revenue performed strongly due to the recovery in the demand for business and inbound travel after Japan relaxed its border control measures.

Its operating income is now at 120 billion yen compared to 95 billion ven previously announced on February 2 while its net income attributable to owners of the parent company stands higher at 89 billion yen.

For more information, visit www.ana.co.jp/group/en/my/ or call 03-2032 1331



# **UPCLOSE WITH SONG HOI-SEE** Founder and Chief Executive Officer of Plaza Premium Group



A Malaysian who is proud of his roots. Song Hoi-See not only founded his first independent lounge concept in 1998 at KL International Airport (KLIA) but returned 25 years later to unveil how he has transformed his local brand PPG into more than a world-class lounge service provider. Moving beyond the recent grand opening of the Plaza Premium Lounge (PPL) and Plaza Premium First (PPF), spanning 1.500 sq m at the Contact Pier of KLIA Terminal 1, at 66, the humble Song who hails from Sungai Udang but now resides in Hong Kong remains very passionate in what he does.

Calling both Malaysia and Hong Kong his home, he co-founded the Malavsian Chamber of Commerce in Hong Kong, creating a business platform for Malaysians in Hong Kong. Song continues to be an inspiration in the hospitality and travel industry with his visionary ideas and ambitious plans in the post-pandemic era with his membership-based global loyalty programme Smart Traveller, different airport dining concepts, airport hotels and airport passenger services under its ALLWAYS brand.

### Share with us the plans for PPG's 25th anniversary celebration this year.

We will be unlocking a series of new experiences and creating more value for global travellers besides continuing on our transformation course, redefining airport hospitality by investing in technology, sustainability and our people. One of our key initiatives is opening more mega lounges where Kuala Lumpur was the first to kick off this elevated experience with our new PPL and PPF. Growing our global footprint, we recently opened two lounges in Rome and Adelaide, and will be launching in Japan and Jordan later this vear.

In the coming months, we will also be unveiling one-ofa-kind experiences as well as introducing new food and beverage (F&B) concepts. We will continue to work together with like minded industry friends and partners to make travel better. Complementing our lounge experience, PPG has been strengthening our 360° airport hospitality experience leveraging technology and diversifying our offerings under the ALLWAYS brand.

### What are some of the highlights of your lounges and what distinguishes PPG from your competitors?

At PPG's second branded lounge in the United States, PPL Orlando has become one of our flagship spaces in the Americas. It is a family-friendly destination with a children's playroom and an interactive game wall. Additionally. "Their Patio" in Dubai is the first co-working space at the airport. At PPG, we focus on creating a holistic experience to complement our core lounge business. That is why we upgrade different aspects of our services such as technology, F&B offerings and design.

### While the combo or mega lounge is not new, tell us more about its concept.

The mega lounge concept was first launched in Hong Kong housing PPF. PPL and our ALLWAYS concierge services. The focus is not so much on its size but its offerings in terms of airport experience for different travel purposes and profiles, and anticipating changes in the way travel will be approached in the long term.

It is more than just a pre-flight space but a destination in its own right from one country to another. At PPG. we emphasize a "sense of place", in which we reflect local cultures in our in-lounge experience, including its interior and F&B offerinas.

### Where else do you plan to open them?

Besides our new location in KLIA, we have two new mega lounges in Toronto and Jakarta, with another two in Bangalore and Abu Dhabi in the pipeline.

By turning PPL and PPF in KLIA into a gallery space, what do you hope to achieve in your first exhibition collaboration with The Art People Gallery?

Through art, we strive to enrich the lounge experience by creating a dialogue with travellers using local culture. Working with this homegrown art gallery, our aim is to showcase the work of different local artists and the Malaysian heritage. We hope to attract the interest of art collectors and enthusiasts through these artists' diverse range of modern and contemporary masterpieces.

### PPG has bounced back from the Covid-19 pandemic with more airport lounges. How did you achieve that?

We adapted to the ever-changing business environment and consumer demands by diversifying our business and offering more than just lounges. We focused on airport hospitality by working closely with airports and have equipped ourselves to anticipate and shape the future of the airport experience. While we founded the independent lounge concept, we also helped other brands create their airport lounge experiences.

Amid the pandemic, PPG propelled digital transformation and transformed into a global 360° airport hospitality company focusing on technology solution development. It has been rapidly growing in the Americas and Africa, where we see massive potential.

# AIRLINK

Hard work, teamwork, resilience, and the ability to pivot. They have been demonstrated through PPG's growth and evolution over the past 25 years, helping us make it through the challenging times and reinventing ourselves as we look ahead. Another thing is you must maintain the quality of your offerings and services besides constantly reinventing them.

### You mentioned that the barriers are high in what you are doing. What drives you then to persevere in this business?

When I first started PPG 25 years ago, it was even tougher because it was a completely new idea to the world. I spent much efforts convincing the airport authorities at HKIA and KLIA that a lounge other than an airline lounge would bring great value to travellers. Throughout the years, we have been able to earn trust and maintain good relationships with different stakeholders in the ecosystem and expanded the PPG network. I would say passion has been the driving force within me to make travel better for everyone and to make an impact in the airport hospitality industry.

How many airport terminal hotels under vour award-winning Aerotel brand do you have? How are they performing, in particular the Aerotel hotel at KLIA Terminal 2 which opened in 2018?

We currently have 11 Aerotels globally offering a solution for travellers who need a place to sleep at the airport whether they are in transit or have an upcoming flight, Aerotel Beijing and Aerotel Muscat have received significant industry recognition. Our Aerotel's business performance at KLIA Terminal 2 has been steadily picking up since the reopening of international borders. The hotel's occupancy rates, average daily rate and revenue per available room have shown positive revenue growth as a result of incremental on passengers' load. A oneminute walk to the departure hall in KLIA Terminal 2 and its flexible hourly booking module have made it a prime choice among passengers. As a winner of Agoda Golden Circle Award 2019/2020, Aerotel Kuala Lumpur has maintained its highest customer service level by being attentive, friendly, and responsive to guests' needs.

## Tell us more about ALLWAYS?

ALLWAYS, our all-encompassing global airport concierge service incorporates technology as one of its key competitive

### What is the recipe for your success?

advantages. In 2022, we launched Airport Passenger Services (APS), a digital enabled one-stop-shop airport management and operations solution for both B2B and B2C customers under ALLWAYS with real-time tracking and analysis plus strong customer support. Our global footprint allows us to uniquely offer a comprehensive and seamless experience from departure to destination. curbside to tarmac, from airport lounges, hotels, dining to 360° passenger services that include Meet & Greet, buggy, porter, baggage wrap, airport transfer and carpark.

### What are the projects identified in your digital transformation plans?

Emphasizing precision and seamlessness in the customer's experience, technology will remain a key focus in PPG's strategy moving forward. Our current key projects are TECO (Travel Experience Ecosystem) and Smart Traveller. We recently relaunched the latter and will be taking it to the next level, offering exclusive privileges, benefits as well as memberonly services and experiences. We are upgrading this platform to introduce Point Conversion, tying it in with other travel rewards programs next month so that the members can enjoy unique privileges with our partners worldwide.

### Please enlighten us about TECO.

TECO is a digital platform that combines operations, commercialisation, technology and all back-end tasks in one place. Our APS under ALLWAYS is hosted on this platform which simplifies the booking processes for both business operators and consumers. Honoured to be trusted by two international airports, Hong Kong and Bangalore, as we introduced 360° solutions powered by TECO to create a seamless experience for travellers, we plan to gradually extend to other cities besides our lounges and Aerotels.

### What legacy do you want to leave behind for the younger generation, including your own children who work in PPG?

Purpose, passion and values that they could apply in business and life. Both of my children hold key positions at PPG, with Mei Mei leading the Global Brand and Product team while Jonathan heads the Global Business Development team. I have confidence in what they do and hope to inspire them to lead with humility and compassion besides making an impact on the industry.

ARPORTS 145



RASP NATURE



# MORE THAN AN ISLAND, A GATEWAY TO LEGENDARY TREASURES.

LANGKAWI INTERNATIONAL AIRPORT, THE GATEWAY TO GETAWAYS

It all begins at Langkawi International Airport (LGK). Journey into the laidback archipelago of 99 islands and get lost in the wonders of Langkawi UNESCO Global Geopark. Plan your route to a world of rich experiences and natural splendour.



### BY HIRANMAYII AWLI MOHANAN

# FASHION AND BEAUTY NEWS



# Looking Up to OMEGA

A father's watch is an inspiration. It's the enduring piece of style that he wears throughout his lifetime. This Father's Day, OMEGA connects the two generations with the help of some creative kids. Precisely signed and filled with imagination, their artworks pay tribute to their dads - and the timepiece he'll love. The Speedmaster Moonwatch, worn by pioneering astronauts and stylish Dads features the classic 4th generation look in stainless steel, with a linked bracelet and a state-of-the-art Co-Axial Master Chronometer Calibre 3861. If your father is your hero, this is the choice to make. The Seamaster Diver 300M, the same style loved by James Bond may have evolved over the vears, but it still carries that same spirit of adventure, with signature details like the wavy dial, skeletonise hands, and helium escape valve. A famous piece of diving kit, and a watch that symbolises strength and intrepid DNA.



# Exclusive Piaget Polo Date

Refined elegance for the everyday life, the Piaget Polo collection now welcomes a distinctive vibrant deep blue timepiece with non-set indexes. Style and functionality in one essential piece, for him and her. Evolving through times with fluidity, the new Piaget Polo Date 36mm has been fine tuned to encapsulate the Maison's legacy and today's mood in its latest unisex design. Best known for its shape-in-shape design with a round bezel and cushion dial that you can notice from afar, which remains at the heart of this new model, this timepiece has an elegant profile that is perfect for this smaller model. Equipped with a selfwinding movement that includes hours, minutes, seconds and a date function, this stainless-steel case shines a sleek contrast to this minimalist blue dial completed with non-set indexes.

# Thicc and Smooth

We're all in need of a do-it-all eye cream. Say hello to Fenty Skin's Thicc N Smooth Rich Peptide Eye Cream and goodbye to under eye dryness, dark circles, puffiness, and fine lines. This ultra-thick eye cream works overtime to brighten, smooth, and reduce the look of puffiness, fine lines, wrinkles, and crow's feet around the eyes. Suitable for all skin types, the intensely hydrating but non-greasy formula instantly melts into the skin and is full of eye-targeted ingredients, including peptides, caffeine, and vitamins. Housed in an easy-to use twist-up pot, it's perfect for those with long nails and to keep your skincare routine mess-free. Best of all, you'll start noticing instant brightening and hydrating benefits, then fewer visible fine lines and wrinkles over time. Fenty Skin Thicc N Smooth Rich Peptide Eye Cream retails for RM195 and is available online at sephora.my and in-store at Sephora Malaysia.



# **SOTHYS** Launches Year-Long Sustainable Skincare Programme

Tired of constantly switching between different skincare products and experimenting with new brands? SOTHYS knows the struggle and they're here for all women (and men) of Malaysia. That's why they've introduced their new sustainable and ethical skincare package program, the SOTHYS VC Club! This year-long program is designed to streamline skincare routines, guarantee consistent and real results, as well as eliminate the need for constant product experimentation. The 3-product package is a holistic skincare regimen that works synergistically to reduce wrinkles and spots, tighten pores, and reveal glowing skin, using 100% vegan and cruelty-free ingredients. The VC Club offers two cost-saving packages that save customers up to RM2,000 in retail price compared to the normal price of the combined products outside the curated package.





# Coachtopia

Coachtopia is a new sub-brand focused on circular craft and collaborative creativity, catalyzing the brand's progress towards a fully circular business model. Launching in the United States, Canada and the UK, Coachtopia will expand to Asia later this year. With a mission to help advance a circular fashion system, Coachtopia is built from the outset for circularity, grounded in its Made Circular<sup>™</sup> design philosophy—a set of three principles that inform how the sub-brand designs, crafts, and reuses products. Harnessing more than 80 years of Coach leather expertise, Coachtopia reimagines the product lifecycle from end to beginning— reducing the creation of new materials by crafting with waste and designing products that can be reimagined, remade and recycled to live multiple lives. In so doing, it is working to create beautiful things that have a significantly reduced impact on the planet compared to conventional luxury products.



# The Glowhouse KL

Introducing The Glowhouse KL — an all-in-one wellness destination featuring LUMI Beauty, COCODry and Tone Pilates. Lumpur. Designed for busy Malaysians who value self-care but struggle to find the time for it, The GlowHouse KL simplifies the experience by offering a one-stop-destination for all your wellness needs. Maintaining a healthy and balanced lifestyle can be challenging, particularly when it comes to finding time for self-care activities. Understanding this, our founders Kim, Boon, and Chryseis aimed to create a space where people could prioritise their physical and mental well-being without sacrificing their busy schedules. Instead of spending hours traveling between different salons and fitness studios, you can do it all under one roof at The Glowhouse KL. With their combined expertise in fitness, beauty, and food, they curated an urban oasis that caters to the needs of modern city-dwellers. From the cafe to Pilates studio to Blowdry bar, every aspect has been carefully designed with your comfort and wellness in mind. Whether you require a quick blowout, toning session or a bite to eat with friends, The GlowHouse KL has something for everyone.

# Must-Have Bag of the Season

Looking stylish this Spring has never been easier than with the Kate Spade New York Gramercy Bag. The classic accessory has been updated with a soft pebbled leather finish and signature spade link accents, creating an elegant and timeless design. Crafted from high-quality materials, the Gramercy Bag is available in a range of shapes and colours to suit any occasion. From the small flap shoulder to the large tote, each size offers ample space for your essentials and more. The bag's multiple pockets and removable shoulder strap add an extra layer of functionality, making it the perfect accessory for both work and play. Whether you opt for the manta blue, halo white, black, or bartlett pear colourway, the Gramercy Bag is sure to elevate any outfit.



Valentino Vintage 2023 Enter the timeless elegance and unbound creativity of Valentino Vintage. A unique

second hand initiative of the Maison. Valentino Vintage reframes its iconic design DNA and expands its universe through the many historical layers of the past. First launched in 2021, the project invited the global community to bring their preloved Valentino garments to a selected vintage store and exchange the items with the option to buy a new Valentino design, allowing clients to discover the beauty of past creations and participate in an alternative mode of shopping. Valentino Vintage embraces individuality and authenticity through its network of diverse locality - while also connecting them. Starting from April 18th 2023, a global Valentino takeover takes place simultaneously in the selected vintage stores of each city through a shared temporality worldwide: each one will be transformed through a unique Valentino Vintage display, fully embracing the DNA of the Maison. Customers are welcome to participate in the vintage exchange program before that, with the maximum number of garments to be exchanged growing from one to three.





# **Elegance and Strength** of Character

As the ambassador of the new perfume, watch and jewellery campaigns, Vanessa Kirby inaugurates her role with a debut dedicated to La Panthère Fragrance. Much like Cartier's iconic animal, the British actress follows her own path with determination. A free spirit who shares a desire for independence with the panther. In this introductory tale, Cartier returns to the origins of its beloved animal, guided by her, through the heart of a tropical forest, where it all began. Together, the Panther and Cartier move between abstraction and figuration, the real and the supernatural. The bridge between two worlds inspires the latest film from the Maison, directed by Nathalie Canguilhem. Created in 2014, this fragrance brings the chypre family back into the spotlight with a new floral-feline accord: the union of a historic chypre, a mythical animal musk and a fresh, vibrant gardenia, just as desired by Mathilde Laurent, the Maison's perfumer.

### **LUXE FASHION & BEAUTY**

# **Clash De Cartier**

With suppleness and volume, the new Clash de Cartier jewellery embraces contradictions. Apointed and eccentric duel for a collection of rings, bracelets, earrings and necklaces. Either in all gold or paved with diamonds, their doubled-up rows delicately coil around the skin and inspire contrasts. Totally supple, the bracelets and necklaces follow each movement, both free and flexible. A new sensation for Clash's ribbed mesh, which multiplies its rows of studs and clous carrés — some of the Maison's most important aesthetic codes. Strength and delicacy unite, accentuated in the diamond versions with meticulous paving on each side of the clous carrés. Jewellery without prejudice as to who will wear it, as long as they are unique. People with strong, uncompromising personalities, like Clash de Cartier ambassador Lily Collins.

BY HIRANMAYII AWLI MOHANAN

HOTPICKS BEAUTY KL LIFESTYLE'S TOP PICKS





Guerlain Abeille Royale 20ml RM652

Inspired by dermo-cosmetic care, Guerlain research has drawn on the youth-repairing powers of honey to deliver a double youth surge: radiance and a lifting effect, the two main expectations for the exposed eye contour area. On one hand, this Gloam, one composed of Pink Pepper new serum takes targeted action on the visible signs of ageing: wrinkles global radiance-activating action and helps to correct all types of dark circles, whether vascular, pigmented or sunken. In addition to these radiance and lifting effects, eyelashes appear strengthened and denser at the root. Instant opening At its base, Gloam is a sumptuous and of the eye area, with continued action powdery blend of Iris, Patchouli, Copaiba day after day. Double R Renew & Repair Eye Serum also benefits from the Dynamic tactility and comfort. Gloam has been Blackbee Repair technology that takes created in partnership with Aesop's longeffective action on the visible signs of ageing and boosts skin's self-repair Fillion. As with all fragrances, individual mechanisms and the extraordinary tensing body chemistry contributes to the overall power of bio-polyfermented Ouessant and Ikaria honeys, selected for their remarkable properties for skin which reveal all their lifting power at the heart of the Repair formula



## Aesop Gloam Eau de Parfum 50ml **RM715**

Gloam Eau de Parfum is the fifth instalment of Othertopias, a collection of fragrances inspired by spaces both real and imagined. An arresting first impression of spice characterises the opening accords of and Cardamom and softened by the fresh florals of Neroli and its sweeter counterpart, stressed, dehydrated skin. Lightweight and firmness. On the other, it diffuses a Orange Flower. This is followed by and nourishing, it brightens, firms, aromatic spice notes of Saffron and Clove, that unfurl alongside herbal Maté, heady Narcissus and pollen-like Mimosa. Warmth from Rose and Jasmine Sambac lend a roundness to the spicy floral heart. and Sandalwood that delivers unexpected term fragrance collaborator Barnabé impression, allowing for the creation of a 'personal' variation for each wearer.



# Augustinus Bader The Face Cream Mask RM 945

Augustinus Bader, globally recognised as the "Best in Beauty" and "Greatest Skincare of All Time", welcomes their newest TFC8®-powered innovation The Face Cream Mask to their lineup of clean, science-backed cult products. The Face Cream Mask instantly breathes life into dull, and evens the complexion while boosting collagen production and combating the signs of gaing for immediate and long-term renewal. The Face Cream Mask can be used as a quick complexion reset or as an overnight mask.



Givenchy Prisme Libre Skin Caring Concealer 11ml

### RM165

Givenchy Prisme Libre skin-caring concealer, the first 24-hour wear. multi-purpose concealer of its kind in the Givenchy portfolio, not only conceals, corrects and unifies, it also illuminates and provides 24-hour hydration and radiance. Correct, care and illuminate with targeted use, Prisme Libre skin-caring concealer instantly corrects and covers, but also blurs dark circles, imperfections and irregularities. Used all over the face, it evens out the complexion without creasing or settling in fine lines or wrinkles. Skin texture is smoothed from morning to night, the eyes look lifted and signs of fatigue appear reduced. Creating a natural effect, this multi-purpose concealer beautifies the skin with a radiant finish that lasts all day.

















### Pat McGrath Labs Mothership Moonlit Seduction Eyeshadow Palette RM580

Extremely versatile and universally flattering, chic modern neutrals with high-performance technology. Adorn your eyes in this array of nocturnal neutrals designed to sculpt, illuminate and accentuate in luxurious finishes that glide on flawlessly. Silky smooth textures blend and build beautifully imparting multidimensional brilliance inspiring endless eye looks

**LUXE FASHION & BEAUTY** 

HOT PICKS, ) BY HIRANMAYII AWLI MOHANAN



Pomellato Fanting 18-Karat Rose Gold Diamonds Earring RM 55,433



Stella McCartney Falabella Mini Chain **Embelished Raffia** Shoulder Bag

RM 6,748

Saint Laurent **Belted** Satin Wide-Leg Pants



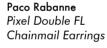
Saint Laurent Tribute Woven Denim Mules

RM 3,761



Saint Laurent Belted Hooded Satin-Crepe Jacket

RM 14,031



RM 1,529

Alaïa Silver-Tone Cuff



Loewe Buckled Canvas and Leather Mules



RM 5,545

Loewe Anthurium Floral-Print Stretch-Mesh Maxi Dress

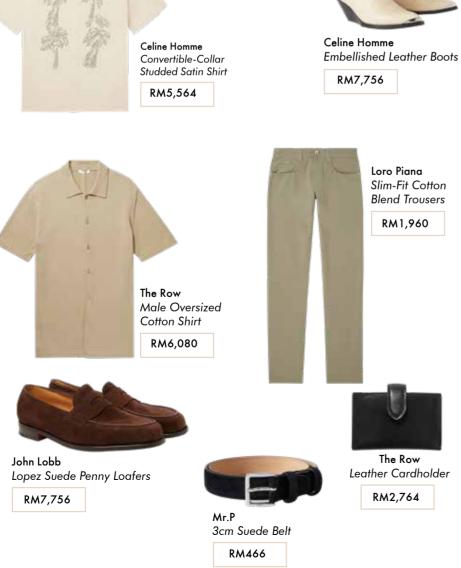
RM 6,655

Paco Rabanne Pixel Chainmail Shoulder Bag

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# LOEWE HAS LANDED

DISCOVER STATEMENT STYLES, PLAYFUL PROPORTIONS AND STANDOUT NEW ACCESSORIES

BY HIRANMAYII AWLI MOHANAN

Celine Homme Straight-Leg Pleated

RM4,139

Wool Suit Trousers



Puffer Goya Quilted Padded Leather Down Shoulder Bag

# RM19.300

Loewe bags are collectibles for two reasons: the high quality of the materials Loewe's Spring '23 collection is abundant with 'Anthuriums,' also known as and the brilliance of their complex Spanish design. This 'Puffer Goya' style the 'Flamingo' flower, which grows in exotic abundance in the Caribbean. This is made of guilted leather that has been cushioned and adorned with gold stretchy tulle top is printed with a large version and has long sleeves and a crew hardware. The chain strap adds a touch of glam. collar. Wear yours with a voluminous midi skirt and a neutral lip.



Asymmetric Denim Midi Skirt RM3,531

Fresh twists on classic silhouettes are always a safe bet, when it comes to style investments. Topped with an asymmetric waistband for a deconstructed look, Loewe's skirt is made from denim in a faded blue wash. Style yours with boots, sandals or sneakers

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Loewe was founded in Madrid towards the end of the nineteenth century and quickly gained a reputation among Spanish monarchy as a supplier for high-quality leather goods. With Jonathan Anderson at the lead now, each collection is shaped by the house's rich history while remaining stunningly modern.

### **Printed Stretch-Tulle Top**

### RM3.931

### **Leather Mules**

RM4,389

The sculptural block heels of Loewe's mules are painstakingly carved in the shape of the label's iconic 'Anagram' emblem. They are made of flexible leather and have pointy toes that will go with everything from dresses to fitted trousers.

# **LUXE FASHION & BEAUTY BAG CHECK**

IN NEED OF AN ACCESSORY UPDATE ? THESE ULTRA-COVETED STYLES ARE NOT TO BE MISSED



Bottega Veneta Intrecciato Leather Shoulder Bag RM8,840

The bags from Bottega Veneta continually impress with their grace and flair. This design hangs from a short knotted strap and is made from black leather strips woven into the brand's signature intrecciato pattern. It has internal card slots and a slide pocket to keep you organised. Stow your keys and phone inside.



SAINT LAURENT Le 5 à 7 Small Leather Shoulder Bag RM9,350

The bag from SAINT LAURENT is constructed of soft burgundy leather and has the brand's recognisable gold-tone hardware at the fastening. The top handle may be adjusted to suit over your shoulder, and a zipped pocket inside protects personal necessities.



Versace Embellished Leather Shoulder Bag RM10,849

Versace's shoulder bag makes elegant use of the label's iconic 'Greca' hardware. Crafted in Italy from supple leather, it has a curved shape and slots inside for your phone and cards. Complement the gold-tone embellishments with tonal jewellery.



ALEXANDER MCQUEEN Embellished Croc-Effect Leather Shoulder Bag



The structured shoulder bag from Alexander McQueen is embellished with the brand's recognisable knuckleduster, which features the trademark skull and a substantial faceted crystal. It has an inside slip pocket to organise small goods and was crafted in Italy from green croc-effect leather. Place a card holder and lip gloss inside.

' + +SANDAL FDIT BY HIRANMAYII AWLI MOHANAN

Explore The Lineup of Everything From Chunky, Everyday Flats to Elegant, Barely-There Heels.



# bottega veneta. Glossed-Leather Slides RM4,662

Bottega Veneta's slides are crafted of shiny 'Jalapeno' glossed-leather and have wide, cushioned straps for comfort while adding unexpected volume. They look equally good with casual outfits or cropped jeans.



Chloé's 'Woody' slides comprises layers of white canvas that are overlapped and emblazoned with the brand's moniker in geometric black letters. They have stylish square toes and are set on tiny heels. Wear them with everything from slouchy tailored separates to flowing skirts and dresses.







# christian louboutin.

Condora Lacestrass 85 Crystal-Embellished Satin Sandals

### RM5,386

Christian Louboutin's 'Condora Lacestrass' sandals are inspired by exquisite jewellery and have dazzling straps that catch the light. They're constructed of glossy satin and stand on sculptural stiletto heels with pillar-box crimson bottoms. A midi or mini-length dress will look great with ankle ties.



# roger vivier.

Love Embellished Patent-Leather Mules

## RM3.367

Roger Vivier is known for its sculptural designs and signature buckle. These 'Love' mules include both design trademarks and are fashioned in Italy from patent-leather in a versatile beige shade. They're set on 45mm slanted heels, which are just the right height to get you from the office to your dinner reservation.



# manolo blahnik.

Singanu 90 Leather Sandals RM4.678

Classic and versatile, Manolo Blahnik's 'Singanu' strappy sandals are crafted from navy leather with adjustable slingback straps and slender 90mm heels. Pair yours with slim-fit pants and a satin shirt.



# qucci.

Angelina Canvas-Jacquard Wedge Slides

## RM3,053

Gucci's 'Angelina' slides, inspired by the '90s, are modernised with chunkier wedge heels. They're made in Italy from canvas and jacquard-woven with the brand's trademark 'GG' monogram. They have moulded footbeds and serrated soles for a secure stride. Cropped hems will draw attention to yours.

# saint laurent.

## Tribute Woven Leather Slides RM4.678

The 'Tribute' slides by SAINT LAURENT are both flexible and comfy. They're constructed of soft leather and have square toes and small heels, making them ideal for holidays or city walks. Tan goes with everything, from vibrant designs to neutrals

# SPRING BY HIRANMAYII AWLI MOHANAN ACCESSORIES

No Outfit is Complete Without The Finishing Touches



RM9,999

# cartier eyewear.

Sunglasses

# RM12,512

Cartier Eyewear's sunglasses will bring a certain edge to every outfit. Designed in an angular aviator-style shape, this pair is made from goldtone metal with contrasting acetate arms. The leather trim on the browbar gives it a nice prominence.









# celine homme.

Printed Shell Bucket Hat

CELINE HOMME's bucket hat is made from lightweight shell and patterned with red and white palm trees. It's printed with the label's moniker on the front.

# tom ford.

### Buckley Full-Grain Leather Belt Bag

TOM FORD's large belt bag is made in Italy of full-grain leather in the versatile 'Chestnut' brown tone. It's the perfect size for an e-reader or small tablet, with gold-tone hardware and a wide, adjustable nylon strap for carrying cross-body.

Aviator-Style Leather-Trimmed Gold-Tone and Acetate

### **LUXE FASHION & BEAUTY**



# brunello cucinelli.

Logo-Embroidered Leather-Trimmed Cotton-Twill Baseball Cap

## RM1.960

Brunello Cucinelli's baseball cap is produced in Italy of cotton twill and is embroidered with the name of our 'Sunset Searchers' capsule collection. To get your ideal fit, adjust the leather back tab.

# jacquemus.

Leather-Trimmed Canvas Messenger Bag

## RM6,583

The braided threads that surround Jacauemus' messenaer baa resemble fishing nets. It's made in Italy of cream canvas with a leather base and a huge tag debossed with the label's moniker. It'll easily accommodate your essentials, a tablet, and a book.



# saint laurent eyewear.

Square-Frame Acetate and Silver-Tone Sunglasses

# RM1,734

SAINT LAURENT Eyewear's sunglasses have a classic retro feel. Engraved with the brand's name along the temples, they've been made in Italy from lightweight, glossy acetate and have sleek silver-tone metal arms.





# Live the Suite Life at Anantara Vilamoura Algarve Resort

Anantara Vilamoura Alaarve Resort announces a series of luxurious renovations and new concepts that will cement the resort as the number 1 choice for both families and adults from this Spring and beyond. Exclusive to Anantara Vilamoura, and a unique offering in the Algarve, thirty new Swim Up Family Rooms & Suites benefit from direct access to a 30-metre length pool offering families a haven of holiday fun. Two of Anantara Vilamoura's seven restaurants are now reserved exclusively for families. In addition, twenty new Signature Suites, each with Golf or Pool View, are for adults only and boast 80sqm of luxurious living space with a host of exceptional perks including Anantara Butler service, complimentary mini bar, airport transfers and VIP spaces





# gucci.

Ophidia Small Leather-Trimmed Monogrammed Coated-Canvas Shoulder Bag

# RM7.510

Since their introduction in 2018, Gucci's 'Ophidia' bags have been a fan favourite. This version is made of coated canvas with the brand's 'GG' monogram printed on it and is accented with leather and signature webbing. It has an interior compartment for small goods and an adjustable shoulder strap for cross-body carrying.



LUXE WKL lifestyle

# **Reid's Palace.** a Belmond Hotel.

# Madeira Celebrates the Island's Annual Flower Festival

Known as the island of eternal Spring, Madeira is a floral heaven with prolific blooms, explosion of colours and exquisite scents. Traditionally celebrated with carpets of flowers, live music and local shows, this year Reid's Palace will host a complimentary Botanical Bliss weekend in May, featuring horticultural workshops led by Madeiran-born Mónica, impassioned local business owner of Tristoas, crafting botanical art using dried and preserved flowers. The Botanical Art workshops include the drving of flowers, eco-printing and herbal vegan candles, all sourced on the hotel's gardens and herbs.



# **Rosa** Alpina The Next Chapter

Since its opening in 1939, Rosa Alpina has provided an unparalleled base in the charming village of San Cassiano for exploring Italy's majestic Unesco-protected Dolomites. From today, the serene mountain retreat undergoes an extensive refurbishment to usher in a new era for the illustrious property and is temporarily closed. Reopening for the 2024/5 winter season, the hotel will emerge as a fully-fledged Aman. The redesign will include a complete remodelling of all guestrooms. With an emphasis on space, the current 52 rooms and suites will be reduced to just 50, each varying in size and layout. Two 150-squaremetre Presidential Suites will form the most spacious room category, alongside the existing 280-square-metre Chalet Zeno, a private refuge accommodating up to six guests.

LUXE TRAVEL



# Molteni&C Flagship Store Has Arrived on Malaysian **Shores**

Since its opening in 1939, Rosa Alpina has provided an unparalleled base in the charming village of San Cassiano for exploring Italy's majestic Unesco-protected Dolomites. From today, the serene mountain retreat undergoes an extensive refurbishment to usher in a new era for the illustrious property and is temporarily closed. Reopening for the 2024/5 winter season, the hotel will emerge as a fully-fledged Aman. The redesign will include a complete remodelling of all guestrooms. With an emphasis on space, the current 52 rooms and suites will be reduced to just 50, each varying in size and layout. Two 150-square-metre existing 280-square-metre Chalet Zeno, a private refuge accommodating up to six guests.







# **The Ritz-Carlton Debuts** in Melbourne

Capturing Its Spirit & Rhythm

The Ritz-Carlton, part of Marriott Bonvoy's portfolio of 30 exceptional hotel brands announced the opening of The Ritz-Carlton, Melbourne, debuting an oasis of elevated luxury in the heart of the metropolis. Soaring 80 stories above the city, the new hotel brings the brand's legendary service and contemporary aesthetic to Australia's arts and epicurean capital. Set on the western side of Melbourne's central business district, The Ritz-Carlton, Melbourne celebrates the country's ancient stories and vibrant cultures, filtered through a distinctly Melbourne lens. The interiors of the hotel, designed by BAR Studio, capture Presidential Suites will form the most spacious room category, alongside the Melbourne's unique identity with influences from its indigenous story, Victorianera gold rush, European heritage, and fabled laneway life. Further bringing the destination to life for guests, every evening in the arrival lobby an immersive cultural soundscape maps the city's story and combines the beat and rhythm of Australia's past, present, and future



# **Dufour 41** to Debut at Cannes

Scheduled to premiere at the Cannes Yachting Festival in September, the Dufour 41 offers options for rigging, accommodation and décor. The Dufour 41 is available in Adventure, Ocean and Performance versions, three or four cabins, the option of a utility room, and with a choice of two interior atmospheres (Europe and Boston). The deck includes a spacious cockpit with twin helms and two facing sofas either side of a folding table, while there are numerous handrails for increased safety. Due to increased hull windows, Dufour also says that the interior offers "60 per cent more light than other models on the market". The lower deck includes two cabins aft, each with an aft-facing bed and the option of a bathroom each or a utility room can be chosen instead of the port head.

# **HUTOMOTIVE LUXURY**

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







# Nissan Introduces the **Electrified R32 Skyline GT-R**

LUXE KLlifeztyle

Nissan has revealed plans for a "R32EV" electrification project in a dimly lit teaser film that shows the unmistakable back of an R32-generation Skyline GT-R. The new project is claimed to have been inspired by an engineer who joined Nissan because he admired the GT-R. While there is no word on how Nissan will make the conversion, dismantling the motorsport icon for an electric drivetrain is bound to spark debate.



# MERCEDES-BENZ MALAYSIA LAUNCHES THE NEW GLC

Mercedes-Benz Malaysia unveiled its new Mercedes-Benz GLC 300 4MATIC, continually making its mark as the leader of its SUV segment. The new GLC is the epitome of modern, sporty, and luxurious driving, as well as the latest addition to the coveted Mercedes-Benz SUV family. The GLC's combination of dynamic driving enjoyment, modern design and advanced features like the off-road cockpit and MBUX Augmented Reality navigation promise to thrill adventurers and families alike in Malaysia. With unparalleled control over challenging terrains, the new GLC sets a new standard in luxury SUVs, delivering a seamless driving experience. In addition, Mercedes-Benz Financial has also announced an exclusive partnership with Maybank to introduce an industryfirst credit card nationwide to create added value for Mercedes-Benz customers and lead the luxury lifestyle segment beyond automotive excellence. As part of this partnership, Visa, the world's leader in digital payments will become the exclusive payment network for this new offering.



Porsche Thailand is commemorating its 30th anniversary in grand style. Porsche Thailand recently introduced a special edition 911 Carrera GTS honouring Thailand and its rich, colourful culture in collaboration with Porsche's in-house "dream division," Porsche Exclusive Manufaktur. The Porsche 911 Carrera GTS 30 Years Porsche Thailand Edition combines the precision engineering of the German automaker with Thailand's indigenous heritage. The usage of diverse colours emphasises the country's vivid culture; each day of the week corresponds to a distinct hue: Monday (Yellow), Tuesday (Pink), Wednesday (Green), Thursday (Orange), Friday (Blue), Saturday (Purple) and Sunday (Red). In Thailand, the day of the week on which a person is born corresponds to a specific hue, which becomes the individual's "lucky" shade.



## Lamborghini Unveils Its Aventador Replacement, the 1,001 BHP Revuelto

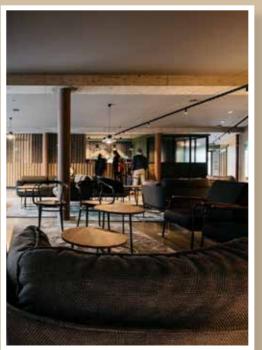
The replacement for the Aventador has arrived, and in classic Lamborghini fashion, the all-new Revuelto (codename LB-744) is here to dominate the competition. It is Lamborghini's first foray into the realm of electrification, and before everything becomes an EV, the Italian automaker has mated its famed 6.5-liter V12 with not one, not two, but three electric motors. The engine produces an astounding 1,001 BHP, good for a 0-62 MPH sprint in 2.5 seconds, a sub-7.0 second sprint from 0-124 MPH, and a top speed of 217 MPH - which may go even faster with the correct dynamics and surroundings. As a result, the High Performance Electric Vehicle (HPEV) is the margue's most powerful machine to date.

# The Agora Hotel

### Pano Lefkara, Cyprus

An adults-only experience with old-world charm and modern flair, Agora holds a creative space to gather around movement and simple pleasures. It's is not a place you stay, it's a place you belong. Inspired by the golden erg of hospitality our curated atmosphere and soulful vibe invites you to revel in simple pleasures, like dinner with friends or a well-balanced cocktail. Agora is the ultimate space for creatives and travellers to celebrate life. Experience the luxury embodied in Agora's homey suites. Let time stand still as you revel in the simple pleasures of steam swirling from the in-room bathtub as the morning light glimmering through the curtains. Whether you are craving a nourishing breakfast, a light lunch or decadent dinner, the ambiance in the hotel's signature restaurant dares you to taste every dish. At the tables, plates are passed around, and traditional starters and mains are nonexistent.

www.theagorahotel.com





exeterhotel.is





# **Exeter Hotel**



#### LUXE TRAVEL

## **Hotel Bohin** Lake Bohini, Slovenia

The comprehensively re-designed Hotel Bohinj in the centre of Ribčev Laz, just a stone's throw from Lake Bohinj, carries the story of Bohinj and the world beneath Triglav in the best - with the maagnificent natural scenery and a respectful attitude to natural assets of Triglav National Park and local traditions. The rooms at Hotel Bohini are decorated with selected materials and the mountains of Bohini with the motif of Triglav, while the views are reflected in the interiors. Hotel Bohini characteristically embodies the lake and mountain landscape that gave it its name, a rich local tradition and history, which connects it with the four hearty Bohinijians who were the first to conquer Triglav — a monument in the park below the hotel reminds patrons of them.

hotelbohini.si



## **Noa Boutique Hotel** A Coruña, Spain

Located in a privileged corner of Porto de Santa Cruz, in the municipality of Oleiros, and a short drive from the city centre, NOA offers the best of both worlds. A getaway replete with design, gastronomy, relaxation and sustainability. NOA Boutique Hotel is a sustainable-luxury experience designed to strike a balance between natural and cosmopolitan; between elegance and the simplicity of day-to-day pleasures. The hotel is Atlantic and its 32 double rooms (28 rooms and 4 suites) overlook the ocean. The terrace and views of the city's castle and the A Coruña inlet invite you to escape your routine. The rooms and suites are based on seven different models that are uniquely designed and furnished. Guests are greeted by a pervading sense of calm inspired by the warmth of wood and large windows that make full use of natural light.

www.noaboutiquehotel.com

# **Contessina Hotel** Zakynthos, Greece

Contessina Hotel provides elegant selections of accommodation for the discerning traveler who seeks a sophisticated lifestyle. All of the 160 rooms have just been renovated to provide a comfortable and unforgettable stay, in a relaxed family atmosphere. A stunning fresh water ming pool, separate children's pool, Pool-Snack Bar and gr flaunt a vast selection of high-end services and facilities. At having the time and space to co Dive in a world filled with experiences, gastronomy and of refreshing and relaxin

ntessinahotel



# HAUTE HOMEWARE The Best Danish Design



# wendelbo.

Expose Coffee Table Expose is not just a table you will love to have in your decor - it is a table that makes it possible to be creative and display items on the shelf or the unique marble plate that makes up the base of this table.

# norll.

### Hippo Outdoor Lounge Chair

Lounge Chair is influenced ie Hippo Oi mammal drawing upon its the Hip The characteristic wooden thermotreated ash and the arrel-shape g profile at and bac two upholstery options.

contessinacollec

# LUXE KLlifertyle

# fritz hansen.

#### Mirror

A DESCRIPTION OF MALL

nade from painted aquarelle graphics, a mirror by Studio Roso stands out as a piece ts own. The design process ensures that rrors are the same. Every round, steel nning and produces a beautiful, unique



Lune Sofa - 6-Seater

The sculptural and curvy Lune<sup>™</sup> design is characteristic of Jaime Hayon. In his quest to capture the intersection of clean Nordic aesthetics and southern elegance, Hayon has paired a playful design with Fritz Hansen's renowned quality. The functional, modular system offers unlimited possibilities, from a straight two-seater to larger L-shapes, along with chaise lounge options. Hayon's addition of a unique aesthetic dimension to the flexible, modular sofa concept ensures that Lune is not only extremely comfortable but also beautiful from every angle.



# gubi.

#### Satellite Outdoor Pendant

Building on the Satellite Collection of whimsical, modernist sculptural lamps, the Satellite Outdoor Pendant and Satellite Outdoor Floor Lamp are GUBI's first lighting designs created specifically for outdoor use. Based on Mathieu Mategot's original design concept from 1953, the designs feature an ovoid shade crafted from a perforated sheet of stainless steel, topped with an aluminium cap that helps direct the light. Playful and modern even 70 years after their first creation, both Satellite designs are ideal for installation on covered patios, verandas, or other sheltered dining areas.

# KITCHEN COUNTERTOP IDEAS FOR THE MOST BEAUTIFUL AND DURABLE PREP SPACE

Everything You Need To Know About The Countertop Materials That Deliver Both Functionality and Style

The kitchen is often considered the heart of the home, and the countertop is the centrepiece of any kitchen. Not only does it provide a functional space for meal preparation, but it also sets the tone for the overall style and design of the kitchen. With so many options available, choosing the right countertop can be overwhelming. In this article, we will explore some of the most beautiful and durable kitchen countertop ideas to help you create the perfect prep space for your home. Whether you're looking for a sleek modern look or a warm and rustic feel, there's a countertop material out there that will fit your style and needs.

# wood countertons

Wood countertops can be a significant cost saver in a kitchen renovation project, depending on the finishes and the type of wood used. Darker woods have a polished midcentury-modern air, look great with other natural tones, and may be combined with wood cabinetry in the same stain for a monochrome aesthetic.





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## tiles.

Any kitchen may benefit from a tiled countertop. Tiled countertops require more upkeep than stone slab counterparts (grout can easily gather dirt and filth), but they're a great alternative if you're searching for something fashionable on a budget. They're also an excellent choice for creating a oneof-a-kind space. (After all, you can go after whatever pattern or colour combo you want with tiles on hand).



## calacatta viola marble.

Because the world of marble is large, this will not be the first and last option we'll discuss, but it is likely one of the most popular kitchen countertop ideas in today's interior design industry. Calacatta is an excellent countertop material if you want to completely define your room. While it is obviously expensive, its elegance is difficult to equal. We also like it when the material is used as a backsplash.



## black marble.

There's a wide range of blackmarble options, but no matter which specific variety you go for, you can count on black marble to add a dramatic flair to your kitchen. If you're hoping for a moody, metropolitan vibe in your kitchen.



## arabestcato vagli marble.

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### carrara marble.

Marble is an exquisite material no matter how you slice it, but if you're searching for a somewhat less pricey choice, Carrara marble is the least expensive of the marble surfaces. The material was chosen by actor John Leguizamo and his wife, Justine Leguizamo, for their antique-filled apartment—a sensible selection by the homeowners, as it will look even better after it acquires a patina.



## calacatta verde marble.

This marble has a green undertone but is identified by its white components. Calcatta Verde marble has more horizontal veining than Calcatta Viola marble, making it a particularly appropriate choice for a galley kitchen or any place where you want to emphasise length.



## travertine.

Travertine is a fantastic pick if your decor skews toward the antique. Even in a brand-new build, the material can create a lived-in impression to a kitchen without depleting even an ounce of sophistication. Travertine tends to be slightly more affordable than other natural stone options, though it is relatively soft and more vulnerable to scratching.

# KLAS THE PROJECT ROOM | & || 17TH MARCH - 30TH MAY 2023



KLAS, 150, JALAN MAAROF BANGSAR, 59200 KUALA LUMPUR.



## INTRODUCTION TO THE PROJECT ROOM A GROUP EXHIBITION BY 6 EMERGING MALAYSIAN ARTIST

Art is the single burner that naturally fuels KL Lifestyle Art Space (KLAS) and everything that it does. The gallery is devoted to curating and exhibiting the best of Modern and Contemporary Art from the local, regional and international artists and art auctions. KLAS will remain as a commercial gallery unlike any other and continue to be at the forefront of the Malaysian art landscape to engage with art enthusiasts and collectors with its new vast, 6,000 square feet of gallery space that spans across two double split floors.

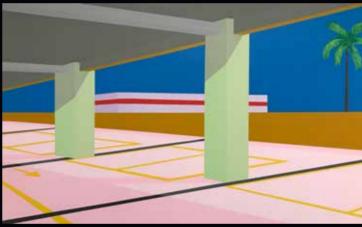
The ground floor will serve as a permanent space dedicated to the permanent display of artworks by Malaysian and regional masters such as Khalil Ibrahim, Datuk Ibrahim Hussein, Chen Wen Hsi, Datuk Chuah Thean Teng and Yusof Ghani to name a few, exclusive for purchase under Private Sale. The first floor is primarily where art auctions are conducted. Outside the auction calendar, the space is divided into four rooms — Project Room 1 & 2, Project Room 3 and Project Room 4 respectively, for hosting solo and group exhibitions.



Luqman Nur Zainal Lake Garden II , 2023 acrylic on paper 85 x 85 cm

# THE PROJECT ROOM I & II

In that regard, KLAS, following the success of the Margatulus exhibition by Fuji Anggara, is thrilled to introduce its inaugural mini group shows featuring a talented group of emerging local artists, entitled 'Project Room 1 & 2'. This exhibition will showcase a diverse range of artworks in different styles, mediums, all created by promising artists from our community. Project Room 1 & 2 sees the entry of six emerging artists including Khairul Izham, Fuji Anggara, Nazreen Nor, Muhammad Izzudin Basiron, Shahnaz Azlin and Lugman Nur Zainal. These set of selected artists, along with their artworks are personally curated by the gallery's curator and assistant curator. This group show also serves as an opportunity to celebrate the local art scene and the talented artists that call our community home. By showcasing their artworks at the Project Rooms 1 and 2 at KLAS, we hope to not only champion, but foster a sense of pride and appreciation for the diverse artistic expressions that exist in the artistic realm.



**Muhammad Izzuddin Basiron P, 2023** acrylic on canvas 91.44 x 152.4 cm



**Fuji Anggara Balada Ombang , 2023** acrylic on canvas 109 x 175 cm



Nazreen Nor Merpati Putih Oil on panel 90 x 60 cm



Shahnaz Azlin Tandus II , 2023 mixed media on canvas 90 x 90 cm

# STHE PROJECT ROOM III A SYAWAL MINI EXHIBITION 17TH MARCH - 30TH MAY 2023

KLAS, 150, JALAN MAAROF BANGSAR, 59200 KUALA LUMPUR.

The 'New Moon' Exhibition (SYAWAL), on the other hand, is an ode to the end of the holy month of Ramadan and the advent of Hari Raya Aidilfitri. The eponymous new moon represents renewal, or more specifically, the start of a new month, according to the Muslim calendar, which has 12 months each of 29 or 30 days. In Islam, the lunar month and the calendar month coincide, and the new moon is eagerly awaited, especially at the end of the month of Ramadan when its sighting means that the celebrations of 'Eid al-Fitr can begin.

The New Moon exhibition embodies the spirit of starting anew and will see the works by three selected artists, namely Nizar Kamal Ariffin, Amir Amin and Fuji Anggara on display at Project Room III @ KLAS. The theme revolving this exhibition will highlight the many facets of Islam, including the artist's ode to the festivities. As a gallery, we take pride in supporting and promoting emerging artists, and this show is a testament to our commitment to the cause. We believe that art is not only a form of self-expression but also a powerful medium that can evoke emotions, challenge ideas, and inspire change. With this exhibition, we hope to provide a platform for these emerging artists to share their unique perspectives and creative visions with a wider audience.

We invite you to join us in this celebration of art and creativity. Whether you are an art enthusiast or a curious visitor, we hope that this exhibition will inspire and captivate you. Thank you for being a part of this exciting journey with us!





Fuji Anggara Impian Hakiki , 2023



Nizar Kamal Ariffin Muhammad , 2019



Amir Amin Alif-Lam-Mim . 2021

Amir Amin Tho-Ha . 2021









Nizar Kamal Ariffin Allah , 2019







Amir Amin Ya-Sin , 2021



Amir Amin Tho-Sin-Ra , 2021

# TRANEXAMIC ACID FOR SKIN

What to Know About This Skin-Brightening Ingredient

Tranexamic Acid (TXA) is a skincare ingredient that has been gaining popularity in recent years due to its ability to brighten and even out skin tone. This ingredient is a type of amino acid that is often used in

medical settings to help prevent blood loss during surgeries or to treat excessive bleeding. However, in recent years, it has been discovered that Tranexamic Acid can also be used in skincare to help reduce hyperpigmentation and promote a more even complexion.

In this article, we will delve into the details of Tranexamic Acid for skin, its benefits, and how to use it in your skincare routine.

### What is Tranexamic Acid?

Tranexamic Acid is a synthetic derivative of the amino acid lysine. It is used in medical settings to help prevent excessive bleeding and is often used during surgeries, dental procedures, and in the treatment of heavy menstrual bleeding. However, in skincare, Tranexamic Acid is used for its ability to reduce hyperpigmentation and even out skin tone. It works by inhibiting the production of plasmin, an enzyme that can break down the skin's matrix and lead to inflammation and hyperpigmentation.

### Benefits of Tranexamic Acid for Skin

Tranexamic Acid is a relatively new skincare ingredient, but it has already gained a reputation for its effectiveness in reducing hyperpigmentation and improving skin tone. Here are some of the key benefits of Tranexamic Acid for skin:

**Reduces Hyperpigmentation** 

Hyperpiamentation is a common skin concern that occurs when the skin produces too much melanin. This can be caused by a variety of factors, including sun damage, acne, and hormonal changes.

Tranexamic Acid works by inhibiting the production of plasmin, an enzyme that can break down the skin's matrix and lead to inflammation and hyperpigmentation. By reducing the production of plasmin, Tranexamic Acid can help to prevent hyperpigmentation from forming and can also help to reduce the appearance of existing hyperpigmentation.

#### Promotes Even Skin Tone

Tranexamic Acid can also help to promote a more even skin tone. By reducing the appearance of hyperpigmentation, Tranexamic Acid can help to create a more uniform complexion. This can be particularly beneficial for those with uneven skin tone or dark spots.

#### Anti-Inflammatory

Tranexamic Acid also has anti-inflammatory properties. It can help to soothe and calm irritated skin, making it a good ingredient for those with sensitive skin.

### How to Use Tranexamic Acid in Your Skincare Routine

Tranexamic Acid can be found in a variety of skincare products, including serums, moisturisers, and masks. Here are some tips on how to use Tranexamic Acid in your skincare routine:

#### Start Slow

As with any new skincare ingredient, it's important to start slow when incorporating Tranexamic Acid into your routine. Start by using a product with a lower concentration of Tranexamic Acid and gradually increase the concentration over time.

#### Use with SPF

Tranexamic Acid can help to reduce the appearance of hyperpigmentation, but it's important to remember that sun damage is one of the primary causes of hyperpigmentation. To get the most benefit from Tranexamic Acid, be sure to use a broad-spectrum sunscreen with at least SPF 30 every day.

#### Follow with Moisturiser

Tranexamic Acid can be drying, so it's important to follow up with a moisturiser after using a product containing this ingredient. Look for a moisturiser that is formulated for your skin type and contains hydrating ingredients like hyaluronic acid or glycerin.

#### **Be Patient**

Like any skincare ingredient, it can take time to see results



# **BEHIND THE GLOSS**

### The Truth About Keratin Treatments

Are you tired of frizzy, unruly hair? Do you dream of smooth, silky locks that stay perfectly in place no matter what t If so, you may have heard about keratin treatments. These popular hair treatments promise to tame even the wildest hair, le salon-worthy results that last for months. But what is the truth about keratin treatments? Are they really as amazing as they sa there more to the story?

First things first, let's talk about what keratin is. Keratin is a protein that is naturally found in hair, nails and healthy, and is essential for maintaining the structure of each strand. Keratin treatments work by i helping to smooth out the hair cuticle and reduce frizz.

So far, so good, right? But here's the catch: many keratin treatments contain formaldehyde, a chemical that is used to help the keratin adhere to the hair. Formaldehyde is a known carcinogen, and can cause serious health problems if it is inhaled or absorbed through the skin. Some people have reported experiencing symptoms such as eye irritation, nosebleeds, and respiratory problems after getting a keratin treatment.

But don't worry, not all keratin treatments contain formaldehyde. There are plenty of formaldehydefree options on the market that can still give you the smooth, silky results you're after. It's important to do your research and choose a reputable salon that uses safe, non-toxic products.

Another thing to keep in mind is that keratin treatments are not a one-size-fits-all solution. Depending on your hair type and texture, you may not get the same results as someone else who has had the treatment. In addition, keratin treatments can be expensive, and may require some maintenance to keep your hair looking its hest

So, should you try a keratin treatment? Ultimately, it's up to you to decide what's best for your hair and your health. If you're interested in getting a keratin treatment, do your research and choose a reputable salon that uses safe, nontoxic products. And if you decide that keratin treatments aren't for you, don't worry - there are plenty of other ways to tame frizzy hair, from using a good conditioner to trying out different styling techniques.

If you're considering a keratin treatment for your hair, there are a few things you should know before you take the plunge. Here are some key points to keep in mind:



n the end, the truth about keratin treatments is that they can be a great option for some people, but ney're not for everyone. It's important to weigh the risks and benefits, and make an informed decision pased on your own needs and preferences. Whether you choose to try a keratin treatment or not, emember that the most important thing is to love and embrace your natural hair, whatever its texture

# **BEATING THE BLOAT**

#### Understanding the Causes and Natural Remedies for Stomach Bloating

Stomach bloating can be an uncomfortable and often embarrassing issue that many people experience. It occurs when the abdomen feels full and tight due to excess gas or fluid buildup in the digestive system. Bloating can be caused by a variety of factors, ranging from dietary choices to medical conditions, but there are many natural ways to curb it and relieve the discomfort.



#### Overeating

When you eat too much food, your stomach expands to accommodate the extra volume. This can put pressure on the surrounding organs, including the intestines, leading to discomfort and bloating. Also, when you eat a large meal, your digestive system has to work harder to break down the food. This can lead to a buildup of gas in the digestive tract, which can contribute to bloating. Certain foods, such as those high in fibre or carbohydrates, are more likely to cause gas and bloating.

#### Hormonal Changes

During certain times in a woman's menstrual cycle, such as the luteal phase, progesterone levels increase. Progesterone is a hormone that can cause the muscles in the digestive tract to relax, which can slow down the movement of food and lead to a buildup of aas in the intestines. This can cause bloating and discomfort. In addition, hormonal changes can also cause water retention in the body, which can lead to bloating. Oestrogen, another female hormone, can cause the body to retain water, particularly in the days leading up to menstruation. This water retention can cause the abdomen to feel full and tight.

#### How To Curb Stomach Bloating Naturally?

#### Drink Plenty of Water

Drinking plenty of water throughout the day can help to prevent dehydration and promote healthy digestion. It can also help to flush out excess sodium and reduce water retention in the abdomen.

#### Avoid Trigger Foods



If you suspect that certain foods are causing your bloating, try eliminating them from your diet for a few weeks and see if your symptoms improve. Common trigger foods include dairy, gluten, beans, and cruciferous vegetables.

#### Eat Smaller Meals

Eating smaller, more frequent meals can help to prevent overeating and reduce the risk of bloating. It can also help to promote healthy digestion and reduce symptoms of indigestion.

#### Chew Your Food Properly



Chewing your food properly can help to break it down more efficiently and reduce the risk of excess gas production. Take your time and chew each bite thoroughly before swallowing.

#### What Causes Stomach Bloating?

#### **Digestive Issues**



Poor digestion can lead to a buildup of gas in the digestive tract, which can cause bloating. When the digestive system is not functioning properly, food may not be broken down efficiently, leading to the production of excess gas. This can happen due to various reasons like indigestion, constipation, and gastroesophageal reflux disease (GERD)



#### Food Intolerances

Certain foods can cause bloating in some individuals due to food intolerances or sensitivities. Common culprits include dairy products, gluten-containing grains, beans, and cruciferous vegetables like broccoli and cabbage.



#### Dehydration

When the body is dehydrated, it tries to conserve water by retaining fluids. This can cause fluid buildup in various parts of the body, including the abdomen, leading to bloating. Dehydration can also cause constipation, which can lead to bloating. When the body is dehydrated, it can become more difficult for the stool to pass through the digestive system, leading to constipation. This can cause a buildup of gas and stool in the intestines, leading to bloating.



### Exercise Regularly

Regular exercise can help to promote healthy digestion and reduce the risk of bloating. It can also help to reduce stress levels, which can contribute to digestive issues.



### Try Herbal Remedies

Certain herbs like ginger and peppermint have been shown to have anti-inflammatory and digestive properties that can help to reduce ploating and other digestive issues.



#### Practice Stress-Reducing Techniques

Stress can have a negative impact on digestion, leading to bloating and other uncomfortable symptoms. Practicing stress-reducing techniques like deep breathing, meditation, and yoga can help to promote healthy digestion and reduce the risk of bloating.

## Conclusion

Stomach bloating is a common issue that can be caused by a variety of factors, ranging from dietary choices to medical conditions. Fortunately, there are many natural ways to curb bloating and relieve discomfort. By staying hydrated, avoiding trigger foods, eating smaller meals, chewing your food properly, exercising regularly, trying herbal remedies, and practicing stress-reducing techniques, you can promote healthy digestion and reduce the risk of bloating.

# **STREFINE YOUR WITH THE KINETIC CHAIN EXERCISES**

Do you ever feel like you're constantly juggling a million things at once? Between work, family, friends, and all of life's little errands, it can be easy to feel overwhelmed and stretched thin. But what if there was a way to simplify your daily routine, while still keeping your health and fitness a top priority? Enter: the kinetic chain exercises.

What are kinetic chain exercises, you ask? Simply put, they're a series of exercises that focus on the interconnectedness of our muscles and joints. By targeting multiple muscle groups at once, kinetic chain exercises can help you build strength, improve your balance, and increase your overall fitness in a fraction of the time it would take to do traditional exercises. The kinetic chain can be visualised as a series of dominoes to further simplify the concept. If you arrange dominoes in a linear or circular design and knock the first one over, the subsequent dominoes will all fall over as a result of the force being distributed to all of the dominoes. If one domino is not precisely aligned, the chain is broken, and the energy is wasted. The muscles and joints that make up the kinetic chain are represented by the dominoes. When a joint or muscle is not functioning properly, compensating will take place, which can put stress and strain on adjacent joints and muscles. That frequently causes strain, pain, or injury.

By incorporating these exercises into your daily routine, you'll be able to simplify your workout while still reaping the benefits of a full-body workout. Plus, since kinetic chain exercises require minimal equipment and can be done almost anywhere, you can fit them into even the busiest of schedules.

So the next time you're feeling overwhelmed by your to-do list, try incorporating some kinetic chain exercises into your routine. You'll be amazed at how much simpler and more efficient your workouts can be, while still helping you feel strong, healthy, and empowered.

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# HEALTH & BEAUTY WHAT IS THE KINETIC CHAIN ?

Mechanical engineering is the root of the entire kinetic chain idea. That's because your joints effectively function as one cohesive system. Because they are all connected to the kinetic link, when one is moved, the others are all affected. Your body moves because of the passage of energy through the muscles and joints working together, which forms the kinetic chain.

#### Here are a few of our favourite kinetic chain exercises to help you streamline your routine and get the most out of your workouts:

Squat with Overhead Press: Start with your feet shoulder-width apart and a dumbbell in each hand. Squat down, keeping your knees in line with your toes, then press up to a standing position while simultaneously pressing the dumbbells overhead. Repeat for 10-12 reps.

Lunge with Bicep Curl: Start with one foot forward and one foot back, holding a dumbbell in each hand. As you lunge forward, curl the dumbbells up to your shoulders. Return to standing and repeat on the other side. Aim for 10-12 reps on each leg.

*Plank with Knee to Elbow:* Start in a plank position, with your hands directly under your shoulders and your body in a straight line. Bring one knee up to your elbow, then return to the plank position and repeat on the other side. Aim for 10-12 reps on each side.

Deadlift with Row: Start with your feet hip-width apart and a dumbbell in each hand. Hinge at the hips, keeping your back flat and your knees slightly bent, and lower the dumbbells towards the ground. As you return to standing, pull the dumbbells up towards your chest, squeezing your shoulder blades together. Repeat for 10-12 reps.



# DOUBLE TREE BY HILTON DAMALLAUT RESORT

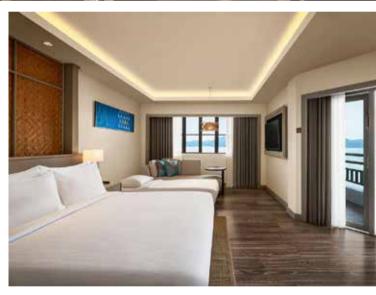
DoubleTree by Hilton Damai Laut Resort, Jalan Damai Laut, Manjung, 32200 Lumut, Perak. +605 684 3333

BY HIRANMAYII AWLI MOHANAN

The Doubletree by Hilton Damai Laut Resort is the ultimate destination for a luxurious and relaxing getaway. This stunning resort is surrounded by lush greenery, clear water and a pristine beach, making it the perfect place to escape the hustle and bustle of everyday life and indulge in some well-deserved R&R. At the Doubletree by Hilton Damai Laut Resort, you'll find a wide range of activities and amenities to keep you entertained and pampered throughout your stay. Whether you're looking to soak up the sun on the beach, explore the local area or simply kick back and relax by the pool, this resort has something for everyone.

One of the highlights of the resort is the Damai Laut Golf and Country Club, a stunning 18-hole golf course that winds its way through the lush jungle and offers stunning views of the surrounding mountains and sea. Whether you're an experienced golfer or a beginner, you'll love the challenge and beauty of this world-class course. If golf isn't your thing, don't worry – there are plenty of other activities to keep you busy. Take a dip in the resort's pool, work up a sweat in the fitness centre or try your hand at tennis, volleyball, ATV and UTV, or water sports. There's even a kids' club to keep the little ones entertained while you enjoy some adult time.





When it comes to dining, the Doubletree by Hilton Damai Laut Resort has you covered. Walk over to Axis Lounge for afternoon tea and bask in the compelling panoramic Seaview. It's also the perfect place for an aperitif or digestif after dinner. Makan Kitchen is Doubletree by Hilton Damai Laut's all day dining restaurant, where you can indulge in a la carte local or Western dishes, or by night, indulge in a buffet with iconic specialties from Malay, Peranakan, Chinese, and Indian cooking traditions. On Fridays and Saturdays, Hotpot comes alive, purveying steamboat with a touch of modern Asian cuisine with a variety of fresh ingredients from the ocean and home grown locallysourced vegetables. The highlight, besides the food, is the sweeping view of the ocean framed through the large windows.

When the day is done and it's time to retire to your room, you'll find that the Doubletree by Hilton Damai Laut Resort doesn't disappoint. Choose from a range of luxurious accommodations, including spacious suites with a balcony to appreciate the stunning sea views, as well as cosy family and twin rooms facing the property and the sea. Each room and suite is outfitted in a cool-toned palette, interspersed with local trimmings like rattan in the headboard and chairs for a dash of culture.

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

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