# AWANG DAMIT AHNAD ENIGMATIC TAPESTRY OF COLOURS AND CULTURE

Sha



PENANG A GATEWAY TO LIVING HERITAGE

AIRPORTS

JULY 2023

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Managing Editor / Publisher DATUK GARY THANASAN gary@mediate.com.my

Writer HIRANMAYII AWLI MOHANAN hiran@mediate.com.my

> Designer ALEEF aleef.mediate@gmail.com

AIMAR RAHMAN aimar.mediate@gmail.com

Aviation News / Airlink MEDIATE COMMUNICATIONS airlink@mediate.com.my

> Editorial LAURA LEE laura@mediate.com.my

ANTHONY TAN anthony@mediate.com.my

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

## <u>m e d i a</u> t e communications

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

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

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



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# GOINGS ON JULY 2023

#### **PRODUCTION PRACTICUM 2023** TAS CONSERVATORY BACHELOR OF PERFORMINGS ARDS FROCKAN

Romeo & Juliet BY William Shakespeare lah! Investo Nation

chammad Faiz Aimar in Ahmad Fauz Chan Xias Ches etalie Chan Hoi Yin Gu Yi Tian Stott Lam

# Wherefore art thou, Juliet?

pentas 2, klpac | 7 - 8 July 2023 @ 8pm, 9 July @ 3pm 

REALTON TUTAS AMONTON TO ANTINE STAS



### WHEREFORE ART THOU, JULIET?

July 7 & July 8

#### Venue: Pentas 2, KLPAC

They say true feelings are earned, not given. A young man, trapped in a bizarre new world, experiences a journey of such. Unbeknownst of what he seeks, he treads the path in search of any answers to his predicament. But could these answers make things right for him? Will the truth set him free? TUTAS' Bachelor of Performing Arts is proud to present a reimagining of Romeo and Juliet, now with a modern Malaysian twist. Written and directed entirely by our fourth batch of students, this play revisits the classic Shakespearean tale to explore what it means to love, to be loved, and all the little moments in between that make love worthwhile. This show is supported by The Kuala Lumpur Performing Arts Centre (klpac), The Actors Studio Seni Teater Rakyat and Taylor's University.

#### Ticket: RM 30

## AN UNCOMMON JOURNEY II

July 8 & July 9

#### Venue: Pentas 1. KLPAC

What started as a labour of love to reconnect music educators and musicians after the pandemic has blossomed into a bigger movement involving a wider music community. A project with a big heart and even bigger dreams, The klpac Symphonic Band's outreach collaborative programme entitled An Uncommon Journey II returns with 48 talented musicians from Klang Valley, Negeri Sembilan, Melaka and Perak undergoing intensive training which will culminate in public concerts under the baton of Music Director Cheryl Mah and esteemed guest conductors - Joost Flach and Raja Muzafar Raja Abdullah. The concert will feature flute soloist Chew Sze Gee in conjunction with the Muramatsu flute's 100th anniversary celebrations worldwide. This truly international and varied programme takes music lovers through works by Dutch, Japanese, Austrian, Italian, American, Belgian and Italian composers as well as our very own pride and joy – arranger Wong Chee Yean with his lovely rendition of Rasa Sayang and composer Lim Yu-Yao's Eternal Blossom Overture, making its world premiere at the concert.

#### Ticket: RM 50



**IULY 202** 

ZEPP KL, KUALA LUMPUR

INFO & TICKET : WWW.TICKET2U.COM.MY

CELEBRATING 10 YEARS OF

# July 15

American indie dream pop band Cigarettes After Sex will be coming back to Malaysia for a concert on July 15. The band known for songs such as Singles Nothing's Gonna Hurt You Baby, Apocalypse, Crush and Heavenly shared the news on its official Instagram account yesterday.

In a series of posts to announce further venues for its concerts in the Asia region, the band had a brief entry that read: "Finally coming back to Kuala Lumpur on July 15th."

## July 21 - July 23

vibes

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#### **ROSSA — ANOTHER JOURNEY : THE BEGINNING**

#### Venue: Zepp Kuala Lumpur

Celebrating 27 years of Indonesia Queen of Pop ROSSA's career in the music industry, Inspire IDN & Lashkar Entertainment will be hosting her "comeback" concert after last year. She will finally be meeting her "Rossa Lovers Fans" this 14th July 2023 for her album tour concert called "Another Journey, The Beginning". Besides bringing her hit songs like "Tegar", "Ayat-Ayat cinta", "Pudar" & "Masih", she will also be debuting her new song "Lupakan Cinta" from her latest album! Rossa will be accompanied talented & popular Indonesian artist.

#### Ticket: RM 178 to RM 668

#### CIGARETTES AFTER SEX

#### Venue: Zepp Kuala Lumpur

#### Ticket: RM 280 to RM 800

## **GOOD VIBES FESTIVAL 2023**

#### Venue: Sepang International Circuit

For starters, for the first time ever, Good Vibes Festival this year is going to be held across THREE days - 21, 22 & 23 July 2023 at Sepang International Circuit. It's a rain or shine event so make sure you bring your raincoats (just in case!). Expect good music, good company, good food, and most importantly, good

#### Ticket: RM 788 to RM 1,388



## THE PRODUCERS - A MUSICAL COMEDY BY MEL BROOKS

July 21 - Aug 6

Venue: Pentas 2, KLPAC

A scheming producer and his mousy accountant aim to produce the biggest flop on Broadway in Mel Brooks' laugh-out-loud spectacle. Bialystock and Bloom! Those names should strike terror and hysteria in anyone familiar with Mel Brooks' classic comedy film. Now as a big Broadway musical, The Producers once again sets the standard for modern, outrageous, in-your-face humour. It is a truly "boffo" hit, winning a record twelve Tony Awards and wowing capacity crowds night after night.

With a truly hysterical book co-written by Mel Brooks and Thomas Meehan (Annie) and music and lyrics by Mr. Brooks, The Producers skewers Broadway traditions and takes no prisoners as it proudly proclaims itself an "equal opportunity offender!" At the core of the insanely funny adventure is a poignant emotional journey of two very different men who become friends.

#### Ticket: RM 130 & RM 160



#### **DFP PRESENTS: KUGIRAN MASDO**

#### July 22

#### Venue: Dewan Filharmonik Petronas

One of the more successful local indie bands to emerge in recent years, Kugiran Masdo is all set to shine on DFP's stage with their unique and fuzzy blend of 60s pop music with a twist. Promising their fans a delightful performance filled with their upbeat hits and quirky personas, you will surely move and twist along to the unmistakably Kugiran Masdo's sounds.

Ticket: RM 169 to RM 349 6 | KL LIFESTYLE



RM55, RM25 (Student)

#### NADI — THE PULSE WITHIN

#### July 25

Nadi – The Pulse Within is a solo Bharatanatyam performance by Imran Syafia.

Nadi which means pulse in both Malay and Sanskrit is the perfect word-symbol that showcases the embodiment of different cultural forms by Imran Syafiq, and how it continues to inform his life and practice. The performance will present this intimate relationship between the mind and body of Imran. This is his first solo performance subsequent to his Arangetram debut in 2017. Under the guidance of Shri Shankar Kandasamy and Shrimathi Vasuki Sivenesan from the Temple of Fine Arts Kuala Lumpur, Imran will perform repertoire that consists of nritta (pure dance), nritya (combination of pure dance and expressive dance) and natya (expressive dance) items.

#### Ticket: RM 55





## MUSE: WILL OF THE PEOPLE WORLD TOUR 2023 Julv 29

#### Venue: Bukit Jalil National Stadium

The legendary English rock band has previously announced that their world tour will land in Kuala Lumpur this July where they have chosen Malaysia as the only stop in Asia. MUSE's last show in the country took place 16 years ago in 2007 at Stadium Negara, and the upcoming show on 29 July 2023 will mark its return. MUSE is known for their chart-topping hits such as Supermassive Black Hole, Time is Running Out, and Plug-in Baby, as well as their high-energy stage presence and visually stunning production. The band has garnered a massive following across the globe, and their concerts are often sold out within minutes of the tickets being released.

#### Ticket: RM 354 to RM 954







#### **INSIDIOUS: THE RED DOOR** JULY 7

In Insidious: The Red Door, the horror franchise's original cast returns for the final chapter of the Lambert family's terrifying saga. To put their demons to rest once and for all, Josh (Patrick Wilson) and a college-aged Dalton (Ty Simpkins) must go deeper into The Further than ever before, facing their family's dark past and a host of new and more horrifying terrors that lurk behind the red door.

Genre: Horror Cast: Andrew Astor, Ty Simpkins, Patrick Wilson, Jason Blum, Rose Byrne, James Wan, Oren Peli, Peter Dager.



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#### **MISSION IMPOSSIBLE: DEAD RECKONING PART ONE** JULY 12

Ethan Hunt and the IMF team must track down a terrifying new weapon that threatens all of humanity if it falls into the wrong hands. With control of the future and the fate of the world at stake, a deadly race around the globe begins. Confronted by a mysterious, all-powerful enemy, Ethan is forced to consider that nothing can matter more than the mission -- not even the lives of those he cares about most.

#### Genre: Action / Adventure

Cast: Vanessa Kirby, Hayley Atwell, Tom Cruise, Christopher McQuarrie, Pom Klementieff, Rebecca Ferguson, Esai Morales, Ving Rhames.









## **OPPENHEIMER**

The movie tells the story of "the father of the atomic bomb," J. Robert Oppenheimer, whose work at the Manhattan Project's Los Alamos Laboratory led to the invention of the first nuclear weapons during World War II. Oppenheimer is based on the Pulitzer Prize-winning book American Prometheus: The Triumph and Tragedy of J. Robert Oppenheimer by Kai Bird and the late Martin J. Sherwin, the latter of whom spent more than two decades conducting his research

#### Genre: Drama / Biography

Cast: Cillian Murphy, Emily Blunt, Robert Downey Jr., Florence Pugh, David Dast-malchian, Jack Quaid, Charles Roven, Matt Damon, Benny Safdie.



## BARBIE

Barbie and Ken are having the time of their lives in the colourful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans.

Genre: Comedy Cast: Will Ferrell, Greta Gerwig, Noah Baumbach, Margot Robbie, Ryan Gosling, Kingsley Ben-Adir, Kate McKinnon, America Ferrara.

# MASTERPIECES UNVEILED

THE HIGHLIGHTS OF KLAS ART AUCTION JULY 9, 2023



Step into the world of KLAS — where captivating artistic masterpieces by local, regional and international pieces await discovery on July 9, 2023. From renowned classics to groundbreaking contemporary works, this auction promises to be a feast for art enthusiasts and collectors alike. So, take note of paintings you love and get ready to immerse yourself in a dazzling showcase of artistic brilliance, where each stroke of the brush holds the power to ignite emotions and redefine the boundaries of artistic expression.



#### SYED AHMAD JAMAL, DATUK

Senyuman, 2009 Acrylic on canvas 122 x 183 cm **RM 220,000 - 450,000**  Datuk Syed Ahmad Jamal was born to fit this artistic role. Born in Bandar Maharani, Muar, Johor on Sept 19, 1929, Syed Ahmad Jamal had a carefree childhood. Even at a very young age, he had a deep sense of observation and appreciation for the natural milieu of his environment. His family lived in a small community where rubber plantations were abundant. Evidence of his keen eye of observation, Syed Ahmad used to find himself gazing at the clouds and sky in fascination and speculated that perhaps God lay amongst those clouds.

Among the array of striking artworks to look out for during KLAS Art Auction is one of Malaysia's prominent artist, Datuk Syed Ahmad Jamal's 'Senyuman' (smile). This beautiful piece of work is a confluence of modernity and culture, exhibiting vibrant colours and a subtle grace to command viewers' attention. We currently hold the record hammer price for Datuk Syed Ahmad Jamal's artwork entitled 'Nur Tenaga', hammered in KLAS Art Auction SALE XXVIII, on July 30 2017 for a whopping RM 490,332.00.





Born in 1929, Yeoh Jin Leng started his career as a school teacher in Ipoh and in 1952 joined the Malayan Teachers' Training College, Kirkby, Liverpool in the United Kingdom. It was there that his interest in art developed and after serving five years as a pioneer teacher in Kuala Terengganu, he received the first federal scholarship to further his art studies at the Chelsea School of Art and also the Institute of Education, University of London. Upon his return to Malaysia, he became a leading artist and was a design coordinator for Selangor Pewter for a year and a half. The Four Seasons Vase and the set of Malay Kerises are some of his designs. Following that, he joined the Malaysian Institute of Art (MIA) in 1984 and became Dean of Studies the following year. He served MIA for 10 years and left in 1994 to devote more time to his art. He then became a member of the Board of Trustees of the National Art Gallery and has served as Chairman of the Programme Committee, developing various exhibitions and artistic projects for the Gallery.

#### KHALIL IBRAHIM

East Coast Series, 1972 Acrylic on canvas 100 x 119 cm **RM 80,000 - 110,000** 

A familiar theme, the East Coast. Obtaining inspiration from his upbringing in Kelantan, this piece features a group of village folk clad in vibrant sarongs. Khalil utilises his skill in and complete study of the human figures to bring out movement while simultaneously using bold and contrasting colours to bring about richness to this piece. Khalil Ibrahim was born in 1934 in Kelantan. He graduated from the prestigious St. Martin's School of Art & Design, United Kingdom in 1964. He has held solo and group exhibitions in Malaysia, Singapore, Indonesia and Switzerland, with most of his works centre around figures and are heavily influenced by East Coast fishermen and women.

YEOH JIN LENG Melawati Series, 1982 Acrylic on canvas 71 x 89 cm RM 50,000 - 90,000 COVER STORY



**ABDUL LATIFF MOHIDIN** Shiraz II, 2000 Oil on canvas 35 x 92 cm **RM 90,000 - 180,000**  Born in 1941, Latiff started painting at an early age and by 10 he was holding his first exhibition at Kota Raja Malay School in Singapore, and was dubbed in the local press as the "boy wonder". He is well-known as a poet as well. He was trained in art at Hochschule fur Bildende Kunste in Germany, Atelier La Courriere in France and Pratt Graphic Centre in America. Among the honours and awards he has received are the Salon Malaysia's 1968 second prize in Graphic Design and the Malaysian Literary Awards for four years in a row, the National Literary Award in 1984 and 1986 and the Southeast Asian Writers Award in 1984 for writing.the tests of time and change, an entity that symbolises growth and a sense of continuity across space and time.



AWANG DAMIT AHMAD

Pun-Pun Unggu, Essence of Culture Series, 1993 Mixed media on canvas 76 x 61 cm **RM 40,000 - 90,000** 

The bold and strong style of Awang Damit Ahmad makes a reappearance in this piece, this time taking a resilient, symbolic form. Born and brought up in Kuala Penyu, Sabah, he spent most of his teen years learning painting from various artists whilst traveling around the state. He initially came to Selangor to work as a technician for Telekom Malaysia, but found that art was something he truly was passionate about. He eventually left the telecommunications company, and took his Diploma in Fine Arts in Universiti Teknologi Mara (UiTM) and Masters Degree in the United States. A painting of his, Nyanyian Petani Gunung, won the 1991 Salon Malaysia Award. PETRONAS bought it and is, until this day, exhibited at the gallery.







#### ISMAIL ABDUL LATIFF Festival of Inner Jungle Series, 1996 Acrylic on canvas 142 x 173 cm RM 20.000 - 45.000

Ismail Latiff is a Melaka-born artist who trained formally in arts at MARA Institute of Technology. His artworks of both the mystical and abstract kind are known locally and internationally. Having started off his career in advertising before switching to fine arts, his philosophy of life and work is "Art is Life and one of the best introductions to art is Nature." Exactly portrayed in this painting is nature and solitude, almost like some sort of paradise. He manages to make this painting seem like it is saturating with an aura of wonder, with stunning splashes of colours that blend together.

#### CHUAH THEAN TENG, DATO

Boys, 1986 Batik 90 x 87 cm **RM 45,000 - 90,000** 

An iconic piece by Dato' Chuah Thean Teng, this 'Boys' painting showcases one of Teng's favourite motifs – the sphere. The womb-like sphere is used to compact the image, making it more intimate and endearing. Within the circular shape is a group of boys, dressed in the same style of shorts and shirts are engrossed in some activity. Dato' Chuah Thean Teng is the world-acknowledged Father of Batik Painting, especially after his break- through exhibition in 1955. He is undisputedly a recognised artist internationally after his successful first exhibition abroad at the Commonwealth Institute in England in 1959.



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YUSOF GHANI Siri Biring XXX, 2006 Charcoal and acrylic on linen 127 x 97 cm RM 70,000 - 130,000

This Biring masterpiece by the maestro illustrates a flurry of glowing yellows and brown gestural strokes painted on linen, portrays another haunting painting of cockfights. It is disordered, aggressive and he expresses this extraordinarily well with harsh brushstrokes, demonstrating the tension, chaos and hostility of this act as the roosters fight valiantly for their lives. The artist manages to create motion in this scene, as the audience can imagine feathers and wings beating around in fast motion. Biring departs from Yusof Ghani's paintings of masks, forms and nature as he concentrates on cockfighting, using it as a symbol of courage and conflict among man.





CHEN WEN HSI Two Gibbons Chinese ink and watercolour on paper 34 x 45 cm RM 28,000 - 45,000



AWANG DAMIT AHMAD Pilatong - Essence of Culture Series, 1992 Acrylic on canvas RM 15,000 - 35,000

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COVER STORY



76 x 57 cm



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A STATE AND A

# PLASTIC USAGE LOOMING ENVIRONMENTAL CRISIS IN LANDFILLS

Plastic, an omnipresent material in our daily lives, has become an environmental nightmare due to its excessive usage and improper disposal. The mounting accumulation of plastic waste in landfills poses severe threats to the environment and human health. This extensive article delves into the detrimental consequences of plastic usage, shedding light on the factors contributing to the plastic landfill crisis and exploring sustainable solutions for a plastic-free future.

## The Growing Plague of Plastic Waste

Plastic has infiltrated almost every facet of modern life, from packaging materials to household products. However, the convenience it offers comes at an immense cost to the environment. Plastic, once hailed as a modern wonder material for its versatility and convenience, has turned into an environmental nightmare. Its non-biodegradable nature means that nearly every plastic item ever produced still exists in some form today. From disposable packaging to single-use products, plastic has become deeply ingrained in our society, creating a colossal challenge to overcome. The persistence of plastic waste is a major concern.

Traditional plastics can take hundreds of years to decompose, meaning that every plastic bag, bottle, or utensil ever used remains in our environment for generations to come. As these items accumulate in landfills, they contribute to an ever-growing mountain of waste, exacerbating the crisis. The consequences of plastic waste in landfills are far-reaching and profound. The slow degradation process of plastics leads to the release of toxic chemicals, such as bisphenol A (BPA) and phthalates, which contaminate the surrounding soil and water bodies. These hazardous substances seep into the ground, polluting groundwater reserves and disrupting delicate ecosystems.

Contraction of States



## Persistence of Plastic in Landfills

Plastic waste occupies a significant proportion of landfills due to its slow degradation process. Unlike organic waste, plastic takes an astonishingly long time to decompose, often spanning several centuries. As a result, every plastic item ever produced, from bottles to packaging materials, remains intact in landfills, contributing to the ever-increasing volume of waste. This slow degradation process leads to the formation of microplastics, tiny fragments less than 5 millimetres in size, which further exacerbate the problem. These microplastics not only occupy space in landfills but also infiltrate the surrounding environment, including soil, water bodies, and even the air we breathe. The persistent nature of plastic in landfills underscores the urgent need for sustainable alternatives and effective waste management practices to mitigate the environmental impact of plastic waste.

## **Environmental Consequences of Plastic Landfilling**

a) Soil and Water Contamination: Plastic waste in landfills seeps harmful chemicals into the surrounding soil and water bodies. Plastic waste in landfills acts as a source of contamination, leaching toxic chemicals into the surrounding soil. The slow degradation of plastics allows harmful additives, such as bisphenol A (BPA) and phthalates, to seep into the ground, leading to soil pollution. These toxic substances not only persist in the soil but also enter the food chain, affecting plants, animals, and ultimately, humans. The consequences of soil contamination include reduced soil fertility, impaired plant growth, and disrupted nutrient cycles, which undermine agricultural productivity and compromise the delicate balance of ecosystems. Moreover, plastic waste in landfills also has detrimental effects on water bodies. The leaching of chemicals from plastics, combined with rainfall and runoff, results in the contamination of groundwater and surface water sources. Toxic substances, including heavy metals and persistent organic pollutants, can accumulate in water bodies, leading to the degradation of aquatic ecosystems. The contamination of water sources not only affects aquatic organisms but also poses a risk to human health when people consume or come into contact with contaminated water.



b) Marine Pollution: A significant portion of plastic waste finds its way into the oceans through inadequate waste management practices. Plastic waste in landfills can leach harmful chemicals and toxins, including bisphenol A (BPA) and phthalates, which eventually find their way into nearby rivers and streams. These pollutants then flow into the ocean, where they pose a severe risk to marine organisms. The ingestion of plastic debris by marine animals is a common occurrence, as they mistake it for food. This leads to various issues, such as internal injuries, digestive blockages, and malnutrition. Additionally, marine creatures can become entangled in plastic waste, impeding their movements and causing injuries that often prove fatal.
Furthermore, the presence of plastic debris in the marine environment disrupts delicate ecosystems. Plastic pollution affects marine food chains and can lead to the decline of certain species. When small organisms consume microplastics, the toxins associated with them can bioaccumulate, meaning they become more concentrated as they move up the food chain. This bioaccumulation poses a significant threat to larger marine animals, including fish, seabirds, and marine mammals, which rely on these smaller organisms as a food source. The disruption of these intricate ecological relationships can have far-reaching consequences for biodiversity and the overall health of marine ecosystems.

Marine pollution caused by plastic landfilling also has economic and social impacts. Coastal communities that heavily rely on fishing and tourism suffer from the degradation of marine habitats due to plastic waste. Plastic debris washing up on beaches not only ruins their natural beauty but also deters tourists, impacting local economies. Additionally, the consumption of seafood contaminated with plastic particles poses risks to human health. The toxins present in plastic can accumulate in the tissues of marine organisms and, when consumed by humans, have potential long-term health effects, including endocrine disruption and increased risk of certain diseases.



**c) Air Pollution:** The environmental consequences of plastic landfilling extend beyond the physical boundaries of landfills, affecting air quality and contributing to air pollution. As plastic waste accumulates in landfills, it undergoes a slow degradation process, releasing toxic gases and fine particulate matter into the atmosphere. These emissions, including volatile organic compounds (VOCs) and greenhouse gases, contribute to air pollution and have detrimental effects on human health and the environment. When plastic degrades, it releases a variety of harmful gases such as carbon monoxide, nitrogen oxides, and sulphur dioxide. These gases are known to contribute to the formation of smog and the deterioration of air quality. Additionally, plastic waste contains additives and chemicals, such as flame retardants and plasticisers, which are released during degradation and further worsen air pollution.

Furthermore, the burning of plastic waste in open-air or uncontrolled settings, a common practice in some regions, releases hazardous pollutants into the air. These pollutants include dioxins, furans, and other toxic chemicals that are known to be carcinogenic and pose significant health risks to humans and wildlife. The uncontrolled burning of plastic waste not only contributes to local air pollution but also adds to the global burden of greenhouse gas emissions, exacerbating climate change.

## The Role of Single-Use Plastics

A straw with our iced coffee, a plastic bag to carry our takeout, a wrapper on a candy bar: taken individually, each seems harmless. These modern conveniences are so ubiquitous—and so quickly thrown out—that they hardly register in our minds. But single-use plastics come with a steep environmental price—one that we'll be paying off for millennia. Put simply, single-use plastics are goods that are made primarily from fossil fuel–based chemicals (petrochemicals) and are meant to be disposed of right after use—often, in mere minutes. Single-use plastics are most commonly used for packaging and serviceware, such as bottles, wrappers, straws, and bags.

Single-use plastics are a glaring example of the problems with throwaway culture. Instead of investing in quality goods that will last, we often prioritise convenience over durability and consideration of long-term impacts. Our reliance on these plastics means we are accumulating waste at a staggering rate. We produce 300 million tons of plastic each year worldwide, half of which is for single-use items. That's nearly equivalent to the weight of the entire human population. Reducing and eventually eliminating single-use plastics is a crucial step towards mitigating the plastic landfill crisis.





## Shifting Towards Sustainable Alternatives

To combat the adverse effects of plastic waste on landfills and the environment, a multi-faceted approach is necessary:

a) Reducing Plastic Consumption: Minimising plastic usage through individual choices and government policies is vital. Investing in durable products such as reusable water bottles, shopping bags, and food containers significantly reduces the need for single-use plastics. By incorporating these reusable items into our daily routines, we can curb plastic waste generation and promote a more sustainable lifestyle. Avoiding single-use plastics, such as straws, cutlery, and plastic bags, is a simple yet impactful action. Opt for eco-friendly alternatives like metal or bamboo straws, wooden or metal cutlery sets, and cloth or mesh bags for shopping. By refusing single-use plastics, we send a powerful message to manufacturers and retailers, encouraging them to prioritise sustainable options. b) Recycling and Waste Management: Recycling and waste management are fundamental pillars of sustainable environmental practices. Recycling involves the collection, sorting, processing, and transformation of discarded materials into new products or raw materials. It serves as a key strategy to divert waste from landfills, conserve natural resources, and reduce the extraction and consumption of virgin materials. By recycling materials like paper, plastics, glass, and metals, valuable resources can be recovered and reused, reducing the need for energy-intensive and environmentally harmful extraction processes. Enhancing recycling infrastructure and increasing public awareness about proper waste disposal are crucial steps. Governments should invest in efficient recycling systems and implement extended producer responsibility programs to hold manufacturers accountable for the life cycle of their products. Waste management encompasses a broader set of practices aimed at efficiently and responsibly handling waste throughout its lifecycle, including source segregation, collection and transportation, sorting and processing, recycling infrastructure and waste-to-energy and landfill management.

c) Innovations in Plastic Manufacturing: Developing and promoting sustainable alternatives to traditional plastics, such as biodegradable and compostable materials derived from renewable resources, can significantly reduce plastic waste accumulation. An example of this is the advent of bio-based plastics. These plastics are derived from sustainable sources such as plant-based feedstocks, including sugarcane, corn, and agricultural waste. Unlike traditional plastics that rely on fossil fuels, bio-based plastics offer a lower carbon footprint and reduced reliance on non-renewable resources. These materials can be used in a wide range of applications, including packaging, automotive parts, and textiles. Innovations in plastic manufacturing also focus on enhancing the properties of plastics to make them more environmentally friendly. For example, scientists are working on developing plastics that are more easily recyclable, improving their compatibility with existing recycling processes. Additionally, efforts are being made to reduce the use of harmful additives and chemicals in plastic production, making them safer for human health and the environment.





d) Legislative Measures: Governments should enact stringent regulations, such as plastic bans or taxes, to discourage the production and consumption of single-use plastics. Encouraging the use of eco-friendly packaging and promoting circular economy models can drive positive change.

# LIGHTS, CAMERA, ACTION!

DIVE INTO THE WORLD OF ENVIRONMENTAL DOCUMENTARIES AND SP

In the gae of streaming services, our screens have become gateways to exploring and understanding the world are an eco-adventure like no other as we dive into the captivating world of environmental documentaries. These films are the perfect blend of education entertainment, and inspiration, taking you on a thrilling journey through the wonders of our planet and the pressing environmental challenges we face. From breathtaking landscapes to the pressing issues we face, environmental documentaries and specials offer a powerful platform for raising awareness, sparking conversations, and inspiring change. So grab your popcorn, dim the lights, and join us as we embark on a journey through some of the best environmental documentaries and specials available for streaming.

OUR PLANET

planet earth

## **OUR PLANET**

Narrated by the iconic Sir David Attenborough , "Our Planet" is a visually stunning documentary series that takes you on a global journey through the Earth's most awe-inspiring habitats. From the jungles of South America to the frozen landscapes of the Arctic, this series delves into the remarkable diversity of nature while addressing the pressing challenges of climate change and biodiversity loss.

## **A PLASTIC OCEAN**

Join a team of researchers and adventurers as they embark on a mission to uncover the devastating impact of plastic pollution in our oceans. "A Plastic Ocean" explores the alarming consequences of our plastic consumption, revealing the harm it inflicts on marine life and ecosystems. This eye-opening documentary serves as a call to action for individuals and communities to rethink their plastic usage.

## **PLANET EARTH**

Narrated by the iconic Sir David Attenborough, "Planet Earth" is a groundbreaking series that transports viewers to the most remote corners of our planet. From the depths of the oceans to the highest mountains, this awe-inspiring documentary showcases the diversity and beauty of Earth's ecosystems. With stunning visuals and captivating storytelling, "Planet Earth" is a must-watch for nature enthusiasts and documentary lovers alike.

#### truth anincom A GLOBAL

FROM THE PRODUCER OF THE ACADEMY AWARD - WINNING "THE CONT

Leonardo DiCaprio and Flaher Stevens

BEFORE THE FLOOD

N THEATERS OCTOBER 21

## **AN INCONVENIENT TRUTH**

Former US Vice President Al Gore sheds light on the urgent issue of climate change in "An Inconvenient Truth." This eye-opening documentary presents scientific evidence, personal anecdotes, and compelling visuals to convey the gravity of the climate crisis. It serves as a call to action, urging individuals, governments, and industries to take responsibility and work towards a sustainable future.



## **CHASING ICE**

Follow National Geographic photographer James Balog as he embarks on an extraordinary journey to capture the vanishing glaciers around the world. "Chasing Ice" showcases the stunning yet alarming visuals of receding ice sheets, providing a visual testament to the effects of climate change. The film serves as a reminder of the urgent need to protect our fragile planet.



Leonardo DiCaprio, a passionate environmental activist, takes us on a global exploration in "Before the Flood." This documentary tackles various environmental issues, including deforestation, species extinction, and ocean pollution. Through interviews with experts and world leaders, DiCaprio seeks to inspire action and encourage viewers to become catalysts for change.



## **BEFORE THE FLOOD**

## THE BEST MENTAL HELP BOOKS TO COPE WITH WHATEVER LIFE THROWS AT YOU

Life is a rollercoaster ride filled with unexpected twists, turns, and loop-de-loops. Just when we think we've got it all figured out, it throws us a curveball that leaves us feeling lost, overwhelmed, or even defeated. It is during these moments of vulnerability that we need a lifeline to hold onto, a guiding light to help us navigate the stormy seas of life. That lifeline comes in the form of books, those beautifully bound vessels of wisdom, compassion, and hope. In this article, we embark on a literary adventure to explore the best mental health books that serve as anchors, helping us cope with whatever life hurls our way. So, fasten your seatbelts, open your minds, and get ready to discover the transformative power of literature on the yoyage towards mental well-being.

### MAN'S SEARCH FOR MEANING" BY VIKTOR E. FRANKL



Viktor Frankl, an Austrian psychiatrist, shares his experiences as a Holocaust survivor in this profound book. "Man's Search for Meaning" explores the depths of human suffering and offers insights into finding purpose and meaning in life, even in the most challenging circumstances. Frankl's existential approach to psychology provides valuable lessons on resilience, hope, and the power of the human spirit.





An Atlas of Depression ANDREW SOLOMON

THE GIFTS OF

### "THE NOONDAY DEMON: AN ATLAS OF DEPRESSION" BY ANDREW SOLOMON

Andrew Solomon's comprehensive exploration of depression is both personal and researchbased. "The Noonday Demon" delves into the author's own struggles with depression and weaves together interviews, scientific findings, and historical perspectives to paint a vivid picture of the condition. Solomon's writing offers empathy, understanding, and practical strategies for managing depression, making it a valuable resource for those battling this mental health challenge.

## **"THE GIFTS OF IMPERFECTION" BY BRENÉ BROWN**

Brené Brown, a renowned researcher and storyteller, explores the power of vulnerability and authenticity in "The Gifts of Imperfection." This book encourages readers to embrace their imperfections and develop self-compassion. Brown provides practical exercises and insights to help readers cultivate courage, compassion, and connection, fostering resilience and mental well-being.

#### #1 NEW YORK TIMES BESTSELLER

# THE POWER OF NOVE A GUIDE TO SPIRITUAL ENLIGHTEMENT

# Eckhart Tolle

of the best books to come along in your ry sentence rings with both and passes?

With a New Preface by the Author

The bestselling sensation O DARING GREATLY How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent and Lead "I'rearent bire more fully, just eved this band" Station Reddinger, and the Read

## "FEELING GOOD: THE NEW MOOD THERAPY" BY DAVID D. BURNS

"Feeling Good" by psychiatrist David D. Burns is a classic self-help book that addresses cognitive distortions and offers strategies for overcoming negative thinking patterns. Burns introduces cognitive behavioural therapy (CBT) techniques to help readers challenge and reframe negative thoughts, ultimately improving their mood and overall mental health. The book includes practical exercises and step-by-step guidance.



## "THE POWER OF NOW: A GUIDE TO SPIRITUAL ENLIGHTMENT" BY ECKHART TOLLE

Eckhart Tolle's "The Power of Now" is a transformative book that explores the concept of living in the present moment. Tolle emphasises the importance of mindfulness and sheds light on how dwelling in the past or worrying about the future can negatively impact our mental well-being. By practicing presence, readers can learn to free themselves from unnecessary suffering and find inner peace.

## "DARING GREATLY: HOW THE COURAGE TO BE VULNERABLE TRANSFORMS THE WAY WE LIVE, LOVE, PARENT, AND LEAD" BY BRENÉ BROWN

Brené Brown makes a second appearance on this list with "Daring Greatly." In this book, she examines the power of vulnerability and its role in fostering deeper connections with ourselves and others. Brown challenges societal expectations and encourages readers to embrace vulnerability as a strength rather than a weakness. By doing so, individuals can experience greater authenticity, resilience, and emotional well-being.

Navigating life's challenges requires inner strength and resilience. The best mental health books can serve as invaluable companions on this journey, offering insights, practical strategies, and inspiration to help individuals cope with whatever life throws at them. Whether you're seeking guidance on managing depression, cultivating resilience, finding purpose, or healing from trauma, the books listed above provide a diverse range of perspectives and approaches to support your mental well-being. Remember, reading alone may not be a substitute for professional help, but it can complement therapy and serve as a powerful tool for personal growth and self-care.

## GRAZE N. KUALA LUMPUR

LEVEL 4, 3, JALAN STESEN SENTRAL, KUALA LUMPUR SENTRAL, 50470 KUALA LUMPUR. +603 2264 2264





Graze Hilton Kuala Lumpur is set to enthral guests with a unique and immersive dining experience, the Banquet of Hoshena, the first restaurant in Asia Pacific to offer this unique affair. Be prepared to be transported to the ethereal land of Hoshena offering a feast for the senses unlike anything seen before. The theme of this banquet revolves around Hoshena and her people. Set against the backdrop of a fascinating narrative, the experience seamlessly intertwines flavours, emotions, and a touch of magic, bringing to life the rich tapestry of Hoshena's realm.

Throughout the one-of-a-kind show, quests will savour a sumptuous eight-course menu meticulously crafted to correspond with the storyline. Each dish represents a different emotion, harmoniously blending taste and storytelling. Engrossed in a world where kings, queens, fairies, and volcanoes come alive on the table, you will find yourselves surrounded by enchanting sets, illusions, and clever props, elevating the sensory experience as you dine.

Banquet of Hoshena is created by Nadine Behsir of Dinner Time Story, which has success in London, Dubai, Stockholm, Kuwait, the USA, and Germany. The dining experience will showcase an eight course menu from starters, amuse bouche, soup, entrée, palate cleanser, main and dessert. Diners will enjoy signature creations using premium ingredients to ensure every bite is an exquisite explosion of flavours. From Fried Sicilian Lobster Arancini, Australian Wagyu MBS 6 Beef Medallion, Poached Chilean Black Cod to indulgent desserts of Sfere di Tiramisu, you will be left wanting more.

The Banquet of Hoshena is set to launch in Graze Hilton Kuala Lumpur in July with tickets priced at RM450 nett per adult and RM360 nett per child. Family dining is encouraged on weekends, with the Junior Hoshena kid's menu only available on Saturday and Sunday for lunch. Guests can also opt for the Premium Menu at RM650 nett per person. Diners who are vegetarian will appreciate a complete vegetarian menu, that's available upon n request.





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#### **DINING** IDEAS



Common Man Coffee Roasters unveils their all new after-dark extension, Common Man Night Shift. Come sundown, Common Man Coffee Roasters transforms into Common Man Night Shift, home to an ensemble of elegant and delightful dishes that are inspired by classic Italian flavours made with a Japanese flair and a touch of Middle-Eastern freshness.

Its menu entices guests with its variety of exciting dishes. Kick things off with the freshly made Green Hummus (RM28) and Labneh (RM28), served with freshly baked sourdough flatbread. The Labneh is perfectly balanced with a tang, its lush, rich and creamy nature is elevated with an aromatic herb oil; while the Green Hummus is smooth, creamy and has a local twist with flavours lead by laksa leaves and coriander. Next up is the decadent Duck & Foie Gras Pie (RM63). Cut into the flaky puff pastry, and indulge in a luxurious filling of duck mince, foie aras, and black truffles, served with a fruity burnt apple puree, sweet and umami orange miso sauce along with a side of arugula and fennel salad. Another anchoring signature is the Chicken Karaage (RM 33) for a juicy crunch of slow-marinated chicken thigh chunks with a zingy homemade kimchi mavo.

It would not be Common Man Night Shift without their signature 12" Sourdough Pizzas. Handcrafted to perfection using only the best ingredients including a 161-year-old starter, each slice embodies the perfect balance of crispy and airy, with a slightly chewy crust. Be spoiled for choice with six different pizza flavours, starting with the Lazy Brunch (RM48) which promises to be a firm favourite with its timeless flavour combination - tomato sauce, housemade chicken fennel sausage, creamy mozzarella and parmesan, red onions and Spanish guindilla chillies, packing a strong flavour punch. Round off the evening on a sweet yet perfectly balanced note with the Japanese inspired Yuzu Cheesecake (RM25) – a creamy delight spiked with yuzu flavours and served with an earthy herb oil.



With the busy metropolitans in mind, W Kuala Lumpur the leading city escape in the heart of Kuala Lumpur City Centre, has introduced its JUST LUNCH dining experience at Flock. So grab your colleagues and flock on over to the trendy and cosy restaurant where swift service is paired with a convenient and satiating dining experience.

The JUST LUNCH semi buffet sees a plethora of fresh, tantalising, juicy and delectable ingredients on display for diners to choose from. This includes building your own salad bowl from fresh, farm to table greens that you can complement with various superfoods, legumes and sauces to purvey a wholesome lunch. The spacious restaurant tempts diners with an appetising semi-buffet that highlights the best of regional flavours with a contemporary touch, inviting them to retire into an openspaced dining area. Indulge in cured salmon sashimis, grilled items on skewers and sandwiches for that touch of comfort.

Besides the sumptuous buffet offerings, guests can order delectable individually-plated main courses for a hearty meal. There's something for everyone at Flock's JUST LUNCH semibuffet. Guests can also be assured that everything served is packed with flavour, crafted using top-notch ingredients and meticulous preparation.

This semi-buffet is available every Monday to Saturday, starting from 12 noon to 3pm. It's priced at RM108nett per person, with every order of a main dish costing RM48 and an addition of RM12nett per glass of fresh lemonade or RM20nett per glass of fresh mixed juice. With a blend of high-quality ingredients to create nourishing and delectable meals on a Mondays-to-Saturdays guaranteeing a spectacular lunch dining experience unlike no other. These tantalising options will not be around forever, so Flock on over to W Kuala Lumpur and make reservations to satisfy your cravings before the fine lunch is over.







FERRI A TASTE OF THE

LEVEL G, THE WESTIN KUALA LUMPUR, 199 JALAN BUKIT BINTANG, 55100 KUALA LUMPUR +6010 303 1122





rzan Arrabiaia

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 glass 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 guests 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.

#### **DINING** IDEAS





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 meltin-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.



Located in the Tower Wing, Contango is a luxuriously designed contemporary restaurant featuring an open kitchen interactive dining concept with a seating capacity for 250 people. The buffet offers a variety of cuisines for guests to enjoy that range from Western with a pizza oven and Churassco Grill to Chinese, Japanese, Malay and Thai. Every meal and cuisine is freshly prepared by our skilled chefs, which plays on the senses and allows guests to recount the day's adventures with family and friends, new and old.

Prepare to be dazzled by Contango's expansive array of culinary offerings. The restaurant takes pride in its diverse selection, featuring live cooking stations that showcase a fusion of global cuisines. From sizzling seafood grilled to perfection to vibrant sushi rolls crafted with precision, each dish is a work of culinary art.

Start your gastronomic adventure with the freshest seafood, displayed in an impressive seafood bar that will make any seafood lover weak at the knees. As you indulge in succulent oysters, plump prawns, and delicate crab legs, you'll be transported to the shores where these treasures were harvested. For those seeking flavours closer to home, Contango offers a wide range of local delights. From aromatic satay skewers to rich and fragrant curries, the restaurant pays homage to Malaysia's vibrant culinary heritage. Don't miss the opportunity to savour the renowned beef rendang, a tender and aromatic dish that will leave you yearning for more.

The dessert section at Contango is nothing short of a paradise for sweet aficionados. Treat yourself to an enchanting display of handcrafted pastries, delectable cakes, and velvety chocolates. Be sure to leave room for the heavenly homemade ice cream, with flavours that range from classic vanilla to exotic durian. The attentive and knowledgeable staff at Contango go above and beyond to ensure a memorable dining experience. From their warm greetings to their expert recommendations, their passion for food shines through. They are always on hand to assist, making sure every need is met and every craving satisfied. The staff's genuine enthusiasm and dedication elevate the dining experience to new heights. Lunch starts from 12pm to 2.30pm and is priced at RM118++ per person, while dinner takes place from 6pm to 10pm, priced at RM148++ per person.







LEVEL 3, SOFITEL KUALA LUMPUR DAMANSARA, NO. 6, JALAN DAMANLELA, BUKIT DAMANSARA, 50490 KUALA LUMPUR +603 2720 6628



Sofitel Kuala Lumpur Damansara has announced the opening of its highly anticipated Nizza Restaurant for lunch service, starting July 3, 2023. Diners can now indulge in a delectable French-Italian Riviera culinary experience during the midday hours with its two-course and three-course menus inclusive of one beverage (mocktail du jour or tea). The menu highlights the diverse and vibrant ingredients from the Riviera region, combining them with expert techniques and artistic presentation.

Under the visionary guidance of Roland Hamidouche, Director of Culinary at Sofitel Kuala Lumpur Damansara, the newly curated lunch menu set showcases the finest ingredients and exquisite flavours. Leading the culinary team at Nizza is Chef de Cuisine Faizal Zainal Abidin, an exceptional talent who brings his extensive expertise and creativity to the forefront. Choose from a variety of starters, including a farm-to-table, hand-picked salad bar from Boom Grow Farm accompanied by condiments and dressings, Soup of the day — Garlic and Black Truffle Crostini, and Foie Gras Mousse with marinated strawberry and ginger, alongside warm pain d'épices brioché.





From the tantalising mains, we loved the tender Seared sea bass Grenobloise, cooked to perfection on a bed of Sepia black risotto, clams, confit celeriac, surrounded by a lobster and saffron emulsion. Besides that, the Sous Vide Chicken Breast à la Provençale is equally delectable and satiating, complemented by a side of Borlotti bean ragu, crunchy smoked polenta and a drizzle of coriander essence which conveys additional flavour. Vegetarians can opt for the Margherita Pizza, boasting a generous spread of San Marzano tomato sauce, delicious heapful of mozzarella and fresh basil atop.

Sweet endings call for creamy and airy Burnt French basque cake, served with Vanilla gelato or the Warm pineapple tarte tatin with Crème chantilly, each delectable and hits the spot in its respective ways. The two-course menu is priced at RM78+ and the three-course menu at RM98+.

# TANTALISING TIPPLES

#### UNIQUE COCKTAILS FOR THE ADVENTUROUS DRINKERS

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.



The smoked rose is a fabulous scotch cocktail that brings a different smoky flavour into the mix. It's an aromatic delight and a brilliant new way to enjoy your favourite whiskey.

#### Ingredients:

For the Rosemary Syrup:

- 1 cup of water
- 1 cup of sugar
- 3 tablespoons of rosemary

#### For the Cocktail:

- 1 sprig dried rosemary
- 2 ounces Scotch whiskey
- 1/2 ounce Green Chartreuse liqueur
- 1/4 ounce rosemary syrup

#### Method:

In a small saucepan, bring water to a slow boil, add the sugar in and stir until it's completely dissolved. Reduce the heat, add the rosemary and cover the pan. Let it simmer for 15 minutes, remove the pan from the heat and allow the syrup to cool completely, all while keeping it covered. Strain out the rosemary and bottle the flavoured syrup in a glass jar with a tight seal. It should be refrigerated and will keep for about two weeks. Smoke a coupe glass to flavour the inside: Light the dried rosemary sprig on fire, extinguish the flame and place it inside the glass. In a mixing glass filled with ice, pour the scotch, Green Chartreuse and rosemary syrup. Stir well and strain into the smoked glass.



## **The Green Giant Cocktail**

#### This Green Giant Cocktail is one of those great freshfrom-the-garden cocktails featuring a great organic vodka with vermouth, then honey to sweeten things up.

#### Ingredients:

- 6 sugar snap peas, divided
- 1 sprig fresh tarragon
- 3/4 ounce honey
- 2 ounces organic vodka
- 1/2 dry vermouth
  - 1 ounce freshly squeezed lemon juice

## Cucumber Wasabi Martini

**Rhubarb-Rosemary Daiquiri** 

#### Method:

Method:

In a cocktail shaker, muddle three cucumber slices with the wasabi and simple syrup. Fill it with ice and pour in the gin and lemon juice. Next, shake it well and finely strain it into a chilled cocktail glass. Garnish with a slice of cucumber. Serve.

#### Muddle four sugar snap peas, 10-12 tarragon leaves and honey in a cocktail shaker. Then add vodka, dry vermouth and lemon juice. Proceed by filling the shaker with ice and shake it like you mean it. Strain into an old-fashioned glass over crushed ice. Garnish with two sugar snap peas and enjoy.

#### KL LIFESTYLE I 32

Method:

Wasabi is an interesting ingredient and one that is not normally associated with cocktails. It is, however, an alternative way to turn up the heat in your cocktail without using hot pepper ingredients.

#### Ingredients:

- 4 cucumber slices, divided
- 1 pea-sized dollop of wasabi paste
- 1/2 ounce of simple syrup
- 1 1/2 ounces of gin
- 1/2 ounce of lemon juice

Straight from the garden, the Rhubarb-Rosemary Daiguiri is a fun, fresh twist on the homemade Daiguiri. The cocktail also includes rosemary, which is a fantastic companion to the sweet-tart taste of rhubarb juice.

#### Ingredients:

- 1 1/2 ounces of light rum
- 3/4 ounce of rhubarb juice
- 1/2 ounce of rosemary syrup
- 1/4 ounce of lemon juice
- Lemon wheel for garnish
- Fresh rosemary sprig for garnish

Gather the ingredients and in a cocktail shaker, pour the rum, rhubarb juice, rosemary syrup and lemon juice. Top it with ice. Shake well and strain it into a chilled cocktail glass. Garnish with a lemon wheel, sprig of rosemary, or both. To make the rhubarb juice, place the cut rhubarb into a pot and cover with water. Bring to a boil over high heat, then cover and reduce the heat. Allow it to simmer for 15 minutes. Strain using a fine mesh strainer and press the rhubarb with the back of a spoon to get all of the juice. Allow to cool for about four hours in the refrigerator.

# **DELICIOUS CURE FOR** A BAD DAY

#### BEST CHOCOLATES IN THE BIZ

Welcome to a world where cocoa dreams come true and delectable fantasies unfold. Prepare to embark on a tantalising journey through the realm of artisanal chocolates, where passion, skill, and creativity unite to craft edible works of art. As you step into this chocolate wonderland, close your eyes and inhale the rich aroma that dances through the air. The air is filled with whispers of cacao, each bean delicately nurtured and carefully selected to create the most divine chocolate experiences. Picture an army of master chocolatiers, their hands choreographing an enchanting ballet with pots, pans, and moulds. With precision and finesse, they blend silky-smooth gangches, infuse flavours that dance on your taste buds, and sculpt exquisite shapes that will make your heart skip a beat. Behold the kaleidoscope of colours that adorn the chocolate canvas—a symphony of vibrant hues that entice your eyes and tease your senses. From velvety dark chocolate with hints of wild berries to milk chocolate kissed by the sun's warmth, these edible gems promise an adventure for your palate like no other. In conjunction with International Chocolate Day, we bring you the city's artisanal chocolates below.



## Godiva

There's no one that does chocolate with such finesse like Godiva does. Nearly 100 years after being founded in Brussels, Godiva continues to honour its Belgian roots by ensuring that every piece of GODIVA chocolates bursts with quality, Belgian craftsmanship and the world's finest ingredients. Created in 1926 in Brussels by Pierre Draps and further established by Pierre's son Joseph Draps, GODIVA Chocolatier became one of the most prestigious chocolate brands in the world. The recipes of the founder and unique chocolate-making process remain the secrets of GODIVA quality, leading to GODIVA's appointment as official supplier to the Royal Court of Belgium. This luxury chocolate brand doles out a plethora of delicious chocolate treats, from chocolate truffles, chocolate domes to chocolate Carré and their velvety, decadent chocolate soft serve.

https://www.facebook.com/GodivaMalaysia

## Royce

Founded in Sapporo, Hokkaido, a utopia of mountains, sparkling water and fresh air, ROYCE' has crafted confectionaries brimming with flavour and bursting with originality since 1983. ROYCE' creates chocolate rich in aromas, flavours and textures which appeal to all the five senses, pairing the world's finest cocoa beans, nuts and liqueurs together with Hokkaido's bounteous wheat, sugar and dairy products. They feature everything you want and need from melt-in-the-mouth Nama chocolates, chocolate wafers to Prafeuille and Amand chocolates. In honour of White Day this March 14, Royce has launched a White Delight range with a wide selection of white chocolates, including the best-selling Nama chocolate, 'Mild White'.







## **Chocolate Concierge**

Made locally and freshly crafted within days, Chocolate Concierge is the ultimate spot go to for high-quality handmade chocolates. This small batch tree-to-bar chocolate maker is committed to sharing the unique flavours of the Malaysian single origin. The chocolates are made with cocoa beans that are traceable, environmentally sensitive and sustainable. Truly, there's no better chocolates to get yourself and your loved ones. Try the seasonal bon bons featuring local and classic flavours, alongside sugar-free bon bons for a guiltfree indulgence. You can also opt for the chocolate bars or brittles and barks, all of which feature decadent dark chocolate.

## Seniman Kakao

Established in 2015, Seniman Kakao's mission is to highlight Malaysian cocoa and bring them to international level. It works with several passionate farmers around Malaysia and has invested in every aspect of cocoa — from growing, harvesting, fermenting and the final product itself, which is the chocolate. Seniman Kakao's origin includes single origin and inclusion, the former made from 72% cocoa spanning Melaka, Pahang and Perak. The inclusion range as it indicates are delicious combinations, including 76% Cacao with Nibs, 72% Cacao with Coffee and 72% Cranberry and Almond

www.senimankakao.com



Caffeinees Group officially launched their new venture, Truffle Chocolate Malaysia (TCM), offering a minimalistic yet decadently delicious and slightly sinful range of handcrafted truffle nama chocolates, spreads and soft serves. The silky and creamy artisanal chocolates are made with carefully sourced premium Italian truffles, 80% local dark chocolate cocoa and topped with pure 24-karat edible gold leaves. Handmade daily in limited quantities, each bite of the truffleflavoured solid chocolate ganache coated with cocoa powder is richly satisfying as it simply melts in your mouth. Alongside the pure Truffle Nama Chocolates, there is also the hot selling Truffle Nama Chocolate with Macadamia and Truffle Chocolate Nougat. The cocoa is sustainably sourced from only the top of Malaysia's cocoa crops from farmers who share the same passion for quality and craftsmanship — so that you may enjoy the true rich flavours and complex characteristics of the natural cacao while the truffles are imported from reputable and carefully selected Italian gourmet suppliers. This is also part of Truffle Chocolate Malaysia's vision to be recognised internationally as the top truffle chocolate maker and to promote Made in Malaysia products.

www.trufflechocolatemalaysia.com

**DINING** IDEAS



## Truffle Chocolate Malaysia (TCM)

# **CHILLING DELIGHTS**

#### BEAT THE HEAT WAVE WITH THE BEST COOLERS AND REFRESHING RECIPES

As the scorching sun casts its fiery rays upon us, we find ourselves yearning for respite from the sweltering heat. Fear not, for we bring you a comprehensive guide to beating the heat wave with the best coolers and refreshing recipes that will rejuvenate your body and invigorate your senses. Get ready to indulge in a symphony of flavours and stay cool all summer long!



## Sparkling Watermelon Lime Cooler

#### Ingredients:

- 4 cups cubed seedless watermelon
- Juice of 2 limes
- 2 cups sparkling water
- Fresh mint leaves for garnish
- lce cubes

#### Instructions:

- 1. In a blender, combine the watermelon cubes and lime juice. Blend until smooth.
- 2. Strain the mixture through a fine-mesh sieve to remove any pulp.
- Pour the watermelon-lime juice into a pitcher and add sparkling water. Stir gently to combine.
- 4. Fill glasses with ice cubes and pour the cooler over the ice.
- 5. Garnish with fresh mint leaves and serve chilled.

## **Tropical Paradise Punch**

#### Ingredients:

- 1 cup pineapple juice
- 1 cup orange juice
- 1 cup coconut water
- <sup>1</sup>/<sub>2</sub> cup cranberry juice
- Slices of fresh pineapple, orange, and lime for garnish
- Ice cubes

#### Instructions:

- 1. In a large pitcher, combine pineapple juice, orange juice, coconut water, and cranberry juice. Stir well.
- 2. Fill glasses with ice cubes.
- 3. Pour the tropical punch over the ice and garnish with slices of fresh pineapple, orange, and lime.
- 4. Give it a gentle stir and enjoy the tropical paradise in a glass.



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## MORE THAN AN AWE-INSPIRING AIRPORT, A GATEWAY TO THE WORLD.

## KL INTERNATIONAL AIRPORT, THE GATEWAY TO GETAWAYS

It all begins at KL International Airport (KUL), one of Asia's major aviation hubs that connects all routes, airlines, and terminals worldwide seamlessly. Plan your route with a memorable experience, right before you experience the globe.





Managing Director Malaysia Airports Holdings Berhad

∧ s our airport operations move towards providing more Full-service Batik Air Malavsia, which recently launched Ainnovations, we are always mindful of supporting our direct services from KLIA to Maldives and Seoul Incheon. passengers with hospitable conveniences and elevating will be starting thrice weekly direct service to Adelaide their experiences at our airports. The recent unveiling of this month. I would like to congratulate MYAirline, after Capsule Transit at KLIA T1 will provide more options to six months of operations, for achieving its one million travellers seeking for short-stay accommodation in airport passengers and embarking on its first international hotels. destination to Bangkok on June 28.

We also view ERL's recent completion of the renaming of The recent advent of new low-cost carriers such as the KLIA stations into T1 and T2 to be moving in tandem Wings Air and T'way Air from Indonesia and South Korea with our rebranding exercise which has been endorsed by respectively coming to our shores also augur well for the our government. growth of our aviation industry.

Shanghai Airlines, a wholly-owned subsidiary of China I am glad to announce that Malaysia Airports' group revenue rose 3.1% to RM1,034.4 million for 1Q23 from Eastern Airlines, is reinstating daily direct flights to Kota the preceding guarter's RM1.002.8 million. Revenue Kinabalu (BKI). Sabah while AirAsia will be commencing from our airport operations also increased by 3.6% to daily flights from Beijing to BKI on July 2. The latter is also RM960.7 million while our aeronautical segment revenue starting its four times weekly flights from Macau to BKI on grew to RM553.8 million due to higher passenger traffic July 16. of 18.7 million passengers registered from our Malaysian Meanwhile, the number of pilgrim passengers travelling to operations. Additionally, our non-aeronautical segment our airports for the haj season this year has also increased, revenue was up 6.2% to RM406.9 million for 1Q23. contributing to our total monthly growth in passengers the Since the start of this year, we have seen Air Arabia, China last few months.

Eastern Airlines. Shenzhen Airlines Ethiopian Airlines We see all this as positive development, including the and our local carriers such as AirAsia Malaysia, Batik increase in flight frequencies by various airlines in the Air Malaysia, MYAirline and Malaysia Airlines resuming coming months. operations to many international destinations as well as starting new routes.

## Airport MD Speaks

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

This month, he is happy the newly opened first capsule hotel at KLInternational Airport (KLIA) will further help enhance the airport experience for passengers alongside efforts made its other stakeholder Express Rail Link Sdn Bhd (ERL) to rename KLIA stations after the recent rebranding of our flagship airport into Terminal 1 (T1) and 2. The further easing of travel protocols and resumption of more airline flight connectivity leading to increase passenger volume have improved the group's revenue for the first quarter 2023 (1Q23).

#### AIRPORT TAI K

#### AIRLINK



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Advisor Dato' Iskandar Mizal Mahmood

Managing Editor Mohamed Sallauddin Haji Mat Sah

**Editorial & Concept** Mediate Communications Sdn Bhd airlink@mediate.com.my

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

Mohd Shaffreen Nooranee mdshaffreen@malaysiaairports.com.my

**Design & Distribution** Mediate Communications Sdn Bhd

#### MALAYSIA AIRPORTS HOLDINGS BERHAD (487092-W)

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





## RM17.6 Billion Deals and Contracts Signed at LIMA 2023

he recently concluded 16th A notable one was the signing of Langkawi International Maritime and agreements between SKS Airways and Aerospace Exhibition (LIMA) 2023 held its strategic partners, Azorra Aviation at the Mahsuri International Exhibition Holdings LLC and Embraer Asia Pacific Centre saw agreements totalling Pte Ltd to lease 10 Embraer E195-E2 RM17.6 billion inked over the five days.

They included contracts related to the defence and commercial sectors, which are expected to strengthen Malaysia as the nexus of Asia's aerospace and His Majesty Yang di-Pertuan Agong Almaritime industries.

Jointly organised by the Defence Ministry and Transport Ministry, this year's Under the agreement, SKS Airways biennial edition saw the commercial segment growing larger compared to the out of Sultan Abdul Aziz Shah Airport, previous shows. Owing to the Covid-19 popularly known as Subang Airport, pandemic, the last LIMA was held in in Selangor. The arrival of the first two 2019. Thus, the built-up interest in this Embraer E195-E2 jets in January 2024 year's show.

At its closing ceremony on May 27, Transport Minister Anthony Loke Siew Fook noted, "Out of the 525 exhibiting companies. 101 were from It will also pave the way for the the commercial sector while 284 were redevelopment of the 58-year-old involved in both defence and commercial Subang Airport to become a preferred operations."

A total of 36 documents were exchanged among the parties involved, ensuring memorandum of understanding (MoU) the hosting by the Transport Ministry.

single-aisle iets which the airline said is worth about RM3.9 billion or US\$840 million.

The signing ceremony was witnessed by Sultan Abdullah Ri'ayatuddin Al-Mustafa Billah Shah.

will operate Embraer commercial jets complementing SKS Airways' new fleet will make it the first regional airline operating out of Subang Airport, the airline said.

aerospace and business aviation hub in Asia Pacific under the Subang Airport Regeneration Plan.

the progress of both the aerospace Another large investment announced and maritime industries while various at LIMA 2023 was by MYAirline, which signed six groundbreaking agreements and commercial contracts collectively worth RM2.7 billion. They included a worth RM7.5 billion were inked under MoU with SIA Engineering Company to extend inventory management services



and agreements to lease 17 aircraft from aircraft lessors such Infocommunications, Pingiran Dato Shamhary Mustapha, as Aircastle, Avalon, Genesis and SMBC Aviation Capital, to improve bilateral air connectivity between the two MYAirline, which has a fleet of seven Airbus A320-200 countries which was witnessed by Prime Minister Dato' aircraft, also announced during LIMA 2023 its joint-venture Seri Anwar Ibrahim. Besides attracting participation partnership with Menzies Aviation to establish MYMenzies from both local and overseas exhibitors at LIMA 2023. as one of the largest ground handling service providers in business-to-business meetings were also scheduled to Malaysia with the airline holding the majority stake and the provide opportunities to commercialise future products new joint-venture operating under the Menzies Aviation and promote existing ones in the region between local companies with foreign buyers and partners. brand.

#### "

The business matching meetings were facilitated by the Malaysian Investment Development Authority and the By joining forces with Menzies, we are not only creating Malaysia External Trade Development Corporation. hundreds of additional jobs and opportunities but also Another component of this year's show was the Langkawi Aviation Summit themed 'Flying into the Future: A positioning ourselves at the lowest cost base. This strategic move will enable us to maintain affordable fares Roadmap for Sustainable Aviation and Drones', which for consumers, reinforcing our commitment to providing brought together various industry experts and leaders. accessible and cost-effective travel options.

#### ""

**STUART CROSS** Chief Operating Officer

of MYAirline

The Transport Ministry also sealed three MoUs, which included the first responder strategic cooperation between the Air Accident Investigation Bureau and the Royal Malaysia Police, the Malaysian Fire and Rescue Department and the Malaysia Airports Fire and Rescue Service.

Loke said, "These MoUs will ensure compliance to the International Civil Aviation Organisation standards and improve cooperation during aircraft accidents and incident investigation."

Additionally, he signed an Air Service Agreement on behalf of Malaysia with Brunei's Minister of Transport and

Three sessions of talks were held on May 24 to explore the future of the aviation and aerospace industry, particularly the call for the increasing demand for sustainability.

Apart from the summit, there were also pocket talks covering topics related to the aerospace and maritime industries held at the Transport Ministry pavilion which attracted the audience's interest to raise questions.

The Ministry of Science, Technology and Innovation also organised for the first time SpaceTech Nexus, an international space forum, which was a resounding success at LIMA 2023.

It had experts from the United States, Japan, Finland, France, Singapore, Malaysia and the United Kingdom discussing on how to tap into the opportunities of the growing space sector.

#### AIRLINK



## VietJet to Debut Direct Hanoi-Hiroshima Service

Vietjet will launch its maiden twice weekly direct return service connecting Hiroshima with Hanoi on July 19, thus marking the airline's eighth connection to the Land of the Rising Sun.

The new-age carrier currently operates seven direct routes connecting Hanoi and Ho Chi Minh City with Japanese cities such as Tokyo, Osaka, Nagoya and Fukuoka. It also runs charter flights from Vietnam to destinations such as Niigata, Shizuoka, Fukushima and Ehime.

These direct flights represent an option for travellers to transit or connect to Kuala Lumpur (KL) via its Ho Chi Minh City-KL route.

Vietjet Chief Executive Officer Dinh Viet Phuong said, "We plan to provide 1.5 million seats on flights between the two countries in 2023."

Masahiko Tanabe, Deputy Governor of Hiroshima Prefecture, working together with Hiroshima International Airport, is pleased with this first upcoming air service in the Chugoku and Shikoku regions that connect to Vietnam. "I look forward to active mutual exchanges in a wide range of fields, including business and tourism."

The kagamibiraki ceremony was witnessed by Vietnam's Prime Minister Pham Minh Chinh during his recent official visit to Japan following the Hiroshima G7 Summit alongside with other high-ranking dignitaries from Vietnam and Japan as well as representatives from the Hiroshima Prefectural Government. Vietjet, which recently won the Best Ultra Low-Cost Airline 2023 for the fifth consecutive year, was also named for the first time Best Low-Cost Airline Onboard Hospitality 2023 by Airline Ratings, an airline safety and product rating website.

For more information, visit www.vietjetair.com





## Turkish Airlines Codeshares with Vietnam Airlines, Renews Inflight Menu

stanbul-based Turkish Airlines has recently signed a codeshare agreement with Vietnam Airlines which enables both flag carriers to offer more flexibility of choice and seamless connections to their respective passengers flying on sectors between the two countries and beyond.

Turkish Airlines will use its IATA code TK on the flights operated by Vietnam's flag carrier, namely Hanoi–Da Nang and Ho Chi Minh City (HCMC)–Da Nang. Similarly, Vietnam Airlines, a Skyteam member, will place its IATA code VN on the Istanbul-Hanoi and Istanbul-HCMC routes.

Vietnam Airlines Chief Executive Officer (CEO) Le Hong Ha expects the codeshare agreement to contribute greatly to route network expansion and service diversification of both airlines. "The cooperation will promote economic, cultural and tourism exchanges between Vietnam and Türkiye as more passengers will be able to visit the two countries conveniently.

Meanwhile, maintaining its status as the airline with the world's best inflight dining concept, Turkish Airlines, a Star Alliance member, has renewed its menu on its domestic and international flights for both business and economy classes.

Featuring new and delicious flavours from traditional Turkish fare and world cuisine, the menus are created by its expert chefs with a preference for local, seasonal and regional products such as Rize tea and Erzincan honeycomb.

They follow healthy nutrition trends that focus on protein, vegetable, fruit-based, and lower carbohydrate products and are prepared using boutique cooking techniques specially designed for high volumes.



Professor Dr Ahmet Bolat, Turkish Airlines Chairman of the Board and Executive Committee said, "With this new concept, we have initiated practices aimed at reducing plastic use and packaging waste within the scope of the airline's sustainability principle." This includes uploading its paper menu cards to digital platforms.

In the new economy class menus, egg dishes, homemade muesli and cheese varieties are included for breakfast hours on flights while for mealtime flights, regional appetisers will be served alongside freshly prepared pasta and grilled options.

For business class meal services, homemade pasta, dumplings, and spaghetti options are added along with main courses and many different regional appetisers. Three main courses options are served compared to two previously during breakfast service.

Pancakes, crepes, French toast, healthier breakfast items plus a variety of homemade mocktails (nonalcoholic cocktails) and detox drinks made from healthy ingredients are also added in the new menu.

For more information, visit www.turkishairlines.com

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## Air Arabia Operates Daily Sharjah-Kuala Lumpur and Launches New Sharjah-Bangkok Route

The United Arab Emirates (UAE) Sharjah-based lowcost carrier (LCC) Air Arabia, which resumed its thrice weekly flights to Kuala Lumpur on March 20, has increased its frequency to daily flights from June 22 until April 30, 2024.

It uses the KL International Airport Terminal 1 or both its arrivals and departures. The airline had started its operations in Malaysia in 2019 for six months only to be impacted by the global Covid-19 pandemic.

It recently did a presentation at MATTA Travel Exchange (MTEX) 2023, highlighting the LCC's many unique selling points. Listed on the Dubai Financial Market as the Middle East and North Africa's first and largest LCC operator. Air Arabia, which started since October 2003, has grown to become a holding company consisting of a group of airlines and companies offering travel and tourism services across the globe.

It owns a modern fleet of 68 Airbus A320 and A321neo aircraft, averaging four years old, which are among the youngest in the sky."

Using the Airbus A321neo for medium range destinations of up to eight hours, the airline configures all the seats into 215 economy class with wide legroom of 32-inch seat pitch.

Onboard, it provides Skytime, a free inflight streaming service that features a wide variety of movies and television series as well as music, audio books and games for children. Its SkyCafe also offers snacks and meals at affordable prices.



The carrier has seven hubs in the UAE (Shariah, Abu Dhabi, Ras Al Khaimah), Morocco, Egypt and via its latest joint ventures in Armenia and Pakistan.

Flying to over 190 destinations in 50 countries, the LCC operates more than 1,900 flights weekly. The latest launch of its new daily Sharjah-Bangkok direct route on June 30 marked the airline's entry into Thailand.

For more information, visit www.airarabia.com or call 03-2691 7100



# AirAsia Group Top Award Winner Again

∧ irAsia and its group of airlines, which have rewritten Continuing to expand its presence in Asia, the LCC will be Athe rule book for airlines in Asia and beyond, have reconnecting its third biggest hub in Penang to Hong Kong been reaffirmed as Top Low-Cost Carrier (LCC) in Asia with three weekly flights on August 10. Launched since 2023 by AirlineRatings.com at the recent annual Airline 2009, this route will add to a total of 217 flights weekly from Excellence Awards. Penang to both domestic and international destinations.

They include Malaysia AirAsia, Thai AirAsia, AirAsia It also marks the airline's seventh direct international route Philippines and its medium-haul affiliates, AirAsia X from Penang and is set to further boost regional inbound Malaysia and Thai AirAsia X. tourism to the state. Riad Asmat, AirAsia Malaysia CEO said, "AirAsia Group has the largest international connectivity AirAsia was also voted the World's Best Low-Cost Airline from Penang with a market share of 40%. This expansion for the 14th consecutive time at the Skytrax World Airline not only strengthens AirAsia's foothold beyond Asean but Awards 2023 accepting the award in a ceremony at the also reinforces our commitment to fostering economic Paris Air Show 2023 in France. growth through tourism."

#### "

This is an extraordinary feat for any company in any industry, even more so for our proudly Asean brand.

#### TAN SRI TONY FERNANDES

Chief Executive Officer (CEO) Capital A Berhad

Over 100 nationalities of travellers participated in Skytrax online survey, where 20.23 million eligible entries were counted in the results from September 2022 to May 2023, during which AirAsia steadily increased its network back to over 130 destinations.

With 170 of its planes back in service across the group, AirAsia expects to have all 204 of them reactivated by end-August. It hopes to achieve 100% of pre-pandemic capacity in the coming months and spread its wings further with 19 new planes taking flight this year, including four Frontier planes.

The airline has also recommenced its longer-term aircraft orders to bring its fleet to 362 planes, the first of which will be delivered in 2024. Its cargo and logistics business Teleport is expected to receive the first of its three dedicated A321F freighters in July to boost volume and speedier cross-border deliveries in the region.

For more information, visit www.airasia.com



AIRLINK

## **MYAirline Flies to Bangkok's Two International Airports**

Alaysia's low-cost carrier (LCC) MYAirline has selected Thailand, the Land of Smiles, as its first international destination, flying to both Suvarnabhumi International Airport and Don Mueang International Airport in Bangkok.

Signalling phase two of the carrier's expansion plans. MYAirline kickstarted with daily direct flights to Suvarnabhumi International Airport from KL International Airport Terminal 2 on June 28 before following up with an extra daily flight to Don Mueang International Airport on July 1.

Transport Minister Anthony Loke Siew Fook officiated the airline's double take-off launch on June 30 in the presence of Her Excellency Lada Phumas, Ambassador of Thailand to Malaysia. Also present were MYAirline Chief Executive Officer Ravner Teo, its Chairman Tan Sri Dato' Seri Dr Aseh Che Mat and Director Dato' Sri Azharuddin.

With seven Airbus A320-200 now in its fleet, the LCC will commence with twice daily flights to both airports on August 17, thus bringing it to a total to four daily flights to Bangkok. Each aircraft can carry a maximum 180 passengers in an all-economy configuration.

It competes with Malavsia Airlines. Thai AirAsia and Thai Airways on the Kuala Lumpur-Bangkok route to Suvarnabhumi International Airport while AirAsia. Batik Air Malavsia and Thai AirAsia ply this same route to land in Don Mueang International Airport.

According to the Tourism Authority of Thailand, Malaysia was its top foreign tourist arrivals in May. From January to June 11, Thailand has already received 11.4 million foreign tourists, surpassing the 11.15 million tourists the country received for the whole of 2022.

For more information, visit myairline.my



## New Club Suite Debuts on British Airways' Maiden London-Beijing Route

ritish Airways' recent restart four times weekly London-DBeijing service in more than three years after its suspension since January 2020 due to the Covid-19 pandemic saw the airline introducing its newly designed Club Suite (business class) cabin with enhanced service and improved dining experience.

Offering direct-aisle access, a suite door for greater privacy and luxurious flat-bed seats in a one-two-one configuration, the new Club Suite boasts of 40% more storage.

Equipped with a vanity unit and mirror, WiFi, 18.5-inch inflight entertainment screens and power for your personal

computer or USB, the cabin's new furnishings also include a plush pillow, warm guilt and amenity kits.

With the resumption of this route, the airline becomes the only British carrier operating a direct service between the two cities at Beijing Daxing International Airport.

Welcoming the inaugural flight, Louise Street, British Airways' Director of Worldwide Airports said: "Following the successful resumption of flights between Shanghai and London in April, we are excited to be back in Beijing too, reuniting families and friends and facilitating international student and business travel once again."

For more information, visit www.ba.com



# of Cargo Operations in Penang

✓ orean Air celebrated 30 years of cargo presence in Hogan Lee Ho-kuen, Korean Air's Regional Manager of Penang a few days ahead of its actual anniversary Cargo Division Malaysia said, "Penang, known as the date on July 2. The airline's strong cargo performance Silicon Valley of the East, handles a significant volume of is a result of its continuous investment, quick execution electronics and electrical goods such as microchips and as well as accumulated knowledge and expertise in cargo printed circuit boards. Additionally, Korean Air deals with handling. imports and exports of machinery and equipment parts, automotive parts, chemicals and plastic products."Park Park Myungkyu, Korean Air Managing Vice President of shared, "Since our operations in Penang, Korean Air has Cargo Sales Department, Cargo Business Division, who been providing efficient and reliable freight services. We was in Penang for the anniversary celebration, said: "The commenced with two freighters per week, operating the airline's strength lies in its ability to provide excellent iconic B747F aircraft in 1993.

services based on its 50 years of experience and expertise in cargo transport using its fleet of large freighters which allow for swift and reliable deliveries.

The South Korean flag carrier has a cargo fleet of 23 freighters, comprising 12 Boeing B777F, seven B747-8F and four B747-400F. Korean Air, which operates passenger flights to 108 cities across 36 countries, also provides belly space for cargo.

Park said Korean Air operates cargo dedicated flights to 46 cities in 28 countries. They include 12 cities in North America, four in South America, 12 in Europe as well as nine each in Southeast Asia and Northeast Asia.

In tandem with the growth of its Penang cargo operations, its staff strength grew from two employees in 1993 to currently 15, of which 13 of them are Malaysians.

**AVIATION NEWS** 



"We peaked in 2007 with 10 freighters per week and currently operate six freighters. We also extended our freighter network by introducing a new route to Zhengzhou, China on May 25."

Korean Air will continue to invest and improve our cargo infrastructure, expand our cargo terminals and reorganise our internal structure to enhance business efficiency," he reiterated.

Also with him and Park were Ma Ji Yeon, Manager of Europe and Southeast Asia Cargo Team, Cargo Business Division and John Wong Ching Peng, Deputy General Manager of the Penang Cargo Sales Division, who received a plaque for his 30-year service.

For more information, visit www.koreanair.com



AVIATION NEWS

AIRLINK



## T'way Air's Inaugural Flight to Kota Kinabalu

ow-cost carrier (LCC) T'way Air, which debuted its direct daily Seoul Incheon-Kota Kinabalu flight on June 20 carrying 188 passengers onboard its Boeing 737-800 aircraft, is expected to strengthen links between South Korea and Sabah as the latter continues to draw more international flight connectivity.

Founded since 2005, the LCC was formerly known as Hansung Airlines. It was reorganised and rebranded in 2010 as T'way Air and later became the third largest South Korean LCC.

"In 2022, we carried 5.1 million domestic passengers and 900,000 international passengers," Kim Minkeun, its regional manager based at the Kota Kinabalu station told Airlink.

"Sabah has long been known for its captivating natural wonders, cultural heritage, and warm hospitality. As T'way Air spreads its wings to this remarkable destination, we

aim to bring travellers closer to the magic of Sabah. creating memories that will last a lifetime."

Sabah Assistant Minister of Tourism, Culture and Environment Datuk Joniston Bangkuai, who is also Sabah Tourism Board (STB) Chairman remarked, "Having more international direct flights creates a vital balance that not only benefits our tourism industry but also fuels the state's economic growth in Sabah in terms of generating employment opportunities and driving sustainable development."

Sabah's islands, beaches and golf courses are popular among the South Koreans, who are also interested in diving and birding.

Being its top international visitors, STB registered 68,685 South Korean visitors between January and April this year compared to 720 arrivals during the same period last year.

For more information, visit www.twayair.com





# **Expands International Network**

ebranded Batik Air Malaysia, previously known as Unlike Seoul Incheon, its service to Maldives is not new as Malindo Air, has flashed several of its upcoming it operated on this route thrice weekly via Colombo in Sri international route expansion for July and August on its Lanka previously. Now, it flies daily directly to Colombia website. from KUL.

It will be launching its direct thrice weekly Kuala Lumpur Batik Air Malaysia's full load of 160 passengers, which (KUL)-Adelaide service on July 6 followed by its next included 12 on business class seats, which arrived at destination to Chengdu, China the next day. KL International Airport Terminal 1 from Male on flight OD 294 on June 23 was welcomed by Tourism Malaysia International Promotion Division (Asia/Africa) deputy director Hafiz Hazin.

In August, Batik Air Malaysia will expand its reach to other popular destinations such as Hong Kong (August 1), Okinawa in Japan (August 16), Auckland in New Zealand and Chennai in India, both on August 24.

These new routes follow hot on the heels of the full-service carrier's six weekly direct flights from KUL to Maldives and daily non-stop Seoul Incheon respectively on June 23 using its Boeing 737 Max 8 aircraft.





Crowned the World's Leading Destination thrice in a row at World Travel Awards 2022. Maldives received 1.6 million tourists last year. It welcomed 3,398 tourists from Southeast Asia in January.

For more information visit www.malindoair.com

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## **UPCLOSE WITH DATO' DR AMMAR ABD GHAPAR** Director General of Tourism Malaysia



Despite 36 vears of working in Tourism Malaysia, Dato' Dr Ammar Abd Ghapar, 58, remains passionate and loves to share his views on the industry. He does not believe in working in silo and goes all out for an integrated approach to bring all the industry players together on one stage to showcase the allures of Malaysia to the world at large. Assisting him are Tourism Malavsia's 30 tourism offices and six representative marketing offices overseas. Appointed since April 12 to his current position, he was previously Senior Director of International Promotion (Americas/Europe/Oceania).

#### Please share with us your plans to take the industry to areater heights?

Among my plans is to promote Malaysia as a top destination for ecotourism. Given the global focus on sustainable development goals, in eco-tourism, we share the same objectives on conservation as well as promoting responsible tourism and sustainability. We are not forgetting community-based tourism, which is very important in developing our local industries for the community's benefit.

One of my main objectives is to bring more tourists to Malaysia and prop our country back to its glory when we were at our peak performance in 2019 with 26 million international arrivals and RM86 billion in tourism receipts.

#### Tourism Malaysia spends a large portion of its annual budget participating in various international travel shows such as the World Travel Mart, ITB Berlin and the Arabian Travel Mart (ATM). How do you measure its effectiveness and determine their return on investment?

Towards the end of each show, we give out a set of questionnaires to all our Malaysian industry partners consisting of representatives from the state tourism boards, travel associations, hoteliers, travel agencies and local airlines to gather their feedback. We also record the potential contract sales generated during the business-to-business session.

At our three-day participation at the recent ATM 2023, we generated up to RM43 million return on investment with more than RM12.8 million worth of media publicity achieved.

While our tourism industry is recovering, the players in general feel that it is not recovering fast enough as the inbound air connectivity has not returned to pre Covid-19 pandemic level. What is Tourism Malaysia doing to encourage more airlines to return to Malaysia or open new routes?

To increase air connectivity to Malaysia, Tourism Malaysia and its overseas offices will continue to work closely with international airlines through joint promotions and partnerships. At the recent 38th Seoul International Travel Fair 2023, Batik Air Malaysia was promoting its new daily Incheon-Kuala Lumpur flights at our Malaysia Pavilion.

Additionally, we signed Memorandum of Collaboration (MoC) with several international airlines, including Qatar Airways, Emirates,

Saudia Airlines and Air Arabia. Tourism Malaysia also works closely with travel partners overseas to create more demand in the respective markets.

#### Tourism Malaysia signed two MoC with Saudia Airlines and Air Arabia at the recent ATM. Would vou care to elaborate on them?

The main objective of these two strategic initiatives is to increase flight frequency to Malaysia from the main markets via Saudia Airlines and Air Arabia's flight network from West Asia, Africa and Europe. Our aim is to create more promotional opportunities, tapping on both airlines' connections to bring more international tourists to Malavsia. This may involve broadening the reach of our marketing campaigns to a more diverse range of products and tourist destinations beyond the confines of Kuala Lumpur.

Through the collaboration, we will leverage each other's strengths and provide more unrivalled services and seamless connections. More joint activities will be mapped out through familiarisation trips to Malavsia, joint marketing promotional activities and joint advertising campaigns to feature Malaysia as a preferred holiday destination. Such strong partnerships will provide better efficiencies and a more comprehensive network to promote Malaysia's tourism offerings, highlighting both our new and exclusive attractions as well as paving the way towards faster tourism recovery globally.

Under your leadership, Tourism Malaysia embarked on a number of sale missions and roadshow promotions to Bangladesh, Taiwan and the Philippines. What arrival targets are you looking at from some of these markets?

Naturally, being our short-haul market, the Southeast Asian countries are targeted to account for about 84% of our total international tourist arrivals this year. The Philippines, for instance, has always been a top 10 source market for us. More than 159,422 Filipinos visited Malaysia last year. We are targeting around 246,000 tourist arrivals from this market in 2023.

We also expect to witness a surge in arrivals from Northeast Asian countries

## AIRLINK

such as China and Hong Kong, which we consider as medium-haul. We anticipate around 815,000 tourists, especially with the relaxed travel restrictions from China. Taiwan is another important market for us. Following our participation at the Taipei Tourism Expo 2023, Kaohsiung International Travel Fair and destination presentations in Tainan and Taipei in June, we look forward to welcoming more than 100,000 Taiwanese travellers to Malavsia this year. For our long-haul markets, Europe and the Americas, we are estimating around 613,000 tourist arrivals this year.

India could possibly overtake the arrivals of Chinese outbound tourists to Malavsia due to China's slow travel recovery. What sectors of the Indian market is Tourism Malaysia focusing on? What is being done to overcome the visa issues and how is the flight connectivity?

Our overseas offices in Mumbai, New Delhi, and Chennai are working closely with local travel agencies to promote the latest niche products such as shopping, amusement parks, golfing, and honeymoon packages. During our recent participation in the South Asia's Travel & Tourism Exchange (SATTE), we also highlighted Malaysia as the destination of choice for weddings and film-induced tourism.

Malaysia recently launched a new eVISA Multiple Entry Visa facility for Indian tourists with a six-month validity and 30-day length of stay. Costing only INR1,000, it covers those on fly and cruise and coming for weddings, medical treatments and business purposes. The visa can be applied online through https://malaysiavisa.imi.gov.my/evisa/ evisa.jsp.

On domestic tourism, which is faring comparatively better than international arrivals, what are some of Tourism Malaysia's campaigns and the contributing factors for their success?

Our Cuti-Cuti Malaysia tagline has given birth to several successful domestic campaigns such as Inilah Masanya, Cuti-Cuti Malaysia and resulted in Cuti-Cuti Malaysia packages for civil servants as well as affordable Economic Stimulus

Packages 1.0 and 2.0 for the masses.

We recently kickstarted the third edition of Jom Cuti-Cuti Malavsia (JCCM) 2023 Roadshow at 1 Utama Shopping Centre involving 40 industry players comprising tour agencies, hotels and theme parks. Following the huge success of its previous two editions, which brought in record sales revenue of RM1,205,533 from the 6.020 tour packages sold, this signature event established by Tourism Malaysia since 2021 will be held in five other shopping malls nationwide until November.

The Malaysians' travelling behaviour and purchasing power have driven domestic tourism to be a large contributor to our industry. We also work closely with Malaysia Airports at KL International Airport Terminal 1 to promote domestic tourism in Sarawak (via the Homestay Association), Terengganu since the second half of 2023 and will continue with the series with Negeri Sembilan, Melaka and Perlis until December.

#### What are your preparations for Visit Malaysia Year (VMY) 2025?

Looking at increasing flight frequencies to bring in more tourists, our tourism officers will not only be talking to airlines but also the second-tier cities of major markets such as China to have more direct flights. We are also eyeing the potential of charter flights besides creating more activities for VMY 2025.

Additionally, we are reviewing the targets set for every market and monitoring closely their performance not only in terms of arrivals but also their yield. Also on our radar will be potential and emerging markets identified by my team, who are expected to enhance their networking and relationship as well with the media abroad. We will be engaging more with the private sector and associations, with one director assigned to an association.

#### What advice would you give to the young ones keen to enter into the tourism industry?

This is a good service-oriented industry and offers a promising future for school leavers. Tourism is very resilient and as the industry recovers, its spillover effects will benefit the other sectors as well.



## A SEAMLESS AIRPORT EXPERIENCE AT KLIA WITH



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Online Shopping



# FASHION AND BEAUTY NEWS



## Find Fun Everywhere with American Tourister

Renowned for its groundbreaking approach to luggage designs, American Tourister reignites the spark of wanderlust and thirst for thrilling adventures and joyful escapades within Malaysians with 'FIND FUN EVERYWHERE', an exciting campaign that kicked-off with an event held on 15 June at RollerWa+, Lalaport Bukit Bintang City Centre. This event is part of a bold and exciting concept that reflects American Tourister's spirit of adventure and fun with a 360° campaign encompassing amplification via various media channels and out-of-home advertising in Malaysia and across Southeast Asia. American Tourister's luggage collection boasts functionality and a wide range of bright colourways. With the Frontec series, everything becomes so much easier on the go, with a laptop compartment made at opening for easy access and a USB port. On top of it being expandable for your needs, it is layered with the Duosaf Security Zipper and TSA Combination Lock to keep your mind at ease with its anti-theft double protection. A true portable 360 solution on the go.

## L'Oasi Di Lino — Lightness of Being and Behaving

New ways of making things create new perspectives, and new perspectives determine other ways to be into the world. Clothing is a prime facilitator of such change. The new ways ZEGNA tirelessly pursues originate in the materiality of fashion-making: a path that starts from the fibres and the fabrics, continues in the shapes, and finally reaches a multiple ending in the uses such shapes entice. Oasi Zegna is the place and the state of mind where it all happens. The Fashion Show today introduces an oasis in Milan, among 192 bales of raw linen that occupy a square in the centre of Milano, on a backdrop of historic buildings, in broad daylight. The bales have been transported from Normandy, where flax is grown with its blue flowers that bloom for just a brief moment in early summer and will re-enter the production chain once the show is over, to be crafted in Italy into Oasi Lino. The dream of nature in a metropolitan context, and the circular values it conveys, becomes tangible. ZEGNA commits to certifying Oasi Lino fibres as 100% traceable by 2024.

## The Winter/Lil Nas X Drop

Coach debuted Stuart Vevers' Winter 2023 collection, the next chapter of his vision of Coach's American heritage seen through the lens of youth counterculture. The collection also debuts "The Lil Nas X Drop," an edit featuring pieces designed by Coach, and curated by Lil Nas X, inspired by the artist and Coach ambassador's expressive approach to style. Building on Fall's narrative of heritage pieces as platforms for individuality, Winter 2023 introduces a playful mashup of leatherware and references to underground parties, as well as new pieces crafted in reimagined or repurposed materials. It features American archetypes like leather biker and shearling jackets juxtaposed with tees, sweatshirts and bags brought to life with youthful acid graphics and electric colors that evoke rave culture, and an archival Bonnie Cashin leopard print recontextualised for today. To create the feeling of the collection, Coach referenced Lil Nas X's individual style and sense of colour as a point of inspiration. Vevers then worked with the artist to select and customise his favourite pieces, including shearling coats in pop colours, graphics inspired by concert merch, and an American varsity jacket personalised with patches.









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









## Longines Spirit Zulu Time

With the launch in 2022 of the Longines Spirit Zulu Time, the brand added a new chapter to its already rich history. Featuring multiple time zones, it marked a continuation of Longines' precision instruments worn by the world's areatest pioneers on their leaendary exploits. Much loved by watch aficionados around the world, it celebrated the mindset of those adventurers and recalled Longines' pioneerina role in the development of watches with multiple time zones. This year, that modern legend will be complemented with the addition of the Longines Spirit Zulu Time in an ergonomically-pleasing and stylish 39mm case.

## Multi-Action Power New Duo

CETAPHIL®, the No.1 dermatological skincare brand in Malaysia has added two new additions to the Bright Healthy Radiance range the Cetaphil Bright Healthy Radiance Perfecting Serum with 7x Power Benefit, and the Bright Healthy Radiance Gentle Renewing Cleanser, Cetaphil's first and only 3-in-1 facial cleanser. These innovative products harness the GentleBright Technology, marking a new era in skincare. With clinically proven results in just 14 days, this technology goes beyond brightening and establishes superiority with the NEW Power Duo and its multi-action benefits. As Cetaphil prioritises comprehensive care for every skin story, the brand remains committed to maintaining a tolerability profile.

## **Bad** Just Got Better

In a fascinating play on the glowing contradictions that define the inner world of modern men, Carolina Herrera blazes further into the world of sustainable men's perfumery with the release of Bad Boy Extreme Eau de Parfum, a fiery new fragrance that boldly explores a daring new tension between fresh ginger and the warmth of vetiver des sables, together with a seductive hit of deep cocoa absolute and a woody base of patchouli. Strictly unconventional and at once rebellious and tender, Bad Boy Extreme represents a fiery evolution with its unexpected use of ingredients. At one end of this tension lies a shimmering spicy citrus top note of ginger, joined by a zesty note of fresh bergamot that adds long-lasting brightness to the scent. Carolina Herrera's Bad Boy Extreme retails for RM435 (100ml) and RM319 (50ml) and is available at Sephora, Isetan, Parkson, Sogo, AEON and Zalora.

## From Head to Toe

Supergoop!'s most talked-about sunscreen now comes in a formulation designed for your body! This scentless body sunscreen has broad spectrum SPF and skincare benefits, specially formulated for the body. It is suitable for all skin types, especially anyone who loves Supergoop!'s original Unseen Sunscreen for the face. The invisible SPF for the body takes Supergoop bestselling Unseen Sunscreen from head to toe! With a silky, nourishing, glide-able gel formula, this innovative SPF delivers the moisturising, fast-absorbing power of its #1 bestseller for face and optimises it for your body's unique skincare needs. While Supergoop!'s original, iconic Unseen Sunscreen is an invisible gel SPF that doubles as a makeup primer with skincare benefits for the face, the all-new Unseen Sunscreen Body comes in a silkier, more glide-able gel formula that spreads easily for guick application on the body. Plus, the unique formula of Unseen Body hydrates and nourishes dry skin on your body while retaining moisture.







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

## Activate, Strengthen and **Regenerate Your Beauty**

Just like the desert that experiences a spurt of life and flowers, which have been hibernating beneath the surface bloom after a rain fall, our skin too can be taught to regenerate and blossom again given the right nutrients and sufficient hydration. Leading Japanese skincare brand Shiseido believes that when all three key factors - resilience, smoothness and radiance - are in good stead, your skin will be healthy and vibrant. To help you achieve this, Shiseido has come up with the ultimate trio of products consisting of Eudermine Activating Essence, Ultimune Power Infusing Concentrate III and Essential Energy Moisturising Cream. With these three formidable products, you will have the right tools to harness the power of science with Shiseido's new fundamental skincare regimen that Activates, Strengthens and Regenerates your skin for a healthier and more vibrant appearance.

## Guerlain's New Ambassador for Scalp & Hair Range — Antonela Roccuzzo

Antonela Roccuzzo is an international model, entrepreneur, and devoted mother who has built a reputation for herself in the beauty industry with her appetite for healthy living. She embodies the values of Guerlain, including a dedication to natural beauty, wellness, and excellence. Her expertise and experience make her the perfect fit for Guerlain's new haircare line, which promises to revolutionise haircare. "I am thrilled to be working with Guerlain, a household name that remains a symbol of authentic natural beauty. I admire the way Guerlain goes above and beyond to give women products that will make them feel confident and build a whole world for them to feel themselves in. I am very excited about our special partnership." - Antonela Roccuzzo.

## **BIG BANG UNICO FULL** MAGIC GOLD: FULL GOLD. ZERO COMPROMISE

Hublot loves to surprise, invent, innovate. We always expect more from the manufacture, in every possible domain: from the sapphire case, to the movement, complications and design, and, of course, the universe of its ambassadors. Only this time, with the Big Bang Unico Full Magic Gold, Hublot has returned to basics. Always first, unique and different: Magic Gold is the embodiment of this philosophy. The unique alloy has been sublimed in this limited edition of 200 pieces, where the Magic Gold is featured on both the case and bezel. Its hues are echoed on the indices, counters and hands, in satin-finished and microblasted 3N gold. The contrast with the rest of the components of the case is all the more powerful: the titanium pushers, auards, and screws and the rubber strap are all in the deepest black.

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## Hydrate, Replenish, and Fortify Skin with Aesop Parsley Seed **Anti-Oxidant Intense Serum**

The Aesop Parslev Seed Anti-Oxidant Intense Serum has been formulated to benefit those in urban areas, where skin is subject to all manner of strains. Delivering intense hydration while imparting a protective film barrier, the serum is formulated for most skin types: normal, combination, and sensitive. Regardless of the season, the serum can be used on its own or as part of a daily skin care regimen throughout the year. Created with a suite of ingredients selected with urban dwellers' in mind, the Parsley Seed Anti-Oxidant Intense Serum is a product of splendour. Lightweight and rapidly absorbing, Parsley Seed Anti-Oxidant Intense Serum leaves the skin hydrated, with a pleasingly matte yet supple finish, making it an astute choice for those seeking an alternative to cream or oil-based moisturisers.

## **BVLGARI MAN Rain Essence**

Nature is a never-ending source of inspiration for the Bulgari Man Collection. Bulgari explores the rejuvenating vitality of Water, captured in the transformative power of Rain, as part of its immersive adventure to understand the deepest link between man and the natural world. BVLGARI MAN Rain Essence, like that beautiful moment when the last raindrop falls and all changes, is an invitation to experience the force of this natural occurrence through a new, energising mineral signature. Alberto Morillas, the Master Perfumer who created the Bulgari Man Fragrance Collection, recreated the suspense, exhilaration, and energetic path of rain in an aromatic symphony. BVLGARI MAN Rain Essence is a fresh woody musk character with a translucent and fizzy trail, a fragrance whose strength is emphasised by a robust minerality reminiscent of this restorative natural element's clarity. BVLGARI MAN Rain Essence is available in-stores at Parkson, Isetan, Sogo & Aeon.

## **Cartier Baignoire**

The history of the Baignoire watch is at the heart of Cartier's emblematic watchmaking style. After the square shape of the Santos watch in 1904 and the bold design of the Tortue in 1906, the Maison created a watch in 1912 with a rectangular case rounded at the ends. The concept continued to evolve until 1958, with a so-called "curved oval" watch, whose slightly curved case fits the contour of the wrist. This was the first appearance of the watch that was to be named the Baignoire in 1973, already displaying the volume it is known for and its signature details: a domed crystal, a dial with Roman numerals and a smooth gold ribbon. Since then, the Baignoire watch has remained true to itself, appearing in a number of variations. Through a new ratio of proportions, the balance is reversed. The Baignoire is both miniaturised and amplified. On a miniature case, the bangle, like a gadroon that has been expanded, encircles the delicate dial in gold. Purity of line, precision of form, accuracy of proportion: it is worn as a piece of jewellery and just for the sake of it - simply because it is essential.

## **HOTPICKS BEAUTY** KL LIFESTYLE'S TOP PICKS WE HAVE CURATED A LIST OF ALL THE BEAUTY PRODUCTS WE'RE LOVING AND ARE PART OF OUR ARSENAL

# **Anastasia Beverly Hills** Cosmos Eye Shadow Palette

### RM 255

Inspired by explosively sparkling, star-filled galaxies, Anastasia Beverly Hills' latest Cosmos eyeshadow will ensure you're the star of any occasion. The 12 stunning shades range from everyday wearable mattes to intense reflective metallics, which allows you to seamlessly transition from work day to back-to-back parties at night.



# Fresh

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## **Dr Dennis Gross** DermInfusions<sup>™</sup> Fill + Repair Serum RM 375

Meet the DermInfusions<sup>™</sup> Fill + Repair Serum — your 3D alternative to injectable fillers! This liquid gold immediately fills in fine lines and firms skin with Dr. Dennis Gross' breakthrough MicroCelle Delivery system, a high-speed performance technology that reduces the molecular size of active ingredients for easy and fast absorption into skin without any tackiness. This doctor-formulated infusion contains niacinamide, 4 weights of hyaluronic acid, ectoin and a complex of 4 peptides to turn back time and take your skin on a youthful journey by restoring skin's moisture barrier and plumping crepey skin; or what we like to call "the crinkle before the wrinkle"

## **Jimmy Choo** Rose Passion Eau De Parfum 100ml RM540

Inspired by the allure of the French Riviera, Rose Passion is a beautifully rich scent that captures the essence of glamour. Opening with the freshness of coconut water and the exotic bloom of the frangipani flower, you'll discover notes of orchid and jasmine complemented by sandalwood and exotic vanilla. Captured in a fuchsia pink bottle with a dégrade finish and our signature JC emblem.



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

## Rose Deep Hydration Balancing Emulsion

# **AN ADVENTURE AWAITS**

FROM FAR-FLUNG DESTINATIONS TO CITY BREAKS, CURATE THE PERFECT WARM-WEATHER WARDROBE WITH THESE WANDERLUST STYLES





## LUXE KL lifestyle SUN, SEA AND SKY



Loewe Paula's Ibiza Logo-Emroidered Raffia Tote Bag RM7,236



Paula's Ibiza Straight-Leg Jacquard-Knit Cotton-Terry



Foundrae Midsized Mixed Link Yellow and WhiteGold **Diamond Bracelet** 

RM121,953



Marni Fussbett Leather-Trimmed Logo-Embroidered Faux Raffia Mules RM2,190

LOOK 2

Slim-Fit and Cotton-Blend



Saint Laurent Cassandre Logo-Embelished Leather Sandals RM4,381

Saint Laurent Straight-Leg Printed Twill Drawstring Shorts



Saint Laurent Eyewear New Wave Square-Frame Acetate Sunglasses RM1,551



Saint Laurent Logo-Embroidered Raffia Messenger Bag RM6,557

# STEP INTO SUNSHINE



## Chloé

Rebecca leather sandals





# Aquazurra

RM3.539



## Gucci

Angelina Logo-Jacquard Coated-Canvas Platform Slides

## RM3.096



## Loro Piana Trani leather sandals RM4,870



## Saint Laurent

Tribute Woven Metallic Leather Slides





RM2.538



Whisper metallic leather sandals



## Bottega Veneta

# **BAGS OF BEAUTY**

DISCOVER WHAT TO CARRY THIS SEASON



## Saint Laurent

Cassandre Leather-Trimmed Embellished Raffia Shoulder

## RM6.806

The raffia-woven SAINT LAURENT bag is designed to resemble the shape of an old-fashioned travel vanity case. It is reinforced with velvety brown leather to maintain its shape, and a beautifully worn, bronze-tone plague adds to its vintage look. During the evening, remove the shoulder strap and carry it by the top handle.

ALAÏA Le Coeur Patent-Leather Shoulder Bag

## RM5,439

Alaïa's shoulder bag is shaped to depict a heart, making it the perfect choice for date nights or gifting to a loved one. Crafted in Italy from glossy patentleather, it has a compact interior sized to fit evening essentials and can be carried by the adjustable strap.





## Gucci

Dionysus mini leather-trimmed printed coated-canvas tote

## RM9,426

This small version of the 'Dionysus' tote, which made its debut on Gucci's Pre-Fall '23 catwalk, features elements of the coveted original design from the company. It's been made in Italy from coated canvas that has the recognisable 'GG' monogram and is accented with textured leather. When examined closely, detailed details may be seen, like as the front flap's distinctive etched tiger heads.



## RM19,417

## Saint Laurent

Cassandre leather-trimmed raffia shoulder bag



SAINT LAURENT's 'Cassandre' raffia bag is bound to save space in your suitcase - the strap can be worn cross-body for sightseeing or doubled up for dinner on the beach. It's made in a circular shape and trimmed with supple leather. The Maison's signature gold-tone plaque punctuates the front.



# Gucci

## RM11,198

The Gucci shoulder bag is the ideal size to hold only the necessities. It is made of antique-rose leather, with the brand's recognisable 'GG' emblem embellished on the front flap, and has a zipped pocket inside of the suedelined inside. Carry yours by the top handle or cross your body by fastening the adjustable strap.



Ferragamo

The Studio Box Large Raffia Tote

Exploring the archives was one of the first things Maximilian Davis did after joining Ferragamo; he found numerous accessories that he deemed to be absolutely ageless. One such item is the handwoven 'Studio Box' bag, which features the same 'Gancini' fastening as the original.



Embellished leather shoulder bag

# SUMMER SWIMWEAR

BY THE BEACH OR SITTING POOLSIDE? WHEREVER THIS SUMMER TAKES YOU, GET SET WITH SUN-READY SWIMWEAR FOR MEN



## Loro Piana

Embellished Straight-Leg Mid-Length Swim Shorts

## RM2,319

The swim shorts by Loro Piana were influenced by traditional tailoring; they have a clean, streamlined design and buckled waist tabs to customise the fit. They are made of quick-drying shell in a blue colour and are perfect for wearing from the pool to lunch. Near the hem, an enamelled silver-tone buoy adds a subtle finishing touch.



RM1.516



## Celine Homme

Logo-Print Straight-Leg Long-Length Swim Shorts

## RM2,670

CELINE HOMME's swim shorts are cut from lightweight shell and hit at about midthigh, so they won't get in the way when you're catching waves. They're accented with contrasting piping down the sides and printed with the brand's name along the leg.





## Orlebar Brown

Bulldog Mid-Length Jacquard Swim Shorts

## **RM1.570**

The glossy finish of Orlebar Brown's swim shorts is a result of them being cut on the same block as trousers. The brand's recognisable adjustable waist tabs are featured on this pair of blue and white jacquard trousers for the ideal fit. To hang them up to dry in between dips, they include a locker loop on the back.



RM1,304



## Tom Ford

Slim-Fit Short-Length Swim Shorts

Your poolside outfit will look more stylish with swim shorts by TOM FORD. They have a slender silhouette and are tastefully completed with gold-tone details. They are made in Italy from guick-drying shell. For a perfect fit, adjust the buckled waist tabs.

## Vilebrequin

Mahina Straight-Leg Mid-Length Recycled Swim Shorts

## RM1,224

Vilebrequin's 'Mahina' swim shorts are cut from lightweight, quick-drying shell that's made using recycled water bottles. Printed with a colourful fish pattern, they're fitted with an elasticated drawstring waistband and have ventilating metal eyelets at the back.

## Frescobol Carioca

Tailored Slim-Fit Mid-Length Swim Shorts

Frescobol Carico's 'Tailored' swim shorts are designed to look smart postswim, too. Featuring a neatly concealed fastening, they're made from quick-drying shell and have buttoned waist tabs to easily adjust the fit.

# THE LUXE REPORT



## Gastronomic Ode to Malaysian Flavours at Desaru Coast

Desaru Coast announced the return of its signature dining programme, Gourmet Series - A Malaysian Journey. In its second instalment, the exclusively curated culinary series invites food lovers to rediscover iconic Malaysian flavours and local ingredients via three unique fine-dining experiences throughout the year. The Desaru Coast Gourmet Series for 2023 will feature three of the country's most acclaimed chefs with notable mentions in the first MICHELIN Guide Kuala Lumpur and Penang. Starting Series I is Chef Johnson Wong, founder of gen Penang, a Select Restaurant in this year's quide, and Communal Table by gēn, a Bib Gourmand Establishment. Series II will feature Michelin-starred Chef Su Kim Hock of Au Jardin, Penang; with Series III seeing Chef Raymond Tham, co-founder and executive chef of Skillet KL and Beta, both Select Restaurants in this year's guide. Guests to Desaru Coast can embark on this culinary journey through two different package options: RM450 nett per person for a dinner or brunch session, with an additional RM200 nett for wine pairings



## Embark on an Experience at Coach Airways, Malacca

Coach announced the opening of Coach Airways, an immersive pop-up experience celebrating the house's distinctive New York attitude and spirit of innovation. The first retail concept of its kind, Coach Airways is located at Freeport A'Famosa Outlet, a popular shopping destination in Malacca, and reimagines the house's American design language to create a space where customers can explore and shop a Coach collection curated exclusively for Coach Airways. Coach Airways is built inside a real aircraft spanning across 4,198 square feet. Blending Coach codes with architectural elements that reference the '70s golden era of air travel, the space features a cockpit as well as passenger and lounge cabins in retro colourways and prints, reimagined with iconic house touches like Signature that reference Coach's legacy of craftsmanship. The space also includes a one-of-a-kind retail cabin spotlighting all-gender ready-to-wear, bags and travel accessories—inspired by the next generation's expressive approach to fashion. Additionally, Coach Airways will feature the house's second instalment of its Coach Café, where customers can enjoy artisanal coffee and refreshing beverages.



## New Spa Menu at Anantara Desaru Coast

Anantara Desaru Coast Resort and Villas welcomes the summer season with the launch of a new spa menu, introducing guests to transformative treatments that draw on the healing wisdom and indigenous traditions of Malaysia. In addition to classic spa rituals, Anantara Spa has also launched specialist programmes for expectant and new mothers using Biologique Recherche products - the first spa in Desaru Coast to offer the brand's exclusive body product range. Alongside the best-selling Roots of Malaysia herbal oil massage where therapists use thumbs to deliver kneading strokes, the new menu features a number of other locally-inspired treatments. The Kopi Scrub and Boreh Spice combines a deliciously-smelling body polish with coffee followed by a nutmeg, clove and ginger wrap that helps to break down cellulite and warm up the body. For a truly unique experience, guests can try a full-body Bamboo Massage with warmed bamboo sticks incorporating stroking and rolling techniques to release muscular knots and tension. For mothers-to-be, the addition of the Biologique Recherche Future Maman Massage to the menu means pregnancy tension and pain can be effectively and safely released.



### Tivoli Hotels & Resorts Opens Its First All-Inclusive Property – Tivoli Alvor Algarve Resort in Portugal

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#### **LUXE TRAVEL**

## Introducing CAMARA C: A Luxurious Yacht Charter in Phuket, Thailand

Discover CAMARA C, a magnificent 32-meter (105-foot) gentlemen's yacht that combines classic elegance with modern luxury. Originally built in 1961 by the prestigious British shipyard Yarrow & Co, this remarkable vessel underwent an extensive refit in 2021, ensuring the highest standards of opulence and comfort. CAMARA C is now available for exclusive charter journeys, offering an unforgettable experience in the enchanting waters of Phuket and beyond. CAMARA C offers impeccable quest accommodation for up to 12 quests across 6 suites. The bed configuration includes 1 king, 3 queen, 1 double, and 2 single beds, providing a comfortable and personalised retreat for each guest. Every suite is meticulously designed with attention to detail, creating a serene haven onboard.



#### THE MERCEDES-AMG EQS 53 4MATIC+ AND MERCEDES-AMG EQE 53 4MATIC+

Mercedes-AMG continues to forge ahead in shaping the future of driving performance with the addition of two all-electric models. At the heart of the new Mercedes-AMG EQS 53 4MATIC+ is its performance-oriented drive concept with two motors. The powerful electric powertrain with one motor each at the front and rear axles has fully-variable AMG Performance 4MATIC+ all-wheel drive, which optimally transmits the drive power to the asphalt in all driving conditions. The AMG EQS 53 4MATIC+ achieves a maximum total output of 484 kW (658 hp), with a maximum motor torque of 950 Nm. It accelerates from 0-100 km/h in 3.8 seconds and its maximum speed is limited to 220 km/h. Available as a sole variant, the Mercedes-AMG EQE 53 4MATIC+ offers a performance-oriented drive concept with two electric motors. The powerful electric drivetrain (eATS). with a motor on each of the axles, also offers fully variable all-wheel drive, which optimally transmits the drive power to the asphalt under all driving conditions. Similar to the AMG EQS, the AMG EQE has its one-bow lines and cab-forward design with fastback. The AMG-specific black panel grille with hot-stamped vertical struts in chrome, integrated Mercedes star and "AMG" lettering characterises the front view.



#### NEXT-GEN RANGER RAPTOR 2.0L BI-TURBO DIESEL NOW AVAILABLE IN MALAYSIA

Sime Darby Auto ConneXion (SDAC), the sole distributor for Ford in Malaysia, today launched the Next-Generation Ranger Raptor 2.0L Bi-Turbo Diesel offering another engine selection for Raptor fans in the country. The 2.0-litre diesel engine variant joins its 3.0-litre twin-turbo EcoBoost V6 petrol engine counterpart in the Next-Gen Ranger Raptor line-up. Paired with the e-shifter 10-speed automatic transmission, the Next-Gen Ranger Raptor 2.0L Bi-Turbo Diesel delivers up to 210 PS at 3,750 rpm and 500 Nm of torque at 1,750-2,000 rpm. The 2.0L Bi-Turbo Diesel variant also benefits from a range of features to offer a competitive fuel consumption of 8.2L/100km. These features include the stop/start function, battery monitoring system, high-efficiency alternators, LED daytime running lights (DRL), active transmission warmup, ultra-low viscosity transmission fluid, synthetic rear axle fluid to reduce parasitic driveline losses, and a cooling fan with brushless motors to reduce electrical losses. Other than the "Raptor" decal on the Next-Gen Ranger Raptor V6, owners of the Next-Gen Ranger Raptor 2.0L Bi-Turbo Diesel will enjoy the same all-new exterior styling. Key features include flared wheel arches, bold F-O-R-D lettering on the grille, a bumper that is separated from the grille, and Matrix LED headlamps with the signature C-clamp LED daytime running lights (DRL).



### LEXUS ANNOUNCED THE 2024 GX AND THE 2024 TX. JOINING ITS FLEET

The 2024 GX and 2024 TX, two new SUVs from Lexus, will be joining the company's lineup. Both vehicles are three-row SUVs, yet they each have distinctive features, appearances, and driving dynamics. Lexus drew influence from earlier GX models for its adventure-oriented GX. It attempted to rethink the stereotypical SUV in its approach to design by making it less sporty and more upscale. As a result, the vehicle has a sleek square-body profile, which lends itself to a rough, off-road appearance that doubles down when actually pushed to its limits. This can be put to the test when using the vehicle's 8,000 lb towing capacity. The GX's interior can be tailored to suit driver's preferences. The second row, which can accommodate seven people, can either be left as captain's chairs or changed into a 60:40 split-folding bench. Now let's talk about the TX, which makes its debut this year. The TX's designers made it comfortable to lead. The car includes three rows, just as the GX, but Lexus places a specific emphasis on the TX's roomy legroom and peaceful interior. There is plenty of space for luggage among all the rows and in the accessible storage. With the TX, you may increase horsepower by choosing from a variety of powertrain options, including an electric 3.5L V6 plug-in hybrid and a powerful 2.4L turbocharged hybrid.



#### **VOLVO ANNOUNCES ITS EX30 COMPACT ELECTRIC SUV**

Volvo, a Swedish automaker, has unveiled its brand-new EX30 business electric SUV. The Volvo EX30, the company's fourth electric vehicle, will have the lowest carbon emissions of its models. Either a single-motor extended range or a twin-motor engine will be driving the luxury SUV. Rearwheel drive, 0 to 60 mph acceleration in 5.1 seconds, 268 HP, 235 lb-ft of torque, and a 275-mile range are further features of the single motor option. With a 265-mile range, 422 HP, 400 lbs-ft of torque, and the ability to accelerate from 0 to 60 mph in 3.6 seconds, the dual motor has all-wheel drive capabilities. Both versions have guick charging, which can charge from zero to eighty percent in just 26.5 minutes. The inside offers a high-end upholstered setup with modern, understated tech features, such a computerised central console

## LUXE<sup>11</sup> Klifestyle BEAUTIFUL HOTEL DESTINATIONS

SOMEWHERE ALONG THE WAY, HOTELS HAVE BECOME RIGHTFUL DESTINATIONS ON THEIR OWN. HERE ARE SOME LUXURY HOTELS SCATTERED ACROSS THE GLOBE, THAT SHOULD BE ON TOP OF YOUR BUCKET LIST.



## Hotel Bellevue Dubrovnik

## Dubrovnik, Croatia

Hotel Bellevue Dubrovnik, an icon of private boutique luxury and design, has re-emerged with a fresh new vibe after its complete refurbishment in spring 2019. Carved into a cliffside, with floor-to-ceiling windows revealing the vast Adriatic, five-star boutique Hotel Bellevue Dubrovnik is a state-of-the-art seaside retreat around the bay from Dubrovnik's a magnificent 6th-century Old Town. The lavish accommodation includes 91 beautifully refurbished rooms of which 14 suites are individually designed to provide pampering home-away-from-home comfort. With a clean, contemporary style, new rooms will reveal a distinctive style complemented with breath taking views stretching rout to the Adriatic seafront from your private balcony - floor-to-ceiling balcony doors, a neutral colour range of chalky white, soft grey, stone and beige, all appointed with luxurious textiles, wooden floors, and elegant furnishings with an oak leaf satin finish.

www.adriaticluxuryhotels.com/hotel-bellevue-dubrovnik



## **Riad Fès** Fès, Morocco

Formerly the property of a notable of the city, this Riad was home to one of the most refined families of Fez. It is in the respect of the tradition that we restored this palace of the XIVth century to make you live a unique experience. At Riad Fès, expect traditional Moroccan architecture and baroque style. Five interconnected buildings that each have a different decorative theme house the guest rooms, giving the interiors of this already distinctive edifice a tonne of personality. In many ways, Riad Fès is just an upscale version of the twisting medina outside, with its many cosy nooks and crannies and an almost labyrinthine quality to the corridors, terraces, and stairwells. When you arrive at reception, turn to the left to see the first of many warm welcomes: the Moroccan patio, a lofty communal lounge with bursts of navy and gold upholstery, twinkling tile-clad columns and floors, and thick folds of opulent drapes that extend a royal welcome to all new guests

riadfes.com



## Conservatorium Hotel Amsterdam, Netherlands

In a captivating setting, where vibrant elegance meets cultural richness, discover a location like no other. The city's crown jewels – the Van Gogh Museum, the Royal Concert Hall, Rijksmuseum, Vondelpark, and Amsterdam's most indulgent shopping – are just steps away. Adjacent to the cultural epicentre of the Museum Quarter, the regal Conservatorium hotel seamlessly blends the charm of the past with the allure of the present, as it continues to be crowned as the Netherlands' number one luxury hotel. Dutch living is epitomised in each room and suites, as the latest technology is met with contemporary design features. The result is a remarkable level of comfort, and a luxury hotel experience that is uniquely the Conservatorium Hotel's.



## One&Only Nyungwe House

Nyungwe National Park, Rwanda

There's much to fall in love with at the One&Only Nyungwe House, from captivating wildlife, dramatic mountain landscapes blanketed with greenery and a working tea plantation. The accommodation here offers a one-of-a-kind escape, bordering one of Africa's oldest rainforests. Situated in five striking wooden villa clusters, the treetop-skimming, luxury suites and rooms are secluded in wonderfully untamed surroundings, accommodating all adventure seekers and paying homage to Rwanda's beauty and heritage. Enjoy exceptional dining and selected beverages included in your stay, plus two signature resort experiences daily.



Angsana Corfu Resort & Spa Tetiaroa, French Polynesia

Angsana Corfu is a Mediterranean sanctuary of extraordinary beauty, a luxurious spa and beach resort offering the warmth and charms of its unique blend of Greek and Asian hospitality. Its proximity to Achilleion Palace, once home to the famed Empress Sissi of Austria, enriches its surroundings with echoes of a royal era. The resort is set on an idyllic lush green hilltop overlooking the turquoise waters of the historical Benitses Bay. It boasts a close vicinity to the exotic Paxoi and Antipaxoi islets.

www.angsana.com/greece/corfu



## Gubi Carmel Outdoor Coffee Table

GUBI's first ceramic tables, taking advantage of single-fired stoneware's robustness, resilience, and unique organic aesthetic. The versatile Carmel tables have vivid colour options, high-shine glaze, and richly textured finishes, combined with organic contours, which give the Carmel tables a distinctive look, playful character, and almost creature-like appeal. The Carmel tables can stand alone as feature pieces or be combined in clusters with others in different sizes and colours. Small tables are available in Rock Red or Pacific Blue; medium in Clam White, and large in Midnight Black, with a randomised crystal finish applied to black and white tables.



## **101 Copenhagen**

Hako Console Table

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Hako, the Japanese word for box or storage, is a collection of storage and furniture objects inspired by Japanese living. Hako features a bar and storage object, console, bench, coffee table and side table. Each product is handmade of massive ash with French bamboo mesh, creating a semitransparent front or top surface. The wooden surfaces smoothly transition into metal frames and fittings, creating a refined modern expression. The conic shaped leas and slim metal tray is made of plated metal. Designed by Kristian Sofus Hansen & Tommy Hyldahl.



## Audo Copenhagen Wing Table Lamp

Originally dubbed Model 9, the Oda Chair was an ambitious design from the very beginning. Created by Arnold Madsen in around 1956, the aesthetic reinterpretation of an armchair has a complex horseshoe construction with an integrated headrest and beautifully incorporated armrests in wood. Offering comfortable support, the embracing design was initially – and mistakenly – attributed to Nanna Ditzel. In 2020 it was rightfully credited to Madsen. Constructed according to a vintage version as there are no drawings of the original design, the Oda Chair profiles a sublime level of craftsmanship, evident in the intricacy of its upholstery. Available with legs in natural oak or walnut.



The ceramic piece is uniquely handcrafted from clay. After being burnt, the clay gets a high gloss glaze finish. During the process, streaks, pinholes and other variations occur and create an irregular surface that guarantees a limitless combination of textures and surfaces with an appealing graphical effect. The ceramic table is an upscale large version of a ceramic pot which was the source of inspiration. The ceramic piece is paired with a metal table, which differs from the generic idea of a standalone lounge table, hence the name. The combination creates a strong contrast of solid materials, colours and surfaces. The side tables can stand alone or be combined together as a pair. The two paired tables are made respectively of ceramic and metal, two different and honest materials which work unexpectedly well together. The soft and glossy ceramic creates an interesting contrast with the cold matt metal. The void of one attracts the plain of the other, as if they were co-dependent objects meant to be together. The base table can be placed either beside the higher table, providing an additional surface, or to create storage in between.

The Wing Table Lamp takes its name from its wing-like shade, reminiscent of a bird in flight. Imagined in the 1980s by Kenneth Bergenblad, the stringent design has a playful feel. The polished aluminium shade rotates to direct light where it is needed. A statement-making piece in any setting, its minimal aesthetic ensures it blends seamlessly into any décor style.

## **Mobel Copenhagen** Pair Side Table



## Audo Copenhagen Wing Table Lamp

# SUNROOM IDEAS TO MAKE YOUR SPACE WARM AND COSY

Bathing in the warm embrace of sunlight while nestled comfortably indoors is a luxury that many homeowners yearn for. In the realm of home design, there exists a heavenly haven that effortlessly bridges the gap between indoor comfort and the great outdoors—the sunroom. Whether it's a crisp morning, a lazy afternoon, or a serene twilight, sunrooms provide the perfect sanctuary to savour the beauty of nature while indulging in the cozy comforts of home. With an array of imaginative possibilities, sunrooms offer a versatile canvas for homeowners to infuse their personal style and create an inviting space that exudes warmth and coziness. In this article, we delve into a treasure trove of sunroom ideas, unveiling design inspirations and clever tips that will transform your sunlit retreat into a sanctuary that whispers "welcome home" with every ray of light.



## Embrace Natural Elements

One of the key factors in creating a warm and cozy sunroom is embracing natural elements. Incorporate organic materials such as wood, stone, and wicker furniture to bring a touch of nature indoors. Wooden flooring adds warmth underfoot, while stone accents provide a rustic charm. Complement these materials with lush green plants, blooming flowers, and potted herbs to infuse life and fresh air into your sunroom sanctuary.

## Soft Textures and Fabrics

To enhance the cozy atmosphere of your sunroom, choose soft textures and fabrics that invite relaxation. Plush cushions, throw blankets, and oversized pillows in soft, earthy tones create a comfortable seating area. Consider incorporating natural fabrics like linen or cotton for curtains and drapes to allow the sunlight to filter through gently while adding an elegant touch.

## Inviting Seating Arrangements

A well-thought-out seating arrangement can make all the difference in creating a warm and cozy atmosphere in your sunroom. Arrange a cozy sofa or sectional with ample seating options, encouraging relaxation and conversation. Add a few comfortable armchairs or a chaise lounge for moments of solitude and contemplation. Don't forget to include a coffee table or side tables for placing books, drinks, and other essentials within easy reach.



#### **LUXE** LIFESTYLE

## Cozy Fireplace or Wood Stove

Introducing a fireplace or wood stove in your sunroom can instantly transform it into a cozy retreat, especially during colder months. The crackling sound of wood and the warmth radiating from the fire create a captivating focal point and an inviting ambiance. Whether you opt for a traditional fireplace or a sleek, modern wood stove, the addition of a heating source will make your sunroom a year-round sanctuary.

## Ambient Lighting

The right lighting can set the mood and enhance the warmth and coziness of your sunroom. During the day, rely on natural sunlight to flood the space, but as dusk approaches, incorporate ambient lighting to create a soft, inviting glow. String lights, lanterns, or even a chandelier can add a touch of charm and warmth to your sunroom. Consider installing dimmer switches to adjust the lighting levels according to your desired ambiance.

## Personal Touches and Décor

Inject your personality into your sunroom by incorporating personal touches and décor items that bring you joy. Display cherished photographs, artwork, or collectibles that evoke positive memories and create a sense of belonging. Fill shelves or wall-mounted planters with your favorite books, candles, or decorative objects to infuse the space with your unique style. Remember, a cozy sunroom is not just about aesthetics but also about surrounding yourself with items that bring you comfort and happiness.

## *Thermal Insulation and Climate Control*

To ensure year-round comfort in your sunroom, consider adding thermal insulation and climate control features. Insulated windows, curtains, or blinds will help regulate the temperature and retain heat during colder months, while shades or blinds can provide shade and protection from harsh sunlight during hotter days. Additionally, incorporating a ceiling fan or portable heater can help maintain a comfortable temperature throughout the year.

## **MICROCURRENT FACIALS** AN ALTERNATIVE TO FACELIFTS OR JUST A CURRENT TREND?

In our eternal quest for eternal youth and radiant skin, the beauty industry is constantly buzzing with new treatments and techniques. From serums to masks, it seems like there's always a new product promising to turn back the clock. One of the latest trends to hit the scene is microcurrent facials, hailed by some as a non-invasive alternative to facelifts. But what exactly are microcurrent facials, and do they live up to the hype? Let's dive in and find out!

#### What are Microcurrent Facials?

Microcurrent facials are a cutting-edge skincare treatment that utilises low-level electrical currents to stimulate the muscles in your face. This non-invasive procedure is designed to improve facial muscle tone and firmness, resulting in a lifted and rejuvenated appearance.

During a microcurrent facial, a trained aesthetician uses a device that emits gentle electrical currents. These currents mimic the body's natural electrical signals and are delivered through small metal probes or paddles. The aesthetician will glide these probes across your skin, targeting specific areas of concern such as the forehead, cheeks, jawline, and neck.

The electrical currents work to stimulate the underlying facial muscles, causing them to contract and relax. This stimulation helps to tone and tighten the muscles, providing a subtle lift to the skin. It also increases blood circulation and promotes the production of collagen and elastin, which are essential proteins for maintaining firm and youthful-looking skin.

The microcurrent facial experience is generally relaxing and painless. Many clients describe it as a gentle tingling sensation or a light facial massage. The treatment is often combined with the application of conductive gels or serums, which enhance the conductivity of the electrical currents and provide additional skincare benefits.



### **Benefits of Microcurrent Facials**

Improved Muscle Tone: Microcurrent facials work by stimulating the underlying facial muscles, causing them to contract and relax. This helps to tone and tighten the muscles, resulting in a firmer and more sculpted appearance. Regular treatments can contribute to improved muscle definition and facial contour.

Increased Collagen and Elastin Production: The electrical currents used in microcurrent facials can stimulate the production of collagen and elastin, two essential proteins for maintaining the skin's elasticity and firmness. Enhanced collagen and elastin production can lead to a reduction in the appearance of fine lines and wrinkles, as well as improved overall skin texture.

Enhanced Circulation: Microcurrent facials increase blood circulation in the treated areas, promoting the delivery of oxygen and nutrients to the skin cells. This improved circulation can result in a healthier complexion, a natural glow, and a reduction in puffiness and fluid retention.



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Lymphatic Drainage: The gentle electrical currents used in microcurrent facials can also help to stimulate the lymphatic system, which is responsible for eliminating toxins and waste from the body. By promoting lymphatic drainage, microcurrent facials can reduce facial bloating, decrease inflammation, and improve the overall clarity and brightness of the skin.

Non-invasive and Painless: Unlike surgical facelifts, microcurrent facials are non-invasive and generally painless. They offer a gentle and comfortable treatment experience without the need for incisions, anaesthesia or downtime. This makes them an attractive option for individuals seeking facial rejuvenation without the risks and recovery associated with invasive procedures.

6 improvements in facial muscle tone, skin texture, and overall appearance.

Complement to Skincare Routine: Microcurrent facials can complement and enhance your existing skincare routine. By incorporating these facials into your regimen, you can boost the effectiveness of other skincare products and treatments. The increased penetration of products after a microcurrent facial allows for better absorption and can maximise their benefits.

#### **Essential Things to Note**

It's important to note that while microcurrent facials offer a non-invasive option for facial rejuvenation, they may not produce the same dramatic results as surgical procedures like facelifts. However, they provide a safe and natural alternative for individuals who prefer a more subtle approach to anti-aging and skin tightening. Before considering a microcurrent facial, it's essential to consult with a licensed aesthetician or dermatologist to determine if it's suitable for your skin type and any underlying medical conditions. They will assess your specific needs and guide you through the treatment process, ensuring your safety and maximising the benefits.

Immediate and Cumulative Results: Many clients report experiencing immediate results following a microcurrent facial. The treatment can provide a temporary lift, firmness, and radiance to the skin, making it an excellent option for special occasions or events. Furthermore, with regular and consistent treatments, the cumulative effects of microcurrent facials can lead to longer-lasting

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## BEAUTY ADVANCES UNDERSTANDING THE DIFFERENCE BETWEEN BOTOX FILLERS AND FAT TRANSFER

FOR FACIAL REJUVENATION

The pursuit of youthful beauty is ever advancing, with a multitude of cosmetic procedures made accessible. Among the treatments available, Botox fillers and fat transfer stand out as two sought-after techniques for facial rejuvenation. These procedures offer distinct approaches and outcomes, making it crucial to understand their differences in order to make an informed decision about the best path to achieving your desired aesthetic goals. Get ready to dive into the world of beauty and discover which contender reigns supreme in your quest for facial perfection.

#### **Botox Fillers**

Botox fillers, often referred to as dermal fillers, involve injecting substances directly into the skin to restore volume, reduce wrinkles, and enhance facial contours. The most commonly used fillers are composed of hyaluronic acid, a naturally occurring substance in the body that provides moisture and elasticity to the skin. These fillers work by plumping up the skin, smoothing out wrinkles, and restoring lost volume in specific areas such as the cheeks, lips, or nasolabial folds.

#### **Fat Transfer**

On the other hand, fat transfer, also known as fat grafting or fat injection, involves harvesting fat from one part of the body, typically through liposuction, and then injecting it into targeted areas of the face. This procedure utilises your body's own fat cells to restore volume, improve facial contours, and rejuvenate the skin. It is a more intricate process that requires specialised training and expertise.

#### **Botox Fillers vs Fat Transfer**

One key distinction between Botox fillers and fat transfer lies in their respective longevity. Botox fillers are temporary solutions that typically last anywhere from six months to a year, depending on the specific filler used and the individual's metabolism. Over time, the body naturally absorbs the filler, requiring periodic touch-ups to maintain the desired results.

In contrast, fat transfer has the potential for longer-lasting results. Once the transferred fat cells establish a blood supply in their new location, they can persist for several years or even permanently. However, it's important to note that not all of the transferred fat cells may survive, and subsequent touch-up procedures may be necessary to achieve optimal results.

Another factor to consider is the level of invasiveness associated with each procedure. Botox fillers are minimally invasive, typically involving a series of injections performed in a doctor's office. The procedure is relatively quick, and there is minimal downtime or recovery period.

In contrast, fat transfer is a more involved procedure that requires liposuction to extract fat cells from a donor area, such as the abdomen or thighs. This adds an additional step and recovery time to the process. However, fat transfer provides the added benefit of body contouring in the donor area, allowing for the removal of excess fat while simultaneously enhancing facial features.



When it comes to achieving specific results, both Botox fillers and fat transfer have their strengths. Botox fillers are highly effective in reducing the appearance of dynamic wrinkles, such as crow's feet and forehead lines, by temporarily relaxing the underlying muscles. They also excel at restoring volume to specific areas of the face, such as the cheeks or lips, for a more youthful and rejuvenated look.

Fat transfer, on the other hand, offers a more holistic approach to facial rejuvenation. It is particularly beneficial for individuals seeking significant volume restoration and contouring, such as those with hollowed cheeks or sunken areas. Fat transfer can provide natural-looking results, as the injected fat integrates with the surrounding tissues, offering a soft and subtle enhancement.

Ultimately, the choice between Botox fillers and fat transfer depends on your specific goals, preferences, and the advice of a qualified medical professional. Consider factors such as the duration of results, invasiveness, desired outcomes, and any associated risks. Consulting with a board-certified plastic surgeon or dermatologist will help you navigate these options and determine the best approach to achieve your desired facial rejuvenation.

In conclusion, both Botox fillers and fat transfer offer effective solutions for facial rejuvenation, but they differ in their approaches and outcomes. Botox fillers provide temporary results, primarily targeting wrinkles and volume loss, while fat transfer offers a more comprehensive approach by using the body's own fat cells to restore volume and improve contours. By understanding the differences between these procedures, you can make an informed decision and embark on your journey to a refreshed and revitalised appearance.



HEALTH & BEAUTY

# A GUIDE TO WEIGHT TRAINING FOR WEIGHT LOSS

When it comes to shedding those stubborn pounds and sculpting a lean physique, weight training is a secret weapon that often goes overlooked. Many people associate weightlifting with bulking up, but the truth is, it can be a fantastic tool for achieving weight loss goals too. So, if you're ready to ditch the misconceptions and embark on a journey of strength and fat-burning, strap on your workout shoes and let's dive into the world of weight training.

First things first, let's address the elephant in the room: the myth that weightlifting will turn you into the Incredible Hulk overnight. Rest assured, that couldn't be further from the truth. Weight training is a powerful ally in your weight loss journey, helping you build lean muscle, boost your metabolism, and achieve a toned physique. Plus, it's a lot more exciting than spending hours on a treadmill.

#### So, how does weight training aid in weight loss?

**Muscle Burns Fat:** Building muscle is like revving up your body's fat-burning engine. Unlike cardio exercises that primarily burn calories during the workout, weightlifting helps you build muscle mass, which increases your resting metabolic rate. In simpler terms, the more muscle you have, the more calories you burn, even when you're just chilling on the couch.

Afterburn Effect: Weight training creates an "afterburn effect" known as excess post-exercise oxygen consumption (EPOC). This means that after your weightlifting session, your body continues to burn calories at an elevated rate as it recovers and repairs muscle tissue. It's like getting bonus calorie burn even after you leave the gym.

**Toned and Tight:** Weight training not only helps you lose fat but also shapes and sculpts your body. By targeting specific muscle groups, you can enhance your physique and achieve those coveted curves or defined muscles. Who doesn't want to rock a strong and toned beach body?

Now that we've established the benefits, let's explore how to incorporate weight training into your weight loss routine:

**Start with Compound Exercises:** Compound exercises engage multiple muscle groups simultaneously, making them efficient calorie burners. Squats, deadlifts, lunges, and bench presses are excellent examples of compound exercises that target multiple muscles and provide a full-body workout.

**Progressive Overload:** To continually challenge your body and maximise results, gradually increase the weights you lift over time. This progressive overload stimulates muscle growth and keeps your metabolism firing on all cylinders. Just remember to maintain proper form and technique to avoid injury.

Mix It Up: Don't be afraid to add variety to your weight training routine. Incorporate different exercises, equipment, and training methods to keep things interesting and prevent plateaus. Try kettlebells, resistance bands, or bodyweight exercises to keep your muscles guessing and your motivation high.

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

#### FOR ENQUIRES CONTACT

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

WWW.KL-LIFESTYLE.COM.MY

KL Lifestyle Art Space . 150, Jalan Maarof, Bukit Bandaraya, 59200 Kuala Lumpur

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