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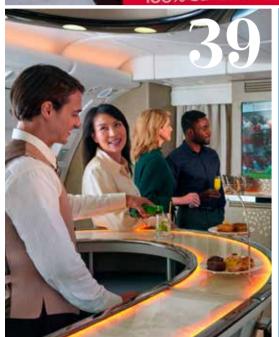
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Airport Terminal 1's First and Business Class

Chief Executive Officer of Pacific Asia Travel

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#### EDITORIAL

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

> Writer KATHY JENKINS

#### 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

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#### **HEALTH & BEAUTY**

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**80** LOOKS YOUNGER INSTANTLY



ON THE COVER

CHINATOWNS AROUND THE WORLD BEST PLACES TO USHER IN THE LUNAR NEW YEAR 2024 **GOINGS** ON **GOINGS ON** 

# EVENTS OF THE MONTH

DIVE INTO A TAPESTRY OF UNFORGETTABLE EVENTS!



#### **ARUEL**

January 11 - January 13



Bobo KL



RM125 / RM150 / RM150

ARUEL and the gang ROCKED BoboKL at their debut performance last August, with 3 back to back 'rancak-aila-syiok-menari' shows. This January - ARUEL & THE FASOLA kick off 2024 with the very same vibe. Cepat book ye! This is a confirmed sell-out run! Join us in vour best 'baiu ronagena' to celebrate 2024 in the hands of seasoned showman ARUEL & friends!



## **HEY THERE DELILAH!**



January 18 - January 20

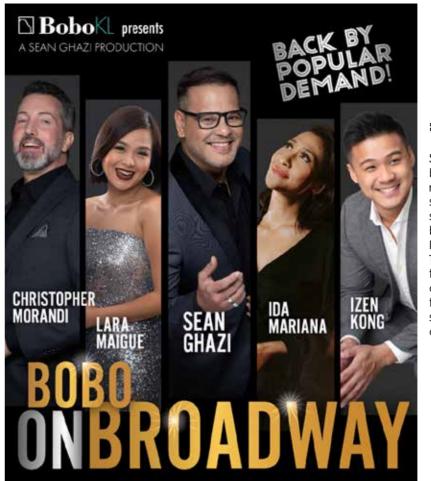


Bobo KL



RM80 / RM100 / RM100

Join us for an eclectic evening of music presented by BMA's top students as they venture into the professional realm for a weekend-stint before they complete their journey of study in performance. BoboKL presents as varied a calendar as possible; spanning genres, languages and disciplines and 'Hey There Delilah!' marks the beginning of collaborations with training institutions to help prep the next generation of music-makers. Come along and support our stars of tomorrow!



## **BOBO ON BROADWAY**



January 25 - January 27



Bobo KL



RM180 / RM200 / RM200

SEAN GHAZI & friends - took the Bobo stage by 'barricade-storm' with their musical theatre revue last August; and now they're back for a restage as per all your requests! With special quest soprano and internet star LARA MAIGUE, lyric baritone CHRISTOPHER MORANDI, Bobo-favourite IDA MARIANA & the vocal electra IZEN KONG. The program includes top of the Broadway hits from Cabaret, Miss Saigon, Les Miserables, and of course, The Phantom of the Opera. For return fans, the auintet might have one or two additional surprises... With NISH THAM on musical director duties.



# **MPO NEW YEAR CONCERT**







Dewan Filharmonik PETRONAS



RM188 / RM208 / RM308 / RM328

Experience a musical journey filled with infectious melodies of captivating waltzes and lively polkas that will transport you to the grandeur of a Viennese ballroom. Led by Gerard Salonga, the programme will include Strauss' famed waltzes, and Jongen's Symphonie Concertante showcasing the majestic Klais Pipe organ of the Dewan Filharmonik PETRONAS. Celebrate the new year in a truly unforgettable concert!

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# THE FATHER, THE QUEEN AND THE KING



January 27



Dewan Filharmonik PETRONAS



RM198 / RM268 / RM348 / RM398

Regarded as the Father of the symphony, Haydn's Symphony No. 85 is a delightful work characterised by its elegant melodies and graceful style, making it a favourite of Queen Marie Antoinette hence earning the nickname "La reine". Let Respighi's Ancient Airs and Dances Suite No. 2 transport you back to the Italian Renaissance era through its lush orchestration of ancient lute pieces, and don't miss an extraordinary music treat featuring the King of Instrument's thunderous sounds in Saint-Saëns' roof-raising "Organ" Symphony, a sonic spectacle that builds to a thrilling and memorable finale! Junichi Hirokami conducts.



## **MARK TUAN CONCERT 2024**



January 6



Zepp Kuala Lumpur



RM439

Mark Tuan Concert 2024 Malaysia will take place on the 6 January 2024 at Zepp KL. Part of the GOT7 member's Asian Tour, the talented American rapper-singer-songwriter is expected to perform songs from his studio album 'THE OTHER SIDE' including 'Last Breath', 'My Life', 'Lonely', 'Far Away' and more.



#### PETRONAS MALAYSIA OPEN 2024



January 9 - January 14



Axiata Arena Bukit Jalil



RM32

Petronas Malaysia Open 2024, a HSBC BWF World Tour Super 1000 event, is back again this year from 9 - 14 January 2023 at Axiata Arena KL. Badminton fans in Malaysia, don't miss this chance to watch the world's top 15 men and women's singles players and top 10 pairs across the three doubles disciplines compete at the first stop of the Badminton World Tour live this coming January!



#### **DISNEY IN CONCERT 2024**



January 14



Arena of Stars (Resort World Genting)



RM180

Disney in Concert 2024 (A Dream is a Wish), an orchestral performance of popular Disney soundtracks, will be held on 14 January 2024 at the Arena of Stars, Resort World Genting. This edition features a 46-piece orchestra accompanied by four talented singers who will be performing tunes from famous Disney's animations such as Aladdin, Frozen, The Little Mermaid, Beauty & the Beast and more

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**REELVIEW** 





# **SOCIETY OF THE SNOW**

**JANUARY 4** 

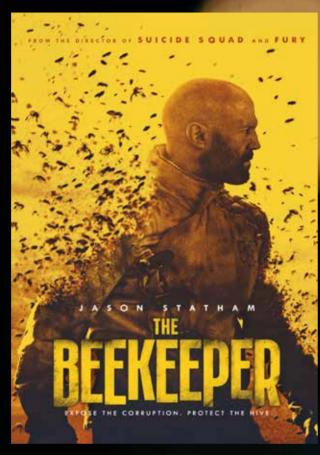
The story of the 1972 Uruguayan air crash in the remote Andes, and the ordeal of the survivors who resorted to cannibalism, is powerfully retold in this movie from Spanish director JA Bayona. It is based on the book of the same name by Uruguayan journalist Pablo Vierci and not (or only indirectly) taken from Piers Paul Read's pioneering 1974 classic Alive: The Story of the Andes Survivors which popularised the idea that their cannibalism had become a kind of mysterious secular Eucharist, eating the blood and body of one's fellow human beings to stave off death, in a profound spirit of fellowship and love.

Genre:

Drama/Tragedy

Cast:

Agustín Pardella , Esteban Kukuriczka , Francisco Romero



# THE BEEKEEPER

**JANUARY 12** 

The Beekeeper is an upcoming American action thriller film directed by David Ayer and written by Kurt Wimmer. Mr. Clay is a former operative of a clandestine organization called "Beekeepers". After his friend and neighbor dies by suicide after falling for a phishing scam, Mr. Clay sets out to exact revenge against the company responsible. [It stars Jason Statham, Emmy Raver-Lampman, Josh Hutcherson, Bobby Naderi, Minnie Driver, Phylicia Rashad and Jeremy

Genre:

Action/Adventure

Cast:

Jason Statham , Josh Hutcherson , Jeremy Irons , Emmy Raver-Lampman , Sophia Feliciano



**EXCLUSIVELY IN CINEMAS JANUARY 17** 

# **MEAN GIRLS**

**JANUARY 17** 

New student Cady Heron gets welcomed into the top of the social food chain by an elite group of popular girls called the Plastics, ruled by the conniving queen bee Regina George. However, when Cady makes the major misstep of falling for Regina's ex-boyfriend, she soon finds herself caught in their crosshairs.

Genre:

Musical/Comedy

Cast:

Jon Hamm , Jenna Fischer , Angourie Rice , Ashley Park , Reneé Rapp , Christopher Briney, Brian Altemus , Connor Ratliff



# MILLER'S GIRL JANUARY 26

A talented young writer (Jenna Ortega) embarks on a creative odyssey when her teacher (Martin Freeman) assigns a project that entangles them both in an increasingly complex web. As lines blur and their lives intertwine, professor and protégé must confront their darkest selves while straining to preserve their individual sense of purpose and the things they hold most dear.

Genre: Horror/Comedy

Cast:

Martin Freeman , Jenna Ortega , Bashir Salahuddin , Gideon Adlon , Dagmara Dominczyk







Paris's Chinatown is bordered by Avenue d'Italie and Avenue d'Ivry. The area is a mini-city of skyscrapers and streets lined with Thai groceries, Vietnamese noodle bars and Chinese tearooms. Chinatown's gift shops are a treasure trove of gaudy decorations, trinkets and figurines, alongside elegant rice bowls, fine teas and tea sets, and good-quality Chinese dresses.



# VANCOUVER

Vancouver's compact Chinatown, dating from 1885, is the biggest in Canada and the third largest in North America (after San Francisco and New York). It stretches for several blocks east from Main Street and its centre is a 10- to 15-minute walk from downtown. On Columbia Street is the Chinese Cultural Centre, which provides a good introduction to the role of the Chinese in western Canada's history. From esoteric Chinese herbs and spices, to jade and silks, there are numerous specialist shops along East Pender and Keefer streets to fascinate even the most shopping-averse.

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# **MELBOURNE**

Cantonese-speaking Chinese immigrants arrived in Melbourne in great numbers during the 1850s, hopeful of making fortunes in the colony they described as "New Gold Mountain." They established an area where they could eat, gamble and smoke opium with their fellow countrymen on Little Bourke Street. The stretch between Swanston and Springs streets is frantically busy on Sundays, when a swathe of restaurants serve yum cha (dim sum). Aside from food, there are also several cool bars in Chinatown that are packed cheek by jowl on weekends. Those keen to find out more about the history of the Chinese in Melbourne can pop into the Chinese Museum on Cohen Place.



The Exchange TRX is a world-class experiential lifestyle destination that sits at the heart of Tun Razak Exchange, Kuala Lumpur's international financial district. With over 400 of the world's leading retailers, The Exchange TRX blends together an immersive retail journey together with the beauty of nature through the 10-acre TRX City Park. Discover retail reimagined at The Exchange TRX.

Nestled within Malaysia's bustling international financial district—Tun Razak Exchange (TRX)—The Exchange TRX is a dynamic, experience-driven lifestyle destination. Boasting a curated selection of over 400 experiential stores and introducing new-to-market brands, it revolves around leisure and entertainment concepts that are meticulously crafted to deliver exclusive retail and leisure encounters.

#### **HOW TO GET THERE**

The Exchange TRX is one of the best connected precincts in the city. With direct connection to the MRT and connections to major key intercity arteries, there are multiple ways to find your way to Kuala Lumpur's new social heart.

#### MRT

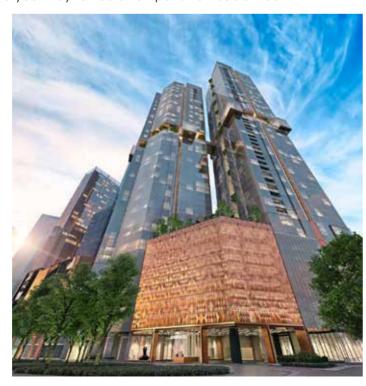
With the only MRT interchange in the city, you can get to The Exchange TRX from wherever you are on either MRT train line. Take the MRT straight to Tun Razak Exchange station and exit through the pedestrian link to get straight through to The Exchange TRX on Concourse level.

#### Drive

Driving to The Exchange TRX is a breeze. With multiple entry points from various key intercity arteries, The Exchange TRX is accessible from Jalan Tun Razak, directly via the SMART Tunnel or straight from MEX and SPE from the elevated roadway.

#### From Jalan Tun Razak

If you are coming from the Bulatan Kampung Pandan direction, you will want to keep left and take the slip road that leads straight to the TRX Tunnel. If you are coming from the Mont Kiara/Damansara direction, as you come along Jalan Tun Razak, remember to keep left and then take a slip road on your right and look out for the 'TRX' tunnel entrance.



#### WHAT TO BUY



#### Le Labo, The Exchange TRX

Le Labo is a luxury fragrance brand known for its niche, artisanal approach to perfumery.

Famous for its niche and artisanal approach to perfumery, Le Labo has gained recognition for its emphasis on individuality and craftsmanship. The company handcrafts each fragrance to create a personalized and exclusive customer experience.



#### Christian Louboutin, The Exchange TRX

Christian Louboutin is a French fashion brand best known for its high-end luxury footwear.

Famous for its signature red-lacquered soles, which have become a distinctive trademark of the brand's shoe designs, French icon Christian Louboutin has been a hallmark of luxury footwear. Now spreading its step into the sneaker world, Christian Louboutin expands its collection of premium shoes with the Astroloubi collection.



#### Diptyque, The Exchange TRX

Founded in 1961 in Paris, Diptyque is renowned for its exquisite fragrances, elegant candles, and artisanal home goods, embodying a harmonious blend of art, craftsmanship, and sensory indulgence

Over the years, Diptyque has expanded its product line to include a wide range of fragrances, scented candles, room sprays, and personal fragrances.



#### Gucci, The Exchange TRX

Gucci is an Italian luxury fashion brand established in 1921. It is well-loved for its high-end and iconic fashion and leather goods, which feature a distinctive style and quality craftsmanship. Celebrated for its iconic double-G logo, luxurious handbags, stylish apparel, and accessories, Gucci is synonymous with opulence, modernity, and a bold aesthetic.

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# WORLD'S BEST ECO LUXE RESORTS

rts of a luxury resort and want to stay eco-consciously? Welcome to the best eco-resorts in the our next trip. This is where eco-resorts come into play. These resorts embody sustainable tourism, working to preserve the environment and often contributing to the local community. Eco-resorts are becoming more popular as travelers care more about the environment and want to explore responsibly.

# PLAYA VIVA, MEXICO

An hour south of Zihuatanejo is Playa Viva, with 19 rooms and an award-winning oceanfront treehouse-style property. The B-Corp Certified resort offers numerous ways to both relax and give back while on the property, including volunteering at its turtle sanctuary. Playa Viva is 100% off-grid, using solar energy and an onsite well for water. The resort uses reforestation to help improve soil quality and water retention. Then it captures carbon in the landscape's soil. Playa Viva supports the community in various ways from offering everything from children's English classes to environmental and recycling projects to spay and neuter clinics for dogs and cats.

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jungle landscape, Keemala's focus on holistic living, organic dining, and wellness contributes to a retreat-like feel and helps preserve an air of tranquility around the property. Methane from waste management is directed into the ground to reduce greenhouse effect gasses. Each villa has its own water treatment system, and the treated water released back into the environment is in line with or exceeds government standards.

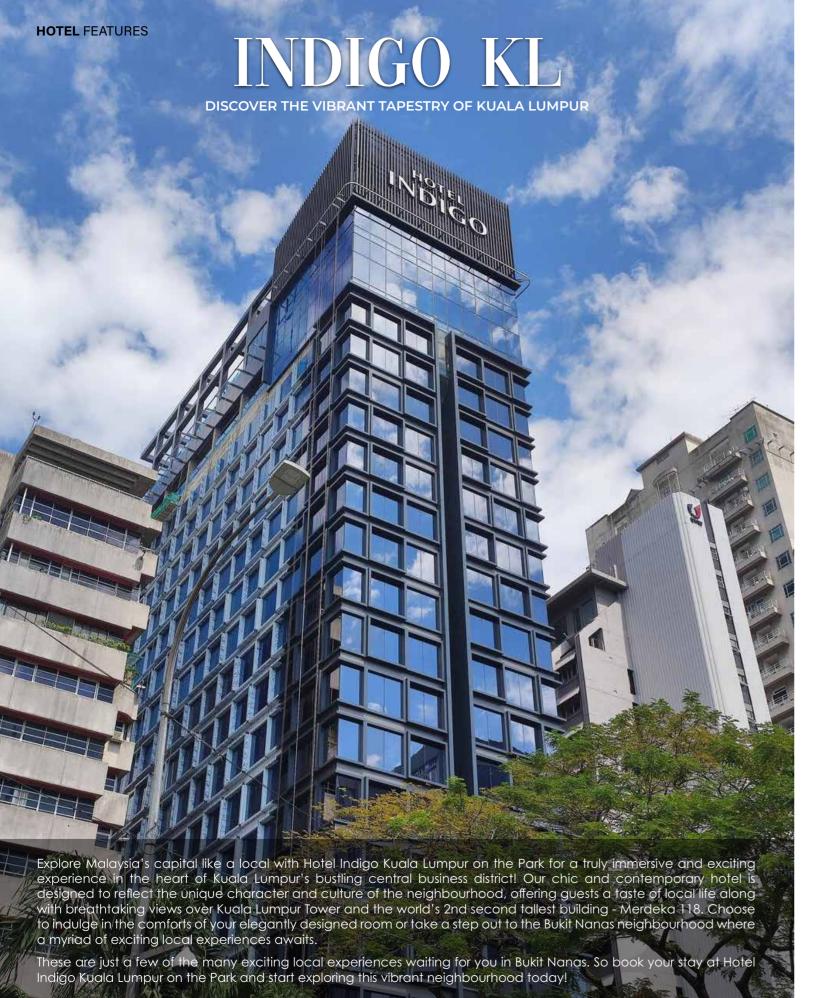
# **TURTLE BAY RESORT, HAWAII**

Located on the North Shore of Oahu, the expansive Turtle Bay Resort is an ideal family hideaway, with many curated activities for little ones. There are also endless activities for adults to enjoy, including award-winning golf and horseback riding. Pools, beaches, and the Nalu Spa are also at your fingertips for those seeking relaxation. Turtle Bay became the first Oahu resort with a solar roof in 2013. In the last 10 years, it has saved the equivalent of 4.3 million pounds of carbon

# LAPA RIOS LODGE, COSTA

Named for the majestic scarlet macaw birds that are found in the rainforest where the resort is situated, Lapa Rios Lodge has won several awards since its 1993 opening. 17 bungalows are a jumping-off pad for rainforest adventures, wildlife encounters, and ocean activities on the Osa Peninsula. 1,000 acres of the Lapa Rios property is a dedicated private nature reserve, providing sanctuary to some of the world's rarest flora and fauna.

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Settle In. Then Set Out

Stay like a local. A cultural hub and historical landmark, Hotel Indigo Kuala Lumpur on the Park reflects the vibrancy of its surroundings. The hotel evokes a sense of sophistication and fun by incorporating a touch of our neighbourhood into every





**Wok Star** 

Offering a mix of traditional and Malaysian dishes, Wok Star will help you Savour modern flavours with a kick, and enjoy mamak style sizzling meals. Perfect for post work relaxation or city explorations.





#### The Silver Monkey

Take a culinary journey to The Silver Monkey, where timeless international fare beckons. With an emphasis on quality produce and impeccable service, you'll enjoy an unforgettable dining experience indoors or a cocktail with friends outdoors. Whether it's succulent steak cuts or a range of international menu items, your taste buds will be delighted.

# PINEAPPLE JAM TARTS

Embodying the auspicious symbol of the Pineapple, our Golden Treasure is packed with 50 pieces our best selling Signature Pineapple Tarts. Wrapped in a reusable cloth "Furoshiki" style, we've got you covered in making a presentable appreciation gift to clients or to bring along during the visiting of family and relatives. This year, we've made some improvements to our signature recipe which we feel brings a perfect balance to the sweetness of this much loved festive snack.



# **ABUNDANT FISH**

Featuring a refreshing burst of tropical flavours - crunchy coconut feuilletine for texture, light coconut chiffon layered with mango & pineapple compote, mango and passionfruit mousse, rounded off with a light coconut cremeux for smooth texture. The Koi Fish symbolizes wealth and prosperity. 年年有余 (nian nian you yu) ~ translates to mean "Yearly Abundance". Our Abundance Koi Entremet | 年年有余 will serve perfectly for sharing at gatherings or as a gift to business associates or clients, sending great wishes of good fortune and abundance.



# PROSPEROUS WISHES CUPCAKES

The perfect gift for Chinese New Year, an out-of-ordinary gift that's sure to put a sweet smile to the receiver of these gorgeous dozen cupcakes. Decorated with auspicious greetings 大吉大利 (dà jí dà lì) - send your blessings of wealth and prosperity to your family, friends, and coworkers in celebration of this Chinese New Year.



# TRADITIONAL PEANUT COOKIES

Peanut Cookies are another familiar face during the Chinese New Year celebrations and it's not hard to see why. They're the perfect size to pop into your mouth and they're sweet, salty and nutty.

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DINING IDEAS

# FOODIE'S GUIDE TO BEST SEAFOOD

HERE ARE SOME DESTINATIONS VOLUSHOLILD VISIT FOR MALAYSIA'S REST KERT SEAFOOD LOCATION



#### **KUALA SELANGOR**

#### Distance from KL: 60 minutes

This may be a list of day trips, but Kuala Selangor is one destination that is best experienced at night. Head over in the evening for an early seafood dinner along the river – take your pick from the many seafood restaurants that line the banks, and order your fill of fresh crab, squid, prawns and clams. Then, come 8pm, make your way to the jetty and hop onto a boat cruise to witness Kuala Selangor's main attraction: beautiful clusters of fireflies that live in the mangroves.



#### **PULAU KETAM**

#### Distance from KL: 45 minutes

Don't jump on the ferry expecting to be greeted with white sands and swaying palm trees – Pulau Ketam is not one of Malaysia's most picturesque islands. The island is mainly mangrove and operates chiefly as a fishing village. Other than the stilted houses that stretch out into the waters, there's not much to see – but the seafood is undeniably fresh and abundant.



#### **SEKINCHAN**

#### Distance from KL: 90 minutes

Sekinchan is known for its lush green paddy rice fields that stretch out as far as the eye can see. Drive out for a serene walk and photo opportunity amongst the rice fields, where if you're lucky you might even spot some herons. Throw a stone and you'll hit a seafood restaurant in Sekinchan, most of them known for their Teochew style of cooking, featuring braised and steamed dishes.



#### **PULAU CAREY**

#### Distance from KL: 70 minutes

Pulau Carey is an island just off Port Klang, carved out of the mainland by the river Sungai Langat. It's best known for its miles of oil palm estate, and for being the native home of indigenous Orang Asli people, the Mah Meri – who are in turn known for their great skill in wood-carving. The Mah Meri Cultural Village is well worth a visit, to witness the people's unique culture and artwork. And when you're ready, drive out for a feast at one of the many seafood restaurants. Settle in for a steamboat meal and cook your own food to really sayour the freshness of the fish.

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**DINING** IDEAS



Originated from Hakata, Fukuoka, Ikkousha Ramen is founded by Mr. Kousuke Yoshimuraha, and has over 40 outlets globally includingly Japan, Singapore, Indonesia, China, Taiwan, Hong Kong, Australia, USA and Canada. Still expanding, and proud that the establishment has finally landed in Malaysia!

Ikkousha Ramen menu is fairly straightforward, where there are 5 types of ramen to choose from – Tonkotsu Special, Tonkotsu Standard, Tonkotsu Black, Tonkotsu God Fire, Tonkotsu Seafood Mentaiko; along with some snacks to accompany your meal.

Ikkousha Ramen uses 3 kinds of shoyu from Fukuoka, a secret recipe of more than 20 kinds of spices, and a blend of five fish mixes, creating a harmonious symphony of flavors that perfectly complements the rich pork bone soup.

When the noodles are served, there are tiny foam on the surface of the broth. It is said that the foam can only be found in authentic tonkotsu ramen made from slow-simmering of pork bones for a long period of time, where umami bubbles up to produce the signature thick and creamy texture of tonkotsu.

Ikkousha's chashu are carefully seasoned and thinly sliced to ensure a perfect balance of taste between ramen & toppings - neither overpowering each other, ahieving a heavenly combination.







A brand-new café heavyweight is set to join the fray at The Exchange TRX, bringing along with it an unmistakable sense of Parisian chic. Join us as we take the wraps off Malaysia's pioneering Cafe Kitsune outlet.

The boutique café and dining concept has debuted at the new Exchange TRX shopping centre in Kuala Lumpur, an increasingly attractive city for international specialty coffee brands.

Maison Kitsuné has a rather unconventional origin story. While the Franco-Japanese brand may have gained global acclaim for its unmistakably laid-back apparel punctuated by endearing notes of mischievous whimsy, it didn't start off selling fuzzy sweaters and fox-print tote bags.

Created in 2002 by Gildas Loaëc and Masaya Kuroki, Kitsuné offers a unique, inspirational Art de Vivre blending a fashion brand (Maison Kitsuné), music label (Kitsuné Musique) and café, roastery, bar and restaurant (Café Kitsuné). Over the last twenty one years, the multi-faceted Paris meets-Tokyo brand has consistently grown and increased its international influence organically, building a loyal fan base all over the world.

The new mall in Kuala Lumpur, The Exchange 106 at Tun Razak Exchange had its grand opening on the 29th of November, 2023. Deemed 'The New Social Heart of Kuala Lumpur', this mall brings lots of new shops with it, some never before seen in Malaysia.

Open daily from 10am to 10pm, Cafe Kitsune is located on the ground floor opposite Muji. It's easy to find and offers a unique experience. The Exchange 106 also hosts new fashion retailers, luxury boutiques, flagship brands, and dining options.





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KUALA LUMPUR'S ENCHANTING ORIENTAL OASIS

# **SUZIE WONG**

Inspired by Hong Kong's east-meets-west culture, this bar has 1950s decor that resembles Hong Kong's famous Lan Kwai Fong. Not only do the interiors exude authentic Chinese culture, they also have performances that were popular back in the 1950s. Amidst the glitz and glam, their Robert Lomax cocktail that contains Pei Pa (traditionally used as a Chinese medicine) is worth the attention too.

Suzie Wong, Wisma Lim Foo Yoong, Jalan Raja Chulan, 50350 Kuala Lumpur, Malaysia,

+6017-226 6480

# OPIUM KL

Come for their hearty Oriental dishes but stay for their cocktails. Opium KL is located on Changkat Bukit Bintang that is accessible via train and car. The cocktails on the menu are their rendition of classic recipes, like the asam boi which is made out of spiced rum, calamansi juice, mint leaves, fresh pineapple juice, ginger flower, laksa leaves, and asam boi.

Opium KL, 50, Changkat Bukit Bintang, Bukit Bintang, 50200 Kuala Lumpur

+603-2142 5670

# PS 150

PS150 is one of the first pioneers to open a Chinese-themed bar. It's a hidden cocktail spot at Petaling Street that's divided into three separate sections: Opium Den, Tiki, and the main bar area where you'll be able to watch the bartenders in action with the Asian decor as a backdrop. Their menu is particularly interesting — not only they do serve Chinese-inspired cocktails but they theme the drinks according to eras, from 1850s to the current year.

PS150, 150 Ground Floor, Jalan Petaling, Kuala Lumpur

+603-7622 8777

# **CRANE KL**

The speakeasy-style bar is the talk of the town with its elegant and oriental interior accompanied by amazing drinks. As you walk in, you will be greeted by antique furniture, old photographs and lanterns that make almost every spot a photo opportunity! Both craft and classic cocktails are available here with the Wrestless Monkey and The Dragon Turns being the favourites! Another cool thing is that you can customise your own gin and tonic by selecting the gin base, garnish and type of tonic finish. It's time to make your way over to this trendy restobar for a good time!

78, Jalan Sultan, City Centre, 50000, Kuala Lumpur

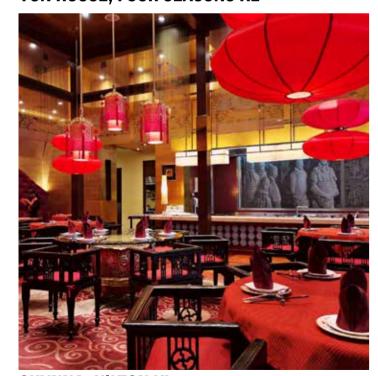
# TOAST TO PROSPERITY!

#### SUMPTUOUS OFFERINGS FROM HOTELS AROUND TOWN

Chinese New Year will fall on Saturday, 10 February 2024 and we will usher in the Year of the Dragon, specifically, Wood Dragon. The family reunion dinner will traditionally be on the eve of the lunar new year (chuxi), which will fall on Friday, 10 February 2024. Whether you are looking forward to a meaningful traditional reunion dinner (tuan nian fan) or to load up on luck with the tossing of yusheng, here is a list of Restaurants for Chinese New Year Reunion Dinner 2024 to book a spot.



YUN HOUSE, FOUR SEASONS KL



**CHYNNA, HILTON KL** 



**GOLDEN PHOENIX, EQ KL** 



SHANG PALACE, SHANGRI LA KL

# CNY'S MUST-HAVE'S

#### TRADITIONAL FOODS THAT CARRIES A MEANING BEHIND EVERY TINY MORSEL ON THE DINING TABLE

The phrase "food for thought" is taken quite literally in the Chinese community, for whom food is tradition, culture and art. And during Chinese New Year, as homes are decked out with vibrant red and gold décor, families are garbed in new clothing, and ang pows are handed out by the dozens, the most important event is the reunion dinner. These feasts help maintain and strengthen familial bonds as people get together to partake of traditional dishes at home or in a restaurant.

Here are some of the more popular delicacies you will find on the table during this occasion.



#### **YEE SANG**

Yee sang is perhaps the ultimate "must-have" dish. It purportedly originated from Seremban and was created by Loke Ching Fatt, a Cantonese immigrant from China in the 1940s.

The flavours and colours of the dish pay homage to the ethnic subgroups of the Chinese communities in Malaysia, including the Cantonese, Hokkien and Teochew.



#### SHRIMI

Shrimp is an auspicious food to have during Chinese New Year. The pronunciation of shrimp is "ha" in Cantonese, which means laughter.



#### STEAMED FISH

It is customary to have steamed fish at the table during any Chinese New Year reunion dinner. The importance of this dish is tied to an old Chinese saying: "Nian nian you yu", which means: "May you have abundance year after year." The Chinese word for prosperity, "yu", also means fish. Fish swim smoothly in water and water signifies money. By eating the fish, it is believed, humans too, can 'swim' in money.



#### **ABALONE**

Abalone is among the more luxurious delicacies that are often savoured during Chinese New Year. The shellfish's name "bau yu" in Cantonese sounds auspicious, indicating an abundance of good fortune.

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# TAKE A LOOK AT YOUR 2024 CHINESE ZODIAC SIGN PREDICTIONS

Chinese astrology divides the signs by vears. It is believed that people born in the same year, share the same traits. Chinese astrology is based on the lunar calendar where each month begins with a New Moon and lasts for approximately 29 days. The year begins in January/February. The date is decided by the LuniSolar Calendar, which is based on the cycles of the moon and the time of solar year, and is generally 21-51 days behind the Gregorian (internationally-used) calendar. The date of Chinese New Year changes every year, but it always falls between 21 January and 20 February – that is the second new moon after the winter solstice. Know what the Chinese zodiac sign predictions for the year 2024.

Chinese New Year or Spring Festival of 2024 falls on 10 February and will last until 24 February. It is the Year of the Wood Dragon. Chinese Astrology places great emphasis on the lunar phase of birth. The Chinese zodiac or shengxiao is calculated on a year-by-year base. This system of divination links a person's temperament with the phase of the Moon at the time of their birth. Chinese people believe that a person's horoscope, personality, and love compatibility are closely associated with his/her Chinese zodiac sign, determined by his/her birth year. Let's see what are the Chinese zodiac sign predictions for 2024.

2024 will be the Year of the Wood Dragon. In Chinese element theory, each zodiac sign is associated with one of five elements: Gold (Metal), Wood, Water, Fire, or Earth, which means that a Wood Dragon comes once in a 60-year cycle. Dragons are a respected symbol in Chinese astrology and are famous for their power, wisdom, and success. The Dragon belongs to the Yang symbol and it is associated with an element of fire. The Wood Dragon year will bring positive changes and opportunities for every individual.

The most favoured zodiacs of 2024 will be – Monkey, Rat, and Rooster followed by Snake, Dragon, and Pig. They can expect a year full of positive transformation, growth, abundance, energy, success, and prosperity. Each zodiac animal represents a unique relationship with the Dragon.





# AIRLINK

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

LANGKAWI INTERNATIONAL AIRPORT, THE GATEWAY TO GETAWAYS

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



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Managing Editor
Zainuddin Mohamed

#### **Editorial & Concept**

Mediate Communications Sdn Bhd airlink@mediate.com.my

#### **Advertising & Production**

Noor Hafiza Ruslan hafiza@malaysiaairports.com.my

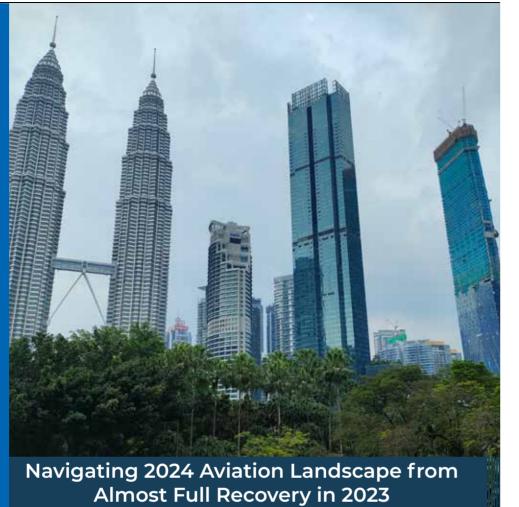
Nurul Farehah Norsam farehahn@malaysiaairports.com.my

**Design & Distribution**Mediate Communications Sdn Bhd

#### MALAYSIA AIRPORTS HOLDINGS BERHAD Reg. No: 199901012192 (487092-W)

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





2023 has been a great year of travel rebound with big aircraft orders by many airlines, including in Asia Pacific (APAC), where the book orders were mostly led by low-cost carriers (LCC).

Leading the pack in this region was IndiGo's record order for 500 aircraft primarily for the Airbus A320 family to be delivered within the next eight years which the Indian LCC announced at the Paris Airshow in June 2023.

This was followed by Air India orders of 470 wide and narrow-body Airbus and Boeing aircraft by its parent company Tata Group to boost its domestic and international market shares.

Overall, aircraft deliveries in 2023 have increased compared to 2022 although the number of those scheduled for delivery has been revised lower due to supply chain issues which created production delays and backlogs from aircraft manufacturers.

However, the International Air Transport Association (IATA) Economic Report entitled 'Global Outlook for Air Transport: A local sweet spot' projects, "The number of new aircraft deliveries will reach 1,777 in 2024 and 2,075 in 2025 according to current schedules – a record in the history of commercial aviation."

Released in December 2023, the semi-annual report describes 2023 as a year where "Air transportation very nearly returned to the pre-pandemic pace of activity, and a year of renewed profitability for the industry".

Expecting all regions to reach or surpass their 2019 air passenger traffic levels in 2023 except for APAC, where full recovery is anticipated in early 2024, it views 2023 to be likely a local sweet spot for the industry as its pace of growth and financial recovery are unlikely to be matched in 2024 and beyond.

With the industry returning to profitability in 2023 three years after the historic loss of nearly US\$140 billion in 2020, the report considers this "a stunning performance and testimony to the industry's resilience, adaptability, and hard work".

In terms of APAC's financial performance, although the region showed remarkable revenue growth in 2023, thanks to the domestic markets of China, India and Australia which recovered at a faster rate compared to the rest of the world, its return to profitability is expected only in the second half of 2024.

Global data provider, OAG, in its roundup of 2023, said APAC performed quite well where seven of the world's top 10 busiest international routes and nine of the top 10 busiest domestic routes came from here although the region was lagging behind Europe and the United States in opening up after the COVID-19 pandemic.

The Kuala Lumpur (KUL)-Singapore (SIN) sector emerged as the world's 2023 busiest international airline route with 4.9 million scheduled seats, 50% up from 2022.

This international route in APAC, which also made it in the top 10 list in 2022 but in fifth position, is currently served by seven carriers, led by Air Asia taking up 30% of the market's capacity.

#### Southeast Asia's December 2023 performance

Zooming into Southeast Asia (SEA), OAG estimated its total capacity in December 2023 at 38.6 million seats, which was still 18% below December 2019 but 15% higher than December 2022.

The domestic capacity accounted for 58% of all seats although international capacity is recovering.

Populous Indonesia led with 11.4 million seats, taking up 30% of the region's capacity followed by Thailand, Vietnam and Malaysia, whose capacity grew the most by 16% in December compared to the previous month.

Singapore continued to be SEA's key hub, with KUL to SIN route remaining the busiest, recording 419,000 seats in December - 5% more daily seats than in November.

OAG also listed SEA's top three airports by international seats for December as Singapore's Changi Airport (SIN), KL International Airport (KUL) and Bangkok's Suvarnabhumi Airport (BKK) with 282 million, 253 million and 249 million seats respectively.

The region's top airlines by seats were Indonesia's Lion Air with 3.2 million seats but still lower than in 2019 while Air Asia reclaimed its position as number two, adding the most numbers of seats (333,000) in December.

According to an earlier news report from CAPA Centre for Aviation Fleet database, Lion Air has 425 aircraft on order to serve the market followed by Air Asia Group's 362 orders for the 232-seat Airbus A321neo for delivery up to 2035.

As for the total global capacity for 2023, OAG expects it to finish at 5.5 billion. Although great strides were made, the figure is 3.7% down from 2019.

#### Revised Projections for Malaysia

Malaysia has achieved an impressive connectivity score of 79.7 in the first three quarters of 2023 to retain its position as the fifth most connected country among the Association of Southeast Asian Nations (ASEAN).

Malaysian Aviation Commission (Mavcom) said the KL International Airport Terminal 1 upheld its position as the region's third most connected airport after Changi Airport and Suvarnabhumi Airport.



The commission granted a total of 173 additional air traffic rights (ATRs) during the first nine months of 2023, of which 129 ATRs are for international destinations and the rest for domestic.

Securing the most international ATRs were Batik Air Malaysia (35) followed by Air Asia (30) and Malaysia Airlines (18).



In terms of regional distribution, ASEAN received the largest share with 48 ATRs followed by Asia (30) with routes to Bangladesh, Hong Kong, Japan, Macau, Maldives, South Korea, Sri Lanka, Taiwan and Uzbekistan.

Responding to robust growth in passenger traffic in 2023, Mavcom revised upwards its earlier projections of 84.5 million to 86.5 million passengers.

According to its newly released 14th edition Industry Report 'Waypoint', it anticipates total passengers to range from 93.9 million to 107.1 million.

Meanwhile, improved flight connectivity and the potential increase in tourist arrivals from China and India have also led Tourism Malaysia to revise recently its earlier forecast of 16.1 million for 2023 to 19.1 million.

This followed Malaysia's announcement of allowing 30-day visa-free entry for Chinese and Indian citizens starting December 1, 2023.

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Virgin Atlantic's historic Flight100 using 100% Sustainable Aviation Fuel (SAF), which took off from London's Heathrow Airport to New York's John F Kennedy International Airport on 28 November 2023, signals the significant role SAF will play as a mid-term viable solution in the decarbonisation of long-haul aviation leading towards net zero carbon emissions by 2050.

Its Flight100 also demonstrated SAF's capability as a safe drop-in replacement for fossil-derived jet fuel. Compatible with today's engines, airframes and fuel infrastructure, the fuel is made from waste products. Inspiring the next generation of solutions, it can provide carbon dioxide lifecycle emissions savings of up to 70%.

Sir Richard Branson, Founder of Virgin Atlantic said, "Virgin Atlantic has been challenging the status quo and pushing the aviation industry to never settle and do better since 1984. Fast forward nearly 40 years, that pioneering spirit continues to be Virgin Atlantic's beating heart as it pushes the boundaries from carbon fibre aircraft and fleet upgrades to sustainable fuels."

Operating one of the youngest and most fuel-efficient fleets in the sky, Flight 100 builds on the airline's 15-year track record for leading SAF's development at scale.

Shai Weiss, Chief Executive Officer of Virgin Atlantic said, "We are proud to have reached this important milestone but we need to push further.

There is simply not enough SAF and it is clear that to reach production at scale, we need to see significantly more investment.

"This will only happen when regulatory certainty and price support mechanisms backed by government are

in place. Flight100 proves that if you make it, we will fly it."

This milestone marked a year of collaboration by a Virgin Atlantic-led consortium that included Boeing, Rolls-Royce plc, Imperial College London, University of Sheffield, ICF and Rocky Mountain Institute in partnership with the United Kingdom's Department for Transport. AirBP and Virent are among the consortium's preferred SAF suppliers.



Sheila Remes, Boeing's Vice President of Environmental Sustainability said Virgin Atlantic and Boeing completed the first commercial SAF test flight on a 747 in 2008 and now on Flight100, it is using a 787 Dreamliner.

This represents a key step towards its commitment to deliver 100% SAF-compatible airplanes by 2030.

Meanwhile, Simon Burr, Group Director of Engineering, Technology & Safety of Rolls-Royce is proud that its Trent 1000 engines powered the first widebody flight using 100% SAF.

For more information, visit www.virginatlantic.com



A ward-winning Emirates has swept five accolades at the 30th anniversary of the 2023 World Travel Awards (WTA), including being named the World's Leading Airline for the Middle East for the third consecutive year.

The United Arab Emirates' (UAE) flag carrier also scooped top honours as the leading airline for the Inflight Entertainment, Brand and First Class categories. Its Emirates Skywards was also crowned the World's Leading Rewards Programme for the last 10 out of the 12 WTA ceremonies.

Delivering on its brand promise to 'Fly Better', Emirates is investing US\$\$2 billion to elevate its inflight experience, reimagined its food and beverage offerings such as introducing unlimited caviar in First Class as well as having curated vegan and special cinema menus.



Emirates provides 6,500 channels of ice on-demand entertainment in every class, including exclusive interviews. Additionally, its Premium Economy cabin upgrade is underway with 22 A380s sporting refreshed interiors.

For 2024, Emirates passengers can expect to see exciting developments on ice from new content partnerships to next-generation inflight entertainment systems that offer memorable cinematic and personalised passenger experiences on its incoming 50 Airbus A350 aircraft.

Emirates has been widely recognised for its industry leadership across a broad range of categories, including its recent double win for Best Airline in the World and Best Airline in the Middle East at the 2023 ULTRAs which was voted by global travellers. It also won Transport & Logistics Company of the year at the Gulf Business Awards 2023.

Meanwhile, Emirates passengers flying to or through Dubai can enjoy exclusive discounts with the return of its popular My Emirates Winter Pass. They can use their boarding pass at restaurants, luxury spas, branded stores, private pools, beaches and big family attractions such as At The Top Burj Khalifa, Aquaventure waterparks at Atlantis The Palm and IMG Worlds of Adventure until 31 March 2024.

Passengers who checked in online and downloaded their mobile boarding pass to the Emirates App or Wallet are advised to screenshot it to present at participating venues as the boarding pass will disappear from the applications after they land

For more information, visit www.emirates.com

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**AVIATION NEWS AIRLINK AIRLINK** AVIATION NEWS



#### flydubai's Plans for US\$190 Million Maintenance. **Repair and Overhaul Facility**

ubai-based flydubai plans to have a state-of-the-art purpose-built US\$190 million Maintenance, Repair, and Overhaul (MRO) facility in Dubai South by 2026. Construction of its new hangar and workshop, to commence in 2024, is expected to be completed by the last quarter of 2026.

flydubai signed the agreement during the recent Dubai Airshow with the Mohammed bin Rashid Aerospace Hub, a free-zone destination for the world's leading airlines, private jet companies, MROs and associated industries. It is also home to maintenance centres as well as training and education campuses.

His Highness Sheikh Ahmed Saeed Al Maktoum, flydubai Chairman believes this milestone reaffirms the airline's commitment to operational excellence in Dubai South's dynamic ecosystem. It will provide flydubai greater control over its maintenance requirements as it grows its fleet and capabilities.

The airline has the CAR-145 Base Maintenance Approval from the General Civil Aviation Authority, which enabled it to perform C Checks and Entry-into-Service for its Boeing 737 MAX aircraft, thus bringing added operational and cost efficiencies.

flydubai will have more than 230 engineers join over the next 12 months its existing team of 455 skilled engineers who are responsible for ensuring the airworthiness and safety of its fleet.

His Excellency Khalifa Al Zaffin, Chief Executive Officer (CEO) of Dubai Aviation City Cooperation and Dubai South expects flydubai's new facility to contribute to the aviation industry's growth and sustainability while reaffirming Dubai's position as a global aviation hub and reinforcing its shared vision of providing world-class aviation services to its partners.

Concurring with him, Ghaith Al Ghaith, flydubai CEO remarked, "The spirit of Dubai is in our DNA and we are proud to announce today the plans for our MRO facility which represents a new chapter in our journey."

Mick Hills, flydubai Chief Operating Officer said, "Having our own MRO facility will ensure a quicker turnaround of our fleet maintenance while adhering to the highest quality standards.

"This increased level of control will result in reduced downtime as maintenance tasks can be efficiently planned and executed, minimising any disruption to our flight schedules in the future and enhancing overall operational reliability."

flydubai currently operates a young and efficient fleet of 80 Boeing 737 aircraft and will take delivery of more than 150 additional aircraft by 2030.



At the Dubai Airshow, flydubai also announced its commitment to purchase 30 Boeing 787-9 Dreamliners valued at US\$11 billion as part of its fleet diversification with the introduction of these highly fuel-efficient widebody aircraft. This is the airline's fourth aircraft order since it was founded in 2008.

For more information, visit www.flydubai.com



#### **Turkish Airlines' Strategic Collaborations** with Riyadh Air and Vietnam Airlines

Turkish Airlines has signed a memorandum of understanding (MoU) with Saudi Arabia's second flag carrier, Riyadh Air at the recent ICAO Air Services Negotiation Event 2023 whereby passengers of both airlines will enjoy the convenience of a comprehensive interline and codeshare agreement.

Signed by Levent Konukcu, Turkish Airlines Chief Investment and Technology Officer and Tony Douglas, Riyadh Air Chief Executive Officer (CEO), the agreement will expand the global reach of both airlines and offer more seamless travel options.

Turkiye's national flag carrier also recently signed a letter of intent with Vietnam Airlines on behalf of its air cargo brand, Turkish Cargo, in Ankara, which was attended by Türkiye Vice President Cevdet Yılmaz and Vietnamese Prime Minister Pham Minh Chinh.

Turkish Airlines CEO Bilal Ekşi said its efforts to increase its presence in Asia, one of its most important markets, will continue unabated, adding that their collaboration, currently focused on Turkish Cargo, will be developed in different categories in the future that would be mutually beneficial to both countries and flag carriers.



Turkish Airlines will benefit from expanding the scale of its transportation network to previously limited areas such as Oceania, Northeast Asia by taking advantage of Vietnam's central geographical location as a transit point. We hope this cooperation will facilitate Vietnam to become a leading logistics centre in the Asia Pacific region.

DANG NGOC HOA "

Chairman of the Board of Directors of Vietnam Airlines

For more information, call +603-2053 1899 or visit www.turkishairlines.com

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#### AirAsia X to Fly Direct to Almaty

dedium-haul airline, AirAsia X (AAX), will be spreading its wings to Central Asia when it commences direct four-times weekly flights to Almaty, the commercial and cultural hub of Kazakhstan on 14 March 2024.

Using the Airbus A330-300 aircraft, AAX Chief Executive Officer Benyamin Ismail said Kazakhstan will be an entirely new market for the low-cost carrier.

This strategic route will not only bring other parts of the world closer to Southeast Asia but will also foster significant trade, commerce and education interchange.

AAX recently announced a slightly higher net profit of RM5.6 million as its revenue rose to RM648.4 million for the third quarter ended September 30, 2023 compared to RM512.9 million in the previous quarter.

After posting five consecutive quarterly net profit and fulfilling other conditions, AAX was uplifted from its PN17 status in November.

PN17, which stands for Practice Note 17/2005, is issued by Bursa Malaysia Securities Berhad to public-listed companies that face financial difficulties.

AAX's PN17 upliftment after more than two years marked a significant milestone for the airline, which was established in 2007.

With a fleet size of 18 aircraft, the airline is confident of maximising the market's upside during the peak yearend travel season in the fourth quarter of 2023 (4Q23).

Benyamin said AAX Group's recovery strategy is on track with the airline posting a healthy cash position of RM119.6 million and stellar operational performance for the 3Q23.

AAX's seat capacity arew nine times to over one million seats while the passengers carried rose over 10 times to more than 807,000 passengers.

Additionally, AAX expects to register a share of profits from its associate, AirAsia X Thailand, by 4Q23 after concluding the latter's rehabilitation.

To ensure commercial viability in a challenging post-COVID-19 pandemic environment, AAX recently announced its withdrawal from the New Zealand market, suspending its Auckland (AKL) to Sydney (SYD) and AKL to Kuala Lumpur (KUL) services from February 2, 2024 due to weakened demand.

While its AKL-Gold Coast (OOL)-KUL services starting from February 3 have also been suspended due to lower-than-expected demand, AAX assured customers that its SYD, Melbourne and Perth routes from Australia to KUL would continue as normal.

Meanwhile, its OOL to KUL services have been adjusted to meet seasonal demand for 2024 with its new flights scheduled from January 3 to February 28, March 29 to April 21, June 21 to July 14 and December 1 to 29.

For more information, visit www.airasiax.com

hilippine Airlines (PAL) and Singapore Airlines (SIA) newly signed a codeshare partnership agreement that will allow both to enhance flight options for their customers travelling to domestic and international destinations via their respective hubs.

PAL will progressively be rolling out its codeshare on SIA's flights to six cities. namely Copenhagen, Frankfurt, Milan, Paris, Rome and Zurich in Europe while SIA will codeshare on PAL's flights from Manila to 27 destinations within the Philippines.

codeshare The services Copenhagen and Milan represent a historical milestone as it is the first air link to the Danish capital and the Italian commercial hub by a Philippine carrier.

PAL is making a comeback via its codeshare services to Frankfurt, Paris, Rome and Zurich, which the flag carrier previously served in the 1980s and 1990s.

Both airlines will also explore an expanded codeshare agreement to include SIA's flights to additional points in Europe as well as destinations in Australia, India, New Zealand and South Africa.

Inited Airlines (UA) has become the Ulargest carrier across both Atlantic and Pacific following the recent launch of its international winter schedule for 2023 which saw 50 additional daily flights compared to last winter.

The largest ever in UA's history, the US carrier's winter flights expansion covered more than 110 international destinations. Besides offering direct year-round service to Dubai, Geneva, Edinburgh, Berlin and Amman, UA was also the first US carrier to fly directly from San Francisco to Manila on October 29, 2023 and later to Christchurch on December 8.

To meet the surge in Asia Pacific travel demand, UA expanded its network for this region larger than pre-COVID-19 pandemic level with new flights to Paris service. Auckland, Brisbane and Hong Kong.

Its Los Angeles hub is now connected to both of Tokyo's international airports with the resumption of its daily direct service to Tokyo/Narita on October 28, 2023. UA recently applied to the US Department of Transportation for daily



Captain Stanley K Ng, President and Chief Operating Officer (CEO) of PAL said, "The partnership is the product of a strengthened relationship with our fellow Association of Southeast Asian Nations mainline carrier and an enduring commitment to expanding our presence in Singapore, a top PAL destination that we have been serving for 58 years and counting."

Goh Choon Phong, SIA CEO said the agreement will support the growing demand for both business and leisure travel between the two countries and beyond that to its key markets worldwide.

For more information, visit www.philippineairlines.com



direct flights between Houston's Bush Intercontinental Airport and Tokyo's Haneda Airport.

The airline also rebuilt its network in China by increasing its service to Shanghai with daily flights from San Francisco and resuming its daily San Francisco-Beijing service.

With transatlantic demand remaining at a historic high, UA extended some of its popular seasonal winter routes such as Washington-Dulles to Rome through January 8, including its second daily New York/Newark to

For its summer schedule 2024 starting in June, UA is expecting its network across the Pacific to grow more than 30% with direct service to 15 destinations, including between San Francisco and Manila as well as San Francisco and Beijing.

UA is the world's largest airline as measured by available seat miles.

For more information, visit www.united.com



The recent codeshare gareement between Emirates (EK) and Batik Air Malaysia (OD), which operates via the KL International Airport (KUL) allows passengers from the United Arab Emirates flag carrier to access five Malaysian cities - Penang, Kuching, Kota Kinabalu, Langkawi, Johor Bahru and three regional Southeast Asia points, Denpasar, Jakarta and Singapore.

All this is done seamlessly using a single ticket and convenient bagaage policy.

We are pleased with the partnership, which has the potential to strengthen Malaysia's role as a prime gateway to the region. We hope to see an increase in KUL's traffic, especially to facilitate connectivity to regional destinations.

#### **ANTHONY LOKE**

Transport Minister

Present at the launch from EK were its Senior Vice President of Commercial Operations (Far East), Orhan Abbas: Senior Vice President Revenue Optimisation and Airline Partnerships, Anand Lakshminarayanan and Country Manager in Malaysia, Saeed Mubarak. OD was represented by its Group Strategic Director, Datuk Chandran Rama Muthy.

Considering Malaysia as an important market in its Far East network, Orhan Abbas said, "Through this partnership, we will further expand our network reach to more than 1,490 cities worldwide." Emirates, which has been flying to Malaysia since 1996, operates 21 weekly flights to KUL using a mix of Boeing 777 and Airbus A380 aircraft."

OD also had a roadshow in Hanoi (HAN) and Danana (DAD) before 2023 ended where it joined forces with Tourism Malaysia Vietnam to woo more Vietnamese arrivals into Malaysia, Additionally, 2023 marked the 50th anniversary of diplomatic ties between Malaysia and Vietnam.

As of September 2023, Malaysia has 272,852 arrivals from Vietnam, which is one of its top generating tourist markets. There are currently 150 direct flights weekly from Vietnam to Malaysia with OD operating flights from HAN and DAD to KUL using the Boeing 737-8 aircraft.

Parties involved in the roadshow included Nor Hayati Zainuddin, Director of Tourism Malaysia Vietnam, Suresh Vanan, OD Head of Communications and Promotions (South Asia) and representative from its General Sales Agent in Vietnam, Nauyen Đuc Khánh, General Director of Tay Ho Trading Travel Company.



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

The Ethiopian Airlines (ET) Group has signed deals with aviation's big names such as Boeing, Airbus and Rolls-Royce for aircraft purchase and engine total care service at the recent Dubai Airshow to achieve its strategic goal by 2035 to become one of the world's top 20 most competitive and leading aviation groups.

ET has agreed to order 11 Boeing 787 Dreamliner and 20 737 MAX airplanes with an opportunity for 15 and 21 additional jets respectively from the American manufacturer, Boeina Company, making it a total order of 67 aircraft.

The airline has also committed to buy 11 additional Airbus A350-900s with six more purchase rights. The two deals for its 84 aircraft purchase are worth US\$23 billion at list price.

ET Group Chief Executive Officer Mesfin Tasew said, "The Boeing 787-9, 737-8 and the Airbus A350-900 aircraft models have been in our fleet for several years now. They have demonstrated the highest level of passenger comfort, operational reliability and reduced operational cost.

▲ alaysia Airports (Sepang) Sdn Bhd has collaborated with three airport lounge operators with the recent debut of a premium bus shuttle transfer service to ensure a smooth airport experience exclusively for their first and business-class passengers departing from KL International Airport (KLIA) Terminal 1.

They are namely the Golden Lounge operated by Malaysia Airlines, Plaza Premium Lounge managed by Plaza Premium Group and SSP Malaysia, which manages the Global Club Lounge and Travel Club Lounge.

Started in November 2023, the transfer service provides a dedicated premium shuttle lounge that offer coffee and tea facilities as well as comfortable sofas for passengers to relax in before boarding the bus.

The lounge is located next to International Departure Gate G1 of the KLIA's Main Terminal Building where the 18-seater premium bus, customised with spacious seats, operates 24 hours daily to ensure regular transfers.

The bus does not have to wait for it to



"This order is consistent with our long-term fleet renewal and expansion plan. As a customer focused airline, we are particularly excited to boost our fleet with these ultra-modern airplanes that ensure a convenient and memorable onboard experience for our esteemed passengers while being environmentally friendly with reduced carbon footprint."

ET also signed a memorandum of understanding with Rolls-Royce for a comprehensive total care service agreement for 22 Trent XWB-84 engines that exclusively power the Airbus A350-900 aircraft. It currently operates more than 140 young and ultra-modern aircraft to 133 destinations across Africa, Europe, the Middle East, Asia and the Americas.

For more information, call 03-2022 0168 or visit www.ethiopianairlines.com



be filled up completely with passengers before departing for Gate C of the Satellite Building. Additionally at the Immigration, these first and business class passengers have access to a dedicated lane.

AVIATION INTERVIEW AIRLINK AVIATION INTERVIEW

# **UPCLOSE WITH NOOR AHMAD HAMID**

Chief Executive Officer of Pacific Asia Travel Association (PATA)



Tasked with bringing stability to PATA following the challenges brought about by the COVID-19 pandemic, Noor Ahmad Hamid, 60, who took on his current position on October 1, 2023 for a three-year term is the first Malaysian to do so. The former Chief Operating Officer of Malaysia Convention and Exhibition Bureau has over 35 years of experience to drive this 72-year-old association based in Bangkok, Thailand into a new era.

# Please share with us the pivotal role played by associations such as PATA in business events and the tourism sector.

Touted as the voice of Asia Pacific, PATA represents the trade sector of the travel and tourism industry focusing on fostering collaboration, advocacy, knowledge sharing, and promoting responsible and sustainable practices to, from and within the Asia Pacific region. Through our very own and our members' activities, the association provides a platform for inter-sectorial and inter-regional networking besides facilitating partnerships and cooperation.

PATA also addresses industry challenges, thus contributing to the overall growth and development of both business events and tourism. We believe business events are an important segment within the travel and tourism industry as both share similar interests to advance and benefit

the community at large. In addition, as custodian of international tourism arrivals data for the region, PATA has always been very strong in providing actual and forecast travel and tourism data for its members to form policies and strategic plans.

# How different are the challenges facing the travel and tourism industry today?

They are unprecedented, diverse and much more complex than four or five decades ago. As we come out from the huge disruptions caused by the COVID-19 pandemic, many challenges continue to plague this high-risk industry. Some of the key ones are from within us such as the rapid development of technology which the industry must be fast to adapt.

The ever-evolving consumer behaviour and needs make it challenging for destinations and suppliers to adjust to individual preferences and market demands. We must therefore be steadfast to face the out-of-industry challenges such as the impact of climate change, geopolitical and economic uncertainties, which have enormous bearings on the industry's growth or decline. PATA will continue to play an integral role to help the industry reset in the rapidly changing landscape through collaboration, innovation and diversification.

# What are your immediate action plans in 2024 to spur the desired growth for 2025, especially in Asia Pacific?

One of them is to strengthen PATA by working closely with the Executive Boards, Board of Directors (BoD) and secretariat team in our Bangkok Head Office. We need to review and focus on key areas to stabilise the association and plan for its strategic growth. Engaging with our members will be crucial as they are the holders of knowledge and expertise of the industry. It is our fervent hope to provide the platform for them to be the voice for the region when it comes to travel and tourism.

Secondly, we plan to successfully stage in 2024 PATA's two flagship events for our members and industry leaders to discuss trends, share insights, and foster collaboration during this post-pandemic period. The PATA Annual Summit is normally held in spring. Hosted by the Macao Government Tourism Office with the support of SJM Resorts, S.A., it will be held from May 15 to 17 at the Grand Lisboa Palace Resort Macau under the theme 'Redefining Tourism' while the fall date for PATA Travel Mart will be from October 1-4.

# What can national tourist organisations (NTOs) and destination marketing organisations (DMOs) do to manage tourists' expectations and demands better with the changing landscape?

Some of these NTOs and DMOs need to balance the marketing and promotion of their tourism products, activities and funding with destination management.

This means looking at tourism developmental projects, infrastructure and superstructure tourism facilities, activities and events that can potentially portray the destination's cultural and heritage values while at the same time managing the tourists' demanding expectations.

Ensuring a seamless travel experience for tourists from easy arrival to airport, port or border clearances, and a good public transportation network, we are mindful of sustainable travel best practices, green initiatives, appreciation of local culture and other important aspects of travel. As such, destination management should be collaborative involving all the stakeholders within the industry, public and private sectors included.

# How can integrated destination facilitation (IDF) be made more effective?

In the complex world that we live in today, tourism should go beyond just an agency but should also involve all parties within the destination. The IDF concept has been well coordinated and developed organically in some destinations. It is vital to link public agencies (such as customs, immigration, police, public safety, local transportation networks, culture, heritage, finance, agriculture, science and technology) to the private sector (like hotel owners and managers, travel companies, start-ups, airlines, banking, payment gateways, insurance, media and social media platforms) within the tourism sector.

A destination that understands the importance of tourism to the economy and community will be able to plan to serve tourists better with an integrated approach and facilitate their stay to a seamless and memorable visit. Such IDF can be aligned with the United Nations' Sustainable Development Goals (UNSDGs) along with local aspirations to ensure the destination benefits from inter-cultural exchanges with tourists.

# The travel recovery also brings about overcrowding of tourist destinations, which impact sustainability. How does PATA hope to balance that?

Overcrowding is a major issue faced by tourism where the solution must come from both suppliers and end-users. To find the right balance, education and awareness campaigns are crucial. PATA strongly advocates following the guiding principle of the UNSDGs pillars of People, Planet, Prosperity, Peace, and Partnership.

When the destination and tourists form a partnership, only then can over tourism be reduced significantly and the disbursement of tourists to other less crowded destinations be planned cohesively. PATA thus calls for a sustainable destination management strategy, including carrying capacity assessments, community involvement, and the promotion of less-visited attractions to distribute tourism impact more evenly.

# How can airline punctuality or on-time performance (OTP) be improved for passengers as the travel industry recovers?

PATA calls on not only the airlines but also all stakeholders,

including governments, airports, aviation authorities, food and beverage companies and other relevant agencies with direct or indirect involvement to provide punctuality aspects of the travel segment. Introducing advanced technologies, optimising scheduling, and investing in infrastructure improvements can contribute to enhanced OTP for passengers' benefit and at the same time build better customers' experience.

#### How do you hope to rebuild PATA membership postpandemic?

Reflecting resilience and adaptability, our membership is seeing the return of members who have dropped out during the headwinds and the inclusion of new companies entering the industry post-pandemic. PATA remains positive we will be able to stabilise the association as there is a strong demand by the industry to be part of our community. Our focus is to continue delivering membership engagement to existing members and bring other key tourism players into the mix.

We plan to grow our membership by at least 20% in 2024 and are working on a comprehensive plan for the coming years. We are rebuilding more interaction and engagement within the community through innovative events and activities. There is a strong need to reconnect and restore professional network within the industry, especially post-pandemic. We have started some small gatherings, which have proven to be very encouraging.

#### Digitalisation and technology are key to PATA's growth. How are you mobilising them moving forward?

PATA has consistently been investing in digitalisation and will continue to do so to serve our members and community better. The PATA secretariat team will be trained to meet the demands of technological advancement and we are here to learn from some of the best companies who are our members. By early January 2024, we will relaunch the PATA Digital Membership Directory to improve communications with our members. The digitalisation within PATA will also cover every aspect of our daily work from events to research, communications and management.

#### What does PATA wish to impart to the future generation?

We have always engaged very closely with the next gen. One of our most active membership categories is Education, comprising universities and academic institutions that offer tourism and hospitality courses from around the world. PATA has currently over 60 universities as members.

We provide opportunities for undergraduates to be involved at the global level and have their say within the industry. In most of our events, specific programmes are formatted for the GenZ so as they can be at the forefront. We continue to provide on-the-job training to the younger generations not only at the PATA Head Office via a special project, PATA Protégé, but also link the undergraduates with our members for industry training opportunities. For many years, we have allocated a seat on the BoD for the future generation to be represented.

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# HOT PICKS BEAUTY

HERE ARE SOME OF THE ROUNDUP OF THE HOTTEST BEAUTY PRODUCTS THAT ARE NOW AVAILABLE IN THE CITY!



LUXE FASHION & BEAUTY

# **FASHION NEWS**

NEW YEAR, NEW WARDROBE

The best 2024 fashion trends are already taking shape, thanks to the spring runway shows and some boundary-pushing red carpet style—and just when we were starting to get tired of our current wardrobes, anyway.

Wondering what else will hit next year? Glamour magazine compiled the biggest fashion trends to expect in 2024, ahead.



# **GIRLCORE**

Everything is currently covered in bows, and we're certain that they're going to get even more popular as 2024 fashion trends take shape. We also saw countless rosettes, ribbons, and ruffles on the spring runways, meaning we're in for a year of feminine, girlish fashion. Let's call it what it is: girlcore.





# **SEQUINED EVERYTHING**

Another repeated motif on the 2024 runways has been high shine—especially sequins. Once relegated to New Year's Eve outfits, paillettes are now showing up in looks destined both for the dance floor and the office. Why not make this your flashiest year yet?







# PREP SCHOOL

Miu Miu's spring runway was like a new episode of Gossip Girl (or a peek at the students who were actually having fun in Saltburn), and tons of other brands featured models done up in preppy, athletic styling. In the new year, we're excited to play with that relaxed, moneyed aesthetic by stocking up on striped button-downs, polo shirts, academic blazers, and outdoorsy sandals.





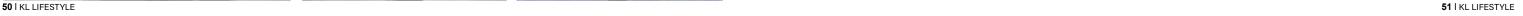
# **NON-BASIC BASICS**

Thanks to the coffee-table book CBK: Carolyn Bessette-Kennedy: A Life in Fashion, the late style icon's look is on inspiration boards all over again. "I believe we will move into an '80s-'90s look somewhat adjacent to quiet luxury," predicts Walton. "Someone who dressed in a very simplistic and chic manner such as Carolyn Bessette-Kennedy will continue to be a big inspiration. I also think that restraint will become more and more alluring."









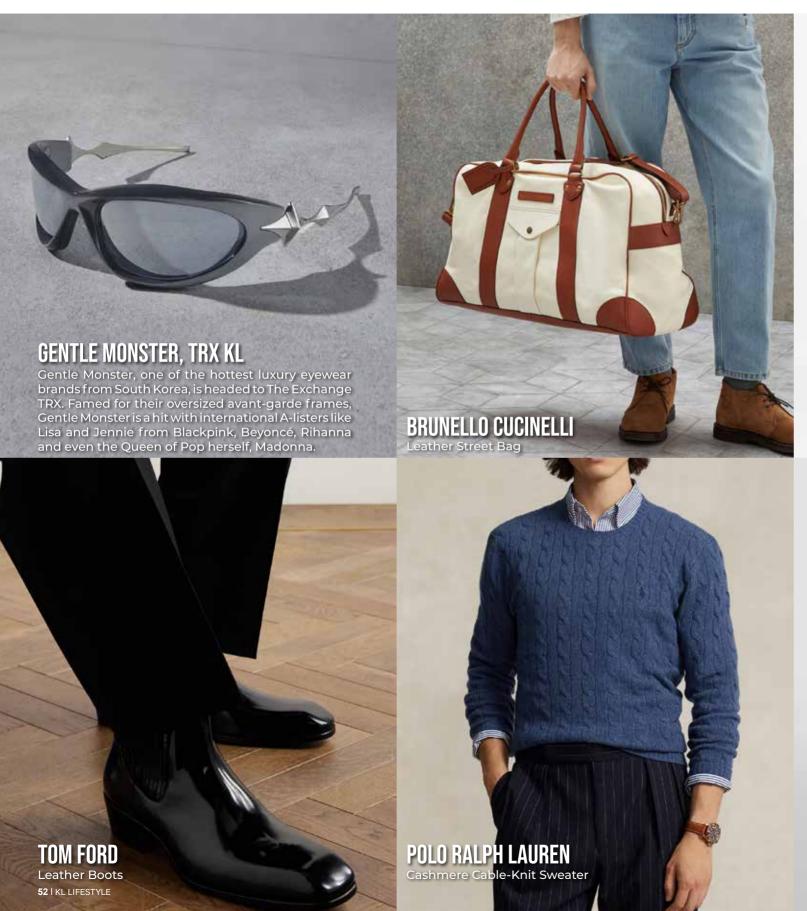
**LUXE FASHION & BEAUTY** 

# LUXE My KL lifestyle

# HOTPICKS MEN

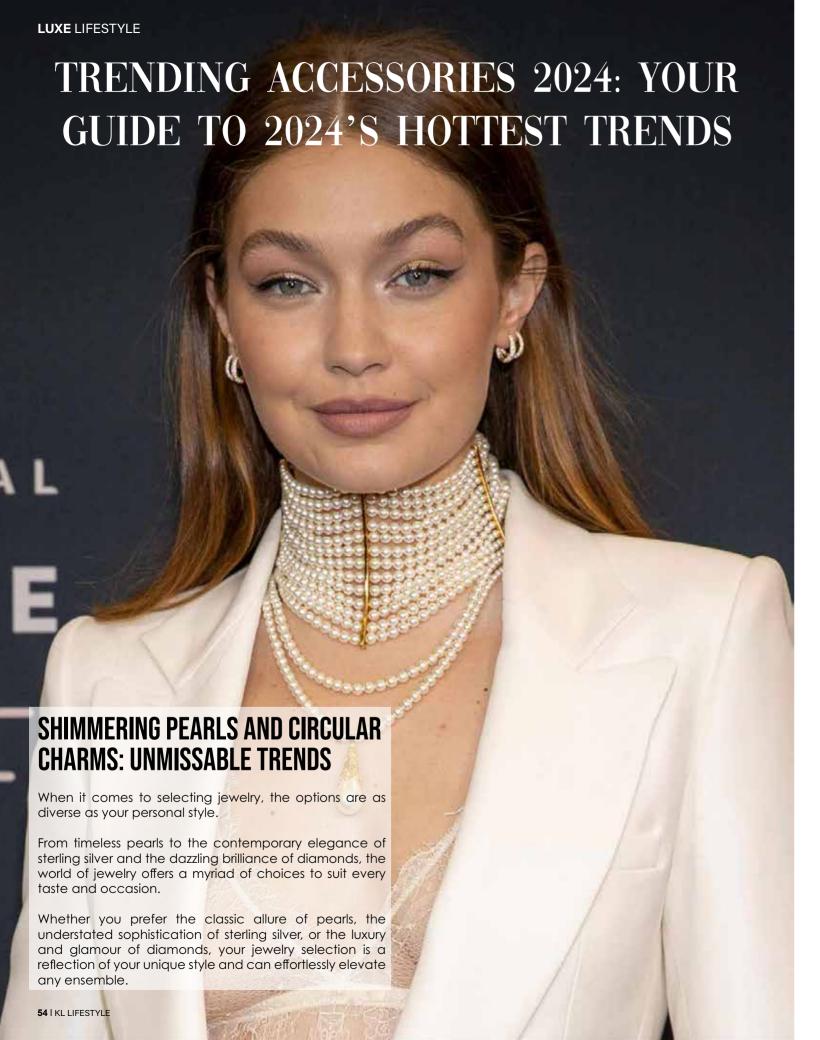
TOP TRENDS FOR STYLISH GENTS: HOTPICKS MEN'S FASHION SELECTION

# GET THAT LOOK: HOLIDAY BOUTIQUE THIS SEASON'S MUST HAVE MAXI DRESSES, BECAUSE THE SEASON TO BEDAZZLE STILL AIN'T OVER!







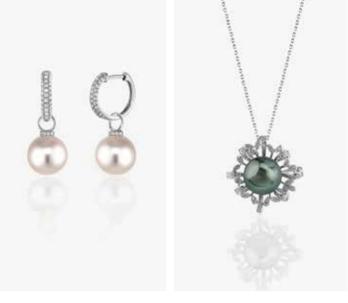




# **JEWELRY SELECTION: PEARLS,** STERLING SILVER, AND DIAMONDS

Pearls, Sterling Silver, and Diamonds In Gingiberry's collection, you'll find jewelry of extraordinary beauty, like the Serenity necklace, featuring pearls ranging from 5 to 7 mm and an 18-carat gold chain. It offers a unique 2-in-1







# **TARTAN SCARVES AND STOLES: VERSATILE STYLES**

Scarves and stoles, especially in tartan patterns, are making a triumphant return. Besides keeping you warm on chilly days, these versatile additions to your wardrobe can completely transform your look.







The new CLE53 is a hotted-up version of Mercedes-Benz's standard CLE-class coupe. Crafted by the company's Mercedes-AMG performance division, it's motivated by a 443-hp turbocharged 3.0-liter inline-six hooked up to a nine-speed automatic and standard all-wheel drive. The CLE was already a stylish car, a classy mashup of the former C-class and E-class coupes, and the AMG treatment adds—not surprisingly—more aggressive-looking front and rear bumpers, a revised hood, widened fenders, a lip spoiler on the trunk, and a rear diffuser with four integrated exhaust outlets.



With a handsome design and the requisite high-riding seating position, the 2024 Polestar 3 joins the flood of electrified SUVs pouring into the market. Volvo's spinoff-EV brand has produced only cars to date—though the Polestar 2 could be seen as either a tall car or a low-riding SUV. There will be no such confusion concerning the 3, which will go on sale sometime in the second half of 2024. We'll admit to being smitten with its streamlined roofline, prominent fenders, and dramatic wheel arches. The SUV's cabin looks rich too, with a clean design and high-end materials. Power is more than ample in the base model, which is propelled by a 489-hp, dual-motor, all-wheel drive powertrain.

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The Panamera has proved that a Porsche with four doors is still a Porsche. As the brand's fastback sedan evolves into its third generation, it's staying true to its sporty mission. A turbocharged 2.9-liter V-6 engine makes 348 horsepower and is hooked up to an eight-speed dual-clutch automatic transmission. Base Panameras are rear-wheel drive but the Panamera 4 features all-wheel drive and an estimated 60 mph time of 4.7 seconds. Porsche hasn't announced it yet, but a more powerful 4S model is all but a certainty.



The Countryman JCW is a Mini that puts down big numbers. For starters, its turbocharged inline-four engine busts out 312 horsepower and its standard all-wheel drive means it's a snappy little creature from a stop. This John Cooper Works version of the more civilized Countryman and all-electric Countryman Electric, prioritizes thrill above all else. While full details haven't been released yet, we know that the third-generation Countryman JCW rides on the same platform as the BMW X1, so it should have some rather exciting driving dynamics. A seven-speed dual-clutch automatic transmission is standard.

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Is there anything quite like a luxury holiday in Africa? This sprawling continent boasts some of the world's most magical landscapes, from the sun setting over the plains, to lush waterways, beautiful winelands and rugged coastlines. The ultimate experience for wildlife lovers, take a safari to see the likes of lions, elephants and leopards, spot whales off the shore or see orangutans in the rainforest. Wherever you go, Africa is bound to astound you.

# THANDA SAFARI

The word 'thanda' means 'love' in the Zulu language, which is fitting for a retreat that will truly appeal to the hearts of wildlife lovers. The chance to sight lions, buffalos, leopards, rhinos, elephants and up to 400 different bird species is truly a highlight, with twice-daily game drives and the additional opportunity to spend the day with the conservation team. Alternatively, enjoy a guided bushwalk or visit a local Zulu community to learn more about their culture and tribal history. Expert-led photography lessons are also available, as well as birdwatching tours.

# SHAMWARI RIVERDENE LODGE Riverdene Lodge on the Shamwari Game Reserve is an elegantly restored frontier homestead and is Shamwari's family

Riverdene Lodge on the Shamwari Game Reserve is an elegantly restored frontier homestead and is Shamwari's family friendly safari lodge. The lodge comprises 9 twin bedded luxury rooms, 7 of which inter-connect allowing families to enjoy space and privacy at the same time. Facilities at the lodge include a swimming pool with shallow section for children, children's supervised play room and jungle gym, indoor and outdoor dining facilities and Boma plus a bar lounge.



# SABI SABI BUSH LODGE

Enjoying unfenced boarders with Kruger National Park the Sabi Sand Game reserve covers 65000 hectares and is blessed with a remarkable bio diversity of habitat and wildlife. Sabi Sabi Private Game Reserve is located within this wildlife oasis and offers four remarkable lodges, each with an individual style and character themed on Yesterday, Today, Tomorrow. Renowned as among the best lodges in Africa.

LUXE W KLlifestyle

**LUXE TRAVEL** 



# **FAENA HOTEL BUENOS AIRES**

The neighborhood is Puerto Madero, right on the waterfront. From outside, the red brick building that Faena occupies does nothing to hint at the over-the-top decor of what lies inside. The place is designed by Philippe Starck—need we say more? It's dark and dramatic, with red velvet curtains, deep carpets, rose-tinted glass, firetruck red leather sofas. Lots of red and black everywhere with a touch of the ridiculous. Thankfully, Starck showed a bit of restraint when designing the rooms. Instead of dark and moody, rooms are a study in moderation, Faena-style. Faena is pricey, but if you want to be right in Puerto Madero and are a fan of Starck's brand of design, this hotel is for you.

# SOFITEL LEGEND SANTA CLARA CARTAGENA

This former 17th-century convent mixes elements of its past (exposed wood ceilings, beautiful arched walkways) with modernity in a very graceful way. Set within strolling distance of the Palace of the Inquisition and about a seven-minute walk to the beach, it's a super-sized hacienda, complete with a courtyard toucan. Rooms are either contemporary or colonial-style; the newer ones offer views of the pool or the Caribbean, while colonial suites have antique furniture and overlook the Old Town or interior gardens. To play at being pious, check out Restaurant 1621, once the Clarist nuns' dining room, that now serves French-inflected cuisine.

# **ROSEWOOD SÃO PAULO**

Rosewood's first property in South America is already one of the city's hottest destinations—the lobby restaurant and bar are buzzing every night of the week with Brazilian models and well-heeled entrepreneurs. And who can blame them? Though the hotel is unlike any other property in the city, it feels distinctly of São Paulo. Perhaps that's thanks to the art commissioned for every space imaginable, from the illustrated rooftop pool floor to the custom pillow covers in each room. Or perhaps it's the fantastic dining concepts, ranging from Brazilian-French fusion to pan–Latin American cuisine. It no doubt owes some thanks to the living and breathing Paulistas who are already flocking, infusing the space with life around the clock.

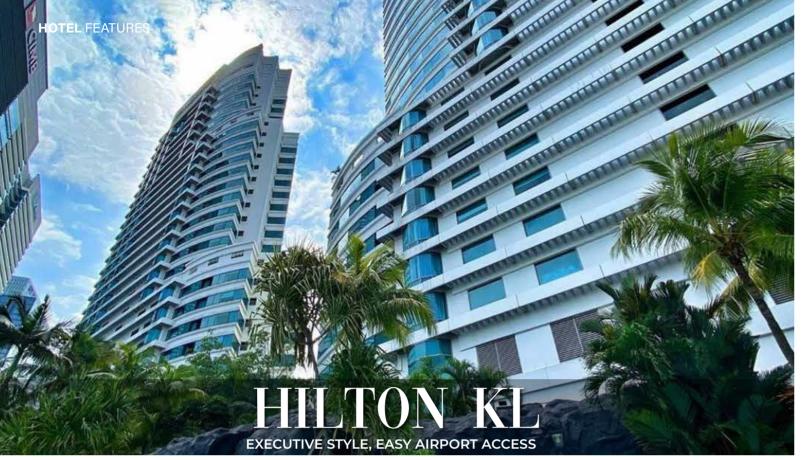
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## W BOGOTA

Colombia has been rising through the ranks in terms of destinations in the past decade—and you can always trust W Hotels to walk shoulder-to-shoulder with the hottest trends. Opened in late 2014, W Bogota is situated right in the heart of the capital city's upscale Usaquen neighborhood, putting guests next to embassies, restaurants, and boutiques. You can expect colorful, modern decor in all 168 guest rooms—especially in the Extreme Wow Suite, which includes a king-size bed with floral canopy, an avant-garde (and purple!) circular sofa, and 180-degree views of the city's skyline. Grab brunch or dinner at JAIRO before kicking back with a drink and live music at the W Lounge. Then it's back to your room to detox before repeating it all the next day.

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LUXE WKLlifestyle



Located opposite the National Museum, Hilton Kuala Lumpur offers accommodations in the heart of Kuala Lumpur's city centre. It features a freeform swimming pool and guests can enjoy meals from 10 of the in-house dining options or have a drink at the bar. Free WiFi is available in public areas.

It is a 2-minute walk to KL Sentral. Hilton Kuala Lumpur is located 750 metres away from 9-storey premium shopping mall, Nu Sentral. The hotel is a 15-minute drive from Lake Gardens. It is a 28-minute train ride by KLIA Ekspres from Kuala Lumpur International Airport to KL Sentral Station. Airport transfers are available at additional charges.

Modern rooms at Kuala Lumpur Hilton come generously equipped with large flat-screen TVs. Floor-to-ceiling windows offer full views of the city or lake. Luxurious marble bathrooms feature a rain shower. Executive Rooms and Suites offer Executive Lounge access.

Guests can approach the 24-hour front desk for currency exchange, concierge services and luggage storage. Guests can join a yoga class at the 2-storey fitness centre or indulge in massage treatments at the in-house spa.

The all-day dining Vasco's Restaurant serves a selection of international and local dishes. Modern European, fresh seafood and barbeque favourites are served at GRAZE and the other 4 restaurants. Drinks are available at Zeta Bar while delicious pastries, hot coffee and fresh breads can be enjoyed at the Oro Café.

We are 28 minutes from KLIA via high-speed train from the KL Sentral transport hub. Mid Valley Megamall, Pavilion Kuala Lumpur, Central Market, Petronas Twin Tower, KL Tower, KL Bird Park, and Chinatown are about a 10-minute drive. We offer a saltwater pool, nine restaurants, a full-service spa, meeting space, and wedding venues.





#### DINE IN HILTON KL



#### **Aviary Bar**

Step into the surreptitious home of the internationally renowned tiki cocktail – the Jungle Bird. With an elegant curved wall that arches out from the softly-lit bar area, envisage a cozy atmosphere for after-work drinks or a snug gathering to catch up with friends over glasses of classic cocktails. Select your favourite drinks from our considerable selections of champagne, wine, hard liquor, premium rum as well as hip and trendy cocktails. Watch our skilled and lively mixologists whip up colorful cocktails at the bar.



#### **Chambers Grill**

Indulge in a wide selection of the best imported meats from tomahawk to wagyu and many more at Chambers Grill. Offering an innovative grill menu of prime aged meat cuts or fresh seafood served on skewers cooked "a la minute" over lava stone or charcoal. All cuts are specially treated in a custom designed Himalayan Salt Tile Dry-Ageing Cabinet to produce the best grilled steaks that's sure to meet the expectations of every carnivore aficionado.

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# KLAS 58TH AUCTION FEB 4, 2024

The upcoming KLAS Auction which will be held on the 4th of February 2024 at the KLAS Bangsar will see some prominent names in the Malaysian art scene make an appearance. Amongst some of the prolific artists who's works will be on show are Ismail Abdul Latiff, Rafiee Ghani, B. Prabha, Chong Siew Ying and many more.

Works from the 60's era can also be purchased at the coming auction, which will feature a special piece from a private collection of Datuk Ibrahim Hussein titled Little Commotion, 1964 is also up on auction. A piece by Khalil Ibrahim titled Lucerne Neighbourhood, 1983 will also be on auction. One of the country's most prolific artists, Khalil has held many group exhibitions in Malaysia, Singapore, Indonesia and Switzerland. His works have been acquired by many collectors, in places such as the Singapore Art Museum, Fukuoka Museum of Art in Japan and Victoria Gallery in Melbourne, Australia. His selected group exhibitions included X Biennale, Sao Paulo, Brazil (1971) and Man & His World, Montreal Canada (1970). His subsequent solo exhibitions included Khalil Ibrahim 'The Art Journey' (2015), A Tribute to Khalil Ibrahim (2011), Khalil Ibrahim - A Continued Dialogue, Galeri Petronas (2004) and The Spirit of the East Coast, Yayasan Seni Artisan, Kuala Lumpur (2001).

KL Lifestyle Art Space's chief goal is to offer another avenue for the local public and visitors to view Modern and Contemporary artworks from Malaysia as well as the region beyond the institutions and existing art spaces. KL Lifestyle Art Space's chief goal is to offer another avenue for the local public and visitors to view Modern and Contemporary artworks from Malaysia as well as the region beyond the institutions and existing art spaces.



ISMAIL ABDUL LATIFF
Guardian of The Galaxy...Colouring
the Sky, 2022
Mixed media on canvas
84 x 59 cm
RM 9.000 - 12.000



RAFIEE GHANI

The Emerald Lake, 2020 Watercolour on paper 75 x 114 cm

RM 5,000 - 12,000



YUSOF GHANI

Topeng - Imbuan, 1996 Mixed media on paper 76 x 56 cm

RM 13.000 - 18.000



AWANG DAMIT AHMAD

Iraga Belatak Rapuh II, 2007 Mixed media on canvas 204 x 173 cm

RM 90,000 - 160,000



KHALIL IBRAHIM

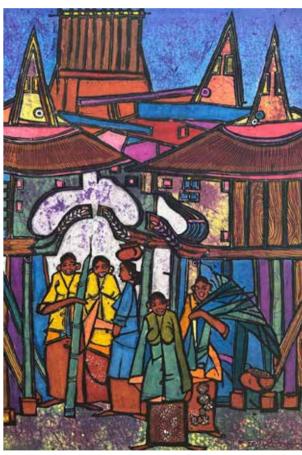
Lucerne Neighbourhood, 1983 Ink on paper 31 x 46 cm RM 16,000 - 25,000



**IBRAHIM HUSSEIN, DATUK** 

Little Commotion, 1964 Gouache on magazine page laid to card 21 x 30.5 cm

RM 29,000 - 48,000



TAY MO LEONG, DATO Street Scene

Batik 95.5 x 64.5 cm

RM 8.000 - 12.000

KW 0,000 - 12,000

ART FEATURES

ART FEATURES



**B.PRABHA**Untitled, 2011
Oil on canvas
90 x 122 cm **RM 20,000 - 32,000** 



MOHD RADUAN MAN
Tasik Chini II, 2007
Wood print and oil on canvas
183 x 242 cm
RM 10,000 - 16,000



YUSOF GHANI
Topeng Series, 1996
Acrylic on canvas
76 x 61 cm



YUSOF GHANI
Topeng Series, 1996
Acrylic on canvas
76 x 61 cm
RM 18,000 - 22,000



CHUAH THEAN TENG, DATO
Mother and Children, 1970's
Batik
50 x 45 cm
RM 12,000 - 22,000





FAUZAN OMAR
Untitled
Acrylic and collage on canvas
120 x 120 cm
RM 45,000 - 65,000



CHONG SIEW YING Horizon I, 2009 Oil on canvas 100 x 81 cm RM 16,000 - 25,000



ISMAIL ABDUL LATIFF
Fly With Me...The Dancing Sky,
2022
Mixed media on canvas
84 x 59 cm
RM 9,000 - 12,000



RAFIEE GHANI Smokey River II, 2020 Watercolour on paper 114 x 75 cm RM 5,000 - 12,000



ISMAIL ABDUL LATIFF
Magic in the Sky...Into the
Dancing Stars, 2022
Mixed media on canvas
84 x 59 cm
RM 9,000 - 12,000

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**ART** FEATURES

#### **ART** FEATURES



CHANG FEE MING
What About These? Mekong
Delta, Vietnam, 2001
Watercolour on paper
12.5 x 20 cm
RM 2,000 - 3,500



CHANG FEE MING
Mingun, Myanmar, 1998
Watercolour on paper
12.5 x 20 cm
RM 2,000 - 3,500



FAUZUL YUSRI Beauty, 2021 Oil on plywood 107 x 244 cm RM 7,000 - 12,000



ENG TAY
Longing
Oil on canvas
76 x 101 cm
RM 25,000 - 35,000



KHALIL IBRAHIM
"Model in St Martins" - St Martin Series of
Artworks, 1964
Acrylic on board
73 x 44 cm
RM 30,000 - 50,000



THOMAS YEO
Upright Composition, 1958-1960
Mixed media on collage
120.5 x 91 cm
RM 25,000 - 35,000



Holiday festivities mean feasts of different food, especially with parties and reunions happening almost every week. It's hard to resist binging on the mouth-watering buffet and the next thing you know, you feel bloated with a few extra pounds. When this happens, it's better to get moving and turn the focus to losing some of the extra weight.

The good news is that most Americans only gain a little under 1 pound over the holiday period, much less than the assumed 5 pounds. But the bad news is that this extra weight won't go away for the better part of the year if you don't do something about it. To help patients with their post-holiday recovery, here are a few useful and easy-to-follow tips.

#### Don't Skip Meals

This is one of the biggest mistakes that people make when trying to lose weight after the holidays. Skipping meals only makes a person feel hungry, making it hard to stick to a healthy diet plan. Breakfast is the most important meal of the day so make sure it's loaded with protein for the right appetite and energy to power through the day.

#### **Drink More Water**

Hydration helps relieve the feeling of hunger because whenever people think they're hungry, they're actually just thirsty most of the time. Drinking water also reduces post-holiday bloat, flushes out toxins, and improves overall health. Make it a habit to carry around a water bottle and drink a cup of water before every meal to easily reach the recommended daily water intake.

#### Skip Cocktails, Coffee, and Sugary Drinks

Remember that beverages also contribute to the daily calorie intake, so make sure to cut down on them. Reduce the coffee intake and avoid drinking sugary or alcoholic drinks. If you decide to drink alcohol, opt for those without added sugars like diet tonic water instead of cocktails and beer. Limit each drink to 100 calories per serving to help with weight loss.





#### Get a Full Night's Sleep

Lack of sleep makes a person crave caffeine and sugary treats, which only adds to the unnecessary calorie intake. It also affects the concentration, energy levels, stress, and memory. Make sure to get at least 7 to 9 hours of sleep to have the energy and concentration needed to follow through with the diet plan.



#### Start Exercising (But Don't Overdo It)

While it's true that exercising is one of the best ways to burn the extra calories, it's not wise to overdo it since it might lead to burnout or injury. Aside from helping with weight loss, physical activities also put a person in a positive mindset and help them make smarter food choices. Start exercising with the usual routine and slowly build it up over the next few weeks.



#### **Choose Healthy Snacks**

Instead of skipping snacks to reduce calories, choose healthy snacks to avoid feeling hungry and overeating. Low-calorie snacks like apple slices, almonds, baby carrots, or whole grain crackers help manage hunger and stabilize the blood sugar levels in the body.



#### THE LIFECO WELLBEING PHUKET



A lifestyle disease in the modern era, 'obesity', means that the body mass index is above normal and the nutritional values in the body are not sufficient. One of the main reasons for obesity and being overweight is consuming genetically modified foods at a rate that our body cannot tolerate. In today's world, a sedentary lifestyle and lack of physical activity cause weight gain, leading to obesity. Now it is time to take action.

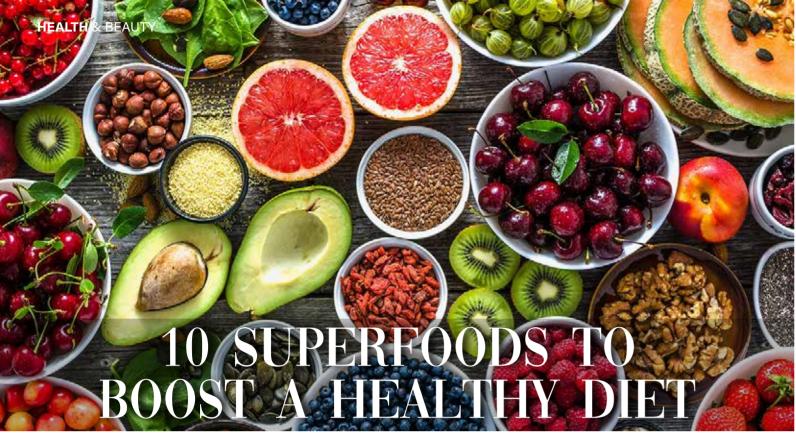


By participating in TheLifeCo weight loss camp, you will healthily lose weight, cleanse toxins and strengthen your immune system with the right foods that will meet your body's actual needs. We invite you to TheLifeCo weight loss center to achieve effective fast, sustainable and long term results in losing weight.

After an effective 4-21 Day program at TheLifeCo will not only achieve your weight loss goal but also increase your life quality to focus on your real goals in life. When you return home after your experience at TheLifeCo, you will have the best version of yourself with you!

Unlike other weight loss programs, our weight loss hotel is ready to have you by the whole of the year, whenever you want! The facility and team of experts are at your disposal year-round.

741KL LIFESTYLE KL LIFESTYLE



No single food — not even a superfood — can offer all the nutrition, health benefits, and energy we need to nourish ourselves. The 2015–2020 US Dietary Guidelines recommend healthy eating patterns, "combining healthy choices from across all food groups — while paying attention to calorie limits."

Over the years, research has shown that healthy dietary patterns can reduce risk of high blood pressure, heart disease, diabetes, and certain cancers. Dietary patterns such as the DASH (Dietary Approaches to Stop Hypertension) diet and the Mediterranean diet, which are mostly plant-based, have demonstrated significant health benefits and reduction of chronic disease.

However, there are a few foods that can be singled out for special recognition. These "superfoods" offer some very important nutrients that can power-pack your meals and snacks, and further enhance a healthy eating pattern.

#### **Berries**

High in fiber, berries are naturally sweet, and their rich colors mean they are high in antioxidants and diseasefighting nutrients.

**How to include them:** When berries are not in season, it is just as healthy to buy them frozen. Add to yogurt, cereals, and smoothies, or eat plain for a snack.

Fish can be a good source of protein and omega-3 fatty acids, which help prevent heart disease.

How to include it: Buy fresh, frozen, or canned fish. Fish with the highest omega-3 content are salmon, tuna steaks, mackerel, herring, trout, anchovies, and sardines.

#### Leafy Greens

Dark, leafy greens are a good source of vitamin A, vitamin C, and calcium, as well as several phytochemicals (chemicals made by plants that have a positive effect on your health). They also add fiber into the diet.

How to include them: Try varieties such as spinach, swiss chard, kale, collard greens, or mustard greens. Throw them into salads or sauté them in a little olive oil. You can also add greens to soups and stews.







#### Nuts

Hazelnuts, walnuts, almonds, pecans — nuts are a good source of plant protein. They also contain monounsaturated fats, which may be a factor in reducing the risk of heart

or have as a snack. But remember they are calorically dense, so limit to a small handful. Try the various types of nut butters such as peanut (technically a legume), almond, or cashew. Nuts are also a great accompaniment to cooked veggies or salads.



#### Whole Grains

A good source of both soluble and insoluble fiber, whole grains also contain several B vitamins, minerals, and phytonutrients. They have been shown to lower cholesterol and protect against heart disease and diabetes.

How to include them: Try having a bowl of oatmeal for breakfast. Substitute bulgur, quinoa, wheat berries, or brown rice for your usual baked potato. When buying ingredient is "100% whole wheat flour."



#### Olive Oil

Olive oil is a good source of vitamin E, polyphenols, and monounsaturated fatty acids, all which help reduce the risk of heart disease.

How to include it: Use in place of butter or margarine How to include them: Add a handful to oatmeal or yogurt in pasta or rice dishes. Drizzle over vegetables, use as a dressina, or when sautéina.



A good source of calcium and protein, yogurt also contains live cultures called probiotics. These "good bacteria" can protect the body from other, more harmful bacteria.

How to include it: Try eating more yogurt, but watch out for fruited or flavored yogurts, which contain a lot of added sugar. Buy plain yogurt and add your own fruit. Look for yogurts that have "live active cultures" such breads at the supermarket, look to see that the first as Lactobacillus, L. acidophilus, L. bulgaricus, and S. thermophilus. You can use yogurt in place of mayonnaise or sour cream in dips or sauces.

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#### THE COMPANY

Dr. Vranjes Firenze's history is all about tradition, craftsmanship, science, and research. A passion born and developed in Florence since 1983, it reaches the entire world through the sense of smell.

Since the Company's founding, Dr. Paolo Vranjes has been pursuing his vision of precious and evocative olfactory experiences, and these can be discovered in all his creations: Home Fragrances, Eau De Parfum & Scented Body Care.

#### **FLORENTINE INSPIRATION**

Known for its longstanding tradition of craftsmanship and perfume making, the city of Florence is both the muse and the cradle for Dr. Vranies' creative innovation.

The Company celebrates this enduring bond with Florence in everything it creates. The iconic octagonal design of Dr. Vranjes Firenze's products is a tribute to Brunelleschi's Dome, that prominently stands in the heart of the city.

Dr. Paolo Vranjes has always been fascinated by the power of scent. Growing up amongst the fabrics and perfumes from his grandfather's trade, he often remembers:

"I was captivated by this world made of precious transparent bottles, containing rare and exciting aromas. I really wanted to know all their secrets."

Following his innate curiosity, Maestro Paolo pursued his studies in chemistry, pharmaceutical sciences, and cosmetology. He founded this Company in 1983. Here, he continues to design meaningful olfactory experiences every day.

Dr. Vranjes Firenze's style is timeless. It showcases the meticulous composition of all its beautifully crafted creations.



#### "At Dr. Vranjes Firenze, we don't care only about what we create, but also how we create it"

Giuseppe Colotto - CEO



#### HOME FRAGRANCES

inspired by Brunelleschi's Dome.

The five sizes available for the scented decorative accessory allow you to choose the ideal size for any type of room, in relation to the size of the space and its function.

By turning the sticks upside down, the fragrance evaporates in a constant and lasting way, creating an enchanting atmosphere all around. Amber, Ginger Lime, Milano, Rosso Nobile and Oud Nobile are the most iconic Dr. Vranjes Firenze fragrances in the world.



#### **SCENTED CANDLES**

The innovative combination of pure essences and colours inspired by precious elements (pearl, tourmaline, gold and onyx) make the Dr. Vranies Firenze candles magical and unique.



#### EAU DE PARFUM & SCENTED PERSONAL CARE

The collection is composed of an original and diverse Perfumes with an intense and sophisticated character, in palette of fragrances, all contained in the iconic bottle line with the other home collections and the Dr. Vranies Firenze style. The entire collection is an invitation to indulge in self-care with a unique fragrance lifestyle. At the core of each product are lightweight formulas, ideal for the daily care of skin or hair.

> Each creation envelops the wearer in a magnificent fragrant aura that conquers even those around with its beneficial effects.



#### LAMPARFUM

Lamparfum is an original design object that decorates and perfumes the space. Thanks to the catalytic technology, the lamp spreads a more intense aroma that not only scents every space, but quickly eliminates unpleasant odours.

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# LOOK YOUNGER INSTANTLY

While a great anti-aging skin-care regimen can definitely keep those fine lines and wrinkles at bay, we'll take a little anti-aging help anywhere we can get it, even when it comes to our makeup routines.

However, while many assume that slapping on more makeup can successfully conceal sun and age spots, expert makeup artists suggest that less is always more, especially since going with a cleaner and brighter beauty look can make all the difference.

To help you fake a younger look with makeup, we compiled a list to break down age-defying makeup tips that will help your skin look healthy and radiant.



#### **WIDE AWAKE**

"One of my favorite tricks to brighten the eyes, making them appear more youthful, is to add a pop of highlighter on the inner corner," says celebrity makeup artist Sara Talias. Try the Charlotte Tilbury Hollywood Glow highlighter adds the perfect amount of brightness.



#### **BLUSH AND GLOW**

We love blush for adding a bit of life and color back into the face, but adding a liquid blush is also "the best trick to create a lit from within glow." Fan-favorite Rare Beauty Soft Pinch Liquid Blush is also her expert-approved pick for the task, a formula that adds a playful color that blends seamlessly.



#### STICK TO MATTE FORMULAS

While shimmery, high-shine formulas might look prettier in the pan, McEvoy says matte formulas, specifically bronzer, are more forgiving. The more glow you have to a product, the more the pores will appear enlarged.



#### **AVOID USING DARK EYESHADOWS**

While a sultry smokey eye can definitely leave your onlookers guessing, Most make up artists would advises against using darker shadows, as they tend to bleed easily, and can accentuate lines around the eyes. Instead, she recommends selecting lighter and softer shades—plus brown and grey eyeliners!—that will help keep your look clean.

# **EXAMPLE 2015 KLAS, ART AUCTION ® KLAS, 150 JALAN MAAROF**



Awang Damit Ahmad Lampit dan Rumbia III, 1992 Mixed media on canvas 107 x 92 cm RM 100,000 - 150,000

# **KLAS**

FOR ENQUIRES CONTACT

NIK +6019-333 7668

OFFICE +6013-361 2668

INFO@MEDIATE.COM.MY

150 JALAN MAAROF, 59000 BUKIT BANDARAYA, BANGSAR KUALA LUMPUR

WWW.KL-LIFESTYLE.COM.MY



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