E&O EDITION
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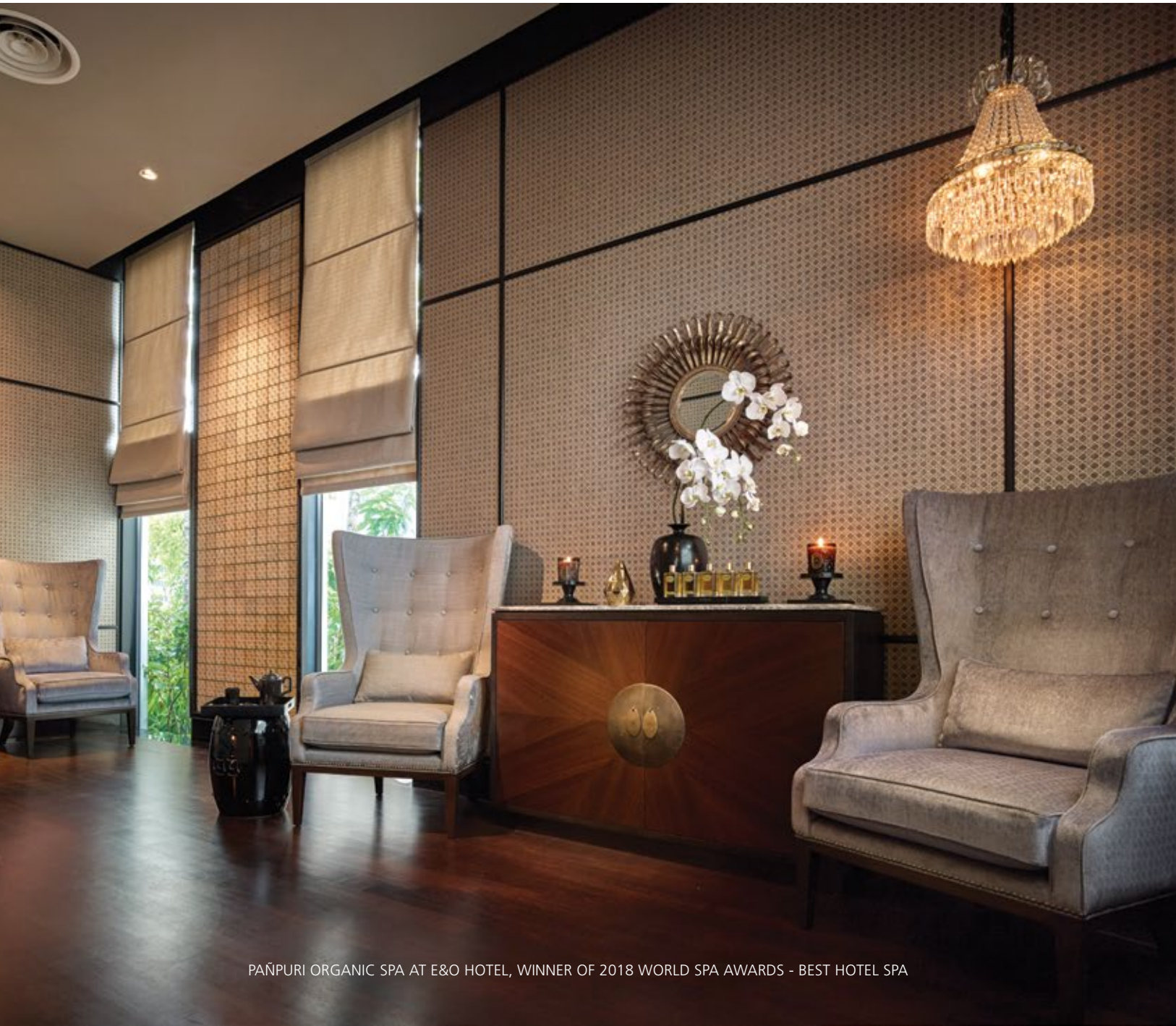

PAÑPURI ORGANIC SPA AT E&O HOTEL, WINNER OF 2018 WORLD SPA AWARDS - BEST HOTEL SPA

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E&O EDITION

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Chapter One

PAÑPURI AT E&O NAMED BEST HOTEL SPA

PAÑPURI Organic Spa emerged victorious at the World Spa Awards 2018

Their motto says it all: Everything that touches you is organic. Guided by this ethos, PAÑPURI Organic Spa makes every guest feel right at home from the moment they step into their 2,700-square feet sanctuary located on the sixth floor of the E&O Hotel in Penang.

The lavish space, at once cosy and indulgent, is beautifully decorated to reflect PAÑPURI's approach to wellness: serene, restful, and private. The interiors feature first-class brass and luxurious marble, and the air is infused with an uplifting aroma that immediately puts one at ease. Your masseuse will greet you at the reception and usher you to one of five treatment rooms, where the promise of total relaxation awaits. Post-treatment, you are invited to rest over fresh fruits and refreshments in their well-appointed waiting lounge.

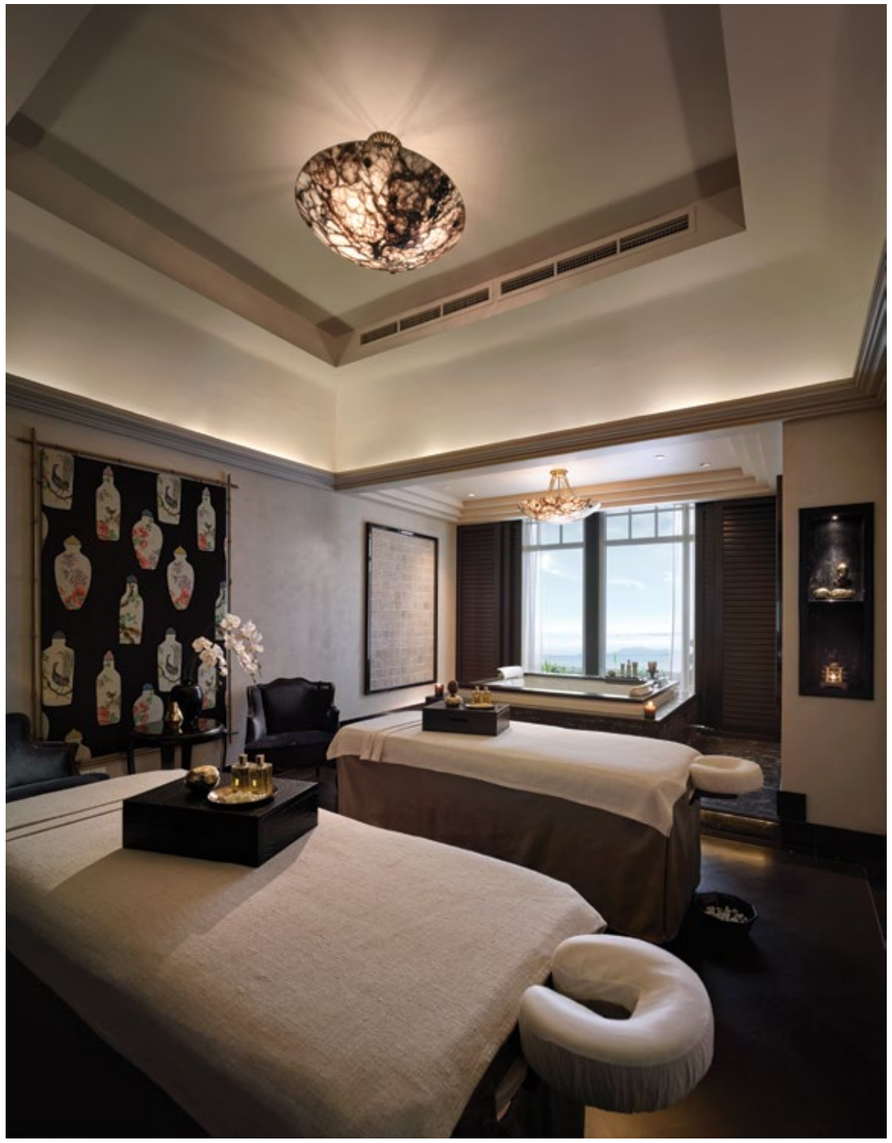
Every visit is inevitably an uplifting journey for all the senses, as those who have experienced the spa will attest to. It is thus most deserving that PAÑPURI Organic Spa was named Malaysia's Best Hotel Spa at the 2018 World Spa Awards in October. Held at the St Regis Maldives Vommuli Resort, the glittering ceremony brought together pioneers, influencers and industry leaders to celebrate the crème of the crop. The awards, a sister event to the prestigious World Travel Awards, serves as a benchmark of excellence in the spa industry while promoting growth in spa tourism.

PAÑPURI Organic Spa beat three other nominees in its category: Mandara Spa, Sheraton Imperial Kuala Lumpur; The Majestic Spa at The Majestic Hotel Kuala Lumpur; The Spa at Mandarin Oriental Kuala Lumpur.

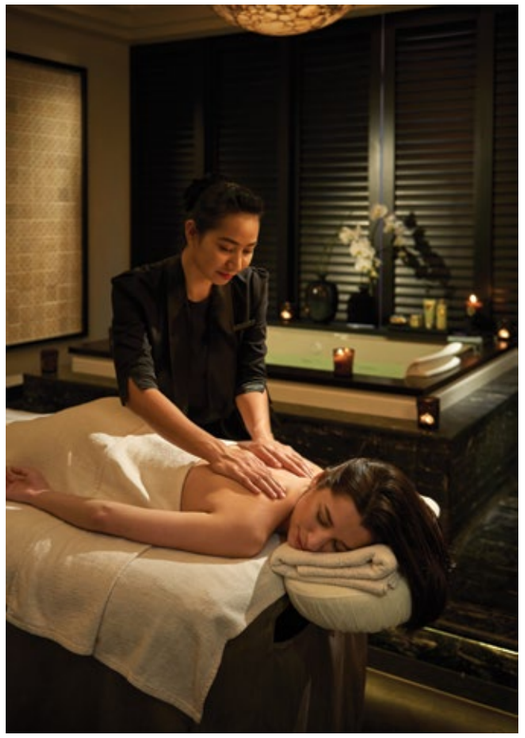
PAÑPURI ORGANIC SPA
6TH FLOOR, VICTORY ANNEXE, EASTERN & ORIENTAL HOTEL
10 LEBUH FARQUHAR, 10200 PENANG | T 04 222 2000
OPENS 10AM-9.00PM

PAÑPURI is truly a sanctuary where all your senses will be treated with tender care

The spa, located on the sixth floor of the E&O Hotel, is a picture of elegance and serenity



The well-appointed treatment rooms are designed for utmost privacy and relaxation



PAÑPURI offers complete pampering, from indulgent facials to rejuvenating body massages

FOUR UNIQUE WAYS TO HEAL MIND, BODY AND SPIRIT

Float in Epsom-rich water, relax to music, paint a picture, or surrender to universal energy

FLOAT YOUR BOAT

You get into your swimwear or strip down to your birthday suit, climb into a futuristic-looking pod filled with warm water and illuminated by soft lights. All you have to do next is float on your back for 60 minutes at a time (longer, if you wish). Don't worry if you can't swim; the water is enriched with 500kg of food-grade Epsom salt so you definitely won't sink!

If it sounds like you're doing absolutely nothing, that's the whole point of flotation therapy. Sans the pull of gravity and the usual stimuli, the body, mind and senses can rest and be purified. Additionally, your body will absorb the benefits of magnesium and sulphate in the salt. You will easily slip into a meditative state—or even slumber—and walk out practically floating while the mind feels calm and clear. No prizes then for guessing it's a fantastic stress buster! Floating has a host of other benefits too, including maintaining or balancing numerous bodily functions, strengthening immunity, aiding in muscle recovery, curbing addictions, improving sleep, and repairing and regenerating cells.

WHERE TO GO:

ZEROGRAVITY FLOAT CENTRE
D-1-12, PLAZA DAMAS
JALAN SRI HARTAMAS
KUALA LUMPUR | T 010 209 6565
*BY APPOINTMENT ONLY; CLOSED MONDAYS

FLOAT FOR HEALTH
VANTAGE A-3-3A
JALAN TANJUNG TOKONG
PENANG | TEL 04 892 0366

Photo courtesy of Zero Gravity Float Centre

MUSIC FOR THE SOUL

Did you know that sound travels faster through water than air? As water is more dense, their particles are more closely placed and hence, the vibrations generated by sound can be transferred faster. Building on this premise, sound therapy utilises music to create a symphony of healing vibrations and as about 60 percent of the human body is composed of water, it is an ideal vessel to benefit from this. The vibrations help repair, realign, recalibrate and re-energise the mind and body, leading to reduced stress, lowered blood pressure, improved circulation and stronger immune system, among other benefits.

Healers utilise a wide range of musical instruments, with crystal bowls and Tibetan singing bowls among the most popular. A sound healing—also popularly known as sound bath—session typically lasts 60 minutes. Attendees lie on yoga mats or mattresses and make themselves comfortable with pillows, blankets and eye masks and simply relax while soothing sounds fill the room. Many will drift off or hover between awake and asleep. After the session, your body may go through a detoxification process, so it's advisable to rest and drink a lot of water.

Another form of sound healing is Inner Dance, which also employs the benefits of sound-based vibrations but is more 'interactive' in that the healer may use physical touch to aid your healing process. This can vary from placing a hand over a blocked chakra point, to holding you in a comforting embrace with a gentle rocking motion.

WHERE TO GO:

SOUND HEALING SALON HIBIKI
A2-18-3A ARCORIS, JALAN KIARA
MONT KIARA, KUALA LUMPUR
*BY APPOINTMENT ONLY;
MESSAGE VIA INSTAGRAM
@SARI_CRYSTALBOWL
OR FACEBOOK @SOUNDHEALINGHIBIKI

CHAKRA YOGA & ENERGY HEALING
VARIOUS LOCATIONS;
FOLLOW THEM ON FACEBOOK
@SARAHJOYAMIN.CHAKRAYOGA
FOR INNER DANCE SESSIONS
WWW.TRANSFORMWITHSARAHJOY.COM

Photo courtesy of Sound Healing Salon Hibiki

HARNESSING LIFE FORCE

The best medicine for you is…you. The human body is a self-healing mechanism but of course, it could do with some help at times. That help comes in the form of *prana*, or life force, which lends its name to pranic healing. When the body is depleted of this energy or if the energy is stuck or congested, we fall sick.

Pranic healing assists the healing by harnessing *prana*—which is all around us, particularly in nature—and channelling it to your body and the affected chakras. To do this, the healer moves his or her hands over your aura field to 'sweep' away the stuck or 'dirty' energy and then acts as a conduit for *prana* to flow through.

This "no touch" therapy has been used by various civilisations since ancient times but its modern form is credited to a Filipino Chinese businessman known as Master Choa Kok Sui. He formulated this form of healing that is now taught and practised at over 100 centres around the world. While it's important to note that pranic healing is a complementary therapy and not meant to replace conventional medicine, it has shown remarkable and rapid recovery results for a wide variety of ailments.

WHERE TO GO:

PRANA WORLD MALAYSIA
A-3-3, CENTRIO HILLPARK
JALAN PANTAI MURNI, BANGSAR SOUTH
KUALA LUMPUR | T 03 2742 1550
OPENS DAILY; BEST TO CALL AHEAD

PRANIC HEALING
D'PIAZZA MALL, UNIT 3-37
JALAN MAHSURI, BAYAN BARU
PENANG | T 016 430 8040

Photo courtesy of Prana World Malaysia

PUTTING PAINT TO PAPER

It's child's play, really. You take a piece of drawing paper or painting canvas, your choice of colouring utensils and draw or paint as you wish, letting your instincts guide you. Yet, your artwork can reveal so much about you, your thoughts, your dreams and desires. The canvas, originally a clean and blank slate, becomes a mirror that reflects your inner world. Through that, you will be guided to understand yourself on a deeper level, perhaps even discover something that's been hiding from your consciousness, and work towards improving your overall well-being. That is the power of art therapy, which merges the fields of art and psychotherapy. Also known as process painting and described as "painting from the inside out", it's suitable for all ages and no prior art experience is required.

WHERE TO GO:

PROCESS PAINTING STUDIO
JALAN BURHANUDDIN HELMI
TAMAN TUN DR. ISMAIL
KUALA LUMPUR | T 012 300 5453 (MARINA)
E PROCESSPAINTING@GMAILCOM

HEALTH LIFE VILLAGE
NO 8, JALAN CENGAI
TANJUNG BUNGAH
PENANG | T 016 480 3176 (MISS ONG)

Chapter Two

AIMING FOR EXCELLENCE

Eastern & Oriental Berhad named top 10 property developers in Malaysia

It was one of the most important nights for the Malaysian property industry, attended by well over 450 real estate players and experts. The occasion? The Edge Malaysia Top Property Developers Awards (TPDA) 2018, an annual event that entered its 16th instalment this year. The gala dinner was held at the Hilton Hotel Kuala Lumpur with Datuk Raja Kamarul Bahrin Shah Raja Ahmad, the deputy minister of the Housing and Local Government Ministry (KPKT), as the guest of honour.

The highlight of the evening was the naming of the country's top 10 property developers and Eastern & Oriental Berhad upheld its reputation by making it to the coveted list.

Executive deputy chairman of E&O Group, Datuk Seri Terry Tham, credited the achievement to a number of strategic decisions. In an interview with *City & Country*, the weekly property pullout of *The Edge Malaysia*, he revealed that E&O deliberately scaled back on new launches and promotions in anticipation of a prolonged softening of the local property market. Instead, the company focused on marketing just a handful of new projects in the last few years and were thus able to maintain sales and profit figures.

Datuk Seri Terry stressed, however, that this does not mean the company has been resting on its laurels. On the contrary, E&O has been busy planning, conceptualising and laying the groundwork for new ambitions and innovations, with much of it centred on Phase II of Seri Tanjung Pinang in Penang, an integrated mixed-use development catering to a cross section of income groups. The aim is to create a sustainable, world-class resort destination worthy of global recognition and which will contribute to Penang Vision 2030.

This is in line with E&O's trademark of developing high-quality properties at enduring value, as reflected in the company's motto: "Those who know, insist on E&O". On top of that, the company's emphasis on customer experience is encapsulated in its approach to luxury hospitality. The E&O brand, he said, was built on a foundation of trust and confidence and boasts the reputation as a reliable and financially-sound and financially-rewarding developer.

THE EDGE MALAYSIA *Top Property Developers Awards 2018*

E&O

EXCELLENCE IS NOT BEING THE BEST,
IT'S DOING THE BEST.

At E&O, we believe that great things come to those who pay attention to the details. Which is why we make striving for excellence a ubiquitous process, a habit deeply ingrained in our ethos.

To our 500-strong team in Kuala Lumpur, Penang, Iskandar Johor and London, being a recipient of TheEdge Malaysia Top Property Developers Awards 2018 isn't just about celebrating for a day; it's about being recognised for what we do, every day.

www.easternandoriental.com

THE CONLAY KUALA LUMPUR

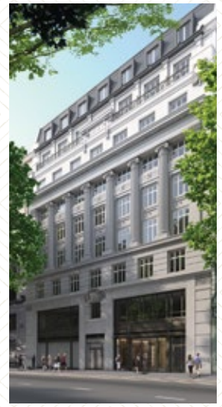
Our second joint-venture project with Mitsui Fudosan of Japan captures the best of Malaysian and Japanese design sensibilities. From a stunning façade to carefully-appointed private and public spaces, The Conlay will capture E&O's quintessential skill of balancing form and functionality with elegance.

QUAYSIDE SEAFRONT RESORT CONDOMINIUMS PENANG

Stunning wraparound views of the Andaman Sea aren't the only outstanding feature here. The Quayside was awarded Gold in the EdgeProp Malaysia's Best Managed Property Awards 2018*, in recognition of the exceptional care we place in the properties we develop.

THE MEWS
KUALA LUMPUR CITY CENTRE

E&O's first joint-venture project with Mitsui Fudosan of Japan is all about ease and functionality. Created for refined living, The Mews celebrates the E&O tradition of fine craftsmanship with tranquil spaces, stylish interiors, and modern fittings.



PRINCES HOUSE LONDON

At the heart of central London, E&O's Princes House service residences are a tribute to the past, and a nod to the future. The impressive Neo-classical stone façade embraces 54 beautifully-appointed homes in the coveted Borough of Westminster.

SERI TANJUNG PINANG 2 PENANG

E&O's greatest resources have been invested in Penang. As proud custodian of the 133-year old Eastern & Oriental Hotel, a cherished heritage landmark in George Town, we are now crafting a world-class 760-acre island resort destination to be the next legacy for Penang, by E&O.

AVIRA GARDEN TERRACES
MEDINI ISKANDAR MALAYSIA

Avira's wide frontages invite the outdoors in, while private courtyards flow seamlessly into linear parks. The result is oasis of calm, curated to inspire a balanced quality of life.

**EdgeProp Malaysia's Best Managed Property Awards 2018 - Below 10 Years Multi-Own Strata Residential Category*

The concierge, a picture of refined elegance

ASIAN AESTHETICS AT ITS BEST

The Mews in Kuala Lumpur represents the best of Malaysian and Japanese culture, design, and approach to luxury urban living

The Mews is strategically located in the heart of the capital

Take a dip in the infinity pool and cool down to views of the city

The koi pond and the rooftop garden create a beautifully landscaped green lung, exclusively for residents' use

THE
MEWS

Here's the key to refinement.

Completed luxury homes await the discerning few.

T +6017 266 1188
E enquiry@the-mews.com
www.the-mews.com

The Mews, KLCC
19, Jalan Yap Kwan Seng,
50450 Kuala Lumpur.

An international collaboration between

E&O Eastern & Oriental Berhad | Mitsui Fudosan Group

E&O Living @eandoliving The Mews, KLCC

Witness the mastery of craftsmanship in our newly-completed apartments. Be impressed with the refined design and meticulous details that distinguish this new landmark in the city. Venture to the rooftop sky garden or refresh in the infinity pool as the panorama of Kuala Lumpur unfolds before you.

Limited units available.

- **Ready for occupancy**
- **Furnished 1 Bedroom and 3+1 Bedroom units available**
- **Sizes between 925 sq ft – 2615 sq ft**
- **Priced from MYR1.65mil onwards**

Come, let us connect you to the pulse of the city.

The Mews was developed in partnership with Mitsui Fudosan Group, Japan's largest developer

FINDING MUSES AT THE MEWS

What makes The Mews such a standout property?
Two of its residents tell us

MR ITO HEDEO

If The Mews had an ambassador, Ito-san would be it. Having lived there since last November, he has already invested in a second unit and relentlessly spreads the word about the property among friends and family back in Japan. Ito-san tells us what it is about The Mews that has captured his heart so.

I first visited Malaysia last March and fell in love with the country. I decided to visit again in June and began looking to buy a house—my first criteria was it had to be near KLCC. The agent took me to six or seven properties, the last of which was The Mews.

I found The Mews to be of very good quality. Moreover, the management team that showed me around was very professional, friendly and helpful. I felt that they were supportive and trustworthy. Truth be told, that was what convinced me to buy a unit here.

The concierge service is a highlight of The Mews. The staff are always very polite and professional—I always buy them gifts whenever I return from Japan. I also like that there is a regular shuttle service, which makes it very easy and convenient for me to get to places around the city centre.

I love everything here. Even though I go back to Japan regularly—I own a chain of 20 nursing homes in Tokyo—this feels like home. I have come to love spicy food and one of my favourite places to eat is just next door to The Mews, a Nyonya restaurant called 1919.

Many of my friends in Japan ask me about Malaysia. I am happy to share my experience and regularly recommend The Mews to them.

Mr Sekiziwa Masaharu (left) and Mr Ito Hedeo

MR SEKIZIWA MASAHARU

As the owner of a property company back in Japan, Sekiziwa-san knows what makes a good property and so didn't need much convincing when it came to The Mews. He has made Malaysia his home since early this year and enjoys every minute of it.

I travelled with Ito-san on his second visit to Malaysia. We viewed a number of properties together. I'm in the real estate industry so I know good value when I see it. The Mews ticked all the right boxes.

When news of me buying a property in Malaysia reached the ears of friends and business contacts back in Japan, I received numerous enquiries. So many people were curious about this country and wanted to come and see for themselves. The first thing I tell them is that Malaysians are very kind.

The bathroom with bathtub is my favourite feature. In Japan, houses tend to be small so space is a luxury. Yet bathing is such an integral part of our culture. So it's great to have such a comfortable and spacious design.

I'm also impressed by the lobby design and the level of security. They have 24-hour security here, which is very rare in Japan. Facilities like gym and swimming pool are also not common in my home country.

As a foreigner, I really appreciate the shuttle service provided by The Mews. It has made it very easy for me to access and explore many different places of Kuala Lumpur.

The spacious bathrooms are among The Mews' most well-received features

E&O
EASTERN & ORIENTAL
BERHAD

Quayside

SEAFRONT RESORT CONDOMINIUMS

The last of the towers in the most prime of locations – 18 East, Andaman at Quayside at Seri Tanjung Pinang – is a premium reserve collection of exquisitely-appointed residences, with dedicated entrances and personalised privileges, set within a completed 4.5 acre waterpark. Each of the one-, two- and three-bedroom units have exceptional views – the ocean, the hills or Gurney Drive – take your pick. Review your day, or plan the next from your lofty, comfortable perch in the sky. Home is everything you dreamed it would be.

Limited units of your dream home are now available.
Gallery viewing by appointment only.

Seri Tanjung Pinang, Tanjung Tokong, 10470 Penang, Malaysia.
T +604 890 9999 / +6011 1211 0891
E eopenang@easternandoriental.com

E&O Living Seri Tanjung Pinang by E&O www.seritanjungpinang.com

EdgeProp MALAYSIA'S BEST MANAGED PROPERTY AWARDS 2018

Zhow Jie with her son, Calvin

MORE THAN JUST A HOME

Two residents of Avira Garden Terraces in Medini Iskandar, Johor tell us why their neighbourhood feels like one big global family

ZHOW JIE

After living in Singapore for several years, Zhow Jie and her husband decided to relocate across the causeway for their son's education. They have been living at Avira Garden Terraces for two years now.

What attracted you to this property?
The soothing, green environment and the beautiful home aesthetics. In China, where I'm from, houses tend to have very rigid designs whereas the homes here have an openness about them. My husband doesn't like that 'closed-in' feeling so we were very pleased with the semi-open design of the bedroom.

Were you already familiar with Johor Bahru before moving here?
We'd been here before; we brought our son, Calvin Guo, to Legoland. I like that it's relatively quiet here, there's not much traffic.

Your favourite features at Avira?
The many different activities…there's always a celebration during major festivals. During Chinese New Year, for example, we even had lion dance so I didn't feel like I'd missed out even though we didn't go back to China. The best part is, whenever there is something going on, all the mothers here can grab the chance to relax and not cook as they usually serve food at the events!

Are you close with your neighbours?
Yes, many of them are students or teachers at Calvin's school so we all know each other. We all come from different parts of the world – China, Japan, Korea, Canada, Australia, New Zealand, Singapore, and of course Malaysia but everyone is like family. My son's English has improved very quickly since we lived here!

Having lived here for two years now, how do you feel about Avira overall?
I have no complaints. It's generally quiet and restful, and I feel safe letting Calvin play outside. I have visited other residential areas in Johor Bahru but nothing compares to Avira. Whenever I have any problems with my house, all it takes is one phone call to the management office and they'll take care of things immediately. We're very conveniently located too, there are restaurants, a supermarket and even a Starbucks nearby. So really, I feel that we have everything we need here!

Abby is fondly known as the "Mayor of Avira"

ABBY MARZUKI AL-HAJJ
One of the pioneer residents of Avira, Abby knows just about everyone here—and they know her as the 'Mayor'! Her friendly, bubbly personality has won her many friends among her neighbours and she's the one they often go to for advice.

Why did you decide to call Avira home?
My husband and I manage several businesses in Singapore (where I was born and raised) and Shah Alam, Selangor and we travel regularly between these two places. We wanted to stay in a more convenient transit point. We found Avira to be a sound investment as it offers high-end living and is strategically located in an upcoming area that's poised to be Johor Bahru's second CBD. When you invest in a property, you must be certain you can resell it. I'm always promoting Avira to everyone I know! It's exclusive and in a class of its own. If serenity and privacy is what you seek, look no further.

Have you observed a lot of changes between when you first moved in and now?
You could say I watched Avira grow and develop, and it's certainly progressed effectively. We have a well-maintained gym, and a swimming pool and club house coming up. The management organises countless activities that are great opportunities for neighbours to meet and mingle.

As the 'Mayor', you must know everyone here...
I guess people are drawn to me because I love to talk! To me, neighbours are very important…a neighbour can be your greatest friend, a neighbour will help look out for you or your home when you're away. I love cooking, so I'm always sending food over to my neighbours. At least once a week, we take evening walks to the lake and some of them will walk their dogs at the same time.

It's a really international community we have here and we've all become good friends. I also organise fun social activities like barbecues and karaoke nights.

What do you think is the best feature of Avira?
The security is constantly improving. We get a new batch of guards every three months and there are two watch dogs on site too. Overall, I feel protected and assured living here. A home is a nest, a sanctuary, it should be a place where everyone wants to be so safety is of utmost importance.

The winning couple received their prize at a ceremony held at Straits Quay Marina

LUCKY WIN FOR QUAYSIDE HOMEOWNERS

E&O's Luxury Living campaign crowned its first winner with a Mercedes Benz C-Class

It was in July 2018 that Eastern & Oriental Berhad (E&O) announced its Luxury Living Campaign, which enticed homebuyers with a slew of value-driven offers. Capping off the excitement was the opportunity to win a Mercedes Benz C-Class C200 AMG – for each property unit purchased, buyers are entitled to one lucky draw entry.

For Hong Kong couple Wong Tat Leung and Lam Ching Ching, it was indeed a fortuitous decision when they sealed the deal on a unit at Quayside Seafront Resort Condominium. The couple were named the first winner of the campaign and were presented with the grand prize at a special ceremony held at Straits Quay Marina in Penang last month.

The happy couple said it took them just two days to finalise their decision. They had been invited to Quayside by a friend who had a home there and were duly impressed by the quality, location and design. They were further assured by the fact that Quayside had picked up a gold award at EdgeProp Malaysia's Best Managed Property Awards 2018. It was initially meant to be an investment but the couple later decided to make it their holiday home instead as they'd fallen in love with the property!

According to E&O group marketing and sales senior general manager Wayne Wong, the Luxury Living campaign was in line with E&O's aim to offer discerning homebuyers premium homes with superlative quality in choice locations. "The campaign has been a resounding success and we are pleased to have reached both local and international purchasers. This demonstrates that there will always be a demand for well-designed properties in strategic locations and that the E&O brand name still commands a premium in the market place."

The campaign ends on 31 December 2018, after which the second winner will be announced.

For full details and terms and conditions on E&O's Luxury Living campaign, go to to www.eoluxuryliving.com or check out E&O's official Facebook page at www.facebook.com/easternandorientalberhad

Dr Peter Stuart explaining the benefits of chiropractic therapy; (right) showing how the ArthroStim is used

TOP-TO-TOE CARE

There's a lot more to chiropractic treatments that meet the eye

Insomnia, loss of appetite, blurred vision, halitosis, sinus, constipation…these are not among the reasons one would think warrant a visit to a chiropractor because well, a chiropractor is a doctor who fixes you by 'cracking' your bones right?

Such is the common perception that people have regarding chiropractic treatments but as Dr Peter Stuart explains, it's a simplistic view that only partially explains what a chiropractor does. The focus is on the musculoskeletal system, a complex network of bones, muscles, joints, tendons, ligaments, and nerves. For the human body to move well, this entire system needs to be functioning well. When something is out of place, problems will show up in the nervous system.

"The brain and spinal cord control all functions in the body. Information is received in the brain then sent down the cord and out to the nerves. The spinal cord is located within the spinal column and as long as they're aligned, information will flow as it should," Dr Peter explains, adding that chiropractic treatments thus mostly centre on the spine.

At his clinic, PS Healthcare at Straits Quay, the first thing a patient (or potential patient) needs to do is fill up a questionnaire that lists over 80 symptoms—such as those mentioned above—that people commonly experience and which may respond well to chiropractic treatment. Dr Peter will then meet with the patient for a consultation and if suitable, he will prescribe treatment, which starts from RM100 per session.

So how exactly does a 'bone doctor' treat someone with a seemingly unrelated issue such as problems falling asleep? "It can be due to stress or misalignment of the joints, nerves or muscles," says Dr Peter. That can lead to discomfort and sleep disruption. By correcting the misalignment, the discomfort goes away and sleep can be normalised.

In administering treatment, Dr Peter uses a hand-held instrument known as an ArthroStim to deliver quick and precise force onto the problematic part of the body and push the misaligned vertebrae into place. The pressure can be adjusted accordingly and compared to using bare hands, this nifty 'gun' can be angled to reach specific spots.

Treatments thus don't take much time–usually just a matter of minutes! "First-time patients often ask, after the initial session, is that it?" Dr Peter says with a laugh. Some may even wonder about the fees, given that it's such a short duration. To that, Dr Peter has this to say: "You're not paying for my time, you're paying for the results."

To find out what results you can get, schedule an appointment at PS Healthcare; consultation is free.

PS HEALTHCARE
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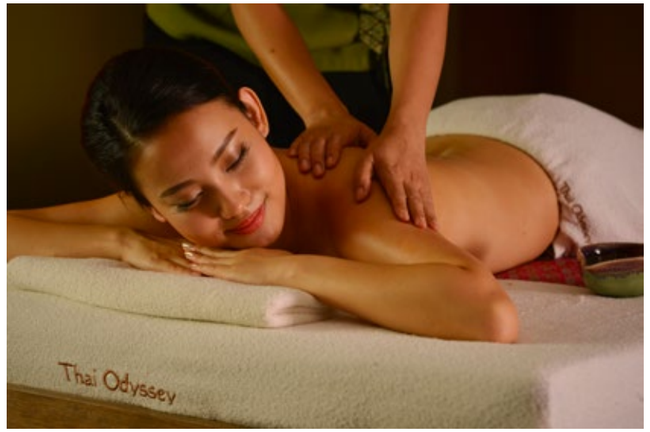
JALAN SERI TANJUNG PINANG, TANJUNG TOKONG, 10470 PENANG | T 6014 310 7787

WWW.STRAITSQUAY.COM



The benefits of traditional Thai therapies are well-known and loved by Malaysians

ANCIENT HEALING IN MODERN TIMES

Experience the authentic healing philosophies of the Land of Smiles at Thai Odyssey

In the Thai language, it's known as *nuat thai* or *nuat phaen thai*. Most of us know it as one of the most relaxing body therapies around and luckily for Malaysians, Thai massages are widely available here. Establishments like Thai Odyssey have been instrumental in not only introducing this ancient form of well-being to locals but more importantly, ensuring that it's easily accessible. With more than 50 outlets around the country, you are never too far from a Thai Odyssey and their brand of relaxation.

From the décor to the oils and body products used, treatments offered and trained masseuse from Thailand, authenticity is ensured every step of the way. Their aim is to create a balanced, harmonious environment and extend warm, loving care to every customer so that every one can enjoy a memorable experience at affordable prices. Book yourself a treatment at Thai Odyssey and you know you're getting the real deal that's as good as being in Thailand.

One of their most sought-after offerings is the Thai Aromatherapy Massage, available in three durations of 60, 90, and 120 minutes. You will first be asked to choose one of five massage oils, blended from pure botanical extracts of essential oils: Relax, Energy, Tone, Muay, and Purify. Each was concocted to render specific benefits on the receiver, as indicated by the names. Had a stressful day and need to wind down? Go for Relax. Feeling sluggish and need a pick-me-up? Energy should serve you well.

The massage employs gentle muscular compression to loosen and stretch out your muscles. A combination of long and short strokes with soft kneading ensures total relaxation. Add to that the therapeutic effects of the massage oil and your body and mind will slip effortlessly into a state of contentment and equilibrium.

THAI ODYSSEY
3C-1-1 & 3C-1-2, FIRST FLOOR, STRAITS QUAY RETAIL MARINA,
JALAN SERI TANJUNG PINANG, TANJUNG TOKONG, 10470 PENANG | T 04 899 9488
OPENS 10.30AM - 10.30PM DAILY

WWW.STRAITSQUAY.COM

Eddie Chong brings nearly 15 years of hairstyling experience to De Salone at the E&O Hotel

A DREAM SALON

Pamper your tresses with 5-star treatments at De Salone Hair and Nail Saloon

Eddie Chong had a dream. In it, he had opened a salon next door to his friend's shop, Virinchi Tailor, at the E&O Hotel. Fast forward to October 2018, and Eddie's dream came true just as he had envisioned it. "This space was an art gallery before and when it became available, my friend at Virinchi Tailor suggested that I take it up. I felt it was the perfect location for my salon and here we are!" says Eddie, who has close to 15 years' experience as a hairstylist.

Eddie's reputation is well established and over the years, he has built up a loyal clientele who know that he always delivers what they want. While only a few months old, his De Salone Hair and Nail Saloon already caters to a group of regulars, besides guests of the E&O.

A full-fledged salon (manicure and pedicure services are slated to be introduced by January 2019), you can get all your hair needs tended to here, from the basic cut and wash to more elaborate styling and even bridal services. De Salone also offers an extensive range of hair and scalp treatments, all using Shiseido Professional products.

"It's my brand of choice because they have a good range of products that let me achieve the results my customers want," says Eddie. "It's a Japanese brand, so it's suited to Asian hair. They have products that target specific problems, so it's possible to address a variety of hair issues."

Eddie names the Shiseido Salon Solution as one his bestsellers. It's meant to tame frizzy hair and involves multiple steps to detox, nourish, strengthen, and replenish moisture to your locks. One session takes about 1.5 hours and the results are fairly long lasting.

Colouring and scalp care treatments are also popular among De Salone's customers, who know that they can always count on getting 5-star service from Eddie and his team, amidst a soothing environment within a luxurious hotel. Most importantly, Eddie stresses, the prices are reasonable and competitive with other salons. Additionally, they accept only five bookings at a time. "I like to keep it small and intimate, so that we can provide a personalised, boutique experience for every customer."

Follow them on Facebook @desalonehairandnailsaloon or Instagram @de_salone

DE SALONE HAIR & NAIL SALOON
GROUND FLOOR, UNIT NO. 6 VICTORY ANNEXE, EASTERN & ORIENTAL HOTEL
10 LEBUH FARQUHAR, 10200 PENANG | T 012 504 6369
OPENS 10AM-7.30PM, THURDAY-TUESDAY; CLOSED ON WEDNESDAYS

Chapter Three

E&O HOTEL MAKES IT TO CNN'S ULTIMATE GUIDE ON ASIA'S HERITAGE HOTELS

The grand dame of Penang joins an esteemed list of storied properties in the region

Timeless in design, stately in presence—these sum up the essence of heritage hotels in Asia that date back to the 19th and early 20th centuries. European settlers and travellers were finding their way to this part of the world at the time, creating a need for elegant abodes befitting the indulgent lifestyles of wealthy merchants and dignified members of society. Many of these properties are still standing proudly as vestiges of the past while catering to the needs of today's traveller.

In an online article published this past September, CNN listed 24 of these hotels in Asia, including the E&O Hotel. In it, writer Kate Springer described the hotel as such:

"Sitting right on the coastline of eastern Penang, the Eastern & Oriental hotel was the very first hotel project by the Sarkies brothers, who were also behind The Strand in Yangon and Raffles Singapore. When the hotel opened in 1885, the busy port city regularly welcomed wealthy merchants and travelers to its shores. The wealthiest travelers rested their heads at the E&O, sipping on G&Ts at the wood-clad Farquhar's Bar or relaxing along the seafront.

After World War II, the hotel shuttered for a few decades until it was restored in 1996 and reopened in 2001 by the E&O Group. Today, travelers can best experience the old-world atmosphere in the Heritage Wing, where sea views, antique furniture and creaky wooden floors await."

Other heritage hotels that made it to the list include Raffles Singapore, The Peninsula Hong Kong, The Strand in Myanmar, and Taj Umaid Bhawan Palace Jodphur in India.

WWW.EOHOTELS.COM

The E&O Hotel is recognised as one of Asia's most stately heritage hotels

Built in 1885, the hotel has stood the test of time well

Old world luxury complements modern comforts

EST 1885
EASTERN & ORIENTAL
HOTEL

WELCOME TO WHERE THE OLD WORLD MEETS THE NEW

Times may have changed.
But, at the Eastern & Oriental Hotel, we still hold our traditions dear.
Traditions that are steeped in opulence and hospitality,
charm and generosity.

Stay with us for an experience that stays with you.

10 Lebuh Farquhar, 10200 Penang, Malaysia
T 604 222 2000 F 604 261 6333 E luxury@eohotels.com
www.eohotels.com

1885 has updated its Traditional Afternoon Tea with a new menu

NEW AFTERNOON DELIGHTS AT THE E&O

Tuck into a revamped menu at 1885

Named in conjunction with the founding year of the E&O Hotel and modelled after stately drawing rooms of the Victorian era, 1885 is an enchanting step back in time complete with candlelit tables, starched linens and attentive staff delivering impeccable silver service. Diners are feted with an inventive menu of fusion dishes complemented by a fine selection of wines.

Befittingly, traditional English afternoon tea is also served here daily. Already one of the hotel's most well-received F&B offerings, its appeal is further amplified with a recently revamped menu that features new delights alongside staples such as the must-have scones. Buttery and crumbly, they—they come plain and with raisins—are truly delightful when eaten warm with dollops of strawberry and pineapple jam and topped with homemade clotted cream.

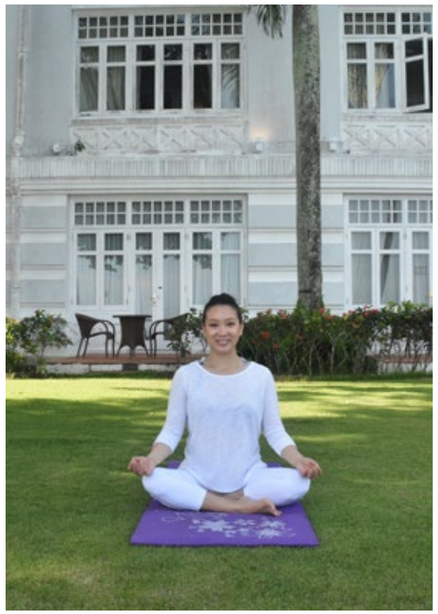
Savouries are plated on a two-tier stand while sweets are served separately. The former is a feast for the eyes and palate, with no less than seven different varieties. Seafood lovers will appreciate the Smoked Salmon Tartare, Pickled cucumber, Lemon Aioli Sandwich Beetroot Loaf; Crab Meat Slaw, Radish Shaving Herb Crust Pullman; Marinated Tuna Flakes Charcoal Bread. The Corn Fed Chicken Ragout Gougeres is a crowd pleaser as is the Truffle Scented Egg Poppy Seed Crusted Butter Bun. Fulfill part of your daily greens intake with the Organic Spinach Quiche and Curry Puff Filled with Potato and Green Peas Masala.

The sweets are no less enticing, a presentation of five luscious pastries that range from the classic Sicilian Cheese Cake and Raspberry Crèmeux to the ever-popular Exotic Fruit Tartlet and a satisfyingly rich Belgium Marquise. The Pandan Kaya is a delightful nod to Malaysian cuisine, combining two favourite flavours in one.

To complement the delectable spread, take your pick of cuppa from a long list of loose leaves, from black to green and white teas. Feeling adventurous? Give the Irish Whiskey Cream a shot, a malty Assam autumn tea with hints of cocoa husk.

The English Afternoon Tea at 1885 is available daily, 2pm-5pm

WWW.EOHOTELS.COM



Twice a week, Michelle Quah leads guests on an hourly yoga class at the poolside lawn

THE PSYCHOLOGY OF YOGA

For Michelle Quah, yoga is not just a workout; yoga is love

Her first yoga class didn't go well. She didn't like the instructor's teaching style. But Michelle Quah kept at the practice and eventually met a teacher whose approach to yoga matched hers. From simply attending classes, she went on to become an enthusiastic yogi and eventually signed up for a teacher's training course in Kuala Lumpur, at the now-defunct Sun Yoga, in 2005. "I realised I was pretty good at yoga," says Michelle of her transition from yoga student to teacher. "Besides, I knew I couldn't survive sitting behind a desk!"

She set up Nirmaya Yoga in Penang's Taman Kennedy and teaches there regularly. Since 2011, she has also been teaching at the E&O Hotel, leading in-house guests on two complementary yoga classes every week. For one hour every Tuesday and Thursday morning, up to 12 guests join her on the mat at the poolside lawn of the hotel's Heritage Wing. It's always a motley crew—some are giving yoga their first ever try, some may be occasional yogis or regulars who want to keep up their practice while on holiday.

That means every class is completely different and Michelle has to strive for a balance between basic, introductory poses and more intermediate-level *asana* in order to keep things interesting. Taking into account the fact that most of the participants are here on holiday, she tries to keep it at a more relaxed pace. That means more general *hatha* poses, breathing and stretching. "At the start of every class, I will ask the participants what level they're at and if they have any injuries," Michelle explains. "That serves as a guide for me, and I try to make sure it's neither too easy nor too difficult overall." That means having to, quite literally, think on her feet to come up with a sequence that serves each class well.

Michelle incorporates psychology philosophies into her yoga classes

It's not the easiest of tasks but with 13 years of teaching experience behind her, Michelle takes it all in stride. Guests' feedback on the hotel's TripAdvisor page has been largely positive, with some naming it the highlight of their stay.

If you come away from her class feeling loved and know that it's no accident as that's her philosophy when it comes to yoga. "Yoga, to me, is love. As a teacher, I spread the love of yoga to my students and at the same time, teach them how to love themselves so that in turn, they can pass that on to their family and friends."

Having a good understanding of people on and off the mat helps and that was what led her to completing a degree in psychology at the Wawasan Open University, in 2010. Since then, she began incorporating the learnings into her teachings. "I find that a lot of yoga classes tend to be quite regimental and lack inner feeling. I, on the other hand, go with feelings. My aim is to give my students the confidence that I never got from my earlier teachers. The basic tenet I advocate is if it feels good and works for you, go with it."

She's had complete beginners saying they felt inspired and considered making yoga a regular part of their lives after attending just one of her classes. If you're new to the practice and wondering if you should make time for it, Michelle has this message for you: "Don't be afraid to come for my classes. I don't bite."

Michelle leads a yoga class for staying guests at the poolside lawn of the E&O Hotel every Tuesday and Thursday, 8.30am. You can also book her for private classes.

A BRAND NEW YEAR OF ENTERTAINMENT

Usher in 2019 with a stellar line-up of performance arts at PenangPAC

JANUARY

PANIC 恐懼
4 – 6 Jan @ 8pm I **stage 2**
5 – 6 Jan @ 3pm I **stage 2**
Tickets: RM120

A man takes an employment exam but wakes up next to a dead body. His life falls apart and turns into an absolute nightmare as he endures societal alienation. *Panic* is based on a short story by the late novelist-dramatist, Kobo Abe.

THE BALLET OF PETER PAN
12 Jan @ 3:30pm, 8:30pm I **stage 1**
Tickets: RM40

It's a tale as old as time but one that never fails to be relevant. Catch this ballet version of the Boy Who Wouldn't Grow Up and be transported to Neverland.

綜藝玩很大之 TIME FOR TAIWAN – 馬來西亞推廣會
19 Jan @ 3pm I **stage 1**
Free admission (online registration required)

Mr Player is a popular Taiwanese variety show that puts the fun in travel! Every episode sees the cast and special guests exploring different parts of the country while completing quirky tasks and competing in races. Find out more at this promotional event.

FEBRUARY

TALES FROM THE BEDROOM – SEX IN GEORGETOWN CITY
14 – 15 Feb @ 8:30pm I **stage 2**
16 – 17 Feb @ 3pm , 8:30pm I **stage 2**
Tickets: RM45

Mark Valentine's Day with a good chuckle over this collection of 10 hilarious stories, all set in a bedroom, written and directed by Penang native Fa Abdul. What you'll get is a wacky, rip-roaring good time that features poignant moments and unconventional advice in between quickie sessions!

NORM & AHMED
22 – 23 Feb @ 8:30pm I **stage 2**
24 Feb @ 3pm I **stage 2**

This play by Australian Alex Buzo premiered at Sydney's Old Tote Theatre in 1968. It captures the unlikely acquaintance between a middle-aged war veteran, Norm, and a Pakistani student, Ahmed.

PENANG NATYANJALI 2019
23 Feb @ 6:30pm I **stage 1**
By invitation

Natyanjali is an annual celebration of Indian classical dance that takes place around Maha Shiv Ratri, a festival that honours the god Shiva, and usually lasts over a week. This by-invitation-only show is held in conjunction with Natyanjali.

MARCH

INTERNATIONAL WOMEN'S DAY ART EXHIBITION 2019: EMPOWERING WOMEN
3 - 30 Mar @
10am – 6:30pm daily I **gallery 1 & 2**
Free admission

International Women's Day 2019 is themed #BalanceforBetter and falls on 8 March but this art exhibition by local artist Dr Grace Choong pays tribute to women throughout the month. She is known for her broad, bold brush strokes and use of vibrant colours.

ZEN CONCERT : KANA
3 Mar @ 7:30pm I **stage 2**
Tickets: RM40, RM25 (concession)

Be enthralled musically and culturally at this music exchange event between Project KANA and Banana Brass. Trumpet virtuoso and music educator Kana Madarame, a well-respected figure in Japan, will give a unique performance that features Tetsunosuke Kushida's compositions (*Haikai Suite, Matsuri,* and *Sakura*) and shed light on little-known facets of Japanese culture. Introduction to the music will be presented in both Japanese and English.

HAPPY GRADUATION ! 《畢YEAH 快樂 !》音樂舞台劇
8 - 10 Mar I **stage 1**
Tickets: RM80, RM60, RM40

The triumph and jubilance of having earned the mortarboard is captured in this musical that promises to be a feast for the senses.

BOOMERANG
8 - 9 Mar @ 8:30pm I **stage 2**
9 - 10 Mar @ 3pm I **stage 2**
Tickets: RM45; RM40 (Students, OKU, TAS Card Holders, and Senior citizens above 60); RM80 (1 adult & 1 child)

This one's for the whole family! When was the last time you watched a puppet show? There are only four performances, so don't miss it.

I THINK I AM SINGLE 2
22 Mar @ 8pm I **stage 1**
Tickets: RM40

Malaysian indie film buffs will remember Captain Khalid from the award-winning *Lelaki Harapan Dunia* (2014) while the rest of us know him from his skit, *Malaysia Mischief*, that went viral online. The Germany-based Tanzanian comedian returns to our shores with all-new materials that are bound to have you in stitches.

SHAKESPEARE DEMYSTIFIED: THE TEMPEST
23 Mar @ 8:30pm I **stage 2**
24 Mar @ 3pm I **stage 2**
Tickets: RM45, RM35 (Students and TAS Card Holders)

A presentation of canonical speeches and scenes from *The Tempest*, each accompanied by a narration of plots and a discussion of the themes. Members of the audience are invited to join the discussion during the Q&A session.

DANCE FOR LOVE
30 Mar @ 8pm I **stage 1**
31 Mar @ 3pm I **stage 1**
Tickets: RM50

Led by their passion for their art and their love for the stage, dancers from On D'Spot Dance Studio will present their best works.

APRIL

Phoon Chi Ho's 1-Hour Special
6 April @ 8:30pm I **stage 1**
Tickets: RM50

In his inaugural one-hour solo show, local funny man Phoon Chi Ho shares his newest and most favourite stories, including his dark (comedy) past.

Art Within Theatre 2: Nature
27 April – 20 May @
10am – 6:30pm daily I **gallery 1 & 2**
Free admission

Penang Players returns with the second instalment of their art exhibition that features a collection of works by their members, based on the theme 'Nature'. The event was first held in 2017.

MAY

ONE MINUTE TO MIDNIGHT
3 – 5 May @ 8pm I **stage 1**
Tickets: RM40, RM20 (concession)

Mother Earth is sick, literally, of plastic waste choking her oceans so she hires a team of genius teen chemists to clean up the act. But someone is out to thwart her plans. There's only one minute to act; who will win? There will be laughter and good music, but the message is a serious one. Don't miss the premiere of this full-length musical.

NOTE
1. All the above performances are held at PenangPAC.

2. The details above are correct at the time of printing and may be subject to change. For the latest updates, please log on to ***www.penangpac.org.***

Amanemu is a tranquil retreat that drew inspiration from the ryokan, traditional Japanese inns with hot spring baths

PARADISE FOUND

Immerse in Japan's time-tested onsen *traditions and wellness practices at the Amanemu in Nagoya*

Built on the theme of water, designed around a large natural *onsen*, and fitted with private pavilions and a *watsu* pool (for a gentle form of aquatic body therapy), the Aman Spa at the exquisite Amanemu resort is the embodiment of utopia.

The *onsen* feeds on salt-infused spring water that is known for a myriad curative properties. Taking regular dips in the mineral-rich waters can help ease pain in the muscles, joints and nerves besides promoting recovery from cuts, burns, fatigue and a number of skin ailments. In between therapeutic soaks, embark on massages and therapies such as body wraps and exfoliations that cull the benefits of all-natural ingredients sourced locally within the Mie Prefecture. For your hands and feet, the manicure and pedicure salon will see to it that they are handled with tender loving care.

Overlooking a garden that's the picture of Zen, the spa's calming atmosphere rubs off on everyone who enters its 2,000-square feet space. Further relaxation can be enjoyed at the 33-metre outdoor swimming pool, framed by views of the surrounding forested hills and the picturesque Ago Bay. The latter, a major tourist attraction, is also known as the birthplace of pearl cultivation as invented by Kokichi Mikimoto back in 1893.

Want to take your wellness journey further? Amanemu's award-winning day programmes will guide you on a holistic excursion that features a private yoga lesson, 75 minutes of aquatic bodywork that's hailed as "meditation in the water", and a body massage. A nutritious lunch is part of the package, as well as use of the *onsen* and other relaxation facilities.

The indulgence can continue in your accommodation. Amanemu's suites, inspired by rustic Minko aesthetics characterised by natural materials and sliding timber shutters, come with private *onsen* baths.

AMANEMU
2165 HAZAKO HAMAJIMA-CHO, SHIMA-SHI, MIE, JAPAN

WWW.AMAN.COM/RESORTS/AMANEMU

Surrender to the moment; relax on the day beds or swim in the outdoor pool that looks out to Ago Bay

At the spa, your wellness journey can include body treatments and water therapy

Zen feels attainable among Amanemu's tranquil settings

Amanemu has just 24 suites, each with a private onsen and wide terraces

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