

JANUARY 2014

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life's refinements

WINNER OF FOOD
WRITER OF THE YEAR
—WORLD GOURMET SERIES
AWARDS OF EXCELLENCE 2013

BEST FEATURE ON
WINE-TASTING
EXCELLENCE AWARD &
BEST USE OF TYPOGRAPHY
GOLD AWARD—ASIAN
PUBLISHING AWARDS 2013

✦ FAB RECIPES
FOR A BODY
REBOOT (MINUS
THE HUNGER
PANGS)

↑
*stuffed
scallops with
crab rice
sauce*

Best
Chinese
New Year
takeaways
& sake
pairings

Inside
10 great
things to
look out
for in the
drinks
scene

✦ GOURMET
DISCOVERIES
IN MARGARET
RIVER

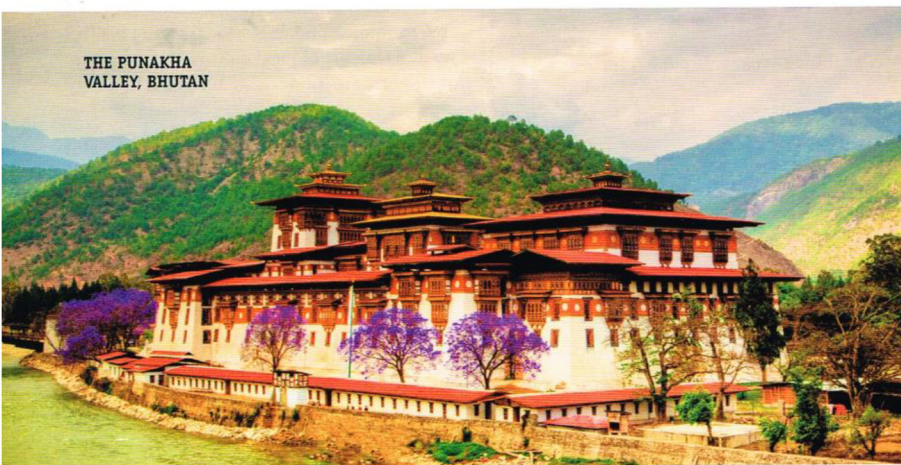
✦ FORGET BALI:
WHY WELLNESS
FANS ARE
FLOCKING TO
MIAOLI & WUHA

New Year
fresh start



THE TRAVEL BUCKET LIST

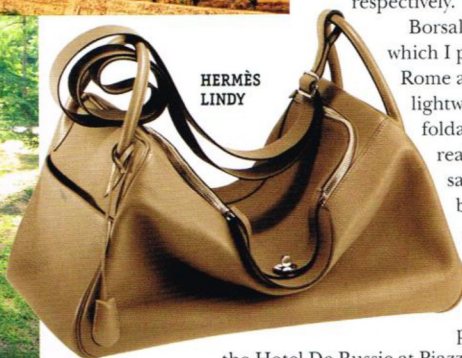
Three seasoned globetrotters share the one destination they have yet to conquer, and why it will be top of their priorities in 2014.



THE PUNAKHA VALLEY, BHUTAN

Crystal Lim, founder of Legacy Retreats, a company that organises holistic getaways.

My target destination in 2014 is... The Punakha Valley in Bhutan. My trips to Bhutan so far have been focused on Paro, where my company holds our retreats. But Punakha is where I want to go in spring, when the valley is full of verdant grass and wildflowers, and the mountains are still capped with snow. On my to-do list are the famous Punakha Dzong and the Temple of the Divine Madman. I'd definitely fit a kayaking trip down the Mo Chu and Po Chu rivers and stop by the Bukhari Restaurant in Uma by COMO for the ferociously spicy Bhutanese dish of *ema-datse*. It's loaded with chillies and cheese, and the aftertaste lingers on long enough to turn your lips pleasantly numb.



HERMÈS LINDY

To travel in style... I include a hand-carry Louis Vuitton Damier trolley bag. For work, I also reach for my Ethan K custom-made croc bag because it's the right size for fitting a laptop, yet hardly weighs more than an apple when empty. I absolutely adore my Hermès Lindy, which has numerous pockets to easily access a multitude of things. I have the turquoise Lagoon and berry-coloured Tosca, for beach getaways and city holidays respectively.

Borsalino hats which I purchased in Rome are not only lightweight, they're foldable too and real space-savers. The boutique is conveniently located beside my favourite place to stay,

the Hotel De Russie at Piazza del Popolo.

A good cashmere sweater is essential and I have a soft spot for my Banjo & Matilda uber hoodie in navy and barley stripe.

To travel light, you should... crowd-source before every trip, then collate all the recommendations in your PC, phone and tablet with an Evernote account. This way, you don't have to lug any travel books with you, but if you must, download everything into a Kindle so you can access information when all other electronic devices are on airplane mode.



THE GALÁPAGOS ISLANDS



white T-shirts, which are made with luxe Pima cotton. It's similar to Egyptian cotton and yields a thread that can be woven multiple times to create a dense, soft fabric. Second would probably be a portable phone charger. I use my phone for everything, music, camera and social media included.

The travel experience from 2013 to beat...was a wedding in Tegucigalpa, Honduras' capital. The Hondurans really know how to celebrate the occasion with gusto. I had *cachuchitas* (think nachos with beans and guacamole), fried beans, yucca chips with pork rinds, plantain casserole and *pupusas* (hot cheese pockets). Drinking and dancing start at 9pm and go on till the next morning. It was a refreshing change from regular wedding banquets in Singapore.

Paul Ong, co-founder of Plussixfive, a digital lifestyle guide.

My target destination in 2014 is...The Galápagos Islands. I spend most of my time in bustling cities, and I haven't gotten around to exploring nature in its fullest. The Galápagos would be a great place to do that as you get lava formations, beaches, cacti forests and rolling greens all in close proximity—and not forgetting the breathtaking range of wildlife.

The first thing that will go in my suitcase...Sifr's plain



SIFR SHIRTS

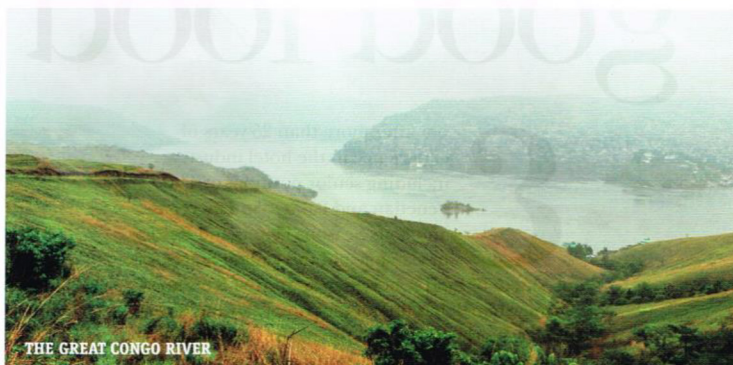
Francesco Galli Zugaro, founder and chief executive officer of Aqua Expeditions luxury cruises.

My target destination in 2014 is...Democratic Republic of the Congo. Aqua Expeditions currently offers cruises along the Amazon and Mekong rivers. To recreate a similar experience for our guests with wildlife from Africa's Big 5 in plain view from our custom-designed luxury ships sailing on the Congo River is my dream.

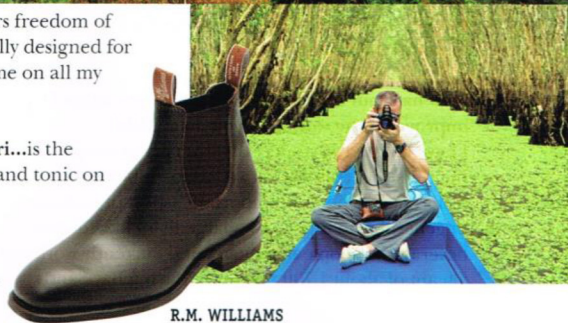
My idea of comfort and style is...Lululemon Athletica gear, which I swear by for long flights. They withstand extended wear and the Lycra-nylon fabric offers freedom of movement and stretch. Boots from R.M. Williams were originally designed for tackling the Australian outback terrain and mine have lasted me on all my eight safari trips.

The best thing to look forward to at the end of a wildlife safari...is the African Signature Sundowner, where you kick back with a gin and tonic on an open-top bus.

The most amazing journey in 2013...was crossing the world's oldest desert, the Namib in southern Africa, by mountain bike.



THE GREAT CONGO RIVER



R.M. WILLIAMS WORK BOOTS