

# Millionaireasia<sup>®</sup>

IT'S ABOUT LIVING LIFE TO THE FULLEST

SINGAPORE EDITION

## AI Wonderland

Elevate Your Holidays with Innovative Festive Decor and Flavourful Tech Recipes

## Unlocking the Fountain of Youth

Expert Tips, Inspiring Stories and Game-changing Wellness Strategies

An Exclusive Interview with

# MR. PETER TAN

Why he left the Insurance Industry and what's up next for him?



# fy!

A Product of Living Young



SENSUAL BLISS



BUSINESS ESSENCE



RADIANT PURITY

Find the perfect fragrance for your love!

Scan the QR code for  
more information.  
[WWW.LIVINGYOUNG.SG](http://WWW.LIVINGYOUNG.SG)





# Millionaireasia<sup>®</sup>

© @millionaireasia.sg

⊕ millionaireasia.com

**Editor In Chief** Toh Mu Qin

**Editorial Contributors** A. Yash  
Cheryl Tay  
Christina Yip  
Dionne Bel  
Lauren Fraser  
Mariah Amin  
Priyanka Elhence

**Graphic Designer** Amelia Espaldon

**Director of Operations  
(Asia Pacific)** Alexis Toh

**Partnering Law Firm** R S Solomon LLC

**Chief Executive Officer  
(Asia Pacific)** Peter Tan Shou Yi

**Publisher** Millionaireasia Pte Ltd  
111 Somerset Road, #08-02  
TripleOne Somerset  
Singapore 238164  
T: 65 6838 5333  
Email: [contact@millionaireasia.com](mailto:contact@millionaireasia.com)  
Website: <https://millionaireasia.com>

Printed in Singapore by Asiawide Print Holdings Pte Ltd

*Millionaireasia* is trademarked in 18 territories including Singapore, Malaysia, Indonesia, India, Vietnam, Cambodia, China, Hong Kong, Macau, Taiwan, Thailand, Japan, Philippines, South Korea, Australia, New Zealand, Russia and UK.

MILLIONAIREASIA IS PUBLISHED BY MILLIONAIREASIA PTE LTD (200714494D).

ALL RIGHTS RESERVED. TITLE AND TRADEMARK REGISTERED. NO PART OF THIS PUBLICATION MAY BE REPRODUCED IN ANY FORM WITHOUT THE WRITTEN CONSENT OF THE PUBLISHER. THE VIEWS AND OPINIONS EXPRESSED OR IMPLIED IN MILLIONAIREASIA ARE THOSE OF THE CONTRIBUTORS AND ADVERTISERS AND DO NOT NECESSARILY REFLECT THOSE OF THE PUBLISHER.



**ART SG**

19 - 21 JAN 2024  
MARINA BAY SANDS  
SINGAPORE

**SEE ART.  
LOVE ART.  
BUY ART.**



SOUTHEAST ASIA'S LEADING  
INTERNATIONAL ART FAIR

**BUY TICKETS NOW**  
[ARTSG.COM](http://ARTSG.COM)

FOUNDING AND  
LEAD PARTNER



# DECODING INNOVATION AND WISDOM IN Luxury Living



Presenting a varied array of events, narratives, and encounters, this issue encapsulates opulence, innovation, and timeless wisdom. In a world where constant change is inevitable, it attests to the presence of extraordinary individuals and fresh ideas shaping the ever-evolving landscape of luxury living, and holistic health and wellness solutions.

Our journey begins with a riveting event featuring Ms. Fiona Ma, California State Treasurer, whose insights into global finance and wealth management captivated audiences. In an intimate setting, our readers gained exclusive access to the mind of a financial personality, offering a unique glimpse into the intricate dance of economics on a global scale.

Next, we delve into the science behind ageing elegantly at the Living Young event. Scientists from across Asia convened in Singapore to unravel the secrets behind Living Young products, inspiring all to embrace the art of ageing with grace and vitality. This event not only celebrates the pursuit of eternal youth but also highlights the importance of merging scientific innovation with the quest for holistic well-being.

Our global focus then shifts to an exclusive event with Georgia's Deputy Foreign Minister, His Excellency Alexander Khvtisiashvili. A union of diplomatic finesse and cultural exchange, this event opens a window into the world of international relations, emphasising the significance of fostering connections and understanding among nations.

In our Movers & Shakers section, we bring you Mr. Peter Tan's transformative journey, a narrative of resilience and

success that echoes the spirit of achievement. This section also unveils the stories of visionary scientists, setting the stage for ART SG 2024 exhibition event, and explores the complexities of running an art gallery as a family business in our succession story.

The Living Large section beckons readers into a world of indulgence and innovation. From rejuvenating one's spirit with innovative approaches to luxury travel in Western Australia, to a showcase of exquisite automobiles like the Bentley Continental GTC V8 Azure and BMW M2, this section is a celebration of the finer things in life. We also unravel the new revolution of Tourbillon Watches that seamlessly blend artistry with technical mastery, inviting our readers to adorn their wrists with timepieces that surpass the ordinary.

In The Know section invites you to embrace the festive season with a touch of technology. From AI-powered festive decor creating magical holiday atmospheres to tech-infused holiday recipes featuring AI cooking assistants and digital cooking trends, we usher in a new era of celebration where tradition meets innovation.

As you flip through the pages of this issue, we invite you to immerse yourself in a world where elegance, innovation, and wisdom come together. Here's to celebrating the extraordinary and embracing the timeless allure of luxury!

**Toh Mu Qin**  
Editor

# CONTENTS



## 8

### MEMBERS' EXCLUSIVE

- 8 Bridging Horizons – Ms. Fiona Ma's Enlightening Breakfast Event Sparks Collaboration and Inspires Change
- 10 Exploring the Correlation Between Living Young and Science – Highlights from Daybreak Dialogues
- 53 Gateway to Georgia – Unveiling Opportunities with Deputy Minister of Foreign Affairs, Alexander Khvtisiashvili
- 54 Living Young Seminar 2023 – An Afternoon of Enlightenment



# 12

## MOVERS AND SHAKERS

- 12 Defying the Odds – Peter Tan's Path from Near-Death to Love, Wealth & Health in Living Young
- 16 Dr. Pichaet's Lifelong Pursuit – Unlocking the Secrets of Balancing Immunity, Reverse Ageing and Telomere Science
- 20 In the Heart of Healing – Ms. Weng Chih-Yi's Altruistic Voyage through Medicine and Business
- 24 Eco-Visionary Excellence – Paul Chen's Contribution Towards a Greener Tomorrow
- 28 Chronicles of Vitality – Ms. Vassana Chiangkag's Quest for Holistic Wellness
- 32 Breaking Down the Neuro Soundwave – Dr. Tang's Methodical Approach to Brain Science
- 36 Towards Optimal Health – Dr. Lim Kah Meng's Contributions in Shaping the Landscape of Biomedicine for a Healthier Tomorrow
- 40 Art as a Family Business

# 46

## LIVING LARGE

- 46 Lifestyle & Wellness: Live Well, Play Well
- 50 Cars: Crossing the Continent
- 52 Cars: Power Packed
- 56 Travel: Serene Escapes – Discovering Forever Green Resort
- 60 Travel: Luxury Western Australia Beckons
- 62 Travel: Barefoot Luxury at Raffles Maldives Meradhoo
- 64 Horology: Leaving Their Mark on Time – Artistry and Technical Mastery Come Together to Create a New Revolution of Tourbillon Watches
- 68 Luxury: Eco-friendly Yachts – A New Era of Luxury on the High Seas
- 71 Lifestyle & Wellness: Flying without Wings
- 72 Lifestyle & Wellness: Rediscovering the Magic of the Holidays
- 78 Luxury: Aston Martin's Pedal Power – Unveiling the J.Laverack Aston Martin .iR

# 74

## IN THE KNOW

- 74 AI-Powered Festive Décor – Creating Magical Holiday Atmospheres
- 76 Tech-Infused Holiday Recipes – AI Cooking Assistants and Digital Culinary Trends

68



40



56



62





# Bridging Horizons

MS. FIONA MA'S ENLIGHTENING BREAKFAST  
EVENT SPARKS COLLABORATION AND INSPIRES CHANGE

BY ALEXIS TOH

On 12 September 2023, the city's skyline bathed in the soft morning light, bore witness to a gathering of remarkable minds at the prestigious Tower Club Singapore. This exclusive breakfast event was a testament to the power of collaboration and dialogue in addressing some of the most pressing issues facing California and the world at large. Hosted, organised, and sponsored by the distinguished Millionaireasia, the event saw an impressive gathering of visionaries and leaders from various corners of the globe and diverse industries.

The stage was impeccably set, and the ambience exuded an air of sophistication that perfectly matched the stature of the event. However, the true stars of the morning were the esteemed guests, with the spotlight shining brightest on the guest of honour, Ms. Fiona Ma, the State Treasurer of California.

The event brought together an eclectic mix of luminaries from various countries and industries, forging a unique tapestry of knowledge, experience, and inspiration. Among the notable attendees were Ms. Phan Thi Hong Xuan, the president of the Vietnam-ASEAN Friendship Association; Dr. Elias Tam, representing the world treasurer of the International College of Surgeons; and professor and distinguished tax lawyer, Mr. Stephen Phua. The gathering also included elite members of Millionaireasia, as well as members of the Bentley Owners Club Singapore.

Ms. Fiona Ma, accompanied by Dr. Lim Boh Soon and Millionaireasia's CEO, Mr. Peter Tan, took the stage for a fireside chat session and an engaging Q&A session. The discussions that unfolded covered a wide range of significant



topics, offering valuable insights into her role as the State Treasurer of California and her approach to managing the state's finances amid critical economic and financial challenges.

The audience was not only captivated by Ms. Ma's expertise but also actively participated in the dialogue, posing thought-provoking questions during the Q&A session. Their enthusiasm and curiosity further enriched the conversation, making it an engaging and enlightening experience for all.

One of the key themes of the morning was Ms. Fiona Ma's role in managing California's finances and addressing critical economic and financial challenges. California, with its robust economy, is often considered a bellwether for the United States, and Ms. Ma's insights into managing its financial landscape were eagerly awaited.

She began by emphasising the importance of prudent fiscal management, highlighting her commitment to ensuring California's financial stability and growth. She spoke of the need to strike a delicate balance between responsible budgeting, infrastructure investment, and social programmes, all while managing the state's debt effectively.

Ms. Ma's approach to financial stewardship is marked by a deep understanding of the interconnectedness of economic factors. She stressed the importance of diversifying revenue sources and harnessing innovative financial solutions to address challenges. Her vision for California involves not only financial stability but also includes economic growth that benefits all Californians.

Ms. Ma's perspective on healthy ageing was another dimension of her role as California's State Treasurer that resonated with the audience. She eloquently discussed how the financial well-being of seniors is intertwined with their overall health and quality of life. As a leader committed to the welfare of her constituents, Ms. Ma recognised the need for comprehensive planning to ensure that Californians can age gracefully and securely.

She highlighted initiatives aimed at providing seniors with the resources and support they need for a dignified retirement. From advocating for affordable healthcare options to promoting financial literacy among seniors, Ms. Ma's multifaceted approach to healthy ageing was truly inspiring.

The audience played a significant role in shaping the event's narrative. Their questions spanned a wide spectrum of topics, from economic resilience to climate change, reflecting their genuine curiosity and concern for the world's challenges. The open interaction between Ms. Fiona Ma and the audience showcased the power of collective wisdom and underscored the event's significance as a platform for meaningful dialogue.

It served as a reminder that, in an increasingly interconnected world, the exchange of ideas and perspectives is invaluable.

Ms. Fiona Ma's role as a financial steward and advocate for healthy ageing left an indelible mark on the audience. Her commitment to responsible fiscal management and inclusive economic growth resonated deeply, offering a beacon of hope for those striving to create positive change in their own spheres of influence.

The event was a call to action, an invitation to continue seeking innovative solutions, fostering inclusivity, and striving for a better future. As we look to the horizon, it is clear that the seeds of collaboration sown at this breakfast event will continue to bear fruit, illuminating the path towards a more prosperous and inclusive world.

This event was just a glimpse into the transformative power of dialogue and collaboration. Millionaireasia, committed to bringing together visionaries and thought leaders, will continue to play a pivotal role in driving positive change in our ever-evolving world. 🙏

# EXPLORING THE CORRELATION BETWEEN LIVING YOUNG & SCIENCE

HIGHLIGHTS FROM DAYBREAK DIALOGUES

BY ALEXIS TOH



On the morning of 17 October 2023, Tower Club Singapore became the stage for a unique gathering of individuals with a shared passion for the intricate relationship between science and longevity. This was no ordinary event; it was “Daybreak Dialogues: Exploring the Correlation Between Living Young and Science”, and it was a morning filled with discovery, enlightenment, and inspiration indeed.

The morning symposium began with the CEO of Millionaireasia, Mr. Peter Tan, emphasising the significance of the connection between science and maintaining a youthful outlook on life. Scientists and wellness experts from across Asia took attendees on a journey through the world of science, technology and its profound impact on living young. As the event unfolded, it became evident that the exploration of science and its correlation with maintaining a youthful outlook is not just a fascinating endeavour but also a quest for a healthier, longer, and more vibrant life.



Kittiya's insights were thought-provoking, and the Q&A session that followed provided an opportunity for attendees to engage with the speaker and gain further clarification on the topic.

Mr. Paul Chen, the president of EvoPhancie Biotech Ltd., was up next. He was a true pioneer with a background in chemistry, accounting, and patent law, and his talk on "Pioneering Breakthroughs with Bio-Cellulose Technology" was nothing short of captivating. Attendees were introduced to the ground-breaking potential of bio-cellulose (BC) and left the session eager to explore its practical applications further. The Q&A session that followed allowed for a more in-depth examination of this promising technology.

Dr. Wu Chi-Yue, a prominent figure in the field of biochemistry, took the audience on a journey through cancer research, preventive health medicine, and food safety testing. With a Ph.D. from Yang-Ming University, his presentation on "The Path to Better Health and Longevity" provided attendees with a comprehensive understanding of the scientific endeavours aimed at improving human well-being.

The spotlight then shifted to Dr. Lim Kah Meng, renowned for his work in bioactive molecules. He held the stage and shared his expertise on the "Impact of Stem Cells on Living Young". With a diverse portfolio spanning stem cell research, high-dose vitamin C in cancer treatment, cannabinoids, and microRNA diagnostics, Dr. Lim's insights provided a comprehensive perspective on the potential of stem cells in promoting longevity.

The grand finale featured Dr. Tang Juel Hoi, founder and CEO of Neuro Code Research and chief scientist at Neuro Code Research Centre. He introduced attendees to the application of "Neuro Soundwaves", a cutting-edge technology that was met with great interest. Dr. Tang's research in artificial intelligence, neural networks, and neuro soundwave technology left the audience in awe.

As the event came to a close, Mr. Peter Tan returned to the stage to deliver the closing speech. He expressed his gratitude to the speakers, partners, and the engaged audience for their contributions to the event's success.

"Daybreak Dialogues: Exploring the Correlation Between Living Young and Science" showcased the significance of continuous research and the capacity of scientific advancements to enhance the quality of our lives. Attendees left with a deeper understanding of the intricate relationship between science and the pursuit of a youthful existence, armed with knowledge and inspiration to continue their quest for longevity. This event was not merely a morning gathering but the beginning of a collective journey toward a healthier, longer, and more vibrant life. We eagerly anticipate future opportunities to engage in meaningful discussions and collaborations in the ever-evolving field of science and wellness. 🌱



The first speaker was Professor Dr. Pichaet Wiriyachitra, a man with an impressive record of 80 scientific publications and the chairman and CEO of the Asian Phytoceuticals Public Company Limited. He dove deep into the topic of "Understanding Biological Age and Chronological Age", highlighting the differences between these two concepts. As he spoke, attendees were transported into the world of scientific ageing, where the question of how old you feel became more important than how many years you've lived.

The second speaker, Ms. Kittiya Kamonlakorn, an international product specialist from Vega Natural Company, holds a master's degree in Pharmaceutical Chemistry and Natural Products. Her presentation, titled "Reviving the Spark: Science, Vitality, and Intimacy," explored the connection between science and various facets of life. Ms.



# Defying the Odds

PETER TAN'S PATH FROM NEAR-DEATH TO LOVE,  
WEALTH & HEALTH IN LIVING YOUNG

BY TOH MU QIN



In an exclusive interview with Millionaireasia, we embark on an extraordinary journey through the life of Mr. Peter Tan — a man who defied the clutches of death and emerged with a renewed sense of purpose after a harrowing battle with COVID-19. This fascinating conversation with Mr. Tan unveils his life-changing experience, newfound passions, and his vision to empower others to embrace the concept of “Living Young”.

### A BRUSH WITH DEATH

In the throes of the COVID-19 pandemic, the world witnessed countless incidents of survival and loss. One such story is that of the legendary Mr. Peter Tan, a man whose encounter with the virus nearly brought him to the brink of death. As the virus raged through his body, he found himself admitted to the Dangerously Ill List (DIL) ward, a place where the most critical patients teeter on the edge of life and death. With over 80% of his lungs compromised, the odds were stacked against him. His days in the ward were hazy as he grappled with heavy antibiotics and drowsiness. In a time when visitors were typically prohibited for COVID patients, Mr. Tan's situation was so dire that an exception might have been made.

After a gruelling four days in the DIL ward, Mr. Tan's journey took a twist that carried both good and bad news. He was moved to the Intensive Care Unit (ICU), a shift that offered a glimmer of hope. Yet, with the transfer came the heart-wrenching news that his family could no longer visit him. His path to recovery was far from easy; it extended into a two-

*He discovered the true meaning of “home”, with loved ones united under one roof, marking a poignant realisation amid his journey to health.*

week stay in the hospital, during which he underwent a staggering weight loss of nearly 20 kilograms. The toll of the virus was further exemplified by the unexpected hair loss he experienced.

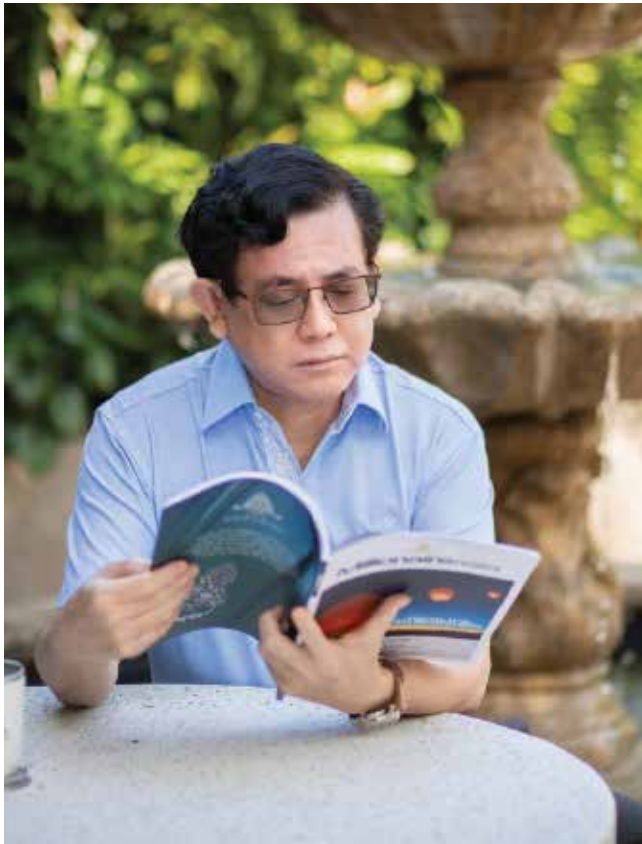
The day after his initial discharge, he was readmitted to Mount Alvernia under the care of Dr. Jim Teo, who helped to facilitate his recovery from the dreadful illness. The arduous journey spanned almost six months, culminating in the reassuring moment when his health status received the green light once again. Throughout this rigorous period, his family remained steadfast, offering unwavering support in his battle against the virus and subsequent recovery. In this process, he discovered the true meaning of “home”, with loved ones united under one roof, marking a poignant realisation amid his journey to health.

### REFLECTION AND NEW BEGINNINGS

The challenging year of recovery became a turning point in Mr. Tan's life. As he emerged from the grips of a near-fatal bout with COVID-19, he found himself valuing the essence of existence and the significance of his family. Despite five decades of robust health, the virus had brought him perilously close to the edge of life itself. This sobering experience instilled in him a renewed appreciation for the precious gift of life and the kinships that defined its richness.

In the wake of his health crisis, Mr. Tan made a notable decision that would forever alter the course of his life. He chose to step away from the demanding career that had consumed two decades of his life. This momentous pause in his professional journey wasn't merely a sabbatical but a deliberate choice to prioritise what truly mattered. It was a bold step towards reconnecting with his loved ones and fostering a deeper sense of family and togetherness that he had missed during his years of relentless dedication to his career.

This pivotal decision to re-evaluate his priorities marked the inception of a new chapter in Mr. Tan's life. It was driven by newfound inspiration and a burning desire to introduce a unique concept he termed “Living Young” to the world. The concept revolved around three core elements of happiness: Love, Wealth and Health. While Love and Wealth were already integral to his life, he recognised that Health was the missing piece of this intricate puzzle.



As Mr. Tan explored how to live young, he chanced upon the concept of biological age. Despite his inherent scepticism, he decided to put this notion to the test. Being an absolutely cynical person, he initially doubted that taking supplements could genuinely reduce his biological age. However, with the scientist's background and a thorough explanation on telomeres, Mr. Tan chose to undergo the Telomere Length Test on 25 July 2023. Telomerase, a combination of protein and RNA subunits, extends telomeres by adding DNA base-pair sequences to chromosome ends. To precisely determine his telomere length, Mr. Tan sent his blood to the laboratory for a detailed analysis, focusing on the telomere length in white blood cells, which offers valuable insights into cellular ageing. This initial test revealed a biological age of 61. Undeterred, Mr. Tan diligently consumed the supplements for 69 days before taking the second test on 3 October 2023. To his amazement, the results indicated a remarkable drop in his biological age to 54. The comparison of results before and after he took the supplements was compelling, prompting a shift in his perspective. Now armed with a renewed belief and personal validation, he embarks on a mission to help others discover the transformative potential of "Living Young".

In pursuit of this vision, he took the bold step of establishing a company solely dedicated to promoting living young. This endeavour would not only be a personal quest but a mission to empower individuals to recapture the vibrancy of youth. He wanted to help people look, feel, and enjoy life as if they were youthful again. This was to be a life-altering journey

that would see Mr. Tan channelling his revived purpose and passionate determination into a venture that aimed to improve the holistic well-being of countless others. Presented with a plethora of available supplements on the market, he chose to embark on a journey across Asia in search of the scientific approach to achieving youthful vitality.

### THE "LIVING YOUNG" INITIATIVE

The "Living Young" initiative heralds a pioneering approach to elevate overall well-being and embrace a more youthful life. This holistic venture intricately combines scientific exploration and innovative product development, all directed towards the common aim of guiding individuals towards a life marked by robust health and unbridled vitality.

At the core of the "Living Young" initiative is a profound examination on the potential of mangosteen, a tropical fruit that has been diligently researched by a scientist for over four decades. Combined with other natural plant-based ingredients, the fruit helps to recalibrate one's biological age and enhance one's immunity against cancer.

In tandem with the promising prospects of mangosteen, the "Living Young" initiative discovers a meticulously formulated serum, researched by a scientist dedicated to finding possible solutions for dementia patients. This serum is emblematic of the initiative's comprehensive approach, which endeavours to bolster mental health as well as promote cognitive sharpness and emotional equilibrium.

However, the "Living Young" mission doesn't conclude at physical and mental well-being; it extends its reach to encompass physical appearance as well. Mr. Tan explores the benefits of bio-cellulose face masks, harnessing advanced biomaterial technology to preserve a youthful visage. In a society where physical appearance frequently takes centre stage, these face masks become a potent asset in the pursuit of an enduring aesthetic.

Additionally, Mr. Tan has expanded his commitment to holistic well-being with the discovery of vitality supplements, catering to the unique health and vitality needs of both men and women. These products feature the active ingredient of "white tomatoes", specifically included to enhance beauty. The male supplement focuses on enhancing men's well-being, promoting vitality, intimacy, energy, and overall health to help them maintain their youthful vigour in an increasingly demanding and stressful environment. Understanding the importance of nurturing both the physical and emotional needs of women, Mr. Tan urged the scientist to develop a similar product for women, which places a special emphasis on female vitality, recognising the distinct hormonal changes and stresses women face in the modern society. With this inclusive approach, Mr. Tan's "Living Young" initiative reinforces the notion of a vibrant and fulfilling life for the family, transcending gender boundaries and enjoying the fullness of youth for all ages.

Complementing the commitment to vitality, Mr. Tan fervently emphasises the importance of nurturing the mind and spirit. He introduces a cutting-edge neuro soundwave technology, pioneered by a former A-star scientist, which has the effect of stimulating distinct regions of the brain, sustaining mental acuity, resilience and vigilance.

Mr. Tan advocates and conducts mindfulness retreats as a means to rejuvenate not only the body but also the soul and spirit. He takes a personal interest in these as he recognises the prevalence of individuals grappling with mental distress and depression. These retreats offer a holistic approach to rejuvenation, propelling individuals into a multi-dimensional voyage to reignite their zest for life. Through the “Living Young” initiative, Mr. Tan lays out an intricate roadmap that champions not only physical health but also mental and emotional well-being, along with a radiant appearance, in the timeless quest for a life lived to the fullest.

### LEGACY OF SUCCESS

Mr. Tan is grateful to the insurance industry, which has provided his family a decent life over the last two decades. Renowned as the “Sales Godzilla of the Century”, Mr. Tan embarks on a mission to establish a legacy that promises to reshape the landscape for sales professionals across Asia. With his deep-rooted passion and experience in sales excellence and an unrelenting commitment to empower the salesforce, he has constructed standard operating procedures (SOPs) for success in salesmanship. This system is not just another business model; it comes with a money-back guarantee policy. Mr. Tan will personally conduct the programme, with monthly follow-up sessions, to equip salespersons with the necessary skill sets and knowledge to achieve the noteworthy target – a minimum earned and accrued income of S\$100,000 within the first year of completion. He will offer a full refund



of the fee for those who do not manage to attain this goal, a bold expression to his confidence in the programme and commitment to pass on his skill set to the participants.

In Mr. Tan's pursuit of creating a legacy, he unveils a unique and innovative approach to wealth generation. Integral to his familiar strategy is the conventional three-tier salesforce system, defining his start-up as an e-commerce platform exclusively focused on “Living Young” products, backed by scientific research. Mr. Tan plans to bring his extensive two decades of expertise in recruiting, training, supervising, managing and overseeing a mega salesforce to the table. This system enables promising salespersons and entrepreneurs to build their sales organisation as a tangible asset. Apart from the aforementioned, the transfer of sales organisation ownership is permissible and can be extended to the next generation or any third party. This challenges the conventions of traditional model where the “Principal” always claims ownership of the salesforce. Another compelling factor that emphasises the importance of the e-commerce platform is its potential to generate income exponentially across Asia. This digital platform challenges the brick-and-mortar stores, where the salesforce can effortlessly establish and expand their reach across the vast expanse of Asia, through social media and artificial intelligence, with just a simple click.

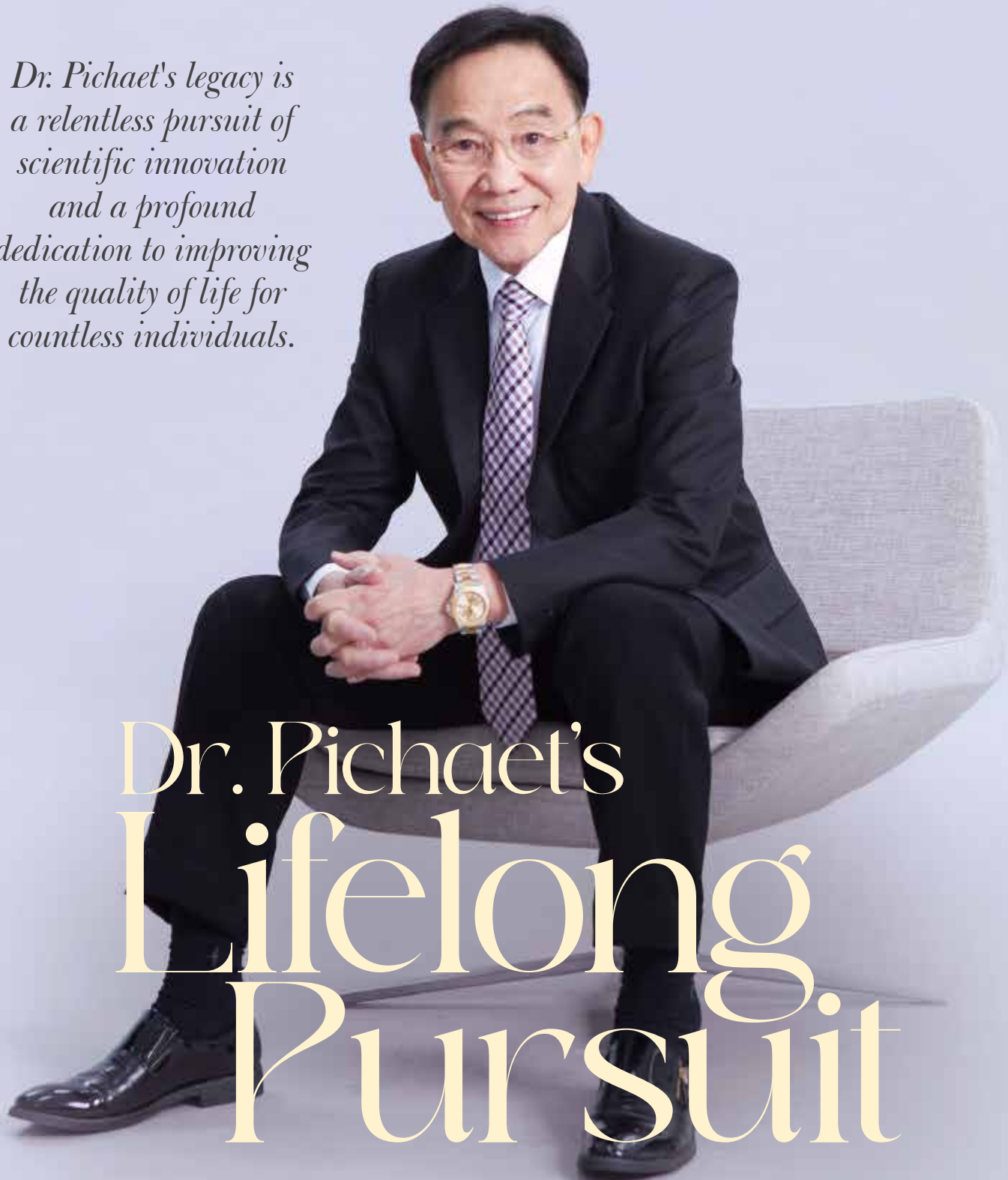
### PETER TAN'S ENDURING IMPACT

From the grips of a life-threatening illness, Mr. Tan has emerged not only as a survivor but as a true inspiration. Mr. Tan's unyielding dedication to the pillars of health, happiness, and holistic well-being is a testament to his unshakeable spirit and his steady commitment to uplifting the lives of those around him. His personal transformation serves as a vivid reminder that life's most daunting moments can be the crucible for the emergence of a steadfast determination to make the world a better place.

It is this very determination that has fuelled Mr. Tan's mission to pioneer the concept of “Living Young”. His relentless pursuit of well-being encompasses not just the physical but also the mental and emotional aspects of life. From progressive scientific research on mangosteen's potential to reduce biological age to the creation of brain-enhancing serums, bio-cellulose face masks, products enhancing intimacy and neuro soundwaves, Mr. Tan's vision weaves a comprehensive tapestry of health, vitality, and a youthful spirit.

In the area of sales, Mr. Tan's legacy is equally compelling. He aspires to redefine the future of sales professionals across Asia. His innovative sales SOPs, epitomised by the incredible empowerment programme, accentuates his commitment to financial success. He doesn't merely envision a future where monetary well-being is attainable; he guarantees it. In a world often marked by challenges, Mr. Peter Tan stands as a shining example of a life lived with purpose, resilience, and a resolute devotion to making the world a better place — one where love, wealth and health, are within everyone's reach. 🌟

*Dr. Pichaet's legacy is a relentless pursuit of scientific innovation and a profound dedication to improving the quality of life for countless individuals.*



# Dr. Pichaet's Lifelong Pursuit

UNLOCKING THE SECRETS OF BALANCING IMMUNITY,  
REVERSE AGEING AND TELOMERE SCIENCE

BY TOH MU QIN

In the labyrinthine heart of Bangkok's bustling Chinatown, where the aromatic melodies of street food vendors intertwine with the harmonious cadence of multiple languages, a young boy named Pichaet Wiriyachitra embarked on a remarkable journey. Born into a Chinese-Thai family, nestled near a canal in the twilight of World War II, Pichaet's humble beginnings were the fertile soil from which his extraordinary life would grow. From these early days in a neighbourhood brimming with tradition and commerce, Pichaet would emerge as a pioneer in scientific discovery, leaving an indelible mark on the fields of organic chemistry, healthcare, and ageing research.

As we delve into the life of Dr. Pichaet Wiriyachitra, we discover a path less travelled, one where a promising medical career took an unexpected turn towards the world of science. This is the tale of a man whose relentless curiosity led him to discover the hidden potential of natural remedies, particularly the wondrous mangosteen fruit. The journey doesn't stop there; it ventures into the areas of immunology, telomere research, and a future where ageing is no longer a one-way street.

### EARLY YEARS – A HUMBLE BEGINNING

Dr. Pichaet was born into a family that embodied the fusion of Chinese heritage and Thai traditions, a blend that would shape his worldview. As the fourth child in a family of seven siblings, his formative years were steeped in the vibrant tapestry of these two rich cultures. His childhood was influenced by his parents and older siblings who toiled tirelessly to make ends meet. From delivering sacks of rice to engaging in early stages of plastic manufacturing when the family ventured into the industry, Dr. Pichaet learned the value of diligence and resourcefulness from a young age.

In his family, hope emanated from the educational pursuits of Dr. Pichaet. Driven by an insatiable desire for knowledge, Dr. Pichaet embarked on a journey that ultimately resulted in significant scientific breakthroughs. Despite the financial constraints and the necessity for older siblings to leave school and support the family, he demonstrated exceptional aptitude in his studies. He consistently secured the top position in his class, laying the foundation for an academic journey that would thrust him into the world of scientific research.

The path ahead was not preordained. Dr. Pichaet's educational aspirations would soon take an unexpected turn, propelled by a fateful opportunity that would eventually redefine the course of his life. It was a moment of choice, fuelled by a desire to alleviate the financial burdens on his family, and this decision would sow the seeds of his future as a distinguished scientist.

### A TWIST OF FATE – CHOOSING SCIENCE OVER MEDICINE

Initially set on the path of a medical career, Dr. Pichaet's life took an unforeseen turn when he secured a prestigious overseas scholarship to pursue studies in Australia. Little did he know that this serendipitous opportunity would steer him away from a medical career and allowed him to follow his true passion for science. Choosing science over medicine was a turning point that resulted in him exploring the intricacies of organic chemistry, an area that would become the focal point of his illustrious career.

The roots of Dr. Pichaet's decision can be traced back to his formative years in Thailand, where Ms. Prayode Laemthong, his high school chemistry teacher, played a crucial role. Her guidance and mentorship influenced the young Dr. Pichaet, sparking a deep-seated interest in the complexities of chemical processes. Her guidance extended beyond the classroom, shaping not only his academic path but also a moral compass that would guide him through life.

*Disclaimer:* The health information in this article represents the author's personal opinion. It does not constitute medical or professional services. Always consult your doctor or qualified healthcare provider if you have any specific healthcare needs.

The journey into the world of organic chemistry began in earnest during his time in Australia, where he earned a Bachelor of Science (Honours) from the University of Western Australia. Pursuing a Ph.D. at the University of Tasmania marked the beginning of a global academic odyssey, including postdoctoral fellowships in the United States. Collaborating with renowned professors added layers of expertise to his repertoire, and exposure to diverse academic landscapes not only honed his scientific acumen but also cultivated the skills required to secure research funds – an ability that would prove instrumental upon his return to Thailand.

The return to his homeland marked a new chapter in Dr. Pichaet's career. Armed with a wealth of international knowledge, he channelled his energies into raising funds for Thai universities and spearheading invaluable research initiatives. This commitment to advancing the scientific landscape in Thailand manifested not only in the development of pioneering studies but also in facilitating the pursuit of higher education for aspiring scholars.

#### **NATURE'S TREASURE TROVE – UNEARTHING THE POTENTIAL OF MANGOSTEEN**

Apart from fund-raising, Dr. Pichaet found himself at the threshold of a scientific revolution that would significantly impact the landscape of health and wellness. His research into the mangosteen, guided by the local wisdom passed down through generations of Thai villagers, revealed its untapped potential. Through meticulous and rigorous studies, he unravelled the mysteries of this fruit, revealing a substance of profound significance – GM-1. This discovery became the linchpin of a groundbreaking revelation, showcasing antibacterial, anti-inflammatory, and antioxidant properties within the mangosteen's intricate biochemical makeup.

The significance of this discovery rippled far beyond the confines of the laboratory. Dr. Pichaet's research, when coupled with extracts from four other edible plants – guava, soybean, black sesame, and *Centella asiatica* – crafted a concoction that not only bolstered the immune system but also emerged as a lifeline for thousands grappling with the challenges of HIV and cancer. This innovative formulation surpassed the boundaries of conventional medicine, offering a ray of hope to those confronting life-altering health conditions.

As Dr. Pichaet observed the effects on patients, a surprising discovery emerged – beyond the intended health benefits, individuals undergoing this pioneering therapy experienced a notable improvement in their complexion. The external manifestation of vitality and well-being became an unexpected but welcomed outcome of the innovative research.

As the scientific community grappled with the implications of these findings, Dr. Pichaet and his team delved deeper into the physiological mechanisms at play. The spotlight shifted to the immune system, particularly the role of killer T cells

– the valiant defenders against infections and cancerous cells within the human body. The advanced formulation stimulated these cells, prompting a cascade of effects that not only targeted specific health conditions but also elevated the overall well-being of the recipients.

#### **BALANCING IMMUNITY (BIM): A NEW DIMENSION OF HEALTHCARE**

The concept of balancing immunity (BIM) became the fulcrum of Dr. Pichaet's work. By focusing on balancing the immune system and T helper cells (Th cells), particularly Th1, Th2, Th17, and Treg cells, Dr. Pichaet introduced a revolutionary approach to health and wellness. The APCO Innovation, a product of meticulous research and dedication, was born, addressing specific ailments and offering an entirely new dimension in healthcare.

At the heart of the APCO Innovation was the idea that achieving equilibrium in the immune system would pave the way for a healthier, more resilient body. Dr. Pichaet's research delved deep into the intricate dance of Th cells, understanding their roles and interactions. Th1 cells, responsible for cellular immunity, Th2 cells, orchestrating antibody-mediated immunity, Th17 cells, crucial for defence against extracellular bacteria, and Treg cells, acting as



regulatory elements, all played integral roles in the grand scheme of immune function.

The efficacy of the APCO Innovation formulation went beyond theoretical promises. Rigorous experiments and clinical trials validated their effectiveness in addressing a wide array of physical complaints. From allergies and ulcers to infections, cysts, tumours, cancer, rheumatoid arthritis, diabetes, psoriasis, and even HIV, the APCO Innovation showed remarkable results. These formulations, registered with the Food and Drug Administration as dietary supplements, became accessible tools for individuals seeking to balance their body's immunity and address various ailments.

The APCO Innovation, however, was not just about alleviating existing health issues. It stood as a source of hope for preventative care. Dr. Pichaet's research demonstrated that these formulations stimulated the multiplication of Th17 cells, a critical component in the immune system's defence mechanism. Experiments on normal, healthy subjects revealed a substantial increase in Th17 cells within a mere 15 days of usage, showcasing the potential for enhancing the body's immunity proactively.

As the world grappled with the outbreak of the COVID-19 pandemic, the importance of immune health became a focal point of discussions. Dr. Pichaet's work, presented years prior at the Fifth International Conference on Natural Products for Health and Beauty in 2014, gained renewed significance. The message embedded in the article on Balancing Immunity (BIM) echoed louder, emphasising the critical role of a well-balanced immune system in protecting the body from infections and diseases.

Looking beyond the boundaries of Thailand, Dr. Pichaet envisioned a global impact for the APCO Innovation. The rising trend of health consciousness, especially among the younger generation, opened new avenues for the herbal industry. Leveraging Thailand's strength in herbal resources, Dr. Pichaet saw an opportunity to meet the growing demand for natural supplements. The APCO Immunotherapy, an advanced form of BIM clinically proven in immunology, became a powerful tool not just for addressing ailments but also for preventing viral infections, including COVID-19.

#### **DECIPHERING THE ENIGMA OF TELOMERES: THE KEY TO AGE REVERSAL**

The ageing demographic across the globe presented another significant factor influencing the health food supplement industry. Dr. Pichaet foresaw a demand for products that not only catered to the ageing population but also utilised modern tools and technology to enhance the health and well-being of seniors. In response, APCO continued its market expansion, introducing a new innovation for anti-ageing and rejuvenation. This supplement, combining the science of Telomere with immunology, promised to not only slow down ageing but also to increase immunity.

To understand how biological aging could be reversed, Dr. Pichaet delved into the world of telomeres. These protective caps at the end of chromosomes have a direct relationship with our biological age. Dr. Pichaet conducted meticulous studies to unveil the mechanisms governing the shortening of telomeres. As these protective structures diminish in length, they act as a biological clock, influencing the overall lifespan of an individual.

Dr. Pichaet also highlighted that lifestyle factors play a significant role in influencing biological age. Smoking, excessive drinking, stress, sleep deprivation, obesity, unhealthy eating, and sedentary living can accelerate the shortening of telomeres, increasing the risk of age-related diseases. Telomere science offered a valuable predictor of health and emphasised the importance of healthy living. Dr. Pichaet's research not only focused on comprehending the complexities of biological ageing but also to explore avenues for reversing this inevitable process.

As news of Dr. Pichaet's progressive work spread, he found himself at the forefront of a fundamental change in the approach to healthcare. The innovative formulations developed under his guidance not only offered solutions to specific health challenges but also sparked conversations about the interconnectedness of immunity, chromosomal dynamics, and the elusive quest for balanced well-being. His pioneering efforts in mangosteen-based cosmetics and health supplements were eventually rewarded with recognition and acceptance. With a determined spirit, he successfully transformed his research into marketable products.

#### **COMPASSIONATE COMMITMENTS: DR. PICHAET'S PHILANTHROPIC EFFORTS**

Dr. Pichaet's impact extends beyond scientific endeavours to philanthropy, where his dedication to society's well-being is evident. Notably, his work with HIV-infected children showcases a deep commitment to addressing critical health challenges. Moreover, his efforts in establishing a foundation dedicated to health products and scholarships exemplify a visionary approach to fostering positive change and creating lasting impacts within communities. Through these philanthropic initiatives, Dr. Pichaet continues to play a crucial role in shaping a healthier and more promising future for those in need.

Dr. Pichaet's legacy is a relentless pursuit of scientific innovation and a profound dedication to improving the quality of life for countless individuals. His research spans natural products, the concept of BIM, and revolutionary work on telomeres, offering fresh possibilities for global health and wellness. From a humble childhood, Dr. Pichaet's path to international acclaim reminds us that one person's dedication, curiosity, and determination can create a lasting impact on humanity. 🌱

# In the Heart of Healing

## MS. WENG CHIH-YI'S ALTRUISTIC VOYAGE THROUGH MEDICINE AND BUSINESS

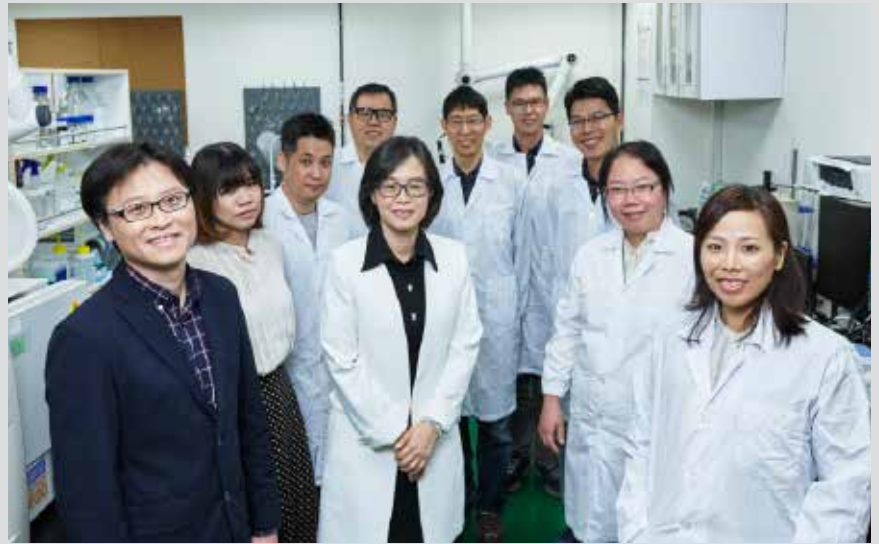
BY TOH MU QIN

In the vast expanse of the business landscape, Ms. Weng Chih-Yi's journey is marked by resilience, serendipity, and an unwavering dedication to make a meaningful impact. Her story diverges from the conventional dreams of a budding entrepreneur, emerging against the backdrop of a childhood fuelled by aspirations in specialised medical research. As the twists of fate would have it, her journey, a rollercoaster of unexpected detours, catapulted her to crossroads where entrepreneurship became an unexpected yet integral chapter. Gain insights into the nuances of Ms. Weng's life, from the echoes of her formative years to the crescendo of Charsire Biotechnology's growth.

### **Building Blocks of Tenacity – Early Years and the Development of Resilience**

Ms. Weng's childhood casted a mould for the unyielding perseverance that would come to define her later years. Hailing from a family that not only abstained from meddling with her life plans but ardently championed her ambitions, Ms. Weng was nurtured with a distinct sense of purpose. Her early understanding that failure isn't a dead-end but rather an opportunity to tread alternative paths, crystallised into a guiding principle in her life. Reflecting on her childhood, Ms. Weng recognises it as the environment where a unique blend of perseverance and stubbornness was forged – attributes that would come to play significant roles in shaping her educational pursuits and professional journey.





*Embracing the demands of her newfound role, she found that work became more than just a means of livelihood. It morphed into a significant source of meaning, infusing her life with purpose.*

Growing up under the canopy of familial support, she imbibed a mindset that setbacks are not stumbling blocks but stepping stones. This foundational ethos laid the groundwork for a resolute determination to surmount challenges. Ms. Weng's upbringing instilled in her not only a drive to excel but a willingness to embrace the complexities of her ambitions.

Ms. Weng draws inspiration from every person she interacts with, viewing each as a source of learning. From the wisdom of Laozi to the teachings of Buddha, she finds valuable insights in the people around her. However, her ultimate role models are the 60 trillion cells within her own body, tirelessly working to ensure her well-being. The efforts of these cells, she believes, mirror the principles of love and motivation, pushing her to help more people and engage in meaningful actions. Benjamin Franklin and Kazuo Inamori further serve as guides, shaping her thoughts and character in the face of challenges.

These early lessons, etched into the canvas of her youth, have become the cornerstone of her approach to both education and career, propelling her forward with a tenacity that has weathered the tests of time.

### **Serendipity in Action – Unplanned Entrepreneurial Journey**

In the intricate dance of life's twists and turns, the journey often unfolds along unexpected paths, and for Ms. Weng, entrepreneurship emerged as a deviation from her original plan. Fate, it seemed, had scripted a different narrative. Through trials, tribulations, and moments of feeling adrift, she discovered her true calling. The responsibilities that accompanied this newfound venture – supporting employees, managing a burgeoning business, and balancing familial obligations – became integral aspects of her evolving story.

As Ms. Weng navigated through the uncharted territories of entrepreneurship, each challenge transformed into a path of progress, nudging her ahead on a course she hadn't envisaged. The trials were not obstacles but opportunities for growth and self-discovery. Embracing the demands of her newfound role, she found that work became more than just a means of livelihood. It morphed into a significant source of meaning, infusing her life with purpose. Altruism stands at the core of Ms. Weng's professional purpose. The belief in solving people's problems drives her, and she recognises the importance of continuous learning and practical action to develop the necessary skills for effective problem-solving. The rigours of entrepreneurship not only tested her mettle but also provided a stage for her to contribute value to the world.

*Disclaimer:* The health information in this article represents the author's personal opinion. It does not constitute medical or professional services. Always consult your doctor or qualified healthcare provider if you have any specific healthcare needs.

## From Concept to Reality – The Emergence of Charsire Biotechnology

The genesis of Charsire Biotechnology stems from a poignant encounter with cancer patients undergoing radiation therapy who lacked effective skin protection. This emotional experience, coupled with collaborative research in herbal medicine with Ms. Weng's husband, became the catalyst for a groundbreaking discovery. Together, they unveiled plant-derived small molecules with remarkable properties, laying the foundation for Charsire Biotechnology.

The mission of Charsire Biotechnology was born from a profound commitment – to enhance care and alleviate the suffering of individuals grappling with illness. The focus on developing novel plant-based medicines became the driving force, aiming to introduce innovative solutions to the healthcare landscape. This mission reflects Ms. Weng's dedication to making a tangible difference in the lives of those affected by illness, aligning the company's objectives with a compassionate vision for the future.

Charsire Biotechnology swiftly emerged as a pioneer in 'Multiple Targets Systematic Therapy (MTST),' showcasing a commitment to progressive healthcare solutions and leveraging topical new drugs derived from natural materials. The company's differentiation lies in its steadfast adherence to stringent safety regulations, maintaining impeccable pharmaceutical standards, and prioritising scientific research. With a dedicated focus on overall well-being and everyday home healthcare, Charsire positions itself as a provider of superior healthcare value. Additionally, the company offers customised research and development services, ensuring innovation remains at the forefront of its endeavours.

As Ms. Weng strategically navigates the pharmaceutical landscape, she keenly observes the industry's evolving trends. Charsire Biotechnology aligns itself with the contemporary focus on health maintenance and wellness, showcasing its adaptability to the changing dynamics of the industry. The company's commitment to stay at the forefront of medical technology highlights its dedication to provide cutting-edge solutions in an ever-evolving healthcare landscape across Asia.

Charsire Biotechnology's journey towards growth and innovation reaches a pinnacle with its noteworthy achievement – the development of the world's first plant-based topical drug formulation for dementia. This significant milestone not only highlights the company's dedication to pioneer advancements in medical technology but also represents a major breakthrough in the field of dementia treatment.

The origin of this revolutionary medication traces back to a deep-rooted commitment in addressing unmet medical needs. As Charsire Biotechnology researched about the intricacies of neurological disorders, particularly dementia,



the team recognised the urgent need for innovative and effective treatments. Conventional approaches often fell short in providing comprehensive solutions for patients grappling with the challenges of dementia. Motivated by a mission to enhance the quality of life for individuals affected by this debilitating condition, Charsire embarked on a journey that would redefine dementia care.

The pivotal moment came with the U.S. Food and Drug Administration (FDA) approval for Phase II clinical trials of Charsire's innovative topical medication. This regulatory milestone not only signified a green light for advanced clinical testing but also validated the safety and efficacy of the plant-based formulation. The rigorous evaluation process by the FDA emphasised the company's commitment to adhere to the highest standards of pharmaceutical development, ensuring that the medication met stringent criteria for both safety and effectiveness.

The uniqueness of Charsire's plant-based topical drug formulation lies in its departure from conventional pharmaceutical approaches. Drawing inspiration from the rich reservoir of natural compounds, the formulation harnesses the therapeutic properties of plant-derived molecules. This departure from synthetic compounds aligns with Charsire's commitment to holistic and sustainable healthcare solutions. The choice of a topical administration method further enhances the medication's accessibility and user-friendliness, catering to the specific needs of dementia patients and their caregivers.

The world's first plant-based topical drug formulation for dementia represents not only a scientific breakthrough but also a shift in the approach to treating neurological disorders. The medication is designed to address not just the symptoms but the underlying factors contributing to the progression of dementia. By leveraging the inherent properties of



plant-derived compounds, Charsire aims to provide a holistic therapeutic experience that goes beyond traditional pharmaceutical interventions.

International recognition in pharmaceutical insight reports further amplifies the significance of Charsire's achievement. The acknowledgment from global pharmaceutical authorities highlights the potential impact of this innovative medication on the broader landscape of dementia care. Moreover, the accolade of the Taiwan Pharmaceutical Technology Research and Development Award adds another layer of prestige to Charsire's accomplishments. This award not only recognises the scientific merit of the plant-based topical drug formulation but also applauds the company's dedication to pushing the boundaries of pharmaceutical research and development.

Looking ahead, the impact of this formulation extends beyond pharmaceutical innovation. It opens doors to new possibilities for addressing other neurological disorders and sets a precedent for the integration of natural compounds in mainstream medical treatments. The company's focus on plant-based natural safety properties, administered through transdermal absorption, aligns seamlessly with the

growing trends in preventive medicine. As Charsire sets its sights on expansion and collaboration plans across Asia, the company's vision remains grounded in innovation, paving the way for a more sustainable and patient-centric approach to pharmaceutical development.

Charsire's journey mirrors Ms. Weng's unwavering commitment to innovative healthcare, encapsulating the fusion of scientific acumen, a compassionate mission, and a forward-thinking approach.

### Behind the Microscope – Pharmacological Research and Professional Challenges

Ms. Weng offers insights into the intricacies of conducting pharmacological research in the medical centre laboratory. The development of trial plans, animal pharmacological experiments, safety assessments, and human clinical tests are vital components of Charsire's commitment to advance healthcare. Ms. Weng likens her role to that of assembling a football team, emphasising the importance of direction, harmony, and a shared belief in cooperation among her highly specialised team of scientists. These challenges, though demanding, are intrinsic to the company's pursuit of maintaining excellence in research and development.

Ms. Weng views her employees as collaborators and colleagues, approaching them with patience and trust. Establishing clear lines of authority and responsibility, she emphasises the importance of creating a workplace where employees can leverage their skills and accumulate valuable life experiences. Her vision for the legacy of Charsire Biotechnology centres around the collective effort of colleagues addressing public health issues and making meaningful contributions to humanity.

Ms. Weng's motivation to keep succeeding stems from a constant flow of resources and an inherent humility that acknowledges the room for further innovation and improvement. She highlights the importance of love, resolving troubles, and maintaining the drive to move forward. Her advice to start-ups and young entrepreneurs centres on harnessing the power of love, continuous action, and the inherent value within ourselves, drawing inspiration from the ceaseless operation of our 60 trillion cells.

Ms. Weng's journey, from childhood dreams to an entrepreneurial scientist, reflects an impressive blend of resilience, compassion, and a commitment to address significant challenges in healthcare. Charsire Biotechnology's pioneering work in plant-based medications and Ms. Weng's unique perspective on drawing inspiration from cells exemplify a strong connection between personal philosophy and professional success. As the company progresses in its journey of innovation and expansion, led by the principles of altruism and ongoing improvement, Ms. Weng emerges as a guiding light for aspiring entrepreneurs in search of purpose, resilience, and a profound impact on the world. 🌱

# Eco-Visionary Excellence

## PAUL CHEN'S CONTRIBUTION TOWARDS A GREENER TOMORROW

BY TOH MU QIN

In the ever-evolving landscape of industry and innovation, certain individuals come to the forefront, driving significant progress that reverberate far beyond the boundaries of conventional success. One such visionary force is Mr. Paul Chen, a distinguished intellectual property (IP) practitioner with a wealth of experience spanning over three decades. Born into a middle-class family dedicated to community welfare, Mr. Chen's journey highlights how the values instilled during his formative years continue to shape his path today.

The interview with Mr. Chen explores his fascinating journey, unveiling the complex dynamics of his upbringing, professional experiences, and steadfast dedication to sustainable innovation. From navigating the intricacies of IP to spearheading EvoPhancie Biotechnology, a company at the forefront of bio-cellulose (BC) applications, Mr. Chen's narrative goes beyond the ordinary.

### **FAMILY TRADITIONS, LIFELONG CONVICTIONS – A MEANINGFUL BEGINNING**

From his early days, Paul's parents, staunch advocates of philanthropy, nurtured a sense of responsibility and compassion that transcended mere career aspirations and financial success. This guiding philosophy, emphasising the essence of a purposeful life through giving, caring, and loving, laid the foundation for a career path that defied convention.

As the landscape of IP in Taiwan matured after 2008, Mr. Chen found himself at a crucial juncture. As a decision-maker within the industry, he faced the challenge of steering his team through intense competition. Diversification emerged as a strategic imperative, leading Mr. Chen to a fortuitous encounter with BC in 2012. This encounter would set the stage for his venture into EvoPhancie Biotechnology, a company poised to make waves in diverse markets, including graphene, medical, skincare, industrial, and agricultural applications.

*Disclaimer:* The health information in this article represents the author's personal opinion. It does not constitute medical or professional services. Always consult your doctor or qualified healthcare provider if you have any specific healthcare needs.



The world of IP had provided Mr. Chen with a space to create, innovate, and protect. However, as the industry matured, he recognised the need for adaptability and foresight. This realisation became instrumental in exploring new horizons beyond the traditional scope of IP.

In a reflective tone, Mr. Chen shares, “The IP industry had been a source of fascination for me, but I knew that for sustainable business development, we had to evolve. It wasn't just about protecting ideas; it was about shaping the future.”

**SUSTAINABLE FRONTIERS – REDEFINING INDUSTRIES AND EVOPHANCIE BIOTECHNOLOGY’S ENVIRONMENTAL IMPACT**

BC, standing at the forefront of EvoPhancie Biotechnology’s eco-conscious endeavours, emerges as a revolutionary green material meeting the escalating demand for Environmental, Social, and Governance (ESG) compliance. Mr. Chen, the innovative mind behind the company, surpasses typical business ideals by positioning BC as a perfect substitute for non-green materials across diverse industries. The skincare sector becomes a poignant example, witnessing BC’s unique properties redefine standards by addressing critical issues like hydration and moisture retention.

The shift from being an IP practitioner to a pioneer in green technology marks a transformative change for Mr. Chen. His vision extends beyond business, encapsulating a commitment to contribute to a sustainable future. EvoPhancie Biotechnology’s BC, endowed with inherent green properties, becomes an instigator of change, seamlessly aligning with Mr. Chen’s unwavering belief in meaningful living.

Examining the details of BC, Mr. Chen accentuates its crucial role in the skincare industry. “Hydration and moisture retention have perennially challenged the skincare industry. EvoPhancie Biotechnology’s BC not only addresses these issues but also redefines the essence of skincare. It’s not just about beauty; it’s about providing a holistic approach to health,” he shared.

The nanoscale dimensions of EvoPhancie Biotechnology’s BC, averaging between 20-30 nm, unlock a myriad of possibilities. Its effectiveness exceeds that of existing dietary fibres by an astonishing 4 to 35 folds, catalysing breakthrough impacts across industries. In the sphere of agriculture, EvoPhancie Biotechnology’s BC emerges as a force, elevating crop yields, enhancing quality, and mitigating environmental concerns such as water and fertiliser usage. The implications extend far beyond profit margins, offering tangible solutions to global challenges, particularly those associated with food supply amidst the ever-pressing issues of climate change.

As Mr. Chen immerses himself in the intricate details of BC's impact on agriculture, his passion for creating positive change becomes evident. He explained, “We aren't merely discussing profit increments for farmers. EvoPhancie



Biotechnology’s BC holds the potential to play an essential role in addressing food supply challenges intensified by global warming. It’s about sustainable agriculture, ensuring that future generations have access to quality food.”

The conversation takes a turn towards the invisible nature of BC, a substance that remains inconspicuous until scrutinised under a Scanning Electron Microscope (SEM). Mr. Chen, acknowledging the technological intricacies required for mass production, emphasises that setbacks and failures are inevitable in such pioneering endeavours, “What fuels our determination is the faith in BC. I genuinely believe it can exert substantive impacts on the world, benefiting human beings in their daily lives. Yes, setbacks are part and parcel of the journey, but the potential for positive change propels us forward.”

EvoPhancie Biotechnology doesn't merely function as a manufacturer; it stands as a pioneering force delivering medical-grade BC to the world. The journey to transform EvoPhancie Biotechnology into a household name is not without its challenges, demanding concerted efforts and an unyielding commitment to education. Yet, amidst these hurdles, unmistakable signs of a boom era for BC have emerged – sales revenue is surging, international clientele is expanding, and the Asian market reveals itself as a promising frontier.

Even as EvoPhancie Biotechnology achieves mass production capabilities, the ongoing challenge lies in making the world cognizant of the revolutionary potential inherent in BC. Mr. Chen's confidence in the future of the BC industry remains unshakable, and he perceives the current era as the opportune time to explore BC-related applications. "The trend of using green materials to replace non-green ones is undeniable. We have absolute confidence in the promising prospect of the BC industry in the foreseeable future," he affirmed.

#### BEYOND GREEN HORIZONS – MR. CHEN'S VISIONARY BLUEPRINT

In the pursuit of widespread adoption, Mr. Chen recognises the indispensability of collaborative efforts. EvoPhancie Biotechnology, as a company, acknowledges that going solo is not enough to achieve the ubiquity of BC products. The emphasis on local partners, particularly in the dynamically growing Asian market, becomes paramount. Mr. Chen notes, "The economic growth rate of Asia is higher than other regions. The demand from this region is gradually growing, indicating that local partners are becoming more essential than ever to effectively and efficiently expand the Asian market."

This acknowledgment underscores the cooperative spirit that EvoPhancie Biotechnology fosters. The endeavour to make BC a global phenomenon necessitates partnerships with those who understand the local dynamics and can facilitate a seamless integration of BC into diverse markets. The emphasis on collaboration resonates with Mr. Chen's vision of a greener future not as an individual pursuit but as a collective mission.

Amidst the invisible potential of BC, a visionary leader is imperative to navigate the complexities and lead the company toward its goals. Mr. Chen's leadership style is a departure from the conventional norms that often define corporate structures. It is marked by a deep-seated commitment to making a positive impact on the world. His belief in BC's ability to revolutionise industries and contribute to a greener world is not a mere slogan; it is a fundamental philosophy that permeates every facet of EvoPhancie Biotechnology's operations.

As the company charts its course for the future, Mr. Chen's resonant words reverberate through its corridors, encapsulating the essence of EvoPhancie Biotechnology's mission. "This company will make you proud of becoming one of us because we are going to make revolutionary contributions to various industries, and even more, to make the world greener and its people healthier," he said. These are not empty promises but a visionary declaration that galvanises every action within EvoPhancie Biotechnology.

The vision articulated by Mr. Chen goes beyond the typical corporate rhetoric. EvoPhancie Biotechnology, under his leadership, is on a journey towards a future where BC isn't

*"The trend of using green materials to replace non-green ones is undeniable. We have absolute confidence in the promising prospect of the BC industry in the foreseeable future."*

- Paul Chen

merely a material produced and sold for profit; it stands as a dynamic factor for positive change in health, industry, and environmental sustainability.

In a world where corporate responsibility is becoming increasingly important, Mr. Chen's leadership serves as an inspiring example. He doesn't merely talk the talk; he walks the walk, steering EvoPhancie Biotechnology towards a future where business and environmental stewardship aren't conflicting objectives but interconnected principles driving success.

As the company strides forward, transforming itself into a symbol of sustainable innovation, Mr. Chen's leadership stands as evidence of the significant influence one individual can have on an entire industry and, by extension, the world. EvoPhancie Biotechnology isn't merely a manufacturer under his guidance; it's a vanguard of positive change, a herald of a future where businesses contribute to making the world not just economically prosperous but inherently healthier and greener.

In wrapping up our enlightening conversation with Mr. Paul Chen, it becomes abundantly clear that his journey is not merely one of professional triumphs but a powerful illustration of the impact that vision, unwavering dedication, and a resolute commitment can have in shaping a better world.

As the conversation draws to a close, Mr. Chen offers reflective insights, emphasising, "We aren't just in the business of manufacturing and selling products. We are in the business of making the world better. It's not just about profits; it's about leaving a legacy of positive impact." These words capture the core of his leadership philosophy, which goes beyond traditional business approaches. Mr. Chen's narrative serves as more than just an exemplary story of success; it is a guiding light for those who believe that business can be a formidable force for good.

As EvoPhancie Biotechnology continues to ascend, it becomes evident that it is not just a company but a dynamic movement towards sustainability, innovation, and a greener future. Mr. Chen's vision has permeated every facet of the organisation, turning it into a powerful force committed to making lasting contributions to various industries and, above all, to the well-being of our planet. 🌱

*Disclaimer:* The health information in this article represents the author's personal opinion. It does not constitute medical or professional services. Always consult your doctor or qualified healthcare provider if you have any specific healthcare needs.



# Chronicles of Vitality

MS. VASSANA CHIANGKAG'S QUEST FOR HOLISTIC WELLNESS

BY TOH MU QIN

Within the ever-changing landscape of research and development, Ms. Vassana Chiangkag emerges as a guiding force of ingenuity. As the director of the Research and Development Centre at Vega Natural Co., Ltd in Thailand, she has introduced products that reshape the parameters of wellness and vitality. Comprising Vitality Young Homme and Vitality Young Femme, these products highlight her scientific expertise and steadfast commitment to addressing prevalent health concerns. Discover how Ms. Vassana's childhood dreams and her passion for research culminated in the creation of Vitality Young Homme and Vitality Young Femme, revolutionising the field of holistic wellness.

### **GUIDED BY MORALITY AND AMBITION – THE EVOLUTION OF A RESEARCHER AND DEVELOPER**

Ms. Vassana Chiangkag's journey is a narrative woven through the verdant landscapes of Tak Province in northern Thailand, where the embrace of nature and the warmth of a nurturing environment shaped her formative years. It was here that her parents, embodying the essence of exemplary role models, imparted to her the bedrock values of morality, ethics, and the paramount importance of family bonds. This upbringing laid the foundation for a life marked by ambitious goals and an unwavering determination that would eventually propel her into a distinguished career.

As adolescence beckoned, so did the stirrings of a profound interest in science. High school became the stage where Ms. Vassana's aspirations took a unique form – she dreamt of preparing meals fit for astronauts. This fascination wasn't merely a fleeting interest; it transformed into a deep-seated commitment to the world of research and development. Driven by an unyielding passion, she directed her studies towards specialising in food science and technology at the university level.

Immersed in academia, theories and experiments supplanted conventional recipes, becoming Ms. Vassana's proving ground. Her journey through higher education was more than a pursuit of knowledge; it was a deliberate choice to become a harbinger of change. The realisation that she could be not just a consumer of knowledge but a creator of it fuelled the impetus behind her academic and professional journey.

In this academic environment, the alchemy of science and passion transformed Ms. Vassana into a researcher and developer. The classroom wasn't just a place for lectures; it was a laboratory where ideas were distilled, and innovation became second nature. Each equation solved and experiment conducted was a stepping stone towards her ultimate goal – contributing to research and development in a way that would make a lasting impact.

*Driven by an unyielding passion, she directed her studies towards specialising in food science and technology at the university level.*

In her unfolding story, an influential figure emerged – Mr. Steve Blank, a renowned entrepreneur whose thought processes and experiences became a source of inspiration for Ms. Vassana. Mr. Blank's principles, honed in the world of entrepreneurship, were not just theoretical concepts for her; they were a roadmap that she could apply to her life and work. Through this influence, she learned not just about the complexities of product research and development but also about the art of navigating the competitive landscape with resilience and a keen business sense.

Applying Mr. Blank's principles became a defining characteristic of Ms. Vassana's approach to her work. She reshaped her involvement in product research and development, establishing herself as an innovator who consistently delivered excellence in a competitive arena.

### **FROM CONCEPT TO CREATION – INNOVATIONS LEADING TO THE PRESENT**

Assuming the role of Product Research and Development manager at Vega Natural Co., Ltd. marked a significant moment for Ms. Vassana. In this capacity, she played an integral part in developing high-performance teams aligned with the company's policies focused on efficiency, product quality, and safety.

In a collaborative effort, the company, along with Ms. Vassana, introduced Vitality Young Homme and Vitality Young Femme. These products, tailored to enhance the well-being of men and women, marked an advancement in holistic health solutions. Behind the creation of Vitality Young Homme and Vitality Young Femme lies a story rooted in Ms. Vassana's vision for addressing the evolving health landscape. With a keen understanding of the challenges posed by disease, stress, and ageing, Ms. Vassana recognised the imminent rise in sexual health issues in the ageing population. Anticipating the need for comprehensive solutions for both men and women, she embarked on a mission to find innovative extracts capable of restoring health and happiness. The development of Vitality Young Homme and Vitality Young

Femme wasn't just a response to existing problems; it was a proactive approach to enable consumers to reclaim their youthfulness and well-being.

Ms. Vassana's background in food science and technology serves as the backbone of the scientific excellence that defines Vitality Young Homme and Vitality Young Femme. The research and development process involves a multidisciplinary approach, seamlessly blending elements of biochemistry, physiology, and nutritional science. Each ingredient used is meticulously selected for its proven benefits, ensuring that the products harness the power of nature to optimise human health. The emphasis on safety is paramount, reflecting Ms. Vassana's dedication to creating products that consumers can trust.

**VITALITY YOUNG HOMME**

Crafted with precision and care, Vitality Young Homme is designed to nourish the body and enhance overall well-being. This meticulously formulated product goes beyond conventional solutions, with a focus on boosting sexual performance, promoting longer-lasting erections, and extending the pleasure of intimacy. Acknowledging the diverse needs of men's health, it goes beyond the surface, offering additional benefits such as increased sperm volume, reduced fatigue, and support for weight management. More than just a comprehensive solution, Vitality Young Homme highlights the company's dedication to utilising 100% natural extracts. These extracts play a dual role, contributing not only to improved physical health but also ensuring optimal skin care. The result is a product that caters to men seeking vitality and rejuvenation without compromising on the natural balance essential for well-being.

Central to Vitality Young Homme's formula is the all-natural Nano Zinc L-methionine Complex, harmonising an array of health benefits. Beyond being an immune booster, it plays a crucial role in improving prostate function, enhancing sperm quality, and reducing inflammation. This complex isn't just about physical health; it's a balanced combination that maintains healthy skin, promotes muscle growth, and elevates overall physical performance.

In the pursuit of vitality, Vitality Young Homme incorporates Fermented Red Ginseng (FRG) technology. This isn't just about anti-inflammation; it's a technological marvel that supports immune recovery, combats liver fibrosis, and protects the skin. FRG technology tells a story of resilience and health, making it a key player in the vitality evolution.

Derived from the Damiana plant, this extract in Vitality Young Homme plays a significant role. Its prowess lies in enhancing sexual health by boosting erectile function, energy, and stamina. But it doesn't stop there; Damiana Leaf extract promotes hormonal balance and contributes to the product's antioxidant properties, fortifying the immune system.

As we explore the richness of antioxidants in Vitality Young Homme, the spotlight turns to Pearl Tomato extract. Bursting with antioxidant properties, this extract goes beyond mere anti-inflammatory benefits. It becomes a source of essential vitamins and minerals, contributing to overall well-being.

Black Pepper extract effortlessly combines vitality and skin health in Vitality Young Homme. This ingredient isn't just about improving blood flow; it promotes healthy skin, enhances digestive health, and adds an anti-inflammatory touch to the composition of Vitality Young Homme.

Citrus Aurantium extract steps onto the stage as the metabolic boost in Vitality Young Homme. From improving athletic performance to enhancing metabolism, this extract becomes a reference for those seeking not just vitality but also support in weight management.

As we navigate the ingredients, L-Arginine takes an important role in supporting growth hormone levels. It's a subtle yet impactful note in the composition of Vitality Young Homme, contributing to the overall harmony of men's health.

Moving on, adaptogenic support is the essence of Black Galingale extract in Vitality Young Homme. Beyond its anti-inflammatory and antioxidant properties, this extract plays a role in improving erectile function and increasing sperm density, showcasing its adaptogenic effectiveness.

As we explore the variety of ingredients, Grape Seed extract emerges, offering cardiovascular and cognitive benefits. From preventing high blood pressure to contributing to cognitive well-being, this extract intertwines health benefits that resonate throughout the body.



In the meticulous assembly of Vitality Young Homme, each ingredient contributes towards holistic wellness. The company and Ms. Vassana's commitment to 100% natural extracts ensures not just a product but a composition of nature's bounty, unlocking the secrets to men's vitality.

### VITALITY YOUNG FEMME

Turning the spotlight to women's well-being, Vitality Young Femme is designed to promote beauty, radiance, and overall vitality in women. In a world where women's health encompasses diverse aspects, including intimate firmness, breast enhancement, relief from menstrual pain, and alleviation of menopausal symptoms, this product emerges as a comprehensive wellness companion. Beyond addressing physical concerns, Vitality Young Femme's rejuvenating effects extend into the areas of emotional and mental well-being, aspiring to restore youthfulness and vibrancy to women's lives.

Damiana Leaf extract is integral to hormonal balance, fostering increased libido, effective stress relief management, and elevated energy and vitality. Recognised for its versatile benefits, this ingredient largely contributes to the overall well-being of women.

Angelica Sinensis extract is a powerful component known for relieving ten symptoms of menopause, increasing bone density, and promoting skin rejuvenation and beauty. This extract aims to enhance women's health on multiple levels.

Incorporating innovative technology, Apple Stem Cell (PhytoCellTec™) is a key ingredient that increases cell vitality, improves skin density and elasticity, promotes self-renewal, enhances cell differentiation, and regenerates damaged tissues. This ingredient contributes to the product's advanced skin care benefits.

Rich in antioxidants, Pearl Tomato extract not only enhances skin health but also reduces the appearance of wrinkles and improves skin elasticity. Packed with essential vitamins and minerals, it supports overall well-being.

Furthermore, Salmon Nasal Cartilage extract is a source of Epidermal Growth Factor (EGF)-like activity, stimulating collagen and hyaluronic acid production. With moisturising and dermal remodelling properties, this extract contributes to the product's skin revitalisation effects.

Known as natural breast boosters, the combination of Fenugreek Seed extract and Fennel Seed extract is a potent blend that stimulates the expansion of mammary glands, increases breast tissue, and acts as high-efficiency phytoestrogen. This natural combination is crucial for breast enhancement.

Last but not least, harnessing the power of a natural extract combination through innovative gene-level technology, the trio of Grape Skin extract, Soybean extract, and Pomegranate extract decreases skin wrinkling and roughness, increases skin elasticity and whitening, and delays ageing at the genetic level by preventing the shortening of telomeres.

Vitality Young Femme isn't just about addressing specific concerns; it's about rejuvenating and enhancing the overall quality of women's lives. By combining the powers of nature with innovative science, this product aims to empower women to embrace every facet of their well-being. From intimate health to the gracefulness of ageing, Vitality Young Femme stands as a companion that understands and addresses the unique needs of women.

What sets Vitality Young Homme and Vitality Young Femme apart from other products in the market is their unique approach to addressing consumers' needs at the chromosome and stem cell levels. These products surpass conventional solutions, aiming to strengthen the body, boost immunity, balance hormones, and enhance sexual performance and skin health – all achieved with the safety and efficacy of natural extracts. In a crowded marketplace where superficial solutions abound, Ms. Vassana's commitment to addressing health concerns at the cellular level positions Vitality Young Homme and Vitality Young Femme as champions of holistic well-being.

### FOOTPRINTS ACROSS CONTINENTS – PROGRESSIVE SOLUTIONS AND FUTURE TRENDS

Another defining feature of Vitality Young Homme and Vitality Young Femme is the incorporation of innovative extracts from around the world. Ms. Vassana's global perspective and commitment to staying at the forefront of scientific advancements have led to collaborations and partnerships that bring the best of nature to consumers.

The future trends she envisions in the industry include a sustained focus on sustainable business growth and an emphasis on innovation. By incorporating extracts from diverse geographical locations, Vitality Young Homme and Vitality Young Femme exemplify a commitment to embracing the benefits of nature on a global scale.

Reflecting on Ms. Vassana's inspiring journey, the transition into the role of Product Research and Development manager, and the unveiling of Vitality Young Homme and Vitality Young Femme marks a significant chapter. This journey is a symbol of dedication to wellness and innovation. As Vega Natural Co., Ltd continues its ascent, Ms. Vassana's impact in scientific innovation seems destined for lasting influence, pointing towards a future where holistic well-being is not just a distant goal but an achievable reality for those embracing a life full of youthfulness and vitality. 🌿



# Breaking Down the **Neuro** Soundwave

DR. TANG'S METHODOICAL  
APPROACH TO BRAIN SCIENCE

BY TOH MU QIN

*Disclaimer:* The health information in this article represents the author's personal opinion. It does not constitute medical or professional services. Always consult your doctor or qualified healthcare provider if you have any specific healthcare needs.



In the world of scientific inquiry, Dr. Tang Juel Hoi emerges as an inspiring figure, his path unfolding like a rich mosaic woven from the threads of childhood wonder and intellectual inquisitiveness. As we embark on this narrative, our gaze turns to the foundations of Dr. Tang's curious spirit, nurtured amidst the vibrant dynamics of a large family. Join us as we navigate through the mind of a scientist, whose journey is as extraordinary as the discoveries that beckon.

### **GROWING UP CURIOUS – FROM SIBLINGS TO SCIENCE**

In the quiet corridors of Dr. Tang's childhood, a symphony of curiosity played a pivotal role in shaping the mind behind Neuro Code Research. The youngest among four sisters and two brothers, he revelled in the liberty afforded by his parents' demanding schedules, a period that sowed the seeds of an unquenchable thirst for knowledge destined to shape his scientific endeavours.

Venturing into secondary school, Dr. Tang's academic pursuits gravitated towards mathematics and science, establishing a stage where his fascination with the cosmos ignited. It was within this academic phase that the gravitational pull towards scientific exploration became palpable, marking the inception of a deep intrigue with the enigmatic facets of the universe. Dr. Tang's fascination diverged from traditional academic paths; he harboured a curiosity about the existence of UFOs.

Subsequently, the allure of Artificial Intelligence (AI) became the focus of Dr. Tang's scientific journey. Stationed at the prestigious A\*Star research institution in the National University of Singapore, he, alongside fellow researchers, ventured into the development of AI technologies and robots.

### **The Rise of Neuro Soundwave – Human-Centric Technological Leap Beyond AI**

In the hallowed halls of the Kent Ridge Digital Labs, which later transformed into the Institute of Infocomm Research, Dr. Tang found himself at a critical juncture in 2008. The winds of change were sweeping through the scientific community, fuelled by a collective unease echoing among prominent figures, including the likes of Bill Gates. This concerns centred around AI and its potential to reshape not only the professional landscape but the very fabric of human existence. Dr. Tang sensed a shift in his scientific purpose.

In response to this growing concern, Dr. Tang made a momentous decision – to redirect the focus of his research from the algorithmic landscapes of AI to a more profound and human-centric space. The pivot was driven by a deep-seated commitment to address the rising apprehensions about the implications of AI, particularly its impact on employment and control over crucial aspects of our lives. Thus, Dr. Tang's research steered away from the creation of AI technologies to a more noble pursuit – enhancing human brain functions and mental wellness. This birthed the concept of Neuro Soundwave – a technology designed to elevate cognitive capabilities by creating a symphony of rhythmic oscillation within the brain, signalling the beginning of Neuro Code's mission. This symphony, an innovative composition, seamlessly intertwines ancient therapeutic practices with the cutting-edge prowess of AI, marking a significant leap in the evolution of mental wellness.

The foundational layer of this symphony is Music Therapy, an age-old practice with historical roots that delve deep into the annals of human civilisation. Drawing inspiration from the therapeutic effects of music across millennia, Music Therapy



forms the bedrock upon which Neuro Soundwave is built. Its resonance with the human psyche provides the platform upon which the technological layers of this innovative approach to cognitive enhancement unfolds.

Building upon this rich historical foundation are three layers of technological marvels – Binaural Beats, Brain Entrainment, and Rhythmic Oscillation. Each layer contributes uniquely to the harmonious enhancement of cognitive functions, creating a multi-dimensional approach to mental well-being.

Binaural Beats, the first layer, introduces a novel auditory experience. By delivering slightly different frequencies to each ear, the brain perceives a third tone – the binaural beat. This phenomenon stimulates specific brainwave patterns, inducing a state of relaxation, focus, or even heightened creativity. In Neuro Soundwave, Binaural Beats are finely tuned to complement the desired cognitive state, whether it be enhancing concentration or fostering a sense of calm.

The second layer, Brain Entrainment, takes inspiration from the brain's natural tendency to synchronise with external stimuli. Through rhythmic auditory or visual stimulation, Brain Entrainment gently guides the brain into specific frequencies, aligning its rhythm with the desired mental state. This layer serves as a precision tool within Neuro Soundwave, fine-tuning cognitive functions with a level of specificity that sets it apart in the field of mental wellness technology.

Rhythmic Oscillation, the third layer, introduces a dynamic element to the symphony. It leverages specific wave patterns, frequencies, phases, and amplitudes to create rhythmic oscillation within the brain's neural network. It's akin to constructing a gym for the brain, allowing the user to exercise and strengthen neural connections naturally. This layer elevates Neuro Soundwave beyond mere auditory

stimulation, engaging the brain in a comprehensive workout that fosters resilience and cognitive prowess.

Guiding and orchestrating these layers is the silent conductor – AI software. The integration of artificial intelligence amplifies the effectiveness of Neuro Soundwave, tailoring the symphony to individual needs. The AI adapts and refines the experience based on real-time responses, ensuring a personalised and evolving journey towards enhanced cognitive capabilities.

The result is a non-invasive methodology that induces micro-oscillation of neurons, transforming the brain's landscape through a symphony of cognitive enhancement. By embedding Neuro Soundwave into the medium of music, a natural and universally cherished form of human expression, the technology seamlessly integrates into daily life, creating an unobtrusive path to mental well-being.

Neuro Code's mission resonates deeply with its nomenclature – coding neural networks through the power of Neuro Soundwave. Dr. Tang's unique background in Electronics Engineering and a Doctorate in Neuroscience positions Neuro Code as a distinctive force. It's an enterprise that defies convention, utilising the hard sciences of Physics and Electronics to reimagine the softer aspects of mental wellness.

The essence of Neuro Code's mission extends beyond the individual to address the pressing concerns of our times. In a post-COVID era where mental wellness has become a global imperative, Neuro Code aims to be more than a solution; it aspires to be a stalwart source of hope and support. The suite of technologies, training programmes, and products offered by Neuro Code constitutes a comprehensive arsenal designed to address mental well-being. It's not just about enhancing focus and memory; it's about alleviating stress, improving sleep, and combating depression.

At the forefront of Neuro Code's offerings are its state-of-the-art technologies, each meticulously crafted to cater to specific facets of cognitive enhancement and mental resilience. These technologies represent more than mere solutions; they embody a commitment to ushering in a new era of mental wellness. Whether it's the precision of Binaural Beats, the synchronicity induced by Brain Entrainment, or the dynamic workout facilitated by Rhythmic Oscillation, each component of the Neuro Soundwave symphony contributes to a holistic approach to cognitive well-being.

The suite also encompasses a spectrum of training programmes, each tailored to address unique challenges individuals face in their pursuit of mental wellness. From programmes designed to enhance focus and concentration to those dedicated to stress alleviation and mood elevation, Neuro Code's training modules serve as personalised pathways to a resilient and empowered mental state. These programmes go beyond the traditional approaches,



utilising cutting-edge technology and evidence-based methodologies to empower individuals on their journey towards mental well-being.

In addition to technological marvels and training programmes, Neuro Code's product line epitomises the intersection of science and well-being. The products extend beyond conventional solutions, offering tangible tools for individuals to incorporate into their daily lives. Among these, the Chroma Chart stands as a clear demonstration of Neuro Code's commitment to innovation. Utilising the principles of Physics, this application of colour serves as a tool to train focus and memory, showcasing the breadth of Neuro Code's inventive approach to mental wellness.

The holistic nature of Neuro Code's offerings is perhaps most evident in its response to the challenges posed by the COVID-19 pandemic. In a time where stress levels soared, sleep patterns were disrupted, and depression rates escalated, Neuro Code stood out as a pillar of support. The suite of technologies became instrumental in alleviating stress, providing respite from the anxieties of a changed world. The training programmes offered solace, equipping individuals with the mental fortitude to navigate uncertainties. Neuro Code's products, from Neuro Soundwave applications to innovative focus-enhancing tools, became integral companions in the journey towards mental wellness.

#### **NAVIGATING GROWTH AND CHALLENGES – NEURO CODE'S GLOBAL ASCENT**

From its inception in 2015, marked by a modest training centre on Orchard Road, Neuro Code has embarked on a journey that defies conventional paths of growth. In a span of four years, the company expanded into a global player, cultivating a network of over 200 Authorised Training Centres across China, Taiwan, Thailand, India, Malaysia, and the Philippines. This development, however, faced an unexpected litmus test in 2020 with the advent of the COVID-19 pandemic.

Being at the vanguard of innovation has been both a boon and a challenge for Neuro Code. The initiation of Neuro Soundwave's development 15 years ago, when public consciousness about mental wellness was in its infancy, posed hurdles in persuading individuals of its significance and efficacy. Yet, as the global understanding of mental wellness deepened, the tide turned. Four clinical trials and a multitude of testimonials affirm the potency of Neuro Soundwave, silencing sceptics and fostering widespread acceptance.

As Neuro Code navigates its path of growth and triumphs over challenges, the future beckons with promise. The company envisions expanding its footprint across Asia and Australia, setting its sights on the dynamic markets of Japan and Korea. Dr. Tang, the visionary at the helm, foresees collaborative partnerships where Neuro Soundwave technology becomes the foundation for innovative products. The aspiration is



not merely growth for the sake of expansion but a shared commitment to advancing mental wellness on a global scale.

#### **RESONANCE OF VALUES – DR. TANG'S ENDURING LEGACY IN INNOVATION**

In the progression of Dr. Tang's professional journey, integrity and respect stand as the fundamental pillars of his personal values. These values extend seamlessly into his research work, where the constant pursuit of innovation takes centre stage. For Dr. Tang, a research scientist is an explorer, continuously pushing boundaries, enhancing existing technologies, and innovating to unearth new solutions for prevailing problems. He envisions a lasting legacy – an echo in the grand fabric of scientific pursuits. He aspires to be remembered as the visionary mind behind Neuro Soundwave, an invention that transcends the mere enhancement of human brain functions to elevate mental wellness.

Yet, at the heartbeat of Dr. Tang's motivation lies the joy derived from aiding others in overcoming mental wellness challenges. This intrinsic motivation transforms his time and efforts into a meaningful and rewarding journey. The satisfaction drawn from innovating and developing technologies that empower individuals to surmount mental weaknesses becomes a driving force propelling the visionary scientist forward.

Dr. Tang's journey, characterised by continual innovation and guided by integral values, exemplifies a lasting influence in the area of mental wellness. The impact of Neuro Code Research extends beyond the individual, touching the lives of many and leaving a significant mark on the shared quest for a healthier, more resilient world. Neuro Soundwave serves not only as a technological marvel but as a compassionate response to the evolving challenges of our times. It provides a pathway for individuals to fortify their cognitive strengths, fostering a harmonious balance between the intricate interplay of science and human well-being. Considering all this, the legacy Dr. Tang forges becomes a guiding force for the intersection of technology and humanity. 🌱



# Towards Optimal Health

DR. LIM KAH MENG'S  
CONTRIBUTIONS IN SHAPING THE  
LANDSCAPE OF BIOMEDICINE FOR  
A HEALTHIER TOMORROW

BY TOH MU QIN

Embarking on a journey that intertwines family principles and significant advancements in drug discovery, Dr. Lim Kah Meng emerges as a figure reshaping the perspectives of healthcare. Dr. Lim's experiences unfold in the dynamic field of biomedicine, where scientific innovation converges with a strategic understanding of business subtleties. His progression from childhood influences rooted in family principles to his substantial contributions in drug discovery showcases a distinctive fusion of entrepreneurial spirit and scientific excellence.

Explore Dr. Lim's life intricacies by diving into the roots of his childhood inspirations, the boldness of his entrepreneurial endeavours, the scope of his research interests, his forward-thinking visions, and the ambitious biomedical empires he envisions creating. The journey delineated here captures the core of Dr. Lim's significant impact on the biomedicine field, portraying him not solely as a scientist and entrepreneur but as a leader reshaping the contours of healthcare.

*Disclaimer:* The health information in this article represents the author's personal opinion. It does not constitute medical or professional services. Always consult your doctor or qualified healthcare provider if you have any specific healthcare needs.



### FOUNDATIONAL WISDOM – PRINCIPLES PASSED THROUGH GENERATIONS

Dr. Lim's journey begins with the rich influences of his family background – his grandfather, a respected figure in entrepreneurship, and his father, a devoted and conscientious executive. The stark divergence in their career paths etched indelible impressions on Dr. Lim, instilling in him a distinctive amalgamation of principles that would come to define his holistic approach to both life and work.

Growing up, Dr. Lim imbibed the intricacies of business ethics and the inherent importance of teamwork. These early lessons, imprinted during the formative years of his youth, laid a solid foundation upon which he would construct his future endeavours. The principles ingrained in him, a blend of the entrepreneurial spirit passed down by his grandfather and the unwavering dedication to excellence modelled by his father, were not merely disparate teachings but interconnected strands of wisdom that would guide him through life's ever-changing landscape and the intricate field of biomedical ventures.

The crux of Dr. Lim's formative years lies in the impact of familial values on his developing worldview. It was a time of absorbing the essence of ethical conduct in business dealings, understanding the vitality of cohesive teamwork, and internalising the importance of balancing ambition with a sense of responsibility. His grandfather's success in

entrepreneurship played a huge role, imparting the principles of vision, risk-taking, and the strategic navigation of the business landscape. Conversely, his father's dedication as an executive highlighted the significance of loyalty, integrity, and the meticulous execution of responsibilities within an organisational framework.

The invaluable lessons bestowed upon Dr. Lim provided him with an enriched perspective, leading to the adoption of a holistic view that shaped his personal and professional growth in biomedicine.

### ENTREPRENEURIAL VENTURES IN BIOMEDICINE – GENE OASIS UNVEILED

In 2001, inspired by a fervent passion for scientific exploration and a deep-seated desire to effect substantial societal change, Dr. Lim embarked on a venture that led to the establishment of Gene Oasis. This momentous step marked the inception of an entrepreneurial journey that not only defied conventional boundaries but also held the potential to reshape the landscape of biomedical innovation. Driven by an audacious spirit, he navigated uncharted territories in pursuit of discoveries that would redefine the applications of molecular compositions found within bird nests, ultimately influencing their impact on human health.

The well-known traditional respect for bird nests in Chinese culture didn't confine Dr. Lim; instead, he discerned

untapped potential within these natural structures for human health and well-being. Undoubtedly, Dr. Lim faced numerous challenges during this phase of his entrepreneurial journey. The uncharted territories of molecular exploration necessitated a thorough scientific investigation and the development of novel methodologies. Authentication, purity, and nutritional values of bird nests emerged as critical concerns, prompting Dr. Lim to conduct rigorous scientific studies to validate the beneficial components. It was during this period that he distinguished himself as, possibly the first in the world to extract bird nests into separate bioactive molecular compositions, laying the foundation for innovative applications in drug development.

The triumphs of this entrepreneurial journey are equally noteworthy. Dr. Lim's commitment to extracting valuable bioactive compositions from bird nests resulted in the validation of their significant benefits to the human body. From molecular placenta to the intricate micro-environment of bird nests, he uncovered a gold mine of beneficial bioactive compositions that could be harnessed to rejuvenate ageing human cells. The fruition of his efforts materialised in specially developed and well-preserved oral capsules, presenting a unique opportunity for individuals to consume these extracts and regenerate their youth, vitality, functionality, and longevity.



Gene Oasis propelled remarkable progress in the world of drug development. With a foundation in scientific innovation and entrepreneurial zeal, it not only addressed existing challenges but also opened up new avenues for biomedical exploration.

**PROBING THE DEPTHS – A PANORAMA OF DIVERSE BIOMEDICAL RESEARCH INITIATIVES**

Dr. Lim's insatiable curiosity and resolute commitment to scientific exploration form the cornerstone of his distinguished career. His extensive research interests span a wide spectrum within the field of biomedicine, showcasing a versatile approach to getting to the bottom of the complexities of human health.

One area of Dr. Lim's research pursuits lies in the exploration of novel food ingredients. With a passion for molecular mining and a keen interest in high-nutrient foods, he has dedicated significant efforts to purify and concentrate the bioactive compositions of natural foods. This innovative approach aims to enhance the potency and functionality of these ingredients within the human body. His inventive work in this field has garnered international recognition, with accolades and acknowledgment from national bodies.

Dr. Lim's research encompasses dietary considerations and extends into the intricate landscape of next-generation diagnostics. His dedication to precision drug and personalised medicine drives his commitment to capturing various value propositions through RNA mining and mapping platforms. These tools provide invaluable insights into immunological and neurological data, contributing to a deeper understanding of precision immune and nervous systems in humans.

In the pursuit of addressing challenges in cancer treatments, Dr. Lim delves into high-dose vitamin C alternative support therapies. Recognising the limitations of mainstream cancer treatments that often impact normal cells, he aims to develop complementary strategies to mitigate these effects. High-dose vitamin C emerges as a potential natural solution to provide support during cancer therapies, presenting an avenue for more holistic and less invasive approaches to cancer care.

The endocannabinoid system within the human body stands as another captivating focus of Dr. Lim's research. With an understanding of the vast number of receptors within human cells that respond to cannabinoids, he explores the system's impact on immunological, metabolic, and neurological processes. His endeavours in this area contribute to unravelling the potential therapeutic applications of cannabinoids, offering new possibilities for healthcare interventions.

As a proponent of anti-ageing research, Dr. Lim directs his attention to telomeric, endoplasmic reticulum, and mitochondrial medicine. Recognising the crucial roles of telomere shortening, endoplasmic reticulum, and



mitochondrial degeneration in cellular ageing processes, he seeks to devise molecular strategies to counteract these mechanisms. This comprehensive strategy seeks to grasp and intervene in the diverse facets of cellular ageing, potentially paving the way for innovative anti-ageing solutions.

Stem cell research stands as a pinnacle in Dr. Lim's scientific pursuits. His group boasts stem cell technologies, focusing on manufacturing, reprogramming, and proprietary formulations. Collaborating with leading clinical research partners, they aspire to conduct clinical trials using their stem cell technologies to address challenging medical indications and seek cures for various conditions.

The future envisioned by Dr. Lim in biomedicine revolves around the convergence of AI and bio-data to achieve precision and personalised medicine. He foresees a maturation of stem cell technologies and clinical applications, offering new possibilities for treating degenerative diseases. The global anti-ageing wellness regenerative medicine industry is expected to thrive with the approval and adoption of mass-market stem cell applications by governments worldwide.

In the context of a burgeoning Asia in the biomedical sector, Dr. Lim positions himself tactically. Recognising the significance of China and Japan as the second and third-largest world economies, respectively, he acknowledges the influence of Southeast Asia, Central Asia, Southwest Asia, and the massive population of South Asia in shaping the biomedical landscape.

#### **PRECISION, PREVENTION, PRESCRIPTION – DR. LIM'S TRIPARTITE APPROACH FOR TOMORROW'S MEDICINE**

Looking toward the future, Dr. Lim envisions building three main biomedical empires. The first involves predictive medicine, where diseases and ailments can be reliably predicted before posing a threat. The second focuses on preventive medicine, sustaining the quality of prolonged human lifespan and enhancing wellness. The third pertains

to prescriptive medicine, where highly precise and personalised medicines and therapeutic solutions can be prescribed for more effective, targeted, and less side-effect-prone treatments.

Dr. Lim's investment and incubation strategies centre on three core sectors – precision diagnostic platforms, regenerative medicine platforms (including stem cell and immune cell therapies, cell banking, and related biological innovations), and natural targeted solutions. These targeted solutions involve bioactive functional molecules, compositions, and innovative strategies such as companion diagnostic platforms like human organoids and mini-organs or other next-generation medical devices and tools.

Integrity, accountability, and empathy form the core values guiding Dr. Lim's life. His overarching aspiration is to integrate the diverse aspects of a linear-focused scientist, a transactional capitalist, and a market-driven business leader into a powerful and visionary force. This force aims to fulfil the ambitious bio empires, leaving an enduring legacy of meaningful global impact in healthcare and wellness.

However, the path to success has not been without its challenges. Dr. Lim's expansive vision and the breadth of his business ventures require substantial funds, presenting a significant challenge in the initial stages. Visionary investors, core team members, and key supporters initially faced difficulty comprehending the vast scope of his vision. Managing a diverse team, including highly intellectual professionals and independently minded individuals, posed another challenge, requiring adept leadership skills and effective communication.

For aspiring start-ups and young entrepreneurs, Dr. Lim's advice resonates with authenticity. He stresses the importance of being true to oneself, possessing an inherent and enduring passion and purpose for building a feasible and viable business proposition based on personal qualities and proprietary strengths. Humility, assertiveness on non-compromising business principles, and empathy, especially in managing complex human relationships and expectations, are qualities he places huge emphasis on, for navigating the difficult landscape of entrepreneurial endeavours.

In the extensive field of biomedicine, Dr. Lim Kah Meng emerges not only as a scientist and entrepreneur but as an influential figure set on transforming lives. His journey, grounded in familial principles, unfolds as a story of remarkable achievements and ambitious aspirations. Dr. Lim's comprehensive approach, from business ethics to scientific exploration, exemplifies the essence of a contemporary innovator. As we venture into the intricacies of healthcare's future, Dr. Lim's legacy becomes an inspirational force, encouraging the upcoming generation to push boundaries and reimagine what is possible in the pursuit of a healthier tomorrow. 🌱

David Zwirner, Pace, Lisson Gallery, Almine Rech, Annely Juda, Nara Roesler, Galerie Mitterrand, Templon, de Sarthe or Villepin – family dynasties are rife in the art world with at least two generations managing the business, with the children of the founders either the supporting acts or superseding the latter. Immersed in the gallery’s culture from young, often benefitting from growing up with artists, curators or collectors coming over to the house, these progenies subsequently decided to join their forebears. At the same time, the art market has boomed, globalised and become highly competitive over the past two generations with an exponential number of galleries, foundations and museums as well as a high concentration of players dominating the market in terms of sales. Art galleries have transformed into complex entities with elaborate fiscal arrangements, and multiplying staff, artist rosters and locations internationally. The challenge now faced by the younger generation is to run very distinct businesses from their parents, while preserving the same spirit and maintaining continuity of the identity painstakingly built up over the decades.



# ART

## AS A FAMILY BUSINESS

BY DIONNE BEL

Gallerists Daniel Templon and Pascal de Sarthe discuss succession in the art gallery business and the transmission of family values from father to son.



*“My gallery was able to grow by always putting artists first, trying to identify the great artists of tomorrow, the ones who will stay in art history, and helping them accomplish their vision.”*

-Daniel Templon

## TEMPLON

In 1966, at the age of 21, Daniel Templon opened his first Parisian gallery in an antique dealer's basement. Unlike other gallerists, he hadn't studied art history, had no money and lacked art world connections. With a natural flair for the business and incredibly intuitive, he soon became known for exhibiting avant-garde French artists Christian Boltanski, Martin Barré and Ben. Later on, Daniel met influential New York dealer Leo Castelli, who would become his mentor and entrusted him with his artists such as Roy Lichtenstein, Andy Warhol, Claes Oldenburg, Robert Rauschenberg, Frank Stella, Donald Judd, Dan Flavin, Sol LeWitt and Carl Andre. Templon gallery rapidly established itself as a reference in contemporary art in France. Instrumental since the 1970s in introducing the French public to a plethora of names that became the who's who of art history, such as Francesco Clemente, Ellsworth Kelly, Willem de Kooning, Keith Haring, Helmut Newton and Richard Serra, it has also represented the likes of Arman, Daniel Buren and Jaume Plensa. Today with 50 international artists including David LaChapelle and Gérard Garouste in its stable, the gallery has four spaces: two in Paris, one in Brussels and one in New York City.

When his son Mathieu was a child, Daniel brought him along on his business trips and negotiations with artists, transferring his passion to his son. “Mathieu was naturally immersed in the art world,” Daniel recalls. “We would often go together to museums, galleries and artist studios, but it was only in his mid-20s that he chose to work in this field. I was thrilled, but it was not planned and it took no convincing. We share the same love for contemporary art.” Although currently living on different continents, they are very close and speak to each other daily, travelling together to meet their artists at fairs and cultural events worldwide. Continuing to learn from his father every day, Mathieu, now 37 years old, believes that being a gallerist is the most beautiful profession in the world.

Today, Mathieu runs the show in New York City. He had interned at well-known local galleries David Zwirner and Metro Pictures and worked at Sean Kelly before moving in 2015 to Brussels, where he successfully led the first phase of Templon's European expansion, each year proposing a new, younger artist of his generation, starting with Omar Ba, while defending the Paris programming. Being the world's capital of contemporary art, they chose New York City over London to strengthen the gallery's international presence. It was also a way to get closer to American collectors and institutions, and increase the representation of their emerging or mid-career artists, such as Chilean artist Iván Navarro and Japanese artist Chiharu Shiota. “Many of our artists were lacking a brick-and-mortar representation in the United States,” Daniel explains. “Mathieu's experience made him a natural fit for this necessary move. He had been thinking of going back to the US for years. The first season has been very positive, both from a commercial and critical point of view, with a series of extremely successful shows. This US expansion has felt very natural, and business decisions are discussed collegially. It's an organic process, and, like in all small companies, it is a collective effort.”

Among the first to show the stars of minimal, abstract and pop art in Paris and refusing to repeat itself, Templon's originality has always been to unearth new talent, and even after close to six decades in the business, Daniel continues in this direction, responsible for signing on artists like Kehinde Wiley or Jitish Kallat. "When I started, the contemporary art market was quite confidential, driven by a very limited group of passionate players," notes Daniel. "Now it has become an industry and a global cultural phenomenon. The art market used to be mostly Western, with New York, Paris or London as its capitals. We now have dozens of dynamic cultural centres – Brazil, India, China, Dubai, Korea, Africa – and the gallery has greatly opened up its programme over the last 20 years, adding artists from India, Japan, Latin America or Africa. My gallery was able to grow by always putting artists first, trying to identify the great artists of tomorrow, the ones who will stay in art history, and helping them accomplish their vision." Showing no signs of handing over the reins just yet, the 78-year-old cites gallerists Leo Castelli, Ileana Sonnabend and Marian Goodman who worked past the age of 90, as he's convinced that a gallerist never stops or he'll die of boredom.

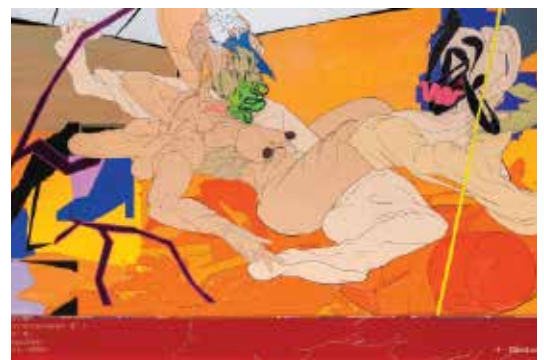
### DE SARTHE

After founding de Sarthe in Paris in 1977, followed by spaces in San Francisco, Los Angeles and Hong Kong, French-American gallerist Pascal de Sarthe was joined in 2008 by his son Vincent, who spearheaded the gallery's expansion to Beijing. "Family is very important to us. So when my son decided to be in the business, I was no longer running it alone. We now have a perpetual conversation," discloses Pascal. Their Beijing venture from 2014 to 2018 was the perfect example of their constant exchange of ideas and collaboration. "It was a great dad-and-son partnership," he explains. "We kept talking about the gallery vision and how we could be a platform for artists that were pushing boundaries, the ones interested in new technologies and their impact on society. Although I had the vision, my son, being 27 years younger, helped me project into the future. He is well connected with collectors, curators and artists of his generation. Almost a decade later, we have grown to be known as one of the leading platforms for an emerging generation of Chinese artists." The gallery today represents the likes of Chan Ka Kiu, Eugene Lun, Caison Wang, Mak2, Zhong Wei, Lin Jingjing and Wang Xin.

"Growing up surrounded by art is similar to growing up in a bilingual home," says Vincent. "I feel that children have a special ability to take in information and learn subtle nuances as opposed to when we grow older. This allowed me to better understand the language of art and how to view and understand works on a more subconscious level. I suggest to my clients that they expose their children to art at an early age." Following de Sarthe Beijing, Vincent intended to open a gallery in New York until the outbreak of Covid-19 upended his plans. He relocated to Scottsdale, Arizona – where Pascal has owned a house for years – during the pandemic, and began conducting business locally before launching de Sarthe Scottsdale in 2022, while maintaining his home base in Hong Kong's southern art district, Wong Chuk Hang. Specialising in paintings and sculptures by French Impressionists as well as Asian and Western modern, post-war and contemporary artists, he established open-studio residency deSAR to support emerging Hong Kong-based artists and de Sarthe Advisory for 19th and 20th century masterpieces.

*"I am a big believer in understanding your business from the ground up, and knew starting my career outside the family business would be an invaluable learning experience"*

-Vincent de Sarthe





Although Vincent’s elder sister pursued a separate path, “Vincent has always been interested in art,” recalls Pascal. “He could have been an artist! When he was a kid, he came to our storage to choose a contemporary artwork to put on his bedroom wall. He travelled with us a lot and we always went to museums where our game was for him to recognise who created an artwork and which movement the artist belonged to and which date. The art business is not easy, and I was very surprised the day he told me he wanted to be a gallerist.” As the second generation sometimes gains experience independently first, Pascal advised his son to begin by learning from others. So after a stint at an art shipping company, Vincent worked for legendary New York gallerist Tony Shafrazi for two years before joining his father. “I am a big believer in understanding your business from the ground up, and knew starting my career outside the family business would be an invaluable learning experience,” Vincent notes. “I also learnt a deep understanding of art history from Tony who had lived it first-hand. In the end, it was inevitable that my desire would be to work for our family gallery, as art is very personal.”

Bringing fresh insight to the table as soon as he came aboard, Vincent implemented changes to modernise the business – redesigning its outdated business cards and website and rebranding the gallery by erasing his father’s forename to leave just the family name “de Sarthe”. Pascal also inculcated virtues of integrity and following one’s instincts in his son. “My father has always taught me to be true to the art and to conduct business in an honest and ethical manner,” concludes Vincent. “He also pushed me to exhibit shows in a way that would convey the concept and message of the artists to truly reach the viewer on a deep and emotional level. I will always thank my parents for raising me in such a world.” 🙏



### About The Writer

*Dionne Bel is a freelance journalist and editorial consultant who has lived on three different continents. Dionne loves to meet with inspirational individuals in pursuit of excellence to tell their stories: emerging and established artists, designers and craftsmen, engaging entrepreneurs and philanthropists, and the movers and shakers of the world today. She contributes regularly to regional and international titles such as Artsy, Design Anthology, Forbes, Robb Report, Shawati’ and Tatler, shining a spotlight in particular on art, architecture, design, horology and jewellery.*



# "BIG GIRLS DON'T CRY"

A NIGHT OF GLAMOUR, MUSIC, AND CHARITY IN SINGAPORE

**M**ark your calendars for a once-in-a-lifetime experience on Saturday, 3 February 2024, as the British Theatre Playhouse brings the sensational musical, “Big Girls Don’t Cry” to the Grand Ballroom of One Farrer Hotel in Singapore. This internationally acclaimed show, featuring the extraordinary talents of The Eastcoast Boys, will transport you back to the golden era of the 60s and 70s with iconic hits that defined a generation.

## A MUSICAL JOURNEY THROUGH TIME

“Big Girls Don’t Cry” has graced London’s West End and toured the U.K. and internationally for 17 glorious years, captivating audiences at renowned venues such as the Lyric Theatre, the Dominion Theatre, and the Savoy Theatre. It’s set to mesmerise Singapore with a feel-good performance that is the perfect antidote for the post-pandemic era. Ms. Cecilia Leong-Faulkner, managing director of the British Theatre Playhouse, promises an unforgettable experience, “If you enjoyed Jersey Boys, you would love Big Girls Don’t Cry.”

## A SYMPHONY OF NOSTALGIA

On that enchanting night, four musical performers will channel the spirit of Frankie Vallie and The Four Seasons, delivering pitch-perfect renditions of timeless classics like “Can’t Take My Eyes Off You”, “Walk Like A Man”, “My Eyes Adore You”, “Sherry”, “Oh, What A Night” and of course, the titular “Big Girls Don’t Cry”. These iconic songs, which sold 100 million records worldwide, promise a night of singing, humming, and dancing, creating a connection across generations.

The musical’s roots trace back to the award-winning Jersey Boys, a musical phenomenon in London’s West End and Broadway. These songs’ enduring legacy is not confined to

the stage; they have left an indelible mark in pop culture, appearing in movies like Dirty Dancing and The Main Event.

Prepare to be blown away by a synchronised performance that has garnered rave reviews nationally and internationally. The British Theatre Playhouse, known for its sell-out shows and customer experience, is thrilled to bring this fun-filled experience back to Singapore.

## “ART FOR CHARITY” GALA EVENT

Under the patronage of the British High Commissioner, the British Theatre Playhouse will host the “Art for Charity” Gala event on Saturday, 3 February 2024. This meaningful charity gala will commence with a welcome drink reception, “Big Girls Don’t Cry” performance and a cocktail reception with free-flow drinks during the show interval.

The gala is not just about entertainment; it’s a noble endeavour to raise funds for the Samaritans of Singapore (S.O.S.) and the United Nations High Commission for Refugees (UNHCR). A generous 30% of the gross ticket sales will be donated to the organisations committed to create positive impacts around the world. Every ticket purchase becomes a step towards positive change, offering attendees an opportunity to be part of something greater.

## JOIN THE CAUSE – TICKETS NOW ON SALE

Don’t miss your chance to be part of this unforgettable night. Tickets for the “Big Girls Don’t Cry” – British Theatre Playhouse “Art for Charity” Gala are now on sale on the official website.

Choose from three ticket tiers – S\$500, S\$390, and S\$370 – and secure your place for an evening of glamour, music, and a shared pursuit of making the world a better place. 🌟

British Theatre Playhouse presents  
**Direct from London's West End**

"Great music. Fantastic voices. Comic moments that make this a great show to go and see!" - LONDONTHEATRE

# BIG GIRLS DON'T CRY



THE INTERNATIONALLY ACCLAIMED TRIBUTE TO  
**FRANKIE VALLI & THE FOUR SEASONS**

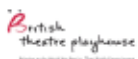
**"BIG GIRLS DON'T CRY"**  
live in Singapore

**Saturday, 3rd February 2024**  
**Grand Ballroom, One Farrer Hotel**

**for British Theatre Playhouse "Art for Charity" gala in aid of SOS and UNHCR**

Visit [BRITISHTHEATREPLAYHOUSE.COM](http://BRITISHTHEATREPLAYHOUSE.COM)

Tour Producers:



Supported by:

In Aid of:



Official Hotel:



Official  
Luxury Media:



Official Expat  
Magazine:



Platinum  
Sponsor:



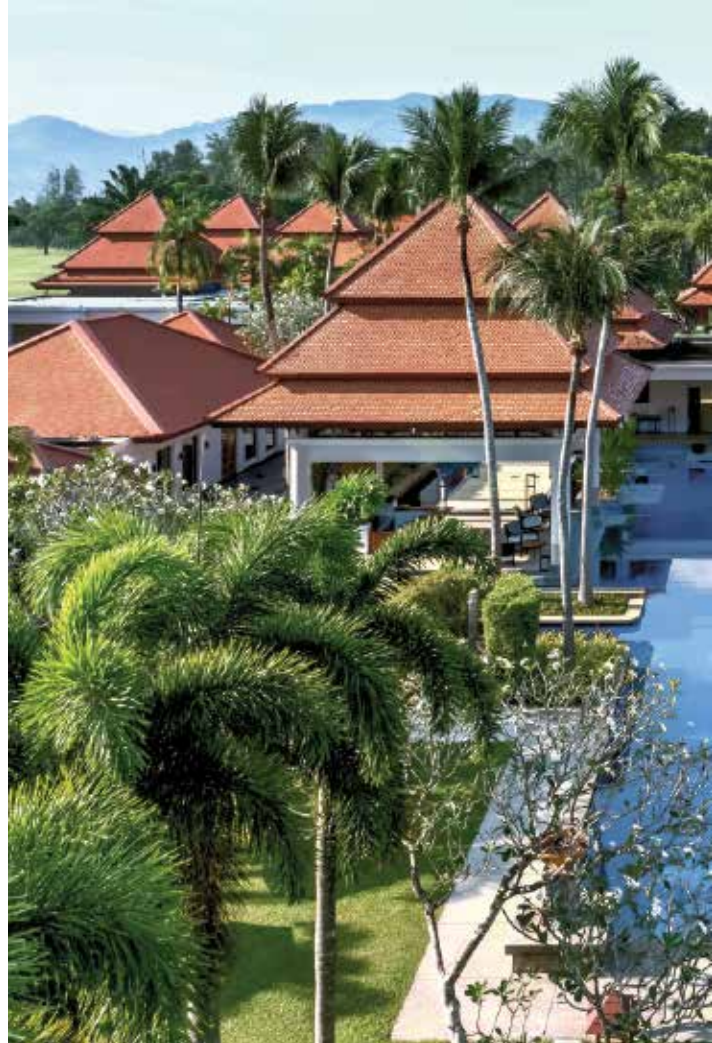
# LIVE WELL, PLAY WELL

BY PRIYANKA ELHENCE

Quality wellness while travelling is much easier as more and more resorts are recognising the importance of wellness and offering guests a myriad of wellness options at their destination hotels and resorts.

In March last year, Asia's luxury hospitality leader Banyan Tree launched a brand extension with its first wellness-centered resort, Banyan Tree Veya Phuket. Taken from the root word to *weave*, Veya Phuket is designed as a personal and specially curated mindful journey to inner well-being, built on Banyan Tree's eight pillars of well-being, namely: Sleep & Rest, Dietary Awareness, Bonding & Connection, Physical Vitality, Cultivate the Mind, Learning & Development, Harmony with Nature and Sustained Practices.

The intimate 23-villa resort's vision is to be a safe space to integrate one's path to well-being, offering a serene enclave within Laguna Phuket, a distinct and tranquil location within the Banyan Tree Phuket resort.





“With our hyper-stimulated modern life, our nervous systems cannot truly relax and therefore, rest; chronic stress erodes our natural immunity and regenerative capacity. Our ethos *#OwnYourPresence* guides our mission of inspiring individuals to travel inwards and be more conscious of how their daily actions, thoughts and emotions interact with their physical being,” says Ho Ren Yung, senior vice president of Brand and Commercial at Banyan Tree Group.

The journey at Veya is led by certified multidisciplinary well-being hosts, trained in eastern medicine, naturopathy and coaching, around a three-step protocol of Awareness, Discovery and Sustenance. Guests have a private consultation session with the well-being hosts prior to departure to determine their needs and priorities, followed by a personalised itinerary of programmes and lifestyle practices, focusing on embodiment therapies and somatic practices, allowing guests to centre the mind and body.

Veya guests enjoy exclusive access to a Well-being Centre featuring Thailand’s first-ever White Room for sensory detox and meditative practice as well as a traditional herb farm-pharmacy workshop for spa, private classes, dining and retail.

Mindfulness practices include classes such as Ocean Breath and Conscious Grounding to raise sensory awareness through breathwork, sound therapy and guided imagery meditation techniques in natural environments. The somatic movement consists of intuitive forms of dance, yoga and classes such as Balance and Stability that focus on the internal experience of movement to release chronic tension patterns and calm the nervous system.

While weightless, a new range of signature therapies unique to Veya combine rehabilitative floatation with body stretch massage techniques and meditation sound therapy into a restorative sensory experience. Lifestyle learning is a series of workshops aimed at introducing well-being rituals into daily life including creative therapies, integrative nutrition, and classes such as Positive Resilience to help guests bring the retreat experience home.

Each villa is fully equipped for guests to rest and practice well-being in the privacy of their own room, with amenities including a well-being minibar, yoga mats, sound therapy bowls, exercise stretch bands and more.





Veya also showcases mindful plant-forward cuisine that weaves together Mediterranean and Asian influences in a creative, flexitarian approach. Menu signatures include bowls, broths, and reinterpreted iconic local dishes around a Fuel-Balance-Repair daily sequence, with Resident ‘Nutrition Sommeliers’ assisting guests in curating a tailored menu during their stay to fulfill dietary needs and preferences.



Banyan Tree Veya marked its debut with the recent opening of Banyan Tree Veya Phuket in March 2022 and with upcoming resorts planned in Vabbinfaru, Maldives and Ilha Caldeira, Mozambique.

For more easily accessible wellness programmes, Westin Hotels & Resorts, hospitality’s global leader in well-being for more than a decade, recently launched its Refueled Gear Lending programme, empowering guests to regain control and enhance their well-being while staying at any of the brand’s more than 230 properties globally, including The Westin Singapore.

Rooted in its mission of providing signature wellness programmes that Westin Hotels & Resorts are known for, the programme is essentially a library of kits that guests can borrow to optimise their stay and feel their best, including the latest high-tech recovery and total body strength training tools from Hyperice and Bala.

The Westin experience comes to life through the brand’s Six Pillars of Well-Being – Sleep Well, Eat Well, Move Well, Feel Well, Work Well, and Play Well – allowing guests to personalise their stay and engage in programmes that best meet their needs.

The next generation WestinWORKOUT® Gear Lending programme allows guests to borrow high-quality fitness essentials in-room, on-demand, perfect for the avid runner that needs recovery tools or cross-training, a yogi that wants to maintain their daily routine, or a guest that wants to relieve tension from a long day of travel and/or a day of meetings. The acclaimed, on-demand programme focuses on helping guests maintain their workout routines, wherever they go, without the added bulk of packing fitness gear.

Global high-performance wellness brand Hyperice features its game-changing massage and compression recovery products that are ideal for post-workout recovery, as well as soothing stiffness and tension from long travel. Additionally, direct-to-consumer fitness accessories brand Bala features beautifully designed and highly versatile total body fitness pieces, to empower guests to move, both in their room and outside, or wherever the day takes them.

“Wellness is central to our mission. Over the last decade, through our WestinWORKOUT® Gear Lending programme, we’ve helped guests optimise their fitness routines and accomplish more while on the road,” said Jennifer Connell, global brand leader of Westin Hotels & Resorts and vice president of Distinctive Premium Brands at Marriott International. “As strength training and recovery have evolved into essential wellness rituals, we’ve reimagined our beloved programme to be more versatile and partnered with cutting-edge brands that help motivate and inspire guests to reach their full potential.”

The Westin Singapore also offers regular Westin Wellness Weekend retreats, specially curated to holistically enliven the mind and body to find balance through a wellness journey of workshops and activities such as sleep talks, yoga classes, scent workshops, sound healing, Technogym Bench workouts, and a Silent Breakfast.



In addition to WestinWORKOUT® Gear Lending programme, offerings under the Move Well pillar include the signature WestinWORKOUT® Fitness Studios, more than 225 on-property run concierges around the world who host group runs and encourage athletes of all levels to grab a RunWESTIN™ map and explore the destination. In Singapore, guests can run like a local around scenic Marina Bay with the RunWESTIN™ concierge, and followed by a quick massage at the Heavenly Spa by Westin. 🏆

*“With our hyper-stimulated modern life, our nervous systems cannot truly relax and therefore, rest; chronic stress erodes our natural immunity and regenerative capacity.”*



#### About The Writer

Bred in The Seychelles and Kenya, Priyanka Elhence studied Hotel Management in Switzerland, coupled with working as a Recruiter in Palm Beach, before doing an MBA in Human Resources Management in London. Calling Singapore home for the past 20 years, Priyanka has been a Freelance Writer now for the past 8 years, writing about everything from luxury and dining, travel and lifestyle, to parenting and finance.



# CROSSING THE CONTINENT

BY **DIONNE BEL**

As the mythical Bentley Continental celebrates its 20th anniversary this year, I test-drive the Continental GTC Azure V8, a model adopting a science-meets-design approach that's dedicated to reducing fatigue and stress and boosting onboard wellness.

For Bentley, there was a before the Continental and after the Continental. The model was so defining in the history of the brand; it not only set records in terms of sales but also marked a whole new direction for the marque when it was first introduced in 2003. The first all-new Bentley since 1930, the first with all-wheel drive and the first to sport the innovative 550 bhp, 6.0 litre twin-turbocharged W12 engine, the ultimate two-door grand tourer helped to catapult the company to the top spot of the luxury car segment. It won acclaim as the quickest bona fide four-seat coupé on the globe with a maximum speed of more than 300 km/h, and a 0-100 km/h time of 4.8 seconds – it has since been upgraded to 650 bhp and boasts acceleration from 0-100 km/h in 3.7 seconds. Showcasing air suspension with double front

wishbones without compromising on luxury, it featured an entirely handcrafted interior trimmed exclusively in leather and wood.

With no comparable challengers at its price point, the Continental GT's impact was immediate and phenomenal. It totally transformed Bentley, setting in motion a 10-fold increase in sales that shaped a new market sector and reinvented the brand for the modern era. From delivering just 414 cars in 1998, its production in 2022 was 15,174 units – all made at the company headquarters in Crewe in northwestern England by approximately 4,000 employees. At its origin, the brief for the new 'mid-sized Bentley', intended as a long-distance cruiser for crossing the continent

(hence the name), was complex: broaden the appeal of the brand to new customers, be sportier and more affordable than current models, have space for four with luggage, match the performance of the Aston Martin DB7 and Porsche 911 Turbo, and be delivered within four years. The drop-top version of the model was subsequently presented in 2005.

Almost one in every three Bentleys sold today is a Continental GT or GT Convertible, and close to 5,000 units of the two product lines were produced in 2022, with the 100,000th car due in early 2025. Thanks to impressive profits and a strong demand outlook, Bentley's Beyond100 strategy aims to invest €3 billion in the Crewe factory and five new BEV launches in five years starting in 2026 in order to electrify its entire product range. "In 2020, Bentley Motors outlined plans to become a global leader in sustainable luxury mobility," says Mike Sayer, head of Product Communications and the Bentley Heritage Collection. "With the promise to offer truly sustainable luxury, Bentley is reinventing every aspect of its business to become an end-to-end carbon neutral organisation by 2030. The target is driven by a transformation programme across Bentley's entire operations and products. This includes switching to offer plug-in hybrid vehicles across the model range by 2025, and full electric vehicles only by 2030. This will mean evolving from the world's largest producer of 12-cylinder petrol engines to having no internal combustion engines within a decade."

The W12 so closely intertwined with the success of the Continental is now being replaced by the more fuel-efficient 542 bhp, 4.0 litre V8. Capable of going from 0-100 km/h in just 4.1 seconds with a top speed of 318 km/h, the engine still roars with power, as I got to learn first-hand when taking a Continental GTC Azure V8 for a spin on the French Riviera. There's nothing quite like driving with the top down along the sunny Mediterranean coast in a car that oozes quiet elegance. Sitting inside a Bentley is like being enveloped in a glove of pure luxury – there's no other feeling that comes close. Every detail counts. The hand-picked leather in burnt oak, stitched with the brand's signature Diamond-in-Diamond quilting pattern and wellness quilted upholstered seats, comes from northern Europe to ensure that the herds grazing high above

sea level are free of insect bites that would otherwise leave blemishes on their hides. A large, long car with heavy doors, I almost feel as if I'm sailing on a grand yacht. The dashboard, centre console, glove box and door trim are adorned with American black walnut veneers showcasing the crown cut, which is created by flat slicing the tree trunk to obtain a crown shape in the wood grain. The open pore finishing process allows the natural texture of the wood to be felt, which I can't help but want to touch.

Cruising in this grand tourer is a special experience as ride comfort is prioritised, especially in the Azure variant, which was developed with the help of wellness experts and neuroscientists. While the Speed range focuses on performance, the Azure family was introduced to ensure a smooth, stress-free ride over long distances. Neuroscientist Katherine Templar-Lewis, who has researched the external factors that influence stress, was roped in to help the Azure development team define Bentley's "well-being behind the wheel" concept. Taking into account light, the patterns we see around us, in-car posture and thermal comfort, her research accompanied Bentley's own measurements to offer a science-based analysis on how to provide the most peaceful travelling experience.

"The Azure is designed to combat the stresses of the modern world, providing a relaxing and re-energising environment through features, materials and multisensory and science-informed design that reduces driver fatigue," states Sayer. "Complex algorithms have been developed in collaboration with a chiropractor who deals with clients who experience discomfort on long car journeys. Working with specialists Comfort Motion Global (CMG), Bentley has developed a scientific, pneumatic postural adjustment system. CMG has been working in the field of fatigue prevention for several years, conducting medical-based research trials that highlight the benefits of changes in posture for comfort and well-being."

Designing not solely for the senses of vision, hearing, touch and smell, Bentley also zeroed in on the position of our bodies (proprioception), gravity and acceleration (vestibular) and even the body's internal sensation (interoception). For example, a vehicle acoustic engineer might previously have focused on the elimination of noise, vibration and harshness – fields in which Bentley has always excelled – but what matters for the Azure family is also the quality of sound and entering into a personalised environment in retreat from the outside world. The result is a car that feels like a sanctuary of serenity thanks to its holistic approach to wellness, creating just the right environment for occupants to feel calmer and less stressed upon arrival than when they had set off. 🌿



# POWER PACKED

Don't underestimate the BMW M2 that is compact but mighty

BY **CHERYL TAY**



I will never say no to any opportunity to drive any car from the BMW M series, their sports performance range. After being blessed with the opportunity to drive the BMW XM beast in Germany for a week, I was excited to get to drive the M2 here in Singapore.

This second-generation M2 sports coupe is the smallest M car but it packs a feisty punch. When I first drove it out of the showroom car park, I actually felt a little giddy as I adjusted to the M2's 460 hp of power and 550 Nm of torque contained within its compact body.

I loved hearing the M2 roar as I accelerated down long and straight roads, mindful of the speed limits of course. Coming standard is its lightweight carbon-fibre roof that brings down the car's centre of gravity and making it even more agile.

The inline-six twin-turbo petrol engine sitting under its hood is the same as the one in its M3 and M4 siblings, controlled via an eight-speed gearbox. There are different modes you can toggle with, such as Comfort and Sport, depending on the type of drive you prefer.

There are also two 'M' buttons – one on each side of the top of the steering wheel – that can be set to your favourite drive modes so you can easily activate them with just a push of the button after you configure it.

For all of the power it has, I have to say the braking power of the M2 is more than sufficient. The brakes bite so well that when I first drove the car, I found myself embarrassingly 'nodding' as I learnt to manage the pressure on the brake pedal.

Inside, the M2 has the curved display, a single panel screen which contains a 12.3-inch information display and 14.9-inch control display, that is very intuitive and easy to use. Everything that you need to do with and for the car can be found in there.

I only had the car for a day, so I went around running my errands and turning heads down the streets when I roared past them. The more I drove the M2, the more I got used to it and then I had to return it. I would drive this every day, but my advice would be to tame the right foot otherwise you will be left giddy with too much excitement.

## **BMW M2 3.0 (A)**

Engine: 2,993 cc, inline 6, twin-turbocharged

Gearbox: 8-speed automatic

Power: 460 hp at 6,250 rpm

Torque: 550 Nm at 2,650-5,870 rpm

Top speed: 250 km/h

Price: S\$537,888 with COE



## **About The Writer**

*Cheryl Tay first established herself in the male-dominated world of cars and motorsports as the only female full-time motoring journalist in Singapore.*

*After getting her driving licence at 18, she joined the NTU Motoring Club to meet like-minded car enthusiasts. During her time in university, she served two professional attachments – with Cycle & Carriage (Mitsubishi) and Volkswagen Singapore. She also had an automotive column in the campus newsletter.*

*From there, she started writing and photographing for established automotive publishing titles in the region; reviewing new cars and also covering motor racing like Formula 1, Formula Drift, MotoGP and go-karting. She has driven some of the fastest cars in the world at some of the most iconic racing circuits, as well as test driven new cars in exotic places. She was also part of kart racing endurance teams and worked in media relations for racing teams. Besides cars, Cheryl rides motorbikes and is an avid triathlete too.*

# Gateway to Georgia

UNVEILING OPPORTUNITIES WITH DEPUTY MINISTER OF FOREIGN AFFAIRS, ALEXANDER KHVTISIASHVILI

BY ALEXIS TOH

The Gateway to Georgia event marked a morning of profound promise. The event unfolded gracefully, inviting participants to explore boundless possibilities. With the stage impeccably set, the atmosphere was charged with palpable anticipation as attendees eagerly awaited the revelation of opportunities alongside the distinguished Deputy Minister of Foreign Affairs, His Excellency Alexander Khvtisiashvili. Mr. Peter Tan, serving as the Consul of Georgia in Singapore, played a significant role in the proceedings.

Following the introduction, His Excellency took centre stage, addressing the audience with an insightful exploration of the diverse business opportunities awaiting discovery in Georgia. With a commanding presence, he navigated the audience through the various landscapes of the country's economic prospects. His Excellency's insights extended beyond traditional business sectors, touching on the vibrant tourism industry that Georgia has to offer.

In his address, His Excellency painted a vivid picture of Georgia's allure, emphasising the unique charm of the tourism sector. He described the breathtaking landscapes, historical landmarks, and the warm hospitality that defines Georgia's appeal to travellers worldwide. His passion for his country's cultural treasures was evident as he spoke about the renowned Georgian wine, a genuine reflection of the nation's rich heritage. His detailed discussion of the wine industry highlighted not only the quality and distinctiveness

of Georgian wines but also the potential for investment in this burgeoning sector.

His Excellency also extended the narrative to discuss the broader investment landscape in Georgia. With a focus on creating a conducive environment for foreign investors, he outlined the various opportunities available, emphasising the government's commitment to fostering a business-friendly atmosphere. Whether through strategic partnerships or direct investment, His Excellency painted a picture of Georgia as a land ripe for economic growth and collaboration. His in-depth coverage of business, tourism, and investment opportunities left the audience not just informed but also inspired to contemplate Georgia as a hub for future ventures.

After the thought-provoking address, the event seamlessly transitioned into an engaging Q&A session, highlighting the interactive nature of the gathering. Both His Excellency and Mr. Tan readily attended to audience queries, further enhancing the discussion.

The event concluded with heartfelt appreciation extended to His Excellency, for his valuable perspectives, and to the audience for their active participation. In retrospect, Gateway to Georgia proved to be a triumph, uniting a varied array of minds eager to explore the potential offered by Georgia's business landscape. The collaboration between His Excellency Alexander and Mr. Peter Tan showcased a commitment to fostering international partnerships. 🇯🇵





# LIVING YOUNG

## SEMINAR 2023

AN AFTERNOON OF ENLIGHTENMENT

BY ALEXIS TOH

On a promising afternoon on 17 October 2023, The Great Room, Centennial Tower in Singapore became the nucleus of a remarkable gathering of individuals. The occasion was the “Living Young Seminar”, an event that pledged to deliver profound insights into the science and technology behind maintaining longevity and youthful vitality.

Mr. Peter Tan, the CEO of Living Young, took centre stage to deliver the opening address, setting the tone for an event that promised to be intellectually invigorating. His opening remarks emphasised the paramount importance of understanding the science behind living young, a theme that would resonate with many. Mr. Tan's opening words set the stage for the informative and educational presentations that followed, reinforcing the idea that science has a profound impact on our pursuit of youthfulness. He acknowledged that while time may march on, it is the intersection of science and our choices that can shape our experience of ageing.

The inaugural speaker, Professor Dr. Pichaet Wiriyachitra, presented on “Innovations in Anti-ageing and Reverse Ageing Approaches”. He meticulously unravelled the latest advancements in the field of anti-ageing research, and delved into the intricacies of reversing ageing processes, shedding light on the scientific breakthroughs that hold the potential to transform the way we perceive and experience as we grow older. The subsequent Q&A session provided a platform for the audience to engage directly with Professor Dr. Pichaet. Attendees seized the opportunity to dig deeper into the nuances of his presentation, seeking clarification and expanding their understanding of the critical subject matter.

Stepping onto the platform with an aura of expertise, Dr. Wu Chi-Yue, a luminary in the field of biochemistry, captivated the audience with his presentation, titled “The Holistic Solution to Human Well-being”. He masterfully wove together the threads of his experiences to present a holistic approach to human well-being. His insights into



cancer research provided a nuanced understanding of the intricate relationship between our lifestyle choices and the prevention of diseases. Moreover, his exploration of food safety testing brought to the forefront the often-overlooked aspect of well-being: the quality of what we consume. Highlighting the interdependence of different aspects of well-being, he emphasised the significance of adopting a holistic lifestyle. This includes not just medical interventions but also preventive measures and a mindful approach to nutrition.

The seminar continued with Mr. Paul Chen, an avant-garde innovator boasting a diverse background that seamlessly spanned chemistry, accounting, and patent law. In his capacity as the president of EvoPhancie Biotech Ltd., he elaborated on “Innovation in Skincare – The Future of Bio-cellulose Facial Masks”. His presentation was not just a discourse on skincare; it was a glimpse into the evolving landscape of beauty and wellness. With an engaging presence, Mr. Chen navigated through the intricacies of bio-cellulose technology, unravelling its potential in the area of facial masks. His insights reached beyond the present, offering a vision of the future where skincare transcends conventional boundaries. Mr. Chen’s discourse sparked a collective curiosity among the attendees, prompting an eagerness to explore the practical applications of this cutting-edge technology. The promise of bio-cellulose facial masks as the future of skincare resonated, opening avenues for individuals to reimagine their beauty routines.

Following the enlightening sessions, attendees were given a well-deserved 45-minute afternoon tea break. It was an opportunity to engage with the esteemed speakers and learn more about the innovative products they had shared. Refreshments were provided, and the atmosphere was conducive to networking and in-depth discussions.

The seminar resumed with Ms. Kittiya Kamonlakorn, the international product specialist from Vega Natural Company. Her presentation, titled “From Science to Sensuality: The Path to Enhanced Intimacy”, explored the connection between science and various aspects of life, particularly intimacy in relationships. The exploration of this sensitive subject matter opened avenues for attendees to reconsider and appreciate the intricate connection between scientific advancements and the enhancement of personal relationships.

The seminar progressed with a presentation titled “Neuro Soundwaves and Mental Resilience” from Dr. Tang Juel Hoi, the visionary behind neuro soundwave technology and the founder and CEO of Neuro Code Research. The audience was taken on a journey through the innovative fusion of neuroscience and soundwaves, a pioneering attempt to transform our understanding of mental well-being. Attendees were fascinated by the notion that soundwaves could play a pivotal role in enhancing our cognitive abilities and fortifying our mental health against the challenges of modern life. Dr. Tang’s pioneering work paved the way for a new frontier in the intersection of neuroscience and technology, offering a glimpse into the future of mental well-being.

The final speaker, Dr. Lim Kah Meng, renowned for his work in bioactive molecules, presented on “Stem Cells and Ageing – The Regenerative Technology that Turns Back the Clock”. In his presentation, Dr. Lim guided the audience through the complexities of stem cell research, unveiling the regenerative technology that promises to reverse the ageing process. Attendees were immersed in the profound potential of harnessing the regenerative power of stem cells, a revolutionary approach that could redefine the landscape of longevity and well-being.

Bringing the seminar to its conclusion, Mr. Peter Tan returned to the stage to deliver the closing speech, emphasising the exceptional nature of the seminar, attributing its excellence to the active participation and presence of all involved. Transitioning from expressions of thanks, Mr. Tan shared about the expansive business opportunities encapsulated by the concept of living young. With keen insights, he elaborated on the potential for individuals and companies to thrive in the burgeoning market centred around the pursuit of a youthful existence. Mr. Tan provided a panoramic view of the diverse products and services offered by Living Young, casting a spotlight on the myriad avenues for collaboration and growth within this dynamic industry.

Mr. Tan’s closing remarks resonated as more than just a conclusion; they served as an invitation for the attendees to carry forward the momentum generated during the seminar into their endeavours and explorations in the areas of health, longevity, and business opportunities tied to the concept of living young. 🌱



# Serene Escapes

## DISCOVERING FOREVER GREEN RESORT

BY TOH MU QIN

**N**estled along the banks of the Tien River, one of the nine major tributaries flowing into the expansive Mekong River's Dai estuary, in the picturesque province of Ben Tre, Forever Green Resort emerges as an enchanting haven, seamlessly blending opulence with the pristine beauty of nature. This high-end retreat, born in the downstream end of the Cuu Long River, captures the essence of Vietnam's bucolic charm, surrounded by lush coconut groves and imbued with the invigorating freshness of the local air. A mere 80 kilometres from the bustling streets of Ho Chi Minh City, the journey to Forever Green Resort unfolds as a tranquil escape, a journey that traverses the cable-stayed Rach Mieu bridge, offering glimpses of the fertile land that lies ahead.

Spanning 21 hectares and divided into three distinctive zones, Forever Green Resort beckons guests into a world of refined luxury and captivating landscapes. Orchards, organic gardens, and an Exotic Garden curated by Madame Truong Thi Nhi, the visionary executive chairman



of the resort, set the stage for a unique exploration of nature's wonders. With a commitment to providing a comprehensive four-star experience, Forever Green Resort boasts a 60-room hotel, Black Bamboo Restaurant serving coconut-infused delicacies, rejuvenating spa facilities, and a myriad of recreational activities against the backdrop of the lush greenery. As the resort's name suggests, it aspires to be more than just a temporary escape – it seeks to create an enduring connection with nature, a promise fulfilled through meticulous design, warm hospitality, and a dedication to customer satisfaction.

#### **GARDENS OF ENCHANTMENT – A SYMPHONY OF FLORA BY MADAME TRUONG THI NHI**

Central to the allure of Forever Green Resort is a captivating world of thoughtfully cultivated gardens. These lush spaces unfold distinct stories, showcasing the resort's commitment to preserving the natural beauty of the region. The dedication to creating vibrant landscapes is evident throughout the orchards and organic gardens, where guests are invited to explore and experience the fragrant air of blooming flowers and the tempting aroma of ripe fruits. The orchards not only provide a picturesque backdrop but also offer a first-hand encounter with the resort's dedication to sustainable practices. Witnessing the careful cultivation of the resort's own produce becomes not just a visual delight but an immersion into the ethos of Forever Green – a commitment to offering guests an authentic experience rooted in the richness of the land.

Madame Nhi's commitment to cultivating an environment where nature's wonders thrive has given rise to a diverse and vibrant tapestry of some of the world's most captivating flora. A jewel within the resort's verdant crown is the Exotic Garden, a dazzling showcase of flora sourced from different corners of the globe. Madame Nhi's global perspective is vividly reflected

in this curated collection, featuring botanical treasures from the U.S., Singapore, Thailand, and other renowned flower-growing regions. Each plant, carefully chosen and nurtured, not only adds to the visual splendour of the garden but also symbolises the resort's commitment to embracing the world's natural diversity. As visitors wander through this global floral mosaic, they embark on a journey that transcends borders, celebrating the interconnected beauty of nature.

Madame Nhi's role as the guardian of these gardens extends beyond mere cultivation; it embodies a deep-rooted philosophy of harmonising nature's many wonders into a cohesive and appealing experience for visitors. The orchards, organic gardens, and the Exotic Garden together tell a story of commitment to sustainability, global unity, and the preservation of the innate beauty that characterises Forever Green Resort. Every bloom, tree, and thoughtfully selected plant adds to the immersive experience, reflecting a resort that values its heritage while embracing the limitless beauty the world presents.

#### **TRANQUIL LODGINGS – LUXURIOUS ACCOMMODATIONS AMIDST NATURE'S BOUNTY**

Beyond the gardens, guests are greeted by the elegant embrace of the 4-star hotel, a sanctuary of tranquil lodgings nestled in a natural oasis. Comprising 60 well-appointed rooms, this haven promises an escape into serenity, where every detail is crafted to enhance the guest experience.

Each room within the resort is a sanctuary, offering not just accommodation but an immersive connection with the lush landscapes that surround it. The expansive windows unveil picturesque views, inviting the natural beauty of the resort to become an integral part of the guest's stay. Whether it's the gentle rustle of leaves or the melodious symphony of

birdsong, the rooms provide a front-row seat to the soothing rhythms of nature.

The rooms are designed with the utmost consideration for modern comforts, ensuring a stay that seamlessly blends luxury with the tranquillity of the environment. Remote control air conditioning allows guests to tailor their room's climate to their preference, while flat-screen cable TVs offer entertainment options for moments of relaxation. Private porches extend an invitation to step outside and immerse oneself in the natural ambiance, creating a seamless transition between indoor comfort and outdoor beauty.

Forever Green Resort recognises the diverse desires of its guests, acknowledging that each traveller seeks a distinct experience. Whether you are a solo adventurer or travelling as a family, the resort's accommodations are thoroughly designed to cater to every need. The variety of room options ensures that each guest finds the perfect retreat within the lush embrace of Forever Green Resort.

For the solo traveller seeking solitude and introspection, Forever Green Resort offers accommodations designed to be sanctuaries of quiet contemplation. These rooms, nestled within the embrace of the resort's greenery, provide a private haven where one can unwind, reflect, and find solace in the harmony of nature.

For families in search of a serene escape, Forever Green Resort offers accommodations that cater to the unique needs of every member. Spacious rooms provide ample space for bonding, while the private porches become ideal spots for shared moments amidst the beauty of the outdoors. The resort's commitment to family-friendly spaces ensures that every stay becomes a collection of cherished memories.

The tranquil lodgings at Forever Green Resort go beyond the conventional definition of accommodation. They become portals to a world where luxury and nature dance in harmony, inviting guests to not just stay but to immerse themselves in an experience that celebrates the beauty of Ben Tre's pristine landscapes.

### **GASTRONOMIC BLISS – EXPLORING SOUTHERN-WEST VIETNAMESE CUISINE**

Within the lush landscape of Forever Green Resort, the Black Bamboo Restaurant invites guests to explore the diverse and vibrant palette of Southern-West Vietnamese cuisine. Far more than a conventional dining venue, this refined establishment offers a distinctive culinary experience where the delightful flavours of coconut seamlessly integrate into



regional dishes, offering guests a harmonious blend that mirrors the natural beauty of the surroundings.

As guests step into the Black Bamboo Restaurant, they enter a world where coconut reigns supreme. The culinary offerings, aptly named the Coconut Symphony, pay homage to this versatile tropical fruit in ways that delight the palate. From main courses infused with the essence of coconut to delicacies showcasing the fruit's diverse forms, each dish is a celebration of local flavours and a nod to the region's rich culinary heritage.

Picture a succulent coconut-infused curry, where the creaminess of the coconut milk melds seamlessly with the aromatic spices, creating a dish that captures the essence of Southern-West Vietnamese cuisine. The culinary team at Black Bamboo excels in the art of balancing flavours, ensuring that each bite is a well-coordinated dance of taste that lingers in the memory.

While coconut rightfully takes the spotlight, the Black Bamboo Restaurant offers a diverse menu that extends beyond the boundaries of this tropical delight. The culinary team curates an array of dishes that highlight the nuanced flavours of Southern-West Vietnam, providing guests with a gastronomic exploration of the region's cultural diversity.

From aromatic herbs to locally sourced ingredients, every element contributes to a delightful array of tastes that unfolds with each bite. The restaurant becomes a culinary crossroad, where guests can explore the diverse landscape of Southern-West Vietnamese cuisine without leaving the elegant confines of Forever Green Resort.

Complementing the culinary journey at Black Bamboo are unique beverages that reflect the distinctiveness of the region.

The drink menu features local libations that add an extra layer to the dining experience, offering a sip of the authentic flavours of Southern-West Vietnam.

Coconut wine, a regional specialty, provides a refreshing and slightly sweet counterpart to the savoury dishes. Phu Le wine, a product of the fertile lands of Ben Tre province, offers a taste of the local terroir, embodying the spirit of the region. For those seeking a truly distinctive experience, Black Bamboo introduces Forever Green's medicinal liquor, a concoction crafted from 16 traditional herbs and honey. This elixir not only delights the taste buds but also emphasises the resort's commitment to showcasing the region's rich herbal traditions.

### LEISURE KALEIDOSCOPE – A MEDLEY OF FUN AND RECREATIONAL PLEASURES UNVEILED

Apart from the enchanting landscapes and lavish amenities that define Forever Green Resort, an extensive array of recreational activities awaits. Central to the leisure experience is the resort's expansive 300-square-metre swimming pool, situated by a natural canal. On hot and humid days, the pool provides a refreshing retreat while being enveloped by beautiful landscaping, turning it into an inviting venue. Serving as a serene space for guests to relax and unwind, the pool offers an opportunity to bask in the tranquillity of the surroundings. Additionally, the pool area transforms into a vibrant hub during occasional BBQ parties and nightlife entertainment, creating an atmosphere of lively celebration.

For those seeking rejuvenation and wellness, Forever Green Resort boasts a high-end spa facility. With a dedicated focus on healthcare, body revitalisation, and relaxation, the spa presents a range of services to cater to various preferences. Guests can indulge in facial massages, foot and body massages, and the soothing embrace of the jacuzzi, complete with spa hydrotherapy. It's a sanctuary where the stresses of daily life melt away, leaving guests refreshed and reenergised.

Understanding the significance of family moments, Forever Green Resort also has a dedicated space for children's entertainment. The safe and vibrant sand playground, adorned with colourful and engaging attractions, ensures that families can create unforgettable memories together. Whether building sandcastles or relishing playful moments, the family-friendly atmosphere creates an environment where every member, from the young to the old, finds joy throughout their stay.

A distinctive gem within Forever Green Resort is the carefully reconstructed Vietnam House, designed to evoke the architectural charm of Vietnam's ancient dwellings. Guests are invited to immerse themselves in the rich cultural narrative and history of Vietnam within this architectural marvel. Offering two high-class rooms, the Vietnam House provides a unique opportunity for guests to experience a



regal lifestyle reminiscent of ancient times, creating a bridge between the past and the present.

For groups seeking adventure and team-building activities, the extensive grounds of Forever Green Resort offer varied opportunities, fostering teamwork, camaraderie, and memorable experiences for every guest.

Forever Green Resort in Ben Tre is more than a destination; it's a home where Vietnam's travel essence, staff well-being, environmental preservation, and community enrichment unite. Guided by "All for customers' satisfaction", the resort offers an experience resonating with nature's tranquillity.

The resort is not just a stay but a force for positive community change. Sustainability is paramount throughout the resort, reflected in its eco-friendly practices and Madame Truong Thi Nhi's insightful direction.

As guests enter Forever Green Resort, they step into a timeless sanctuary where nature and luxury unite. Madame Nhi's vision materialises in an experience that lingers – a serene haven in the heart of Ben Tre's natural beauty – an enduring invitation to embrace tranquillity.

In a strategic move towards holistic well-being, Millionaireasia has recently signed a Memorandum of Understanding (MoU) with Madame Nhi to develop an Asia Wellness Centre within Forever Green Resort. This collaboration is poised to cater to the unique needs of High-Net-Worth Individuals (HNWIs), offering state-of-the-art technologies in medical treatment, professional doctors, traditional Chinese medicines, anti-ageing health supplements, and a highly customised concierge service centre. This initiative not only elevates the resort's profile but also positions it as a premier destination for those seeking a luxurious and comprehensive wellness experience in the lap of nature. 🌿



# LUXURY WESTERN AUSTRALIA BECKONS

BY **PRIYANKA ELHENCE**

There's more to Western Australia (WA) than just Margaret River wines, top quality produce, koalas, kangaroos and quokkas.

**P**erth is home to some of the best hotels the country has to offer. One such hotel is the luxurious riverfront The Ritz Carlton, Perth, located at Elizabeth Quay in the CBD, boasting stunning views of the Swan River, cloudless skyline and sprawling open spaces and green parks thanks to the floor-to-ceiling windows from its bright, sun-kissed rooms.



For something more contemporary, book the 48room COMO The Treasury in Perth's newly revitalised historic centre overlooking the grand Cathedral Square, occupying a mid-19th century heritage State Building, with oversized windows and travertine stone tiles, exuding old-world grandeur amid COMO's signature tranquillity. The hotel is also home to Wildflower, the hotel's prestigious three Chef Hat award-winning rooftop restaurant offering a farmer-and-forager-driven four-course menu revolving around the indigenous six seasons of the Aboriginal Noongar calendar.

A short 2.5-hour drive from Perth marks the beginning of the Margaret River Region, comprising Busselton, Augusta, Cowaramup, Dunsborough, Margaret River and Yallingup. Margaret River is more than just WA's wine country and Australia's most awarded fine wine region, and this gourmet region of WA is also home to some of Australia's most acclaimed providores, farm producers and artisans, producing everything from award-winning olive oils and cheese to hand-crafted beans and chocolate.

Check into Smiths Beach Resort, Yallingup's finest luxury beachfront accommodation, complete with fireplaces, floor-to-ceiling windows and sweeping ocean views. Nestled between Cape Naturalist and Cape Leeuwin (on the famous 124 km Cape to Cape walking track), this architectural award-winning Small Luxury Hotel of the World™ resort has been specially constructed to cause minimal impact on the environment and is semi-powered with renewable solar energy. Experience the region's magnificent coastline, stunning landscapes and unique wildflowers with Walk into Luxury (a member of the prestigious Great Walks of Australia), which includes exclusive accommodation and gourmet dining.

Speaking of exclusive accommodation, Walk Talk Taste Margaret River offers bush luxe at its finest, with a starlit gourmet BBQ. Hosted by owner, Kellie Tannock, Gourmet Glamp is an exclusive gourmet glamping experience inspired by luxury African safari camps. Located just five minutes south of Margaret River town and a stone's throw from Voyager, Leeuwin and Xanadu Estate, you can expect a fully furnished palatial 6 m canvas bell tent equipped with a kitchenette, a luxurious bush bath and a rain shower. Feast yourselves on premium regional gourmet dishes prepared by Kellie's food partner and former Masterchef contestant, Samira Damirova.

Finally, indulge in a deluxe dining experience while cruising the stunning Geographe Bay at the nearby Quindalup Beach with the sunset *Gourmet 7-course Taste of the Bays Cruise by South West Cruises*. The 4-hour cruise aboard the 60 ft twin-level yacht is only one of its kind in the country, showcasing the region's beautiful bays and beaches from Dunsborough to Bunker Bay. Created by a private chef onboard, the white table-clothed dinner features the region's freshest local produce and a seafood barbecue, complemented by Margaret River wines. 🍷



# BAREFOOT LUXURY

AT RAFFLES MALDIVES MERADHOO

BY PRIYANKA ELHENCE

Experience unique, once-in-a-lifetime, sustainable experiences only at Raffles Maldives Meradhoo

Located in the northern Gaafu Alifu Atoll, 400 km south of the Maldivian capital Malé, the luxurious Raffles Maldives Meradhoo sprawls over its twin private and overwater islands. It's this remote location that gives Raffles Maldives Meradhoo its unique vantage point of being home to some of the richest marine life located above the equator, including resident turtles, reef sharks and an incredible variety of marine life and coral hard to find anywhere else in the region. The resort also boasts stunning powdery white sand beaches, crystal clear azure oceans and striking atoll colours that Maldives is famous for.



Raffles Maldives Meradhoo is fully committed to being a responsible resort, through a myriad of sustainability initiatives for a lower ecological and carbon footprint.

For instance, not all snorkelling footprints are the same. One of the resort's most important initiatives is employing a dedicated Resident Marine Biologist onsite for their Coral Regeneration Programme, to help preserve their unique marine life and precious house reef. The resort is home to 25 resident hawksbill turtles, resident reef sharks and a spectacular array of tropical fish. Take advantage of this extraordinary experience by booking a session of *Guided Snorkelling with the Biologist* to learn about their ongoing conservation endeavours and protection of endangered species. Guests can sign up for their *Meet The Sea Turtles* snorkelling experience, or for their green turtle-watching expedition.

Staying at Raffles Maldives Meradhoo also makes it easier (and a much shorter journey) to get to the Tiger Zoo dive site at Fuvahmulah island for that once-in-a-lifetime tiger shark

diving opportunity, for exquisite diving encounters with majestic resident tiger sharks, along with other marine species including Oceanic Mantas, Thresher Sharks, Hammerheads and Oceanic Whitetips (US\$4800++ for two).

Likewise, the resort's *Whale Shark Encounter* offers an overnight excursion to swim with magnificent whale sharks (some as big as 12 m in length) aboard a traditional Maldivian dhoni (US\$3000++ for three pax); while the *Dolphin Cruise* promises an intimate encounter with playful Spinner dolphins (US\$550++ for two via speedboat or US\$1500++ for two via luxury yacht).

Celebrate the crossing of the mythical Equatorial Line with the two-hour *Sail Across The Equator* sunrise or sunset cruise through the Indian Ocean. Once you cross the 0° 00 '00.00 N coordinates, dive into the turquoise waters, and mark the occasion with a photo and a commemorative 'Crossing the Equator' certificate (US\$2500++ for two).

After a long day out in the waters, spend a cosy evening at the main island with the romantic, *Sunken Table Dinner* experience on a 'sand sofa' by the sea. Or choose to dine à la carte at the resort's beachfront all-day restaurant Thari; have your sunken table set up for a private sandbank barbecue at The Firepit, the resort's beach open charcoal fire barbecue restaurant; or go to Overwater to Yuzu for fine dining Peruvian-Nikkei cuisine.

Finally, end the evening with the resort's unique *Cinefushi* experience – an intimate movie by the beach, complete with snacks, bean bags and tiki torches. 🏖️





Leaving Their Mark on  
**TIME**  
Artistry and Technical  
Mastery Come Together  
to Create a New Revolution  
of Tourbillon Watches  
BY **PRIYANKA ELHENCE**

Invented by Breguet in 1795 during the era of the pocket watch, the tourbillon remains a mark of high quality and craftsmanship in the world of horology. Fast forward to 2023 where aesthetics matter as much as technical expertise, here are some of today's most striking tourbillon-equipped timepieces that boast both artistry and technical mastery.

Putting an artistic spin on the already complex tourbillon is no easy feat. But these watchmakers and their horologists do it flawlessly, without skipping a beat. Let's take a look at some of the most artistic watch launches this year showcasing the tourbillon.




### **VACHERON CONSTANTIN TRADITIONNELLE TOURBILLON RETROGRADE DATE OPENFACE**

At Vacheron Constantin, special retrograde displays have been popular since the 1920s, when the Maison distinguished itself by a style inspired by the aesthetic principles of Art Deco. Special retrograde displays started becoming popular at Vacheron Constantin from the 1920s onwards, a period when the company distinguished itself with a style inspired by the aesthetic principles of Art Deco. Today, tradition meets modernity with Vacheron Constantin's recently launched Traditionnelle tourbillon retrograde date openface.

Featuring a 72-hour power reserve, decorated gold peripheral weight, beating at a rate of 18,000 vibrations per hour and measuring just 6.25 mm thick, the magnificent timepiece also boasts Calibre 2162 R31 – the in-house self-winding movement combining a tourbillon with a retrograde date display on an openworked sapphire dial.

The dial (another Maison signature since the early 20th century) is driven by a 242-component movement and has a hand-guilloché upper-part segment surrounded by an opaline flange with railway minute-track. It opens onto the Calibre 2162 R31 movement with a NAC slate grey surface treatment, visible on both sides of the watch. Styled in the shape of a hollowed-out Maltese Cross and proudly bearing the Hallmark of Geneva, the tourbillon features a set of refined and complex finishes such as a hand-bevelled carriage interior, complete with the hand-polished cone-shaped transversal bar.

Housed in an 18K pink gold case measuring 41 mm in diameter and only 11.07 mm thick, the openface is fitted with a Grey Mississippiensis alligator leather strap with alligator leather inner shell, hand-stitched, and saddle finished, with large square scales secured by a pink gold folding clasp. 



**AUDEMARS PIGUET ROYAL OAK OFFSHORE SELFWINDING FLYING TOURBILLON CHRONOGRAPH**

This 100-piece limited-edition Royal Oak Offshore Selfwinding Flying Tourbillon Chronograph from Audemars Piguet (AP) embodies the house’s blend of tradition and avant-garde with its black and green tones, while highlighting the architectural micro-mechanics of this sporty timepiece with its evolution of the 2021 self-winding Calibre 2967.

A striking green rubber strap with titanium AP folding clasp and interchangeable bracelet (additional black rubber strap available) perfectly complements the black and green dial, holding a matching green anodised inner bezel and pink gold hands with luminescent coating. Admire the mechanisms within the timepiece through the 43mm watch’s two translucent chronograph counters, outlined with a black outer ring. The 526-part flyback chronograph movement is regulated by a flying tourbillon, with the single underlying bridge holding the rotating cage at 6 o’clock.



**GIRARD-PERREGAUX LA ESMERALDA TOURBILLON “A SECRET” ETERNITY EDITION**

The Bridges collection pays homage to Constant Girard’s, founder of Girard-Perregaux, famous for his parallel ‘Three Bridges’ design philosophy, and part of the Eternity Edition series showcasing the eternal beauty of enamel.

Today’s present-day interpretation is designed as a 43mm wristwatch, presented in an 18K white gold case, a first for the maison’s La Esmeralda Tourbillon “A Secret” Eternity Edition. It boasts a case with an intricate sunray guilloché decoration and blue grand feu enamel, and a caseback comprising a blue enamelled secret cover that opens to reveal a sapphire crystal.

The timepiece is equipped with the GP09600-2083 self-winding movement, and features a tourbillon with a lyre-shaped cage at 6 o’clock. Three gold bridges span the dial, similar to those fitted to La Esmeralda of 1889, whilst extending the enamelling onto the outer case sides and lugs. Each bridge features concave bevelling, mirror-polishing, flanks with horizontal ‘traits-tirés’ and rounded off arms. The back of the blue enamelled secret cover features the same three hand-engraved galloping horses inspired by the original La Esmeralda.

Choose from three colours – green, grey or blue colourways – for this reinterpretation of the legendary 1889 La Esmeralda pocket watch (limited to only 18 pieces per colour).



### ZENITH DEFY EXTREME DOUBLE TOURBILLON

Once again affirming its position as the Master of Chronographs, Zenith brings its most advanced and complicated chronograph movement to date, taking high-frequency haute horlogerie to a new level in its most rugged form, with the aptly named Defy Extreme Double Tourbillon.

Unlike any other chronograph movement, this revolutionary 45mm timepiece is constructed with two independent tourbillons completing rotations, with a 60-second tourbillon driving the time and a 5-second tourbillon driving the chronograph for ultimate precision, making it among the fastest tourbillons ever made. It also flanks an exceptional 1/100th of a second high-frequency chronograph movement, beating at the phenomenal rate of 360'000 VpH. A first ever for movement performance and ultra-modern architecture.

Available in two executions; choose between a version crafted entirely in titanium with a mix of satin-brushed, polished and matte surfaces including the bracelet, while the second flaunts carbon fibre with sandblasted matte rose gold twelve-sided bezel and pusher protectors on a black textured rubber strap. Its open dial, with applied chronograph counters and tinted transparent sapphire elements, allows for an unobstructed view of the groundbreaking movement and its two tourbillon mechanisms with star-shaped cages.



### MB&F X EMMANUEL TARPIN LEGACY MACHINE FLYINGT 'ICE' & 'BLIZZARD' EDITIONS

Inspired by swirling snow and icy stalagmites, the new 'Ice' and 'Blizzard' limited edition models of Legacy Machine FlyingT are the result of a second collaboration within the Legacy Machine FlyingT collection, an MB&F x French jewellery designer Emmanuel Tarpin collaboration.

Both editions are designed in 18K white gold with fully diamond-set cases and blue matte lapis lazuli dial plates, complemented by a sapphire crystal dome and an alligator leather strap with white gold paved pin buckle matching the case. Tarpin further switched out the diamonds set into the centre of the tourbillon and two crowns for rare turquoise Paraiba stones, to further reinforce the glacial theme.

MB&F's Flying T (flying tourbillon) features tourbillons anchored only at their base, with no stabilising bridge to restrict lateral motion at the top. This increased need for overall rigidity is what causes the conservative placement of most flying tourbillons within their movements. MB&F breaks free of this limiting need for movement security with its central flying 60-second tourbillon.

Limited to just eight pieces each, the Ice model features asymmetrical diamond-set stalagmites on the sapphire crystal dome and the matt lapis lazuli dial. Each icy stalagmite is different, replicating the randomness of nature. In contrast, the Blizzard model features the LM FlyingT with brilliant-cut diamonds set under a sapphire crystal dome and closed-set diamonds set into the matt lapis lazuli dial, depicting snowflakes on the ground, resulting in a snow globe in motion. ❄️

# Eco-friendly Yachts

A NEW ERA OF LUXURY ON THE HIGH SEAS

BY A. YASH



It can be said that it was the power of the wind that helped famous explorer Christopher Columbus discover the New World. During his first voyage, it took his fleet of three ships about a month to reach what is now known as the Bahamas.

A source of clean energy, wind has been powering ships for centuries but dirty fossil fuels have since become the dominant choice for powering watercrafts including luxury yachts.

Fortunately, the luxury yacht industry has been transforming itself, driven by a new generation of environmentally conscious owners who are more concerned with technology and sustainability as opposed to the ostentatious display of wealth.

Thanks to the recent advancements in solar technology and portable energy storage, solar energy seems to have the biggest potential for the yachting industry.

Unlike many current luxury motor yachts, solar powered yachts do not burn fuel, instead they harness the power of the sun to drive the motor and propel the vessel. This means that there will be a lower risk of harmful chemicals discharged into the sea. Unlike diesel yachts, solar powered vessels do not emit greenhouse gases like carbon monoxide, sulphur and nitrogen oxides that are harmful to the environment.

Solar powered yachts are also quieter because they have fewer moving parts compared to diesel yachts. This also means that solar powered yachts have lower operating costs than combustion engines, which are prone to breakdowns and require a heavy maintenance schedule.

By reducing emissions and noise pollution, eco-friendly yachts can help preserve marine ecosystems. With a smaller carbon footprint, these yachts can minimise the negative impacts on marine life, such as fish and coral reefs.

Sustainable yachting is not just about using clean energy, reducing emissions and noise pollution. Using sustainable materials such as recycled or recyclable materials during the ship manufacturing and fitting process is equally important. Shipbuilders are equally aware of this and are taking steps to be more environmentally friendly.

As owners become more conscious of the environment, luxury shipyards are seeing the value in sustainable yacht development and are quickly producing more eco-friendly yachts in a bid to capture this market.

But these eco-friendly watercrafts do not come cheap, a 60 ft solar powered catamaran made by Austrian shipbuilder Silent Yachts for example, has a price tag of €3.2 million (\$4.63 million) while its top of the line 120 ft superyacht fetches over €30 million.

With that in mind, here are several sustainable luxury yachts builders and a selection of their eco-friendly yachts.

## SILENT-YACHTS | SILENT 80 3-DECK CLOSED VERSION

There are those who refer to Silent Yachts as Tesla of the Seas.

SILENT-YACHTS started back in 2004, researching and testing alternative power sources for usage on yachts. One of the key challenges was to figure out how to measure the

production and consumption of energy, with a focus on electric propulsion and self-sufficient power supplies for living on board.

The company launched its first prototype in 2009. Christened as the Solarwave 46, it was the first ocean-going yacht which exclusively used solar energy, not only for actual propulsion, but also to provide energy to all household appliances on board including air conditioning, refrigeration, washing machine and cooking appliances.

It then went on to deliver the SILENT 64, the first serial production solar powered yacht in the world. In 2018, the SILENT 64 became the first ever solar powered production yacht to cross the Atlantic Ocean.

Today SILENT-YACHTS has quickly transformed itself to become a leading contender in the sustainable yacht industry.

With its headquarters in Austria, one of the biggest craft on the company's production roster is the SILENT 80. This eco-friendly, ocean-going luxury catamaran measures over 24 metres from bow to stern and 10 metres from port to starboard.

One of the three variants under this model is the SILENT 80 3-Deck Closed Version that comes with an enclosed upper deck for those seeking a sense of privacy.

At first glance, the SILENT 80 exudes simplicity. Designers opted for the rectangular look so as to maximise the available surface area for the solar panels.

The onboard solar panels can generate up to 26 kWp or electric power.

Fitted with E-Power+, the most powerful propulsion option on offer, the SILENT 80 can cruise at speeds of up to 8 knots and up to 19 knots at full throttle.

Apart from solar energy, the SILENT 80 can also harness the power of the wind, just like Christopher Columbus did during his voyage to the new world. But instead of traditional sails, SILENT-YACHTS offers an optional kite sail system that can capture wind energy to pull the yacht.

The SILENT 80 comes with three decks. The lower deck houses the cabins and sleeping quarters. This area of the yacht can fit four plus two cabins and six bathrooms.

The social and dining amenities as well as the pilothouse are located on the main deck.

Owners seeking more privacy can transform the fly deck into a lavish master suite with an unprecedented 360-degree view and a private terrace in the aft. Alternatively, the other option is to turn this space into a dining area, complete with a bar and galley, while still maintaining the private terrace in the rear.



SILENT-YACHTS has plans for a bigger yacht – the Silent 120 Explorer – recently releasing 3D renditions and photos of the spacious luxury catamaran.

### SOLARIMPACT YACHT | SWATH78

Swiss company Solarimpact Yacht is currently developing its new range of luxury electric catamarans that incorporates SWATH (Small Waterplane Area Twin Hull) technology.

This technology consists of two torpedo-shaped underwater floats that promise greater buoyancy as well as reduce rolling and vertical movements. In short, yachts with SWATH are more stable compared to conventional boats.

According to renderings released online, one interesting model is the Solarimpact SWATH78.

The SWATH78 promises self-sufficient power supply even in remote regions. It boasts a 250 m<sup>2</sup> photovoltaic system that can convert sunlight to electricity. This powers the propulsion system that can generate speeds of up to 18 knots.

With an aluminium hull, this yacht has a length of more than 23 metres and has a beam of 12 metres. It has three decks including a large fly deck that offers lovely views and can also double up as living, dining or a lounge area.

The yacht can host up to 10 passengers. There is a master suite in front of the yacht with double cabins below, each with its own bathroom. There is also a cabin for the crew.

Designer Roland Friedberger's interpretation of luxury and the future is well illustrated in the interior look and feel of the cabins and social areas. With its elegant lines and curvy fixtures, it makes you feel like you are on board the Starship Enterprise.

### SUNREEF YACHTS | SUNREEF 88 ULTIMA

Established in the port city of Gdańsk in 2002, Sunreef Yachts started out as a shipyard specialising in the design and construction of fully customised luxury catamarans and multihull superyachts.

Today the company has embarked on a new chapter in its shipbuilding journey, turning its attention to creating a more environmentally responsible cruising experience. The shipyard now produces luxury yachts and catamarans that combine electric propulsion, smart energy management, ultramodern solar panels and ethically sourced finishing materials for a more sustainable yachting experience.

Sunreef yachts are made to order and can be customised according to the owner's requirements.

One excellent showcase is the Sunreef 88 ULTIMA. This eco-friendly superyacht measures 26.8 metres and 9.1 metres wide.

Sunreef Yachts' award-winning solar power system – ultralight, thin and flexible solar panels – with custom-engineered battery banks and high-tech hybrid propulsion, give this watercraft a 'green power' boost for a more responsible cruising experience.

The 88 ULTIMA is also fitted with the latest in luxury and comfort including a private sauna and spacious guest cabins. Sunreef takes its green commitment seriously by using sustainable woods, recycled plastics and reclaimed fabrics in the interior decor and fittings. Designers also carefully studied space optimisation and layout so as to reduce artificial lighting and air conditioning.

### SOEL YACHTS | SOEL SENSES 82

Hailing from the Netherlands, a country with a long and distinguished maritime history, Soel Yachts is fast making its name as an eco-friendly ship builder.

From making small solar powered boats that can cruise around the local shores, Soel Yachts also designs and builds ocean-going luxury watercrafts.

One example is the Soel Senses 82, the latest addition to the Soel Sense range of solar powered boats and yachts.

It features 66 state-of-the-art 440 Wp solar panels that can generate 29 kWp of solar energy and an electric propulsion system that promises clean and quiet cruising.

Made of composite sandwich, the yacht is 25 metres long and 13 metres wide. At full throttle it can clock speeds of up to 14 knots and on cruise, it can glide over the water at up to 12 knots.

On the outside, this twin hulled catamaran, combines sleek and elegant design with the right combination of curves and sharp lines.



Looking inside, the yacht offers all the levels of luxury including a jacuzzi and offers guests panoramic views on board.

This ocean-going world explorer can accommodate up to 12 guests and four crew.

Like most bespoke ship builders, Soel Yachts welcome custom requests.

### ZEN Yachts | ZEN 50

Spanish ship manufacturer ZEN Yachts is one of the newer players in the market.

ZEN Yachts is currently working with French propulsion manufacturer AYRO, to build sustainable yachts that harness both the power of the sun and the wind.

Through this arrangement, AYRO supplies the wingsail – a rigid sail system that can capture the wind and propel the ship.

The result of this collaboration is the ZEN 50, a mid-sized catamaran designed to be an ocean-going solar powered yacht.

Made of lightweight carbon fibre structure, this luxury yacht is equipped with powerful electric motors, a 160 kWh Li-Ion battery, 17.7 kWp of solar panels and the innovative, fully automated Oceanwings 32 wingsail.

This gives the yacht the ability of continuous cruising speeds of up to 10 knots without using any fossil fuel. Using the electric motor and sail drives this yacht can notch speeds of up to 14 knots.

Looking at its structure, the ZEN 50 is 15.7 metres in length and has a beam of 8.4 metres. The living space on board can accommodate 12 guests and two crew.

Living up to its name, the interior design of this yacht exudes the key principles of ZEN design such as simplicity, stillness, openness and nature. 🌿

# FLYING WITHOUT WINGS

BY CHERYL TAY

A new type of water sport that gives you the feeling of flying over water.

**T**here is a new type of water sport in Singapore that you can easily master without the need of waves or a motorboat. It's called e-foiling.

An e-foil (short for electric hydrofoil) board is an electric-powered motorised surfboard that has a hydrofoil fixed to it, instead of a fin, to move through any water. The rider uses a handheld Bluetooth controller that connects to an electric motor and underwater propeller.

There is a manual type of hydrofoil board which you propel by pumping your legs, but the electric version is easier, less tiring and just as, or more fun. Think about how cool you will look riding two feet above water at speeds as high as 30 km/h!

I can see why e-foiling is so appealing. Other water sports like surfing requires big waves (which are non-existent in Singapore), whilst wakeboarding or wakesurfing needs a boat to tow the rider. For e-foiling, the board can be taken apart and easily transported in your vehicle, so you have the freedom to take it around with you. In addition, as the e-foil boards are battery powered, e-foiling does not harm the environment with its minimal noise and no air pollution.

## FEELS LIKE MAGIC

"I decided to start offering e-foiling to the public in August 2020 during the COVID-19 pandemic," said Clarence Chua, 40, owner of Ninja Kayakers Foilers who spent close to S\$50,000 to kick off his e-foiling venture with five Waydoo e-foil boards from China.

"I was leading kayaking tours at that time and I spotted someone speeding around on a surfboard that was floating

above water. I tried it for myself and it was effortless and felt like magic, compared to toiling against waves on a kayak, so I decided to offer it as an experience for individuals, groups and corporates."

## GET YOUR OWN

Those with cash to spare may invest in a board for their personal usage. Zenith Yacht Charters, for example, has been serving high-net-worth individuals like private yacht owners, with WaveShark e-foil boards that they brought into Singapore in 2022.

Ranging between US\$6,000 to US\$15,000 per board, the WaveShark board has a modular design that allows you to customise the board and optimise the product's performance.

"The WaveShark boards have the longest battery life, allowing the user to surf for longer distances as fast as they like. They come with numerous fail-safe mechanisms built in too," said Dave Cai, 34, director of Zenith Yacht Charters.

Guests who charter their yachts may also rent the e-foil boards for their trips if they have a valid powered pleasure craft driving licence. A coach will be onboard to instruct guests on the proper and safe ways to enjoy these boards.

"If you do any form of sports that involves balancing, such as wakeboarding, wakesurfing, snowboarding, skateboarding, long boarding, cycling or yoga, it will be a lot easier to pick up e-foiling," e-foiling coach Brenda Eng, 35, adds. "But don't worry, e-foiling is not difficult and suitable for a wide range of ages. The youngest I've coached is seven years old and the oldest was 67!" 🏄

# REDISCOVERING THE MAGIC OF THE HOLIDAYS

BY LAUREN FRASER

In the midst of our busy lives chasing success and growth, we often forget the simple joys. This becomes even more obvious during the holiday season when our many responsibilities can dull the sparkle of the world around us. But if we take a moment to look, we'll find that the world itself offers us a chance to experience those special moments that let us take a breather, reflect, and rediscover the childlike wonder within us.

The holiday season is truly magical – a time when the world glimmers with the promise of joy and togetherness. It's full of enchanting sights, warm hugs, and the delicious smell of freshly baked cookies. This is the season when we can rediscover the magic within us, patiently waiting to be reignited. This article is here to be your guide, encouraging you to take a well-deserved break and embrace the holiday season sincerely. It's all about nurturing your body, mind, and spirit after a year of hard work.

## SPRUNGING UP YOUR HOME WITH DELIGHT

One of the best parts of the holiday season is turning your home into a festive wonderland. Decorating, whether by

yourself or with family, is surprisingly therapeutic. It lets your inner child come out as you hang colorful lights, put up ornaments, and string garlands.

As you adorn your home with tinsel and twinkle lights, consider the added joy of passing along traditions that have enriched your life. An ornament handed down from your grandmother, for instance, means more than just hanging it on the tree – it's a cherished link to generations past. Decorating becomes a beautiful ritual, a moment to honor the values and memories your family holds dear. These traditions are the threads that connect you to your past, strengthening your sense of identity.

And as you decorate, let your favorite Christmas music play softly in the background. These tunes have the power to take you back to cherished memories of holidays past, reminding you of the joy and excitement you felt as a child. Whether you're decorating with family or alone, the beloved songs infuse your space with the magic of the season, making it even more special.



## LENDING A HAND IN YOUR COMMUNITY

One of the most profound ways to nurture your spirit and embrace the holiday season is by giving back to your community. It's about more than just professional responsibilities; it's about reconnecting with your compassionate side.

Embracing the true spirit of the season, volunteering your time at local shelters, food banks, or charity events isn't just about being kind; it's about building a strong connection with the community you call home. It's a moment to step out of the structured routines of the business world and immerse yourself in the diverse lives and stories that make up your community.

When you engage in acts of giving, you're not just providing help to those in need; you're offering a piece of your heart and soul. It's about cultivating empathy and gratitude, values that can get overshadowed in the fast-paced corporate world. Volunteering reflects the true essence of the holiday season – a season meant to be marked by warmth, compassion, and unity.

In essence, community volunteering is a sacred connection to the heart and soul of the holiday season. It's a reminder that the season isn't just about personal gain or materialism but about the shared bonds that connect us as a community and the uplifting power of compassion.

## EXPLORING PLACES OF WONDER

Taking a break from your daily work routine and exploring places that ignite your inner child is an essential part of fully embracing the holiday season. It's an opportunity to step out of the structured business world and into a realm of boundless curiosity and awe.

Whether you're venturing out to explore holiday markets, enjoying a session of ice skating, or embarking on a nature-filled hike, you're granting yourself permission to enter a world teeming with endless wonder and enchantment. These activities act as a gateway to experiencing the world with the same awe and fascination as a child, and they are undeniably refreshing.

What makes exploring such places magical is how they allow you to shed the burdens of adulthood, even if just for a brief moment. They beckon you to see the world with fresh eyes, free from the responsibilities and concerns that often accompany the corporate world. These moments aren't solely about having fun; they're about discovering joy in the simple act of living and being completely present in the moment. It's a chance to rekindle your own sense of wonder and acquaint yourself with the world as a place filled with boundless possibilities and enchantment.

## QUALITY TIME WITH FAMILY

In the midst of our busy lives, it's easy to overlook our most cherished treasures – our families. During the holiday season, it's essential to take a step back and spend quality time with our loved ones. Baking cookies together becomes more than just making treats; it's about creating lasting memories and strengthening family bonds.

Walking together to see holiday lights is another delightful tradition that adds wonder to the season. The illuminated streets turn a simple walk into a magical journey, reminding us of the joy in togetherness. Engaging in heartfelt conversations deepens family connections, offering a chance to share stories, dreams, and experiences, fostering closeness and support.

The holiday season also allows us to pause, reflect, and appreciate our blessings, knowing that our families are healthy and well-cared for. It's about recognising the results of our hard work and creating a secure environment where our loved ones can thrive and experience life to the fullest. Beyond material success, it's their well-being and happiness that truly matter, making the holiday season a time to relax, count our blessings, and bask in the warmth of our loved ones.

## REKINDLING THE YOUTHFUL SPIRIT

As you embrace the holiday season with childlike wonder and prioritise quality time with your family, you're nurturing not only your body and spirit but also rekindling the essence of youth. These moments of simplicity, togetherness, and wonder are essential for recharging your energy and reigniting your creativity.

In the business world, it's far too easy to lose sight of what truly matters. As the holiday season approaches, make a conscious effort to reconnect with your youthful spirit. Decorate your home, volunteer, explore new places, and spend quality time with your family. In these simple moments, you'll find the strength to return to your work with a refreshed mind and a rejuvenated spirit. Consider this holiday season as an opportunity not just to celebrate, but to reconnect with your inner child and the simple joys that make life undeniably beautiful. By doing so, you'll discover yourself living young, not just during the holiday season, but throughout the year. 🎄



### About The Writer

*Lauren Fraser is a writer who spends her day coming up with new ideas for her next project. When she's not writing, you can probably find her reading, with a cup of coffee, and her cat. She lives in Cape Town and loves exploring new things in her chosen city.*



## AI-POWERED FESTIVE DECOR: CREATING MAGICAL HOLIDAYS ATMOSPHERES

BY CHRISTINA YIP

The holiday season is a time of joy, celebration, and tradition. For many, decorating their homes and businesses with festive lights, ornaments, and music is a cherished tradition that brings a sense of warmth and togetherness. In recent years, technology has taken centre stage in transforming the way we celebrate the holidays. Artificial intelligence (AI) has emerged as a game-changer, allowing us to create mesmerising holiday atmospheres like never before. In this exploration, we will delve deep into the world of AI-powered holiday decorations and how it is revolutionising the way we deck the halls.

### LIGHTS THAT DANCE TO THE RHYTHM

One of the most enchanting aspects of the holiday season is the dazzling display of lights. Traditionally, holiday lights were simple strands of bulbs that adorned homes and trees. However, today's holiday lights have evolved into smart lighting systems that are not only energy-efficient but also synchronised to music, creating a symphony of color and sound that captivates onlookers.

The technology behind these mesmerising light displays involves AI algorithms that analyse the music's beat and rhythm, controlling each light's colour and intensity to match

the music's cadence. Homeowners can now create their own light shows with ease using dedicated apps, making it easier than ever to spread festive cheer throughout the neighbourhood. One excellent example of lights synchronised to music is the 'Osborne Family Spectacle of Dancing Lights' at Disney's Hollywood Studios in Walt Disney World, Florida. This annual holiday event features millions of LED lights that are perfectly synchronised to classic holiday tunes. Visitors can watch in awe as the lights dance and twinkle in perfect harmony with the music, creating a truly magical experience.

Imagine walking down a street adorned with houses that have their lights choreographed to dance in perfect harmony with classic holiday tunes. Each residence tells a unique story through its light show, adding to the overall sense of wonder and community spirit during the holiday season. This technology has become increasingly accessible and affordable, allowing more families to participate in this delightful tradition.

### INTERACTIVE DECORATIONS WITH AI

AI has also brought a new level of interactivity to holiday decorations. Smart decorations equipped with AI sensors can detect when someone approaches, triggering a magical

response. For instance, a snowman decoration may come to life and greet passersby with a cheerful message, or a Santa Claus figurine might offer holiday trivia questions. A real-world example of interactive holiday decorations with AI can be found in the 'Enchanted Christmas' display at the Beaulieu motor museum in the United Kingdom. The exhibit features a series of enchanted trees that come to life and respond to visitors as they approach. These AI-powered trees use sensors to detect the presence of guests and react with animated displays, adding a touch of enchantment to the holiday season.

Interactive decorations add an element of surprise and delight for both children and adults indeed, creating memorable moments during the holiday season. As technology advances, we can expect to see even more innovative interactive decorations that engage our senses and spark joy.

The use of AI sensors in decorations is not limited to residential areas; businesses are also adopting this technology to engage customers and enhance their holiday shopping experience. How does walking into a store and being greeted by AI-powered decorations that respond to your presence, creating a magical and immersive shopping environment sound like to you?

### AI-DRIVEN MUSIC PLAYLISTS

Music is an integral part of any holiday celebration, setting the mood and evoking emotions. With AI-powered music systems, you can now have a personalised soundtrack for your holiday gatherings. AI algorithms analyse your music preferences and adapt the playlist to the mood of the moment.

For example, if your holiday party starts with a calm and cosy atmosphere, the AI may play soft instrumental classics. As the night progresses and the energy picks up, the playlist can seamlessly transition to lively and festive tunes. This dynamic adaptation ensures that the music always enhances the ambience and keeps the festive spirit alive.

Moreover, AI can also generate playlists based on the demographics and preferences of the guests present, ensuring that everyone feels included and engaged in the celebration. Whether it's a family gathering or a corporate holiday party, AI-powered music playlists provide the perfect backdrop for the occasion.

Streaming music platforms like Spotify have integrated AI-driven playlists into their services. Spotify's algorithms analyse users' listening habits and preferences to create personalised playlists, including holiday-themed ones. The playlists adapt to the user's taste and mood, ensuring that the music always suits the moment. Users can also create collaborative playlists with friends and family, making it easy to curate the perfect holiday soundtrack.

### TECH-SAVVY HOMEOWNERS AND BUSINESSES EMBRACE AI

In recent years, a growing number of homeowners and businesses have wholeheartedly embraced AI-powered

holiday decorations. This innovative approach has become a trendsetter, with tech-savvy individuals and forward-thinking companies integrating AI technology into their holiday festivities and commercial displays. For instance, renowned retailers like Macy's department store in New York City have taken the lead in adopting AI to enhance their holiday offerings. Each year, Macy's unveils an elaborate holiday window display that incorporates advanced technology, including AI elements. These displays often feature interactive components that engage passers-by and draw them into the store, creating a memorable shopping experience that goes beyond traditional holiday decorations. From residential neighbourhoods adorned with synchronised light shows to iconic retailers embracing AI in their holiday displays, the adoption of AI is transforming the way we celebrate the holiday season, adding a touch of innovation and enchantment to our traditions.

Artificial intelligence has undeniably transformed the way we celebrate the holidays. From synchronised light shows to interactive decorations and AI-driven music playlists, the magic of the season has taken on a whole new dimension. Tech-savvy homeowners and businesses are leveraging AI to create unforgettable holiday atmospheres that leave a lasting impression on everyone who experiences them.

As technology continues to advance, we can only imagine the future possibilities of AI-powered holiday decor. For now, let us embrace the enchantment and wonder that AI brings to our festive celebrations, making each holiday season more magical than the last. As we gather with our loved ones and share in the joy of the season, AI is there to amplify our celebrations, making them truly unforgettable. Whether you're a homeowner looking to dazzle your neighbourhood or a business owner seeking to captivate your customers, AI-powered holiday decor is your key to creating a truly magical holiday atmosphere. 🎄



#### About The Writer

*Having led and transformed fintech and blockchain companies across Asia since 2015, Christina is an accomplished chief marketing strategist. Her impressive track record includes accelerated growth in startups, ICO structuring, and leading marketing initiatives in various blockchain consultancy firms that worked with more than 200 blockchain projects, including Chainlink, Elrond, EOS, VeChain, NEO, Harmony, and Zilliqa. She is an expert in building effective distribution channels, forming strategic partnerships, and delivering high-impact advertising for customer acquisition, especially in the blockchain industry. Christina is also legally trained and has been actively involved in regulatory compliance topics in digital assets and emerging technologies. She is enthusiastic about the transition to Web 3.0 and believes in the creator economy fueling SocialFi projects.*

# TECH-INFUSED HOLIDAYS RECIPES

AI COOKING ASSISTANTS AND DIGITAL CULINARY TRENDS

BY CHRISTINA YIP

The holiday season is a time of year when the kitchen takes centre stage. Families and friends come together to share cherished meals and create memories around the dining table. While the essence of these culinary traditions remains timeless, the way we approach holiday cooking is undergoing a significant transformation. The integration of technology, particularly artificial intelligence (AI) and digital innovations, is revolutionising how we prepare and enjoy holiday cuisine. In this article, we'll embark on a culinary journey into the realm of tech-infused holiday recipes, highlighting cutting-edge kitchen gadgets, AI-powered cooking assistants, smart ovens, recipe recommendation apps, and virtual cooking classes that are modernising and simplifying traditional holiday dishes.

## AI COOKING ASSISTANTS: ELEVATING YOUR CULINARY SKILLS

Imagine having a culinary sous-chef in the form of an AI-powered cooking assistant, right in your kitchen. Companies

like June and Brava have ventured into the realm of smart ovens, leveraging AI to elevate your cooking game. These innovative ovens are equipped with built-in cameras and sensors that monitor the cooking process in real-time. What sets them apart is their ability to harness the power of AI to analyse this data, making real-time adjustments to temperature and cooking times. The result? Perfectly cooked holiday dishes, from succulent turkey roasts to golden-brown casseroles, every time.

But that's not all. These AI cooking assistants offer more than just precision. They provide step-by-step guidance, recommend recipes based on the ingredients you have on hand, and even anticipate your cooking needs. Whether you're a seasoned chef looking to explore new recipes or a culinary novice seeking kitchen confidence, these smart ovens bring holiday cooking to a new level of ease and perfection.



### Smart Kitchen Appliances: The Heart of Your Culinary Arsenal

Smart kitchen appliances are at the forefront of modern holiday cooking. These appliances, equipped with AI and digital features, offer unparalleled convenience and precision. One notable example is the Anova Precision Cooker.

This device, often referred to as a sous-vide machine, uses AI-driven temperature control to ensure that your holiday meats, such as prime rib or ham, are cooked to perfection. It's as simple as sealing your ingredients in a bag, placing them in a water bath, and letting the Anova Precision Cooker take care of the rest. The AI technology constantly monitors and regulates the water temperature, ensuring that your meat is cooked evenly, resulting in tender, juicy, and perfectly cooked dishes.

Additionally, smart kitchen appliances like the Anova Precision Cooker often come with smartphone apps that allow you to control and monitor the cooking process remotely. This means you can spend more quality time with loved ones while your holiday feast is prepared to perfection. Smart ovens and appliances also offer the convenience of pre-programmable settings and remote control, making it easier than ever to multitask during the busy holiday season.

These appliances not only simplify the cooking process but also elevate the quality of your holiday dishes, making sure that every bite is a delectable delight. Whether you're hosting a grand family gathering or an intimate holiday dinner, smart kitchen appliances are invaluable additions to your culinary arsenal, helping you create memorable meals effortlessly.

### RECIPE RECOMMENDATION APPS: YOUR PERSONAL CULINARY CURATOR

Say goodbye to traditional cookbooks and handwritten recipe cards. Today's culinary enthusiasts turn to recipe recommendation apps like Yummly and Tasty for their AI-driven meal suggestions. These apps take your culinary preferences, dietary restrictions, and past cooking experiences into account to recommend personalised holiday recipes that suit your tastes.

During the holiday season, these apps truly shine. They curate collections of festive recipes, ranging from beloved traditional favorites to innovative takes on classic dishes. Furthermore, they simplify your holiday preparations by generating customised shopping lists based on your selected recipes, ensuring you have all the necessary ingredients at your fingertips.

### VIRTUAL COOKING CLASSES: LEARN FROM THE MASTERS

Why limit your culinary knowledge to the recipes passed down through generations when you can learn from the masters themselves? The rise of virtual cooking classes has made it

*The rise of virtual cooking classes has made it possible to be tutored by renowned chefs and culinary experts from the comfort of your own kitchen.*

possible to be tutored by renowned chefs and culinary experts from the comfort of your own kitchen. Platforms like MasterClass offer a wealth of online cooking courses, each taught by industry legends such as Gordon Ramsay and Wolfgang Puck.

These virtual classes are a culinary dream come true, especially during the holiday season. They not only teach you how to prepare exquisite holiday dishes but also provide insights into the techniques and secrets used by professional chefs to create memorable meals. Whether you're perfecting your gravy or mastering the art of crafting the perfect dessert, these virtual classes offer a unique opportunity to level up your culinary skills and leave your holiday guests truly impressed.

### THE FUTURE OF HOLIDAY CUISINE

As we embrace the digital age, it's clear that technology will continue to influence the way we prepare and enjoy holiday meals. Smart kitchen gadgets and AI cooking assistants have become indispensable tools for home cooks, simplifying complex tasks and ensuring culinary success. Recipe recommendation apps and virtual cooking classes open up a world of culinary exploration, allowing us to venture beyond our culinary comfort zones.

The integration of AI and digital technology into holiday cuisine is not about replacing tradition but enhancing it. It's about bringing convenience, precision, and creativity to the kitchen, allowing us to savour the joy of the holiday season with even more delectable dishes. Whether you're a seasoned chef with a passion for innovation or a culinary novice seeking guidance, these tech-infused innovations are here to ensure that your holiday meals are nothing short of spectacular.

This holiday season, embrace the convergence of tradition and technology in the kitchen. Let your kitchen gadgets, AI cooking assistants, and digital culinary resources transform your holiday cooking experience, elevating it to new heights. As you share meals and create memories with loved ones, may these technological marvels add a dash of innovation and a sprinkle of culinary magic to your holiday traditions, ensuring that every bite is an exquisite celebration of the season. 🍴

# ASTON MARTIN'S PEDAL POWER

UNVEILING THE J.LAVERACK  
ASTON MARTIN .1R

BY TOH MU QIN



On 31 October 2023, the iconic British luxury carmaker Aston Martin and the renowned titanium bicycle manufacturer J.Laverack revealed a groundbreaking collaboration, introducing the J.Laverack Aston Martin .1R. This remarkable road bicycle stands as the epitome of bespoke craftsmanship, advanced engineering, and unmatched elegance, promising a riding experience unlike anything else on two wheels.

## CRAFTSMANSHIP AND DESIGN INNOVATION – WHERE TRADITION MEETS TECHNOLOGY

At the core of the .1R lies a visionary blend of high-performance automotive design and J.Laverack's mastery in titanium bicycles. The frame of the .1R is a seamless fusion of parametrically designed, 3D-printed titanium lugs and sculpted carbon fibre tubes. This combination not only delivers an exceptional blend of response and comfort but also sets new standards for elegance and beauty on the road. The smooth unions of the lugs and tubes are truly innovative, and the herringbone weave of the carbon fibre is immaculate, reflecting the intricacy involved in its manufacturing.

Aston Martin's commitment to excellence extends to every detail of the .1R. Metal badges on the bicycle, measuring just 40 microns thin, employ the same process used on the Aston Martin Valkyrie's badge, known as the lace wing. These badges are set under the lacquer, showcasing beautiful engineering. The hypercar's wheel design can be glimpsed in miniature in the titanium piston caps of the brakes on the bike, demonstrating a meticulous attention to detail.

## VISUALLY BOLTLESS INTEGRATION – A CLEAN SLATE OF DESIGN

The .1R introduces a 'visually boltless' design, where clean lines replace conventional fixings, presenting an aesthetic purity. The four-piston brake callipers, a unique design achievement, underwent bespoke testing to ensure a seamless appearance and provide greater progression and feel through the levers. The result is a bicycle free from

exposed cables or hoses, embodying a level of design purity that is truly extraordinary.

Marek Reichman, executive vice president and chief creative officer at Aston Martin, describes the .1R as a "titanium hypercar on two wheels," emphasising the fusion of tradition and technology in delivering an exhilarating riding experience.

## UNPRECEDENTED CUSTOMISATION – TAILORING THE LUXURY EXPERIENCE

Every .1R owner is extended an exclusive invitation to Aston Martin's headquarters for a personalised fitting session with J.Laverack's founders. Beyond this bespoke experience, the world's first online bicycle configurator, seamlessly integrated into Aston Martin's platform, offers users the opportunity to choose colours and materials mirroring those available for the luxury sportscars. From tubes to lugs and saddle to handlebar tape, every detail can be personalised, forging a unique connection between the owner and their bespoke bicycle.

The level of exclusivity extends to the components, with each bike and its parts, including hubs, cranks, and frame, being individually numbered, forever linking them to the whole. Supplied with a bespoke travel case, the bicycle becomes a symbol of luxury on the go. The case, available in aluminium or carbon, serves both as a travel solution and a display case, showcasing the .1R appropriately.

In the spirit of Aston Martin's founders, Lionel Martin and Robert Bamford, who were brought together by a passion for cycling over 110 years ago, the J.Laverack Aston Martin .1R represents a marriage of heritage, innovation, and unbridled luxury – a genuine reflection of the collaboration between two iconic British companies. As the world embraces the future of cycling, the .1R stands tall as a symbol of the harmonious combination of tradition, technology, and a shared passion for the open road. 🏍️

# BENTLY OWNERS CLUB SINGAPORE



Bentley Owner's Club Singapore  
Where Luxury Meets Motoring Finesse

EXCLUSIVE: Bentley Owners Club Singapore, a business partner of Millionaireasia, will be co-organising more activities and events for members.



<https://www.bocs.sg>

# Millionaireasia<sup>®</sup>

## ENTREPRENEURS' CLUB

25 Mohamed Sultan Road, Singapore 238969  
[www.millionaireasia.com](http://www.millionaireasia.com)

Annual Membership  
S\$5,000

Welcome Package:

- 100 complimentary beverages
- 1 complimentary bottle of sake
- S\$5,000 worth of vouchers for omakase restaurant dining (no minimum spend), office space rental, and corporate gifts

Trial Membership\*  
S\$1,000

Welcome Package:

- 100 complimentary beverages
  - 1 complimentary bottle of sake
- \*3-month validity

Indulge in club benefits, including monthly networking, coffee chats in Central District, conducive meeting spaces, and membership in the prestigious club.



Call +65 6838 5333 or email [contact@millionaireasia.com](mailto:contact@millionaireasia.com)

