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for planet
and people

THE CALM THAT CHANGES NATIONS

Dr. Potchanart Seebungkerd on Mindful
Leadership, Human Kindness, and the Art of Giving



Photo: Freepik

The Impact Equation

Where Philanthropy Meets Strategy, And Generosity Becomes Influence

By Toh Mu Qin

Philanthropy is often mistaken for generosity, a noble impulse to share one's fortune. Yet true giving, at its highest form, is not merely an act of kindness. It is a strategy for impact. In this issue of Millionaireasia, we explore "The Art of Giving", a theme that challenges us to view philanthropy not as charity, but as intelligent compassion, the kind that builds legacies, not monuments.

Our cover personality, Dr. Potchanart Seebunkerd (Jimi), embodies this philosophy. A leadership coach and visionary thinker, she reminds us that giving begins within, through empowerment, empathy, and education. Her story is not one of wealth distributed, but of wisdom multiplied. Alongside her, Sirawaj Itthipuripat (Sean) and Ashley Edelman appear in our Movers & Shakers feature, each reshaping how purpose and privilege intersect. From Sean's redefinition of social leadership to Ashley's journey from worldliness to mindfulness, both illustrate how influence becomes meaningful when aligned with intention.

The essence of this issue extends beyond personal profiles. Under our In The Know section, we examine how the world's most forward-thinking investors are building a new

architecture of giving, from Temasek's double bottom line approach to China's next-generation philanthropists, who are blending venture innovation with social purpose. We also explore "The Science of the Giving Heart", uncovering how generosity alters the brain and body, proving that giving is not only good for the world; it's good for you.

Philanthropy, too, lives in action. We spotlight Singapore Airlines, whose SIA Cares 2025 campaign raised over \$3 million and welcomed 900 guests at its third Open House, a powerful example of how corporate compassion can rally communities and scale impact.

And because giving also includes creating beauty and meaning, our Living Large segment celebrates the Mercedes-Maybach SL 680 Monogram Series and S-Class EDITION BEYOND 60, masterpieces that remind us that craftsmanship, when guided by purpose, can be its own form of contribution.

In a world where wealth flows faster than ever, The Art of Giving reminds us of a timeless truth: the greatest legacy is not what we leave behind, but what we set in motion. 🏡



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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).

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SG73 | 2025

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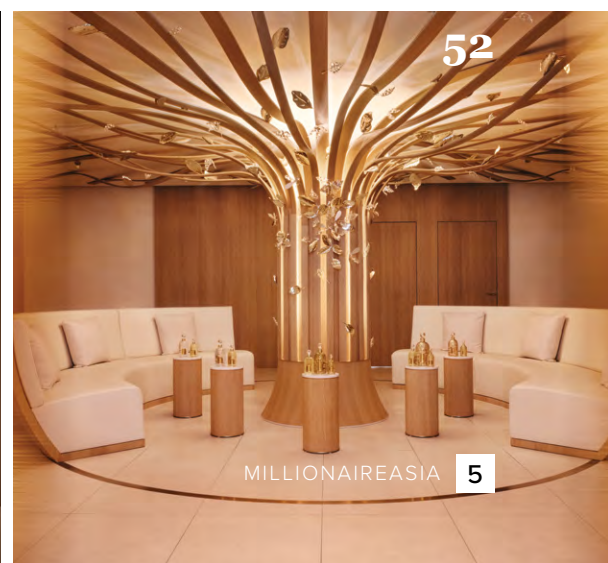
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BRAINSPOKE

Selected for Batch 2 of
Real Madrid Next Accelerator for Asia



We are honoured to be selected for this prestigious programme by Real Madrid Next and Creww. It represents a powerful validation of our mission to prevent mental illness and train mindfulness – now within the world of sport and global wellness.

- Lior Chitpol
Founder & CEO, Brainspoke

Thai health-tech pioneer Brainspoke has been chosen as one of six standout startups in the second batch of the Real Madrid Next Accelerator for Asia, a flagship open innovation programme delivered by Real Madrid Next in partnership with Creww Inc.

Launched in April 2025, the Real Madrid Next Accelerator for Asia seeks to discover and scale technologies from across Asia that have the potential to transform sport, wellness, fan engagement, e-health and related domains.

Brainspoke was selected under the programme's E-Health focus area, joining an elite cohort from across the region:

- Brainspoke (Thailand)
- Lila (Malaysia)
- StepOut (India)
- Inshorts (Korea)
- Graffity (Thailand)
- One Smile Tech Inc. (Japan)



Creww has partnered with Real Madrid Next to bring innovative technologies and services from Asian startups to develop projects that aim to improve and advance the sports industry. Brainspoke's focus on early-stage mental-health intervention aligns perfectly with the evolving demands of elite performance. We look forward to supporting their journey.

- Sorato Ijichi
CEO, CREWW Inc.

As part of the accelerator, Brainspoke will receive deep mentoring, participate in workshops and develop a proof-of-concept (PoC) in collaboration with Real Madrid's innovation ecosystem. The culminating Demo Day is tentatively slated for June / July 2026.

WHY THIS MATTERS

Brainspoke's selection underscores its unique value in the mental-health and mindfulness space – areas increasingly recognised as key to athlete performance, recovery and overall well-being. Its inclusion in a sports-tech innovation programme affiliated with Real Madrid highlights the growing recognition of mental-health solutions as core to elite sports ecosystems.

For Real Madrid Next, the six work-areas (e-health, performance, fan engagement, audiovisual, cybersecurity & technological infrastructures, social) define its innovation agenda – and Brainspoke sits squarely at the intersection of e-health & performance.

WHAT'S NEXT FOR BRAINSPOKE

- Engage with Real Madrid's ecosystem and global sports / Mind Wellness networks
- Finalise a PoC focused on mindfulness and early mental-health support within athlete / team settings
- Present results at Demo Day in Madrid, with potential equity investment by Creww and further partnership opportunities

About Brainspoke

Brainspoke is a Thailand-based startup dedicated to preventing early mental-health disorders through mindfulness training and innovative digital interventions. Its mission is to embed mental well-being at the heart of athlete and organisational performance.

About Real Madrid Next

Real Madrid Next is the innovation arm of the renowned football club Real Madrid C.F., created to forge strategic alliances with startups and companies that drive technological transformation across six core domains including e-health, performance and fan engagement.

About Creww Inc.

Creww is Japan's largest open innovation platform. Since 2012, it has organised more than 550 innovation programmes, facilitated around 1,500 collaborations and engages over 9,000 startups across Asia-Pacific.

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Singapore Airlines Raised \$3 Million

For its SG60 SIA Cares 2025 Fundraising Campaign

By Priyanka Elhence



Photos: Singapore Airlines

The fundraising campaign benefits over 1,600 children and youth with disabilities and developmental needs across Singapore.

Singapore Airlines (SIA) is committed to giving back to society and deepening its relationship with the communities it serves around the world. By using its business as a force for good, the SIA Group aims to make a difference through impactful initiatives and sponsorships throughout the year. These initiatives support those in need – including children, youth, senior citizens, and people with disabilities – while promoting the arts, education, sporting talent, and environmental stewardship.

SIA Cares is the Airline's corporate social responsibility (CSR) programme, through which it engages with communities across Singapore and overseas. This year, the Singapore Airlines SG60 SIA Cares 2025 fundraising campaign targeted and raised \$3 million, benefitting more than 1,600 children and youth with disabilities and developmental needs across Singapore.

To commemorate Singapore's 60th birthday, SIA hosted a two-day Open House for the first time in July this year. More

than 650 Singapore-based SIA Group staff welcomed almost 900 participants – including youth-at-risk, individuals from disadvantaged backgrounds, and those with disabilities and developmental needs – and their caregivers from 33 social service agencies for an exclusive behind-the-scenes tour of the SIA Training Centre for the third SIA Cares Open House. The Open House forms part of the month-long global SIA Cares Around the World campaign.

During the campaign, SIA rallied its corporate partners, members of the public, and staff, who collectively donated \$1.5 million. The Airline matched this amount dollar-for-dollar, doubling the total to \$3 million. The total amount will go to Singapore-based social service non-profit agencies AWWA and Rainbow Centre, as well as over 200 programmes supported by Community Chest.

The Singapore Government's SG Gives matching grant will provide an additional \$3 million to support key social and community programmes in Singapore, bringing the total

impact of the SG60 SIA Cares fundraising initiative to \$6 million.

Mr. Chew Sutat, Community Chest's chairman, Mr. J R Karthikeyan, AWWA's CEO, and Mr. Chew Kei-Jin, Rainbow Centre's vice president and board of governors, received a cheque for \$3 million from SIA's CEO Mr. Goh Choon Phong at the SG60 SIA Cares Open House in the SIA Training Centre. Singapore's deputy prime minister and minister for Trade and Industry Mr. Gan Kim Yong, who was the guest-of-honour at the Open House, witnessed the presentation.

AWWA will direct the funds towards its Community Integration Service, which supports over 300 students in mainstream schools and more than 470 students with



multiple disabilities and autism at AWWA School at Napiri and AWWA School at Bedok. The funds will enhance AWWA's therapy services, independent living skills training, holistic curriculum reviews, access accommodation, and complementary co-curricular activities, promoting greater community inclusion and enabling students of different abilities to participate more fully in society.

Mr. Karthikeyan said: "Since starting Singapore's first school for students with multiple disabilities in 1979, AWWA has remained committed to improving the participation of students of all abilities with holistic learning experiences that maximise their potential. The provision of high-quality services and greater inclusion require the efforts of many helping hands, and we are grateful to Singapore Airlines and its partners for their compassion and spirit of giving that will go a long way in supporting our collective efforts of strengthening our social compact together."

Rainbow Centre will utilise the funds to strengthen its Special Education Programme across its Admiral Hill, Margaret Drive, and Yishun Park campuses. This will benefit over 900 children and youth with autism or multiple disabilities by enhancing the quality of Rainbow Centre's person-

centered education, care and intervention services. These tailored approaches aim to address each beneficiary's unique developmental needs and equip them with critical skills for greater independence and improved quality of life.

Ms. Tan Sze Wee, executive director of Rainbow Centre, said: "Building an inclusive community is not something we can do alone. As Singapore celebrates 60 years of independence, we are reminded of the strength we find in coming together. We are deeply grateful to Singapore Airlines for believing in our mission and in the potential of every child. Their generous contribution will strengthen our special education programmes and help the children and youths we serve grow, thrive, and lead meaningful lives."

Community Chest will channel the funds received to address underserved and critical social needs, empowering every person to live with dignity in a caring and inclusive society. This includes support for children with special needs, youth-at-risk, adults with disabilities, persons with mental health conditions, and seniors and families needing assistance.

Mr. Chew said: "Singapore Airlines has been a steadfast partner of Community Chest, and their sustainable philanthropy efforts exemplify how corporates can rally their networks in creative ways to give back to the community. They have not only rallied their partners, staff, and the public to raise these funds in need, but have also matched these contributions dollar-for-dollar. These donations will go towards empowering over 1,600 children and youth with disabilities at AWWA and Rainbow Centre as well as help fund over 200 critical social service programmes for persons with disabilities, mental health conditions, low-income families and elderly causes through Community Chest. We encourage more businesses to partner with us in multi-year giving to uplift lives."

Mr. Goh said: "We are grateful to our partners, the public, and our staff for their generosity, which helped us raise \$1.5 million. With SIA's dollar-for-dollar matching, the total donation doubles to \$3 million. Leveraging the Singapore Government's SG60 matching grant, the total impact reaches \$6 million, supporting initiatives that transform lives, care for those in need, and strengthen communities." 🙏



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.

On 16 September, luxury fashion house Bvlgari introduced the ambitious collection “Bvlgari Kaleidos: Colours, Cultures and Crafts” at the National Art Center in Tokyo (NACT). As the name suggests, the event was held by the Roman High Jeweler and supported by the Italian embassy in Japan. In its largest exhibition yet, the Maison debuted 350 beautiful pieces of jewellery and artworks. This exhibition included pieces from the Bvlgari Heritage Collection and Historical Archives as well as private collections, showcasing the history of jewellery up to the present day. The private viewing was the launch for the public museum exhibition, which runs from 17 September to 15 December.

The jewellery and art on display are all an interplay between the cultures of Japan and Italy. The intricate masterpieces and immersive installations were displayed in three chapters: *The Science of Colour*, *Colour Symbolism* and *The Power of Light*. According to Bvlgari CEO Jean-Christophe Babin, Kaleidos celebrates the luxury brand’s storied heritage with colour, stating: “Every piece embodies a fusion of cultures, craftsmanship, and a passion for the extraordinary colours created by nature, starting with the magnificent gems that have made Bvlgari famous.”

The exhibition first began with a press conference for international audiences, followed by a spectacular gala dinner in NACT’s Atrium and opening event at the Bvlgari Hotel Tokyo.

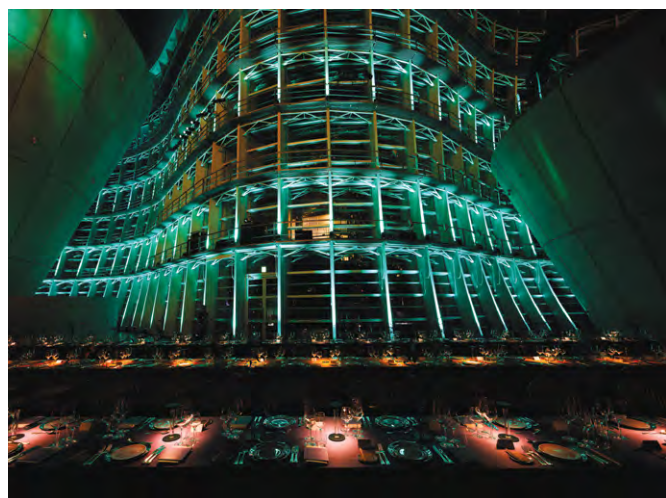
For Kaleidos’s scenography, Bvlgari collaborated with Japanese studio SANAA and Italian studio Formafantasma to create an immersive space that transported guests to Ancient Rome, blending designs inspired by Emperor Caracalla’s bath mosaics with delicate ginkgo leaf motifs. The cultural exchange transformed the venue into a play of light and colour, further amplifying the striking allure of the jewellery and artworks.

The vernissage welcomed many distinguished guests such as Her Imperial Highness Princess Takamado, Tokyo Governor Yuriko Koike and Italian Ambassador Gianluigi Benedetti. Several celebrities also attended the exclusive exhibition, including brand ambassadors like Kim Ji Won, Hikari Mori, Jang Wonyong and Tomohisa Yamashita – along with Kento Nakajima, EXILE AKIRA, Non, Haruka Igawa, MIYAVI, Mirei Kiritani, Aya Omasa, Koyuki and Ren Meguro.

Bvlgari

Through a Kaleidoscope

By Naomi Leong



Photos: Bvlgari

Several stars, decked in all black, white or grey, wore a few pieces of the highest quality in the collection, so guests can observe the masterpieces up-close at all angles. Kim Ji Won dazzled in the Morganite Exuberance High Jewellery set, while Jang Wonyong made her appearance in the Serpenti Shapeshifting Emerald necklace. Hikari Mori wore a Chalcedony Sinuosity High Jewellery set, made with rose gold and Aya Omasa sparkled in the Emerald Light scape High Jewellery parure. However, the standout was Tomohisa Yamashita who wore the Octo Roma High-End Watch and High Jewellery brooches, a refined masculine presentation showing how both femininity and masculinity can embrace colour in their lives.

The guests also had the privilege of witnessing an extraordinary spread of High Jewellery creations. Among them were iconic sautoirs of the 1960s and Sotirio Bulgari's early designs. These awe-inspiring sets have been displayed alongside new commissions from female contemporary artists Lara Favaretto, Mariko Mori and Akiko Nakayama. The installations use prisms, pigments, and explore the impact of motion on colour perception.

The first chapter, *The Science of Colour*, is a curated selection of jewels that explores the craftsmanship and chemistry behind Bvlgari's vibrant hues. First piece was a gold and platinum bracelet (1940) – displayed outside Italy for the first time – adorned with orange citrine and diamonds. It was paired with a 1954 silver bangle set with a cabochon sapphire, rubies, and diamonds, showcasing Bvlgari's signature contrast of red and blue. The cabochon cut amplified the gemstones' depth, luminosity, and chromatic intensity. The

display also featured a striking necklace and earrings that combined emeralds, amethysts, turquoise, and diamonds in a bold play of colour and light.

The Colour Symbolism chapter then dived into the cultural, symbolic and even emotional dimensions of colour. The centrepiece was the legendary Seven Wonders emerald necklace (1961), formerly part of the Invernizzi collection. Currently it is an iconic part of the Heritage Collection, having been worn by starlets such as Monica Vitti and Gina Lollobrigida.

Finally, the finale *The Power of Light* is a study into how light is integral to the perception of colour, particularly as it reflects off surfaces like gold and silver. This is emphasised through a series of rare coloured diamonds and pearls, ending with an exquisite yellow gold sautoir made in 1969. A hero-piece that can easily transform into bracelets, it is set with amethysts, turquoises, citrines, rubies, emeralds and diamonds, a rainbow of colours encapsulating the whole exhibition. Complementing this finale was an exquisite Serpenti evening bag in three-color gold with a silk cord and diamonds (ca. 1978), inspired by Bvlgari's "Melone" bag, one of the bestselling precious creations of its time.

The evening culminated in a gala dinner. It was curated by Il Ristorante Niko Romito of The Bvlgari Hotel Tokyo, with performances by composer Roberto Cacciapaglia and vocalist Kanna Ogawa. Throughout the dinner, monochromatic lights covered the venue in greens, blues or purples, adding a multisensory layer to the experience. These elements came together to create an intimate yet lively affair in the spacious museum.

As an exhibition, Bvlgari executed it flawlessly, showing how a mix of cultural backgrounds, media, collaborators and jewels can explore the spectrum of creativity. 🌟



About The Writer

Naomi Leong is an aspiring writer from Singapore, who has a strong interest in storytelling, puzzles and different cultural experiences around the world. She is about to graduate from Nanyang Technological University with a Bachelor of Arts (Hons) in English. With a background in English literature, creative writing and marketing, she brings curiosity, clarity and a fresh voice in her written works. One of her research essays have been featured in NTU's undergraduate journal *Pioneer Road*. Naomi is currently building a portfolio to develop her writing skills through freelance projects.

Extraordinary Collectors' Items Go to **Leica I's** 100th Anniversary

By Priyanka Elhence



Photos: Leica

Auction featuring extraordinary collectors' items was held at Leica World in Wetzlar.

Leica celebrated Leica I's milestone anniversary with the auctioning of rare collector's items from the world of cameras at the 46th Leitz Photographica Auction in June this year. 100 years of Leica I was a tremendous event, brought together by both Leica Camera AG and Leitz Photographica Auction, Leica's official auction house.

The highlight of the auction was undoubtedly the Leica o-Series No. 112, a 1923 prototype from the pre-production "o-Series", one of the prototypes produced before the Leica I went into series production, which sold for a staggering €7.2 million (valuation price estimated at €1.5 to €2 million). While the rare camera did not quite match the o-Series No. 105 prototype record-setting \$15 million in 2022, that camera had the unique reputation of being Leica founder Oskar Barnack's personal camera, which helped to propel its hammer price far above expectations.

"These cameras were given the serial numbers 101 to 125. Today, only around half of these two dozen pieces are still in existence. As a milestone in the history of photography that paved the way for photo reportage, they are now some of the most sought-after collectors' items in the world of cameras", said Alexander Sedlak, managing director of Leitz Photographica Auction.

Apart from the o-Series, other notable items included the 100-year-old Leica I Mod. A Anastigmat, Leica I, making it the perfect thematic fit to the anniversary (valuation price

estimated at €100,000 to €120,000). The 100th series-produced camera with a serial number of 225, was delivered to the British advertising agency Ogilvy on 29 January 1925. Leica believes it was the first Leica camera ever delivered to the United Kingdom. It sold for €132,000 (\$155,538).

The Leica M3 with the first serial number #700000 was the first M3 camera ever made (with a valuation price estimated at €500,000 to €600,000). It was once passed on to renowned sports photographer and ski pioneer Professor Stefan Kruckenhauser as a gift. As it bears the first serial number of all M-Cameras, this M3 wasn't just an extraordinary collector's item – it is also mentioned in numerous historic publications.

Finally, the charity lot also drew keen interest from bidders. British designer John Dowell, also known as King Nerd and famed for his engravings on luxury products, turned a Leica MP into an exclusive one-of-a-kind item (valuation price estimated at €14,000 to €15,000). Dowell has immortalised Leitz Park, headquarters of Leica Camera AG, on the camera in his inimitable handwriting. All proceeds from the Leica MP went to the Austrian charity "Licht ins Dunkel" association, an initiative for social cohesion.

"When we talk about highlights of the auction, we usually focus on unique, historic pieces expected to go for big prices under the hammer. But among the 445 lots in total at the upcoming auction, there are actually many items expected to go for amounts in the three or low four figures. These include accessories and lenses, as well as cameras", said Sedlak.

"It is a truly special occasion for our auction house to offer a o-Series in the midst of the 100th anniversary of the Leica I. Even more so, since this particular o-Series was received by Oskar Barnack after production," said Sedlak. He continued, "These prototypes were used to develop the trailblazing Leica I, which took photojournalism into new spheres and transformed photography from an extravagant hobby into a ubiquitous phenomenon. The fact that the o-Series No. 112 fetched €7.2 million is absolutely appropriate for this extraordinary piece of history." 🏆



The Silent Revolution

How One Woman is Transforming Thailand's Leadership Culture from Within

By Toh Mu Qin

There is a stillness about Dr. Potchanart Seebungkerd, or Coach Jimi as nearly everyone calls her, that unsettles noise. It is not an authoritarian quiet, not the heavy hush of rank, but a living silence, the kind that invites people to breathe again. When she enters a room, screens dim, shoulders soften, air feels less crowded. She doesn't have to ask for attention; attention arrives, the way a lake settles once the wind stops. She is not here to impress; she is here to witness. And in that witnessing, people remember themselves.

"It's not about teaching people what to know," she tells me, voice warm, steady. "It's about helping them remember who they really are."

To thousands who have encountered her, in corporate boardrooms and village halls, in classrooms and prisons, in monasteries and ministries, Jimi is not simply a coach. She is a companion for those "finding their way home", a phrase she repeats with the ease of a prayer, a definition shaped by lived experience rather than slogans. Home, for Jimi, is not a street address; it is the quiet centre of the heart that needs neither applause nor permission. It is where ambition is refined into service and competence is tempered by compassion. "Home is the space where we no longer need to prove," she says. "We can simply be."

In a world enthralled by velocity, she speaks of presence. In a century addicted to invention, she suggests introspection. In an economy obsessed with scale, she invites depth. Her revolution is silent only in volume; in consequence, it resounds.

The Merchant's Daughter

Jimi was raised amid the rhythm of trade. A large Thai merchant family, busy and bonded, taught her gratitude, patience, survival, community, the quiet virtues learned not from books but from proximity: to elders who worked, to neighbours who shared, to problems solved by hands rather than headlines. Expectations were clear: study at the right schools, earn good degrees, get a stable job, keep the family proud. She did all of it. And yet somewhere between the applause and the exhaustion, a whisper grew, "this is not all there is."

Then came the meeting that became a hinge in her life: a British coach named John Richard, whose presence contradicted the modern world's choreography. He didn't perform; he listened. She told him she wanted to be like him. He smiled, "Jimi, you can be the best that Jimi can be." The sentence planted itself like a seed. For years it germinated in silence, until she was brave enough to become herself.

In 2009, she left the comfort of predictability and flew to Australia to study professional coaching. It was not escapism; it was pilgrimage. "Fear and faith can live together," she says with a small laugh. "Beneath fear there was trust." In Melbourne she found frameworks and ethics, conversation techniques and self-inquiry, the language of the International Coaching Federation (ICF), the rigour of accountability. But she also recognised something older, and nearer. "Coaching and Dhamma are not different," she explains. "Both are awareness, humility, and compassion."





The bridges began to form: Western structure, Eastern stillness. A method that could hold a soul.

The Bridge Between East and West

When she returned to Thailand, she carried two toolkits: method and mindfulness. The challenge was translation, not from English to Thai, but from abstraction to embodiment. Jimi moves fluently across contexts where others might stumble. She knows how to sit with the abbot and how to brief a board. She can use the ethics code of ICF and the ethics of the Noble Eightfold Path in the same sentence without forcing either to pretend to be the other. She is not disguising religion as management or painting management with religious gloss; she is representing a deeper truth: the human mind belongs to both worlds.

The Birth of a Movement

What began as a private practice soon grew into an ecosystem. Jimi The Coach Group emerged like concentric ripples: first the individual leader, then the coach who would guide leaders, then the community that needed a bridge to both. The structure, now formal, comprises three interdependent entities:

1. Jimi The Coach Co., Ltd. provides executive and organisational coaching, working with leadership teams to strengthen culture and decision-making.



“It’s not about teaching people what to know. It’s about helping them remember who they really are.”

- Dr. Potchanart Seebungkerd



2. Thailand Coaching Academy (TCA) develops professional coaches to global standards while anchoring them in mindfulness and ethics.
3. Songsook Social Enterprise extends life skills and inner development to underserved groups, Happy Life Happy Thailand, Coaching for Thailand, and allied service projects, where volunteers become multipliers of compassion and practical skill.

“The three pillars share one heartbeat,” she explains. “Transformation begins within.”

Her work has been called ambitious; the truth is gentler. It is ecological. When you transform a leader, a department changes. When you train a coach, many leaders change. When you grow a social enterprise, villages and prisons and schools begin to breathe together. “Money can build buildings,” she likes to say. “Only compassion builds people.”

In 2022, with Suan Mokkh Bangkok, the contemplative centre inspired by Buddhadasa Bhikkhu, and alongside Dr. Veerathai Santiprabhob, Dr. Nattvut Kulnides and mindfulness master Thanawat Ketwimut (Khru Dol), she co-designed the Mindfulness Organisation Programme for senior leaders, policymakers, and culture shapers. They begin not with slides, but with silence: two minutes of shared breath. From this stillness, the real meeting begins. The outcomes are not mystical; they are measurable in mood and clarity, resilience and respect. “We realised mindfulness is

not anti-business,” she says. “It is the foundation of sustainability.”

The Art of Inner-Based Leadership

Modern management rewards control. Jimi begins with connection. In her framework, Inner-Based Leadership, three capacities grow in sequence and cycle:

1. Self-presence: the ability to witness one’s thoughts and emotions without being owned by them.
2. Compassionate relating: the ability to meet others with curiosity and respect rather than judgment.
3. Wise action: decisions made from clarity rather than fear.

The architecture is recognisable to Buddhist psychologists, sati (mindfulness), metta (loving-kindness), but is equally at home in ICF competencies: active listening, powerful questioning, ethics, accountability.

Her sessions begin as meetings rarely do. People close their eyes. They breathe. For two minutes, nothing happens and everything changes. The nervous system recalibrates; the eyelids rise into a calmer room. Only then does she ask a disarmingly simple question, “What part of you has been unheard?” The armour falls not to force but to recognition. Real conversations follow. The numbers do not disappear; they become honest.

A CEO once came to her with a reputation for intimidation. His team said the tension on his face preceded his words and worsened them. Jimi did not start with strategy. She started with breath. Two minutes before every meeting. In months the emotional climate shifted; in time the leader’s face softened. “We didn’t just change how we work,” he told her. “We changed how we breathe.”

Echoes of the Sangha

Some revolutions wear robes. Monks invited her to share coaching dialogue so that they might counsel laypeople more effectively. The old forms welcomed the new. In temple courtyards, she now facilitates unlikely circles: orange robes beside navy suits, corporate directors beside novice monks, a shared curiosity holding all. The robe and the suit cover different lives, but the heart beneath both longs for the same thing: to be listened into truth. “When monks learn coaching, and executives learn mindfulness, society becomes whole again,” she says.

There is a story she tells of a monk who, after learning to listen without solving, felt his counsel change. “He said, before, he gave advice quickly. Afterwards, he sat



and listened longer. People find their own wisdom.” The monastery, like the marketplace, is filled with humans; the method deserves to be human, too.

From Boardrooms to Villages

Perhaps the most faithful image of Jimi’s work is not a chart but a week: a morning in a Bangkok tower, an afternoon in a southern province classroom, an evening circle in a temple. The same posture, attentive, kind, travels with her across contexts. In each, the first gift is safety; the second is self-respect.

She remembers a women’s correctional facility where the room held equal parts fatigue and hope. “I ask them to share one thing they are grateful for,” she recalls. “Many cry. They say it is the first time someone listens without judging.” In that act, dignity returns to people who have not seen it offered in a while. In another programme, soldiers are invited to notice breath before memory, grounding before story. “Awareness does not erase pain,” she explains. “It teaches how to hold it.”

Through Songsook Social Enterprise, these offerings scale without becoming industrial. The Happy Life Happy Thailand initiative prepares volunteers, Happy Ambassadors, to help at least a hundred people each in their own communities. The mathematics is humble and massive at once: one becomes one hundred; one hundred becomes ten thousand. Villages do not wait for policy; they practice peace. “When people realise happiness can be shared, not bought,” Jimi says, “they start to heal together.”

Language of the Land

Transformation, Jimi insists, requires culture. She does not throw jargon at people and ask them to pretend to understand it; she translates concepts into metaphors that belong to the soil. Customer care, she suggests, is like welcoming guests at your son’s ordination ceremony, tender, generous, anchored in honour. Ethics is like offering alms, habitual, quiet, sincere. Teamwork becomes a post-harvest meal, where everyone brings a dish and no one leaves hungry. “When we use language people already know in their hearts,” she says, “change becomes natural.”

In Asia, leadership often imitates ladders; she prefers circles. A circle reminds a team that each person is equidistant from the centre; close enough to be seen, far enough to see others. She likes the metaphor of an orchestra. “A leader is like a conductor,” she says. “You don’t need to play every instrument. You help each one hear another.” Harmony over hierarchy is not an anti-authority argument; it is a claim that authority, rightly placed, brings out music rather than fear.



Measuring the Invisible

The modern economy likes numbers, the proof of progress in rows and columns. Jimi is not against numbers, but she is alert to their limits. “You cannot quantify peace,” she laughs. “But you can feel it.” At Thailand Coaching Academy, students keep reflection journals that track patience gained, judgments released, apologies offered, forgiveness practised. The KPI becomes a kind of inner index. “These are the real competencies,” she says. “They may not impress investors, but they change families, teams, communities.”

In organisations that work with her, the invisible often produces the visible anyway: reduced attrition, higher morale, conflicts resolved earlier, creativity that returns when cortisol lowers. The spreadsheet begins



to tell a kinder story. The causality is not magical; it is biological and cultural. Nervous systems that meet with respect relax; relaxed minds think better; people who think better together build better systems. The math of mindfulness is cumulative.

The Thai Way of Awakening

Jimi believes Thailand carries a natural grace, a social habit of gentleness and generosity that is not weakness but wisdom. “Our culture already carries mindfulness,” she says. “The wai, sharing food, respecting elders ... These are daily meditation.” She is not romanticising the nation; she is honouring what works in it. Kindness is not a brand strategy; it is a human technology.

When she works with international groups, she reframes Thai softness as strategic empathy: the competitive advantage of care. Turnover drops when people feel seen; innovation rises when people feel safe; loyalty increases when organisations listen. These are not moral platitudes; they are operational truths. “People are hungry for kindness that is intelligent,” she says. Thailand, properly proud, could export it.

The Teacher Who Remains a Student

Jimi refuses the idea of arrival. “I am forever a student of life,” she says, smiling in that way people smile when they have earned an uncomplicated sentence. To wake early and listen to breath; to eat when the body asks rather than the clock insists; to practice “this too shall pass”, not as a slogan but as a sacrament. These are the contours of her day. She does not perform purity; she practices presence. “I watch series, I read news, social drama,” she confesses with a grin. “But I learn to be an

observer, not a player.” The point is not retreat; it is awareness. Life is not less; it is clearer.

She speaks tenderly of forgiveness, not as moral superiority but as nervous system hygiene. “Any event that happens to our lives, they happen for us to experience and add life competencies for the next chapter,” she says, phrasing a map of her mind: gentle, precise, slightly musical.

Mentors, Mirrors, Multipliers

A movement is not a person; it is a pattern people choose together. Around Jimi has gathered a cohort who embody the work in their spheres. At Thailand Coaching Academy, trainees are reminded that technique touches the mind while presence touches the soul. In ministries, hospitals, schools, alumni now guide teams to calmer climates. In corporations, mindful directors shift agendas from posture to purpose.

The social enterprise multiplies impact through Happy Ambassadors, carefully selected volunteers of good character and real willingness, trained free of charge in wholesome life skills to share principles of strong, joyful, mindful living. The curriculum is more verb than noun; the credential is more responsibility than badge. “We guide them to help at least one hundred people each,” Jimi says, adding almost shyly, “We bring a programme to every province in Thailand. My aspiration is for every sub-district.”

To write those sentences in a report would be to reduce them; to watch a grandmother counsels a neighbour, a teacher pauses before reprimanding, a young man breathes through shame rather than explode because he learned he could. This is the revolution’s grammar.

When Language Changes, Behaviour Follows

Jimi sees how words become worlds. In early corporate sessions, “mindfulness” was replaced with “mental fitness”, “meditation” with “executive calm practice”, “letting go” with “strategic awareness reset”. The point was never to hide origin but to reveal relevance. She understands that cultures accept new practices more readily when the language feels like it belongs to them.

Over time, the language can migrate back to its source. A CFO who began by praising “mental fitness” now speaks openly about “mindfulness”, unembarrassed by the softness of the word, because he has touched its strength. A government director who resisted “silence” now asks for it first thing on the agenda. A school principal maps “respectful listening” into policies that used to be lists of punishments. The glossary changes. So do the institutions.



Country of the Heart

There is a scene she loves to recall: the morning light on water. She says it fast, as if the phrasing itself were a glimpse of that light. It is not a metaphor to her; it is literacy. To read a morning like a text is to remember that life is not only tasks but textures. She delights in the laughter of her team, the sincerity of a client's smile, the playful chaos of children in a village square. Awareness is not a place you visit on retreat; it is the way you visit the day.

Her ritual when the world grows noisy is simple: listening, to breath, to silence between breaths. She adjusts to the body's intelligence rather than the calendar's demands: eat when needed, drink when asked, pause when wise, proceed when clear. "My body will guide me," she says. "I coordinate with respect." There is humility there, the kind that frees a person from conflict with their own rhythms. "I am forever a student," she adds. "Let every experience teach my soul and guide the next step forward."

The Long View

Ask her how she wants to be remembered and she waits, the kind of wait that is not empty but attentive. “Not buildings, not titles,” she says at last. “Presence.” She hopes that a person who once sat with her will one day sit with themselves and be gentle; that a leader she coached will look across a table at a frightened employee and see a human being first; that a monk who learned to ask questions will soften a family’s grief by listening to what the widow does not yet know she is saying.

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She smiles again, the modest smile of someone who believes this is enough. “I didn’t find coaching,” she says. “Coaching found me. It is the language through which I can express love.”

In an age that equates power with volume, her influence moves like weather: precise, patient, everywhere. From Bangkok boardrooms to border villages, from prison classrooms to policy retreats, her work folds itself into the atmosphere until people forget there was ever a different way to breathe.

Revolutions have reputations for noise. They topple statues; they torch flags. The quiet ones are more subversive. They change the definitions and leave the

monuments standing. They alter direction by altering attention. They begin not in the streets but in the heart.

Jimi’s revolution is of this second kind. It asks much and gives more. It does not demand new ideologies; it invites older intelligences. It quiets the nervous system so that minds can become luminous. It does not replace ambition; it clarifies it. It does not punish ego; it escorts it to a softer seat.

In a meeting where decisions carry national consequence, two minutes of silence will not solve everything. But it will remind everyone of the someone inside the title. In a school where the budget is insufficient and the problems are inherited, a teacher’s patient listening may be the difference between a child hardening and a child healing. In a prison where time moves like thick air, a single afternoon of respectful attention can restart a human clock.

This is how a country shifts: not all at once, not never again, but breath by breath, room by room. The revolution will not be televised because it does not need to be. It is happening in the way we speak to each other after we breathe together. It is happening in the questions we ask before we answer. It is happening in the simple ways we return home to the heart, then invite others to follow.

“The calmest person in the room,” she told me at the beginning, “is usually the one who sees the truth most clearly.” The line lingers after the interview ends. Outside, Bangkok does what great cities do: rush. Inside, an afterglow remains. It is not a new age; it is ancient. It is not a trick; it is training. And it is not owned by anyone. It is how human beings remember how to be.

From this place, Jimi will continue to do what she has always done: sit, listen, breathe, invite. Transform executives and monks, teachers and inmates, soldiers and students, one circle of silence at a time. She will keep bridging Western scaffolds and Eastern tenderness, will keep teaching Inner-Based Leadership, will keep sending happiness as Songsook intends, will keep training the trainers and coaching the coaches, will keep multiplying presence through the Happy Ambassadors, and will keep reminding a nation that kindness, practiced intelligently, is not a soft option but a hard requirement for any civilisation that wants to last.

The revolution is silent but the world will hear it anyway. 🌿



ASHLEY EDELMAN

The Breath Between Worlds

By Alexis Toh



How one man transformed discipline into devotion, and found peace in the space between.

Toward the end of 2023, Ashley Edelman found himself in a small apartment, surrounded by silence that was no longer comforting. A performer and professional bodybuilder by trade, he was no stranger to discipline or self-control. Yet, that winter, the structure that once gave him purpose began to feel like a cage. Friendships faltered, family connections grew distant, and beneath the surface of his meticulously crafted routines, something inside him began to unravel.

Then came the moment that would change everything.

During a solitary breathwork session, he received what he calls a download, a voice that said, “You need to become a breathwork facilitator. You need to change your life.” For the first time, Edelman listened without resistance. He followed that inner whisper, and in doing so, stepped onto a path that would carry him from the noise of the world into a deeper stillness.

The Path of Unlearning

Edelman describes his upbringing as loving and open-minded, a family curious about the world, generous with affection, but like all families, not without patterns and fears unconsciously passed down. As he grew older, he began to recognise those inherited imprints and question how they shaped his relationships, ambitions, and self-perception.

“Children absorb their parents’ lessons, both the conscious and the unspoken,” he reflects. “The healing journey is about refining those patterns into something truer, your own voice.”

Before entering monastic life, his world revolved around external perfection. Gym schedules. Meal preps. Competitions. He chased excellence with the precision of an artist and the hunger of an athlete. Yet, despite the physical success, there was a deeper void that no trophy could fill.

It was during the pandemic that he began experimenting with breathwork, small morning rituals of movement, reflection, and stillness. They became his compass, the quiet antidote to a life lived at full speed. But the real shift came when he decided to turn inward completely.

Into the Silence

In early 2024, Edelman travelled to Chiang Mai, Thailand, to train at iMonastery, a modern gateway for foreigners seeking authentic Buddhist immersion. He signed up for a month. He surrendered. And, in his words, “It became one of the most transformative decisions of my life.”

The days were marked by simplicity, rising before dawn, meditating for hours, eating in silence. He battled restlessness, missed music, missed friends, even the freedom of casual distraction. “Each time I caught myself longing for something outside, I realised that was the work,” he says. “To be entirely at peace in my own company.”

Around the ninth day, something extraordinary happened.

During deep meditation, Edelman experienced a vision of the Buddha moving toward him, radiating pure light. Tears streamed down his face as energy surged through his body, a moment he describes as “the first stage of enlightenment.” Two weeks before receiving a message to move to Dubai, he experienced another vision; a woman and baby resting on his chest. He had never been to Dubai before. But he trusted the calling completely. And from that point, his life began to shift from logic to intuition.

The Discipline Within

For most, re-entering the modern world after a month of silence would be jarring. For Edelman, it felt natural. He had found an inner rhythm that no longer relied on circumstance. The robes were temporary, the teachings eternal.





“Monastic life was self-service,” he says. “My work now is service to others.”

Back in the world, he built a routine that mirrored the monastery’s discipline. Mornings begin before sunrise with running, breathwork, meditation, and a cold plunge, practices that prepare his body as his mind awakens. Evenings are sacred. Electronics off, a foot soak, reading, meditation. These are not rituals of escape, he explains, but rituals of return, a way to find calm not beyond chaos, but within it.

Love, Conscious and Unafraid

Edelman’s spiritual awakening did not distance him from love; it deepened it. Once married, he speaks candidly about how relationships became his greatest mirror for growth.

“Spirituality doesn’t replace love,” he says. “It refines it.”

Today, he approaches connection with openness and awareness, viewing partnership not as a remedy for loneliness but as a reflection of wholeness. “It’s beautiful to experience love from a place of presence rather than need,” he adds, echoing his belief that intimacy, like spirituality, is an act of devotion.

Between Body and Breath

When asked what identity means to him now, Edelman smiles. “The more I release who I thought I was, the bodybuilder, the performer, the monk, the coach, the more I realise I’m simply aware of experiencing life.”

It is this philosophy that underpins his work today as a breathwork facilitator, coach, and co-founder of Immersiv, a growing wellness platform based in Dubai that he established with his business partner, Melissa McAllister. Each session he leads blends breath, energy work, and



intuitive guidance. There are no pre-recorded scripts, no rehearsed mantras. Every experience is live, adaptive, and somatic.

“I don’t perform; I transmit,” he explains. “Before we enter transformation, the body must feel safe. Breathwork begins not with intensity, but with grounding. The nervous system is the gateway to the soul.”

To those who attend his sessions, the impact is tangible. Lighter energy, emotional release, renewed connection to the body. He recalls clients whose vision improved, whose anxiety dissolved, whose hearts softened after years of resistance.

“Happiness,” he says, “lives on the other side of a calm nervous system.”

Building Immersiv

From its inception, Immersiv was never meant to be just another wellness brand. Edelman envisioned a space that merges science, spirituality, and human connection, what he describes as “a Mindvalley for the soul.”

“Many spiritual spaces today are built on hierarchy,” he says. “Immersiv is built on truth. It’s not about followers or formulas; it’s about embodiment and community.”

His plans are expansive: retreats, immersive events, and digital courses designed to help individuals integrate mindfulness into modern life. He dreams of global chapters, from Dubai to Europe to Southeast Asia, all united by a shared purpose: to help people remember who they are. Ultimately, his long-term vision is to build the next Mindvalley, a global ecosystem where science, spirituality, and human connection converge to awaken consciousness at scale.

“I see myself as a bridge between those curious about something more and those ready to embody it,” he says. “That bridge, that moment when someone finally reconnects with themselves, that’s the legacy I want to leave.”

The Inner Entrepreneur

Though rooted in spirituality, Edelman’s entrepreneurial edge remains sharp. Years of bodybuilding instilled discipline; performing taught presence; monastic life taught surrender. Together, they form the foundation of his leadership style, grounded, intuitive, and fiercely aligned.

He views his business not as an empire, but as an ecosystem of truth. “The spiritual industry can be noisy,” he says. “Filled with ego and performance. For me, integrity is the backbone. I don’t sell transformation. I create safety for people to find it themselves.”

That principle extends to how he measures success. He doesn’t count clients. He feels them. “If someone leaves lighter, more connected, more in love with themselves, that’s impact,” he explains. “It’s not about numbers. It’s about resonance.”

Edelman also protects his energy with the same devotion he gives to his clients. Meditation, grounding, ocean time, and mentorship are non-negotiables. “Self-care isn’t selfish,” he says. “It’s what keeps me capable of serving fully.”



Lessons in Letting Go

Even with his calm exterior, Edelman admits that doubt still visits, particularly around business growth and timelines. “I used to want everything to happen instantly,” he says. “Now, when impatience arises, I breathe. I remind myself that life always unfolds perfectly, even when it doesn’t look that way.”

He has learned that mastery doesn’t eliminate fear. It transforms one’s relationship with it. “Every chapter of my life was an initiation,” he reflects. “Bodybuilding taught me structure, performing taught me courage, and monastic life taught me surrender. Each experience prepared me to serve from embodiment, not theory. I didn’t learn transformation from a textbook. I lived it.”

The Stillness Within

Today, Edelman’s life is a study in balance, between solitude and service, silence and speech, stillness and motion. He spends his days guiding others, his evenings in contemplation, his weekends reconnecting with nature. Skiing. Floating in the sea. Watching the horizon shift colours in stillness.

“Rest isn’t laziness,” he says softly. “It’s alignment.”

In that quiet space, he continues to meet himself, again and again, not as the man he was, but as the awareness he has become. Each breath, each session, each human encounter is another chance to remember.

A Legacy of Presence

When asked what meaning he finds in his story, the pain, the reinvention, the enlightenment, Edelman’s answer is simple, “Peace isn’t found by fixing life. It’s seen by accepting it.”

He has made peace with every version of himself, the athlete, the monk, the man who fell and rose again. Each identity, he says, was never a mistake but a message. “I’ve learned to be okay with not being OK,” he shares. “To walk through uncertainty without punishment, and to find grace in every evolution.”

Through Immersiv, Edelman hopes to build a global movement that merges ancient wisdom with modern consciousness, grounded in love, integrity, and embodiment.

“When something is built on truth,” he says, “it lasts.”

And so does his message, whispered first in solitude, now amplified across continents, a call to breathe, to awaken, and to remember that the calm we seek is already within. 🙏

SIRAWAJ ITTHIPURIPAT

The Mind Architect

By Alexis Toh

A Thai neuroscientist
forging bridges between
mind, technology, and
human potential.

When Sirawaj Itthipuripat, affectionately known as Sean, was seventeen, he and his friends built a “rocket station” in their school gym. Their mission was to understand why a wild weed’s seedpods burst open with explosive force. They painted the seeds, launched them like tiny projectiles, and used equations of motion to trace their flight.

The experiment won the Grand Award at the Intel International Science and Engineering Fair in the United States, and with it, a young Thai student’s dream took flight. “That experience opened my eyes to how basic science can drive innovation and transform lives,” he recalls. “It set me on the path to understand not just how things move, but how the mind itself moves.”

Today, Sirawaj is one of Asia's most distinguished neuroscientists, an assistant professor of Neuroscience and director of the Neuroscience Centre for Research and Innovation at King Mongkut's University of Technology Thonburi (KMUTT); co-founder and chief neuroscientist of BrainSpoke Singapore; adjunct research scientist at the Rotman Research Institute in Canada; and advisor to CP Group's Research Innovation and Sustainability Centre (RISC) under Magnolia Quality Development Corporation Limited (MQDC).

At thirty-something, his résumé spans Duke, UC San Diego, Vanderbilt, and collaborations across three continents. But behind the credentials lies a deeper motive, a lifelong fascination with the question that first kept him awake at night, "How does the brain turn the chaos of sensation into the coherence of consciousness?"

Decoding the Brain's Symphony

Sirawaj's work delves into how attention, learning, and memory emerge from neural computations. His lab combines electroencephalography (EEG), neuroimaging, and machine learning to model how the brain filters and prioritises information, and how it decides what matters.

"Attention isn't a single process," he explains. "It's dynamic, shaped by reward, emotion, and experience. The brain continuously predicts, corrects, and reconstructs reality in real time."

Through these models, his team can reconstruct where and how precisely a person focuses, and how that focus evolves with age, mindset, or cognitive decline. The findings have profound implications, from designing personalised learning tools for children to early detection of mild cognitive impairment, the stage before Alzheimer's disease.

His innovations have earned him Thailand's 2025 Young Technologist Award under the royal patronage of His Majesty the King, recognition, he says, not of personal achievement but of purpose. "For me, precision and impact go hand-in-hand. Every signal we decode represents a life we might help improve."

From Laboratory to Living Room

That guiding vision drives his second calling, BrainSpoke, the Singapore-based neurotechnology startup he co-founded with Lior, Chitpol Mungprom. The company's mission is deceptively simple: to bring neuroscience into everyone's hands.

At BrainSpoke, research-grade neuroimaging meets wearable design. The team is developing AI-powered headgear that reads the mind's rhythm, tracking stress, focus, and mindfulness in real time, and an AI companion that learns from an individual's neural and behavioural patterns.

"Our goal isn't to read minds," Sirawaj clarifies, "but to reflect states of mind, translating brain signals into insights that help people live more consciously."

The device's algorithms are built on validated science, developed under peer-reviewed protocols, and supervised by an international advisory board including Prof. Barry Giesbrecht (UC Santa Barbara) and Prof. Stephanie Nelli (Occidental College). "Everything we measure is backed by evidence, not hype," he stresses.

For him, ethical design is non-negotiable. BrainSpoke follows strict privacy-by-design principles: anonymised data, user ownership, and transparent AI. "Technology should strengthen self-awareness, not replace it," he says.

He envisions BrainSpoke as a wellness ecosystem akin to what Fitbit did for fitness, but for the mind. "The future of brain health isn't in hospitals," he adds. "It's in homes, schools, and offices, in how people manage focus, stress, and emotional balance every day."

The Bridge Between East and West

Sirawaj's academic journey, from Thailand to the U.S. and back, gave him a unique vantage point on how cultures approach the study of mind. "In the West, consciousness is often treated as a mechanism to dissect. In the East, especially in Buddhist traditions, it's a phenomenon to experience."

He believes the next evolution of neuroscience lies in reconciling those views, integrating contemplative frameworks into empirical models. "Science shows us how the brain changes; mindfulness teaches us how awareness guides that change. When combined, they reveal how we can train the mind for resilience and clarity."

That perspective also shapes his work with RISC and MQDC, Thailand's real-estate arm of CP Group. In projects like The Forestias, a green urban ecosystem designed for intergenerational living, Sirawaj and his team measure how light, sound, and architecture influence brain activity and emotional well-being.

"Sustainability isn't only about conserving external resources," he notes. "It's about cultivating internal ones, our attention, emotional stability, and cognitive vitality. A truly sustainable city nurtures both the planet and the mind."

Mentorship, Meaning, and Mindfulness

Despite the global acclaim, Sirawaj speaks of his career with quiet humility. "Science is a collective effort," he says. "Every paper we publish reflects years of collaboration. Students, mentors, and partners who share the same curiosity."

He credits much of his scientific rigor to Professor John Serences, his Ph.D. mentor at UC San Diego. "He once



wrote a shell script that literally said, ‘Work harder and do better!’ as a joke. But his real lesson was perseverance, the willingness to stay up late with your students to solve problems side by side.”

Today, as a mentor himself, Sirawaj strives to cultivate four qualities in his students: critical thinking, creativity, consciousness, and courage. “Critical to uphold evidence; creative to cross boundaries; conscious to remain ethical; courageous to turn insight into impact.”

For him, teaching neuroscience isn’t just about methods. It’s about mindfulness. “The brain reflects what we repeatedly do. So the way we think, teach, and collaborate becomes the pattern our minds reinforce. Mentorship, like neuroplasticity, shapes both sides.”

Leadership with Purpose

As director of KMUTT’s Neuroscience Centre for Research and Innovation, Sirawaj oversees multidisciplinary teams tackling neurodevelopment, cognitive ageing, brain-computer interfaces, and mental health. His approach is integrative, combining cognitive and computational neuroscience with translational applications in design, education, and healthcare.

“No single discipline can capture the brain’s complexity,” he explains. “That’s why collaboration matters, between engineers, clinicians, architects, and artists. Neuroscience doesn’t end at the lab door; it begins where human experience unfolds.”

His leadership extends globally. As general chair of the Brain Informatics Conference 2024 and planning committee member of the U.S. National Academies’ programme on Responsible Innovation in Neuroscience in Southeast Asia, he champions ethical research and cross-cultural collaboration.

“Progress must advance with responsibility,” he asserts. “Innovation should uplift humanity, not outpace it.”

The Power and Peril of AI

Few scientists speak as candidly about technology’s double-edged nature. “Every interaction with AI subtly reshapes our neural pathways,” Sirawaj warns. “In time, algorithms that predict behaviour could begin to dictate it.”

He references the rise of neuro-AI ventures, from Neuralink’s brain implants to optogenetic and nanorobotic experiments, as both “the power and the peril” of merging biology with code.

“Without mindful governance, we risk creating systems that amplify instinct over insight, dopamine over discipline. The challenge is to design technologies that expand consciousness rather than compress it.”

That conviction underpins BrainSpoke’s philosophy: human-centred AI. The company’s mission is not to digitise awareness, but to democratise it, giving individuals the tools to see and shape their own minds.

Recognition as Responsibility

When Forbes Asia named him among its 30 Under 30 in Science & Healthcare, Sirawaj didn’t see it as a trophy, but as leverage. “It helped me convince policymakers that neuroscience and neurotechnology deserved national investment,” he says.

That advocacy led to funding for KMUTT’s Neuroscience Centre, and partnerships with both startups and hospitals tackling mental health and dementia. “BrainSpoke itself grew from that momentum,” he notes.

His latest accolade, the Young Technologist Award 2025, is equally symbolic. “It recognises six years of effort since

returning to Thailand,” he reflects. “It affirms that science from this region can drive global impact.”

For him, recognition amplifies responsibility. “Awards fade, but purpose endures. What matters is turning visibility into vision.”

Most recently, BrainSpoke was selected by Real Madrid, the Spanish football club, under the Real Madrid Next Accelerator for Asia, to conduct a Proof of Concept (POC) with their team. The company was also named a finalist in the E-Health category, further affirming its growing influence in applied neurotechnology.

A Scientist’s Philosophy

Sirawaj describes his personal philosophy in three words: Empirical, Open, and Flowing.

“Stay true to evidence, remain open-minded, and trust the flow of discovery,” he says. “Slow progress isn’t failure. It’s refinement. When experiments stall, it’s often because something deeper is waiting to be understood.”

He applies that same mindfulness to his own well-being. Outside the lab, he paints, cycles through Bangkok’s green lung of Bang Kachao, joins meditation retreats, and soaks in Japanese onsens, alternating hot and cold baths while practicing breath awareness. “The brain is plastic,” he muses. “Every experience rewires us. Mindfulness is simply conscious rewiring.”

Home for the Mind

Asked which place feels most like home, he pauses. “Bangkok grounds me. San Diego expands me. They’re both home, one for my heart, one for my mind.”

He speaks warmly of the mentors and peers who shaped him, from Duke’s professors who let a freshman sit in

graduate seminars, to the neuroscientists at UC San Diego who debated consciousness over lunch. “Those conversations taught me that science isn’t just analysis; it’s awe.”

That sense of wonder continues to guide him. “When I met Lior, BrainSpoke’s founder, he asked: ‘Can we track human consciousness?’ That question changed everything. It made me realise neuroscience isn’t just my career. It’s my calling.”

Asia’s New Frontier

At global conferences, from California to Vienna, Sirawaj delivers a recurring message: the future of neuroscience will not be defined only in the West.

“With Western funding tightening and data skewed toward WEIRD (Western, Educated, Industrialised, Rich, Democratic) populations, Asia holds the next frontier,” he says. “Here, curiosity meets unmet need. We can redefine neurotechnology with cultural diversity and speed.”

He envisions a new ecosystem of mind-tech entrepreneurs across Southeast Asia, building innovations rooted in empathy and inclusivity. “Science meets purpose here,” he adds. “We’re not just catching up. We’re reimagining what neuroscience can be.”

A Future for the Human Mind

What gives him hope is humanity’s capacity for transformation. “We’re beginning to see how neuroscience can shape education, urban design, and mental health,” he says. “It’s helping us build societies that are not only smarter, but kinder.”

What keeps him up at night? “The magnitude of what’s still ahead, and the collaboration it takes to bring these ideas to life.”

He smiles, the humility of a scientist who sees beyond his own reflection. “Decades from now, I hope people will say my work helped bridge understanding of the brain and understanding of ourselves, that we didn’t just study the mind, we learned to live with it.”

In an age of noise and acceleration, Sirawaj Itthipuripat’s journey reminds us that innovation begins in silence, in the quiet attention that observes before it creates. Whether decoding neural networks or designing wearable AI, his pursuit is ultimately spiritual: to help humanity remember its own consciousness.

“Technology will keep advancing,” he says softly, “but the greatest frontier is still within. The more we understand the brain, the more we realise that awareness is the real luxury.” 🌱



Luxury, in its truest form, is not defined by possession, but by presence. It is the art of crafting experiences so personal, so deliberate, that they transcend materiality altogether. Few understand this philosophy better than Mercedes-Maybach, the marque that continues to shape the future of modern opulence through the language of craftsmanship and innovation. In Singapore, that legacy enters a new era with the unveiling of two exceptional creations, the Mercedes-Maybach SL 680 Monogram Series, the brand's first-ever two-seater, and the Mercedes-Maybach S 680 EDITION BEYOND 60, a one-of-one tribute to the nation's 60 years of progress. Each car tells a different story, yet both encapsulate the same essence: luxury made personal, and movement made meaningful.

THE MERCEDES-MAYBACH SL 680 MONOGRAM SERIES

Sporty. Passionate. Extravagant.

A new legend is born, one that dares to remove the roof and redefine Maybach luxury under open skies.

For over a century, Maybach has been synonymous with rarefied craftsmanship, a name whispered in the same breath as bespoke ateliers and grand salons. Yet, in 2025, the marque has written an entirely new chapter in its storied lineage with the debut of the Mercedes-Maybach SL 680 Monogram Series, the first-ever two-seater in Maybach history.

Photos: Mercedes-Benz Singapore

The Signature of Sophistication

By Alexis Toh

Mercedes-Maybach unveils two masterpieces in Singapore, each elevating what it means to move in style.





Revealed in Singapore, the model captures the spirit of unrestrained freedom, marrying the elegance of haute design with the heartbeat of performance. It is, quite literally, luxury unbuttoned; the thrill of the open air fused with the serenity of Maybach comfort.

An Open-Top Symphony

With its 4.0-litre biturbo V8 engine delivering 585 hp and 800 Nm of torque, the SL 680 accelerates from 0–100 km/h in just 4.1 seconds. Yet it is not the speed that defines it. It is the sensation. Beneath its sculpted silhouette lies semi-active hydraulic roll stabilisation and fully variable 4MATIC+ all-wheel drive, enabling the driver to dance between serenity and sport with intuitive grace.

Four drive modes, Comfort, Maybach, Sport and Individual, ensure that every journey, whether through city boulevards or coastal highways, feels tailored to one's mood. Acoustic insulation and noise-optimised exhaust engineering guarantee that conversation, or quiet, reigns supreme even at speed.

Bespoke Beauty in Motion

Two curated design concepts, Red Ambience and White Ambience, headline this new collection.



In Red Ambience, the obsidian black metallic body meets Manufaktur garnet red metallic, a hue so rich it appears to glow from within. In White Ambience, the contrast of obsidian black with opalite white magno evokes the elegance of moonlight against night. Each is a study in contrast; power and poise, movement and stillness.

Inside, Manufaktur Exclusive Nappa leather in crystal white envelops the cabin in purity. Silver-chrome accents glint like jewellery, while new floral-patterned seats offer ergonomic perfection wrapped in craftsmanship. It is a cocoon created not for movement alone, but for moments of pure repose.

Beyond these curated palettes, owners may select from over 50 Manufaktur colours, inspired by gemstones, minerals and the changing light of the Côte d'Azur. Every shade becomes a signature, the driver's fingerprint on the canvas of a masterpiece.



The Art of PixelPaint

The SL 680 Monogram Series introduces an innovation that goes beyond aesthetics, a PixelPaint bonnet emblazoned with the Maybach monogram.

Crafted with over 1,000 precision nozzles, this process applies microscopic paint droplets, 20 to 50 microns each, with surgical precision. The result is a bonnet that shimmers with intricate patterns, each line perfectly rendered. Beyond its beauty lies sustainability. The process eliminates spray mist and reduces emissions, marking the future of eco-conscious luxury.

Each bonnet undergoes multiple coats of lacquer, hand-sanded between layers, to achieve a finish so deep it seems liquid. In this creation, technology and tradition unite, the craftsman's hand guided by the precision of modern engineering.

An Icon Reborn

At the front, the Maybach-specific radiator grille with A-shaped contour lowers the car's visual centre of gravity, its vertical slats illuminated like a jewelled gate. A rose-gold accent within the headlights whispers refinement, while the upright Mercedes star atop the chrome-finned bonnet nods to the marque's heritage.

From the rear, twin exhausts with horizontal bars and taillights bearing the Maybach logo affirm the brand's identity, unmistakable, unrepeatable. The 21-inch forged wheels, available in five-hole or multi-spoke design, complete a profile that is both athletic and aristocratic.

This is Maybach in motion, not a car, but a conversation between heritage and horizon. In Singapore's humid dusk, when the roof folds back and the city's skyline glows in reflection, the SL 680 Monogram Series becomes what all Maybachs aspire to be: a symbol of timeless allure and modern ambition.

As Marcel Luis Mustelier Perez, president & CEO of Mercedes-Benz Singapore, remarked, "Singapore is a market that embraces individuality and exclusivity. With the Mercedes-Maybach SL 680 Monogram Series, we bring a dynamic, open-air expression of Maybach luxury tailored for the most discerning customers."

And indeed, for those few who understand that luxury is not about arrival but experience, this is where the journey begins.

THE MERCEDES-MAYBACH S 680 EDITION BEYOND 60

A one-of-one creation celebrating Singapore's six decades of progress.

In a fitting tribute to Singapore's 60 years of transformation, Mercedes-Benz has unveiled the Mercedes-Maybach S 680 EDITION BEYOND 60, a one-of-one masterpiece conceived through its Manufaktur Made to Measure programme. The result is not merely an automobile, but a moving work of art, a reflection of the nation's resilience, vision and relentless pursuit of excellence.

A Celebration of Progress

At its heart beats the celebrated 6.0-litre V12 biturbo engine, producing 612 hp with an effortless surge of authority. The 4MATIC all-wheel drive, AIRMATIC suspension, and E-ACTIVE BODY CONTROL ensure that power is delivered with grace; serenity sculpted into motion.

Inside, the experience is symphonic. The MBUX system with OLED display, active ambient lighting, and Burmester High-End 4D Surround Sound transform each ride into an orchestration of sight, sound and sensation. It is technology as theatre, built for those who do not simply commute but command.



Singapore, Etched in Light

The dashboard bears a laser-engraved depiction of Singapore's skyline, the first of its kind in Maybach history. Created in collaboration with Singaporean multidisciplinary artist Andre Wee, the artwork reimagines the city's horizon as a symbol of innovation, a skyline not of steel alone, but of spirit.

Every line tells a story: the skyscrapers that reach for tomorrow, the bridges that bind, the lights that never sleep. In this singular detail, art and automobile merge, a nation's journey immortalised in motion.

Where Colour Meets Craftsmanship

Externally, the two-tone Maybach paintwork in High-Tech Silver and Manufaktur Exclusive Carneol Red metallic pays homage to Singapore's duality, discipline and dynamism, tradition and transformation. Each coat, applied by hand, captures light differently, silver for composure, red for vitality.

Inside, the harmony continues with Manufaktur Crystal White and Bengal Red Nappa leather, stitched and sculpted to perfection. The colour palette evokes strength wrapped in serenity, a balance that mirrors Singapore's character: bold yet poised.

Even the roof liner becomes art, finished in white diamond-stitched leather with integrated ambient lighting, it bathes the cabin in a celestial glow adjustable to one's mood. Passengers may tune the atmosphere like a conductor commands an orchestra.

Presence in Every Detail

On the C-pillar, discreet "BEYOND 60" lettering gleams beneath the Maybach emblem, complemented by illuminated door sills and an engraved "1 OF 1" badge on the centre console. Beneath, 21-inch multi-spoke forged wheels lend stature without ostentation.

This is luxury defined not by excess, but by expression. The proportions remain unmistakably Maybach, long, fluid, perfectly balanced, yet there is a quiet power in its restraint. Every line seems to breathe purpose; every surface, intention.

Where Emotion Takes Shape

Step inside, and one enters a sanctuary of tactility and light. The high-pile black floor mats edged in crystal white and red stitching complement handcrafted pillows in matching hues. Even the smallest gestures, the hush of a door closing, the whisper of the Burmester system awakening, remind one that true luxury lies in the details.

As Marcel Luis Mustelier Perez observes, "The Mercedes-Maybach S 680 EDITION BEYOND 60 is more than a showcase of craftsmanship. It's a celebration of Singapore's spirit of progress and innovation. To us, luxury is most



meaningful when it becomes a reflection of identity, purpose and vision."

A Vision Beyond Time

The EDITION BEYOND 60 stands as both tribute and prophecy, honouring the past while pointing toward a future of limitless possibility. Through its Manufaktur Made to Measure programme, Mercedes-Maybach envisions a world where personalisation becomes poetry, where each car tells the story of its owner, and of the era it inhabits.

For Singapore, this story is one of ascent: from a small island nation to a global emblem of innovation. For Mercedes-Maybach, it is a statement of belief, that progress and beauty, like performance and peace, need not exist apart.

As the city turns sixty, it does so reflected in the polished curves of a Maybach, the skyline gleaming across its dashboard, the heartbeat of craftsmanship beneath its bonnet. The S 680 EDITION BEYOND 60 is not just built for the road ahead; it is built for the spirit that paves it.

The Future of Excellence

In unveiling both the SL 680 Monogram Series and the S 680 EDITION BEYOND 60, Mercedes-Benz Singapore has illuminated two faces of modern luxury: one under the open sky, the other in a cocoon of quiet majesty.

Together, they form a dialogue between motion and meaning, the sporting pulse of freedom and the sovereign calm of legacy. Each represents more than innovation; each represents identity.

For the discerning few who understand that luxury is an art form, these are not cars.

They are statements of self. 🏡

Step by Step **BERLUTI**

Reimagines Menswear Through a Cinematic Lens

By Wayne Tan

Photos: Berluti Asia Pacific



In the high-octane world of Paris Men's Fashion Week, where flash often trumps finesse and digital theatrics outpace craftsmanship, Berluti has gone in the opposite direction, and won. Their Spring/Summer 2026 presentation didn't scream. It whispered. And the whisper echoed loud.

Set in the cinematic quiet of the Simone & Cino Del Duca Foundation, the collection titled *Champ-Contrechamp* (shot/reverse shot) turned a historic 19th-century townhouse into a multi-storey odyssey of masculine elegance. Berluti didn't just show clothes. They deconstructed what it means to walk through life with style, shifting perspectives like a carefully edited film, flipping angles and playing with perception.

The Maison, long admired for sculpting footwear with the precision of a Renaissance master, reasserted its thesis—timeless form, elevated function, and a touch of madness. This was storytelling in leather. Art direction in cloth. Every step was a frame in motion.

ACT I: Where the Story Begins—Anatomy Meets Art

You walk in. A towering sculpture of a foot greets you. Not metaphorical. Literal. Imagine Michelangelo's David, if he only had a foot, but sculpted to perfection. Welcome to Berluti's *Grand Salon*.

This wasn't just an aesthetic flex. It was anatomical reverence. Berluti reminded us that every stride starts from an overlooked marvel—the human foot. 28 bones. 27 joints. 100 ligaments. And one hell of a burden.

The installation stood surrounded by measurement sheets, referencing the brand's commitment to bespoke shoemaking. The kind of shoemaking that notices a high instep or a curved fifth metatarsal, and adapts. The kind that doesn't force elegance at the cost of comfort. Because Berluti believes you can walk 10,000 steps a day in shoes that make you feel like royalty. It's science, yes. But it's also sculpture.

ACT II: Material Obsession—A Leather Love Story

Step into the *Cordovan Room*, and the air thickens. Not with pretension, but with the heady scent of heritage. Laid out on a long table—pristine hides, each waiting to be reborn into a Berluti creation. Here, material is protagonist, not background.

We meet *Venezia leather*, developed specifically for Berluti shoes—supple, responsive, a patina-lover's dream. There's full-grain calfskin prepped for signature dyeing. Soft suede ready to shape into the Forestière jacket. "Saddle-soft" leather made to drape like silk.

This was not an exhibit. It was an autopsy of luxury. You didn't just see the leather; you understood it. Every hide, every fibre, carried the ghosts of artisans who knew exactly where to cut, bend, and stitch.

This was also a history lesson. The term "cordwainer" (now an extinct word for shoemaker) came from those who worked with Cordovan leather in medieval Europe. These craftsmen weren't tradesmen. They were artists entrusted with making shoes fit for royalty. Berluti resurrected that legacy, not with nostalgia, but with ferocity.

ACT III: Scritto Speaks in Silence

How do you make words wearable?

Berluti answered in the *Library Room* with its iconic *Scritto leather*. Inspired by a notarised deed from 1771, the swirling calligraphy is laser-etched onto leather, transforming contracts into poetry. It's the Maison's signature—bold, unreadable, yet unforgettable.

On shoes. On cigar cases. On overcoats. The message is clear: elegance need not shout to be heard. Sometimes, it just needs to whisper in Latin across your heel.

ACT IV: Pop Colour Meets Pocket Power

Then came a candy-coloured surprise on the first floor: the *Jour de Poche*. Berluti's latest compact city bag got its own dedicated salon, and rightly so. This was no ordinary accessory; it was a declaration of modern mobility.

Sized like a paperback novel but carrying the elegance of a diplomat's briefcase, the *Jour de Poche* bridged utility and luxury. Think Venezia leather sheathing, off-centre zippers, and a leaf-shaped tab, a cheeky wink to Japanese intro boxes. It came in hues like Cognac, Mimosa, Golf Scritto, Grass Green, and Dark Cherry. You could taste the palette.

This was Berluti having fun. Proving they could do bold and refined. That function doesn't kill fashion. It fuels it.

ACT V: Ceci N'est Pas Une Slipper

In the Salon Orange, Berluti dropped its punchline with Magritte-style surrealism: "Ceci n'est pas une charentaise" ("This is not a slipper").

Displayed under that banner? The Shadow sneaker, a 450 g marvel of design that felt more like second skin than shoe. Engineered mesh, cooling fibres, and shock-absorbing memory foam collided with old-school aesthetics—leather lace-up uppers and three-set eyelets.



It was Berluti's most subversive piece. Featherlight. Functional. And quietly disruptive. It didn't look like performance footwear, but it moved like it. A Trojan horse of luxury disguised as leisure.

ACT VI: Style, Full Frame

Finally, the top floor offered a panoramic view of *Parc Monceau* and something even rarer—the complete Berluti man.

Displayed head to toe, the collection came alive through tailored jackets, summer tweeds, and the now-legendary *Forestière jacket*, rendered in aloe-finished linens, midnight blue, lilac, and lime green serge wool. Casual? Yes. But never lazy.

Textures danced across garments—cashmere, silk, cotton, linen—woven into breezy summer pieces that whispered luxury without flaunting it. The message—Berluti isn't tailoring for the red carpet. It's tailoring for real life, with the volume turned up.

Cut. Reverse. Replay.

The brilliance of *Champ-Contrechamp* wasn't just in what was shown but how it was shown. Like the film technique it's named after, the presentation moved between viewpoints, between craft and creation, tradition and technology, footwear and full look. Every room was a scene. Every object, a line of dialogue.

This wasn't fashion week filler. It was a masterclass in story-driven style.

And more than anything, Berluti reminded us that luxury isn't about labels or logos. It's about intimacy. The relationship between material and maker. Between foot and form. Between you and the person you become when you wear something that actually fits; not just physically, but existentially.

Final Scene: The Berluti Philosophy

If you came expecting runway theatrics, you missed the point. Berluti doesn't chase trends. It builds cathedrals. Quietly. Patiently. With soles, stitches, and soul.

They aren't trying to compete in the fashion noise. They're building something too few brands remember how to make—legacy.

In a fashion week obsessed with what's next, Berluti dared to ask, "What if the future was already underfoot? Crafted, contoured, and completely yours?"

Fade to black. Applause optional. Elegance, inevitable. 🏰



Photos: Maison Margiela

MAISON MARGIELA

Unity Across Time and Gender

By Naomi Leong

Parisian haute couture house Maison Margiela has released its CO-ED Spring Summer 2026 collection, a passion project and the debut series from Glenn Martens. As a conceptual collection, it is inspired by new and archival ideas, resulting in a variety of experimental silhouettes.

The runway show also emphasised the themes of unity, creativity and collaboration with the accompanying orchestra of 61 school-aged musicians (ranging from 7 to 15 years old) hailing from Romilly-sur-Seine, organised by the Orchestre à l'École association. Against a backdrop of black Greco-Roman columns, light grey curtains, and white music stands and a piano, each model and musician's individuality was beautifully underscored.



Martens's collection revisits the brand's history, and reintroduces it to a modern audience while adapting and evolving archival concepts. This is introduced at the start of the show as a proposition: how to elevate the art of tailoring. The first outfit is one of many takes on the tuxedo waistcoat front with its plunging neckline. The construction of the shoulders is sharply rounded with a dart, which means the armholes trace the line of the socket. This results in a very sleek and slim shape.

The tailoring features fastenings like ties, reminiscent of Maison Margiela's staff blouse and several outfits include pants with an extremely low crotch to create a more defined long silhouette. Both the design and the new "tailoring proposition" prove versatile, adapting effortlessly to leather, wool, and even denim. This is especially important as denim is a significant fabric throughout the Maison's history.

The tuxedo waistcoat cut has been integrated into classic garments such as leather jackets and trench coats. This creates stunning draped lapels that can be folded away and hidden in the outerwear, giving more variety in presentation. This inventive interpretation makes the style suitable for indoor and outdoor wear as well as fitting for men's and women's fashion.

Maison Margiela also offers new ideas for slip dresses. Instead of having tailored jackets layered over them, the slips themselves are the outer layer over the jackets.

Similarly constructed as vintage designs, the dresses can shine more as statement pieces. These oversized slips are gathered and fitted on the models in a wide range of ways, secured with tape. Certain shirts and trousers get the same treatment, draping over and completely covering tailored suits.

The CO-ED collection also refines concepts from Maison Margiela's runway shows, such as the Artisanal 2025 collection. This is best seen in the floral knitwear, which is made by embossing printed paper onto the material. This results in a peeled 16th-century wallpaper effect. Some floral patterns are printed, while others are scanned from real flowers, and featured on the draped and wrapped silk dresses. The placement of the printed florals is meticulously aligned to the garment's draping for a refined finish.

Another feature of the Artisanal 2025 collection is plasticisation, showcased by a plasticised top that was made from clustered upcycled jewellery. Silk jackets are entirely plasticised to become raincoats, while the silk dresses are constructed and held together by a bodice of wrinkled taping. The plastic sheen spectacularly contrasts with the soft fabrics and organic imagery, emphasising visual unity.

As for footwear, Maison Margiela's past collections include the heelless shoe concept and the Tabi Claw. Inspired by the traditional Japanese sock, the Tabi Claw is a summer sandal that is designed with a moulded plexi heel. Meanwhile, heelless footwear come from an archival Maison concept, which consists of a hidden heel within the shoe. They come in flats, pumps, western-styled and knee-length boots. There is also The Future, a high-top sneaker with wide straps wrapped around it.

The CO-ED collection also features a selection of accessories designed in innovative ways. For example, silk scarves are attached to tailored jackets, coats and tuxedo shirts at the neckline, turning these tops into ready-to-wear evening pieces for any special occasions. The Box Bag is crafted from soft leather with reinforced edges made with Thermoforming technology. It is ornately embellished with a metal trim, and the straps can be tucked inside to convert it into a clutch. The cluster jewellery complements the outfits, lending a subtle accent that accentuate the colours.

However, the most prominent piece across the collection is the Four Stitch Mouthpiece. Each model wore the mouth accessory, which gave them a distorted yet uniform expression. This approach explores the themes of anonymity and accessibility, suggesting that anyone can step into a model's shoes and look their best. Overall, the CO-ED collection is a wonderful experiment in unisex fashion. 

Perpetuating A Dream: Introducing The **Excalibur Grande** **Complication** By Roger Dubuis

By Priyanka Elhence

The limited-edition Excalibur Grande Complication stands as a grand tribute to the house's commitment of crafting unique timepieces.



Playing with mechanisms is deeply ingrained in the DNA of Roger Dubuis, and as the elite Maison approaches its 30th anniversary, the new Excalibur Grande Complication reveals unexpected aesthetics and the combination of a perpetual calendar, a minute repeater and a tourbillon.

A Grande Complication is the title given to any watch that is fitted with at least three additional functions. Not only does the exclusive timepiece honour 30 years of a singular watchmaking journey, but it also combines the rarity of three prestigious complications and a Biretrograde signature, each awarded the Poinçon de Genève certification of excellence. It is also a guarantee of origin, sublime functionality and horological precision. In high horology, each of these complications are known for their deep complexity in design; and here, they combine as a testament to Dubuis' mastery as a watchmaker.

Now, in 2025, a second Grande Complication calibre is born. Making its world debut at Watches and Wonders Geneva 2025 earlier this year, the Excalibur Grande Complication is limited to 8 pieces only.

Photos: Roger Dubuis

Once again, the construction neatly encompasses a perpetual calendar, a minute repeater, and an automatic tourbillon, all within a single refined movement. The Calibre RD118 delivers 60 hours of power reserve and is further accentuated by different finishes that are used across the calibre's appearance, where every surface of the 684 components is meticulously hand-decorated.

Building a perpetual calendar is no easy feat, and for Dubuis, the difficulty was part of the attraction. To account for the complexities of the Gregorian calendar, it must be built with a faultless mechanical memory, allowing it to remain accurate for decades into the future. This includes the automatic calculations for months with 28, 30, or 31 days, as well as the adjustment for leap years (which take place every four years). By meeting this necessary and highly elaborate demand, the Excalibur Grande Complication does not require any manual correction until the year 2100—and then not again for 100 more years after that.

This perpetual calendar then goes further still, by presenting its information on a Biretrograde display, allowing the calendar's hands to move gracefully along the semi-circle scales, before immediately returning to zero at the end of their cycle. The Biretrograde display seen in the Excalibur Grande Complication includes an individual scale for the day of the week, and another for the day of the month, both equipped with the Excalibur's skeletonised hands featuring a semi-instantaneous jump.



Accompanying the scales is a month disc between 11 and 12 o'clock, and a small leap year indication alongside.

The new timepiece also features a familiar balance in the layout of the complications on the dial. Although slightly tilted by an extra degree, the symmetrical alignment of the perpetual calendar and automatic tourbillon is a graphic tribute to Roger Dubuis' timepieces of the past, such as the vintage Millésime pocket watch of 2015.

The Excalibur Grande Complication also has the Minute Repeater complication built into the calibre, distinctive for its musicality, and the special attention to details paid to its melodic arrangement. Invented as a means of telling the time at night before the advent of electric lighting, the Minute Repeater is considered one of the most challenging horological complications and requires the watchmaker to act like a musician, carefully adjusting and fine-tuning the sounds as if the timepiece were an instrument.

Here, the tritone chime is activated via the pusher on the left-hand side of the case. The information on each cam is mechanically read by the Minute Repeater's main feeler-spindle system, which passes it on to the racks enabling the hammers to strike the gongs.

Roger Dubuis has also implemented another advanced function in this Minute Repeater complication. For extra security, the "all or nothing" mechanism requires the pusher to be pressed all the way in. Only then can the chime be activated, eliminating the risk of harming the mechanism by accidentally triggering it.

For Dubuis, a tourbillon was the perfect way to gain extra space in a calibre, where more complications and aesthetic expression could be added, and the Excalibur Grande Complication is the best demonstration of that spirit and vision. Positioned between 5 and 6 o'clock, it is a flying construction (like all classic Roger Dubuis tourbillons), and is built in signature style. From the mirror-polished cage inspired by the Celtic Cross to the ingenious use of lightweight, non-magnetic titanium, it neatly encompasses the Maison's innovative and spellbinding approach.

The watch is completed with an interchangeable 3D brown calf-skin leather strap and a pink gold pin buckle, while offering an unrestricted view of the mechanics inside through a transparent sapphire crystal caseback. 



Gordon & MacPhail Unveils the World's Oldest Single Malt Scotch Whisky

Launched in October 2025, the Generations Glenlivet 85 Years Old is expected to stake its claim as the oldest single malt Scotch in the world

By Priyanka Elhence

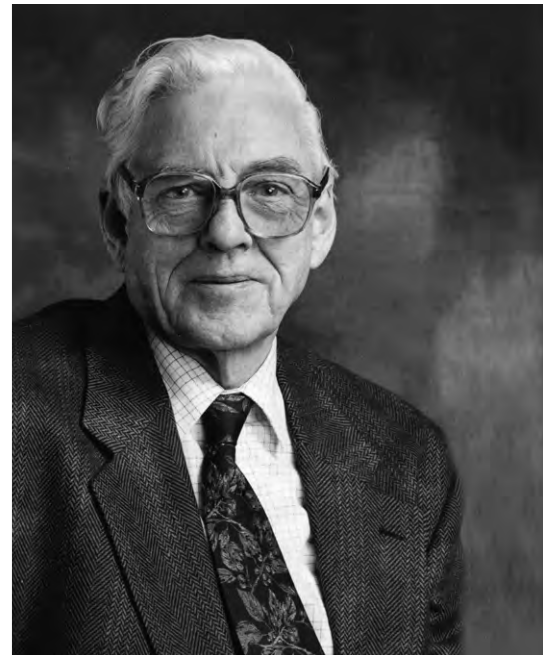


For 130 years, Gordon & MacPhail (G&M) has been driven by a simple mission: to create single malt Scotch whisky of exceptional quality. Through four generations of family ownership, the company has matched its own casks with spirit from over 100 Scottish distilleries. It is this unique experience of cask curation that allows G&M to consistently deliver a range of quality whiskies, nurtured from cask to bottle, found nowhere else in the world.

Timing is everything. G&M will only release a whisky when over a century of experience determines it is appropriate to do so. Leaving each cask to mature, undeterred by commercial necessity, is a long-held, unnegotiable mantra, a fitting way to honour the integrity of each release. As a result, G&M's whiskies are often the oldest expression ever to be released from a particular distillery.

And now, G&M, the legendary Scotch whisky creator and Scottish family-owned whisky curator behind some of the most important cask releases of the last century, has released a single malt to honor George Urquhart, member of the second generation of the company's owning family, in what would have been his centenary year. Long a pillar of the Scotch whisky community, George Urquhart, fondly known as 'Mr. George', is considered by many whisky historians to have created what would become the single malt Scotch whisky market.

Set to be released in October 2025, G&M announced the world's oldest single malt Scotch whisky, the Generations 85 Years Old from Glenlivet Distillery.



Photos: Gordon & MacPhail and La Maison du Whisky

Distilled in 1940, drawn and matured in a single American oak cask for 85 years, with a 43.7% ABV (the legal minimum for Scotch is 40%), the Generations 85 Years Old is officially the world's oldest single malt Scotch whisky in history. The extraordinary spirit was drawn from Cask 336 earlier this year on 5th February, with only 125 decanters in existence worldwide, priced at £125,000 each. This long maturation has imparted deep, complex flavours to the whisky, with vibrant, full-bodied notes that remain remarkably robust.

Of these limited-edition treasures, Singapore will receive an exclusive allocation of 2 to 3 bottles, available exclusively by private sale through La Maison du Whisky (LMDW), the long-time Asia-Pacific partner of G&M. "Releases like this are not about age alone, they're about intent. The ability to mature a whisky for 85 years without compromise, and then bring it to market with integrity, requires extraordinary vision," says Diego Araud, managing director of LMDW Asia-Pacific. "As long-time partners of G&M, we understand what's at stake when handling spirits of this calibre. Our role is not just to sell bottles, but to place them in the hands of collectors who respect what they represent: not just a historic age statement, but a legacy of craft and curation."

Back in 1940 when Scotch whisky was dominated by blends, Gordon & MacPhail, Johnnie Walker, Ballantine's, Bell's, and Dewar's were the usual household names when it came to quality whisky. However, while G&M was focused on bottling single malts, and aged single malts, not even George Urquhart could have foreseen that the whisky inside cask 336 would lie undisturbed for eight-and-a-half decades.

"This whisky is truly exceptional due to its remarkable history and unique maturation process. The influence of the cask, combined with the rarity and scarcity of the liquid, creates a whisky with a strength of 43.7% ABV that is not only extraordinary in its taste but also a living piece of history," said Stephen Rankin, director of prestige at G&M and fourth-generation family member. "It's a real challenge when the whisky gets down to that level," he explains. "That process of evaporation is going to slowly start to accelerate – so it's important to catch that exact point. As the whisky grows older, the frequency of our sampling increases."

Bottling an 85-year-old whisky in 2025 necessarily comes with quite a lot of fanfare. The 125 bespoke decanters – with the theme 'Artistry in Oak' – were designed in collaboration with American award-winning architect, Jeanne Gang, incorporating four bronze branches that cradle the decanter itself. "I was excited to learn about everything involved in whisky's creation. Each careful step lends something to a whisky's unique flavor. Then, there are years of protecting the casks so they can age. In architecture, these elements of materiality and time also play a critical role in the design process. Both are about creating something enduring, so this is what I found inspiring about this opportunity to design a decanter for Gordon & MacPhail's 85-year-old single malt whisky," said Jeanne Gang, American architect. The final design will be unveiled in October 2025.

Singapore's allocation is expected to arrive in late 2025. These will be offered by invitation or private appointment only, reinforcing Singapore's reputation as a destination for rare spirits and collector-grade releases. 🌲



Photos: Vanta

VANTA

Singapore's \$30 Million Private Club Set to Become a Hub for Culture, Connection & Creativity

By Priyanka Elhence

Opening this December at the newly transformed MacDonald House on Orchard Road, Vanta is set to redefine Singapore's private members' club scene with a \$30 million, 16,000 sqft space designed for Asia's cultural and business tastemakers, reflecting the evolving values of Asia's new tastemakers.

An invite-only destination and poised to be Singapore's boldest and most ambitious private members club yet, Vanta is where Asia's leading tastemakers will gather for experiences ranging from Michelin-starred cuisine by acclaimed chef Alvin Leung to rare, investment-grade whiskies, fine wines, and sakes, and power networking connections.



A \$30 million overhaul featuring a two-level dining and salon club space boast contemporary flair and timeless elegance, as Italian marble, quartz finishes, and bespoke materials converge to set a sophisticated tone. “Vanta represents the intersection of influence, culture and connection within Singapore’s dynamic landscape. We aren’t just creating a beautifully designed space,” said Wayne Lin, CEO of Vanta. “We’re cultivating an ecosystem where leaders, creators, and investors come together to spark meaningful ideas and lasting impact. Our vision is for Vanta to become the epicentre of innovation and cultural exchange in Asia,” he said.

A defining feature of Vanta will be its innovative approach to food and drink, with Vanta’s culinary story being authored by Michelin-starred consulting chef Alvin Leung (of Forbidden Duck and 15 Stamford fame), whose menu promises fearless, flavour-forward plates and ingredient-led dishes. The charismatic Leung’s humorous wit and personality have established him as a global celebrity chef; and the self-proclaimed ‘Demon Chef’ is one of only two rare self-taught chefs to achieve a 3-Michelin star status, which he earned at his restaurant Bo Innovation, in Hong Kong.

As a Michelin-starred chef, the 64-year-old, Hong Kong-born Canadian chef is celebrated for his unique style of Chinese cuisine, which creatively blends traditional flavors with modern techniques, evident with his unique ‘X-treme Chinese’ cuisine at Bo Innovation, which reinvents centuries-old ingredients and traditional recipes with modern techniques and flavours, delivering novel dishes in tune with contemporary palates.

Leung also operates restaurants of various cuisines spanning the globe including Hong Kong, Toronto, Singapore and Dubai. They include Forbidden Duck (classic Cantonese); R&D (contemporary Asian); and Demon Duck (Pan Asian), his award-winning restaurant at the Banyan Tree Dubai.

At Vanta, Leung’s vision for the menu honours classic Chinese culinary traditions, using only top quality, premium ingredients to elevate the overall dining experience for his first ever Club concept. And since Leung’s audience at Vanta can be considered ‘somewhat captive’, he plans on keeping the intrigue and mystery going with visual elements accompanying his plates, another new for him. “This one is special,” Leung said. “This project has its difficulty because it’s in a private club and not open to the public, which means my audience is restricted. So, I’ve got to create something really unique, but it has to be comfortable so Club members don’t just come once but they come back, bring their friends here and brag about it; and also make it envious for a lot of other people who will not have access.” He ends by saying, “It’s going to be Asian, it’s going to be Alvin Leung, but the price range may differ.”

In essence, the concept delivers a striking visual sensation inspired by the diverse flavours of Asia. Animation and lighting play a key role in setting the mood, while the seasonal menu will evolve to complement the changing themes, delivered across visually stunning presentations, against an ambience that dynamically shifts to create an immersive experience. “There’s nothing out there that anybody has not seen,” Leung acknowledges. “The Club is going to be a visual sensation, and I have to bring food that involves a bit more sensation than just cuisine,” he says.

Complementing Leung’s novel food programme, the beverage programme at Vanta reads like a collector’s wish list too, with members having access to an ever-evolving collection of specially sourced, investment-grade whiskies, rare single malts and collectible bottlings seldom encountered by even seasoned connoisseurs, alongside storied vintages and limited-release wines from top estates. For Japanese aficionados, there is also a curated selection of small-batch sakes, including aged kōshu and prized junmai daiginjo, from Japan’s legendary producers.

In fact, the cellar is central to Vanta’s identity, housing storied vintages and limited-release wines from the world’s most prestigious vineyards. Regular private tastings, masterclasses with world-class distillers, winemakers and sake brewers, and intimate maker-led events will bring members face-to-face with the people and provenance behind each bottle. This signature whisky, wine, and sake programming is set to stand as an independent and unique cornerstone of the Club’s identity, not simply a complement to the Club’s dining prestigious dining programme. Exclusive tastings of elusive spirits, private masterclasses with globally celebrated distillers and sommeliers, and immersive exploration of rare sakes will regularly connect enthusiasts with makers and experts at the pinnacle of their craft. 🍷



Photos: Regent Seven Seas Cruises®

Brand New Suite Categories on Seven Seas Prestige™

By Priyanka Elhence

Regent Seven Seas Cruises® introduces a new legacy of elegance at sea with the unveiling of brand new suite categories aboard the Seven Seas Prestige™.

Regent Seven Seas Cruises®, the world's leading ultra-luxury cruise line, has unveiled new stunning suite designs aboard its newest ship, Seven Seas Prestige™, marking the beginning of a new legacy of elegance and unbridled opulence.

Elite passengers will have full access to a front-row 'suite' to the ever-changing theatre of the sea, with the recent launch of Skyview Suites, Grand Loft Suites and Horizon Penthouse Suites, all part of an ultra-luxury, all-inclusive collection of Suite Categories.

Set to be delivered in late 2026, Seven Seas Prestige™ follows the unrivalled success of Regent's Explorer-Class vessels (also built by cruise shipbuilding leader Fincantieri), and will mark Regent's first new ship class in 10 years.

At 77,000 tons and hosting just 822 guests, Seven Seas Prestige™ offers one of the highest passenger-to-space ratios in the cruise industry, delivering more Unrivalled Space at Sea™ than ever before. Each spacious suite has a private balcony, offering unparalleled views of the places you've dreamed of exploring.

Accommodation in the 12 distinctive categories is complemented by elegant, thoughtfully designed public spaces and lounges such as the Starlight Atrium and Galileo's Bar. There is also a total of seven specialty restaurants and 11 dining experiences onboard the prestigious cruise line, which includes Azure, a new mezze-style Mediterranean concept.

Of the newly launched categories, the cruise line has once again raised the bar with the reveal of its most anticipated category—the Skyview Regent Suite, the largest all-inclusive, ultra-luxury cruise ship suite in history, which is set to be unveiled shortly.

Starting at \$25,000 per night, the extraordinary 8,794 sq ft, two-level Skyview Regent Suite offers panoramic ocean views and an impressive array of features. These include 3,703 sq ft of wraparound balcony space, two bedrooms, two-and-a-half bathrooms, an elegant living room, a floating natural stone staircase alongside a private in-suite elevator, a personal gym and sauna, an expansive walk-in closet, a formal in-suite dining area with a glass-enclosed bar, as well as exclusive access to The Study, a private dining venue for up to 12 guests.

“At Regent, we are committed to setting new standards in ultra-luxury travel, and the Skyview Regent Suite is a true embodiment of that promise,” said Jason Montague, chief luxury officer for Regent Seven Seas Cruises®. “At nearly 9,000 sq ft, this breathtaking two-level suite delivers the most exclusive and elevated experience at sea, complete with every imaginable luxury included in the voyage fare. As Seven Seas Prestige™ sets sail on her inaugural season in December 2026, visiting the Caribbean and Europe's most iconic destinations, the ship's 12 suite categories, including the Skyview Regent Suite, will offer our discerning guests a once-in-a-lifetime way to experience the world, with all the comfort, elegance, and Heartfelt Hospitality™ that defines Regent.”

Other newly launched categories include the two-storey Skyview Suites with serene private rooftop terraces, the expansive two-level Grand Loft Suites with dramatic floor-to-ceiling windows, and the Horizon Penthouse Suite featuring oversized balconies for magnificent ocean views.





“At Regent, we pride ourselves on delivering Unrivalled Space at Sea™, and with the accommodation aboard Seven Seas Prestige™, I can confidently say that we have once again raised the bar with this collection of suites offering an unparalleled luxury unlike anything the cruise industry has seen before,” continues Montague.

Designed by Studio DADO, the 411 all-balcony suites showcase exceptional craftsmanship and meticulous attention to detail, qualities that will be evident throughout the 77,000-ton, 822-guest Seven Seas Prestige™. Beginning a new legacy of elegance that will be Unrivalled at Sea™, every accommodation aboard Seven Seas Prestige™ is a masterpiece of design and comfort, building on Regent’s storied heritage by reimagining the classic, infamous suites found across The World’s Most Luxurious Fleet®, as well as adding innovative new categories.

“The suites aboard Seven Seas Prestige exemplify the ultimate blend of classic elegance and modern sophistication,” said Yohandel Ruiz, founding partner, Studio DADO. “Each suite showcases a seamless fusion of old-world craft and contemporary design, with each space offering a blend of comfort, style, and elegance. We’re especially excited about the debut of the Skyview Suites. The space. The view. They’ll make for a truly unforgettable experience.”

Claudia Farfan, associate, Studio DADO, added, “Our goal was to design the suites with a high-end residential

feel, so they are warm and welcoming. We relied on a neutral palette throughout, which gives a classic, almost timeless feel, but with pops of gem-like color to keep the designs fresh and contemporary.”

The new features will further elevate The Most Inclusive Luxury Experience™, which Regent is renowned for, with inclusions such as unlimited shore excursions in every port of call, gourmet cuisine in a range of specialty and al fresco dining venues, fine wines and spirits, onboard entertainment, Starlink WiFi access, valet laundry service, pre-paid gratuities, and a one-night pre-cruise hotel package for guests in Concierge-level suites and above.

As part of The Most Inclusive Luxury Experience®, all suites benefit from Regent’s Heartfelt Hospitality delivered by a welcoming and anticipatory crew, as well as an ever-expanding menu of inclusive amenities, allowing guests to enjoy a relaxed, pampered, and truly carefree holiday.

Take a closer look at the newly unveiled suite categories:

Skyview Suites

The Skyview Suites are available in three distinct layouts. Comprising 6 suites in total, the Skyview Aura Suite (2,024 sq ft), Skyview Luna Suite (1,728 sq ft), and Skyview Sola Suite (1,325 sq ft) will be situated on Decks 14 and 15, offering a sophisticated, high-end residential feel personal butler service.



An in-suite elevator transports guests to the terrace deck with shaded areas and jetted tubs that provide gorgeous views and opportunities for al fresco dining. Creating a luxurious and timeless experience, each Skyview Suite has its own unique layout and character, with design elements that combine classical detailing, a colour palette of cool greys with black accents and pops of ruby red, clean lines, plus luxurious materials. The living areas are styled with a refined tone-on-tone décor with jewel-hued accents, while the dining spaces feature custom millwork and sculptural furniture.

Grand Loft Suites

With their contemporary, sophisticated design, the 856 sq ft four-storey Grand Loft Suites are inspired by the feel of a brand new Lower Manhattan residence. A dramatic double-height space and extraordinary window wall create jaw-dropping views from the upstairs loft bedroom, which faces directly toward the horizon. A neutral palette, tone-on-tone subtlety, and clean, tailored lines lend the suite a timeless yet modern character, with materials, fixtures, and fabrics carefully selected for their richness, comfort, and understated elegance.

Horizon Penthouses

Featuring a beautifully appointed bedroom, full bathroom, and spacious living area, passengers can also look forward to an oversized 182-263 sq ft balcony with outdoor dining, a plush sofa and sun loungers aboard these exclusive 15 suites, for a seamless blend of indoor elegance and open-air relaxation.

Signature Suites

Offering a total of 2,037 sq ft, each of the four Signature Suites are designed with a rich colour palette and the finest fabrics across two spacious bedrooms and two spa-like bathrooms, along with a generous living room. A private wraparound balcony (one of the largest at sea at 1,023 sq ft) extends the living space outdoors, making it ideal for entertaining or simply soaking in the view.

Grand Suites

Eight Grand Suites feature clean lines, mid-century mod inspired furniture, and a colour palette that features neutrals complemented with rich shades of green. The design highlights Italian artistry with textured fabrics and woven leather accents, creating a sophisticated and luxurious ambiance. At 1,214 sq ft to 1,417 sq ft, the suite houses a private terrace as well as a dining room for in-suite meals.

Prestige Suites

Ranging from 813 sq ft to 1,354 sq ft, the 12 thoughtfully designed Prestige Suites are decked in calming hues of cream, gray and brown, featuring one-bedroom, one-and-a-half bathroom, complete with a dining table for in-room service, a spacious closet and an elegant, spa-like bath.

Seven Seas Suites

Providing 721 sq ft of luxury, each of the six Seven Seas Suites have been designed with a soothing colour palette complemented by plush furnishings. The suite's open concept flows effortlessly from the living room to the dining area to the bedroom, with sliding glass doors leading to a spacious private balcony. A magnificent en-suite bathroom sits adjacent to the oversized bedroom and large walk-in closet.

Penthouse Suites

Rich textiles, inviting tones, and thoughtful designer details define the 89 Penthouse Suites. Spanning 609 sq ft from entryway to balcony, each suite has been designed to maximise space and comfort. Guests can choose to separate the bedroom and living area with pocket doors for added privacy. Additional features include a spacious walk-through closet and butler service.

Concierge Suites

Ranging from 440 sq ft to 485 sq ft, the 142 Concierge Suites aboard Seven Seas Prestige™ offer a sophisticated retreat complete with a well-appointed bathroom and a spacious, furnished veranda. Guests also enjoy the added benefits of priority online dining and shore excursion reservations, plus a one-night pre-cruise hotel package. 🏡

The \$5,000 Reset

Asia's Most Transformative Wellness Retreats

by Christina Yip

Photos: Freepik

Wellness travel is no longer just a luxurious indulgence—it has become a carefully engineered intervention. In Asia, a new breed of destination retreats is redefining the experience of self-care. These are not simply places to relax; they are meticulously designed sanctuaries where guests undergo deep physical, emotional, and cognitive resets in just a matter of days. They draw from a diverse blend of modalities—Western medicine, Eastern traditions, nutritional science, and performance psychology—and they come at a cost: upwards of \$5,000 for a long weekend.

Yet for the growing number of professionals, entrepreneurs, and high achievers suffering from burnout, exhaustion, and decision fatigue, this price tag is no deterrent. Instead, it's seen as an investment.

These retreats offer guests the chance to check out of modern life and return home recalibrated—mentally sharper, physically lighter, and often carrying a roadmap for longer-term lifestyle change. From clinical detox programmes in Thailand to integrative healing in Bali and high-altitude immersion in Bhutan, Asia's wellness retreats are becoming destinations of profound renewal.

Reimagining Wellness Travel: From Indulgence to Intervention

Not long ago, a luxury wellness vacation meant spa treatments, massage menus, and perhaps a bit of yoga overlooking a tropical beach. While those elements still exist, today's high-end retreats focus on outcomes: improved energy, better digestion,



Retreats now begin with health assessments, medical screenings, or biofeedback analysis.

Guests are guided by wellness experts, integrative physicians, physiotherapists, and nutritionists.

deeper sleep, hormonal balance, and stress regulation. The experience is designed to be immersive and personalised—less about temporary pampering and more about sustainable well-being.

Retreats now begin with health assessments, medical screenings, or biofeedback analysis. Guests are guided by wellness experts, integrative physicians, physiotherapists, and nutritionists. The treatment protocols span multiple disciplines: manual therapies, breathwork, low-inflammatory diets, circadian alignment, and emotional regulation through evidence-based practices. Each component is curated not just for relaxation, but for impact.

As Asia emerges as the epicentre of this new wave of wellness retreats, travellers from the U.S., Europe, and the Middle East are flocking to the region—not for the view alone, but for the depth of transformation it offers. Let's explore some of the continent's most compelling destinations for a modern reset.

Thailand: Precision Wellness Meets Five-Star Hospitality

Thailand has long attracted wellness seekers with its balance of tradition and hospitality, but it is now home to some of the world's most advanced, medically integrated retreats. At the forefront is RAKxa Wellness & Medical Retreat, located just outside of Bangkok. Here, the concept of transformation is backed by clinical data. Upon arrival, guests undergo comprehensive testing—blood panels, gut microbiome analysis, metabolic rate measurement, and in some cases, hormone or genetic profiling. Based on these results, a personalised programme is designed.

Treatments at RAKxa may include intravenous nutrient therapy, infrared sauna sessions, cryotherapy, deep-tissue physiotherapy, lymphatic drainage massage, or even acupuncture and traditional Thai medicine. Nutrition plays a critical role, with menus curated by functional medicine practitioners and prepared by award-winning chefs using organic, anti-inflammatory ingredients.

A typical 3- to 5-day stay costs between \$5,800 and \$10,000, depending on the scope of diagnostics and treatments involved. Guests report improvements in energy levels, digestion, and sleep, along with insights they take home in the form of post-retreat health plans. The setting is serene—private villas surrounded by gardens and water—but the heart of the experience is scientific rigor.

Other notable options in Thailand include Chiva-Som International Health Resort in Hua Hin, which has long been a pioneer in integrated wellness and now offers programmes tailored to sleep optimisation, weight loss, and immune resilience.

Bali: The Island of Healing Reimagined

Bali's spiritual reputation is well known, but its evolution into a serious destination for evidence-based healing is what now sets it apart. At the elite COMO Shambhala Estate, nestled in the jungle outside Ubud, guests are treated to a multidisciplinary experience that blends holistic Eastern approaches with Western diagnostics and performance coaching.

Each programme begins with a consultation that assesses physical and emotional health. Guests are then guided through personalised sessions in Ayurvedic therapy, physiotherapy, hydrotherapy, breath coaching, and yoga. The retreat's culinary philosophy supports detoxification and metabolic balance, offering plant-based, low-glycemic meals designed to reduce inflammation and stabilise energy.

The emphasis here is not on spirituality but on functional health. Practices such as lymphatic massage, sound therapy, guided meditation, and stress coaching help recalibrate the nervous system. Though rooted in traditional frameworks like Ayurveda, the delivery is secular and modern. Guests come for many reasons: burnout, insomnia, anxiety, digestive problems, or simply the need to reset from high-performance living.



A five-day stay at COMO Shambhala typically costs \$5,500 to \$8,000, depending on room selection and treatment add-ons. It includes all meals, daily consultations, and curated treatments. The experience is both immersive and nurturing, with privacy and discretion at its core.

Bhutan: A Return to Stillness in the Mountains

For those seeking profound mental clarity and emotional reset, Bhutan offers an experience unlike any other. In a country that prioritises Gross National Happiness over GDP, wellness is embedded in the national identity. At retreats like Six Senses Bhutan, guests undertake a multi-lodge wellness journey across the Himalayan valleys of Thimphu, Paro, Punakha, and Gangtey.

Each lodge provides a unique aspect of the retreat—from breath-focused practices at high altitude to forest immersion and therapeutic bathing in mineral springs. Activities include guided hikes through ancient trails, outdoor movement sessions, mindfulness training, and traditional herbal body therapies. The experience is quiet, screen-free, and stripped of digital interference. Guests are encouraged to leave their devices behind, which creates space for introspection and recovery from mental overstimulation.

The lodges are luxurious but intentionally minimalist, with design elements that reflect the surrounding landscapes. Programmes often last 4–6 nights and cost upwards of \$6,000 per person, including accommodation, wellness sessions, local excursions, and meals. Unlike more clinically focused retreats, the transformation here is psychological and emotional—guests report feeling grounded, mentally clear, and emotionally balanced.

Bhutan's retreats are especially appealing to travellers who feel overstimulated by urban life and want a reset that is as much environmental as it is internal.

India: Rooted Healing with Modern Application

India's ancient wellness traditions are increasingly being adapted into structured, medically supervised programmes that appeal to a global audience. Ananda in the Himalayas, located above Rishikesh, exemplifies this fusion. Set in a 100-acre estate overlooking the Ganges River, Ananda offers structured wellness immersions ranging from stress management to gut healing and immune resilience.

While programmes are inspired by Ayurveda, yoga, and meditation, they are framed around scientific protocols. Guests undergo body composition assessments,



nutrition consultations, and health history reviews. The treatments may include herbal oil therapies, breath-centred practices, personalised fitness plans, and anti-inflammatory diets designed to correct imbalances. Meditation and mindfulness are presented in universal, non-denominational ways, focused on calming the nervous system and enhancing focus.

A five-night retreat costs approximately \$5,500–\$7,500, including all therapies, meals, accommodation, and consultations. The setting itself is a part of the healing—the Himalayan air, serene gardens, and quiet spaces all contribute to a sense of deep rest. Guests often leave not just rejuvenated, but with a concrete understanding of how to carry those changes into everyday life.

Japan: Quiet Luxury for Subtle Realignment

In Japan, wellness is approached with simplicity and refinement. Retreats like Amanemu in Ise-Shima or Hoshinoya Karuizawa provide environments where guests can slow down, realign with nature, and restore balance without the need for dramatic detoxes or diagnostic scans. Healing here is subtle but effective.

At Amanemu, for example, programmes include thermal onsen bathing, forest walks, guided stretching, and macrobiotic dining. There is an emphasis on regulating the body's internal clock, improving digestive efficiency, and calming the nervous system. Stress reduction is the primary goal—not through medical intervention, but through the cumulative effect of quiet, curated rituals and nature immersion.

Though less aggressive than some other retreats, these programmes are ideal for those recovering from low-grade exhaustion or sensory overload. Guests often find their sleep patterns improve, inflammation reduces, and cognitive clarity returns after just a few days.

Three-night curated stays begin at \$5,000–\$7,500 and include all meals, wellness services, and access to the property's healing environments. It's wellness delivered through stillness rather than stimulation.

Conclusion: Why the \$5,000 Reset is Worth More Than a Price Tag

Asia's most transformative wellness retreats are no longer simply destinations for escape—they are destinations for evolution. The experiences they offer are grounded in real expertise, and they appeal to travellers who are no longer content with surface-level pampering. Instead, they seek a reset that carries through into life after the retreat: clearer thinking, deeper sleep, better energy, healthier habits.

Whether it's the clinical sophistication of Thailand, the mind–body integration of Bali, the elemental clarity of Bhutan, or the elegant stillness of Japan, these retreats are setting new benchmarks for what it means to travel for wellbeing.

And for those who have reached the limit of what weekends at home or routine self-care can offer, a \$5,000 investment in a few days of expert-guided transformation may just be the most worthwhile journey they take all year. 🌿



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.

Exclusive Guerlain Treatments at Beau-Rivage Palace, Switzerland

By Priyanka Elhence

Wellness is an art. With its years of know-how and expertise, Guerlain ensures that every single treatment is an outstanding and personalised experience.

Unveiled in 1861 on the shores of Lake Geneva in Lausanne, the Beau-Rivage Palace has been majestically weaving its charm at the base of the Swiss Alps for over 160 years. Within this serene sanctuary, privileged guests can indulge in a rejuvenating gateway at the Guerlain Spa, renowned for its exclusive wellness experiences inspired by the radiant Swiss Riviera, a rare oasis of beauty and well-being in the heart of Lausanne.

Both the spa and hotel embody luxury and excellence, making the art of living and beauty an absolute ethos

for every single moment. One was born in Paris in 1828, and the other on the shores of Lake Geneva in Lausanne in 1861. Guerlain has been an expert in beauty since 1939, with the creation of one of the very first beauty salons in the world, at 68 avenue des Champs-Élysées in Paris. With this visionary initiative, the art of touch and beauty serve as the foundations of a one-of-a-kind holistic approach to well-being that is entirely personalised. Every gesture combines the highest standards with a perfect understanding of the face and body and their respective needs.

Photos: Guerlain Spa and Beau Rivage Palace



Today, these two iconic Houses are combining their expertise to create the first Guerlain Spa in the heart of the Beau-Rivage Palace. A haven, enchanting the senses and the mind, where Guerlain's expertise shines.

The 1500 sq m Guerlain Spa at Beau-Rivage Palace, nestled in a green setting facing the lake, offers specially designed relaxation areas, a private garden, seven massage and beauty rooms as well as a specific treatment room for the hairdresser. Guests can indulge in water treatments such as the Tropical rain walk, the Turkish bath and ornate hammams, sauna, Jacuzzi, a 15



m indoor swimming pool, and a 20m outdoor pool, not including a fully equipped gym and a personal trainer.

Guerlain offers its signature and latest creations, as well as exclusive treatments meticulously crafted in harmony with the atmosphere, culture, and activities of the location. Inspired by the Guerlain signature, the Spa sprawls out in an elegant atmosphere where natural materials such as wood, marble, and precious metal blend harmoniously. Light shades invoking beige, pale gold, and honey cover every space, creating a warm, soothing ambience.

The signature Guerlain touch is extremely precise, elevated to a unique art form, famous for massages focused on slimming, anti-ageing, or relaxation. The Guerlain Spa menu at the Beau-Rivage Palace features a wide range of signature treatments, offering pioneering expertise in facials and unique know-how for the body. Guerlain draws inspiration from traditional massages and collaborates with specialists from all over the world to invent unprecedented, constantly renewed, precise, and sophisticated techniques to meet every need.

On the face or body, each gesture is controlled, more or less intense, deep or rhythmic, with the elegance of being entirely personalised. This know-how is what creates the multi-sensorial and holistic approach that is unique in the world. Every Beauty Expert in the House listens carefully, ensuring a comforting ambience in which to let go. And as and when required, they offer advice and coaching from a holistic perspective that includes lifestyle, nutrition, breathing, relaxation therapy, and meditation. Conceived as a rejuvenating interlude, each treatment is a source of sensory pleasure and disconnection.

It is with this deep connection in mind that Guerlain has designed four treatments offered exclusively at the Beau-Rivage Palace:

Riviera Glow

A facial that pays tribute to the Swiss Riviera and its endless beauty with this exclusive facial treatment. After a purifying cleanse with micro-crystals, the treatment offers the combined power of light therapy and ultra-draining facial gestures, dramatically boosting results. The action of microcrystals cleanses pores, detoxifies the skin, and enhances blood circulation for a smoother, fresh, and radiant complexion. Combined with light therapy, the effectiveness of the ultra-draining facial technique is multiplied, providing an immediate and extraordinary glow. Only available at Guerlain Spa at Beau-Rivage Palace in Lausanne.

Ballet on Lake Geneva

A tribute to the Béjart Ballet of Lausanne with this infinitely sensory and artistic face and body massage. The sequence of precise and rhythmic movements alternates between deep manual techniques and the gentle ballet of soft brushes. The body relaxes, all tensions dissipate, and the skin becomes soft, velvety, and soothed.

Bath Ritual

A serene tribute to the lake, this Japanese-style bath invites guests to choose from three evocative fragrances: Imperial Bath, Sparkling Yuzu, or La Vie en Rose. A sensory plunge that can be either meditative or enhanced with a restorative scalp massage using the Abeille Royale care brush for the ultimate full-body release.

Hammam Ritual

Crafted by Guerlain exclusively for Beau-Rivage Palace, the hammam ritual offers a choice of five captivating olfactory journeys: Royal Sandalwood, Intense Leather, Rose Amira, Absolus Allegoria, or Shalimar. 🌿

Temasek's Double Bottom Line – Investing for Impact and Future Generations

by Christina Yip

Photos: Freepik

A New Era of Giving

The meaning of philanthropy is evolving. No longer is it defined by one-time charitable donations or elite galas. Instead, a growing number of billionaires, foundations, and sovereign investors are approaching philanthropy as a strategy, a system of capital deployment designed to deliver long-term, scalable impact.

In this new paradigm, Singapore's Temasek Holdings is emerging as a leader. As one of the most influential sovereign investment firms in the world, managing a portfolio valued between S\$430 and S\$440 billion as of 2025, Temasek represents a powerful model of how finance and philanthropy can align. More than an investor, Temasek acts as a steward of capital for future generations, guided by what it calls a "double bottom line", one that seeks both financial return and measurable social and environmental benefit.

Temasek's approach transcends traditional corporate social responsibility. Its commitment to building a better world is embedded into the core of its strategy, from the companies it backs and the funds it develops, to the philanthropic ecosystem it cultivates. This is the art of giving in the 21st century – bold, integrated, and deeply intentional.

Investing for Future Generations

Temasek was established in 1974 to manage Singapore's strategic state-owned assets. Over time, it has evolved into a globally diversified investor with a presence in markets across Asia, Europe, and the Americas. It invests in sectors ranging from advanced manufacturing and financial services to biotechnology, digital infrastructure, and clean energy. But unlike many of its peers, Temasek is not just focused on returns. It has reoriented its mandate to prioritise sustainability and inclusivity as foundational pillars of its investment strategy.

A core part of this shift is its "Sustainable Living" investment framework, which guides capital into companies and sectors that contribute positively to the environment and society. As of 2025, Temasek reported that S\$46 billion of its portfolio is aligned with sustainability goals. This includes S\$39 billion invested in companies whose core business directly addresses environmental or social challenges, such as renewable energy, healthcare access, and inclusive finance, and another S\$7 billion in companies in high-emitting sectors working to transition to cleaner and more responsible operations.

These sustainability-aligned investments make up over 10 percent of Temasek's total portfolio. While this is already significant, the firm has made clear that it views

Temasek has set ambitious climate goals. Its target is to reduce the net carbon emissions of its entire portfolio by 50 percent from 2010 levels by 2030 and to reach net zero by 2050.

this as only the beginning. It is scaling up its exposure to green and inclusive solutions year by year, reflecting its belief that these areas are not only morally necessary but economically smart.

A Commitment to Climate Action

Temasek has set ambitious climate goals. Its target is to reduce the net carbon emissions of its entire portfolio by 50 percent from 2010 levels by 2030 and to reach net zero by 2050. As of the end of fiscal year 2025, total emissions from its portfolio stood at 21 million tonnes of carbon dioxide equivalent – a figure unchanged from the previous year, but significantly lower than the 27 million tonnes recorded just two years earlier. In terms of carbon intensity (a measure of emissions relative to investment value) the company has achieved a 52 percent reduction since 2010.

Temasek's emissions footprint is largely concentrated in a few companies. Five of its largest investees (Singapore Airlines, Sembcorp Industries, PSA International, ST Telemedia, and Olam Group) together account for over 80 percent of total portfolio emissions. This concentration presents both a challenge and an opportunity. By working closely with these major companies to accelerate their decarbonisation journeys, Temasek can dramatically lower its overall footprint and set a precedent for other institutional investors.

The company is already investing in nature-based solutions, low-carbon technologies, and climate innovation. It is also refining its portfolio classification system, categorising each investment based on sustainability performance and alignment, which enables clearer measurement, better risk management, and more informed capital allocation. This is climate action at scale, not only in pledges, but in numbers and operations.

Beyond Profit: The Power of Philanthropic Capital

Temasek's pursuit of impact is not limited to its commercial investment activities. It also deploys philanthropic and



concessional capital through a network of purpose-driven institutions: Temasek Trust, Temasek Foundation, and the Philanthropy Asia Alliance. Together, these entities form a unique ecosystem that allows Temasek to operate across the full capital spectrum, from pure grants and recoverable funding to blended finance and high-impact investment funds.

In 2024, to mark its 50th anniversary, Temasek committed US\$100 million in concessional capital to support climate-related projects. Unlike commercial capital, concessional capital is designed to bear higher risk or accept lower returns in exchange for high social or environmental impact. This funding is being used to support frontier innovations in climate mitigation, including methane reduction in agriculture, regenerative farming, and emerging carbon capture technologies. By absorbing early-stage risk, this capital helps unlock additional private investment and fast-track the development of scalable climate solutions.

Temasek Foundation, the operating arm of its philanthropic mission, also supports a wide range of initiatives focused on public health, early childhood, urban resilience, and education. Its approach is rooted in the belief that philanthropy should go beyond alleviating symptoms, it should tackle systemic problems at their root and catalyse innovation that benefits entire communities.

Inclusive Growth in Action: ABC Impact

Temasek's commitment to impact investing is exemplified by ABC Impact, a fund platform it helped create to support mission-driven businesses across Asia. In April 2025, ABC Impact closed its second fund at over US\$600 million, with participation from the Asian Development Bank and other leading institutions. The fund targets sectors that sit at the intersection of growth and need: climate and water solutions, healthcare access, financial inclusion, education, and sustainable food systems.

One of ABC Impact's standout investments is Aye Finance, a non-bank financial company in India that provides loans to underserved micro and small businesses, many of them owned by women. Another is DCDC Kidney Care, which is expanding access to affordable dialysis in remote areas. In Japan, the fund has backed Tekoma Energy, a renewable energy company developing solar and storage infrastructure in underserved regions.

These are businesses solving real-world problems, and doing so at scale. At the same time, they demonstrate that impact investing doesn't require sacrificing returns. By focusing on sectors that are resilient, future-oriented, and



increasingly in demand, ABC Impact has shown that doing good can go hand in hand with doing well.

Innovation at Home: Building a More Resilient Singapore

While Temasek's investments stretch across the globe, many of its most visible impact initiatives are found at home in Singapore. Temasek Foundation has helped establish the country's first donor human milk bank in collaboration with KK Women's and Children's Hospital, ensuring that vulnerable newborns have access to safe and vital nutrition. The programme has since scaled to serve the entire country, improving infant health outcomes and reducing risks in neonatal care.

The foundation is also investing in disease prevention through science and innovation. It supports the deployment of Wolbachia-infected mosquitoes, a biological method of controlling dengue outbreaks in urban areas, which has already yielded promising results in reducing transmission rates. Another major initiative is the Liveability Challenge, an annual global competition that attracts climate-tech innovators from around the world. In 2025, the challenge received over 1,200 applications from more than 80 countries. Past winners have collectively secured over S\$600 million in follow-on investment, highlighting Temasek's role in helping bring early-stage solutions to commercial reality.

These programmes are not isolated acts of charity. They are part of a deliberate strategy to foster a more inclusive,

resilient, and forward-looking Singapore, a model for what urban philanthropy can look like in the 21st century.

Catalysing Global Collaboration

Temasek also plays a critical role in driving regional and international collaboration through the Philanthropy Asia Alliance (PAA), a platform it launched to bring together philanthropists, institutional investors, governments, and multilaterals around shared impact goals. The alliance has set its sights on mobilising at least US\$1 billion in philanthropic and impact capital for Asia by 2030.

Through PAA, Temasek is helping to fund systemic interventions such as the Decarbonising Rice initiative, which aims to reduce methane emissions from rice cultivation in India, Indonesia, and Laos. Given that rice accounts for a significant share of global agricultural emissions, even modest gains here can deliver outsized climate benefits.

Temasek's partnerships extend to major institutions like the Asian Development Bank, the United Nations, and global academic bodies. By working across sectors and borders, it is shaping a new blueprint for collaborative philanthropy, one that recognises the interconnected nature of the challenges we face.

Conclusion: A Legacy Beyond Wealth

Temasek's model of giving is not defined by charity alone. It is a vision of capital that is accountable to the future. Through a combination of financial discipline, long-term stewardship, and deeply held values, Temasek is demonstrating how an investor can do more than accumulate wealth, it can shape the world.

This model offers important lessons for family offices, philanthropists, and investors around the globe. First, values must be built into the core of investment strategy, not bolted on as a side activity. Second, real impact requires blending different kinds of capital and working in partnership with others. And third, legacy is not measured by financial returns alone, but by the lives improved, the ecosystems preserved, and the institutions strengthened for future generations.

In the age of climate crisis and social upheaval, the art of giving is being redefined. Temasek shows that it can be as strategic, rigorous, and visionary as any investment, and that the dividends of doing good can last far longer than a balance sheet. 🏡



Photos: Freepik

The Rise of China's Next-Gen Philanthropists

Shaping Social Innovation through Capital

by Christina Yip

A New Generation, A New Mindset

In the past two decades, China has witnessed one of the greatest wealth creations in human history. Fuelled by the rise of tech giants, real estate empires, and booming capital markets, the number of Chinese billionaires soared from just a handful in the early 2000s to over 500 by 2025, making China home to the world's second-largest concentration of ultra-high-net-worth individuals (UHNWIs) after the United States.



China's next-gen philanthropists are young heirs, entrepreneurs, and investors, often educated abroad, digitally native, and globally connected, who are rethinking what it means to give.

But over the last decade, a quiet revolution has been taking place. The 2008 Sichuan earthquake, which triggered an outpouring of donations and public activism, was a turning point. So was the rise of internet fundraising platforms like Tencent Charity and Alipay's "Ant Forest", which introduced the idea of mass micro-philanthropy.

What sets the current generation apart is their embrace of strategic giving, using data, innovation, and long-term planning to solve deep-rooted problems. They are more willing to work with international partners, collaborate across sectors, and take risks with early-stage solutions. Their philanthropy resembles venture capital more than traditional aid.

But as the first generation of self-made billionaires begins to pass the baton, a new force is emerging: China's next-gen philanthropists. These are young heirs, entrepreneurs, and investors, often educated abroad, digitally native, and globally connected, who are rethinking what it means to give.

They are no longer satisfied with passive donations or reputation-driven charity. Instead, they are leveraging capital to drive systemic change. Whether funding AI-powered education tools, backing green energy startups, or launching social innovation labs, China's rising class of philanthropists is shaping the future of impact in Asia's largest economy, and beyond.

Beyond Confucian Giving: A Cultural Shift

Historically, Chinese philanthropy has been guided by values rooted in Confucianism, which emphasised personal virtue, family duty, and local charity. Giving was often private, modest, and tightly linked to social reputation or political alignment.

This cultural shift is not only generational, but also geographical. Many of China's new philanthropists hail from tech hubs like Shenzhen, Hangzhou, and Beijing. They bring with them the language of innovation (agile, data-driven, scalable), and apply it to education, climate, healthcare, and social equity.

Profiles in Purpose: Leading Next-Gen Philanthropists

Chen Lei (FutureSeeds Foundation)

A former Tencent engineer turned angel investor, Chen Lei founded the FutureSeeds Foundation in 2019 to fund "high-leverage interventions in child development and mental health". His foundation has backed AI-based diagnostic tools for early autism screening in rural China and invested in digital platforms offering free mental wellness support to students.

In 2024, Chen announced a 10-year, RMB 1 billion commitment to scaling community-based learning models in low-income provinces, combining philanthropy with impact investing.



Zhao Rui & Mei Lin (ZhenLing Social Lab)

Siblings from a family that built one of China's largest logistics networks, Zhao Rui and Mei Lin opted for a different path. In 2021, they co-founded ZhenLing Social Lab, a Shanghai-based think-and-do tank that develops social innovation pilots in partnership with local governments.

Their focus areas include urban resilience, elderly care, and digital inclusion. They've developed a "mobile care pod" model for ageing populations that won the 2023 Social Design Award in East Asia, and helped over 30,000 elderly residents in four provinces access mobile health and social services.

Liang Kai (Kai Impact Partners)

Educated at Stanford and a former associate at Sequoia Capital China, Liang Kai launched Kai Impact Partners in 2022, a family office-turned-impact fund. His thesis is bold: that the next unicorns will not only be tech disruptors, but social problem-solvers.

He has invested in early-stage ventures like:

- A carbon-trading blockchain platform for SMEs
- A modular water purification startup for inland provinces
- A platform for disabled gig workers in the digital economy

By 2025, the fund had deployed over US\$120 million, and was preparing to launch a second fund focused on decarbonisation and health equity in ASEAN.

Philanthropy with Chinese Characteristics

While these next-gen leaders are clearly global in mindset, their approach remains uniquely Chinese in several ways.

First, they understand the need to align closely with the state. Unlike Western philanthropy, which often operates in parallel or even in tension with the government, China's civil society operates within a more tightly managed space. As a result, the most effective philanthropists build public-private models that complement national priorities, such as rural revitalisation, common prosperity, and digital inclusion.

Second, they are deeply pragmatic. Rather than funding ideology or advocacy, they focus on tangible results, often within measurable timeframes. Projects are piloted, scaled, and adjusted like business ventures.

Third, they embrace technology as a force multiplier. Mobile platforms, AI, blockchain, and big data are not just tools, they are at the centre of how these philanthropists design and deploy solutions.

From Donors to System Architects

One of the most important evolutions in China's philanthropic landscape is the shift from project-based giving to ecosystem building.

For example, the China Social Innovation Forum, launched in 2022 with support from the Alibaba Foundation, brings together entrepreneurs, academics, local officials, and investors to co-design public solutions. The forum has incubated more than 80 cross-sector initiatives in areas like sustainable agriculture and rural e-commerce.

Similarly, Tencent Charity's annual "99 Giving Day", once just a digital fundraiser, has become a sprawling platform for community building, attracting over 70 million donors and 300,000 NGOs each year. It showcases how philanthropy in China is increasingly participatory, decentralised, and tech driven.

Moreover, the emergence of donor-advised funds (DAFs) and family foundations, still relatively new in China, is enabling next-gen wealth holders to

experiment with more sophisticated, long-term philanthropic strategies. The growth of legal structures to support charitable trusts and hybrid capital funds also signals a maturing ecosystem.

Challenges Ahead: Regulation, Trust, and Transparency

Despite this progress, China's philanthropic sector still faces key challenges.

Regulatory uncertainty remains a major hurdle. Since 2017, China's Charity Law and Foreign NGO Law have placed stricter controls on fundraising, international cooperation, and reporting. While these laws aim to ensure accountability, they can also limit flexibility and innovation, particularly for cross-border initiatives.

Public trust is another issue. A series of high-profile charity scandals in the past have left some donors wary. As a result, transparency and governance are becoming top priorities for next-gen philanthropists, who are investing in third-party audits, open data platforms, and stronger impact measurement frameworks.

Finally, there is the question of scale. Many high-impact projects remain small or regional in scope, lacking the coordination or policy support needed to go national. Bridging the gap between successful pilot and systemic reform will be a central challenge for this generation.

The Future of Giving in China

What's clear is that philanthropy in China is no longer a backroom affair or a ceremonial duty. It is becoming a dynamic, experimental space where young leaders are shaping new models of civic engagement, public service, and inclusive innovation.

These next-gen philanthropists are redefining wealth as not only something to be preserved or displayed, but deployed. They see giving not just as a moral obligation, but a form of capital activism, where money, data, and design converge to solve problems faster and at scale.

With China's ongoing push for "common prosperity" and a growing appetite for mission-aligned investing, the stage is set for philanthropy to play a transformative role in the country's future. As the new stewards of capital rise, their legacy will not just be measured in renminbi, but in lives changed, systems improved, and futures made possible. 🏞️





Redefining Luxury

The New Language of Travel
for the Discerning Few

by Sumila Wong

Photos: Freepik

Destinations that once seemed peripheral are now centre stage in the luxury landscape, precisely because they offer what the world lacks: space, soul, and story.

In a world where time has become the ultimate privilege, the definition of luxury is evolving. Gone are the days when marble-clad suites, champagne minibars, and thread-counts alone defined the high life.

They are no longer collecting passport stamps or ticking off hotel chains. They are seeking rare air – experiences that transform rather than impress, that restore rather than dazzle. Luxury has evolved into something quieter, more thoughtful. It's no longer about what you can see but what you can feel – peace, immersion, transformation. The ultra-luxury traveller is seeking not just a change of scenery, but a shift in perspective. They are stepping away from the spotlight in search of something far rarer: stillness, connection, and meaning.

Welcome to the new frontier of ultra-luxury travel: curated, conscious, and completely off the map.

A New Definition of Luxury Travel

The new luxury is deeply personal. With the world increasingly at our fingertips, the affluent traveller is no longer impressed by access alone. The new luxury is not about having more – it is about experiencing less, better.

This refined mindset is shaping the next era of travel, characterised by four defining traits:

- Personalisation without pretense: Journeys built around curiosity and individuality, not status.
- Immersion overindulgence: Deep cultural experiences that honour local traditions and people.
- Silence as sanctuary: The kind of quiet that recalibrates your entire nervous system.
- Discretion as luxury: Destinations so intimate they aren't advertised, only whispered about.

These values are shaping not just how people travel – but why they travel. Destinations that once seemed peripheral are now centre stage in the luxury landscape, precisely because they offer what the world lacks: space, soul, and story.

What Today's Ultra-Luxury Traveller Truly Wants Bespoke

Forget off-the-shelf itineraries. Every journey with fourwinds is unique – conceived from scratch, built around private access to people, places, and moments few even know exist. Whether it's a silent ritual with Bhutanese

monks or a behind-closed-doors dinner in a Venetian palazzo, these are not experiences money buys. They are experiences trust builds.

True Restoration

Silence is the new status symbol. Our clients increasingly seek journeys where they can recalibrate in nature's most untouched corners – sound-healing in Himalayan forests or stargazing from the Saudi desert. Here, peace is not passive – it's profoundly active.

Adventure With Purpose

Luxury no longer means excess. It means experience. Imagine galloping across Mongolia's steppes at dawn, hiking Peru's Sacred Valley with a local shaman as guide. Each moment is an opportunity to feel alive – and to reconnect with something primal.

Complete Discretion

Today's elite don't want luxury to shout. They want it to whisper. The journeys are often un-Googleable – shared only through word of mouth and accessed via private aviation, hidden helipads, or deeply trusted concierge channels like fourwinds who know not just where – but how.

Destinations Defining the Future of Luxury Travel

These places aren't just visually stunning. They represent a shift in what we value. They are remote without being inaccessible, rich in culture without being curated for outsiders, and luxurious without ever saying so.

Mongolia's Gobi Desert: Elemental and Untamed

Vast, cinematic, and almost mythological in scale, Mongolia's Gobi Desert speaks to those craving a return to the elemental. Here, luxury is not constructed – it is felt in the sheer scale of silence and the hospitality of nomadic elders who share tea, stories, and skies unmarred by artificial light.

Luxury ger camps dot the desert like mirages – blending traditional craftsmanship with discreet comfort. Days are spent eagle hunting on horseback or exploring ancient Buddhist monasteries buried in sand. Nights unfold under stars so vivid, they feel unreal.

This is not a place for itinerary-ticking. It's a place to vanish – and reemerge.

The Sacred Valley, Peru: Sacred Rituals and Solitude

Beyond the well-worn path to Machu Picchu lies the Sacred Valley – a landscape that invites reverence rather than tourism. High-altitude eco-retreats, often run in partnership with local Quechua communities, offer guests the chance to experience traditional Andean healing ceremonies, participate in farming rituals, and learn from the region's indigenous wisdom keepers.

Helicoptering into rarely accessed valleys, guests stay in remote lodges designed for reflection, not fanfare. Here, sustainability isn't an optional extra – it's embedded in everything from architecture to agriculture.

The Sacred Valley reflects the future of luxury: intimate, spiritual, and in service of both land and lineage.

AlUla, Saudi Arabia: Desert as Cultural Canvas

AlUla is emerging as one of the most enigmatic destinations in the Middle East, blending heritage with bold creativity. Its sandstone canyons cradle ancient Nabatean tombs, while contemporary art installations and music performances reimagine the desert as a stage for cultural expression.

For those who seek privacy and poeticism, AlUla offers both. Boutique accommodations built from natural materials echo Bedouin aesthetics, while spa experiences rooted in desert botanicals add a tactile layer of authenticity.

Here, the past and future exist side by side. It's not about escapism – it's about returning to what was always sacred.



Kyoto, Japan: Ritual, Refinement, Reverence

In Kyoto, luxury does not announce itself – it bows quietly. This is a city where centuries-old traditions are preserved with almost meditative care. A private tea ceremony with a master, a visit to a hidden garden, or time with a Buddhist monk becomes a transformative act – not for show, but for soul.

Access here is about trust, not transaction. The most meaningful experiences – learning the philosophy behind kaiseki cuisine, being fitted for a kimono by hand, or joining morning chants at a Zen temple – require patience, respect, and a willingness to go slowly.

Kyoto is a lesson in restraint – and proof that luxury often lies in what's left unsaid.

The Return of the Grand Tour – Reimagined

The idea of the Grand Tour is centuries old: an extended, immersive journey once undertaken by Europe's elite to cultivate intellect and taste. Today, the concept is returning, not as a social rite of passage but as a response to a world moving too fast.

But this new Grand Tour isn't just about Europe's cultural capitals. It's about stitching together journeys across continents that nourish the intellect, soothe the nervous system, and provoke emotional resonance. Below are a few such contemporary chapters in this evolving tradition.

Scandinavia's Remote North: Stillness Under the Aurora

From Norway's Lofoten Islands to Sweden's Arctic Circle, Scandinavia is leading the movement toward quiet, nature-focused luxury. In remote fishing villages and protected national parks, travellers find lodges that champion sustainability and indigenous heritage – particularly that of the Sámi people.

Experiences range from heli-skiing across glaciers to foraging for ingredients used in hyper-local fine dining. Under the aurora borealis, nature feels not just beautiful – but benevolent, a collaborator in your renewal.

In the Scandinavian north, luxury lies in the elements – and the ability to surrender to them.

Japan's Iseshima Peninsula: Spiritual Minimalism and Craft

Tucked away from Tokyo's velocity, the Iseshima Peninsula offers a different rhythm. Home to Japan's most sacred Shinto shrine, Ise Jingu, this region invites travellers to experience what Japanese culture calls *ma* – the space between moments.

Pearl farms, centuries-old pilgrimage paths, and minimalist ryokan retreats offer immersion in a way of life that honours quiet craftsmanship and deep ecology. Staying here isn't simply restful – it's regenerative.

Iseshima reflects a distinctly Eastern interpretation of luxury: not accumulation, but subtraction.

The Alps, Austria: Health as Haute Hospitality

In a world of burnout and biohacking, high-end wellness retreats are becoming the new luxury staples. In Austria's Tyrolean Alps, elite medical-spa hybrids like Lanserhof Lans are rewriting the travel experience around holistic health.

Combining advanced diagnostics with ancient therapies, guests embark on highly personalised journeys – whether for hormonal balance, post-viral recovery, or simply to reset. Cuisine is functional, architecture is calming, and silence is treated as a therapeutic force.

Here, rejuvenation isn't a service – it's the ethos. And the return on investment is measured in vitality, not vanity.

Europe's Art Cities: Privacy Among the Masterpieces

While cities like Florence, Rome, and Venice will always be icons, their role in luxury travel is evolving. The true elite experience in these cultural capitals now lies in access

without crowds: private museum viewings, invitations to artist salons, or time with restorers working on centuries-old frescoes.

Timed to events like the Biennale in Venice or Art Basel in Switzerland, these art-focused journeys offer the rare chance to engage with creativity without mediation. No tour groups, no velvet ropes – just uninterrupted presence in the world's great creative works.

The luxury isn't the art itself – it's the way you're allowed to experience it.

A More Conscious Kind of Luxury

At the heart of all these journeys is a unifying principle: Luxury today is defined by discernment, not display. It's the ability to choose presence over pressure, to favour depth over breadth, and to engage with the world in ways that feel intimate and intentional.

The destinations shaping this new wave of travel – whether in the deserts of Arabia, the steppes of Mongolia, or the mountains of the Andes – offer not only beauty, but perspective. They ask something of the traveller. They invite introspection.

And perhaps that is the greatest luxury of all: to step out of the noise, and into a story that changes you. 🌿



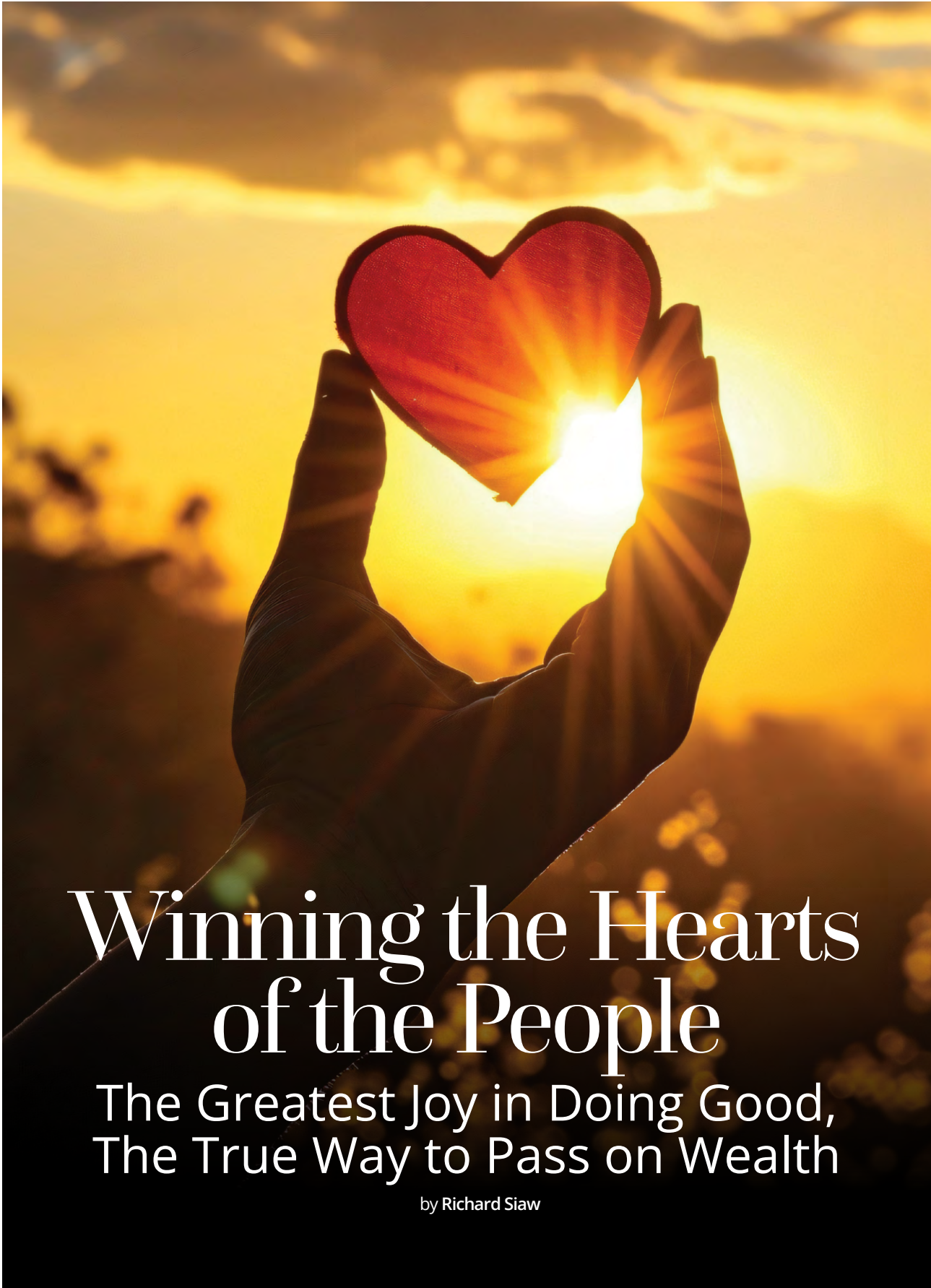
About The Writer

As a founder of the bespoke travel agency, FourWinds, I've always been drawn to the challenge of thoughtful problem-solving. Not simply to fix, but to elevate. I find inspiration in the creative process: whether it's unraveling the narrative of a true crime documentary, fine-tuning a home-cooked dish, or crafting travel experiences that linger long after the journey ends.

Cooking, for me, is both a meditative ritual and a creative outlet, a way to transform the raw into the refined. Much like storytelling, it's about layering detail, texture, and emotion into something that connects. My background in publishing shaped my deep respect for words, and for the transformative power of stories to shift perspectives and inspire meaningful change.

That same appreciation for narrative guides my work in luxury travel. I believe the most memorable journeys are not just well-designed. They are deeply personal. Travel is an ever-evolving dialogue between self and world, and I find joy in curating experiences that reflect that, blending culture, cuisine, and authenticity with elegance and intention.

Whether through words, food, or far-flung destinations, I'm always in pursuit of discovery, crafting stories and experiences that resonate, refine, and reveal.

A hand holding a red heart against a sunset background. The sun is low on the horizon, creating a warm, golden glow with rays of light. The hand is positioned in the center, holding the heart up to the sun. The heart is a vibrant red color. The background is a mix of orange, yellow, and dark blue, with some clouds visible.

Winning the Hearts of the People

The Greatest Joy in Doing Good,
The True Way to Pass on Wealth

by Richard Siaw

“Those who win the hearts of the people win the world.”

This ancient saying reveals the essence of both governance and conduct. History has shown that only those who understand the needs of the people and place them at the heart of all decisions can gain lasting support; those who lose the people’s trust will ultimately decline, no matter how strong their power or wealth. The hearts of the people form the firmest foundation and the path to enduring prosperity. In today’s world – whether in leading a nation, a business, or a family – only by treating others with sincerity and earning trust through integrity can one achieve lasting stability and progress.

When applied to the inheritance of wealth, this saying carries equal wisdom. Wealth is not merely the accumulation of money – it is the continuation of values and spirit. Only by acting with compassion and integrity can a family’s prosperity be passed from generation to generation. True “success” lies not only in external wealth, but in a righteous family culture and shared purpose. Win people’s hearts, and wealth will endure; unite people’s hearts, and legacy will flourish.

As the old saying goes, “The greatest joy comes from doing good.” True happiness lies not in the possession of gold or silver, but in peace of mind and the joy of giving. When a person sees wealth as a tool rather than an end, life acquires a deeper meaning. Hence, the true “art of wealth inheritance” is not the transfer of assets alone, but the transmission of moral values. It is the transformation of wealth into goodwill – a form of cultivation that transcends generations.

The True Meaning of Wealth – From Possession to Purpose

Wealth has never been merely a numbers game. It is a vessel of social trust and responsibility – a symbol of one’s wisdom, diligence, and contribution to society. But when wealth is confined to possession and display, it turns against its creator, trapping one in a prison of desire. True wealth lies not in “what I have” but in “for whom I create value”.

Industrialist Andrew Carnegie once said, “A man who dies rich dies disgraced.” He devoted over 90% of his fortune to education and public causes, establishing libraries, schools, and research institutions – turning wealth into an engine of human progress.

In the East, Chinese culture has long upheld the principle: “When one prospers, one should help the world.” Ancient wisdom has taught us many lessons, including “Acquire wealth through righteousness; use it with morality.” This philosophy of balancing justice and profit forms the spiritual foundation of Chinese communities worldwide.

In this regard, two of Singapore’s early pioneers – Tan Kah Kee and Lee Kong Chian – stand as living embodiments of “winning the hearts of the people and thus winning the world.”

Tan Kah Kee rose from humble beginnings through frugality and hard work, amassing great success in business, yet he poured his fortune into education and national service. He founded Xiamen University and The Chinese High School (Hwa Chong Institution), and even in his most difficult times, he never wavered in his belief that “education is the foundation of a nation; without it, no country can stand.”

His wealth nurtured countless talents and inspired unity and pride among his people. His true legacy did not lie in the factories or assets he once owned, but in the moral authority he commanded through service. He embodied the Confucian ideal of the righteous businessman who values morality above profit.

Similarly, Lee Kong Chian, another Singaporean philanthropist, exemplified the true meaning of wealth through selfless giving. A successful entrepreneur, he turned his attention to education and social welfare rather than personal indulgence. In 1953, when Tan Lark Sye established Nanyang University, Lee pledged to donate 10% of all total public contributions – S\$1,045,688 – and fulfilled his pledge early. When the Hokkien Huay Kuan (clan association) named a primary school “Kong Chian School” in his honour, Lee humbly refused, sending word to have the character “前” (Chian) removed; the school was later renamed “Kong Hwa School”.

He also supported hospital construction and founded educational funds under the belief that “wealth comes from society and should return to society.”

The lives of these two pioneers teach us a timeless truth: To acquire wealth is an ability; to use wealth wisely is wisdom; but to share wealth is a calling.

When a person understands that “to help others is to fulfil oneself”, the heart expands and resonates with the world.



The Joy of Doing Good – The Happiness of the Soul

In our fast-paced, competitive world, many chase success and recognition yet rarely find inner peace. Why? Because they pursue possession rather than contribution.

Psychological studies have long shown that helping others releases dopamine, serotonin, and oxytocin in the brain – creating deep and lasting joy. This is the scientific explanation behind the timeless saying: “It is more blessed to give than to receive.”

Tan Kah Kee repeatedly declined offers to have monuments or biographies made in his honour. He once said, “Doing good for the sake of fame is not true goodness.” His lifelong charity work sought no reward yet earned him enduring respect. Lee Kong Chian shared this belief – he regarded charity as a natural duty, not a badge of honour.

Their joy did not come from rising wealth figures, but from witnessing the tangible benefits their efforts brought to others – the progress of society and the happiness of the people. This spiritual fulfilment surpasses any material gain.

True joy in doing good (为善最乐) is a state of enlightenment. It frees one from the anxiety of possession and opens the “freedom of giving”. When a person

understands that “to help others is to fulfil oneself”, the heart expands and resonates with the world.

The Way to Transmit Wealth – Responsibility, Wisdom and System

The transmission of wealth is not merely inheritance – it is the continuation of responsibility. Throughout history, families that endure for centuries do so not because of how much wealth they possess, but because of the depth of their values.

In his family letters, Tan Kah Kee often reminded his descendants: “Build your home through diligence and frugality; make integrity your foundation.” He warned that wealth without virtue becomes a curse. Through his actions, he taught his children that wealth should flow into society, not remain locked behind closed doors.

Lee Kong Chian understood this equally well. Beyond his personal philanthropy, he institutionalised his giving by founding the Lee Foundation, ensuring that his charitable vision would live on. To this day, the Foundation remains one of Singapore’s most influential philanthropic organisations, supporting education, healthcare, the arts, and community development.

This reflects the wisdom of institutional inheritance – ensuring that goodwill is no longer dependent on individual virtue but embedded in sustainable social mechanisms.

Thus, the art of wealth transmission can be distilled into three key pillars:

Education: Impart knowledge and character as the most enduring legacy.

Philanthropy: Channel wealth towards the advancement of society.

Institutionalisation: Transform goodwill into lasting institutions that endure beyond one's lifetime.

Together, these form the core of the modern Chinese entrepreneurial spirit.

Family Legacy – Wealth Beyond Gold and Silver

The ancients lamented, “Wealth rarely lasts beyond three generations.” Yet the lives of Tan Kah Kee and Lee Kong Chian prove that when virtue guides a family, wealth can truly endure through generations.

Chinese statesman and military general of the late Qing dynasty – Zeng Guofan, once said, “A frugal family prospers; a diligent one stays strong.” The strength of a family lies in its virtues of thrift and benevolence. If a family teaches its descendants only to “keep money” but not to “keep virtue”, its fortune will quickly dissipate. But if it passes down diligence, honesty, righteousness, and compassion, even modest means can rebuild prosperity.

Tan Kah Kee's descendants have continued his legacy through contributions to education, technology, and social service. Lee Kong Chian's descendants, too, uphold his principle of “benefiting society before oneself”, keeping the family's influence vibrant. Thus, the essence of family inheritance lies not in preserving wealth, but in preserving values. Wealth is a means; virtue is the soul.

Business and Society – Making Goodness the Core of Growth

Enterprises are the cells of society, and the vision of entrepreneurs shapes the direction of civilisation.

Tan Kah Kee, in managing his rubber enterprises, prioritised the welfare and education of his employees, promoting the belief that “profit should be guided by trust and righteousness.” Lee Kong Chian implemented profit-sharing systems in his companies to ensure that workers grew together with the enterprise. Long before the concept of Corporate Social Responsibility (CSR) emerged, both had already embodied it in practice.

Their examples remind us that the ultimate purpose of business is not profit maximisation, but social value maximisation. In today's world, more companies are integrating sustainability and Environmental, Social, and Governance (ESG) into their core strategies. This upholds the vision of the pioneers – that businesses are not merely economic entities, but stewards of moral and social responsibility. Profit may build enterprises, but purpose builds civilisation.

Conclusion – Let Goodness Be the Soul of Wealth

The progress of human civilisation arises not from the accumulation of wealth, but from the circulation of goodwill. Wealth creates prosperity; only virtue creates happiness.

“The greatest joy is in doing good; the true way of passing on wealth lies in kindness.” This is more than a proverb – it is a philosophy of life and society. It reminds us that wealth is not the destination but the bridge; goodness is not a burden but a strength.

Tan Kah Kee and Lee Kong Chian proved through their lives that “those who win the hearts of the people win the world; those who touch the hearts of others pass on true wealth.” Their fortunes became schools, libraries, and foundations; their spirits became trust, gratitude, and hope.

May we inherit their wisdom – to root wealth in goodness, wield it with purpose, and guide it with love. Let every flow of wealth warm a human heart. True abundance lies not in what you own, but in what you give. Doing good is the beginning of happiness; passing on wealth with virtue is the continuation of civilisation. 🙏



About The Writer

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得民心者得天下

为善最乐, 传富之道

by Richard Siaw



得民心者得天下：为善最乐，传富之道

财富之外的真正幸福

“得民心者得天下”，道出了治国与处世的根本。历史证明，体察民情、以民为本者，方能得众人拥护；失民心者，即使国势再强也终将衰败。民心是最坚实的根基，也是长久之道。在当今社会，无论治国、治企或治家，唯有以诚待人、以信服众，才能行稳致远。

放在财富传承中，这句话同样深刻。财富不仅是金钱的积累，更是价值与精神的延续。唯有以仁厚之心待人、以信义凝聚家族，方能让财富代代相传。真正的“得天下”，是家风正、心齐志同；得人心，才能守财富；聚人心，方能传天下。

古语云：“为善最乐。”真正的幸福，并不在于拥有多少金银，而在于心安理得、乐于施予。当一个人把财富视为工具，而非目标，他的生命便拥有了更高的意义。因此，所谓“传富之道”，绝不仅仅是资产的传递，更是精神与价值的传承。它是一种将财富化为善意的过程，是一场跨越世代的修为。

财富的真义——从占有到使命

财富，从来不只是数字的游戏，而是社会信任与责任的载体。它象征着一个人或家族的智慧、勤奋与社会贡献。但当财富仅停留在占有与炫耀层面，它便会反噬创造者，使人陷入欲望的牢笼。真正的富有，不在于“我拥有什么”，而在于“我能为谁创造价值”。

实业家安德鲁·卡内基曾说：“一个人死时仍然富有，是一种耻辱。”他将九成的财富投入教育与公益，创办图书馆、学校与研究机构，使财富成为人类文明的助力。而在东方，中华文化自古强调“达则兼济天下”。古人云：“取之有道，用之有义。”这种“义利并举”的思想，成为华人社会延续千年的精神底色。

在这方面，新加坡两位民族先驱——陈嘉庚与李光前——堪称“得民心者得天下”的现实典范。

陈嘉庚先生一生勤俭，白手起家，却将巨额财富投入教育与民族事业。他倾资创办厦门大学、华侨中学，甚至在经济最困难的时期仍不改初心。他的信念朴实而崇高：“教育是国家的根本，舍此无以立国。”

他的财富，不仅培育了无数人才，更激发了民族的自信与凝聚。陈嘉庚的影响力，并非来自他曾经拥有多少工厂或资产，而在于他赢得了人心。他以实际行动诠释了“富而好礼”“义重于利”的儒商精神。

另一位新加坡慈善家——李光前——同样以无私奉献书写了财富的真义。他早年经商成功，却不沉溺于享乐，而是将重点放在社会福祉与教育事业上。1953年陈六使先生建立南洋大学后，李光前承诺认捐所有捐款总数的10%，1,045,688新元，并很早把捐款付清。因大力资助福建会馆建立的小学，福建会馆把学校取名为“光前学校”，但后来李光前知道后坚决不肯，派人把学校招牌的“前”字摘下，后会馆把学校易名为“光华学校”。、支持医院建设、设立教育基金，秉持“取诸社会，用诸社会”的信念。

两位先驱的生命轨迹告诉我们：

占有财富是能力，善用财富是智慧，而分享财富才是使命。

为善最乐——灵魂层面的幸福

现代社会节奏加快，竞争激烈，许多人终日为名利奔忙，却难得内心的平静。原因何在？因为他们追求的是“拥有”，而非“贡献”。

心理学研究早已证实：当人帮助他人时，大脑会分泌多巴胺、血清素与催产素，带来真实而持久的愉悦感。这正是“施比受更有福”的科学注解。

当一个人懂得“帮助他人就是成就自己”，
他的心便不再狭隘，而是与世界共鸣。



陈嘉庚先生曾多次拒绝为自己树碑立传，他说：“为善而求名，非真善也。”他一生行善不求回报，却因此赢得了后世最深的敬意。李光前亦如此，他将行善视为人生的自然之举，而非荣耀的装饰。

他们的“快乐”，不是来自财富数字的增长，而是来自看到社会进步、民众受益的满足感。这种精神上的富足，远胜任何物质的积累。真正的“为善最乐”，是一种境界。它让人超越占有的焦虑，进入“施予的自由”。当一个人懂得“帮助他人就是成就自己”，他的心便不再狭隘，而是与世界共鸣。

传富之道——责任、智慧与制度

“传富”不仅是财产的继承，更是责任的延续。

纵观历史，家族能延续百年的，从来不是因为财富多，而是因为价值观深。

陈嘉庚先生的家书中常告诫后辈：“勤俭立家，诚信为本。”他强调，财富若无德为根，必成祸端。他用自己的行动，为子孙树立了榜样：财富要流向社会，而非囿于一室。

李光前先生亦深谙此理。他不仅捐资办学，还设立李光前基金会（Lee Foundation），通过制度化方式让善行长存。该基金会至今仍是新加坡最具影响力的慈善机构之一，长期支持教育、医疗、艺术与社区建设。

这正体现了“制度传富”的智慧——让善意不依赖个人意志，而成为可持续的社会机制。

“传富之道”，因此可归纳为三大要素

- （一）教育传富：让知识与品格成为最稳固的遗产。
- （二）公益传富：让财富成为社会进步的动力。
- （三）制度传富：让善意超越个人寿命，成为家族与社会的常态。

这三者相辅相成，构成了现代华商精神的核心。

家业传承——财富不止于金银

古人常叹：“富不过三代。”但陈嘉庚、李光前的故事恰恰证明，若以德传家，财富便能“富以代代”。

曾国藩言：“家俭则兴，人勤则健。”家族之兴，在于勤俭之德、仁义之心。一个家族若只教子孙“守钱”，而不教他们“守德”，再多的财富也将流散；若能传下“勤、诚、义、仁”的家风，即使家道清贫，也能再起。

陈嘉庚的家族后人多投身教育、科技与社会服务领域，延续了他“以义传家”的精神；李光前的后人亦秉承“利社会而后利己”的信念，让家族影响力历久弥新。因此，家业传承的核心不是“保有财富”，而是“延续信念”。财富只是手段，家风才是灵魂。

企业与社会——让善成为发展的内核

企业是社会的细胞，一个企业家的格局，决定了社会的走向。

陈嘉庚在经营南洋橡胶事业时，重视员工福利与教育培训，主张“以信取利、以义制利”。李光前在其公司制度中推行“利润共享”，让员工与企业共成长。

这种理念，远在“企业社会责任（CSR）”概念出现之前，便已深植于他们的经营哲学。

他们行动告诉我们后人企业的最终使命，不是利润最大化，而是社会价值最大化。当今世界，越来越多企业将“可持续发展”“ESG（环境、社会与治理）”纳入核心战略。这正是先驱精神的延续——企业不再只是经济体，而是道德与社会责任的承担者。利润能成就企业，使命能成就文明。

结语——让善意成为财富的灵魂

人类文明的进步，从不是财富堆砌的结果，而是善意流动的成果。财富可以创造繁荣，但唯有善能创造幸福。“为善最乐，传富之道”，不仅是一句箴言，更是一种社会哲学。它提醒我们：财富不是终点，而是桥梁；善不是负担，而是力量。

陈嘉庚与李光前两位先驱，以一生的实践证明：“得民心者，方能得天下；得人心者，方能传财富。”他们的财富，化作学校、图书馆、基金会；他们的精神，化作信任、感恩与希望。

愿我们继承他们的智慧——以善为根，以富为器，以爱为心，让财富的每一次流动，都温暖人心。真正的富足，不在你拥有什么；真正的快乐，在于你给予多少。为善最乐，是幸福的起点；传富之道，是文明的延续。



About The Writer

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The Science of the Giving Heart

How Generosity Rewrites the Body's Chemistry and multiplies Health Beyond the Self

By Dr Chrystal Fong Chern Ying



Photos: Freepik

Synopsis:

The Science of the Giving Heart explores how generosity is a biological catalyst for healing.

Modern research reveals that altruistic acts ignite neurochemical cascades: oxytocin, dopamine, and endorphins that soothe the stress response, regulate inflammation, and enhance cardiovascular health.

The psychology of compassion shows that kindness spreads. One small act of empathy can ripple through families, workplaces, and communities – improving mood, reducing stress, and supporting both mental and physical health.

The Science of the Giving Heart demonstrates that giving is its own kind of medicine. It helps the giver and receiver feel and live better.

The Act of Giving. How Does That Make You Feel?

For some, it begins as a simple impulse: a quiet tug at the heart, a warmth that rises from within. You notice someone's need; a weary colleague, a struggling friend, a stranger's unspoken sadness, and before you know it, your hand, your time, or your heart has already extended.

In that moment, the giver often feels a blend of gratitude, purpose, and connection – a quiet joy that transcends the act itself. The receiver, on the other hand, may experience relief, surprise, comfort, and renewed faith in humanity. Sometimes, it's not the gift that matters most, but the sense of being seen and valued.

Altruism is a social and interpersonal construct related to various types of prosocial behavior. While its definition varies depending on the discipline, altruism is often defined as an action that is done with the intention of helping another.¹ The simple act of giving doesn't just lift your mood. It actually triggers chemical changes in your body that improve health, not just for yourself, but also for those around you.

Emerging research in neurobiology shows that altruistic behaviours activate the brain's reward pathways, increasing levels of oxytocin and dopamine, while reducing stress hormones like cortisol.

Where Oxytocin and Dopamine Come From – and How They Affect Health

Oxytocin is produced in the hypothalamus, a small region deep in the brain that regulates many automatic body functions such as temperature, sleep, and stress. From there, it is released by the posterior pituitary gland into the bloodstream and also acts directly within the brain. This dual role allows oxytocin to influence both physiological responses (like lowering blood pressure and calming the heart rate) and emotional behaviours (like empathy, bonding, and trust).²

Dopamine is a neurotransmitter produced mainly in two brain regions – the substantia nigra and the ventral tegmental area (VTA). From these sites, dopamine-producing neurons project to several key areas including the nucleus accumbens and prefrontal cortex, forming the mesolimbic and mesocortical pathways collectively known as the brain's reward system. These circuits regulate motivation, pleasure, learning, and goal-directed behaviour. When dopamine is released in response to positive experiences or altruistic acts, it creates feelings of

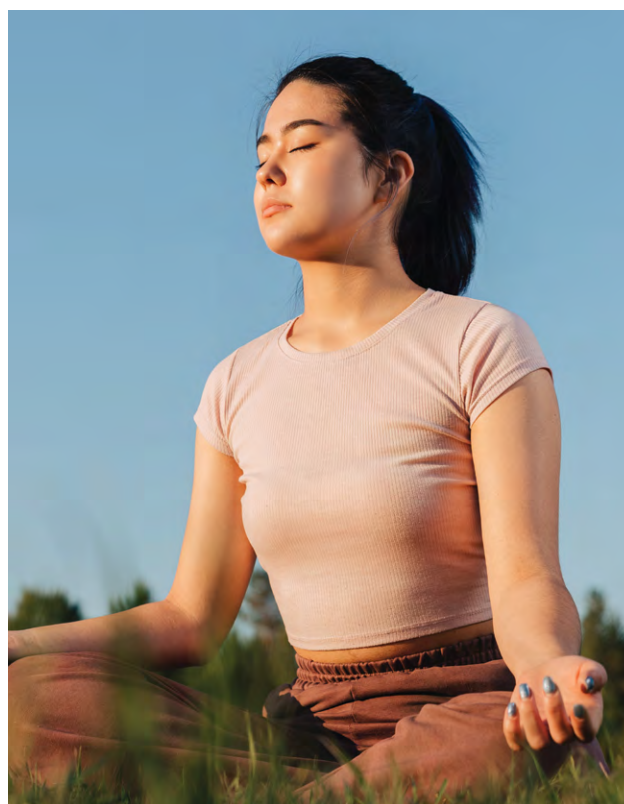
satisfaction and reinforces behaviours that contribute to well-being and connection.³

Cortisol: The Stress Hormone

Cortisol is a steroid hormone produced by the adrenal glands, which sit atop the kidneys. Its release is controlled by the hypothalamic–pituitary–adrenal (HPA) axis – a central stress- response system. When the brain perceives stress, the hypothalamus releases corticotropin- releasing hormone (CRH), prompting the pituitary gland to secrete adrenocorticotrophic hormone (ACTH), which in turn stimulates the adrenal cortex to release cortisol into the bloodstream.

Cortisol helps the body respond to stress by mobilising energy, increasing alertness, and regulating inflammation, but chronic or excessive cortisol exposure can lead to fatigue, mood disturbances, immune suppression, and metabolic imbalances.

Acts of kindness, relaxation, and positive social connection have been shown to reduce cortisol levels, supporting both emotional balance and physical well-being.^{4,5}



1 <https://pmc.ncbi.nlm.nih.gov/articles/PMC5456281>

2 Lee, H. J., Macbeth, A. H., Pagani, J. H., & Young, W. S. (2009). Oxytocin: The great facilitator of life. *Progress in Neurobiology*, 88(2), 127– 151.

3 Schultz, W. (2015). Neuronal reward and decision signals: From theories to data. *Physiological Reviews*, 95(3), 853–951.

4 McEwen, B. S. (2007). Physiology and neurobiology of stress and adaptation: Central role of the brain. *Physiological Reviews*, 87(3), 873– 904.

5 Brown, S. L., & Fredrickson, B. L. (2003). Caring and connecting: Health effects of helping behavior. *Psychological Science*, 14(4), 320–327.



The Chemistry of Connection

Together, these three messengers – oxytocin, dopamine, and cortisol – show how generosity reshapes the body from the inside out.

The Health Benefits for the Receiver of Altruistic Acts

While much attention is given to how giving improves the giver's well-being, science also reveals that the receiver of kindness or altruism experiences powerful physiological and psychological effects that can ripple through their health long after the act itself.

Emotional Regulation and Reduced Stress

Studies show that people who receive supportive touch or empathy experience reduced stress reactivity and faster physiological recovery after stressful events.⁶ Receiving care, empathy, or social support activates the parasympathetic nervous system, lowering heart rate and calming the stress response.

This is partly mediated by oxytocin, which is released not only in the giver but also in the receiver during acts of warmth, touch, or emotional validation.

Improved Immune and Cardiovascular Function

Social support has been linked with reduced mortality and better immune function – equivalent in longevity impact to quitting smoking.⁷ This meta-analysis combined data from 148 studies involving over 300,000 participants and found that people with stronger social relationships had a 50 percent greater likelihood of survival compared to those with weaker ties – an effect size comparable to quitting smoking and greater than that of physical inactivity or obesity.

Neural Activation of Reward and Belonging

Functional MRI studies show that receiving kindness activates the same brain reward pathways (e.g. ventral striatum, nucleus accumbens) as giving. This neurobiological mirroring strengthens social bonding and

⁶ Influence of a “warm touch” support enhancement intervention among married couples. Holt-Lunstad et al., 2008; Coan et al., 2006.

⁷ Holt-Lunstad, J., Smith, T. B., & Layton, J. B. (2010). Social relationships and mortality risk: A meta-analytic review. *PLoS Medicine*, 7(7), e1000316.

⁸ Human fronto-mesolimbic networks guide decisions about charitable donation. *Proceedings of the National Academy of Sciences (PNAS)*, 103(42), 15623–15628.

⁹ The effects of gratitude expression on neural activity. *Journal: Frontiers in Psychology*, 7, 1059.

promotes a sense of belonging, which in turn supports mental health and resilience.^{8,9}

Enhanced Self-Worth and Meaning

Feeling seen, supported, or helped restores a person's sense of dignity and self-worth – essential pillars of psychological well-being. The experience of being genuinely cared for affirms one's place in the social fabric, nurturing safety, belonging, and emotional healing. This effect is particularly powerful in those who are vulnerable, isolated, or recovering from adversity, where empathy functions almost like medicine for the mind.

Receivers of kindness often become givers themselves, continuing the cycle of compassion in what psychologists call the “helper's chain reaction”. Gratitude and support spark prosocial motivation, leading individuals to pay forward the same care they once received.^{10,11}

The Ripple Effect on Community and Global Health

A personal act of kindness can, in fact, evolve into a powerful public health intervention. When empathy and generosity are expressed consistently in homes, workplaces, and communities, they strengthen the social fabric that underpins health itself.

Social fabric is the weaving of social relationships – the emotional, cultural, and moral threads that connect people within a community.

It includes elements such as:

- Trust and empathy between individuals
- Shared norms and values
- Mutual support networks
- Community participation and belonging
- Collective identity and purpose

A strong social fabric translates to improved health outcomes through:

- Promoting shared responsibility – People look out for one another's well-being, creating networks of care that reduce neglect and social isolation.
- Enhancing health communication – Accurate health information and preventive messages spread more effectively through trusted community ties.
- Enabling faster crisis response – During pandemics or disasters, socially cohesive communities can mobilise quickly, distribute resources, and protect vulnerable groups.

¹⁰ Layous, K., Nelson, S. K., Oberle, E., Schonert-Reichl, K. A., & Lyubomirsky, S. (2012). Kindness counts: Prompting prosocial behavior in preadolescents boosts peer acceptance and well-being.
¹¹ Algoe, S. B., & Haidt, J. (2009). Witnessing excellence in moral behavior: Elevation increases prosociality and positive emotions. *Journal of Personality and Social Psychology*, 97(5), 848–863.

- Strengthens mental resilience – Connection and belonging buffer against stress, anxiety, and loneliness – improving overall emotional well-being.
- Encourages healthy behaviours – Individuals embedded in supportive networks are more likely to exercise, eat well, seek care early, and adhere to treatment.
- Reduces morbidity and mortality – Studies show that strong social ties are linked with lower risk of chronic disease and greater longevity, comparable to the health benefits of quitting smoking.

Conclusion: The Heartbeat of Humanity

In every act of kindness, whether it's a helping hand, a word of comfort, or a moment of empathy, lies a quiet biological miracle.

The science is clear: **kindness heals.**

It lowers stress, boosts resilience, and builds healthier, longer-living communities.

Yet beyond the data, it reminds us of something deeper – that humanity's greatest medicine has always been connection. In giving, we discover our strength; in receiving, we rediscover our shared humanity.

When compassion flows between giver and receiver, it does more than heal individuals – it strengthens the heartbeat of humanity itself. 🌱



About The Writer

Dr. Chrystal Fong Chern Ying (MBBS Melbourne, FRACGP) is a dedicated family physician at Asia HealthPartners, under SAM Holdings in Singapore. Passionate about preventive care and holistic wellness, she integrates lifestyle medicine, health coaching, and exercise prescriptions into her consultations to help patients achieve sustainable health outcomes. Featured in *Britishpedia's Successful People in Malaysia and Singapore* and endorsed by Health365, Dr. Fong champions wellness through both her professional practice and personal lifestyle. She holds certifications in Wellness and Behaviour Modification and is an active member of multiple medical associations, including the Singapore Society of Lifestyle Medicine and the American College of Lifestyle Medicine. Beyond the clinic, she inspires through sports communities and social media, advocating for healthy living as a daily habit. With a keen interest in longevity and medical innovation, Dr. Fong is shaping the future of healthcare – one lifestyle change at a time.

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

Sunreef Yachts' 65M Explorer

The New Icon of Oceanic Elegance

By Alexis Toh

In the world of superyachts, where innovation meets indulgence, Sunreef Yachts' latest creation, the 65M Explorer, ushers in a new era of maritime luxury. Measuring an impressive 65 metres, this magnificent flagship catamaran embodies the spirit of adventure and sophistication, setting a new benchmark for exploring the oceans in comfort and style.

From the first glimpse, the 65M Sunreef Explorer captivates with its sleek reverse bows, expansive use of dark glass, and elegantly sculpted curves, a masterclass in modern naval architecture. Yet, beneath its striking silhouette lies the essence of an explorer, capable of long-range voyages with a 14-knot cruising speed and the range to traverse oceans effortlessly.

The Art of Grand Living at Sea

Stepping aboard, guests are enveloped in an atmosphere of serene tranquillity. The twin-hull design creates an extraordinary interior volume of 1,800 gross tonnes, translating into vast living spaces that rival the finest penthouses. The yacht accommodates 12 guests across seven luxurious suites, serviced by a crew of 22, ensuring an experience of unmatched privacy and comfort.

The owner's suite is the pièce de résistance, a private sanctuary spanning the forward upper deck, complete with a king-sized bed surrounded by panoramic windows, a walk-in wardrobe, dual bathrooms, and a romantic swing chair overlooking the sea. Behind an elegant partition lies a two-person bathtub, a quiet invitation to pause and dream as the ocean drifts by.

Entertaining Without Limits

Every deck is designed for both intimacy and grandeur. The main deck hosts a stately 14-seat dining table framed by sweeping ocean views, while twin lounges offer inviting nooks for conversation and contemplation. The upper deck transforms into a haven for leisurely gatherings, with a bar, an L-shaped sofa, and an al fresco Jacuzzi, all seamlessly blending with the horizon.

Beyond its lavish interiors, the yacht's aft beach club transforms the connection between sea and space into an experience of pure freedom. Steps lead down to a private waterfront terrace, where a 6-metre pool, fold-down platforms, and a hidden gym open directly to the ocean. Whether hosting a sunset gathering or enjoying moments of calm at the water's edge, this expansive area blurs the line between yacht and resort, bringing the rhythm of the sea right to your doorstep.

Engineering the Future of Exploration

Behind the glamour lies purpose. Crafted in steel and aluminium, the 65M Explorer balances strength with efficiency, offering a top speed of 18 knots. A fully retractable A-frame crane can deploy a 45-foot chase boat, submersible, or off-road vehicles, ideal for adventurers seeking uncharted horizons.

Francis Lapp, Sunreef Yachts' visionary founder, calls it "a yacht to broaden the horizons of an exceptional owner." It's not hard to see why. The 65M Explorer is more than a vessel. It's a statement of independence, artistry, and aspiration. For those who already have everything, it offers something rare: the luxury of going anywhere. 🌊



S.M.A.R.T. Headset

“Measure your mind. Master your moments.”

The **SMART Headset** brings **brain science** into people's hands and homes — turning brainwaves into insight. By translating your mind's hidden rhythms — **alpha, beta, delta, gamma and theta** — into a living portrait of your mental state, it visualizes how your brain responds to **Stress, Motivation, Awareness, Resilience, and Thought** (SMART) in real time.

The SMART Headset

It helps you understand and optimize your inner world — empowering you to live with greater **balance, clarity, and presence.**

1. Stress

Excessively high **beta and gamma** waves indicate heightened stress that can shorten longevity, while too little beta and gamma reflects being overly relaxed or disengaged. The SMART headset detects your stress level in real time — guiding you to know **when to pause, when to breathe, and when you're in the ideal zone for peak performance.**

2. Motivation

A **high alpha** signal reflects drowsiness or low drive, while **low alpha** reflects motivation and readiness to act. The headset helps you track your motivational state and **discover what truly fuels your goals** — whether it's challenge, curiosity, or purpose.

3. Awareness

High theta waves are associated with awareness and mindfulness, while low theta indicates being disconnected or unaware. By monitoring your brain's awareness state, the headset helps you **stay conscious of your thoughts, emotions, and actions**, fostering balance and presence.

4. Resilience

Alpha asymmetry between the left and right hemispheres reflects emotional imbalance — high asymmetry may indicate stress or negative affect, while balanced activity reflects emotional stability. The headset helps you **recognize and recover from emotional reactivity**, cultivating mental resilience and a steadier mood.

5. Thought

High delta waves suggest a wandering or unfocused mind, while low delta reflects clarity and mental sharpness. The headset measures your focus level, helping you **maintain a clear mind for better thinking, decision-making, and creativity.**

You don't know what you don't know — until you see the revolutions!

You start truly living in the moment.

Life is about presence.

Disclaimer: “This device or software is intended for use only for general well-being purposes or to encourage or maintain a healthy lifestyle and is not intended to be used for any medical purpose (such as the detection, diagnosis, monitoring, management or treatment of any medical condition or disease). Any health-related information provided by this device or software should not be treated as medical advice. Please consult a physician for any medical advice required.”

S.M.A.R.T. Headset

