



expatriate

# Lifestyle

AUGUST 2011

MALAYSIA'S #1 EXPATRIATE MAGAZINE

**FREE!**  
SUPPLEMENT

ESSENTIAL  
GUIDE TO  
SINGAPORE  
IN THIS ISSUE

**TRAVEL & VOYAGE**

## Langkawi For Lovers

Boutique hotels, spas  
& pure indulgent  
luxury → p59

## Spiritual India

A revitalising treatment  
trail for the body  
and mind → p70

# FOOTBALL'S BACK



FOOD & DRINK

## BARS FROM HOME

Bedroom,  
Loft, Laundry  
& more

*The new season, where to watch  
it, who to follow and the  
expatriate pundits that bring  
you every game*

→ p42



**ALSO: Homegrown Furniture | Ramadhan Diping | Theatre for Kids**

# We are your Organic

## Lifestyle Partner!

Full of choices, full of discoveries



Organic Breakfast Series

Kick start your day with the healthier choice!



Organic Facial Care Range

Let's get grooming and stay green-ing!



Organic Personal Care Range



Organic Health Enhancement Range



Organic Hair Care Range



Organic Demeter Juices



Organic Fresh Produce, Kitchen Essentials & Appliances



Organic Baby Products

**Be Lohas**  
healthy cuisine • 樂活



Come and dine in at our organic vegetarian cafe!



Bamboo Charcoal Burger

Nasi Lemak

Miso Cold Noodles

Organic Vegetarian • High in Energy, Fiber, Nutrients • Low in Salt, Sugar, Oil, Calories • No MSG or Artificial Colourings Added

BMS Organics  
Be Lohas Healthy Cuisine

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**Subang Jaya** Empire Shopping Gallery: LG 18, ESG, Jalan 18/1 ☎ 03-5631 4158

**Petaling Jaya** 1 Utama Shopping Centre: LG 310, Bandar Utama City Centre Bandar Utama ☎ 03-7725 0828

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**BMS Organics**  
body • mind • soul

Your Healthy Diet Consultation Centre

**KUALA LUMPUR**

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USJ 9 03-80241476  
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SS15 03-56381596

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www.bmsorganics.com