

Together

magazine

TECHNOLOGY
MONEY TIPS

MONEY
TWO CHINAS

CHARITY
PINK OCTOBER

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MAASMECHELEN
VILLAGE

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Editor's LETTER

*Together:
Inspiring you
to reach your dreams...*

ON THE COVER



French superstar Marion Cotillard will be appearing in *Assassin's Creed*

AUTUMN DREAMS

My favourite season has come around again. And for the sight of nature's change of clothing, I head directly for Parc du Cinquanteaire, to find it draped in fluorescent ochre and gleaming browns and bold reds. But, like many people who have moved here, I have lived in a few different places, and in each one there has always been a park, a very special park when autumn announces itself.

In my native Glasgow it was Kelvingrove Park, which skirts the old walls of the university up above. Stephen's Green in Dublin was a perfect spot for kicking up a few leaves, where you could sit by the fountain and see glimpses of the sky through the naked branches and wonder was it the appointed hour yet for a jar of the black stuff.

London's vast Hyde Park opened up the spirit to the autumnal skies, a welcome breath of fresh in a congested city. Parc Vauban in Lille was perfect for a meandering Sunday walk, and its Parc du Citadelle was a must for the kids. And on a recent late October trip to Girona, I discovered the tranquility of the John Lennon Gardens, perched high above the town, whose colourful walls appear to be prepared for autumn all year round – I suspect some may visit the park this month and wonder how on Earth we are ever going to 'give peace a chance'.

Paul Morris
EDITOR



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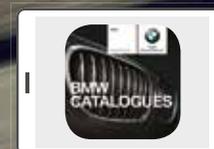
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Marion Cotillard



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Coaching: The curious cycles of Druidism

Sarbani Sen's natural curiosity took her to a very unusual coaching session. Recently, my interests took me to a special coaching session a friend of mine had invited me to – with a druid. I was very excited to meet the man. I imagined an old bearded wizard, with a long hat and funny leather shoes, and he would receive me in a kind of hidden cave.

Gabès: Royal Tunisian treatment in the gulf

Jeanie Keogh heads for a country that is reinventing its tourism, in particular in Gabès. It would do nothing to speak of the enticing allure of Tunisia, its rich history and culture, and the heartwarming hospitality of the Tunisian people without first providing reassurance the country is as safe as any in Europe for travellers. Indeed, loyal Belgian guests returning to the luxurious, four-star Hasdrubal Thalassa and Spa Hotel in Port El Kantaoui argue it is even more so, if you apply the lightning never strikes twice principle.

Kate Beckinsale: Life in Austenworld

Together met up with Kate Beckinsale, an actress and mother who can switch from handling a machine to delivering razor-sharp comedy. Imagine *Absolutely Fabulous* besties Edina Monsoon and Patsy Stone transported to late 18th century England and you get some idea of what quirky filmmaker Whit Stillman (*The Last Days of Disco*) has come up with in his new period comedy *Love & Friendship*. The comedy, which Stillman wrote is based on the early Jane Austen novella *Lady Susan*.

European dining with a touch of Belgitude

James Drew speaks to Stijn Beschuyt, General Manager of Hotel Martin's Brussels EU about European dining with local Belgian produce. For Stijn Beschuyt, recently appointed general manager of Hotel Martin's Brussels EU, it's all about the food. The hotel's restaurant, Icones, is where European food meets local Belgian produce. Based near the European commission, the hotel and its restaurant are in the heart of Europe, not just physically, but also when it comes to the menu.



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Starring in Belgium



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Arno

The Ostend-born veteran is doing a true Belgian tour. With his group, Arno will play Ancienne Belgique in Brussels, Roma in Antwerp, Kursaal in Ostend, Vooruit in Ghent and will close on **28 October** At Forum Liège. It's an opportunity to discover his new album *Human Incognito* live. www.livenation.be



Photo © Shervin Lainez

Joan As Police Woman & Benjamin Lazar Davis

The American singer-songwriter presents her new album *Let It Be You*, created in collaboration with gifted multi-instrumentalist, singer-songwriter, arranger, composer and producer Benjamin Lazar Davis. **2 December**. Ancienne Belgique. Tickets: **€20** www.abconcerts.be



Placebo

Placebo, an English alternative rock band formed in London by singer-guitarist Brian Molko and guitarist-bassist Stefan Olsdal, celebrate a remarkable 20 years with the release of a retrospective album *A Place For Us To Dream – 20 Years Of Placebo*. **19 November**. Sportpaleis, Antwerpen. Tickets: **from €49** - www.livenation.be



The Low Anthem and The Kids

Uncut Magazine says of this American indie folk band from Providence, Rhode Island, "The very wonderful *Eyeland* finds them poised between the familiar and the less so... the delicate, Fleet Foxes-like reverie of their previous work... by contrast, avant-noise experiments offer splintered ambience and jazzy skronk." **7 November**. Ancienne Belgique. Tickets: **€20** www.abconcerts.be



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CHARITY

Pink October: Let's talk!

Contribute to Cancer du Sein's campaign and help save lives

One woman in eight is at risk of developing breast cancer. Every year, early detection can save thousands of lives.

In October, for the 23rd consecutive year in France, the campaign against breast cancer, organized by the association Cancer du Sein, proposes its Let's Talk! campaign to help fight breast cancer by educating yourself and getting involved in dialogue. Various communication tools are available, allowing you to find the information that interests you, and, for example, on the website you can ask your questions directly to an oncologist, until 15 November.

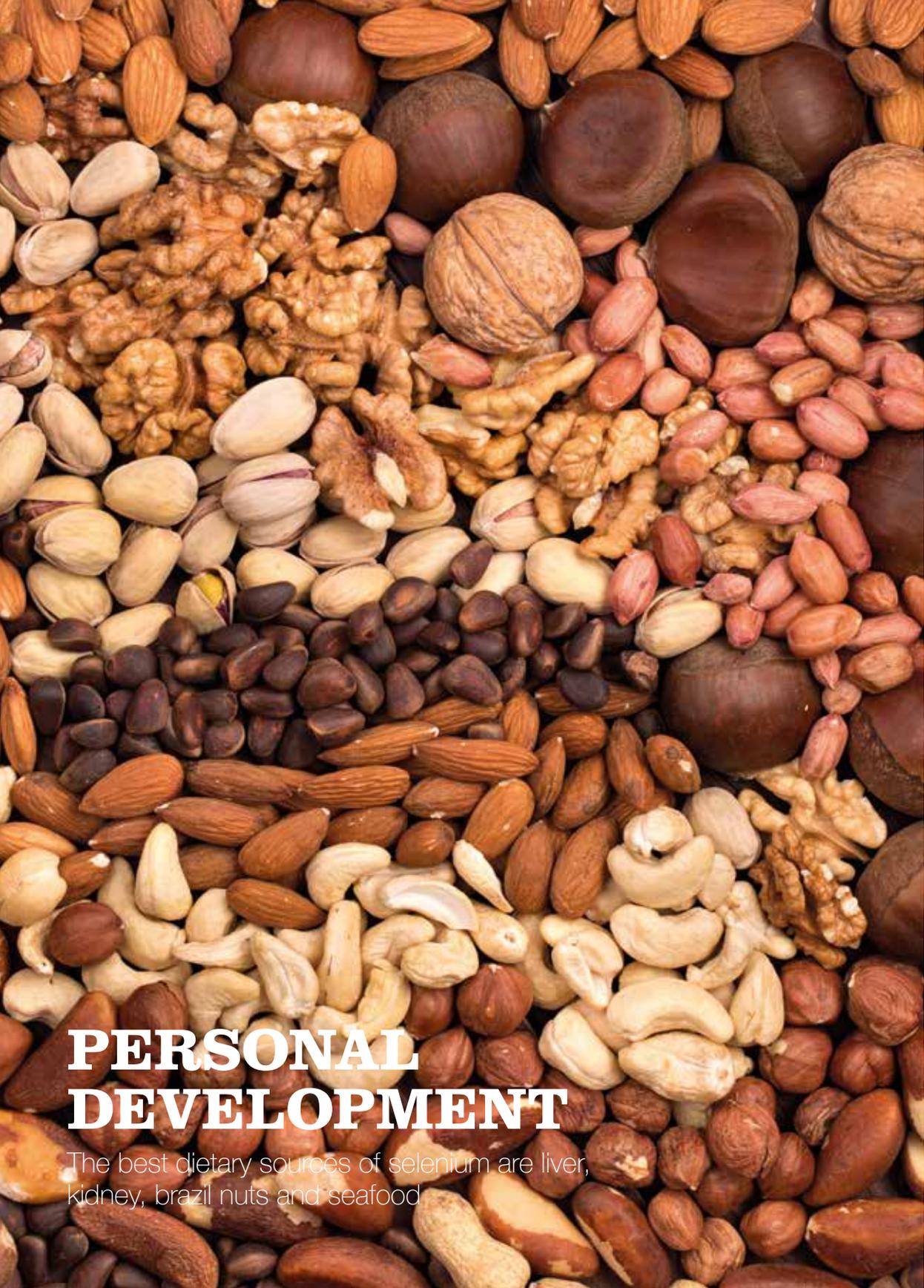
Major events have marked the different campaigns during Pink October over the years, such as flash mobs at the Trocadero and Musée du Quai Branly in 2008, and in 2009 big balloons were released. Back in 2013 the 'Gardens of Hope' event mobilized 15 national monuments and sites. And since 2014, the Eiffel Tower has been illuminated in pink to send a strong message about the Pink October campaign. In 2015, the association established for the first time an information village with activities, films and round tables.



This year, for the third consecutive year, the women's prêt-à-porter brand ba&sh is supporting the association. It's a history of women and solidarity. Barbara Boccara and Sharon Krief, the creators of

The house ba&sh, explained: "The ampersand which connects the first two syllables of our names is a rallying point for all women who share with us a generous and joyful energy. This ampersand makes sense in our commitment for three years with the association's campaign. We are proud to have been able, with our clients, to donate almost 90,000 in 2015 to support research, 30,000 more than the first edition. And we hope this year to collect even more."

This year, they have produced another T-shirt, bearing a strong message with a touch of humour. They chose 'Wonderba&sh' because all women are super-heroines. And as they would not be here without the support and the love of men around them, there is also a T-shirt for men, emblazoned with the message 'Wonderguy'. Money raised from the entire collected will be donated to the association. www.cancerdusein.org 



PERSONAL DEVELOPMENT

The best dietary sources of selenium are liver, kidney, brazil nuts and seafood

Bodytec Studio: Electromyostimulation

Caroline Dierckx advises you to surf the wave of the EMS trend, but not just anywhere!

There are some addresses in Brussels that simply bloom, and the curiosity of using such a method to lose weight and firm up really works. Yes, but as always, you have to choose well! Bodytec Studio is the reference for Electromyostimulation. A well-rehearsed method with accredited graduate coaches, who are, in addition, certified by EMS! If, like me, hours of sport in a room is really not your thing then this method is for you! You need only two 20-minute sessions per week.

Wearing a specially adapted suit equipped with electrodes that send simple external muscle stimulation at low frequency connected to the electrostimulation console (advanced technology) all your muscle groups are treated. Electromyostimulation, combined with practical exercises, gives incredible results! For my part, I firmed up my stomach and buttocks (visually a big difference!), and I lost weight even though I didn't really need to. But my shape has changed and I feel perfectly good in my body!

Proven effectiveness?

20 minutes of this kind of training is the equivalent to four hours of intensive indoor sports. The EMS helps rebuild muscle five to six times faster than a conventional training session. The body becomes a fat-burning machine up to 72 hours after the session (hint: drink plenty of water after the sessions).

Open to everyone?

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Summing up

I feel good. I can push myself in every session, and I feel all the physical and emotional benefits I get from this method.

Bodytec Studios also has a cozy, private atmosphere, with a chic, minimalist décor and incomparable service and attention. Costs €250 per month for two sessions per week.



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BodyART: Soulful training

myASPRIA's **Nadine Zaydan** explains the power of a body-training concept phenomenon

Robert Steinbacher's body training method has become a worldwide phenomenon. His method has been exported to the US – usually it is the other way around. It has become a sensation over there, where it is called the “amazing workout from overseas”. Without any marketing on his part, the method practically exported itself. The fact that Madonna is bodyART's biggest believer is not the only reason this therapeutic method has become so famous. Sought after by celebrities, professional dancers, health seekers and many more, fans fill up parts of Central Park to train by the hundreds. Robert offered more insight into the full depth of the bodyART experience.

Five elements of Chinese medicine

Using an holistic, therapeutic approach, bodyART integrates the five elements, which are linked to different energies. All of our organs belongs to one of these energies. The element 'Earth' is linked to rising energy, which translates as the mobilization of the entire spine during the training. 'Wood', or the expanding energy, is the warm up and prepares the body internally for hardcore training. 'Fire' and its circulating energy is the main training. As it is the energy of circulation you are now training your heart as well, and your entire cardiovascular system. With 'Metal', the descending energy, comes stabilization. We are left with 'Water', the quiet energy, involving breathing techniques and tai chi.

Robert Steinbacher refers to himself as a movement therapist. “In many sports, you go for the external, the competition. At the



moment, in the fitness industry, it's very much about 'harder is better'; it's superficial and hard on the body in the long run. So I wanted to create a training which has a different aspect: you focus on the internal and you get an amazing body as a side effect!”

Therapy training: A body of emotions

The method is based on twenty four years of research on how to strengthen the body and help people on a psychological level as well as a physical one. With it comes the ability to release emotions through the importance of breathing. Steinbacher says: “You're born with an inhale, you die with an exhale. Through full breathing you can control the entire body and your emotions. Breathing is the key to healing the human body and it is also its navigational system.”

He describes the myofascial tissues as “a sort

**“ IT'S
SUPERFICIAL AND
HARD ON THE
BODY IN THE
LONG RUN ”**

of net” that surrounds all our bones, muscles and organs, and in which are stored all of our emotions. “Every emotion you have in your life, every traumatic experience stays in your tissue muscle and you can only release it through certain exercises and breathing techniques. Something you can't achieve with yoga or even a therapist. A great deal of crying has occurred during or after training because of all the emotions that are released.



**“ A GREAT DEAL OF CRYING
HAS OCCURRED DURING OR
AFTER TRAINING ”**

The “humble” training

BodyART has followers of every kind. For example, the German football team players use it to incorporate more awareness in their training. Injured people are also a massive clientele as they are not able to do ‘hard training’. Steinbacher says: “It is very humble, everybody can do it. It’s humble but painful in a good way. He compares it to a massage session, where the therapist hits the trigger spot: it’s painful yet it feels good. He continues: “It’s the same with bodyART. We find the places that are out of order and we put them back into place. The feeling is so amazing that people come out of the class saying they haven’t felt so good in years.”

“We do not focus on fun!”

Robert is adamant about not being an entertainer. When asked about what he hopes to bring to clients, he insists on the learning aspect, learning more about ourselves. He explains: “BodyART is a meeting with yourself, on an emotional and physical level.”

‘I’m not here to entertain you’ could be his motto as he feels so strongly about it being much more than fun. “I care about the people in the room. I really want to make a change in the human body. I ask myself what do these people need? More flexibility? Strength? Technique? If I get on a plane, I don’t do it for fun. And people have to sign up with me physically and mentally.”



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Alzheimer's: Reducing your risk

Our nutrition expert **Sophie Bruno** looks at the connection between our diet and dementia



If you are concerned about your future health, you may benefit from the latest research to help empower you through knowledge to make targeted dietary choices; in practice, this can be achieved by selecting foods and nutrients which could reduce the risk, or slow the progression, of dementia and Alzheimer's disease.

As a consequence of the global ageing of the human population, the occurrence of cognitive impairment and dementia is increasing in prevalence and rapidly becoming a significant public health burden. The precise causes of dementia are unclear but there is growing

evidence that diet is the principal factor in the prevention of dementia and Alzheimer's disease.

A traditional 'Mediterranean diet', which is high in fruits and vegetables, cereals, olive oil, fish and omega-3 fatty acids and low in saturated fats derived from meat products and cheese, has traditionally been associated with longer life expectancy and lower rates of chronic diseases. Recent scientific research has confirmed this association and identified particular foods and nutrients that may be beneficial to long-term brain health.



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Antioxidants: Vitamins C and E

Antioxidant vitamins E and C protect the body against the damaging products of normal functioning. Evidence shows dementia sufferers have lower levels of some antioxidants (vitamins E and C) in their blood than healthy individuals. Increasing the amount of antioxidant-rich foods in the diet may reduce the risk, and slow the progression, of dementia and have other beneficial effects such as reducing inflammation and maintaining healthy blood vessels. The best sources of vitamin E are nuts, seeds and rapeseed oil, while vitamin C is found in fruits and vegetables, with the highest concentrations in citrus fruit and berries.

Polyphenols

Polyphenols are compounds which occur naturally in plants and may protect the brain through their antioxidant and anti-inflammatory actions, by reducing the production of toxic chemicals in the brain and by improving the functioning of blood vessels. Both green and black tea have been linked with a reduced incidence of dementia and a moderate intake of red wine (up to two glasses a day) can benefit both brain and heart health. Other foods which have been shown to be beneficial are dark chocolate, cocoa, soya and a variety of fruits and vegetables.

Selenium

Selenium is a mineral found in food which is essential for human health, with recent studies identifying a strong link between low levels of selenium in the body and a decline in brain function. The best dietary sources of selenium are liver, kidney, brazil nuts and seafood. If selenium-rich foods are not eaten regularly, it may be advisable to take a supplement of 50-100 micrograms a day.

Dietary fats: omega-3s

Some dietary fats are thought to be beneficial

to brain health while others may be detrimental. Evidence highlights the protective role of long-chain omega-3 PUFA in cognitive decline, found in oily fish such as mackerel, herring, salmon, sardines, anchovies and fresh tuna: this may help to slow cognitive decline, especially in the early stages. However, the evidence suggests that consumption of whole fish is more advantageous than supplementation, perhaps due to the additional nutrients in fish which may act synergistically to reduce cognitive decline. It is recommended to eat at least two servings of fish per week, one of which should be oily.

Monounsaturated fatty acids

Monounsaturated fatty acids are found in olive oil, rapeseed oil, avocados, almonds, cashews, hazelnuts and peanuts, which can be effective in maintaining optimal brain health.

Saturated fats

Saturated fat has been linked to increased incidence of Alzheimer's disease. To reduce the risk, it is advisable to consume fatty meat, full fat dairy foods and bakery/processed

products infrequently or to switch to lower-fat alternatives.

Ratio of omega-6: omega-3 fatty acids

Limiting foods high in omega-6 is advisable, as a high ratio of omega-6: omega-3, a hallmark of the western diet, can result in a pro-inflammatory environment whereby n-6 fats compete with n-3 fats for incorporation into the brain. Although dietary sources of omega-6 are widespread in the diet, concentrated sources of omega-6 encompass vegetable oils and processed foods, with the exception of olive oil and rapeseed oil (canola). Replacing vegetable oils such as corn, sunflower and safflower oil with healthier options such as olive or rapeseed oil and choosing olive oil based spreads could be beneficial.

**“ IT IS
RECOMMENDED TO
EAT AT LEAST TWO
SERVINGS OF FISH
PER WEEK ”**



Alcohol

Alcohol poses a paradox as excessive consumption is associated with neurotoxicity and oxidative damage, but moderate alcohol intake, in particular wine, is associated with enhanced cognitive outcomes.

B6, B12 and Folate

Evidence shows dementia sufferers have higher levels of homocysteine (a compound which occurs naturally in the body) and lower levels of the vitamins B6, B12 and folate in their blood. Increasing intakes of B6, B12 and folate reduces homocysteine and these nutrients may also slow the progression of dementia.

Vitamin B6 is found in beans, meat, poultry and some fruits and vegetables. Folate is found in leafy green vegetables, some fruits, dried beans and peas, and some fortified foods such as breakfast cereals and reduced fat spreads. Vitamin B12 is found in foods of animal origin such as meat, poultry, eggs and dairy products. Older people may not absorb B12 very efficiently so the over 60s should aim to increase their intake of vitamin B-rich foods but should consult a GP before taking high-dose supplements as these can mask the symptoms of other deficiencies.

Vitamin D

Vitamin D is active in the brain and evidence suggests that it may be involved in preventing or slowing the rate of cognitive decline and dementia. Vitamin D deficiency is prevalent in the northern hemisphere. Few foods contain vitamin D, and we produce most of what we need through the action of sunlight on our skin. Approximately 30 minutes of sunlight on the face and arms two to three times a week during the summer months (March – October) is recommended and including foods containing vitamin D such as oily fish, sun-dried mushrooms, fortified cereals and margarine in the diet, but some people may need to consider taking a vitamin D supplement.

Appropriate dietary measures, emphasising specific nutrients shown to have a protective role, might open new ways for the prevention and management of cognitive decline and dementia.

It is important to remember that we do not eat nutrients in isolation but as part of an overall diet, and researchers now agree that a combination of all the dietary factors discussed here are likely to confer the greatest benefits for long-term health. ❶

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Julia Child: All-embracing

Gemma Rose says that in teaching her how to cook, Child taught her how to live



Photo © Matthew G. Bisanz

She was known as someone who never lost her child-like wonder. She approached things with inquisitiveness and fun. As a fan recalled in a *New Yorker* interview in 1974, she had an “all-embracing quality” that “sweeps everyone up and carries them away”. She was Julia Child, probably the first ever TV celebrity chef; the woman who brought good French cooking to kitchen tables across the US, and perhaps the world.

The late, great, Julia Carolyn Child was a late bloomer. Growing up in a well-to-do family in California, neither she nor her mother spent much time in the kitchen. She was raised on hearty American food like roast chicken and mash potatoes, served up by the family's cooks. Although she found pleasure in eating, she took no interest in cooking, nor did she see the point in it. Rather, her dream was to become in her own words, a “Great Woman Novelist”.

Nothing ever came out of becoming a Great Woman Novelist. After graduating in 1934, she spent some years trying to launch her writing career, and when that failed she spent a couple of years lazing around back home in

California. During the war, she worked for the US intelligence agency and was posted to Sri Lanka. It was there that she met her future husband Paul, who also worked at the agency. Paul, who was ten years her senior, was well-travelled and cultured. He had a great love for food and wine. His mother had lived in Paris and was an excellent cook. Because of Paul, Julia knew that she should learn to cook.

Yet, she did not appear to have any natural talent in cooking. The first meal she ever cooked for Paul – brains simmered in red wine – was a disaster. At the beginning of their marriage, she would rate her meals as merely satisfactory. She didn't seem to garner any pleasure out of cooking them: they seemed to take a laborious amount of time and exhausted her.

In 1948, Paul was posted to Paris and this city changed her life almost immediately. As quoted in her memoirs of Paris in her last book, *My Life in France*: “I had landed in a magical city – one that is still my favourite place on Earth.” She fell in love with the people, the customs and, naturally, the food. Whilst Paul was at work, she learnt French at Berlitz and



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Julia Child's kitchen, Smithsonian

cooking at Cordon Bleu. Cooking became her calling. "Until I got into cooking," she said in the *New Yorker*, "I was never really interested in anything."

Over the next 60 years, through sheer hard work, persistence, imagination and having lots of fun along the way, Julia Child succeeded in making *la cuisine bourgeoise* accessible to households in the US and beyond. Her seminal work, *Mastering the Art of French Cooking*, co-written with her two French fellow culinary experts, took ten years to put together and publish. Her drafts were criticized as being too verbose or simply, poorly written. Nevertheless, she learned from her mistakes and kept at it.

I got to know Julia Child, thanks to the film *Julie & Julia*. Like her, I never spent much time in the kitchen and my family too had a cook. Unlike her, I wanted to learn how to cook, but I was either too afraid to try or I just didn't think I could. Her story of finding her calling later in life resounded with me and gave me hope for my own. Not only that, but she gave me confidence to cook. When a scene in the film

depicted Julia taking hours to cut onions, I realized that maybe the art of cooking is really something that anyone can master. Through trying her recipes and following her meticulous instructions, I appreciate how making a beef bourgignon or a simple omelette can be a pleasurable experience, for all the senses!

She was not afraid to speak her mind. When fats like butter and cream were demonized in the 90s, she stood up against the fear-mongering. "People are so fearful of what they eat. They are no longer enjoying food the way they once did, and the dinner table is becoming a trap rather than a pleasure."

To top it all off, Julia Child enjoyed life. Even when she made mistakes in her cooking shows, she never shied away from them and even turned them to her advantage, making light of the situation. Her good humour, zest for life and sheer goodness made her such a likeable person. She may sometimes have come across as a perfectionist or a stickler for the rules, but it was only for the greater good: usually in the form of a sumptuous dish.

Bon appétit! ●



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An ancient healthy living secret

Sarbani Sen gives us the lowdown of a range of massage techniques



Once viewed as a luxury in European culture, massage has become increasingly recognized as an alternative to medical treatment. Recent studies even suggest that massage reduces the body's production of cytokines – proteins that contribute to inflammation – and possibly stimulate mitochondria, the energy-producing units in cells that aid in cell function and repair. Good for us, now we have even more excuses to go and get that one hour of sheer pleasure!

But which massage shall I get? There is a myriad of massage techniques, as well as ways to receive it. Well it depends: do you prefer a deep tissue therapeutic massage? Or a lighter, relaxing massage? Or perhaps you want to combine different types of pressure,

ranging from light to hard, and focus on your problem areas? How much time do you have? Do you need to go back to work afterwards? All this will come into the picture when choosing the right technique – the most important thing is to find a good provider.

So what is a good provider? Someone who will listen to your needs and be able to adjust, who will reach your goals and not his, who will respect you and be humble enough to explain the limits of his technique.

To help you explore new techniques and try something different this autumn, we gathered a list of different schools that are available in Brussels.



Shiatsu Massage (Japanese deep tissue tradition)

Shiatsu is considered a medical treatment in Japan. People have it once every season to clean the appropriate organs at each change of season (in autumn you'll tend to clean lung/ large intestine for example). In Japanese tradition, people go to the therapist in order to stay in good shape, and not the other way around like in Europe, where we go to the doctor when we are sick. In Shiatsu, the massage therapist's touch will usually be quite deep, because the idea is to detoxicate. But don't hesitate to request a slightly lighter touch.

The essence of Shiatsu lies in the use of the hands for both diagnosis and treatment. The sensitive and trained fingertips can distinguish differences in temperature and stiffness, both indicators of the condition of the body. The type, degree and duration of pressure are then

adjusted to meet the specific needs of each area of the body and each individual. One more good thing is that you may keep your clothes on (no oil involved). You might feel a bit sleepy after a session as detoxication works on our fatigue level, but during the following days you will feel extra energy.

**“ THE MOST
IMPORTANT THING
IS TO FIND A GOOD
PROVIDER ”**

Ayurvedic Massage (Indian ancestral technique)

The use of massage in India goes back to the first Indo-Aryan settlements, or even during the preceding era of the Indus valley culture. Massage was often linked to social, religious or ritual customs and considered to be beneficial to health. The classic Ayurveda texts mention massage in this sense and recommend it as an almost indispensable healing factor. To this day, massage is regularly used in India for general health.

Just like all other Ayurvedic treatment



protocols, the primary purpose of Ayurvedic massage is to help break and remove the toxins. According to Ayurvedic philosophy, the toxins (Ama) are leftover, putrefied food that has taken a grease-like form. Ayurvedic massage is best combined with a lifestyle and nutrition organization according to one's constitution.

In Ayurvedic massage, the masseur will use specialized, heated-up oil (probably with a herbal mix). If you're lucky you might even get the one with the hot oil dripping on your forehead (Shirodhara massage). This very typical Indian massage occurs on a specially designed table. A device with a small hole at the bottom is hung above the head of the client. The special medicinal oil is made to flow in a continuous stream on to the upper part of the forehead. The eyes are protected with cotton pads to prevent oil from dripping into them. Apparently, this technique is very helpful against insomnia, nervous disorders and headaches, and it reduces shoulder and neck pains.

Reflexology (foot massage)

Reflexology can be very relaxing and

therapeutic, helping to release stress, which in turn helps the body heal and regenerate itself. According to the theory, the reflexologist's pressure to feet, hands or ears sends a calming message from the peripheral nerves to the central nervous system, which in turn signals the body to adjust the tension level. This enhances overall relaxation, brings internal organs and their systems into a state of optimum functioning and increases blood supply. This technique is based on the Chinese design of the organs represented in the feet. Touching the feet simulates all the organs accordingly. If you suffer from pain and sensitivity in the foot, heel and calf areas, be sure to communicate your pain levels with your massage therapist during your treatment. It is also a good idea to rest after receiving the reflexology massage.

Tui-na (Chinese acupressure)

Here the massage therapist uses his or her hands, elbows, fingers, knees or forearms to administer touches that range from light strokes to deep tissue. You will generally lay unclothed on a table underneath a sheet. Usually it will be a full body massage with simple oils; other times the massage therapist



will focus on an isolated muscle group. Tui Na is not generally used for pleasure and relaxation, but rather as a treatment to address specific physical disharmony. It follows the same principles as acupuncture.

The problem with tuina is that you get really greasy and cannot easily get back to the office afterwards. But some massage centres offer the possibility to take a shower.

Energetic massage (the BARS @)

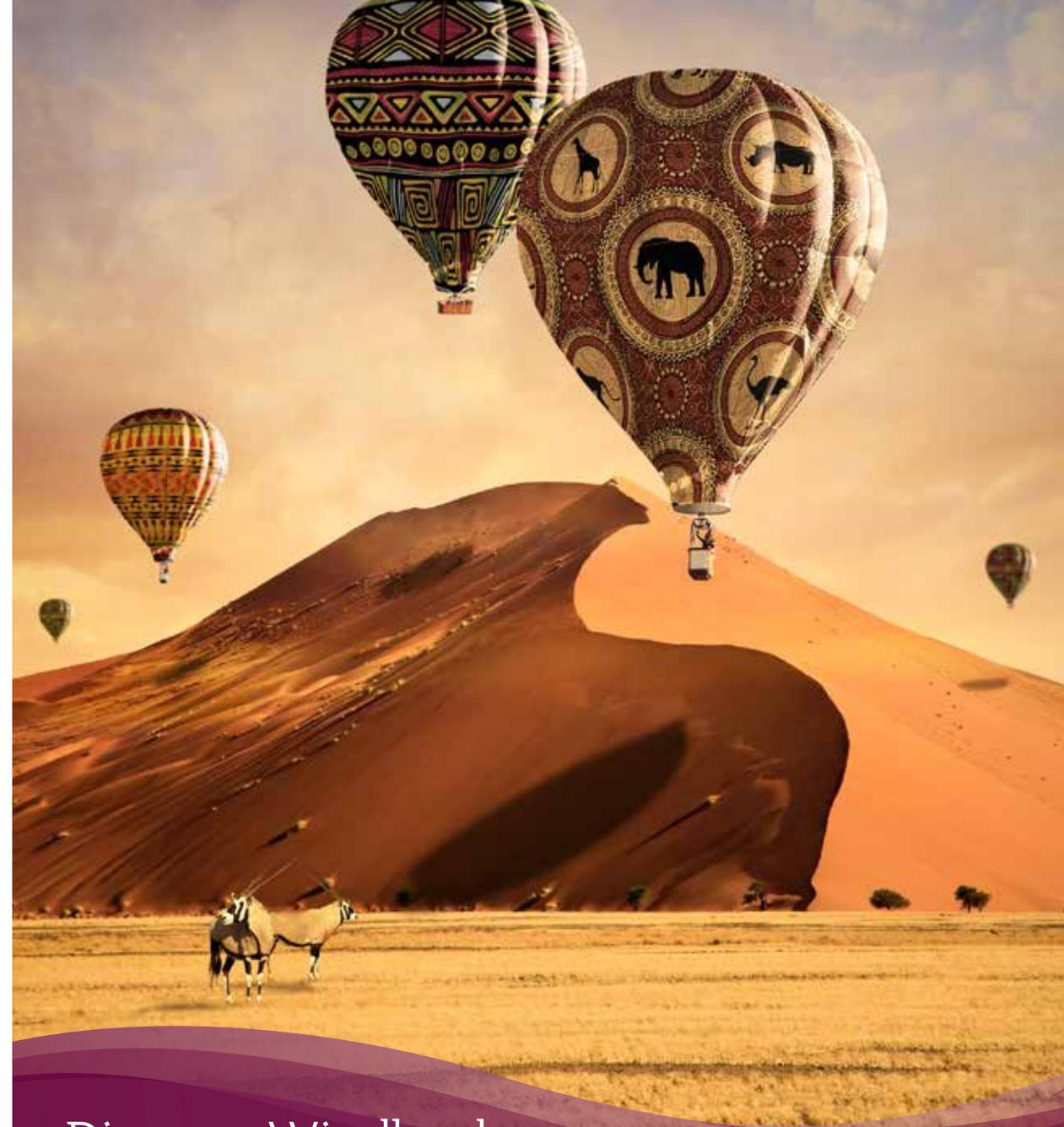
The Bars is an American massage protocol from the Access Consciousness School. It contains a set of 32 points on the head which, when gently touched, effortlessly and easily release anything that doesn't allow you to receive (energy). According to the theory, these points contain all the thoughts, ideas, beliefs, emotions and considerations you have stored in your lifetime. For most people, it is the first time that they allow themselves to receive without obligation of returning it.

During the process you might even feel a wave effect of cleansing. This is a great treatment when you are in the process of a major life change, reducing your stress levels and keeping you in a state of deep wellbeing.

Tantric massage

Tantric massage is one of the massage procedures that are highly associated with sensual touch or erotic massage. Tantra is the liaison between sexuality and spirituality. In order to understand it and wisely practice it, open-mindedness, intelligence and courage are required. However an erotic tantric massage is a type of massage that achieves more than just sexual pleasure. It is all about the use of sensuous touch on the skin in order to enhance erotic stimulation. This technique will use long strokes, perfumed oils and music to enhance mood. It is very relaxing mentally, physically and even emotionally. It helps stimulate blood circulation throughout the body and smoothing out knots and tension from the muscles.

It may even bring sexual and emotional healing. It helps eliminate stress, high blood pressure and depression. When going for a tantric massage be sure to be explicit about your needs. You might want to ask for detailed information on their practice. Usually they offer white massage (masseur is dressed and it is performed on a massage table), red massage and black massage (which are more explicit practices). ①



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The world makes the money go round

Our tech guy **Colin Moors** explains how technology can save you money



Of all the uses we put the internet to these days, there can be very little more daunting than to part with our hard-earned cash, sending it careering off into the void with nary a trace of what might happen to it. Of course, it's the same thing as paying by cheque (remember those?) except it has an electronic and less tangible aspect to it. The money you are paying with doesn't exist, not even when it reaches its destination, which it doesn't, because it never really went anywhere. With me so far? Good.

We all use the internet to spend cash – it may be online shopping, online gaming or just everyday online banking. Luckily, we can also use the internet to save us money, if we have

the right information. I am obliged by common sense to mention that anything in this article does not constitute financial advice and to warn you to research sites thoroughly before giving away your money.

In these pre-Brexit times, dealing with UK pounds versus euros can be a minefield. The rate is, at time of writing, variable in the extreme and picking the right time to move money to or from the UK could save you a lot of cash. One of the most up-to-date sites for currency exchange is xe.com, a site brimming with financial reports, money stories, rate movement graphs and a host of other things to keep the consumer of internet money information happy. Its primary use for the lay



person is as a currency exchange monitor, however. Pick your currency, enter the amount and you can convert it into any currency in the world at a click.

Holiday tip: when it comes to withdrawing money at an ATM, never accept the ATM conversion rate. Always opt for your bank doing the conversion. The ATM conversion rate is heavily doctored to favour the company who installed it. Your bank will doubtless charge you for conversion but the rate will always be better.

Speaking of banks, a lot of companies offer what they call "wealth management". This is a poor choice of name for some of us, sadly. Keytrade Bank (keytradebank.be) here in Brussels could save you money straight away, however; aside from its range of financial products, it offers a completely free bank account. There's no catch with this, it really is free to use – there's no annual fees and transactions and debit cards cost nothing. Of course, the free bank account may be a way of getting you interested in their other services, such as pensions, mutual fund investing, crowdfunding and currency trading. There's no such thing as a free lunch but at least in this case, the carrot

they dangle could end up saving you a good deal of money.

One of my personal favourites and a service I use often is TransferWise (transferwise.com), started by the Estonian people who brought you Skype. It's a 'peer-to-peer' money exchange service. Estonia is without doubt the most technologically advanced country in Europe, and the guys behind TransferWise do a lot to help the reputation. Just as Skype used millions of computers to provide a solid communication network, utilizing the power of them all to provide a stable communication platform, TransferWise does the same with money.

As you are probably painfully aware, if you transfer money between currencies, you'll be charged some pretty hefty fees for the privilege by your bank(s). TransferWise, very simply, allows you to pay into one of their accounts in one currency, then they pay you, using a fixed rate from xe.com from another of their accounts in the target currency. They charge a fee, of course, and it's deducted at source, so when you want to send money, all you'll see is the two currency amounts and the total of your saving. It can do

**“ IT REALLY
IS FREE TO
USE ”**

Transferwise trade office meeting

Photo © Transferwise



this because there are multiple clients at any one time wishing to exchange currency. If you want to change 1,000 dollars into euros, they'll look for someone else looking to change euro to dollars and swap the cash between you, transparently. For the thousand-dollar figure mentioned earlier, the cost would be around \$10 - a saving of around \$60 compared to a regular bank.

Now we've saved you hundreds of euros, what to spend it on? Well, if you fancy a real gamble but don't like the horses or ball games, how about taking a shot at crowdfunding? The two biggest names are probably indiegogo.com and kickstarter.com.

The premise is simple: help to fund a project and receive benefits for doing so. Most projects will offer various incentives for investment, from a hearty "thanks" to finished versions of the product or medium. Keen-eyed readers will note the use of 'spend' earlier in the text. That's because the benefits you may receive – should the project ever be completed – rarely outweigh the money invested. You will

rarely, if ever, be offered a piece of the action in the form of company shares but it may give you a warm and fuzzy feeling inside for a while.

Income, outgoings, spending, saving – how do you keep track of it all? One way would be to use mint.com, an essentially free service. Principally a budgeting tool, Mint provides 24/7 online access to your finances. It will alert you to upcoming bills by SMS or email, help you with setting a budget and provide you with

tools to help you keep a tight reign on your money. The free lunch principle applies here, as it will offer you various ways to invest or save money and you may optionally pay a small fee to access your credit score. The occasional advert will pop up too. If none of these things bothers you particularly, Mint remains free to use and can be used from any browser as well as its dedicated apps for Android and iOS. **1**

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As a Man Thinketh: Help you to help yourself

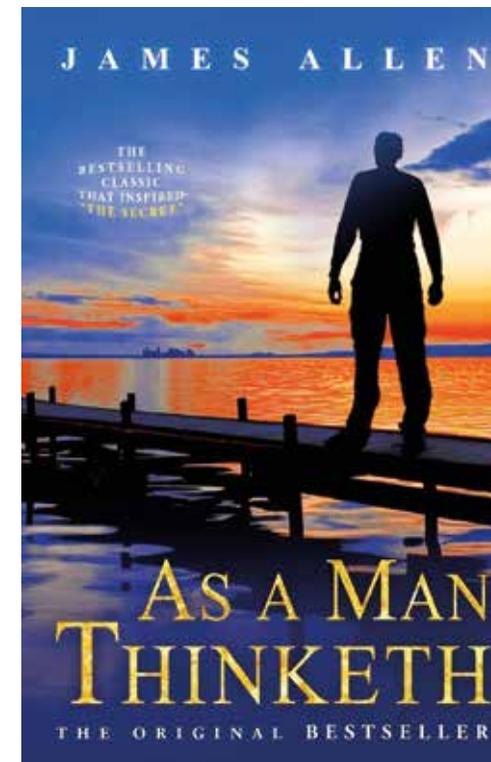
As a Man Thinketh is a literary essay and book by James Allen, published in 1903. He was a British philosophical writer known for his inspirational books and poetry and as a pioneer of the self-help movement. From a working class family, his mother could neither read nor write.

Allen described it as dealing with “the power of thought, and particularly with the use and application of thought to happy and beautiful issues. I have tried to make the book simple, so that all can easily grasp and follow its teaching, and put into practice the methods which it advises”.

He describes how we all have what he called “our own thought-world, each man holds the key to every condition, good or bad, that enters into his life”.

His thinking has stood the test of time. When it first came out the book cost just one shilling; Allen was keen that everyone could have access to it and “it can be carried in the pocket”. He could hardly have imagined that it would sell millions of copies over a century later. He intended to offer advice on three main pillars: “A book that will help you to help yourself”; “A pocket companion for thoughtful people”; and “A book on the power and right application of thought”.

He firmly believed that “by working patiently and intelligently upon his thoughts, man may remake his life, and transform his circumstances. You cannot travel within and stand still without”. For him circumstances do not make the man, but rather it reveals him to himself. These are thoughts that have been a source of inspiration to motivational and self-help authors throughout the world.



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DAVID J. SCHWARTZ, PH.D.

“ A GREAT LIFE
ALWAYS BEGINS
WITH A GREAT
DREAM ”

The Magic of Thinking BIG

The late David Joseph Schwartz was a professor at Georgia State University, Atlanta, and was considered a leading American authority on motivation. He was also President of Creative Educational Services, a consulting firm specializing in leadership development. Starting from a one-room schoolhouse in rural Indiana, David J. Schwartz went on to become the president of his own company and lecturer to more than three thousand trade associations, sales groups and management seminars.

His first phenomenal bestseller *The Magic of Thinking BIG* has sold more than four million copies, instructing us how to get ourselves onto the path that will bring happiness and satisfaction with a step-by-step guide to achieving personal happiness and wealth.

In the course of researching his books, Schwartz spoke to many people who had reached the top in their field. He realized that “the key factor in personal success was simply the desire for it. Some people choose to lead, others to follow. Success is not primarily a matter of circumstances or native talent or even intelligence - it is a choice”.

He believed that successful people do not look at their families, their jobs, their health or their net worth as they are. He writes: “They jump ahead of the masses and do one simple but profound thing: they look at life as it can be, not as it is. They perceive life as it will be after application of their persistent, intelligent ‘I-will-win’ efforts.

“Whether we spend life winning or losing depends on how we use our mindsight – what we choose to ‘see’ or dream. A great life always begins with a great dream.”

According to Schwartz, “success, wealth and happiness do not come from luck. All accomplishments stem from dreams courageous people convert into reality. The largest journey begins with one step. A giant fortune can begin with only a few dollars. A happy life is built one day at a time”

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Welcome
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A tale of two Chinas

Dave Deruytter asks if China has overtaken the rest of the world in digitalization

Photo © jo.sau - Flickr



With its booming coast and a slow hinterland, China has taken on a split personality. It is one of those countries that is developing and changing at the speed of light. If you do not visit it every other year, you are out of touch with its new realities.

Luckily, I had lunch with a young friend who has just returned from a three-year stint in China with her husband. She was very excited about her experience there and had many questions for me too. Was her impression wrong that Belgium had become poorer, people sadder and the economy stagnant over the past three years? Well, that depends on who is making the comparison. Me, living in Belgium for the past three years, or her, living

in a giant, modern city on the fast-developing Chinese coast.

She has always been a person full of energy before, but since she has been in China that energy pool had grown much bigger. She was talking at the speed of a race-car. I had trouble following her.

After telling me her story about expat life itself there and its practicalities, she claimed that the digital payment services in Belgium or Europe are way behind the Chinese ones these days, with a smart payment offer coming from outsiders not from mainstream Chinese banks. Using a certain app linked to her credit card, she could make payments and bank transfers almost instantly. Actually she was of the

opinion that China's digital leadership position was now a fact for many retail products and services. She explained about another app by which you could order a coffee, pay and have it delivered at your GPS location within 10 minutes.

Furthermore, shops in China are proposing relevant products or services and bargains to you from the moment you enter through the door, if you agree to them checking your profile online. Shops also propose digital reduction coupons to you directly on your Smartphone. If the latter is not of interest to you personally, you can simply forward it to a friend. That way the seller is not spamming your friend, you actually are. Such services exist in some cities in the US and in Europe for sure, but coastal China is at least on their heels.

Mercantile and entrepreneurial as the Chinese are, their speed of action in business is not slowing, on the contrary. With exports dipping, the Chinese authorities are focussing on developing the internal Chinese market ever further. And, as they do not have the brake that comes with bricks and mortar structures as in good old Europe, they can move much faster.

Chinese coastal cities never sleep. You probably have more than 20 of them today that each have more than 10 million inhabitants. 20 Chinese cities are equal to or larger than Belgium in population. Imagine how efficiently you can work on those 200 million citizens with products and services through digital sales channels, apps and more. You can grow an imperium in a few months if you hire, or employ as independents, some of the vast number of eager, bright and entrepreneurial Chinese youngsters, Generation Z or young Generation Y.

To become rich is glorious said the late Chinese Statesman Deng Xiao Ping in 1978. The Chinese certainly keep on going for it. Not only are they producing ever more

high tech products themselves, like Huawei Smartphones for example, they are embracing digital to the fullest and disrupting existing concepts, sales channels and companies all the time.

Jack Ma's Alibaba is the largest store on earth without inventory. It has also developed Alipay, its own online payment system. Baidu is the top Chinese search engine that also has a Wikipedia-copy and is challenging Apple Music. Tencent moved from instant messaging to online media, interactive entertainment, (wireless) value added services, e-commerce and web advertising.

“ ALIBABA IS THE LARGEST STORE ON EARTH WITHOUT INVENTORY ”

Of course many things still get invented in Silicon Valley, but the Chinese entrepreneurs are copying very fast and have, with a population of almost 1.4 billion Chinese, a bigger leverage for their products or services. Or have they?

Here indeed we need to pause and check on the more than half of the Chinese population not living in the coastal region, but in the hinterland of the countryside.

To stimulate development there, the Government has built giant cities and industrial zonings to also grow that part of China. Chengdu and Xian are two good examples of such cities. Still, there has been an important brain drain from the countryside to the coast of China. This trend has left many smaller cities and towns in the hinterland with older peasants and the less bright, less entrepreneurial, more conservative young people. It will not be enough to raise the price of rice and other agricultural products to stop that migration.

This is a country developing at two very different speeds.

It is true that 'digital' almost knows no borders, but if the people in the countryside do not

Photo © Technode



create enough economical value they won't have the money to buy all those fancy products or services they see on the internet or in the shops.

On technological development side of things, R&D, including basic research and long-term research, is increasing substantially. It will take many years before China will be able to truly challenge the US there, but smaller rival countries have been surpassed already or will soon be. The quality of research is also improving. The days of quantity over quality in research in China appear to be long-gone, and short-term, quick gain research has given way to long-term, fundamental research. The government is doing its best to steer the R&D ship in the right direction and with notable results.

The profitability of the Chinese juggernauts is still low though, but that was also the case at Google or Facebook in their early years. Chinese leading tech companies will have to learn to be more profitable or face stock market hardship. And that is something Alibaba and others have felt from late last year into middle

this year. Indeed, these Chinese companies were non-existent and so did not experience the dot.com bubble bursting around the year 2000 in western countries. Yet if their profitability does not increase, they will have to learn the hard way. The key is to make sure that their Chinese consumers become ready to pay for all the services that were for free until now. Or that these large Chinese digital groups create new added value services that generate

“ SHE COULD MAKE PAYMENTS AND BANK TRANSFERS ALMOST INSTANTLY ”

extra revenue at better margins.

In conclusion, it is premature to say that China has overtaken the world in digitalization. Still at the speed at which it is copying overseas inventions and transforming its R&D, there is no time for complacency. Beat them or join them. And if that does not work, keep on being different in a good way. May the best man win, but on a level playing field please! ●

85 CONTEMPORARY STUDIO'S, APARTMENTS AND PENTHOUSES



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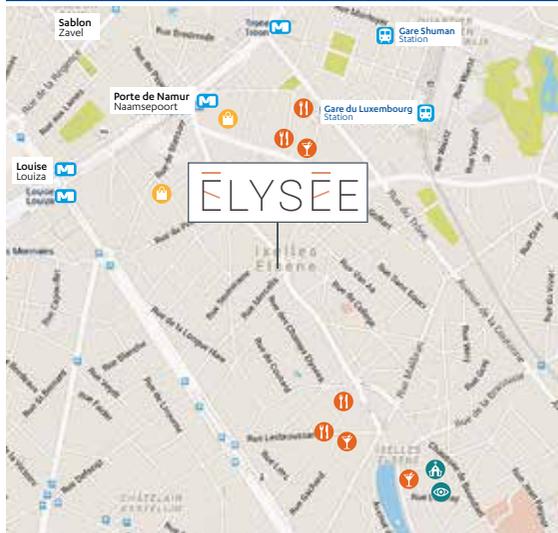


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Can EU hear us?

Gerry Callaghan examines a possible shift in the direction of EU policy after the UK's Brexit vote

Genetically modified fruit



European Union leaders met in Bratislava Castle in mid-September in a bid to reunite the remaining member states in the wake of the UK's surprise Brexit vote. The heads of the 27 member states gathered to discuss the bloc's future. German Chancellor Angela Merkel claimed the EU is in a "critical situation" and work is needed to rebuild citizen confidence in the institution. However, the UK's Brexit vote could, in the end, become a positive step for Europe as the intergovernmental body takes a deep breath of introspection.

In the past few months, several ministers from several national parliaments spoke out about the possible death of the EU-US trade deal, the Transatlantic Trade and Investment

Partnership (TTIP). This, in particular, is good news for Europeans and civil society groups. Critics will be celebrating at the disintegration of negotiations, as TTIP ignited the largest ever European-wide public opposition campaign. That campaign looks poised to succeed.

TTIP threatened to erode EU member states' ability to formulate policy. Meaning that if a government chose to act in the public interest and legislate against a harmful ecological or social practice then US corporations could sue the European taxpayer for lost profits – making it difficult to regulate against big business interests. German, French and Austrian ministers who spoke out earlier last month about the stalling and possible breakdown of negotiations were met with cheers from the



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IMPACT

REAL ESTATE OF TOMORROW, AT THE PRICE OF TODAY

**PERSONAL
DEVELOPMENT**

Politics



non-governmental sector. Is this a sign that Brussels is beginning to take onboard the concerns of its citizens, rather than steamrolling ahead with its trade liberalization policies despite strong opposition?

That view does still seem a tad hopeful, and activists can't afford complacency. The fight is far from over. Many people have heard of TTIP, but fewer will know of the EU's already concluded negotiations with Canada, through the Comprehensive Economic and Trade

Agreement (CETA), which needs only to be ratified. Judith Kirton-Darling, a member of the European parliament's trade committee, said: "Political attention in Europe is now really focused on the finalized EU-Canada CETA deal, due to be ratified in the coming months, which up to now has been subject to less public scrutiny but raises many of the same concerns around standards, public services and the rule of law."

CETA, in many respects, is like a mini-TTIP. It has not yet come into force but is very close to doing so and, unlike the big scandals around TTIP, the EU-Canada deal has rarely made headlines. Negotiations began in April 2009 and, just like TTIP, have been held behind closed doors. They involved representatives of major international corporations, but excluded labour unions, healthcare representatives and educational institutions, as well as the media. Since the beginning of the talks, the Commission has held only four meetings with

**“ THE COMMISSION HAS
HELD ONLY FOUR MEETINGS
WITH PUBLIC ACTIVISTS ”**

public activists and, until leaked, the possible provisions of the deal were concealed from the public.

The perception that Canada poses less of a direct threat than the US possibly comes from the Canadian government's less threatening foreign policy, but the country's environmental and food standards are lower than that of the EU and it's the world's third biggest GMO producer, combined with its environmentally

Parliament, Ottawa



damaging fossil fuel extraction through huge open pit tar sands. Europe would then have to lower its standards to allow for trade liberalization with Ottawa, and it would be extremely difficult to stop the destructive fuel arriving in the European market.

If the deal goes ahead then the investor-state dispute settlement (ISDS) mechanism, the tool that corporations would use to sue European governments, would also apply. Therefore, regulating against the environmentally damaging fuel extraction would be a costly process. During TTIP negotiations, a report from the London School of Economics, commissioned by the UK's Department for Business, Innovation and Skills highlighted that "based on Canada's experience under NAFTA", the UK could expect an "EU-US investment chapter to be regularly invoked by US investors against the UK for governmental actions that would normally not be challengeable under UK law."

**“ IT MAY JUST
BE A COOLING-
OFF PERIOD ”**

So, despite the Canadian government's positive international image, many companies operating in Canada are multinationals. And the deal would see any corporation operating in Canada as free and able to use the ISDS mechanism against EU taxpayers, including many American and Chinese companies. Therefore, the threat to EU democracy is not directly from the Canadian government itself but from the corporations that would then access the EU market through CETA. No EU leader has, as yet, publicly said he or she will vote against the EU-Canada deal in the Council in October. Therefore, the toning down of TTIP rhetoric is welcome but not in itself evidence that the deal is dead, nor is it evidence that the EU is changing course. It may just be a cooling-off period. Or, to end on a very cynical note, it may even just be the beginning of electoral campaigns in France and Germany where public opposition to CETA and TTIP has called on officials to appease voter concerns at home. ●

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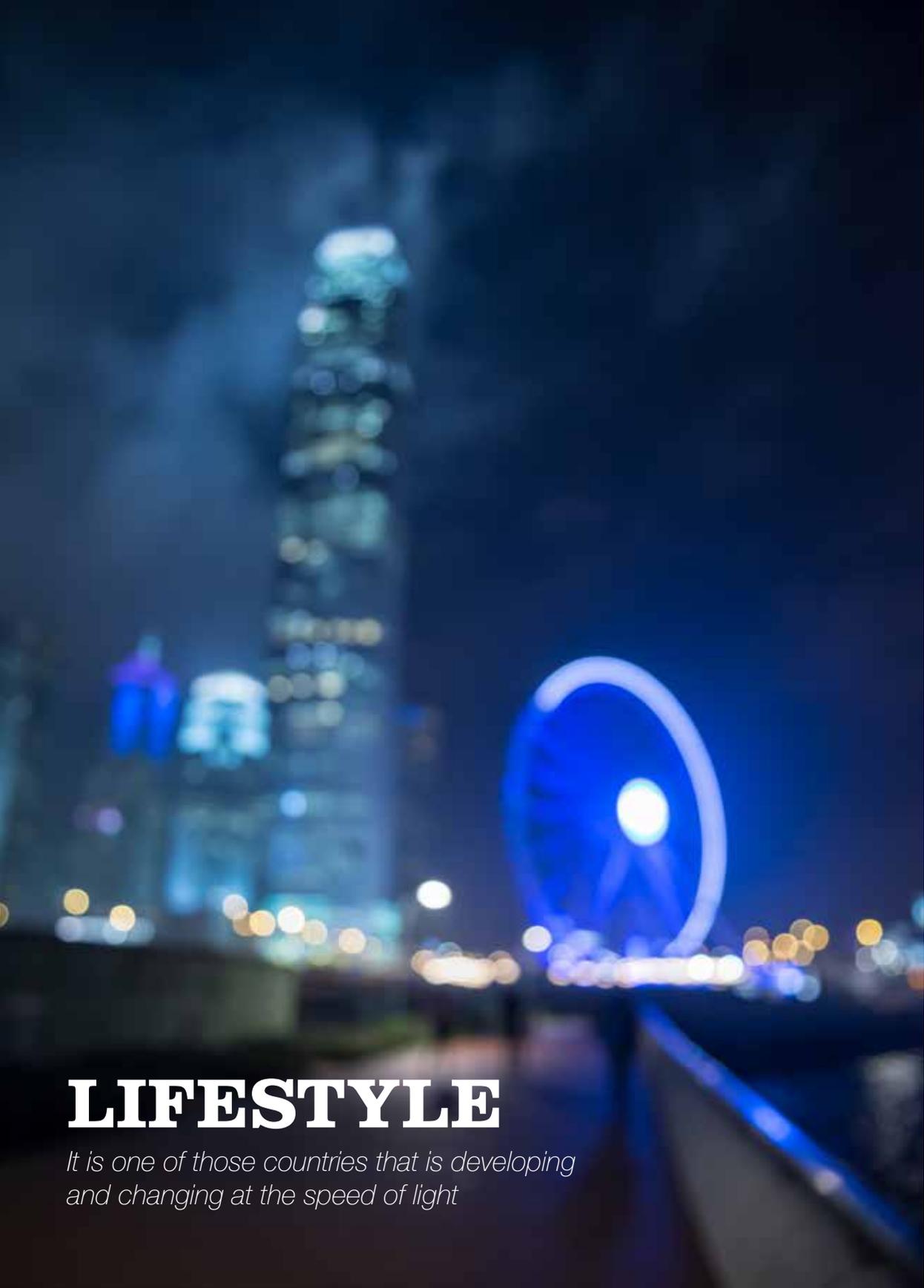


14 traditional, completely renovated "Maisons de Maître" houses in the heart of the European district in Avenue Michel-Ange and Rue Stevin. While retaining the original exterior features of these houses, built in 1900, the interiors have been converted into apartments and are modernised to the highest standard, as the slogan says "Styled for Living".

The apartments are 45 m² to 180 m² and comprise of 1 to 3 bedrooms, some on two levels, with a balcony or garden. The apartments are decorated with style: wood parquet, modern tiles in the bathrooms, fully equipped kitchens, isolate-glassed windows, Telekom, sat TV and intercom-system; closed garage available.



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LIFESTYLE

It is one of those countries that is developing and changing at the speed of light

Man's best luxury friend

This month we look at how much dog lovers are prepared to pay for some rare canine breeds

Irish Wolfhound

The Irish Wolfhound is a very large sighthound from Ireland. The breed originally was used for wolf hunting. Arriving in Ireland around 7,000 BC, these war hounds were later used for hunting and guarding. They can be an imposing sight due to their formidable size. The Irish proverb says they are "gentle when stroked, fierce when provoked." **€2,000**



Saluki

Another sighthound, the Saluki, or Persian Greyhound, is typically deep-chested and long-legged. They can be somewhat independent animals, so they need patient training. A graceful creature, *The Guinness Book of Records* listed a Saluki as being the fastest dog, capable of reaching a speed of 68.8kph.

€2,500





Akita Inu

The Akita Inu ('inu' means 'dog' in Japanese) is a large breed of dog originating from the mountainous northern regions of Japan, but today they can be found all over the world. They boast thick coats, plush tails and a powerful build. The Akita's precursor tracked large game, holding it at bay until hunters arrived to make the kill. **€4,500**



Pharaoh Hound

A regal name for a graceful, powerful and swift hunter. Always obedient, they're eager to please, making them ideal hunting dogs. Its most unique feature is its 'blush' – its nose and ears turn a deep rose colour when it is happy or excited. **€6,500**

Lowchen

The Löwchen ('little lion dog' in German) is a 'toy' dog. Among the rarest dogs in the world, it is a friendly, healthy and happy dog. Dogs of this breed are both active and playful, and very intelligent, making it an excellent house pet. Weighing under 8 kilos, it would take ten of them to equal the Tibetan Mastiff's weight. **€8,000**



Tibetan Mastiff

The Tibetan Mastiff – not strictly speaking a mastiff – is known as Do-Khyi, 'a dog which may be tied'. It was used for guarding herds, flocks, villages, monasteries and palaces. A primitive breed, males can reach heights of 83 cm, and it weighs in at up to 72 kg. A difficult animal to domesticate, it retains its natural instincts from the harsh conditions in the Himalayas. **€7,000**





Samoyed

Bright and alert, with a weather-resistant coat, this breed takes its name from the Samoyedic people of Siberia, nomadic reindeer herders who bred the fluffy white dogs to help with the herding, and to pull the sleds. Popular for its impressive, thick coat, it is also famous for black lips that curl into a 'Samoyed smile', but their friendly nature means they are not cut out to be guard dogs. **€11,000**



Chow Chow

The Chow Chow is originally from northern China. This puffy-lion dog is one of the native dogs used as the model for the 'Foo' dog, the traditional stone guardians found in front of Buddhist temples and palaces. It is one of the few ancient dog breeds still in existence in the world today, and is thought to be one of the first 'primitive' breeds to evolve from the wolf. **€8,500**



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LIFESTYLE

Shopping

Shopping



Axelle Delhaye

Axelle Delhaye studied painting at La Cambre in Brussels, but soon turned to another art form which allowed her to indulge in her love of all things Victorian. Her approach is to bring unique and distinctive jewels back to the present day. She says: "Each piece has its own history that can never be matched nor reproduced." Ancient symbols, Victorian motifs and long-lost memories are some of the designer's beloved directions, fulfilling her ideal vision of a playful sophistication. Earring: **€1,250**
www.axelledelhaye.com



“ EACH PIECE HAS ITS OWN HISTORY ”

Wouters & Hendrix

Based on the movie *In the Mood for Love*, flattering statements feature on Silver & Gold plated brooches. The collection consists of fluid hammered shapes and contoured styles, offering contrasting forms, combined with Rutilated Quartz.

This limited edition collection will be available from October 13th till the end of December in their stores in Antwerp, Brussels, e-shop and at a selection of retailers. Gold-plated 'What happened between us must stay a secret' brooch. **€90**
www.wouters-hendrix.com



Thea Jewellery

Belgian Emilie Duchêne is a young mother and designer who was introduced to the world of fashion at a very young age. She began her official career in Paris where several big names of the fashion world took her under their wing and taught her the ropes – labels such as Isabel Marrant, Dior Joaillerie, Christian Dior, and Christian Lacroix. In 2011, Emilie founded "Thea Jewellery" (after her first-born daughter Thea, a line of delicate jewelry, each being one of a kind).
www.thea-jewelry.com/en



Ole Lynggaard

With a passion for design and details, goldsmith and jewellery designer Charlotte Lynggaard, daughter of Ole Lynggaard Charlotte Lynggaard, created designed the new Love Bands collection, simple and clean, sparkling and romantic. The design of the Love Band requires that each diamond used is identical and cut to perfection, in order to achieve the minimalist and exclusive look of the design. For Lynggaard, Love Bands was a way of combining and wearing the different colours of the gold with the golden hues of the diamonds. They can be used to create a unique and personal look by changing the number of rings you wear and mixing the various shapes and colours from the collection. Earring, 18-carat yellow gold: **€8,950**
www.oleynggaard.com

**“ IMAGINE,
 DREAM AND
 CREATE ”**

Messika, Paris

Diamonds shine bright in the Messika family story, handed down from father to daughter. A prominent figure on the diamond trading scene since he started out in 1972, André Messika brought his daughter up on dreams dusted with jewels, punctuated with trips around the world to source extraordinary stones. Surrounded by legendary gems from a young age, Valérie Messika moved away from diamond trading to concentrate on her passion for design and guided by a love for precious stones, she has blazed a glittering trail in the very closed world of fine jewellery. Valérie Messika's philosophy is to imagine, dream and create. Her strengths lie in her fertile imagination, keen eye for detail and the ability to challenge herself every day. My Twin collection.
www.messika.com/en



Corneliani

This Italian family-owned firm stretches back to the 1930s when Alfredo Corneliani set up a craft business making raincoats and coats, which was then put on hold due to the outbreak of Second World War. Alfredo's sons Claudio and Carlalberto carried on the business in 1958. In 1997 Corneliani opened its flagship store in Via Montenapoleone, in Milan. In 2005 Corneliani received the Leonardo Prize for Quality, awarded by the president of Italy to Italian companies which promote Italian-made goods. Cufflinks: **€260**
www.corneliani.com



Olivier Strelli & Jean-Luc Moerman

Olivier Strelli (born Nissim Israel) is a Belgian fashion designer, who put Belgium on the fashion map. His name is now synonymous with a chain of male and female clothing and accessory boutiques in Belgium, Switzerland, France and China. In 2005, Francophone Belgian TV viewers voted Strelli 56th in a list of the 100 greatest Belgians of all time through the show *Les plus grands Belges*. Famous clients since have included the Rolling Stones, Brigitte Bardot and Stevie Wonder. Scarf: **€165**
www.strelli.be



Vivo Tracker

Ideal for hiking around the lush hills of the Ardennes (and far beyond), the Vivobarefoot Tracker is a barefoot hiking boot made from high-quality leather. It is designed for wild and rough terrains, with a new firm ground sole. This minimalist walking shoe's waterproof lining and thermal protection keep feet protected and ready to explore nature. The new concept store will open at the end of October in Woluwe St. Pierre. Check for updates on Facebook: @vivobarefootbrussels. For men and women: **€230**



LIFESTYLE

Shopping



Bell & Ross

The aesthetic appeal of this luxury French watch company lies in its four design principles: water resistance, highly accurate Swiss mechanical movements, clear visual indicators and special functions. The Br S is a feminine interpretation of time, an ornament for the wrist, in which the sophisticated materials are a showcase for the jewels. Elegant and refined, this lightweight, finely-crafted piece subtly marries steel with precious stones. **€7,200**
www.bellross.com/be



Lamy

To mark 50 years of Lamy design, fans of the brand can now look forward to the launch of a unique set which will be available from June and only in the anniversary year: a carefully designed notebook complete with a special exclusive edition of the LAMY logo M+ ballpoint pen. The notebook is characterized by its exquisite materials and attention to detail both inside and out. The anthracite cover in nubuck leather is particularly soft to the touch, just like the LAMY logo M+ ballpoint pen with its black soft touch coating which was specially developed for the set. **€19.90**
www.lamy.com

Nathan Baume

Designer and manufacturer of luxury leather goods, luggage, accessories and jewellery, Nathan Baume believes in "a commitment to excellence, building on the past to express a form of modernity". Such has been the approach followed since its creation when Nathan-Baume first presented its exclusive small luxury leather goods created from the finest leathers, notably exotic skins. The range now includes travel bags, briefcases, computer cases, and, recently, jewellery. Oscaria rustic grain leather briefcase, other colors available. **€395**
www.nathan-baume.be



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Read my lips

Rouge Pur Couture The Mats N°212 Alternative Plum (€36) by Yves Saint Laurent Beauté.



Our beauty expert **Delphine Stefens** offers advice on beautifying your Labium superius oris and Labium inferius oris... in plain English, your lips

Not quite ready for the comeback of 90s brown lipstick? Go for brownish burgundy, berry or plum hues and make a statement by picking a matte finish that's smooch proof.



L'Absolu Rouge 397 Berry Noir (€35) by Lancôme.



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LIFESTYLE

Beauty



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Giving back

A recently founded Italian design team is not bottling up its energy for helping to save the planet

24Bottles: Optical Collection

Inspired by the Op art movement, this three-piece Capsule Urban Bottles (500ml) collection is designed to enrich your style. The essential silhouette of the urban bottle is embellished with refined, geometric patterns, merging simplicity and sophistication and giving this special collection a vintage, unique and elegant tone.

The stainless steel bottles come with a rich texture and a vibrant pop of personality, inspired by the abstract graphics of the Optical art. A bold and dynamic pattern that gives the Urban Bottle a lively, still-movement effect. A special hand-printing technique is used to give the exclusive Optical Collection a high-gloss finish and making each bottle different from the other and perfectly unique.

4Bottles was launched back in 2013 in Italy by two young wishful thinkers committed to the design of sustainable accessories for day-to-day activities, while keeping an eye on fashion. 24Bottles appeals to coolness and reliability to spread an ecological message: recycling is better than creating waste, reusing is way better than recycling. Among their main goals is to reduce CO2 emissions by promoting the



use of sustainable, elegant and endlessly reusable stainless steel bottles instead of throw-away plastic ones.

They say: "We believe that good design can change things for the better and can help people improve their health and quality of life as well as their look, in an environmentally friendly way. Our aim is to combine form and function in order to offer uniquely lightweight collections of bottles, bags and accessories, so as to foster a more sustainable and comfortable lifestyle, while keeping personal style in check.

"24Bottles is ideally and financially committed to creating a beautiful and healthy planet. From the products we design to the lifestyle we live and promote, we aim to reduce the impact that all of us are having on the environment. So it was natural for us to join 1% for the Planet: this valuable membership allows us to give back to our beloved planet Earth.

Indeed, as proud members of this ever-growing network, we pledge to donate 1% of our annual sales to like-minded nonprofit organizations that study and work 24/7 alongside us to build a better and healthier place to live."

www.24bottles.com
www.onepercentfortheplanet.org ●



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Quartier de l'altitude 100, à quelques pas du nouveau Parc Marconi, entre l'av. Molière et l'av. Albert, cette demeure insoupçonnée de 1905 se situe en arrière maison et possède son propre jardin de 120 m² avec une grande terrasse en bois plein sud au calme des chants d'oiseaux.

Cette très belle ancienne écurie de 10 m de façade, un grand atelier communiquant ainsi qu'une mini-maison d'amis/personnel ont été entièrement rénovés en 2016 avec des matériaux contemporains et naturels de qualité: 8 cm de liège isole le bâtiment de l'intérieur et confère au lieu une ambiance et une acoustique merveilleuse; un béton lissé recouvre le sol du rez-de chaussée; le bois et l'argile se retrouve partout ailleurs.

Autres confort: chauffage au sol, interrupteurs sur dimmer, eau de pluie pour les wcs japonais, câblage musique et internet intégré, buanderie, cellier, ...

Composition:

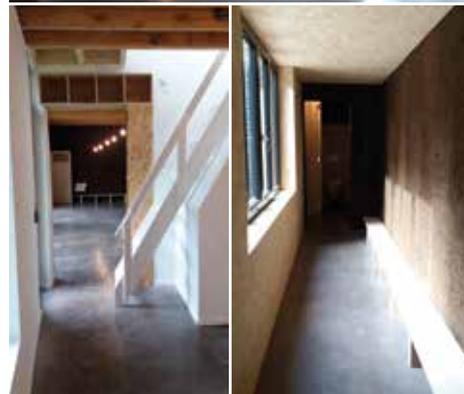
REZ: hall, cuisine américaine, cellier, salle à manger, salon, wc, accès atelier, atelier + mini-maison avec cuisine, bain, wc, chambre, bureau.

1er: hall, grande pièce polyvalente, 2 chambres, salle de bain, buanderie.

2ème: hall, wc, grande douche, chambre avec salle de bain, grand dressing.

For more info contact Sophie: 0473.24.42.31
or cooky13so@yahoo.com

2800 € / m

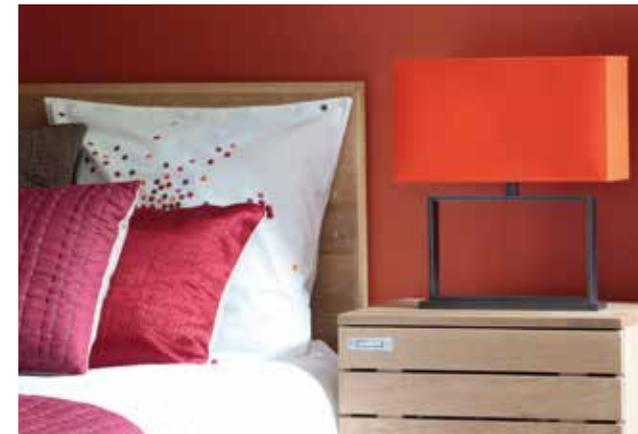


LIFESTYLE

Design

Let there be lots of light

We look at local craftsmen who play with light and shade



Since 1982, Stéphane DAVIDTS has manufactured decorative luminaires (lights, lamps, reading lamps, floor lamps, spotlights, etc.) in its workshops in Brussels. Creator, Stéphane DAVIDTS has designed a range of fixtures, reinforced by the warm and friendly nature of the lampshade. Exclusive materials, pure and sober in design, are crafted in large workshops on the edge of Bois de la Cambre – all this gives the guarantee of owning an exclusive product that's 100% 'Made in Belgium'.

The manufacturing is entirely based on work in brass and copper. The wall, ceiling and floor lamps of all sizes are manufactured by dedicated craftsman. Everything is done manually: brazing, welding, embossing, polishing, patinas and assembly, producing purified forms and original finishes, where the brushed bronze and brushed chrome give nobility to the metal.

The handmade tradition is also present in the studio creating the lampshades. One hundred and fifty fabrics combine in sober and vibrant colours around templates of all shapes and proportions. Round or square, brilliant fuchsias and reds are set alongside the glittering mesh of silver wire or a pleated elegant pearl grey veil.

The firm also puts its expertise at the service of creative decorators looking to dress their exceptional lighting projects. The company exports 35% of its production and is proud to have won the Grand Prize at the International Lighting Exhibition in Paris in September 2000.

In 2002, *Trends* awarded the company the *Trends* Gazelle 2002 title as fastest growing company in the Brussels region.

www.davidts.com

WineOLED: A lamp for wine lovers

The art of wine tasting has never been so closely linked to the world of design and technology

Italian company Deslabs has created WineOLED, a lamp for both professional and amateur tasters, made in HI-MACS®. WineOLED makes it possible to illuminate the glass from behind, in order to be able to analyze the properties of the wine: colour, transparency, brilliance, intensity, nuances of the pigment and formation of tears.

Unique design, innovative materials and technology are the characteristics that all come together in WineOLED. Deslabs has designed and created this lamp using next-generation materials such as HI-MACS® Natural Acrylic Stone, alongside cutting edge technologies such as OLED lighting and Tesla's iconic wireless power transfer. HI-MACS® was the ideal material for executing this project thanks to its many possibilities. Given its thermoformable properties, it is a material that lends itself to producing different shapes and creating the curved lines required by this design. The seamless joints allow the object to be formed of a single piece which is easy to clean and very resistant to both wear and scratches.

The OLED (organic light-emitting diode) technology provides light that is very similar to natural light, but without any glare, shadows or UV rays, and so it does not alter the colour or properties of the wine. Wireless power transfer also makes it possible to charge a cell phone battery when it is placed on the base of the lamp.

This all results in a cult object that is unique and fun, and caters to both wine lovers and professionals. Besides its distinctive shape, which gives it a very interesting decorative touch, this gadget's differentiating feature is the lighting it provides and its functionality, since it helps to reveal the inherent characteristics of each wine.

Ultimately, a wine is valued for its appearance, its aroma and its flavour. It is a full sensory process that requires concentration and precision. WineOLED supplements this ritual by helping the taster to discover more subtle details. Salut!

www.wineoled.com



Vincent Van Duysen: Designer of the year 2016

The Biennale Interieur explains why the choice of Designer of the Year this year was a straightforward one

It's quite a task each year to decide on the name of the Designer of the Year. Which designer surprised us with the most interesting objects? Who attracted the international spotlight? Whose creative career deserves to be crowned Designer of the Year? This year, however, it was a straightforward choice: architect and designer Vincent Van Duysen's name was the top of the list for the members of the jury.

Vincent Van Duysen (born 1962) may be best known as an architect, but his work as a designer is just as impressive. During the course of his career, he has developed his own style in his architectural projects as well as his product design, often described as minimalist. He prefers the term 'art of living'. Be it an industrial product, outdoor furniture, earthenware containers or a clever lighting system, he always succeeds in paring down the design into a refined product.

Among his clients are major Italian brands including Fantini, B&B Italia, Flos, Poliform, When Objects Work, Pastoe, Tribu and Obumex. Cherry on the cake: he was appointed creative director of renowned manufacturer Molteni&C this year. This puts him alongside a list of major names from the field of architecture such as Aldo Rossi, Tobia Scarpa and Luca Meda. "This was an opportunity I could not resist," enthuses Van Duysen. "Molteni&C is a company with a rich design history and with enormous experience and knowhow. You can only have the fullest respect for their professionalism, their knowledge of materials and their history."

With his title of Designer of the Year, Vincent Van Duysen is also entitled to a display of his work at INTERIEUR 2016, where he will be feted during the opening ceremony of the 25th Biennale Interieur, on Friday 14 October.

Biennale Interieur 2016 - 25th Silver Edition. **14-23 October**. Kortrijk, Belgium.
www.interieur.be



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Interview

Marion Cotillard: Comfort and love

Together chatted to a French actress who just as comfortable with vidames as playing Piaf



Not only is she France's biggest star, but she's also emerged as one of the world's most recognized actresses. Having won the Oscar for her stirring performance as Edith Piaf in *La Vie en Rose*, Marion Cotillard has also enjoyed a successful Hollywood career with roles in *The Dark Knight Rises* and *Inception*. In person, she's a lot more impetuous and carefree than you would imagine after seeing her play darker characters in *Rust and Bone* or last year's *Two Days, One Night*. She laughs easily although her expression can turn pensive or sad in a nanosecond.

Cotillard is in a very buoyant mood these days, however, with several major films about to be

released. Chief amongst these is the upcoming blockbuster, *Assassin's Creed*, the highly-anticipated screen adaptation of the eponymous and mega-selling Ubisoft video game. The \$125 million production is directed by Australian filmmaker Justin Kurzel and co-stars Michael Fassbender, who previously worked with Cotillard on last year's *Macbeth*. How does the lithe French beauty feel about making the jump with her Shakespeare colleagues directly to the videogame universe?

"It's very contradictory, that's true, but the goal is still bringing your passion and creativity to telling a story," Cotillard says. "Justin (Kurzel) is the right man to give such an immense project a human face and Michael (Fassbender) is a



“ I ALSO FEEL THE COMFORT AND LOVE THAT COMES WITH HAVING MY OWN FAMILY ”

great actor who brings his heart and soul to everything he does. The process is still the same, it's just that we're working in a different playground.”

In the meantime, the 40-year-old Cotillard will also be seen in *It's Only the End of the World*, directed by French-Canadian wunderkind Xavier Dolan (*Mommy*), and *Mal de Pierres*, a post-WWII drama about a woman teetering on the edge of madness while trapped in a loveless marriage.

Cotillard lives in Paris with noted French actor/director Guillaume Canet (*Tell No One*) and their six-year-old, son, Marcel.

But recently Cotillard made it into the news for all the wrong reasons as newspapers across the globe cited her as the reason that Anglie Jolie and Brad Pitt – or Brangelina as their fervent fans would have it – are set for a messy

divorce. Cotillard denied any link to the split and said she was perfectly happily married.

Fuel was, no doubt, poured on the flames of gossip since Cotillard and Pitt appear together in a romantic thriller, *Allied*, directed by Robert Zemeckis and written by Steven Knight. It is due for release in November. It is based on a true story about two assassins who fall in love during a mission to kill a German official.

Together: Marion, you have many interesting and very different kinds of projects coming up later this year. Do you like that kind of variety?

I'm looking for roles that allow me to explore different emotional dimensions of what it means to be human. What motivated me to become an actress was the desire to tell stories and delve into human psychology. I love the feeling of being transported into a



different world and inhabiting the mind and body of a different person. When I'm acting, I forget everything around me. It's hard to explain but it's a very cool kind of journey.

You have said previously that when you were growing up you were always in turmoil and full of anxiety. Did that fuel your desire to channel those emotions or that intensity into your work?

It's very complicated, but I was extremely vulnerable growing up. I expected other people to behave kindly and rationally, and I discovered that the world isn't like that.

That realization took all the joy out of life for me, and it was hard for me to make friends and be sociable because I was always afraid of saying the wrong thing in a way that would make people angry with me or have a bad impression of me. I was also very restless inside and I couldn't find the right way to

express myself.

Was acting your way out of that dilemma?

Acting was the only thing that helped me release the anxiety and tension that had built up inside me. It also helped me understand what makes people tick. But it still took some time before I was able to really relax more inside and not have that disturbing kind of energy inside me. It's all so much easier for me now.

Assassin's Creed is a huge Hollywood movie. In the past you've said you've turned down big studio films because you didn't have a deep enough connection to the story?

What I said was that in the case of some big films that I was offered I didn't feel that the director was really interested in the characters and that it was more a technical process. I



“ THE GOAL IS
STILL BRINGING
YOUR PASSION AND
CREATIVITY TO
TELLING A STORY ”

need a director to inspire me and push me beyond my limits so I know that I won't be comfortable working with a director who is more interested in creating a spectacular visual landscape but doesn't really care about working with the actors who inhabit that landscape.

What is it about Assassin's Creed that made you want to do this kind of a blockbuster?

Assassin's Creed is very different. I know both Justin and Michael very well because of the intense time we spent working on *Macbeth*. Justin is very deeply interested in exploring human emotions and everything about our heart and soul.

So it doesn't really matter whether the setting is a castle in Denmark or some phantasy world, you're still dealing with fundamental issues about what it means to be alive and

how you relate to other people. It's the essence of life.

What was it like working with Michael Fassbender again?

We both loved the idea of being able to work together on another project especially one which was so different from *Macbeth* which was very dark and exhausting. Michael is one of the best actors in the world and it's exciting to work with someone who gives everything he has to a film. I'm the same way. And we were both very curious and anxious to work with Justin as director again because he also brings the same kind of commitment.

Have you ever worked on films where you didn't have such a good connection with the director or actors?

Yes, and it's a terrible feeling. That's why I'm very careful when it comes to choosing projects and especially the director.



One of your other upcoming films is Until the End of the World with Xavier Dolan who is considered one of the best young directors in the business?

Xavier and I are like soul mates. He wants to create a very intense and close-knit atmosphere on the set, and he has a very unique way of working. He will be talking to you while you're shooting a scene or he will be playing music in the background to take you where he wants you to go with your performance.

What was it like shooting the film with Dolan?

It's a very intense family drama and there's a lot of arguing and difficult situations. The dialogue is very fast and my character is quite nervous and confused so I had to work hard to be able to remember all my lines and still be able to play the character as naturally as possible.

“ I'M LOOKING
FOR ROLES THAT
ALLOW ME TO
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But it was the kind of experience I thrive on because I like pushing myself beyond what I think are my limits. It's a way of facing up to your fears and then having the satisfaction of having conquered them.

You've achieved more than most people in your profession ever get a chance to accomplish. Are you more comfortable now in terms of dealing with all the attention that comes with your level of fame?

I'm still very shy although I don't panic when people approach me, and I can speak more easily in those situations compared to how nervous and uncomfortable I would have been earlier in my career. I still have a hard time seeing myself on magazine covers or on film posters, though. (laughs)

I'm not someone who really enjoys the glamour and the red carpets and all of that. The only

**“ SOMEONE WHO
GIVES
EVERYTHING HE
HAS TO A FILM ”**



thing I ever really wanted from this profession was to have the recognition for my work. But even that made me uncomfortable because I wondered whether it was healthy to want the attention and love of people for my work.

I have learnt to accept that as something which is part of your desire to be a performer and how you want people to appreciate what you have brought to your character and the way a story is told.

Is life easier in general for you now?

I take things more philosophically than I did before. I also feel the comfort and love that comes with having my own family and being a mother. There's less pressure to prove myself and I think that makes my life much simpler and calmer. (She smiles) But sometimes I still wish I could be as confident as I am when I'm playing a character! 🗨️



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So... Mauritius

Together took a trip to a stunning hotel in a stunning spot



The dreamy island of Mauritius made its appearance on cartographers' maps in the early 16th century. It was discovered by Arabs, and one can only imagine what they would think of the island now. It is popular with tourists and yet still manages to retain a certain calm elegance. And some of the accommodation is very calm and very elegant indeed.

The Sofitel So Mauritius promises "luxurious seclusion combined with French know-how awaits you at this eco-chic hotel in Bel Ombre". It delivers that and then some. The building was designed by the highly experienced, innovative architect Lek Bunnag, who hails from Thailand and has won numerous awards around the world. And the fashionable interiors come courtesy of former fashion designer Kenzo Takada, who came out of semi-retirement to concentrate on decoration, with a brand of tableware, home objects and furniture. His *Gokan Kobo* (workshop of 'the five senses') has inspired many other designers.

Kick back in one of the most beautiful places on the planet and relish personal 24-hour service by So Special butlers, state-of-the-art technology, pampering spa treatments and Sofitel's exclusive MyBed for dreamy nights. This 5-star hotel also has an eye on the environment – an oasis of serenity, it captures the spirit of the island, inspired by the tranquil lagoon. Just slow down and relax, surrounded by nature.

There is more to Mauritius than sun, sea and sand. Among the lush vegetation and tropical forests is another world to discover on the island. For those who love nature, one of the main 'green' attractions is the Black River Gorges National Park, which extends over 16,680 acres and provides a haven to

endangered native plants and animals. It is home to around 311 species of native flowering plants and nine species of birds that are only found in Mauritius.

Green tourism is growing rapidly through the number of reserves and estates that are now beginning to open their doors to tourists. Together, they offer many activities ranging from trekking to canyoning to horse-riding, all offering exceptional panoramic views over the beautiful Mauritian landscape. Among the many Mauritius trails, The Dodo Trail is an international Trail Running event, a

mountain race that runs through the highest peaks of the south and western part of the Island offering amazing views as it runs through unique and exclusive private properties. You pass beautiful colourful lagoons from the mountains and dense tropical forests in the National Park Black River Gorges, which hosts the rarest birds on the Island, such the Pink Pigeon or the Eco Parakeet.

Of course, the sea and sea life play a massive part of any break here, including plenty of diving opportunities and boat trips. One company offers several services such as excursions throughout the Island, scooter and bicycle rental, catamaran cruise and – bucket list, surely - swimming with dolphins.

And if all that has tired you out, return to your beach front So Mauritius resort and relax as you overlook the ocean in your exclusive beach villa, luxuriating in complete comfort, privacy and space. High ceilings and gentle



curves exude Zen-like simplicity, flowing naturally into the private garden. Outside, there's a swimming pool, yoga pavilion and hammam – all yours. You can prepare a snack in the fully-equipped kitchen, dine by candlelight in the intimacy of your villa, or relax while your So Special butler prepares a barbecue.

And if that's not enough, go a comfort step further by discovering the Sofitel So SPA, set in an oasis of serenity and tropical vegetation, where gentle ocean breezes calm the soul. Relax with a glass of

delicious, health-giving lemongrass tea and yield to the expert hands of friendly therapists with a Mauritian massage, traditional Chinese treatment, state-of-the-art beauty treatment or perhaps acupuncture with golden needles. Expert therapists take time to understand your needs and will even heat your treatment bed to your desired temperature. By now what else can there be? Fond of gastronomy? Dine in style in the chic hotel restaurant Le Flamboyant, where the chef creates tantalizing seafood dishes with French flair. Using local herbs and spices to enhance fresh, seasonal produce, he's an expert in refined Mauritian cuisine along with vegetarian, halal and Chinese.

Your taste buds are inspired, to the sound of waves lapping the reef. If you get a chance to go, you will be So fortunate...
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www.tourism-mauritius.mu/en 📍



**“ THERE IS MORE TO MAURITIUS THAN
SUN, SEA AND SAND ”**



Can Basso, Ibiza

Get away from it all on the island of Ibiza in a magical place where tradition and modernity blend to perfection

Choosing to discover Ibiza in the autumn makes it certain that you will enjoy the tranquility of the island. At this time of the year, the generous sunshine pushes temperatures up to 22°C. A mild climate invites you to relax in this preserved land where nature has maintained its rightful place. Far from the clichés that circulate about the island, Ibiza is not a place where we party – it's a place where we celebrate life. Ibiza is a wilderness paradise, cradled by the gentle breezes of freedom, home to exceptional homes, worthy of the best design magazines. This certainly applies to Can Basso, a magical and authentic place that is available for rent.

A charming place to stay

Ibiza is known as The White Island due to the many *fincas* that decorate the landscape. These famous houses with whitewashed walls were once occupied by shepherds. Nowadays converted into accommodation, *fincas* combine luxurious simplicity and authenticity. Can Basso is no exception to the rule. Rescued from ruins, the house boasts an exemplary restoration. Contemporary lines meet old charm. The volumes are impressive, as is the furniture bargain-hunted by the owners. At the heart of an area still preserved, the house stands firmly on the red soil, surrounded by almond, olive and carob trees.

Among friends or with family

Can Basso is located near the lively town of Santa Eulalia, 20 minutes from downtown Ibiza. Boasting six double rooms with private bathroom, the house can accommodate at least 14 people, with 400m² living space and 25,000m² of private grounds. This is a great place to stay with family and friends but also to organize corporate or private events



such as weddings and seminars. Outside, the large pool and the stone terrace are an invitation to relax. Inside, the bar, the kitchen and the elegant lounge exude friendliness. The whole forms a harmonious atmosphere, and it has a unique style, enhanced by numerous decorative details such as animal skins as blackout curtains, delicately-painted scrap-iron rods for towel racks and juniper wood dowels instead of coat pegs.

Services and equipment

The *finca* offers all the comforts of an ultra-modern house: fully-equipped kitchen, air conditioning in the rooms, WiFi, satellite TV, Nespresso machine with capsules, cot, bath towels, the pool... and much more. A host of services are available on request. These include car rental car, crossing by boat to

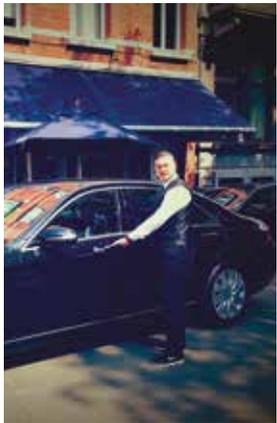
Formentera, a Jeep safari, the breakfast service, the presence of a home chef, babysitting and massages. Everything is done to please you and help you to relax.

At the end of your stay, you will return to Brussels with just two hours' flight, rejuvenated thanks to the feeling of satisfaction that reigns over this exceptional property, but also amazed by the many faces can Ibiza offer.

**“ RESCUED FROM RUINS,
THE HOUSE BOASTS AN
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World Heritage Sites of France

This travel guide uses up-to-the-minute information to help you discover stunning locations in France

The World Heritage Sites of France is a travel guide dedicated to the most beautiful French locations and monuments classified under the UNESCO World Heritage of Humanity label. It includes the same essential information as a traditional paper travel guide, as well as enriched online features: tour itineraries, interactive mapping, hundreds of illustrations, links, social networking etc. In addition, all the practical information (opening time, fares and visits) are updated regularly.



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The guide is available in e-Book format on Amazon.com or online at www.france-patrimoine-mondial.com. The guide invites the reader on a journey to discover the most beautiful monuments, historic cities and breathtaking landscapes of the country. Written by Jerome Sabatier, it is enhanced by hundreds of photographs that allow readers to connect with the places shown.

Every tourist destination is detailed with historical, cultural and practical information,

making this guide ideal for travellers wishing to visit the country through planned trips. Real-time online updates provide reliable information (fares, schedules, visits, closures or construction) that traditional travel guides cannot provide. The interaction between the website and the e-Book is an excellent example of complementarity for travelers.

The different sections of the guide allow you to go directly to the information you want, depending on your priorities and interests. Whether you are fond of religious heritage, castles, cultural landscapes or vineyards, whether you are interested in prehistory, antiquity or the Middle Ages, and whether you prefer cities, and most important of these, Paris, your discovery is possible through this guide.

www.france-patrimoine-mondial.com

Ardennes: The place to be this autumn

Ardennes Etape specializes in exceptional holiday rental properties in the region



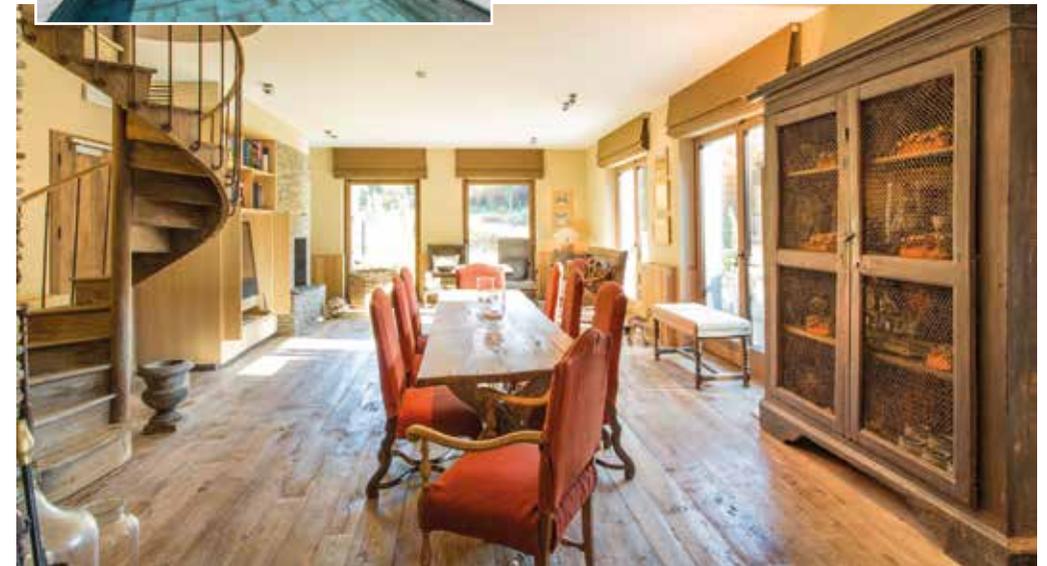
Sometimes we just need a change – but without having to go too far to get it. If you want a break from the pace of city life, head for the Ardennes. Green and relaxing, you can recharge your batteries in a great variety of accommodation, in pretty houses in a quiet environment, or others surrounded by nature, and the region is not short of wellness opportunities where you can completely disconnect.

So put your feet up and spoil yourself with a bit of luxury for the weekend. Or stay active with the numerous unusual activities to do with family or friends. Here are just a few suggestions from the very large choices offered by Ardennes Etape.

Take the family for a treat or friends to celebrate

an important event in the hills above Stoumont, in the Province of Liège. Stay in a luxury holiday villa which accommodates 12 people and boasts its own swimming pool. Completely restored by its owners, it really is an exceptional house, and only minutes away from Spa. Spacious but cosy, it has a sauna and a beautiful open fire for those winter nights. (Property reference: 105654-01)

If your stay in the Ardennes should rhyme with an exceptional setting and a property of some character, then you should head for the woods of Vielsalm, in the Province of Luxembourg. Located in a wonderful environment, this luxury villa accommodates eight people and offers a level of comfort and finishing that is simply fabulous. With a wellness room, relaxation is the key word. (Property reference: 106131-01)



One of Ardennes Etape's newer properties is located in Habay. In a quiet hamlet close to Etalle, this farmhouse has been completely renovated to make a very comfortable holiday home. It has room for nine, with four bedrooms and four bathrooms, and it has a wide indoor swimming pool and wood fire barbecue. (Property reference: 105545-01)

If you are looking for a property with a contemporary feel then this truly luxurious villa with pool and wellness area for nine people in Durbuy will surely do the trick. Everything has been designed to guarantee you an exceptional stay: an indoor pool with integrated Jacuzzi, sauna, billiards and table football. All the bedrooms are spacious, and the house is located in a quiet, wooded area, offering many excellent walks. (Property reference: 105612-01)

For many more properties check our website: www.ardennes-etape.be



Dining

Dining



'T Misverstand

We rediscovered this unique address which has been in the hands of Jean-Marc Schellens for 17 years. The subtle blend of modernity and rusticity gives this place a timeless decor. A highlight for sunny days is the wonderful garden terrace. In the kitchen, a culinary tradition of excellent quality reigns. It begins with a very fresh avocado tartar with North Sea prawns, and a beef carpaccio with foie gras shavings. We followed it up with a red tuna a la plancha with wok vegetables and grilled sole with chicory salad. For dessert, we opted for lovely fresh pineapple and a bowl of red fruits. The menu and suggestions are varied, with a place of honour for produce chosen with great care by the chef. The wine list includes some very good wines, including the organic variety. The not so little 'plus' is the valet service. This is an institution that makes a traditional meal an exceptional moment.
www.misverstand.be



Taverne du Passage

One of Brussels' true institutions, locals will highly recommend a restaurant that is almost unbeatable when it comes to traditional Belgian fare. It is housed in the splendid Galerie de la Reine, one of the Galeries Royales Saint-Hubert in the centre of town, boasting an elegant terrace that is open all year round. Pass through the art deco façade and enter a beautiful dining room that is fit for a feast, with a high ceiling, glistening chandeliers and discreet tropical plants.

And the food is every bit as rich as the setting. We had the classic local starters, shrimp croquettes and the duo cheese and shrimp croquettes. For the main courses l'andouillette de Troyes "AAAAA" (I couldn't resist it) and my charming fellow diner plumped for the moules marinières, followed by a Dame blanche with chantilly ice-cream.

And the service was efficient and very calm – just like the place itself. And there's a new banqueting hall upstairs for all manner of functions.
www.taverne-du-passage.be

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Râble de lièvre, tradition "Arlequin"
ou Le festival de gibier
ou Le filet de Bœuf aux Champignons des bois
ou Duo de poissons pochés, petits légumes
et sauce mousseline

L'assiette mixte de fromages
ou Choix de pâtisseries
ou Fruits de saison

Menu du Chef à 24,50 euros

Ballotine de jambon gratinée aux chicons
ou Soupe des pêcheurs sauce rouille
ou Les nouilles au ragoût de lièvre
ou Les calamars farcis sur coulis de tomates
ou Croquettes de gibier aux marrons
ou Le carpaccio de bœuf au parmesan
ou Escargots à la forestière

Filet mignon de "Blanc-Bleu", sauce Périgueux
ou Le civet de lièvre à l'ancienne
ou L'escalope de veau au Parme
ou Foie de veau sauté au Madère
ou Filet de saumon au miel d'acacia
ou Tournedos de lapereau sauce "chasseur"
ou Civet de marcassin Grand Veneur

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Peck 47

There is a wonderfully relaxed atmosphere in this restaurant that has now established itself a stone's throw from the Grand Place in Brussels. They are proud of one dish in particular: their eggs Benedict, which can be had throughout the day. But there's much more than that to Peck (so named due to its location on rue du Marché aux Poulets) – breakfast, fresh sandwiches and lunch and evening meals, all washed down perhaps by Silly beer or a home-made juice.

“ THEY ARE PROUD OF ONE DISH IN PARTICULAR: THEIR EGGS BENEDICT ”

I went for Argentinean Angus with roast potatoes, and my dining partner was sold instantly on the skillet-baked eggs in a spicy sauce... which comes with a tequila shot. Everything is made in their kitchen, including the cakes. And they don't have far to go for their excellent coffee since Corica is right next door.

A second address was recently opened on Rue Jourdan, just off Avenue Louise, where the menu has been expanded to take into account a slightly different clientele.

Peck Bxl on Facebook

LIFE OF
LEISURE

Dining



Le Comptoir de Marie

At the end of 2015, the *Michelin Guide Belgium* gave a star to a 'counter'. We arrived in Le Comptoir de Marie to find high chairs and a counter alongsidethe kitchen. We had a full view of the kitchen, the bar, the service... everything was right there in front of our eyes. But what about the food?

The welcome is impeccable and very friendly, with no unnecessary 'frills', and immediately some delicious slices of genuine ibérico bellota ham, tomato puree and toasted bread arrived. We chose to go for the Gourmand discovery.

Andalusian gazpacho, garden tomatoes, mozzarella di bufala, eggs, creamy chives, grey hand-peeled shrimp, farmed mussels, fresh porcini mushrooms, pork confit... audacious combinations. Plate after plate of real food with the highest quality produce for every dish at every service. Orgasmic.

As for the wine, there was no sommelier, just a nice menu, mainly French and Spanish. The chef Terence Van Heer worked in Spain for 15 years and the renowned boss, Luc Broutard (La Table du Boucher), brings the French touch. The menu cost us €40. Unbeatable in a restaurant with a star!

www.lecomptoirdemarie.be

Wine

Bodega Iniesta: Minuto 116

This month we look at a Catalonian family vineyard that has a very famous son

Located in the heart of La Mancha, between the basins of the Rivers Cabriel and Júcar, lies Bodega Iniesta, in Fuentealbilla, province of Albacete. It was created in the 1990s when José Antonio Iniesta started the project with a plantation of 10 hectares of vineyards. After several years and given the results obtained, he continued his work in viticulture by planting different varieties and increasing the vine-growing area to the current 120 hectares.

Bodega Iniesta is in charge of the whole process from the vineyards to the commercialization of the wines. At the beginning of the 2000s, an idea began to take shape to build his own wine cellar in order to produce his own wines from his own vineyards. This dream became a reality in 2010, when the construction of the wine cellar was complete.

If the vineyard's name rings a bell that may well be because José Antonio's grandson is none other than Andres Iniesta, one of the greatest footballers to ever grace the world's arenas. He puts a lot of time and energy into promoting the family business, but not just for the sake of it. Growing up in a wine region, he has always had a passion for it. He has never forgotten his roots.

As an appreciation of his help the firm has called two of the wines after his children, daughter Valeria ("in the mouth slightly syrupy, producing a sense of balance with a long and intense finish") and son Paolo Andrea ("wine made from the Bobal variety, aged in French



**“ HE HAS NEVER
FORGOTTEN HIS
ROOTS ”**

oak barrels for 12 months”). One other “very elegant wine, made from the best Tempranillo and Petit Verdot grapes” is entitled ‘Minuto 116 Tinto’, after the exact minute in extra time when Iniesta scored the goal that won Spain the World Cup in 2010.

Overall, one million bottles of wine were produced by Bodega Iniesta in 2015 and it hopes to produce 1.2 million this year. They produce reds, roses, whites and sparkling, ranging in price from €8 to €19.

www.bodegainiesta.es ⓘ

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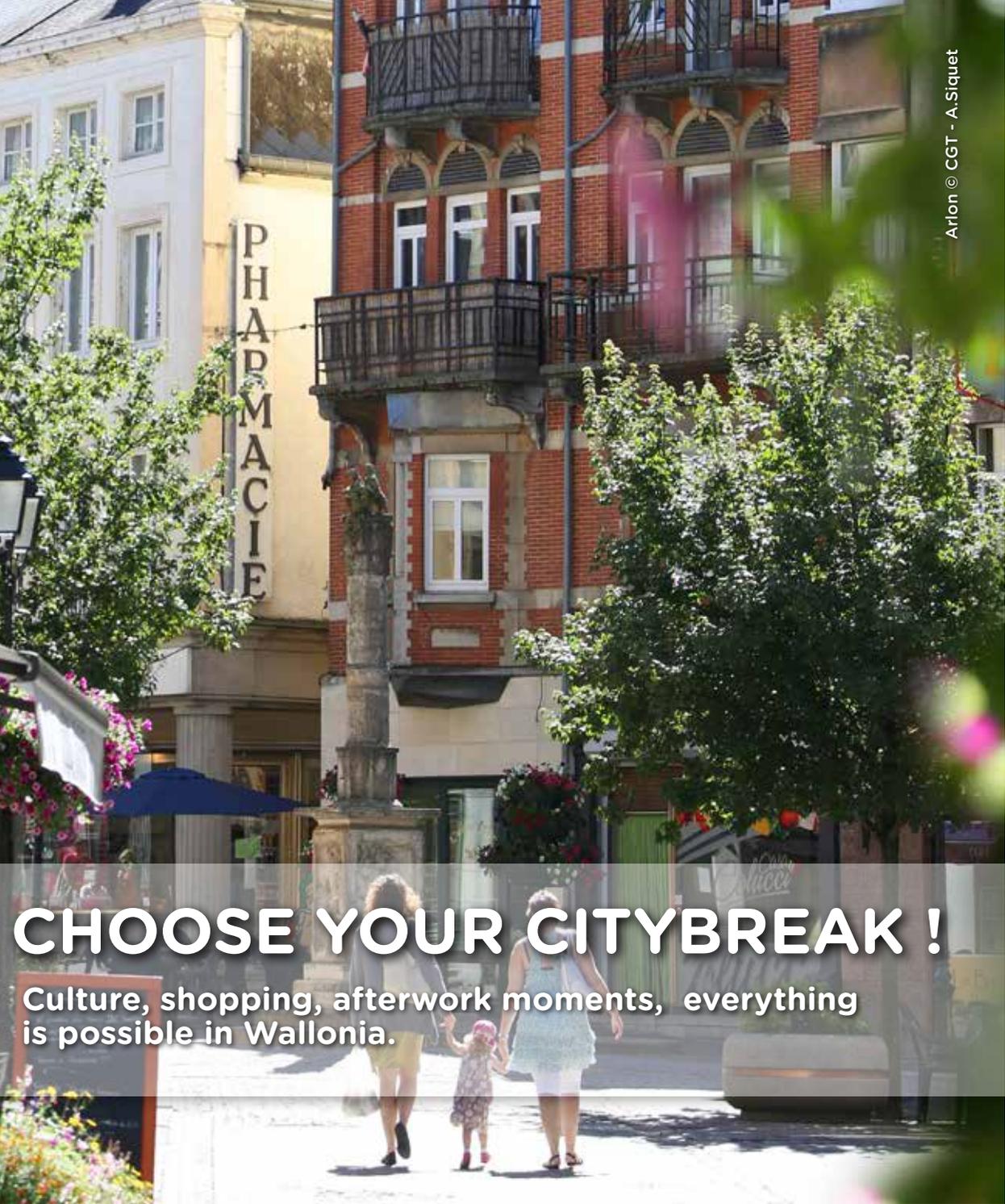
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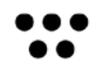
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TOURISM

What's on Belgium



Brussels Shakespeare Company – Coriolanus

Based on one of Shakespeare's longest plays, the Brussels Shakespeare Society are staging *Coriolanus* on October 24-29.

With the experienced Graham Vincent taking the lead, and none other than *Together's* very own James Drew playing Menenius Agrippa, Coriolanus's right-hand man and mentor, the play will take to the stage at the Petit Théâtre Mercelis – the Bard's tale sees Roman fifth century BC warrior Gaius Marcius return victorious from battle against the Volscians, whereupon he is promptly honoured with the title 'Coriolanus'.

However, Coriolanus cares not for lauding his war wounds, nor for bowing before the people – a pride that brings him into deadly conflict to protect everything he holds dear. Enjoy, but be warned – it is among the bloodiest of Shakespeare's plays.

From 23-29 January 2017, the BSS will also be staging Shakespeare's *The Winter's Tale*. *Coriolanus* runs from **24-29 October** at Petit Théâtre Mercelis, Brussels.
shaksoc.theatreinbrussels.com



Children's Museum of Brussels

For 40 years, the Children's Museum of Brussels has dedicated itself to an educational project that "focuses on the personal fulfilment of children aged four to 12 years old". Children have the opportunity to learn about themselves and others through hands-on, participatory exhibitions. And the museum encourages adults to experience a special moment with their children. The museum has set up a new Interactive theatre concept, aimed at bringing parents and children together to think and to communicate based on short common stories. Every Wednesday afternoon from 5 October onwards, during the opening to the public (14h30 to 17h00).
www.childrenmuseum.be

What's on



Lang Lang

According to the *New York Times*: "The hottest artist on the classical music planet may well be the Chinese pianist Lang Lang." He builds cultural bridges between East and West, frequently introducing Chinese music to Western audiences, and vice versa. He is equally comfortable in intimate recitals or on the grandest of stages, including the 2014 World Cup concert in Rio, with Placido Domingo, to celebrate the final game, the 56th and 57th GRAMMY Award two years in a row, where he performed with Metallica and Pharrell Williams, the Opening Ceremony of the 2008 Beijing Olympics, where more than four billion people around the world viewed his performance, the Last Night of the Proms at London's Royal Albert Hall and the Liszt 200th birthday concert with the Philadelphia Orchestra and Charles Dutoit. **1 November 2016.** Bozar. Tickets: **€38** up to **€162**
www.bozar.be



Lawrence Hass

Professor of Humanities at Austin College in Sherman, Texas, Lawrence Hass is a renowned philosopher and a world-famous magician. Far from commonplace or cliché, he combines meaningful presentations with exquisite sleight-of-hand to create astonishing entertainment for grown-ups. Interweaving his magic and philosophy, Lawrence's show will explore four powerful themes: Awaken, Remember, Mystery and Transformation. He is bringing his *Inspirations Tour* to Belgium, a rare and exclusive opportunity to experience unforgettable magic from a celebrated performing artist. It may just change the way you look at magic. **November 26.** Op-Weule Cultural Center, Brussels. Tickets: Morning lecture only: **€25**, afternoon workshop only: **€35**, full day: **€75**
www.lawrencehass.be



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LIFE OF LEISURE

What's on



Eddie Izzard - Force Majeure: Reloaded

Eddie Izzard is coming back to Belgium. He played Sportpaleis in 2013, performed in French in Brussels in 2015 and now he's coming back to Antwerp with *Force Majeure: Reloaded*. This intimate theatre show will be performed in English. Nearly three years after launching his epic circumnavigation of the globe, international celebrity Eddie Izzard - comedian, actor, marathon runner and Europhile - is about to celebrate his unofficial comedy world record of performing in more than 28 countries (and in three languages) – from Moscow to the Hollywood Bowl. With sell-out shows in London's West End and 49 of the US states, Eddie heads back to Europe for a select and limited run.

17 November 2016.
Stadsschouwburg Antwerp.
Tickets from **€39**
www.livecomedy.be



Rik Wouters

The theme of enchanting homeliness by painter Rik Wouters, as well as the intimate feeling of sanctity between him and his wife Nel, forms the premise of this exhibition. The unfinished style of his canvases give a dynamic to his work that, combined with the emphasis on lighting and colour, result in an enchanting and optimistic quality. Wouters has had his fair share of difficulties in life, yet the harmonious 'good life' takes centre stage in his work. Various Belgian fashion designers — including Christian Wijnants — give their individual interpretations to these thoughts: some by choosing specific fabrics and techniques, and others through their idiosyncratic position in fashion. **Until 26 February 2017.** Momo, Antwerp. www.momu.be

Parliamentarium

An open door on Europe

James Drew chats to Stephen Clark about the Parliamentarium

It has now been five years since the European Parliament's visitor centre, the Parliamentarium, first opened its doors – and 1.5 million visitors have thus far enjoyed a visit to this completely interactive, informative and entertaining tour of the European Parliament and the EU as a whole.

A good time, then, for an update from Parliamentarium Director of Public Relations Stephen Clark, whom *Together* met in the facility's café, just one day after what was a record day, with some 3,000 visitors enjoying a visit.

So, how is business and what is the future of the Parliamentarium?

"Well," says Stephen, "we were optimistic five years ago about how many visitors we were going to get, and the Parliamentarium has exceeded our expectations. On average, we count some 350,000 visitors per year – obviously, we have to reflect the changing nature of the European Parliament over time, as well as the wider situation in the EU as a whole, and I feel we have been very successful in doing that."

So, does that mean the Parliamentarium has to take events such as Brexit into account?

"Yes, definitely – we have displays covering the major events of the past 50 years or so, and a photo souvenir of Brexit is also included in this, because it was obviously a major landmark in European history, so it has to be commemorated."

"In addition, we ensure that the movements of the Parliament's 751 MEPs are also charted – we record all arrivals and departures to inform our public, as well as keeping tabs on the enlargement of the European Union."

"On the whole, it is not supposed to be a 'topical' museum, i.e. reflecting daily events, but we do keep track of important updates to the working life of Parliament. And the success of the Parliamentarium means we are also looking to export certain aspects of the experience to locations such as Berlin – watch this space!"

And is the Parliamentarium planning anything to mark its fifth birthday?

"Yes, I am happy to announce that to celebrate our five-year anniversary, there will be a public party with music

on 13 October from 17- 22h."

What further reason would you need to go? The Parliamentarium, with only a few annual exceptions (1 January, 1 May, 1 November, 24, 25, 31 December) is open seven days a week from 9h-18h and, best of all, admission is free and always will be. Europe awaits!

Parliamentarium
Willy Brandt
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What's on International



Charlie And The Chocolate Factory

Roald Dahl's deliciously dark tale of young Charlie Bucket and the mysterious confectioner Willy Wonka comes to life in a brand new West End musical directed by Academy Award® winner Sam Mendes.

When Charlie wins a golden ticket to the weird and wonderful Wonka Chocolate Factory, it's the chance of a lifetime to feast on the sweets he's always dreamed of. But

beyond the gates astonishment awaits, as down the sugary corridors and amongst the incredible edible delights, the five lucky winners discover not everything is as sweet as it seems.



Featuring ingenious stagecraft, the wonder of the original story that has captivated the world for almost 50 years is brought to life with music by Marc Shaiman, and lyrics by Grammy® winners Scott Wittman and Marc Shaiman. A chocolate garden, an army of squirrels and the curiously peculiar Oompa-Loompas must be believed to be seen in this gigantic new musical that is choc-full of fantastical treats to dazzle your senses. Theatre Royal Drury Lane, London. Tickets from **£17.50**
www.charlieandthechocolatefactory.com

The Trip

Brighton-based Matt Henry says: "Cinema cannot create the same level of ambiguity than photo series, with its blank between two shots. My fictions come to life in these blanks, in the space left between me as the narrator and the viewer, who needs to fill them up with his imagination." In *The Trip* (2015), exhibited in its entirety at Polka Galerie, he stages three couples from Southern United States embarking on a psychedelic journey, led by the quirky owner of a gas station named Acid James. Polka Galerie, Paris. **Until 29 October**
www.polkagalerie.com

Cinema

Picturenose.com's **James Drew** offers up his regular dose of upcoming films



Nerve

The Game (1997), David Fincher's really rather good take on Michael Douglas learning what life is really all about, gets a hi-tech semi-remake with *Nerve*, a techno-thriller adventure film directed by Henry Joost and Ariel Schulman. This time, it's all about an online objective 'truth or dare' video game, which allows people to enlist as 'players' or 'watchers' as the game intensifies. Naturally, things get pretty bad before they get better... *96 mins.*

Bridget Jones' Baby

Oh, could someone maybe make it stop, please? Aged 43, a suitably botoxed Bridget Jones (Renée Zellweger) is struggling as usual with life, with her breakup with her boyfriend Mark Darcy (Colin Firth) top of her list of problems. Then, wouldn't you know, she meets a dashing handsome American Jack Qwant (Patrick Dempsey), followed by consecutive one-night stands with Qwant and Darcy. Then, gulp, she discovers she is pregnant. Now, the befuddled mum-to-be has to sort it all out, which includes an amused an amusing turn from her no-nonsense gynecologist Dr Rawling (Emma Thompson). How will it all turn out, do you think? Yes, you know, don't you... *123 mins.*

Inferno

And here's another big return, namely that of director Ron Howard and writer Dan Brown, with a sequel to *The Da Vinci Code* (2006) and *Angels & Demons* (2009). Robert Langdon (Tom Hanks) wakes up in a hospital room in Florence, Italy, with no memory of what has transpired over the past few days, before suddenly finding himself, again, the target of a major manhunt. With the help of Dr. Sienna Brooks (Felicity Brooks) and his knowledge of symbology, Langdon will try to regain his freedom and lost memories, all while solving the most intricate riddle he's ever faced. The first two films were pretty good – this one follows suit. *121 mins.*

Doctor Strange

And Marvel Comics return with their latest superhero-in-trouble epic – after Stephen Strange (Benedict Cumberbatch), the world's top neurosurgeon, is injured in a car accident that ruins his career, he sets out on a journey of healing, where he encounters the 'Ancient One', who becomes Strange's mentor in the mystic arts. Dr Strange is born... *130 mins.*

More reviews on picturenose.com

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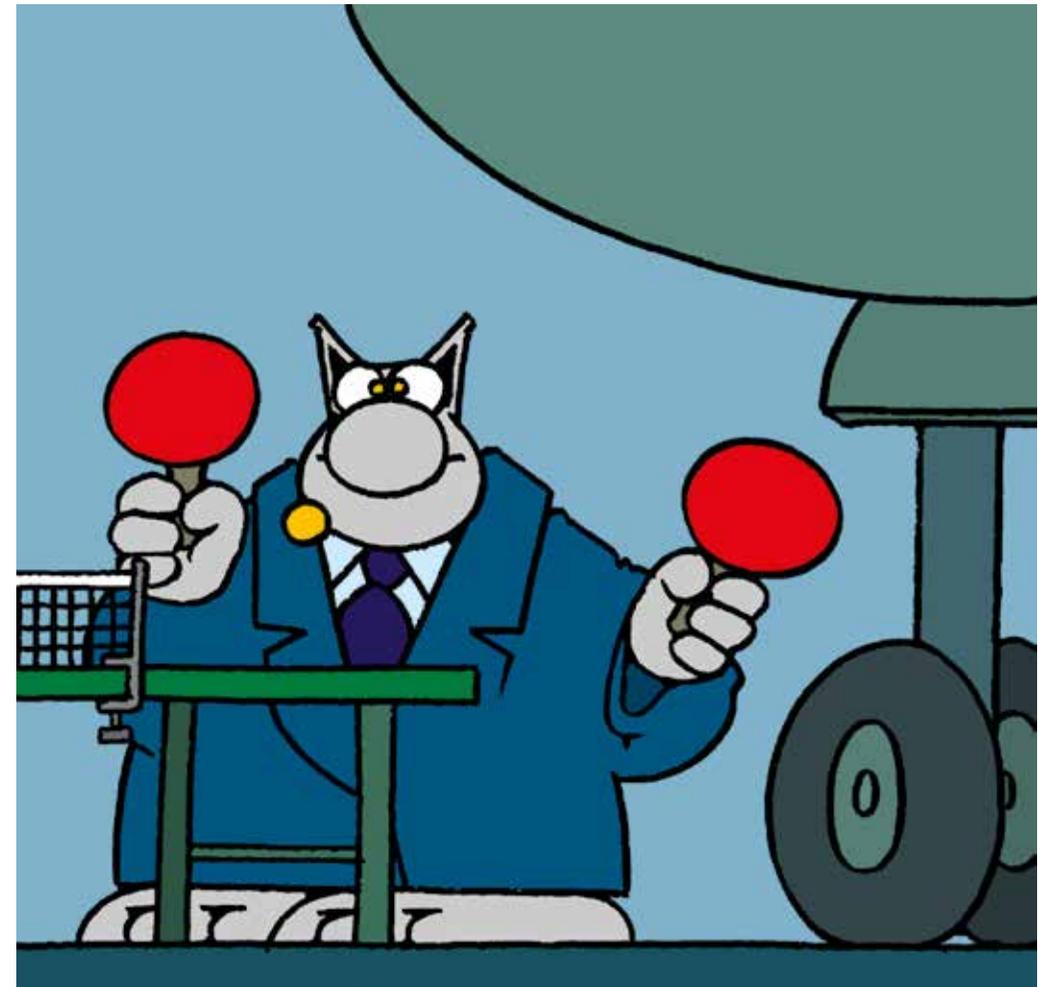
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2. Beer C. et al. (2014). A Clinical Trial to Investigate the Effect of CynaPlus® on Hair and Nail Parameters. The Scientific World Journal, Volume 2014



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