

Together

FEBRUARY 2018 #85

magazine

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Brussels Collectible Fair

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Luxury
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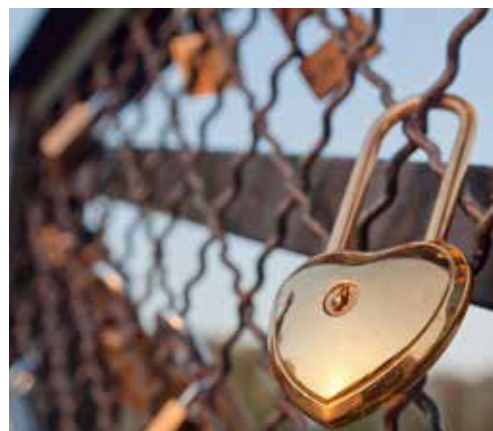
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Editor's LETTER

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

ON THE COVER



Chris Hemsworth
stars in *12 Strong*

ONLY LOVERS...

For our Saint Valentine's Day issue I decided to do something a bit different and choose my top ten love songs – and there are plenty out there. You will all have your favourites but I'm sure that at least one of these would make it to your list.

- 1 *Love Me Tender*, sung by Elvis and based on a sentimental civil war ballad.
- 2 *Only Lovers*, a great song by Loomer who for me should be much more famous. "... only lovers can tell the truth".
- 3 *Cupid*, Sam Cooke's appeal to the god of Love. "Please hear my cry and let your arrow fly straight to my lover's heart for me."
- 4 *Ne Me Quitte Pas* by Jacques Brel – it's difficult to find a more heartfelt plea. "Oublier le temps, des malentendus et le temps perdu."
- 5 *Skylark*, music by Hoagy Carmichael, lyrics Johnny Mercer who agonized over the words for a year because it was all about his love for one Judy Garland.
- 6 *Fly Me To The Moon*. Bart Howard said: "It took me twenty years to write a song in twenty minutes."
- 7 *A Red, Red Rose*, by Scottish bard Robert Burns back in the day when it really was back in the day: 1794.
- 8 *Let's Do It, Let's Fall in Love*, from the magic pen of Cole Porter, "...birds do it, bees do it even educated fleas do it..."
- 9 *I Say A Little Prayer For You*, written by Burt Bacharach and Hal David for Dionne Warwick. "While combing my hair now and wondering what dress to wear now."
- 10 *Stand By Me*, last but certainly not least the Ben E. King classic superbly performed in a version by John Lennon. "If the sky that we look upon should tumble and fall and the mountain should crumble to the sea..."

Enjoy Saint Valentine's Day!

Paul Morris
Editor





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Intuitive healing: Learn how your soul knows the truth

Intuitive healing expert Katarina Winslow looks at time and space in the soul. Have you ever noticed how some people frown at you when you mention the soul? Like you are of another species and out of touch with reality. Maybe it is just me who notices. The soul is not only the truth about who we are but also part of my work as an intuitive healer. Our soul is timeless, measureless and bountiful, and we all have one.

Design artwork: The Floating Piers – Constant change

This elegant book by Tachen beautifully illustrates design artwork in a remarkable design project. From June 18 to July 3, 2016, 100 kilometres east of Milan and 200 kilometres west of Venice, The Floating Piers by Christo and Jeanne-Claude allowed 1.2 million people to walk on water. The project, comprising 100,000 square meters of shimmering dahlia yellow fabric above a modular floating dock system of 220,000 high-density polyethylene cubes created a three-kilometre walkway across the surface of Lake Iseo, connecting the mainland to the islands of Monte Isola and San Paolo.

Brussels dining contrasts: Café Métropole and Deliveroo

One of our favourite spots for a bit of lunch or dinner is the Métropole Café. It's not just that it's nice to be seen there – it is – or that the decor is exquisite, with the highest ceiling in town – also true – or that the food is proper eating with no pretensions – again correct – or that that staff are so attentive – which they are... If you walked in off the street and your wallet was light at the end of the month you might well do a swift turnaround and walk out. In fact, for such a stunning ambiance and excellent grub the prices on the menu at the Métropole are distinctly democratic.

Hollywood stars: Gerard Butler saves the world... again

In our regular Hollywood star interview, Together chatted with a Scottish movie star whose latest film could well come true. It was only a few days after he was involved in a scary collision while riding his motorcycle in LA when I spoke to the ever-chipper Gerard Butler. Promoting his latest disaster epic, Geostorm, he was quietly reflecting on his nine lives after several brushes with death while working on a number of movies over the years. "I've had a couple of near misses," he muses. 🍿



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Starring in Belgium

Charlotte Gainsbourg

This British-French actress and singer, daughter of English actress Jane Birkin and French singer and songwriter Serge Gainsbourg, made an album with her father at the age of just 15. 20 years on she released four albums as an adult (5:55, IRLM, Stage Whisper and Rest) to commercial and critical success and still had time to win a César Award and the Cannes Film Festival Best Actress Award. Her new album Rest, which revisits sad times, is "sensational" according to The New York Times, and the Guardian said it is simply "splendid". **25 April.** Botanique, Chapiteau. Tickets: €33 www.botanique.be



Photo © Collier Schorr

Ibeyi

The superb singing twin sisters Naomi and Lisa-Kaindé have Cuban-French crossover roots and, ever since their debut CD from 2015, you can't imagine this sassy, photogenic duo away from the global stage. They have now completed a follow-up called Ash on the excellent XL label. "On their second album, the French-Cuban twins Lisa-Kaindé and Naomi Díaz make gorgeous, genre-agnostic meditations on resilience and mindful resistance. 8.5/10" – Pitchfork. 1 March. Ancienne Belgique. Tickets: €27 www.abconcerts.be



Franz Ferdinand + The Vaccines

On 28 February is announced as THE rock evening not to be missed under any circumstances! Scottish dandies Franz Ferdinand will perform at Forest National with a new album, but that's not all! London rockers The Vaccines are confirmed as special guest on a night where they will rock their guitars to the sound of their classics, such as Post Break-Up Sex, I Always Knew or No Hope. **28 February.** Forest National. Tickets: Franz Ferdinand. €40. www.livenation.be



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UNICEF: Charity concert

UNICEF in Belgium has organized a special concert to entertain you and raise money

The renowned Princeton High School Orchestra is coming to town - with its 48 musicians - to perform in a concert from which the profits all go to UNICEF.

It's an opportunity to enjoy an evening of great music and to applaud the incredible things that UNICEF is doing across our globe. In collaboration with Expats-for-UNICEF, this will also be an opportunity to raise funds to support the mission of UNICEF Belgium.

Princeton High School Orchestra

The Orchestral Program at Princeton High School seeks to provide an opportunity for the artistry and creativity that lies within each of its students to truly flourish. Through the mediums of three ability-based ensembles, students are engaged in the study and interpretation of a wide scope of important orchestral repertoire created during the time period which spans the 17th through the 21st centuries.

Touring is an important part of music director Robert Loughran's overall vision for the Princeton High School Orchestra. He believes that in addition to broadening their educational horizons, touring gives his orchestral students a sense of perspective as they face the multitude of challenges that today's world presents. During the 2018 season, the PHS



Orchestra will be touring London, Brussels, Verbier, Bern, and Paris.

Since 1996, the orchestra has embarked on eleven international tours that have taken the musicians to England, Scotland, Italy, France, Austria, Germany, Liechtenstein, Switzerland, China and Argentina.

Honoured as a United States Fund for UNICEF Ambassador for its UNICEF Benefit Concert produced in 2007, the Princeton High School Orchestra enjoys being both a musically sensitive and socially proactive ensemble in the USA and abroad.

12 February. Bouche à Oreille. Tickets: Presale **€20** at <http://bit.ly/2iibs9o>, and **€25** at the door.

Find out more about UNICEF's tireless charity work in Belgium
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PERSONAL DEVELOPMENT

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PERSONAL
DEVELOPMENT

Fitness

Get SMART with your fitness

Lily Knudsen talked to Faissal Teziti, a personal trainer at Aspria Royal La Rasante in Brussels



In business, we talk about setting SMART objectives – objectives that are Specific, Measurable, Achievable, Relevant and Time-bound – as a strategy to drive success and keep everyone motivated and focused on the goal.

So why don't we apply the same rigour when setting goals in our personal lives? For example, if we want to see results from our time at the gym, why not set SMART goals here too – clearly spelling out what we want to achieve, ensuring that it's aspirational but

possible, putting measurement in place to track our progress and stay motivated and setting milestones along the way to help us stay on track?

Lily talked to Faissal Teziti, a personal trainer at Aspria Royal La Rasante in Brussels.

Relevant training

"The number one rule is to look at who we're dealing with: does the individual have any musculoskeletal or heart problems, for example? The first PT session is free, so



coaches must take the opportunity to take their time and get to know the person. Everyone has different goals which will require personalized – that is, relevant – training.

“If they have back pain, for example, we can work on core strength. If it's their knees that are troubling them, we might work on balance. For cardiac rehab, we will vary the intensity at which we work.”

Keep it achievable

Teziti continues: “We also have to understand the context. What do they do for work, how often can they come to the gym, and on what days? What are their objectives and why haven't they

“ MAKE SURE THE INDIVIDUAL DOESN'T FEEL DISCOURAGED ”

achieved them so far? This analysis is essential to setting SMART goals – to making sure whatever goals we set are achievable.

“You then need to work out what level of fitness they currently have. Start gently – partly for safety, but also to make sure the individual doesn't feel discouraged. They must be shown they can succeed. The role of the coach is less about correcting posture and more about motivating the person to train – to feel they are succeeding and that it's worth them continuing.”

Specific, measurable & time-bound

“Once I fully understand my client's objectives, we set specific goals and have an honest



discussion around how long it might take to achieve these and how we will measure success.

“Sometimes I find myself shattering people's idealism – the notion that results will come fast – because it's very important that whatever goals we set are achievable. To get results, we have to train regularly (two to three times a week), and it won't happen in a month.”

SMART recipe for success


Teziti is convinced this SMART approach plays a significant role in keeping people working towards their goals. He explains: “When you see progress in what you're able to do week after week, it motivates

you to keep going.

“My workout routines are very varied and adapted to the person – I never do the same workout twice – but after a few weeks, there are exercises we'll come back to, and the client will see how much easier they've become. This in itself is a huge measure of success.”

“ I NEVER DO THE SAME WORKOUT TWICE ”

Set in the heart of four hectares of greenery in Woluwé, Aspria Royal La Rasante benefits from the latest fitness and health innovations, a historical

tennis club and over 300 classes for children. www.aspria.com 

How to keep a New Year's resolution

Motivational speaker, coach and athlete **Karen Northfield** offers tips on how to make those resolutions stick

Have you ever made a New Year's resolution that you've not been able to keep? We've all been there. I remember as a child making a list of resolutions for the New Year. As the years went by I found myself making fewer and fewer of them. Somewhere deep down I realized that they weren't working for me.

It's worth taking the time out to understand why it's so challenging to make New Year's resolutions stick. I've analyzed the problem and have come up with a few motivators that can help you to stay focused on your resolutions. These include (re)evaluating your time management, establishing a goal and striving for sustainable change. It's not too late!

As we emerged from the holiday season, New Year's resolutions were up next on our to-do list. But that is exactly where we go wrong. We have the tendency to treat a New Year's resolution as something to do, as a wish that we hope to come true if we just put our minds to it. We hold on to that wish for as long as we can until we see that the resolution isn't working. Then we give up. We need to shift our focus and change our approach. The fact is, resolutions without an action plan is like wishing upon a star. We should treat resolutions as goals and goals, in order to be



met, require an action plan. As the saying goes: 'A goal without a deadline is merely a dream'.

Time management

Reality shows that we are not lacking things to do. We already suffer from a surplus of activities and a desire to always do more. So adding another activity in the form of a resolution is from the start bound to fail. It's like squeezing one more book onto a book shelf which is already jam packed. It is no wonder that sooner or later we get caught up by our workloads and obligations that we end up falling off the bandwagon. So rather than juggle as many balls as we possibly can, we should seek to unburden ourselves.

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PERSONAL DEVELOPMENT

Self help

Before making commitments that will require more of your time, it is worth taking a step back to evaluate your schedule and do a time-management check. If your resolution involves a new activity, do you honestly have the time in your busy agenda for it? If your goal requires you to make some shifts in your schedule, do external circumstances allow you to do it? Perhaps at this period of your life, your busy schedule doesn't permit you to concentrate on a new resolution. In which case it's good to recognize your desire for a goal but keep your energy focused on your tasks at hand. Perhaps there are other areas of your life that need your attention first.

If you've had the same resolution on your list year after year, it's worth trying to figure out why it isn't working. Perhaps it's too ambitious or too overwhelming. Maybe it's not realistic. Or maybe you need to approach it differently. If your resolution is that important, you should be able to find the time to make room for it. There are 24 hours in a day. It's not a question of having more time, it's a question of making the time.

Make a goal that is smart

If we treat a resolution as a wish there is a chance it might not come true. If we change our focus and consider the resolution as a goal then it's a matter of taking action. In this case it is worth considering its achievability before taking a leap. Making a goal requires a call to action. Your resolution is not just any goal - it has to be SMART.

As you may have read in our fitness article this month, SMART stands for:

Specific – make your goal as specific and defined as possible

Measurable – how (often) and when will you measure it?

Achievable – are you able to achieve your goal? Do you have the necessary resources to achieve it?

Relevant – why is it relevant to you? Your goal should represent you

Timely– give yourself a (realistic) deadline

Here is a SMART example:

Specific: to complete the 20 km of Brussels in under 2 hours

Measurable: start a three-month program and every month do a simulator run

Achievable: I have the time to train three times a week in a running environment (forest, on a track, with a group) and have the proper running equipment to train

Relevant: I want to stay fit and I enjoy running

Timely: I have three months starting from today

Having a goal will give you a sense of direction and a sense of purpose. When you acknowledge and qualify your SMART goal, it is then a matter of taking the necessary steps. In other words, it is a beautiful work in progress.

**“ WE HOLD ON
TO THAT WISH
FOR AS LONG
AS WE CAN ”**

Sustainable change

Whatever your goal is, it's not satisfactory for example to lose a couple of kilos for the summer and gain them back in the fall. Wouldn't you rather put your energy into a lifestyle change?

In order for a SMART goal to be both successful and sustainable, I recommend having a coach or a mentor, somebody you can look up to and with whom you can touch base on a regular basis. Having a coach will facilitate you to stay focused and readjust your goal if necessary. The mentor/coach is like the pillars of a building - somebody you can lean on - and will prove determining when you could use the extra mental drive.

Remember, a resolution for the New Year is just a date (1 January). If you find that towards the end of the month you're falling off or behind the wagon, use the first day of the following month as a review and a motivational reminder.

So, who is your pillar and what is your SMART goal for this year? **1**



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A new year, a new understanding

Intuitive Healer **Katarina Winslow**
reflects on the psychology of
communication



Imagine that we could go beyond what is said and access the hidden essence of what we are really communicating? As a healer, I believe that the words we pronounce come from our own inner experience. With a new year and a new beginning, would it not be wonderful if we could also expand our comprehension of each other, in a new way? Understand more about how and why we communicate as we do. To hear what we really say.

In the Bible, it says: "In the beginning was the Word, and the Word was with God, and the

Word was God." As a spiritual person, I believe we are all Gods and Goddesses.

What is the true meaning of this phrase? Could we find God in our words? Are we all in our words? We all know that we live in the universe, meaning all together, all in one. Uni means 'one'; what if the verse was relating to a line of poetry, a line of writing? Does that mean that we all write the one song that is life, by and through our words?

Looking beyond the words to the person pronouncing them, we often understand more.



We find clarity in confusion, and comprehension where there was none. Could we all stretch ourselves anew and start to see what is beyond that which is said? To ask ourselves, who is talking? Who is this person? Where is his or her pain or frustration? How does life appear inside of these words?

I become more and more aware of the fact that people communicate about themselves, about their preoccupations, their frustrations, their wounds and their understanding of this reality we call life. My job, which I love, is to bring people back to themselves. To gently lead them back on track when they are led astray by outside influences or by their own inner insecurities and unconscious patterns. Many people feel lost and confused due to what other people communicate to them. I often hear things other people have said about my clients. The recommendations and judgments are endless, and it seems like sentences are repeating themselves.

When I have a soft, kind, transparent and innocent woman saying, "My partner says I'm evil, egocentric and that I'll be punished for my sins", I see through the illusion of the spoken word. My warning bells ring loudly, and I understand that the words of the partner, in

fact, reflect his own inner reality. What comes out of his mouth is what his subconscious or higher self knows to be true about him and not the reality of the person targeted from his inner world. A conscious and wise part of him knows that he is all that which he says, the part of him that would like him to change and see the beauty in life. But another part, the unconscious pattern, refuses to face the truth and projects the inner turmoil outwards onto other people.

“ COULD WE ALL STRETCH OURSELVES ANEW ”

Projection is nothing new and has been widely studied, but have we really integrated the deep psychological truth into our daily lives? When somebody says to you, "Why do you always have to be so difficult?", we should weigh up who he is talking about. After being the one to reject a hug or show some tenderness, he is, possibly, subconsciously expressing his own limitations of being tender and amenable.

If we switch on our radar and narrow the beam of light, will we then be able in this New Year to look beyond what is said and understand the true meaning of what people are communicating? Another client, who is struggling with addictions, recently became defensive when I confronted her in her denial. This is, by the way, quite a common response for somebody stuck in an addiction. But it is



actually not the person who is defensive, but the addiction that wants to keep its place and power over the addicted person. When I made her understand that she was talking about herself, she answered, "The one who says it, is it. It's as old as the hills. That's what we used to say in the playground. Come on, I'm not a three-year-old, I'm a bit more mature than that." Is she, are we?

This saying is so simple and so mainstream that we have forgotten its importance. I would like to suggest that it holds the same wisdom and truth as the word 'uni verse'. We are one with our song, we are one with our words.

Would we be more capable of evolving humanity if we could listen a bit more, if we could only hear a bit more and not take anything personally? Could we open our senses to one another and stop buying into the face value of the word? Could we go beyond what is said and go to the source, to the origin of the idea or the frustration? When we understand each other more, we are better placed for life-enhancing growth. Then our common consciousness will move forward in giant leaps.

"SUBCONSCIOUSLY EXPRESSING HIS OWN LIMITATIONS OF BEING TENDER AND AMENABLE"

And we need these giant leaps now, in 2018, and that we all take them.

This is my wish for the New Year, the wish for all people who love life. If we truly knew ourselves, we would know that we are creators of this world, together.

When we understand more, we gain access to the possibility of releasing unconscious patterns and transcend the illusions that people are projecting onto each other.

Then we would hear when somebody says, "You are judging me" that they really are saying, "I am judging myself."

With this understanding, I would like to wish you all a truly happy 2018 from the depths of my heart to the heights of our common mind, and our common word.

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Winter regeneration

Sarbani Sen offers alternative solutions to getting through the winter months



In these dark days of winter and another couple of months of cold and rain ahead, our minds slowly drift down the drain of depression if we don't pay attention to it. How do Nordic people survive these long months? How do they keep boosting their creativity and joy when there is no light? What do we need when we're working long hours and exhausting our bodies and minds - and may I say our souls too? I've been giving it a long thought and started exploring the concept of 'regeneration'.

What is regeneration?

In biology, regeneration is the process of

renewal, restoration and growth that makes genomes, cells, organisms and ecosystems resilient to natural fluctuations or events that cause disturbance or damage.

In the Christian perspective, regeneration is rebirth. The new birth is a spiritual, holy and heavenly birth that results in our being made alive spiritually. This happens when we place our faith in Christ.

What I actually mean with regeneration is to reset the body and mind to zero, to default, come back to the original state of freshness we had before attempting heavy tasks for long

hours - usually sitting inside. To me this is vital in order to avoid burnout and heavy physical injuries such as a stiff back, throw your back out, painful neck or other severe physical damage which is caused solely by stress and overworking. At the end of the day we are a funny bunch of workaholics out there and most of us are not so connected to our bodies so we don't read the signals of alarm.

When do I need to regenerate?

What are the symptoms that show me that I need a break? When I start having negative thoughts, when I hear myself criticizing others or myself, when it gets tough to do simple things I usually do easily, when I can no longer sit up straight and my body seems to sink into the desk. Doctors all agree that negativity is linked to fatigue or bad food. It is kind of chemical.

So, what to do in those moments?

There are various paths to self-empowerment and improving our physical and mental state. Here are my top five tips for surviving winter:

1. Stuff yourself with oxygen

Embrace the Swedish saying "There is no bad weather, there is only bad clothing." With a dose of optimism, two layers of long underwear, a heavy parka and one of those hats with ear flaps, no snowstorm can stop you from enjoying the day. So, get out the door, go for a run, breath in nature, open your arms wide open and get that vital dose of fresh air. Oxygen regenerate cells, supplying them with energy. Oxygen deprivation effects can be severe - pollution and poor indoor air the chief suspects.

2. Melt into the 'cosiness'

Hygge is not just a name for an Ikea sofa, it is also part of the Nordic lifestyle and means 'cosiness'. Simply put, it is the warm and fuzzy feeling you experience when you enjoy something like an intimate dinner with friends, sipping a glass of wine, in front of a crackling

fireplace, cuddling on the couch or taking an aromatherapy bath. It can also be watching the raindrops trickle down the windowpane as you ride the bus. Maybe we can call it mindfulness at its best?

Mindful cosiness of the now. How wonderful it is to fill your mind with sweetness tenderness and warmth. An 8-minute session of Mindfulness meditation regenerates the mind powerfully. Try heartfelt meditation with transmission which has a cleansing effect on the mind too.

May I add that while you're in the sofa you might as well indulge in some hugging and caressing? Caresses are vital for the mood too. It is often associated with sexual intercourse which is a pity in a way because the body ends up not getting much of the much-needed caresses.

“ THIS IS VITAL IN ORDER TO AVOID BURNOUT ”

3. The vital break

While coffee has its benefits on the brain's functions, and has a proven ability to enhance mood, it is more about the break than the coffee.

Feeling chilly at your desk? Time for a coffee break. You can do this as often as needed, especially in winter, but I would suggest you only have one coffee a day and sip instead on some fruits or flowers the rest of the day to avoid the horrible mouth smell, the stomach upset and the artificial energy kick you get that is usually followed by a coming down.

Another way to take a soothing break is music. We often forget or are too lazy to choose something we really like, that really suits us and end up listening to soup radio mixes. Take the time to choose something really deeply comforting for a change. Music has amazing effects on the brain and helps reorganize our cells into more harmonious combinations. If possible, play it loud.

4. Cardio, water and heat

If you dedicate yourself to points two and three, you may eventually want to hit the gym



or the pool, which is of course amazing for mood. Sports and cardio effort in general (it could be swimming or dancing!) is the perfect mood enhancer as it lifts your body adrenaline and endorphin levels. Go take a quintessential Nordic sauna or the oriental Hammam steam bath. The heat will ease your muscles and relax the body after a good workout. And if you choose to do it with some friends, it's a nice moment to talk, unwind, exchange feelings in an intimate cocoon. Bikram Yoga is a good option too (allying heat and effort, personally I love it) but I would only advise it to advanced yoga or dance students.

Check out YogaRoom (Uccle and Ixelles) for a smooth hot yoga experience.

No need to describe the benefits of water. It's great for your lungs because when your face is under water, oxygen is at a premium so your body adapts to use oxygen more efficiently, increasing your endurance capacity. Being submerged in water also dulls the amount of sensory information that bombards your body, helping to bring on feelings of calm. Researchers found that regular flotation tank sessions are effective at relieving symptoms in patients suffering from conditions related to chronic stress, like soaking in a hot bathtub

with some essential oils and some relaxing music. Check out thegreatboost.com

5. Good food and good thoughts

While in the winter we usually indulge in heavy food and greasy sauces, I realized I felt worse after those wintery dinners. I found out that I felt best after my morning juice. I use an extractor and have a glass of carrots-orange-apple-celery and some ginger if I feel a flu is coming on. I can feel my cells expanding with joy! But then again, that's me and my body. You need to find what gives you more benefits in the long run. Veggie lunches or dinners full of greens, lentils, sesame or almond pasta (my indulgence) and grains. Although my kids still enjoy a heavy meaty saucy dinner, they started observing how their food affects their moods and their physical state, and reduced the sugar in the morning and I am very happy about that.

Today, choose to put yourself into a peak state, daily, in harmony with your deep feeling and needs. 🍎

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Eden Park: Crouch, touch, engage...

Antoine Bouvier looks at a very elegant fashion brand celebrating 30 years in business

Eden Park, the famous French ready-to-wear brand, has just celebrated its 30th birthday. From rugby grounds to wardrobes, it's all about the success of the pink bow tie.

It was in the Racing Club de France, a rugby team of Hauts-de-Seine in 1987, that a group of players stood out. 'Show-Bizz', as they were nicknamed at the time, a kind of club within the club, took to the field with a stylistic particularity, namely a blazer, a Basque beret or a pink bow tie, in order to surprise their opponents. They were soon noticed by the media and became quickly notorious, so much so that music producer Eddy Barclay let them record an album, *When you Make a Try*.

After returning from the first rugby world cup final in Auckland, New Zealand in 1987, Franck Mesnel, a full member of Show-Bizz, looked for ways to use the success and image of the bow tie. While talking with his friend and teammate Éric Blanc, they created Eden Park. A ready-to-wear brand in the colours of their favorite accessory, the bow tie, and in the name of the city of Auckland. The adventure began with a line of rugby jerseys made in France. The two men's dream was to offer a quality of fabric that was superior to what was available on the market at the time.

Soon, the range of clothing expanded and offered different 'must-haves' for men and women. The expansion of the team and its production took their creation to Asian countries – Franck then went in search of suppliers of choice to guarantee the quality that is so important to Eden Park: "We wanted



to find serious partners very quickly, the goal being to have a very good quality finished product. I was then told, choose your factories rather than your country!"

Today, Eden Park occupies a prominent place in the global ready-to-wear market. Present in more than 30 countries, it represents French flair and French inspiration. A paradox that repeats the great codes of fashion with subtle and refined details: "For example, we offer a blazer that is classic but where you will also find a pink bow tie at the reverse of the collar. This is really where you want to hit, a little 'French touch' that makes all the difference." The brand is particularly known for its timeless rugby-inspired polo shirts, which has been a classic for 30 years that continues to reinvent itself each season: "The polo shirt is our trademark, it's been 30 years that we have evolved it, according to the demands of the market. Its composition is particularly popular, as we use the famous quilted stitch, which is an exceptional fabric that guarantees an excellent longevity to the product. This is also the spirit of the brand – safe values. A bit like rugby with your teammates!" It is this DNA that still allows the brand to develop and support its credibility among the major players in the sector.

The future of the brand will be marked by a desire to detach more from its early Anglo-Saxon origins and push more towards famous French flair. The next collections will stand out with their implementation of particular details, says Franck: "We want to reinvent our collections so they do not fall into oblivion. A rugby type polo shirt with two-tone stripes will be much more subtle in its realization. I want to be able to say that we are united and the closer you get, the more you discover the slight nuances of tone."

“ THE ADVENTURE BEGINS WITH A LINE OF RUGBY JERSEYS MADE IN FRANCE ”

Sport, which was the genesis of Eden Park, will also feature in the future with a new collection, in partnership with Adidas – a range of technical clothing that will reach a much wider population: "Sport is at the origin of the brand, it allowed us to exist and build, so it seems normal to us that this collaboration does not stagnate. In fashion you constantly need to hit new targets. This

collaboration with Adidas will allow us to reach an audience that does not necessarily know the brand, the goal being that afterwards they will return to discover the rest of our range."

Franck Mesnel and Eden Park still have good days in front of them – the Pink Bowtie Show-Bizz is not finished yet.
www.eden-park.fr

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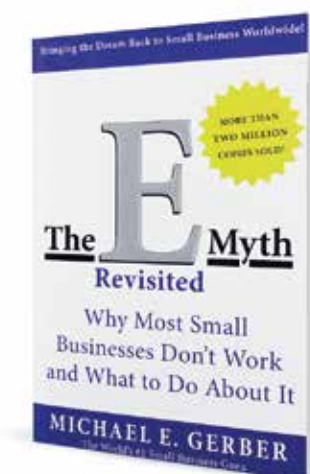
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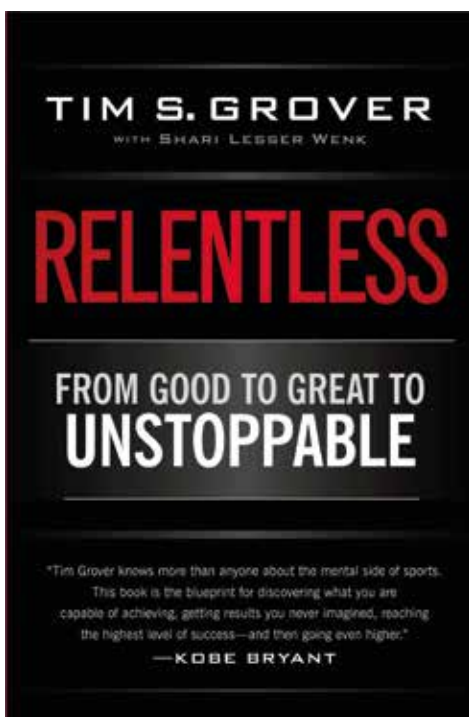
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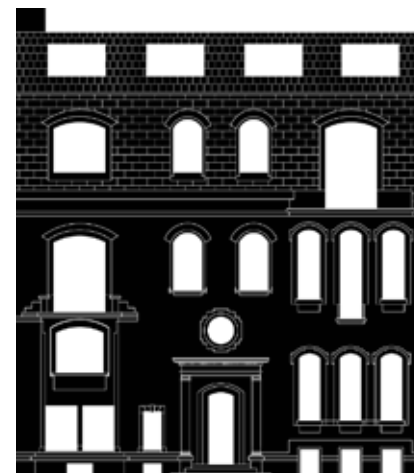
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Money

The financial and economic world in 2018

Our financial expert **Dave Deruytter** asks: What can we expect, even without a crystal ball?



Nothing but wishes for a happy, prosperous and great year at the start of 2018, like at the beginning of any new year. New Year receptions were scheduled until the end of January and they basically all had that same message: "A happy, healthy and prosperous 2018 for all!"

pessimistic. We should at least try hard to improve our lives professionally and privately in the new year. There are no surprises: the more energy and effort we put into 2018, the more will come out of it.

“ A YEAR OF UPS AND DOWNS FOR THE FINANCIAL MARKETS ”

It never turns out that way, but it's better if we start optimistic than

For the financial markets, will 2018 become the last of the seven years of riches?

2017 ended on a high note notwithstanding



the Trump presidency and the looming Brexit. Many large EU countries weathered important elections rather well. Nevertheless, Germany does not have a new government yet and the US faces a fiscal cliff after the passing of the gigantic and costly tax reform bill. China appears to be in a strong political and economic position. It is even championing climate efforts and free international trade and investment. Still, given the typical gradual approach to anything and everything of the Chinese, no positive or negative surprises are to be expected there.

Businesses and governments alike were pretty upbeat at the end of 2017 and are very positive about the start of 2018. Expectations are of high growth and low unemployment around the globe. Contrary to what one would logically expect, such a positive expectation is risky. The chief reason is that when expectations are high, chances are that the positive predictions will not all be met. That means that people and businesses may become disappointed even if the results in absolute terms would be reasonably good, but not

as good as predicted. Remember the (old) marketing adagio: 'Under-promise, over-deliver'? Translated, this means that it is better to 'under-expect and over-realize'.

The upbeat spirit about the outlook for 2018 is particularly risky since last year we faced the opposite situation. Almost all observers saw few good things coming out of the Trump presidency or Brexit at the beginning of 2017.

Still, economies and the world as a whole fared pretty well, as did the financial markets. 2018 will see its fair share of elections, in Italy for example and in the US, plus the Catalonia situation in Spain is far from solved and risky for Europe. But because all eventually went pretty well

for most of the forecasted problems in 2017, most people think that the same will be true for 2018. That is not sure at all.

About the financial markets, experts are a bit more prudent for 2018. The valuations of most asset classes are already very high, both for financial assets and real estate. Interest rates are still very low, but given that they are

“ EXPERTS ARE A BIT MORE PRUDENT FOR 2018 ”



starting to increase in the US, the same can be expected for Euroland any time soon. OK, rates seem to be moving only slowly but surely, and thus surely slowly. A last small bull run on the financial markets can still be a possibility given that for the whole of 2018 you will get less interest than inflation on your savings accounts. And that alone should support equities to some extent.

But what if we get a solid cryptocurrency crisis, Bitcoin going to zero, or close to, and the same for its copycats? Would that give a blow to the positive sentiment towards the markets? Is the world really such a safe place on the political and economic side? If, because of protectionist pressure from Trump and Brexit, international trade and investment, and thus the world economy, slows, what will happen to China? Will it be able to keep on growing its GDP at more than 6% net for another decade? Although India still has a much smaller economy than China, can it keep on growing even faster if there is not a supportive international trade and investment climate?

“ WHAT WILL HAPPEN TO CHINA? ”

2018 may become a year of ups and downs for the financial markets. When the end of a financial boom cycle is near, big rises are rare and we may even see investors starting to dig in to prepare for less rich years ahead. If in a year or two US interest rates are at 5% again and the rates in Euro at 3 or 4 percent, if by then AI and Big Data have not delivered on their promises of extra business or economic efficiency, how will the markets respond?

Furthermore, it has been some time since we have seen a real new big IPO that was a stayer.

Spread your risk. Do not be over optimistic. That could be valid advice for 2018 on the financial markets.

Anyhow, the world is still full of wars and conflicts. And if one of them explodes, you do not want to be overly leveraged to risky assets. There are no surprises, the portfolio theory claims that you should spread your assets in order to lower your risk and increase your return in the longer run. As always if you want to invest in high-risk assets, do not borrow to do so, and do it with money you can afford to lose. ①

Elon Musk: A space oddity

Our tech guy **Colin Moors** looks at an entrepreneur to look out for now and in the future



“ HIS IDEAS RANGE FROM 'EDGY' TO AMAZINGLY UNCONVENTIONAL ”

Unless you haven't got the internet in your house or on your phone, there's a pretty good chance you'll have heard of Elon Musk. The American investor, inventor entrepreneur has a net worth of some 20 billion dollars and has been making a lot of noise in the news over the past few years.

An avid fan of science and the internet, Musk got started early in the entrepreneurial business when, at 25, he started his first company called Zip2, providing businesses with a local web presence in the days when such a thing was out of the financial reach of most companies. When this was bought out, he reinvested in x.com, a financial services company that via several iterations became PayPal, the (in)famous online payments service. When PayPal was bought out by eBay in 2002, he turned his ideas toward the radically different and hugely popular green power and space travel enterprises he's now famous for. It would be fair to say that his ideas range from 'edgy' to amazingly unconventional but he seems to have a keen eye for turning apparently unviable ideas into profit.

Of his many enterprises, he's possibly most famous for the Tesla all-electric car. Although the company was not founded by Musk, once he took over as CEO and helped secure funding in the early days, his personality seems to have been the catalyst for the quite astounding interest in what many would still say was an expensive toy, the Tesla Roadster. Indeed, the stats weren't that impressive; a



base price of around €130,000 and a range of only around 250 km on a single charge. Some eight years on, these numbers seem laughable but it's the investment of Tesla and the heavy competition that has made them seem so. The main selling point of the Roadster was not what any of us might have predicted. Yes, it was 'green' but it had one facet the rest of the environmentally friendly cars didn't. It was sexy. It would not be too much of a stretch to say that thanks to the Tesla, the world of the electric car has gone from the unconventional but rather dull Toyota Prius to the thing that car companies are falling over themselves trying to perfect.

Musk is a guy who just has an idea, then picks it up and runs with it. He's in the enviable position that if he wanted to make a steam-powered dog washing machine, he'd have people lining up to put money into the project. He seems to be able to do no wrong but he has some quite unconventional ideas from

time to time. Describing himself as "politically liberal and fiscally conservative" he served as one of the big names in President Trump's economic advisory council. He very publicly quit the council in the middle of 2017 in protest of the US withdrawal from the Paris Climate Accord, tweeting the following: "Am departing presidential councils. Climate change is real. Leaving Paris is not good for America or the world."

Clearly a driven man, he doesn't only reserve his opinions for environmental matters. Also around the middle of 2017, he got into a public spat with Facebook CEO Mark Zuckerberg about the

dangers of Artificial Intelligence (AI). The big tech companies, such as Facebook and Google are expanding their research into AI to run their businesses more efficiently. Musk has often argued that AI represents a real threat to the future of mankind. Speaking at MIT last year, he made his feelings unambiguously clear: "If I had to guess at what our biggest

“ WITH ARTIFICIAL INTELLIGENCE WE'RE SUMMONING THE DEMON ”



existential threat is, it's probably that. So we need to be very careful with artificial intelligence. I'm increasingly inclined to think that there should be some regulatory oversight, maybe at the national and international level, just to make sure that we don't do something very foolish. With artificial intelligence we're summoning the demon."

Zuckerberg responded a week later, summing up his thoughts on the idea by saying: "I think people who are naysayers try to drum up these doomsday scenarios — I don't understand it. It's really negative, and in some ways I think it's pretty irresponsible." Musk reached for his trusty Twitter account to counter with: "I've talked to Mark about this. His understanding of the subject is limited." Musk takes the threat seriously enough that he envisages mankind escaping to other planets to escape the rise of the machines. This may go some way to explain his obsession with space travel.

Musk is the founder of Space Exploration Technologies Corp., better known as SpaceX. The company favours re-using rockets in order to make travel into space more economical.

While the company's aims are altruistic, by and large, the corporation is also keeping an eye on the bottom line and looking to make a healthy profit. The latest projections suggest the company could reduce access to space by a factor of ten. The driving force behind this ambitious project is to realize Musk's dream - Mars Oasis. He wants to be able to transport an experimental greenhouse full of plants to Mars, to see how they can be grown and nurtured there. His plans don't stop there - he is seriously talking about a Mars colony by as early as the middle of the next decade, with a follow-up plan to populate the planet with a further one million people.

To prove he's serious, Musk's next party piece will be to launch the latest rocket, called Falcon Heavy, into a "billion-year elliptic mars orbit". The payload will be an original Tesla Roadster and it will play Bowie's Space Oddity on loop. A businessman, a showman and something of an enigma, Musk will be the one to watch for years to come. Whether you agree with his ideas or not, he's not going away. I'll leave you with his musings on his favourite subject: "I'd like to die on Mars, just not on impact." ❶



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Catalan impulse: A photo story

Italian-born photographer **Stefano Fristachi** took to the streets of the Catalan capital

Photos © Stefano Fristachi

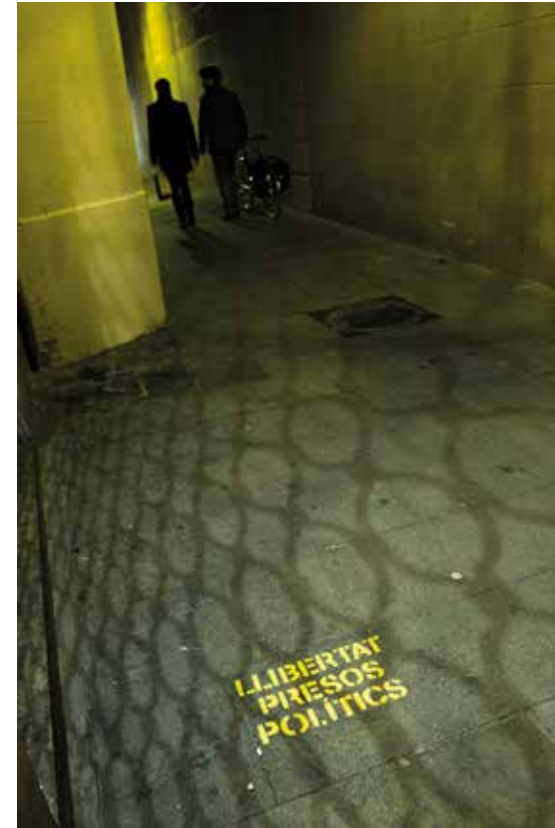


As a photographer living in Barcelona, I decided to get down into the streets with my Fujifilm camera to better understand and get a deeper sense of the strong impulse of the Catalan people for independence. It was a very powerful and unique experience – at times it felt 'unreal', something out of touch with the times.

It is an all-round bond, covering all areas of the community. It is almost a fashion for the

young, a political heritage for the elderly and a new form of recognition and belonging for families and the Catalan middle class.

It is surprising to see such a strong participation in contemporary society, such active protagonism by civil society in the political and administrative sphere of the city and region, to see the citizen (the parent, the child, the elderly person, men and women) at the centre of their development system, with





such belief in the power of their decisions, and with such a sincere willingness to govern themselves.

Even though the impulse is strong and continuous on the horizontal plane of the community the same cannot be found at a vertical level; yes, because the poorest classes seem to care less about independentist sentiment so that in some neighbourhoods of the city and in some areas of the region, independentist fervour fades.

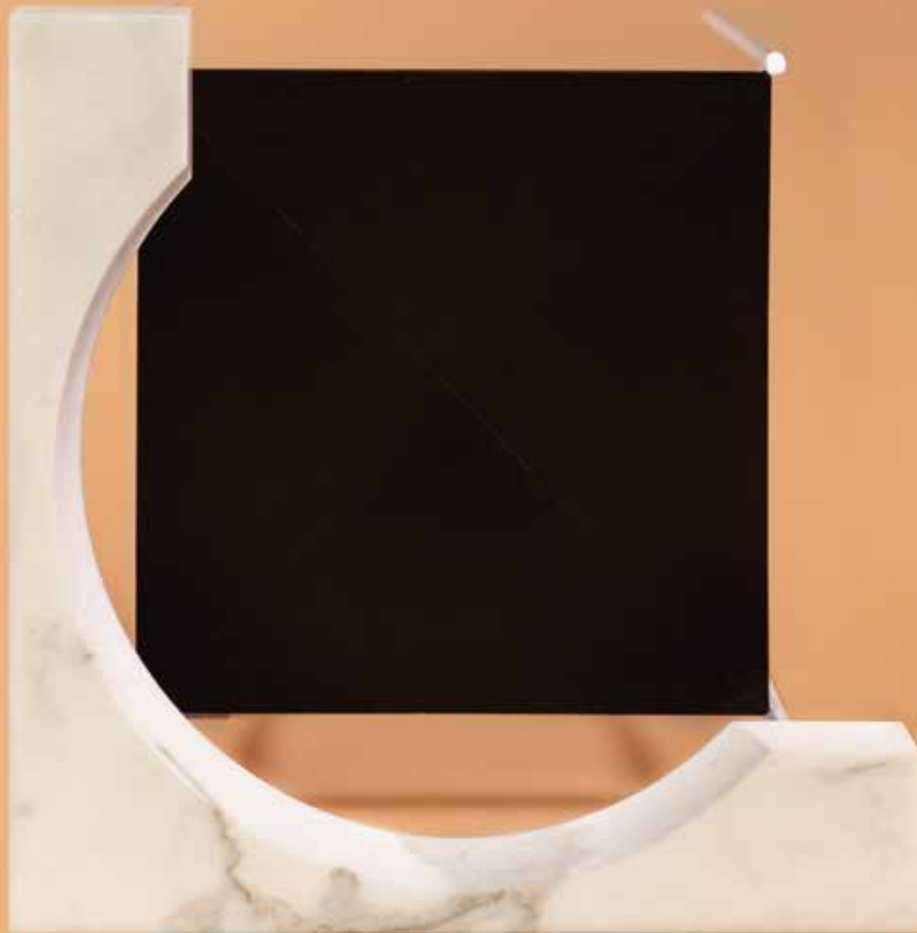
There is also the other non-independence part of Catalonia, often people originally from other areas of Spain, who live among those wanting independence, sharing the same courtyards and streets and who are a little bit tired of a struggle that they do not want.

It appears to me that it is a varied and complex scene, a society divided in its interior, as indeed are many, but Catalan impulse gives us back the awareness that even today the power and the potential of the will of the people still count for something in the face of the austere impositions of geopolitics and history. ❶



LIFESTYLE

We hope to bring a fresh perspective to the world of art and design



LIFESTYLE

Luxury

A girl's best friend

In honour of Saint Valentine's Day, we take a look at some very expensive sparklers



Hutton-Mdivani Jadeite Necklace
Sotheby's dubbed it the "greatest jadeite bead necklace of historical importance". At auction it was purchased by The Cartier Collection – the bidding lasted a mere 18 minutes. The piece is made up of 27 graduated jadeite beads of a "highly translucent bright emerald green colour". The overall effect is rounded off by a clasp set with calibre-cut rubies and baguette diamonds, mounted in platinum and 18k yellow gold. **\$27.4 million**



Graff Pink
Once owned by Harry Winston - who transformed diamonds into art and revolutionized modern jewellery and watch design - the rectangular-cut 24.78-carat diamond sold to Laurence Graff at a Sotheby's Geneva auction in 2010. The fancy intense-pink gem is mounted on a ring and flanked with two white diamonds. Graff made his own alterations to it. **\$46.2 million**



Blue Moon of Josephine
The Blue Moon of Josephine is a 12.03 carat (2.406 g) blue diamond, described as "flawless" by experts, that was discovered in South Africa in January 2014 and was sold at a Sotheby's auction in Geneva in November 2015 at a record-setting price of \$48.4 million. The diamond is the largest cushion-shaped blue stone classified as "fancy vivid" ever to appear at auction. Tycoon Joseph Lau bought it for his 7-year-old daughter. **\$48.4 million**

Luxury

L'Incomparable Diamond Necklace

This necklace was created by Lebanese jeweller Mouawad and it features the world's largest internally flawless diamond. The 407ct yellow step-cut diamond is attached to a rose gold chain adorned with a further 91 white diamonds weighing more than 200cts, and arranged in an asymmetrical design that recalls the leaves of a vine. The magnificent centrepiece diamond was found by chance in a discarded pile of mining rubble by a young girl in the African Congo in the 1980s. **\$55 million**



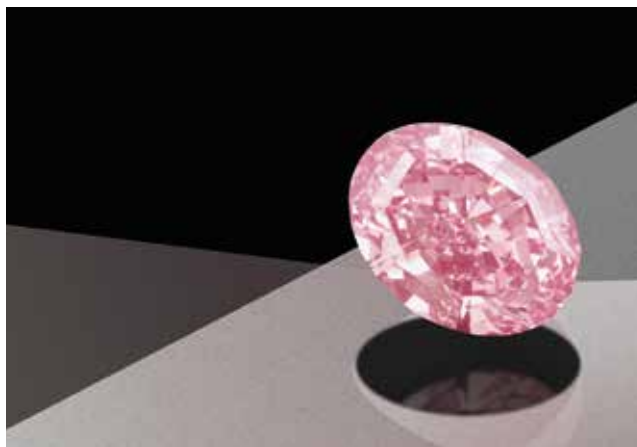
Oppenheimer Blue

A 14.6-carat blue diamond auctioned at Christie's in Geneva for \$57.5 million, including fees, becoming the most expensive diamond ever auctioned. The stone, called the 'Oppenheimer Blue', followed a record-high jewellery sale by Sotheby's, which totalled \$175 million, the highest total ever for a jewellery sale. **\$57.5 million**



Pink Star

The Pink Star, formerly known as the Steinmetz Pink, is a diamond weighing 59.60 carat, rated in colour as Fancy Vivid Pink by the Gemological Institute of America. The Pink Star was mined by De Beers in 1999 in South Africa, and weighed 132.5 carat in the rough. The Pink Star is the largest known diamond having been rated Vivid Pink. As a result of this exceptional rarity, the Benny Steinmetz Group called Steinmetz Diamonds took a cautious 20 months to cut the Pink. **\$71.2 million**



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Luxury

Wittelsbach-Graff Diamond

Discovered in an Indian mine in the 1600s, the 35.56-carat, fancy deep greyish blue Wittelsbach Diamond is rumoured to have first been owned by King Philip IV of Spain and included in the dowry of his daughter Magarita Teresa upon her engagement to Emperor Leopold I of Austria in 1664. Jeweller Laurence Graff purchased the Wittelsbach Diamond in 2008 for \$22 million. In 2011, the diamond was sold for over \$80 million to its current owner, a member of the Qatari royal family. **\$80 million**



Peacock Brooch by Graff Diamonds

The Peacock brooch was unveiled at Maastricht's TEFAF fair, where the wealthiest collectors of fine art and antiques gather to peruse some of the most precious objects in the world. Few objects on show will be able to compete for wow factor, or price tag. 1,305 diamonds adorn this precious bird, including some highly valuable coloured diamonds totalling 120.81ct. **\$100 million**



The Hope Diamond

The Hope Diamond is one of the most famous jewels in the world, with ownership records dating back almost four centuries. Its much-admired rare blue colour is due to trace amounts of boron atoms. The jewel is believed to have originated in India, where the original (larger) stone was purchased in 1666 by French gem merchant Jean-Baptiste Tavernier as the Tavernier Blue. The Hope Diamond has long been rumoured to carry a curse, possibly due to agents trying to arouse interest in the stone. It was last reported to be insured for \$250 million. **\$250 million** ●



KNOKKE-HEIST, SEA-SALTY SWEET

An exquisite fresh fish with a view on the sea, star spangled menus, this is how food heaven must be. Time ticks more slowly as the red sun sets, to savor the moment, this is as good as gastronomy gets. A healthy outdoor breakfast, a savory snack, ice-cream and waffles, they come as a pack. Four o'clock coffee and exceptional tart, life is good for the Young at Heart.

YOUNG AT HEART

#gastroonomy #myKH



MYKNOKKE-HEIST.BE

KNOKKE-HEIST

DENIM ZONE

Photographer: Maria Dawlat

Art Director: Nicholas Sirot

Makeup artist: Sylvia Lopomo @ touch by dominique for Bobbi Brown and l'Oréal

Models : Emma, Marga, Kaina and Quentin @www.jillmodels.com

Special thanks to Mitch @jillmodels

Studio: Merel Hart Studio +32 478 365 485

Emma:

Jacket: Twinset

Earring: Gigi Hadid x Messika

Quentin: Jacket Denham



Marga:
Jacket: Diesel
Bra: Zadig & Voltaire
Trousers: Lois



Emma:
Total look: Diesel
Earring : Gigi Hadid x Messika



Emma:
Shirt: Diesel
Necklace: Messika



Marga:
Jacket: Lois
Trousers: Diesel
Shoes: Dr.Martens



Quentin: Total look: Diesel



Emma:
Jacket: Twinset
Earring Gigi Hadid x Messika



Marga:
Overalls : Zadig & Voltaire

Macha Thys: A love for all things yarn

Jeanie Keogh meets a designer who found her calling at a very early age

It is not very often that one finds his or her calling at the age of seven, but that is what happened to Macha Thys when her grandmother taught her to knit. It started with a simple scarf and then developed a love for all things yarn until her skill rivalled that of the fairy tale character with the fabled ability to spin straw into gold. When meeting Thys there is an urge to reach out and touch her arm to feel the magnificent softness of the egg shell white sweater she is blanketed in. Be it the enchanting glow about her as she strokes a long trench coat-like shawl made of baby alpaca, or the manner in which she speaks about her dedication to the beautiful material, Thys is not just another pretty face trying to make it in the rough world of fashion. Her story is about honouring natural fibres and natural beauty, bringing back classical femininity, and reconnecting with what's pure. She spins a good yarn.

After finishing her university studies, Thys searched for a program at a fashion school that specialized in knitting and settled on Esmod in Paris. Graduating in 2014, she started out at Vermont Broderies, before moving on to Sonia Rykiel, the so-called Queen of Knits, and then Chanel. Now she has launched her own label under her name, dividing her time between Paris and her hometown of Liège where she runs a small home-based business. There, she has brought four Liègeois women into the fold and together they hand knit Thys' cosy creations into being. And when they cast off, the result is a luxurious and unique garment that feels against your skins like the equivalent of tucking yourself into a cloud or curling up inside a lover's hug. The



spirit of Thys' knitware is that each piece is made with care, so that it becomes prized as a favourite sweater.

But as much as she is a traditionalist, Thys also branches out to other styles and techniques than the standard sweater, sweater dress or scarf. She plays with patterns that are not typically seen in knitwear, for example, a hoodie, denim shirt, bomber jacket, and even bodysuits, corsets and underpants. She has even been commissioned by a friend to make a wedding skirt.

“ THE YARN SHE USES IS ETHICALLY SOURCED ”



The yarn she uses is ethically sourced, whether it be cotton, cashmere, silk or alpaca. When speaking about the evolution of her designs from alpaca to apparel, she does so with a reverence to the animal as if she knows it by name and has been to visit the Peruvian breeder to pet the alpaca's silky fleece.

“My winter wool comes from Peru from a breeder that is really ethical regarding its treatment of the animals, with very regulated quantities. And everything that is cotton comes from Italy in very limited quantities as well. I



want to make sure that all of my suppliers work in methods that are good for the planet, or in any case to a maximum.”

She also speaks reverently about her grandmother's strong influence on her vocation and what her grandmother passed on to her by way of the knitting tradition.

“I was taught by my grandmother who taught my mother, but my mother was really busy with work and didn't have the patience or time to teach me so it was the hobby we did together at four o'clock when I came home from



school.”

Her grandmother even helped Thys with a tricky design project for Thys’ final show at Esmod in 2014, but has sadly not lived to see her go on to create her own label last year.

The principle of the brand is to pay more but buy less, and only buy the most beautiful things – natural beauty, of course – so as to make as little waste as possible. It’s not a collection, but a wardrobe, and therefore more intimate, considered, and conscious.

“I think it’s time to change things up. Why pay people to make clothes for miserable salaries when it is completely possible to make it here in Belgium, even if the price is a little more expensive. What’s more, it’s much better for the climate. It’s my way of changing things or



at least to try. It’s time to put clothes back into a different category, as they were in the past, to make them. There are people who are trained to knit here in Belgium and I don’t see why companies have to go elsewhere for clothes.”

Her words are an ode to the grandmother in her rocking chair, knitting a tangible legacy for her grandchildren to wear into the future. Indeed, a heritage we hold dear in our collective emotional memories and indeed better than the sweat shops and child labour that have replaced it.

If the sheep, alpaca, or goat knew of the love Thys puts into her work, I’m sure they would give her the fleece off their backs.
www.macha-thys.com ❶



Shopping: Only lovers

It's that time of year again – here are some Valentine's suggestions



Seamaster Olympic Games Collection

In 2018, OMEGA is proudly introducing the "Seamaster Olympic Games Collection", which celebrates the brand's unrivalled timekeeping legacy through five unique watches. The collection represents the different colours of the famous Rings of the Olympic Games, with models available in black, yellow, green, blue or red. www.omegawatches.com

Bvlgari Men in Black Essence

The iconic signature of MAN IN BLACK continues its adventure and takes on an exotic new dimension with MAN IN BLACK ESSENCE, a Eau de Parfum dedicated to the intensely wild and arid nature of Africa. This oriental signature conceived in collaboration with the Nigerian artist Laolu Senbanjo expresses the hypnotic virility of a warrior. Eau De Parfum Spray. 100 ml: €105 www.bulgari.com



Maud Herbage

Unique creations for a unique lover from a self-taught Belgian jeweler based in Beaumont, Wallonia. Only 20 pieces are available from each creation. www.maudherbage.com

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LIFESTYLE

Shopping

Vilebrequin x Donald Sultan

For his Lantern Flowers pattern, Donald Sultan found inspiration in Chinese lanterns founded in his garden - "I had been doing flowers that I had thought were artificial and I had made them up to be symbolic of the red poppies from the Veterans' Day paper poppies worn on lapels by people to commemorate World War I, the Field of Flanders. Bastien: €55
www.vilebrequin.com/eu/en



Fabienne Kriwin

Jewellery that is handmade in Brussels by a designer steeped in the tradition. Ring Brossed Yellow Gold 18K & Diamonds, price on request.
www.fabiennekriwin.com

Gucci Watches

Gucci Watches enriches its G-Timeless collection with a line of captivating new models featuring new silhouettes, techniques and colours. For Her: G-Timeless quartz small - 27mm - Steel case - Leather dial and strap: €750
www.gucci.com/be/Watches



Raidillon

The Weekend Bag. Raidillon has crafted something chic and durable using grained Italian calfskin; that's why folks are now carrying the latest bags from Raidillon. The Weekend Travel Bag is constructed from plain leather and decorated with the '55' logo and available in various colours. €950
www.raidillon-watches.com

Eden Park

Eden Park, the famous French ready-to-wear brand, has just celebrated its 30th birthday. From rugby grounds to wardrobes, it's all about the success of the pink bow tie. €70
www.eden-park.fr



Céline Daoust

Since she was a child, Céline has always been fascinated by stones. She draws her inspiration from nature and the symbolic values of the stones. She focuses on playing with contrasts like rough and precious elements. All her jewellery is made by hand, unique and delicate. Small Diamond Constellation Earrings. €745
www.celinedaoust.com





Senteurs d'Ailleurs

Beauty is an eternal enigma. Yet, if its aura shrouded in mystery raises the greatest questions, its great history reminds us that it is not an irrational magic, but a science of the sensitive. By taming the sense of smell and touch, the art of beauty promises a unique experience and a reflection as aesthetic as it is philosophical. Maison Francis Kurkdjian, Baccarat Rouge 540. **€299**
www.senteursdailleurs.com

Labelchic online

Mademoiselle Chic and taking inspiration from the fashions that can be discovered in the second-hand shops of London and Paris, they decided to import the used clothes concept to Hong Kong and fill the void that oh so needed to be filled. Its mission: To offer a unique selection of clothes, accessories and shoes for women and children at low prices. In Fiore Complexe de fleurs.

€163

www.labelchicboutique.com/en



Nuxe

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www.nuxe.com/en



MELTING POT

H A I R & B O D Y

Situé à la lisière du quartier Louise et au cœur de Saint-Gilles, l'un des quartiers les plus en vogue de Bruxelles, le centre de beauté Melting pot hair&body, comme son nom l'indique, propose une multitude de services et un vrai mélange de cultures. Dans l'air du temps, melting pot regroupe tout ce dont les femmes ont besoin pour se faire belle: de la coiffure et du relooking aux massages du corps en passant par l'épilation et les soins du visage. Cette multitude d'options se décline sur deux étages dans un cadre moderne, design et élégant. À la lumière du caractère cosmopolite de Bruxelles, on y trouve des professionnels de la beauté venant de tous horizons, de toutes les origines, à l'écoute et prêts à répondre aux besoins les plus spécifiques d'une clientèle tout aussi variée. Depuis bientôt 3 ans Melting pot offre, au paysage bruxellois le centre de beauté qu'il mérite: un endroit où le service est une priorité, où l'on trouve la dernière technologie en terme de beauté, les dernières tendances en terme de coiffure, mais aussi et surtout un endroit rassembleur où le plaisir de rencontrer l'autre est palpable, et où la bonne humeur prime et le café est délicieux.

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Winter glow

Our beauty expert **Delphine Stefens** offers tips to cope with the vagaries of winter

Dryness, dullness, redness... These are some of the major season related beauty complaints. But taking good care of your skin and choosing long-wearing and hydrating make-up will not only have you looking naturally radiant even in the depths of winter but also camera ready on Instagram (#glittermask anyone?)

Holo glow - Dior Lip Glow
(€38.43) by **Dior**.
Available as of 18 January.



Lift - Re-Nutriv Ultimate Lift
Regenerating Youth Creme
Rich (50ML/€315.52) by
Estée Lauder.



Smooth - Skin Long-Wear Weightless
Foundation SPF15 (€42) by **Bobbi Brown**. Available in 30 shades.



Conceal - Beyond
Perfecting Super Concealer
Camouflage + 24-hour
Wear (8ML/€25.35) by
Clinique. Available in 18
shades.



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LIFESTYLE

Shopping



Peel - Absolue Precious Cells Rose Drop Night Peeling Concentrate (15ml/€115) by **Lancôme**. Exclusively at Galeria Inno as of mid-January.

Correct - Météorites CC Glow (€39.50) by **Guerlain** in pink, apricot and green to combat dullness, dark circles or spots and redness. Available as of 21 January.



Plump - Lift Integral Flash Lift Mask (75ML/€44.90) by **Lierac**.



Firm - Glitter GravityMud Firming Treatment (50ML/€49.90) by **GlamGlow**.

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...

Design

COLLECTIBLE: A fair for contemporary collectible design

In our design pages this month we look at a brand-new, innovative design fair



COLLECTIBLE_3_credit_
Hugard_and_Vanoverschelde

COLLECTIBLE is a new and unique fair dedicated exclusively to 21st-century contemporary collectible design. Conceived as a unifying platform and an exclusive meeting point in the heart of Europe, COLLECTIBLE brings together renowned international galleries and designers, all at the forefront of creativity, selected by a committee composed of four distinguished figures from the world of design: Jan Boelen, Tony Chambers, Maria Cristina Didero and Pascale Mussard.

19 05

MAISON
VERVLOET

Collection *Jules*

Designed by Vincent Van Duysen





COLLECTIBLE_Destroyers_Builders_
Grégoire_de_Laforest_lounge_chair_Opper



COLLECTIBLE_Kostia_10_Samothrace

The exhibitors, designers, galleries, institutions, specialist magazines, collectors and partners, all of whom focus on the emerging design scene with unique pieces and limited editions, are from Belgium, France, the Netherlands, the United Kingdom, Italy, the United States, Russia, Switzerland and Denmark. They include the participation of galleries such as: Atelier Jaspers / Itinérance 03 (Brussels),

Camp Design Gallery (Milan), CMHWH project curated by Caroline Van Hoek (Brussels), Gosserez (Paris), Mobilab (Lausanne) and Modern Shapes (Antwerp) and designers such as Kostia (FR), KUF Studios (UK), Nel Verbeke (B), Olga Engel (RU), Os & Oos (NL), Reinier Bosch (NL), Sébastien Caporusso (B) and Xavier Lust (B.)

"It's about emphasizing contemporary



COLLECTIBLE_Lionel_Jadot_Lu5-Rotating_Lamp_
Bonzai_Sound_credit_Serge_Anton



COLLECTIBLE_
Modern_Shapes

collectible design," note the founders of the fair, Clélie Debehaut and Liv Vaisberg. "Our objective is to respond to the growing interest of design enthusiasts, art collectors, professionals from related fields, and cultural institutions focusing in contemporary design. Currently, among the pieces of collectible design offered in Paris, London, Basel and Miami, whose prices rival those of other



COLLECTIBLE_Nel_Verbeke_Embrace_
Melancholy_set

contemporary works of art, it is mainly mid-20th-century creations, vintage or historical design pieces that can be found. Visitors to COLLECTIBLE will only be offered the most contemporary, unique or very limited editions. This represents a radical stance that immediately won over our selection committee, inspiring galleries, collectors and design enthusiasts alike. With this project, which

LIFESTYLE

Design



promises many beautiful surprises, we hope to bring a fresh perspective to the world of art and design."

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www.collectible.design

1



COLLECTIBLE_Victor_Hunt_mischertraxler_
lightVolumes_III_II_sunseorange_darkiceblue_detail



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Citroën DS: An icon since 1955

Our motoring correspondent **Bob Monard** takes a look at a classic line of cars

The DS in 1955, photo by Klugschnacker



Since 2014, DS has been a fully-fledged and distinct brand of Citroën. As proof, the DS3, DS4 and DS5 products are marketed in dedicated spaces: highly polished boxes where the lighting of vehicles is carefully calibrated.

But how to summarize the DNA of the DS logo?

The DS product incorporates several important markers. In addition to a remarkable design, including the ubiquitous DS 'wings' radiator grill and a luxurious, refined interior (leather, wood, foam...), the technology - with connectivity among other things - is the alliance between the handling and the dynamism positioned in the high-end of the market.

The DS3 takes advantage of its sporty image and the DS4 plays on its hybrid look with 5-door coupe in trendy SUV, while the DS5 is

top dog, until, of course, the DS 7 Crossback takes its bow in the premium category.

The year 2019 will see the appearance of the DS3 Crossback, 5-door SUV and the DS6 family sedan, ahead of the DS4 and DS4 Crossback, scheduled for 2010.

The key word at DS seems to be 'inheritance', a word that resonates for all who were around for the first DS in 1955, which stood out at the Monte Carlo Rally, the Tour de Corse, the Rally of Portugal and the Rally of Morocco. Closer to home, the DS has won the title of world champion in the Constructors' Rally category eight times and the world title nine times among the drivers.

The DS will remain on our roads and in auto sport for some time to come!

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(L/100 KM): 4,7 - 7,0 NEDC (G/KM): 124 - 161 NEDC DONNONS PRIORITÉ À LA SÉCURITÉ.

La meccanica delle emozioni



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Falling for... the goddesses!

3457! A code for cracking a safe? Not at all. The numbers designate the DS: DS3, DS 4, DS 5 and DS7.

The **DS3**, unveiled in 2010, is a city slicker with infinite customizations. Fun and safe, it surprises with an unusual interior. Connected

and richly endowed, it has gasoline and diesel engine blocks providing 75, 82, 99, 110, 115, 130, 150 and 208 hp. It comes in sedan and can be opened with a sliding canvas - it is distinguished by its large wide-opening doors, overall very attractive comfort and flawless handling.



The **DS4**, marketed since 2011, has been also a Crossback since 2015. Combining chrome and plastic, it blends with elegance the customization of the roof and the shells of the mirrors with the colour of the bodywork. A compact and sporty sedan, the DS4 is original

since it offers five doors and five genuine seats. Its roundness, its impressive wheel arches and its engines of 130 and 165hp in Eurosuper and its 115, 120, 130, 165 and 180hp fuel oil will seduce fans of chic and speed.



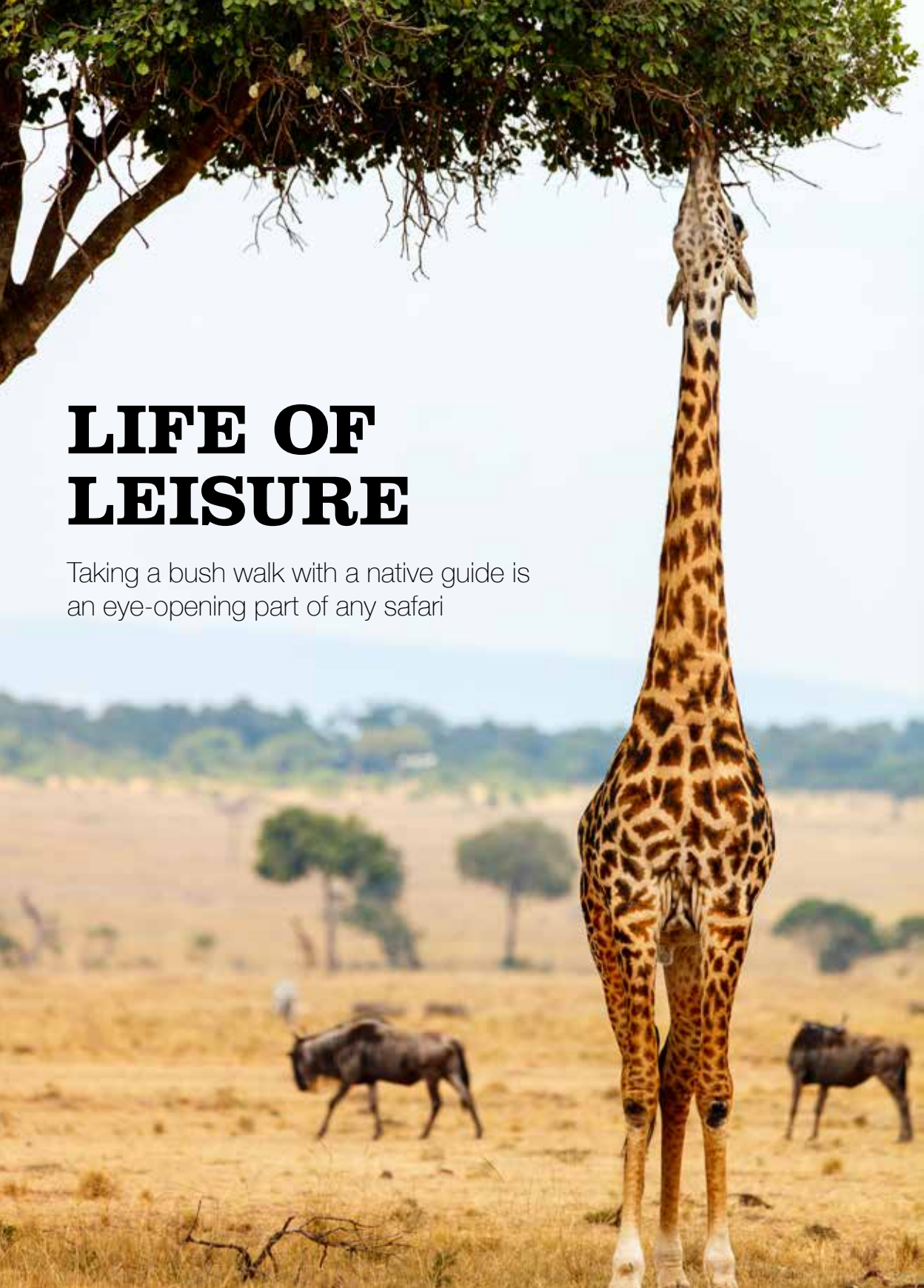
The **DS5** has only recently joined the DS range. It has a personality of its own, characterized among other things by an irreproachable finish - and its wonderfully roomy. Under the hood, it offers various blocks

in 115, 136, 150, 165 and 180hp. With its distinctive aeronautical dashboard and two-tone leather, it rightly claims premium status among sedans by doing what its competitors have neglected to do.



**“ THE DS7
CROSSBACK IS
SIMPLY THE
ONLY PREMIUM
FRENCH CAR! ”**

Elegantly combining comfort, design and technology, the **DS7 Crossback** is simply the only premium French car! Its very luxurious interior, available in four ambiances, its reclining rear seats and its refined, luxurious mood embody French *joie de vivre*. Housing two HDI of 130hp and 180hp, this DS7 will shortly also come in a 225hp petrol and a 300hp rechargeable hybrid engine with AWD. This French premium vehicle certainly does not lack character – what better way to celebrate the longevity of the iconic DS range! ●



LIFE OF LEISURE

Taking a bush walk with a native guide is an eye-opening part of any safari

LIFE OF
LEISURE

Interview

Chris Hemsworth: Action!

Together sat down with an actor who has gone straight from one gruelling shoot to another and is still smiling



Fresh off the success of Thor:

Thor: Ragnarok, which has earned nearly \$900 million at the global box-office, Chris Hemsworth is exiting the Avengers' fantasy world and returning to reality in 12 Strong, the true story of a Green Beret unit that fought in Afghanistan. Hemsworth plays the part of Capt. Mitch Nelson who led his elite squad on the first U.S. military operation in Afghanistan following the 9/11 attacks.

What makes the story remarkable is that Nelson and his soldiers mounted their assault on the Taliban by travelling on horseback, the



only means of reaching the enemy through a mountainous region that was otherwise inaccessible. Not only was Hemsworth drawn to the story on its own merits but he

also had the opportunity to work with his wife, Spanish actress Elsa Pataky, for the first time. She plays his character's wife in the film, which was hardly a stretch for the real-life couple.

"She did very well," said Hemsworth, with a grin on his face. "It was great. She's fantastic. We didn't have to form any chemistry or bond - that came pretty easily and naturally, as you could expect."

Directed by Danish filmmaker/photographer Nicolai Fuglsig and produced by Hollywood legend Jerry Bruckheimer, the film boasts an impressive cast that includes Michael Peña (End of Watch, The Martian), Michael Shannon (Nocturnal Animals) and William Fichtner (Empire). The film was shot in and around Albuquerque, N.M. where the desert terrain stood in for the Afghan setting.

Hemsworth and his fellow actor/soldiers had to get accustomed to riding horses on the shoot. While Chris had had some experience on horseback, most of the cast had none. That didn't stop Thor from trying to infuse a little more spirit into proceedings: "I kept saying to the other guys, 'Come on, I think we're going to have to get the horses into a gallop just to look a little more impressive,'" Hemsworth recalled. "And everyone was like, 'Yeah, let's do it!'"

Hemsworth then kicked his lead horse into a full-scale gallop much to the consternation of the director and camera crew who were caught unawares.

"The horses just went off. They were completely out of our control. One of the boys fell off and luckily landed in a big pile of sand off to the side. (And the crew) were all yelling: 'Whose idea was that?' I nervously kind of raised my hand and said, 'Yup, my bad.' (And then) I very quickly asked, 'Did we get the shot?' Which they did. But some of us suffered for our art."

In person, the 34-year-old Hemsworth is a relaxed and pleasant presence whose laid-back Aussie nature belies his serious dedication to his work. He and his wife Pataky (Fast and Furious) make their home in Byron Bay, Australia together with their three children, India Rose, five, and twin boys, Tristan and Sasha, three.

Chris, did the chance to work with your wife incentivize you to make 12 Strong?

I was pretty exhausted when they approached me with the project because I was right in the middle of shooting Thor: Ragnarok and the idea of going from that shoot to another one



was kind of hard for me to even think about. But then they said that they would like to ask Elsa to play my wife in the film and being able to spend some time with her on the set made it a lot easier for me to say yes.

What attracted you to the story of this green beret commander and his unit fighting the Taliban?

It's a fascinating story and also a true story... We haven't seen horse-mounted cavalry charges since World War I and to have modern warfare and weaponry and armour on horseback is visually pretty stunning and unique.

How did you manage the horseback riding aspect of the shoot? Did you have any experience riding horses?

I've ridden horses on a few occasions but most of my experience has come working on movies. But I was pretty lucky compared to some of the other actors who had never ridden before. That actually fitted in with the story though since most of the Special Forces guys had never ridden before, either...

We didn't need to look like experienced horsemen, we just needed to be able to ride for the sake of the mission and that was enough.

Your career has exploded thanks to the Thor films. How has it all settled into your thinking and the way you structure your family life?

I'm very grateful for having had the chance to be part of those very big films that give you immense recognition. But that kind of success is not what is most important to me. My biggest success is having a wonderful wife and family that are the centre of my world. I'm also lucky in having a lot of good friends and people around me.

You've often said that your wife Elsa has played a major factor in helping you get to where you are today?

I really have to give the credit for my success to my wife Elsa. She's given up a lot when it comes to her own film career so I can pursue my crazy dream and I would never have been

**“ WE DIDN'T HAVE
TO FORM ANY
CHEMISTRY OR
BOND ”**



**“ IT'S A PLACE
WHERE I GET TO
SWITCH OFF ”**



able to achieve what I have in this business without her support and faith in me. I will be forever grateful to her.

And I hope I can pay her back soon where I'll be the one staying at home so that she can step back in front of the camera. Until then, I just keep on showering her with gifts. (Smiles).

Are you and Elsa happier after leaving Los Angeles and moving back to Australia a few years ago?

It was the best decision that Elsa and I could have made. The film business just overwhelms you in L.A. You're living and breathing the business every day and everyone is talking about the same thing. There's no escaping it. It was starting to become oppressive and Elsa agreed with me that it would be a good idea to get away from that, the paparazzi and all the attention and move to Australia. It's a place where I get to switch off from the business when I'm not working.

I also wanted my kids to learn something about their father's culture and be able to grow up in a place where you are much closer to nature and the sea. We live just around the corner from the beach and it's a totally different kind of world. It's easier for me and Elsa to live without the attention - no one cares about movie stars there - and it's also nice for the kids to get to know their grandparents.

Is your family set now or can you imagine having a few more children?

Raising three young kids is logistically pretty tough. It's the most beautiful thing in the world to have kids, but right now Elsa and I are both very happy with the numbers as they stand! (Smiles)

Your children speak fluent Spanish as well as English, don't they?

Yes. Elsa has taught them to speak in Spanish which is her native language and it's fun to listen to my daughter India speak to her mother in Spanish and I don't understand a word of what they're saying! (Laughs)

My daughter even scolds me when I try to speak a little bit of the Spanish I do know and I mispronounce some words. And even our three-year-old sons can speak Spanish better than I can.

When are you going to start working on getting your Spanish up to speed?

Do you have another question? (Smiles) ❶

**“ IT'S A
FASCINATING
STORY AND
ALSO A TRUE
STORY ”**

**“ MY BIGGEST
SUCCESS IS
HAVING A
WONDERFUL
WIFE AND
FAMILY ”**





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SAVE PRIORITY TO SAFETY. Environmental information (KB 19/03/2004): www.volvocars.be

Les Airelles: A ski holiday must

We visited a ski resort that is tailored to your every need



Airelles Collection is the fruit of over ten years' experience in the luxury hotel trade. Created in October 2017, the collection comprises the two palaces of Les Airelles (in Courchevel) and La Bastide de Gordes (in Gordes). The collection owes its name to the group's flagship hotel, which defines the characteristics of the brand and these are in evidence every day.

Airelles Collection showcases unique jewels with its hotels of human proportions in exceptional locations and the history surrounding them, giving each its own identity

and character. While each is unique, they are still linked by strong common values.

Ample in size like the shape of the fruit that forms their logo, the Airelles Collection is a benchmark for our guests, guaranteeing that all our hotels, both current and future, offer the same perfectly tailored services and the same top-quality performance in enchanting settings conducive to daydreaming and relaxation.

Airelles Collection makes a pledge to all their guests, whether visiting alone, as a couple, or with friends or family, that the setting and the



atmosphere will be just what is needed for a timeless break that feels like home.

Les Airelles

Les Airelles, the historic Courchevel palace nestled in the heart of the unbeatable Savoyard resort, exemplifies mountain luxury like no other. Dominating the heart of the prestigious Alpine Garden, this palace looks like a 19th century Austro-Hungarian castle and is both sumptuous and welcoming, combining privacy and authenticity at every

turn. Its warm colours, elegant decor and refined furnishings all contribute to a timeless cocoon, a winter abode where you feel completely at home while being very far away.

Located on the edge of the Courchevel 1850 slopes, Les Airelles is the ideal starting point for exploring Les Trois Vallées, the largest ski area in the world, and enjoying the many other après-ski activities offered by a sports resort that is also friendly and festive.

On offer

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- Ormello, the private chalet of Les Airelles
- 3 restaurants
- Bar and smoking room
- Spa La Mer Les Airelles
- Children's Kingdom
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- Ski-in/ski-out hotel
- Ski-room

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www.airellescollection.com



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Hotel Imperial Karlovy Vary

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Czech Republic

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Located in the western part of the Czech Republic, 1h25 from Prague, 3h from Munich and 15 mins from the local airport, the Hotel Imperial nestles in the heart of the famous spa town of Karlovy Vary. Thanks to its unique location, this little corner of paradise is the perfect starting point for unforgettable discoveries and excursions.

The Hotel Imperial offers 205 rooms and suites, 2 restaurants, a café, a bar, a spa, a sports centre (including 1 fitness room, 2 dance studios, 4 tennis and squash courts), 1 indoor pool, 1 beauty salon and ample parking.

Family rooms, sports activities, crafts, babysitting service, kids-spa... The Imperial Karlovy is a real paradise for families.

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MORE INFO & RESERVATION: WWW.LITTLEGUESTCOLLECTION.COM

LIFE OF
LEISURE

Travel

Paris on the Roch!

Jérôme Stéfanski visited one of the most elegant boutique hotels in Paris



Inaugurated a year-and-a-half ago, Le Roch Hotel & Spa has quickly become the reference address for travellers seeking design and comfort. Decorated by the famous Parisian designer Sarah Lavoine, this 37-room hotel has been conceived as a house that welcomes you with its inimitable style. In the restaurant, in the common areas and in the rooms, no detail has been left to chance. Hidden objects rub shoulders with noble materials and refined furniture.

This 5-star establishment displays a non-ostentatious luxury, where the customer is placed at the of centre attention, and the staff provide a rare, kind service.

A Technogym, a cosy restaurant, a boudoir-style bar and a Clefs d'Or labeled concierge

service turn this hotel into an intimate palace. The icing on the cake: the Codage spa opens until 22h00 and its indoor pool with steam room is accessible 24 hours a day!

**“ THE BAR'S
PLAYLIST IS A
REFLECTION
OF THE HOTEL:
ELEGANT AND
RELAXED ”**

Shopping addicts will appreciate the location of the Roch, close to the famous rue Saint-Honoré and department stores Printemps and Galeries Lafayette. Place Vendôme, Jardin des Tuileries and the Louvre Museum are a five-minute walk away.

A simply stunning address to discover with family, in a couple or with friends.

Le Roch Hôtel & Spa
28 rue Saint-Roch
75001 Paris, France
www.leroch-hotel.com



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A necessary dose of the Belle Époque

Gemma Rose takes a peek behind the doors of one of Brussels' grandest establishments

On a bright, winter's Sunday, it is the avenue to see and to be seen in, in Brussels. If it were London, it would be the chic Bond Street; if it were Paris, it would be the huppé Rue du Faubourg Saint-Honoré. In Brussels, it must be Avenue Louise. After a day at the races or at the Bois de la Cambre, impeccably dressed families and couples stroll along the avenue at their leisure, peering into the boutiques, admiring the neo-classical and art-nouveau houses. They head towards the beaux-arts building at number 73. It is the Wiltcher's hotel, where they will gently settle down for a spot of afternoon tea, as they usually do every Sunday. There they meet extended family and friends, run into acquaintances and neighbours. It is the Belle Époque, and Wiltcher's is the most exclusive place in town.



General manager Michel Cottray

without being ostentatious, colossal without being overwhelming.

Thanks to such a beautiful hotel in an excellent location, a return to those golden days of leisurely Sunday afternoons is very much feasible: "With 600 spaces in our car park, the ring road off avenue Louise, the metro and the tram in front of us, it's very easy for the whole family to meet on a Sunday," says Cottray, Wiltcher's newly appointed general manager. Once you are here, why not treat yourself to what he calls, "a nice family experience with the best

brunch in Brussels". The revamped comprises of fresh, local ingredients and home-made delicacies with a French twist from French Head Chef Nicolas Gadomski (who's CV includes the 5-star Le Châtelain Boutique Hotel).

More than a century later Wiltcher's grandeur has not changed. After two years of renovations costing up to €6.6 million, it was relaunched in May 2015 as the 5-star Steigenberger Wiltcher's hotel. The hotel boasts 267 rooms, of which 42 are executive suites and its ballroom can seat 500 people comfortably. It has counted Lady Gaga, the Rolling Stones and U2 as guests in its presidential suites. With its ornate lifts, marbled floors, spacious rooms and elegant contemporary furniture, the hotel is palatial

Promoting family-friendly holiday packages and special offers for weekend getaways is one of the hotel's aims for 2018. The hotel provides tips and suggestions for sightseeing and family activities in Brussels. For couples, the hotel has at their finger-tips - or in this case toes - an Aspria spa, pool and wellness centre. "We are starting to work around people's perceptions of the hotel, to show that leisure guests are welcome," says Michel.

Michel acknowledges that managing a five-star hotel does not end at the confines of the



property. The hotel partners with tourism boards such as Visit Brussels to reach out to more customers. Michel understands that Brussels can be a bit of a tough cookie to crack for tourists visiting Belgium, who may prefer Bruges or Antwerp instead. As European capital cities go, "Brussels doesn't have as big an appeal as Paris, London or Amsterdam, but there is still a lot to do here," he says. "It's a question of highlighting and promoting the destination. How can we attract people from other European cities to Brussels?"

Michel's vision of promoting Brussels as a top tourist destination follows in the footsteps of Wiltcher's founder, the Baron Joseph de Crawez (1872-1941), who inherited his mother's house at no. 71, avenue Louise. Inspired by an initiative to attract tourists to Belgium, in preparation for the Brussel's World Fair in 1910, he instructed a year later the architect Georges Delcoigne to extend the property to five floors. In 1913, he handed over the reins of the hotel to its namesake, Sydney-Charles Wiltcher, a second-generation Englishman.

Grandeur is the hotel's unique selling point, and who better to bear such a grand responsibility than Michel Cottray, who has been involved in hospitality since childhood? Son of a Parisian delicatessen owner, Michel would often greet the deli's customers - his



parents encouraged him to enrol in hospitality school. Since then, Michel has risen up the ranks to steer management positions in prestigious hotels - such as the Intercontinental, the Westin, the Meridien and Sofitel - in 12 countries including Indonesia, Saudi Arabia and Monaco.

Michel is no stranger to the challenges and rewards of running such esteemed hotels against the backdrop of different cultures and customs. He is attentive and visible around the hotel, keen to hear feedback from guests and employees alike and paying attention to the detail. He also responds courteously to every review on TripAdvisor, empathising with guests and making every effort to ensure that their experience is a cherished one.

Recently, my friend and I had afternoon tea in The Library at Wiltcher's. It's a grand, comfortable space, with velvet armchairs and beige sofas. As the pianist was playing Cole Porter in the background, our waiter, Senaya, looked after us diligently, serving us exquisitely. I observed the comings and goings of families, friends and couples, and I marvelled at this oasis: safe, serene, homely.

The Belle Époque was peaceful and prosperous, when art and culture flourished, and when beauty was prized and extolled. For one afternoon, I was immersed in this world, and yet I was reminded that such an époque has not left us today.
www.wiltchers.com ❶

An Iconic Restaurant at Martin's Brussels EU

James Drew samples some fine dining at a top-flight Brussels hotel restaurant



Just two minutes away from the heart of Brussels' political maelstrom, the Berlaymont, Martin's Brussels EU is a hotel and restaurant the reputation of which has only grown with the passing of the years.

And, given the cosmopolitan nature of its location, it is no surprise to find that the hotel's star attraction, the Icones restaurant, offers such a wide range of the best of European cuisine, but always with a special Belgian touch - it has a wine list to match, that offers classic European bottles as well as a wide range of new world wines. And there is an innovative style to making your choices as well - you can compose your own 3 or 4 course menu from the wide selection of dishes proposed.

My choices were simplicity itself - to start, I just had to have the Pheasant pastilla with mangosteen and strong tamarind gravy, while my partner went for the Turkey oysters risotto. Both were absolutely first rate, with the gravy



on my entree complementing the pheasant perfectly, and my partner's oysters were generous and flavoursome.

And the wine? Well, there was really no choice there, either, you only live once - it had to be the Margaux. A touch pricey, but absolutely marvellous.

On to the main courses - my partner simply could not resist the winter-style Crusted monkfish, while I plumped for the Rack of suckling pig, accompanied by a shank in vinaigrette and turnip-rooted parsley. To go with my partner's fish came celery and potimarron biscuit with pork emulsion.

It is certainly an innovative menu, and thanks for this must go to the restaurant's young, daring and audacious head chef Nicolas Mottart, who, from a very young age decided that he wanted to be a food professional - putting his money where his mouth was, he graduated from the Collège Cardinal Mercier, and subsequently began his career at L'Alter

“ MY PARTNER SIMPLY COULD NOT RESIST THE WINTER-STYLE CRUSTED MONKFISH ”



Ego restaurant. He continued as a Commis de Cuisine at Genval.Les.Bains, the restaurant at Martin's Château du Lac, and quickly rose in the ranks to become Premier Chef de Partie.

And his expertise shines in the choices offered and their presentation - Mottart is a firm believer in the adage that we eat with our eyes first, and this is ably demonstrated by the superb presentation of each dish on your plate. Combined with the attentive but discrete service, it really does make for an excellent dining experience.

As ever, for this diner, there was only one choice for pudding - wherever there is a crème brûlée, it has to be tried, and Icones offers one with the simply delicious addition of Bailey's Irish Cream!

Accompanied by excellent coffees and cognacs for two, a first-rate meal was brought to a delightful finish. And my partner and I were also more than happy to sample the hotel's deluxe accommodation - as I say, you only live



once.

And why not extend your stay, if you've a mind to? Perhaps you're on the lookout for historic spots, museums, nature walks, concerts, festivals, brasseries, restaurants, parks? Martin's Brussels EU will be happy to make a selection of the tourist attractions and the best addresses in the Brussels neighbourhood. Martin's Brussels EU offers you four types of guest rooms: Cosy, Charming, Great and Exceptional.

Cosy is the ideal room for a tourist or someone on business to unwind in after a busy day, while Charming (and its larger-size partner Great) offers a king-size bed and bubble bath. Saving the best for last (as we did), Exceptional is a beautifully luxurious suite, decorated to the last detail with all the comforts of home.

First-class cuisine and total comfort - it doesn't get much better than this.
www.martinshotels.com/en/hotel/martins-brussels-eu ❶



Quatre générations au service de la tradition



«J'ai baigné depuis l'enfance dans une cuisine de tradition qui sait donner la part belle aux produits de qualité.

Bercés dans un cercle vertueux qui nous a inculqué les valeurs fondamentales d'une belle profession, mon frère et moi travaillons pour perpétuer cette marque de fabrique tout en lui donnant notre touche personnelle. Nous prenons un réel plaisir à créer un véritable endroit de vie et de fête, un lieu qui bouge avec son époque tout en honorant l'héritage culturel de ce passé dont nous sommes fiers.»

Jean Callens



Tombé dans la marmite quand il était petit, Jean Callens a créé, en 2004, avec son frère Olivier, le Callens Café, le dernier opus d'une partition familiale presque centenaire.

Tradition et classicisme s'harmonisent avec cette étincelle d'originalité inhérente à l'équilibre de la fratrie qui les unit et les guide. Cela se ressent dans les ambiances habilement composées d'un décorum aux multiples facettes. De la «Brasserie», dans la plus pure tradition, à la salle «Premium» plus feutrée, en passant par le bar event de «L'Appartement», tout invite aux réjouissances et à la découverte. Côté fourneaux, Jean Callens orchestre avec raffinement une cuisine cosmopolite qui fait la part belle à notre terroir pimenté, avec l'art et la manière, par des saveurs bigarrées... une incitation au voyage...

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How to choose a safari

Responsible travel has compiled an excellent summary about safari holidays



Whether you grew up watching *Born Free*, *Out of Africa* or singing along to the Lion King, it's hard not to be captivated by the myths of the African savannah – and the big game that roams some of the earth's last wildernesses.

Safari has come a long way since colonial times; the days of the 'white hunters' and dozens of porters, where killing was prized over conservation. Today, there are more ways to go on safari than ever before – and as the

continent opens up to tourism, with better infrastructure, qualified tour guides and a wide range of accommodation, there are more destinations to choose from as well, with West Africa, Zimbabwe and Ethiopia being added to the list of more traditional safari hotspots.

Tracking down the right safari may seem as tough as spotting a leopard in the bush – but our guide to how to choose a safari pushes back the branches and focuses your lens on the right African holiday for you.



Bush camp safaris

The original safari choice, camping harks back to the days when hunters spent months tracking game across the continent. Bush camps bring you up close to Africa's wildlife, separated by just a sheet of canvas. Camps may be permanent or mobile, luxurious or bare-bones wilderness camps – all add that extra spark of

adventure as night falls and the savannah comes to life. Mobile camps have minimal impact – vanishing without a trace come morning.

**“ REMEMBER
TO PACK YOUR
DRIVING
LICENCE ”**

Lodge safaris

Lodge safaris embody rustic luxury – with comfy beds and traditional features, they also make the most of modern technology such as solar

heated water and PV panels. You may be in a larger central lodge or individual cabins – with en suite facilities and private verandahs. You're likely to travel between lodges during your safari – but we recommend at least two nights in each, to let you relax and explore your surroundings.

Family safaris

Kids love wildlife even more than adults – and a family safari is a great way to bring textbooks to life in a thrilling, open-air “classroom” as well as enjoying quality time together. Many lodges and tours cater specifically to children, with pools, family-sized tents and cabins and tour guides with youngsters in mind – Kenya and South Africa are two of the best destinations for this. See our Family safaris page for more.

Safaris & beach

Safaris are a thrilling yet busy way to holiday – with pre-dawn starts, and long, juddery journeys... get ready for the 4African massage4! While the thought of the Big Five will no doubt have you bounding out of bed in the dark, a beach at the end of it all will be a welcome contrast. Zanzibar, South Africa, Mozambique and the East African coast are perfect for post-safari sea and sand.

Tribal cultures & wildlife

Where once a safari was synonymous with wildlife, in recent years there has been growing interest in the communities that share their land with the Big Five – from the Maasai of East Africa to the Himba of Namibia. Staying on a conservancy, visiting a local village or taking a bush walk with a native guide is an eye-opening part of any safari, giving you a huge insight into the wildlife – as well as daily life in Africa.

Walking safaris

A walking safari brings you up close to Africa – on its own terms. Your guide can show you how to track wildlife, and you'll discover savannah and desert ecosystems. Meeting animals on foot commands a serious amount

of respect! Your senses are heightened, and small things take on huge importance – a print, a plant, a curious insect. Zambia is the go-to place for walking safaris, but other top experiences include walking with the Maasai in Kenya and tracking rhino in Namibia.

Small group safaris

Small group safaris are ideal for solo travellers – placing you with a bunch of likeminded people to share your safari tales with over sundowners. Couples, too, will enjoy the peace of mind and expertise of the group leaders – having the kinds of experiences that would be hard to organise alone. Children will love making new friends – leaving their parents to relax and enjoy the holiday, knowing their kids are being taken care of.

Tailor-made safaris

Tailor made safaris offer the flexibility of a self-drive holiday with the security and ease of a small group tour. Perfect for people with specific interests, such as birding or

photography, or for travellers who would prefer to spend a longer time in a specific place.

Let your tour operator know what you want – and all the planning will be taken care of – with your guide meeting you at the airport.

Self-drive safaris

See wildlife at your own pace, with time out when you want – and the opportunity to beat

the crowds by touring the parks at less popular times of day. While the lack of infrastructure and hire cars makes self-drive safaris difficult in many destinations, Namibia and South Africa are well set up. With your tour company taking care of all the logistics – and maps – all you have to do is remember to pack your driving licence.

Thanks to Responsible Travel and co-founder and CEO Justin Francis. Written by Vicki Brown.

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Dining

Le Rêve Richelle

Nestled in the heart of Waterloo for over 20 years, where Benoît Decelle, a traveller who loves the Far East, makes it a point of honour to provide a creative cuisine where one finds those far-off scented influences.

On a beautiful winter evening we discovered this generous, tasteful cooking. Some ideas to make your mouth water: Marbled foie gras with cocoa, pineapple chutney, yuzu jelly, deer fillet, sea buckthorn, topinambours gratin.... and the desserts are a real delight.



The menu obviously changes according to the seasons and the whims of the chef. Working the floor is Claire, who is none other than Benoît's wife. Well settled in this cozy and warm place, she will guide you in your choices: food and wine pairing – and the cheeses...

Le Rêve Richelle offers a real garden of Eden, quiet, green and flowery, to spend a very pleasant lunchtime or evening. Some meals are available to take away, and there is also a possibility to book the restaurant for 20 people. A quality address that you simply must discover. www.reverichelle.eu

Café Caberdouche

James Drew found a café that takes its beer and food very seriously. Myself and my dining partner discovered it on a recent visit, where we were greeted by co-owner Bertrand Delubac - it's lively because the emphasis here is on great beer, food, service and ambience.

They are cooking up a storm on Thursday nights with regular live music, and their weekend brunch buffet (served Saturday and Sunday 11-15h) is excellent value, with plats du jour served Monday to Friday. I went for a classic lasagne bolognaise, while Catherine enjoyed a delicious (and very generous) chicken salad.



As Bertrand explained, the aim of the Caberdouche is to provide a genial, friendly meeting place with excellent home-made dishes, for it to be a real talking point for all its visitors, both from the perspective of its food and the fine beers and organic wines that are offered.

And the name - it derives from the Spanish expression "Cabe una dulce", literally, "here comes

a sweetie". These bars were large enough to host ladies of pleasure and over the centuries, its meaning progressively evolved to refer to a cabaret or a small Brussels café. www.caberdouche.com

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Meursault: An appellation that is all about nuance

This month we look at some very expressive soils

One of the jewels of the Côte de Beaune, Meursault has enjoyed an international reputation for millennia. The Abbey of Cîteaux has grown vines here since 1098! Summing up the Meursault appellation is no mean feat. It can be defined as "a wine that has a roundness, almost a sweetness compared to Puligny" according to Dominique Lafon from the Domaine des Comtes Lafon. But he is quick to add: "This may be true, but there are other Meursault that have great finesse. There is a huge range of very different expressions in the wines of Meursault."

Meursault produces almost exclusively white wines from around 400 hectares, including 105 of Premier Cru, at a height above sea level of between 230-360m. The soil has the same Comblanchian limestone that can be found in Nuits-Saint-Georges, along with a large variety of clay and clay marl. The landscape is fascinating in these parts, allowing winegrowers and négociants to work with the Chardonnay varietal across a huge variety of Climats.



There are a few reds from Meursault, produced from just 13 hectares of Pinot Noir. These rare treasures can be obtained from a handful of producers. Indeed, Meursault represents a microcosm of the diversity of Bourgogne wines.

" A HUGE RANGE OF VERY DIFFERENT EXPRESSIONS IN THE WINES OF MEURSAULT "

The best soils are found at heights of 260 metres with exposures along an arc between east and south. They consist of Jurassic marls and marly limestones. There are some patches of magnesian limestone. The ancient callovien limestone and argovien marls shave the crus.

It's well worth watching a video on the website featuring Dominique Lafon as he reveals more about his favourite appellation. ❶

What's on Belgium



Benoit Platéus

BOZAR has invited Belgian artist Benoit Platéus to create an installation, Schrank. Like Léger, this winner of the Young Belgian Art Prize 2003 (now BelgianArtPrize) is fascinated by observations of everyday life. His work is continuously moving between different media: photography, video, drawing, sculpture. Coinciding with Fernand Léger: Beauty is everywhere, there is a multidisciplinary programme of events at BOZAR. The film L'Inhumaine will be screened with a brand-new live soundtrack. Contemporary writers will be inspired by Fernand Léger's work to write texts for the visitor's guide and will hold a literary evening on 7 March (with Geneviève Damas, Hazim Kamaledin, Marc Reugebrink, Niña Weijers, Isabelle Wéry and others). For children and youngsters, BOZAR offers personalised guided visits and a festive Family Day (11 March). **Until 3 June.** BOZAR. www.bozar.be



Dirk Braeckman

The 57th International Art Exhibition of La Biennale di Venezia closed its doors on 26 November, marking the end of Dirk Braeckman's show in the Belgian Pavilion. The Venice exhibition forms the starting point for a Braeckman double show at M-Museum Leuven and BOZAR Brussels. The new exhibitions will complement one another and highlight individual aspects of the artist's multifaceted practice. Braeckman will show 20 monumental prints at BOZAR, while M will concentrate on his experimental side. Braeckman says: "The international stage it provided meant I could make a lot of new contacts. I was also overwhelmed by the reactions of the visitors. Some of them were so touched by the installation that they actually came back several times." Curator Eva Wittoch, from M Museum Leuven, confirms: "The exhibition has undoubtedly been a springboard for Braeckman's work. All sorts of opportunities await, in both the near and longer term." Both exhibitions **until 29 April.** M Museum and BOZAR. www.mleuven.be www.bozar.be



Jean-Luc Feixa: Brume et poussière (Mist and dust)

Mist and dust, mountain and desert: on both sides of the Franco-Spanish border stretch astonishing landscapes, full of contradictions. For a few days during the summer of 2016, Feixa explored two of these marvels: the

Cagire peak and the Bardenas Reales desert. Between them there is little in common, except the tranquil force of nature in its rawest form. From the mountain, I recall the damp, frosty fog that seemed to protect the massifs in all their hypnotic beauty," Feixa says, adding: "From the desert, I still enjoy reminiscing of the dusty desert atmosphere that plunged into a pale yellow, the pyramids of rocks and their false airs of American decor. Mountain and desert; two landscapes with such contrasting features standing

side by side on a single contact sheet. The fog mingled with the dust, and the vast arid spaces neighbouring a lush pine forest." **Until 25 February 25.** Galerie Verhaeren, Brussels. www.jeanlucfeixa.com



Eyes Wild Open

Eyes Wild Open highlights the relationships that exist between several generations of photographers whose practice is as intuitive as it is abrupt or transgressive. Initiated after the Second World War by pioneers such as

Robert Frank, William Klein or the founders of the legendary Japanese magazine Provoke, this singular approach to photography has stood the test of time, and its heritage remains particularly productive in contemporary creation. Curated by Marie Sordat, it brings together the work of nearly thirty international photographers, among them Frank and Klein, Ed van Der Elsken, Takuma Nakahira, Christer Strömholm and Anders Petersen. **Until 24 April.**

Botanique. Tickets: **€5.50.** www.botanique.be



The Dinosaur Gallery: Ben the Plateosaurus

"Ben the Plateosaurus" joins the Dinosaur Gallery on its tenth anniversary. The new exhibition space, inaugurated exactly 10 years ago, the Gallery has since welcomed over 3.2 million visitors. These ten years of success have motivated the Natural Sciences Museum

constantly to increase its offer to the enthusiastic, knowledgeable and demanding public. To mark the anniversary, Ben the Plateosaurus, an exceptional fossil that is 210 million years old, discovered in Switzerland, will join the iguanodons, T. rex, Triceratops and other dinosaurs in the Gallery. Ben the Plateosaurus is a genuine skeleton from Frick, in Switzerland. He was named after Ben Pabst, the palaeontologist who discovered him. The Plateoteam (made up of palaeontologists and technicians from the Museum of Natural Sciences) worked for 18 months to dig out his bones and reconstruct



Barbatodon transylvanicus ©Thierry Smith

his skeleton. Since December 2017 he has been on permanent display in the Dinosaur Gallery. Plateosaurus lived around 210 million years ago. Measuring 6.4m long, they were some of the biggest dinosaurs from the Triassic period (their predecessors were less than 1.5m long). Most importantly, they were

also some of the first 'long necked' dinosaurs. They belonged to the prosauropod family, the precursors of sauropods like Diplodocus. They had long tails and necks that were already quite lengthy compared to other dinosaurs. Their enormous size enabled them to eat a large variety of vegetation (but they probably ate just about everything that came their way, including insects and small animals). They were bipeds. They lived in groups and could defend themselves with powerful claws on their back feet.

www.naturalsciences.be/en

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What's on

Achterland

Achterland is a seminal choreography in Anne Teresa De Keersmaeker's oeuvre. In this 1990 performance, for the first time, the choreographer gave the musicians a central position on stage and let them play an active role in the overall dynamic - an approach she would repeat in many subsequent projects. The unusual combination of György Ligeti's and Eugène Ysaÿe's music inspired De Keersmaeker and her dancers to create an original dance score with a delicate balance between energetic virtuosity and deceleration. This also was the choreographer's first time writing dancing material specifically for men; she added three male dancers to what until



that point had been a predominantly female company. In *Achterland*, the prevalent femininity and minimalism of several of Rosas's earlier works gave way to an ambiguous no-man's-land characterized by a blurring of boundaries and symbols.
www.lamonnaie.be/en

Optraken

Circus show from Galactik Ensemble. "A vocabulary made up of side step and falls can come out of disequilibrium. Between fantasy and tightrope, acrobatics is not only an elegant way to defy gravity, it is also the skill of facing what you can't foresee." The Galactik Ensemble develops situation acrobatics, that is to say the relationship between a rugged environment and the ability of man to adjust to it. Their approach is to put the individual and the group into play in the face of a real unforeseeable



and a risky situation. **28 February-1 March.**
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Günter Peter Straschek: Emigration – Film – Politics

Filmed, confiscated, lost: Günter Peter Straschek's short film *A Western for the SDS* is a key work of the 1968 protest movement that is legendary for never having been shown. Now the Museum Ludwig will be presenting the premiere of this 'western'. The film was unearthed during the preparations for the exhibition. The focus of this first exhibition on Straschek's film oeuvre is his central work *Film Emigration from Nazi Germany* - the five-hour television series broadcast by WDR features interviews with fifty members of the film industry who were driven into exile by the Nazis. It was produced in 1975 and lay dormant for over four decades in the WDR archives.

Austrian Günter Peter Straschek (1942–2009), along with Hartmut Bitomsky, Harun Farocki, and Helke Sander, was part of the first class to begin studying at the Deutsche Film- und Fernsehakademie (German Film and Television Academy, DFFB) in West Berlin in 1966. The film students associated with the New Left and documented social problems, recorded demonstrations and supported campaigns. His *A Western for the SDS* (1967–68) portrays the development of the left as a learning process among women who sharpen their awareness in the movement but continue to have no say. The controversy surrounding the film is shown in the DFFB weekly newsreel *Requiem for a Company* (1969) - the film was confiscated by the administration, and eighteen students who



sided with Straschek were expelled from the academy. The "revolutionary film work" to which they devoted themselves in these months soon came to a standstill. Straschek's *On the Concept of "Critical Communism" in the Work of Antonio Labriola* (1970) points to the chasm

between workers and intellectuals and describes the "difficulties of the revolution" (Labriola) with a sharp sense of humour.

In the early 1970s, Straschek turned to film history. While working on his *Handbook against Cinema* (1975), he came across the

topic that would occupy him until his death: the exile of filmmakers from Nazi Germany. Over 2,000 people working in the film industry were forced to flee the Nazis, from celebrities such as Billy Wilder and Lotte H. Eisner to the countless now forgotten actors, editors and writers. Straschek was usually the first and often the only one to take an

interest in their lives. The television series broadcast by WDR features interviews with fifty of them. The cinematography is mostly static and unusually strict in composition. Straschek's eye is as precise as it is sensitive: a persistent gaze that sheds light on the denied past.

Designed by the Berlin-based artist Eran Schaerf. This is the fourth exhibition in the project series *HERE AND NOW* at Museum Ludwig. **3 March–1 July.**
www.museum-ludwig.de/en

“ A PERSISTENT GAZE THAT SHEDS LIGHT ON THE DENIED PAST ”

Cinema: All the latest movies playing in Belgium

Brussels' leading film critic **James Drew** looks ahead to films that will adorn the cinema screens in Belgium



Accident Man

Mike Fallon (Scott Adkins) is a high-class hitman, who is renowned in the business for making his hits look like accidents. But, when his ex-wife (a would-be Greenpeace activist) is murdered, Fallon goes on a murderous rampage to find out who paid the contract on his girlfriend and who made the hit. Directed by Jesse Johnson and written by Adkins. Running time TBC.


Lucky

The story of a 90-year-old atheist and his struggles with mortality, this a particularly poignant film from John Carroll Lynch, his directorial debut, in that it was one of Harry Dean Stanton's final roles before his death in September 2017. 88 mins.

Black Panther

Ho-hum, yet another superhero action film from the Marvel Comics stable, apparently intended to be the eighteenth film in the Marvel Cinematic Universe, it says. Directed by Ryan Coogler (Creed (2015)), it's a follow-up to Captain America: Civil War (2016), so go figure. Running time TBC.

I, Tonya

The mockumentary that everyone is talking about - based on the life and times of figure skater Tonya Harding, with a particular focus on her alleged connection to a 1994 attack on her rival Nancy Kerrigan. Margot Robbie and McKenna Grace play Harding mature and young, and Craig Gillespie (Lars and the Real Girl (2007)) directs, to considerable acclaim already. 121 mins. 

It's raining cats and... cats



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