

SEPTEMBER #109

Together

magazine

Travel
Varenna
Ardennes

*Dining
& Wine*

What's on

Luxury yachts,
Fashion & Beauty
Design & Decor

Personal Development

Fitness: Immune system
Positive energy, The sandbox
Magic of Three, Good therapist
Relationships, Music therapy
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Editor's LETTER

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

A LITTLE WISH

No one knows how this pandemic will pan out, least of all me. At times it feels like we're taking one step forwards and two steps back, caught in a macabre tango with an unseen dance partner. I'm not targeting normal life in a week's time, nor even in a month. I am, however, allowing myself a little wish for the not-too-distant future: to stand, as I did last Christmas, with my daughter in Place Sainte-Catherine, which was sparkling in its festive finery. An excellent sound-and-light show was projected onto the church's facade. The theme was centred around the circle, a symbol of unity and the life cycle, which has no beginning or end and is ever-changing. The projection was designed and produced by Milosh Luczynski, a visual, intermedia and light artist who creates monumental multimedia installations.

Clutching warm wine and hot chocolate, we waited with the other festive revellers, huddled in the square, for 'the star moment' of the show, when water appeared to cascade down the face of the building, the animated drops bouncing off the ledges and the gargoyles as it encountered them on its swift route earthwards.

I'll take a repeat of that this year, thank you very much. Stay safe.

ON THE COVER



Ralph Fiennes stars in
The King's Man

Paul Morris

Editor



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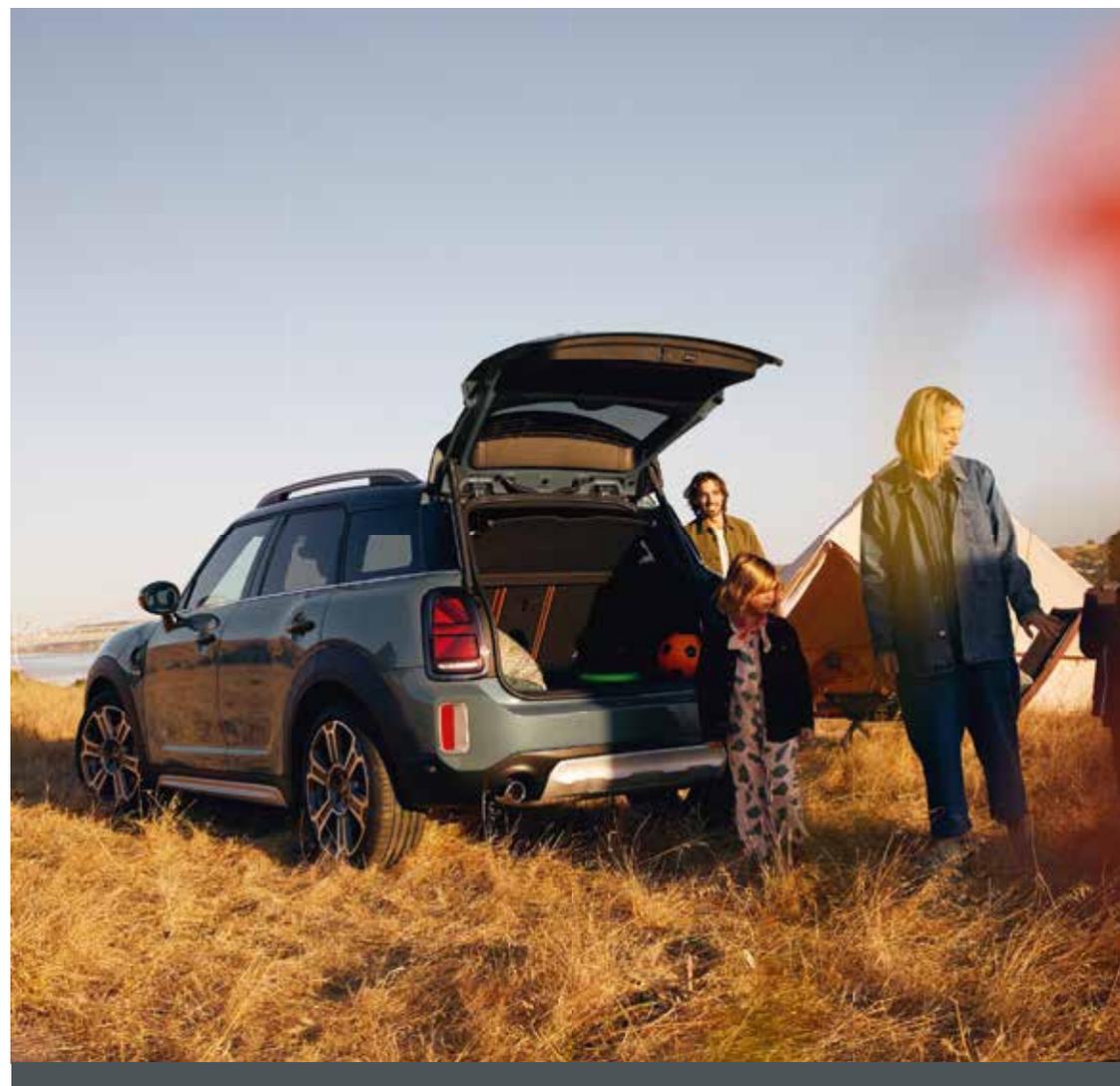


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BY WIM TELLIER

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Ralph Fiennes

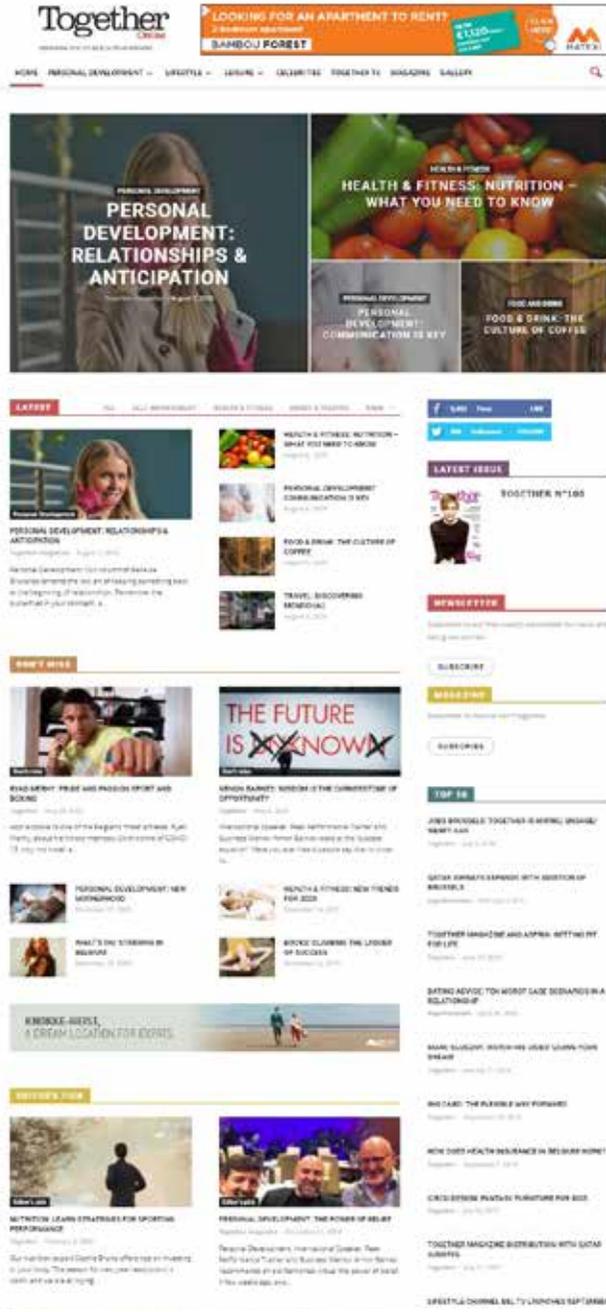


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Health & Fitness: Nutrition – What You Need To Know

Many of us do our regular cardio exercises or push weights and the results are coming, but not fast enough. So, what are we doing wrong asks Lucas Kohlberg. Basically, losing or maintaining body weight when working out comes down to your intake of calories (Kcal). If you consume more Kcal than your body burns, you will gain body weight.

Personal Development: the importance of communication in relationships

Helen Kerrison says life can be stressful and relationships difficult, no doubt, but you can discover simple communication techniques to help keep you and your family on track as our 'Empowerment specialist' explains.

Annecy Mountains: Travel to the wonders of the Alps

Isa Ferier went on a stunning trip to 'The Little Venice of the Alps'. The Annecy Mountains is one of our absolute favourite places, a corner of paradise. There are so many wonders to discover!

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Starring in Belgium



Leifur James

London producer and composer Leifur James grabbed attention two years ago with the release of his debut *A Louder Silence*. The remix EP that followed was a great success. Meanwhile, James has now completed a second album, from which *Wise Old Man* is the first single. The album is a masterful mix of electronic soundscapes, harmonious vocals and lively drum beats, all accompanied by visuals from Balázs Simon. **8 October, 2020**. AB Club, Ancienne Belgique. Tickets: **€15**

www.abconcerts.be

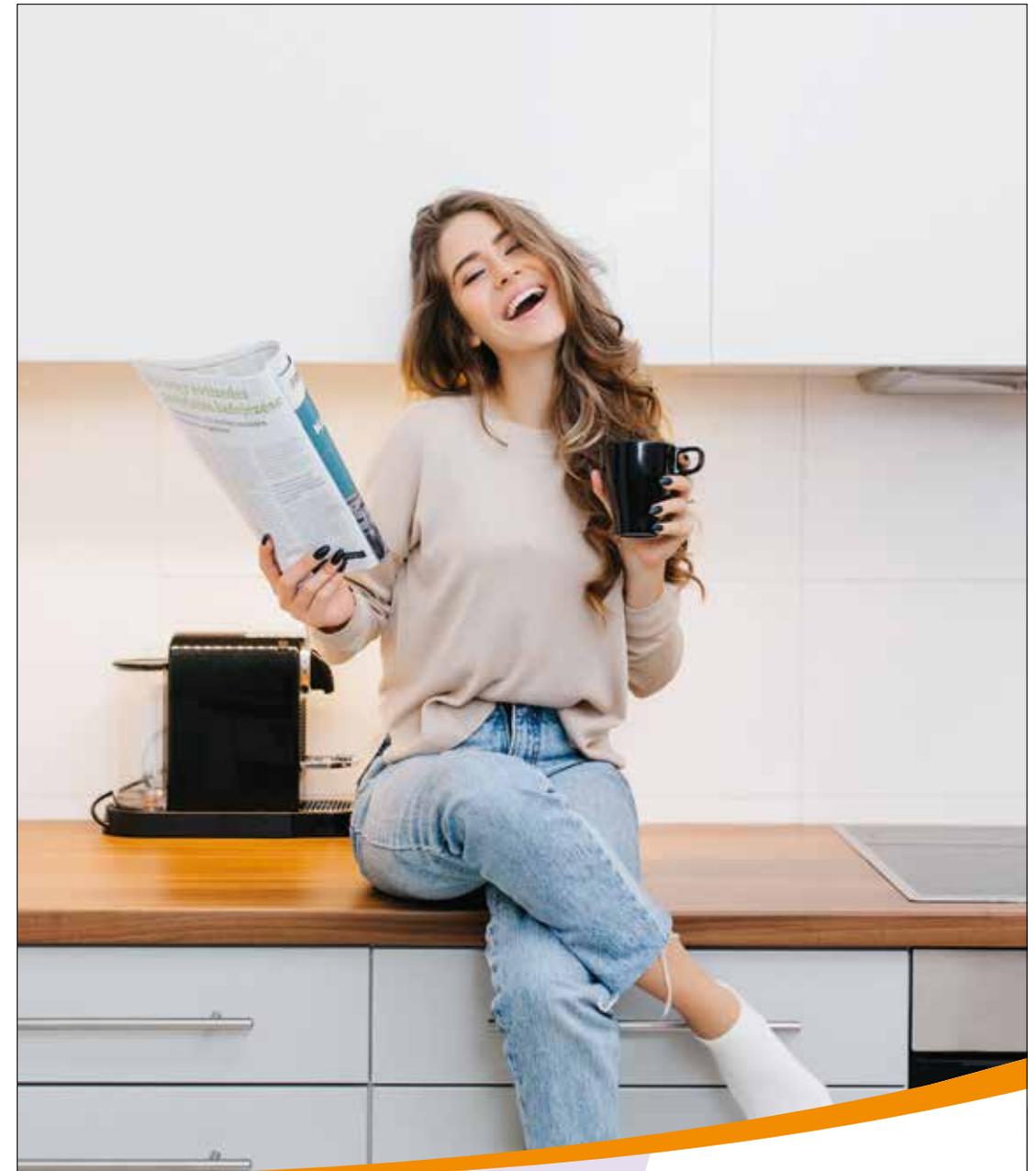
Individual Friends

The Individual Friends are a musical collective from Brussels, Belgium. After many years of live performances, they are currently promoting the release of their first album, to be released in December 2020 by the Y-House. **16 December, 2020**.

Rotonde, Botanique. Tickets: **€17.50**
www.botanique.be

Men I Trust

Smooth indie pop with warm guitars and a hint of groove for fans of Clairo and Ariel Pink. **16 Feb, 2021**. Orangerie, Botanique. Tickets: **€20.50**
www.botanique.be

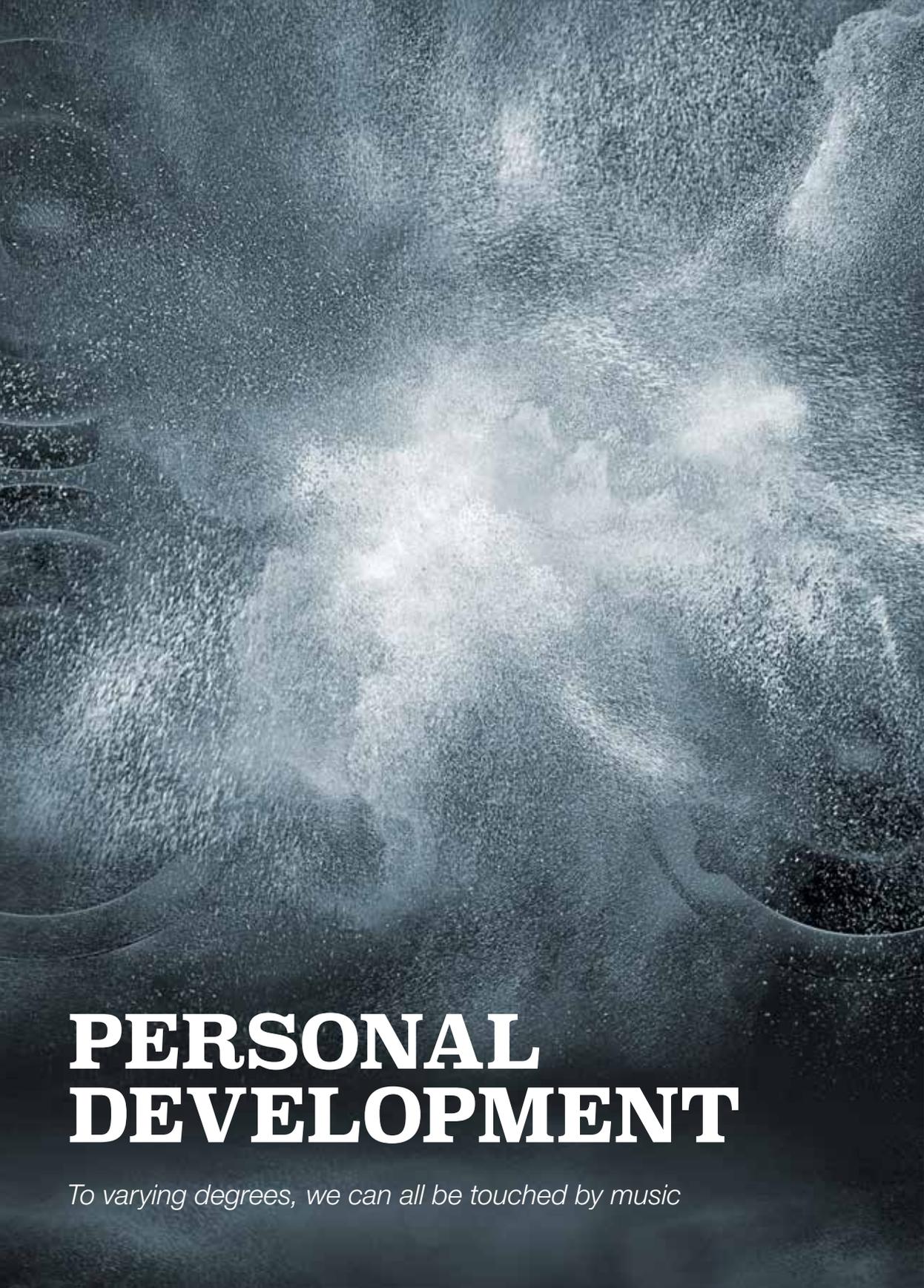


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PERSONAL DEVELOPMENT

To varying degrees, we can all be touched by music

How to boost your immune system

Fitness expert **Aspria** guides us through an outstanding communication network



Nutrition, sleep, physical activity and stress are all factors that influence the resilience of our immune system. Therefore, proactively catering to your health on a daily basis boosts your immunity, and vice versa.

Health and immunity

Immunity is our body's ability to defend itself against external aggressions (viruses, bacteria, fungi, parasites or even a foreign body, such as a splinter or a transplanted organ) and internal attacks, such as cancers.

An outstanding communication network is implemented by our body to protect its integrity. Certain cells, for example white blood cells, molecules, such as antibodies, and organs like the spleen coordinate to

respond to different threats.

Physical activity

In addition to its well-known benefits, such as managing weight, slowing down ageing, improving cardio-respiratory functions and sleep quality, as well as reducing stress, the practice of physical activities and sports plays an important role in maintaining overall health.

A moderate intensity exercise session stimulates the immune system. By improving blood circulation, this activity allows cells and molecules of the immune system to be transported efficiently throughout the body. This immunoprotective effect may even last a few days after exercising.



However, the practice of strenuous activities seems to temporarily impair the immune system. Training for a marathon, for example, may activate the release of stress hormones (cortisol, endorphins, etc) in the body. This repeated stress makes the defence system more vulnerable. Certainly, you should not give up this type of activity, but you should be careful: if you are tired, simply slow down the frequency and intensity of your workouts.

Aspria wellbeing experts agree that physical activity can strengthen your immune system. To avoid having a negative impact, the golden rule is simply moderation. The recommendation is to limit yourself to sixty minutes of moderate physical activity per day.

“ THE GOLDEN RULE IS SIMPLY MODERATION ”

A balanced lifestyle

A varied diet, good quality sleep, regular and moderate physical activity and consistent stress management require some discipline, but they should not necessarily become a chore. The key to turning these into your daily habits is to make them enjoyable.

While the global health crisis is disrupting our daily activities, Brian Morris, CEO and co-founder of the Aspria Group, reinforces the strategic choices he has made: not to limit the

Aspria vision to fitness, but to focus on health, wellbeing and physical activity for all ages. "Thanks to regular and careful monitoring by our coaches as well as the Aspria Pro service, we encourage our members every day to take care of themselves and, in particular, to boost their immunity. In these uncertain times and faced



with a crisis like that of Covid-19, we realize, more than ever, that health is essential and that being in good shape is an extraordinary asset in the fight against viruses and diseases, physical worries as well as old age. This crisis has shown that taking care of yourself is essential - and that is what Aspria encourages everyone to do on a daily basis."

Besides their wellbeing services and facilities, Aspria Clubs also benefit from impeccable cleanliness thanks to enhanced hygiene protocols, and an app enabling members to book Club activities online – thus ensuring a safe number of visitors is maintained in any given area at all times. Members are invited to strictly adhere to the safety and hygiene rules implemented, and they do appreciate them. Brigitte, 59, is a member of the Aspria Royal La Rasante

Club and tells us: "These group lessons have allowed me to regain my mental and physical health. For 14 years, I no longer go to the doctor. Coming back to this Club confirmed my choice to remain a member for the future. I really need wellbeing today – and care. And this Club gives me that! La Rasante offers us

“ REGAIN MY MENTAL AND PHYSICAL HEALTH ”

a magnificent reopening: online registrations and complete security measures. I feel confident when I am at the Club." Discover Brigitte's full testimonial on www.aspria.com

If you also want to cater effectively to your health and strengthen your immune system, the Aspria Clubs are a holistic solution, now offering a 90-day satisfaction guarantee (offer subject to conditions). ●

The Sandbox

Intuitive Healer **Katarina Winslow** reflects on a spiritual perspective of the bully



In these rapidly changing times, we have all had time for serious, and less serious, reflection. We see that many questions about social contexts and values are being brought into the light and confronted head-on. We all know and have more or less accepted that there are people who are bullies that take ground by instilling fear. Now, we are up against that fear in the form of a virus.

As a child, do you remember in the sandbox when a small but terrible boy (sorry, they were often boys), the bully of the school, would hit someone during the breaks between classes? Do you recall how

powerless you felt standing on the sidelines, fearing that the next time it could be you? I believe it is a mirror of how many people have been feeling in the past few months

when someone around us is infected with the corona virus.

In the global terror of the virus, let us for a second name the virus 'Bully', just for reflection and for

the fear it has generated. Let us do this to put a spotlight on some old beliefs, beliefs that are far too entrenched in our consciousness, such as the presence of a bully, a possible enemy everywhere and in everyone.

“ A POSSIBLE ENEMY EVERYWHERE ”

Isn't then the corona crisis an opportunity to let go of this ancestral belief of a possible enemy everywhere. Because if we are all threatened at the same time by Bully, it proves that most people are innocent. It is proof that we are all just victims.

Imagine a sandbox, the sandbox of your school yard. What normally happens when a bully gains territory? Let us say there are one hundred kids in a sandbox. Yes, I know, it is a giant sandbox, but we also live in a big world. Use your imagination and your willingness to go along with the reflection. The Bully hits the chosen target as the rest of the kids are filled with terror and shrink into themselves, making themselves as invisible as possible, and quietly praying not to be singled out as the poor targeted boy just has been. This is how the world has been up till now; we contract and retreat in the face of danger for many reasons. We do this as it is a perfectly normal survival mechanism that goes as deep as our species' survival.

It is a psychological mechanism that we accept as a part of our human consciousness.

You could call this the 'sandbox' syndrome: when one gets attacked, the others retreat. Of course, the world is also full of heroes who move above this psychological conditioning and jump in to save the victim, like

the health workers have done during the pandemic. Consciousness can make you move above the mainstream conditioning and jump in and help as you know that we are all one and that all people could be you. The psychological mechanism in order to retreat to escape the Bully is actually a residue of the times when we needed to escape a hyena or a lion, when we were still functioning very much in survival mode. If one of your tribe or your community was attacked by a lion, it would be complete



insanity not to defend your own life by retreating.

As more truth is revealed to us, there is an opportunity to profoundly change this belief of retreating. Because if we did not retreat in fear, and all the other kids in the sandbox turned and defended the boy being bullied,

bullies would no longer have any territory in the sandbox.

The thing is that it is the system we live in that has kept us believing that retreating is the best answer to any threat. In many

contexts, human nature is described by: "People are animals". This actually makes no sense as animals, generally, are friendly, at least they all live in respect of nature, far from human destruction.

Back to the old beliefs about the hyena or the lion, and to contract and retreat, which

“ THE WORLD IS ALSO FULL OF HEROES ”



I would like to say that it was only our belief system and the one Bully that made us have such a tense view on humanity. For what happens when the Bully is no longer in the sandbox? Exactly, the other kids peacefully play and learn that human nature is kind, compassionate, and full of fun and play, and fear of each other evaporates. If the Bully wasn't there, we would learn that there is a place for everybody in this world; the sandbox is big, and there is no need to give in to fear.

are long gone from our daily lives. We have repeatedly been taught that all the other kids are potential threats to our survival. Media, movies, literature and corporate rules teach us constantly not to forget that there is a likely bully in everyone, and up till now the majority of us have gone along with this belief.

The thing is that in these times, the one Bully (the virus) is not only bullying one of us, but the whole of humanity is being bullied at the same time. We now have the opportunity to see that we are all vulnerable and that the people as vulnerable as you could not possibly be bullies since they are targeted too. This is an uplifting revelation during these changing times. If we are all targeted by the same 'Bully', let us understand that we are all in the same corner of the sandbox.

By extension, if there was no bully, no virus in the first place, we could move our beliefs about human nature to higher ground. We could open our eyes to see that there are not that many viruses and that most people are just victims.

So, when the entire global population is being threatened by the same virus, we have a golden opportunity to see that there was no bully in the other boys in the sandbox whom we were made to fear.

“ FEAR OF EACH OTHER EVAPORATES ”

Since the beginning of this year, we have lived in, been fed with, and believed in a system is a bully that is out to get us all. Even if we can't change things in a heartbeat, we can change our beliefs of each other; therein lays our true power. We can go to the very roots, and it is the right time for that now. Because of the threat with which we are all confronted with at the same time, we can start to see goodness all around us. We can begin to understand that we are all victims in a system that is not in favour of the evolution of humanity and not aligned with the respect of our health and nature.

Let us all find the beauty in our hearts, and the joy that is in living by reconnecting with a new belief, that the world is beautiful and so are you. Let us all get in touch with our authentic nature, the one we were before we were 'programmed' by the Bully, the system, the ignorant and the darkness.

Let us open our eyes and really look at what is going on. Let us take the concept of the Bully by the hand wherever it is found and deprogram our consciousness, deprogram the world around us. Let us stand up for the authentic, the healthy and the kind.

These are epic times. In an ideal world, we would understand that we are all in this Together. ●



Where I'm confident and courageous

Ava, aged 6

Responsible relationships

Reetika Gupta-Chaudhary asks how do we deal with challenges in life?



It's a strange way to start a relationship article as we expect to read about love, understanding etc. But isn't it true, 'The way you do one thing is the way you do everything'? So how we deal with our life challenges is how we deal with our relationship challenges. Say for example you are stuck in traffic and someone is honking at you, how would you react to it, or just imagine a parallel situation at home, you are busy with work and your partner wants your attention, how would you react to that?

Well, perhaps before we dive a bit deeper into our relationship challenges, let's take a look at certain factors which determine how we react in the face of a challenge:

- Perception: our perception of the challenge
- Willingness: our willingness to give up our comfort zones
- Flexibility: our flexibility in thought and habits
- Awareness: our level of personal awareness of our own behaviours

Without any forewarning, we are generally confronted with the biggest challenges in life, and the truth is that all of us react differently to challenges. Some of us will make the most of the challenge and consider it as an opportunity to grow while others look at challenges with fear, anger, self-pity and use



them as an excuse to not fulfil their goals. Though here I would like to add that both types of responses are absolutely normal and natural, our willingness to pull ourselves out of our comfort zones is what makes the same situation different for different people.

What is comfort zone?

When we are growing up we take up certain beliefs from our environment, such as from our parents, from school, from friends, from television and from things we observe around us. These beliefs now make us who we are, and based on our experience of life, we create a comfort zone in which we operate based on our beliefs. For example, you picked up a belief that you are not a morning person and now waking up early is out of your comfort zone.

I have always believed that I have a good ability to be a successful business coach and, surely, I have been able to get great results for my clients. But I was used to getting my clients through personal

networking, which was a very comfortable model for me. I have always found it hard to manage my social media presence. In the face of the lockdown I was faced with this challenge where I had no choice but to communicate with my present as well as prospective clients through social media.

Hard as I initially found it, I accepted the challenge and befriended the digital world. I realised that if I can have face-to-face conversations with people, then I can have conversations with people online as well. I learnt new skills, and I did a good job of facing the lockdown obstacle and turning it into an opportunity to pull myself out of my comfort zone - now I have learnt a new skill from which I was running away earlier.

In the last three months, being at home with my partner created some challenges, like working from home and managing childcare while we were both working. Let us see how I managed these challenges:

“ THE TRUTH IS ALL OF US REACT DIFFERENTLY ”

Self-help



Perception

The biggest challenge was that I wasn't used to dealing with my relationships in this new environment (being with each other locked up in a house), but if you look at it, isn't this something we all wanted, to be home and spend more time with your loved ones? I decided to perceive this challenge as an opportunity to grow and better my relationship with my partner, after all how often do you get so much time to spend with each other? This helped me tremendously as I was able to deal with an extra workload working as a team with my partner.

“ ARE WE WILLING TO TRY? ”

Willingness

In normal circumstances, my daughter goes to nursery so I had some time to myself, but since she was now home, I had to manage both work and relationships. I was willing to try new ways as I knew this was a unique situation, and if I don't grow out of my comfort zone then I will always be stressed. Say for example, becoming more proactive

with my diary so I can make time to spend with my partner and my daughter. Not to say I did everything perfectly but the question is, 'Are we willing to try?'

Flexibility

In relationships, we know that each of us have certain roles and habits and we get used to these. For example, I was used to cooking every day but with increased responsibilities it was getting impossible for me to do everything. This is where my partner decided to jump in and save the ship. He made it a habit to help me with cooking so that I could stay sane. New habits take a long time to form, right? But when we are facing a challenge we need to act proactively and show some flexibility.

Awareness

Although this has come as the last point, I can't emphasise enough the importance of being aware. All of the above would not have been possible if we weren't aware of the challenge we are facing. Some of us like to stay ignorant, and then it ends up with us reacting to the challenge rather than responding.

Responsible relationships are only possible when we are aware that we need to nurture our relationships just like we would nurture our work, our health and our kids. It's not a one-way street - it is only possible if both parties are fully invested into it. Now, one more important thing to mention here is that some of us wait for our partners to initiate the change and ego creeps in.

What would a leader do at work, would he or she wait for the team to approach and show motivation, or will he or she motivate the team along the way? So, are you a leader in your relationship? If you are, then throw the ego out and take the responsibility to take that first step since 'the way you do one thing is the way you do everything'!

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Self-help

The Magic of Three

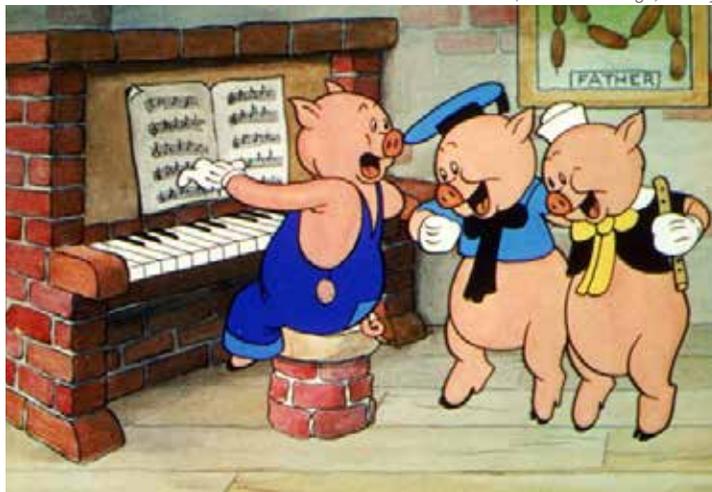
Matthew Cossolotto explains The Wizard of Oz Formula for powerful presentations

All speech writers and speakers – not comedians – know about the Rule of Three. Yes, it's a rule, but in practice it works more like magic. Think of it as the Magic of Three.

To illustrate. We're all familiar with this famous quote from Shakespeare's Julius Caesar when Mark Antony addresses the crowd after Caesar's assassination: "Friends, Romans, countrymen," he intones, "lend me your ears."

The cadence or rhythm of three feels normal and natural to us: The Holy Trinity (Father, Son and Holy Ghost). The Three Wise Men. The Three Musketeers. Abraham Lincoln's "government of, by and for the people". We see it in fairy tales and nursery rhymes – Three Blind Mice, Goldilocks and the Three Bears, Three Little Pigs. You get the idea.

Jokes often begin with a situation involving three people, such as three guys walk into a bar. Let's say a president (insert name), a prime minister (insert name), and the Pope (insert name). Or this unlikely threesome could be on a plane or a boat. The situation often seems implausible. We



Photo, Three Little Pigs, Disney

recognize it immediately as a set-up for a punchline.

Here's an example of a rule-of-three joke I've always liked best: A priest, a rabbit and a monk walk into a bar. The rabbit says: "I think I'm a typo." (Hint: remove the letter 't' in

“ A SET-UP FOR A PUNCHLINE ”

'rabbit'.) When it comes to jokes or fairy tales about little pigs and/or blind mice, two feels like too few and four seems like too many. Two is fine in a relationship and four wheels work well

on a car, but in speeches and stories there's something magic about the rule of three.

The appreciation of threes goes way back in time. Aristotle's *Ars Rhetorica* also employs

the rule of three. He discusses the three main methods of persuasion that every speaker should employ: Ethos, Pathos and Logos. Briefly, Ethos deals with the speaker's personal character and credibility. Pathos appeals to emotion or the psychology of the audience. And Logos is based on reasoning or logic to make the case.

Far be it from me to quibble with Aristotle, or to try to improve on his rules of persuasion that have stood the test of time since the 4th century BC. But I would like to humbly propose a slight variation. Something I call 'The Wizard of Oz Formula'. As you'll see, this formula is also grounded in the all-important rule of three. And in some ways, these three elements loosely mirror Aristotle's Ethos, Pathos and Logos.

Picture the Scarecrow, the Tin Man, and the Cowardly Lion. I'm sure we all remember those lovable, colourful characters from the motion picture *The Wizard of Oz*. The Scarecrow was searching for a brain, the Tin Man a heart, the Cowardly Lion courage. A la Aristotle, I suggest that every successful speech will contain those three elements: Brains (similar to Logos: information, data, logic, reasoning); Heart (akin to Pathos: passion, emotion, enthusiasm); and Courage (aligned with Ethos: character, a sense of purpose, a speaker who demonstrates courage also embodies character and credibility).

In many speaking situations, it's a good idea to issue a call to action, to ask members of the audience to do something and not simply to take in the information. A key message

Photo, Goldilocks and the Three Bears, Arthur Rackham



from The Wizard of Oz is that the qualities being sought by all three characters are already present inside each one. As the story unfolds, the Scarecrow learns he is already pretty smart. The Tin Man has demonstrated that he, indeed, has a heart. And even the Cowardly Lion displays unexpected courage in the face of adversity. But all three believe or imagine that the Wizard has special powers to somehow bestow these sought-after qualities on each of them.

In the original book (*The Wonderful Wizard of Oz* published in 1900) by L. Frank Baum, after each one goes individually to the Wizard and receives a brain, a heart and courage, respectively, the Wizard reflects on what amounts to his 'humbug' (deceptive, dishonest or false talk). The Wizard knows it's all a con. Baum writes: "Oz, left to himself, smiled to think of his success in giving the Scarecrow and the Tin Woodman and the Lion exactly what they thought they wanted. 'How can I help being a humbug,' he said, 'when all these people make me do things that everybody knows can't be done? It was easy to make the Scarecrow and the Lion and the Woodman happy, because they imagined I could do anything.'"

“ THE WIZARD KNOWS IT'S ALL A CON ”

There's that word 'imagine' again. An important word to use in giving speeches. Audience members respond well

when speakers ask them to imagine a future that is better than today's reality. Just think about Martin Luther King's 'I have a Dream' speech. His dream still fires the imagination of his listeners to this day.

Self-help



Photo, The Wizard of Oz



Photo, The Wizard of Oz



Photo, The Wizard of Oz

Dorothy's three friends imagined that the Wizard was all-powerful so they accepted his humbug about being able to grant them what they thought they wanted (and in fact already possessed): brains, heart and courage. Imagination is powerful. Speakers should tap into that power. They should also make use

of those three qualities in every presentation: brains, heart and courage.

Here's another little secret: being a great speaker comes from inside too. Just like Dorothy's wish to return home. Ultimately, this comes from the inside. Tapping her ruby slippers together, she tells herself repeatedly: "There's no place like home. There's no place like home." And she awakens instantly in her bed surrounded and supported by family and loved ones.

Along those same lines, I'm asking you to think about the Wizard of Oz Formula and repeat to yourself, almost like a mantra, the following simple sentence to boost your confidence and tap into your true authenticity: "The audience supports me, the audience supports me."

**" THEY
IMAGINED
I COULD DO
ANYTHING "**

If you practice the Magic of Three in your presentations and repeat that empowering mantra before you speak, you'll become a much more confident, charismatic and authentic speaker and you'll soon find yourself surrounded by appreciative audiences. It's a bit like tapping an imaginary pair of ruby slippers together and finding yourself back home surrounded by loved ones.

Matthew Cossolotto is a former NATO speech-writer. Author of several self-help books. He conducts public speaking workshops and other Personal Empowerment programs in Brussels and beyond. www.ThePodiumPro.com, Matthew.Cossolotto@gmail.com 📧

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Self-help

The Good Therapist

Axel Trinh-Cong gives some sound advice



The crises we are going through are a symptom of our image of the world. Those who now aspire to a new form of normality will understand that this change must, of necessity, go through an interior and personal mutation. However, if one intends to pass a certain milestone, any work on oneself implies the presence of a companion or therapist. Unfortunately, the world of personal coaching has become a real industry where the worst meets the best. How to recognize a quality therapist? On the basis of which criteria do you make your choice?

“ EACH BEING IS UNIQUE WITH A UNIQUE JOURNEY ”

The therapeutic act is not trivial

The people who come for consultation are vulnerable, fragile because they are in high demand. It is then very easy for an unscrupulous therapist to take power over these people and make them believe that he is going to save them. The therapist places himself above his patient, while maintaining the latter in a state of victim so that he himself can retain his status of saviour. So, the patient never progresses while remaining in dependence vis-a-vis the one who is supposed to accompany him. The good therapist is clear with himself and does not use his practice to address his ego or self-esteem issues.

People who come for consultation are, naturally, hurting in some way. This hurt demands to be welcomed and recognized for what it is, with respect and without judgment. Because each being is unique with a unique journey. The same symptom can have different causes from person to person. The therapeutic response cannot be purely systematic or theoretical. The good therapist provides the care that the damage calls for, not what the therapist thinks he wants patients to receive, because he thinks it is best for them. By doing so, he would put himself above the hurt, in a position of domination. The hurt expresses itself, and the good therapist responds.

The therapeutic act inherently involves entering the most intimate parts of the patient's universe. The actions and words taken and spoken during the consultation will have an influence not only on the patient, but also on all the systems to which he belongs: his family, his love life, his neighbours, his company... the universe. We all have in mind those experiences people have had in which, with a single word, their story either rose or plummeted into drama. The good therapist offers an answer, a solution to his patient, who then takes the responsibility of integrating it or not. The therapeutic act is a proposition and not something imposed.

A good therapist does not treat a symptom, a disease or a disorder, but rather a human being in his or her totality - his goal is to allow the patient to reconnect with his or her formidable potentiality. The therapist does not possess the power to restore health because he is not the master of the Game of Life. His only power is to allow his patients to find the path to their own healing. There should no therapists who brag about being able to heal you. And if you meet any: run away from them.

The role of the therapist is to allow you to make contact with the solution that is in you, and nowhere else. The good therapist only accompanies and facilitates this momentum, this desire for change by providing all the elements necessary for its accomplishment. This need, this great thirst for change is an essential component in carrying out quality care. A person only changes if they long for it and part of them is ready to take the plunge.

“I bandage you and God heals you.”
Ambroise Paré (French surgeon, 1509-1590)

The role of the good therapist is to accompany you in your relationship with yourself (body-mind-soul relationship) and in your relationships with others. This is why, in the end, I much prefer the terms accompanist or facilitator to that of therapist. By being accompanied in this way, your therapist remains your equal, he is by your side, without ever taking power over you. This is how you retain all your power. And, besides, isn't that the goal of working on yourself? Finally, it is the degree of your awareness during treatment which will change things inside you and, subsequently, the other aspects of your existence.

How to recognize a good therapist?

The good therapist, or the right therapist for you, is the person with whom you feel good and confident enough to discover what it is

“ AN ACT OF SELFLESS LOVE ”

PERSONAL DEVELOPMENT

Self-help

within you that is opposed to your inner and outer happiness.

Mastery of an art is not the only factor determining the quality of a therapist. Far from it. The experience and the path taken by the therapist himself in the exploration of his Being also count. The therapist must have been through enough to be clear with himself. Because otherwise how do you accompany a person on a path that you yourself would not have taken beforehand? You can only bring a patient to where you have been yourself. This work on oneself also makes it possible to avoid all forms of taking power over the patient.

Good therapists are practitioners who constantly seek to evolve, to improve themselves, to progress in their practice, in particular by the regular participation in sessions of supervision of their treatment, as well as in seminars and trainings organized by their peers.

A good therapist has ethics and - ideally - has taken care to bring them to help his communication tools. And so should be able to find - among others - the following points.

The good therapist accompanies those whose goal is to be ever more aware of themselves and of their personal responsibility in life; those who seek to abandon the state of victim and the belief in the fatality of their destiny, while forbidding to believe that their future can be predicted, foreseen or traced by a person other than themselves, while reminding them of their free will.

The good therapist imposes nothing: no view, no opinion, no technique, nor anything else. He is at your service and delicately opens doors for your advancement, while leaving you free to enter or not.

The good therapist is bound by professional secrecy. He undertakes not to communicate to anyone - except at your request - the content of what has been done and exchanged in consultation.

The good therapist knows how to be humble if he feels overwhelmed or helpless in the face of a situation. He feels perfectly free to tell you about it and to suggest other ways or to recommend you to colleagues.

In order to be able to maintain a healthy and selfless relationship with you, the good therapist is committed to organizing his life and financial resources in such a way that he is never completely dependent on his activity.

Put love back where it has gone missing

I believe that the world of personal development and spirituality cannot allow itself the luxury of standing by. The therapeutic act has too many implications and responsibilities. Also, for the good of all, I invite my colleagues to make the appropriate gestures to honour their art. I and others have already started this journey.

More than earning money by practising an art in the hushed calm of a consulting room, I think that the true therapeutic act is an attitude, a way of apprehending the world and of moving in it at all times. It is an act of selfless love because we belong to each other.

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Trainer and Business Mentor **Arnon
Barnes** looks at working from home



How do you keep your team motivated while they work from home? Since the COVID-19 pandemic struck the world, the common workplace has rapidly changed. For most employees, working from home has now become the norm. As many businesses have noticed, there are many advantages for employees to work from home. However, it does come with a few challenges. In this article I am going to share my four main ways on how to keep your team motivated while they work from a distance.

Stay connected

To keep the energy high, address certain issues or to just have everyone's nose pointed in the right direction, I would recommend an online team meeting at least once a week. As the leader, it is your job to create a trusting environment on the call. This stimulates open communication and is essential for employees to work successfully. You see, a connected, positive culture is key in keeping employees happy, and happy employees equal motivated employees.



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PERSONAL DEVELOPMENT

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Aside from the team meeting, it's important for everyone to stay connected with each other. Allocate time slots where everyone should be available because there is no way to communicate effectively if people aren't online.

Working from home also means your employees don't get to catch up at the coffee corner. Use a business messenger tool or even WhatsApp for the nitty-gritty talk. As the leader of the company, pick up the phone whenever you can, especially for situations that might be emotional or stressful. Guiding people through these situations is done far better through the phone or virtual call. Tone of voice and body language read better through these mediums than through an email.

Action

It's management's task to set clear actions and deadlines. When your employees know what to do, by when, they'll be in their power, and this in return will drive their performance. A task manager tool is great for this. That way, everyone can see which tasks they're assigned and by when they have to be completed. In addition, each employee can see what the other is doing, adding to the accountability factor. Use social pressure to its advantage.

Trust

Once you've clarified responsibilities, expectations and set deadlines, you have to trust your employees to follow through and get the job done. As a leader, you need to do everything you can to set your employees up for a win. Provide the right tools and support so they can work happily and effectively from a distance. A big factor of the success formula is simply not to micromanage, but to provide them with what is needed and then move out of the way.

Fun

The company's vision should be audacious, out of this world and exciting. It should also

be crystal clear, motivating employees to want to move towards it. However, making the vision tangible is a long-term project and could take years. Instead of having a big employee outing or party annually, have smaller ones more frequently. People love having something to look forward to, especially when it's something fun. So many companies get stuck in the seriousness of doing business, but from my experience business should also be fun, and who wouldn't want to be a part of that?

To close

The fundamentals in managing employees who work from home are very much the same as if they were in an actual office building. Open, honest, direct communication is important, no matter where you are situated. Working from home makes this a bit more challenging. Therefore, I strongly recommend you, the leader, invest in good communication tools.

Because good communication equals motivated and effective employees. This in return ups productivity,

enabling your business to grow and reach its full potential.

Short bio

Arnon started his first business at age 11 and built and sold his first multi-million euro company by the age of 28! In the past 5 years, Arnon has personally trained and coached more than 90,000 people from well over 65 different countries from all over the world! He is an explosive international speaker, author, investor and one of Europe's leading and most exciting business mentors.

Meet and work with Arnon Barnes live? Join one of his next upcoming events in Europe. For more information on the event, or coaching, contact his office via info@arnonbarnes.com or check out his website www.arnonbarnes.com 

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Be success

Be successful

Two more bestsellers to help you on the road to success

10% Happier, Dan Harris

This book comes with a rather long subtitle: *How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works - A True Story.*

Boston-born Daniel B. Harris is a journalist for ABC News, an anchor for Nightline and co-anchor for the weekend edition of *Good Morning America*. Harris encourages the use of meditation, and himself uses a method of watching the breath. His *10% Happier* podcasts are interviews with other meditators. In the book, Harris recounts how he resolved the apparent conflict between meditation-induced equanimity and the aggressive competitiveness required for success as a TV-news journalist.

Nightline anchor Dan Harris embarks on an unexpected, hilarious and deeply sceptical odyssey through the strange worlds of spirituality and self-help, and discovers a way to get happier that is truly achievable.

After having a nationally televised panic attack, Dan Harris knew he had to make some changes. A lifelong non-believer, he found himself on a bizarre adventure involving



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AND FOUND SELF-HELP
THAT ACTUALLY WORKS -
A TRUE STORY

DAN HARRIS

"I loved it" RUBY WAX

a disgraced pastor, a mysterious self-help guru and a gaggle of brain scientists. Eventually, Harris realized that the source of his problems was the very thing he always thought was his greatest asset: the incessant, insatiable voice in his head, which had propelled him through the ranks of a hypercompetitive business, but had also led him to make the profoundly stupid decisions that provoked his on-air freak-out.

Finally, Harris stumbled upon an effective way to rein in that voice, something he always assumed to be either impossible or useless: meditation, a tool that research suggests can do everything from lower your blood pressure to essentially rewire your brain. *10% Happier* takes

readers on a ride from the outer reaches of neuroscience to the inner sanctum of network news to the bizarre fringes of America's spiritual scene, and leaves them with a takeaway that could actually change their lives.

Although he refers to himself as "half-Jewish and culturally Jewish", he identifies himself as a Buddhist.

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Factfulness

Another long, explanatory subtitle for Hans Rosling's instant bestseller: *Ten Reasons We're Wrong about the World-And Why Things Are Better Than You Think*.

Factfulness: The stress-reducing habit of only carrying opinions for which you have strong supporting facts. When asked simple questions about global trends, such as what percentage of the world's population lives in poverty, why the world's population is increasing, how many girls finish school... we systematically get the answers wrong. So wrong that a chimpanzee choosing answers at random will consistently outguess teachers, journalists, Nobel laureates and investment bankers.

In *Factfulness*, Professor of International Health and global TED phenomenon Hans Rosling, together with his two long-time collaborators, Anna and Ola, offers a radical new explanation of why this happens.

They reveal the ten instincts that distort our perspective, from our tendency to divide the world into two camps (usually some version of us and them) to the way we consume media (where fear rules) to how we perceive progress (believing that most things are getting worse).

Our problem is that we don't know what we don't know, and even our guesses are informed by unconscious and predictable biases. It turns out that the world, for all its imperfections, is in a much better state than we might think. That doesn't mean there aren't real concerns. But when we worry about everything all the time instead of embracing a world-view based on facts, we can lose our ability to focus on the things that threaten us most.

Inspiring and revelatory, filled with lively anecdotes and moving stories, *Factfulness* is an urgent and essential book that will change



the way you see the world and empower you to respond to the crises and opportunities of the future.

"This book is my last battle in my life-long mission to fight devastating ignorance. Previously, I armed myself with huge data sets, eye-opening software, an energetic learning style and a Swedish bayonet for sword-swallowing. It wasn't enough. But I hope this book will be." *Hans Rosling, February 2017.*

"One of the most important books I've ever read, an indispensable guide to thinking clearly about the world." - *Bill Gates.*

"*Factfulness* by Hans Rosling, an outstanding international public health expert, is a hopeful book about the potential for human progress when we work off facts rather than our inherent biases." - *Former US President Barack Obama.* 📌



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Real Estate markets' ups and downs

Yannick Callens gives sound advice as to when to make your move



The world is not going well in 2020. It is increasingly dictated by new rules that will take some getting used to. And the most important point has just been mentioned: our habits. For the real estate world it is the same, we will have to get used to the changes, to the new rules and, therefore, to the new industry.

Supply and demand will remain the basis of the sector, as the two variables that we already know of are the quality and quantity of goods on the real estate market. Currently, the supply remains stable, but the purchase demand is increasing sharply. People want to invest in something tangible, given the

circumstances. Anything good, put on the market at the right price, leaves during the day. Very quickly!

The new real estate market is a little more difficult because the prices per m² are at their highest. I would say you can compare it to a diesel engine. Slower at the start, but then it's gone! I'm sure the new home market will pick up, it's only a question of taking the time to get used to it. The big difference remains that on the cost of construction there is VAT to be paid, which is still as high as 21%.

Regarding the offer, there is currently little on the market because after lockdown the market worked very strongly and very



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quickly. Visits to apartments and houses have exploded. Real estate agents and Notaries can no longer keep up. The summer holidays regulate this, the months of July and August are calmer, but I have already heard from the people concerned telling me that from September it will start again.

Lending rates are also at their lowest. We are below 1% for a 20-year fixed rate. Never seen before! And I wouldn't be surprised if it becomes the benchmark... the habit. My advice as a real estate investor is to get used to changes as quickly as possible, and I pluralize 'changes' because a lot of things are changing at the same time.

To develop a good habit, a person has to work on it for at least 21 days and, if he or she has maintained this habit for 90 days, it can then be fully incorporated into the person's lifestyle.

How do you get used to a new habit quickly?

The first is to identify it. Know where the change is and how it is now. Not in the past or in the future, but now.

The second is to accept it and let go, this is the most important step in any transformation. As soon as you accept the change, it will be easier to move forward.

The same goes for the real estate world. As soon as you are ready for the changes, you will find it easier to get a good deal in real estate. Focus yourself as much as possible on the purchase price. I always tell my students that a good deal in real estate is made before the purchase, not after the purchase. As for the rates, they are low, so one less point to consider.

If you want to get a good deal in real estate, I advise you to wait a bit, especially if you want to make an investment and rent it out. I have read several articles and studies in real estate and all of them conclude that everything is selling now.

I have been to Spain and I can inform you that a lot is at a standstill, and this is just the beginning. We will be amazed at the consequences to come and the good deals. In my opinion, it will last two years before it returns to normal, so that's two years to see the opportunities arrive.

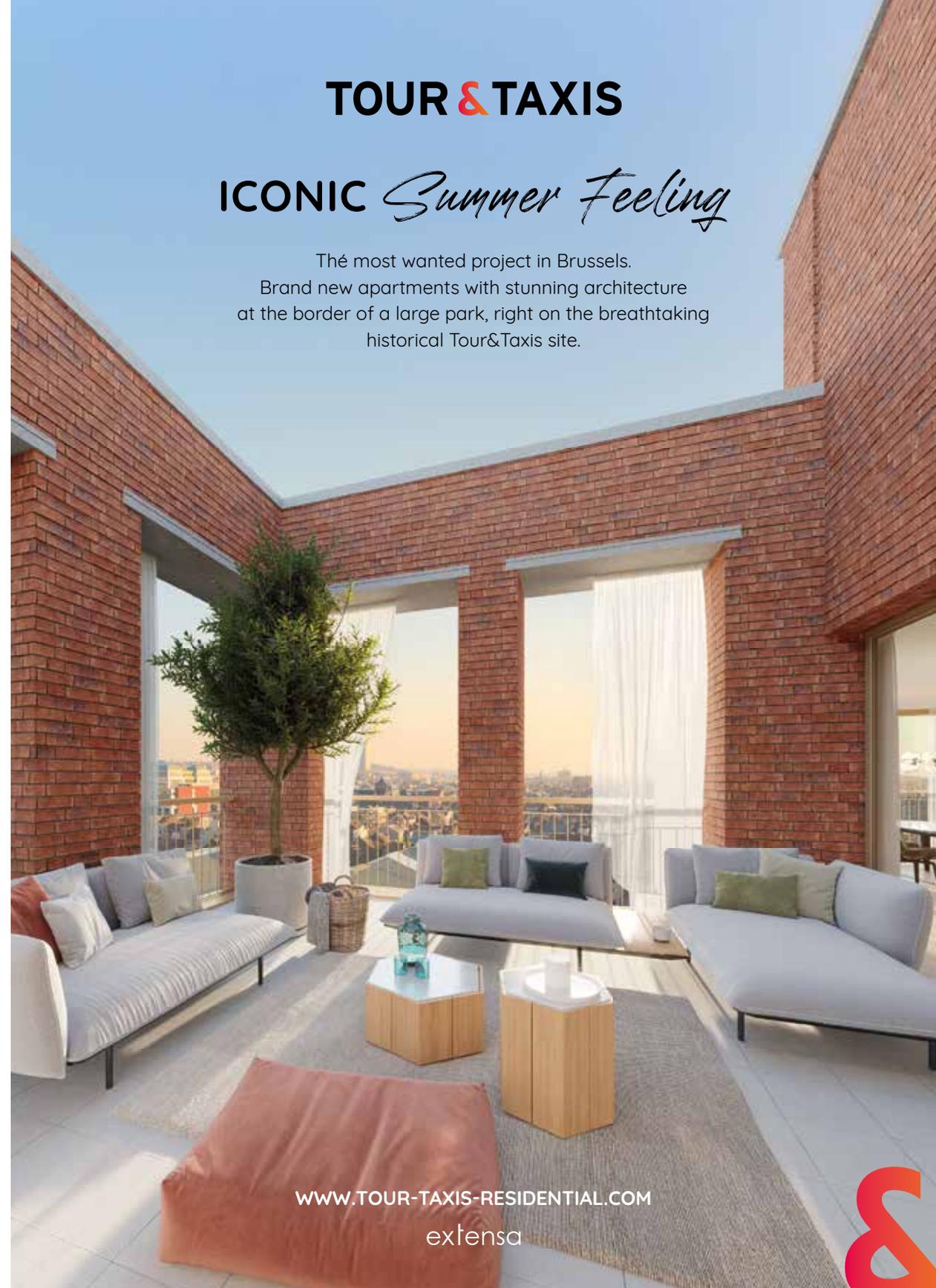
If you have any questions regarding real estate in Belgium as well as France and Spain, our team is listening to readers of *Together Magazine* at info@immo-champion.com 📧

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Self-help

Briana Ashley Stuart: Living her truth out loud

Gemma Rose meets the 'ARTrepreneur' helping us to become the best version of ourselves

Sometimes, things just happen for a reason. In January, if I had not decided to grab a takeaway in Place Jourdan after picking up my daughter from crèche, I would not have met Briana Ashley Stuart. Briana is a professional dancer, as well as the founder and creative director of STU Arts Dance in Brussels. At the burrito bar, whilst Briana was seated opposite the food counter finishing up her burrito, I was at the counter ordering mine. My daughter was in the stroller, facing her. Thanks to her friendly nature attracting my daughter's (or vice versa) eye, she and I struck up a conversation that would eventually lead to her featuring in *Together* magazine. She loves this magazine, subscribes to it, cuts out the inspirational quotes from it and pastes them onto her vision board. This meeting was meant to be.

Back at the burrito bar, after me guessing she was from North America because of her accent, she told me that she is American (from Detroit, Michigan). "Are you here on holiday?" I asked. "No, I live here," she replied. "Really?" I said.

I later read in her blog *Vision, Art & Faith* that she often – even daily – gets funny looks,



Photo, Briana Ashley Stuart

perplexed faces, or probing questions as to why she chose to move to Brussels. She meets such responses with grace and the belief that, as she writes: "Belgium actually chose me."

After working full-time as a professional dancer in Washington D.C, she sold up all her belongings in 2015 and travelled around Europe and Asia for six months. With no planned itinerary, her first stop was Limerick, Ireland, visiting a fellow dancer. They travelled to London for a dance event and, by chance, they met a Belgian woman who told her about Brussels' thriving dance scene and invited her to visit. Instinctively, Briana went. Over the course of the European leg of her



Photo, Briana as a child, centre

trip, something always brought her back to Brussels, whether it was a training programme, someone to meet or a place to visit. The first time her feet touched the ground here, she felt an energy that she could not explain, "...and over time that energy kind of maintained itself through the people that I met, in learning about the city, the culture, even learning about Belgium as a whole," she said in our subsequent interview.

Not long after she flew back to the US, she felt a tug to leave again. She asked herself which place could she see herself living in? Brussels immediately sprang to mind. In mid-2017, three months after applying for her work visa, she arrived in Belgium. In three years, she has become a fluent French and intermediate Dutch speaker, navigated herself through Belgian bureaucracy to start her own business, has made friends and calls Brussels home.

Together magazine is about inspiring its readers to achieve their dreams. At our

chance meeting, Briana described one of her classes, 'Everyone Can Dance'. The class is for people who never really thought about dancing, who have always wanted to dance but never got around to it - beginners and non-beginners alike. I immediately knew that this class would appeal to *Together* readers because of her magic, which is her authenticity, her honesty and her goal "to foster the energy and the spark that is already there and allow it to blossom in a positive environment". With this magic, she

creates a friendly and supportive space to empower her students to become the best version of themselves. At the same time, in a fast-paced, highly competitive world where we constantly feel lacking in something, she also

reassures us that we are fine as we are, right now: "People say, 'I don't have this, I don't have that', but I say, 'You came to my class, that is already enough. You are here, let's have a good time.'"

I took away at least three principles from the discussion on her being a freelancer, which

" THIS MEETING WAS MEANT TO BE "

**PERSONAL
DEVELOPMENT**

Self-help

could be applied more generally to living the good life. First, be open to going out of your comfort zone. Briana has many strings to her bow: performer, choreographer, teacher, coach and 'ARTrepreneur' (artist entrepreneur). "If you want to be a freelancer," she said, "that means you are willing to try different things within your own art form, to make your life work for you because you have a choice: you either take that gig or you don't."



Photo, Briana Ashley Stuart Class

Secondly, realise what sets you apart from the competition. Briana's competitive advantages are 'Everyone Can Dance' and being the Stepping Ambassador for Belgium, the only qualified instructor in Belgium to teach Stepping. Stepping "uses the body as an instrument, creating complex rhythms and sounds only with the hands, feet, and the voice". It's part of who she is and her history, as she described to *BRUZZ* magazine: "When I step, it's a shout out to my ancestors, the people that came before me. It's an African-American dance form from this group of people that have existed in America. And coming from that group, it's like every time I step into the floor, I am waking them up."

Having recently turned 30, Briana's maturity and success are a little intimidating. She would tell me that it's unhelpful to feel intimidated, instead it's better to focus on what I do best, as she does the same. It's thanks to her profound spirituality that she is so wise, assertive and self-aware. She cultivates her spirituality daily through action: meditating, journaling, reading and doing yoga (she is also a qualified yoga instructor), as well as through contemplation, practising gratitude and detachment, accepting things as they are, and trusting in the unfolding of life.

Accepting things as they are is what we all need to do during this Covid-19 pandemic.

Finally, know yourself. If you know yourself, so many things then flow from this: you trust that what you do is valuable and that no one else can perform your art the way you do. Since your art is valuable and unique, you understand the impact that it can make. "Being a successful freelancer is so multifaceted, it's almost like taking a hold of what you would like to do in your particular craft, what impact you would like to make with it, and focusing that impact, knowing that the greater impact you make, the greater income you make."

**“ ALLOW IT TO
BLOSSOM IN A
POSITIVE
ENVIRONMENT ”**

Undoubtedly, the pandemic hits Briana hard due to the nature of her business. Yet, it is not surprising that she remains positive, steadfast, resolute and, most of all,

creative. She makes the most of this time to teach online, build her brand and focus on herself. Irrespective of what life may throw at her, she uses the positive and the negative to live her truth out loud: to make art in everything that she does.

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Money

New pockets of economic growth

Dave Deruytter takes a look at where the positives may be found in the new normal



After a 6.8% drop in GDP in Q1 2020, the Chinese GDP rebounded with 3.2% in Q2 of this year. Of course, the reading for the first half of 2020 as a whole was still negative at minus 1.6%. Still, it is a quite impressive rebound given the worldwide scale of the COVID-19 crisis and its disruption of the global value chains.

Retail sales in China were and still are weak though, particularly all activity that has to do with travel and leisure, which is much lower

than before the crisis. Hope for a V-shaped recovery in GDP in China is still there. Nevertheless, a vaccine or other medicine will be needed for real confidence to return and for private travel and leisure activities to fully recover.

Against this rather negative background, it is good to start to

look for spots where the new worldwide economic growth may come from in the future. Vaccine research and development,

“ IN PERSON MEETING IS STILL SO MUCH RICHER ”



and almost all services related to healthcare and hygiene, obviously immediately come to mind as future proof economic sectors.

All IT software and some hardware, plus the services related to the extra impetus that the digital revolution is getting, are not surprisingly a close second. Indeed, imagine near-realistic digital meetings with colleagues or clients around the globe where we all wear VR glasses. Yet, for that to happen the bandwidth of the internet may have to increase substantially.

Because of the extra acceleration in the digital revolution, the green or sustainable evolution in life and in business may also grow into a true revolution. Every single day the sun is bombarding the earth with many, many times more energy than the whole world consumes. Capturing sunlight, transforming it into electricity and storing it, is getting ever more efficient. Transporting

electricity is lagging the curve though. Maybe hydrogen can be a good means to transport it. Although it is a quite explosive product, hydrogen can be produced from water through electrolysis with oxygen as the rest product. Because more than 70% of the earth's surface is under water, there is plenty of that around.

“ THE MOST IMPORTANT DRIVER OF NEW ECONOMIC GROWTH ”

Where there is a need, there is a way. History has shown us that. It is a question of focus, of effort and means to make this happen. On the other hand, moving production and life closer to the places where solar power

is omnipresent, deserts for example, should limit the need for transportation of electricity substantially, particularly if water is nearby, like in California, Southern Europe, but also in many parts of Africa.

In fact, all businesses, great or small, that embrace health and digital should thrive in the future new normal. Scientists are warning

**PERSONAL
DEVELOPMENT**

Money

us that COVID-19 may not be the last pandemic hitting us, hinting at a need for continuous attention to healthcare and hygiene. If the leisure and travel business embraces that, it should also find a path to sustainable recovery.



or express may become an issue, particularly if the crisis continues to linger on. Coaching and psychological support services to counter that should thrive as well.

Digital was already powering ahead before the crisis kicked in, with 5G, big data, AI and IoT (Internet of Things) all over the press. And this wave is getting amplified by the effects of



As crowds are to be avoided during a pandemic, to limit or slow the spread of the virus, the omnipresent drive of people moving from the countryside to the cities has to be revisited. At least, profound studies on how the new normal may affect increased urbanisation and

the current pandemic, like the spectacular rise of home working. Still, we are humans. It needs to be seen how our craving for togetherness, in one form or another, can continue to be satisfied. An 'in person' meeting is still so much richer than a digital one. On top of that, we also consume a lot of real goods, not only digital ones. You can keep your digital champagne, I will have the real one. We will have to see how far 3D printing can get us in the food and drink sector in a sustainable way. I was eating the first jumbo mussels with fries of the season with my dad the other day in Belgium. No digital or 3D food that can beat that experience.

**“ DIGITAL
WAS
ALREADY
POWERING
AHEAD ”**

modern cities are needed. It should be possible to address the new concerns, but it adds a new challenge to the worldwide urbanization drive. A combination of 'in person' and digital experiences may do the trick.

All in all, this is a time to come together and fight our common enemy, COVID-19. The current crisis could still turn this century into the century of diversity. And that alone, if well managed, building on the different strengths that diversity can bring, may in itself become

the most important driver of new economic growth.

On the confidence side, we can do a lot ourselves. If we all decide every morning that it will be a good day and act towards that, then chances are high that it will become a good day. ●

When talking about health these days, first the physical side of the pandemic situation comes to mind: hospitals filled with suffering patients. However, the psychological effects of the crisis, particularly of the lockdown, are just as important. The reduced confidence, the fear or anger that some people feel



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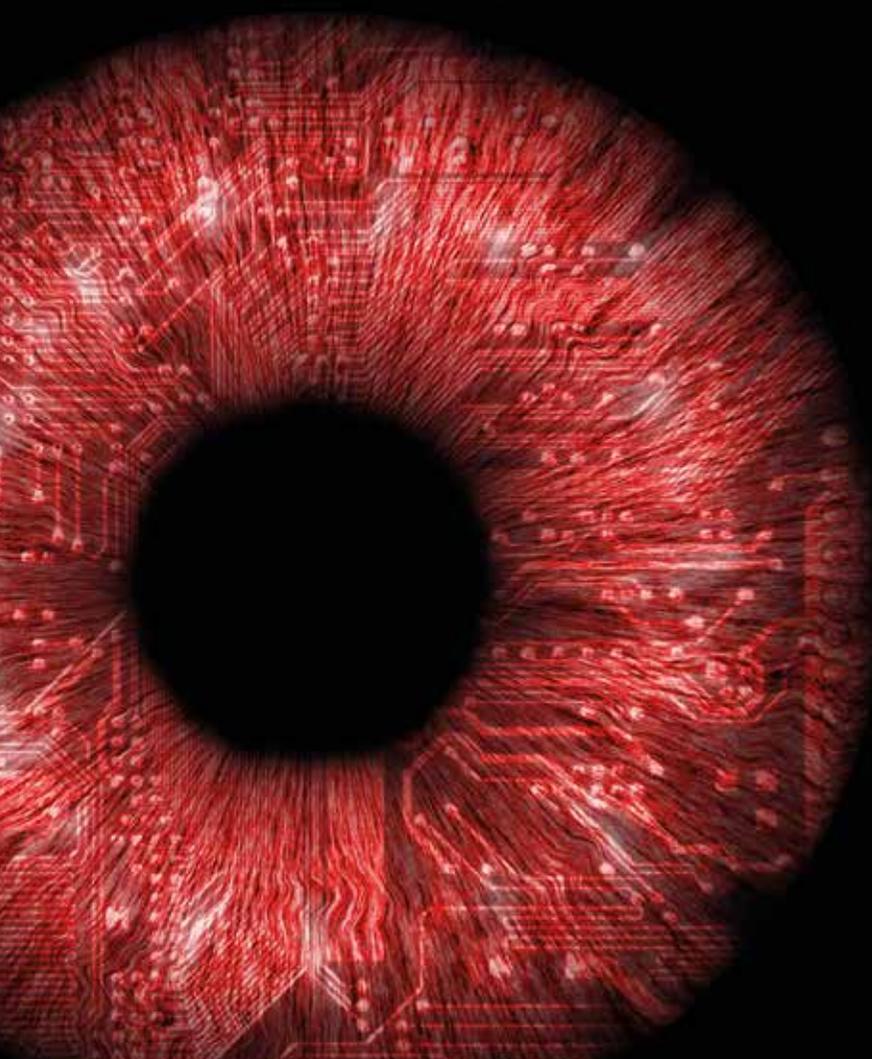
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Life insurance: A wealth planning tool

Insurance consultant **Marc Vrijman** offers invaluable advice on wealth succession



Wealth planning is the subject of very personal choices that should be considered with the greatest care. How to effectively help children and grandchildren in their projects? How do you ensure that the specific needs of a child or grandchild are met? How to keep control over the future use of the transferred amounts? How to put conditions on the transfer, such as a charge?

Of course, the answer to these and other questions varies according to the size and nature of the heritage, the heirs, the matrimonial regime, the home, the nationality, etc.

Here is a brief overview of some possibilities for indirect donations through investment insurance. In practice, it is for the Donor (the

one who gives) to pay the sum into a contract taken out by the Donee (the one who receives).

How does it work?

1 - The Policyholder (the Donee) completes an insurance proposal and signs it. In the case of a minor, the application is completed and signed by one or both parents.

2 - The Donor transfers the amount of the donation to the bank account of the Insurance Company, mentioning the reference of the contract which will have been assigned to him by the Company.

3 - The Donor and the Donee jointly sign a document confirming the donation made, as well as the conditions or charges (the Donation Acknowledgement).

Wealth management

The configuration of the insurance contract will be as follows:

The policyholder = the Donee

The insured = the Donee

Beneficiary in the event of life = the Donee

Beneficiary in the event of death:
If the policyholder is a minor => the succession of the insured. With the authorization of the Justice of the Peace, the Donor may accept the benefit of the contract in the event of death.

If the policyholder is of age, he designates the beneficiary Max offers swift results of his choice. We will advise in this case to designate the Donor as accepting beneficiary, which will have the effect of blocking any withdrawal from the contract without the latter's agreement.

This notion of acceptance of the benefit by the Donor makes it possible to keep control over the amount given.

It is also important to provide a clause for the return of the amount given in the event that the Donee dies before the Donor. This is the 'conventional right of return' clause. This conventional return clause allows the Donor to recover the amount given in the event of the Donee's predecease, as it provides for the cancellation of the donation when the Donee dies before the Donor. The conventional return is considered by the Belgian tax administration as a stipulation for valuable consideration, which therefore does not entail the payment of inheritance tax if it is expressly mentioned in the life insurance contract that it was concluded following a donation.

It is also possible to provide the Donor with an annuity. In this case, the acknowledgement of donation will specify on the one hand that the Donee will pay, periodically, a certain amount for the benefit of the Donor, and on the other hand that the Donor reserves the right to revoke the

donation by the competent court in the event that the Donee does not respect his obligation. A periodic withdrawal request will be provided for in the contract with payment on a regular basis of the amount fixed to the Donor.

To avoid compromising the validity and irrevocability of the donation, the amount of the annuity must be reasonable and consistent with market interest rates. It should also be kept in mind that if the Policyholder is a minor, donations with charges that would reduce the capital given (above the market interest rate) require the authorization of the Judge of Peace.

Some points of attention in the event of a donation

- In order to avoid inheritance tax, the donation must have been made at least three years before the death of the Donor. It is still possible to register the donation if the Donor's health deteriorates rapidly within three years. Indeed, in the event of death within three years of the donation, no registration of inheritance tax will be due.

- It is possible to derogate from the legal order of the succession and from the legal distribution of the succession provided for in the Civil Code, but only up to the amount available.

- It may be useful to specify, in the acknowledgement of a donation, that this is not an advance on inheritance. Otherwise, the donation will be reportable to the estate.

- As regards donations for the benefit of minor children, the authorization of the Justice of the Peace remains necessary if the charge could reduce the donated capital.

- It is always necessary to take into account the tax regulations, which penalize the structures and financial solutions that are motivated only by tax considerations.

- It is always preferable to seek advice from a notary. ●



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EU politics: Gold stars all round

Catherine Feore takes a look at what back-to-school means for the EU



At 3:30 on Monday morning (20 July) there was a buzz, I glanced down at my phone. Had the 27 heads of government finally relented and agreed on the future budget and recovery package? Would sheer exhaustion alone drive them to submission, an accord, an agreement?

I opened WhatsApp and noted with a sigh that they had decided to call it a night and regroup the following day at 14:00, so off to the land of nod I went, cursing the darkness.

A good chance for a lie-in for the EU's leaders, you might have thought, but no; the morning would be full of bilateral, quadrilateral, frugal vs South lateral, East vs West lateral meeting madness, only some of it on the sunny terrace of the European Council building.

I've enjoyed many late-night discussions that have run into the early hours of the morning, but they've been on important

questions like: Is *Moonraker* the best James Bond movie? Did the shot really come from

“ REVERSE QUALIFIED MAJORITY VOTING ”

the Texas school-book depository? The endless ping pong of “€400 billion for grants”, “no €350”, “no €400”, “no €375” must make any leader question their will to live, or care. And I was caring less and less with each passing hour of the 90-hour negotiation. As a US Senator once said, “A billion here, a billion there, pretty soon, you're talking real money.”



Would the new wave of commissioners and MEPs, who arrived bright-eyed and bushy-tailed determined to leave their mark, have been lining up for public office in 2019 had they been able to look into a crystal ball and seen that COVID-19 was just around the corner and about to take over their lives?

Gold stars

All in all, it was a good term, where commissioners have shown themselves to be conscientious and hardworking. They have diligently applied themselves to their course work and responded to some unexpected challenges; as of yet, no one has been caught smoking behind the bike shed, or playing fruit machines in the local pub. So, gold stars all round.

I hope that Europe's leaders have had the opportunity to down tools, take a break and prepare themselves for the next term, where European Council conclusions have to turn into actions. The agreement reached on the budget and Next Generation EU was a historic achievement, but much remains to be done. Those struggles will play out over the next months and years.

Like students across Europe, they will no doubt have invested in some shiny new

stationary. Maybe a new pencil case, emblazoned with an image of their favourite superhero, and some nice freshly sharpened pencils ready to jot down their plans for the year.

‘Perseveres with complex problems’

There is some tricky work ahead. One biggy is how to pay for the recovery instrument, a small matter of €750 billion. Some will be paid in the form of loans (€360bn) and therefore repaid via national coffers over an extended period, the rest (€390bn) will be paid via super-turbo-charged ‘own resources’. Commissioner Breton, who is responsible for the Internal Market, suggested that it wouldn't be paid by EU taxpayers, which sounded a little like President Trump's suggestion that the

Mexicans were going to pay for the wall.

There is going to have to be a lot of creative thinking on this one. One option already developed to some extent will be a new plastic levy to be introduced in 2021. But expect proposals on a carbon border tax and digital levy. These will be denounced as protectionist by those outside the EU. A digital tax is likely to receive particular opprobrium in the United States – from

“ PRETTY SOON, YOU'RE TALKING REAL MONEY ”



whoever is at the helm in 2021 onwards. Revising the emissions trading scheme (ETS) to include aviation and maritime sectors would make the current system fairer, but these hard-hit sectors are likely to put up a fight. The idea of a financial transaction tax has raised its head again, just as the EU tries to put some steam behind its Capital Markets Union. Each of



these proposals will be fiercely contested, but something, if not several somethings, are going to have to give in order to pay off the debt.

'Room for improvement'

The European Union has a bit of an autocrat problem at the moment. There's Orbán in Hungary, who used to be considered the exception, but now there's Poland's Kaczyński and an ever-burgeoning number of wannabes happy to fix normal checks and balances to strengthen their hold on power. While the Bulgarian prime minister was busy negotiating in Brussels, much of Sofia was enjoying another night of demonstrations against what they consider to be his corrupt administration.

Many politicians have voiced concern that the EU's budget has been abused to funnel money to government cronies – if not directly

into the pockets of members of the government. The Hungarian and Polish prime ministers, the EU's answer to Beavis and Butt-Head, declared victory after the negotiations, claiming that there would be no 'rule of law' conditionality, a strange thing to declare given that Orbán would swear on his mother's grave that he respects the rule of law.

Some are worried that the European Commission's proposals on protecting the rule of a law through a mechanism to be adopted by Council using 'reverse qualified majority voting' – yes, I know – being replaced with a system that merely requires 'qualified majority voting' has shown a significant weakening of the Commission's stance. I won't bore you with the details, but neither is likely to be effective. More promising, however, is a commitment to include measures "to ensure the collection and comparability of information on the final beneficiaries of EU funding", which might be more effective at keeping certain fingers out of the till.

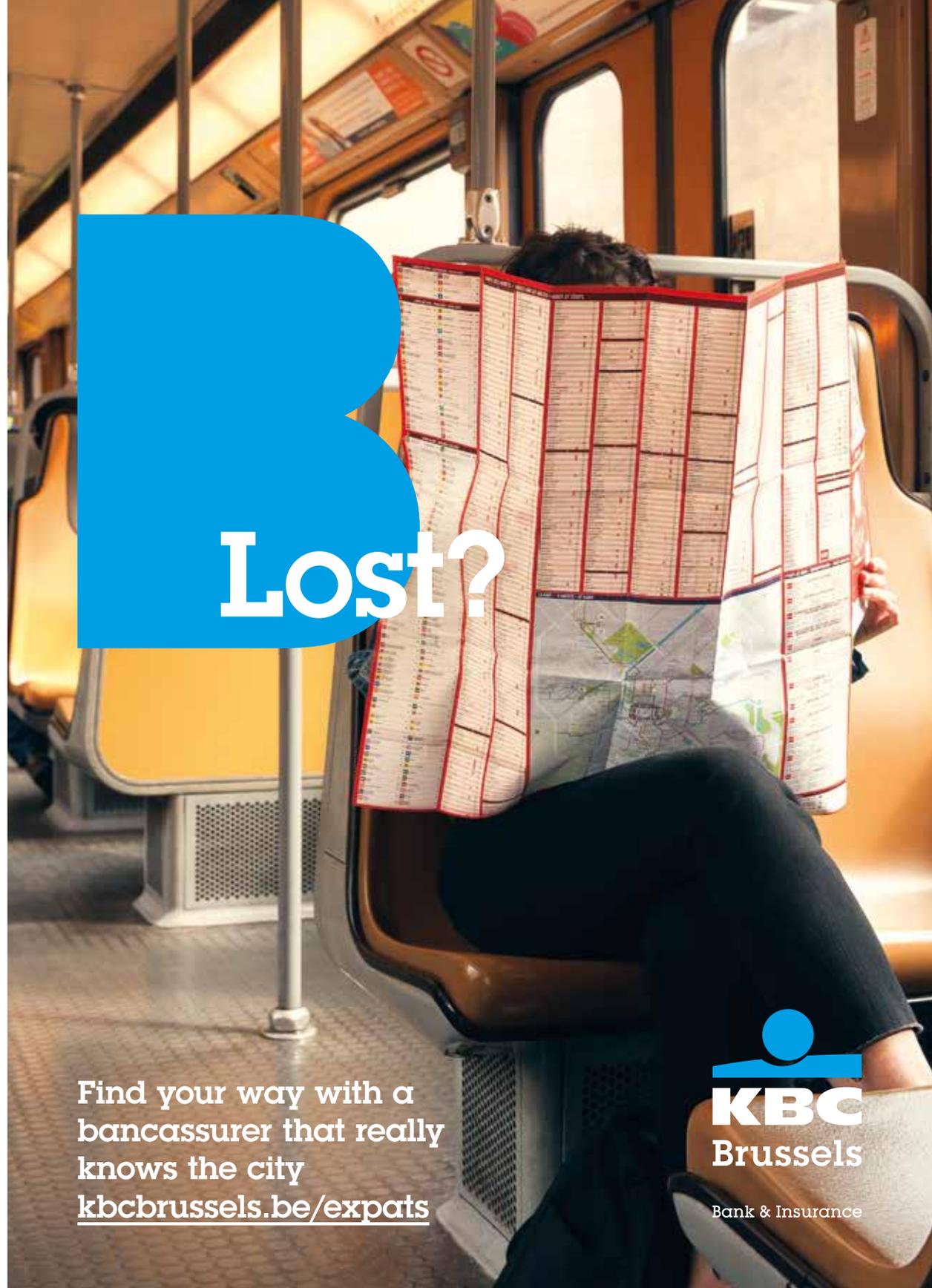
'Cooperates and works well with the other students in the class'

Finally, the headmaster, Mr Michel, will require a good solid effort at cooperation from all students. Governance measures that would allow member states to use an emergency brake could be particularly disruptive, and we would be grateful if this was only used *en cas d'urgence*. On the

other hand, all good pupils in every EU state will be expected to produce plans that are clearly linked to their country-specific recommendations – the ones that up to now they've broadly ignored.

It will be busy a year, but with application and commitment, everyone might just pass their end-of-year exams. ●

“ THESE PROPOSALS WILL BE FIERCELY CONTESTED ”



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Nature

Music to our brains

Jean o'Connor listens up to the effect of music on our health and wellbeing



The fact that there is a link between music and wellbeing is hardly news. To varying degrees, we can all be touched by music. Music quite clearly has the capacity to lift one's mood, inspire, motivate or relax, but music has been shown to do a lot more than that when it comes to the functioning of the human body, from alleviating pain and reducing anxiety, to restoring brain function following injury.

All the way back to Neanderthal man there have been indications of the creation of rudimentary musical instruments used for either communication or entertainment purposes, or both. Ancient cultures all around the world have used music as a bridge between the human and the natural worlds, going so far as to induce individuals into dream and trance states through

shamanic drumming or other forms of rhythmic sounds and percussion.

Surprisingly, consistent rhythmic sounds that are so representative of certain rites and rituals used in traditional cultures from Africa to Australia, the Americas to Tibet and India for healing, spiritual growth or access to higher consciousness, generally present at 4.5 beats per second. This beat pattern is in turn a door towards a low 'theta' state, which is the state at which the brain enters the realm of dreams, light sleep and REM.

Binaural beat therapy on the other hand, one of the many facets of using music as therapy, leads the brain into an 'alpha' state, a state in which feel-good hormones such as serotonin, melatonin and endorphins are optimally released. Binaural beat therapy is

“ THE BRAIN ENTERS THE REALM OF DREAMS ”



believed to rebalance the body by having a direct effect on the endocrine system, which in turn can lead to a state of deep relaxation that signals to the body to heal itself.

In practice, a person participating in binaural beat therapy will hear two different tones, one in each ear while using a pair of headphones. The human brain will then perceive a third tone based on the difference in frequency of the two tones being played. A 2018 study in Psychological Research analyzing 22 studies investigating the value of binaural beat therapy found that its perceived benefits were real, but that the mechanisms behind it remained a mystery.

But binaural beat therapy is just one of the many strings to the bow of music therapy. Music Therapy is a field that has become

increasingly professionalized, with practitioners working in many settings, including hospitals and care homes. It has been used to treat migraines and insomnia, to manage pain and anxiety, and is already used in clinical settings to reduce stress in pre-operative situations. It has also been successfully used in the treatment of speech loss, one of many brain injury outcomes.

In fact, possibly the most fascinating area of research related to the link between music and wellness has been done on exactly this - the use of music on the improvement of neural plasticity whereby the brain is empowered to re-wire and repair around injured areas.

In the case of speech repair for example, as music is actually processed in many parts of



the brain at the same time, it can be used to stimulate parts of the brain that are not traditionally used for speech and encourage those areas to replace injured areas as new centres for the processing of speech.

Music, therefore, does not just have an emotional effect on us, but an important physical one as well. This would mean that the value of music rests not only in the relationship between it and the listener, whereby its value depends on how each individual engages with it, but that it in fact has intrinsic properties that in turn have an independent effect on us.

And then there's a whole other angle to music-induced wellness with what has come to be labelled as 'pop psychology'. Certainly, over the past 60 years music has addressed issues of our time, whether they

be socio-economic disparities, race relations, social justice issues, domestic abuse, female empowerment, gender divides – the list is endless.

Recently, however, there has been a move towards songs that address very personal issues such as mental health struggles, anxiety attacks, depression, living with disease, bullying, lack of self-confidence and body issues, to name just a few. Today more than ever, adolescents have access to vast catalogues of music that just by their lyrics can have a lasting positive effect on their adult lives.

So, from psychologist to healer, pep talker to meditation guru, physiotherapist to neurosurgeon, music may be one of those human inventions that we take for granted as part of the fabric of who we are as a world, and yet where would we be without it... 🎧

“ THE FABRIC OF WHO WE ARE ”

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The M/Y 137 Megayacht

Bespoke yacht manufacturers CRN have completed another dream yacht



The new 62-metre vessel, an icon of creativity, bespoke innovation and contemporary yachting style, left the marina at the Ancona yard. The M/Y 137, the latest fully custom steel and aluminium work of art by CRN, has been delivered to her owner. The megayacht has now embarked on her maiden Mediterranean cruise.

Taut yet fluid, the aerodynamic external lines lend the yacht strong character and an inimitably Italian touch. The striking impression is reinforced with the personalised colours of her smoky quartz hull, silver sand superstructure and jet-black details.

The new 62-metre megayacht with an 11.50-metre beam was designed by CRN

with Italian architecture studio Nuvolari Lenard, who developed the concept and the interior and exterior styling. The owner's powerful personality and resolve shine through in the bold, unmistakable lines that stand out for miles, creating an iconic masterpiece that will endure the test of time.

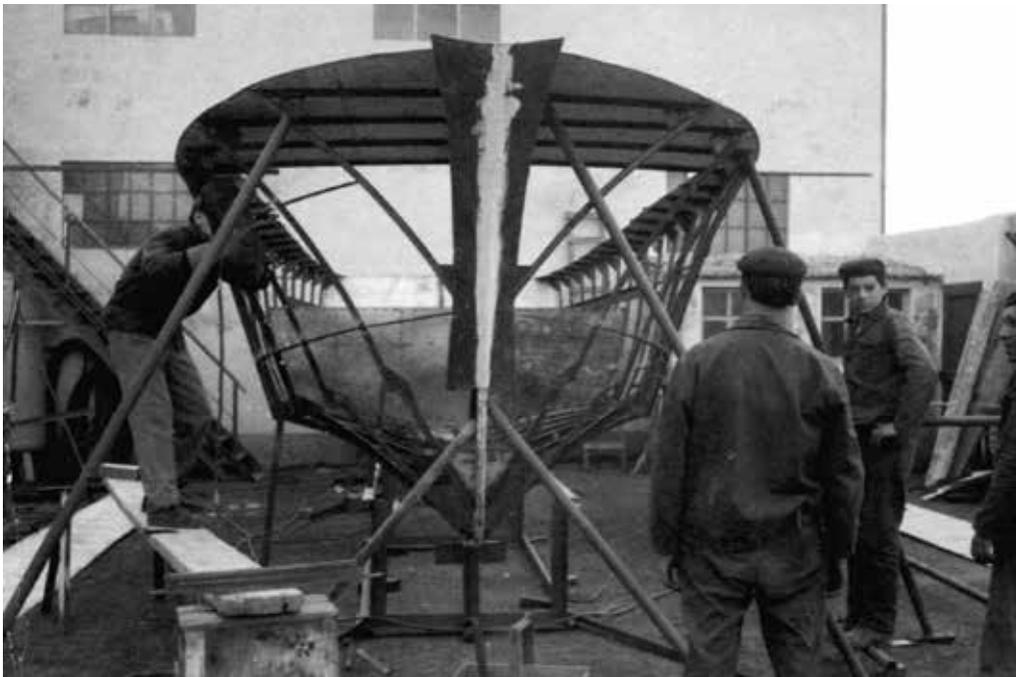
This bespoke yacht spans five decks with a master suite and five VIP cabins to accommodate 12 guests in exquisite comfort. The upper deck is the owner's exclusive domain, with a suite to the stern and a panoramic lounge at the bow offering total privacy and a space to entertain friends.

Besides her wealth of amenities and style features, the M/Y 137 is also the first CRN

LIFESTYLE

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megayacht to earn IMO Tier III certification, slashing harmful nitrogen oxide (NOx) exhaust emissions by 70%. This landmark achievement is sure to be welcomed by owners who are increasingly sensitive to environmental concerns.

“ AN ICONIC MASTERPIECE ”

An emblem of CRN's excellence and in-depth expertise, the megayacht is the work of all the highly accomplished artisans and technical specialists at the Ancona yard. Her

creativity and craft is a winning blend of complementary skills, ideas and knowledge, united by a passion to build something truly unique – inspired by the brand motto 'Made by you with our own hands'.

CRN is currently constructing another three fully custom yachts: the 62-metre CRN M/Y 138, the 72-metre CRN M/Y 139, and the 60-metre CRN M/Y 141. www.crn-yacht.com



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Motoring

Mini: Maxi story!

Motoring correspondent **Bob Monard** offers a potted history of a legend

Photo © Alec Issigonis



An alert and dashing 3X20, the Mini has been fascinating drivers since its first appearance. And the story is not about to end soon. So much the better!

1959: it was time for the Mini! We owe it to the genius of the Anglo-Greek engineer Alexander Constantine Issigonis, who became Sir Alec Issigonis in 1969. "I didn't invent the Mini, but I built it," he said of the future icon.

Its quality of its specifications is undeniable: we expected him to come up with a vehicle smaller than the Morris Minor, for four occupants and with an engine present in the British Motor Corporation database. 5.3 million Minis were produced from 1959 to 2000. With its small 10-inch wheels, its compact transverse engine controlling the

front axle, its pocket size (3,050 X 1.410 X 1,384 m) with 80% of the length dedicated to the passengers, it was built in the British Motor Corporation Longbridge factory. Its DNA? Exceptional handling and road performance. Not to mention its overall look and its smiling face! All these characteristics are still well preserved on the current range! Never change a winning team, right?

It also goes by the name Morris Mini Minor and Austin Seven. And is available in Van, Pickup, Moke and Morris Mini Traveller. The Mini wreaked havoc, as a certain racing legend, John Cooper, sharpened it for racing in circuits and rallies, with many victories as well as three trophies in Monte-Carlo and Rally Finland. Plus track championship titles in England, Switzerland and... Belgium in 1964 and 1973! In 2001, BMW relaunched

Mini Cooper S interior



its career. The Mini stretched (3,699m and 3,958m), widened (1,683m) and got taller (1,407m). The 2020 catalogue now includes traction and all-wheel drive, 3-door (102 to 306hp), 5-door (102 to 192hp), Cabrio (102 to 231hp), Clubman (102 to 306hp) and Countryman (116 to 220hp). And it comes in gasoline, diesel, hybrid and electric.

A little nod to the passing of time. The rear trunk of the Mini allowed for 120dm³ in 1959 for 211 litres – now, in 2020, it has risen to 731 litres. And its price then was 520 pounds sterling, the equivalent of 2,158 euros today. The current one is between 19,700 and 45,800 euros. Timeless, the Mini succeeds in pleasing all the time, to young and old alike, to the fairer sex as well as to the men. Continuously delivering her work on the trade, its look has been updated without erasing its genes. And it continues to evolve technologically, adorning itself with the best of each era. And it maintained the flame of its

“ I DIDN'T INVENT THE MINI, BUT I BUILT IT ”

glorious sporting record by winning the Dakar Rally five times. The Mini is Maxi, in the broadest sense of the word. Hats off to its father. And congratulations to the Munich manufacturer for having perpetuated this automobile legend with such brilliance: the modernity of the engines goes hand in hand with the different versions of passive and

active security, without neglecting a top level of comfort. Balance sheet? 61 years for this devil of princess, a bit of a wild child who has become an honourable sexagenarian – a sheer delight. Proof, if need be, that the automobile of the 21st century has in no way become cutesy, colourless and tasteless. Because, with the Mini, our emotions still matter.

And it will be around for a long time to come. With a brilliance that breeds jealousy often copied and never equalled. Simply an icon? Congratulations and thanks to the Mini. 📍

Time after time

Photographer: **Maria Dawlat** Art director: **Nicholas Siro**
Models: **Sam & Louis** @unitmodelmanagement.com
Hair & Make-up Artist: **Elke Binnemans** © Touch Dominique models Assisted by **Oumaima Rochdi**,
using **Sisley** cosmetics for make up and **Kevin Murphy** for hair

Sam: Shirt: **Pinko** Jacket: **Scotch & Soda** Necklace: **Dinh Van** Ring & bracelet: **Ole Lynggaard** Sunglasses: **Chloé**
Louis: Pullover: **Dondup** Trousers: **Scotch & Soda** Scarf: **Feliea** Sunhat: **Dior**



Louis: Shirt: **Christian Wijnants** Coat: **Sarah de Saint Hubert** Jewels: **Buddha to Buddha**



Sam: Trousers: **Christian Wijnants** Shirt: **Pinko** Coat: **Liu Jo** Jewels: **dinh van**



Louis: Jacket: **Gant** Top: **Christian Wijnants**



Sam: Body: **Love Stories** Dress: **Dior** Sunglasses: **Dolce & Gabbana** Necklace: **Zara** Bracelet: **Dimh Van**



Louis: Shirt: **Christian Wijnants** Coat: **Sarah de Saint Hubert** Jewels: **Buddha to Buddha**
Using Kevin Murphy for hair: **Bedroom hair**



Sam: Black Top: **Scotch & Soda** Jacket: **Christian Wijnants** Trousers: **Missoni**
Cap: **Dior** Necklace: **Dinh Van** Using Kevin Murphy for hair: **Easy rider, shimmer shine, session spray.**



Louis: Shirt: **Petit Bateau** Shirt: **Vans** Using Sisley cosmetics for make up: **Super sion solaire**
Instant perfect Phyto hydra teint 1 Phyto cernes éclat Phyto-poudre compacte 2 natural

Sam: Shirt: **Sarah de Saint Hubert** Trousers: **Swildens**
Using Sisley cosmetics for make up: **Phyto ombre silky rose 12, silky chestnut 20, glow silver 42, glow pearl 40.**
Phyto-blush twist 5 contour, l'orchidée rose, instant éclat base lumière, phyto-kohl perfect black.
Le phyto rouge rose bolchoi 27 + beige manhattan 15, le phyto gloss 8 milkyway.



Dress: **Christan Wijnants**

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LIFESTYLE

Fashion

Giorgio Facchini: The art of jewellery

Our fashion focus is on a remarkable jewellery designer



“A sculpture on the skin. Nested geometries, kinetic movements, counterpoints of colour, impeccably clean surfaces. Small monuments steeped in history, strictly precious. Designed for a body that wants to tell its story by talking about art.” *Giorgio Facchini.*

Known primarily for the precious jewellery and objects of the contemporary collection of Georg Jensen, of which it has become the benchmark in Belgium, Collectors Gallery also presents designer jewellery, vintage or limited editions, artists or visual artists of the past (since the 1950s) and the future, genuine sculptures to wear, including Georg Jensen, Vivianna Torun Bülow-Hübe, Anish



Kapoor, Ron Arad, Claude Lévêque, Line Vautrin, Claude Lalanne or Daniel Von Weinberger. These are pieces selected as much for their artistic and innovative dimension as for the perfection of their execution, and presented in a unique and refined setting.

On the occasion of the return of antique dealers at the Sablon and Belgian Art Square (BAS), Betty De Stefano and Ivan-Vincent Massey offer amateurs and collectors an opportunity to rediscover the extraordinary jewellery work of the sculptor and Italian goldsmith Giorgio Facchini (1947). Born in Fano, in the Marche, he began to work from the age of ten for a goldsmith who taught

Fashion



him the work of precious metal. After studying at the Academy of Venice, the artist specialized in the manufacture of sculpted jewellery, more conceptual than ornamental, finding their source of inspiration in the informal and Spatialism movement of the late 1960s.

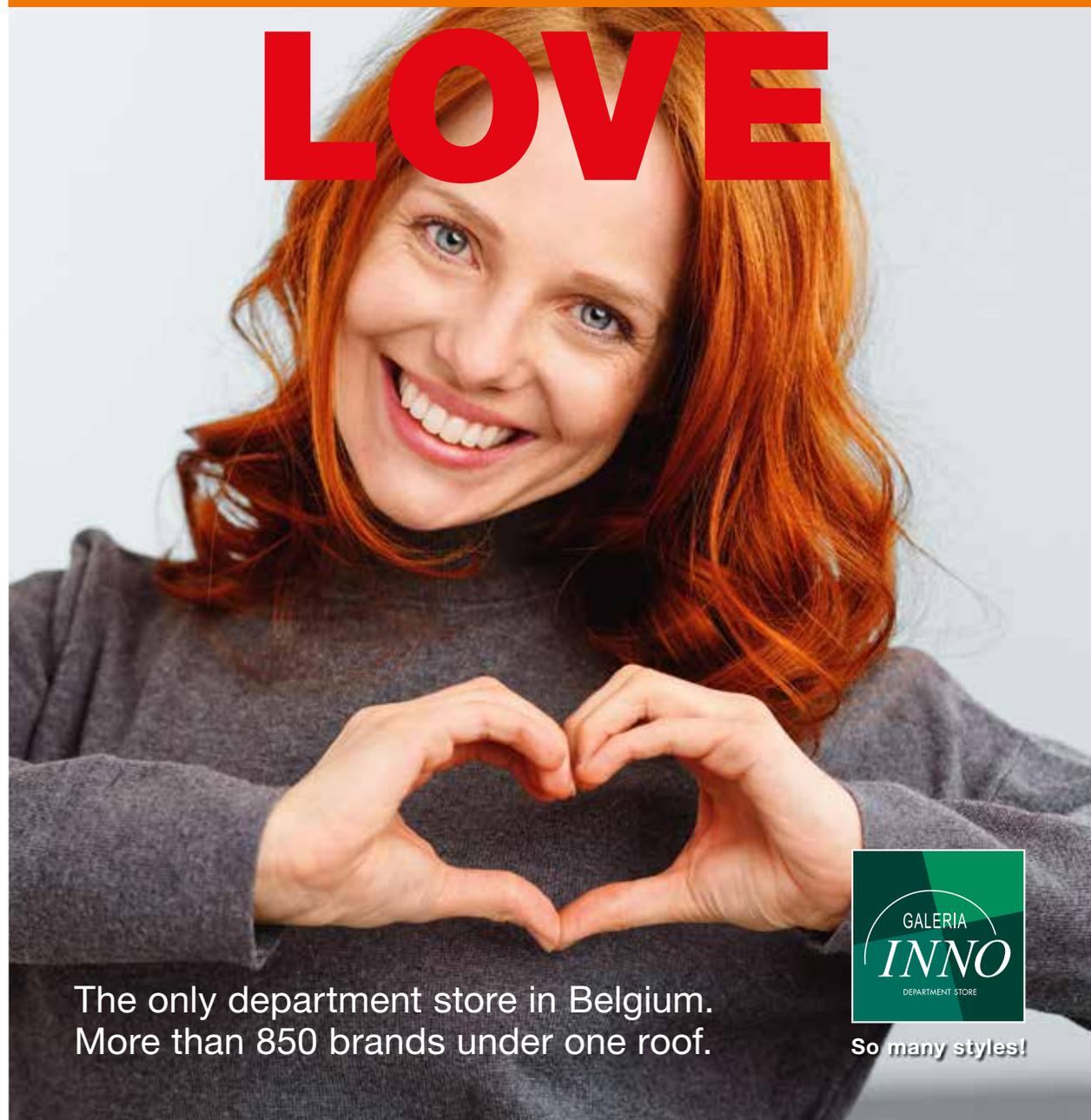
From 1969, Giorgio Facchini gave his creations a new dimension by introducing movement. His jewellery then became the support for kinetic sculptures that he created to impress Pierre Cardin, pioneer stylist of the time, who, after being seduced by this

unique talent, invited him to Paris to collaborate on a fashion show, which will greatly help to establish his notoriety. Installed today in Marche and Umbria (Spoleto), Facchini has won several international awards, and produces exclusive and unique pieces, prized by collectors around the world.

The artist will be present: 24 September from 18:00 to 21:00, and 25, 26 and 27 September from 14:00 to 18:00. Collectors Gallery, Brussels.
www.collectors-gallery.com

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Shopping



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Staycation: Create your own holiday cocktails with SodaStream

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www.sodastream.be



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Bvlgari Man Glacial Essence embodies the irrepressible masculinity of a man in constant pursuit of greatness. The freshness of its sparkling top notes awakens a surprisingly vigorous woody heart and reaches its peak with a crystallized base with intense and ambitious notes. The elemental power of a woody fern crystallized by ice: 60 ml **€82**, 100ml **€111**
www.bulgari.com



Degand

Printed scarf with red, blue and white liberty motif in cotton and silk blend by Degand: **€195**
www.degand.be





Limited Edition: Aline Procap in pink!
 Aline Procap is having a makeover for the end of the year with new pink packaging! As a Pink Ribbon partner, Trenker Pharmaceutical Laboratories supports the battle against breast cancer. Tough medical treatment during and after breast cancer is often synonymous with hair loss and inevitably has an impact on women's self-confidence. Keeping a beautiful head of hair is important aesthetically for all women. Trenker can now support them with its food supplement Aline Procap, which combines pure keratin and a complex of 11 vitamins and 3 minerals (Beer C. et al., (2014). Take part in our special action entitled 'Coupe de cœur'. www.allineprocap.com

Mobilityl Max

Have you always enjoyed being on the move? Who says you have to stop now? Joint function must be protected to ensure optimal comfort in life. The new Mobilityl Max food supplement is for people looking for a natural solution to support joint flexibility. It is based on the recognised benefits of turmeric and Boswellia serrata. Combined with two other plants and vitamin C, Mobilityl Max offers swift results². Choosing this natural formula can help you keep your joints flexible and healthy.



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www.breguet.com



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Natalie Schayes draws a world where body and jewellery become one. Her creations give the illusion being made on the body itself. For her latest collection, The Floating Stone, she has accentuated the design around the stones. Check website for price.
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- Welcome to Hulencourt, where grey skies are no reason not to play! Can't finish your round of golf? Not to worry! You'll receive a green fee equivalent to the price you paid so you can come back in better weather, between November 15th and December 15th 2020.
- These offers may not be used in conjunction with any other offer or special price reductions.
- These offers are only valid upon prior reservation, and may under no circumstances be sold on site.
- Breakfast consists of coffee, orange juice and pastries.
- Meals are served from noon to 5pm, so please take this into account when booking your slot.
- From Monday to Thursday, players' guests may enjoy the dish of the day for €15 (coffee and any other drinks are not included).
- If the client does not wish to eat, the green fee remains the same (€105).



Beauty

Beauty

Caroline Dierckx asks us to try a little tenderness

Today, antibacterial gels have taken a big place in our daily lives. It is all the more essential to pay special attention to our skin and the care we give to it, because our whole body needs tenderness. Like every new school year, we help you to discover novelties and cocooning treatments that will see you through what promises to be a very different-looking school year.



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SOS Eclat DESSANGE, illuminating mask with fruit acids, 75 ml: **€34**



Lift and firmness cream for neck and décolleté. **Valmont** V-Neck Cream, 50 ml: **€274**



EE blood orange cream, Dull Skins Detox, **Bernard Cassière**, 50 ml: **€37.50**



Moisturizing and soothing lip stick by **Bioderma**: **€6.97**



Leonor Greyl, weekend kit for coloured hair: **€40**

LIFESTYLE

Beauty

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Design

Leblon and Jadot

This month we look at a remarkable coming together of two major talents

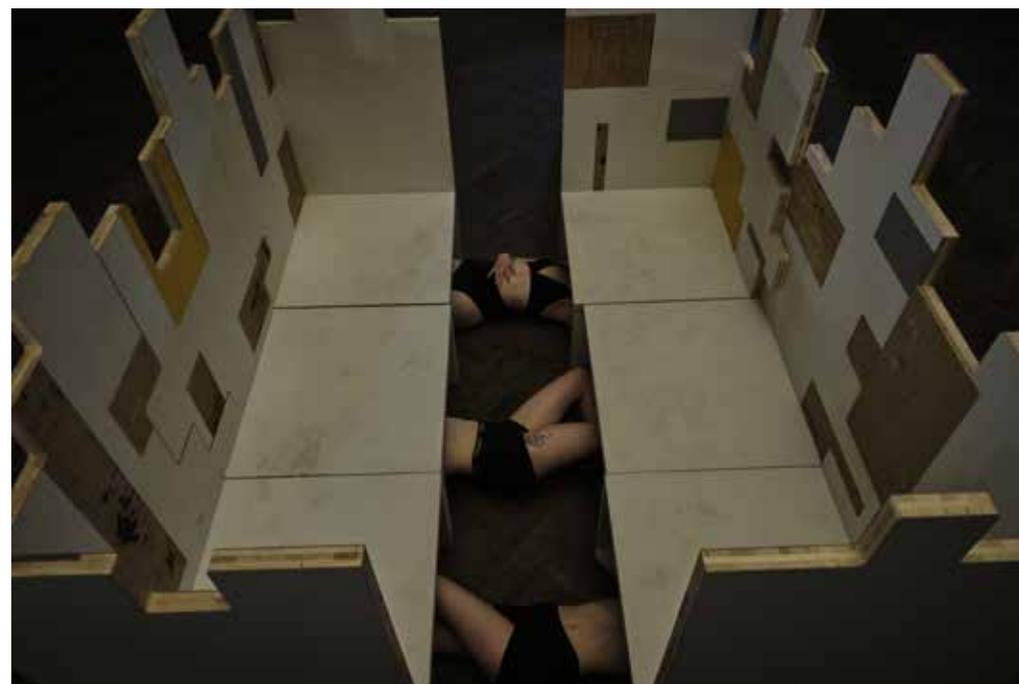


Season XV - Les ignorants - Serge Leblon & Lionel Jadot

Two different practices, photography and design, and yet the same common thread: an obsession with the organic and instinctive relationship with raw materials, the same one that fed their artistic approach and brought them together to collaborate for this exhibition project at Spazio Nobile. They did not want a simple juxtaposition of their personal work. Lionel and Serge have aimed to achieve an original creation, which would combine their respective practices, around a common theme. The subject has imposed itself on themselves: the modification of the body by the addition of machines, of various objects

constraining and at the same time increasing humane energy. Low-tech objects or scrap that give birth to ephemeral human architectures.

It is their DIY, poetically imperfect version of a sort of transhumanism, where the philosophy of the Arte Povera* woven into the objects and machines of Lionel Jadot, between recycling and overcycling, will be grafted on individuals from everyday life. These will then be put into images and filmed by Serge Leblon in a universe inspired by Dogma 95, a filmmaking movement started in 1995 and eponym manifesto created by the Danish directors Lars von Trier and Thomas Vinterberg.





The result of this combination of the augmented individuals of Lionel and the images of Serge is resolutely poetic and laced with satirical criticism. They want to provoke a humour that is reminiscent of the images of Buster Keaton. We are formally approaching the ready-made, transgressive upcycling, *Frankenstein*, the film *Crash* by Cronenberg, the film *One Week* by Buster Keaton, a combination of influences that are part of their common imagination.

* Arte Povera (poor art) was a contemporary art movement, which took place between the end of the 1960s and the beginning of the 1970s in major cities throughout Italy and above all in Turin.

Spazio Nobile Gallery, Brussels

4 September – 8 November

www.spazionobile.com



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Shopping decor

Shopping decor

Photo © Constantin Meyer; German Bathroom Sector Association (Vereinigung Deutsche Sanitärwirtschaft e.V. [VDS])



Out of a longing to be closer to nature, but also against the backdrop of climate change, species extinction and corona, more and more people are trying to find their place in nature. We're meeting friends outside more again, turning to outdoor sport as an antidote to our digitalized daily lives, avidly tending gardens and bee pastures and even indulging in 'forest bathing'.

A washbasin with a view of the garden, the forest or the nearby lake turns an everyday routine into a ritual that puts its user in touch with nature. And a bathtub with a view or under the open sky provides an unparalleled scenario for nature lovers and romantics.

Pop up my bathroom

Playing with the boundaries between indoors and outside is common practice in architecture and interior design and is fuelling the imagination of home builders and bathroom planners alike: why not have an outdoor bathroom for a change?



Marie's Corner - Tennessee Meridienne

In Marie's Corner barely 25 years impose itself as a referential brand in the sofa universe. Both Belgian and international, the company has always outclassed itself by its power of adopting the different European influences to create its own style and its unique touch. The Tennessee Meridienne is made from beech wood and Scandinavian hard-pine frame, with tenon and mortise joint. Interlocked Elastic straps have been used for seating and backrest. Seat cushion upholstered with HR 55 kg foam & feather and fibre wadding/interior polyester wadding. Back cushion filled with feathers and fibres. Available in left and right facing: from **€4,248** www.mariescorner.com

Domkapa Nook Sofa

Established in 2009, Domkapa is an upholstery specialized brand based in Northern Portugal. It values the combination of four main elements: manual sewing techniques, high design solutions, comfort, and high-quality materials. Domkapa holds a tremendous passion for detailed stitching, presenting several similarities to the haute-couture philosophy focused on the value of 'hand made'. With its charming design and simple wood-legs, the Nook Sofa can be integrated into any living room. It gives warmth to the interior and brings the best of the Scandinavian essence: functionality, comfort and space. www.domkapa.pt

Shopping decor



Chaplins Furniture Brea Collection by Dedon

At Chaplins, they live and breathe modern design. Whether it's a timeless icon by Arne Jacobsen or Patricia Urquiola's latest, they consistently showcase and deliver the very best in style, quality and service to discerning clients in every region of the globe. With BREA, Edward Barber and Jay Osgerby have conceived an outdoor lounge system of quiet luxury and superior quality. Sophisticated and refined construction, together with an ingenious system of connectors, give the collection a modern profile and maximum versatility. Advanced cushion design in waterproof fabrics with a special covering of the core and elaborate belting on the frame bring indoor levels of comfort to the outdoors. The designers' attention to quality and detail at every step is perfectly expressed in BREA's aesthetic of elegant simplicity. www.chaplins.co.uk

Chaplins Furniture Table Lamp by Flos

Michael Anastassiades' bestselling IC collection for Flos encapsulates the dextrous art of the juggler, featuring a blown opaline glass orb poised upon a delicate metal frame. New for 2020 is the glossy burgundy finish which promises to add warmth and flair to contemporary interiors. 



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Ralph Fiennes: Still searching for the hidden elements

We sat down this month with a highly intelligent, well-educated and articulate actor



Though he may have emerged as one of Hollywood's top leading men with searing performances in *Schindler's List* and *The English Patient* – both of which earned him Oscar nominations – Ralph Fiennes greeted movie stardom with a sort of dignified scepticism. Highly intelligent, well-educated and articulate, he was immune to the trappings of celebrity and fled fame rather than allowing himself to become turned into a mainstream matinee idol.

Nonetheless, he has hardly been hiding in the shadows, having embraced roles ranging from Prince Hamlet to Lord Voldemort. He's

soared as John Le Carré's ultimate lost man in *The Constant Gardener* and earned critical acclaim as a director with his post-modernist take on Shakespeare's *Coriolanus* as well as his haunting portrait of Charles Dickens in *The Invisible Woman*.

His most recent film, *The King's Man* – a spin-off prequel of sorts from Colin Firth's *Kingsmen* – he plays the Duke of Oxford, the central character in an early-1900s plot in which rivaling factions, some of history's worst tyrants, attempt to plot together to wipe out millions.

LIFE OF LEISURE

The family settled in the outskirts of Antwerp at the beautiful estate of Oude Gracht

Interview

As a beacon of justice and fairness in the middle of it, Fiennes has his work cut out, both personally and cinematically. And yet, the 57-year-old is undoubtedly up to the task, in a movie that finally makes it to the cinema some 10 months after its scheduled release date.

For Fiennes, it's been a first real break in our four decades on screen. The diversion has at least enabled him to focus on home life – famously popular with the opposite sex, he's been involved with actresses Alex Kingston, with whom he was married from 1993 to 1997, and had a relationship with Francesca Amis from 1995 to 2006. He was also linked to Irish yoga artist/teacher Sirin Lewendon in 2005 - his love life seems to continually overlap and also includes a tryst with a Romanian singer, Cornelia Crisan, during his relationship with Amis. His life has certainly not been remiss of scandal; his most notable tabloid event occurred when he met a Qantas flight attendant in 2007 and allegedly had sex in flight. He has also dated aristocrat Lady Amanda Harlech.

Born in Ipswich, he is the eldest child of Mark Fiennes (1933-2004), a farmer and photographer whose father was industrialist Sir Maurice Fiennes. He is an eighth cousin of the Prince of Wales and has five siblings, including actor Joseph Fiennes and director Martha Fiennes.

Together: You've played a wide variety of roles in the course of your career. Is it important for you to keep mixing things up in terms of your choices?

Ralph Fiennes: As an actor, I'm constantly trying to discover what's lurking underneath in a character. What are those hidden elements inside a person and what people try to project to the outside world.

What is your perspective as an actor?

I like it when I can feel as an actor that I can

say anything and be free to offer up stuff and I can be heard. As an actor, I'm a child, I come with a child's enthusiasm.

Do you often reveal a great deal of yourself in your roles?

It all depends on how good an observer you are and how you look at a given performance. There will always be something unknowable when it comes to separating the actor from the performance. There are many layers to each role that mask an actor's real nature, but at the same time your essence and soul is informing the work and informing the choices. Ideally you want to be able to dissolve into your character and create something unique and different from yourself because you're not playing yourself! You might recognize certain mannerisms or gestures, but the context is different and there's often very little in common between

your own personality and your character's, even though, of course, you're giving something of yourself to your character.

Some roles will feel closer to who you really are and others will have very little resemblance to you. Even when you are playing a character for which you feel some affinity, it may not really be like you at all, even though you feel drawn to that character's nature or way of behaving.

How did you enjoy working with the cast and crew on *The King's Man*?

Well, it's always great when a director like Matthew Vaughn asks you to become a new part of a successful franchise, you think to yourself that you must be doing something good in the world of cinema to be asked in the first place. He created a great band of merry men and women for *The King's Man*, and the undertone amongst everyone working on the film was always great. When you have a great cast and one with such a hunger and feeling to make the project another success for the franchise, how can you fail?

“ A TOTALLY
NEW LEVEL TO
THE FRANCHISE ”

“ THERE ARE
MANY LAYERS
TO EACH ROLE ”





“ **FUNNY, FUN AND ENTERTAINING MOVIE** ”



You've got the young and brilliant Harrison Dickinson, the classy and wondrous Gemma Arterton, the always fantastic and superb character-actor Rhys Ifans, who displays a tremendous portrayal of Rasputin, which I believe has never been seen before.

Then, you've got Tom Hollander who transforms himself for three different parts where he plays the ruler of Russia, England and Germany. Working alongside him during the filming, I was overwhelmed by his brilliance, and I'm confident those who get to see him when the movie is released will see just why.

Were you a fan of Matthew Vaughn's previous films in this series?

Absolutely. I was very much attracted to the role and the script, even though this particular movie was a bit different to the two previous chapters, so to speak. With the context of historical characters and settings in this film, it gave a totally new level to the franchise, and there are so many different layers to this one.

I think that's what attracted myself to this role, but also the fellow cast members. I think we were all probably feeling that gravitational pull for the range of genres within the piece. There's great action, with comedy, pathos and as I say, the historical references make it such an interesting, funny, fun and entertaining movie. It was very much brilliant to be involved in.

Djimon Hounsou was very kind in his praise and admiration for your work and also said that it was such a privilege to be working alongside you in a movie and your work was something of a 'masterclass'. Matthew Vaughn also commented that you're a master of the theatre, compared to him being a novice in such areas. How nice is it when fellow actors eulogise about you in such ways?

Is that really what he said? Well, it's all a little embarrassing and Djimon is a great actor in his own right. He put his body through a lot for the action scenes in that film and he said to me after one or two of them that they were pretty tough compared to what he has done so far in his career.

Action isn't something I can put my own frame through at this stage in my life [laughs], so I leave that to the younger, fitter and more durable actors out there, now. Djimon was very much the man for the job in hand for this, more than capable.

With regards to Matthew, his experience in terms of cinema, putting a film together, the great crew that work with him, casting, etc, it makes it all a lot easier to concentrate on the job in hand. Not just for me, but for everyone, and that's a huge step in the right direction with regards to how filming can go so well, and the end product is as close to how you want it, as it's possible.

“ **IT IS A MENTAL TRANSFORMATION** ”

Again, for him to say such great things about my work and myself is flattering and again, you choose to work with these people not only because they are good at what they do, but also that they are great to work with. Being a nice person goes a long way in this industry, because as recent reports and events have come out, not everyone in the film world is as great as they seem.

The costume and design in this movie are tremendous. Certain actors like yourself will say that they find that props help the character if they really take it outside themselves to dress or style a certain way.

That's true, that's true. There are some actors who are just as themselves, but others who truly take on a new form when dressed for it. It is a mental transformation, not a physical one.

This film is a lot about leadership and

Interview

influence, and I was wondering if there was someone in particular while you were starting out acting who embodied those qualities?

My first agent, who represented me, was definitely someone who, I don't think he would ever indulge, but he had very good, common-sense advice. Young actors are anxious. I remember feeling a lot of anxiety about what jobs I would be going up for, and he would say, 'Sit at home and wait, I am putting you up for things and when I have something for you I will let you know.' And he would come and see me in shows and plays and give supportive advice.

Like what?

He'd say, 'I don't want to put you up for television, I want you to go and learn your craft in theatre outside London in regional theatres.' And that really impressed me. I think for a lot of agents, they look for the handsome, pretty faces and they want to make their commission by getting a young, pretty face into a TV series. And this was an agent taking on a client with a long-term view, and he wanted to have clients who developed over time. So he would be one of them.

“ MY MOTHER WAS AN INCREDIBLY INSIGHTFUL WOMAN ”

My mother was an incredibly insightful woman and wise, and she would definitely be there. And there was a lovely actor in my first job who was a friend of my agent, and he just carefully looked after me in my first job and made sure I was alright, and would nod in approval in rehearsal if I did something that he thought was good and just had a lovely and gentle presence. And sometimes at Christmas, he used to send me recordings of older actors that he had found, of Michael Redgrave or Charles Laughton and he would send them on cassette, which was sweet.

So will we be seeing your lovely face on television anytime soon in a series? Do you have any plans, would you do it?

I haven't got any plans. Open horizon. 🗨️



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Travel

Varenna: A jewel in the Lake Como crown

Mark Browne takes a look at the picturesque village of Varenna on Lake Como



While Lake Como has long been a famed touristic hotspot and has even enjoyed a renewed level of interest in recent years thanks to high-profile visits from Hollywood A-Listers like George Clooney, the village of Varenna has perhaps remained less well known than larger local centres such as Como itself or Bellagio. However, in recent years it has blossomed into another jewel on the lake that not only enjoys fantastic lake vistas but has multiple points of interest in its own right. With lockdown thankfully ending and the region being open to tourism again, I went to find out more.

The village of Varenna

Dating back to the Middle Ages, Varenna, located on Lake Como's eastern bank approximately halfway up the lake and opposite the peninsula of Bellagio, is a traditional, historic Italian village nestled between the lake's waters and the hillsides above. Its town centre, Piazza San Giorgio, is dominated by the San Giorgio church, which dates back to the 14th century. Its relatively plain Romanesque exterior contrasts with the interior's colourful fresco decorations. Cobble lanes wind past and through blocks of ancient houses leading off the square down to the lake and a small collection of



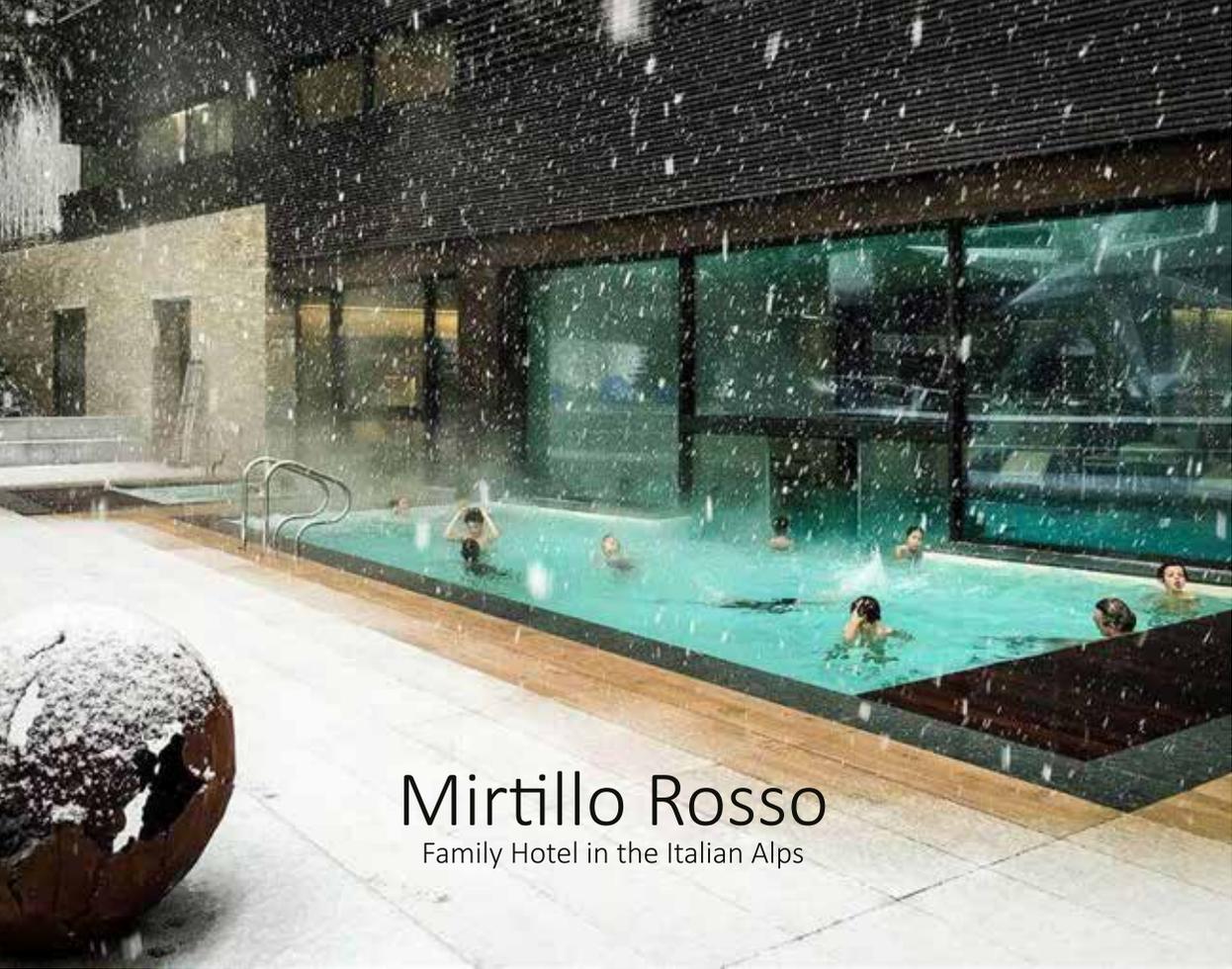
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Travel

leather shops, bars and restaurants, as well as a lake-side walkway to the ferry landing on the northern end of the town.

At the southern edge of the town lies the Villa Monastero. Founded as a monastery in the 11th or 12th century, it currently serves as a museum, botanical garden and convention centre. Speaking of botanical gardens, the nearby Villa Cipressi also boasts beautiful gardens overlooking the lake. Strolling the levels of its paths amidst its verdant foliage and statues affords beautiful vistas amidst a contemplative and calming environment characterised by the verdant foliage of cypress trees. It is one of the most famous botanical gardens of the area and is part of the prestigious Grandi Giardini Italiani collection.

For the benefit of those seeking education and enlightenment while enjoying the natural beauty of the location, QR codes are now included on the plants to provide visitors with detailed information, and a recommended route is suggested to best appreciate the gardens.

Perched on a hilltop overlooking the town, lies the Castello di Vezio, an ancient medieval fortress that nowadays serves as a museum. The path up from the village affords an invigorating stroll.

Other Activities

Varenna can also be useful as a base from which to explore the surrounding area and other towns on the lake. The ferry landing facilitates day trips by boat to other spots of interest around Lake Como. For example, Bellagio is only 15 minutes away across the lake while Villa Carlotta in Tremezzo is a little over 25. It's easy to arrange private nautical transfers or arrange boat hires. For those seeking exercise, a greenway walking route, the Green Way di Patriarchi, winds along the lake shore from Varenna town

centre southwards to the nearby town of Fiumelatte. The area is also a popular cycling route.

To the north, the nearby town of Bellano has an interesting geological feature worth visiting. The Bellano Ravine is a natural gorge, formed over approximately 15 million years by the waters of the Pioverna, which carved a deep ravine through the rock. It is now accessible by a series of walkways and bridges that give impressive views of the waterfalls and caverns of the gorge. Bellano also has a sailing marina and several kitesurfing schools. It is possible to arrange tours of local vineyards and tastings of cheese and other local produce to experience the regional delicacies at first hand in their native environment.

Dining

One of the highlights of any visit to Italy is of course the marvellous cuisine, and Varenna certainly does not disappoint in this regard. The village offers myriad dining options, many of which afford panoramic views over the lake. In fact,

the northern part of the town centre is replete with restaurants, primarily featuring local Italian specialities. These include lakeside locations but also venues throughout the atmospheric backstreets of the town. They also feature local wines, many of which are made from the Nebbiolo grape that flourishes in the mountainous terrain of the region.

All budgets are catered for but, for those wishing to indulge themselves, the Royal Gourmet restaurant located on a veranda overlooking Lake Como within the Royal Victoria Hotel offers a five-course tasting menu featuring typical Larian cuisine, as well as dishes with a more international flavour.

Where to stay

The pre-eminent hotels in Varenna are the Hotel Villa Cipressi, a traditional luxurious lakeside villa that is characteristic of the Lake

“ HOLLYWOOD A-LISTERS LIKE GEORGE CLOONEY ”

Travel

Como area, and the neighbouring Royal Victoria Hotel. Both are four-star hotels. The latter, named in honour of Queen Victoria, who visited here in 1838, is set in a historical building which has recently been fully renovated to reflect modern tastes and standards, including a full spa, while still capturing its historical character and charm. With its entrance facing onto the town square, Piazza San Giorgio, the hotel's rear affords direct access to a beach on the lake itself as well as its own pool.



The hotel's rooms command fantastic vistas over the lake towards Bellagio, as well as the gardens of Villa Cipressi, which are directly accessible from the hotel via a short pedestrian bridge - a great spot for a pre-dinner stroll. While there are numerous botanical gardens in the Lake Como area, the Villa Cipressi is the only one with a four-star hotel within its grounds. The town also has a number of smaller establishments offering accommodation.

Accessibility

One of the great features of Varenna is how accessible it is, with road, rail and even water transport affording easy access. Located not far from the north-bound Autostrada, motorists can quickly reach the town directly from this or alternatively take the more scenic lakeside minor roads winding towards it. Either way, a large multistory car park in the town provides plenty of capacity to leave the car while enjoying your stay or exploring the area by other means without the stress of seeking roadside parking.

The minor roads are also popular with cyclists touring the area. The town is on a main train line from Milan and has a station right in the centre so it's readily accessible for those preferring not to drive. The train from central Milan takes only one hour. Finally, it's possible to arrive by water transport. The town enjoys a busy schedule for various boats that facilitate both pedestrians and even vehicles on small car ferries, so Varenna can be included in a nautical tour of the lake.

It's also possible to arrive in style across the water via a traditional iconic wooden speedboat, which is available for private hire or used as a water taxi. Varenna is probably best viewed from the water, and it's close-packed, colourful buildings along the water's edge make a beautiful picture when viewed from approaching boats, especially in the late afternoon sunshine. Definitely a picture for the album.

In summary, very accessible and well worth a visit in its own right, Varenna is certainly not to be missed on any visit to Lake Como. It can be enjoyed throughout a stay and can be the perfect location to use as a base for broader local travels.

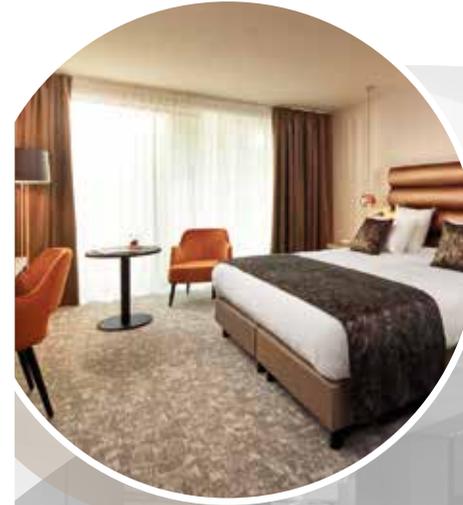
Mark Browne was a guest of the Royal Victoria Hotel.
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Travel

Hôtel Van der Valk Nivelles-Sud****

Isa Ferrier visits a Walloon Brabant hotel that has a bit (a lot) of everything



Ideally located in Nivelles, less than 30 minutes by car from Brussels, Charleroi, Mons and Louvain-la-Neuve and from the international airports, this hotel has recently benefited from a beautiful total renovation, and now boasts many more advantages.

For one, the exceptional business space has 15 modular meeting rooms, all equipped with the most up-to-date equipment.

With an area ranging from 19m² to 930m², they can accommodate from four to 950 people, depending on the configuration. Different packages are offered and vary according to the services: Meeting, Good morning, Business Package, including a business lunch, Afterwork or even Walking Dinner accompanied by fine wines. These spaces are ideal for organizing a seminar, a product launch, a conference, a workshop, an exhibition, a team building or any private event. The flexibility of the location offers an ideal setting for all your gatherings. Close to major axes, the place also hosts businesses from all over Europe.

The 155 spacious rooms are very elegant and equipped with a plasma screen, Wi-Fi

128 | togethermag.eu

and a minibar. The Hotel Van der Valk Nivelles-Sud **** is also: a Brasserie (seating 90) offering Belgian specialities, a very elegant gourmet restaurant (seating 216), a large sunny terrace seating 214 guests and a superb bar with perfectly served cocktails and which hosts many events (mixology competitions, jazz concerts, etc).

The Wellness & Fitness area has an indoor swimming pool, a sauna, a Hammam, a Jacuzzi, a fitness room and a treatment centre. It is also accessible to non-guests. An absolute must.

Worth noting also is the heated outdoor swimming pool and the 450-space free car park (equipped with six charging stations for electric cars and 12 Tesla® superchargers).

A firm favourite and deserved 'like' assured then for this establishment in the heart of Walloon Brabant – it is certainly worth a detour! Between colleagues, friends or family, it offers an answer to all your expectations and in all circumstances.

An place to discover or rediscover urgently!
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The Ardennes: A dream workplace

Where better to experience remote working?



Remote working. This is THE new trend word of 2020 which, for many, has now become a sign of a new 'normality'. How do you experience this new way of working from home? According to the latest survey by experts from The Kung Group, we can see that remote work is here to stay. Experts see the up- and downsides of this remote trend, but what if we can make the positive aspects even stronger? It is time to rediscover the pleasure of remote working in a new environment, especially in the beautiful region of the Ardennes.

Rediscover working remotely

The great advantage of remote working is that you are not dependent on the workplace. Working from a distance is feasible from anywhere, including the

Ardennes. Being close to nature can relieve stress and tension, encourage creativity and be a source of inspiration, peace and wellbeing. These are all essential aspects of professional life.

Therefore, Ardennes-étape is launching the concept of remote working in the Ardennes. No distractions, total peace and quiet, and an internet connection, which is essential for working. A healthy work-life balance is a must in any lifestyle, that's why we encourage you to enjoy one of the most beautiful regions of Belgium and to take a breath of fresh air in the green Ardennes countryside after your working hours.

This initiative aims to be able to reinforce the aspects that people currently lack when



working at home: firstly, to get some extra exercise (and not just sitting at home!), by taking a walk in the Ardennes after work. Secondly, to break the routine by going out of the house for several days, without having to take a holiday. And finally, being able to work quietly without being distracted by the daily routine at home.

The perfect balance between work and relaxation

Would you like to take your bubble or your spouse with you to the Ardennes? Just do it! Together you can enjoy a sauna, a jacuzzi, or a dip in the pool after work, ideal for complete relaxation. In the evening, you can also take the opportunity to discover the local gastronomy: the region is full of great restaurants! Because the combination of

work and pleasure is exactly what we want you to experience.

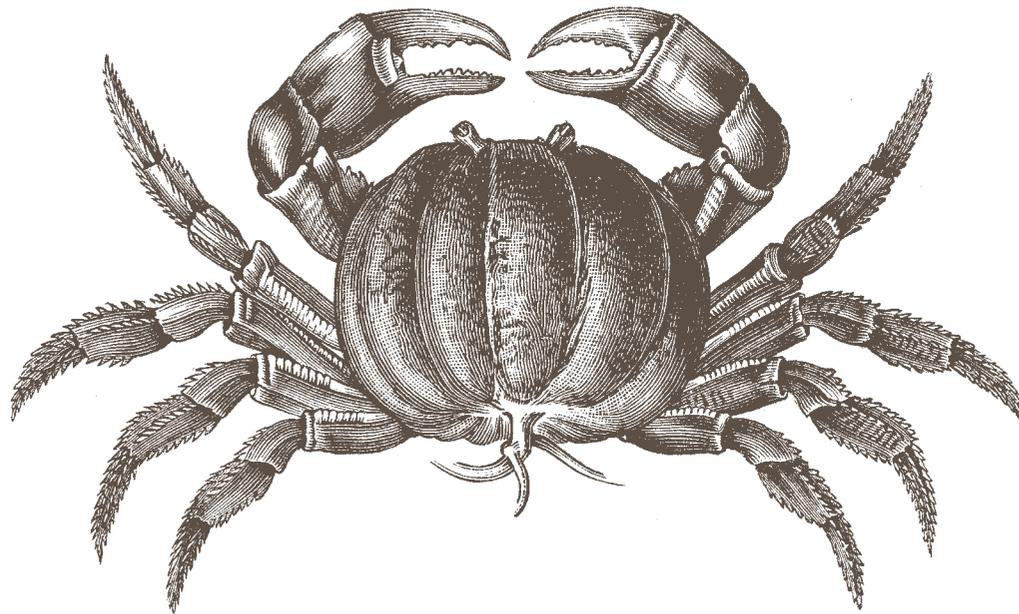
Looking for ideas? On our blog Ardennes-étape Experience, we will be happy to guide you with lots of great ideas for tested and approved walks! There is nothing more resourcing to clear your head after a stressful day. You will feel completely recharged within an hour.

Are you ready to experience the concept of 'remote working' in the Ardennes? For a midweek (in other words, the week from Monday to Friday), the price is almost the same as for a weekend... but for twice as many days. Perfect to experience the blending of work and relaxation for five days!

tinyurl.com/y5rdgptt ●

Vine Pictures

Artist Richard Höglund describes his emotional interaction with a vine



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Richard Höglund Vine Pictures: Venus stung by a rose bush.

This vine grew on Naxos as though it were the first vine. I was on Naxos to do research for my ongoing project. A mind divided is no temple to Apollo. The vine thrust from the earth behind the house where we ate and slept. I was reading *The Sonnets to Orpheus* at the table behind the house. "Leaf of my word". I began drawing the vine; writing it, as light shifted above and below. I say below, because I sat with this vine on the edge of a cliff, and, from our perch, sky and sea moved together as the hours passed. "Wave whose sea I gradually become".

The sea and sky moved together and never move. I saw the vine as a consolation, an apologia for hard geological time that was tended to us by nature. I drew it every day, and with time the vine became like an organic version of Barnett Newman's 'zip', something a person could grab onto whilst the universe revolves in its cold and perfect Real. Back in the studio, as the drawings developed into paintings, the paintings split into two directions. One, a quiet geometry of sea and sky; the other, the life of the vine, the leaf of my word. **Until 17 October.** Galerie Flore - Amaury de la Moussaye, Brussels. www.galerieflore.com





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Going nuts for Belgian chocolate

This adventurous Belgian firm believes in shared values



Maison Macolat is a unique luxury chocolate brand that marries the world's finest nut – the macadamia – with the world's best chocolate from Belgium. The Maison Macolat story begins as far back as 1883, when the Bunge family set sail from Germany, on board the Samson, bound for the subtropical region of KwaZulu-Natal, South Africa. Upon arriving in this new world, the Bunge family founded Friedewald Farm, meaning 'peaceful forests' in their native

German. Working together with the local Zulu people, Friedewald was transformed into an agricultural gem.

“ ADVENTURE, INNOVATION AND EXCELLENCE ”

While the Bunge family continued their agricultural adventure in South Africa, other family members remained in Europe where they rose to prominent stature, forming the renowned Bunge trading company in the city of

Antwerp, Belgium. Trading on the famous Graanmarkt in the heart of Antwerp, the Bunge empire facilitated the important

Dining

movement of agricultural goods. The family settled in the outskirts of Antwerp at the beautiful estate of Oude Gracht, originally constructed in 1881.

Six generations after his ancestors set off on their African adventure, Julian Bunge, CEO and founder of Maison Macolat, embarked on a new adventure, bringing the exclusive macadamia nut from South Africa to Europe. In order to bring the Macadamia Nut to the

Friedewald Farm lies on the edge of local tribal land, which, despite being located at the heart of the Macadamia microclimate, currently produces no or little economic value. The chief of this tribal land asked Maison Macolat to partner with the local community by bringing economic revival through Macadamia plantation development. Through assisting in the transformation of this community, it ensures that the highest-



quality, locally grown macadamia nut meets you in the form of Macolat.

Consequently, a once impoverished

world in the most elegant and luxurious way, Julian has partnered with one of Belgium's most renowned confectionery chefs, combining the nut with the finest Belgian chocolate in order to create the unique Macolat.

In founding Maison Macolat, Julian continues the legacy of his Antwerp-based relatives. Based upon a spirit of adventure, innovation and excellence, Maison Macolat represents what can be created when the elements of discovery are pushed.

Maison Macolat's key words are high quality, craftsmanship, heritage, sustainability, uniqueness and discovery. These are brought to life in all areas of the business. Maison Macolat fully believes in the idea of 'shared value'. This is the basis for its 'Macademy'.

community becomes empowered through Agricultural Training and Development, Leadership Development and Higher Education. Such positive interaction, engagement and empowerment will create a close-knit and cross-cultural community, with a sense of purpose, shared values and hopes for the future. The chocolates come in Salted Caramel, Milk Chocolate, Dark Chocolate, Ruby Chocolate and Yoghurt.

The macadamia nut

The 'King of Nuts', as the Macadamia is affectionately known, is the world's most exquisite nut. As the ruler of the nut kingdom, its smooth, creamy taste and rich texture allow for the finest gastronomic experience. The macadamia represents just 1% of the world's total nut supply.

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Dining



Nicolas Tournay & Arnaud Haloline
Mont-à-Gourmet-©J. Rochette

Mont-à-Gourmet

Located on a charming little square in the small village of Gouy-les-Piéton, Mont-à-Gourmet is an address that will seduce you in more ways than one. The place is simply charming, and we preferred the terrace overlooking the small garden at the back on a sunny Thursday afternoon. The staff is very caring. But everything here happens on the plate.

First of all, a little word about chef Nicolas Tournay, 1st Cook of Belgium 2020 & Young Master of Belgium. Last May, he also became Young Master of Belgium by entering the youth section of the The Mastercooks of Belgium association. It must be said that the chef has had a very nice career with starred houses such as L'Essentiel in Temploux, the Prieuré Saint Géry and also Le Gré du Vent in Seneffe.

A light but delicious menu. 4 and 6-course menus as well as a 3-course menu and a lunch formula. Driven by the desire to taste this creative cuisine, we opted for the 6-course meal: Moules-Frites revisited and surprising; lean braised meat; the chef's talented fingers sublimated an ordinary fish with peas, pig's trotters and Japanese curry; Royal crab and zucchini flower, then Antoine



Mabille's Lamb where the full-bodied juices were perfectly done delighted our taste buds.

Finally, a farmhouse rice pudding filled with Tahitian vanilla - too bad there wasn't more. And the 'Bee-scuit', which is a charming name for little shortbread Verbena/Mirabelle/ Pollen biscuits.

It is also possible to further refine your meal with the excellent wine selection. In conclusion, a treat for all food lovers, where there is no doubt about the choices from small producers and food craftsmen who provide the chef with the very best of their produce.

www.lemontagourmet.be

De Valera's Irish Pub in Flagey

When the confinement was finally lifted, it meant that one of my favourite bars in Brussels had flung open its doors once more. De Valera's boasts a prime corner spot in the hustle and bustle of Flagey life, facing the Ixelles ponds. The walls are festooned with excellent screens showing sports of all kinds. The décor has a proper Irish feel to it – including a black-and-white snapshot of the Irish Dáil back in the day with former Taoiseach Éamon de Valera in the middle. De Valera's has that essential element in any self-respecting Irish pub: a long bar counter, where conviviality reigns. Of course the



Guinness is great, but for us the biggest attraction is the grub. For now, there is a restricted choice of dishes but the fish and chips can still be had throughout the day, as can the full Irish breakfast. The staff are very attentive and among the friendliest in town. So get along there post-haste and sláinte! www.facebook.com/devaleras



BISTRÒ NAZIONALE

Let there be light! Just up the hill from Devaleras, BISTRÒ NAZIONALE is fortunate to make up a south-facing corner which catches floods of sunlight all day long. On the model of the traditional bistrò, it strikes the right balance between a trendy place and an authentic eatery – Italian style! And don't leave without trying the barman's emblematic cocktails. The menu revolves around the rhythm of the seasons and the maestro's desires. Choose from a selection of dishes, including Italian tartare, grilled beef alla Fiorentina, salami Nero Calabrese (black pork) or the spicy saltato di mare. You can also choose from 4 pastas, served in copper pans. The large L-shaped terrace invites you to enjoy the sun at any time of the day, seven days a week during summer. The interior is a mix of classic Italian design and a few touches of modernity. BISTRÒ NAZIONALE is above all a neighbourhood bistrò. They are proud to say that it is "unpretentious, affordable, enjoying the simple pleasures of life!"

www.bistronazionale.be

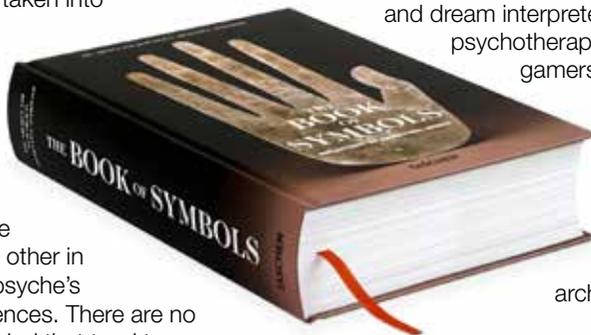
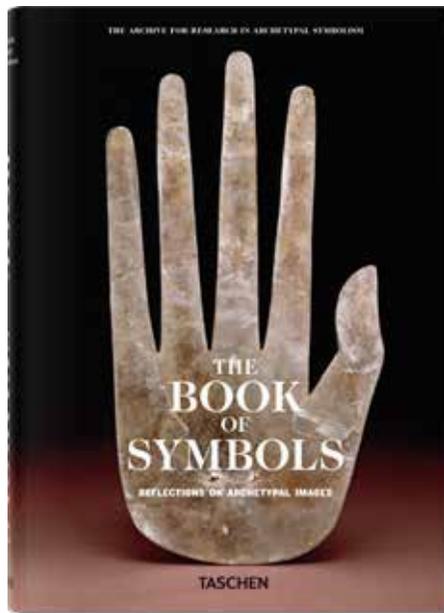
Books

The Book of Symbols

This month our **TASCHEN** book delves into symbolic mysteries

The *Book of Symbols* combines original and incisive essays about particular symbols with representative images from all parts of the world and all eras of history. The highly readable texts and over 800 beautiful full-colour images come together in a unique way to convey hidden dimensions of meaning. Each of the 350 essays examines a given symbol's psychic background, and how it evokes psychic processes and dynamics. Etymological roots, the play of opposites, paradox and shadow, the ways in which diverse cultures have engaged a symbolic image - all these factors are taken into consideration.

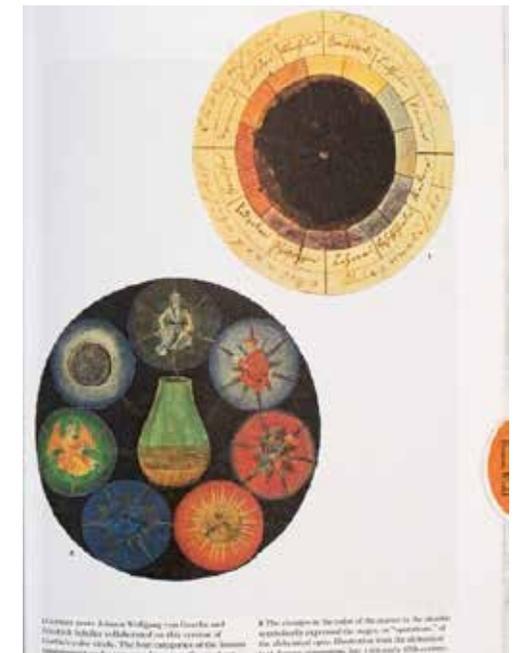
Authored by writers from the fields of psychology, religion, art, literature and comparative myth, the essays flow into each other in ways that mirror the psyche's unexpected convergences. There are no pat definitions of the kind that tend to collapse a symbol; a still vital symbol remains partially unknown, compels our attention and



unfolds in new meanings and manifestations over time. Rather than merely categorize, *The Book of Symbols* illuminates how to move from the visual experience of a symbolic image in art, religion, life or dreams to directly experiencing its personal and psychological resonance.

The Book of Symbols sets new standards for thoughtful exploration of symbols and their meanings and will appeal to a wide range of readers: artists, designers, dreamers and dream interpreters, psychotherapists, self-helpers, gamers, comic-book readers, religious and spiritual searchers, writers, students and anyone curious about the power of archetypal images.

The editor and author
Drawing upon Carl Gustav Jung's



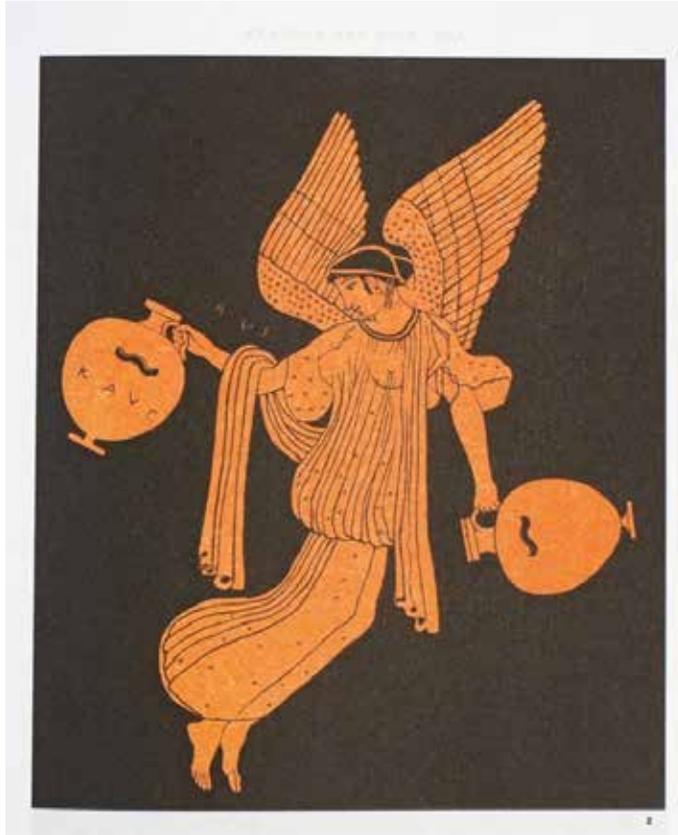
Books

work on the archetype and the collective unconscious, the *Archive for Research in Archetypal Symbolism (ARAS)* is a pictorial and written archive of mythological, ritualistic and symbolic images from all over the world and from all epochs of human experience. The collection of 17,000 photographic images, accompanied by commentary on their cultural and historical context, probes the universality of archetypal themes and provides a testament to the deep and abiding connections of all life.

The Book of Symbols: Reflections on Archetypal Images
Archive for Research in Archetypal Symbolism (ARAS)
Hard cover with thumb index, 808 pages

"I love *The Book of Symbols*. It's a mystic encyclopedia that takes you on a journey throughout time and teaches you new ways to see the world." Gisele Bündchen.

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RANDKRANT



What's on

What's On Belgium

HOTEL BEETHOVEN

250 years after his birth, Ludwig van Beethoven is more than ever an icon. In the midst of all the celebrations to mark his birthday, BOZAR opens the doors of the HOTEL BEETHOVEN. This exhibition about the composer, his music and his ideas will look at how Beethoven remains relevant to us today. An exceptional musical innovator, he also provides a springboard for questions about the democratic and physical power of sound. How can we listen with our bodies when hearing is not an option? If art can change the way in which we see the world, can it also change the way in which we listen? How do visual artists translate sounds and music into



images, movements and lines? **13 October 2020 — 17 January 2021.** BOZAR.
www.bozar.be

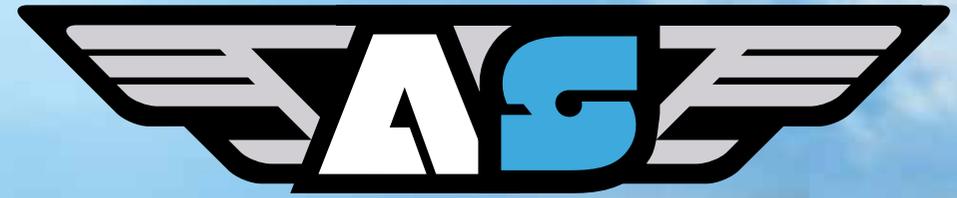
Fondation CAB: Figures on a ground

Fondation CAB is delighted to present *Figures on a Ground*, a group show bringing together works of pioneering minimalist artists fused with contemporary practices that inscribe themselves in or question the movement. Breaking open the rigid and singular definition of minimal art, the exhibition takes shape as an enticing amalgam of historic and contemporary approaches to geometric abstract sculpture and hard-edge painting. A diptych by Agnes Martin illustrates the delicacy with which she reflects on nature and happiness through the motive of the line.



the use of natural materials. Contemporary contributions to the exhibition are the digitally rendered weavings of Tauba Auerbach and Jessica Sanders' monochrome paintings with beeswax. **Until 12 December.** Fondation CAB, Brussels.
www.fondationcab.com

Other American protagonists of the original movement, such as Carmen Herrera, Agnes Truitt and Gloria Graham, illustrate how Minimalism was approached in a way far more diverse than one might think, through



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What's on

ADAM – Brussels Design Museum: BELGISCH DESIGN BELGE

A pop-up laboratory where the successive presentations that are sometimes subjective and never exhaustive will be representative of Belgian design. Pieces from different eras, materials, statues and natures build, side by side, a history of design in Belgium. For this first selection, objects from the plastic design collection – the particularity of our institution – interact with pieces of modern and contemporary design from the King Baudouin Foundation. Established after the Atomium's acquisition of the Plastic Design Collection in December 2014, the ADAM - Brussels Design Museum offers an innovative and surprising insight on the plastic design from the fifties to the present



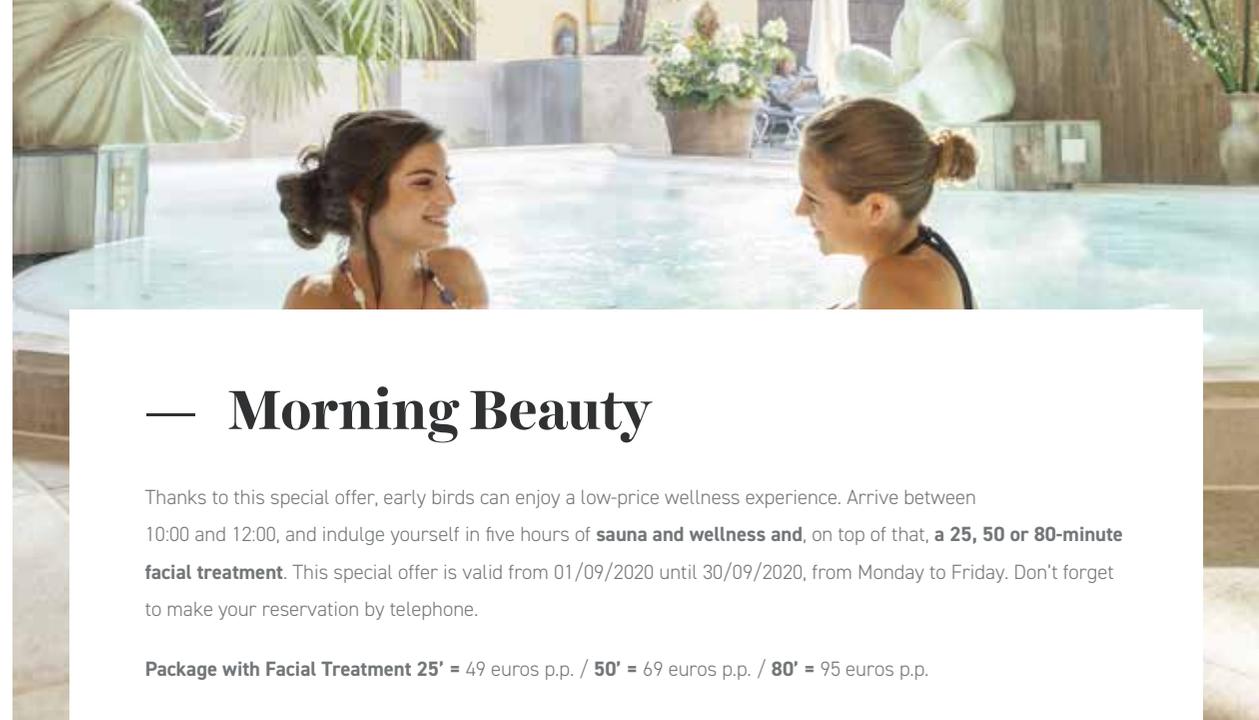
(permanent exhibition / Plastic Design Collection) and on other forms of design through other periods, expressions, materials and themes (temporary exhibitions). **30 September 2020 - 3 October 2021.** ADAM - Brussels Design Museum. www.adamuseum.be

BLIND DATE VLAANDEREN

The Snijders&Rockox House is sparing no expense with portraits. Old portraits of people who passed away a long time ago. They can no longer speak, but they still have a lot to tell us. Go on a blind date with portraits and discover who these people were or hoped to be, and what hints are hidden in their portrait. The exhibition will take place at four locations in the city, each with its own line of approach. You will find portraits of Rockox himself and his contemporaries at the Snijders&Rockox House. At the Imperial Chapel, the tone is more earnest. Faith is a serious business, but even religious types like to be portrayed well in their portrait. Saint Charles Borromeo Church displays portraits of toddlers, dressed as mini-adults.



At Butchers' Hall, some monumental works from Frans Snijders are on show, themed around fashion and tasty food and drinks. **Until 31 December.** Various locations, Antwerp. www.blinddate.vlaanderen/en



— Morning Beauty

Thanks to this special offer, early birds can enjoy a low-price wellness experience. Arrive between 10:00 and 12:00, and indulge yourself in five hours of **sauna and wellness and**, on top of that, **a 25, 50 or 80-minute facial treatment**. This special offer is valid from 01/09/2020 until 30/09/2020, from Monday to Friday. Don't forget to make your reservation by telephone.

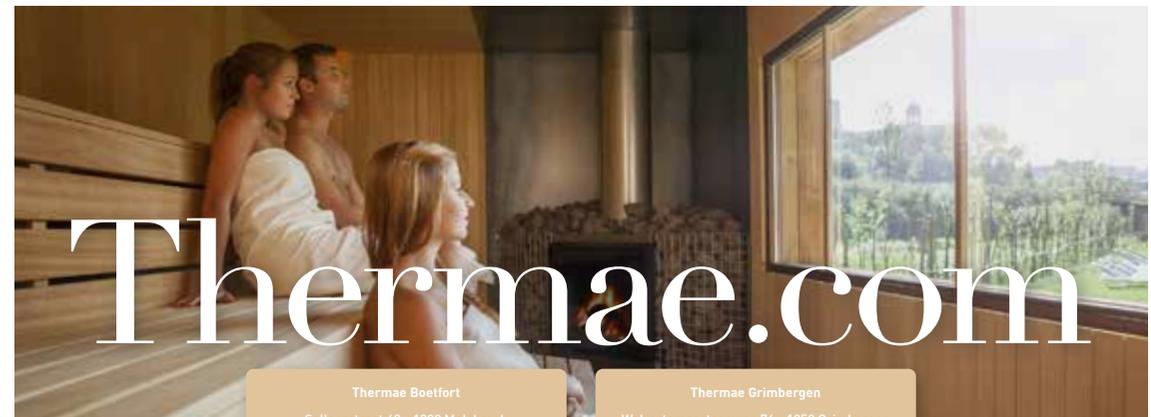
Package with Facial Treatment 25' = 49 euros p.p. / **50'** = 69 euros p.p. / **80'** = 95 euros p.p.

— Sauna After Work

Back to school or back to work, September can indeed be stressful. Let all your worries slip away with our all-in Sauna After Work special! This offer is valid from 01/09/2020 until 30/09/2020, from Monday to Thursday. Online booking is mandatory.

You can choose between 3 different packages :

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What's on

Belgian Comic Strip Center

An accomplished attraction located in the heart of Brussels, the Belgian Comic Strip Center has been honouring the creators and heroes of the 9th Art for more than 25 years. The regularly renewed permanent exhibitions and a diversified programme of temporary exhibitions enable visitors to discover the countless aspects of comics art. Tintin and the Smurfs lead the way towards further adventures, an encounter with a world where creativity has no limits. Enhanced by an exceptional Art Nouveau home designed by Victor Horta, the Belgian Comic Strip Center is just as much a tribute to the pioneers as a



glimpse of contemporary comics art. The Belgian Comic Strip Center opened its doors to the public on 6 October 1989. In no time this impressive museum became one of the main attractions of Brussels.
www.comicscenter.net

Photo © RBINS

Museum of Natural Sciences

Discover nature at the Museum of Natural Sciences in Brussels, where you can explore human nature, our evolution and biology, in the brand new Gallery of Humankind: from Sahelanthropus to Homo sapiens; from embryo to adult. In the rest of the Museum, you'll not only find the largest Dinosaur Gallery in Europe, but you'll be able to study the 1000+ specimens in the Gallery of Evolution, dive with gigantic sea lizards from the Cretaceous period in the Mosasaur Room, embark on an urban safari in BiodiverCITY discover 250 years of the history of Natural Sciences through 14 iconic specimens. With rooms dedicated to subjects as diverse as minerals, insects (with the Vivarium where you can



observe, amongst others, live tarantulas and stick insects) and shells, there's always something to discover in the permanent collections.
www.naturalsciences.be

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What's on

What's on International

Sigmund Freud Museum, Vienna

After 18 months of renovation and reconstruction (including a delay due to COVID-19), Sigmund Freud Museum reopened to visitors again at the end of August. The "birthplace of psychoanalysis", where the famous physician, psychoanalyst and thinker Sigmund Freud lived and worked for nearly half a century, offers a modernized and enlarged museum infrastructure, including a new foyer, shop and cafe, all made wheelchair accessible. Europe's largest library of psychoanalysis has been newly renovated and serves as a platform for research and communication.

Three new permanent exhibitions, a presentation of contemporary art at the Showroom Berggasse 19 and a new special exhibition all inform on Freud's multi-faceted cultural heritage. They provide a wide range of information on Freud's life and work, on the historical development of psychoanalysis and offer critical perspectives on its current issues, including its importance for society and the arts.

In the former living quarters and office of Sigmund Freud in the house at Berggasse 19 in Vienna's ninth district, the Sigmund Freud Museum presents an exhibition documenting the life and work of the founder of psychoanalysis. Freud lived and worked in this house from 1891 until 1938, when on 4 June he was forced by the National Socialists to flee with his family into exile in England.



Sigmund Freud with family and aunt Mimna, around 1898 (c) Sigmund Freud Copyrights

The interior decoration of the museum was carried out in 1971 with the help of Anna Freud, Sigmund Freud's youngest daughter. Original furnishings, including the waiting room, a selection from Freud's collection of antiquities, signed copies and first editions of his works provide a glimpse into Freud's biography, his cultural environment and the development of psychoanalysis. Unique film material, showing the Freud family in the 1930's, is shown in a video room with a commentary by Anna Freud.

It is also possible to follow in the great footsteps by joining a guided tour of Freud's Vienna with Claudia Muchitsch. She takes you to those places and sites that played a key role in the life and daily routine of Sigmund Freud in the birthplace of psychoanalysis. Optionally, the tour can be combined with a visit to one of Freud's favourite coffee houses - why not try the delicious Topfenstrudel while you're there? www.freud-museum.at/en



TRANSFORM THE ORDINARY INTO AN EXTRAORDINARY HOLIDAY!



Photos: Andy Perant - Pierre & Vacances
aerocom.eu

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



The Personal History of David Copperfield

Armando Iannucci brings a fresh, inventive and, according to the critics, utterly charming take on the Charles Dickens classic. Dev Patel stars as Copperfield, with Jairaj Varsani as his younger self, and the rest of the cast is certainly an ensemble, featuring Peter Capaldi as Mr. Micawber, Hugh Laurie as Mr. Dick, Ben Whishaw as Uriah Heep and Darren Boyd as Mr. Murdstone. The story is legendary – enjoy.
119 mins.

The King's Man

Matthew Vaughn (*Layer Cake*, 2004) brings the third instalment in the *Kingsman* film series to life – this one is a prequel, starring Ralph Fiennes as Duke of Oxford in a period action spy drama, which it sees a collection of history's worst tyrants and criminal masterminds gather to plot a war to wipe out millions, and one man and his protégé must race against time to stop them. So now you know...
Running time TBC.

The War with Grandpa

Robert De Niro does comedy, and we all know officially just how good he can be at that when he turns all his jets on. The big man plays Ed, who is forced into a war of attrition with his mischievous grandson Peter (Oakes Fegely) when the young lad is forced to clear out of his room to allow the old man in, and contrives a series of outrageous pranks in an attempt to make him move out. Tim Hill (*Muppets from Space*, 1999) directs.
Running time TBC.

Honest Thief

Liam Neeson returns to the thriller genre, in which he has made quite a name for himself in recent years. He stars as a bank robber, Tom Carter, who tries to turn himself in because he's falling in love and wants to live an honest life... but when he realizes the Feds are more corrupt than he is, he must fight back to clear his name. Mark Williams directs.
Running time TBC. 

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