

Bel Air

Residents' Magazine

The Feel Good Issue

Skin Deep

Medi beauty treatment trends

*Art to make
you smile*

**5
New
Superfoods**

Eat your way to
better health

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welcome



We hope you're enjoying the cooler weather, autumn is always the most pleasant time in Hong Kong. As always, there has been a plethora of exciting programmes at Bel-Air, from Water Fun Day for the little ones (see the photos on p30) to the ultimate cinema experience at our luxurious grand theatre (for details, see p5).

Art aficionados will have the opportunity to find out more about the inspiration behind the stunning new sculpture in Bel-Air by Nathalie Decoster in the Know Your Art section (check out the interview on p6). This issue is packed with plenty of tips for wellbeing, from the latest generation of super foods (see p17) to expert opinion on detoxes (see p20).

Here's to health and happiness!

秋天的氣息令人心情舒暢，也是香港一年裡面天氣最怡人的日子。貝沙灣當然樂於繼續為大家舉辦一系列的好節目，例如最受小朋友歡迎的夏日水上嘉年華(見第30頁)，甚至到豪華私人影院包場舉行電影派對招呼親友(詳情見第5頁)。

愛藝術的住客應該留意到，最近我們添置了法國藝術家Nathalie Decoster的雕塑作品，今期我們更與作者本人暢談藝術創作背後獨一無二的靈感(見第6頁的訪問)。生活在於藝術也在於健康，今期提供大量有關超級食材(見第17頁)與幫助身體排毒(見第20頁)的專家建議，讓大家達致身心平衡。

祝大家身體健康，生活愉快！

Mr Robert Lee 李智康先生
Deputy Chairman and Chief Executive Officer of Pacific Century Premium Developments
盈科大衍地產發展有限公司副主席及行政總裁

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讓好書陪您靜靜投入閱讀的世界

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數碼港「傢俬·生活點」



Your Home Magic
營造家居潮流魅力





Date: 11 Nov 2012
Venue: Cyberport

日期: 2012年11月11日
地點: 數碼港

CyberRun for Rehab

CyberRun for Rehab supports the rehabilitation training and consultation services for those with disabilities and chronic illness in mainland China. The Hong Kong Society was designated a WHO Collaborating Centre for Rehabilitation in 1986, and has trained more than 25,000 rehabilitation staff from over 800 hospitals, welfare institutes, rehabilitation centres and community-based projects over the last 20 years. Last year, CyberRun for Rehab 2011 raised HK\$967,712 thanks to the support of 427 runners, 416 walkers, 170 volunteers, 60 guests and sponsors.

Bel-Air residents are invited again to contribute as sponsors, form teams to participate in the Run & Walk, or sponsor patient groups or beneficiary teams to take part in the event. Sponsors will benefit from promotions through complimentary ads, posters, backdrops, brochures, insertions or website details prominently displaying logos. They will also have free event entry and be presented with a souvenir.

For more information, please contact Anita Lee, Resource

Development & Communication officer,
at 3143 2802 or email anita.lee@rehabssociety.org.hk

健康萬步數碼港

由香港復康會主辦的健康萬步數碼港活動，旨在為中國大陸的殘疾人士與長期病患提供復康培訓與一系列支援服務。香港復康會於1986年獲世界衛生組織委任為復康協作中心，20多年以來已培訓超過2萬5千名復康工作人員，他們來自全國超過8百間醫院、福利機構、康復中心及社區康復站。多得427位跑步參加者、416位步行參加者、170位義工、60位嘉賓與贊助者的全力支持，去年籌款額更達到港幣\$967,712元。

今年希望貝沙灣住客繼續鼎力支持善舉，贊助好友或組成隊伍參加賽跑及步行籌款，甚至以贊助病人團體與受惠機構隊伍的形式參與，我們都無任歡迎。贊助者將獲得大會廣告、海報、背景板、小冊子、單張鳴謝，或登出贊助者的相關網站、標誌於顯眼處，並免費參加當日活動，獲贈大會紀念品作為答謝。有關詳情可聯絡香港復康會資源拓展及傳訊主任Anita Lee，電話3143 2802或電郵anita.lee@rehabssociety.org.hk。

Bel-Air International Festival

• Bel-Air comprises a diverse, multinational community. Let's celebrate our oneness with music and dance from around the world! Performance highlights include African drumming, belly dance, traditional Korean dance, big band orchestra, and of course, our very own Bel-Air Choir complete with the French accordion and gu zheng. There will also be art and craft booths and entertainment for all ages on the day.

貝沙灣國際綜藝節

貝沙灣住客來自世界各地，儼如匯聚多國文化的小小地球村，我們即將以連場精彩的各國音樂與舞蹈表演來慶祝這獨特的優點，演出包括非洲擊鼓樂、肚皮舞、韓國傳統民族舞蹈、小型管弦樂團，當然少不了獨有法式手風琴與古箏伴奏、中西合璧的貝沙灣歌詠團。當日將會有手工藝與遊戲活動攤位，是一家大小一起參與的好節目。



Date: 18 Nov 2012
Time: 1.00 – 5.30pm
Venue: Bel-Air on the Peak
Free admission

日期: 2012年11月18日
時間: 下午1點至5點30分
地點: 貝沙灣南灣
免費入場

news

Street Sleepers' Shelter Society Donation Programme

• We will be collecting clothes, food and toiletries to donate to the Street Sleepers' Shelter Society between August 13 and October 5, 2012 at Club Bel-Air Bay Wing, Peak Wing and Club 8 Reception. Please note that only brand new clothes and unopened food and toiletries will be accepted.

If you would like to make a cash donation, please transfer to HSBC account 002-246106-001.

For more information, please call 2989 9000 or contact Club Bel-Air Reception directly.

香港露宿救濟會捐贈計劃

誠邀各位貝沙灣住客支持香港露宿救濟會捐贈計劃，捐出全新衣服，以及原封包裝的食物或個人衛生用品，收集日期由2012年8月13日至10月5日為止，大家可以將捐贈物品送到貝沙灣灣畔、朗峰、Club 8會所接待處的收集點。

如有意捐款支持，歡迎存款至香港上海滙豐銀行，銀行戶口號碼002-246106-001。

如有任何疑問，亦可致電 2989 9000向貝沙灣會所查詢。



Host a Movie Premiere at the Luxurious Grand Theatre

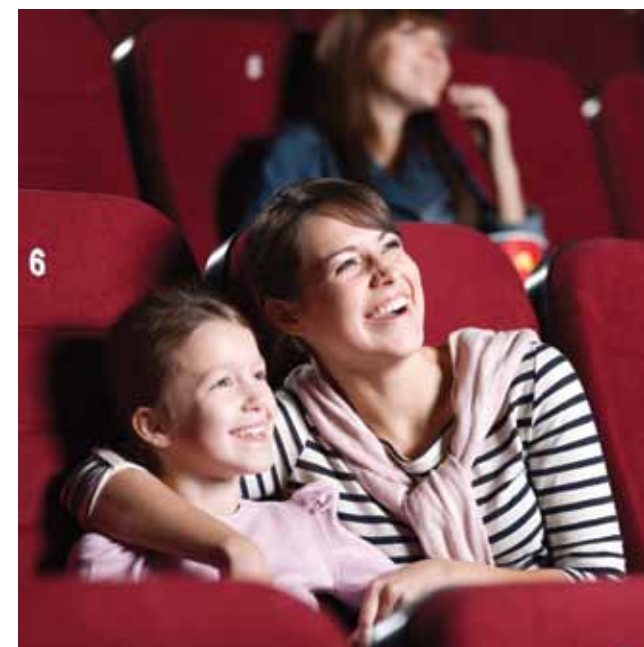
• Get ready for the ultimate cinema experience with lavish seats, a state-of-the-art sound system and pristine visuals. Book the cinema for a novel way to entertain friends and family, complete with hot, fresh popcorn! BP 8,800 for each two-hour session, including free-flow popcorn, soft drinks, coffee or tea.

Contact club reception on 2989 9000 to book your exclusive viewing session at Club Bel-Air Grand Theatre.

在豪華私人影院包場舉行電影派對

貝沙灣住客可有興趣舉行一場電影派對招呼家人與好友？立即預訂貝沙灣會所的私人影院籌備這個好玩的聚會，人人捧著一筒新鮮即製的爆谷、享受豪華舒適的座位、一流的音響、視效、播放與顯示設備，兩小時的場次每場8,800積分，包免費爆谷、汽水、咖啡或茶。

請致電貝沙灣會所，電話2989 9000預訂豪華私人影院場次，舉行一場只屬於您們的電影放映會。



Breaking the Mould



Nathalie Decoster, creator of Bel-Air Residence sculpture Air du Temps located in Peak Wing, shares her philosophical approach to art.

貝沙灣朗峰會所新置的Air du Temps雕塑出自Nathalie Decoster的手筆：一位以哲學思想進行的創作的藝術家。

How would you define your individual style?

There is always a 'messenger' or human figure in my work. Placed in geometrical structures, these figures deliver a philosophical message, sometimes humorous, on daily life filled with intense activity.

你會怎樣形容自己的創作風格？

我的作品永遠有一個「使者」或人的形體，放置於幾何形狀之中，傳遞著哲學上的主題訊息，有時帶出幽默感、或日常充滿密集活動的生活。

Which is the piece closest to your heart?

I like "air du temps" which represents freedom. When I am alone, I decide what I want at any moment, without constraint. I also need space.

哪個作品與你的心靈最接近？

代表自由的Air du Temps。當我獨自一人，我可任何時刻決定我的渴望，沒任何局限。我也很需要空間。

How do you use sculpture to express philosophical beliefs?

I am inspired by the philosopher Sénèque, particularly regarding the value of time, which has been forgotten in contemporary society. For example, being conscious of time given to you or that you allow others; taking risks with time in situations where you stand to win or lose everything and how life's most important meetings often take place by chance.

你如何藉著雕塑表現你的哲學靈感？

哲學家塞內卡對我啟發良多，尤其他對時間價值的見解，更是今天現代社會已遺亡

的想法，例如要覺察自己擁有多少時間、或你容許別人用多少時間：在你決定要贏或輸掉所有的情況下，如何利用時間賭一賭；還有人生大部份最重要的相遇通常都是偶然發生。

Which materials do you most enjoy working with?

I worked exclusively with bronze for years, but have started to use polished aluminium and stainless steel, which plays with light in a different way. I also work with concrete, as I'm interested in its origins and the interplay of void and full spaces. I love being able to implement this with bronze and find it exciting to create using a number of

materials depending on the inspiration, piece and place.

你最喜歡用哪種材料創作？

我有很多年唯一只用銅做材料，但現在已開始用磨光的鋁和不鏽鋼，它們反射出來的光線有不同的變化。混凝土是我另一新嘗試，它的成形很有趣而且空隙與充滿的空間對比很吸引我。很高興可以將混凝土與銅一起運用，根據不同的靈感、作品與地點用各種物料創作，令我感到十分興奮。

What has been the highlight of your career so far?

In 2009, my solo exhibition was housed in the Brazil Museum of Sculpture (MUBE/Sao Paulo) during the San

Paul's art biennial. I was invited to display indoor and outdoor sculptures throughout the entire museum. The exhibition was originally scheduled for three months, but to my delight, it was extended and my work was shown in South America.

你藝術生涯中至今最重要的一頁是？

2009年我在位於聖保羅的巴西雕塑美術館舉行個人展覽，那是聖保羅藝術雙年展的節目之一，我應邀請於整個博物館內外範圍展出室內及戶外雕塑。原本展期是三個月，但很高興得到延長，在南美其他地方展示。

"I AM INTERESTED IN IMPACTING THE PUBLIC AND PROVIDING SPIRITUALITY THROUGH PHILOSOPHICAL MESSAGES. MY WORK HAS A VERY IDENTIFIABLE LANGUAGE."



Why was the 2012 Le French May in Hong Kong professionally significant for you?

This was a very important project for me as I was the first artist to have the privilege of exhibiting sculptures in Central's Chater Garden and Statue Square – a great opportunity for my first cultural exchange in Asia. The exhibition continued in Macau, with several pieces placed throughout the city, culminating in a solo show at the Macao Museum of Art. I dedicated a lot of energy to these projects over three months, and was present for every installation and event. The Chinese teams I worked with were efficient, interested and showed concern – the sense of cooperation was such a pleasure!

2012年法國五月視覺藝術節目中有你的展覽，對你的藝術生涯有什麼重大意義？

這是一次非常重要的展覽，因為我是第一個有機會在中環遮打花園與皇后像廣場展出雕塑的藝術家，這也是我首次亞洲文化交流的一大里程碑。香港之後的下一站是澳門，在當地多個場所展示一系列作品，並於澳門藝術博物館舉行個人展覽。那三個月內我投放了無數的能量於作品中，每件

裝置每個盛會都參與解說，與我合作的中國同事非常高效率，對我的創作很關注、很感興趣，我很享受這種合作精神！

Which aspect of your work is most meaningful?

I am interested in impacting the public and providing spirituality through philosophical messages. My work has a very identifiable language. It always makes me happy when international collectors recognise my sculptures and tell me they have seen them across the globe! In 2009, I was invited to display my sculptures along the Champs-Élysées. Many collectors came from afar to do their Christmas shopping and found my sculptures to be completely 'at home' there, which was very rewarding.

你藝術創作過程中哪一方面最有意義？

我最喜歡透過作品影響大眾，用哲學創作主題帶出靈性上的訊息。我的藝術風格很容易辨認。當來自世界各地的收藏家認得我的雕塑並告訴我，在其他國家看過我的作品，我真的感到喜悅！2009年我應邀在巴黎香榭麗舍大道沿途擺放我的作品，聖誕節遠道而來購物的收藏家說，我的雕塑在這兒就好像回到家一樣，令我覺得很光榮。

What are your plans for the immediate future?

I would like to develop my work in China, and participate in the development of the country with by planning installations in public spaces. I'd like to introduce my "language" into urban settings, encouraging reflection on philosophical questions and providing opportunities for spiritual exchange with the Chinese, who are very receptive and inquisitive.

I have an important secret project with a well-known personality planned for next spring. I will be travelling to the US and discussing number of projects with various institutions and foundations. In the immediate future, I will isolate myself in my studio, a big factory I bought outside of Paris, and work.

請談談你的下一個目標？

隨著中國已經開始計劃在公共空間擺放更多裝置藝術，我希望到中國進行創作，將我的風格語言融入都市環境中，讓大家多作哲學問題上的反思，能夠有機會與包容力強、又有好奇心的中國人作更多靈性上的交流。

明年春季我會與一位知名人士合作，內容暫時保密。我也會到美國與多間團體機構及基金會商談工作。至於當下，我會獨自一人，在巴黎郊外自置的寬敞工作場地裡埋首創作。

GROW FOR *Gold*

Skincode spa therapist Polly Chan comes to the rescue with treatments to combat hair loss

Skincode 美容治療師 Polly Chan 提供有效防治脫髮的建議

What causes hair loss?

There are several factors that can contribute to hair loss, such as poor circulation, stress or anxiety, a diet lacking nutrition, smoking, alcohol consumption, drugs, hormone levels, hereditary factors and illness. These can upset the metabolism and life cycle of the hair, slowing down the natural growth process and shortening its life span so that hair becomes fine or frail.

導致脫髮的成因是什麼？

脫髮的成因是多方面的，循環系統問題、壓力與緊張、缺乏營養要素的飲食、煙酒、藥物、內分泌影響、遺傳及疾病都能夠破壞頭髮的新陳代謝和生命週期，減緩頭髮自然生長的速度，縮短其壽命。頭髮變得脆弱、容易折斷。

What roles does sebum play in hair problems?

Each hair follicle has one or more sebaceous glands, which produce sebum, an oil that protects the scalp and hair. Hair loss, thinning and a decrease in volume can result from seborrhoea, which occurs from the overproduction of or poor-quality sebum.

頭油分泌有機會引致什麼頭髮問題？

每一毛囊有一個或更多皮脂腺，分泌出油脂為頭皮與頭髮表面形成保護層，脫髮、頭髮變稀薄及髮量減少的常見成因是皮脂溢，由於分泌過多刺激產生過量劣質油脂而引起。

What is the key to maintaining healthy hair?

A healthy lifestyle, selecting hair products specifically made for your hair type and seeking professional assistance when problems arise.

保持頭髮健康有什麼秘訣？

首先生活習慣要健康，選用合適的頭髮護理產品，當出現頭髮問題時，需要尋找專人協助，對症下藥。

Which hair regrowth treatments are offered at the ProSkin centre?

We offer a revitalising hair regrowth treatment, the ultimate remedy for hair loss, which fortifies the production of healthy hair and improves capillary density. We also have a sebum control regrowth treatment that deep cleanses and purifies sebaceous glands by regulating the quality and quantity of sebum secreted. Finally, the root fortifying regrowth treatment provides nutrients for the hair, penetrating hair follicles directly to energise, regenerate and strengthen by enhancing oxygen to the hair root by 30 per cent.

ProSkin提供哪些頭髮再生療程？

我們有醫學激光生髮護理，有效促進血液微循環及提供細胞生長所需養份，為髮根及頭皮層細胞活動不可缺少之成份。此外，醫學激光控油活髮護理有深層清潔及淨化作用，調節過度活躍的皮脂腺，減少劣質油脂分泌。還有醫學激光強化髮根護理，有效為頭髮提供養份，能直接滲入髮囊，提升髮根氧份30%、使之恢復生機，茁壯有活力。

Which products are key in the treatment of hair loss?

The hair-regrowth products in the j.f. lazartigue anti-hair loss range

target cells directly to impact micro-circulation, biologic exchange and cellular nutrition.

什麼頭髮產品可以改善脫髮問題？

j.f. lazartigue健康活髮系列產品，有效促進微循環及提供細胞生長所需養份，有效改善脫髮問題。

How do revitalisers stimulate hair growth?

j.f. lazartigue's intensive scalp revitaliser energises, regenerates and strengthens hair by 'force feeding' the roots with a formula of vitamins, proteins, minerals and amino acids to encourage growth, strengthen, reinforce roots and improve hair structure.

養髮精華如何刺激頭髮生長？

j.f. lazartigue ISR養髮精華含豐富養份，能激活頭髮再生，並透過為頭髮根部提供大量養份，如維生素、蛋白質、礦物質、氨基酸，幫助脆弱髮絲發展健康的成長週期，讓髮絲變得強韌。。



THIRST *Quencher*

Three delicious cocktails to try at home
為你介紹三款美味可口、方便家中自製的特飲

Snow Mountain

- 3oz Orange juice
 - 3oz Pineapple juice
 - 1oz Rum
 - 1oz Malibu Liqueur
 - 2oz Coconut Milk
- Blend together until smooth
Garnish with pineapple

冰涼雪山

- 3安士 橙汁
 - 3安士 菠蘿汁
 - 1安士 酒
 - 1安士 椰子酒
 - 2安士 椰奶
- 所有材料放入攪拌機打至幼滑
用菠蘿片裝飾

Burgundy Summer

- 2oz Brandy
 - 1oz Cointreau Liqueur
 - 1oz Lemon juice
 - 1oz Syrup
 - 1oz Egg White
- Blend together until smooth
Garnish with strawberry

酒紅夏日

- 2安士 拔蘭地
 - 1安士 君度橙酒
 - 1安士 檸檬汁
 - 1安士 糖漿
 - 1安士 蛋白
- 所有材料放入攪拌機打至幼滑
用士多啤梨裝飾



Tropical Fever

- 1oz Melon Liqueur
- 1oz Vodka
- 2oz Orange juice
- 2oz Mango juice
- 2oz Grenadine juice
- 1oz Grenadine syrup
- 6pcs Strawberry
- Blend together until smooth
- Garnish with pineapple

熱帶狂想

- 1安士 蜜瓜甜酒
- 1安士 伏特加酒
- 2安士 橙汁
- 2安士 芒果
- 2安士 石榴汁
- 1安士 石榴糖漿
- 6粒 士多啤梨
- 所有材料放入攪拌機打至幼滑
- 用菠蘿片裝飾

Supreme Cuisine

Move over acai and quinoa, these are the new super foods you need to know about...
除了巴西莓與藜麥之外，關注健康的您應該認識以下的超級天然食材



Fickle by definition, food trends are no exception. While fruit and vegetables remain the natural choice for the health conscious, the never-ending search for wellness via means of the ultimate super food continues as intriguing, lesser-known varieties are discovered. The following five are the most sought-after items in pantries of the sustenance savvy today.

食物的流行趨勢跟其他潮流一樣，經常有新的轉變。水果與蔬菜是健康一族的天然之選，而追求達致身心平衡的超級食材，令更多比較罕見的農作物品種不斷湧現，要健康從此更多選擇。想奉行養生之道，廚房中要常備以下五大食材。

Black Garlic

According to Taoist mythology, black garlic was believed to grant immortality. Whether there’s truth to the rumour remains unknown, but black garlic is certainly beneficial for health, packed with almost twice the amount of antioxidants in raw garlic, in addition to S-Allylcysteine, a natural component proven to prevent cancer and lower cholesterol. Fermented for a month under high heat, black garlic is a sweet and savoury blend of molasses and tangy garlic notes, with a tender, melt-in-your-mouth consistency. Best of all, there’s none of the cons associated with its raw counterpart, such as bad breath, pungent odour or an acrid bite.

黑蒜頭

傳說中黑蒜頭擁有長生不老的神奇功效，是誇大抑或屬實雖然無從知曉，但可以肯定抗氧化成份比一般蒜頭幾乎高出一倍的黑蒜頭的確對健康有莫大益處，它還含有證實可防癌及降低膽固醇的天然S-烯丙基半胱氨酸成份。經過一個月高溫發酵的黑蒜頭味道比較甜和濃，帶強烈的糖漿和鹽味，口感柔軟得融化在嘴裡，值得加分的是它沒有普通蒜頭的刺鼻氣息，不會引致口氣也沒有任何苦辣味道。

Cupuaçu

Fans of the popular Acai berry will be pleased to know there’s a new and improved super fruit in town – the cupuaçu provides similar benefits, but is easier to grow without destroying rainforests. Grown in South America, this member of the cocoa family has a creamy pulp at the centre of a large melon, which can be made into juice, ice cream, jam, tarts and smoothies. The fruit contains potent phytonutrient polyphenols, which stimulate the immune system and support the body’s ability to fight disease. Although cupuaçu has a caffeine-like effect, this comes from its fast-acting nutrients and vitamins, which lower blood pressure without the delayed tiredness associated with caffeine. Most importantly, the high concentration of antioxidants improves circulation and brain function, and aids the process of eliminating free radicals.

古布阿蘇樹果

功效比巴西莓有過之而無不及的古布阿蘇樹果，是新一代的超級水果，相信會大受健康族歡迎，原因是它更容易種植生長，更不會破壞熱帶雨林生態。生長於南美洲的古布阿蘇樹果與可可是同一家族，外形像大大的瓜，裡面軟滑的果肉可以榨汁、做成雪糕、果醬、餅餡與幼滑果冰。豐富的多酚類植物營養素對於激



發人體免疫系統、增強抗病力有強大的功效。由於它的養份與維他命很快發揮作用，因此會發揮像咖啡因一樣的降血壓功用，卻不會像咖啡因一樣令人睡不著。最重要是它充沛的抗氧化成份能夠改善血溪循環與大腦運作，並幫助身體去除有害的自由基。

Choco

A South American legume used in Ecuadorian cuisine, Choco, has recently enjoyed time in the limelight due to its nutritional characteristics. Formerly known as the Andean Lupine due to its origins in the Andes Mountains, chocho comprises 50 per cent protein and 20 per cent fat, the latter being healthy fat containing omega-3 fatty acids. The type of protein is easily digested and of a much higher quality than soybeans, which contain phytoestrogens and can cause hormonal problems. However, as with all lupin seeds, chocho needs to be soaked, boiled and rinsed for up to 14 days before they are edible. Commonly served with hot chilli peppers and cheese, the thin outer skin must be removed before eating.

Chocho

來自南美洲的豆科植物、常用於厄瓜多爾菜式的Choco豆，因蘊含獨特營養價值而於近期大受注目。原產自安第斯山脈的Choco豆又名安第斯羽扇豆，由50%蛋白質及20%含有Omega-3不飽和脂肪酸的脂肪組成，它的蛋白質也較易吸收，而且不含大



豆蛋白質可引致內分泌問題的植物性雌激素，比大豆更勝一籌。唯一缺點是跟所有硬殼種子類一樣，食用前準備時間較長，需要兩星期前浸透、煮熟和沖洗。它可配紅番椒、辣椒與芝士烹調，但一定先要去除堅硬的外皮。

Jicama

Root vegetable Jicama is grown in Central America, South Asia, the Caribbean and Andean South American regions, prized for its crunchy, sweet fruit-like pulp, which can be eaten raw or cooked. Fat free and low in calories, jicama contains antioxidants and oligofructose inulin, a soluble dietary fibre that does not metabolise in the human body, making it a smart choice for diabetics. Rich in vitamin C, folic acid and beta-carotene, it contains anti-inflammatory properties to help can cure cold and flu and alleviate asthma symptoms. Studies indicate that jicama lowers levels of homocysteine in the body by 11 per cent, an amino acids which can increase the risk of heart disease by damaging the lining of blood vessels.

豆薯

這種根塊類植物生長於中美洲、南亞洲、加勒比海與南美安第斯山脈區，爽脆甜美的果肉可以新鮮吃也可以用來煮菜，完全不含脂肪而且極低卡路里。豆薯同時有豐富的抗氧化成份，其水溶性纖維性質的果寡糖胰島素不會在人體代謝，適合糖尿病患者

食用。大量維他命C、葉酸與胡蘿蔔素提供消炎作用，有助傷風感冒痊癒及緩和哮喘癥狀。有研究指出豆薯可減低體內的高半胱氨酸11%，減少血管壁的破壞從而降低心臟病的風險。

Kelp

Known as a miracle plant for its healing and therapeutic properties, kelp is grown in almost every ocean on earth and widely used in East Asian cuisine. The sea vegetable is a great source of iodine, which improves thyroid function and maintains a healthy metabolism and immune system, as well as iron, the mineral responsible for supplying blood cells with oxygen. Kelp also has anti-inflammatory properties and antioxidants, which provide protection from free radicals. Studies have found that a kelp-rich diet prevents estrogen cancer in women, and that Japanese women, who regularly consume seaweed, demonstrate significantly lower instances of ovarian and breast cancer.

海藻

由於擁有極強的治療及復元功效，海藻被譽為神奇植物，只要有海洋的地方就能生長，常見於東亞菜式。海藻的豐富碘質能改善甲狀腺功能、強化新陳代謝與免疫系統；其鐵質就負責為血液輸送充足氧分。海藻亦有消炎與抗氧化成份，抵禦自由基的侵害。有研究發現經常進食海藻可預防雌激素相關的癌症，因此日常多食用海藻的日本女性明顯較少機會患上卵巢癌及乳腺癌。



Detox rocks

The best kind of makeover, a detox leaves you looking and feeling good

排毒是重整身心的最好方法，從內到外都心情舒暢、容光煥發

Hong Kong's hedonistic lifestyle, hectic socialising and excessive eating and drinking culture can take its toll on our bodies. If you're feeling burnt out, particularly following a festive occasion, it may be time for a physical reboot. Bel-Air speaks to three experts on their internal cleanse strategies for the ultimate reinvigoration.

Jennifer Sheppard, founder of Downtown Detox, explains that toxins come from our body's own metabolic processes

and are also inhaled, ingested, absorbed through the skin. Long-term exposure to pollutants, chemicals, heavy metals and pharmaceuticals burden our internal systems, while stress causes free radicals to assault healthy cells.

Sheppard also believes that food has become nutritionally bankrupt and presents the risk of chemical exposure. She says: "This is also a good thing as we can have some control over what we put in our mouths, and that is where detoxing can help!" Although our bodies are designed to naturally detoxify, poor lifestyle choices hinder the process, increasing toxic build-up and can lead to illness.

Detoxes comprise a two-stage process of cleansing, followed by nutritional rebalancing, and the majority of programmes incorporate meal-replacement drinks and herbal formulas to stimulate toxin removal. Sheppard emphasises the importance of supporting the liver with minerals, amino acids and correct nutrition during the cleanse to maintain muscle mass and increase metabolic rate.

As it takes one week for the liver to begin renewal, Sheppard suggests the Downtown Detox 11-day "kick start" programme for weight loss; improved skin, digestion and elimination; improved mood, mental clarity and memory; increased energy; improved sleep; a reduction in food cravings and lower levels of triglycerides, LDL cholesterol and uric acid. Often followed by a 30-day maintenance programme, she says: "We advise clients to incorporate new habits into their lifestyles so that nutritionally cleansing becomes a way of life."

Anita Cheung, certified holistic & integrative health coach and founder & director of i-Detox International, agrees that a detox should focus more on establishing a healthy lifestyle and habits, as opposed to cleansing sporadically after over indulging. She says: "This is more easily understood usually by those already experiencing symptoms, but prevention works more effectively and is cheaper than symptom reversal."

While fasting remains a popular means of detoxing for traditionally trained practitioners, Cheung believes that a dramatic reduction of food can be overly taxing on the body, and favours a nutritionally nourishing approach to detox. Congesting foods like dairy, meat and wheat are replaced with vegetables, beans, legumes, eggs, fish and poultry. She says: "The greatest challenge for most people is their associating detox with sacrifice and suffering. My clients are surprised that healthy eating can actually be enjoyable."

To get the most out of a detox, Cheung advises keeping an open mind, finding the right programme and having a support system in place. She adds: "Emotional and mental detoxing is as important, if not more than, physical detoxing. I have seen amazing shifts in total wellbeing when people allow themselves to detoxify holistically. As one "lets go" and forgives themselves and others, their digestion and elimination improve dramatically."

Similarly, the introduction of super foods can restore mental clarity and aid decision-making. Cheung says: "What

seemed difficult before becomes solvable and new possibilities can be created. A comprehensive detox can be life changing.” She suggests taking time off in a natural setting, as the detox is more effective when the body is relaxed. “It can be a very spiritually fulfilling experience,” she says.

For those keen to ramp up their detox to the next level, juice cleanses have become increasingly popular. Melanie White, co-creator of Genie Concepts, believes that replacing meals with fresh-pressed juice results in healthier lifestyle choices. She says: “Your digestive system is overworked with all the things we put inside it. By taking on a nutrient-packed liquid diet, you will feel and see the benefits from the inside out.”

The three levels of the Genie cleanse can be adapted with three levels of detox, the beginners’ comprises more fruit which is most appealing in terms of taste, while advanced is mostly vegetable based, for the highest level of detoxification. White says: “Everyone’s body responds differently to juice cleansing. It’s not easy, and not for everyone, but the benefits are plentiful.”

As with any detox, particularly during the first day, common side effects can include headaches, cravings, a dry mouth and lethargy, but these symptoms actually indicate that toxins are beginning to leave the body. White finds that the most challenging aspect is giving up food, as people tend to miss the physical act of chewing when eating, although the juices are sufficiently satiating.

Therefore, White recommends avoiding the temptation of bars and restaurants. Instead, she suggests: “A great way to remain social is to cleanse in groups. You have a lot of spare time that be used for indulging in massages or facials, the perfect way to enhance a detox experience.” To get the most out of the programme, she recommends following pre and post-cleanse meal plans during the transition phase, and light exercise or yoga to improve overall wellbeing.



香港人心目中的享樂有時並不節制，連場的飯局聚會、暴飲暴食酒醉飯飽的習慣，最終自己身體付上代價，尤其節慶假期間狂歡後，身體可能開始支撐不住，這時就要以樂活代替享樂，平衡身心並好好清除體內廢物。貝沙灣邀請三位專家分享排毒之道，讓您恢復精神充沛的狀態。

Downtown Detox創辦人Jennifer Sheppard指出，毒素來自我們身體內的新陳代謝，也經由呼吸、進食或皮膚吸收走進我們體內，長期曝露於污染物、化學物質、重金屬與藥物的環境下，令各個器官系統負擔過重，如果本身情緒壓力大，自由基也容易侵害我們的健康細胞。

她同時認為現今的食物有太多化學污染，營養價值因此存疑。她道：「這個警號也未嘗不好，至少我們會自行警覺，提高



"WHAT SEEMED DIFFICULT BEFORE BECOMES SOLVABLE AND NEW POSSIBILITIES CAN BE CREATED."

尿酸水平。她指出，接下來可以開始30天的調整療程：「我們會建議顧客遵守新的生活習慣，將營養排毒變成日常生活的一部份。」

i-Detox International創辦人與董事張淑君(Anita)是一位認證整全健康導師，她指出排毒著重長久地建立健康生活習慣，而不是恣意滿足口腹之欲後偶爾清理一下就解決。她道：「多數是癥狀出現時，才會更易明白應該培養好習慣，預防其實比治療有效而且花費較少，問題浮現時才治療，通常會較昂貴。」

傳統健康導師經常主張斷食排毒療法，Anita卻認為大幅減低食物攝取可能會傷害身體，所以她設計的排毒療程採服用營養滋養身體的方式排毒，戒除難消化與排出的牛乳製品、肉類與小麥，代以蔬菜、豆類、雞蛋、魚與家禽類。她道：「大部份人的心理關口在於，一直以為排毒代表犧牲與苦行。我的顧客知道健康食療也可以很美味，都感到有點意外。」

要達到最佳排毒效果，Anita希望大家抱開放心態找出最適合自己的療程，而且要有完整的支援。她補充：情緒與精神上的排毒，比生理上排毒的重要性有過之而無不及。曾經見過完整地讓身心同時排毒的例子，他們達到前所未有的健康平衡。無論待人待己，當你懂得放下和寬恕，消化與排洩也神奇地大有改善。」

同樣原理，超級食材能令頭腦清晰，有助日常決策。Anita道：「從前覺得困難的事情現在彷彿有辦法解決、有進展並可創造新的機會。密集而徹底的排毒有改變生命的力量。」由於身體放鬆時排毒功效最好，她建議放一個親近大自然的假期。她道：「這也是個尋求心靈滿足的體驗。」

追求強效一點的進階排毒療程，可嘗試現時大受歡迎的鮮果汁療法Genie Concepts創辦人之一Melanie White相信鮮榨果汁代替正餐可養成良好的生活飲食習慣。她解釋：「我們吃的食物已經令消化系統負擔過重，營養豐富的流質飲食有太多好處，從內到外都可以看得見、感受得到。」

Genie Concepts提供的療程根據排毒程度分為三級，初級的果汁含有最多鮮果，味道最吸引；高級的主要材料是蔬菜，排毒效果最強。Melanie White道：「每個人的身體對果汁療程的反應都不一樣，不是人人接受到但療效的好處很多。」

任何排毒療程的第一天，身體都需要作出適應，頭痛、貪吃、口乾、昏昏欲睡等等副作用必須忍受一下，因為這代表身體正在清除毒素。Melanie White道：「最難是戒吃，因為人人都掛念嘴巴品嚐美味食物、咀嚼時的享受，雖然果汁其實相當飽足。」

所以她建議改變社交場所遷就一下，避開酒吧、餐廳美食的誘惑。她道：「跟朋友一起參加排毒療程也是一種開心的聚會形式，少去餐廳多出來的時間用來享受按摩與美容也很好，對排毒重整身心絕對有益。」要發揮療程的最大好處，她建議跟從排毒前後的飲食餐單，作為過度期的調整，配合輕鬆的運動或瑜珈，整體的健康平衡更加圓滿。

選擇食物的要求。所以我們要排毒，阻止食物污染身體！」需然人類身體有設定自然排毒程序，不良的生活習慣依然會擾亂正常排毒，體內毒素積聚太多就會引起疾病。

排毒分兩個清理階段，主要用特製飲品代替正餐，加上草藥配方去刺激毒素排出體外，然後重新平衡飲食營養。Jennifer Sheppard強調肝臟排毒時需要充份的礦物質、胺基酸與正確的營養去維持身體的肌肉量，提高新陳代謝率。

肝臟需要一星期時間才進入更新狀態，Jennifer Sheppard建議從11天的療程開始，達到一連串的效果包括減磅；改善肌膚、消化與排洩；令情緒開朗、頭腦清晰、增強記憶力；增加活力能量；安眠；減低肌餓感；降低三酸甘油酯、壞膽固醇與



Ultimate Autumn Reads

Get in bookworm mode with these great reads

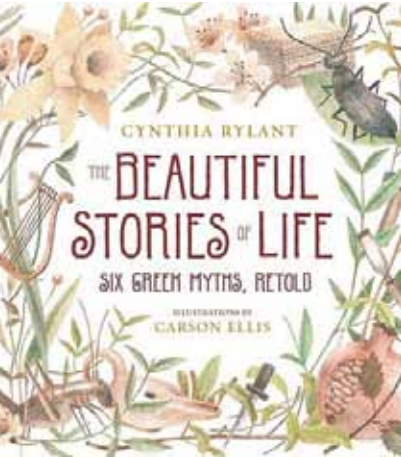
讓好書陪您靜靜投入閱讀的世界

Chill out with these literary gems. There's nothing better than snuggling under the covers with a great book!

經得起時間考驗的文學作品，最適合假期時重溫，懶在被窩中投入文字世界，是至高無尚的享受！

*The Beautiful Stories of Life:
Six Greek Myths, Retold*
Cynthia Rylant

Newbery Medal-winner Cynthia Rylant breathes new life into classic Greek mythology tales of Pandora, Persephone, Orpheus, Pygmalion, Narcissus, and Psyche. Her lyrical and understated tone is the perfect introduction to themes of love and loss, pride and forgiveness for young readers, complemented by Carson Ellis's elegant black-and-white illustrations.



美國紐伯瑞獎得獎作家辛西亞・勞倫斯特重新塑造希臘神話的經典角色：潘朵拉、普西芬尼、奧費斯、塞浦路斯王匹邁利安、納西瑟斯與賽姬。美妙而含蓄的筆觸，淡淡的為少年讀者道出愛與分離、自尊與寬恕的故事主題，更配上Carson Ellis風格優雅的黑白插畫，深刻動人。



fireworks, demonstrating how the combination of magic and storytelling can change the world.

當Toby收到Mama Inez的小鳥形邀請帖並對它吹一口氣，小鳥立即展翅飛上天空，尋寶市場的故事亦正式揭開序幕！然後11位貴賓陸續長途跋涉來到「說故事人」的帳篷，一一分享他們自己的故事，每段故事都證明奇蹟無處不在。奇蹟可能在大鑼大鼓、煙花綻放的時候出現，也可能不顯眼地靜靜發生。這書告訴我們說故事的魔力在於可以改變世界。

*Serendipity
Market*
Penny Blubaugh

Serendipity Market is created when Toby breathes on Mama Inez's bird-shaped invitations, giving them the power to fly. When 11 honoured guests travel from afar to share their stories in the storytellers' tent, each tale proves that magic is everywhere. It can present itself subtly or with trumpets and

Bridge to Terabithia
Katherine Paterson

When Jess Aaron's ambitions of being the fastest runner in fifth grade are quashed by the arrival of a new girl at school, who outruns everyone, this forms the beginning of an unexpected friendship. Together, they create a magical kingdom in the woods where their imaginations know no bounds. Jess learns the strength and courage that Leslie has given him when coming to grips with a terrible tragedy.

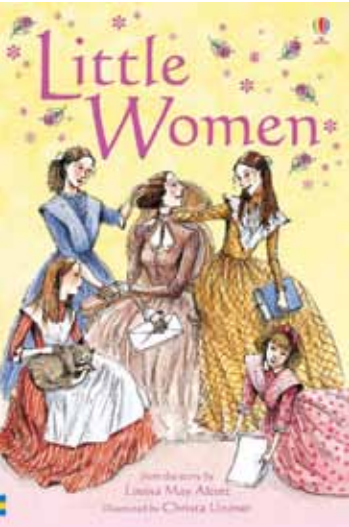
凱瑟琳・皮特森的著作《尋找夢奇地》(又名《仙境之橋》)以主角Jess Aaron的宿敵出現開始：立志成為全五年級最快速跑手的他，偏偏遇上轉校過來跑贏所有人的女同學Leslie，兩人更意外地變成好朋友。他們在森林裡建立起充滿無窮想象力的秘密王國。後來可怕的悲劇發生在Jess身上，他從Leslie學懂了堅毅與勇敢去面對一切。



Little Women
Louisa May Alcott

A must-read for every girl, *Little Women* follows the lives of four sisters, Meg, Jo, Beth and Amy March, and their triumphs and challenges in domesticity, work and love. Whether a tomboy or homebody, readers are bound to be able to relate to one of the characters, depending on their mood. The classic combines romance and family drama in a way that was considered cutting-edge at the time.

露易莎・梅・奧爾科特的文壇經典《小婦人》是每個女孩成長必讀。故事圍繞March一家四姊妹Meg、Jo、Beth與Amy於家庭生活、工作與愛情的成功與挑戰。即使是男仔頭女孩或比較深閨的少年人，都能夠隨閱讀時的心情去找到代入的角色。情節集合浪漫愛情與家庭大事，於著作面世的那個年代，被評為相當破格大膽。



Investment in Art

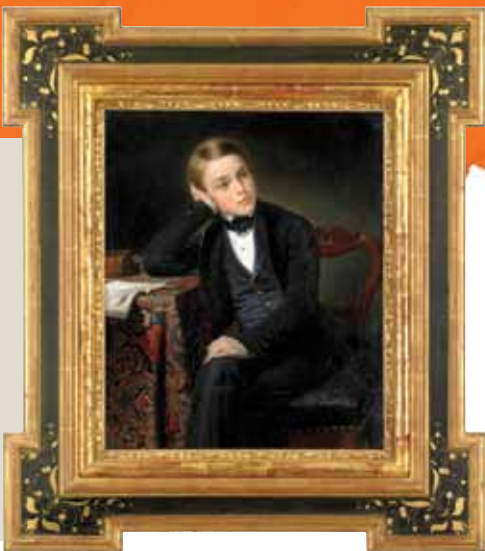
Trio Triumph

Three stunning paintings acquired from Sotheby's, London showcased at Bel-Air
貝沙灣展出購自倫敦蘇富比拍賣行的三幅傑出畫作

Portrait of a Young Gentleman Circle of Franz Xaver Winterhalter

Portrait of a Young Gentleman depicts a young, pondering man in a middle-distance style characteristic of much 19th Century portraiture. Although the artist is unknown, the painting is in the style of 19th Century German artist Xaver Winterhalter and is believed to be painted by a member of his circle.

〈年輕男子肖像〉描繪一位沉思中的男孩，運用了19世紀人像畫常見的中景構圖，雖然誰是真正作者已無從考究，但可以肯定有19世紀德國藝術家文特赫爾的風格印記，相信出自與他同一圈子的藝術家手筆。



Figures in the Moonlight by a Classical Building George Barret Jr

The work of late 18th Century and early 19th Century British watercolourist George Barret Junior depicts two figures near an imposing classical building. The atmospheric piece demonstrates the artist's mastery of detail and complex visual style, particularly in its use of light and the juxtaposition of trees and classical colonnades.

18世紀末至19世紀初英國水彩畫大師佐治·巴瑞特(Jr.)描繪了宏偉古典建築物與一旁靜靜享受夜色的兩個身影，濃厚氣氛的畫面展現作者掌握細節與表達多種視覺風格的技巧。光線的運用、大樹與古式柱廊並列的手法尤其出色。



The Whist Party Edward Frederick Brewtnall

The scene in this watercolour is both serious and fun, with looks of concentration on the figures at either end of the table lightened with the jovial air of the central figure, showing his cards to the amused woman behind him, despite the mildly disapproving looks of his card-playing companions. 19th Century British painter Edward Frederick Brewtnall was a fringe member of the Pre-Raphaelite school of artists.

這幅水彩畫描繪出莊諧並重的場面，兩旁坐在桌子兩端玩牌的人物，表情嚴肅專注，正中間那位卻神情愉快地向後面的女人展示手上的牌，形成對比的氣氛，亦看得出其他參加者對他的態度稍微否定。作者是19世紀畫家愛德華·弗雷德里克，他是前拉斐爾派藝術家的代表人物之一。



For more information email: crdept@pcpd.com



Join our competition for a chance to win amazing prizes!

參加比賽，開啟視野，贏取豐富大獎！

World Quiz corner

Attention Bel-Air young adults! Welcome to our brand new World Quiz Corner section, where each quarter we will showcase a socially significant international figure for you to research as part of an exciting competition. Anyone under the age of 18 can enter with a chance to win a coupon for pancakes and ice-cream on Sunday at the Clubhouse.

The best overall response in 2012 will have a unique opportunity to win a prize of their choosing, provided that it is reasonable and enhances education and self-improvement.

我們誠邀18歲或以下的貝沙灣住客投稿，參與貝沙灣雜誌全新的「打開世界視野」專欄。每期我們將會以一位世界偉人為主題，請大家分享對這位人物生平事跡的所思所想，你的佳作有機會贏得週日貝沙灣會所送出的Pancake及雪糕贈券，2012年度總冠軍更可獲得自選大獎(獎品必須合理並屬教育及自我增值範疇)。

The key personality for this month is...

Please email your response to the following 3 questions to crdept@pcpd.com.

1. Who is he?
2. How has he impacted society?
3. Why is he important?

本月的人物主角：請回答以下三個問題，電郵至crdept@pcpd.com。

1. 他是誰？
2. 他如何影響社會？
3. 為什麼他會成為偉人？





Kids enjoyed pool time at Bel-Air's Water Fun Day
貝沙灣夏日水上嘉年華當日，小朋友在泳池中盡情玩樂



An Evening of Art appreciation

International art aficionados gather at Bel-Air
貝沙灣匯萃環球藝術愛好者的一夜



Major art collectors from around the world attended a dinner held at Bel-Air in honour of internationally celebrated architect Zaha Hadid, Hubert Guerrand-Hermes, Luziah Hennessy, Andrew Cohen, Karyn Lovegrove, Richard and Monica Weinberg.

來自世界各地的知名藝術家參與貝沙灣舉行的晚宴，與國際級建築大師Zaha Hadid、愛馬仕掌舵人蓋朗•愛馬仕、Luziah Hennessy、Andrew Cohen、著名藝術顧問Karyn Lovegrove、Richard Weinberg與太太Monica歡聚一堂。

little Luxuries

The ultimate creature comforts at Club Bel-Air

貝沙灣會所享受頂級設施



Bel-Air residents have access to a wealth of top-notch complimentary facilities. Club Bel Air's Bay Wing includes a fully equipped gym with treadmills, cross trainers, bikes and weights, complete with a juice bar. The outdoor pool features waterfall and waterslide with a separate kids' pool, five massage beds and two Jacuzzis, while indoors, the aromatherapy pool, glacial pool, Jacuzzi and Japanese ofuro bath boast ocean views. Our changing rooms have digital lockers, dressing areas with cosmetic amenities and a range of aromatherapy products in each shower cubicle.

There's plenty to keep the little ones busy with a children's play area with toys for every age group, an oversized ball pond and more than 200 books in the library. Cute bathrooms ensure that the whole experience is tailored for Bel Air's youngest residents. Older kids can make the most of online game rooms, featuring eight computers with Broadband, and the table games room, while the adults relax in the reading lounge perusing newspapers, magazines and a collection of more than 300 novels, or simply unwind in one of the massage chairs.

Similarly, Club Bel-Air Peak Wing has an array of facilities such as an indoor 25-metre swimming pool with therapy, mineral, glacial and aromatherapy pools and Jacuzzi. The comprehensive gym also has two wall-mounted plasma TVs and individual plasma TVs for treadmills. The children's playroom is kid's paradise with an air-pressured gun game, DVD player, plasma TV and sofa chairs, while adults can enjoy peace and quiet in the massage chairs in the meditation room.

Residents of Bel-Air No. 8 have their own dedicated clubhouse, Club 8, with a reading lounge, business centre, outdoor swimming pool and reading lounge with massage chairs.

貝沙灣住客尊享的頂級免費設施，包括灣畔會所設備齊全的健身室，健身室內有跑步機、橢圓機、健身單車、舉重器械與果汁吧供應鮮果汁。戶外泳池設有瀑布與水上滑梯，另設小童池、五張按摩椅與兩個按摩池。室內亦有香薰治療專用池、泳池、按摩池與坐擁海景的日式風呂浴池。更衣室配備電子鎖儲物箱，梳妝處供應化妝用品之外，每個淋浴室都換上一系列香薰沐浴產品。

兒童遊樂園除了有各種適合不同年齡兒童的玩具，特大波波池與超過兩百本圖書必定能夠令小寶貝開心玩樂一整天，更有特別為小朋友而設的可愛的兒童洗手間，主題設計一定深得歡心。較大的小朋友可以到網絡遊戲室八台提供寬頻服務的電腦盡情玩網上遊戲，或到玩樂室享受多款好玩刺激的遊戲機，而大朋友們可以在閱讀廳悠閒地看看免費報紙、雜誌雜誌及包括小說和暢銷書在內超過三百本書籍，或者在按摩椅上鬆弛身心。

朗峰會所的廿五米室內泳池配備療程專用水池、礦物池、泳池、香薰治療池與按摩池。設有一系列健身器材的健身室有兩部掛牆Plasma電視，每座跑步機亦設獨立Plasma電視增添運動樂趣。兒童啟智天地的氣槍遊戲、DVD播放機、Plasma電視與舒適梳化讓小朋友消磨愉快時光。大朋友可到冥想室平靜思緒，在按摩椅上享受寧靜一刻。

Club 8是貝沙灣8號住客專用會所，同樣配備閱讀廳、商務中心、室外游泳池與按摩椅等等高級尊享設施。

Bowers & Wilkins granted prestigious Queen's Award

Synthetic Diamond Dome Tweeter the Ultimate Innovation

表揚鑽石球頂形高音單元的奢華創意

Bowers & Wilkins were granted the prestigious Queen's Award for Enterprise in Innovation for the ground-breaking development of the synthetic Diamond Dome Tweeter in the 800 Series Diamond, in which the tweeter diaphragm is comprised of synthetic diamond.

The synthetic Diamond Dome Tweeter delivers high quality sound reproduction by pushing the breakup frequency of the dome above the limits of human hearing, dramatically improving audible range performance. The innovative skirted diaphragm, using the chemical vapour deposition (CVD) of a synthetic diamond, was the result of research in developing loudspeakers that neither add nor subtract from a sound signal. In a tweeter, this means creating a rigid dome with that retains piston-like characteristics as far up the frequency scale as possible.

Synthetic diamond was developed in partnership with Element Six, the global leader in synthetic diamond super-materials. It was chosen for its infinite stiffness and zero mass, both fundamental characteristics of a hypothetical perfect material.

Bowers & Wilkins has a long history pioneering new acoustic technologies, and this is the third time they have been granted a Queen's Award for Enterprise. They won the award previously in 2005 for Nautilus tube-loaded tweeters, and prior to that, for being the first loudspeaker manufacturer to utilise the unique acoustic properties of Kevlar®.

The 800 Series has come a long way since its introduction in 1979, earning Bowers & Wilkins a well-deserved reputation as the place where revolutionary new acoustic technologies are created.

Loudspeakers from the range are found in many of the world's best recording studios, including London's Abbey Road Studios, and the homes of discerning audiophiles across the globe.

Both the tweeter units and the complete 800 Series Diamond range are manufactured in the UK at the Bowers & Wilkins factory in Worthing, West Sussex, where advanced technology and craftsmanship are combined to produce what many regard as the world's finest loudspeaker range.

B&W開發的旗艦級800 Series Diamond揚聲器系列首創鑽石球頂形高音單元，合成鑽石結合精密製作技術，為B&W贏得極具國際聲望的「英女皇王創新科技企業獎」。

半球形鑽石高音單元擁有極高分裂頻率，產生更純淨的音響效果，準確達到、甚至超越人類聽覺極限。創新技術的高音單元物料採用了化學蒸氣沉澱法(CVD)，製造幾近完美的鑽石球頂高音單元，將原音百分百重現，聲音信號不增也不減。堅硬的球頂發揮極佳的活塞活動作用，拓寬聲音的頻率範圍。

B&W與世界上最先進的工業鑽石物料製造商Element Six合作開發這種具有無限硬度和零質量的超級鑽石，成就假設中最完美的低音揚聲器。

今次已第三度榮獲「英女皇王創新科技企業獎」的B&W，自從品牌有史以來的音響技術革新源遠流長。其餘兩次的表揚包括2005年的Nautilus導管式高音技術，與早前成為全球首創採用含獨特聲學特性的編織防彈纖維Kevlar®作為振膜材料的揚聲器製造商。

源於1979年的800 Series是Bowers & Wilkins揚聲器系列的巔峰之作，經歷時代的見證，代表品牌革新聲學新科技方面擁有極高評價。系列深受倫敦愛彼路(Abbey Road)等頂尖錄音室的青睞，而全球有品味的音響愛好者家中，都可以找到世界上最優秀的800系列揚聲器。

高音單元裝置與鑽石揚聲器系列所有產品均由位於Worthing與West Sussex的工廠傾力製造，百分百英國生產，結合嶄新科技與高超工藝，為全球帶來清澈通透的完美音質。



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