

THE ULTIMATE HOLIDAY • A GATHERING FINISHED WITH FINS • COMING DOWN TO EARTH • LIVING LARGE A CATALYST FOR CHANGE

And one in particular that will provide you







QUINTESSENTIALLY LIFESTYLE

THE WORLD'S LEADING LUXURY LIFESTYLE MANAGEMENT SERVICE

TO LEARN HOW A QUINTESSENTIALLY MEMBERSHIP CAN WORK FOR YOU PLEASE CONTACT THE MEMBERSHIP TEAM ON +44 203 073 6602

> DOWNLOAD OUR FREE APP SEARCH 'QUINTESSENTIALLY LIFESTYLE' OR VISIT WWW.QUINTESSENTIALLY.COM/APP

> > WWW.QUINTESSENTIALLY.COM





Shamballa Jewels

Born from the love story between a Prince and his Princess, Shamballa Jewels Royal Bracelet captures the enchantment this fairy-tale story offers.



ROYAL BRACELET 1.80ct white G/vs diamonds in 18K rose gold

London | Paris | New York | Los Angeles | Miami | Las Vegas | Dallas | Moscow | Doha | Hong Kong | Lisbon | Barcelona Copenhagen | Oslo | Amsterdam | Hamburg | Munich | Zurich | St Tropez | Courchevel | Knokke | Andorra | Kiev | St Maarten

WWW.SHAMBALLAJEWELS.COM

Explore the Energy of Creation



ON THE COVER : Eva and Sonu Shivdasani lend their support to the 'FINished with Fins' campaign (photographed by Huyam Mohamed). The Shivdasanis have teamed up with many of Asia's prominent opinion leaders in saying 'I'm FINished' with shark fin soup in a campaign that features poignant black & white photos of hundreds of celebrity ambassadors blockin their mouths, a sign of rejecting Shark Fin soup.



the editorial TEAM

EDITORIAL DIRECTOR Sophy Williams

CREATIVE DIRECTOR Isabel Wallin

HEAD OF SALES Karl Gracián Danielson

EDITORIAL CONTRIBUTORS

Isabel Wallin, Lauren Michaels, Louise Warner & Harriet Thompson.

PHOTOGRAPHERS

Cat Vinton, Paul Raeside, Antonina Gern, Sandro Bruecklmeier Kitti Attakitmongcol, David William Mitchener, Robert Green, Jörg Sundermann, Kiattipong Panchee, Dan Kullburg, Bill Curry, Ruediger Glatz of the IMAGE AGENCY, Saffron Taylor, Isabel Wallin, Robert Fischer, Fritz von der Schulenberg, Basil Childers.

PUBLISHER

Sonu Shivdasani - Founder, Chairman & CEO, Soneva Resorts 142 Two Pacific Place, 19F Sukhumvit Road Klongtoey, Klongtoey Bangkok, 10110, Thailand.

The Publisher reserves the right to amend the information contained herein as necessary and without notice. All images and information are for illustrative purposes only and should not be relied upon as a basis for purchasing. Purchases of any featured Private Residences are subject to the terms, conditions and provisions of legal agreements to be provided by the developer, Soneva Resorts, Spas and Residences. This magazine does not constitute or form any part of a contract or sale. © Copyright Gracián Collection AB 2014. COPROM EUTRAL SARAZA

DISTRIBUTION

Soneva SlowLife Magazine is produced exclusively for Soneva by Gracián Collection and is distributed globally to Soneva's resorts, clientele, private residence owners and partners.

PRODUCTION BY

Gracián Collection AB Styckjunkargatan 1, 114 35 Stockholm, Sweden www.graciancollection.com info@graciancollection.com

PRINTED BY

Park Communications Ltd. London, United Kingdom.

A SPECIAL THANKS TO

Sonu & Eva Shivdasani, Tilda Swinton, Buzz Aldrin, Kate Laven, Soneva enthusiasts and other contributors for their assistance and collaboration in the production of this issue.



During the early 1920's Max Wiseman had HANDMADE EYEWEAR built up a successful business selling lenses, cases and frames either made in his own Handmade in the East End of London, each factory or in the case of metal frames, frame is crafted using luxurious rolled gold, imported from Germany. However, in the to your individual requirements. Design early 30's the rampant inflation in Germany inspiration is drawn from Savile Row's rich made this an unattractive prospect, so Max manufacturing history; the Algha Works asked his sons to set up a factory in England factory where Savile Row frames are to manufacture rolled gold frames.

Ultimately they purchased the contents of a complete factory from Rathenau, then the major centre for optics in Germany. This was to become known throughout the world as Algha Works. The Wiseman's were quick to hinges to forming the bridge. establish a new range of products and the 1934 Catalogue contained many innovative **ROLLED GOLD** designs.

throughout the world in 1988, presenting a a material created by bonding a layer of 14Kt niche product of quality and classic style. In gold to a durable base alloy on to which a 2011, after a decade of financial and artistic final coating of 24Kt gold is applied. This collaboration, Inspecs became the owner of technique means that the gold moves with Savile Row.

attention to detail remains, the classic styles of gold plated frames, offering increased prevail and the original machinery survives. durability and a beautiful, lasting colour. Retro shapes are still the foundation of the Therefore, there is unlikely to be any visible Savile Row collection.

produced has been manufacturing eyewear since the 1930s. Using much of the same machinery as when the factory was first favoured both the Savile Row Warwick and established, each frame is handcrafted to order, in a process that involves over 120 individual operations; from creating the

The Savile Row Collection was launched Rolled gold, invented by jewellers, describes the base metal as one uniform material and Many things haven't changed. Our the thickness of the gold is up to 6 times that erosion of the gold within a normal life span.

SAVILE ROW COLLECTION

The Savile Row collection includes over thirty timeless styles, from the traditional Panto and iconic Round-eye shapes, to the delicate Half-eye and the bold Dominor. The exquisite craftsmanship involved in producing a Savile Row classic has garnered the brand a loyal and discerning customer base; from the iconic John Lennon, who the Panto 45 with curl sides and yellow lenses, to the Queen of England's Savile Row Half-eye in gold. Alongside these famous wearers, Savile Row frames have appeared in Hollywood blockbusters such as Indiana Jones and Harry Potter.

This is Savile Row - as original as we've always been. The genuine article. A rare find indeed.



BESPOKE EYEWEAR • HANDMADE IN LONDON

ISSUE

THE ULTIMATE HOLIDAY THE BEST OF BOTH SONEVAS – PAGE 12

> SAIL AWAY, SAIL AWAY ... SONEVA IN AQUA – PAGE 14

JOIN US IN CELEBRATION OF ... **CELEBRATIONS AT SONEVA – PAGE 18**

A GATHERING A UNIQUE EVENT AT SONEVA FUSHI – PAGE 20

> FINISHED WITH FINS A SONEVA COMMITMENT – PAGE 26

BENEATH THE SURFACE MEET THE HOSTS, KEN KIRIYAMA - PAGE 30

ISLAND PLAYGROUND SONEVA KIRI FOR THE ACTIVE – PAGE 32

ORGANIC, SUSTAINABLE & RAW MEET THE HOSTS, PERNILLE RASMUSSEN – PAGE 38

> **EVENINGS WITH JAMES SUCKLING** WINE EXPERT AT SONEVA KIRI – PAGE 40

ON A MOLECULAR LEVEL CHEF TOM AIKENS AT SONEVA FUSHI – PAGE 42

> CHOCOLATE CARDAMOM A SONEVA RECIPE - PAGE 44



For all enquiries about Savile Row, please email: magnus@inspecs.com

ALGHA GROUP LTD. T. +44 (0)20 8985 5466 info@savileroweyewear.com

the second

THE BEGINNING OF A PHENOMENON AMIE MALMSTRÖM SHARES HER STORY – PAGE 46

A LIFE-ALTERING ENCOUNTER MEET JACQUELINE BOURBON – PAGE 48

INTREPID EXPLORERS SONEVA & SCOTT DUNN – PAGE 50

COMING DOWN TO EARTH BUZZ ALDRIN AND SONEVA – PAGE 52

LIVING LARGE THE NINE-BEDROOM REVEALED – PAGE 56

LUXURIOUS CREATIONS HOW SONEVA BUILDS THEIR VILLAS – PAGE 62

> A MATTER OF BALANCE FENG SHUI APPLIED – PAGE 66

SUSTAINABILITY IN PRACTICE A SONEVA COMMITMENT – PAGE 68

A CATALYST FOR CHANGE WHOLE WORLD WATER – PAGE 70

LEARNING TO SWIM CHANGING LIVES AT SONEVA FUSHI – PAGE 74

> A NICE STORY EVA'S WORLD RECORD – PAGE 78

the ultimate HOLIDAY

EXPERIENCE BAREFOOT LUXURY'S 'BEST OF BOTH' WITH A HOLIDAY UNLIKE ANY OTHER.

It is not always easy to decide where to spend those precious days off work to escape your daily routine. There is rarely enough time for relaxation these days and having to make a decision over where to go for the ultimate break, may serve to add to already soaring stress levels.

Trust Soneva to provide an option where you are able to experience the best of two very different destinations. 'One Week, Both Sonevas' is a tale of two world-class resorts, an unprecedented opportunity to experience both Soneva Kiri in Thailand and Soneva Fushi in the Maldives, all in one week.

For lovers of luxury who have a taste for adventure and an insatiable desire to see the world, this may be one of the most perfect solutions imaginable. With a selection of signature SLOW LIFE experiences for which each resort has become renowned, Soneva's hosts will seamlessly guide you around the islands, ensuring no stone is left unturned and no opportunity missed.

By creating a bespoke itinerary to cater for your every indulgence or opting for the 'Set Experience' cherry picking the best of both resorts, you can easily create the holiday of a lifetime.

The 'Experiential Menu' offers an irresistible range of activities, including private outdoor cinema screenings of your favourite films and private Tree Pod dinners high in the treetops. There are private sunset cruises for dolphin and flying fish spotting or line-and-pole fishing trips. Father and son picnics on deserted islands or mother and daughter spa pampering. Intimate family dinners on a private sandbank, freediving and stargazing with trained astronomers in the observatory and so it goes on. These are just a few of the serendipitous and sublime once-in-a-lifetime moments that lie in wait. Soneva Fushi's vast, multi-bedroom villas are hidden amongst dense foliage within touching distance of a pristine Biosphere UNESCO-protected coral reef and atoll. This is truly a resort for the young, and young at heart. With cycling trails, the Den, watersports galore, sixty flavours of ice cream, eleven types of pillows, five hundred wines (many organic or biodynamic) and nine options for dining, this is a true paradise.

Soneva Kiri lies tucked away on Thailand's fourth largest island, Koh Kood. Only one hour's flight from Bangkok, another world awaits where grand villas and beautiful private residences lie hidden just beyond the idyllic beaches and sundappled rainforest clearings.

You arrive by private aircraft and are greeted by your hosts before being taken to your villa. Over the next few hours, you can sample the home-made chocolates and liqueurs at the Brown Bar and dine at Benz' signature Thai restaurant before ending the day gazing at the stars from the observatory. The next couple of days can include island discovery tours, spa treatments, bespoke cooking classes, dinners and films under the stars before you are whisked away from Bangkok on the four hour flight to the Maldives. From Malé airport, a seaplane will fly you over glorious stretches of turquoise waters to your final destination, Soneva Fushi.

Deserted island picnics, freediving introductions, hours at the Six Senses spa, moonlight sandbank dinners and films on the beach before bedtime are only a few of the experiences on offer at this tropical island paradise.

With so much to choose from and new experiences on every corner, you are never far from an adventure with Soneva's ultimate holiday experience which will, without any doubt, create enough memories for an entire lifetime.



sail away, SAIL AWAY...

RELAX BENEATH CLEAR BLUE SKIES AND CRISP WHITE SAILS AS SONEVA'S FIRST FLOATING VILLA TAKES TO THE OCEAN.



IMAGINE A SLEEK ULTRA-LUXURIOUS YACHT with pristine white sails gliding between the atolls of the Indian Ocean. Now picture yourself lounging on the deck, sipping a glass of Champagne feeling the gentle spray of the warm sea cool your skin while the hours slowly drift away. Sounds dreamy and too good to be true? Perhaps, but Soneva has yet again pioneered a new concept that can make this particular dream come to life.

Launching early 2015 at Soneva Fushi in the Maldives, the Soneva in Aqua experience will combine their iconic barefoot luxury with a sense of freedom and exclusivity on the open seas that few have ever experienced until now.

Built in Taiwan by Tayana Yachts and craftsmen using traditional boat building methods, the shipyard has toiled away to deliver for Soneva that is unlike any other in the world. With a proud 35-year history of blue water cruising yachts Tayana Yachts have been considered the leader in building custom interiors for the last two decades.

Tom Cooper has project-managed the construction in close collaboration with Soneva founder Sonu Shivdasani.

"Sonu knows what he wants and it has been my job to ensure that the shipyard has delivered exactly what is expected, sometimes easier said than done," Tom tells us. "My role is to coordinate the team of experts working on the project, to ensure that they know what the guests will need and exactly what the owners expect of the final product."

Tom has project managed over fifteen yachts over the years and has brought many an idea from other projects into the creation of Soneva in Aqua. Having worked with super yacht charters with guests such as President George Bush and celebrities such as Robin Williams and Jennifer Lopez, Tom is no stranger to knowing what is needed in order to provide a superior level of service and quality.

Designed with every attention to detail in regard to both construction and amenities for the guests, here nothing has been left to chance. "We use solar and engine recycled heat to warm the water on-board and Solar PvE panels to supply the batteries," Tom says. "We have even had a "Food Waste and Food Dryer" specially designed and installed to reduce the volume and mass of wastes on-board by an amazing



90%," he continues. With on-board compressors for the diving kits, specially designed toys, a bespoke glass bar and underwater lights guests are left wanting for nothing while knowing that, as always, the dedication to the environmental aspects of their stay is true to the Soneva philosophy.

Reminiscent of the Chinese Junks, Soneva in Aqua measures 19.25 metres in length and 6.40 metres in width with a cruising speed of 6 knots and though backed up by an engine, much of its power comes from a mainsail filled with a gentle cooling breeze.

The spacious master suite has a king-size bed with his and her wardrobes, sink units, separate shower and last but not least, a sunken glass bathtub in which you can marvel at the spectacular underwater world below. The second cabin has a king-size bed, ensuite bathroom and walk-in shower facilities, all designed to offer extensive natural daylight.

Your captain will plot a course for this ultra-modern yacht based on your own desires and expectations to give you a unique sense of freedom during your escape. A 'map of locations' menu will provide you with the opportunity to tailor your voyage according to daily weather conditions, diving or snorkelling requirements and cultural interests. Here, crystal blue waters, awe-inspiring reefs and breathtaking sunsets will become your daily vistas as you experience the true meaning of luxury.

So while away the days with legs dangled over the side, relax in the jacuzzi on deck or sprawl out amongst the colourful cushions on the daybed while you are waited on by dedicated Soneva hosts providing an uncompromised level of service. Enjoy your meals indoors or out, with promises of delicious, unique and memorable experiences.

With your breakfast served either on deck or in bed with an array of fresh fruits, cereals, pastries or the like, it may make sense to opt for a couple of hours snorkelling, diving or sailing after your morning meal to work up an appetite for lunch and later on, for dinner. All meals are prepared in consultation with guests to create favourite dishes as well as some Maldivian specialties, including fish and shellfish caught fresh from the ocean that day. These are served, naturally, with the sommelier's selection of high quality





wines and spirits. Or why not pick out a private island or cove and enjoy a simple barbeque or a romantic meal under a starlit sky with sand beneath your toes. And if you don't feel like climbing into bed after dinner, you might be tempted to camp out under the stars on the top sundeck. Drift off to sleep as you gaze at the stars while listening to knowledgeable crew trained by Soneva's very own astronomer.

Spend your early mornings doing Tai Chi or yoga on the deck then pick out a book from the library, enjoy the quietude from a sun lounger on deck or simply enjoy some of the luxurious spatreatments, such as a private sunset massage on a sandbank. The possibilities are endless and you are left wanting for nothing. ******

come join us in CELEBRATION OF...

SOMETIMES THERE IS SOMETHING TO CELEBRATE OR COMMEMORATE AND SOMETIMES YOU ARE JUST IN THE MOOD FOR A PARTY. EITHER WAY THE SONEVA RESORTS ARE THERE TO CREATE A MEMORY OF A LIFETIME.

Whatever the reason for celebrating a momentous occasion, whether it be birthday, anniversary, national or religious holiday, Soneva Fushi and Soneva Kiri provide the ideal locations for all types of celebrations. So break out the champagne, put on your party hat (no shoes of course..) and join us in creating an experience to remember.

christmas at both soneva resorts

Christmas at the Sonevas is an 'Ever So Festive' programme for the entire family. Lasting for seven days and ending in the New Year's party of a lifetime, this is a one-of-a-kind festivity and the perfect opportunity to escape the stress that often comes with the holiday season. Christmas with Soneva is where every day holds the promise of new activities to explore and new friendships to be made. Sunset cruises, wine tastings, gourmet delights, astronomy lessons, cocktail parties and of course traditional Christmas dinners are only a few of the delights that await those opting to celebrate this special holiday in the sand, rather than the snow.

new year's eve at soneva fushi

Where better to welcome in the New Year than under the stars? This year Soneva Fushi has created a 'Musical Gourmet Journey' that will span the breadth and depth of the island.

Beginning from the "top" of the island at 6pm at Cinema Paradiso guests are invited to share in a truly memorable night. Here old friends will reconnect and new friendships will be made as you make your way through the jungle pathways where an unexpected twist awaits at every corner. With trapeze artists, Tabla players, Maldivian bands, flamenco dancers, a violinist, a cellist, a guitarist, aerial acrobats and magicians stationed all over the island, this is a night destined to become an unforgettable memory to be treasured for a lifetime.

Along the eighteen stopping points along the island Soneva's hosts, who all have a unique role to play in the evening, will be happily waiting to greet you and entice you to try mouthwatering cuisine from the vast regions of Asia and the rest of the world. Traditional home-style recipes from Soneva Fushi's Thai and Indonesian hosts will be served along your journey as well as surprising delicacies from all over the world, all paired with V. Testulat Blanc de Noirs champagne served from fabulous fifteen litre Nebuchadnezzar bottles and supurb organic and bio-dynamic wines such as Vincent Girardin Meursault, Chateau Guiraud Sauternes and Vietti Nebbiolo 1998.

After making your way across the island you will be met by festive tables at 'Mihiree Mithaa' at 10pm to continue on your culinary adventure through the last evening of the year where glorious samples of locally sourced sea-food, organic produce from the island's gardens, chocolate fountains and fresh fruits will be served.

As the clock strikes twelve you will be treated to a fantastic surprise beneath the stars while gazing out over the glittering waters of the Indian Ocean and welcoming in a new year.

After the stroke of midnight one of Ibiza's best DJs will set the tone for the final night of 2014 as dancing begins on the beach until 3am. And for those still awake in the small hours of the morning there will be opportunity to sip on cognac and whisky to the tones of the violinists and DJ in the Café del Mar-like lounge while watching the sunrise across the sea.



weddings at soneva kiri

When planning a wedding at Soneva Kiri, you are introduced to a team of passionate people who want nothing more than to exceed your expectations and dreams.

Be it a romantic proposal, a beach wedding with all the trimmings or an intimate renewal of your wedding vows, here your every wish can come true. Filled with love and laughter, family and friends, vows and romance, a wedding at Soneva Kiri holds the promise of a magical moment that will become a cherished memory for the rest of your lives.

honeymoons at soneva fushi You have just experienced one of the best and most memorable

You have just experienced one of the best and most memorable days of your life. Now it is time for your lives together to begin. And how better to do so than experience the true beauty, love and serenity of one of the world's most beautiful resorts.

Spend a night under the vast Maldivian skies on your very own sandbank, awaken to a glorious sunrise on a hidden beach with a romantic picnic or sail off into the crimson sunset on a private cruise. A honeymoon at Soneva Fushi holds endless opportunity for romance and tranquillity, with once-in-alifetime experiences that will leave you wanting for nothing.

chinese new year at soneva kiri

With a specially created menu for Soneva Kiri and specially invited host Willment Leong, who spent 22 years with the Raffles Group and before becoming founder and chairman of Thailand's Culinary Academy, this is destined to be a gourmet experience to remember.

Served from the laid back bar on the beach, the dishes will take you through a path of symbolic meaning where every ingredient has a purpose.

"In recent years, the ingredients have become increasingly elaborate and exotic, including jellyfish, preserved papaya, deep-fried yam sticks, and more," says Chef Leong.

"You practically have to start making it a whole lunar year ahead of time! My version is light and flavourful and a lot easier to prepare. I use very fresh fish, caught locally in the waters of Koh Kood."

With raw ingredients such as Yu Sheg signifying the renewal of life, this is all about mixing together components to ensure good luck for the coming year as everyone calls out "Lo hei", meaning "to mix it up", while using chopsticks to toss the ingredients as high in the air as possible.



M.M.NNVID

1

tz of the IMAGE AGENCY.







TILDA SWINTON IS WIDELY CONSIDERED to be one of the silver screen's most outstanding actresses. With stunning performances in films such as 'Caravaggio', nominated for a Turner prize, 'Michael Clayton' that earned her an Oscar, her unforgettable role as 'Orlando', a film that has achieved cult-status throughout the world and recent triumphs such as 'We need to talk about Kevin' and 'Only Lovers Left Alive', she occupies a position unrivalled for effortless range and genuine mystique.

Over the course of her career she has constantly proven that she prefers fun, integrity and good company to anything else, by choosing experimental projects, championing new and untried directors and mediums and delving deeply into the worlds of installation and performance art.

Six years ago Tilda embarked on creating her own kind of film festival. On an impulse, a quixotic seizure of sorts, the actress rented a ballroom in an old Victorian stone building in Nairn, a seaside town in the North East of Scotland where Chaplin used to holiday.

'The Ballerina Ballroom Cinema of Dreams' was created as a purely cinephile, glamour-free community event where Tilda personally introduced and showed an eclectic mix of classics and rare films from around the world. There was Gothic Americana, Margaret Rutherford in the morning, a touch of Sherlock, a gripping howl of rage from Senegal, a Bjork video, Norman McLaren's dreamscapes, a cheeky wee silent Ozu, lots of Scottish mysticism, Margaret Tait, Roman Polanski, forgotten Czech surrealism, a singing day, the most adventurous films ever for kids, and something glorious from Iran. Hoping to play with the boundaries between seriousness and play, adult and child, professional and grungy, local and international, the dream was to create a festival that would run for eight and a half days, with cheap tickets and beanbags and deck chairs on the floor, while serving home-made cakes and fish finger sandwiches.

Since then Tilda, with a variety of collaborators, has been involved in setting up a series of events, two in the Highlands of Scotland where she lives, one in Beijing and one in Thailand.

"Each one of these events was pre-emptively unique and intended to be unrepeated", Tilda writes. "Happenings, drawing together elements—either randomly by setting an open invitation or by curating a specific group of participants—to inspire a particular kind of atmosphere conducive to tickling up the kind of space we otherwise find difficult to catch." "What started with the idea of a film festival in Nairn became, in the course of one baptismal day, a community project, a social intervention, something more about the collaborative experience than the programming of a few film titles could ever hope to reach."

In December of last year, Tilda and her artist sweetheart Sandro Kopp treated a host of photographer, designer, director, artist, singer, astronaut and musician friends to 'HAPPENINGS, DRAWING TOGETHER ELEMENTS TO INSPIRE A PARTICULAR KIND OF ATMOSPHERE..' their latest event and this time, the location fell upon the picture perfect island of Soneva Fushi in the Maldives. Artists or scientists whose work occupies an international landscape were brought together from far flung corners of the planet for five days, in the spirit of rest, play and learning. The aim was to contribute radically to their capacity to recharge, make new alliances, refresh their perspective and - perhaps most importantly - have the privilege to experience the nature of a rare and specific place.

Tilda shares her thoughts on the occasion that earned the name 'A Gathering'.

"Primarily a curation of people, and laying on a treasure hunt which involved putting down a trail of breadcrumbs in the forest, the first of which was the letter of invitation we sent them, suggesting a long journey to a pocket idyll. We invited a group of 20 fellow artists to gather on this magical island in the Maldives to kick back, show films, shoot the breeze, make new alliances, create a piece of work together, be barefoot, snorkel, explore, discover, sleep, eat and dance. Nothing was asked of participants but that they come with open hearts and minds and bring with them one item, their 'Message in a Bottle', a film, a book, a poem, a song, a drawing, a story, an object to share with the group and leave as a gift to Soneva Fushi when they go."

"Each day had an elemental theme as a basic guiding principle for this unfolding treasure hunt: Space, Land, Us,











Soneva Fushi turned out to be the perfect choice for an event such as The Gathering. Created around the Soneva philosophy of SLOW LIFE (Sustainable-Local-Organic-Wellness Learning-Inspiring-Fun-Experiences) Soneva's aim is to create just such unforgettable, enlightening and rejuvenating experiences such as this. By providing the greatest and simplest of all modern luxuries, peace, ease, communion, awareness, responsibility and joy, the idea is simply to illuminate lives whilst treading lightly on the earth. '..TO KICK BACK, SHOW FILMS, SHOOT THE BREEZE, MAKE NEW ALLIANCES...
EXPLORE, .. EAT AND DANCE..'

"Our Gathering only exists thanks to the fact that in the generous and truly inspired hands of Sonu Shivdasani and Eva Malmström Shivdasani, Soneva Fushi has been created according to their precepts SLOW LIFE", Tilda writes. "What started seven years ago as a cinema-centered concept has grown through the looking glass into a transformative kind of magic carpet ride", she continues. "Anchored not in the virtual, but in the lived experience, shared and authentic and present."





a gathering participants were:

Vik Muniz, artist from Brazil. Malu Barretto, creative director & producer from Brazil. Doug Aitken, artist from California, USA. Carmen Ellis, photographer from Portland, USA, living in Los Angeles. Waris Ahluwalia, jeweller, designer and actor, born in Punjab, living in New York City. Joanna Hogg, filmmaker from London. Nick Turvey, artist from London. Ruediger Glatz, photographer from Heidelberg in Germany. Wolfram Glatz, event designer and creative director from Heidelberg in Germany. Apitchatpong Weerasethakul, filmmaker and artist from Chang Mai in Thailand.





Chai Siris, artist from Chiang Mai. Natasha Kahn, musician (Bat For Lashes) from London. Michael Stipe, artist and musician (R.E.M.) from Georgia, USA living in New York City. Thomas Dozol, photographer from France, living in New York City. Buzz Aldrin, astronaut & writer from New Jersey, USA. Haider Ackermann, fashion designer, born in Colombia, living in Paris.

Mira Nair, filmmaker from India, living in New York City. *Loveleen Tandan*, filmmaker from India.

Ryan Mcginley, photographic artist living in New York City. *Tilda Swinton*, performer and artist, from Scotland.

Sandro Kopp, painter from Germany/New Zealand, living in Scotland.

FINISHED WITH FINS

finished WITH FINS

HOW ILLEGAL SHARK FISHING IS DESTROYING OUR SHARKS AND OCEANS.

Written by Isabel Wallin. Photographs courtesy of Shawn Heinrichs.

FINished with Fins is the largest shark conservation campaign in the world and was set up with the sole purpose of reducing demand for shark fin. A hundred million sharks are killed each year to satisfy the shark fin trade – shark fin soup in particular – resulting in a near unrestrained killing of sharks which is driving them to extinction. Not only is this the case but when killed the shark is treated with immense cruelty. It is lifted up into the boat, its' fins are cut off and is then thrown back in the sea, still alive but sent to die a slow death as it sinks to the bottom of the sea, unable to swim, literally drowning to death.

A survey conducted by PR agency Grayling in Singapore confirmed findings that indicated that a significant number of people in Chinese communities are aware of the problems associated with shark fin soup (such as the large dose of the neurotoxin Mercury one ingests when eating the soup) and are pushing to stop or reduce their consumption. However, the study also found that a long standing sense of tradition and the social pressure to eat and serve shark fin soup meant they continued to eat and serve it. For this reason, the campaign also works to reinforce the reasons not to eat shark fin soup, by educating people who are still not aware of the dangers caused by the shark fin trade and correcting the falsehoods put out by those who benefit from it. The campaign strives to make a significant difference to our perception of sharks and their importance to our ecosystems.

Sharks have evolved in a tight inter-dependency with their ecosystem. Jonn Lu from FINished with Fins explains: "Sharks play a key role in our oceans' food chains. As apex predators, sharks help keep the world's marine ecosystems balanced. If shark populations are depleted, a critical link in the maintenance of global marine ecosystems will be disrupted, not only directly affecting the viability of commercial fisheries around the world but also life on earth. Our oceans cover over 70% of the earth's surface and houses 80% of life on earth, maintaining this ecosystem is crucial. The oceans help absorb excess carbon dioxide and heat energy from the atmosphere, controlling our climate and keeping our air safe to breathe. Yet sharks are being depleted worldwide, just to feed the unsustainable demand for shark fin soup. The exponential growth in consumption of shark fin soup is responsible for the alarming decline in shark population."

With such a significant decline of shark populations, it is not surprising that scientists are seeing dangerous and unpredictable changes in the ocean's ecosystems. The removal of sharks from reef systems has led to a sharp drop in the number of fish that help keep coral healthy. In places where the ecosystem has been left intact, it is plain to see that the reefs are better equipped to recover from coral disease and the problems that are developing through global warming.

Having lobbied for a law to protect the sharks and working tirelessly for the law to pass, as well as against illegal shark fishing and its disastrous consequences for the past 12 years, the Soneva Group has now joined the cause along with commitments from over 100 of Hong Kong's taste makers and opinion leaders and 150 celebrities from Singapore, Malaysia, Taiwan and China.

"This is a busy year for us all at the Soneva Group," says Soneva founder and CEO Sonu Shivdasani.

"With so many plans underway to improve and enhance the experiences at our resorts, we are sure to never lose sight of our commitment to environmentally responsible tourism. At each and every stage of these projects, there lies the fundamental question of how we interact with our natural surroundings. The experiences at our resorts are intrinsically linked to nature, be it the organic home-grown ingredients on our plate, the locally





sourced products in our spa or free diving, the most natural way of discovering the underwater world in one breath."

Sonu and Eva Shivdasani have pledged their support locally and globally to help recruit other corporations to support shark conservation. They have also offered their resort in the Maldives, Soneva Fushi, as regional headquarters for the campaign and have recruited the help of their in-house marine biologist, Frederica Siena and Free Diving expert Ken Kiriyama to help prevent the illegal poaching of sharks in Maldivian waters.

"Back in 2000, our waters were teeming with sharks, however as the years have gone by the shark population has depleted significantly," Sonu says.

"This led to the Maldivian government commendably to introducing a ban on shark fishing in all its waters in 2010. The ban was a great step forward for shark conservation however it only prevented fishermen from hunting sharks in up to 12 nautical miles (22 kilometres) off the atoll coasts. This has led to poachers operating and trading outside of the perimeter. We would like to see the perimeter extended further to make it a lot more difficult for shark fishing and trading to take place and try and put a stop to it once and for all."

"Another area where I believe we can help is partnering with other resorts to drive home the message that the

Maldives travel industry is FINished with Fins. The Maldives epitomises the ultimate in holiday destinations and therefore we have access to a number of influential corporations and holidaymakers who I am sure would be keen to get on board and help protect sharks. These animals are intrinsic to our ecosystem and their continuing decline in population will have a dramatic effect on all our lives."

Jonn Lu adds: "We are delighted to sign up Sonu and Eva Shivdasani as ambassadors for the campaign. We not only look to work with celebrities but also opinion leaders who can help us reverse the shark fin consumption trend in Asia and the rest of the world. By securing ambassadors, such as Sonu and Eva, we can garner support from the luxury travel and tourism industry to help us change people's views on eating shark fin soup and help protect an animal that is intrinsic to our way of life."

Photography by Shawn Heinrichs -

Shawn Heinrichs is an award winning photojournalist who has worked closely with WildAid/Shark Savers over the past decade documenting the the shark fin trade and the exploitation of endangered species and threatened habitats.



EXPERIENCES AT SONEVA FUSHI MOVE BEYOND THE EDGE OF THE ISLAND'S REEFS TO REVEAL NEW DEPTHS AND INSIGHTS TO THEIR GUESTS.

In conversation with Isabel Wallin.



HALF JAPANESE, HALF DANISH KEN KIRIYAMA sits halfway across the world in the Philippines battling a bad connection to talk to me during the typhoon season.

Founder of Kiriyama Yoga & Meditation Academy (KYMA), Ken has recently teamed up with Soneva Fushi to provide guests with unique experiences in discovering the world beneath the surface, in freediving courses on the island.

Taught by former world champion freediver Umberto Pelizzari, Ken tells me that his teacher is a friend of Soneva founder, Sonu Shivdasani, which is how he came into contact with the Group. "Sonu had apparently tried freediving at some point, loved it and wanted it at the resort so he contacted Umberto, who asked me if I wanted to take on this project."

Ken has a background in martial arts, which, during his teenage years, awakened his curiosity about the body, mind and the art of breathing. Ever since, he has been a dedicated student in the arts of yoga, pranayama and meditation.

"As long as I can remember, I have been fascinated by the body-mind connection and the quest for "something" beyond the apparent and tangible world, something of a deeper nature than our physical dimension and experience. Somehow, I have always liked the nature of being intense, experimenting and exploring not only in the field of yoga but in most endeavours and undertakings. Freediving provides the opportunity for precisely this."

Originally, underwater diving was practised in ancient cultures to gather food, harvest resources such as sponge and pearl, reclaim sunken valuables and help aid military campaigns. Today, it has become an extreme sport in which competitors attempt to attain great depths (the world record for a dive without fins (CNF) is 101 metres), times or distances on a single breath. A highly competitive sportsman, Ken himself is constantly in training and competes all over the world. His deepest dive without fins (CNF) was in Cebu in the Philippines in 2011 where he reached an amazing depth of 67 metres.

Performed across six different disciplines - three in a pool and three in the ocean or a lake - freediving is not only a great adventurous sport but it uses the entire body in a way that few others do. A pure activity by nature, it automatically demands you work within your natural surroundings, paying close attention to the constant fluctuations of the world above, as well as beneath, the surface. By taking notice of the changing weather, the temperature, the currents, the salinity and the behaviour of the sea's inhabitants around you, you will automatically expand your awareness as you descend into the deep, giving you a greater understanding of your own body. So how does one go about training to become a top-level freediver? Well, the truth is that most spend decades trying out different preparations to find a solution that works for them, often resulting in a highly individual solution to suit their body, metabolism, fitness level, muscles and their temperament. Beginners often think there is one ultimate way of preparing for the 'perfect' dive but it is more of an evolutionary process. In every stage of a freediving career, divers will try different approaches in order to evolve and increase awareness of their body and its reactions to breathing and apnea. It makes sense really, as the body changes over the years, so training and preparation methods must change to suit.

Ken tells me his courses at Soneva Fushi are built on five principals: safety, breathing, awareness, relaxation and knowledge. While some guests sign up for classes just for fun, to look at the fish and corals or simply to relax, others want to improve their aquatic skills, depth and time or to overcome fear and build self-esteem. Whatever the motive is, there is great pleasure to be gained in the learning, training and experience of freediving and the courses at Soneva Fushi have been a great success. Ken attributes this to the simplicity of what comes from the experience.

"Just lying on your back, feeling your body, inhaling and exhaling with your eyes closed, letting the silence, well being and relaxation sweep over you. For many, this is an immense stress release."

For most people, it is a highly relaxing sensation while for others, it may take a little more time. Before immersing themselves in the water, Ken works with his clients above the surface providing them with both theoretical knowledge and practical breathing exercises to make them feel more comfortable, relaxed and prepared for the experience.

"I have worked with people who have a fear of water yet after only three days, some have freedived down to 16 metres on their own," he tells me. "People find it fascinating and almost can't believe what they can do after just a couple of days of training. I provide them with a solid base in theory as well as the physics and physiology of the practice, which is the key for people to really understand it. This knowledge gives them reassurance about what they are doing and what is happening in the body as well as the mind."

Ken has the ability to help people move beyond their limits and inspires them to enjoy being in the water. One of the best things, he says, is, "when you see that enthusiastic glow on the face of somebody who has really "fallen" for freediving. It is truly amazing." ******



A MAGICAL HIDEAWAY WHERE ADVENTUROUS SPIRITS CAN ROAM AND EXPLORE TO THEIR HEART'S CONTENT.















FROM THE MOMENT THE PRIVATE CESSNA sets down on the dusty runway and slowly comes to a halt at Soneva Kiri's "international airport", we sense excitement and adventure beckoning us from the resort across the sea.

A short speedboat ride later, we are greeted by smiling hosts on the jetty, eagerly awaiting our arrival. Introduced to our Ms. Friday and whisked off by our own electric buggy to our villa, we are immediately smitten by the beauty of our surroundings. The villa is set upon a jungle hilltop overlooking the glorious turquoise blue sea down below. A stunning one-bedroom villa has two infinity pools, lounge areas, two outside showers and a sunken bathtub and our initial instinct is not to step beyond its confines for the entire trip. Until, that is, we pick up the activities folder and begin flicking through page after page of experiences on offer here.

Hidden away on the island of Koh Kood, Thailand's fourth largest but least populated island, Soneva Kiri lies nestled within lush green jungle and rainforest and sets the perfect scene for an adventurous holiday.

Soneva's philosophy is SLOW LIFE. Not simply referring to the wonderful pace of life here, it also stands for sustainable, local, organic and wellness, and is all about a cleaner, healthier way of living which is good not only for us, but the environment as well. SLOW LIFE does not necessarily mean day after day spent lounging by the pool (although this too is highly recommended, at least for a couple of hours...). Instead, Soneva Kiri provides an abundance of activities to dive in to, some quite literally, from luxurious spa treatments to private excursions to nearby islands, meals in hidden away locations, fully equipped PADI diving and training courses, local cultural experiences such as visiting nearby temples, snorkelling, stargazing and cooking classes.

Immediately enticed to try it all, we set off to make the most of our stay on the island by jumping back into our buggy to whiz down the hillside for lunch on the beach. Sensing that we had truly left our daily lives behind, we take deep breaths, sigh and bury our feet in the sand hoping the days will pass by as slowly as our lunch.

As always however, days have a tendency to blend into each other when you are enjoying yourself and this was certainly true here. The next four days seemingly came to an end within an instant but later, as we looked back on our time on the island we couldn't help but be amazed by what we experienced in such a short amount of time.

We feasted on breakfast amongst the treetops in the Treepod, where fresh fruit, juices, croissants, yoghurts and coffee were zip-lined through the branches. We sipped predinner cocktails at the 'So Spiritual' bar while gazing at the



sunset. We had dinner deep within the mangroves at Khun Benz's Thai restaurant and gorged on home-made chocolate and ice-cream. Then we set our alarm for early morning yoga classes and sessions in the gym to make up for all the above.

We took long walks along the beach and swam in the sea. We snorkelled then swam again, this time beneath a picture-perfect waterfall. A fascinating tour of the island took us back to an untouched Thailand of times past. And as if that was not enough, we spent hours in the Six Senses Spa with restorative and invigorating massages, including the singing-bowl massage where soothing, healing vibrations opened up a new world of relaxation. We lounged in front of the silver-screen beneath the stars and spent late hours playing backgammon and sipping after-dinner drinks at the bar before retiring to our villa for nights of much-needed sleep.

When staying here, one simply can't be less than enthralled by the tropical rainforests, breathtaking waterfalls and traditional village life on the island. Add in the surrounding emerald waters and white sandy beaches and one is hooked, wanting to stay forever. It is difficult to imagine but these activities make up a fraction of all the experiences on offer so irrespective of whether your stay is four days or four weeks, you will rarely be left without options. How does a fishing trip sound where the day ends with a dinner prepared with your very own catch? Or perhaps a feast of solely organic fare, idled over under the stars with views across the midnight blue Gulf of Thailand? Why not disappear for a few hours by speedboat to a deserted beach to enjoy a picnic basket full of your favourites or spend an afternoon with khun Benz at the fascinating local market. Try venturing out to the mangroves with khun Buoy who comes from a long line of expert fishermen and has been fishing the waters around Koh Kood his entire life. And if you are still not quite satisfied, the team at Soneva Kiri has added the excursion of a lifetime to visit one of the world's most fascinating landmarks, UNESCO World Heritage sites Angkor Wat in Siem Reap. Flights are available twice weekly.

Billed as the eighth wonder of the world, Angkor is the most important monument of the South East Asian former capital of the Khmer kingdom and the Angkor Wat temple complex is today the world's largest sacred temple. Built in the 12th century and shrouded in legend and mystery, Angkor Wat is situated in the northwest Cambodian province of Siem Reap and this once lost city boasts 1000 archaeological sites over an area covering 170 square miles.



This bespoke and unique expedition is created with a sense of how travel used to be, beginning as soon as you board Soneva Kiri's private plane for the one-hour flight (from nearby Trat) to Siem Reap. Your Mr. or Ms. Friday will have taken care of all modern travel worries making sure visas and permits and paperwork are all in order so you can sit back and enjoy the spectacular views from the low flying plane.

When the plane lands, the pace is leisurely and the comforts luxurious but there are choices to be made. You may decide to stay for a few hours or even opt for staying for a couple of nights to explore these ancient remains from five centuries of Khmer civilization.

So, if you are looking to leave your day-to-day life behind and walk barefoot in the sand or along rustic island pathways or if you are seeking an adventure of a lifetime, a SLOW LIFE holiday at Soneva Kiri provides the luxurious option of being able to have your cake and eat it too.



organic, sustainable AND RAW

WE MEET SONEVA KIRI HOST PERNILLE RASMUSSEN WHO LETS US IN ON THE RAW FOOD TREND SWEEPING THE PLANET.

In conversation with Isabel Wallin.

She is easy to spot. Although dressed like the rest of the Soneva Kiri hosts in white shorts and shirt, her blond hair and blue eyes immediately give her away. We have just finished off breakfast, a healthy combination of fresh fruits, juices, homemade yoghurt, muesli and green tea.

Appearing from behind the fruit bar, as we are ready to head back to our villa, is Pernille Rasmussen, Food and Beverage manager at Soneva Kiri and in-residence Raw Food Expert with a Master's Degree in Nutrition and almost a year's experience of working for Soneva. She sits down with us a little later by our pool villa to share her thoughts on health, food, the environment and life in general.

Born in Denmark and raised on a farm, Pernille has always had a love of her natural surroundings, animals and nutrition but we quickly realise this is more than a passing interest. It is a way of life for her. Devoting time to yoga and meditation several hours a day, subscribing to strict vegan diet and periodic water fasting regimes and doing whatever she can to protect the environment, Pernille's lifestyle is truly inspirational. It can also seem slightly daunting to the uninitiated such as her recent 21-day water fast diet that she put herself through, while living in a small hut in Costa Rica. With the supervision of a doctor who visited once a day, she experienced what can only be described as difficult yet immensely cleansing ordeal. Simply drinking water and consuming nothing else for 21-days straight sounds nothing less than impossible to most of us, yet to Pernille, it was a literally mind and body altering experience.

Pernille is a trained chef and waiter having worked at several renowned restaurants around the world. Aged 25, she chose to invest in her first restaurant then later owned and ran her own hotel Kongenshus Kro & Hotel in Denmark until 2013 but last year proved a busy year for Pernille. Uprooting herself and selling the hotel, she took a chance and moved halfway across the world to begin a new chapter at Soneva Kiri where she is now sharing her passion for nutrition and raw food.

To the uninitiated, a raw foodist is someone who eats 75-100% live, nutritionally dense organic, uncooked and unprocessed food and who drinks pure, live water, optimizing their health by alkalizing their bodies. Pernille tells us that raw food is a dietary practice of eating only uncooked, unprocessed plant-based foods which, depending on the exact philosophy or type of lifestyle and results desired, comprise mainly a selection of fruits, vegetables, nuts, and seeds. Sometimes it also includes simply processed foods such as various types of sprouted seeds and nutcheeses, but does not generally include foods that have been pasteurized, homogenized, or produced with the use of synthetic pesticides, chemical fertilizers, industrial solvents or chemical food additives. The idea is that heating food destroys its nutrients and natural enzymes and this is bad because enzymes boost digestion and fight chronic disease. In a nutshell, you cook it, you kill it.

Pernille believes that organic raw living foods remove the toxic load on the body and allow it to naturally purify from the inside out. A raw plant-based diet has proved effective in combating many degenerative diseases such as cardiovascular disease, high blood pressure, diabetes, arthritis and cancer.

In her own words, "a living diet can stabilize weight, heighten energy levels, optimize digestion, support mental clarity, increase hydration and improve both nutrition, absorption and elimination in the body."

She has witnessed this first hand, both in her own body as well as in people close to her over the years. A close friend of hers was recently diagnosed with cancer, after developing a tumour the size of a grapefruit in his stomach. This, Pernille believes, was brought on by an unhealthy and stressful lifestyle. He opted to follow her advice to change his lifestyle, including his diet. Within months, the doctors were stunned by the results. The tumour had dramatically decreased in size and he is today considered fully recovered! To Pernille, he is undeniable proof that this is a powerful and life altering lifestyle choice.

Pernille is passionate about helping those seeking guidance in living food, super foods, organic produce, biodynamic philosophy, synergistic values and sustainable business models and builds her vision on authenticity and sustainability.

"I communicate and develop my views with a focus on mindful leadership and universal wellness to help people change their paradigms in order to facilitate higher levels of consciousness, hopefully resulting in greater responsibility and effectiveness in their lives, both professionally and privately. I envision energetic reciprocity, honesty, sustainability and a healthy holistic view of life. This has made my life exciting and full of enterprise. I have powerful intuition and a strong will. I live and speak from my heart." ***





evenings with JAMES SUCKLING

ONE OF THE WORLD'S MOST INFLUENTIAL WINE CRITICS DESCENDS ON SONEVA KIRI TO SHARE HIS PASSION.



AS WINE CONSUMPTION AND COLLECTION increases around the world, so do the number of wine critics. And, few have made such an impact as James Suckling. Born in 1958, Suckling is internationally acclaimed as one of the world's most influential wine critics and an authority on vintage cigars.

Based in Hong Kong, the Asia Tatler wine editor and guru of the grape for Wine Spectator, Suckling joined forces with Soneva earlier this year to create an unprecedented and essential escape for the serious wine connoisseur: The James Suckling Wine Experience at Soneva Kiri. Wine lovers from Asia and beyond convened on the stunningly beautiful and truly sustainable resort on the pristine island of Koh Kood, for a long weekend of sipping, savouring and learning at the table of a modern master.

The then Soneva Kiri general manager Frank Grassmann said the unique three-day experience was a thrill to orchestrate.

"It was an honour having James Suckling in residence to share with guests his immense knowledge and experience, gleaned during a lifelong pursuit of the world's best wines," Mr Grassmann said.

Soneva Kiri accepted reservations from a limited number of guests – serious connoisseurs and those who simply love wine - for a unique two-night package created specially for the event. The programme included a wine appreciation seminar, a picnic lunch on a deserted beach in a national marine park, as well as two wine dinners.

As they arrived at the resort, they sat down to the Italian Wine Collectors' dinner at The View restaurant where they savoured a world-class menu prepared by Soneva Kiri Executive Chef Kevin Fawkes and Chef de Cuisine Mark Jones, while enjoying the dramatic ocean vistas from the restaurant's cliff-top perch. Dinner was followed by an al fresco Cinema Paradiso screening of "Cannubi: A Vineyard Kissed by God," a thrilling documentary of James' pilgrimage



to Cannubi, a 250-year-old vineyard in the heart of the Barolo region of Piedmont, northwest Italy.

After breakfast the next morning, guests attended the 100 Point Lalique Wine Seminar: How to Taste Like a Wine Critic. Then a speedboat ferried guests to lunch on nearby Koh Rang island where they were taken to a deserted beach within the national marine park for a picnic, a truly special occasion featuring some of the world's best rosé wines and dishes prepared by Soneva's Khun Benz, one of the country's most celebrated Thai chefs.

En route to lunch, guests were able to soak up the beauty of the Big Blue and take a refreshing peek beneath it at one of Thailand's most interesting snorkelling spots.

As evening descended, a final dinner was served under the stars next to Soneva Kiri's observatory.

Before leaving the island the following morning guests received a special souvenir to remember their experience. Jointly created with Lalique, France's esteemed crystal maker, James described the 100 Points glass as "beautiful yet functional".

As the event came to an end, the enthusiasts were flown back to Bangkok after breakfast, having wined, dined and reclined with the gods. *****





CELEBRITY CHEF TOM AIKENS SETS OFF TO SONEVA FUSHI TO INSPIRE HOST CHEFS AND GUESTS ALIKE WITH HIS SIGNATURE CUISINE



DESCRIBED AS A SUBDISCIPLINE of food science 'Molecular Gastronomy', which embraces the study of physical and chemical processes that occur while cooking, has over the past years engaged more and more people, chefs and foodies alike.

A contemporary style of cooking, it takes advantage of technical innovations from various scientific disciplines to create a dish resulting in three components: technical innovation and a social aspect and perhaps most importantly the artistic allure.

Born in London in 1970, into a family of wine merchants, Tom began honing his craft from an early age when he stood side by side with his mother, baking and cooking with the freshest of ingredients from their own garden. Over the years Tom has created an innovative style and creative interpretation of modern French cuisine to become the youngest chef ever to be awarded two Michelin stars at the age of 26. Today this acclaimed chef has worked in some of the world's most renowned restaurants, written three books and opened several of his own establishments under his own name, 'Tom's Kitchen'.

Having truly made his mark on the world's culinary map, Tom was invited to Soneva Fushi in April 2014 to impress both guests and resident chefs alike with his craft, using many of the techniques developed around the highly complicated discipline of 'Molecular Gastronomy'.

As Walter Butti, then Executive Chef at Soneva Fushi, simply put it: "We had an amazing time here at Soneva Fushi with our guest chef Tom Aikens. There were a few events including a cooking class, a cocktail party featuring his amazing canapes, a gourmet dinner and a phenomenal 'Chef's Table'. It was a lot of work, but absolutely worth it and such a joy to see how it all came together at the end".

TOM, HOW DID YOU FIRST COME IN CONTACT WITH SONEVA?

I have known Sonu for several years and have always been very keen to work on one of his islands because he is so passionate about the environment and sustainability, which are passions we share at Tom's Kitchen.

HAD YOU BEEN TO EITHER OF THE SONEVA RESORTS BEFORE?

No. This was my first time and being invited to visit was just amazing! The island is so well looked after and with

the work they are doing for the environment, growing so much of their own produce and recycling all their waste, it is impossible not to be impressed.

WHAT WAS IT LIKE TO COOK AT SONEVA FUSHI? WAS IT VERY DIFFERENT FROM YOUR KITCHENS AT HOME IN THE UK?

Oh absolutely! The kitchens were so hot which is rarely a problem at home! It made it particularly difficult to get things done. The heat resulted in things taking a little longer to set up or make, plus when you are in a new kitchen it's a little slower to get used to the way it runs. The staff are new to you and you are new to them so things take longer to explain and often need that little bit of extra time and understanding from both sides.

DID YOU HAVE A SPECIFIC THEME FOR THE MEALS YOU CREATED WHILE YOU WERE THERE?

I wanted to give the guests a treat when they ate my food but it was also important to me that I used as much local produce as I could source so I suppose the theme was to cook my style of food with what was there but make sure it was something that no one had ever had before.



canapés by tom aikens at soneva fushi

BEETROOT MERINGUE & BEETROOT MOUSSE Beetroot Meringue • Beet Juice • Beet Gel Beet Mousse • Baked Beetroot for Puree Beetroot Puree

MALT PUFFS

TRUFFLED EGG MAYONNAISE SAUTERNE JELLY, CHERVIL SAUCE & TRUFFLE MAYONNAISE Truffle Mayonnaise • Sauterne Jelly • Chervil Sauce Organic Soft Boiled Eggs • Sweet Chicken Foam

PEA CANAPÉ Liquid Pea Ravioli • Calcium Bath • Mint Oil Pea Mousse Cold • Shelled Peas

OSSAU IRATTY BISCUIT, CHEESE & ROCKET Ossau Iratty Biscuit • Sliced Ossau Iratty Goats Curd • Mousse with Ossau Iratty Rocket Emulsion





AS SERVED AT SONEVA FUSHI AND SONEVA KIRI

ingredients

2 kilograms of organic dark chocolate 2 kilograms of fresh cream 500g of organic butter 20 pods of cardamom whole and/or crushed

preparation

Boil and simmer cream with the cardamom until the cream gets a good cardamom flavour. Strain. Melt the chocolate with the butter, pour in the cream and mix well. Allow the mixture to set, make in to desired shapes, for the coating roll it over the cocoa powder.

> Wash down with a delectable, chilled 2006 Castello Di Pomino Frescobaldi Vinsanto!

enjoy!



the beginning of A PHENOMENON

AMIE MALMSTRÖM TELLS THE TALE OF THE INAUGURAL SPA AT SONEVA FUSHI.

When Sonu and Eva Shivdasani first set foot in the Maldives back in the 1980s, they instantly fell in love with the country and the seeds of a dream were sown. They knew immediately they could create something more special.

They bid for three islands that had come up for sale in 1991 but as the government had larger hotels in mind their bids were not accepted. Not giving up, the Shivdasanis eventually found the island of Kunfunadhoo that was to become Soneva Fushi, and four years later they had the finance in place to open their 'dream' resort.

Sonu and Eva wasted little time and immediately began addressing the mountain of projects that lay before them.

One of these projects was creating a spa – in fact the very first spa in the Maldives. Eva's sister Amie Malmström came up with the plan and it was soon to become one of the world's most renowned spa concepts.

Amie shares her first memories of arriving on the island. "There was nothing there," she says, "so it was difficult to know where to start." But Amie and Eva were clear in their vision and mission, and set off for London to buy everything they needed to create something new, something different, something unique.

It was not an easy task. Amie quickly found herself in meetings with building engineers, electricians and craftsmen

making decisions about how the spa should look, how big the rooms should be, and pointing out the need for small but important details such as running water in each of the rooms and a sound system.

"It all made me rather nervous," she tells me. "I wasn't used to sitting in a room with builders and technicians staring at me. I often got the feeling that they were wondering what I was on about." But Amie's creativity did not stop there. As a trained beautician as well as an aroma-therapist she was also instrumental in designing everything from the massage benches to the aromatic oils to be used in the treatments.

"Initially there were only two air-conditioned rooms and an open hut on the beach and we named it 'Keekuraany' which simply means 'what to do' in the Maldivian language of Dhivehi," says Amie.

It took a little time to get things running smoothly. Amie recalls: "Not all of our guests had been to a spa before so some were hesitant to even try. We started by offering a free 30-minute massage, just to get them used to the idea and hopefully book more treatments."

Amie remembers how many of their early clients were Japanese. "They would go out on night-fishing excursions, come back late and request a massage before going to bed.





We worked when clients requested it, regardless of the hour of day or night," she recollects smiling.

But as one might expect, the spa became increasingly popular. With such tranquil surroundings and such soothing and relaxing treatments, it is hard to imagine guests not asking for more. By building a larger area with new treatment rooms and bringing in highly qualified therapists from all over the world, its reputation grew.

Their vision was to create a holistically stable spa, Amie explains, where the therapists loved their job and provided more than just "run-of-the-mill" treatments. A place where a feeling of true presence and love lay within its walls. This was, and still is, especially important to Amie.

"If your treatment specialist is not happy, serene and content with their job, it is undoubtedly reflected in the client's experience," she says. "Often even the location is secondary. Instead it is vital that the energy brought into the room by the therapist is one of love and care in order for the client to take that feeling with them when they leave."

Today the spa is very different to the one created 19 years ago. Having grown into a world-wide phenomenon, now known as Six Senses, Amie tells me she is enormously proud to have been there at the beginning and happy it has become such a success.

"Soneva Fushi is very dear to my heart," she says. "I know every bush and palm tree on the island and there is so much love there. It is truly home away from home." ***



ONE OF SONEVA'S GUESTS SHARES HER STORY OF MEETING SONEVA'S HEALER IN RESIDENCE - JACQUELINE BOURBON.

I had no idea of what to expect as I walked into the Six Senses Spa at Soneva Fushi only hours before we were due to leave the island. The evening before, at the traditional cocktail party on the sandbank, I had been introduced to Soneva's Healer in Residence, Jacqueline Bourbon. "You just have to have a session with Jacqueline," someone had told me. "What she does is just amazing and I am convinced she can help you." I talked to Jacqueline for a moment while sipping on our cocktails before we decided to book a session for the next day.

Our brief chat had not really given me any further insight into what Jacqueline actually "does" so it was with both curiosity and slight trepidation, that I walked in and sat down beside her. I entered with an open mind, hoping that perhaps whatever lay in wait might help me along my journey to having a baby. What happened next, I am still not quite able to fully comprehend or explain.

Her background is not exactly what you would expect from someone who has, for the past twenty years, worked as a Spiritual and Shamanic Healer. Born in England, schooled at the University of Wales' Institute of Science and Technology, with experience in international banking in Luxembourg, as a Managing Director in Information Technology and also as an original "dot.com" entrepreneur, Jacqueline came from a strong corporate background before going on to become a certified Tutor at the Arthur Findlay College for Mediumistic and Psychic sciences. To those who do not know Jacqueline, this may seem like a leap but to those close to her, such as her family, this is perhaps not as incongruous.

"I knew from an early age that I had a gift of empathy and compassion, that I was easily able to sense Spirit in those around me and their energy. But it was not something that was really encouraged by my parents, so it was consciously undeveloped until much later in my life. Although, my father did use to take advantage of it at the Grand Nationals, as I was able to pick out the winners as a child, just by the vibration of the horses' name!"

By using her gifts of sensitivity and intuition these days she brings state-of the-art Western medicine, alternative Eastern medicine and practices together holistically to help her clients realise, optimise and develop their own potential.

"Spiritual healing works simultaneously on many levels: physical, mental, emotional and spiritual. It is extremely powerful and can help resolve the underlying causes of the problem rather than just alleviating the symptoms", she says.

For me this was new ground as I sat beside her not knowing what to expect. By sensing and perceiving my vibrations and past traumas within, reading my "auric field", she quickly had me opening up and revealed insights into what had kept me from being able to conceive for the past three years.

I think perhaps I was, like many people, initially a little sceptical of how Jacqueline could help. She told me later that even if clients walk in feeling unsure of what to expect, they can usually sense or feel something unusual occurring which is exactly how I would describe it. Within minutes of simply talking to Jacqueline I felt a tremendous weight being lifted, a pain that I was not even aware of released and a feeling of calm and strength descend upon me. It was a simple conversation, but a conversation unlike any other I have ever experienced in my life. I left feeling lighter and freer while at the same time absolutely exhausted. I asked Jacqueline as I interviewed her, if she too was exhausted after her sessions with clients?

"When working with the energy provided by the Spirit World, no. But, when using my own psychic ability to scan, sense and read, it can be tiring. It depends on the person in front of you and the energy they carry. You need to learn to protect yourself and how to keep your own energy levels

POWERFUL NATURAL SETTING WHERE THE SOLE PURPOSE IS TO RELAX, **UNWIND AND CREATE WONDERFUL EXPERIENCES.**'

high. I usually have a limit on the number of people or hours a day whilst working."

"But I suppose working in a place like Soneva Fushi makes it perhaps little less exhausting?" I say smiling.

Jacqueline smiles back and replies: "There is a real joy in working in a beautiful, powerful natural setting where the sole purpose is to relax, unwind and create wonderful experiences."

By performing treatments such as private one-to-one sittings, energy readings, spiritual evaluations and traditional Tibetan Sound Healing, Jacqueline confronts physical issues from critical illnesses to back pain, headaches and insomnia. She also addresses spiritual, psychological and emotional issues including grief recovery, depression, addictions, broken hearts, divorce, anxiety or stress at work.

"I am the only 'Healer in Residence", she says. "No other resort (that I know of) has such a programme but Soneva is the perfect environment for people wanting to find the beauty within, which is why I think some of my healing results here have been so very profound, and deeply moving."

I was told in the final minutes of our session that Jacqueline believed I should follow my instincts, go home, relax, have fun and forgo scientific methods of conceiving, at least for a while. She also told me that her "feeling is Febuary" though she didn't tell me what that meant. She just smiled and said goodbye. I left the island only hours later, wondering what on earth had just happened but feeling much as she described: relaxed, deeply moved and somehow healed. Jacqueline's gift is such a powerful ability that she is able to be a catalyst for bringing about change for her clients on both a physical, emotional and spiritual level. For me, this indeed proved to be true. I went home and relaxed and had fun as Jacqueline recommended and after years of trying, am finally expecting my first child. Due in Febuary.*

'THERE IS REAL JOY IN WORKING IN A BEAUTIFUL,



For 2014 Jacqueline Bourbon will work at Soneva Fushi but will also visit Soneva Kiri in 2015.





THE PERFECT PLACE FOR ROAMING AROUND, EXPLORING, LEARNING AND MAKING NEW FRIENDS.

Written by Harriet Thompson.

Back in October 2013, Soneva joined forces with Scott Dunn to launch the Intrepid Explorers Club at their Thailand resort Soneva Kiri.

Aimed at one to five year olds, this is a perfect haven for your little ones where they are able to play and take part in exciting activities under the constant care of Scott Dunn's qualified childcare experts. Supported by local child carers, these inspirational experts run action-packed and fun-filled days for your children, giving you time to recharge your batteries and enjoy the peace and tranquility of the island. Over the past few years, Scott Dunn Explorers Clubs have surged in popularity due to their fantastic childcare programmes and tailored activities. Not only do they provide a safe haven for children but they create environments where your children can make new friends, learn new skills and explore their imagination as they become inventors, artists, adventurers, sporting heroes and chefs for a day.

The Soneva philosophy is based on SLOW LIFE (Sustainable-Local-Organic-Wellness-Learning-Inspiring-Fun-Experiences) and the Intrepid Explorers Club embraces this ethos by investing in the community with an extensive childcare training programme for local childcare providers. This ensures that toys, equipment and activities all meet Soneva's stringent standards of social and environmental responsibility.

To Soneva and Scott Dunn, learning about and making the most of the destination you have chosen for a holiday is a core part of the Intrepid Explorers experience so the team combines unforgettable experiences with the highest of childcare standards.

While the Intrepid Explorers Club focuses on the smaller children in the 'Eco Den', the over 5s can explore, enjoy and marvel at the world's most jaw-dropping tree house, 'the Den'. Both spaces blend seamlessly into the local surroundings giving your children unparalleled contact and interaction with this mesmerizing environment.

In the 'Eco Den', your children can play for hours in a magical world that encompasses its own swimming pool, plenty of shaded areas on the decking for outside play, a green finger garden, a sleep and relaxation room for when they need to recharge the batteries and a main discovery room where they can explore to their hearts content.



'MAKE NEW FRIENDS, LEARN NEW SKILLS & EXPLORE YOUR IMAGINATION'.

For days when little legs are anxious to explore beyond the Dens, the team arranges child friendly excursions and cultural exchanges to immerse them in the island where rainforest walks and local school visits leave lasting impressions to be remembered for years to come. By combining indoor and outdoor activities such as water and land based sports with chocolate making, cooking and astrology, there is always something new for your children to laugh at, experience and learn.

Sounds like too much fun? Don't worry, the activities are not there just for the children to enjoy. Experiences to be shared as a family are in abundance, from dinners amidst the wilds of the surrounding greenery to pinching goodies from a free and endless supply in the 'chocolate' room. For after all, what is a holiday if it is not experienced and explored together?



ONE OF THE FIRST TWO HUMANS TO SET FOOT ON THE BARREN LANDSCAPE OF THE MOON BRINGS HIS FAMILY TO THE SONEVAS TO REST AND SCUBA DIVE.

Written by Louise Warner.



'OF ALL THE PARADISES I HAVE ENJOYED ON EARTH THIS SIDE OF THE MOON AND MARS, SONEVA KIRI AND SONEVA FUSHI ARE AT THE TOP FOR THE DIVING, FUN AND REST FOR MY WHOLE FAMILY.'

STANDING ON TALCUM POWDER-LIKE LUNAR DUST in July of 1969 and staring back down on Earth, Buzz Aldrin was one of the first to walk on the moon. "Magnificent desolation," he called it at the time.

Now, 45 years after an estimated 600 million people worldwide huddled around their television sets to watch two American astronauts step out on to the moon's surface, Buzz recollects the experience in an article for CNN this summer.

"Standing on that harsh, desolate, yet magnificent terrain, stealing precious moments, I looked back at Earth. Everything I knew and loved lay suspended on a far away and fragile blue sphere that was engulfed by the blackness of space."

Almost half a century later, it is difficult to imagine what Buzz might have felt when he returned from the moon. After travelling the best part of 800,000 kms, it would have been understandable if he felt he wanted to stay put for a while. But Buzz is not like most people it turns out. Instead, having seen Earth from above in all its glory, he decided to do it all again, this time with his feet grounded safely on terra firma. Without a pause, he and his fellow Apollo 11 astronauts set out on another circuit around the globe, visited a whopping 23 countries in 45 days as part of the Giant Leap world tour! And he has not stopped since. Maybe it is simply in his blood? And being Swedish blood,

an ancestral claim to some of the world's most well known explorers, the Vikings, might explain why he continues to seek out adventure wherever he can find it. Buzz hails from a county in Sweden called Värmland, an area from which Soneva founder Eva Malmström-Shivdasani coincidently also has her roots. Here again lies evidence that Buzz's destiny was written in the stars: not only was his mother's maiden name 'Moon' but the town in which his parents were born bears the name "Stjärnfors", which literally translated means "Stream of Stars".

Today, Buzz travels at least two or three days of each and every week, be it for business or pleasure and it seems he won't be slowing down any time soon. It begs the following questions: how does such an energetic pioneer of travel power down and where does he go?

Having travelled to some of the most remote places on Earth such as the Antarctic and the North Pole, it is perhaps hard to imagine finding Buzz relaxing in the sunshine amidst the tropical foliage and endless turquoise blue waters of the Indian Ocean at Soneva Fushi. Truth is, Buzz finds cities somewhat intimidating. "I'm more into open spaces," he admits so it is not surprising that Buzz chooses to take his entire family to an 'open space' for some well-deserved down-time, to recharge and reconnect with the Earth.



Buzz' first small steps for Soneva were in 2012, when he visited Soneva Kiri in Thailand to attend a series of special dinners with hotel guests and talk about his moon landing and quest to take humans to Mars. The giant steps came a year later when set off to explore Soneva Fushi in December of 2013, bringing along his family of daughter Jan and her partner Bruce, son Andy with his partner Maureen and grandson Jeff whose partner April was pregnant. It came as no surprise to find them in one of the island's largest villas to accommodate this multigenerational family.

And where better for such a family holiday than Villa One. The name itself reflects its premier status. Enjoying a legendary reputation amongst Soneva's guests, this magnificent three-bedroom escape is a luxurious playground of sustainable woods under a traditional thatched roof where the boundaries of indoor and out are blurry at best. Dramatic indoor living areas and tropical open living spaces, romantic terraces, scenic decks, idyllic walkways and a huge private seaside swimming pool are just a few of the many features that Buzz and his family fell in love with during their stay.

"We loved Villa One", Buzz told Soneva later. "Particularly the gigantic master bathroom, which is so big, even I got lost!"

Built on 1,400 square metres of land, Villa One is surrounded by dense tropical jungle. But it also boasts 180 degrees of uninterrupted views of some of the world's clearest blue waters and pristine white sand so it is not difficult to see why Buzz and his family loved this place.

Buzz enjoys holidays where he can venture out and explore. But sometimes, he just likes to take shelter and a stay at a Soneva resort provides the luxurious possibility of having the best of both worlds. At Soneva Fushi, Buzz and his family clearly made the most of spending quality time with each other while enjoying their shared sense of adventure. For a family keen on trying just about anything, it provided ample opportunity for exploration and new experiences together whether it was scuba diving (which according to Buzz, is the closest thing to experiencing zero gravity on Earth), or sailing, snorkelling or indeed gazing at the stars from the Observatory. There was always something exciting beckoning around the corner.

"Of all the paradises I have enjoyed on Earth this side of the Moon and Mars, Soneva Fushi and Soneva Kiri are at the top for the diving, the fun and the relaxation for my whole family. I'll be back!"

Inscribed on the plaque fastened to the ladder of the Eagle, the lunar module that transported Buzz and Neil Armstrong to the bleak, crater-pocked moonscape, it reads: "We Came in Peace for All Mankind." Perhaps there should be a plaque at the foot of the entrance to Villa One. "We Came in Peace for the Entire Family." *****



living LARGE

THE LARGEST RESORT VILLA IN THE INDIAN OCEAN – NEW NINE BEDROOM RESIDENCE REVEALED.





THESE DAYS, LUXURIOUS PRIVATE RESIDENCES are scattered liberally across the globe. Grand creations for the rich and famous, these palatial buildings mimic the opulent tastes of kings and queens of centuries past. However, for those seeking a second home more in tune with nature, there is perhaps less choice when island hopping in search of that perfect beach side hideaway.

For years, Soneva has been leading the way in creating luxury homes for clients seeking a more down to earth sense of luxury, where it is possible to walk barefoot from your bed out on to the pristine white sand in the morning and feel a true connection to one's natural surroundings.

Since 2007, the Soneva Group's properties in the Maldives and Thailand have become coveted as the ultimate in SLOW LIFE symbols and the recent addition to their magnificent range of villas, their new nine-bedroom magnum opus, is already commanding attention from all corners of the globe.

The largest private residence to be built in the region, this spacious but secluded stronghold on Soneva Fushi is a unique and truly stunning structure. As with all Soneva privately developed villas, it is constructed using time-tested indigenous techniques with materials from sustainable sources that are adapted in order to preserve the integrity of the environment and the local communities in which they reside.

But there are features in this new property that no realtor's dictionary can adequately describe. With breathtaking views of an unending cerulean Indian Ocean and an infinite versatility in accommodation, this beach and jungle property had two guiding principles in its design: the need for privacy and sociable relaxation – a place to hide yourself away from the world and reconnect with family and friends.

Tucked away from the rest of the resort, on the sunrise side of the island, this vast two-storey collection of rooms is as enchanting as it is magical. Weaving your way from one end of the villa to the other will take you on a mystery tour, never knowing what is around the next corner or at the top of one of the many staircases.

Carefully designed with generous living spaces, both inside and out, there is a continual sense of privacy throughout the villa. A private spa suite with steam and sauna facilities, a gym and a massage room, and a pantry kitchen will leave



'WEAVING YOUR WAY FROM ONE END OF THE VILLA TO THE OTHER WILL TAKE YOU ALONG A MYSTERY TOUR NEVER KNOWING WHAT WILL BE AROUND THE NEXT CORNER'



you wanting for nothing. Outside, a spacious relaxation area with a large swimming pool, complete with a slide from the childrens' playroom, will simply take your breath away.

The wrap-around pool is set within touching distance of the beach and provides you with a myriad of dining spots to choose from. The sunken dining table sets the perfect stage to host a fabulous dinner party or why not opt for a spot in which you can simply relax with a drink? Among the colourful cushions in the seating area on the top deck, you can easily drift off while gazing out at the turquoise sea that lies glittering just beyond the tips of your toes. And as night falls, you can make your way to the master bedroom – the bedroom of all bedrooms. This is an isolated room so close to the beach, with a private jacuzzi on the top floor and magical views of the lagoon, that you will almost certainly be lulled into a glorious slumber.

As family and guests make their way down for breakfast from the four additional bedroom suites and the smaller childrens' (or nanny) rooms, you quickly realize that this is the perfect place for any family or group of friends looking for an escape from the hustle and bustle of everyday life. Feeling refreshed and sensing the success of Soneva's design and construction, it becomes obvious that they have managed to create a delicate and unique balance of lifestyle and sustainability, providing luxurious accommodation, magnificent natural surroundings, incredible cuisine and a wealth of local, 'money can't buy' experiences. A barefoot luxurious paradise that leaves you wanting for nothing.









JAW-DROPPING AND SIMPLY AWE-INSPIRING. Perched on hill and cliff tops and sprawled over sparkling white beachfronts, Soneva's Private Residences may be some of the world's most beautiful villas, bringing together environmental sensitivity and gracious living in perfect synergy.

Making history in 2009, with the sale of the first private residence to a foreigner in the Maldives, Soneva has since broken new ground and created stunning properties in some of the world's most breath-taking locations: Soneva Fushi in the Maldives and Soneva Kiri in Thailand.

These villas have given new meaning to eco-friendly luxury living since they are constructed using time-tested indigenous techniques with materials from sustainable sources, adapted to preserve the integrity of the environment and the local communities that surround them.

Built to meet the owners' individual requirements while remaining true to the Soneva values of SLOW LIFE (Sustainable, Local, Organic, Wellness, Learning, Inspiring, Fun, Experiences) and the mission of Intelligent Luxury, these hideaways are idyllic retreats where relaxation and unwinding is effortless and the stresses of daily life are left far behind.

When creating and constructing villas of these magnitudes, the attention to detail, passion for design and respect for the environment are second to none. Materials are sourced with our health, local communities and the planet in mind with careful thought applied to every decision no matter how small. By integrating carefully chosen fabrics, functional fashion, manufacturing integrity and consumer end-use experiences, great care is taken to ensure that suppliers are local, highly ethical and benefit nearby communities.

Soneva use the most environmentally benign building materials available, such as low or no VOC paints and sealers, and are dedicated to creating a business environment where sustainability and fair trade go hand in hand, a progressive approach that has set them apart in the hospitality industry.

Eva Malmström-Shivdasani is the company's Creative Design Director and personally oversees the selection of every item crafted specially for the villas. With carefully selected, bespoke products, an incredible eye for detail and a flair for design, Eva takes great care over her choices.

"I try to design most things or have them made as I don't like to buy "off the shelf". For a hotel, it is dangerous to buy "off the shelf" as the items can quickly become dated and everyone knows where they came from. With my things, we are the only ones to have them so they last for a long time," she says.

Using the most environmentally benign building materials available, the quality and ecological credentials of Soneva's suppliers is paramount. Materials are treated with natural oils and salts to protect them from rain and fungus while ensuring that the indoor air quality corresponds with the pristine outdoor environment. Unfortunately it is not always possible to buy all locally sourced wood, as it involves using rainforest wood, but thankfully the carbon footprint for transporting the pine to the resorts is far less.

interested in purchasing a private residence?

A limited number of spectacular Private Residences are available to purchase, each of which is uniquely designed and carefully located to combine maximum privacy and tranquillity.

Some of the benefits of villa ownership include discounts off both resorts' services such as the flight transfers, spa, diving, excursions, and all the food and drink outlets. Membership in the exclusive Soneva Club. Your villa is yours to enjoy. And the Villa Rental Programme is tailored to your lifestyle needs.

For more information, please contact Rod Taylor, Managing Director of Soneva Private Office + 44 7930 664992. www.sonevaprivateresidences.com



With their decision to use the traditional skills of local craftsmen to shape and connect the materials, the construction of Soneva's villas have helped protect local knowledge and maintain building heritages for future generations.

By continually striving to create meaningful and cohesive designs of subtle understated elegance, Soneva regards the combination of both the natural and the built environment as a delicate entity with its own character, history and future.



HOW SONEVA APPLIES THE ANCIENT CHINESE TEACHINGS OF FENG SHUI TO THE CONSTRUCTION AND DESIGN OF THEIR CREATIONS.

In coversation with Sonu Shivdasani

As human beings we all react differently, both consciously and unconsciously, to the surroundings we find ourselves in. Everything in life is energy in movement and whether in a home or a business the sense of stagnant energy can have a dramatic effect on those within that space. The energy can feel sticky and heavy, as if life and time itself have come to a standstill.

This is where the art of Feng Shui comes in. A 3 000 year old Chinese philosophical system of harmonising people with their surrounding environment it literally translates as "wind-water" and is a complex body of knowledge that reveals how to balance the energies of any given space in order to assure health and good fortune for the people inhabiting it.

Feng Shui is one of the Five Arts of Chinese Metaphysics, and is classified as 'physiognomy', meaning the observation of appearances through formulas and calculations. Based on the Taoist vision and understanding of nature, particularly on the idea that the land is alive and filled with Chi, or energy, it was historically used to orient buildings—often spiritually significant structures such as tombs, but also homes and other buildings—in an auspicious manner.

I chat to Soneva founder Sonu Shivdasani to discuss the ancient philosophy and how it fits into life at Soneva.

Depending on the particular style of Feng Shui being used, an auspicious site can be determined by reference to local features such as bodies of water, stars, or a compass making Soneva's resorts the seemingly perfect locations for putting the practice to good use.

When Sonu and Eva first arrived at Soneva Fushi in the Maldives there was a long path that cut right across the island. One could literally see Dolphin beach from Turtle Beach. The Feng Shui master that they brought in to consult on the property felt that this was not good as the "Chi" (the energy) was flowing too quickly through the island and not lingering enough.

"Generally following good common sense the guidelines of Feng Shui tend to support making the environment as comfortable and easy to live in as possible," Sonu tells me. "Overtime, the paths on Soneva Fushi have varied and curved, allowing the energy to filter throughout the island."

"We still bring in a Feng Shui master before we start any development," Sonu tells me. "He or she visits the site for two days taking various measurements," he continues.

By using traditional tools used in a Feng Shui analysis such as the compass and the Feng Shui energy map, the 'Bagua' the master is able to assess what is needed for that particular development in order for it to contain the right energy. Literally meaning eight areas, the 'Bagua' is an octagonal grid used to analyse the energy of any given space. Simply put it is an energy map used to bring insight into which areas are connected to specific areas of the inhabitant's life. The compass, also called 'Luo-Pan' consists of bands of concentric rings arranged around the magnetic needle and is used to access deeper information about a site or a building and helps in determining which guidelines to go by when planning a specific structure or development.



"The guidelines presented by the master cover everything such as to how to place the villas as well as highlighting any issues with the physical design, the most important being the entrance to the property. If the entrance is chosen badly then there is a risk, according to Feng Shui, that we will not receive so many guests," Sonu tells us. "That said, Eva and I have been designing hotel villas for about 25 years now using the art of Feng Shui in both our resorts as well as our own homes. A lot of it is now intuitive."

In Chinese culture wind and water are associated with good health, thus good Feng Shui came to mean good fortune, while bad Feng Shui means bad luck, or misfortune.

So on your return home from one of the Soneva resorts perhaps take some time to reflect on your own environment and how that energy affects you. Applying Feng Shui to your own life need not be dramatic or difficult. By simply clearing out your hallway (your home's most important area as all that comes through there affects both you and those around you) and making sure that the front door is easily opened and closed will continually fill your house with new energy. And by getting rid of things that you do not need you may be able to unblock your own path through life, creating opportunity for energy, life, love, creativity and happiness to find their way in. 🇮

sustainability IN PRACTICE

THE SONEVA VISION IS TO REDUCE THE CARBON FOOTPRINT, INFLUENCE AN ENTIRE INDUSTRY AND BRING ABOUT RESULTS IN AN EVER-CHANGING CLIMATE ACROSS THE GLOBE.

By Arnfinn Oines and Maria Padget.

Over the years, Sonu and Eva Shivdasani have strived to provide a blueprint for the hospitality industry where the ultimate goal is to decarbonise across all operations. This means an ongoing programme of devising, implementing and refining measures to ensure the resorts absorb more carbon dioxide than they release as a result of their business.

"I am a strong believer that tourism can have a positive impact on the environment and social development," Sonu says. "At the same time, our industry is hugely extractive. We take far more than our fair share of the world's resources but we have a moral and business obligation to reduce our impact and increase our potential for good. As an industry, this involves a deep and often uncomfortable analysis of everything we do."

Soneva's 2014 eco-report brings into focus their efforts to meet this obligation and details how they go about mitigating the hazards they cannot control such as guest air travel to and from the resorts. By creating the SLOW LIFE Foundation to develop environmental projects dedicated to reducing carbon emissions, the Shivdasanis have gone to great lengths to make a difference, not only within their own resorts, but beyond their own industry. They are preoccupied with addressing deeper social and environmental challenges and have a passion for inspiring others to do the same.



energy management

Improving energy efficiency and switching to renewable energy sources is a priority. The Carbon Calculator helps identify where the biggest reductions can be made and the highest efficiencies allocated in order to reduce the carbon footprint, decrease operational costs and improve the bottom line.

The 70kW Solar Photovoltaic (PV) power plant on Soneva Fushi was the largest renewable energy plant in the Maldives when installed in 2009. In 2014, a 500 kWp solar plant will be installed and in conjunction with with planned energy savings measures, diesel consumption will be reduced by a further 40-50%.

Making the resorts energy efficient is the easiest step to improve the carbon footprint. The villas and restaurants are designed with natural ventilation to reduce the need for air conditioning.

During 2014, steps are being taken to replace water production in Soneva Fushi with a distilled seawater desalination plant that runs on waste heat from the generators. Already self-sufficient in water on the island, this is an even more energy-efficient system and produces less brine discharge. The potable water will be generated using evaporation rather than membranes. The salt is then collected and can be used for table salt.

vegetable garden

Approximately 7,500 m2 of land is set aside for vegetable gardens where organic principles are followed to grow 14,000 kilos of produce per year. No artificial fertilizers are used. The purpose of the gardens is to both improve the carbon footprint from the freight of food items to the island and provide fresh and nutritional food. This is particularly relevant for the Maldives, which relies to a large extent on imported food. It also improves guest satisfaction.



water management

At Soneva, all water is sustainably sourced. The resort is 100% self-sufficient in water through desalination processes, rainwater collection and deep wells. Water saving technologies and practices have also been put in place such as water saving shower heads, aerators in taps and push valves in heart-of-house areas.

In October 2008, Soneva banned imported bottled water, which saved an estimated 150,000 plastic bottles per year. Instead they produce their own drinking water, enhanced with minerals and bottled in reusable glass bottles. Soneva gives a significant proportion of the revenue generated from the water sales to the SLOW LIFE Foundation, which works with various charities to implement Clean Water Projects.

waste management

In total, 79 % of the waste from Soneva is recycled through the Eco Centro Waste-to-Wealth programme resulting in an overall carbon footprint of 72 tons of negative CO2 emissions per year. Recycling efforts have therefore resulted in more carbon avoidance than produced, an important component of the decarbonising programme.

Food waste is composted and the fertile soil produced is reused in the vegetable gardens. Wood waste is made into biochar and charcoal which is also used at the resort. Glass is crushed and mixed in cement in order to make designer table-tops.

bio-diversity

Soneva has an in-house Marine Biologist at each resort. They know the house reefs like the back of their hand and provide on-site expertise on conservation and reef management that extends out to the wider community. Trained by the Marine Biologists, the hosts are able to be proactive in protecting the fragile local environment and can take guests on snorkelling trips to explain the marine life around the resorts.

Since 2007, the Marine Biologists based at Soneva Fushi have worked with five other resorts in the Baa Atoll to secure recognition for Baa Atoll as a UNESCO Biosphere Reserve. The status was achieved in 2011 and now efforts are focused on ensuring the reserve is effectively managed and protected.



CHANGING THE LIVES OF MILLIONS OF PEOPLE REQUIRES MORE THAN THE EFFORTS OF ONE PERSON, IT NEEDS A VILLAGE. OR IN THIS CASE AN INDUSTRY.

By Isabel Wallin. Photo courtesy of Onedrop.org

It is something we take for granted. Being able to turn on the tap and fill a glass with fresh, clean drinking water. But for more than one billion people across the globe, this is as luxurious as it gets. With so many people living their lives without access to clean and safe drinking water and with an estimated 2.4 billion lacking access even to basic sanitation facilities, it is not surprising that one feels called into action.

In 2011, following the SLOW LIFE Symposium, hosted by the SLOW LIFE Foundation at Soneva Fushi in the Maldives, participant Karena Albers embarked on a mission to create an initiative already practiced within Soneva's own resorts.

Designed to unite the hospitality and tourism industry on a non-competitive platform to eradicate a global issue, WHOLE WORLD Water is much more than a fundraising initiative. It is a revolutionary way of thinking: a new way of doing business designed to balance environmental, economic and societal issues. Borne out of a conversation between the participants attending the SLOW LIFE Symposium, founded by Sonu Shivdasani, Karena returned home to London with Soneva's sponsorship of the project in place to set about bringing this much needed project to life.

"The whole focus of the symposium was finding sustainable business solutions as they relate to the travel and tourism industry," Karena shares with me over the phone. "The idea was simple really and based on a practice already used by Soneva where they filtered their own water at source, bottled it in re-usable glass bottles, sold it to their guests and donated 50% of the proceeds to environmental causes around the world." On her return home, Karena began paving the way to take what was being done at Soneva and bring it to the travel and tourism industry at large. But being such an ambitious endeavour, Karena began seeking help among former advertising colleagues she had met during her years as a documentary filmmaker.

"Things happened so serendipitously once I was back home," she says. "I had said during the symposium that we needed the idea supported with a strong business proposition and marketing platform similar to what Bono from U2 did with the (Red) Campaign to address the Aids issue. Amazingly when I told a former colleague about the project she immediately said that I should talk to her friend Jenifer Willig who was the former CEO of the (Red) Campaign!"

Within six months WHOLE WORLD Water was cofounded by Soneva and Karena and Jenifer were up and running in start-up mode. In order to scale the project towards the size and scope of the six trillion dollar travel and tourism industry three founding principles were created for the campaign.

One: Any hotel, resort or restaurant can become a member of WHOLE WORLD Water and receive access to all of the marks, brand materials, marketing materials and collaterals to educate their employees and guests.

Two: Members agree to provide still and sparkling water in re-usable co-branded glass bottles to their guests and clients.

Three: Members agree to donate 10% of proceeds to the WHOLE WORLD Water fund where 100% of the donated money will go to fund clean and safe water initiatives around the world.



'WORKING TOGETHER WITH THE HOSPITALITY AND TOURISM INDUSTRY, WE CAN SEE THIS ISSUE SOLVED WITHIN OUR LIFETIME.'

"What is really different about WHOLE WORLD Water versus other campaigns is that it is truly global in nature," says Jenifer. "WHOLE WORLD Water, simply due to the sheer size of the footprint of the hospitality and tourism industry, automatically becomes a global campaign. On top of that, our members can earmark funds for the communities in which they are doing business to help educate people in understanding that this crisis we are living with, is a global one."

Officially launched a little over a year ago in 2013, WHOLE WORLD Water already has close to one hundred members on every continent and has just allocated the first funds for projects on the ground.

When asked who can take part in the campaign, Karena replies: "We want this to be something that everyone can take on board, not only the large chains but any small hotel, restaurant and café. The restaurant that raises two hundred dollars is as important as the restaurant that raises 10,000 dollars because it is this exact scale of the issue that is imperative."

The funds raised will radically increase the resources provided for communities to access clean and safe water and

assist in developing programmes specifically designed for clean and safe water investments. They can be accessed by organizations, charities and social enterprises focussed on clean and safe drinking water issues.

"It is an open platform," Karena tells me. "We accept applications from anyone: NGOs, social enterprises and innovators. We review the applications that we receive and make sure they measure up to certain criteria. They have to be sustainable, have the capability to engage the community with the potential to create commerce, and of course they should be able to show that ultimately, they could become self-sustaining."

With industry leaders such as Soneva, Virgin Limited Edition, Virgin Hotels, Auberge du Soleil, Tao Restaurant Group, Ritz Carlton, Shanti Maurice, Yoo Hotels, Uniworld, Nira Montana, and many more, it is not surprising that the campaign is gaining momentum.

"Although we realise the immediacy of the crisis in the developing world, where one billion people today lack access to clean and safe water, this really is about a kind of "today and tomorrow" issue", Jenifer continues. "Working together with the hospitality and tourism industry, we can see this issue solved within our lifetime."

So hopefully, the next time you are on holiday and spot a water bottle in your hotel room, it will be an elegantly designed glass bottle, with a bamboo top and a simple etching of the WHOLE WORLD Water logo. And if not, might I suggest you join the cause and ask the hotel manager why not?

interested in joining the campaign?

It is easy! Just visit the website, read the campaign overview and sign up to become a member. www.wholeworldwater.co

To read more about the SLOW LIFE Symposium please visit: www.slowlifesymposium.com

To find out more about the SLOW LIFE Foundation please visit: www.slowlifefoundation.com





BY TEACHING CHILDREN TO SWIM, THEY WILL LOSE THEIR FEAR OF THE OCEAN AND LEARN TO LOVE IT AND IF THEY LOVE IT, THEY ARE MORE LIKELY TO PROTECT IT.

Written by Isabel Wallin.



OVER THE YEARS SONEVA has pioneered a number of social and environmental programmes both locally and globally that have impacted the travel industry on an inspirational level.

During the last SLOW LIFE Symposium, an annual event organised by the SLOW LIFE Foundation and sponsored by the Soneva Group, yet another such a programme was borne and given the name 'Learn to Swim'.

Although Soneva had run introductions to the water with local communities over the years they had never done a whole intensive programme before.

I talk to Maria Padget, organiser of the SLOW LIFE Symposium, about how the programme came about and the impact that it has had.

"During the symposium," Maria tells me, "a conversation began about the two separate paradoxes. One being that there are children living on these islands, only one metre above sea level, but who are not able to swim. And on the other hand we have tourists paying thousands of dollars and travelling thousands of miles to see and experience the wonders beneath the surface. Wonders that the children have access to daily but don't experience for themselves."

The other paradox she continues is "that the pristine white beaches and the beautiful corals that tourists come to see are, on local islands, the equivalent of a rubbish dump as they have no municipal facilities for rubbish. Here, historically, the beach has been a place for them to dump their rubbish, which two generations ago was ok because it was coconut husks and fish heads but now it's plastic bottles and glass which is not only not bio-degradable but it is not safe. So it becomes self-perpetuated problem where the children don't swim because the beaches are not clean enough." Sensitive to these differences in living standards between visiting tourists and local islanders in the Maldives, and of the fragility of the ecosystems both locals and tourism businesses depend on, Soneva Fushi joined together with Eydhafushi, the local island only 700 metres away, to make a difference in the local childrens' lives. Despite the proximity of the two islands most of the children in Eydhafushi rarely enter the water and many are unable to swim.

A pledge was made during the SLOW LIFE Symposium between Jon Bowermaster and Federica Siena, Soneva Fushi's marine biologist, to expand the introductory sessions to create a programme that would significantly increase its outreach. With the aim of teaching 43 school children and their parents from the neighbouring Maldivian island, Eydhafushi, the Learn to Swim Programme took place in June 2014.

"We had lots of conversations with marine experts and we thought that teaching kids seemed the most important way to inform the people around Soneva Fushi about protecting the ocean. It's the first step in a bigger goal of environmental protection. Giving lectures and presentations wouldn't work – the children need to have a passion and start loving the sea," says Federica. "Learning to swim will not only teach them a valuable life skill, but will also teach them about the extraordinary biological wealth of the coral reefs just a few metres offshore."

Jon Bowermaster, a renowned documentary filmmaker, whose interests lie in the 3 billion people around the world whose lives depend on the sea, working with Federica, equipped the 43 children with a facemask and snorkel to open their eyes to the oceanic wonders that surround their own island.

"I have travelled around the world studying the way people who live on the edge of the ocean react to it, treat



it. Sadly there are many places where the ocean has been abused by people mistreating it for decades. The goal with our Learn To Swim programme is to teach children, and parents, to swim, to gain a confidence that will keep them safe in the ocean, but also encourage them to be better protectors of the ocean. Once they've swum here, seen the sandy bottom and the fish, they'll become stewards of taking care of it," says Jon.

Together with Soneva Fushi, Jon has created a documentary film to be used as a compelling argument for resorts around the world to join in their cause.

"Originally a joint venture between Soneva Fushi and Eydhafushi, we really hope that this can be a catalyst to become something much bigger, that at the very least it spreads throughout to the whole Baa Atoll with other resorts participating with their local islands," says Maria Padget. "But what we really hope for is to engage UNICEF or the like to scale this up to be a nationwide programme and really make a difference to these people's lives."

This initial programme involved 43 children, as well as 17 mothers who participated from the local school 'Baa Atoll Education Centre'.

"You can't imagine the noise level on that first day," Maria tells me. "So much excitement mixed with nervous anticipation, this was a really big deal for them!" she continues. "Many of them were so jittery. One little girl was really very tearful and shy on that first day yet every other day she skipped in with a huge smile on her face."

Frederica tried very hard to include exclusively Maldivian instructors and ensured that six of the Soneva Fushi hosts were certified as swimming instructors. However, as they did not have a great deal of experience three international volunteers were invited to join.

Nathal Tschohl, a volunteer swimming coach with Diversity in Aquatics, a non-profit organisation committed to reducing annual drowning statistics and to increasing diversity in the profile of swimmers worldwide, was enlisted along with mother and daughter team Patty and Jamie Kilgore from Oregon, both Red Cross certified instructors who volunteered their time and expertise to the programme.

Since the conclusion of the programme, a pledge has been made by Soneva Fushi to continue to develop the Maldivian instructors in order for them to become more experienced so they can hold these programmes on their on without the assistance of outside volunteers. They have also pledged to provide special instruction to two of the mothers who took part in the mothers' class and bring them up to the instructor level as well.

"What we want is for this to become something where you can take Soneva out of the equation but it carries on," says Maria Padget. "The pledge is very much a partnership between Soneva Fushi and Eydhafushi rather than a one way donation. By continuing to provide two classes a month to each of the classes in low-season and once a month in highseason, we can really make a difference in the lives of these mothers and their children."

Eydhafushi has committed to identifying a safe place to swim on their newly reclaimed land which Soneva Fushi will help them clear to create a safe environment for the children to swim in. They will organise monthly beach clean ups where Soneva will support with manpower, gloves and bags as well as run environmental awareness programmes once a month at the school.

"Because while the very simple level of the programme is to teach the children to swim and give them a life saving skill, the other part of the programme is to teach them 'IF I CAN LEARN TO SWIM, THEN I CAN CONQUER THE WORLD!'

environmental awareness and to bring up a new generation of ocean stewards," says Maria.

Perhaps Isha Afeef, Social and Environmental Responsibility Fund Manager at Soneva Fushi, who, only now has learnt to swim at the age of twenty, phrased it best: "If I can learn to swim, then I can conquer the world!"

anice **STORY**

EVA MALMSTRÖM SHIVDASANI TELLS THE STORY OF HOW SHE UNKNOWINGLY HELD A WORLD RECORD FOR THREE YEARS.

as told to Isabel Wallin by Eva Malmström Shivdasani.

Constructed in 1903 in St. Moritz, Switzerland, the St. Moritz-Celerina Olympic Bobrun is the oldest bobsleigh track in the world and the only one that is naturally refrigerated. It was originally created for British winter bobsleigh enthusiasts but over the years, has played host to a range of bobsleigh events including the Winter Olympics of 1928 and 1948 and a succession of world championships.

It seems a far cry from the pristine beaches of the Indian Ocean yet Soneva's Eva Shivdasani, has close ties to this famous icy track.

"In early February of 1986 I was having dinner in St. Moritz with a friend along with the Canadian bobsleigh team. During the course of the evening, I was told that women were not allowed to compete in bobsleighing and I asked them why?

"They told me that women are too scared and too weak to compete! I found this outrageous so immediately asked to be signed up to go on the first run the very next morning.

"Everyone told me I was mad, that it was very dangerous and not to go through with it. Some gave a little more practical advice such as not to eat any breakfast, for rather obvious reasons!

"Strangely enough, I was not scared at all and at 8am, I was ready and raring to go.

"As women were not allowed to even enter a standard Bobsleigh, I was allowed to go down in the four man 'Bob', along with my friend Prince Albert of Monaco, who at the time was competing officially for Monaco, the 'breaker' Enrico Ritter and the driver Willy Birk."

The track is 1,722 meters long and has 14 curves along its route, all with daunting names such as 'Snake Corner',



'Devil's Dyke Corner' and the 'Leap'. This alone would make most people shake in their boots, but not Eva.

"It was great fun, although I must admit that I didn't see much due to the centrifugal force that kept my head down for part of the journey.

"Our time down the track was 1: 13: 68 and once securely at the bottom again, I immediately wanted to go again but for some reason it was not possible. Instead, I had to be content with a diploma and a photo of the run.

"As this is a natural track constructed and changed on an annual basis, there are no official start records or track records but about a year after our run, a Swiss friend of mine sent me a newspaper clipping saying ,we held the world record with the 'guest' bobsleigh run! It turned out that we kept the record for three years. Thinking back on it, we should really have been in the Guinness Book of Records," Eva says, smiling at the memory of it all. 🗰







HIERMIT WIRD BESTÄTIGT, DASS Eva MALMSTROM

5. Februar 1986 AM OLYMPIA BOB RUN ST.MORITZ/CELERINA ERFOLGREICH BESTANDEN HAT

ZEIT: 1:13.68 PILOT: Rico Ritter lico lilles

DIE BOB-TAUFE AUF DEM

ST.MORITZ BOBSLEIGH CLUB

Der Präsident

Gunter Sachs

n hulan



THE DARK SIDE OF THE MOON

The Apollo 8 astronauts were the first people to see the dark side of the moon with their own eyes. The black ceramic $[ZrO_2]$ Co-Axial Speedmaster salutes the pioneering spirit that took them to a place no human had ever been and it pays homage to the Speedmaster Professional chronographs worn by every Apollo astronaut. OMEGA is a proud partner in mankind's greatest dreams.

