


FREE

Vol. 19
OCTOBER 2017

Philippine primer

The **Expats'** Guide to the Philippine Lifestyle



Hole
in the
Wall

Street

Top picks for hidden
restaurants and cafes
in the Metro

Travel

The magic lives forever
at Enchanted Kingdom

Special

6 Steps to a Smart Study
Space with Pottery
Barn Kids PH

Plus!

Guide to Local
Craft Beers
in Manila

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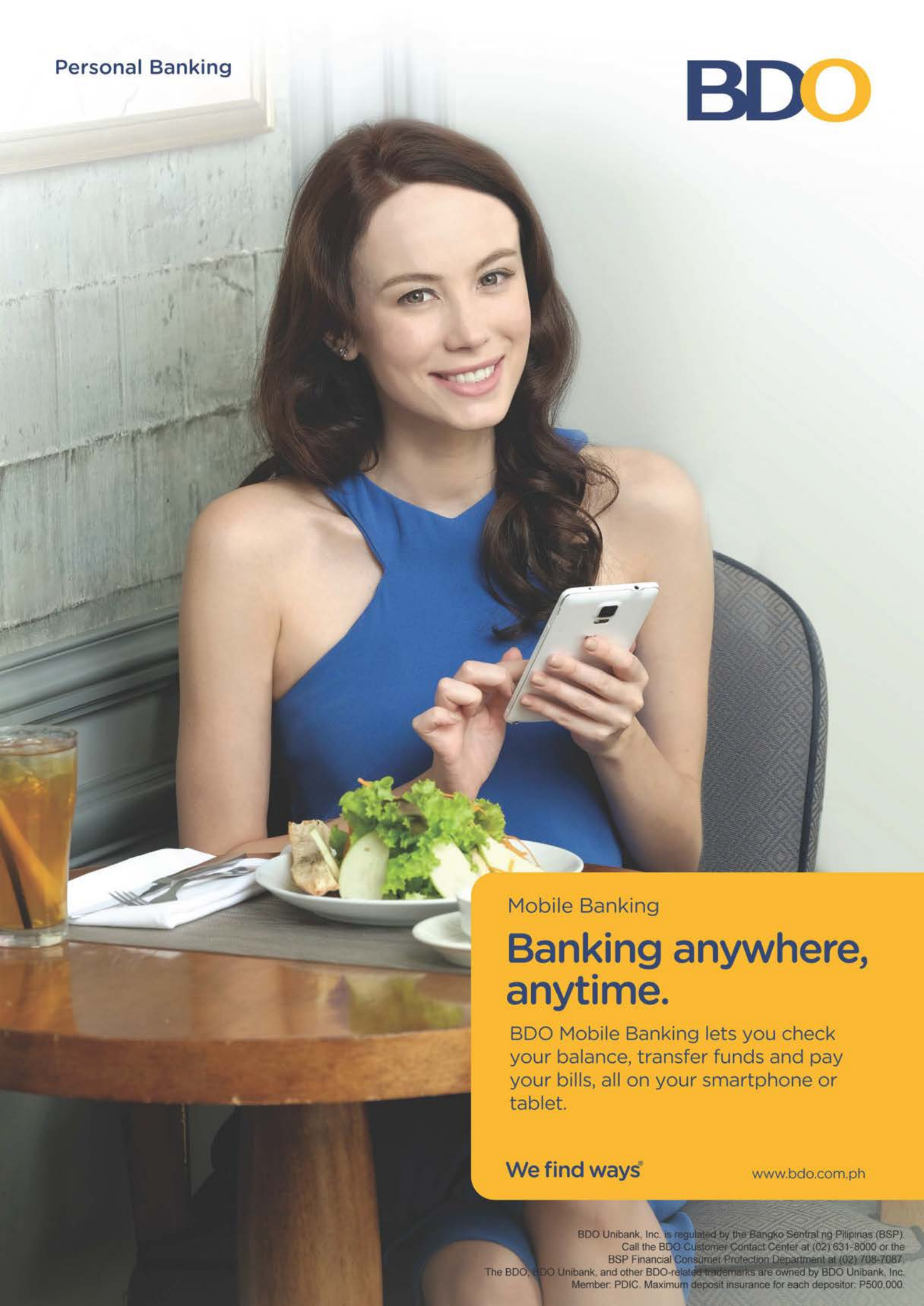
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Feature of the Issue

COVER – There are plenty of restaurants to choose from in malls, but it's the more uncommon areas where you'll find the really good ones. For this feature, Philippine Primer scoured the city for some of the most underrated, hidden or just plain unnoticeable restaurants that have probably been right under your nose all this time. Philippine Primer is your map; come join us in this foodie journey.

TRAVEL – Get your fill of Laguna in this month's travel feature! Philippine Primer takes you to the town of Liliw, Laguna, the unofficial Slipper Capital of the Philippines, and see why their slippers are so popular with tourists. Get a taste of their food as you hunt for souvenirs and other places of interest that keep people coming back - even for a short stop. We also look at Hidden Valley Springs, a paradise hidden in the middle of the rainforests of Alaminos, Laguna and take you for a dip in their natural springs, including the famous Soda Pool. Philippine Primer will also take you to the magical land of Enchanted Kingdom, where kids and kids-at-heart can enjoy a full day of day of laughter and fun with friends and family while exploring the seven zones of the home of Eldar the Wizard.

SPECIAL FEATURE - Setting up a study space for kids can be a daunting task, but it can be a fulfilling one if done properly. Philippine Primer got help from Pottery Barn Kids to bring you six steps for a smart study space for kids.

PLUS! If you're bored of the usual beer brands and are looking to celebrate Oktoberfest with a different bang, then we have a surprise for you! Philippine Primer looked around Makati and BGC to bring you a selection of the best craft beers you can get your hands on.



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Philippine
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October Vol. 19

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HOLE IN THE WALL

Metro Manila is full of fabulous hidden gems! There are many hole-in-the-walls that are worth trying. It is easy to have dinner at the places everybody knows such as restaurant in the shopping malls but spending time at hidden places is better than you expect.



Ikomai & Tochi Desserts

PP

Known for serving simple *kushikatsu* (deep-fried skewered meat and vegetables), Ikomai was previously a food stall in Salcedo Market for a year and a half before it decided to build its own physical store in Salcedo Village. Although it serves Japanese cuisine, Ikomai does not market themselves as a typical Japanese restaurant; rather, its unique concept is to “create a space where people can meet and make friends” while enjoying sumptuous food.

Apart from their savory offerings, there's also Tochi Desserts. The pastries served here are made in-house, as they sell freshly-baked goods such as cookies for a luscious sweet treat after a satisfying meal.



Assorted Kushikatsu (Php 450)
From left to right: Pork, Okra, Shrimp, Onion, Chicken



ACI Group Bldg., 147 HV Dela Costa,
Salcedo Village, Makati City
02-816-4588 / 0999-887-0297
11 am - 10 pm, (Mon to Fri);
5 pm to 10 pm, (Sat)
Ikomai

Vina Trang

PP

What was once a home to its owners, a Vietnamese family who also runs a restaurant in their home country, is now officially a restaurant that serves healthy and budget-friendly Vietnamese treats. Vina Trang Cuisine will put an end to your Vietnamese food cravings with their flavorful and authentic offerings.

The ingredients used for the food they serve are all purchased every morning, while the patties, sauces, and sausages, are all homemade. The bread used for Banh Mi is freshly baked every morning keeping Vina Trang true to its promise of quality and authenticity.



Pho Dac Biet (P235)



8836 Rooftop, Sampaloc St., San Antonio
Village, Makati City
0995-178-0676
9 am - 11 pm
VinaTrang Cuisine

Lágrima

PP

Lágrima, located in Legazpi Village serves authentic dishes such as nachos, tacos, and burritos. This hole-in-the-wall taqueria in Makati is a cozy casual hub for simple gatherings over good food. Here, you have the option to choose your own type of meat and taco size. From the tortilla texture, fresh ingredients, to the flavor of their meat, you are sure to enjoy what Lágrima offers—all perfectly paired, of course, with *Horchata*, a Mexican beverage composed of almonds, sesame seeds, barley, and rice.



Street Taco (P100)



📍 G/F BSA Mansion, Benavides St., Legazpi Village, Makati City
☎ 02-892-1320
🕒 11 am to 10 pm
📱 Lágrima

101 Hawker Food House

PP

Open since 2010, 101 Hawker Food House serves great tasting Singaporean Hawker-inspired dishes at affordable prices. Being a former chef in Hyatt Hotel in Singapore, chef and owner Rexmond Chua admitted that although some adjustments have been made with the sweetness and spiciness of the dishes to match the taste of the Filipino palate, it is almost the same as the authentic Singaporean B-grade fare. The best part is that almost all items in the menu are P300 or less! Try their Singapore style fried rice *Nasi Goreng* with chicken (P140) paired with their special sauce for your next Singaporean food trip.



Mee Goreng (P125)



📍 G/F The Beacon, Chino Roces Ave., Makati City
☎ 02-886-7329
🕒 6 am - 10 pm, (Mon to Fri); 12 pm to 2 pm, (Sat)
📱 101 Hawker Food House

Habitual Coffee

PP

Habitual Coffee along Chino Roces Avenue in Makati is a specialty cafe that only serves coffee brewed using an AeroPress, made through extracting air pressure.

This café is famous for their specialty coffee and they also offer sandwiches for snacks. Make sure to try their Single Origin Aeropress (P160) as you visit the place. Although it's a bit secluded, Habitual's interiors and high ceiling makes the place stand out from the inside. Drop by the crossfit gym and bike shop at the compound next time you visit!



Almond French Toast (P160 for 1 pc, P240 for 2 pcs)



📍 2135 Chino Roces Ave., Makati City
☎ 02-833-9556
🕒 8 am to 9 pm, (Mon to Sat); 8 am to 7 pm, (Sun)
📱 Habitual Coffee
@habitualcoffee

Población Dining Room

PP

Hidden inside Commune Café and Bar in Makati, you may think you'll get a different vibe because of the sudden shift in roles. Poblacion Dining Room is as Filipino as it gets. Once you've been taken through its doors, you'll feel like you've walked into your grandmother's house. Filipinos will get a hint of nostalgia with how it's set up: there are several small tables where everyone can eat and chat, and one long table (made by putting the small ones together) to have big groups sit down, eat, and chat. Check out their trademark *Sinampalukang Manok* (chicken in tamarind soup base) for P280 that will remind you of your grandmother's cooking!



Sinampalukang Manok (P280)



📍 36 Polaris St., Poblacion, Makati City
☎ 02-275-6324 / 0919-859-5848
🕒 11 am - 2 pm, (Lunch); 6:30 pm - 10 pm, (Dinner)
📱 poblacion Dining Room
@poblacionph

Price Range: P P300 & below PP P300 - P800

PPP P800 - 1,500

PPPP P1,500- P2,000

PPPPP P2,000 & above



Profiteroles (P900/20 pcs, reservation needed)



Cinq Dessert Boutique — PP

Having studied the art of pastry-making in France and being an interior designer in the past made it possible for owner, Angela Villoria to create the most stylish desserts. Most of their cakes come in shareable sizes, but mini-sizes are also available for individual indulgence. We recommend their Ligaya (regular-sized tart P550, mini-tart P130), their Philippine lime tart that is a perfect balance of sweet and sour. Their bestseller is the Aurore (regular-sized tart P700, mini-tart P170), a chocolate tart with macadamia and caramel.

📍 1/F, CEO Flats, Canopus St. corner Jupiter St., Makati City
☎ 02-890-0886
🕒 12 pm - 7 pm, (Mon to Fri)
📱 Cinq Dessert Boutique



Crispy Tawilis (P220)



Naimas — PP

Ilocos is one of the places in the Philippines where you can embark on a food trip adventure. The good news is that you don't have to go far just to experience the *Ilocano* cuisine. Naimas Restaurant in Makati will help you make your food trip dreams come true. Here, you can find all-time favorites such as *bagnet*, *dinuguan*, *sinigang*, *papaian*, and other homey dishes that you miss. All the ingredients used in making the menu come from the provinces which adds a distinct flavor of the food.

📍 CAP Building Amorsolo st. Cor. Rufino st. Legaspi Village, 1229 Makati City
☎ 0977-403-2290
🕒 11 am - 8 pm, (Mon to Fri); 11 am - 11 pm, (Sat)
📱 Naimas Taste of Home



Pepi Cubano (P250)



Pepi Cubano — PP

With its strategic location surrounded by office buildings, Pepi Cubano is a haven for those who want a different take on the typical convenience store snacks that most office workers would usually go for. Their bestselling Pepi Cubano sandwich consists of roast pork, ham, and cheese filled inside a flattened toasted Cuban bread is a must try—a perfect alternative to your usual sandwich.

📍 G/F Tropical Palms Condominium, Gallardo St., Legaspi Village, Makati City
☎ 880-0389 / 0907-535-7574
🕒 8 am - 12 am, (Mon to Sat); 11 am - 9 pm, (Sun)
📱 PEPI Cubano sandwich



Steak and Eggs (P550)



Malcolm's Deli — PP

With their heavy meals and big servings, Malcolm's Deli is the best place to go to especially when you're extremely hungry. Kitayama Wagyu is the specialty of the house. The chef uses only grades 6 to 8 Kitayama Wagyu, which means that the meat quality preservation process that doesn't break the meat fibers. Wagyu beef is used in many of their dishes, including a variety of breakfast steak with fried eggs, Wagyu sisig and Kitayama Wagyu burger.

📍 G/F, Fairways Tower, 5th Ave., Bonifacio Global City, Taguig City
☎ 02-556-3188
🕒 7 am - 9 pm
📱 Malcolm's Deli



Octopus (P485)



Made Nice Supper Club — PP

Walking along Esteban Street in Legazpi Village, you'll find a facade made of glass panels with a small sign that says "MN." It stands for Made Nice Supper Club, a young high-end restaurant that opened in October 2016. The restaurant was started by five young chefs who came home after working in New York restaurants. They serve a fusion of Western and Asian cuisine in a communal dining setup of wooden chairs and long tables.

📍 G/F PPI Bldg., 109 Esteban St., Legazpi Village, Makati City
☎ 0995-017-2482
🕒 6:30 pm - 10:30 pm, (Mon to Sat); 9:45 pm (LO)
📱 Made Nice Supper Club



Fried Chicken, Ginger, Honey, Burnt Onion (P560)



The Girl + The Bull — PPP

If you're wondering about the restaurant's name, it represents the owners Thea de Vera as The Girl and Gab Bustos as the Bull (he's a Taurus). The Girl + The Bull focuses on Japanese and Korean Cuisine such as different kimchi and Japanese ingredients such as Uni or Dashi. They have also included sake on their drinks menu and as always have served coffee, crafted by Habitual Coffee.

📍 G/F Grand Midori Bldg., Legazpi Village, Makati City
☎ 0926-0380-965
🕒 6 pm - 10 pm
📱 The Girl + The Bull



BARS

Aside from the Exit Bar and Blind Pig in Legazpi, there are still a lot of hidden bars to discover in the metro.



Bucky's Old Fashioned (P530)

ABV — PPP

ABV is a cocktail bar inspired by the speakeasies of the Prohibition era. They specialize in craft cocktails as well as having the largest collection of absinthe anywhere in Makati. It's tucked behind a burger joint at the corner of Jupiter and Galaxy Street so you won't get lost finding the bar. Remember to ask for the "Bible" if you want a list of what their bartenders can do for you; or you can ask them for a customized drink.

Basement Flr., 22 Jupiter St., cor. Galaxy St., Makati City
02-832-5330
6 pm onwards
www.abv.ph
ABV



Bacon Cheeseburger (P360)



Signature Cocktails (P270 each)



Surtido de Bocas (P750)



PURA VIDA — PPP

Pura Vida Manila is a Costa Rican/Reggae bar that's as much Costa Rican as it is reggae. As far as reggae bars are concerned, you'll find that it's the only one of its kind anywhere in Makati. They offer nothing short of a true Costa Rican experience, with natural flavors and ingredients all cooked from scratch. A crowd favorite is their Surtido de Bocas (P750), which gives you a taste of their best-selling appetizers/bar chow all in one plate.

Don Pedro St. cor. Jacobo St., Makati City
0919-310-0535
6 pm - 2:30 am
Pura Vida Manila

20:20 — PP

Located in La Fuerza Plaza along Chino Roces Avenue, this obscure and bar called 20:20 caters to the upscale society with its "Old Americana meets Steampunk" feel. The place is popular to those who are into the nightlife scene as they invite international DJs every now and then to perform at this hole-in-the-wall bar spot in Makati. They have their own mixologist who concocts their flavorful beverages, best paired with their bar snacks such as pizza, chicken, and tacos to name a few.

20a-20b La Fuerza, 2241 Chino Roces Ave., Makati City
0917-634-8764
7 pm - 3 am, (Wed to Sat)
20:20



Thin Curry Pizza (P495)



Red Sangria (P300)

Price Range: P P300 & below PP P300 - P800

PPP P800 - 1,500

PPPP P1,500 - P2,000

PPPPPP P2,000 & above

Ocean's Telephone Company — PPP

From the company who brought us Pablo's Pub and Restaurant and Frank and Dean Cafe x Kitchen in BGC comes Ocean's Telephone Company — a perfect hangout place for those who want to chill after office hours. Customers are welcomed by an interesting red door which resembles a public telephone, and more phones hanging on the wooden walls. Also, expect decently priced beers and other beverages at this bar.

📍 Frank & Dean, Forbes Town Center, Burgos Circle, BGC, Taguig City
☎ 0917-445-7056
🕒 6 pm - 10 pm, (Wed to Sat)
📱 Ocean's Telephone Co.



Whisky Sour (P350)



Bank Bar — PP

Bank Bar is a secret bar located inside RCBC Savings Corporate Center in BGC. Believe it or not, the entrance door is placed behind the cashier of 7-Eleven. Behind the door, there is a stylish bar lounge with a high ceiling. It offers a wide variety of liquor such as Aquavit, Absinthe, Japanese Sake, single malt whisky, Grappa and Jin, etc. Besides the cocktails, their bar food menu has a good reputation. The best seller is Cheech Flores (crispy pork rinds, P245).

📍 1/F RCBC Savings Corporate Center, 26th St., BGC, Taguig City
☎ 02-801-4862 / 0917-857-0852
🕒 5 pm - 2 am, (Mon to Fri); 8 pm to 3 am, (Sat)
📱 Bank Bar Manila



Cheech Flores (P245)



Old Fashioned (P345)



Prohibition Liquor Lounge — PP

Prohibition Liquor Lounge is an exclusive VIP lounge unlike any you've come across in Manila. Found behind a fire exit door at Dillingers', they offer top notch food from Dillingers' and designer cocktails made by a New York-based mixologist who has already won several bartending championships. You'll truly feel like you're in the 1920s, also known as the Prohibition Era, thanks to how the bar is laid out—having a very relaxed, classy atmosphere until you reach the weekend. That's when the party starts picking up with a live DJ. There might be a door charge during Fridays and Saturdays, so it's best to call in advance and reserve your tickets.

📍 Dillingers 1903, 3/F, Greenbelt 3, Ayala Center, Makati City
(Look for the Fire Exit door) ☎ 02-621-6790 / 0927-911-8212
🕒 9 pm - 3 am
📱 Prohibition Liquor Lounge



White Sangria (P400), Monkey Business (P340) and Beergherita (P400)



Finders Keepers — PP

If you're looking for a bar located in the friendly neighborhood of Makati, Finders Keepers is for you. What makes the bar unique is that they don't allow smoking in the bar; non-smokers can enjoy drinking their cocktails or beverages at peace. The best days to visit are from Mondays to Thursdays. Aside from that, this bar is for people who would like to start a conversation with a stranger or bring a friend for late night talks.

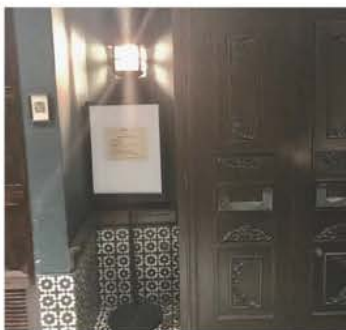
📍 Sabio St., Makati City
☎ 02-403-5019 / 0908-813-5622
🕒 8 pm - 5 am
📱 Finders Keepers MNL



Bar IE — PP

BAR IE is just a five-minute walk from Little Tokyo along Amorsolo Street, in Makati City. This bar and restaurant is a perfect place to spend intimate time with your loved one. Its owner and founder, Master IE used to run his bar in Amagasaki in the Hyogo prefecture for a long time. He is very particular with the design of the bar. It is said that he even imported the interior of the previous bar counter in here. Aside from various drinks and food being offered, there are also live performances by famous jazz singers of first-class hotels who regularly perform in this bar.

📍 Room 5A, Mezzanine Floor, Makati Creekside Bldg., Amorsolo cor. V. A. Rufino St., Legaspi Vill, Makati City
☎ 0917-589-9920
🕒 7 pm - 2 am



Mandalay Whisky and Cigars — PP

Mandalay Whisky and Cigar Bar is the offspring of the now-closed Kipling's Whisky and Cigar Bar, but it's not exactly Kipling's. Aside from trying their scotch, you can also try Japanese whisky and Taiwan's Kavalan. They hold their whisky selection in high regard as their market consists of people who are either former Kipling's standbys or young guns looking to try something new.

📍 The Belle & Dragon, 100 Don C. Palanca St., Legaspi Village, Makati City
☎ 02-625-8828
🕒 6 pm - 3 am, (Mon to Sat)



Onigiri (P410)



12/10 Izakaya — PP

Izakayas are casual Japanese restaurants with after-work drinks in mind. They serve good food with good drinks, and 12/10 in San Antonio Village certainly fits the bill. 12/10 is a stylish bar pinned along Guijo Street in Makati. It's pegged as an izakaya, with personal servings of seafood and cocktails that compliment the bar's hip and young vibe. It's from the same couple that gave us The Girl + The Bull, so you can expect the food to be just as adventurous.

📍 7635 Guijo St., San Antonio Vill., Makati City
☎ 0915-663-2823
🕒 5 pm - 11 pm, (Mon to Sun)
📱 12/10



Franco's Choice (P2,270)



LIT Manila — PP

LIT in Serendra in BGC offers the finest Japanese whisky in the Metro. The interiors implore a no-nonsense approach with all the attention focused the drinks. This restaurant has an array of whisky in its arsenal. It's not just the single malt whisky, which most are familiar with; instead, they boast a wide selection of Japanese whisky with some being airflown from Japan.

📍 G/F Serendra, Bonifacio Global City, Taguig City
☎ 0917-510-0014
🕒 6 pm - 2 am
📱 LIT Manila



The Penthouse 8747 — PP

The Penthouse 8747 is a lounge where friends come over to cap off the night. It's situated at a convenient location in Lepanto Building in the midst of the busy city of Makati, hence making it a favorite late night spot among yuppies. This rooftop lounge is said to be inspired by the Great Gatsby era, a period in time where lavish parties, visual arts, and the glitz and glamour surfaced into the scene. They boast their wide selection of drinks, ranging from champagnes, cocktails, Penthouse original beverages, vodka, cognac, and malt whiskeys.

📍 Lepanto Bldg., Paseo de Roxas, Makati City
☎ 0917-801-0655
🕒 4 pm - 2 am, (Mon); 4 pm - 3 am, (Tue to Sat);
🌐 <http://www.thepenthouse8747.com/>
📱 The Penthouse 8747

Price Range: P P300 & below PP P300 - P800

PPP P800 - 1,500

PPPPP P1,500- P2,000

PPPPPP P2,000 & above

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f Chesa.Bianca
🌐 www.chesabianca.com.ph



Cave Werdenberg

WINE BAR

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☎ 893-1573
f CaveWerdenbergWineBar
🌐 www.werdenberg.com/cave



MAP BGC K-3

Botan Black Café

Botan Black Café is home to hearty Taiwanese epicurean favorites. This Taiwanese restaurant offers a great mix of delicious food and drinks which are all fresh, healthy, and authentic. It is highly recommended to try their wide selection of milk teas made from high quality tea flowers fresh from Taiwan. Botan Black Café also boasts of its sleek and elegant interior which was personally designed by the owner. With its black and gold, minimalist motif, the place is all camera-friendly – perfect for those Instagram feed-conscious ones! You'll definitely enjoy your stay here!

2/F, Wumaco Building 1, Quadrant 3,
9th Avenue, Bonifacio High Street,
Bonifacio Global City, Taguig
02-873-3333 / 0917-530-6666
Monday 11:00 am - 9:30 pm
Tue. to Sun. 11am - 10:30 pm

botanteacafe.com

Botanblackcafe

Botan Black Café also accepts
Visa and Master Card.



Spicy Bean Fish Paste (P280)



Spicy Basil Pork Blood (P280)

MAP BGC D-2

Corner Tree Café

Corner Tree Café serves vegetarian comfort food, loved and appreciated by vegetarians and meat-lovers alike. This cozy restaurant – tucked in a tiny corner of Jupiter Street in Makati offers dishes that will appeal even to the pickiest eater.

Try the popular Baked Tofu Walnut Burger, one of their best-sellers and pair it with a glass of wine or your choice of beer.

Corner Tree Café is recognized as one of Asia's Best Restaurants by the Miele Guide of Asia and considered one of the best—if not—the best vegetarian restaurant in the city by critics and fans alike.

150 Jupiter St., Bel-Air, Makati

02-897-0295

11:00 am-10:00 pm (Daily)

cornertreecafe.com

Corner Tree Café



Spinach and mushroom lasagna P395



Salted Caramel Chocolate torte P165/slice

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UKOKKEI JAPAN
BY MENZO

LG/F, SM Megamall Building A, EDSA cor.,
Dona J. Vargas Ave., Mandaluyong City

0917-589-6030

10:00 am - 10:00 pm UKOKKEI Japan



KURO ORIGINAL



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SHIRO ORIGINAL



AKA CHASHU

MAP BGC A-3

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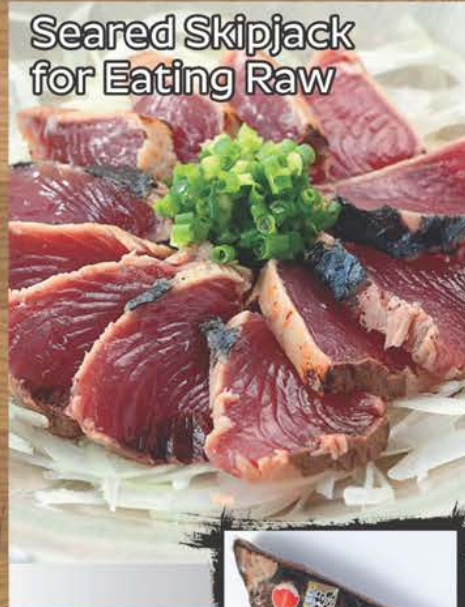
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w/Flavored Half Boiled Egg



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デミチキン丼

P380

Rice Bowl Topped
w/Grilled Chicken with Demiglace Sauce



Seafood Ramen **P340**

シーフードラーメン

Seafood Ramen in Milky Pork Based Soup



Shin Ramen **P300**

辛ラーメン

Spicy Ramen in Pork Based Soup
w/Flavored Ground Pork



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📍 Bel-Air, Makati City

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📍 2/F, Glorietta 5, Makati City

Kenshin

☎ 0949-883-1200 / 0917-551-4605

📍 G/F The Linear Makati Yakal St., corner Mayapis Street, Makati City

Motorino

☎ 02-754-8018

📍 2/F, Greenbelt 3, Ayala Center, Makati City

Saboten

☎ 02-625-0909

📍 G/F, Glorietta 5, Makati City

Sekitori

☎ 02-425-9030 / 894-387

📍 Little Tokyo, Chino Rocas Ave., Legaspi Village, Makati City

Tapella

☎ 02-757-2711

📍 G/F, Greenbelt 5, Makati City

Unakichi

☎ 02-728-2072

📍 G/F, Makati Cinema Square, Amoroso St., Makati City

Yokohama Meat Kitchen

☎ 02-831-6546/0916-377-3655

📍 16 Jupiter St., corner Antares St., Bel-Air, Makati City

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📍 2/F, Wumaco Building 1, Quadrant 3, 9th Avenue, Bonifacio High Street, BGC, Taguig City

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📍 SM Aura Premier, 26th St., Bonifacio Global City, Taguig City

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Siam Thai

☎ 02-246-9069 ext. 460

📍 Pioneer Center Brixton, Kapitolyo Pasig City

Soga Miga

☎ 02-807-3008

📍 Alabang Molito Commercial Complex, Alabang, Muntinlupa City

Ukkoeki Japan

☎ 926-643-6030

📍 LG/F, Building A, SM Megamall, Ortigas, Mandaluyong City

Wooden Horse Steakhouse

☎ 02-659-7522

📍 G/F, Molito Commercial Complex, Madrigal Ave., corner Alabang Zapote Road, Muntinlupa City

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☎ 02-990-5141/02-413-8893

📍 16 Dagot St., Barangay Manresa, Quezon City

MK Kitchen

☎ 02-661-1931/02-661-1932

📍 Rodriguez Jr. Ave., Pasig City

TPE

☎ 02-551-7522

📍 G/F, Jaka Center Chino Rocas Ave., Makati City

MACKEREL MISO PASTA

Prep time: 15min. | Yield: 4



Chef Takashi Kawasaki

Chef Takashi has been living in the Philippines for 6 years and is the owner of a Japanese restaurant "Takashi Japanese Cuisine Corp." with branches in Pasig and Makati.

He started his career in the Philippines as an instructor of Japanese cuisine in Gala Stars Culinary in 2014 while working as a chef in a Japanese restaurant. The owner of Pioneer Center who was also one of his students before, offered him a space to open a Japanese restaurant in the building. The concept of Takashi Japanese Cuisine Corp. is to offer authentic Japanese food in an affordable price. They opened their second branch in Makati last year and is planning to open a new branch soon.

"If you visit a Philippine household, chances are you'll probably see various kinds of canned products in their pantry. This time, I want to experiment a recipe and use canned Mackerel in an elevated way. I chose mackerel because it is delicious and extremely healthy, containing essential omega-3 fatty acids. It is said that mackerel prevents cardiovascular disease, prostate cancer, age-related vision loss and dementia."

Takashi Japanese Cuisine Corp.
Facebook: TakashiJapaneseCuisine
1st Branch: Pioneer Centre, Pasig
2nd Branch: Salcedo Village, Makati
Email: t.kawasaki@simplejapanesefood.com

Ingredients:

1 can	Mackerel	1 tbsp	Kikkoman
150 g	Pasta	1 tsp	Sugar
1 pc	Okra	¼ cup	Water
½ clove	Red Onion		Salt & Pepper
5 g	Ginger		Lemon Slices
1 tbsp	Miso paste		



Procedure:

1. Cook the pasta according to packet instructions. Boil okra in the same pan.
2. Open the mackerel can and separate the oil.
3. For the sauce, sauté red onion, red bell pepper and ginger in a saucepan. Add the mackerel oil.
4. Add seasonings (miso paste, Kikkoman & sugar) and place the mackerel meat on top.
5. Remove the mackerel meat from the saucepan, it will be used for topping.
6. Mix the cooked pasta and sauce. Add salt & pepper to taste.
7. Decorate the plate with mackerel meat and sliced okra.



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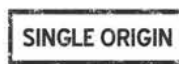
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Guide to Local **CRAFT** Beers in Manila

Filipinos are known to be drinkers, so it's no wonder if they create their own beers. Local Craft beers in the Philippines may seem small compared to other countries, but it is definitely changing the drinking scene in the country. According to The Philippine Craft Beer Community, there are now 36 local breweries: 12 craft brewpubs and 24 nano/microbreweries with over 200+ Craft beer styles.

OKTOBERFEST EVENTS

Make sure you block off your calendar dates for these events that celebrate people's love for beer: Oktoberfest!

San Miguel Oktoberfest (Oct. 6, 14, and 20)

The country's largest beer and music festival is back! This year, two cities and one town will experience how Filipinos celebrate Oktoberfest this year: Binangonan, Rizal on Oct. 6, Sta. Rosa, Laguna on Oct. 14, and Pasig City on Oct. 20. For details, visit facebook.com/SanMiguelOktoberfest.

German Club Manila's Oktoberfest (Oct. 6-7)

If you're looking for an authentic Oktoberfest, look no further than German Club Manila's Oktoberfest, happening from Oct. 6-7. Enjoy a full Bavarian feast, unlimited free-flowing beer, German traditions, and lots of prizes in the Sofitel Philippine Plaza in Pasay City.

Oktoberfest at Solaire (Oct. 12-15)

Experience Oktoberfest at Solaire! Enjoy free-flowing Weihenstephan beer, the best of German cuisine, plus music by Tomays Spezlwirtschaft from Munich, Germany, all for only P2,999+ per person, per day from Oct. 12-15.



- 1 Katipunan Indio Pale Ale** (4.8% ABV) - Katipunan is a Filipino revolutionary society formed in Manila to gain Independence from the Spanish invaders. True to its name, Katipunan Craft Ales is one of the local breweries that revolutionized local craft beer with their Indio Pale Ale. It is an American Pale Ale style beer that has less alcohol with a fruity but spicy taste. You can get it at The Bottle Shop, Smoky Bastard, Big Bad Wolf BGC for P250.
- 2 Turning Wheels Craft Brewery's Mountain King IPA** (7% ABV) - Mountain King IPA is a West Coast style IPA that has an intense hop aroma and recognizable bitterness, with explosion of flavors from grapefruit, pineapple, and citrus. Mountain King IPA is available at Alamat Pub and Deli in Makati for P280.
- 3 Craftpoint Liberation Pale Ale** (5.5% ABV) - Liberation Pale Ale is perfect for drinkers who want a more flavorful experience with their beer. A Belgian Pale Ale, it is a blend of Belgian yeasts and American Pale Ale and give off a caramel maltness, tropical fruit notes, and a floral fragrance with bitterness. You can get it at The Bottle Shop, Smoky Bastard, and The Perfect Pint for P200-P275.
- 4 Joe's Brew Sierra Madre Wheat Ale** (4.3% ABV) - Sierra Madre is an American Pale wheat ale style beer that has a light, fruity flavour with hints of banana. Perfect for those who prefer the haze and silky feel of a wheat beers. Sierra Madre is available at House of Joe's in Makati for P160/350ml and P260/550ml. You can also get it at Smoky Bastard for P230.
- 5 Pivo Praha Dark Lager** (4.5% ABV) - Although some craft beer experts don't consider it a local craft beer, Pivo Praha still sets a line between mainstream beers and local microbreweries in the country. Pivo Praha's Dark Lager is a Czech-style beer made from a mix of barley, caramel, black malt, hops, and yeast. It gives off rich caramel undertones and a sweet rather than bitter aftertaste. Get it at Pivo Praha microbrewery in Makati for only P95/300ml and P135/500ml at Alamat Filipino Pub for P190 per bottle.
- 6 Fat Pauly's Iligan Single Hop Origin Pale Ale** (7.4% ABV) - Iligan Single Hop Origin Pale Ale is a classic pale ale style using a single hop variety harvested only in a specific hop farm. It is made from brew-grade malt and ingredients endemic from Iligan City. This crisp beer is deceptively strong with a hint of sweetness. Iligan Single Hop Origin Pale Ale can be found in Alamat Filipino Pub and Deli and Big Bad Wolf for P275-P350.
- 7 The Cebruey's Boracay Blonde Ale** (4.5% ABV) - The Boracay Blonde Ale is an American Blonde Ale style beer brewed by The Cebruey, a microbrewery based in Cebu City. It is light and refreshing beer made with imported german malt and hops, it gives off a light pomelo flavour with a crisp and slightly bitter finish. Boracay Blonde Ale is available at the Perfect Pint and The Bottle Shop for P250.
- 8 Baguio Craft Brewery's Pugaw** (7% ABV) - Baguio Craft Brewery names their beers after elements of Ifugao mythology. Pugaw (Earthworld) India Pale Ale is Baguio Craft's American style beer that has a high hop flavor and bitterness, with citrus and pine notes. It gives off a clean and malty taste with a medium-dry finish. You can get it at Alamat Filipino Pub and Deli for P260.
- 9 Palawan Honey Kolsch** (6.5% ABV) - Palaweño Brewery is the first and only craft beer brewery in Palawan, Philippines. One of its famous local craft beers is the Palawan Honey Kolsch, a "tribal beer." It is a German style beer made with native Palawan Honey. It is available at The Bottle Shop and Smoky Bastard for P250.
- 10 Pedro Brewcrafters' Endless Summer Wheat Ale** (5% ABV) - Pedro Brewcrafters is a microbrewery based in San Pedro Laguna. Its first beer is the Endless Summer Wheat Ale, a citrus beer with a hint of toasted nuts. It has a crisp note, perfect for those who prefer a sweet, semi-fruity flavour, and nutty finish. Endless Summer Wheat Ale can be found at Smoky Bastard for P200.

PUBS AND BARS

As the Local Craft Beer scene gets bigger, numerous pubs, and bars are offering them. In Makati, you can get craft beers at the Bottle Shop in Paseo de Magallanes, Global Beer Exchange in AP Reyes Avenue, Alamat Filipino Pub, and the Smoky Bastard, both in Poblacion, Handlebar Makati in Bel-Air village, Hole in the Wall in Century City Mall Makati, and at the Perfect Pint in Greenbelt. For those who want to drink and enjoy craft beers in Bonifacio Global City, The Big Bad Wolf and The Hungry Hound Gastropubs the place for you. Also, you can find them at Beerhouse Kapitolyo in Pasig and Gilmore Wines and Spirits in Quezon City.

ABV: Alcohol By Volume

Words by: Pia Cyril Ramirez





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LILIW

Tsinelas Capital

The province of Liliw in Laguna is known throughout the country as the unofficial *Tsinelas* (slipper) Capital of the Philippines. It is a small town that tourists pass by on their way to Quezon, usually stopping by to shop for shoes, slippers, and other footwear. However, Liliw has so much more to offer apart from its popular hand-made *tsinelas*. There's great food, ancestral houses, and one of the country's best-preserved baroque-style churches. Let Philippine Primer take you through the streets of Liliw, Laguna and discover why it deserves to be more than just a pit stop.

LILIW MAP



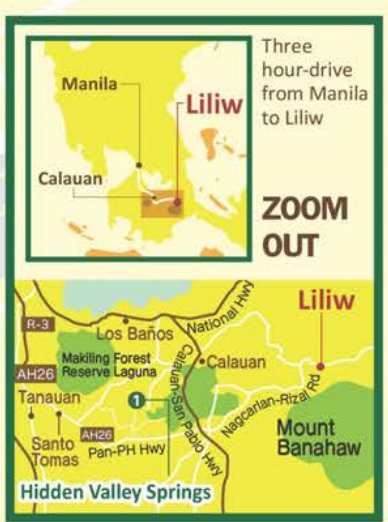
The Streets



There's a lot of sandal shops here.



Abaka sandals available here!



Three hour-drive from Manila to Liliw

ZOOM OUT

SOUVENIR



1 Espasol

It's a rice cake that the world can't seem to understand, yet Filipinos know by heart. Espasol is a cylinder-shaped rice cake that's a specialty in Laguna, Liliw is where you can find some of the best. It's made from rice flour cooked in coconut milk and sweetened coconut strips, dusted with toasted rice flour. They might look like rolls of paper, but once you open them you'll be in for a surprise. Espasol has a smoky and (sometimes) nutty flavor that will have you looking for more. It's the perfect pasalubong from Liliw for anyone who wants snacks but doesn't want to go too deep into snacking on sweet rice cakes. You can find espasol in nearly every store selling pasalubong in Liliw for about P100 for 3 pieces.

📍 Gat. Tayaw St., Liliw, Laguna



2 Socialite

Another one of Liliw's most popular shops: Socialite, has been around for several decades and is one of the pioneer shops in town. They're known for the variety of bags, shoes, and sandals they sell. One of the things you'll immediately notice is their large sandal on display. While you can't get something this big, you can have a pair made to order and then delivered to Manila.

📍 363 Gat. Tayaw St., Liliw, Laguna

☎ 049-234-2048

FOOD



5 Arabela

When something is born out of love, it usually leads to good things. The Camellos were a family that loved to travel and were fans of good Italian food, and what came out was Arabela. Arabela is named after the two daughters of Bobby and Antonnette Camello, Ara and Bela. It started in 2002 as nothing more than two tables in front of their shoe store along Gat Tayaw St. They serve pasta and pastries to those within Liliw while either walking along Gat Tayaw or looking to buy one of their shoes.

📍 503 Rizal St., Liliw, Laguna

🕒 11:15 am – 6:30 pm

☎ 049-563-2495 / 0977-706-6701

📱 ArabelaPH



3 Entrada

A trip to Liliw is never complete without dropping by one of their many footwear stores along Gat Tayaw Street, the city's main street for shoe sales. Entrada, however, stands out from the rest thanks to its beautiful displays. Entrada sells trendy sandals made from Abaca for as low as P200. They're also known for selling beautiful shoes called 'pumps' at low prices. One tip: Buy in bulk the next time you pass by Entrada. They offer different colors and sizes for one pair of sandals or shoes; it would save you a lot of time and money.

📍 Gat. Tayaw St., Liliw, Laguna

☎ 049-563-1084



4 Capiz Shell

Capiz shell comes from windowpane oysters, which used to be a staple in Filipino homes because of its name-sake. Their shells are commonly used as materials for window panes, giving ancestral Filipino homes a touch of local you can't find anywhere else. It's also seen as a material for lampshades, but some shops in Liliw have taken it a step further and made something you hardly see nowadays: capiz shell bowls. These decorative bowls will give your dining room and kitchen counters that same touch of local flair you can't get otherwise, unless you go all out and buy locally-made bowls and plates.

📍 Gat. Tayaw St., Liliw, Laguna

SPOT



6 St. John the Baptist Parish Church

Towns in the Philippines were built around churches during the Spanish occupation. The baroque-style church was built in 1605 to honor St. John the Baptist and is sometimes referred to as the Liliw or Lilio Church. It has since been preserved and developed by its parishioners in an effort to restore it to its former glory. One of the church's most endearing features is its magnificent façade. The beautiful architecture makes for great photos, especially if you are someone who loves churches. Parking is also not a problem if you're visiting Liliw Church, as it acts as the town's parking space. Masses are held here at 6 am on Mondays, Thursdays, and Saturdays. Afternoon masses (5:15 pm) are held every Tuesday, Wednesday, and Friday. Sunday masses start at 6 am.

📍 P. Burgos St., Liliw, Laguna

📱 SJB.P.Liliw

Hidden Valley Springs

A tropical rainforest paradise



Warm Pool

The largest of the three spring pool areas at Hidden Valley, it's also one of the first to be used for tourists. The water comes from a natural spring, and is warmed by geothermal pockets found between Mt. Makiling and Mt. Banahaw. There are three warm pools at Hidden Valley Springs arranged in levels. The top-most pool is the shallowest at around 3-4 feet deep and can fit probably 6-10 people at a time. The pool at the middle is a bit bigger and a little deeper than the first: around four and a half feet to five feet deep. The largest of the three pools is found at the foot of the area, and is four feet deep. No temperature was given, but rest assured these pools will not scald or burn anyone who jumps in, even without the usual "adjustment period" to the temperature of the water.



Soda Pool

By far one of the better-known spring pools in Hidden Valley Springs, the Soda Pools are a bit of a rare treat. Water from the source of the pool tastes a lot like soda but without too much fizz. Some people have said you only need to add a bit of sugar to make it taste like Sprite. There are two Soda Pools in Hidden Valley Springs, both of which are between four and five feet deep. Soda Pool One is the more "kid-friendly" of the two pools. The other one is half of an Olympic-size swimming pool, complete with pontoons and guides for those who want to go for a few laps.

How to get to Hidden Valley

Hidden Valley Springs is about an hour and a half drive away from Makati (barring any traffic). If you're looking to drive from Makati, you'll need to take the South Luzon Expressway (SLEX) all the way to the Calamba exit. Once there, take the STAR Tollway to either Tanauan or Sto. Tomas, Batangas. Take the left lane when you reach a Y-intersection, marked by the Mansion Inn. Continue straight until you come across another Y-intersection close to an Isuzu showroom. Take the left lane and continue heading for Alaminos. Once in Alaminos, look for a Caltex Station on the left side of the road. 200 meters from there, you'll reach another Y-intersection. Take the left lane, then follow the signs towards Hidden Valley Springs.

Alaminos, Laguna

Reservation Office: G/F, Cattleya Gardens, 111 Carlos Palanca Jr. St., Legazpi Village, Makati City

02-818-4034 / 0917-566-1485

Check-in: 2pm, Check-out: 12nn / Day Tour: 8am – 5pm



Lover's Pool

The Lover's Pool is the perfect fit for couples (or singles) who are looking for a bit of privacy from the small crowd Hidden Valley Springs gets every now and then. It's tucked away just after the Soda Pools and gives you a great view of the lush rainforest that Hidden Valley is in. The pool isn't that deep (around 4 or 5 feet), but the location makes it perfect for those who are looking for some time to themselves. It's a bit of a walk from the Warm Pools and the cottages, but that short walk is worth it once you see what Lover's Pool has in store.



Hidden Falls

Hidden Valley isn't the only secret lodged between Mt. Makiling and Mt. Banahaw. The resort itself hides yet another secret, one that you have to work hard to get to: the Hidden Falls. It's a 30-minute hike from the pool areas, and can be accessed through the fallen century-old tree. The hike to the falls is a good way to start your day, especially if you're looking for a workout. However, don't fret if you think it's an actual hike; you'll be on a bamboo bridge-like footpath nearly all the way to the Hidden Falls. Once you're there, all that's left is to take in the beauty of the falls. The waters are cold, though no one is allowed to swim in them. It's best if you come to the falls wearing slippers or anything that you're not afraid to get wet in; that way, you can get a closer look.



Golf Course

Hidden Valley hides more than natural springs and a spectacular waterfall. The very entrance of the resort hides behind it something which businessmen often enjoy during their spare time: golf. Hidden Valley Springs has its own golf course and putting green. The course has nine holes, and, from what we saw, has between par 3 and par 4 holes. It also has several holes reserved for putting practice, as well as a small driving range for those who just want to practice their swing. The course is maintained, but was under a bit of landscaping at the time because people don't spend as much time on it compared to other parts of the resort. For information on green fees and tee times, please talk to the resort's front desk.

Restaurant



The restaurant at Hidden Valley Springs isn't as spectacular as, say, restaurants in places like Makati, BGC, or even tourist hot beds like Boracay and Palawan, but the food here is good. They change their menu for every meal, but the general theme stays the same: buffet-style dining with either Filipino favorites or international staples. Their lunch buffet usually features Filipino favorites such as roasted chicken, squid adobo, the spicy Beef Caldereta, Lechon Kawali, and Pancit, though these could change depending on whatever is in season. There's no shortage of space at the restaurant in Hidden Valley Springs. They have an in-house singing group that will go from table to table, singing classics and recent hits.



The best part about their buffet-style restaurant: it's free! You can have as much as you want since it's included in the rate you pay. In case you're wondering, yes even those on a day tour can enjoy meals at the restaurant. Breakfast starts around 7am, with lunch being served around 11am. You can also enjoy afternoon snacks around 2pm or 3pm, with dinner service starting at 5pm.

Casitas at Hidden Valley Springs



You'll feel a surge of Filipino culture and architecture when you stay at Hidden Valley Springs. You have two types of accommodation to choose from at Hidden Valley: the 2-person Casita De Luxe and the 6-person Casita De Luxe with loft. Both casitas are designed with Filipino culture in mind. From the outside, each casita looks like a *bahay kubo* or nipa hut, the traditional Filipino house. It's decked out with a flat-screen TV that has cable, it's air conditioned, and comes with either one or three beds (the ones with a loft come with three).



The Casita De Luxe come in at P12,500 for one room (good for two people), while the ones with the loft come start at P15,000 for two adults. These rates are inclusive of welcome drinks, meals, and full use of the resort's amenities and facilities.

Day tour rate comes in at P2,200 per adult, and P1,100 for a child ages 5-10 years old. Children below the age of five are free of charge. The day tour includes lunch, snacks, a welcome drink, and use of the resort facilities. Night tours are at P2,500 per adult and P1,250 per child.

Enchanted Kingdom™

The Magic Lives Forever!



The first of its kind, the magical land of Enchanted Kingdom became the first playground and theme park in the Philippines. It contains a story for kids and adults who want to take a break from reality and feel how it's like to be a child again. Enchanted Kingdom serves as a home for rides and different attractions.

How to get there:

Enchanted Kingdom is located in Sta. Rosa, Laguna. It's about a one-hour drive from Metro Manila if you take the South Luzon Expressway and take the Sta. Rosa Exit. Turn left from the exit, head for Waltermart Sta. Rosa, then turn right to Enchanted Kingdom.

You can also take a bus headed to Balibago/Sta. Rosa then have them drop you off at Waltermart. You can either walk or take a tricycle from there to Enchanted Kingdom. You'll need to pay P61 for the bus and P40 (4 pax) for a tricycle.





1

Victoria Park

Adventure awaits you at Victoria Park, a must-see attraction as it is where Eldar the Wizard usually hangs out. You won't miss this place as it is located near the entrance. Souvenir shops and game booths are also seen nearby. If you're looking for the perfect place to watch the fireworks that happen at around 7:30 pm, Victoria Park is that place.

Space Port



2

One of the most thrilling rides inside the theme park, Space Port isn't an area for the faint of heart. It has its own take on the classic roller coaster that has a twist or rather a surprise toward the end. You have to try it to figure it out and experience the heart stopping moment.

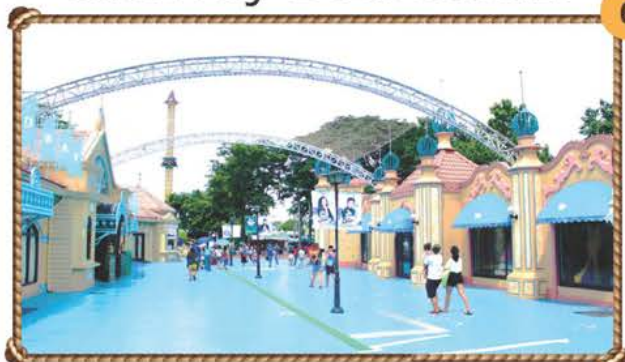
Portabello



4

You're in for a treat! A wet one too! Gather your friends and family and ride the Portabello, discover the Caribbean Sea of Panama and fight off pirates along the way. The ride is fun and exciting as you'll slide down and up on the river path. Bring extra clothes as this ride will get you wet because of the splashes and waterfalls.

Midway Boardwalk



6

Let Eldar lead you to the magical Midway Boardwalk. Tour their museums and learn more about their advocacy to the environment. They have a museum set up to know more about the Agila and the ride itself. If you're into magic tricks, visit Houdini's Magic Shop where kids and adults go when they're looking for something entertaining.



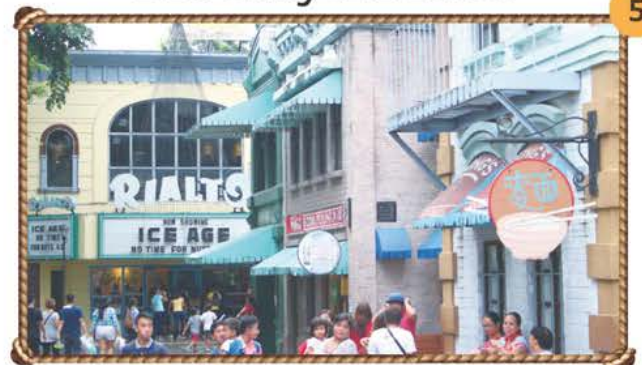
Jungle Outpost



3

Walk deep into a jungle themed zone where trees and plants surround you. You can have a massage for an hour or try out different game booths within. In here you'll find the Jungle Log Jam. We recommend that you try it during the daytime. Make sure you bring extra clothes since you'll get wet.

Brooklyn Place



5

Wander around Brooklyn Place, the home of American-style houses, movie theaters, and souvenir shops. Live life like you're on Broadway and stroll around the bricked stone floors while listening to jazz music, a throwback to New York in the 40's. It's a great place to just take pictures and perhaps spot Eldar the Wizard.



Boulderville



7

This area is made for children which is designed in a pre-historic theme with dinosaurs and boulders. Located here is a section where you can learn more things about reptiles and different animals. You can also check out their rides for children and watch them play along the area.



Bump N Splash

8



Bump away as you ride colorful bumper inflatables in this attraction. Kids will surely love to clash and play around as they squirt water to other riders for a fun-filled experience. Expect to get wet so bring extra clothes!

Roller Skater

9



If you're not yet ready to try its bigger and speedier counterpart that is the Space Shuttle, then this is the better option for you. Roller Skater is the mini version of a roller coaster ride with 8 shoe-shaped coaches which will give you thrill through every twists, turns, and slides.

Animal Encounter

10



Are you an animal lover? Don't miss this one-of-a-kind interactive show which lets you get exposed to exotic animals, all while learning how to value and care for them. This educational and entertainment show is for those who'd love to interact with these lovely creatures!

Air Pterodactyl

11



Dreaming of becoming a pilot? Fly your first plane as you ride the Air Pterodactyl! This kiddie ride lets kids take full control of their planes as they enjoy their first flying experience.

Rio Grande Rapids

12



Water adventure, you say? Tag your friends and ride the raft as you go raging down the water! This ride is perfect for those who'd love to get soaking wet as they traverse through the man-made Rio Grande of the Philippines.

Space Shuttle

13



This one's not for the faint-hearted! Space Shuttle is the ride-to-be for the brave souls ready to experience 360 degrees of not just twists and turns, but also a combination of scoop, dip, and slide back and forth. It's one of the most thrilling rides at the theme park and is also the crowd-favorite. Make sure to buckle up and enjoy the heart-pounding ride of your life!

EKstreme Tower Ride

14



Make your way to the top—the EKstreme way! The EKstreme Tower is 40 meters high, so just imagine yourself slowly making your way up only to plunge at 76kph for an extremely fast drop! You'd definitely scream your lungs out as you try this thrilling tower ride but don't forget to admire the scenic view from up there before your heart-racing plummet.

Jungle Log Jam

15



Another exciting ride to try in Enchanted Kingdom would be the Jungle Log Jam. This is not your ordinary water ride because here, you'd be gliding down a steep slide while riding the logs. Don't forget to strike a pose while at the middle of your plunge because the moment you're out of the ride, get ready to see your funny photos flashed at the photo booth!

16

Agila: The EKsperience



The country's first and only Flying Theatre, Agila: The EKsperience, features patented motion theater technology. Experience how the eagle flies and see he's own perspective while watching a six-minute multi-sensory film with clear 6K resolution cinematography. The screen is a massive 544-square-meter movie screen that showcases the beauty of the Philippines. You can avail of the ride at P500 and P900 for Regular Day Pass + Agila Single Ride ticket (weekends) and P800 (weekdays).



TIPS

- ✓ Don't forget to wear casual and comfortable clothes.
- ✓ Make sure to wear and shoes that have a good grip.
- Prepare to get wet on some
- ✓ water rides so bring extra clothes.
- ✓ Before entering, always get a theme park map at the front gate.
- ✓ Expect long lines or queue during the weekends and peak season (December).
- ✓ Bringing of outside food and drinks are not allowed.

1



THEME PARK

First-time goers are encouraged to try all rides, but if you have any medical condition fear of heights or heart disorders then perhaps it's better to try rides that you are most comfortable with. The rates are as follows: P700 (weekends) & P600 (weekdays) for the Regular pass and Regular Day Pass + Agila Single Ride ticket is P900 (weekends) and P800 (weekdays).

2



FOOD

Amazon Grill is the only air conditioned restaurant inside the park. There is also the bandstand, choose from Pizzas to burgers. There are also performances by their house performers. There are also different kinds of food and beverage available around the park if you get hungry. Pugad Café is the newly opened themed coffee shop where you can sit down and relax after you've tried the Agila: The EKsperience.

3



PERFORMANCES

The fireworks displays are every Saturday and Sunday. It starts at 8:30 pm and runs for about 20 minutes. The parade happens on Sundays, where all the story book characters come to life. The Kings Men and The Victoria's way, boy bands and girl groups of Enchanted Kingdom, perform to entertain the customers who are eating and resting from time to time.



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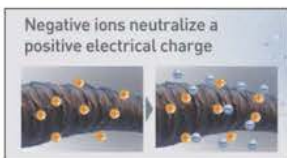
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- It comes with 3 attachments.



- Allows you to dry and style your hair at the same time.



Review

I have straight hair, which made me worry if I can curl my hair using only the heat of the hair dryer. After using it for 10 minutes, I got a fluffy curl! All I did was use it the way a hairdresser would use a curler: wrap your hair around the comb while pulling, then carefully pull out the dryer so that your hair will keep its shape. Doing it this way made it easier to curl my hair and reduced the time I style my hair.

Negative ions released from the comb prevented my hair from being frizzy. It curls your hair without drying because the

temperature is lower compared to hair irons in addition to the negative ion that will coat your hair.

If you need more options for styling your hair, make sure to use the other attachments. Use the blow brush to curl your hair inwards. For tight curls, use the Slim Roller Brush with a 360-degree comb. If you want loose curls or a way to style your bangs, I recommend using the big Roller Brush.

Profile



Yuka

I've been living in the Philippines since June 2016 because of my husband's work. I began looking for cosmetics that fit my sensitive skin, and I am interested in items related to beauty. I am happy to find beauty items that fit me.

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G/F, Greenbelt 1, Makati City

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Mezzanine, LPL Mansions, San Agustin Street, Salcedo Village, Makati City

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6 Steps to a Smart Study Space

A smart way to encourage good homework habits for your kids is to set up a designated study space that's just for them. Make sure it's comfortable, well lit and a little bit fun, and it will become a place they don't mind settling into with their assignments. Whether it's part of a home office you already have or occupies a portion of one of your home's living spaces, it needs just a few basic elements to fire up little scholars.

It may not instantly produce a genius, but a revamp to your child's study corner will do wonders for their study habits. Here are six tips from Pottery Barn Kids, a company who has made it their mission to give quality pieces for families everywhere:

Catalina Desk

Madeline Desk

STEP 1: Choose furniture that's sized for kids.

Choose furniture that's the right size for your kids. Comfort is key to making sure your kids can concentrate on their homework. Getting pieces of furniture with the right size for kids will get you there. Try to find one that's adjustable; that way, when they grow, it grows with them.

STEP 2: Make sure it has adequate lighting.

It's hard for adults to work if your work area is too bright or too dark; the same can be said for kids. A lamp or focused lighting can do wonders for their focus, along with making sure their eyesight is protected.

Cameron Book Case



STEP 3: Take cues from schoolrooms.

Brighten your kid's study corner with fun educational tools, like a globe, vintage flash cards, or a colorful abacus. It also helps if you paint a wall of their study nook with chalkboard paint. It'll help them practice their writing, math, and drawing skills AND prevent you from having to scrub crayon or chalk marks from your walls.

Morgan Desk



STEP 4: Have a "trophy corner."

Adults get to show off their awards and achievements on shelves and walls, right? You can do the same for your kid! Get them a corkboard, a small shelf, or even a cubby hole for them to put their report cards, trophies, medals, and the like.

Rugby Stripe



Addison Storage Canvas

STEP 5: Reading corner.

Homework usually means having to read, and not having a comfortable spot for reading will drive your kid nuts. Give your kid a nice, comfy chair with good lighting and you'll have them reading for hours.

STEP 6: Don't skimp on storage.

Make sure you give them a place to store whatever tools they use when they study —writing utensils, notepads, art supplies, etc. Have drawers and containers for them to put their things away in, as well as bins and boxes for any of their prized projects.

Cameron Wall System



To see any of these pieces, visit Pottery Barn Kids at Central Square (02-950-8187), Bonifacio High Street, BGC and Estancia at Capitol Commons, Meralco Ave. cor. Shaw Blvd, Ortigas Center, Pasig City (02-656-2269).

You can also follow them on social media @potterybarnkidsPH on Facebook and Instagram and follow @ssilifePH for more information.

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MEDICAL PROFESSIONALS

As an expat, there are basic necessities that you need to know to have a comfortable stay in the Philippines. Apart from food, means of transportation, and emergency hotlines, it is important to be aware of health services around the metro. This includes finding a physician you can talk to about your health condition as you live in the Philippines.

To help you out, here are four trusted medical professionals in Manila, who are highly-experienced and trained to provide the best care for their patients. Get to know them as you read their profile and each of their specializations.

Karen Alessandra Ty-Torredes, MD, FPOGS, FPSMFM

Obstetrics and Gynaecology
Maternal and Fetal Medicine (High-risk pregnancy)

Working as a medical practitioner for more than 10 years now, Dr. Karen Ty-Torredes specializes in Obstetrics and Gynaecology with a sub-specialization on high-risk pregnancy. Aside from that, Dr. Karen is a fellow of the Philippine Obstetrical and Gynecological Society and the Philippine Society of Maternal and Fetal Medicine. She is also a natural birth and waterbirth advocate, practicing in St. Luke's Medical Center – BGC, one of the very few hospitals which have water-birthing facilities in the Philippines.

Make an appointment:

- ✓ St. Luke's Medical Center- Bonifacio Global City: Mon. to Sat. (except holidays)
Contact: 0923-730-4841
- ✓ Our Lady of Lourdes Hospital: Mon. to Sat. (except Fri., Sun., and Holidays)
Contact: 0919-557-4514



Gia B. Sison, MD

Occupational Medicine

Dr. Gia Sison is not just your ordinary doctor-aside from being a healthcare provider, she is also a mother, a breast cancer survivor, a cancer and mental health advocate, and the Chief Medical Officer at Global TeleHealth Incorporated, which runs the KonsultaMD, a 24/7 health hotline service. In this field, Dr. Sison works in the digital health sphere that provides accessible and affordable health service through technology. She manages a pool of licensed Filipino doctors providing medical assistance such as primary healthcare over the phone. Prior to her work in the digital health field, Dr. Sison is an occupational physician that deals with workplace-related health issues. She handles health programs, formulates safety guidelines, and ergonomics in the corporate sector. Dr. Gia Sison is also a part of HealthXPh, a collaboration among healthcare professionals pushing for healthcare improvement and participatory medicine in the Philippines by utilizing social media and emerging technologies. Follow her on Twitter @giasison and read her blog at giasison.com.



Make an appointment:

- ✓ HealthFirst Clinic in Greenfield District, Mandaluyong: Saturday (by appointment)
Contact No.: 02-657-2202

Mitsy Navales-Antolin, DMD

Pediatric Dentistry and Cosmetic Dentistry

Dr. Mitsy Navales-Antolin is a certified Pediatric Dentist, who deals with children's oral health from infancy to teenage years. She practices her profession at Navales Dental Clinic, which provides a complete line of dentistry services for children and expats including preventive and restorative procedures. Dr. Mitsy took her postgraduate degree of Pediatrics in Aichi-Gakuin University in Nagoya, Japan. She also teaches postgraduate studies in Pediatric Dentistry at the Philippine Children's Medical Center. Dr. Mitsy is also a member of the Philippine Pediatric Dental Society, Philippine Academy of Aesthetic Dentistry, and the Philippine Dental Association.



Make an appointment:

- ✓ Navales Dental Clinic in Medical Plaza, Makati City
Mon. to Sat. except Tuesdays
Contact No.: 02-751-8101 or 02-817-4824

Dr. Joseph Ray Richard Cedeño, MD, FPSO

Otorhinolaryngology (Ear, Nose, Neck, and Throat)

Head and Neck Cancer Surgery

Dr. King Cedeño is an otolaryngologist specializing in Head and Neck Cancer Surgery. Otolaryngology is a field determining and curing the problems of the ears, nose and throat. He graduated in University of Sto. Tomas and has been practicing for 18 years. He had his fellowship (Head and Neck Cancer) in Queen Mary Hospital, Hong Kong. Fast forward to the present time, Dr. King is the current Residence Training Officer in Makati Medical Center. From his personal experience that fractured his right cheek, he needed a metal plate afterward. This drove and inspired him to pursue his profession and specialty, in mind to cure and lessen cancer cases. Dr. Cedeño is a member of The Philippine Society of Otolaryngology-Head and Neck Surgery, The Philippine Board of Otolaryngology Head and Neck Surgery, and Asia Pacific Society of Thyroid Surgery based in Seoul, Korea.



Make an appointment:

- ✓ Makati Medical Center, Room 145, 1F, Tower 1: Tue. 9 am to 3 pm,
Wed. to Sat. 9 am 12 (walk-ins are welcome)
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For a lot of Filipinos, the word "bench" can mean one of two things: it's either a longer version of a chair that you normally see in parks or the country's most popular clothing brand. This October, we spoke to Ben Chan, executive creative director of Bench and the founder and chairman of Suyen Corporation, Bench's holding company.

BENCH/

Ben Chan
Chairman and Founder of Suyen Corporation
and Executive Creative Director of Bench

When and how did you get to start in the fashion industry?

We started Bench in 1987 and are celebrating 30th anniversary this year. We are thirty years young, and we remain a youthful brand. Every day for us in the fashion industry is a fresh start.

What made you decide to get into the world of fashion?

It would be my inclination towards aesthetics and eye for beauty. I suppose I was only waiting for the right medium for me to express that creatively. After years of study, seeing the world, and a bit of experimentation, my calling turned out to be in fashion retail.

When was Bench launched and what was the idea behind it?

Bench was launched in 1987. I put up a fashion label under my own name at a time when I felt there was something lacking in the local industry and decided to focus on it.

We started out as a T-shirt brand in a corner of SM Department Store (now SM Store). It was small, but we already had a distinct look and design to our brand. Shoppers at SM noticed that and patronized it, which led to the brand's rapid growth.

What other clothing brands or product lines do you own apart from Bench?

Locally, we own the street wear line *Human*, *Kashieca* (a clothing line for young ladies), the contemporary furniture store *Dimensione*, *Bench Skin Expert*, *Bench Fix Salon*, *Bench Barbers*, and *PCX* - a complete cosmetics and beauty shop.

We're also the local distributor for the following international brands: *Cotton On* and *Cotton On Kids* from Australia, *Vero Moda* from Denmark, *American Eagle*,

curated multi-brand store *Assembly*, *Aldo* (shoes) and *Call It Spring* (accessories) from Canada, *Charles + Keith* and *Pedro* (shoes and bags) from Singapore, and Korea's *Face Shop*.

We also carry the UK's *Cath Kidston* (clothing, bags, and accessories), *Paul Smith* (luxury apparel and accessories), *FOX* clothing from Israel, *Under Armour*, *Cappellini*, *Fritz Hansen*, *Magis*, and *MDF Italia*.

Rounding out the list is the international home and office furniture line *Foscarini*, Australia's *Rubi* shoes, *Origins*, *Jo Malone*, *Bobby Brown*, and cosmetic and fragrance brands *Kiehl's*, and *Estee Lauder*.

What separates Bench from other brands?

Bench has a distinct and irresistible taste that you can't get anywhere else, hence giving us one of our tag lines: Live life with flavor.

A Bench shirt will have something extra that Pinoys look for and can relate to; something that gives them the feeling of being home. You can't put a price on that. All you can do is experience that feeling.

Your brand was the first to use celebrity endorsers at a time when it wasn't the norm. What made you decide to do so?

We didn't just want to sell clothing; we wanted to create an image for the brand. We decided that the best way to do this is to tap a celebrity who embodied that image, which at that time was Richard Gomez (Filipino TV Personality).

Something magical happened when we put him in a rowboat for our first TVC in 1991. It won many awards and is now considered a classic. It also set the formula for how Bench would choose and promote its celebrity endorsers in the years to come.

We were the first in the Philippine market to do something that other big global brands did during the 90s, and Filipinos loved it.

We heard that you started Bench as a "one-man team." Was that the biggest hurdle you got over or were there bigger ones that came along the way?

Bench was not a one-man effort. I worked side by side with my sister Nenita Lim, who is our VP for Finance. Her husband, Virgilio Lim, is our president. I am very fortunate that the three of us work well together as a team; we offset our own strengths and weaknesses.

The biggest hurdle we faced was globalization. We saw the Philippine fashion, textile, and retail industries transform before our eyes. In many respects, the country was not prepared for globalization, and that was a difficult hurdle we had to overcome. Global competition to this day remains fierce, and it is a battle we face every day.

What is Bench doing to keep up with local and global competitors?

The game today revolves around information and what to do with it. If you want to stay relevant, you have to be in the loop with everything that's going on.

You can't miss a beat. You either keep up with the times or get left behind. Technologically, you have to be at par with the best of the best.

What are your plans for Suyen Corporation?

We want to expand in every direction that has a potential for growth. We're catering to a new generation whose needs and demands are remarkably distinct from the previous ones.

Today's millennials require us to expand our thinking and see the brand with fresh eyes. We need to know when to retain what's tried and true and when to reinvent ourselves. It takes us out of some of our comfort zones, which helps us evolve and grow.

What would you consider as your greatest professional success? What about your biggest setback?

I consider being in the business for 30 years as my mark for success. Longevity is hard to achieve, and our brand is still going and growing to this day. I also don't believe in setbacks; instead, I view each challenge as an opportunity to be better.

How would you describe the way you manage your company?

I do it by intuition. It's a family-run company with my sister, her husband, their children, and myself running the show. Naturally, we treat our employees as our extended family.

Back in July, we celebrated our 30th anniversary by taking employees who have been with us for at least a decade on a trip to Hong Kong. That turned out to be 400 employees, which includes both local and overseas operations!

We filled an entire plane, and the whole trip turned out to be more than a team building experience. It cemented our bond as a company, and made the trip unforgettable.

What's a typical day of work like for you?

No days are alike for me. I'm constantly traveling and meeting new people. Even if I'm in Manila for three consecutive days, each one will still be different from the other.

What quote/phrase do you live by?

I used to have one in the 90s from Irish author Jonathan Swift: "Vision is the art of seeing the invisible."

However, with the many wise quotes I see on my Instagram feed each day, I get a new and better mantra. I guess that's just a reflection of how the world is today.

For the complete interview, you may view it at www.primer.com.ph

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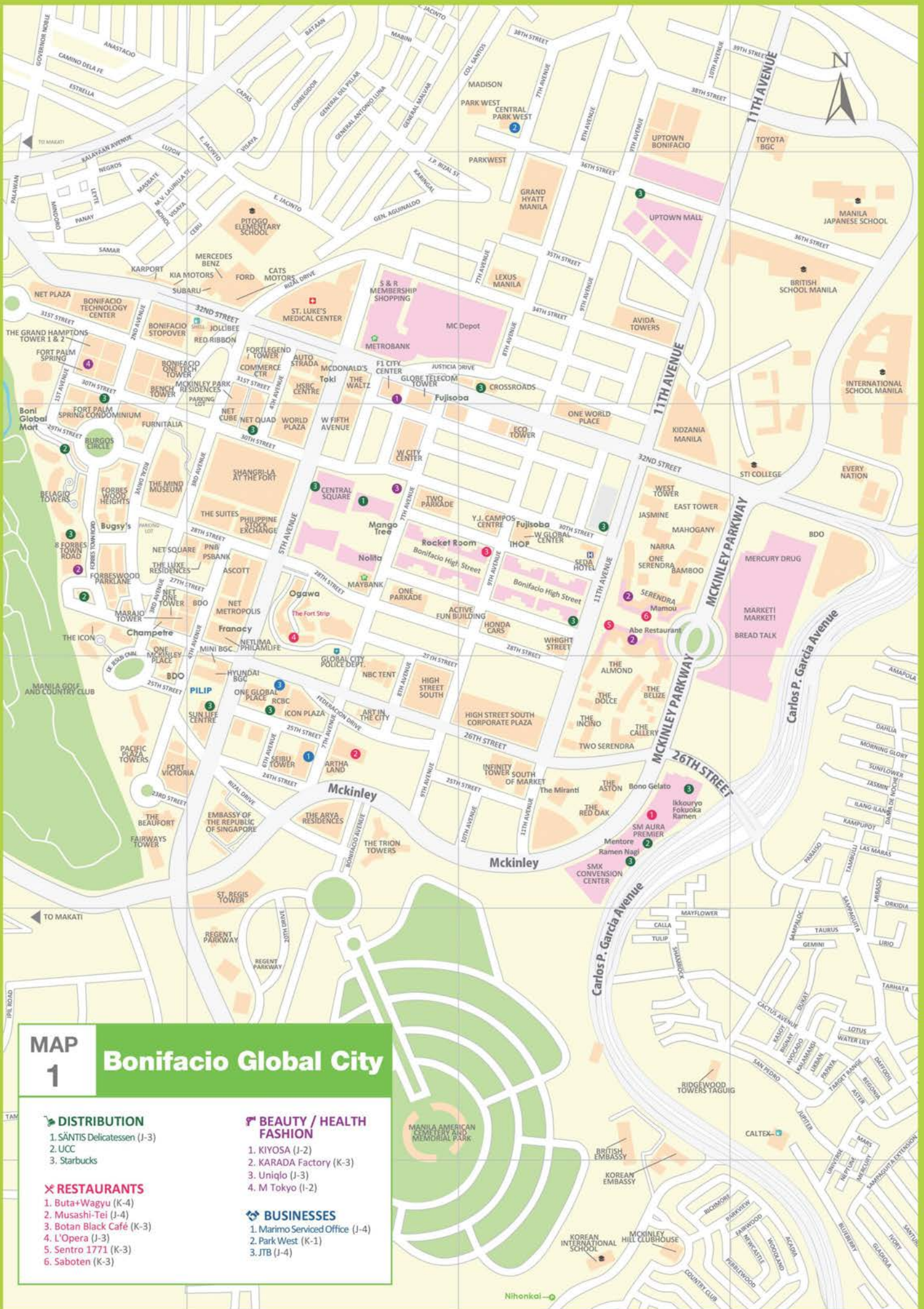
Ayala Alabang Village

☎ 0917-703-5496 /
0928-822-2880 / 02-890-0062

🏠 Ayala Alabang Village,
Muntinlupa City

PROPERTY WEBSITES

hoppler.com.ph
mycondo.com.ph
myproperty.ph
rentpad.com.ph



MAP 1

Bonifacio Global City

DISTRIBUTION

- 1. SÁNTIS Delicatessen (J-3)
- 2. UCC
- 3. Starbucks

RESTAURANTS

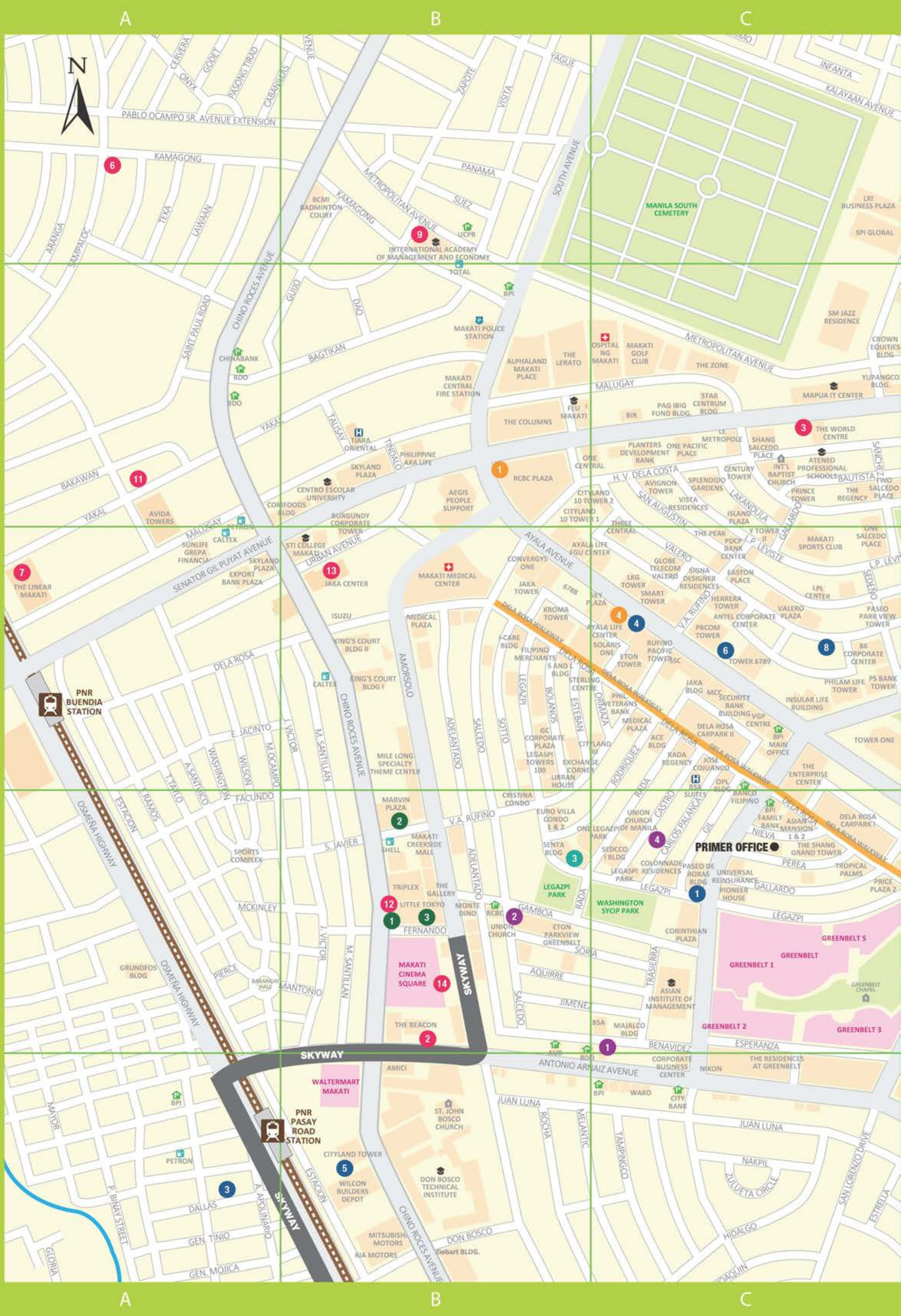
- 1. Buta+Wagyu (K-4)
- 2. Musashi-Tei (J-4)
- 3. Botan Black Café (K-3)
- 4. L'Opera (J-3)
- 5. Sentro 1771 (K-3)
- 6. Saboten (K-3)

BEAUTY / HEALTH FASHION

- 1. KIYOSA (J-2)
- 2. KARADA Factory (K-3)
- 3. Uniqlo (J-3)
- 4. M Tokyo (I-2)

BUSINESSES

- 1. Marimo Serviced Office (J-4)
- 2. Park West (K-1)
- 3. JTB (J-4)





MAP 2

Makati City

✕ RESTAURANTS

1. Corner Tree Cafe (D-2)
2. Hanagushi (B-2)
3. IKOMAI (C-2)
4. ITrulli (D-2)
5. Kabila (D-4)
6. Kands (A-1)
7. Kenshin (A-3)
8. Kobeya Japanese Store (E-2)
9. New Hatchin (B-1)
10. Saboten (D-4)
11. Santis (A-2)
12. Sekitori (B-4)
13. TPE (B-3)
14. Unakichi (B-4)
15. Yokohama Meat Kitchen (F-4)

🏢 BUSINESSES

1. Able (C-4)
2. BDO (D-2)
3. Japanese Language School of Next Bridge Inc. (A-5)
4. JCB (C-3)
5. JNP (B-4)
6. LeoPalace21 (C-3)
7. Metrobank Japan Desk (E-3)
8. Sagass (C-3)

💄 BEAUTY / HEALTH FASHION

1. Hide 2A Hair Salon (C-4)
2. Oracle (B-4)
3. Uniqlo (D-5)
4. Yakson Myunga (C-4)

✈️ TRAVEL

1. ANA (B-2)
2. Dusit (D-5)
3. Friendship Tours (D-5)
4. JAL (C-3)

📖 STUDY

1. S880 Enriquez Apartment (E-2)
2. CMA Mental Arithmetic (D-2)
3. Union Church of Manila (B-4)

🚚 DISTRIBUTION

1. Seikyo (B-4)
2. Teppen (B-4)
3. Yamazaki (B-4)

What's New in the Metro?

PASAY



World Travel Expo 2017

The World Travel Expo 2017 is set to hit SMX Convention Center at Mall of Asia Complex on October 6-8 as more deals and packages are prepared for attendees.

SMX Convention Center, Mall of Asia, Pasay City



Swan Lake

The country's premier danseur Nonoy Froilan restages the production, which is widely regarded as one of the greatest ballets of all time- "Swan Lake". It will run on October 7, 8, 14, and 15 at the Aliw Theater, CCP Complex, Pasay City.

Aliw Theater, CCP Complex, Pasay City



Erykah Badu live in Manila

Soul and R&B icon Erykah Badu will be bringing her Badu vs Everything World Tour in Manila and it's going to happen on October 14, 2017.

Harbour Garden Tent, Sofitel Manila, Pasay City



Manila Fame

Considered as the country's premier design and lifestyle event, Manila FAME is a bi-annual showcase of craftsmanship design innovation, and artisanship in Philippine products.

World Trade Center, Pasay City



Chitty Chitty Bang Bang

For its eighth musical theater production, Resorts World Manila, through Full House Theater Company is set to stage the beloved British family musical, Chitty Chitty Bang Bang.

Newport Performing Arts Theater, Resorts World Manila, Pasay City



Ed Sheeran live in Manila

It's official! British singer-songwriter Ed Sheeran is coming to Manila for The ÷ Tour (Divide Tour) this November 7, 2017 at Mall of Asia Concert Grounds, Pasay City.

Mall of Asia Concert Grounds, Pasay City

MAKATI



Rush Hour Concert

The year 2017 is going to be another sensational performance by the Manila Symphony Orchestra as they cap off this year's Rush Hour Concerts. Happening on October 5 and November 9, 2017 at the Ayala Museum in Makati City. Witness how various performances will come to life.

Ayala Museum, Makati City

PARAÑAQUE



OKTOBERFEST SOLAIRE TENT

Experience Oktoberfest at Solaire! Enjoy free-flowing Weihenstephan beer, the best of German cuisine, plus music by Tomays Spezlwirtschaft from Munich, Germany, all for only P2,999+ per person, per day.

Solaire Resort and Casino, Aseana Avenue, Parañaque City

SPOTLIGHT



American Women's Club of the Philippines' Halloween Charity Party

Oct 14

Party

Ready for the Spooktacular season? If not, then you should clear your night on October 14, as the American Women's Club of the Philippines (AWCP) presents its first Halloween Charity Party in Makati City!

The AWCP Charity Party is an annual event where people from all over the metro can have a good time! This year, they've decided to move away from their traditional hoedown-themed party and have gone for something that's a bit more in line with the season.

Wear your best Halloween costume and come either as a monster, ghoul, ghost or in a fancy dress and party all night long! The event will take place at Fairmont Makati, 1 Raffles Drive, Makati City and will run from 7 pm onwards. Come and join this event and get a chance to score fantastic prizes in their raffle! For more information about attending, donating, and sponsoring please contact awcpspecialevents@gmail.com.

Fairmont Makati, 1 Raffles Drive, Makati City

BGC

Manila 2017 WHISKY LIVE

Friday 20th - Saturday 21st October

Expo

Oct 20-21

Whisky Live

The biggest international whisky event in the world is back for its second year in Manila: Whisky Live 2017. This premier tasting event will allow guests to try over 131 top notch different types of whisky, scotch, bourbons, and blends from all over the world.

Shangri-La at the Fort, Bonifacio Global City, Taguig City

Philippine
primer
The Expats' Guide to the Philippine Lifestyle

For more events, please visit
primer.com.ph/events

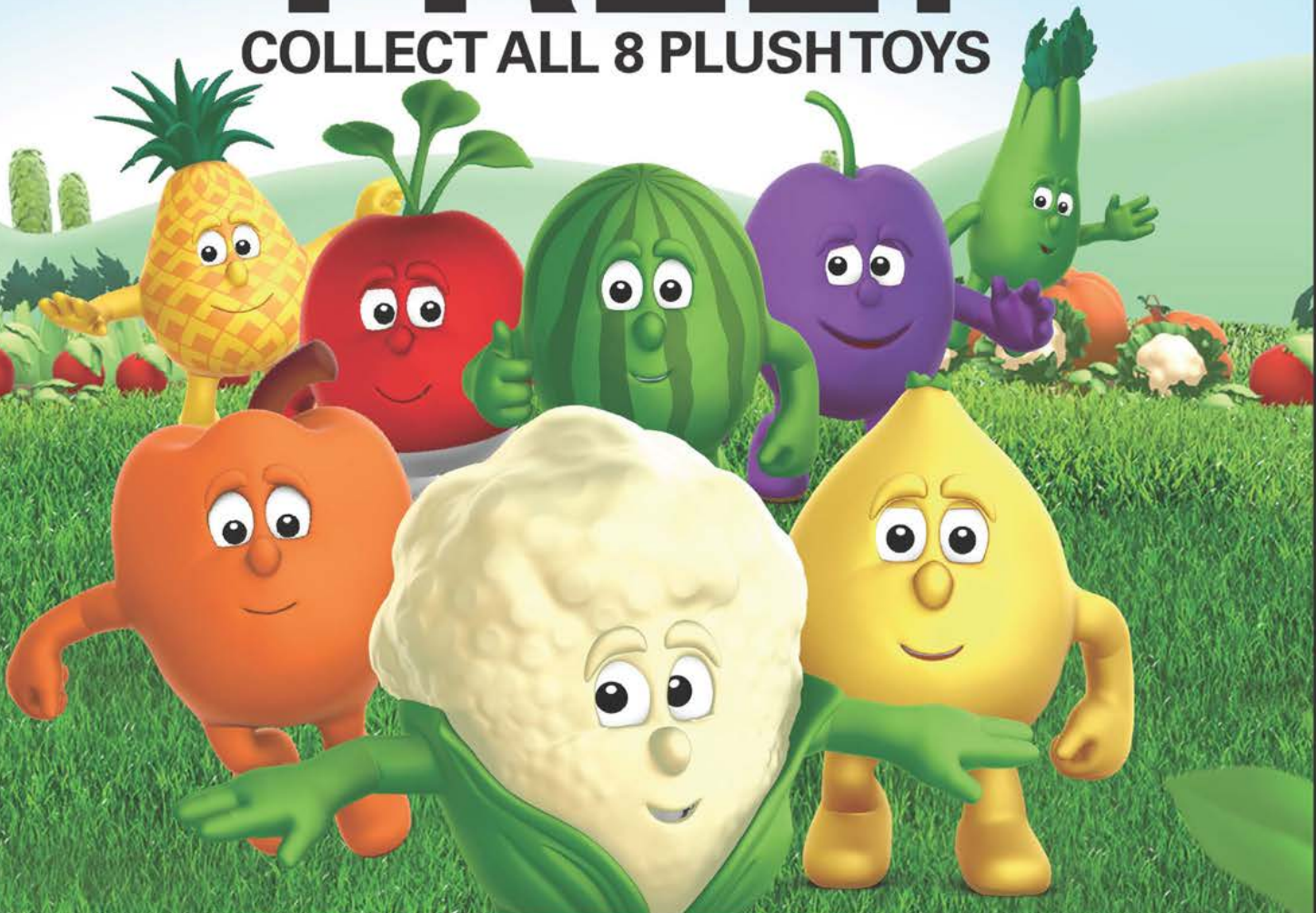
GOODNESS GANG™ BODY SQUAD

Sept. 1 to Nov. 30, 2017

TAKE US HOME FOR

FREE!

COLLECT ALL 8 PLUSH TOYS



THE FUTURE OF DIESEL IS BLUE

AND IT'S IN OUR SPORTIEST SUV



NEW **ISUZU**
MU-X

BLUEPOWER
EURO 4



3.0 4JJ1-TCX (177 Ps) Blue Power
Direct Injected VGS Turbo Diesel Engine



Bi-LED projector
headlamps with DRL



New radiator grille
and bumper design



6-speed automatic
transmission



18-inch alloy wheels



Soft pad interior
with blue ambient lights

● Havana Brown

● Silky Pearl White

● Titanium Silver

● Obsidian Gray

● Cosmic Black

▼ VISIT US AT THE FOLLOWING LOCATIONS

SEE FLYERS FOR DETAILS

ASC Ref. No. I071N0405171

Per DTI-FTEB Permit No. 1882 Series of 2017.

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COMMONWEALTH (02) 9522760 to 66
EDSA (02) 4104836
GREENHILLS (02) 7221289
MAKATI (02) 8432173
MANILA (02) 5624601 to 06
PASIG (02) 6713434
QUEZON AVENUE (02) 9267111

LUZON

BATANGAS (043) 7782213 / (02) 5844783
BATANGAS CITY (0917) 2080280 / (0932) 2864301
BULACAN (044) 7600004
CABANATUAN (044) 4638215
CAVITE (046) 4722145
DAGUPAN (075) 5220358
ISABELA (078) 6522030
LEGAZPI (02) 4291593
MEYCAUAYAN (044) 9131035
NAGA (054) 4778886
PAMPANGA (045) 4353062

PANGASINAN (075) 5684861
RIZAL (02) 6455558
SAN PABLO (049) 5629996
STA. ROSA (049) 5393269
TUGUEGARAO (078) 8442920

VISAYAS

BACOLOD (034) 4412050
BOHOL (038) 4120098
CEBU (032) 2340471
DUMAGUETE (035) 4226040
ILOILO (033) 3366433

LEYTE (053) 3232777
MANDAUE (032) 4222288
TALISAY (032) 2362211

MINDANAO

BUTUAN (085) 8152214
CAGAYAN DE ORO (088) 8561892
DAVAO (082) 2973344
DIPOLOG (065) 2124199
GENERAL SANTOS (083) 5222255
ZAMBOANGA (062) 9912088

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