

STAYCATION SPOTS TO WOW HER THIS SG50 LONG WEEKEND

100%
USEFUL!

SINGAPORE
AUGUST 2015

Men's Health

SINGAPORE'S NO. 1 MEN'S MAGAZINE

MENSHEALTH.COM.SG

ROCK HARD

ABS

SCULPT YOUR SIX-
PACK IN 30 DAYS P88

LIVE LONGER

Without Skipping The
Vices You Love P74

3 WEAPONS TO FIGHT HAIR LOSS

WHY YOUR SMARTPHONE IS
GIVING YOU A BACKACHE

HOW TO FIX IT: P40

500 YEARS
OF RUNNING
WISDOM
P110

ACE THE
NEW IPPT
P92

S\$6.00





HOME AWAY FROM HOME

THE MEN'S HEALTH TEAM CHECKS OUT SEVEN SINGAPORE GETAWAYS.

1/ THE FULLERTON HOTEL

This heritage establishment sits within a prime location (amenities and National Day Parade fireworks-wise). The hotel's staff members are groomed to make you feel right at home. And if you've got access to the exclusive Straits Club, you get perks like afternoon tea, evening canapes and cocktails. Also, a stay is not complete without dining at its Lighthouse Restaurant & Rooftop Bar. There, tuck into chef Carlo Marengoni's authentic Southern Italian cuisine, and then move upstairs to the bar for a heady mix of premium cocktails and a gorgeous view overlooking the Singapore River.

www.fullertonhotel.com

• Room	4/5
• Location	5/5
• Value for money	4/5
• Poolside experience	3.5/5
• Makan	5/5

2/ PAN PACIFIC SINGAPORE

Attractions at this city centre address include excellent restaurants, a stylish lobby bar with circular lantern-inspired seating pods and mood lighting, and

modern-luxe bedrooms overlooking the Marina Bay waterfront. Bathrooms are sleek and spacious, and beds have ceiling "reading" spotlights (go on, aim for an ovation). It's worth saving up for the perks of a Pacific Club room or suite, which gives you access to the cosy club lounge on the 38th floor. Perched at a prime fireworks-gazing height, this circular top-floor space serves free breakfast, afternoon tea, pre-dinner drinks and canapes – along with a décor nod to Singapore's colonial and pan-Asian roots, sweeping views of the city and top-notch service at every turn. www.panpacific.com/singapore

• Room	4/5
• Location	5/5
• Value for money	4/5
• Poolside experience	2.5/5
• Makan	4/5

3/ INTERCONTINENTAL SINGAPORE

A classy institution that pays homage to the Peranakan culture, the Intercontinental combines both modern and traditional architectural

aesthetics. It's a pleasant respite from the weekend crowds in Bugis, but close enough to various arts and cultural landmarks – perfect for young families. The shophouse suite is a luxe option that educates and piques the senses, while resident Chinese restaurant Man Fu Yuan is the go-to place for top-quality Cantonese dishes. The exclusive Club Intercontinental Lounge is another highlight if one chooses to upgrade, with afternoon tea and cocktails to pamper guests further.

www.ihg.com/intercontinental/singapore

• Room	4/5
• Location	5/5
• Value for money	4/5
• Poolside experience	3.5/5
• Makan	4/5

4/ NAUMI HOTEL

The first thing you'll realise about the Naomi is that it's practically more art gallery than hotel, characterised by a collection of curated designer furniture, hand-selected art and luxury products. It has plenty of interesting room choices

– from an Andy Warhol-inspired suite to a Coco Chanel-themed one. There's even a room with an outdoor patio, though we'll warn that it's not exactly the most private, with guests from the higher floors guaranteed to peer down on anyone choosing to go au naturel. If you're into Indian spices, you'll love the grub here: Breakfast, lunch and dinner are served at Table by Rang Mahal, which boasts authentic traditional Indian fare. But the best part of the Naomi is the rooftop bar, Cloud 9, which boasts close views of Raffles City and The Esplanade over its infinity pool. You'll definitely get to see the best of the NDP fireworks from here.

www.naumihotel.com

• Room	3.5/5
• Location	5/5
• Value for money	4/5
• Poolside experience	5/5
• Makan	4/5

5/ THE WESTIN SINGAPORE

This swanky hotel has got rooms and a sweet infinity pool that face the sea, while its voguish lobby is an instant charmer on level 32. Yogis will enjoy the

hotel's poolside yoga classes, but if you want something more active, they have morning run sessions as well. No running gear? The New Balance gear-lending programme will sort things out. After that, optimal rest is assured when you plonk yourself onto the hotel's proprietary Heavenly Bed, which Westin purportedly spent US\$30 million (\$40.4m) developing. Food-wise, book a table at Seasonal Tastes for its wide variety of premium buffet items.

www.thewestin.com

• Room	4/5
• Location	3.5/5
• Value for money	4/5
• Poolside experience	4/5
• Makan	4/5

6/ GRAND HYATT SINGAPORE

In the buzzy heart of Singapore's

shopping district, this Scotts Road hideout highlights a T-shaped pool amid a tropical garden (complete with thundering waterfalls), with surrounding buildings creating a retro backdrop. Servers make their rounds to the plunge pool, waterside lounges and canopy beds to offer a free glass of chilled water, or deliver your order to the bar at Oasis Restaurant. Rooms offer a stately city stay with lightwood furniture, leather chairs, marble toilets and flat-screen TVs to catch the NDP. After that, head to the second-floor Martini Bar, one of the most popular Orchard Road hangouts. Grand Club privileges include top-floor lounge access, all-day refreshments, and private check-in and checkout.

www.singapore.grand.hyatt.com

• Room	4/5
• Location	5/5
• Value for money	4/5
• Poolside experience	4/5
• Makan	3.5/5

7/ SHANGRI-LA HOTEL SINGAPORE

From the moment you're greeted by the doorman dressed in Tibetan warrior-inspired clothing complete with a feather-plumed hat, you can tell that the resort-hotel takes its traditional values seriously. Set in a leafy stretch overlooking its prestigious Nassim Road neighbours, this old-fashioned charmer houses a vast main lobby with huge chandeliers and live music from the lounge – plus long corridors that lead to floral gardens, putting greens, tropical waterfalls and serene fishponds. The large free-form pool has a chalet-chic vibe, with plunge pools, a lifeguard and a poolside restaurant, The Waterfall, serving seriously good Italian food in generous portions. Rooms are sedate, spacious, and come with L'Occitane toiletries and comfy armchairs. There's also a lanyard card map recommending a scenic 4km jogging route, which links the hotel to Orchard Road and the Singapore Botanic Gardens. It all adds up to the perfect luxury family break.

www.shangri-la.com/singapore

• Room	3.5/5
• Location	3.5/5
• Value for money	4/5
• Poolside experience	5/5
• Makan	4.5/5



TEXT: KELVIN TAN, KENNETH WEE & MCKEN WONG
PHOTO: IMANI, ANGELO CAVALLI/ORBIS