

The Good Buzz



Celebrate the festive spirit

**Indulgences events & more
for you & your family**

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TO-DO IN YOUR CITY

With Christmas and the New Year around the corner, we are back with your guide to fun, indulgence and style for the month, in Bengaluru. Pick up know-how on services and shops that will help you navigate better. Food, party-wear, accessories, Christmas treats, home ideas and holiday option to explore... All this and more for your leisure this December. We look forward to servicing you with the know-how on more interesting events. Till the next time...



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Buzz In Town

As we head into the last month of the year (yes, it is December already!), get ready to party, eat and shop till you drop. Here are some of our picks... By Bindu Gopal Rao



Comfortable Footwear

With 2,00,000 nerve endings, 33 major muscles, 28 bones and 19 ligaments, the human foot is literally a masterpiece. However, if your footwear is not designed keeping all this in mind, it may end up harming you. It's a misconception that cushioned, padded sneakers are good for your feet. In fact, an estimated 79 percent of people give up running (which should come naturally to you) because of injuries caused by using the wrong footwear.

With no heel, midsole or arch support, Vivobarefoot introduces shoes that revive the "barefoot experience". Based on patented technology, these shoes are the world's lightest, with ultra-thin puncture-resistant soles. They encourage "proprioception" (a sensory feedback sent to the brain, which is usually hampered when you use normal footwear) which helps your body adapt to the environment faster, enhancing your movements.

Available at SportsXS at Mantri

Mall, Forum Value Mall and The Forum.

International Fashion

Spread over 17,779 feet, Zara offers international fashion at attractive prices for men, women, teenagers and children. The store interiors are designed keeping your comfort in mind, with convenient and attractive product displays making shopping a special experience. With a creative team of more than 350 professionals, Zara's design process is based on the demands of its customers even as new collections reach the stores twice a week.

At Phoenix Market City, UG 7 & UG 4, Whitefield Road, Mahadevpura.

Time On Your Side

Diesel's latest range of timepieces – Diesel Studio Mixer – includes five distinct styles reminiscent of antique music equipment. Durable black



canvas straps with brushed stainless steel faces are brought together through a modern black-and-yellow theme. *At UB City*

Health Watch!

The Timex Group's recently-launched Time Factory store in Bengaluru, the 12th of its kind, offers iconic brands such as Timex, Helix and Fossil. They have recently launched two new series – the Intelligent Quartz (IQ) watches and Heart Rate Monitor (HRM)



watches. Says Angelique O' Brien, Head and Retail & Fashion Brands, Timex Group India Ltd., 'Our watches have a huge following here, and keeping in mind the current trends, we have launched two new collections for technology and health freaks.' The IQ watch uses advanced independent six-hand movement, digital sensors and microprocessor technology, which is sure to intrigue you and your friends. If you're a sports enthusiast, try the Heart Rate Monitor watch. This unique

time-keeping device provides an accurate heart rate and helps track the time you spend exercising. So head to The Time Factory – Timex's avant-garde, multi-brand watch store, a favoured one-stop destination for mid-priced to premium international watch brands. The company also plans to launch over 400 models of watches across categories by the end of this financial year.

At Phoenix Market City, Mahadevapura, White Field Main Road.

Festive Sparkle

Bracialetto's gold and silver accessories can work well as gifts for your loved ones and yourself.

Bracialetto has also introduced a range of dual chains which can be worn long, or intertwined to make a sparkling neckpiece.

Their exotic selection of bracelets has murano

lampwork or crystal beads with lightweight 92.5 sterling silver chains. You can also create your own masterpiece from a selection of colourful beads. Price: ₹2,000 onwards
At Folio and No. 10, 1st main road, Vyalikaval. Tel: 080-40733000

Fine Indulgence

Häagen-Dazs icecreams are now available at your nearest supermarket. This icecream brand uses the finest and purest ingredients from around the world, including dark chocolate from Belgium. Some of the flavours on offer are Belgian Chocolate, Strawberry, Cookies and Cream, Vanilla, Cappuccino Truffle, and Strawberry Cheesecake. These are available in pints for ₹625 and in minicups for ₹185. Also check the delectable Stick Bars



available in Cookies & Cream, Coffee Almond Crunch, Vanilla Milk & Chocolate and Vanilla Almonds flavours at ₹150 each. The best part – no artificial flavours, colours or additives are used. So go ahead, indulge your sweet tooth!.

Available across stores in Bengaluru.

Christmas Treats

The Olive Christmas Feast at the Olive Beach restaurant and bar brings you a smorgasbord of traditional Christmas fare from December 12 to 25 to celebrate the Yuletide spirit in gastronomic style!



As part of the traditional Christmas Gourmet Bazaar, from December 13-20, they will offer pumpkin pies, hot cross buns, mince pies, panettone, potted chocolate and lemon curd, Christmas fruit bars and Olive's legendary Christmas pudding.

Alongside, there will be an array of breads and baked goodies, chocolates, dips, sauces and more, all made in-house. You can also make a gourmet gift hamper from a selection of assorted truffles, cranberry relish, cinnamon walnut buns, X'mas pudding, muesli, assorted fresh macarons, citron pound cake, a wide selection of cheeses and cold cuts including smoked salmon and mortadella (an Italian sausage or cold cut).

On Christmas Eve, the restaurant offers a traditional three-course X'mas dinner. You can also celebrate Christmas Day with a special brunch featuring Mediterranean delicacies including spiced pumpkin soup, roast turkey with gravy and relish, roast ham jambon with trio mustard, roast leg of lamb with mint pesto, rhubarb pie, Christmas pudding with cognac sauce and more. If a gastronome had a Christmas



list, this would be it! And to add to this, they also offer festive treats – an Olive hamper – which is the perfect gift to give to someone special. This year they offer “create your own” gift hampers filled with exciting Christmas goodies to suit each budget. Assorted Truffles, Cranberry Relish, Cinnamon Walnut Buns, X'mas Pudding, Muesli, Assorted Fresh Macaroons, Citron Pound Cake, a wide selection of cheese and cold cuts including Smoked Salmon, Mortadella and more to create your customised hamper. You can find the perfect gourmet presents for your friends and family – all delivered in time for Christmas. Order at Olive Beach (No 16, Wood Street, Ashok Nagar, Bengaluru). Hampers range from ₹1,500 onwards. To place an order, call 080-41128400, 9945565483.

At Wood Street Ashok Nagar. Tel: 080-41128400, 09945565483.

Grilling Made Easy

This winter, get set to host some spectacular barbecue parties at your home. You can learn it all from the experts. The “License to Grill” session by Weber Grills is being held on December 14 at the Weber Experience Center from 3pm to 6pm and will be conducted by Chef Manu Chandra.

The chef will demonstrate select grill recipes at this hands-on, interactive session that includes various stages of barbecue grilling, right from how to light a charcoal grill, marinating techniques for vegetarian and non-vegetarian foods, working on gas and charcoal grills, and barbecue tips and techniques.

At Haudin Road, Ulsoor Lake. Call 099000 27067 or email support@grillco.in to register for a class. Cost of attending the session is ₹1,450; it includes a tasting session after the demonstration and a special recipe booklet.

Light Up Your Home

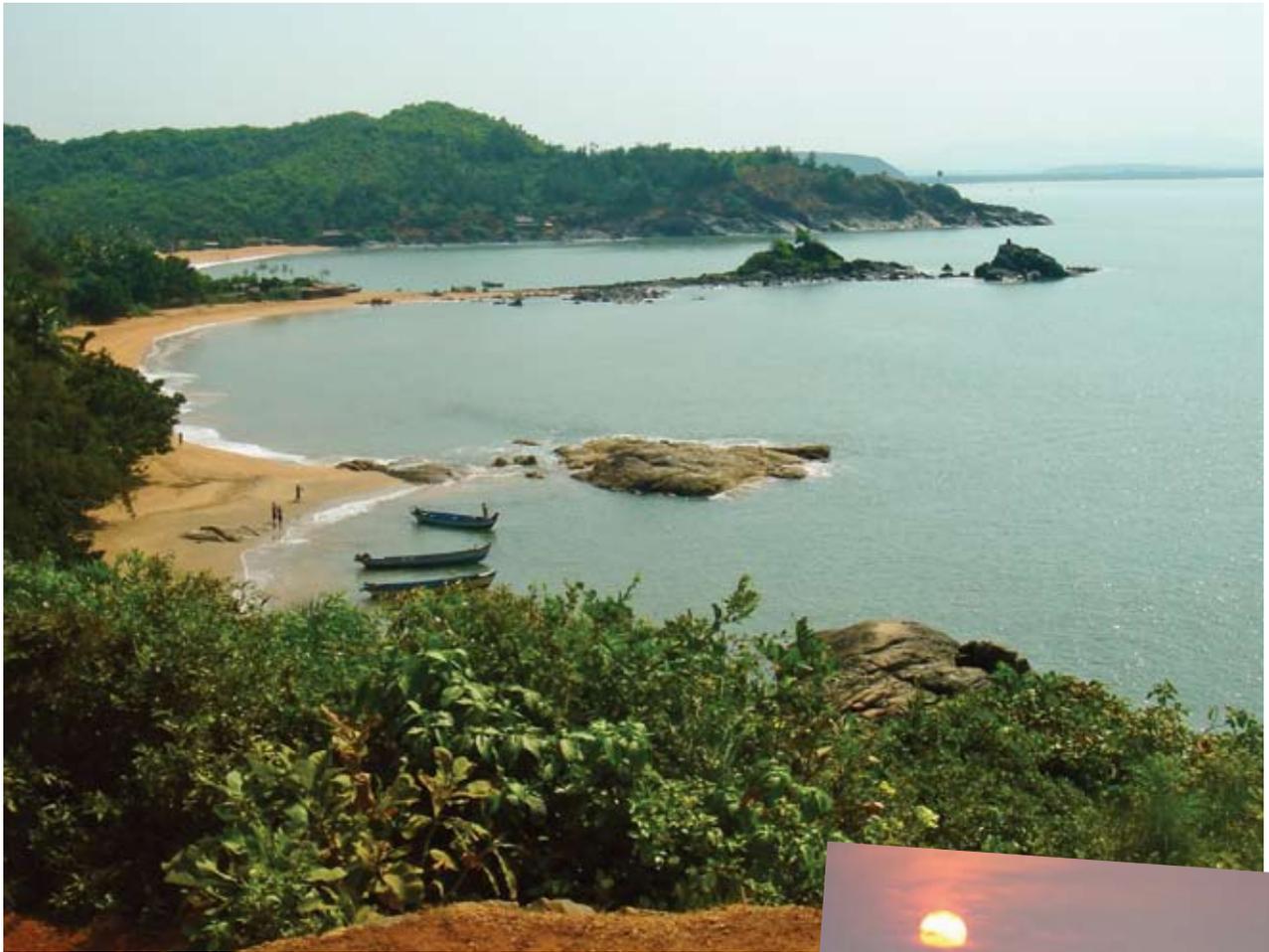
Want an instant home makeover? Just change the lights! You can visit The Purple Turtles store for some options. It showcases innovative creations by a range of Indian designers, along with limited-edition lights by their in-house designers. You can get them custom-made, according to your specific needs and preferences. Says store founder Radeesh R, ‘The purpose of lighting is to illuminate either a product or an area and bring out its features. Hence, depending on the kind of area or product being lit, we choose the light fixture, colour and intensity of light. The right use of lighting can

transform a space and help in creating a desired mood. We prefer to choose the light fixture and lamp depending on the area the client plans to light.’ The store launches special collections regularly. The Nautical Collection series comprises lamps, lanterns and lights that were actually used onboard seafaring ships decades ago! Once the ships retired, they were usually “scrapped”, and all the tools and components were stored in shipwrecking yards to be sold. This is the primary source of the galvanised brass and copper lights in this collection. The Varnam Collection consists of traditional home-décor accessories with a contemporary twist. You can choose from lamp bases and décor pieces inspired by the traditional south Indian lamp, the Kutthuvillakku. The lamp shades are made from the popular “khanaa” fabric, traditionally used by women along the north Karnataka-Maharashtra border as blouses. Then there are colourful tea-light holders and lamp bases inspired by the traditional Indian pickle jars or “barnis”. You can also pick up door knobs in the typical glossy bright colours of lacquerware from Channapatna, each handcrafted by an artisan from the region. This technique is used to convert pieces of wood into works of art using a lathe or turning machine, hale (ivory) wood and vegetable colours.

‘The essence of interior lighting will always be about people and how they live. Any product or place can be transformed with the right balance of light and shadow and appropriate lighting is enormously important,’ says Radeesh.

Available At 28, 1st Main Road, Domlur 2nd Stage, off 100 Feet Road, Indiranagar. Tel: 080-41528039.



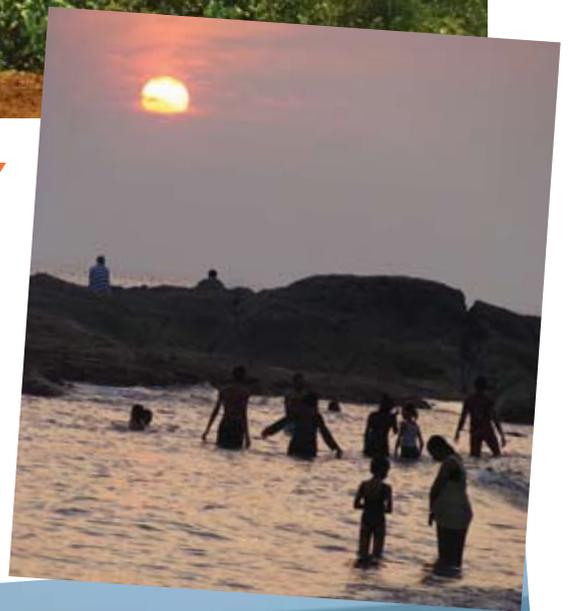


A BEACH HOLIDAY

Coconut and palm trees swaying in the cool breeze; blue seas; clean sands and rocky mountains... Sounds like picture-perfect? You can find all this and more at Gokarna, a quaint temple town in Karnataka **By Bindu Gopal Rao**

SUN AND SAND

The main beaches in Gokarna are the Gokarna Beach (the city beach), Kudle Beach, Om Beach, Half Moon Beach and Paradise Beach. While the Gokarna beach forms the coast of the town, the other four beaches lie to the south of the town. Kudle and Om are around 6km from Gokarna, along a muddy hill, and are accessible by rickshaw or on foot. Interestingly, Om Beach gets its name because it is shaped like the "Om" symbol. Dotted along the shore are tea shops, shacks and small restaurants serving fresh local seafood and drinks. The smaller Half Moon and Paradise beaches are beyond Om Beach. They're tranquil and pristine mainly because they're accessible only via a tough trek through a forest or by boat. Apart from spending time at the beaches, you can indulge in water sports, mountain biking and rappelling in the surrounding Sahyadri Hills.





THE HISTORY

Incidentally, Gokarna means Cow's Ear and legend has it that Lord Shiva emerged from the ear of a cow here. Little wonder then that the main deity here is Lord Mahabaleshwara (another name for Shiva). This temple enshrines the "Aatma Lingam" of Lord Shiva and is one of the most visited sites in this little seaside town. It is said that this form was given by Lord Shiva to King Ravana to make his kingdom an invincible fortress. But Ravana was tricked by Ganesha and Varuna into placing the lingam here. There's also a Ganapathi temple close by.

A popular time to visit Gokarna is during the four-day Shivaratri festival, when two giant chariots are pulled down the main street, attracting thousands of pilgrims. The two main streets of the town are dotted with shops and traditional tile-roofed brick houses. The Car Street, which runs through the town centre, has small stores housing puja paraphernalia and souvenirs. From Gokarna, you can also visit Murudeshwara (85km away), Idagunji (65km away), Yana (57km away) and Kumta (32km away).

FACT FILE

Gokarna is about 453km from Bengaluru, 238km north of Mangalore and about 59km from Karwar. A good option is to stay at the Om Beach Resort. Tel: 09999231117. Email: info@kairali.com If you're on a shoe-string budget, the beaches near Gokarna have shacks (huts) on rent.

By road: You can take a local bus to Gokarna on National Highway 17. The Karnataka State Road Transport Corporation (KSRTC) also runs long-journey buses from several cities. There are also private operators, including Vijayanand Roadlines, VRL, Sugama, Sea Bird that offer daily night buses.

By train: The Konkan Railway on the Mumbai-Mangalore route connects Gokarna. The railway station is 6km away from the main town.

By air: The nearest airports are Dabolim at Goa and Mangalore International Airport at Bajpe.

A Rejuvenating Spa(ce)

Located about 35kms from Bengaluru, the Shreyas Retreat blends yoga, vedanta, wellness and luxury. Rated as one of the Top Ten Yoga Retreats Worldwide by gayot.com, it's the perfect "de-stress getaway". 'While yoga and meditation balance the body and calm the mind, our carefully thought-out Shreyas spa treatments help to de-stress, relax, rejuvenate and ease the aches and pains of daily life. These treatments help in immediately improving mobility/flexibility/suppleness, all of which aid in the practice of yoga. The treatments in our spa involve a range of traditional Indian ayurvedic rejuvenation techniques, Swedish massage, aromatherapy, Balinese massages and a host of beauty treatments like manicures, pedicures and facials,' says N Balaji, COO, Shreyas Yoga Retreat. I opted for the Nourishing Honey and Coconut Scrub which my expert masseur explained was the best for my sensitive



skin. The one-hour treatment soothed frayed nerves as I slipped into an intoxicating aroma of fresh coconut and honey, my skin being polished to perfection. This scrub rejuvenates, softens and refines your skin as it gently exfoliates. Freshly grated coconut is a wonderful skin conditioner, leaving behind a silky soft texture. A shower, post the scrub, will further relax you.

Their other signature treatments include the Chocolate Scrub and mask, made from dark, rich cocoa and freshly ground rice powder, oats and rose water. The aroma of chocolate releases

endorphins (feel-good hormones) that promote a feeling of calmness and well-being, while the antioxidants found in cocoa help erase wrinkles and improve skin quality. The Javanese lular scrub is a traditional golden coloured scrub from Java made from freshly ground turmeric, sandalwood and brown rice. The cleaning and exfoliating properties of turmeric and rice are beautifully complemented with the cooling nature of sandalwood.

Treatments are custom-designed for each guest after a personalised wellness consultation involving a thorough

assessment of skin and body types and any ailments. All spa products such as scrubs and masks are freshly prepared with organic ingredients, most of which are grown in their own organic farm. Shreyas recently made it to the 2011 Relais & Châteaux Guide and is part of a handpicked exclusive club of 500 properties from across the globe.

At Santoshima Farm, Gollahalli Gate, Nelamangala, Bengaluru. Tel: 080-27737102, 27737103, 09916110422.

Website: www.shreyasretreat.com.

Email: reservations@shreyasretreat.com

Gourmet Destination

How many times have you wanted to try out that exotic recipe but could not find the ingredients? Fret not, as Godrej Nature's Basket has set up shop at CMH Road in Indiranagar. Here, you get the best of fresh and packaged food and beverages from across the world.

Spread over 2,000 sqft, the Bengaluru store has certain brands that are available exclusively, including fresh kulfi and white butter from Parsi Dairy (located in Mumbai) and ready-to-eat snacks by the Home Delights brand. Take a look at their well-stocked herbs section that offers basil, thyme, oregano, lemongrass and Japanese ginger. You can also pick up staples such as organic pulses and brown rice among other regular groceries.

Or choose from high-quality fresh fruits and vegetables, exotic herbs and imported fruits, the finest cheese and cold cuts from around the world, condiments, fresh breads and patisserie. There's a separate section for exotic teas and coffee. And a cookbook shelf! The store is complimented by knowledgeable staff who insist that you try the products before you buy them.

There's also a month-on-month



activity where the store's food consultants concoct the best of recipes for the customers. Customised gift hampers, cheese and cold cut platters for parties as well as advice on food and wine pairing are some services that are on the anvil.

Since it's part of the Godrej group,

you can trust that the products will be up to standard. Started in 2005 as a single fresh-food store and transformed into a gourmet destination in 2008, Godrej Nature's Basket has today morphed into a 16-store chain of premium gourmet stores.

At CMH Road in Indiranagar.

Health Food



Brown Tree is a health food store that offers spices, organic food, sugar-free food, healthy beverages and roasted snacks. Apart from the regular variety of dry fruits, you can choose from premium options such as macadamia nuts, hazel nuts, pecan nuts and more), It's a known fact that nuts are a healthy snacking option as they're good sources of vitamins E and B2, and are rich in protein, and

essential minerals such as magnesium, phosphorus, potassium, copper, and selenium. Macadamia nuts are a high-energy option, full of protein and fibre and loaded with other important nutrients that help relax nerves, reduce fatigue, strengthen bones, maintain the blood sugar level and reduce cholesterol. New Dietary

Guidelines say you should eat 4-5 servings of nuts, seeds or legumes a day. Pecans are particularly good because they contain more antioxidants than any other nut and help fight heart disease, Alzheimer's, Parkinson's and cancer. They're also a rich source of oleic acid, a fatty acid also found in olive oil which helps fight breast cancer. Other products on offer include imported chocolates and biscuits, green tea and

coffee, diet snacks, dairy products, frozen products and icecream. The store also has a range of gift hampers containing dry fruits, chocolates and spices. 'We have wide options for gifting this season, especially for the corporates. As we are into the wellness segment, we would like to spread across the message of – be healthy, stay healthy.' Pricing starts from ₹100 and goes up to ₹3,500 At CMH Road in Indiranagar.

At Church Street (080-41527235), Koramangala (080-40926556/41901416) and Malleshwaram (080-42067091/42158394). Log on to www.browntree.in for more information.

Sunday Brunch

Head to the Sunday Brunch at The Sheraton for an extensive spread of delicacies on a laidback afternoon. There are options from across the globe on offer! The starters include vegetarian, Iranian and non-vegetarian kebabs, south Indian-style fish preparations, savouries, soups, and an array of salads and condiments. Team these up with olive oil, balsamic vinegar, red wine vinegar, white wine vinegar, Italian dressing, lemon-herb dressing, French dressing, ranch dressing or yoghurt-dill dressing for an all-new gastronomical experience. There are live counters for Malabar paratha, appam,

dosas and dal, pasta, Asian noodles, pizzas, and more. The Indian main course offers a choice of rice, breads and curries for both vegetarians and non-vegetarians. Also, in

desserts, choose from tiramisu, mango cheesecake, mini lemon meringue pies, kiwi mousse cake or a selection of homemade icecreams, or pre-cut-fruits such as pineapple, watermelon, rock melon, and a selection of fruit salads in mini jars. The food is authentic and tastes great. The best part – on offer is a children's buffet menu with dishes such as chicken nuggets, potato alphabets, onion rings, mini vegetable samosas, potato salad, tomato boconcinni salad, vegetable crudités with dips, chocolate milk and strawberry milkshake. This is housed in a separate section, and the staff will attend to your children as they amuse themselves with games and some balloon art. The pricing for Sunday brunch is as ₹1,495 (no alcohol), ₹1,995 (with alcohol) and the children's buffet at ₹755. Call 080-42521000 for reservations.



Laser Show

Wonderla, a water theme park, offers a range of breathtaking rides. Their latest venture is a multi-colour laser show, the first of its kind in a theme park in India. The 15-minute show features sophisticated laser visuals with state-of-the-art digital graphics and awe-inspiring effects, creating multi-dimensional effects in mid-air. It narrates a story on the themes of music, life and the future, choreographed to the popular tunes of "Music is my Life". The show is enhanced with digital projection that brings to life musical instruments with 3-D like effects. At Wonderla's Musical Fountain Indoor Auditorium, with a seating capacity of over 750.

Tel: 080-2728 8223, 27288224

Timings: 11am-7pm from Monday to Friday, and 11am-8pm on Saturdays, Sundays, holidays and during the festive season.

Rates: Adult – ₹540 on weekends and ₹480 on weekdays.

Website: www.wonderla.com

For The South Buzz advertisement queries contact Kavya Sangeetha Pinto: 09964898680