

Have a Chat With Us About Your Dental Needs Today!

+603 - 6419 9190





Opens: Mon-Fri 10AM - 7PM; Sat: 9AM - 4PM; Sun & Pub, Holidav; Appointment Only, Address: A-1-3, Plaza Arkadia (above Coffee Bean, next to Thai Odyssev)













### Sleep Apnoea & Your Dentist. **Are They Related?**

Do you happen to suffer from snoring at night, and most often wake up in the morning still feeling tired? You may want to see your dentist about the possibility of Obstructive Sleep Apnoea (OSA). One of the earliest signs that someone may be having OSA is usually diagnosed from the teeth. Very commonly we dentists see patients exhibiting tooth wear or bruxism - commonly known as night grinding - which most often is the earliest presenting sign of developing OSA.

Whilst the cause of OSA is multifactorial and requires a collaborative diagnosis and management between the ENT Specialist and your dentist, the basis of OSA is essentially a restriction of the amount of air your body is getting while you sleep. This results in the snoring (that your partner may be complaining of!) and the resultant tiredness as there is a lack of oxygen supplied to the body during this period of rest. From a dental aspect, the reason the bruxism occurs is as a compensatory mechanism of the body in an attempt to gain more air for breathing. This however, wears down the teeth, and thus reduces even more space for air to enter the body via the mouth resulting in a vicious cycle that keeps on repeating and worsening on itself; hence termed Obstructive Sleep Apnoea.



Dr Sindhu Mohan Kumar is the principal dentist at Zenith Dentistry, Plaza Arkadia. The focus of her practice is centered around restorative dentistry. orthodontics and oral surgery. She is currently conducting a study on the impact of restoring worn teeth and its resultant effect on improving OSA as part of the MSc in Aesthetic Dentistry program at King's College London that she is currently pursuing. For more information about OSA and what you can do about it, feel free to schedule a consultation with Dr Sin to learn more

#### Pamper your Mum / Wife this Mother's Day!



\*Promotion valid till 30th May 2019. Terms & Conditions apply.



has great things in store for Desa ParkCity!

As the winners of the FIABCI Malaysia Property Award 2018 for Master Plan Category, we promise you nothing but the best of

memories in our township.

Love and appreciation fills the air as both Mother's Day and Father's Day arrives. So why not treat our two VIPs to a memorable day, packed with a scrumptious brunch and sensational presents? For mum, handcrafted gifts from the weekend market at The Waterfront or Plaza Arkadia will leave her with all smiles. Or if she's a traditional, invest in a bouquet of flowers! And while she's enjoying these gifts, perhaps a brand new bike for Dad to cycle around The

Show your family just how much you care by treating them to a day (or two...) in KL's most livable township.

And it keeps getting better at Desa ParkCity, as new outlets have joined our ever-growing community. With new exciting dining experiences, fun academies for the kids, and new therapy centres to cure aching bones, there's an adventure at every corner! There's also more to come from May to October such as the exciting EATS Night Market @ ParkCity and Swiss Dream Circus, so be sure to mark your calendars!

We look forward to seeing you here!

Datuk Joseph Lau | Group Chief Executive Officer

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MASTER DEVELOPER





All information herein are verified correct at the time of print but are subject to change without prior notice. Perdana ParkCity Sdn Bhd reserves the right to make amendments or change information as required. Published by: Perdana ParkCity, 52200 Kuala Lumpur. Printed by: Percetakan Image Vest Sdn Bhd (381593-T) No. 42, 44 & 46, Jalan PBS 14/9, Taman Perindustrian Bukit Serdang, 43300 Seri Kembangan, Selangor.





The new look of Desa ParkCity's Show Gallery at The Waterfront



Desa ParkCity's newly completed project – The Westside III





t was definitely a significant milestone for Perdana ParkCity Sdn Bhd (ParkCity) when Desa ParkCity took home the prestigious FIABCI Malaysia Property Award 2018 in the Master Plan Category.

Held on 17 November 2018 at One World Hotel, Petaling Jaya, the FIABCI Malaysia Property Awards 2018 presentation ceremony was graced by Yang Amat Mulia Tunku Besar Seri Menanti Negeri Sembilan, Tunku Ali Redhauddin Tuanku Muhriz. Receiving the award on behalf of ParkCity was its Group Chief Executive Officer, Datuk Joseph Lau.

What has worked for us is our conviction and commitment to go beyond offering just nice homes by building an environment that promotes and nurtures wholesome values for a more livable community.

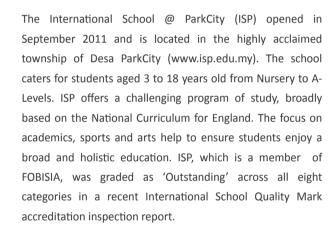
Desa ParkCity embodies the principles and approaches surrounding the idea of building a lifetime community. For ParkCity, we want people to be united by a sense of identity, a sense of connection and a sense of pride. It is also a place for of all ages and abilities to learn and grow, interact and mature, thrive and evolve.





## The International School @ ParkCity

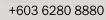




With students from more than 50 countries, ISP is a place where internationally-minded and culturally-aware students are encouraged to pursue both academic excellence and personal development, thus enabling them to take a leading role in tomorrow's global community.



















e've heard

the saying: "Mother knows best"

of times, but this Mother's Day, let's show her how well you know her! For mamas who want some rest and relaxation, a manicure/ pedicure session is up for grabs at Nel Beauty Parlour that'll make her feel like a million bucks. To up the ante, beauty packages are available at beauMedic, which includes noninvasive treatments such as argan stem genesis and magnetic slimming massages. However, if she's the type of mum who loves a challenge, treat her to a yoga session at YOME sports. After working up a sweat, a mouthwatering dinner at one of the many restaurants around will definitely be











If those don't suffice, worry not as an oasis of modest gifts awaits that'll be sure to fill her heart. For the cook, a pair of mittens, granite pans and casserole dishes can be purchased at Village Grocer. She'll know that Mother's homecooked food warms the soul! For the beauty queen, pick up the Garnier BB Miracle Skin Perfector or Lakme Mascara that will be sure to get her picture perfect for all the photo taking during Mother's Day (available at Watsons and Guardian). And if that doesn't impress mummy, then go fool-proof by gifting her with a bouquet of classic red roses from Anther & Stigma. These goodies are a surefire



LG SHOGUN GRANITE PLUS, VILLAGE GROCER



### **Selection Range:**

Facial / Body / Massage / Ovary / Waxing Treatment

Terms & Condition Apply.

FF-13 & 13A, 1st Floor beauMedic® The Waterfront @ ParkCity No.5 Persiaran Residen, Desa ParkCity 52200 Kuala Lumpur. TEL: 010-217 1368

FACE • BODY

\*NIVEA SHAVING GEL

MEN

COOL KICK

SHAVING

GEL

\*BAD LAB SHAMPOO

TOO COLD TO BEAR

\*L'OREAL MEN PURE & MATTE CHARCOAL SCRUB





ruth be told, dads can appreciate gifts too! So go on and splurge a little, he deserves it after all the piggy backing in your youth. Get your old man back on the grind and sign him up for a fitness package at the F45 Gym! He'll grumble at first but once he's able to outrun his grandkids, it'll all be worth it. Mums and dads who sign up together will also get a special monthly rate. To match the active lifestyle, invest in a bike for him as all bicycles and accessories at Volt will be on up to 30% discount in May! But if he's a man who appreciates the simpler things, walking around The Central Park might be your best bet for a peaceful yet heartwarming Father's Day.



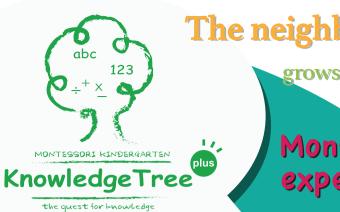




Don't forget to also get your dad a small yet useful gift that will keep him in good form. A well-groomed father should have the triple threat: L'Oreal Men Pure and Matte Charcoal Scrub, Bad Lab Shampoo, and Nivea Shaving Gel (\*available at Watsons, Village Grocer and Aeon Wellness). If that's not up to par, then pick up a pair of Nike trainers at *Topper* Sports, along with a Classic 3-Stripes Adidas Cap. For children on a budget desperate to surprise dad with something special, head on over to Kaleidoscope to purchase a mug engraved with: "Best Dad Ever", to remind him everyday as he has his morning cup of coffee!



**Exces Noir** 



The neighbourhood school that

grows the most important roots of all

Montessori school with experienced teacher



#### Classes that we offer

(3-6 Years old)

Montessori **Phonics** Mandarin Little Mozart, individual piano and violin by Fine Music Leadership class by Hankidz **Art & Craft** Taekwondo Bricks for kids and many more!

## Enroll Now!

## Contact Us:

**©** 012-3311180



(oxtimes) Knowledgetreedpc@gmail.com $\ddot{}$ 

E-1-15, Plaza Arkadia

No. 3, Jalan Intisari Perdana, Desa ParkCity, 52200 Kuala Lumpur

## **BEE HAPPY** CHILD SPECIALIST CLINIC

G-1-13A, Plaza Arkadia, No.3, Jln Intisari Perdana, Desa ParkCity, 52200 Kuala Lumpur

03 67340853 012 9119268 M beehappyclinic@gmail.com

Specialised in children care, we offer a wide range of professional Paediatric services including:-

- General Paediatric medical care
- Visiting Paediatric Dermatologist Vaccination & blood test
- Newborn examination & jaundice screening
- Physical & brain development assessment
- Complementary feeding & dietary advice Growth assessment & monitoring
  - Breastfeeding advice
  - Behavioural assessment

Monday & Tuesday

Wednesday - Saturday











#### **Now in Plaza Arkadia!**

**Clearbridge Child Specialist Clinic** We understand the importance of the healthy development of children.

**Our Services** 



**Acute & Chronic Conditions** 



Vaccinations





**Laboratory Test** 

Plaza Arkadia, No.3, Jalan Intisari Perdana, Desa ParkCity, 52200 Kuala Lumpui

Newborn Check-up



**Neonatal Jaundice Care** 



**Neurodevelopmental Assessment** 



**Growth & Nutritional Assessment** 

**Clinic Operating Hours** Monday - Friday

www.clearbridgechild.com.my





#### O) clinic signature

O2 Clinic Signature offers a full range of aesthetic services including laser, chemical peeling, botox and filler injection, body reshaping and anti-aging, acne treatment, scar removal treatment, pigmentation and freckles removal treatment, slimming, hair loss treatment, nose augmentation, facelift, stem cell therapy, medical facial, skin tightening, treatment for eliminating wrinkles and fines line, eye treatment and etc.

Our mission and vision is to deliver professional care to the community. To serve with empathy and to treat patients with holistic approach by using advanced diagnostic and treatment equipment.

O2 Motto - "Where Patient Is Our Priority".

Lot Number E-G-9, Plaza Arkadia, No.3, Jalan Intisari Perdana, Desa Parkcity 52200 Kuala Lumpur.

Outlet Contact Number

+603-2732 7988

+6011-2603 7688 (10am-7pm) Off on Sunday



https://www.facebook.com/o2klinik/ https://www.instagram.com/o2klinik





#### To sum up, you can expect to look forward to...

- An upgraded grocery area that will provide both staple and new products for a larger variety
- New retail stores and a wide selection of International and Asian dining on Level 1, which will be accessible from The Central Park playground
- A new mezzanine floor with a refreshed look and better experience



"BY THE END OF 2019, THE WATERFRONT WILL HAVE MORE TO OFFER."

## Something Exciting is Coming Soon!

THE WATERFRONT AT DESA PARKCITY IS GETTING AN UPGRADE

A

favourite haunt for residents and visitors, The Waterfront at Desa ParkCity has been a real crowd puller for 10 years. With a vast array of tempting shops, its convenient location and open-air concept, this neighbourhood mall encompasses everything you need and more. Not to mention, the leisurely ambience that might make you want to stay a \_tad bit longer than you expected to!

Nevertheless, by the end of 2019, The Waterfront will have more to offer with a good handful of surprises. We're sure you've already seen the upgrading works in progress, with fast food moghul, McDonald's gracing the area and The Barn coming to life recently, but rest assured, the revamping of The Waterfront will be breathtaking at the very least. Completion is expected by year end, with the grand finale being worth the wait.



\*Images for illustration purposes only



# There are more than just a few new kids on the block at Desa ParkGity and they all happen to be fantastic additions to the community!

## Vitruvio Gym

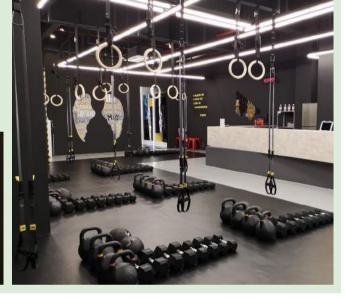
For those who fear commitment, *Vitruvio Gym* is the place for you, as you "pay as you go/use". If that isn't enticing enough, they offer High Intensity Interval Training (aka H.I.I.T) programs that shape you right up! *Vitruvio Gym* also offers personal training by internationally certified trainers and is also the first gym in Malaysia to introduce steel mace workouts.

#### **VITRUVIO GYM**

**Lot no** F-1-10, Plaza Arkadia **Tel** 03-6734 0861









## Dripping Colours Montessori

Montessori learning has been favoured amongst many parents for the past decade, where children learn in a mixed-age classroom (2-6 years old) that encourages students to cooperate rather than compete. At *Dripping Colours Montessori*, students will be able to learn at their own pace without being pressured prematurely. Another benefit is that the teachers tailor instructions and activities for each student, creating a program perfect for your child's growth.

#### **DRIPPING COLOURS MONTESSORI**

**Lot no** E-1-06, Plaza Arkadia **Tel** 011-6063 5685





## Choo Choo Train Baby and Child Care Centre

Intended for children between 2 months to 4 years old, *Choo Choo Train Baby and Child Care Centre* offers programs that foster curiosity, self-confidence and a love for discovery. With an enriching philosophy and high quality atmosphere created by enthusiastic caregivers, this care centre has earned its professional name.

#### **CHOO CHOO TRAIN BABY AND CHILD CARE CENTRE**

**Lot no** F-G-15, Plaza Arkadia **Tel** 012-668 2532







## Flow Academy

Created by a fellow artist-turned-talent scout, *Flow Academy* aims to produce performing arts for events and audiences by grooming young performers. Talents can enrol themselves in dance, vocal, musical instruments and early musician training and eventually gain industry connections and opportunities. Sign your kid (or yourself because all ages are permitted) up now! Who knows? A superstar could be in the making.

FLOW ACADEMY Lot no A-1-03A, Plaza Arkadia Tel 03-2720 8023



If you've been looking for a reliable general practitioner, look no further because *Qualitas Health - Radix Clinic* is your new go-to! Offering affordable health care services that are preventive, diagnostic and a treatment all in one, this clinic strives to provide the best for the Desa ParkCity community.

Other facilities include primary care screening, ultrasounds, psychiatry cases and minor surgeries; all handled with the best of care.

#### QUALITAS HEALTH - RADIX CLINIC

**Lot no** F-1-12, Plaza Arkadia **Tel** 03-2712 0844









### IFloss Dental Clinic

At *iFloss Dental Clinic*, the crème de la crème of dental equipment is at your dentist's disposal, as they strive to be considered elite amongst international standards. This clinic provides dental implants, braces and many more procedures for a first-class experience.

#### **IFLOSS DENTAL CLINIC**

**Lot no** G-1-01, Plaza Arkadia **Tel** 03-6411 8010

## Toys \* US

## ON THE BLOCK

Toys"R"Us has been the leading toy, education and baby product retailer across the plains of Asia for several decades. Without them, the children of Asia wouldn't have been exposed to the iconic Barbie dolls, which inspired what one might call - "Barbie Mania" amongst millions of little girls. Or the educational science lab kits, which probably spurred the aspirations of today's surgeons and scientists. And not to mention, the line of baby toys that saved plenty of adults from disappointing at their friend's kid's first birthday party.



As a tycoon in the industry, they operate a network of over 500 offline and online stores that include Brunei and Malaysia. They also distribute in neighbouring countries such as Singapore, Thailand, Taiwan, and the Philippines as well as the homeland of toy fanatics-Japan, Hong Kong and China.

Yet, Toys"R"Us is more than all its impressive accolades. Instead, they strive to be one of the foundations of a happy kid and subsequently, a happy household by delivering unique experiences to all customers in each of their ten markets. Differentiated product ranges and services, loyalty programs for millions of members and an emphasis on quality and safety is key to Toys"R"Us' success. By creating a deeply embedded bond of trust between buyer and seller, it's safe to say that shopping at Toys"R"Us will be an experience at the very least.

Lot no FF-31, The Waterfront @ ParkCity



We are built with a desire to give more to our patients. iFloss Dental Clinic adheres to the introduction and adoption of the best dental equipment and materials to bring you a dental experience that is with international standards, ensuring that you can enjoy the same quality dental services in foreign countries. We place great importance to the opportunity of communicating with our patients every time. We strive for every service to be perfect to make every effort to provide you with first-class quality dental services such as dental implants, braces, and many more.

Lot No : G-1-1, Plaza Arkadia Phone : 03-64118010 / +6018 2638223

FB/Insta : @iflossdental Email : admin@iflossdental.com

popular restaurant chain in China. After expanding to North America, by opening restaurants in America and Canada, it has set its sights on Southeast Asia, with Singapore being its first stop. Now in Kuala Lumpur, the 59th restaurant is a show stopper. Our restaurant that serves a variety of Sichuan-style grilled deep-ocean fish dishes, Spicy Kungfu Fish is sharing our exquisite flavors and exceptional service worldwide! We specialize in a variety of baked fish and seafood dishes served in hot pots with traditional spicy (and mild) flavors from Sichuan, China. We also offer many cold dish appetizers and snacks, as well as refreshing beverages, to pair with your favorite dishes. Opening Time: 11:30am-10:30pm Hotline for Reservation: 014-263-0701 Address: GF-8B, 8C The Waterfront @ParkCity, KUNGFU FISH 5 Persiaran Residen 52200 Desa ParkCity, Kl



WE INCORPORATE FUN INTO YOUR CHILD'S LEARNING.
OUR ENGLISH CLASSES ARE CATERED FOR PRESCHOOLERS,
PRIMARY CHILDREN AND ADULTS.

We use games as a learning method to hone their vocabulary, reading, grammar and conversation skills.

Mandarin is a difficult and a highly sought after language, but we make it fun and effective. For the young learners, we use our CAP to increase their (YCT) word power.

For Year 1 to 6, we provide IGCSE Mandarin (HSK). Our well-trained teachers ensure your child will be proficient in their speaking, writing and listening skills.

#### LAMBANO ENRICHMENT CENTRE

Lot no. B-1-1, Plaza Arkadia **TEL** 012-2683015 • **EMAIL** Lambano.l.centre@gmail.com **FB** @Lambano-Learning-Centre



#### **Taps Craft Beer Bar & Restaurant**

Craft beer's the name, better beer's the game! 30 beers on tap, which we regularly rotate so that you can enjoy a different beer everyday.

Each beer is one of a kind, displaying the creativity and passion of its brewer, and the complexity of its ingredients, unlike mainstream, commercialised beer.

The result? An ever-expanding list of craft beers to suit any taste. Pick from any of the 150 unique beers that we offer on tap or in bottles!

Set Lunches at only RM15+, lunchtime delivery within Plaza Arkadia, and food packages for group dining, serving up local and international cuisine is also available.

#### Taps Craft Beer Bar & Restaurant

Lot no F-G-1, Plaza Arkadia Tel 03 - 6411 8840 Lunch Delivery 017 - 3156 124 FB @tapsbeerbar IG @tapsbeerbar Web www.tapsbeerbar.my









Lot FF-02, First Floor, The Waterfront, Desa ParkCity ©+603 6262 2663 @ www.whitelodge.edu.my @ whitelodgemalaysia



17-16

## Hari Raya Festivities

Get in the festive mood this May all the way through to June, and celebrate Hari Raya throughout the whole of Desa ParkCity. With weekend family activities, games and a beautiful backdrop to spare—these festivities will leave you wanting more.





01-31

## Recycling Month Campaign

At Desa ParkCity, preserving planet Earth has always been one of the messages we strive to spread, so what better way to act on it than by starting with our very own community. With this recycling campaign, we'll be advocating for upcycling activism by educating those who attend on how we can show our true appreciation for Mother Nature. So this July, let's make Summer look better without any trash lingering around!

8.30am - 6pm, at The Waterfront

## Farmers Market @ ParkCity

Being healthy and environmentally conscious is in these days, so why not pay a visit to the radiant Farmer's Market at The Waterfront. With the streets clad in fresh fruits and vegetables bursting with vitality, you'll start feeling that extra bit restored just by roaming around. So be sure to keep every first Sunday of the month free, starting from 5th of May. Remember: early risers always have their pick!





**AUGUST 2019** 

5pm to 9pm, at The Waterfront & Plaza Arkadia

## National Month "Kita Anak Malaysia"

Each day in Malaysia, we attempt to cast aside our differences to share our pride for a mutual identity: being Malaysian. So at the end of August, we will be representing the narratives of each culture in our country at The Waterfront and Plaza Arkadia from 5pm - 9pm. Enjoy local busker performances and come celebrate and bask in the glory that is Malaysia.

**AUGUST & SEPTEMBER 2019** 

29-22

1pm to 10.30pm, at Car Park 3

### Swiss Dream Gircus 2019

You loved it the first time, and couldn't get enough of the second... so for its third year in Desa ParkCity, the Swiss Dream Circus will be presenting brand-new tricks and talents! From the 29th of August to 22nd of September (1pm-10:30pm) the greatest, most fantastical circus show is in town, showcasing internationally acclaimed acts from all the world. After all, third time's the charm!





07

5pm to 10pm, at The Waterfront & Plaza Arkadia

### Mid-Autumn Festival

Just because it's summer all around doesn't mean we can't enjoy fall. So make sure to come to the Mid-Autumn Festival by illuminating the night with lanterns that you yourself can make at workshops. After you've made them, you'll be able to see them strewn across the night during the parade. If you're not up for arts and crafts but still want to participate, worry not as there'll be mooncake tasting too.



07-27

OCTOBER 2019

## Deeparali Festival

Have you heard the thuds of the drums? Because it's asking you to bring on the heat, spice and music this October with the exquisite colours of Deepavali! In October, there will be nothing short of classical Indian dance performances, kolam creating programs, and candle waxing workshops to light up the entire festival. You won't want to miss the experience of celebrating one of the richest cultures in the world, right here at Desa ParkCity.





Last weekend of alternate month, at The Waterfront

## Pets Bazhar

Face it, no matter how hard we try, we can't resist cooing and admiring the adorable faces of our pets. That said, we can't help but ogle at other people's beloved animals too, so ensure to keep the last weekend of every alternate month vacant because it will be puppies and kittens galore! With pets and their owners gathering to pick up some worth-it merchandise, you might leave with a new play-date. But one thing's for sure, you won't be leaving the bazaar without a smile on your mug!

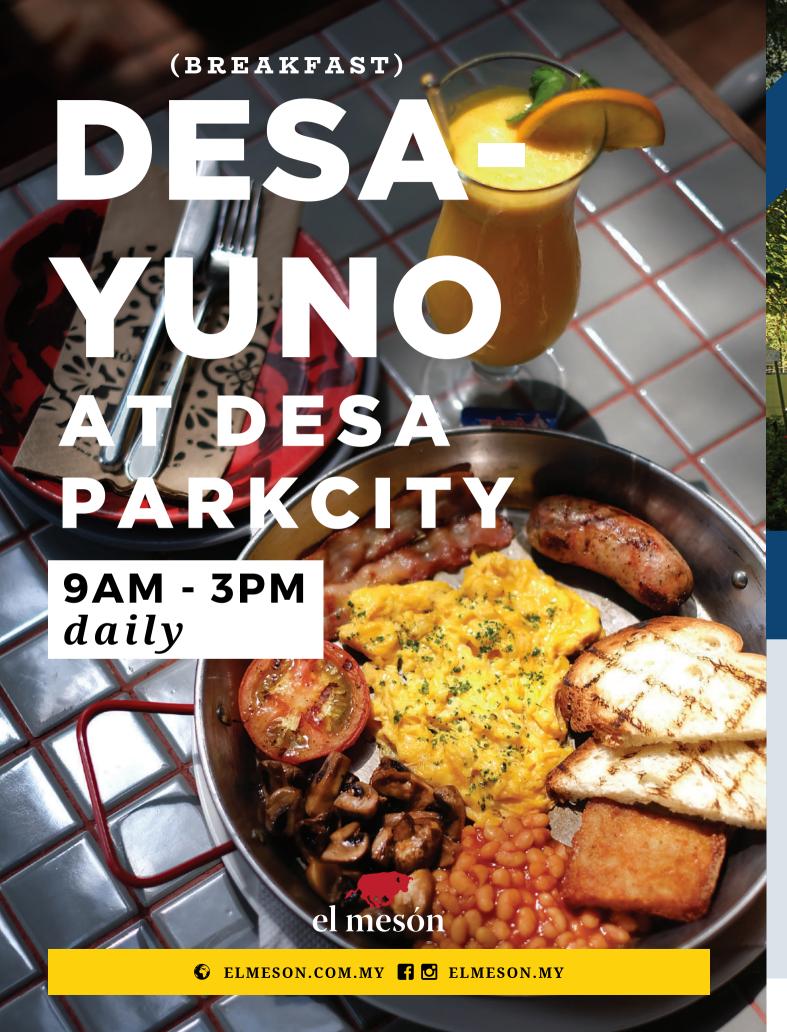


**OCTOBER 2019** 

6.30am onwards

## Desa Parklity Charity Run

The annual DPC Charity Run is back again this year and with a vengeance. The event's start and finish point will be at The International School a ParkCity with four categories in which you can enrol in which include the 600 metre, 2km, 5km, or 10km race for the hard-core runners. Now that you've got the info, grab your buddies, polish your running shoes and sign up at enduracenature.com.my.





1) 10:10:80 Scheme\*

• Pay 10% upon signing of Sale & Purchase Agreement (SPA)

• Next 10% payable in 6 months from SPA date

• Balance 80% due 12 months from SPA date

2) Developer Absorbs Legal Fees for SPA

3) 2% Repeat Buyer Discount\*

Visit Us at The Show Gallery

5 Persiaran Residen, Desa ParkCity, 52200 Kuala Lumpur, Malaysia. Opens Daily 10am to 5pm (including Saturdays & Sundays)

Contact +603 6280 8080

Website www.desaparkcity.com

Email sales@ppcity.com.my

Follow Us (





\* Terms & conditions apply, this scheme is subject to changes without any prior notice. Valid till 30 June 2019

Master Developer

PARKCITY<sup>®</sup>

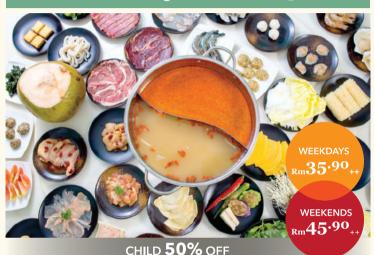






Nowadays, multiple parts of the humble coconut are revered in Australia, America and Europe for its myriad health benefits but unfortunately tends to be overlooked in its own home Malaysia. Inspired by our very own miracle fruit with its many proven health benefits, Lecoco brings delicious and rejuvenating cuisine made from different parts of the coconut to be enjoyed in relaxing surroundings.

#### **Dinner Hotpot Buffet** (5-10pm)



#### √ Freeflow Unlimited

Chicken, Australian Beef, Lamb & Fresh Seafood / Vegetables

#### √ Freeflow Drinks, Ice Creams & Desserts





NYONYA CURRY







CREAMY COCONUT &

**Freeflow Lecoco Signature Cuisine** 

√ Signature Curry Rendang Chicken

√ Pandan Nasi Lemak

√ Steamed Seafood

#### Weekend Brunch & High-Tea Buffet Sat - Sun (11am - 4pm)



#### **Live Cooking Stations**

- √ Charcoal BBQ
- Eggs as you like it
- Pasta with Signature Sauces
- √ Waffles & Pancakes

#### **Weekdays Set Lunch**





Lecoco Coconut Rice Sets Painstakingly Made with



Signature Noodles with Fragrant Spring Onion Oil & Steam Chicken



Delicious Fusion Pasta with Coconut Inspired House Made Sauces Eg. Tom Yam Seafood Spaghetti, Salted Egg Creamy Coconut Carbonara & More



Coconut Inspired Refreshing Drinks & Dessert
• Coconut Juice Mocktails, Coconut Milk Ice Cream
Shakes, Coconut Nectar Desserts & Coconut Latte

**Open**: Mon - Fri (10am - 10pm), Sat - Sun (9am - 10pm)

Address: D-G-2 Plaza Arkadia, Jln. Intisari, Desa ParkCity, 52200 KL : 03-2775 3556 / 03-2775 3557



### The Barn

Looking to unwind after a tiresome day? Head down to *The* Barn and bask in the warm, cosy ambience while deciding on a bottle from their extensive selection of premium wines. Paired with their modern fusion tapas and unique atmosphere, this spot makes for the perfect laidback evening. But if you're looking for a more substantial meal, worry not as *The Barn* also offers a wide range of scrumptious dishes from across the globe. And the best part is, you can bring your furry friends along!

#### THE BARN Lot no GF-02A, The Waterfront







## Sichuan

Sichuan Kunafu Fish is one of the newest additions to The Waterfront family. Serving up an array of exotic 'Sichuan-style' grilled fish and other flavoursome seafood dishes served in a hotpot; the tantalising aroma and impeccable service will surely set you up for a unique dining experience!





ART/DIY/HOB	BIES	
GF-27	VOLT BICYCLE Your Cycling Companion	03-6280 7622
GF-29	Pets More.Com	03-6280 8449
BANK		
FF-03 & 06	CIMB Bank	03-6204 7788
CHILDREN A	ND ENRICHMENT	
FF-12	Art Workshop	010-435 6512
FF-02	White Lodge Pre-School	03-6262 2663
FF-03A & FF-05	Chubby Chubby	03-6280 7551
FF-31	Toys "R" Us	03-6261 7084/ 03-6261 6307
FF-33A	My Craft Studio (Opening July 2019)	-
FOOD AND B	EVERAGE	
GF-02	The Social	03-6279 9225
GF-02A	The Barn	03-6419 9188
GF-03	Starbucks Reserve	03-2633 1120
GF-03A	Onde Onde	03-6261 8286
GF-05	El Mesón	03-6263 6227
GF-06	Kenny Hills Bakers	03-6419 5990
GF-07	Rakuzen	03-6280 8310
GF-08A	Moo Cow	03-4041 5593/ 03-4041 5595
GF-08B & GF-08C	Sichuan Kungfu Fish	014-263 0701
GF-08D	Three Little Birds Coffee	016-269 9348
GF-09	The Coffee Bean & Tea Leaf	03-6261 4590
GF-10 & 11	Dragon-i (Opening June 2019)	-
GF-12	Nando's	03-6734 0100
GF-23	Shihlin Taiwan Street Snacks	016-216 7746
GF-26	Wine Connection	03-6261 0199
GF-31, 32 & FF-31A	McDonald's	017-626 8528/ 018-229 3691
GF-33 & GF-33A	Baskin Robbins	03-6280 7131
GF-35	Kluang Station	03-6280 7039
FF-07	Amelio	03-6280 7212
FF-08	Comamos	03-6261 0017
FF-18 & FF-19	Jibby & Co (Opening December 2019)	-

FF-21	Naughty Babe Dirty Duck (Opening November 2019)	-
FF-21A	Eatalia (Opening November 2019)	-
FF-26	Sudu	03-6262 1778
K-01	Boost Juice Bars	012-720 7590
KF-01	Tealive	03-6151 8581
HEALTH AND	BEAUTY	
GF-30	Watsons	03-6263 4871
GF-23A	Eu Yan Sang	03-6280 7028
GF-21	GNC Live Well	03-6280 8699
FF-11	Brazilian Pro-waxing Salon	016-290 1511
FF-01C	Tiara Nail Salon	017-2933 119
FF-10	Tranquil Touch Beauty Salon & Spa	03-6280 8882
FF-13 & FF-13A	Beaumedic	010-217 1368
FF-32	La Fiorire Korean Hair Salon (opening May 2019)	-
IT		
GF-20	The Phone Shop	03-6731 5578
GF-28	YES	03-6730 8436
OFFICES		
GF-01	Sales Gallery	03-6280 8080
SERVICES		
GF-19	ParkCity Dental	03-6280 8048
GF-18A	Everest Ringgit	03-6280 7792
GF-26A	Klinik Mediviron (Opening June 2019)	03-6280 8395
GF-16	Mail Boxes Etc.	03-6280 8340
GF-13, 13A & 15	Scotts Newton Pharmacy	03-6277 8388
GF-17	Mashiro Aqua Dry Cleaners	017-360 2939
GF-25	My News.Com	03-6280 7698
FF-15	Claire Child Specialist Clinic	03-6262 1221
FF-27A	ParkCity Cleaners	03-6262 0988
FF-33	The Nail Shop (Opening July 2019)	-
SUPERMARK	ET	
FF-09	Freshan (Opening July 2019)	-
GF-22	AEON MaxValu Prime (Opening November 2019)	-



## Kizsports & Gym

Kizsports & Gym is a "one-stop" preschool that places importance on physical, social and cognitive development that enriches your child's growing needs five days a week. They also offer an array of enrichment classes to quench your kid's interests, prepping them to grow into their true potentials.

#### **KIZSPORTS & GYM**

**Lot no** A-1-05, Plaza Arkadia **Tel** 03-6262 8169





A-G-08



012-250 7726



H-G-07



G-1-13

Alpro Plus Pharmacy

012-963 7030

## Tit Tar Man

Tit Tar Man is a therapy centre that specialises in the Chinese art of bone setting. A perfect marriage between Chinese medical arts and modern science, Tit Tar Man is an expert with realigning and relieving bone, joint and muscle pains, giving your body the treatment and relief it deserves.

03-2712 0558

#### **TIT TAR MAN**

**Lot no** A-1-06, Plaza Arkadia **Tel** 018-666 1010

## Plaza Arbadia DIRECTORY

BANK		
E-G-13 & E-G-13A	Maybank	03-6261 8022
CHILDREN	AND ENRICHMENT	
A-1-05	Kizsports & Gym	03-6262 8169
A-1-03A	Flow Academy	03-2720 8023
A-3-13	Campridge Creative Campus	017-693 1230
B-1-01	Lambano Learning Centre	012-268 3015
B-1-13	My Little World Preschool	03-2710 9432
B-1-16	Tutu Toe Dance Academy	03-2715 6623
B-2-16	Mini & Moments	017-6500 976
D-1-3A	The Integrative Academy	011-1622 0413
D-1-07	Blissdale Montessori Care Centre	011-2326 3303
E-1-03	I Can Read	03-2789 2837 / 013-782 1395
E-1-06	<b>Dripping Colours Montessori</b>	011-6063 5685
E-1-05	Think Enrichment Centre	03-2771 7449
E-1-09	Dancesteps at ParkCity	012-376 1202
E-1-10	Gloria Musica	016-900 8733
E-1-11	HJ Education	03-2722 7453
E-1-12	Enhance Academy	03-3318 8806
E-1-13	The Story Book	018-229 4361
E-1-15 & E-1-16	Knowledge Tree+Montessori	012-331 1180
E-2-03	BrainBuilder Dr Fong Singapore Maths	012-965 3684
E-2-11	Inspired Minds Academy	03-2721 2231
E-2-13A	The Parkcity Learning Centre	03-2712 9288
F-1-09	Eduwis Preschool	011-2661 2882
F-G-11	Yamaha Sonata Music & Art	03-6411 3288
F-G-15	Choo Choo Train Baby & Child Care Centre	012-668 2532
F-1-3A	Physics & Chemistry Learning Lab	012-978 9547
F-1-13A	Mosaic Art Studio	016-665 9275
F-2-08	Tuition Centre Hongik	03-6411 2580 / 03-6411 2346
G-G-08	IVEY (International Village of Early Years Preschool)	011-1633 6617
FASHION		
G-1-06	Clara Wardrobe	03-6411 2368 / 017-666 0911
H-G-13A	Toppers Sports	03-6280 8593
H-1-01	Lovince Bridal Collection	03-6411 8637
H-1-15	Yome Sports	03-6412 2880 / 012-205 0266
FOOD AND BEVERAGE		
A-G-03A	Inn Bar	016-311 5508
A-G-05	Fifty Five Kitchen & Bar	03-6411 8155
A-G-06	Sorrok	03-6411 1130 / 03-6411 1170

A-G-09	Sheng Mun (Bar & Dining)	011-6145 8820
A-G-10	BBQ Chicken Palace	03-7972 9282
A-G-11	The Coffee Bean & Tea Leaf	03-2710 8946
A-1-01	Chan Jang Korean Restaurant	03-2721 2358
B-G-02 & B-G-03	7 Friends Bar & Restaurant	03-2780 6037
B-G-09	The Good Guys (TGG)	03-2733 3994
B-G-10	Taipei Walker Café	03-6261 0828
B-G-11	Thai Hou Sek	03-2715 4727
B-G-13	The Fish Bowl	03-2715 9815 / 2715 9816
B-1-12	Noriter Café	010-295 3099
D-G-01	66 Bar & Restaurant	03-6734 0706
D-G-02	Le Coco	03-2775 3556
D-G-09	Life Garden Café	012-319 1932
D-G-10	Helado Desserts & Cafe	03-2742 0822
D-G-11	Softsrve / Brrrloon	018-277 7130
E-G-01	Fun Factory	014-989 8029
E-G-02	Coffea Coffee	03-2712 3546/ 012-383 5677
E-G-3A	Menya Hanabi	03-6261 1889
E-G-10	Aunty Lee Restaurant	03-6411 2812
E-1-03A	QT Coffee Bar and Restaurant	03-2771 7449
F-G-01	Taps Craft Beer and Smoked BBQ	03-6411 8840
F-G-02	Harumi 23	03-2710 9263
F-G-03	Kuro Japanese Steamboat	03-2778 4370
F-G-03A	Yu Noodle Cuisine	03-6243 5288
F-G-05	Kaiten	03-6261 5618
F-G-06	The Steamboat Ketam Village	03-6412 2286
F-G-07	The Hermitage	03-2715 8715
F-1-16	The Sake Place	03-6419 6981 / 03-6419 6982
G-G-07	The General Bread Store	012-295 6976
G-G-13	Hookie Dookie Lounge Bar	012-228 8117
G-G-13A	Meme Tea & Coff.	03-2732 4487
G-G-15	Tales	017-207 0366
G-G-17	Rakuzen	03-6411 7033
G-G-18	Nutz & Boltz	03-6411 2288
H-G-01	S'mores Restaurant & Bar	03-2711 9443
H-G-03	Jal Dae Ji	03-2732 3799
H-G-03A	Sinful Chocolate Dessert bar. Café	03-2780 7336
H-G-05	Yamachan Restaurant	03-6411 1718 / 03-6411 1738
H-G-06	Chill Mix Movie & Bar	018-208 0207

H-G-08	Karma	011-2306 0968
H-G-09	Raam Ravan	012-249 1143
H-G-11	One Dish One Taste	-
H-G-13	Rosso Pizza & Wine Bar	03-6261 0738
H-1-07	Dal.Komm Coffee	03-2775 3808
H-1-10	Anther & Stigma	03-6262 2818
H-1-13	Cemento Café & Bistro	016-505 9891
HEALTH AND	BEAUTY	
A-1-02	Thai Odyssey	03-2715 1386
A-1-03	Zenith Dentistry	012-271 6107
A-1-06	Tit Tar Man	018-666 1010
A-1-11	Oriental Zen Reflexology Centre	03-2720 0417
A-2-03	Beauty Life Studio	03-6412 2268
B-G-01	D & A Clinic	010-214 1581
B-G-13A	Guardian	03-2712 6790
B-G-16	AEON Wellness	03-6261 5994
B-1-07	Holistic Chiropractic & Wellness Center	018-972 4072
B-1-11	LBL Luxury Beauty Lounge	03-2720 0806
B-1-13A	Hair Glam Studio	03-6411 9226
D-G-13	Iron Grid Elite	03-2733 9269
D-1-10	Dr Kiseki	03-2733 3669
D-1-12	Kynora Spa	03-2712 6650
D-1-12 E-G-06 & E-G-07	Kynora Spa Healthland Family Wellness Centre	03-2712 6650 03-6261 6661
E-G-06	· ·	
E-G-06 & E-G-07	Healthland Family Wellness Centre	03-6261 6661
E-G-06 & E-G-07 E-2-07	Healthland Family Wellness Centre Esadsa Beauty	03-6261 6661 012-664 9330
E-G-06 & E-G-07 E-2-07 E-2-09	Healthland Family Wellness Centre Esadsa Beauty Nel Beauty Parlors	03-6261 6661 012-664 9330 011-2883 8377
E-G-06 & E-G-07 E-2-07 E-2-09 E-2-12	Healthland Family Wellness Centre Esadsa Beauty Nel Beauty Parlors Cryofit Asia	03-6261 6661 012-664 9330 011-2883 8377 010-220 7962
E-G-06 & E-G-07 E-2-07 E-2-09 E-2-12 E-2-16	Healthland Family Wellness Centre Esadsa Beauty Nel Beauty Parlors Cryofit Asia Custom Fit	03-6261 6661 012-664 9330 011-2883 8377 010-220 7962 017-475 3547
E-G-06 & E-G-07 E-2-07 E-2-09 E-2-12 E-2-16 F-1-02	Healthland Family Wellness Centre Esadsa Beauty Nel Beauty Parlors Cryofit Asia Custom Fit Sothys (Skin Fave Cosmeceutical)	03-6261 6661 012-664 9330 011-2883 8377 010-220 7962 017-475 3547 03-6411 8843
E-G-06 & E-G-07 E-2-07 E-2-09 E-2-12 E-2-16 F-1-02 F-1-05	Healthland Family Wellness Centre Esadsa Beauty Nel Beauty Parlors Cryofit Asia Custom Fit Sothys (Skin Fave Cosmeceutical) Skincare Focus	03-6261 6661 012-664 9330 011-2883 8377 010-220 7962 017-475 3547 03-6411 8843 016-262 5119
E-G-06 & E-G-07 E-2-07 E-2-09 E-2-12 E-2-16 F-1-02 F-1-05 F-1-08	Healthland Family Wellness Centre Esadsa Beauty Nel Beauty Parlors Cryofit Asia Custom Fit Sothys (Skin Fave Cosmeceutical) Skincare Focus NAKRB Muay Thai Gym	03-6261 6661 012-664 9330 011-2883 8377 010-220 7962 017-475 3547 03-6411 8843 016-262 5119 012-380 0284
E-G-06 & E-G-07 E-2-07 E-2-09 E-2-12 E-2-16 F-1-02 F-1-05 F-1-08 F-1-10	Healthland Family Wellness Centre Esadsa Beauty Nel Beauty Parlors Cryofit Asia Custom Fit Sothys (Skin Fave Cosmeceutical) Skincare Focus NAKRB Muay Thai Gym Vitruvio Gym	03-6261 6661 012-664 9330 011-2883 8377 010-220 7962 017-475 3547 03-6411 8843 016-262 5119 012-380 0284 03-6734 0861
E-G-06 & E-G-07 E-2-07 E-2-09 E-2-12 E-2-16 F-1-02 F-1-05 F-1-08 F-1-10 F-1-11	Healthland Family Wellness Centre Esadsa Beauty Nel Beauty Parlors Cryofit Asia Custom Fit Sothys (Skin Fave Cosmeceutical) Skincare Focus NAKRB Muay Thai Gym Vitruvio Gym Bali Ayu Spa	03-6261 6661 012-664 9330 011-2883 8377 010-220 7962 017-475 3547 03-6411 8843 016-262 5119 012-380 0284 03-6734 0861 03-6734 0631
E-G-06 & E-G-07 E-2-07 E-2-09 E-2-12 E-2-16 F-1-02 F-1-05 F-1-10 F-1-11 F-1-11	Healthland Family Wellness Centre  Esadsa Beauty Nel Beauty Parlors Cryofit Asia Custom Fit Sothys (Skin Fave Cosmeceutical) Skincare Focus NAKRB Muay Thai Gym Vitruvio Gym Bali Ayu Spa STRIP	03-6261 6661 012-664 9330 011-2883 8377 010-220 7962 017-475 3547 03-6411 8843 016-262 5119 012-380 0284 03-6734 0861 03-6734 0631 03-2201 6310 03-2715 2275 /
E-G-06 & E-G-07 E-2-07 E-2-09 E-2-12 E-2-16 F-1-02 F-1-08 F-1-10 F-1-11 F-1-13 F-1-15	Healthland Family Wellness Centre  Esadsa Beauty  Nel Beauty Parlors  Cryofit Asia  Custom Fit  Sothys (Skin Fave Cosmeceutical)  Skincare Focus  NAKRB Muay Thai Gym  Vitruvio Gym  Bali Ayu Spa  STRIP  Hattitude Salon	03-6261 6661 012-664 9330 011-2883 8377 010-220 7962 017-475 3547 03-6411 8843 016-262 5119 012-380 0284 03-6734 0861 03-6734 0631 03-2201 6310 03-2715 2275 / 03-2715 2276
E-G-06 & E-G-07 E-2-07 E-2-09 E-2-12 E-2-16 F-1-02 F-1-05 F-1-10 F-1-11 F-1-13 F-1-15 G-G-03A	Healthland Family Wellness Centre Esadsa Beauty Nel Beauty Parlors Cryofit Asia Custom Fit Sothys (Skin Fave Cosmeceutical) Skincare Focus NAKRB Muay Thai Gym Vitruvio Gym Bali Ayu Spa STRIP Hattitude Salon Beauty Library	03-6261 6661 012-664 9330 011-2883 8377 010-220 7962 017-475 3547 03-6411 8843 016-262 5119 012-380 0284 03-6734 0861 03-2716 2275 / 03-2715 2275 03-2715 2276 03-2727 7530
E-G-06 & E-G-07 E-2-07 E-2-09 E-2-12 E-2-16 F-1-02 F-1-05 F-1-10 F-1-11 F-1-13 F-1-15 G-G-03A G-G-12	Healthland Family Wellness Centre Esadsa Beauty Nel Beauty Parlors Cryofit Asia Custom Fit Sothys (Skin Fave Cosmeceutical) Skincare Focus NAKRB Muay Thai Gym Vitruvio Gym Bali Ayu Spa STRIP Hattitude Salon Beauty Library Watson	03-6261 6661 012-664 9330 011-2883 8377 010-220 7962 017-475 3547 03-6411 8843 016-262 5119 012-380 0284 03-6734 0861 03-2734 0631 03-2201 6310 03-2715 2275 03-2727 7530 03-2771 2283
E-G-06 & E-G-07 E-2-07 E-2-09 E-2-12 E-2-16 F-1-02 F-1-08 F-1-10 F-1-11 F-1-13 F-1-15 G-G-03A G-G-12 G-1-01	Healthland Family Wellness Centre  Esadsa Beauty Nel Beauty Parlors Cryofit Asia Custom Fit Sothys (Skin Fave Cosmeceutical) Skincare Focus NAKRB Muay Thai Gym Vitruvio Gym Bali Ayu Spa STRIP Hattitude Salon Beauty Library Watson iFloss Dental	03-6261 6661 012-664 9330 011-2883 8377 010-220 7962 017-475 3547 03-6411 8843 016-262 5119 012-380 0284 03-6734 0861 03-6734 0631 03-2715 2275 / 03-2715 2276 03-2727 7530 03-2771 2283 03-6411 8010
E-G-06 & E-G-07 E-2-07 E-2-09 E-2-12 E-2-16 F-1-02 F-1-08 F-1-10 F-1-11 F-1-13 F-1-15 G-G-03A G-G-12 G-1-01 G-1-03A	Healthland Family Wellness Centre  Esadsa Beauty Nel Beauty Parlors Cryofit Asia Custom Fit Sothys (Skin Fave Cosmeceutical) Skincare Focus NAKRB Muay Thai Gym Vitruvio Gym Bali Ayu Spa STRIP Hattitude Salon Beauty Library Watson iFloss Dental Waltz Nail Salon	03-6261 6661 012-664 9330 011-2883 8377 010-220 7962 017-475 3547 03-6411 8843 016-262 5119 012-380 0284 03-6734 0861 03-6734 0631 03-2715 2275 03-2715 2276 03-2715 2276 03-2771 2283 03-6411 8010 03-2711 2014

	Alpio Flus Fliatiliacy	
G-1-18	La Fiorire Hair Salon	03-2712 0966
H-G-10	My Healing Hands	03-6261 0988
H-G-13A	Addicted Nail Spa	03-6411 8559
H-1-13A	Cellinique Desa ParkCity	03-6412 2025 / 03-6412 2026
H-1-16	F45 Gym	012-611 3294
H-2-16	Wanderclass	03-6411 1781
SERVICES		
A-B1-1A	Everest Ringgit	03-2732 4615
B-G-12	Proview Optometrist	03-2712 2471
B-G-15	Pets Wonderland	03-6262 3088
B-1-03A	Q Lounge	03-6411 8311
B-1-06	Nu Up-Tempo	016-244 1941
B-2-02	Balloonartz	016-392 9948
B-2-03A	28 Days Academy	011-2801 7449
D-G-06	MOEP	03-2770 4495
D-1-01	Golden Summit Academy	
D-1-02	Parete & Spongetech	03-2771 8638
D-1-09	EZ Space Office	03-2712 7728
E-G-02	O2 Klinik	03-2732 7988 / 011-2603 7988
E-G-16	Impero Pet	012-231 9982 / 03-6411 8266
E-1-08	Rui Xue Dental Laboratory	03-2710 1008 / 03-2710 1009
E-2-08	Drew Clinic & Esadsa Clinic	03-6411 1128
F-G-13A	Impero Laundry and Tux Blazer	03-6411 7228 / 03-6411 7223
F-1-01	Vintage Collezione	03-2732 9116/ 03-2732 6119
F-1-12	Qualitaz Health - Radix Clinic	03-2712 0844
F-2-07	Molly Florist	03-2732 2379
G-G-01	Peter Ch'ng Clinic	03-6411 2388
G-M-07	Kaleidoscope	03-6411 1136
G-1-02	Flower & Gift Lodge	03-2715 1879
G-1-03	West KL Barbershop + Dashing Diva Signature	03-2771 0957 / 010-928 4070
G-1-10	Klinik Terry Lee	012-201 6077
G-1-13A	Bee Happy Child Specialist Clinic	03-6754 0853
G-1-15	Little Gigi Dental Surgery	03-6411 7985
H-G-15	Lifestyle Convenience Store	03-2778 4539
H-M-15	Retro IV 3 Hair Studio	03-2770 8349 / 03-2770 8350
H-1-06	Amazing Group	018-770 9558
SUPERMARK	ET	
A-B1-01	Village Grocer	03-6143 1366



**Your Wellness Specialist** 

For The Community of Desa ParkCity

### **Services available:**

- Pharmacist on duty at all times
- Dietitian advice
- Health checks





