



The Chateau Spa and Organic Wellness Resort offers, in addition to pampering programmes, fine-dining organic meal experiences with some herbs, fruits and vegetables grown on its own organic farms.



The value of our health

> Here's to indulging in a wellness concept that encompasses healthy dining at The Chateau Spa and Organic Wellness Resort in Bukit Tinggi

BY SOO WERN JUN

WHEN it comes to healthy meals, most of us imagine a plate filled with green leafy vegetables, beans and peas, or tasteless beancurd cooked with little or no oil resulting in a dry and unappetising dish.

And when it comes to organic ingredients, many have their own opinion on how authentic and nutritious it is compared to regular-grown produce.

Nevertheless, with all the rising statistics on health risks over our unhealthy lifestyle, it's time to steer our mindset to start eating wisely to benefit our health in a long run.

One place that caters not only to rejuvenating the body, mind and soul but also ensures healthy eating is The Chateau Spa and Organic Wellness Resort at Bukit Tinggi.

There amidst the greenery of forests and hills, the resort offers more than a holiday escape from the hustle and bustle of city life. This is the place to seek out wholesome healing and rejuvenating packages for body, mind and soul.

And after enjoying its many therapies and treatments, including pampering remedies, there's nothing like good and delicious healthy food to nourish the body. At The Chateau, the team behind the spa and wellness resort adheres to the basics of healthy eating founded on balance and moderation.

The Chateau focuses on fresh local and international food ingredients that are economically and sustainably grown. It is committed to using only the freshest ingredients that are free from pesticides, chemical fertilisers, herbicides, hormones and antibiotics as well as unnecessary additives and preservatives, in regard to responsible healthy living and sustaining the environment.

Do you know that our body needs over 40 nutrients a day?

To ensure that we get the right ones, eating a variety of food types daily



with emphasis on whole grains, fresh fruits and vegetables, lean meats, fish and seafood, plant-based proteins, low-fat dairy products and healthy fats and oils is of paramount importance.

A simple and easy way of eating more healthily is to fit fresh fruits and vegetables into our diet.

Vitamins, minerals and phytochemicals contained in fruits and vegetables act as antioxidants that can prevent cell damage which may lead to illness and ageing.

In addition, fibre from these fruits and vegetables also helps improve digestive health and reduce cholesterol levels.

The World Cancer Research Fund recommends consuming five or more servings of fruits and vegetables daily to prevent the onset of cancer. This can be done by adding fruits and vegetables in every meal.

Healthy eating is all about savouring the pleasures of eating in a balanced manner and in moderation. However, it's a challenge to many to maintain this during the festive season. One important thing to remember is to keep active and be mindful of the size of your servings to achieve and maintain a

healthy weight.

At The Chateau, if you are undergoing spa treatments or have booked the wellness package, you will be brought through a series of body workouts and offered meals designed to help keep your body in shape.

A nutritional consultation is incorporated in the La Sante spa menu to determine one's nutritional needs, thereby, creating a meal plan that is suitable according to your goals in achieving a healthy body.

At The Chateau, there are various venues to dine that offer an organic menu such as the fine-dining L'Assiette, Bell Vue, La Vie, LeRouge and the Salon Lounge.

The various meals served include young papaya salad, pan-seared chicken hips, chocolate-citrus salad indulgence, and seared tuna with pink pepper corn.

Others are poached filet mignon,

honey-roasted pear, chicken parmentier, warm asparagus salad, duet of Boston lobster and seared flounder, cream cauliflower soup, grilled charmoula tiger prawns, beef carpaccio with roquette salad, seared smoked duck, garlic and seared roasted lamb rack, Waldorf salad and chicken breast, beef consomme, pan-seared barramundi, pan-seared scallops, forest mushroom cappuccino and beef striploin with potatoes and garden vegetables.

To complete the organic wellness concept, The Chateau serves organic beverages that include beer, red and white wine plus a variety of health-inspired organic juices and cocktails.

Guests' preferred meal orders are taken into account at The Chateau, and this is done

through a simple questionnaire to help the chefs in preparing a healthy menu that is to one's liking. Diets are also catered according to the treatments one signs up for.

If the resort receives information that a guest is allergic to certain foods, the chefs will be informed and meals will be prepared accordingly. All medical conditions and preferences are taken into consideration, upon filling up the questionnaire and stating one's food sensitivities.

At The Chateau, organic ingredients are specially imported while some are purchased from exclusive organic suppliers. Several ingredients like herbs, fruits and vegetables are grown on three organic farms at Berjaya Hills itself.

Total wellness is most important at The Chateau, a place where one can rest assured all your needs are seen to.