



PREFINITE
COMMUNICATIONS

THE PREFINITE PAPER

2: EMBRACE & EMERGE



Hello !

First of all, we would like to wish Eid Mubarak to all of you who celebrate. We hope you enjoyed the Eid weekend with your loved ones.

Welcome back to your bi-weekly pick-me-up about all things hospitality and lifestyle. As we embrace this 'new phase' in our lives, we would like to share with you some news from our clients and friends about their plans to emerge through all of this even stronger.

Enjoy, stay happy & healthy!

Viana Dien-Igah



Hospitality

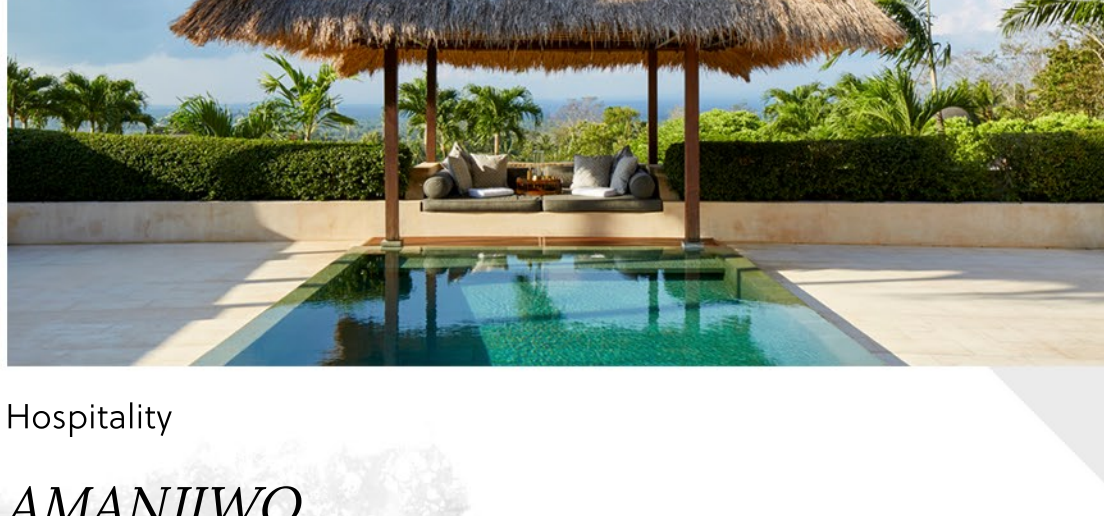
DON'T MISS OUT THE STAYCATION DEAL AT MANDARIN ORIENTAL, JAKARTA

Save Now, Stay Later at Mandarin Oriental, Jakarta and seal the deal to stay at the beautifully-appointed, Superior Room, price starts from **IDR 1,500,000 per night**.

Maintaining the highest safety and hygienic standards, arrive worry-free, be well taken care of with the legendary MO hospitality and enjoy your relaxed, luxurious respite with a peace of mind surrounded by award-winning restaurants in house.

This package is inclusive of complimentary breakfast for two, **20% off on Food & Beverage and Spa Treatments with complimentary room upgrade** upon availability. Complete your travel checklist, use the voucher anytime until 30 December 2020.

[Book Now](#)



Hospitality

AMANJIWO, SANCTUARY OF SECLUSION

The 'Peaceful Soul', **Amanjiwo** is delighted to welcome guests back with exclusive benefits when staying four nights or longer. This timeless, serene, Borobudur temple facing luxury resort is reopening with the highest level of safety and hygiene standards and guidelines.

Located at the foot of Menoreh hills, the Ed Tuttle designer resort is perfectly placed for relaxation and reconnection with your spiritual side, with nature or by indulging in rejuvenating spa treatments and unique private dining experiences.

Valid for stays until 30 June 2021, your four night stay includes: one night of complimentary stay, daily breakfast, one complimentary 'Makan Malam' for two, complimentary room upgrade and a signature **Amanjiwo** experience.

[Book Now](#)



Lifestyle

AQUA REFLECTIONS & INTERCONTINENTAL

JAKARTA, PONDOK INDAH CELEBRATE

HALAL BI HALAL AT HOME

This year's Halal Bi Halal Gathering is made simple with refined International flavors from Sugar & Spice at Intercontinental Jakarta, Pondok Indah.

The package is complete with **family set meal** including Dates & Ketupat, Fattoush salad, Slow-cooked beef rendang, Lamb ouzi, Opor ayam with Bread butter pudding and Lapis Surabaya for dessert. Inclusive of a special edition AQUA Reflections Sparkling 380ml.

Enjoy a delicious feast with your family at home or send your relatives or co-workers a thoughtful greeting with a good meal to let them know you're thinking of them! Free delivery service available.

Don't miss the joyous tradition while staying in until 30 June 2020.

[Learn More](#)



Culinary News

SUDESTADA INTRODUCES

EVERYDAY MEALS!

Whether you're having on-the-couch conference work, staying at home with the kids or out and about while distancing, let **Sudestada Café** take care of your daily meals with the delicious array of EveryDay Meals!

Introducing **10 new dishes**, especially crafted by Chef Victor to satisfy your taste buds that won't break your budget.

Freshly made daily, with assured cleanliness and safely packaged, Sudestada EveryDay Meals are ready to eat comfort foods, available for quick take away and delivery!

Order today to stock up for the week!

[Learn More](#)



Art & Lifestyle

ART MOMENTS JAKARTA MUSEUM OF TOYS & DARBOTZ COLLECT AND DONATE FOR COVID-19 FRONTLINERS

Through Collect & Donate initiative, **Art Moments Jakarta, Museum of Toys and Darbotz** successfully **raised funds from the sale of the 87 limited-edition Monsterball Yellow and Inverted Totems**.

On **Tuesday, 26 May 2020**, boxes of face shields, N95 medical masks, hazmat suits were handed over to STUNICA FKUI organization (Student Union of International Class of Faculty of Medicine from University of Indonesia) to be further **distributed to support the front-liners at 4 Jakarta emergency COVID-19 hospitals and 1 in West Java**; dr. Cipto Mangunkusumo National Central General Hospital, Universitas Indonesia Hospital Depok, Pekerja Public Hospital Jakarta, Bhayangkara Sespimma POLRI Hospital, Pamengpeuk Regional Public Hospital Garut

Thank you for your contribution through purchasing the **Monsterball Totems** on the Museum of Toys website **www.motmuseum.com**

[Learn More](#)

LIVING THE HEALTHY LIFESTYLE

Quality Sleep Matters

Did you know?
According to Harvard University, people with lack of sleep have **4x higher risk of depression** within three years and **20x more likely to develop anxiety**

Sources: Harvard Health, The Jakarta Post, Berkeley Education

PRACTICAL TIPS FOR QUALITY SLEEP

- ✓ Aim to sleep for 7 to 9 hours.
- ✓ Set an alarm for when to sleep and when to wake up and commit to the routine
- ✓ Make your room a tech-free & work-free zone
- ✓ Light a candle or air diffuser
- ✓ Set a cool ambience
- ✓ Avoid screens at least 60 minutes before bedtime
- ✓ Write your journal or read a book

#PROUDLYPREFINITE
#PREFINITE LIFESTYLE

Fitness & Wellness

PRACTICAL TIPS FOR QUALITY SLEEP

Did you know that lack of sleep makes people more mentally vulnerable and emotionally reactive?

In this time of uncertainty, sleeping patterns worsens as more people are triggered by hectic, unhealthy lifestyles, life pressures and excessive use of computers and mobile phones. Sadly, Insomnia is now a common disorder in modern societies.

Quality sleep and rest are crucial for both our physical & mental health. Challenge yourself to adapt these practical tips for daily quality sleep from now on. Stay healthy & sleep tight!

For more sleep tips, check out this article from Harvard Health.

[Learn More](#)

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