



P A R K

MAGAZIN

SPRING/SUMMER 2018

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WE ARE OPEN!



BOBBI BROWN

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SPRINGTIME RENEWAL

Spring is always a good season for internal–external rejuvenation and for experiencing harmony with our environment. In addition, the trends of the season can give us proper inspiration for springtime activities with an increased focus on natural materials and fresh, vivid tones, such as violet or grass-green.

MOM Park cannot be exception of this springtime rebirth. Thanks to the developments and improvements of the past two years, multiple novelties await our visitors, but modernisation still continues. With 700 m² of new space in 2018, with the addition of numerous new brands and catering units, our shopping centre is ripe for growth especially in the market of fashion and gastronomy.

And to top it all off, besides the new brands we have **prizes to give away**. Shop at any store of MOM Park **between 19 March and 6 May**, and win our grand prize: a trip to Tuscany. If you would like to exponentially increase your chance of winning a prize, don't miss our **Shopping Days between 3-6 May**, when you can purchase some of our most sought after products at an irresistibly discounted price. This spring refresh yourself with MOM Park's brand new selection.

Anna Szegedi
MOM Park Marketing and PR Director

László Balassa
MOM Park Director



A NEW ERA OF CINEMA

CINEMApink MOM Park is ready to impress you! The new cinema awaits movie fans with unique design, comfortable setting, high-tech facilities, and of course, with the latest blockbusters.

The appearance of the interiors was inspired by the world of movies, where you can recognise such classics as 2001: A Space Odyssey, Twin Peaks, and The Grand Budapest Hotel. The screening rooms are fitted with Dolby Atmos 360 sound systems and Sony 4K projectors, so moviegoers can enjoy perfect surround sound accompanied by the highest quality picture that is currently available.

In the conception of the cinema, comfort was just as high a priority as design. As a result, multiple comfort enhancing features have been added, such as the spacious 120 cm foot space and the uniquely designed giant armchairs.

Get acquainted with the new era of cinema, and indulge yourself in premium experience at **CINEMApink MOM Park!**



NOVELTIES IN MOM PARK

The continuous developments in MOM Park over the past two years resulted in a modern, clear-cut design and a bright and transparent interior. In addition, we await our customers with numerous new fashion brands and catering units. These novelties are setting the stage for even more new additions this year. **Libri**, **Liu Jo** and **Catch** stores will be open to the public from this spring; our **Gerry Weber** brand shop will get a facelift with a fresh, modern design, and **Reserved** will attract customers with a new and extended area.

Besides book lovers and fashionistas, the season will also appeal to children. From April, the indoor playroom on the third level of MOM Park awaits the little ones in a rejuvenated form. We can expect additions in the autumn as well: besides the enlargement of **H&M**, a brand new **Müller Drugstore** will be opened, and the restructuring of the main entrance and the arched area will be completed. As a result, MOM Park will be extended by 700 m² of new space ready to be filled with new shops and restaurants by late summer.

If you would like to be among the first ones to find out about the grand opening of our new shops and other current events, follow us on Facebook, and sign up for our newsletter on our website!

CONSCIOUS REVIVALISM

Earth Day and Fashion Revolution Day are celebrated in April. These two events mobilise millions of people each year to demonstrate support for environmental protection and sustainable fashion. If you also want to express your support for the environment, just start building an environment friendly wardrobe this spring!

To make your wardrobe also reflect your eco-consciousness, the first step is to take a big springtime inventory. If you don't know what to keep and what to get rid of, then ask yourself the question: If I saw this piece in a store now, would I buy it?

Those you wouldn't, should be sorted in two groups: donate to charity the basic versatile pieces and organize a garage sale for your friends for the exclusive casual outfits. You will be surprised how much an item that you have gotten bored of means to someone else. Then the really exciting task comes: create a capsule collection! This concept is interpreted in many different ways nowadays, but its creator, Susie Faux meant by it a collection composed of timeless basics which can be transformed at any time, with some extra pieces, to match the current season. Try to organize your clothes based on this concept.

Once you are done with that, take a minute to think through and prepare a list of the current trends that you definitely want to incorporate into your wardrobe. This spring and summer the absolute winners are the vibrant pastels, lime green and lavender being the most in style, as well as the classic jeans fabrics and the inevitable flower prints and ethno style components, such as lace.

Once you have the completed list in your hands, you are ready to go shopping; but if you happen to come across an item that was not on your list, but you really like it, then deploy the method of Livia Firth, winner of the Fashion 4 Development prize of the United Nations: If you are unsure whether you are making the right choice, then ask yourself how many times would you wear this piece and how versatile is it. If you consider these aspects, you will certainly take the right decision and by doing so, you will also be contributing to sustainability.



COMFORT ABOVE ALL

The Spring/Summer Season 2018 makes its debut with peppy colours, artful motives and casual tailoring, offering us glamorous and comfortable trends to choose from.

The sporty and comfy trend, athleisure, enjoying unbroken success for years now, came back to the runaways in a more elegant and exclusive style, to the great pleasure of those who prefer feminine pieces. But the lovers of the minimalist tomboy style will also find something to their liking: this year is the heaven of patterned, casual pantsuits and comfortable flat shoes.

Glam leisure takes over the rule in street fashion. This trend was born from the amalgamation of luxury and leisurewear, and broke into the world of fashion with such strength that even the biggest stars are now following it. No wonder, since glamour has never been so comfortable!

Another must-have of casual elegance is the trend inspired by two-piece pyjamas and robes. This trend erupted back in 2013 when created by Marc Jacobs and it keeps popping up on the catwalks ever since – and so it is no different this year. If you have not tried this trend so far, it is high time you give it a chance. It would be too bad to miss out on something that not only looks good but also gives you freedom of movement.

When it comes to the shoe trends of Spring 2018, no need to give up on comfort. The fashion of sneakers unstoppably continues. The favourites of the season are the feminine pieces with ribbon lace and Velcro strap. But those who want a bit more elegance will also find something to their liking, as they will be able to choose from the broad offering of high platform Oxford shoes. Small sized, hand carried, square-shaped clutches of a modern style are the winners on the runway of bags. But if you want to feel real comfy, feel free to clamp on a fanny pack.



Patterned shirt and pants - MAX&Co.: 49,190 HUF/piece / Wrist watch with leather strap - Guess: 39,000 HUF / Jewelled bracelet - Michael Kors: 35,900 HUF / Laser-cut leather handbag - Michael Kors: 78,000 HUF / Decorative handbag pins - Michael Kors: 5,000 HUF/piece / Braided handbag - Coccinelle: 135,900 HUF / Dolce&Gabbana sunglasses - Optic World: 64,990 HUF / Backpack with metallic decoration - Mohito: 7,995 HUF / Zipper decorated leather shoes - MAX&Co.: 98,490 HUF / Breathable low shoes - ECCO: 36,990 HUF / Sneakers with Velcro straps - ECCO: 41,990 HUF / Lace up strap shoes - GANT: 34,990 HUF / Calvin Klein platform shoes - Office Shoes: 29,990 HUF / New Balance suede sneakers with insoles - Salamander: 34,990 HUF

PLANNING MANIA

Planning is the foundation of a conscious lifestyle, and the fixed schedule calendars and diaries are designed to make planning easier, but we typically say goodbye to these notebooks half empty at the end of the year.

If you want to avoid this situation but still need a planner, then Bullet Journal (BuJo) was designed for you. This is a trendy and simple DIY calendaring method, developed by Ryder Carroll, a product developer from New York. BuJo can be a calendar, an action list, a notebook and a diary at the same time as you prepare it yourself!

Its essence is that it is based on taking notes in headings, but there are practically no restrictions. Its purpose is to adjust to your individual routine, and to include only the things that are important to you, be it a meeting, some errands, your meals, your favourite fashion trends or an inspiring quotation.

If you decide to start preparing a BuJo, the first thing is to procure a notebook. A Moleskine can be a very elegant solution, but a Zapbook made of 100% recycled paper will also certainly make you happy, especially since even our planet benefits from this choice.

Once you have the notebook, all you need is the decoration. If you like calligraphic writing, get some brush pens and write the headings with beautiful ornamental letters. You can use fine-liners of different shades for the notes of different topics, which not only makes the notebook more transparent but also more refreshing to look at. And if you want even more cheerfulness, then apply the colourful highlighters, post-its, marking tags, paperclips, clippers, stickers and the most recent favourites, the washi tapes which are patterned, self adhesive tapes.

And from that point on, the only limit is your imagination. Decorate, draw, colour as BuJo holds space not only for your daily activities but also for your creativity.



Dress with flowers - H&M: 9,490 HUF / Suede mules - Guess: 46,490 HUF / Fráter Erzsébet - Plants of the Bible - Anima Bookstore: 5,995 HUF /
 Mirelle Guillaîne - French women don't have wrinkles - Anima Bookstore: 3,490 HUF / Writing instruments - Pirex: 125 - 650 HUF /
 Necklace with heart pendant - Pandora: 27,900 HUF / Skin Long-Wear Weightless foundation - Bobbi Brown: 13,900 HUF / Paper clips - Pirex: 460 HUF - 1,490 HUF /
 Patterned Post-its - Pirex: 2,175 HUF / Wrist watch with metal strap - Michael Kors: 83,900 HUF / Jewelled ring - Pandora: 19,500 HUF / Barristo water glass - Butlers: 690 HUF /
 Giorgio Armani optical frame - Optic World: 69,990 HUF / All Over Glow liquid highlighter - Bobbi Brown: 17,100 HUF / Capri Nudes eye-shadow palette - Bobbi Brown: 24,300 HUF /
 Parker fountain pen - Pirex: 73,750 HUF / Angled make-up brush - Bobbi Brown: 12,400 HUF / Luxe lipstick - Bobbi Brown: 11,000 HUF / Nail polish - Bobbi Brown: 5,200 HUF /
 Notebooks - Pirex: 1,790 HUF - 5,990 HUF / Jewelled bracelets - Pandora: 24,900 HUF and 22,500 HUF / Business card holder - Coccinelle: 11,900 HUF /
 Sümeiginé Dr. Tóth Piroska - Flower literature - Anima Bookstore: 2,990 HUF / Mapped magnifying glass - Pirex: 2,460 HUF / Ring with heart - Pandora: 16,900 HUF

THE NAME OF THE GAME: ATHLEISURE

Initially, tennis was the privilege of people of position and aristocrats, so the strict dress codes of this class was echoed in sportswear. Wimbledon is still holding on to many of these rules, but maybe the most obvious one is the white dress code. No wonder this colour became a fashion in tennis as it symbolizes sporty elegance, purity and perfection – and in case of this sport it reinforces the classy, immaculate image.

The revolution of men's tennis trends arrived in the 30s when Bunny Austin was the first one to step on the lawn of Wimbledon in shorts. This bold move led the other players to soon stop wearing long, baggy slacks made of wool and flannel, starting a new era in the history of tennis fashion.

During this time, it was not only Austin who created a trend with his appearance, but another legendary player also engraved his name forever in the big book of fashion. He is none else than René Lacoste. The French tennis champion showed up on the US Open wearing a knit shirt used until then in polo. His outfit became such a success that a few years later he founded a company for manufacturing and distributing tennis shirts.

The Lacoste collared shirts spread outside of the world of sports in the 70s, when Ralph Lauren included them in his collection under the name of polo shirts. Since then, these pieces feature in the spring and summer collections of many other manufacturers. Collar T-shirts are recurring pieces also at GANT, which is no surprise, as the trademark of the brand is the timeless, comfortably casual and yet refined elegant style, also embodied by these iconic polo shirts.

The loose pique shirts and the refined sports shoes perfectly match the seasonal trends inspired by athleisure. They are intended for the men who are able to relax, not only work, in this vibrant urban environment.



Round neck sweaters - GANT: 45,990 HUF/piece / Marshall Woburn amplifier - iCentre: 154,900 HUF / Magazines - Inmedio: 3,690 HUF - 4,290 HUF /
Mango Days mango tree bowl - Butlers: 4,990 HUF / Authentic glass pitcher - Butlers: 4,990 HUF / Tom Ford sunglasses - Optic World: 115,990 HUF /
Sailor Jagged glass - Butlers: 2,380 HUF / Tennis top and shorts - GANT: 23,990 HUF and 31,990 HUF / Polar sports watch - Hervis: 69,900 HUF /
Head tennis racket - Hervis: 49,999 HUF / Adidas sports socks - Hervis: 2,999 HUF / Lacoste sports shoes - Office Shoes: 31,990 HUF /
Head tennis balls - Hervis: 1,299 HUF / Towel and tote bag - GANT: 7,990 HUF and 23,100 HUF

AN OUTING TO THE COUNTRYSIDE

This year's children's fashion greets spring with colourful, playful and inspiring trends. The designers took their inspirations from many sources, starting from countryside holidays, the famous fairy tale classic, the Secret Garden's enchanted wilderness to abstract drawings.

The main stage of the season's trends is the tiny, countryside house hidden from the world, with plenty of magical things awaiting the little treasure hunters in its loft. In this convoluted corner of children's fashion we never know what we will find next. The blending of all sorts of patterns, glittering and colourful details and vintage silhouettes characterize the trends you will find here.

Reaching the Secret Garden, the little adventurers may come across flowerbeds in all shades of the rainbow. The fabulous summer garden comes to life in the form a vibrant colour palettes in children's fashion, accommodating every joyful shade of yellow, green and rose. Bio-cotton materials, linen, jeans and playful fringes are all indispensable for this country side feeling, bringing the freshness of blossoming nature closer to the young ones.

At the end of the adventure, all you have to do is capture all the wonderful memories. But this will not be a problem for the young Picassos, as colourful marker pens and drawing boards are awaiting them on their return to the house. The freedom and playfulness offered by creating comes to life in the form of abstract graphics and modern patterns on children's clothing this spring and summer. The favourite topic of the prints are geometrical forms, gradient colour ranges, flowers, butterflies and the magical creatures of the legendary wilderness, such as unicorns.



Girl's dress with ribbon - Primigi: 23,099 HUF / Origami colourful lampions - Butlers: 4,990 HUF / Tom Schamp Dictionary for everything - Anima Bookstore: 4,999 HUF /
 Soft Needle knit pillow - Butlers: 12,899 HUF / Colourful pens - Pirex: 390 HUF - 2,990 HUF / Rope Braid three-part braided container - Butlers: 7,990 HUF /
 Halali panda head trophy - Butlers: 12,899 HUF / Hungarian folktales board game - Anima Bookstore: 9,990 HUF / Adidas soccer ball - Hervis: 4,999 HUF /
 Create your farm and Create your sweet home books - Pirex: 2,290 HUF and 2,690 HUF / Plant Cup giant mug - Butlers: 7,490 HUF /
 Honey Bunny plush rabbit - Butlers: 4,990 HUF / Silent dancer rug with stars - Butlers: 14,899 HUF / cotton top and tutu - H&M: 2,990 HUF and 3,490 HUF /
 Silicone wristwatch - United Colors of Benetton: 10,990 HUF / Drawing board - Pirex: 390 HUF / Leather shoes with flowers - Primigi: 16,469 HUF /
 Blockbuster illuminated box - Butlers: 3,490 HUF / Snukis plush pony - Pirex: 3,990 HUF / Mandarin Avenue princess press - Pirex: 3,990 HUF /
 Paperista container pouches - Butlers: 1,990 HUF/piece / Lazy Days polar blanket - Butlers: 5,490 HUF / Kaláka: Do animals live with you? - Anima Bookstore: 3,890 HUF /
 All the tales of Benedek Elek volume I. - Anima Bookstore: 5,500 HUF / Skateboard - Hervis: 5,999 HUF / Fringy leather sandals - Primigi: 18,119 HUF

FRAGRANT ELIXIRS

Although after the long winter, sunny weather brings real renewal to body and soul, transition to springtime is still challenging for your entire organization. If you want to start the new season filled with fresh new energy, exploit the natural power of flowers that you can find enclosed in fragrant shower gels, body lotions and mists.

Lavender, with its balsamic sent and extremely versatile therapeutic effects, is a real treat for body and soul. Its essential oil is calming, relaxing and has skin regenerating effects. So take a bath infused with lavender oil or a shower using lavender soap; it will also support your springtime detoxification routine.

With its full, honeyed essence, Magnolia immediately wakes up your senses. Thanks to its strong fragrance, it helps to relax and calms the nerves. Moreover, its scent lingers for a long time on the skin, so a shower gel enriched with Magnolia essential oil is the right choice for a pampering aromatic shower.

Neroli, the essential oil obtained from orange blossom, is a really nice and fresh essence reminiscent of tropical scents. This gentle and refreshing oil gives your skin radiance and life, making it a real must-have in your springtime and summertime facial care routine.

Last but not least, let's not forget Rose. The oil distilled from the silky petals of the flower is one of the most valuable oils on Earth. It is so intense that just a few drops suffice to produce its diverse effects. Thanks to its calming, toning and hydrating properties, a rose facial balm or mist is a real elixir for the dry, tired skin.

The fragrant essences of flowers tune not only your skin but also your senses to spring, one more reason for creating a basket of body lotions and cosmetics made with plant extracts.



Moses square shape basket - Butlers: 7,990 HUF / Towel - GANT: 7,990 HUF / Silent Dancer striped rug - Butlers: 4,490 HUF /
 Strapped sandals - Promod: 12,995 HUF / Edge pressed trousers - Mohito: 9,995 HUF / Madeleine body balm - Adrienne Feller: 8,128 HUF /
 Garden Love goat milk facial mask - Douglas: 1,990 HUF / Florinda lavender soap - DM: 899 HUF / Douglas Naturals body lotion with Argan oil - Douglas: 4,990 HUF /
 Les Délices perfumed body mist - Douglas: 1,600 HUF / Aromazen Flora facial mist - Adrienne Feller: 8,890 HUF / Alverde rose water for dry skin - DM: 899 HUF /
 Magnolia Thé Blanc shower gel - Yves Rocher: 850 HUF / Salvatore Ferragamo Signorina perfume - DM: 10,990 HUF / Elixir Jeunesse micellar water - Yves Rocher: 2,490 HUF /
 S. Oliver So Pure perfume - DM: 5,990 HUF / Flower composition - Arioso

ONLY NATURALLY!

You make the right decision if you opt for healthy lifestyle and environmental sustainability during this season, since the 2018 wellness, superfood and lifestyle trends are all about these concepts.

Different diets come and go, but a very definite trend has been emerging for a while now, encouraging us to leave any new dieting craze behind and start something that will bring efficient and long-term change into our lives. Vegetarian and vegan diets as well as clean eating emerged already last year in food trends, but they will play an even more decisive role in 2018.

Over the past years there has been a shift towards more natural products and people switching to healthy lifestyle have the chance to get to know new foods and super foods all the time. Goji berry, quinoa, chia seed or matcha tea sound familiar to all of us by now, but as usual, new names keep popping up each year. So this season is no different and offers some so far unknown items, such as moringa, rich in vitamin C, or chaga mushroom, rich in fibres.

But if you wish to enhance your diet with superfoods, you should also consider Hungarian delicacies, not only the exotic foods coming from far away. Especially, because opting for domestic produce carries countless benefits. When buying those, you support local producers without impacting the environment since no long-distance transportation is needed. And not least, domestic produce also include some local superfoods with high nutritional content. Just think about rosehip, millet, buckwheat or the new discovery, watermelon seed.

You should give them a chance and try them. Once you have procured all your favourites, then get some decorative kitchen containers since there will be plenty of produce in 2018 to be stored on your pantry's shelves.



Lucian Georgelin passion fruit&mango and fig jam - Anita Delicate: 1,650 HUF/piece / Loison La Colombina Classica cake - Anita Delicate: 8,690 HUF /
 Ceramic mugs - Butlers: 1,290 HUF - 2,580 HUF / Metallic boxes - Anita Delicate: from 1,400 HUF - 2,800 HUF / Figula Rosé Cuvée 2017 Balatonmellék - Bortársaság: 1,450 HUF /
 La Grande Brasserie tea cattle, cereal bowl and mug - Butlers: 1,590 HUF - 4,490 HUF / Rope Braid 3-piece braided basket - Butlers: 7,990 HUF /
 Mrs. Winterbottom's sugar holder, flour holder, salt holder and spice holder - Butlers: 1,490 HUF - 3,490 HUF / Da Magreta balsamic vinegar - Anita Delicate: 10,500 HUF /
 Border luxury biscuits - Anita Delicate: 7,500 HUF / Mango Days mango tree bowl - Butlers: 4,990 HUF / Ikon Tulipán 2011 - Bortársaság: 5,950 HUF /
 Blue Bonnet bowls - Butlers: 3,870 HUF / Göncöl Aszú 2013 Tokaj - Butlers: 4,490 HUF / Milk Shot milk jars - Butlers: 1,490 HUF - 1,990 HUF /
 High Classic white wine glass - Butlers: 2,490 HUF / Stühmer Száászország confections - Anita Delicate: 8,690 HUF /
 Prato Belli cantuccini from Tuscany - Anita Delicate: 2,980 HUF / Authentic glass jar - Butlers: 4,990 HUF



SMART SHOPPING WITH NAGY VIVI

THE FOUNDER OF FIFTY PAIRS OF SHOES BLOG

It is important for me to pick clothes that are stylish and durable – and fortunately it is increasingly easy to obtain information about this on blogs or on the websites of the various brands. If it comes to quantity or quality, I definitely go for the latter one. So I never go to the cashier before carefully scrutinizing the labels, and if something is made of 100% natural material, then it is a winner for me. But I don't only look at the material used, but I also consider where to buy the item, because I want to help local businesses. Supporting Hungarian brands is a cause I stand for, so I never miss visiting NUBU, whenever I go to MOM Park.

Combining pastels reminiscent of cakes and candies will be the determining trend in the 2018 season, and I love rose, so a rose coloured skirt is the basic item of my set. This can be easily paired with a plain white T-shirt, a leather or even jeans jacket and a few special accessories. With such a collection you cannot go wrong, what is more, it creates a cheerful, Boho look.



NATURAL STYLE.
EXCLUSIVE DEALS.

SHOPPING DAYS
3-6 May

Special pieces,
unmissable offers!

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ESSENCE OF REJUVENATION

The changes of seasons affect your whole being and so it is indispensable to prepare your body and soul for the new season. Fortunately nowadays you have access to great many natural preparations, offering an efficient solution for your skin care needs since the ingredients naturally assimilate with the skin, providing it with efficient protection.

The active ingredients obtained from plants with extraordinary regenerating and protective capacities, similar to the plant aphloia from Madagascar, transfer their capacity for self-renewal, but a special processing method is required for obtaining the right results.

The experts of Yves Rocher created a facial care product line, Elixir Jeunesse, containing ultra concentrated aphloia extract which efficiently supports the skin in fighting aging factors. Moreover, these products are free from mineral oil, paraben and silicone, so they are gentle not only for your skin but also for planet Earth.

Discover the greatness of plants in the **Yves Rocher** store of MOM Park.



NATURALLY GREAT

“Beauty is not rocket science” - says the great master of natural look, Bobbi Brown. We picked some pieces from her seasonal collection; with these you could create a free-spirited, fresh spring look for yourself in just a few minutes:

The foundation of the perfect makeup is a healthy, glowing skin that you can easily achieve by using a hydrating gel cream. Next, apply invisible foundation. Your best choice for this is a waterproof, full coverage matt foundation.

For a glowing look, apply high cover concealer on the area underneath the eyes and then use some nude powder on the eyelids. Then with one soft stroke, evenly spread the long-lasting eye-shadow stick. Finally enhance your look with a beautiful liner.

For a colourful, Bohemian look, apply silky hydrating lipstick of the shade matching your mood - and you are ready to hit the road!

Become familiar with the one thousand faces of natural look in the **Bobbi Brown** store of MOM Park!



THE SENSUAL NATURE OF ART

The picturesque landscapes of nature have always inspired arts, resulting in many wonderful works of art. The new spring collection of Intimissimi also adds to these creations.

This brand let itself be inspired by various arts and the sunny landscapes of the Mediterranean Sea to embody a sensual and refined femininity and guide you through the perfect destinations of an unforgettable season.

Romantic, embroidered laces, transparent surfaces, flower buds and rose decorations coupled with pink, mauve and blue pastel colours are the hallmarks of this spring's lingerie trends. Summer pieces are more characterized by patterns inspired by the deep blue sea and striped canvas as well as the crochet, embroidered, pierced details just as the classic blue-white, saffron yellow and red-burgundy shades.

Discover every stage of artistic sensuality and natural sophistication in the **Intimissimi** store of MOM Park.



NATURAL STYLE. EXCLUSIVE LOOK.

Keep up with fashion
naturally and win a
wonderful trip to Tuscany!

Date of the lottery:
19 March – 6 May 2018
Details of the lottery and rules:
www.mompark.hu



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SIGNATURE PRODUCTS

BLOSSOMING HARMONY

Ariosio is among the most elegant flower salons of Budapest, representing superior quality thanks to its offer composed of Hungarian and international products. The secret to their unbroken success is attributable to the store's philosophy: treating the plants in the most natural way and creating an environment which is filled with aesthetics and harmony.

From the very beginnings, Ariosio had for mission to present the original beauty of flowers, thanks to which approach it became the hallmark of the store to design their unique and elegant environment in a pure, natural style. As Katja Schläfli, owner of Ariosio and master florist says: "Our job is to create feelings and sensations so we choose the flowers based on their style and characters then present them in their most natural form. We aim to create decorations that are timeless, elegant and make the dreams of our clients come true."

Come in to the world of beauty and harmony in the **Ariosio** store of MOM Park.



STARTING THE DAY FIT

A balanced diet is indispensable for living a wholesome life. Fortunately, we have numerous kitchen equipment available nowadays, making food preparation a piece of cake, and turning the nutritious homemade delicacies into real masterpieces. Such as the blenders of the Masterpiece product line which was developed by Electrolux to meet the needs of the health-conscious consumer.

These blenders make it easy to prepare fresh and tasty fruit juices, nutritious smoothies or silky textured smooth shakes. Moreover, these delicacies made of seasonal fruits and vegetables pamper not only our senses, but if consumed on a regular basis, they also contribute to a healthier and more fit lifestyle. And they also provide the body with more vitamins, minerals and antioxidants.

Start a conscious, healthy lifestyle today with the Masterpiece product line available at the **Electrolux** store in MOM Park!





BACK TO THE NATURE

WE TALKED TO
MARIANN KAMOC SAY-BEH,
THE FOUNDER OF BASIL GARDEN.

When did Basil Garden start and what is the intention behind it?

I always wanted to create my own little world where I can live my creativity. When Anna, our oldest daughter was born, a brand-new side of me emerged, and this was when I felt strong enough to create my own gastro-brand. I have been using quality foods and ingredients for a long time, and I became even more conscious after the birth of my daughter. My products represent this attitude.

How difficult is it to return to nature after living in the city?

Our Basil Garden is the island of silence. Of course, I also enjoy the city, but thanks to my work I can spend a lot of time outdoors. Our waterside little house has just been completed, next to our garden and I plan to organize workshops and cooking courses there.



How much do you involve your kids into your activity?

Both Anna and Emma are willingly helping me care for the Basil Garden. It is also thanks to them that I opted for this direction because in this way we can spend a lot of time together. They also help me in the garden, but of course we are the happiest when we harvest the produce.

Which places do you definitely visit when you come to MOM Park?

During the day I usually come for meetings to MOM Park and my favourites are Bagatellini, Fruccola and Vapiano. But I always visit Arioso and Bortársaság, I usually find a few colourful kitchen utensils at Butlers, and of course I also love the international gastromagazines at Immedio.

Last year you talked about water mint on the occasion of the round table discussion at the Gastro Days organized in MOM Park. What do you recommend for 2018 spring?

In springtime, dandelion, lilac, cow parsley and nettle are already growing in the garden. Dandelion looks really good and is an exciting component of any salad, cow parsley is perfect for fish, nettle is excellent in any green smoothie, and lilac is the perfect company for any vanilla flavoured dessert.





ADVENTURE IN SCOTLAND

Scotland offers the best of wild natural beauties for its visitors: vibrant green landscapes, crystal-clear rivers, boundless mounting ranges, historic castles, romantic and nostalgic atmosphere - all these make up the real Scotland! If you wish to have a taste of the Scottish feeling, then in addition to Edinburgh, you should also adventure to the great vast countryside of the Scottish Highland and absorb the ancient and mystical mixture of nature and history, floating in the air wherever you go.

If you decide to visit Scotland, you are advised to start your trip from Edinburgh where you can immediately get a taste of the local feeling, accompanied by a glass of authentic Scotch whisky. Make sure to also visit the mystical Rosslyn Chapel, the Glencoe Valley considered one of the most beautiful places on earth, and the famous and notorious Loch Ness where you can become familiar not only with the legend of the monster, but you can also admire the spectacular ruins of the Urquhart Castle.



SUN-KISSED TUSCANY

Tuscany is one of the most historically and naturally rich regions of Italy. The magical landscape is full of beautiful sights: picturesque slopes, quaint towns, streets exuding a medieval atmosphere and venerable buildings – they all capture the essence of Tuscany and contribute to this day to the cult surrounding the region.

It is not only one of the most beautiful regions of Italy, but also one of the world leaders in terms of the number of tourist attractions per region, so it's undoubtedly a great choice for a rewarding and experience-filled summer vacation.

Visiting its cities and towns feels like time travel; the beauty of the rural countryside infallibly creates a romantic mood and enchants the traveller. The cities of Florence, Siena and Pisa are places that you definitely need to see. At the same time, you may also want to rent a rustic villa on a secluded little hill to indulge in an experience that will last a lifetime even after you return from your vacation.

Book a tour to Scotland over the Pentecost holiday or a summer vacation in Tuscany at the **Vista Travel Agency** located at Level -1 in MOM Park!

DESTINATION: THE OUTDOORS!

Regular exercise is one of the most important pillars of a health-conscious lifestyle. Luckily, with the arrival of fairer weather we have numerous opportunities to work out; finally, we can put our muscles to good use and train outdoors!

Bicycling is counted among the aerobic, cyclical types of exercise. It has countless variations, including mountain biking, road cycling, trek biking, or even spinning. Whichever you choose, you can be absolutely sure that you are doing your body a favour: biking greatly improves your stamina, intensifies your fat burning process, invigorates the body's detoxification processes, and last but not least it is also more gentle to your joints than, for example, running or jogging. In addition, a dynamic cycling session offers an easy way to lower your stress levels.

Like with any other sports, having the proper equipment is paramount – beginning with the bicycle itself. If you want to buy one, the most important thing is to select a bicycle frame of the correct size. For an average height – 170-180 cm tall – adult, a 54-56 cm frame is appropriate. Although for mountain bikes, usually a smaller frame is recommended, whereas for road bikes a larger size should be picked. Meanwhile, the length of the frame is also important: if the frame is too long, the bike will be more difficult to turn and manoeuvre, if it's too short, the control of the bike will be more challenging.

Moreover not only do we have to pay close attention to our choice of the bicycle, but we also need to wear the right clothes when we hop on our bike. For example, while cycling, our legs are put through rigorous exercise, so it is imperative to wear proper footwear. To avoid potential injuries, choose shoes with harder soles.

Also it pays not to forget that during an intensive cycling session our body loses a lot of fluids which we have to replenish. It is important to carry a sufficient amount of water at all times; therefore, it is practical to invest in a high quality flask. Get back into shape with the sport equipment of your choice browsing around at MOM Park's **Hervis** store.



A LITTLE PIECE OF FRANCE

MOM Park á table! is a place where you can feel as if you dropped into France for a few bites. Launched in September 2011, the enterprise has become an enormous success story, and now it is also open at MOM Park to the lovers of authentic French cuisine.

The largest boulangerie and patisserie chain in the country works, for the most part, with French ingredients, while paying close attention to guaranteeing the consistently high quality of their goods and to constantly renewing the selection available in the shop.

The French style breakfast place and coffee shop awaits its customers with fresh sandwiches, bakery products created with flour shipped from Normandy, traditionally kneaded and leavened bread (pain au levain), specialty pastries, freshly ground coffee and thirst-quenching drinks every day.

Stop by for breakfast, even every day, at the **á table!** boulangerie-patisserie coffee shop in MOM Park, and feel like you are in France.





ICE-COLD REFRESHMENT

With the return of summer there is nothing better than relaxing with a serving of cold sweetness and sunbathing in the sparkling sun. Although it's difficult to say no to the seduction of creamy ice cream, but if we are trying to live a healthier lifestyle, it doesn't hurt to research a few low-calorie alternatives.

A sorbet, for example, can be a good choice if we are looking to spoil ourselves with something sweet on a scorching summer day. This icy delight is originally made of fruit and crushed ice, and traditionally served between two courses or at the end of a meal, because it is believed to soothe your stomach and help your digestion.

However we may serve it, it is undeniable that this refreshing treat can hit the spot on a hot summer day. And to top it all it can now be enjoyed in Häagen-Dazs quality.

Refresh yourself with the tastes of summer, and try the Sorbet Refresher drink at the **Häagen-Dazs** ice cream parlour located in MOM Park.



Sushi sandwich with salmon paste – recommended by Wasabi

Although you wouldn't think so, but with the proper ingredients and equipment, making sushi is amazingly simple, especially if we are talking about a sushi sandwich which, as opposed to maki, does not even need to be rolled up. To prepare your sushi sandwich, first lay down a nori leaf, then spread cooked sushi rice on top of it. Spread a thin layer of salmon paste on top, then another layer of rice, and use a drop of wasabi to top it off. Continue to add layers as needed, and finish it up with a touch of avocado paste. The crown jewel of this masterpiece can be a colourful chili pepper used as decoration.



WASABI

Caesar salad – recommended by Fruccola

Caesar salad is one of the most popular choices of salads, because not only it is tasty, but also preparing it is child's play. Start the mix with the croutons. Cut the pieces of bread into smallish cubes and grill them golden brown on top of some garlic butter. Next is the chicken breast: season with salt and pepper, and fry it in a pan. Finally, take the Romaine apart, pour some Caesar's dressing on top of the leaves, add the pieces of chicken breast and the croutons, toss the salad and sprinkle some parmesan cheese on top. When it is done, put it in a practical container, and take it with you for lunch.



FRUCCOLA

Saddle of rabbit with baby vegetables – recommended by T. G. Piccolino

Rabbit meat is a real gourmet treat that is as healthy as it is tasty! Especially if you add fresh spring vegetables as a side dish, the outcome is a completely balanced lunch.

Put baby carrot sticks, corn, and zucchini in a cooking pot, and season the mix with thyme, rosemary and a sprinkle of oil. Take the salted and peppered saddle of rabbit and pan-fry it briefly. Place the pre-fried meat on the cooked vegetables, and finally spread some herb butter on top of it. Bake on low heat for 30–40 minutes, then decorate with some radish.



T.G. PICCOLINO

Fresh trout grilled with lemon – recommended by Leroy Bistro

A freshly grilled fish dish can be a perfect option for a lovely spring meal. To prepare the meal, clean the trout, season with salt, and place a few slices of lemon and thyme into its belly. Fry it for 8 minutes on both sides, and sprinkle some olive oil on top.

We recommend a quick spring salad to go with the fish. Wash some baby spinach leaves, sprinkle with light Modena balsamic vinegar, add some fresh basil, a touch of olive oil, and decorate with colourful cocktail tomatoes.



LEROY

**Kath Stathers: Bucket list –
1000 must see destinations
in the world.**

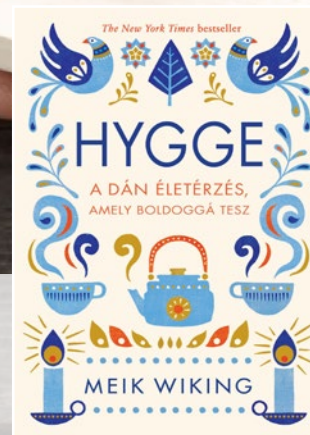
Anima Bookstore
496 pages, HUF 7,490



This unique collection of entertaining adventures offers tips to a broad range of audience: if you enjoy sports challenges, seek to broaden your view, love to learn about different cultures or enjoy one of a kind meals, this is a book for you. Bucket list is a perfect gift for someone who enjoys travelling: this book navigates you through numerous adventurous trips from Czech glass blowing through swimming with dolphins in New Zealand. What makes something important enough to be put on your bucket list? It is something that we have not done yet but we are expecting it to be the experience of a lifetime.

**Meik Wiking: Hygge –
The Danish lifestyle
that makes you happy**

Anima Bookstore
288 pages, HUF 4,500



We keep hearing that Denmark is the happiest country in the world. What is their secret, what makes them the happiest nation? Meik Wiking, the director of the Copenhagen Happiness Research Institute realised after years of research that the answer is hygge. Although this concept has been translated in many different ways – such as the art of creating intimacy, the cosy reassurance of your soul, enjoying the familiarity of your surroundings – to truly come to grips with this unique approach to life we need to understand far more than a handful of expressions. With the help of this book, we can learn step by step how to embrace hygge into our own life, and get an insight into the secret to happiness.

BOOK REVIEW

Carol Beckerman:
500 smoothies and milkshakes
Libri Bookstore
288 pages, HUF 2,990



In this book we find recipes for juicy, fruit-filled smoothies and milkshakes and a variety of other healthy drinks.

A ton of advice is given on how to season and sweeten your all time favourites and how to make them more nourishing. It shows you how to prepare a filling breakfast, or tasty and healthy treats for a summer-time gathering.

A book that takes us on a journey starting from the basics through the secrets of smoothie and milkshake preparation, and gives us an idea for every occasion, be it breakfast, children's party, or cookout.

Sarah Winman:
Tinman
Libri Bookstore
270 pages, HUF 3,490



The whole thing started with a painting won in a raffle: a painting of 15 sunflowers hung on the wall by a woman who believes that boys and men are capable of doing spectacular things.

There are two boys, Ellis and Michael, who are inseparable. The boys become men, and Anne walks into their lives, and with that everything but also nothing changes.

An inspiring, but soft spoken novel about human kindness, friendship, loss and survival.



LET'S PLAY!

At the beginning of April, the Childcare will reopen in a new venue: on the third floor of MOM Park, with a larger play area of 700 m². It welcomes children with an exciting Playhouse, new jungle theme with lots of animals, lots of greenery and of course, with a set of brand-new equipment. Two new birthday rooms are being built, which can be conjoined to suit even a large swarm of guests. And a totally new coffee shop is being opened, which offers lots of baked goods and healthy snacks.

The children will be engaged by a two-level labyrinth, bunches of small cars and motorcycles, creative games, toy houses, a fully stocked kitchen and a mini store. For the smallest children there's a fenced off, soft on all sides baby island available. The salt pit will be also bigger to accommodate kids with allergies or a predisposition for croup coughs; it truly does wonders for their health.

Naturally, the main focus of the remodelling was to preserve the **Playhouse's** family-friendly environment and to ensure the safety and transparency that parents are accustomed to.



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LIU•JO

MILANO

Opening this spring in MOM Park

Julia Restoin Roitfeld, Antonina Petkovic & Candela Pelizza

Brera, Milano | #ExpressYourStyle

