



## **Fivelements Hong Kong brings plant-based gastronomy to new heights with the launch of The Dinner Club**

*Famous for its award-winning plant-based cuisine and culinary retreats in Bali, Fivelements' Sakti Dining Room™ in Hong Kong now offers monthly culinary tasting events with an upcoming debut near Central.*

**Hong Kong (13 November 2017)** — Following the opening of the successful holistic sports wellness retreat at the Hong Kong Golf & Tennis Academy earlier this year, Fivelements Hong Kong launched their monthly Dinner Club at its award-winning restaurant Sakti Dining Room™ in Sai Kung. Every first Friday of the month, Fivelements Hong Kong invites epicureans to a specialty tasting created by Executive Chef, Arnaud Hauchon, and his talented team of devoted chefs.

On the 30<sup>th</sup> of November (this month), Fivelements' talented team of chefs will bring their highly acclaimed event, The Dinner Club, to Hong Kong island, nourishing body, mind and soul once again. COBO House in Sai Ying Pun will host this exclusive event.

The gastronomic five-course feast offers a celebration of artisanal and innovative plant-based cuisine by providing an eye-opening and unique culinary journey. With 90% of the ingredients sourced from local organic farms and 10% from the best sources from around the world, the monthly Dinner Club aims to bring about awareness, excitement and community through sharing new creations inspired by seasonal ingredients, prepared with a passion to surprise and delight even the most carnivorous.

"Our mission is to make healthy food taste great," says Lahra Tatriele, Vision Director and Co-founder of Fivelements. "We hope to inspire people that by incorporating a little bit more fresh plant-based foods into their daily meals, they can and will feel the benefits of eating for energy and greater vitality than ever before. The aim of our Sakti Dining Room™ is to bring plant-based gastronomy to new heights where people begin to recognise it as a standalone genre alongside any other cuisine – Italian, Chinese, French, etc."

Hailing from the Champagne region of northern France, Chef Hauchon brings more than 20 years of experience from French and Michelin starred restaurants around Europe. With the new Dinner Club, he unveils new seasonal three-, five- and seven-course tasting menus each month to celebrate healthy food prepared with love and a meticulous attention to refined flavours, textures and stunning presentations.

Fivelements, Hong Kong also launched the first three of its Cuisine for Life™ Wellness Talks this fall, which features holistic health experts and culinary demonstrations on how to integrate plant-powered nutrition and positive living into your daily life for greater health, beauty and longevity.



“Our goal is to bring invaluable holistic wellness services, awareness, education and holistic sports wellness support closer to home and to the urban dwellers who need it the most,” says Chicco Tatriele, President and Co-founder of Fivelements. “Whether it’s with athletes in training within the Hong Kong Golf & Tennis Academy, high-powered executives or families from our community, we are here in Hong Kong to bring about positive change for the wellness of humanity.”

### **About Fivelements**

Fivelements is an innovative wellness lifestyle company with two wellness retreats in Bali and Hong Kong. Founded by Lahra and Chicco Tatriele in 2007, Fivelements is deeply rooted in the ancient traditions of Bali, offering a holistic integrative approach where guests are encouraged to embark on a healing journey, unifying the physical, emotional and spiritual aspects. Fivelements is inspired by healthy cuisine, purification rituals, transformative sacred arts sessions, such as yoga and meditation and beautifying spa treatments. The retreats offer a range of personalised wellness programmes such as the Detox Retreat, Culinary Retreat and Rejuvenation Retreat. The resort destination in Bali is surrounded by lush greenery, situated along the Ayung River near Ubud. The Hong Kong destination is the company’s first urban wellness retreat located at the Hong Kong Golf & Tennis Academy.

[www.hk.fivelements.org](http://www.hk.fivelements.org)

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