

# StarSpecial

THE STAR, SUNDAY 25 SEPTEMBER 2022

HOME & LIVING

## The perfect massage chair for you

GINTELL has done it again – its new SuperChAiR Series is one of the best massage chair models out there with three different models to suit your needs and affordability – the S5, S7 and S9 SuperChAiR.

If you're experiencing back-aches, muscle tension or stiffness, mental stress or just overall fatigue, then the SuperChAiR Series is the right choice for you.

Each model is specifically designed and some programmes are endorsed by renowned tit-tar master Datuk Seri Master Chris Leong.

Some of the similarities across these massage chairs are that it is fully equipped with the latest AI technologies such as Voice Intelligence, Vi-Memory Programme, Vi-Tec Body Sensing and Heat/Spa Therapy.

Voice Intelligence eases use by enabling voice commands.

The Vi-Memory Programme allows you to store and save your favourite massage programmes for future use, while the Vi-Tec Body Sensing is known for its body scanning and auto adjustment of the footrest to match your height.

S5 SuperChAiR's speciality lies in its Ai-R 3D Massage Rollers with



Check out Gintell's newly launched SuperChAiR Series which is available in three different models to suit your needs and affordability.

12cm protrusion that allows the rollers to extend and massage wider areas as well as administer deep tissue massage, ensuring you maximum comfort and relaxation.

Two special programmes endorsed by Leong are Shiatsu Stretching and Thai Rolling.

These programmes enable a full-body stretch and help with body alignment, which promotes blood circulation.

Lastly, it also has 4D reflexology consisting of 4D roller foot guasa that massages 360° on the calves,

ankle and sole that targets acupressure points to release toxins and promote blood circulation.

The S7 SuperChAiR's speciality is its twin 4D Roller that uses double kneading and shiatsu technique with protrusion up to 12cm + shiatsu 3cm to target the sciatic nerve – the largest and longest nerve in the body.

Massages on this nerve can help prevent frozen shoulder or back-ache. This twin 4D roller can be combined into one big roller that massages from upper body to the

lower body and vice versa for overall relief of muscle tension and promoting relaxation.

It also has 4D reflexology that massages 360° on the calves, ankle and sole. The speciality of this reflexology is that it has ankle/knee traction to promote proper alignment.

The S9 SuperChAiR is the newly launched and latest model.

It is the first 6D Dual Hand massage chair as the massage track is segmented into two parts, with 15cm protrusion on the upper

body and 12cm protrusion on the lower body that helps with deep tissue massage.

The 6D Dual Hand massage is specially designed and incorporated with the massage programmes to help reduce mental stress, relieve muscle ache and overall body stiffness.

It also has two programmes created on consultation and endorsed by Leong, which are Master Stretch and Thai Rolling.

These provide full body stretching at 230° and also help ensure proper body alignment.

It also has the most airbags at a total of 72 Cocoons Airbags, which compression helps stimulate blood flow throughout the body and prevent blood clots.

Meanwhile, a 100% full coverage reflexology with its three spiky rollers and 18-piece airbag on the footrest combine heat therapy to help reduce body toxins, stimulate the nervous system, improve blood flow and reduce overall stress and anxiety.

■ For further product queries, visit your nearest Gintell showroom or browse [www.gintell.com](http://www.gintell.com) or contact customer service at 03-6277 9333.

Campaign Period: 1 June 2022 - 31 May 2023

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NS BlueScope Lysaght Sabah Sdn Bhd and partners completed the project in Sabah in April this year.



Colorbond Matt Steel by NS BlueScope Malaysia was used to fix the leaking and rusted roof at Rumah Orang Tua in Kluang.

# Reroofing homes for better comfort

FOR more than two decades, NS BlueScope Malaysia continues to build a stronger bond not only with its stakeholders but the community as well.

Through its "Roofing Our Communities" initiative, the company can reach out to help people with their homes or even community buildings that require a new roof and proper shelter as a basic need for the community.

NS BlueScope also saw a need to help communities, especially during the struggle of Covid-19 pandemic times.

"Strength is choosing to do what is right with what we do best. Having a proper shelter, especially during the rainy season, is a basic

and essential right but unfortunately, there are still those who are deprived of this need.

"With this initiative, we pledge to continuously contribute to the well-being of our communities," said NS BlueScope Malaysia country president Koh Boon Hong.

Therefore, the company has collaborated with its official roof manufacturer – NS BlueScope Lysaght Malaysia Sdn Bhd and NS BlueScope Lysaght Sabah Sdn Bhd, among others.

Through these collaborations, NS BlueScope is able to provide roof replacement for the Rumah Orang Tua, Jalan Haji Manan, Kluang, Johor and a single mum homeowner from Kg Sugud, Penampang, Sabah.

The Rumah Orang Tua; a home for senior citizens, had water leakage and a rusted roof. The project was completed in July 2022.

The official manufacturer (fasteners and accessories) was MKT Marketing Sdn Bhd, while the official installers were Wong Yuen Teck Construction Sdn Bhd and Nan Sun Timber & Hardware Sdn Bhd and the official product used was Colorbond Matt Steel by NS BlueScope Malaysia.

Meanwhile, for the underprivileged family and a mother with a newborn in Kg Sugud, Penampang, where the building collapsed after the flood, this project was completed in April this year.

The official manufacturer (fasteners and accessories) was

MKT Marketing Sdn Bhd, the official installer was Sedhar Kontraktor while the official product used was Colorbond Matt Steel by NS BlueScope Malaysia.

"We believe that having a proper shelter is more than just a roof over your head.

"The technology we have invested in our steel such as heat reduction allows for better comfort and long-lasting use. These are meant for everyone to enjoy," said NS BlueScope Malaysia marketing vice-president Ken Wong.

Through these initiatives, NS BlueScope hopes to bring improvements to the lives of the people in the communities and that they will be able to lead an improved lifestyle without

worrying about the roof over their heads.

NS BlueScope Lysaght Malaysia Sdn Bhd, NS BlueScope Lysaght Sabah Sdn Bhd and other partners have taken a crucial role in this reroofing project as it involves a long value chain, from steel to roof, starting from the material itself, to the roof forming and installation through the right accessories and installers.

From one process to another, its partners who share the same positive vision have agreed to absorb the costs and labour incurred, for the betterment of the community.

■ For more information, visit [www.nsbluescope.com/my](http://www.nsbluescope.com/my)

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## Making work from home more productive

FOR some people, working from home might mean their own office or it might mean the kitchen table. Regardless of where you work, it is important to consider several desk-top strategies to make your day more productive:

### The paperless desk

Remove all paperwork from your desk. Establish files for your projects; reference folders for information you need to access regularly and a daily file for miscellaneous and day-specific tasks. Keep these on shelves or in drawers.

### One thing at a time

The only thing on your desk at any point in time should be information relating to the task or project you are currently working on. Before you move on to the next task, file your paperwork and ensure you only have items relating to the new task on your desk.

### Out of sight, out of mind

Remove your in-tray from your desk or get rid of it altogether if you can. Keep it out of sight so the contents don't distract you and so that people at home don't drop new items into it without you noticing.

### Avoid distractions

Having an overflowing in-tray in front of you can make you feel guilty and tempt you to get distracted from the task at hand. Either take action or file the documents as they arrive, rather than having them get lost in your in-tray.

### A stationery drawer

Keep stationery in cupboards or drawers



Surround yourself with positive images that remind you of your goals and motivate you to continually strive for them.

rather than on your desk. Get rid of all the clutter and keep your desk clear.

### Set up a comfort zone

Take the time to set up your computer, phone, chair and other vital tools properly. Make sure they are within easy reach and positioned for comfortable use.

### Inspire yourself

Surround yourself with positive images that remind you of your goals and motivate you to continually strive for them. These could be pictures of a holiday destination you want to visit or a photo of your family.

### Shut down

Take 10 minutes to clear your desk at the end of every day – wash your coffee cup, file documents and lock away confidential information.

Leave your home office with a clear desk, so you will be ready to start each new day afresh. — The Straits Times/Asia News Network



# A screen for home security

WE often worry about unwanted “guests” such as intruders, stray animals and annoying insects that may affect our security and health.

Mesh-Secure premium security doors and windows are an effective way to maintain security while allowing clear vision and ventilation.

This aesthetic and functional product is of Australian ingenuity.

Mesh-Secure screens are meticulously woven from high-tensile wires into a stainless steel mesh of superior quality and strength, which is guaranteed against rust for 20 years

The screens allow a free flow of fresh air into your home, naturally cooling the living space.

At night, windows can be left open without worries.

The high-tensile mesh is resilient and almost impossible to cut or break. In an emergency, locks and handles can be easily opened



MESH-TEC security screens are custom-made and come in a variety of colours.

from the inside.

Mesh-Secure security screens are custom-made and come in a variety of colours. The frames are powder-coated to fulfil a product life-

time of over 10 years.

The frames are made from heavy-duty aluminium and Mesh-Secure’s product development team can custom design its prod-

ucts to meet architectural design and security requirements.

Mesh-Secure’s product range includes awning windows, casement windows, hinged doors, sliding doors and windows, stacker doors, fixed panels, pool fencing and balustrade.

The company has spent considerable resources on engineering its products to pass numerous tests.

Mesh-Secure comes in three different specifications depending on your budget and requirement.

To view Mesh-Secure’s products, visit the showroom at 7, Jalan Teknologi 3/3A, Surian Industrial Park, Kota Damansara (9am to 5pm, Monday to Saturday) by appointment only.

■ Call for appointments on public holidays. Dealer enquiries are welcome. Call 1300 88 MESH (6374) or 03-6156 1615 or log on to [www.meshsecure.com.my](http://www.meshsecure.com.my) for details.

## For a more comfortable bed

YOUR bed should be cosy and comfortable as you will be spending every night on it. Here are some tips to make your bed as comfortable as possible.

### Use a bolster

There’s a gap between the headboard and the mattress, so fill it with a bolster. This also makes reading in bed a more comfortable experience than piling pillows.

### Go for linen or cotton

At night your body heats so you sweat. Nylon and artificial fibres can make this an uncomfortable experience. Go for natural fibres.

### Ditch pretty discomforts

Ask yourself whether you want the dozen throw pillows on your bed, or the cover that has to come off before you can lie down. Focus on what is “you” and remove everything else that gets in the way of a good night’s sleep.

## Handy tips on painting walls

START with good tools: a strong ladder, the right tape and ergonomic brushes.

Popcorn ceilings? No problem. You don’t have to scrape and skim coat them if your time and budget won’t allow it.

A matte finish in a deep shade will minimise the textured effect. Don’t use gloss paints unless your ceiling is in excellent condition.

A lighter colour than the walls makes them look taller. Black and near-black also create a more expansive effect. Warm colours make the room come down, like a hug.

A trick for making a tall room feel cosier: Paint the ceiling a different colour from the walls, and bring that ceiling colour down 1m or so into the walls.

Use a colour that varies from the walls and trim.

Timid about a ceiling colour outside of white? Try a yellow-tinted white that can add warmth to the room, or a white with a touch of pink, which is flattering to all skin tones.

And, of course, sky blue is a classic. — The Kansas City Star/McClatchy-Tribune Information Services



Be honest with what you like to keep or throw and sort your clothes according to Keep, Mend and Donate labels. — Reuters

## Organise your wardrobe

DECLUTTERING your wardrobe may sound like a horrible chore.

However, with these few tips, it will be as easy as ABC. First and foremost, get everything out of that closet for sorting. Get yourself three boxes. Label them Keep, Mend and Give.

Be honest with what you like to keep or throw and sort your clothes according to the labels.

Put only garments that you have worn and liked within the past year into the Keep box and keepers that need mending into Mend.

Anything that you have put on and dislike, put them in the Give box.

Once everything is sorted, create more space in your wardrobe.

Multi-level rods provide twice as much space while closet door

hooks are great for accessories.

With the additional space, it’s time to organise your stuff. You can organise your clothes according to colour, formal or casual wear – anything that works best for you.

Stack clothes that do not belong on hangers, folded neatly in your drawers and organised by type and colour.

Shoes belong only in the shoe cabinet.

Walk through these simple steps, feel the mighty sense of accomplishment and say hello to your new closet.

Decluttered with plenty of space to welcome your new buys, you can now find your stuff without rummaging through everything like a needle in the haystack! — The Straits Times/Asia News Network

## SuperChAIR Series

GINTELL SuperChAIR Series - S5, S7 & S9 SuperChAIR are one of the best in the market. The design is sleek, shaped and build like a supercar. SuperChAIR Series are incorporated with the latest AI Senses Technologies & offers a wide range of programs and various massage techniques that will suit your needs either for a therapeutic session or just for pure relaxation.

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