

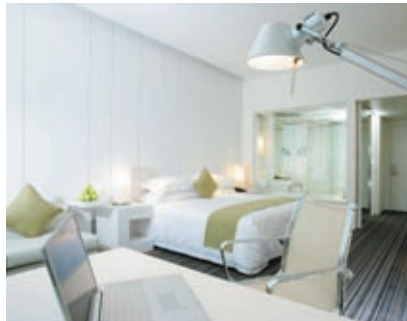
## Shanghai'd

Our Editor-in-Chief Peter Myers sizes up the bounty in **lifestyle + travel's** favourite new distribution outlet: Shanghai.

Launches are sentimental. Ours was no less: at the discerning expat and local hangout and eatery **Face Bar**, alongside Scott Wright's travelogue photo exhibition *Tibet Lives*, **lifestyle + travel** took to China, and she to it. But what was I to do with the rest of my weekend? After the send-off, I *ni hao'd* my way through the city's best dining, over-nighting and relaxation properties, determined not to get Shanghai'd.

### Slow: Businesspeople at Play

Business travellers on MICE missions based at Shanghai's New Int. Expo Centre need look no further than the just-opened **Radisson Hotel Pudong Century Park** (pictured right, [radisson.com/shanghaicn\\_pudong](http://radisson.com/shanghaicn_pudong)), a hip alternative to the signature mould in the endless corporate playground of Pudong. The installation-art-heavy Radisson lobby screams modern China; the core idea, apparently, is of an oversized lacquer box with the lobby as the centre, inviting guests to discover the treasures within. The Cantonese-leaning restaurant **Yar Chi Ting** is particularly theatrical, set upon a red-lit plinth; but the rest of the hotel is a study in bold colours: corridors are dark green, the 361 guestrooms are bright white, their floor-to-ceiling windows enhancing the feeling of space and lightness. You'll either love the aesthetic, or hate it. I was particularly impressed by the lobby-level business centre that includes a small deli.



### Merge to Partying Traffic

Dinnertime comes with a funky twist at **Mimosa Supperclub**, pictured below, at away-from-town-centre **Pier One** ([pierone.cn](http://pierone.cn)) run by ex-Q Bar Bangkok manager Richard Lofthouse (thinks of himself as the local Basil Fawlty) and Sean Dinsmore, Creative Director, who used to DJ at many of Bangkok's upmarket night spots. For those familiar with Bangkok's **Bed Supperclub**, expect a finer, more private, adult dining experience within an astonishingly clever beer factory conversion. On the ground floor is a jazz/funky lounge music-emanating bar area with requisite *feng shui* water fountain. Come dinner, pick a bed near a hops vat on one of the upper two levels of this three-level, derelict-finish-pillared, *Labyrinth*-esque eatery and select the three-, four-, or five-course tasting menu. The concept here is choice, the rationale being that a meal, even a great meal, loses its intrigue after the first couple of bites, so the greater number of dishes, the longer the fulfilment. Example: within the **Black Cod** option, one gets the fish pan-fried with creamy garlic-spinach and port-wine shallots, and then poached with clam-stock reduction and fennel, and finally marinated with spicy mango-papaya chutney. Elsewhere in the Pier One complex, find **Minx**, a dark, sultry nightclub with a seriously good speaker system for those who like it loud; and **Monsoon**, a lounge bar which guests of the just-opened adjacent boutique hotel **M Suites** can breakfast in. It boasts a rooftop atrium overlooking Suzhou Creek - popular for after-work cocktails or communal bathing (there's a 20-person Jacuzzi up here...).



### Yield to Oncoming Health Facilities

After a Shanghai night, you may need a detox, and **Four Seasons Hotel Shanghai** ([fourseasons.com](http://fourseasons.com)) offers one of the city's best. Their 24-hour gym is impressive: aerobics room, spinning bikes, free weights, Stairmasters, Lifecycles, elliptical cross-trainers and treadmills; all cardio machines have personal TVs. There's also a 20-metre indoor pool, poolside Jacuzzi, beauty salon and massage rooms (several treatments are available, including the signature **Oriental Blend Massage**). Of paramount ingenuity, though, are the highly-civilised relaxation areas. As the spa manager explained to me, most other hotels in Shanghai hold the defunct view that changing rooms are merely to shower-and-go. Not here: find sauna and steam rooms, hot and cold plunge pools, jugs of fruit juice, grooming supplies, a designated shaving area for men - guests or members would be hard-pressed to spend a mere two hours working out; the facility demands a half day.