

TURYAA'S NEWSLETTER

Every
DROP
in the ocean
counts!



"FAKE IT UNTIL YOU MAKE IT! ACT AS IF YOU HAD ALL THE
CONFIDENCE YOU REQUIRE UNTIL IT BECOMES YOUR REALITY."
--BRIAN TRACY

• I S S U E - 4 -
J U L Y 2 0 1 9 •

144/7, Rajiv Gandhi Salai (OMR), Chennai - 600 041

@+91 4466970000

www.turyaahotels.com/chennai

www.aitkenspencehotels.com

Dear Guest,

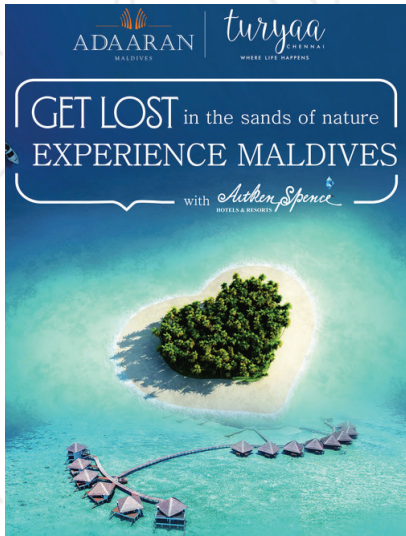
As the mystery of world cricket series hit the boundaries this month, we present to you our fourth issue of the newsletter! We are ecstatic by the tons of responses complimenting our victory as being awarded the 'Best City Hotel' for the year 2019.

Every month, our newsletter will present about a myriad of info on the happenings at Turyaa Chennai, our sister properties around the world (Sri Lanka, Maldives, Oman) and special deals and offers.

Like we always say, at the heart of this concept is our passion to bring something new to the table; just as we have, with our unique hospitality. While our aim is to keep in touch with you, our valued guests and enlighten you on unique monthly specials, we take it beyond being a promotional tool for the hotel and bring you interesting tidbits about happenings in and around Chennai.

I do hope you enjoy your read. Do let us know how we can improve or tell us what you look forward to reading about!

Yours truly,
Arun Raj D. (General Manager)



@ ADARAAN RESORTS, AITKEN SPENCE

Our bestselling packages are limited, starting from just USD 1,000 for two on half board basis for 3 nights/4 days with special value adds!

Choose your paradise getaway at Adaaran Prestige Vadoo, Adaaran Select Huduran Fushi, Adaaran Club Rannalhi or Adaaran Select Meedhupparu. Limited time offer! Contact +91 4466970000 or email on info.chennai@turyaahotels.com for more details.

@ SKY-HIGH DINING, Turyaa Chennai

We are thrilled to see the crowd that go crazy with every score of the game right here at our space. Unveil and celebrate many such offers this final World Cup season at Turyaa Chennai.

Contact: +91 9597086811 or +91 7358048883 email on info.chennai@turyaahotels.com for more details.



MUNCH YOUR BRUNCH

@ SVAR, Turyaa Chennai

Sundays are for brunching! Where best to spend your lazy Sunday with friends, who love their food than right here with us! Irresistible mouthwatering burgers, sandwiches, pastas, pizzas, pastries and so much more of your favorites are served for your pleasure.

Just for Rs 1,349 nett!!! To make your reservation call @ +91 7397768437 or +91 7358048883

FACT OF THE MONTH

Turyaa Chennai is the only five-star deluxe hotel across the OMR stretch that hold a beautiful Infinite Swimming Pool and Sky- High Dining experience



ANJEER MUZAFFUR

INGREDIENTS:

- Figs soaked and pureed 100 GMS
- Milk (reduced buffalo) 500 ML
- Sugar 100 GMS
- Pistachios chopped 30 GMS
- Almonds chopped 30 GMS

METHOD:

- Heat the reduced milk in a non-stick pan till further thickened.
- Stir continuously, scraping the sides of the pan.
- Add sugar, mix well and let it dissolve completely.
- Add fig puree, stir well to avoid lumps. Switch off the heat, add chopped pistachios and almonds and mix well.
- Transfer the rabdi in a glass bowl and cool to room temperature.
- Refrigerate to chill and serve with chopped nuts as garnish.

WORRY NOT IF YOU CAN'T FIND THE TIME TO MAKE ONE, WE SERVE HERE FOR YOU!!



Become a 'Seed Donor'

Creating Urban Forests @COMMUNITREE

Creating Urban Forests @COMMUNITREE

Why throw seeds when we can give LIFE to it?

Give Seeds. Get Trees.

Give Tea Dust. Get Manure. Give Egg Shells. Get Flowers.

Choose a green gift this time around from mango, jack-fruit, avocado, plums, orange, custard apple, cherry, dates, guava, lemon, tamarind.

Contact Mathan Kumar on 97500 55759 for details

#anySEED #littleSEEDS #seedDONOR #IchooseACTION



Mark the exclusive with the best.

@Titanium Motors

Titanium Motors brings you the best of Mercedes-Benz with two of its most gleaming showrooms. The city showroom located at Mount Road, Chennai's Landmark heritage building in 1916. The second showroom located at OMR, Thoraipakkam, the heart of Chennai's IT corridor. Our best in class service facility, with a capacity to service 6000 cars annually is equipped with state of the art body and paint technology will not only attend to every need of your star but redefine the concept of ownership experience.

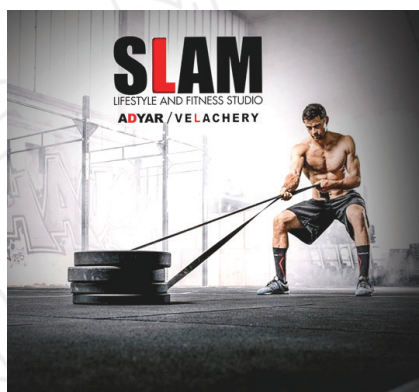
For more info contact @ +91 8190810000



Health Tips

Few tips to help your wellness journey

- Chia seeds is a pocket friendly nutritionist!
- Black coffee can be your best friend for longevity.
- Eat lots of green, they never disappoint.
- Copy your cat! Stretch after you wake up to boost your circulation, digestion and to ease back pain.
- Follow yoga if you aren't a fan of hardcore exercises.
- Sugar is not as sweet as it seems for your body. Glucose is the body's primary source of fuel.



Slam Lifestyle And Fitness Studio

@Adyar/ Velachery

SLAM - Sports Liberation Aesthetics Muscle; This is where your life changes! Our workout programs are more interesting than your average gym!- Slick 30 minute HIIT modules, hardcore power-lifting clinics, grueling body transformation boot camps, yoga, combat, bodybuilding - you name it and they'll game it.

Contact SLAM on 7550043555/7397406611

Movie Masala

Hollywood



Once Upon a Time In
Hollywood
Releasing on 26th July 2019

Bollywood



Super 30
Releasing on 12th July 2019

Kollywood



Aadai
Releasing on July 2019

Movie Of the June Month

Toy Story 4



CITY BUZZ

Find what's happening around the city...!!!



CHENNAI, LET'S SAVE WATER!

It's all of our duty to save water, and we need to start today!!! One way to do so is called 'Rainwater harvesting' (RWH) which is a simple method by which rainfall is collected for future usage.

Though the term seems to have picked up greater visibility in the last few years, it was, and is even today, a traditional practice followed in rural India. Some ancient rainwater harvesting methods followed in India include madakas, ahar pynes, surangas, taankas and many more.

Such water conservation method can be easily practiced in individual homes, apartments, parks, offices and temples across the world. RWH is an effective method during water scarcity, it is a doable practice that we should all look at.

JULY CYCLING CHALLENGE

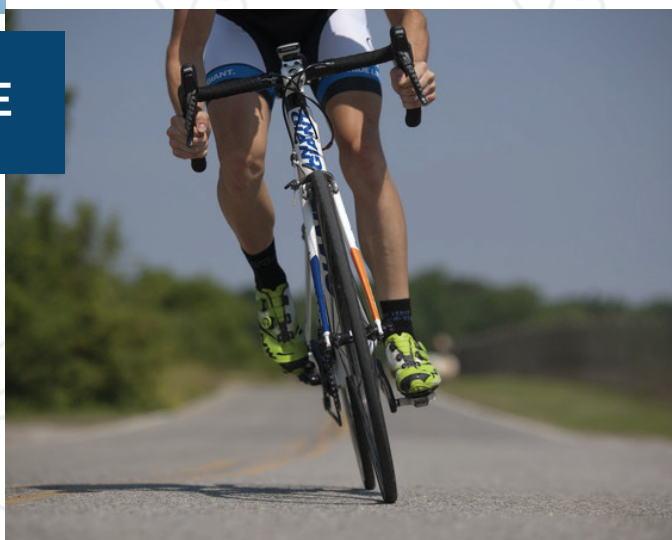
One Day Run Challenge 10K/21K/42K in a day.
Daily Run Challenge 2K/5K running for 15 days in a month.

HOW TO PARTICIPATE:

- Daily Run Challenge - Run daily a month (min. 15 days)
- One Day Challenge - Only one entry is allowed in a month.
- STRAVA users can connect their account for automatic data submission in leaderboard. No manual entry for the entire month. Continue for six months and get the Inspiration Challenger Trophy.

For More info and registration, log in @

<https://www.townscript.com/e/chennai-july-run-challenge-231011>



India's Largest
GASTROENTEROLOGY & LAPAROSCOPIC
Speciality Hospital @ **CHENNAI**



Institute of Gastroenterology, Laparoscopy & Robotic Surgery Centre
M.G.R. Road, Perungudi, Chennai - 600 096

Multi Organ Transplant Centre | Bariatric Surgery Centre
Medical & Surgical Gastroenterology | Urology | Gynaecology

Jay Ganesh - 94873 20000 | gmchennai@geminstitute.in

GEM HOSPITAL

With a new centre setup at Chennai, GEM Hospital has spread its wings to the capital of Tamil Nadu, bringing more than 25 years of experience in providing world-class Gastroenterology, advance Laparoscopic and robotic surgery services.

EVECARE

Take care of yourself, is part of taking care of your family.

- OPR- Rs 550/-
 - TSH- Rs 300/-
 - Vit D- Rs 1,300/-
 - Blood Group- Rs 100/-
 - USG- Rs 900/-
- Vaccine advice and Gynec consultation

TOTAL - ~~Rs 3,150/-~~
NOW @ Rs 1,999/-*

LIVERCARE

Get your LIVER checked in 100 minutes!!!
Hb, TLC, Platelets, FBS/RBS, Creatinine, Total Bilirubin, SGOT, SGPT, GGT, HbA1C, HBsAg, TGL, Total Cholesterol and Ultra sound Liver Screening.

TOTAL - ~~Rs 3,000/-~~
NOW @ Rs 1,499/-*

GASTROCARE

Pain is Inevitable but Suffering is Optional.

Endoscopy- Rs 1,500/-
Ultra Sound Scan- Rs 750/-
Lab Tests- Rs 550/-
Consultation- Rs 200/-

TOTAL - ~~Rs 3,000/-~~
NOW @ Rs 1,999/-*