

# Insight

WTC COMMUNITY WEEKLY



## LUNCH BREAK

During Ramadan month, Muslims around the world observe one very important tradition, *fasting*.

As one of the Five Pillars of Islam, fasting is a private act of worship bringing about nearness to God, as well as a form of spiritual discipline and a means to empathize with those less fortunate. Eating and drinking are not allowed during daylight hours for the next 29 or 30 days.

For observing workers, fasting can sometimes be tricky during lunch time. So here are a couple of things you can do during your break at WTC:

- Get a massage at Serene Reflexology  
Their 30-mins and 60-mins treatments allow you to take a power nap so you'll feel reenergized.
- Pamper your face at Skin+  
While fasting promotes autophagy (a process where cells naturally detoxify and repair themselves), your skin can also become dehydrated. Ask the experts here to keep your skin healthy, plumped and moisturized.

Yours truly,  
the community editor

## WHAT'S NEW?



Thank you to all participants and congratulations to the winners of WTC Coffee Cup Manual Brewing Competition:

1st Place : Nargis Zanira (AGPR)  
2nd Place: Zia Annisa Sasmí (Jakarta Land)  
3rd Place: Adhit Bimantoro (Gov. of Western Australia)

WTC Coffee Cup 2024 is presented by  
Jakarta Land and Anomali Coffee