

Let It GLOW



Meet Bangkok's best wellness restaurant.

BY CHIDSUPANG CHAIWIROJ



MIND AND BODY

For years, Glow at Metropolitan by Como, led by Chris Miller, has been known as the mecca for health-conscious people seeking delicious yet healthy fare.



of wellness delights tailor-made for specific groups of Bangkokians from sports to business people during Metropolitan by Como, Bangkok's Wellness Month campaign in May. "Some are designed to boost sport performance, while some

are made to help relieve stress in office workers," says Miller.

But whether it's a Wellness Month or not, Glow always has something for those looking to nourish their physical and mental health. "Basically, Glow is a wellness restaurant focusing on organic healthy cuisine. But that doesn't mean we count calories. We just want everybody to enjoy the food. So our food is made from locally sourced, seasonal materials and it tastes good. You don't need to deny anything since everything is available—vegetarian, raw food, meat and burgers—it has to be enjoyable," says the Australian-born chef.

"Personally, I think wellness is about moderation. You cannot eat strictly raw cuisine if it doesn't suit your body, and you can't be on diet for your whole life because you will be miserable. The key is to figure out the way to get what you want and being satisfied. That's what we're doing here at Glow." •

FOR MOST PEOPLE, THE IDEA of wellness food might conjure up images of chewing on bland, green dishes made up of all kinds of vegetables just to stay healthy.

But that is not the case for Chris Miller, the Executive Chef of Metropolitan by Como, Bangkok and Glow Restaurant, and who also works as the Executive Chef of Nahm, the hotel's other restaurant that took the top spot at the S. Pellegrino Asia's 50 Best Restaurants 2014 awards. While jetsetters queue up at Nahm to taste the award-winning Thai cuisine, Glow attracts those seeking all-day healthy comfort food.

After spending six years at Como Shambhala Estate in Bali, Miller definitely knows how to nail the art of creating exquisite wellness treats. Most recently, he also collaborated with Eve Persak, a renowned dietician who oversees the Cleanse & Rejuvenation programmes at Como Shambhala Estate, to craft a series

