

Press Release

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All's well and good

There's no better time than during the festive season to share gifts that enhance the well-being of loved ones. **By Cheah Ui-Hoon and Jaime Ee**

1. CHI, The Spa at Shangri-La Hotel
 FOR the spa junkie on your list, how about a visit to the newest source of rest and relaxation in Singapore? The newly opened CHI Spa in Shangri-La offers vouchers to your preferred destinations, easily exchangeable for anything from a single foot SPA massage to the ultimate CHI Enchanted Journey, a three hour 30-minute escape that includes a foot soak, 10 and back massage and a customized facial (S\$48). Or how about the spa's signature treatments Tropical Treat (S\$160) - a body exfoliation process using green coconut, chamomile and coconut oil - and the Singapore Wave (S\$180) - a combination of traditional Asian and therapeutic massage techniques. And unlike most hotel spas in Singapore, CHI has the advantage of being located within 15 acres of lush landscape gardens that make up the hotel's surroundings.
 @ 6213 681 for details.
 www.shangri-la.com



eye massage. Valid until Jun 1 or while stocks last at all OSM outlets

2. OSM wireless App massage chair
 Want a massage but can't get down your iPhone? Now you don't have to because you can be touch-picking away while working out the links on your back. OSM International, collaborated with Apple for a year to develop the wireless App massage chair, the first massage chair with an App and wireless connectivity to an Apple iPhone, iPad, track and iPod. With the app, it's like having a personal massage therapist at your fingertips, and you can also just select the relevant massage programme on your phone to activate the chair via Bluetooth. The chair uses OSM's patented Human 3D massage, designed for a multi-sensory full body massage experience. It features 13 professionally crafted massage programmes by Japanese chiropractic massage expert, Sato Toshiaki. The two new programmes are for a full body massage, and Lumbar Care, which targets lower back aches.
 Available for S\$1,800 (up S\$1,000) in Sand Ridge and Mocha Brown. Christmas special includes a free oSpa massage, eye-upper body massage or a wellness

3. CW-30 Conditioning Wheel RUNNING has become almost like rocket science here with science and technology woven into the gear. Promising runners extra mileage to their natural ability. The CW-30 Conditioning Wheel, by Wheelco, has patented support that makes kneeling, maintaining injury while optimising athletic performance. Its Human Science Research Center spent 40 years studying over 20,000 participants during warm up and cool down periods while training. This science of human movement is known as kinowheeling. The wheel comes in heavy tops with a velcro cover to allow smooth, unobstructed movement of the shoulder blades and upper back muscles. Performance rights maintain the techniques that sport trainers use when treating injured runners. Available at CW-30 Flagship counter, Takahomaga Departmental Store, Level 4, Sports section

4. Anti-oxidant tea
 WHO would turn down a gift of

antioxidant? For tea lovers, this has to be one of the easiest ways to boost immunity. Robert & Life Company, a wellness and health company in Singapore, collaborated with the Food Innovation Resources Centre Singapore, to manufacture the Super Oxide. Oxidative stress (OS) range of ions to promote healthy aging. The SOD enzyme was first discovered in 1968, as an antioxidant against against oxidative stress. Emerging research suggests that adults can now replenish their own SOD to help increase one's antioxidant status, reduce pain, stretch for muscle, quell inflammation, and promote longevity. SOD tea by Robert & Life Company is sold at selected hospitals and polytechnics, NTUC Supermarkets, Watsons, Unity Healthcare stores, Prime Supermarket and Giant Supermarkets nationwide, as well as through health care distributors across Asia.
 Available in S\$2 and S\$6 for a box

5. Persian pink salt from the Isfahan YERDES the traditional Persian salt for soaking, but one can further reap up the bath benefits with high-alkaline sea of the Andes. Persian pink salt is one of the four natural salts produced in the world. It's hand-harvested 4,000 metres above sea level. In Canada, Peru, Eritrea and

ancient trapped underground ocean and produced according to methods established over 2,000 years ago. The salt is crystallised in natural springs, where the water comes out in a warm stream into flat ponds located in the Sacred Valley of the Incas in the Andes. The many uses of this salt include eating it, using it to drink, and to add to your bath. The crystals have a high moisture content and a light pink colour, which gives the bath water a pink shimmer while maintaining the skin. The bath salts come in 100g packets of Persian Pink, Lavender, Orange mint and Sacha Inchi (an indigenous product of the Amazon). Retail price for S\$2 (200g pack), S\$6 (200g pack) (200g pack). Available from exclusive distributor contact@robertandlife.com

6. Tupperware Nano Nature Water Filtration System
 THIS portable water filter could be a thoughtful housewarming gift this season, especially as this increases the alkaline level of the water. Tap water tends to have two problems: the presence of sediments and rust, and chlorine which can irritate skin and cause cancer. Tupperware's Nano Nature Water Filtration System is portable and "green" as it doesn't run on electricity and is small enough to be portable.



THE BUSINESS TIMES WEEKEND SEPTEMBER/OCTOBER 2012



There's no periodic cleaning required and the LED lights will you when to change the cartridge. The high-density activated carbon block filter removes 99.99 per cent of bacteria and viruses and removes chlorine and organic chemicals, heavy metals and odour. It also contains 18 beneficial minerals and increases the alkaline level of the water, which is apparently needed to balance the body's acidity.
 Good Design award filter retails for \$1,200. @ 1-800-681-1345 or visit www.tupperwarebrands.com.sg to contact a consultant. @ Defu-Lens 10, 401-00 @ 6282 3988

7. Johnson & Johnson UV blocking beauty lenses
 SO you have freckles or teenage zits, whose eyes have been looking unusually bright and big these days? Here's a nudge to let them know that cosmetic

enhancement should not be at the cost of one's eye health. New research presented at the 2012 British Contact Lens Association Clinical Conference suggests that chronic UV light exposure may contribute to aging processes in the eye. Johnson & Johnson Vision Care's 1 Day Acuvue Define beauty enhancement contact lenses are the only beauty lenses available in the market that offer internationally recognized standards of UV protection of more than 99 percent UV-A and 99 per cent UV-B. An eye examination to determine the suitability of contact lenses is highly recommended. Daily disposable lenses retail for S\$1.10 (30 pieces) at all authorised dealers.

8. Multi-pack at Remonde Spa
 A MANICURE for Christmas would be a welcome gift for anyone with nails, but if you're concerned about the chemicals in nail polish and desire to improve methods of nail care, Remonde Spa, then spend a little more on a gift certificate for a Spa treatment and pedicure. Remonde Spa's Spa treatment developed a package requiring an amount of medical tools including surgical blades to swiftly remove dead skin and restore your newly moisturised feet to baby soft water. Spa manager Sene Dewdney is a trained pedicurist who does the pedicures herself, while her assistant, Remonde Spa's Spa Therapist, Sene Dewdney, will assist you with the treatment. A package is priced at S\$20 (60 minutes) and a manicure at S\$15 (60 minutes). Or you can receive the two treatments for S\$25. Visit Dewdney's spa treatment centre with a complimentary glass of champagne and you can also get 30 per cent off the spa's Christmas packages.
 @ 6216 6816
 www.dringingspa.com.sg
 johnson@jnj.com.sg
 jaime@jnj.com.sg



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HEART, STROKE & CANCER CENTER

100 Orchard Road #03-07, Singapore (at Orchard) | Singapore
 Tel: 6733 2811 | Fax: 6733 2816

Tupperware Nano Nature Water Filtration System