



A "sound" way to achieve a shapelier body with Newly Improved Body SLIMulator

Stubborn fats you can't get rid of? Worries aside now, the Body SLIMulator utilizes depth-specific sound waves to break up stubborn pockets of fat safely and painlessly, without harming surrounding tissues, vessels, nerves or skin. The emission of sound waves creates pressure changes to the fat tissues, causing them to implode and then burst. These previously stubborn fat cells which are impervious to dieting and exercise are naturally eliminated through the body's lymphatic system.

With the use of the radiofrequency "FIRMinator" to stimulate collagen growth and tighten loose overlying skin for better contouring effects, the radiofrequency waves also boost blood circulation, improves lymphatic and fat drainage which promotes the elimination of toxins from the body for a visible improvement in cellulite appearance and skin texture whilst improving skin tone and elasticity.

Visit sloaneclinic.com for more information.



around town

Making the news
Happenings across the island



Functional Fitness Hits The Spot At St. Gregory

St. Gregory is launching an all-new specially designed Functional Fitness Programme to help adults improve more than the strength and tone of a muscle or a group of muscles. It helps adults improve the ease of everyday movements including squatting, bending, lifting, pushing, pulling, standing, walking, turning, reaching and more.

At St. Gregory, you get to enjoy your workout in an exclusive and premium environment set against an idyllic Balinese backdrop. The gym is equipped with the finest and latest fitness machines, and a half Olympic-size swimming pool is available for a post-workout dip. There is no jostling and queuing for the next treadmill, or to use the bathtubs. Finally, a sports massage or foot rub for a total well-being retreat? St. Gregory's award-winning spa establishment is adjacent to the gym, and boasts the finest treatments and therapists sourced from all around the region.

Visit stgregoryspa.com or call 6505 3755 for more information.



Alli Olé Spanish Deli Launches Expanded Tapas Menu

Alli Olé Spanish Deli at Marina Bay Link Mall launches an expanded Tapas menu from 1st April onwards. Apart from the usual favourites like the Spanish Omelette, Ham Crepes, Potatoes with Alli Olé sauce, diners may now try the newly launched fresh foie gras with caramelized pears, Mussels in vinaigrette, Spanish Octopus and other tapas dishes whipped up by Chef Ignacio from Barcelona.

Call 6634 4619 for more information.



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