



Before

After

Remember the Titan®

Titan®, the latest skin-firming treatment at IYAC, uses infrared light to warm the deeper layers of the skin, resulting in instant tightening and collagen production. Effective on areas such as the neck, jaw-line, and décolletage, Titan can also be used to lift and tone loose skin on the upper arms, abdomen and thighs.

Call 6738 9989 or visit www.iyac.com.sg.

Personal Pilates

Why not kickstart the New Year with private Pilates sessions tailored to your individual needs? Whether you want to get back into shape after pregnancy, improve your golf swing, or simply build core strength, UPLIFT has a Pilates workout for every body.

Call 9022 5520 or visit www.upliftpilates.com.



Happy Feet

Do you suffer from corns, ingrown toenails, flat feet, or knee pain? If untreated, these pathologies can make every step a painful journey. Justine Pringalle at the Osteopathy Health Partnership will gently heal your feet. Call 6836 1754.

New GP in Rochester

Complete Healthcare International (CHI), opening in mid-January, is a modern general practice clinic with traditional values and a holistic approach to healthcare. Set in the tropical gardens of Rochester Park, CHI brings together an international team of experienced doctors, nurses and receptionists led by Australian GP Kim Hayes.



Rub-a-dub-dub

Besides having numerous benefits for babies, infant massage helps mothers to understand their baby's world better without words. The Infant Massage course consists of five sessions, where participants learn a combination of Swedish and Indian strokes along with reflexology and yoga. Group or individual sessions are offered. Call 8157 8399. ▲