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Bliss By Prescription



The new medical spa brings more industry firsts to our city

WHILE THE REST OF SINGAPORE WRESTLES with the latest spa developments — a spot of acupuncture with the Vichy shower and collagen body polish — one boutique is positively striding to set itself apart, way apart from what everyone else is doing in the industry. Welcome to The DRx Medispa. In the brand's hallmark sleek, all-white outfit, the new medical spa brings more industry firsts to our city.

Combining scientific savvy with the softer side of spa indulgences, The DRx Medispa, as Frank Thong, their marketing director puts it, strives to “quantify the

results and level of relief one gets from visiting a spa”. While a traditional spa relies mostly on the human touch that can, at times, be unreliable if the therapist was simply having a bad day, the DRx Medispa integrates the certifiable results of “clinical” standard equipment with the indispensable human touch.

Here's how it's done. Their signature Mind & Body Rejuvenation package is a 2-hour therapeutic journey that begins with a dose of life. Unlike what you get at a typical oxygen bar, this treat is done with a clever little gadget called Airnergy, exclusive only to DRx in Singapore.



The focus here is on our utilization of oxygen rather than the purity of it. Studies have shown that we exhale about 75% of the oxygen we breathe in so technically, breathing in pure oxygen makes little difference in how our body assimilates it. This machine, however, energizes the oxygen so that it optimizes our body's intake of the air. A 20-min fix at the Airnergy lounge, additionally, helps you wind down and primes you for some major R&R.

Next, you're ushered into a chamber for Flotation REST (Restricted Environmental Stimulation Technique). The only float tank in a Singapore spa, this machine will transport you into a realm of true bliss. In an isolated tank with a pool of saturated Epsom salt, you float in zero gravity while all muscle tension slowly drains out. You're lulled into a pure state of relaxation that enhances your body's regeneration. While this technique has been popular in European medical spas, it has yet to be popularized in Asia. True subscribers have little to doubt the scientific researches done to substantiate the therapeutic effects it has on the mind, body and soul.

After 45 minutes of being blissfully adrift, you're off to a sumptuous, therapeutic massage. By now, your body is fully primed (your lungs expanded and relaxed, your mind and muscles in the “zone”) to receive all the TLC from the kneading. You emerge from this treatment fully restored.



For those of us spa junkies, we understand that “fore-play” is just as important as the actual therapy. Setting the right mood, feeling open to receiving all the benefits of the treatments is the way to get the most out of it. At The DRx Medispa, it's not just the lush tones and aromatherapy that prep you. You're assured by the reliable efficacy of the technology they use, that your entire being is set and readied to receive the pampering goodness of the treatments. Now, *that's* empirical. ✦

www.drxmedispa.com



BEAUTY Saviours

Looking for more than just a pretty face? Make simple adjustments in your beauty care routine to get the most out of your skin. Here are what we have for you...

Protect Your Skin

Don't kid yourself — no matter how much you love it, the sun does not love you back. But with the latest **Shiseido's Anessa EX SPF 50 PA+++**, it allows you to have fun under the sun all day long. This waterproof sunscreen with maximum protection does not only last longer than average sunscreen, it also prevents oxidation of sebum — on the surface of the skin. It is transparent, light and easy to apply — doubles up as a pre-makeup base. Highly moisturizing and is safe to use on face and body.



Face Values

If you're worried about wrinkles and dry lips or concerned that your complexion is looking a little dull, then make sure you have successful skincare's most important secret weapon in your bathroom cabinet: a beauty boosting face mask...

This newly improved mask sheet made with rayon and pulp helps the face to enhance penetration of the impregnated essence for sensuous "therapy-like" experience. While the **Depsea Moisture Lip Serum** is specially formulated to moisturize and soften dry lips. It contains phyto design to nurture the lips to provide long lasting moisture. If applied before lipstick or gloss, colour fidelity is clear and achieves long — lasting colour and moisture for 8 hours!

Shu Uemura Depsea Moisture Replenishing Mask - \$82 for 6 pieces,
Shu Uemura Depsea Moisture Lip Serum - \$41

Rejuvenate Your Skin...

Often worries about having fine lines? Try this... **Derma-Rx Rejuvenator**, a non-oily combination of GAG/SCS Complex, protein extracts, and a blend of vitamins and minerals that moisturizes, protects and stimulates cell renewal and turnover, resulting in a firmer skin and reduction in the appearance of fine lines.

Suitable for all skin types.

Derma-Rx Rejuvenator -
\$135 (exclusive of GST)



LISSE EXPERT ESTHETIC

We all wish to have a smooth, radiant complexion, a new skin texture, and above all, a rejuvenated face with clearly defined features. **Yves Saint Laurent** makes their dream come true with the very first "cosmetic treatment" program that acts non-stop on stubborn wrinkles — **LISSE EXPERT esthetic**. Available at all YSL authorised counters.



LISSE EXPERT ESTHETIC Line
Eraser Kit - \$250
LISSE EXPERT ESTHETIC Targeted
Anti-Wrinkle Night Treatment - \$105

a life more beautiful

DISCOVER

A DIFFERENT KIND OF SPA

Beyond scrubs and massages that merely pamper the senses or ordinary facials that promise more than they deliver.

EXPERIENCE

A SPA STEEPED IN MEDICAL TRADITIONS

Where each rejuvenescent and aesthetic treatment is engineered for efficacy, every distinct therapy for the face, body and mind conveys a good measure of remedial effect.

WELCOME TO THE DR_x MEDISPA

Expect unique therapies, founded on proven medical science and advanced spa technology, not ordinarily found in a spa. Indulge in rejuvenative programs based on traditional spa elements with a difference — Air (Airmergy); Water (Flotation REST); Fire (Tapas Moxibustion); Metal-Earth (Ondamed). Rely on aesthetic procedures for the face and body developed by medical professionals to deliver maximum efficacy and minimum discomfort.



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Operating hours: 10am to 9pm (Mon to Sun)