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WEDNESDAY JULY 22 2009 MICA(P) 169/01/2009 mypaper.sg sph A SINGAPORE PRESS HOLDINGS PUBLICATION

# my paper 我报

my life  
my thoughts  
my say



## Why women-only gyms are becoming more popular



PHOTO: ISTOCKPHOTO

**DEWI SRIWAHYUTO**

**M**OVE over, guys, women-only gyms are getting bigger and better.

Amore Fitness, which has 16 outlets islandwide, is planning to open a new 1,393 sq m fitness centre at City Square Mall at the end of the year.

Amore's founder and chief executive, Ms Jasmine Teo, says its gyms have 50,000 active members to date, with numbers "constantly growing".

Gyms like Amore not only have fitness regimes and classes tailored for a woman's physique, but also have less bulky fitness equipment and luxurious vanity areas where members can primp and preen after their workouts.

Independent 5½-year-old outlet Body Temple has also opened a second 1,114 sq m outlet in Lowen Gardens in May.

Director Karine Gauthier, 34, said the rise of women-only gyms stems from the fact that women "appreciate privacy and want to feel less intimidated when they work out".

Body Temple is perhaps the most exclusive gym here - only five people are allowed into its studios at any one time. Its new outlet has recruited 75 members, with packages costing between \$25 and \$95 per month.

Dr Ng Koon Hock, 48, a psychiatrist at Thomson Medical Centre, said: "Most women don't like the staring eyes of men so, in these women-only gyms, they can exercise in comfort and accomplish their goals faster."

Ms Cordelia Fernandez, a junior-college teacher in her

30s, dropped 9kg in eight months after she joined women-only gym Slender Shapes in 2002.

"The main advantage of women-only gyms is that there are no distractions," she said. "You can concentrate on working out without worrying about how your hair looks or if you have a visible panty line."

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**FOR MORE STORIES ON WOMEN-ONLY OUTLETS, READ HOME A2**

### NAVIGATOR

**Changi rated best airport to sleep in**  
**A3**

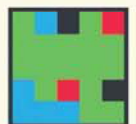
**Wonder Girls lead Asian charge in US**  
**A12-A13**

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### IN THE CHINESE SECTION

**Celebrities and sport stars among victims of UK's largest Ponzi scheme**  
**B5**

**WIN A SONY PSP**  
**ZAP THIS!**



**TURN TO PAGE 3 FOR DETAILS NOW!**

## The Dental Studio

aesthetic and implant dentistry



### The Braces Forum

**Date** : 25 July 2009 (Sat)

**Time** : 12:30pm

**Venue** : The Dental Studio  
Paragon Medical #13-01/06  
Refreshments will be served

**Speaker** : Dr Woo Mei Yee - Orthodontist (Specialist)  
BDS (S'pore) MDS (Orthodontics) (S'pore)  
MORTH RCS (Edinburgh) FAMS (Orthodontics)

- Agenda** :
1. Who needs braces?
  2. When can my child start braces?
  3. Am I too old for braces?
  4. What are my treatment options?
  5. Invisible braces (Invisalign)



### Aesthetic & Implant Dentistry Forum

**Date** : 25 July 2009 (Sat)

**Time** : 2pm

**Venue** : The Dental Studio  
Paragon Medical #13-01/06  
Refreshments will be served

**Speaker** : Dr Lynette Ng - Prosthodontist (Specialist)  
BDS (S'pore) MDS (Prosthodontics) (S'pore)  
MRD RCS (Edinburgh) FAMS (Prosthodontics)

- Agenda** :
1. Common dental diseases - How should I prevent them?
  2. Restorative dentistry - What are crowns, bridges and dentures?
  3. Implant dentistry - Important questions I should be asking
  4. Smile makeover - What are my options?
  5. Painless dentistry

**Kindly RSVP 6836 0050**

#### Operating Hours

Monday - Saturday: 9am - 6pm

Every last Sunday of the month: 9am - 1pm

Web: [www.dentalstudio.sg](http://www.dentalstudio.sg) [www.smg.sg](http://www.smg.sg) Email: [enquiry@dentalstudio.sg](mailto:enquiry@dentalstudio.sg)

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# SINGAPORE



**AT EASE:** Women can focus on working out without distractions or worrying about their appearance at gyms where men are not allowed. (PHOTO: AMORE FITNESS)

## Just for Ladies

Women want exclusive treatment and they are getting it at spas, gyms and even a hotel

DEWI SRIWAHYUTO

**T**HE women-only market is a smart one to cash in on as more women seek out places to exercise or relax in. But names like Contours Express, Slender Shapes and Phillip Wain are not the only places women can turn to here. *my paper* lists a few places you may consider visiting - if you are a woman, that is.

### SPAS

#### ESTHEVA SPA

**What you can find:** Body treatments such as massages, scrubs and body wraps. Also expect facials such as the two-hour C-Matrix Treatment (which claims to hydrate and firm skin with 100 per cent bio-collagen). Manicures and pedicures, as well as waxing services - for chins to bikini lines - can be found here.

**Price:** Body treatments range from \$110 to \$185. Facials range from \$110 to \$600. Waxes range from \$20 to \$92. Manicures and pedicures range from \$45 to \$130.

**Where:** Estheva, located at Palais Renaissance, is moving to ION Orchard and will resume operations next month.

#### AMORE BOUTIQUE SPA

**What you can find:** Amore is not just a fitness centre. Its spas offer massages, facials, and hair-removal services.

**Price:** Massages range from \$88 to \$148 and facials range from \$85 to \$380. One session of permanent hair removal for the upper lip or chin is \$120, and \$180 for the underarms.

**Location:** Amore Boutique Spa has seven outlets islandwide. Visit [www.amorefitness.com](http://www.amorefitness.com) for a full listing.

**What you can find:** Personal training, pre or postnatal exercise care and nutrition guidance such as dietary plans. Only five people are allowed into its studios at any time.

**Price:** Personal training is \$95 per session. Group training for five is \$35 per session. Food-and-nutrition shopping trips to supermarkets are \$35 per trip, with a minimum of six people.

**Location:** Carpenter Street and Lowen Gardens. By appointment only; call 9100-8714 for full addresses.



### HOTEL

#### NAUMI HOTEL (above)

**What you can find:** The sixth floor is reserved for women. All five rooms have plush furniture and pastel wallpaper. Expect satin bedding and a full range of Kiehl's skincare products for the shower.

**Price:** \$260 onwards per night.

**Location:** 41, Seah Street. For rates and reservations, call 6403-6000 or e-mail [naumiaide@naumihotel.com](mailto:naumiaide@naumihotel.com)

[dewisri@sph.com.sg](mailto:dewisri@sph.com.sg)

### HELPDESK 我的字典

**Scrubs:** 擦洗 cǎ xǐ

**Manicures:** 修指甲 xiū zhǐ jiǎ

**Dietary:** 饮食的 yǐng shí de

**Plush:** 豪华的 háo huá de

### GYM

BODY TEMPLE