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FREE ISSUE

055

July 2014

pluguide.com



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Eileen TAN

Skin, Laser & Hair Transplant Clinic

Dr Eileen Tan
Consultant Dermatologist
MBBS (Singapore), MRCP (UK)
MMED (Int Med), FAMS (Dermatologist)
Board Certified Acupuncturist



Bald is
Beauty?

no more

E LASER & LIGHT TREATMENT

- Acne Scar
- Birthmarks Removal
- Laser Hair Removal
- Keloid/Hypertrophic Scars
- Microlaser Peels
- Mole Removal
- Photo Rejuvenation
- Pigment Management
- Skin Tightening & Contouring with Surgery
- Tattoo Removal
- Veins Removal
- Wrinkles Reduction

HAIR & SCALP TREATMENT

- Itchy and Flaking Scalp
- Hair Loss
- Hair Transplant
- Hair Laser

COSMETIC DERMATOLOGY

- Filler Injection
- Stretch Marks Reduction
- Varicose Veins
- Wrinkles/Line Reduction
- Botox
- Thermage
- Liposonix body contouring

MEDICAL DERMATOLOGY

- Acne
- Eczema/Psoriasis
- Fungal Infection
- Nail Problems
- Skin Problems
- Birthmarks
- Urticaria(Hives)
- Rosacea
- Skin Cancer Screening
- Sweaty Palms and Soles
- Sexually Transmitted Disease

www.eileentanskin.com

Tel: +65 6733 8898

38 Irrawaddy Road #05-38
Mount Elizabeth Novena Hospital
Tel: +65 62238898

3 Mount Elizabeth #12-01
Mount Elizabeth Medical Centre
Tel: +65 67338898



Medical Hair Restoration

When you consult family, friends, library and the Web about hair loss treatments, you will find a host of "do-it-yourself" hair loss products such as creams, ointments, lotions, nutrition supplements, scalp stimulants and other "miracle cures", all promising to stop hair loss and regrow hair.

Among all the options for nonsurgical treatment of androgenetic alopecia (pattern baldness), there are 3 treatment options.

Minoxidil (Rogaine®)

Minoxidil is applied topically to the scalp in 2% or 5% solution. Minoxidil is available over-the-counter in 2% solution, but is best and most effectively used in a treatment program planned and supervised by a physician hair restoration specialist. Rogaine tends to be more effective in women than in men.

Finasteride (Propecia®)

Finasteride is an orally-administered medication that influences the

6 Hair DOS

- Wash hair regularly
- Eat a regular, well-balanced diet
- Quit smoking
- Maintain regular sleep patterns
- Practice stress-relaxation techniques
- Wear a hat to protect the scalp from the sun

response of scalp hair follicles to androgenic hormones. Finasteride is available only by prescription to men.

Low level hair Laser therapy

The treatment uses a non-invasive low level laser light therapy utilising a 670nm wavelength to stimulate photobiogenesis in hair follicles.

6 Hair DON'TS

- Crash diets
- Tight hairstyles such as braids or hair weaves. Worn constantly, these styles exert pressure on the hairline and can lead to a type of hair loss known as traction alopecia.

Photobiotherapy takes place when cells absorb laser light, stimulating cell metabolism and blood flow. This leads to a stimulation of hair growth and induces dormant hair follicles into a growth (anagen) phase.

Written by Dr Eileen Tan

For more information, please visit www.eileentanskin.com

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天門

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熊夜

TUESDAY THEME : CHUBS & CHASERS

Operation Hours

Sun - Thu : 12pm - 11pm

Fri, Sat & PH Eve : 12pm - 2am

營業時間

星期日至四：中午12點到晚上11點

星期五、六和公共假期前夕：

中午12點到凌晨2點

Steam room

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裸

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info@tenmensclub.com

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IN BED! 11222 BelAmi



CITY HALL / CLARKE QUAY 政府大厦/克拉码头

MASSAGE & SPA
按摩 & 水疗

Salon Pour Le Homme
5 Coleman St, #03-26
Excelsior Hotel &
Shopping Centre
(+65) 6337-7008

Map Location **B1**

BEAUTY & HEALTH
美容 & 养生

Thomas D' Esthetique
5 Coleman St, #03-01
Excelsior Hotel &
Shopping Centre
(+65) 6337-6858

Map Location **C1**

SAUNA & GYM
桑拿 & 健身

One Seven
17 Upper Circular Rd
(+65) 6223-0017

Map Location **D1**

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\$168
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12 Noon to 9 pm

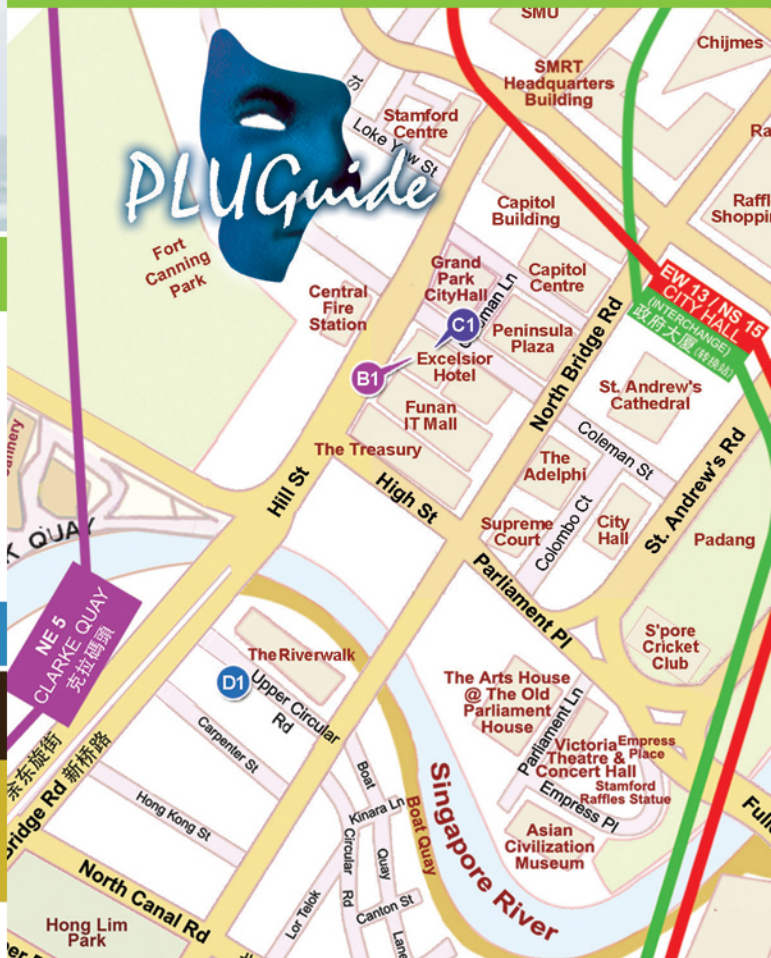
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keybox

亲爱的会员们，

这些年来感谢你们的支持与爱护。在某种情况之下，我们不能继续为你们服务，对此深表抱歉与失望。

往后日子若有机会，愿再次为你们服务。

祝福大家！

Keybox

Dear Members,

Thank you for your support over all these years. Under certain circumstances, we are deeply sorry and disappointed that we are no longer able to serve you.

In the future, we hope to serve you again if we have the opportunity.

Bless you
Keybox

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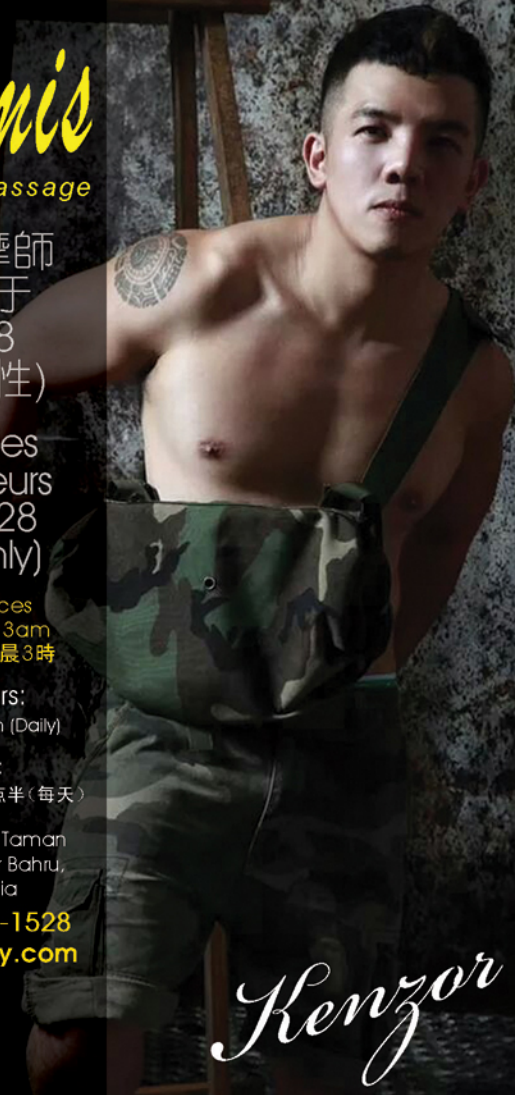
營業時間：
中午十二点半到凌晨一点半（每天）

38 A, Jalan Abiad, Taman
Terbau Jaya, Johor Bahru,
Johor, Malaysia

(+60) 013 728-1528
www.artemismy.com



Kenzor





WHEN
WHAT
WHERE
WHY
WHO

38A, Jalan Abiad, Taman Terbau Jaya, Johor Bahru, Johor, Malaysia
(+60) 010 760-1528

Answer: DHONVELI

BAR & CLUB
酒吧 & 夜店

Backstage Bar
13A Trengganu St
(+65) 6227-1712
Map Location **A1**

Check in
235 South Bridge Rd
(+65) 6224-4281
Map Location **A2**

DYMK
41 Neil Rd
(+65) 6224-3965
Map Location **A3**

Lluvia
145 Telok Ayer St
(+65) 6323-4642
Map Location **A4**

May Wong's Cafe
78A Neil Rd
(+65) 6423-9232
Map Location **A5**

Out Bar
43 Neil Rd
(+65) 6224-2865
Map Location **A6**

Taboo
65/67 Neil Rd
(+65) 6225-6256
Map Location **A7**

Tantric
78 Neil Rd
(+65) 6423-9232
Map Location **A8**

MASSAGE & SPA
按摩 & 水疗



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3 mins walk from
Chinatown MRT exit A.
Map Location **B1**

His Cherie
14 Jiak Chuan Rd
(+65) 6225-0050
Map Location **B2**

Luap-Luap Health Centre
49 Temple St
(+65) 6372-0012
Map Location **B3**

Nature Forest Spa
62B Pagoda St
(+65) 6225-4546
Map Location **B4**

Shuang Spa
11 Bukit Pasoh Rd
(+65) 6221-5211
Map Location **B5**

Waterspa
43 Craig Rd (Level 2)
(+65) 6221-0956
Map Location **B6**

BEAUTY & HEALTH
美容 & 养生

Bronz Tanning Salon
18 Cross St, #02-18
China Square Central
(+65) 6327-3777
Map Location **C1**



JL Men
Facial House
ONE DAY SPA
Package (\$168)
3.5 hours
100 Eu Tong Sen St
#03-24 Pearl Centre
(+65) 9782-2228
(+65) 9383-4881
(12 noon to 9 pm)
Map Location **C2**

Skin Expert
100 Eu Tong Sen St
#02-15 Pearl Centre
(+65) 8195-4898
Map Location **C3**

SAUNA & GYM
桑拿 & 健身


Cruise Club
285 New Bridge Rd
(+65) 6224-6334
Map Location **D1**

Shogun
51A Pagoda St
(+65) 6221-0367
Map Location **D2**



Ten Mens Club
205/207
New Bridge Rd,
2nd Level
(+65) 6327-8870
tenmensclub.com
MRT Station:
Chinatown (NE4) Exit A
Map Location **D3**

HOTEL & HOSTEL
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Orchid Hotel
1 Tras Link
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orchidhotel.com.sg
resv@orchidhotel.com.sg
Orchid Hotel is located
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vicinity of historic
Tanjong Pagar.
Map Location **E1**

Santa Grand Hotel
Lai Chun Yuen
25 Trengganu St
(+65) 6238-5455
Map Location **E2**

The Scarlet
Singapore Hotel
33 Erskine Rd
(+65) 6511-3333
Map Location **E3**

OTHERS 其它

Oogachaga
57B Pagoda St
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Map Location **F1**

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FDP Group
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(+65) 6841-0511
Map Location **C1**

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(+65) 9380-9916
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Map Location **C2**

SAUNA & GYM
桑拿 & 健身

Hercules
4 Jalan Klapa
(+65) 6296-1018
Map Location **D1**

OTHERS 其它

Action For AIDS (AFA)
9 Kelantan Lane #03-01
(+65) 6254-0212
Map Location **F1**



BAR & CLUB
酒吧 & 夜店

AJ Pub & Café
77, Jalan Perisai,
Taman Seri Tebrau Jaya

Map Location **A1**

PLUme Pub
G-06, Plaza Mentari
(Sun City), Jalan Kuning,
Taman Pelangi

Map Location **A2**

MASSAGE & SPA
按摩 & 水疗

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Map Location **B1**

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Taman Pelangi
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healingtouchspa.info

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Sat & Sun :12.00pm-1.00am

Map Location **B2**

Just Relax
76A, Jalan Kuning,
Taman Pelangi
(+60) 017-8725310

Map Location **B3**

BEAUTY & HEALTH
美容 & 养生

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Dhonveli
38A, Jalan Abiad,
Taman Tebrau Jaya
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HAPPINESS, INSPIRING,
NATURAL, AMAZING

When, What,
Where, Why, Who

Map Location **C1**

SAUNA & GYM
桑拿 & 健身

The Maze
77 & 79A, Jalan Perisai,
Taman Sri Tebrau
(+60) 07 3355680

Map Location **D1**

V Gym
8-2, Jalan Permas 10/5
Bandar Baru Permas Jaya
(+60) 07 3873733

Map Location **D2**

FITNESS & WELLNESS
保健 & 养生

Johan Avenue
7 Jalan Tun Abdul Razak
Susur 1/1
(+60) 07 2221069

Map Location **E1**

PLUGuide

What People Like Us Need



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Ah Jie

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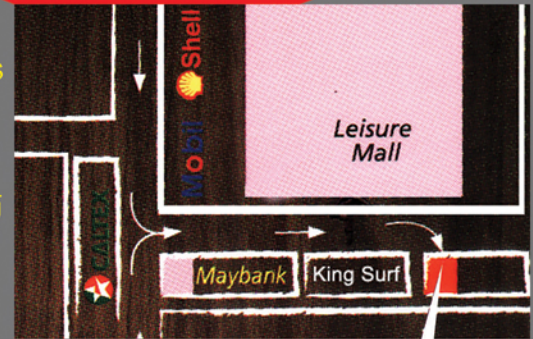
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12.30pm
- 12.30am

Sat & Sun :
12.00pm
- 1.00am

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星期一至六: 上午10時至下午6時
 2014年8月刊期限:
 2014年7月25日



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