

Relax & Renew

At 32, Ben Wong looked like someone in his forties. The sins of youth which included the pursuit of financial stability had also seen 'prosperity' manifesting itself in his expanding girth. At a time when a man should be in his prime, Ben felt world-weary. His superior had commented about his haggard demeanour, and that sent alarm bells ringing especially so in the face of recruitment of younger and savvier colleagues. In banking sales, first impressions count and clients seem to trust their finances to the younger, fresher and more alert executives.

Earlier this year, he decided that he would spend more time leading a healthier lifestyle, or at least one that is less frenzied. The plan was to maximise his work time by cutting down on long power lunches, long inefficient meetings, and trips to the water cooler in favour of a schedule that included gym, sports, and spa.

With a capable secretary and assistant, and with the understanding of his boss, he drafted out a schedule that worked in a healthy lifestyle for him and his team. Mornings were reserved for gym, weekends for sports and Friday afternoons for 'lifestyle'. Fridays at 4.30pm it is



destress time. No calls and meetings were allowed as he heads off for his spa treatment at Thomas D'Esthetique.

Here at Thomas D'Esthetique, mobile phones are shut off to encourage total relaxation. Stepping into the zen minimalist environment with subtle touches of Balinese resort and high-tech elegance, a different world beckons. Despite a long impressive list of treatments, each client is carefully assessed and appropriate treatment recommended. This is one plus point for Ben who fervently believes in the corporate adage, "Customer is King". Thomas the proprietor and therapist believes in listening to the needs of the body as a body that is stressed speaks differently from one that is muscle-fatigued. Given that dedication to attentive care, Thomas D'Esthetique goes strictly by appointment to ensure complete repose for the body, mind and spirit.

Today Ben is pleasantly surprised at a different treatment that Thomas has scheduled. Normally, his treatments centred on stress relief beginning with his favourite hydrotherapy shower followed by Aromatherapy Massage, Hands of Healing Massage, or Anti-

stress/Sports Massage. Thomas has just recently acquired a new machine, the B-IPL (Biological Intense Pulsed Light) machine and noticing Ben's facial skin condition, he decided to give Ben the much needed improvement. B-IPL works on pigmentation, wrinkles, rough and blemished by introducing "broad band wavelengths" of light energy to problem areas to accelerate the multiplication of collagen of derma which is essential for cell repair and rejuvenation. After the session Ben began to see and feel the positive effects of the treatment. According to Thomas, 10 treatments will see a renewed visage for Ben.

On Monday, Ben's spritely gait and fresh countenance caught the notice of his boss. Since the implementation of this programme, management has seen vast improvements in terms of work performance from Ben and his team. Seizing this as an opportunity to heighten work quality and staff well-being, the bank's human resources have started to encourage a fitness, sports and lifestyle day for their staff.