

# Advertiser List

*Below, you'll find a list and some information about all Healthy Times Newspaper advertisers. We've also included links to their websites and other relevant contact information:*

## **AJ's Sri Lankan Cuisine**

6443 0953

[aj.srilankan.hk](http://aj.srilankan.hk)

Sai Kung

Excellent food and a truly 'one of a kind' restaurant in Hong Kong. Everything is genuine from the food to the decor, to the people running this extraordinary place.

## **Allure Beauty and Health**

Shop 67 Sai Kung Town Centre

Tel: (852) 2792-2123

&

Shop 29B, Proster Centre

29 Sau Fu Street, Yuen Long

Tel: (852) 2470-6088

Your one stop shop for all of your beauty and relaxation needs in Sai Kung and Yuen Long. Organic Facials using Miessence organic skin care products, M6 slimming treatments, waxing treatments and body massages just to name a few. After a session at Allure, prepare to come out a new you!

## **Aussie Organics Ltd**

2293 2265

[www.aussieorganics.com](http://www.aussieorganics.com)

Delivers the freshest range of Australian organic produce - straight to your door!

## **Balance Health**

2530 3315

Fax 3011 3909

[www.balancehealth.com.hk](http://www.balancehealth.com.hk)

Balance health is a well established natural health clinic, offering patients an integrative healthcare approach. We provide a wide range of health services including Acupuncture, Craniosacral therapy, Hypnobirthing, Hypnotherapy, Integrated Learning Therapy, Integrated Manual Therapy, Massage, Neat (allergy elimination), Osteopathy, Physiotherapy, Pilate, Regression Therapy and Yuen Method. Balance therapists are qualified and highly skilled in their respective fields, treating a wide range of ailments, injuries and disorders. Give us a call to make an appointment or find out more info.

## **Basic Physiotherapy Centre Ltd**

3119 1110

[www.basicphysio.com](http://www.basicphysio.com)

Offers a wide range of physiotherapy services as well as various Sportsline products.

**Biocera**

2915 9664

[www.biocera.com.hk](http://www.biocera.com.hk) / [www.biocera.hk](http://www.biocera.hk)

Home of the Biocera washing ball. The Biocera washing ball uses Korean Nano Technology and enables people to wash their clothes WITHOUT using any chemicals! Aside from Hong Kong, this product is being used in America, Canada, Australia and New Zealand. The product not only works very well, but saves the user money by not having to buy detergent and helps preserve the EARTH! Check out the website for more details.

**Bootcamp**

2869 6883

[www.bootcamp.com.hk](http://www.bootcamp.com.hk)

Bootcamp is Hong Kong's first outdoor exercise program and has 15 locations throughout the city. Perfect for those who are ready to get into shape and need that extra push while exercising to give a little more and therefore, get a little more out of each training session.

**Brooklines Group Ltd**

2383 7458

[www.brooklines.com](http://www.brooklines.com)

Brooklines Group is an importer and distributor of natural, environmentally friendly and organic products. These products include: Organic fruit & vegetable wash, household cleaning, laundry, personal cleaning and bar soap, pet cleaning, organic food items and more... Brooklines Group is proud to represent the following brands: Citrus Magic, Cedar Magic, Veggie Wash, Clearly Natural, Trewax, Citrus II, Planet, Green Forest, Vermont Soap Organics, Arora Creations, MB AURA.

**Buteyko Breathing Asia**

9378 5185

[jacvid@gmail.com](mailto:jacvid@gmail.com)

[www.buteykoasia.com](http://www.buteykoasia.com) and [www.buteykoasia.multiply.com](http://www.buteykoasia.multiply.com)

Dramatically improve your health and well-being by learning to optimize your breathing with Buteyko's method. Providing profound results for asthma, allergies, sleep & anxiety disorders, coughing, stress and numerous other health concerns, the method usually allows for fast reversal of symptoms and safe reduction in reliance on medication.

Veteran Australian practitioner Jac Vidgen visits Hong Kong regularly (usually for a month, 4 times a year) giving lectures, workshops and consultations.

**California Foot and Ankle Medical Center**

2525 0611

[www.calfootcare.com](http://www.calfootcare.com)

A USA trained Doctor of Podiatric Medicine. Uses cutting edge technology to effectively target podiatric diseases. The clinic is spacious and wheelchair accessible.

**Catch Training Company Ltd**

2499 1388

[www.catchtraining.com](http://www.catchtraining.com)

Offers numerous professional training programs and organizes training events throughout Hong Kong.

**CHI Residences**

Luxury Serviced Apartments (Yau Ma Tei / Jordan / Sheung Wan)

3443 6888

[www.chi-residences.com](http://www.chi-residences.com)

CHI Residences is Hong Kong's up and coming luxury serviced apartments with all the privacy and comforts of home. Rather than staying at just another 'starred' hotel, serviced apartments are a more popular business traveller option than ever before!

**Circuit25**

6253 2956

[www.thecircuit25.com](http://www.thecircuit25.com)

Circuit25 is the ultimate in outdoor fitness training! In 50 minutes, we take you through the paces of 25 body transforming strength and resistant exercises and 25 minutes of Cardio, Core and Cool down. We use the environment and your own body weight to give you an extremely effective way to reshape and tone your body.

**Dr. Melanie Bryan**

2575 7707

[www.mindmatters.hk](http://www.mindmatters.hk)

Hypnosis &amp; Short-Term Therapy with Long-Term Results

Quit Smoking without Overeating AND

Resolve: Fear of Flying &amp; Public Speaking

Anxiety &amp; Insomnia

Couples Conflict &amp; Relationship Issues

Dieting Dilemmas &amp; Drinking Problems

Career Stress &amp; Nail Biting

Anger Management

Lifestyle Changes &amp; Post-Divorce Coaching

**Drs BS Vaughan & Associates (Chiropractors)**

Rm 1001-2, 10/F, Wing On Central Bldg

26 Des Voeux Road

Central, Hong Kong

Tel: +852 25227998

Fax: +852 2525 3238

Mobile: (+852) 6430 2430

Email: [bsvassoc@biznetvigator.net](mailto:bsvassoc@biznetvigator.net)Web: [www.bsvchiropractic.com](http://www.bsvchiropractic.com)

Drs. B. S. Vaughan & Associates (Chiropractors) have been caring for patients in Hong Kong since 1966! Located conveniently in Central, chiropractic care is readily available for you, your family and your employees. Chiropractic care is safe, effective and cost efficient. We offer a fast track service for assessment, treatment and rehabilitation often seeing new patients on the day of contact or referral. We offer presentations to businesses on the benefits and cost savings using our services. Contact us for an appointment.

**Emmanuel f.**

4/F, 10 Pottinger Street  
Central, Hong Kong  
2167 8280

[www.emmanuel.f.com](http://www.emmanuel.f.com)

Signature Hairdressing in an eco-friendly, pure environment using only organic, natural products.

**ENJO Hong Kong**

103 Casey Building  
38 Lok Ku Road  
Sheung Wan, Hong Kong  
Tel: (852) 2545-0389  
Fax: (852) 2545-0380  
[info@enjohk.com](mailto:info@enjohk.com)  
[www.enjohk.com](http://www.enjohk.com)

A full line of cleaning products for the home and office, indoors and outdoors and you never need to use chemicals again! Enjo is 20+ years old and is sold in over 30 countries around the world. It's been proven that these products are six and a half times cleaner than the old traditional, chemical cleaning that we're all used to. So, save time, money and best of all, our precious water by using Enjo and eliminating chemicals. Call for a free demonstration.

**Full Comfort Technology (Group) Ltd.**

13/F, Fourseas Building, 208-212 Nathan Road  
Jordan, Kowloon, Hong Kong  
2314 2608

[www.grandertechnology.com.hk](http://www.grandertechnology.com.hk)

Unique Water Revitalisation by Johann Grander from Austria

Sole & Exclusive Distributor of Grander Technology in Assia Pacific Region

**Health Gate**

2545 2286, 2545 2289 (Fax - 2854 0770)

Central Store: 8/F, Hung Tak Building  
106 Des Voeux Road, Central, Hong Kong

Online Store: [www.health-gate.com](http://www.health-gate.com)

Health Gate is HK's premier organic health food store since 1992. We carry over 2,000 organic and trans-fat free foods and beverages, natural skin care and body care, hypo-allergenic cleaning and laundry supplies, herbal supplements, health aids, books and

music CDs. Suitable for diabetics, dieters, vegetarians and people on gluten-, wheat-, dairy- and yeast- free diets. Organic gift hampers and certificates available. Online store includes 100+ recipes. Health Gate is awardee of Caring Company Award 2007/2008.

### **Health Sciences Group**

14/F Hang Seng Tsuen Wan Building  
289 Sha Tsui Road  
Tsuen Wan, NT, Hong Kong  
Tel. 2769 1888  
[www.health-sciences.net](http://www.health-sciences.net)

Health Sciences Group is a developer, manufacturer and distributor of quality healthcare products. INSTEAD Softcup is the new standard in Women's sanitary care introduced in Asia by the Group, amongst other innovative products the Group will be bringing into the market in line with their objective of giving consumers the right to "Living a Better Life".

### **Hong Kong Optometric Services LTD**

Suite 1001 Wing On Central Building  
26 Des Voeux Rd, Central, HK  
2537 9219  
[www.hkos.hk](http://www.hkos.hk)  
[tony@hkos.hk](mailto:tony@hkos.hk)

Full Eye Examinations coupled with Expert Analysis of your vision. Glaucoma, Cataract and Retina Checks. Prescription and Supply of Glasses and Contact Lenses.  
Orthokeratology - An Effective Way of Myopic Control.

### **Hydrohealth**

Central Centre  
9th Floor, South China Building  
1-3 Wyndham Street  
Central, HK tel. 2530 9999  
Kowloon Centre (TST)  
9th Floor, Mass Resources Development Building  
12 Humphrey's Avenue  
TST, Kowloon tel. 2882 5533  
[www.hydrohealth.com.hk](http://www.hydrohealth.com.hk)  
[info@hydrohealth.com.hk](mailto:info@hydrohealth.com.hk)

Colon Hydrotherapy is an ideal method of spring cleaning your system. To look and feel great inside and out, visit our facility to learn and experience the ULTIMATE CLEANSING for health.

### **HRR Premium**

2555 2243  
[www.hrrpremium.com](http://www.hrrpremium.com)

Distributes Chudleys Premium Dog Feed with Added Milk Thistle so your dog can live a happier and healthier life! Available at Marketplace by Jason's and you can also order direct and receive FREE HOME DELIVERY!

**I-Detox**

6838 3978

[www.i-detox.com](http://www.i-detox.com)

Enjoy Superfood Living. Have a new you in 9 days! Personalized Detox Programs with full, ongoing support by a Personal Wellness Coach. Raw Cocoa and Healthy Chocolate available. High energy and good mood, lose excess weight, Kickstart a Healthy Lifestyle!

**IMI - Integrated Medicine Institute**

17/F, Kailey Tower, 16 Stanley St., Central, Hong Kong

2523 7121

[www.imi.com.hk](http://www.imi.com.hk)

IMI (Integrated Medicine Institute) is Hong Kong's leading natural health clinic. Trained in diverse fields of expertise, the 9 practitioners at IMI provide the best of science based medicine, nutrition, acupuncture and holistic healing. We also have the most comprehensive natural dispensary in Hong Kong stocking over 900 items of homeopathic, herbal medicine and natural health supplements sourced from around the world.

**Ironman Concepts Ltd.**

3/F Amtel Building 144-148 Des Voeux Road

Central, Hong Kong

2108 4800

[www.ironmancorp.com](http://www.ironmancorp.com)

Your one-stop-shop where you can find a vast array of services and products as well as FREE advice from professionals who are dedicated to health, fitness and improving the quality of your life.

**Just Salad**

G/F, Shop B, 30-34 Cochrane Street, Central

2850 6818

[lau@justsalad.com.hk](mailto:lau@justsalad.com.hk) or [kenny@justsalad.com.hk](mailto:kenny@justsalad.com.hk)

[www.justsalad.com.hk](http://www.justsalad.com.hk)

The name says it all. When you're ready for some of the best salad, professionally made, in Hong Kong, these are the guys to go to. Better yet, you can just give them a call as they deliver! Check their website for the menus and more information about delivery.

**Kontakt Mixed Martial Arts Training Centre**

9/F, LKF Tower, 33 Wyndham Street

2525 2400

[www.kontakt.hk](http://www.kontakt.hk)

A full service martial arts training centre offering Kick Boxing, Muay Thai, Boxing, Karate, Jiu-Jitsu, MMA and Personal Training Classes taught by experienced professionals.

**Li Choi Ling Hair Growth House**

G/F, Shop K, 121 Ma Tau Chung Road

To Kwa Wan, Kowloon

2712 6334

Achieve Hair Growth, Hair Care and Stronger Hair using Chinese Herbs. This business is well-known throughout the local community and has been in Hong Kong for decades!

The price for the successful treatments is unbeatable and what's best is there's no need to sign any long-term, expensive contract.

**Life Cafe**

Shelly Street, Soho

2810 9043

[www.lifecafe.com.hk](http://www.lifecafe.com.hk)

At Life organic health cafe, you will find an oasis of calm in the midst of the bustling city. A place to learn about ancient foods that sustained civilizations for thousands of years and be inspired by its natural and serene sounds

**Natural Living**

G/F, 385 Lockhart Road, Wanchai Tel: 2847 3378

G53, Citywalk, Tsuen Wan Tel: 2847 3372

Shop 540, 5/F, HITEC, Kowloon Bay

[www.naturalliving.hk](http://www.naturalliving.hk)

Natural Living offers a complete range of products from Germany including Ecozmo Natural Pain for walls and wood, Sodasan Natural Cleaning Products, Carbonit Water Filter system, Lavera Organic Cosmetics and Dr. Neidermaier's 'Regulat' - the Organic Enzyme by cascade fermentation. We select products of the best quality and environmental-friendliness. It is our long-term commitment that we apply the most updated ecology-technology into the most basic human need - A healthy lifestyle & living environment.

**NuDento International**

3173 7089

[www.waterpik.com.hk](http://www.waterpik.com.hk)

Home of the Waterpik. Instead of the conventional string used for flossing, this powerful and amazing product is the No. 1 Dentists' Choice in America. More than 50 scientific studies from a wide range of universities have impressively demonstrated the effectiveness of the Waterpik water jets in cleaning between your teeth.

**Open Air**

2523 6835

[www.openairhk.com](http://www.openairhk.com)

[info@openairhk.com](mailto:info@openairhk.com)

Open Air brings outdoor cosmopolitan lifestyle entertainment to the community of Hong Kong. A range of organic produce, gourmet cheese and olives, wine, clothing, jewellery, aromatherpy items, handcrafted gifts, clothing, collectables, photography and more, plus FREE children's entertainment, are on offer. Pokfulam Market, Hong Kong's popular outdoor market, continues the first Sunday of the month at Cyberport in late 2009 and early 2010. The Peak Galleria Market will be held the third Sunday of the month, September through December 2009 and March through June 2010, located on Level 3 of The Peak Galleria.

**Optimum Performance Studio**

2/F World Trust Tower

50 Stanley Street

Central, Hong Kong

Tel: (852) 2868-5170

Fax: (852) 2868-5160

E-mail: [info@opstudiohk.com](mailto:info@opstudiohk.com)

Web: [www.opstudiohk.com](http://www.opstudiohk.com)

Optimum Performance Studio is a fully integrated training and educational studio featuring state-of-the-art functionally based equipment to meet the needs of sports-specific conditioning as well as general fitness training. Optimum Performance Studio can host training workshops, conduct semi-private classes or private one-on-one Pilates and/or Power Plate sessions in a relaxed and comfortable environment.

**Organic Baby**

1B Sun Fung Mansion

52-60 Lyndhurst Terrace

Central, Hong Kong

Tel: (852) 2882-6008

Fax: (852) 2882-8481

[www.organicbaby.com.hk](http://www.organicbaby.com.hk)

E-mail: [info@organicbaby.com.hk](mailto:info@organicbaby.com.hk)

Find most of your baby needs here! Top quality, true organic products. Food, toys, clothes as well as other products.

**Pioneer Coffee Ltd**

[www.glorycoffee.com](http://www.glorycoffee.com)

Freshly roasted coffee beans. Coffee classes. Accessories. Buy Rainforest Alliance Certified coffee online. Roasted to order and delivered right to your door!

**Rebound Health**

17/F The Strand 49 Bonham Strand Street

Sheung Wan, HK

Ph.2544 4055 Fax.2544 4099

info@reboundhealth.com

www.reboundhealth.com

Discover Foods for Longevity. Healthier Hair, Skin, Nails. Better Sleep, more energy, weight-loss. Offers a variety of vitamins/supplements to help achieve your MAXIMUM potential.

**Shakti Healing Circle**

3/F Waga Commercial Centre

99 Wellington Street, Central

2521 5099

pervin@shaktihealingcircle.com

www.shaktihealingcircle.com

Our practitioners offer individual sessions for Reiki, EFT, Rolfing and other healing methods. Certificate courses at all levels are held for Reiki, EFT and NLP. We also offer classes in Kundalini and Svastha, Yoga, Qigong and Meditation. Throughout the year, we host practitioners who offer workshops and individual healing sessions as well as palm, psychic or astrology readings.

**Steven R.G Bremner**

Certified Rolfer for Structural Integration (U.S.A/Australia).

Certified Touch for health Kinesiology (U.S.A)

Certified Reiki master/teacher.

Founder / Creator of Stretchrelease

indigorolfer@hotmail.com      steven@indigorolfing.com

www.indigorolfing.com

**T.C. Deli and Lardos Steakhouse**

Ground Floor 10/B Hang Hau Village

Tseung Kwan O, NT

2358 0273

Your neighborhood butcher! Fresh Seafood and Vegetables flown in every Thursday. Fresh bread and pies baked everyday. Game meat also available!

**The Chiropractic Centre**

Room 601, Baskerville House, 13 Duddle Street

Central, Hong Kong

2973 0353

[www.thechiropracticcentre.com](http://www.thechiropracticcentre.com)

We are a life time family practice established since 1990 specializing in spinal corrective care utilizing low force technique. Through wellness chiropractic care, you can keep your spine aligned and your body communicating at its best. Your health will be improved and you will avoid future health problems-without drugs, surgeries, therapies or intrusive tests!

**WeightWatchers**

2818 6602

[www.weightwatchers.com.hk](http://www.weightwatchers.com.hk)

[tpaulsen@weightwatchers.com.hk](mailto:tpaulsen@weightwatchers.com.hk)

Has 9 meeting locations throughout Hong Kong! Find out why people who attend Weight Watchers Meetings lose three times more weight than those who go it alone. Costs as little as HKD\$105.00 per week on average.

**Yoga Limbs**

525 7415

[www.yogalimbs.com](http://www.yogalimbs.com)

(2 Locations - HK Island and Clear Water Bay Centres)

Not just a business but a way of life! That's why Yoga Limbs students say it is "A true Home of Yoga." Yoga Teacher Training Certificates are also available here. Check out our website for more info.