

Healthy Times Distribution Locations

Are you looking for a place to pick up your copy of Healthy Times Newspaper?

Look no further...

Lamma Island

Delilamma

Lamma Gourmet

Banyan Bay Café

Bookworm Café

Discovery Bay

The Book Shop

Uncle Russ Coffee

Wildfire

YOGURTIME

Soprano's

Fusion by Park 'n Shop

Fresh Fruit Juice

Mcorley's Ale House

Hemingway's

Manta Ray

Caramba

Café Duvet

Ippu Japanese Restaurant

The Peak

International by Park 'n Shop

Peak Lookout

Jungle Juice

Mid-Levels

Cafe O (Bonham Road)

SoHo and Caine Road

Café O (2 locations)

The Big Apple

Ali-Oli Bakery

Two Macdonnell Road (Restaurant)
HK YWCA (English Speaking Members Department)
Physio Central
Balance Health
Mcsorley's Ale House
YOGURTIME
Fat Angelo's
Sole Mio
Enoteca
Caramba
Olive
The Real Bread Company
Pacific Grill
Yorkshire Pudding
SOHO No. 8
Phukets Thai Restaurant
Ricos Spanish Restaurant & Bar
Ricks Greek Bar
The Elgin (Serviced Apartments)
Club 1911
LA PAMPA Steak House
Daddyos
EuroTreat
Staunton's
Jaspas
SoHo Junction Bar
Bourbon
Guru
Eat Right (Both Locations)
Café Portobello
Taco Loco
Red Soho
Life Organic Health Café
The Corner Shop Soho
Archie B's
La Piazzetta
cicada
Subway

Bacar
The Wheel
JoJo's
Flying Pan
The New Age Shop
Tequila Mexican Restaurant and Bar
Cochrane's Bar & Grill
Flow Bookshop
G.O.D
MIX
Organic Baby
Beyrouth Cafe Central
Wagyu (2 locations)
Simplicity
Goccia Ristorante
Pickled Pelican
Kontakt
Pizza Express
I-Detox
Burgers and Beer
Nature's Village
The Feel Good Factor
The Foreign Correspondents' Club

Central

Uncle Russ Coffee Central Piers 3 & 6
(Both Locations)
Subway Pier 1
Subway 99 Queen's Rd
Optimum Performance Studio
Philip George Salon
The Chiropractic Centre
(6th Floor, Baskerville House)
David Braga Dentistry
Habibi
Oscar's espresso bar
CoCo Espresso
Just Salad (Both Locations)

OMM
Mandarin Oriental Hong Kong (Spa and Barber Shop)
Pangea (Health and Well-Being Club)
IMI
MIX Duddell Street
MIX IFC
MIX Exchange Square
Swindon Books
One Bar (One Exchange Square)
MIX Queen's Road
Kinesiology Asia
Prêt A Manger IFC
Caffe Vergnano 1882 IFC
Ironman Corp
Swindon Books
Duke's Deli
Emmanuel F
Vitality Center
California Foot and Ankle Medical Center
Good Life Nutrition House
Uncle Eric's Vintage Wine Bar
Health Gate
Holistic Central
Mother-Organic
Curves
Younger By Design
Woolloomooloo Steakhouse
duo restaurant / cafe
The Body Group
Dr Vaughan (Chiropractor's Office)
HK Optometric Services Ltd
Derma Studio
Seasons Fitness
Main Street Cafe
Simplylife Foodplace
(Downstairs from Seasons Fitness)
Shakti Healing Circle
Chi-International Serviced Apts

(Connaught Rd)

Lan Kwai Fong bars and restaurants

La Bodega

Bulldog's Bar & Grill

Al's Diner

Bit Point

Stormies

La Baguette

Post 97

La Dolce Vita 97

Habibi

Pok Fu Lam

International by Park 'n Shop

Swindon Books at HKU

Repulse Bay

The Retreat

Stanley Market

Taste Supermarket

Bayside Brasserie

The Boathouse

Pickled Pelican

Main Street USA

Spiaggia

Squeeze

Pizza Express

Sea Front

Lord Stanley

Saffron Bakery

Ap Lei Chau

Life's A Breeze

Limestone Coast Wines

Indigo (Both Floors)

Jervis Bay Barbecue World

Rimba Rhyme
Shambala
Bumps to Babes
TREE

Admiralty

Great Supermarket/Food Hall
Prêt A Manger Lippo Centre
Pret A Manger Three Pacific Place
Swindon Books

Sheung Wan

Café Roma
Thai Curry House(38 Bonham Strand)
DEF Boxing
International by Park 'n Shop
Graze Café Bonham Strand
Rebound Health
Yoga Limbs
Cafe O
The Place

Kennedy Town

The Coffee Place Kennedy Town
The Place Kennedy Town
The Grocer

Wanchai

Zambra Café
Main St Café
Taste Supermarket (Hopewell Centre)
Bel Vino
La Baita
Fat Angelo's Queen's Rd East
Delaney's
Subway
Khana Khazana (Indian Vegetarian Restaurant & Bar) (Above Subway)
Café O

Ebenezer's Kebabs & Pizzeria
Mes Amis
Agave Tequila y Comida
Flying Pan
JoJo's Indian Cuisine
Amici
Spicy Fingers
Junk Pub
Grove Sandwiches (Café)
Al Dente (2 locations)
Ramas Tapas
Domme De Terra
The Quarterdeck Club
Natural Living (385 Lockhart Road)
Dr Rhino

Causeway Bay

Gourmet (Supermarket in Lee Gardens)
(Rack next to Hallmark Cards)
Myoga (World Trade Centre)
Fat Angelo's Shop Gloucester Road
G.O.D
Luluemon Athletica (Leighton Centre)
Good Life Nutrition House
Caffe Vergnano 1882 (Lee Gardens)
Royal Hong Kong Yacht Club
St. Paul's Convent (Secondary School)
Rang Mahat (Indian Restaurant)

Happy Valley

International by Park 'n Shop
Jaspas
Three Dog Bakery
Valley Veterinary Centre
Asia Health Energy Lifestyle
Saporito Delicatessen

Jardin's Lookout

The Age Reversal Centre (Dr. Stephen Chan)

Tin Hau

Brahma Kumaris Raja Yoga Centre

Fortress Hill

Your Health Compass (Amaircare and Health Shop)

Tai Koo Shing/Quarry Bay

Prêt A Manger Taikoo Place

MIX Cityplaza

Ruby Tuesday's City Plaza

Cafe Einstein

Swindon Books

Tsim Sha Tsui

MIX Harbour City

Pizza Express

Sonia Samtani Consulting

La Taverna (Italian Restaurant

across from Pizza Express)

Ebeneezer's Kebabs & Pizzeria (Both Locations)

Swindon Books

Kowloon Station

Wildfire

Caffe Vergnano 1882

Stormies

El Pomposo

Mong Kok

Langham Place Main Street Café

Langham Spa

Langham Hotel Restaurant

Myoga

Mes Amis

Chi-International Serviced Apartments

(279 Shanghai Street, 393 Shanghai Street & 314 Nathan Road)

Kowloon Tong

Taste Supermarket

To Kwa Wan

Li Choi Ling Hair Growth

Sham Shui Po

Hotel Olympic Terrace Suites

Tsuen Wan

Natural Living (Citywalk)

Po Lam

The Pinnacle

Hang Hau

TC Deli

Taste Supermarket

Lardo's Steakhouse

Park 'n Shop (Clearwater Bay)

Yoga Limbs (Clearwater Bay)

Sai Kung

Park 'n Shop (Rack at the Entrance)

Starbucks Coffee

Duke of York

Dr. Clifford Loo

Paisano's

Nail Carat Beauty Centre

Allure Beauty and Health

Bacco

Ming Tai Zu Chinese Classical Furniture

Lyn's Café

Aqua Plus

Italiano's Restaurant

Firenze Restaurant

Grande

Sushi Tenku
Jaspas
SPCA (Both Locations)
Sai Kung Animal Hospital
Sai Kung Physiotherapy
Cru Wine and Grill
Sauce
Pepperonis Pizza
Village Malaysian and Indian Restaurant
Dr. Siu Yuk Kiu Medical Practice
Sawaddee Thai (2 locations)
Anthony's Ranch
Steamers
Poets
The Boozer
Posilia Spa & Beauty Centre
Leisure Book Shop
The Studio
Ali-Oli Bakery
In Sai
Shun Kee City Houseware Company
AJ's Sri Lankan Cuisine
Outward Bound
Hebe Haven Yacht Club

Siu Lek Yuen

Green Nest

Tung Chung and Airport

Taste Supermarket Citygate
MIX Terminal 1
(SkyPlaza Hong Kong International Airport)

Gold Coast

Gold Coast Yacht and Country Club
Ebenezer's Kebabs & Pizzeria
The Pantry
Med Stars Mediterranean Cuisine

Chilli N Spice Seafood Market
Le Bristol French Restaurant

Tai Po

International by Park 'n Shop
(Hong Lok Yuen)
Oliva Italian Restaurant
Hong Lok Yuen Clubhouse
SoHo Bar
After 5 Bar (Both Locations)
Portofino (Tai Mei Tuk)
Luca Gourmet Kitchen Restaurant (Tai Mei Tuk)

China (Shenzhen)

Crowne Plaza Hotel (Tamara Spa)
Gold Coast Club (www.szkaillihotel.com)
Carnival Club Shenzhen (Near Diwang Building on Shennan Road)

Relocation Company

Crown Relocations

Would you like to add your business to this list?

We're always expanding so send an email to andrew@healthytimesnewspaper.com

Our Distribution Method

Healthy Times Newspaper Hong Kong is currently distributing 25,000 copies throughout Hong

Kong! We monitor all distribution points very closely in order to ensure the papers are being distributed properly.

Each week, one of the distributors will be assigned areas where they will check every place and

record the amount of copies that have been taken as well as re-fill and we always keep in contact

with our distributors so they know we actually care how they are displaying them!

We are always making adjustments to the amount of papers we provide to each distribution point

in order to meet the demands of the readers and to ensure the papers are

continuously out in the
market for the full 2 months!

If you are considering advertising in a publication of any type, a very important point to consider

is how well they distribute/monitor their papers. It's very common for publications to haphazardly 'get rid' of their papers any way they can and forget about them till the next issue.

We've found that it doesn't matter how many copies are printed because if they are not

distributed and monitored properly, it becomes a huge waste of paper, time and most importantly,

YOUR MONEY!

Proof of the copy amount can be faxed upon request.

Wishing you the best!

Andrew Cunningham

(Publisher, Healthy Times Newspaper)