

DECOR

Christmas's handmade greetings



I have never had the chance of visiting Singapore during Christmas, until this time when faced with a medical emergency. I had no idea that come December, the whole atmosphere in the city state changes so drastically in anticipation of the festive season - roads illuminated with fairy lights, large shopping malls getting a major facelift and colourfully decorated Christmas trees everywhere.

I was seeking medical help at the Mount Alvernia Hospital, which itself was geared to join in the celebrations. The most interesting thing about the whole decoration was that it was done with recycled materials.

The nurses made white flowers, which were neatly placed besides hand-stitched paintings. There were small, paper houses - red, green and brown, with triangular blue roofs. A



small Christmas tree with a yellow-topper was placed at the corner of the reception desk. The hospital authorities also used hand gloves,

plastic, rubber sheets and medicine cups, bottle and saline containers as pieces for decoration. And each of the floors was given a different look. I have seen Christmas decorations shops and found plenty of decoration pieces - ornamental light, bangles, and tinsels, but I had never seen such tiny, delicate paper décors anywhere. Such efforts not only show the creativity of the people involved, but also brings a spirited, vibrant air to a place like a hospital that is considered gloomy.

Wishing everyone a Merry Christmas!

By Nazneen Haque Mimi
Photo: Nazneen Haque Mimi

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CHECK IT OUT

A Fairytale Christmas at Dhaka Regency

Inspired by the magic of the upcoming festive season, Dhaka Regency presents 'Once Upon a Christmas', a jovial fairy tale extravaganza to celebrate the most joyous time of year. To mark the merry occasion of Christmas Eve, the hotel's Grandiose Restaurant is offering a variety of festive menus for dinner on 24 and 25 of December, 2016. On Christmas Day, the restaurant is offering a Special Christmas Buffet Lunch. The hotel's most popular Rooftop Garden Restaurant, Grill on the Skyline, will offer a lavish dinner menu for both the evenings of the 24 and 25. Guests will enjoy the menu designed by Regency's experienced chefs in the extravagant ambiance under the open winter sky.

'Once Upon a Christmas' at Grill On The Skyline, will be broadcasted live on SA TV, from 11:30AM to 12:30PM. Kids will rejoice at the fun corner with extensive gaming arrangements such as photo shoot with Santa and riding the mini train, etc. After these activities, our chefs will offer buffet snacks, which will include favourites such as burgers, fries, cakes, etc. The programme with Santa

starts with a cake-cutting ceremony by the kids and Santa, along with the hotel management. There will be musical performances by prominent singers along with other cultural events.

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WHY DO WE NEED TO TRIM OUR TUMMY FAT ?

Everybody desires a flat seductive tummy but with age, stress, sedentary life style, child bearing or lack of exercise can keep you far away from it. Sadly, tummy fat is not just about fitting into your clothes but also a big issue for long-term health.

Here are 4 reasons to work on shedding it:

1. The visceral fat of the tummy is "biologically active," & produces hormones (ladiponectin & leptin) that affects appetite & metabolism & blood sugar-regulating insulin. **Fatty liver change** is one of its consequences.
2. Fatty acids released by belly fat are also linked to higher LDL (bad cholesterol) & lower HDL (good cholesterol) & pumps out cytokines promoting constant low-level inflammation & insulin resistance.
3. As large waists are estrogen receptor negative, it is more likely to develop breast cancer.
4. Tummy fat & reduces fertility and potency.



Shape up without surgery and pain



Its better late than never...

- **Ultracontour HIFU** (High Intensity Focused Ultrasound) can be an excellent answer to achieve a flatter tummy.
- This revolutionary French technique sculpts your body by eliminating the unwanted pockets of 'exercise & diet-resistant fat'
- Effective on fat of **tummy, hips, love handles, thighs, back & arms.**
- The multisequential ultrasonic waves burst the fat cells & drain the fluids & the waste immediately by Ultrasound Multi-Lymphatic Drainage (UMD).
- The procedure is permanent & shows circumference loss of 1-3 inches after the procedure.
- This fascinating procedure can be a non-invasive answer to those who are afraid of surgical intervention & more concern about shaping up themselves.



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