

**MORE OPTIONS**

Verita (left) may have the trappings of a top-end spa and health centre, but it also offers the services of a team of naturopaths. Body With Soul (below), housed in two black-and-white bungalows, does away with the stiff, formal feel of a medical clinic



Embracing wellness as a lifestyle

Body With Soul
45 Rochester Park
☎ 6776-2288
www.bodywithsoul.com

SET UP slightly more than two years ago, Body With Soul is pretty much Singapore's first practice which combines the skills of Western medicine with evidence-based complementary therapies like acupuncture, homeopathy and osteopathy, and brings them all under two nice black-and-white roofs.

The holistic approach to health-care stems from Australian general practitioner Kim Hayes' belief that there are "gentler" approaches to health than just drugs. Dr Hayes – whose special interests include women's health, psychological medicine, men's health, paediatrics and preventative medicine – had been practising in Singapore for more than 10 years before she gathered several medical practitioners together under Complete Healthcare International (CHI), and found other affiliates to create this holistic practice.

So, when a child with asthma goes to see one of the doctors at CHI, what they prescribe may not be corticosteroids or inhaled steroids. Instead, they may refer the child to acupuncture or homeopathy, or to a psychologist to solve

an underlying problem, upon detailed consultation.

"So every programme is tailored to the individual," says Graziella Chivallier, Body With Soul's general manager. Ms Chivallier, a Pilates coach, had been part of something similar in France about seven to eight years ago.

Besides the medical practice, Body With Soul's wellness programmes include monthly health education talks, Pilates classes and, next year, it plans to hold support groups for those who want to learn about nutrition and weight loss.

As Ms Chivallier points out, Body With Soul's goal is to encourage a healthy lifestyle and preventative medicine. "But people must understand that living well is like learning a language – you have to educate yourself consistently and constantly. It's not something you learn overnight."

The fact that Body With Soul is housed in two black-and-white bungalows at Rochester Park also takes away the formal, clinical feel of a medical clinic. Surrounded by greenery and far away from the bustle of the city, stepping into its grounds does encourage one to think of wellness and health as a lifestyle and not just a solution to a problem.

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wine&dine

with BTWeekend

Bar on 5
Level 5
Mandarin Orchard Singapore
333 Orchard Road
☎ 6831-6288

Bar on 5 is the ideal place to chill out and unwind after a hard day's work. Located five floors above Orchard Road, it provides a fabulous view of the shopping belt. The beverage menu features an array of spirited cocktails, acclaimed wines, premium whiskies and specialty coffees. In particular, look out for a wide selection of single malt whiskies from brands such as The Macallan, Highland Park and Laphroaig; and specialty coffees including Amaretto, Beatrice and Messicano. Complementing the beverage menu is a variety of light bites. Assorted sashimi, fresh oysters and Mandarin fried chicken wings are sure to go down well with all.

Golden Peony
Conrad Centennial Singapore
Two Temasek Boulevard
☎ 6432-7482

Conrad Centennial Singapore's award-winning Chinese restaurant Golden Peony offers an array of impressive contemporary Cantonese dishes and innovative dim sum creations prepared by top Hong Kong chefs. Set menus and customised creations are also available upon request. For exclusive dining, the restaurant features an intimate private dining room for 10 persons. For more details or reservations, please call 6432-7482.

Opening hours: Lunch (dim sum and a la carte):
Monday to Saturday, 11.30am-2.30pm;
Sunday, 10.30am-2.30pm
Dinner (a la carte only): Monday to Sunday,
6.30pm-10.30pm

10 at Claymore
Pan Pacific Orchard, Lobby Level
☎ 6831-6686
Fresh Arrivals on the Buffet Line

Our buffet spread gets fresh with specially-imported Boston lobsters, brought in live. Get in line for unlimited servings of sweet lobsters and fresh oysters served on ice, sushi, sashimi and other seafood favourites. On Fridays and Saturdays, savour succulent lobsters prepared in special recipes such as grilled lobster and lobster thermidor served piping-hot from the kitchen. Available from \$45++ for dinner and \$48++ for Sunday brunch. For reservations, call 6831-6686 or email eat.sgo@panpacific.com

Ristorante Bologna
Level 4, Marina Mandarin Singapore
6 Raffles Boulevard
☎ 6845-1111
White Truffle Heaven
Until Nov 30

The Alba white truffle from Italy is desired by food connoisseurs all over the world for its heady aroma and intense yet delicate flavour. A few delicate slices of white truffle bring out the most wonderful flavours, especially in the simplest of

dishes. With white truffles from Alba, Ristorante Bologna presents a mini a la carte menu of eight mouthwatering creations, including a traditional Italian dish of blanched green asparagus and sunny side up egg with Parmesan cheese and truffle shavings. A la carte menu available for lunch and dinner. Prices start from \$45++ per dish. For reservations, please call Dining Express at 6845-1111 or email diningexpress.marina@meritus-hotels.com

Hua Ting
Orchard Hotel
442 Orchard Road
☎ 6739-6666

Awarded the Hall of Fame by *Singapore Best Restaurant Guide 2010* and nominated as one of the top five Chinese restaurants in *The Business Times/Citibank Gourmet Choice Awards 2009*, Hua Ting is recognised for its extraordinary dining experience featuring high quality Cantonese cuisine and other provincial specialties by Group Master Chef Chan Kwok and his team of talented chefs. Available for lunch and dinner, signature dishes include crispy roasted duck, grilled fresh scallops and steamed fillet of sea perch. A wide variety of dim sum such as chicken and mango tart and deep-fried scallop puff with garlic is also available for lunch. Situated on famous Orchard Road, Hua Ting is the perfect location for business entertainment and celebrations. For reservations, please call 6739-6666 or e-mail f&breservation@orchardhotel.com.sg

Checkers Brasserie
Hilton Singapore
581 Orchard Road
☎ 6737-2233
Sunday Champagne Brunch

Indulge in a sumptuous spread of international cuisine at Checkers Brasserie's Sunday brunch. Savour fresh seafood, succulent meats and foie gras, and toast the weekend with premium Louis Roederer Brut Champagne. Kids will enjoy the dedicated play area filled with fun entertainment. From 12pm to 3pm, prices at \$85++ per person, \$105++ (3 glasses of wine), \$110++ (3 glasses of champagne or free-flow of wine), \$160++ (free-flow of champagne), and \$25++ for children aged 6-12 years. For reservations, please call 6730-3390.

JAN Restaurant
Level 70, Equinox Complex
Swissôtel The Stamford
☎ 6837-3322

Acclaimed Swedish chef Ebbe Vollmer arrives as JAN's new chef de cuisine, bringing to life an idyllic ethos of modern Scandinavian, essentialist cuisine. A 5th generation chef from Sweden, Chef Ebbe was most recently second-in-command at the three-Michelin-star Restaurant Gordon Ramsay. Brand new to Asia, Chef Ebbe is set to draw deeply from his Nordic heritage and Michelin-star culinary pedigree to impress diners with a culinary repertoire that embraces both unbridled passion and superlative seasonal produce – a truly unparalleled epicurean experience.

Reach out to more than 100,000 readers daily in the Wine & Dine Scheme. Contact Adeline Goh at 6319-6127 / 9681-8289