

ROCK & ROLL TO RELAX

Trager, a complementary health therapy, is as close to the rock-a-bye-baby experience as you can get. Using gentle to vigorous rocking and shaking motions, it is said to relieve tight muscles in the shoulders, neck, jaw, stomach and lower back. The difference from the normal massage: because the rocking sensation teaches the mind how the tissues should feel, the sense of lightness supposedly lasts longer.

Trager is available at Earth Sanctuary (tel: 6324-7933) for \$120 for an hour.

* zap that zap

You know that sudden zap you get from touching a metallic surface? It's actually an electrical charge your body transfers to another surface causing a microscopic burn on your skin. It's more common in dry environments like air-con offices. To de-charge, use a humidifier or apply Megastar BioShield, an anti-static and anti-bacterial liquid, to carpets and sofas and zap bacteria and static for up to two years. Call BioBactz at 6741-8605.



bye, bye rollies!

You run and do weights, so why can't you get rid of the roll of fat that lingers on your waist? According to Dr Sergio Noviello, consultant plastic surgeon and president of the Italian Society of Aesthetic Physicians and Surgeons, "not all fats respond to exercise and weight loss". Now, there's a new technique called Laserlipolisi which can make those bumps and rolls disappear almost instantaneously with a lot less trauma, downtime (you can do it during lunch!) and cost. First, a 1mm cannula is inserted into the appropriate area. This allows a Nd:YAG pulsed laser to be beamed directly into the fat tissue to "liquefy" it. The resulting "oil" is extracted by a pump or drained naturally by your body's lymphatic system (takes three months). To find out more, call NeoAsia (tel: 6552-7787).



THE TRUTH STINKS

The Health Promotion Board sprang a smelly surprise on passers-by at Ngee Ann Civic Plaza over one April weekend - to get women smokers to quit. A "perfume", ToxiQue, was created to smell like stale cigarette smoke and distributed on over 7,000 perfume cards. Choo Lin, manager of the National Smoking Control Programme, says the mock perfume launch used the same glamour tactic that tobacco companies do. For more information on quitting, call 1800-438-2000, or visit any Guardian Quit Centre for help.