

THE NEW BEAUTY

At the Medical City's newly opened **Center for Wellness and Aesthetics**, the approach to beauty is through holistic health, providing clients personalized, seamless and integrated care.

Center director Dr. Rolando Balburias says, "Wellness is the new beauty. We offer a customized, personalized and optimized preventive health check, considering all factors that affect the health of an individual, especially their chance of achieving optimal health.

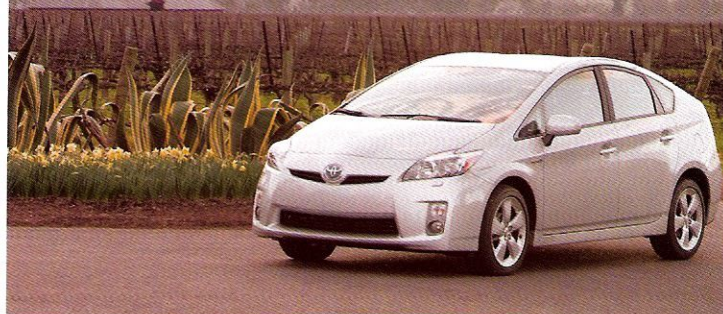
This is done through our comprehensive pre-evaluation questionnaire assessing the preparedness of an individual to attain a lifestyle of wellness. Also, through our holistic approach, our services and programs include preventive health checks, as well as aesthetics, fitness, weight management, lifestyle modification, stress management, and complimentary medicine. All these are done in a hotel like-facility and one-stop-shop diagnostic center."

Women's major health issues and medical concerns are thoughtfully addressed at the Center. Balburias emphasizes the importance of cancer-prevention measures such as the mammogram, mamotone biopsy and breast ultrasound and screening for cervical cancer.

The Center's services target specific age groups. The Adult Wellness program is for those aged twenty to fifty-nine and addresses changing health concerns as one matures. On the other hand, the Healthy Aging program is designed for those aged sixty and above. Geriatric specialists provide comprehensive health assessments to help clients lead healthy and satisfying lives. Besides wellness issues, the Center also offers aesthetic procedures such as removal of facial hair, dark spots, scars and wrinkles using the latest laser technology. A total wellness experience will be available at the soon-to-open spa. 635.6789; www.themedicalcity.com. MAWI DE OCAMPO

ON THE TOWN

Roll with it



YOU CAN RECYCLE all you want, exercise, go organic and eat the most healthful meals. But if your car is emitting lots of harmful carbon dioxide and guzzles gas like the oil crisis never happened, you're not as green-minded as you might think. Thankfully for the earth-friendly car owner, there is the **Prius**, the best-selling hybrid car in the world. Twelve years after its debut in the U.S. market, Toyota Motors Philippines finally introduced the car to the Philippines, and the timing could not have been better, as more and more Filipinos are searching for environment-friendly lifestyle alternatives. Hybrid cars are classified as those being able to run on a gasoline engine, electric motor or both. On start-up, the electric motor runs the Prius, and to accelerate smoothly, the gas engine comes into play. At slow cruising speeds, the car runs solely on the electric motor.

This sophisticated technology enables the car to consume very little fuel—it gets up to thirty-eight kilometers per liter! Perhaps even more important, it also guarantees cleaner emissions. Another plus is that the engine runs almost silently, so you can also claim to help control noise pollution levels in the city. 858.8200; 858.8039; www.toyota.com.ph. PAC

AT HOME IN YOUR DANCE STUDIO

If you have been dreaming of taking dance or yoga classes but can never find the time to attend a pre-organized studio class, that dream can now become a reality. **Marlette Besa** offers a diverse range of hour-long classes within the comfort of your own home. Classes range from Vinyasa and Prenatal Yoga to Hip-Hop and Latin dances such as the rhumba, cha-cha, mambo, samba and salsa. Besa is a former banker who started teaching various forms of "movement" seventeen years ago simply because she loves to dance.

She offers something for everyone who wants to "move or shake," whether you're twenty or seventy or somewhere in between, and whether it's private or group classes (up to eight) you're searching for. Energize yourself with high-impact hip-hop or lower-impact Bollywood moves, or simply strengthen your abdomen and chest through belly dancing. Besa offers beginner, intermediate and advanced level



classes, and students can combine more than one dance style.

Those who want to tone and slim down to the sound of a calmer rhythm can try the multilevel yoga classes, which Besa describes as "slow dance with a breath." She also recommends her prenatal classes for would-be moms to learn breathing and poses that will help ease labor as well as connect them with their babies using their breath. Using dance or yoga as a means to bond with family members or office colleagues can take the experience to a whole new level. Besa's class sizes range from one-on-one sessions to private group classes for as many as 100 people. 0917.5206160; marlette_a@yahoo.com. SUNSHINE LICHAUCO DE LEON