MEMBERSHIP HAS ITS PRIVILEGES

First Privileges 2017
First Privileges - grab a brochure today!

To add even more value to your membership, we are pleased to bring you our year-long offers, discounts and rewards from our partners. Present your membership card at participating merchants to enjoy a world of offers. Your membership can pay for itself!

Brochure available at Club Reception and at www.fitnessfirst.com.sg
Dear Member,

Getting in shape has never been so rewarding.

We believe in enjoying life. Hence, it is so important to keep fit and healthy. But it is also important to give yourself little treats and explore new things along the way to de-stress and live life fully.

Being a Fitness First member is more than just accessing a gym; it is a lifestyle. To add even more value to your membership, we are pleased to bring you our year-long First Privileges programme with special discounts and privileges for members like yourself. Present your membership card to enjoy this world of offers.

So go on, reward yourself. You deserve it.

Yours in health & fitness

Fitness First Team

If your company would like to extend offers or privileges to Fitness First members, please email to sg.marketing@fitnessfirst.com.sg with subject header as ‘First Privileges – Attn Marketing Department’. We will get in contact with you shortly.
Live well by eating well. Feed your body only with the good stuff, because what you feed it directly affects how you look and feel. Savour Your Vitamins.

- Free delivery worth $20
- Promo Code: AJLOVESFF
  Promo code is only valid for purchase via A Juicery’s website (www.ajuicery.com)

Commerze@Irving #02-05 Tel: 9384 8924
hello@ajuicery.com
www.ajuicery.com

Amazin’ Graze is a healthy snack company, specializing in deliciously handmade Granola and snacks, packed with superfoods and baked fresh using 100% natural ingredients with no added refined sugar.

- 10% off purchases from Amazin’ Graze
- Promo code: fitnessfirst10

Raffles City Shopping Centre, B1-K13A, Tel: 9189 9208
www.amazinggraze.co

Located in close proximity to two Fitness First clubs, Amino Bar is a one-stop protein shop that specializes in protein smoothies, fresh juices & whey supplements that are both nutritious & delicious.

10% off regular priced items
(not applicable for single serve items including but not limited to drinks, bars and sachets)

- 100AM #04-16 Tel: 6538 0476
- Galaxis #01-20 Tel: 6265 1533
- Velocity @ Novena Square #03-K1 Tel: 6259 4100
www.theaminobar.com

Enjoy fresh and healthy Mexican food in a fun and casual setting. Power packed proteins for muscle builders and “Under 500 calorie menu” for weight watchers – you have them all at Baja Fresh. We take health seriously.

EAT WELL LIVE FRESH

- 10% off all mains
- 20% off during your birthday month

- Rendezvous Hotel #01-03 Tel: 6337 7300
- The Sail #01-31 Tel: 6509 6579
www.bajafresh.com.sg
Bar Bar Black Sheep's popular recipe: open-air dining, groovy tunes, the most affordable drinks, and Thai/Western/North Indian Cuisine presented by chefs who are masters in their respective genre.

10% off ala carte food items

Cluny Court (Bukit Timah) #01-05C Tel: 6763 4757
www.facebook.com/barbarblacksheep

Carnivore Brazilian Churrascaria with an endless indulgence in succulent meats expertly served by our knife wielding Passadors. Enjoy rotisserie choice cuts from beef to chicken that are grilled to perfection, accompanied by a wide range of sides and salads. Discerning diners should also refresh themselves with Brazil's national cocktail, Caipirinha, for an authentic Brazilian dining experience.

10% off buffet price

• Marina Bay Sands #01-80 Tel: 6688 7429
• The Grandstand #01-16 Tel: 6466 9418

www.carnivore.com.sg

Bring the finest to the best with 3 flavors of 0% FAT coconut water (Original, with Cucumber, with Pink Guava). Refresh Yourself, Try It NOW!

• 20% off per carton with FREE delivery for all online orders
• Promo Code: COCOREP@FFIRST

Mandai Connection #05-09 Tel: 6250 1131
www.cocorepublic.com.sg
In a very elegant and cozy ambience decorated with unique Italian artifacts, ETNA serves delightful contemporary Italian cuisine with a Sicilian touch. The dishes at ETNA command centre-stage in an explosion of colors and tastes using only the finest ingredients imported from Italy. Moreover, you can find a wide selection of the best authentic Italian pizza. Excellent food, beverages and refined ambience are complemented by professional and warm service, with the utmost attention to customer satisfaction.

10% off ala carte food items
- No 110 Upper East Coast Road Tel: 6444 9530
- No. 49 / 50 Duxton Road Tel: 6220 5513

Located in the heart of town, Coocaça is on a mission to keep you cool and hydrated. We are your everyday pit stop for a light meal or post-workout boost with deliciously nutritious smoothies, smoothie bowls, juices and plant-based protein salads.

10% off smoothie bowls

Orchard Building #01-03 Tel: 8511 9923

facebook.com/coocacasg

First Privileges
Choose from chicken, salmon, dory or bratwurst and pair them with our amazing variety of salads.

10% off with a minimum purchase of $15

- One Raffles Place #B1-16 Tel: 6438 1456
- Robinson 112 #01-01 Tel: 6223 5197
- Downtown MRT Station #B1-04 Tel: 9712 6860
- Paya Lebar Square #01-85/86 Tel: 6635 7213
- Tiong Bahru Plaza #01-161 Tel: 6255 4991
- Icon Village #01-10 Tel: 6509 3609
- Lan Kwai Fong Food Mall Tel: 6635 7213

www.munch.sg

SHAKE is a proven scientific concept backed up by a team of dieticians. Every recipe on the menu is well researched and has a mix of nutrition-packed ingredients that are fresh.

10% off all Shakes on menu

#01-17 Republic Plaza Tel: 6909 0424

www.shakeyourwellnessbar.com

Shimbashi Soba is a Japanese restaurant specialized in authentic handmade Soba (buckwheat) noodles. Dedicated Vegetarian Menu is available.

> Complimentary Soba Cha (roasted buckwheat tea) with any Soba order.
> Limited to 1 pot per table (Usual Price: $6++)

Paragon #B1-41 Tel: 6735 9882

www.sobaworld.com.sg

Delicious protein bento and desserts made with only wholesome ingredients and honest cooking.

10% off all items from in-house menu

* excludes online orders

43 Holland Drive #01-49 Tel: 6750 4504

www.leanbento.com
Sushi Burrito is Singapore’s first and only real burrito-sized sushi focusing on high protein and low-carb diet. We believe in using 100% fresh Japanese ingredients, vegetables and fruits, and no taste enhancers because healthy eating starts from eating fresh.

10% off with a minimum purchase of $15

100 AM #01-06 Tel: 6543 6860
www.sushiburrito.com.sg

The Cold Pressed Station picks the finest locally sourced produce, squeezes produce into every bottle by hand and makes sure every cold pressed juice is as perfect as the one before.

10% off on all Cold Pressed Juice Purchases

121 Telok Ayer Street #01-01 Tel: 8505 9288
www.tcpsjuice.com

Join the Meat Club today for fresh, restaurant quality, beef and lamb, sourced from only quality Australian farms, delivered directly to your door.

Use promo code FITFIRST on checkout to get $10 off your first purchase.

Loewen Gardens Farmers Market 75E
Tel: 8363 8161
www.themeatclub.com.sg
FITNESS BUILDS CONFIDENCE THAT HELPS YOU GO FURTHER IN LIFE.

Awarded ‘Epicurean Star Award Best Asian Restaurant Chain 2015’, Wrap & Roll offers a variety of Vietnamese dishes from rolls to hotpot and rice and noodles, handmade the authentic way.

15% off total bill from Mondays to Fridays

*excluding eve of PH and PH

- The Star Vista #B1-11 Tel: 6694 4111
- ION Orchard #B3-19 Tel: 6509 1555
- Changi City Point #B1-26/27 Tel: 6443 1261

www.wrap-roll.com.sg

At Yes Natural, we believe in natural organic food for now and future. Our belief in providing the best of everything for our customers drives our stringent selection process for the products we carry.

- $10 off with minimum purchase of $120
  - Promo Code: yes120

- 51 Geylang Lor 27 Tel: 6846 1580
- 58 Seng Poh Road #01-27 Tel: 6227 3280
- 431 Clementi Ave 3 #01-312 Tel: 6778 0280

www.yesnatural.sg
ABOUT 8 MEDI–AESTHETICS

8 Medi–Aesthetics prides to lead the beauty industry with its avant-garde treatments, using the most advanced medical-grade equipment, bringing you unparalleled treatment results.

Our extensive treatment menu provides solution to a wide-ranging skin and body problems, with high efficacy. We have a team of qualified medi-aestheticians trained by doctors on skin dermatology, aesthetics and medical safety; performing treatments designed by doctors, synergized with clinically-proven equipment.

Branch Listing

Dhoby Ghaut
Rendezvous Gallery
9 Bras Basah Road #03-03B

Somerset
91 Cuppage Road #01-02

Bishan
Bik 121 Bishan Street 12 #01-89

Clementi
Clementi Arcade
41 Sunset Way #01-05

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Clementi
Clementi Arcade
41 Sunset Way #01-05

Customer Service Hotline:
3157 5989
www.8medi-aesthetics.com

BE TREATED WITH A COMPLIMENTARY HYDRO-OXY FACIAL (60-min, worth $380) during your month of Birthday

Terms and Conditions:
1. Applicable for Singaporeans, PRs and Employment Pass holders, aged 21 years and above.
2. Strictly for first-time customers of 8-Medi Aesthetics, and limited to one redemption per Fitness First card member from Monday to Friday only.
3. Prior reservation is required and subject to availability. Please produce your identity card and Fitness First membership card upon appointment.
4. Offers are not to be combined with any other promotions; neither are they exchangeable for cash or in kind, or any product(s) or service(s) that is/are not stated.
5. The management reserves the right to vary the term and conditions of the promotion without prior notice.

CUSTOMISED AESTHETIC FACE OR BODY THERAPY @ $18 (60-min, worth $480) and 35% discount off package

Terms and Conditions:
1. Applicable for Singaporeans, PRs and Employment Pass holders, aged 21 years and above.
2. Strictly for first-time customers of 8-Medi Aesthetics, and limited to one redemption per card member.
3. Prior reservation is required and subject to availability. Please produce your identity card and Fitness First membership card upon appointment.
4. Offers are not to be combined with any other promotions; neither are they exchangeable for cash or in kind, or any product(s) or service(s) that is/are not stated.
5. The management reserves the right to vary the term and conditions of the promotion without prior notice.
Patronized by many office executives and sports & fitness aficionados, Arc of Life Chiropractic is committed to providing top quality chiropractic care and has helped many to live pain-free. You can too!

Absolute Chiropractic is Singapore’s most advanced spinal rehabilitative and pain management clinic. Following the scientifically-based chiropractic biophysics protocol, we possess the necessary technology and expertise to assist you where others cannot.

- **Spinal & Neurological Examination with Consultation at $30** (U.P $170)
- **20% off all PPV (pay-per-visit) adjustments**
- **Up to 50% off packages**

Bukit Timah Plaza #01-02
Tel: 6899 3442/8399 7848
www.absolutechiropractic.com.sg

Pulsed Electromagnetic Field Device (PEMF) Almag 01 is proven to reduce joints and muscle pain. Upon application, it increases the blood circulation providing the delivery of nutrients, oxygen, trace elements and the removal of accumulated toxins in the cells. As permeability of the walls of the vessels increase, pain subsides and muscle spasm decreases.

Due to its Bioactive Frequency, regular usage of PEMF Almag 01 increases cellular metabolism and regeneration, improves healing and recovery and reduces inflammation. Our PEMF Products are Effective, Safe, Portable and Easy to use.

- **15% off Regular Retail Price & One Year Extended Warranty for free**

135 Jurong Gateway Rd #04-339 Tel: 9113 3822 / 6567 0080
apcotwellness.com
Meet belif, a true herbal cosmetic brand that is formulated with superior ingredients and offers efficacy in the safest and most honest way possible.

10% off with a minimum purchase of $50
*applies to regular-priced items only

• ION Orchard #B2-75 Tel: 6509-5206
• Junction 8 #01-28B Tel: 6734-8615
• TANGS VivoCity #01-187 Tel: 6278-5751
• Plaza Singapura #01-04 Tel: 6837 0460
• NEX #01-65 Tel: 6509 8293
• Jurong Point #01-47/48/87/88 Tel: 6861 0201

www.facebook.com/belifsingapore

Brought to you by Dr SM Yuen, Atlas Medispa is the modern interpretation of beauty, luxury and comfort. Inspired by the Korean art of beauty and skin care, Atlas Medispa is where modern technology and pampering therapies meet to create a unique experience. Healing, calming, rejuvenating and effective, Atlas Medispa focuses on providing premium, high quality Korean medical grade skin care and treatments for our clients, accompanied with a well-trained team of concierge and therapists to achieve a pleasant and natural outcome to our clients.

Rejuvenate your skin with Atlas Korean Revitalizing Glow Facial at $29 (U.P $280) and a *complimentary Korean Light Therapy worth $120.
*Additional complimentary Detox Lymphatic Massage worth $68 for appointments booked during non peak period. *Complimentary services limited to first 50 customers only.

Ngee Ann City Tower B #24-10 Tel: 6735 0996
www.atlasmedispa.com

At Bellezza Aesthetics, we have our own signature techniques that we use to treat face, eyes and body. In order to give perfect, healthy and bright skin, we always offer personalized treatment keeping in mind specific needs of the individual's skin.

Purchase one session of Luminous Max Facial at $50 (U.P $388) and enjoy a complimentary Silky Collagen Hand Treatment

Wheelock Place #04-13 Tel: 6223 2533
www.bellezza.com.sg
Collagen Studio

Full body Red light Collagen Treatment is well known, with proven result for skin issues such as wrinkles, dark circles, age spots, etc.

Buy 5 sessions and get 1 session free.

The Central #03-11 Tel: 6534 5652

CUTIS MEDICAL LASER CLINICS

Our Medical Grade Skin Rejuvenation Facial effectively treats different skin concerns such as acne, dry, dull and aging skin using Microdermabrasion or TriLipo with clinically proven Dr. Sylvia Skin Care products.

Medical Grade Skin Rejuvenation Facial at $158 per session

Pacific Plaza #08-07 Tel: 6801 4000
www.cutislaserclinics.com

Enjoy FITNESS FIRST RATES!
CALL US FOR MORE INFORMATION

Look Sensational and
MAKE YOUR OWN
Hollywood SMILE
www.casadental.com.sg

VISIT US AT ANY OF OUR BRANCHES

Clementi
420A Clementi Ave 1
#01-02 Casa Clementi
Singapore 121420
Tel: 6334 6984
Smst: 9667 0568

Ang Mo Kio
710 Ang Mo Kio Ave 8
#01-2611
Singapore 560710
Tel: 6458 0667
Smst: 9739 8306

Holland Drive
45 Holland Drive
#01-353
Singapore 270045
Tel: 6873 0451
Smst: 8798 3944
FULL CONSULT AND EXAMINATION
+
CHIROPRACTIC ADJUSTMENTS
(2 SESSIONS)

$50
(U.P. $290)

www.chirokare.com.sg
cloud9.sg is Singapore's most trusted name in delivering wellness via mobile massage. Our goal is to provide the best massage experience at the time and place of your choice.

- 12% off all heavenly massage services
- Promo code: FF1RST

Midview City #04-141 Tel: 9432 2223
www.cloud9.sg

Donna Beauty

We have combined the use of High Tech equipment and High Touch expertise of the therapists’ hands to provide clients with programs that enhance Skin Health and Well-Being.

Luminous Peel at $28
(U.P $160.50 | 30mins)

- IMM #02-30 Tel: 6563 6880
- Star Vista #B1-17 Tel: 6694 4257
www.donnabeauty.com.sg

We are a salon which specialises in vibrant hair colour.

- 15% discount for first time customers only
- Free express hair treatment for any chemical services eg. Hair colouring/perming

9 Tan Quee Lan St #02-05 Tel: 6254 5762
facebook.com/hartssalon

Specially designed for men's ageing & fatigue/stressed skin to achieve optimal youth-enhancing & brightening results!

Award-winning Activ+ RevivalPLUS Skin Treatment & Anti-Fatigue Eye Treatment @ $25*/$33!(U.P $402)

*$$5 is valid from Mon - Fri 11am to 4pm (excludes PH & PH eve)
Terms & conditions apply. Please call outlet at 6702 6016 for more details.

Orchardgateway #B1-07 Tel: 6702 6016
www.cls-touche.com

First Privileges
Audrey Lim | TheSmartLocal

“If you’re keen on this quick, painless and non-invasive treatment, be sure to check out Lush Aesthetics!”

LED TEETH WHITENING

NON-INVASIVE AND PAINLESS, UP TO 8 SHADES LIGHTER IN JUST 1 SESSION!

$188 (U.P. $999)

www.lushaesthetics.com.sg
Using natural Chinese and Ayurvedic herbs, our unique formulated herbal blend will treat all your hair problems.

**Complimentary Luxe Signature Scalp Strengthening Treatment (worth $188) with choice of 1 of below treatment**

1) Apple Stem Cell Ampoule Treatment (worth $88)
2) Nano Hair Spa (worth $138)
3) OXY Scalp Rejuvenating Therapy (worth $168)

* For 1st time customers

- Novena Square 2 #02-61 Tel: 6702 0777
- Tampines 1 #04-29 Tel: 6555 1065
- Yew Tee Point #01-24 Tel: 6509 1911

www.luxeherbal.com

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KENKO's unique pressure point technique allows blood & oxygen to flow freely in the body and promotes blood & lymphatic circulation, leaving you with a new found resiliency & zest for living.

**10% off on a-la-carte services**

- Marina Bay Sands #01-298 Tel: 6688 7811
- Esplanade Mall #02-21 Tel: 6363 0303
- Marina Square #01-211 Tel: 6333 0303
- 199 South Bridge Road Tel: 6223 0303
- Singapore Flyer #02-08 Tel: 6565 0303
- 313@Somerset #04-22 Tel: 6887 0303
- Tanglin Shopping Centre #01-01 Tel: 6734 9909
- Chinatown Point #B02-06 Tel: 6636 0303
- Vivo City #02-209 Tel: 6272 0303

www.kenko.com.sg

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Always running late in the mornings with little time left for your make-up routine? Save precious time by waking up to picture-perfect brows and lashes by La Vida – The Art of Brow Specialist.

**Eyebrow Shaping & Design at $5.35 (U.P $29.96)**

- Bedok Mall #01-27 Tel: 6384 3218
- Bukit Panjang Plaza #03-12 Tel: 6465 4491
- City Vibe @ Clementi #01-09/10 Tel: 6774 7372
- Compass One #04-23 Tel: 6386 2585
- AMK Hub #B1-24 Tel: 6481 5484

www.lavida.com.sg

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At In Touch Physio, we have a very experienced team of physiotherapists dedicated to the management of sporting and spinal injuries.

**10% off initial and subsequent appointments**

22 Malacca Street, RB Capital Building, #14-01A
Tel: 6533 0968
admin@intouchphysio.com

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First Privileges
Nailz Haus is today's new edge lifestyle nail spa offering high quality Hand & Feet treatment services and products and transforms your visit into an escape from today's ever-hectic lifestyle.

Express Retreat: Express Gel Manicure + Classic Pedicure at $58 (U.P $80)

- IMM #02-29 Tel: 6566 5676
- AMK Hub #B1-24 Tel: 6481 5768

Housing your favourite Korean beauty brands THEFACESHOP, belif and the new Fruits & Passion, Nature Collection is the new beauty concept store that promises to deliver products that are naturally sourced to cater to all your beauty needs, from top to toe, all in one place.

10% off with a minimum spend of $50 (regular priced items only)

- Plaza Singapura #01-04 Tel: 6837 0460
- Jurong Point #01-47/48 Tel: 6861 0201
- NEX #01-65 Tel: 6509 8293

www.facebook.com/naturecollectionsg

Pink Parlour is one of Singapore’s leading hair removal specialists & the largest spray tan chain in Asia offering award-winning treatments from waxing, permanent hair removal and nails since 2005.

> 10% off Waxing /Alpha Light/ Spray Tan
> 5% off on package

- Orchard Gateway B2-19/18A
- Capitol Piazza #B2-21
- Tampines 1 #05-09/10
- Marina Square #01-229
- Far East Plaza #05-83
- Jurong Point #03-39

www.pinkparlour.asia

Enjoy award-winning facials at our tranquil boutique spa just off Orchard Road. Our signature bespoke treatments will give you radiant, healthy skin.

> Award-winning Customised Stem Cell Facial at $88 + Complimentary Soothing Crystal Eye Massage (100 mins, U.P $188)

> 4-in-1 Relaxing Hot Stone Body Massage at $88 (75 mins, U.P $168), first 50 customers receive a complimentary Leg Massage Cooling Gel.

T&Cs apply. Prior appointment needed. Call 6732 0030 to make a booking.

56A Cairnhill Road Tel: 6732 0030
mycozyroom.com.sg
First Privileges Benefits
For Fitness First members

1. 3 sessions of P+ Express Laser Facial, Radiance Light Treatment plus Hydrating Ion Infusion Treatment

$88 (Normal price $300)

* Valid for first time customers of NOVU and PPP.

2. 5% off all package purchases

* Valid for new and existing patients of NOVU and PPP.

* Cannot be combined with other promotions or discounts.

Other Terms & Conditions:

* Valid Fitness First membership card must be presented to enjoy the above benefits, all benefits are strictly non transferable.

* NOVU reserves the right to change the above benefits at its discretion.

* Other T&Cs apply
Raffles Medical brings to you a comprehensive range of healthcare services through our network of clinics located islandwide. Our services include family medicine, travel health, health screening and dental care.

Modern day Father & Son barbering experience. Papa Poika means "Father and Son" in Finnish. The concept aims to evoke nostalgia – every man remembers his first trip to the barbershop with his dad or granddad.

10% off any services
(*call to book an appointment)
Paragon #05-30A Tel: 6235 4312
Facebook.com/PapaPoika

Raffles Medical brings to you a comprehensive range of healthcare services through our network of clinics located islandwide. Our services include family medicine, travel health, health screening and dental care.

Raffles Lifestyle Health Screening at $241.20 nett
(*Prior appointment is required)
Valid at Raffles Medical (GP) clinics. Please call 6311 2222.
www.rafflesmedical.com

Singapore's Leading Hair Salon providing bespoke hair and scalp solutions. Unleash the star in you with Salon Vim's trendy designs and signature hair contouring service.

15% off all full priced hair and scalp services during your 1st visit

- 313 Somerset #04-25/28 Tel: 6884 7757
- Wisma Atria #02-01B Tel: 6734 6404
- 235 Victoria Street Tel: 6837 0073

Sassy Hair Studio provides innovative cuts, unique colour concepts, and chemical hair services for flaunt-worthy tresses. It also specialises in aesthetic scalp solutions as well as hair treatments that repair damaged and dull hair.

- Complimentary Scalp Detox Treatment (worth $168)
  * For 1st time customers
- 30% off hair services

- The Central #03-33/36 Tel: 6534 8001
- Claymore Connect #03-12 Tel: 6659 7110
www.sassyhairstudio.com
Established in April 2015, Simplistiq Aesthetic Clinic is helmed by Medical Director Dr. YZ Tan. One of their signature treatments - Simplistiq Laser Facial - won the Most Insta-Gratifying Facial 2017 in CLEO magazine.

> Enjoy a Free consultation
> 20% off your first treatment
> 10% off subsequent treatments

Marina Bay Link Mall #B2-52 Tel: 6634 4033
www.simplistiq.sg

An award-winning specialty dental practice with a team of internationally qualified dental specialists/dentists. With a collective experience of more than 200 years, enjoy peace of mind as we solve your dental needs.

$250 for consultation by dental specialist, digital x-ray and scaling & polishing

- Mount Elizabeth Medical Centre (Orchard) #08-03/08/10 Tel: 6734 9393
- Gleneagles Medical Centre #07-17 Tel: 6471 5150
www.specialistdentalgroup.com

Now you can get your ‘Sexy Golden Tan’ without having to worry about the unpredictable weather.

> Get additional 1 free session with any packages sign-up (Indoor tanning/Spray tanning)
> 5% off all products

The Central #03-11 Tel: 6534 5652
www.suntanningstudio.com.sg

Originated from Korea, THEFACESHOP is a leading global beauty retail brand offering over 1,000 quality products for skin care, body care, hair care and make up.

10% off with a minimum purchase of $50 *applies to regular-priced items only

Applicable at all THEFACESHOP stores
www.thefaceshop.com.sg
TONI&GUY Hairdressing's continual belief in quality and in-depth consultation ensure clients are treated with care and total commitment, with a result that is unique and contemporary.

10% off hair services

- Mandarin Gallery #03-17 Tel: 6835 4556
- 179 Goldhill Centre Tel: 6258 3026
- Rochester Mall #02-01 Tel: 6684 9338
- The Star Vista #B1-22 Tel: 6694 4028

www.toniandguy.sg
Fitness First perk:

Enjoy 1 session of personalised skincare treatment at $48*

Call 6336 9274 for your complimentary skin analysis

What's Your Skin Type?

AGING SKIN
- Fine lines & wrinkles
- Saggy skin

HYPERPIGMENTED SKIN
- Dark spots on cheeks & chin
- Acne scars

DEHYDRATED SKIN
- Rough & dull looking
- Fine lines & wrinkles

ACNE-PRONE SKIN
- Oily & combination skin
- Pimples
- Enlarged & clogged pores

Terms and Conditions:
By appointments only. Call 6336 9274. Quote 'Fitness First' when making appointments. For first time customers only. 14 years and above. Singaporeans, PR and EP holders. Not exchangeable for other treatments. Other terms & conditions apply.

Discover Your Skin's Bliss!

Step into TaraBliss Spa - an oasis of calm, tranquility and deep pampering - and discover the dramatic skin transformation that our highly advanced treatments can wield. Here, we couple cutting-edge aesthetic technology with high-quality skincare to ensure your skin is getting the pampering it deserves for radiant, youthful and rejuvenated skin.

TARABLISS SPA
452 North Bridgade Road
6336 9274

Chan Brothers Building
205-00
Singapore 188733

6198 5066
Tara Bliss SG
www.tarabliiss.com.sg
Series 9
World's most efficient shaver. Exceptionally gentle.
Now with Titanium coated trimmer.

$499
(member price)
U.P.: $599

*Tested on a 3 day beard vs. leading premium tier products. Details: www.braun.com/study-results

Silk-épil 9
Best 2-in-1
Epilation & Exfoliation system.

$209
(member price)
U.P.: $259

New technology

To purchase the promotional products, simply drop by our showroom at 6 Tagore Drive #03-04, Tagore Building, Singapore 876723. For more information, do contact us at 64550005.

The promotion is only valid when you provide us with your Fitness First membership card details.
The heart of Casa del Mar's philosophy is to tailor a unique experience for all. Casa del Mar offers the tranquility of a private holiday home by day and subtle gaiety by night.

10% off Best Available Rates

Jalan Pantai Cenang, Mukim Kedawang, Langkawi
Tel: +604 955 2388
www.casadelmar-langkawi.com

Located by the idyllic Melaka River, Casa del Rio is your new getaway into historic Melaka. Explore the old world charm, vibrant food culture and bazaar-stalls of Jonker Street that is just minutes away.

Enjoy 10% off from our Best Available Rate

88 Jalan Kota Laksamana Tel: +60 6289 6888
casadelrio-melaka.com

Concorde Hotel Shah Alam features 381 rooms and suites. Each elegantly furnished room offers an array of modern amenities to ensure you a relaxing stay.

- Deluxe Room RM270 nett
- Deluxe Executive Room RM310 nett

Rates quoted include breakfast for 2 persons

No 3 Jalan Tengku Ampuan Zabedah C9/C
Tel: 603 5512 2200
shah@concorde.net
shahalam.concordehotelsresorts.com

Concorde Hotel Singapore is located on the world renowned Orchard Road, within the commercial and shopping district of Singapore.

- Deluxe Room S$235++
- Executive Room S$255++

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While helping our members live fitter and better lives, Fitness First also believes in giving back to the Community through our member events, fund raising activities and support for charitable causes. Here are some of the causes/organisations we have supported. We hope that you too will find the joy and fulfilment that we’ve experienced from lending a hand.

Note:
If you would like a tax exempt receipt for your donation please include your Name, Address and I/C number. We recommend you visit the websites for full information including who the charities help and how you can help.

Check out events, initiatives and more at our “We Care”/Corporate Social Responsibility section on our Facebook page.

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How you or your corporation can partner us as a Social Investor (SIR):

Students Care Service is a charity serving underprivileged children and youths since 1976. We serve around 6,500 students, aged 5-21 years old, each year, with our Educational Psychology Services and Social Work programmes. The work we do helps to build young lives, enhances their resilience and offers hope for their future.

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> Participate in our events
> Be a volunteer

Cheque donations payable to: Singapore Children’s Society

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The Singapore Red Cross is committed to aid the vulnerable, alleviate human suffering, protect lives and dignity and respond to emergencies, so as to build a world of empowered, resilient communities.

How you can contribute:

> Donate or Fundraise
> Give Blood or Host a Blood Drive
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> Join as a Member and Be an Advocate

Singapore Red Cross
Tel: 6664 0500 www.redcross.sg

Students Care Service is a charity serving underprivileged children and youth of all races and religions. In 2014, the Society reached out to 68,292 children, youth and families in need. Established in 1952, its services have evolved to meet the changing needs of children.

Our Mission: To bring relief and happiness to children in need

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> Make a donation
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> Participate in our events
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Offers listed under Fitness First’s First Privileges programme (“First Privileges”) are subject to the Terms and Conditions of the First Privileges programme. Redemption/use of the First Privileges offers/discounts/privileges/promotions (“Offers”) constitutes acceptance of the terms and conditions set out herein.

All current members of Fitness First (both Home and Passport members) are eligible for Fitness First First Privileges Offers at participating merchants/establishments (“Merchants”). Only members who have a current & unexpired membership with Fitness First are eligible. Participating Merchants reserve the right to refuse Offers to members with membership cards which are printed with expired membership dates.

Members are to present their Fitness First Membership card prior to ordering/purchase. Additional photo verification might be required.

All offers are valid from 1 January to 31 December 2017 (inclusive) unless otherwise stated. These offers are valid in Singapore only.

Dining offers are not valid on the Eve of and on Public Holidays and other special occasions including Christmas Day, New Year’s Day, Chinese New Year, Valentine’s Day, Mother’s Day, Father’s Day, unless otherwise stated.

Offers are not valid with and are not to be used in conjunction with any other on-going promotions, offers, vouchers, coupons, discounts, packages, privilege cards, set/special menus, and loyalty/in-house programs, unless otherwise stated.

All restaurant/dining Offers are for dine-in only. Advance dining reservation is strongly recommended and subject to availability.

Participating Merchants reserve the right to replace complimentary item with another item of similar value.

All offers are limited to one redemption per purchase/visit/bill/table per card holder unless otherwise stated. For 1-for-1 offers, the free item must be of equal or lower value than the item purchased.

Offers are not returnable and not exchangeable for cash, credit or other goods and services. In cases where a dining voucher is issued as part of the promotional offer, usage of the voucher is subject to the issuing restaurant/outlet’s terms and conditions and is redeemable only on the next visit.

Fitness First is not an agent of any of these participating Merchants and gives no representation or warranty with respect to any goods or services (including their quality or suitability) provided under First Privileges.

All feedback regarding quality and services provided should be directed to the respective Merchants. Any dispute concerning goods or services received under First Privileges shall be settled between the member and the participating Merchants involved.

All information is correct at time of print.

Amendments to the First Privileges programme, including but not limited to changes to existing privileges, terms and conditions and partner participation will be updated on www.fitnessfirst.com.sg. Information on the website supersedes all prior communications for the First Privileges programme. Any Fitness First member who continues to use his/her card at participating Merchants will be deemed to have agreed with and accepted these amendments.

Fitness First and the Merchants reserve the right to withdraw, substitute or vary any of the offers stated herein from time to time without prior notice. Any substitution or variation by Fitness First of any offers contained herein shall not entitle the member to any claims or compensation from Fitness First for any and all losses or damages suffered or incurred by the member, whether directly or indirectly. For avoidance of doubt, Fitness First does not warrant the availability or continuity of the privileges and does not assume legal obligation in respect thereof. Fitness First shall not be liable or responsible for any loss or damage suffered by any user of the privileges or any third party arising from or in connection with including printing or typographical errors, omissions, misrepresentations, improper use of information or infringement of intellectual property rights.

Fitness First reserves the final right to alter the terms of the privileges, the replacement of merchants as necessary & the right to recall the rewards programme and all related privileges without prior notice.

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