



**EMBARGOED UNTIL 19 APRIL 2007, 4PM**

## **Pacific Healthcare Launches Singapore's First Medical Sleep Spa**

**Singapore, 19 April 2007** – Pacific Healthcare Holdings Ltd. (“Pacific Healthcare”) launches Singapore’s first medical sleep spa on the penthouse level of Paragon, Orchard Road. Dedicated to enhancing sleep quality, the Medical Sleep Spa (“MSS”) offers a holistic approach combining scientific treatment and spa therapies to relax the body while resting the mind.

As Singapore’s first medical-supported spa service to those suffering from sleep disorders, the MSS offers sleep quality assessments, sleep counselling and consultation sessions by ENT Consultant and Sleep Surgeon, Dr Kenny Pang, who is the Medical Director of Pacific Sleep Centre and renowned for his expertise in Sleep Medicine and Surgery.

Sleep disorders can have a debilitating effect on one’s life if left untreated. Good sleep allows the mind and body to be recharged. It also enhances immunity, work productivity, stimulates memory building, boosts energy levels, and improves skin complexion.

Treatment of sleep disorders with simply surgery or drugs may no longer be sufficient. Certain sleep disorders such as stress-induced insomnia may be lifestyle-related. The objective of the sleep spa is to break away from the conventional laboratory setting where sleep assessments are often perceived as being clinical. The spa therefore relaxes the body, while the sleep counselling and the sleep enhancement programme prepare the mind for a good night’s rest.

## **About the Medical Sleep Spa**

The Medical Sleep Spa is a one-stop sanctuary that allows you to physically recharge and rejuvenate while letting your mind rest and relax in a deep, soothing, natural sleep. By incorporating spa and wellness programmes with specialist medical consultation, clients will be able to rejuvenate their senses and get their much needed rest, both physically and mentally in order to best manage their underlying sleep disorders.

The Medical Sleep Spa is part of The Wellness Lounge, which also offers a variety of aesthetic and wellness services, from facial rejuvenation to clinical weight loss programmes. The weight loss programmes may also help address clients' snoring concerns as obesity is a risk factor for sleep apnea. Packages include one-to-one Yoga and Pilates programmes which promote restful sleep while perfecting breathing, improving posture and enhancing coordination. These fitness programmes help clients suffering from insomnia to relax and have a complete and well-rested body and mind.

The combination of spas and medical treatment is ideal as spas have traditionally been complementary to mainstream medicine. This two-prong approach gives an additional dimension to Pacific Healthcare's leading position as a medically-related premium lifestyle and healthcare provider.

## **Our Services**

### **Medical Services**

Specialist Sleep Consultation

Sleep Quality Assessment

Sleep Endoscopy

Insomnia Relief

### **Spa Services**

Sleep Spa Massage with De-stress Therapy

Sleep Spa Oxygenating Facial & Body Rejuvenation

Clinical Weight Loss Programme

Yoga / Pilates

## **About Pacific Healthcare Holdings Ltd.**

Incorporated in 2001 in Singapore, Pacific Healthcare Holdings Ltd is an integrated healthcare provider offering a comprehensive range of healthcare services; encompassing specialist medical care, general practice medicine, dentistry, health screening, wellness services, as well as the operation of nursing homes, day surgery centres, and a psychiatric hospital.

Pacific Healthcare aims to be the premier healthcare group in Singapore and Asia, renowned for its Care, Compassion and Medical Excellence. Through a team of more than 100 dedicated professionals and a wide network of clinics and facilities, it focuses on the total health and well-being of patients.

It has operations in Singapore, Hong Kong, China, and India. Its competencies lie in Specialist Healthcare, particularly in the fields of Plastic Surgery, Cosmetic and Implant Dentistry, Obstetrics and Gynaecology, and Cardiology.

It is listed on the Main Board of the Singapore Exchange.

For more details, please visit Pacific Healthcare's website at [www.pachealthholdings.com](http://www.pachealthholdings.com)

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