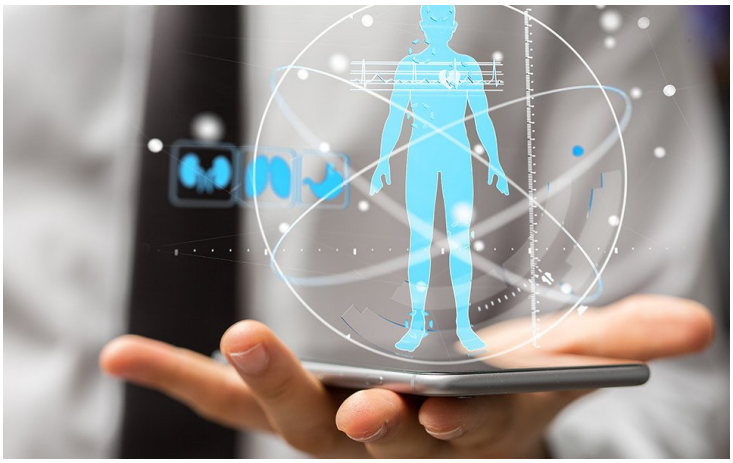
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Amaris B. Clinic expands services to fitness domain

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Amaris B. Clinic, a provider of Medical Aesthetic services in Singapore, has recently announced its service expansion into the domain of fitness - streamlining its focus to *Aesthetics, Sculpting and Fitness*.

An increased awareness among people in regards to their health and wellbeing has seen a rise in the business of fitness in Singapore. Inopportunely, this realisation and participation has also resulted in more fitness activity-related injuries for some. For others, despite their efforts in joining a gym and/or engaging a Personal Trainer, they are still devoid of results and success.

Amaris B. Clinic not only provides surgical intervention for body fat reduction but also provides a holistic approach to weight management, fat loss, cellulite reduction, improved lymphatic circulation and injury rehabilitation.

Amaris B. Fitness Programme uses Vacuum Compression Therapy. The cycles of positive and negative pressure aids in improving circulation. The volume of an elastic vessel can be increased by the application of a vacuum force on its outer wall. In the negative pressure phase of Vacuum Compression Therapy, the vacuum force is exerted on the extremities and its vessels. In the positive pressure phase, the venous drainage is facilitated. Thus the alteration of positive and negative pressure promotes increased arterial and capillary circulation and better venous drainage.

When employed in a vacuum pod, the body's natural fat-burning system is supercharged via an increased blood circulation to the body. This can aid in fat loss, weight loss, lymphatic drainage, cellulite reduction and even injury rehabilitation.

To further provide a truly complete fitness programme, Amaris B. Clinic is also providing in-house myotherapy service. Myotherapy is a form of physical therapy that primarily focuses on the treatment and management of musculoskeletal pain such as trauma or muscle contracture (myofascial pain), nervous system (neuropathic pain) and joints (articular pain). Myofascial pain may develop from a muscle injury or from strain on a specific muscle, muscle group, ligament or tendon, usually from work, sporting and recreational activities.