

Fulfil all your health and fitness needs at the new Raffles Holland V

BY AUDREY NG

Feeling hungry after your medical check-up or want to get pampered? At the Raffles Holland V mall, the new icon of Holland Village, you can meet all your healthcare and lifestyle needs under one roof.

A stone's throw from Holland Village MRT station, the sleek five-storey mall has a gross floor area of 62,720 sq ft and comprises the Raffles Medical Centre on Level 5, many dining and lifestyle tenants, two levels of basement parking and a rooftop terrace.



Stay fit and healthy

The integrated multi-disciplinary Raffles Medical Centre offers health screenings, employment and statutory check-ups, as well as family medicine, travel medicine, minor surgery, specialist, Chinese medicine, immunisation and dental services.

The Women's Centre provides specialist care in obstetrics and gynaecology and the Children's Centre offers paediatric medical care, developmental assessment and vaccinations. There is also the in-house specialist skin and aesthetics service covering clinical der-

matology, allergy, hair and nail, skin surgery and aesthetic services.

thetic services.
Fitness enthusiasts can
look out for the
opening of Virgin
Active's new club
during the first
half of next year.
The health and
fitness chain, part
of Sir Richard
Branson's Virgin



Group, will present a new concept offering with this club, which will occupy 10,000 sq ft of space spread across part of Level 3 and the entire Level 4.

This will be Virgin Active's first club in the world to present its Group Exercise Concept offering, focusing on its highly popular group exercise programme. It will also be the first among its Singapore clubs to have a Pilates Reformer studio. Members will have full access to the latest state-of-the-art fitness equipment, all its facilities and an extensive range of classes to choose from, many of which are exclusive to Virgin Active. Look forward to exciting workouts such as Zuu, The

Grid functional training classes, immersive indoor cycling, AntiGravity yoga, Zumba and Barre powered by Bootybarre.

Fine bites

Also opening soon is Taste, a new concept lifestyle shop.

Taste will be all about experiences, and helping you live better in every aspect of your life, starting with what you eat.

The essence of a collaboration between Swiss Butchery, Frisch Seafood, and Sens by Martin Woo, foodies can expect authentic premium ingredients, groceries, meats, and produce from all around the world.



With an emphasis on wellness and good food culture, Taste will show-case seasonal ingredients at their best. In-house experts will dish out advice and tips on nutrition, flavour profiles, food pairing, handling and storage, as well as personalised recipes and menu planning to give customers a total immersive food experience.

Enjoy tantalising F&B options from the likes of Otto's Fresh Deli, Soup Restaurant, Sushi Tei, Hoshino Coffee, Haakon Superfoods and Juice, Café O, Patissez and Provence.

Simpler, smarter banking

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