

Fax to:.....

Attention:.....

OPTIMUM HEALTH CENTRE / GREEN CONCEPTS HEALTH SHOP AND HK COLON HYDROTHERAPY CENTRE

How to find us



Optimum Health Centre *Wholistic health care for the whole family*

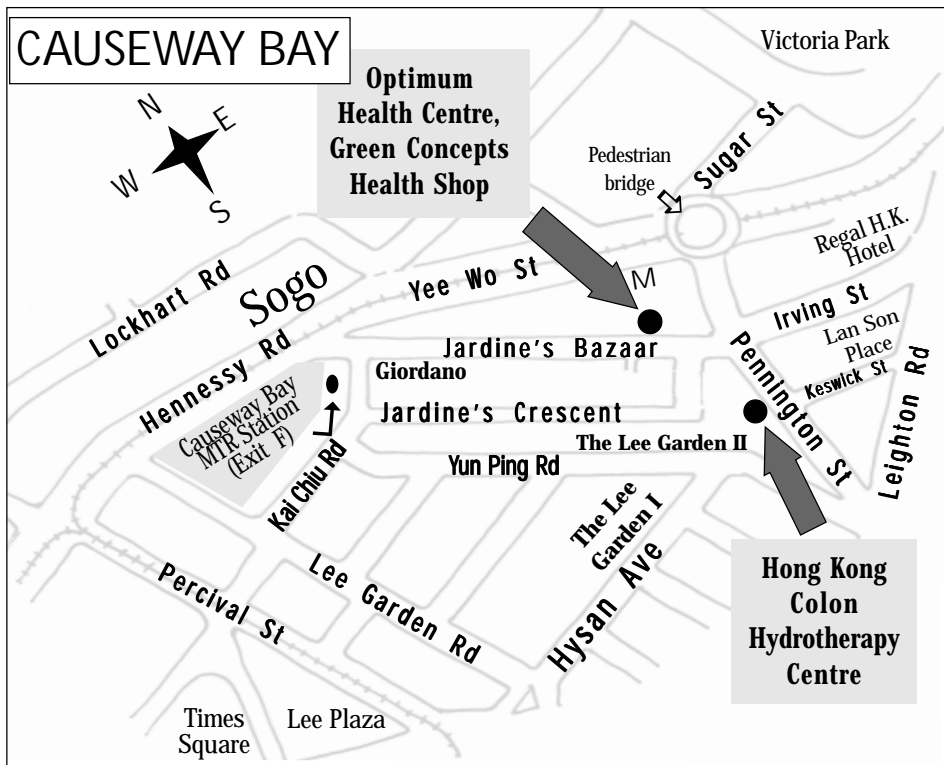
- General health consultation
- Nutritional consultation
- Enzymes therapy
- Bio-energetics
- Facial rejuvenation treatment
- Colour therapy
- Weight loss program
- Anti-aging
- Autonomic nervous system assessment

- Ionictherapy
- Colon hydrotherapy
- Homeopathy
- Oxygen & ozone therapy
- Aromatherapy
- Acupuncture
- Cellulite reduction
- Hair mineral analysis

- Live cell analysis
- Constitutional hydrotherapy
- Chiropractic care
- Western & Oriental massage
- Physical therapy
- Food allergy testing
- Herbal medicine
- Health shop

Optimum Health Centre
2/F., Prosperous Comm. Bldg.,
54-58 Jardine's Bazaar,
Causeway Bay, Hong Kong.
Tel.: 2577-3798 Fax.: 2890-8469
www.naturalhealing.com.hk

HK Colon Hydrotherapy Centre
7/F., Coin Organize Center,
13-15 Pennington Street,
Causeway Bay, Hong Kong.
Tel.: 2890-6800 Fax.: 2890-3071
www.colonic.com.hk



Public transport

MTR

Take the MTR to Causeway Bay and come out at Exit F. Jardine's Bazaar runs slightly to your left, straight ahead with a Giordano's store on the corner. Jardine's Bazaar is always full of Minibuses. Prosperous Commercial Building is towards the end of the block on the left side of the street, opposite the Tang Lung Chau Wet Market. Optimum Health Centre and Green Concepts Health Shop is on the 2nd floor.

Tram

The nearest tram stop is the one close to McDonald's Building on Yee Wo Street (the continuation of Hennessy Road). Locate the McDonald's Building and turn left, turn right when you reach the corner below the fly-over not far away, then turn right again in the next corner into Jardine's Bazaar.

Bus

There are many bus stops along Yee Wo Street (Hennessy Road).

Minibus

There are many minibus stops in the Causeway Bay area.

Taxi

Your taxi will not want to enter Jardine's Bazaar, not will he be able to stop in Pennington Street, except between 10am and 4pm. He will, however, be happy to let you down in Keswick Street. Walk back down Keswick Street, turn right and across Pennington Street into Jardine's Bazaar when you reach the traffic light at the corner. Turn left. Cross the road opposite the wet market and locate number 54 (Prosperous Commercial Building).

Our address in Chinese characters (just show your taxi driver):

香港銅鑼灣
渣甸街54-58號

If you are really lost!

Just phone and we will guide you.

Green Concepts Health Shop *For your total health care needs*

Located on the same floor as Optimum Health Centre.

No visit to Optimum Health Centre is complete without a browse through our 1,500 sq. ft. shop. Green Concepts offers the largest and widest selection of health products in Hong Kong. Over two thousand items ranging from fresh organic fruits and vegetables to magnetic mattresses and water purifiers.

Healthy foods and snacks, healthy lifestyle - household cleansers, back supports, air purifiers; natural body care - essential oils, handmade soaps, baby care; supplements - professional quality minerals, vitamins, enzymes; bioenergetic medicine - homeopathic and herbal medicine, books - over 1000 fascinating and informative titles, video rental library - over 270 titles covering a wide range of health and environmental issues.

www.healthshop.com.hk



Please Note

It is the policy of Optimum Health Centre to reserve the right to charge for appointments cancelled within less than 24 hours. Please be considerate to others and try to arrive on time for your appointment. *Thankyou!*