

Philippine

FREE



The **Expats'** Guide to the **Philippine Lifestyle**

Vol. 54

October 2020



The New Normal of
Health and Beauty

SPECIAL FEATURE:

On Being Healthy & Safely Pampered

www.primer.com.ph

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Fly into tomorrow.



Photo from Mark Burgamer's Instagram



Photo from Bio Normalizer's website

[Feature Stories]

4 Special

The New Normal of Health & Beauty | *On Being Healthy and Safely Pampered*



Photo from Rafikimono's Instagram

Features of the Issue

SPECIAL FEATURE — Quite missing to be pampered at actual salons? We'll lessen the room for your doubts about visiting them. Find out how these establishments in Metro Manila work under the changes they are required to adapt to and get an idea or two on how to properly protect yourself should you go. Philippine Primer also presents this month of October a wide selection of protective equipment from face masks and fashion coveralls to anti-infection technology. Supplements are on the list, too, for a healthier immune system!

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The New Normal of Health & Beauty

Taking care of oneself and making sure that one is in an optimal shape have always been personal concerns that people pay attention to the most. And at a time when health is frail against factors that are uncontrollable, being extra mindful of the body is essential. Philippine Primer then provides you a broad viewpoint on things that matter half a year into the lockdown: all things health and, of course, beauty.

See where you can cop fashionable protective equipment, premium protective technology, as well as some of the most vital supplements that the body needs; and arm-in-arm find the safety standards employed by various salons in Metro Manila for a pampering experience uncompromising to your well-being.



Feature by Denisse Tenorio, Deneca Ordinanza, Shairah Nabong & Layout by Dantes Remot

Beauty Salons in Metro Manila

As of this writing, the Philippine government has given the go signal for salons to yet again offer haircuts, hair treatments, nail care, as well as basic facial and personal care services. Addedly, apart from having to cater to just a limited guest capacity, salons are also encouraged to decline entry to those who have symptoms of colds, cough, and/or difficulty in breathing. Remember to always observe social distancing and to wear your personal protective equipment for a safe and seamless pampering experience!

Kiyosa Japanese Total Beauty



Kiyosa Japanese Total Beauty has since been providing customers high-quality hair, nail, and eyelash services in BGC—and recently in Makati as well—by means of its Japanese experts and expert-trained Filipino staff. While it has always taken pride in the salon's immaculacy, Kiyosa Japanese Total Beauty went above and beyond this time, sterilizing the expanse all the time as well as making sure it's well-ventilated by opening the doors every hour. On top of the required wearing of face masks and face shields, the salon imposes strict social distancing too, so only limited guests are allowed inside.

Exclusive promo for Primer readers: 10% off in any of the salon's services rendered by their junior staff. Valid until October 2020.



"Kiyosa Japanese Total Beauty has skilled Filipino staff who have technical skills like our Japanese staff, so even if you're not a Japanese, you can feel free and be comfortable around. We look forward to welcoming you to our salon and to give smiles to our customers every day through our service!" - Kiyosa Kato

A Peek at Kiyosa Japanese Total Beauty - Makati



Similar to the BGC salon, the newly-opened Makati branch is operated by Japanese experts and Filipino staff alike who has undergone rigorous training—which is a mix of written and practical exams. This branch's products and equipment are aligned with Japanese specifications, even the building materials and interiors themselves, thus bringing the assurance of both an upstanding and secure salon experience.

📍 The Palisades Condominium, 107 Perea St., Legaspi Village., Makati City

🕒 11 am to 8 pm

☎ 02-8805-8888 / 0939-915-8888

🌐 kiyosa-beauty.com

📍 Kiyosa Japanese Total Beauty

Tokyo Glam

*Offers home service for Metro Manila clients



To ease the worries of its customers, on top of the utilization of its private rooms, premium eyelash and nail salon Tokyo Glam has provided ample space in its vicinity to observe social distancing as well as treatment seats separated by thick curtains. All of the staff are geared with clothing PPEs, face masks, and face shields all the time too, and they undergo COVID-19 testing once every two weeks. Hand-in-hand with the target minimal exposure outdoors, Tokyo Glam offers packages that already cover both the eyelashes and nails hence a shorter appointment. And for people who really don't want to go out, you may opt to book any of their services for a home pampering session through **Tokyo Glam's home service!**

Exclusive promo for Primer readers: 20% discount for both eyelash extensions and gel nail services.



"In this time of the pandemic, it is important to stay positive and cheer yourself up from time to time. I would like to see people still dressing up and pampering their eyes and nails as these can also enhance their moods. At Tokyo Glam, we will thoroughly protect the safety of our customers, so please feel free to visit us." - Michelle

📍 4/F, Unit 4291, Ayala Malls Manila Bay, Parañaque City
🕒 10 am to 6 pm (Thu); 10 am to 7 pm (Sat to Sun)
☎ 02-7900-7072 / 0917-143-3804
🌐 tokyoglamph.com
📍 Tokyo Glam

Teng Roma



Teng Roma is a luxury hair salon located at Fairmont Hotel in Makati known for its Carbonated Head Soda Spa—a sulfate-free, Japanese state-of-the-art cleansing that activates blood circulation and cleanses the scalp by removing clogged hair follicle. All of the equipment used for this service, as well as their other ones namely hair cut, hair coloring, and perming, are UV-sterilized for the safety of everyone. Of course, Teng Roma's staff wears all the required protective pieces too.

Exclusive promo for Primer readers: FREE hypochlorous acid water.

📍 4/F, Willow Stream Spa, Fairmont Hotel, Raffles Dr., Makati Ave., Makati City
🕒 9 am to 6 pm
☎ 02-8555-9824 / 0927-550-3509
🌐 tengromasaloon.wixsite.com
📍 TENG ROMA Salon Makati

NORA Beauty Salon



In such an uncertain time, NORA Beauty Salon prides in their highly-observed safety standards, which they have adapted right from the beginning of all these. Apart from guests and staff alike mandatorily outfitted with clothing PPEs, face masks, and face shields, NORA assures a brief appointment period without compromising the service quality. For one, the Japanese chemicals present in their hair color and treatment products can be applied in just a short span of time yet still boasting of prime results. Drop by NORA and experience what it's like to be pampered with traditional Japanese and state-of-the-art beauty products!

Exclusive promo for Primer readers: First-time guests are entitled to a FREE hair treatment or head spa.



"At NORA, we use products that are applied for only a short amount of time so even customers who hesitate to stay because of exposure will have nothing to worry about. We will look forward to your visit." - Ando

📍 Unit G3, BSA Tower 108, Legaspi St., Legaspi Village, Makati City
🕒 9 am to 5:30 pm
☎ 0917-505-8895 / 02-8843-6065
🌐 www.nora-style.ph
📍 Nora Hair Salon Manila

Hide2A Hair Salon



Hide2A, which springs up all the way from Tokyo, offers varied services for the hair, eyelashes, and nails. They are currently following the strict protocols of no-mask-no-entry, footbath and disinfection upon entry, checking of temperature, and wearing of salon-provided disposable gloves. They also record the personal information of every guest. For reference, haircuts at Hide2A usually last for an hour while hair coloring takes about two hours. Staff inside the salon is all clad in protective outerwear, too.



"As the anxiety continues in this situation, pampering yourself and smiling more will help boost our happy hormone called serotonin. So we look forward to your reservation!" - Mogi

📍 1/F, B and P Bldg., 843 Arnaiz Ave., Legaspi Village, Makati City
🕒 9 am to 6 pm
☎ 02-8779-8435
🌐 hide2a.com
📍 Hair Salon Hide2A from Tokyo

junca Beauty Label



junca Beauty Label provides first-class Japanese pamper offerings in terms of hair, eyelashes, nails, and pretty much the whole body with their waxing as well as hand and foot massage services. Together with being a high-quality salon, it sees to it that it observes utmost cleanliness too. This is done mainly by the thorough cleaning of the salon per se and the disinfection of all things inside. In addition to the strict wearing of protective items by the staff and guests, guests will be asked to wear disposable gloves as well, which will be discarded upon leaving the salon. junca currently employs contactless payments.

Exclusive promo for Primer readers: FREE head, shoulder, and hand massage.



"For people who live and work in the Philippines, which has become the number one corona-infected country in Asia, stress can easily affect everyone. But at junca, you are guaranteed to have a relaxing and refreshing time." - Higuchi

- 📍 Cityland Pasong Tamo Tower, 2210 Chino Roces Ave., Makati City
- 🕒 11 am to 8 pm
- ☎ 02-8810-3314
- 🌐 junca-beauty.com
- 👤 junca Salon Group

NaturalHYPE®



Located in BGC, Japanese hair salon NaturalHYPE® specializes in all things hair—haircut, hair color, perm, and treatments; except that they do not cater to haircut appointments at the moment. For salon guests' safety, doors are disinfected regularly while chairs, capes, and used tools are disinfected after every customer. The staff, meanwhile, undergoes temperature checks and wears PPEs, face masks, and face shields. NaturalHYPE® also offers hair products for which you can arrange third-party delivery services such as Grab.

Exclusive promo for Primer readers: NaturalHYPE® will gift you with a Japanese-made Unicharm mask on your next visit.



"Considering that haircuts aren't available at the moment, NaturalHYPE® looks forward to having haircut services for customers again. Our haircut service will definitely return soon so please wait for a while." - Fumi

- 📍 2-D Blue Sapphire, 30st St. cor. 2nd Ave., Crescent Park West, BGC
- 🕒 10 am to 4 pm
- ☎ 0927-874-6331
- 👤 Natural HYPE(R)

SORA AN AVEDA Salon



SORA AN AVEDA treats its customers to Japanese-quality pampering from hair, eyelash, and nail services to body care ones such as waxing and foot massage; and they are home to organic beauty products too. Both Japanese and Filipino staff accommodate guests at SORA AN AVEDA, who are assured at the pink of health through regular temperature checks and constant wearing of all the needed protective pieces. Every tool and equipment is disinfected from time to time, partitions are used for minimized contact, and all worn accessories should be removed while inside. Enjoy a 10% off at SORA anytime until December 2020.

Exclusive promo for Primer readers: 10% off on any of their services, excluding salon services for children. Valid until December 2020.

"Apart from providing organic products for your hair, our salon thoroughly screens the physical condition of our staff as well as regularly disinfects and provides sufficient ventilation for the salon. We will continue to operate in accordance with the guidelines from the government."

- 📍 1/F, Fort Pointe Bldg., Fort Strip 28th St., BGC
- 🕒 9 am to 6 pm
- ☎ 02-8573-7259 / 0977-482-8200 / 0929-709-5705
- 🌐 sora-salon.ph

Salon



This salon is the hidden gem of Poblacion, Makati. It is often frequented by Filipino celebrities because of the owner's, Chiyo's, reputable skills who often does most of the cuts and treatments just assisted with her staff. Under strict guidelines, the salon accepts up to three groups a day including families who live together. During treatments too, only the customer, Chiyo-san, and an assistant will be inside the 40-sqm salon to continuously observe social distancing and minimize interactions. The salon offers Japanese-style cuts, hair color, and perming among others. It encourages making a reservation too.

Exclusive promo for Primer readers: 5% off on the treatment fee. Valid until October 2020.



"Japanese salons are knowledgeable about and safe against infectious diseases. We believe that we should provide our customers with as much peace of mind as possible. Please spend time at our salon. Make a reservation and receive the best treatment in a spacious space." - Chiyo

- 📍 1/F, SM Cyber One Bldg., 69 Jupiter St., Bel-Air, Makati City
- 🕒 10 am to 4 pm
- ☎ 02-8256-7283 / 0917-531-9596



FASHIONABLE PROTECTIVE OUTERWEAR



As it's looking like going out sans protective outerwear isn't possible anytime soon, we might as well learn to live with them for a while for our utmost safety and that of the other people around us. It may take a while of getting used to, but switching up the basic face masks and personal protective equipment (PPE) to the stylish (yet equally effective safeguard) ones might do the thing!

Face Masks



UNIQLQ

Where to buy: UNIQLO stores nationwide & uniqlo.com

UNIQLQ's AIRism Mask not only features a three-layer structure whose filter offers 99% bacterial filtration, but it also cuts off 90% of UV rays with UPF 50+ rating.



Rafikimono

Where to buy: rafikimono on Instagram

Rafikimono now tailors Rafiki Masks, a collection of easy-to-wear silky face masks with their tieback straps, which are likewise made out of globally-sourced textiles.



ANTHILL Fabric Gallery

Where to buy: anthillfabricgallery.com

ANTHILL's Zero Waste Masks (P350/ea & P999/3 pcs) include Full Weave Masks, Color Block Masks, and Pleated Masks; while their Makulay Masks cover full weave masks that are exclusively sold as a set of four for P1,499.



Ninofranco

Where to buy: ninofranco.ph on Instagram

Ninofranco features collections that are mostly adorned by geometric frills and an inherent diversity thanks to the brand's collaborations with different local artists and brands alike.



Nina Inabel

Where to buy: ninainabel.com

While Nina Inabel originally creates everyday wear for women, it has also upped its game by offering reversible Inabel (or Abel Iloco fabric) face masks with the insides made out of PPE material as well as PPEs per se.



Rags2Riches

Where to buy: rags2riches.ph

Rags2Riches' neoprene face masks come in four different colors (maroon, navy blue, gray, and black), each embroidered with fitting floral patterns and accompanied by a same-color pouch and three filters.



Bayo

Where to buy: BAYO stores nationwide & styleshops.com.ph

BAYO's three-layered face masks feature water repellent fabric, medical-grade polypropylene washable filter, adjustable soft and latex-free ear loops, as well as a back strap.



Plains & Prints

Where to buy: Plains & Prints stores nationwide & plainsandprints.com

Their masks are available in Mini-Me Mask Sets that come with one adult mask and one for a child, as well as the Pamana Mask Set (3 pcs ea) that sports prints inspired by the brand's Pamana Collection.



Kamiseta

Where to buy: kamiseta.com

Kamiseta's myriad styles of face masks encompass those that are ruffy, pleated, and oblong-shaped, each made up of different fabrics and embellished with various colors and embroideries.



Karimadon

Where to buy: karimadon fashion.com

Boasting of masks designed out of neoprene fabric, KARIMADON's selection ranges from plain and tulle face masks to those that are both printed and reversible. Plus, they have a bridal face mask too!



Penshoppe

Where to buy: Penshoppe stores nationwide & penshoppe.com

Penshoppe actualizes the definition of extensive in its line of face masks that covers seven types, including those with anti-viral treatment, adjustable ear-loops, detachable eye shield, and adjustable ear and neck straps.



Artwork

Where to buy: Artwork stores nationwide & Lazada

Composed of washable face masks all priced at just P69 or P89, Artwork's collection beams with designs that play around colors, statement prints, and cartoonized drawings.

*Teppen Grocery Store in Makati City sells disposable face masks too.

Clothing PPEs

Wil Tailors



Wil Tailors offers two kinds of PPEs made of FDA-approved non-woven fabric. One is a laboratory gown type that comes with a head cap and a shoe cover sold at P170 per set, while the other is a bunnysuit type inclusive of a shoe cover for P280 per set. You may reach them at wil.tailors27@gmail.com or call them at 0905-282-5114.

Where to buy: Via email or phonecall

Mark Bumgarner



The Armor Project by prominent fashion designer Mark Bumgarner brings a bold fashion statement to PPEs. With over-the-top coveralls for men and women that are either a set of a bomber jacket and jogger pants or a jumpsuit in itself, as well as jacket dresses exclusively for women, one can trudge down the outside world protected and with a hint of flair.

Where to buy: mark-bumgarner.com

Madelaine Ongpaucobarlao



The atelier built from the ground up by restaurateur-turned-fashion designer Madelaine Ongpaucobarlao boasts a collection of gowns, ready-to-wear pieces, and now fashion PPEs. Among others, this latest collection features trench coat dresses, jackets with either matching pants or skirts, and even coordinates that come with a mask and a headband embedded with ear-saver buttons.

Where to buy: madelaineongpaucobarlao.com or via Shopee

Face Shields

As compared to face masks and clothing PPEs, face shield was the last to become a staple protection gear of non-frontliners. It provides good face coverage and comes in different types: (1) garter-equipped shield, (2) shield with detachable glasses, and (3) hat-type detachable shield.

Where to buy: Various physical & online stores



Garter-Equipped Shield



Shield with Detachable Glasses



Hat-Type Shield (P350 at Rapha's Gear)

BRANDS OFFERING INNOVATIVE PROTECTIVE PRODUCTS

SHARP

Sharp's revolutionary Plasmacluster technology has been proven to be 99.97% effective against viruses and microbes, leaving air cleaner and healthier as it emits the same positive and negative ions that occur in nature. It also eliminates unpleasant odors, pet dander, and allergens as well as provides beautifying effect on the skin by maintaining its moisture. This technology is also equipped in their Car Ion Generators and some models of their refrigerators and air conditioners as Sharp is constantly developing new ways that Plasmacluster can bring benefits to the society.

🌐 ph.sharp



Panasonic

Spanning from 1997 to the present time, Panasonic has seen quite an effectiveness to hydroxyl radicals contained in water as inhibitors of pathogenic microorganisms including coronaviruses (hydroxyl radicals themselves are deemed as nature's 'detergent' found in the troposphere). Later, the company developed what they now call as nanoeTM technology that contains hydroxyl radicals, which blocks surface-level pollutants by penetrating deep into fabric materials and neutralizes bacteria and viruses among others. Panasonic products equipped with this include Elite Inverter Sky Series Aircon, Portable Nanoe Generator, and Air Purifier.

🌐 panasonic.com.ph



J.P. Marzan Project Ventures, Inc.

J.P. Marzan is a logistics provider that offers sterilization services as well. These are available in the forms of a fixed generator-type and a manual one requiring the presence of a technician. The two similarly employ the use of Marella Water, or electrolytic hypochlorous acid water, which is said to exhibit a high-performance disinfecting capability that includes the sterilization of norovirus—a 'more virulent' strain than coronavirus. Since it does not use any chemical, Marella Water is safe around kids and pets alike; it holds no threat of hazardous wetting of things too. J.P. Marzan provides such services to all facilities, from restaurants to medical institutions.

☎ 0917-155-2208

✉ yusuke.kondo@jpmarzan.com



Kansai Paint

Japan-cultivated brand Kansai Paint boasts a range of innovative products that sit well for decorative and industrial purposes to automotive ones. And one that is all the more promising at this point is their Ales Shiquy, an environmental-friendly, water-based lime plaster that denatures viruses and humidifies the air on top of its odor-removing feature. More so, Kansai Paints also has what they call the Contagion Prevention Sheet, which is an antibacterial and antiviral set of adhesive sheets similarly coated with lime plaster material. It can be easily applied onto stainless steel, wool, and glass among others.

🌐 kansaipaint.com.ph



Daikin

Daikin, a global-leading air conditioning company, manufactures and markets air purifiers equipped with streamer technology. This oxidatively decomposes harmful substances using a type of plasma discharge called streamer discharge. As proven by experiments*, 99.9% of the mouse coronavirus and those of the same genus can be inactivated by releasing streamers for at least three hours. The same technology has remarkably been used for bird influenza virus, influenza virus, mouse norovirus, and food poisoning.

*Said experiments were done using a test streamer generator (streamer technology) and no indication of the effect of the actual Daikin products or of the actual usage environment was recorded.

☎ 02-5318-6800 🌐 daikin.com.ph



Alsons/AWS Information Systems, Inc.

In addition to the basic functions of a temperature detector such as non-contact body temperature measurement, AAISI's product is equipped with facial recognition and photo/measurement log functions. Through a cloud service, the registered face can be authenticated upon temperature check, allowing for the saving and managing of data such as the registrant's body temperature, time detected, presence or absence of mask, and whether or not blacklisted via a personal computer. This is sold in three different types: one that can be held by hand, one that can be mounted on a wall, and one that can be put atop desks.

☎ 02-8823-5689 🌐 aaisi.com.ph

✉ tomoaki.tsutsumi@awsys-i.com



HEALTH SUPPLEMENTS

As the body's first line of defense against illnesses and infections, the immune system is one that needs utmost care—however much of a work in itself it is. One has to ingest a balanced diet, exercise regularly, and observe proper hygiene among other things. But what tends to be largely overlooked is actually a major factor in keeping the immune system at an optimal state: taking the right immune-boosting vitamins and minerals. Know and understand what the body needs and treat yourselves to their essential health benefits in the long run!



VITAMIN A

Vitamin A plays an essential part in maintaining healthy vision and aids in the normal function of the immune system and organs. It also helps in creating white blood cells that fight virus and infections.

Swanson Premium Vitamin A

Benefit/s: Delivers retinol or vitamin A—a powerful antioxidant—for healthy eyes, skin, hair, bone health, and immune system. **Price:** P980 (250 softgels per bottle) **Where to buy:** BeautyMNL.com



Now Foods Vitamin A

Benefit/s: Provides a dosage of vitamin A from fish liver oil for health of one's eye, skin, and immune function. **Price:** P400 (100 softgels per bottle) **Where to buy:** nutritiondepot.com.ph



VITAMIN B

Vitamin B, which is composed of eight B vitamins, holds a vital role in supporting the overall bodily function. Also known as the building blocks of a healthy body, this vitamin has numerous benefits, particularly for a healthy brain and nervous system.

Nature's Bounty B-Complex

Benefit/s: Aided with folic acid and vitamin C, this supplement helps in the conversion of food into energy while supporting immune health. **Price:** P412.19 (125 tablets per bottle) **Where to buy:** ph.iherb.com



Kirkland Signature Super B-Complex

Benefit/s: Supports energy metabolism, helps in maintaining a healthy nervous system, and provides antioxidant health with its balanced formulation of B vitamins and vitamin C. **Price:** P1,799 (500 tablets per bottle) **Where to buy:** Landers Superstore (physical & online stores)



VITAMIN C

One of the most important vitamins that the body needs is vitamin C. As a powerful antioxidant, it protects the cells from harmful molecules or free radicals. Moreover, it aids in regulating blood pressure too.

Puritan's Pride Vitamin C-500 mg

Benefit/s: Provides antioxidant and immune support that are also great for skin whitening and skin care. It also contains Wild Rose Hips to boost vitamin C absorption. **Price:** P549 (100 caplets per bottle) **Where to buy:** Watsons, Lazada, Shopee, Zalora, BeautyMNL



Ester-C

Benefit/s: A non-acidic vitamin C with citrus bioflavonoids that provides enhanced immunity and 24-hour antioxidant support. **Price:** Starts from P880 **Where to buy:** Landers Superstore, Healthy Options, BeautyMNL



VITAMIN D

In maintaining healthy sets of bones and teeth, vitamin D is one of the essential vitamins that the body needs. Addedly, it supports the immune and nervous systems, regulates insulin levels, aids in lung function, and gives protection against diseases.

Caltrate Plus

Benefit/s: Provides the body with calcium, vitamin D, and minerals that are responsible for strengthening bones and providing structural integrity. It is also indicated for the prevention and treatment of osteoporosis. **Price:** P7.90 per tablet; P235 per bottle of 30 tablets **Where to buy:** Watsons, Mercury Drug, Rose Pharmacy



NatureWise Vitamin D3

Benefit/s: An active form of vitamin D with olive oil that supports the body's ability to maintain good bone health and robust immune system function, especially for individuals who don't get adequate sun exposure daily. **Price:** P2,272 (360 tablets per bottle) **Where to buy:** naturewise.com & Lazada



ZINC

Zinc primarily aids in cell growth and DNA synthesis; as well as plays a vital role in the overall function of the immune system. It is usually added to supplements and natural cold treatments since the body does not produce its own zinc.

Puritan's Pride Zinc Gluconate

Benefit/s: Helps strengthen the immune system by assisting in the proper functioning of insulin. It also promotes healthy skin, vision, and smell. **Price:** P339 (100 tablets per bottle) **Where to buy:** puritanspride.ph, Watsons, Lazada, Shopee, Zalora, and BeautyMNL



Swanson Zinc Gluconate

Benefit/s: Delivers valuable mineral nutritional support and antioxidants for the immune system, prostate, and eyes among others. **Price:** P610 (250 capsules per bottle) **Where to buy:** swansonvitamins.ph



Go Natural

Go Natural offers paramount quality, clinically tested, and FDA-approved natural food supplements at affordable prices. Their well-known products include Ampalaya Plus, Slenda, Enduranz, Renalin, Guyamaax, and DeLite Herbal Tea. These dietary food supplements contain nature's wonder herbs, fruits, and vegetables aimed to provide vitamins and minerals as needed by the body.

Price: Starts at P500

Where to buy: gonatural.com.ph, BeautyMNL.com, and local pharmacies (e.g. Watsons, Mercury Drug, Rose Pharmacy)



Bio - Normalizer

Developed in 1969 by Japanese doctor Akira Osato with the aim to help the body in curing diseases and strengthening immunity in an active state, Bio-Normalizer has come to be the world's first fermented green papaya supplement. It is clinically proven not only in Japan but in numerous domestic and international research institutions as well. Bio-Normalizer is available in both tablet and powder forms.

Price: P3,000/box

Where to buy: Bio-Normalizer Trading Phils. Inc. (0998-959-0811)





Restaurant Directory

Japanese Restaurant SEKITORI	📍 Little Tokyo, Chino Roces Ave., Makati City ☎ 02-8816-7608 / 02-8894-3876 🕒 11: 30 am to 2 pm and 5 pm to 12 am
Isaribi	📍 RG-5 Creekside Bldg., Amorsolo St., Makati City ☎ 02-8801-1770 🕒 11 am to 2 pm and 5 pm to 1 am
Izakaya Kikufuji	📍 2277 Chino Roces Ave., Legaspi Village, Makati City ☎ 02-8893-7319 / 6131 🕒 11 am to 2 pm and 5:30 pm to 10:30 pm (Mon to Fri); 11 am to 2 pm and 5:30 pm to 10 pm (Sat to Sun)
Japanese Restaurant Hanagushi	📍 G/F, The Beacon, Don Chino Roces Ave. cor., Arnaiz Ave., Makati City ☎ 02-7744-1966 🕒 11 am to 2 am
Ikomai & Tochi Desserts	📍 1/F, ACI Bldg., 147 H.V. Dela Costa St., 1227 Salcedo Village, Makati City ☎ 0917-709-4809 / 02-8816-4588 🕒 11 am to 10 pm (Mon to Sat)
Jyukai	📍 Unit C-1, G/F, Marvin Plaza Bldg., 2153 Pasong Tamo Ave. cor. V.A. Rufino St., Makati City ☎ 02-8831-5341 / 02-8869-0818 / 0917-514-8078 🕒 11 am to 2 pm and 5 pm to 10 pm
Putien	📍 5/F Putien Food Ventures Inc. Julia Vargas, Mandaluyong City ☎ 02-8282-1888/02-8282-6888/0918-919-3888 🕒 10 am to 8 pm (Fri to Sat); 10 am to 8:30 pm (Sun)
Kawasaki Restaurant	📍 7563 Santillan St., Brgy. Pio Del Pilar, Makati City ☎ 0917-872-1022 / 0917-185-1022 🕒 6 pm to 12 am
KENSHIN Japanese Restaurant	📍 G/F, The Linear Makati, Yakal St. cor. Mayapis St., Makati City ☎ 0917-535-1046 🕒 11 am to 3 am
Yakiniku Kenshin	📍 G/F, Unit G2, Makati Square Mall, Fernando St., Makati City ☎ 0917-103-5727 🕒 11 am to 3 am
Kazunori Japanese Restaurant	📍 2301 Chino Roces Ave. Ext., Makati City ☎ 0917-836-2695 / 02-7746-1780 🕒 10 am to 7 pm
Kotono Japanese Restaurant	📍 Mezzanine, Creekside Amorsolo Bldg. cor. V.A. Rufino St., Legaspi Village, Makati City ☎ 02-7211-5775 / 0917-170-7790 / 0918-945-6246 / 0921-215-0862 🕒 4:30 to 10:30 pm (Mon to Sat)
Unakichi	📍 G/F, Makati Cinema Square, Amorsolo St., Makati City ☎ 02-7728-2072 🕒 11:30 am to 2 pm and 6 pm to 11 pm
Uniquease	📍 Unit C, #1036, Hormiga cor. Teresa St., Brgy. Valenzuela, Makati City ☎ 02-8521-6549 🕒 12 pm to 8 pm
Japanese Izakaya Restaurant Manmaru	📍 1/F, Makati Cinema Square, Legaspi Village, Makati City ☎ 02- 8254-3170 🕒 11 am to 1 am
Teppan Okochi by Mangetsu Osaka	📍 Ground Level, Power Plant Mall, Rockwell Dr. cor. Estrella St., Makati City ☎ 0917-795-0051 🕒 11:30 am to 2:30 pm and 5:30 pm to 10 pm (Mon to Fri); 11:30 am to 2:30 pm and 5:30 pm to 11 pm (Sat); 11 am to 10 pm (Sun)
Manpuku Steak House	📍 Lower G/F, Makati Cinema Square, Chino Roces Ave., Makati City ☎ 0928-482-3066 🕒 10 am to 11 pm
Pang Masa Ya Ramen House & Sushi Bar	📍 7487 Batikan St., Brgy. San Antonio, Makati City ☎ 02-8283-4845 🕒 11 am to 6 pm
Tokyo Dining Yebisu	📍 1/F, The Infinity Tower Suites, 106 H.V Dela Costa St., Salcedo Village, Makati City ☎ 0945-402-6126 / 0961-122-2137 🕒 8 am to 11 pm (Mon to Fri); 11 am to 11 pm (Sat to Sun)
La Cabrera Manila	📍 6750 Ayala Ave., Business Tower, Glorietta Complex, Makati City ☎ 0905-290-0703 / 02-8833-8946 🕒 11 am to 3 pm and 5:30 pm to 8 pm
Yakiniku A-5 Toku	📍 Little Tokyo, Chino Roces Ave., Makati City ☎ 0999-438-5943 / 0967-435-7466 🕒 6 pm to 12 am
I'm Angus Steakhouse	📍 7431 Yakal St., San Antonio Village, Makati City ☎ 02-8892-5852 🕒 11 am to 3 pm and 6 pm to 11 pm
Chesa Bianca	📍 7431 Yakal St., San Antonio Village, Makati City ☎ 02-8815-1359 🕒 9 am to 6 pm
Caruso Ristorante Italiano	📍 210 Nicanor Garcia St., Bel-Air Village, Makati City ☎ 02-8895-2451 11:00-20:00 🕒 11 am to 8 pm
Antipodean	📍 G/F, 111 Paseo de Roxas Bldg., Gil St. cor. Legaspi St., Legaspi Village, Makati City ☎ 9 am to 4 pm ☎ 0917-851-9636 / 02-8833-2826
Chatto Bites	📍 2/F, Assembly Grounds at The Rise Makati, 7248 Malugay St., San Antonio Village, Makati City ☎ 0917-621-6851 🕒 11 am to 10 pm
Cirkulo	📍 G/F, MilkyWay Bldg., 900 Arnaiz Ave. cor. Paseo de Roxas, Makati City ☎ 0966-634-5792 🕒 11 am to 5 pm (Tue to Sun)

Azuthai	📍 Milkyway Bldg., 900 Arnaiz Ave. cor. Paseo de Roxas, Makati City 📞 02-8817-6252 🕒 11 am to 5 pm (Tue to Sun)
MilkyWay Cafe	📍 Milkyway Bldg., 900 Arnaiz Ave. cor. Paseo de Roxas, Makati City 📞 0966-634-5792 / 02-8817-4042 🕒 11 am to 5 pm (Tue to Sun)
Wooden Horse Steakhouse	📍 Unit 2 & 3, Molito Commercial Complex, Madrigal Ave. cor. Alabang-Zapote Rd., Muntinlupa City 📞 0927-460-2495 🕒 11 am to 2 pm and 5 pm to 9 pm
Washoku Musashi-Maru	📍 408-409, Roofdeck, Phase 2, Japan Town, Glorietta 2, Makati City 📞 02-8583-7060 / 02-8256-5044 🕒 10 am to 6 pm
Namba Station	📍 The Venice Piazza, 1030 Campus Ave. cor. Park Ave., Upper McKinley Rd., Taguig City 📞 0906-023-3692 🕒 11 am to 10 pm
Yakiniku Sandaya	📍 1200 Arnaiz Ave., Legaspi Village, Makati City 📞 0918-292-1006 🕒 12 pm to 3 pm and 5 pm to 11 pm
Marugame Udon	📍 B7, Unit 982, Bonifacio High Street, BGC 📞 0916-627-0275 🕒 11 am to 10 pm
Miyazaki Gyu	📍 G/F, One McKinley Place, 26th St. cor. 4th Ave., BGC 📞 02-8829-6167 / 0917-168-6673 🕒 11 am to 9 pm (Mon to Sat)
Fukudaya	📍 G/F, Arya Residences Tower 1, McKinley Parkway, BGC 📞 02-8800-3563 / 0927-264-0171 🕒 11 am to 2 pm and 6 pm to 10 pm
Shaburi	📍 4/F, Uptown Mall, 38th St. cor. 9th Ave., Taguig City 📞 0917-708-3930 🕒 10 am to 10 pm
Ogawa	📍 2/F, Fort Entertainment Center, 5th Ave. cor. 28th St., Taguig City 📞 02-8886-4994 🕒 11 am to 2:30 pm and 5:30 pm to 10:30 pm
Hanamaruken	📍 2/F, Alabang Town Center, Alabang, Muntinlupa City 📞 02-8869-9857 🕒 11 am to 9 pm (Mon to Fri); 10 am to 10 pm (Sat); 10 am to 9 pm (Sun)
Takashi Japanese Cuisine	📍 8006 Pioneer cor. United St., Brgy. Kapitolyo, Pasig City (Inside Pioneer Centre) 📞 0905-510-9554 🕒 11:30 am to 9 pm
MOS Burger	📍 Robinson Galleria, ADB Ave., Ortigas 📞 02-7747-2695 🕒 11 am to 10 pm
Hotel Okura	📍 2 Portwood St. (formerly Palm Drive), Resorts World Manila, Newport City, Pasay City 📞 02-5318-2888 🕒 11:30 am to 2:30 pm and 6 pm to 10 pm
Kaishu	📍 G/F, Net World Hotel, Roxas Blvd. cor. Sen. G. Puyat Ave., Pasay City 📞 02-8551-1784 / 02-8536-7777 🕒 11 am to 12 am
KITSHO Japanese Restaurant	📍 Hotel Jen, 3001 Roxas Blvd., Pasay City 📞 02-8994-3623 🕒 11 am to 2:30 pm and 6 pm to 10:30 pm
Ichiba-Japanese Market	📍 2/F, Newport Mall, Resorts World Manila, Newport City 📞 02-8865-6859 / 0917-732-2176 🕒 12 pm to 11 pm (Mon to Fri); 10 am to 11 pm (Sat to Sun)
Oden House & Eatery	📍 2/F, Magic Star Square Bldg., 2217 Leveriza St., Pasay City 📞 02-8817-9289 🕒 7 am to 5 pm
Nikumaru	📍 205 Aguirre Ave., BF Homes, Parañaque City 📞 02-8771-1169 🕒 11:30 am to 2:30 pm and 4:30 pm to 7 pm (Mon to Sat)
Japanese Restaurant Wasshoi	📍 G/F, Unit #4, The Fort Strips Bldg., 7th Ave. cor. 28th St., BGC 📞 02-8808-7608
Hanakazu	📍 08 Aguirre Ave., BF Homes, Parañaque City 📞 02-8850-2512 🕒 11:30 am to 2:30 pm and 5:30 pm to 10 pm (Tue to Sun)
Tokiwa Shokudo	📍 G/F, 370 Romana Bldg., El Grande Ave., BF Homes, Parañaque City 📞 02-8995-0264 🕒 11:30 am to 10 pm
Izakaya Kenta	📍 G/F, Malate Bayview Mansion, M. Adriatico St. Malate, Manila 📞 02-8523-1874 / 0916-218-7958 🕒 11 am to 2 am
Torimomo	📍 G/F, Robinson's Place Manila, Ermita, Manila 📞 02-8247-2907 / 0905-271-6922 🕒 10 am to 9 pm (Mon to Fri); 10 am to 10 pm (Sat to Sun)
Yoshinoya	📍 2/F, Glorietta 1, Ayala Center, Glorietta Complex, Makati City 📞 02-7625-3662 / 02-8893-8178 🕒 10 am to 9 pm (Sun to Thu); 10 am to 10 pm (Fri to Sat)
Mitsuyado Sei-Men	📍 22 Jupiter St., Bel-Air Village, Makati City 📞 02-8511-1390 🕒 11 am to 11 pm
SERYNA	📍 2277 Chino Roces Ave., Makati City 📞 02-8894-3855 🕒 11 am to 2 pm and 5 pm to 9 pm
Jasmine	📍 New World Hotel, Esperanza St. cor. Makati Ave., Ayala Center, Makati City 📞 02-8811-6888 loc. 3679 🕒 11 am to 3 pm (Sat and Sun)
Saboten	📍 1/F, Serendra, BGC 📞 0917-891-6879 🕒 11 am to 9 pm
JAPANESE YAKINIKU RESTAURANT HIRO	📍 1D Palanca St. cor. Dela Rosa St., Legaspi Village, Makati City 📞 091-6583-0793 🕒 11:30 am to 9 pm
Japan Fudo Street	📍 Japan Town, Level 4, Ayala Malls Vertis North, Quezon City 📞 0945-492-2530 🕒 10 am to 9 pm



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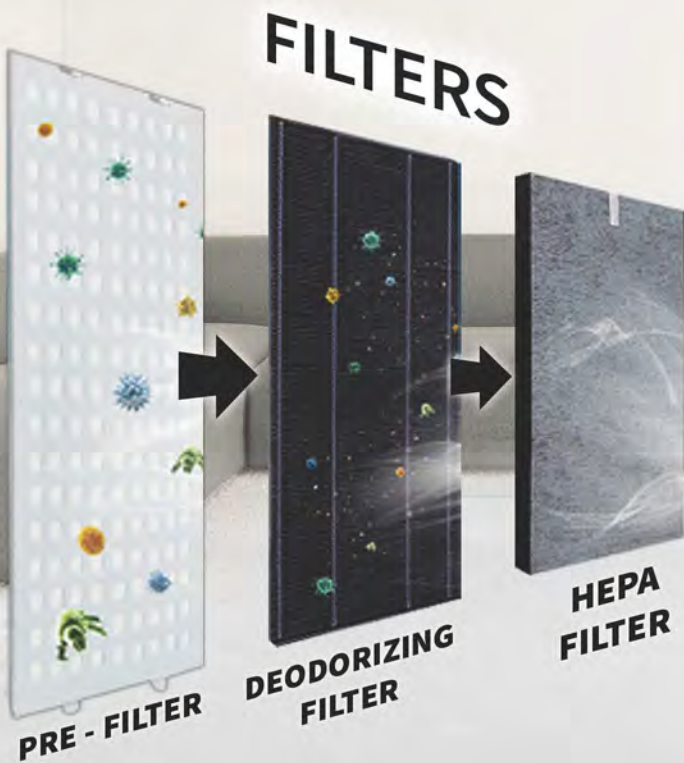
2-WAY AIR PURIFICATION SYSTEM

Passive Filtration (through filters)

Active Filtration (through Plasmacluster Ions)

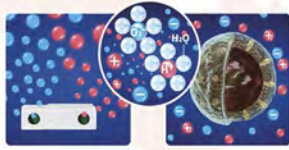
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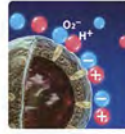


HOW DOES PLASMACLUSTER ION TECHNOLOGY WORK?



1 Plasmacluster ions are released

Plasmacluster ions are positive and negative ions – similar to the ones found in nature. The ions are surrounded by water molecules when they are released into the air.



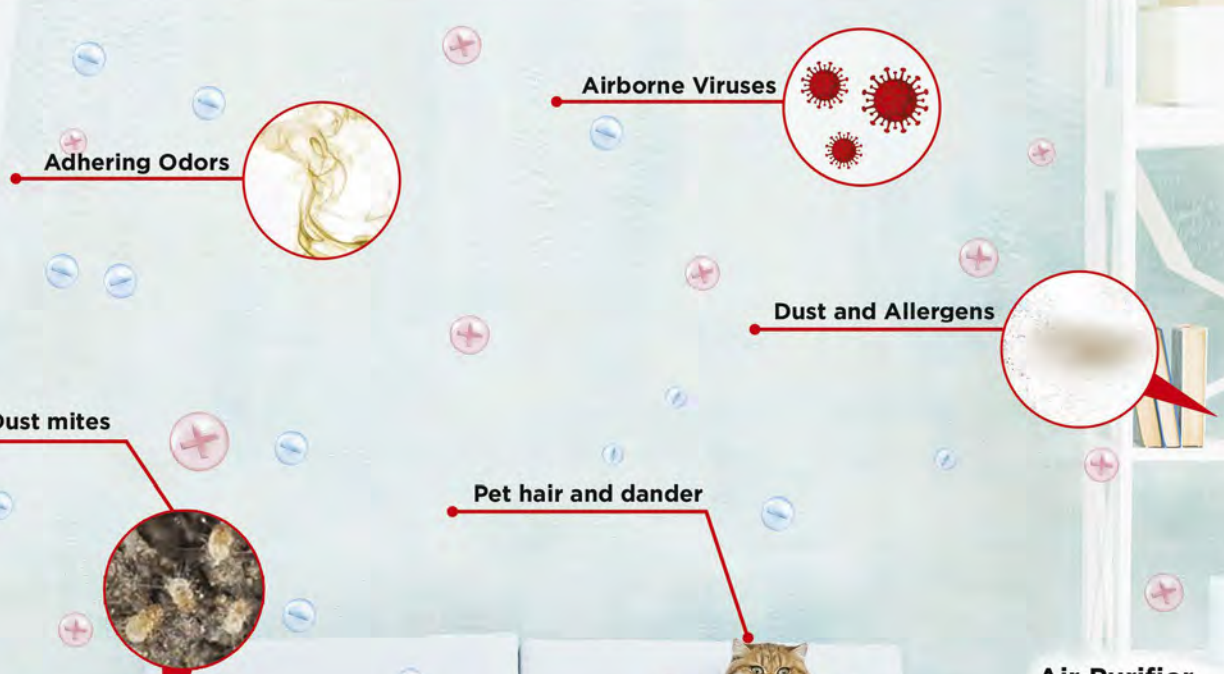
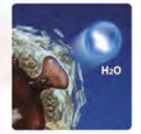
2 Plasmacluster ions attack airborne threats

The ions form highly oxidizing hydroxide radicals when they adhere to the surfaces of molds and viruses. They physically break down and remove the proteins from suspended microbe surfaces.



3 Ions return to air as water

The hydroxide radicals combine with hydrogen (H) to form water (H2O) and return to the air, providing moisture.



Air Purifier with Humidifier



KS-G60E-W 50 sq.m
KS-G50E-W 38 sq.m

Air Purifier with Mosquito Catcher



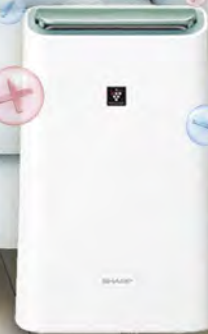
FP-GM50E-B 40 sq.m

Air Purifier



FP-J30E-B/A/P 23 sq.m

Air Purifier with Dehumidifier



DW-E16FP-W 24 sq.m

Air Purifier with AiOT



FP-J80EP-H 62 sq.m



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