

<p>12.04.17 星期三/Wed 2pm</p> <p>学费 : \$85</p> <p>奇奇老师 Mrs Lim</p>	<p><u>传统糕点</u></p> <p>潮州金瓜白果芋泥 潮州光煎 (香煎腐皮芋头卷) 风沙芋</p>	<p><u>Traditional Cake</u></p> <p>Teochew Pumpkin Yam Paste Dessert Teochew Guang Jian (Fried Tofu Skin Yam Roll) Wind Sand Taro</p>
<p>13.04.17 星期四/Thur 2pm/7pm</p> <p>学费 : \$95</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>娘惹经典下午茶点</u></p> <p>娘惹炒“米暹” 娘惹阿渣</p>	<p><u>Nonya Classic Hotel Hi-Tea Delicacies</u></p> <p>Nonya Fried Mee-Siam Nonya Achar</p>
<p>15.04.17 星期六/Sat 2pm</p> <p>Fees : \$80 特价 : \$40</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>五行养生</u></p> <p>养胃黑木耳露 养肝蔬果汁 养心火龙果汁 养脾胃南瓜浓汤 (新) 养肺白木耳汤</p>	<p><u>Five Elements Health</u></p> <p>Healthy Stomach Black Fungus Syrup Healthy Liver Vegetable Juice Healthy Heart Dragon Fruit Juice Healthy Spleen and Stomach Pumpkin Soup (New) Healthy Lung White Fungus Soup</p>
<p>18.04.17 星期二/Tue 2pm</p> <p>学费 : \$120</p> <p>Mrs Chee</p>	<p><u>咖喱经典菜</u></p> <p>亚叁虾/鱼/苏东 那示布兰尼 印度咖喱鸡 叁峇阿渣</p>	<p><u>Curry Classic Dish</u></p> <p>Assam Pedas (Prawn, Fish, Sotong) Nasi Biryani Indian Curry Chicken Sambal Achar</p>

Exhibition: 22/4/17~23/4/17 10am-9pm

Beauty • Health • Me 2017, Suntec Singapore @Hall 401-403, C02

Atrix Blg (opp Aljunied MRT)

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Open hours: Mon~Fri 10.30am~7.30pm Sat 10.30am~5.30pm



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Kayoko Tokumoto (Itoman)

日本老师 Kayoko 27/4~29/4 到新加坡授课三天，每堂课原价\$135

20/4/17 前报名，选一堂课\$ 125, 选两堂课\$200, 选三堂课\$280

名额有限，欢迎报名参加！

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Flora Sante' April Time Table

<p>10.04.17 星期一/Mon 2pm</p> <p>原价：\$80 特价：\$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>每天一杯蔬果精力汤（新）</u> <u>（帮助胃大扫除，排出体内脂肪，瘦小腹）</u></p> <p>去脂燕麦坚果奶 地瓜蔬果冷汤 美肠水果汁 荷叶山楂茶</p>	<p><u>A Cup of Fruit and Vegetable Energy Soup (New) (helps defo without dieting, support slim stomach)</u></p> <p>Oat Milk Nuts Sweet Potato Fruit and Vegetable Cold Soup Intestinal Beauty Fruit Juice Lotus Leaf Hawthorn Tea</p>
<p>11.04.17 星期二/Tue 2pm</p> <p>原价：\$80 特价：\$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>瘦身美人餐（午餐）</u></p> <p>芦笋浓汤(高纤瘦身，增加肠道有益菌) 彩虹蔬菜沙拉饭(高能量，有助于新陈代谢) 高酵素甜菜苹果泡菜（帮助消化，保肝，降血脂血糖,助消化）</p>	<p><u>Slimming Beauty Meal (Lunch)</u></p> <p>Asparagus shoot soup (helps high fiber, weight loss, increase intestinal bacteria) Rainbow vegetable salad rice (High energy, helps metabolism) High enzyme beet root apple (help digestion, protect liver, lower fat and blood sugar, help digestion)</p>
<p>18.04.17 星期二/Tue 2pm</p> <p>原价：\$80 特价：\$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>天天排宿便（多吃好菌和纤维，改善肠道环境，改善便秘，让皮肤更美）</u></p> <p>黄金地瓜浆 黑枣木耳露 马铃薯苹果汁 高纤香蕉优格乳</p>	<p><u>Cleansing Every Day (eat good probiotic and fiber, to improve the intestinal environment, relieve constipation and beautify skin)</u></p> <p>Golden Sweet Potato Pulp Black Dates Fungus Syrup Potato Apple Juice High Fiber Banana Yogurt</p>
<p>19.04.17 星期三/Wed 2pm</p> <p>原价：\$80 特价：\$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>活力早餐</u></p> <p>QQ 综合坚果燕麦糕 养生台南碗粿 活力蔬果汁（排宿便，净化身体器官） 止咳莲藕羹</p>	<p><u>High Energy Breakfast</u></p> <p>QQ Mixed Nuts Oat Cake Healthy Tainan Wakoh Kueh Energy Vegetable Fruit Juice (clear and detox the body) Relieve Cough Lotus Root Soup</p>

Flora Sante' April Time Table

<p>26.04.17 星期三/Wed 2pm</p> <p>原价 : \$80 特价 : \$58</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>30 天一个周期的民间偏方</u></p> <p>1) 日本黑蒜熏法 (降三高; 清理血管杂质, 深沉淀物及油脂; 改善便秘, 使肠功能正常化; 平衡荷尔蒙, 延缓更年期)</p> <p>2) 韩风香蕉醋 (代谢蛋白质, 碳水化合物及脂肪, 30 天瘦 3kg 饮用法)</p> <p>3) 柠檬姜醋汁 (30 天净化血液, 预防心脏血管堵塞)</p>	<p><u>Folk Natural remedies (A cycle of 30 days)</u></p> <p>1)Japanese Black Garlic Smoking Method (Lower-High Blood Pressure, High Blood Sugar and High Cholesterol; Cleansing blood vessels; Prevents Constipation; Balance Hormones thus delaying Menopause)</p> <p>2)Korea Style Banana Vinegar (Metabolism of proteins, carbohydrates and fats, reduce 3kg weight in 30 days)</p> <p>3)Lemon Ginger Vinegar Juice (30 days cleansing blood vessels, prevent heart vascular blockage)</p>
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请预先报名, 每班限 30 人!

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(lift is on the main road, opp Lucky's Plaza)***

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