

week end mail

SATURDAY-SUNDAY
NOVEMBER 17-18, 2007

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Lingo man now a Datuk P18 & 19

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Seeing red over airline's short skirts

LIVE & LOUD 07
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THE MALAY MAIL / ZAZEN HEALTH SOLUTIONS
CONTEST
Win free Zazen sessions and vouchers.
Entry form inside P40

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ALIP

Health
By ANGIE TAN

Spotlight

Beaming with health

TAPPING into the natural energy of the sun, now you can experience the healing properties of heat therapy, which utilises the same band of light emitted by the sun called Far Infrared Ray or FIR. FIR is not visible to the naked eye but its heat can be felt. You can be exposed to FIR for hours but your skin won't burn as FIR is very different from ultraviolet rays.

FIR is touted to improve your blood circulation and even promote weight loss as it speeds up the metabolic process of vital organs and endocrine glands.

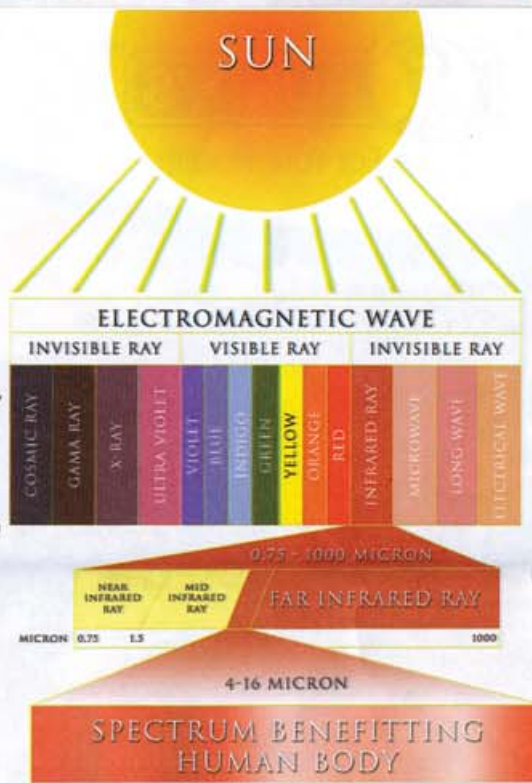
Now, you can access this

positive energy through the Zazen FIR Thermal System. "It's a quick, 30-minute solution to improve your



health. While all of us are aware that exercise helps, sometimes work commitments, injury or even old age means that we can't work out. This system allows you to reap similar benefits to working out," said Yasotha Krishna, the sales manager for Zazen Health Solutions.

The system is made up of a thermal cabin that comes equipped with bio-ceramic heating rods made of 26 different minerals to mimic the rays. A session in the cabin will raise your body temperature slightly and activate major bodily functions.



The Malay Mail/Zazen Health Solutions Contest

Here's your chance to experience the healing powers of FIR. To win these great prizes, just answer a simple question and complete the slogan. You'll stand a chance to win:

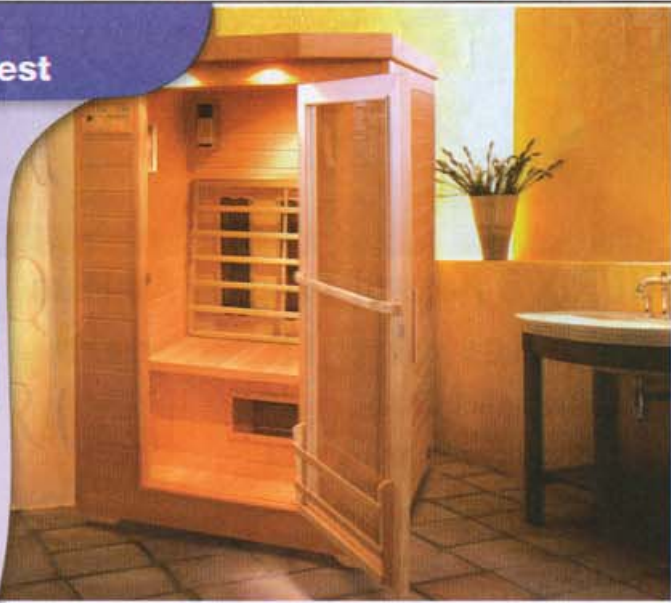
- 10 X Grand Prize**
10-Day Zazen FIR Sessions worth RM250
- 50 X First Prize**
Zazen Health Solutions Voucher worth RM90
- 3 X Consolation Prize**
Zazen Energy Cups worth RM89.90



1. What does FIR stands for? _____
2. Complete this slogan: I want to experience the Zazen FIR Thermal System because (in less than 15 words)

Details
Name: _____
Address: _____

Contact No: _____ Email: _____
NRIC (new): _____ Sex: _____



Paste your entries on the back of a postcard/envelope and mail it to:

The Malay Mail/Zazen Health Solutions,
26-1, Jalan PJU 5/15,
Dataran Sunway
Kota Damansara
47810 Petaling Jaya

Closing date: 30 November 2007