

Health listings

HOW TO USE THE LISTINGS

This section consists of a roundup of spas and other health centres, organised alphabetically, and indicates those with special offers this month.

How to be listed
Listings should arrive in writing by the 10th of the preceding month. We need the following details: address, phone number, opening hours and prices. Listings should be emailed to health@timeout.com. Listings are free but, as space is limited, inclusion is not guaranteed.

Boot camp

OFFER Fit 'n' Fun Get Fit Boot Camp
D-Space, Building 7, Richmond Park, 9 Fangyuan Xili, Jiangtai Lu, Chaoyang district (8457 8258). Places limited. Classes take place Monday 12-Oct 22. Ten sessions (2,500RMB); 16 sessions (3,800RMB); 24 sessions (5,000RMB). Contact 136 9925 9672 or info@fitnfun.ca for more information. 朝阳区将台路芳园南里9号院7号楼Ninety-minute classes are offered 7 days per week, with three days of circuit training plus one day of an exciting mystery class (selected from Muay Thai, Zumba, figure skating and spinning). Mention *Time Out* when signing up and receive a generous 20 per cent discount on all Fit 'n' Fun Boot Camp classes.

Dance fitness classes

Burlesque class Private, one-to-one classes cost 300RMB plus studio rental fees (if required). Times vary. Contact Leru@leru.dance@gmail.com to book a session.

Capoeira Mandinga Martial Arts Studio, Third Floor, Workers' Stadium, Gongti Bei Lu, Chaoyang district (186 11 70 5854; www.capoeirabeijing.com). 7-8.30pm Tue and Thur (beginners), 8.30-10pm Tue and Thur (open class). For other times and locations, see website. First lesson free, single class 60RMB, ten classes 400RMB, monthly card 350RMB. 朝阳区工人体育场北路工人体育场北门3层武术房

Nia class Lane Bridge Clubhouse, 9 Laiguangying Dong Lu (opposite the Western Academy of Beijing), Shunyi district (138 0125 1775; www.niachina.com).

9-10.15am Tue and Fri. 100RMB per class. For other times and locations, see website. 朝阳区来广营东路9号

Zumba class D-Space, see 'Boot camp' for address (8457 8276/138 118 1970). 6-7pm Tue and Thur. 1,500RMB for 15 classes.

Dental health

OFFER Joinway Dental Clinic
Building 11D, Oriental Kenzo Plaza, 48 Dongzhimenwai Dajie, Dongcheng district (8447 6092/93; www.dentalcn.com). Open 9am-6pm Mon-Sat. 东城区东直门外大街48号东方银座11D Inspired by National Dental Care Day (Tue 20), get a free dental check-up (normally costing 500RMB) between Tue 20 and Sun 25 at Joinway. Offer includes a tooth X-ray and panoramic X-ray and free registration for new clients.

King's Dental Clinic Ground Floor, 118 Beijing Towercrest Plaza, 3 Maizidian West Street, Chaoyang district (8458 0388). Open 9am-9pm daily. 朝阳区麦子店西街3号新恒基国际大厦一层118室

Hair and beauty

Catherine de France Nali Mall, Sanlitun Lu, Chaoyang district (6417 3029; www.cdefrance.com). Open 10am-8pm Tue-Sun, 10am-10pm Wed. 朝阳区三里屯路那里商城 This stylish salon offers a choice of cuts and services.

Eric Paris Salon 43 Sanlitun Beijie (beside Aperitivo), Chaoyang (135 0137 2971; www.ericparis.com). Open 10am-8pm Sat-Wed; 10am-10pm Thur-Fri. See website for more locations. 爱丽克美容美发沙龙. 朝阳区三里屯北街43号楼 With several well-located stores around Beijing, Eric Paris is still a lot of people's default hairdresser. Also offers tanning, waxing and nail services.

Franck Provost Beijing Second Floor, Shin Kong Place, 87 Jianguo Lu (6530 7669). Open 10am-10pm daily. 朝阳区建国路87号新光天地二层D2001-1号; Fourth Floor, Raffles City, 1 Dongzhimen Nan Lu, Dongcheng district (8409 8292). Open 10am-10pm daily. 东城区东直门南大街甲1号来福士中心4层05号; Parkson Shopping Center Interlayer, 37 Jinrongjie, Xicheng district (6653 5248). Open 10am-10pm daily. 西城区金融街37号百盛购物中心二期夹层 Stylish French hairdressers offering a wealth of styles and experience.

Toni&Guy Oriental Plaza, 1 Dong Chang'anjie, Dongcheng district (8518 2646; www.toniandguy.co.uk). Open 10am-9pm daily. See website for more locations. 东城区东长安街1号东方新天地 The chain has a number of locations in Beijing.

Zig Zag Massage & Nails 55B Wudaoying Hutong, off Yonghegong Dajie, Dongcheng district (8404 0020). Open 11am-11pm daily. 东城区安定门内大街五道营胡同乙

55号 You won't find any cheesy or frou-frou manicures here. Tasteful and classy, Zig Zag Massage & Nails is a gem.

Optical health

Beijing Intech Eye Hospital First, Fourth and Fifth Floors, Panjiayuan Plaza, 12, Panjiayuan Nali, Chaoyang district (6771 5558). Open 8.30am-4.30pm daily. 朝阳区潘家园南里12号潘家园大厦5层

Spas

Anantara Spa Commune by the Great Wall by Kempinski (exit at Shuiguang on Badaling Highway), Yanqing County (8118 1888). Open 10am-8pm daily. 长城脚下的公社凯宾斯基饭店, 八达岭高速水关长城出口 An expensive-but-wonderful spa nestled on a mountainside just outside the city.

Angel Hands Massage Center Room 1801, Building 2, Jianwai SOHO, 39 Dongsanhuan Zhong Lu, Chaoyang district (8631 0801). Open midday-12.30am daily. 朝阳区东三环39号建外SOHO2号楼1801室 The therapists here provide either a strong deep-tissue massage or a soothing gentle massage, or a combination of both.

OFFER Aqua Salus Urban Retreat
Taiyue Heights 106, 16 Sanlitun Nan Lu, Chaoyang district (6501 2881; www.aquasalus.cn). Open midday-midnight daily. See website for other locations. 朝阳区三里屯南路16号泰悦豪庭一层106号 This month, book online and bring a copy of *Time Out Beijing* to your appointment and you will receive a voucher worth 100RMB for immediate redemption with any booking of two hours or more.

Beijing Changlai Massage Centre Room 503, West Tower, Van Palace (Kerry Centre North), 1 Guanghua Lu, Chaoyang district (6502 7027; www.bjhh.net). Open 24 hours. 朝阳区光华路1号旺座公寓西塔503室 (嘉里中心酒店北侧) Massage services in a relaxed environment.

Chi Fifth Floor, Shangri-la Hotel, 29 Zizhuyuan Lu, Haidian district (6841 2211; www.shangri-la.com/en/corporate/chi). Open 10am-1am daily (last booking 11pm). 海淀区紫竹院路29号香格里拉饭店5层 Chi offers treatments based upon the principles of restoring balance and harmony.

Dragonfly Therapeutic Retreat
60 Donghuanmen Dajie, Dongcheng district (6527 9368; www.dragonfly.net.cn). Open 10am-1am daily. See website for more locations. 东城区东华门160号(近王府饭店和君悦酒店) Dragonfly is a wonderful retreat for some peace and quiet.

Heavenly Spa at The Westin Beijing Financial Street 9B Jinrongjie, Xicheng district (6629 7878/6606). Open 10am-10pm daily. 西城区金融街乙9号

Herborist Spa S9-30, The Village, Sanlitun Lu, Chaoyang district (6416 5179/6416 5962; www.herborist-spa.com.cn). Open 10am-10pm daily. 朝阳区三里屯路19号三里屯VILLAGE S9-30 Smart Sanlitun spa.

I Spa Second Floor, JW Marriott Beijing, 83 Jianguo Lu, China Central Place, Chaoyang district (5908 8380). Open 11am-11.30pm daily. 朝阳区建国路83号华贸中心JW万豪酒店二层; Fifth Floor, Tower 2, Taiyue Suites, 16 Nan Sanlitun Lu, Chaoyang district (6507 1517). Open 11am-11pm daily. 朝阳区三里屯南路16号泰悦豪庭2座5层

Le Spa Sofitel Wanda Beijing Hotel, Tower C, 93 Jianguo Lu, Chaoyang district (8599 6666 ext 6905; www.sofitel.com.cn). Open 6am-11pm daily. 朝阳区建国路93号万达广场C座索菲特酒店

OFFER The Peninsula Spa by ESPA
Third Floor, Peninsula Beijing Hotel, 8 Jinyu Hutong, Wangfujing, Dongcheng district (6510 6090; www.peninsula.com). Open 10am-11pm daily. 东城区王府井金鱼胡同8号半岛酒店3层 During September, save 200RMB by getting a 50-minute traditional Chinese massage, available for just 400RMB (plus 15 per cent).

The Ritz-Carlton Spa Beijing 83A Jianguo Lu, Chaoyang district (5908 8888). Open 9am-2am daily. 朝阳区建国路甲83号华贸中心丽思卡尔顿酒店 Check out this swanky hotel spa.

The Spa at the Hilton Beijing
Wangfujing 8 Wangfujing Dong Dajie, Dongcheng district (5812 8888 ext 8560). Open 10am-11pm daily. 东城区王府井东大街8号北京王府井希尔顿酒店

OFFER Spa de Feng C306, Sunshine 100, 2 Guanghua Lu, Chaoyang district (5100 1330; www.spadefeng.com). Open midday-midnight daily. See website for more locations. 临枫男士健康会馆, 朝阳区光华路2号阳光100 C306 Arrive before Thursday 15 and with any treatment of (or over) 90 minutes, you'll get a similar one for free (to be taken within two weeks and not applicable to out-call/waxing).

Tian Spa Level 60, Park Hyatt Beijing, 2 Jianguomenwai Dajie, Chaoyang district (8567 1157). Open 10am-10.30pm daily. 朝阳区建国门外大街2号北京柏悦酒店60层

Willow Stream Spa at The Fairmont
8 Yong An Dong Li, Chaoyang district (8511 7777). Open 10am-10pm daily. 朝阳区建国门外大街永安东里8号 Twelve treatment suites and tailor-made therapies make this a little slice of luxury.

Zen Spa House 1, 8A Xiaowuji Lu, Chaoyang district (8731 2530; www.zenspa.com.cn). Open 11am-11pm daily. 朝阳区小武基路甲8号1号院(东西四环南路15号出口) Tailor-made packages to cater to your needs.

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