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Dr. Amit Vaid

MBBS, PGDCC, FAM, Fellowship Regenerative Medicine & Stem Cells

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'Shine N Glow' a name to reckon with in North India, witnessing heavy footfall in City of Temples

JAMMU: Shine N Glow Centre in the City of Temples has become a name to reckon with in the Jammu and Kashmir Union Territory especially in the City of Temples and continues to witness a heavy footfall of visitors to this most popular Health Centre established in 2014 in the city at Last Morh in Gandhi Nagar.

This Health Centre offers unmatched solutions to say good bye to wrinkles with Exilis Ultra 360, Plasma Therapy, PDO threads besides multiple skin and other beauty treatments to its esteemed customers.

At this ultramodern state of the art Clinic equipped with the latest technology apparatus the treatment is being handled by the highly professional team using the most opted for latest technology

EMSELLA Chair for treatment of urinary continence
Shine n Glow Clinic has recently introduced EMSELLA Chair for the first time in the city for revolutionary treatment of urinary continence, aiming to provide treatment for many degenerative and chronic conditions like pelvic floor management, etc.

Dr Amit Vaid informed that EMSELLA Chair is a novel high-intensity focused electromagnetic (HIFEM) technology for the treatment of Stress Urinary Incontinence (SUI) and is a great option for women of any age who desire a non-invasive solution for urinary incontinence and improvement in their quality of life. HIFEM technology induces deep pelvic floor muscle contractions designed to deliver the equivalent of 11,200 Kegel exercises over 28 minutes, he said, adding after a course of therapy using EMSELLA patients experience substantial improvement in quality of life with a restored sense of normalcy, and can enjoy activities that were negatively impacted by these conditions.

nology treatments to the visiting persons who can themselves feel the difference not only looking as young as before but also getting rid of the discomfort due to Stress Urinary Incontinence and other related ailments.

It is pertinent to mention here that holds the distinction of being the only one-stop-solution for multiple issues related to beauty and wellness, as the state of art

gadgetry and staff's expertise in the field is matchless in the entire northern belt of the country. There is not an iota of doubt that 'Shine n Glow' Clinic is one of the leading specialist cosmetology, aesthetic medicine, laser treatment and regenerative medicine centres providing most advanced beauty treatments with latest laser technology and state of the art machinery.

Notably, the scientist team headed by Dr Prabhu Chandra Mishra and gynaecologist team headed by Dr Anil Mehta (Sr Gynecologist) providing world class services to the people visiting Shine n Glow.

Dr Amit Vaid informed that the core focus of this centre and technologies used by it is regenerative medi-



'EXILIS ULTRA 360' offers latest skin solution to Jammuites

EXILIS ULTRA 360 that was recently introduced by the Shine N Glow Centre. This is evident from the fact that the EXILIS ULTRA 360 Centre here has been witnessing a heavy footfall of visitors on a regular basis.

Dr Amit Vaid, Director Shine N Glow said that earlier the people of Jammu had to go Delhi to get the treatment of skin tightening but now this significant facility is available in the ultramodern state of the art Clinic of Shine N Glow situated in Gandhi Nagar at Last Morh.

Elaborating on the salient features of EXILIS ULTRA 360, Dr Vaid said that it is a monopolar-radiofrequency device offering a non-invasive treatment of different skin conditions such as wrinkles, skin laxity, and excessive fat. He asserted that this is the solution for one and all from head to toe with no BMI (Body Mass Index) or other skin type restrictions. He said that this latest technology based EXILIS ULTRA 360 is a non-surgical solution for all over body skin tightening, including the face, neck, chest, abdomen, legs, body contouring, buttocks, arms, flanks and vaginal tightening.

recently the Shine N Glow Cosmetic Gynecology and Regenerative Medicine Centre and Stemgenn Therapeutics have joined hands together to provide state of the art treatment using equipments like EMSELLA HIFEM technology for pelvic floor management, Ultra EXILIS 360, Radiofrequency, laser, fat grafting and PRP.

Dr Amit Vaid, MD (Moscow), PGDCC-Greifswald University Germany, Fellowship Aesthetic Medicine, Fellowship Regenerative Medicine & Stem Cells and Former Assistant Director, JKSAACS (CST), is presently working as a consultant physician at Dr Amit Healthcare Center Miran Sahib-Jammu and also rendering services at Shine-n-Glow Skin Care Clinic Gandhi Nagar, Jammu. Besides, he is also a Chairman Indra Gandhi Paramedical College of Nursing & Health Science Jammu and Surankote and President of SAMBO Association of Jammu and Kashmir.

Partap Xclusive offering wide range of footwear with unmatched quality



company. In the near future, this business aims to expand its line of products and services and cater to a larger client base.

In Jammu, this establishment occupies a prominent location in Jammu. The footwear showroom located at Gandhi Nagar, a posh area of Jammu city which makes it easy for first-time visitors in locating this establishment.

JAMMU: Partap Xclusive, a well-known brand of Jammu, offering a wide range of men and women footwear including formal and sports shoes. The shoe house has announced an offer of 50 per cent discount for its valuable and esteemed customers.

Partap Group Established in 1934 and Partap Xclusive in Jammu is a top player in the category leather safety shoe dealers in Jammu. This well-known establishment acts as a one-stop destination servicing customers both local and from other parts of Jammu and Kashmir. Over the course of its journey, this business has established a firm foothold in footwear



industry. The belief that customer satisfaction is as important as their products and services, have helped this establishment garner a vast base of customers, which continues to grow by the day.

This business employs individuals that are dedicated towards their respective roles and put in a lot of effort to achieve the common vision and larger goals of the

Vishal Mart brings exclusive party-wear range for women, men at 'throw away prices'



JAMMU: Vishal Mart, the renowned name among country's big chain of stores has brought a new and vibrant range of party wears for both women and men at throw away prices to come upto the expectations of its customers.

Abhinandan Tilak and Abhivadan Tilak, Proprietors of the Vishal Mart said besides the wide range of men apparels available in the mart, the new

Abhivadan Tilak said that they are making efforts to bring best possible products from all parts of the country

and abroad for serving the consumers and patrons. He said that there is also wide range of tiffin-box, sippers, water bottles, toaster, elec-



addition of party wear range will bring delight among customers as the quality, texture and price are all competitive with no other store in the city offering anything of this sort. Besides this heavy range of sweatshirts, shirts and other accessories of men are available in the mart with an unmatched quality and on unbelievable price.

Vishal Mart is bringing state-of-art equipment, ladies, kids and gents clothing from all parts of country and

abroad. Due to bulk purchase methods, the items are sold at very attractive prices," they said. They said that the party wear collection is a new and attractive section in all the stores in J&K making a buzz in the market because not only the quality is promising but the prices are also alluring making a super deal for the customers. "Surely, this is the one time offer by the Vishal Mart and therefore customers should not miss the opportunity as such offers come once in a blue moon", they added.

Pertinent to mention here that the Vishal Mart has three marts one in Gandhi Nagar near Doodhadhari Temple, second in Bakshi Nagar and third one in Shaheedi Chowk Kathua.



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- Ladies winter wear upto 50% off

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