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female

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Oct 2008

**"I PAID
\$50,000 FOR
A MASSAGE
CHAIR."**

And other big
beauty spenders

**INSTANT
CLEAVAGE
IN 60 MINS**

**FAT MELTING
THE EASIER
WAY**

**INSIDER
SCOOP:**

- FASHION'S
NEWEST MODEL
FACES • THE BEST
WORK BAGS
FOR YOUR MAN
- LITTLE ITALY: THE
COOLEST PASTAS,
PIZZAS AND
PANINIS IN TOWN
- 5 REASONS TO
BE AN ECO
DRIVER

**Why The
Rich Fork
Out \$130,000
For A Dress**

The Rise of The

IT SHOE

**OVER 100 NEW STYLES TO OWN NOW: FROM UBER-SEXY STILETTOS
TO GROWN-UP BOOTIES. COOL FLATS TO PRACTICAL PLATFORMS
PLUS GET TO KNOW THE ULTIMATE SHOE MASTERS
MUST-KNOW TIPS FROM OTHER SHOE FREAKS**

**48 HOURS IN
HO CHI MINH CITY
EAT, SHOP, PLAY**

**Top 7 Fashion Blogs:
Hot Gossip And Useful Tricks**



WORKOUTS & RUBDOWNS

Lianne Ong asks professionals why this combo works so well together to boost weight loss

Everyone knows that in order to lose weight, one must first put in hard, physical work. The good news is, various gyms now offer pampering sessions that make adhering to a strict exercise regime easier to bear: Say hello to post-workout spa treatments.

Some of these treatments employ technology to break down fatty deposits or detoxify your body with lymphatic drainage, while others have products to tone your body as you savour a good rubdown. When you have all these packaged together with a gym membership and personal trainer, it's much easier to convince yourself to run that treadmill.

Marriage or Myth:

Some spas and fitness centres like fitness and beauty chain, Phillip Wain, and St Gregory, offer holistic weight management solutions. Through a tie-up with Linc Aesthetic Clinic, St Gregory also offers aesthetic treatments such as mesotherapy and thermolipolysis. Its range of ActiVealth programmes helps clients target trouble spots and achieve weight loss. Amore Fitness Group has also jumped on the bandwagon with its new concept, Amore BodyDefine, a centre that offers an easy-to-follow workout followed by a sculpting body treat.

Still not convinced that spa treatments can help slim and tone? Jaz Han, PR & marketing executive at Phillip Wain, says she has seen visible inch-loss results on her clients and colleagues from their SpeedSlim Therapy, which combines electro-muscle stimulation, infrared rays and thermal heat to penetrate deep into the sub-dermal layer to break down fatty deposits.

However, according to Adrian Tan, a personal trainer and bodybuilder who has been in the fitness industry for 10 years, the slimming effect of massage should be taken with a pinch of salt. The former Mr Singapore 2006 states that physical exercise on top of a healthy diet is the cornerstone of any weight loss regime. In his opinion, slimming machines and massages act as an incentive, but their effect is nothing more than pampering. Ultimately, weight loss is the sum of a simple equation of calories consumed versus calories burnt.

More help than hindrance

Still, post-workout massages can be beneficial as they can increase blood circulation and lymph fluid drainage throughout the body, and improve tissue elasticity, thus helping to tone the muscles. One important point to note is that massages should be done only after a workout and not before, as doing so will relax the muscles and prevent them from performing at full capacity.

Dr Ben Tan, sports doctor and director of the Singapore Sports Medicine Centre, and author of *Fight the Fat – What You Must Know and Do to Lose Weight*, confirms that massage has no direct impact on weight loss because lymphatic drainage should not be confused with weight loss and cellulite is not eliminated with massage. Massages can however, help one gain a speedier recovery from an exercise session.

WHAT'S IN STORE

AMORE BODYDEFINE BURNDEFINE MESSAGES

Workout Circuit training, using hydraulic exercise equipment from Technogym, and a balanced combination of cardiovascular and toning exercises, all done in a fun and conducive environment. Allow up to an hour to complete the workout.

Body sculpting treatments Signature treatments of Amore BodyDefine include ToneDefine, a full body treatment to tone and reduce cellulite in problem areas such as the thighs and hips, and BurnDefine, to stimulate the body's metabolic rate. Another treatment, Infra Slim aims to break down and eliminate fat cells. A full body slimming massage using a filler grade meso-cocktail applied onto the skin combined with infra rays, works to stimulate the body's metabolism.

Cost For a three-month ActiveSlim (circuit training) workout, \$474, get a free BurnDefine treatment and full body composition analysis.

Selling Point Amore BodyDefine offers the comprehensive spa menu of its Boutique Spa, including Radiance Facial Treatments and Rejuvenating Wraps. Its circuit training workout suits even those who don't exercise much.

To Book Amore BodyDefine, #01-22/02-17 Liang Court Shopping Centre, tel: 6339-7822, www.amorefitness.com

PHILLIP WAIN SLIMMING DETOX AND FITNESS PROGRAMME

Workout Unlimited fitness training including fat-burning circuit, kickboxing, dance and yoga classes, in addition to the daily use of the gym and sauna/steam bath. A team of female trainers will assist in your weight management programme.

Body sculpting treatments Newly launched Ultra-Detoxifiant massage, \$399 for 50 mins, is a modern lymphatic drainage massage using a vacuum suction cup to help normalise and maintain the balance between the body's blood circulation and lymphatic systems. This helps remove toxins from the body and alleviate water retention.

SpeedSlim Therapy, a treatment that promises visibly toned, slim and smooth skin, \$465 for 60 mins, combines electro-muscle stimulation, far infrared rays and thermal heat to attack fatty tissues on a cellular level. There's also an option with an OxySpa wrap for enhanced efficacy.

Cost \$1,200, for six months, including two sessions of Ultra-Detoxifiant, two sessions of SpeedSlim Therapy & OxySpa, and two personal training sessions.

Selling Point Fret not if you're new to fitness, Phillip Wain will ascertain your biomechanics (unique movement pattern) and fitness level with a physical assessment before customising a suitable exercise programme for you.

To Book Phillip Wain, United Square level 4, 101 Thomson Road, tel: 6260-0100, www.phillipwain.com

ST GREGORY SPA ACTIVEHEALTH PROGRAMME

Workout Personal training and gym membership are part of the ActiveHealth Programmes. Choose from three types of ActiveHealth Programmes that address total body weight loss, targeted fat reduction or reversing the effects of aging.

Body sculpting treatments Aesthetic services: Mesotherapy to break down fat cells in targeted areas; thermolipolysis, which uses infrared rays to penetrate fat layers and stimulate the metabolism of fats. Therapy: G5 Slimming Massage to encourage lymphatic drainage.

Cost Depending on your weight loss goals: from \$1,500 (two to four months) for ActiveHealth Sculpting; to \$2,500 (three to six months) for ActiveHealth Weight Loss.

Selling Point St Gregory ties up with an aesthetic clinic, Linc Aesthetic Clinic, to provide medical expertise. Each client will have a programme customised by a trainer, medical doctor and spa therapist.

To Book St Gregory, Parkroyal on Beach Rd, 7500 Beach Rd, level 4, tel: 6505-5755, www.stgregoryspa.com