

## Body Shaper 4

Three Rules. To lose weight and get fit, there are really only three rules to follow: Eat less. Eat healthy – meaning lots of fruits, vegetable and whole grains, and no more cookies, ice cream, chips or cake. And exercise – make sure to join a fitness salon like Amore Fitness and do things you enjoy like dance-based aerobics.



## Body Saver 2

Brighten And Whiten. Gone are the days of shunning whitening products and treatments. It's not about lightening our skin, so much as it is about battling pigmentation. Thankfully, there are great products available like Danné Montague-King's Melanoplex Drops which quickly and effectively even out your complexion. Available only at the Danné Montague-King Clinic on 54B/C/D South Bridge Road. Call 6236 1519.



## Body Saver 3

Japanese Beauty Secret. Try this astonishing skin care system from Japan, now in Singapore. Celevenus. Developed by renowned Japanese dermatologists, Celevenus bases its regime on key research that the nutrient magnesium triggers energy in the skin, helping it preserve its youth, smoothness and firmness. Products include ocean ion washing foam to cleanse away impurities and ocean ion gel Mg<sup>2+</sup>, a lotion, emulsion and essence. Available at Guardian and Nishino.



## Body Saver 1

Berry Berry Good. According to Erica Angyal, author of *Gorgeous Skin in 30 Days*, berries are the best for battling wrinkles. Have your fill of blueberries, blackberries and strawberries, as these are loaded with vitamins, minerals and "powerful phyto-nutrient antioxidants that slow down the ageing process, maintaining the strength of your capillary walls."

