

THE COMPLETE MIND & BODY GUIDE FOR WOMEN

SHAPE

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SINGAPORE
SEPTEMBER 2008 | \$6.00

**Dine like
a diet
expert**

Healthy
menu picks
from the
hippest
restaurants

- ✓ Pull-up bar
- ✓ Sit-up board

All you need
for a full-body
workout

Not sleeping
enough can
kill you

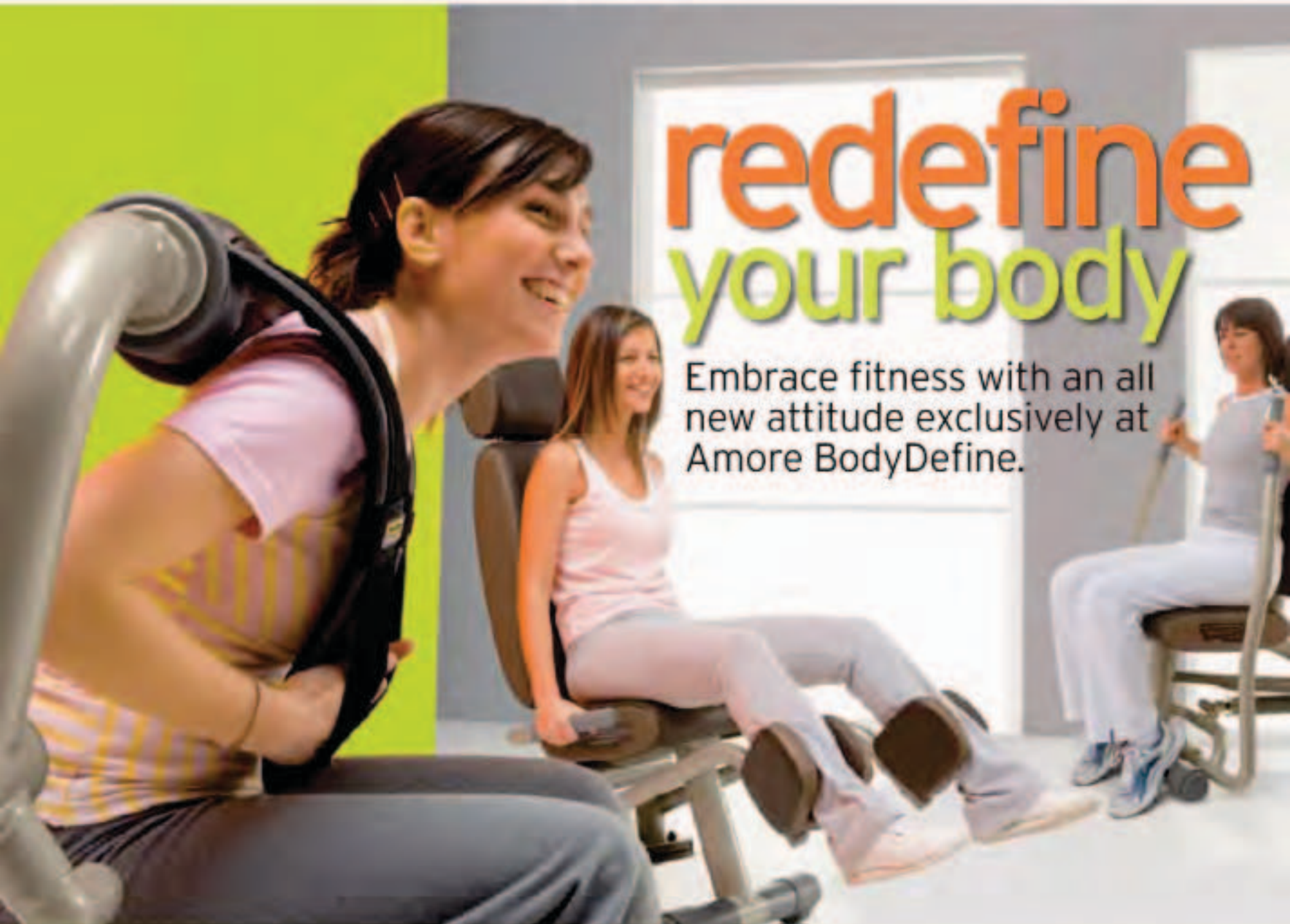
MAKEOVER SPECIAL

**GET FITTER,
HEALTHIER
& HAPPIER
IN A WEEK!**

2 readers did it...
so can you!

**Champagne
facial & prata
massage
– why they're
good for you
(pg 62)**





redefine your body

Embrace fitness with an all new attitude exclusively at Amore BodyDefine.

How often do you moan and groan through yet another gruelling exercise session, and worry about muscle soreness later on?

Not any longer, thanks to Amore BodyDefine! From one of Singapore's leading names in health and fitness, Amore Fitness Group comes Amore BodyDefine, a revolutionary concept and approach in health and fitness. It combines circuit training, weight management, body shaping and a holistic range of spa treatments, all housed within a carefully designed duplex level treatment space.

Each session begins with a detailed full body composition analysis, during which a certified fitness consultant from Amore evaluates various aspects of your body such as body mass index, body fat, water retention level and waist-hip ratio. She also offers advice on nutritional intake, weight management and the type of exercise suitable for your body type.

This is followed by a Circuit Training workout called 33minutes ActiveSlim. This musical-chair workout comprises 18 stations which, complemented with cardiovascular and toning exercises, help burn over 300 calories and achieve overall physical conditioning with less strain on your muscles. Each round is about 33 minutes, but those feeling particularly energetic are always welcome to continue.

To benefit even women who hardly exercise, the workout uses Technogym fitness equipment, designed with hydraulic actions to reduce the likelihood of soreness and aches.

After this, wind down with a pampering body shaping treatment to redefine your silhouette. Otherwise, opt for a rejuvenating spa treatment like the Power of Touch, where you'll discover Guasha Therapy, which involves traditional chinese accupuncture and finger massage on your neck and shoulders to relieve tension from aching joints.

Other signature body shaping treatments include ToneDefine (a suction massage that tones, soothes and reduces cellulite) and BurnDefine (which detoxifies and stimulates metabolic rate for weight and inch loss).

To further enhance the results of the body treatment, you will also be treated to a 20-minute InfraSlim treatment to stimulate metabolism, blood circulation and oxygenation levels. All this helps to break down accumulated fats and boost calorie burning for a well-defined silhouette.

Finally, to top off the relaxing body treats, you will be served house-brewed tea and nutritious dessert such as white fungus with red dates. Get well toned and look shapelier than ever in total comfort and privacy at Amore.

Amore BodyDefine is at #01-22/ #02-17 Liang Court. For appointments or information, call 6339-7822.





FOR BUSY WOMEN

Try these lunch-time treatments that will get you back in the office, refreshed and recharged!

FOOT REFRESHER AT AMORE BOUTIQUE SPA

WHAT IT'S ABOUT: It was one of those rare occasions when pain was welcomed! The circular strokes used in this foot massage were reminiscent of foot reflexology techniques. Our feet got a good soak in a basin of warm water, followed by an intensive massage using ginger oil. The masseuse was intuitive and knew exactly where the stiff and sore parts of our feet needed the most TLC. After the massage, the stiffness was gone and our feet felt lighter.

COST: \$58 for 30 minutes

WHERE: Amore Boutique Spa is located in Amore Bodydefine at Liang Court, #01-22. Call 6339-7822 for more enquiries.



The cosy ambience at Amore is ideal for a session of head-to-toe rejuvenation.

FLASH BEAUTY FACIAL AT AMORE BOUTIQUE SPA

WHAT IT'S ABOUT: This no-frills facial was quick and painless. Instead of extraction, the therapist cleansed and rejuvenated our face using gliding massage strokes for glowing and radiant skin in a flash. Perfect for before a presentation or function when we wanted to look and feel fresh. Our only complaint: The repetitive circular strokes had a sleep-inducing effect that lasted after the session!

COST: \$58 for 30 minutes

WHERE: Amore Boutique Spa is located in Amore Bodydefine at Liang Court, #01-22. Call 6339-7822 for more enquiries.

STRESS RELIEF MASSAGE AT RENEWAL DAY SPA

WHAT IT'S ABOUT: They do a 30-minute version of the complete one-hour, full-body massage. We liked that



“Quick midday spa treats that will recharge your batteries and help you regain your mental acumen.”

we could choose from different essential oil blends for various purposes: To relax, for muscle tension relief and even anti-cellulite. The firm strokes massaged tension from our joints and sore back. The best part? You feel neither oily nor clammy after the treatment!

COST: \$55 for 30 minutes

WHERE: Tong Building, #17-02. Call 6738-0988 for more enquiries.

ALGAE FOOT SOAK AT BEYOND BEAUTY

WHAT IT'S ABOUT: The soak was more of a foot jelly than a foot bath! The algae solution formed a jelly-like mould that wrapped around our feet in five minutes. It felt like a thousand tiny needles were pricking our feet, but it was surprisingly relaxing. The soak contained 14 types of trace elements like copper, zinc, manganese to improve blood circulation. We were told it could also remove odour, corns and calluses. It didn't do all that for us but our feet felt smoother and softer, and the soreness from wearing heels was gone.

COST: \$15 for 15 minutes

WHERE: Royal Brothers Building, Level 12. Call 6438-8333 for more enquiries or visit www.beyondbeauty.com.sg.