

THE SINGAPORE Women's Weekly

MAY 2009
S\$3.90 (INCL. GST)

BONUS TRUE LIFE READS

- "My lover's wife came knocking at my door"
- "I survived a plane crash"
- "How do I trust my husband after his one-night stand?"

SAVE MORE MONEY!

Boost your bank balance by \$9,601 – it's easy! Page 180

HOW TO FEEL CONFIDENT ABOUT YOUR FUTURE (Changes and all!)

19 quick tricks to Sexy, Modern Hair

GET INSTANT GLAMOUR NOW!

WIN \$60,000

in spa visits & beauty treats!

Reese Witherspoon
New man, new movie and a great new family life

HEAVEN ON A PLATE
Nice, naughty nibbles!



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Life Spa.

this gives you a customised but express facial, a body scrub and an invigorating body massage.

BEST TUMMY TAMER

Wayan Retreat Balinese Spa

61 Bussorah Street, Tel: 6392 0035,

www.wayanretreat.com

Wayan Kempis Perut (60 mins), \$138

This treatment helps break down fatty tissue with a slimming massage that uses kneading and pinching, followed by a warm body wrap with a herb-and-lime paste to eliminate excess water. Fans swear they see a smaller waist after just after one treatment.

TONE-AND-DEFINE BODY TREATMENT

Amore Body Define

#01-22 Liang Court, 177 River Valley Road,

Tel: 6339 7822, www.amorefitness.com

Mystic Shimmer Therapy: InfraDrain

Treatment (120 mins), \$280

You start with exactly 33 minutes of circuit training, before getting your body kneaded with InfraDrain, a therapeutic toxin-draining massage. The InfraSlim treatment follows – a session that works to break down fatty cells, leaving you with a defined and toned silhouette.

BEST BODY HEALING TREATMENT

Leonard Drake Skincare & Health Spa

call 6737 9177. Log on to www.leonarddrake.com.sg for outlet listings

ORP Essentiel Energy Treatment, \$160 (60 mins)

In this detoxifying treatment from Japan, you sit in a large porcelain energy chamber filled with steam. It apparently burns up to 600 calories per session using controlled heat, infrared and electrolysis to neutralise free radicals, improve cell metabolism, relax muscles and smooth skin texture. It's also said to help alleviate mild tummy troubles, eczema, sinus, joint and muscular pains, and water retention.

BEST "KISS THE GYM GOODBYE" TREATMENT

Only Aesthetics @ Holland Village

Log on to to www.onlyaesthetics.com for outlet listings

Cellular Resonance Technology (CRT)

Effortless Power Workout (20 mins), \$350

If you'd rather relax on a couch than hit the gym, this is designed to speed muscle building and inch loss. The CRT procedure is geared to speed up your metabolism. Apparently the method does not require the burning of glucose, so you don't feel tired afterwards.

READERS' REVIEW



“It left me all refreshed; my skin was softer, thighs and butt firmer, and I lost 1.2 cm at the hips!”

– Alexis Puah, 26, auditor, on Best Alternative-Healing Body Treatment: ST VinoTherapié treatment.

BEST ALTERNATIVE-HEALING BODY TREATMENT

Spa Thematique

211 Holland Avenue, Holland Road

Shopping Centre #03-40, Tel: 6469 6949,

www.spathematique.com.sg

ST VinoTherapié treatment (150 mins), \$315

This antioxidant-packed treatment starts with a body polish, a herbal steam bath to purge pores, relax stiff muscles and energise skin, body masque to nourish skin and a phytotherapy massage to improve blood circulation. The result? Firmer, smoother skin with a strengthened immune system.

BEST CELLULITE BUSTER (MACHINE-BASED)

Only Aesthetics @ Orchard

#04-22 Delfi Orchard, 402 Orchard

Road, Tel: 6336 4434. Log on to www.

onlyaesthetics.com for outlet listings

Quadplex (20 mins), \$350

Low-energy "Quadplex" energy heats the top and deep layers of the skin, to break down fat. Results can be seen just after one treatment and it requires no downtime.

BEST CELLULITE BUSTER (MASSAGE-BASED)

Lancôme Beauty Institute

22 Scotts Road, Goodwood Park Hotel Service

Apartments Level 1, Tel: 6737 6778,

www.js.com.sg

Cellulite Control Treatment (60 mins), \$150

This treatment employs strong kneading strokes on cellulite-affected areas to improve digestive functions, loosen fatty deposits and stimulate blood circulation.

Leonard Drake Skincare & Health Spa's ORP Essentiel Energy Treatment makes use of an energy chamber.

