

THE COMPLETE MIND & BODY GUIDE FOR WOMEN

SHAPE

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SINGAPORE
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NO MORE GUESSWORK

GET THE BODY YOU LOVE by Aug 31

- 16 workouts to tone up all over
- 5 power foods to shed kilos

LOOK SLIMMER

With the right clothes, makeup & hairstyle

EVEREST TEAM:
"I thought I had to give up 300m from the summit"

20 WAYS TO LIGHTEN LUNCH
No salads required!
(pg.120)



*** BEST SPA TREATS IN THE REGION**

FREE! Ahava Facial Set worth \$45

Each set consists of a 3-in-1 Mineral Toning Cleanser (25ml), Smoothing Moisturizer for normal/dry skin (15ml) or Matifying Moisturizer for oily skin (15ml), Mud Exfoliator (20ml), Mineral Body Lotion (15ml) and Ahava Go Green Eco-Bag.

AHAVA **SHAPE**
Essential Dead Sea Treatment

uniquely singapore

IN CELEBRATION OF NATIONAL DAY, HERE ARE SOME HOMEGROWN BRANDS THAT HAVE KEPT US LOOKING AND FEELING GREAT.

■ I Nuovi

Started by: Wayne Loh in 1996. Using his biochemistry training, he created the I Nuovi range with the aim of becoming one of the first eco-friendly Asian cosmetics brands.

Why try it: This is "makeup that thinks and cares for your skin". Each product is enriched with antioxidants, botanical extracts and vitamins.

What's new: I Nuovi Skintint Foundation SPF15 (\$48), is water-based to provide maximum moisture. It also contains vitamins A and E, offering antioxidant and anti-ageing effects.

■ Strip

Started by: Cynthia Chua in 2002 in reaction to jokes about Asian women's



untamed bikini lines.

Why try it: It's hygienic, fast and good. There are also always new waxing techniques and post-treatment products.

What's new: The Strip Hoochie Coochie Cocktail, an edible body cream that will be available at all Strip outlets by the end of the year.

■ Amore

Started by: Jasmine Teo in 1985. The first in Singapore to provide women-only fitness classes and facilities. Outlets are deliberately located near MRT stations, making it convenient for women to exercise regularly.

Why try it: The classes are created by Jasmine and her instructors, so you won't find them anywhere else.

What's new: The Amore Living concept store at Tampines 1, which provides holistic wellness and fitness



Enjoy spa treatments with your loved one in Amore Living's couple suite.

for the whole family. Take your pick from acupuncture massages, body polishes and facials. The signature treatment is the Skin Regenerating Intensive Facial Treatment (\$120, 90 minutes), which uses Collin Paris skincare products to rejuvenate your skin.

■ Cinq

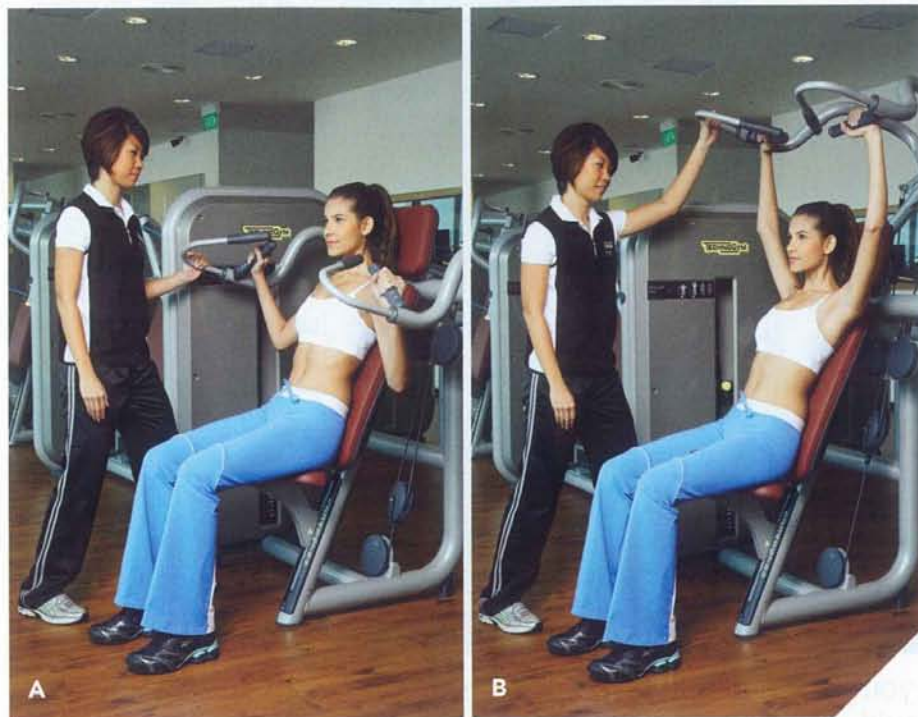
Started by: Henri Leong and Vincent Lee in 2004 who wanted a salon with a personal touch.

Why try it: Pamper not only your hair but your face with their range of Keraskin facials – customised to your skin's needs.

What's new: The salon serves as a retail outlet for local footwear label, Rachael G.

SHOW OFF YOUR ARMS

NO NEED TO HIDE UNDER A LOOSE SHIRT. HEAD FOR THESE MACHINES TO GET AN AMAZING UPPER BODY.



1. SHOULDER PRESS

» Strengthens deltoids and triceps

Sit with toes pointing forward, feet hip-width apart. Keep back straight against the bench. Get into starting position by lifting handles up slightly [A]. Exhale as you extend arms straight overhead [B]. Do not lock elbows; ensure that your back is straight. Inhale and return to starting position; repeat. Do 3 sets of 15 reps.

Trainer's tip: Start with a lighter weight and do 15-20 reps to strengthen. Increase the weight as you progress. For toning, lift a heavier weight and complete 8-10 reps.

2. CABLE LATERAL RAISE

» Strengthens medial deltoids and core muscles

Stand with feet slightly wider than hip-width apart, toes pointing forward. Pull cable to front with right hand and place left hand on hips [A]. Don't lock knees; keep chest up and tummy in. Inhale, then exhale as you pull handle to shoulder height [B]. Keep elbow slightly bent and wrist straight. Slowly lower arm to starting position; repeat. Do 3 sets of 15 reps. Switch hands.

Trainer's tip: Ensure that you do not sway your body as you execute the movement. Engage core muscles to keep still.

