

THE COMPLETE MIND & BODY GUIDE FOR WOMEN

# SHAPE

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GET STARTED TODAY

## SLIM & HEALTHY AT EVERY AGE

- The workout to get strong & sexy
- 11 tips to be healthier now
- Facials & anti-agers for active women

### \* FAT IS GOOD!

Include the right kind in your diet (pg.118)



“I learnt to love my body”

Jade Seah, Marie Digby & others tell all

**BURN 194 CALORIES!**  
SHOP FROM ION TO ORCHARD CENTRAL

Gardening & therapeutic workouts  
Find them at these centres

**PLUS** KEEP A JOURNAL & OTHER WAYS TO UNWIND

→ your regime can renew skin texture and reduce the appearance of fine lines.

• **Found in:** **Lierac Micro-Abrasian Cream (\$58, Beautyshop@17 Eng Hoon Street)**

It contains a high percentage of alumina crystals (25 per cent), which scrub away dead skin cells and stimulate cellular renewal.

It also contains 5 per cent urea to plump up your skin with moisture. Best for normal skin as the micro-exfoliation could be too harsh for sensitive skin.



more radiant skin.

• **Found in:** **Goodskin Labs Citra-Peel Exfoliating Pads (\$82, Guardian)**

First, use the dimpled side to exfoliate your skin with the 10 per cent citric acid formula. Wait for five minutes, then wipe your face with the smooth side, which contains

a neutralising solution to “turn off” the citric acid and restore your skin’s natural pH balance. Use the pads every other day or once a week if your skin is sensitive.

the skin taut, collagen acts as the glue that holds tissues like skin, bones and muscles together. The combination of elastin and collagen determines your tissues’ strength and flexibility. Hence when these proteins degrade with age, wrinkles, and thinner and sagging skin are visible.

• **Found in:** **Collin Paris Native Collagen Gel (\$118, Amore Boutique Spas)**

This gel has both elastin and collagen to improve your skin’s firmness and smoothness. It is also able to rebuild and regenerate skin cells. What’s more, it contains moisturising Melhydran

honey and oestrogen-rich plant extract Sterocare –

both up your elasticity and hydration quotient.

You can use it as a daily moisturiser or apply a thick layer as a mask twice a week (leave it on your face for two minutes). Suitable for all skin types.



■ **ANTI-AGEING AGENT:**

## ALPHA HYDROXY ACID (AHA)

Naturally found in citrus fruit or fermented sugar, AHA is often used for exfoliation and skin rejuvenation. It loosens dead cells and lifts them to reveal newer,

■ **ANTI-AGEING AGENT:**

## COLLAGEN & ELASTIN

Elastin fibres are bundles of proteins that are stretchable by up to 1.5 times of their original length. While elastin keeps

■ **ANTI-AGEING AGENT:**

## ANAPSOS

This fern extract is known medically as polypodium leucotomos. It is a common ingredient in American folk remedy, and is used for a myriad of purposes from psoriasis to treating sunburn. Essentially, polypodium leucotomos serves as an antioxidant that eliminates free radicals. It is also commonly found in oral sunblock products.

• **Found in:** **Piel Sens Antioxidant Sunblock SPF50 (\$85, The Aesthetics Clinic)**

This broad-spectrum sunscreen has both polypodium leucotomos and green tea extracts to reverse the effects of sun-induced ageing. While most sunblocks contain only physical filters for UVA and UVB rays, this one contains titanium oxide, zinc oxide and purified marine plankton extract to mend damaged cells and produce new ones. Unlike the usual sunblock creams, this gel formula is oil-free and non-comedogenic. Although it’s suitable for all skin types, its non-comedogenic feature makes it ideal for oily and acne-prone skin.

