

THE COMPLETE MIND & BODY GUIDE FOR WOMEN

SHAPE

DO THIS FOR A HEALTHIER HEART (PG.52)

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BUDDY UP & LOSE 2X THE WEIGHT

- Boogie off your tush
- Gain trimmer thighs & flatter abs while making friends
- Eat out with the BFF without getting fat

NEVER GET STRESSED OUT AGAIN (pg.17)



OUT OF BED & UNDER 15 M

DON'T LET YOUR FEELINGS make you fat

LOOK GREAT NEWS



prime time for pampering

That's one when to book your facial or spa session for maximum pampering results? We ask Janet Lee, manager of group public relations for Spa Resorts, when to go in to your spa treatment.

- Facial**
Book it at the end of a day. "Facials open up your pores, so you shouldn't be applying makeup afterwards or it could cause clogging," says Janet. "Also, it's best to avoid sunlight after a facial because certain oils, like retinol, can make your skin temporarily sensitive." Book facial treatments a half hour before a big night out - go for it at least a few days before.
- Waxing**
It's best not to have one a week before or after your period, or during it, says Janet. "Your skin is most sensitive around those times and, for wax, the difference in pain can be drastic. Book your waxing between Day 14 and 21 of your cycle for best results."
- Threading and plucking**
These cause relatively little pain, so you don't have to skip it too often. If you're worried, schedule a session at least two to three days after your period, says Janet.

sugar face

Sweets causing cavities and obesity, too much sugar can be bad for your skin too. If you've been loading up on sweet treats, the extra sugar molecules in your skin can break down collagen, resulting in wrinkles and sagging. So the next time you're tempted to give in to your sugar craving, think of your complexion first.



EXERCISE-PROOF BROWS

If wiping your perspiration during a workout smudges your drawn eyebrows, consider semi-permanent tattoos. Don't balk because the new generation of brow tattoos don't look harsh and won't turn green over time. Places like Erabelle (from \$540, tel: 6836-8388) customise the brow shape and colour to suit your face before you decide.

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