

# Simply Her

BUSY WOMEN  
SMART SOLUTIONS  
BALANCING LIVES

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CHEATING HUBB'  
ON A DATING  
WEBSITE**

**LOVE  
YOUR  
BODY**

*No Matter  
How You Look*

♥ Women tell us what they like about theirs  
♥ Do the new ballet-inspired workout & more

*Get More Energy*  
**EVERY  
DAY**

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FOR THE  
YOUNG**

**Chen Liping**  
"I'm no longer the fattest artiste around"

**BABY-  
MAKING  
SEX  
SPECIAL**

Secrets to pregnancy success



PG 30 TIPS FOR FLAWLESS MAKEUP



PG 106 EASY YUM PORRIDGE RECIPES



**Tried & Tested**

• A SMOKELESS CHARCOAL GRILL • A SMART LIGHTBULB  
• ELECTRIC FOOD STEAMERS • CHEF'S KNIVES • MEN'S SHAVERS

A thick layer of cooling gel is first applied to protect the skin from the heat of the radio frequency waves. The therapist then repeatedly runs the radio frequency handpiece over the targeted area for 45min. You'll feel no pain, just slight warmth. If it gets too hot for you, the therapist can adjust the heat. It's quite relaxing (our tester even fell asleep) but it can get a little uncomfortable when the handpiece rolls over bony areas like your hip bone.

After that, a super-cooling slimming gel is applied to the tummy and waist, then massaged into skin for 15min. The treatment finishes with a tight cling film wrap.

## Most Comprehensive Body-sculpting Treatment

*Signature Power Acti7 Sculptor Regime (\$520 for a 90min session)*

**Slimming Sanctuary, Thong Sia Building, 30 Bideford Road, tel: 6355-6161. www.slimmingsanctuary.com.sg**

**WE LOST** 0.8kg and 2.5 inches after six sessions, done over five weeks.  
**WHAT** This combines a radio frequency treatment, a slimming massage and a ginger thermal wrap to increase your metabolic rate, activate fat removal, improve detoxification, and stimulate blood circulation and lymphatic drainage. It can also help firm up skin and reduce the look of stretch marks.

The treatment is generally comfortable, as the therapist can adjust the strength of the massage and heat of the radio frequency to suit you.

## Best Fat-reducing Treatment

*Endermologie for Body (\$200 for a 35min session)*

**Aura & Miracles, #05-13 Delfi Orchard, tel: 6333-8707.**

**WE LOST** 2.9 per cent of body fat after eight sessions, done over four weeks.

**WHAT** You wear a full bodysuit during the treatment, as the therapist glides a handpiece with motorised rollers over your body - it feels like a deep-tissue massage. The rollers gently pull at the skin to help break down fat cells, boost lymphatic flow, and dispel toxins and excess water.

The treatment was fairly painless for our tester, although she felt some discomfort at sensitive areas like the inner thighs, and fatty areas. Roller intensity can be adjusted to suit you, and you may feel a little sore after the first session. Our tester noticed that her tummy felt tighter after one session.

## Best Lunchtime Body Shaper

*Speedslim (\$184 for a 30min session)*

**Skin Inc, #B3-43 Ion Orchard, tel: 6222-7428.**

**WE LOST** Three inches from the waist and tummy after 18 sessions, done over six weeks.

**WHAT** A serum containing plant extracts is first massaged into the slimming area, to help reduce cellulite, improve circulation, speed up detoxification, and firm up skin. Special heating pads that deliver infrared and low-frequency waves are then strapped on - the heat and vibrations promote blood circulation, boost metabolism and stimulate the lymphatic system, helping the body burn more fat naturally and get rid of the toxins that cause cellulite build-up.

The vibrations contract and relax the muscles, so you may experience slight aches after the first session. The intensity of the vibrations will increase over the sessions to produce better results.

## Most Relaxing Body-sculpting Treatment

*Capacitive Superpulsed Radio Frequency Body Contouring and Skin Firming (\$398 for a 60min session)*

**Skinlab The Medical Spa, #04-04 Wheelock Place, tel: 6235-3246. www.skinlabmedspa.com**

**WE LOST** A total of 16.5 inches from the waist and hips after 18 sessions, done over six weeks.

**WHAT** This uses radio frequency waves to stimulate collagen production and liquefy unwanted fat over time, which tightens and contours the treated area.