

Livewell

inspire | care | educate



S\$4.20/MY\$10.00
at newsstands

Healthy Recipes
For Making
The Perfect
Yu Sheng

we are

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Vivian Hsu

Basking in
the Glow of
Wedded Bliss

Must Read!

[Your Energy
Plan For The
Whole Year]

Good Taste *meets*
Good Health

Discover healthier food substitutions that still hit the right spot

+ YOUR
CULINARY
HOROSCOPE
FOR 2015



The Skincare

The secret to having clear skin involves only 2 things: having good internal health and using suitable beauty products. We list out some of the most kickass supplements and cosmetic essentials to check out, so you can be on your way to being beautiful inside and out!

SNOW WHITE, SNOW BRIGHT

Mirror, mirror on the wall, make me the fairest of them all!

» Kinohimitsu J'pan ProWhite Regimen combines the tasty, soluble berry-flavoured Kinohimitsu J'pan ProWhite with the functional, delicious Kinohimitsu J'pan UV-Bright Drink to protect against harmful UV rays for up to 9 hours! With ingredients like Grape Seed Extract, Glutathione, Camu-camu, berries and Vitamins B3, C and E, this exclusive set works effectively to eliminate age spots to give you rapid brightening results. It is especially effective for people who always stay up late, have dark circles, smoke or feel fatigued.



DRINK UP THE SUN

Say cheers to UV protection that's just a twist of a cap or stir away.

» Ultimate Colla-gen UV Plus has an improved formulation featuring extracts of blueberry, acai, tomatoes and carrots to protect your skin from harmful UV rays. This second generation collagen supplement is an improvement on the original's great taste and great value, with a light refreshing blueberry taste that belies its rich mix of 8 age-defying ingredients, including probiotics, glucosamine, chondroitin, and Methyl Sulfonyl Methane. It boosts bones, joints and skin health, making you feel and look firmer, healthier and younger.

» Ezee Beauty Collagen Drink, infused with pomegranate extract and 5000mg of Marine Collagen extracted from eco fish scales, has the smallest molecular structure making it easily absorbed by the skin. It actively boosts collagen synthesis and repairs the collagen fibres to help minimise the signs of ageing. The addition of vitamin C and patented Camellia Seed Extract helps to enhance absorption by more than 20%, increasing the skin's firmness and texture while stimulating the production of hyaluronic acid to boost moisture levels.



» Say goodbye to dull skin and hello to outer radiance! Enhance and nourish your inner beauty with Novagen II which helps to regenerate the skin, reduce signs of ageing, redensify the dermis, and support a healthy skin structure and renewal process.



HEAL FROM WITHIN

That which was once lost, is now replenished—collagen to the rescue!

» TruLife Collagen Cell Renew targets ageing cells in your skin to help slow down the ageing process and improve skin moisture and texture. Clinically proven to increase moisture levels by 50% and decrease UV spot area by 13%, it contains 15,000mg of Micro Marine Collagen Peptides, Vitamin B3 to whiten skin and prevent acne, Vitamin E to protect skin against harmful rays as well as Vitamins C and B complex for optimal health.



» To maintain healthy and youthful-looking skin, it is necessary to enhance cell renewal. Holistic Way® BABESKIN Sheep Placenta contains extracts equivalent to 20,000mg of fresh sheep placenta, grape seed extract and grape seed oil that has the ability to promote skin elasticity, so you can achieve radiant and smooth skin – even as you age!