

Livewell

inspire | care | educate



S\$4.20/MYR\$10.00
at newsstands

"I actually enjoy speed and like driving."

- Micky Lin

The captain of Singapore's netball team might have been a race car driver if she weren't a netballer.

Men vs Women
YOUR GUIDE TO UNDERSTANDING THE OPPOSITE SEX

psst...
6 Strategies
to get your **BEST SLEEP** tonight!

JOIN US NOW! P. 10!

FIRST CLASS TICKET

ONEKM SHOPPING MALL • 11 Tanjong Katong Road

PASSPORT TO LIVEWELL

Passenger Name	Liv E. Well			Date	FRI 24 JULY, 2015
Flight Number	Destination	Boarding Time	Gate	LVL 1	
LW2015	OneKM Shopping Mall	11:00			
Class	Seat	Boarding			
First	Free seating	19:00, 24 JULY 2015			

www.livewell.com.sg/passport2health

BOARDING PASS

Number	CLASS	SEAT
LW2015	FIRST	PS

ADDITIONAL SEAT INFORMATION

JULY

24

2015

\$100,000
WORTH OF GOODIES
AND PRIZES WILL BE
GIVEN AWAY!



The Skin You're In

The body's largest organ needs 24/7 protection, maintenance and tender loving care to stay healthy. Here's introducing the products that can give you a helping hand!

eat



Human skin has the ability to regenerate itself approximately every 27 days. With **Novagen II**, you can help to reduce signs of ageing, redensify the dermis, and support healthy skin structure and the renewal process so you can recover your skin's natural radiance in no time!



Beat premature skin ageing and improve your skin's ability to bounce back into excellent shape with **Holistic Way Collagen**. Containing marine collagen & antioxidants, this potent combination may help support the maintenance and regeneration of new and healthy skin for a more radiant and beautiful complexion.



Alline Proderm provides a unique, beauty-enhancing complete nutrition for your skin. Its 4 key ingredients: water-soluble and bioavailable keratin helps in proper skin protein formation, ceramides* maintains skin moisture and skin barrier function, hyaluronic acid for improving texture and reducing wrinkles, and vitamin C to combat oxidative stress while promoting collagen formation. In fact, it has been clinically proven that in just 2 months of supplementation, you will see significant improvements in skin appearance, hydration levels as well as suppleness.



wipe

Cetaphil's Gentle Skin Cleansing Cloths is your handy and reliable cleanser on-the-go. These one-use woven cloths are pre-moistened with soap-free formula so you can take off your make-up and cleanse the skin without irritation — anytime, anywhere. Each travel-friendly pack also comes with 25 soft, non-comedogenic, fragrance-free, pH-balanced cloths placed within a resealable lid, making it suitable for the most sensitive skin.



Don't neglect your skin because you're always on the move! Now you can boost collagen synthesis on the go by taking a swig of **Ezee Beauty Collagen Drink**. This convenient pick-me-up not only repairs collagen fibres to help undo the damage the sun has done but also contains Vitamin C and potentiated Camellia Seed extract, which improves your complexion's texture and firmness.



The improved formulation of **Ultimate Colla-gen UV Plus**, features extracts of blueberry, acai, tomatoes and carrots that help protect your skin from harmful UV rays. With a light and 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 & skin health, making you feel and look firmer, healthier and younger.

drink