

# THE SINGAPORE Women's Weekly

JANUARY 2014  
\$4.20

**WIN  
500**  
skincare &  
makeup  
treats

**Jennifer  
Garner**  
What keeps her  
family rock solid?

**2014**  
is  
*Your*  
year!

**EXACTLY  
HOW TO...**

**REFRESH YOUR  
FASHION**

**GET FIT FAST**

**BE HAPPIER**

**PUMP UP  
YOUR ENERGY**

**"I sold my  
virginity to  
feed my family"**  
*No one suspects her  
double life of sex and lies*

**SCHOOL GATE DRAMA**

**How to deal with  
separation fears**

**Would You  
Quit Work For  
Your Marriage?**

**286**  
**BEST  
BEAUTY  
BUYS!**

**THE  
2-DAY  
CLUTTER  
CURE FOR  
YOUR  
HOME**



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완전 콜라겐

# ULTIMATE COLLAGEN

Our friendship stood the test of time, so will our skin - with **Ultimate Colla-gen**.

Brigid Loh 40 and Natalie Koh, late 30s,  
- good friends

Exposure to the sun and the natural process of aging can cause much damage to our skin. A 2010 study by the University of Toronto, Canada, discovered that carotenoids - found in plants like carrots and tomatoes - protect the plant from UV damage especially when the rays of light from the sun are most intense.

### Ultimate Colla-gen

enhanced formulation with added carotenoids and antioxidants give extra UV protection to your skin.

### Best value in town!

8 age defying ingredients in one sachet: Collagen, Vitamin C, antioxidants like blueberry extract, Acai extract, probiotics, carotenoid extract, glucosamine and hyaluronic acid.

Premium **Snapware**  
Gift upon Purchase

PURCHASE 2 BOXES OF ULTIMATE COLLAGEN AND GET A BOX OF SNAPWARE® CANISTER (18 PCS - worth \$55) FREE

90% experienced firmer, healthier & younger skin.<sup>1</sup>

<sup>1</sup>Survey conducted with 40 participants, who consumed Ultimate Colla-gen for at least 1 month.



Purchase two (2) boxes of Ultimate Colla-gen at any of our retail partners and redeem a complimentary set of 18pc Snapware® airtight set worth \$55. Simply fax or email proof of receipt to 6298-6661 or ultimatecollagen@neweastern.com.sg and we will deliver your complimentary Snapware® set to you. Offer valid for purchases made in the period of 1 January to 28 February 2014 only. NewScience Laboratories is at liberty to swap the gift with another of equal or similar value.

Retail Partners: Pharmex Healthcare outlets | Nishino Pharmacy outlets | Robinsons | John Little | Pan Derma Clinique@Great World City premium TCM outlets | medical clinics.





## Best Anti-Ageing Oral Supplement (Splurge)

**Ultimate Colla-gen with UV Shield** has been specially formulated to help replenish collagen loss from your skin, and provide you with the added benefit of UV protection from the sun's harmful rays. Its enhanced formulation has been strengthened with the addition of carotenoids (which provide protection from UV damage), as well as antioxidants. In total, this nutritious oral supplement contains eight age-defying ingredients in an upsized sachet - collagen, vitamin C, antioxidants, probiotics, carotenoid extract (from blueberries and acai berries), glucosamine and hyaluronic acid. At \$88 (per box of 30 sachets). Visit [www.facebook.com/ultimatecollagen](http://www.facebook.com/ultimatecollagen) for more information.



### Readers' Special

Purchase two boxes of Ultimate Colla-gen and redeem a complimentary 18pc Snapware® airtight set, worth \$55. Simply fax or email proof of receipt to 6298 6661 or email [ultimatecollagen@neweastern.com.sg](mailto:ultimatecollagen@neweastern.com.sg), and your complimentary Snapware® set will be delivered to you.

*Valid from January 1 to February 28, 2014. While stocks last.*

안전콜라겐  
ULTIMATE OLLA-GEN

**BEST BRIGHTENING TREATMENT**  
**■ SPLURGE Laneige White Plus Renew Original Essence, \$78 (40 ml).** "It has a good concentration of active ingredients to help lighten scars, reduce sallowness and even out skin tone," says Larry.

**■ SAVE OLAY White Radiance Cellucent White Essence, \$49.90 (40 ml).** Niacinamide turbo-charges the efficacy of spot-busting actives to help banish the appearance of dark spots and uneven complexion.

**BEST PORE-REDUCING TREATMENT**  
**■ SPLURGE Clé de Peau Beauté Essential Correcting Refiner, \$130 (170 ml).** It restores skin's lustre while banishing shine.

**■ SAVE Paula's Choice Skin Perfecting 2% BHA Liquid Exfoliant, \$41 (120 ml).** "Its BHA content unclogs pores while preventing them from clogging up in the future. It also soothes skin," says Larry.

**BEST ACNE-CONTROL TREATMENT**  
**■ SPLURGE Vichy Normaderm Hyaluspot, \$29.90.** Not only does it reduce inflammation and swelling, it also forms a hyaluronic acid film over zits to help keep bacteria out.

**■ SAVE Nexcare Acne Patch Thinner, \$4.95 (18 patches) or \$7.95 (30 patches).** These dry out angry zits while keeping contamination out.

**BEST SPOT BUSTER**  
**■ SPLURGE Dr. Wu Whitening Spot Treatment with Vitamin C+, \$69.90.** This inhibits melanin production while boosting cell exfoliation for clearer, more even-toned skin.

**BEST CALMING FIX FOR SENSITIVE SKIN**  
**■ SPLURGE Skincode Essentials 24hr De-Stress Comfort Balm, \$82 (40 ml).** Botanical oils

help seal in moisture and strengthen skin's barrier function.

**■ SPLURGE Bellewave Neurologist Insta-Calm Serum, \$98.** Skin's pH levels are regulated to soothe and boost skin's barrier function.

**■ SAVE QV Face Rescue Gel, \$26.90 (30 ml).** A pH-balanced blend of soothing ingredients calm redness and itchiness while replenishing skin's hydration levels gently.

**BEST FACIAL SUNSCREEN**  
**■ SPLURGE INFINITY KOSÉ Deep Protection UV, \$54 (30 g).** "This offers one of the highest protection against UV rays, and its texture works ideally as a makeup primer as well," says Larry.

**■ SAVE Senka Mineral Perfect UV SPF 50/PA+++ , \$16.90 (40 ml).** This leaves a delightful powdery matte finish that's weightless and invisible.

**BEST FACIAL SUNSCREEN FOR SENSITIVE SKIN**  
**■ SPLURGE Shiseido Urban Environment UV Protector Extra Mild SPF 30 PA+++ , \$62.** Containing only physical sunscreens, this water-resistant formula is safe even for young children, and also protects cells from DNA damage.

**■ SAVE SunSense Sensitive SPF 50+, \$16.** A blend of physical UV filters leaves no icky residue and minimises any sensitivity-related reactions.

**BEST CLARIFYING MASK**  
**■ SPLURGE FANCL Pore Cleansing Pack, \$58 (40 g).** Natural extracts deep-cleanse pores while boosting hydration and collagen levels.

**■ SAVE THEFACESHOP Baby Face Clarifying Pack, \$22.90.** This gently removes surface dead skin cells while replenishing skin's moisture for a smooth and supple feel.

**BEST HYDRATING MASK**  
**■ SPLURGE Jurlique Rose Moisture Plus Moisturising Cream Mask, \$84.** Packed with plant-derived antioxidants,

this infuses skin with intense moisture to restore skin health.

**■ SAVE Apivita Express Beauty with Sea Lavender, \$58 (12 x 8 ml packs).** Its botanical oil-rich formula and travel-friendly pack means we can keep our skin soft and supple on-the-go.

**BEST WHITENING MASK**  
**■ SPLURGE Skin Inc Pure Snow White\* Mask, \$286 (100 ml).** A thin layer of this creamy mask helps suppress melanin, shrink pores and even out skin tone after just one use.

**■ SAVE Methode SWISS Thermal White Overnight Repair Mask, \$76 (100 ml).** Use after cleansing, and your skin wakes up to new-found radiance and suppleness.

**BEST ANTI-AGEING MASK**  
**■ SPLURGE Institut Esthederm Lift & Repair Instant Repulp Mask, \$128 (50 ml).** Peptides and filler spheres plump skin instantly while boosting skin firmness over time.

**■ SAVE Aqualabel Special Gel Cream, \$33.50.** Perfect for long-haul flights, this jelly-like gel is packed with humectants to plump fine lines and seal in moisture.

## SKINCARE GADGETS

**BEST CLEANSING TOOL**  
**■ SPLURGE Philips VisaPure, \$269.** The rotating and vibrating brush head dislodges traces of makeup and grime thoroughly without tugging at your skin.

**■ SAVE OLAY Regenerist Advanced Cleansing System, \$49.90.** This lifts dead skin cells and dirt effectively and gently.

**BEST SKIN FIRMING TOOL**  
**■ ReFa Carat Platinum Electronic Roller, \$540.** Suitable for the face and body, this mimics a beauty therapist's kneading motion to boost drainage and help firm skin tissues.

**BEST FACIAL MASSAGE TOOL**  
**■ Talika Cream Booster, \$179.** A combination of ion technology, phototherapy and vibrations enhance product penetration into skin, boost collagen production, and boost blood and lymphatic circulation.

## ORAL SUPPLEMENTS

**BEST FOR ANTI-AGEING**  
**■ SPLURGE Astalift Collagen 10000, \$60 (10 x 30 ml).** This feeds the body with collagen-making ingredients for plumper, smoother skin.

**■ SPLURGE Ultimate Colla-Gen Plus with UV Shield, \$88 (30 sachets).** This blend of readily-absorbed collagen molecules and antioxidants not only boosts skin health, but also helps strengthen hair and nails.

**■ SPLURGE Heliocare Purewhite Radiance, \$99 before GST (60 capsules).** A unique fern extract enhances skin's defences while supporting collagen production and promoting even skin tone.