

Simply Her

BUSY WOMEN
SMART SOLUTIONS
BALANCING LIVES

SINGAPORE | SEPTEMBER 2014 | \$4.20
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JEANS FOR EVERY FIGURE
Denim finds from \$80

“HOW I PUSHED MY DEAF SONS TO EXCEL”

Health Report

49%
OF YOU SKIP
REGULAR
CHECK-UPS

More surprising findings, pg 50

**DO LESS,
LOOK
GREAT!**

- BEAUTY HACKS YOU NEED TO KNOW
- EASY, FUSS-FREE MAKEUP LOOKS

Jaime Teo
She takes risks and conquers her fears



PG 55 YUMMY PASTA DISHES



PG 21 GLAM EVENING BAGS

Tried & Tested

- WALLET-FRIENDLY SLOW JUICER
- SALAD SPINNER • WAFFLE MAKER
- MICROFIBRE MOPS



SimplyHer



Free Cookbook

DELICIOUS FAMILY RECIPES WITH KEY ORGANIC INGREDIENTS

- Crispy oats chicken salad • Roast duck breast with pomegranate glaze • Crepes with caramelised apples • Steamed chocolate cake with choco crunch... and more!



Flavours Authentic Fair Price Xtra



Sweet Thing

Can't decide between a slice of cake and a sweet drink? Have both with Swissbake's new selection of cake-inspired "Specialty Drinks - Cake in a Cup!" (\$3.90-\$6.90). Based on popular cakes and pies like red velvet, black forest and peach cobbler, this range of drinks gives you the best of both worlds with creations such as Black Forest Latte and Blueberry Crumble Yoghurt Frappe. The rich aroma and smooth texture of the coffee will keep you coming back for more.

Available at all Swissbake cafes.



Tummy Relief

Don't let indigestion and gastric discomfort weigh you down. Help your stomach feel better with AFC Japan's Kidachi Detox, \$54.90 (300mg x 180 caplets), which is made from premium Japanese Kidachi aloe and packed with probiotics and prebiotics. It is believed to help your body cleanse itself of intestinal waste and promote regular bowel movements, while reducing the discomfort of gastric pain.

Available at Unity and Guardian.

Hair Repair

When you face extensive hair loss, consider PHS Hair Science PRO Hair Loss Tonic, \$338 (100ml). It is said to treat thinning tresses by oxygenating the hair bulbs while increasing blood circulation to the scalp. This is believed to prolong your hair's life cycle and promote growth, so you can have a fuller-looking mane.

Available at all PHS Hair Science outlets, including #05-25A/B Ngee Ann City, #04-34/35 Plaza Singapura and #04-12 Wheelock Place.



SUN DEFENCE

In Singapore's scorching heat, it might take more than just sunscreen to protect your skin. Try Ultimate Colla-Gen with UV Shield, \$88 (30 sachets) - a beauty supplement that includes blueberry and acai extract, as well as carotenoid extract from tomatoes and carrots, to provide extra UV protection. It shields your skin from harmful rays much like carotenoids guard plants against UV damage. The improved formula also has a light blueberry taste you'll love.

Available at Meidi-ya Supermarket, Isetan Scotts, John Little, Robinsons, Nishino Pharmacy at Takashimaya D.S., and selected TCM shops and clinics.

Skin Refresher

Scars, stretch marks and an uneven skin tone can leave us looking older than we are. Bio-oil, \$15.50 (60ml), \$25.90 (125ml), can help - it is said to improve the appearance of blemishes, as well as nourish, soothe and revitalise the skin. Made from a combination of camomile, lavender, rosemary and calendula plant oils, Bio-oil is packed with vitamins A and E to promote smoothness and suppleness. A breakthrough ingredient, Purcellin Oil, also ensures that the solution is quickly absorbed by the skin for a non-greasy feel. **Available at leading pharmacies, selected department stores and hospitals.**



CLEAR AS SNOW

Looking for a solution to your dull complexion? The newly enhanced Astalift White Essence Infil, \$115 (30ml), \$64 (15ml), has brightening ingredients like Nano AMA and vitamin C to give you more radiant skin. It also helps inhibit melanin generation for a brighter skin tone, so you can let your newfound confidence shine through. **Available at all Astalift boutiques and counters.**



Fair Game

Inch your way towards smoother, softer and brighter skin with the Keithz Laserwhite Swiss Cress Whitening Program from Epi Treatz. Developed in Switzerland, it treats uneven skin tone and lightens hyperpigmentation. The five-step programme includes the use of a Swiss Cress Lightening Serum to brighten skin and encourage skin-cell renewal, and Tri Peptide Complex to hydrate, among other benefits. **Try Keithz Laserwhite Swiss Cress Whitening Program at Epi Treatz for \$88 (UP: \$408) as part of the opening special at the HillV2 and Orchard Central outlets, or for \$128 at the Eastwood Centre, Leisure Park Kallang and Rivervale Mall outlets. Both prices apply only to the first session.**

King of Clean

If you like the feeling of wearing clothes fresh from the wash, then the detergent you use matters. Choose Spinmatic Low Suds - a powder detergent designed to eliminate stains with its advanced oxygenated technology. Perfect for front-load washers, the improved formula comes in two variants: Anti-bacterial, \$8.55 (3kg), \$12.90 (5kg), which is said to get rid of 99.9 per cent of harmful bacteria; and Active Bright, \$12.90 (5kg), which contains colour enhancement technology to help boost clothing hues. **Available at leading supermarkets and retailers.**

