

SPECIAL DOUBLE COVER

today's parents

MOTHER'S DAY SPECIAL

Paremala Swartsenburg
and other mums on
how motherhood
changed their lives

WIN!

V 10 Plus
Amino Serum
worth \$128!

4 Healthy
Recipes
for toddlers

QUEEN OF HEARTS

A salute to all mothers

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WHAT'S HOT MUM!



FRUITY FLORAL FRAGRANCE

Crabtree & Evelyn introduces the Pear and Pink Magnolia collection of bath and body products. The brilliant combination marries delicious fruit smells with the aromas of delicate flowers, creating an alluring harmony of scents. This pretty collection puts together fruity notes from red pear, passion fruit and bergamot, with accents of pink magnolia, jasmine, osmanthus and orris. The collection features a line-up of products ranging from Eau De Toilette, body wash, body lotion, hand therapy creams and more—so you can fix your own selection for a tender pampering ritual. *Each product sold separately, available at all Crabtree & Evelyn stores.*

BATTLE WITH THE BONES

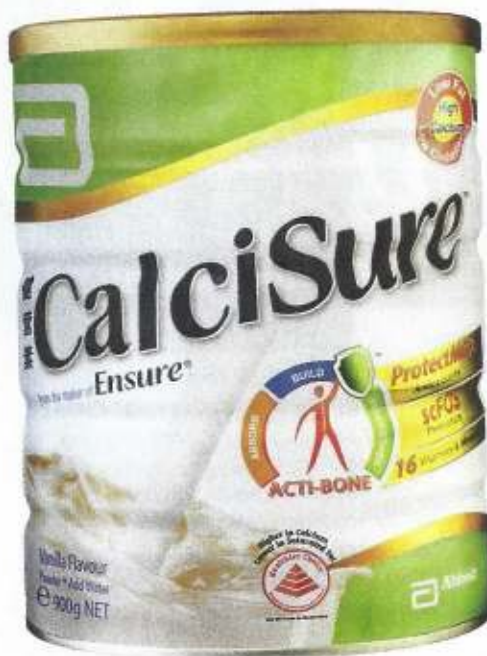
Women are known to be at a higher risk of Osteoporosis, especially Asians and Caucasians as they age. One in three women will suffer osteoporotic fracture during their lifetime, as compared to one in five men. Abbott's CalciSure Acti-Bone and Protect Max combines the benefits of ACTI-BONE and ProtectMax, delivering 16 essential vitamins and minerals. Just two servings of CalciSure a day provides the equivalent amount of calcium to almost four kilograms of silken tofu, magnesium equivalent to one and a half cup cup of cooked spinach, and more. Researched, developed and manufactured in Singapore, CalciSure ensures adequate intake of nutrition beyond just calcium and Vitamin D.

Available at all leading supermarkets, hypermarkets, retail pharmacies and personal care outlets for \$29.90 per 900g tin.



SIMPLY FLAWLESS

Mothers in Singapore are probably the busiest people—what with looking after the family and the house, and most are working as well to keep up with Singapore's standard of living. But caring for oneself is important too, and Laneige 6-in-1 BB Cushion will help those who are strapped for time. Just one compact product, covers six different benefits such as brightening, moisturising, soothing, and make-up tint. It also provides UV Protection thanks to its SPF 50+, PA+++ and is water resistant, both of which are features suited for Singapore's hot and humid weather. Combining multiple products into one and shortening complex makeup application process, Laneige 6-in-1 BB Cushion will make for a makeup that feels less heavy and more natural and refreshing. *Available in five shades, each at \$59 from all Laneige boutiques and counters.*



COOL COLLAGEN

Not all collagen supplements are created equal, which is why the Ultimate Colla-gen is called such. Collagen proteins are measured in Dalton (Da) units, and ordinary collagens weigh about 300,000 Da. Ultimate Colla-gen, however, has an average molecular weight of only 2,000 and 5,000 Da — easily absorbed by the body. Ultimate Colla-gen is hydrolysed without heat and acids, so integrity of the collagen molecules are not lost. The Ultimate Colla-gen Plus is good for the skin, hair and nails. It contains unique freeze dried acai berry extract from the Amazon forest, which locks in a large mix of antioxidants. Probiotics are also added for a healthy digestive system. The Ultimate Colla-gen Gold nurtures the joints and bones, with chondroitin which prevents cartilage degeneration and glucosamine which aids the cartilage structure around the joints. Each box of Ultimate Colla-gen contains 30 sachets for one month's consumption, available at Nishino Pharmacy outlets, Robinsons, John Little and Pan Derma Clinique for \$88.

*It is advised that pregnant and breastfeeding women should seek medical advice before taking Ultimate Colla-gen.



WHAT TIME IS IT?

Busy mums can keep track of time with the beautiful Calvin Klein Body Watch. Feminine and sophisticated, the watch will boost confidence with its classy look of multi-layered construction of pure lines. The fluid and graceful design of this watch comes in three colours, paired with either silver or black dial to suit individual's taste. It is very minimalistic, with no numbers on the dial but only a single "Calvin Klein" icon at 12 o'clock. This beauty is also water resistant to three bar. Available in Polished Stainless Steel with black or silver dial (\$340), Pink Gold PVD with silver dial (\$250) and Gold PVD with silver dial (\$250) at all authorised retailers.

BELLY GOOD

New mums can feel like their old self again with Belly Bandit.

This post-partum compression wrap aids in regaining the pre-pregnancy figure without any surgery, core class or crash diet—all very natural, safe and convenient. In fact, it is the top post-pregnancy wear recommended by physicians, nurses, hospitals, fitness experts and fellow mothers. The garment gives unmistakable results, helping to boost confidence, especially since it is also discreet under clothing. The most popular of the range is the Bamboo Belly Bandit, made from the fastest growing plant on Earth. Bamboo fabrics are not only eco-friendly, but also soft and comfortable for the body, it can even be worn to sleep.

The Belly Bandit is available in black and nude at Mothercare, Kiddy Palace, OG Singapore, Baby Hyperstore and can be purchased online at www.allenmom.sg for \$124.

