

LOOK GREAT • LIVE HEALTHY • GET FIT • EAT RIGHT

THE SHAPES



**BIKINI
READY
IN SIX
WEEKS!**

**ARE YOU
DO YOU
HAVE IT?**

**FORBIDDEN
FOODS YOU
SHOULD EAT**

**BEST MITIGATING
for osteoporosis
and osteoporosis**



Improve your
**sexual
health**

Lifesaving gynae
facts, down-there
wellness and more!

FAT-MELTING JABS
WHAT YOU DON'T KNOW
CAN HARM YOU **gubb**

Calorie burning
tricks for the gym

look great!

SUPER SUMMER MAKEUP

How to get the most out of your summer makeup routine. From the best foundations to the most flattering colors, we've got you covered.



SKIN CARE Summer heat and humidity can dry out your skin, so it's important to keep it hydrated. Use a lightweight, oil-free moisturizer throughout the day. SPF is also a must to protect your skin from sun damage.

FOUNDATION Opt for a lightweight, buildable foundation that won't clog your pores. Look for formulas with natural-looking finishes and SPF protection.

CONTOUR Use a cream or liquid contour product to define your face. Apply it to the hollows of your cheeks, the sides of your nose, and your jawline.

BLUSH Choose a soft, natural-looking shade of blush to add a healthy glow to your cheeks. Cream or liquid formulas blend easily and last longer.

BRONZER A light dusting of bronzer can give you a sun-kissed glow. Apply it to your forehead, cheeks, and the bridge of your nose.

EYES Keep your eye makeup simple and fresh. Use neutral tones for your eyeshadow and mascara to enhance your natural eye color.

LIPS Opt for a hydrating lip balm or a sheer, natural-looking lipstick. Avoid heavy, matte formulas that can dry out your lips.



CHECK IT OUT! No crystal healing and tarot card readings at **Aura & Miracles** (402 Orchard Road, Delfi Orchard, #05-13, tel: 6333-8707). It's a beauty salon specialising in diamond dermabrasion and endermologie treatments for the face and body. A treatment here left our tester with smoother skin. There is a first-time trial offer of \$50 for any treatment, after that it's \$120 per session.

FREE TRIAL

Want smoother skin? **Aura & Miracles** is giving away trial sessions for their diamond dermabrasion treatment worth \$150 each to 3 lucky readers.

SMS* your entry to 77877 by 30 June with the following information: <SHP 602> <Name> <NRIC No.> <Age> <Email address> Example: SHP 602 Sally Ng S765432IH 27 Sally@hotmail.com.

*30 cents will be charged for each SMS entry. Multiple entries are welcome, prizes are limited to one per person. Winners will be notified via e-mail. Entry information may be used for future marketing efforts.

Aura & Miracles

