

THE COMPLETE MIND & BODY GUIDE FOR WOMEN

# SHAPE

YOUR  
HANDBAG  
COULD BE  
HURTING  
YOU

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OF THE YEAR 2010  
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## BOOGIE TO YOUR BEST BODY BY NOV 30

- Get Nicole Scherzinger's great gams in 4 moves
- 10 hot dances for sizzling sex & more
- Fashion and beauty for shimmying in style

"How working out saved me"

LeAnn Rimes spills on sweat and sorrow

Listen to your heart & shed kilos

NEW RESEARCH:

## How to snack away belly fat

### \*EAT PASTA, LOSE WEIGHT

5 tasty ways under 500 calories

## 7 Shape-tested scents from sensual to stimulating



A good night's sleep can do wonders for your skin.

# BEAUTY SLEEP



Your skin works hard as you snooze. According to a study in the *Journal of Investigative Dermatology*, facial skin has a light-sensitive circadian rhythm (biological clock) and focuses on recovery and rejuvenation when night falls. In this part of the world, we may also need more help. "Asian skin frequently suffers from dehydration and this can put a burden on the skin's natural ability to self-repair at night," says Dr Li Li of Sichuan University's West China Hospital.

Besides clocking seven hours of sleep every night, feed thirsty skin with **Origins Make A Difference Night Gel-cream** (\$73), which restores your skin's moisture barrier. If you haven't



been catching proper zzzs, help lacklustre complexion sparkle again with **Lancaster Skin**

**Therapy Anti-ageing Oxygen Night Cream** (\$109). It is said to capture oxygen and diffuse it to the skin in optimal amounts to boost cell regeneration.



**3-second fix**  
 "Sharpening your pencils between uses will prevent the transfer of potentially harmful bacteria to your skin," says Professor Philip M. Tierno, author of *The Secret Life of Germs*.



## GOOD, CLEAN FUN SCRUB AND MASSAGE YOUR FACE WITH THESE GADGETS.



### Gently does it

With 58,000 fine hairs vibrating at 20,000 cycles a minute, **Mimian Sonic Brush** (\$250, Clariancy Aesthetic Clinic) gives skin a light but thorough exfoliation. Its heated holder helps keep the brush dry and hygienic.



### Up to speed

The battery-operated **Neutrogena Wave Duo** (\$16.10, leading pharmacies) is a vibrating applicator with replaceable foaming pads. Click once for a mild massage; twice for a grime-purging clean.



### Banish that blemish

The bristles of **Garnier Pure Active Exfo-brusher** (\$18.90, leading pharmacies) look sharp but yield to the touch. Its cleansing gel contains two per cent salicylic acid to combat zits and leaves skin tingling fresh.



### Soothe and smooth

We like the handy scrublet that comes with **L'Oréal Paris Perfect Clean** (\$14.90, Watsons). Add a dollop of cleanser onto it and it'll lather up gently on the face. The fragrance-free cream wash is suitable for dry skin.