

# CLEO

**THE F-WORD**  
Is food turning you into an angry hungry woman?

**58 SEXY WAYS TO SCORE POINTS WITH A MAN**  
(and you get to keep your clothes on!)

**ATTACK OF THE BREAKUP BUG**  
Can your BFF's heartbreak kill your own relationship?

**When I let my freak flag fly, I got Glee**  
Lee Michele confirms our disdain for conformity.

**Interview with the Employer**  
Three steps to success

**SHOP CLEO**

**DATE GUY WHO'S AS FAR FROM**

**TREND TOUGHIES TACKLE**  
How to rock hot runway styles without trying too hard or spending

**1 DAY** ▶ for truly quick results, a factor is your best bet. Consider it an intensive programme — it includes deep pore cleansing, exfoliation, removal of whiteheads and blackheads, a massage to improve blood circulation, and uses professional-strength products — to help get results that might otherwise take weeks to achieve. Your skin will look clearer and more radiant for days.

**"The Illumi Facial is ideal before a special event — it's a treatment with more complexion-enhancing benefits than a standard facial. You'll see firmer and more radiant skin immediately after the treatment. The results can last a few weeks"** — DR LOW CHAI LING



**The Illumi Facial at The Sloane Clinic, \$300 for 60 minutes,** combines the long-term benefits of infra-red technology and the instant results of a skin-replenishing facial. It starts with a resurfacing mask to get rid of dead skin cells. After that, infra-red light is used to restore elasticity and firm up saggy skin. A rejuvenating mask enriched with vitamins and anti-ageing goodness follows to give your skin instant luminosity. A serum rich in vitamin C is then applied and sonophoresis (ultrasound waves) is used to ensure deep penetration. This further helps with healing, brightening and lifting.



**A Jurlique Pure White Facial, \$255 for 60 minutes,** uses a blend of ingredients to replenish dryness and revive dull skin. It starts with an aromatic scalp massage, followed by cleansing with Purely White Skin Brightening Cleanser and hot compresses to further calm the skin. A combination of Jurlique products, including Daily Exfoliating Cream and Lemon-Lime Hydrating Essence, is applied with a series of press-and-release actions for balanced, radiant skin after.

**10 MINUTES** ▶ A mask or exfoliant is the fastest way to reveal a brighter, fairer complexion. If you're even more pressed for time, harness the power of makeup to cheat your way to a smooth, even and glowing appearance in an instant.

**The Body Shop Moisture White Shiso BB Cream SPF 25 PA+++, \$32.90,** is a multi-action makeup base that gives you a fairer complexion in a flash while concealing, soothing and protecting the skin from UV damage. Its star ingredient, shiso (from the basil family) helps reduce early melanin-making signals, slowing hyperpigmentation.

**IPSA On The Peak Brightening Mask, \$120 for six sheets,** is filled with 2gml of its unique beauty essence. You'll have intensely moisturised skin — with improved resilience and translucency — in 10 minutes. Use this mask twice a week to boost hydration levels and give skin a natural glow.

**The ultra-lightweight Revlon New Complexion Whitening 2-Way Foundation, \$27.90,** immediately evens out the skin so no skin looks flawless in seconds. Plus, it has natural and chemical sunscreens for protection, while vitamin C derivative, ascorbyl phosphate has skin lightening properties for a translucent complexion.



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