10 BEAUTY *RESOLUTIONS*

Looking better in 2011 begins with drawing up a list of new habits and goals. Here are achievable suggestions. By Jasmine Ali

1. UPDATE YOUR HAIRSTYLE

The belt is back – now more regular with asymmetric underscore or disconnections, according to acclaimed hairstylist Shanji Matsuo. "2011 is all about three-dimensional short hairstyles using the round belt as the base, and can be styled many ways for everyday wear," says Matsuo, who has two appearance hair studios in Singapore. For hair with more texture and character, and a touch of sexiness, he also suggests a tousled perm. And to further enhance hair texture and movement, nanotechnology hues are recommended, especially combinations of various tones of the same colour. These include copper and ash, and warm green and dark brown.

2. IRON OUT YOUR KINKS

Many women now spend most part of the day at the desk staring at computer screens. And this sedentary lifestyle can result in disproportionate muscle alignment, and cause poor posture, aches and pains, and injuries. Instead of massage (it offers only temporary relief anyway), begin this new year with a new therapy known as rolfing, a realignment technique influenced by osteopathy, physical therapy and yoga.

A rolfer manipulates soft tissue by slowly applying pressure to different body parts (10 sessions are required to reap complete benefits). This helps rebalance the body and restructure poor posture through loosening, lengthening and realigning connective tissue around the muscles. Rolfing can address various problems, such as carpal tunnel syndrome, neck aches, lower back injuries and headaches.

The practitioner begins by observing how you stand, sit and walk, and even takes "before" photos so that progress can be recorded. The therapy takes place on a massage table, where you step down to your underwear and partake in breathing exercises.

Each 60-min session builds on the previous one, so results are cumulative – the first few focus on the trunk and rib cage, while the final ones concentrate on realigning and restructuring muscles and tissue. Expect some discomfort when extra pressure is applied on problem areas, but it is often followed by a pleasant relief.

Usual rolfer Hui Tze of Posture Corrections charges $140 per session.

3. TRY A LOW IMP CALORIE WORKO

Sculptured weight training, which work[s] you lead to overuse injuries. Time is vaste[d] simultaneously with the new gym craze Resistance Exercise (TRX).

It burns muscles by suspending all or [most] of your body weight, thereby allowing for multiple planes of movement[s] calls on the core to prevent posture, which translates into targeted strength training.

TRX is tough – the workouts were a Seals in cramped bunker conditions – but so worth its new ways (TRX fan Jennifer benefits). Most exercises are done in a st[ance] to burn up to 1,000 calories within an hou[r].

Caldecott Fitness #1-01 Orchard Building

4. FIX YOUR HOR

Your hormones could be the reason yo[u] Ellen Says Adieu How managing skin[s] beauty woes. "90 per cent of women imbalances partly due to the modern consume." As a result, perimenopause, [the] levels can get affected, which may lead t[o] periods, high blood pressure and skin[s] and mood swings.

Available at Osim Aesthetics, is a w[ay] claims to work by regulating hormone l[evels] are conducted to assess hormonal and [lifestyle] associated with weight gain. A custom[ised] prescribed supplements are then provided. Over your [next] are built on track and following weight loss, you will be taught to recognise hormonal needs and moderate exercise over your lifestyle. The one-time fee of $2,888 includes unlimited supply of supplements and regular consultations.

One senior lost 7kg in one month and reported other improvements, such as glowing skin, stabilised periods, reduced cellulite, decreased hunger pangs and increased energy levels.

Osim Aesthetics, 02-29 Singapore Shopping Centre, tel: 6733 4434

5. GRAB A GADGET

First it was YouTube, then came FaceBook and Twitter. More recently, we were bombarded with iPhone apps. So don't be surprised that technophiles, armed with a string of software programs and hand-held devices, are poised to rule in 2011. Spearheading the movement is Nike, whose recently launched Get The Look application features stylistic looks that can be achieved with its 37-colour Holiday Color Wheel Palette (available at Tangs).

Estée Lauder, meanwhile, offers an interactive application (Lauder.co.kr/ar), designed to help you choose the perfect perfume. It fuses nanotechnology, psychographics and kinesthetics for a multi-sensory experience. Through a series of thought-provoking images, sounds and colours founded on the art and science of fragrance, you can find a scent that reflects your personality. Among the recommended perfumes are DKNY, Tommy Hilfiger, Aramis and Beautiful.

SELLING POWER

Hot on the trail of the vibrating mascara wand introduced by Lancôme and Maybelline is Dior's Diorshow 360 Revolving Lash-Styling Mascara. It curls eyelashes or anti-clockwise or disperses mascara on lashes, pulling them downwards while combing through and elongating clumps. It gets thumbs up for being the most effective battery-powered mascara to date.

Repechage Lip Rescue Kit ($95, from Rescue Wellness Lifestyle Labs) comes with a Volume Enhancing Massager to stimulate circulation and plump up your pout for enhancing gloss.

RE-DEFINED!

Ageing results in weakened muscle tone and tired, sagging skin to sag to hollow. This can exacerbate the appearance of facial lines and wrinkles. One way to restore definition and restore a "lifted" look is with Arlic Rinkle Erase Face ($699), which uses electrical pulses to exercise and firm nerves and muscles, and eventually improve circulation and complexion. Known as electro-muscle stimulation, this technology has been used for over 40 years in hospitals, clinics and physiotherapy practices to strengthen and rehabilitate muscles.

6. SMELL DIFFERENT

Venture under the radar to off the beaten track. Sentosa's Provence exudes the warm free-up of French heritage brand Fragonard. Besides its signature scent Carmen, there are latest holiday scents Eté Desert, a spicy-sweet mix de tuberose infused with saffron, herbs, incense and oud.

If you're a fan of Bath & Bodyworks body splashes, lotions and shower gels, visit Scent Library at www.scentlibrary.com.sg. The local start-up distributes niche brands such as Glasshouse Fragrances, Urban Rituals, Abode Aroma from Australia, and Meagan Elliott's collection from the UK.

And for scents like Stubbs 1842, Histoires de Parfums and Histoires de Parfums, sniff them out at Oliver Brown's (in the menswear floor of Hide & Seek), a fragrance boutique in home-grown makeup maestro Clemens Lee. His new favourite is a UK-based brand created by Taiwanese perfumer Yeoh Hsiu, whose alluring concoctions are worn by celebrities such as Nicole Kidman and Kate Hudson. Lee himself uses Solstis EDP, made from [illegible] of the rollon. Although the *CAIRNS* were also fill for UAFARM [illegible] of pomegranate, juniper, cucumber and [illegible]

7. BOOST YOUR BOOBS

With the fashion runways filled with cleavage-revealing necklines, all eyes are once again on the décolletage. But since options such as push-up bras, silicon padding and hyaluronic injections do not offer permanence, the moment has come to consider more long-lasting results. The Sloane Clinic has rolled out Lipokit, an FDA-approved treatment that removes and harvests fat from one area of the body (usually hip, abdomen or bum), and transferred to the chest. Unlike surgical breast augmentation, which involves pain and health risks, the side effects from this procedure is limited to light swelling. Permanent size can be achieved in just three months. Cost varies with the problem area, but typically ranges from $10,000 to $15,000.

The Sloane Clinic Plastic Surgery, 08-35 Novena Medical Centre, tel: 6397-6848

8. DIY DOWN THERE

9. LOOK THROUGH COLOURED LENSES

10. RECYCLE & RE-USE