

DETOX YOUR FINANCES
Step-by-step guide to erase debt + grow savings fast!



ANNE HATHAWAY
How to eat her movie diet

ON \$3.9

BEAUTY BULLETIN

SPECKY BEAUTIES

Look gorgeous in your glasses with these smart beauty tips:

- SUNNY AND BLOOM: Spectacles can make you look a little more serious. So highlight your cheeks with blusher to add a little feminine look. Try Fudge My Vintage Blush Duo, \$18.
- LIGHTEN EYE LINES: Due to light reflection, glasses tend to make the eye area appear darker. A tip is to use concealer at your temples that's lighter than your usual concealer.



Q&A

I get white lumps or milia seeds on my face. Are these caused by my skincare products?
- Isabelle Ang, 28, interior designer

Milia seeds are harmless, but annoying. They occur in parts of skin with a lot of hair follicles and oil glands, such as your face and chest. Why they form is not fully understood, but reasons include damaged sweat glands, ingredient allergies, UV exposure and improper use of skincare creams. Before applying new skincare products on your face, it's wise to test them out first. Apply a little on the underside of your arm and leave overnight. That way, you ensure that you are not allergic or sensitive to new products. Also, use new products sparingly till you are sure they suit you." - Dr Low

BEAUTY SERVICE
Time to Illuminate

Inspired by medical exfoliating techniques, the Sothys Resurfacing Cosmeceutics Treatment, \$190, helps brighten lackluster skin. It uses 20 per cent pure glycolic acid (AHA) and salicylic acid, and micro-encapsulated retinol to remove dead

LOOK FOR BUDGET

DOM AWAY FOOD
The best food readers can't

How To So You Will Live
4 clever ways to inspire at them

BEAUTY BULLETIN

GET A BB SHIELD

The most fuss-free way to protect skin against the sun, while looking hydrated and flawless at the same time, is to use a blemish balm or BB cream. Here are some new age-delaying BB creams to try:



CHOBANOW
PETER LAURENCE
Cubana BB Cream
Dose
LANCÔME
INvisible MAKEUP
DIVINE HYDRATING
BB Cream



LIFE AFTER ACNE

After pimples clear, skin seems to go back to normal - but if you don't care for your skin properly, you can face another wave of problems. "Clean your skin with products formulated specially for acne-prone skin. And always exfoliate to remove dead cells," says Dr Low Chai Ling, of The Sloane Clinic. You can also try these:



Look Plumped Up!

Fight time with age-delaying tools to help you look firmer and younger, head-to-toe:



These polyfill improves the shape of your feet, heel and ball. It's soft, cushiony and has a high arch, and is made from a special material that's soft and comfortable. It's also made from a special material that's soft and comfortable. It's also made from a special material that's soft and comfortable.

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LEGS: Solidea's Wonder Pantyhose, \$30 (Wonder 30); \$80 (Wonder 140).