

SHAPE

MPAS HEALTH/FITNESS MAGAZINE OF THE YEAR 2010
WWW.SHAPE.COM.SG

SINGAPORE
APRIL 2011 \$6.00

SLACK OFF AND WORK BETTER (PG 128)

BIKINI BODY SPECIAL

FLAUNT YOUR FIGURE BY APRIL 30

- The flat and fab tummy workout
- Eat your way into a two-piece
- 25 hot suits for every trouble spot

GET A-LIST ARCHES 10 DIY tips for pro-looking brows



Toned in 30min

Work out with the hot new ViPR

NEVER OVEREAT AGAIN

(THE SECRET IS IN YOUR HANDS)

Wire up, trim down
Shed kilos with smart tech

* ARE SPORTS HURTING YOUR SKIN?

10 GROW 'EM IN
Overplucked? Refrain from tweezing for at least three weeks so your brows can regain their natural growth pattern and shape. If they need a little extra encouragement, dab on some **Sloane Inc. Brow Serum** (\$200, The Sloane Clinic) every night. It contains a unique blend of vitamin A, C and E to stimulate hair follicle growth.



BEAUTY BA



brows that wow!

TRY THESE 10 PRO TIPS FOR ACHIEVING A-LIST ARCHES AT HOME. BY TINA TUSING AND CARLY CARROLLING

1 CHOOSE THE RIGHT TWEEZERS
Opt for sharp, slanted tines, says Krista Nordman, a US-based celebrity brow expert. "Unlike pointy versions, they grab tiny strays quickly and won't pinch your skin along with the hairs." One to try: Each pair of **Estée Lauder Eyebrow Tweezers** (R2) is made of stainless steel, hand finished and individually tested.

2 TWEETZE POST-SHOWER
Warm water opens the follicles and softens hairs, helping them slip out more easily.

3 DITCH YOUR MAGNIFYING MIRROR
"This tool can make it look like there's more hair to remove than there really is," says Krista, which can lead to overplucking. Instead, use a regular mirror in a well-lit room — if you can't see stray hairs under those conditions, neither can anyone else. "After every few tweezes, take a couple of steps back to see the bigger picture," she adds.

4 MEASURE UP
Your brows should begin above your inner duct, arch at the outer side of your iris, and end where an imaginary diagonal line from the corner of the nostril to the outer corner of the eye meets the hair, says Amy Low, a cosmetic manager and senior beauty artist from Benefit Cosmetics. As you rise, an arch your brows too high or you'll look angry.



5 CREATE YOUR SHAPE
Once you've determined how your brows should curve, outline your ideal arch using a soft, creamy brow pencil. Then remove only the hairs that fall outside your self-made stencil. (If in doubt, get your brows professionally shaped so you'll only need to remove the strays for maintenance.)

6 THIN IS NOT IN
Filler, thicker brows are in vogue. Flaking and/or sun-softened brows can add years to your age and make a head for look wild, says Amy. Proceed to pluck with caution.

7 REDUCE REDNESS
After tweezing, gently pat on **Benefit Soothing Eye Gel** (R4, \$18) to soothe any resulting inflammation. The lightweight formula is suitable for stressed and sensitive skin.

8 BRUSH UP
Keep nearby hairs in place by brushing on gel or wax. We like

Benefit Brow-wax gel (R2) which contains the brand's best hyper-granules to soothe. Pick up some **Brow styling wax** with the hard angle brush, then comb hairs upward at the start of your arch and brush the rest towards the end of your eye.

9 FILL IN THE BLANKS
Using pencils or a pencil, color in sparse spots with light, feathery strokes. Powders are easy to blend while pencils offer more control and precision. For a soft, natural look, skip black and opt for blond or light brown (you, aren't dark-haired, are you, see these colors). We like **Sisley Physio-Cosmetics Product Eyebrow Pencil** (R10, \$34, \$34) or **D&G**.

10 GROW 'EM IN
Overplucked? Refrain from tweezing for at least three weeks so your brows can regain their natural growth pattern and shape. If they need a little extra encouragement, dab on some **Sloane Inc. Brow Serum** (R20, The Sloane Clinic) every night. It contains a unique blend of vitamins A, C and E to stimulate hair follicle growth.

the salon solution

BROWSING FOR AN ALTERNATIVE TO TWEEZING? CONSIDER ONE OF THESE OPTIONS.

- **WAXING**
A thin layer of wax is spread on the skin and left to cool. The strip is then removed to uproot hairs.
- **Benefit** Compared to plucking and threading, it's quicker and less painful. Some tweezing may still be required to remove remaining strays.
- **Dr. Dennis** It's not recommended for people using products with Retinol A and other skin-thinning ingredients.
- **Where** Benefit Brow Bar (Singapore), Tenge Orchard and Robinsons Rufus City.
- **Price** From \$22.

- **THREADING**
One long strip of thread is twisted around individual hairs, then used to whip strands out. Some tweezing may still be required to remove remaining strays.
- **Benefit** Done properly, threading removes fine hairs effectively — especially along the brow ridge.
- **Dr. Dennis** The arch factor. Avoid retouching your appointment one week before and after your period as your pain threshold is lower then.
- **Where** Dr. Dennis (Visit www.drdenis.com.sg for location listing).
- **Price** From \$15.

ONE-FOR-ONE Bring a friend when you visit Benefit Brow Bar for your brows and lashes and she'll enjoy the same treatment — for free.
Call Robinsons Rufus City (03-6344171), Singapore (03-6344252) or Tenge Orchard (020-98823) to make an appointment and prevent the urge to wing the pencil. Promotion ends April 30, 2011 and is not valid with other Benefit brow services offers.