

# SHAPE

WIN A TRIP TO THE MALDIVES! pg 104

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## 11 NEW WAYS TO A BETTER BODY

- ✓ One move to bust love handles
- ✓ How to lose 320 calories at lunch
- ✓ Kick butt with the latest yoga workout

**Ace the Shape Run**  
Can-do plans for 5km & 10km



**Save your skin**  
with eight surprising superfoods (pg 58)

**NO GYM, NO TRAINER**  
Find out how Felicia Chin got this body

**Too thin?**  
What to eat for healthy curves

### BEAUTY ADVISERS

## survive sunburn

HOME REMEDIES TO TRY WHEN THE SUN GETS THE BETTER OF YOU.

**A**voiding the sun can be a tall order when you're living right on the equator. While UVB rays penetrate the deeper layers of the skin to cause loss of collagen and sagging, UVA is what causes sunburn. The skin's epidermis (outer layer) absorbs these rays, causing cell damage, inflammation and redness.

Unfortunately, doctors say there are no quick fixes to soothe a burn. Your body takes a few days to shed off the top layer of damaged skin (the peeling process). After that, there may be some compensation to your skin tone for weeks. In the meantime, try these expert-approved home remedies that **gardeners** in our cover story are not required to at-home treatments, once a day.

#### MEDICAL AESTHETICS

**Cover blisters with gauze** Don't break any blisters that form. They contain your natural body fluid, and serve as a protective layer. Also, breaking blisters slows the healing process and increases the risk of infection.

**Pop a pill** Anti-inflammation medication, like aspirin or ibuprofen, may help to reduce redness and pain. A low-dose hydrocortisone cream (from the doctor) or a moisturising cream may also speed up healing.

**Apply calamine lotion** This good old favourite can provide mild pain relief.

**Prevention** Use a daily sunscreen and try applying an antioxidant-based cream or serum at night to repair some UV damage sustained during the day.

**Dr Low Chai Ling** is the medical director at *Sloane Clinic*.

#### BEAUTY TIPS

**Take an herbal bath** Epsom salts help to reduce the heat. There is some dried epsom salt in lavender essential oil to calm inflamed skin. An oatmeal bath can also soothe skin. Simply bubble up half to one cup of oats with a hot piece of cloth, and throw it into the bath.

**Mix therapy** Soak a piece of cloth or cotton gauze in cold, whole milk (good for moisturising) and apply it carefully onto the affected area. Leave it on for 15 to 20



Sunburn may occur during a visit to the beach for the holidays.

minutes before washing off with cold water. **Drink up** You body loses water in the sunlight. Take in more fluids to keep your skin supple.

**Anti-inflammatory** is a trademark of the Natural Therapies Clinic.

#### ATYEVISTA

**Apply a yogurt mask** Yogurt cools and hydrates. The protein also helps to smooth the skin, and prevent fine lines and wrinkles which may show up after a sunburn.

**Use a more tender skin** contains vitamins C, E and K, tannins, carotenoids and other nutrients that may help to repair broken capillaries and reduce inflammation and redness. *My Skin Aids* (Marine Collagen Firm & Glow Hydrating Toning Mist \$39.00, [www.beautyscience.com](http://www.beautyscience.com))

**Cool down with cucumber** Slightly the naturalness over with cool water and place some finely sliced cucumbers — a natural coolant — on it.

**Beena Bhatia** is an aesthetic physician and operations manager at *Ajivya Aesthetics* clinic.

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