

# SHAPE

HOW TO SURVIVE MOON-CAKE SEASON

THE SLOANE CLINIC  
press cutting

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## STAY TRIM WHILE YOU TRAVEL

- The 30-minute hotel room workout
- A checklist for healthy holidays
- 10 hot spots to learn 10 new sports

Eat these, lose 23 lbs under



## sunblock demystified!

If you're baffled by sunscreen (which ones really work, how long they last and whether the SPF number really matters), step back and let the latest gizmos do the work for you. We love the **EWG Sunscreen Buyers' Guide** iPhone app; it rates 500 beach and sport sunscreens on effectiveness, and even has safety tips on which ingredients to avoid. (Free download from iTunes). To know when exactly to re-apply sunblock, try **UVSunsense Strips** (\$10.70 for a pack of seven, The Sloane Clinic). Wear one on your wrist, cover it and the rest of your body with sunblock, and it'll turn from purple to pink (time to reapply sunscreen) to cream (time to get out of the sun). How's that for a fun way to stay cool!

### LOOK GREAT NEWS



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## TOPSHOP LAUNCHES MAKEUP

It's famous for its high-street London fashion, and now Topshop is looking to make a name in makeup as well, with a new range of cosmetics. Lucky for you, Singapore's Ion Orchard store is the only place in Asia to stock the range, which includes a core collection of classic products and a seasonal array. Prices range from \$9-\$23.



## instant slimming trick

Here's a tip to make your waist look shapelier in jeans and pants. Attach one end of the **Hollywood Hip Hugger** (\$19.90, Tangs) to your side belt loop, feed it through the back loop and clip the other end to the other side belt loop. No buckles, bulk or front belt, just well-filled pants without the need for expensive tailoring. Ta-dia!



## SAFE COVER-UPS HIDE YOUR IMPERFECTIONS WITH THESE FOUNDATIONS - THEY'LL KEEP BREAKOUTS AT BAY!

**Sheer coverage**  
If you're after a natural look, **Vichy Normateint Anti-Imperfection Foundation** (\$39, major pharmacies) feels almost weightless on the skin and keeps oil at bay.



**Smooth finish**  
We love the silky soft feel of **Ettusais Zero Pore Block Pact** (\$48 for refill, \$20 for case). It also controls oil well so we didn't have to blot midway through the day.



**Versatile base**  
**Bareminerals Matte SPF 15 Foundation** (\$62, Sephora) covers blemishes easily, and allows you to build light or heavy coverage, whichever way you like.



**Gentle and mild**  
**DHC Medicated Acne Care Makeup Powder Foundation** (\$32 for refill, \$18.50 for case, selected Watsons) didn't aggravate our zits, and gave a fresh, oil-free look for most of the day.

