

SimplyHer

BEST WOMEN
SMART SOLUTIONS
BALANCING LIFE

SINGAPORE | JAN 2014 | S\$2.00

**YES! YOU
CAN STILL
INVEST YOUR
MONEY**
WIN-WIN TECH, LIFE

**FAKE
A GOOD
NIGHT'S
SLEEP**
WITH NEW RADIANCE
TREATMENTS

**DON'T
FIRE YOUR
MAID!**
STRATEGIES TO
KEEP HER HAPPY
& COMPETENT

**WOMEN
WHO
WANT
TO
BE
HAPPY
ARE
THE
HAPPY
ONES
WHILE
THE
OTHERS
ARE
STILL
TRYING
TO
BE
HAPPY**

**FLUX-FREE OFFICE
PLANTS**
\$18



**TRICKS & TIPS
FOR
BAGGERS**
\$5



**GORGEOUS GOLD
ACCESSORIES**
\$68



**SHOP AND
BUY BEAUTY**
\$15



CHRIS K. HIRTH
**SURPRISING
WORK FINDS
FROM FAR
EAST PLAZA**

**whip
your
work, home &
relationships**



**a cocktail
of vitamins**
VITAMIN THERAPY

It's not just about the skin, it's about the health of the skin. The skin is the largest organ in the body and it's the first line of defense against environmental damage. It's also the most visible sign of aging. So, it's important to take care of your skin. The skin is made up of three layers: the epidermis, the dermis, and the hypodermis. The epidermis is the outermost layer and it's the most visible. The dermis is the middle layer and it's where most of the aging signs show up. The hypodermis is the innermost layer and it's made up of fat. The skin is constantly being damaged by free radicals, which are unstable molecules that can damage the DNA in your cells. This damage can lead to skin cancer and other health problems. So, it's important to protect your skin from free radicals. One way to do this is by using antioxidants. Antioxidants are substances that can neutralize free radicals. They can be found in many foods, including fruits and vegetables. You can also take antioxidant supplements. However, it's important to talk to your doctor before taking any supplements. Another way to protect your skin is by using sunscreen. Sunscreen can help protect your skin from the harmful rays of the sun. It can also help prevent skin cancer. So, it's important to use sunscreen every day, even on cloudy days. Finally, it's important to keep your skin hydrated. The skin needs moisture to stay healthy. You can keep your skin hydrated by drinking plenty of water and using moisturizers. There are many different moisturizers available, so it's important to find one that works for your skin. In conclusion, taking care of your skin is important for your overall health and well-being. By using antioxidants, sunscreen, and moisturizers, you can help protect your skin from environmental damage and keep it looking healthy and youthful.

**electrical
pulses**
REVEALS ALL-HYPERCALCAEMIA
TREATMENT

Electrical pulses are a new treatment for hypercalcaemia. Hypercalcaemia is a condition where the calcium levels in the blood are too high. This can be caused by a number of different conditions, including cancer. Hypercalcaemia can cause a number of symptoms, including weakness, fatigue, and nausea. It can also lead to more serious complications, such as kidney failure. So, it's important to treat hypercalcaemia as soon as possible. There are a number of different treatments available for hypercalcaemia. One of the most common treatments is the use of bisphosphonates. Bisphosphonates are a class of drugs that can help lower calcium levels in the blood. They are usually given as an intravenous injection. However, bisphosphonates can cause a number of side effects, including pain, nausea, and constipation. So, it's important to use them carefully. Another treatment for hypercalcaemia is the use of electrical pulses. Electrical pulses are a non-invasive treatment that can help lower calcium levels in the blood. They are usually given as a series of short, high-frequency pulses. This treatment is usually given in a hospital setting. It's important to talk to your doctor about the best treatment for your hypercalcaemia. In conclusion, hypercalcaemia is a serious condition that can cause a number of symptoms and complications. It's important to treat it as soon as possible. There are a number of different treatments available, so it's important to talk to your doctor about the best one for you.

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MINS

a cocktail of vitamins

VITAMIN THERAPY

First, a selection of high potency vitamins is chosen based on what your skin needs. This is formulated into a vitamin solution, with added hyaluronic acid, minerals and trace elements. The cocktail helps fight free radical damage, heal cellular damage, stimulate collagen production and lighten pigmentation.

Cleansing and exfoliation is done with an ultrasonic device that uses high-frequency sound waves to remove dead skin cells and allow better penetration of vitamins into the skin.

For visible skin lightening, a vitamin C-rich solution is applied onto skin, while ultrasound waves from a Sonophoresis machine ensure maximum penetration deep into the skin.

A warm mask is then applied, which hardens after 10 minutes. This allows for optimal penetration of ingredients as vitamins absorb best in a moist and warm environment.

Available at The Sloane Clinic, \$400

SimplyHer
great find