

SHAPE

WWW.SHAPE.COM.SG

SINGAPORE
OCTOBER 2016 | \$6.00

Happy Healthy Highs

- ✓ New ways to relax in Singapore
- ✓ Foods that boost your mood
- ✓ Awesomely bright workout gear

**SEXY
HAIR**
NO-FUSS STYLES
YOU'LL LOVE

What's "Normal"
When It Comes
To Sweat? PG 44



**Kate
Hudson**

SHARES HER
HOT BODY
SECRETS

Eat, Drink
and Still
SHRINK!

PG 40

FRESH,
GLOWING
SKIN

The cleansing
routine you need to
get on, pronto!

Slimmer Legs,
Firmer Butt PG 68

morning. Enjoy a 90-minute invigorating yoga session led by Master Dev of One Wellness Fitness, followed by a mini-concert and interactive fringe activities. Every participant will receive a yoga mat, event tee and other freebies worth more than \$50. Registration fee is priced at \$29 per person. Visit www.shape.com.sg/HLbalancedlifeyoga.



17 STOP TO BREATHE

Sometimes that's all you need to do to relax. The newly launched **Fitbit Charge 2 Fitness Tracker** (\$248) has personalised guided deep-breathing sessions called Relax to calm your mind and body. Using the built-in heart rate monitor, you'll receive visualisations of your real-time heart rate, as well as animations and vibrational

cues to help you breathe more deeply, slowly and evenly.

18 WIELD A SABRE

Created for *Star Wars* fans and anyone looking for a fun, full-body workout, **Saberfit** (\$35 per class) involves using combat sabres to do cardio, plyometrics, core and abdominal exercises along to heart-pumping music. The routines are designed to improve stamina, balance and coordination. Visit www.saber.fit.

19 DINE AND UNWIND

Escape to **The Garden at Sofitel Singapore Sentosa Resort & Spa** for a quick

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PAMPER YOURSELF

A manicure or blowout is a fab way to get some "me time" in. And when it comes to beauty services, it helps to get recommendations. Which is why we're looking forward to the **Singapore Beauty Week**. Supported by the Singapore Tourism Board, the event from Nov 10 to 19 features a curated list of treatments available in our little red dot. From hair styling and nail grooming to body massages, facials and even laser therapy, you'll be spoilt for choice. The services are offered at attractive trial prices. Sign up at www.beautyweek.sg from Oct 10.

getaway. Set among lush greenery and away from the buzz, the restaurant offers unrivalled tranquillity – plus a well-thought-out selection of food – that will restore your mood and energy level instantly. Must-tries are the Tuna Tataki and Wasabi Miso Glazed Chilean Seabass. Rich in protein and flavour, they have none of the high-GI carbs that are known to induce a food coma. Leave your kids in the good hands of a caretaker in the play room upstairs, filled with games and books to keep them entertained.

21 SHOP MINDFULLY

Some say retail therapy is the best kind of treatment. So why not shop for products that literally help to boost your mood at Singapore-based online retailer **An Uplifted Day** (www.anuplifteday.com). It only stocks items that enrich your life. We love the **Intelligent Change Five-minute Journal** (\$58), as it makes keeping a diary easy with its reflective questions. Another favourite is the **Yoke Apothecary Lemongrass Interior Spray** (\$60), an all-natural vegan and plant-based room scent. We feel lighter and calmer when we use it.

22 DREAM STREAM

If you haven't already hopped on the **Netflix** train, here's why you should consider it: The service streams popular movies and TV shows over the Internet for a flat monthly fee ranging from \$11 to \$17, depending on how many devices are sharing the account. Recent TV shows we loved include *The Get Down*, created by Australian director Baz Luhrmann. The music-driven drama is based on the beginnings of hip hop in New York City. Visit www.netflix.com.sg.

23 LOOK WITHIN

Improving the way you live could help you manage your stress better. For inspiration, check out **Green Is The New Black**, a conscious festival on Oct 22 at Hotel Jen Tanglin Singapore. The one-day event offers various activities, including transformational talks, which explore topics such as finding purpose in your job. There will also be food vendors and retailers who run socially responsible businesses selling their wares, so you can easily spend a day there. Visit www.greenisthenewblack.asia.



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BLISS OUT

Getting out of the country for a bit can help us recharge. For a trip that'll nourish you on the inside and out, consider the **#TTTBalanceBreak** (A\$2,288 or \$2,362 twin share/A\$2,858

single), organised by eco-conscious yoga boutique **Touch The Toes**. In celebration of its five-year anniversary, it has put together a fun-filled seven-day fitness and wellness retreat in the south coast of Sri Lanka from Oct 16 to 22. Expect daily morning meditation and yoga classes led by Kristin Khor, a teacher at Pure Yoga Singapore, as well as pilates and barre sessions by Casey and Jenna of Paper Tiger Wellness. You can also look forward to surfing lessons, massages and scrumptious meals. Visit www.touchthetoos.com/ttt-balance-break. **Q**