

THE SINGAPORE Women's Weekly

NEW ONLINE SCAMS
How women like you get cheated!
• He put my photos on a porn site
• The online bank stole \$50K
• I paid \$20K in fake import fees

Gold pens in goodie bags
Come to the most expensive kids' parties in Singapore

EXCLUSIVE
Stop your Smartphone Stress!
Why Mark Zuckerberg's sister unplug her family from Facebook

25 FAST RECIPES – to make your life easier

Michelle Reis
"Do not let people tell you who you are!"

Quick Salads
Pork & Orange Beef
Beef, Crab & Mango Salad
Healthy Recipes for Kids

SPA EXPERIENCE

BEST COUPLE SPA
Senja Sunyi Couple's Ritual, \$688++ for about 2 hours 45 mins, followed by afternoon tea
Auriga Spa at Capella Singapore, Tel: 6591 5023, www.auriga-spa.com/singapore-spa-resorts/php
Starting with a scrub of peony and plum blossoms, this lavish experience follows with a massage

hour earlier than your scheduled appointment so you can unwind at the signature therapy pools and enjoy fitness and leisure activities.

BEST DESTINATION SPA
Ikeda Weekend Getaway to Japan Package, \$378+ for about 3 hours
Ikeda Spa Prestige, Tel: 6222 8080, www.ikedaspa.com
Relax in Ikeda Spa's signature Onsen Hot Spring Bath – the soothing properties of Cypress wood used to make the bath tub is combined with ionisation technology to boost circulation and detox. Next, your therapist performs a unique massage where her movements are synchronised to soothing music; relax as she kneads away your aches. Finally, restore your skin's glow with the Geisha Organic Facial.

BEST GIRLS-DAY-OUT SPA
SpaTea, \$388++ for 90 minutes, followed by afternoon tea at 10SCOTT'S *umai Spa at Grand Hyatt, tel: 6416 7156, www.damai.singapore-grand.hyatt.com*
eginning with a 30-minute lemon ugar scrub, aches and tension re then eased with the 60-minute utomised message. Save the

FACE

BEST HYDRATING FACIAL
Hydra Collagen Facial, \$198 for 90 mins
Estetica, Tel: 1800 333 9393, www.aestheticbeauty.com
Perfect for dehydrated skin and suitable for sensitive skin, this facial combines hyaluronic acid and collagen to attract moisture, bind it to skin and prevent moisture loss from skin's surface to help skin stay smooth and supple.

BEST DEEP-CLEANSING FACIAL
Quintessential Facial, \$250 (Therapist) or \$435 (Director)

BEST PURE-REFINING FACIAL
Visionnaire Skin Corrector Treatment, \$290 for 90 mins
Lancôme Beauty Institute, Tel: 6737 6778, lancomebeautyinstitute.com.sg
A unique mask is placed over the face to optimise the absorption of the LR2412 molecule (a key ingredient in Lancôme Visionnaire serum speed ups cell renewal). It also features the Skin Corrector Treatment Fusion Massage to relax you and stimulate microcirculation. Skin irregularities like enlarged pores and fine lines are instantly reduced.

BEST BRIGHTENING FACIAL
SK-II Aura Lucency Facial, \$320 for 1 hour 40 mins
SK-II Boutique Spa By Senze Salus, Tel: 6336 4880, www.senzesalus.com
Designed to target more than uneven skin tone or spots, this brightening facial also features the Blowwave machine and SK-II Signs Eye Mask to diminish signs of fatigue and help improve fine lines and wrinkles around the eye contours. Combining the potency of SK-II Cellulmination products as well as the therapist's masterful techniques, expect a lift-from-within glow.

SPOT-BUSTING FACIAL
Intradermal Esthederm Absolute Vase Treatment, \$300 for 120 mins
Morinda International, Tel: 6732 3639,

for 90 to 120 mins.
Porcelain Face Spa, Tel: 6227 9692, www.porcelainfacespa.com
A heaven-sent for those with congested pores, this facial includes intensive extraction to purge skin of impurities, before a blend of customised serums, ampoules and facial mask is administered into your skin. Expect slight redness for a couple of days (due to the extractions), which will subside and your skin regains never-before-seen clarity.

Algebra Spa at Capella
afternoon tea for last – what could be better than catching up while sipping on free-flow champagne and delicious nibbles?

BEST GARDEN SPA
Tropical Java Lulur, \$250+ for 2 hours 30 mins
Aramsa – The Garden Spa (Bishan Park), Tel: 6456 6556, www.aramsaspas.com
Immerse yourself in the dense greenery as this relaxing ritual begins with a turmeric and rice body exfoliation. Next, enjoy a yoghurt wrap for nourished skin. Your therapist then performs a massage that comprises of eastern and western techniques to boost circulation. Finally, soak in a ginger- and lemongrass-infused bath and emerge recharged.

BEST COUPLES SPA
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