

ALSO OUT THIS MONTH — CLEO IN A MINI, BEACH-FRIENDLY SIZE!

CLEO

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for nice girls

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SINGAPORE
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The guide to fixing your spending style

HOT
readers
model

Sexy
bikinis

How you too can be a beach babe, whatever your size!

+ cover girl Taya Rogers shares her body-love tips

22 WAYS TO LOOK
SIZZLING
THIS SUMMER

The **Towel** workout

Find out why Hollywood's loving it

Alert your newsagent should your fragrance vial be missing.

WIN THIS!
10 of you take home this cute bikini

BOYWATCH

4 TOPLESS LIFEGUARDS

GET WET & WILD

(mouth-to-mouth, anyone?)

Post-Sex etiquette

Could your bedroom habits be turning him off?

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Wear a piece of art on your wrist

If you regard your watch merely as something functional, think again. The Prisma collection from Chronotech breaks all rules of traditional watch-making. Prisma Uno, \$459, derives its name from the unusual prismatic design of the glass, giving the watch its light and rounded form. Get it for your man on his birthday and we guarantee he'll be pleased. And check out Prisma Lady, \$379, available in a steel or rose gold case with the same rounded design. With its white satin strap

and mother of pearl dial, wearing it will get you one step closer to being the belle of the ball. Available at authorised watch dealers.



Get that bikini body now

You're dying to hit the beach but you're not as confident about your body as you should be, even though you've been eating right and hitting the gym. This may be due to a build-up of toxins in your body that slows down your metabolic rate, making it harder to shed those extra kilos. Bioxil Innertreats 20 Days Detox and Wellness Program helps you lose weight, and re-energises and stimulates your body mechanisms. Simply take three sachets of Inner D-tox and one sachet of M-Vital GT&F mixed with water daily. Available at selected Guardian Pharmacies, Unity Healthcare Pharmacies and all Leonard Drake Skincare & Health Spa centres. M-Vital GT&F and Inner D-tox retail at \$139 and \$79 per box.



Look chic and professional

Spectacle frames have come a long way since the big dorky frames we wore when we were younger. Check out Esprit's newest eyewear range: Designed with the fashionista in mind, they're undoubtedly the must-have accessory of the season. Wear them with your favourite high-waist skirt and channel that sexy librarian vibe that's sure to drive the boys wild. And don't forget to don a pair of sunnies outdoors — with different colours to suit every personality, there's no reason not to give your eyes the protection they deserve. Esprit eyewear is priced from \$115 and is available at all leading optical outlets.



Dress like a hot socialite

Love her or hate her, it's undeniable that Paris Hilton is a fashion icon in her own right. Designed by a team of top designers with creative input from Paris herself, Paris Hilton's line features studded and intricately embroidered T-shirts, as well as premium jeans and other denim apparel that will appeal to the young, sophisticated woman. There's only one thing to say to that: That's hot. Paris Hilton's line of clothing is priced between \$69.90 to \$229 and is available at Newurbanmale.com outlets at The Heeren, The Cathay, Orchard Cineleisure, VivoCity and Citylink Mall.



Dry eyes no more

Spending all day in an air-conditioned office can make your eyes really uncomfortable, especially when you're wearing contact lenses. But don't give up hope on contact lenses just yet. Wearing Ciba Vision Dailies AquaComfort Plus will make you feel like you're wearing no lenses at all! They are tailor-made to wrap around your eyeball perfectly so you won't have to keep blinking to keep your eyes moist. What's more, you'll never have to worry about the hassle of cleaning your lenses after a long day at work — just take them out and throw them away at the end of the night! Ciba Vision Dailies AquaComfort Plus contact lenses are available at \$56/box of 30 pieces from all leading optical outlets.



Shield yourself from the sun

You wake up on a Saturday morning and decide it's the perfect day for fun in the sun with your girl friends. In addition to your beach towel and bikini, don't forget Neutrogena UltraSheer Body Mist Sunblock SPF 45, \$22.50. Its smooth and sheer texture means it's quickly absorbed into your skin, with no sticky residue! Best of all, it sprays from any angle, so every single part of your body will be protected from the harmful rays of the sun. Prevention is always better than cure so make sure you always remain protected against painful and damaging sunburns that cause premature ageing of your skin and put you at higher risk of skin cancer. Available at all major pharmacies and supermarkets.

