



## Eye candy

Need spectacles or seeking specialised eye health checks? Find them all available at the very posh Specialist Eyecare Centre in Great World City. The 3,000 square foot store houses its own team of four optometrists and eight opticians and provides an extensive range of specialised eye health checks that can detect cataracts, glaucoma, diabetic eye diseases, retinal disorders, macular degeneration, eye infections and contact-lens related complications. Customers can also pop by the Specialist Eye Clinic next door for medical, laser or surgical treatment. With 100 fashion brands and around 3,000 styles of eyewear, you are guaranteed to get a pair of glasses you love. Oh yes, and have we mentioned that they also have in-store boutique by Cartier? Specialist Eyecare Centre is located at #02-02, Great World City, 1 Kim Seng Promenade.



## Holistic health

Do you know that excessive sugar in our blood levels can not only lead to diabetes, it can also result in lacklustre skin? Our blood sugar levels are usually maintained through our Glucose Tolerance Factor (GTF), a biological compound found in our body tissues and cells. The compounds consist of trivalent chromium and help to maintain normal glucose and lipid metabolism by promoting insulin sensitivity. Since trivalent chromium declines through pregnancy, obesity, and age, Bioxil has introduced M-Vital GT&F, a natural supplement fortified with lactoferrin to aid in the absorption of trivalent chromium for health benefits like bone strength, metabolism and muscle development. Priced at \$139 for both the milk powder (20g X 30 sachets) or capsule (380mg X 60 capsules) forms. Available at all Leonard Drake Skincare & Health Spa Centres.



## Curb frownies with frownies

Erase wrinkles as you sleep with the simplest, non-invasive secret used by Hollywood celebrities. Aptly dubbed as Frownies, the plant-based adhesive gently corrects your underlying facial muscles to assume their correct and relaxed natural state by acting as a "facial splint" to smoothen frown lines, laughter lines and crow's feet. Lasting results can be achieved with three to four weeks of usage, and we hear that it has graced the stellar faces of Glenn Close and Meryl Streep. Priced at \$54. Available at Watsons, The Living Pharmacy and Apothecary + Co.

## Wake up your skin

Beat the afternoon blues with this pink bottled pick-me-up spray by Evian. Packed with all the hydrating minerals that your skin needs, the mist is quickly absorbed and moisturizes your upper epidermis upon the first spritz. It contains the same balanced mineral composition as the bottled Evian we drink from, a result of 15 years of filtration through the heart of the French Alps. Available in three sizes from the purse spray to the large coffer, there's no reason why your skin should look dehydrated anymore. Price starts from \$5.90 for a 50ml bottle. Available at all Guardian, Watsons and Hypermarts.

