

ND
 ... face
 with a hot pink lip
 colour, as seen
 backstage at the
 recent local **Yves
 Saint Laurent**
 autumn/winter
 trunkshow.

Paul & Joe
 Lipstick in
 No.047, \$34

Beyoncé
 detoxes
 her way to
 a slimmer
 body



Slim pickings

New ways to shed pounds
 sans workouts and surgery.

■ The bodylicious Beyoncé Knowles was quoted to have lost 20 pounds (around 10 kg) on the **NeeraDetox**. Most commonly known as "the maple syrup diet", the regime is a three- to 10-day liquid fast that claims to have anti-aging effects, toxin drainage, as well as effective fat loss. *For more information call 6866 3298 or log on to www.neera-detox-diet.com.*

■ With **Tenor's** pain-and-incision-free system a toned-tum has just become more easily attainable. The treatment utilizes radio frequency technology to heat up fat tissues deep underneath the skin that are then eliminated naturally by the body. In addition skin is tightened, cellulite is reduced, and toxins and retained water are drained. *Treatment price upon application at K W Chan Medical Clinic & Surgery, 77 Upper East Coast Road, #01-04, Tel: 6244 0060*

■ For the more hard-core, the TRUE group have launched **True Slimming**, a holistic, eight-week slimming programme formulated by doctors. The programme uses an array of weight-loss techniques including cardio, yoga and lymphatic drainage with cutting-edge technology such as radio frequency therapy, with oral and topical slimming products. *True Spa and True'Est, Level 16, Ngee Ann City, Tower A., Tel: 6235 0990*

Global be

Pop by these ultra-lux spots on your next bu to these urban hubs.

When in Tokyo

Find inner sanctum as you float 47 storeys above the neon lights of Tokyo at the **Park Hyatt's** generous lap pool and highly-exclusive gym, located at the top floor of the hotel and covered in a glass dome – all the better to admire the view with. *For more info to Tokyo.park.hyatt.com*



When New

Pop by **Hersh** chic sa time yo York fo US\$60 shag à Meg Ry

of advice – book at least a m advance. *For appointments, 737 9752*

When in London

Repair a jetlagged complexion with the **La Mer Ultimate Facial** at Urban Retreat in Harrods. Pure diamond granules are u your skin while the stunning surrounded by fish tanks for underwater feel. *For more in on to*

When

Overl famed Élysée iconic Guerla the res the Gu Their e and-a packa the ep

self-indulgence. Tel: +331 45