

# herworld

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**SHE ASKS, HE SQUIRMS**  
A LIGHT LOOK AT RELATIONSHIPS

**LAUGHING YOGA TECHNIQUES**  
HA-HA your way to inner peace!

**Positive! Positive! Positive!**  
Train children to be optimists

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WAYS TO MAKE RUNWAY LOOKS WORK FOR YOU

**COVER STORY JACYLN VICTOR**  
"Singing lets me take care of my family."

**WIN INVITES TO OUR 50 & FAB PARTY!**  
(see pg196)

*Revamp your life!*  
*Be the best you can be*



## Her Look Skin Solutions

# Ready, jet set, go!

Travelling just got easier with these hand-carry products, which come in convenient, space-saving sizes.



Replenish moisture with **Shiseido Aqualabel Moist Charge Mask, RM44.90 (box of 4)**, from Watson's, and massage the essence into face and neck after removing the sheet mask.



A roll-on eye gel with a metal applicator removes puffiness from the eye area so you look well-rested when you touch down. **Givenchy No Surgetics Plasti Sculpt Lifting Gel Eye De-Puffer, RM317**



**Guinot Institut Paris Red Logic Face Cream, RM189**, minimises redness and boosts skin's natural defences. Great when you're travelling to extremely hot destinations.



Tap three drops of this radiance-boosting oil onto face and neck before you sleep and wake up to soft, well-rested skin. **Kiehl's Midnight Recovery Concentrate, RM200**

Shield your lips from the weather with **Shizen Lip Gloss Conditioner, RM49.90 from Bodybar**. Apricot kernel oil and cocoa butter will keep your pout soft and kissable.



Made from olive oil and beeswax, **Burt's Bees Hand Salve**, price unavailable, is a lifesaver for cracked, flaky skin. Comes in a convenient little can that slips easily into your pocket.

### TRAVEL LIGHT!

Beauty products actually take up quite a lot of space, and are quite heavy, too! Bring a miniature skincare set when you go overseas – you save lots of space in your luggage. If you're planning to hand-carry your skincare and makeup, here's a general guide for Liquids, Aerosols and Gels (LAG):

- ✓ Must be less than 100ml each.
- ✓ Must be sealed in a clear plastic bag (some airports don't provide bags, so travel prepared with transparent ziplock bags).
- ✓ Must not exceed one litre in total.
- ✓ Lipbalms, glosses and lipsticks are also considered part of LAGs.