

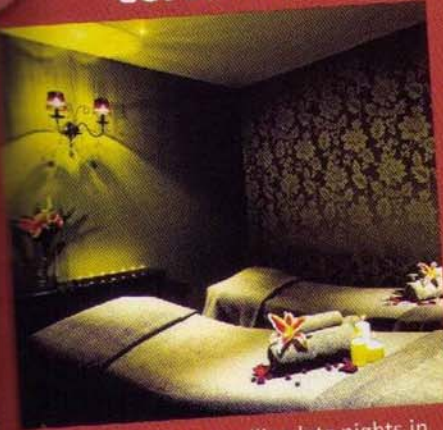
LUST FOR LIFE

Body & Soul

BY SERENE LIM

This month's I-love-me treat

Get stoned



After a few weeks of pulling late nights in the office, my face was looking dull and sallow, and I was convinced I had more laugh lines than the Joker. So I was more than happy to try out the Volcanic Mineral Face Spa at the Sensory Suite. While this facial consists of the usual routine of cleansing, steaming, extracting of blackheads and whiteheads and moisturising, the highlight lies in the use of cooled mineral-rich lava stones from Mount Etna in Italy to massage treatments into your skin. Containing precious elements key to the maintenance of your body's vital functions, the stones — specially produced in different shapes for each part of your face — help inject health back into your skin cells. In other words, your skin produces more collagen, and retains its elasticity and density. By the end of this 120-minute skin-boosting session, my skin was brighter, firmer and more refreshed. Even my body felt all relaxed. Nice. — CHEONG KAMEI

SENSORY SUITE IS AT 14 GEMMILL LANE. TEL: 6222 7377.

CLEO readers can enjoy a one-for-one deal on the Volcanic Mineral Face Spa (UP \$280) during the month of June. Present this page to enjoy the promotion.

TERMS AND CONDITIONS APPLY.

Because the last time you complained of back aches and neck pains was three hours ago.

GROW A spine

In the neck of time

Neck pains are caused by cervical lordosis (loss of neck's curvature) and a forward head posture due to constant leaning, says Dr Will Kalla of Precision Spine Chiropractic. The ideal neck curvature should be about 30 to 45 deg backwards (see inset). Office drones working on laptops are extra prone to this.

Back to back

Achey lower backs are due to a lack of core muscle endurance and coordination, explains Dr Kalla. Core muscles protect and support your spine, so build them through exercise like Iyengar yoga.



Massage into it

Neck, shoulder and back aches are a result of myofascial trigger points, a small patch of tightly knotted muscles that can be loosened via deep tissue massages or acupressure treatments like Qi Mantra's Herbal Punch Massage.

DIAGNOSIS AND TREATMENTS ARE AVAILABLE AT PRECISION SPINE CHIROPRACTIC (WWW.PRECISION-SPINE.COM), IYENGAR YOGA CENTRE SINGAPORE IS AT 146B NEIL ROAD. TEL: 6220 4048. QI MANTRA IS AT 18 LORONG MAMBONG AND 83A CLUB STREET. TEL: 6221 5691.



Daring to dream big

"I'M INTIMIDATED BY THE FEAR OF BEING AVERAGE."

TAYLOR SWIFT DOES NOT BELIEVE IN SHORT-CHANGING HERSELF.



Killing yourself DIGITALLY

Get a grip or you could end up sick!

Facebooking and Twittering are sucking the life out of you, and not in an Edward Cullen kinda way. As social networking sites tend to diminish meaningful face-to-face contact, the increased isolation could alter the way genes work, disrupt immune systems, cell proliferation and hormone levels, and impair mental performance, according to findings by psychologist Dr Aric Sigman of the Institute of Biology in England. This increases the likelihood of problems like cancer, stroke, heart disease and dementia. The next time you comment on someone's Facebook status, suggest meeting up for a cuppa instead.

