

SINGAPORE

ELLE

ELLE
15
YEARS

128+

SHOES
BAGS &
BLING
YOU JUST
GOTTA
HAVE

LOOSEN
UP, HAVE
BETTER
SEX?

GET
BEACH
READY!

BEST BIKINIS,
GLOWING SKIN,
SEXY MAKEUP
& SHAPE-UP
TRICKS

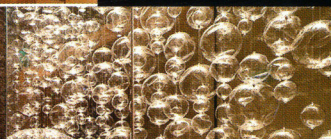
madonna
(Enough said!)

NEW YORK
EXCLUSIVE

BEHIND
MURAKAMI'S
MAGIC



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JUNE 2008 \$5.50 (INCL GST)



SMART LUXE

There's something to be said for intelligent design. At the tony Remède Spa in the six-star St Regis Singapore, even the most finicky spa divas will be hard-pressed to find fault in its facilities. If God is in the details, then this place is heaven.

One of its winning features is the pure eucalyptus-scented steam room with three chambers, with temperatures varying from 45 deg C to 55 deg C. Pick and choose the temperature you're comfortable with or start from the least hot chamber and gradually move up. This is perfect for people suffering from allergies or who don't do well with extreme heat.

Other stars include the heated wave loungers by the hydro-massage pools. Co-designed by expert spa consultant, Farida Chettab Brouwer (whose resumé also includes the spas at the Westin Resort in Nusa Dua and the W Retreat in the Maldives), and a physiotherapist, the ergonomic loungers are made of marble and infra-red heated to help loosen those muscles and ease the joints. Each lounge has separate heating zones that can be controlled by the user.

The ice fountain is another first in town. A clever alternative

to the cold plunge pool (who really uses that?), that can border on masochism right after the sauna and steam bath, the fountain contains crushed ice chips that you can apply to the skin after the hot therapies. It's a gentler approach to stimulate blood circulation and the lymphatic system.

No expense was spared to create the Remède Spa for its debut outside of the US. Quite possibly the most luxurious and glamorous-looking spa in town right now, there are even personal iPods in the waiting area for the guests. When form meets function in perfect harmony, it's irresistible. *For reservations or enquiries, call 6506-6892 or visit www.stregis.com/singapore.*



MAN OF THE HOUR

Mother's Day has always been a splashier affair than Father's Day but it's not too late to start showing Dad that he's just as important. Forget the tried-and-tested stuff. Lest you didn't know, men his age are yearning to shake things up a little. Here's how you can help:

- Surprise him with a hip holiday at Club Med Bintan, Bali, Cherating or Phuket, where he

can sweat it out with "flying" lessons on a trapeze at the Club Med Circus School, learn to sail or dive, take elephant rides and much more. *Book online at www.clubmed.com.sg or call 1-800-CLUBMED (258-2633).*

- If you're feeling generous, hook him up with luxurious, hardcore, yet super-lightweight luggage from Rimowa. Made

