

THE COMPLETE MIND & BODY GUIDE FOR WOMEN

# SHAPE

THE  
VITAMIN  
THAT  
FIGHTS  
FAT

MPAS HEALTH/FITNESS MAGAZINE  
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HELP YOURSELF!

## DIY SPECIAL

- Self-massage moves for face & body
- Homemade remedies
- De-stress in your own spa

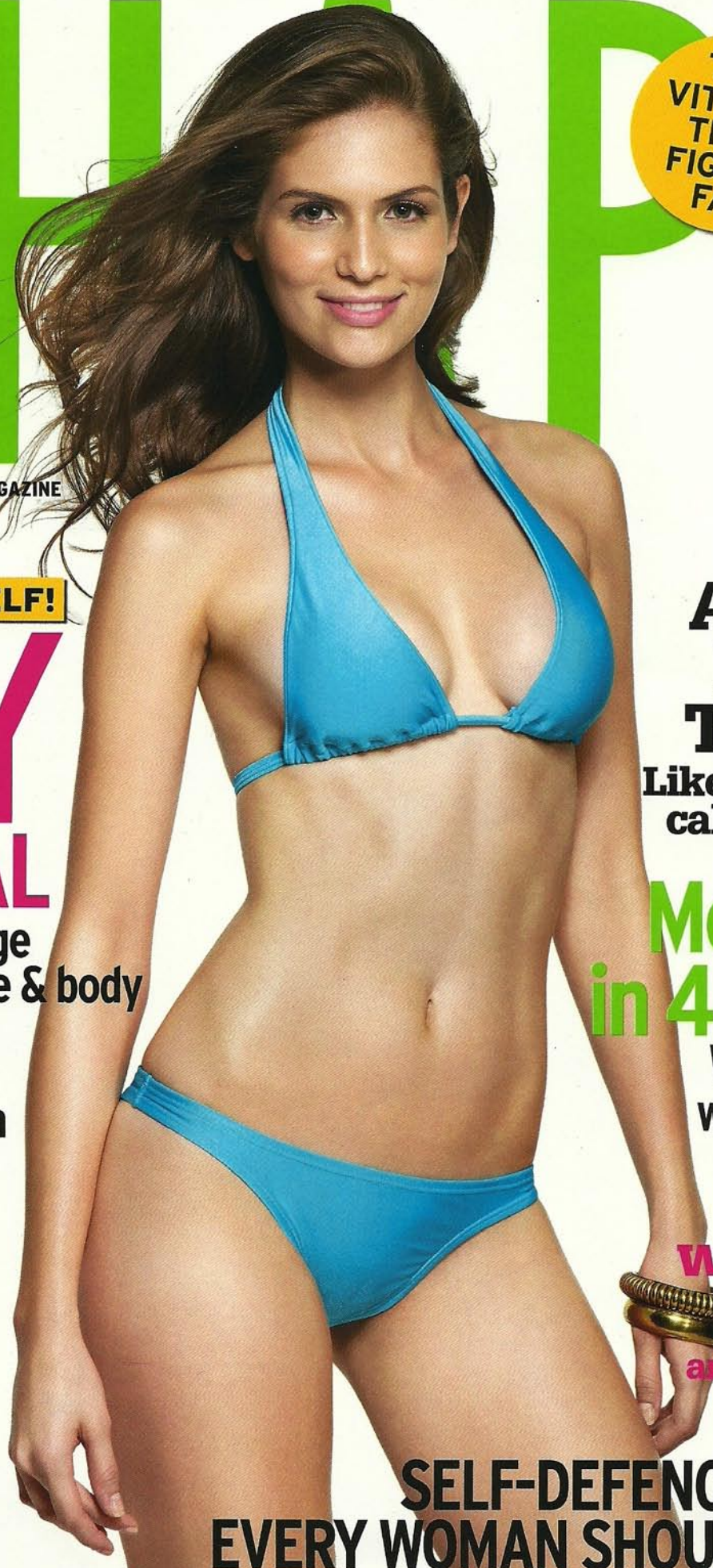
Will OT  
give you  
a heart  
attack?

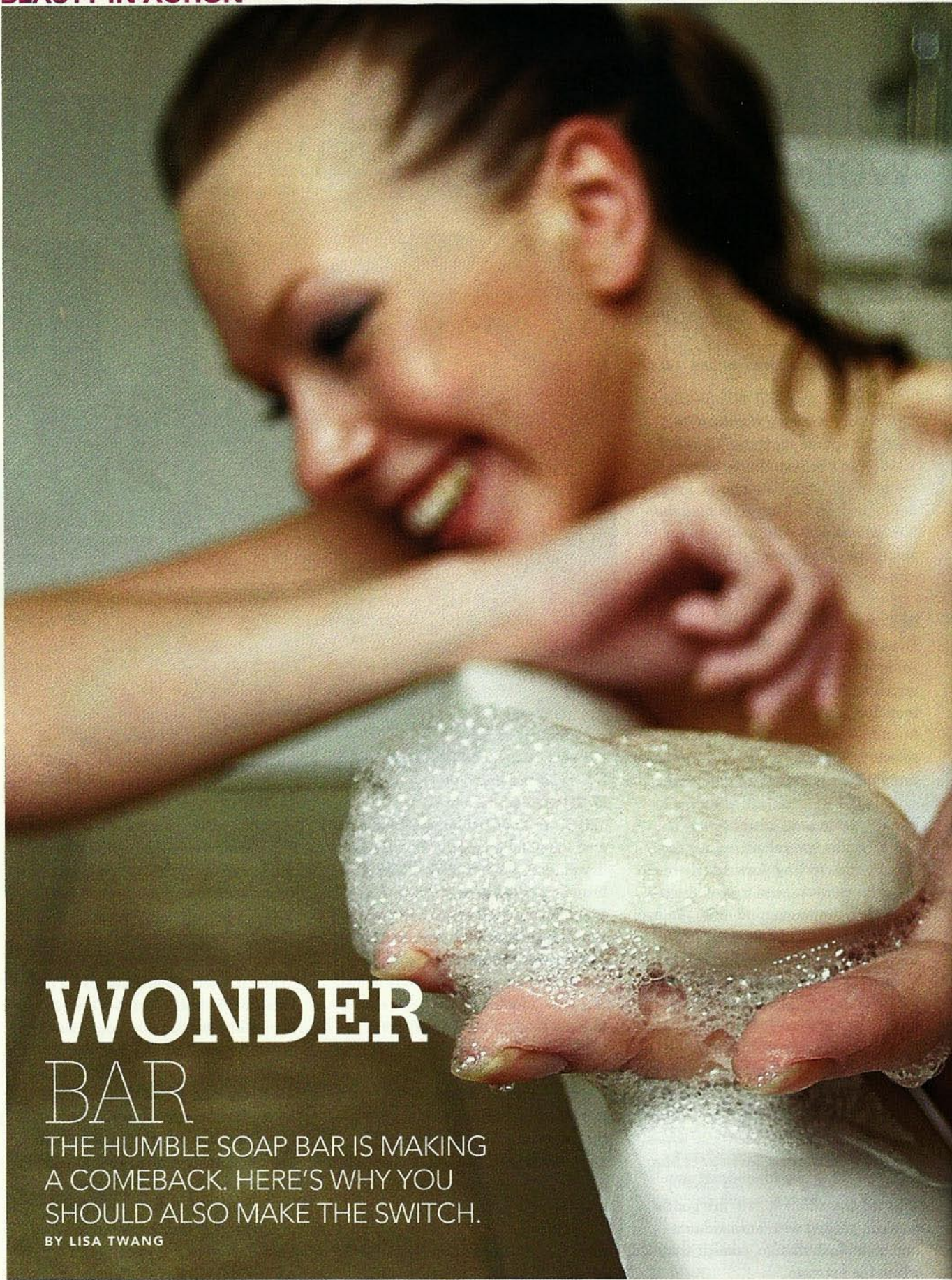
**AVOID  
DIET  
TRAPS**  
Like that 1,400-  
calorie salad

**Melt 4kg  
in 4 weeks**  
With half the  
workout time

**\* Fine,  
whatever**  
And other  
words that  
are killing your  
relationship

**SELF-DEFENCE MOVES  
EVERY WOMAN SHOULD KNOW**





# WONDER BAR

THE HUMBLE SOAP BAR IS MAKING A COMEBACK. HERE'S WHY YOU SHOULD ALSO MAKE THE SWITCH.

BY LISA TWANG

It's common to find men who can't be bothered with skincare and get by with just one item: a bar of soap. A little lather, a splash of water, and they're good to go. While most women would be horrified at the notion, there's no denying that the soap in its solid form can go a long way. Here are the top reasons why you should trade liquid for the bar.

## 1 It multi-tasks

Facial soaps can double up as body washes too, so grab a bar and lather up to save time in the shower. We love **Clarins Gentle Beauty Soap** (\$30), which is the brand's first product to carry the Ecocert label – a mark that it's certified organic. Enriched with shea butter and hazelnut oil, it's gentle on skin, both on the face and body.

And if exfoliating once or twice a week seems like a chore, consider a bar soap with some mild exfoliant properties. With its slightly rougher texture, it scrubs away stubborn impurities and dead skin cells on the surface. **Mt Sapola Charcoal Soap Bar** (\$8.20) effectively absorbs body odour and contains natural fibres for fighting grime.

## 2 It's great for dry, sensitive skin

Soap bars with high glycerine content are very moisturising for dry skin, says Dr Kelvin Chua, medical director of Skinlab Medical Spa. Glycerine is a component of fat or oil and a by-product of the soap making process, but it's often removed and added to more expensive products like lotions and moisturisers. Look out for soap



## dishy decks

STORING SOAP IS EASY (AND HYGIENIC) WITH THESE QUIRKY DISHES.

### ■ L'Occitane Lavender Spindle Soap Holder (\$20)

This ceramic dish lends a rustic charm to match your old-fashioned soap bars.



### ■ Lillholmen Soap Dish (\$7.90, IKEA)

Made of sleek steel and glass, this will be a classy addition to your bathroom.



### ■ Animal Soap Dishes (\$2 each, DAISO)

Delightfully cute, these come in pig, dog and teddy bear shapes.



### ■ Soap Dish Sponge (\$2, DAISO)

When it's not storing your soap, use it in the bath to cleanse your body.



## BEAUTY IN ACTION



Glycerine in soap bars moisturise dry skin.

bars with a translucent appearance – they contain glycerine – like

**DHC Mild Cleansing Soap** (\$26.50, selected Watsons). Unlike commercial soaps, it's free of fragrances and parabens that irritate sensitive skin, and is made of rich natural ingredients like virgin olive oil and honey.

Natural plant oils also provide moisture for your skin: try **Natur Aroma Soap With Organic Argan Oil** (\$22, naturelova.com) or **Nuxe Reve de Miel Ultra-Mild Rich Soap** (\$16, The Beauty Shop @ 17 Eng Hoon Street), with jojoba oil and calendula.

### 3 It's suitable for zit-prone skin

Acne washes with pore-unblocking salicylic acid aren't just limited to liquid form. If your skin is sensitive and blemish-prone, try **Clinique Anti-Blemish Solutions Cleansing Bar for Face and Body** (\$33). It's formulated to be extremely gentle on skin, but is



tough on acne with salicylic acid and zinc PCA, a mineral that controls oil build-up and reduces shine.

### 4 It's eco-friendly

Bar soap can be a more green, sustainable choice, says Elea Lutz, creator of Nostalgia Organics. "Bar soap often requires significantly less packaging than its liquid counterpart, as it doesn't come in a plastic container or dispenser. Instead, they're wrapped in paper or boxes, which are naturally biodegradable or much easier to recycle." Additionally, natural soaps, made from plant-based ingredients, such as coconut oil and essential oils, leave a lighter footprint on the earth.

### 5 It's retro

Liquid soap wasn't widely popular until the 1980s, so bar soap is a more traditional choice. Besides the retro packaging, many women love soap because it reminds them of their childhood days. For a blast from the past, try **Nostalgia Organics Mud Pie Soap** (\$17, soapnsorbet.com) and **Crabtree & Evelyn Heritage Soap Collection** (\$39), a re-launch of the company's most iconic product.



Natural soaps leave a lighter footprint on the earth.

### 6 It's hygienic

Don't be afraid to share soap bars. It's unlikely that germs will spread – if it gets rinsed off between uses, according to multiple research studies. In fact, a study published in 1988 in the journal *Epidemiology and Infection* found that washing even with contaminated bar soap is unlikely to transfer bacteria.

## MAKE YOUR OWN SOAP BAR

Daniel Loh, owner of Massage Supplies Warehouse ([www.massagesupplies.com.sg](http://www.massagesupplies.com.sg)), shows us how, using his glycerine-rich soap base (\$35.90 for a litre).

#### YOU'LL NEED:

- Soap base
- Food colouring (optional)
- Fragrances (essential oils)
- Mould (Cake mould or plastic container)

1 Melt the soap base on a stove or electric heater over low heat (maximum temperature 65 deg C). This may take up to 20 minutes, depending on the amount of soap used. Using the microwave is not recommended.

2 Add colouring, one drop at a time, to the melted soap. Stir well, until it's your desired colour.

3 Cool slightly and add essential oil for up to 1 per cent dilution (i.e. add 1ml of oil per 100ml of soap). Stir well. You can mix in ingredients like flower petals and dried spices to make your soap look special.

4 Allow mixture to cool for a few minutes before pouring into moulds.

5 Leave to set in the moulds for a few hours. Remove and lather up!

