

# THE SINGAPORE **Women's Weekly**

FEBRUARY 2014  
\$4.20

SEE INSIDE  
THE MARRIAGE  
NEXT DOOR  
How real Singapore  
couples keep love alive

**NEW YEAR REFRESH!**

## *Happier* by this time tomorrow

- Secrets To All-Day Energy
- Ways To Boost Your Luck
- Look-Slim Shortcuts  
(Try the \$475 dress...)

### REAL LIFE SECRET

"My husband had  
cosmetic surgery to  
look like a Korean star  
and didn't tell me"

## Save more money

Ways to outsmart  
traps and retire rich

**Win**  
Romantic  
staycations  
worth  
**\$9,000**

### **Lisa S**

TV host  
and wife to  
Daniel Wu

"He's taking a year off  
to care for our baby..."

**SHOP LIKE A CHEF**

# 86

top food  
brands  
experts  
buy  
- and  
why



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# Say it, Email it, Facebook it

*If you have any news, views or issues you'd like to see*



## Mail of the month

**From Vetha Dinesh:** "In this fast-paced society where most of us hold stressful jobs as career women, homemakers and mothers, I am glad that *The Weekly* is here to help make our lives easier. Serious topics like health and finance are both informative and entertaining, while the home and parenting tips are really practical and useful. Of course, the beauty and fashion sections are fabulous as they feature the things most of us crave. Please continue to feed our mind, heart and soul!"

## Post of the month

**Teo S P shares her resolution for the New Year on *The Weekly's* Facebook page:** "I used to snack on junk food in between meals. Work stress made me munch on these unhealthy foods, so I started putting on weight and jumped from an M size to an XL size in just two years. Last July, I went for a health checkup and was diagnosed with high blood pressure. From that day onwards, I promised myself that I'd work harder at taking care of my health. So in 2014, I plan to motivate myself to exercise more and follow a healthier diet."



**OUR MAIL + POST OF THE MONTH SENDERS BOTH WIN A NOVITA HYDROPLUS WATER PITCHER NP 2290 WITH A SIX-PIECE FILTER PACK, WORTH \$168**

Designed with a HydroPlus Filter, the Novita HydroPlus Water Pitcher NP 2290 provides you with refreshing water that's fortified with alkaline and antioxidants. These help to slow down oxidation and enhance detoxification in the body to promote better wellbeing. Fill it with water in one step, thanks to the Instant Fill Lid, and replace the filter when needed based on the Filter Lifespan Indicator.

**Do you have any comments or suggestions for *The Weekly*? Would you like to participate in Mail, Post or Hot Husband of the Month, or Reader Panel? Write to us at [sww@sph.com.sg](mailto:sww@sph.com.sg) or visit [www.facebook.com/thesingaporewomensweekly](http://www.facebook.com/thesingaporewomensweekly), and you may walk away with a prize!**

## The Weekly's Hot Husband of the Month



**Rodiah Binte Eunus tells us about the loving man in her life:**

"Mohammad Nizam, my husband of 10 years, was my pillar of support after my dad passed away, when my mum was suffering from a stroke, and I was left to care for my family. To me, he's the best husband in the whole world and I will always love him till the end of my life."



**Our Hot Husband of the Month wins a soothing Aromatic Body Bliss Massage and Milk Bath for two (90 mins), worth \$460, from St. Gregory at Pan Pacific Orchard, Singapore. Visit [www.stgregoryspa.com](http://www.stgregoryspa.com) for more information.**

## Join our READER PANEL

The Weekly's reader panellist shares ideas and questions to improve the magazine. Meet the reader who helped with this issue...



**Charmaine Toh**  
36, Administrator

**I AM:** "A lover of art, photography and literature."

**HOBBIES:** "Reading and catching reality TV shows."

**PROUD OF:** "Finally getting my own home."

**SECRET AMBITION:** "To be a successful novelist like J.K. Rowling."

**WANTS TO KNOW MORE ABOUT:** "Easy ways to refresh a room's decor."

Our new regular feature, *Heart of the Home*, offers handy decor ideas on page 142.



**Our Reader Panellist wins an ASTALIFT Eye Cream and a Light Analyzing Concealer, worth \$162. Infused with antioxidant-rich Astaxanthin, these help to slow down the signs of ageing.**