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6 LUXE BABYMOON DESTINATIONS

You and the Hubs deserve some romantic couple time before Junior arrives. Relax in these stylish new resorts, says SASHA GONZALES.

Mandapa, a Ritz-Carlton Reserve Bali, Indonesia

www.ritz-carlton.com

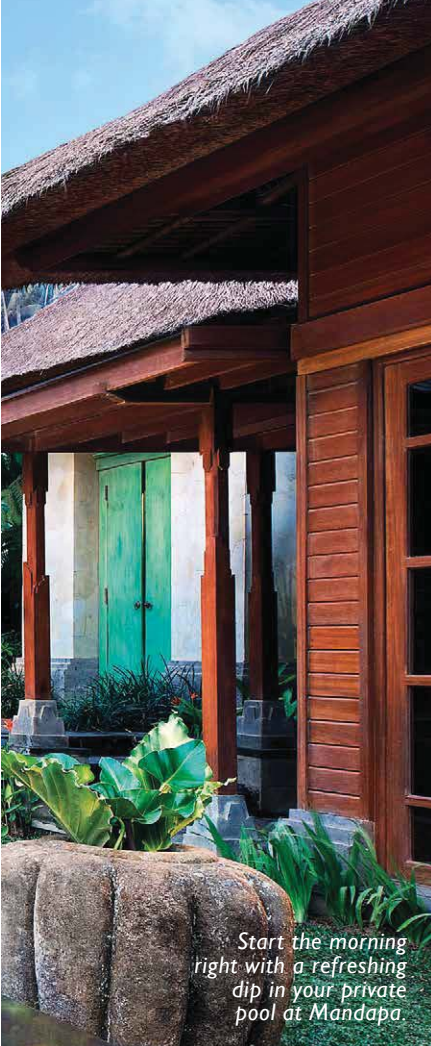
This new resort in Ubud, the spiritual and cultural heart of Bali, offers views of lush rolling hills, the Ayung River and verdant rice paddies. It has only 60 suites and villas, making for an ultra-peaceful and intimate escape.

You get to enjoy personal butler services during your stay, and no request is too big for them: For instance, if you wish to dine at an exclusive location or a location of your choice within the resort, your butler can arrange it for you.

Keen on a gentle workout? Join a yoga class in the river-facing pavilion or on the rice paddy-field platforms. Cool down after in the main swimming pool, which offers a view of the rice paddies. Also worth checking out are the beautiful temples, markets, and art-and-craft stores surrounding the resort.



Your own little chill-out corner – perfect!



Start the morning right with a refreshing dip in your private pool at Mandapa



Practise yoga or meditation under this gazebo at Fairmont Sanur.



Book a romantic dinner date with the Hubs!

Fairmont Sanur Beach Bali, Indonesia

www.fairmont.com/sanur-bali

Just 25 minutes from Bali's Ngurah Rai International Airport, the resort lies along 200m of golden beach in the Sanur district in south-east Bali. It has no rooms, only suites and villas, so you get lots of privacy and luxury.

Sanur is not as crowded as other parts of Bali, and is a great place to experience Balinese culture and art. You can also enjoy the greenery and natural views as you take a stroll through the property's lush tropical gardens or along the 5km footpath flanking the coastline.

Sanur Beach is the perfect spot to watch the sunrise. And the resort's three dining venues serve traditional Indonesian and Balinese dishes, as well as pan-Asian cuisine.

Room rates: From US\$300 a night

Relax at the spa: The Spa at Fairmont Sanur Beach Bali has an extensive menu featuring rich herbal remedies. Try the White Body Scrub with Lemon Grass, followed by a moisturising Coconut Cocoon wrap.

Need medical care? BIMC Hospital (www.bimcbali.com) is about 25 to 30 minutes' drive from Sanur.

Room rates: From US\$570 (\$766) a night

Relax at the spa: Try the Pre-natal Indulgence Treatment at Mandapa Spa, which uses ingredients like natural calendula-infused oil, and red and white clay. The 90-minute treatment, which involves exfoliation, a massage and a body mask, is designed to improve skin firmness and aid relaxation.

Need medical care? The nearest medical facility – about 15 minutes away – is Klinik Surya Husada Sayan. There are also two international hospitals in the Kuta area, which is about 90 minutes away: BIMC Hospital (www.bimcbali.com) and International SOS (www.internationalsos.com).

Keemala Phuket Phuket, Thailand

www.keemala.com

For an exclusive resort that's not on the beach, head to Keemala Phuket. Set in a rainforest in Kamala but positioned on a hill, it is the ideal romantic retreat, with excellent views of the Andaman Sea and Kamala Village.

Keemala Phuket boasts an organic herb and vegetable garden; the produce is used in the resort's kitchen and the chef-run cooking classes. Enjoy your meals at their four dining venues, but for a romantic dinner with a difference, arrange for a "destination dining experience" under a pavilion or even by one of the area's many waterfalls. Fancy a dip in the ocean? Kamala Beach and the world-famous Patong Beach are not too far away.

Room rates: From 16,000 baht (\$640) a night

Relax at the spa: Try the Mom-to-be Massage at the resort's Mala Spa. The gentle treatment helps to ease discomfort, and reduce swelling and stress. The massage uses very light strokes and focuses on areas of your body that are most vulnerable to changes.

Need medical care? Phuket International Hospital (www.phuketinternationalhospital.com) is a 30-minute drive away.



The well-appointed villas at Keemala Phuket are cosy and private.

Sanctum Inle Resort Myanmar

www.sanctum-inle-resort.com

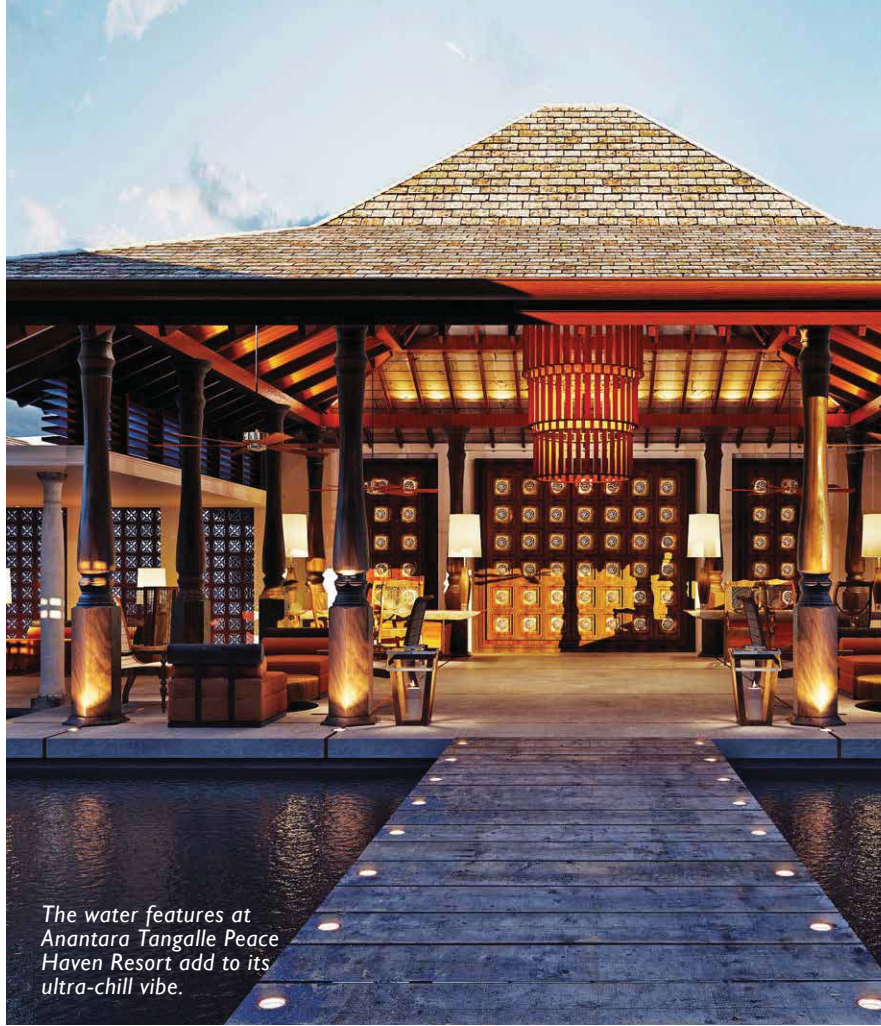
This minimalist resort, with its arches, courtyards and cloisters, gets its inspiration from monastic life. But “minimalist” does not mean “no frills” – expect plush beds, air-conditioning and cable TV.

The resort is on the banks of the famous Inle Lake, which is dotted with the stilt homes of local fishermen. Take a gentle boat ride through colourful markets and past ancient pagodas and villages, or stroll through the resort’s gardens. The on-site restaurant, The Refectory, serves regional fare like traditional curries, mohinga (a rice-noodle and fish soup), and fresh garden salads. Heho Airport is the main airport serving Inle Lake; you’ll need to hop on a domestic flight from Yangon and Mandalay.

Room rates: From US\$324 a night

Relax at the spa: The in-house spa offers face and body therapies, from hot stone massages to its signature treatment, the Tamarind Scrub, which uses fresh tamarind from the gardens. Your therapist can customise a treatment for you.

Need medical care? Try the International SOS Clinic Yangon (www.internationalsos.com), which coordinates with hospitals in Inle. The resort’s concierge can also connect you to an English-speaking doctor in Nyaung Shwe, a 25-minute drive away.



The water features at Anantara Tangalle Peace Haven Resort add to its ultra-chill vibe.

Anantara Tangalle Peace Haven Resort Sri Lanka

www.tangalle.anantara.com

The spanking new resort, slated to open on Oct 1, may seem miles away from everything, but it’s just a short drive from the island’s most iconic cultural sites, like the MulKirigala Rock Temple, and bustling markets and villages.

Set within a massive coconut plantation and facing the Indian Ocean, it’s a tranquil hideaway. Practise yoga, meditation or tai chi on the beach, attend a cooking class, or go on a whale-watching tour. The elegant rooms offer garden or ocean views; if you’d like a private pool, check into one of the stunning villas.

Room rates: From US\$250 a night

Relax at the spa: The Anantara Spa offers face and body treatments based on ancient Sri Lankan and modern Western therapies. Book a body scrub or wrap, and a massage.

Need medical care? Holton Hospital (www.holton.lk) in Walasmulla is a 25-minute drive from Tangalle.

This spacious bed was made for relaxing nights.



Sanctum Inle Resort’s design is inspired by the monastic life.

Kata Rocks, Phuket, Thailand

www.katarocks.com

A luxury resort overlooking the Andaman Sea, this place boasts palatial Sky Villas, which feature large living areas, open-plan kitchens and private infinity pools. Located between Kata and Kata Noi beaches, Kata Rocks is private and quiet – just what you need to relax.

When you're not checking out the super yachts moored off the island of Koh Pu, you can chill out on a sunbed by the pool, tuck into an oceanfront picnic prepared by your personal chef, or enjoy a meal on your spacious outdoor terrace. An early-morning or sunset beach walk is great exercise; there is also a state-of-the-art fitness centre and gym.

Room rates: From 22,400+++ baht a night

Relax at the spa: The resort's Infinite Luxury Spa offers customised treatments using organic spa products. Or try a his-and-hers package with your hubby.

Need medical care? The resort has a small clinic. If you need more in-depth care, the nearest medical facility is Deebook International Hospital, which is 20 minutes away. Phuket Hospital (www.phuketinternationalhospital.com) is 45 minutes away. **SH**

Enjoy a quiet candlelit dinner at the poolside restaurant.



Luxury designer furnishings are in all the rooms.

TRAVEL TIPS FOR MUMS-TO-BE

Our medical experts answer some common travel concerns.

1 What should I be concerned about when travelling?

Ask your obstetrician if you are fit to travel. Dr Ann Tan, a gynaecologist and obstetrician from the Women & Fetal Centre, says you should note: your previous history of cervical biopsy (where tissue is removed from the cervix to check for cancer or abnormal changes), your risk of preterm labour (you may not be able to cope with long periods of travel), and whether yours is a multiple pregnancy. Your main concerns should be radiation exposure, low oxygen (such as at high altitudes), deep-vein thrombosis, and going into labour.

2 Is it safe for me to fly?

"If you are healthy and fit, it should not be a problem," says Dr Tan. "The second trimester is the best time to travel – your pregnancy would be more

stable by then, so there's a lower chance of miscarriage. You're also less prone to fatigue. But note that most airlines will not accept pregnant women as passengers after the 36th week as there's a high risk of you going into labour."

3 What precautions should I take on long flights?

Wear compression socks, stay well hydrated, and walk up and down the aisle often to encourage blood circulation, says Dr Tan. At least move your ankles and feet often, or give yourself a leg massage.

Associate Professor Tan Thiam Chye, head and senior consultant at the Inpatient Service Division of Obstetrics and Gynaecology, KK Women's & Children's Hospital, also advises against carrying heavy luggage as doing so may cause cramps or bleeding.

4 What medication should I pack?

Fever medication such as paracetamol, flu medication, anti-nausea and anti-vomiting medication are a good idea, says Prof Tan. If you have a medical disorder, for example, hypertension in pregnancy, remember to take your medication on time, Dr Tan adds.

5 What activities should I avoid when travelling?

"Be careful of speedboat rides – you don't want your bump to hit the hard seat or side of the boat, as this may cause contractions," says Dr Tan. "Also, be careful about food hygiene, as bad gastrointestinal infections can lead to dehydration and diarrhoea, which may cause contractions and bring about preterm labour. You should also avoid contact sports or any activity where there's a danger of falling."