


her world

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**“IF I COULD
TURN BACK
TIME, I’D LOVE
DIFFERENTLY”**

**STRONG,
BOLD, MATTE**

Choose from
202 lip colours
(Pg 172-180)

**FASHION’S
NEW
DECADENCE**

DAYTIME BROCADE,
SUMPTUOUS NECKLINES,
FAIRY-TALE LOOKS

 **SHOP 20 BEST
ROMANTIC DRESSES
AND 46 DESIGNER
WORK BAGS**

**COOL
MILLENNIALS
WHO...**

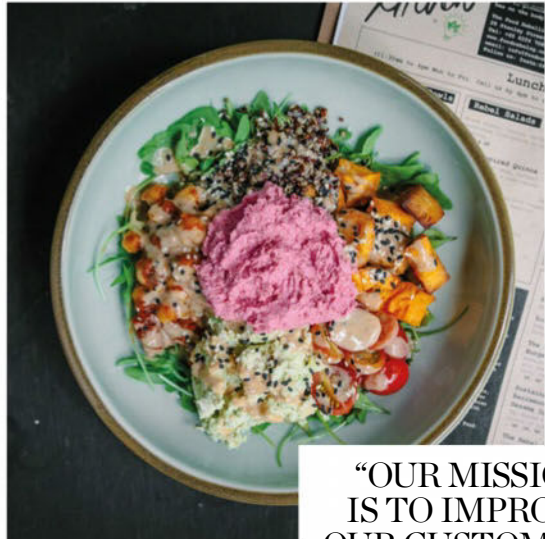
Run coding
boot camps, fund
start-ups, create
social networks
& more

IS MALE
COMPANY
WORTH
PAYING FOR?
(WE TRIED IT!)

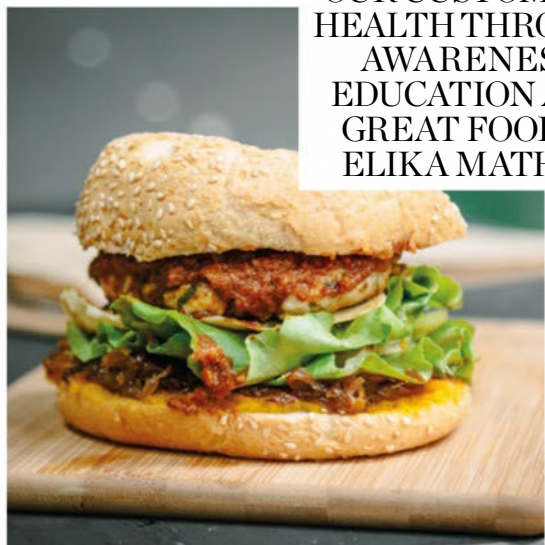
HOW
REALLY
BUSY
WOMEN
DE-STRESS

EDITOR'S PICKS

What are some of the hottest things to buy, know and eat? Here are TAN MIN YAN's favourites.



“OUR MISSION IS TO IMPROVE OUR CUSTOMERS’ HEALTH THROUGH AWARENESS, EDUCATION AND GREAT FOOD.” – ELIKA MATHER



EAT: Kitchen by Food Rebel – more than just a health food cafe

Like many of its #eatclean fellows, bistro Kitchen by Food Rebel (www.foodrebelsg.com), conceptualised by owner and certified health coach Erika Mather, offers salads, smoothies and sandwiches. What it does far better than most others, though, is its dedication to using only organic, hormone-free, sustainable or

locally sourced ingredients. Processed sugar is a big no-no, and natural sweeteners like raw honey, cinnamon and rice syrup are used instead. Sauces and salad dressings are made from scratch, while cakes are gluten-, dairy- and sugar-free.

What we really love are the robust flavours. Head chef Yuliya Tyshchenko, though Russian-born, amps

up the Asian influences with local spices, as in the case of the fiery Chilli-padi Chicken sandwich. The Rebel Chicken Burger comes with baked sweet potato fries while a pan-seared fillet of barramundi is milky-sweet and tender, paired with bak choy in a fragrant sesame sauce.

More than just a health food spot, the bistro

is where Erika conducts workshops to educate interested customers on making their own meals at home. She also plans to hold more small-scale farmers' markets for local suppliers to show off their fresh produce to consumers. In the meantime, we've got our eye on her after-hours menu: we hear organic wines and tapas are in the works.



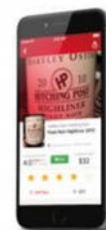
RETREAT: Myanmar’s Sanctum Inle Resort

Myanmar is hardly anyone’s top choice of a relaxing vacation spot – that is, if you use economic centre Yangon as your sole reference point. However, two hours by car from the commercial city lies Inle Lake, with its shimmering waters and stilt-house villages which seem to have been transported through a time warp. This month, Inle Lake’s first upscale hotel, the monastery-inspired 94-room Sanctum Inle Resort, will welcome

visitors and, consequently, the area’s inevitable commercialisation. But for now, this is still one of the few sanctuaries in South-east Asia where you can admire the spoils of nature and escape from the tourist bustle – go before Instagrammers and tourists from all over the world get wind of it. Rooms start from US\$284 (S\$380) a night, but bump it up to US\$372 a night and you get a suite with sweeping views

of the lake, complete with modern creature comforts like air-conditioning and Wi-Fi. You can go for one of the hotel’s tours – the half-day cycling tour that takes you across villages to the Red Mountain Winery for a sampling of what’s been touted as the country’s best wines is our top choice. Or retreat to the spa for a signature Tamarind Scrub (using tamarind harvested from the property, of course).

DOWNLOAD: Three apps we cannot do without



Vivino Wine Scanner: Just snap a picture of the wine label using the app, and let it pull up the bottle’s average price range and recent reviews. It’s a handy way to keep track of all the bottles you’ve drunk (and also to find out if the restaurant is overcharging you).



Nike+ Training Club: Our favourite (free!) training app has undergone a complete overhaul. It now boasts a sleeker interface and even more workouts from athletes and fit celebs. Fancy doing one approved by tennis star Serena Williams and actor Kevin Hart?



Duolingo: If our language classes in school had been as fun and convenient as using this app (the bite-sized lessons are designed like interactive games, and you earn “prizes” along the way), we’d have been a lot more hard-working back then.