

HEALTH&FITNESS

What's **NEW**

Simple Detox

Juicing is a sure-fire way to detoxify, but it can be time-consuming and messy. That's where **Sana Cleanse** comes to the rescue. Replacing your regular diet with nutritionist-designed juices, the three- and five-day programmes are delivered daily to your door. Mother Nature and the Sana team do the hard work, so all you have to do is drink the six different cold-pressed, organic juices daily and get ready to glow, without touching or cleaning a juicer. Heaven sent! Call Rochelle on 9226 7225. sanacleanse.com



Sizzling Swimwear

Mileti's homegrown, fashion-forward swimwear will have you sizzling at the pool or on the beach. The **Lipsi collection** features digital prints and striking block colours in cool grey, gold, khaki, lavender and white. Made from lightweight Italian fabrics, all garments retain their shape, are comfortable and provide UV protection factor 50-plus. All designs are resistant to chlorine, lotions, oils and sweat. Tops and bottoms can be bought separately for individual styling and to best flatter your assets. Buy online or from selected outlets. miletiswimwear.com

EVERYONE'S A WINNER

The **MILO Youth Triathlon** is back for the fifth time on Saturday, 29 June at East Coast Park. Focussed on building confidence, discipline and teamwork, everyone is deemed a winner, with all entrants receiving a medal at the finishing line. Open to those aged 10 to 20, the non-competitive triathlon includes individual and team relay categories. Entrants can prepare for the event by enrolling in open-water swim clinics by certified instructors at East Coast Park in June. You can even rent a bike for \$25. No excuses! Registrations close 31 May. Call 6274 9868 or visit the website, www.nestle.com.sg/youthtriathlon.



Family Fun

We told you about



Flash That Smile

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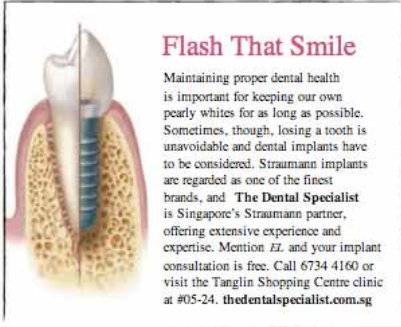
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the DBS Marina Regatta (18 to 19 May) in our April issue, but don't miss the watersports carnival the following weekend (24 to 25 May) at Marina Bay. Families can enjoy free entertainment and sailing workshops. Close to 3,000 dragon boaters in 100 international and local teams competed last year, attracting more than 10,000 people to the Bay. Don't miss out! Getting into the regatta spirit, DBS is offering complimentary Sailing with DBS (on the last Saturday of every month until November 2013). Register at www.dbs.com/community/dbsmarinabaysailing.



Flash That Smile

Maintaining proper dental health is important for keeping our own pearly whites for as long as possible. Sometimes, though, losing a tooth is unavoidable and dental implants have to be considered. Straumann implants are regarded as one of the finest brands, and **The Dental Specialist** is Singapore's Straumann partner, offering extensive experience and expertise. Mention **EL** and your implant consultation is free. Call 6734 4160 or visit the Tanglin Shopping Centre clinic at #05-24. thedentalspecialist.com.sg