

CLEO



**THE CUTEST
NAIL ART
DESIGNS
EVER!**

◀ **ASHLEY BENSON** ditches her wholesome image in *Spring Breakers*, and loves it!

#AWKWARD

Emerge from embarrassing slipups with your dignity intact

**25
SURPRISING
WAYS TO
BEAT A BAD
MOOD INSTANTLY**

**ARE YOU AN
AFTER-WORK
ALCOHOLIC?**

THE SOBERING TRUTH ON PG 110

**THE
MODERN
ETIQUETTE
GUIDE**

What good manners look like on and offline

HOLLYWOOD CELEBRITIES ANSWER YOUR QUESTIONS ON LOVE, SEX AND RELATIONSHIPS





23

**MOST FASHIONABLE SWIMWEAR
LABEL: MILETI**

Mileti is a line of stylish yet functional swimwear that's inspired by foreign beaches, exotic resorts and cosmopolitan cities. The brand uses a specially-designed, high-tech fabric that features great shape retention, protection against UV rays, and resistance to oil and sand. Available in chic, bold prints and flattering silhouettes, Mileti will make you stand out at the beach, for sure.

LOG ON TO MILETISWIMWEAR.COM FOR MORE INFORMATION.

T'S
TIE!



APPAREL

15 MOST FASHIONABLE SPORTS BRAND: NIKE

Nike has always stayed ahead of its competitors by combining cutting-edge technology and fashion into their designs. The brand constantly develops new products to cater to specific sports such as running, basketball, soccer, yoga and golf and this is why they have come out tops.



17 BEST GYM SHOES: ADIDAS

Adidas adiPure TR360 is specially designed with gym rats in mind. Made of super lightweight and flexible material, the shoes provide optimum support and flexibility. It also supports multi-directional movement, effectively minimising the chance of getting foot injuries. Besides looking good, they're also comfy enough to wear without socks.

THE ADIDAS ADI PURE TR360 FOR BOTH MEN AND WOMEN RETAILS FOR \$179 AT SELECTED RETAILERS AND ADIDAS SPORT PERFORMANCE STORES.



19 BEST ONE-STOP SHOP FOR SPORTS APPAREL: ROYAL SPORTING HOUSE

This multi-brand sporting outlet has more than 28 stores island-wide, including their sister outlets Stadium and Sports Station. Carrying a wide range of sporting apparel and equipments from brands such as Reebok, Adidas, Speedo and Timex, you will be spoilt for choice.



16 MOST STYLISH SPORTS WATCH: BABY-G BG-6093

The BG-6093 is Casio's latest addition to its ever popular Baby-G line of shock-resistant watches for fashionable and sporty women. The watches come in range of colours to suit your style personality, including classic white and eye-catching pink.

CASIO BABY-G REGION: RETAILERS FOR \$139 IN AT THE G-SHOCK CONCEPT STORE AT PLAZA SINGAPORE. ALL CASIO G-FACTORY STORES AND AUTHORISED CITY CHAIN DEALERS.



18 SPORTS SHOES YOU'LL WANT TO WEAR OUT OF THE GYM: NIKE FREE 3.0

Nike Free 3.0 offers both style and comfort in a single package. The shoes come in a striking array of colours and provide wearers with increased foot strength and a barefoot-like feel, thanks to its 4mm midsole offset. And even though its full inner sleeve construction hugs the foot snugly, you can still slip in and out of the shoes with ease — easy on, easy off!

NIKE FREE 3.0 RETAILS FOR \$89 AT ALL NIKE STORES AND AUTHORISED RETAILERS.



20 BEST EARPHONES: JABRA VOX

Jabra Vox is proof that size doesn't matter. Its award-winning sculpted design offers high quality sound for an enhanced music experience. What's more, you can play or pause music, skip tracks or take calls easily by using the convenient in-line controls. Plus, the tangle-free, reinforced cords are durable enough to last you throughout your strenuous workout sessions.

JABRA VOX RETAILS FOR \$549 AT STEREO ELECTRONICS, INBOX, EPICENTER, SELECTED CHALLENGER STORES AND OTHER AUTHORISED JABRA RETAILERS.



22 MOST FUNCTIONAL SPORTS WATCH: NIKE+ SPORTWATCH POWERED BY TOMTOM & POLAR RS100

The Nike+ Sportwatch GPS. Powered By TomTom boasts an LCD display that provides runners with information such as pace, location and distance. It even has motivational features to enhance the running experience, such as the ability to set inspiring messages before and after your run. On the other hand, the Polar RS100 comes with a heart rate meter and keeps track of the total distance covered as well as the total calories burnt. What more can you ask for?

NIKE+ SPORTWATCH GPS POWERED BY TOMTOM RETAILS FOR \$279 AT HARVEY NORMAN. FOR MORE INFORMATION, LOG ON TO TOMTOM.COM. POLAR RS100 RETAILS FOR \$299. FOR MORE INFORMATION, LOG ON TO POLARELECTRONICS.COM.



IT'S A TIE!



21 RUNNING SHOES WITH THE BEST SUPPORT: PUMA WOMEN'S MOBILE ELITE

Adaptive footwear are all the rage now and PUMA Women's Mobile Elite is easily our favourite of the lot. Featuring cutting-edge running technologies such as Expansion Pods and Mobium Bands, Puma Women's Mobile Elite operates as a system that expands and contracts to accommodate the natural movement of your foot. In effect, it provides you with more cushioning, protection and flexibility as and when it is needed when you are running.

PUMA WOMEN'S MOBILE ELITE RETAILS FOR \$179 AT ALL PUMA RETAIL STORES.



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