



Shiya Zhao Height 5'9" | 175cm Bust 34" | 86cm Waist 25" | 63cm Hips 35" | 89cm
Dress 2 US | 32 EU Shoe 9 US | 40 EU Hair Brown Eyes Brown



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#ImPerfect
ESPRIT

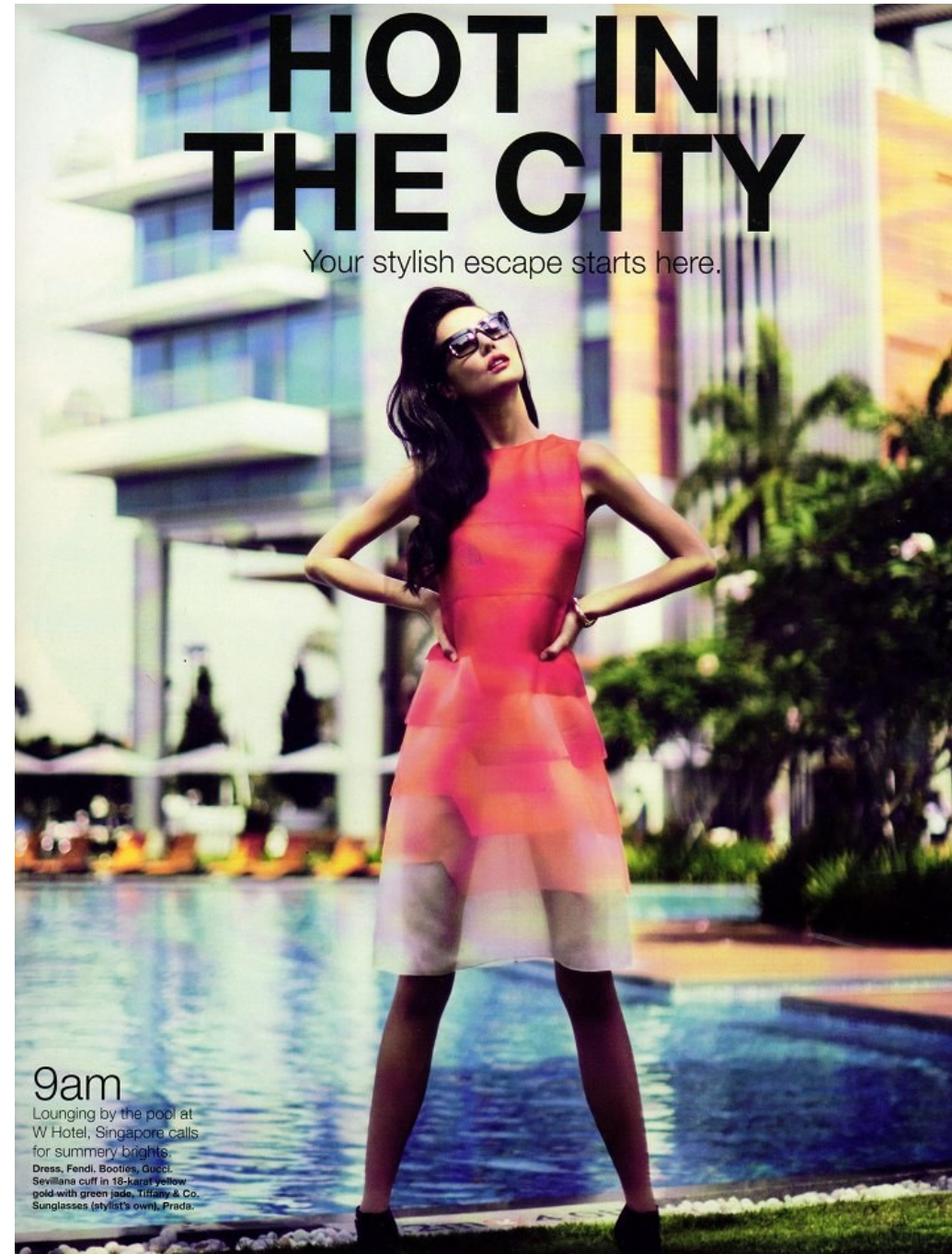
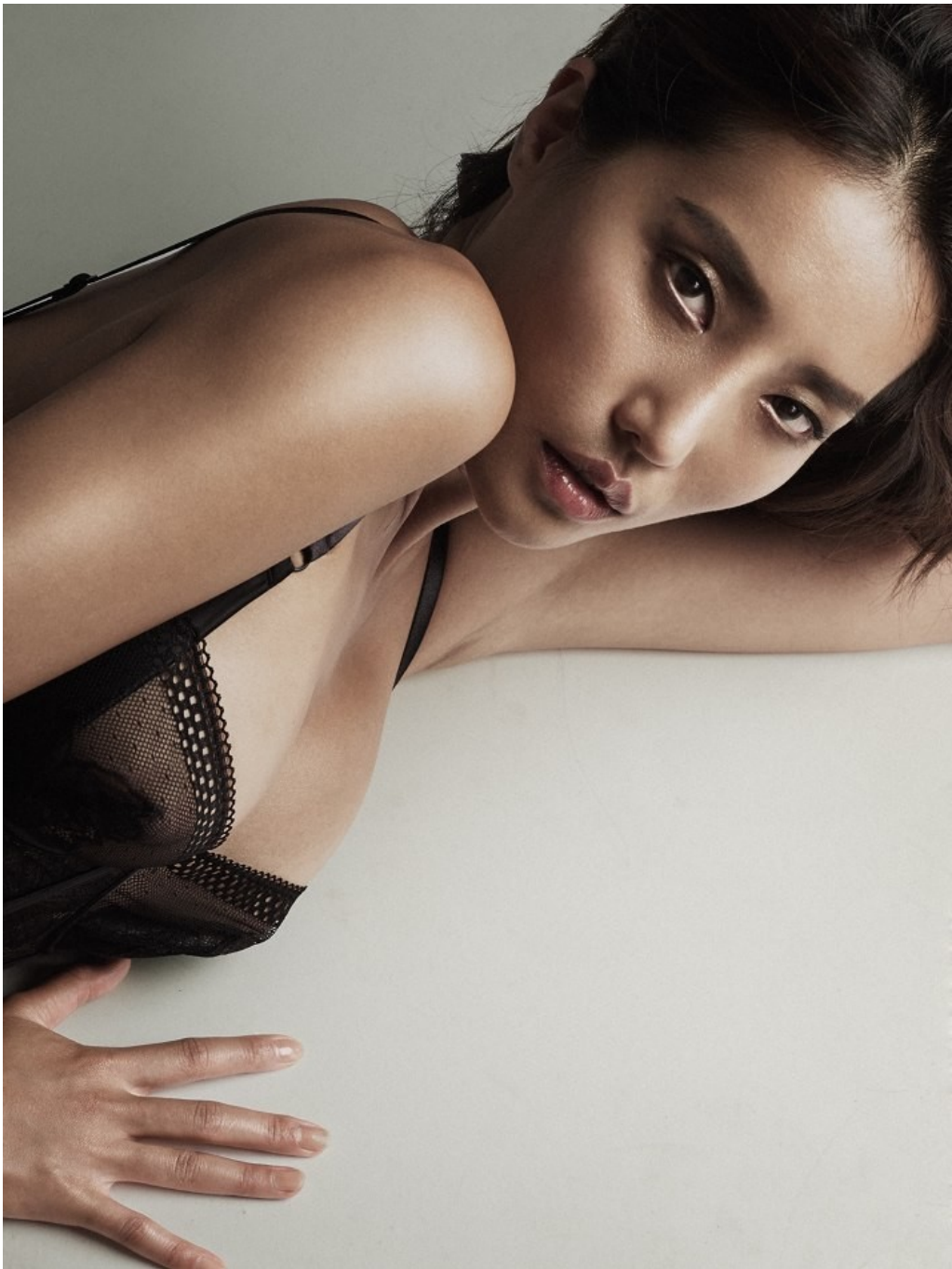
“
When me and my girls
get into the groove,
you better watch out.
”

Shiya



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HOT IN THE CITY

Your stylish escape starts here.

9am

Lounging by the pool at W Hotel, Singapore calls for summery brights. Dress, Fendi. Boots, Gucci. Sevillana cuff in 18-karat yellow gold with green jade, Tiffany & Co. Sunglasses (stylist's own), Prada.

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There's always time for tea at Antoinette Café. Embellished sweater; skirt; and boots, all from Burberry Prorsum. Bag, Hermès.



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ARM YOURSELF

No one likes unsightly jiggle arms. Keep them taut and toned with regular exercises like pull-ups and push-ups. The former not only work the muscles but also boosts your heart rate for a good cardiovascular workout. Alternatively, shake things up with upper-body exercises like boxing.

Sweater and bikini, by BOTTEGA VENETA.

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PUMP IT UP

Strength and resistance training are important – and it's not just for people looking to build muscle mass. You will become stronger over time if you incorporate bicep curls, chest presses, leg raises and leg presses into your workout. To avoid bulking up, do more repetitions with light weights. Don't have a dumbbell? Use a 1.5-litre water bottle instead. Strength-training exercises can help you burn more calories – yes, even when you're not working out – plus improve your mental agility, reduce stress and prevent heart disease.

Printed maillot and lacquered wooden cuff, by **HERMÈS**.

GET THE LOOK

HAIR Toni&Guy
Harmeeb wardrobe
Texturising Gue.

FACE VDL Real Skin
Foundation.

EYES Homaqua Liquid
Metals in Phenomena and
Surge Shu Uemura G&P
Lasting Soft Gel Plaid in
Black Star Diershow Iconic
Overcurl Mascara.

CHEEKS Benefit Rockateur
Cheek Powder.

LIPS Tom Ford Lip Color
Shine in Nublie.

HAIR Reno/Hairloom

MAKEUP Larry Yee/
9770-6691

NAILS Jyan/Nail Alcove

MODEL Shiya Z/Ave
Management

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COOL DOWN

Cooling down after exercising is just as important as warming up before. The main aim is to bring your breathing, body temperature and heart rate back to normal slowly, as a sudden stop after strenuous exercise causes your heart rate to slow down abruptly, which can result in dizziness or fainting spells. The best way is to gradually slow down your pace. Try walking for a few minutes after your run, and don't forget to finish with some gentle stretching.

Maillot, by **LA PERLA**.
Leather gloves, by
HERMÈS.

GET THE LOOK

HAIR Redken Curvaceous Ringlet.

FACE Enavose Velvet Veil Hydrating Liquid Foundation.

EYES Chanel Illusion D'Ombre in Initiation, Dior 5 Colours Eye Shadow in 634 Golden Flower, Tarte Light, Camera, Lashes 4-in-1 Mascara.

CHEEKS M.A.C Mineralize Skinfinish in Centre of Attention.

LIPS Shiseido Lacquer Rouge in BR616.

NAILS OPI Nail Lacquer in Alpine Snow.



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 H&M translucent sunglasses, \$10, www.hm.com. Banana Republic silk sleeveless top, \$85, www.bananarepublic.ca. Rainbow Watch by Folio Object in mojito green, \$26, rainbowwatch.com

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L.K.Bennett
London



11.40am

Hit up Hansel at Hello Hansel
for a quick shopping fix.

Dress; and cardigan, both from Hansel.
Bangle; and ring, both from Bottega Veneta.

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