



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

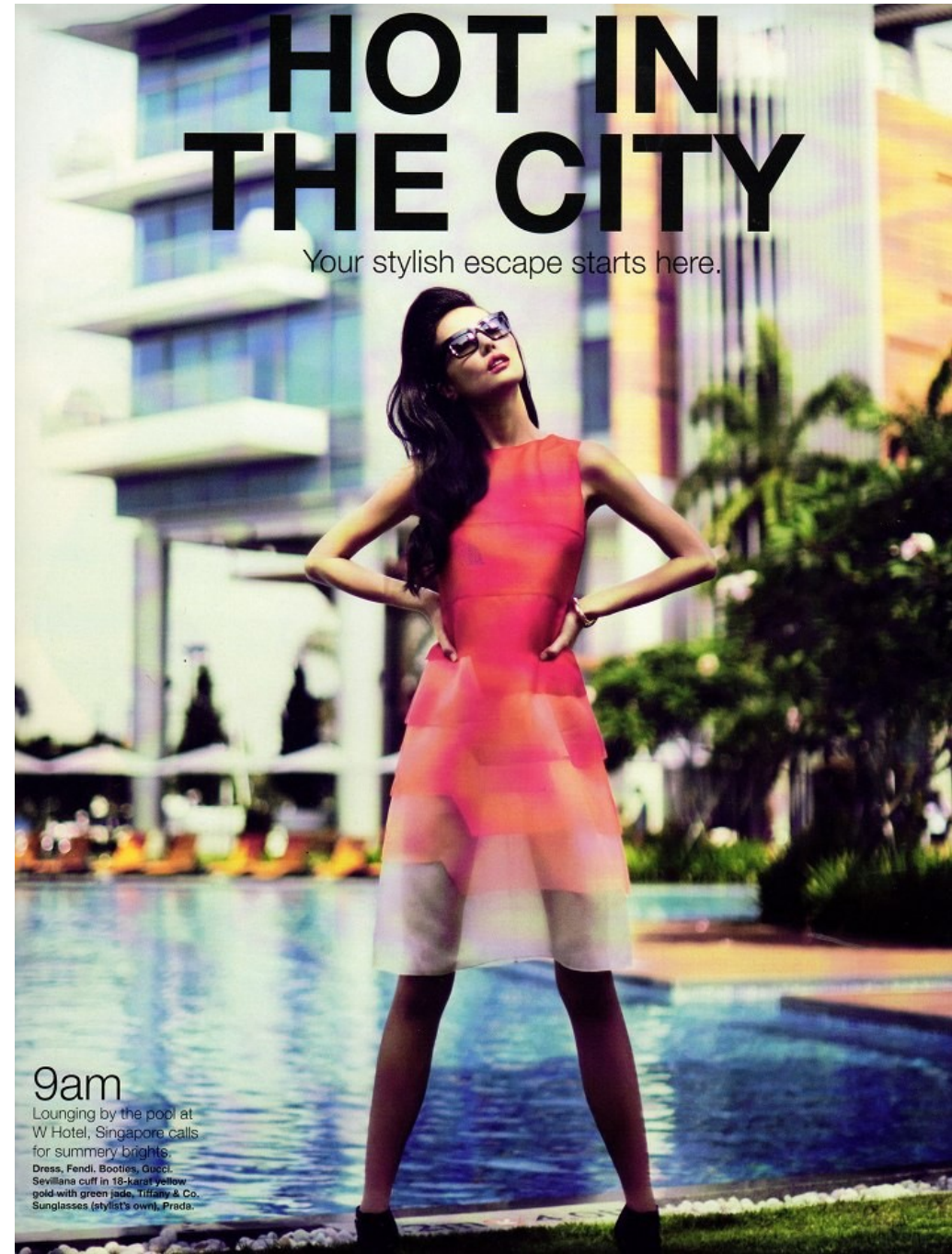
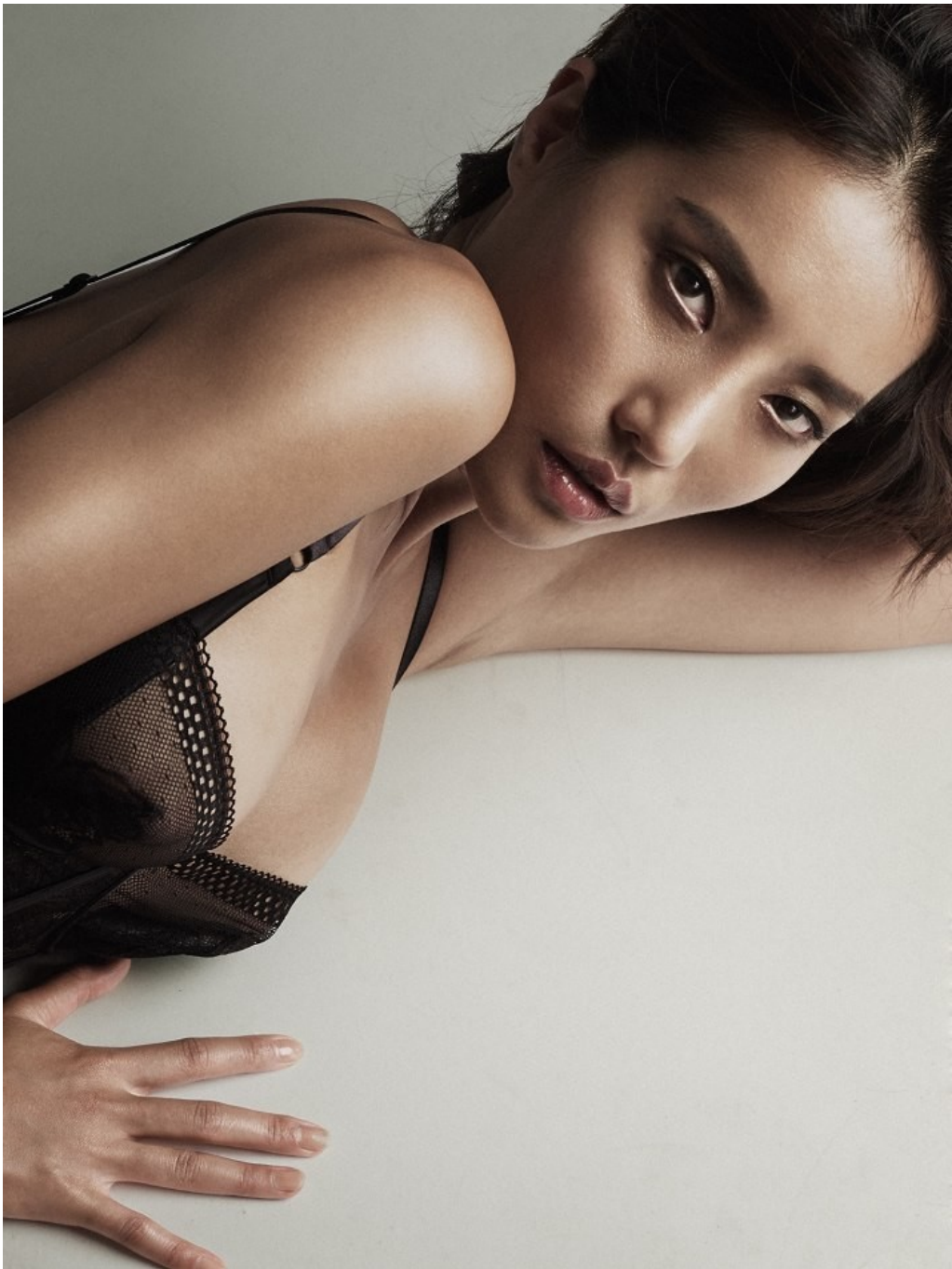
“  
When me and my girls  
get into the groove,  
you better watch out.  
”

Shiya



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CAROLINE GLEASON  
MANAGEMENT



# HOT IN THE CITY

Your stylish escape starts here.

9am

Lounging by the pool at W Hotel, Singapore calls for summery brights.  
Dress, Fendi. Bootsies, 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](http://www.hm.com). Banana Republic silk sleeveless top, \$85, [www.bananarepublic.ca](http://www.bananarepublic.ca). Rainbow Watch by Folio Object in mojito green, \$26, [rainbowwatch.com](http://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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