

EXPAT LIVING

S I N G A P O R E

BLACK & WHITES

All Shapes & Sizes

BANGKOK BARGAINS

Subtropical Style

IDEAS FOR OUTDOOR

Living In The Tropics

MOVING HOME?

Use The Right Movers



Scottish Salmon with Truffle and Ratte Potato Salad

Serves 2 people

Ingredients

- 100g salmon fillet, skin on
- 100g ratte potatoes
- 100g baby carrots
- 100g baby peas

Method

1. Preheat oven to 200°C
2. Wash and peel potatoes
3. Wash and peel carrots
4. Wash and peel peas
5. Wash and peel salmon



Notes

- Ratte potatoes are small, round potatoes with a waxy texture, perfect for salads.
- Baby carrots are small, tender carrots that cook quickly.
- Baby peas are small, tender peas that cook quickly.
- Salmon is a rich source of protein and omega-3 fatty acids.

For more recipes visit www.delfi.com

- The skin on the salmon adds extra flavor and texture.
- Ratte potatoes are perfect for salads because they hold their shape.
- Baby carrots and peas are easy to eat and add color to the dish.
- Truffle oil adds a luxurious touch to the potatoes.
- This dish is best served hot, but can also be served cold.
- You can substitute the salmon with other proteins like chicken or beef.
- For a vegetarian version, use chickpeas or lentils instead of salmon.



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- No Dieting
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DR. JAMES M. HARRIS
 Director of the Medical Weight Loss Program

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Aura & Miracles

The Science of Defying Time · The Art of Defining Beauty

ENDERMOLOGIE® face & body contouring / anti-cellulite
DIAMOND DERMABRASION skin renewal treatment

Please call now for free consultation
 Delfi Orchard, #05-13
 Tel: 6333 8707

Turn back time

Open just two months, the Aura & Miracles wellness centre at #05-13 Delfi Orchard has already established a regular clientele, drawn to its unique offering of genuine technologically-backed skin and beauty treatments in a tranquil boutique salon. Where many beauty centres insist on signing clients up for extensive and prolonged treatments, proprietor Sueann Lye of Aura & Miracles promises to simplify your salon skin care. Once you've experienced the revolutionary treatments, you'll understand why Sueann, a career marketer, turned her talents to establishing this salon.



Treatments offered:

- Endermologie® for Body - achieve a slimmer and better-contoured body, reduced cellulite and flab as well as smoother and firmer skin.
- Endermologie® for Face (Face Contouring) - revitalise dull, tired looking skin, reduce signs of wrinkles, and stimulate collagen production.
- Endermologie® for Face (Facial Lymphatic Drainage) - enhance facial metabolism, detoxify and prepare skin for natural absorption of enriching serum and ampoules.
- Diamond Dermabrasion for Face - gently abrades skin with natural diamond chips while vacuuming away dead skin cells in a sterile and controlled manner to achieve softer, smoother skin and promote cell regeneration, without redness or irritation - the 'Lunchtime Peel'.



To win one of eight Endermologie® for Body or Diamond Dermabrasion for Face treatments, each valued at answer the two questions below and return the completed coupon to Expat Living by May 31. The Aura & Miracles salon is open Monday to Saturday 10.30am to 7.30 pm. Tel: 6333 8707



Question 1: Why is Diamond Dermabrasion known as the 'Lunchtime Peel'?

Question 2: What does Aura & Miracles' Endermologie® for Body treatment entail?

Complete your entry and return it to Expat Living before May 31st

Name: _____

Address: _____

City: _____

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To enter, answer the questions above, and post, by or email to us, the completed coupon to: Expat Living, 110 Robinson Road, Singapore 068962.

A Touch of Lemon



Experience the refreshing scent of lemons with our new body lotion. It's perfect for a bright, citrusy glow.

Witness a Miracle

The Aura & Miracles wellness centre uses the most technologically advanced equipment to defy time and enhance natural beauty. Try their Endermologie® for Face, enhancing facial metabolism and firming contours, Endermologie® for Body working against cellulite, or Diamond Dermabrasion for skin renewal. All first time customers are entitled to a special trial offer price of \$50 for any treatment. Visit their tranquil haven at #05-13 Delfi Orchard, call 6333 8707 for more information, or enter this month's Competition on page 18 for a chance to win one of eight treatments worth \$150 each.



For the Body

Our body care products are designed to nourish and hydrate your skin, leaving it soft and smooth.



Honey Honey

Experience the natural sweetness of honey in our new body care line. It's perfect for a soft, glowing complexion.



For the Face

Our facial treatments are designed to rejuvenate and brighten your skin, leaving you with a natural, radiant glow.

Give Your Hair a Boost

Our hair care products are designed to nourish and strengthen your hair, leaving it healthy and shiny.

