

Shaping

up NICELY

Two months into Suddenly Slender's three-month weight loss programme, the three readers were heartened at seeing results



PANSY KOH, 43,
The retail business owner learns that careful eating goes a long way in achieving the curves she desires

"At the beginning, I was a bit worried as I couldn't imagine being wrapped up like a mummy and exercising at the same time, which was what I heard about the wrap treatment. On my first visit, I was given a body cleansing detox treatment and wrapped in a thermal cocoon.

Suddenly Slender nutrition advisor Karen, spoke to me about an easy-to-follow detox meal plan. I only needed to stick to it for two days each week, and they advised me to eat more, not less for the rest of the week.

As I'm nearing menopause, I was advised to tone up saggy areas to give my body more defined curves and to curb the dreaded pre-menopausal weight gain, especially on the waist. The treatment starts with a shower and a sunlight infrared sauna that relieves tension and detoxifies the body. Then it's into a machine which boosts my metabolism and toxins drainage. The final step is the signature body mineral wrap. My consultant will use different concoctions depending on my needs for that day.

Last week, my face was also given the mineral wrap treatment, as they wanted to slim and tone my face to give it a nicer contour and younger look for an upcoming magazine shoot!



HONG AI LIN, 32,
Being in the programme allows the education centre principal to overhaul her diet and kick out poor eating habits – such as late night suppers

"As a busy working Mum, sticking to the programme becomes easier when I don't have to worry about scheduling my next appointment. Everything was thoughtfully planned and arranged by Suddenly Slender.

Before the start of the programme, a consultant sat down with me to discuss my lifestyle habits and working hours. From there, it was quite easy to see what needs to be changed.

Although the treatments were relaxing, you can feel the

BRENDA CHUA, 30,
Seeing her cholesterol level drop since joining the programme is a major plus for the senior manager working in the government sector

"Going through the programme is not as difficult as I initially thought. It was the change in diet that took me some time to get used to. I had to mindfully choose salads and healthier meals for most days, instead of taking away whatever I please from restaurants and coffee shops. Thankfully, I got used to it and the customised treatment helped to improve my cholesterol level to normal.

difference almost immediately. The sessions were restful and fed my body with minerals at the same time, so I didn't have to worry about losing vitamins during the weight loss. Thanks to the mineral wraps, my skin looks visibly tauter and doesn't sag after the initial weight loss.

The consultant made me understand that overeating and underlying health issues contribute to my weight problem. Although I didn't have to stick to a strict diet, I no longer overeat when attending parties or late night dinners. It was a bit challenging at the beginning when I had to consciously look for healthy food when I'm out but I have since gotten used to it. My craving for chocolate and desserts disappeared after a few treatments too!

That's a big bonus!

From the start, Suddenly Slender managed my expectations by highlighting that as I'm on steroid medication for lupus, my weight loss will not be as fast as others. They also showed me a video on how they conduct the treatments. We also had a good discussion on my medical condition for them to better understand my health constraints.

While the treatments were not always comfortable, what helped to soothe the process was the personalised service. Apart from wiping off my perspiration, my consultant also played movie DVDs to entertain and distract me from any discomfort. The best part: I can see some weight loss after each visit.

I like that Suddenly Slender is not like other beauty salons which just hard sell slimming products. I did try their detoxifying beverage, which helps my daily detoxification and gave an extra boost to my overall wellbeing."



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