BOUDOIR

BEAUTY STORY

BODY SCULPTING

GRAHIC DESIGN

Katya
Body sculpting (Jul 12)

Headline

Body sculpting

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L officiel

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NEWS

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Language

Thai

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AdValue

BHT 327,298

Readership

125,000

PR Value

BHT 981,895

Article Size

2332 cm²

Frequency

Quarterly

### Body Refreshment

- **H2O Bath-Enriched Shower and Bath Gel**
  - Made with Natural Aquatics to Soften the Skin
  - Available for 250 baht.

- **Kiehl's Gentle ExfoliAting Body Scrub**
  - Lavender Scented
  - For Gentle Exfoliation
  - Available for 500 baht.

- **LA MER The Reparative Body Lotion**
  - Exclusive to LA MER
  - For All Skin Types
  - Available for 900 baht.

- **Burberry Body Tonic**
  - For all Skintypse
  - Available for 2,800 baht.

### Step to Sculpt Body

1. **Body Stretch**
   - Lie on the floor with your feet shoulder-width apart.
   - Lift one leg straight up, then lower it down, repeating with the other leg.

2. **Plank**
   - Start in a push-up position.
   - Hold for 30 seconds.

3. **Squats**
   - Stand with your feet shoulder-width apart.
   - Lower your body as if you were going to sit down in a chair.
   - Return to standing position.

4. **Lunge**
   - Stand with your feet shoulder-width apart.
   - Take a big step forward with one leg, then lower your body as if you were going to sit down in a chair.
   - Return to starting position.

5. **Push-ups**
   - Start in a push-up position.
   - Lower your body as if you were going to sit down in a chair.
   - Return to standing position.

6. **Sit-ups**
   - Lie on your back with your knees bent and feet flat on the floor.
   - Place your hands behind your head.
   - Lift your upper body off the floor.
   - Return to starting position.

7. **Leg Raises**
   - Lie on your back with your legs straight up.
   - Raise your legs as high as you can.
   - Lower them back down.

8. **Bridge**
   - Lie on your back with your knees bent and feet flat on the floor.
   - Place your hands behind your head.
   - Lift your hips off the floor.
   - Return to starting position.

9. **Crunches**
   - Lie on your back with your knees bent and feet flat on the floor.
   - Place your hands behind your head.
   - Lift your upper body off the floor.
   - Return to starting position.

10. **Back Extensions**
    - Lie on your stomach with your arms by your sides.
    - Raise your arms and legs off the floor.
    - Return to starting position.

### Iconic Products

- **N21 Chanel No.19 Body Lotion**
  - For Body
  - Available for 200 baht.

- **N21 Chanel No.19 Body Mist**
  - For Body
  - Available for 650 baht.

### Ad Value

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GREYHOUND ORIGINAL

VILLAINS SF

Belle Nouveau Lip Print from
LAURA MERCIER

Soft Came Milk Lotion Spray

Clarins

Ocean Marina Yacht Club
Tel: 062-237-310
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1. CLARINS Tonic Body Treatment Oil นิ่มเนียนผิวถึงชั้นลึก มอบผิวที่มีสุขภาพดี 100 ml. 2,220.- 2. GINOT Longe Vie Corps Body Firming Cream กันสิวในแนวต่อเนื่อง ตอบคำถามที่เกี่ยวกับความดูดดีที่มีอยู่อย่างน่าประทับใจ 150 ml. 3,580.- 3. BIONIHERM Firm Corrector คุณสมบัติพิเศษที่จะขับเคลื่อนผิวให้ดูดี 150 ml. 3,300.- 4. THE BODY SHOP SPA RF Intensive Toning Concentrate น้ำมันตัวช่วยตัวช่วยสำหรับผู้ที่ต้องการความดูดี 200 ml. 1,900.- 5. SIESTA Anti-Aging Concentrate Firming Body Care ช่วยกระตุ้นให้ผิวเป็นสุขภาพดี 150 ml. 890.- 6. ANNE SEMONIN Anti-Cellulite Gel ดูดซับในชั้นลึก 150 ml. 4,300.- 7. LOCCITANE Shaping Delight Gel-Cream คุณสมบัติพิเศษที่จะขับเคลื่อนผิวให้ดูดี 150 ml. 2,550.-