

revamp 1.9

There's no better time to upgrade yourself
for the year than now

WORDS SYED ZULFADHLI STYLING CHIA WEI CHOONG PHOTOS CHER HIM

YES, IT'S THAT TIME again for New Year resolutions. Self-improvement is a constant process, sure, but now's as good a time as any to do some reflection and set some goals – along with the way to reach them. Not sure where to start? Fret not. We've got three areas for you to work on. Now, we're all for achieving success with hard work and intelligence alongside some good ol' grit and determination. But there's still space for dressing and grooming well, because research has shown that better-looking people tend to be more successful in life. That's Numero Uno. Part Two concerns your body. Yes, that machine needs some tuning, because a cosmetic upgrade alone won't suffice, so make fitness the second pillar of your 2019.

Finally, the hardest of them all: take a break. Whether it's a quick getaway or a long sabbatical, you're going to need some respite to recharge. All ready? Let's go.



hey, good looking

GOOD SHAVE

Much like a good haircut, well-groomed facial hair has a part to play in framing your face. If you're not sure where to start, consider heading over to **Sultans of Shave** to get **The Beard Trim**. A simple consultation gets the ball rolling, before the actual shaving happens. Trust us, you'll leave the place with a face that's ready to take on the new year.

GET MASKING

Still too lazy to adopt a simple three-step daily routine? Consider multi-masking – the practice of using different masks on specific zones on the face – every week. The general rule is that clays are good for oily areas, creams are suitable for drier areas, and enzyme/acid peels are perfect for congested areas. From **Peter Thomas Roth** to **Boscia**, **Sephora** has got great options for you.

TREAT YOURSELF

If you're just starting out with facial treatments, it's best to leave them in the hands of an expert such as Dr Kevin Chua at **Drs Chua & Partners**. He offers the **HydraFacial Nectre** treatment that gives dull and tired skin a boost of much-needed hydration using his special clinical techniques. Clearer and well-balanced skin awaits at the end of the procedure.



HEAD START

A simple haircut is all it takes to get your coif right. We recommend

We Need A Hero! for a spiffy haircut by one of its trusted barbers. And don't forget to grab its styling products like the **Hero Pomade** (in either Sheen or Matte; we prefer the latter) before you leave.

SUIT YOURSELF

When it comes to suiting up for the office, remember the devil is in the details. A custom-made set from **Suitsupply** is worth the money and the waiting. But for the "grab and go" blokes, **Hugo** has got well-made pieces worth picking out.

STEP UP

Your choice of shoes for the office says a lot about who you are. Classic leather Oxfords are a safe bet, but if you're feeling sartorially adventurous, go for a pair of monkstraps or even boots.

Wool-blend jacket, wool-blend vest, wool-blend trousers, leather monkstrap shoes, all **Hugo**; cotton shirt, silk tie, silk pocket square, all **Suitsupply**; cotton-blend socks, **Mr P** at **Mr Porter**

OPPOSITE Irish Moor Mud Purifying Black Mask and Water Drench Hyaluronic Cloud Hydra-Gel Eye Patches, both **Peter Thomas Roth** available at **Sephora**



ANALYSE THIS

Still slipping off the tracks with your workout regime? Perhaps a fitness-tracking smart watch from **Fitbit** might get you up and running to your next fitness class. Think of it as a portable fitness buddy you could do with.

ALL GEARED UP

It's ok. Not everyone was built like Adonis when they first stepped into the gym. If it makes you feel better, go ahead and deck yourself in some stylish gym gear to eradicate self-consciousness. Feeling better? Now go ahead and pick up that dumbbell.

SPRING FORWARD

Why settle for regular covered shoes when you can get your feet into pair of decent training shoes while you train? A well-cushioned one like **Puma's** stylish and functional **Hybrid Rocket Runner** is a great choice.

Polyester jacket, polyester-blend shorts, elastane-blend tights, technical shoes, all **Puma**; Charge 3 smart watch, **Fitbit**

OPPOSITE Dumbbells, stylist's own



pumped and loaded

SMART GOALS

When it comes to working out, it's not about coming in and hoping that you'll lose 10kg in a week or stepping out of the space looking like Adonis after the first session. The motions are going to be simple. Yet committing to a schedule is going to be difficult, especially for a first-timer. So don't give up, and keep your goals realistic. Keep in mind that you'll have to make it work for you.

MONEY WELL-SPENT

One place that gives you a bang for your buck is **TripleFit**. The compound features three separate spaces equipped with machines that mean business, while classes like MMA Fit, TRX Gravity and a variety of yoga options ensure that you're always engaged. Sample what's on offer, figure what works for you, then put your shoulder to the wheel.

ALL DECKED OUT

Not only does **TripleFit** offer a wide array of classes, it also has a retail space that is packed with gym apparel that merges form and function perfectly. Brands like **Odlo**, **Every Second Counts** and **Under Armour** provide tasteful gym wear for both the uninitiated and the seasoned. Sports tech brands like **JBL**, **Fitbit** and **Polar** are also available.



urban escape

RESORT HOLIDAY

Trade a stressful desk-bound job and stale air-conditioning for sun, sand and sea whenever you can. We recommend paying **Alila Villas** in Uluwatu a visit. Feel your worries dissolve as you set your gaze on the breathtaking view of the vast Indian ocean. Don't worry about making the most of things while you're there – the goal is to just be.

TELLING TIME

It's best to put your phones away while you're on a tropical escape, but how then will you tell the time? A sturdy watch from **G-Shock** like the Magma Ocean model from the brand's 35th anniversary collection does the trick handsomely. Tough enough for a sojourn in the sun but also sleek enough for a fancy dinner at the hotel's restaurant, it's a versatile piece to own.

DRESSED TO THE NINES

There's no excuse not to dress dapper especially when you're out of the country. So pack your sleekest outfit just in case you're in the mood to wine and dine at a fancy restaurant. Make sure you pick light and breathable materials like cotton and linen so it won't be too stifling for you as you fork through your hearty chunk of steak.

A BETTER YOU

SUN SALUTATIONS

Get all the sun you need, but keep sun damage at bay with **Biotherm's** award-winning **UV Defense High Protection Fluid SPF50 / PA+++** as you let it all go at your next travel destination.

WELL-PACKED

Travelling in style will get you in the mood to frolic by the beach with a glass of whisky on the rocks. We trust **Rimowa's** enduring pieces of luggage, while **Longchamp's** men's collection provide sleek options for carryalls.

TAKE IT EASY

Keep it light, breathable and stylish. **Vilebrequin** provides sharp swim short options, then round things off with **Sandro's** comfortable pieces that are suitable for humid climates.

Acetate sunglasses, **Ray-Ban**; cotton-blend shirt, **Sandro**; polyamide-blend swim shorts, **Vilebrequin**; leather loafers, **Aldo**; aluminium luggage, **Rimowa**; leather carryall, **Longchamp**; leather sandals (in model's hand), **COS**; stainless steel MTG-B1000TF-1A watch, **G-Shock**

OPPOSITE Linen jacket, **Brooks Brothers**; cotton shirt, **Mr P** at **Mr Porter**; stainless steel MTG-B1000TF-1A watch, **G-Shock**

Grooming: **Wee Ming** using **Kevin.Murphy** + **Nars** Styling assistance: **Donovan Quek** Intern: **Iris Lim** Model: **Benjamin Yu/AVE**