



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



ESPRIT

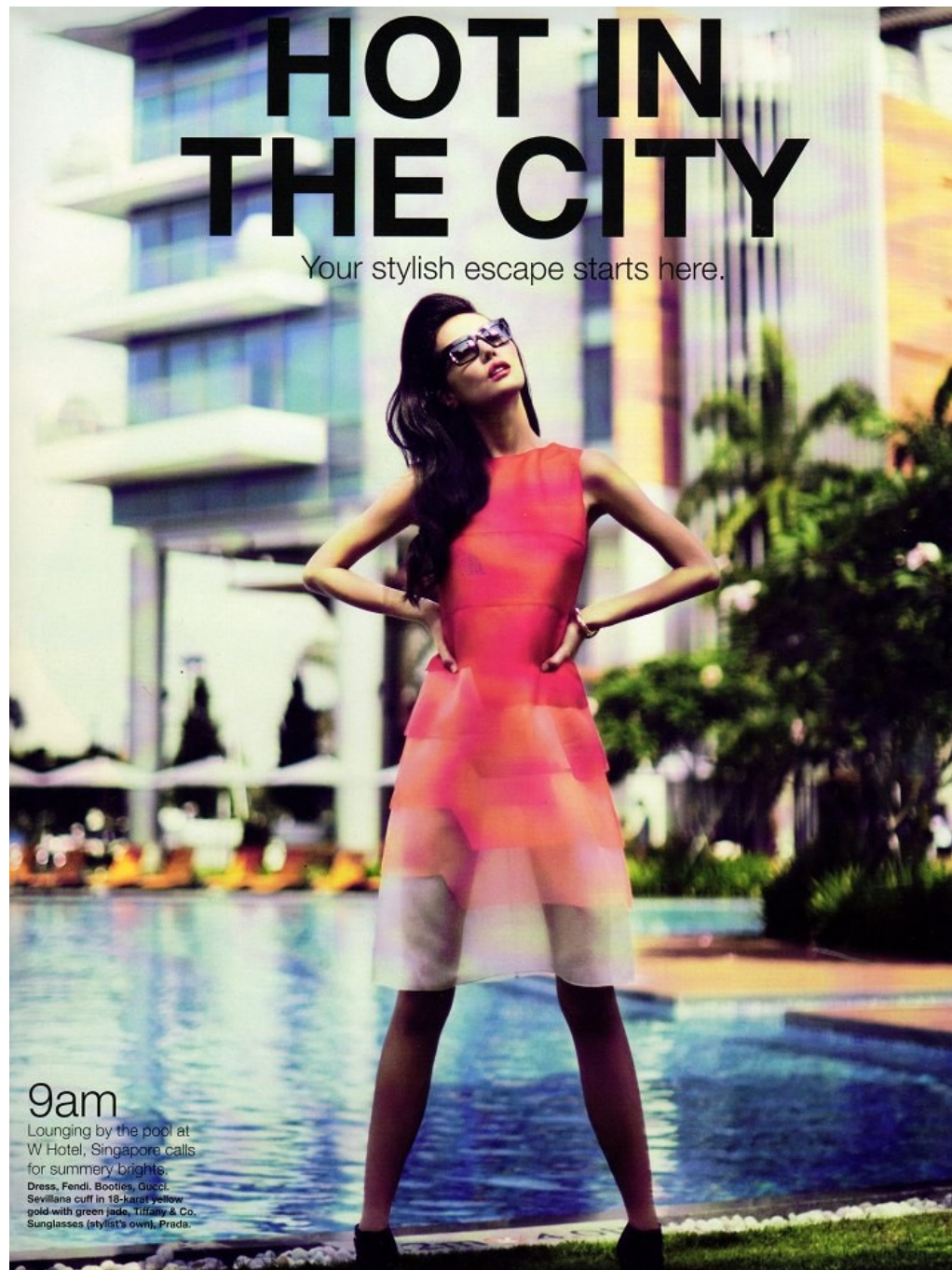
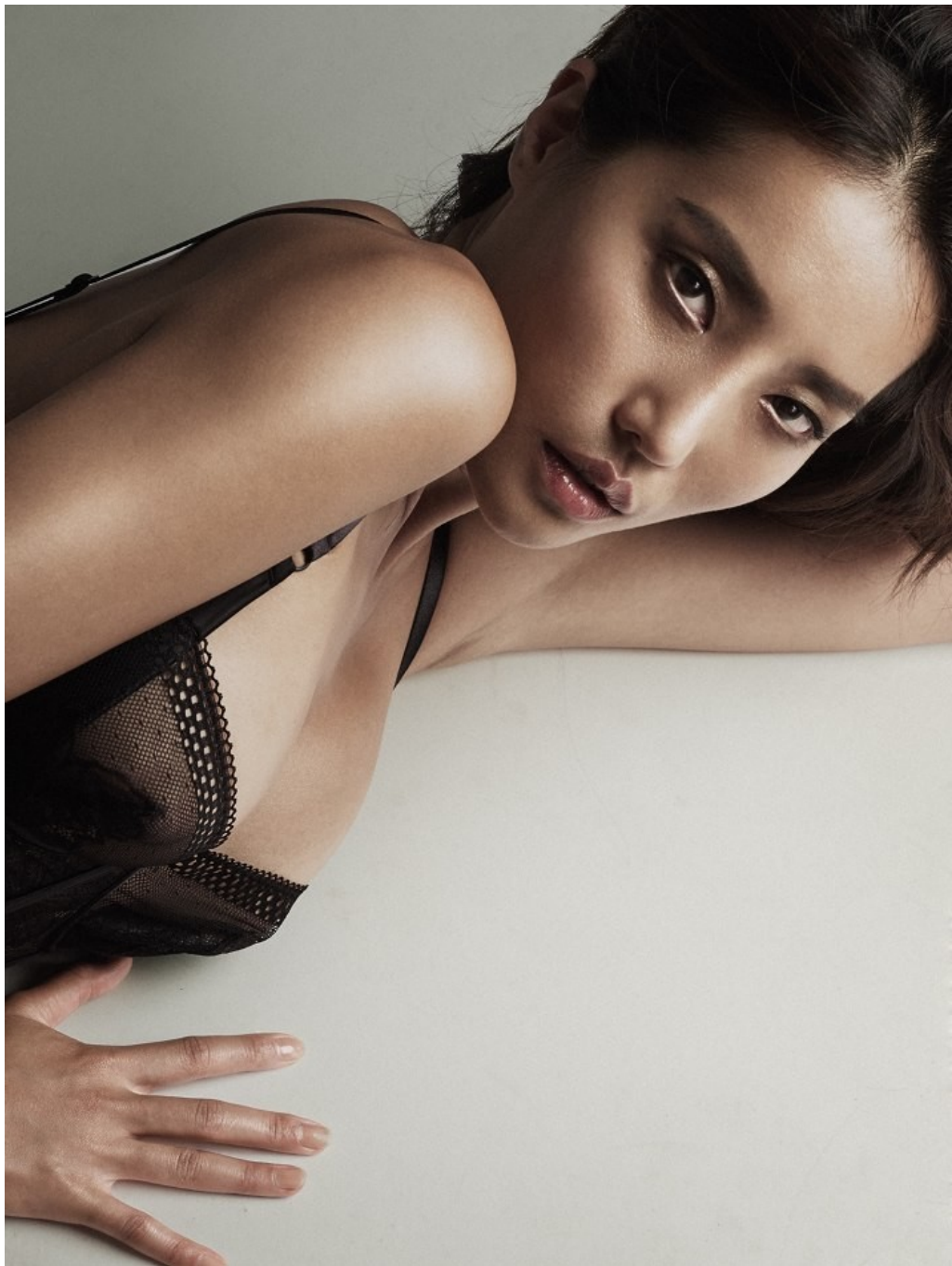
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CAROLINE GLEASON
MANAGEMENT



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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 most of the major arm 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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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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