



MELISSA RIEMER

Height: 5'8" (173cm) Bust: 32" (81cm) B Waist: 24" (61cm) Hip: 35" (89cm)
Dress: 4 US (34 EU) Shoe: 7 US (38 EU) Hair: Dark Brown Eye: Hazel



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SUMMER



VALENTINO
ROMA - 1998

10

ELITE MAGAZINE 4/18



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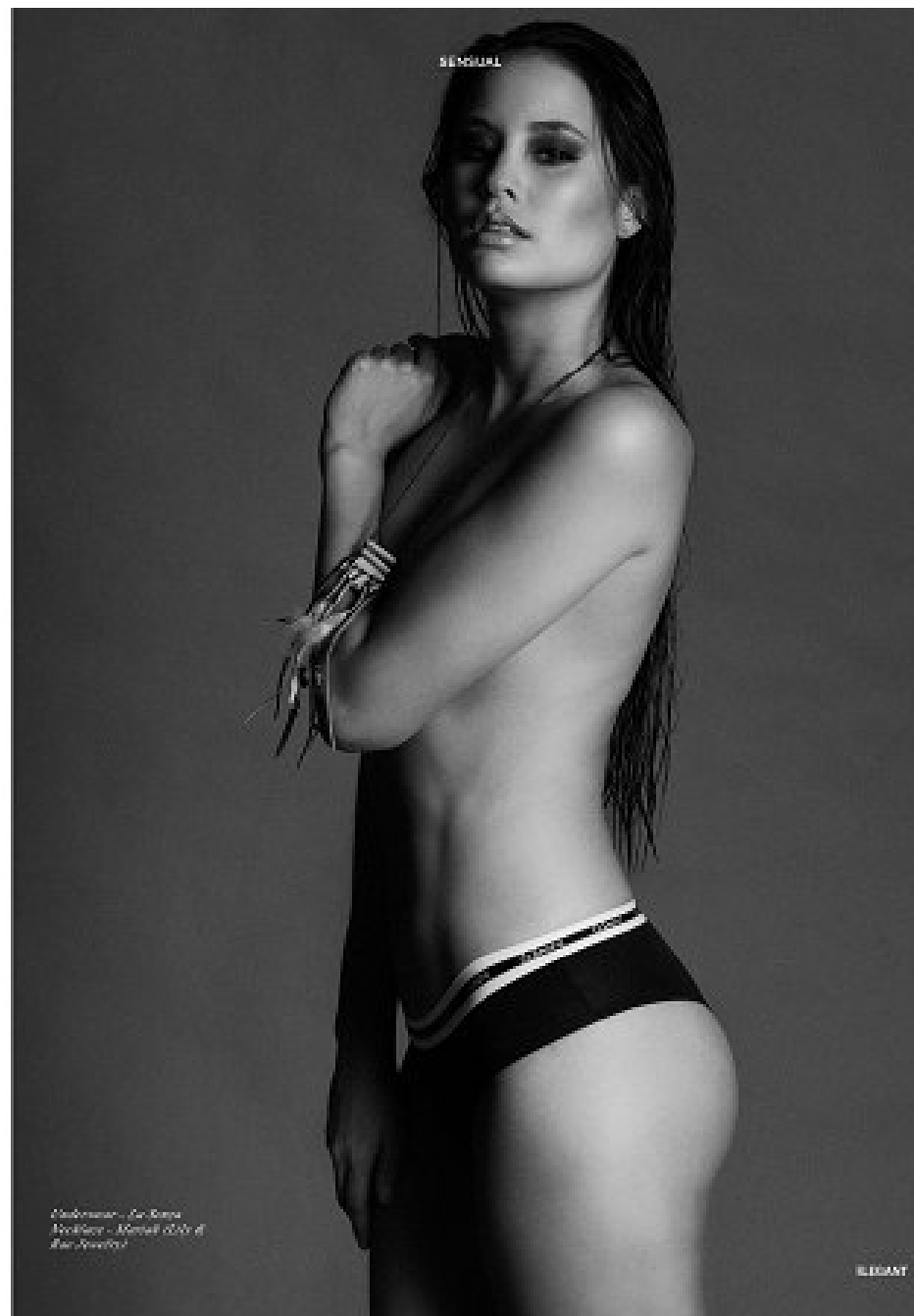
SENSUAL



*Underwear - La Senza
Necklace - Minimal Gold &
Blue Jewellery*

ELEGANT 9

SENSUAL



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ELEGANT 10

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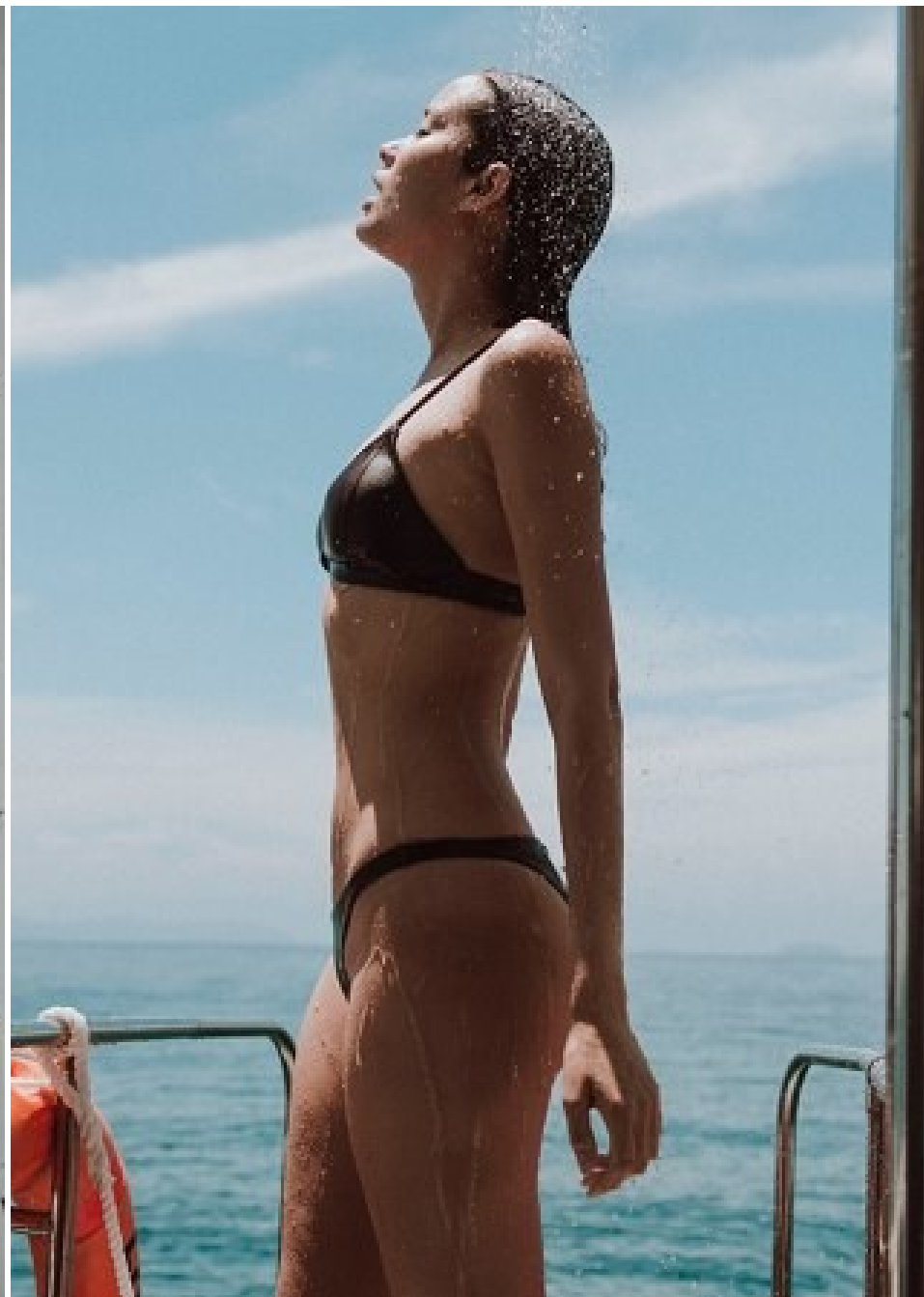


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beat bloating 56 ease prenatal discomfort 69
weightloss workbook 54 mind & body q+a 55

LIVE HEALTHY

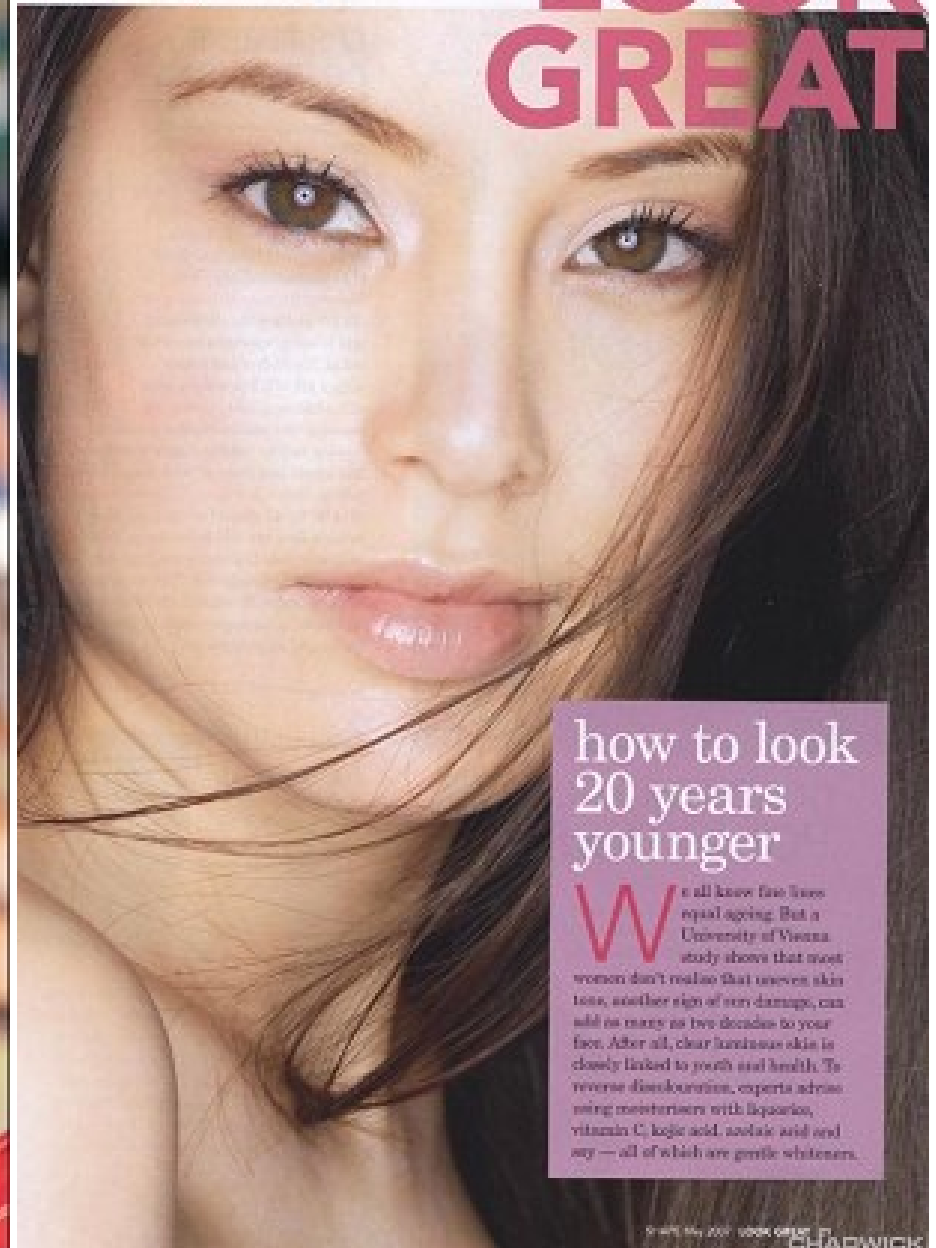


booze control

Cheap drinks on ladies' night might sound tempting, but binge drinking actually ups your risk of breast cancer. A European study found that the risk of breast cancer doubled in women who drank 22 to 27 drinks a week, compared to those who drank one to three drinks. Higher alcohol intake may increase levels of estrogen, a hormone linked to breast cancer, say researchers. When you drink more over a short time frame, the concentration of alcohol in your blood peaks, which is supposedly more harmful than when you consume the same amount over a longer period of time.

beauty q+a 24 fix the frizzies 28
yoga gear 30 stop bad breath 34

LOOK GREAT



how to look 20 years younger

We all know fine lines equal aging. But a University of Vienna study shows that most women don't realize that uneven skin tone, another sign of sun damage, can add as many as two decades to your face. After all, clear luminous skin is closely linked to youth and health. To reverse discoloration, experts advise using moisturizers with hyaluronic acid, vitamin C, kojic acid, ascorbic acid and soy — all of which are gentle whiteners.

Photo: May 2011 Look Great in Chadwick

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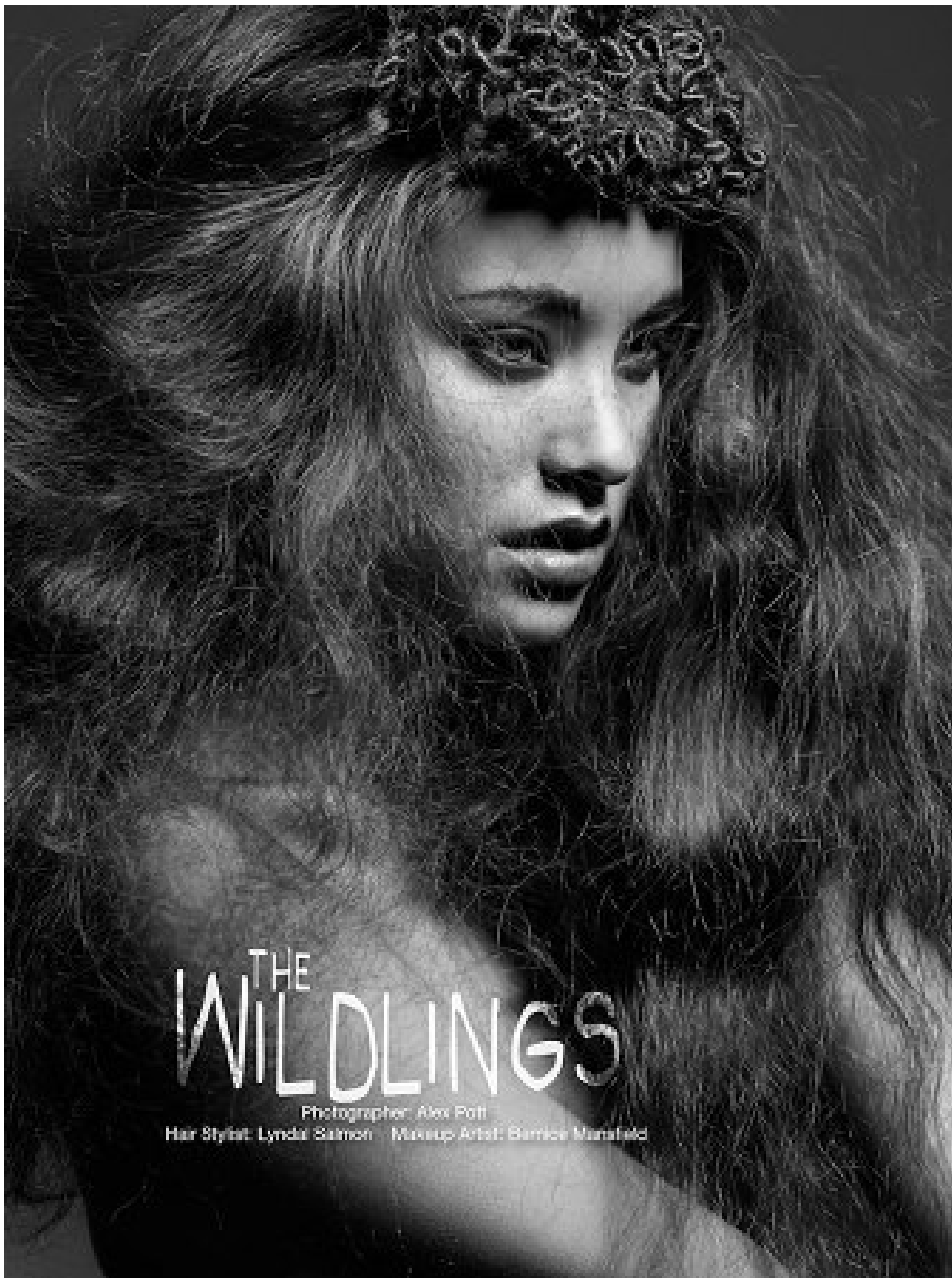


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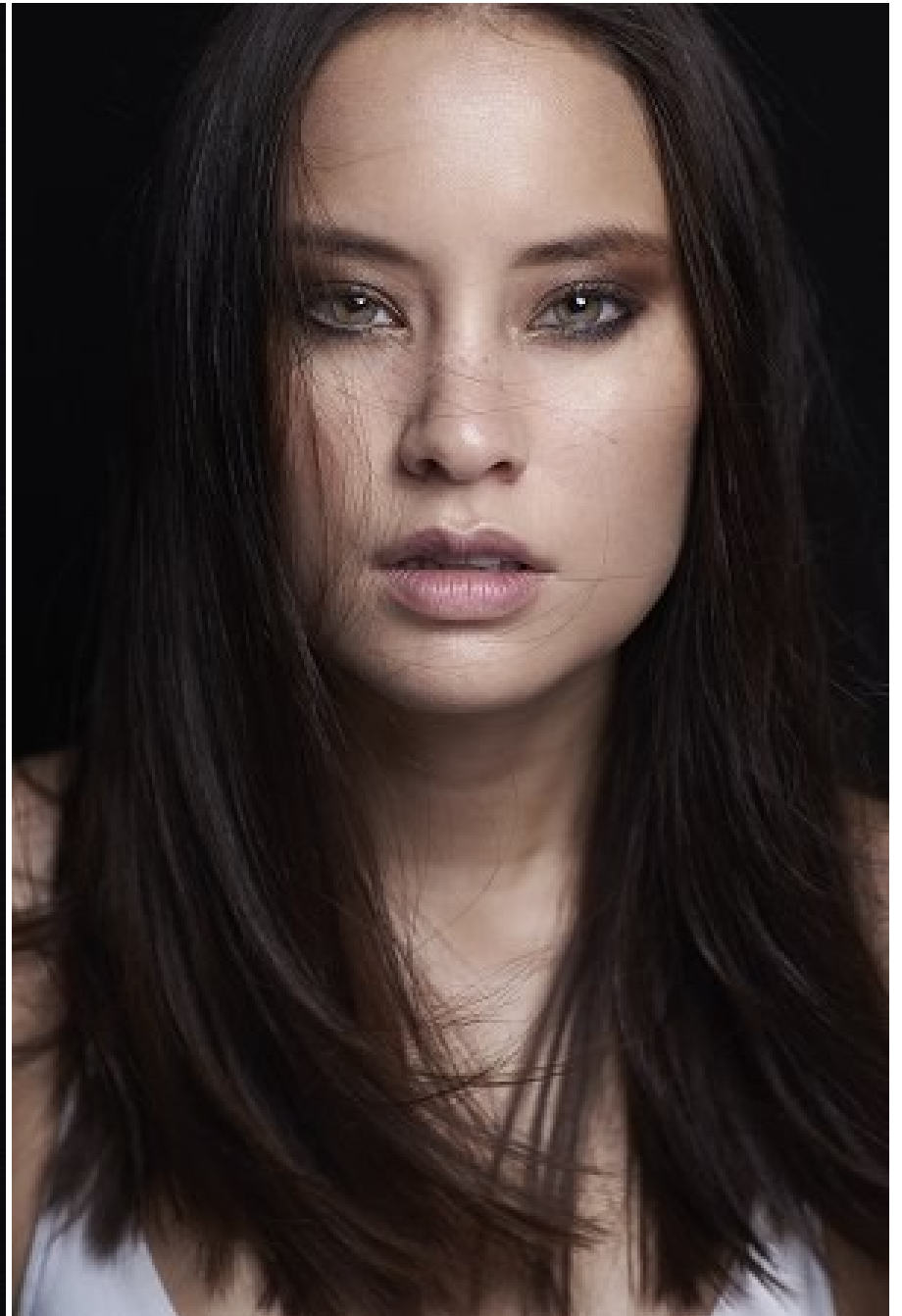
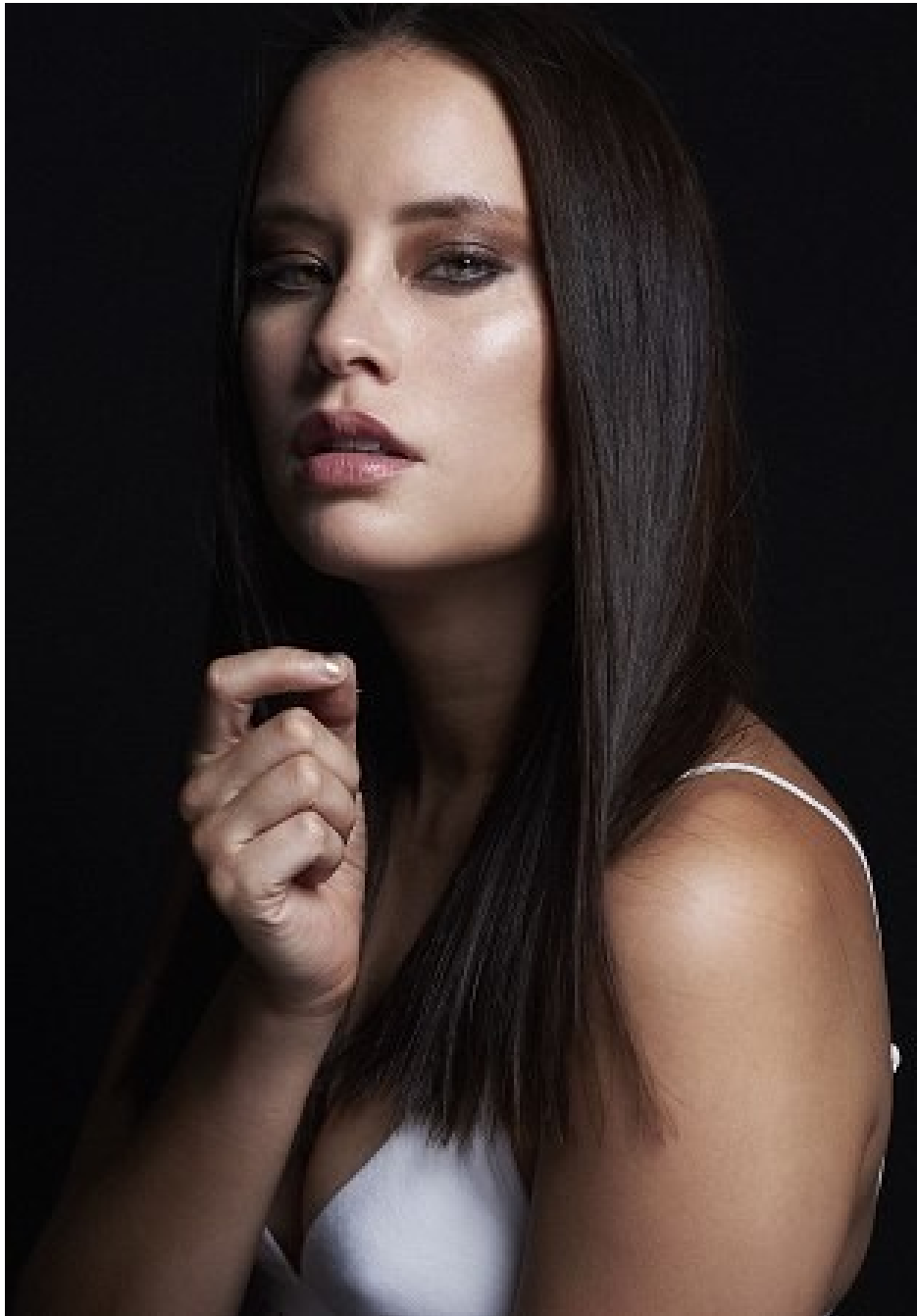


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