



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



HEFFNER MANAGEMENT



SUMMER

7

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SUMMER



WARDROBE
SNEAK PEEK

10

ELEGANT MAGAZINE 4/18



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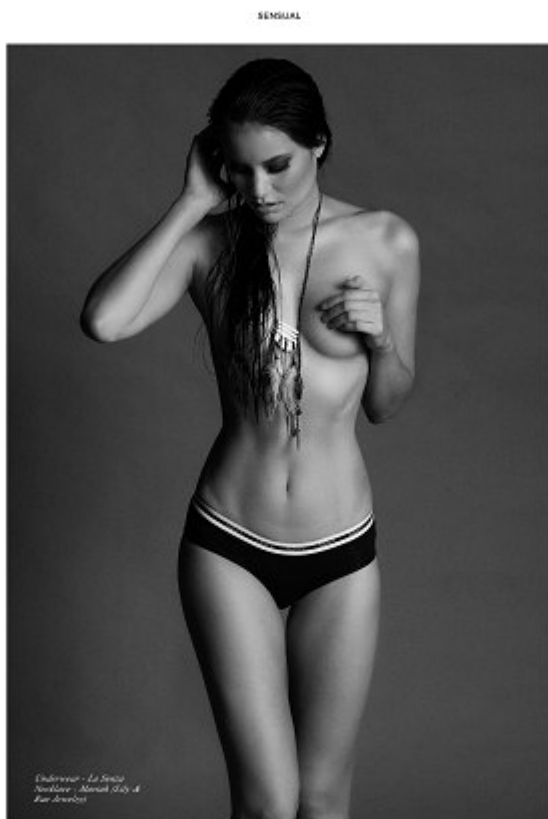


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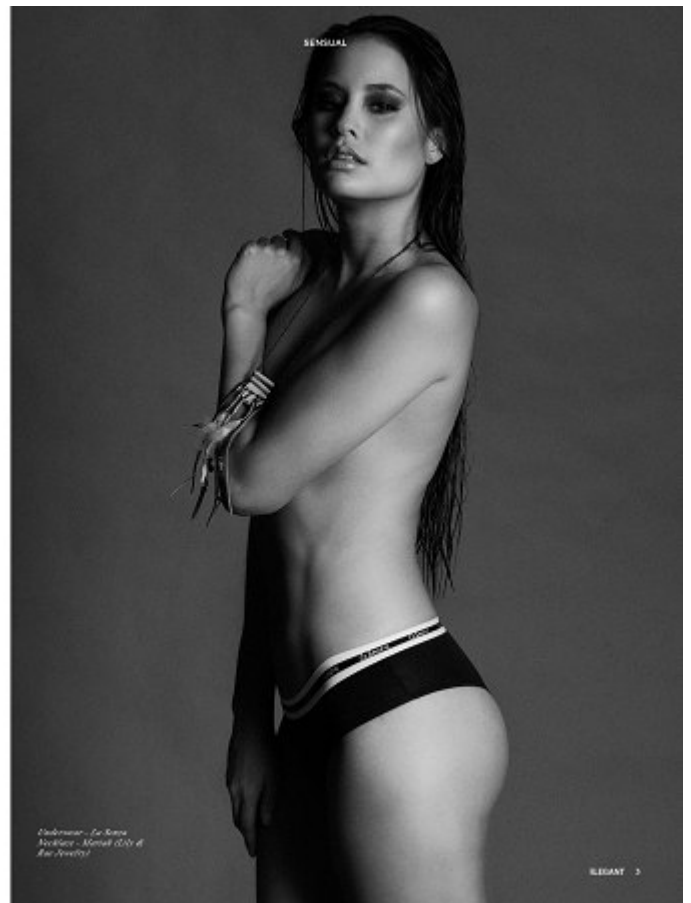
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ELIANT 5



ELIANT 3

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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 24 to 27 drinks a week, compared to those who drank one to three drinks. Higher alcohol intake may increase levels of oestrogen, 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.

LOOK GREAT



how to look 20 years younger

We all know two 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 lipoic acid, vitamin C, kojic acid, ascorbic acid and soy — all of which are gentle whiteners.

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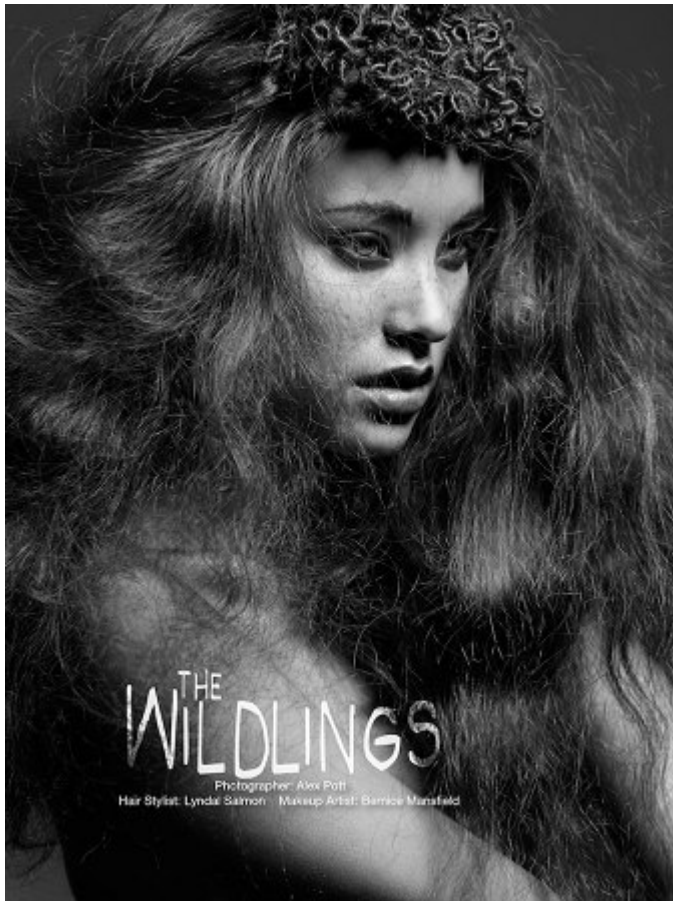


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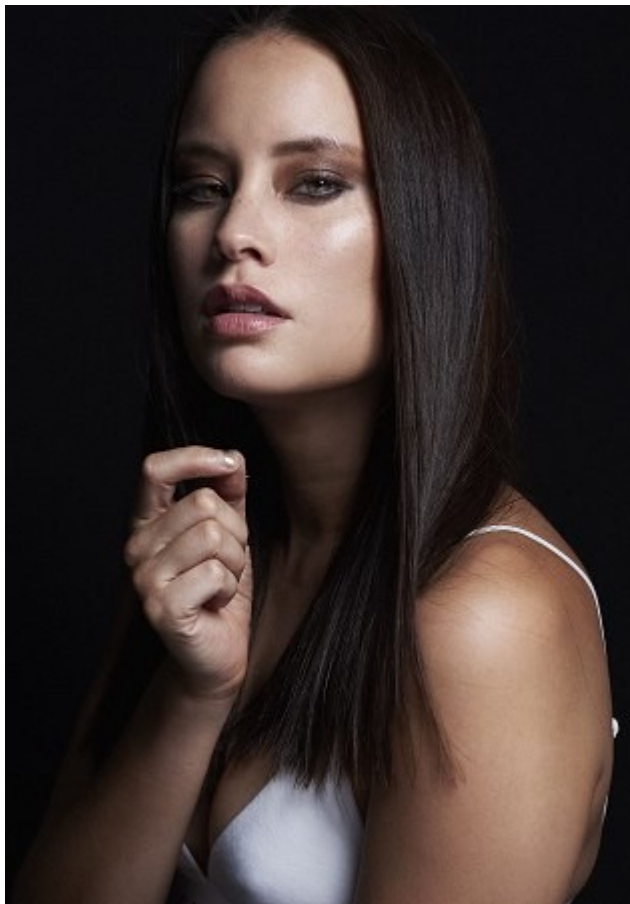


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