

KLANG VALLEY

Spotlight shines on healthy beauties

Four contestants wow judges with their intelligence and optimism

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CHEERS and applause from family, friends and visitors filled the air as 16 Malaysian women vied for the title of Guardian's The Face of Healthy Beauty at the competition's grand finals in Central i-City, Shah Alam.

The 16 women, who had made it through the shortlist and semi-final stages held in Kota Kinabalu, Johor Baru and Shah Alam, were chosen from among hundreds of women over a course of two months.

Guardian Health and Beauty Sdn Bhd marketing director (South-East Asia) DY Cho, said the inaugural search for four brand ambassadors was a humbling experience.

"We found so many inspirational women who could so easily fit our search for a 'healthy beauty'."

"We discovered so many accomplished Malaysian women who had their own stories of personal struggles. There were also many with outstanding achievements that helped them become role models in their own right," he said.

The finalists who represented a diverse mix of personalities and life stories, were judged by a five-member panel that included actress Mawar Rashid and YouTube fitness personality Joanna Soh.

The four who finally won the



(From left) Karryl, Yasmin, Ezzaty and Amy celebrating their title win at the grand finals of Guardian's The Face of Healthy Beauty search. — Photos: ART CHEN/The Star

Face of Healthy Beauty title were Yasmin Khalid, Amy Ghani, Karryl Chee and Nurul Ezzaty.

Yasmin, a student, who described herself as a bold and goal-driven person, said,

"I want to inspire women to lead a healthy lifestyle and remind them that it is a

lifetime habit."

Amy, an economist living in Kuala Lumpur, believed that it was important for women to be comfortable in their own skin, while preschool teacher and vocal coach Karryl Chee, also from Kuala Lumpur, felt that her strong qualities were "being bright, optimistic



Contestants had to prepare an edible terrarium as part of the set of challenges during the grand finals.

and adventurous".

Meanwhile, Nurul Ezzaty, who is pursuing a course in global health, wowed the judges with her confidence and articulateness.

The grand finals saw the 16 women go through three rounds of challenges.

The first was to present and introduce themselves on stage. The second challenge required them to choose a product and explain their choice, while the third was a test of their time management and creativity as they had to create an edible terrarium consisting of chocolates,

nuts, biscuits and edible flowers.

The four winners each received RM10,000 cash, Guardian vouchers worth RM10,000 as well as RM5,000 to be donated to a charity of their choice.

The brand ambassadors will also be featured on the cover of Guardian's brand catalogues, in addition to receiving products from participating sponsors.

The 12 other finalists, who won in various sub-categories such as Most Healthy or Most Elegant, received goodies from brands such as Tresemme and Nivea.