

SINGAPORE'S DEFINITIVE MEN'S JOURNAL **HOMME IMPROVEMENT**

AUGUST

SUBSTANCE / STYLE / SUCCESS



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SPACEY
RULES THE STAGE

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LOOK GOOD, FEEL GOOD
REVIVE BODY, MIND
AND SOUL WITH OUR GUIDE

AUGUST MAN A-LISTERS
OUR THREE WINNERS CROWNED
IN A SPECTACULAR FINALE

BYE BYE FATTY

After a physical examination by Dr Matthew Yap to ascertain if Cryolipolysis was suitable for me, the hour-long procedure began. A technician put me on the Zeltiq CoolSculpting apparatus targeted at my stubborn post-natal fats (it works in the same way for men and women and can also be applied to love handles, thighs and arms). My skin is drawn into a cup with strong vacuum pressure and subjected to low temperature (about 4°C).

Cryolipolysis is an FDA-approved, non-invasive body sculpting technique that has been in use since mid-2009. It employs cold temperature to zap fat cells, based on findings by doctors Dieter Manstein and R Rox Anderson. After the procedure, the cooled fat cells begin to shrink and are then digested over time (six to eight weeks) via the body's natural processes and purged through the liver.

Right after the apparatus was removed, my tummy fat could be seen as a frozen mass not unlike a slab of meat from the freezer. This was eased back into the body with gentle massage.

I don't bruise easily so there were no marks on my skin, although some people experience bruising for hours after. Other side effects may include temporary tingling, tenderness, numbness or pain. So, although there is no down time with Cryolipolysis, this in comparison to invasive techniques of fat removal. My normal sports activities didn't appeal to me for a while and I needed to lie flat by the late afternoon.

Gentle massage several times a day helped ease discomfort. An analgesic was helpful to deal with the pain, which came and went in varying intensities for the next two weeks. But the result was fat loss over six to eight weeks as opposed to mere water loss that is the case with other non-invasive treatments. **JC**

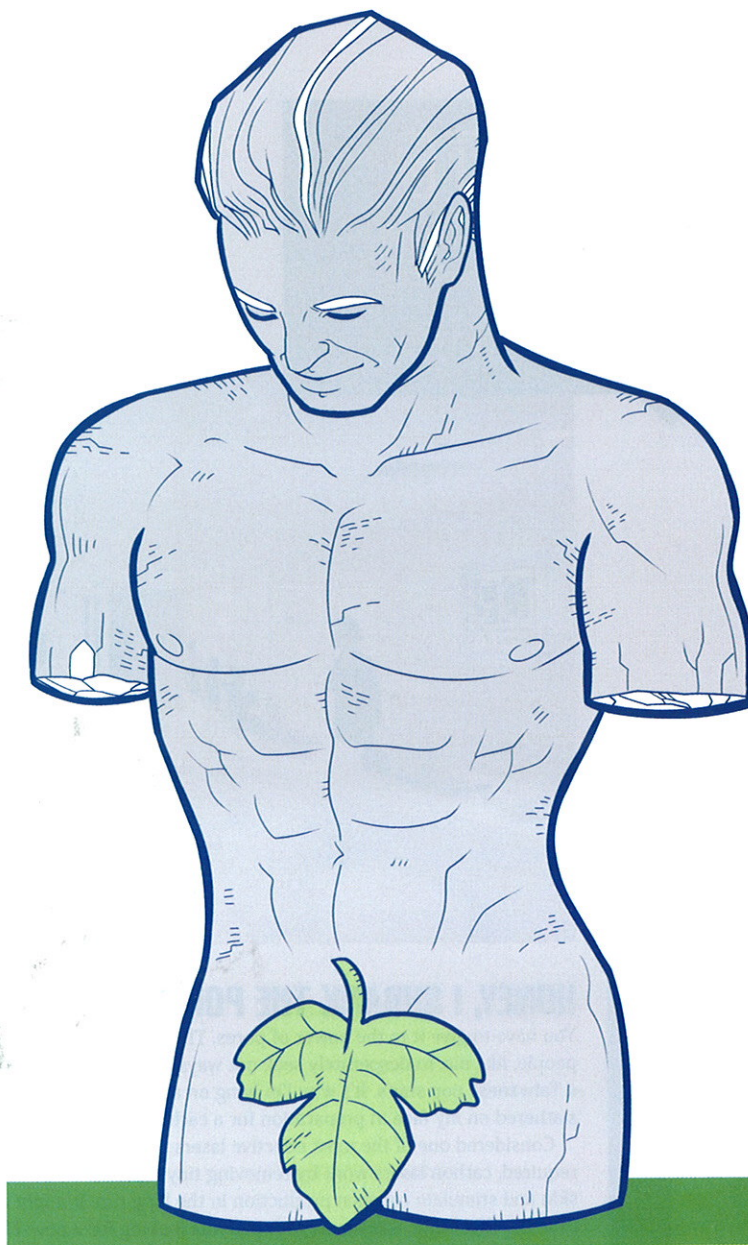
Cost: \$1,500 for a tummy sculpt, and less for subsequent sessions

What it does: Gets rid of stubborn fat that no amount of exercise or dieting has been able to remove.

Performed by: Astique, the Aesthetic Clinic, 05-35 Ngee Ann City, tel: 6732 3801

Number of treatments recommended: Up to 3 per area, but many patients have seen satisfactory results with just 1

Level of discomfort: ★★★★★ (during); ★★★★★ (after)



AGE UNDONE

Most men pay very little or no attention to skin care. Hence, with prolonged exposure to the harmful sunray and ill-maintained skin, they'll end up suffering from blemishes, acne scars or some sort of hyper-pigmentation by the time they reached their late 20s and 30s. Fortunately for these unenthusiastic grooming individuals, modern science and technology have made it possible to undo these damages.

However, for those who're absolutely reluctant to experiment with shooting lasers or IPL (intense pulse lights) into their skin, Dr Leslie Kuek, one of the top plastic surgeons in Singapore, recommends the Cosmelan treatment. No complicated machine or high-tech instruments are involved with this in-clinic treatment; it's as simple as slapping on a mask, the Cosmelan-amf mask to be exact.

The only catch is you'll have to leave it on for six to eight hours. Using advance ingredient including Kojic Acid, Ascorbic acid, Sodium Dicoylethylenediamine, Phytic Acid, and Arbutin, the infamous de-pigmentation mask exfoliates the surface of the skin while inhibiting the formation of melanin (melanin is what

produces colour in the skin) leaving you with a even and radiant skin tone.

Although it's a simple procedure, there're some discomforts including surface flaking of your skin, tightening of the skin, and redness. It can last for a few days to a week following the treatment and it's important that you adhere to the post-treatment care closely. Depending on the severity of the pigmentation, Cosmelan may be repeated yearly. It's has been three weeks since the treatment, and already the people around me are seeing improvements on my skin. **LL**

Cost: Approx. \$1,500

What it does: Reduce blemishes, acne scars or hyper-pigmentations, rejuvenate and evens out skin tone

Performed by: Dr Leslie Kuek, Gleneagles Medical Centre, Suite 03-08, 6 Napier Road, tel: 6472 2972

Number of treatments recommended: 1

Level of discomfort: ★★★★★ **Results:** ★★★★★