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SPRING PREVIEW

100+

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LIPS
EVER

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LOOKS
HE
CAN'T
RESIST

GO,
FRILLS!
HOW
YOU CAN
ROCK
RUFFLES

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should own

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PHOTOGEN SYSTEM RADIOPHOTONICA MULTITHERAPY

What it does

This is another multitasking machine that combines radiofrequency and phototherapy treatments in one device, so as to allow for simultaneous treatment of hyper-pigmentation, skin dullness, acne, fine lines and deep wrinkles.

Value-added extras

It can also be used to treat other parts of the body for cellulite.

Recommended for

Those with a general anti-ageing concern without a specific problem.

Try it at

LinC Aesthetic Clinic, #21-01/02 Liat Towers, Tel: 6732-0208. Priced at \$365 (before GST) per session.

MESOESTHETIC COSMELAN

What it does

This treatment consists of a peeling mask that also contains powerful depigmentation actives that is applied when the patient is at the clinic and left on for at least four hours while the patient returns home. After the mask is removed, a follow-up soothing, hydrating and whitening cream is applied daily at home to aid maintenance and repair. Although simple, it promises a dramatic lightening of surface hyper-pigmentation of up to

70 per cent after just one session. The procedure is relatively painless, but skin may appear red for up to two days.

Value-added extras

Apart from tackling melasma, it also works effectively as a skin re-surfer, smoothing rough skin and refining pores.

Recommended for

Those suffering from stubborn spots or hyper-pigmentation over a general area, whether due to sun exposure or hormonal changes. As it is a relatively non-invasive procedure, acne-sufferers can also benefit in terms of an improved skin texture without adverse side effects.

Try it at

TCS at Central Clinic, #11-09 The Central Office 1, Tel: 6221-8221. Priced at \$1,488, including a complimentary laser treatment.

Facials or Aesthetic Treatments?

When should one opt for an ordinary facial or step up to a more intensive (and invasive) aesthetic treatment like laser therapy? With the wide array of face treatments — at a variety of budgetary options — available in the market these days, it's a dilemma that many a beauty-conscious woman face. Most dermatologists and skincare experts agree that when it boils down to results, clinical treatments can't be beat — although the level of discomfort, downtime and risks of a bad skin reaction is significantly higher than an ordinary facial. However, regular facials are encouraged as a good (and pampering) way of maintaining the results achieved from a session in the doctor's chair.

"Consult a doctor and spend time discussing the options with her. Most aesthetics practices also have a full range of facials that are designed to be both cost-effective, if done on their own, and also complementary to the more intensive treatments like lasers. You may need

“The traditional taboo against cosmetic treatments is slowly giving way.”

— Dr Chow Yuen Ho

something more intensive to solve a problem and then you can maintain it with clinical-grade facials both in the clinic and at home," advises Dr Soh.

There's also a gradual blurring of the lines between spa and clinical facials, with salons like Leonard Drake offering so-called "advanced facials" (such as its Advanced Skin Rejuvenation Treatment) that, although non-invasive, use medical-grade ultrasound and infrared equipment to allow for deeper penetration of ingredients, and collagen stimulation for more immediate and dramatic results.

"[There is an] increasing awareness and receptiveness of minor cosmetic treatments that create small, natural-looking enhancements to their appearance. The traditional taboo against cosmetic treatments is slowly giving way," observes Dr Chow. The bottom line? Face massages are well and good, but for instant results, it's truly the age of the machines. ■

