

SINGAPORE

# ELLE

HOW TO  
FUTURE-PROOF  
YOUR CAREER,  
MONEY, HEALTH  
& HAPPINESS

APRIL 2016

HELLO, COLOUR  
**300**  
BRIGHT  
IDEAS!

TOPS, SKIRTS,  
DRESSES, JEWELS  
*How to put them  
all together*

+

**THE  
A-LIST**

EDITORS' FAVE  
BAGS & SHOES,  
ROAD-TESTED

THE HOTTEST  
**WOMEN  
ON TV**

ZOE TAY  
JULIE TAN  
SHEILA SIM  
REBECCA LIM  
YA HUI

**SKINCARE  
THAT WILL  
REALLY  
CHANGE  
YOUR SKIN  
FOR GOOD**



\$5.50

## beauty helpdesk: skin brightening 101



Dr WS Heng,

An expert's advice on how to get – and maintain – a radiant complexion.



**1** Exactly how much sunscreen should I be using?  
You'll need to apply at least 2mg of sunscreen per square-centimetre of skin – about two tablespoons of sunscreen on your face and body. Keep in mind that sunscreen ingredients degrade under the sun, and can also be wiped off or washed off by perspiration or water. So I tell patients to reapply sunscreen every two to three hours.

**2** I've recently returned from a beach vacay with a tan. What's the fastest way to get my skin back to its original tone?  
Three words: Avoid the sun. Once you have a tan, it means more melanin has formed on the skin surface. When you're trying to undo the damage, you don't want more melanin to form, so stay indoors and wear a large brimmed hat or carry an umbrella when you're outdoors.

...the most common cause of skin aging is sun damage. ...the most common cause of skin aging is sun damage. ...the most common cause of skin aging is sun damage.

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