


herworld



JUNE 2015 SINGAPORE

WOMEN'S MEDIA OF THE YEAR (WINNER)
INTEGRATED MEDIA BRAND OF
THE YEAR (MERIT WINNER)
MPAS AWARDS 2014

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**MY BEAUTY
BUDGET:
\$14,000
A MONTH**

**WHAT A
CAREER
SWITCH!**

IT support
to exotic
dancing

**7
MUST-HAVE
PRE-FALL BUYS**

**HAUTE
SHOE
TREND:
FLATS
(FINALLY)**

**HEALTH
SHOCKER**

She nearly
became blind
at 27

**SHIOK
FOR LESS**

Blowouts for
\$20 or under
(Almost) free
weekend dates

Fabulous
happy-hour
drinks

hot stuff

**SUNSCREENS FOR EVERY AGE
LOOK-AT-ME SUNGLASSES**

40 BUYS FROM \$12.90 THAT SAY "SUMMER HOLIDAY!"

BUDGET STORY SAVE OR SPLURGE?

When it comes to skincare, you don't have to always break the bank. Experts tell LIEU WEI NING how to shop smart.

SAVE ON THESE

Toners

Many of these are made predominantly with water and alcohol. "A toner acts like a second cleanser," says **Dr Heng Wee Soon**, a GP with an interest in aesthetic medicine. "If you feel that your makeup remover and cleanser are adequate, do away with the toner."

Moisturisers

"Most moisturisers act as a coating on the skin to improve its retention of moisture. While some may have expensive active ingredients, these ingredients tend to work better when packaged in highly concentrated serums, which can penetrate deeper into the skin," says **Dr Heng**.

Cleansers and facial scrubs

Dr Heng adds: "These products are left on the face for only a couple of minutes and then washed off, so don't bother splurging on them."

Facial oils

Dr Heng says that it takes more than a single type of oil or a blend of oils to address issues such as the look of wrinkles and pigmentation. "If you have dry skin and find that your moisturiser isn't hydrating enough for you, use a facial oil. But I wouldn't recommend replacing your other skincare with a facial oil," says **Dr Heng**.

SPLURGE ON THESE

Serums

Serums are what you should invest in because they "are packed with highly concentrated ingredients and can penetrate much deeper into the skin," says **Dr Heng**. So, a little goes a long way and you'll reap the benefits sooner.

Sunscreen

"Get a good one that has been researched and tested extensively, and has a comfortable texture," says **Dr Heng**. And read the label. In physical sunscreens, look out for ingredients such as zinc oxide and titanium dioxide, which provide effective sun protection without causing skin irritation," says **Dr Heng**.

Eye Creams

Many inexpensive formulas simply hydrate the eye area. Spend more and get one that also has active ingredients to tackle issues such as the look of fine lines and dark spots. "To target the appearance of fine lines, look for those with ingredients such as ascorbic acid and glycosaminoglycans," says **Dr Heng**.