

THE SINGAPORE **Women's Weekly**

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LOOK YOUR BEST

LASERS • FILLERS SERUMS

The latest anti-agers target wrinkles, dark spots and saggy skin

REAL-LIFE DRAMA

"I paid my best friend to seduce my husband"

MORE SLEEP SMARTER

+

HEALTHIER

+

HAPPIER YOU!

Ways to improve your ZZZs, page 105

LOW-CAL MILD WINNERS
deliciously won't be the carbs

MIRANDA KERR

The newly-wed's tips on being a mum and how she looks so hot

BANG★BANG

The quickie haircut that takes off 10 years

GET AN ORGASM UPGRADE

Secrets sex experts want you to know

Your **jeans** makeover

What to wear to look leaner, taller and 5 kilos lighter – *instantly!*



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doctor is necessary, in order to be advised on the number and types of threads used for your specific concerns.
WHAT IT TARGETS: Sagging jowls, frown lines, nasolabial lines and flat nose bridge.
HOW MUCH: From \$2,500.

DERMAL FILLERS

Like thread lifts, dermal fillers can be used on different parts of the face to achieve desired results. Common dermal filler brands include Belotero, Restylane and Juvederm, and they all feature the main ingredient hyaluronic acid. Dr WS Heng shares: "Depending on the concern as well as budget of the patients, we can personalise the treatments individually. Hyaluronic acid fillers in various viscosities and gel hardness allow us to contour, volumise, and enhance certain bony projections of our face. Biostimulatory fillers like poly-L-lactic acid (Sculptra) and polycaprolactone (Ellanse) allow longer-lasting effects as it stimulates collagen production over-time." Numbing cream will be applied topically on the areas of concern and the injections usually take less than an hour, excluding the time needed for numbing. Some might experience bruising and swelling, but it is safe to go about daily activities with the exception of sauna visits, hot yoga and any high-impact sports.

WHAT IT TARGETS: Sunken areas on the cheeks and under-eye area, loss of volume on lips, flat nose bridge.
HOW MUCH: Between \$850 to \$2,000.



BOTULINUM TOXIN A

Perhaps one of the most popular non-invasive aesthetic treatments, botulinum toxin A (more commonly referred to as Botox) can be injected into the face to lessen the appearance of deep wrinkles and relax the mandibular muscles so the jaws appear less prominent.

Botox, Dysport and Xeomin are brands approved for use in Singapore. There aren't any real differences between the brands, except for the presence of complexing proteins in Botox and Dysport. As complex proteins are foreign to the body, it is believed that introducing them to the body frequently might cause the development of antibodies, which may affect the efficacy of the treatment over time.

Line Erasers Erase the signs with these wrinkle-reducing formulas

1. Containing a day cream and night cream in a dual-canister bottle, the La Prairie Line Interception Power Duo, \$570, works in tandem to stimulate collagen production and remove fine lines. 2. The Avène Eluage Anti-Wrinkle Concentrate, \$71.30 (15 ml), targets expression lines around the mouth, nose and forehead for younger-looking visage. 3. Formulated with 10.5 per cent vitamin C, the Kiehl's Powerful Strength Line Reducing Serum, \$98 (50 ml), improves skin texture and radiance without irritating sensitive skin. 4. The Guerlain Abeille Royale Honey Smiley Lift, \$95 (15 ml), stimulates skin repair and plumps the lips.

The needles used to inject the botulinum toxin A are extremely fine, which makes the treatment almost pain-free, with just a pin-prick sensation when it is administered. As with other injections, some bruising and swelling might occur.

WHAT IT TARGETS: Frown lines, prominent jaw muscles and wrinkles.
HOW MUCH: Between \$200 to \$500.

LASER TREATMENTS

Lasers are beams of focused energy that travel at specific wavelengths, and there are different types which focus on specific skin concerns like pigmentation, redness, acne and pimples, or even tattoo removal. The more common laser treatments include Q-switched laser (1064 nm), which can be used to lighten unwanted brown spots, and also pigments from tattoos.

One of the newest laser treatments include a turntable laser system called Excel V - it operates on two wavelengths (532 and 1064 nm), and has three modes to treat superficial pigmentation spots



Youth In A Bottle

Stop the ravages of time with these anti-ageing serums and creams

1. Formulated with potent anti-ageing ingredients, the CLAIR Skin Solutions Royal Age Defying Serum, \$78 (30 ml), firms sagging skin and smoothes out wrinkles. 2. Skin damaged by UV rays, environmental pollution and ageing can benefit from the IDS Rejuvenating Complex, \$245 (30 ml), a lightweight cream which boosts collagen and elastin production. 3. Containing snake venom, the Estetica Vitalift A+ Miracle Lift Serum, \$280 (30 ml), stimulates the effects of botulinum toxin A to smooth deep wrinkles. 4. The Lancôme Advanced Génifique Youth Activating Concentrate, \$170 (50 ml), targets 10 clinical signs of skin ageing for more youthful-looking complexion. 5. The signature gel texture of the Astalift Jelly Aquarista, \$148 (40 g), contains a mix of collagen that absorbs quickly into skin.

Jelly Aquarista