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INSTANT BEAUTY FIXES

FALLEN VICTIM TO A BREAKOUT, FLAKY SKIN OR PANDA EYES JUST DAYS BEFORE A BIG BASH? GET THE SCOOP ON THE BEST EMERGENCY SKIN AND BODY FIXES THAT WILL HAVE YOU PARTY-PERFECT IN A JIFFY. BY ADLENA WONG &



#1 BEAUTY EMERGENCY Back acne

If you've given up on cocktail dresses with plunging backs because of this condition, have hope. Acne (be it a breakout on the body or face) is treated with a variety of topical and oral medications tailored to each case, depending on its severity.

AT THE CLINIC Medlite C8 laser toning for the back shrinks oil glands and stimulates skin cell turnover for smoother, brighter skin. A single session will yield results within three to four days.

AT HOME Use a medicated soap with anti-bacterial and exfoliating ingredients like salicylic acid to speed up cell turnover, dissolve clogs and reduce inflammation.

DO Continue acne treatments to prevent severe lesions and scarring, as scars can only be removed or lightened via surgical procedures, advises Dr Amal Dass, medical director.

1. Origins Dr Andrew Weil The Way of The Bath 2. Crabtree & Evelyn Clarifying Body Scrub. 3. Puteri Ledang Citronella Bath Crystal. 4. Ettusais Homme Medicated Acne Body Mist.

#2 BEAUTY EMERGENCY Scaly elbows and knees

Aside from genes and skin diseases, dry, scaly skin is often a result of excessive weight loss, natural ageing, prolonged exposure to air-conditioning and cold climates or swimming in highly chlorinated water.

AT THE CLINIC The Sloane Clinic's Body Peel, gently exfoliates dead cells while a pigment laser treatment can target discoloration and patchiness.

AT HOME Apply an emollient body cream liberally and regularly, particularly after bathing as warm, moist skin is prepped to absorb nutrients better.

DON'T Take long soaks in the bath too often. Instead, take quick showers to avoid moisture loss. Avoid over-scrubbing flaky areas and use a gentle, emollient body cleanser.



1. Clarins Satin-Smooth Body Lotion. 2. Kiehl's Superbly Restorative Skin Salve. 3. Clinique Tumaround Body Smoothing Cream. 4. Gatineau Melatogenine Intensive Firing Body Cream. 5. L'Occitane Golden Branch Luminous Body Cream with Olive Tree Extracts.

#3 BEAUTY EMERGENCY Wrinkly skin

There are two types of wrinkles — dynamic and static. The former is due to repetitive facial movements and is often termed 'expression lines'. The latter is formed over time as skin loses its elasticity, forming furrows on the face.

AT THE CLINIC Accent XL Non-Surgical Face Lifting promises an instant lifting and tightening effect in just 30 minutes, and results last for about a month. Or opt for the more painless Prevelle Silk dermal filler that plumps up 'marionette lines'.

AT HOME Nuxe's Serum Merveillance, contains althea root extract to relax tensed facial muscles, while oak extract forms a tensing network on the skin to immediately smooth out wrinkles.

DO "Avoid frowning too much as this will only deepen the creases," recommends Dr Calvin Chan. Choose products that contain antioxidants like vitamins A, C and E, green or white tea, grapeseed or coffeeberry extract. Hyaluronic acid is also a must to lock in moisture.

1. Dior Capture Totale Haute Nutrition Nurturing Oil Treatment.
2. Laneige Ultra Hydro Cream EX.
3. Dr. Brandt Laser in a Bottle Laser Tight.
4. Decléor Aromessence Baume Excellence Regenerating Night Balm.
5. Lancaster Wrinkle Correcting Fluid SPF15.
6. Shu Uemura Phyto-Black Lift Firming Anti-Wrinkle Cream.
7. Origins Youthopia Age-correcting Serum with Rhodiola.



#4 BEAUTY EMERGENCY Panda eyes and puffiness



1. Chanel Lift Lumière Smoothing and Rejuvenating Eye Contour Concealer.
2. Amatokin Intensive Skin-Rejuvenating Serum.
3. The Body Shop Wise Woman Eye Cream.
4. N.V. Perricone MD Neuropeptide Eye Area Contour.
5. H2O+ Night Oasis Overnight Eye Complex.
6. Hylexin.
7. Dior Prestige Eye Cream.
8. Beaubelle Eye Contour Care.
9. Lancôme Renergie Morpholift Yeux R.A.R.E.



Exhaustion, dehydration and consuming too much alcohol may lead to these problems, but the main culprits are excess pigmentation and dilated blood vessels — caused by poor circulation and medication — that sit close to the thin under-eye skin, says Dr Dass.

AT THE CLINIC Medical Aesthetics (UK) Spa's Age Antidote Eye Contour, uses medical-grade aromatherapy brand Sampar to exfoliate and rejuvenate delicate eye contours. The Accent XL Radiofrequency Eye Treatment also stimulates circulation, collagen production and strengthens the muscles surrounding the eye area.

AT HOME Created to tackle persistent dark circles, Hylexin helps prevent the leakage of blood from capillaries under the eyes.

DO Get enough sleep, drink sufficient water to flush out toxins and exercise to stimulate circulation. Conceal dark circles with an illuminating cream or powder concealer.



#5 BEAUTY EMERGENCY

Oily skin and zits

Acne is the most common skin disease treated by physicians and can appear at any age. High testosterone levels cause the over-production of sebum which, along with keratin found in hair and skin, contribute to the obstruction of hair follicles. This, in turn, leads to the formation of comedones. Bacterial growth and infection then causes comedones to develop into cysts, which the body repairs with scarring, says Dr Dass. "Scars are permanent and will persist throughout life," he cautions.

AT THE CLINIC Smoothbeam laser, a United States FDA-approved procedure for treating oily and acne-ridden skin, promises a 57 per cent improvement in skin texture after just two sessions.

AT HOME Mario Badescu's award-winning trio of potent zit-zappers — the Drying Lotion, Rolling Cream Peel with AHA and Healing and Soothing Mask — reduces mountains to molehills overnight, with non-comedogenic, anti-bacterial and soothing ingredients like calamine, salicylic acid, vitamin E and Balsam of Peru, which has natural anti-inflammatory properties.

DON'T Over-cleanse. "Oil production is your skin's response to irritation. The harsher your cleansing routine, the more likely that your body will respond by producing more oil," says Dr Low Chai Ling, medical director.

1. SOYO Advance Acne Formula. 2. Himalaya Herbals Neem Capsules.
3. Sophyto Skin Energising High Potency Serum. 4. Talika Light 590 Collagen Booster. 5. Skinsense Acne Spot Therapy. 6. Kiehl's Acne Bleemish Control. 7. Bioxil Advanced Dermal Repair. 8. Dr. Ci:Labo Acneless Spotspack.



#6 BEAUTY EMERGENCY

Sallow and fatigued skin

"Dull-looking skin is hard to miss," says Dr Dass. "When you look in the mirror, your complexion just doesn't radiate, no thanks to brown spots and broken blood vessels." Tired skin looks rough and dry while dehydrated skin lacks a dewy glow.

AT THE CLINIC Try LinC Medi Therapeutics which uses low-voltage pulses to pry open cells and tissues. Then, skin-plumping ingredients like hyaluronic acid, vitamins C and E are "flooded in within nano-seconds," says Dr Patrina Wong, medical aesthetic director. The result? Plumper skin with significantly diminished laugh lines. Also try Vitamin Therapy, at The Scane Clinic. This 60-minute, no-downtime treatment infuses pure vitamins, hyaluronic acid and trace minerals deep into the skin, using sound waves to repair cellular damage and even out skin tone.

AT HOME Apply a mask weekly to infuse skin with moisture and incorporate a good whitening serum in your daily regimen to regulate melanin production and brighten skin tone. You should see visible results in less than two weeks.

DO Go for products that contain alpha or beta-hydroxy acids or tretinoin. Get a power peel or microdermabrasion once a month and always wear sunscreen.

1. Clinique Superdefense SPF25/PA+++.
2. RéVive Moisturizing Renewal Cream.
3. RMK Intensive Night Treatment Recovery Gel.
4. Dermalogica ChromaWhite TRx skin-brightening range.
5. Revaléskin Night Cream.



#7 BEAUTY EMERGENCY

Saggy bust and décolleté



Apart from your hands, the décolleté is another area where signs of ageing and sun damage is most obvious, says Dr Dass. Fortunately, age spots and wrinkles can be easily and immediately treated with IPLs and chemical peels, while wrinkles can be pumped up with hyaluronic acid fillers. "If the skin over the décolleté is already wrinkled, apply sunblock daily to prevent it from worsening and lighten with moisturisers that contain hydroquinone, AHA and growth factors," says Dr Georgia Lee.

AT THE CLINIC Radio Frequency Therapy is a multi-purpose treatment to tighten loose skin on the décolleté, pump up collagen production, lighten stretch marks and reduce cellulite. Perk up saggy busts with the 20-minute Scarless Non-surgical Breast Augmentation — a procedure that lifts, shapes, firms or enlarges breasts through the injection of a physiological filler. Results are immediate with no scarring or downtime, and can last up to five years depending on the type of filler used.

AT HOME Nothing but a surgical bust lift can defy gravity, but applying topical bust creams religiously helps keep skin taut and youthful-looking over time. Pectoral exercises can

AT HOME Nothing but a surgical bust lift can defy gravity, but applying topical bust creams religiously helps keep skin taut and youthful-looking over time. Pectoral exercises can also help to tighten chest muscles.

DO Wear sunscreen and slather on a topical antioxidant cream on your chest every night to combat free radical damage. Also, refrain from sunbathing.

1. Biotherm Body Resculpt Bust. 2. Rodial Boob Job. 3. Babor Body Line Thermal Bust Contouring Lotion. 4. Shiseido Body Creator Aromatic Bust Firming Complex.

Bulging tummy and cellulite

#8 BEAUTY EMERGENCY

Bulging tummy and cellulite

Cellulite and tummy flab are often caused by a metabolic slowdown. This leads to an accumulation of fat cells, which is more obvious on women because of our thinner skin and higher body fat percentage. "Despite claims, mesotherapy and other non-surgical therapies have not rendered reliable results," says Dr Dass. Diuretics are a big no-no as they can cause blood abnormalities.

AT THE CLINIC The FDA-approved VelaShape Body Contouring claims to shave off 1cm to 7cm from problem areas after just one session.

AT HOME Apply an anti-cellulite cream containing ingredients (such as caffeine) that encourage the breakdown of fat cells in the skin twice daily. This could improve the appearance of orange-peel skin and tighten skin around the belly.

DO Detox. You'll be amazed at how water retention can add inches to your waistline. If you're desperate to squeeze into a skin-tight Hervé Léger bandage dress in time for a party, then get yourself on an anti-cellulite diet. Get rid of toxins and reduce your fat count with a detox diet high in fruits, vegetables, lean protein and lots of water, and avoid high-fat food like fatty meat and fried stuff. Alcohol, caffeine, salted food and soda can also cause major bloating. ❖



1. Elancyl Cellu/Reverse. 2. Shiseido Body Creator Aromatic Sculpting Concentrate. 3. Biotherm Celluli Laser Biofibrine. 4. Celebrity's Choice InchLoss Body Cream. 5. Clarins Total Body Lift. 6. Nivea My Silhouette.

