



Dr Georgia Lee, late 30s, is an aesthetic physician and runs TLC Medical Centre.

"I developed a little paunch after my two kids and it looked strange on my skinny frame. To get rid of the extra fat, I had four sessions each of Mesotherapy (injected into the middle layer of the skin) and

Carboxytherapy (using carbon dioxide). Coupled with my weekly trips to the gym, which I started only this year, I can already see my six-pack forming after only six workout sessions – the fat has remarkably reduced.

I also do Mesobotox on myself as well as on a lot of my patients. It's basically smaller Botox doses injected like Mesotherapy into multiple points. Because I've been practising for a while and I'm familiar with the various muscles, I've developed my own points to inject. Most of my patients leave my clinic with a few wrinkles still but I think it's more natural this way.

They look fresher and no one can tell they've had something done.

As for products, I use Avene facial cleanser, La Roche-Posay Hydraphase XL moisturiser/sunblock and I apply a Botox gel imported from Italy around my eyes. I also swear by Theraderm Fruit Acid Exfoliator – it leaves my skin glowing!"



All very important: cleanser, sunblock, eye gel.



Dr Patrina Wong, late 30s, is an aesthetic physician and CEO of Aesthetic Medical Pte Ltd. She's also president of the Society of Aesthetic Medicine.

"My first treatment was 12 years ago when I first started practising aesthetic medicine. It was a rejuvenating peel. Like everyone, I focus on rejuvenation and

prevention of premature ageing. My favourites are Q-Switched Nd Yag laser that helps prevent premature skin sag and ageing, as well as Amphoterapy to improve skin tone, texture and reduce wrinkles and hyperpigmentation. It's also used in body contouring, slimming, and chin and eye bag reduction. I adore these two treatments because they leave no marks.

I still have regular peels to exfoliate the superficial dead skin because it helps to smoothe my skin and antioxidantise my tired skin. And who can live without Botox? Once you've eradicated crows' feet and frown lines, you'll never want to see them again! I'm addicted to Botox and use it once a year!

For my daily skincare routine, I use our in-house range called Skin Formula. I don't go for facials but I go for the occasional massage to pamper myself.

Besides treatments, there are basic things to follow: Avoid direct sunlight, alcohol, smoking and late nights. Eat healthily and exercise regularly. Lastly, remember to reduce stress and be happy."

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Dr Patricia Yuen, 37, is a Consultant Dermatologist at Pacific Specialist Practice and Visiting Specialist at National University Hospital.

"I've tried almost all the treatments my clinic offers. I've had Botox to give my brow a mild lift, smoothe my frown lines and improve my jaw line. To help stimulate my collagen production, I do photofacial rejuvenation using radio frequency and Intense Pulsed Light (IPL) and to exfoliate my dead skin and remove blackheads, I do microdermabrasion.

I like Vitamin C Iontopheresis (the use of electric current to infuse concentrated vitamin C into the middle layer of the skin) because it improves skin texture and lightens pigmentation. When I feel fat, I do Mesotherapy on my abdomen and upper arms. I have a busy work schedule so I don't do these treatments as often as I'd like. Right now, it's once every three to four months. With these treatments, I don't need facials.

For my daily beauty regime, I use Skinsense, a medical

grade skincare range I've developed. It's tailored to treat specific problems like acne-prone skin, eczema and pigmentation. I personally use the Vitamin C based facial cleanser, pigment lightener, hydrating C serum and moisturising sunblock SPF30.

I tell my patients that no one treatment is better than the other as different problems require different treatments. Many of our treatments work synergistically. For instance, Polaris, a photofacial radio frequency treatment to help treat wrinkles among other things, works best in conjunction with Botox.

To find out who the specialist doctors are, my advice is that you check the Singapore Medical Council's website at www.smc.gov.sg." **SH**



A few of Dr Patricia Yuen's favourite products from Skinsense, a skincare range she developed.