

SINGAPORE  
TATLER

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*Weddings*

\$10.00 (incl GST)

ISBN 978-962-7093-05-3



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**THE QUINTESSENTIAL GUIDE TO WEDDINGS**

Exclusive insights to Singapore's most prestigious weddings; Interviews with the nation's top industry professionals; Frank discussion with experts in body-tailoring; and more than 30 pages dedicated to the latest in bridal fashion.



to pay attention to your face. Trying to change your skin in one month is simply impossible.

The main concerns for many brides-to-be, says Yuen, is skin texture, acne, pigmentation, fine lines and enlarged pores. And most of these issues take time to reverse and treat. "Everyone wants their make-up to have that flawless look especially on their wedding day, so it's good to have good skin to begin with.

"Six months is a reasonable amount of time for us to work on problems, like black heads and white heads, we can use microdermabrasion, or acne booster peels to help clear the complexion, combine it with radio frequency treatments to improve the texture and lighten pigmentation. We have vitamin C treatments for pigmentation for wrinkles, Botox, fillers, all in all treatments for every problem.

"I think skin care comes down to common sense, if people want to improve their skin, they should also look at improving their diet, taking in a lot of vitamins, anti-oxidants, fruits, vegetables, exercise, getting their blood circulation moving, getting enough sleep, drinking enough water and cutting down on the cigarettes and sunbathing."

Yuen has been practicing dermatology since 1997 and notes her clinical interest is in cosmetic dermatology, especially in non-invasive facial rejuvenation using techniques such as radiofrequency, lasers, intense pulsed light, Botox, fillers, MicroLaserPeels, as well as mesotherapy for body contouring. She has developed a medical grade skincare line, *Skinsense* for the treatment of pigmentation and acne, as well as for rejuvenation of all skin types.

Yuen is a fully accredited specialist with the Ministry of Health Singapore, and a fellow of the Academy of Medicine (Dermatology) Singapore, Dermatological Society Singapore, American Society for Laser Medicine and Surgery, diplomat of the National Board of National Examiners (USA), and the Medical Board of California (USA). In addition to her own aesthetic skin practice, Yuen was recently a visiting specialist at Singapore's National University Hospital, experienced in dermatosurgery for moles and skin cancers and one of the pioneers in using radiofrequency technology to remove scars permanently.

Yuen says initial consultations involve going through different treatments and devising the best possible regime. Some brides are more concerned about their photos and want to focus on their faces, some are concerned about weight, and want to focus on making sure their dress fits perfectly. Some want everything.

While the treatments women want seem to be quite consistent, Yuen says there has been a growing trend in the number of males who want help with scars, acne and general facial complaints.

So how does the industry keep up with the demand? Yuen says the equipment available today is cutting edge and reversing many problems historically thought of as untreatable.

For instance, in the past acne scars were either lived with or treated with invasive laser resurfacing equipment, which essentially burns off top layers of skin. The result is red and raw skin, bed-rest for two weeks, an intensive dose of antibiotics, a

She does admit every once a while a little outside help never goes astray.



Dr. Patricia Yuen

lot of pain, danger and down time. Today treatments are non-ablative, non-invasive and safe, so similar results are achieved without the down time or risks.

"I try to provide the best service I can to patients, I spend a lot of time talking to them, explaining the different procedures so they are comfortable. You need to explain what everything does, it's just good bedside manners.

"After their treatments they are more confident, they get compliments from friends and family which helps boost self esteem, that is why people come back because they know what they are capable of achieving and they want to maintain it.

"Maintenance is the key, even if you finish the six month treatment you still need to maintain every two months to keep up the good work."