

MONICA: Let your passion shine through.



DON WONG

LAUGHTER, THE BEST STYLE GUIDE
AS THE managing director of Bang Public Relations, Monica Alsagoff has prestigious fashion and beauty clients in her company's portfolio. Think FJ Benjamin retail group, Lancôme and True Yoga. It comes as no surprise, then, that the 41-year-old is always stylishly dressed.

"I feel that regardless of your occupation, you should always be well-groomed as it is a reflection of your confidence and self-respect." But don't expect to see her in stuffy suits.

"I prefer a lackadaisical route to fashion and wearing what I 'feel'. I dress to please no one but myself, hence my style is very carefree.

"I believe in being comfortable in my own skin and never taking myself too seriously. Your confidence and passion for life should always shine through, regardless of what you wear."

Her favourite designers include Issey Miyake, Commes des Garçons and Akira Isogawa. A fan of The Gap, she is delighted that the clothing chain will be coming to town.

This year, Monica's focus is on skin health, which includes cleansing, hydrating and protecting her skin with sunblock.

So, what does she do to keep fit? "Oh, you've got me there! I must confess that the only exercise I do now is — like all other mothers — running after my two children." But she hopes to sign up for yoga classes at True Yoga this year.

Whether it is fashion, skincare or fitness, Monica's motto is to have fun — something she says should be an essential and not a luxury in life.

Hair by May Ng and make-up by Cecilia Chng from Vive Salon (#05-35 Paragon, 6734 1311)

WONDER Women

CONTINUED FROM PAGE 48

FIT AND FABULOUS

THIRTY-EIGHT-YEAR-OLD Patricia Yuen's physique would put younger women to shame. And she has her fitness regimen to thank.

The consultant dermatologist at Pacific Specialist Practice works out at least thrice a week, training with an "awesome" personal trainer before work and going on leisurely runs during the weekend.

"The cross-training workouts give me an endorphin high for the whole day! Exercise keeps the body and mind alive and makes a person feel good about herself," she said. "I'm also fortunate to have good genes. I think my mum is pretty hot!"

What would make other women envious, too, is that Dr Yuen gets to try out new lasers and radio frequency machines "to improve skin laxity and reduce pigmentation, pores and wrinkles".

"I have to practise what I preach! Of course, being a dermatologist, the first thing people look at is my skin so I keep it healthy, radiant and blemish-free," she said. To achieve this, she uses SkincareSense, a medical grade skincare line that she developed.

As for her fashion sense, she dresses "smart and sharp" for work.

"I like things that are simple and elegant. But when there is a party, I make an ef-



OOI BOON KEONG

PATRICIA: A walking ad for her profession.

fort to wear something fun!"

Her mantra to looking wow is to balance work, exercise and play. What also helps is "eating and drinking in moderation". Now, this is one doctor's advice we could surely heed.

I prefer a lackadaisical route to fashion. I dress to please myself.