

LOOK GREAT • LIVE HEALTHY • GET FIT • EAT RIGHT

SHAPE

JUNE 2005 | \$5.00



**BIKINI
READY
IN SIX
WEEKS!**

**Ult ADHD-
DO YOU
HAVE IT?**

**FORBIDDEN
FOODS YOU
SHOULD EAT**

**BEST VITAMINS
for workaholics
and couch potatoes**

Improve your
**sexual
health**

Lifesaving gynae
facts, down-there
wellness and more!

FAT-MELTING JABS
WHAT YOU DON'T KNOW
CAN HARM YOU (p.38)

**Calorie burning
tricks for the gym**



JUST WHAT THE DOCTOR ORDERED

More dermatologists and skincare specialists are coming up with their own skincare lines. Here's what's available.



SKINCARE GURU

Dr Low Chai Ling

The Sloane Clinic, 43 Jalan Merah Saga, #01-66 Chip Bee Gardens, tel: 6471-1108

LABEL Skin Inc.

WHAT'S SPECIAL ABOUT IT

Dr Low works with cosmetic

chemists in the US to formulate and test this 20-product line which includes a micro-dermabrasion scrub, skin rejuvenating concentrate and body hydrating milk. Key ingredients of this non-comedogenic line include vitamin C (a water-soluble antioxidant that reduces photoageing of the skin), alpha lipoic acid (a potent antioxidant), niacinamide (which promotes cell renewal) and Dimethylaminoethanol (DMAE), a compound found in anchovies and sardines, which lifts sagging skin.

PRICE RANGE \$40 for a toner to \$150 for Face Line-Lift.

WHY DO IT She developed the line three years ago to complement The Sloane Clinic's aesthetic treatments. Many of Dr Low's patients also complained that their existing skincare lines were ineffective and irritating to their skin. She says that being female also gives her the added advantage of instinctively knowing what works in terms of smell and texture of products.

#1 BEAUTY TIP "Protect your skin from pigmentation by applying a tablespoon of sunscreen with at least SPF 30 to your face every morning."



SKINCARE GURU

Dr Peter Lim

Parkway Shenton, Shenton Lifestyle Clinic, #07-07/08 Paragon, tel: 6238-3145

LABEL: Classe Skincare

WHAT'S SPECIAL ABOUT IT Manufactured in the US, the 12-product line is made up of cleansers, moisturising creams, sunblock, wrinkle-erasing creams and slimming gels. Unscented and hypo-allergenic, their key ingredients include clinically effective lightening agents like ascorbyl tetraisopalmitate, AHA, BHA and L-Arbutin.

PRICE RANGE \$45 for a vitamin C whitening cleanser to \$100 for an eye brightening gel.

WHY DO IT Dr Lim wanted a skin and body line that would suit all skin types in tropical weather. The line was launched in October 2004. Expect cellulite and stretch mark creams later this year.

#1 BEAUTY TIP "Be happy. You can use the most expensive creams in the world but if you're not happy on the inside, your skin will look stressed."



SKINCARE GURU

Dr Patricia Yuen

MD Specialist Healthcare, #12-01 Paragon, tel: 6238-2970

LABEL Skinsense

WHAT'S SPECIAL ABOUT IT Dr Yuen works with a medical grade

pharmaceutical manufacturer with formulations based on published dermatological research. Vitamin C is the key ingredient in her range as it helps to stimulate collagen growth, lighten pigmentation, improve pore size and even out skin tone.

PRICE RANGE \$38 for a vitamin C wash to \$130 for a pigment lightener.

WHY DO IT A visit to multi-label cosmetics emporium Sephora in the US inspired Dr Yuen to develop a skincare label that would address all her patient's needs. Her 11-product line is formulated for treatment rather than for cosmetic use. Some of the products (like a pigment lightener) are "prescription only" as they contain a higher concentration of ingredients and require doctor's supervision. A line was also created for post-laser and radiofrequency treatments to prolong the results of such procedures. Dr Yuen is also working with a local and Australian spa and wellness provider to develop a line of skincare.

#1 BEAUTY TIP "Use the right type of skincare that suits your skin type. Those with dry skin should go for hydrating products while those with oily skin should use an oil-control wash and a non-comedogenic lightweight moisturiser."