

expat

LIVING

A person is sitting on a tall, dark rock peak, looking out over a vast, hazy valley. The scene is captured in a cool, blue-toned light, suggesting a high-altitude or early morning setting. The person is wearing a purple shirt and red shorts.

GETTING HIGH
in Tasmania

RISING COST
of Living

SCANDINAVIAN
Style & Evolution

COCKTAIL COUTURE

Smart Storage Ideas

BEDSIDE MANNER

Who You Gonna Call?

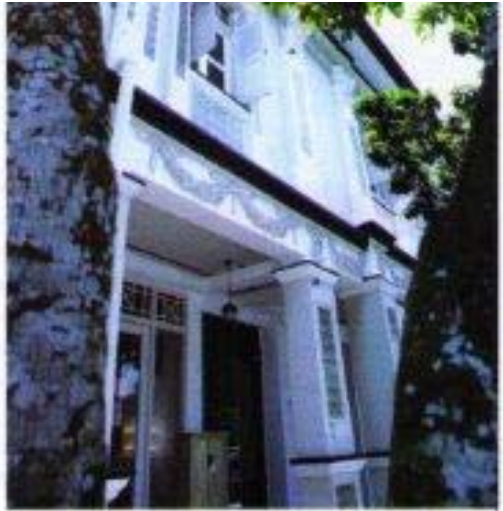
SHORT STORY

Competition Winner!

S\$5.80

AUSTRALIA • BEIJING • SHORT BREAKS





The Wrinkle Doctor

The thought of a trip to the doctor is so much more appealing if you're popping along to see an aesthetic doctor – with a smorgasbord of beauty treatments to choose from – rather than taking a boring cough or snuffle to the GP. Skin rejuvenation, tightening, peels, eyelid and dark circle reduction, and more are all available.

Dr Yvonne Goh of Medical Aesthetics @ Cluny has a personal and approachable demeanour that immediately sets one at ease. She recommends integrated care where she customises a combination of aesthetic treatments according to individual needs, each taking care of different aspects of problem areas. She says that results can be optimised by, for example, combining injectables such as Botox and fillers with laser and radiofrequency treatments, together with an effective clinical skincare regime. Have you heard of the Botox filler lift? She explains that we can achieve a good degree of skin lifting just by administering Botox and fillers in the right areas.

ReFirme, a treatment that tightens the skin with no downtime, is hot in Hollywood right now and has even been featured on Oprah. Why is it so popular? According to Dr Goh, the procedure uses a device that employs combined energies (radiofrequency, laser, infrared, and intense pulsed light) in different combinations to rejuvenate and tighten skin, treat acne, remove hair, and reduce wrinkles and scars. This means it requires lower levels of energy than

other systems do, and the treatments are much gentler and less painful on the skin. It is also encouraging to know that this non-invasive, medical-grade system has FDA approval.

How does it work? For wrinkle reduction, a fractional laser combined with radiofrequency is used to penetrate the deep dermis. The heat directed to the collagen fibres in the skin stimulates the collagen to contract, tightening the skin's appearance in the short term, and resulting in long-lasting collagen remodelling.

The result is a less wrinkly face for two to three years. Older women wanting "enhancement" usually need six sessions, and younger women opting for "prevention" usually require only three sessions.

Dr Goh often recommends that this treatment be combined with the skin rejuvenation procedure to refine pores, lighten pigmentation and smooth skin tone. She includes a non-surgical treatment for eye-bags and dark circles so that your eyes will sparkle as much as your skin will glow.

If you do a search on YouTube.com under ReFirme you can see Hollywood celebrities undergoing these treatments.

Medical Aesthetics @ Cluny is located at Cluny Court #02-12, 501 Bukit Timah Road. Call 6462 2559 / 4559.