

The Referral Guide for SINGAPORE

June 2014

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FACE: THE FACTS

It's a fairly normal desire to look fresher and better, no matter what age we are. The good thing about developments in modern aesthetics is that it's now easier to create a more natural look. I spoke with DR YVONNE GOH and discovered that it's not about how much we do, but rather how effective the treatment is. Now, just a subtle tweak can improve proportions and help battle "the three Ds" – Deflation, Deterioration and Descent – right around the face.

By Rebecca Bisset

FOREHEAD

The latest research shows that a full forehead reflects youth. Using soft fillers to smooth and curve the forehead is a subtle way of freshening you up while still allowing for natural expression. Botox and fillers soften frown lines that can make you look negative and unapproachable.

SAGGY EYELIDS

Ultherapy (with ultrasound) applied above the brow gives the brow a lift – which in turn lifts the eyelids. The ultrasound diagnosis makes sure the right level of the dermis is targeted to make the area tighten. Doing this once a year will help you look brighter.

CROW'S FEET

Botox will do the trick on not letting the lines around the eyes get too deep. Once or twice a year is enough to help prevent it.

UNDER EYES

Dr Goh uses revolutionary fillers by the same company that produces Botox to address dark areas under the eyes. These super light and smooth fillers can also plump up any areas that might be sagging.

LIPS

Soft lips are an important hallmark of youth but overfilled pouts on adults can look unattractive. With these new fillers, Dr Goh can deliver a very naturally plumped look.

NECK

Ultherapy is FDA approved for neck lifts, or if you have that banding effect on your neck then it can be another job for fillers. Dr Goh's fillers all have anaesthetising properties which help numb the area.

COMPLEXION

Methods for keeping your skin as clear of broken veins, pigmentation and dull areas as possible include laser toning, pigmentation creams and chemical peels. All of these have no downtime, though they generally require a couple of sessions to do the job properly and gently.

NOSE

Fillers and Botox can now be used to mould, shape and narrow the nose, so no more nose-jobs! You can even ask for a little lift at the end of it – amazing.

NASOLABIAL FOLDS

Lines around the mouth can make some people look mean-spirited or uptight. Fillers are perfect for these areas.

JAWLINE

If you're sagging here, then Ultherapy and fillers can be used to sculpt the jawline for a more "chiselled" look and to give definition to a weak chin.

Dr Yvonne Goh Aesthetics has moved from Cluny Court to a lovely new clinic with private treatment and waiting rooms in the Camden Medical Centre (1 Orchard Boulevard #09-05).

For more information about the services and products offered at the clinic, visit the website.

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