

singapore's leading fashion & beauty magazine

female

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SPEED DIAL TO YOUR PARTY BEST

Most-wanted beauty
and style experts to call

Wardrobe Redux

Dig up your never-
worn clothes and
wear them now

THE NEW PLASTIC SURGERY:

THE FULLER CHEEKS
EVERY CELEBRITY
WANTS

X'MAS CHEAT SHEET

- WHERE TO PARTY,
EAT & DRINK
- HOW TO
DECORATE
- COOL GIFT LISTS
- LAST-MINUTE
GETAWAYS

DRESS UP!

87 NEW WAYS - 10 BEST EVENING PANTS, 10 BEST PARTYWEAR COVER-UPS,
LUXE BOX CLUTCHES FOR LESS, HEADGEAR AS STATEMENT ACCESSORIES!

Convince
Your Man To
Wear Colours

THE EAT-WHAT-
YOU-LOVE DIET
FOIE GRAS AND
CHAMPAGNE INCLUDED!

4. C-intense Serum from her clinic, \$75, a vitamin C recovery product once a week.

Pack an anti-blemish cream

Having to don a balaclava or heavy ski mask also causes increased sebum production and perspiration, and is a common cause of blackheads and acne. Goh recommends keeping a fast-working acne cream like

Differin, \$26, handy for beauty emergencies.

Do away with frills When it comes to really dry weather, Goh believes in homing in on fuss-free essentials such as Cetaphil moisturiser, \$15, which she slaps on every five hours. This moisturiser has a rich base, but is easily absorbed and doesn't leave a greasy residue. To keep her lips hydrated, she protects them with **5.** Kiehl's Lip Balm #1, \$16, the New York apothecary's best-selling lip balm.

No scrubs Skip the soap, which tends to further strip the skin of moisture, and use shower gels. Avoid scrubs or exfoliating products with glycolic acid or salicylic acid as primary ingredients as these may tear dry skin. Goh recommends **6.** Cetaphil Gentle Skin Cleanser, \$18, for cold weather.

Go for intensive post-vacation repair The right time to buff is after you return from your ski vacation. Goh goes for a microdermabrasion procedure to slough off dead skin cells and reduce skin barrier function to allow better penetration of skincare ingredients. Then, she slaps on a vitamin mask to repair and revitalise tired skin. Another procedure Goh endorses is a 15-minute IPL procedure to speed up the recovery process.

Medical Aesthetics products are available at Medical Aesthetics, #02-12 Cluny Court, 501 Bukit Timah Road. All other products are available at pharmacies and clinics.

GOH'S WINTER KIT

Overdo the sunscreen UV radiation increases with an increase in altitude and the intensity of the reflection off the snow intensifies UV radiation. Goh packs two sunscreens in her ski pouch – **1.** La Roche Posay Anthelios SPF 40 Gel, \$36.90, for intense sun protection, **2.** Medical Aesthetics Clinical Skincare Tinted Sunblock SPF30, \$42, for lightweight coverage, as well as complexion enhancing brighteners. To ensure she gets additional protection, she also takes **3.** Heliocare oral sunblock, \$75, which filters through the bloodstream to further shield the skin from UV rays.

Moisturise pre-emptively Subzero temperatures parch the skin, so if serums and hydrating masks are not already on your beauty list, make a note to add them. Goh applies a hydrating mask she personally formulated for use in her own clinic (currently not for sale) and

