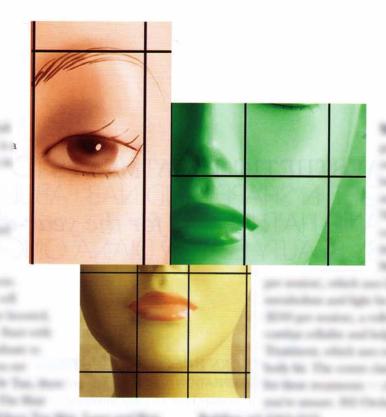
singapore's leading fashion & beauty magazine www.femalemag.com.sg Nov 2008 **SHOP AT** PRE-CHRISTMAS LONDON'S DOVER COUNTDOWN: STREET MARKET Top-to-toe LEARNING HOLIDAYS: TRAVEL Aesthetic Tricks AND MASTER If You Have SHOE-MAKING FIND OUT WHAT 6 Weeks MICHELIN REALLY Or 1 Week MEANS SOLO LUXURY RAIL **JOURNEYS FOR** WOMEN The New Home Shopping Network RECESSIONISTA'S You Could Be TEX SFIIOI **Buying Your Next** INVESTMENTS
Pick One Great Piece Outfit In Someone's Living Room To Wear All Season WHY MILLA'S RGEOU REGION OOD KISSER OF PLOES OF BIE CAMPA CAST YOUR YOUES AMD SEA MINIMERS MAN-LY-CURES, BOYZILIANS AND SPA-TIES FOR GUYS: Have metrosexuals gone too far?



aesthetics



VANISH EYE BAGS Show panda eyes and eye bags the door with the non-surgical, no-downtime 3-in-1 Eye Rejuvenation Treatment at Medical Aesthetics @ Cluny. Dr Yvonne Goh uses fractional laser, radiofrequency and infrared energies to enable better collagen production in skin. IPL and radiofrequency energies also diminish prominent blood vessels to lighten dark circles. Best of all, there are unlikely to be side effects as "this is a gentle treatment which achieves results because of the combined energies used," says Dr Goh. A course of three to six treatments will deliver best results. \$133 to \$395 per session.

WEEKS BEFORE CHRISTMAS

GET SMOOTH LIMBS You can wear one of Alber Elbaz's fabulous Lanvin confections, and still look terrible with fuzzy arms and legs. Remove hair with the Elos Hair Removal Program (\$110 – 250) at Medical Aesthetics @ Cluny. Radiofrequency energy targets and denatures hair follicles for silky-smooth, hairless limbs. There is no downtime, although you may experience some temporary redness in the treatment areas. Effects can be seen in two sessions, spaced at least three weeks apart, although ideal results are achieved in three to six treatments. 501 Bukit Timah Road, #02-12 Cluny Court, tel: 6462-2559.

REDUCE JOWLINESS Slim your face with Botox injections on your jawline. Botox freezes jaw muscles to relieve jaw tension and cause eventual atrophy (loss of muscle size) for a more attractive silhouette. It takes one to two weeks to see results. You can also use it to reduce wrinkles, laugh lines and frown lines. Be sure to consult your doctor before Botox injections, as those allergic to it

may have difficulty breathing, talking, or swallowing, among other side effects including soreness at the injection sites, headaches or dizziness.

DON'T SWEAT IT If you are prone to excessive perspiration and baulk at staining your bank-breaking red-carpet gowns, Botox jabs on your armpits will block sweat glands from producing excessive sweat. Results take two to three days to appear, and can last about four to six months. Prices generally start at \$500 per treatment area, but may differ from clinic to clinic.

FILL IN LINES Facial fillers such as collagen-based ones (Cosmoderm and Zyderm) and hyaluronic acid ones (Juvederm and Restylane) replace

volume loss. Collagen fillers target superficial lines around the mouth, creases on the forehead and furrows between brows; hyaluronic acid fillers work on both fine and deep lines such as nasolabial folds (skin folds that run from each end of the nose to the corners of the mouth), and wrinkles on the forehead. Typically, hyaluronic acid fillers last longer (up to a year) than collagen fillers (six to nine months). There is minimal downtime for both injectibles. Side effects include temporary bruising, puffiness and tenderness around the injection sites. Costs generally start from \$800.

