

MEN'S

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NOV
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2009
\$6.80
Incl. GST

WHEN
LIGHTS
GO
DOWN

KNITS, CHECKS &
MILITARY-STYLE LOVE-INS
FESTIVE OPULENCE VS
CELEBRATORY SIMPLICITY
HOMESPUN RETAIL LORDS



SPEED PREENS

Whether you're the life of the party or the consummate charmer, look your best with these grooming quick fixes before you hit the year-end blowout circuit

THE PARTY ANIMAL

You're hitting every party in town, but all that craziness has taken its toll on your looks. These life-saving treats will get you back on track

1. Party Prep

When you're out partying, your skin is exposed to a lot of environmental stressors like UV rays, pollution, and alcohol. This can lead to dehydration, dryness, and irritation. To keep your skin looking its best, it's important to prep your skin before you head out. Start with a gentle cleanser to remove any makeup or dirt. Then, use a hydrating toner to balance your skin's pH and prep it for your moisturizer. Finally, apply a lightweight, non-comedogenic moisturizer to keep your skin hydrated and glowing.

2. Glowing Guise

Brighten your look with a customised clinical facial at Medical Aesthetics @ Cluny. Engineered to suit individual skin requirements, it utilises a combination of deep ultrasonic cleansing, toning and lifting. Fused with sonophoresis (a process that involves micro-currents and ultrasound), a calming massage to encourage the absorption of nutrients and a rejuvenating facial mask, the treatment will give you the winning glow in no time.

Available at Medical Aesthetics @ Cluny
Clinical Facials: \$280 per 1.5 hr session
501 Bukit Timah Road #02-12 Cluny Court Tel: 6462 2559

3. Post-Party

After a night of partying, your skin may feel tired and dehydrated. To help it recover, use a soothing and hydrating post-party treatment. Look for ingredients like hyaluronic acid, aloe vera, and chamomile. These ingredients help to calm the skin, reduce redness, and provide deep hydration. You can also use a facial mask to provide extra moisture and nourishment. Finally, don't forget to use a gentle cleanser to remove any makeup or sunscreen before bed.

4. Skincare Massage

A facial massage is a great way to relax your muscles and improve your skin's circulation. It can also help to reduce puffiness and dark circles under the eyes. Look for a facial massage treatment that includes a variety of techniques, such as deep tissue massage, lymphatic drainage, and reflexology. These techniques help to release tension, improve blood flow, and promote overall skin health.

5. Weekly Luxury

Give your skin the ultimate luxury with a weekly facial treatment. These treatments are designed to provide deep hydration, nourishment, and relaxation. Look for a facial treatment that includes a variety of techniques, such as ultrasonic cleansing, toning, and lifting. These techniques help to remove dead skin cells, improve skin texture, and promote overall skin health. You can also use a facial mask to provide extra moisture and nourishment. Finally, don't forget to use a gentle cleanser to remove any makeup or sunscreen before bed.

