

Harper's BAZAAR

SINGAPORE
MARCH 2009
\$5.00 (incl GST)

Walk on the Wild Side

PORCELAIN PERFECT

The ultimate guide
to skin whitening

THE GUILTY PLEASURE OF SECRET PURCHASES

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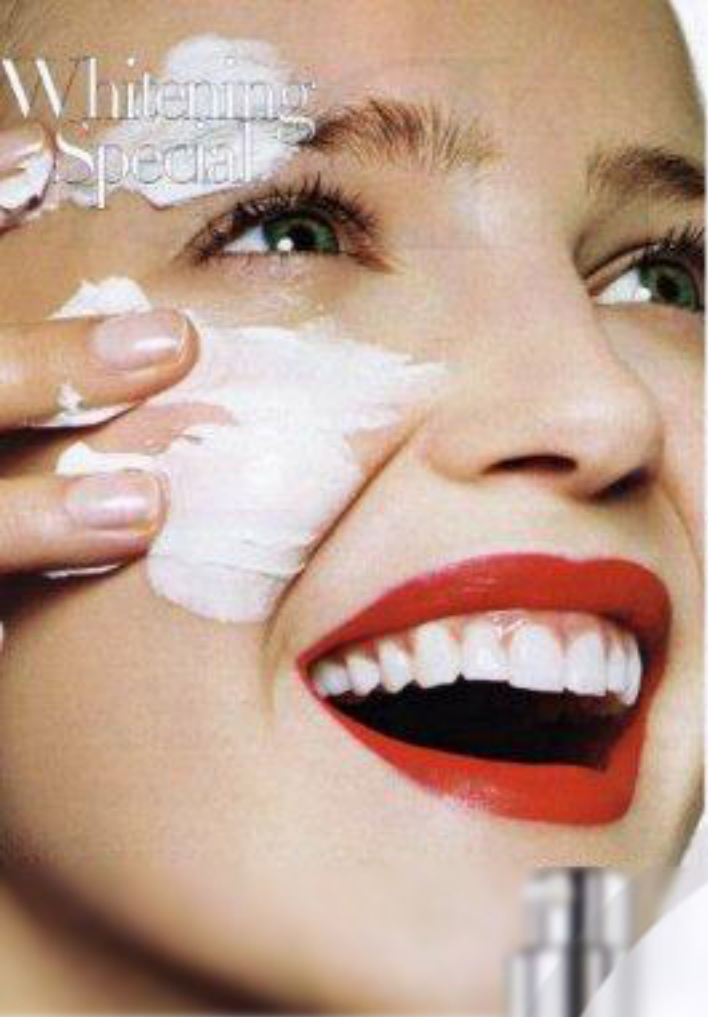
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10-SECO SOLUTIONS TO FLAWLESS FA

Whitening
Special



A-Z

Of Whitening

BAZAAR's guide to reawakening
radiant and fairer skin. By Alli Sim

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COSMELAN

Hollywood's favourite "brown gold" mask treats enlarged pores, hyperpigmentation and blemished skin by up to 40 to 90 per cent according to doctors. Contact Dr Yvonne Goh at Medical Aesthetics @ Cluny (Tel: 6462 2559)

A ADAMANT

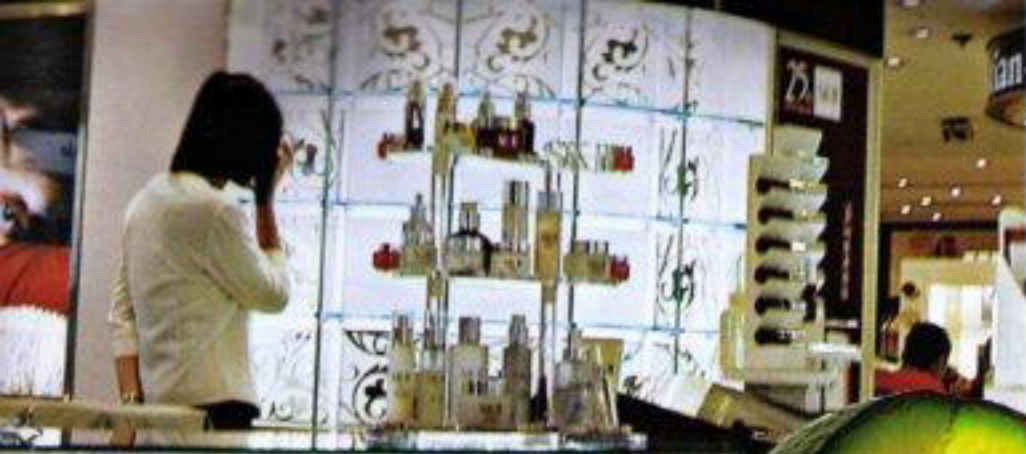
Anti-aging ingredients provide extra hydration and firmness. Contains: Vitamin C, Hyaluronic Acid, and more. Price: \$25.00. Available at: www.adamant.com

B BIORENE

E EXFOLIATION

Exfoliate your skin with a gentle scrub to remove dead skin cells and reveal brighter, smoother skin. Contains: Microbeads, Vitamin E, and more. Price: \$15.00. Available at: www.biorene.com





FIFTY BELLY

The number one concern of women aged 40 and over is losing weight, according to a new survey. Here are some tips to help you stay on track.



GENETICS play a role in how you look, but you can take control of your skin. Here's how to get the most out of your skin care routine.

HOW DARK SPOTS OCCUR...
 Preventing dark spots from forming...
 Dark spots are caused by an overproduction of melanin...
 Ask your dermatologist for more information.



THE CANNELLO SOLUTION

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 ...
 ...

INVESTIBLES

Investments in your skin that will pay off in the long run...
 ...
 ...



Anthelios XL Sunscreen, La Roche-Posay



KNOWLEDGE

"Look out for UV protection sunblock (in face powders, foundation primers, blushers and lipsticks/balms), vitamins C & E and minerals in some foundation powders, and blushers that provide extra skin protection against harmful environmental effects," says Dr. Yvonne Goh from Medical Aesthetics @ Cluny.



LA ROCHE-POSAY
 LABORATOIRE PHARMACEUTIQUE
50+
 FRESH-HALT PROTECTION
 VERY HIGH PROTECTION
 FLUOROCHEMISTRIELLES
ANTHELIOS XL
 Crème Solaire de La Roche-Posay
 ERGAULTRA
 INTOLERANCIAS SOLARES
 PEAU MÛRE & GRASSE
 SUN INTOLERANT SKIN
 COMBINATION TO OILY SKIN
 WATER RESISTANT

Whitening Special

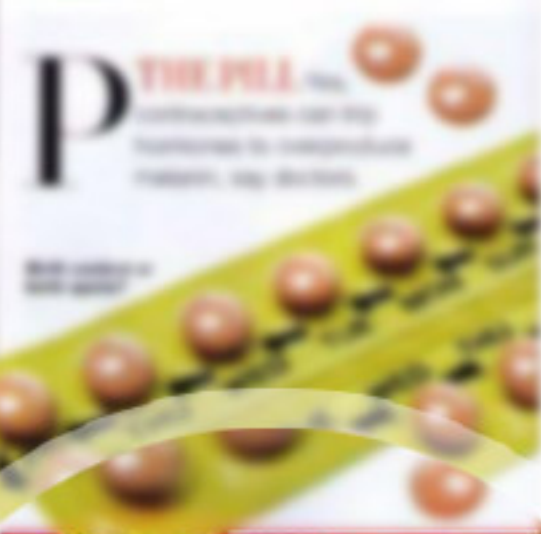


LIGHT-REFLECTING MAKEUP Light-reflecting pigments give a subtle, yet noticeable, glow. "Light-reflecting makeup is like a mirror," says Dr. Yvonne Goh, a board-certified dermatologist. "It catches and reflects light to create a bright, glowing effect." Light-reflecting makeup is available in many forms, including foundation, concealer, and powder. "I recommend using a light-reflecting foundation or concealer to brighten the skin," says Dr. Goh. "Powder is also a good option for those who prefer a more matte finish." Light-reflecting makeup is a great way to brighten the skin and create a natural-looking glow.



OMIT Dark spots, including freckles, are caused by an overproduction of melanin. "Melanin is the pigment that gives our skin its color," says Dr. Goh. "When the skin produces too much melanin, it can lead to the formation of dark spots." There are many ways to prevent and treat dark spots, including using sunscreen, avoiding tanning beds, and using skin whitening products. "I recommend using a skin whitening product that contains ingredients like hydroquinone and retinoids," says Dr. Goh. "These ingredients can help to reduce the production of melanin and brighten the skin." Consistent use of a skin whitening product can help to prevent and treat dark spots and create a more even skin tone.

MASKS For those who prefer a more natural-looking glow, a skin whitening mask is a great option. "A skin whitening mask can help to brighten the skin and create a natural-looking glow," says Dr. Goh. "There are many different types of skin whitening masks, including sheet masks, cream masks, and gel masks. I recommend using a skin whitening mask that contains ingredients like vitamin C and niacinamide. These ingredients can help to brighten the skin and create a natural-looking glow." Consistent use of a skin whitening mask can help to prevent and treat dark spots and create a more even skin tone.



PILLS For those who prefer a more natural-looking glow, a skin whitening pill is a great option. "A skin whitening pill can help to brighten the skin and create a natural-looking glow," says Dr. Goh. "There are many different types of skin whitening pills, including oral supplements and topical treatments. I recommend using a skin whitening pill that contains ingredients like vitamin C and niacinamide. These ingredients can help to brighten the skin and create a natural-looking glow." Consistent use of a skin whitening pill can help to prevent and treat dark spots and create a more even skin tone.



NATURAL For those who prefer a more natural-looking glow, a natural skin whitening product is a great option. "A natural skin whitening product can help to brighten the skin and create a natural-looking glow," says Dr. Goh. "There are many different types of natural skin whitening products, including natural skin whitening cream, natural skin whitening serum, and natural skin whitening mask. I recommend using a natural skin whitening product that contains ingredients like vitamin C and niacinamide. These ingredients can help to brighten the skin and create a natural-looking glow." Consistent use of a natural skin whitening product can help to prevent and treat dark spots and create a more even skin tone.

QUICK FIXES Dr Yvonne Goh recommends a whitening chemical peel. Laser, RF or IPL skin rejuvenation "brightens skin immediately after one treatment" or "in-house microdermabrasion with an intensive whitening treatment gives skin a glow straight after."

Shoe Spectacular



Tools of the Trade

When the going gets tough, ask to feel this. Buffers and power stones to smooth things out. Scalpels to take aggressive and grinding cuts. And your best bet is using feet with the rubber and sole of your feet. The shoe has the foot and not the foot. The shoe has the foot. The shoe has the foot.

Best Foot Forward

Foot fetishists know up here's the need to know knowlance on the hottest pedicure products. By Grace Choi

Nail It

It's not just the nails that are the focus of the pedicure. It's the feet. The feet are the focus of the pedicure. It's not just the nails that are the focus of the pedicure. It's the feet. The feet are the focus of the pedicure.

Scrub and Exfoliate

Exfoliating a smooth surface creates optimum absorption of moisture and nutrients. It's like to a warm soak and create some moisture. Exfoliate with a scrub. Exfoliate with a scrub. Exfoliate with a scrub. Exfoliate with a scrub. Exfoliate with a scrub.

Moisturising and Some TLC

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TAKING IT A STEP FURTHER

"My patients have also requested for permanent hair removal to get rid of unsightly hair on their feet, and chemical peels to rejuvenate the skin and lighten sun or age spots," says Dr. Yvonne Goh of Medical Aesthetics @ Cluny (Tel: 6482 2550). Women have also employed the usage of Botox to tackle hyperhidrosis (excessive sweating of the feet) and prevent foot odour, as well as turning to whitening cosmeceutical skincare — all in the hope of preserving their killer pair of shoes.