

# Harper's BAZAAR

BAZAAR BEAUTY AWARDS

SINGAPORE  
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# 228

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**BEST OF THE BEST  
MAKE-UP WONDERS,  
SUPER SKIN SAVERS,  
AGE-DEFIERS & MORE**

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Joan Collins  
talks up big  
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How to make  
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**WOULD YOU  
BURN YOUR FACE  
FOR BEAUTY?**

# Glitz & Glamour

Sexy soirées, festive frocks and

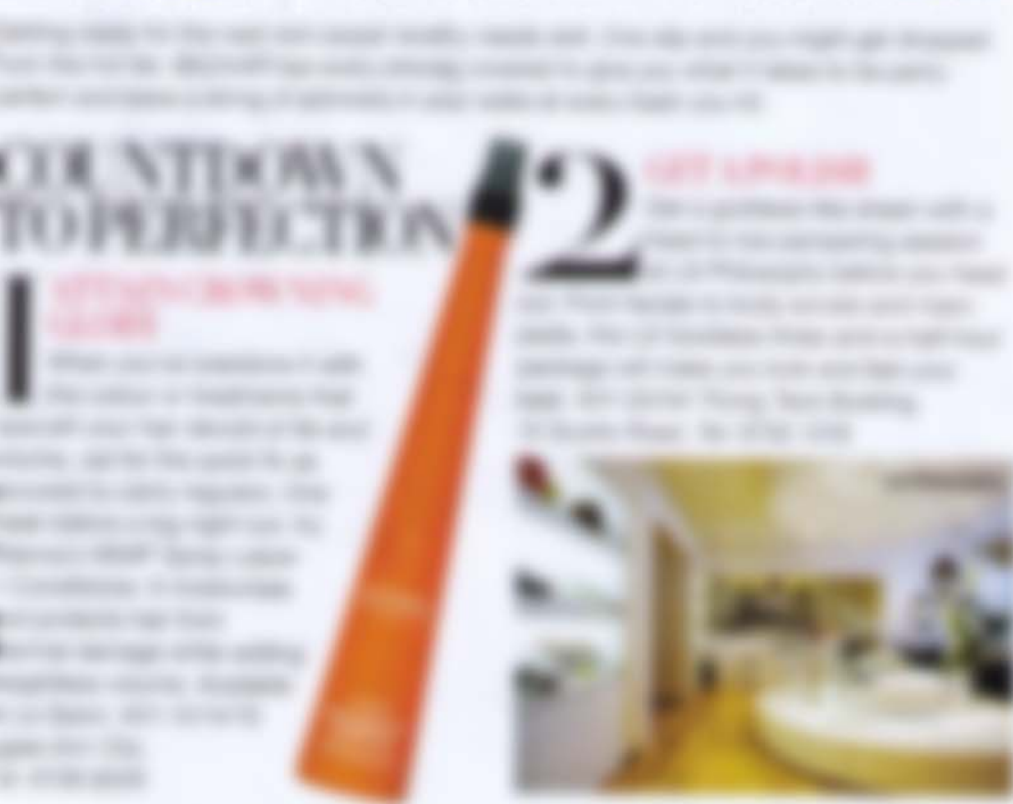






# How to be the Perfect Party Girl

Here's how to make it to the top of every party guest list — and have everyone else clamouring to make it onto yours. By Lunita S V Mendoza



### 3 KEEPING IT RIGHT

Make Dr Yvonne Goh your new BFF for a youthful look. Some schedule-shifting is in order to make sure you heal ahead of the party as downtime for procedures ranges from mere days to a few weeks. The gold thread lift, a one-time treatment, has results that can last five to eight years. Fine gold filaments are threaded under the skin using a needle for lifting the whole face or targeted areas like the abdomen, buttocks and breasts. Visit [www.dryvonnegoh.com](http://www.dryvonnegoh.com)

“Lots of **quality sleep** and an adequate dose of exercise will give you a healthy glow **when your big night arrives**. Keep skin moisturised and supple with the right cosmoceuticals.”

—Dr Yvonne Goh, Medical Aesthetics





NEED TO KNOW ...

## All About Dermal Fillers



Plump, supple skin is a new standard in beauty that's entirely attainable. We chat to aesthetic expert Dr Yvonne Goh, who dishes on how subtle changes can make all the difference in refreshing your look.

### What are the tell-tale signs of premature ageing and how can fillers diminish them?

Age, poor lifestyle choices and excessive exposure to UV rays decrease levels of collagen in our skin, causing loss of volume in the face and leading to facial folds and a sunken countenance. The tell-tale signs of premature ageing are tired-looking eyes, deep folds between the nose and mouth, the thinning of lips and sagging skin at the jawline.

Medical Aesthetics @ Cluny has developed a treatment programme using a combination of botox and fillers in the right areas called the Botox-Filler lift, aimed at softening lines and replacing volume, returning tautness and vitality to the visage. Subtle augmentations to the face created by fillers look completely natural and enhance features without the pain and risk of going under the knife.

### Besides the obvious plumping effects of fillers, are there any other benefits to these safe dermal injectables?

**FOR DARK CIRCLES** This is difficult to correct surgically. One effective technique is to use fillers to plump up the tear trough (the sunken groove under the eye caused by loss of volume and collagen) to eliminate lines and tired eyes.

**FOR THE NOSE BRIDGE** Like a non-surgical nose job, fillers correct deformities and reshape the nose. Results are immediate and last about a year.

**BREAST FILLERS** Fillers are great for enhancing breast volume and acting as a breast lift for sagging breasts. It is a safe technique and the breasts feel very natural afterward.

### What is your philosophy when it comes to beautifying your patients?

I believe in preserving and enhancing beauty by recommending a good maintenance programme and by implementing small, subtle "tweaks" over a period of time that make a big difference yet are virtually undetectable. Patients will appear fresh and well-rested, rather than look like they've had drastic work done. Avoid radical changes and remember that less is more. A great tool is subtle amounts of botox and fillers at the right areas combined with an effective skin tightening/maintenance programme.

Medical Aesthetics @ Cluny. #02-12 Cluny Court.

