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THE SLOANE CLINIC
press cutting

GET SET, GLOW



From last-minute facials to exfoliating routines, you can regain your sparkle in as quickly as one day to a month. By MOH SHUYING

IF YOU HAVE: ONE DAY
Quick fix: Facials are a shortcut to radiant skin. Choose one with no downtime. After all, you don't want to be nursing a bout of skin redness or sensitivity the next day.

TRY:

- **Slipside Qi Brightening Facial** (\$68 per session at Robinsons Raffles City) uses Asian massage techniques to stimulate your body's microcirculation and improve skin's radiance. It also
- uses products that have glycolic acid and vitamin C to promote cell regeneration and brighten skin.
- **SKN Milk Lactate Facial** (\$120 per session at SKN MediAesthetics) uses lactic acid found in milk to gently slough off dullness.
- **Linc Gold Mask Rejuvenation Treatment** (\$500 per session at Linc Aesthetic Clinic) uses a mask made from 99.9 per cent gold to rejuvenate the complexion, improve blood circulation and soothe inflammation.

IF YOU HAVE: TWO WEEKS
Quick fix: Professional peels are the way to go as they are usually milder than lasers and require less recovery time for most skin types.

TRY:

- **The Luminizing Peel** (\$1,000 per session at The Sloane Clinic) is a gentle treatment. Do it once weekly over two weeks to get rid of dead skin.

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IF YOU HAVE: ONE MONTH
Quick fix: With 30 days or so to get radiant skin, the key is consistency rather than intensive one-off treatments. As important as taking vitamins daily, a brightening serum daily will prevent dullness and dark spots, while using exfoliators and masks once a week will give your skin an extra boost.

TRY:

- **Infini Kase Realizing White XX** (\$148) contains kojic acid to prevent the formation of dark spots caused by sun damage. This serum, enriched with peppermint extract, also prevents melanin overproduction, and moisturizes and strengthens skin for a smooth complexion.
- **L'Occitane Immortelle Brightening Instant Exfoliator** (\$61) has a gel texture that melts into a lotion upon contact with water. It contains a kind of daisy extract to boost skin's radiance, and organic Immortelle flower essential oil which has anti-wrinkle benefits.
- **L'Occitane Immortelle Brightening Moisture Mask** (\$122) is enriched with a botanical acid derived from wintergreen plants to even out and brighten skin tone. It is infused with fig extract to give extra moisture as well as organic Immortelle flower essential oil.

The drawback: you may experience skin redness and will need three days' downtime.

The medical-grade AHA Chemical Peel (\$130 per session at SKN MediAesthetics) to stimulate cell growth and improve skin luminosity and texture. Do it weekly over two weeks. But you may experience slight redness and sensitivity for about two days after each treatment.

Check out herworld.com

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