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ARE YOU MAN ENOUGH FOR A BRO-MANCE?

HOW TO BE A LUNCHTIME MILLIONAIRE

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## STYLE 07\_07

LES  
Wants!

### GROOMING

performs an assessment of Dr. Chang's skin. It's a general process and takes her 10 to 15 minutes, depending on how a patient requests and size of the face. The treatment procedure is a treatment with optical ultrasound.

The first method is a 10-minute procedure by treating between the bridge of the nose and the forehead with a laser. This reduces the ultrasonic conductivity of the skin, which causes the skin to be more reflective. This is a non-invasive procedure that is safe and does not require any anesthesia. The second method is a 10-minute procedure by treating the skin around the eyes with a laser. This reduces the ultrasonic conductivity of the skin, which causes the skin to be more reflective. This is a non-invasive procedure that is safe and does not require any anesthesia.

**PREVENTIVE SKIN CARE**  
Over-the-counter creams can result in a general smoothing and firming of the skin. However, effective, however, a physician prescribed creams, which work on the skin and its structure. While these creams have an order and are not too expensive, they are not as effective as the more expensive, physician-prescribed creams. The most common over-the-counter cream is a retinoid. Retinoids are a class of compounds that are derived from vitamin A. They are used to treat a variety of skin conditions, including acne, wrinkles, and sun damage. Retinoids work by increasing the turnover of skin cells, which helps to reduce the appearance of wrinkles and other signs of aging. However, retinoids can cause irritation and dryness, so it's important to use them carefully and to consult with a dermatologist if you have any concerns.



### Eye to Eye with the Expert

Dr. Low Chai Ling, medical director and aesthetic physician at the Sloane Clinic, on how to keep better-looking peepers.



Dark eye circles under the eyes are a common concern for many people. They can be caused by a variety of factors, including aging, lack of sleep, and genetics. Dr. Low Chai Ling, medical director and aesthetic physician at the Sloane Clinic, offers several tips to help reduce the appearance of dark eye circles. First, she recommends getting enough sleep and staying hydrated. Second, she suggests using eye creams that contain ingredients like vitamin C, retinoids, and hyaluronic acid. Finally, she advises avoiding rubbing the eyes and using gentle eye makeup.

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sunscreen and sunglasses (to minimise under-eye pigmentation). Reduce the strain on the skin around the eyes by not rubbing the eye area so frequently. Vitamin C and vitamin K can also help brighten the eye area nicely.

## EYE TO EYE WITH THE EXPERT

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What's the difference between puffy eyes and eye bags?

Puffy eyes are when the tissues around the eyes are swollen, which may be caused by a variety of factors — from allergies to water retention.

As we age, the skin around our eyes loses its elasticity. Loose folds of skin on the upper eyelids and deep creases on the lower lids (known as eye bags) are common. This is because the skin in this area may also slacken, so that any fat bulges forward and looks baggy. These are commonly known as eye bags.

And dark eye circles?

Dark eye circles refer to the discoloration or darkish hues on the skin surrounding the eyes. One of its most common causes for this is congestion around the nose. The veins around the underside of this eyes drain into the veins of the nose. When your nose becomes congested, those veins become restricted and the flow of blood under the eyes slows, causing the veins under the eyes become engorged causing them to swell larger and appear darker.

What lifestyle and lifestyle changes can a 30-year-old man make, if he works long hours, for less puffy eyes?

Quit smoking, moderate your intake of alcohol, get adequate sleep and use sun protection with

sunscreen and sunglasses (to minimise under-eye pigmentation).

Reduce the strain on the skin around the eyes by not rubbing the eye area so frequently. Vitamin C and vitamin K can also help brighten the eye area nicely.

Is eye bag removal surgery for everyone?

Many people have misconceptions of what surgery can do for them. Many people have dark circles under the eyes — a shadow overlying the bone just below the eyelid. In some cases, blepharoplasty may make the dark circle worse if too much fat is removed. Also, the results of surgery will usually last only a few years, after which touch-ups may be required.