



LASER TONING
Benefits Tones, tightens pores, improves skin texture and reduces fine lines
Duration 15-30 mins
Performed by Sloane Clinic

Laser technology offers high precision and this advantage has led to the development of new advanced facial treatments such as laser toning, to dramatically improve the skin condition. At the Sloane Clinic laser toning is conducted using an FDA-approved Medlite ND Yag Q switched laser from the USA, to stimulate the growth of superficial and deep collagen to tone and lift up the skin. It also effectively reduces pore size and improves skin texture for that healthy and youthful glow.

For a treatment that lasts 30 minutes or less, Dr Siew Tuck Wah uses a mild setting allowing laser energy to penetrate deep into the dermis to promote and enhance the production of natural collagen and other important proteins without damaging the top layer of the skin. The treatment has little to no discomfort and costs approximately \$500 per session, although it claims to deliver results right after the first session. A course of six sessions are recommended for full benefits. There is no downtime after the treatment, only a mild redness that fades away within a few hours. The skin may be sensitive right after the treatment, so avoid tanning or long exposure to the sun.

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DERMTECH CHROMAWHITE

Benefits Lightens dark spots, promotes overall brightening of skin tone, and improves radiance and suppleness
Duration 85 minutes
Performed by AsterSpring

DermTech ChromaWhite treatment is recommended for treating dark spots or uneven skin pigmentation often caused by prolonged exposure to the sun and ageing. The treatment starts by exfoliating the skin, followed by administering advanced ingredients including Dermalogica ChromaWhite TRX ingredients and skin radiance serum through Advanced Dermoelectroporation delivery system.

This specially designed treatment costs \$320, and involves no discomfort or downtime. DermTech ChromaWhite also helps restore and balance the skin's natural moisture, even out skin tone and promote a more radiant complexion.

FILLERS FOR TEAR TROUGHS

Benefits Evens out the sunken area between lower eyelids and the cheek, minimises the appearance of dark circles
Duration 15-30 mins
Performed by Sloane Clinic

The sunken area around the eyes is one of the telltale signs of ageing, and this becomes noticeable once you strike the latter half of your 30s. The condition is known as tear trough deformity - a sunken area below the eyes. The deformity also emphasises the dark eye circles, causing one to look tired. Dr Siew Tuck Wah of the Sloane Clinic recommends the Revitalift to treat tear trough deformity. The treatment smoothens out area using microinjections of natural hyaluronic acid fillers such as Restylane to even out your under-eye hollows. Restylane was the first FDA-approved hyaluronic acid filler for cosmetic injection into sub dermal facial tissues, and it has reportedly been used in over 11 million treatments worldwide. There is virtually no downtime with Revitalift and each session costs \$900. Patients can see the results after just one treatment, but for long lasting results it's recommended that you receive six sessions with intervals of two to four weeks between treatments.

24 GOLD FACIAL

Benefits Restores radiance to dull and dry skin, improves skin metabolism and minimises fine lines and wrinkles
Duration 90 mins
Performed by AsterSpring

Dehydrated skin can lead to various types of skin problems, including sensitive skin, rashes, breakouts and premature ageing. Combining the properties of 24k gold sheets (the most powerful hydrating agent ever discovered) and the patented r-PGA and using nano mist delivery technology, AsterSpring's 24 Gold Facial can restore dull and dry skin to an intensely radiant and supple skin. Another powerful characteristic of gold is its ability to stimulate lymphatic drainage - encouraging the removal of toxins and waste from your skin while accelerating the regeneration of new cells. The treatment costs \$400 but it will restore youthful skin qualities such as elasticity, resilience and radiance.

HOW IS MEN'S SKIN DIFFERENT TO WOMEN'S? AND WHAT TREATMENTS AND CARE SHOULD I TAKE NOTE OF?



Answer: Men need to take care of their skin just as much as women, maybe even more.

There are five main differences between men's skin and women's skin:

- Men have thicker skin (about 20%)
- Men's skin has smaller sebaceous glands
- Men have oilier skin (due to the male hormone testosterone; almost 90 per cent of Asian men living in the tropics have oily skin and clogged pores.)
- Men have more neglected or sensitive skin, due to:
 - Taking less care of their skin
 - Tendency to be exposed more often to damaging environmental elements. This is especially true of men who spend a lot of time outdoors, exposing their skin to a tortuous array of damaging conditions including sun, wind, water, salt, building products, chemicals, cuts, scratches and grazes.
 - Daily shaving destroys the hydro-lipidic film, leading to loss of natural lubrication and protection, thereby increasing dryness and reducing the skin's natural protection. Daily shaving also causes scraping and nicks
- Men's skin age differently. A man's skin gradually becomes thinner with age, about one per cent annually

Men of today are more concerned about their skin than ever before. Just like their level of fitness and health, apparel and grooming, skin says a lot about them.

Common skin concerns for men include acne, sagging skin and dark eye circles. These can be easily and effectively addressed by clinical aesthetic treatments such as:

- Acne (Phototherapy, Fractional Micro-needle RF)
- Sagging skin (Lasers, Radiofrequency, Fractional Micro-needle RF)
- Dark eye circles (Fillers, Lasers, Radiofrequency)

Selecting an aesthetic care provider carefully. In your initial consultation with your doctor, you should be asked to explain why you want the procedure and how you hope to look and feel afterward. It's important to set aside any awkwardness or hesitation you might feel, and speak candidly about the changes you'd like to see. You should feel completely assured that you and your doctor understand each another.

In terms of skin care, men should look out for products that reduce dryness and irritation, replenish natural defences and enhance skin rejuvenation.

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