



Anti-Acne Crusaders

Just a pimple cream isn't cutting it these days for acne treatment. Here are the latest in zit-zappers

For angry red lesions

Heat-based instruments kill bacteria on the spot, lighten scars and tighten pores

light therapy

Blue light found in the iClear machine is believed to destroy bacteria from deep beneath the epidermis without drying the skin's surface. Like toasting under the sun, rows of tiny bulbs emitting light dry out the face for up to 30 minutes. There is no pain, just a comfortable warmth. Costs from \$600 for 10 sessions to completely eradicate and prevent acne.

where: Calvin Chan Aesthetics & Laser Clinic, #05-11 Wheelock Place, Tel: 6732 4987

Red light therapy stimulates collagen production, smoothes lines, lightens pigments, firms up tone and heals wounds faster. This is great for those trying to lighten old acne scars. Try the Omnilux Revive, an LED machine that emits red light and gives off the same amount of heat as the iClear. It requires up to eight treatments and costs from \$100 a session.

where: See Medical Aesthetics, #04-19 Dell Orchard, Tel: 6738 8842

laser therapy

Laser energy can resolve irregular surface scarring, penetrate deeper to tighten underlying skin tissue and help depressed scars. Using a strong force of light, it detects the problem spot, heats up the skin and obliterates the bacteria or pigment. Once thought to be very harsh and scarring, lasers are now milder, like the MedLite (\$1,500 for five sessions) which feels like baby ant-bites. The doctor goes over the face twice with the laser, followed by a moisturizer to prevent dryness. Almost immediately, pores look smaller.

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photopneumatic therapy (PPP)

A new generation IPL treatment, PPP (from \$180) treats acne using light energy emitted from IPL, combined with the sucking action of a vacuum to draw out impurities. This suction also loosens stubborn blackheads and stretches skin to enable better penetration of IPL energy. Reportedly five times more effective than IPL, it's virtually painless and brown spots are substantially diminished in a single session.

where: The Ddx Clinic, #11-01 Forum, Tel: 6732 9725

To lighten old scars

Exfoliating treatments scour skin's surface to decongest pores and lighten dark scars

chemical peels

To remove surface skin, reduce sebum and lighten blemishes, doctors find using combined chemical peels (like a cocktail of lactic, glycolic and salicylic acid) more effective. Wiped using a cotton swab over the skin, the peel sears the skin like harsh exfoliation (not suggested for open wounds or thin skin). It loosens blackheads and clogs, and tightens pores. A session (from \$200) can show quick improvement in two days, but side effects include stinging, temporary redness and flaking.

where: Pacific Specialist Practice, #20-01 Paragon Medical Centre, Tel: 6887 1288

ultrasonic deep cleansing

This is a procedure where the surface of the skin is thoroughly decised using a machine that emits ultrasound waves — a frequency beyond the normal hearing range. It causes extremely rapid vibrations that loosen the outer layers of dead skin. Pores are unblocked and blackheads removed. Ddx has a Premier Acne Treatment (\$220) that uses ultrasonic waves to open up mini-channels in the skin to absorb vitamins A, C and E. It ends with a therapeutic mask with sebum control and anti-inflammation qualities. Skin should feel calm and glow afterwards.

where: The Ddx Clinic, #11-01 Forum, Tel: 6732 9725

jet peel

A high-pressure jet of oxygen and saline pummel the skin. The intense action exfoliates the top dead layer, the saline cleans out oily clogged pores, while oxygen aids in skin rejuvenation and repair. The Sloane Clinic offers the Double O Heaven (\$140) which gives a thorough clean and vibrant glow.

where: The Sloane Clinic, #03-01 Chevron House, Tel: 6533 2522

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