

# Put your best face forward

Audrey Simon gets the *Sex and the City* facial treatment

Ever envied the clear skin of the sexy foursome in the one-time hit TV series *Sex and the City*? Well, their secret is out — it's a product called Epicuren, an enzyme-based skin-care system. For those who have not been paying attention to science lessons in school, here's a quick refresher: Enzymes are actually proteins that speed up chemical reactions.

In Singapore, The Sloane Clinic has been patiently waiting for the licence to bring in the products. Its efforts have finally paid off and you can now either buy the products themselves or try the facial

and learn how to use the products properly before following up on the treatment at home.

The Epicuren System has been around for the last 50 years and was discovered by Dr Bernard Heiman, who first used Epicuren on burn victims. He noticed that the cells around the skin covered by the medication began to look healthier, and further research showed that the cream also retarded the ageing process.

The facial I tried was the Classic Epicuren Facial (\$170 for 60 mins) a treatment that my skin needed

because of too much late-night partying. It has been recommended that you try this facial before an event since it will give you a healthy glow even under layers of foundation and make-up.

I like the clinical approach to the facial instead of the typical essential-oil-scented room with dimmed lights, complete with the sound of dolphins, and therapists who speak in whispered tones. Here, my facialist Radiah goes through the process with me and tells me what she's doing to my face. The reassuring voice and the bright lights make me feel like I am getting a proper, clinical, no-nonsense approach to treating my tired skin.

Radiah starts with skin preparation that includes cleansing. The apricot facial scrub smells as delicious as it feels on my skin. After the skin is suitably prepared, the treatment stage follows with deeper cleansing with the help of sound waves to unclog the pores.

The two masks after that help to tighten and lift the skin. This is where you get to look perkier and ready for another late night. To finish, I have the Protein Mist, Epicuren Enzyme Concentrate (this cream has been labelled liquid gold due to its effectiveness), Facial Gel Plus and Instant Lift.

Forget diamonds; that last cream should be every girl's best friend as it helps you fight signs of ageing. It does what its name says, gives an instant facelift that makes skin tighter and firmer. Use it daily and you (and your friends) will see a difference.

**The Sloane Clinic is at 03-01 Caltex House Raffles Place (6533 2522) and 01-66 Chip Bee Gardens, Jalan Merah Saga at Holland Village (6471 1108).**

