



GROOMING

BY JOSEPHINE SOH

THE LIGHT FANTASTIC

Need to look pretty in a jiffy? Dart into The Sloane Clinic for the lunchtime skin fix quickie that is PPx therapy.

It's 12pm. You're a busy missy with things to do and people to meet. Unfortunately, you're also a busy woman with spider veins the size of a large crustacean. Well, beauty shouldn't be held back by a packed schedule. Zip into The Sloane Clinic's Village Space or City Sphere to have your mocha-coloured spots zapped, hairy legs/armpits/bikini area de-fuzzed, spider veins lightened and still make it for that lunch appointment at one of the chic cafes nearby.

The innovation: Painless, light-based PPx therapy (Photopneumatic Therapy). If you're thinking of treating your skin woes with IPL (Intense Pulsed Light), you're better off parking your dollar here instead.

What it treats: Lightens unsightly veins, broken capillaries, pigmentation and zaps away unwanted hair.

What the experts say: "PPx is seven times faster than other light-based or laser treatments and almost all patients reported no pain or burning sensation with this treatment," says Dr. Kenneth Lee, medical director of The Sloane Clinic. "Best results can usually be seen by the third session."

With its charming and friendly doctors, vivid hues and a vanity area fit for glamour pussers, this chic and sleek aesthetic clinic puts you at ease by taking away the clinical factor of seeing a doctor.

Our say: Our facial skin was stretched and thinned by gentle suction, bringing the brown spots and broken capillaries closer to the skin surface. Light was applied and voila — instant lightening of those target areas! At the highest setting, the sensation was like having our flesh lightly sucked by a gentle vacuum, with just a kiss of warmth. Definitely bearable. Plus there was nary any redness post-treatment.

Pros: There's no topical anaesthetics needed (which otherwise requires you to go in an hour before treatment)



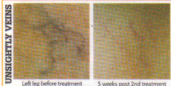
HAIR REMOVAL



Right cheek before treatment 4 months post 3rd treatment

No more looking like a transvestite Elvis. PPx removes stray sideburns for a neater mien (and easier blending of foundation).

UNUSITLY VEINS



Left leg before treatment 4 weeks post 2nd treatment

Scary leg veins are visibly lightened by the second treatment.

so one session of facial PPx takes just under 10 minutes. For full leg hair removal, you're done in less than 20 minutes compared to an hour with traditional hair removal lasers. Better still, there's no down-time, which means you can go right back to work.

Cons: Beauty does come at a price. Hair removal starts from \$200 and skin rejuvenation starts from \$600.

We like: The lovely vanity area, thoughtfully lined with various brands of make-up if you need to touch up later.

Other services: A plethora of choices ranging from Botox and fillers for the face, to light-based therapies for the skin, and mesotherapy and carboxytherapy to reduce cellulite. For a full list of the clinic's services, visit www.sloaneclinic.com.

Where: CitySphere at #03-01 Galtex House. Tel: 6533-2522 or VillageSpace at #01-66 Chip Bee Gardens. Tel: 6471-1108. ■