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## BACK TO BASICS

Start the season off on the right foot, from hair and makeup to achieving a toned physique and beautiful skin. Vanessa Chang gets expert tips to help you work on the basics for fabulous personal style this Fall/Winter.

Personal style is more than just wearing the right outfit. It's putting together the entire look, from head to toe, the better probably so that hair-of-the-moment. Ponderously, it is important to start from the very beginning and getting the foundation right by knowing the do's and don'ts of maintaining a good hairline, flawless skin and a toned physique. After all, as the beauty editor, Tracy Baker Lambert, once said, "Fashion is only as good as the person wearing it."

### HAIR APPARENT

The new David Mallett, director of The Hair Styling Academy, Singapore. He says a great hairstyle should complement your facial look and a professional hair salon will give you the confidence to wear any outfit with style.

**Getting The Basics Right** It is crucial to maintain your hair in between salon visits by using the right mechanical shampoo and conditioner. And always keep your hair dry as long as — for short hair, treat your style every six to eight weeks, while longer tresses should be treated every eight to ten weeks.

**For Extra Care** Strip hair salt, buildup and frizz with regular deep-conditioning or steam treatments or DIY hair treatments at home.

**Blow-drying A Classic** "The over-reliance hot tools on a modern trend with a clean, graphic and perfectly forward-sloped comb with an offset fringe on longer hair — always fringe with a shorter styled haircut," says Mallett. "This offers versatility and pure style, ideal for a busy lifestyle as it works around maintenance and is perfect for any face shape."

**Skincare** Mallett Mallett Brown recommends using a serum with antioxidants and vitamin C and a moisturizer. Plus, it's crucial to use a good quality and deep-conditioning hair oil or conditioner, leaving moisture and shine on the scalp.

### SKIN CARE

Dr. Low Dr. Low (Dr. Low) medical director of The Sloane Clinic. The Sloane Clinic offers a range of skin care treatments, from facials to laser treatments, for people who have skin problems and conditions.

**Getting The Basics Right** First, start on the inside. "It is crucial to get the most expensive products over your face if your health is suffering, because it will show on your skin," says Dr. Low. So quit smoking, indulge in alcohol only in moderation, eat lots of fresh fruits and vegetables and drink enough water, and avoid the sun whenever possible. And don't forget to use sunscreen, of at least SPF30, daily.

**Four Things That Dermatologists, Skin Specialists**

- **Less** — moisturize it can be left to dry which sets you on fire. Try to keep your skin to treat all the skin issues, from acne scars and pigmentation to age spots and freckles, before moving to the less visible details, such as pores and lines. Once the skin has achieved an even tone, move on to treat textural problems like open pores and rough skin with peels and other skin rejuvenation treatments. Finally, you can opt to address problems such as wrinkles, loss of facial contours and sagging skin, with botox, fillers and even Thermage.

**Know Your Skin** "Be proactive when it comes to treating your skin, not reactive, because the worst thing to do is to wait for the problems to surface, and then panic," Dr. Low adds.

**ELLE Recommends** Chanel UV Essential Protective UV Care Anti-Pollution SPF50, \$69. This lightweight anti-UV and UVB lotion shields your complexion from the sun's rays and protects against free radicals that cause unsightly pigmentation and even DNA-breakdown.

### SAVING FACE

**The Guru** Dr Low Chai Ling, medical director of The Sloane Clinic

**She Says** Good skin gives people an impression of cleanliness, professionalism and confidence.

In fact, most people are more receptive to people who look presentable and attractive.

**Getting The Basics Right** First, start on the inside. "It is pointless to put the most expensive products on your face if your health is suffering, because it will show on your skin," says Dr. Low. So quit smoking, indulge in alcohol only in moderation, eat lots of fresh fruits and vegetables and drink enough water, and avoid the sun whenever possible. And don't forget to use sunscreen, of at least SPF30, daily.

**First Things First** Blemishes, wrinkles and pigmentation problems — sometimes it can be difficult to know which skin issue to treat first. Dr. Low suggests you always treat all obvious blemishes, from acne scars and pigmentation to age spots and

