



Smoking

Smoking depletes Vitamin C, a key antioxidant that is vital in forming the collagen that keeps skin plump and youthful. With less collagen, the skin is dryer and less elastic. Coupled with the decreased blood circulation that is also caused by smoking, this significantly increases wrinkles.

Natural Tips:

- Stop smoking! Or at least cut down. Whether you do it for your health or for your looks, now's a great time to kick the habit.
- Take up exercise. Not only is exercise incompatible with heavy smoking, but you'll find it relieves stress, an effect that you may have previously sought from cigarettes.

Quick Fix: Revitalift

Revitalift can help to rejuvenate tired, lacklustre and dehydrated skin at any stage of the ageing process, from the first signs of ageing to advanced crepiness and lines. It works by replenishing the hyaluronic acid that dwindles as we age, thus boosting the skin's resilience, suppleness and elasticity. This is done by infusing tiny drops into

the skin and distributing it evenly throughout the treatment area via a series of microinjections; the skin is desensitised beforehand with anaesthetic cream. Administered to the face, the neck and the backs of the hands, it will give you smoother, better-hydrated skin that radiates a healthy glow.

Downtime! None, the fine pinprick marks usually disappear by the next day. Your skin should look plumper as its hydro-balance is restored. In the coming weeks, tone and elasticity will gradually improve, with a subtle lifting effect and a smoothening of any fine lines or roughness.

Time and Cost! For the full face, 60 minutes, \$963; or 6 sessions for \$4,815.

Where! Sloane Clinic
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