

Female

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The Next Big Thing:
LI BING BING

Talks about her first Hollywood movie in our exclusive interview

CELEBRITY BEAUTY

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Beauty Q&A

Beauty ed **Laurel Tan** solves your beauty woes!

How can I prevent hard, dry skin from forming on my heels? Clarissa

Applying a rich foot cream twice a day, like the new Scholl Re-hydrating Moisture Mousse, will help remedy the situation. You can also try gentle exfoliation with a pumice stone or foot scrub after showering to slough off thickened skin. Resist the temptation to cut off hard skin yourself as this can cause an infection. You might also take too much skin off! To prevent thick skin and cracked heels from developing in future, try wearing insoles in your shoes. Wear a heel cup to prevent cracked heels when wearing open-back shoes (the fat under the heels expands sideways and puts pressure on the skin, causing it to crack). For a soothing, nourishing treat, smooth some Vaseline onto your feet and pop on a pair of cotton socks. Leave the socks on overnight, and the next morning, your feet will be as soft as silk!



Winning question!

How do you remove oil seeds from under the eyes? Brenda

Dr Low Chai Ling from The Sloane Clinic says this is an issue that concerns many of her patients. "Oil seeds are actually milia. They are common, benign, keratin-filled cysts. The

cause is usually unknown, so no studies have found any prevention techniques. The only way to remove them is by electrocautery, a quick and painless procedure. We start by applying a numbing cream on the skin. The patient may feel a little heat on the area treated, but most find this discomfort tolerable. One session is usually sufficient. Most of the time, oil seeds that are removed do not grow back, but you may have new ones in other areas. Sometimes, we give some anti-redness and

antibacterial cream to apply on the area for a few days. Most patients return to wearing makeup immediately after. The cost starts from \$250, depending on the area treated."



I always end up with "raccoon" eyes! Is there a fail-safe method to prevent mascara from smudging? Yeelin

More often than not, oils around the eye area will result in your mascara sticking onto your face. For smudge-free lashes, beauty guru Bobbi Brown suggests using waterproof mascara. "It works as sealants, which create a water-resistant border around each lash, helping to prevent smearing. Still, go easy on the eye cream as oily emollients can cause smudging. Dusting loose, yellow-toned face powder under your eyes will soak up excess oil and help prevent mascara from running. This formula can be drying, so reserve it for special occasions, or give your lashes a break every few days. If you have sensitive eyes, beware: Waterproof mascara is harder



Got a burning beauty question? Write to: The Beauty Editor, Female, Beauty Q&A, 82 Genting Lane, Media Centre Level 7, S(349567). Or e-mail female@spn.com.sg. The writer with the winning question gets to take home a Trellivings Blue Mountain Magnolia Miniature Travel Bag (includes Body Wash 50ml, Body Lotion 50ml, Bath Soap 75g and Hand & Nail Creme 50ml) worth \$55!