

singapore's leading fashion & beauty magazine

female

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June 2008

NEW SEASON CHECK-LIST

- TAKE THE SARARI SERVO TO WORK
- HISSO READY SPA TREATS TO TRY
- THE SANGRE COUSIN SINGAPORE GUIDE
- LURE CHANCE TO WEAR GLADIATOR SANDALS
- THE BEST BRUNCH SPREADS TO WINE UP FOR

7 TIMELESS WARDROBE CLASSICS YOU'LL ALWAYS WANT

How To Wear The New Sleeveless Jacket

Makeup You Can Sleep In

SUMMER'S SEXIEST LOOKS

BEST BRONZING PALETTES FOR SUN-DRENCHED SKIN, SHIRWEAR TO FLATTER EVERY FIGURE, AND RESORT ACCESSORIES FOR NIGHT AND DAY

CHIC STAYS IN SHANGHAI AND BEIJING

aesthetics

CLEAR CUT

For many patients, looking patients step into the operation room fully aware of what to expect from the visit—most suggest, the US Food and Drug Administration (FDA) recommends doctor warnings on brochures. This includes photos illustrating the process. Look for a doctor to explain a warning on how common side effects are (approximately 48 per cent of patients complain of dry eyes after the procedure) and a warning that patients who have their regular contact lenses will still need wearing glasses for the time they're left off. The FDA also estimates that up to two per cent of look patients express dissatisfaction. CHN reports



two-hour sculptors

your top groove, try The Sloane Clinic's new thermage procedure. Using the new ThermalCool System from the US, this 90- to 120-minute anti-cellulite treatment allows deeper heating than older systems, to rebuild collagen-connective tissue and improve blood circulation. And while patients may experience some discomfort, results are usually visible after one to two sessions, and will last indefinitely with a good diet and exercise regime. \$6,000 per session per target area (eg. tummy/derriere).

Need A Lift? If your face is less than taut, try Leonard Drake's RI Series. Combining infrared light (a less intensive form of light than laser), bipolar radiofrequency (a deep-penetrating radio wave), and botanical products, this 75-minute non-invasive fix is supposed to stimulate new collagen growth and give sagging skin a slight lift that will last for up to three weeks with a proper skincare regime and anti-ageing moisturisers. Minimally invasive, painless and there's no downtime. \$350 per session.

Going Under The Scalpel

There's nothing you can do to change your will power and life, but you can do it for the right reason.

Who are you doing it for? If you're doing it to regain a physical condition that has been harmed, your plastic surgery may indeed have a positive impact on your life. However, if you are opting for appearance change to someone else's account, be prepared to be disappointed. A change in your physical appearance is unlikely to change another person.

Are you undergoing a crisis? Don't sign yourself up for plastic surgery as a means of escape from a busy position. Whether you're undergoing divorce or you've lost your job, work through your crisis before deciding if you will want to alter the way you look. Besides, when you're stressed, you're most likely to regret later.

Do you have realistic expectations? Who does right, plastic surgery can certainly give you a more defined nose bridge or jaw, but the best plastic surgeon can't make you look like Kate Winslet or Britney Spears. Be realistic with your targets and you know what can be achieved before going into the operating theatre.



After some time, she decided to undergo a procedure to improve her appearance. She says she is happy with the results and is looking forward to the future.