

# BAZAAR

SINGAPORE  
JULY 2007  
\$5.00 (incl GST)

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RE TO BARE  
UR BODY,  
ND & SOUL

NI BOOTCAMP  
FABULOUS  
BODY FIXES

HOW TO HANDLE  
THAT DIVORCE  
WITH STYLE  
And look sexier after

MEET THE WOMEN  
WHO INSPIRE  
MCQUEEN'S DESIGNS

Thin, curvy, tall, short  
THE RIGHT  
STYLE FOR  
YOUR SHAPE

# Sun Goddess

88 pages of stunning summer  
fashion and beauty

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## ARE SUN BEDS BAD FOR YOU?

Tanning salons are a huge industry. This year, even as the US predicts a million new cases of non-melanoma skin cancer, American women are visiting tanning salons at approximately one million visits a day.

In Singapore, there are at least four tanning salons, most selling packages based on three to four visits a week. Frightening statistics when you consider that the tanning bed has been equated to a cancer machine.

In March this year, the International Journal of Cancer reported that tanning bed usage before the age of 35 increases the risk of developing melanoma, the worst of skin cancers, by up to 75 per cent.

But slipping through the marketing brochures of some tanning salons, you might think otherwise. We asked Dr Low to comment on the marketing claims of one local tanning salon.

**WHAT THE BROCHURE SAYS** It is always safer to tan indoors using machines than to tan under the sun, because...the environment is controlled.

**WHAT THE DOCTOR SAYS** Tanning, salon or outdoors, subjects the skin to the same ultraviolet (UV) rays. The cumulative damage to the skin will be the same. This is a baseless observation by the pro-tanning lobby.

**WHAT THE BROCHURE SAYS** Tanning under the natural sun exposes one to 12-13 per cent of UVB rays... High-pressure machines expose one to 0.01 per cent of UVB rays.

**WHAT THE DOCTOR SAYS** If the client has achieved a tan, that's already an indicator of substantial exposure to UV rays anyway — 0.01 per cent over time and repeated exposure is still a lot of damage. A tan in itself is an indicator of skin damage! For this reason, the FDA (the Food and Drug Administration in America) has issued many circulars that it does not recommend tanning in salons.

**WHAT THE BROCHURE SAYS** High-pressure tanning also allows one to get an indoor tan faster than conventional machines because of the higher levels of UVA rays emitted.

**WHAT THE DOCTOR SAYS** Exposure to tanning salon rays increases damage caused by sunlight because UV light actually thins the skin, lowering its ability to heal. Women who use tanning beds more than once a month are 55 per cent more likely to develop malignant melanoma, the deadliest form of skin cancer.

**WHAT THE BROCHURE SAYS** Indoor tanning is in a controlled environment, which allows you to...increase your natural SPF — thus providing a safer environment.

**WHAT THE DOCTOR SAYS** It's almost like



BRUME POUDRÉE  
BRONZANTE  
BRONZING  
POWDER MIST  
IP 10 / SPF 10

### LIGHT SHIMMER

**Clarins Sunscreen Spray Gentle Milk-Lotion Progressive Tanning SPF20, \$45**  
**Perks** The tan develops gradually. Skin doesn't appear blotchy at all. **We also love...** Clinique Radiant Bronze Face & Body Tinted Self Tanner SPF15, \$42, and Shiseido Brilliant Bronze Self-Tanning Cream SPF15, \$38.



### SUN-KISSED FACE

**Guerlain Terracotta Spray in Light/No. 01, \$73**  
**Perks** Spray comes out as a fine mist and due to its innovative powdery formula; it does not need to be vigorously rubbed into skin like others. **We also love...** Bobbi Brown SPF15 Tinted Moisturizer, \$62, and Sisley Broad Spectrum Sunscreen SPF20 in Amber, \$127.



### SEXY SHIMMER

**Sisley Phyto-Touche Or Golden Dry Oil, \$97**  
**Perks** The different shades of glitter in this formula create a radiant glow on different skins without looking too artificial or "tanned". **We also love...** Clarins Sunscreen Spray Radiant Oil Intensive Tanning SPF4, price unavailable, and Stila Sun Shimmer Dry Oil, \$40.



### SWEET-SCENTED SHEEN

**Bourjois Police de Poudre Golden Bronze Powder #54, \$32**  
**Perks** Warm, light-reflecting pigments give skin a sexy, shimmering glow and restore radiance in already-tanned skin. The formula stays on the whole day. **We also love...** Sisley Sun Glow Gel Mat, \$97

arguing which brand of cigarette will cause less lung cancer. It's a small (if any) difference. The bottom line is, sun tanning has deleterious effects on your skin in any environment.

**WHAT THE BROCHURE SAYS** To tan smart is to build up your tan in a controlled and gradual manner.

**WHAT THE DOCTOR SAYS** There is no safe tan, and the only smart tan comes in a bottle. Even if you tan slowly but over a long time, you still accumulate a substantial amount of sun damage. You are not exempted from the ill effects of the sun. ■

## Instant Glow The Safe Way

- **Visage The Salon** Visage Tanning Therapy (prices start at \$130). #02-11/15 Delfi Orchard. Tel: 6733 0933. [www.visage.com.sg](http://www.visage.com.sg)
- **Sylvia's Secrets** Spray Tan, \$40. #03-01A King's Arcade. Tel: 6468 0933. [www.sylviassecrets.sg](http://www.sylviassecrets.sg)
- **Cabana** Airbrush Tanning using Focus Tanning Spray solution, \$55. #02-19 Tanglin Mall. Tel: 6724 0818
- **Spa Esprit** Instant Brownie, \$45. Available only at the Spa Esprit in the Village. 18A Lorong Mambong, Holland Village. Tel: 6468 1292. [www.spa-esprit.com](http://www.spa-esprit.com)

**B**ack in the '80s when technological vanity was in its infancy — my girlfriends and I, before a big night out would: a) stuff our bras with tissue paper; and b) pinch our lips with tweezers. In both cases, swelling would result — the aim of which was to create an appearance not unlike the then 'sexiest-woman-in-the-world', Cindy Crawford.

The former was painless, though needed technical skill. The latter, hurt like hell but worked — lips swelled — for 30 minutes. Applying ice cubes post-pinching, eased the pain and further plumped, by about 10 minutes.

Other pre-Perlane 'plumping' tricks up our skinny Vivienne Westwood sleeves included: Cayenne pepper mixed with lipstick and Chinese cinnamon mixed with gloss. I've since heard stories of women using diluted Capsicum Essential Oil (incredibly hot). While one tale, cited by Dr Low Chal Ling, aesthetic physician at The Sloane Clinic, involved rubbing raw chilli on to lips to induce a pout. Ouch!

Mad? Masochistic? Probably both. And, in mature retrospect, such acts of vanity seem absurd (my mother taught me to slap the area under my chin with my forehead 50 times a day to prevent a future double chin), but are they really that different from the aesthetic acts we partake in today? Four-inch needles plunged into lips, for which we pay more than for a pair of Louboutins. Though what's \$1,000 and a little pain for a plumper pair that could get you, well, that new Hermès Kelly Flat bag?

## PLUMPING BY NEEDLE

I had my first (and only) lip augmentation (Perlane) in 2002 while working as a beauty editor. Known famously as the 'Paris Lip' when it's a good job, and a 'Trout Pout' when a bad one (swollen, oversized lips found on dead fish), it took less time than a pedicure.

Injected without anaesthetic (in true 'beauty editor' style), the pain was awful, the immediate after-effects appalling but the final outcome (after swelling had receded) was quite remarkable. The best part, it lasted about seven months.

These days, as common and sexually-appealing as getting a Brazilian, lip plumping (with anaesthetic) is no big deal. It's easy, inexpensive and quick, with minimal tell-tale signs and no pain. As Dr Low explains: "If you've cried during a lip filling procedure, then it's time to change your doctor."

Put simply, fillers, such as hyaluronic acid or HA (found in Perlane and Restylane) are easy, safe and, with a good technician, undetectable. "Results are natural and women find that a

touch of filler on their lips can significantly change their facial aesthetics," adds Dr Low.

So, walking into your local aesthetic clinic and demanding a pair like Angelina Jolie's is possible, then? Well, not quite, explains the 'queen of the London lip', Dr Rita Rakus, who has a clinic opposite Harrods in Knightsbridge. Responsible for many of London's celebrity and socialite pouts, she sees up to 20 pairs of lips a day. Much to my teenage delight, I discover that Cindy Crawford is a popular choice among her 'lip-alike' requests. "I try to accommodate them as much as I can," she explains, "but I have to be realistic and would rather find lips to fit the individual face."

Dr Low's response to such 'lip-alike' requests? "I tell them a lip like Jolie's will be perfect for them if they have her eyes and her nose too." Lips to fit the face is crucial to a good lip job, she explains. This means a ratio of about 0.8 (upper lip) to 1 (lower lip); the middle fuller than the ends; and in the neutral position, should not droop down at the corners.

## STICKING TO SLICKERS

But what if you hate needles or won't pay \$1,000 every seven months? Easy — you go topical. Beauty technology has, in its marvelous scientific scope, created simple slickers — glosses and lipsticks — which can enlarge lips both instantly and cumulatively.

This topical 'lip plumping' craze was started in 1999 by two TV make-up artists who noticed how red and puffy actresses' lips were after kissing. In an attempt to re-create this 'swollen pout', they experimented (much like my friends and I had) with combinations of Cayenne pepper, jalapeño and other super-spicy ingredients before discovering that cinnamon and ginger did the job — and DuWop's Lip Venom irritant gloss was born.

And so began the insta-bee-stung-beauty category, today a multi-million dollar business. After the birth of Lip Venom, came the 'burning' hot wave of other slow-burn lippies, causing sales of 'other' lip products to surge by almost 287 per cent in the US alone between 2001 and 2006, and a 'Plumping Station' dedicated

to these over-the-counter products to be established at Sephora in Times Square, NY.

And now, nearly every make-up brand has jumped on to the lip-enlargement bandwagon, from Dior and Clinique to Elizabeth Arden.

## PLUMPING BY IRRITATION

These super-swell products work in two ways: The first, by irritating lips to the point of swelling; the second, by promoting collagen.

The former, irritants, (known as 'viagra for the lips') give immediate, temporary swelling — "dilates blood vessels, which increases circulation (blood flow) to the lips" read the words on the slick packaging of many products.

The ingredients? Caffeine, Cayenne pepper, cinnamon, chilli pepper-derived capsaicin (used for making Tabasco), ginger, essential oils and peppermint. These lustrous-looking babies in glossy packaging may look innocent enough, but many give a sting. Some women get a tingle; others the 'sting'; still others the 'burn'. For some, their lips turn numb. Justification that the product is working — perhaps explaining why Urban Decay's Big Fatty Lip Plumper, Two Face Lip Injection balm and DuWop's Lip Venom, with their vicious burn, are so popular.

The cause of the 'sting'? Cinnamon and ginger oils in Lip Venom and Sally Hansen's Lip Inflation. Cayenne pepper in Two Faced Lip Injection, and capsicum and ginger in Clinique's Full Potential Lips Plump and Shine, which delivers a mild sensation as lips are plumped 'up to 30 per cent more'.

Menthol is another popular insta-swell ingredient, both tingling and swelling. Avon's Plump and Shine, claiming to be the 'at-home answer to lip injections', and Philosophy's Big Mouth both use menthol. Freeze 24-7's PlumpLips IceSticks use a mix of menthol and Niacin. This provides 45 minutes of sting for a 30-minute gluey shine. Worth it? I think so.

## THE CALL OF COLLAGEN

Moving from the kitchen (Cayenne pepper and chilli) to the science lab (peptides and amino acids), another category 'claims' to deliver cumulative plumping benefits. These slickers use peptides (molecules that trigger the growth of new collagen) and HA (a natural substance in the body) to stimulate collagen production.

This breed of new-generation, scientific plumpers includes the much-lauded Lip Plump LipFusion by Fusion Beauty. It boasts dehydrated collagen molecules derived from 'fish', which sponge up moisture, helping lips retain fluid, so they look bigger in seconds.

In an attempt to outdo even itself, LipFusion XL 2X Micro-Injected Collagen + HA Advanced Lip Plumping Therapy now boasts two times the active collagen of the original, plus HA, so

## INJECTIBLES

Woffies Wu (Tel: 6733 9774)

■ Collagen injections — \$950 - \$1,200

■ Hyaluronic Acid — \$1,300 - \$1,500

■ Isabelle Yeoh Clinic (Tel: 6738 9989)

■ Restylane, Evolence — \$1,000 per syringe

■ Leslie Kuek Plastic Surgery (Tel: 6472 2972)

■ Aquamese — \$1,350

■ Aquamid — \$3,000

■ Patricia Yuen Clinic (Tel: 6887 1288)

■ Restylane, Perlane, Aquamid and Matrigel

— \$1,500 onwards

■ Sloane Clinic (Tel: 6533 2522)

■ Restylane and Evolence — \$650