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herworld beauty

Q&A

Ask anything from tips, tricks and trends. BY GOH YEE HUIY



Q My aging blonde locks have lost their ring and I've found black patches on them. How can I get my round, toned bottom?

A Medical director of The Sloane Clinic Dr Low Chai Ling says hyperpigmentation (or the black patches on your buttocks) is a common problem during and after pregnancy. This is because hormonal changes cause patches of abnormal skin colour. The good news is most patients will respond to lightening creams prescribed by doctors, which may have ingredients such as hydroquinone, kojic acid and arbutin. For severe cases of skin darkening, Dr Low says a series of chemical peels or laser treatments will smooth the skin. There are also laser treatments that target the melanin in the skin. These start from \$200 at The Sloane Clinic.

To get a pert bottom, you need to tighten and tone the skin first. The firmer the skin, the less saggy the area will look. There are various over-the-counter creams that can help. Dr Low recommends Body Shape by Thermage – a non-invasive treatment that uses radiofrequency waves to tighten and contour flabby parts. Apparently, you'll see results just one or two sessions. Treatments start from \$6,000.



the other hand, will suit both straight and wavy hair. Have a word with your stylist first to determine your hair texture and the length you're comfortable with. Are you grasping for the least "mess" look or a shorter, simpler garnish? You should also consider the time and effort that goes into styling and maintenance, as short styles often seem to be grounded to being out texture and shine.

Q I've noticed the current trend is to have short hair and fringes. Will it suit me if I have a round face?

A Hairstylist Dennis Seah says that there are no hard and fast rules – anyone can pull off short hair with the right dose of confidence, even those women with round faces. The only thing that will affect how the cut looks is the hair texture. Basically speaking, blunt cuts tend to suit those with straight hair because of its sleek, defined shape. Layered cuts, on

the other hand, will suit both straight and wavy hair. Have a word with your stylist first to determine your hair texture and the length you're comfortable with. Are you grasping for the least "mess" look or a shorter, simpler garnish? You should also consider the time and effort that goes into styling and maintenance, as short styles often seem to be grounded to being out texture and shine.

Q I've heard of mixing liquid foundations to get the right shade. Is there a way to mix my own?

A You really can't! Unlike mixing liquid foundations where you can see the resulting colour, there's no way to mix your own unless – and that's in applied on your face. If you state the price you're contacting, makeup artist Elaine Lim says the easiest way is to mix a gender blush over each coverage color and then apply. This will give about coverage and make mistakes less obvious if the shade is a bit off. Avoid dabbling at different cosmetics with a new sponge, as it will be covered from smudges of each colour you pick up.

But, honestly, just buy a new compact of the right colour. It's a lot less hassle.

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Q After giving birth, my buttocks have lost their shape and I've found black patches on them. How can I get back my round, toned bottom?

A Medical director of The Sloane Clinic Dr Low Chai Ling says hyperpigmentation (ie the black patches on your buttocks) is a common problem during and after pregnancy. This is because hormonal changes can



Vichy Lipostretch (\$49) promises to tone saggy skin that has been stretched by weight gain or pregnancy.

cause patches of abnormal skin colour. The good news is most patients will respond to lightening creams prescribed by doctors, which may have ingredients such as hydroquinone, kojic acid and arbutin. For severe cases of skin darkening, Dr Low says a series of chemical peels or laser treatments will usually do the trick. These start from \$200 at The Sloane Clinic.

To get a pert bottom, you need to tighten and tone the skin first. The firmer the skin, the less saggy the area will look. There are various over-the-counter creams that may help. But if these don't, Dr Low recommends Body Shape by Thermage – a non-invasive treatment that uses radiofrequency waves to tighten skin and contour flabby parts. Apparently, you'll see results after just one or two sessions. Treatments start from \$6,000.



Dr Low has a family practice in Singapore. You'll find appointments at her clinic and private consultations at her private residence. For more information on her services, visit her website at www.sloaneclinic.com. Photo: Goh Yee Huiy