

UNISEX
DRESSING
WE LOVE

VANITY
CHALLENGE

30 Days To A
Brand New You

APRONS:
YOU'LL WANT
TO WEAR OUT

COUTURE
CULTURE
An Altered Course

WHAT IS
THE NEW
SEXY?

NAIL YOUR
HAPPY WEIGHT
With Slimming Creams

L'official (Apr 2009)

"Fraxel Laser Treatment is a resurfacing treatment that uses a wavelength of light to make microscopic zaps to each "pixel" of the skin... it gives noticeably smoother, softer skin after just one session."

FEATURE

JASMINE ALIMIN

QUICK FIX

It's only 30 days to a brand new you. From the very surgical to the quick and painless procedures, the *L'Officiel* cheat sheet lets you count down to a complete image overhaul in just four short weeks.

WEEK
1

MINIMISE BODY HAIR

TREATMENT: If you are fed up with temporary hair removal methods – shaving, epilating, waxing and threading – it's time to go permanent. Try the Ellipse Hair Removal Programme, a UK-based permanent hair-removal machine that uses pulses of high-energy light from a flash lamp to destroy hair follicles. A regular session takes 20 minutes for the face and up to 90 minutes for the legs. Only full-grown follicles can be destroyed, so about five treatments over a few months are needed for total hair eradication.

DOWNTIME: None. Aside from slight redness and warmth for a few hours, there is no ill effect.

PRICE: From \$150 a session for armpits

WHERE: Nu.U Aesthetics & Wellness Clinic, #09-18/19 Paragon Medical Suites, 6732-9989.

LOWER BODY SLIMMING

TREATMENT: The FDA-approved VelaShape machine combines four features: Bi-polar radio frequency to tighten skin, infrared light to speed up fat metabolism, vacuum and mechanical rollers to suck, knead and drain fatty tissue. It can be used to treat thighs, buttocks, love handles and abdomen, and purportedly lets you see firmer skin and measured volume loss after just one 45-minute session. Sessions should be scheduled weekly to see a reduction of seven centimetres after a month.

DOWNTIME: None. The treatment can be adjusted to your comfort level. You will only feel some warmth like with a hot deep tissue massage. Skin may also appear flushed for a few hours after treatment.

PRICE: \$600 per session; \$1,000 for four sessions

WHERE: Calvin Chan Aesthetic & Laser Clinic, #05-11 Wheelock Place, 6732-4981.

"Sessions should be scheduled weekly to see a reduction of 7cm after a month."

LIGHTEN ACNE SCARS

TREATMENT: Fraxel Laser Treatment is a resurfacing laser that uses a wavelength of light to make tiny microscopic zaps to each "pixel" of the skin. In doing so, rapid healing of skin is encouraged without harming healthy tissue. Suitable for acne scars, deep pigmentation, enlarged pores, wrinkles and overall rejuvenation, it gives noticeably smoother, softer skin after just one session. Treatment, including time for the anaesthetic cream to take effect, takes about two hours. Three sessions are recommended to produce a gradual remodelling of the skin.

DOWNTIME: The treatment itself feels hot and prickly as the spray of laser beams combs the entire face. Some individuals may experience slight redness, flaking or a mild sunburn-like condition that fades in a week.

PRICE: \$1,500 per session

WHERE: The Sloane Clinic, #01-66 Chip Bee Gardens, 6471-1108.



PRODUCT PHOTO: SHIMON SPA