

# SINGAPORE TATLER

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## Simply Fabulous

SINGAPORE TATLER'S BEAUTY AND WELLNESS presentation brought together the latest information on advances in aesthetic medicine and Singapore's chicest ladies at the Regent Hotel

Dr. Ivor Lim is well known for his skill as a plastic surgeon and his wide knowledge of the latest techniques, but who knew he also has a wickedly dry sense of humour?

As he led the talk by distinguished professionals, including Drs Tan Ying Chien and Rohan Mendis, as well as Elizabeth Arden's Angeline Lim-De Silva, Lim outlined what makes an ideal face: a combination of ratios and angles, symmetry, high brows, full temples and skin elasticity and fullness, among other attributes.

Of course, there are only the rare few who are born with an ideal face, and even for them, keeping it that way as they age requires some help. Lim's insights into the ageing process and what

can be done to minimise its effects on feminine beauty had guests laughing – and taking notes.

The afternoon went on with advice on breast care, body shaping and skin care, all of it informative, useful and entertaining, with many a lady quietly consulting the speakers during the tea break or after the event.

The tea break was a sinful treat – think rich pastries and chocolate – not that it would have made a difference to the svelte figures of those in attendance. The tea break gave the ladies a chance to catch up and even meet new friends. After all, what fashionable woman doesn't love talking about beauty over a luscious sweet?

All three doctors emphasised new, non-invasive approaches to rejuvenating and refining one's

looks, be it fillers to camouflage and define or even to enhance the breasts, or machines that use space-age technology to refine problem areas on the body that have proven resistant to diet and exercise.

The doctors also emphasised the importance of taking care of your skin, a subject Angeline Lim-De Silva of Elizabeth Arden is well-versed in. Her company developed PreVage, a complete skin and body care system to combat the signs of ageing and prevent future damage from free radicals.

Many of the ladies present said they enjoyed hearing about new, non-invasive approaches to keeping their youthful good looks. Even more, they enjoyed hearing about it in a sensible, informative way.

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