

# MAYSAYS

May Yip

Do you have a problem with the way you look? E-mail your queries to May Yip at [sturban@sph.com.sg](mailto:sturban@sph.com.sg).



May Yip wears grey pleated blouse and skinny jeans, both from Inhabit; classic noir pumps from Loewe; and Rachelle charm necklace from Quintessential.

**Q** I have a round face and chubby cheeks despite a slim body. How can I achieve the illusion of a slimmer face without going under the knife?

**A** Few know that apart from the ectomorph, mesomorph and endomorph, there's a fourth body type – the lollipop, which are round heads perched on top of stick-like figures. Sounds familiar?

Nicole Richie, the Olsen twins and every other starlet who fills the pages of People magazine make the lollipop cut because of their scrawny frames with heads optically enlarged by oversized Jackie O-type sunglasses.

While you're in good company, I'm sure you would rather not look like a Blythe doll, which has a large plastic head and seems in danger of toppling over any time.

If needles aren't an issue for you, why not try Botox? The mild form of toxin which paralyses muscles is commonly used to reduce the appearance of wrinkles.

But Dr Low Chai Ling of The Sloane Clinic, which offers non-invasive cosmetic procedures in Holland Village and Raffles Place, says Botox can also be injected into the masseter muscles – or muscles in the jaw.

Injections in these areas reduce the size of the muscles, giving you a slimmer, more sculpted face without looking gaunt and tired, says Dr Low.

Each treatment costs \$1,000 and results last from four to six months.

For a cheaper and less invasive alternative, try the Shaping Facial Lift, a \$90 gel which Clarins claims can "contour, refine and enhance" your facial features.

Caffeine, wheat proteins and extracts of Butcher's Broom – a herb that is often used to relieve inflammation and tighten blood vessels – parsley and ginkgo biloba stimulate the drainage of excess fluids and

Two-toned beauties at \$145 a pair from Pedder Red.



firms collagen fibres to tighten and re-contour the face.

With diligent application, expect to see results after eight weeks.

Finally, make-up can also help achieve the impression of a slimmer face.

Suck in your cheeks and lightly swipe bronzing powder in a shade slightly darker than your natural colouring with an angled blush brush under the cheekbones.

You can try Era Rayz Spray On Bronzer, available for \$70 from Apothecary + Co. (B1-21/22 Raffles City Shopping Centre, tel: 6336-3638, [www.apothecaryandco.com](http://www.apothecaryandco.com)).

Follow the steps above and simply spray on and blend in the patented aerosol bronzer. Remember, less is more with this product.

The spray-on bronzer is said to be a hit with celebs like Cameron Diaz and Cynthia Nixon from Sex And The City.