

# URBAN

YOUR GUIDE TO LOOKING GOOD

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## Mad about

THE SLOANE CLINIC

press cutting

**H**ave a Botox job and follow it with a slimming body wrap on the premises. Or why not have a facial while you recuperate from a breast lift?

Now all these are possible at aesthetics clinics, none of which are offering facials, body wraps and other beauty treatments more commonly found in beauty centres.

"Having beauty treatments that complement the clinical service helps to complete the overall experience."

explains Dr Lim Hock Hin, medical director of Clariancy Aesthetic Clinic, which opened at Raffles Hotel Ascade in June.

"When they come to me, it is for medical issues such as acne, sagging skin and wrinkles. The spa menu, which has facials and body treatments, is about maintenance."

His clinic is one of at least five aesthetics clinics here that have

the Sloane Clinic and Medical Aesthetics@Cluny were among the first to begin providing "medical grade" facials and body treatments about three years ago.

Either nurses or therapists will administer the beauty treatments, but the doctors are on hand to oversee

**SAVVY CUSTOMERS**  
These set-ups also offer state-of-the-art equipment such as hyperbaric oxygen chambers to revitalise tired skin.

It cost about \$1.5 million to set up Clariancy, which has three spa capsules. Dr Lim says patients can use the pods to contour their bodies after undergoing medical ultrasonic cavitation, which uses ultrasonic waves to liquefy fat cells that are then drained away through the urinary system.

Dr Yvonne Goh, medical director of

## BEYOND JUST JABS

Get Botoxed, lasered and then pampered all under one roof as more aesthetics clinics offer beauty treatments. KAREN TEE reports.



fulfil their desire for pampering. The medical spa is therefore the contemporary answer to this trend.

The definition of medical spa in Europe, says Dr Polia, is a place where professionals offer treatments and care for the body and face under the supervision of a doctor - which is what the aesthetics clinics here are moving towards.

The bottom line factor in too, he contends.

"This also cross-sells and therefore generates more productivity and revenue."

Indeed, a check at five aesthetics clinics showed that up to 25 per cent of their patients sign up for both clinical and beauty treatments.

Patients, it seems, will spare no expense for vanity's sake.

Former Miss Thailand Universe Chutima Durougej, 25, is one who believes in getting her facials done at a clinic.

Now the host of a Thai entertainment news TV programme, she is a regular at Bangkok's Apex Skin Centre and goes for The Sloane Clinic's Clear Blue facials whenever she visits Singapore.

"I am a beauty junkie and I am very careful about what I put on my face," she says.

"I prefer going to doctors because they use high-tech equipment and the most advanced ingredients in their products."

His aesthetics practice, Forever Laser Institut in Geneva, also offers a spa menu. He set up the clinic in 1997.

"In a client's mind, only a doctor can guarantee results and only a spa can

Medical Aesthetics@Cluny in Cluny Court, says: "A doctor can offer something in between beauty and medical treatments, such as fat-busting treatments with a medical laser."

She began offering clinical facials that include ultrasonic cleansing - which makes use of ultrasound waves to dislodge dirt and grime trapped in the pores - about two years ago.

While it is a relatively new trend here, beauty junkies in Europe have been getting their lips, tucks and bouts

of pampering at the same place for years.

"Clients have become very demanding. They do not want pain, side effects and down-time but expect results of high quality," says Dr Luigi Polia, a Swiss dermatologist, in an e-mail interview.

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Clariancy 12-15 Raffles Hotel Ascade

set up in \$1.5 million in 2007. The spa capsules (right) that offer treatments such as hyperbaric oxygen and body-wrap treatments.

Price range: \$150 for a body treatment.

This treatment is said to make use of sound waves to disrupt fat cells and stimulate the body's natural drainage system.

Price range: From \$188 for a facial to \$400 for body contouring acoustic wave therapy.



nic combines treatments with facial that is administered by a therapist to

for a facial, \$90 phototherapy body-contouring