

SUCCESS ISSUE

ISSUE 02

vanilla

ADDING FLAVOUR TO YOUR LIFE

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SUCCESS MY WAY

From lawyer to pet-sitter, from banker to baker – how women are redefining success (and yes, they're happy)

Spring INTO LIFE

Take a dip in Japan's ancient healing waters

PURE LUSH JURY

Fall/Winter fashion and beauty for real women

THE SKY'S NO LIMIT

Presidential Aide, Pilot, Pioneer: POH LI SAN is a Major Inspiration

WOMEN IN THIS ISSUE: Travel • Shop • Decorate • Organise • Graze • Exercise • Inspire

Win!
• Rich Carbon Laser Treatment
• Lush Spa Treatments
Free!
Superfamous cosmetics

Five Under 25

Watch out, these bright youngsters are making waves

THE SMART WOMAN'S GUIDE TO SMART PHONES

COOL SCOOPS

Savour the flavours at these exotic ice-cream shops



Instant Radiance

THE INNOVATIVE FACIAL

BEST FOR: Giving instant radiance to dull, tired skin.

PROCEDURE:

1▶ Enzyme resurfacing mask:

Melts away dead cells and unclogs pores,

2▶ Rejuvenating gel mask: Uses a vitamin gel that contains clinical concentrations of



Lisa Cunico, 35, regional manager at a media production company.

antioxidants to heal and rejuvenate the skin (faster than regular serums), 3▶ Silver ion therapy: Uses a pure silver mask, with tissue recovery and anti-ageing properties, to help recharge and reset the skin's electric potentials disrupted by UV, stress, environment etc.

HOW IT FELT: The aesthetician cleaned my face and applied a micro-dermabrasion scrub in preparation for the intensive resurfacing mask. There was a slight tingling sensation, but that soon melted away, along with my dead skin cells.

Next was the rejuvenating mask, which stung a little more but was still bearable. What followed was the super serum – packed with vitamins B and C, for their anti-ageing and healing properties – and the silver ion mask. The pure silver cloth felt cool to the skin and I was asleep in four minutes!

After the facial, my skin looked like a million bucks, with an elasticity and glow that hadn't been present for a very long time. I'd highly recommend the treatment!

AMBIENCE: The Sloane Clinic is really a friendly, non-intimidating and classy aesthetics practice with decent prices. I love the intricate mosaic tiling wrapped around its curved corners, and the post-modern furniture.

WHERE | THE SLOANE CLINIC @ 43 JALAN MERAH SAGA (CHIP BEE GARDENS)

HOW MUCH | \$180 FOR 60MINS

CALL | 6471-1108 (VILLAGESPACE) / 6533-2522 (CITYSPHERE)

scouting

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Lisa Cunico, 35, regional manager at a media production company.

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Nutrient Blast

ULTRASONIC ULTRASOUND MICRO-DERMABRASION + NUTRIENT DELIVERY

BEST FOR: Tired, dull, tired skin with uneven skin tone, fine lines or pigmentation.



Adriana Suh, 28, senior financial consultant.

PROCEDURE: 1▶ Ultrasonic micro-dermabrasion. Safely and painlessly exfoliates the epidermal layer of the skin by using high-frequency ultrasound waves to reduce pigmentation and fine lines, refine pores, and stimulate collagen production. 2▶ Ultrasound Nutrient Delivery: Uses high frequency waves to increase blood circulation to the face and allow forced delivery of multivitamins and amino acids to the deeper layers of the skin, replenishing vital elements.

HOW IT FELT: The therapist was patient and attentive, explaining every step before she performed it. I was looking forward to experiencing the micro-dermabrasion process as I'd heard a lot about it. It's essentially a metal plate used to send different high-frequency ultrasound waves to your skin.

I was then treated to a great shoulder and face massage before the final vitamin mask and deep-moisturising treatment. I felt so relaxed I fell asleep! I was very satisfied with my skin after the treatment: It felt refreshed, clean and supple.

AMBIENCE: It felt like being in any other spa. The room was spacious and inviting, with a light brown theme and a soft bed. I love the fact that all the rooms are named after the resident doctor, Dr. Ivor Lim's children (even one after his partner's dog!) Step in and you're greeted by a classy black-and-white photo of the child the room is named after. Although I never did meet Dr. Lim, his personal touch was evident everywhere.

WHERE | MEDSPA @ #12-03 CAMDEN MEDICAL CENTRE

HOW MUCH | \$180 + \$50 (NUTRIENT DELIVERY) FOR 110MINS

CALL | 6887-3087

Freckle Free

ULTRASONIC CLEANING + PHOTO-OP FACIAL REJUVENATION

BEST FOR: Treating dull, tired skin with uneven skin tone, fine lines or pigmentation.



Denise Ho, 30, Hong Kong-based English teacher.

PROCEDURE: 1▶ Ultrasonic cleaning: A 15-minute priming, to exfoliate and cleanse the face in preparation for the treatment. 2▶ Photo-OP facial rejuvenation: A 35-minute treatment that combines both IPL (fluorescent pulse light) and radio-wave technology to treat freckles and rejuvenate the skin.

HOW IT FELT: The therapist started with 'Sonic Cleansing'. The equipment she used felt scratchy, but the whiteheads removed were evidence of the technology's power. For the OP therapy that followed, I was pretty nervous, when the heat got too high for comfort. But after 15 minutes, my skin only emerged pink, not red or burnt!

Having gone through IPL (Intense Pulse Light) last year with great results, I was excited about trying the IPL (a patented & improved variation of IPL). The therapist painstakingly moved the IPL equipment on my skin, inch by inch, so that the result would be even. Almost immediately, my freckles started to scab. I was told they would fall off, leaving perfect clear skin underneath.

For this treatment, you do need to bear with some mild discomfort, but if you ask me if it was worth it, I'd give you a definite YES!

AMBIENCE: I was a bit intimidated by the huge, clinical feel of the medspa. Everything was stark white – from the furniture to the flowers. But what impressed me was the number of individual treatment rooms they had, each fully equipped with the latest machines.

WHERE | THE DIX MEDSPA @ #03-50/54 SUNTEC CITY MALL

HOW MUCH | \$350 + \$35 (ULTRASOUND CLEANING) FOR 60MINS

CALL | 6886-1555