

**LOCK CONFESSION**

Why I want my stepdaughter in prison"

**Naughty Sex** How can it help your marriage?

**LOVE! LOVE! LOVE! OUR HAIR**

pages of cuts, colors, tools & tricks to revamp your look

Does my child's acting normally? danger signs to spot

**WIN! A \$5,000 luxury holiday to world-famous Laguna Phuket Resort**

**Exclusive Photos!** Michelle Yeoh and fiancé at home in Italy

**What Makes Love Last?** Couples share real life ups (and downs!)

**Thai Food For Friends!** Easy ways to wow guests this weekend

**AISHWARYA RAI**  
The newly-married star reveals her dark secret: "Have I been intimidated? Yes."

WW beauty now



**masks**

A weekly mask deeply and intensively treats your skin. Try:  
**1 Ipsa Essence Pore Perfect Clear (peel off mask), \$64, clears clogged pores found on your T-zone.**  
**2 Lierac Soin Eclat Clarifying and Purifying Mask, \$45, calms and revives a dull complexion.**  
**3 ROC Purif-Ac Anti Blackhead Scrubbing Mask, \$31, eliminates blackheads and clogged pores by getting rid of impurities.**

**exfoliation**



"Oily-combination skin types tend to be more prone to clogged pores than other skin types," says Michelle Ong, training manager at Ipsa. The reason? Sometimes these dead cells shed too fast, clump together and clog the pore to form non-inflammatory acne. So use a scrub once a week to remove these dead skin cells. Try:  
**1 Bio-essence Skin White Revitalizing Exfoliator, \$28.90, deep-cleanses and removes dead skin cells with microfine rice beads.**  
**2 Ipsa Preparing Clear Loton 1 (left), \$56, removes dead skin cells as you wipe your skin with a soaked cotton pad. It also absorbs excess sebum and prevents pores from clogging.**

**hydration**

Even oily skin needs to maintain its moisture balance, especially when it is totally stripped of moisture by a drying cleanser. Keep your skin constantly hydrated with a suitable moisturiser. Try:  
**1 Olay Total Effects® For Blemish-Prone Skin Moisturizer, \$23.80, treats blemishes and manages wrinkles and fine lines.**  
**2 L'Oréal Paris Dermo-Expertise Pure Zone Deep Control Anti-Imperfection Moisturiser, \$14.90, controls excess sebum, blocked pores and imperfections.**  
**3 Vichy Normaderm Night Chrono-Active Pore Refining Care, \$49, is for use at night. It curbs sebum overproduction that happens while you sleep.**  
**4 The reformulated Shiseido The Skincare range teaches your skin to create its own moisture and lock it in.**



**more benefits**

To get more out of your anti-acne skincare regime, try:  
**1 Dermalogica Anti-Bac Cooling Masque, \$83, and Dermalogica Medicated Clearing Gel, \$83, intensively treat inflamed acne.**  
**2 Shiseido Pureness Oil-Control Blotting Paper, price unavailable, temporarily controls surface shine and absorbs excess sebum.**  
**3 Ettusai Medicated Acne Sebum Off Kit, \$33, Garnier Skin Naturals Pure SOS Blemish Clear Pen, \$9.90, and Kiehl's Blue Herbal Spot Treatment, \$35, clear skin too.**



**other options to treat oily and acne-prone skin**  
 Dr Low Chai Ling of the Sloane Clinic recommends these prescription-only treatments:

**SYNTHETIC TOPICAL RETINOIDS: Retin A,** a derivative of vitamin A, increases skin cell turnover to promote the extrusion of whiteheads and blackheads. It also prevents the formation of new ones.  
**TREATMENTS: Aramis laser and face peels** remove surface skin cells to enable new skin to regenerate. The newer skin grows back with a smoother and even surface.  
**MEDICATION: Roaccutane** is a substance similar to vitamin A, but does a very different action. It reduces the oily substances in skin caused by oil-producing glands, thus reducing the amount of inflammation-causing bacteria in skin. **Diane 35** combines contraception benefits with anti-acne treatment. **Antibiotics** reduce the concentration of free fatty acids in the sebum and the inflammatory response. Frequently used antibiotics include Tetracycline, Erythromycin and Minocycline.

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