

LIFE SHOCK
My husband secretly
took me abortion drugs
when I was pregnant

all Fashion File
How to make the season's
it trends work for you

Love & Lies
Why men
really cheat

**They whispered
behind my back**
How I proved them wrong
How to triumph over cruel gossip
from women who did it

DRESS-PROOF YOUR KIDS
Choose 3 tricks - see the difference fast

WIN! A 40" flat-screen TV worth \$5,598!

INSIDE:
New Special Health Section

Make Your Home Stylish Instantly
Top 5 Start with the lighting

Skinny Sweet Treats
Delicious and low-cal food desserts to make in minutes

Kym Ng
spills the truth about
her on-again-off-again wedding

\$500
Face Creams
Are they worth the price?

WW | beauty now

beyond skin-deep

Which is better to look younger: Topical formulas or non-invasive treatments? Listen to what the experts have to say and then decide by **Suzanne Wu**

There we look good to everybody around. But then we suddenly avoid the effects of aging either before it's pronounced or when it's already so visible, you can't quite choose a different skincare regimen or a more invasive treatment that requires virtually zero downtime. Or you can choose both.

Skincare products are gender-specific, new technology has enabled them to work-but create skin behaviors due to effective ingredients that are added to the formulas, and high-tech delivery systems that get the ingredients to the cells. However, topical creams require more time to see results," explains Dr. Dennis Wang, medical aesthetic director of L'Oréal Aesthetic Clinic.

Dr Wang adds, "On the other hand, non-invasive treatments provide immediate, noticeable and quicker results. No when someone chooses between topical products and aesthetic treatments, the decision is really based on how much time they want to invest in their skin treatment or product use."

get you looking flawless skin in a snap?"

Then again, your veins are inflated towards non-invasive treatments because the results are faster, sometimes even instant. "Non-invasive skin treatments are now much gentler on skin and safer, and for more sensitive women are looking into laser," notes Dr. Zimmerman, a renowned plastic surgeon from California.

After going through any non-invasive treatments, skincare products are necessary to keep skin healthy. Aside from bringing out the best in skin, daily skincare products also help to avoid to protect it from physical and external aggressors. Whether you use skin clinics for instant rejuvenating results such as Botox, ultrasound, dermaplaning, radio frequency, light or even laser therapy, or opt for non-invasive skin treatment only when you're heading out for a major party or event, don't lose sight of your anti-aging creams and concealers—they will work together towards giving you healthy, non-aging skin.

OVER-THE-COUNTER CARE

Whether skin is cared for with a "normal" routine - or is being put under extra pressure with non-invasive procedures - these creams can help keep up appearances, literally.

ILMUYA DAILY LINE REDUCER, \$50 This not only stimulates reactive collagen production, but also contains skin-softening enzymes and repairs the damage inflicted by free radicals. Skin cell metabolism is boosted as skin is hydrated and nourished.

ENDOCARE AMPOLES, \$75 FOR A BOX OF SEVEN This treatment is made up of 42 per cent "natural" retinoid molecules - a secretion that helps skin repair damaged skin tissues with vitamins and hydrating agents. It restores skin's natural repair mechanism while fighting off free radicals and sun rays.

DERMATOLOGICAL AGE SMART SERICARE LAM, \$65 TO \$225 This brightens skin and neutralises free radicals by controlling the formation of inflammation-activated enzymes that break down collagen and inhibit the formation of new collagen. It also decreases free radicals and creates stable molecules, preventing any skin damage.

Aesthetic Care

Some of the latest non-invasive treatments, explained

NOVA 3R TREATMENT This 3-in-1 system uses a non-fractional infrared broadband light to rejuvenate and renew hyperpigmented skin, broken capillaries and acne. It also enhances collagen production so wrinkles are firmed up. From \$1,100. At The Sloane Clinic, #03-01 Chevron House, Tel: 6533 2522 and #01-66 Chip Bee Gardens, Tel: 6471 1108.

L'ORÉAL MÉDICAL PHOTOFACIL (L'ORÉAL) TREATMENT This is a non-invasive skin treatment that uses light energy to stimulate collagen production and improve skin texture. It also helps to reduce wrinkles and improve skin tone. From \$1,100. At The Sloane Clinic, #03-01 Chevron House, Tel: 6533 2522 and #01-66 Chip Bee Gardens, Tel: 6471 1108.

Aesthetic Care

Two of the latest non-invasive treatments, explained

NOVA 3R TREATMENT This 3-in-1 system uses a non-fractional infrared broadband light to rejuvenate and renew hyperpigmented skin, broken capillaries and acne. It also enhances collagen production so wrinkles are firmed up. From \$1,100. At The Sloane Clinic, #03-01 Chevron House, Tel: 6533 2522 and #01-66 Chip Bee Gardens, Tel: 6471 1108.