

Women's Weekly

MY SIZZLING AFFAIR STARTED AT THE BUS STOP

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Christine See
39, sales representative and mother of two

I was an air stewardess for 12 years, and the flying took a toll on my skin. After my first child six years ago, I noticed dark spots on my face. After my second child, the melasma grew worse. I've always taken good care of my skin and health. Yet so much more still needs to be done.

THE DOCTOR:
Dr. Low Chai Ling,
medical director of
the Gloane Clinic,
and physician
with eight years'
experience in
aesthetic medicine.

AFTER
Christine, 39,
says she feels
confident about
stepping out
with minimal
make-up after
her treatment.



THE DIAGNOSIS

"Christine's skin looks tired and sallow, and she relies on thick make-up to cover her imperfections, which adds to the dullness," says Dr. Low. "Her make-up was no longer able to cover her sun spots and mild melasma, a deeper pigmentation that appeared after her last pregnancy. Her face has initial signs of sagging with lines around her eyes and forehead, prominent nasolabial folds and slight sagging of the upper eyelid. The lateral corners of her brows give her a 'sleepy' look, and her square jaw gives her a heavy appearance at the joints."

THE TREATMENT PLAN

"Christine's pigmentation is deeper than superficial brown spots and won't respond well to IPL, or single creams. Her pores are large and her face shows significant signs of a collagen deficit," says Dr. Low. "To improve fairness, radiance and pores, I used a series of pigment lasers and vitamin therapies. To lift and tone skin, I gave her a session of Light Lift laser. I used some Botox to subtly slim her face. To improve her face shape, I used Botox fillers at her brow bone to lift her brows, fillers on her nose to subtly define her bridge, and subtle fillers on her lips to fill out some lines. Microbotox was used to reduce eye bags. Juvederm hyaluronic fillers on her nasolabial folds plumped up lines."

THE RESULT

"Her pigmentation has faded by at least 70 per cent, and her skin is more lifted. Her entire face is more sculpted; her lips are not bigger, just a little poutier. We smoothed out her wrinkles and cleared her skin. I'd say we've taken more than five years off her looks," says Dr. Low. "If we had more than four weeks, it would certainly be possible to completely get rid of her pigmentation and to enhance her skin even more."

THE EXPERIENCE

"The lasers and Botox didn't hurt, but the fillers to my lips did," Christine recalls, adding, "and my tolerance for pain is very high—I had a natural childbirth both times without painkillers or an epidural! After two weeks, everyone noticed something different about me, but couldn't figure out what. The Botox was taking effect: my pores were smaller, my skin was glowing, and I could step out with minimal make-up."

CHRISTINE'S VERDICT

"I look like I've just turned 30 and I feel more confident. The laser and whitening procedures are worth investing in. I'd advise women to take some of the money they spend on skincare products to find the root cause of their problems."