

## BONUS

# saving face

CHECK OUT THE NEWEST AND BEST FACIALS IN TOWN THAT WILL NOURISH YOUR SKIN WITH WHATEVER IT NEEDS. BY ADLENA WONG

When your skin is acting up, you need to go above and beyond your basic regimen: what you need is a facial. Unlike your DIY version at home, facial therapists use products that contain higher concentrations of active ingredients and they stick to proper techniques – important for the better absorption of those do-good products. That said, we've put together this list of the best, the newest, the luxurious, the sanely priced and altogether, skin-benefiting treats for your face.

## 1 YOU HAVE DRY SKIN AND FINE LINES

Harsh soap, itchy clothing, misuse of moisturiser and long, hot showers are all causes of dry skin. As are some medications for conditions such as diabetes, psoriasis, hypothyroidism and malnutrition. When skin is dry, the appearance of dehydration lines and existing fine wrinkles is further exacerbated.

### ● Customised infusion therapy and diamond peel

**WHAT** This 90-minute treatment comprises of two steps. First, deep exfoliation using the gentlest microdermabrasion technology. You will just feel suction on your skin as the therapist sloughs away surface clogs and pulsates the drainage passages to help in skin detox. Next, customised serums are delivered deep into the dermis, where blemishes and pigmentation start. Using no-needle mesotherapy technology, as much as 500 per cent of active ingredients can reach this layer without injections or cutting. You can actually feel your face plump up with serum!

**DETAILS** From \$98 at Skin Inc. #01-10A Republic Plaza, tel: 6536-6789 and #01-65 Central at Clarke Quay, tel: 6324-2686, [www.skininc.biz](http://www.skininc.biz)



A facial can help exfoliate and peel off layers of dead skin.

## 2 YOU'VE HAD A PEEL

Skin that has undergone chemical and mechanical procedures such as acid peels and microdermabrasion is often sensitive. Your skin's natural self-defence mechanism makes it more prone to reactions and allergies.

### ● King facial

The King is part of a series of facials – Royal Flush – that delivers growth factors deep into the skin non-invasively. Growth factors are natural proteins that help skin to regenerate and fight free radicals. The series also consists of Ace, an intensive treatment for damaged skin, and Queen, a skin-maintenance facial.

**WHAT** This 90-minute treatment uses two rounds of EGF Growth Serum, which contains five growth factors and more than 200 different amino acids to target fine lines, dryness, dull skin tone and lax skin. For a non-surgical facelift, skin-

tightening stem cells are applied in between the two rounds of serum. The decadent finale is a pure gold mask that uses ionic nanotechnology to help the ingredients penetrate deeper and more effectively.

**DETAILS** \$200; \$150 for first-timers at Mask. #03-05 Wheelock Place, tel: 6238-7737 and Spa Esprit Downtown, #05-10 Paragon, tel: 6836-0500, www.maskskincare.com

### 3 YOU HAVE OILY SKIN

An adequate amount of sebum is actually beneficial because it protects skin against pollution. Sebum becomes a problem when too much is produced and it becomes a breeding ground for bacteria (read: clogged pores and zits). This is common in women who regularly expose themselves to sun and are over-zealous about washing their faces. Your skin will produce more oil because it "thinks" it's losing moisture on the surface.



#### ● SkinCeuticals deep pore-cleansing facial

**WHAT** A 60-minute treatment that treats skin clogged with sebum and impurities. It uses 15 of SkinCeuticals' best-selling and most-effective products which contain nutrients to purge your pores of build-up (Clarifying Clay Masque), and provide anti-inflammation and antiseptic protection (Phyto Corrective Gel) to soothe and prevent bacteria from forming in your now-clean pores.

**DETAILS** \$88 at SkinCeuticals Treatment Cabin at Mandalay Clinic Laser Suites, National Skin Centre, 1 Mandalay Road, tel: 6350-8209

### 4 YOUR SKIN IS LOOSE

Your skin accumulates damage from environmental stressors such as UV rays and free radicals, says Dr Christine Cheng, medical director of Simply Aesthetic. Cells that support the collagen and elastin under your skin will eventually weaken.

#### ● Perfector treatment

**WHAT** The star of this 30-minute treatment is the skin-rejuvenating machine, the Nano Perfector. It sends nanocurrents into the skin's cells to coax them into self-repair. This increases collagen, elastin, cell proliferation and blood circulation. A

thin layer of conductive gel containing aloe vera, sodium lactate, and vitamins – depending on your needs – is first applied to the face. The nanocurrents are then applied via a pair of silver gloves worn by the therapist, who literally pulls up parts of your face that needs a lift. It is surprisingly relaxing and comfortable.

**DETAILS** \$200 per session (excluding consultation fees) at Simply Aesthetic. #03-21 UE Square, tel: 6732-5527, www.simply-aesthetic.com

### 5 YOUR COMPLEXION LOOKS MUDDIED

You can kiss radiant skin goodbye once the microcirculation under your skin has slowed down. A combo of factors can do that: poor diet, oxidation (due to stress and excessive exposure to the sun), lack of sleep and ageing.

#### ● O2 jet peel clinical facial

**WHAT** It uses a medical-grade hand probe to generate a jet of oxygen and microdroplets of saline mixed with customised serums. Depending on your needs, serum ingredients such as Xadrenal (a super moisturiser) and DM Lift (clinically proven to lift weakened facial muscles) can be used. Because of the jet's pressure, the serums can be introduced into the deeper layer of the skin. The jet also gently peels off layers of dead skin and unclogs pores.

**DETAILS** \$310 per session; \$2,380 for 10 at True'Est Spa. #16-02 Ngee Ann City Tower A, tel: 6235-0990, www.trueest.com.sg

» **FOR SHAPE READERS** Present this page to enjoy a session at the introductory price of \$200. Valid till March 31 only.

