

Singapore's Definitive Men's Journal **THE FEELGOOD ISSUE**

AUGUST MAN

SUBSTANCE - STYLE - SUCCESS

MAGAZINE PUBLISHERS OF SINGAPORE AWARDS WINNER (BEST MAGAZINE OF THE YEAR - BRONZE)



THE INSIDERS' GUIDE TO MARINA BAY SANDS

THE FINEST RETAIL, DINING & LEISURE EXPERIENCES FOR THE GENTLEMAN

MANLY CURES

2010

TREATMENTS TO GET YOU INTO GREAT PARTY SHAPE

All The Style You Can Stomach

LEE BYUNG HUN

ELEVATES KOREAN DRAMA

"IT'S A CHALLENGE TO BREAK INTO HOLLYWOOD"

THE READLIST

THE MOST BIZARRE, INTERESTING & HUMOROUS READS FOR THE HOLIDAYS



- Swinging in Southern Spain
- Travel-Savvy Scents
- Offroad with the BMW X1
- Rum and Havana
- Complicated Timepieces
- The Allure of Tudor

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AESTHETIC DOCTORS YOU'D LOVE TO MEET (WHO WON'T JUDGE YOUR FACE)



TURN BACK TIME IN JUST ONE SESSION

Name of Treatment:

ProFractional-XC laser

The pitch: Wipe away wrinkles and firm up your skin with one of the newest lasers in the market.

You need it if... You have fine lines, wrinkles and loose skin around your eyelids, face, hands or neck. It can address pigmentation and acne scars.

What it does: Unlike lasers that remove the entire surface area of skin, it treats the skin in fractions which encourages faster healing time. The laser's depth of penetration and thermal effect can be tuned to suit individuals. As the laser is ablative, in that, it removes

layers of skin, there's a short downtime of two to three days, so schedule it on a Friday.

How it feels: After an initial consultation, skin numbing cream is applied to your face for 20 minutes and a painkiller administered depending on how intense your treatment will be. If at this point you feel nervous, Dr. Vanessa Phua's calm and caring nature will quickly put you at ease.

On a mild setting, the laser feels a little tingly with an occasional bite, but the pain will increase if you need deeper treatment. Immediately after, you'll look like you've suffered bad sunburn



and your face will feel very hot. The redness will disappear over the next few days and a deep tightening effect will set in. Depending on the intensity of your

treatment you might experience minor scabbing on the treated areas which will heal to reveal new skin.

Duration: 15 to 30 minutes for treatment.

Price: \$1,000 per session - **Xu Ci En** Asia HealthPartners, Unit 05-06 Lucky Plaza, 304 Orchard Road, Tel. 6235 7888. www.asiahealthpartners.com

Dr Vanessa Phua, aesthetic doctor from Asia HealthPartners, says: "This is the first laser of its kind in Singapore and results can be seen in just one treatment. Because the laser can be customised to a skin's needs, we can treat individual patients more effectively."



PICKED, PINCHED AND PITTED

Name of Treatment: Mosaic

The pitch: A fractional laser that comes in useful for uneven skin tones, roughness and shallowing out acne scars.

You need it if... You have an abundance of large pores, pitted skin from old acne scars and a patchy complexion.

What it does: The laser targets specific areas of the skin, much like a spray-paint fashion, to create microscopic wounds. This alerts your body into healing mode, resulting in clearer, newly rejuvenated skin.

How it feels: A skin numbing cream is first applied and left for 15-20 minutes. So you may feel minor pricks where the procedure is being applied. After that, a

healing cream is slathered on and your skin will feel slightly raw. The redness takes a couple of days to settle down. By then, you should see brown swathes of skin with little dark brown dots covering affected areas, which will eventually shed.

Duration: Approximately 45 minutes, mostly due to prep. Procedure itself took approximately seven minutes.

Price: From \$600 - **Luann Alphonso** Prive Clinic, One Raffles Place, #05-04A. Tel. 6535 8684. www.priveclinic.com

Dr Karen Soh says: "Remember to keep sunscreen on for at least a month after the procedure, while new skin surfaces."

REVERSE AGEING WITH NANO TECHNOLOGY

Name of treatment: DNA-RNA Platinum NanoPLUS treatment

The pitch: 99.99 per cent pure Platinum Nano colloids help recapture your youth and treat ageing skin by stimulating collagen proliferation.

You need it if... You find colleagues constantly asking why you look tired and haggard, even when you have had eight hours of sleep a night.

What it does: Reportedly the world's first patented technology which involves the combustion of high purity 99.99 per cent platinum nano cluster form into millions of active 3nm nano colloid particles, compared with the 6nm in the market. This process allows the active platinum nano colloid to encapsulate the optimal DNA/RNA infusion to further synergise its efficacy without additives. In other words, because it is so tiny, it can better penetrate the skin

and bring all the nutrients along with it.

How it feels: The combustion of the platinum nano cluster is done right in front of you, and while the mini explosion within the cylinder is startling, it is also exciting at the same time. The therapy then intensifies with the use of high intensity red and orange wavelengths to penetrate the skin to not just cleanse but also unclodge impurities. According to the therapist, red light optimises the skin's metabolism while orange energises it. Post-treatment, I definitely notice my skin looking brighter and pores appear tightened. Less visible effects include the skin's ion balance being optimised and hydrated.

Duration: Two hours
Price: \$600 - **Jeremy Gopalan** TOUCHE Elite, 442 Orchard Shopping Arcade #01-13. Tel. 6221 6612.



PHOTO: TOUCHE ELITE