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NIELSEN MEDIA INDEX 2010

# her world

DECEMBER 2010 \$6 SINGAPORE

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OF THE YEAR 2010 SILVER

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first sight"

## If you have... **TWO WEEKS**

### FOR FACE: ULTHERA, \$3,400 (ABOUT 60 MINUTES)

**In a nutshell:** One of the latest anti-ageing treatments that tightens and lifts saggy skin. Immediate results that are said to improve over a month.

**What to expect:** "An ultrasound machine was used to tighten my skin. Warning – even after topical anaesthetic, I felt a short, sharp pain similar to rubber bands being flicked on my skin. Thankfully the pain didn't linger. Post-treatment, my jawline was more defined, and my eyes looked rested. The results improved a week after: my eyebrow area was lifted." – **Niki Bruce, herworld.com editor**

**Where:** Dr Benjamin Yim Clinical Aesthetics & Laser Centre, #06-04 Forum The Shopping Mall, tel: 6737-9181.

### FOR FACE AND NECK: THERMAGE CPT, \$7,500 (20-30 MINUTES PER AREA)

**In a nutshell:** An upgraded machine said to offer a less painful treatment than the original. Promotes collagen growth for firmer, smoother skin. Immediate results, with continued tightening over two to three months.

**What to expect:** "After a numbing cream was left to take effect for about 30 minutes, the doctor 'zapped' my face and neck with a machine. It felt comfortable, except on the thinner skin on my neck. Before and after pictures snapped on my iPhone revealed a more contoured jawline, and tighter skin around my eyes." – **Li Hwee Shan, senior designer**

**Where:** The Sloane Clinic, #03-18 Ion Orchard, tel: 6509-8108.

### FOR TUMMY AND THIGHS: ULTRASOUND LIPOLYSIS, FROM \$200 (20-30 MINUTES PER AREA)

**In a nutshell:** Removes stubborn flab.

**What to expect:** "Using a machine that melts fat with ultrasound waves, the doctor applied a cream over my paunch. She followed with a cold tightening gel that felt tingly. Afterwards, I noticed a slightly flatter tummy. But for better results, the doctor advised massaging the treated area with my hands for two weeks." – **Jean Lee, associate art director**

**Where:** Healthsprings Laser and Aesthetic Clinic, #10-01A Liat Towers, tel: 6836-8386.

### FOR STRETCH MARKS: SCITON PROFRACTIONAL XC, FROM \$880 (ABOUT 35 MINUTES FOR THE ABDOMEN)

**In a nutshell:** The latest laser machine also reduces fine lines and firms up droopy eyelids. Your skin will be red and slightly dry for about three to 10 days, depending on the laser intensity used.

**What to expect:** "A more intensive setting was chosen to reduce stubborn stretch marks on my tummy. The pain was bearable, thanks to a numbing cream, but there was slight bleeding. Post-treatment, there was light scarring on my tummy, which the doctor said would disappear after seven to 10 days. My skin felt tighter and stretch marks were lessened." – **Alice Chua, senior graphic designer**

**Where:** Asia Healthpartners, #05-06 Lucky Plaza, tel: 6235-8411. →

# RELAX...

...EVEN IF YOUR FACE IS DROOPY OR TUMMY IS BULGING. FOR THE PARTY SEASON, THE *HER WORLD* TEAM TESTED THE LATEST AESTHETICS TREATMENTS THAT MAKE YOU LOOK GREAT IN A JIFFY – ANYTHING FROM TWO WEEKS TO A DAY.