



FEED YOUR SKIN

For extra UV protection, "Go Greek" with your diet, say researchers.

* Eating certain foods can protect your skin from UV-related cancer,

according to a new study. The sun's rays penetrate the skin and cause photo-oxidation, which affects both the cells and the body's ability to repair damage, says lead researcher Dr Niva Shapira. To counter this, a diet rich in antioxidants and omega-3 fatty acids can supplement precautionary measures like using sunscreen and protective gear, she adds. Recommended foods include olive oil, fresh fish, fruits and vegetables, wholegrains, beans and lots of water. Cut down on parsley, celery, dill and figs, as these contain psoralen, a compound that makes skin sensitive to light.



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beauty q+a

Q Facial cleansers now come in so many textures. How do I choose?

As a general rule, the drier the skin type, the richer or heavier the cleanser should be, says Dr Vanessa Phua, aesthetics physician at Asia Healthpartners. Water-, gel- and milk-based washes suit oily and combination skin, while creams are typically better for normal and dry complexions. It also depends on the nature of the residue (sebum, dirt or cosmetics) that you seek to remove. Oil-based cleansers are recommended for clearing thick makeup.

Besides texture, ingredients are important in determining a cleanser's efficacy, says Dr Phua. Shea butter is good for moisturising dry skin, while alpha hydroxy acids (AHA) and beta hydroxy acids (BHA) are efficient at cleansing oily skins. Widely used AHAs and BHAs include glycolic acid and salicylic acid respectively.

Send your questions to Shape, Beauty Q&A, 82 Genting Lane, Level 7, Singapore 349567, or e-mail magshape@sp.com.sg

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