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Robinson,
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on Orient

oods, lots of vegetables
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andra, ND Naturopathic
Therapies Centre

reatment can do
ir if you have no
alon. Apply a rich,
ask to towel-dried hair,
least 15 minutes.
a warm, damp towel
penetrate deeper into
highly recommend
from Kérastase."

on

"Before choosing a dermatologist, it is important to check his or her credentials with the Singapore Dermatologist Board. It takes five to six years of training to be listed, so you know these dermatologists are fully qualified. You should also ask your friends for recommendations, as word-of-mouth is usually a trustworthy method. Don't forget to meet with your potential dermatologist before deciding if you are comfortable with them."

- Dr Patricia Yuen, consulting dermatologist, Pacific Specialist Practice

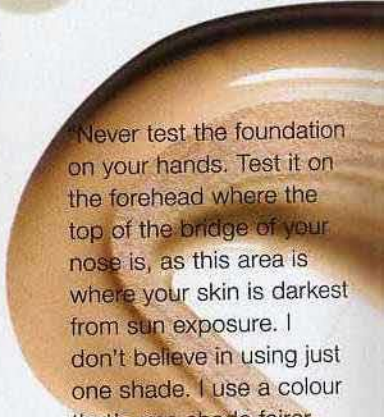
"Research has shown that detoxing is great as a holistic anti-ageing method. It releases the hormone DHEA that is believed to keep your body and skin youthful, and increases fat-burning metabolism, and its production gets depleted as you age. Although there are many kinds of detox regimes, I recommend the kind of detox where you have to fast for at least three days a month to reverse the ageing process and get glowing skin."

- Delia Kwik, make-up artist

"I was sponsored by local spa Rustic Nirvana when I had my two children. They used traditional herbal slimming methods, so my post-pregnancy weight loss was gradual. I think it's healthier this way. I believe every woman has her own timing where the shedding of post-pregnancy weight is concerned. The more you get stressed about it, the harder it is to lose weight — so just go with the flow! I also run a lot with my kids and drink lots of green tea."

- Annabelle Francis, celebrity host and mother of two

TEXT: MARIANNE WEE-SLATER, MARISSA REYES. PHOTOGRAPHY: GETTY IMAGES



"T
regular facial
for me, is all
and having le
- Nadya Hu
Fly Entertain

"Never test the foundation on your hands. Test it on the forehead where the top of the bridge of your nose is, as this area is where your skin is darkest from sun exposure. I don't believe in using just one shade. I use a colour that's one shade fairer than the forehead and another darker shade for contouring and blending before topping the skin off with translucent powder. I find this creates the most natural-looking results."

- Venetia Stravens, make-up artist



"Humidity is the enemy of hair volume. To keep your hairstyle from going flat, it's probably best to stay indoors because with our local climate, most hairstyles will still go flat, no matter what you put in it."

- Edwin Chew, leading stylist, Casey Inc

"A major mistake that most women make is using too many skincare products. I have patients who apply eight to 10 layers of skincare both day and night. Obviously, not everything gets absorbed, so a lot of it just sits on top. I use less than four products every day, including a cleanser, a toner and a sunblock. I also believe less make-up is best."

- Dr Georgia Lee, dermatologist, TLC Lifestyle



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