

SHAPES

IMPROVE YOUR MEMORY NOW!
pg 14

SINGAPORE
JUNE 2007 | \$5.00

YOU CAN DO IT!

BURN MORE FAT IN LESS TIME

Drop 2kg this month with these calorie blasters!

SAVE THE EARTH, PROTECT YOUR HEALTH

9 easy ways to go green at home, work and play

FOUND!

The healthiest char kway teow, laksa and fried carrot cake

Yoga moves for frazzled nerves, road rage & much more

IS IT SAFE TO EAT FISH?

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A woman with long dark hair, wearing a light blue athletic tank top and shorts, is crouching on a paved path. She is smiling and looking towards the camera. Two small, scruffy dogs with white and brown fur are sitting on the path in front of her. One dog is looking towards the camera, and the other is looking to the left. The background is a lush green park setting with trees and bushes.

Dr Patricia Yuen, 39

Cosmetic
Dermatologist /
Pacific Healthcare
Specialist Centre

Taking a step back
and looking at the
larger picture
helps Dr Yuen
cope with stress
more effectively.

DR YUEN has been in the business of making people look and feel good for the last eight years. Registered as a consultant dermatologist with the Singapore Medical Council's Specialist Accreditation Board, her clinical interest is in cosmetic dermatology. This involves treating skin conditions like acne scars, pigmentation, and wrinkles with the help of non-invasive procedures like Botox and lasers.

What my job has taught me I've discovered certain treatments that really work for me, such as vitamin C. It has helped to prevent eczema breakouts, which I suffered from over 10 years ago. I also dabble with aesthetic treatments like Botox and laser as I believe they really tighten the skin and make you look more radiant.

That said, ageing is inevitable. There are ways to help people age gracefully but one shouldn't be too consumed by it. There are many things that we can derive our happiness from, and being obsessed about beauty is not the best way to go.

Finding time for exercise

I love to work out because it energises me, so I make time for it. I have a 90-minute personal training session twice a week and I try

"I WANT TO HELP IMPROVE A PERSON'S SELF-ESTEEM BY IMPROVING THE WAY THEIR SKIN LOOKS."

to squeeze in a run on weekends. I find it is the quickest way to get a really good workout. On days when I want to take it easy, I take my dogs to Sentosa or the Botanic Gardens for a brisk walk.

copng with stress I think a lot of stress is work-related and you need to take a step back and look at the bigger picture. Work and making money aren't everything. Going away on regular holidays helps to keep me balanced and rejuvenated.

one lesson I have learnt is

... that there are no shortcuts in life. You have to work hard and make an effort to achieve what you want and stand up for your convictions.

Patricia's tips for healthy looking skin

► Use a good cleanser.

Always use a cleanser that is appropriate for your skin type, one that can address your problems.

► Always use sunblock.

SPF 16 to 30 is good enough for daily use. If you go on holiday, step up on the SPF.

► Get a good moisturiser.

If you are in your early 30s and 40s, it is good to start using some form of antioxidants like vitamin A, C & E.