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Feb 2009

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THE ONLY CHECKLIST YOU'LL
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**REAL
MEN CAN
WEAR
TRENDS
THEY SHOW
YOU HOW**

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Dermatology & Laser Services
290 Orchard Road, #19-01
Paragon, Singapore 238859
Tel: 6883 6978 Fax: 6883 6976

Photography: TS Sim/model, Ellen Lim/products. Styling: Pauline Lui. Makeup: Lynnette Yat. /HP: 9007 2327. Model: Roberta Shokica/Diva Models. Celebs images: IPS Net



Zhang Ziyi epitomises youth and beauty

HOW FAST ARE YOU AGEING?
Consider this your face's decade-by-decade horoscope on how to take the best care of your skin at every age.

In your 20s

This is the decade when you make the transition from teen to adult. Your skin is still making plenty of collagen, which keeps it plump, firm and elastic. As cell turnover slows, skin tone becomes less even. If you are a sun worshipper, you may develop dark spots. By your late 20s, fine lines may set in around the eyes.

Skincare musts

- Use the right cleansing products for your skin type and some preventive products
- Keep skin clean and pores unclogged to avoid breakouts
- Always wear sunscreen! The sun damage you sustain in your 20s will show up in your 30s and beyond
- Keep the skin around your eyes moisturised with eye cream.



What happens as skin ages?
Dr. Patricia Yuen, Consultant Dermatologist, Pacific Specialist Practice, Paragon, explains: "As skin ages, it loses its firmness and elasticity. The collagen layer thins out, and together with the effect of gravity, skin starts to sag and wrinkles to form. The skin can also get drier due to the loss of resilience of the stratum corneum (outermost layer of the skin)."

What you need

Estée Lauder Hydra Complete Multi-Level Moisture Eye Gel Crème, \$72

Shu Uemura B-G Resistance Recharging Night Cream, \$139

Lancôme Aqua Fusion Continuously Infusing Moisture Fluid, \$76

Nuxe Crème Nirvanesque First Wrinkle Care, \$63

Lanéige Ultra Hydro Essence, \$69

La Mer Moisturizing Lotion, \$310