

MICA(P)2 19/03/2006

URBAN

GUIDE TO LOOKING GOOD



HOT TRENDS 2006

◆ SPA

Hot trend: Spas for the family

Peter Sng, 61, president of the Spa Association:

The buzzword for spas in 2006 would have to be the Category One licence. Since it was introduced earlier this year, spas which qualify can now have customers of any age. Previously, they had to be aged at least 21. This has started a trend for family outings at the spa. It is a nice way to bond, and a good introduction for young people to learn how to respect their bodies. A mother and daughter can go for a manicure and pedicure treatment together, while the teenage brother can get his acne treated with a facial. Men who spend a lot of time in front of the computer will also benefit from a massage which will provide release for stiff shoulders and necks.



◆ BEAUTY

Hot product: Cle de Peau Beaute Eye Colour Quad in shade two, \$110, from Takashimaya

Andy Lee, 43, celebrity make-up artist:

This compact contains everything I need to create beautiful eyes. The texture blends easily and doesn't spill all over the face. The red shade is great as an eyeliner, the medium lilac pink can be used as a base colour and there is a pastel yellow which can be used as a highlighter and a gold which gives a golden shimmer. I vary the amount of dark shadow and shimmer to create a day or night look. For MediaCorp's Star Awards this year,



I used more of the dark red on Ivy Lee to give her smoky eyes. For Fiona Xie, I used more of the lighter tones to give her a natural look.

◆ SKIN

Hot product: Elight and Elaser system by Syneron

Dr Patricia Yuen, 39, consultant dermatologist at Pacific Healthcare Specialist Centre:

This is my favourite new machine of the year. It's an all-in-one machine which combines radio-frequency with laser and Intense Pulsed Light, making it very versatile in dealing with many problems at the same time. It can help close enlarged pores, decrease fine lines, improve deep lines in the face, treat sebaceous skin making the skin less oily, lighten pigmentation and treat spider veins. It can also permanently remove hair by destroying the follicles. Results are usually visible after the second or third treatment, and the cost is about \$900 for one treatment on the face. There is also no down-time, and pain is minimal – it feels like a light sting.



◆ HOLISTIC HEALTH

Hot trend: Gentle Yoga

Pallavi Ghosh, 28, Yoga Master from True Yoga:

Gentle Yoga – a form of the traditional Hatha Yoga – was developed in 1991 by an American yoga expert. It really took off this year. This yoga variation is done through gentle movements and does not involve the more complex poses like other kinds of yoga. Gentle Yoga focuses on breathing methods to calm your body by slowing the heartbeat and reducing the flow of adrenaline, while increasing the flow of endorphins – hormones which reduce the sensation of pain. It is no wonder then that this yoga is such a hit with execs looking for relief from their frantic work schedules.



◆ DENTISTRY

Hot trend: Tooth implants in a day

Dr William Chong, 44, aesthetic dentist at Pacific Specialist Centre:

Don't fret if all you wanted for Christmas – or any other time of the year – were your two front teeth. Innovations in tooth implant surgery – where an artificial tooth root is placed into the patient's jaw to hold a replacement tooth – this year use computer technology to create porcelain teeth in a day. This is a breeze compared to the six months it used to take to create tooth implants. But a perfect smile in a jiffy doesn't come cheap, at \$5,000 per tooth.



◆ FASHION

Hot trend: Leggings

Eddie Halim, in his late 30s, freelance fashion stylist:

Leggings really made a statement this year. It is the one accessory – even though it is a piece of clothing – that can really transform one look into another. A simple babydoll dress, for example, immediately becomes more modern and funky when you slip leggings under it. You are not trying to show off your legs when you wear leggings – they emphasise the whole look and serve as a contrast to dress proportions. But take note of your body's proportions when you wear leggings. Never wear them at your ankles unless you are tall and lean. Keep them at mid-calf length. Also remember that leggings are essentially tights, so it's best to layer them under something else.



◆ NUTRITION

Hot trend: Virgin coconut oil

Dr Tatjana Rainalter, 40, nutritionist, Natural Therapies Centre:

Although people often associate coconut milk with being unhealthy, virgin coconut oil is actually a very healthy oil.

Although it is a saturated fat, it has medium-and short-chain fatty acids which are burned almost immediately for energy, and are not converted to body fat or cholesterol. One teaspoon a day can reduce cholesterol and aid weight loss. It is great for frying and baking because it can withstand high temperatures.



◆ FITNESS

Hot trend: Antioxidants for gym rats

Joan Liew (main picture), 30, personal trainer and body builder at Fitness Factory:

Health nuts have caught on to the benefits of antioxidants for eons, but fitness fanatics really took to antioxidant supplements this year as part of their workout routines. After exercise, the body will increase its intake of oxygen to restore itself to a resting state. The rise in oxygen consumption means the creation of free radicals, resulting in stress on the body and muscle damage. On top of mass gain supplements, gym rats have added antioxidants like vitamin C, vitamin E, beta carotene (that orange pigment found in carrots) and flavonoids (found in green tea and citrus fruits) to their power-packed diet.

◆ PLASTIC SURGERY

Hot trend: Medical spas



Dr Ivor Lim, 39, plastic surgeon and medical consultant for the MedSpa at Camden Medical Centre:

Seeking a prettier visage through surgical means often entails a period of painful down-time. But as the spheres of science and beauty begin to merge, the newest development in extreme makeovers is the medical spa which provides post-op treatments designed by a doctor. Incorporating the stress-relieving properties of spa therapies like facials and massages, and administered under the professional eye of a medical professional, the medical spa aids in the post-op healing process.