

BOOK GREAT • LIVE HEALTHY • GET FIT • EAT RIGHT

# SHAPES

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MARCH 2007 | \$5.00

From 100kg  
to 60kg  
Triathlete  
THE WOMAN'S  
ACCESS STORY

**JOANNE PEH**  
How she shaped  
up for this cover  
(see pg 140)

**YOUR  
BEST  
SKIN  
EVER!**  
Surprising New  
or less lines, spots and more radiance

**DROP  
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**Pacific Healthcare Specialist Centre**  
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Paragon, Singapore 238859  
Tel: 6883 6978 Fax: 6883 6976



# insider tips to looking great!

Practical tips that real women live by. BY CAMILLA CHIAM

## \*The skincare experts



**Dr Patricia Yuen** | 39, consultant dermatologist, Pacific Healthcare Specialist Centre.

"I can't live without the vitamin C serum (for radiant skin)

and the sunblock from my medical-grade skincare line, Skinsense. Doctor procedures wise, I go for eLaser and eLight treatments to decrease pore size, lighten pigmentation, zap off spider veins, minimise wrinkles and improve overall skin texture."



**Dr Isabelle Yeoh** | in her 30s, medical director, Isabelle Yeoh Aesthetic Clinic.

"Oestrogen is known to plump out the skin and improve its water content. That is why

older women have drier, more wrinkled skin due to the natural decline in hormones. To maintain moisturised and glowing skin, invest in good, high-quality skincare that does not contain excessive chemicals, preservatives and irritants. Drink adequate amounts of water to flush

out toxins, take omega 3 and 6 for supple skin and for menopausal women as a natural hormone replacement."



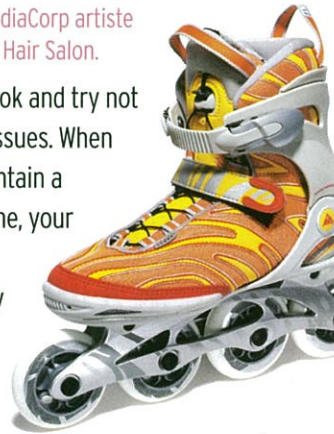
## \*The head turners



**Michelle Chia** | 31, MediaCorp artiste and co-owner of Twister Hair Salon.

"Keep a positive outlook and try not to stress over minor issues. When you're happy and maintain a regular exercise routine, your skin glows! I do yoga,

swim, cycle, inline skate and wakeboard. My skin also benefits when I take lots of homemade Chinese medicinal soups, vegetables and honey."



**Bernice Wong** | 28, image consultant for Bernice Wong Beauty International and Miss Singapore Universe 2003.

"To prevent the onset of fine lines and wrinkles, don't pull or stretch your skin when applying creams or removing makeup. Use a circular, upward motion when slathering creams on your face and throat. For the eyes,

use your ring finger to tap creams under and above the eyes. Choose creams according to your skin type. In the day, I protect my skin with a mattifying moisturiser and sunscreen of at least SPF15 and at night, a lightweight anti-ageing cream."

## \*The active gal



**Andrea Goh** | 27, product line manager and triathlete.

"Keep your skincare routine simple! Sunblock is a must every day and my skincare routine involves a facial foam, toner, followed by an oil-free moisturiser. I hardly use any makeup but when I do, it's just mattifying

powder, a swipe of blusher and lip gloss!"

