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THE SINGAPORE

Women's Weekly

SEPTEMBER 2014
\$4.20

200+

STYLISH NEW IDEAS

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Get extra health and
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Every. Single. Day.

'But he started t mum!'

The smart way to
deal with your kids'
sibling rivalry



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Victoria Beckham

Four kids, a multi-million fashion
empire and David Beckham.
How does she do it?

5-Minute hair updates to try now

TRUE-LIFE SHOCKER

"My lover
blackmailed
me with my
nude selfie"

Healthy Pretty Seamy

40 youth-boosting
beauty products
that really work

Less lines, less dark
spots and more glow!

Youth Boost Special



Skin's First Line of Defence

Now you know the serums and salves to use... But all will be wasted if you don't protect your skin by using a sunscreen with ample protection every day. According to Dr Cheong Wai Kwong, Dermatologist, Specialist Skin Clinic and Associates, extrinsic or photo-related ageing accounts for up to 90 per cent of premature ageing. On top of that, UVB rays only make up five per cent of radiation from the sun whereas UVA rays make up the remaining 95 per cent. And while UVA rays have lower energy than UVB, they have a longer wavelength and thus penetrate deeper into skin, causing damage to support structures like collagen and elastic over time. So it is important to choose sunscreens that shield skin from both UVA and UVB. Look out for labels with SPF as these offer UVB protection, and either PA or PPD that provides UVA protection. Here are our top picks...

1 FOR OILY SKIN Bioderma Photoderm AKN Mat SPF 30 UVA 13,

\$44.50 (40 ml), contains a unique patent to help regulate sebum while leaving skin protected and freshly matte.

2 FOR PIGMENTATION PRONE SKIN The lightly tinted For Beloved One Melasleep Whitening High Sunscreen Protection SPF 50 (Beige), \$52 (30 ml), contains an optimal blend of physical and chemical filters for weightless protection while masking minor imperfections and regulating dark spot formation.

3 FOR DEHYDRATED SKIN ASTALIFT Perfect UV Protector SPF 50+ PA++++, \$68 (30 ml), has a nourishing yet non-sticky texture and keeps skin supple all day long.

4 FOR SENSITIVE SKIN La Roche-Posay Anthelios XL Ultra-Light Fluid SPF 50+, \$46.90 (50 ml), offers the highest protection against UVA rays in the brand's extensive range while offering the same ultra gentle action for super sensitive and sun-allergic skin.

5 FOR AGEING SKIN Sisley All Day All Year Essential Anti-Aging Day Care, \$450 (50 ml), packs antioxidants and replenishing ingredients on top of fending off 90 per cent of UVA and UVB rays.

Don't Leave Out...

...Your Neck

It is exposed to the sun as much as your face but it doesn't receive the same attention, so our necks can be a tell-tale sign of our age. Algenist Firming & Lifting Neck Cream has protein complex and firming peptides to smooth lines and restore skin's firmness. Or try StriVectin-TL Tightening and Sculpting Face & Neck Cream as it contains an exclusive Niacin compound to help fortify skin matrix and improve skin elasticity.



Algenist Firming & Lifting Neck Cream, \$134 (60 ml).



StriVectin-TL Tightening and Sculpting Face & Neck Cream, \$139 (50 ml).

...Your Hands

How many of us actually use a hand cream consistently? Let alone one with sunscreen? Yet they are repeatedly stripped of its natural lipids each time you wash your hands or do chores. To soften rough and chapped hands, we like Crabtree & Evelyn Avocado Olive & Basil Ultra-Moisturising Hand Therapy to nourish parched hands. Or apply a thick layer of Hand Chemistry Intense Youth Complex before going to bed. Put on mittens and you'll wake up with baby smooth hands!



Hand Chemistry Intense Youth Complex, \$35 (100 ml).



Crabtree & Evelyn Avocado Olive & Basil Ultra-Moisturising Hand Therapy, \$33 (100 g).



... Your Smile

The skin on our lips is about one-third as thick as the skin on our face. There is also no sebum glands so our lips have no way of moisturising themselves naturally. Keep your puckers smooth and soft with The Body Shop Wild Argan Oil Solid Oil Lips as it forms a protective film or slick on Fresh Sugar Lip Treatment Advanced Therapy to help plump and heal. A brighter smile also takes years off your face. Try Fabulous Aesthetics Complete Botanical LED Teeth Whitening, \$999 (60 minutes). It uses a pH-balanced whitening emulsion that doesn't damage your teeth enamel and causes you no discomfort.

Fresh Sugar Lip Treatment Advanced Therapy, \$36.



The Body Shop Wild Argan Oil Solid Oil Lips, \$10.90 (20 ml).



... Supplements

It is also important to feed your skin from inside out. Packed with antioxidant asthaxanthin and micro-collagen, BRAND'S InnerShine RubyCollagen Essence supplies skin with essential nutrients for healthier, plumper skin. Or boost your skin's defence against UV with carotenoid-enriched Ultimate Colla-gen Plus.



BRAND'S InnerShine RubyCollagen Essence, \$57 (10 x 50 ml).



Ultimate Colla-gen Plus, \$88 (30 sachets).

PHOTOS: AUGUST IMAGE, HICKY LOH, KRISTINA WILSON/THE LICENSING PROJECT, JASON ERACE/PAVERI & SNOW