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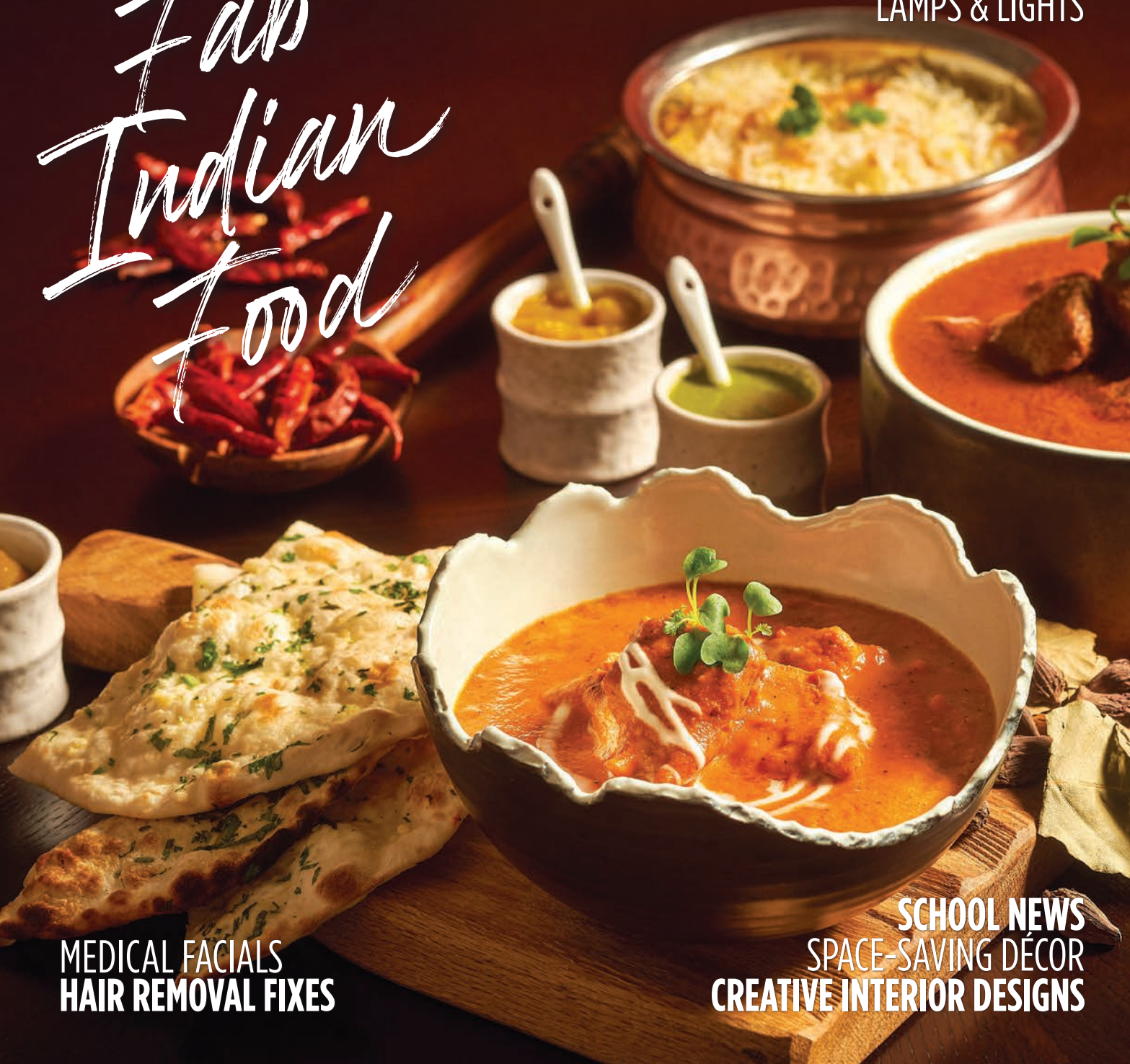
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Skin SOLUTIONS

Not too happy with the state of the skin on your face or parts of your body? There are some good options available to help fill, lift or retexture – and some are quite high-tech. We asked four leading aesthetic clinics for their recommended treatments.



Hand Rejuvenation

Our hands can sometimes age faster than our faces. One reason for this is that they're open to the elements most of the time. Dr Marco Faria Correa says he has many clients – men and women – opting for a hand rejuvenation treatment. This can be for anything from age spots on the hands to a lack of fullness, or when veins and tendons start to be prominent.

Fillers are one option, but these only last three to six months and can cause quite a bit of bruising. Another approach is fat grafting, where fat is taken from other areas of the body to fill up the empty spaces between the tendons and to cover veins. Dr Marco says the results can be long-lasting – plus, the procedure is done under local anaesthetic in around an hour, with very little downtime.

If lightening creams aren't working on the age spots and pigmentation on your hands, then chemical peels, laser and IPL can also be used; Dr Marco also offers microdermabrasion. All of these methods can improve the skin's texture and make your hands look better – using a good body scrub can also help, and of course having a good hand cream is another way to improve texture.

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