



THE SINGAPORE

Women Weekly

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BONUS
LUCK
CAREER
LOVE
HEALTH

**WHAT YOUR
HOROSCOPES SAY
FOR THE YEAR
OF THE DOG**

REAL-LIFE ROMANCE

**"I FELL IN LOVE
AND MARRIED THE
SAME MAN - TWICE!"**

**HOW BUSY
WOMEN
STAY SLIM**

**TIME-SAVING TIPS TO LOSE
WEIGHT FOR GOOD**

**EASY, YUMMY
REUNION
DINNER DISHES**

**NO MORE
CLUTTER**

**STORAGE IDEAS
TO ORGANISE
EVERYTHING**

JESSECA LIU
ON WHY SHE'D
RISK HER LIFE TO
BE A MOTHER

**BOOST
YOUR
SPENDING
POWER IN
2018**

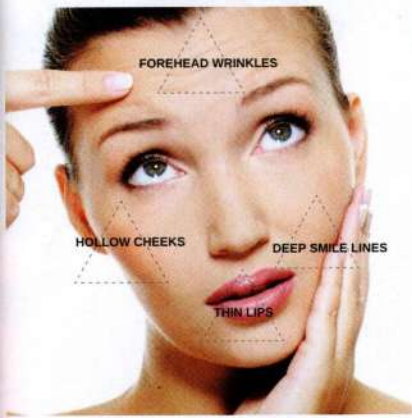
**FAB FASHION PICKS THAT
WON'T BREAK THE BANK**

**ANTI-AGEING BEAUTY
FINDS UNDER \$16**

**GET HAPPY SECRETS THAT
DON'T COST A CENT**



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WITHOUT UNDERGOING THE KNIFE

Beautification
& Rejuvenation

Beauty is about proportion and harmony where we can find in all ages. The 5 points of beauty in the face are the chin, cheek, nose, mouth and eyes, and each of them plays an important role in the unique structure of an individual's face. A lack of proportion in any of these points will compromise the beauty features.

As part of the ageing process, all of these beauty points will change. These may include the loss of volume in the cheek bone, lips and chin. Expression lines or dynamic wrinkles can appear in persons of any age group, even in very young individuals. You might have heard people saying "I want to age gracefully"..... but what, really, is ageing gracefully?

Ageing gracefully is ageing with the right proportion and light looking appearance. What can we do to help you enhance your beauty and keep you looking young with gracefulness?

Fillers – Since long ago, doctors have been using fillers made from various contents such as collagen and cement to try to enhance the facial features. Most of these fillers have failed. After many years of studies, the only current fillers which we are using, made of hyaluronic acid, are safe, absorbable and also reversible. These current fillers can last from months to a year depending on brands and consistency. In addition, the experience of the doctor's hands of knowing which consistency / density to choose for different areas and injection depth also plays an important role of the lifespan of the filler. There are 3 types of thickness consistency: where the 'thickest' is used for those deep foundation layers, the 'medium' is used for the subcutaneous tissue, and the 'soft' is used mainly for areas with lots of movements such as the lips and lower eye socket area.

Botox is a protein derived from botulism toxin and it is injected to smoothen the lines and wrinkles on the face. Botox can benefit individuals who have very strong expression lines (observed in even young people) or for those who present with heavy and/or droopy eyelids, by giving a very fresh and bright uplifted eyes rejuvenation. Individuals with very strong lower jaw muscles can also benefit from Botox to create a V-shape face.

The combination of using fillers together with Botox is what we call the "Liquid Facelift" procedure. This is getting more popular as there is no down time, and gives a very nice satisfying facial rejuvenation result.

Ulthera is a non-invasive and energy-based treatment that lifts and tones the skin at the same time. It stimulates collagen production by delivering ultrasound energy to the skin's foundation layer without cutting or disturbing the skin surface, and works for those individuals with early signs of ageing. Individuals with more advanced signs of ageing, on the other hand, will benefit best from a facelift. Ulthera can help to maintain and enhance the results of a facelift.

Skin care & Skin Resurfacing Treatments play an important role in our skin, which reveals our age. It is important for an individual to have a good range of skin care products to use - not only to cleanse, tone, moisturize and exfoliate our skin surface, but also to help restore a youthful, bouncy and vibrant appearance. Light chemical peels, laser treatments or any skin resurfacing treatments can help to clean the surface of the skin to remove those early signs of age spots, keratosis, melasma, blotches to make one's skin appearance look "clean and shiny"

With the above information, we hope that you will be able to find the right treatments for the right indications and do not compromise for you to look good, look natural and feel good with good self-confidence to enjoy your ageing process.



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