

# Timeless Beauty

*Lines, uneven tone, and sagging are the terrible trio of ageing skin. To tackle them, Le Privaté Clinic recommends a combination of aesthetic treatments, facials and skincare.*

The causes of skin problems, especially age-related ones, are myriad and complex. Instead of searching for that one-off solution – which doesn't exist – we need to take a multi-pronged approach to dealing with them.

Dr Eileen Lew, founder and medical director of Le Privaté Clinic, has created a combination of aesthetic treatments, facials and skincare that will deal with most complaints related to ageing skin. As each individual is unique, every treatment is customised according to your skin's needs, and delivered in the clinic's highly private and luxe setting. Here are the top treatments and their complementary skincare products, which Dr Lew says will give you firmer, fairer and more radiant skin.

## Hydrafacial, for clarity and smoothness

**What is it?** This facial goes beyond your average salon treatment by adding intensive exfoliation, an acid peel and suction extraction, and pampering the skin with an antioxidant and hyaluronic acid mix.

**What is it for?** It targets fine lines, clogged and enlarged pores, oiliness, acne, hyperpigmentation and brown spots.

**What happens?** The treatment is conducted by the clinic's therapist using a small, handheld device with a vortex-suction tip to remove dead skin cells. Next, a gentle acid solution loosens dirt and debris, which are sucked up by the vacuum device, cleaning out clogged pores. All this happens simultaneously, and the final boost is a generous infusion of antioxidants and hyaluronic acid. The former tackles free radical damage, while the latter moisturises.

**What happens afterwards?** According to Dr Lew, there is no or minimal redness, but you'll be able to wear makeup. Your skin will feel clean, smooth and hydrated after the

treatment. For long-term effects, Dr Lew recommends an initial course of about six weekly treatments and monthly maintenance thereafter.

**To boost the effects:** Dr Lew recommends Le Crème Premium Glow, a lightweight, hypoallergenic cream that has hydrolysed collagen and multivitamins to soothe and hydrate skin.

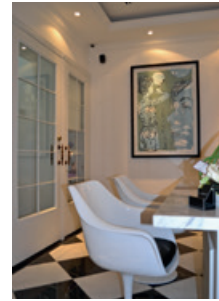
## STAR2, to tackle sagging, crepiness and hyper-pigmentation

**What is it?** The latest version of the Sciton Skin Tightening and Rejuvenation (STAR) treatment, STAR2 uses a broadband light and infrared device to boost collagen production and combat skin imperfections like pigmentation, scars and redness.

**What is it for?** It lifts and tightens skin, as well as tackles pigmentation and redness, so skin looks smoother and more radiant, and pores look less obvious.

**What happens?** An anaesthetic gel may be applied to the skin for 30 to 45 minutes to numb the treatment area. A handheld device then delivers infrared heat energy into the dermis, stimulating collagen production and minimising the appearance of pores and fine lines. The same device is used to focus broadband light on dark spots, scars, broken capillaries and redness. You may feel a warm sensation like a rubber band snapping against your skin. The procedure may take up to 45 minutes.

**What happens afterwards?** There may be some redness in the treated area, but this



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usually fades soon after. Most patients will feel their skin lifted and tightened after the first treatment. Dark spots might initially appear to be darker, but the topmost layer of these spots usually fades and flakes off within a week, leaving skin radiant and even-toned. The clinic usually advises a course of four to five treatments at four-week intervals.

Botulinum toxin and filler injections may be recommended to enhance the results.

**To boost the effects:** Dr Lew usually recommends Le Timeless Rejuvenation Essence, which contains plant cell extracts to stimulate cell renewal, and activate the natural production of collagen and elastin.



### ABOUT DR LEW

Dr Lew received her medical degree from University College London. She holds a Diploma in Practical Dermatology

from the University of Cardiff, and a Diploma in Aesthetic Medicine from the American Academy of Aesthetic Medicine. She is accredited in procedures such as Botox®, fillers, chemical peels, lasers and light therapies.

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