

The Essential Expatriate Referral Guide

ISSUE 25, JUNE 2004 S\$5

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Serious about Skincare

By Sharyln Stafford

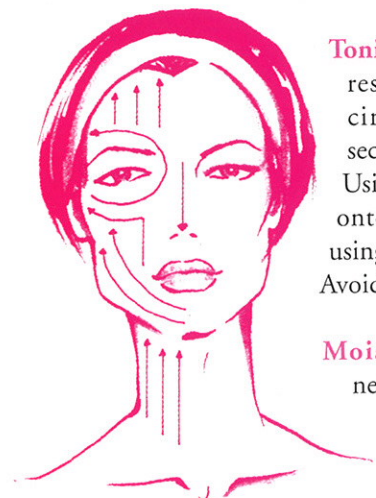
Every woman should have a basic skincare routine, at least once a day and possibly up to three times daily. Sharyln Stafford, the colour stylist and make-up writer for *Imaging for Women*, completes her own routine twice a day, in the morning and as soon as she gets home from work. She then cleanses her face immediately before she goes to sleep. To find out more on how to stay radiant in the harsh Asian climate, Sharyln provides EL readers with advice from her book.

Invest in a basic skin care range. This means using a cleanser (cream or bar), toner and moisturiser at least once a day. There are many products available today with different price ranges. You can choose a 'natural' product line at the chemist which is moderately priced and works well. If you prefer a better known brand, there are many to choose from. If you have normal skin it's easier to decide. If you have problem skin, try to get professional help from a skin doctor who will recommend a range of products for your skin type.

Applying Treatment Products

Cleansing is necessary to remove surface impurities, make-up, pollution, dead cells, and excess oil, to prevent the clogging of skin pores and to discourage dull, unhealthy, blemished complexions.

A cleanser must be lightly stroked on the skin in upward motions with fingertips to help fight the downward pull of gravity. If you wear make-up, remove the make-up by cleansing twice. When cleansing the eye area, begin at the outer corner and work in a clockwise circular movement (see left) to avoid stretching the skin.



Toning is necessary to remove any residue as it stimulates blood circulation, minimises oil secretions and tightens the pores. Using rapid motions, pat the toner onto the skin with a cotton pad using upward and outward strokes. Avoid the eye area.

Moisturising preparations are necessary for lubricating the skin. By replenishing lost moisture and oils, it creates a defence against the drying,

damaging effects of the elements. It also provides a smooth base for the application for make-up.

Lubricating night preparations are rich in nutrients, emollients and humectants which normalise the skin's balance as it softens and smoothes surface facial lines. The skin is most receptive to its benefits while it is relaxed, during sleep.



The author of *Imaging Women*, Sharyln Stafford.

Nourishing rejuvenative preparations are specially formulated with active proteins and amino acids to strengthen and rebuild the molecular structure of skin tissues. They increase the skins cells' ability to absorb and retain their own natural moisture.

Conditioning is necessary to deep cleanse, tone and refine the complexion, minimise enlarged pore openings, and increase the skin's blood flow through the vessels.

Exfoliating is necessary to further clear the skin of surface impurities and dead epidermal skin cells, as well as unclog blocked pore openings.

Protecting delicate skin tissues (eyes, mouth) is necessary to prevent premature aging and dehydration.

Treating troubled skin areas is necessary to fight off the invasion of infectious bacteria and avoid irritating skin eruptions, especially if pores are clogged with oil.

Masks are helpful in removing impurities from clogged pores and tightening skin. Avoid the eye and mouth area.

Visit your nearest bookstore for your copy of *Imaging for Women*.

