

THE SINGAPORE

Women's Weekly

OCTOBER 2008
\$3.90 (INCL GST)

Must-reads this month

> "I'M HAPPILY MARRIED, SO WHY DON'T I WANT THIS BABY?"

Why women in their 30s are having secret abortions

> "THEY CALL US CHORE WHORES"

What it's like to be PA to a celebrity

Jessica Alba

On her new 'action role' and a mother

FREE UP MORE CASH

from your salary every month See page 272

WIN!
\$10,000
in luxury resort holidays!

GORGEOUS HAIR NOW

This amino acid doubles thickness fast see page 106

6 step plan

to wean your child off sweets - with no fuss!

ARABIAN EAT

Try this new twist festive dish



Health Handbook

BREAST CANCER NEWS

1,000 Singapore women are diagnosed every year

Inspiring stories from women who overcame it **PLUS!** New prevention findings that may save your life

MAKE A CHILD SMILE

with your new lipstick. Find out how, on page 1

If the free booklet Your Definitive Road Trip Guide To West Malaysia is missing, please see your news vendor

ISSN 888 721 610 003 6

it's better to be natural

The latest in natural skincare promises more supple and resilient skin in just 14 days by Simone Wu



Women want a cream that can give their skin an immediate lift and glow. But the reality is, any miracle cream will need at least one month to show visible results. These results also rely heavily on your lifestyle habits – if you don't get the proper nutrition and hydration, love to smoke and are always exposed to the sun, then it hampers the product's efficacy.

The New Order

Most skincare products combine synthetic formulas with natural ingredients to give users the best effect possible, while new skincare technologies aim to give women the temporary illusion of more radiant skin and even a mini facelift.

Most skincare products also contain chemical preservatives, artificial colours and alcohol, which is why people switch to natural ones as they are gentle, safe and effective. The downside is, natural skincare users may find product options limiting, as most do not go beyond natural ingredients and preservatives.

Two Weeks' Notice

More research is going into creating natural formulas to develop more



Bioxil 2 Weeks Miracle Ageless Miracle range, \$480, for a month's supply. Available at Bioxil Skin Lab, #01-06 VivoCity, Tel: 6271 4733.

effective products for its followers. One new range is Bioxil 2 Weeks Miracle Ageless Miracle, which was developed by Dr Chung Yongji, a cell regeneration scientist and creator of Bioxil. The product is said to contain only natural ingredients to address anti-ageing skin concerns in 14 days.

Users only need to make their order, and the products will be delivered to their doorstep every fortnight.

Containing no preservatives, the Ageless Miracle products can last 20 days when unused and 10 days once the consumer starts using them.

The Anti-ageing Mix

As we age, our skin becomes sluggish and cell turnover rate decreases. Bioxil 2 Weeks Miracle Ageless Miracle helps improve skin firmness and resilience with Growth Factor Mimicking Peptides. These peptides work like the naturally occurring growth factors in our skin, improving collagen production, reducing pigmentation and encouraging cell metabolism for better cell renewal.

At the same time, natural plant extracts provide nutrients and antioxidants to nourish and protect skin. Fermented organic ingredients such as soybean and grain are also added, as they retain much of their antioxidants and fully moisturise the skin.

Bioxil 2 Weeks Miracle Ageless Miracle products are suitable for all skin types. Says Dr Chung, "Acne-prone consumers can also use 2 Weeks Miracle with acne-healing products." **IWI**



Dr Chung Yongji, creator of the Bioxil 2 Weeks Miracle Ageless Miracle range.

Improve Your Skincare Habits

- **COMMIT TO PRODUCTS IN THE SAME RANGE** It's not a gimmick or sales strategy. The different skincare ingredients and technology from different brands might not be able to work properly together. Worse, if you get a skin reaction from mixing products, you can't pinpoint what you're allergic to.
- **ALWAYS USE A SPATULA** When handling creams in jars, use a spatula to dip into the creams to lessen the transfer of bacteria.
- **OPT FOR OPAQUE PACKAGING** Sun exposure may decrease the efficacy of some products, so if possible, keep your skincare products in a dry, dark cupboard, away from the sun.