

XINYI SAYS



Have a problem with the way you look? Don't sweat it. E-mail your queries to Hong Xinyi at sturban@sph.com.sg

Q I have short, curly, unruly hair. How can I get a nice haircut that's easy to maintain? I also want to change my appearance. I have been looking the same since I left school and I am now in my early 40s. Plus, I'm on a budget.

A You may want to try Action Hair Salon* (05-23 Paragon), where there are stylists who specialise in cutting and treating curly hair.

Be very specific about what you want: Your definition of nice and manageable may not be the same as a stylist's, who usually thinks blow-drying and lathering on five products are all part of a day's work.

Take along pictures of people with haircuts you think would suit you and be clear about how much time and money you are prepared to spend maintaining a haircut.

There's no hard and fast rule for whether curly hair looks better short or long, chemically relaxed or all-natural, but regular conditioning will help keep frizz under control.

Now, for the makeover. My advice is to take a few days to purge your closet of all the clothes and accessories you think you've outgrown. This will



PHOTO: TANGS

also allow you to identify the gaps in your wardrobe.

Then, take advantage of Tangs' (above) free personal shopper service to refine your style. These personal shoppers are trained to provide expert advice on grooming and dressing and a department store like this offers a wide range of age-appropriate items for you.

There is no time limit for each consulting session. Just give them an idea of what you're looking for when you make your appointment and the shopper will pull together a selection of outfits for you to try on when you go for your session.

Make an appointment at the Customer Service Desk (Level 2 Tangs Orchard and Level 1 Tangs VivoCity) or call 6737-5500 for Tangs Orchard or 6303-8608 for Tangs VivoCity.

Q I went for a skin treatment session and a few days later, some skin-coloured bumps appeared on my skin. I now also have some red patches and my skin has started to flake. What kind of



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To stabilise ultra-sensitive skin, make sure you cleanse thoroughly to remove make-up at the end of the day.

skincare regimen should I follow and what products are suitable for me? I'm a 21-year-old student on a budget.

A Here's Teri Tay, consulting skincare specialist for Swiss-developed skincare brand Bioxil, to the rescue.

She says it sounds like your skin is ultra sensitive right now and the priority is to stabilise it and address the problems one at a time.

First, stop all the products that you are currently using. Just cleanse your face with a very mild or milk-based cleanser (try the non-irritating, soap-free Cetaphil cleanser at Guardian outlets, \$10.25); a typical foaming cleanser may be too drying now and could worsen the flaking.

During the day, use a non-alcohol-based toner (Clinique's Clarifying Lotion, \$37 for 200ml, comes in a non-alcohol version) and moisturiser and sunblock.

If you do wear make-up, use non-comedogenic products (try the new Nature's Minerals make-up line from The Body Shop), which are less likely to clog pores and cause blackheads and whiteheads. Also, make sure you cleanse thoroughly to remove make-up at the end of the day.

Treat the bumps only after your skin's redness and flaking subside, which should be in one to two weeks' time, says Tay.

Do note that these suggestions are based only on your description of your skin. It would be best if you can spare about \$100 or so for at least one consultation with a dermatologist to get a detailed analysis of your skin.



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Set up by multi-label boutique Trixilini in Millenia Walk, this simple blog gets right down to business with pictures and prices of the latest stock.

You get to drool over the latest frocks and costume jewellery before deciding whether to make a trip down to buy the desired pieces – about as fuss-free and impulse-controlled as shopping is likely to get.

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