

# 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](mailto:sturban@sph.com.sg)

**Q With so many moisturisers touting so many different benefits, how do I choose the right one?**

**A** The first task at hand, says Teri Tay, consulting skincare specialist from Swiss-developed skincare brand Bioxil, is not to be distracted by ads for the latest product. Instead, focus on understanding how your skin works.

Even the most potent potions will not give you a glowing complexion if your lifestyle is working against you. For example, eating too much sugar will promote the formation of protein-sugar compounds, "increasing the production of brittle, cross-linked collagen fibres", she says. Basically, that means more wrinkles. So basics such as a balanced diet are your essential building blocks for good skin.

Age can also be a determining factor.



PHOTOS: CLINIQUE AND BIOXIL

Something like Clinique's Superdefense Age Defense Moisturiser (above, left; \$89 for 50ml, at Clinique counters from Oct 10), for example, plays a more preventative role by combating the effects of psychological stress such as uneven skin tone.

A product such as Bioxil's Advanced Wrinkle Lifting Moisturiser (above, right; \$375, from Bioxil Skin Lab, 01-06 VivoCity), on the other hand, is meant for more mature skin where signs of ageing are already visible and works to improve elasticity by stimulating collagen production.

The kind of moisturiser you need will change as your lifestyle changes and as you grow older. So, the most important thing, says Serena Teo, general manager and skincare therapist from beauty salon Su Beau Derma Clinique, is to make sure that you choose a brand that knows the ins and outs of the "principles of skincare". This way, its sales staff can recommend products that suit your changing skin conditions.

**Q I get ingrown hair when I shave. Is this normal and how can I prevent it?**

**A** When a layer of skin has grown over the pores and hair follicles are forced to grow inwards instead of outwards, you get ingrown hair. This sometimes causes swelling and inflammation.

It's not at all abnormal, although how often it happens varies according to skin type and fluctuating hormones.

Ingrown hair is more common among those

To minimise ingrown hair, exfoliate with scrubs a day or so after each shave.



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who shave. You are not removing the hair from its root so the regrowth is faster, coarser and sharper at the tip and thus more likely to pierce the skin surrounding the hair follicle.

You can minimise ingrown hair by exfoliating with scrubs a day or so after each shave. This rids your skin of dead cells and keeps your pores clear. Products such as X'ed Out Cream (\$48, from Strip outlets, locations at [www.strip.com.sg](http://www.strip.com.sg)) also help prevent ingrown hair with clarifying and anti-inflammatory ingredients like pineapple enzyme and vitamin A.

You may also want to consider switching to a different method of hair removal like waxing or intense pulsed light (IPL) treatments, which minimise the likelihood of ingrown hair because hair is removed from the root and regrowth is finer and less frequent.



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