

# skincare PHILOSOPHY

Brought to you by **BIOThERM**



Believe it or not, it was Man's best friend who discovered one of your skin's best friends — the Pure Extract of Thermal Plankton (PETP) used in Biotherm skincare.

In the 18th century, a French marquis' dog suffered from a skin disease but healed itself after bathing in a muddy thermal spring. The marquis tested the water and found it rich in thermal plankton with skin-beneficial mineral salts and trace elements. But as thermal plankton loses its properties when exposed, it took Biotherm biologists 50 years to extract thermal plankton in its purest and most active state, now known as PETP.



## Thrice as good

Found exclusively in Biotherm skincare products, this gentle yet active spa ingredient offers your skin great benefits as it contains a DNA with a 85-per-cent similarity to that of your skin cells. It's also rich in the amino acids found naturally in your skin.

Add a composition of six essential mineral salts and trace elements to the equation, and you get a powerful ingredient that plays three roles.

First, PETP regenerates the skin, making it softer, smoother and younger. Next, it soothes and calms the skin to reduce redness and other minor irritations. Lastly, PETP defends your skin against harmful external aggressors such as pollution, stress and UV rays so that it remains healthy and radiant.

## Revitalise and refine

Biotherm's signature Source Thérapie SuperActiv Serum has the highest dosage of PETP. In fact, it has 25 per cent more PETP than other Biotherm products. The water-gel formula revitalises and refines your skin from within, making it velvety smooth and soft in just five days. It also improves your skin quality naturally and keeps it moisturised all day long. Use this with Biotherm's expert range of moisturisers to boost its effectiveness.

Email [biotherm@newstoday.com.sg](mailto:biotherm@newstoday.com.sg) with your skincare concerns by May 17 and stand to win a Biotherm hamper worth \$50. Watch this space for skincare advice on May 25.

## Discovering your inner diva

Image consultants and coaches can get you looking your best

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SHARON Chong wanted to lose her usual boring clothes — which are mostly in neutral tones — and update her wardrobe with more stylish pieces instead. The complete image enhancement workshop — which she signed up with image consultant Audrey Quek of Audrey Quek Image Consultancy — got her more than a wardrobe transformation. The workshop was a very private one, with a personalised consultation

**ALL-IN-ONE:** Image consultant Audrey Quek conducts personal workshops.

done at Sharon's home. Audrey's first step was to conduct a colour analysis to determine the colours that suited the client. This was followed by a figure analysis to identify Sharon's figure type and the types of clothes that would enhance her physical attributes, and the ones to avoid.

"One useful tip I learnt was — with my small face and broad shoulders — I should steer clear of turtle-necks," said Sharon.

Of course, Sharon's wardrobe wasn't spared. After Audrey's evaluation, the duo picked out the clothes to chuck and those that were still worth keeping.

Then came the shopping — the search for clothes that could match those Sharon kept, but could still give her image a lift. While she'd previously stick to clothes in dull shades such as browns, the 30-year-old business development manager is now braver with colours — with her pink corporate suit as testament. Apart from such extensive workshops, there are also other more specific workshops available.

According to Ms Joanne Lim, chief image coach of Image Success, one of the most popular services with clients is Colour and Style, which includes personal colour, bodyline and

body length proportion analysis. Clients will get to find out the colours and styles that best flatter their skin tone and body shape after the session, plus the all-important art of highlighting their assets and hiding their flaws.

What makes the session with Joanne worthy are the long-term benefits that clients will reap. "More than just giving advice, in my image coaching sessions, I train the client's eye — to be able to discern which colours and styles best suit them. It's truly an essential life skill," said Joanne.

If shopping is a stressful experience because you have no idea what suits you, you can go to these image consultants because they double up as personal shoppers too.

The good news is that you need not spend a bomb to look good, as the consultants will source for clothes that are within the client's budget.

"The key is to identify the client's body type and help pick out clothes that flatter them, without spending too much time and to work within their budget. This is especially good for clients who have little idea what suits them and where to get those clothes," said Audrey.

"The help saves them a lot of time and frustration," the image consultant added.



**STYLE GURU:** Joanne Lim trains clients to pick out colours and styles suitable for themselves.

A personal image coaching session with Joanne — which includes modules on colour, make-up, fabrics and more — costs \$600 for a three-hour individual coaching session.

Over at Audrey Quek Image Consultancy, it costs \$388 per person for a three-hour session. Course details include hairstyling and make-up tips; fabrics, textures and prints that suit you; and colour analysis to discover what's ideal for you, to name a few.

Visit [www.imagesuccess.net](http://www.imagesuccess.net) or [www.audreyquek.com](http://www.audreyquek.com) for more information on the two image consultants and their services.

## COLOUR ME GOOD

RECEPTIONIST Shanthi Ramakrishnan loves wearing navy blue but thanks to a recent image consultation session by Ms Joanne Lim — chief image coach of Image Success — the mother of two boys (aged 10 and 13) discovered that jewel tones suit her better.

"I have a habit of going for 'safe' colours and I'm hesitant about trying new colours. Sometimes, I buy clothes and realise I don't feel good wearing them later," Shanthi said.

Trained by top international image guru Carla Mathis, Joanne uses a wide range of 16 colour palettes to advise her clients on colours that work best for them. Using colour swatches, Joanne deduced that Shanthi looks good in a combination of warm and cool colour tones.

For instance, Shanthi looks "well-rested" if she wears greys and "radiant" if she is in pure white but her skin tone comes across as sallow if she wears a camel shade and she can be overwhelmed by the colour orange.

According to Joanne, maroons draw more attention to Shanthi but certain colours may compete with her face for attention —



JASON HO

a no-no as Shanthi is the first point-of-contact for visitors to her workplace.

Said Shanthi of this colour analysis trial session: "I learnt that colours look different on individuals even if they have the same skin tone. The session was an eye-opener be-

cause I looked through Joanne's eyes and saw what colours suited me."

Besides helping her clients to choose colours most ideal for their wardrobes and make-up, Joanne also dishes out advice on the clothes and accessories that go best with one's body silhouette, among other image solutions.

For instance, Shanthi's physique comes under what Joanne calls the "moulded body type" with rounded curves at the shoulders, hips, thighs and abdomen. As such, Shanthi will look more presentable wearing fluid fabrics.

"Even the accessories you wear should be in harmony with your facial features and your figure ... Shanthi has small-scale wrists so she should wear small accessories such as a thin bracelet. But for necklaces, she should wear something bigger. Her necklace should have beads of varying sizes or if it has small beads, she should wear more than one strand."

After the session, which was condensed for this interview, a thankful Shanthi said: "I'll follow the colours and dressing tips recommended by Joanne. What I found useful was her advice on how even the correct necklines and heel sizes can complement me instead of making me blend into the background!"

— PEARLYN THAM

## Futuristic mascara for modern fashionistas

GOLD and black ... no, we aren't talking about the latest must-haves in the world of credit cards. Volume Shocking — the latest mascara from L'Oréal Paris — comes dressed in a futuristic-looking gold and black case.

At a glance, someone may wonder if that's an *avant garde* highlighter pen in your make-up pouch but this teardrop-like apparatus is really a two-in-one mascara that has undergone four years of research.



On one end, you get a patented soft-fibre, criss-cross wand that coats your lashes in a silver base coat. It's silver because the formula contains mother-of-pearl pigments. Thanks to the way the wand is designed, it is able to prime every lash from root to tip. The formula is made to untangle, curl, lengthen, even out and separate your lashes which increase their volume and leaving them smooth for the next step — the ap-

plication of the mascara.

The mascara is deposited onto your lashes with the wand at the other end. This wand has a comb with two rows of teeth to let you colour your lashes richly and evenly. You can expect a waterproof formula enriched with a 3D polymer to give your lashes even more intense volume.



Fortunately, as Volume Shocking contains a new fine-layer dispersal agent, you won't have to worry about irregular mascara clumps, which can be a common "side effect" of the usual volumising mascaras with their high wax content.

Volume Shocking retails at \$26.90 and is available from June at pharmacies, supermarkets, personal care stores and retail outlets.

— PEARLYN THAM

# tailormade FOR SKIN

Brought to you by **BIOThERM**

Whatever your skincare concern is, there is sure to be something for you in Biotherm's wide range of expert skincare products.



Who can say no to a moisture boost to her skin?

Aquasource moisturiser not only does that all day long, but also boosts your skin's natural ability to retain moisture for 24 hours. This is because Aquasource boasts a non-stop hydra complex and vitalising trace minerals.

On top of that, one jar of Aquasource moisturiser has, amazingly, the equivalent of 5,000 litres of active spa water.

**Aquasource Discovery Set: \$140 (worth \$182).**

Want younger-looking skin? Beat the clock with the Age Fitness Power 2 range that now offers increased anti-oxidant protection for your skin by being formulated with active ingredients from both the fruit and the leaf of the olive tree.

This way, your skin is able to keep the first signs of ageing under control, becoming smoother, more supple and more luminous.

**Age Fitness 2 Power Set: \$148 (worth \$245).**



And if you want fairer and more luminous skin, White Detox C+ Extra Whitening Essence helps to reduce dark spots effectively while instantly moisturising, softening and evening out your complexion at once. In fact, this has been proven to reduce the number and size of dark spots in just eight weeks.

The White Detox C+ range has been formulated with Bio-Enzyme Control Complex. This formula combines vectorised Vitamin C with a detox complex to help your skin inhibit melanin formation, boost cell renewal and neutralise free radicals that cause premature ageing.

As a result, your skin regains its clarity and luminosity and looks radiant and healthy.

**White Detox Essential Set: \$145 (worth \$212).**

## BIOThERM SKINCARE SENSATION

Now till May 14 • Raffles City Shopping Centre, City Square Level 1

Make your way to the Biotherm Skincare Sensation event to have your skin pampered.

• With help from Biotherm's advanced skin diagnosis machine, find out more about your pigmentation level, rate of skin ageing and cell renewal.

• Get an exclusive skincare kit worth \$35 when you buy the Source Thérapie SuperActiv Serum or Mask. The skincare kit will be tailored to your skin type.

• Get an eight-piece gift set worth more than \$100 when you spend a minimum of \$130 on Biotherm products.



**Terms & Conditions:** Offers valid at Raffles City Shopping Centre, City Square, Level 1, from now till May 14. Not valid with other promotions. Limited to one gift set per customer per offer. While stocks last. Biotherm reserves the right to replace any gift with another of the same value.