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# female

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## NEW LOOK

**LOCAL COMEBACK  
DESIGNERS:  
WHY THEY DESERVE  
YOUR FASHION BUCK**

**DARK CIRCLES  
& FINE LINES  
WHAT IS THE  
RIGHT EYE CREAM  
FOR YOU?**

**Your  
all-access  
pass to LV's  
largest-in-Asia  
store opening**

## trends you'll love

- HOW TO WEAR THE NEW BAGGY PANTS
- OSCAR-INSPIRED HAIRSTYLES FOR STAR-POWERED 'DOS
- FLORALS FOR EVERY OCCASION
- THE MOVEABLE WONDERLAND OF CHANEL'S MOBILE ART SHOW

# 149+ Easy Wardrobe Updaters

STATEMENT-MAKING TRIBAL BAGS & SHOES,  
GLAM BOHEMIAN KAFTANS & TIE-DYE PRINTS,  
VERSATILE ITALIAN JEWELLERY, AND MORE...

CAROLYN WHEATY:

"LUXURY IS CURLING UP  
WITH A GOOD BOOK ON  
A SUNDAY AFTERNOON."





# EYE CARE 101

Your ultimate cheat sheet for ageless eyes. By Annie Tan

In the grand epoch of beauty empires and celebrity plastic surgeons, there are still a few things that will give away your age. Your passport is one. Wrinkles around the eyes are another. But while the unfortunate figure on your passport is quite unalterable, crow's feet and all types of wrinkles can luckily be averted until their natural time. After consulting with an expert panel of doctors, dermatologists and other experts, we've put together seven useful facts and six products for ageless eyes. Don't blink.

**Fact #1: Face creams may cause eye irritation**

If you think layering eye creams with face creams gives you twice the skincare benefits, think again. "Face creams not specified for the eye area have not been safety-tested or approved by the Health Sciences Authority for use there. And since

the skin around the eye area is thinner, topical agents are able to penetrate deeper, possibly causing irritation," warns Dr Wong Su-Ni, consultant dermatologist at Pacific Specialist Practice.

"Face creams may even enter the eye when you perspire or tear, creating an unpleasant stinging sensation," says Dr Wong. This may make you want to rub your eyes. And, as you probably know, when you rub your eyes, you inadvertently stretch the fine skin around it, contributing to the formation of fine lines and deep furrows.

**Fact #2: Eye makeup and its removal can add physical stress**

Tugging at your eyelids to apply liquid eyeliner, the slight frictional drag of the eye pencil across your lid, and stretching your skin while grooming your brows are little

everyday actions that can lead to wrinkles. The only solution to this is to be as gentle as possible when applying your eye makeup, minimising tugging.

As for eye makeup removal, even the softest of cotton pads can stretch and tug at the skin around the eyes, leading to the formation of wrinkles. Shiseido training manager Angela Boh recommends pressing a cotton pad soaked with makeup remover against the lashes for a few seconds to get the dissolving action going, then smoothing it gently downwards. In fact, with an oil-based makeup remover, you can skip the cotton pad and rub with your middle and ring finger instead. Just why are we always told to use the ring finger when applying eye products? It's because the index finger is, in comparison, stronger and the touch too heavy for the delicate skin at the eye area.



**Fact #3: Sun protection is essential**

If you swear by an excellent eye cream that doesn't contain SPF, top it up with sunscreen sticks such as Anthelios Sensitive Zones Sticks, or grab a pair of oversized shades with UVA and UVB protection. Just like any other part of your body, the skin around your eyes is susceptible to UV damage, pigmentation and premature ageing, so shield it from the sun.

**Fact #4: Save the rich creams for night care**

Dr Chua Ee Min, medical director of KCS Medical Group, recommends a light eye cream for the day when we tend to perspire more, and a richer eye cream with vitamin C to stimulate collagen production at night. Between 11pm and 2am, our cells go through the motions of repairing and rebuilding themselves – a great time for the nutrients in rich night creams to get to work.

If you're worried thick eye creams will clog your pores and cause unsightly milia seeds (hardened oil) around the eyes, Dr Wong says this isn't so. "Milia is not formed by blocked pores but occur from trauma, when the epidermis gets trapped, or from certain treatments that injure the skin, such as surgery."

**An Eye For Great Buys**

Gram for gram, eye creams typically cost three times more than face creams from the same range. Dr Wong Su-Ni, consultant dermatologist at Pacific Specialist Practice, highlights what to look out for:

**To smoothen out fine lines** Pick products with collagen-boosting ingredients such as vitamin A, vitamin C or alpha-hydroxy acids.

**To lighten dark circles** Select products with lightening ingredients such as hydroquinone (prescription-based), vitamin A, vitamin C and arbutin, or vitamin K to improve blood circulation and disperse bluish-grey shadows.

**To reduce puffiness** Look out for herbal extracts such as arnica to reduce water retention.

**For general care** Check for antioxidants such as vitamin C, vitamin E and green tea, which neutralise free radicals.

**Fact #5: Sleeping face-down causes puffy eyes**

Drinking water before going to bed may lead to water retention. To prevent water from amassing in the wrong areas and avoid looking like you've just bawled your eyes out, Dr Chua recommends sleeping on your back instead of the front or sides. Also, avoid chugging water or liquids at least 90 minutes before you hit the sheets.

**Fact #6: Squinting gives you eye bags**

According to Dr Wong, eye strain, which results in twitching and over-activity of eye muscles in the lower eyelid, may be the real cause of eye bags. For vanity's sake, don't trudge along without glasses or contact lenses. Frequent squinting also etches lines around the eyes. If you spend a lot of time outdoors, wear a good pair of UV sunglasses to protect your eyes.

**Fact #7: Over-emoting causes expression lines**

Exaggerated facial expressions can give you expression lines and make you look older than your years. Laugh lines are much more forgivable than permanent frown lines which, etched across your face, make you look permanently miffed and standoffish.

**Bright Eye Deals**

The latest and best multi-tasking eye creams on the shelves today



**Lancaster Differently Eye Multi-Revitalizing Cream, \$119.** Multivitamins, omega-3 and -6 as well as antioxidants work on wrinkles, puffiness and dark rings. Microencapsulated hyaluronic acid and deep collagen-stimulating peptides give skin a subtle lift. At Lancaster counters at Tangs and CG.



**Shiseido The Skincare Eye Moisture Recharge, \$71.** Yuzu seed extract enhances the skin's production of hyaluronic acid, an essential component in the skin's inner layers, where it attracts and retains water, adding volume and skin density. This eye gel claims to teach skin to create its own moisture. At Shiseido counters.



**Soigne Agediscuss Wrinkle Assist Time, \$198.** Despite its convoluted name, this Japanese cream combines some of the best anti-wrinkle technology. With five different bio-peptides to prompt skin regeneration, pure retinol to boost collagen synthesis as well as low molecular marine collagen to plump up the skin, this rich creamy formula is best for dry skin or overnight use. Available at Face Bistro.



**Helena Rubinstein Collagenist Eye Zoom, \$105.** Aesthetic surgeons collaborated to work on this product, which promises to plump up the eye area. Pro-Xfill triggers the production of anchoring collagens, while caffeine and ruscus extract help drain excess fluid and prevent eye bags. At Helena Rubinstein Beauty Gallery, Isetan Scotts.



**Lucky Tiger Eye Serum, \$61.** The bottle may remind you of medicated oil, but this antioxidant- and vitamin-enriched serum is as pure and cool as clear water. Formulated with natural botanicals and certified organic ingredients, re-apply as often as needed without clogging pores or irritating skin. At Apothecary + Co.



**Yes To Carrots Eye Can C Clearly Now, \$24.90.** Paraben-free and made from organic fruits and vegetables, this cream is great for those who want a green lifestyle. Blending carrot seed oil, carrot juice and 26 Dead Sea minerals, it promises to de-puff eyes without poisoning the earth. At Watsons.

PRODUCT PHOTOS: TAN WEE TE & VEE CHIH