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Best Face Forward

What you need to know about effective skin care routine

If you think you're doing your face a favour because you have an expensive range of skin care products, think again. Not only could you be using the wrong products, you could be doing something wrong in your skin care routine, especially after a treatment! We caught up with Dr Zhang Yijun, Medical Director of The Face Aesthetic Clinic, to give us the lowdown on proper skin care regimen.

How important is an effective skin care routine in achieving a youthful and healthy complexion?

Dr Zhang: It is very important! In our clinic, we treat various skin disorders. After treatment, it is necessary that the patient follows a home-care routine. We're talking about skin products that can help maintain the effects of the treatment, whether it is reduction of pigmentation, reduction of sebum production, or generally a treatment to have radiant and healthy skin. You need an everyday skin care routine that is suitable to your skin needs. It goes hand in hand with the treatment. If you do not have effective daily skin care routine, then the treatment results may sometimes be sub-optimal. It is equally important if you want to prolong the effects of the treatment.

What are the common mistakes people normally make when it comes to daily skin care routine?

Dr Zhang: Women nowadays are very knowledgeable about skin care, but sometimes they're a bit too diligent and too fastidious about what they want. The fact is you don't need to use a lot of products at the same time. You just need a few core skin care products, like facial wash, toner, moisturiser, and sunblock. Depending on your skin needs, you may use additional supplements, such as anti-ageing or whitening range. More importantly, these should be something simple that you're comfortable to use.

Please give us some tips for effective cleansing, moisturising, and anti-ageing regimen.

Dr Zhang: In general, the most important thing is to have a simple regimen that you can stick to. In terms



Dr Zhang Yijun

of cleansing, twice a day is good enough. But some people want to wash three or four times a day. That's not recommended. You don't want to overly dry your skin. Same thing goes with moisturising. Find a moisturiser that's suitable for your skin type. You don't want something that's too oily that will clog your pores or something that doesn't really moisturise very much. There are a lot of products out there that contain anti-ageing properties. What is important in an anti-ageing regimen is sunblock. A lot of patients only put sunblock in the morning before they go to work. They don't reapply. Sunblock doesn't last long. By the time you go out for lunch, you actually don't have sun protection anymore. The sun is the biggest cause of pigmentation problems and premature ageing of the skin. Make sure you have a sunblock that you're comfortable to reapply.

What sets PCA Skin Care apart from other skin care products?

Dr Zhang: Not only does PCA Skin Care have a very comprehensive range of products, which actually targets individuals with different types of skin - oily, dry, or acne-prone, they have simple-to-follow instructions. The other thing that sets them apart from other products is that they have a lot of natural ingredients, which actually help to negate some of the side effects of certain active ingredients, which we know can be irritating to the skin. They have therapeutic effects without so much of the negative side effects, which is something we like.

What do your patients like most about this product?

Dr Zhang: They find that it's effective, reasonably priced, easy-to-use, and has no side effects. PCA Skin Care has a good track record. They've been here for so many years, so we're confident to use these products.

The Face Aesthetic Clinic is located at 20 Malacca St #01-00 Singapore 048979. For more information, call 62236788 or email enquiry@thefaceaestheticclinic.com.sg.