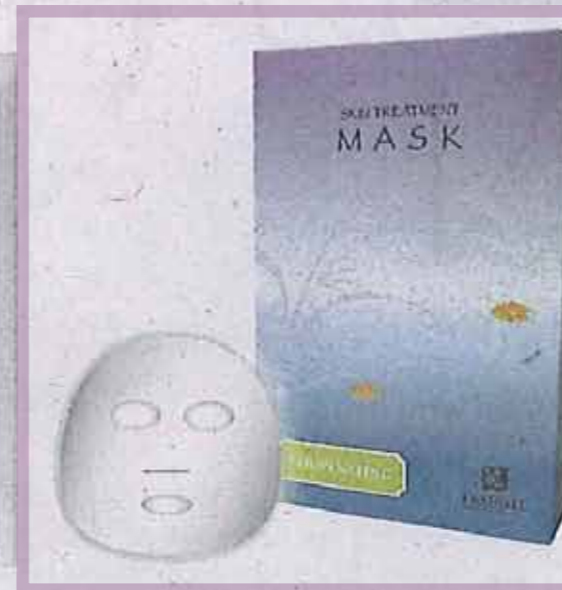


# THE BUSINESS TIMES WEEKEND

Saturday-Sunday, February 27-28, 2010

THE BUSINESS TIMES WEEKEND SATURDAY/SUNDAY, FEBRUARY 27-28, 2010

BEAUTY | L13



**MASKED CRUSADER**  
(Clockwise from far left) cleanser from Kiehl's Acai Damage-Repairing Skincare Collection; Shu Uemura's Depsea Hydrability, SK-II's Facial Treatment Mask, Anna Sui Whitening Mask, Erabelle's Rejuvenating Skin Treatment Mask and Estee Lauder's CyberWhite EX Extra Brightening Radiance Recovery Mask

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## *Problem 2: Dull, dry and old-looking skin*

It is a truism that alcohol consumption is dehydrating and thus take its toll on your skin. Which explains why many people – especially those who have upped their alcohol intake – would complain of either really dry or dull skin post-partying. Thankfully, there are a plethora of products in the market that can quickly put things in order.

### First steps

Firstly, never underestimate the importance of a good facial cleanser when your skin looks under-nourished and we highly recommend the **cleanser from Kiehl's Acai Damage-Repairing Skincare Collection** (\$51) which utilises a high concentration of super-antioxidant Organic Acai Berry from the Brazilian Amazon to improve skin tone and texture. But more importantly, one's skin becomes loads healthier as well. On a side-note, for the body, there's **Molton Brown's Amrusca Bath and Shower** (\$60 from Molton Brown outlets) that goes a long way towards revitalising the body's skin while cleansing, too.

Next, choose a fast-acting serum as an easy-peasy add-on for good measure, such as **Institut Esthederm's Intensif Spirulina Serum** (\$195 from InnerPeace, #03-319/320 Marina Square and True Spa, 29 Cuppage Road Cuppage Terrace). It incorporates spirulina as its main ingredient, which works wonders on treating tired

and lifeless skin so you should see quite a nice glow after use. **ClearSKIN Triple Action Serum** (\$128 available at ClearSK Aesthetic Centres, visit [www.clearskincentre.com](http://www.clearskincentre.com) for outlets) that contains Acetyl Hex peptide, the cosmetic anti-wrinkle alternative to Botox injections is also useful if you want plumper-looking skin.

### Masks

That said, when looking for a quick-fix for lacklustre looking skin, there's no better place to begin than with face masks. Some of our favourites: **Estee Lauder's Cyber-White EX Extra Brightening Radiance Recovery Mask** (\$100 for six) nuts your skin on the fast track to luminosity and clarity; **Erabelle's Rejuvenating Skin Treatment Mask** (\$100 for five from Erabelle, visit [www.erabelle.com](http://www.erabelle.com) for outlets) is great for giving your skin that much-needed moisture boost while the new **Anna Sui Whitening Mask** (\$91 for a box of 10 from March 1) leaves one's skin looking fresh and bright; and for really dehydrated and thus chapped skin, **SK-II's Facial Treatment Mask** (\$116 for six) is one of the best.

In particular, we found that the **Rodial Glamatox Peel** (\$175 from Scubbe the Apothecary at Centrepoint and Takashimaya Shopping Centre) – a clay mask that prides itself as the “10-minute facelift” – was exceptional even after the first use.

Although we won't go so far as to call the results a

“facelift”, they were stunning (skin was practically glowing and felt nice and taut) nonetheless.

### Hydration

Those facing exceptionally dry skin however, should also double up with a good moisturiser (either in the morning or before bed) if you want faster results.

For example, there is **Dermalogica's Skin Hydrating Booster** (\$122 from authorised Dermalogica Skincare Centres and Leonard Drake Skincare and Health Spa Centres) that has an extra concentrated dose of Hyaluronic Acid to combat the driest of skins; **Izu's Hydrating Gel** (\$247 from True Colours, Takashimaya Shopping Centre) that goes on to aid the skin in the healing of broken capillaries and softening of fine lines and **Mario Badescu's Herbal Hydrating Serum** (\$118 from ONLYaesthetics, 25A Lorong Mambong) for those who want a natural option. **Epiderma's Intensité Hydrating Complex** (\$132 from Renewal Day Spa, Tong Building) and **Shu Uemura's Depsea Hydrability** concentrate (RSP \$102) are also some great examples of effective products, especially when left on overnight.

For the day, we like **Clinique's Moisture Surge Extended Thirst Relief** (\$73) because it provides really long-lasting moisturisation, while **Bella Skin Care's OxySkin Revitalizing Spray** (\$120 for three bottles from Bella Skin Care, visit [www.bellaskin.com.sg](http://www.bellaskin.com.sg) for outlets) makes for a fantastic perk-me-up for dry, tired skin.