

# Beauty **DECODED**

BY ALLERGAN

[beautydecoded.com.sg](http://beautydecoded.com.sg)

**PEOPLE KEEP  
SAYING I LOOK  
TIRED BUT  
I'M NOT —**

how do I get rid of my  
undereye circles?

**HOW SHOULD  
I PLAN MY  
AESTHETIC  
AND SKIN CARE  
TREATMENTS  
EFFECTIVELY?**



## EDITOR'S NOTE

# NO MATTER WHAT THEY SAY

**B**eauty is being comfortable and confident in your own skin. Among the great joys of creating this first issue of Beauty Decoded is the opportunity to tell you – our gorgeous readers – that beauty is within us. And universally possible to achieve.

It's not even in the eyes of the beholder. Gone are the limiting beliefs that impression, appearance, culture and social status define how beautiful we are. WE decide how beautiful we are. And how much more we will be.

This debut issue paves the first steps to the pursuit and celebration of true, empowering beauty. Where we curate the latest aesthetic trends and answer questions and concerns that you may have.

That's not all – in this issue, you'll find out how to effectively plan your aesthetic treatments for brimming results, and look your best for that big event around the corner. And lastly, we would be sharing insider tips on how to get rid of tired eyes for good! Still want more? Keep flipping to find out.

Remember, you're beautiful,  
Allergan

# **HOW SHOULD I PLAN MY AESTHETIC AND SKIN CARE TREATMENTS EFFECTIVELY?**

**W**ith recent advances in technology, we now have a myriad of options available to achieve our desired look. However, as our options grow, so does our confusion. How do we know which treatment we need? How long should we wait before proceeding to the next treatment? What is the most effective way to plan different treatments over an entire year?

**HERE ARE A FEW QUESTIONS TO HELP YOU PLAN YOUR FUTURE TREATMENTS:**

When tackling these questions, be aware that certain treatments do not need to be done frequently. Other factors to consider are recovery time, personal health, and overall aesthetic goals. In general, treatments should be considered with a long-term trajectory rather than as quick fixes.

## **What are you doing these treatments for?**

First, ask whether you are aiming to maintain your look or seeking for a change: do you primarily want to reduce effects of wear and tear, or are you looking to add a little Kim K plumpness and volume to your existing features? Depending on which category you fall into, your timeline for those treatments will vary.

If you are looking to fix some imperfections or age-related issues such as wrinkles, sagginess or volume loss, you have a more regular timeline as most treatments are done at fixed intervals. On average, aim to schedule around three treatments a year. You might want to do these during the holidays to allow ample time for swelling to go down.

However, if you are looking to enhance your features, you might well be motivated by special events, such as weddings and parties. Plan your treatments as soon as you know the dates – you want to make sure that the treatment effects are optimised on the big day.



### How early to plan from an event?

Working around important events require careful planning. You should schedule an appointment with your doctor to discuss your treatment plan – **ideally, this should happen at least 6 months ahead of the event!**

Space your treatments apart to ensure that you can recover on time and attain the desired look that you want – **some doctors might advise fillers to be done up to four months before and wrinkle reducers up to six weeks prior.** Don't wait till it's too close to the event day as some treatments may have downtime or take time to reach their optimal effect. However, a treatment might lose its effect on your big day if it is done too early.

With these in mind, it's best to speak to your doctor and personalise a treatment plan well in advance to look your best.

### Are there environmental considerations for your treatment?

Take environment factor into consideration when planning for a treatment. For instance, laser treatments that address sun damage and pigmentation, or any skin treatments that involve skin recovery or peeling, such as treatment of scars or wrinkles, will increase your skin sensitivity to sunlight. Therefore, it may be better to do these treatments when you know you can largely stay indoors for some time, as compared to the day before a beach holiday.

### What about optimising holidays?

When the holiday season rolls around, you know you will have a lot of social commitments – from Christmas parties to Chinese New Year visiting, the festivities don't seem to end. Therefore, it is best to plan accordingly. Although doing treatments during these periods is not ideal, they are still possible. Always ensure you have 'rest' time in between so that there is enough buffer time for potential side effects, such as swelling or skin sensitivity, to subside. For this reason, long weekends are also worth considering for treatments as they give you more recovery time away from social obligations.

Some treatments require time to take effect, therefore, factor this in as you plan to look your best for the holidays.

Now that we've covered some general questions around scheduling your treatments, **here are some specific tips regarding common aesthetic treatments that may help with your planning.**

## FAT-FREEZING

---

**For anything related to fat, give yourself some time and plan several months in advance.** It is unrealistic to expect instantaneous results – typically, a treatment can deliver up to 20-25% fat reduction with results being most obvious after 2 months. Some people may also need to retreat the same area multiple times for more optimal results. Therefore, if you are planning to try fat-freezing, it may be best to plan well ahead of your beach holiday.

## INJECTABLE WRINKLE REDUCERS

---

Injectable wrinkle reducers are effective treatments for smoothing out wrinkles and facial lines. **They should be done three or four times a year at three to four months' intervals.** The full effects of the treatment might take a week to appear, so don't worry if you only see small changes in the first few days. When injected by a trained doctor at the right dose, you will look natural and still retain your facial expressions without the undesirable wrinkles. Discuss your expectations of the treatment with your doctor.



## FILLERS

---

Fillers are injectable gels that create a more youthful and vibrant appearance by restoring volume to facial tissues, smoothing facial lines and folds and improving facial contour. The most popular are fillers made of hyaluronic acid, a hydrating substance found naturally in our body. Fillers tend to last longer than wrinkle reducers. Depending on the individual, type of filler and area of injection, **they can generally last from six to twenty-four months.** Therefore, it's best to ask your doctor about the specifics of the filler and plan your aesthetic goals accordingly.



## SKIN QUALITY INJECTABLES

---

Moisturisers, serums and masks act as barriers to prevent moisture loss from our skin. They remain on the surface of the skin and do not penetrate deeper. Hyaluronic acid fillers, when injected superficially into skin, are able to attract water and hydrate the tissues from within. It helps to improve skin quality, including increasing its firmness and reducing pore sizes. This treatment is suitable for a variety of people, such as those who have dry skin, undergone laser or heat generating procedures that dehydrate the skin, menopausal women, those that have oily but dehydrated skin as well as those who want to enhance their skin quality. There are several injectable treatment options available, **most require multiple sessions to obtain optimal effect while some require only one treatment session.**



## LASERS

---

**The frequency of laser treatments depends on the type of laser used and its purpose.** Vascular lasers, usually used to treat rosacea or pigmented lesions by targeting and shrinking blood vessels, have a temporary effect and need to be maintained regularly.

Resurfacing lasers last slightly longer, and you may only need to do them once a year. These lasers remove a thick layer of skin so that new collagen can be formed. As new collagen can last for years, most people find that regular re-treatment is not necessary.

Finally, lasers are also used to treat skin discolouration such as sun damage and brown spots. However, as aforementioned, you should avoid the sun for a period after treatment as your skin becomes sensitive to sunlight.

In addition, regardless of the kind of laser treatments you do, be sure to give your skin some rest before continuing with the next round of treatment to fully optimise the effects of the treatment- improvement happens over months, not days!

## FACIALS

---

Regular skincare requires less planning, but it is still good to be aware of your specific needs and aesthetic goals. **The frequency of treatments can depend, for instance, on your skin type:** someone with acne might require regular facial treatments, while another with sensitive dry skin will benefit from a lower frequency.

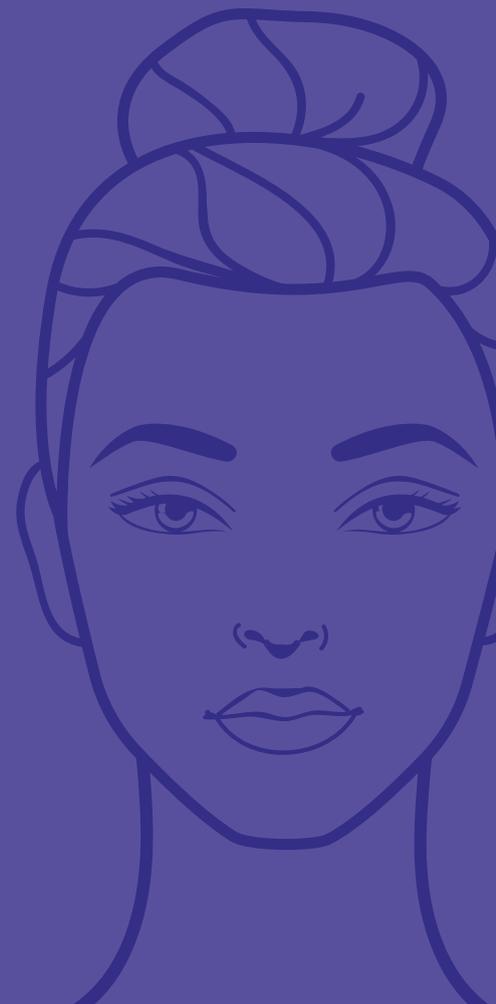
## OTHER AESTHETIC TREATMENTS

---

Microneedling is an alternative that can help maintain that youthful glow, especially when you are not comfortable with lasers, or if your doctor advises against them.

## FINAL ADVICE

Ultimately, the timeline of treatments is yours to choreograph. Consult your doctor on how to optimally synchronise different treatments but plan them realistically according to your schedule and commitments. After all, having a plan is helpful, but keeping to them requires perseverance especially with ad-hoc events and life changes. Rather than be caught off-guard looking weary at your next big event, reap the full benefits of aesthetic treatments by planning carefully and intelligently.



# TOP 5 WAYS TO PERK UP YOUR EYES

If you've started noticing that your dark circles are not going away despite longer sleeping hours, you're not alone. With the onset of age, heavy-duty concealers and foundations may prove increasingly ineffective against combatting dark eye circles and other imperfections such as crow's feet and frown lines. However, there are some aesthetic treatments that might help to target these flaws, making you look refreshed and youthful again.



## **REDUCE UNDER-EYE HOLLOWNESS**

Tear through deformity and permanent dark circles could be due to undereye volume loss rather than a lack of sleep. With age, the skin around the lower eyelid thins out, making the underlying muscles and fat bags more obvious. This makes a person look perpetually tired and aged. This problem can be treated with a hyaluronic acid filler by replacing lost volume in in the lower eyelid. Restores vitality.

## **RELAX CROW'S FEET**

There is probably nothing that speaks age and fatigue more than crow's feet radiating outwards from the corner of your eyes. Caused by repetitive muscle movements when you blink and smile, these pesky imperfections can be reduced with the help of wrinkle reducers . When injected at the right dose and in the right muscles, relaxing the muscles around your eyes can make your eyes look bigger.

## **SMOOTHEN FROWN LINES**

Frown lines are angry, harsh lines that form between the eyebrows and frequently extend up to the central forehead. Like crow's feet, these are caused by repetitive muscle movements and can be alleviated with wrinkle reducers.

## **LIFT EYEBROWS**

Frequently neglected, eyebrows actually have a major impact on the appearance of our eyes. Droopy eyebrows often lead to skin folding in the eyelids and an overall weary look, so why not perk them up with hyaluronic acid fillers?

## **RESTORE HOLLOW TEMPLES**

If your outer brows look short and droopy, this could be due to volume loss in the temples which causes sunken contours on both sides of the head. Speak to your doctor about restoring volume loss and lifting your brows and eye corners with hyaluronic acid fillers.

# self care

## CHALLENGE

We decide how beautiful we are and how much more we will be.

**Be sure to pencil these into your schedule:**

<b>Meet up with a good friend</b>	1
<b>Spend time outdoors</b>	2
<b>Have a date night with yourself</b>	3
<b>Get 8 hours of sleep</b>	4
<b>Treat yourself to a facial</b>	5
<b>Meditate for 10 minutes</b>	6
<b>Drink 8 glasses of water</b>	7
<b>Eat something nutritious</b>	8
<b>Declutter your living space</b>	9
<b>Spend a night without social media</b>	10



## **REDUCE UNDER-EYE HOLLOWNESS**

Tear through deformity and permanent dark circles could be due to undereye volume loss rather than a lack of sleep. With age, the skin around the lower eyelid thins out, making the underlying muscles and fat bags more obvious. This makes a person look perpetually tired and aged. This problem can be treated with a hyaluronic acid filler by replacing lost volume in in the lower eyelid. Restores vitality.

## **RELAX CROW'S FEET**

There is probably nothing that speaks age and fatigue more than crow's feet radiating outwards from the corner of your eyes. Caused by repetitive muscle movements when you blink and smile, these pesky imperfections can be reduced with the help of wrinkle reducers . When injected at the right dose and in the right muscles, relaxing the muscles around your eyes can make your eyes look bigger.

## **SMOOTHEN FROWN LINES**

Frown lines are angry, harsh lines that form between the eyebrows and frequently extend up to the central forehead. Like crow's feet, these are caused by repetitive muscle movements and can be alleviated with wrinkle reducers.

## **LIFT EYEBROWS**

Frequently neglected, eyebrows actually have a major impact on the appearance of our eyes. Droopy eyebrows often lead to skin folding in the eyelids and an overall weary look, so why not perk them up with hyaluronic acid fillers?

## **RESTORE HOLLOW TEMPLES**

If your outer brows look short and droopy, this could be due to volume loss in the temples which causes sunken contours on both sides of the head. Speak to your doctor about restoring volume loss and lifting your brows and eye corners with hyaluronic acid fillers.