

BEAUTY

The experts' guide
to looking good

tips

THE STRAITS TIMES

Before I became a journalist reporting on beauty trends and, in the process, getting beauty tips from the experts, I had often wished there was a book that would guide me on my daily beauty rituals.

There are of course plenty of beauty magazines that cover the latest trends. But all I often wanted were quick, fail-safe, easy and to-the-point tips that would help fix a bad hair day or patch a broken nail. The Straits Times hopes

**Beauty Tips:
The Experts' Guide To Looking Good**
will fill that gap.

The e-book is packed with tips from beauty industry veterans, as well as doctors, that were published in our Urban fashion and beauty magazine in recent years, as well as tips and profiles written especially for this project.

Read all the tips at one go, or go straight to the relevant sections when you need expert advice, from how to prevent hair loss to how to get clearer skin, pronto.



Gladys Chung
Urban



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Director of TLC Lifestyle Practice and
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SKIN

Cleanse, moisturise and
protect for a natural glow

Four experts explain how to cleanse your face

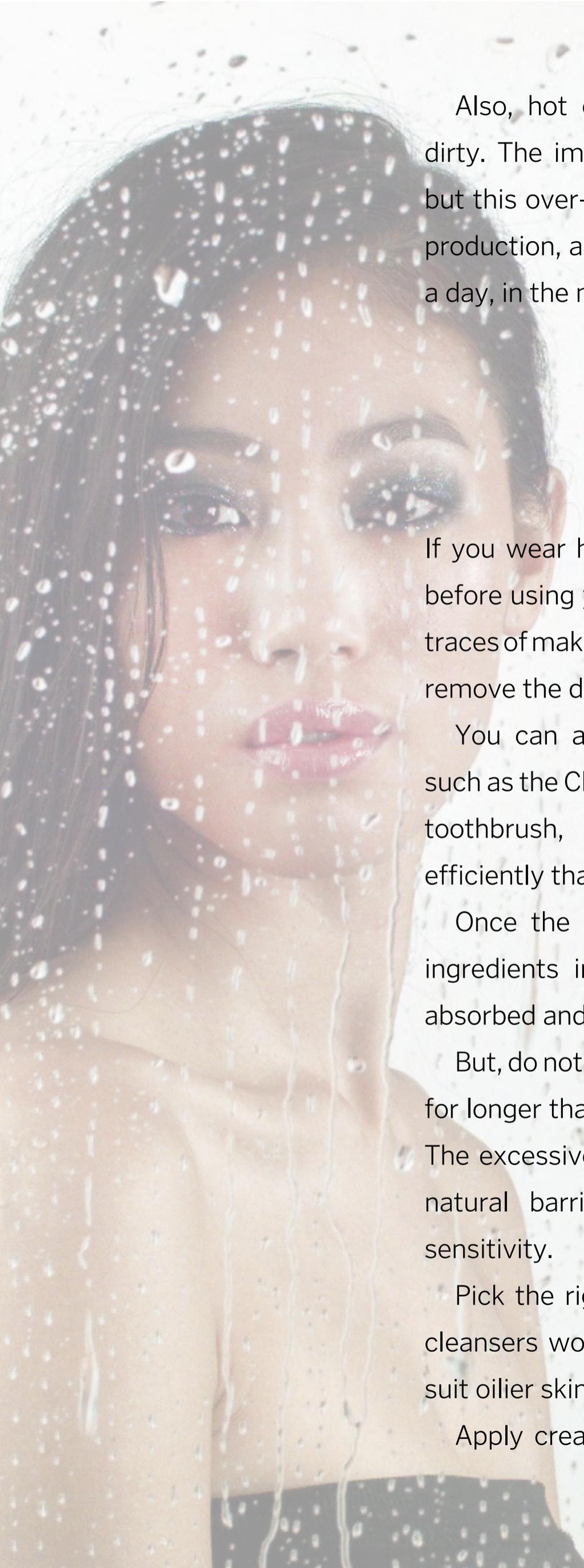
Use warm water for the first cleansing. The shock of cool or cold water will shrink the pores, locking in products. If needed, repeat the cleansing process with cool water.

Dr Georgia Lee,
director, TLC Lifestyle Practice
and founder, DrGL



The temptation in warmer climates is to cleanse your face with cold water to refresh yourself. This, in fact, can cause damage to your skin, as the cold can cause blood vessels to tighten up, therefore trapping dirt. This is particularly bad for people with broken capillaries.

Instead, cleanse with warm water as it opens pores and cleans more thoroughly, as well as being less harmful.



Also, hot environments can make your skin feel dirty. The impulse is to wash your face more often, but this over-stimulates the skin, resulting in more oil production, and can cause breakouts. Cleansing twice a day, in the morning and in the evening, is enough.

Hsu Su-Man,
guest celebrity facialist,
Away Spa Singapore



If you wear heavy make-up, use a make-up remover before using your usual cleanser. This ensures that all traces of make-up are removed, so that the cleanser can remove the day's grease and grime more effectively.

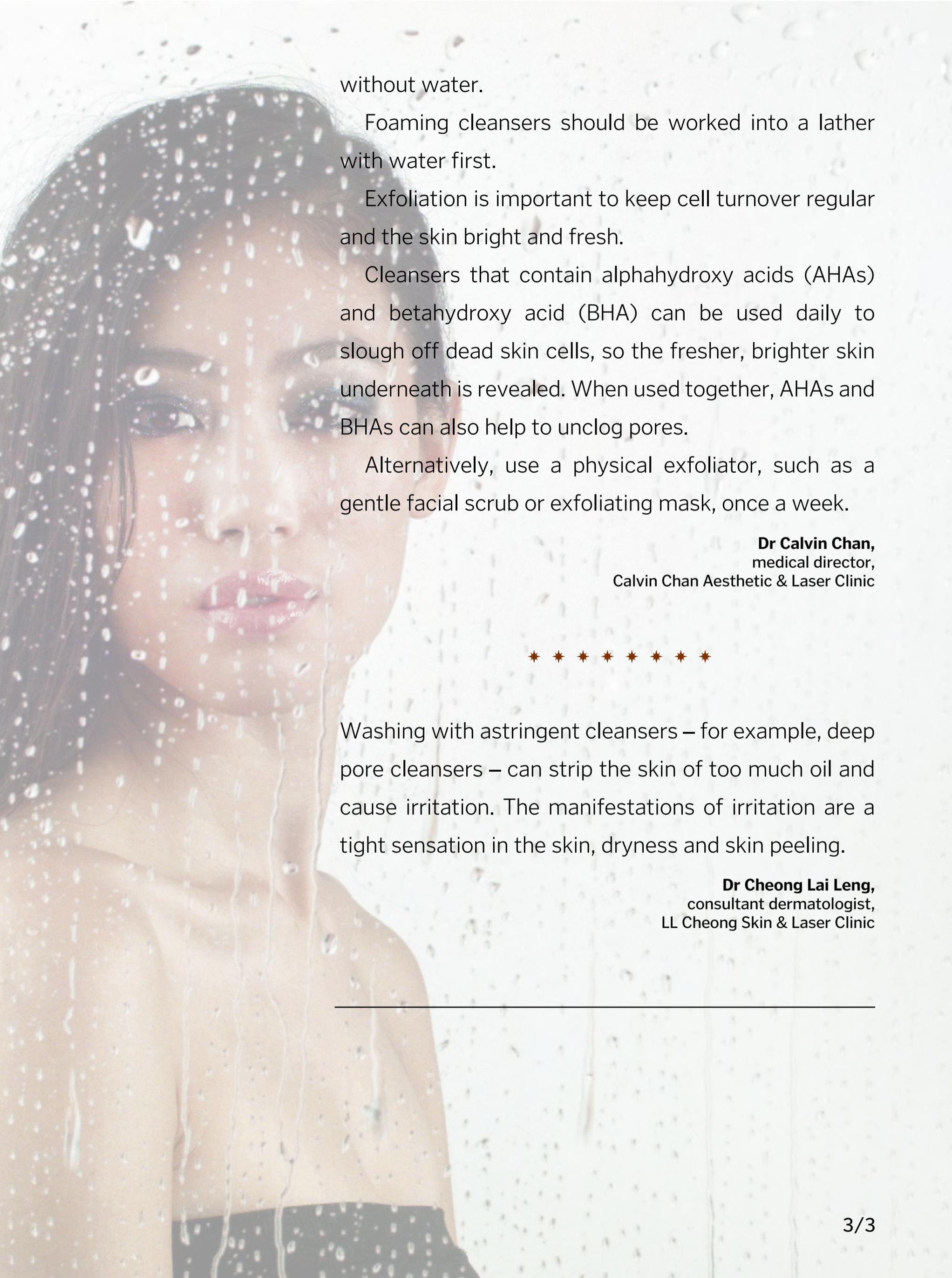
You can also consider using a cleansing gadget, such as the Clarisonic, which resembles a large electric toothbrush, to remove deep-seated grime more efficiently than manual washing.

Once the skin is thoroughly cleansed, the active ingredients in the skincare products will be better absorbed and work more efficiently.

But, do not use the cleansing devices more often and for longer than the manufacturer's recommendations. The excessive abrasion might compromise the skin's natural barrier and cause redness, irritation and sensitivity.

Pick the right cleanser for your skin type. Creamy cleansers work best on dry skin, while foaming ones suit oilier skin.

Apply creamy and oil-based cleansers on the skin



without water.

Foaming cleansers should be worked into a lather with water first.

Exfoliation is important to keep cell turnover regular and the skin bright and fresh.

Cleansers that contain alphahydroxy acids (AHAs) and betahydroxy acid (BHA) can be used daily to slough off dead skin cells, so the fresher, brighter skin underneath is revealed. When used together, AHAs and BHAs can also help to unclog pores.

Alternatively, use a physical exfoliator, such as a gentle facial scrub or exfoliating mask, once a week.

Dr Calvin Chan,
medical director,
Calvin Chan Aesthetic & Laser Clinic



Washing with astringent cleansers – for example, deep pore cleansers – can strip the skin of too much oil and cause irritation. The manifestations of irritation are a tight sensation in the skin, dryness and skin peeling.

Dr Cheong Lai Leng,
consultant dermatologist,
LL Cheong Skin & Laser Clinic

The right way to apply skincare

Never skip the toner. It removes excess cleanser and rebalances the skin to a neutral pH, which allows active ingredients to really sink in. You can use cotton pads to apply it, but fingers work as well, especially for sensitive skin. Use the middle three fingers to lightly tap the toner onto skin.

Always apply the serum before the moisturiser, because serums are made to be absorbed deeper into the skin, versus moisturisers, which are for hydrating the surface. One pump will generally suffice for the entire face. Do not apply using the palms, which will absorb the product; use the fingertips instead. Gently apply the product to the skin using three fingers. Do not start with the cheeks, as most people do, but work from the outer face in. This ensures that you do not expose the cheeks to too much product.

Always apply the product in an upward motion, to create a lifting effect. Use an eye cream in between applying the serum and moisturiser. Apply a small amount – no more than half a pinky segment – with the ring finger in a circular motion around the eye, going from below the browbone, towards the nose, leading to the under-eye area, to the outer corner of the eye.

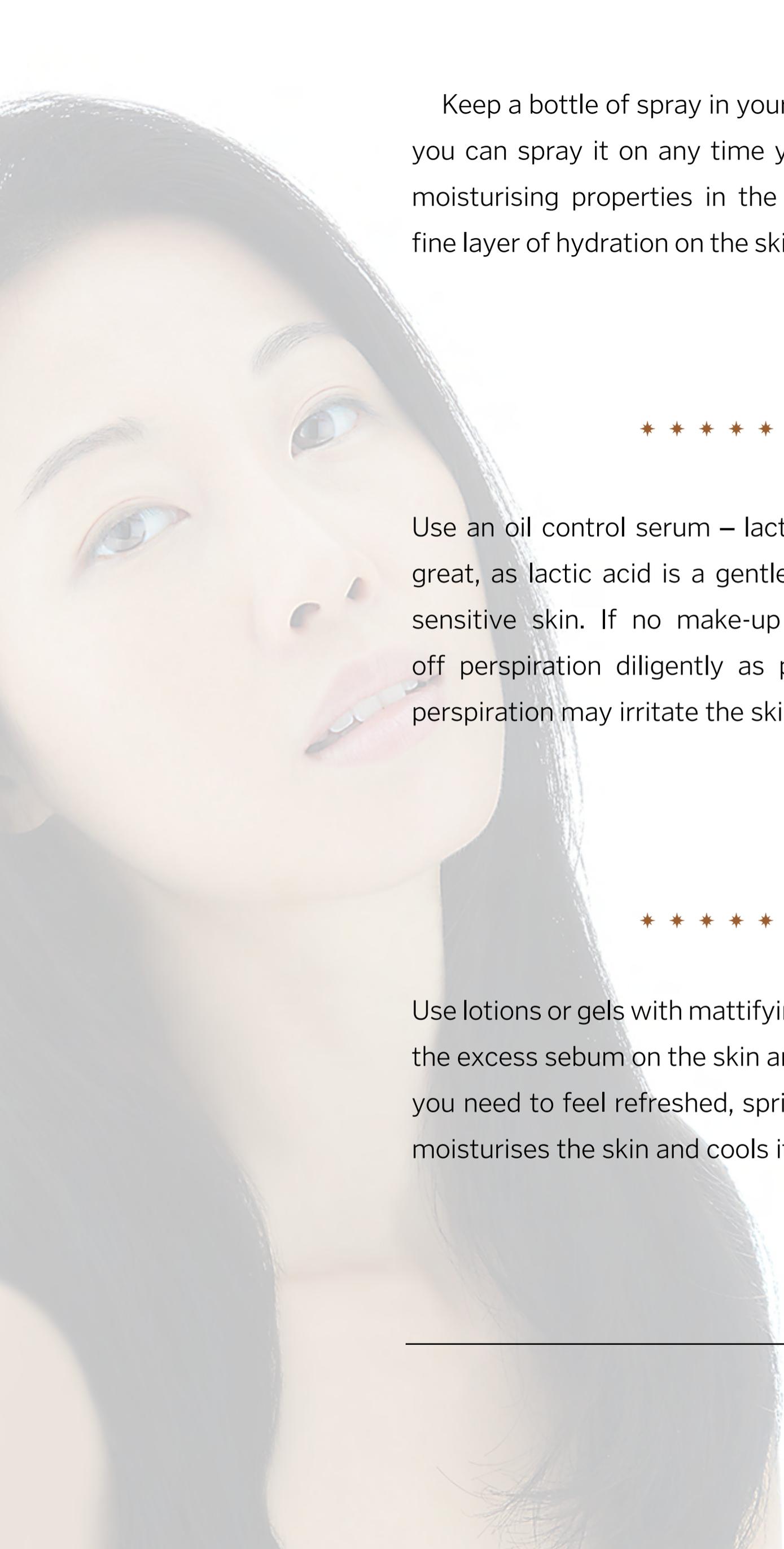
Isabelle Teoh, senior beauty therapist,
Cecilia Westberry Beauty Spa

Three ways to keep skin well-hydrated

Two simple steps will keep your skin moisturised for longer without it looking greasy.

After you have washed your face and dried it with a towel, it inevitably loses some moisture, and skincare products are not as easily absorbed. Use a toner or lotion to soften skin again, so whatever skincare product you use will penetrate it more easily.

Follow this step with your usual serum, moisturiser, sunscreen and foundation. Once your make-up is done, spritz on a fine layer of hydrating mist to further quench skin and set your make-up. If you usually use a dusting of loose powder on top of your foundation to make it matte, a moisturising spray will balance out the powdery finish by adding a subtle dewiness to your complexion.



Keep a bottle of spray in your bag or in the office, so you can spray it on any time your skin feels dry. The moisturising properties in the sprays leave behind a fine layer of hydration on the skin so it does not dry out.

Sophia Chia,
training executive,
Shu Uemura



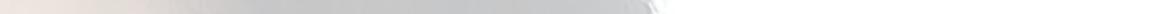
Use an oil control serum – lactic acid based ones are great, as lactic acid is a gentle exfoliator suitable for sensitive skin. If no make-up has been used, wipe off perspiration diligently as prolonged exposure to perspiration may irritate the skin.

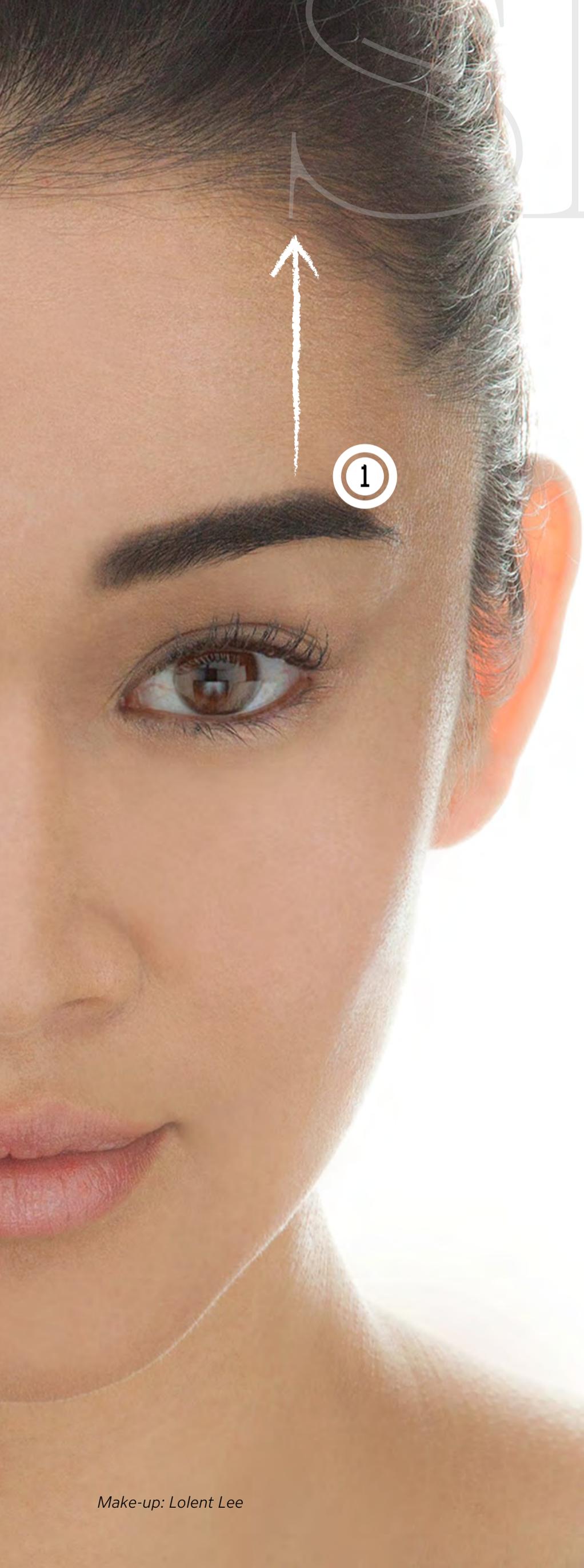
Dr Georgia Lee,
director, TLC Lifestyle Practice
and founder, DrGL



Use lotions or gels with mattifying agents which absorb the excess sebum on the skin and prevent shine. When you need to feel refreshed, spritz with spring water. It moisturises the skin and cools it down.

Dr Cheong Lai Leng,
consultant dermatologist,
LL Cheong Skin & Laser Clinic





Lift facial contours while applying skincare products

A little bit goes a long way when it comes to massaging your skin as you slather on skincare.

Repeated kneading in the right direction can improve the skin tone over time.

Touch the buttons to find out how to get the daily facial massage down pat. Repeat the steps seven to 10 times.

Note that the massage should be done during the application of a serum or an essence.

Joelle Ciocco
facial expert, L'Oreal Paris

STEP 1

Lift your skin on the upper part of the face

Do this with clean and dry hands. In a motion similar to the way you would put on a head band, place the fingers of both hands on the brows and smooth them up and across the forehead.

This helps to lift the brows and reduce the appearance of wrinkles.

2

STEP 2**Drain and tone the lower part of the face**

Starting from the laugh lines (nasolabial folds), massage your cheeks with your fingertips in an outward motion towards the back of the ears.

This improves circulation and prevents the masticatory muscles (the ones that help you to chew) from developing into sagging contours.

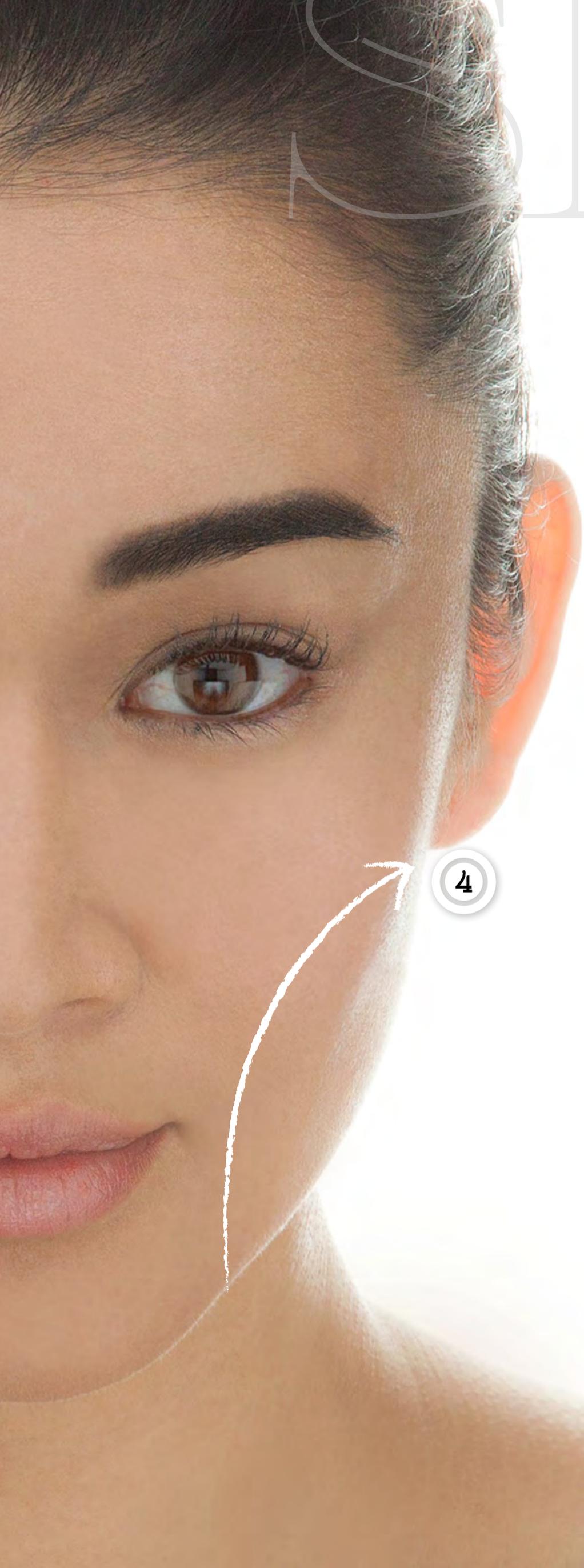


STEP 3

Apply serum or essence

Pump a pearl-sized amount of product and briefly warm it between the palms.

Start by placing both thumbs at the chin and gently glide both hands from the middle of the face towards the hairline.

**STEP 4****Shape the jawline**

Place your thumbs behind the ears, and glide the sides of index fingers from along the middle of the chin towards the ears.



STEP 5

Drain the excess water from the face

If necessary, first apply a little more product to lubricate skin.

Gently clench both hands, and glide both knuckles from just under the jaw, down the neck and towards the collarbones.

This further reduces puffiness on the face.

Sunscreen: Essential notes from three experts

Sunscreen should be worn first thing in the morning whether staying indoors or out, rain or shine. A single application of sunscreen is inadequate protection from the sun for the rest of the day. If time permits, sunscreen should be re-applied before going outdoors for lunch, for example. A dedicated sunscreen is most effective – sunscreen in cosmetics, such as powder and foundations, is adequate sun protection. Always remember to apply sunscreen on the neck and exposed upper chest. The rule is to apply your sunscreen from your hairline right down to the collar/neckline of your top.

Dr Cheong Lai Leng,
consultant dermatologist,
LL Cheong Skin & Laser Clinic





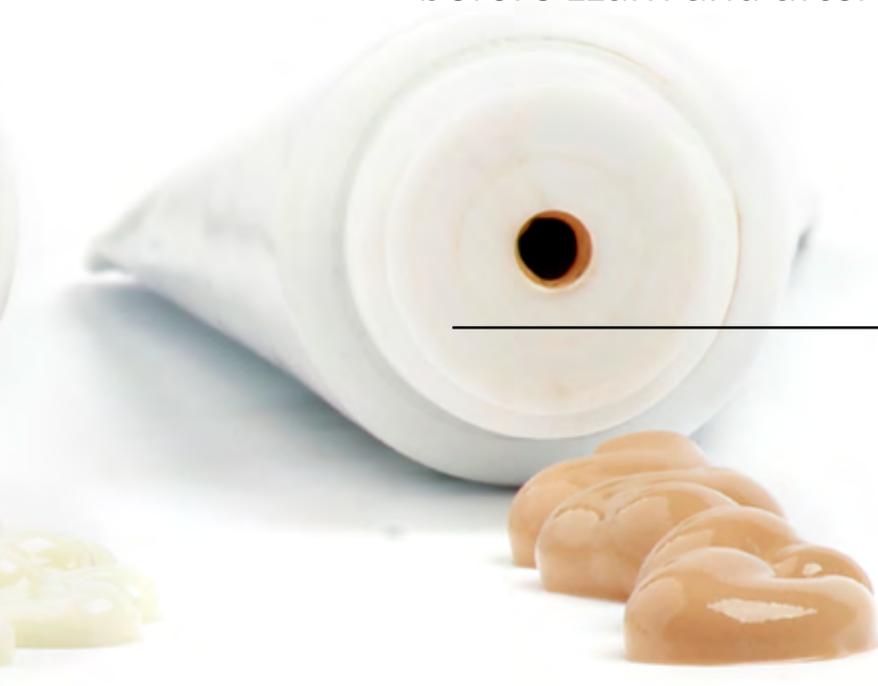
Although many women use sunscreen regularly, most do not apply an adequate quantity. One teaspoon for the entire face is a good amount. Re-application is encouraged every two to three hours, especially if you are out in the sun as you tend to wipe your perspiration – and hence, the sunblock – off. Apply sun protection using the ring finger, spreading it lightly.

Dr SK Tan,
founder and medical director,
IDS Clinic



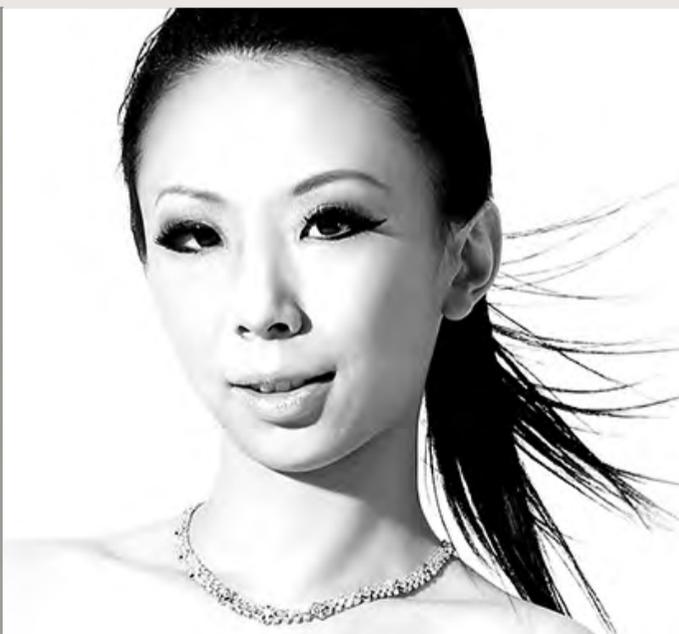
The number one enemy of skin (which is unavoidable in a hot climate) is over-exposure to the sun. Therefore, sunscreen is essential. The best ones contain zinc oxide, which is a natural, physical sun-screening agent that sits on your skin reflecting both UVA and UVB rays. The secret of sunscreen is not how high the SPF is, but how often you apply it. Re-applying every two hours works well. However, it is important to get 15 minutes of sun without any protection every day for necessary vitamin D intake. The best time to do this without protection is before 11am and after 4pm as the sun is less harmful.

Hsu Su-Man,
guest celebrity facialist,
Away Spa



MY BEAUTY RITUALS

Three personalities share their
skincare and hair routines

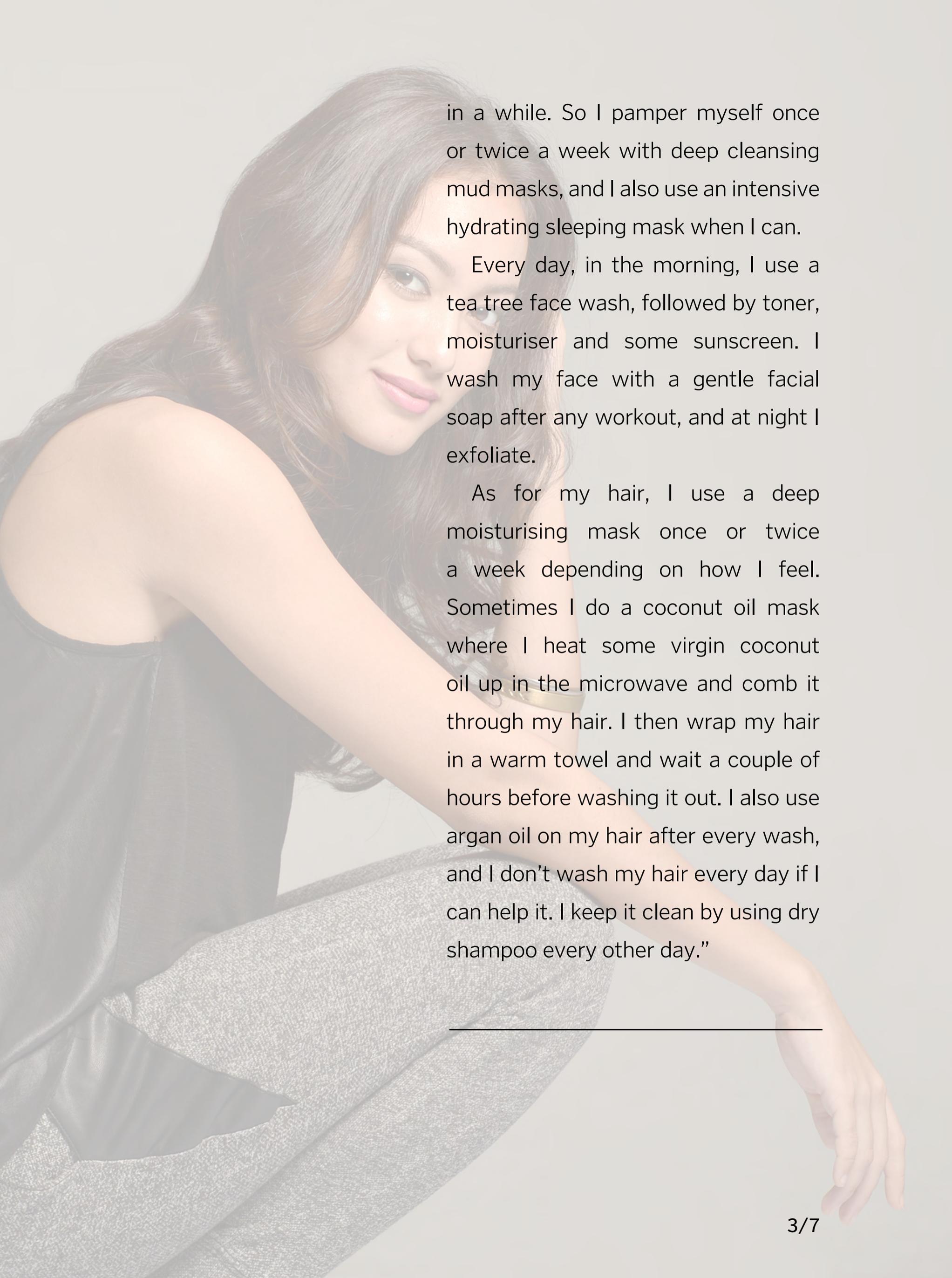


Hanli Hoefler

26, VJ, MTV Asia

“When I was younger, I used to create my own facial masks. I haven’t done a ‘DIY’ face mask in quite a long time but I source for recipes from bloggers like Michelle Phan. My favourite mask is a simple egg white mask – you literally just apply egg white on your face. It’s great for oily skin and it absorbs impurities without overly drying the skin.

I have combination/oily skin. It’s never resulted in acne, but I do get breakouts now and then. Hosting The MTV Show requires me to wear make-up often, and I get clogged pores once



in a while. So I pamper myself once or twice a week with deep cleansing mud masks, and I also use an intensive hydrating sleeping mask when I can.

Every day, in the morning, I use a tea tree face wash, followed by toner, moisturiser and some sunscreen. I wash my face with a gentle facial soap after any workout, and at night I exfoliate.

As for my hair, I use a deep moisturising mask once or twice a week depending on how I feel. Sometimes I do a coconut oil mask where I heat some virgin coconut oil up in the microwave and comb it through my hair. I then wrap my hair in a warm towel and wait a couple of hours before washing it out. I also use argan oil on my hair after every wash, and I don't wash my hair every day if I can help it. I keep it clean by using dry shampoo every other day."

Dr Loh May-Han

30s, health-care professional

“I am fortunate to have inherited skin that is relatively easy to care for, but am disciplined when it comes to the essential cleansing, toning, repairing and moisturising steps for maintenance. When my schedule allows, I pamper myself with the occasional facial.

When I started working in my mid-20s, my skin suffered due to long hours at work: dehydration, exposure to air-conditioning, stress and lack of sleep. That was when I started paying attention to skincare.

My skin is now drier, needing more hydration as compared to my younger days. Scars from minor trauma – for example, insect bites



and minor cuts – take longer to heal. So I moisturise religiously each time I wash my face. When travelling to temperate countries, I would take along a richer moisturiser. I love my moisturisers for their revitalising and nourishing qualities. Accumulated exposure to the sun has also led to some damage, such as pigmentation. To prevent a darkening of my pigmentation, I use a SPF50 sunscreen daily.

Face masks do wonders to freshen up a dull complexion, especially when I am sleep-deprived.

I admit to a love for make-up. But I believe women should play up their features, and not use make-up to cover up so-called imperfections.

It's usually light or no make-up for work. Social events are when I invest time to put together a more polished look. On such occasions, I like to play up my eyes, enhancing their shape and brightening up the windows to my soul.”

Shabnam Arashan

**30s, volunteer lawyer,
Legal Aid Bureau**

“Being a wife, mother and working mum does take a toll on you. As a current volunteer with the Legal Aid Bureau for a few times a week, I have more time as compared to working full-time, 12 hours a day. As such, I pay more attention to what my skin needs: On certain days, it needs more hydration, or maybe it looks dull. I will then use a mask or make an appointment for a facial.

Facials are my guilty pleasure. Not only do they benefit your skin, but also relax you, ease the tension and calm you. I experiment by going for facials which claim to firm, lift,



tone and whiten the skin – and I have tried some weird ones. But the one that tops my list has to be the “vampire facial “, also known as the platelet-rich plasma injection (<http://vampirefacelift.com/>). With anti-ageing benefits, it promised to rejuvenate and perk up the skin. I tried it when I was on holiday overseas. Although I was in good hands, I definitely will not do it again. It’s quite scary to see your blood on your face and there are easier and less gruesome alternatives.

On a daily basis, I cleanse my face religiously, moisturise and apply sunblock. I must confess that I have started to use serums, anti-ageing creams and eye creams. Beauty products now have a life of their own, promising you the elixir of youth... one is very tempted to try them out.”



face

Neat make-up tricks
to put your best face
forward

Three ways to a great foundation

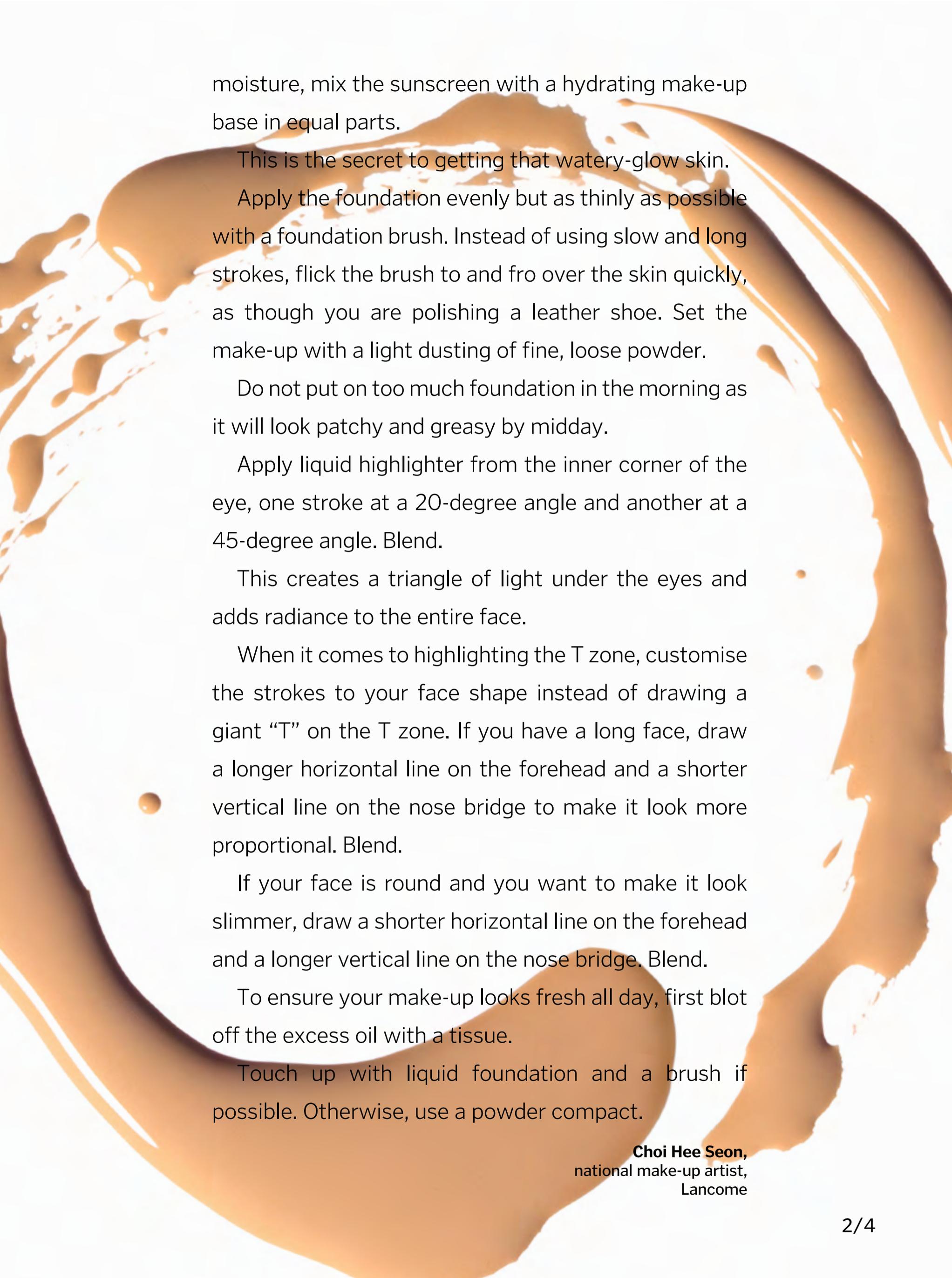
Even oily skin needs hydration: Many women with oily or combination skin think they do not need to moisturise. In fact, their skin produces excess sebum because it is dry. To hydrate skin quickly, soak eight cotton pads with a hydrating lotion and place them on the T zone, the areas by the side of the nose, and the chin for about five minutes. This works as a quick hydrating mask.

As you remove each pad, swipe the rest of the face with it. Then, pat on more hydrating lotion with your hands and layer a serum on top.

Keep the hydrating toner in the fridge for an extra refreshing sensation. The cool liquid can help tighten pores too.

You can choose to add a layer of moisturiser or just apply sunscreen.

Many use warm hands to apply sunscreen. This is a mistake as the warmth causes the product to melt and become splotchy when you slather it on. So, apply it like you would a liquid foundation. Squeeze the sunscreen on to the back of your hand and pick it up with a flat foundation brush (with stiff and synthetic bristles). Start with a bit and apply it evenly, layer by layer. For extra



moisture, mix the sunscreen with a hydrating make-up base in equal parts.

This is the secret to getting that watery-glow skin.

Apply the foundation evenly but as thinly as possible with a foundation brush. Instead of using slow and long strokes, flick the brush to and fro over the skin quickly, as though you are polishing a leather shoe. Set the make-up with a light dusting of fine, loose powder.

Do not put on too much foundation in the morning as it will look patchy and greasy by midday.

Apply liquid highlighter from the inner corner of the eye, one stroke at a 20-degree angle and another at a 45-degree angle. Blend.

This creates a triangle of light under the eyes and adds radiance to the entire face.

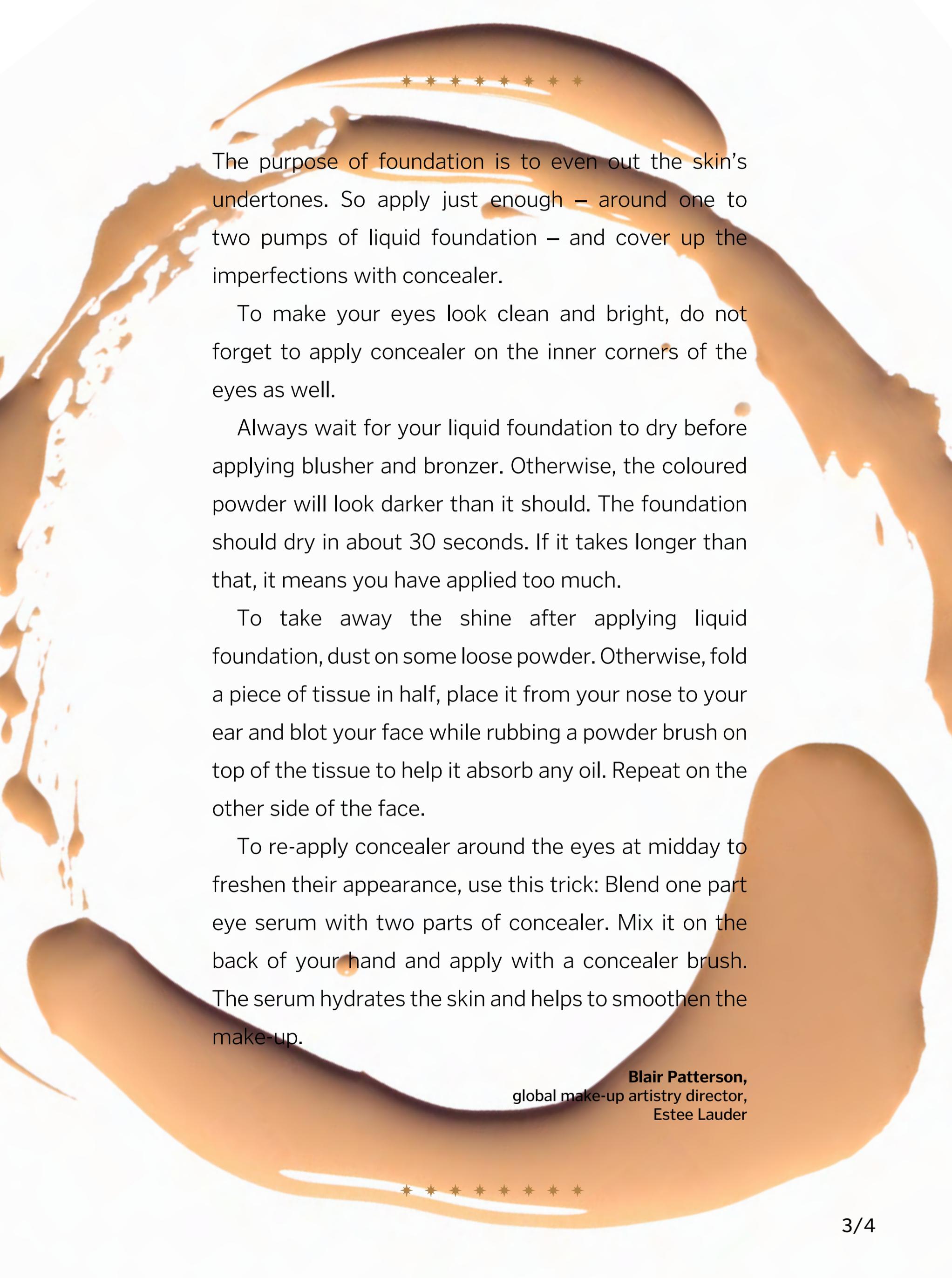
When it comes to highlighting the T zone, customise the strokes to your face shape instead of drawing a giant “T” on the T zone. If you have a long face, draw a longer horizontal line on the forehead and a shorter vertical line on the nose bridge to make it look more proportional. Blend.

If your face is round and you want to make it look slimmer, draw a shorter horizontal line on the forehead and a longer vertical line on the nose bridge. Blend.

To ensure your make-up looks fresh all day, first blot off the excess oil with a tissue.

Touch up with liquid foundation and a brush if possible. Otherwise, use a powder compact.

Choi Hee Seon,
national make-up artist,
Lancome



The purpose of foundation is to even out the skin's undertones. So apply just enough – around one to two pumps of liquid foundation – and cover up the imperfections with concealer.

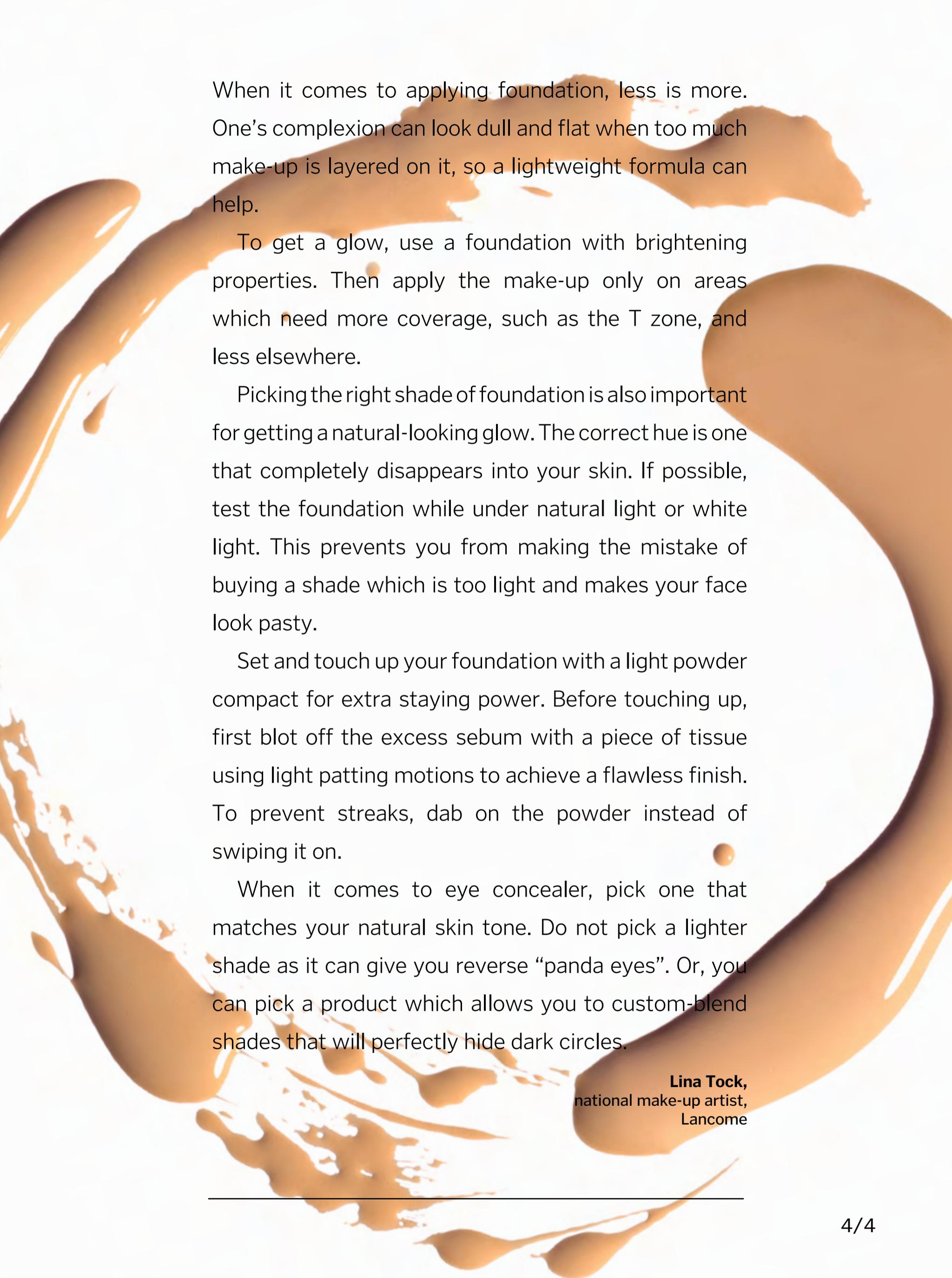
To make your eyes look clean and bright, do not forget to apply concealer on the inner corners of the eyes as well.

Always wait for your liquid foundation to dry before applying blusher and bronzer. Otherwise, the coloured powder will look darker than it should. The foundation should dry in about 30 seconds. If it takes longer than that, it means you have applied too much.

To take away the shine after applying liquid foundation, dust on some loose powder. Otherwise, fold a piece of tissue in half, place it from your nose to your ear and blot your face while rubbing a powder brush on top of the tissue to help it absorb any oil. Repeat on the other side of the face.

To re-apply concealer around the eyes at midday to freshen their appearance, use this trick: Blend one part eye serum with two parts of concealer. Mix it on the back of your hand and apply with a concealer brush. The serum hydrates the skin and helps to smoothen the make-up.

Blair Patterson,
global make-up artistry director,
Estee Lauder



When it comes to applying foundation, less is more. One's complexion can look dull and flat when too much make-up is layered on it, so a lightweight formula can help.

To get a glow, use a foundation with brightening properties. Then apply the make-up only on areas which need more coverage, such as the T zone, and less elsewhere.

Picking the right shade of foundation is also important for getting a natural-looking glow. The correct hue is one that completely disappears into your skin. If possible, test the foundation while under natural light or white light. This prevents you from making the mistake of buying a shade which is too light and makes your face look pasty.

Set and touch up your foundation with a light powder compact for extra staying power. Before touching up, first blot off the excess sebum with a piece of tissue using light patting motions to achieve a flawless finish. To prevent streaks, dab on the powder instead of swiping it on.

When it comes to eye concealer, pick one that matches your natural skin tone. Do not pick a lighter shade as it can give you reverse "panda eyes". Or, you can pick a product which allows you to custom-blend shades that will perfectly hide dark circles.

Lina Tock,
national make-up artist,
Lancome

Two approaches to the fresh, nude look

Good skin is essential for the bare-faced look, so make sure your skin is well-hydrated before you apply any make-up.

Use a primer to smoothen your skin and minimise the appearance of fine lines and pores.

Use a sheer- to medium-coverage foundation that can be layered without looking cakey. For flawless coverage, use a foundation brush. Pump the foundation on to the back of your hand, pick up the make-up with the brush and start applying it from the nose, forehead and chin, towards the edges of the face. For areas that require more coverage – such as the sides of the nose that tend to be reddish – gently pat on more foundation with the brush. Conceal the under-eye areas as well.

Choose a highlighting powder or cream that is one or two shades lighter than your skin tone. Highlight the prominent parts of your face, such as your cheekbones, nose bridge, chin and the outer corners of your



lips. Apply a little cream highlighter on your eyelids for brighter-looking eyes.

Use a sheer or slightly tinted loose powder to set your make-up. Tap off the excess before you put the brush to your face; one stroke around the visage is enough as you want to keep the skin looking dewy and not too matte.

Apply a dusting of coral blusher all over your lids, from the lashline to just under the brow bone. Apply and smudge black gel liner along the entire upper lashline, as well as brown pencil liner on the outer lower lashline. Finish your eye make-up with a light coat of mascara on both the upper and lower lashlines, and lightly fill in your brows.

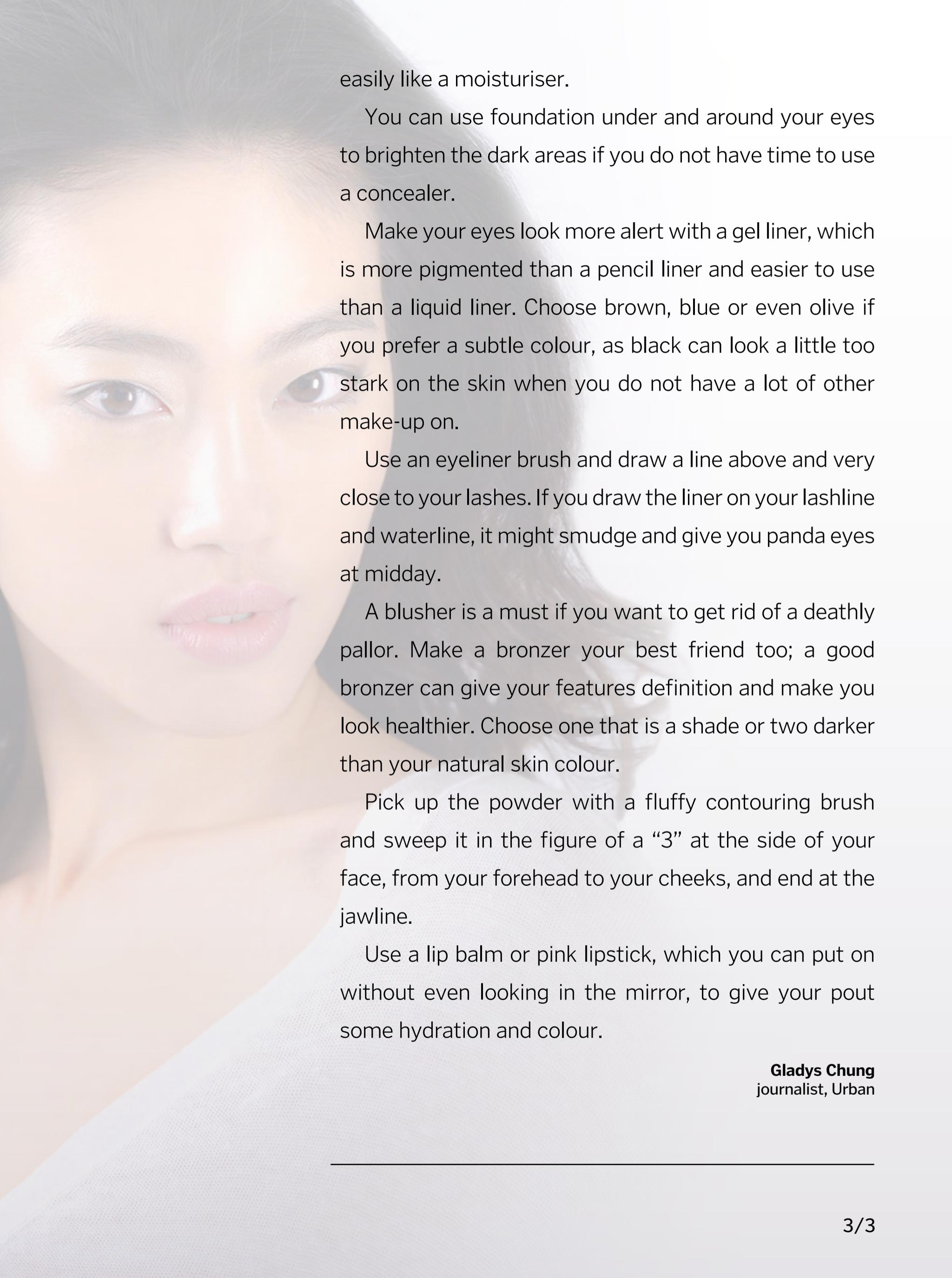
Swipe the coral blusher on the apples of your cheeks. Also dust some lightly on the nose bridge and the middle of your chin and forehead for a slight sunburnt effect. Choose a bronzer that is two shades darker than your natural skin tone (or three shades darker if you want a more dramatic look). Apply it under your cheekbones, from your sideburns to the middle of your cheeks, to sculpt them.

Finish the look with a slick of lip balm and rose-pink lipstick.

Francis Lim,
chief make-up artist,
YSL Beaute Singapore



Use a BB (blemish or beauty balm) cream or foundation with light coverage so you can spread it on your face



easily like a moisturiser.

You can use foundation under and around your eyes to brighten the dark areas if you do not have time to use a concealer.

Make your eyes look more alert with a gel liner, which is more pigmented than a pencil liner and easier to use than a liquid liner. Choose brown, blue or even olive if you prefer a subtle colour, as black can look a little too stark on the skin when you do not have a lot of other make-up on.

Use an eyeliner brush and draw a line above and very close to your lashes. If you draw the liner on your lashline and waterline, it might smudge and give you panda eyes at midday.

A blusher is a must if you want to get rid of a deathly pallor. Make a bronzer your best friend too; a good bronzer can give your features definition and make you look healthier. Choose one that is a shade or two darker than your natural skin colour.

Pick up the powder with a fluffy contouring brush and sweep it in the figure of a “3” at the side of your face, from your forehead to your cheeks, and end at the jawline.

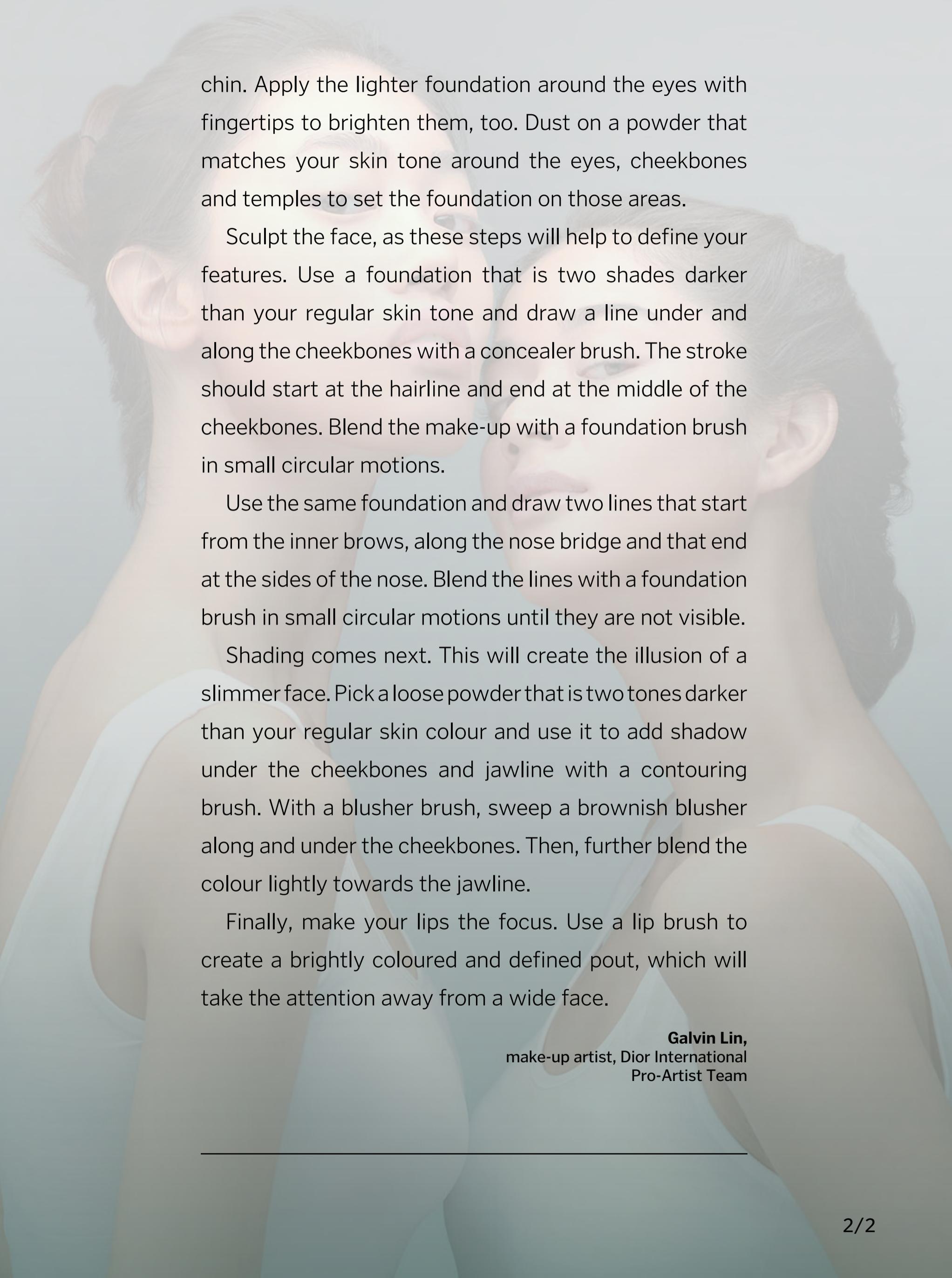
Use a lip balm or pink lipstick, which you can put on without even looking in the mirror, to give your pout some hydration and colour.

Gladys Chung
journalist, Urban

Get the V-shaped face with make-up

Before you create the illusion of a smaller face with make-up, first use skincare products that can lift and slim the face slightly.

Highlight the T zone. This will draw attention to the centre and make your face look smaller. Apply a thin layer of liquid foundation that matches your skin tone all over the face. Then use a liquid foundation that is a shade lighter than your skin colour and dab it along the forehead, nose bridge and chin. Using a foundation brush, blend the make-up across the forehead to the temples; from the middle of the brows to the tip of the nose, and from the middle of the chin to just below the



chin. Apply the lighter foundation around the eyes with fingertips to brighten them, too. Dust on a powder that matches your skin tone around the eyes, cheekbones and temples to set the foundation on those areas.

Sculpt the face, as these steps will help to define your features. Use a foundation that is two shades darker than your regular skin tone and draw a line under and along the cheekbones with a concealer brush. The stroke should start at the hairline and end at the middle of the cheekbones. Blend the make-up with a foundation brush in small circular motions.

Use the same foundation and draw two lines that start from the inner brows, along the nose bridge and that end at the sides of the nose. Blend the lines with a foundation brush in small circular motions until they are not visible.

Shading comes next. This will create the illusion of a slimmer face. Pick a loose powder that is two tones darker than your regular skin colour and use it to add shadow under the cheekbones and jawline with a contouring brush. With a blusher brush, sweep a brownish blusher along and under the cheekbones. Then, further blend the colour lightly towards the jawline.

Finally, make your lips the focus. Use a lip brush to create a brightly coloured and defined pout, which will take the attention away from a wide face.

Galvin Lin,
make-up artist, Dior International
Pro-Artist Team

Learn contouring tricks from two experts

Sculpt

Choose a bronzer which is not too dark but sheer. It should be just a tone darker than your skin tone. A powder which is too deep will look obvious on the skin.

Do not contour cheekbones in a straight line. Instead, brush on the powder just under the cheekbones as though you are drawing little ticks towards the hairline. Build up the colour in sheer layers, so you do not apply too much. This will help to draw attention to your natural bone structure.

Accentuate the jawline subtly: Using the remaining powder on the brush, apply the bronzer from behind your ears and stroke it on under the jawline or the area where your head and neck meets. This will create a shadow under your jawline and make your face look more defined. Applying bronzer directly on to the jawline can make the face paint look unnatural.

Highlight

Imagine a spotlight directly above you and where the light would hit your face. Use a cream or pen highlighter on those areas.

Apply a spot of highlighter and blend on:

- the highest point of your cheekbones or just below the outer corners of your eyes;
- just above the tail of the brows;
- the bridge of the nose;
- the tip of the chin;
- wherever you think your skin looks tight and poreless.

Keep brows soft too. Choose a brow product which is two shades lighter than your hair colour. Groom brows in such a way that they are neat but full.

Stay away from brows which look too straight. They may be trendy, but they may not suit your face. Instead, pick a brow shape which suits your features.

James Molloy,
director of make-up artistry,
M.A.C Cosmetics





There are a few rules to stick to when using liquid foundation to make your features look more pronounced.

Darker shades are for contouring and lighter shades for highlighting.

For a natural finish, pick a foundation that is one shade darker than your natural tone for sculpting, and one shade paler to capture light on the skin.

Contouring can help to sharpen round faces and give one more pronounced cheekbones. Start by highlighting the cheekbones (along the top of them to the temples in a C-shape), along the nose bridge and the middle of the chin. Then contour by blending the foundation along the jawline and just under the cheekbones.

Next, blend both the darker and lighter shades of foundation together and apply the mix to the rest of the face.

Alternatively, you can choose to use two shades of blushers to sculpt the face. To contour, use a matte-textured blusher in darker tones, such as deep coral, rose or dark nudes. To highlight, use lighter-coloured pastel blushers.

Lina Tock,
national make-up artist,
Lancome

Keep make-up flawless on long-distance flights

Invest in a good primer. A good primer or make-up base helps your foundation last longer and gives your complexion an airbrushed finish.

Apply your base make-up evenly. When used correctly and with a brush, liquid foundation gives your complexion a polished and natural-looking glow. With short, light strokes, sweep liquid foundation from the nose towards the ears, forehead and chin with a foundation brush. Using light circular strokes, blend the foundation with the brush on your jawline towards your neck to ensure seamless coverage. If you want to add another layer of foundation, wait for the first layer to dry first.



Next, conceal imperfections flawlessly by dabbing some concealer on the under eye-area and gently pat it in with your ring finger. Choose a shade that is close to your skin tone. When applying concealer on blemishes, tap lightly with your fingers instead of rubbing it into the skin. If you rub concealer on bumpy blemishes, the formula will collect on the edges of the pimple, highlighting instead of camouflaging it.

Set the base make-up by dusting on some loose powder to make it last longer. Do not press the brush into the powder pot as you will pick up too much and the powder will cake up on your face. Instead, dip the brush gently into the pot and tap the excess off before applying the powder to your face.

For fresh eye make-up, remember that eyedrops prevent smudges. So pack eyedrops to prevent your eyes from getting too dry, red or teary. Then, apply a thin layer of eyelid primer to help your eye colours stay on longer.

Use a waterproof liner. To further prevent smudging, apply a thin layer of matching eyeshadow onto the eyeliner. The powder will help absorb the oils in the liner and make it stay put.

Use waterproof mascara. Thin, even coats ensure that it lasts longer.

Line your lips to make your pout look more defined and polished.

Lipliners can also be a base for your lipstick, so apply it all over your lips, not just on the edges. This will help

your lipstick last longer. Even if your lipstick fades, the lipliner will still give your lips some colour.

To add intensity to the colour, apply thin layers of lipstick instead of one heavy coat and blot your lips on a piece of tissue after each layer. Finally, outline your lips with concealer to prevent the colour from bleeding.

Amy Lin,
beauty trainer,
Lancome



Six notes for natural-looking make-up

Base make-up

It takes time to blend foundation – liquid or powder – seamlessly into the skin. So skip it and use a BB (blemish or beauty balm) or CC (colour control or correction) cream to even out your skin tone instead. This can be spread on the skin with your fingertips like a moisturiser. And because BB and CC creams are sheer, you do not have to worry much about uneven patches.

Then finish with a light dusting of loose powder.

Eyes

Even out and brighten the skin around your eyes with a good highlighter or concealer that also acts as an eyeshadow base. Apply it on your eyelids, all the way to the brow

bone and the under eye area.

There is no need for eyeshadow if you prefer a clean and simple look. Brighten eyes with waterproof mascara (because they help the curl on lashes last longer) and pencil eyeliner (which is easier to use than gel or liquid) on the lash line.

Lips

Choose a pigmented lipstick, pick up the colour with your fingertips, dab it on the inner parts of your lips and spread it outwards. This gives your lips a just-bitten look and you do not have to worry if the colour spreads a little outside of your natural lip line.

Alternatively, go with a lip tint or tinted balm, which you can apply in seconds and without looking into the mirror.

Dollei Seah, Clarence Lee and Larry Yeo
make-up artists



Texture must be lightweight, sheer and silky. Find out the unique properties of each formulation for example, mineral powder is good for acne-prone skin.

Also, application techniques can determine the finish, so understand how different brushes or puffs can

maximise the benefits of each. Generally, loose powder helps to set foundation while pressed powder is usually for touch-up and shine control.

Andy Lee
make-up artist



This is how to touch up your make-up to take you from the office desk to a dinner. With blotting paper, blot off excess sebum on skin, then lightly dust on powder throughout the T zone, cheeks and chin. To prevent the cakey effect, use a puff to pick up powder and tap off excess on the back of your hand. After that, press the puff on the face lightly and glide gently for an even result. For a sheer finish, use a powder brush.

Andy Lee
make-up artist



Always blot away excess oil with facial blotter first. Use a hydrating spray to lightly mist your face, and then dab gently with tissue to gently remove the layer of oxidised base before piling on a new layer.

Rick Yang
make-up artist, Atelier

Three smoky looks

After preparing skin with skincare and base make-up, fill in your brows. This step allows you to quickly find the balance of your features and prevents you from putting on too much eyeshadow.

Using a brush, apply a purple eyeshadow from the lashline to the socket; then a pink copper eyeshadow along the socket bone, just below the brows. Blend the edge of the orangey eyeshadow by swirling the brush in small circles. Highlight the brow bone with a golden vanilla eyeshadow.

Line the entire upper and lower lashline with a black pencil liner. Then, using a gel liner and an angled brush, draw a stroke just above the upper lashline to create the illusion of thicker lashes.

Finish the eye make-up with mascara.

Apply just a little dusting on the cheekbones and blend towards the hairline and temples to frame the face. Add more blusher if necessary.

Julio Sandino,
make-up artist,
Nars International

Start with the eye make-up before the base make-up. This is so that you can clean up the smudged eyeshadow and liner without worrying about ruining the base make-up. After preparing the eyes with eyeshadow primer, apply a grey sparkly eyeshadow from the lashline to the entire socket.

Using a black pencil eyeliner, draw a thick line on the upper lashline. Pick up the same sparkly eyeshadow with the smudging brush and blend the eyeliner towards the crease. Line the entire upper and lower lashline and waterline (the moist strip of flesh between the lashes and eyeball) with the pencil liner. Lightly smudge the liner on the lower lashline with the smudging brush and a thin dusting of sparkly shadow. Apply a matte black eyeshadow all over the eye socket and smudge some of it over the lower lashline. Dab on some matte beige shadow on the brow bones to highlight them.

Finish with mascara and fill in the brows. These tips will help to open up your eyes with a soft smokiness.

Suck in cheeks and apply blusher from the highest point of the cheekbones using a blusher brush. Then, smile and apply blusher on the apples of the cheeks. This will make your features look lifted. With a

contouring brush, apply bronzer under the cheek bones, along the jawline and from the jawline to the temples.

Using warm fingertips, pick up some rose pink lipstick and pat it onto the lips for a barely-there nude pink shade. This makes touching up your lipstick throughout the night a breeze and you will not even need a mirror.

Dollei Seah
make-up artist

Prepare your skin with skincare and liquid foundation, and set base make-up with loose powder

After filling in the brows, apply a grey cream shadow all over the lid and socket with your fingertips, and blend.

Line the entire upper and lower lashline with a pencil liner.

Using a black shimmery eyeshadow and with a smudging brush, gently smudge the lined areas.

Blend more black glittery eyeshadow all over the socket area with a blending brush.

Apply a shimmery gold eyeshadow all over the lids for added dimension. If you want a bolder look, dab on the gold shadow



on the middle of the lids.

Line the upper lashline with a liquid liner and coat lashes with mascara.

Apply a neutral sparkly cream shadow on the brow bone.

Apply blusher from the highest point of the cheekbones to the hairline. Lightly blend the colour towards the jawline in a 45-degree angle. Dust some blusher on the forehead and chin. Then, using a contouring blush, apply bronzer along the jawline. These steps will make your face look smaller.

Finally, line lips with a red lipliner, fill the red lipstick in with a lip brush and layer red-tinted gloss on top.

Gunter Hilgartner,
make-up artist,
Givenchy International



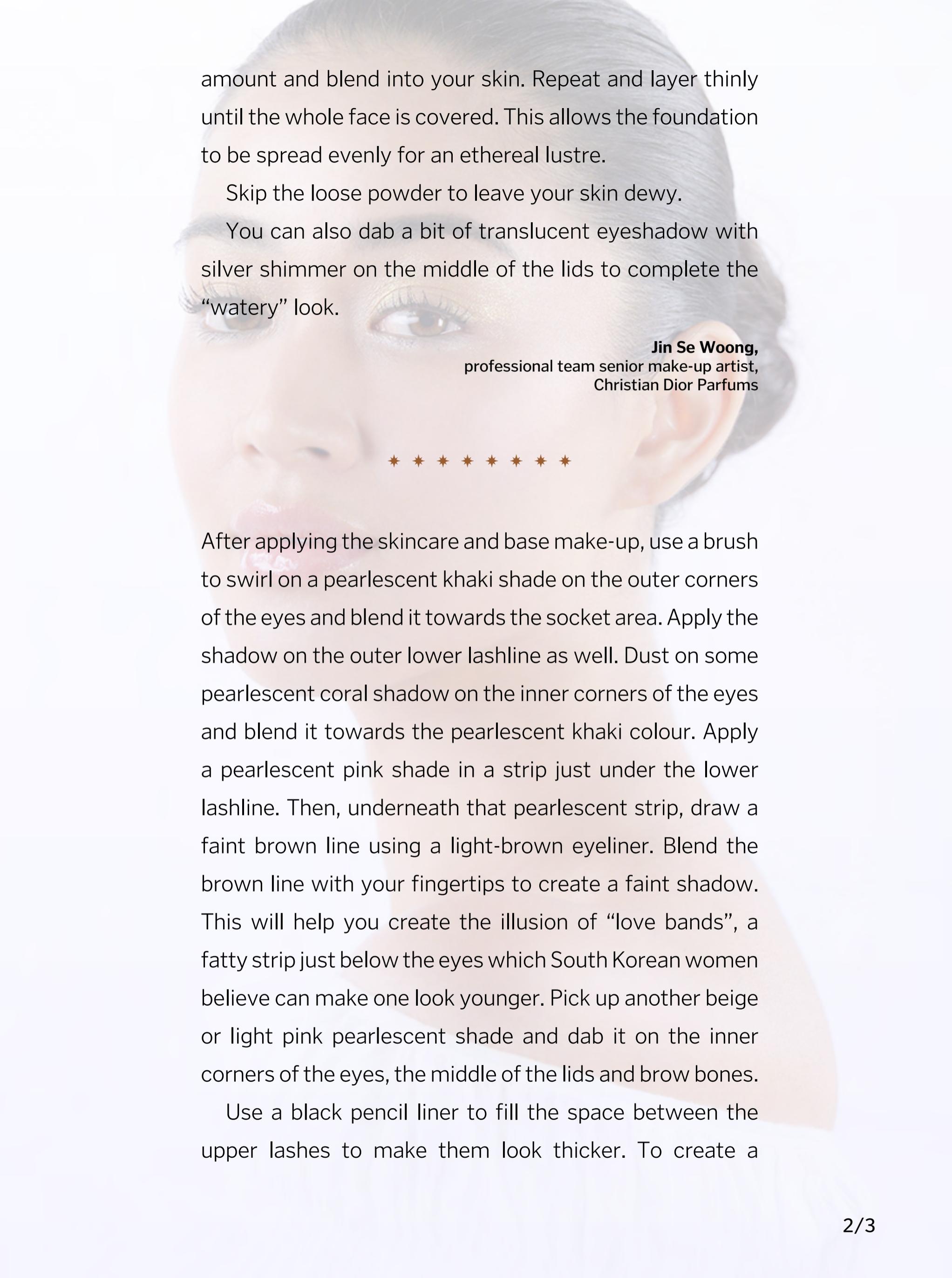
Two experts reveal beauty tricks of Korean stars

The aim is to make skin look very translucent and clear.

To prepare skin, mix three parts of a lightweight face oil, with seven parts of a moisturiser (this formula is for humid weather; in wintry conditions, adjust the ratio to 50:50).

Alternatively, you could mix the oil serum with a liquid foundation.

There is a technique to applying liquid foundation for a translucent glow. Instead of rubbing a blob of foundation onto the entire face all at once, dab a small



amount and blend into your skin. Repeat and layer thinly until the whole face is covered. This allows the foundation to be spread evenly for an ethereal lustre.

Skip the loose powder to leave your skin dewy.

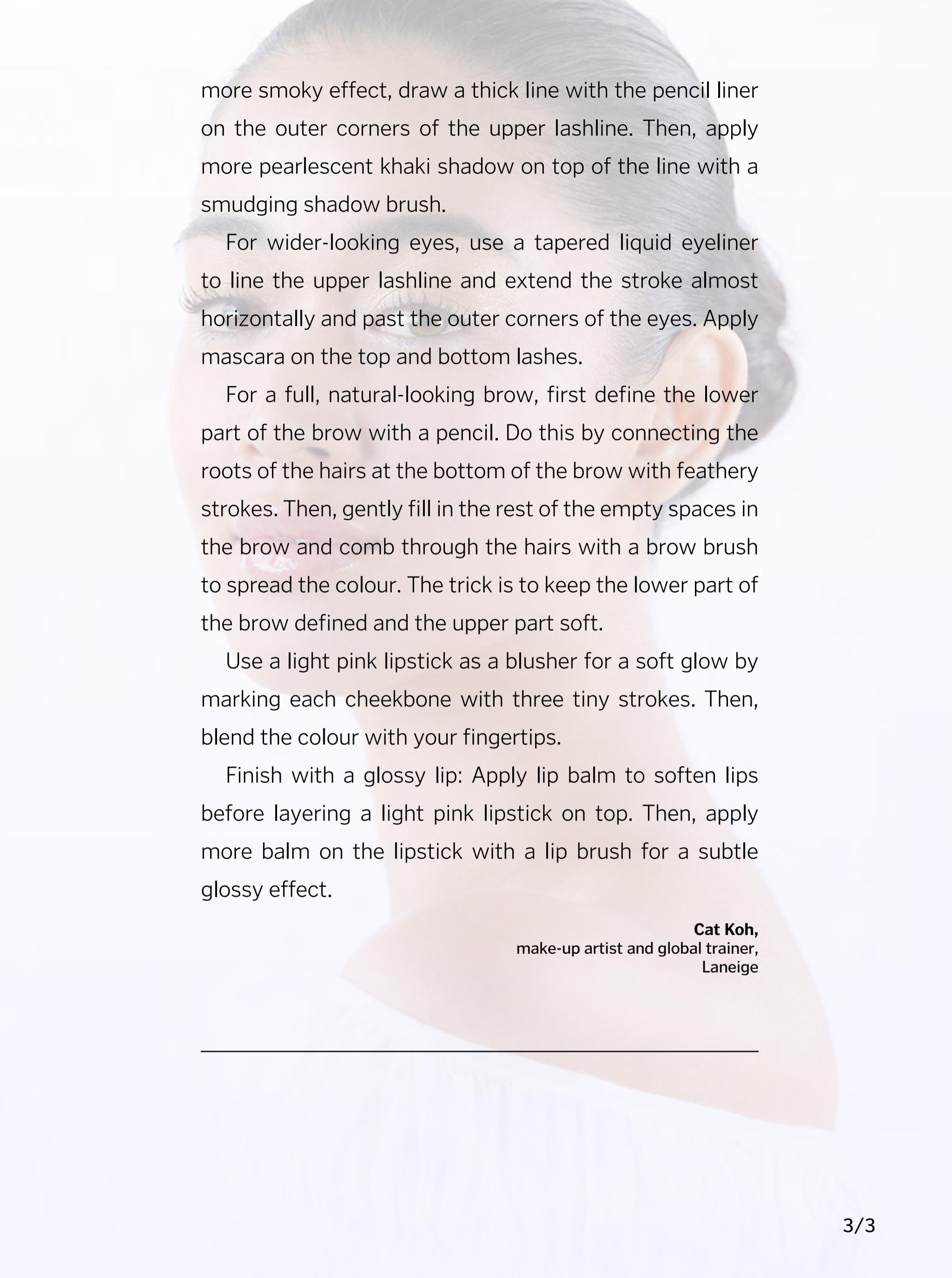
You can also dab a bit of translucent eyeshadow with silver shimmer on the middle of the lids to complete the “watery” look.

Jin Se Woong,
professional team senior make-up artist,
Christian Dior Parfums



After applying the skincare and base make-up, use a brush to swirl on a pearlescent khaki shade on the outer corners of the eyes and blend it towards the socket area. Apply the shadow on the outer lower lashline as well. Dust on some pearlescent coral shadow on the inner corners of the eyes and blend it towards the pearlescent khaki colour. Apply a pearlescent pink shade in a strip just under the lower lashline. Then, underneath that pearlescent strip, draw a faint brown line using a light-brown eyeliner. Blend the brown line with your fingertips to create a faint shadow. This will help you create the illusion of “love bands”, a fatty strip just below the eyes which South Korean women believe can make one look younger. Pick up another beige or light pink pearlescent shade and dab it on the inner corners of the eyes, the middle of the lids and brow bones.

Use a black pencil liner to fill the space between the upper lashes to make them look thicker. To create a



more smoky effect, draw a thick line with the pencil liner on the outer corners of the upper lashline. Then, apply more pearlescent khaki shadow on top of the line with a smudging shadow brush.

For wider-looking eyes, use a tapered liquid eyeliner to line the upper lashline and extend the stroke almost horizontally and past the outer corners of the eyes. Apply mascara on the top and bottom lashes.

For a full, natural-looking brow, first define the lower part of the brow with a pencil. Do this by connecting the roots of the hairs at the bottom of the brow with feathery strokes. Then, gently fill in the rest of the empty spaces in the brow and comb through the hairs with a brow brush to spread the colour. The trick is to keep the lower part of the brow defined and the upper part soft.

Use a light pink lipstick as a blusher for a soft glow by marking each cheekbone with three tiny strokes. Then, blend the colour with your fingertips.

Finish with a glossy lip: Apply lip balm to soften lips before layering a light pink lipstick on top. Then, apply more balm on the lipstick with a lip brush for a subtle glossy effect.

Cat Koh,
make-up artist and global trainer,
Laneige

Create the goth look

Use a foundation with light coverage or a BB cream as your base make-up. Highlight your cheekbones, T zone and chin to give skin luminosity.

To get a really intense smoky eye, apply charcoal-black cream eyeshadow or gel liner all over lids as a base. Blend the edges with an eyeshadow-smudging brush and shape the cream shadow into a cat-eye shape to elongate eyes.

Use a black kohl pencil to intensify the colour and

blend. Repeat with a matte black powder shadow to set the colour.

Do the same thing with a dark grey eyeshadow to add depth to the colour.

Line the entire lower lashline with a kohl pencil, layer the black eyeshadow over and smudge. Line only the lower outer corners of your eyes if you prefer a less intense look.

Dab an iridescent or metallic bronze eyeshadow on the middle of the lids to brighten the dark shadow. Finish with mascara.

Keep brows bare and light with a clear brow gel so as not to overwhelm the smoky eye make-up. If you must fill in your brows, use a light brown pencil.

When your eyes are completely rimmed with black eyeshadow and liner, they can end up looking smaller. Make them look wider by wearing matte white or pearlescent nude liner on your lower waterline (the strip of flesh between your eyeball and lashes).

Skip the blusher. Keep the focus on the eyes.

Slick on some clear gloss to complete the look. But if you are game for something more dramatic, wear a dark, matte lip. Fill your entire lip area with a dark red or brown lipliner, then layer on a bright red lipstick.

Benó Lim,
senior artist,
M.A.C Pro Team



eyes

The best ways to
frame the windows
to your soul

Applying eye make-up

Never wear pink or red eyeshadow with a harsh black liner – you will look like you are part of a Chinese opera troupe.

If you must use a black liner, soften the hard lines by blending them with a smudging brush and darker eyeshadow – like plum or brown – towards the crease.

If you feel that a bright eyeshadow is too sheer, use a coloured pencil liner in a similar shade as a base.

Don't know how to pick complementary shades of eyeshadows? Pick up the eye-colour palettes that most brands roll out seasonally. All come with complementary hues in one compact.

Never apply a blend of purple, blue, green and pink eyeshadow all at once, unless you want to look like you were punched in the eye.

If you do not feel brave enough to wear bright colours all over your eyelids, wear a single colour subtly, then line your eyes with it, dab a little on the inner or outer corners of the eyes, or on the middle of the lids.

Avoid lining eyes with glittery, pastel shades without drawing on the lashline with a darker colour first. Otherwise, you will look like you have lost all your lashes.

Dollei Seah
make-up artist



Two quick fixes for smudges and one smart way to use eyeliner

If you are at home and find there are slight smudges to your eyes, take a cotton bud and dip it into a water-based make-up remover. Squeeze as much of the excess liquid out, so that it does not take off more make-up than intended. Water-based make-up removers are easier to squeeze out than those that are oil-based. Then use the cotton bud to clean away smudges gently.

Clarence Lee
make-up artist



If you are out of the house and don't have a make-up remover with you, you can dip a cotton bud into concealer to remove the excess eyeshadow and

to make the smudge less obvious. You can also apply another layer of foundation to cover the smudged areas.

If you are still trying to master the art of creating a smoky eye, you can apply eye make-up before the base make-up, so that you can clean up the mess without worrying about having to reapply your base make-up.

Michelle Chin
make-up artist



You have probably noticed that Korean celebrities all have perfectly lined eyes, and they stay away from the regular cat-eye flick.

Instead, the eyeliner is extended horizontally by about 0.3cm and slightly above the outer corners of the eyes. This trick lifts round and droopy eyes instantly. All your other features will also look lifted as the eyeliner draws the focus upwards. Then fill in the empty space between the upper -outer and lower-outer corners of the eye with black eyeshadow.

To help the eyeliner stay smudge-free, use an eyeshadow primer to prepare the lids, and line the eyes with black or brown powder eyeshadow to absorb the oils along the lashline. Then apply gel or liquid eyeliner on top of the eyeshadow.

Keep the lips nude so the focus remains on the eyes.

Jin Se Woong,
professional team senior make-up artist,
Christian Dior Parfums

eyes

Variations of
**smoky
eyes**

Make-up: Dollei Seah



Smoky cat-eye for single lids

A smoky cat-eye is one of the easiest eye make-up looks to pull off on single eyelids.

First, use a waterproof gel eyeliner – these are easier to use than liquid eyeliners and last longer than kohl, or pencil eyeliners – to line your entire upper lashline.

Extend the stroke upwards and towards the temple to create a flick at the outer corners of your eyes. You should still see it clearly when you open your eyes. This can help single-lidded eyes look longer and wider.

Dollei Seah
make-up artist



Coloured smoky eyes using metallic khaki, deep purple, teal or gunmetal blue

Apply the main eyeshadow colour all over the lids and socket. If you have a round face, blend the colour into a cat-eye shape.

Line the upper lashline with liquid eyeliner in a complementary shade, such as navy blue liner to match the gunmetal blue eyeshadow.

Finish with a sheer coral-pink lipstick and mascara.

Gladys Chung
journalist, Urban



Smoky eyes for work

The classic smoky-eye make-up – dark kohl on the rims of the eyes and dark-winged eyeshadow – may be too much for most offices. But there is a simple way to tone it down. Instead of using bold black and greys, use browns and even dark green or blue shades. These colours are dark enough to give your eyes a mysterious and beautiful smokiness, but do not look as severe as deep black and charcoal grey.

For your convenience, choose a palette that comes with complementary colours.

Here is how to use the colours to get a less severe smoky eye.

Instead of covering the entire eyelid in an ashy black shade, brush on a medium-tone colour, such as dove

grey, milk chocolate brown or sage green. Then apply a small amount of dark eyeshadow, such as jungle green or cocoa brown, on the outer corner of the eyes from the lashline to just above the crease.

Sweep the colour inwards to the middle of the eyelids. Then, blend a highlighting colour, such as beige or ivory, from the inner corners of the eyes to the brow bone. Line your eyes with a green or brown pencil liner to give them a softer look.

Gladys Chung
journalist, Urban



Multi-dimensional and greasy smoky eyes

Start with an eye primer so the make-up stays on longer and goes on more smoothly. Line upper lashline. Apply a

shimmering taupe shadow all over the eye socket. Mix a steel-grey shadow with a violet-based brown shadow, and apply all over the socket. Work the colour into a cat-eye shape at the outer corners of your eyes. Further blend the hard edges with an eyeshadow-blending brush.

Fill brows lightly with a brown eyeshadow or pencil. Add a layer of liquid eyeliner on the upper lashline to define eyes.

Crimp lashes and apply mascara.

Apply highlighter on cheekbones to give skin a glow.

Apply a bronzing blusher along the cheekbones and towards the temples.

Moisturise lips with a lip balm, then layer on a nude, matte lipstick.

David Scheffen,
lead make-up artist and professional
backstage artist team member, Nars

Create
neon eyes
for a
younger
look

Define your brows first so you have a better idea of where to apply the eyeshadow.

Using a hot pink liquid eyeliner, draw on a bold flick on the lashline. For a subtler look, use a hot pink powder shadow instead. With a flat and stiff eyeshadow brush, apply a lime green shadow underneath the brows. Fill in the space between the pink liner and green shadow with a mustard yellow, and blend the two eyeshadows with a fluffy shadow brush, until you get an ombre effect.

Alternatively, for a more subtle look, apply a pale green shadow on the entire lid, and highlight brow bones with a neutral shadow.

Apply a mascara in a contrasting colour to make the rest of the eye colours stand out.

Gladys Chung
journalist, Urban

Dazzle with
bronze and gold
shades

Apply an eyeshadow base all over the lids to make the colours pop and last longer. Pick up the metallic cocoa from the palette and apply it from the inner corner of the eye to a third of the lid. Line the lower lashline with the same shade. Brush on the same cocoa shadow, or alternatively, a bronzer, from the outer corner of the eyes and feather it towards the temples.

If you prefer a more dramatic look, use a cotton bud to clean up the edges of the shadow – from the outer corner of the eye to temple – to create a defined line.

Pick up the taupe shadow with metallic flecks and softly line the outer corners of the eyes.

Apply the shimmery gold shade from the outer brow bone to the lashline.

Dust on the silvery white shade on the inner corners of the eyes.

There is no need to use mascara or eyeliner for this look as the focus is on the gold tones.

Finish with a pink blusher and sheer pink lipstick.

Gladys Chung
journalist, Urban

Create feline
pastel eyes

Fill in brows using a black brow powder and stiff angled brush. Further define them by applying a highlighter just underneath.

Apply a metallic pastel shadow from the lashline to the brow bone to brighten the entire eye area. Enhance the double eyelid with a shot of pale silver-pink by applying it from the lashline to the middle of the lids.

Line the outer corners of the eyes with a bold wing tip; this helps to elongate your peepers. Finish with a coat of mascara. Keep the lower lashline bare.

Complete the look with sheer coral lipstick to brighten your skin.

Gladys Chung
journalist, Urban



First, make your eyes look bigger with a few basic moves.

Curl lashes, and fill in the space between the lashes with a black pencil liner. Extend the liner on the upper lashline horizontally by about 0.3cm.

Pick eyeshadows with contrasting textures and glitter types to use on specific areas, giving the eyes depth.

Dab a pearlescent beige shadow all over the lids.

Line a fine glitter dark shadow, such as navy, close to the upper lashline. Blend the navy shadow on the inner and outer corners of the eyes, towards the double lid while following the curve of the socket. Leave the middle of the lids empty.

Line the upper lashline with a black liquid liner. Smudge navy glitter shadow on the lower lashline. Apply white or silver shadow with larger glitter pieces on the inner corners of the eyes and the middle of the lids.

Finish by drawing a thin stroke with a jet-black pencil liner on the entire lower waterline (or wet, inner rim of the eyes). This will make your peepers look even wider and brighter instantly. Finish with mascara.

Applied like this, glitter shadows add sophistication to your make-up while making your eyes look larger.

Keep the eye and cheek colours simple, so the focus remains on the eyes.

Shon Min-Ki,
regional make-up artist from Seoul,
Dior

MY BEAUTY RITUALS

Three personalities share their
skincare and hair routines



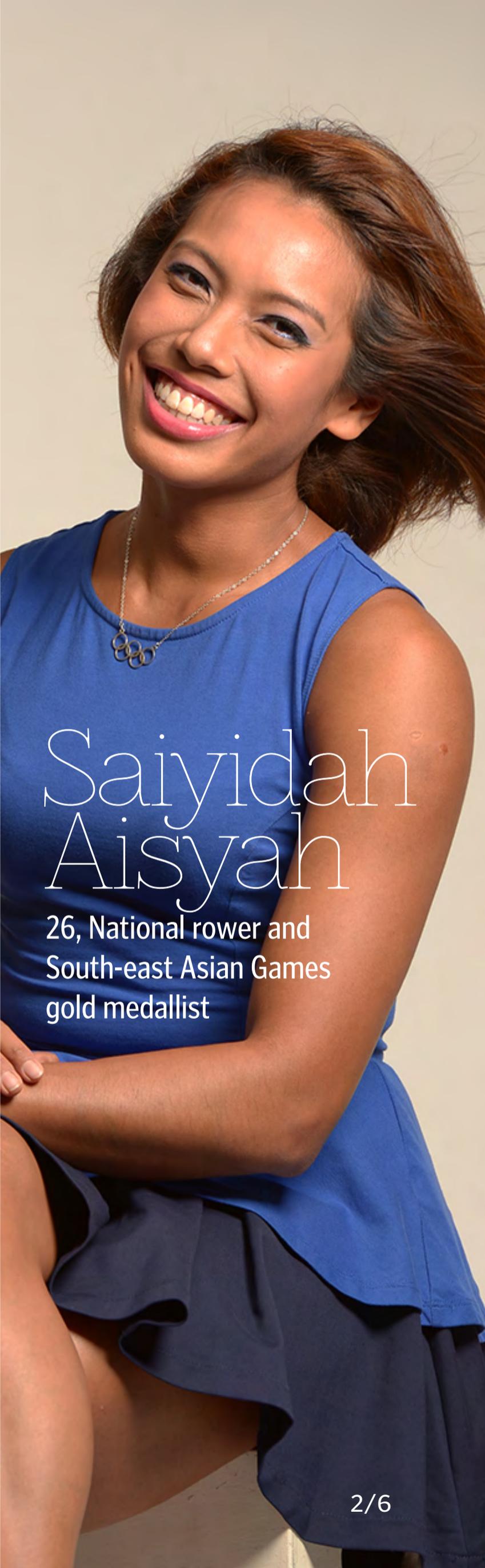
MY BEAUTY RITUALS

“Training in the sun has changed the way my skin behaves. I am fortunate to never have problematic skin, just the usual sprinkling of pimples when I was growing up. But after a few years of training, I found my skin had become very dry. And it had an uneven tone. That was when I started applying sunscreen, although I previously disliked the feeling of the lotion on my face.

Now that I train so frequently in Australia, I must be even more careful of the sun because the UV index here is higher, which makes people more susceptible to skin cancer. I always make sure to be disciplined with my sunscreen regime.

Besides sunscreen, the only skincare items I use are facial wipes and facial wash. I go for mild ingredients as products containing strong chemicals that I tried in the past ended up giving me breakouts. I guess they just didn't go well with my skin. I've also realised that pricier products don't necessarily mean they are better for your skin.

My skincare ritual is simple, but I do love wearing facial masks. I like the idea of my skin feeling refreshed especially with Singapore's weather. I usually keep my masks in the fridge so they'll be cool when I use them. Shiok!”



Saiyidah
Aisyah

26, National rower and
South-east Asian Games
gold medallist

Ariel Lin

32, Taiwanese singer-actress and
Kosé ambassador 2014

“My top must-have beauty product is the Kosé Sekkisei lotion. I have used this since I was a high school student. The Oriental herbal ingredients brighten and moisturise my skin to give it a lovely translucency. To further nourish my skin at night, I will soak a Kosé mask capsule in the lotion which will swell up into a hydrating face mask that is said to increase the moisturising power of the lotion by 10 times. I then put on the mask for some quick spa-time before I sleep.

I diligently apply different types of facial masks at least three times a week.

In the day, I never leave home without applying sunscreen. I love the Sekkisei Sun Protect Essence Gel SPF50+/PA++++. Especially on hot days, I like the way the gel absorbs quickly into the skin while moisturising it and offering a high level of protection.

Skin inevitably loses collagen and its ability to keep firm and hydrated over time. But if we use high-quality skincare products in our daily



routine, together with a nutritious and balanced diet, drink plenty of water and constantly stay in a good mood – I try to eat healthily 80 per cent of the time, but I indulge in desserts, such as dark chocolate, to keep myself happy – you will not need to be too worried about these changes.

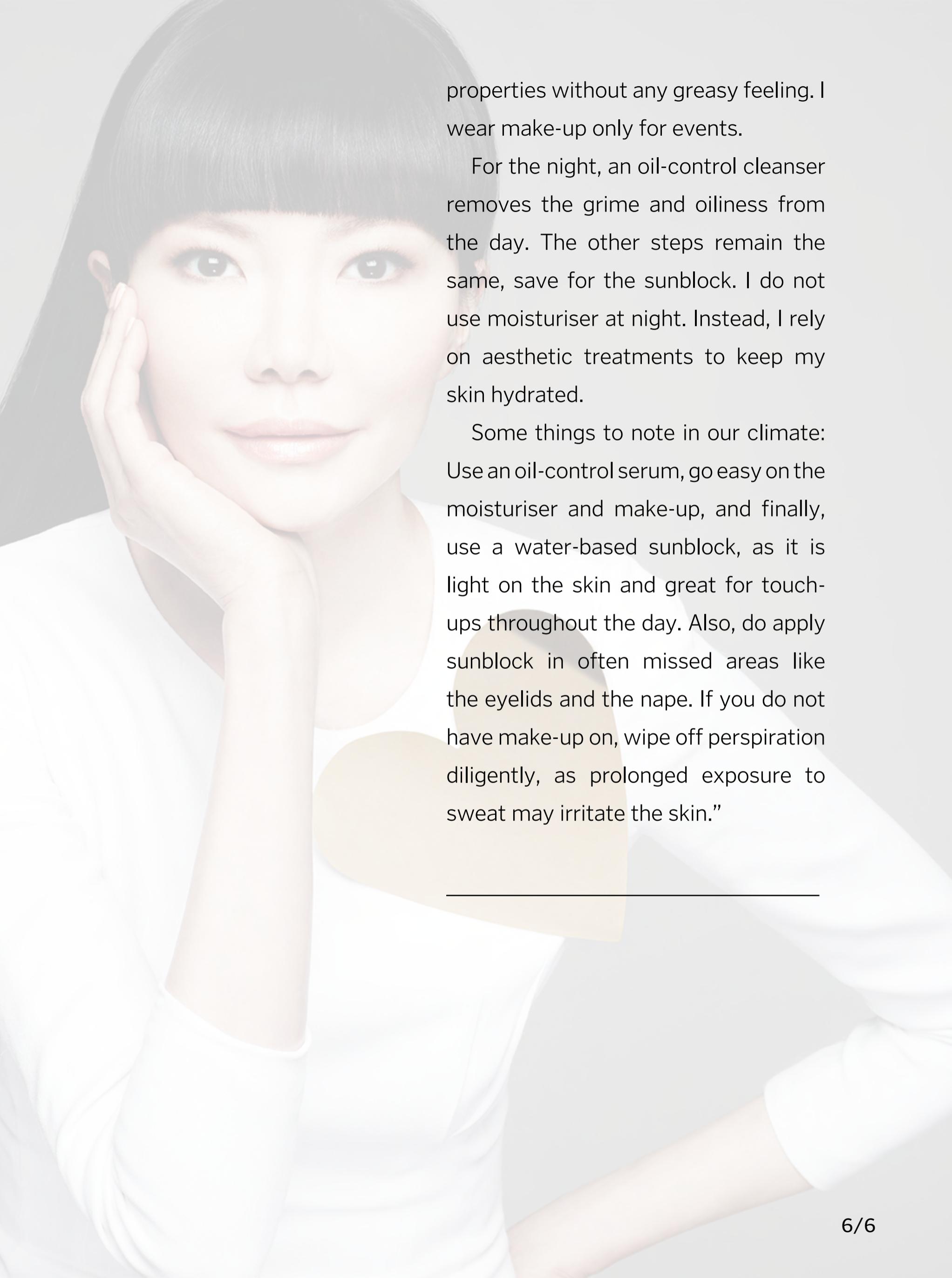
And to keep my hair dark and healthy, I eat black sesame paste and use only organic shampoo. When my hair is wet, I never rub it with a towel as that damages the cuticles. Instead, I gently twist my hair in a towel to dry it. I don't dye my hair either.”

Dr Georgia Lee

45, Director of TLC Lifestyle
Practice and founder of DrGLW

“To combat this weather, I use a lightening cleanser that contains the antioxidant Vitamin C to fight free radicals from UV rays. I follow with an oil-control toner and a post cleanser, both of which contain lactic acid in a calming base to help control my sebum secretion as well as exfoliate any dead skin cells that may have accumulated overnight. Sun protection is the last step for the day.

If I am heading outdoors, I carry a sun-protection mist. It acts as a refreshing facial spray and also allows me to top up my SPF with antioxidant



properties without any greasy feeling. I wear make-up only for events.

For the night, an oil-control cleanser removes the grime and oiliness from the day. The other steps remain the same, save for the sunblock. I do not use moisturiser at night. Instead, I rely on aesthetic treatments to keep my skin hydrated.

Some things to note in our climate: Use an oil-control serum, go easy on the moisturiser and make-up, and finally, use a water-based sunblock, as it is light on the skin and great for touch-ups throughout the day. Also, do apply sunblock in often missed areas like the eyelids and the nape. If you do not have make-up on, wipe off perspiration diligently, as prolonged exposure to sweat may irritate the skin.”

A close-up photograph of a woman's face, focusing on her right eye and eyebrow. Her hair is dark and pulled back. The lighting is soft, highlighting the texture of her skin and the details of her eye and eyebrow. The background is dark and out of focus.

eyebrows

How best to trim them, shape them,
draw them

Two experts share grooming tips

Do not make the mistake of filling in your brows with a single stroke. Well-groomed brows should not look drawn on, but naturally neat and full.

Make sure your brows are well-groomed first. Get them professionally shaped once a month and maintain them yourself between brow-grooming sessions.

When drawing and maintaining your brows, always follow these rules.

The inner brow should always be perpendicular to the inner corners of the eyes.

Look into the mirror and locate the space between your iris and outer corners of your eyes. The corresponding area on your brows is where the arch of the brows should be.

The tail end of the brows should be diagonal from the outer corners of the eyes. The tail end of your brows should also not be lower than the inner brows, otherwise the entire brow will look droopy.

For stray hairs that are far from your brow, for example, close to the eyelids, pluck them in the direction of hair growth (so it is less painful). For hairs closer to the brow, trim them instead. If you pluck them, the missing hairs will leave gaps in your brow.

When trimming brows, first brush the hairs downwards with a brow comb. Using a pair of curved brow scissors, trim the hairs that are out of place. When snipping the hairs, go against the direction of the hair growth, so the blades can get a better grip of the stray strands.

Once your brows are shaped, it will be fairly easy for you to fill them in.

For natural-looking brows, get two brow pencils – one darker and another lighter. Use the darker pencil on the sparse areas, such as the tail end of the brow; and the lighter colour for the denser areas, such as the inner brow. Always start by pencilling in little “hairs” in the tail end of the brow in soft strokes and in the same direction as the hairs. Then balance out the brow by filling in the spaces from the inner brow to the arch.

Sophia Chia,
training executive,
Shu Uemura



For a full, natural-looking brow, first define the lower part of the brow with a pencil. Do this by connecting the roots of the hairs at the bottom of the brow with feathery strokes. Then, gently fill in the rest of the empty spaces in the brow and comb through the hairs with a brow brush to spread the colour. The trick is to keep the lower part of the brow defined and the upper part soft.

Cat Koh,
make-up artist and global trainer,
Laneige

Two ways to pull off thick eyebrows

Thick eyebrows are just like bodycon dresses – not everyone can carry them off.

Bushy brows look great on stars such as model Cara Delevingne and actress Camilla Belle because they have prominent and perfectly symmetrical features. On the rest of us, bold brows can overwhelm our features and make us look unkempt.

So pick an eyebrow shape and thickness that complements your features. Get a professional to help you determine what suits you best, and shape your brows accordingly.

Once your brows are shaped, you can play up their thickness and not risk looking like Bert from Sesame Street.

Pick a brow gel, powder or pencil in a shade darker than your natural hair colour if you want a bolder look. Go for one to three shades lighter if you want to get the K-pop idol look.

Brow gels last longer and have a bolder effect; brow

pencils and powders are subtler.

Remember that the 2.5cm portion before the arch of your brows should be darker than the rest of the areas if you do not want the brows to look painted on.

So when using a brow gel, always start at the middle of your brows as the colour will be more intense on the first application, then slick the remaining gel at the beginning and ends of the brows.

To finish, use a spoolie brow brush – a conical brush with hard bristles – to comb through the hairs and spread the colour evenly.

When using a pencil or powder to define your brows, the trick is to gently line the areas between the roots of the hairs at the bottom of the brow. Then, lightly shade the empty areas at the beginning, middle and end of the brows, and use the spoolie brush to distribute the colour.

A bold brow should always be complemented with flushed cheeks and a nude lip, or just a bold lip. Stay away from heavy eye make-up when you want to pull off a bold brow.

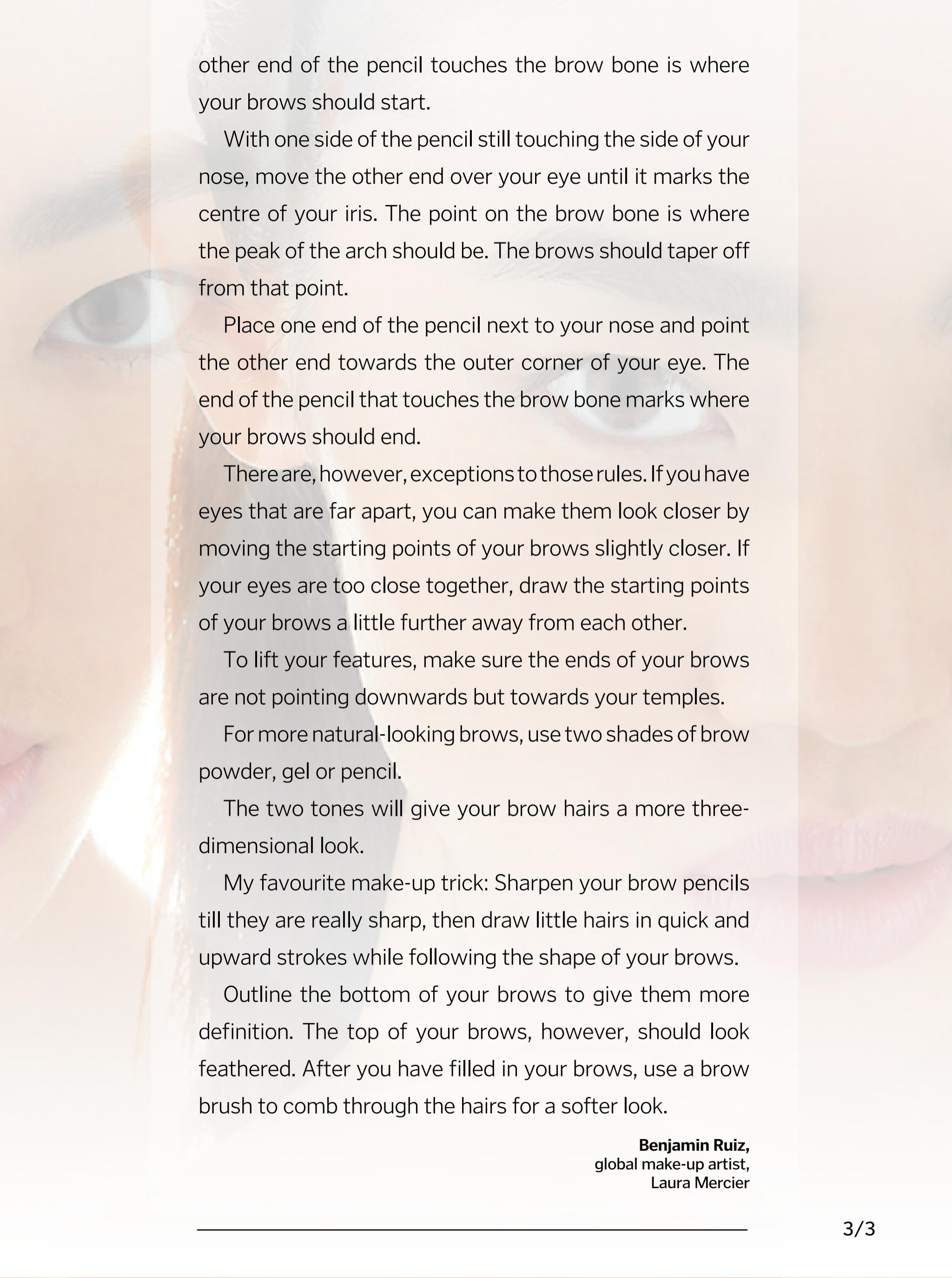
Gladys Chung
journalist, Urban



Never step out of the house without filling in your brows. Do this even if you think you have perfect brows. It gives your brows a bit more density so that they frame your face better. When pencilling in your brows, here are the points to note.

Think of your face as a painting where composition is important. Use a pencil or brush to guide you on where your brows should start, arch and end.

Hold a pencil vertically next to your nose. Where the



other end of the pencil touches the brow bone is where your brows should start.

With one side of the pencil still touching the side of your nose, move the other end over your eye until it marks the centre of your iris. The point on the brow bone is where the peak of the arch should be. The brows should taper off from that point.

Place one end of the pencil next to your nose and point the other end towards the outer corner of your eye. The end of the pencil that touches the brow bone marks where your brows should end.

There are, however, exceptions to those rules. If you have eyes that are far apart, you can make them look closer by moving the starting points of your brows slightly closer. If your eyes are too close together, draw the starting points of your brows a little further away from each other.

To lift your features, make sure the ends of your brows are not pointing downwards but towards your temples.

For more natural-looking brows, use two shades of brow powder, gel or pencil.

The two tones will give your brow hairs a more three-dimensional look.

My favourite make-up trick: Sharpen your brow pencils till they are really sharp, then draw little hairs in quick and upward strokes while following the shape of your brows.

Outline the bottom of your brows to give them more definition. The top of your brows, however, should look feathered. After you have filled in your brows, use a brow brush to comb through the hairs for a softer look.

Benjamin Ruiz,
global make-up artist,
Laura Mercier

A close-up photograph of a person's lips, which are the central focus of the image. The lips are coated with a vibrant, multi-toned lipstick. The upper lip features a bright, saturated pink shade, while the lower lip is painted with a rich, warm orange-red hue. The texture of the lips is clearly visible, and the overall appearance is glossy and well-defined. The background is a soft, out-of-focus skin tone, which makes the colors of the lipstick stand out prominently.

lips

Get pretty pouts
with lip-smacking
colours

Two ways to get fuller lips

Take a metallic or pearlescent white shadow and apply it just above the cupid's bow. Use a pen highlighter and apply the make-up along the top and bottom sides of the lips in four strokes and blend.

To make lips pop even more after you have applied the lipstick, gently push the colour from the middle of the lips towards the edges, but not beyond the lip line, with a finger or brush. This will give lips a natural and sexy just-bitten look.

Blair Patterson,
global make-up artistry director,
Estee Lauder



Just a few quick moves can help make your lips look plump and juicy.

First, exfoliate lips with a sugar scrub



or a damp towel. Smoother lips will help the lipstick glide on flawlessly. Plus, flaky or chapped lips are never sexy.

Then, moisturise lips with a balm to help fill in the fine lines on your pout. The balm will also help to spread the pigments from the lipstick evenly.

To help lips look at least 20 per cent fuller, pick two complementary lipstick shades. One should be a shade or two lighter than the other. First, fill in the outer half of the upper and lower lips with the darker colour, leaving the inner areas bare. Next, fill in the bare spaces with the lighter shade, blending it outwards seamlessly with the darker colour. Use a lip brush for a more precise application and blending of the two shades.

Glossy lipsticks that better reflect light will help to maximise the effect. You could also try this trick with matte lipsticks; just layer a clear gloss on top to add shine.

Then, outline just outside the natural lipline with a liquid highlighter pen, and blend the highlighter outwards with your fingertip. This will further help lips look more defined. If you prefer a more subtle look, just highlight the cupid's bow.

Gladys Chung
journalist, Urban

Two unconventional lip looks

Neon lipsticks brighten up the face while adding an irreverent edge not found in classic red lipsticks.

To wear neon lipstick without looking ridiculous, make sure the rest of your make-up stays simple.

Do not wear anything more than complexion-perfecting foundation and concealer, a lightly pencilled-in brow, mascara and a little eyeliner on the top lashline. You want the focus to be on your lips, so do not wear any blusher.

To make the colour last longer, first exfoliate your lips so the colour goes on evenly.

Then hydrate lips with a lip balm, apply the first coat of



colour and dust on some loose powder to set the lipstick.

Finally, layer on another coat of colour for a long-lasting neon pout.

Gladys Chung
journalist, Urban

Prep and moisturise lips with a balm.

Choose a matte pink lipstick. Pick the colour up with your fingertip and apply it on the centre of your lips. Spread the colour out and towards the edges.

If you prefer a bolder look, set the colour on the inner part of your lips with a scarlet eyeshadow. Pick the powder up with your fingertips and layer it on top of the lipstick.

Using a fluffy face brush, pick up a little liquid foundation with a natural finish and buff the make-up onto the edges of your lips to get the soft gradient of colour.

Larry Yeo
make-up artist



How to make a lip exfoliator

Lip make-up does not stay long or look good on dry, flaky lips.

Here is how to make your own lip exfoliator: Mix a little fine sugar with some Vaseline or lip balm. Scrub your lips gently with the concoction until all the dead skin is removed. Wipe off the blend with a tissue.

Follow with a thick layer of lip balm or lip treatment as a mask to nourish your lips.

Dollei Seah
make-up artist

A close-up portrait of a woman with long, dark, wavy hair. Her hair is the central focus, cascading over her face. She has a soft expression, looking slightly to the side. Her lips are painted with a light pink lipstick. The background is dark and out of focus.

hair

Good-looking locks and
healthy scalp

Hair and scalp care

Comb your hair before washing. Pour one teaspoon of shampoo onto your palm, lather and apply from the back of the head (where hair is most dense) to the crown.

Massage the scalp gently using small circular movements for a few minutes with your finger pads. Make sure not to scratch the scalp with your nails. The amount of pressure is up to your preference; the movement helps to improve scalp circulation.

Use another teaspoon of shampoo for the rest of your hair. Gently lather the hair between your palms. Leave the product on for at least a minute (for scalp and hair) before washing it out. Rinse the product off with warm water. Hot water will dry out hair. A bit of cold water at the end will help to close the hair shaft and make hair look shiny, but make sure there is no more product left in the hair.

Towel-dry the excess water from your hair before applying the conditioner.

Excess water will block the conditioner from penetrating the hair shaft. Apply the conditioner on the ends of the hair, avoiding the scalp, and rinse off in a similar fashion.

Use a deep conditioner about twice a month to hydrate the hair shaft. Leave it on for two minutes with your hair wrapped in cling wrap and a hot towel, before rinsing.

You can dry your hair with a towel but make sure it is a fluffy cotton towel which absorbs excess water well. Squeeze the hair dry instead of rubbing. Rubbing will damage the cuticle layer and might also overstretch or break hair that is wet.

Blow-dry with warm air so that moisture will be absorbed, and end with cold air to close the hair shaft to make hair look shiny. Avoid the hot setting as most people will tend to concentrate the blast in one area (versus professionals who will keep moving from area to area) and cause heat damage to your hair.

Those with naturally frizzy hair should dry their hair naturally or use a diffuser, which is an attachment for your hairdryer. To reduce frizz, wrap your hair in a silk scarf for 30 minutes or so after drying.

Eddie Ng
education leader, Tai Wah
and **Eugene Ong**
salon director, Urbanhair



A healthy scalp creates a foundation for beautiful hair to grow. When our scalps are exposed to environmental factors, such as pollution and dirt, and when we use a lot of styling products, it becomes congested. This affects healthy hair growth. A sign that a scalp is not cleansed

well is excess sebum production, which may then lead to hair loss.

Use a good exfoliating shampoo which can remove sebum build-up and product residue while equalising lipid balance.

Eugene Ong
salon director, Urbanhair



Powdered or spray dry shampoos are perfect for when you want to keep your scalp clean without washing your hair, such as when you have had a fresh perm or colour and want to let the chemicals settle into your locks.

Dry shampoo also allows you to add volume to your hair at midday, without the stiffness and stickiness of styling products. It is quick and easy to use. Just part your hair and spray or sprinkle the powder onto your scalp. Repeat until the oiliest sections are covered. Gently massage the powder into the scalp and wait for two minutes while the formula soaks up the excess sebum. Then flip your hair upside down and fluff the powder out with your hands. Use a hairdryer on the cool-air setting to help you get rid of the powder.

Finish by brushing your hair thoroughly. If possible, use a quality boar bristle brush. Boar bristles get rid of dirt clinging to your strands while untangling and distributing your natural hair sebum evenly to make your locks shiny.

Dry shampoo can also help get rid of stubborn product build-up. Use it before a regular shampoo wash.

Gladys Chung
journalist, Urban

Correct way to apply hair tonic

Always follow the instructions stated on the product.

The directions for use are different for each hair tonic; some must be used on a dry scalp, while others can also be applied on a damp one.

Always make sure you apply the tonic onto the scalp.

Divide your hair into sections of about a square inch each and drip the tonic onto the scalp. If you do not part your hair, the tonic might end up on the hair, which can affect the tonic's efficacy.

Apply the tonic in a systematic way.

To make sure you cover your whole scalp, start by applying hair tonic from your hairline and work towards your crown, section by section. Then apply tonic from your nape and work towards the crown.

Massage the tonic into the scalp.

Gently press the pads of your fingers into the scalp and massage it in circular movements. Apply light but firm pressure, then release. Start at the section near your temples and work towards the back of your head.

When that is done, briskly rub the scalp all over with your fingertips.

Louella Chng,
trichologist,
Phyto Hair Science



Three quick fixes

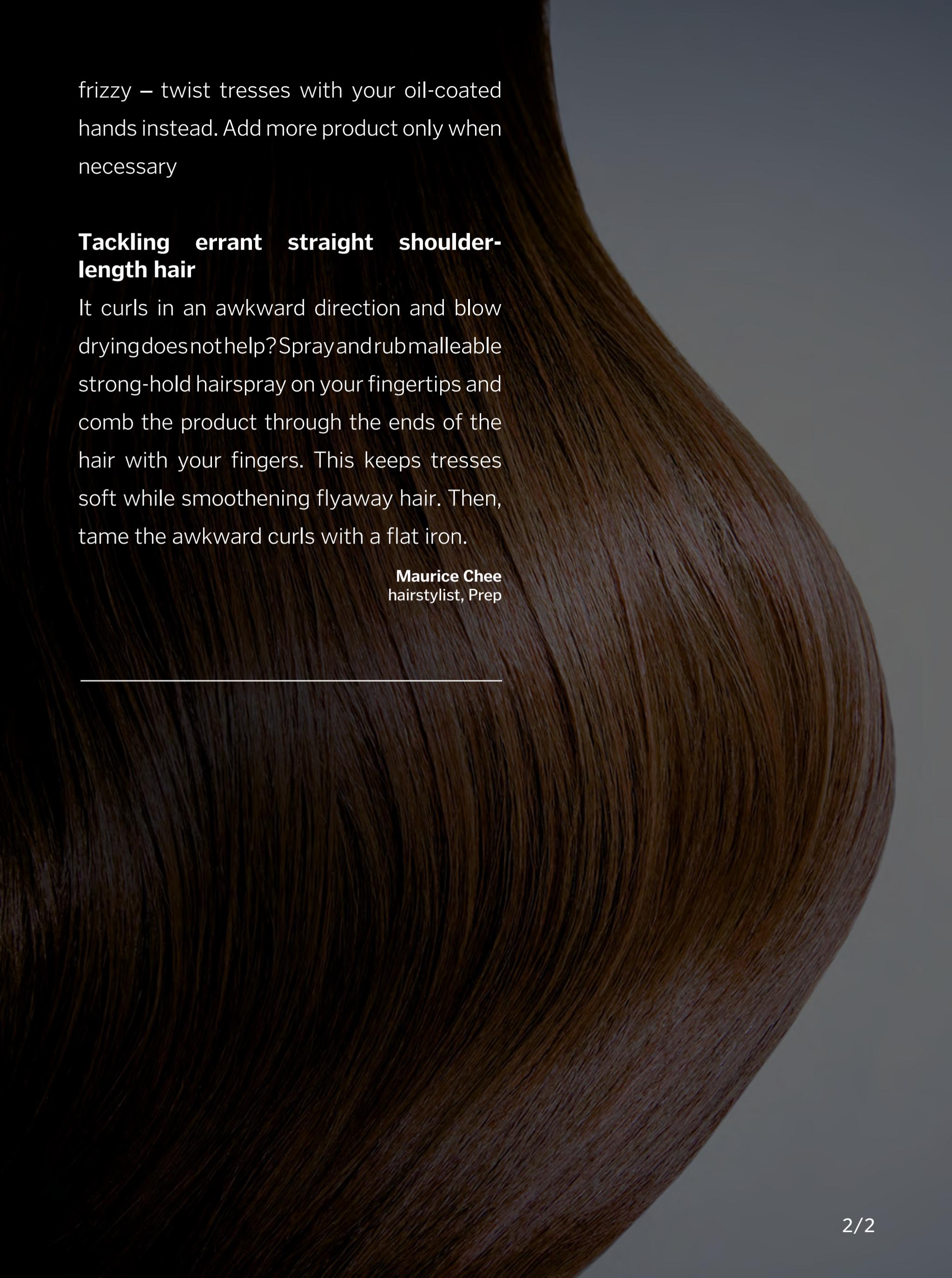
Flat, greasy hair

If your hair looks greasy and flat, and you do not have the time to wash and blow dry, spray dry shampoo onto your scalp from half an arm's length away. Gently massage the powder onto the scalp so it absorbs the excess oils. Then, flip your hair over and fluff out the powder with your hands. Dry shampoo also adds texture and volume to flat tresses.

Too much serum on your hair

Whip out the dry shampoo and spray it on to the ends of your hair. Place the dry shampoo-covered clumps between your palms and clap the powder off. This should result in less sticky ends.

How much serum is enough? Two drops. Spread them evenly on warm palms. Then, instead of rubbing the serum on to your hair – which might introduce static and turn hair



frizzy – twist tresses with your oil-coated hands instead. Add more product only when necessary

Tackling errant straight shoulder-length hair

It curls in an awkward direction and blow drying does not help? Spray and rub malleable strong-hold hairspray on your fingertips and comb the product through the ends of the hair with your fingers. This keeps tresses soft while smoothing flyaway hair. Then, tame the awkward curls with a flat iron.

Maurice Chee
hairstylist, Prep

Perming and colouring: Two professional views

Do not perm and colour your hair on the same day. Your hair would be severely damaged if you do that. Perm your hair at least three days before you colour it as that is the time it takes for the chemicals to stabilise the curls. If you dye your hair when you perm, the hair dye could affect the way the curls turn out.

You should get a perm only once every six months if you want to keep your locks healthy.

Always use a curl styling water spray after washing your hair to help set the waves. First, towel dry your hair and use a hairdryer on the scalp. Then use a wide-toothed comb or your fingers to untangle the hair. Then, spray the styling formula evenly onto your locks and scrunch the hair. Do not use a brush or fine-toothed comb as these will straighten the curls. Section hair

into even chunks – the smaller the section, the tighter the curls – and twist them loosely to the ends. Hold on to the twisted hair and direct a hairdryer on the entire length. Release the hair only when it is completely dry. Repeat for all sections.

After that, run your fingers through your hair to loosen the curls and scrunch in some hair serum.

Always start with a small amount of serum and add more if necessary, so as not to weigh down the hair.

A hairstylist trick is to spread the serum evenly onto the palms and fingers. Then, apply the serum onto the hair, starting near the nape of your neck and moving towards the ends of the hair to loosen the curls. Scrunch the residual serum on the ends.

If you wash and curl your hair before you sleep, revive the volume in the morning with a styling water spray.

If you have to curl your hair with heated tongs, always use the appliance on towel-dried hair. Applying the hot iron to wet hair will damage the locks and make them frizzy. Always use a heat-protection spray before curling your locks, to prevent damage.

Ken Hong
salon director, Evolve Salon



It is best to shampoo 48 hours after a perm to allow the newly-formed hair bonds to set properly. After colouring, a “rest period” of 48 hours is also required before shampooing, as shampoo detergents can flush out the colour.

Shampoos meant for permed/coloured hair are highly recommended to cleanse without excessively stripping hair of moisture and protein.

Use appropriate conditioners for hydration and elasticity.

Avoid the sun, sea and pool for the first week, as UV rays, salt-water and chlorine will immediately remove fresh colour from the hair and weaken freshly permed hair.

To maintain your perm/colour, go for treatments that require multiple ingredients applied in sequence – those that are able to repair chemical/mechanical damage, boost elasticity and lock in hydration are the best. For example, a “three-step” treatment will include proteins that fill up damaged and porous hair, ceramide that binds and seals the proteins, and moisture that is drawn tightly into the hair shaft.

There are many “one-step” treatments on the market that make hair soft and silky, but that effect is only possible because they are laden with low-grade non-biodegradable silicon that leeches the scalp and hair shaft. This, in the long run, causes many scalp problems and hair loss.

A protein and moisture treatment is best done on the same day as the perm, to replenish nutrients lost during the process.

Sybil Foo,
artistic technician,
kimrobinson



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