

# Born to be Pampered

Everyone enjoys – and deserves – a little pampering. In Singapore, the options for indulging, grooming and improving ourselves are as varied and tantalizing as the cocktail list at the Fullerton Hotel. If you are new to Singapore, wish to enhance your beauty routine, or simply fancy an invigorating treat, read on as EL staff and our readers share our personal recommendations with you.

*by Fiona Grieveson*



## MEDICAL AESTHETICS

### Medical Aesthetics @ Cluny

501 Bukit Timah Road, #02-12 Cluny Court

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Rebecca Bisset, UK

On the look-out for non-invasive and pain-free ways to help my skin to help itself, I decided to try two of Dr Goh's signature treatments at her new place in the revamped Cluny Court.

The first, my favourite, was a skin-tightening procedure called ReFirme. Radiofrequency and light energy heats the dermal tissue to stimulate collagen production on an immediate and delayed-action basis. By combining modalities, lower energies are required and it really doesn't hurt. Three or four sessions are recommended, but I could see an immediate improvement in my skin texture after the first.

Then Dr Goh used fractional technology, a combination of laser and radiofrequency, to treat deeper lines. It's slightly painful, but you can use a numbing cream if you prefer. It's excellent for crow's feet, laughter lines, forehead lines, scars and large pores. I definitely noticed a softening of the lines around my mouth. Neither treatment required down-time, and I was able to pop straight into the Cold Storage supermarket downstairs afterwards.