

Tatler

# BEAUTY AND WELLNESS



## THE BEAUTY EDIT

Discover the A to Z of  
beauty, from skin-loving  
foods to expert-endorsed  
wellness retreats



The best Malaysia restaurant  
recommendations on one platform

EXPLORE NOW



Tatler  
**Dining**  
GUIDE

# Tatler BEAUTY AND WELLNESS



36

## 4 Top Shelf Picks

Whether you're refreshing a makeup bag, upgrading your skincare routine, or exploring new fragrances, these beauty picks have you covered

## 8 Elevated Wellness

Discover Amani Biohacking Club: Malaysia's first biohacking society

## 10 Flower of Youth

We delve into what makes the new Guerlain Orchidée Impériale Black n-Fusion Lotion special

## 12 Glam and Go

As a busy entrepreneur and K-beauty founder, South Korean celebrity makeup artist Jung Saem Mool is always on the go. We take a peek inside her travel beauty bag to uncover her essentials

## 14 Skin Superfoods

Glow from within with these six ingredients that are good for your complexion

## 16 A to Z Cosmetic Treatments

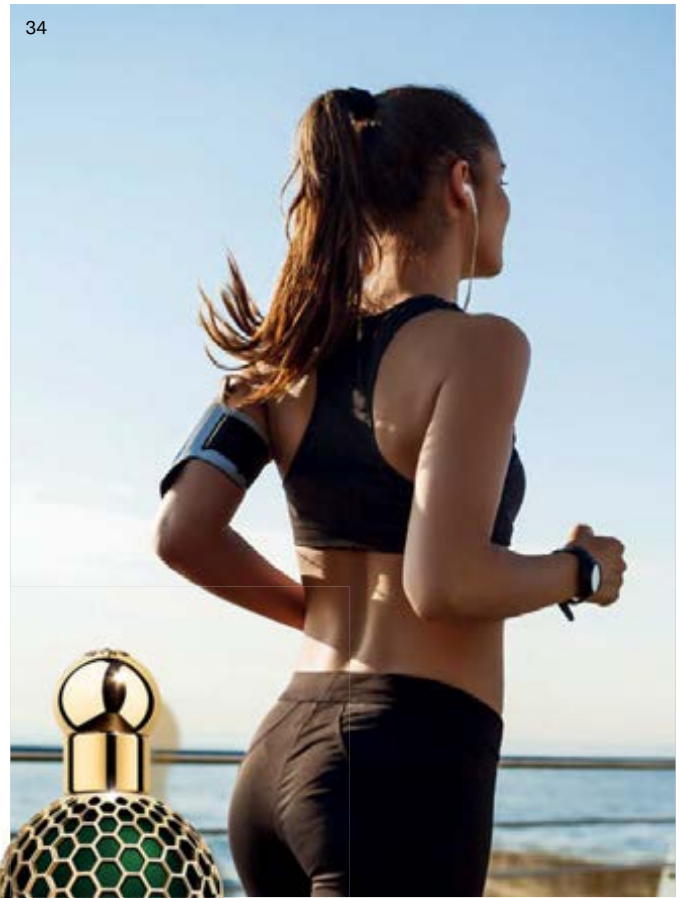
From Botox to glass skin facials, here are the most talked-about cosmetic treatments to know

## 24 Boldly Manscaping

Jared Chuah, co-founder of Nateskin, on how the brand is breaking taboos around men's grooming, particularly below the belt

## 28 Mane Attraction

Dr Chang Chee Seong of Kaiteki Clinic shares insights on hair loss, from common causes to cutting-edge solutions and what to expect during recovery



34



4

## 30 Fountain of Youth?

We delve into the differences between bakuchiol and retinol

## 32 Start-up Baby

How did a twenty-something Malaysian graduate start a skincare company that's now among the top premium family skincare brands in the US and China?

## 34 How Working Out Transforms Your Skin

When considering the benefits of exercise, glowing skin might not be the first thought. However, breaking a sweat is great for both your body and skin

## 36 All's Well, Be Well

Emerge a better version of yourself with these latest transformative wellness offerings

## 40 Beauty Playbook

We tapped skincare aficionados Dr Ian Chong and Sheena Teo for some ultimate beauty tips

## On the Cover



Chanel

1

# Tatler BEAUTY AND WELLNESS

Managing Director **GERALDINE BEH**

## EDITORIAL

mytedit@tatlerasia.com

Editor-in-Chief **LYNETTE OW**

Print Editor **SIM WIE BOON**

Editor, Tatler Dining **KATELYN TAN**

Contributors **AMALISSA HALL, ANDREA SAADAN,  
COCO MARETT, JOVE MOYA, LIM HONG MENG, NADJA SARAYA**

## DIGITAL

editor-my@tatlerasia.com

Digital Director **LAINY LOH**

Editor, Front & Female **TANIA JAYATILAKA**

Style Writer **PHYLL WU**

Senior Social Media Executive **QUINNY TAN**

## ART AND PHOTOGRAPHY

myart@tatlerasia.com

Deputy Head, Creative Department **TERESITA KHAW**

Creative Director **NOEMY ZAINAL**

Art Director **LIEW CHIAW CHING**

Producer **ATIYYA ZULKARNAIN**

Senior Photographer **FADY YOUNIS**

## TATLER ASIA

hq@tatlerasia.com

Chairman and CEO **MICHEL LAMUNIÈRE**

President **TAMARA LAMUNIÈRE**

Chief Operating Officer **PARMINDER SINGH**

Group Finance Director **MANDY LAU**

Chief Experience Officer **SEAN FITZPATRICK**

Chief Technology Officer **JET CHOY**

Chief People Officer **MAGGIE SHEN**

## ADVERTISING

mytad@tatlerasia.com

General Manager, Commercial **SURAYA RAHMAT**

Head of Branded Content **EKE SUMBER OMARDIN**

Senior Account Director **NICOLE ANDRES ABDULLAH**

Associate Account Director **CHERYLL LIM**

Account Manager **YAP HUAY SHAN**

Senior Account Manager **NANDO ABDULLAH**

## FINANCE

myfinance@tatlerasia.com

Finance Director **SURIA PERABA**

Accounting Manager **FELICIA LEONG**

Accounts Executive **AQILAH KASSIM**

Office Manager **SHAMANI RAJAH**

## EVENTS AND CIRCULATION

mycirc@tatlerasia.com

Head of Events **SHIDA MAHADI**

Senior Events Executive **ALISYA JEHAN**

Senior Events Executive **ADAM LUQMAN**

Assistant Circulation Manager **PUNITHA NALARAJAH**

## PRODUCTION

myprod@tatlerasia.com

Production Manager **SHAHRUL HILAL**

## EDIPRESSE GROUP

Chairman **PIERRE LAMUNIÈRE**

CFO & COO **MICHEL PREISWERK**

Vice President **SEBASTIEN LAMUNIÈRE**

Tatler Beauty and Wellness is published by **Tatler Asia (Malaysia) Sdn Bhd** Registration No: 199101019770 (230081-U)

Lot 1-01, Level 1, Block B, Plaza Zurich, No. 12 Jalan Gelenggang, Bukit Damansara, 50490 Kuala Lumpur Tel +603 2780 8833 Email myinfo@tatlerasia.com

Printed by Kuan Press Sdn Bhd (621940-X), No. 1 Jalan Perindustrian PP7, Taman Perindustrian Putra Permai, 43300 Seri Kembangan, Selangor Darul Ehsan. Tel +603-8959 2332.

Tatler Malaysia is a registered trademark of Tatler Asia Limited and is used by Tatler Asia (Malaysia) Sdn Bhd under licence from the trademark owner. Copyright 2024 by Tatler Asia Limited. All materials published remain the property of Tatler Asia (Malaysia) Sdn Bhd. Materials submitted for publication are sent at the owner's own risk and while every care is taken, neither Tatler Malaysia nor its agents accepts any liability for loss or damage.



Mobile and tablet editions are available via Magzter, Zinio and PressReader digital magazine stores

# Subscribe and Save

Subscribe to 3 issues of Tatler Homes Malaysia at RM60 and save 30% on the cover price.

Please call +603 2780 8833 or email [mycirc@tatlerasia.com](mailto:mycirc@tatlerasia.com). Offer valid for subscribers in Malaysia only. Please allow 28 days for the delivery of your first issue. Full subscription rate at RM60 for 3 issues. Tatler Homes Malaysia is a publication of Tatler Asia Limited.

# Top Shelf Picks

Whether you're looking to refresh your makeup bag, upgrade your skincare routine, or explore new fragrances, these beauty picks have you covered

*By Sim Wie Boon and Phyll Wu*



## BLUSHING GLOW

The Armani Beauty Luminous Silk Cheek Tint brings a dewy, just-pinked glow to your cheeks. With its innovative water-in-oil emulsion, this liquid blush blends seamlessly into the skin for a natural or more intense flush. It offers buildable coverage that lasts up to 12 hours, making it perfect for any occasion. Available in six vibrant shades, it's a must-have for a fresh, radiant complexion.

## BOLD EXPRESSION

Making its debut in Malaysia earlier this year, the YSL Loveshine collection is a radiant extension of YSL Beauty's iconic lip line. With the Candy Glaze gloss stick and Wet Shine Lipstick, it promises year-round lip allure. This collection embodies self-love and bold individuality, featuring an array of wearable shades that

offer easy application and long-lasting hydration. It's our go-to for a night out, ensuring lips stay vibrant and soft.

### NATURAL RADIANCE

Chanel's Les Beiges Healthy Glow Foundation is a lightweight, long-wearing skin enhancer that delivers a radiant, natural finish. With 39 shades and buildable light-to-medium coverage, it perfects the skin without feeling heavy. Infused with 40 per cent water and enriched with glycerin and meadowfoam-seed oil, it offers a comfortable wear that keeps skin soft and hydrated all day, making it ideal for dry and combination skin.

### TECH MARVEL

The Dyson Airstrait combines drying and straightening in one innovative tool, making it a game-changer for busy mornings. Using precisely angled high-pressure air, it styles and dries



**Clockwise, from top left:** Bvlgari Allegra Neroli Magnifying; Guerlain Absolu Allegoria Rose Amira; L'Oréal Paris Revitalift Hyaluronic Acid. **Opposite page, clockwise from top:** Armani Beauty Luminous Silk Cheek Tint; Dyson Airstrait; Chanel Les Beiges Healthy Glow Foundation; YSL Loveshine lipstick

hair simultaneously without hot plates, minimising heat damage. Designed for all hair types, it's a must-have for a sleek, healthy finish.

### FRESH RADIANCE

Crafted by master perfumer Jacques Cavallier, Bvlgari Allegra Neroli Magnifying is a vibrant and refreshing floral scent. With its bold, sparkling notes and a luxurious blend of natural ingredients, this fragrance exudes the essence of Italian charm. Its highly concentrated formula makes it an exclusive choice for those who appreciate a refined, invigorating aroma.

### FLORAL OPULENCE

Guerlain's Absolu Allegoria Rose Amira is an oriental floral masterpiece that pays tribute to the timeless elegance of the rose. Inspired by a Persian garden, this fragrance combines swirls of frankincense and warm patchouli with a musky amber base, creating a rich and captivating scent. It's a sensual journey that lingers long after application.



## HYDRATION HERO

L'Oréal Paris' Revitalift Hyaluronic Acid serum is a trusted favourite for delivering intense hydration, helping to smooth out fine lines and plump the skin. Formulated with three types of hyaluronic acid, it locks in moisture and rehydrates multiple layers of the skin for a glowing complexion. It's the perfect solution for those seeking instant hydration and a visibly smoother texture.

## ULTIMATE PROTECTION

Shiseido's Sublimic Wonder Shield is a leave-in treatment that safeguards hair from heat, humidity, and pollution. Its hydrophobic formula

maintains the moisture balance within each strand, extending the life of hair colour and in-salon treatments. Ideal for anyone seeking smooth, vibrant and protected hair.

## CLASSIC ELEGANCE

Penhaligon's The Dandy offers a sophisticated woody-spicy fragrance that embodies the spirit of timeless refinement. With top notes of raspberry and citron, a heart of oak and whiskey, and a base of patchouli, it's a scent that recalls jazz-filled nights and vintage allure. A truly distinguished choice for those who appreciate old-school charm.





## SUNSET GLAMOUR

Pat McGrath Labs' Mothership XI 'Sunlit Seduction' palette offers a luxurious array of 10 shades that seamlessly transition from day to night. With a stunning mix of



**Clockwise, from top left:** Dior Prestige La Crème Texture Essentielle; Oribe Gold Lust Heat Protection Spray; Shu Uemura BlackOil Pore Purifying Fresh Cleansing Oil. **Opposite page, clockwise from top left:** Shiseido Sublimic Wonder Shield; Penhaligon The Dandy; Pat MacGrath Labs' Mothership XI 'Sunlit Seduction' palette

sunrise-inspired glitters, metallics, satins, and mattes, this palette is a staple for any makeup enthusiast. It's the ultimate choice for creating eye-catching looks that radiate warmth and sophistication.

## YOUTH ENHANCER

The "La Crème" in the Dior Prestige La Crème Texture Essentielle may mean The Cream, but one could say that it's simply short for crème de la crème—because it's just that good. This coveted best-seller, the first intensive repair cream to join Dior's skincare lineup, is a beloved gem of skincare innovation that promises to visibly reverse the signs of aging. Infused with the potent rejuvenating properties of Rosapeptide, its extraordinary formula breathes new life into the skin, revealing a smoother, more youthful complexion.

## HEAT SHIELD

Oribe's Gold Lust Heat Protection Spray is a revolutionary dry spray that offers protection up to 200 degrees Celsius while enhancing shine and softness. Formulated with a bio-restorative complex and macadamia oil, it nourishes each strand, leaving hair silky smooth. Its lightweight formula protects against heat damage, making it a styling essential.

## DEEP CLEANSE

Specially formulated for oily and combination skin, Shu Uemura's BlackOil Pore Purifying Fresh Cleansing Oil offers a refreshing cleanse that purifies pores and controls excess oil. Infused with premium Japanese charcoal and black rice, this lightweight oil dissolves impurities, leaving the skin fresh and clear. It's your go-to for achieving long-lasting freshness with each use.



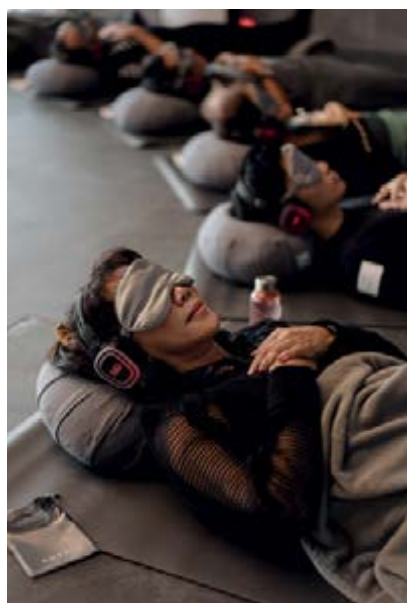


# Elevated Wellness

Discover Amani Biohacking Club: Malaysia's first biohacking society for optimal leadership and life balance *By Sim Wie Boon*

In today's fast-paced world, where personal and professional pressures continue to rise, wellness has evolved beyond physical health. The growing demand for mental, emotional, and spiritual well-being redefines how we approach life, especially for leaders. Enter Amani Biohacking Club, Malaysia's first members-only biohacking club and wellness centre, dedicated to nurturing leadership through innovative and holistic wellness management.

Founded by wellness industry veteran Yap Yann Fang, Amani Biohacking Club aims to bring the next generation of wellness solutions to individuals who are looking to optimise their mental and physical health. This one-of-a-kind 30,000 sq ft luxury centre in the heart of Kuala Lumpur promises to revolutionise the way leaders care for



their mind, body, and soul, offering a comprehensive approach through biohacking—a method that uses cutting-edge science and incremental

lifestyle changes to enhance well-being.

## THE AMANI DIFFERENCE: LEADERSHIP WELLNESS WITH A BIOHACKING EDGE

At its core, Amani Biohacking Club focuses on seven pillars of leadership wellness—the purpose of life, relationships, mental health, brain health, physical longevity, nutrition, and sleep. These pillars are designed to help high-performing individuals sustain their productivity, make better decisions, and balance the demands of leadership with personal well-being.

**Purpose of Life** encourages leaders to align personal values with professional aspirations for a more meaningful and impactful career. **Relationships**, both personal and professional, are cultivated to build

a strong support network. Amani's approach to **Mental and Brain Health** focuses on managing stress, maintaining cognitive function, and preventing decline—essential for leaders under constant pressure. Meanwhile, **Physical Longevity, Nutrition, and Sleep** ensure that members maintain strength, vitality, and alertness for sustained success.

### CUTTING-EDGE TECHNOLOGY MEETS PERSONALISED CARE

What truly sets Amani Biohacking Club apart is its ability to integrate biohacking technology with personalised care. Members benefit from the expertise of a wellness team that includes board-certified functional medicine doctors, smart fitness physiotherapists, and nutrition hackers. These experts craft bespoke wellness programs based on thorough diagnostics, ensuring that each individual's journey to health is tailored and effective.

### DEEP DIVE DIAGNOSTICS AND BIOHACKING STACK

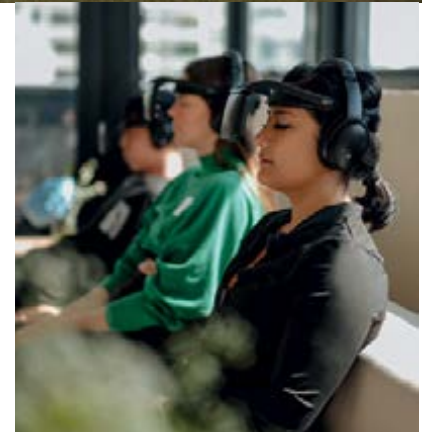
Amani's deep dive diagnostics offer members a comprehensive health analysis, including advanced blood profiles, stress response scans, and



**Clockwise, from top right:** Ice bath; participants using Vizr, a brain wellness and relaxation device; a BioCharger device; Pavel Stuchlik conducting a workshop. **Opposite page, from top:** Inside Amani Biohacking Club; participants attending System Reset 2024 event

postural assessments. Armed with this data, members embark on a transformative wellness journey through the Biohacking Stack, which incorporates therapies such as Fire & Ice Contrast Therapy, Hyperbaric Oxygen Therapy, and Emsculpt Neo Core for strength and recovery.

For those focusing on physical vitality, Amani offers smart fitness programs that combine state-of-the-art technology like Vasper Accelerated Performance Training and CAROL AI ReHIT training to push members toward peak physical performance.



### REGENERATIVE AND INFUSION THERAPIES

In line with its holistic vision, Amani also offers Regenerative Therapy, tapping into the body's natural healing abilities. Meanwhile, Infusion Therapy provides targeted nutrients directly into the body, replenishing essential vitamins and minerals for a quick recovery and sustained energy.

### NOURISHING THE BODY AND MIND

The importance of nutrition at Amani goes beyond just healthy eating; it's about soul food nutrition—meals that are not just delicious but nourishing for both the body and mind. The Nourish@Home workshops empower members' households to prepare meals that support longevity, ensuring that wellness becomes a sustainable lifestyle, not just a temporary fix.

### THE GAMECHANGER COMMUNITY

Amani members also gain access to the GameChanger Community—an elite network of visionary leaders, CEOs, and top executives who share a passion for living an optimal life. In 2023 and 2024, Amani brought world-renowned biohacker Pavel Stuchlik to Malaysia for its System Reset event. Much like hitting a reset button on a phone or computer, it helps leaders return to their baseline, restoring energy and enhancing their capacity to perform at their peak.

### AMANI: WHERE WELLNESS MEETS LEADERSHIP

As the global wellness market continues to expand, Amani Biohacking Club sets the standard for leadership wellness in Malaysia. By harmonising the mind, body, and soul, Amani empowers leaders to become resilient, effective, and fulfilled in both their personal and professional lives.



The ultimate age-defying skincare solution has joined Guerlain's Orchidée Impériale Black collection: the n-Fusion Lotion—but what makes it special?

By Phyll Wu

# Flower of Youth



**From top:** The Orchidée Impériale line incorporates orchids into its formulation; Frédéric Bonté of Guerlain.  
**Opposite page:** Orchidée Impériale Black n-Fusion Lotion

Since the beginning of time, humans have harnessed the potent healing and rejuvenating properties of botanicals to enhance and nurture the skin, incorporating various floral and herbal ingredients into our beauty rituals to cultivate radiant vitality inside out.

Despite modern innovations in skincare, nature's bounty remains a treasured resource for beauty. Now, thanks to technological and scientific advancements, these natural ingredients have been refined and optimised to unlock their full potential.

One of the driving forces at the forefront of innovation in beauty is none other than Guerlain. The

brand's Orchidée Impériale line is just one of its many visionary creations, acclaimed for its unique formulation that leverages the transformative skincare properties of orchid extracts with cutting-edge biotechnological methods.

In its relentless pursuit of uncovering new capabilities of the fascinating flower, the brand has unveiled its latest breakthrough in age-defying skincare with the Orchidée Impériale Black n-Fusion Lotion, imbued with the ever-enduring essence of the Black Orchid.

We spoke with Frédéric Bonté, director of scientific communication at Guerlain, to get

the lowdown on the science behind the formulation.

***What made orchids such a compelling subject of study for anti-aging skincare?***

Shaped by 86 million years of evolution, orchids are one of the most evolved species in the plant kingdom. The orchid family is the most important botanical family with more than 30,000 species. In the world, 1 flower out of 10 is an orchid.

Over the years, they have been able to develop multiple strategies to adapt and survive all over the world. Their adaptation and longevity are linked to their production of different molecules they use, called “secondary metabolites.” This variety provides an incredible phytochemical richness, representing an inexhaustible possible supply of molecules for anti-aging research.

18 years of expertise and scientific discoveries led Guerlain to its unique orchid selection expertise linking anti-aging and orchids. In particular, the Black Orchid is a species belonging to the extremely rare *Cyclopogon* genre, which represents a mere 0.11 per cent of the 30,000 orchid species. Queen of survival, this untouchable species has developed incredibly sophisticated self-defense systems.

***What has been the most surprising discovery about orchids at the Orchidarium so far?***

The creation of the Orchidarium, a unique orchid research platform, has enabled us to discover and select some exceptional orchids. This selection is also based on the development of analysis methods and tests on human skin cell cultures. In fact, compared to the number of species, little was known about the nature and role of the molecules produced by orchids. Thanks to the Orchidarium, we were able to understand some of the links between the molecules produced—such as the secondary



metabolites I mentioned earlier—and various powerful biological activities. For us, it was extremely surprising to discover new, totally unknown molecules capable of acting on mechanisms as important as immunity, inflammation, or the synthesis of key proteins to combat or correct the signs of ageing.

***Can you break down the formulation of the Orchidée Impériale Black n-Fusion Lotion?***

Orchidée Impériale Black n-fusion Lotion is most positioned at the forefront of skincare excellence, boasting powerful BlackImmune technology that is reinforced by a new stimulating complex. Containing an imu-peptide and Korean red ginseng extract—which is over-concentrated in three ginsenosides, an extraordinarily powerful defense compound found in the plant—this complex optimises and delivers vital energy to the skin's surveillance mechanisms, hence boosting the efficacy of the skin's self-defense cells. These potent active ingredients are fragmented into billions of nano-droplets, 100 times smaller than a skin cell, allowing them to efficiently penetrate into the deepest layers of the skin.

***Can you explain what BlackImmune technology is and what makes it so comprehensive in addressing the skin's defense systems?***

The evolution of the Orchidée Impériale Black line is based on our growing knowledge of the life of orchids in their natural environment and aging mechanisms. Drawing on this orchid science, Guerlain's researchers at the Orchidarium have harnessed the Black Orchid's power to fashion an age-defying technology: BlackImmune technology. It stimulates the skin's defense systems to inhibit the effects of stress and release its full powers of regeneration,

It targets 95 per cent of the epidermal cells involved in skin's self-defense mechanisms, strengthening it by protecting the Langerhans cells and regulating the toll-like receptors at the heart of the epidermis. With repeated applications, the skin becomes stronger and more resistant to aggressors, allowing it to fully focus on its regeneration.

***Looking ahead, what exciting frontiers in phytochemistry or botanical research are you most eager to explore for potential skincare applications?***

Some orchids, particularly those from tropical regions, are exceptionally rich in molecular diversity, which is why we are so fascinated by them and continue to explore them. In our research, we combine molecular structure data with anti-age biological targets that we have discovered elsewhere. To discover new ones, we are studying the phylogeny of orchids (genetic relationships based on evolution) in relation to the secondary metabolites they produce, which could thus be of the greatest interest to us. We're also studying another field, that of the relationships between orchid microbiota and their production of molecules, an extremely complex and equally promising subject.



# Glam and Go

As a busy entrepreneur and founder of a successful K-beauty brand, South Korean celebrity make-up artist Jung Saem Mool is frequently on the go. We take a peek inside her travel beauty bag to discover her must-have essentials—from a mini mascara to her go-to rollerball perfume *By Andrea Saadan*

## ***The first products that I pack in my travel beauty kit before any trip are...***

Basic skincare products: toner, serum, cream, lip balm and cotton pads. These are considered just one skincare set for me. I pack these items first because skincare is the most essential step. The products I pack are Kids Soft Cleansing Tissue and Essential Mool Deep Cleansing Oil from my brand Jungsaemmoool, and scalp treatment ampoule by Ell-Cranell.

## ***What are your must-have skincare products?***

On top of the essential skin set, I pack cleansing

products. Cleansing using proper products according to your skin conditions is very important.

## ***While travelling, my skincare routines are very important.***

When I'm on the plane, I always keep three sticks in my bag: Essential Mool Stick, Essential Mool Stick Glow and Lip Balm by Jungsaemmoool. Any time I feel my skin is dehydrated or dry, I apply Essential Mool Stick and Mool Stick Glow. In the hotel, after washing my face, I apply Essential Mool Cream Mask for 20 minutes. This boosts the skin with hydration and soothes the skin.

## ***My favourite make-up products to pack are...***

Jungsaemmoool Skin Nuder Cushion and Skin Nuder Cushion Concealer. After moving to Singapore, I've been getting more spots and freckles due to the strong UV light. I try to cover the spots with the concealer cushion on top of the cushion foundation. I also pack eyebrow mascara, eyebrow shader and a red lipstick. With just these products, I can still create a presentable look.

## ***Lip balm or lipstick?***

Both. Because my lips are dry, I frequently apply lip balm throughout the day. Red lipstick, however, as mentioned, is more than a colour on my lips. This is my signature look and shows my identity. I'm currently using New Classic Matte Lipstick in Just Red by Jungsaemmoool.

## ***I use beauty pouches by Jungsaemmoool, when I travel because...***

These are pouches that I made so I rotate between different options when I

travel. All the beauty bags by Jungsaemmoool are made from my travel experiences and beauty insight. I travel frequently from Seoul to Singapore for work and often take family trips. I consider the size, material and seasonal suitability when developing beauty pouches for the brand.

## ***My go-to fragrances to use while travelling are...***

Penhaligon's fragrances. Lately, I have been purchasing many perfumes from this brand. The reason I like their fragrances is because the scents are very new to me and they smell natural. I enjoy Vra Vra Vroom and Luna. Their citrus and floral scents are very refreshing and pleasant. When I spray these on, it feels like the scents represent me.

## ***I always keep a hand cream in my beauty kit, and my favourite is...***

La Tulipe by Byredo. What I love most about it are its texture and scent. The texture is not sticky and the scent is not artificial—in fact, it is calming—and it lingers.



IMAGES BYREDO, JUNGSAEMMOOL, PENHALIGON'S

From top: Chanel  
Sublimage L'Extrait  
Pommade Or;  
Sublimage L'Extrait  
Lotion

Tatler+

# Illuminate, Revive, Renew



Discover the sensuous self-care ritual of Chanel's exquisite Sublimage Les Extraits skincare line, now with two new additions

The allure of Chanel transcends mere luxury, embodying the *crème de la crème* of indulgence and artistry in all the finest forms. In the realm of beauty, the maison's Sublimage collection transforms skincare from a mundane routine into a sumptuous ritual of rejuvenation and wellness. Infused with the rich regenerating properties of polyfractionated *Vanilla Planifolia*, each product is meticulously crafted to envelop the senses, offering a decadent interlude of self-care that nourishes both the skin and spirit.

Within the Sublimage range lies the Les Extraits line, enriched with the potent reparative benefits of *Swertia* extracts to revitalise the



skin with new life. This year, Chanel has expanded its Les Extraits offerings with two new additions, the Sublimage L'Extrait de Lotion and Sublimage L'Extrait Pommade Or, elevating this restorative ritual to a four-step journey of renewed vitality.

The Les Extraits ritual now begins with the Sublimage L'Extrait de Lotion, a pre-serum that primes the skin for the subsequent steps, addressing all key markers of youthful skin, including hydration, wrinkles, firmness, uniformity, strength, and radiance. Its unique, silky formulation is packed with a powerful blend of active ingredients, encapsulated within thousands of micro-droplets that glide onto the skin, delivering intense hydration whilst strengthening its natural repair mechanisms.

To get the most out of its rejuvenating effects, the Sublimage L'Extrait de Lotion is best used at night—when the skin's cellular regeneration is at its peak—followed by the Sublimage L'Extrait de Nuit, then the Sublimage L'Extrait de Crème.

The ritual culminates with the Sublimage L'Extrait Pommade Or as the final touch, providing a protective shield that locks in all the benefits of the preceding products. This luxurious balm melts into the skin like a dream, featuring ultra-fine, light-reflecting pearlescent particles that enhance the complexion with a luminous finish. Whether applied across the entire face or in specific areas that catch the light, worn daily or on special occasions, the versatility of the Sublimage L'Extrait Pommade Or allows it to shine however and whenever you like.

Alternatively, for those seeking an elevated state of relaxation and well-being, the Sublimage L'Extrait Pommade Or can also be applied with the *Le Rituel Relaxation* massage technique for a moment of calm and self-indulgence. From deep smoothing strokes to targeted pressure points, the act of application itself becomes a gentle pause for self-care and serenity, encouraging users to slow down, take a deep breath, and immerse themselves in the sensory pleasure of the ritual whilst enjoying the visible transformation it brings to the skin.

# Skin Superfoods

Glow from within with these six ingredients that are good for your complexion *By Katelyn Tan*

When thinking of improving one's skin, the mind automatically drifts to skincare in the form of beauty products. However, diet plays a significant role, with certain foods providing powerful benefits, from nourishing the skin to supporting collagen production. Here are six foods that boost complexion.

## AVOCADO

Rich in healthy fats, avocados moisturise the skin and protect it from oxidative and sun damage, reducing wrinkles and fine lines. The high vitamin C and E content also improves hydration and reduces inflammation, making the skin soft and smooth.

## CAVIAR

Not just a gourmet delicacy, caviar is a beauty powerhouse with nutrients like omega-3 and omega-6 fatty acids, vitamins A and D, and antioxidants. This makes the ingredient an important one for maintaining the skin's moisture barrier, boosting collagen production and deep hydration.

## DARK CHOCOLATE

Chocolate lovers rejoice as the sweet treat might be good for your skin. Research has shown that high-quality dark chocolate protects the skin from sun damage and improves blood circulation as its flavonoids increase hydration and promote a smoother and more even complexion.

## BIRD'S NEST

Made from the hardened saliva of swiftlets, bird's nest is highly prized in traditional Chinese medicine, and for good reason. Rich in protein, amino acids, and minerals, the delicacy promotes skin regeneration, moisturises the skin, brightens complexion, and promotes skin firmness.

## SWEET POTATO

Sweet potatoes are packed with beta-carotene, an antioxidant that is converted into vitamin A and acts like a natural sunblock. Therefore, it protects from sun exposure, preventing sunburn, cell death, and dry skin while supporting cell turnover.

## TOMATO

Rich in lycopene, tomatoes protect the skin from sun damage and can improve skin texture, preventing early ageing. Eating the fruit also shields against UV rays, maintaining an even skin tone.



From left: Chanel's 31 Le Rouge lipstick

# Colour as Armour

Chanel's 31 Le Rouge collection, initially launched in 2023 with twelve satin-finish shades, now features twelve additional hues that will accentuate your lips with a luminous matte finish



If the pieces of clothing you choose to dress yourself in serve as a visual dialogue of who you are, it's the colours they're adorned in that truly complete your narrative with emotion and depth, painting a vivid portrait of your inner world and unique identity. But colour is far more than just a medium for self-expression, but also "the most visible form of armour," as Chanel brilliantly encapsulates.

In the realm of beauty, Gabrielle "Coco" Chanel deemed lipsticks as a subtle yet powerful tool of empowerment, famously declaring, "If you are sad, put on some lipstick and attack." Chanel's 31 Le Rouge embodies this liberating spirit, which now sees twelve new bold shades with a velvety, matte finish.

Drawing inspiration from various aspects of Chanel's storied heritage, this new palette boasts a sumptuous assortment of timeless, versatile shades that range from soft, subtle nudes to bold, statement-making reds and purples, offering something for every mood and occasion.

The rich, deep tones are reminiscent of the opulent interiors of Mademoiselle Chanel's own apartment, whilst the lighter, more vibrant hues emulate the radiant and chic atmosphere of the 31 rue Cambon boutique, where Chanel's couture empire began. Meanwhile, the bold, striking colours evoke the fervent creative spirit that pervades Chanel's ateliers.

Enriched with gardenia oil, a signature ingredient cherished by Chanel, the lipstick provides deep hydration, ensuring that the lips remain soft, supple, and moisturised throughout the day. Whilst formulated to deliver long-lasting intense pigment, its buildable nature allows wearers to customise their desired intensity with a lightweight matte finish that effortlessly glides onto the lips. A single layer can offer a subtle wash of colour for a natural look, whilst multiple layers can create a more dramatic effect that is bound to turn heads.

Adding to its allure is the elegant woven fabric motif and embossed



Chanel logo that adorns the bullet, housed in a sleek, glinting square case inspired by the mirrors of the Rue Cambon staircase. With its metallic gleam that catches the light beautifully, this luxurious design makes the perfect accessory to bring along for daily errands and posh evenings.

The background is a solid teal color. Overlaid on this are two large, white, stylized letters: a capital 'A' on the left and a capital 'Z' on the right. The 'A' is composed of three main sections: a top triangle, a middle horizontal bar, and a bottom trapezoidal section. The 'Z' is composed of a top horizontal bar, a middle diagonal bar, and a bottom horizontal bar. The word 'to' is written in a white, lowercase, italicized serif font, positioned between the two large letters.

*to*

# COSMETIC TREATMENTS

*From Botox to glass skin facials, here are  
the most talked-about cosmetic treatments*

*to know* By Coco Marett and Amalissa Hall



**S**tigmas have been lifted and views have shifted in the world of cosmetic procedures. As a result, more people are turning towards non-or minimally-invasive treatments to enhance natural features, rather than dramatically changing the way they look.

Here, we document a variety of treatments available today, as well as trends that are rising in this space—from facials, like one inspired by the coveted Korean “glass skin” glow, and micro-doses of Botox, to those with considerably longer-lasting effects.

### A IS FOR AQUAFACIAL

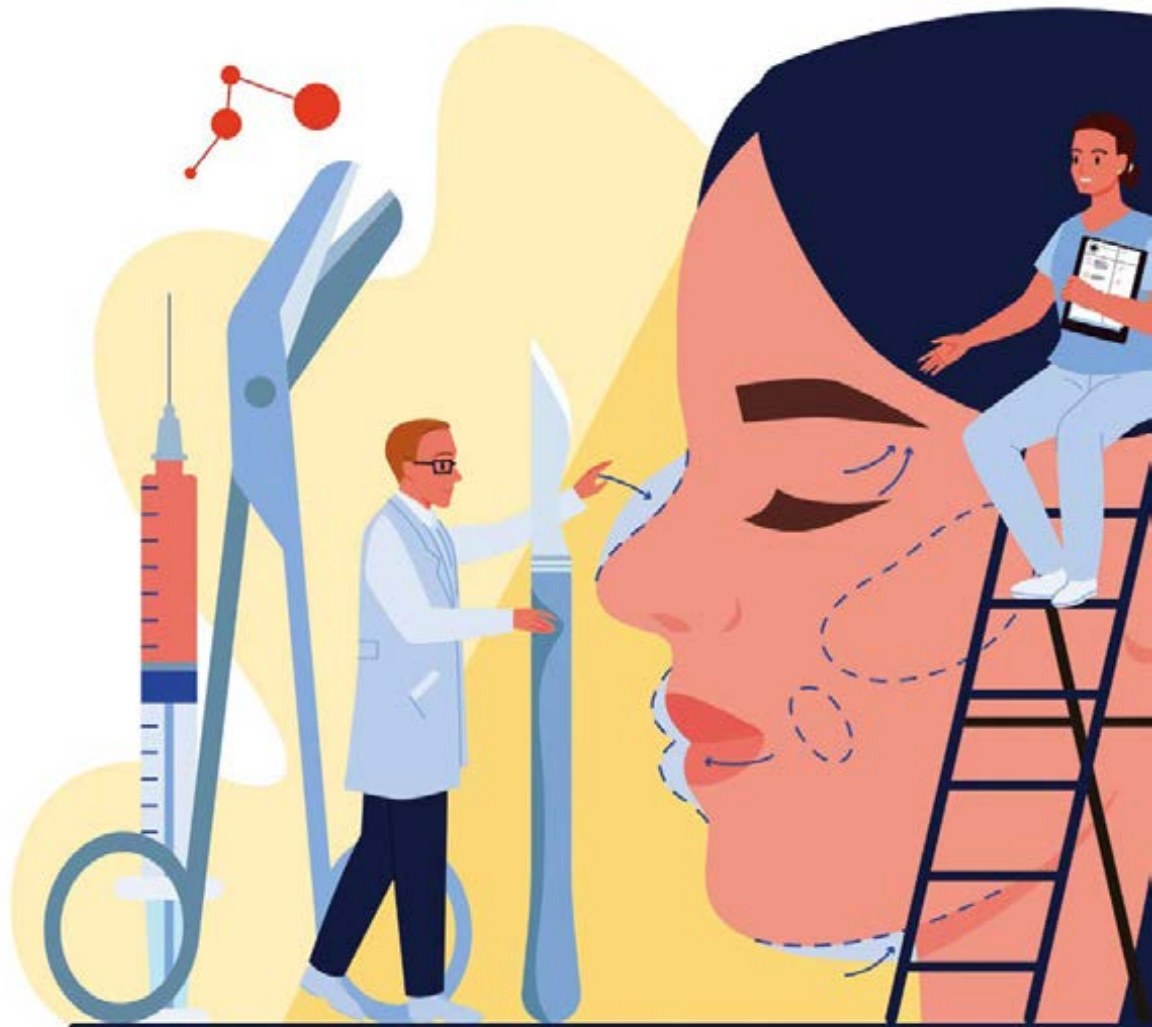
Clean, clear skin will never go out of style. Enter the Aquafacial, a non-invasive facial treatment that combines deep cleansing, exfoliating and oxygenation. Results—ranging from improved texture to reduced fine lines—are said to be immediate, with no downtime.

### B IS FOR BOTOX

Botox—a brand of botulinum toxin, a drug injected into muscles to prevent them from moving for a period of time and is used in treatments that minimise the appearance of wrinkles—rose to prominence in the 1990s. The brand name has become synonymous with the cosmetic treatment in popular culture. Today, aestheticians are continually finding new ways to use it to enhance natural features.

One of the latest trends is baby Botox, which uses smaller doses and micro-injections for more subtle results while lessening the chances of a “stiff face”.

There’s also the Botox lip flip, which differs from lip fillers—it relaxes the muscles in the upper lip to create a fuller, poutier look. The Botox brow lift, meanwhile, creates a lifted, more alert look.



### C IS FOR CHEMICAL PEELS

Chemical peels may sound painful and intimidating, but the first iteration of the treatment dates as far back as to the 19th century, and remains one of the most popular anti-ageing treatments today.

By removing damaged layers of skin, chemical peels help to improve skin texture and tone, lessen the appearance of fine wrinkles, and stimulate collagen and elastin, resulting in a tighter, brighter look.

### D IS FOR DERMAL FILLERS

Dermal fillers are injections used to add volume to sagging skin, resulting in facial features that appear to be more symmetrical. They are also used to plump up lips and cheeks, which can create a more youthful appearance, as well as smooth wrinkles and creases.

The types of fillers used can vary in chemical make-up, longevity and softness. For example, softer fillers are used in the lips, while sturdier fillers produce more visible results in areas like cheekbones.

### E IS FOR EPICANTHOPLASTY

Epicanthoplasty is more widely known as eyelid surgery. This procedure is popular among those with prominent epicanthic folds, which are the folds of skin covering the inner corner of the





eyes. The result is eyes that appear bigger and brighter.

### F IS FOR FAT INJECTIONS

Fat injections use fat taken from the patient's own body—often in areas with stubborn fat, such as the abdomen or buttocks—which is then re-injected in the face to enhance fullness, fill creases or build up shallow contours.

### G IS FOR GLASS SKIN FACIAL

The glass skin facial is named for the coveted, ultra-dewy “glass skin” glow made popular by Korean celebrities.

Using micro-injections made of hyaluronic acid and microtox, the result is a light-reflecting effect, as the hyaluronic acid molecules act like “liquid mirrors” underneath the skin.

### H IS FOR HIFU

The high intensity focused ultrasound facial, or Hifu, uses ultrasound to create heat in the skin cells within the deeper levels of the skin, causing the body to try to

repair them. This results in tighter skin and reduced sagging—and also dramatically improves the appearance of wrinkles.

### I IS FOR IPL

Intense pulsed light therapy (IPL) is a permanent hair removal solution that kills hair follicles over time, resulting in less, or less coarse, hair growth. Great for those who prefer to be hairless but don't want the burden of regular waxing or shaving.

### J IS FOR JAWLINE COUNTOURING

Jawline contouring involves reshaping and defining the jawline to create a more symmetrical,

Asian climates, this treatment can be a godsend.

However, if you have naturally curly hair, speak with your stylist before getting any chemical hair treatment—chemicals can permanently damage certain types of curls.

### L IS FOR LASER FACIAL

Laser facials have become increasingly popular as they effectively target some of the most common skin woes, including discoloration, scarring, dull skin, fine lines and wrinkles.

This rejuvenation process is done by using light and heat to cause controlled damage to the skin's surface, causing the body



sculpted appearance. This can be achieved through a number of different treatments, including ultratherapy, which lifts skin under the chin; Botox, as well as Xeomin, another brand name for botulinum toxin; and fillers, which can help to alter the shape of the jawline.

### K IS FOR KERATIN

This hair treatment is a chemical procedure that uses the protein keratin to fill hair cuticles that are open, resulting in glossier, less frizzy and more manageable strands. Keratin is applied to wet hair and left to sit for about 30 minutes before a flat iron is used to seal in the treatment. Particularly in humid

to react by healing the tissue and stimulating collagen production. Laser treatments aren't a one-time fix, however, as it usually takes between four to six treatments, at two- to four-week intervals, to see results.

### M IS FOR MASSETER BOTOX

Masseter Botox, a procedure that injects botulinum toxin into the muscles, targets the muscles in the jaw in front of the ear, resulting in the appearance of a slimmer face. As a secondary function, it can also improve symptoms of teeth grinding and jaw clenching, which can affect face structure over time.

## **N IS FOR NMN AND NAD<sup>+</sup>**

Nicotinamide mononucleotide (NMN) and nicotinamide adenine dinucleotide (NAD<sup>+</sup>) are the names of molecules present in all living forms; they are often used to refer to supplements that contain them and that purport to suppress age-related weight gain.

## **O IS FOR OXYGEN FACIAL**

An oxygen facial is designed to deliver oxygen to skin cells using a targeted device which is designed to increase circulation, stimulate collagen production and result in improved skin texture and the appearance of a rejuvenated complexion.

## **P IS FOR PONYTAIL FACELIFT**

The ponytail facelift is a surgical procedure that pulls the skin and muscles of the face upward, creating a lifted appearance—similar to the way a tightly tied ponytail would.

These facelifts are known to



be minimally invasive, as many of the scars that can result from the procedure are hidden in the hairline. Laser treatments, like Thermage (see T), can render similar effects with minimal downtime.

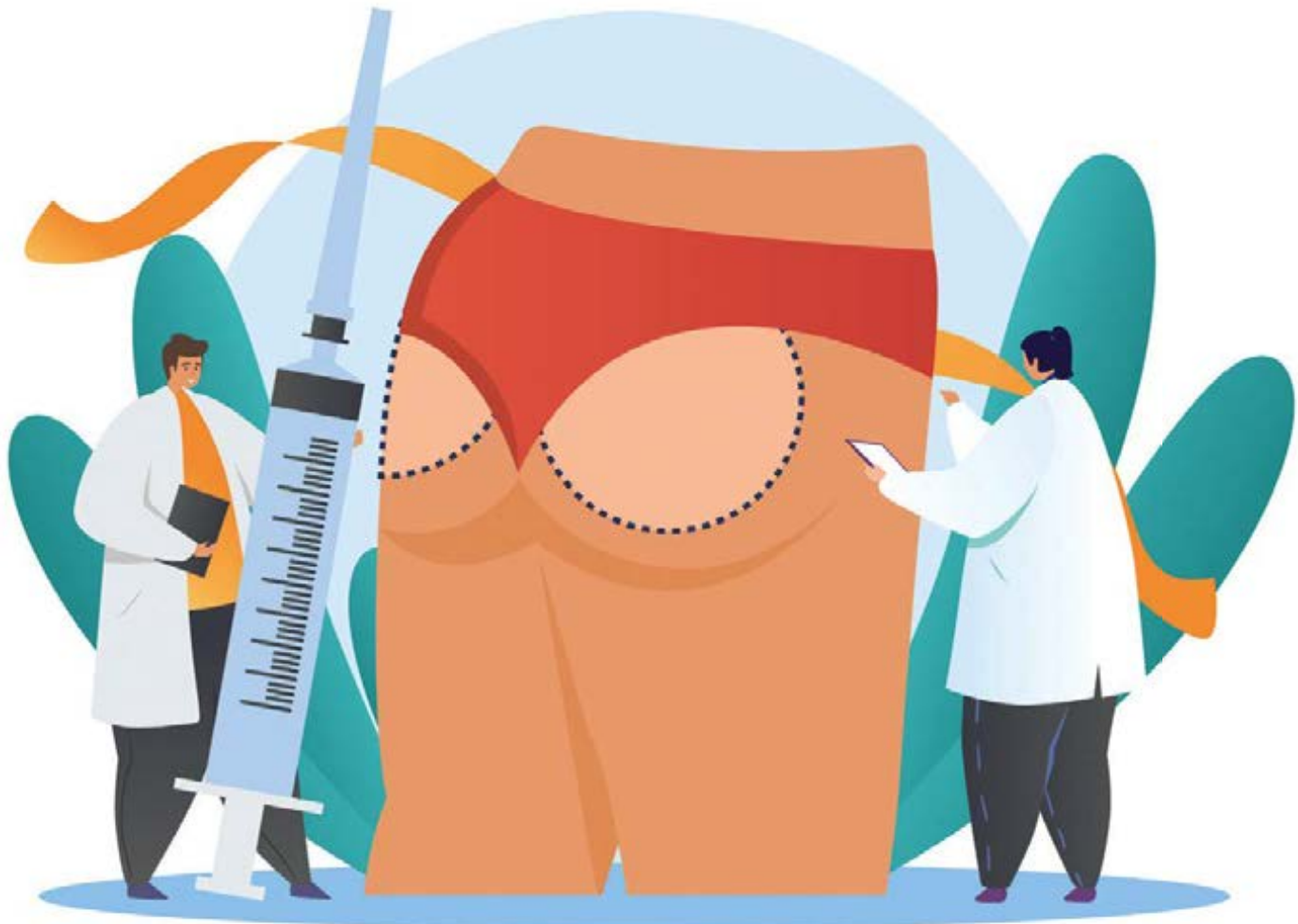
## **Q IS FOR QUICK TREATMENTS**

Quick treatments that can be done over a lunch break include the likes

of Botox (see B) and Thermage (see T), with little to no downtime.

## **R IS FOR RHINOPLASTY**

Rhinoplasty is a surgical procedure to change the shape of the nose—aka the nose job. Over the last decade, multiple studies report rhinoplasty as the facial surgical treatment that results in the highest dissatisfaction



rate, irrespective of the patient's demographic or surgeon's expertise.

### **S IS FOR SCLEROTHERAPY**

Sclerotherapy is a treatment that eliminates the appearance of spider and varicose veins by narrowing the blood vessel wall, either through chemical injections or laser treatments.

The former uses a solution called sclerosant, which damages the internal lining of the vein, causing the blood to clot; the latter heats up the blood in the visible veins to coagulate and pop the blood vessel.



### **T IS FOR THERMAGE**

Thermage is a non-invasive radiofrequency treatment that penetrates the deep, collagen-rich layers of skin by heating them, resulting in a lifted effect as well as stimulating new collagen growth.

### **U IS FOR ULTHERAPY**

Ultherapy is a non-invasive ultrasound device that stimulates the superficial layers of skin. It targets, and can reduce, the fat present on the lower part of the face to create the appearance of a sharper jawline.

### **V IS FOR VENEERS**

Veneers are a porcelain or composite resin covering used to

treat cosmetic dental concerns—including chipped, broken or discoloured teeth.

Consultation and planning are key to ensure that the size and shape of veneers are customised to suit the individual's mouth, not just the teeth. The process is irreversible—the natural tooth's enamel is stripped to ensure bonding. Although a sizable investment—it can cost upwards of USD\$1,200 per tooth—veneers can last up to 20 years.

### **W IS FOR WRINKLE RELAXERS**

Wrinkle relaxers, which are botulinum neurotoxin injectables, relax the surrounding muscle and fill in the wrinkles, creating a smooth appearance. They alter the appearance of dynamic wrinkles that occur due to muscle contractions, such as crow's feet and smile lines, more so than static wrinkles that develop as a result of collagen loss.

### **X IS FOR XEOMIN**

Xeomin is the latest botulinum neurotoxin technology approved by the US Food and Drug Administration. Xeomin is often compared to Botox. While Botox comprises a mixture of proteins, Xeomin is a purified form of the botulinum neurotoxin and prevents

the user from developing drug resistance to the chemical over time.

### **Y IS FOR YOUTHFULNESS**

Youthfulness is the result many people still seek through cosmetic treatments; however, rather than attaining unrealistic results, the sentiment has shifted towards maintenance and enhancement of an individual's features.

According to a 2023 survey conducted by American Society for Dermatologic Surgery, 70 per cent of consumers consider cosmetic surgeries because they want to “feel more confident” and “look as young as I feel or better for my age”.

### **Z IS FOR GEN Z**

Gen Z is influencing trends in the cosmetics industry with the generation's greater awareness of beauty, thanks to social media culture and online discourse about getting treatments done.

Make-up trends such as “clean girl beauty” and “siren eyes” have also played a part in the popularity of non-invasive treatments.

In 2022, a survey published by the American Academy of Facial Plastic and Reconstructive Surgery found that 75 per cent of surgeons surveyed in the US reported a rise in the number of people under 30 seeking cosmetic procedures. ┘



# Vitality Within

Allow your inner health shine through and enhance your outer radiance with Swisse's diverse selection of natural beauty supplements



**A**midst the whirlwind of non-stop to-dos and life's unrelenting pace, the pursuit of beauty and health can often feel like an impossible balancing act as we find ourselves caught in a constant tug-of-war between self-care and daily demands. With the barrage of beauty wonders and endless health hacks promising miracles, it's only natural for many to believe that achieving both requires herculean efforts and exhaustive regimens.

But here's the secret: beauty and health are not distant goals but rather two sides of the same coin, with one naturally fostering the other, and cultivating both can be much simpler than you might think.

Enter Swisse, Australia's top multivitamin brand, offering a comprehensive range of natural wellness supplements to support all your beauty and health needs with a science-backed, holistic approach to self-care. With over 50 years of expertise, Swisse's diverse

assortment of beauty supplements is specially crafted to foster vitality from the inside out, whether you're looking to nourish skin radiance, enhance hair health, or nurture overall well-being from within. With a commitment to quality and efficacy, each product is crafted with the finest natural ingredients sourced from all around the world using cutting-edge scientific research to create effective formulations that deliver clinically proven results.

For one, the latest addition to their beauty lineup is the Swisse Ultiboost Horsetail + Biotin Complex, specially formulated to support healthy hair growth. At the heart of this product is horsetail extract, a medicinal herb that is packed with a high silica content along with a range of other minerals and antioxidants that promote better circulation to the scalp, ensuring that the hair follicles receive the nutrients they need to achieve luscious, more resilient, and voluminous tresses with a silky shine.

Meanwhile, biotin, also known as vitamin B7, is well-known for its ability to promote hair growth, prevent hair loss, and improve the

overall health of hair, skin, and nails by boosting keratin production. Zinc further enhances its efficacy in supporting scalp health by regulating the production of sebum to prevent dryness or excessive oiliness, whilst the antioxidant properties of vitamin C and selenium helps protect the hair from oxidative stress that can lead to hair loss.

For those focused on skincare, the Swisse Ultiboost Collagen Complex works wonders to improve skin elasticity and reduce the appearance of fine lines and wrinkles. Formulated with hydrolysed collagen peptides, vitamin C, vitamin E, grape seed extract, co-enzyme Q10, and copper,

the Collagen Complex helps restore the skin's youthful appearance by supporting the body's natural collagen production, as well as protect the skin from oxidative stress caused by free radicals to prevent signs of ageing.

Alternatively, the Swisse Ultiboost Collagen Plus boasts an advanced formulation with additional ingredients that target not only collagen synthesis but also skin hydration and radiance. With the inclusion of hyaluronic acid, the Collagen Plus helps replenish the skin's moisture levels, giving it a plump, hydrated appearance whilst also reducing the depth of wrinkles.


The Swisse Ultiboost Biotin + Vitamin C Complex, on the other hand, offers comprehensive support for healthy hair, skin, nails. Its formula includes biotin, vitamin C, and zinc, further enriched with the skin-rejuvenating properties of iron, as well as the anti-inflammatory and antioxidant properties of milk thistle.

For an extra dose of nourishment, the Swisse Ultiboost Grape Seed Extract Plus is packed with antioxidant-rich ingredients like grape seed extract, vitamin E, nicotinamide, and vitamin C to maintain healthy, flawless skin. Grape seed extract works alongside vitamin E to strengthen the body's natural defence system against free radical damage, whilst nicotinamide helps to reduce skin inflammation and hyperpigmentation.

*Swisse's beauty supplements are available at your local chain and independent pharmacies, as well as online on Swisse's website, Shopee, Lazada and Tik Tok shop*

Swisse offers a comprehensive range of halal beauty supplements





# Boldly Manscaping

Discover the entrepreneurial journey of Jared Chuah, co-founder of Nateskin, and how this Malaysian brand is breaking taboos around men's grooming, particularly below the belt

*By Sim Wie Boon*

*Photography by Daniel Adams*



**M**ale grooming has become a familiar part of the modern man's routine. While shaving facial hair is a common morning ritual, the topic of manscaping, particularly grooming below the belt, is often contemplated but seldom openly discussed.

Over the years, various brands have emerged to challenge the taboo around men's grooming. Among them is the notable US brand Manscaped. In Malaysia, however, a local brand, Nateskin, founded by Rebecca and Jared Chuah in 2021, endeavours to address this subject locally.

The company finds its origin in a serendipitous encounter with an eyebrow-raising ad in Australia while Chuah was studying there. "I saw this very eye-catching ad for a men's laser removal service in Australia, and the ad said, 'Make your PP bigger with this PP laser,' I thought it was hilarious. I had it in my mind throughout my trip. And that's when I thought that I wanted to do something to remove unwanted hair. That's how the idea of Nateskin came to be," recalls Chuah.

## THE JOURNEY BEGINS

Chuah and fellow co-founder Rebecca faced the challenge of identifying a market gap and designing a product that addressed it. The duo sourced top manufacturers in Asia, prioritising safety and affordability. Months of rigorous testing led to the birth of Nateskin 1.0, a device offering a clean shave without the drawbacks of traditional methods.

But launching in a conservative market like Malaysia, Nateskin faced initial scepticism. The taboo

# “Society expects us to be masculine men and that you need to look a certain way. But that’s not what we stand for here”

surrounding personal grooming below the belt required Jared and Rebecca to be physically present at booths, dispelling myths and initiating conversations, eventually Nateskin’s unique approach blending humour and quirkiness caught on.

“Initially, many of our customers and focus groups asked, ‘Actually, down there can shave meh?’, and even if they know that you can do it, they’re very shy. So our initial approach was to tackle the subject head-on, but due to reception, and based on what we gathered, we tweaked our branding to include a lot of humour,” Chuah says.

He adds that humour and promoting inclusivity help resonate with more conservative customers: “Society expects us to be masculine men and that you need to look a certain way. You need to have big muscles, a chiselled jawline, and a defined six pack. But that’s not what we stand for here. Personal grooming is not just for the models, celebrities, and very good-looking people; average men also need to take care of themselves too.”

Since launching in 2021, Nateskin has witnessed a shift in societal norms, with parents now approaching booths to purchase products for their children. Jared reflects on the changing landscape, emphasising that personal grooming is becoming less taboo, fostering an environment where men can openly discuss their grooming needs.

## A BUMPY RIDE

Though Nateskin’s journey wasn’t without challenges, launching amidst the COVID-19 pandemic, initial success was followed by a decline in sales. “Initially, we got a lot of sales and profit, and I thought I hit the jackpot. So immediately I quit my Australian day job to go all in, but in hindsight, that was a very rash decision because right after, as we head into a new year, our sales started to dwindle,” recalls Chuah.

He discusses how he and Rebecca were faced with two options: “Option A was to stay in Australia, give up Nateskin, and return to our corporate jobs, or Option B was to migrate back to Malaysia, live with our parents to cut expenses and put whatever our savings





**From left:** Jared Chuah, co founder of Nateskin; the Nateskin Bush Trimmer 2.0

were left to give Nateskin one last go. We decided on Option B. Despite being Australian PRs, we moved back home to our childhood bedrooms and doubled down on Nateskin.” The decision took some time, but eventually, after working long hours and opening booths in various bazaars, Nateskin could slowly reinvest in online advertising again, and sales returned to a healthy number.

Nateskin’s product line has evolved significantly over the past year. The brand’s launch of its nose hair trimmer was a surprising hit. “Customers didn’t realise they needed this until we introduced it,” Chuah notes. “It quickly became one of our best sellers.”

While aftercare products remain on the roadmap, Nateskin responded to customer demand by introducing bamboo boxers and an antibacterial body scrubber. Chuah calls the bamboo boxers “the most comfortable I’ve ever worn,” while the body scrubber has “replaced traditional loofahs and is now one of our hottest products in 2024.”

Today, the brand is thriving in Singapore, where

customers have embraced its humour and quality-focused offerings. “Singapore has been highly receptive,” Chuah shares. “We consistently hit six figures in sales, and our presence is growing every day.”

However, not all expansions have been smooth sailing. Chuah candidly admits that launching in Indonesia presented unexpected challenges. “We underestimated how hard it would be to break into a new market,” he says. “We’ve been focused on scaling Singapore, and while Indonesia is still on our radar, we don’t want to rush it. When we do launch, it will be on a full scale, tailored to the local market and culture.”

Looking ahead, the brand is gearing up to release upgraded versions of its core grooming tools, including the Face Shaver 2.0 and Bush Trimmer 3.0, both designed to improve technology and enhance the customer experience. As Chuah to 2025, he is focused on expanding its retail presence in Malaysia and Singapore while also developing innovative new products, including a skull shaver and tools for men with thicker beards.

# Mane Attraction

Dr Chang Chee Seong of Kaiteki Clinic shares his expert insights on hair loss, from the most common causes to cutting-edge solutions and what to expect on the journey of hair recovery *By Nadja Saraya*



**H**air is deeply tied to our sense of identity, so for many, the first signs of thinning or hair loss can feel like losing a part of themselves. It can happen gradually or suddenly, from noticing a few extra strands on your pillow to discovering a bald spot. Depending on the cause, hair loss may be temporary or permanent. A global study found that around 85 per cent of men and

33 per cent of women experience hair loss in their lifetime.

Dr Chang Chee Seong, co-founder of Kaiteki Group of Clinics, specialises in hair restoration and understands the devastating impact hair loss can have on self-esteem. For both men and women, the leading cause is androgenetic alopecia (AGA), or genetic hair loss. “This accounts for about half of all hair loss cases,” says Chang, adding that while

you can’t change your genes, early treatment can slow or minimise its progression.

Women often face the added challenge of hormonal changes, especially after pregnancy, which can trigger noticeable shedding. While it may seem permanent, Chang reassures that it usually subsides once hormone levels begin to stabilise.

Everyday decisions, like what you eat and how you deal with stress, can

also have a significant impact. Stress is one of the most underestimated contributors to hair loss, causing a temporary condition called telogen effluvium. Hair sheds more rapidly than usual and grows back at a slower rate. “Fortunately, this type of hair loss often resolves on its own, within three to six months, once stress levels decrease,” Chang notes.

Diet is equally important. “Nutrients like iron, zinc, biotin, and vitamins A, B (including folic acid), D, and E are essential for strong, healthy hair,” says Chang. Deficiencies can lead to thinning, hair loss and slower regrowth. While vitamin supplements can improve hair quality, Chang warns that active hair loss usually requires additional treatments. He advises against high-sugar diets, which can trigger inflammation and negatively affect hair health.

To promote healthier hair, Chang recommends getting adequate rest. “Sleep and relaxation help manage stress and allow the body to repair itself, which includes improving hair health.” He also advises against smoking, which reduces circulation and nutrient absorption, harming hair quality. “Men who frequently wear hats should be aware that prolonged use can affect scalp health over time,” Chang says. Women should also avoid tight hairstyles, as repeated tension can cause breakage and hair loss.

To diagnose hair loss, it’s essential to consider when it started, how long it’s been ongoing, its pattern and family history. “Sudden hair loss is usually caused by something other than AGA. Gradual hair loss with a family history often points to AGA,” Chang explains. He also stresses checking for other underlying medical issues, particularly if the hair loss is sudden.

Temporary hair loss, while distressing, often needs nothing more than a bit of time to resolve. “In these cases, we focus on addressing the underlying cause, whether it’s a health condition or a nutrient deficiency, and

may suggest supplements or topical treatments to help the process along,” Chang explains. On the flip side, permanent hair loss requires more aggressive action, like hair transplants or medication.

Minoxidil and finasteride are commonly used to treat AGA. These can be applied topically or taken orally, depending on the patient’s preference and severity of the hair loss. Non-surgical treatments like intradermal minoxidil or dutasteride injections are also popular. “Other options include hair fillers, exosomes, scalp RF microneedling and light therapy,” Chang adds.

For those seeking a more permanent hair loss solution to boost their confidence, hair transplant surgery is a viable option. The procedure involves moving hair from one area to fill in bald or thinning spots. Recovery is usually quick, with most patients resuming their routine within a week. “However, even after surgery, ongoing maintenance treatments are crucial for long-term success,” Chang advises.

The field of hair restoration is evolving, with stem cell therapy emerging as a promising development. Stem cells can transform into different types of

cells, including hair follicle cells. “Researchers are exploring how to use stem cells to help regrow hair by repairing or reactivating hair follicles that have stopped growing hair. This could be a natural, long-lasting solution to hair loss, potentially reversing thinning or bald areas,” Chang explains. In the future, such treatments may potentially help patients to regrow their own natural hair from their own stem cells, opening the door to a more effective and personalised treatment plan.

Other promising therapies include low-level laser therapy (LLLT), which uses light to stimulate follicle activity, and exosome therapy, which uses tiny particles to stimulate hair growth. These advancements offer hope for less invasive, more natural, and longer-lasting solutions to hair loss.

As Chang says, the key to successful treatment is consistency. Whether you’re taking supplements, using topical treatments, or recovering from a hair transplant, the commitment to maintaining good hair health is crucial. And as science continues to unlock new ways to help us hold on to—or even regrow—our hair, the future looks promising for anyone looking to restore their hair’s natural vitality. ┘

“Sleep and relaxation help manage stress and allow the body to repair itself, which includes improving hair health”



Bakuchiol and retinol are both called the ‘secret to long-lasting youth’, but what’s the difference? In this article, we explain the hype, resemblance and dissimilarities of two of the most coveted ingredients in the skincare industry today *By Jove Moya*

There is no shame in having undereye bags, jowls, and crow’s feet, but if you prefer a youthful appearance, there are products that can instantly transform and rejuvenate your face. Among the most sought-after formulas are bakuchiol and retinol, which experts trust when it comes to fighting and decreasing the signs of ageing.

While both promise instant lift and protection against harmful free radicals, each has a different mode of action and set of benefits. Bakuchiol, for instance, is a gentler alternative to retinol. On the other hand, retinol is a derivative of Vitamin A that aids in collagen production and skin renewal.

In this article, *Tatler* delves deeper into the use of both substances and their similarities and differences.

## RETINOIDS EXPLAINED

Simply put, retinoids are a class of chemical compounds derived from Vitamin A, the first vitamin approved by the United States Food and Drug Administration as an anti-wrinkle agent. The term “retinoid” refers to Vitamin A’s synthetic and natural analogues. This substance can directly initiate the transcription of relevant genes or potent dermatological agents used to treat acne, psoriasis and other skin conditions.

### Types of retinoids:

**Tretinoin, Isotretinoin:** These are the first-generation active prescription strength retinoids. Doctors typically prescribe them for treatment of acne, anti-ageing, and other skin concerns like keratosis pilaris (small bumps on upper

arms, legs, and buttocks) and hyperpigmentation.

**Retinaldehyde:** This is the result of an oxidised form of retinol. This substance is ten times more powerful than retinol and is used with limitations.

**Retinol:** Retinol is considered a milder form of retinoid than other derivatives. This formula needs retinaldehyde to convert to retinoic acid. Experts typically prescribe this to those who seek anti-ageing benefits and not active acne.

**Retinyl Esters:** These are milder forms of retinoids as they require another molecule to be attached for effects. These are prescribed to people with sensitive skin.

**Tazarotene:** This formula does not combat ageing unless used as an additional topical product for specific concerns such as photodamage and age spots.

**Adapalene:** This third-generation retinoid is used for healing acne. It is also used against photo-ageing and age spots.

### POSSIBLE SIDE EFFECTS

There are some factors to consider before applying retinol to your skin. Among these cases is 'Skin Purging,' which describes the pimple breakout that occurs before retinol works on your face. When retinol penetrates through the second layer of the skin (dermis), it neutralises free radicals, which are the culprit behind oxidative damage to the skin.

Some studies suggest that breakouts happen for first-time users of retinol because it pushes oil and skin debris to the surface.

Besides purging, other initial damage caused by retinol may include dryness and peeling, redness and irritation, sunlight sensitivity, stinging and skin discoloration.

### BAKUCHIOL EXPLAINED

Bakuchiol is a natural alternative to retinol. Found in *Psoralea corylifolia* (Babchi plant) and used in Ayurvedic medicine, this formula has no structural and molecular similarity to retinol.

While this is the case, its functions are similar to those of retinol. Studies prove that it has the ability to generate new collagen, decrease the appearance of fine lines and wrinkles, lessen dark spots and turn skin from sagging to firm.

### CAN YOU USE THEM TOGETHER?

Research suggests that it is safe to use retinol and bakuchiol together. It was found that bakuchiol has

potent calming and stabilising properties that help retinol work better. It also helps the skin tolerate the latter.

Studies also reveal that bakuchiol lets retinol work longer before breaking down after air and light exposure. People who use products

infused with bakuchiol and retinol are likely to see better results as it is difficult to stabilise Vitamin A.

People with very sensitive skin will also benefit from bakuchiol as its soothing effects help them tolerate retinol (which initially causes breakouts).



**Clockwise, from top left:** using retinol can cause 'Skin Purging'; Bakuchiol and retinol are popular in decreasing signs of ageing; research suggests that it is safe to use both together. **Opposite page:** Retinol is a mild form of retinoid; bakuchiol is an extract from the seeds of *Psoralea corylifolia*

# Start-up Baby

How did a twenty-something Malaysian graduate start a skincare company that's now among the top premium family skincare brands in the US and China? Kimberley Ho of Evereden shares her journey *By Tania Jayatilaka*

When Kimberley Ho says she is invested in skincare, she's not kidding around.

Years ago, as a 27-year-old Goldman Sachs investment banking analyst, she took a chance on a business idea that she believed in and left Wall Street to launch a family-centric skincare brand called Evereden in 2018. The goal was to create plant-based but effective skincare products that could benefit not just children but users of all ages, from infants and breakout-prone teens to nursing mothers and men who favour fuss-free skincare. The problem was that neither she nor her co-founder and husband, Hui Huang Lee, were doctors. "We both came from a finance background, and neither of us had any know-how in dermatology, eczema, children's skin issues, and so on," says Ho, who is based in New York. "We were lucky to bring on Stanford Medical School's head of paediatrics dermatology, Dr Joyce Teng, as our chief scientific officer. What she brings to the table is decades of her skincare research on children's eczema. She's really the brains behind each of our formulations, and she approves every single ingredient that goes



into our products."

From breakouts and eczema, Ho herself experienced sensitive skin issues when using certain brands in her younger days. After years as a skincare entrepreneur, she realised that many 'clean' family skincare brands on the market still use natural ingredients that are technically safe but still cause irritation to certain users.

"It took me starting a skincare business with dermatologists and doctors to understand what ingredients to avoid," laughs the Malaysian-born Stanford grad who was featured on the Forbes 30 under 30 US list in 2019.

"One of our taglines at Evereden is 'Safe is great, but not good enough'. The US bans 11 skincare ingredients, but the EU bans around 1,328. At Evereden, we work together with our Moms in Medicine panel of medical experts to come up with a list of 2,000 ingredients that we ban from all our products—things like fragrances, preservatives and dyes that aren't great for sensitive skin sufferers."

Around the time that Ho left her banking career to found Evereden, she realised that friends back home in Asia kept asking her to bring back organic baby skincare products from the US, given her

work as a former investor in the personal care space. While she wasn't a dermatologist, her finance background did make her a stickler for details, and she made it a point to learn and familiarise herself with the manufacturing processes, formulas and ingredients of many baby and family skincare brands. Realising an untapped demand for family skincare that was both plant-based and science-backed, she assembled the team that now leads Evereden. Since its founding, the brand has successfully raised nearly RM500 million in funding to date and is available in 20 countries, making it the no. 1 premium family skincare brand in the US and China, two of the largest and most difficult markets to penetrate.

"For the past five or six years, my husband and I have worked around the clock," Ho says. "As a 22-year-old kid fresh out of university, I was working 100 hour work weeks nonstop. Of all the banks you could work for, Goldman Sachs was notorious for its intense work culture. I would be awoken at midnight with a phone call from my boss saying that the margins in my PowerPoint document were off by

two centimetres. Things like that would warrant a midnight phone call to get up, fix it and email it back. But in a way, that sort of work ethic was invaluable for me as a young person starting out. It made us want to be the best and taught us about never taking no for an answer,” Ho adds.

She mentions that building a brand in two very different markets like China and the US was an enormous challenge when Evereden started out, but one that was worth tackling for the success that the young brand enjoys today. In the early stages of starting her own business, Ho was cautioned to play it safe by well-meaning onlookers. She was told to build the brand in one



market first and only think about expanding it internationally after five years. Others opined that her lack of experience in building a business would stymie her chances. She was also advised to get a job at a major beauty company like L’Oreal or Estee Lauder to learn about the business first.

With a self-effacing grin, Ho admits that she’s never been good at

taking instructions. “As an entrepreneur, I think often you have to go against the grain,” she remarks. “Perhaps I benefited from both of my parents being entrepreneurs as well. My mum was 27 years old when she was pregnant with me, and she started her own business. I think that entrepreneurial DNA has always been in me.”

Describing herself as a ‘start-up baby’, Ho was determined to make it work, despite many sleepless nights of waking up suddenly with nausea from the anxiety of forgetting something. “There are so many other ways to earn a living, but I think starting a business is something that takes a lot of heart and guts,” says Ho, having sealed a partnership with Sephora to carry Evereden products exclusively in Southeast Asia, including her homeland of Malaysia in 2024. “I’m just excited for my mum to be able to go into a store and buy a product and show her friends, maybe that’s the real reason I did all of this,” she laughs. “Also, so many

of my childhood friends are now parents, and so for them to also be able to pop into a Sephora and buy an Evereden product for their families, it just warms my heart,” she adds.

A big-picture thinker from the start, Ho’s ambition is for Evereden to become this generation’s Johnson & Johnson, establishing itself as the world’s number one family skincare brand. “If you ask any entrepreneur, starting a business is not a get-rich-quick scheme by far. It’s a labour of love. When I first started at 27 years old, I didn’t know anything. And when you’ve never done anything before, everything gives you anxiety. Today, I can tell you exactly how we chose the pumps in all these products and how many colours we went through just to get this exact Pantone shade. It is truly such a labour of love, and for my friends and family back home in Malaysia to be able to touch and experience that labour of love for the past six years is something I’m so proud of.

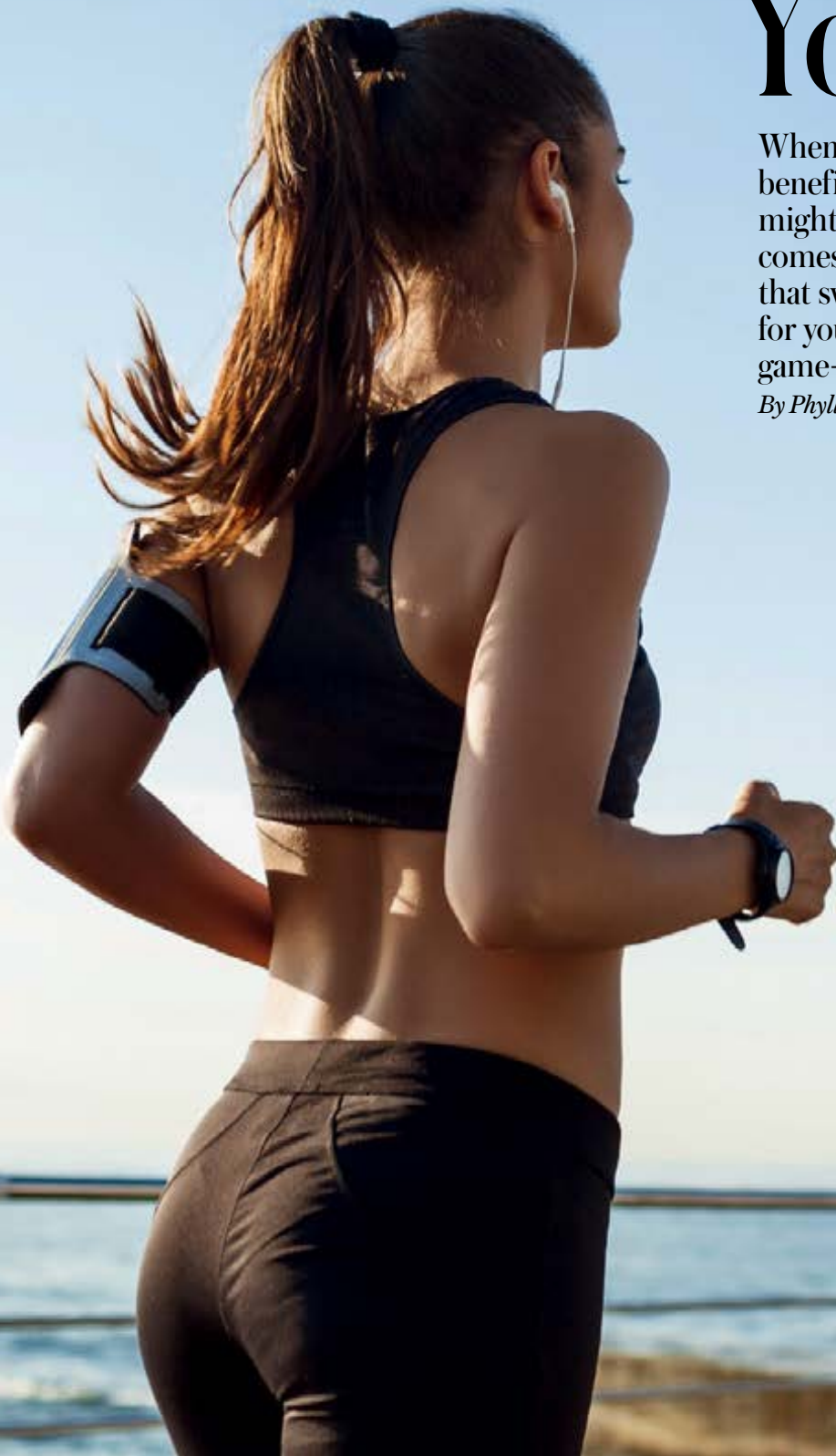
**From top:** Ho recommends Evereden Tri-Water Baby Soothing Lotion to combat humid weather; Evereden Baby Moisturising Lotion is a bestseller for the brand. **Opposite page:** Kimberley Ho is the founder and CEO of Evereden



# How Working Out Transforms Your Skin

When we think about the benefits of exercise, glowing skin might not be the first thing that comes to mind. That said, getting that sweat going is not only great for your body but also an absolute game-changer for your skin

*By Phyll Wu*



**From top:** A good night's sleep helps improve skin health; sweating is the body's natural way of detoxification

If you're looking for a reason to skip the Netflix binge and hit the gym, here's one that might just make you jump off the couch and get moving: working out is the ultimate spa treatment, and the best part is that you can do it for free!

You've most likely heard about post-workout glow, but looking radiant isn't the only skincare benefit of staying active. In fact, that's just the tip of the iceberg because the list of beauty perks that come with regular exercise is practically endless. From unclogging pores and boosting collagen to reducing stress and enhancing your skin's repair mechanisms, there's a treasure trove of beauty rewards waiting to be claimed.

Let's dive into how your next sweat session is your ticket to a natural beauty boost that will have you glowing from the inside out.

### **PROMOTES NATURAL DETOXIFICATION**

Think of sweat as your skin's personal detox potion. Whilst it might not come in a fancy bottle, it's incredibly effective at flushing out impurities and clearing out your pores. Just make sure to wash your face after your workout to avoid any sweat-induced clogging.

### **STIMULATES COLLAGEN PRODUCTION**

Regular exercise is a fantastic way to stimulate collagen production. Collagen is the protein that keeps your skin looking plump and elastic, but its production slows down as we age. Physical activity helps boost collagen levels, leading to improved skin firmness and a reduction in the appearance of fine lines and wrinkles. Each workout session is like a mini anti-ageing treatment, helping your skin stay youthful and resilient.

### **ACCELERATES SKIN REPAIR AND HEALING**

Your skin has a natural ability to repair itself, but exercise can supercharge this process. Increased blood flow from physical activity accelerates the delivery of essential nutrients to your skin, enhancing its repair mechanisms. This means your skin can bounce back more quickly from damage, environmental stressors, and other issues.

### **REDUCES STRESS FOR A BALANCED COMPLEXION**

We all know that stress can wreak havoc on our skin, leading to breakouts, dullness, premature ageing—the list goes on. Luckily, exercise is a powerful stress-buster. Physical activity releases endorphins, the body's natural mood enhancers, which can help lower stress levels. A regular fitness routine can keep stress-related skin issues at bay, leading to a clearer, more balanced complexion.

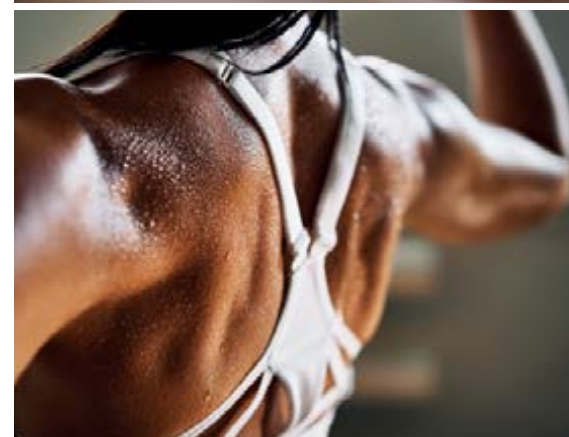
### **BOOSTS BLOOD CIRCULATION**

One of the most immediate effects of a good workout is improved blood circulation. As you exercise, your heart pumps more blood throughout your body, including your skin. This increased blood flow helps deliver essential nutrients and oxygen to skin cells, promoting a healthy, radiant complexion. Enhanced circulation also aids in the removal of toxins, leaving your skin looking fresher and more vibrant.

### **ENHANCES SLEEP QUALITY**

Getting enough quality sleep is essential for skin health, and working out can help you sleep like a beauty queen. Regular physical activity can help you fall asleep faster and enjoy deeper, more

restorative sleep, which means better rest and more time for your skin to repair and rejuvenate all night long.



### **MAINTAINS ELASTICITY AND FIRMNESS**

Similarly, regular exercise is crucial for maintaining muscle tone and skin elasticity. Activities like strength training help build and maintain muscle mass, which in turn supports the skin and prevents sagging. The more toned your muscles, the firmer and more lifted your skin appears, contributing to a youthful, sculpted look.

So, lace up your sneakers, hit the gym, and let your skin reap the rewards of your active lifestyle. Your skin and future self will thank you!



# All's Well, Be Well

Emergence a better version of yourself with these latest transformative wellness offerings *By Lim Hong Meng*

Wellness retreats are nothing new, but they certainly have come a long way—evolving from simple spa getaways into comprehensive experiences that include multigenerational wellness getaways and bespoke programmes that take on a holistic approach to wellness. From ancient healing practices to cutting-edge medical treatments, wellness sanctuaries today offer a diverse range of healing systems and experiences to nurture, rejuvenate and transform the mind, body and spirit. We uncover some of the world's latest wellness retreats, each offering unique experiences that cater to the diverse needs of the industry's evolving tastemakers.

## SANCTUARY CHOBE CHILWERO

### Botswana

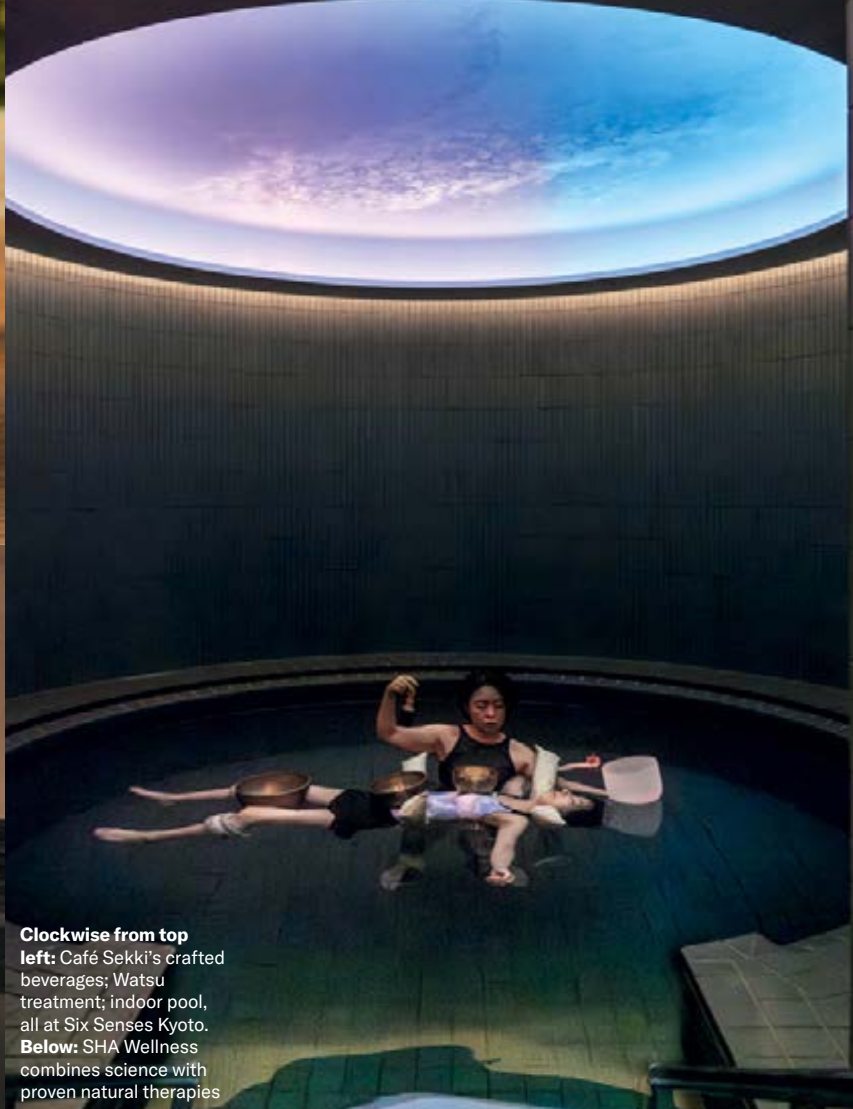
A family-friendly sanctuary nestled on the edge of the Chobe National Park, Chobe Chilwero offers a blend

of sightseeing activities and wellness treatments steeped in traditional African healing practices. Its full-service spa utilises locally and ethically sourced organic, chemical-free ingredients and ancient African techniques. Featuring 15 luxurious

suites including three family suites and a pool suite, guests are ensured a comfortable stay. Sightseeing activities range from game drives, cruises, and kids' safaris to tours of Victoria Falls. [sanctuaryretreats.com](http://sanctuaryretreats.com)



**From top:** A variety of enriching experiences can be had at Sanctuary Chobe Chilwero



**Clockwise from top left:** Café Sekki's crafted beverages; Watsu treatment; indoor pool, all at Six Senses Kyoto. **Below:** SHA Wellness combines science with proven natural therapies

## SIX SENSES KYOTO

### Japan

Six Senses Kyoto offers a tranquil retreat amid gardens and historic temples in the Higashiyama district for those seeking peace, spiritual renewal, and the activation of their inner zen. Integrating traditional healing methods with modern science, it offers personalised treatments and programmes recommended based on a wellness screening. Highlights include its Kyoto-exclusive Ah-un treatment for inner peace and balance, Watsu, an aquatic bodywork treatment in the city's only dedicated pool, and the Biohack Recovery Lounge, featuring state-of-the-art recovery devices like compression therapy. Guests are treated to sustainably sourced, seasonal dishes at its all-day dining restaurant, Sekki, and may engage in cultural activities such as dashi-crafting, Japanese ritualistic cleaning and meditation,



zen garden exploration, Japanese calligraphy, and the art of traditional wrapping with Furoshiki to complement their wellness journey. [sixsenses.com](http://sixsenses.com)

## SHA WELLNESS CLINIC

### Mexico

The SHA method takes an integrative approach to wellness, combining the latest advances in

scientific medicine with proven natural therapies. This method is designed to enhance the body's immune system, regulatory functions, and self-healing abilities, promoting optimal and lasting health. A key component is a focus on healthy, balanced nutrition inspired by ancient health principles. Guests are treated to meals that are not only nutritious and balanced but also energising,



**Clockwise from top left:** Soneva Secret 2024's private escape by the sea; enjoy the beauty of nature at The Ranch Hudson Valley; morning yoga at Buahan, A Banyan Tree Escape; Aman Suite at Aman New York; outdoor pool at Lanserhof Sylt

with an emphasis on local, organic, and seasonal foods. Their wellness programmes are tailored to help guests achieve various wellness goals, including stress management, weight loss, detoxification, enhanced performance, and slow cellular ageing.  
*shawellness.com*

## SONEVA SECRET 2024

### Maldives

Located in the remote Makunudhoo Atoll, Soneva Secret 2024 is a secluded and private escape by the sea. Each stay is meticulously personalised, allowing guests to craft their wellness goals with the guidance of resident experts, wellness specialists, and healers. The spa services at Soneva Secret blend centuries-old healing traditions with the latest scientific advancements, available both in tranquil spa treatment rooms and in the privacy of guest villas. Beyond the spa, guests can indulge in private in-villa, sea, or seaside activities and water sports, such as picnics on castaway shores, sunset dolphin cruises, guided snorkelling with an experienced marine biologist, and stargazing the Milky Way with the resident astronomer. The exclusive Secret Day experience, where a personalised

secret itinerary is curated based on guest preferences, adds a touch of mystery and adventure.  
*soneva.com*

## THE RANCH HUDSON VALLEY USA

Set in the beautiful Hudson Valley, less than an hour's drive from New York, The Ranch Hudson Valley is great for those seeking to elevate themselves through a combination of results-oriented structured fitness programmes, balanced plant-based nutrition and human connection. Its signature programme features hiking, strength training, restorative yoga, massage, and a coveted nap time. Seasonal activities such as kayaking, stand-up paddle-boarding, snowshoeing and sledging are also available. The Ranch meals are designed to nourish the body, mind and spirit. Guests get to enjoy plant-based renditions of classic comfort foods and fine dining-inspired meals crafted using seasonal organic ingredients in a communal setting. This provides not only balanced nutrients and enhanced overall detoxification but also fosters conversation and human connection.  
*theranchlife.com*

## LANSERHOF SYLT

### Germany

The synergy of advanced diagnostics, personalised medical care, and natural therapies at Lanserhof Sylt offers guests holistic programmes to promote longevity and long-term well-being, focusing on detoxification, nutritional re-education, and enhancing the body's self-healing abilities. Comprehensive medical examinations are carried out to tailor individualised treatment plans that address guests' unique needs, integrated with physical





activity, mental relaxation, and preventative care for a balanced and holistic approach to health. The latest among their offerings is the Kagami Golf Retreat, which combines golf with personalised wellness treatments. Based on Sabana Crowcroft's Kagami learning method, the retreat helps guests uncover and overcome personal obstacles to health, joy and success.  
*lanserhof.com*

### **BUAHAN, A BANYAN TREE ESCAPE**

**Indonesia**  
An adults-only wellness sanctuary

in the heart of Bali's lush jungle, Buah, A Banyan Tree Escape, offers a transformative wellness experience designed around eight key pillars: connection, growth, groundedness, nourishment, rest, movement, practice and mindfulness. Inspired by Bali's local healing techniques through collaborations with local healers and experts, it harnesses the island's riches and wisdom that form the backbone of its signature experiences. Guests can indulge in a curated menu

of well-being activities, from rejuvenating spa treatments to mindful meditation sessions, all designed to revitalise the soul and awaken the senses. Embrace the thrill of adventure with trekking and cycling tours, or immerse yourself in local culture with traditional Balinese blessings and cooking classes. The innovative no-walls, no-doors concept fosters an intimate connection with nature, allowing guests to fully immerse themselves in the serene beauty of their surroundings.  
*escape.banyantree.com*



### **AMAN NEW YORK**

**USA**  
Spanning three floors, Aman New York offers a holistic wellness experience with a range of personalised programmes, including tailored fitness sessions, therapeutic spa treatments, and mindfulness practices. Guests can enjoy a 20-metre indoor pool, hot and cold plunge pools, hydrotherapy, and private Spa Houses with Banya and Hammam. New features include a 15-minute complimentary consultation with a clinical physician assistant and a half-day strength and recovery programme curated by Maria Sharapova.  
*aman.com*



# Beauty Playbook

We tapped skincare aficionados Dr Ian Chong and Sheena Teo to let us in on their ultimate beauty tips for flawless skin

With the digital cosmos at our disposal, an endless beauty encyclopedia is at our fingertips with just a click of a few buttons. That being said, the infinite stream of information, with countless voices chiming in, can be quite an overwhelming load to digest—let alone sift through all the questionably reliable claims and quick fixes to find genuinely helpful advice. And this is where the real beauty experts emerge as our guiding light. On that note, in search of the genuinely helpful beauty advice in question, we looked to none other than skincare savants Dr Ian Chong and Sheena Teo for their golden nuggets of wisdom.



**DR IAN CHONG**

*Aesthetic doctor at Euphie Clinic*

We all know sunspots. I always tell my patients that sunscreen is the most important step in their skincare routine. Yet many find it cumbersome to reapply every three to four hours or just hate it trickling into their eyes on a hot and sweaty day.

Just use shower-on sunscreen. It comes in the form of a shower gel that gives SPF30 protection to your entire body, face, and even the scalp! Just lather it on for two minutes and then rinse off. The protective sunscreen only comes off when rinsed again with soap, so you don't have to worry about it smudging off your skin.



**SHEENA TEO**

*Founder of Cahaya Candles*

I think the best beauty advice I can give is not to strip your skin. Over exfoliating with acids, retinols, peels, and physical exfoliators will damage your skin barrier, which will make your skin dull and pores look even bigger. Also, there are different schools of thought on this but I only cleanse my face with water in the AM for the same reason.

In terms of beauty hacks, always read the ingredients at the back when choosing beauty products, as they are listed in descending order from greatest amount to least amount. If you're getting a vitamin C serum and it starts with mostly silicones and the actual vitamin C is listed way at the end, you're probably not going to get much efficacy. Watch out for essential oils too in skincare, as they don't always gel with sensitive skin.



# Start Your 1-Year Subscription Now

Subscribe 12 issues of *Tatler Malaysia* at a special offer of just RM172 West Malaysia/ RM195\* East Malaysia and save 30% on the cover price.

**SUBSCRIBE NOW!**



To subscribe please call +603 2780 8833 or email [mycire@tatlerasia.com](mailto:mycire@tatlerasia.com) • Offer valid for subscribers residing in East and West Malaysia only • Please allow 28 days for the delivery of your first issue • \*For East Malaysia please allow 4-6 weeks for delivery to East Malaysia • The subscription price includes postal charges • Subscription fees are non-refundable • Tatler Malaysia is a registered trademark of Tatler Asia Limited and is used by Tatler Asia (Malaysia) Sdn Bhd under licence from the trademark owner • Copyright 2024 by Tatler Asia Limited • Lot 1-01, Level 1, Block B, Plaza Zurich, No. 12 Jalan Gelenggang, Bukit Damansara, 50490 Kuala Lumpur.



# WHATEVER YOU WANT FOR YOUR WELLNESS



MAL20096040NC



MAL21066062NC



MAL22016071NC



MAL21106095NC



MAL23046069NC

