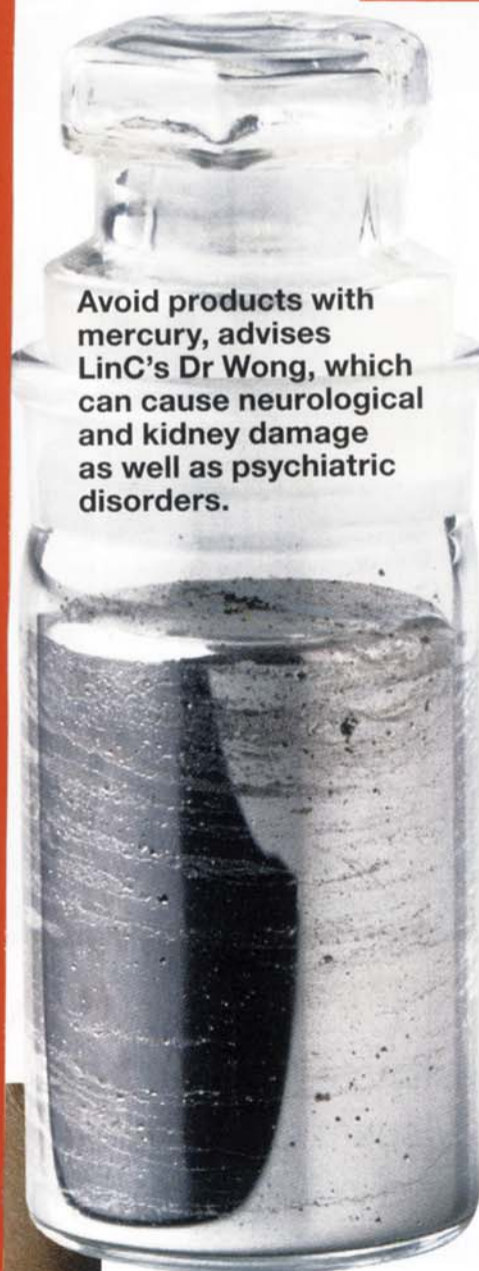


A-Z Of Whitening

Z

ZEALOUS OVER- WHITENING

“When the skin is lightened beyond its natural tone, the melanin pigments may be over-stripped, thus lessening the skin’s ability to protect it from sun damage. When this protection is reduced, the skin may become more prone to photo-damage, which increases the risk of skin cancer,” warns Dr Patrina Wong. Go easy is the message.



C

COSMELAN

Hollywood’s favourite “brown gold” mask treats enlarged pores, hyperpigmentation and blemished skin by up to 40 to 90 per cent according to doctors. Contact Dr Yvonne Goh at Medical Aesthetics @ Cluny (Tel: 6462 2559) or Dr Patrina Wong at LinC Aesthetic Clinic (Tel: 6732 0208) for more information.

O

OMIT

Omit products containing these harmful bleaching ingredients, says LinC’s Dr Patrina Wong: mercury, topical steroids, where “unsupervised use can lead to thinning of skin, stretch marks and infections” and hydroquinone. “New research suggests there may be side effects associated with long-term use as unsupervised use can cause skin redness, irritation and discolouration,” she says.