

Special Report

treatment is excellent for dehydrated and 'stressed' skin. A pressure point facial massage and relaxing European massage reduce facial stress and tension thoroughly. An intensive cool masque treatment is then applied to refine the pores. Dull sluggish skin is immediately stimulated for a brighter, healthier complexion. A 60-minute treatment costs or \$90 or a course of seven is \$540

>> SENSITIVE / STRESSED SKIN

If you have sensitive, stressed skin, Sensitive Skin Hydrating Treatment comes highly recommended. This refreshes and moisturises the skin without over-stimulation. Calming essential oils are used to enhance the benefit of the facial acupuncture massage. The treatment calms and sedates sensitive skin conditions. With regular treatments, the skin sensitivity will gradually strengthen and stabilise. A 75-minute treatment is \$90 or a course of seven is \$540

>> DULL / LACKLUSTRE SKIN

Especially recommended to clients who have very dull complexions (except those with hypersensitive skin), the Skin Re-texturising Treatment is an AHA exfoliation treatment that works to remove dulling surface debris and stimulate cell renewal. Effective in dealing with blemishes, milia and blackheads, pressure point movements together with essential oils are used to sedate and calm the skin. The intensive cool masque treatments enhance the action of essential oils which deeply moisturise the skin. Skin instantly becomes healthier and clearer. A 60-minute treatment is \$125 or a course of seven is \$750.

Website: www.leonarddrake.com.sg

The New Hair Growth Alternative

It is a sad but very true fact that some men will lose their crowning glory – their hair. This is largely because of genetic reasons beyond our control. If you're no longer a stranger to Propecia and Regaine, you may want to look into Electro Tricho Genesis (ETG). Dr Eugene Hong, Medical Director of the Electro Hair Regeneration Centre



www.ehrcentre.com

explains, "This treatment has shown a 96.7% success rate with up to 66% hair re-growth for men." The ETG treatment involves bathing the hair and scalp with electro static pulses for up to 45 minutes. It is a low level radiation pulse that is able to penetrate the scalp's surface but stops short at the skull. The radiation level is so low that it would not cause harm to human tissue. The rationale behind this treatment is to stimulate the scalp and to maintain it in a state that is most ideal for hair growth and also to extend the life span of the hair. This way the normal stages of hair-loss are hampered.

"Before we decide on putting a patient through this treatment, we will need to fully understand the causes of the hair-loss. This is a very important process because there could be other reasons that contribute to hair-loss and by fixing these reasons first, this treatment can be avoided," adds Dr Hong. "The next stage is to assess the surface of the scalp and to determine the severity of the condition. When we've decided on treating the patient, we would have to wash and dry the hair and scalp thoroughly before commencing the ETG because any form of impurities to the hair and scalp may diminish the efficacy of the treatment."

As with other hair regeneration treatments, results will take up to 36 weeks to show after a recommended once a week treatment. You can enquire about treatment packages but each treatment generally costs \$175.

Website: www.ehrcentre.com

Skin Spa

As Managing Director of Elemis puts it, "Now, it really is time for men!" If the demands of your work and personal life leave you feeling haggard, run-down and looking every bit like it, take some time out to fix the problem. Age is not the kindest of mistresses but it does not mean that your skin would have to suffer its merciless ravages faster than its time. The pioneer of anti-ageing skincare – Elemis – brings you an excitement series of men's facial treatments at the St Gregory Spas that will leave your skin rejuvenated, revived and raring to go. It's a convenient one-stop pick-me-up that your body will thank you for taking.

www.stgregoryspa.com



>> ANTI-AGEING AND SUPER BOOSTING FOR TIRED AND STRESSED SKIN – SKIN IQ FACIAL

This facial provides the ultimate skin overhaul for male skin. Active professional products with breakthrough technology recharge and energise tired skin, calming it, minimising irritation and reducing the effects of ageing. The curative benefits of this