

EASY ON THE EYES

You may be young at heart, but your eyes reveal your true age. The good news is, taking five to ten years off your peepers can be effective with little pain nor downtime, according to Dr K K Chew of NU.U at Paragon.

1 UPPER EYE LIDS

FACE THE FACTS: As the delicate skin of the eyes loses its elasticity, the heavy upper eyelid starts to droop due to gravity, causing a visible loss of the double eyelid.

GET THE FIX: There aren't a lot of aesthetic clinics in Singapore that offer Thermage for eyes, which is what Dr Chew firmly recommends to fix saggy lids: "Thermage heats the layers under your skin while cooling the surface with a special tip that's made for use on the contours of the eyes. Collagen is stimulated, and skin is firmed and tightened, reducing the appearance of lines, wrinkles and hooding. Eyes appear lifted and fresh once again."

2 CROWS FEET

FACE THE FACTS: Over time, expression lines don't vanish as quickly, even when you stop smiling or frowning — the lines are here to stay. Fine lines at the side of each eyes are usually the first signs of ageing skin.

GET THE FIX: You've heard of Botox. It relaxes the muscles that makes those expression lines so evident. Done two to three times a year, you can retain the results you're happy with during repeat treatments. Side effects are rare.

3 SPARSE LASHES

FACE THE FACTS: Some of us aren't naturally blessed with thick, seductive lashes. Worse still, eyelash re-growth is stunted as one gets older, so lashes appear sparser and thinner over time.

GET THE FIX: The most recent US FDA-approved Latisse by Allergen stimulates eyelash growth for natural, full lashes — time to throw those uncomfortable falsies away for good.

4 EYE BAGS

FACE THE FACTS: Eyebags form as a result of the weakening of the septum membrane, allowing fat pads under the eye to herniate downward, resulting in an unsightly bulge.

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5 TEAR TROUGH DEPRESSION

FACE THE FACTS: Remember the term "baby fat"? As early as the late twenties arrive, the baby fat on our faces starts disappearing, usually leaving a gap in the tear trough, giving the eyes a tired, sad look.

"I usually see a dramatic brightening and whitening effect for the under eye area," says Dr Chew.

GET THE FIX: "A lot of patients are pleasantly surprised by the effectiveness of fillers at eliminating the signs of ageing," Dr Chew says. "Made of hyaluronic acid, a substance that occurs naturally in our bodies, it is usually injected where fat has been lost due to age."

6 DARK EYE CIRCLES

FACE THE FACTS: Even teenagers could have these rings of gloom around the eyes. The causes could be genetic, or due to poor blood circulation or even leaking vessels that leave oxidized blood behind. And as skin

thins out due to ageing, these purplish rings become even more obvious.

GET THE FIX: It is rumored that Queen Cleopatra had gold thread inserted under her skin as part of her beauty regimen. Today, gold thread rejuvenation is safe and effective — gold is an inert material that's non toxic and works wonders for the skin, especially dark eye circles.

"The 24K gold filaments we use are fine, at 0.1mm in diameter, and it helps dark circles in a few ways. Firstly, it reinforces skin and stimulates the production of collagen. Secondly, it promotes local micro circulation which lightens the area's purplish appearance," says Dr Chew.

In fact, Dr Chew adapted a new technique from the conventional methods, of inserting the pure gold filaments through micro-fine needles and creating a meshwork of patterns to reinforce and rejuvenate skin. It was from this particular technique that he saw a marked improvement in his clients seeking treatment for under eye circles.

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ABOUT DR KK CHEW

Dr K K Chew is the founder and medical director of NU.U Aesthetics & Wellness Clinic, located at Paragon Medical Suites. A pioneer in the fields of laser-lipolysis with the Smart-Lipo system in the region, he is also a pioneer of LipoSelection by Vaser in Singapore. Dr Chew has recently been conferred fellowship of the Society of Gold Surgeons (Korea) for his work in Gold Thread Lift Rejuvenation. In addition, Dr Chew conducts filler workshops for doctors for brands like Juvederm, Amalian and EstheLis. He is an international member of the American Academy of Cosmetic Surgery and holds the position of vice-president of the Singapore Society of Aesthetic Medicine.