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I'VE GOT YOU UNDER MY SKIN

Age, the harsh sun, air-conditioning, stress...these are major contributors to dull, lifeless-looking skin. BioSkin's latest solution is the Skin Rebirth treatment to return youth to your face — ALETHIA TIANG gives it a go and emerges satisfied

for a baby are advised not to undergo the treatment to prevent any complications.

After which, individual facial concerns will be addressed before the treatment begins. For someone like me who loves being in the sun, I struggle with dull skin and minor pigmentation.

After letting the numbing cream take effect for half an hour, it is time for the main event: The use of the fractional radio frequency technology.

What the treatment does is generate pulses of energy into the skin with an applicator attached to a machine. It sends heat waves deep into the skin to deliver its benefits from within. Using 3 Deep RF Energy, collagen growth is stimulated for greater skin tissue remodelling and resurfacing, tightening the skin to reduce ageing lines and give a more youthful glow. The best part? All it takes is one session to see significant results. Visible improvements by the 21st day are guaranteed.

Admittedly, it is slightly uncomfortable due to the heat from the applicator, but not to worry. The treatment is done very quickly — approximately 20 minutes. Additionally, if you so desire, BioSkin also applies a serum post-treatment for a fee to better help with the healing while also retaining moisture under the skin.

Immediately after, my face is flushed, warm and slightly sore, but I was already warned earlier, during the consultation, to expect a short downtime. Thankfully, after approximately four hours, the effects wear out. Over the next two to three days, tiny scabs appear as my skin begins the healing process, which is slightly itchy. (Mental note: Do not scratch!)

Fret not though, the scabs are easily covered by foundation. Of course, it's best to use light, powder types, as opposed to the creamy or liquid ones. Your skin's best friend during this time? Sunblock.

By the seventh day, my skin appears fairer, firmer and brighter, while imperfections (ie acne scars and pigmentations) are less visible.

To further lock in moisture, BioSkin recommends complementing Skin Rebirth with its Cryo Splash Face Treatment for best results. To be done on the ninth or 10th day, the latter is a hydrating facial that keeps the skin sufficiently nourished and replaces any moisture loss.

The elusive radiant glow of youth is no longer just a dream; BioSkin has made it a reality. ■

LYING ON THE beauty bed, I can't help but feel a little nervous as I await the start of the Skin Rebirth treatment at BioSkin's Katong 112 outlet. I was told earlier during the consultation that it will make my face feel warm and prickly because of the technology called fractional radio frequency.

This facial aesthetics treatment is BioSkin's most sophisticated, designed to tackle skin problems such as pigmentation, acne scars, wrinkles, enlarged pores or a sallow complexion.

Living in Singapore, the tropical climate and erratic weather takes a toll on our skin, causing it to lose its moisture and suppleness. Let's not even mention how the unwelcomed

effects of time — and probably the lack of sufficient sleep — show up on our faces.

Eyes closed, I lie waiting with cream smothering my face. Numbing cream, I am told, so that I will be more comfortable. After all, this is my first time trying Skin Rebirth and I'm doing the intermediate level (there are basic and advanced ones as well that vary according to the fractional radio frequency energy) to make the improvement to my skin more obvious.

As with most types of beauty treatments, it begins first with a consultation with one of BioSkin's experts, who will explain the process and conduct an analysis of your health. Ladies who are pregnant or trying