

The Magazine For Singapore's Dynamic Career Women

Female

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BUSINESS

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beauty updates

IT'S A MIRACLE!

Let science work miracles on your face and body naturally at Aura & Miracles. You can look younger, reduce cellulite, or undergo a non-surgical facelift with Endermologie treatments for body contouring, face contouring and facial lymphatic drainage. The centre also offers Diamond Dermabrasion, a skin abrasion treatment using natural diamond chips, which leaves your skins softer and smoother, and without the usual irritation in conventional chemical peels. Dr. Hauschka products are used in all treatments. Aura & Miracles is located at #05-13 Delfi Orchard or call 6333 8707 for appointments.



THE 10 BEST BEAUTY TIPS

1. Drink plenty of water to keep your skin hydrated.

2. Use a moisturizer to keep your skin soft and supple.

3. Exfoliate regularly to remove dead skin cells.

4. Use sunscreen to protect your skin from sun damage.

5. Avoid smoking and excessive alcohol consumption.

6. Get enough sleep to allow your skin to repair itself.

7. Eat a healthy diet rich in antioxidants.

8. Use a facial mask once a week for extra hydration.

9. Avoid touching your face throughout the day.

10. Consult a professional for personalized advice.



HOW TO USE YOUR SKIN CARE PRODUCTS

1. Cleanse your face with a gentle cleanser.

2. Apply a toner to balance your skin's pH.

3. Use a serum to target specific skin concerns.

4. Apply a moisturizer to lock in moisture.

5. Use a facial mask once a week for extra hydration.

6. Exfoliate regularly to remove dead skin cells.

7. Use sunscreen to protect your skin from sun damage.

8. Avoid smoking and excessive alcohol consumption.

9. Get enough sleep to allow your skin to repair itself.

10. Eat a healthy diet rich in antioxidants.