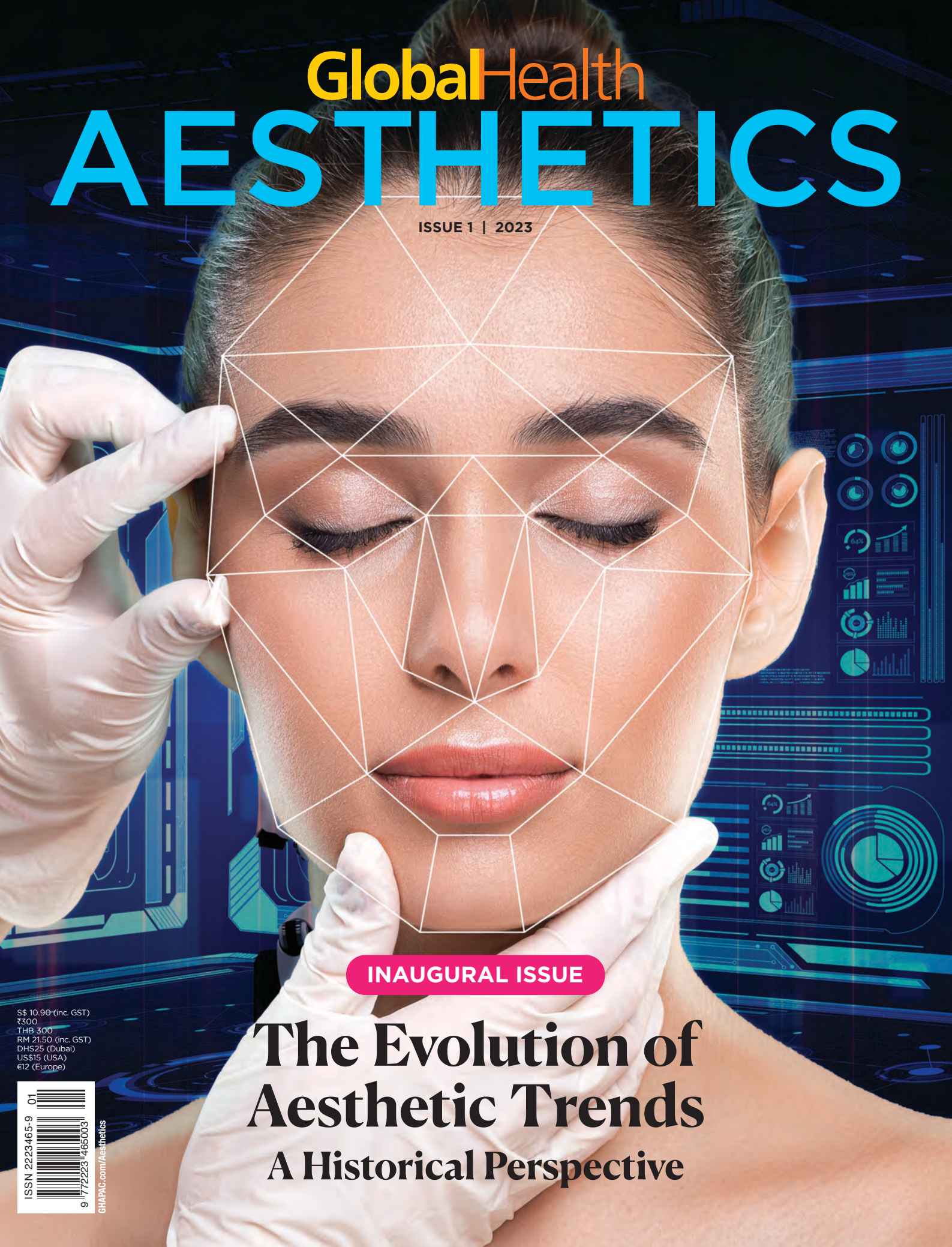


Global Health

AESTHETICS

ISSUE 1 | 2023



INAUGURAL ISSUE

The Evolution of Aesthetic Trends A Historical Perspective

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Letter from the Publisher

Dear Esteemed Readers,

In the world of aesthetics, beauty is an ever-evolving concept that captures our imagination and constantly redefines itself. It is with great excitement that I introduce you to the premiere edition of GHAPAC AESTHETICS, our brand-new magazine dedicated to the artistry and innovation within the aesthetics industry.

As we embark on this new journey together, it's essential to acknowledge the milestones that have paved the way for GHAPAC AESTHETICS. The Aesthetic Awards, a venture born during the challenging times of the COVID-19 pandemic, initially commenced with the Medical Centre Awards in 2020 in the vibrant city of Singapore. These awards subsequently became an integral part of our industry's landscape in 2021, 2022, and 2023. The astounding growth and transformation within the field of aesthetics have inspired us to inaugurate an Annual Aesthetic Awards night, a testament to the dynamic evolution of our industry.

Our magazine is unique in its approach, as it is not solely written by us, but by you—the aesthetic clinics. GHAPAC AESTHETICS is designed to be a collective voice for the industry, bringing you the latest trends, innovations, and insights into the adoption of cutting-edge AI and technology within the realm of aesthetics.

I would also like to express my sincere appreciation to our Editor, Christel Gomes, and contributing editors, whose invaluable contributions and meticulous editing efforts have ensured the quality and credibility of all the articles in this issue:

Dr Vicki Leong
Dr UsHa Hoh
Dr. Komathy
Dr. Janna Joethy

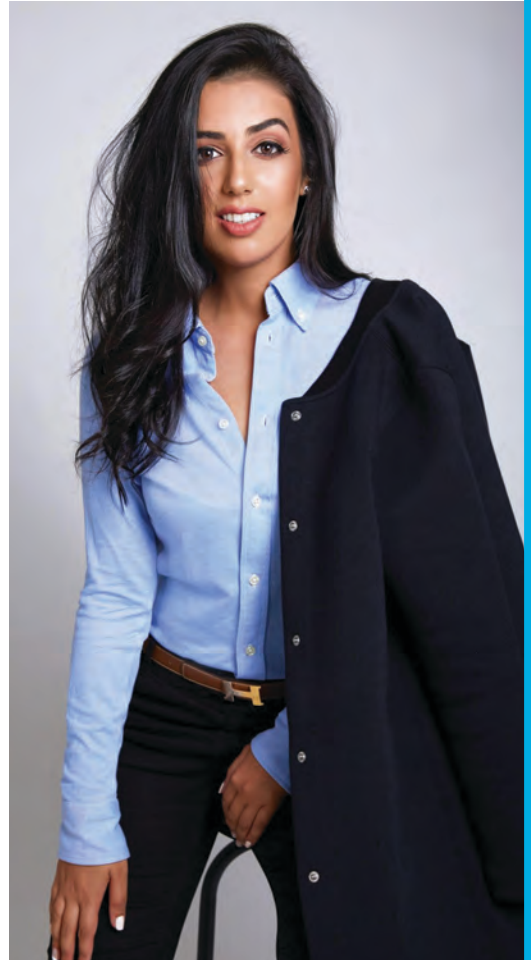
Together, they have collaborated tirelessly to curate a magazine that reflects the spirit of excellence and innovation that defines our industry.

As we embark on this exciting journey, I invite you to explore the pages of GHAPAC AESTHETICS and immerse yourself in the ever-evolving world of beauty, artistry, and innovation. Join us in celebrating the exceptional achievements and groundbreaking advancements within the aesthetics industry.

Thank you for your support, and please stay connected with us on social media to share your thoughts and experiences. Together, we will continue to redefine and rediscover what it means to be beautiful.

Warm regards,

Drishti Panjwani





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of How You Age, Look, and Feel



Letter from the Editor

Welcome to the very first issue of Global Health Aesthetics, where beauty meets science, and the world of medical aesthetics unfolds in all its glory!

I am both delighted and humbled to introduce you to a magazine dedicated to the fascinating world of medical aesthetics. Our mission is to provide you with a comprehensive resource that delves into the realm of aesthetic procedures, showcases the finest clinics and medical service providers in the field, and celebrates the ever-evolving landscape of beauty and wellness.

In this inaugural Conference and Awards, we celebrate excellence in aesthetics with our prestigious awards segment, where we shine a spotlight on the remarkable contributions of clinics and hospitals in the Asia Pacific region. These awards recognize the outstanding achievements and unwavering commitment of those who have devoted themselves to enhancing the aesthetics industry. We believe that by honouring these exceptional institutions, we can further inspire excellence in the field of medical aesthetics.

Our cover story, *The Evolution of Aesthetic Trends - A Historical Perspective*, offers a captivating journey through time, exploring how beauty ideals have transformed from the ancient aesthetics of Greece and Egypt to the cutting-edge technologies of today. It's a tale of innovation, cultural influences, and the tireless pursuit of perfection. We invite you to delve into this enthralling narrative and gain a deeper understanding of the rich history that has shaped the field of aesthetics.

Whether you are a medical practitioner seeking the latest advancements in the industry or an individual curious about aesthetic procedures, Global Health Aesthetics is your go-to source for information, inspiration, and innovation. We are committed to providing you with well-researched articles, insightful interviews, and expert opinions that will empower you to make informed decisions about your aesthetic journey.

Thank you for joining us in this inaugural issue, and we look forward to sharing many more extraordinary moments with you. Together, let's explore the boundless possibilities of aesthetics and celebrate the artistry of beauty.

Christel Gomes
Editor
christelgomes@gmail.com



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COVER STORY





The Evolution of Aesthetic Trends

- A Historical Perspective

By **Christel Gomes**

Beauty has been a subject of fascination and desire since time immemorial. Throughout history, societies have held diverse perceptions of beauty, leading to ever-evolving aesthetic trends and the development of a multitude of procedures aimed at achieving the idealized look of the era. In this journey through time, we'll trace the fascinating evolution of beauty standards and aesthetic practices, from the ancient world to the modern age, illuminating how our quest for beauty has transformed over the centuries.

Ancient Aesthetics: From Egypt to Greece

Our voyage through the annals of history begins with the great civilizations of antiquity. In ancient Egypt, beauty was synonymous with divine perfection.

Beauty as Rooted in Egyptian Spirituality

If you believe that the use of cosmetics and skincare rituals is a recent phenomenon, think again. In the land of the Pharaohs, ancient Egyptians had elaborate cosmetic rituals, believing that an enhanced appearance would draw them closer to the gods. Beauty was a spiritual, religious, and

cultural phenomenon.

In "The Book of the Dead," a guide to the afterlife, the departed soul needed to meet criteria to partake in the all-important "Spell 125," or "The Weighing of the Heart": the soul had to appear not only to be clean and dressed in fresh clothes and white sandals but must also be adorned with kohl eyeliner.

Wealthy Egyptians had elaborate skincare routines that included exfoliation with sea salt, hydrating masks, and depilation with sugar and honey (sugar scrubs that are still used today). The allure of beauty transcended death, with cosmetics being buried alongside the deceased, ensuring an eternally flawless visage in the afterlife.

Beauty as a Philosophical Ideal in Greece

Meanwhile, in ancient Greece, the pursuit of physical beauty was intertwined with philosophical ideals. The concept of "kalos kai agathos" represented the ideal of physical beauty combined with moral goodness. This ideal was celebrated in art, literature, and even athletic competitions. Sculptors like Phidias and Praxiteles created iconic statues, such as the famous "Aphrodite of Knidos", which celebrated the beauty of the human form: a

Wealthy Egyptians had elaborate skincare routines that included exfoliation with sea salt, hydrating masks, and depilation with sugar and honey



The perfect feminine beauty in this copy of a classical Greek statue

The notion of beauty in ancient Greece went beyond superficial appearances.

symmetrical face and a well-proportioned body were considered reflections of inner harmony. The creation of the Olympic games was not only about physical prowess but also an opportunity to showcase the idealized body.

Needless to say, the Greeks were also no strangers to enhancing their appearances. Women often wore draped garments like the chiton and peplos, while men favoured the chlamys or himation. Adornments such as jewellery and wreaths were often worn and both men and women in ancient Greece used cosmetics and engaged in grooming rituals. These practices included bathing in public baths, applying perfumes, and using makeup, including kohl for eyeliner.

The notion of beauty in ancient Greece went beyond superficial appearances; it was a reflection of cultural values, philosophical ideas, and artistic expression and all of this had a lasting impact on Western culture. This celebration of beauty remains a defining feature of Greek civilization and Greek ideals influence art, fashion, and beauty standards today.

The Renaissance Revival: Art and Beauty Merge (14th-17th Centuries)

During the Middle Ages, aesthetic practices waned in Europe due to conservative religious beliefs. However, the Renaissance period saw a revival of interest in aesthetics. Artists such as Leonardo da Vinci dissected cadavers to understand human

anatomy, influencing both art and medicine. The ideal Renaissance woman possessed a full figure, pale skin, and cascading locks, mirroring the works of artists like Botticelli and Raphael.

French Beauty Salons (18th-early 19th Century)

The 18th century brought a resurgence of interest in cosmetics and skincare in Europe. French beauty salons became popular, and beauty treatments such as facials and skincare products gained prominence. The 19th century saw the development of dermatology as a medical speciality, laying the foundation for modern aesthetic medicine.

Victorian Virtue and Corseted Shapeliness (Mid-19th Century)

The Victorian era brought its own set of beauty standards, emphasizing modesty, virtue, and refinement. Corsets were en vogue, shaping women's figures into the coveted hourglass silhouette. A pale complexion was prized, as it signified nobility and contrasted with the working-class tan.

The Roaring Twenties: The Flapper Revolution and Plastic Surgery

The 1920s ushered in a paradigm shift. The "flapper" look emerged, challenging traditional notions of



The Roaring Twenties look



beauty – short hair, dropped waists, and a liberated spirit, as exemplified by Daisy and Jordan in “The Great Gatsby”, became symbolic of new ideals. Unsurprisingly, the popularity of cosmetics soared, with makeup transforming from a discreet luxury to a widespread necessity.

Plastic surgery emerged as a distinct medical field in the early 20th century, with the pioneering work of surgeons like Sir Harold Gillies, who specialised in reconstructive surgery for soldiers injured in World War I. This laid the groundwork for surgical procedures aimed at enhancing appearance.

The Modern Age: Aesthetic Procedures Blossom (21st Century)

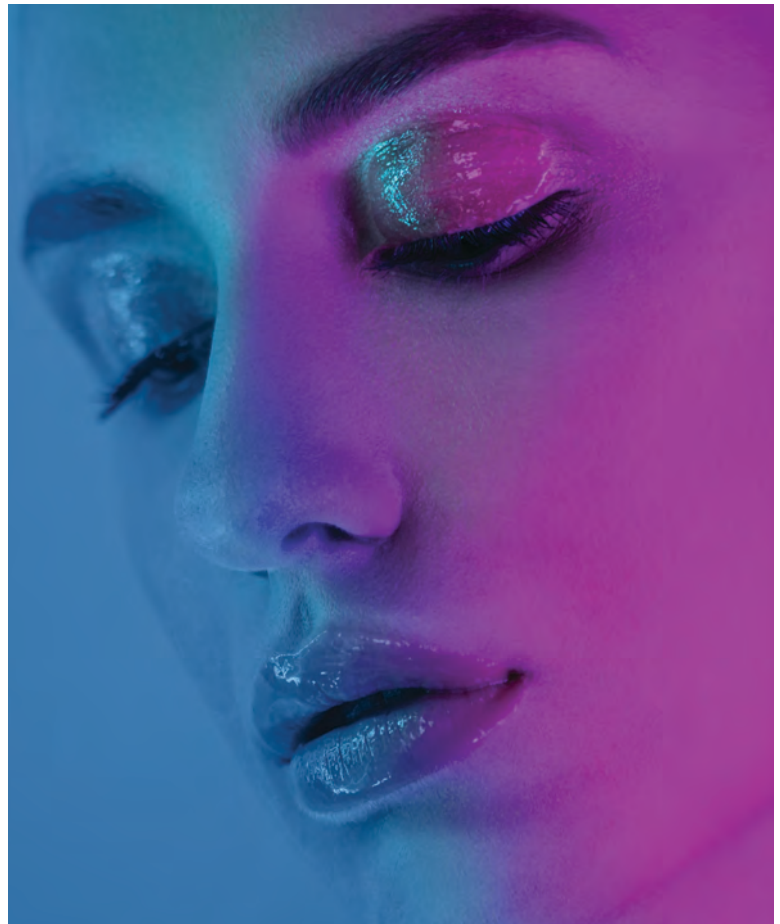
As we arrive in the modern era, the evolution of beauty standards becomes even more dynamic. Technological advancements have propelled aesthetic procedures to the forefront. Cosmetic surgery, once a whispered secret, is now openly embraced. From here on, we see a period of rapid advancement as aesthetic medicine gains in popularity. Innovations such as dermal fillers, thread lifts, and non-invasive body contouring procedures have become normalised. 3D imaging for treatment planning and virtual reality simulations have also enhanced both the precision and customization of aesthetic procedures, while minimally invasive techniques, such as microdermabrasion and chemical peels, have made aesthetic treatments more accessible and widespread.

The Last 10 Years in Aesthetic Medicine

The last ten years have shown us clear trends. There is a growing interest in regenerative treatments which aim to stimulate natural tissue regeneration as customers become more interested in natural-looking, long-term results. Non-surgical body contouring procedures for addressing stubborn fat have gained popularity. We see that patients are becoming more informed and empowered, often researching procedures extensively before seeking treatment, and so online resources and social media now play a significant role in patient education. Finally, aesthetic medicine is becoming more gender-inclusive, with an increasing number of men seeking treatments for various concerns, including skincare and body contouring.

The Present: Diversity and Self-Expression

Today, beauty is celebrated in diverse forms. The emphasis has shifted from conformity to individuality, and beauty standards have broadened



The future holds promise

to include various ethnicities and body types. Cosmetic procedures, from minimally invasive treatments to surgical enhancements, empower individuals to shape their appearance in alignment with their unique vision of beauty.

The Future: Aesthetic Frontiers Unveiled

As we look ahead, the future of aesthetic trends holds promise for further advancements. Cutting-edge technologies, such as 3D printing of body parts and AI-driven beauty customization, are on the horizon.

In our relentless pursuit of beauty, we are continually reshaping our perceptions and challenging the boundaries of what is considered beautiful. From the sands of ancient Egypt to the digital age of today, our journey through time reveals a fascinating tapestry of evolving aesthetic trends—a testament to humanity’s enduring fascination with the art of beauty. ■

FEATURE





Non-Invasive vs. Surgical Procedures: Exploring Aesthetic Enhancements

With the array of options available in aesthetic enhancement, it can be tough to decide what's best for you. Non-invasive treatments such as chemical peels and microdermabrasion offer rejuvenation without the need for surgery, while surgical procedures such as facelifts and rhinoplasty promise more dramatic transformations. We present a comprehensive overview of both non-invasive and surgical procedures, shedding light on their advantages and limitations, empowering you to make an informed choice.

Non-Invasive Treatments: Chemical Peels and Microdermabrasion

Chemical peels and microdermabrasion are two sophisticated cosmetic procedures tailored to elevate skin's texture and appearance. While they share a common goal, their methods diverge.

Chemical Peels

Chemical peels entail the meticulous application of a chemical solution onto the skin's surface, orchestrating the removal of the outermost layer. This process triggers a cascade of skin regeneration, ultimately revealing a resplendent, revitalized complexion.

Benefits

- Minimal Downtime: Patients experience minimal

- downtime, swiftly resuming their daily routines.
- Enhanced Texture and Tone: Skin texture improves, fine lines diminish, and concerns like acne scars and sun damage are addressed.
- Cost-Effective: These treatments are budget-friendly in comparison to surgical alternatives.

Drawbacks

- Multiple Sessions: Realizing the desired results often necessitates multiple sessions.
- Surface-Level Efficacy: While effective for superficial skin issues, deep wrinkles or sagging skin may require alternative interventions.
- Temporary Outcomes: Results are transitory, mandating periodic maintenance sessions.

Microdermabrasion

Microdermabrasion employs a specialized machine to engage in an exfoliating pas de deux with the skin's outermost layer. It usually involves the gentle administration of minute crystals or the deft precision of a diamond-tipped wand for exfoliation. Subsequently, exfoliated skin cells and impurities are whisked away through suction. Additionally, microdermabrasion impels collagen production, thereby gifting the skin with improved elasticity and texture over time.

Benefits

- Non-Invasive: It's a non-invasive procedure, sparing patients from significant discomfort and incisions.

- **Speedy Sessions:** Microdermabrasion sessions are relatively brief, catering to individuals with busy schedules.
- **Skin-Type Versatility:** It's generally safe for a broad spectrum of skin types and tones.

Drawbacks

- **Limited Efficacy:** Like chemical peels, microdermabrasion shines in addressing minor skin imperfections but may fall short in providing significant anti-aging benefits.
- **Multiple Sessions:** Realizing noticeable results typically demands a series of sessions.
- **Short-Lived Effects:** The outcome is fleeting, necessitating continuous upkeep.

Who Benefits from Chemical Peels and Microdermabrasion

For Those Aspiring to a Flawless Complexion

If your goal is to attain a smoother, more even skin texture and tone, either of these procedures could be your key to unlocking it. Whether your concerns are rooted in acne scars, uneven pigmentation, sun damage, or roughness, both treatments excel in ushering in a revitalized and harmonious skin canvas.

For Those Battling Acne

Individuals grappling with acne will discover a beacon of hope in these procedures. They masterfully unclog pores, curtail acne breakouts, and ease the remnants of acne scarring. Remarkably, chemical peels can be finely tailored to hone in on acne-related issues, providing a personalized approach to acne management.

For Those Confronting Specific Skin Challenges

If you confront specific skin challenges like hyperpigmentation or enlarged pores, both procedures wield formidable efficacy. Their versatility renders them valuable allies in addressing a spectrum of skincare concerns.

For Those Embracing Age Management or Preventive Care

Whether you currently navigate mild to moderate signs of skin aging or possess the foresight to embrace proactive skincare, these treatments stand as steadfast allies. They wage a successful battle against fine lines, wrinkles, and age spots. Many individuals seamlessly integrate them into their habitual skincare regimens as a strategic manoeuvre to safeguard skin health and preclude future challenges. Embrace them as integral facets of a comprehensive, long-term skincare strategy.

Surgical Procedures: Facelifts and Rhinoplasty

Facelifts and rhinoplasty represent distinct surgical cosmetic procedures with their own unique focus and function.

Facelift (Rhytidectomy)

A facelift, medically known as a rhytidectomy, is a surgical procedure designed to address signs of facial aging. It elevates the appearance of the lower face and neck through the following process: First, the surgeon makes incisions, usually along the hairline and around the ears, to access the underlying facial tissues. The underlying facial muscles and tissues are then lifted and tightened to reduce sagging and wrinkles. Any excess skin is then trimmed away, and the remaining skin is re-draped to create a smoother and more youthful appearance before the incisions are meticulously closed with sutures or other closure techniques.

Benefits

- **Dramatic results** – facelifts offer significant and long-lasting improvements, particularly in addressing sagging skin and deep wrinkles.



Microdermabrasion

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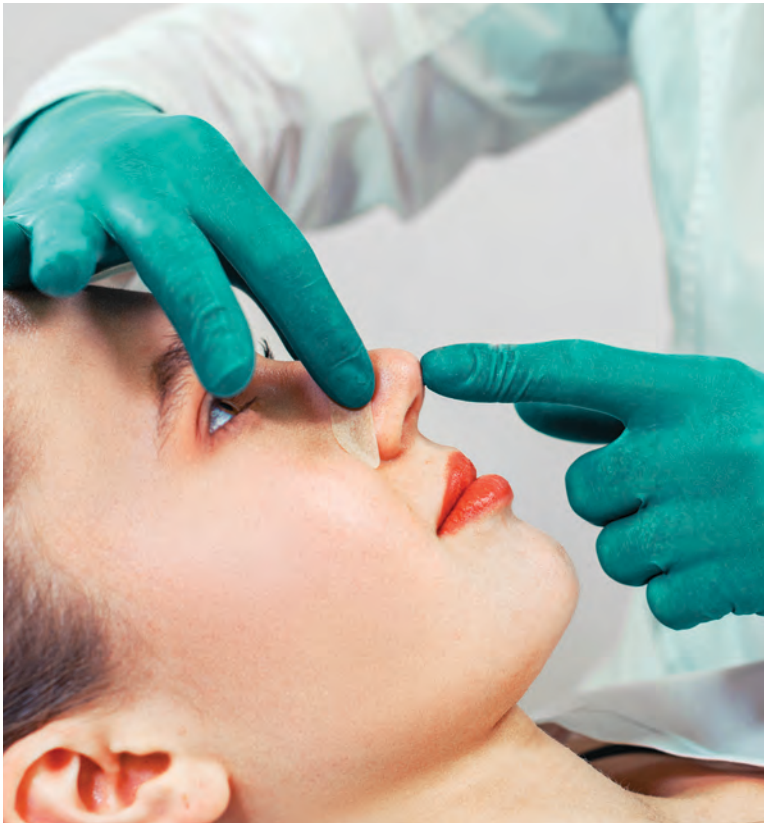
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Rhinoplasty

- Comprehensive transformation – they can enhance multiple aspects of facial appearance, including jawline definition and neck contour.
- Single procedure – in most cases, one facelift surgery provides lasting results.

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Drawbacks

- Invasive – facelifts involve incisions, which can result in scarring and require a more extended recovery period.
- Costly – surgical procedures are generally more expensive than non-invasive treatments.
- Potential risks – as with any surgery, there are inherent risks, including infection, scarring, and anaesthesia-related complications.

Rhinoplasty

A rhinoplasty, often referred to as a “nose job”, is a surgical procedure focused on altering the size, shape, or structure of the nose. If undergoing a rhinoplasty, you can expect to be placed under anaesthesia. Depending on the specific goals of the procedure, the surgeon may then make incisions inside the nostrils (closed rhinoplasty) or across

the columella (the strip of tissue between the nostrils) and inside the nostrils (open rhinoplasty). The surgeon then reshapes the bone, cartilage, and soft tissues of the nose to achieve the desired outcome. This may involve reducing the size of the nose, refining the nasal tip, straightening a crooked nose, or addressing other aesthetic concerns. After the necessary adjustments have been made, the incisions are carefully closed with sutures.

Benefits

- Customisation – rhinoplasty allows for precise alterations to the nose’s shape and size, achieving highly individualized outcomes.
- Permanent changes – the results of rhinoplasty are generally permanent, providing long-term satisfaction.
- Improved function – functional issues like breathing problems can be addressed simultaneously.

Drawbacks

- Surgical complexity – rhinoplasty is a complex surgical procedure that requires anaesthesia and carries potential risks.
- Long recovery – recovery can be long, compared to non-invasive treatments, and swelling and bruising may persist for several weeks. It is best done when you have time off from work.
- Costly – the cost of rhinoplasty can be substantial, depending on the extent of the procedure.

Who Benefits from Facelifts and Rhinoplasty

Facelifts are commonly sought by individuals looking to mitigate sagging jowls, deep facial wrinkles, and loose neck skin.

Rhinoplasty beckons individuals seeking to enhance their nose’s appearance, correct congenital deformities, alleviate breathing difficulties, or mend damage resulting from injury. It is an exquisitely adaptable procedure, capable of tailoring the nose’s appearance to harmonize with the patient’s facial features and aesthetic objectives.

Surgical or non-invasive?

The decision to opt for non-invasive or surgical procedures hinges upon a meticulous assessment of the benefits and drawbacks, as well as an individual’s unique aesthetic goals, risk tolerance, and readiness for surgical intervention. Consulting with a seasoned medical professional is paramount to navigate this pivotal choice, ensuring that the chosen path aligns with personal aspirations while prioritizing safety and well-being. ■

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Illumia Medical Aesthetic Clinic Redefining Beauty through Innovation

In the ever-evolving landscape of medical aesthetics, Illumia Medical Aesthetic Clinic has emerged as a beacon of excellence, dedicated to enhancing natural beauty and restoring youthful radiance. Founded by Kim Lim and led by the visionary Dr. Ram Nath, the clinic boasts a team of accomplished doctors, including Dr. Ong Xiangning and Dr. Jason Lau. Together, they have set a new standard for anti-aging and face contouring treatments, offering a diverse range of cutting-edge solutions that cater to the unique needs of their discerning clientele.

Founders and Leadership

Kim Lim, renowned for her keen sense of aesthetics, and Dr. Ram Nath, a trailblazer in the field of medical aesthetics, joined forces to establish Illumia Medical Aesthetic Clinic. Their combined expertise and shared passion for artistry and science have shaped

the clinic's philosophy: to empower individuals to look and feel their best at every age. Dr. Ong Xiangning and Dr. Jason Lau further bolsters the powerhouse duo, bringing their specialised medical knowledge and passion together to create a harmonious blend of art and medicine.

Specialisation: Anti-Aging and Face Contouring

Illumia Medical Aesthetic Clinic specialises in anti-aging and face contouring treatments that revitalise and rejuvenate. Dr. Ram Nath's signature face and nose thread treatments are at the forefront of their offerings, leveraging the latest techniques to provide subtle yet impactful transformations. These treatments reflect the clinic's commitment to achieving natural-looking results that enhance each client's unique features.

Bespoke Treatment Approach

At Illumia, one size does not fit all. The clinic's approach centres on tailoring treatments to meet individual

Setting a New
Standard in
Anti-Aging
and Face
Contouring



Dr Ram Nath, Medical Director



Dr. Ong Xiangning, Medical Doctor



Dr. Jason Lau, Medical Doctor



Ms Kim Lim, Founder of KLHealth Group

needs and aspirations. Kim globe-trots to unearth the finest global discoveries in formulas, treatments, and techniques. These findings serve as the foundation for crafting exclusive Illumia formulations, subsequently imparted to our therapists. Driven by a deep understanding of beauty and aesthetics, Illumia Medical believes that every person's skin is unique and collaborates closely with clients to develop personalised treatment plans. This commitment to personalisation ensures that clients achieve the results they desire, fostering a sense of confidence and self-assurance.

Cutting-Edge Machine Treatments

In addition to its expertise in thread treatments, Illumia Medical Aesthetic Clinic offers an extensive array of state-of-the-art machine treatments. These advanced technologies span the spectrum of skin rejuvenation, from laser therapies that target age spots and wrinkles to non-invasive procedures that tighten and lift sagging skin. This comprehensive suite of options underscores the clinic's dedication to staying at the forefront of medical aesthetics innovation.

Beyond Beauty

Illumia Medical Aesthetic Clinic goes beyond its role as a premier beauty destination. It's a space where artistry, science, and care converge to empower

individuals to age gracefully and confidently. The clinic's mission extends beyond physical transformations; it aims to enhance the well-being and self-esteem of each client, fostering a positive impact that transcends appearances.

In a world where self-expression and self-care are paramount, Illumia Medical Aesthetic Clinic stands as a beacon of transformation, guiding individuals on a journey to rediscover their inherent beauty. Under the leadership of Kim Lim and Dr. Ram Nath, alongside their esteemed team of doctors, the clinic continues to redefine the possibilities of aesthetic enhancement, celebrating the harmony between outer radiance and inner confidence.

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Transforming Scalp and Postpartum Care

An Inside Look at Papilla Haircare—The Future of Advanced, Science-Backed Treatments

Imagine a world where hair loss is no longer an unavoidable destiny but a treatable condition. For those battling issues such as alopecia, generalised thinning, and especially postpartum hair loss, that world is not as far fetched as it seems. That world is being shaped by Papilla Haircare, the brainchild of dynamic entrepreneur Kim Lim. Specialising in scalp care and providing solutions for various forms of hair loss, including postpartum shedding, Papilla is setting the stage for an industry evolution.

The Visionary: Kim Lim

Kim Lim is not just a name behind the brand; she is the driving force committed to changing the lives of people suffering from hair loss. Kim understands the emotional and psychological toll on a person battling hair loss, particularly for new mothers facing postpartum challenges. Kim has crafted Papilla's mission around providing long-lasting, root-level solutions.

The Global Approach

Kim Lim's search for hair care excellence is boundless, traversing continents to bring the latest and most effective treatments under Papilla's roof. Whether it's a non-invasive technique from Asia or a nutrient-rich formula from Europe, if it works, Kim wants to make it accessible to you.

Specialising in Postpartum Hair Loss

One of the focal points of Papilla's treatment offerings is specialised care for postpartum hair loss. Understanding that hormonal changes can take a toll on the confidence of new mothers, the team is focused on offering gentle yet effective treatments that offer not just hope but real results. It's not just about hair; it's about restoring confidence during one of life's most challenging transitions.

A Sneak Peek into the Future: Next-Gen Treatments from France and London

Hold onto your hats—or rather, get ready to ditch them—because Papilla is gearing up to unveil some game-changing therapies. With upcoming treatments backed by meticulous research from



Bringing Globally Curated Treatments from Around the World, Exclusively for Our Clients

France and London, Papilla is ready to introduce a new generation of scientifically validated solutions. While specifics remain confidential, these advances promise to elevate scalp and postpartum hair care to unprecedented heights.

The Commitment to Results

Efficacy isn't a mere buzzword at Papilla; it's the metric by which all treatments are assessed. The team's unwavering commitment to results ensures that whether you're dealing with alopecia, postpartum hair loss, or other forms of hair challenges, you're not just getting a temporary fix but a sustainable, long-lasting solution.

Conclusion

Papilla Haircare is more than a brand; it's a movement committed to shattering preconceived notions of the scalp care industry. With Kim Lim at the helm and a suite of cutting-edge treatments on the horizon—including specialised therapies for postpartum hair loss—Papilla is poised to rewrite the rules of the possibilities of hair care and restoration.

So stay tuned. Your path to attaining a healthy scalp and lush vibrant locks is about to become clearer than ever. For new mothers battling postpartum hair loss, know that with Papilla, you are not alone on your journey to getting back the radiant hair of your youth and renewed self-confidence.

Join Papilla Haircare's movement of unwavering commitment to results and redefining Scalp Care and Hair Restoration treatments with Kim Lim

Discover the Art and Science of Beauty at Illumia Therapeutics and Embark on Your Path to Bespoke Refinement and Self-Illumination



State-of-the-art Facility and Technology at Illumia Therapeutics

Illumia Therapeutics Clinic A Personalised Odyssey to Illuminate Your Essence

In the universe of aesthetics, where individuality reigns supreme, Illumia Therapeutics emerges as a realm of bespoke refinement. Distinctively tailored to amplify your inherent beauty, our clinic specialises in three transformative realms: the artistry of body sculpting, the science of anti-acne empowerment, and the alchemy of skin's luminous radiance. With an unwavering commitment to harnessing the potential of medical medicines, Illumia is your partner on an intimate journey of self-illumination.

Unveiling Your Radiant Signature:

At Illumia Therapeutics, our team undergoes intensive training to operate our specially curated machines tailored to our desired specifications from around the globe. We combine these different advanced technologies with precise medical techniques to deliver the best results to our clients.

Every transformation and treatment undergoes meticulous testing and quality control, showcasing the seamless collaboration between your unique vision and our skilled expertise.

- **Cryo Fat Freeze:** The first ever thermal shock technology in Singapore, the newest generation in cryotherapy combines comfort with a painless approach. Our innovative no-vacuum technique delivers nearly instant fat elimination and tighter skin in as little as 38-50 minutes, with zero downtime.
- **Illumia 3-Step Signature Facial:** Deep cleansing, collagen-boosting ultrasound, and Illumia's special serum infusion for intense hydration, all enhanced by purified oxygen. Smoothes fine lines & wrinkles and is suitable for sensitive skin.
- **Needleless EXOXE Booster:** A cutting-edge 4th generation skin booster meticulously crafted for skin concerns such as acne and pigmentation. This innovative solution evens out skin tone and drastically reduces inflammation.



Crafting Beauty with Passion and Precision at the Heart of Illumia

Blending
Science &
Empathy in
the Journey of
Illuminating
your Skin



Your Throne of Personalised Beauty, Devoted Staff, and Globally Curated Treatments Await

Cutting-Edge Machine Treatments:

In addition to its expertise in thread treatments, Illumia Medical Aesthetic Clinic offers an extensive array of state-of-the-art machine treatments. These advanced technologies span the spectrum of skin rejuvenation, from laser therapies that target age spots and wrinkles to non-invasive procedures that tighten and lift sagging skin. This comprehensive suite of options underscores the clinic's dedication to staying at the forefront of medical aesthetics innovation. Illumia Therapeutics was also recognized and presented as a 'Centre of excellence' in this field.

Your Individual Aesthetic Symphony:

At Illumia Therapeutics Clinic, your journey commences with an intimate consultation. We are not merely practitioners; we are narrators of your aesthetic odyssey. By listening attentively to your aspirations, we orchestrate a personalised symphony of treatments. Our conviction is that beauty should be an intimately woven narrative, and we craft it with the tender threads of your uniqueness.

The Artisans of Illumia:

The heart of Illumia beats with the devotion of its artisans - medical virtuosos and aesthetic visionaries who embrace the ethos of individuality. Through their skilled hands, medical medicines become conduits of transformation, sculpting, restoring, and illuminating your essence. Their passion transcends beyond clinical services, creating a sanctuary where your singular beauty flourishes.

Final Illumination:

Welcome to Illumia Therapeutic Clinic, where your individuality is elevated into an art form. With body sculpting as a testament to your aesthetic vision, anti-acne solutions as a testament to your empowerment, and glow skin treatments as a testament to your radiance, we navigate the intricate pathways of your beauty. Anchored by personalised excellence and powered by the finesse of medical medicines, we are honoured to be your guides on this intimate journey to self-illumination.



Elevate Your Aesthetic Journey at Dr. Abby Clinic, Solaris Dutamas, KL

Welcome to Dr. Abby Clinic, Publika where excellence meets aesthetics! Nestled in the heart of Solaris Dutamas, KL, Dr. Abby Clinic proudly stands as a premier destination for cutting-edge aesthetic treatments and skin rejuvenation. With a stellar reputation, a dedicated team led by the renowned Dr. Abrizah Ousman (MD), American Academy of Aesthetic Medicine (AAAM), Diploma in Dermatology from Cardiff, UK, Letter of Credentialing and Privilege (LCP)) and a commitment to outstanding results, the clinic redefines the standards of aesthetic care.

Patient-centric Care

Under the guidance of Dr. Abby, a trailblazer in the world of aesthetic medicine, the clinic's mission is to provide treatments as unique as each client. Dr. Abby's wealth of experience ensures that every treatment is tailored precisely to meet the desires and needs of individuals.

Leading the way in innovation

At Dr. Abby Clinic, optimal outcomes are prioritized. The clinic leverages the latest advancements in aesthetic technology, utilizing only top-tier products. This approach ensures that each procedure is executed with precision and utmost care, leading to remarkable results.

Licensed and Trusted

Dr. Abby Clinic is fully licensed and meticulously adheres to all industry regulations and standards in aesthetic medicine. Clients can rest assured that their safety and well-being are the clinic's utmost priority.

A Luxurious Experience

At Dr. Abby Clinic, clients can expect nothing less than a luxurious and inviting atmosphere. From the moment clients walk through the doors, they are greeted with warmth and personalized attention. The highly trained staffs are committed to providing

unwavering support and guidance throughout the client's journey, ensuring a positive and comforting experience.



Awards and Accolades

Dr. Abby Clinic's commitment to excellence has not gone unnoticed. The clinic has been consistently honoured with prestigious awards for exceptional service and unwavering patient care. These accolades underline the clinic's dedication to upholding the highest standards of professionalism within the industry:

- Harper's BAZAAR Aesthetics Awards 2023: Best Face Lifting Treatment - Ultherapy
- Harper's BAZAAR Clinical Aesthetics Awards 2019: Best Fine Lines & Scar Treatment - Dermapen 4
- Harper's BAZAAR Top 20 Bazaar Aesthetic Awards 2017: BTL Vanquish Me, Sublative Rejuvenation
- Voted Top 10 Aesthetic Clinic Malaysia by Tally Press.com
- Ranked #4 in Best Aesthetic Clinic in Malaysia by Fun Empire
- Ranked #4 in Top 24 Aesthetic Clinics in Malaysia by Trusted Malaysia

In summary, Dr. Abby Clinic stands as a beacon of excellence, led by the esteemed Dr. Abby herself. Her dedication to exceptional results and commitment to excellence have solidified her position as a luminary in the field of aesthetic medicine. For those seeking top-tier aesthetic treatments and extraordinary outcomes, Abby Clinic is the destination of choice.

The Luxe Clinic: Where Personalised Wellness Meets Accessibility

Nestled in the heart of Bangsar, The Luxe Clinic (TLC) represents a groundbreaking shift in the way aesthetics is approached and delivered. Founded by dynamic duo, Dr. Diyana Shah and Dr. David Wee, TLC is redefining the aesthetic experience with its commitment to personalised, tailor-made treatments while merging luxury and accessibility.

Pioneers of New Age Aesthetics

Dr. Diyana Shah and Dr. David Wee, both distinguished experts in their respective areas of expertise have a shared passion for elevating the aesthetic experience. With a profound understanding of the current limitations of the aesthetic industry in Malaysia, they embarked on a journey to create The Luxe Clinic. A clinic where innovation, expertise, and compassion converge.

Dr. David's area of expertise lies in the art of facial rejuvenation, in particular fillers, skin collagen stimulators and advanced thread lifting. His speciality is in treating hair loss through procedures such as FUE transplants and hair stem cell treatments. While ageing is inevitable, Dr. David firmly believes that one can age gracefully by incorporating cellular therapy, bioidentical hormone therapy, and supplemental treatments. These approaches boost overall health and enhance one's quality of life. Apart from his main areas of focus, Dr. David also plays a significant role in the field of enhancing sexual health by providing a variety of specialised treatments, including P-Shot and penile augmentation, aimed at improving sexual function for his patients.

Dr. Diyana's passion and expertise lie in skin care through enhancing one's natural beauty by promoting healthy skin. Her specialty includes skin treatments including the highly sought-after Profilllo and Plinest. Dr. Diyana also offers medical-grade facials such as OxyGeneo, HydraFacial, and Intracuticals Oxygen Facials, which are highly regarded by both celebrities and our patients. In addition to skincare, Dr. Diyana specialises in women's sexual health and provides services such as bioidentical hormonal therapy and vaginal rejuvenation. She also offers a range of body contouring procedures for women, including breast augmentation, fat loss treatments, weight management, and medical aesthetics, featuring premium treatments such as Picoway, Fotona 5D, and Potenza.

Unveiling Personalised Care

What sets TLC apart is its unwavering dedication to personalised care. In a world where a one-size-fits-all approach is often used, TLC stands as a beacon of patient-centricity. Recognising that every individual is unique, Dr. Diyana and Dr. David have woven personalisation into the clinic's foundation.

The clinic's ethos revolves around meticulously tailored treatments that recognise one's needs,



lifestyle, and aspirations. TLC's primary focus lies in the patient journey by ensuring a thorough assessment is made prior to curating treatment plans. TLC firmly believes in providing the best and most suitable solutions without resorting to pushy sales tactics, which is a common concern in the industry. Instead, emphasis is placed on solutions while ensuring our patients' comfort and satisfaction.

Luxury for All

While personalised treatments have long been associated with exclusive, high-end clinics, TLC is on a mission to democratise this level of care. Dr. Diyana and Dr. David believe that everyone, regardless of their background or budget, deserves access to treatments that are crafted specifically for them. The clinic's commitment to bridging the gap between luxury and accessibility has set a new standard for the aesthetic industry. TLC's vision is not just about providing treatments – it's about fostering a sense of empowerment within each patient.

A Haven of Wellness

TLCs approach extends beyond the treatments themselves. Education, understanding, and collaboration form the cornerstones of the patient experience, ensuring that every individual is an active participant in their own skincare journey. Beyond cutting-edge cosmetic procedures and rejuvenating treatments, the clinic's mission is to nurture the overall wellness of each individual. Where you can rejuvenate your appearance, revitalise your body, and rekindle your spirit all in one place.

The Luxe Clinic. Redefining your journey, one bespoke treatment at a time.

Rejuvenate. Restore. Refresh.

The Luxe Clinic

131 Jalan Maarof, Bangsar, 59000, Kuala Lumpur

Instagram: @theluxeclinic.my

Phone number: 0198218188

Website: www.theluxeclinic.my

The clinic's ethos revolves around meticulously tailored treatments that recognise one's needs, lifestyle, and aspirations.

Nassim Plastic Surgery, Singapore



A stone's throw from Singapore's Botanic Gardens, Nassim Plastic Surgery stands as a statement of elegance and beauty. The moment you step through its doors, you're greeted by an atmosphere that combines modern sophistication with a touch of tranquillity. The clinic exudes privacy and comfort.

The heart of the clinic lies in its state-of-the-art treatment rooms. Each room is a testament to the latest advancements in medical technology, featuring cutting-edge equipment seamlessly integrated into the design. Nassim Plastic Surgery also has an in-house operating room so that surgery can be performed within the clinic. The clinic has the facilities for both aesthetic and surgical treatment options.

Nassim Plastic Surgery is dedicated to providing exceptional care for all aesthetic and plastic surgical needs. This highly trained team has a collective experience of about 60 cumulative years in overlapping fields. Some members of staff have been doing hair transplants for about 20 years. Another has been in the non-surgical aesthetic line for just shy of 10 years. Our senior staff nurse has been in nursing for more than a decade. Finally, Dr Janna himself, has been in the industry for more than 20 years.

Our Doctor

At the helm of Nassim Plastic Surgery is Dr. Janna Joethy, widely acclaimed as a leading plastic surgeon. Dr. Janna possesses a unique blend of exceptional surgical skill and an innate understanding of aesthetic harmony. He is known for his meticulous attention to detail and a commitment to delivering breathtaking results.

Dr Janna has worked in London, Singapore and Brazil. His wide exposure results in patients of different nationalities seeking his treatment plans. His years of experience have honed his expertise in a wide range of procedures, from facelifts and breast augmentations to rhinoplasties, liposuction, hair transplants and body contouring.

Dr. Janna's surgical artistry is renowned for achieving results that enhance one's natural beauty. His patients often remark on the seamless, natural-looking outcomes that have restored their confidence and self-esteem.

Outside clinical practice, Dr. Janna contributes to medical research and education. He has published numerous papers and mentored medical students. As a sought after speaker at both local and international conferences he shares his

expertise and insights both locally and internationally. He is the Key opinion leader for Hironic which manufactures the micro focused ultrasound machine and Servicom, ensuring that Nassim Plastic Surgery has the only Age jet plasma machine in Singapore. He also sits as medical advisor to companies looking at reducing scar formation.

Dr. Janna also believes in giving back to society and performs humanitarian work in several countries where he operates on underprivileged patients with cleft lip (or palate) deformities or burn victims.

Services at Nassim Plastic Surgery:

Surgical:

- Liposuction
- Breast Augmentation
- Breast Reduction
- Rhinoplasty
- Microsurgery
- Buccal fat removal
- Dimple creation
- Fat grafting
- Facelift
- Scar Revision
- Eye bag removal

Non Surgical:

- Botox
- Fillers
- Threadlifts
- Plasma Energy
- High Intensity Focussed Ultrasound
- Skin Boosters
- Chemical Peels
- Acne treatment
- Melasma treatment
- Pigment treatment
- Eye bag treatment

Nassim Plastic Surgery is a haven where the pursuit of beauty meets the art of surgery. The highly experienced and friendly staff will make your visit seamless and enjoyable.

Nassim Plastic Surgery

1 Orchard Blvd, #11-02, Camden Medical Centre
Singapore 248649

Call: (65) 6517 9890 / (65) 9627 7469

Opening Hours

MON - FRI | 9.00am - 6.00pm SAT | 10.00am - 3pm

www.nassimplasticsurgery.com



DR. JANNA JOETHY
Senior Consultant Plastic Surgeon
& Medical Director
MBBS, MRCS, MMed, MSc
(Surgery), FAMS (Plastic Surgery)



Beauty from Within: The Path to Timeless Beauty

Introduction:

In today's world, the pursuit of beauty and youthfulness has spurred the proliferation of various aesthetic medicine procedures. These treatments range from fillers and botulinum toxin A to collagen stimulators and energy-based devices, all of which promise impressive and natural results. Nevertheless, it raises a vital question: must these treatments be perpetually maintained, or is there a means to attain more enduring and profound effects? Drawing on over a decade of research as an aesthetic physician, I have unearthed an answer that has the potential to revolutionize our approach to addressing the fundamental causes of ageing, thereby redefining how we confront the signs of ageing itself.

Understanding the Signs of Aging:

Ageing can manifest in various ways, including wrinkles, age spots, sagging skin, and hair loss or greying hair. While these changes occur naturally as our bodies age, they can also happen prematurely, making us look older than we are.

Understanding

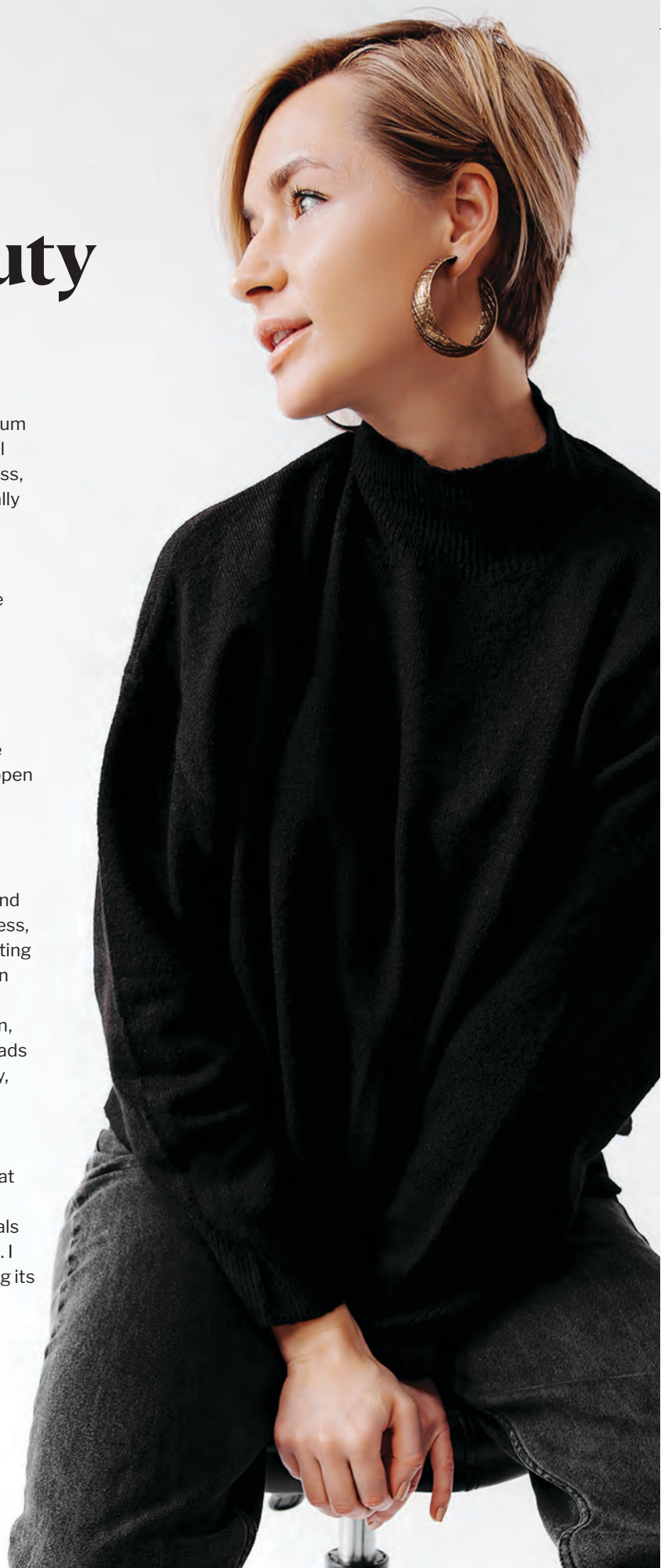
the causes of premature ageing is crucial in combating its visible signs. While some scientists posit that free radicals and oxidative stress have a negligible impact on the ageing process, it becomes challenging to disregard the perspective suggesting that ageing is, in fact, a consequence of gradual deterioration in the structures and operations of our bodies. This damage, caused by multiple factors such as oxidative stress, glycation, telomere shortening, mutations, and protein aggregation, leads to the development of age-related conditions and, ultimately, loss of function of the affected organ.

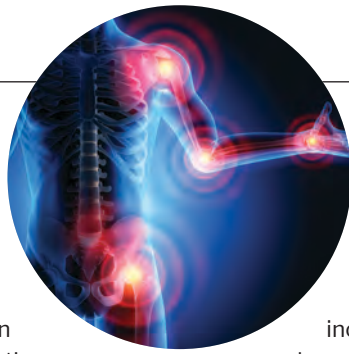
Aging from Within:

My journey as an aesthetic physician has led me to realize that despite frequent aesthetic treatments, we continue to age. This sparked my exploration into how we can assist individuals in preventing and reversing the ageing process from its core. I found that transformative results can be achieved by tackling its root cause.

Addressing Inflammation:

Addressing internal inflammation is a fundamental aspect to consider when striving for enduring beauty. By reducing inflammation, we can significantly slow down the ageing process. Chronic inflammation, often associated with age-





related conditions, exacerbates visible signs of ageing. By implementing strategies to counter chronic inflammation, such as adopting an anti-inflammatory diet and stress reduction techniques, we can alleviate various symptoms of inflammation, ranging from oil seeds, pigmentation, water retention, puffiness, hair loss, weight gain, or weight loss, and other signs of inflammation.

Dietary and lifestyle changes may help mitigate inflammation triggers and reduce chronic inflammation. Weight loss stands out as one of the most impactful strategies.

Shedding excess pounds not only significantly ameliorates inflammation associated with conditions such as psoriatic arthritis but also concurrently enhances facial and body contours.

Embracing a low-glycemic diet that restricts the consumption of inflammation-inducing foods and reducing saturated fat and trans fat intake can further contribute to the reduction of chronic inflammation. Additionally, integrating fruits and vegetables rich in natural antioxidants, polyphenols, and other anti-inflammatory compounds into one's diet can serve as a protective measure against inflammation. Furthermore, the inclusion of fish oil, which is abundant in omega-3 fatty acids, has been shown to effectively lower inflammatory markers.

Stress Reduction:

Managing and reducing stress levels is another paramount factor in maintaining youth and overall health. By reducing stress, we can decrease the presence of free radicals that accelerate aging. Moreover, stress reduction facilitates the proper utilization of nutrients for repair and regrowth, promoting longevity and well-being.

Optimal Nutrition:

Ensuring our bodies receive sufficient macronutrients and micronutrients is crucial for healthy ageing and a robust immune system. Deficiencies in essential nutrients can result in skin and nail changes, making it imperative to recognize and address underlying nutritional deficiencies. A balanced diet with adequate protein, essential fatty acids, and other vital nutrients supports healthy ageing and overall well-being.

Hormone Restoration:

Traditionally, hormone restoration treatments have focused on menopause and andropause symptoms. However, by restoring a healthy hormonal balance throughout life, we can help individuals maintain optimal well-being and slow down visible signs of ageing.

Hormones such as estrogen, progesterone, testosterone, and thyroid hormones significantly impact various aspects of our health. Declining hormonal levels with age can lead to multiple effects on the body, including dry skin, weight gain, fatigue, and decreased sexual function. Bioidentical hormone replacement therapy can be valuable in restoring balance and mitigating these effects.

Energy Production:

Providing the body with sufficient energy is also crucial for healthy aging. Supplements such as NMN, NAD Plus, and CoQ10 aid in energy production, supporting the processes that promote repair and regeneration. This can result in a radiant and supple appearance, with brighter eyes. Optimal energy production is essential for healthy aging and overall well-being.

Embracing Beauty from Within:

In our pursuit of timeless beauty, it is possible to stay young and appear youthful while maintaining functionality throughout life. By adopting a comprehensive approach that combines aesthetic treatments with addressing the core causes of ageing, we can enhance our quality of life and reduce overall healthcare costs. Let us embrace the concept of beauty from within and embark on a transformative journey towards lasting beauty, vibrant health, and a life well-lived. By unlocking our true potential and being our best, both inside and out, we can embrace the idea of beauty from within and achieve the timeless beauty we desire.

Conclusion:

Beauty from within offers us a new perspective on achieving and maintaining timeless beauty. By addressing the root causes of ageing, such as inflammation, stress, nutrition, hormones, and energy production, we can unlock our bodies' true potential. Through a comprehensive approach combining aesthetic treatments and focusing on inner wellness, we can attain lasting beauty, vibrant health, and a well-lived life.



Dr. Anna Hoo is an aesthetic physician with an MD from the University of Science Malaysia and received her fellowship training in Dermatologic Laser Surgery at Mahidol University, Bangkok, Thailand. She is the founder and medical director of the Anna Hoo Clinic, an anti-ageing and aesthetic group practice in Kuala Lumpur, Malaysia. She is an international trainer and board-certified doctor of the American Academy of Aesthetic Medicine.

Beauty From Within

The Path To Timeless Beauty

In today's world, the quest for beauty and youthfulness has led to the rise of numerous aesthetic medicine treatments. These treatments range from fillers and botulinum toxin A to collagen stimulators and energy-based devices, promising impressive and natural results. However, it is crucial to ask whether these treatments need to be continued indefinitely or if there is a way to achieve longer-lasting and more profound results. As an aesthetic physician, I have spent over a decade researching this phenomenon, leading me to uncover an answer that could redefine how we approach aging signs - by addressing the core causes or root causes of aging itself.

The signs of aging can manifest in various ways, including wrinkles, age spots, sagging skin, and hair loss or graying hair. While these changes occur naturally as our bodies age, they can also happen prematurely, making us look older than our actual age. Understanding the causes of premature aging is crucial in combating the visible signs of aging. While some scientists argue that free radicals and oxidative stress play an insignificant role in aging, it's hard to ignore the view that aging results from progressive damage to our bodies' structures and functions. This damage, caused by multiple factors such as oxidative stress, glycation, telomere shortening, mutations, and protein aggregation, leads to the development of age-related conditions and, ultimately, loss of function of the affected organ.

My journey as an aesthetic physician has led me to realize that despite frequent aesthetic treatments, we continue to age. This sparked my exploration into how we can assist individuals in preventing and reversing the aging process from its core. I found that transformative results can be achieved by tackling the root cause of aging.

One primary area to address in pursuing timeless beauty is inflammation within the body. By reducing inflammation, we can significantly slow down the aging process. Chronic inflammation, often

associated with age-related conditions, exacerbates visible signs of aging. By implementing strategies to counter chronic inflammation, such as adopting an anti-inflammatory diet and stress reduction techniques, we can alleviate various symptoms of inflammation, ranging from oil seeds, pigmentation, water retention, puffiness, hair loss, weight gain, or weight loss, and other signs of inflammation.

Many dietary and lifestyle changes may help remove inflammation triggers and reduce chronic inflammation. Weight loss is one of the most effective strategies. By reducing weight, inflammation associated with conditions like psoriatic arthritis can be significantly improved, and the face and body contour will improve simultaneously. Adopting a low-glycemic diet that limits the consumption of inflammation-promoting foods and decreasing the intake of saturated fat and trans fats can also support the reduction of chronic inflammation. Furthermore, incorporating fruits and vegetables high in natural antioxidants, polyphenols, and other anti-inflammatory compounds into one's diet can protect against inflammation. Fish oil, as a rich source of omega-3 fatty acids, has been shown to lower inflammatory markers.

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Traditionally, hormone restoration treatments have focused on menopause and andropause symptoms. However, by restoring a healthy hormonal balance throughout life, we can help individuals maintain optimal well-being and slow down visible signs of aging. Hormones such as estrogen, progesterone, testosterone, and thyroid hormones significantly impact various aspects of our health. Declining hormonal levels with age can lead to multiple effects on the body, including dry skin, weight gain, fatigue, and decreased sexual function. Bio-identical hormone replacement therapy can be valuable in restoring balance and mitigating these effects.

Providing the body with sufficient energy is also crucial for healthy aging. Supplements such as NMN, NAD Plus, and CoQ10 aid in energy production, supporting the processes that promote repair and regeneration. This can result in a radiant and supple appearance, with brighter eyes. Optimal energy production is essential for healthy aging and overall well-being.

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Beauty from within offers us a new perspective on achieving and maintaining timeless beauty. By addressing the root causes of aging, such as inflammation, stress, nutrition, hormones, and energy production, we can unlock our bodies' true potential. Through a comprehensive approach combining aesthetic treatments and focusing on inner wellness, we can attain lasting beauty, vibrant health, and a well-lived life. The path to timeless beauty begins within us, and by embracing this concept, we can redefine aging and experience transformative results beyond skin-deep. Let us embark on this journey and discover beauty's true potential from within !



Dr. Anna Hoo

Medical Director of
Anna Hoo Clinic



Frontier in Cellular Biotechnology

Cell 101 International Sdn. Bhd. is a Malaysian-based cellular biotechnology company that focuses mainly on cellular, regenerative & preventive medical technologies. Cell 101's headquarters is currently residing in one of the most distinguished research wings of Universiti Malaya, nestled in the heart of Kuala Lumpur, which highlights our strong collaboration with this world-renowned institution.

Our mission is to provide a high-value unit in the next scientific revolution with a vision to be one of the most trusted and reputable organizations in the biotechnology industry. Cell 101 aims to be the benchmark in this fast-paced industry, setting guidelines and protocols to lead cellular biotechnology to greater heights. It is no mystery today, that cellular technology and therapies are being widely used all around the world, with many positive results and success stories.

However, there is still a lack of understanding and awareness amongst both, providers and recipients, thus creating a gap that needs to be filled. Cell 101 aims to provide the ultimate solution and bridge both the scientific and medical worlds pertaining to cellular tech and concepts.

Our products include cutting edge Human Wharton-Jelly Stem Cells for clinical trials and regenerative therapy, immune cells such as Natural Killer Cells, exosomes and other growth factors, epigenetic profiling of biological age and other active nutraceutical ingredients for various applications with a logistics and sales reach internationally. Our

target clients are functional & lifestyle medicine clinics, medical centers, hospitals and other biotech companies. Besides, we are also involved in designing industry relevant bespoke curriculum in the areas of biotechnology, molecular biology, regenerative medicine and healthcare for academic and professional certificate programs.

We have formed a cohesive and comprehensive support unit for our clients & business partners, allowing them to participate and grow with us for mutual benefit as well as to provide optimal solutions for the public. With all the resources and data that we have amassed, it is undeniable that cellular biotechnology will be the next big thing in the medical and scientific arenas, opening up tremendous opportunities for providers and related businesses. Utilizing the best methods and technologies is undeniably the key to determining the future of cellular biotechnology. Cell 101 shall strive as the frontier of cellular biotechnology, and is ready to serve our clients and partners to our fullest capacity.

Health is a unique thing. It comprises many elements. Many are focused on treating superficial symptoms to 'buy more time'. We focus on the core and root-causes of problems. In other words, we provide the right tools for the human body to reestablish and reinvigorate the healing capability of our body, allowing it to repair and regenerate more effectively. This is the ultimate solution in healthcare.



Customised Healthcare Solutions at The Pharmacy Inc. Your Personalised Path to Wellness

Discover Personalised Medications Tailored Just for You

Our core mission at The Pharmacy Inc. revolves around enhancing the health and wellness of our community through the art of compounding – the customisation of your medications to tailor-make them to your needs. With an impressive track record spanning over 6 years, we have remained steadfast in our pursuit of excellence. We are proud to offer a diverse range of compounding services, including personalised solutions for you and your beloved pets. Our team of highly skilled compounding pharmacists excels in formulating unique combinations that may not be readily available through conventional means.

Pharmaceutical Compounding: A Personalised Approach to Your Health

Are you weary of a one-size-fits-all approach to healthcare? We introduce you to the art and science of pharmaceutical compounding. At The Pharmacy Inc., we believe that your health deserves a tailored touch. Collaborating with renowned compounding bodies such as Fagron and Medisca, we harness their expertise to craft the perfect medication, uniquely suited to your needs.

Setting the Gold Standard for Quality

At The Pharmacy Inc., quality is our cornerstone. We strictly adhere to international standards such as the United States Pharmacopeia (USP), ensuring that every product we create meets the highest benchmarks for quality and safety. Our formulations undergo rigorous testing to guarantee their efficacy and your peace of mind.

Why choose The Pharmacy Inc.?

- **Quality Assurance:** Our compounding processes align with the highest industry standards. We meticulously source pharmaceutical-grade ingredients and enforce rigorous quality control protocols to ensure the safety and efficacy of every medication we compound.
- **Convenience:** Experience the ease of our cutting-edge ordering portal and enjoy our hassle-free delivery services, designed to streamline your ordering process.
- **Personalised Care:** Our compounding pharmacy places your health as the utmost priority. We take the time to understand your specific healthcare needs, answer your queries, and provide personalised guidance on the best formulations for you.

Our Services and Products:

- **Dermatology** – Unlock the potential of customised dermatological solutions designed specifically for your skin.
- **Trichology** – Address hair and scalp concerns with personalised trichological formulations for healthier locks.



- **Veterinary** – We care for your four-legged family members too, with custom medications for pets.
- **Dental** – Discover tailored dental solutions for your unique oral health needs.
- **Original Products and Formulations** – We empower businesses and clinics to create their own private-label products. From formulating services to packaging sourcing, to label design and printing, we guide you through every step.

Meet Our Founder, Ms. Priscilla Lim

Ms. Priscilla Lim, the founder and managing pharmacist of The Pharmacy Inc., is a board-certified pharmacist. She leads our team in delivering the finest products to our valued customers. Priscilla possesses the expertise in formulation research and development needed to meet your unique requirements. Her unwavering commitment to the synergy of research and design has fueled pharmaceutical innovation, enabling us to provide patient-centric care.



Priscilla Lim
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Is Ageing Inevitable?



Ageing is a complex and multifactorial process caused by a series of cellular and molecular changes over time. While the exact causes of ageing are not fully understood, there are some known factors that contribute to the ageing process—biological age and genetics are predetermined whereas the majority influences on ageing is variable. These include environmental factors such as pollutants or UV exposure, lifestyle choices such as tobacco smoking, excessive alcohol consumption, poor sleep, poor diet, lack of regular exercise and uncontrolled stress. There are many twin studies that show that lifestyle and environmental factors can influence the rate of ageing significantly despite similar genetics.

A combination of these variable and predetermined factors result in oxidative stress and cellular senescence. While ageing affects every part of the body, it is most prominently evident in the skin, as it is our largest and most visible organ. Within the skin, we experience a decline in collagen and elastin production, alongside potential dysregulation of pigment cells. These processes contribute to the typical signs of aging that we frequently observe, including diminished skin elasticity, the emergence of fine lines and wrinkles, sagging, and pigmentation irregularities.

The aesthetic space is constantly evolving and science enables us to defy natural ageing to some extent with early prevention and treatment. So is ageing inevitable? Partly. Whilst there are definitely

elements that one cannot control, there are many that we can, and doing our part to regulate these factors will make ageing as evitable as possible.

What Can I Do To Slow The Ageing Process?

Do not underestimate the power of a simple daily habit. Sun protection is one of the most important steps you can take to prevent premature skin ageing and we would recommend daily application (yes, even when it is cloudy) of a broad-spectrum sunscreen with SPF 50 and PA++++.

Maintaining a diverse and nutritious diet, rich in whole foods, can help reduce the risk of nutrient deficiencies that may adversely affect skin cell function.

Regular exercise not only maintains bone and cardiovascular health but also reduces stress and inflammation.

What not to do is just as important, avoiding prolonged sun exposure, tobacco smoking or excessive alcohol consumption can reduce cell damage which results in premature ageing.

Are There Specific Anti-ageing Treatments For Different Age Groups?

In addition to lifestyle changes, in-office treatments can help to prevent or even reverse signs of skin ageing. Age is just a number and as mentioned, there are many other elements that contribute to skin health. Whilst it is recommended to assess each person's condition independently of their age, age groups can act as a quick guide for anyone who is new to aesthetic treatments. Those in their 20s may benefit from laser therapy or skin boosters to reduce the signs of early sun damage and skin texture changes. For those in their 30s or 40s, botox and dermal fillers can be used to refresh the face and skin tightening treatments may be beneficial for increased skin laxity. In your 50s and beyond, advanced dermal fillers and thread lifts may be

required for more significant signs of ageing and surgical procedures such as face lifts are more common in this age group. You can start anytime when it comes to anti-ageing treatments. In fact, early prevention and treatment usually results in better outcomes. Regardless of your biological age, if you are concerned about certain signs of ageing, it is best to see a doctor for individualised advice.

When Should I See A Doctor?

See a doctor if you are concerned about signs of skin ageing such as fine lines and wrinkles, facial sagging, skin laxity or pigmentation.

What Is Androgenetic Alopecia And Why Am I Losing Hair?

Hair growth occurs in cycles. Old hairs that reach the end of their cycle are pushed out of the follicles by new hairs. Shedding is a normal part of the hair cycle and it is natural to lose up to a hundred hairs a day.

Hair loss, also known as alopecia, occurs when there is partial or complete loss of hair from a naturally hair-bearing area. This can occur as a result of increased hair shedding or reduced growth of new hairs, thus causing an imbalance in the hair cycle.

The most common type of hair loss is “androgenetic alopecia” (Male/Female pattern hair loss), a gradual hair thinning and loss, typically starting at the hairline and crown in men and overall hair thinning in women. Androgenetic alopecia is frequently influenced by a combination of factors, including age, hormonal fluctuations (such as those during pregnancy, menopause, or thyroid disorders), external stressors, nutritional deficits, medications, and lifestyle choices. Consequently, adopting a multi-faceted approach provides a greater likelihood of achieving sustained success in long-term treatment.

Is My Hair Loss Temporary Or Permanent?

Hair loss may be temporary if its cause is short-lived. For example, pregnancy causes a surge in hormones which can result in a period of hair loss. After delivery, hair growth may return to normal. In other cases where hair loss may be due to a medical condition such as a flare of scalp psoriasis, treating this can improve hair growth. However, if the cause of your hair loss is an ongoing issue, it is likely to result in permanent hair loss unless treated appropriately. Even if your hair loss might be temporary, proper treatment can help to speed up regrowth.

When Should I See A Doctor For Hair Loss?

It is best to see a doctor as soon as you notice an issue. Early diagnosis and treatment are key to prevent worsening hair loss and improve treatment outcomes. You should seek medical advice especially if you have noticeable bald patches, associated skin rashes or irritation or sudden and severe hair loss. As there are many different types of hair loss, it is essential to seek your doctor’s opinion to ensure you are receiving the right treatment for your condition.



How Can I Treat Hair Loss?

Treatment of androgenetic alopecia usually consists of a combination of lifestyle changes, dietary supplementation, medications and in-office treatments. Some common medical treatments include topical minoxidil, microneedling, stem cell treatment, low-level laser therapy, autologous micrografts, platelet rich plasma (PRP) therapy and hair transplantation. Sometimes, a dietary supplement can help if you are deficient in certain nutrients such as biotin, iron or zinc. Reducing the frequency of certain hairstyles such as tight ponytails can reduce the chance of Traction Alopecia, where hair is lost along the areas of pull. The extent of treatment would depend on the cause and severity of hair loss. Every individual is unique and it is important to seek personalised advice from a trained medical professional. No matter what treatment you undergo, it will take a few months to see results and your doctor will be best equipped to discuss this with you.



Singapore's Medical Tourism Industry Continues to Thrive with Cutting-Edge Advancements

In 2023, Singapore's medical tourism sector is primed for continued success, buoyed by the city-state's ongoing leadership in pioneering advancements and in delivering outstanding patient care. With its top-tier healthcare infrastructure and unwavering commitment to innovation, Singapore has firmly established itself as a leading global hub for medical tourism. We illuminate the thriving landscape of Singapore's medical tourism industry with verifiable statistics and credible references from reliable sources.

According to the Singapore Tourism Board (STB), in 2020, the city-state welcomed over 1.5 million international patients. This substantial figure serves as clear evidence that Singapore attracts patients from around the world who seek high-quality medical treatments. This sustained growth reflects the trust placed in Singapore's healthcare system and its reputation for delivering exceptional medical services.

The integration of artificial intelligence (AI), precision medicine, and regenerative therapies has revolutionized patient care, underscoring Singapore's dedication to advancing medical science through the adoption of cutting-edge advancements and innovative technologies. Singapore's healthcare institutions stand at the forefront of leveraging robotic surgery, proton therapy, and telemedicine to provide patients with state-of-the-art treatments.

These advancements cement Singapore's status as a global leader in medical innovation.

Singapore's specialized centers of excellence are instrumental in attracting medical tourists seeking specialized treatments and expertise. Esteemed institutions such as Singapore General Hospital (SGH), National Cancer Centre Singapore (NCCS), and National Heart Centre Singapore (NHCS) offer world-class medical care, multidisciplinary collaboration, and cutting-edge facilities. Patients benefit from a comprehensive array of treatment options delivered by highly skilled healthcare professionals, resulting in outstanding outcomes.

Collaboration and Research Excellence

The success of Singapore's medical tourism industry is firmly rooted in a collaborative ecosystem that nurtures research and innovation. Robust partnerships among academic institutions, healthcare organisations, and industry players have propelled breakthroughs in various medical fields. Singapore's commitment to research and development has led to advancements in genomics, biomedical engineering, and digital healthcare. This collective approach guarantees that patients can avail themselves of the most recent medical innovations and pioneering treatments.

Quality Assurance and Patient-Centric Care

Singapore's medical tourism industry places paramount importance on providing exceptional patient experiences and upholding the highest standards of care. The nation's healthcare professionals are renowned for their patient-centric approach, prioritising personalized care, empathy, and meticulous attention to detail. Singapore's medical institutions consistently rank highly in patient satisfaction surveys, reaffirming their commitment to quality assurance and exceptional healthcare outcomes.

Looking Ahead

Singapore's is poised for continued success in 2023 as the state remains a premier destination for medical travelers. The city-state's unwavering commitment to innovation, cutting-edge advancements, specialized expertise, and exceptional patient care solidifies its status as a global medical tourism hub. As Singapore continues to invest in research, technology, and quality assurance, patients can expect more transformative treatments and enhanced healthcare experiences.

Healthy Gastronomy: Exploring Singapore's Culinary Delights for Medical Tourists

Singapore has long been renowned as a premier medical tourism destination, offering world-class healthcare services and cutting-edge treatments. However, it's not just the medical expertise that draws international patients to this vibrant city-state. Singapore's culinary scene has emerged as a delightful and healthy complement to the healing journey for medical tourists.

With its diverse range of gastronomic offerings, Singapore proves that healthy eating can be a delicious and enriching experience. Visitors seeking medical treatments can now indulge in an array of delectable, nutrient-rich cuisines that cater to various dietary requirements and preferences. Singapore has an array of restaurants that focus on healthy, nutritious, and delicious offerings.

The Art of Culinary Perfection

Among these establishments, RUBATO Italian Restaurant shines as a prominent destination for those seeking a delectable and health-conscious dining experience. Located in the heart of Singapore, RUBATO Italian Restaurant is a culinary gem that artfully blends traditional Italian flavours. RUBATO takes great pride in sourcing only the finest and freshest ingredients, guaranteeing that the restaurant crafts meals that not only please the palate but also provide essential nutrients.

Beyond the delectable dishes, RUBATO offers a welcoming and refined ambience that complements the dining experience. The warm and attentive staff ensure that guests feel at ease and pampered, making it an ideal venue for those seeking relaxation and indulgence after medical treatments or procedures.

Asian Culinary Gems: A Feast for the Senses

For those seeking a gastronomic adventure with an Asian twist, Singapore's diverse cultural heritage provides a treasure trove of culinary delights. Thanks to its multicultural population, the city-state boasts a vibrant tapestry of cuisines, spanning Chinese, Malay, Indian, and Peranakan traditions. One of Singapore's renowned culinary gems is the fragrant laksa, a spicy noodle soup teeming with fresh seafood and aromatic herbs.

Popular eateries such as "328 Katong Laksa" and



"Sungei Road Laksa" serve up this iconic dish, allowing medical tourists to experience the vibrant flavours of Singapore's culinary heritage while enjoying a wholesome meal. Another local favourite is Hainanese chicken rice, a nourishing dish that pairs tender poached chicken with aromatic rice and a ginger-infused sauce. "Tian Tian Hainanese Chicken Rice" at Maxwell Food Centre is an esteemed establishment where visitors can indulge in this quintessential Singaporean delight.

Singapore's commitment to innovation extends to its culinary landscape. The city-state boasts a dynamic community of food scientists, nutritionists, and culinary experts who tirelessly pioneer new and exciting culinary creations. For instance, "Alma by Juan Amador," a Michelin-starred restaurant at Goodwood Park Hotel, exemplifies the seamless fusion of gastronomy and nutrition. With its unwavering commitment to employing top-tier ingredients and innovative cooking methodologies, Alma delivers a culinary journey that is simultaneously indulgent and health-conscious.

Embracing the Culinary Diversity

To fully immerse in Singapore's culinary delights, medical tourists can explore the city's vibrant food markets and festivals. The bustling hawker centers, such as Maxwell Food Centre and Tiong Bahru Market, provide a vibrant and affordable experience where visitors can sample an assortment of local dishes. These culinary havens exemplify Singapore's commitment to preserving its food heritage while catering to evolving tastes and preferences.

In conclusion, Singapore's culinary scene offers a treasure trove of healthy gastronomy for medical tourists to explore. With its emphasis on fresh ingredients, multicultural flavors, and innovative culinary creations, Singapore presents a unique opportunity to combine exceptional medical care with an enriching and delicious dining experience.

Trifarotene joins the battle against acne



Why do we get acne?

Acne vulgaris is a common skin condition that occurs as a result of clogged sebaceous (oil) glands that can subsequently become inflamed. It primarily affects areas of the body with a high density of sebaceous glands, such as the face, neck, chest, shoulders and back. It is more common during periods of hormone imbalance, such as during puberty, but can persist into adulthood and cause permanent scarring if left untreated.

Many factors contribute to acne formation, including excess sebum production, bacterial growth, inflammation, hormones, genetics and external irritants such as some cosmetics or medications.

Retinoids: a crucial player in acne treatment

Retinoids remain the mainstay for acne therapy, with severe acne commonly requiring a course of an oral retinoid (isotretinoin) when all else has failed. This powerful ingredient, a derivative of vitamin A, regulates skin cell turnover, reduces inflammation, and prevents the formation of comedones (blackheads), thereby attacking the acne pathway at multiple points. However, not all retinoids are created equal and there are many elements to consider before deciding which retinoid is the best for your skin. You might have heard of tretinoin, adapalene or tazarotene, with the latter gaining approval from the US Food and Drug Administration (FDA) in 1997 as the most recent retinoid approval for acne before Trifarotene.

A comparison of well-known retinoids

Tretinoin: A first-generation retinoid, Tretinoin is the oldest and one of the most potent topical retinoids available. However, there is a tendency for it to cause skin irritation and dryness and may not be well tolerated by everyone.

Adapalene: A third-generation retinoid, Adapalene has a more selective effect on the retinoid receptors in the skin and is a milder retinoid compared to

tazarotene and tretinoin, making it better tolerated by individuals with sensitive skin or those new to retinoid use.

Tazarotene: A fourth-generation retinoid, Tazarotene is considered the most potent topical retinoid of the bunch. It may also cause skin irritation and dryness due to its potency.

Traditionally, the amount of skin irritation you may experience is related to the potency of the retinoid and this can sometimes limit acne therapy in individuals with sensitive skin.

What is Trifarotene and who is it suitable for?

Trifarotene is a fourth-generation retinoid and is the first retinoid approved by the FDA for acne in over 20 years. With advancements in science and technology, the aim was to create a potent topical retinoid that can treat acne better without causing significant side effects. Trifarotene is developed with skin tolerability in mind. It is specially formulated with high selectivity for the retinoic acid receptor and this precision allows for a low percentage (0.005%) of Trifarotene to

be used, therefore maintaining its efficacy while minimising irritation. For those who are unable to tolerate tretinoin but find that adapalene is not achieving results despite consistent use, Trifarotene may be a good option. Clinical studies also show a rapid onset of action, with a reduction in blemishes seen in as early as a week or two. Additionally, because of its specificity to the retinoid receptor, Trifarotene is better tolerated on large surface areas of the skin, including the chest and back. Therefore, Trifarotene is a promising addition to our arsenal of acne therapies and offers more versatility when customising a treatment plan.



DR VICKI LEONG

Medical Director and Founder,
VIDASKIN Medical Aesthetic Clinic

Setting Standards in Beauty

VIDASKIN is a leading Aesthetic Clinic in the heart of Singapore. It is a renowned destination for individuals seeking top-notch aesthetic treatments that are safe and effective. Led by a team of skilled doctors and aesthetic specialists, the clinic combines medical expertise with an artistic approach to enhance natural beauty and restore confidence. VIDASKIN Aesthetic Clinic is equipped with state-of-the-art facilities and cutting-edge technologies to offer a comprehensive range of aesthetic treatments for optimal results. With a commitment to delivering personalized care, VIDASKIN has established itself as a trusted name in the realm of aesthetics.

Treatments available:

Facial Treatments:

- Botox® and dermal fillers to address wrinkles, volume loss, and facial rejuvenation.
- Chemical peels to improve skin texture and reduce pigmentation.
- Microdermabrasion for exfoliation and skin rejuvenation.
- Non-invasive skin tightening treatments.

Laser Treatments:

- Laser hair removal for permanent hair reduction.
- Laser skin resurfacing to address wrinkles, acne scars, and pigmentation issues.
- Laser tattoo removal.
- Laser treatments for vascular conditions.

Body Contouring and Fat Reduction:

- Non-surgical body sculpting.
- Radiofrequency-based treatments for cellulite reduction and skin tightening.

Hair Restoration:

- Scalp treatments and therapies for hair and scalp health.
- Medical management of hair loss conditions.

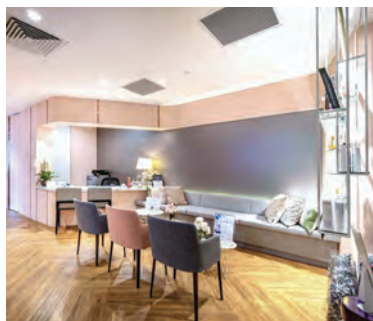
Dr Vicki Leong

Dr Vicki Leong is the founder and medical director of VIDASKIN Aesthetic Clinic, Singapore. She graduated with a medical degree from the University of Melbourne, Australia. Dr Leong is an advanced injector and key opinion leader of some of the most prestigious brands. She is also a well-respected trainer of many aesthetic procedures. Dr. Leong stays abreast of the latest advancements in aesthetic medicine, ensuring that her patients receive the most innovative and effective treatments available.

Known for her meticulous approach and commitment to delivering natural-looking results, she is a trusted professional in the field of Aesthetic Medicine.

Dr Elizabeth Heah

Dr Elizabeth Heah is a medical doctor at VIDASKIN



Aesthetic Clinic, Singapore. She graduated with a medical degree from the University of Manchester, United Kingdom. Her expertise in aesthetic medicine and cosmetic formulation allows her to provide holistic care to her patients. Dr. Heah is known for her compassionate approach, ensuring that each patient feels heard and understood. Her dedication to staying at the forefront of advancements in aesthetic medicine allows her to offer innovative treatments and personalized solutions for various skin concerns.



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Expert Feature:

Dr. Komathy Rajaratnam, The Visionary Behind The Lifestyle Clinic

For the past 15 years, Dr. Komathy has served as the founder and medical director of The Lifestyle Clinic, situated at the esteemed Camden Medical Centre in Singapore.

Dr. Komathy, who graduated from the National University of Singapore (NUS), is one of the country's pioneering doctors in the field of aesthetic medicine. With a career spanning nearly three decades, she has been dedicated to the practice of aesthetic medicine since 1993 and currently holds the position of Vice President in The Society of Aesthetic Medicine Singapore.

Soon after she graduated from NUS, she developed a special interest in dermatology and got a Diploma in Dermatology from the University of Wales in the UK. While treating sun-damaged skin in Sydney, she developed a special interest in aesthetic medicine. She was one of the first few doctors trained in laser hair removal when it was introduced to Singapore in 2000.

Aesthetic Medicine: Where Artistry Meets Expertise

In aesthetic medicine, it's not just about having a wealth of experience across diverse treatment modalities; it's also about possessing an innate sense of beauty and the skilled touch to bring it to life. Dr. Komathy embodies this ethos, with years of dedicated practice that have not only broadened her expertise but also honed her ability to create naturally beautiful faces through precise injection techniques. Her reputation extends to her exceptional proficiency in addressing tanned complexions and various pigmentation disorders, particularly melasma.

Shaping Aesthetic Discourse and Industry Standards

Beyond her clinical work, Dr. Komathy is a respected voice in the field. She frequently contributes articles to magazines and newspapers, sharing her insights with a wide audience. Her expertise also extends to the airwaves and screens, where she engages in radio and television interviews. As a key opinion leader for



several prominent aesthetic companies, she actively shapes the industry's landscape.

Dr. Komathy's commitment to empowerment through knowledge is unwavering. She believes that awareness and informed decision-making are vital for her patients. To stay at the forefront of her field, she dedicates herself to continuous learning. Driven by this passion, she actively participates in international workshops and conferences, ensuring she remains updated on the latest, safest, and most effective treatments and technologies.

Dr. Komathy believes that awareness and informed decision-making are vital for her patients

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Revival Clinic Bangkok: Pioneering Stem Cell Treatment with Vision and Expertise



At the intersection of visionary ideals and medical excellence lies Revival Clinic Bangkok, an embodiment of innovation in the realm of stem cell treatment. Guided by Dr. Chontirof's transformative ideas, the clinic has become a trailblazer in holistic health, well-being, and beauty enhancement.

Dr. Chontirof, board-certified in Preventive Medicine, has been instrumental in shaping the clinic's mission. With diplomate certification from the American Board of Anti-Aging Medicine, she has harnessed her medical insights to pioneer advancements in anti-ageing practices. Her continuous pursuit of knowledge recently culminated in her getting the prestigious Genetics and Genomics certification from Stanford University.

Guided by the exceptional leadership of Mr. George Morgan, Revival Clinic is globally recognized as a paragon of medical excellence. Under his direction, the clinic has evolved into a sought-after global destination for those seeking transformative stem cell therapy. This accolade is mirrored by the clinic's impressive Google reviews, a testament to the life-changing impact they've delivered to patients worldwide.

At Revival Clinic Bangkok, the essence of transformation transcends expectations. In an environment seamlessly blending world-class expertise with local nuances, a personalized sanctuary of tranquility awaits. The clinic's commitment to crafting a bespoke experience for each guest stands

as a testament to their unwavering dedication. From the initial appointment to the final step of your journey, every aspect is thoughtfully tailored to your unique needs.

Safety takes precedence on this journey toward well-being. Adhering rigorously to the latest industry standards, Revival Clinic's medical professionals ensure your safety at every juncture. Their commitment extends from consultations to medication preparation, treatment administration, and aftercare, guaranteeing a seamless and secure experience. Only the most advanced imported medications and cutting-edge medical equipment are used, prioritizing both effectiveness and safety.

Revival Clinic's distinction lies not only in its medical excellence but also in its meticulously trained staff. The clinic offers a diverse array of exceptional treatments, all while prioritizing patient comfort and privacy. Dr. Chontirof's personal involvement in crafting highly individualized protocols showcases her commitment to patient-centric care. Through a fusion of medicine, Cell therapy, IV treatment, and anti-ageing procedures, the clinic ensures optimal results for every patient.

Revival Clinic Bangkok isn't just a medical institution; it's a testament to the fusion of vision, expertise, and patient care. As it pioneers the frontiers of stem cell treatment, it welcomes you to embark on a journey of holistic transformation, where well-being meets beauty in a symphony of excellence.

Aesthetic Medicine's Evolution



Opening the Doors to Transformation

In the field of aesthetic medicine, we stand witness to an exhilarating transformation. The rapid advancements in technology and pioneering treatment innovations, coupled with an increasingly informed and discerning patient base, are ushering in a profound shift in how we approach and perceive aesthetic medicine.

Long-Term Commitment: From Quick Fixes to Sustained Beauty

This evolution steers us away from the realm of short-term fixes and into a commitment to long-term maintenance. It heralds the dawn of

regenerative aesthetic procedures and the concept of “prejuvenation” or preventative treatments. These approaches seek to enhance an individual’s unique features, ultimately yielding natural-looking results that celebrate the beauty of diversity and individuality. Moreover, this evolution is expanding the horizons of what falls under the purview of medical aesthetics, as well as broadening its reach to a more diverse clientele.

Market Growth and Demand

The global aesthetic medicine market is poised for growth, driven by escalating demand for cosmetic procedures and ongoing technological advancements.

Just two years ago, the market stood at USD 62.8 billion, and projections indicate it will reach USD 107 billion by 2028, with a forecasted Compound Annual Growth Rate (CAGR) of 9.3%. Contributing factors include the increasing prevalence of skin conditions and heightened awareness of the benefits of aesthetic treatments. Additionally, rising disposable incomes and ageing populations in many countries are expected to further fuel market expansion.

Targeting a Distinct Population: Navigating the Intersection of Well-being

Aesthetic medicine practitioners are uniquely positioned to address a distinct demographic—individuals who, though in good health, perceive imperfections in their appearance and seek aesthetic enhancement. Understanding the psychology of these patients is crucial to avoid unmet expectations in their pursuit of aesthetic improvements.

As physicians with a unique clientele in the realm of medicine, we must acknowledge that aesthetic seekers differ significantly from traditionally sick patients in terms of their psychological states and desires. Aesthetic medicine not only necessitates a wide array of clinically applied technical skills but also relies on the utilization of medical aesthetic expertise and diagnostic insights from the field of aesthetic psychology.

Embracing Health-Centric Aesthetic Trends

Today's informed consumers increasingly seek biostimulation and treatments aimed at regenerating the effects of natural aging. Their focus is shifting towards the long-term effects of procedures that promote healthy cell regeneration and tissue rejuvenation, rather than seeking immediate, short-term changes. This paradigm shift underscores the evolving landscape of aesthetic medicine, where the emphasis extends beyond enhancing appearance to promoting overall well-being and vitality.

The Power and Perils of Social Media: A Double-Edged Sword

Social media, while capable of propagating negative beauty standards and unrealistic trends, also serves as a potent tool for responsible education, particularly among younger demographics. Industry professionals can utilize social media to safeguard patient well-being, monitor potentially harmful beauty trends, and ensure treatments are administered safely and ethically.

Fostering Ethical Practices

Prioritizing patient safety and well-being within the medical aesthetics industry contributes to destigmatizing aesthetic treatments and solidifying their role in overall health and medicine. Ethical practitioners can educate patients effectively, manage expectations, and set realistic goals, creating stronger patient-provider relationships.

Staying Informed and Innovating

Staying informed about the latest innovations in aesthetics and understanding how these treatments benefit patients are essential for success in the evolving anti-ageing landscape. Advances in technology are a driving force behind the increasing demand for treatments. Innovations such as ultrasound-based cellulite treatments, long-lasting neurotoxins, high-intensity facial electromagnetic stimulation, and emerging technologies like VR, AR, Artificial Intelligence (AI), CAD, Telemedicine, and IoT enhance the precision and efficiency of medical aesthetics procedures.

Aesthetic Medicine as an Art Form: The Artistry of Combination Therapies

Aesthetic medicine is now considered an art form, where physicians blend skill with creativity to achieve ideal outcomes. Combination therapies, recognizing the strengths and weaknesses of each modality, have become a hallmark of this approach. Expertly combining options yields enduring results. Combining microfocused ultrasound with visualisation and radiofrequency (RF) microneedling synergistically enhances facial contours and skin quality. Combination treatments using devices and topical cosmeceuticals effectively address various patient concerns, with customized formulas optimizing outcomes and reducing recovery times.

As technologies continue to expand treatment possibilities across diverse areas and demographics, the future is undeniably bright for the world of aesthetic medicine.



Dr UsHa Hoh
CEO & Senior Medical Director MX Clinic
Key Opinion Leader
Trainer & International Speaker
Merz Aesthetics | Rejuran PharmaResearch
Babor Malaysia

Pectus Excavatum and its Minimally Invasive Repair Procedure

Pectus excavatum is a medical condition characterized by an abnormal development of the chest where the breastbone (sternum) and rib cage grow inwards, creating a caved-in or sunken appearance in the chest. It is sometimes colloquially referred to as “funnel chest” or “sunken chest” due to the depression in the chest resembling a funnel or concave shape.

According to Senior Consultant Cardiothoracic Surgeon Dr Jeswant Dillon at IJN, PE is a common chest wall deformity, occurring in about one in 1,000 births and accounting for approximately 90 per cent of congenital chest wall abnormality.

“This condition progresses throughout childhood and is three times more common in boys than girls,” he said.

He also highlighted that doctors still don’t know the exact cause of the disorder but in some cases, it may be linked to genetics, mal-development of anterior chest wall and musculoskeletal disorders such as Marfan syndrome, Ehlers-Danlos and Poland syndrome.

Pectus Excavatum Risks

The main sign of PE is quite visible with the hollow appearance of the sternum, asymmetry of the ribs and the lower edges of the rib cages.

However, as the deformity worsens, Dr Jeswant warned that the depressed anterior chest wall may put pressure on the heart and lungs, causing cardiovascular and respiratory impairment.

“Severe PE conditions may lead to cardiovascular and respiratory impairment by laterally displacing the heart and restricting respiratory function,” he said.

According to him, lateral displacement and compression of the heart may cause right ventricular filling complications, while decreased flexibility of the chest wall and compression of the lungs may lead to restrictive breathing dysfunction.

The compression may also cause restricted organ growth.

“As a result, people with PE may experience lesser exercise tolerance, tiredness, shortness of breath, chest pain, back pain, arrhythmia (irregular heartbeat) and recurrent respiratory infections,” he added.

Besides its clinical effects, Dr Jeswant pointed out that the condition may also have a significant psychological impact on PE patients.

He said poor self-esteem and social withdrawal is quite common among those with PE due to their unusual chest appearance.

How is PE diagnosed?

Although the condition is still not widely recognised among the general public, with the increased awareness of pectus deformities, more young patients with uncorrected PE are seeking evaluation and treatment.

To diagnose PE, doctors use chest X-rays or CT-scans to take a look at the internal structures of the sternum, bone and cartilage deformity.

The Haller index is a standard measurement used to

calculate the severity of the PE, and anything > 3.25 indicates severe pectus deformity.

Dr Jeswant said further tests such as pulmonary (lung) function test, electrocardiography (ECG) and echocardiogram may also be done to assess the lung and cardiovascular functions.

He also stressed that early evaluation is recommended to better plan the surgery time during the growth spurt, between ages 11 and 14 years before bones and cartilages mature.



Surgical Interventions

There are no medications to treat PE, however, patients may opt for either the conventional Ravitch open procedure or the minimally invasive Nuss method to correct the disorder.

According to Dr Jeswant, the Ravitch procedure is an invasive surgical technique that was pioneered in 1949.

The technique involves breaking the sternum and resection of costal cartilages as well as raising pectoralis muscle flaps.

“It is a complex procedure and takes a long operative time of up to six hours.

“There is also a high risk of blood loss, prolonged hospital stay and post-operative pain involved in Ravitch procedure,” he added.

Fortunately, there’s an alternative procedure to take away the burdens of Ravitch method.

Thanks to paediatric surgeon Dr Donald Nuss, there’s now the minimally invasive repair for pectus excavatum (MIRPE), also known as Nuss approach to effectively correct PE.

Dr Jeswant explained that the MIRPE procedure, developed in 1997, involves making two small cuts (keyholes) on either side of the chest to insert a customised stainless steel bracing bar into the chest cavity to brace and remodel the anterior chest wall.

The bar is left inside the chest for two to three years in children and three to four years in adults to mould the rib and sternum into the usual curved shape of a chest wall, before it can be removed in a simple minor surgical procedure.

“Because the bar could be inserted through incisions on the side of the chest, the surgery risks, blood loss and postoperative pain would be minimal.

“The potential advantages of the MIRPE are shorter operating times, smaller incisions, shorter hospital stay, excellent long-term cosmetic results and faster return to daily activities,” Dr Jeswant added.

He also highlighted that patients may resume most activities within two weeks and competitive sports after three months after their surgery.

The MIRPE procedure was first introduced in Malaysia in 2008 by Dr. Jeswant and team and since then around 100 patients have benefited from this treatment at Institut Jantung Negara.



Prof Dato Seri Dr Jeffrey
Jeswant Dillon

Dr Plus Aesthetics and Wellness Clinic - Your Collagen Clinic

When you arrive at the entrance of Dr Plus Aesthetics and Wellness Clinic, you are greeted by the cheerful smile of Colla, the clinic's bubbly blue mascot. Since the clinic focuses on and emphasises the importance of collagen, it is easy to see where Colla gets his name from.

As you age, your body stops producing as much collagen as when you were younger. Hence, it's important not to just consume foods rich in collagen or collagen supplements, but to also stimulate collagen growth with additional treatments.

Diverse Treatments Targeting Collagen Vitality

The clinic offers several popular treatments, each addressing various facets of the significance of collagen in the body. These treatments include:

- **Collagen Plus** - Collagen Plus uses a three-step programme of lasers, ultrasound and LED light to stimulate the body's production of collagen. This treatment is suitable for all skin types.
- **Hifu Plus** - Popular ultrasound treatment that shows results quickly by growing collagen. The treatment is also personalised and catered to the skin condition of each patient.
- **Valor Plus** - Utilising shockwave treatment to increase blood vessel growth, which in turn increases collagen growth during blood vessels formation through a process called collagenesis. This unique treatment is used to treat erectile dysfunction (ED) or as a prevention.

Dr Kenneth Lee: "The Collagen Doc"

Dr Kenneth Lee, founder and Medical Director of Dr Plus Aesthetics and Wellness Clinic, is an aesthetic doctor in Singapore with extensive training in anti-aging, aesthetic, and regenerative medicine. After completing his medical degree in the United Kingdom, he trained in various medical and surgical departments in London before returning to Asia to pursue his career.

Dr Lee has participated in numerous courses and conferences to upgrade his knowledge and skills, and he believes that anti-aging, aesthetics, and regenerative medicine can enhance beauty from within. As an aesthetic doctor practising regenerative medicine, he specialises in collagen stimulation and replenishment. Channel NewsAsia has interviewed him for his special interest in collagen.

With a commitment to excellence and a passion for helping their clients look and feel their best through collagen, Dr Plus Aesthetic Clinic is the go-to destination for those looking to enhance their natural beauty and achieve their skincare goals.

About Dr Plus Aesthetics and Wellness Clinic

Dr Plus Aesthetics and Wellness Clinic specialises



Dr Kenneth Lee

in scientifically proven collagen treatments that enhance your natural beauty with long-lasting effects. Led by Dr Kenneth Lee, known as "The Collagen Doc[®]", their personalised, patient-centric care offers a wide range of anti-aging, regenerative, and aesthetic medicine services.

At Dr Plus Aesthetics and Wellness Clinic, treatments are thoughtfully customized to suit the unique needs and aspirations of each patient, following a thorough consultation. Their comprehensive approach seamlessly integrates health and wellness with aesthetic enhancement, encompassing the resolution of facial skin concerns, collagen enhancement, and skin nourishment. The clinic places paramount importance on your comfort and safety, prioritizing clear communication throughout every stage of your procedure. Take your initial stride on your collagen journey with them today.



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Instagram: <https://tinyurl.com/3yfdjb2s>



Collagen treatments

Please share with us more about your medical background and what inspired you to establish Dr Plus Aesthetics and Wellness Clinic with a specific focus on collagen treatments?

I have had extensive training in anti-aging, aesthetic, and regenerative medicine. After completing my medical degree in the UK, I went through various medical and surgical departments in London before returning to Asia. The name Dr Plus was inspired whilst I was walking on a street in a foreign country pre-COVID 19, and it carries the meaning of doing more, striving to be the best, adding more value to the services etc. As I am practising aesthetics and regenerative medicine, I find a lot of the procedures we do are related to collagen replenishment and stimulation. Collagen loss is an inevitable problem we face as we age and a clinic with a special focus on solving a genuine condition is more sustainable in the long run.

Could you explain the importance of collagen in the ageing process and why stimulating collagen growth is essential?

Collagen fibres create the infrastructure for elastin and hyaluronic acid, which are responsible for the skin's elasticity and hydration, healthy joints, and the general well-being of organs. As you age, your body starts producing less collagen. The skin becomes thinner, drier, and less elastic. The loss of collagen leads to wrinkle formation. You may have symptoms such as joint pain or stiff tendons or ligaments. As

we get older, our body's natural ability to produce collagen is diminished, which is why we need to obtain it from external sources. Today, there are effective alternatives available to ensure that the body gets an adequate collagen supply. Among them are the consumption of collagen-rich food and high-quality collagen supplements, as well as treatments that stimulate collagen production.

Can you provide more details about some popular treatments offered at your clinic?

Collagen Plus - Collagen Plus uses a three-step programme of lasers, ultrasound and LED light to stimulate the body's production of collagen. This treatment is suitable for all skin types.

Hifu Plus - Popular ultrasound treatment that shows results quickly by growing collagen. The treatment is also personalised and catered to the skin condition of each patient.

Valor Plus - Utilising shockwave treatment to increase blood vessel growth, which in turn increases collagen growth during blood vessels formation through a process called collagenesis. This unique treatment is used to treat erectile dysfunction (ED) or as a prevention.

Valor Plus is one of your signature programs that specialises in treating erectile dysfunction (ED). How did you recognize the demand for this treatment and decide to make it a speciality at your clinic?

During the COVID-19 period, there was a growth of the men's health digital platform and I was helping out with patient consulting. Men's wellness is often neglected as there is a stereotype that men need to be able to handle stress very well and even hide some health conditions. A high percentage of consultations is related to erectile dysfunction, which made me realize that the demand is growing and many men are willing to come forward for a consultation and treatment if they are educated about the options available.

In your opinion, why do you think the topic of ED is considered taboo in Singapore, and how do you approach this sensitive issue with your patients?

Asians are much more conservative. I still remember being attached to a STD (Sexually Transmitted Disease) clinic as a medical student in the UK and it was eye-opening how open patients were to discussing sexual health. I think it's a difference in socio-cultural background. I would invite a conversation with opening questions and address their concerns. Building a good rapport is the key to approach this sensitive issue.

As an aesthetic doctor practising regenerative medicine, could you share your insights on the role of anti-ageing, aesthetics, and regenerative medicine in enhancing beauty from within?

The trend for aesthetics is moving towards regenerative medicine. A lot of services and products that help stimulate the body's own ability to regrow or regenerate ageing tissues are being introduced. Some examples include collagen biostimulators in the skin and microtrauma to the skin using advanced systems. The process of healing from microtrauma leads to regeneration and hence rejuvenation. When you look at things at a cellular level, if your body cells are healthy, beauty from within is a no-brainer.

How do lasers, ultrasound, and LED light work together in the Collagen Plus treatment to stimulate the body's production of collagen?

Lasers, ultrasound and LED lights are energy-based devices. When the energy is delivered to the dermal layer of the skin, it helps remodel and regenerate collagen.

Apart from the treatments offered at your clinic, you also have a line of collagen drinks formulated in Germany. How do these drinks contribute to boosting the body's production of collagen, and what benefits do they offer?



The drink is rich in fish collagen, peptides and antioxidants to boost the body's production of collagen. It contains Verisol bioactive hydrolyzed peptides which are claimed to reduce wrinkles and increase skin collagen by 60% when taken daily and are optimized to maximize stimulation of human cell types involved in collagen biosynthesis.

What is your vision for Dr Plus Aesthetics and Wellness Clinic in the future, and how do you plan to continue advancing in the field of collagen stimulation and replenishment?

We envision helping people with minimizing the effects of normal ageing so that everyone can enjoy life by providing replenishing collagen loss in scientifically proven ways. Learning never stops, so I aim to keep myself updated with the different modalities in the field of collagen stimulation and replenishment by attending courses and collaborating with scientists to develop more products.

Lastly, is there anything else you'd like to add and what would you like to say to our readers who are looking forward to visit Dr Plus Aesthetics and Wellness Clinic?

Feeling good and looking young is about being comfortable in your own skin. Over here at Dr Plus, we'll help you feel comfortable in your own skin.

When the energy is delivered to the dermal layer of the skin, it helps remodel and regenerate collagen.



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Non-surgical Aesthetic Treatments at Cienna Aesthetics Medical Clinic

Cienna Aesthetics Medical Clinic, led by the experienced Dr. Choong Yew Bong, is redefining beauty norms by harnessing the power of non-surgical procedures. The clinic's mission is simple yet profound: to help clients achieve their desired look with minimal to no downtime.

Founded by Dr. Choong, a seasoned professional with over a decade of extensive training in surgery and aesthetics, Cienna Aesthetics Medical Clinic is built upon a foundation of expertise and a deep understanding of the human form. Specializing in face, hair, and body treatments, with a special interest in eye aesthetics, the clinic offers a comprehensive range of services tailored to meet every client's unique needs.



Diverse Range of Non-surgical Treatments

The clinic's non-surgical aesthetic treatments include injectables, lasers, High-Intensity Focused Ultrasound (HIFU), Thermage and more. These treatments address a wide range of conditions affecting the face, body hair, chin, and neck. By focusing on these areas, the clinic ensures that each client receives the best possible care, resulting in natural-looking, long-lasting results.

Personalized Care: Tailoring Treatments to Individual Needs

What sets Cienna Aesthetics Medical Clinic apart is its commitment to creating individualized treatment plans for every patient. Recognizing that each person's aesthetic goals are unique, Dr. Choong and his team work closely with clients to understand their desires and concerns. This collaborative approach allows them to develop customized solutions that enhance each client's natural beauty while maintaining their individuality.

Injectables, for instance, can add volume and smooth wrinkles, enhancing facial contours and rejuvenating the skin. Laser treatments, on the other hand, can address a variety of skin conditions, from acne and scarring to pigmentation and aging. HIFU and Thermage treatments are non-invasive procedures that can tighten and lift the skin, reducing signs of aging and promoting a youthful appearance.

The Patient-Centric Approach

But it's not just about the treatments. At Cienna

Aesthetics Medical Clinic, the patient experience is paramount. The team strives to provide a comfortable, relaxing environment where clients can feel at ease. They take the time to educate clients about the procedures, ensuring they understand what to expect during and after the treatment.

Under the visionary leadership of Dr. Choong Yew Bong, Cienna Aesthetics Medical Clinic is more than an aesthetic clinic; it's a sanctuary for those seeking to enhance their natural beauty without the need for invasive procedures. With its blend of cutting-edge technology, expert knowledge, and personalized care, the clinic is transforming the aesthetic industry one treatment at a time.

As Cienna Aesthetics Medical Clinic continues to grow and innovate, it remains steadfast in its commitment to helping clients look and feel their best. After all, beauty is not just about looking good; it's about feeling good, too. And at Cienna Aesthetics, clients can achieve both.

Cienna Aesthetics Medical Clinic is more than an aesthetic clinic; it's a sanctuary for those seeking to enhance their natural beauty without the need for invasive procedures.

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Best face forward

The Metro Clinic: Crafting Bespoke Facial Contouring for Discerning Clients

The Metro Clinic in Bangkok, winner of the WhatClinic service award since 2013, continues gaining accolades from patients and its contemporaries in the aesthetic beauty industry. The clinic and its team of aesthetic doctors, located at Park Ventures Ecoplex in central Bangkok, tailors facial rejuvenation programmes for patients from all over the world.

Aesthetic treatments offered here include a vast range of FDA-approved dermal fillers, botox, Ultherapy as well as Ultraformer III.

“Our approach is to tighten and lift loose skin, sharpening the jawline and then restoring volume loss, and bringing back perfect facial balance, enhancing facial features when needed for the aesthetic rendering,” says The Metro Clinic’s founder Renaud d’Hercourt.

Personalization: A Hallmark of The Metro Clinic

But, of course, no two patients are the same. And it’s this personalisation and attention to detail that sets The Metro Clinic apart.

“Each patient that our doctor treats is unique with his or her own facial characteristics and proportions,” says d’Hercourt. And it’s this deep understanding of a person’s physiognomy that allows The Metro Clinic’s expert doctors to utilise the most advanced products and procedures to maximum effect for each patient’s aesthetic needs and goals.

Patients begin with a friendly consultation when at the clinic. “Older patients mostly rely on reviews visible online, and quality of the contents in the website, and younger patients rely more on social media, as well as before/after photos of patients,” explains d’Hercourt.

An Ethical Approach

“We recommend to our patients only treatments that make them look their best. We try to make them realise that they are already looking good, and treatments should not make them look 20 when they are 50. I never miss an occasion to tell my patients that they are looking very good, as I want them to feel good about themselves and not feel obliged to do too many or unnecessary treatments,” he says.

“I don’t want to make money by exploiting the vanity and insecurities of others. This is not my goal and nor is it my philosophy,” he adds. d’Hercourt believes that an honest and proactive evaluation is what each patient deserves. “I want people to understand that they are all beautiful the way they are but we can certainly improve this and that, without excess,” he says.



“Our approach is to tighten and lift loose skin, sharpening the jawline and then restoring volume loss, and bringing back perfect facial balance, enhancing facial features when needed for the aesthetic rendering.”

What are the most exciting developments in the aesthetic medicine field right now? “The extensive choice of products and procedures available are always more innovative and effective. If we start early enough, they offer the possibility to postpone the need for surgery for as long as possible,” says d’Hercourt.

Locate Us

The Metro Clinic welcomes patients for free consultations. The clinic’s opening hours are from 11am to 7 pm (Monday to Sunday). Walk-ins are accepted, but appointments are recommended.

<https://metrobeautycenters.com/>

Facelift Options, Eligibility, and Key Considerations



Facelift surgeries have gained popularity in recent years as a means to combat the signs of ageing and achieve a rejuvenated appearance. However, prospective facelift candidates often have numerous questions about the process, eligibility, and potential outcomes. Here we answer some common questions regarding facelift procedures, highlighting the professionalism and expertise behind this field.

Signs of Aging and Ideal Facelift Candidates

The aging process can manifest in various ways, with gradual skin sagging and facial changes being common occurrences. Prominent indicators of aging encompass drooping eyebrows, sagging eyelid skin that hampers vision, the emergence of jowls, and the loosening of neck skin. Candidates well-suited for facelift procedures typically exhibit the following attributes:

- Natural facial sagging due to advancing age.
- Induced sagging resulting from previous procedures like cheek or jawbone reduction.
- Significant weight loss leading to rapid facial volume loss.

Root Causes of Facial Sagging and Neck Laxity

The primary culprits behind facial sagging and neck laxity can be distilled as follows:

- Advancing age, which disrupts the equilibrium of elastic and collagen fibers in the skin.
- Erosion of facial bone structure.
- Diminished facial fat volume.

Determining the Need for Botox or Facelift

The choice between utilizing Botox and pursuing a facelift hinges on the depth of muscle grooves. Botox is recommended for patients with pronounced muscle grooves yet still relatively taut skin.

Managing Scarring Post-Facelift

Facelift procedures do leave behind surgical scars, albeit these can often be discreetly placed to minimize their conspicuousness. Appropriate post-operative care can further enhance the appearance of scars.

Reversing Aging and Longevity After Facelift

The duration of the facelift's effects varies among individuals. Patients typically notice tighter, fuller skin immediately, but the longevity depends on post-surgery care. A balanced diet, hydration, and skincare maintenance contribute to extended results.

Limitations of Facelift Procedures

Some contraindications for facelift procedures include:

- Pre-existing medical conditions that may impede blood clotting.
- Patients with a history of keloid scars, although surgery is possible with post-operative scar management.

SLC Hospital's Unique Approach

SLC Hospital offers a comprehensive approach to facelift procedures, including:

- Total Facelift: A full facial enhancement in one surgical procedure, addressing multiple areas from cheeks to neck.
- Volumization Facelift: Combines facelift with fat grafting for enhanced volume and tightness.
- Holistic Facelift Approach: Focuses on post-operative care, including reducing post-op swelling, facial massage, and the use of skin-tightening creams.

Surgery Duration and Recovery

Facelift surgeries typically take 4-6 hours, with patients spending 1-2 nights at the hospital. Recovery involves post-op check-ups at weeks 1 and 2, with initial swelling subsiding within the first 1-2 weeks and gradual improvement in facial appearance over a month.

Possible Complications

While facelifts generally have positive outcomes, potential complications may include:

- Visible scarring, which typically improves after 6 months.
- Numbness in facial regions post-surgery.
- Asymmetry in facial expression due to nerve damage.



- Post-operative bleeding or fluid retention.
- Salivary gland issues or leakage.

Alternatives to Surgery

For those with minimal sagging, non-surgical options include:

- Facial creams and serums.
- Dermal fillers such as hyaluronic acid injections.
- Non-invasive skin tightening procedures using various technologies.

Facelift procedures offer a potent means to counteract the ravages of aging, and potential candidates should engage with seasoned professionals to evaluate their suitability. SLC Hospital, with its distinctive methodologies and holistic approach to care, epitomizes the advancements in this field. Nonetheless, individuals should explore alternative non-surgical avenues depending on their specific needs and aspirations. Facelift surgery, while transformative, warrants thorough research, expert counsel, and the cultivation of realistic expectations.



Dr. Sivat Luanraksa, M.D.
Medical Director (Surgery)
SLC Hospital



A Beauty Trend
in 2024

Glass Skin Fillers

In the wake of the Covid-19 pandemic, the beauty industry has swiftly adapted to changing demands. Despite the enthusiasm of many individuals for cosmetic procedures, the availability of certain beauty enhancement products, particularly fillers and various skin-nourishing vitamins, faced market shortages due to the pandemic.

Looking ahead to emerging trends, industry experts remain confident that “skin quality” will continue to be a central focus in the beauty sector.

Reflecting on the year 2023, it is apparent that people have become more interested in glass-like, clear, radiant skin. The trend leans toward showcasing natural skin beauty rather than heavy makeup coverage. This trend emphasizes the celebration of natural skin beauty over heavy makeup coverage. Notably, this trend has gained traction not

only among celebrities in Thailand but also on a global scale. Medical professionals anticipate that premium skin quality will remain a highly sought-after attribute for many clients.

Glass Skin Fillers: What Are They?

In the past, injectable fillers were primarily associated with enhancing facial features, including cheekbones, chins, and the trendy lip fillers of 2022. However, the concept of “skin fillers” aimed at achieving a radiant and healthy-looking complexion may be unfamiliar to some.

Skin fillers, officially known as hyaluronic acid fillers or HA fillers, are primarily composed of hyaluronic acid. This substance makes the texture lighter compared to regular fillers used for dimension enhancement. When combined with the technique of injecting fillers into the topmost layer of the skin

(epidermis), it results in a tighter, plumper, and more radiant appearance. One of the HA fillers that SLC Clinic prefers is Juvederm.

Although the market now offers a variety of HA fillers, one significant reason why SLC Clinic chooses Juvederm as one of its skin fillers for patients is the proprietary manufacturing process by Allergan. This process yields a distinct gel texture that sets it apart from other brands. When injected beneath the skin, it delivers natural-looking results, is easily moldable, seamlessly integrates with the skin, and does not migrate.

These high-quality skin fillers can be used to address deep wrinkles and improve skin texture, making it appear firmer and more youthful. Importantly, they are not limited to facial use but can also be administered to the neck or even the backs of hands. Often, these are areas that show signs of ageing but are often overlooked.

What You Need to Know Before Getting Fillers

In today's world, the use of fillers or dermal augmentation has become a widely popular beauty innovation. However, some may have heard of negative experiences related to filler injections, leading to apprehension and reluctance. Others may be eager to follow beauty trends without thorough research.

Conducting comprehensive research is paramount before opting for any facial injections. A useful criterion for assessing the safety of a treatment or technology is its proven track record and certification. For example, fillers have been in use for over a decade now. In the initial stages, there may have been some problems because the technology used back then involved liquid silicon, which could lead to complications if left in the skin for too long.

However, modern fillers are considerably safer. They do not remain in the skin indefinitely and can be dissolved if necessary. In cases of migration, corrections can be made without resorting to surgical removal, a marked improvement from the liquid silicone used in the past. Furthermore, the expertise of the physician performing the procedure plays a pivotal role. The selection of the appropriate filler for the targeted treatment area hinges significantly on the doctor's experience.

In summary, contemporary filler technology is notably safer, with the capacity to address and correct issues if they arise. Nevertheless, the choice of the right filler for a specific treatment area remains

contingent on the proficiency of the performing physician.

SLC Clinic's 2023 Update

In 2023, SLC Clinic proudly received the Marketeer No.1 Brand Surgery and Beauty Clinic award. This achievement is a testament to our team of dedicated medical professionals, management, and staff, who have tirelessly worked towards excellence for 18 years. We constantly seek innovation to boost consumer confidence, emphasizing authenticity and global-quality marketing strategies.

We humbly express our utmost gratitude for the trust and belief in SLC Clinic. As a result of this widespread trust, we have earned a special place in the hearts of many. We pledge to continue to uphold our commitment, with the belief that we will remain in your hearts even longer. Rest assured that we will always strive to deliver the best and tangible results, dedicating our efforts and sincerity to our valued clients.

"The most important aspect is experience. The more cases a doctor handles, the better they become at analyzing and determining the appropriate treatment. For example in the early stages of filler injection, the dosage might not be accurate. However, with experience and after handling numerous cases, the doctor can understand how much filler is needed and which techniques to use to prevent issues."



Dr. Pimpida Warunyooratana
CEO of SLC Clinic & Hospital

Advanced Laser & Plastic Surgery Clinic of the Year in Asia Pacific

In South-east Asia's realm of high-class elites, first-class leaders, and A-list celebrities, Nida Esth' Medical Centre holds an unwavering reputation as the top Beauty Destination in Thailand. This prestigious institution, recognized with international awards, continues to be the go-to choice for thousands of patients who journey here annually in pursuit of cutting-edge aesthetic treatments.

Founded in 1999 by 'Dr. Sunida Yuthayotin, MD, MSc (a Dermatologist certified by the American Board of Aesthetic Medicine) and 'Dr. Piya Rungruksiri, MD' (a well-recognized board-certified plastic surgeon), Nida Esth' Medical Centre, located in a prime area of Bangkok, Siam Square Soi 9, is an International Premium Laser & Cosmetic Surgery Institute. Renowned for its distinctive innovations and state-of-the-art medical advanced laser technologies, the center embraces the ethos of 'Exclusive Personalized Beauty.' Here, a 'tailored-made treatment program' is meticulously crafted for each individual, precisely addressing their unique aesthetic concerns.

By employing premium world-class technologies and 3D simulation technologies - VECTRA 3D - the only one in South-east Asia, Nida Esth' Medical Centre is the only medical centre in Thailand that offers completely perfect AI treatment programs that can create artistic masterpieces of beauty in human skin, hair, and body.

Two Decades of Dedication and Innovation

Over two decades of unwavering dedication, Dr. Nida has garnered acclaim for Thailand. In 2023, he was given the 'HONORARY PEOPLE' award by HELLO Magazine for trailblazing work in seamlessly integrating advanced technology into the realm of aesthetics, which led to the creation of exclusive programs that stand unparalleled in the industry. One such innovation is the '6D FaceLog LunchTime FaceLift,' a remarkable fusion of USFDA-approved Sofwave6D and Fotona6D technologies, which deliver astonishing results that can make you look a decade younger after just a single treatment.

Furthermore, Dr. Piya has been celebrated as 'a true master of plastic surgery' who distinguishes himself from the rest. He is a surgical leader who combines Sciences of Laser Technologies with the

Art of Surgery, achieving remarkable successes and astounding results in patient care. Accepted and awarded by international institutes worldwide, Dr. Piya has done innovative work with programs such as 'Slim Melt by SlimLipo,' 'ADSC Younger by Bio-Z-tem,' and 'BodyLock Younger by J-Plasma.'

"Our patients journey across continents to see us, often traveling great distances for just an hour of treatment. Given the commitment and effort our patients invest to see us, we hold ourselves to the highest standards. Driven by our patients' unwavering trust, we are steadfast in our pursuit of excellence," said Dr. Nida.

The unwavering dedication and resolute commitment to reciprocate the trust placed in us have been instrumental in Nida Esth' Medical Centre receiving the esteemed accolades of 'The Most Trusted Cosmetic Surgery Centre & Leader in Aesthetic Laser Technology' from HELLO Beauty Award Editor's Choice in 2022 and, most recently, 'the Advanced Laser & Plastic Surgery Clinic of the Year in Asia Pacific' from Global Health Aesthetic.

Dr. Piya has been celebrated as 'a true master of plastic surgery' who distinguishes himself from the rest. He is a surgical leader who combines Sciences of Laser Technologies with the Art of Surgery, achieving remarkable successes and astounding results in patient care.

Nida Esth' Medical Center

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Slim

- ◆ Sculpsure by Cynosure®
- ◆ Tightsculpting by Fotona®
- ◆ Slim Melt by Slim Lipo®
- ◆ Body Lock Younger by J-Plasma®

Skin

- ◆ 6D Face LOG
Lunch time FACE LIFT
by Sofwave 6D® & Fotona 6D®
- ◆ Growth Factor Younger
by PicoSure®
- ◆ Clear Lift 4D®

NidaEsth 24th

INTERNATIONAL BEAUTY PREMIUM
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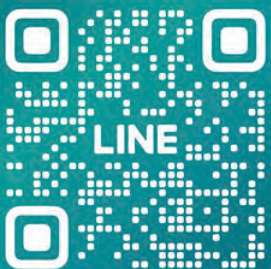
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- ◆ Nose Surgery
- ◆ Eye Surgery

Hair

- ◆ UR Cell Hair Micro Transplant®
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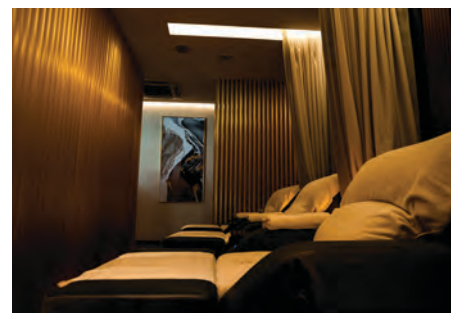
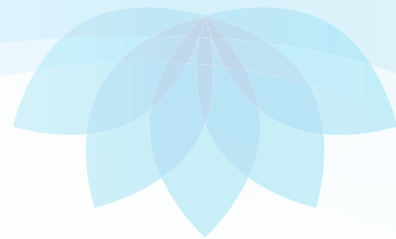
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NidaEsthCenter

WWW.NIDASKINCOSMETIC.COM

Haven for Body and Mind to Rejuvenate



“Padma” is the Sanskrit word for Lotus. The Lotus flower is regarded in many different cultures, especially in eastern religions, as a symbol of purity, enlightenment, self-regeneration and rebirth. Its characteristics are a perfect analogy for the human condition: even when its roots are in the dirtiest waters, the Lotus produces one of the most beautiful flowers above water.

Padma Spa Singapore, located at the edge of Orchard shopping belt, is the first wellness establishment owned by Padma Health Management Pte Ltd. Incorporated in late 2020 amid deep Covid-19 pandemic circumstance, it aims to bring high level oriental holistic wellness services to Singapore.

Padma Spa is a multi-sensory spa that delicately looks after your mind & body. Experience the perfect blend of spa indulgence, restorative therapies and supreme service at every level. With our professional healing touches from head to toe, Padma Spa creates a harmoniously serene environment to revitalise your energies.

Our spa treatments and facilities are available

for both male and female guests, with our suite of curated massages inherently rooted in the traditional oriental approach to wellness.

Our main services include :

Foot Massage and Reflexology

Applying lightly fragranced natural coconut oil with lemongrass and cocoa butter as lubricant for the foot massage, obstructed “Qi” in body parts gets released by massaging the corresponding section in the foot sole, helps promote physiological and physical health conditions.

Reflexology is an ancient healing practice based on the principle that there are reflex points on the feet that correspond to the body’s different organs and glands. The human foot is an evolutionary marvel, capable of handling hundreds of tons of force and your weight in motion. It has 42 muscles, 26 bones, 33 joints, 250,000 sweat glands and at least 50 ligaments and tendons – plus almost 15,000 nerve endings!

Benefits of foot massage and reflexology:

- Improves blood circulation
- Helps in relaxation
- Promotes better sleep
- Relieves body pains
- Improves mood and fights depression
- Makes feet healthier
- Alleviates swelling (edema)
- Anti-inflammatory and treats fungal infections

Aromatherapy Body Massage

Aromatherapy is a holistic healing treatment that uses natural plant extracts to promote health and well-being. Our choice of Quality Natural Aromatic Massage Oils extracted from Coconut, Soya and Lemongrass or non-fragrance oil combined with our techniques to unlock tightness and helps your muscles relax, eliminating the aches in your body and enhances emotional health.

Benefits of Aromatherapy Body Massage:

- Improves quality of sleep
- Helps reduce stress, agitation and anxiety
- Improves your mood
- Relieves pain and sore joints
- Fight bacteria, virus or fungus
- Boost immunity

Acupressure (Tuina) Body Therapy

TCM Tuina style to stimulate the flow of “Qi”, promoting balance and harmony within the body. Used for thousands of years in China, acupressure applies the same principles as acupuncture to promote relaxation and wellness and to treat disease. Acupressure is often thought of as simply acupuncture without the needles.

Traditional Chinese medical theory describes special acupoints, or acupressure points, that lie along meridians, or channels, in our body. These are the same energy meridians and acupoints as those targeted with acupuncture.

Acupressure massage is applied via the fingers, palms, elbows or feet to apply pressure to acupoints on the body’s meridians to channel the vital energy flows (“Qi”) of our body. It is meant to aid the body stimulate and activate its own healing energies.

Benefits of Acupressure therapy:

- stimulates the body’s circulatory, lymphatic and hormonal systems
- relieve stress and anxiety
- improve sleep



- relaxes muscles and joints
- regulates digestive issues
- minimizes headaches and migraines
- Beneficial for back pain and menstrual cramps

Our therapists are trained in various massage techniques and may use a combination in your treatment, as appropriate.

Why customers love us;

Professional Hospitality

Prioritising safety & hygiene, our staff are all professionally trained from counter to room, to giving customers a peace of mind.

Relax Zone

A spacious waiting lounge area with ample seating, we allow our customers to be in a relaxed state before the massage starts.

Holistic Relief

A truly calming experience when you enter Padma spa, with our focus on ambience, privacy and taking care of your needs.



Ivan Tan

Padma Spa

cs@padma.com.sg
65-6235-1133
15 Scotts Road #01-03
Singapore 228218



BRINGS OUT THE *Best in You*



Experience a radiant transformation as you embrace self-care and confidence at Glojas Health Clinic. Unlock your true beauty potential with the help of their expert team and advanced treatments in skin, hair, dental, and body aesthetics. With 26 years of trusted experience, they deliver natural-looking results tailored to your unique needs, enhancing your natural beauty and boosting your confidence. Don't wait any longer—book your appointment today!



Vincent Clinic

GlobalHealth
AESTHETICS
 AWARDS 2023
 NOMINATED

PLASTIC SURGERY &
 SKIN CENTRE OF THE YEAR
 IN ASIA-PACIFIC



Introducing DermstetiQ Clinic: Your Premier Destination for Medical Aesthetics and Skincare Excellence



Nestled in the heart of Singapore's esteemed Orchard Road precinct, at 1 Orchard Boulevard Camden Medical, DermstetiQ Clinic stands as the epitome of excellence in the field of medical aesthetics. As Singapore's foremost authority, it specialises in a diverse range of top-tier services.

DermstetiQ Clinic boasts the coveted approval of the Ministry of Health, Singapore (MOH), cementing its status as a trusted name in the realm of medical aesthetics. The clinic seamlessly combines state-of-the-art skincare technologies with medical expertise. This commitment is a testament to the vision of its Founder and Medical Director, Dr. Tan Hui Suan.

Meet Dr. Tan Hui Suan: Your Aesthetic Medicine Specialist

Dr. Tan Hui Suan, earned her medical degree from the University of Manchester Medical School and completed postgraduate training at Cambridge University Hospitals. After honing her skills in Obstetrics & Gynaecology and General Surgery, she developed a passion for Aesthetics Medicine. Dr. Tan holds a Diploma in Aesthetics Medicine from the American Academy of Aesthetics Medicine and certifications from the Aesthetic Dermatology Educational Group of Singapore for various procedures.

With over a decade of experience, Dr. Tan uses her expertise to provide medical-grade solutions. Her journey began with a desire to help clients who suffered from unsuitable skincare products and made bad choices with treatments. This empathy led her to establish DermstetiQ Clinic and create "MEI

SKIN," a skincare brand tailored for Asian skin. Her vision is to empower clients with knowledge, guide them toward informed decisions, and help them regain their skin's health and vitality.

The Power of Education and Personalisation

DermstetiQ Clinic understands that no two faces are the same. Dr. Tan firmly believes that education and tailored solutions are the cornerstones of achieving optimal skincare results. For first-time clients, a comprehensive analysis and detailed medical assessment pave the way for personalised guidance. This ensures that each individual receives precisely the medical advice they need.

The commitment extends beyond the initial assessment. Dr. Tan designs customised skincare programmes and treatments that consider age, specific needs, skin conditions, and lifestyle factors. It's a holistic approach, recognising that one size does not fit all when it comes to skincare.

DermstetiQ Clinic offers a comprehensive range of US FDA approved treatments that cater to various cosmetic and wellness needs. The clinic provides cutting-edge services such as Ultherapy and Fotona Lasers for addressing issues like acne and pigmentation. Their injectables, including Ellanse and Prohilo, are renowned for their effectiveness in achieving face lifting and rejuvenation. Additionally, DermstetiQ Clinic offers state-of-the-art treatments like Ultraformer III HIFU and BTL Exilis Ultra

360, ensuring optimal results in non-invasive skin tightening. The clinic also specialises in post-partum care, including vaginal tightening, medical hair loss solutions, and weight-loss programmes.

"My patients have greatly benefited from understanding their genetics, adopting preventive lifestyles, and tailoring treatments for personalised skincare and health."

– Dr. Tan Hui Suan



Exclusive Experience

DermstetiQ Clinic's dedication to top-notch medical aesthetics and catering to its clients' needs has paved the way for strategic collaborations with reputable companies and brands. Their most recent partnership milestone features Camtech Health and their first-of-its-kind Ideal Health DNA Testing. With this exciting alliance, DermstetiQ Clinic is poised to offer precisely tailored solutions for current skin concerns and bolster its arsenal of proactive measures against potential skin issues.

Camtech Health Ideal Health DNA Testing + DermstetiQ Clinic 7-Treatment Wellness Programme

The genetic assessment taps into our DNA's potential to provide a comprehensive view of health, reshaping the approach to well-being.

Using advanced DNA analysis, Camtech's team of world-leading scientists has crafted the Camtech Ideal Health DNA Test, offering specialised insights for an Asian demographic in four key areas: skin wellness, fitness, nutrition, and aging.

Remarkably, this transformative test is both painless and non-invasive, requiring nothing more than a simple saliva sample. From this unassuming specimen, Camtech compiles an exhaustive health assessment report. This personalised dossier is not merely a compilation of genetic traits; it is a blueprint for informed health decisions.

Complementing this invaluable health report is a meticulously-tailored 7-Treatment Wellness Plan under DermstetiQ Clinic. Packed with practical insights and actionable advice, this programme empowers individuals to optimise their health and overall wellness – some of the many aspects covered are weight loss, peak fitness, nutrition optimisation, healthy aging, or vibrant skin.

Examples of Skin Traits Analysed Explore your skin traits with us:

1. Antioxidant Insights: Genetic variations may reduce your skin's defense against free radicals. We recommend extra care to protect your skin.
2. UV Damage Potential: Discover how your genes influence facial aging due to UV exposure, including pigmentation, sagging, and wrinkles, regardless of other factors.
3. Youthful Skin Secrets: Some possess genes that slow skin aging, preserving a youthful appearance over time.

Exciting Treatments To Look Forward To

DermstetiQ Clinic is gearing up to expand further the long list of effective treatments it offers. It eyes to offer Innovative Skin Testing – Skin Microbiome Testing and Future Regenerative Medicine – Stem Cell Research for Aesthetic Application soon. With these two new treatments, an even more comprehensive and highly-detailed information of one's overall wellness and skin health will be at their patients' disposal.



DERMSTETIQ CLINIC

DISCOVER YOUR AUTHENTIC SELF, THROUGH SCIENCE

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1 Orchard Blvd, #11-08-09
Singapore 248649
Call: +65 9105 7883

enquiries@dermstetiqclinic.com

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IG: <https://www.instagram.com/dermstetiqclinic/>

MX CLINIC

GlobalHealth Asia-Pacific Award
Medical Aesthetic Clinic Of
The Year 2022/2023



MX CLINIC

In MX Clinic, we want our clients to experience the latest aesthetic technology and techniques all tailored to their individual goals. Guided by expert hands in a bespoke and caring environment, we want them to be empowered to look and feel their confident best.

Currently with 7 branches in Southern Malaysia within a span of 5 years, we are going on strong in launching new ones real soon.

We are the market leading aesthetic clinics in Malaysia with the latest cutting edge and most advanced technology namely Thermage, Ultherapy, Picosure, Picoway, PicoCare, Potenza, Slyfirm X, CoolSculpting, Elysian Pro, Regenera Activa and Elite IQ.

Our goals are focused on preventing the signs of aging and maintaining the youthful glow by reversing, repairing and restoring the skin to achieve a naturally radiant, healthy looking complexion that stands the test of time. In MX Clinic it has always been a personalised treatment, be it for skin health improvement to facial sculpting, facial lifting and tightening, weight management and holistic approach on wellness.

MX Clinic has been recognized as a multi award winning aesthetic clinic in Malaysia with Neoasia Profhilo Platinum Awards, Allergan Facial Aesthetic Appreciation Award, Rejuran Malaysia No.1, Merz Portfolio Golden Record Award, Malaysia No.1 & Asia Pacific Runner Up and Global Health Asia Pacific Award For The Best Medical Aesthetic Clinic In Malaysia for the year 2022/2023.

We have a reputable team of physicians who are not only well-qualified, but also very experienced in their respective fields. They are supported by a team of dedicated medical professionals from various specialized disciplines. Many of our doctors are trainers and Key Opinion Leaders for Merz Aesthetics, Juvederm and Rejuran.

Contact:

Website: mxclinic.com.my

Phone: +6012-7168288

Address: Head Office. 33-1 Jalan Molek 1/29, Taman Molek, 81100 Johor Bahru, Johor, Malaysia.

Email: enquiry@mxclinic.com.my



OUR NEW NON SURGICAL FACELIFT DEVICE



EM face

An EM (Electromyography) face machine is a cutting-edge device designed for facial muscle analysis and rejuvenation. It employs advanced technology to assess and stimulate facial muscles, enhancing skin tone and texture. EM face machines use small electrodes to measure muscle activity, identifying areas of tension or weakness. They then deliver precise electrical pulses to stimulate and strengthen these muscles, promoting a more youthful appearance.

These devices are commonly used in cosmetic and dermatological settings to reduce wrinkles, improve facial contours, and alleviate muscle-related conditions such as TMJ disorder. EM face machines are non-invasive and typically painless, making them a popular choice for individuals seeking a non-surgical approach to facial enhancement. The results can include smoother skin, reduced sagging, and a revitalized complexion, offering a safe and effective option for facial rejuvenation.

OUR DOCTORS



Dr. Usha Hoh
CEO & Senior Medical Director

MBBS, MRCS (Edinburgh), MAFP, FRACGP (Australia), Diploma In Practical Dermatology (IOD Bangkok).

CEO & Senior Medical Director of MX Clinic, Key Opinion Leader and International Speaker for Merz Aesthetics (Germany), Rejuran (Pharma Research Korea), PicoLo Laser (Laseroptek) and Profhilo (Neosias) qualified as a medical doctor with distinction in 2004 from Manipal Melaka Medical College. Trained in European College Of Aesthetic Medicine & Surgery, Dr Usha Hoh is also an Australian Board Certified Family Physician as she truly believes in holistic approach to aesthetics.

Dr. Douglas Yuen
Medical Director

M.D. (I.M SECHENOV), LCP HOLDER MALAYSIAN MINISTRY OF HEALTH (KKM), PRIMARY CARE CLINICAL DERMATOLOGY (BKK, THAILAND), DIP.AESTHETIC MEDICINE(AAAM, US), CERT NUTRITIONAL MEDICINE (RMIT,AUS)

Dr. Douglas obtained his degree from Moscow Medical Academy (Moscow, Russia) and completed with overall distinction. He went on to pursue his postgraduation qualifications in Primary Care Clinical Dermatology and Diploma in Aesthetic Medicine. Dr. Douglas is a fully certified Medical Aesthetic Practitioner and obtained Letter of Credentialing and Privileging (LCP) by the Ministry of Health Malaysia.



Safeguarding Beauty with Innovative Cosmetic Procedures at Bukit Tinggi Medical Centre's Skincentric



Skincentric at Bukit Tinggi Medical Centre (BTMC) is a one-of-its-kind centre in Malaysia that combines both plastic surgery and dermatology services. They offer expert treatment options for skin conditions and advanced cosmetic surgery procedures. As part of the Ramsay Sime Darby Healthcare Group (RSDH), BTMC is affiliated with seven tertiary hospitals in Malaysia and Indonesia. Additionally, BTMC is a proud member of the Malaysian Healthcare Travel

Council (MHTC).

Dr Jagjeet Singh, a Consultant Plastic Surgeon at BTMC, specialises in trauma, burns, facial reconstruction, breast augmentation, and body contouring. He is one of the pioneer surgeons in Malaysia who integrates 3D imaging and simulation into his practice. With the burgeoning demand for aesthetic and plastic surgery services in Malaysia, our dedicated practitioner has consistently catered to both local and international patients over the course of his over a decade-long career.



Cosmetic Surgery Preferences in Malaysia: A Cultural Perspective

There are two main categories of cosmetic procedures: surgical and non-surgical. Non-surgical procedures include Botulinum toxin injections, soft tissue fillers, non-invasive fat reduction, non-surgical skin tightening, and various skin treatments. Surgical procedures involve liposuction, breast augmentation, facelifts, tummy tucks, and breast lifting.

According to Dr Jagjeet, liposuction and breast augmentation are popular surgical enhancements in Malaysia. Non-surgical treatments, such as botulinum toxin and facial fillers are also in high demand. In Malaysia, cosmetic preferences vary based on cultural backgrounds and personal inclinations. Some individuals choose procedures like breast lifting, augmentation, tummy tucks, and augmentation rhinoplasty. Reduction rhinoplasty is favoured by some, while eyelid surgery and breast augmentation are also popular choices.

Advancements in Endoscopy

BTMC is a pioneering hospital in Malaysia that has embraced the endoscopic approach for breast augmentation, in contrast to conventional breast augmentation methods. This technique minimises scarring, preserves breast tissue, ensures precise placement, and reduces the risk of nipple sensation loss. Patients experience faster recovery, tailored aesthetics, and minimal visible scarring.

Dr Jagjeet shares, “This technique has revolutionised cosmetic surgery and offers numerous benefits. Additionally, we utilise cutting-edge 3D software to provide patients with accurate simulations of their anticipated results. This enables patients to have a clear understanding of the expected outcomes, enhancing their confidence in the surgical process.”

A Holistic Care Towards Patients

Effective communication is key to ensuring patient safety and satisfaction. Dr Jagjeet’s approach to patient care is marked by meticulous attention to managing expectations, comprehensive explanations of procedures, and open discussions about potential risks. Thorough anaesthesia evaluations are conducted to prioritise surgical safety and smooth recovery.

Safety is a top priority in BTMC’s practice. BTMC is a multidisciplinary hospital which provides complete care and support in a convenient and efficient manner. Patients receive comprehensive care from various healthcare experts during recovery such as pain management, the availability of a physiotherapy centre and dietetic services. This promotes speedy recovery and ensures optimal results for patients.

Staying Updated with the Latest Advancements

Dr. Jagjeet underscores the paramount importance of ongoing medical education for surgeons, emphasizing, “It is crucial for us to stay connected with colleagues and remain updated on the latest advancements in our field.” He is unwavering in his commitment to this principle and actively participates in global conferences. Additionally, he ardently pursues his passion for mentoring and preparing the next generation of plastic surgeons by conducting training sessions and workshops, both domestically and internationally.

To know more about BTMC’s Skincentric services, visit <https://bukittinggimedicalcentre.com/skin-centric> or call us at +6012-6841487.



Dr Jagjeet Singh
Consultant Plastic Surgeon at BTMC

Bukit Tinggi Medical Centre Embraces the Wisdom of Ageing for Timeless Beauty

As time passes, our skin undergoes a natural ageing process akin to the changing seasons. Specific factors can hasten this progression, leading to premature ageing characterized by uneven skin tone, pigmentation issues, and the emergence of wrinkles. While skin ageing typically

commences in one's mid-30s, some individuals experience these transformations at an earlier stage. Skincentric, situated within the Bukit Tinggi Medical Centre (BTMC), stands as a unique establishment in Malaysia, seamlessly integrating both plastic surgery and dermatology services with a focus on enhancing patient well-being through tailored solutions.



Consulting the Right Expert

Consulting dermatological experts and embracing personalised treatments can significantly shape the course of skin ageing.

Skincentric offers various skin rejuvenation treatments like chemical peels, Pico lasers and fractional lasers that enhance skin metabolism and texture. Bioremodelling treatments like polynucleotide, stem cell injections, and hyaluronic acid injections contribute to skin revitalisation. Skincentric also offers radiofrequency, microneedling, and high-intensity focused ultrasound treatments to tighten sagging skin. Customised botox and filler injections are available to combat signs of ageing. It is worth noting that individual outcomes vary, and multiple sessions may be required for desired results.

Impact of Lifestyle on Skin Ageing

Lifestyle choices are an integral part of the narrative of skin ageing. Elevating proactive skincare and embracing mindful living can exert a discernible influence over this journey.

Dr. Goh Siew Wen, a distinguished Consultant Dermatologist at BTMC tells us that UVA rays possess the uncanny ability to permeate glass, and the blue radiance of indoor lighting accelerates pigmentation and ageing. As such, strong sun protection, emphasised by consistent sunblock application, emerges as a crucial defence against the gradual progression of ageing.

Dr Goh dispels yet another misconception – discontinuing aesthetic interventions does not hasten ageing; rather, maintaining diligent skincare practices is key. Ingredients like retinoids, antioxidants, and peptides stand as sentinels against the advancement of fine lines and pigmentation.

Diet plays a pivotal role in the equation as well. Incorporating antioxidant-rich foods like papaya, pumpkin, tomatoes, and cherries into your meals can effectively counteract the impact of free radicals, which accelerate the ageing process. Minimising sugar and grilled meat consumption helps mitigate the formation of harmful glycated proteins. To further support rejuvenation, consider adding supplements like Vitamins C and E, evening primrose oil, Enzyme CoQ10, and hydrolyzed collagen to your regimen. These nutritional additions contribute to a comprehensive approach to maintaining youthful skin.

A holistic lifestyle, including regular exercise and



abstaining from smoking, makes a considerable contribution to skin health.

Safety as the Top Priority

Safety is of utmost importance at BTMC. Following the recommended intervals acts as a safeguard against potential risks. Dr Goh advises exercising caution and being well-informed about potential side effects. Excessive invasive treatments can lead to negative outcomes. It is crucial to seek treatment from licensed medical facilities and follow the advice of qualified professionals.

Sustaining the Momentum of Skin Health

Combining treatments with a personalised skincare routine that includes antioxidants enhances the effectiveness of anti-ageing strategies. Sun protection, before and after procedures helps reduce the risk of hyperpigmentation.

In summary, the treatment options at Skincentric empower individuals to guide their skin's health as they navigate the process of ageing. By grasping the essence of skin ageing, choosing appropriate treatments and embracing the insights that come with time, individuals can navigate their journey with grace.

Dr Goh's parting words resonate – comprehend the core of skin ageing, opt for appropriate treatments, and stride ahead fortified by the sagacity of ageing.

To learn more about BTMC's Skincentric services, visit <https://bukittinggimedicalcentre.com/skin-centric> or call us at +6012-6841487.



Dr. Goh Siew Wen
distinguished Consultant
Dermatologist at BTMC



Unlocking the Secrets to Youthful Skin

Stem Cell Therapy and Exosomes for Skin Rejuvenation

The pursuit of younger-looking, radiant skin has driven scientific and cosmetic research for many decades. In the past, treatments such as dermal fillers, Botox, and laser therapy have been go-to solutions. In the modern era of anti-aging skin treatments, new ground-breaking techniques have come into the spotlight such as stem cell therapy and exosome treatments. These innovative approaches don't merely mask signs of ageing, they address them at a cellular level, setting a new gold standard for enduring, naturally beautiful results.

Mesenchymal Stem Cell Therapy: A Fountain of Regeneration

Aging is marked by a gradual decline in cellular function, tissue regeneration, and immune response, among other physiological changes. In the realm of

anti-ageing, Mesenchymal stem cells (MSCs) have emerged as a promising tool, offering regenerative and immunomodulatory properties that hold tremendous potential.

Mesenchymal stem cells (MSCs) play a multifaceted role that profoundly impacts both our internal aging processes and the external appearance of our skin. Introducing these youthful cells into the body triggers a significant enhancement in cellular functions and tissue rejuvenation.

Key functions of MSCs in preserving youthful skin:

Collagen Production

One of the most significant ways mesenchymal stem cells contribute to skin rejuvenation is by boosting collagen production. Collagen is a protein that gives

skin its structure, elasticity, and firmness. As we age, our skin produces less collagen, leading to wrinkles and sagging. MSCs stimulate the fibroblasts, the cells responsible for collagen production, enhancing the skin's natural ability to repair itself.

Anti-Inflammatory Effects

Inflammation is a key contributor to skin ageing. Mesenchymal stem cells have potent anti-inflammatory properties. By modulating inflammatory responses, MSCs can reduce conditions like dermatitis and rosacea, contributing to a more youthful appearance.

Cell Stimulation

MSCs can repopulate various cell types, including keratinocytes and fibroblasts, the primary cells that make up the outer layer of the skin and the connective tissue, respectively. By replacing damaged or aged cells with new, functional cells, mesenchymal stem cells offer a robust solution for skin rejuvenation.

Release of Growth Factors

MSCs release a range of growth factors and cytokines that promote cellular repair and regeneration. These substances facilitate healing processes, from wound closure to the fading of scars and hyperpigmentation, offering a comprehensive approach to skin renewal.

Exosome Secretion

Exosomes are nano-sized vesicles, often described as “cellular messengers,” secreted by various cell types, including mesenchymal stem cells. These tiny vesicles contain a range of biomolecules—proteins, lipids, and RNA—that facilitate cell-to-cell communication. In the context of skin rejuvenation, exosomes play a pivotal role in transferring regenerative signals from stem cells to skin cells. The exosomes deliver their cargo of growth factors, cytokines, and genetic material to the aged or damaged skin cells, revitalising them and stimulating them to produce more collagen. This not only helps to restore elasticity but also improves skin tone and texture.

Stem cell therapy and exosomes represent the cutting edge of skin rejuvenation techniques, offering a holistic approach to combat the signs of aging at a cellular level.

At IntelliHealth By StemCells21 we provide



mesenchymal stem cell therapy in combination with mainstream aesthetic treatments to deliver visible long lasting results.

Contact Us to start your
Anti-Aging Journey!

FREE Consultation:

Call - 02 650 7709

Email - info@ihplus.com

Website - www.ihplus.com





Asia. Care. Innovation.

Asia's first quality improvement body to provide accreditation services for hospitals, specialist clinics, and centres of excellence, setting impeccable standards of care in the region with a strong digital and innovative practices.

GHQIA Quality Improvement Programs



Hospital Accreditation

GHQIA provides hospitals access to the well- established standards of ACHS International, with notable added advantages to the accreditation process:

- Assignment of a local partner who can offer accurate, localised feedback and continuous guidance.
- Option to conduct regular mock assessments and readiness diagnostics of processes, procedures, and outcomes to gear up for the actual audit.
- Overall cost-effectiveness through a localised engagement structure.



CoE Accreditation

The Centre of Excellence (CoE) Accreditation is a first-to-market initiative allowing GHQIA members to undertake accreditation in niche areas of clinical expertise.

GHQIA will apply the ACHS International standards in a focused manner, conducting a deep-dive assessment of the organisation on those selected fronts.

As part of the excellence requirements and to ensure stand-out achievements in the identified specialty, the organisation is required to participate in the ACHS International Clinical Indicator Program (CIP) to benchmark themselves against best- in-class providers and strive for continuous improvements during the time they are accredited.



Clinic Accreditation

With specialist clinics taking on an increasingly critical role in the patient journey, the accreditation serves as a tool to help clinics communicate their commitment to care excellence and differentiate themselves in a saturated market.

Through the accreditation program, members can tap on the expertise of industry experts for advice and guidance on all aspects of clinical operations, including digital health adoption and other innovative healthcare practices.

The GHQIA member network also offers a platform to facilitate knowledge and best practice sharing amongst fellow providers, opening doors to potential creative collaborations.

Who Should Get Accredited?

Hospitals, Medical Centres, Centres of Excellence, Day Surgery Centres, Chronic Care Facilities, Alternative Care, Imaging and Radiology, Diagnostics and Laboratory, and Specialist Clinics across all spectrums of medical care:

**Aesthetics | Dentistry | Cardiology | ENT | Fertility and IVF | OB-GYN | Gastroenterology
| Neurology | Oncology | Ophthalmology | Orthopedics | Psychiatrist | Urology ...and more**



Hospitals



Medical Centres



CoE



Specialist Clinics



Day Surgery Centres



Chronic Care Facilities



Alternative Care



Imaging and Radiology

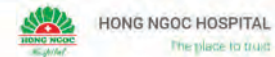


Diagnostic and Laboratory

ACHS International Accredited Healthcare Institutions



Farrer Park Clinic | Gleneagles Clinic |
Mount Alvernia Clinic | Mt Elizabeth



Why ACHS International?

With our strong focus on partnership, ACHS International is unique in our approach to quality improvement and offer the following benefits to our member organisations:



Continuous quality improvement offers methodology

Evaluating your service and constantly improving your performance.



More Descriptive, Less Prescriptive

Standards include descriptive guidance with the flexibility to implement based on service needs.



Value for Money

Pricing includes all membership benefits and support services to be paid in instalments over the membership period.



More Connection

Our quality programs have an annual activity to maintain connection with you on your quality improvement journey.



Clinical Indicator Program

Complimentary access to the world's largest clinical indicator program (CIP) and data benchmarking.



Flexible & Collaborative

There are multiple models such as Short Notice and Cluster accreditation to meet your organisational needs.



Leading Customer Service

Complimentary access to a Coach, Quality Improvement Partner, Member Link organisation, and a comprehensive Member Portal.



Contextualised & Localised

Our resources and standards include local guides and a growing international assessor cohort.



Sustainable Improvements

Standards focus on safety culture and change management to make long lasting improvements within your organisation.



More Options for More Organisations

Our quality programs are designed for all types of organisations based on their readiness in the quality journey.

Reveal Your Timeless Beauty:

Transformative Aesthetics for a Lifted, Youthful You



In today's world, where beauty and confidence go hand in hand, the quest for a more youthful and rejuvenated appearance is a common desire. At our cutting-edge clinic, we specialise in the art of transformative aesthetics, a unique approach that combines a series of advanced procedures to help you achieve a naturally lifted and radiant look.

Here we explore the journey to rejuvenation, starting with skin tightening, microneedling, and advanced laser systems, followed by botulinum toxin and a range of dermal fillers that enhance your features, allowing you to shine with timeless beauty.

Step 1: Skin Tightening, Microneedling, and Laser Systems - Laying the Foundation for Youthful Skin

Youthful, vibrant skin begins with a strong foundation. As we age, our skin loses its elasticity and starts showing signs of wear and tear. Our transformative aesthetics approach starts with skin tightening, microneedling, and advanced laser systems to address these concerns.

Skin Tightening: Our state-of-the-art skin tightening procedures use cutting-edge technology to stimulate collagen production, restoring your skin's elasticity and firmness. This is the first step in the journey to a naturally lifted appearance.

Microneedling: Microneedling is a minimally invasive procedure that uses tiny needles to create controlled micro-injuries in the skin. This stimulates collagen production and improves skin texture, leaving your skin smoother, firmer, and more youthful.

Advanced Laser Systems: Our advanced laser treatments are precise tools designed to target various skin imperfections. They reduce pigmentation issues, erase sun damage, and smooth fine lines. By enhancing collagen production and improving skin quality, these lasers set the stage for a rejuvenated and radiant complexion.

Step 2: Botulinum Toxin - Banishing Negative Vectors and Expression Lines

As we continue our journey to rejuvenation, we focus on erasing



Dermapen Microneedling



Laser Genesis®



NIR Skin Tightening



Profhilo® Dermal Fillers

negative vectors and expression lines that can detract from your natural beauty. Botulinum toxin, commonly known as Botox, is a trusted ally in this endeavour. Administered by our skilled professionals, Botox relaxes specific facial muscles responsible for wrinkles and lines, resulting in a more relaxed and youthful appearance.

By targeting areas prone to negative expressions, such as frown lines and crow's feet, Botox subtly transforms your appearance while preserving your natural expressions. The result is a brighter, more approachable look that allows your inner beauty to shine through.

Step 3: Dermal Fillers - Sculpting Your Timeless Beauty

To complete the transformation, our clinic offers a range of dermal fillers that add volume and enhance your facial contours, resulting in a naturally lifted and rejuvenated appearance.



Ultherapy™

We start with cheek, lower face, jawline, and chin fillers, expertly enhancing your bone structure and profile. These fillers provide subtle yet impactful changes that contribute to a lifted and youthful look.

For lips that are both plump and natural-looking, we offer lip fillers that add volume and definition. Finally, our tear trough fillers eliminate dark circles and hollows beneath the eyes, giving you a well-rested and revitalised appearance.

Transformative aesthetics is not just about a series of procedures; it's a journey to rediscover your youth and embrace your timeless beauty. Our clinic's specialised approach, starting with skin tightening, microneedling, and advanced laser systems, followed by botulinum toxin and a range of dermal fillers, results in a naturally lifted and rejuvenated you.

We believe that every individual deserves to look and feel their best, and our transformative aesthetics approach is designed to make that a reality. Reveal your timeless beauty and radiate confidence with us today. Contact our expert team to begin your journey towards a naturally lifted and youthful you.



Dr. Sylvia Ramirez
 Medical & Scientific Director
 MD, M.P.H. (Harvard)
 Fellowship (Harvard)
 American Board Certified
 Diploma Practical Dermatology (UK)

Cutis Medical Laser Clinics: Helping You Take Charge of How You Age, Look, and Feel

It is no secret that when skin looks and feels good, people tend to feel better about themselves: this is what Cutis Medical Laser Clinics is all about. Born from a passion for delivering quality, non-surgical aesthetic services, Cutis is dedicated to helping patients look and feel confident about themselves.

Founded in 2008, Cutis Medical Laser Clinics has always believed that everyone deserves healthy, glowing skin, along with the confidence that comes with it. Today, it is a trusted and well-known provider of anti-ageing and skin rejuvenation services in Singapore, helping patients take charge of how they age, look, and feel.

Spearheaded by US Board-Certified and Harvard-trained physician, Dr. Sylvia Ramirez, Cutis has an unwavering commitment to quality care. Its team of dedicated professionals prioritizes patients to provide not just safe and effective treatments, but also experiences that leave lasting results and impact.

Putting the patients first

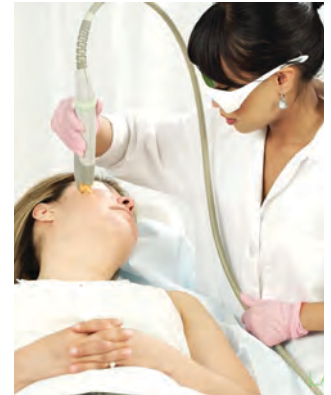
Cutis remains committed to delivering compassionate, high-quality aesthetic services. Achieving this goal involves conducting thorough consultations and adopting a non-pushy approach that prioritizes patient education and a patient-centred experience. This approach enables the customization of each procedure and supports patients throughout their skincare journey.

The dedicated team at Cutis works closely with patients and provides a fresh and innovative perspective on aesthetic medicine. They create a comfortable environment where patients feel safe and cared for. Cutis always puts patients first with effective treatments, proper care, and treatment plans that are customised for the individual.

Expert knowledge and recent technologies

The clinic's commitment to excellence extends to its skilled professionals who combine expertise with a passion for making patients look and feel their best. Cutis's doctors are trained in aesthetic medicine and have years of experience in medical- and surgical-related fields.

To provide the best possible care, Cutis also invests in innovative technologies and must-have treatments. They combine the use of quality



products with up-to-date treatment methods and techniques to help patients achieve optimal results. Cutis's honest, open, and innovative approach has empowered and continues to empower patients to become a version of themselves that they are proud of.

Excellence in aesthetic care

Since its establishment in 2008, Cutis has gone on to become a reliable provider of aesthetic services, as well as a recipient of numerous awards. Dr. Sylvia Ramirez, furthermore, has also received several recognitions from different award-giving bodies.

Cutis has received the Highest Ultherapy Achiever Award 2021 for Singapore, as well as Allergan's Facial Aesthetics Platinum Award, Body Contouring Gold Award, and Prestige Award in 2022.

In addition, Dr. Sylvia won the Best Non-Surgical Facial Rejuvenation Clinical Case in the AMWC (Aesthetic Medicine World Congress) in 2022. She also received the Gold Award for Best Medical Aesthetic Specialist for four consecutive years (2020-2023) in the Expat Living Reader's Choice Awards.

Dr. Sylvia is also a prolific author and has penned numerous scientific papers and book chapters. She has also published research and clinical studies in non-invasive medical aesthetics and graced local and international aesthetic conferences

Take charge today

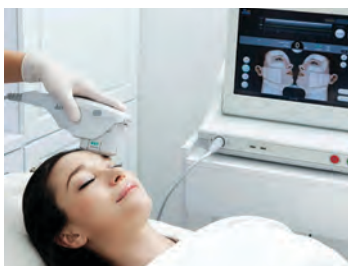
For those who find themselves perpetually concerned by visible signs of ageing or simply desire a more refreshed and revitalized appearance, perhaps it's the right moment to explore aesthetic treatments. We extend a warm invitation for you to choose Cutis as your ally in the journey to age gracefully and take control of your physical and emotional well-being.

Cutis Medical Laser Clinics
 9 Scotts Road Pacific Plaza
 Scotts Medical Centre #08-07
 6801 4000 | cutislaserclinics.com



Dr. Sylvia Ramirez
 Medical & Scientific
 Director
 MD, M.P.H. (Harvard)
 Fellowship (Harvard)
 American Board
 Certified
 Diploma Practical
 Dermatology (UK)

The dedicated team at Cutis works closely with patients and provides a fresh and innovative perspective on aesthetic medicine.





Dr. Somboon Waiprib, M.D.,
Cosmetic Plastic Surgery,
Apex Medical Center.

Plastic Surgeon

“A Plastic Surgeon is like a tailor. Beauty with a natural-looking result is every patient's desire. I believe that aesthetic and reconstructive medicine is a key part of total wellness.”

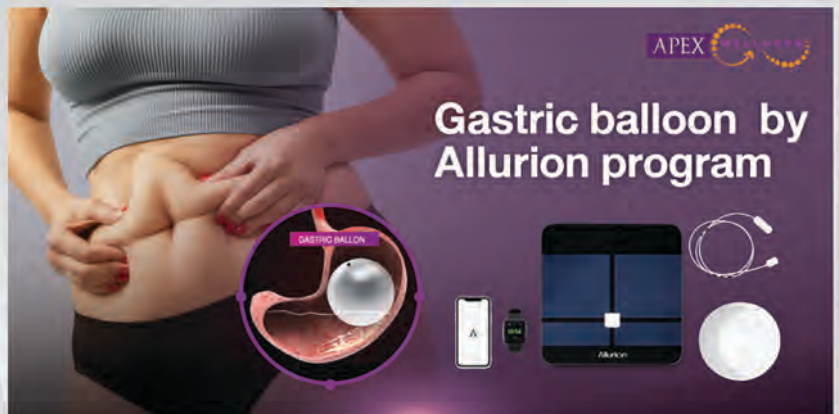
APEX MEDICAL CENTER has garnered a reputation for its state-of-the-art surgical procedures, notably the Endoscopic Forehead Lift with Endotine Implants, a minimally invasive procedure with a remarkably brief recovery period of just one week. This groundbreaking technique effectively addresses sagging, aging skin, drooping eyes and brows. Additionally, the medical center offers the Open Rhinoplasty procedure, which utilizes ultra-finely diced rib cartilage for nasal structure reconstruction. Unlike silicone or Gore-Tex implants, this technique employs cartilage harvested from the patient's body, thereby minimizing the risk of implant rejection, infection, and warping risk.



Moreover, Apex Medical Center is a favored destination for individuals seeking breast surgery procedures, including augmentation, reduction, reshaping, and fat transfer. This is primarily

attributed to the center's innovative techniques, such as Stem Cell Assisted Lipotransfer (CAL), which involves harvesting fat from the patient's body to reduce the risk of allergic reactions or implant rejection. The harvested fat is naturally abundant in stem and other regenerative cells, promoting healing. Additionally, Apex Medical Center provides Hybrid Breast Augmentation, a combination of breast implants and fat grafting, for patients seeking optimal results. These advanced techniques provide patients with safe and effective options to attain their desired breast aesthetic.

Recently, the company also received a certificate from the Allurion program to offer a 'Gastric balloon' service in Thailand. The Gastric Balloon by Allurion program offers a comfortable and practical solution for weight loss without surgery or recovery time. It is especially suitable for overweight and obese individuals who have trouble controlling their eating behavior and those with a limited ability to exercise. This non-invasive program utilizes the Allurion Balloon, which is swallowed in a simple outpatient procedure and inflated with liquid to help individuals eat less without feeling hungry.



Gastric balloon by Allurion program

The Allurion Program also provides comprehensive support through a dedicated care team, including doctors and nutritionists, as well as the bluetooth scale and app to track progress. Safety is prioritized, as the program is conducted in certified healthcare facilities with international standards and equipment for maximum patient safety. Consequently, patients can experience the convenience and effectiveness of the gastric balloon service offered by Apex Medical Center.

With its state-of-the-art facilities and equipment, highly trained professionals, and proven track record of delivering quality services, Apex Medical Center stands as the ideal choice for anyone seeking cosmetic and plastic surgery services.

If you are looking for the best result cosmetic surgery in Thailand

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