

# The big blow out

Sweet dreams won't cut it if you wake up with puffy features. Aesthetic physician **Dr. Christina Chea** tells you how to beat the facial bloat.



## • PUFFY EYES

**The expert says:** "Puffy eyes are almost always caused by fluid retention. The puffiness that occurs in the area below the eyes (or eye bags) is common, transient, and usually not serious."

**The age factor:** "The delicate skin around our eyes gets even thinner as we age, causing it to become droopy. The age-related eye bag is also due to fat deposit migrating downwards from eyeballs and accumulating in the area under the eyes, as well as the weakening of muscles that support the eyeballs."

### Doctor's orders:

✗ **DON'T** go to bed without removing eye makeup, as this can cause irritation  
 ✓ **DO** elevate your head with an extra pillow during sleep to help reduce fluid retention.

## • BLOATED FACE

**The expert says:** "Fluid retention and dehydration are the two causes of puffiness of the face, but it can also be caused by a variety of reasons that should be treated and prevented accordingly."

### Read between the lines:

"Puffiness of the face may indicate underlying health problems. They're often minor, but can sometimes reflect serious medical disorders. If puffiness is accompanied by symptoms such as pain, itchiness, shortness of breath, and fever, then you should seek medical attention."

### Doctor's orders:

✓ **DO** watch your alcohol intake, as it causes blood vessels to dilate.  
 ✗ **DON'T** neglect exercise, as it's important in encouraging good circulation.



Dior Capture V-Lift Ultra-Stretch Reshaping Serum, RM450



The Body Shop Camomile Sumptuous Cleansing Butter, RM63

LIERAC



LIERAC Dioptigel Decongesting Reducing Gel for Under Eye, RM100

## ► CHECK UP!

Find out if your puffiness simply a passerby or permanent problem.

### It's temporary if... you woke up puffy.

*"A puffy, morning face may be caused by the gravitational redistribution of fluid in the face while you were sleeping in the horizontal position."*

### It's here to stay if... it's age.

*"There is an age-related gradual increase in the size of fat pad below the lower eye lids known as suborbicularis oculi fat, or 'SOOF'. It gives rise to eye bags, which affects older men and women."*

# A touchy subject

It may flush easily and sting after slathering on skincare, but is your skin really the sensitive type? It's time to decode the red reaction.

**FROM TOP TO BOTTOM:**

- **For Beloved One** Hyaluronic Acid Tri-Molecule Moisturizing Serum, RM219
- **Murad** Redness Therapy Sensitive Skin Soothing Serum, RM258
- **Laneige** Water Bank Mineral Skin Mist, RM85
- **Kate Somerville** ExfoliKate Gentle Exfoliating Treatment, RM220
- **Yves Rocher** Hydra Végétal Moisture Boost Concentrate, RM99



It's a common misconception that a one-time stinging sensation means you have sensitive skin, when it may just be a temporary effect caused by products unsuited for your skin. Not sure which it is? Aesthetic physician Dr. Christina helps you break it down:

## 1 CHECK THE SIGNS

"The symptoms of sensitive skin include the following: Redness, itching, dry skin and presence of skin lesions such as skin erosions, papules, nodules or pustules. These may also be affected by genetic factors, age, gender and race. Truly sensitive skin is characterised by inflammation and may be associated with different skin disorders such as rosacea and eczema. They're usually chronic in nature with frequent itching, or flushing. These conditions already result in (or are a result of) an impaired skin barrier, and as such are also more susceptible to irritations. Most of us don't actually have these disorders – they're usually temporary reactions to certain ingredients that cause allergy or irritation found in skincare products. Very dry and aged skin is also prone to such temporary skin reactions."

## 2 IT CAN HAPPEN OVER TIME

"Even if you don't currently have sensitive skin, it can develop over time due to excessive exposure to environmental factors that are damaging to the skin. Repetitive injury to the skin caused by irritants in unsuitable skincare products is also a factor, as is untreated chronic skin disorders and use of harsh cleansing agents or soap."

## 3 CONSULT A PRO

"The best and safest option is to consult a skin specialist who will be able to determine your skin type through a proper assessment. A thorough history-taking must include past response towards skincare products and treatments for an accurate diagnosis."

## 4 AND IF YOU DO HAVE SENSITIVE SKIN...

"Avoid ingredients such as alpha-hydroxy acid and retinoids, as they can further aggravate the condition. The occasional treatment may be fine for some with less sensitive skin, but for those with more chronic sensitivities, they should almost never use them!"