

# Beauty Fix

This column provides answers to any of your queries on beauty, skin and body care. Send your questions to us at [Faithlink@faithmc.org.sg](mailto:Faithlink@faithmc.org.sg). Questions should be concise and kept within 40 words. Hear out the views and initial assessments by our columnist, but remember to seek further professional advice if necessary! Ultimately, God looks at the beauty of our hearts, not just external beauty!

I tend to have oily skin around my T-zone area and dryness at the cheeks. What skincare regime would you recommend me to undertake?

In general, most people have a slightly oilier T-zone compared to their cheek area. This is because the T-zone area has more sebaceous glands. Therefore, most people feel that they have combination skin.

When choosing suitable skincare products, age is one of the main considerations. If he or she is still a teenager, his or her skin condition may be affected by the environment. He or she may be very active in sports, such as swimming, and therefore, his or her skin becomes drier. Add on irregular meals and the preferred choice of a fast food diet, the secretion of oil increases. In this case, I would advise maintaining a balanced diet and drinking lots of water. As for daily care, a gentle cleansing product suffices, and if necessary, a hydrating tonic water.

However, an adult having combination skin could be due to many reasons. Sometimes when one's skin has been dehydrated for too long, the oil secretion will become unbalanced. So it is important to know what caused it. In general, a person with combination skin should use a gentle refreshing cleansing gel in the day, but a gentle cleansing milk in the evening, as well as a hydrating tonic water for both day and night. A corrective serum for either the cheeks or the nose area and a suitable day and night moisturiser are recommended. A hydrating yet refreshing facial treatment can help to rebalance the skin quickly. If you have time, it would be good to go for a computerised skin analysis.

When I read the labels of cosmetic and skin care products I see a long list of chemicals used in the production. Should we be concerned about certain chemical ingredients since these products come into direct contact with our skin daily?

Yes, it would be useful to learn about the ingredients. Most of the ingredients on a cosmetic label contain the botanical names of plants that may be difficult to understand. Sometimes a manufacturer will include the layman term (in brackets) beside the botanical name so that people will know what that particular plant is. However, almost all cosmetic products contain binders (to mix ingredients together) and preservatives such as butylparabene, methylparabene, etc. and these chemical names are difficult to understand.

As the Singapore's Cosmetic Control Units under HSA request distributors to keep proper Product Information File (PIF), it will definitely reduce the risk of buying a "harmful" product. Just for general information, Europeans have set a high standard on its manufacturing practice, and Singapore has now adopted that standard, so we can say that a European cosmetic brand marketed through proper international agents is usually safe to be used on our skin.



## q & a



**By SHIRLEY MOK**

Shirley has been working in the beauty care industry since 1994. She received Christ at age 18 in Hong Kong, and her family (husband and two kids) are members of Heritage PCM. Her desire is to lead a balanced and abundant life. In her work, she is amazed at how skin reacts and heals, affirming that God is indeed a most wonderful Creator.