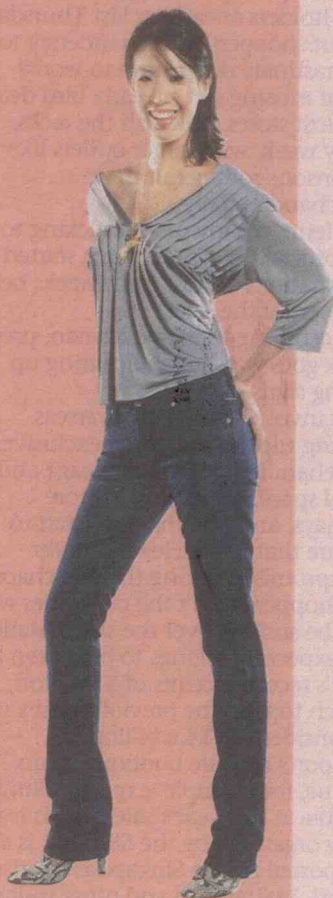


MAYSAYS

May Yip

Do you have a problem with the way you look? E-mail your queries to May Yip at sturban@sph.com.sg



Q I have unsightly scars all over my legs and body from rashes and mosquito bites. How do I get rid of them and would over-the-counter whitening products help?

A Like you, my limbs seem to serve as feeding posts for those pesky mozzies, so I've mastered a few self-defence tricks.

First, keep a small spray bottle of mosquito repellent handy whenever you expect to be outdoors – especially at night.

If you don't mind looking like a walking advert for band-aids, those tiny stick-on repellent patches are very convenient and are suitable for sensitive skin types which may react to liquid repellents.

As for scars, you're not the only one with a patchy pelt.

Post-inflammatory hyperpigmentation – a usually harmless condition in which patches of skin become darker in colour than the surrounding skin – is a common problem in Asian and dark skin-types after rashes or insect bites, says **Dr Wong Su-ni**, a consultant dermatologist at Pacific Specialist Practice at 20-01 Paragon.

Asian skin contains more melanin – the chemical that determines the colour of skin – which means that skin pigmentation problems are more visible.

To combat this problem, use a sunblock and reduce sun exposure to areas that are scarred to prevent further darkening of the skin.

Scars should fade in three to six months, says Dr Wong. But the process may take up to 18 months if you have darker skin.

The bad news is, over-the-counter lightening agents do not usually help because of its low concentration of active ingredients.

There is also a risk of developing an



Get in shape: Get well-groomed brows like those of Korean actor Song Seung Hun.

allergic (often an itchy condition due to a patient's abnormally high sensitivity to certain substances) or irritant (often more painful than itchy and the result of contact with some substance that damages the skin) reaction to the lightening agents. This is particularly so if you are already prone to rashes, she adds.

If patience isn't one of your virtues, consult your dermatologist for supervised lightening treatment.

At Dr Wong's clinic, customised and prescription-based lightening creams range from \$20 to \$130, while Aurora treatment – which uses intense pulsed light (IPL) and radio frequency waves – starts from \$250 per session, depending on the size of the

area involved. Treatments are usually performed monthly for about six sessions before you can see results.

Q Unlike other men, I have eyebrows that defy gravity: They curve upwards, not unlike those of Justice Bao. I would like to know how to conceal this flaw.

A I've heard of unibrows and sparse brows, but brows shaped like Nike's swoosh? That's truly in a brow woe league of its own.

But rather than hide your brows behind floppy bangs – which were vaguely fashionable when Aaron Kwok was crowned Heavenly King back in the 1990s – or risk looking like a shady criminal by perpetually wearing dark glasses, why not get your brows groomed?

We're not talking anorexic brows that have been tweezed to within an inch of life, but neat, professionally shaped arches.

The brow experts at Browhaus say the bits that curve towards your hairline can be trimmed and tweezed (Brow Construction, \$18) followed by subtle brow embroidery (Brow Resurrection, \$900, to lengthen your brow line and \$1,200 for full brow) to create a "tail" for brows.

You would need to have your brows trimmed and tweezed every three weeks to a month to eliminate the upward growth and a touch-up a month after your first brow embroidery session.

The brow embroidery will last for up to two years.

And since most men have zero tolerance for pain, the salon also offers a numbing cream (\$8 per application) to make tweezing and brow embroidery a breeze.

Over 10 per cent of Browhaus' clients are men, so rest assured that you won't be the only thorn among the roses.