

ACE OF FACE

Dr Komathy Rajaratnam, an aesthetic doctor at The Lifestyle Clinic, believes in making both men and women look and feel better about themselves as “looking good goes a long way in boosting someone’s self esteem”. Her clients range from teenagers and housewives to socialites and working executives,

At her practice, she offers personalised services and a wide range of aesthetic treatments like chemical peels, microdermabrasions, laser hair removal, hair loss remedies, Botox, face lifts, facial and body slimming, even weight loss programmes! Believing in the concept of holistic beauty, Pik-Life is a medically-tailored weight loss programme from Australia that ensures sustainable and healthy weight loss. Over the years, she has observed that inner health equates with outer radiance, and started correcting hormonal imbalance using safer and effective bio identical hormones. They are modified from plant precursors found in soy and wild yam and as the name implies, they are identical to hormones produced by the body.

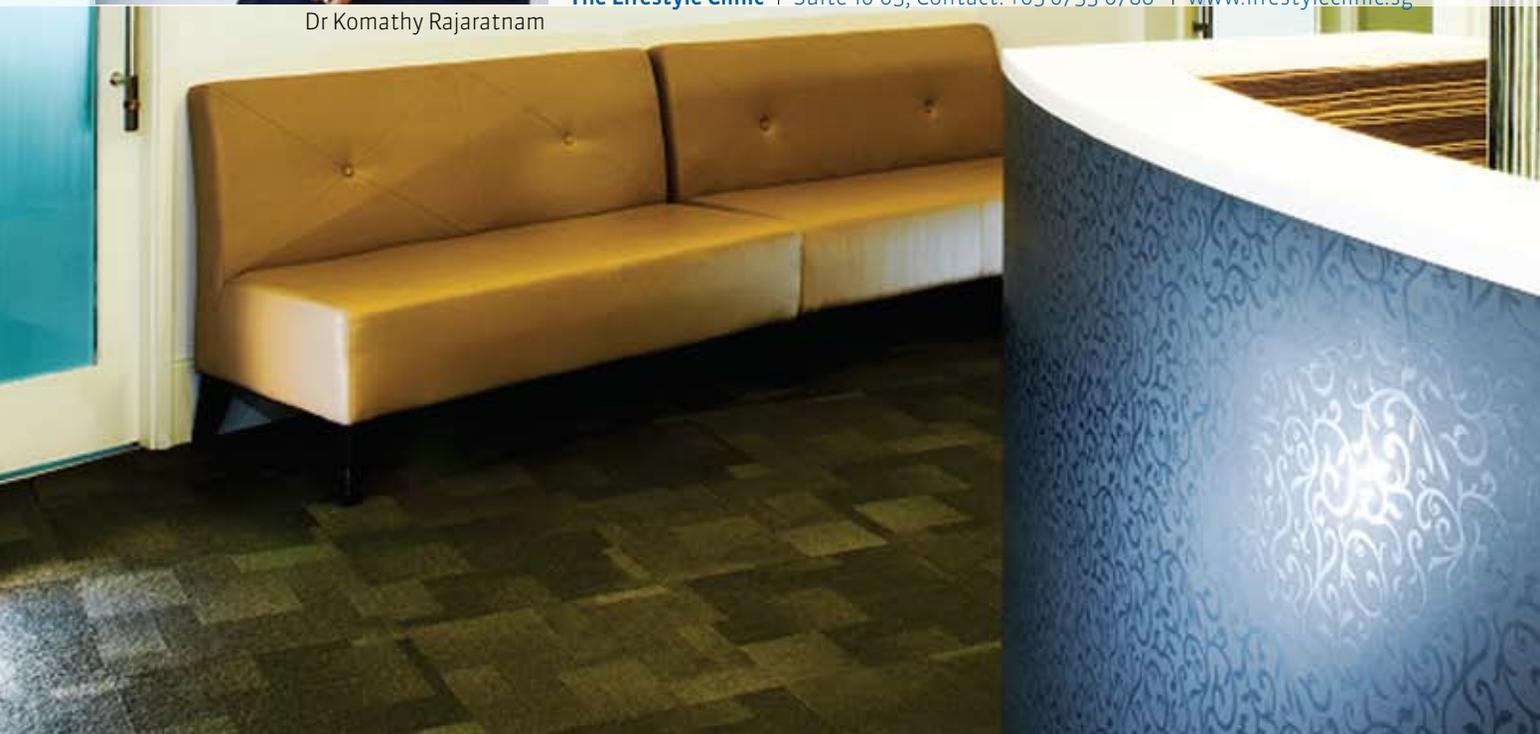
She believes that it is extremely important to keep abreast of the latest developments in the aesthetic industry not just locally but internationally as well. “There is no dearth of information on the Internet and in magazines these days. My patients, especially expatriates, will come to my clinic asking for a cream or procedure that has just been launched in the States or Europe.” That is why she was one of the first to be trained in laser hair removal in the year 2000, and has been offering her patients safe and effective hair removal treatments since.

A veteran in the aesthetic industry, Dr Komathy has been doing glycolic peels and fillers back when she was a GP in Australia in the early 90s. After all these years, she still finds her work challenging and extremely rewarding. “Aesthetics is all about creativity, yet at the same time, it’s about helping someone become happier about themselves. It’s an art, it’s always exciting, never boring.” enthused this youthful fifty-something doctor.



Dr Komathy Rajaratnam

The Lifestyle Clinic | Suite 16-03, Contact: +65 6733 0788 | www.lifestyleclinic.sg





TACKLE PAIN THE HIGH TECH WAY

Don't let pain hinder your quality of life. At AposTherapy, an innovative, personalised, non-surgical and drug-free medical programme is used to treat knee and back pain. Based on a foot-worn biomechanical device which is individually-calibrated by a specially-trained chartered physiotherapist, this device, which looks like a sports shoe with two half-balls protruding at its base, is clinically proven to deliver long-lasting pain relief and to restore function, mobility and quality of life. "By improving a person's movement patterns, such as walking, their pain levels will decrease and functional activity levels will increase," explained Yubu, the head therapist at AposTherapy.

Developed by medical doctors in the fields of orthopaedics and sports medicine and founded on well-established scientific principles, the system is easy to use – just wear it and walk for 30-60 minutes each day for six months. "This allows the body to learn the correct movement patterns sub-consciously, hence having a long term effect," said Yubu. The system's portability also means that one can easily bring it around.

"After just a few weeks of AposTherapy, many patients experience a noticeable reduction in pain as well as improved function all day – not just when using the Apos System," he added. AposTherapy is able to treat a number of common problems of the knee, lower back, hip and ankle that result in pain and impaired function. It includes knee osteoarthritis, meniscus tears, ligament tears and non specific lower back pain. More than 40,000 patients have benefited worldwide at their centres across Israel, UK and Singapore to date.



Dr Marcus Cooney



THE SMILE DOCTORS

The Smilefocus dental team understands that good oral health and feeling great about their smile is key to their patients' well being. Established in Singapore in 1997 by Australian dentist Dr Marcus Cooney, Smilefocus comprises 15 local and expatriate dentists providing a broad range of dental care, from general prevention and orthodontics to cosmetic dentistry, implant and restorative dentistry and even facial aesthetics!

Modern techniques mean that restoring your teeth is only one component in treating your smile in the most holistic way possible. "A treatment rapidly gaining popularity in Western countries and now in Singapore, is Facial Aesthetics," shares Dr Myles Holt. While whitening or veneers, for example, will often make a remarkable difference, more can be achieved with facial aesthetics. The dentists at Smilefocus spend a lot of time assessing and working with the appearance of your teeth and face, and they are very experienced in providing accurate, safe and comfortable injections in the facial areas. Through the use of dermal fillers your dentist can restore volume and give greater definition to the lips. Dermal fillers are also used to minimise, or even eliminate the fine vertical lines around the mouth, soften the naso-labial folds (the deep lines running from the nose to the mouth) and minimise expression lines around the eyes and across the forehead.

Dentists these days have access to increasingly sophisticated materials and techniques to treat patients. Tooth whitening, porcelain veneers, tooth-coloured fillings and Invisalign (Invisible Braces) provide the means for your dentist to be both superlative artist and master technician – giving you whiter, brighter and more shapely teeth!

"One example of a beautiful smile is Minka Kelly of Gossip Girl fame. Minka has a very balanced smile which looks natural, clean and fresh. Her smile shows just enough of her gums and complements her face shape and lips," says Dr Bernard Siew.

At Smilefocus we concentrate on all the details so you can enjoy a healthy, attractive smile that suits you.

Smilefocus | Suite 08-02 and 14-02, Contact: +65 6733 9882 or +65 6834 0877 | www.smilefocus.com.sg