

me! me! me! zoe mak



Glamour Gurus Want a little movie-star glamour?
 Ask our beauty experts for their tips on looking fab!



Louis Nguyen
 Louis & Co
 Central

On the spot

I am turning 12 and getting a lot of pimples. I don't know why, because I haven't been eating a lot of sweets or oily foods. I've tried dieting but it doesn't work. How can I get rid of my pimples?
Pre-teen horrors



cut to prevent ingrown nails, which can be very painful. Mani Pedi (2815 3319) have a HK\$298 promotion for both fingers and toes. They're very careful with your feet, and will also advise you what to do at home and how to clean any equipment that you use to prevent infections.

Spacing out

It's hard to find space to work out in Hong Kong, so I recently joined a gym. But is it better to exercise outdoors than inside with the air conditioning?
Inner athlete

this week's winner!

Lisa Jones says:

Well done on joining a gym - you've started on the path to a life. It's debatable whether exercising outside in Hong Kong is healthy due to the pollution levels in urban areas. Exercising near busy roads, and breathing in fumes is unsafe.

Away from these polluted areas, though, I think it is better to be outdoors. It also depends on what you are doing and whether you like to be outside. Running is great along Bowen Road; cycling on the island can be a bit dangerous, so head to areas of the New Territories where there are dedicated cycle paths; and swimming in the sea is great exercise. Be careful if you're heading outdoors, though - Hong Kong may be a very safe place, but you should still avoid dark, unlit areas and paths off the beaten track, and preferably go with a friend.



Kelly England
 Beauty authority,
 kellyengland.com

Dr Leung Size-kee says:

Pimples are a very common problem for adolescents. Your hormones are kicking around your body as puberty sets in and, unfortunately, one of the by-products of this can be bad skin. Diet has only a very minor effect on pimples. External creams, gels, lotions can only get rid of the existing spots, not prevent new ones coming up. See your doctor if the condition worsens - he or she may prescribe a course of antibiotics. But don't worry - it's likely the situation will improve with age.



Lisa Jones
 Pilates and fitness
 PT OPS

Pedi perfection

I want to do a DIY pedicure - is it difficult? How do I do it, and what tools do I need?
Rosy toes



Eve Roth Lindsay
 Image adviser,
 savvestyle.com

Kelly England says:

I really wouldn't recommend doing a full pedicure at home - by all means buff and polish nails, but leave cleaning and shaping to the professionals. Not only will they look better, it's healthier. It's especially important to get your nails well



Dr Leung Size-kee
 Dermatologist



Write to us with your beauty dilemmas, and you could win this eyeshadow from Majolica Majorca. E-mail syp.glamour@scmp.com, including your name, age, telephone number and postal address.

ty battlefield

This week we test: oil-control moisturiser

Even though it's hot and humid, your skin still needs hydrating. Moisturisers with oil control are great for combination skin; opt for a gel if your skin is particularly oily.



8/10
Murad Mattifier SPF 15 (HK\$480/50ml)
 This gel cream provides well-balanced moisturising, especially on the T-zone. A mild product that is quickly absorbed, it provides relief from the grease.
Tel: 2521 6660

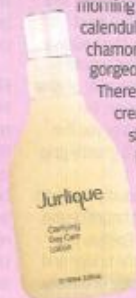


8/10
L'Oréal HydraFresh Anti-Shine Icy Hydrating Gel (HK\$109/50ml)
 The smell is somewhere between a summer drink and rubbing alcohol; regardless, this light, cooling cream feels great on parched skin. Keeps oil at bay for hours, too.
Tel: 2506 1883

9/10
Bobbi Brown Oil Control Lotion SPF 15 (HK\$380/50ml)
 Ideal for holiday moisturising, this has SPF protection, and the small bottle makes it easy to carry. Lavender and seaweed extract mean it's super-hydrating.
Tel: 3100 1936



7/10
Jurlique Clarifying Day Care Lotion (HK\$390/30ml)
 The lotion is light and fresh - exactly what you need in the morning - and the mix of calendula, daisy and chamomile is just gorgeous and relaxing. There is one snag: the cream is for normal skins only, if you have extra oiliness or dryness, it's probably not the best fit.
Tel: 2918 0040



7/10
Skinfood Peach Sake Emulsion (HK\$175/135ml)
 The smell is divine - refreshing and sweetly peachy. The light cream is easily absorbed into the skin, leaving it glowing, though not particularly less oily. The biggest problem is the bottle has a tiny hole with no pump, so getting the lotion out can be hard.
Tel: 2834 9121

The Wow Factor

Rub it off

Blackheads are second to acne when it comes to skin dilemmas. It's important to choose the right facial scrub to deal with them: it should be gentle and hydrating, yet course enough to rub off the blackheads. b-liv introduces Off With Those Heads (HK\$360), a scrub that is mild enough for daily use. Cleanse and towel-dry your face, then pump two or three pea-sized drops on your palm and rub gently on your T-zone and other areas with blackheads. The product contains tea tree oil for acne control, white hazel extract for oil control and aloe vera extract for soothing and hydration. Available at Sasa.



Ren-ovation

Humidity and heat make it difficult to achieve healthy skin in the summer - hydration and oil control are the key "renovation" steps to renewing your skin. Shu Uemura's new puRenovate skincare collection targets combination and oily skin. The products contain zinc gluconate to tackle the internal causes of oily skin and to limit excess sebum production. Another ingredient is water lily extract - or "ren" in Japanese - which fights the external causes of oily skin, tightens pores and improves skin clarity. The collection comprises a lotion, essence and moisturiser and is sold at all Shu Uemura locations.

