

BEAUTY

cosmedica

OCT- DEC 2017 | ISSUE 77

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THE SCIENCE OF BEAUTY

Part IV

Things You Wish to Knew

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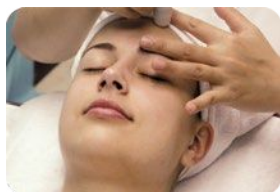


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BEAUTY

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Beauty Cosmedica is published by

COLOUR SYMPHONY HOUSE

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Printed by PERCETAKAN OKID SDN BHD

No. 2, Jalan SS13/3C, Subang Industrial Estate,

47500 Subang Jaya, Selangor.

Beauty Cosmedica is a bi-monthly professional complimentary publication, distributed free exclusively to all beauty establishments. It has a readership of beauticians, nail technicians, beauty and health therapists, spa and slimming consultants and operators, dermatologists, aesthetic and medical practitioners.

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Mau Plus Ocular Zone Care



Nothing beats natural beautiful hair on the eyebrows and eyelashes. Mau Plus Eyebrows Restorer and Eyelash Revitalizer grant

healthier, fuller and longer lashes and thicker eyebrows, for more dramatic and prominent eyes by stimulating hair growth respectively. Suitable for those with damaged, undernourished ocular hair follicles from overused eye cosmetics and lash or brow treatments, sudden hair lost due to medical conditions or simply with a desire to have more voluminous, fuller, more luscious, softer; but most of all, natural eyelash one can ever have.

没有什么比得上能拥有自然漂亮的眉毛和睫毛。Mau Plus的Eyebrows Restorer和Eyelash Revitalizer可刺激毛发的生长、促进睫毛长得更健康、饱满和更长；而眉毛则变得较厚以拥有活灵活现的双眼。适合那些因过度使用眼部化妆品和眼线或眉毛护理而导致受损与营养不良的眼毛囊，因身体状况而突然脱毛或只是纯粹想拥有更浓密、饱满、甜美、柔和却最自然的睫毛。



Polygon Traders Sdn Bhd @ 04 370 0733



Aura Marketing Sdn Bhd / Aura Skincare Pte Ltd @ 03 5569 4420 / 5569 4344 / +65 6280 9213

Académie Body Draining Drink



Get a slender silhouette and eliminate unpleasant roundness with a booster solution that aims to detoxify the body in just 10 days. The delicious detoxifying cocktail is infused with dandelion, to improve urinary and biliary functions; rosemary to facilitate digestion; fennel to rid the body of distension, intestinal and digestive problems; and stinging nettle to help re-mineralise the body.

This draining drink comes in a succulent blueberry raspberry flavour and it helps to drain, activate and promote digestion, as well as to purify and re-mineralise the body. To feel slimmer in no time, simply dilute 25ml of the drink into a large glass of water, twice a day.

让这强效排毒饮料帮助身体在10天内排毒，以得到苗条的身形并且去除让人不愉悦的圆胖。这可口的混合饮料是加入了蒲公英来帮助利尿及提升肝胆功能；迷迭香来帮助消化；茴香帮助摆脱腹胀、肠胃及消化问题；还有荨麻为身体补充矿物质。目前有蓝莓加树莓的口味，有效地帮助排水、激活及促进消化系统、同时净化并重新为身体补充矿物质。只需要将25毫升的饮料倒入一大杯的水中，一天喝两次，即可在短时间内就瘦下来。

Thermal Lift

A non-invasive alternative radiofrequency treatment, Thermal Lift is safe, painless (no wound) to effectively activate collagen, while removing wrinkles – to regain a smoother, younger skin. Available in both machine and portable options.

Thermal Lift是安全和无痛的非刺激性射频治疗。它能有效地激活胶原蛋白，并消除皱纹，让你的肌肤恢复年轻。有机械型和携带型的款式供选择。



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Nelly De Vuyst SPF 30+ Broad-Spectrum (UVA-UVB)



Enjoy outdoors with Nelly De Vuyst SPF 30+, as it offers a triple high protection against UVA, UVB and free radicals. Its special formula respects the hydrolipidic film of your skin, and helps to prevent photo-ageing, hyperpigmentation, skin cancer, sun burn and allergies due to sun exposure. Moreover, its oil free, non-greasy finish is sure to make you feel good while protecting your skin.

与Nelly De Vuyst SPF 30+一起享受户外活动，因为它提供三重保护，能够对抗UVA、UVB以及自由基。其特殊配方将保护你皮肤的水脂膜，并有助于防止光老化、色素沉着、皮肤癌、晒伤及因阳光暴晒所引致的过敏等。此外，其无油不滑腻的质感在保护你的肌肤之余，也让你感觉良好。



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Organised by:



YUFIT Shape-Up 4D V-Line Mask

YUFIT 4D V Line 紧实瘦脸膜

Rich in mucus from snails, Squalene, glycerin, and various natural extracts, this product helps slimming down face and enhances the up-lifting effect of skin. It also improves and tightens face contour. Each piece of mask is individually packed for convenience and better hygiene purposes.

含有丰富的蜗牛黏液，角鲨烷，甘油以及各种天然萃取精华，这款紧实瘦脸膜提供瘦脸和提拉效果。它能使脸部轮廓更紧致提升。每一片面膜都是采用单一包装以方便使用，和符合卫生标准。



Magicboo Beauty Hypermart @ 03 9223 2828 / 9223 9988



Académie Reshaping Lift

Feeling envious of the beauty triangle – “V” shape face? Feeling worried for the loss of firmness on the skin, as you age? Sighting fine lines, or slacken face contours as you look at the mirror? Formulated with advanced “V-Shape” technology that features key ingredients like Tensing Active – to form resistant and elastic film with immediate lifting effect; caffeine – to accelerate combustion of fats, helps in tightening skin; and Phyto-slimming active ingredients – to improve cutaneous micro-circulation. Refine, sculpt and smooth – an everyday 5-minute auto-lifting massage improves the cutaneous microcirculation and intensifies the results of the Reshaping Lift.

羡慕小脸美人的V型脸吗？担心皮肤会随着年龄的增长而松弛？照镜子的时候，发现脸上开始出现细纹和下垂现象？采用先进“V型”科技的Académie Reshaping Lift，含有的主要成分包括Tensing Active，能形成弹性膜瞬间达到提拉效果；咖啡因，加速燃烧脂肪和收紧皮肤；和Phyto-slimming活性成分促进皮肤微循环。每天做5分钟的提升按摩就能改善皮肤微循环，加强Reshaping Lift的效果。



Aura Marketing Sdn Bhd / Aura Skincare Pte Ltd @ 03 5569 4420 / 5569 4344 / +65 6280 9213

Skindom Hot PPC Cream

韩国Skindom PPC溶脂瘦身膏

Achieve your dream silhouette – without injections or slimming pills – with this slimming cream from Korea. Highly applauded by beauty experts from Europe, America and Korea, its key ingredient of PPC (Phosphatidylcholine) is a chemical extract from soybeans that helps dissolving fats. It softens the tissue so it can be discarded through lymph nodes via blood circulation or sweats. This product helps increase calorie consumption in our body, thus accelerating disintegration of fat. In addition, it prevents flabbiness and wrinkles formed during slimming process. Continued use can aid in reducing cellulites and enhancing skin tightening. Accompanied with workouts, perfect curvaceous body is easily achievable!

不用注射吃药就能拥有理想身形，这款溶脂瘦身膏是欧韩国等专业美容首推的减肥纤体产品。它的主要成分PPC (Phosphatidylcholine) 是从大豆提炼出的卵磷脂能分解和破坏脂肪细胞。将细胞壁融化之后，通过淋巴管进入血液循环或汗液排出到体外。它可以提高所消耗的热量，加速脂肪的分解。它也能预防在瘦身过程中产生皮肤松弛和肥胖纹！长期使用可帮助去除橘皮组织，收紧松弛的肌肤。如果配合运动，更能达到窈窕曲线的完美效果！



Magicboo Beauty Hypermart @ 03 9223 2828 / 9223 9988



Mau Plus Fit Energizing Gel

A good blend of 18 types of hair growth-promoting herbs, three types of natural actives—to control excessive oil secretion, scalp itchiness and disorder into a perfectly formulated hair fixative (medium hold) which has humidity and climate control. It will be the love for all men and women who like to look best in their short neat cut.

采用了18种促进头发生长的药材以及3种自然活性物质 — 能够控制过多油脂的分泌、对抗头皮瘙痒以及其他头发问题等，并成为了拥有完美配方的头发定性产品（中等强度），且拥有湿度及温度控制。对于喜欢呈现利落短发最佳外观的男性与女性而言，此产品将令他们爱不释手。



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Simone Mahler Sensitive Skin



Sensitive skin remains as one of the more common skin types that targets up to 75% of women. Simone Mahler's Sensitive Skin range is formulated with the latest generation of active ingredients – fu ling and reed (limit inflammatory mediators, restore balance

to skin barrier); Ophiopogon japonicus (stimulates formation of tight junctions, for long-term restructuring effect); wild jasmine (erases cell and skin hyper-activity, for long-term balance). The sensitive skin series comprises a soothing, protective cream-mask – to moisturise, nourish and reinforce the skin, making it more resistant to daily aggression; and a fortifying, comforting serum – to limit and attenuate redness and harmonise the complexion, further regaining the radiance and smoothness.

75%左右的女性都受到敏感性皮肤的困扰。Simone Mahler敏感性护肤系列采用最新研制的活性成分，包括茯苓和芦苇（抗炎成分、帮助皮肤保护层恢复平衡）；麦冬（促进紧密连接的形成，达到长期重建组织的效果）；野茉莉（消除皮肤和细胞的超活跃性，达到长期平衡效果）。这敏感性护肤系列一共有两个产品：有镇静、防护功效的乳霜面膜，能够滋润、滋养和强化皮肤，让皮肤增加抵抗力；和有设防、舒缓功效的精华素，能限制和减轻发红现象和协调肤色，让肌肤恢复光彩和柔滑感。



Aura Marketing Sdn Bhd @ 03 5569 4420 / 5569 4344



Magicboo Beauty Hypermart @ 03 9223 2828 / 9223 9988

Skindom Velvet Silky Serum

Skindom 丝滑润肤精华



Environmental aggressors from various electrical appliances accelerate the ageing of our skin. The best way to maintain a youthful skin is to include anti-wrinkle products in our daily skincare routine. Skindom's Velvet Silky Serum from Korea is a 7-in-1 skincare must-have with a light formula, uniquely enough to care for our skin without extra burden. It repairs damaged skin cell while reducing fine-lines

and firming up skin – further improving skin's resistance to prevent oxidation and wrinkles. It also soothes sensitive skin and provides deep nourishments, keeping skin moist and supple in the long run.

环境污染以及各种电器的辐射等等因素，都会加速肌肤的老化。有计划地使用抗皱护肤品，就是保持肌肤年轻的最佳法则。韩国著名美妆品牌Skindom 所研制的Velvet Silky Serum采用清爽配方提供7合1的美肤功效，给肌肤零负担的细心呵护。紧致肌肤、改善细纹的同时修复受损的细胞，提升肌肤防御力，抗氧抗皱，镇静敏感，提供肌肤深层滋养。长期使用可保持肌肤健康、水润Q弹。



NEK Massage Chair

NEK按摩椅

Equipped with vibrators on the seat, the massage chair also comes with armrest that can be opened up to 90 degrees and both the backrest and the seat can be adjusted freely, with tray on the side for drinks. The foot sink has been incorporated with water heater function to adjust the water temperature and pressure for the cushions to ensure utmost comfort.

在颈、肩、背及腰处共设两组按摩揉捏球，设有部位定点按。座位设有四种振动，扶手可 90 度打开，靠背和座位可自由调节，托盘一侧还可打开放置饮料等物品。洗脚盆则带有冷热水的功能、可调节温度、水压升降枕头、两用功能花洒、促进血液循环的无管喷嘴马达冲浪系统以及伴随冲浪系统自动变换7种颜色的 LED 灯。此按摩椅超静音、易于清洁、不易弄脏。



Hair Rock Products Sdn Bhd @ 013 888 8019 / 013 888 8301

Mau Plus Fit Purifying Gel

This uniquely formulated cleanser incorporates a well mixture of essential oils. The cleanser could effectively cleanse the sebum and DHT accumulation, while the essential oils have the ability to disinfect and moisturise the scalp – without requiring the use of Mau Plus Scalp Spa or any hair conditioners.

这款拥有独特配方的洗发水集合了精油。它能够有效净化肤质以及积累的DHT，而精油则具有消毒及滋润头皮的功能 – 无需使用Mau Plus Scalp Spa或任何护发理素即能达到滋润效果。



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Stay tuned for more announcement of exciting activities soon!

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10 am - 7 pm

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sharon@ecmi.com.my



Simone Mahler Premium Prestige Eye & Lip Contour



Most people tend to take their lips and eye area for granted. This prestige skincare must-have is what you need to pamper your lips and eye area—keeping them smooth and replenished for a desired youthful appearance. Incorporated with the combined action of patented active ingredients like Matrikines, extracts of red clover blossom and brown algae—it has a visible, overall anti-ageing effect on the skin’s metabolism, the production of dermal components and microcirculation. Free from fragrance and artificial colourings, it is dermatologically- and ophthalmologically-tested—hence, suitable even for sensitive eyes and contact lens wearers.

很多人都会忽略嘴唇和眼睛周围的肌肤。这豪华眼唇霜是你保养嘴唇和眼睛周围肌肤的必备品，让你看起来更年轻。它结合各种专利活性成分，包括Matrikines，红苜蓿花精华和褐藻精华，针对皮肤的新陈代谢、真皮组织再生和微循环有明显的抗老化功效。无芳香剂和人造色素，它已经通过了皮肤科和眼科的测试，被证实适合敏感性眼睛和隐形眼镜佩戴者。



Aura Marketing Sdn Bhd @ 03 5569 4420 / 5569 4344

Fascino Gold Foil Anti-Wrinkle Mask

Fascino 金箔抗皱膜

Stay on-trend with the facial treatments from Japan, Korea, and Europe – using gold. Part of Fascino’s Gemstone Crystal Mask collection, this Gold Foil Anti-Wrinkle Mask features nano-gold, which effectively increases the skin’s elasticity and achieve anti-wrinkle and hydrating effects. It also makes the skin feel firm right after use!

添加了日本、韩国及欧洲盛行的面膜抗老成份 - 纳米金。Fascino宝石水晶面膜系列之一，金箔抗皱面膜以“纳米金”成份有效增加肌肤弹性，并达到抗皱保湿的效果。同时也让肌肤在敷上面膜后就立刻感受到紧致效果。



Charmss Equipment Corporate Sdn Bhd @ 04 611 9977 / 016 441 3080 / 016 440 1001

Akitz Elizabeth Gold Cutting

Made of high quality cobalt steel VG10, AKITZ shears – convex scissors, extra slim scissors and flat scissors – are all ergonomically designed to provide the utmost comfort and offset grip, adapting to your fingers and grip – and the most comfortable feel for the perfect cut. Each pair of scissors is unique, balanced, and razor sharp, yet flexible. In addition, the arm of the scissors features special design by jewellery designers.

AKITZ剪刀采用了特殊处理的VG10优质钢材，并制造出符合人体工程学设计的空心凸剪刀、稀薄（鱼骨）剪刀以及平剪刀。它能够适应你的手指以及抓地力，而且每把剪刀都是单独平衡、锋利且柔和的。此外，AKITZ剪刀的手柄部分是由珠宝设计师特别设计的。



Magicboo Beauty Hypermart @ 03 9223 2828 / 9223 9988

Biowave Plus Lipo

Lo and behold, the Biowave Plus Lipo is all you need to reveal your bikini-ready body! It emits radial shockwaves at targeted fat deposits, which disrupts the adipocytes for fat and cellulite reduction. At the same time, its vacuum technology improves lymphatic drainage and promotes body contouring, as well as skin tightening with continuous vacuum or pulsed energy. Furthermore, non-invasive laser lipolysis can be done following treatment with shockwaves with the eight plates red laser diodes at 650 nm. Ladies would definitely love the scientifically proven technology, Low Level Laser Therapy (LLLT), where it is effective in reducing waist circumference by combating fat cells.

瞧，只需 Biowave Plus Lipo 就能为你塑造完美比基尼身材！它释放出的放射式震波能针对囤积的脂肪部位，破坏脂肪细胞，从而达到减少脂肪及橘皮组织的效果。另外，它的真空技术除了可促进淋巴循环与塑身外，也能透过持续的吸力及脉冲能量达到紧致皮肤的效果。此外，可使用波长650 nm 的红光激光二极管进行非侵入性的脂肪分解。科学证实这低强度激光疗法能有效打散脂肪细胞，让腰围变得纤细，女性绝对会对它喜爱有加！



Charmss Equipment Corporate Sdn Bhd @ 04 611 9977 / 016 441 3080 / 016 440 1001

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THE BEAUTIFUL METAMORPHOSIS: 20S GOING ON 30S

Terrific twenties

The ticket to freedom has landed in your hands; you felt like you have just grown a pair of invisible wings and have never been so ready to soar. Say goodbye to boring uniforms, puppy love, curfews and puberty. Time is smiling in your favour and the sun has nothing on you. It is your time to shine, the world is your oyster.

On the other hand, your big-girl job has probably given you one too many 14-hour days overtime, which is giving you much excuses for all the Thursday after-work sipping away your favorite cocktails and partying till the dawn breaks. And 'what on earth' is going on with your skin?

Prevention is key

This should be the Golden Age for your skin. Rich in collagen, wrinkle-free, and the only sign that you stayed out until 4 AM is that you're still wearing the same outfit two days in a row. Yes, it's a beautiful time to be beautiful, but only if you feel beautiful. As you move further into your 20s (and closer to 30 - gasps), enter fear, sweaty palms and a racing heart. We suggest building your beauty foundation. There is no better time to lay down the groundwork than now.

了不起的20岁

通往自由的门票已落入你的手中；你觉得你仿佛刚长出了一双隐形的翅膀，且从未有过如此的快感。告别沉闷的制服、初恋、严禁和青春期。时间在对你微笑，而太阳并不会对你造成任何效果。这是你散发光芒的时候，随心所欲。

另一方面，变成大女孩的你可能已经经历太多的14小时加班，这也成了你在每周四下班后喝一口你最喜爱鸡尾酒的借口，并参与派对直到天亮。这究竟会对你的肌肤造成什么呢？

预防是个关键

这应该是你肌肤的黄金时期。它含丰富胶原蛋白、无皱纹，而你熬夜到凌晨四点钟的唯一迹象是你连续两天穿着同样的衣服。是的，这是一个散发美丽光芒的时段，但前提是你自己也这么认为。当你继续走入20多岁（接近30岁）时，恐惧、手心出汗以及快速的心跳将随之而来。我们建议你为自己的美丽建立基础。没有比现在更适合你建立基础的时间了。

美丽 蜕变

20 到 30



Thriving thirties

Many fear the big '30' for that is when you start facing real-life problems amidst juggling career, family and household. So now you feel like the light of youth has dimmed, as the shining sun that has once been the spotlight of your stage might now be speeding up those aging lines more than anything.

"Did I board the express age-train unknowingly? How am I here already?" If these questions ever crossed your mind, that is because the aging process actually starts as early as the mid-twenties. By the age of 30, most women are producing fewer nutrients that the skin needs and is less able to cope with the daily wear and tear.

Spot the signs

Aging starts under the surface, so it may not appear right away and the longer you wait, the harder it is to reverse the changes. So, hark! The 30s is the time to put that war face on (we want that war face to be wrinkle and age spot-free), and take on aging heads-on.

茂盛的30岁

许多人担心30岁的到来,因为这是你开始面对现实生活如事业、家人和家庭问题。因此,现在你觉得象征年轻的那盏灯仿佛已变得昏暗,你年轻时也曾出现过的闪耀光芒,也不比现在逐渐老化的症状更为重要了。

“我是否在不知不觉中登上岁月的列车? 我是否已来到这儿了呢?” 如果这些问题不断浮现在你的心头,这是因为老化过程其实早已在二十几岁时就开始了。大多数女性在30岁时所分泌出的肌肤营养成分较少,因而较不能够应付日常的受损。

观察症状

老化是在肌肤表层下开始运作,所以它可能不会马上出现;而你等待的时间越长,就越难扭转其变化。注意! 30岁是为我们脸部抗战的时候了(我们要让我们的脸无皱纹与老化的痕迹),且不可让老化战胜我们。

The Beauty Secret Passage

美丽的秘诀

To unlock the doors of graceful aging transformation, we offer you the key rules to aid this exciting journey you're about to tread. Here is the field guide and what to look out for on possible skin problems, which may be the few 'bumps' you'll encounter along the way in your passing 20s all the way to the 30s.

要打开扭转老化之门，我们为你提供关键的贴士以协助你踏上这趟令人兴奋的旅程。这里有些指引以及一些需要留意的肌肤问题，这是你在20岁到30岁的沿途中所可能会遇到的阻碍。



Adult Acne

暗疮

Sure the high school days and puberty is over, but your skin isn't done reliving the glory days. There are plenty of women in their 20s and 30s who are still battling acne

高中时代和青春期的确已结束了，但你的皮肤还未自昔日的辉煌时期康复。有许多女性在20岁和30岁期间仍与暗疮奋斗。

*The Golden 'Key(s)':

1. Keep your hands to yourself. Your mother was right when she said picking at it only made it worse.
2. Be gentle. The clogged excess sebum may have caused the aches but over cleansing will only dry out your skin, which tells your body to produce even more sebum and stimulate more breakouts. So cleanse gently, and moisturize.

*关键：

1. 管好自己的双手。你的母亲没说错，挤压只会让它变得更糟糕。
2. 温柔地对待它。堵塞的皮脂可能引起粉刺，但过于洁净只会让您的皮肤变得更干燥，进而对你的身体发出讯息以产生更多的皮脂，并刺激更多黑头的产生。因此，温和地洁净并滋润你的肌肤。



Increased Pigmentation

色素沉着的增加

While the dark acne marks aren't the only offender; also known as melisma, a fancier term for dark skin discoloration often occurs during this stage, as it can be caused by birth control pills.

暗色的痘痕不是唯一的罪魁祸首；其又称黄褐斑，一个最常在这个阶段与黝黑皮肤色素沉着扯上关系的名称，它可能是避孕药所引起的。

*The Golden 'Key(s)':

1. Again, keep your hands to yourself. If this has been ignored, instead of suffering the indignity of a blemish, then it is likely to result in a horrible new scar.
2. Look for products with antioxidants, namely Vitamin C which helps brighten skin and fade dark spots.

*关键：

1. 同样的，控制你的双手。如果这点被忽略，那么不仅是让你受委屈的一个污点，它很可能导致一个可怕的新疤痕。
2. 寻找含抗氧化剂的产品，即有助于美白并淡化黑斑的维生素C。



Aging Eyes 眼睛老化

Some women tend to look older even when you can't put a finger on it. It's usually the eyes that betrays. The delicate skin around the eyes is more prone to damage and less able to fight the elements, hence they're often the first to succumb to wrinkles.

有些女性可能看起来苍老到你无法说出她的岁数。这通常是眼睛出卖了她们。眼睛周围的皮肤比较细腻，因此更容易受损且抵抗性较弱，因此它们往往是首先屈服于皱纹的。

**The Golden 'Key(s)':*

1. It gets puffier, and dark circles become much harder to conceal. So eye care is the best place to start.

**关键：*

1. 它变得浮肿，黑眼圈变得更难隐瞒。因此，眼部护理是开始保养的最佳部位。



Anti-Aging Anxiety: Lines & Wrinkles 抗衰老的焦虑：细纹和皱纹

You can feel it, the first wrinkle is right around the corner to permanently crease the smooth brow or beautiful eyes - the most visible skin problem as your skin produces less collagen, the protein that holds up skin tissue. Skin starts to sag and you lose that tight, smooth texture. But there is something incredibly simple to do for your skin to stay looking young.

你可感觉到它；第一道皱纹将在你光滑的额头或漂亮双眼的周围留下永久的折痕。当你的皮肤减少胶原蛋白-紧实皮肤组织蛋白质的产生时，这将是明显的皮肤问题。皮肤开始下垂，失去紧致与光滑质地。然而，有一些令人难以置信的简单步骤可让你的皮肤常保年轻。

**The Golden 'Key(s)':*

1. Use sunscreen

**关键：*

1. 搽防晒霜。



Dry & Dull Skin 干燥与黯淡肌肤

Although skin may lose its glow at any age under certain circumstances, but with all the abuse it's subjected to at age 80, it's more prone to dryness and dullness. Generally, this is due to problems that occur underneath the epidermis. As it lacks moisture, collagen and other proteins, your body may not be able to replenish as fast as before.

虽然皮肤可能会在任何年龄的一些特定情况下失去光泽，但是在30岁时它比较趋向于干燥和暗沉。一般来说，这是由于表皮下层所发生的问题。由于缺乏水分、胶原蛋白和其他蛋白质，你的身体可能不会像以前一样能够快速补充养分。

**The Golden 'Key(s)':*

1. Stay away from strong synthetic creams that may strip off the existing nutrients.
2. Keep skin moisturized and feeding it the nutrients it needs the natural way - vital to staying young.

**关键：*

1. 远离强合成的药膏因为它可能夺走你现有的营养。
2. 保持皮肤的滋润并以自然的方式来给予其营养-这是保持年轻的关键。

THINGS YOU WISH YOU KNEW WHEN YOU ARE...



Kick-start a fitness regime

Why: Staying active and energetic not only makes you feel, but looking young and vivacious throughout your 20s. It also helps lower long-term risk of developing diabetes, cancer, osteoporosis, dementia and anxiety disorders.

How: If breaking into sweat is new to you, then start by hitting the gym or running outdoors three days a week and slowly work your way up to five, then seven days of activity. Get a balance of activity - not forgetting to stretch, doing cardio and weight lifting.

Remember: You are what you eat

Why: In regards of weight as the big issue now, focusing on your health is more productive. By eating whole foods such as veggies, fruits and whole grains reduces long-term risk of cancer, diabetes and other conditions too. While it also keeps your metabolic fires stoked, it means the chance of packing on the pounds will be lesser in the long run as well.

How: Always go for healthy, non-processed foods, get key nutrients like calcium and Vitamin D. Stack on extra servings of vegetables and fruits to every meal, master it and gradually go on an entire day without meat.

Love your skin

Why: Skin cancer rates are on the rise. While we tend to lie on the beach without covering up - much of the damage that causes the disease later on occurs in our 20s.

How: Never, ever leave tie hoi without sunscreen (even on cooler days). Drink lots of water to keep hydrated and maintain a diet rich in antioxidants.

Learn to manage stress

Why: Stress takes a Negative toll on your body and induces countless problems including anxiety disorders, depression and high blood pressure. Life doesn't get any easier as you age, so learn how to manage it now while your heart is at its peak strength.

How: Establish a sleep schedule, get sufficient rest (shuteye helps combat stress). Meditate or make yoga a regular practice every day; it helps to clear negative thoughts and focus on a positive light. Cut back on caffeine and take up journal writing.

您想了解的事。。

开始健身制度

为何：保持积极而充满活力可让你的20岁整体看起来年轻且有朝气。它还可以帮助降低糖尿病、癌症、骨质疏松症、老年痴呆症和焦虑症的长期风险。

如何：如果把一切化为汗水对你来说是一项新突破，那么开始一周三天上健身房或进行户外运动，并逐渐提升到五天，然后是七天的运动量。切记要获得均衡的运动-不要忘记伸展、做有氧运动和举重。

谨记：你所摄入的食物造就你

为何：避开重量这项重要的课题，注重你的健康才是首要。尽量多摄取天然食品如蔬菜、水果和粗粮以降低长期的风险如癌症、糖尿病和其他状况等。同时，它也可保持良好的新陈代谢，这意味着长远来说将会让你的体重下降。

如何：经常摄取一些健康且无加工的食品以获取主要的营养如钙和维生素D。每餐尽量多摄取额外的蔬菜与水果分量，掌握它并逐渐做到一整天不吃肉。

爱您的肌肤

为何：皮肤癌的发病率有上升的趋势。当我们往往肆无忌惮地躺在沙滩上时-有些在20岁左右就造成的损害，为往后的健康埋下引起疾病的伏笔。

如何：千万别在没有搽防晒霜的情况下离开房子（即使是阴天）。饮用大量的水以保持水分并保持食用含丰富抗氧化化的食品。

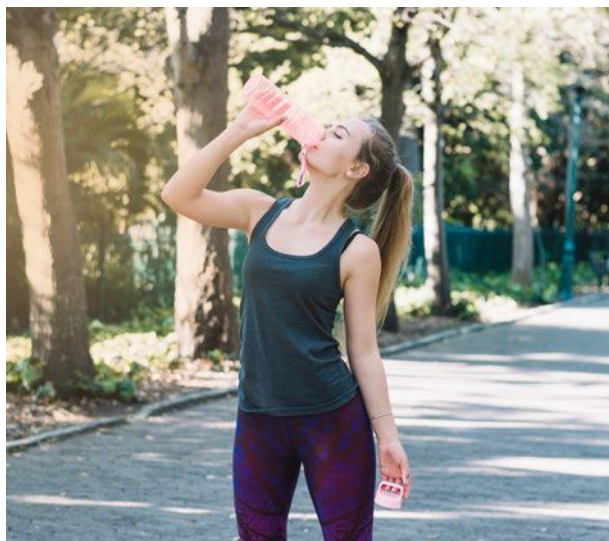
学习驾驭压力

为何：压力让你的身体受尽折磨，并引起了无数的问题包括焦虑症、抑郁症和高血压。生活会随着你的年龄而变得更艰难，所以在你的心脏处于颠峰期的时候就应该学习如何管理它。

如何：设下一个睡眠时间表以得到充分的体息（闭上眼睛有助于对抗压力）。把冥想或瑜伽当成一个日常练习；它有助于清除消极的想法，并集中在正面的思想。减少咖啡因的摄取并开始培养写日记的习惯。



THINGS YOU WISH YOU KNEW WHEN YOU ARE...



Get energized

Why: Do you feel that you're getting more sluggish? That could be because the hormones responsible for promoting energy level off in your 30s. And the aerobic capacity which dictates how well the heart and lungs pump oxygen through the body can slow down too.

How: Train like an endurance athlete. Focus on boosting how well your lungs and heart work together by doing interval training. Work out on one machine, doing one move then rapidly moving onto another.

Put down the television remote

Why: The temptation to sit in front of the TV every night while noshing on your favorite snack is understandable to make up for all that stress from your career. But taking up the lifestyle of a 'potato couch' can do some serious harm to your heart, waistline and increase risk of: heart diseases, diabetes and cancer

How: Work those feet - walk more. Simply taking 10,000 steps per day can keep your metabolism running along, as it tends to decline in our 30s, and helps youth stay lean and trim. If you must succumb to collapse on the couch; use commercial breaks to get yourself in gear by doing some crunches or push-ups.

Cut down calories

Why: Your metabolism rate starts to take a nosedive, which means no more ordering and eating whatever you want in a restaurant or fast-food joint. Even leftovers or sipping an extra glass of wine could cause weight gain.

How: Start making big dietary changes (if you didn't in your 20s). Start counting the calories you eat meal and make healthful food choices.

Load up on nutrients

Why: The female body needs more of certain nutrients in the 30s: Folate, phytonutrients and iron for starters. These can help support your health as you age.

How: Make your diet rich in leafy greens, vegetables and fortified whole grains. Treat yourself to dark chocolate and red wine, which are rich in phytonutrients. Eat lean ground beef, selected nuts and seeds and poultry for your iron intake.



您想了解的事。。

精力充沛

为何：你是否觉得自己最近变得较疲惫呢？这可能是因为负责促进你能量的激素水平在你三十岁时开始下降；而让心脏和肺顺利把氧气传送到体内的有氧代谢能力也因此而变得缓慢。

为何：像个有耐性的运动员般进行训练。注重在做间歇训练以提升您肺部和心脏的合作效果。以运动器材来协助你；按部就班，循序渐进。

放下电视遥控器

为何：每晚坐在电视前吃着你最爱的零食以纾解工作上的压力是可以理解的。但是这个赖在沙发上的习惯可严重影响到您的心脏、腰围，同时也提高患上心脏病、糖尿病和癌症的危机。

如何：多活动你的双脚。只需每天走10000步即可让那往往在我们30岁时下降的新陈代谢一起运行，同时也帮助你保持精瘦与苗条的身材。如果你一定要屈服于沙发上，那么利用广告时间让自己做些仰卧起坐或俯卧撑。

减少热量

为何：你的新陈代谢率开始急转直下，这意味着不管是在餐厅或快餐连锁店你都不能随意添加分量。即使是剩菜或啜饮一杯额外的葡萄酒也可能让你的体重增加。

如何：开始改变你的饮食习惯（如果你不再是20岁）。开始计算你每一餐所摄入的热量，并选择健康的食物。

增添营养

为何：女性身体在三十岁时需要更多特定的营养：叶酸、植物营养素和铁质。这些可帮助支撑你的健康。

如何：让你的饮食含丰富的绿叶蔬菜、蔬菜和使身体健康的全谷物。奖赏自己含丰富植物营养素的黑巧克力与红酒。多吃瘦牛肉、特定的坚果和籽子与家禽以摄入铁质。





A IS FOR THE MIRACLE ARGAN OIL 神奇阿甘油

There is no other natural skin treatment that comes close to what Argan oil can do. Otherwise known as 'liquid gold', this miraculous remedy is for anyone who wishes to maintain a younger, more elastic and velvety skin.

没有任何其它天然皮肤护理可以媲美阿甘油 (Argan)。这个神奇的配方被称为“黄金液体”，可以让你实现拥有更年轻、更紧致和更柔嫩肌肤的梦想！



DID YOU KNOW? 你知道吗?

Argon oil was first discovered from the native Argania Spinosa tree in the Souss region of Morocco. The tree is a century-old and is declared World Heritage by UNESCO.

阿甘油最先在摩洛哥的土长阿甘树 (Argonia Spinosa) 中被发现。这棵树已有世纪之久，被 UNESCO 列为世界遗产之一。

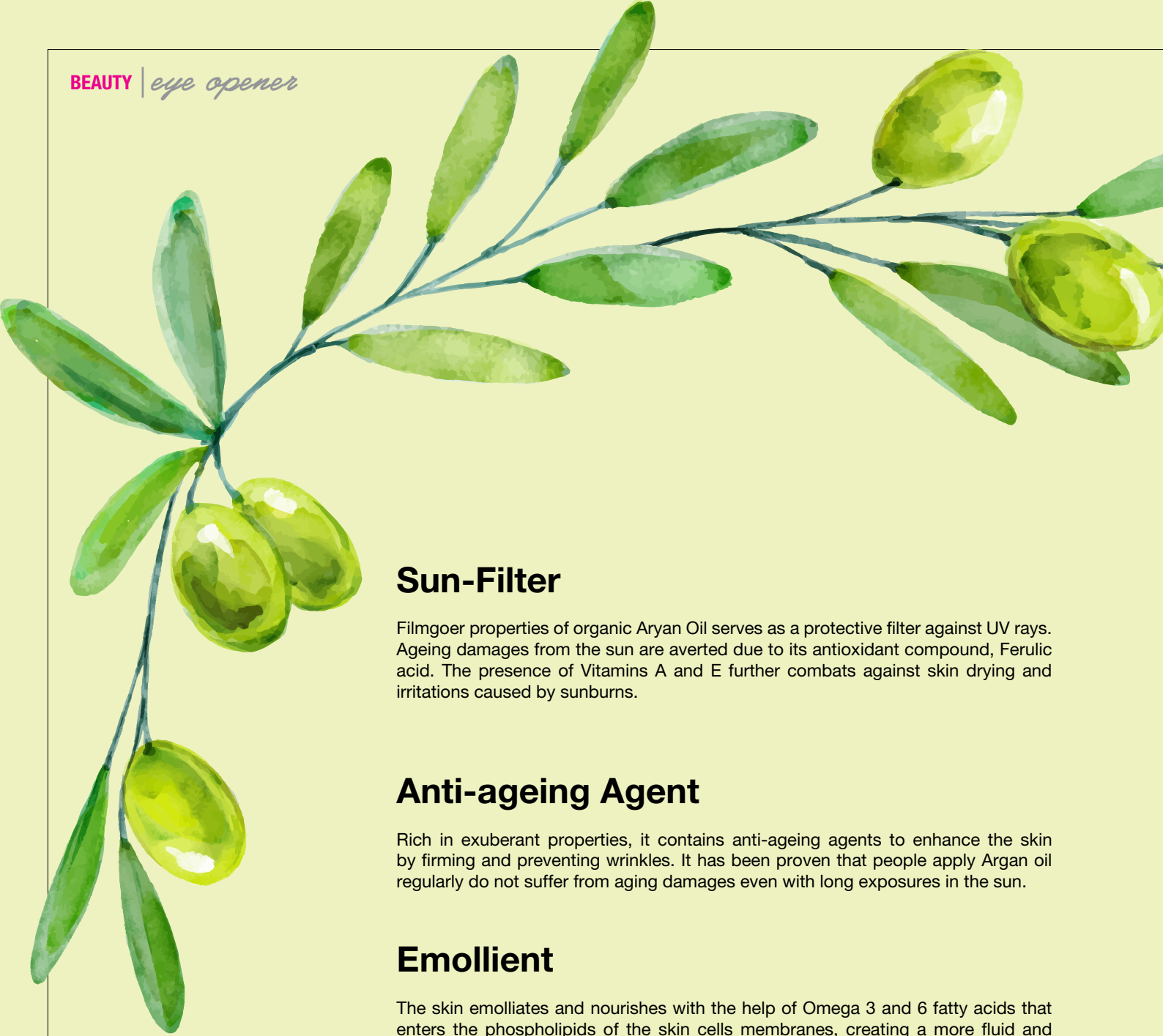
Only obtainable by cold pressing the kernels of the Argania Spinosa, Argan is considered one of the most exotic and rarest form of organic oil in the world. Argan goes way back in time and has been the secret beauty elixir of Berber woman for hundreds of years due to its magnificent anti-ageing, nourishing and therapeutic properties. Today, its status has revolutionized from being an exotic tourist curiosity into a prized oil of high alimentary worth.

Recent studies have discovered that this precious photo extract is able to fight off several skin diseases such as acne, eczema, psoriasis, burns, etc, due to a high composition of Vitamin A and E, essential unsaturated fatty acids such as Omega 3 and Omega 6 acids, and squalene. Not only is Argan oil great for the skin, it is a multi-tasker that holds limitless benefits for hair and nails too.

阿甘油被认为是世界上最奇特和稀有的有机油之一，只能通过冷压方式从阿甘树 (Argania Spinosa) 提炼而成。很久以前，阿甘油已因其抗老、滋润和具疗效的功能，成为柏柏尔女人的秘密美容灵药。直至今日，它的地位已经由神秘的异国灵药蜕变成成为具疗效的高价值油。

研究显示，这种珍贵的植物提炼精华能抵抗多种皮肤病如：暗疮、湿疹、牛皮癣、烧伤等。这是因为其含有高含量的维生素A和E成分，重要的不饱和脂肪酸如Omega 3和Omega 6酸以及角鲨烯。阿甘油不仅对皮肤有很好的疗效，对头发和指甲也有着许多的好处。





Sun-Filter

Filmgoer properties of organic Aryan Oil serves as a protective filter against UV rays. Ageing damages from the sun are averted due to its antioxidant compound, Ferulic acid. The presence of Vitamins A and E further combats against skin drying and irritations caused by sunburns.

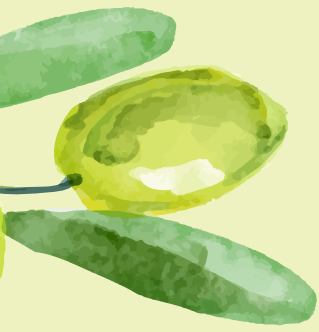
Anti-ageing Agent

Rich in exuberant properties, it contains anti-ageing agents to enhance the skin by firming and preventing wrinkles. It has been proven that people apply Argan oil regularly do not suffer from aging damages even with long exposures in the sun.

Emollient

The skin emolliates and nourishes with the help of Omega 3 and 6 fatty acids that enters the phospholipids of the skin cells membranes, creating a more fluid and elastic texture. The high quantity of squalene contained in Argan oil offers a shield from external agents.





阳光防护

有机阿甘油中的膜剂对紫外线起着防护的作用。阿甘油含有抗氧化的化合物阿魏酸，能抵挡阳光照射导致皮肤老化的伤害。阿甘油含有的维他命A和E能进一步抵抗因阳光晒伤所引起的皮肤干燥和刺激。

抗老化

阿甘油包含了丰富的抗老化剂，能紧致肌肤且防皱。使用阿甘油的人已被证实即使长时间暴露在阳光底下，肌肤也不会因此而老化。

润肤

Omega 3和6脂肪酸进入皮肤细胞的细胞膜中滋润皮肤，形成一层更具弹性及润滑的表层。阿甘油中的高含量角鲨烯为肌肤建立保护层，避免受外界的伤害。



RELAX TO BE BEAUTIFUL

轻松心情让你 美丽

We've all heard the saying "Beauty Comes from within", but what does it really mean to you?

You know how they say that when in love, not only it shows in the mood but also the radiant glow from the skin, literally? And when you're happy, you feel healthier too! But just how can one feel on cloud nine when he or she is constantly running around like a headless chicken?

Relax...

Here, we dig deeper for more info and Perhaps; scientific backing to understand what relaxation is all about to prove our belief on the significant relationship of relaxation, beauty, health and wellbeing.

“美丽发自内心”这句话我们常听，但您知道它真正的涵义吗？

您知道在恋爱的时候，不仅可以显示在心情上，也显示在您晶莹剔透的肌肤上，这是正确的吗？当您处于高兴、快乐时，身体也显示得特别健康。但是，对于一个没有明确方向的人，要如何感觉快乐呢？

放松。。。

我们将深入挖掘更多的资讯。以科学研究为依据，来证明我们对于“放轻松”的有关信念以及它与美容、健康、欢乐的重大关系。



What is relaxation?

Fundamentally, a process in which the tension among all muscles in the body is absent. It also defines a state of mind where stressors, negative self-talk, negative thoughts and other worries are eliminated. Relaxation, therefore, is both a physical and mental state of mind for any individual to maintain and optimize their mental well-being, consequently making relaxation an essential element

Stress is the enemy

When one does not practice taking proper and regular time to relax, the body will immediately receive negative impacts. The basic activity of the nervous system will immediately kick in and become more active. Other responses will then immediately fall in behind to assist in the maintenance of the nervous system, signals that is sending back and forth between the nerves, brain and other areas in the body.

Blood pressure will increase, where it is pushed against the insides of the arteries in which it flows. It may result in development of coronary heart disease, vital organ

failures such as kidneys, heart and stroke. The body will also be in hunger of more oxygen causing breathing level to increase. Muscles will also experience intensity in tension.

什么是放轻松？

放轻松其实就是一个让你肌肉紧张消除的过程。它还可被定义为一种精神上的状态，帮助消除压力、消极的自我对话以及想法和各种忧虑。因此，保持轻松可说是每个人的基本要素，无论是在身体上或是精神上，它都可以帮助您保持在最佳状态。

压力是最大的敌人

当一个人没有定期的放松休息时间，身体会立即得到负面影响。神经系统的基本活动会即刻变得活跃，至于其它的影响，则会出现现在身体协助维持神经系统的时候，它会在神经、大脑及其它身体部位之间来回发送信号。

接着，当您动脉内的血流压力推挤，您的血压就是上升，这可能会导致冠状动脉心脏疾病、重要器官衰竭如肾病，心脏病和中风。身体还会因为呼吸水平的提高而需要更多的氧气，肌肉也因此变得更加坚硬、紧张。

** Psychological consequences of stress: Mood swings, mental exhaustion, inability to concentrate, memory retention problems, depression and insomnia.*

**心理压力产生的后果：情绪不稳定、精神疲惫、注意力不集中、记忆保存问题、忧郁和失眠等等。*

MIND & SKIN

思想与皮肤

Quote. “Skin and brain are the embryological and nostalgic brother,” said Professor Misery. He added, “Skin is a peripherally spread out nervous system.”

More than an assembly of several layers of cells (keratinocytes, fibroblasts, etc.), skin is a living sensory receptor of environmental stimuli, directly connected to the central nervous system. Skin also often acts as the mirror of our mental state of mind. Thus, many of our emotions are foremost visible or felt at the level of the skin.

Fear, stress and happiness manifests in paling (vasoconstriction), sweating, goose bumps, raised hairs, blushing (vasodilatation), or radiance and blissful glow. Surprise, consternation or anger translate into reactions that affects the skin – raising eyebrows, frowning will eventually lead to expression lines and deep wrinkles on the face. Although the phenomenon may be an indirect effect in result of repeated muscle contractions, it explain the reason and aim of treating deep wrinkles with muscle relaxing agents.

Mental wellbeing and physical relaxation go hand-in-hand, complementing one another. Endogenous molecules such as endorphins and enkephalins mediate some of the effects in the brain. and also now in the skin.

sequently making relaxation an essential element

教授Misery表示：“皮肤与大脑像是胚胎及怀旧记忆是密不可分的”。他补充，皮肤是暴露在外的神经系统。

皮肤是一个活生生的环境感受器官，它具有超过多层的细胞（角化细胞、角质细胞、成纤维细胞等等），并直接连接至中枢神经系统。皮肤甚至还常常充当我们精神心理状态的一面镜子，将我们的情绪水平反映在皮肤上。

恐惧、压力以及欢乐可显露于脸色中（血管收缩）、出汗、鸡皮疙瘩、头发竖立、脸红（血管舒张）或幸福的光芒。惊讶、震惊或愤怒转化的反应都一一影响着皮肤、皱眉、皱眉将导致皱纹出现。肌肉收缩虽然会对这些现象可能形成间接影响，但却也了解到肌肉放松对皱纹的治疗有莫大的帮助。

健康的精神和身体是互相互补的，内在分子如内啡肽和脑啡肽将即刻反映在大脑，甚至皮肤。

PUT YOUR FEET UP!

让我们一同来放松!

Simple ways to just 'chill'..

1. Turn off the television, computer or anything distracting
2. Lay back, close your eyes. Play soft music on the background, focus on relaxing thoughts and slow breathing
3. Take a warm bath or shower to rinse stress away
4. Pick up Tai chi, Yoga, meditation, or dance classes

Some of the benefits:

- Energy levels naturally increase when one is relaxed
- Immune system develops and grows stronger
- Individuals who relax often have a more pleasant personality
- Oxygen levels, blood pressure & other functions in body regulates
- Lower risk of developing depression

简单方法让您放松肌肉

1. 关掉任何会让您分心的东西，如电视、电脑
2. 躺下来，闭上眼睛。播放轻柔的音乐，专注于放松思想和缓慢的呼吸
3. 洗一个热水澡远离压力
4. 学习太极、瑜伽、冥想、或舞蹈课程

好处如：

- 当一个人放松的时候，能量自然增加
- 免疫系统得以提高
- 常得到放松的人将会有更开朗的性格
- 身体的含氧量、血压及其他身体功能得到平衡、调节
- 将不容易得到忧郁症

ALL FOR SCRUBS

关于磨砂

Forget about the conventional salt and sugar scrubs for that lucent silhouette. When it comes to souring for the perfect concoction for e body exfoliator, it's time to get creative. We gather some delicious-sounding scrubs that will no doubt, have your spa smelling just as good, and clients hungry for more.

暂且先忘了传统的盐和糖磨砂。我们都欲为身体寻得完美去角质的方法，这时候，是该发挥创意的时候了！我们收集了一些听起来很可口的磨砂，毫无疑问地让你的香味四溢，肯定让客户回味无穷，欲求更多。

Chocolate Scrub 巧克力磨砂

Exfoliation without stretching your waistline? We are already sold. The sinful treat has stepped onto the silver platter and got cosmetic manufacturers gussied up in an endorphin rush. Increasingly, more skincare products and treatments are biting into the usage of chocolate as an ingredient. Now added to the list of "Health Food," chocolates are rich with the benefits to soften the skin. This may be due to their luxurious cocoa butter. Dark chocolate especially, have anti-oxidating properties that are surprisingly, even comparable to that of green tea. This property allows them to prevent free radicals from deteriorating the skin's elastic, collagen and other various proteins. Doctors have stated that for cocoa to be a more efficient anti-oxidant, it would need to be absorbed into the dermis.

去角质之余腰围也不会走样? 这样的产品我们都有出售。这个听起来“罪孽深重”的治疗已经成为美容的一份子了。越来越多的护肤品和疗程已把巧克力列为原料之一。现在巧克力更被加入保健食品的名单内，巧克力具有能令肌肤更柔嫩的美容功效。这可以归功于巧克力中富含的可可脂，尤其是能抗氧化的黑巧克力；令人惊讶的是其抗氧功效甚至可以媲美绿茶。巧克力还可以让肌肤保持弹性，保护肌肤的胶原蛋白和其他各种蛋白质。医生指出，如果要可发挥更有效的抗氧化功能，它必须被吸收进入真皮层。



Ginger Scrub 生姜磨砂

An eminent ingredient in Chinese medicine, ginger is said to alleviate headaches, nausea and aid in digestion. Thanks to essential oil making up part of its composition, the ancient spice also promotes aromatic benefits. As a scrub, ginger works as a detoxifying exfoliator, dispelling wind and relieving muscle tensions, thus making it a great pre and post-natal spa treatment.

姜是一种著名的中药成分，姜可以纾缓头痛、反胃，和帮助消化。精油也采用了姜，这种古老的香料也适用于芳香治疗。作为磨砂，生姜具有排毒、祛风、缓解肌肉紧张的功效，也因为这样它是产前和产后的最佳治疗。



Seaweed Scrub 海藻磨砂

It is good to know that five feet above sea level, seaweeds still serve multiple purposes. A natural balm for tired skin, seaweed is known to revitalize and rejuvenate with its high composition of minerals and Vitamin E. Seaweed beads in scrubs exfoliate gently to eliminate dead flaky skin cells. Additionally renowned for its detoxifying benefits, seaweed is great for an anti-cellulite scrub.

在海拔五英尺上的海藻仍有着许多好处。海藻是疲惫肌肤的天然护肤膏，其高含量的矿物质和维生素E具有醒肤功能。海藻磨砂经由轻轻按摩，去除死皮。除此之外，海藻也是排毒和抗脂肪的圣品。



Coffee Scrub 咖啡磨砂

Coffee is creating a buzz in the spa industry, proving itself as more than just a caffeine booster. Loaded with anti-aging properties, coffee takes on multiple functions: as a natural exfoliator for old and dead skin cells, a cleanser, an astringent, and a deodorant. Coffee beans are grinded just enough to be used as a scrub for the stimulation of cellular circulation. Additionally, clients looking to tone up and shape up can count on regular coffee scrubs to detox. The antioxidating ingredient breaks up fatty deposits that cause cellulite, eliminating the appearance of orange-peeled skin and even varicose veins.

咖啡在Spa领域里掀起了一股热潮，证明本身不仅只是具咖啡因的提神品。咖啡拥有抗老化功效，因此发挥多种功能：天然去角质、去除死皮、洁面乳、收缩水、去除异味。咖啡豆磨砂能被用来刺激肌肤细胞循环。此外，想要塑身的客户可以选择用咖啡磨砂排毒。咖啡内的排毒成份能分解脂肪、去除橙皮组织，甚至减轻肌肤上的微血管痕迹。



Honey Scrub 蜂蜜磨砂

You don't have to look further than the hive for a good scrub, honey. Termed a natural humectant, honey draws moisture from the air and channels it to the skin, making it an excellent full body hydrating treat. The golden liquid works as a natural shield against harmful sunrays with its anti-microbial properties, keeping the skin refreshed and supple for long periods. Able to absorb minor impurities from the skin's pores, honey is also an ideal cleansing agent to treat mild acne caused by hormonal imbalances. When combined with white sugar granules, honey makes a relaxing facial scrub.

蜂蜜被称为天然保湿剂，吸收来自空气中的水分，再将水分传至皮肤，蜂蜜能促成一个很好的全身保湿护理。这个金色的液体以它的抗微生物性能，为肌肤形成天然屏障，抵抗对肌肤有害的太阳光线，保持肌肤长时间的清爽和柔嫩感。蜂蜜能够从皮肤的毛孔吸收细微杂质，是一种理想的清洁剂来治疗因荷尔蒙失衡而引起的轻微暗疮。将蜂蜜与白砂糖配合使用，就成了放松脸部的磨砂膏。

Boreh Scrub Boreh 磨砂

Feeling chilly? Known as a "warming herb," Boreh is made up of an exotic blend of Indonesian spices that offers natural heat therapy. Traditionally used in Malaysia and Indonesia, the aromatic herb is great for stimulating blood circulation and lifting muscle aches because of the deep warming effect upon application on the skin. Spas with Asian treatments in their menu often introduce Boreh in the form of a scrub.

感觉寒冷吗？Boreh被称为“温暖草药”，Boreh是由印度尼西亚异国情调的香料组合而成，是天然的暖化护理。作为马来西亚和印尼惯用的原料之一，涂抹Boreh于肌肤，肌肤会发热，藉此刺激血液循环及纾缓肌肉酸痛。在亚洲的Spa中，常常都会看到Boreh被推荐为磨砂。





Body Scrub Tips:

- Make sure that you have a clear shower drain before using scrubs of bigger grains that can potentially clog your drain.
- Store your scrub in a cool dark place for longevity.
- Never use a body scrub for the face, as the skin on the face is thinner and more delicate.
- Match the right scrub to the different parts of the body accordingly – try a customized scrub!
- Remember to always ask clients if they have suffered any recent injuries and avoid scrubbing over these sensitive areas.

身体磨砂使用提示：

- 进行身体磨砂前，确保已沐浴以便进行磨砂时能彻底洗净身体上的杂质。
- 将磨砂膏存放在阴凉的地方，以便延长其保存寿命。
- 切勿使用在脸上，因为相较于身体肌肤，脸部的肌肤更薄、更细嫩。
- 使用正确的磨砂膏擦洗身体的各个部位-尝试使用特制磨砂膏！
- 切记要问客户最近身体上可有任何部位受伤，磨砂时避免接触到这些敏感部位。

BEAUTY | *look book*

FANTASIA

by Frank Apostolopoulos

COLLECTION CREDITS:

Hair: **Frank Apostolopoulos @ BIBA Salons**

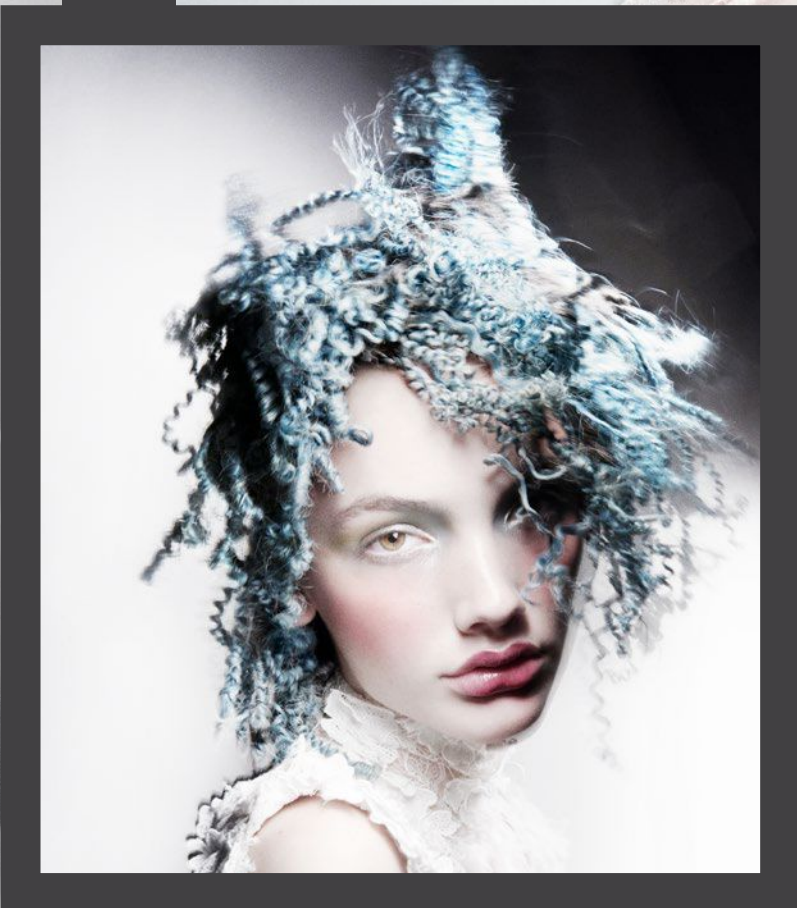
Colour: **Christina Charalambous**

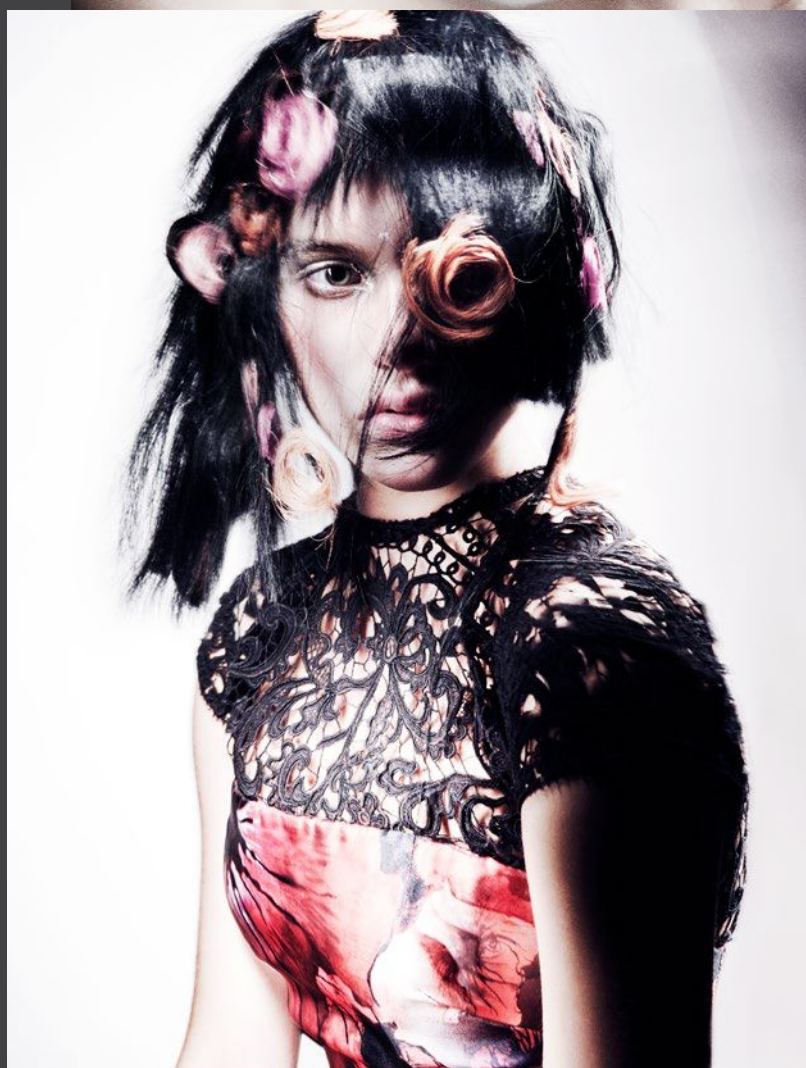
Photo: **Andrew O'Toole**

Makeup: **Kylie O'Toole**

Stylist: **MELISSA NIXON**











SETSUNA

by Yuki Kano







INSPIRATION

SETSUNA is a commendable epilogue to Kano's 2015 collection URBAN UKIYO, as the artist continues to explore street style with a strong Japanese vein. By maintaining a general creative direction that derives from a personal preference to a gender neutral aesthetic and the presentation of strong haircutting techniques, a very distinctive trademark is emerging for this artist, who continues to produce images that are immediately identifiable as part of her portfolio.

COLLECTION CREDITS:

Hair: **Yuki Kano @ Toni & Guy Australia**

Colour: **Tom Bozier**

Photo: **Seung Rok Baek**

Makeup: **Chisato Chris Arai**

Fashion: **Judy Lee**





VICTORIA

THE ERA OF ROMANCE



概念：

一个最华美鼎盛的时代，浮华浪漫奇异古怪。
女性的魅力，犹如珠光宝气般耀眼，令人迷醉
其中，不愿从这个华丽的梦中醒来。

Credits:

Hair: Elvin Soh / Andy Foo

MUA: Vitas Ching Wen Lu

Model: Ioana Mocanu

Photo: Kai Liang

Venue: 良面学堂





SAINT OF FLOWER - ROSES

花中圣品-玫瑰

In traditional Chinese medicine, it is believed that roses are sweet with a slightly bitter flavour. It is warm in nature and its most significant effect is its ability to regain one's "qi". It helps solve depression, reduce blood clots, regulate menstrual cycles, and relieve pain. Rose is an effective treatment for one's psychological and physical wellbeing.

As we all know, roses are a favorite beauty ingredient. However, did you know that its benefits go beyond beauty? It is everything a woman needs as a best friend, in all aspects. The potency of roses varies from very mild to warm, nourishing the internal organs and enhancing blood circulation, while easing depression. It calms, comforts and works well as an antidepressant. During premenstrual or menstrual period, when a woman is faced with fluctuating emotions and feelings of irritation, drinking rose tea can help play a regulatory role. With the increasing pressure of work and life, try drinking some rose tea to calm and stabilize your mood swings. It can soothe the nerves, eliminate fatigue and effectively lower feelings of rage and anger.

Roses can also improve endocrine disorders and it is most suitable for females facing obesity caused by this disorder. It also nurses the "qi" and regulates blood circulation, menopause and menstrual problems. Rose is an excellent uterine tonic to calm premenstrual symptoms, stimulate vaginal secretion, regulate menstrual cycles, relieve menstrual cramps, and nourish the uterus. Rose helps with infertility, frigidity and impotence too. Plus with its antibacterial and laxative function, it can purify the digestive system as well as improve the feeling of nausea, vomiting and constipation. It also relieves back pain, heals wounds, activates stagnated blood circulation, reduces the risk of congestive heart failure, and strengthens the capillaries.

Roses are of course good for the skin, improving dry skin, promoting melanin decomposition and reducing dark spots, restoring skin's elasticity, and battling wrinkles. By caring for the body from inside out, it helps women achieve brighter and healthier skin. Rose is a flower that most suitable for all a woman needs, beauty and health.

中医认为玫瑰花味甘微苦、性温，其最明显的功效就是理气解郁、活血散淤和调经止痛。玫瑰花可达到心理和生理的疗效成果。

众所周知，玫瑰花具有美容养颜的功效。然而，您是否知道玫瑰花不只是美容圣品，它甚至可说是女性的知心好友。玫瑰花的药性非常温和，能够温养人的心肝血脉，舒发体内郁气，起到镇静、安抚、抗抑郁的功效。女性在月经前或月经期间常会有些情绪上的烦躁，喝点玫瑰花茶可以起到调节作用。在工作和生活压力越来越大的今天，平时也可多喝点玫瑰花茶以安抚和稳定情绪。它同时也具有安神、消除疲劳与降火气的功效。

玫瑰花可改善内分泌失调，最适合因内分泌紊乱而肥胖的女性。它还可调理气血、更年期不适和女性生理问题。玫瑰是绝佳的子宫补品，能镇定经前紧张症状、促进阴道分泌、调节月经周期、缓解经痛且可滋养子宫。此外，对不孕症、性冷感与性无能也相当有帮助。它含抗菌与轻泻的功能，能净化消化道，也能改善反胃、呕吐和便秘。它也可解除腰酸背痛、让伤口愈合、活化停滞的血液循环、降低心脏充血现象并强化微血管。

玫瑰花同时具有很好的美容护肤作用，可改善干燥皮肤，促进黑色素分解以淡化斑点及恢复皮肤弹性，对于防皱也有一定的效用。它通过由内而外的保养让女性拥有白暂、充满弹性的健康肌肤，是最适宜女性美容保健的花朵。

ROSE TEA

玫瑰花茶

Ingredients:

Rose petals 12g
Honey To taste

Steps:

1. Place the rose petals in boiling water for 5 minutes.
2. Add honey and serve.

*Note:

Roses sold in the market are usually sprayed with chemicals to ward off insects and to help preserve the flower. If you intend to use fresh roses, make sure you wash it well before use.

材料：

玫瑰花 12克
蜜糖 少许

作法：

1. 将玫瑰花用沸水冲泡5分钟即可。
2. 加入蜜糖即可享用。

* 备注：

市场上售卖的玫瑰花在种植时被喷上些许的化学物以驱赶昆虫。如果您打算使用新鲜的玫瑰花蕊，请确保您在饮用玫瑰花茶前先把花蕊清洗干净。

OCT

Beautyexpo

Kuala Lumpur, Malaysia

06 – 09 Oct

Hair Nation Expo

Queens Country, USA

07 – 09 Oct

Salon North

Stretford, UK

08 – 09 Oct

Cosmobeaute Indonesia

Jakarta, Indonesia

12 – 14 Oct

www.cosmobeauteasia.com

Cosmex

Bangkok, Thailand

31 Oct – 02 Nov

NOV

Salon Look International

Madrid, Spain

03 – 05 Nov

Mane Stream Hair & Beauty Expo

Tampa, USA

05 – 06 Nov

Cosmobeaute Kazakhstan

Almaty, Kazakhstan

08 – 10 Nov

Cosmoprof Hong Kong

Wan Chai, Hong Kong

15 – 17 Nov

www.cosmoprof-asia.com

Cosmetica Berlin

Berlin, Germany

18 – 19 Nov

Salon & Spa Business Exchange

New Orleans, USA

20 – 23 Nov

Beauty Expo-Korea

Seoul, South Korea

23 – 25 Nov

DEC

2017

Cosme Tokyo

Chiba, Japan

06 – 09 Dec

Royal Coils Natural Hair & Beauty Expo

Miami, USA

09 – 10 Dec

Cosme Tech Expo India

Mumbai, India

19 – 20 Dec

JAN

2018

Cosmobeauty

L'Hospitalet de Liobregat, Spain

20 – 22 Jan

Indie Beauty Expo

Los Angeles, USA

23 – 25 Jan

International Salon & Spa Expo (ISSE)

Long Beach, USA

27 – 29 Jan

Beauty & Anti-Aging Show

Koto, Japan

31 Jan – 02 Feb

FEB

Salon Natura

Rezé, France

02 – 05 Feb

Rome International Beauty

Ponte Galeria, Italy

03 – 05 Feb

Professional Beauty GCC

Dubai, UAE

05 – 06 Feb

Beautyworld Japan Fukuoka

Ponte Galeria, Italy

05 – 06 Feb

World Spa & Wellness Convention

Dubai, UAE

05 – 06 Feb

Panacea Natural Products Expo India

Mumbai, India

07 – 09 Feb

International Exhibition of Professional Cosmetics and Equipment

Saint Petersburg, Russia

08 – 10 Feb

Interbeauty

Bratislava, Slovakia

09 – 10 Feb

MAR

Beauty Exhibition

Chisinau, Moldova

01 – 04 Mar

Professional Beauty Cape Town

Cape Town, South Africa

04 – 05 Mar

Irish Beauty Show

Dublin, Ireland

04 – 05 Mar

Beauty Dusseldorf

Dusseldorf, Germany

09 – 11 Mar



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NYS-2017(4-5 person)



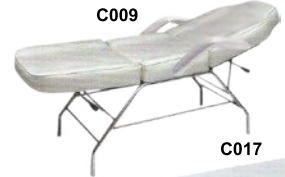
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MAR

2018

Top Hair International

Dusseldorf, Germany

10 – 11 Mar

Myanmar Beauty Connect Expo

Yangon, Myanmar

28 – 30 Mar

Beauty Business Malaysia

Kuala Lumpur, Malaysia

28 – 30 Mar

APR

2018

Professional Beauty Kolkata

Kolkata, India

02 – 03 Apr

Hair & Beauty Show India

Mumbai, India

09 – 10 Apr

Beauty Eurasia

Bakirkoy, Turkey

12 – 14 Apr

Second Hair

Fulda, Germany

15 – 16 Apr

Hair Brasil

Sao Paulo, Brazil

17 Apr

In Cosmetics Global

Amsterdam, Netherlands

17 – 19 Apr

Cosmobeaute Vietnam

Ho Chi Minh, Vietnam

19 – 21 Apr

MAY

2018

ASEAN Beauty

Bangkok, Thailand

03 – 05 May

**International Beauty, Hairdressing
and Cosmetics Industry Expo**

Jinan, China

03 – 05 May

International Beauty Expo

Kuala Lumpur, Malaysia

05 – 08 May

Hair Nation Expo

Queens Country, USA

06 May

**International Hair and Beauty
Show**

Secaucus, USA

06 – 07 May

Beautyworld Middle East

Dubai, UAE

08 – 10 May

**Seoul International Cosmetic &
Beauty Expo**

Seoul, South Korea

09 – 11 May

Beautyworld Japan

Koto, Japan

14 – 16 May

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