



Feline eyes



Well-bridged nose



White teeth

# Clean and healthy is beautiful

Experts agree: Nothing beats a toned body and clean skin, no matter what features and color you're born with

## OUR PANEL OF EXPERTS

**Dr. Vicki Belo**—Leading dermatologist and medical director of the Belo Medical Group ([www.belomed.com](http://www.belomed.com))

**Dr. Carlo Pio Tripon**—Leading cosmetic dentist and founder of the Tripon Dental Group (tel. no. 892-3249)

**Tina Juan**—Fitness expert, health columnist and fitness instructor ([www.tinajuanfitness.info](http://www.tinajuanfitness.info))

**Dr. Maria Isabelita A. Joya**—Diplomate, Philippine Academy of Clinical and Cosmetic Dermatology and dermatologist for Facial Care Centre (<http://www.facialcarecentre.com>)

**Dr. Hadji F. Palaruan**—Medical doctor for Marie France ([www.mariefrance.com.ph](http://www.mariefrance.com.ph))

**Ms. Rose S. Meceda**—Consultant for Svenson International (tel. no. 819-3336)

**B**EAUTY, like fashion, is constantly evolving. What was considered the gold standard in beauty a decade ago might be looked upon as ordinary today. Basics like symmetry, white teeth, and shiny hair are always aspired for, and will probably never change, but it's fascinating to note the looks that do.

We asked the help of top experts—doctors, dermatologists, a fitness expert and a leading cosmetic dentist—to let us in on the most in-demand looks in their respective practices, and to share tips on how to care for your own body's needs. But bear in mind that, though you may not have the ideal nose, lips or hips, loving and showing the uniqueness in you is always beautiful.

**Skin** Whether you were born with dark or light skin—though Doctors Belo and Palaruan agree that most Filipinas still want to have a lighter color—it is important that

your skin be even-toned and free of scarring and splotches.

**TIPS:** Keep skin well exfoliated to rid your body of dry patches and discoloration. Try **The Body Shop's Papaya Body Scrub** with papaya enzyme to help even out skin texture.

**Lips** According to Dr. Belo, full lips like Angelina Jolie's or Anne Curtis' are the most desired pout shape today. Full lips give the appearance of youth, and can be obtained semi-permanently with the use of fillers like Restylane and Aquamid, but they are costly and have to be administered by a licensed surgeon or dermatologist only.

**TIPS:** To give your lips a more bee-stung look, try some of the new lip plumpers available, like **Du Wop Lip Venom** and **Pout Lip Gloss**.

**Eyes** Dr. Belo explains that feline-like eyes, such as those of Keira Knightley and Cristina Garcia, seem to be considered some of the most beautiful today. They are usually seen in those genetically blessed with both Oriental and European blood.

**TIPS:** To make your eyes appear more cat-like, play with a liquid liner like **Maybel-line Line and Design** in Brown, and draw a slightly upturned line along the outer corners of the eyes. Also play with colored contact lenses like those by **Freshlooks Colorblends** to give your eyes an entirely different look. A lighter color, like hazel, can instantly soften very deep-set eyes.

**Arms** Tina Juan explains that women now want arms that are toned and defined, but nowhere near the arms inspired by Linda Hamilton's role in *Terminator* a decade ago. Dr. Belo agrees that a well-defined deltoid muscle like that of Tweetie De Leon's is strived for.

Photographs **Lope Navo** Styling **Cat Juan**  
Makeup **Gela Laurel** for **Lancôme** Models **Mary Jean Maycon** and **Jocelyn Oxlade** of **ITEM**  
All swimsuits by **Twinkle Ferraren**



**TIPS:** Side arm raises done three times a week with a dumbbell can help you show off well-toned arms in a month's time. Sports like surfing and zipping are also instant arm shapers. To add to the definition, a self-tanner like **Guerlain's Terracotta Moisturising Bronzing Spray** can help make the muscle seem more defined.

**Legs** Defined legs that are evenly toned and hair- and cellulite-free are the most desired today. Dr. Palaruan explains that women can choose to undergo procedures like Vela Smooth to help remove lumpy cellulite, and Dr. Joya suggests Laser Light Hair Removal to get rid of all unwanted hair permanently.

**TIPS:** Run or walk two to three times a week to keep legs toned. Lift your legs up against a wall and above your heart at a right angle 30 minutes a day to keep spider veins at bay, and a shimmer spray like **Modelco's Shimmer Air Brush Illuminizer** can help give you perfect, shiny legs for a night out.

**Waist and hips** Dr. Belo points out that women want their waist and hips to be proportional. It is usually advised to have a 10-12 inch difference between the measurements of your waist and hips. Tina Juan shares that women like having some curves, but they are very much against any bulges.

**TIPS:** Standing side leg lifts, done with or without leg weights, three times a week are a great way to keep the hip area firm. Stretch marks are most often seen in this part of a woman's body, as well; help keep them at bay by using a rich lotion like **Palmer's Cocoa Butter**.

**Buttocks** Women like having a bit of a butt and deem a flat butt unattractive, but Tina Juan says that they are constantly asking for a butt that is "perky" and lifted. Buttock exercises are the most often requested moves in her classes.

**TIPS:** You can help lift your butt at home by doing squats and lunges, two sets of 12 repetitions three to four times a week. In less than a month you will already see a difference. You can help combat cellulite by using a topical concoction like **Clarins Total Body Lift** every day.

**Abs** Tina Juan shares that women no longer want "abs of steel," as they feel it doesn't look feminine, but an extremely flat stomach is still strived for. Dr. Belo agrees, and explains that all women want a straight line running across the middle of the stomach to show that it is toned.

**TIPS:** Your standard abdominal crunches, in three sets of 15 reps each, and done three to four times a week in the comfort of your bedroom, is a great way to keep your abdominal muscles well defined.



Lush lips and shiny hair



A toned back and arms



Ample but not huge cleavage



Skin is in regardless of color

Tanned skin definitely shows muscles better than fair skin. If you weren't born with it, you can try a self-tanner like **Origins The Great Pretender** to make skin glow.

**Teeth** Dr. Tripon explains that women used to request a mega-watt smile like Julia Roberts' whenever they would come to his clinic. Nowadays, the most often requested smiles are those of Halle Berry and Catherine Zeta-Jones. He stresses, however, that your teeth must always be symmetrical and in proportion to your face.

**TIPS:** Go to your dentist at least twice a year for a general cleaning to keep plaque and stains away. Floss every night, and use a gentle whitening toothpaste like **Acca Kappa Eucalyptus Whitening Toothpaste** daily.

**Nose** Dr. Belo explains that women now want a nose that is between being flat and pointed. Halle Berry has a nose that most women find very attractive right now.

**TIPS:** Your nose is the center of the rest of your face, so it's important to love and work with the nose you were born with. Mild contouring can be done to make your nose look more elongated, but this is a technique that takes a lot of practice to do right. Try **MAC Taupe** as an ideal contouring shade.

**Shoulders and back** Women want lots of definition; a back where the shoulder blades can be partially seen is ideal. Dr. Belo says that a lot of women find the broad shoulders of Naomi Campbell very attractive.

**TIPS:** Sports like swimming and tennis are great ways to strengthen and define your shoulders and back. A great illuminating lotion like **Nars Body Glow** is a great way to enhance the definition.

**Chest** The most often asked-for cup size in the Belo Medical Group is 36B, but Dr. Belo explains that women do not want their chest to look too perfect or too fake. A natural droop, such as what real breasts have, is ideal.

**TIPS:** Keep your chest firm by doing chest presses up to four times a week with moderate weight dumbbells. Add a bit of shimmer to the chest like **Shu Uemura Face Powder Sheer** to help accentuate your cleavage.

**Hair** Ms. Mecedas explains that women want hair that is shiny and bouncy—and lots of it. There is a growing fear of hair thinning as you get older, and it is important to treat this problem at the roots.

**TIPS:** Limit the blow-drying, curling, and straightening of hair only for special occasions. Use a Volumizing Shampoo and Conditioner like **Kérastase Resistance Bain Volumactive**. M