



Getting sick while on a trip is my biggest pet peeve. I was in Shanghai a few years ago, and I woke up with a swollen right cheek. I knew it was my molar acting up again. I didn't know any dentist in Shanghai, so I called a Chinese friend who brought me to her dentist. She was, fortunately, an excellent one and after her treatment, I was able to fly back to Manila next day.

Here is a list of services one can avail of while in Manila. They are whom I patronize, and they are excellent in their chosen field. They will make you beautiful the way you have every right to be. In this day, and age, your pearly whites should stay white and well shaped. You should not be contented with crooked, small teeth that you were born with and which you stained with coffee and cigarettes. Go for that beautiful Close-Up smile and be confident of your pearly whites.

Cosmetic Dentist, Dr. Cecile Infantado makes sure my teeth are well shaped and white. Her clinic on the third floor of Dusit Thani Hotel in Makati - Smiles by Dr. Cecile - is where I go for bleaching, veneers, and bonding.

Look at the magic that she does with her clients' teeth. Dr. Cecile's skill and years of training indeed can



transform their smile to perfection. She also does basic dental services, like prophylaxis, check up, cavity filling, etc.

Photos of Dr. Cecile and her before and after cases

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Walk My Way

by Mayenne Carmona

The Beauty Influencers

When I feel that my jowls are sagging and need a laser treatment to lift them, or when I see pigmentation on my cheeks, I go to the Aivee Clinic where they have treatments for my concerns. For a non-invasive lift to tighten the face, the good Dr. Aivee Teo or her husband Dr. Z Teo, recommends a Sygma Lift or a Thermi-Smooth. Both are effective in reducing fine lines and tightening the face by regeneration of facial tissues. I come out of the session with a tighter face. I am advised to do both treatments for



a number of sessions for maximum results. They also offer Thermage or Ulthera, both RF treatments that can tighten the face and the results last for more than a year after just one treatment.

For my pigmentation on the cheeks, Pico Sure is recommended. It is a breakthrough in laser technology, created to remove pigmentation and tattoo ink effectively by delivering pulsed bursts of energy every trillionth of a second. These short pulses break the pigment into tiny particles that the body can eliminate easily. Pico Sure accomplishes this with minimal impact to the skin surrounding the treatment area.

The Aivee Clinic has many services, invasive and non-invasive for the face and body. They also have stem cell therapy of the face and joints. Go to their website for your beauty and anti-aging concerns. You will find the fountain of youth in their clinic.

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My long hair is high maintenance so even when I am in a foreign country, I look for a good beauty salon for hair styling. In Manila, I go to Regine's on the 2nd floor of the Link Bldg in Ayala Center. (next door to Shangri-la Makati). The owner, Karina Mantolino is a young and lovely entrepreneur who is also a Master Colorist and Cutter, trained by L'Oreal in their training centers in Singapore, Malaysia, and Hong Kong. They offer all kinds of services that a beauty salon offers: shampoo/blow-dry, hair cutting, makeup, hair dye, manicure, pedicure, Brazilian waxing, hair curling permanent, hot oil treatment, rebonding, and hair conditioning for both sexes. Their prices are very reasonable, especially for dollar earners like the Balikbayans.

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Regine's Alabang Town Center, Ayala Alabang
Tel: 028072217
Regine's Eton Emerald Loft, Don F. Ortigas Ave, Pasig
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