



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)

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)

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)

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BEAUTY, 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 *Maybelline 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**
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