

Inner and Outer Beauty: *A Friendship*

Dr Christine Cheng believes deeply in qualities that make up inner beauty. Having battled obesity, she believes, too, in making the efforts to maintain and enhance one's external beauty. By Rossara Jamil

Her battle with weight started at the age of 9. At her peak, she wore size UK 16. She was on the receiving ends of tummy pats with a question that followed after them: "When is your baby due?"

Today, she has six-pack abs.

Dr Christine Cheng is the person behind Simply Aesthetic Rejuvenation & Contouring Clinic. Since August 2006, it has provided a wide range of minimally-invasive medical aesthetic treatments.

Along with years of healthy diet and exercise, she says the procedures have helped her.

"Yes, mesotherapy has helped enhance the definition but it's the years of disciplined exercise and eating correctly that made the difference," Dr Cheng explains on how the use of medication injected into the layer of the skin to break down fats helps her to obtain her six-



pack abs.

Dr Christine Cheng is an avid gym bunny. Her favourite activity is kickboxing, practising various kickboxing types like Body Combat, San Shou and Muay Thai. "Losing weight, staying healthy, de-stressing and getting an endorphin high all at once!" she enthuses.

One sees the positivity and health radiating from within her, with her welcoming sunny smile and fast nimble moves as she goes about the spa-like clinic.

Her own personal life experiences and her battle with obesity spur her to branch into aesthetic medicine. Plus, her background in anaesthesia – she is an Anaesthetist in private practice – also made her skills in pain management complementary.

"I felt I had something new to contribute to the new specialty of aesthetic medicine. Finally, beauty doesn't need to hurt!"

But, beauty is not about a quick fix.

With a nutritionist and fitness consultant on board, Simply Aesthetics offers an all-rounded approach to weight loss, health and aesthetics.

Simply Holistic About It

Simply Aesthetic offers a Food Intolerance Test which helps an individual identify their food intolerances. Interestingly, the food intolerances, often a person's favourite foods, are what usually prevent weight loss. "Black pepper, lettuce and salmon often pop up as culprits! One of my staff has taken the test and has lost 5kg in the last 2 months just by avoiding the foods she is intolerant to. She still eats a lot and we haven't been able to convince her to exercise," Dr Cheng says with a mock sigh.

Simply Aesthetic does not offer just weight loss solutions. Taking on a holistic approach,



Dr Christine Cheng with daughter

it gives you a smorgasbord of services from categories like SimplyFace, SimplyFit, SimplyBody, SimplySlim, SimplyWell and SimplySpa. Services range from acne management, Botox, hyaluronic acid fillers, intense pulse light therapy to facial therapy. Soon to be added is a revolutionary technique in hair transplantation.

The clinic is a "little haven" where regulars and clients can 'pop by for a coffee and chat anytime'.

"We started off with the idea of a professional spa-like environment. I think we took a left turn somewhere and ended up with what I can only describe as a Boutique Clinic-Spa!" she recalls.

Each day for her varies with appointments at the clinic and at various private operating theatres. She feels blessed because she now has the choice of 'who to work with, not who to work for'.

Complete Beauty Lies In Effort

She defines beauty as a person who is 'exercising his or her full potential.' She adds, "They have a certain bounce in their step, joy in their face. Kindness, generosity, courtesy, decency, integrity and sincerity are way more beautiful than the external façade."

She strongly believes Napoleon Hill's quotable quote, "Whatever your mind can conceive and believe, it can achieve." One who believes greatly in self-development, she believes in encouraging people to reach their own potential.

Still, she is realistic about society's quickness to judge. Though many often assume that an overweight person is lazy and greedy, she says, the issue for them may be hormonal or from a hidden food intolerance. On today's obsession with beauty and being thin, she says. "Efforts and innate beauty often go unrecognized. If something I can do helps my client find self-respect, happiness, life fulfillment then I'm all for it."

She knows what it's like. As she puts it, "Obesity has impacted my self-esteem for over a decade."

People, she says, deserve to be happy. But ultimately, the onus lies on the individual. "People almost dare me to offer them a single treatment that will solve their problems forever," she muses. "If they are realistic and play their part, we can help." ■



Offering the Latest in Hair Technology!

Simply Aesthetic Rejuvenation & Contouring Clinic offers a wide range of services for your aesthetics needs.

Joining the menu of services soon will be the latest technique in **HAIR TRANSPLANTATION**. Hair follicles are gently transferred from one part of the body to another, where they resume their growth within days. There is no scarring in either donor or recipient site, and there is minimal downtime. The transplantation is safe, natural and permanent. This technique can be used to enhance sparse eyebrows as well as fill in receding hairlines. Simply Aesthetic will be the only clinic offering this particular hair transplantation technique in this region.

