

Mark Lee's journey to clearer skin

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Find out what the veteran actor has been doing to improve the appearance of his acne scars

Acne scars plague the best of us - even big-name celebrities who ply their trade in front of the camera. For them, the constant public scrutiny can cause them to feel doubly self-conscious about their appearance.

Just ask veteran Mediagroup artiste Mark Lee. The 30-year-old, who is known for his complexion as much as for his stellar acting chops, has grappled with acne scarring since he was 15. Four years ago, he turned to The Clifford Aesthetics' Acne Scar Program in a bid to achieve clearer skin - and happily, the results are showing.

"After having struggled for many years with acne scars, I'm overjoyed to have discovered The Clifford Aesthetics' Acne Scar Program," he said. "It has really improved my skin and given me more confidence."

CUTTING-EDGE TREATMENTS

Designed by a team of experts at The Clifford Aesthetics, the programme is best suited for those with depressed acne scars or enlarged pores.

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Acne scars arise when an inflamed acne cyst ruptures in the dermis (the second, deeper layer of the skin) and destroys the surrounding skin tissue. If your body overproduces or underproduces collagen when the lesion is healing, it can lead to a raised or a depressed scar respectively.

The Clifford Aesthetics' Acne Scar Program combines three cutting-edge treatments: Infini Advanced Clinical Protocol (ACP), Edge Fractional CO₂, and Clifford Stem Cell Serum. These treatments aim to stimulate your body's natural cells (called fibroblasts) to produce collagen fibres. The fibres then help to pad out your skin's depressions, creating a smoother, more even complexion.

According to The Clifford Aesthetics, the 75-minute Infini ACP treatment stimulates collagen growth up to 8.5mm below the skin's surface - deeper than other competing technologies on the market.

A numbing cream is first applied and left on the skin for 60 minutes. After that, local anaesthesia is administered. The laser then goes through a few passes with different needle depths and different energy levels.

With the 40-minute Edge Fractional CO₂ treatment, patients can expect to undergo a few passes of the laser at different intensities over different regions of the face, depending on the thickness of the skin and the depth of the acne scars.

Finally, there's the Clifford Stem Cell Serum. As its name suggests, it is derived from stem cells. Sourced from South Korea, the serum aims to accelerate skin recovery when applied after the laser treatments and encourage the production of collagen.

To give the skin time to recover, one treatment is performed every six weeks. One Infini ACP and one Edge Fractional CO₂ treatment is enough to see results.

To date, Mark has gone for eight Infini ACP (conducted once every three months) and two Edge Fractional CO₂ sessions, and continues to undergo regular treatment at the centre.

Clients can opt for a three-, six- or 12-month programme, depending on the severity and depth of their acne scars. Sessions are carefully scheduled to maximise scar recovery and skin regeneration.

Downtime is minimal. You can expect around three days of mild redness after both laser treatments, as well as some light scabbing after the Edge Fractional CO₂ treatment.

"The treatments are not painful and the downtime is short, so I can get back to filming after only a few days of rest," said Mark.

New customers can enjoy a trial session of the Edge Fractional CO₂ treatment at S\$299. To make an appointment, call 6362 2948 or WhatsApp 8318 6362.

Visit cliffordaesthetics.com/acne-scar-program to find out more.

