

Simply Her launches inaugural Beauty & Wellness Retreat



Thomson Well Women Clinic's Dr Liu Han Ping educating the participants the importance of regular health checks. He later moved on to skin issues and the types of services the clinic provides.



Dr Beh Suan Tiong, Obstetrician and Gynaecologist at Thomson Medical Centre, speak to us about the common gynaecological disorders to look out for.

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Simply Her's first-ever Beauty & Wellness Retreat took place on April 25 at Orchard Parade Hotel.

Simply Her, the solutions-driven lifestyle magazine of SPH Magazines, kicked off its inaugural Beauty & Wellness Retreat last weekend. Getting things off to an energising start was Pure Yoga's instructors, who led a revitalising yoga session that was designed to centre the body and relax the mind. Making sure that even yoga newbies were comfortable with the pace and poses, the gentle flow practice moved slowly through a variety of stretches to awaken the body and mind. After the session, participants recharged with refreshments before convening for the day's beauty and wellness talks.

Starting the ball rolling was Dr Liu Han Ping, resident doctor at Thomson Well Women Clinic. He touched on the importance of health screenings, and advised scheduling regular check-ups, which can go a long way in detecting life-threatening diseases early and allow for timely treatment. This is particularly crucial for those with a family history of diseases like cancer, heart problems and stroke, he added.

"Having a family history means that someone in your family, between the age of 30 and 35, showed symptoms (of the disease), or a primary relative (parents or siblings) or two secondary relatives (aunts or cousins) have it. This means you'll be at an increased risk of developing them," explained Dr Liu.

After initial diagnostic tests, your doctor will determine if you need to consult a specialist, who will advise on disease management and medication to keep it under control. "Early treatment usually results in higher success rates and cost-savings in the long-run, too," he added.

Dr Liu followed up with an informative session on how to get a glowing complexion and the non-surgical aesthetic procedures that can help women achieve that. "Skin inevitably deteriorates as you age; environmental stressors, like work, can play a part too. But skin problems, like age spots, scarring, large pores and wrinkles, can easily be fixed with chemical peels, lasers, firming treatments, Botox and fillers to rejuvenate your skin and improve skin elasticity," offered Dr Liu.

Next up, after a sumptuous buffet lunch, Dr Beh Suan Tiong tackled the issue of common gynaecological disorders faced by women. The obstetrician and gynaecologist from Thomson Medical Centre singled out the common problems women experience: vaginal infections,

hormonal/menstrual disorders, benign tumours in the womb/ovary/fallopian tube, and cancerous growths.

After taking participants through a brief summary of each ailment, Dr Beh advised them to be on the lookout for warning signs that may indicate a more serious problem. These include unusual vaginal discharge, lower abdominal pain and an abnormal menstrual pattern. If there's "no pain, no itch, no foul smell and no blood", then it's not likely to be serious, he added. The talk ended with a Q&A session, where he fielded readers' questions about topics ranging from cyst treatments to cancer markers.

Ending the day on a lighter note, renowned chef, cookbook author and restaurateur Violet Oon took to the stage to demonstrate how to whip up chicken curry and a fruit mousseline, both using Marigold Non-fat Yoghurt. Readers also got to try out her creations. Violet's flavourful chicken curry was a nice change from the popular local dish that's usually made with coconut milk. The use of lime and yogurt in her recipe made it lighter, less spicy, but no less delicious. For the fruit mousseline, she made a pudding with yogurt and gelatine, then layered it with mixed berries and more yogurt for a healthy, guilt-free dessert. All in all, it was a rewarding day for participants, who gleaned invaluable health tips and knowledge from the retreat, and went home with a goodie bag each from the generous sponsors.

The retreat was held at Orchard Parade Hotel Singapore on April 25, and was sponsored by Marigold Yoghurt, Pure Yoga and Thomson Medical.

