

STYLE | BEAUTY

5 Tatler-Approved Beauty Treatments To Try Ahead of the Tatler Ball

Words by ANDREA SAADAN

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COVER Photo: Getty Images

Tried and tested: these are some of our favourite ways to pamper and prep ourselves ahead of the glitzy affair



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With about two weeks to go before the [Tatler Ball](#) makes its grand return, it's time to get started on the ever-important beauty prep. The theme of this year's ball is [Legendary](#)—so bear this in mind as you start booking appointments at aesthetic clinics, hair salons, lash studios and more. Can't seem to figure out what it means to look “legendary”? It's simple, really:

Keep. It. Flawless.

Whether it's a fresh set of nails (perhaps crimson red with gold specks to [celebrate our ruby anniversary?](#)) or brand new highlights in your hair—we can't wait to see what our guests have up their satin glove sleeves. For the ones who still need tips on where to go or what to do for a complete glam-over, read on for a list of Tatler-approved beauty treatments that are worth

trying before (or even after) the ball.

Read more: [Tatler Ball 2022: All the Dos and Don'ts For Our Legendary Soirée](#)

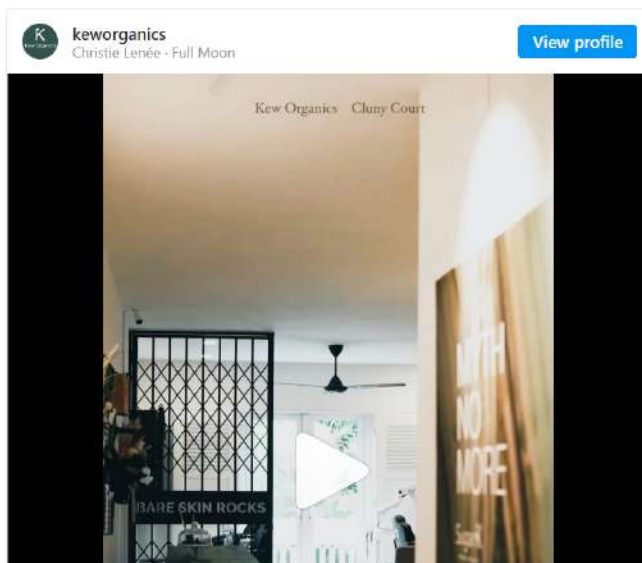
1. TeslaForte at Illumia Therapeutics



With the Tatler Ball just around the corner, you obviously want to look your best on the red carpet, especially with our Legendary theme this year! If you want to get tight and toned but find yourself short on time, Illumia Therapeutics's TeslaForte treatment is our top pick. Using Functional Magnetic Stimulation technology, the treatment claims to build muscle and sculpt the targeted areas of your body—it's said to give the same effect as a high-intensity workout, with none of the extra sweaty effort needed. The best part? The treatment takes just 30 minutes with little to no downtime, but be warned: you may experience slight muscle soreness up to two days after the treatment (although our editor who tried the treatment did not).

In case you missed it: [If You're Worried About Expedited Ageing, These Treatments Are Sure To Save Your Face](#)

2. Brightening facial at Kew Organics





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This homegrown facial salon offers an intensive three-in-one facial that helps you achieve that coveted luminous pre-party glow. The Ultrareviv Booster Shots is an intensive instant brightening organic facial that works as a skin booster; its in-house signature Sugar K Organic Peel is used to remove excessive keratin and stimulate cell renewal and then topped off with microdermabrasion. This is a non-invasive treatment that gently exfoliates the skin to unveil fresh and healthy skin. The facial also comes with a pampering, cooling bespoke organic mask for extra hydration. Finally, Dynamic Pulse Light (DPL) is delicately used on the skin to reduce pigmentation and even out the skin tone. There is no downtime involved so you can get this facial done without having to worry about concealing your identity at the end of the treatment.

3. Lash extensions at Smitten Beauty Studio



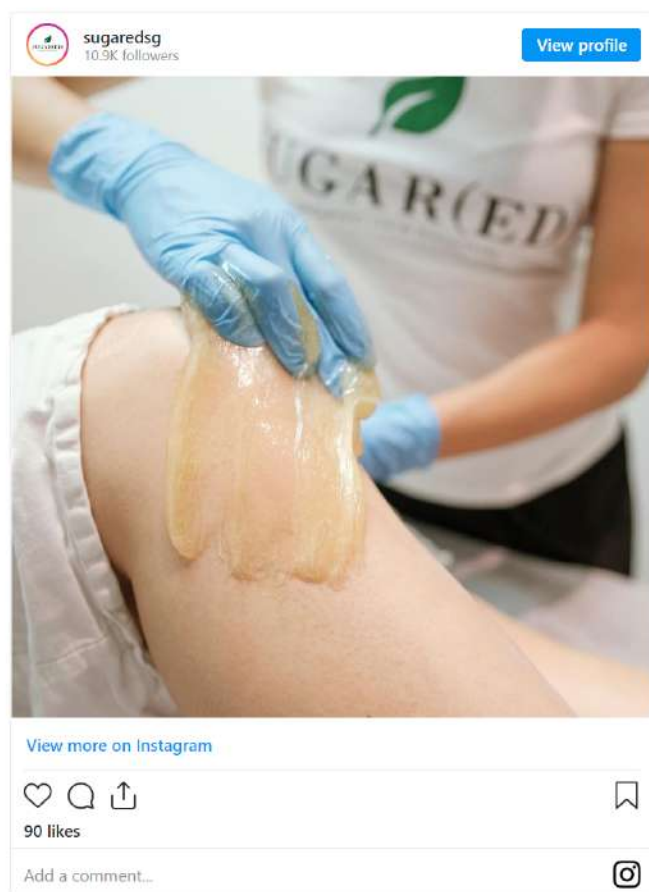


Beauty geeks with a penchant for dramatic lashes know where to go when in need of Kar-Jenner-inspired eyelash extensions. Housed in a shophouse in the enclave of Tiong Bahru, this cosy little salon is perfect for those who enjoy some quiet me-time as they're getting their lashes done. Owner and founder Cassandra Lim is a certified lash therapist who will offer customers advice on the style of lash extensions that suit them the most. The lashes used here are lightweight and soft, so you won't have to worry about any discomfort.

Want something to give the eyes a little extra oomph? The Foxx is a popular style among the studio's customers, as it offers a sexy and lifted effect.

Read more: [The Best Lash Extensions Salons In Singapore](#)

4. Hair removal at Sugar(ed)



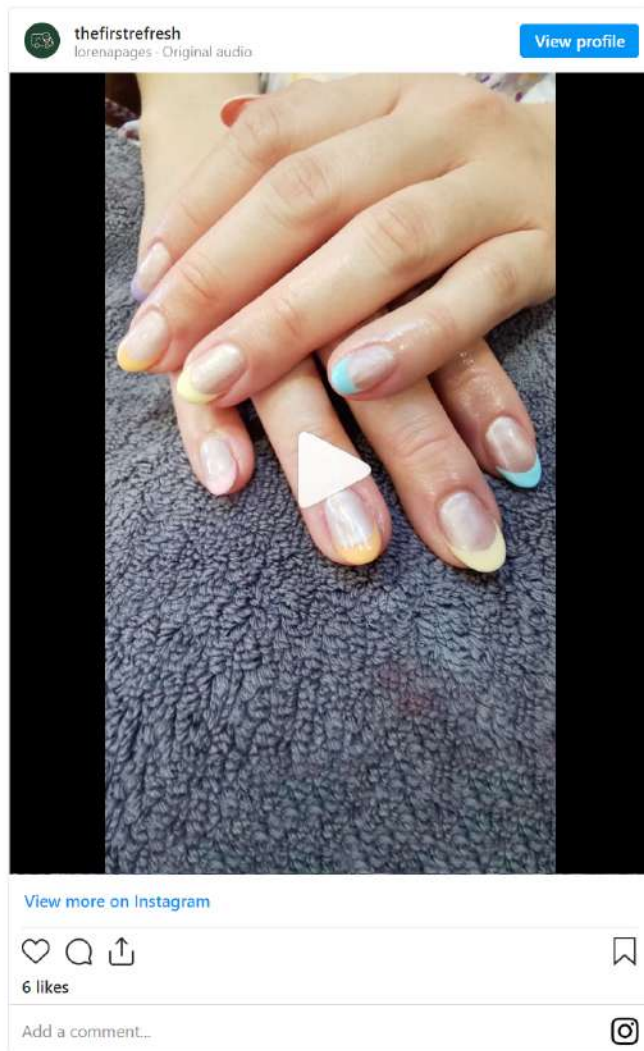
Sugar(ed) is the first and only professional body sugaring studio in Singapore that is dedicated to the all-natural hair removal technique. While the studio specialises in Brazilian hair removal for women, it also offers additional body sugaring options for both men and women. Gala season is upon us so if most of your gowns are strapless or sleeveless, it may be a good idea to get any unwanted fuzz sugared right off. The process is gentle and straightforward; a therapist will use a 100 per cent natural and water-soluble sugar paste (which is completely edible!) directly onto the

skin and flicked off, removing hair from the roots. As such, regrowth is slower, finer, softer and lighter in colour and leads to quick hair refinement and diminished hair growth.

It is less painful than common waxing methods and removes dead skin cells, leaving skin soft and smooth. Don't worry about getting scalded because the sugar paste used is always at body temperature.

Read more: [Meet Jasmine Yong, the Owner and Founder of Singapore's First Sugaring Studio](#)

5. Mani-pedi at The First Refresh



Pressed for time? We love a reliable and consistent mobile beauty provider and The First Refresh offers just that. This on-demand beauty studio offers a wide variety of beauty treatments—from manicures and pedicures to eyelash extensions, facials and styling services. And any of these can be done in the comfort of your own home. A trained and experienced beauty consultant will arrive with all the necessary tools needed so just pick the most comfortable spot in your home and get ready for a luxurious pampering session. The Nail Oasis treatment is a comprehensive option for those who need both a classic manicure and pedicure. This nail experience starts with a warming foot soak, followed by a cleansing scrub and the full mani-pedi process. There's also a halal nail polish option that can be selected on The First

Refresh's booking website—a thoughtful and inclusive gesture that'll surely be appreciated by many.

In case you missed it: [The First Refresh's Rachael Kam On Providing On-Demand Beauty and Flexible Work For Women](#)

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