



Estee Lauder staff show the ladies how to apply make-up.

A BEAUTY workshop for breast cancer patients? It's easy to understand the need for patients' support groups to share their experiences or listen to talks by doctors on how to cope with the disease. But how does make-up figure when it comes to dealing with cancer?

Organised as part of Estee Lauder's Breast Cancer Awareness campaign, the workshop was a big hit with cancer patients.

The organisers explained that learning a thing or two about make-up is more than just about aesthetics. It's about being more confident. It's about treating yourself, like any other woman who is not a cancer patient. It's about learning new things and meeting new friends. It's about something other than the illness that, for the most part, has taken over your life.

So, for three hours, 20 breast cancer survivors from the Breast Cancer Welfare Association and the National Cancer Society gathered for the "Look Good, Feel Better" workshop at Nikko Hotel where they were taught a thing or two about make-up and hair.

Estee Lauder senior education manager Audrey Ang said as chemotherapy and radiotherapy dry out a cancer patient's skin, it's advisable to keep it moisturised to look healthy.

She gave the participants a host of skincare tips before going into the details of applying of make-up. The women had a fun time

Beautiful therapy

SYIDA LIZTA AMIRUL IHSAN attended a beauty workshop for breast cancer patients and realises that, sometimes, make-up means more than just a made-up face.

experimenting with the cosmetics as they were guided on application methods.

Lai Wah Beng, who was diagnosed with stage 2B breast cancer late last year, said the workshop reminded her that she was still a "normal" person. It was also a chance for her to make new friends, friends who are going through the same things she is.

"I'd like to be treated like a normal person, not like a sick person. Sure, the extra attention helps, but being reminded constantly of the disease doesn't

enter its 13th year, the company is reaffirming its commitment in raising awareness of this disease.

"A workshop like this helps survivors to be more confident. We understand that some women here have undergone mastectomy and may have lost confidence in themselves. We want them to realise that despite the disease, you can still be beautiful," she said.

K. Sugunawathy, 52, was diagnosed with breast cancer 10 years ago when she was working as a cleaner in Subang Jaya.

"Some people think cancer kills you, but I think it makes you stronger and it forces you not to take life for granted."

"People who don't have cancer take life for granted... you don't exercise, you don't eat right. Cancer forces you to re-think your life. You don't worry about the little things and you value every minute," said the mother of five, two of whom are doctors.

"My advice? Take good care of your health. Do your mammograms annually. Control your emotions, relax, don't get stressed out, and meditate," she said.

Former insurance agent Rohaiza Sahab, 30, said such workshops give much-needed support and confidence to cancer patients.

"It's my first. I like it. It's a new experience and it's the first time I'm learning anything about make-up. It's nice to feel appreciated and get support from people."

Rohaiza also takes part in NCS's

Help your skin out

BECAUSE the skin goes through extreme changes during chemotherapy, it becomes drier and dull, with wrinkles and pigmentation becoming more prominent. Estee Lauder senior education manager Audrey Ang offers skincare tips for cancer patients undergoing chemotherapy.

1. It's good to exfoliate on a weekly basis using a facial scrub and mask. The reason: at this period, the skin cell renewal cycle starts to fluctuate, which slows down all cellular function in the skin.

2. Because the skin around the eye area is five times thinner than the rest of the skin, ensure that it is moisturised with eye cream to reduce the appearance of lines, dark circles and puffiness.

3. Use an advanced repair serum to help stimulate skin's natural repair mechanism especially during the night. Always follow with a rich cream moisturiser. Ensure that it is sufficiently applied all over the skin except for the eye and lip area.

4. To prevent lips from chapping, apply lip balm regularly.

5. Use sunscreen daily. It gives you a shield that protects your skin.

6. As the skin on the body will also be affected during this period, apply a generous amount of rich body cream particularly if one is sleeping in an air-conditioned room.

7. Your body needs more water now than before, so drink up. It hydrates the body and helps flush out the medicine.

Lai gets her eyebrows shaped.

Workshop participants also get a hair makeover, courtesy of Miko Hair Studio.

Katrina Liew



Because chemotherapy makes the skin dry, use a rich body cream to keep it moisturised.



Application of lip balm can help prevent chapped lips.



The most important thing you can do while undergoing chemotherapy is to drink lots of water.



A workshop participant tries her hand at applying mascara.