Value Investing Summit // Are Laser Facials worth it?

Description

Got invited to attend the Value Investing Summit over this weekend so I'll be covering some of what I learnt over here tomorrow before I distill them in greater detail on the blog!

So for those of you who are keen to learn a bit more in-depth, you can look out for my lengthy blog post at a later stage. It'll take me a while as I need to usually research and fact-check a lot of details before I post officially on the blog (where my harshest critics are).

You can also follow me on Instagram @sgbudgetbabe where I've been posting live shots from the summit which I thought would be good to share with fellow investors and readers.

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We discussed and (briefly) evaluated this stock today.

Would this be a stock you guys would buy? The returns seem not bad right! Over 200% in just a few years, imagine that!



I wanted to write about laser treatment facials today as well because I've been seeing a lot more ads for these stuff. Naturally, I was quite skeptical about whether it was worth spending on laser treatments, especially since I've been doing my own facials at home all these years and it has saved me a chunk of money.

I've never been a fan of facials, because I find them too expensive and I absolutely HATE extractions with a vengeance. I don't care what the beauty therapist says about it being necessary for good skin maintenance â?? I hate the pain, I dislike how red it is after they squeeze it, and the fact that I've to avoid makeup over the open wound lest it gets infected further.

So I'd rather take the money and spend it on good quality skincare products instead to do my own facials at home.

Steam your face to open pores.

Fill a basin up with warm or hot water (depends on your temperature preference) and lean your face over it. Place a towel over your face and the sides of the basin if you want an even better effect for the steam to be concentrated on your skin only.

Cost: almost $0



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Or for those of you who want s more sophisticated machine to feel good at home while steaming your face, Watsons has this great device that I once tried. It'll be cheaper than one single facial session on your package anyway.

Cleanse / Exfoliate your face.

Just buy a good cleanser lah. Need to exfoliate? A gentle scrub, or a micro-dermabrasion device will do the job easily.

Mask

I'm quite fussy about what I put on my skin because it is so freaking sensitive and prone to outbreaks! I can usually tell within a few hours or few days max if something isn't working on my skin because it'll just flare up in protest.

Over the years, I've found that the simplest clay masks work best for my skin, especially the ones with zero preservatives or man-made chemicals. I tend to go for organic skincare or at least products that are made with natural, plant-based ingredients.

For moisturising, I use an organic honey mask mixed with royal jelly. Blended (a local brand that is mostly run and managed by my friend) offers this (Manuka honey too!) for really cheap compared to Fresh's honey mask, which I used to like until I realised the actual ingredients that go into it.

Toner / serum / moisturiser

Seriously, just buy your own. There's no lack of choices, and you don't have to rely on your facial sessions for this. Plus, buying your own products will also last you for a much longer period.

Laser facials â?? can I DIY?

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Well currently home machines for laser facials aren't quite available in the market yet (not to my knowledge) and I doubt this will change anytime soon.

Lasers can be quite scary if not handled correctly. Just google "laser burns" and you'll understand what I mean. #dayrebeauty or #dayrehorror ?

I'm not going to comment on the facial salons that offer laser facials for cheap, but I personally wouldn't trust anyone less than a qualified doctor to conduct laser treatments of any kind on me.

If it is too cheap, that's another red flag btw. Price is what you pay, value is what you get.

I have a full review on my current laser treatments up on the blog if you guys are interested to go to my doctor! Otherwise, ending this portion off here since I'm not being paid to write this anyway.

Any of you guys go for laser treatments? What did you think?

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