

Perfect SKIN PLAN

Making sure your skin looks the best is easy with a professional skincare program. But don't wait to the last minute. The earlier you start, the more radiant and beautiful you'll look as you sashay down the aisle

LOOKING AND FEELING like a goddess on your wedding day is a bride's right of passage. Yet skincare is often the last thing on the wedding plan in the lead up to her big day. A last-minute deluxe facial the week of the wedding sounds good, but may just end in disaster with bridal facial acne as you walk down the aisle.

The bride is the number one star on her day, with all eyes fixed on her. There is also the wedding album, with photos you'll view for a lifetime. So it's important to get it right and ensure you look your ultimate best. But planning a skincare regime alongside the numerous details of a wedding takes time.

Bronnie Roberts from North Shore Skin Care takes the pressure off by devising a personal bridal skincare plan for you, allowing you to get on with the business of planning your wedding, safe in the knowledge your skin will look its absolute best just when you need it too.

Most weddings take around a year to plan from the day of engagement. Luckily, this is the perfect time span to work intensely on changing and improving your skin, with a medically supervised skin regime that only a qualified practitioner can deliver.

An initial in-depth consultation at a clinic evaluates and addresses the bride's skincare concerns with a plan devised to include medical-grade skincare products for home, combined with medical-grade procedures to boost and plump the skin and treat and remove blemishes, wrinkles and pigmentation (dark skin areas).

It doesn't need to stop with the bride either. The mother of the bride, bridesmaids and even the groom can achieve a Hollywood glow and picture-perfect skin with an personalised skincare strategy. Think and act ahead of time for bridal beauty, it's worth it.



DIARY OF A BRIDE

Our real bride, Caroline Saxton, approached North Shore Skin Care (NSSC) three months before her big day. At 32 years old, she was concerned about premature ageing with crow's-feet and some wrinkles around her lips from her days as a former smoker.

INITIAL CONSULTATION "This is when we collect all the information we can about the bride and her wedding day. When is the big day? What kind of dress is she wearing? What parts of her skin does it reveal? How does she want to look on her wedding day – natural glow, high glamour, couture, Hollywood?" explains NSSC's Bronnie Roberts.

"We then develop a time line, usually with monthly appointments. The longer the time line the better, as we can trial different treatments to view what results work best for the bride's concerns and facial expressions. Proper assessment and adjustment of treatments ensure an ideal result we can then apply again two weeks before the big day."

Caroline chose an elegant wedding dress that shows off her décolletage. NSSC devised a plan to reduce the sunspot pigmentation on her chest area and create an even skin tone, fill the wrinkles around her lips and lift her tired brows to open up her face and reveal her sparkling eyes.

To prepare Caroline's skin, Bronnie prescribed Rationale products, a cosmeceutical skin regime to be performed daily at home on her face, neck, chest and hands to remove dead cells and promote the growth of skin-firming collagen.

MONTH ONE Bronnie chose to use ELOS Skin Rejuvenation treatment to start the improvement process for Caroline. ELOS works with both light and laser to significantly reduce the pigmentation on Caroline's décolletage.

"The numbing cream reduced any pain I was going to experience," says Caroline. "There was a slight burning zap, but it was no worse than being flicked by a thumb and finger. The pigmentation went darker on my chest then eventually just washed off. Within seven days I was back to wearing open-neck shirts again," says Caroline.

Caroline also received some ELOS Skin Tightening treatment around her lips to tighten and firm the skin and reduce the wrinkles around her mouth. Bronnie addressed Caroline's frown lines and eye region with some Dysport (botulinum

toxin) injections to relax wrinkle-forming muscles and lift the brow.

"I'm not good with needles, but the pin prick was over and done with in a second. By the end of the week my frown lines had disappeared and my eyes had opened up," says Caroline.

MONTH TWO Caroline's Dysport injections worked well, and they decided to repeat them two weeks before the wedding. Bronnie administered a second ELOS Skin Rejuvenation treatment to Caroline's chest and a first ELOS Skin Tightening treatment around her mouth and along her jawline.

"After the first treatment from Bronnie, my pigmentation had practically gone. But

after the second treatment my skin looked like a different person's – blemish free. People kept asking me if I had lost weight, I hadn't – it was the jaw lifting that had sculpted my face!" reports Caroline. "The Skin Tightening treatment was more painful than the Skin Rejuvenation, but numbing cream helped, and the results were worth the minor discomfort."

MONTH THREE It's two weeks before the wedding and two weeks since the skin plan started. Caroline has been wearing factor 30 sunscreen whenever outside in the sun. There's no pigmentation left on her chest, and Bronnie repeats the Dysport under her brow and on her frown lines for maximum effect, and then fills the wrinkles around Caroline's mouth by using Esthélis, a dermal filler. She also gives Caroline a home peel kit to use throughout the honeymoon to keep her skin glowing.

"I was nervous about the Esthélis, but Bronnie used a pain-blocking injection in my gums which I never felt as she had used a numbing cream first. I didn't feel any of the injections," says Caroline.

"She completely filled the lines around my mouth, even the ones in the corners. The difference was immediate and by day two I looked like I had never smoked!"

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BRONNIE'S TOP BRIDAL SKIN TIPS

- Don't leave your bridal skin to the last minute. A longer-term skincare regime that starts with the engagement will ensure radiant skin on the day.

- Your skin doesn't start and stop on your face. It's important to also pay attention to the décolletage (chest) and the hands in particular, the skin on these areas should match the skin on the face.

- Use muscle relaxant injections, such as

Dysport (a form of botulinum toxin), before starting skin rejuvenation programmes, as collagen growth stimulated on a flat, wrinkle free surface is more beneficial than on a wrinkled surface – better long-term results

- Consider treating your bridal party to some skin therapy to ensure everyone glows in the wedding photos.

- Botulinum toxins injected in the armpits ensure no sweat marks on the day.

- A botulinum toxin eyebrow lift (injectable) accompanied with professional brow styling can open up your face. These procedures are best carried out before deciding on what make-up you'll be wearing as the most suitable eye make-up will change depending on the shape of the brow.

Contact North Shore Skin Care at northshoreskincare.com.au or call (02) 9958 1855 ext. 1