

Get flawless skin for your big day

When the wedding season comes around, it often means late nights, heavy food, alcohol and make-up, which you need to wear for hours at end. To get flawless and healthy skin, you need to prepare well in advance — skin treatments for a bride and her family should ideally be planned at least six months before the big day. You can choose between a six, four or two month package based on your skin concerns, time schedules and expectations. Here's a simple guide...

FOUR TO SIX MONTHS BEFORE THE WEDDING:

Make a list of your skin problems and expectations before you go to a skin specialist. Treatment begins with a personalised consultation with a computer aided facial analysis after which a home care plan is discussed and formulated. An appointment is scheduled every four to six weeks to monitor results. Make sure you don't skip appointments. Consultations will cover acne, dermatitis, pigmentation, dark circles, tanned skin, back concerns and other medical skin conditions.

- Laser Hair Removal is usually suggested for body and facial hair.
- Derma Roller and Mesotherapy works well on acne scars, rejuvenation, age and sun spots.
- Radio Frequency is used for the removal of warts or skin tags from the body.

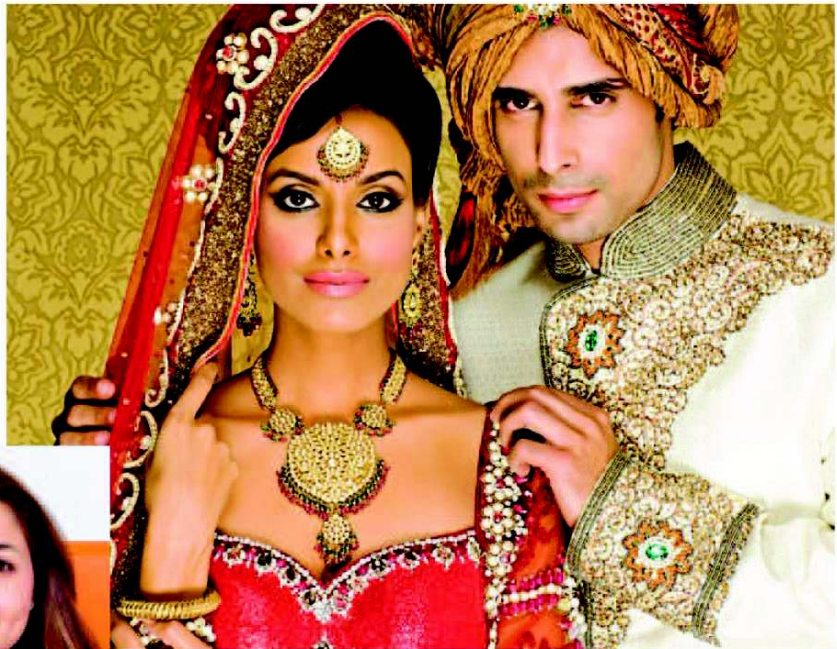


Dr Geeta Oberoi

- Non Invasive Laser Lipolysis (I Lipo) works well for inch loss and body shaping.
- A diet plan will work towards getting over internal deficiencies.
- Hair treatment for dandruff, dry hair and hair fall is prescribed.

TWO MONTHS BEFORE THE WEDDING:

- One can also start permanent hair removal two months before the big day.



PERFECT BRIDE: Look your best on your D-day

Two to three sittings are possible within this time frame and can be continued after the wedding.

- Hand treatments as well as treatment for cracked heels and feet.
- A pore cleansing facial to treat open pores.

FOUR TO SIX WEEKS BEFORE THE WEDDING:

- Start radiance treatments.
- Skin tightening, removal of lines and wrinkles can be done using Micro Current or a Non Invasive Facelift.

- Skin rejuvenation, fine lines, opulence-oxy revive facial, pure oxygen infusion into skin with serums containing vitamins.
- Fine lines, wrinkles, face contouring can be done with Botox for a youthful look.
- Get an ideal smile and luscious lips with JuvedermXC and Restylane.
- An uneven skin tone and texture is treated by

skin polishing, mesotherapy or gel peels.

TWO TO THREE DAYS BEFORE THE WEDDING:

- A non-invasive facelift to get through the late nights.
- A Micro Current or a hydra tone facial to get rid of dry skin.
- A spot peel/ cortisone injection to address skin lesions.

*For appointments call:
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