

Look fabulous on your wedding day:
Get flawless skin and a super body

Skin & You
CLINIC
Look Better Feel Better



Dr. Geeta Oberoi
DPD (Cardiff, UK) AAAM (USA), MBBS (Mumbai)



You're engaged? Congratulations!

As a bride-to-be you already know the joys and stresses of planning a wedding. As all the other arrangements fall into place, you should simultaneously prepare your skin for the big day. Get ready to captivate your guests and be proud of your wedding photos for years to come. Bring the glow in your heart right onto your skin!

To get near-perfect results, it helps to enter skin clinics much before D-day. Both you, the bride, and your family, should avail of skin treatments at least 4-6 months prior to the wedding as this will give you enough time to address all your concerns, schedule enough sessions and achieve desired results.

Dear Doctor, I am Shruti, 31-years-old and I getting married in November. I am a bit heavy and can see fat on my stomach and waist and also have heavy thighs. Please help as I wish to wear a sari or lehenga for my wedding but don't want to look fat?

Dear Shruti, you need to start soon. A diet routine with plenty of fruits, salads and soups and at least 8-10 glasses of water at regular intervals should be started. For targeted inch

loss, we can use the I-Lipo Lipolysis system which does not use needles and is painless. It is a relaxing and comfortable treatment and one only feels a slight warmth during the session. At the end of 10 sessions, completed in around 4 weeks, you will see a weight loss of approximately 4-6 inches. For the thighs and cellulite, the same I-Lipo treatment can be combined with a special massage. You could go about 1-2 dress sizes down with these treatments and no maintenance is required if you follow it with a healthy lifestyle.

Dear Doc, I am Tweesha, 24-years-old and getting married this December. I have an oily T-zone with blackheads, acne and a few scars as well. Can you please suggest ways to conceal these or get rid of them totally?

Dear Tweesha, you will need to use a face wash containing Salicylic Acid like Vichy Normaderm, a light non-comedogenic moisturizer and a light matt non-comedogenic sunscreen like Bioderma AKN MAT SPF 30. If the acne is scarring you, you may need to take antibiotics as well. For the blackheads, certain gels can be used to soften and remove them,

then followed by scar-filling treatments. We can also do facials to tighten the pores and resurface the skin.

Dear Doc, I am Radhika and my sister is getting married in January. I have dark circles and deep-seated eyes. I feel I have no glow on my face and to add to it, I have a lot of facial hair on the sides since childhood. What do you suggest I do?

Dear Radhika, for the dark circles you can use lightening creams like La Roche Posay Active C around the eyes, and consume a diet high in iron and zinc. Do not rub your eyes often and use a gentle cleanser like Bioderma Micelle Sensibio around them. Deep-seated eyes are generally due to a volume loss, so fillers like Juvederm can be used which contain Hyaluronic Acid. For the glow, a treatment like micro-pulse, a combination of exfoliation, vacuum and ultrasound with a Vitamin C infusion will help - it is a painless, soothing and relaxing procedure. For the hair on the face, laser hair removal is the best alternative to waxing or threading, and it is a permanent method for hair reduction.

Skin & You
CLINIC
Look Better Feel Better

For Appointments SMS: 9820082043 / 9920033331 or CALL 22825555 / 43154000 / 22843000

Email: info@skinandyou.in Address: 114-B, MITTAL COURT, NARIMAN POINT

TIMINGS: Mon to Fri: 10am to 6pm & Sat: 10am to 4pm

Visit Skin & You Clinic at: www.skinandyou.in By Appointment Only

At Skin & You Clinic all Clinical treatments, chemical peels & facials are conducted under strict medical guidelines and supervision.