

The bridal beauty check

Dr Geeta Oberoi from the prestigious Skin & You Clinic solves your pre wedding woes, to ensure you're at your radiant best for the big day

Q In the line up to my wedding, I lost a lot of weight—almost 15 kilos. But now I have lines around my mouth. What can be done about this?

The best way to deal with the lines is to inject collagen back in the skin using hyaluronic acid fillers. The filler material will replace the lost collagen, make the lines smooth and give you the regenerated line-free skin that you desire. It is completely safe and lasts up to a year. The new fillers contain a local anaesthetic so they are almost painless. If you are looking for a non-invasive option, the bipolar radiofrequency can build collagen naturally in the skin over five treatment sessions, and the lines will appear fuller and smoother. However, if the area has lost volume and looks sucked in, the filler is your best option.

Q I want to achieve that bridal glow sans oily skin, acne and scars. What can be done?

The ideal solution would be to use a drug containing vitamin A, that decreases the oil production. A low dose of this medication will be very helpful for any scars as well. The next best solution would be to use deep exfoliating treatments with retinol peels, combination phytic mandelic glycolic acid peels or the cosmelan peel. All the peels done in a systematic manner under medical guidance will give you flawless skin.

Q What is the best way to get rid of dark circles?

For dark circles, start an oral tablet containing iron. You can inject an hyaluronic acid containing filler or the radiofrequency treatment can be done with a lightening gel peel application. Topical products containing vitamin K work very well. You can use the auriderm xernor xo cream and coverstick regularly until the big day. Also use a vitamin E cream regularly in the day and wear broad sunglasses and use eye drops three times a day to refresh your eyes.

For more information please log on to
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Q What are the best skin rejuvenation treatments available for brides?

The Micro Pulse Lift (that originated in the UK) is a treatment that uses ultrasound for exfoliating the skin. It is a relaxing treatment that is suitable for all skin types. Another great treatment is the Oxygen Facial, ideal for brides with dry skin, rosacea and sensitive skin. And for instant tan removal or glow, you can use the gel peels where exfoliating gel is applied to the skin followed by a marine extract cooling mask. Your skin will be refreshed and look evenly toned.

Q With only a month left to go to the big wedding day, what can be done to lose inches around problem areas like the abdomen and thighs?

Three-four treatments of the revolutionary ALMA V Shaped Accent Ultra will help you lose about 1-2 inches per session on the area desired. The ultrasound system melts the fat and the gold standard radiofrequency system tightens the skin, breaking the fat cells down with heat. This is followed by an electro cellulite massage with firming gels to improve circulation and fat drainage. A painless way to fit into your dream dress.

Q Should a bride-to-be opt for Botox? Is it safe and side effect free?

Botox is simply a purified protein that relaxes facial muscles. It is temporary and fades away in 3-4 months—you will go back to looking as you did before. It does not change your looks; it just helps to make the perfect face proportions, with results showing in just 3-7 days after the treatment.

