

Getting ready for *the big day*...



Your wedding day is one of the most special times in your life. So it's time to send out those 'save the date' cards as there is plenty to organise! One thing to consider is how to look your best, prepare your skin and make sure you look flawless for the one you love on your special day. **Dr Paul Steventon** of The Epsom Skin Clinic shows us how.

For both the bride and groom preparations should start at least six to eight months before the wedding to ensure all concerns can be dealt with, whether it be scarring from spots, wrinkles or just uneven tone. You will need to book a consultation where either a doctor or therapist will listen to your concerns and determine a treatment plan to suit you as an individual. This may include both treatments and products as home care is just as important as clinic therapy. The following treatments are just a few of the range available prior to the big day for the entire bridal party.

Botox is an injectable that helps to minimise muscle movement and therefore prevent and soften wrinkles. After an initial treatment there is normally a follow up appointment two weeks later and results can last anything from three to six months. Dermal fillers help plump the skin, revitalising a youthful appearance by using hyaluronic acid which is a hydrating ingredient found naturally in our skin. It holds up to 1,000 times its own weight in water! Both of these treatments create subtle boosts that can make a huge difference to confidence.

For those who have serious concerns with anti-aging or acne scarring and do not want injectables, try eDermastamp. This treatment creates tiny channels in the skin that allow peptide rich products or hyaluronic acid to penetrate deeper to promote collagen and elastin production. The result is smoother, more radiant skin with fine lines and wrinkles appearing more subtle and reduced. This treatment, combined with microdermabrasion, is fantastic for acne scarring and open pores. I would recommend one treatment every six weeks, requiring four treatments in total.

For body sculpting, start with laser

liposuction. This is a procedure done under local anaesthetic. The laser heats and melts fat cells which are then removed using a light suction. A compression garment is provided as aftercare and it is recommended this is worn for a minimum of two weeks. A consultation with a doctor is required for this treatment who can advise and answer all questions. After treatment a few Accent treatments are recommended to complement the liposuction and also to smooth and tighten skin.

Radio frequency treatments such as Accent can also be used for both the body and face. Radio frequency causes heat within the skin to create a tightening effect and stimulate collagen. Accent can also be used deeper as more of a fat burning and body sculpting treatment. A treatment is recommended once every two weeks and on average the programme would require eight to ten in total.

For both men and women a common concern is general redness and broken veins. Laser can be used to reduce redness and treat specific broken veins by heating the unused vessel and causing it to sink away. Treatments are recommended once every two weeks, with approximately four in total, depending on the severity of the condition.

Pigmentation is another reason for uneven skin tone. Sun damage is accumulated over a number of years due to lack of protection and the amount of exposure. It is very important that sunscreen is used on an everyday basis – at least SPF 30 in winter and SPF 50 in summer – using brands specifically made for the face as they are thinner and kinder to skin. I would also recommend laser as another method to help with sun damaged skin. Lesions are targeted and the laser causes breakdown of melanin which our bodies then naturally

remove. The pigment can sometimes appear darker at first, but this will only last a week or so. I also recommend a range of products from Obagi that help with pigmentation and also anti-aging. It consists of an 18 week programme that can cause the skin to peel for a few weeks before revealing a fresh, healthy complexion.

Skin peels and microdermabrasions are a great way to finish off your series of treatments. Working more superficially on the skin, these can make dull, tired and uneven complexions appear brighter, smoother and healthier. Microdermabrasion uses small crystals and vacuum suction to deeply exfoliate skin to reveal a smoother finish. Skin peels use a variety of chemical exfoliants to even out tone, help with spots and imperfections, improve pore size and generally make the skin look healthier and brighter. You can combine the two treatments for a more intense result and our clinic could also pamper you a little with hydrating or Vitamin C masks to give the skin a real boost!

Home care products are as important as clinic treatments. There are different ranges available to tailor make a homecare routine to give best results, including products from Agera, Jan Marini and Obagi containing antioxidants, exfoliating and resurfacing agents, Vitamin A, Vitamin C and peptides. There really there is something for everyone.

So prepare yourself: book a consultation to help you look your best on your big day! ●

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