

COSMETIC CHEMIST AND FOUNDER OF SYNERGIE, TERRI VINSON, BSC. DIPFORMCHEM. DIPED. ASCC, SHARES HER EXTENSIVE KNOWLEDGE ON HOW TO ACHIEVE BEAUTIFUL, CLEAR SKIN.

All brides want to look their best on their big day and we all know that looking great has an enormous bearing on how we feel inside. That intangible glow comes from knowing that you are really happy with who you see in the mirror.

Most brides take on 'makeover boot camp' the months leading up to their big day, putting their trust in their skincare practitioner to ensure they look their very best. This is a planned partnership between you and your skincare professional that will probably span over several months.

Let's look at pre-wedding rejuvenation plan under the 'Five-T' beauty guide:

1. Timing
2. Tone
3. Texture
4. Tightness
5. Topical ingredients

Tone, texture and tightness of the skin can be considered individually but unless all three areas are addressed in combination, the best possible outcome will not be achieved. Topical cosmeceuticals must be incorporated into the bridal plan for achieving and maintaining optimal results, as the correct cosmeceutical routine is vital for the long term health of your skin.

## 1. TIMING

The countdown to your wedding day requires military timing. It's important to know the exact date and work your treatment plan backwards from there. Your skincare practitioner should ensure you are accustomed to a new cosmeceutical regimen for at least six to eight weeks before the wedding day as you may exhibit a skin response to new active ingredients.

If you are seeking non-surgical injectable treatments, it is important to time optimal activity of the treatment for the day and also ensure there is no potential bruising by treating at least three weeks before the wedding day.

## 2. TONE

This aspect involves achieving uniformity in skin colour and tone. Many brides need to address uneven skin tone resulting from sun damage and other forms of hyperpigmentation with:

- Chemical peels (lactic and Jessner are usually the peels of choice)
- IPL
- Iontophoresis or Sonophoresis utilising infusion of active ingredients
- Photodynamic therapy (PDT)
- Laser treatments.

Treating uneven skin tone with topical ingredients is the ideal starting point as this will help protect your skin from post inflammatory hyperpigmentation (PIH) that may arise as a result of some clinical treatments. A growing number of cosmetic physicians are now looking at alternatives to hydroquinone therapy and there are a number of ingredients that reduce the appearance of uneven skin tone including:

- L-ascorbic acid
- Stabilised retinol
- Niacinamide
- Bearberry extract
- Oligopeptide-34 (innovative new peptide that works on multiple melanin pathways and maintains the integrity of the cells)
- Glycyrrhiza glabra / Licorice extract
- Kojic acid
- Lactic acid and other AHAs that exfoliate to remove superficial hyper pigmented cells.

## 3. TEXTURE

When the skin texture is even, light reflects evenly off its surface in a uniform manner and the skin appears luminous. Textural changes usually involve a loss of natural collagen, elastin, hyaluronic acid and ceramides. Evening out skin texture involves addressing enlarged pores; fine lines and wrinkles; surface dryness and a crepe-like skin texture.

Current treatments tend to steer away from the more aggressive ablative procedures involving laser, dermabrasion and deep peels. The most popular treatments to reduce fine lines and enlarged pores include thermal fractional treatments and Collagen Induction Therapy (also called skin needling).

Collagen Induction Therapy (CIT) is a physical fractional skin needling treatment. Where CIT is concerned, it is ideal to commence treatments at least six months prior to the wedding day. In fact, skin needling programmes (six to