

## BRIDAL BRILLIANCE: CLEAR

As your date is set, don't forget to build in time for self-care! If you want to treat brown spots or redness, here are treatments you should consider building into your plan.

### IPL (Intense Pulse Light)

Result: Even out skin by treating brown spots, redness, capillaries, acne.

Planning: A 1 hour appointment; resume your activities, but try to go makeup free. Do a series of 3 – 1 month apart, leading up to your day. Depending on the pigment you're treating, you may also benefit from following your treatment with chemical peels.

### Chemical Peel

Result: Fresh, dewy skin. Even out skin tone, minimize pores and reveal new skin.

Recommend: If your skin is already looking great, adding 1-2 chemical peels prior to your event will make your skin super fresh! If you have trouble areas, alternating chemical peels with your microneedling is often an effective way to get your glow jump started.

Planning: A 1 hour appointment; continue your day, makeup free. A deeper peel will begin to "peel" 2 days after your treatment, and continue for 5-7 days. A gentle chemical peel requires no downtime.

### Contouring

Result: Treat stubborn areas that aren't super responsive to a good diet and exercise. Tummy, back, arms, thighs are sometimes areas we'd like to slim.

Planning: A 1 hour appointment; resume your activities after your appt. At mini mum, plan to treat each areas 2x – 4 weeks apart. You'll see results in appx. 12 weeks.

