

BRIDAL BRILLIANCE: SMOOTH

As your date is set, don't forget to build in time for self-care! If you'd like to smooth forehead lines or plump a pout, here are treatments you can build into your planning.

B Botox

Result: Soften frown lines, a furrow or other areas.

Planning: Treatment kicks in 3-7 days after your treatment. If you've never tried the treatment, come in to try it 4 mos. prior to your event so you know you'll respond and to allow for changes. Results typically last 3-4 months.

Filler

Result: A fuller pout, or a tad more lift.

Planning: 2-7 days of bruising and swelling may occur depending on where filler is placed. Filler fully "settles" in 2 weeks. Depending on the filler, it may last 9 mos. (softer filler, typically used on the lips) to 2 years (filler typically used for lift). We recommend having a consult so you can determine if filler is the right option for your desired result. If you'd like to try filler, plan a consult at least 7 mos. prior to your event. This allows time for a series of treatments, as some filler is best injected over time rather than all in a single visit. And you have time to make adjustments, and fully heal.

C 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.

