

SPECIAL ANNIVERSARY ISSUE!

BRIDES

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The #1 wedding magazine
OCTOBER/NOVEMBER 2014

YOUR

60

DAY BEAUTY
COUNTDOWN

A STEP-BY-STEP
GUIDE TO

GLOWING SKIN

FLAWLESS
MAKEUP

ROCK-STAR
ARMS

AND YOUR
BEST HAIR
DAY EVER!

+

PROS SHARE
THEIR SECRETS

34 DIY
TRICKS
YOU REALLY
CAN DO
YOURSELF!

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GOWNS,
CAKES,
FLOWERS,
MORE

LINDSAY
ELLINGSON



AT 60 DAYS
SEE A SKIN SPECIALIST

Phase one of complexion perfection: Visit a derm or aesthetician to tackle any major issues. Here's what to ask for, how many visits you'll need, and what it will cost you.

GLYCOLIC-ACID PEEL

Best for: Fading leftover red acne marks or brown spots and patches to even out skin tone. Have sensitive skin? Opt for a gentle lactic-acid peel instead; it doesn't penetrate as deeply.

Number of treatments:

One to two per month, and the last one can be performed two weeks before the wedding.

Price: From \$150 per visit, but ask about bridal discounts. That goes for all treatments!

MICRODERM-ABRASION

Best for: Smoothing texture to give you baby-soft skin. "It's a great way to remove the top layers to reveal a flawless complexion without downtime or

discomfort," says New York dermatologist Judith Hellman.

Number of treatments:

A total of six at a spa or derm's office, spaced out every two weeks. The last one can take place the week before the wedding.

Price: Starts at \$150 per treatment.

SPA FACIAL

Best for: Getting your glow on—both physically and mentally. A series of professional treatments will deep clean clogged pores and provide some well-deserved pampering. You can also boost results further by adding a peel or microdermabrasion at your session.

Number of treatments:

One per month. Finish with a calming, hydrating facial three to seven days before the wedding.

Price: Around \$120 per treatment.

CLEAR AND BRILLIANT LASER

Best for: Antiaging. This 30-minute procedure—a dermatologist favorite—stimulates collagen to reduce fine lines, brighten dull skin, and minimize the appearance of large pores, says New York dermatologist Diane Berson.

Number of treatments:

One per month. "You can finish as late as two weeks prior to your wedding day," Berson says. "I love this as a pre-wedding treatment because it gives you the benefits of a rejuvenating laser with much less downtime."

Price: \$400 to \$500 per visit.

AT 30 DAYS DERM IT YOURSELF

No time to see an MD about every single little complexion concern? Pick products with these power ingredients and watch your issues disappear.

ACNE



Salicylic acid prevents blemishes, refines pores, and exfoliates. We like Clinique Acne Solutions Cleansing Foam, \$20.

Retinoids, a family of antiaging rock stars, battle acne, dark spots, and wrinkles by improving cell turnover (that means dead skin sloughs away faster), so everything looks clearer, glowier, and all-around better. We like Murad Acne Skin Perfecting Lotion, \$35.



Benzoyl peroxide zaps the bacteria that cause it. Use a 10 percent cream as a spot treatment or a 5 percent formula all over to prevent future breakouts. We like DDF Benzoyl Peroxide Gel, \$36.

DARK SPOTS

Hydroquinone, a strong bleaching agent, lightens the skin by inhibiting the enzyme that triggers melanin. It's available at up to a 2 percent concentration over the counter. We like Ambi Fade Cream, \$6.49.



Soy protein gently evens tone and smooths texture. We like Aveeno Active Naturals Daily Moisturizer, \$15.

Vitamin C prevents excessive melanin formation and is top-notch for overall brightening of the

skin. We like Garnier Skin Renew Dark Spot Treatment Mask, \$17.



Kojic acid, a milder alternative to hydroquinone that's derived from mushrooms, impedes melanin production to reduce spots. We like SkinCeuticals Phyto+, \$80.

ROSACEA

Niacinamide strengthens the outer layer of the skin and reduces inflammation, calming redness. (Bonus: It's a great antiager!) We like AzaClear Day Cream, \$75.



Bisabolol, a chamomile extract, has anti-inflammatory, antimicrobial, and anti-irritant properties. It soothes on contact and works nicely in a moisturizer or as a spot treatment. Keep it in your bag for emergency flare-ups. We like B. Kamins Soothing Skin Concentrate, \$75.

Green tea is a potent anti-inflammatory and antioxidant agent, whether you drink it or apply it via a moisturizer. Tip: Look for a formula that's beige or brown. "If it's white, the green tea could be low in concentration and not as effective," says dermatologist Judith Hellman. We like Dr. Cynthia Bailey Green Tea Antioxidant Skin Therapy, \$70.



DRYNESS & FINE LINES



Hyaluronic acid attracts and absorbs moisture, keeping skin plump and hydrated and improving elasticity. Use it in a serum or lotion and apply it directly after cleansing, when your skin is damp and most receptive to soaking in lots of water. We like Dr. Dennis Gross Hyaluronic Moisture Cushion, \$58.

Glycolic acid is a great-skin staple for a reason: It helps

boost collagen and gets rid of dry, flaky skin, so you're left with a soft, glowing complexion. We like Olay Regenerist Night Resurfacing Elixir, \$24.

Glycerin pulls in water, then seals it into the skin, and its barrier-protecting properties prevent irritation. Use it in cleansers or moisturizers to leave skin smooth and supple. We like Eucerin Q10 Anti-Wrinkle Sensitive Skin Lotion, \$12.



AT 7 DAYS

"Is there any hope if I get a zit before my wedding?"

"Cortisone!" says dermatologist Diane Berson. "You can get an injection three or four days before, but not the day of." Got a doozy on the big day? Ice it for a few minutes, then dab on redness-reducing eye drops. Avoid spot treatments, which make it tough for makeup to adhere. Instead, apply cream concealer and powder. No one will be the wiser.