

## **Be a Beautiful Bride: High-Tech Treatments Offer Picture-Perfect Results**

*Board certified facial plastic surgeon Dr. Benjamin Bassichis comments on the latest cosmetic procedures attracting this year's brides.*

With all eyes on the bride, it's no wonder she wants a glowing radiant complexion on the most gazed-upon and special day of her life. Board certified Facial Plastic surgeon Dr. Benjamin Bassichis says there are several quick, non-invasive procedures a bride can do after accepting the proposal to look her best for those precious wedding photos.

"Treatments such as Botox®, Microdermabrasion and chemical peels continue to be popular options for brides, especially for women in their 30's and even 40's," says Dr. Bassichis. "I also have several brides-to-be asking for PhotoFacials, Restylane, and non-ablative Laser skin rejuvenation treatments."

No matter the bride's age, Dr. Bassichis says the secret to silky smooth skin is to address your concerns right after the engagement. "Now is the perfect time to establish good skin care habits and visit your local facial plastic surgeon for an assessment," advises Dr. Bassichis. "We advocate a Facial Health Maintenance Program™ that will keep you looking beautiful for your wedding and forever after."

With the latest advancements in cosmetic surgery and a healthy skin care regimen, brides don't have to settle for acne break outs or fret over hiding fine lines created by the stress of months of wedding preparations.

"Even if the Bride is short on time, we can still make noticeable improvements" says Dr. Bassichis. Last-minute enhancements such as PhotoFacial treatments can help erase some of the effects of sun damage. Cosmetic fillers, such as Restylane, can create fuller, sexier lips for that big "I do!" kiss. And Botox® will not only reduce facial wrinkles but can also be used reduce underarm perspiration that can be an issue with Texas summertime weddings...and will camouflage those wedding jitters!

So whether you are the bride, mother of the bride or groom, or guest in the pew, it's time to prepare for those upcoming spring and summer weddings. Take these simple steps to achieve radiant, walk-down-the-aisle glow for your skin.

### **Basic Skin Care...every day and ever after**

Revamp your skincare routine to reap the benefits now and for years to come. Your facial plastic surgeon can suggest specific products or a regimen that is tailored to your skin in terms of controlling the signs of aging and improving the clarity of your skin. Try these simple steps that will benefit all skin types:

**Clean.** Cleanse your skin twice daily gently remove surface dirt and impurities, exfoliate dead skin cells, excess oils, and environmental pollutants. Rinse thoroughly and pat dry. Try an occasional steaming for your face; besides being very relaxing, it helps clean your pores. Clean skin can breathe. At night, make sure you remove all make-up and cleanse properly before bed.

**Moisturize.** This step is so important to achieving soft, kissable, luminous skin. Your skin loses moisture through evaporation. Drink plenty of water to maintain your skin's elasticity, hydration, and suppleness. In the morning, apply a good daily moisturizer with a sun protection factor (SPF) of at least 15. At night, treat your skin to a more intense moisturizer.

**Protect.** If you do not protect your skin from the sun, the harmful ultraviolet rays can cause premature aging of the skin. Use a foundation or moisturizer that contains a good broad-spectrum sunscreen (SPF 15 or higher). Seek the shade and wear a wide-brim hat when you are outdoors for an extended period. Also, refrain from smoking or excessive second-hand smoke as this impedes blood circulation and increases wrinkles. And don't forget lots of good sunscreen for your honeymoon, too!

**Nurture.** As your body's largest organ, your skin depends on nutrients and good circulation to stay healthy. Eat a balanced diet and exercise regularly. Be healthy and radiant from the inside out.

### **Beyond the Basics**

As you are booking reception halls and caterers, don't forget to think about taking care of your skin so you look great and feel great in those timeless wedding day photos. You may also consider taking steps to look your most beautiful long after the honeymoon as well. Rejuvenating and beautifying procedures to reduce the appearance of fine lines, wrinkles, or discolorations will require help from your physician. The two most popular procedures for brides-to-be and the mothers are Botox® Cosmetic and chemical peels. See your facial plastic surgeon for more information and for your optimal treatment plan to get you gorgeous for your wedding day.

Everyone can benefit from starting with the Basics of a healthy skin care regimen to get our skin glowing and radiant for the "big day" and happily ever after.