



Pamper Yourself For The Big Day

*Here's a Timeline for Your
Beauty and Fitness Treatments.*

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12 months before wedding

- Start getting facials - this can even begin 18 months before the wedding. Go at least once a month.
- Begin laser hair removal. Appointments are based on your growth cycle - anywhere from four to eight weeks to even 12 weeks apart.
- If you are planning to lose weight before the wedding, join a gym now.
- Start any Botox treatments at this point since they take a few months to resolve.

6 to 12 months before wedding

- Begin once-a-month exfoliation and microderm abrasions treatments to provide a healthy glow to the skin.
- Start once-a-week massages for de-stressing, which in turn helps complexion.
- Schedule your Genesis treatments to reduce fine lines and skin spots and improve skin tone and texture.
- You may want to hire a personal trainer or nutritionist if you are not getting the results you want for your big day.

2 months before wedding

- Get your final Botox/filler treatment before the wedding.
- Start once-a-week manicures and every-other-week pedicures.
- Continue with your massage to de-stress.
- Meet with your hairstylist to determine the right hair style. It's a good idea to do a trial run to make sure the style works well for your face and the veil.
- Keep up your exercise routine.

1 week before wedding

- Reduce salt intake. This will prevent bloating and water retention.
- No facials within five days of the wedding.
- Stay out of the sun to avoid red skin for pictures.
- No new products.
- Get your last manicure and pedicure two days before the big day.

Most Popular advanced treatments for the bride, bridesmaids and mothers:

Genesis Laser

Laser Genesis is a non-invasive procedure that can reduce visible facial vessels as well as diffuse redness by gently warming the upper dermis, improving the appearance of your skin. The result is a healthy looking and vibrant appearance

Back Facials

Try a back facial to ensure you look your silky best when you dare to go bare. As with regular facials, you should schedule your back facials for at least a week before the wedding.

Gloss Hair Treatment

A gloss treatment is the best way to get shiny hair for the wedding day. You start with a shampoo and head massage, and then a nutrient-packed cool gel is applied to your hair to enhance its natural sheen. Never have a gloss treatment within 48 hours of the wedding because your hair will be too soft to style.

Non-surgical Face Lift

The Titan laser non-surgical facelift gives you an all natural option to actively turn back the clock on aging skin. Using light energy to stimulate new collagen deep beneath your skin's surface, the Titan can tighten the loose or sagging skin on your face, arms, abdomen and legs. The infrared optical light heats up the dermis in order to cause collagen contraction. The thermal effect creates tissue tightening by the remodeling of collagen and elastin in the dermis resulting in a significant lift effect. The Titan can stimulate long-term collagen rebuilding after treatment that results in further tightening and the development of a more youthful complexion.

Body Scrub

For an all-over glow, try a body wrap or body scrub. Scrubs rely on natural exfoliates such as brown sugar, sea salt, and oatmeal, to gently polish away old layers and reveal the radiant skin beneath. A wrap gives you total-body relaxation and optimal pampering of your skin. The technician will wrap you in steamy layers of linen and ointment for a real treat.