



Top tips for bridal skin

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You've found the venue, got the perfect dress and even booked the honeymoon, now it's time to focus on your pre-wedding skincare plan to ensure your complexion is looking its absolute best for your big day.

But where do you start? The choice of treatments and skincare can be overwhelming, with a number of products all claiming similar benefits. Just as you wouldn't expect to achieve a perfectly toned physique after a couple of visits to the gym, so your skin also requires a sustained and regular commitment to ensure it looks its very best.

We would like to invite all Riverside Journals readers for a complimentary VISIA skin analysis and £25 off your first HydraFacial treatment until 28th April 2017*
Please contact S-Thetics on 01494 670990 or info@sthetics.co.uk and quote "Riverside"

* This offer is not valid in conjunction with any other offers or promotions
* Deposit required to secure appointment

Here are my top tips to help guide you towards glowing, radiant skin:

Sunscreen, sunscreen, sunscreen

Sun damage is the main cause of premature skin ageing and skin cancer. UV damage replaces your skin's natural glow with dryness, discoloration and, eventually, wrinkles. Use a minimum of SPF30 daily, reapplying regularly. SPF in make-up doesn't give the protection you need.

Time

Your skin renews in a 6-week cycle. The more time you have, the greater the combined benefit of medical grade skin treatments, lifestyle and the correct skincare formulations will be.

Tailor-make your skincare

Your skincare should be as unique as you are, with ingredients tailored to your specific needs. Hydroxy acids containing salicylic acid suit oily or acne-prone skin to gently exfoliate and prevent blocked pores. For dry skin, hyaluronic acid, nature's own plumper, draws water to hydrate and give a healthy glow.

Hydrate

Dehydration causes dry skin, fine lines and blemishes to appear. Drink small amounts of water regularly throughout the day. Aim to cut down on sugar, coffee and alcohol and get more sleep. Alcohol dehydrates, and long-term overuse causes inflammation, which presents as facial redness and rosacea.

Research

Finding a qualified practitioner is vital to ensuring a safe treatment. Knowledge of anatomy and technical delivery is crucial but most important is your actual consultation, facial assessment and mutually agreed treatment plan.

Injectables

The most skilled practitioners can sympathetically restore and rejuvenate your face in a subtle and balanced way. With a comprehensive knowledge of facial anatomy, they can assess and treat your face as a whole, rather than simply "filling lines". The desired result is a healthy, refreshed glow – like after a good night's sleep or a holiday – not to dramatically change the way you look.

Body Contouring

Exercise and diet are always the best starting points. If you need a little extra help, there are a range of body contouring and fat reduction devices available.

Ask about independently verified clinical data. FDA-approval is generally considered the world's most stringent authority for approving medical devices.

Cosmeceuticals

Cosmeceuticals tend to have higher concentrations of active ingredients vs high street products. These have been clinically tested to improve conditions such as acne, rosacea and pigmentation. Ideally you should start using these products 3-6 months in advance and avoid introducing any new products in the fortnight before to minimise the chance of any reaction.

Beautiful, healthy skin isn't a miracle, it requires time and commitment.

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