



WEDDINGS ARE BACK!

Now is the time to get your skin-tone preparation started so you can look your best for the big day – whether it's yours or someone else's



Whether you are centre stage or have an important role to play at an up-and-coming wedding or event, now is the time to prep for glowing skin to make you feel confident and amazing.

While it may not be the first thing that springs to mind, pre-wedding beauty prep definitely requires a little foresight and attention in the quest for a smooth, radiant complexion.

Dr Charlotte Woodward, Dr Victoria Manning and Dr Victoria Wright from River Aesthetics, based in the heart of Bournemouth, share with you their ultimate beauty countdown for any major event in your life...



Now is the time to book in for a comprehensive consultation. The doctors will discuss all your options with you. From injectables and skin boosters to nutrition and body treatments, depending on your concerns, goals and aspirations.

At this appointment we will look at your current skincare regime and address the areas that we can optimise to ensure you are using products that will enhance your treatment results, support your goals, and give your complexion a beautiful glow in time for the big day.

Alongside treatments for your skin and complexion, the focus now also turns to the body. A course of CoolSculpting treatments alongside nutrition could be used to target stubborn pockets of fat and streamline the silhouette, ready for you to shine in your showstopping outfit.

Now is also the perfect time for the more mature bride/groom or guest to consider a non-surgical thread lift. This minimally invasive aesthetic treatment rejuvenates skin and helps to treat the signs of ageing, restore volume, and reduce wrinkles, tightening, lifting and contouring the skin. A great treatment for those over 40 who want to look and feel their best.

On to your skin quality. Prophilu is designed to intensely hydrate the tissues of the face, neck and décolletage, this treatment is perfect if you're considering a low neckline. Prophilu can also be used on the arms and lower abdomen for smoother, tighter skin. For the best results we recommend a course of three treatments, spaced a month apart.

Face tightening treatments or complexion brightening peels might also come into play, alongside an active skincare regime, to ensure you look radiant.

We frequently see brides enquiring about treatments such as lip filler, non-surgical nose jobs and chin and jawline contouring ahead of their wedding. If you're interested in having injectable treatments, now is the time to get booked in. A course of HydraFacial combines deep cleansing and exfoliating with lymphatic

drainage and radiance-boosting skin solutions, revealing a plump and clear complexion. A River Aesthetics recommendation. When your complexion is healthy and radiant, your makeup will sit better, and you will feel more confident in front of the camera.

Book in for your final anti-wrinkle appointment to smooth lines around the eyes, minimise frown lines or correct a gummy smile.

A final HydraFacial (ask for a few extra minutes of LED light therapy) will hydrate, plump, and refresh the skin and eliminate any dead skin cells sitting on the surface. This ensures a healthy glow and leaves your skin in the best condition as a canvas for your wedding makeup.

For the ultimate final treatment, book yourself in for the Intracutaneous red carpet facial which will leave your skin feeling a million dollars. A firm favourite with all the team at River Aesthetics.

Avoid the temptation to try new pampering skincare products or face masks. Drink plenty of water, enjoy lots of relaxation and get a very good night's sleep to ensure you feel refreshed.

ON THE DAY

Feel confident, happy and shining in your own skin! Our global leading expert doctors work with patients to create natural-looking results, utilising the latest cutting-edge technologies available in the industry. Our ethos is to provide a highly personalised approach, with bespoke procedures tailored to each individual's needs.

To find out more about treatments or to book a no obligation consultation with an expert practitioner, visit the website or call us. Look and feel your best.

Dorset Living readers receive 10% off their next treatment!

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