

BRIDES

MAKEUP & SKINCARE

An Expert-Approved Skincare Routine for Glowing Skin by Your Wedding Day

By Jaclyn Smock Published on May 24, 2019

These skincare treatments are considered essential by industry experts.



No one takes their skincare routine more seriously than a bride-to-be. While many a nearly-wed is after supple, clear, and glowing skin, not everyone has the time for extensive (and expensive) skincare systems that require dedication morning and night. Enter, these expert-approved skincare treatments that tackle every issue that could plague a bride's complexion before her big day.

We spoke to industry experts to find out what treatments are the most effective, whether you have six months of prep time or there's just 24 hours left before you walk down the aisle.

1 Year Away: Chemical Peels

Lackluster, dry, and congested are three words no one wants used to describe her skin, especially a bride. So if your budget and time permit, starting a series of chemical peels one year away from your wedding day will give skin that lit-from-within look. "By including a mild resurfacing glycolic or lactic acid peel into your regimen every three to four weeks, dead and dull skin will be sloughed off and healthy skin will emerge to produce not only a beautiful dewy complexion, but a surface that allows makeup to go on flawlessly," explains Yael Halaas, MD, FACS, a New York City Board Certified Facial Plastic Surgeon and member of the American Academy of Facial Plastic and Reconstructive Surgeon.

6 Months Away: Botox

If you need a little extra help battling stress sweat or minimizing furrowed lines, Botox could be the solution you're looking for. "Neurotoxins work by relaxing the muscles in the face that cause overlying skin to wrinkle when we make facial expressions ... It takes about two weeks for them to give their full effect," says Joshua Zeichner, the Director of Cosmetic and Clinical Research at Mount Sinai Hospital in New York City.

Dr. Melissa Doft, Park Avenue plastic surgeon, states that a skincare treatment with neurotoxins usually lasts for six to nine months. The toxin temporarily inhibits the release of acetylcholine, preventing the hyperstimulation of eccrine sweat glands that lead to excessive sweating," so your makeup won't lose its integrity.

3 Months Away: BBL (Broadband Light Treatment)

If you're looking to put some bounce back into your skin, "there is nothing easier than BBL to keep the skin glowing and even out any imperfections, especially broken vessels and brown sun spots," says Ashley Magovern, Board Certified Dermatologist MD and owner/founder of Manhattan Dermatology. BBL, or Broadband Light Treatment, uses pulsed broadband light and photo-thermal energy to even out your complexion and produce a healthy glow. Note that it's important to start working this treatment into your skincare routine at least three months out from your wedding date. "It takes time for the skin to change and for new, healthy collagen to appear. We want the skin to be clear of blemishes and have a bright and smooth texture, and that's what this treatment will accomplish," Magovern explains.

1 Month Away: LED Treatments

From reducing stress breakouts to eliminating laugh lines and crow's feet, LED light treatments can really do it all. Joanna Vargas, celebrity facialist and founder of Joanna Vargas Salons and Skincare Collection, always recommends clients add a series of her RevitaLight Bed, a LED Light treatment plus oxygen, to their skincare routine once a week for a month. The LED lights work to shrink the pores and improve the overall look of the skin, while the oxygen offers a youthful boost and brings a glowy finish to your complexion. This skincare treatment is especially beneficial for brides living in large cities as it also combats the effects of pollution.

3 Weeks Out: Microcurrent Facial

The fastest way to get a healthy glow is a microcurrent facial. As Joanna Vargas explains, "A single microcurrent treatment will make you look de-puffed, raise the cheekbones high, and define the jaw and neck, making you ready for pictures from any angle."

Last Minute Treatment: JetPeel Facial

"A JetPeel facial is a non-invasive procedure that hydrates, exfoliates, and infuses all-natural serums deep into the dermal layer of the skin without damaging it. This treatment use jet aviation technology to power wash the skin, which results in an advanced clean and pain-free experience, shares Irene Reiss, president of NY Laser Outlet. This 45-minute treatment leaves the skin tightened and glowing. It can even be done the morning of your wedding since a JetPeel facial produces zero redness or irritation.