



# BEAUTY

*Brides are making the most of groundbreaking beauty technology, says Bronz Skin, Body & Spirit's Leigh Turtle*

## Latest trends

Dermal rolling is the latest treatment for open pores, stretch marks and general rejuvenation, says owner of Bronz Skin, Body & Spirit Leigh Turtle.

'It's a new technology that has been derived from ancient acupuncture techniques. The roller creates pinpoint punctures in the dermis – the majority of which are simply pushing your pores open temporarily,' Leigh explains. This process is perceived by the body as 'damage', which stimulates growth factors that trigger the production of collagen and elastin.

Mineral make-up is still the trend for wedding make-up. 'All our bridal make-up is done with Bare Mineral make-up, which gives a more natural look but still with great coverage,' says Leigh. 'Also eyelash extensions are still a must to accentuate the bride's eyes for those beautiful head shots.'

## Expert tips

- Start preparing for your big day at least six months in advance. Have your skin assessed so that a treatment and homecare plan can

be tailored to your specific needs.

- A course of oxygen microdermabrasions facials is a must for a bride who wants the perfect glowing complexion for her big day. The microdermabrasions will refine the texture of the skin and the oxygen will plump up fine lines and hydrate the skin. IPL (Intense Pulsed Light) skin rejuvenation may also be beneficial if pigmentation or broken capillaries are a worry.

- It's essential for a bride-to-be to use SPF 30 to prevent premature aging or pigmentation, an eye cream, and an exfoliant to maintain the benefits of treatments at home. Dermalogica's multivitamin concentrate capsules are a wonderful anti-aging treat for the skin.

- Dermal rollers are amazing for stretch marks, but you may need six treatments, so this needs to be planned in advance. Body scrubs and wraps are a great combination to prepare the skin, leaving it feeling soft, firm and glowing.

- The correct eyebrow shape is essential for all those bridal head shots. Have your face shape and features assessed to work out the best eyebrow shape for you. When you have the perfect brows you will feel like you have had a mini facelift!

## TO-DO TIMELINE

### TWELVE MONTHS DONE

- Set your beauty budget, find your practitioner, then design a skin care regimen and stick to it.....
- Trial products you'd like to use and take before and after photos. There's time to experiment with fillers, hair removal such as IPL, laser and waxing and laser skin treatments to improve skin tone.....

### THREE MONTHS

- Consult a hairdresser and make-up artist, even a dermatologist if you have skin issues, a dietitian, and an eyebrow-shaping specialist.....
- Stop biting nails. Use a product to help them grow.....
- If you don't have a signature scent, find one you love – it will become a lifetime reminder of your big day.....
- If you plan to use fake tan, do a test run to ensure it's to your liking.....
- Organise trials with your make-up artist and hairdresser.....
- Book in for a series of facials.....

### ONE WEEK

- Have a manicure and buy the nail colour so you can fix any chips.....
- If you colour your hair, do the roots but don't play with a new colour.....
- Moisturise feet every day to alleviate dry, cracked heels.....

### WEDDING DAY

- Moisturise, then enjoy.....
- Take your wedding day SOS beauty kit with you in the car.....

## Wed-sites we love

bronz.com.au

Bronz Skin, Body & Spirit has a couple's room and performs a range of male and female bridal packages with lunch and champagne.

dailymakeover.com

Daily Makeover has tonnes of beauty tips, tricks and expert advice.

\* For more information regarding hair and make-up trends, see [BRIDETOBE.COM.AU](http://BRIDETOBE.COM.AU)