

PRE-WEDDING beauty blitz

According to Bride to Be's Cost of Love survey, 96 per cent of brides undertake a pre-wedding beauty treatment of some sort. With luminous skin key, modern brides are bringing out the big guns in an effort to look their wedding-day best. Here we put the latest nonsurgical beauty treatments to the test. How do they rate?

1 *Diamond dermabrasion*
 Trial clinic: All Saints Cosmedical Clinic, Darlinghurst, NSW
 Cost: \$120 per treatment
 The lowdown: Tiny diamond crystals remove the top layer of dead skin cells in what is a high-precision mechanical peel that provides a smooth, precise and safe exfoliation with zero downtime. The treatment brightens the skin and allows better absorption of your serums and creams.
 Best candidates: Those with difficult skin conditions (ageing and sun-damaged skin, acne scarring and acne, pigmentation, stretch marks, enlarged pores) or those looking to rejuvenate their skin health.
 When: Ideally you should have three treatments in the lead-up to your wedding, three weeks apart. The last one should be about one week before the big day.
 What to expect: A bright, very smooth and more even complexion – the treatment promotes cellular turnover, new collagen growth and skin that is more easily able to absorb skin-care products. Expect little or no redness straight after the procedure.
 Pain rating: 1/10. Apart from a slight suction-like feel, the treatment is pain free.
 Hot tip: Follow your microdermabrasion session with Jan Marini's Clean Zyme and Skin Zyme (janmariniaustralia.com.au), proteolytic enzyme solutions that soothe and remove leftover dead skin cells. A resurfacing treatment, it works by gently gobbling up any excess skin cells that may still be lurking while leaving the healthy skin intact. A multi-layered approach gives a speedy result without being aggressive to the skin.
 Wedding-worthy: Absolutely! Great for everyone – we give it a big thumbs up.
 Contact: See allsaintscosmedical.com.au

2 *Fraxel Re:store resurfacing*
 Trial clinic: Ageless Clinics, Randwick, NSW
 Cost: \$1200 for a full face
 The lowdown: A heavy-duty skin rejuvenator, Fraxel's dual lasers plump and smooth the skin by improving blood supply and accelerating the formation of collagen and elastin – your skin's building blocks.
 Best candidates: Anyone over the age of 30 with large pores, sun-damaged skin, acne scars, fine lines or wrinkles. It's ideal for treating light pigmentation.
 When: About four to six weeks before your wedding – far enough that your skin has finished peeling but near enough that you still have that fully refreshed look.
 What to expect: After about 10 days of peeling, skin is soft and dewy, large pores are barely visible and the face is entirely refreshed. The initial results wear off after about two months but collagen and elastin keeps building beneath the skin's surface.
 Pain rating: Peaking at 9/10, the treatment isn't for the faint-hearted, though it only lasts for approximately 20 minutes.
 Hot tip: Unlike older generation lasers, there is minimal downtime.
 Wedding-worthy: The treatment gives wonderful instant results for those with sun damage or light pigmentation. It's a fabulous refresh for the big day, though the initial dramatic results do subside after about two months.
 Contact: See agelessclinics.com.au or fraxel.com

3 *CosMedix Timeless Peel*
 Trial clinic: Face Today Mediclinic, Chatswood, NSW
 Cost: \$250
 The lowdown: A deep peel that exfoliates the skin to produce a smoother complexion. The peel generates activity within the skin by kick-starting collagen and elastin formation.
 Best candidates: Those looking to reverse the signs of skin ageing (fine lines) and eliminate melasma and pigmentation. It's also effective on acne scars and open pores.
 When: With about three to four peels recommended, it's best to begin treatment six months prior to your wedding.
 What to expect: A visible reduction in your pigmentation together with more taut and line-free skin. Your skin may peel after the treatment has taken place.
 Pain rating: 3/10. A mild stinging and tingling sensation is to be expected for a short period afterward.
 Hot tip: Use the post-care kit complete with soothing balm, cleanser and sun block, as your skin will be sensitive afterwards.
 Wedding-worthy: Yes, particularly if softer facial lines and a reduction in pigmentation are what you're after.
 Contact: See facetoday.com.au

