

The Do's and Don'ts of Pre-Wedding Beauty Treatments



Don't: Cut it close.

“You’re already under enough stress - don’t add worrying about the results of your treatment after a ‘quick fix’ to the list,” New York City- based cosmetic dermatologist [Dr. Ariel Ostad](#) says. “Instead, work out a plan that gives you ample time to see results and recover or correct if needed.”

Don't: Expect a ‘one size fits all’ treatment plan.

“The best pre-wedding procedures will always vary depending on your current skin condition and your age,” says Dr. Ostad. “Find a board-certified dermatologist who will be able to customize your pre-wedding beauty treatment plan so it is the best fit for you.”

Do: Have a hydrafacial.

“This is the only treatment I’d recommend for the week of your wedding,” says Dr. Ostad. “It helps with uneven texture, congested skin, and enlarged pores through three steps that cleans and exfoliate for a glowing complexion. There is virtually no downtime, and you can even have it done several times in the months and weeks before your wedding.” Hello, extra-glowy engagement photos!

Do: Start with Fraxel.

“If laser treatment will be part of your pre-wedding skincare plan, start with Fraxel treatments about six months before your wedding,” says Dr. Ostad. You’ll receive a total of three treatments three to four weeks apart, so this gives you ample time to see results. “The Fraxel laser targets deep skin layers to stimulate collagen production, resulting in smoother skin, shrunken pores, and a gorgeous glow. It should come before any fillers, as the lasers can actually dissolve them.” And don’t forget to consider Fraxel on your chest or back if you have a revealing neckline!

Do: Think below your face.

“Your neck will be just as visible as your face,” says Dr. Ostad, “and ultherapy is a non-surgical way to achieve a more youthful, tightened neck and jawline.” Ultherapy uses ultrasound to stimulate collagen, results that will appear over two to three months - so come in for your treatment about four months before your wedding.

Don't: Skip your hands.

Your ring will be in the spotlight, too, so make sure your hands look great! “As we age we lose volume in the hands, which results in more prominent tendons, ligaments, and veins,” says Dr. Ostad. “Injectable fillers can address this volume loss for plumper, more youthful hands - schedule an appointment for about a month prior to your wedding for the most natural look.”