

## 6 Skin Moves Every Bride Can Do Before Her Wedding Day

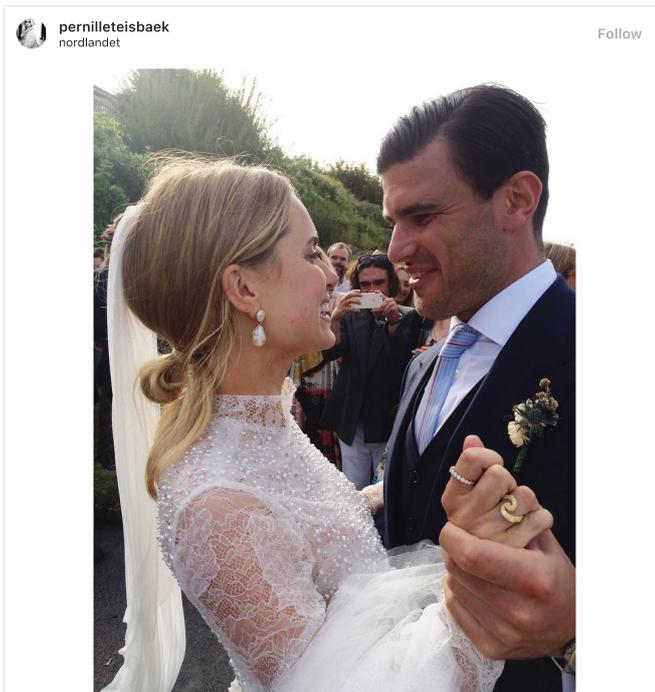
Get that glow.

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Whether you consider yourself a low maintenance bride or more extra than extra, what girl doesn't want her **skin to glow** on her **wedding day**? From finally clearing up that acne for good and tightening pores, to smoothing texture or just overall radiance - often it's the smallest tweaks that offer the most skin benefits.

With countless brides and A-list clients on her books, we asked **Kaye Scott**, co-founder of Sydney's **The Clinic** for her top skin tips to total bridal complexion perfection for the wedding day, and beyond. "Most brides we see are at the age where they want to get their skin right, not just for the wedding day, but also for the engagement party, the pre-wedding events and hens, right through to the honeymoon, so a long-term skin plan is essential." Below her top skin advice for any bride-to-be.



### SEE A PRO ABOUT A PEEL

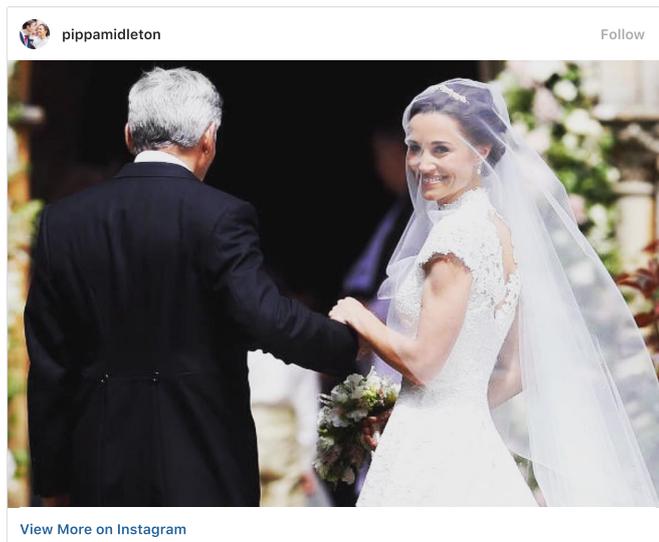
A professionally administered **peel** can tackle everything from pigmentation and acne to uneven texture, lines and enlarged pores. "A lot of brides don't have the lead time, but I generally recommend starting a peel plan about six months before the wedding day," recommends Scott.

things for the first time, that's when you risk irritating your skin and then we're back to square one in terms of what we can achieve in the clinic," she says. "I see a lot of brides who have never had a solid skin routine before in their lives, suddenly start using peel wipes every day and it's too much for their skin to handle." Scott suggests taking it back to basics by investing in a moisturiser such as [The Moisturiser by The Clinic, \\$80](#) and with a quality cleanser, like [Cosmedix Benefit Balance Cleanser, \\$58](#).

Next up choose a serum to suit your skin concerns. If you're dehydrated, try something spiked with hyaluronic acid, such as [The Ordinary Hyaluronic Acid 2% + B5 30, \\$12.90](#), for a glow go for one with antioxidants, such as [Biologi Bd Luminosity Face Serum, \\$97.95](#). If you are prone to redness or have overdone it on active ingredients, [Cosmedix CPR Skin Recovery Serum, \\$79](#), brings irritated skin back to life.

### DON'T FORGET SPF

Bride or no bride, Scott says to slather on the sunscreen. "80% of aging is caused by the sun and no product or professional treatment is worth putting on your face unless you put a sunblock on," Scott warns. With many of the active ingredients in peels making the skin more sensitive to sun's rays, diligence is even more important. "The SPF in your moisturiser or make-up isn't enough, we always recommends a full layer in the morning and if you head out for a lunch break apply another layer," says Scott. Try [Aspect Envirostat Dry Touch Sunscreen SPF 50, \\$26](#).



### BOTOX WITH CAUTION

Considering Botox before your wedding? "I warn brides who have never had Botox before from suddenly trying it before their wedding," Scott says. "Like most things before a wedding, such as [makeup or hair](#), you need to have a trial because it can change your face or the way you smile." Scott suggests for any Botox-curious to try it six months out from the big day, and only then if they like the effects to book in for another hit before the wedding. One spot she will rarely touch, though? "Crow's feet. It can make you look different and you could end up hating your photographs for the rest of your marriage."

### HYDRATE BEFORE THE BIG DAY

In the final days before the wedding focus on hydrating the skin with souped-up sheet masks. "Don't overdo it, but layering on a sheet mask will plump the skin and give you a chance to do nothing and relax right in a stressful time." Try [Société Rejuvenating Peptide Masks, \\$130 for Box of 5](#) and [Patchology Hydrate FlashMasque 5 Minute Facial Sheet Mask, \\$11](#).

### BYO SKINCARE

Having your make-up professionally done for the big day? Use your own skincare, says Scott. "Stress is already high on the wedding day, so avoid any risk of irritation by using your own cleanser and moisturiser before the make-up application," she recommends. "Using whatever your skin is already used to will keep it calm, never rely on what the make-up artist brings just in case it sets you off."

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