



# The Bride's Guide to Radiant Skin

Congratulations on getting married! Let me guess: the details are planned, you're ready to say "I Do", and you're committed to doing all "the things" to ensure you look and feel your best for the big day – drinking lots of water, getting lots of sleep, keeping a gratitude journal, updating your hair style, etc.

If your skin is a concern or consideration leading up to your wedding day, we're here to share our top tips and recommendations for having radiant skin and complete confidence leading up to your wedding. If you'd rather have a conversation with one of our board-certified dermatologists, we are only a click away.

## Start With a Clear Canvas

Bridal makeup can enhance your natural beauty and give you that extra oomph that shows up so well in photographs. But, after 12 hours of living-laughing-loving, bridal makeup can also look cakey, shiny, and heavy – dragging down your face and your day. Whether your makeup look is designed to be dark and daring, gold and dewy, or bare and natural, starting off the day with a healthy skin canvas will help you achieve the long-lasting look you're going for. When your skin has less texture,

fewer lines, and a more even tone, your makeup artist can use less makeup – giving you a light, natural feel that's less likely to crease or cake, without sacrificing style.

Dr. Dianne Burrows, our board-certified dermatologist recommends the following cosmetic treatments beginning anywhere from 3-12 months before your wedding day to help achieve this clear, glowing canvas:

- **BBL Photofacial:** If you have a lot of redness, sun spots, acne, or unwanted freckles, BBL treatments use pulsed light to eliminate pigments and deliver clearer, brighter skin. BBL facial treatments take between 30-60 minutes, are virtually painless, and require little-to-no downtime with many patients going back to work, home, or school after their treatment. Most patients see impressive results after one treatment. However for maximum benefit, you'll want to schedule 3+ treatments with the last treatment taking place no later than 4 weeks before your wedding. Please note: We cannot offer BBL treatments in the sunny summer months (June - early Sept), so please plan accordingly!
- **HALO:** HALO is a hybrid fractional laser that uses ablative laser energy to penetrate the deeper dermis to stimulate collagen production. If you want to address your skin's tone and texture, smooth out fine lines and wrinkles, and diminish pore size, HALO may be your match! Downtime is minimal, and depending on your goals, you may require as little as 1 or 2 treatments.
- **BBL + HALO Combination Treatment:** Many brides combine BBL and HALO in a single treatment to achieve the most dramatic results. If you're looking to clean, brighten, smooth, and tone, talk to us about the benefits of combining these two heavy hitters.
- **Neuromodulators:** Neuromodulators (a.k.a. Botox) can be used to smooth out wrinkles and fine lines, giving your skin a more youthful and refreshed appearance. Benefits can be seen in days with maximum effect taking place after 2 weeks. We encourage treatment a month in advance of your big day to give time for any touch ups.



## Look & Feel Refreshed

Perhaps you are not looking to correct skin concerns, but simply want to enhance your looks to feel as beautiful and confident as possible. If your skin goals are to look and feel radiant and refreshed, Dr. Burrows often recommends:

- **RF Microneedling:** RF Microneedling can deliver impressive skin tightening benefits, while also improving texture and tone. By adding heat stimulation to microchannels created in the skin,

RF Microneedling activates your body's natural processes to produce collagen, elastin, and new skin cells. In 3-5 RF Microneedling treatments you can achieve firmer, fresher looking skin with a more even complexion.

- **RF Microneedling with PRP (Platelet-Rich Plasma):** Often referred to ominously as a “vampire facial,” this treatment is safe, quick, and effective. It taps into your body's own fountain of youth to rejuvenate the skin, reduce wrinkles, fine lines, and scars. It's a popular treatment for brides because it requires little downtime. You may experience redness, swelling, and minor marking for a couple of days. You'll want to plan a couple of days where you go makeup free post-treatment.
- **Dermal Fillers:** Fillers = volume! Dermal fillers are made of hyaluronic acid, a natural, fully biocompatible substance. Used with precision to treat features like cheeks, lips, nasolabial folds, etc, they add volume to areas hallowed out by weight loss, age, or dehydration. Dr. Burrows uses fillers to help brides look naturally more youthful, rested, and rejuvenated.

Remember, it's important to plan well in advance to ensure you achieve the desired results, with plenty of time to heal. Treatments like BBL, HALO, and RF Microneedling are delivering a boost of energy into the deep layers of your skin. Results come from within as your body's natural healing process produces more collagen. The board-certified dermatologists at IDC can build a custom-designed treatment for your skin with a safe, achievable timeline leading up to your wedding day.

To reduce the risks, consult with a qualified and experienced dermatologist to determine which treatments and schedule are best suited for your skin type and concerns.

## At-Home Skincare Tips

A good home skincare routine is essential for picture perfect wedding day skin! Dr. Burrows recommends the following skincare tips that you can do at home:

### Be Consistent!

As with any good relationship, consistency is key. Keep showing up for your skin! Stick to your routine and be patient, as it can take several weeks (or months) to see results. Implementing a consistent skincare routine will help you achieve your skin goals.

### Cleanse Carefully

Start your skincare routine with a gentle cleanser that removes makeup, dirt, and excess oil without stripping your skin. Cleanse in the morning before you apply makeup and again at night to “take off the day” – if possible, always remove your makeup before bedtime!



Use a mild exfoliant once or twice a week to remove dead skin cells and reveal smoother, brighter skin. This step helps to improve skin texture and prepare it for better absorption of other skincare products.

### **Moisturize, Moisturize, Moisturize**

Apply a lightweight serum that targets your specific skin concerns, such as hyperpigmentation, fine lines, or dryness. Look for serums that contain antioxidants, vitamin C, hyaluronic acid, or other skin-loving ingredients.

Use a hydrating eye cream. Gently pat the product around the eye area with your ring finger (why not use this as a daily moment to admire your bling?!).

Apply a moisturizer that hydrates and nourishes the skin. Choose a formula that suits your skin type, such as a lightweight lotion or a rich cream.

### **Wear Sunscreen!**

Our absolute top tip is WEAR YOUR SUNSCREEN! SPF 30+, everyday, even if it's cloudy! Daily sunscreen protects your skin from harmful UV rays which can cause sun damage, pigmentation, and skin cancer. Reapply throughout the day, especially if you're spending time outdoors.

### **Target Concerns**

If you have specific skin concerns, such as acne or hyperpigmentation, you may want to add targeted products to your skincare routine. Consult with your dermatologist to find the best treatments for your skin.

### **Sleep**

Get your beauty sleep! Literally. Your body regenerates and creates new cells while you sleep — your body is repairing itself while you're dreaming each night. Not only that, your relaxed breathing state during sleep reduces stress by calming your central nervous system. It's time to hit the hay and enjoy that long, restful sleep — your skin will thank you. Aim for 7-9 hours of undisturbed sleep per night, preferably on a silk pillowcase.

### **Diet**

There are certain foods that may specifically trigger your skin concerns, so be sure to be aware of what might be aggravating your skin. Not sure where to begin? Start by keeping a food diary, noting the food you eat throughout the day, and tracking any skin concerns that appear. Over time, observe any connections between your skin and certain foods, and decide if you'd like to eliminate those skin triggers altogether.

However, there are certain foods and drinks that are generally a good idea to avoid in order to make your skin feel happier overall. Consider eliminating alcoholic beverages, refined carbohydrates, high-glycemic foods, and caffeine from your lifestyle leading up to your big day.

Keep your skin hydrated by drinking plenty of water. Tired of plain old water? Add a slice of lemon or lime to your glass, or try sipping on some herbal tea.





## Remember: You're Perfect As Is

While there are many options to help you enhance and optimize your skin leading up to your wedding day, try not to focus too much on your flaws. Surrounded by the people who love you most, your natural beauty will be shining bright no matter how your skin or makeup looks!

If we can help you feel more confident, pampered, and special on your big – reach out! We're here to help.

© Interior Dermatology Centre, 2023



Dr. Dianne Burrows is a board-certified dermatologist and fellow of the Royal College of Physicians and Surgeons of Canada. She is also a Clinical Instructor in the Department of Dermatology and Skin Science at the University of British Columbia.



Interior Dermatology Centre  
236.766.0709 • [admin@interiorderm.ca](mailto:admin@interiorderm.ca) • [interiorderm.ca](http://interiorderm.ca)  
Follow us on Instagram: [@interiorderm](https://www.instagram.com/interiorderm)