

# Absolutely Flawless

The latest beauty advances could make your wedding your most beautiful day yet. By Gina Akers

**M**ost of us are addicted to beauty products. Goodies that plump, preen and pamper our skin every day, rescuing it from a range of crises. But on an occasion as special as your wedding day, you might want to look beyond what you can achieve at home.

Simple salon luxuries like facials are now widely accepted as essential for brides who want to look utterly flawless. So, why not consider a more complex expert treatment for a more dramatic, longer-lasting result?

If you visit a modern beauty salon today, you can expect to find a vast choice of therapies that do much more than the usual facials and manicures. Cosmetic treatments such as microdermabrasion and skin peels sit in that medium level, in between products you use at home and more extreme methods of cosmetic surgery.

In recent years, these sorts of beauty treatments have grown in popularity among all sorts of women, because of the amazing results they offer, without the time, expense or intrusive nature of cosmetic surgery.

Popular as these treatments are, it is important that you do your research



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– none of us want to look in the mirror and see close-up the sort of results that some celebrities have had...

So we're giving you the lowdown on what sort of treatments are available and how they can help you achieve the look of love on your big day.

## Celebrity inspiration

As the bride, you are the star of the day, so who better to look to for inspiration than those who make it their business to look good every day. Celebrities are the leading lights in demanding the highest standards from their beauty treatments – after all, their popularity and career depends on looking good. So when us mere mortals are looking for a treatment or product, we'd do well to look to the stars for inspiration.

Cosmetic and aesthetic treatments are favoured by many red-carpet regulars. Madonna, Martine McCutcheon, Nicole Kidman, Victoria Beckham are all rumoured to be fans of these advanced types of beauty therapy services, and why not when they give such amazing results...

## Collagen Facials

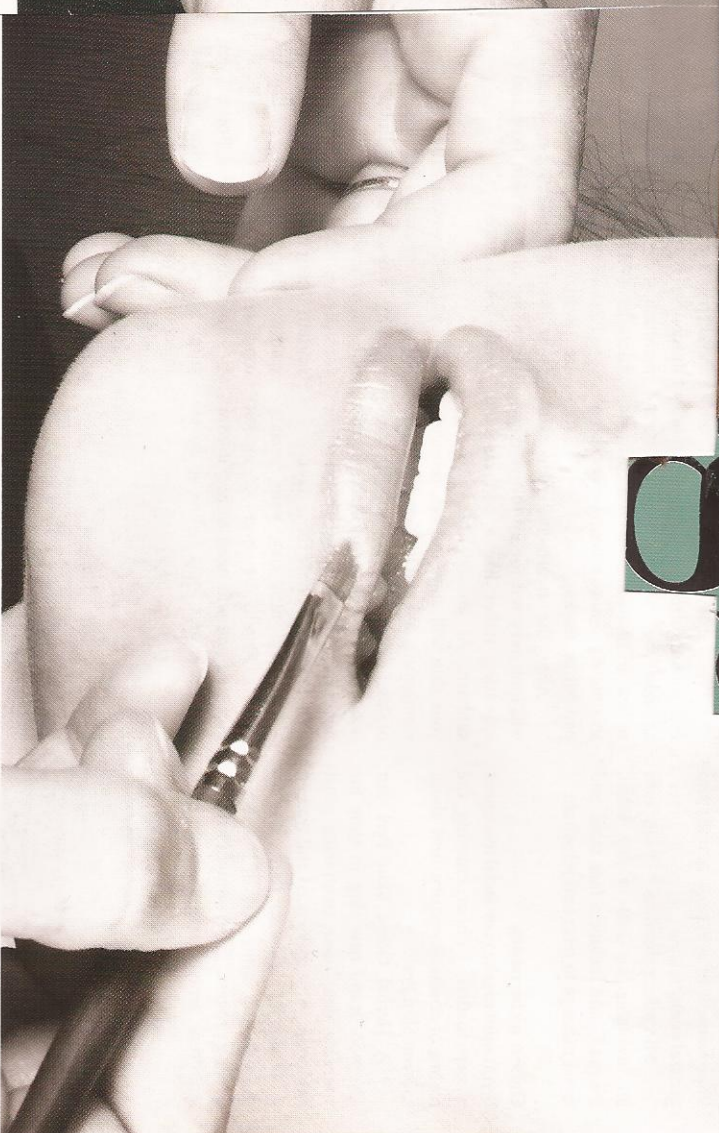
If you're considering a course of facial treatments before your big day, why

**LOOKING GOOD**  
For the perfect face lines, you need to invest some time (and possibly cash). Most advanced treatments are derived from natural ingredients, so no threat to your general well-being

not try a collagen facial? This is one of the most popular cosmetic treatments, because it is fairly straight-forward and it carries a minimal risk.

Collagen facials have been a favourite among beauty therapists for some time because of their instantly visible results. The collagen involved boosts the natural level of collagen in the skin, improving its elasticity, keeping it smooth, supple and firm.

Old-style collagen facials involved using expensive collagen sheets that didn't distribute the collagen evenly across the face, making it difficult for the



skin to absorb. These days we use new cream formula collagen masks, which are far more effective and affordable than the old sheets.

The modern collagen facial treatment involves cleansing and toning the skin, followed by a collagen mask, hydrating serum and appropriate facial and neck massage. The collagen mask contains a percentage amount of collagen, which the skin absorbs and as a result, plumps up skin for a radiant and rejuvenated appearance.

Collagen facial therapy is particularly good for problem skin and

mature skin as an age-defying treatment. You'll see an instant improvement in your skin and with regular collagen facials, you can maintain your results.

As with all facials, the treatment should be carried out at least a week before your wedding day, to give your skin plenty of time to recover and look its radiant best.

Try a professional collagen facial like the Proto-col Collagen Facial (around £40-£60 per treatment). Or try collagen skincare products at home – visit [www.proto-col.co.uk](http://www.proto-col.co.uk) for a fab, easy-to-use range.

## Microdermabrasion

A treatment that's just as low risk as collagen facials, microdermabrasion is a form of crystal exfoliation that works by resurfacing the skin through concentrated exfoliation.

A fine flow of microscopic crystals are directed on to the skin's surface – the speed of the crystal's movement together with their abrasiveness carefully removes old, dead skin cells, layer by layer. The result is newer, smoother skin on show – think of it like facial polishing.

At the same time, the system removes dirt and build up from the