

skin and unclogs blocked pores. The Diamond Spa Microdermabrasion treatment is apparently favoured by Madonna herself, and is fantastic for resurfacing dull, tired skin and smoothing out any wrinkles.

Regular microdermabrasion treatments can help improve skin with pigmentation problems, uneven skin surface, ageing skin, fine lines, acne, stretch marks and scarring. After just one treatment, you'll notice an improvement in skin tone, texture and general condition.

Microdermabrasion treatments are available for £40 at my salon, @aqua-G and include a face mask and facial massage to relax and rehydrate.

Green skin peels

If you want to take your facial treatment a step further, without entering the realms of cosmetic surgery, how about a Green Skin Peel?

A Herbal Green Skin Peel can give you brand new skin in time for your big day. These treatments must be done by an experienced and trained professional, because they remove the dull, top layers of skin through a peeling process. The treatment actually smoothes away damaged, impure or

which, on this occasion, will be much more relaxing.

You can see excellent and very visible improvements after just one treatment, but long-lasting success can be achieved after a course of Green Skin Peels. It can take some time and planning to achieve your best results from the peels because you need to allow several weeks in between each peel. Your skincare expert will advise you on how many treatments you should have for optimum results. When the course is complete, most people can maintain these improved results with microdermabrasion treatments.

Herbal Green Skin Peel treatments are available at @aqua-G, prices range from £150-£230 per treatment depending on your skin type and the results you require.

Injectable Treatments

For instant results with the benefit of long-lasting effects, Botox and other injectable treatments are worth considering. If you are looking to smooth lines and wrinkles in time for your wedding, these are the undisputed top treatments.

Injectables like Botox are administered via a series of small injections, which effectively freeze the muscles, resulting in a firmer look, smoothing out lines and wrinkles. When done well by an experienced cosmetic expert, Botox can give fabulous results without leaving you expressionless.

A consultation is particularly important if you are considering having Botox done - your skincare expert will determine what results you are looking for, where the Botox may be able to help and most importantly, if Botox is suitable for you.

As a general guide, Botox is best for combating frown lines, crow's feet (laughter lines around the eyes), and forehead lines. Results can last up to nine months and prices vary from around £150 per procedure, according to how much Botox is required.

If you're not ready for injectables like Botox, you can combat lines and wrinkles at home with products from

Proto-col, which contain collagen to hydrate and plump out the skin. Visit www.on-beauty.co.uk for more details.

Alternatively, if you need a temporary quick fix to smooth wrinkles, Eyesential is a must. Simply apply the light fluid where required and allow to dry - lines will just disappear. Eyesential is a favourite with celebrity make-up artists, and is available from www.beautyproductsdirect.com

Lip Treatments

For a perkier, plumper pout that's perfect for all the kissing you'll be doing on your wedding day, try some restylane injections. The treatment makes lips fuller and defines the shape. As well as making lips fuller, smoother and more voluptuous, restylane can also be used to define the lip border, helping to smooth the fine lines around the lips.

Previously collagen had been used to carry out this sort of lip-plumping procedure, however, some people had allergic reactions. Restylane is a far more reliable filling substance because it is very similar to a fluid already present in our bodies. As a result, allergic reactions are much more rare.

The restylane is administered to the lips via a series of small injections, and should only be applied by someone experienced in the procedure. You must have a full consultation beforehand, during which they should discuss your medical history and the shape and look you want for your lips. You can also request an allergy test before having the treatment done.

These types of treatments last around nine months and prices vary from £230 upwards, depending on how much substance is being used.

Another way to get luscious lips is to visit your local salon for a lip mask treatment. The mask covers the lips and around the mouth, combating dryness and soothing chapped skin. Collagen lip masks are especially good for dehydrated and lined lips, and they can temporarily plump up the lips too. These types of lip masks are available at @aqua-G for £15 per treatment.

Eyelash Extensions

Every bride wants to be eye-catching on her big day and one of the best ways to grab attention is with a wide-eyed look. 3D eyelash extensions are the must-have eye treatment of the moment and, best of all, they can last up to three months.

3D Lashes were developed in East Asia and perfected in the USA. The lashes are extremely hardy and able to stand up to everyday living including exercise, swimming, sweating, showering and even the inevitable flow of tears!

Each individual lash extension is made of a soft and naturally curved synthetic material that looks identical to human lashes. The individual lashes are bonded to your own natural eyelashes, which allow them to remain flexible and bouncy without causing any damage. Each 3D Lash extension is applied directly to the individual lash, and if necessary, can easily be removed at any time.

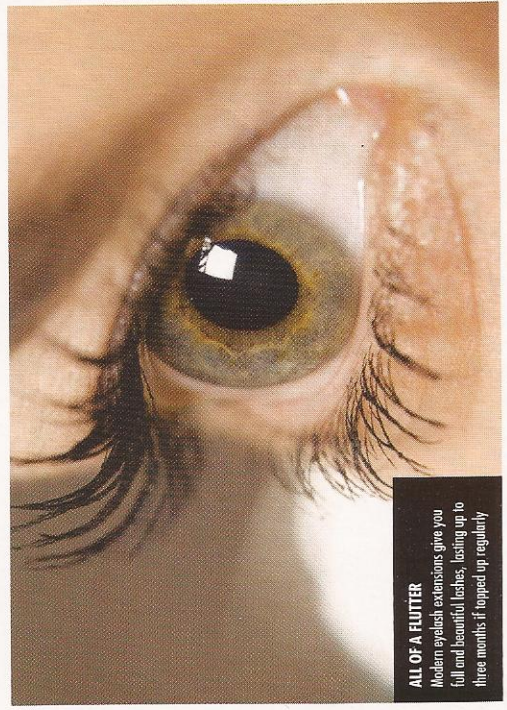
To apply the lash extensions, a specially trained 3D Lash technician expertly matches and fits the lashes to your own colour, length and thickness to create a beautiful and natural look. All this takes around 1.5 hours. Top ups take around 30 minutes and are recommended approximately every three weeks to keep the lashes looking fantastic. Prices range from £30 to £75.

FIVE TOP SAFETY TIPS

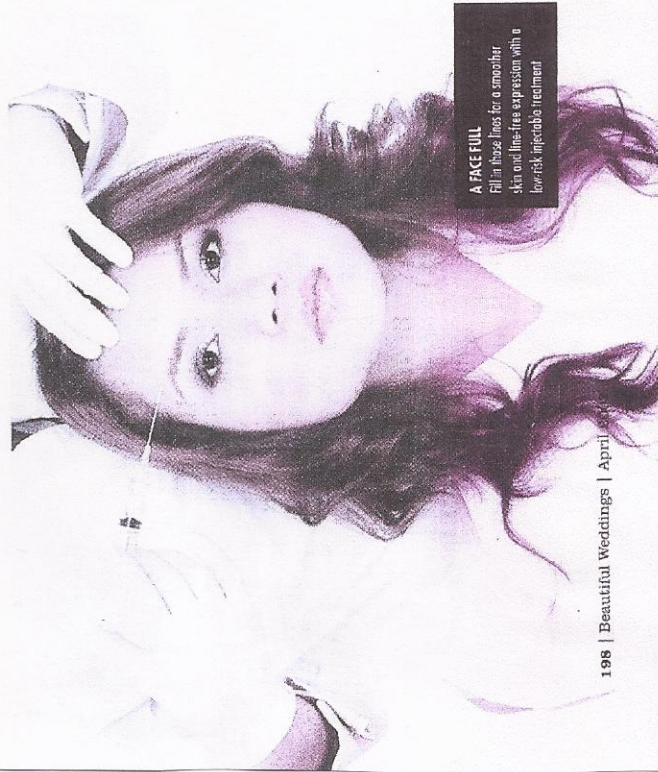
1. Find a reliable and fully trained expert, preferably recommended by a friend or other reputable source.
2. A good expert will offer a free consultation, giving you the chance to go away and think things over.
3. Ask your expert for advice on which treatments are suitable and best for you given your health history, and find out about any possible reactions.
4. For some treatments it is vital to go through testing procedures and trials before having the full treatment done.
5. Visit the expert well in advance of the wedding so you can plan together when is the best time for you to have the treatment done.

BIOGRAPHY

Gina Akers is one of the UK's best-known beauty experts and presenters, featuring on TV's *The Salon* and *This Morning*. Gina also runs an award-winning salon, @aqua-G in Swindon, which specialises in bringing a touch of the celebrity lifestyle to everyone, with expert treatments and hair services. Call 01793 610611 for more information on treatments or visit www.aqua6.co.uk



ALL OF A FLUTTER
Modern eyelash extensions give you full and beautiful lashes, lasting up to three months if topped up regularly



A FACE FULL
Fill in those lines for a smoother skin and fine-line expression with a low-risk, injectable treatment