

# Leave Worry Aside to be a Beautiful Bride

BY MARLENE KATZ

It feels like you have waited a lifetime for this special day when all eyes are on you. And there you are a week before your wedding and what happens, the dreaded breakout! This of course is a bride's worst fear and that is really all it is. If you plan the right strategy for good skin you will have beautiful looking skin. The same way you carefully plan your guest list, table settings, the food, and your dress, is how you have to treat your skin. Sounds easy enough but unfortunately you have one thing to worry about - worry itself. Stress is the main culprit for a skin flare up. Stress causes the adrenaline glands to work harder, and having been a bride myself in recent years, I know first hand about the daily adrenal rushes that happen when preparing for a wedding.

So what should you do? Plan ahead and start eight weeks before your wedding to get on a solid skin care regime, both at home and with a skin specialist. Get references from friends and family members for a good esthetician who can treat your skin weeks before the wedding. Start with a good deep-cleansing facial. This treatment will thoroughly cleanse your skin, remove impurities from under the skin's surface as well as extract blackheads and blemishes. Unless you have acne, you should only need to have a deep cleansing facial twice before your wedding. In between you may benefit from an exfoliation treatment to remove dead skin followed by an intensive hydration facial to provide moisture to the skin. This immediately plumps fine lines and leaves the skin with a silky finish. If possible the day before, or on the day of your wedding, get a mini half-hour soothing facial. It will help your skin to look its' best and provide the perfect canvas for make-up to glide on the skin.

## Strategic skin tips:

Eat healthy and if necessary see a nutritionist. Running on empty can make the skin breakout (think hives, blemishes and rashes...). It's important to eat a balanced diet and get the vitamins you need for energy from your foods.

Stay hydrated. Drink plenty of water throughout the day spread out so the kidneys are not working overtime. In other words, don't try to get

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your eight glasses drunk in one sitting. Fruits and vegetable do count and citrus fruits are great, as they are loaded with anti-oxidants and high in water content. Remember that caffeine can stress the adrenaline glands, deplete the body of vitamins, and cause too much water loss.

Do not over exfoliate - we are in a over exfoliation frenzy which irritates the skin and causes it to over react in the form of reddened, blemished skin. Red skin equals skin wounding! Exfoliating gently once a week is sufficient enough.

Find a make-up artist who can show you off as the best you! This

means you should look like you. Wear your make-up as you would any elegant evening out. False eyelashes may look good but if you don't normally wear them, don't start on your wedding. Unless you're comfortable in your make-up, chances are you won't pull off a completely new look. Keep a matte powder on hand as photo's pick up sheen.

Exercise to release stress and to enhance circulation. Yoga, Pilates and Tai Chi are great ways to stay in shape and balance your energy.

Last and most important is to relax a good hour on your wedding day. I actually turned off my cell phone a

couple of hours before my wedding knowing that my entire family and network of friends and wedding affiliates would want to reach me. Nothing fell apart and I actually was refreshed from the time I had to get in a little exercise and downtime alone. You need to remember that this is your day, all about you, and everyone around you will step up to the plate to make it special. So relax and enjoy your special day. You will astonish everyone with your radiant beauty that only brides will exude. Cheers to you.

Marlene Katz is a media spokesperson for the beauty industry and featured in many health and beauty publications such as *Cosmopolitan*, *Elle*, *Harpers Bazaar* and an appearance on *Good Morning America*. Previously the owner of a renowned spa in NYC, Marlene is now relocated in Westport to launch *ISS, Intelligent Skin Spa*. Call 341-9779 or visit [ismintelligentskin.com](http://ismintelligentskin.com) for more information.

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