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skin care

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Say "I DO" to Perfect Wedding Skincare

By Candice Sabatini

And some sensible advice from **Marlene Katz**, esthetician and founder of ISS, Intelligent Skin Sense.

- . Don't overdo the exfoliation. Don't get a peel or dermabrasion within a week of the wedding.
- . For dark circles, pat your eye gel gently around the eye socket from the outside in, with the bottom of a spoon that's been chilled in the freezer. .Lightly press the cold spoon down the sides of the nose as well.
- . For skin that has partied too hard, warm water splashes followed by cold water splashes will awaken skin.
- . For blemishes, hot (not scalding!) water on a cotton ball will help melt blemish's back into the skin. Then use ice cold water on cotton ball to reduce inflammation. Cover with concealer.

And don't forget to aim the bouquet to your favorite single girlfriend!