



# Blushing bride

With Dr Catherine Stone, as seen on TV One's *10 Years Younger*

## Get yourself glowing for the big day

**Q** I'm getting married in spring and was hoping to give my face a bit of a pep up – nothing too drastic, but something to make me look fresh, brighter and younger! What can you recommend?

**A** If you're getting married in spring, now is a great time to put a plan together. If you are considering injectable treatments such as Botox or fillers, I recommend a trial run about six months before the wedding to work out what suits you best, so you can come in one month prior to your big day and be confident that you'll love the results in your photos.

Many brides choose to reduce their "squinting" frown lines between the eyes with Botox, giving a softer, fresher appearance. This can also help you look younger and more relaxed in your photos.

Filler treatments can be used to enhance or create the lips, cheekbones or nose that you wish you had or to soften deeper lines that drag your face down. If you

have a "sad" mouth or early jowls, a filler can be used to create a gentle "lift" in your face.

Six months is also a great amount of time to get your skin in the best shape of your life. A course of light peels will brighten your skin and get it healthy and glowing.

A course of Omnilux Revive treatments about 8-10 weeks prior to your wedding day will stimulate your skin cells and give you a healthy, gorgeous glow. If you have fine lines, you may want to consider alternating these treatments with Omnilux Plus. If you struggle with acne or spots, a course of Omnilux Blue will help your body destroy acne bacteria. This should be alternated with Omnilux Revive to improve healing.

### Here comes the bride

**Duration:** 1-1½ hours

**What happens?** A personalised assessment is intended to educate you on your options, and make a plan of action. Before photos are

taken. You can choose to take your first steps and proceed with treatment during this appointment.

**Price:** \$95-\$125, credited to your treatment if you go ahead.



PICTURES: ACP STUDIO, GETTY IMAGES.

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