

THE **bride & bloom**®

DESIGNS FOR WEDDINGS AND LIFE

50+
GORGEOUS
BOUQUETS

SECRETS TO
A FLAWLESS
FACE

FIND YOUR
DREAM
VENUE

COZY
REGISTRY
IDEAS

NEW RUNWAY
FASHION
FOR BRIDES

ART INSPIRED
BOUQUET
TRENDS



SPRING 2008

\$6.99US / CAN



PRINTED IN USA
thebrideandbloom.com



←—————
Secrets to a Flawless Face
Advice You Can Use
—————→

By Cynthia Cheng and Herbert Poon

Every bride wants to showcase her beauty on her big day. While makeup can conceal minor imperfections, nothing beats healthy, clear skin. Let's face it – no one has perfect skin. But experts can offer solutions for common skin problems.* Whether you just need some general tips, or need a complete facial overhaul, there's help for you.

*The general information provided in this article should not be used in lieu of specific medical advice. Consult your doctor or skincare professional for more information.

SKINCARE BASICS

Do No Harm

When it comes to your skin, remember not to harm it. Usually you won't be able to feel or see it, but accumulations of low levels of trauma may add up to skin damage and aging later on. Here's a list of things you can do to protect the largest organ of your body:

- Protect yourself against ultraviolet radiation by wearing sun protection.
- Avoid harsh detergents that may be harmful to the skin and instead use nonionic detergents.
- Keep your hot showers and baths short if your tap water has high doses of chlorine.
- Avoid skin irritants which may directly damage the skin or trigger an inflammatory or allergic reaction (for example, overuse of makeup or long-lasting makeup that tend to contain harsher chemicals and require stronger solvents for removal).
- Treat inflammations but not to a point where the treatment causes more damage than the disease.
- Minimize puffiness.
- Be aware of certain facial expressions, which when repeated enough, may cause motion wrinkles (for example, crow's feet, forehead wrinkles, etc.).
- Be aware of overusing skincare products.
- Stay away from excessive cleansing and exfoliation.

Get Some Z's

For many, getting plenty of sleep may result in noticeably better skin in just a week. Lack of sleep puts more stress on the body, contributing to a number of ailments, including scaly skin, pitted fingernails and acne flare-ups. Staying up too late partying? Cut back and start enjoying the skincare benefits from sweet slumber.

Keep It Clean

Have you ever been too tired after a long day's work and decided to put off that shower until the morning? Ever taken shortcuts to washing your face and skipped the normal routine you go through? Well, don't. While you shouldn't over-do-it, keeping your face clean regularly is a necessity for clear skin. Bacteria, dust and other pollutants accumulate on your skin during the day. If they aren't removed from your skin regularly, you're just asking for trouble.

Stress Reliever

Like getting enough sleep, reducing the stress in your life can help transform problem skin into glowing skin. Stress causes certain hormones and chemicals to be released in the body, causing a host of problems, from acne to high blood pressure and even weight gain. Try to practice relaxation techniques like deep breathing, get a soothing massage, meditate or just exercise. These methods of stress reduction will help reduce the causes of problem skin.

Develop a Routine

A good regimen for proper skin care begins with what you eat, then to cleansing, toning, moisturizing, exfoliating and shielding your skin with sun protection. As you age or as seasons change, your skin regimen will change. Consult a professional about the best regimen for your personal skincare needs.



NUTRITION FOR YOUR SKIN

Here's a daily nutritional plan that your skin will love you for.

- 2 cups of raw fruits
- 2-1/2 cups of raw vegetables
- 3 ounces or more of whole grain products
- 3 cups of fat-free or low-fat milk
- 6 to 8 glasses of water
- Reduce coffee or tea intake to 2 cups or less
- Avoid drinking liquids 2 to 3 hours before going to bed to reduce puffiness and stretching
- Avoid alcohol
- Eat Essential Fatty Acids (EFAs): Omega 3 and Omega 6 (our bodies cannot produce these fats; that's why we need to consume them)
- Reduce saturated and processed fats (otherwise they cancel out the good effects of the EFAs)

GOOD SKIN NUTRITION GLOSSARY

Antioxidants are nutrients found in Vitamins A, C, E and some B complex vitamins, and in minerals selenium, manganese and zinc. Antioxidants can be found in berries, black grapes, Brazil nuts, broccoli, carrots, cherries, chestnuts, hazelnuts, kale, raisins, papaya, peas, peppers, prunes, spinach, sweet potatoes and tomatoes.

Iron helps the body generate new blood cells. An iron deficiency may be the cause of a pale complexion, dark circles under the eyes or anemia. Iron can be found in red meat, seafood, liver, eggs and spinach.

Vitamin A helps the body form new cells, which keeps our skin supple. A lack of Vitamin A can leave your skin dry and flaky. Vitamin A can be found in whole milk, whole butter, liver, oily fish, eggs, dark orange vegetables (carrots, sweet potatoes, winter squash) and dark green vegetables (broccoli, spinach, kale).

Vitamin C is essential for the production of collagen (the tissue in our skin that makes it elastic, which declines with age). Vitamin C depletes fastest when you are under stress, smoke or get too much sun exposure. Vitamin C can be found in citrus fruits (orange, lemon, grapefruit, lime), tomatoes, potatoes, papaya, broccoli, brussel sprouts, black currants, kiwi, strawberries, peas and cauliflower.

Vitamin E helps retain moisture and fight against the damage of free radicals. The lack of Vitamin E may result in premature wrinkles, pale skin, acne, easy bruising and slow wound-healing. Vitamin E can be found in vegetable oils, nuts and seeds, peanut butter, wheat germ, whole grains, avocados and sweet potatoes.

Vitamin B complex releases energy from food for skin metabolism. It helps skin to stay moist and smooth. Vitamin B complex can be found in milk, oily fish, poultry, red meat, eggs, bananas, soy beans, whole grain, wheat germ, peanut butter and fortified breakfast cereals.

Beta-carotene is the body's natural defense mechanism against the aging effects of the sun. It can be found in dark green vegetables (spinach, broccoli, watercress), orange-colored vegetables and fruits.

Selenium helps protect against free radicals and dry skin. Selenium can be found in cereals, meat, seafood, eggs, cheese, Brazil nuts, whole grains, mushrooms, beans, molasses and wheat germ.

Zinc helps the skin produce collagen and decreases the time it takes for our skin to heal. It is important to the immune system. A lack of Zinc results in stretch marks, a dull complexion, white spots on fingernails, dandruff and stubborn blemishes. Zinc can be found in seafood, red meat, cheese, Brewer's yeast, whole grains, mushrooms, eggs, turkey and nuts.

SPA SKINCARE

Keep things simple. If you don't have a huge skin problem, you don't need to take drastic measures. A good aesthetician can help you take care of your skin in the most natural ways possible. Claudia Lopez, spa coach and senior aesthetician at the Atelier Aveda Lifestyle Salon and Spa in San Jose, California, offers advice for spectacular wedding day skin.

According to Lopez, brides should begin getting regular waxing treatments at least one year before their wedding so that the aesthetician can develop familiarity with the bride's skin sensitivity and define a perfect shape for her eyebrows.

For brides with dry skin, Lopez recommends an intensive hydrating facial with steam accompanied by application of essential oils such as rose and sandalwood. Brides with oily skin should use a clay mask with citric peel and tea tree oils during their facial.

"[But] don't get a facial right before a wedding," Lopez says, advising brides to allow at least two weeks for healing after a facial.

Stressing the importance of sanitation, Lopez reminds brides to be cautious of what touches their skin. "Use clean towels, clean pillow cases, clean makeup brushes," Lopez says.

And don't wait until the last minute to begin taking care of your skin. A smart bride plans ahead for her big day.

MEDICAL SKINCARE TREATMENTS

Acne

The stress of planning a wedding can take its toll on a bride's complexion. Even a bride who doesn't normally break out might find her pores clogging up as the big day approaches. Soon, you'll feel like an awkward teenager all over again – not the way you want to feel on your wedding day.

Dr. Vic Narurkar, a dermatologic surgeon who heads the Bay Area Laser Institute in San Francisco, California, shares two recommendations for acne treatments that are relatively painless and do not require much recovery time – SilkPeel DermalInfusion and Isolaz.

"What's different about the SilkPeel compared to traditional microdermabrasion is that it doesn't use any crystals," Dr. Narurkar says. "It delivers therapeutic topical agents, has salicylic acids, and is exfoliating. Brides will come in a week or two before their wedding for a SilkPeel."

Brides can ease into Isolaz, a pore-cleansing laser therapy, months before the wedding or undergo a treatment the week before the event for a sudden acne flare-up. Isolaz can also be administered in place of a cortisone injection for those nasty red bumps that can appear just a couple of days before a big event.

"You may get an occasional suction mark on the skin [from Isolaz] but it goes away," Dr. Narurkar says.

Acne Scars

Did adolescence leave its permanent signature on your face? Whether they come as raised tissue or depressed, ice-picked spots, acne scars can rough up the skin's texture. According to Dr. Narurkar, the Fraxel laser is the current gold standard for treating acne scarring, in spite of the risk for minor side effects.

"We usually recommend three to five Fraxel treatments, and the last one should be done two months before your wedding," Dr. Narurkar says.

After the Fraxel treatment, the skin can appear a bit pink, as if it's sunburned, but Dr. Narurkar prescribes his patients medication to take down some of the swelling.

Lines

Fine lines can sneak onto your face until one day you finally acknowledge the deepening crease on your forehead. It happens to even young skin, so don't frown – you might get more lines! According to Dr. Donna Lee, internist and director of Clarity Medical Spa in San Jose, California, two kinds of lines can appear on the face.

“Some lines, such as frown lines and crows feet, can be formed from facial expressions,” Dr. Lee says. “Botox injections can minimize these lines. While Botox won't fade really deep lines, it can prevent them from becoming worse.”

Botox can cause headache, asymmetry of the face, which can be corrected, or the drooping of an eyebrow or eyelid, which is uncommon.

“Lines can also be formed from gravity. An example of a gravity line is the nasolabial fold – the ‘parentheses lines’ or diagonal lines that run from the nose to the corners of the mouth,” Dr. Lee says.

Lines formed from gravity come about from collagen loss. Fillers, such as Restylane, can replace the collagen. Fillers can also be used to plump up the lips, define cheekbones or camouflage a sagging jowl line. Possible side effects of fillers include swelling and bruising.

Dr. Lee encourages brides to begin both the Botox and filler treatments as soon as possible to account for possible retouching. ❁

© ISTOCKPHOTO/KATERYNA GOVORUSHCHENKO, Pout; © ISTOCKPHOTO/ANNA KHOMULO, Bilberries.



Exquisite Events

Perfectionism from Beginning to End



www.exquisiteevents.com

| nikki@exquisiteevents.com

| T. 818.620.2665

| F. 818.879.9115