

RADIANT SKIN THAT GLOWS FROM WITHIN

By Simply Essential

You want to look radiant when you walk down the aisle, but this is often easier said than done. Pollution, the Johannesburg dry climate, improper skin care, poor diet and stress can all lead to premature aging of the skin. The months leading up to your wedding can do a lot of damage due to strict dieting, increased levels of stress as well as greater exposure to the sun while you try to get the perfect tan. You need to take special care of yourself and your skin, during this time, and there is no better way than to go for regular facials.

Going for facials every two weeks (or once a month at the least) before the wedding can improve your skin texture, tone and overall appearance. You can opt for mini facials or full facials; mini facials concentrate on your face only while full facials include massages to the lower and upper neckline as well as the shoulders. Besides being fabulous for your skin, they're extremely relaxing too!

Devote at least 45 minutes to personalised pampering and a compulsory relaxation spot in your day. Your facial should include cleansing and buffing to gently exfoliate your skin, hydration treatment and mask therapy, leaving your skin feeling energised and smooth. This will make your skin ideal for make up application and a long-lasting glow on the day.

If you aren't sure which facial to go for, there are various options available to you. If you haven't been for a facial in a long time, or ever, have a deep pore cleansing to ensure that your skin is balanced and clean. Later, if need be, you can address other problems in follow up facials. A deep cleansing involves exfoliation, massage, a mask and moisturising. If your skin is extremely dry, you might want to opt for an extra hydrating facial which is a moisture rich treatment designed to drench parched skin. The typical anti-aging facial uses ingredients such as alpha or beta-hydroxyl acids and Vitamin C to smooth out fine lines and wrinkles, plump up skin and encourage collagen production. Special massage techniques stimulate blood flow to the surface of the skin.

You don't have to go alone! Include your mother or bridesmaids in your therapy session for a fun and relaxing bonding session; you can forget the wedding arrangements for a while and just enjoy the pampering together. Or you could take your fiancé with you! More men are discovering the importance of looking after their skin and why should you be the only one looking fabulous on the day! Begin your journey to healthier, rejuvenated, radiant skin that will have you looking and feeling your very best on your special day.