

SKINCARE

GET YOUR SKIN IN THE GAME

by Britt Orzechowski, Doucet Med Spa

You know that you want to look your absolute best but... how do you know what you need to do when it comes to your skin? There are so many options for skin care products and services that it can send your head spinning.

Coaches do their job coordinating all the plays for the big game. All you need to do is find your "**Professional Skincare Coach**" (PSC) and let them help you do the exact same thing for your big day.

First, schedule an initial visit to get to know them, evaluate the facility and have a consultation. I recommend visiting only medical spas. Reputable medical spas generally employ more experienced skincare specialists, have licensed estheticians and/or nurses and the business has a medical director on site.

Once you have made your choice, schedule your first official appointment. Discuss your goals and upcoming important dates. A true skincare professional will know how to create an appropriate treatment plan that is especially designed for you, your timeline, and your budget. For brides-to-be, timing is crucial. Certain services may require multiple treatments spaced at specific intervals. Some treatments may involve peeling, possible bruising and facial redness. These therapies must be timed appropriately as to not interfere with parties, events, and photography sessions leading up to the wedding. Your "PSC" will know exactly how to space your treatments for best results.

P.S. Don't forget to involve your whole bridal team, you may be able to receive special discounts when your bridal party is also part of the plan!



Here is a quick reference guide to popular medical spa services and what they usually treat:

Microneedling

Improves scars, texture and clarity with minimal downtime.

Photo Rejuvenation

Reduces undesirable pigment, sun damage and vessels.

Chemical Peels

Dramatically improves skin discoloration, acne scarring, eczema, and texture.

Fractional Laser Resurfacing

Greatly improves stretch marks, deep wrinkles, scars and texture.

Microdermabrasion

Reduces pore congestion and blackheads and improves clarity.

Dermaplane

An exfoliation process that also removes vellus hair "peach fuzz" from the skin.

SculpSure Body Contouring

Permanently destroys 24% of treated fat cells in stubborn areas.

Botox

Temporarily relaxes muscles that cause frown lines between the eyebrows, on the forehead and crowsfeet around the eyes.

Fillers

Injectable HA gel used to enhance the lips, fill skin folds and lift the cheeks and jawline.