

big shape up

Beauty On Call

GETTING YOUR SKIN IN SHAPE FOR THE WEDDING DAY IS A PROCESS THAT CAN TAKE MONTHS. WE'VE CONSULTED FIVE CHICAGO SPECIALISTS IN DERMATOLOGY, PODIATRY, PLASTIC SURGERY AND COSMETIC DENTISTRY TO PROVIDE THEIR ADVICE ON HOW TO GET YOUR SKIN AND TEETH PICTURE PERFECT FOR THE BIG DAY.

flawless skin

Dr. Carolyn Jacob received her fellowship training in Cosmetic and Laser Surgery from Harvard Medical School and is currently the Director of Chicago Cosmetic Surgery and Dermatology.

WHAT OPTIONS/TREATMENTS DO YOU OFFER BRIDES TO GET THEIR SKIN REJUVENATED FOR THE BIG DAY?

A very popular procedure is microdermabrasion. We have a unique device which not only exfoliates the skin and increases collagen production, but also has specific treatment fluids which are instilled into the skin at the same time. This SilkPeel device can be used for acne, brown spots, or rejuvenation. We also provide PCA peels which are customizable for acne, brown spots, etc., and clear skin in a series of treatments. We provide this innovative service for \$150 per treatment or \$800 for a package of six.

HOW DO YOU HELP WOMEN WITH ADULT ACNE AND ACNE SCARS?

Clients with active acne get antibiotics, retin A, and glycolic acid products, such as glytone lotion. We also provide AmeriSciences nutraceuticals that have all the vitamins and minerals necessary for clear skin. True acne scars need to be evaluated to see what type of scar they are: rolling, ice-pick, or boxcar. The rolling and some boxcar scars can be treated with filler substances such as Restylane or Juvederm. PCA peels and glycolic acid lotions can help lessen the pink spots that are left from acne.

HOW SOON BEFORE THE WEDDING DAY SHOULD A BRIDE START A REGIMEN?

I recommend four to six months. The

skin cycles about every 28 days, so several months are needed for optimum results.

WHAT PRODUCTS/TREATMENTS DO YOU RECOMMEND FOR AT HOME USE?

Zeno, a portable, battery-powered acne device can be helpful for patients who only get one to two pimples a month. Otherwise, most patients are on prescription medications.

BEAUTY DIRECTOR STACEY RONEY'S AT HOME PICKS:

PEEL KITS

Lancome Resurface-C Microdermabrasion: easy 2 step system with Polishing Microdermabrasion Cream and Radiance Renewing Vitamin C Serum improves the skin texture and provides a healthy-looking glow, \$85 Macy's.

Wexler's Resurfacing Microdermabrasion System: uses medical grade exfoliator alumina crystals to resurface skin, active benefits of MMPi and Niacyl to exfoliate and rejuvenate, and an intensive hydrator for rejuvenated skin, \$60 Bath and Body Works.

ACNE TREATMENTS

Renee Rouleau Anti-Cyst Treatment: treats and prevents cystic acne ("undergrounders/persistent blemishes") with lactic acid, a special carrier molecule that gets deep into the skin where cystic infections lie, \$36.50 reneerouleau.com

Olay Total Effects Daily Moisturizer: daily moisturizer fights the signs of aging and helps control blemishes with the power of salicylic acid, \$17.99 drugstore.com

MD Skincare Correct and Perfect Spot Treatment: works quickly by drying out blemishes and breakouts while soothing skin at the same time, \$28 Nordstrom.

Dr. George Moynihan is the founder and Medical Director of Chicago's Gold Coast Plastic Surgery and specializes in surgery of the face, nose, eyes, neck and scalp.



WHAT OPTIONS/TREATMENT DO YOU OFFER BRIDES TO GET THEIR SKIN READY FOR THE BIG DAY?

For everyday maintenance and in preparation for the wedding day, I recommend that brides start a regimen six months prior to the wedding or at the very minimum three months prior. I place women on a skin care regimen that requires application of creams that are based in glycolic acid and vitamin C twice a day. Each regimen is tailored specifically for each woman's particular skin needs.

HOW OFTEN SHOULD BRIDES GET BOTOX/RESTYLANE BEFORE THE BIG DAY?

For brides that are using botox or tissue fillers for the first time, I generally recommend that first treatment is conducted between three to six months prior to the wedding.

WHAT PRODUCTS/TREATMENTS DO YOU RECOMMEND FOR AT HOME USE?

I use Jan Marini products in my practice, which can be tailored to treat fine lines, inconsistent skin pigmentation (a result from pregnancy or birth control) or skin laxity. I also recommend that the skin care regimen incorporates that use of Tretinoin (retin A) cream several times a week. Tretinoin cream will result in an overall healthy glow to the skin.

ANTI-AGING/WRINKLES TREATMENTS

Dr. Brandt Laser in a Bottle: instantly tighten and tone your skin with this unique combination of protein, anti-aging antioxidants and hyaluronic acid: \$110 Nordstrom.

Biotherm Lift: uses bio-filling technology and biopeptides to gently lift and virtually fill lines and wrinkles around the mouth, forehead, eyes and neck, \$45 Sephora

FACE MASKS

Skyn Iceland Cool Therapy Face Mask: the perfect pick-me-up for stressed, irritated skin. Yeast extract calms and oat extract soothes and softens skin, \$55 Sephora.

Z. Bigatti Impact Fruit Enzyme Mask: natural enzymes effectively diminish the appearance of fine lines and wrinkles and invigorates a dull complexion, \$124 Nordstrom.

EYE SOLUTIONS

Soothe Your Senses Therapeutic Eye Tea: great way to relieve puffiness around the eye area, as well as calm and soothe the skin, \$11 for three pouches sootheyour senses.com

Philosophy 'hope in a tube' high density eye & lip cream: enjoy immediate skin-smoothing results with vitamins E and C along with firming topical polyphenols for younger looking eyes, \$30 Nordstrom.

