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Get Ready for Your Event in 4 Weeks

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Want to look great at your son's wedding or other big event? Take four weeks to treat your skin and ensure a beautiful memory.

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When you have a big event looming and you want to look your best, you can take some tips from the Hollywood crowd. 4 weeks is all you need to get your skin where you want it to be - youthful, glowing and rejuvenated.

Board-certified plastic surgeon Dr. Matthew Schulman recommends **microdermabrasion** at 4 weeks out to start off your transformation. This treatment removes the outermost layer of dead skin cells to reduce the appearance of wrinkles, fine lines and even light acne scars. It can also be used to treat the neck and chest area which can bear some of the telltale signs of aging.

The following week, **facial fillers** are in order. Several options are available like **Restylane** and **Juvederm**. Dr. Schulman says, "Injectables may be used anywhere on the face where lines and wrinkles need to be filled or skin needs to be plumped up." Deep wrinkles, under-eye fat loss, and thinning lips can all be improved with filler injections.


Dr. Schulman says that with 2 weeks to go, toxin injectables like **Botox** and **Dysport** are a good choice. Both of these medicines are derived from the botulism toxin and work by blocking signal transmission from the nerves to the muscles. The injections require a few days to take effect, but are used to get rid of forehead lines, crow's feet, frown lines and even neck lines. Botox is also used to prevent underarm sweating in the armpits, because no one likes pit stains.


When there's only one week left until your big event, **skin tightening** with **Reaction by Viora** can provide improvement after just one treatment. It is Reaction is non-invasive and combines radio frequency and vacuum therapy to provide immediate improvement. Long-term results can be maintained with multiple treatments but just one treatment can provide results that last 4-5 days. A **chemical peel** in that last week can also be used to brighten the skin and ensure a beautiful complexion. Don't leave your photos to chance. Make sure you look your best by taking these tips from Hollywood beauties.




Model Photo

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