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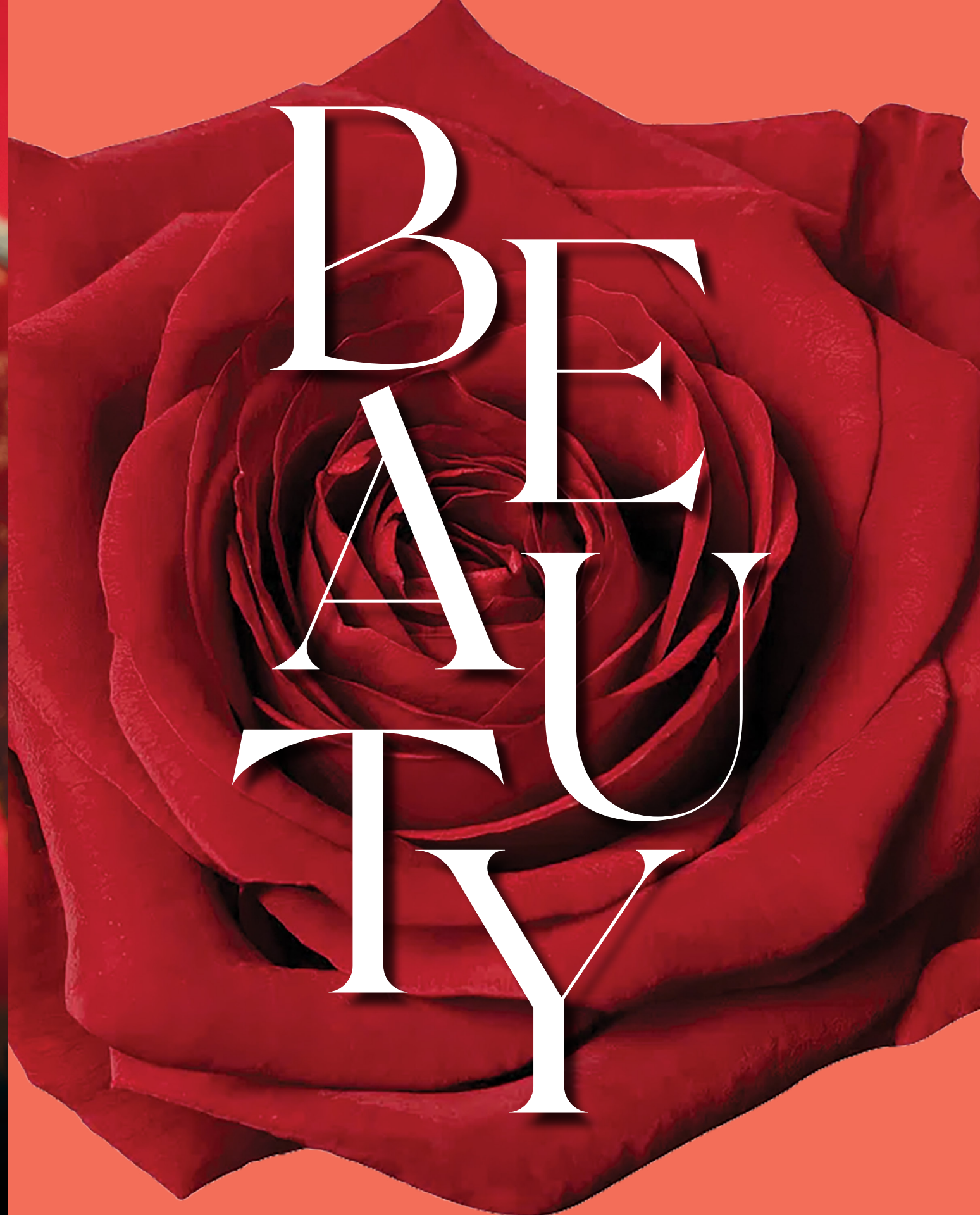
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BEAUTY





# BRIGHT FUTURE

The country's leading dermatologists share insider-advice on how to get glowing skin for your big day. — BY RADHIKA BHALLA

The congratulatory messages have flooded your phone, and you are beaming with joy over a bright future with your partner. The big day is only a few months away...what next? First on any bride-to-be's list should be to get her skincare, haircare, and exercise routines in place. That, of course, while zeroing in on your wedding outfit, location, and jewellery can be an exhausting process. To guide you with the best beauty advice in the lead-up to your wedding, *Bridal Asia* spoke with the country's leading dermatologists about when to start your skincare regime which therapies to consider, and even how to stop that unexpected guest from ruining your celebrations, stress acne.





DR GEETIKA MITTAL,  
FOUNDER & MD OF ISAAC LUXE

## ALL IN GOOD TIME

Achieving fabulous skin is a process, and every dermat recommends you start well in time to ensure the best results. “Glowing, radiant, and spotless skin is every bride’s right,” states Delhi-based dermatologist Dr Geetika Mittal, Founder & MD of ISAAC Luxe. “I always advise brides to start regular skincare at least

three months before the wedding. And if she wants to indulge in any cosmetic procedure, plan at least nine to 12 months before.”

In addition, Bangalore-based celebrity dermatologist Dr Chytra V Anand and Founder of Kosmoderma Skin, Hair & Laser Clinic stresses on the importance of being disciplined with your regime. “Establish a daily skincare routine that includes cleansing, toning, moisturising, and sun protection,” she states. “Use gentle, non-irritating products that are suitable for your skin type, and consult a professional for personalised advice and recommendations based on your skin’s specific needs,” she adds.



DR CHYTRA V ANAND  
FOUNDER OF KOSMODERMA SKIN,  
HAIR & LASER CLINIC



It’s a well-known fact that glowing skin, and even immunity, is interlinked with strong gut health. Delhi-based Dr Kiran Lohia, Founder of Isya Aesthetics, lays great emphasis on good digestion. “Healthy skin begins with your gut, which is why it is best to plan a nutritious diet with a balance of carbohydrates, fat, and protein. As a rule, you should cut down on sugar and dairy products for your skin to be at its best on your wedding day,” she suggests. And good ingredients are not just for digestion—Dr Lohia suggests you feed your skin powerful ingredients, depending on your skin type. “Ingredients like Vitamin C, hyaluronic acid, retinol, and most importantly, sunscreen can help you in many ways. However, I suggest you speak with a dermatologist for products that best suit you.” As for Mumbai-based

Dr Jaishree Sharad, Founder of Skinfinitii Aesthetic, food and sleep go hand-in-hand. “Turn your attention to a healthy, low-salt, low-calorie, protein-rich diet. And stock up on antioxidants in the form of green vegetables and fruits,” she suggests. “Get a sleep routine in place, too,” Dr Sharad states. “Aim to get around eight hours of quality sleep each night. A well-rested body and mind promote healthier-looking skin.” That said, some brides may require special attention for ongoing skin conditions. In such cases, the treatments need to start much sooner. “Skincare and haircare preparation depend on the skin and hair condition of the bride,” Dr Mittal explains. “If the bride has any skin-related issues like acne, melasma, pigmentation, etc., I’d advise that she plan her treatment well in advance.”





DR KIRAN LOHIA,  
FOUNDER OF ISYA AESTHETICS

## THE NEXT STEPS

With a long roster of therapies to choose from, it can get confusing to decide what would work for your skin. Each person has their own needs, based on their unique skin type, lifestyle, and habits, and it is highly recommended that you consult a professional before undertaking any therapy.

For exfoliation, Dr Anand recommends chemical peels and microdermabrasion to remove dead skin cells from the outermost layer of the skin, which helps improve skin texture, reduce discoloration, and promote a brighter complexion. In addition, she recommends laser treatments and even dermal fillers to hydrate and add volume to areas such as under-eye hollows.

The trend, these days, is to get therapies that offer multiple benefits in one treatment. For a multi-result approach, Dr Mittal recommends a K-beauty treatment called GG Glow that is popular in Korea and USA as well—collagen-building vitamins and natural-looking pigments are safely infused into the skin, to make it radiant, improve open pores, and reduce acne marks. Another facial she suggests is the Photo Glow Infusion,

which helps control blemishes with the properties of light and even boost collagen. To amp it up a notch, the Fresh Facial at her clinic combines Photofacial, Pink Aging, and Ice Facial, infusing the skin with 56 active ingredients to slow down signs of aging and make it glow. Similarly, Dr Lohia recommends the Gold Plasma that is a customised combination of Baby Botox, PRP, hyaluronic acid, and peptides. Infused into the skin, it helps stimulate skin cell renewal and boost collagen production which reduces signs of aging, pigmentation, pore size, rosacea, and acne. She also recommends the New York Facial, that involves customised exfoliation, which helps the forthcoming products and 4-dimensional laser therapy to penetrate deeply into the skin. The result is skin sans dullness, lines, or pigmentation, without any downtime.

Giving your skin an extra boost of oxygen can add extra radiance, and Dr Sharad suggests treatments like the Oxygeneo Facial that cleanses, exfoliates, and improves skin oxygen levels. Inspired by the idea of hot springs that naturally oxygenate skin, the facial infuses the skin with nutrient-rich ingredients and has no downtime. Dr Sharad also suggests the Vampire or PRP Facial of Kardashian fame, where a trained doctor re-injects platelets from your blood into your skin. These platelets contain many nutrients and growth factors that stimulate stem cells and collagen growth, helping improve skin texture and firm it up.



DR JAISHREE SHARAD  
FOUNDER OF SKINFINITII AESTHETIC



## THE FAUX PAS

Prevention is always better than cure, and your skin’s health can be maintained by following the advice of the good doctors. Especially before the wedding, stress and nerves can lead to breakouts, which can be avoided with some good practices.

Keeping your skin clean is essential, but along with it, Dr Mittal advises that you cut down on or altogether skip make-up. As she explains, “Some make-up products, including foundation and concealer, can clog your pores and contribute to breakouts. Let your skin breathe in the week or two before the big day...you will notice the difference in the way it looks.” Dr Mittal also recommends using clean towels and sheets, as they can harbour bacteria and lead to acne.

Introducing new products to your skincare regime too close to your wedding is a big no-no as a new active or ingredient could react to your skin. Instead, Dr Sharad insists that you decide on and stick to your skincare regime well in advance. “Use gentle, non-comedogenic products that suit your skin type,” she adds.

In addition to this, Dr Lohia adds that brides-to-be should also be wary of trying new procedures. “The most common mistake is getting waxed for the first time before the wedding, especially on the back or chest—90 percent of the time, the skin will break out into an acne-like rash, which is very difficult to treat in the last few days before the event.”

And while you may think that skincare is mainly about using suitable products, stress management is equally important. Dr Anand advises a host of ways to control stress: “Engage in activities that help you relax and unwind, such as yoga, meditation, deep breathing exercises, or regular physical activity,” she states.

Some other ways to stay calm are to delegate wedding-related tasks, getting ample sleep, and eating healthy. Your wedding is such an important day in your life, and you deserve to radiate with joy. ■