

<https://www.idiva.com/news-beauty/dermat-approved-skincare-tips-for-your-wedding-day/17077941>



Bride-To-Be? Here's How To Ensure You Have The Best Skin Ever

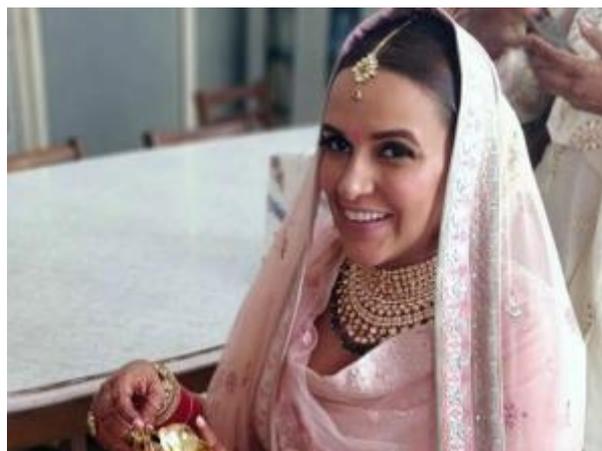


The biggest day in a woman's life is undoubtedly her wedding day. And if you're planning on walking down the aisle soon, you need to pause all that wedding shopping and planning, and focus on your skin. Considering you're going to be the cynosure of all eyes on your big day, you need to look glowing

and tackle any skin issues that may crop up. Luckily, we've turned to the experts and asked them what should be the ideal beauty routine you need to keep in mind.

Start easy

"Try and follow a home regime for at least a month which involves a cleanser, toner and moisturizer depending on your skin type. Use it once or twice a day, every day, and you will see the difference in your skin. A sunscreen with a minimum of 30- 50 SPF is a must," says Dr. Chytra V Anand of Kosmoderma Skin And Hair Clinic. "Brides have to start taking care of their skin as early as possible. It all starts from following a good skincare plan followed by a good lifestyle which includes fresh food, adequate sleep, regular exercise and nutritional supplements, says Dr Batul Patel, The Bombay Skin Clinic.



Add vitamin C

The best way to get naturally glowing skin? Incorporate a skincare product that has vitamin C in it. Not only does it act as a natural brightener, it also contains antioxidants to help your skin deal with any free radicals.

Select an in-office treatment based on your skincare concern

Those acne scars aren't going to fade overnight. If you have pigmentation, scarring, or dark circles make an appointment STAT with your dermat. She will put you on a regime and also chalk up the treatment your skin needs. "There are several treatments to get glowing skin and to improve skin tone and texture, like laser facials, chemical peels, laser hair removal,

photofacials and Hydradermabrasion and some gentle marine based facials. To improve scars the treatment has to be started early, which includes derma roller, micro needling RF, and platelet rich plasma treatments. Several full-body brightening treatments also advised to give an overall clear skin. Lastly, a good hair routine also is advised to help the hair to look healthy. A good skin care plan with the correct products which suit your skin is a must to follow," reveals Dr Batul



Eat right

Diet is a huge factor in the overall appearance of your skin. Nutritionist & food coach Anupama Menon recommends incorporating the following ingredients in your diet:

- Beetroot is an excellent liver detoxifier. Besides, it has anti-inflammatory properties and is rich in iron, potassium, magnesium, zinc, and vitamins. Beetroot juice helps to keep the skin healthy and free of blemishes and acne. A daily dose of beet is so worth it!!
- Go big on citrus. Of special mention is an amla/gooseberry shot daily, cold pressed at best! It is a high source of vitamin C, making it an effective antioxidant that protects the skin from damage and rejuvenates it too. Lemons, oranges, and sweet limes are great sources of vitamin c as well.
- Tomato puree or concentrated sources of tomato protect the skin from sun exposure and damage. Hence it's great to use in daily cooking
- Almonds, extra-virgin coconut oil, and organic ghee keep the skin supple and lubricated and reduces the appearance of fine lines. These have wonderful monounsaturated fats (almonds are a great source of vitamin e) which is great for health as well as for the skin.
- A cold-pressed juice of spinach, amla, carrot, beet and celery with a teaspoon of chia seeds daily is a true skin elixir!

There you have it--the essential checklist of what to do!