



*Get ready
for your*
Big Day

Radiance,
Clarity and
Flawless Beauty

When planning for your wedding day there's a lot to think about. To look your most beautiful, we have compiled a list of guidelines and a recommended schedule of treatments throughout the year, leading up to your big day.

COSMETIC  SURGERY
CENTER of MARYLAND

BELIFESTYLE[™]
LUXURY MEDSPA

Reduce fat and cellulite while tightening your skin with Accent XL, an FDA approved regimen that uses radio frequency technology to promote collagen production and improve body contouring.

9-6 MONTHS PRIOR

- If you are considering a surgical solution, schedule a complimentary consultation with our board certified plastic surgeon to discuss your options, including: breast surgery, body contouring and facial rejuvenation.
- Schedule a complimentary consultation with our Be Lifestyle Medspa advisor. *If you're looking to rejuvenate your skin and create a smoother, more radiant, youthful complexion for your special day, then we will help you realize your skin care goals. We offer the latest and most effective non-invasive treatments and products available today. Each person's skin has a unique set of needs and requirements. This is why we begin with a complexion analysis, followed by a tailored skin care program.*
- Begin your advanced skin care regime (*Facial Services, Chemical Peels, Microdermabrasion, Body Contouring treatments for cellulite and tightening*).

IPL

(Intense Pulsed Light) – reduces brown spots and redness (from sun damage, age, etc.) on the face, chest and hands, resulting in an even, glowing complexion. For optimal results, we recommend 4-6 treatments spaced out over the course of several months.

5-4 MONTHS PRIOR

- Begin monthly IPL (*Intense Pulsed Light Treatment*)
- Begin laser hair removal treatments
- Continue skin care regime
- Discuss body contouring treatment plan
- Discuss injectable options

CHEMICAL PEELS

Designed to promote cell turnover by removing the superficial layer of skin cells as well as stimulate the production of healthy new ones – these advanced skin care treatments assist in minimizing fine lines, even out skin tone, and smooth the surface of the skin for an overall more youthful, refreshed appearance.

3-2 MONTHS PRIOR

- Schedule consultation with our make-up artist
- Have a custom blend foundation formulated
- Continue IPL treatments
- Continue laser hair removal treatments
- Continue body contouring treatment plan
- Continue advanced skin care program (*microdermabrasion, chemical peels, facial services*)

MICRODERMABRASION

This advanced exfoliation treatment polishes your skin (face, neck, décolleté, and other areas upon request), minimizing fine lines, wrinkles, sun damage, acne scarring and superficial age spots. For the very best results we recommend a series of four to six treatments.

1 MONTH PRIOR

- Schedule recommended injectable service (*Botox, Juvederm, Restylane, Perlane, Radiesse*)
- Continue IPL treatment
- Continue laser hair removal treatments
- Continue body contouring treatment plan

FACIALS

Regular deep cleansing facials are the building blocks of our anti-aging arsenal. They help to minimize pore size, remove impurities, exfoliate and brighten skin, boost moisture and revive skin laxity.

1 WEEK PRIOR

- Microdermabrasion with facial service
- Waxing (*bikini, brows, legs*)
- Airbrush tanning
- Custom make-up blend
- Purchase travel size skin care products

Your Wedding Day
BE GORGEOUS!!

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