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## Here's How To Create A Pre-wedding Skincare Routine

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One of the main things most bride-to-be's aspire to have on their wedding day is perfect skin. That's why it's important to make skincare a priority, months before your big day. While some aspects of skincare you can take care of on your own at home, there are other sides of it where you will need an expert. An aesthetician or dermatologist can help you determine things such as your skin type and what products are best for you. It may be overwhelming trying to figure out what is best for your skin, which is why HipLatina spoke to a couple of skincare experts to get their take on a pre-wedding day skincare routine.

As far as getting ready for a big event such as your wedding day, **Dr. William Kwan**, an ethnic skincare expert, recommends making your skincare a top priority for at least three months up to a year before your big day. If you have dark skin, it's key to know that your skin tone requires a different approach compared to non-pigmented skin.

"Darker skin is more prone to skin color irregularity," says Dr. Kwan. He explains that fairer skinned women have less melanin pigment making them less prone to hyperpigmentation. However, fair skinned women are more at risk of sun damage. If you fall under the darker skin category, Dr. Kwan advises focusing on daily brightening and lightening agents which are more effective than any one treatment, even in office. He adds,

“As always don’t forget to use sunscreen to reduce pigmentation caused from the sun.” Besides your skin color, it’s important to know your skin type. Celebrity aesthetician, Olga Lorencin says, “Skin tone, unless you have discoloration, has less to do with your routine than your skin condition. It really depends on the condition of the skin,” she explains. “You can have light or olive skin and have them both be congested or dry, for example, which may mean more visits [to a skincare specialist] are necessary.”

A good way to figure out what category you fall under is by seeing a dermatologist who can determine what your skin type is. “Oily skin types need less moisture but are often acne prone, so they may need to use some acne washes and toners,” explains Dr. Kwan, adding “On the other hand, dry skin needs more moisture and is more prone to wrinkles, so women with this skin type should use products that promote collagen,” he says.

It’s also important to keep in mind that some women may suffer from skin conditions that require a different kind of attention, such as eczema or rosacea sufferers.

“An individual assessment is a must and I usually take the whole lifestyle into consideration as this could heighten these conditions,” Lorencin says. By factoring in a client’s lifestyle elements, Lorencin is then able to treat the condition, but says it may take more dedication in both the skincare routine and a lifestyle change. Dr. Kwan and Lorencin both believe it’s important to be mindful of your diet to get perfect skin.

“I always recommend avoiding grains and sugar, eating lots of wild blueberries, healthy fats [avocado, fish oil, etc] because that can really make a huge difference in skin and overall health,” says Lorencin. Dr. Kwan agrees and recommends consuming foods and drinks filled with antioxidants, staying hydrated, and breaking smoking habits if you have them. Additionally, getting skin treatments such as facials are ideal for women prepping for their wedding day.

“If you have never had treatments before, it’s a good idea to start 6 months prior to your big day and follow the schedule recommended by your esthetician as this might be different depending on skin type,” advises Lorencin. Dr. Kwan adds, “I recommend facials once a month with a light peel but she should not have one done any time within two weeks of the wedding since she could breakout.”

While Dr. Kwan favors light peels such as a mask or enzyme peel paired with a facial, Lorencin is a fan of vitamin C. “Vitamin C is a great option for most skin types, except for very sensitive skin,” she explains. “We have so many options now, so it’s easy to customize because you can provide Vitamin C in ampules, customized masks, etc,” Lorencin advises. Therefore if you plan on undergoing a new skincare routine before your wedding day, make sure you give yourself enough time to determine what agrees with your skin the best. Most of all, maintaining a good skincare routine should go beyond your wedding day. Remember to practice healthy skincare habits such as wearing sunscreen daily, and being consistent with an anti-aging routine that works for you. Your skin will thank you in the long run.

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