



## *Pamper and prime before the big day*

It may seem like an extravagance but it is worthwhile calling on the services of a beauty therapist ahead of your wedding.

Treatments aside, you will receive invaluable advice and when you're running around organising a wedding, it is the kind of relaxing experience any bride-to-be needs.

Therapist Firouzeh Ahari, who owns Princess Soraya Salon in north London, has seen dozens of women seeking a boost before their big day.

She says the key to ensuring you have top-notch skin is to follow an intense routine, and have an effective treatment a couple of days before your wedding, if not a programme of treatments in the weeks leading up to the wedding.

Surprisingly – considering most brides-to-be are in their 20s or 30s – Ms Ahari recommends a non-surgical wrinkle filler treatment. She said: "This is your big day and you want your skin to glow so you need an intense treatment. The wrinkle filler may sound too strong if you only have very fine lines but in fact it will give you the boost that you need.

"People with older skin need a course of treatments, but for younger skin, it is effective after one session."

Ms Ahari uses the very latest in technology to achieve the best results.

A galvanic current – a non-invasive tool with electrical currents – is used to massage serum into the skin cells while infra red heat intensifies the effect. The treatment promises to enliven the skin, and the effects last

for the next stage. The importance of exfoliation has been noted about for years.

The process of massaging the skin with acids is effective in removing dead cells and creating a smooth surface.

It is particularly vital for a big night

Again, the market for face mask products is huge but it really is worth exercising caution when choosing your mask.

Those designed for oily skin are likely to strip away at dry, flaky faces while in reverse, it could lead to unsightly spots or pimples.

Exfoliants – products acids – there are