

For immediate release

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Altared Beauty: A Spa, Salon and Cosmetic Procedure Countdown Calendar for Members of the Wedding

things to do (and not to do), and when to do, before “I do.”

Virginia Beach, VA – For all participants, including guests, today’s weddings are “the big show” and everyone’s opportunity for a personal red carpet moment. The enhancement of skin, hair and body takes time, and needs to fit into the pre-wedding timeline in a thoughtful way. Build your beauty action plan using common sense and these tips for a wedding day that presents you at your most confident, beautiful best.

”You wouldn’t get a powerful glycolic acid peel the day before your wedding,” advises Matthew Galumbeck, MD, board certified cosmetic plastic surgeon whose beauty resume includes owner/Medical Director of a fusion spa and creator of Skin Amnesty® skin care system. Here are other dos and don’ts from Dr. Galumbeck.

3-6 months before the wedding:

- With licensed esthetician, begin a facial treatment series to improve problem skin.
- Considering breast implants or a breast lift (if you’re playing the strapless gown card)? They look most natural and feel their best 2-3 months after surgery.

1-2 months before the wedding:

- Body sculpting by laser liposuction can be done as near as one month to the wedding, immediately re-shaping problem areas that aren’t honeymoon or gown ready. With less invasive laser-assisted procedures, healing is accelerated.
- Restylane and Botox? Stress – the kind induced by wedding planning and reception bar tab worries – takes its toll on wedding members’ faces. These injectables immediately give a more relaxed and youthful appearance. Restylane also takes over the job once done by collagen – plumping lips and improving their profile.
- With a reparative skin care system like Skin Amnesty® (with anti-inflammatories and anti-oxidants), best results come with 6-8 weeks of use.
- Blepharoplasty will fix the Father of the Bride’s sleepy, drooping eyelids. Since most men aren’t comfortable hiding the little bit of post-procedure discoloration with makeup, allow 3-4 weeks healing for a no-tell improvement.

1-2 weeks before the wedding:

- Meet with your hair stylist and make-up artist now. They’ll create your look and record the “recipe” for day of wedding application. The last minute is no time to experiment with style or hair color, or to fret over foundation matching.
- Get the groom to a spa/salon. The non-negotiable items on his checklist for ceremony and honeymoon: manicure, pedicure, hair cut. Elective procedures (you know who you are) include unibrow shaping and back waxing.

2-6 days before the wedding:

- No waxing unless you allow two days for potential redness and irritation to heal.
- No facial peels.

Day of the wedding:

- Hair and makeup are done according to the recipes The Bride has created weeks earlier with her stylists and makeup artist's assistance at the salon. She looks beautiful, with glowing skin, romantic hair and an improved shape. The red carpet is waiting.

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Matthew Galumbeck, MD is a board-certified cosmetic plastic surgeon with over a decade of clinical experience, whose practice focuses on a precise range of procedures to enhance face, breast and body. Published in medical journals, Galumbeck is member of the faculty of Eastern Virginia Medical School. He is medical director of Spa Phoenix, a medical/day spa in Virginia Beach, founded in 2000. His skin care line, Skin Amnesty[®] is a 'smart' skin care system developed to offer women and men a regimen to maintain the results of their plastic surgery, and potentially delay the need for further surgery, by restoring healthy skin and protecting it from environmental damage.