



wedding worthy skin

RESPONSIBLE FOR KEEPING THE LIKES OF ELLE MACPHERSON AND KATE HUDSON RED CARPET READY, MARIONNE DE CANDIA KNOWS THE SECRET TO BEAUTIFUL SKIN. A LUXURY SPA CONSULTANT WITH MORE THAN 30 YEARS INDUSTRY EXPERIENCE AND EXPERTISE, MARIONNE IS CONSTANTLY IN SEARCH OF THE BEST IN BEAUTIFICATION. SHE GIVES **WEDDING** HER ADVICE FOR FLAWLESS LOOKING SKIN.

Weddings are planned to the very last detail, so it is important to know what you can do to achieve a bright, youthful complexion for your special day.

Skincare should already be part of your daily routine, leading up to your wedding day however, it is always a good idea to add an extra boost.

Incorporating a well-chosen skin care routine three months before your big day will help prevent the formations of imperfections, brighten your complexion and help prevent any signs of premature ageing.

Healthy skin entails cleansing, exfoliating and moisturising with a Ph balanced product. An optimal range also includes plant extracts, organic ingredients, cosmeceuticals, low or no fragrance and an excellent quality vitamin A, C and E.

Cutting edge skin care is all about delivery. The product must reach the site where it can do the most good. The active ingredients need to penetrate multiple layers of skin and arrive in sufficient quantities at the cellular level to achieve a noticeable result. This is often not as easy as it sounds.

Many moisturisers simply stay on the skin's surface, unable to reach the deeper layers. This gives a superficial appearance of helping but in fact, doing almost nothing at a molecular level.

To be effective, the product must penetrate to the fibroblasts cells, which are responsible for collagen production.

LaGaia, Australian made by Dr Jean Laing, is a result-driven product. It offers a high percentage of active ingredients whilst staying as natural as possible.

With micro encapsulated vitamin A, one of the most scientifically proven products today, LaGaia helps reverse the signs of ageing and environmental damage.

Stabilised vitamin C, a powerful antioxidant, helps protect the skin from free radical damage, restores natural moisture content and corrects uneven skin tones.

For picture perfect skin, you may like to consult an aesthetician before your walk down the aisle. For optimum results look for one who is trained in MLD (manual lymphatic drainage) and acupressure. A good quality product applied with the right techniques will make a significant difference to your skin.

Bonnie Sleep, director for Medi Spa's and Health Clinics, and director for CACI Australia can take your wedding worthy skin to the next level. Firm believers in non-surgical solutions, CACI Australia will treat areas to benefit from specific correction such as acne scarring, pigmentation, capillary redness, collagen loss, flakiness, and dryness. They will also prepare an intense program utilising high frequency, a mix of deeply healing phototherapy, highly specialised IPL and micro current. The result is simply radiant, glowing skin.

Whilst quality skin care and the latest technology have the ability to do wonders for your complexion, sun protection, diet and sleep are equally imperative.

Living in Australia sun protection is vital- choose one with zinc oxide or titanium dioxide enriched with antioxidants.

Relaxation is also very important leading up to your special day. A customised massage and hydrotherapy treatment for both the bride and groom will have you both looking naturally radiant.

With the look of love already on your side, adding these pre-planning principals to your big day beauty regime will have you looking every bit the blushing bride.



LUXURY SPA CONSULTANT, CELEBRITY FACIALIST & SPA
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For more information visit www.marionnedecandia.com.
For more about CACI Australia go to www.caciaustralia.com.au
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MARIONNE'S TOP TIPS

- Use a Ph balanced moisturiser - your skin will stay hydrated longer. Try LaGaia Nourish, it is Ph balanced with hyaluronic acid, which helps to bind water to the skin.
- Prevent dehydration by drinking plenty of water and caffeine-free herbal teas.
- Take care if you are having a spray tan. Trial the product first! Make sure you exfoliate before your tan. Be particular around hands, elbows and knees, where spray tan can fill up lines, which is not a good look.
- The real secret of looking beautiful on your wedding day is to relax and be happy.



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