

SAY "I DO!" TO GLOWING SKIN!

Countdown Calendar



THE SKIN CENTER
BY CHARLOTTE PLASTIC SURGERY.

Flawless skin is probably one of the top priorities for your wedding day, right up there with finding the perfect wedding gown and securing a stunning venue.

We have created the ultimate flawless skin timeline to help ensure you look radiant, as a beautiful bride should, when walking down the aisle on your wedding day.



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THE CONSULTATION

Picture perfect skin doesn't happen by chance, it happens by planning. There are two key reasons to schedule a comprehensive skin health consultation. First, you will want a dedicated professional in your corner early on to help map out a plan that will transform your complexion from its current state to beautiful, healthy, glowing skin. Second, whether your goal is softening forehead wrinkles, evening out skin tone, or zapping acne, certain treatments take time, up to several months, you certainly need a game plan.

9-12 MONTHS BEFORE YOUR WEDDING DAY

Time to Schedule Consultations!



SKIN RENEWAL

Laser treatments may be the answer. Correct, Resurface, Stimulate.

- **BBL** 'Color Laser' targets brown and red pigment, provides clear, smooth, more vibrant skin.
- **Halo** Hybrid-fractional laser, provides deep dermal rejuvenation improving tone, texture and renews aging skin.



NEUROMODULATORS

Check out what Botox® and Dysport® can do for you. Both relax frown lines, forehead lines and crow's feet, softening wrinkles for flawlessly smooth skin.



FACIAL CONTOURING

Schedule a comprehensive evaluation to discuss non-surgical options to restore volume in cheeks or hands, diminish tired under eye, contour jawline, or enhance lips.



NECK TREATMENT

Kybella® is an FDA approved injectable that dissolves excess fat underneath the chin, creating a longer, leaner neck. Requires a consultation to determine if you are a candidate.



PORE REFINING

AuqaGold® 24k gold microinjector is designed to deliver custom therapeutics. Treats rosacea, redness, oil control or to help create a porcelain complexion.



PRP

Platelet Rich Plasma, rejuvenates skins appearance by stimulating collagen synthesis considered nature's fountain of youth.



FIT AND TRIM

CoolSculpting® helps get rid of stubborn fat on the abdomen, thighs, upper arms, chin and bra area. Begin a treatment plan early to reach your goals.



BODY CONTOURING

CoolTone™ technology strengthens, tones and firms the muscles of the abdomen, buttocks, and thighs.

THE JOURNEY BEGINS

Every skin journey begins with a tailored treatment plan. Whether your objective is to achieve healthy, glowing skin via a product regimen, or you are planning a corrective treatment series, choosing the right skincare products with the right ingredients for your skin is key. Keep in mind pre- and post-treatment skin care is essential to achieving optimal results, proper skin care complements cutting-edge treatments.

6-9 MONTHS BEFORE YOUR WEDDING DAY

Your Journey Begins!



SKIN HEALTH

Let us help take the guess work out of it. VISIA Complexion Analysis uses multi-spectral imaging and analysis, of eight areas that affect your skin's health and appearance, then we prepare your personal skin care regimen and rejuvenation program.



CORRECT AND PROTECT

Begin your skin correcting treatments such as DiamondGlow™ Facials, Chemical Peels or Microneedling/SkinPen treatments for more youthful and radiant skin. Don't forget to include your neck and décolletage. Wear SPF daily!



DERMAL FILLER INITIAL APPOINTMENT

Perfect lips or stunning profile, facial contouring should be performed months in advance. A thoughtful treatment plan focuses on symmetry, making subtle changes so that the full effect is achieved before the big day. The best injectables are undetectable. Treatments should be done well in advance to avoid bruising or swelling on picture day. Do not forget to treat your hands for those close-up ring photos.



BOTOX®/DYSPORT INITIAL APPOINTMENT

Review with your provider the areas of concern, crow's feet, vertical lines between the brows or horizontal lines on the forehead. First time results often take up to 2 weeks for full effect. Schedule a 2-week follow-up appointment before leaving.



KYBELLA®

Injection treatment series should begin ASAP to reach your desired goal in time for amazing profile photos as you exchange vows. Schedule follow-up treatment before leaving.



PRP FACIALS

Recommended in a series of 3 or more for a rejuvenated, glowing complexion.



NO GYM? NO PROBLEM!

6 pack Abs or Honeymoon bikini...firm it, tone it, and rock it with CoolTone™ treatments.



FREEZE THE FAT!

Time to begin CoolSculpting® sessions.



LASER TREATMENTS

Beautiful results with little to no downtime.

CHAPTER 3

STAYING THE COURSE

You are making such great progress; results continue to improve, and your dedication is paying off. Stay the course by maintaining your scheduled services. Remember, proper skin care during the healing and renewal cycle enhances overall results for a more impactful outcome. Ensure you are applying and reapplying sunscreen correctly and avoid sun exposure whenever possible, particularly immediately following your treatment sessions.

3 MONTHS BEFORE YOUR WEDDING DAY

Don't Give Up!



TOUCH UP

Dermal Filler follow-up - determine if any touch ups are necessary and schedule accordingly.



WRINKLE FREE

Botox®/Dysport® appointment to keep you looking smooth.



DOUBLE TROUBLE

Follow-up Kybella®, treatment to complete - dissolving small pockets of fat.



GO FOR THE GOLD

AquaGold Fine Touch - Antioxidant rich serums introduced into the skin keep you glowing.



SKINPEN KEN

Microneedling treatments are not just for the bride to be, grooms deserve a photo finished complexion too. Add-on PRP to stimulate collagen growth, tighten lax skin, improve skin tone, while also smooth out fine lines and wrinkles.



LASHES FOR DAYS

Skip the runny mascara. Latisse helps grow beautiful, long, thick, natural eye lashes. Keep in mind, lashes grow and shed normally about every 6 to 10 weeks.



PEEL AND REVEAL

Illuminize, Vitalize and Rejuvenize with our advanced corrective peels.



THE EYES HAVE IT

Incorporate an eye cream or eye treatment into your daily regimen.



LIP SERVICE

Check out lip care products that smooth, soften, plump and protect lips.



PAMPER WITH PURPOSE

DiamondGlow™ Facials. The ultimate in customized skin health treatments for both Bride and Groom to be. Hands should be treated as well.

CHAPTER

4

REAL TRANSFORMATION

Your dedication is paying off. Beautiful, healthy, radiant skin, even in tone and texture are the real transformation. Step away from the temptation of a shiny new container, or that new expensive moisturizer you received as an early wedding gift. Nothing new should be applied to your skin the final month before your big day.

1 MONTH BEFORE YOUR WEDDING DAY

See The Results!



FINISH LINE

Complete all treatment series.



HEAD TO TOE

Last corrective facials, neck, décolletage, back and hand treatments.



PERFECT POUT

Last lip touch-up



SMOOTH OPERATOR

Last Botox® touch up if necessary. 'May your big day be as smooth as your forehead'.



SATIN FINISH

Dermaplane Facials create a satin finish perfect for applying wedding make-up during trials and photos.



COOLTONE™

Keep it tighten and tone for that final gown or tux fitting.

CHAPTER 5

ATTENTION TO DETAIL

Taking great care of your skin over the of a past few months has made a huge difference, and it shows... all over your face. Now it's attention to the detail with final touch-ups, keeping your products stocked and making sure to take good care of yourself.

2 WEEKS BEFORE YOUR WEDDING DAY

Pay Attention!



BALANCE IS KEY

Custom Facial to help relax, renew, and refresh skin.



STOCK-UP

Keep your skin care products stocked, you don't want to run out of exfoliating polish or lip plumper right before the big day. Be sure to get travel sizes of your skin care products and stockpile the SPF for the Honeymoon. Protect your investment!

CHAPTER 6

HERE COMES THE BRIDE

Heads will turn as you walk down the aisle. Guests will wonder; what is the secret to your gorgeous skin!

1 WEEK BEFORE YOUR WEDDING DAY

Here Comes The Bride!



PICTURE PERFECT

Dermaplane for picture perfect complexion, with or without make-up.



BEACH BODY

CoolTone™ cycles last chance for 6 pack abs and bikini body.



PORCELAIN FINISH

AquaGold touch-up for a radiant glow.



CALM, COOL AND HYDRATED

Don't let stress breakouts or celebration champagne wreak havoc on your skin. Maintain your daily skin regimen, stay hydrated and get plenty of rest.

YOUR WEDDING DAY

Pack your essential skin products to
prep skin before hair and make-up.

Stay hydrated. Keep a snack handy.
Leave all the stress behind.

Remember to Breathe before
walking down the aisle.

Add the perfect accessory to your
bridal glow – a Big, Happy Smile!

CONGRATULATIONS AND HAPPY WEDDING DAY!