

Town & Country WEDDINGS

FALL/WINTER 2012

THIS SEASON'S BEST

Gowns
Registry Ideas
Jewelry
Honeymoon
Escapes



The bride wears
Vera Wang

\$4.95



PLUS
Champagne
Primer
Beauty Tips
New Look
for Diamonds
Gifts for
the Groom





The Little Things That Count

LOOKING BEAUTIFUL AT YOUR WEDDING DOESN'T REQUIRE EXTREME MEASURES. READ ON FOR MINOR ADJUSTMENTS THAT DELIVER MAJOR RESULTS. BY **CARA KAGAN**

AN ENGAGEMENT RING ON YOUR FINGER CAN FEEL like a huge weight on your shoulders—namely, the understandable desire to seek physical perfection, no matter what it takes. But what it takes can be far less daunting than you may think. “So often, brides want to get cosmetic procedures, such as Botox, fillers and even plastic surgery,” says New York dermatologist Dennis Gross. “Many women, however, are delighted after seeing the benefits of a good at-home regimen.” To help you look your best when you walk down the aisle, we asked dermatologists and beauty pros to recommend their favorite low-tech solutions that yield high-impact results.

ADDRESSING LINES AND WRINKLES

• Retinol is the gold standard for reducing lines and wrinkles over the long term. “It thickens the epidermis, so indentations appear shallower,” says Garth Fisher, a Beverly

Hills-based plastic surgeon who favors prescription Retin-A.

• Using a moisturizer or a mask that contains hyaluronic acid, which holds 1,000 times its weight in water, can plump up depressions in the skin for several hours. **TRY:** MD Skincare Intense Hydra Mask (\$60).

• Exfoliating can also go a long way toward minimizing lines; it imparts radiance, too. New York dermatologist David Colbert recommends alternating weekly microdermabrasion treatments with light glycolic peels. **TRY:** Dr. Brandt Microdermabrasion (\$75) coupled with L'Oréal Paris Advanced Re-vitaLift Glycolic Peel Kit (\$25).

• Applying a lotion or serum that contains Gaba (gamma-aminobutyric acid) temporarily reduces the appearance of lines by easing muscle contractions beneath the skin. Smooth it directly onto creases before putting on your makeup. **TRY:** Ramy Beauty Therapy Freeze Frame with Gaba (\$85).