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The Secret Is Revealed ... So one of my friends told me yeeeeeaaars after her wedding, that she had used Botox before getting married because she wanted to look fab for the wedding photos. I was sort of shocked because, first of all, she looked fab, still looks fab, and is fab. But also because she had not told me. She was my BFF and we shared almost everything. But clearly not that. And I have to say, that I had never even heard of Botox at that time, nor would I have thought to inject myself before my big day, though looking back, I could have benefitted from, maybe not Botox, but a beauty regimen to maximize the glow of the big day.

However, the little tweaks we all do, that being chemical peels, Botox, or fillers, are for many of us better-kept secrets than the Marilyn Monroe dossier. We don't tell our husbands, best friends, or co-workers, but we might discuss it with a stranger or even with our children. It's like the same reason that we lock the door to the bathroom. No one needs to know what goes on in there, all they have to know is that we look all fabulous when we come out.

The F.B.I. Tweaks ... Since I clearly knew very little about the F.B.I. Tweaks (Fabulous, Beauty, Intelligence), I decided to go straight to the top brass, and ask my girlfriend **Jessica Plotnick**, with whom I actually DO discuss these things, what an ideal beauty regimen before a wedding would be. Jessica is a beauty expert and she is the only doc I have ever heard of who would refuse to treat a patient if she worried it would be too close to a wedding day or if it would not look natural. She would rather have you come back for more services for free, than give you too much on your first visit. And for us "Once a Bride Always a Bride Girls," and for those who soon will join us, we always want to know how to look the way we did on our wedding day.

Your Beauty Routine: The Essentials & More ... For all brides, of course the basics are essential, and they include facials, a good diet, regular exercise, enough sleep, and plenty of water. And oh yes, keep the stress level to a minimum, which is not so easy when you are planning the most important day of your life!

But if you want to consider more, from the top brass of beauty, here are the F.B.I Tweaks. First, ideally all brides should start treatments 6-12 months in advance of their wedding. This way, you will have plenty of time to get used to any new treatments you have done. It will also give you enough time so that if you happen to not like something that was done, it would have mostly worn off by your big day. If you do like what you have done, then you can continue to have it done and perfect it even more.



Give Yourself Enough Time ... "Start your treatments 6-12 months in advance so you'll have time to get used to any new ones. They will wear off by your big day if you don't like it — or you can perfect it even more if you do!"

Sometimes you want to try one thing at a time and get used to it before doing something else. Another reason is that you need to find the right place where you trust the practitioner. Now, how do you know if you can trust them? Well, do they push you to do everything? Is their waiting room filled with people because they book patients every 15 minutes? Are you seen relatively on time, with maybe one person waiting in front of you? When it is your turn to be seen, does the doctor sit down and really talk to you? Does the practitioner take his or her time and help give you suggestions without being pushy? Just because a doctor might be well known doesn't mean they are good for you! Many doctors spend a lot of money on PR and marketing that will tell you how great they are, but they might not be.

With laser hair removal, minimally you want to get rid of all facial and underarm hair. Consider bikini, arms, and legs for your honeymoon! Usually, the more areas on your body you get treated, the less expensive it is.

Botox usually lasts three to five months. If it's your first time getting Botox, then definitely try to get it done at least four to five months before the wedding, so if you like it, you can do it the same way again. If you don't like it, it will be all gone by your wedding day. Most likely, you'll love it :)

Facial fillers like Juvederm® and Restalyn® should ideally be done 12 months before the wedding day. Most fillers last around 12 months, so again, if you don't like it (most everyone loves it and only want more), it will be gone by the big day. And again, if you like it at 12 months then go in four months before the wedding day for a touch-up refill so it's perfect for pictures!



Jessica and Malena

IPL/Photofacial is an amazing treatment to smooth your skin, even your skin tone, and get rid of those sun spots! It'll be the best facial you ever had. Do this at least four months before the wedding so you can have a repeat treatment once a month as needed.

Now that you have the beauty routine essentials and the F.B.I. Tweaks, and months till your special day, you're on your way to creating own personal beauty regimen. — Malena Belafonte
 Jessica Plotnick, PA-C, MMSc
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BRIDAL UPDATE...BRIDAL UPDATE...BRIDAL UPDATE...BRIDAL UPDATE...BRID

The Ryland Inn is building a 40-room boutique hotel, a conference center, five guest cottages, and a second event space on its historic property. The effort is led by **Frank and Jeanne Cretella** of **Landmark Hospitality**, which also owns and operates other properties throughout the area. The new structures will complement the existing gothic style architecture of the historic venue. (866.683.3586, www.rylandinnnj.com)



Island Spa & Sauna

Island Spa & Sauna is a newly opened 29,000-square foot day spa in Edison, New Jersey. The ultra modern setting offers the experience of a classic Korean jimilbang, where you can enjoy massages, skin care, baths, scrubs, and more. Relax and rejuvenate or have a special Bachelorette party with your best friends. (islandspasauna.com)