

Getting Ready for that *Special* Event

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Do you need to get ready for an upcoming special event? Maybe it's a reunion, wedding, or a holiday with friends and family. Whatever it may be, I am sure you want to make a killer appearance. With a little planning, you can look your best because the earlier you start the better the end results will be! Below are some tips that will prepare you for that special day. We will concentrate on treatments related to the face, hands, and legs. The following things can be done to help you make a great first impression.

If you have one month to get ready consider:

- a) Botox to get rid of some of those angry looking lines and wrinkles on the face.
- b) Chemical peels to exfoliate and freshen up the skin and complexion.
- c) Dermal fillers to fill in those deeper lines in the face and bags under the eyes.
- d) Laser spider vein removal for those bothersome spider veins.
- e) Rejuvenating oxygen red carpet facial the day before to have a healthy, shiny glow.
- f) Zerona fat melting laser to lose several inches on your waist, hip, and thighs in just two weeks.

If you have three months:

- a) Do all the above but add a few chemical peels and upgrade your skin regimen to medical prescription-strength products.
- b) Start Retin-A to help with fine lines and wrinkles.
- c) Receive cosmetic surgery of the eyes and/or face (it can easily be done within this time frame).
- d) Thermage treatment, which helps to non-surgically tighten the neck, tummy, and/or improve cellulite areas.

If you have six months or more:

- a) Do all the above.
- b) Add laser hair removal.
- c) Start IPL photofacials to reduce and eliminate brown age spots, shrink pore size, and reduce red broken capillaries on the face, neck or hands.

These options will ensure you are readily prepared for the holidays. The earlier you get started, the better you will look in photographs, videos, and in person. Be sure to consult with a doctor who offers all the above treatments and can give an honest opinion about every option available. If you see someone with limited experience, you may get limited recommendations.

Remember you never get a second chance at a first impression. Good luck and start getting ready for the holidays (they are just around the corner)!