



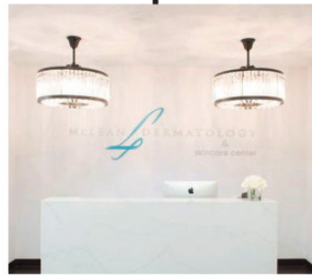
Dr. Lily Talakoub is the beauty behind McLean Dermatology and Skincare Center, and her tips ensure you'll turn heads during your walk down the aisle.

# Glow GETTERS

By Jennifer Barger

Old-school wedding prep saw brides increasing their workouts (toned arms look sharp with strapless gowns) and growing out their hair for big-day updos. But contemporary skincare and beauty innovations (eyelash perms, for real!) mean that soon-to-be weds can get more proactive in their quest to glow—and to look great in photos—on their wedding days. “Starting early, as much as a year out, is the key to great skin,” says

**Dr. Lily Talakoub** of McLean Dermatology and Skincare Center. Here, her primping plan by the months. 6849 Old Dominion Drive, Ste. 450, 703.356.5111, [mcleanskin.com](http://mcleanskin.com)



## 12 / CHECK-IN

### YEAR AHEAD

“At this point, we do a consultation (\$150) to help brides decide whether they need correction or enhancement,” says Talakoub. “Do you have acne scars on your back? Do you want to make wrinkles disappear?” She’ll then come up with a schedule that’ll go into effect in coming months.

## 9 / TREAT YOURSELF

### FIRST THINGS FIRST

Treatments begin. For brides with acne scars or brown spots, that means Intense Pulsed Light treatments (\$500 per session) to even out skin. “It also works on blood vessels around the nose, or I can remove every freckle you’ve got,” says Talakoub.

This is also the time to start addressing fine lines around the eyes with a Clear and Brilliant laser (\$300 per session) and to start boosting eyelash growth with Latisse serum (\$180 a bottle).



LILY TALAKOUB, MCLEAN DERMATOLOGY AND SKINCARE CENTER AND PETER THOMAS. BOTH PRODUCT PHOTOS BY ABBY JU PHOTOGRAPHY, IIR. PHOTO BY ISTOCK PHOTO



6] SELF-CARE

**HOMEBREW**

“This is when we start addressing wrinkles and get a good at-home skincare regime going,” says Talakoub. Think Botox to zap crows’ feet and forehead lines (\$250 to \$700 per session); products that exfoliate, moisturize and brighten the under-eye area, like Peter Thomas Roth’s Camu Camu Power Cx30 vitamin C brightening moisturizer (\$72); and Talakoub’s signature bridal facials (\$175 to \$300), which include exfoliation, intense hydration, calming mask and more. “Sometimes, for the last, we also include LED light to cut down on redness and breakouts,” she says.

**3 WEEKS / LASH OUT**

**EYE DO!**

Other innovations that’ll help you sparkle in close-up photo sessions: facial dermaplaning, which removes peach fuzz and dead skin cells (\$185), and an eyelash-lift and tinting (\$140). Think of the latter as a kind of lash perm. “It uses really tiny rollers, and it’ll make your eyes just pop in photos,” says Talakoub.



**I / WEEK / R&R**

**DAYS AWAY**

One more bridal facial, then try to relax: “Stress comes out in your skin,” says Talakoub. And you can sit back and know you’ve taken care of it.

**3/ FRESH FACE FORWARD**



**FIRST LOOK**

Talakoub suggests Botox again, plus more exfoliating facials. “And, at this point, we can use fillers (from \$650) to enhance cheekbones and jaw lines if needed.”

**I/ PEARLY WHITES**

**ALL SMILES**

Get your teeth whitened via WeZoom (\$500), which Talakoub calls “a game-changer.” She adds: “It takes two hours, and your teeth will be about five shades lighter.”



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