

**Dr Mohan Thomas, Senior Cosmetic Surgeon, Breach Candy Hospital, gives to be brides a few do's and don't before the wedding**

**DO'S**  
Sleep for 8-10 hours everyday.  
Be ready to tackle emergencies like sudden outbreak of rash or acne.

**DON'TS**  
Don't try any new products.  
Don't have too many late nights.  
Don't have excessive caffeine products.  
Don't go to try out a new salon for your skin treatments close to the wedding.  
Most importantly, do not wax hair from the face, chest or back.

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line, sit up and take notice. We tell you about a few of the best packages available in the city so you can be a flawless bride....

## RUDRA SPA AND SALON

**Best for: The hardcore makeover**  
Rudra has a bridal package that includes treatments that will be perfect for your needs as a bride. Their package includes a signature scrub, a body scrub or body wrap, facial waxing, manicures, pedicures as well as the bonus of a hair spa and makeup. The treatment can be finished in a day, but is ideally recommended over a space of two days. Esther, from Rudra tells us that a lot of brides pop into Rudra before the big day. She says, "They mainly choose the body wrap; it's more toning, which is what brides want. We recommend spacing it out over two days."

**PRICE** ₹27,500 inclusive of all taxes  
**WHERE** 1, Kemp's Kvality House, Kemp's Corner  
**CONTACT** 23875909

## SOHUM SPA

**Best for: Personalised skin care**  
Sohum Spa's Basket includes authentic spa sessions. The best part is that they personalise spa packages to meet your specific needs. These include a series of face therapies, skin refinements, envelopments, body massages, and more. Included are treatments such as the Siam massage which combines the use of Marma points with traditional Thai meridian massage. There are also other treatments such as the seaweed detox which includes a full body mask, combining the richness of sea plants. The AgeLOC technology delivers solutions to reverse ageing which means you look young and fresh on your wedding day. Dr. Priya Preethambara of Sohum spa says, "The treatments have no side effects and are completely safe."

**PRICE** Varies with package  
**WHERE** Vile Parle Sports Club, Plot No. B-10, Vaikunthlal Mehta Road, Juhu Vile Parle (W)  
**CONTACT** 26139605 / 26139603

## SVA SPA

**Best for: Their privacy settings**  
Sva Spa offers private sessions. The consultant discusses the requirements of the client and makes suggestions regarding the potential changes to their stylistic regime. Founder Geeta Morar says, "Skin care treatments are recommended 6 weeks prior to the nuptials." The packages include Bridal Trend, a combination of a body scrub, radiance facial and full body waxing with 2 deep hair conditioning treatments; Bridal Classique, with 2 herbal body scrubs, 2 radiance facials, 1 manicure, 1 pedicure and 3 hair spa treatments and the Bridal Minimum, including 1 SVA Legacy Glow Scrub, 1 manicure and pedicure and 1 hair conditioning treatment.

**PRICE** Bridal Trend ₹9,500, Bridal Classique ₹12,000 and Bridal Minimal ₹5,500  
**WHERE** Gauri Kunj, Kishore Kumar Ganguly Marg Tara Road, Juhu  
**CONTACT** 2660 7326

## LAKME STUDIO AND SALON

**Best for: The basics**  
Lakmé Studio and Salons partner with the bride and have a

personalised treatment. Sushma Khan, Lakme Studio Expert for Makeup and skin says, "In addition to our bridal services, we also advise the brides about the importance of pre-bridal skin treatments." They also provide a trial service for the bride-to-be.

**PRICE** Varies according to treatment  
**WHERE** Lakme salons across the city

## BLUSH

**Best for: Acne prone skin**

Blush has various treatments that can cater specifically to brides. Although they don't have a set package, their packages can be customised according to the specific needs of the bride. Dr. Jamuna Pai says, "We recommend the bride start at least six months before the wedding. We have a range of treatments including oil massages, acne treatments and more. Most brides develop acne because of the stress they are under during the preparations." They also have treatments like hyperhidrosis which is botox for sagging underarms, which helps them. not only look good but prevents odour. They also remove pits and acne scars. With their consultations and specific treatments, you can be sure you're going to be a blushing bride.

**PRICE** Varies  
**WHERE** Blush centers across the city

## ENRICH

**Best for: A couples retreat**

Enrich has special packages for both the bride as well as the groom. There are special makeovers which include face and body bleaches, facials, spa's and other skin treatments. Their packages also have attractive 25% discounts for members. And being a bride means you have some advantages because you also get 5% off even if you're not a member there.

**PRICE** Ranges from ₹4,800 to ₹6,000  
**WHERE** Outlets across the city

Dr. Mohan Thomas, Cosmetic surgeon at Breach Candy hospital also advises us to take care of the skin at home. Treatments are important, but not enough. He says, "The main secret behind glowing skin is a health body with good blood circulation all over the body."

Whatever you do, make sure you're top priority when you're planning your wedding. Even the most luxurious venue can't hold a candle to a glowing bride.

## BRIDES SHARE THEIR WEDDING DAY SECRETS

"I started my treatment three months before my wedding day. I went to Kaya Skin Clinic for their Briday Package. It was great. I recommend brides pamper themselves. It really shows. Don't leave it to the last minute."

**Karishma Khanna**



"I've been married for nine months. I went in for body polishing and then normal bleach and a chocolate facial. It put a glow on my face. I felt relaxed after months of shopping and running around. Skin reacts very badly to stress and hence the best thing to do is to avoid it."

**Arpi Shah Adalja**



"I was working till four days before my wedding and I had no time for treatments. I took care of the basics, and all the time I spent with my family and loved ones probably gave me the special glow!"

**Pragya Khanna**



"I didn't really go in for a treatment but just a regular cleansing, toning and exfoliating and periodic skin cleanups. Skincare should ideally begin about four to six months prior to the wedding. A happy mind means healthy skin."

**Viral Pandya-Vaidya**



"I stuck to drinking enough water, avoiding fried foods and such. I had a simple clean-up done a week before the wedding, and the haldi ceremony made sure I was glowing well!"

**Vaishnavi Mandrekar**



>> Skin treatments are important, but remember to take care of your skin at home as well