

‘I DO’ *décolletage*

Bride to Be beauty writer Rosalind Thomas tackles your beauty dilemmas. This issue, it's matters of the bust which has brides concerned

I love strapless gowns but I'm worried my cleavage has suffered from too many afternoons in the sun. Help!

As any finger-wagging beauty expert will tell you, 'Your skin doesn't stop at your chin, so why should your skincare?' The best way to maintain a lovely décolletage (which comprises your neck, chest and shoulders) is to diligently and carefully apply all the same lotions and potions you do to your face down as far as the sun shines – and be doubly diligent when applying products that protect from the sun.

Despite this, winter turtlenecks, summer bikinis and a little bit of laziness can result in prematurely aged skin that you only notice when it's peeking out the top of that really expensive satin gown.

To keep oily skin and pimples away, seek out a body wash with salicylic acid to keep in the shower (you might need your husband-to-be to scrub your back!). Also, wear broad-spectrum sunscreen at all times, look for targeted products to act on freckles (see Biotherm, below), plus provide your skin with anti-oxidant protection (see This Works, below). A little sheer bronzer or a fine dusting of shimmer can enhance the décolletage, and you can tackle any fine dehydration lines with a plumping formula containing hyaluronic acid.

There is an injectable treatment available that takes advantage of the hydrating

action of hyaluronic acid. Called Restylane Vital, it has impressed skin therapists like Bronnie Roberts from North Shore Skin Care, (02) 9958 1855. 'It dramatically improves lines and skin hydration,' she says. 'If we decide a patient is suitable, we do three treatments, three weeks apart.'

Treatments have to be planned in advance. 'Ideally it would be completed a month before the wedding, but results can last for 12 months,' says Bronnie. 'And these treatments are recommended on each patient's concerns and skin condition – it's not a one size fits all.' But neither is that couture strapless gown, now is it?

LAST-MINUTE DÉCOLLETAGE DISASTER? TRY THESE QUICK FIXES:

A SKIN SCRUB from a pro will polish dull skin and unclog problem pores.

A SPRAY TAN will even out your skin tone and hide stretch marks or other imperfections. Be sure to leave enough time for the tan to set – a very light dusting of talc between you and your gown is a wise idea.

OILING UP with a rich oil will instantly nourish and plump skin, plus leave a sheen great for a summer evening event.



bust BOOSTERS...

1 This Works: Perfect Cleavage, \$85, adds radiance and anti-oxidant protection. See meccacosmetica.com.au 2 Nivea Body DNAge Cell Renewal Anti-age Body Care, \$12.90, tightens, tones and smoothes. Call 1800 103 023. 3 Phyt's Seins CS 32 Firming and Contouring Oil for the Bust, \$55, is ideal for toning and nourishing. See phyts.com.au 4 Biotherm Décolleté Laser, \$80, targets collagen production and contains hyaluronic acid to instantly plump. Call 1300 668 450. 5 Benefit Kitten, \$49, gives you a puff of subtle shimmer. Call (02) 8353 5000.

