



## Latest Cosmetic Trends for Brides-to-Be

By Dr Mohan Thomas | posted Nov 14th 2014 at 3:22PM

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Dr. Mohan Thomas is a believer in ethically driven cosmetic surgery, focusing on the emotional reasons that motivate a patient to opt for cosmetic procedures. Dr. Thomas is a Clinical Professor of Surgery at the Mount Sinai School of Medicine and a Visiting Scholar at the Mount Sinai Medical Center, New York. He was a Former Chairman of Facial Plastic and Reconstructive Surgery at the Hospital for Joint Diseases and Orthopedic Institute, New York.



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Over the years, looking gorgeous for one's marriage has metamorphosed considerably. From using no make up (in the olden days), to using pancake make up and even opting for professional or surgical help, **bridal** trends have changed drastically. Today, there is an increase in the number of women opting for non-surgical treatments and some even go to the extent of choosing cosmetic surgery to look like a princess on their wedding day.

Cosmetic treatments for brides-to-be have become so popular that now these treatments are under an umbrella category nicknamed 'Bridalplasty'.

#### The in thing

- The most popular procedures that brides these days are looking for are **fillers, chemical peels and facials and laser treatments**. These procedures add that much-needed glow to the skin making the bride-to-be look gorgeous. There are also other non-surgical treatments like **dermal fillers and Botox**, which

have gained momentum in the market.

- Loose skin is a condition many brides try hard to conquer. Non-surgical treatments like Venus Freeze are on the rise because this treatment helps them lose cellulite.

- There are a few who go to the extent of going under the knife to look their best on their wedding day. This is a well thought out plan because most surgical procedures have to be done at least two to three months in advance. The most common surgical procedure that young brides in India are opting for is **liposuction**. This is to get that perfect body shape. Many are also choosing **rhinoplasty** to correct the nose and opting for **breast enlargement**.

#### Second time around

Older brides or people looking for second innings are choosing procedures that help them get a tighter abdomen and firmer breasts. A few are also going for rejuvenation of the genitals. Non-surgically, changes that occur due to aging are addressed by **fillers, Botox and peels**.

#### Good planning is the name of the game

The biggest issue in many cases is that the bride-to-be has no clue about cosmetic procedures, hence there is a lot of confusion when they visit the doctor at the last minute. They need to start planning much in advance as some of the cosmetic procedures (especially surgical) take two to three months to give the right results. Some of them just walk into the clinic and think all will get fixed in a day!

Even if you want a minimally invasive procedure, it needs to be well-planned as the skin may react adversely. There is always a possibility of swelling and bruising. Hence, these procedures should not be left for the last minute.

Any breast procedure should be done at least six weeks before the wedding to make sure all wounds get adequate time to heal.

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