

# BRIDES

## BRIDES New York: 4 Anti-Aging Treatments for Flawless Wedding Skin

Sunday, July 3, 2016  
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All brides strive to be the best versions of themselves on their wedding day, and a huge part of that (which is often overlooked) is proper skincare. On top of incorporating fitness and nutrition into your wedding-ready regimen, it's equally important focus on skincare and treatments, too.

For the bride-to-be looking for a youthful and fresh wedding day glow (who isn't?) anti-aging beauty treatments are essential. Visit these [New York City](#) spots for non-invasive (seriously, NO invasive treatments prior to your big day!) anti-aging treatments that will enable you to put your best face forward (literally) for your big day and beyond.

### Shellie Goldstein Associates

This cosmetic acupuncture and wellness center offers treatments and services that not only improve appearance, but overall well being, too. A leader in cosmetic acupuncture, Goldstein is the creator of the AcuFacial Facelift, a nonsurgical approach to facelift results that reduces lines, lifts face muscles, and brings new life to skin. Performed using acupuncture alone or in conjunction with light or sound therapies, visible results can be noticed after one treatment, with long lasting results occurring after a series. Goldstein is also the creator of the Touch + Glow self-accupressure wand, which enables brides-to-be to not only perform "treatments" on themselves, but also provide some much needed stress relief during wedding planning! Wands are available for purchase online at [HamptonsAcupuncture.com](http://HamptonsAcupuncture.com).

### Dr. Thomas W. Loeb

Dr. Thomas W. Loeb offers the Fractora treatment, which is a skin resurfacing system aimed at improving and stimulating collagen, and improving skin's appearance. Best suited for clients looking to target fine lines, wrinkles, acne scars and more, the Fractora system is performed with a small device using radio-frequency heat and tiny pins that allow the heat to penetrate the skin. Considered less invasive than microdermabrasion and harsh peels, this procedure does require a tiny bit of downtime (just about a day of no makeup or sun — use tons of sunscreen) and has both immediate and extended results and benefits.

### Joanna Vargas Skincare

Celebrity skincare facialist Joanna Vargas combines non-invasive techniques with organic/natural ingredients to help clients achieve their best complexion. Additionally, she combines light therapy with these methods to repair damaged skin, and reverse signs of aging. With noticeable results and changes best achieved in 8-10 treatments, light therapy facials performed at Joanna Vargas Skincare are safe, non-damaging procedures that are non-invasive and painless. Acting much like photosynthesis does for plants, facial light therapy can bring healing energy to treated, targeted areas.

**See More:** [Keep That Bridal Glow Going at a Sunny Honeymoon Spot! Reach Out to These Local Travel Experts to Start Planning](#)

### Skin Spa New York

With seven locations throughout NYC, Skin Spa New York offers a myriad of skincare services that can help your skin be bridal-ready in no time. A popular service, the SkinFit Microcurrent Facial, is the perfect treatment for soon-to-be Mrs. looking for a fresh and renewed complexion. Known as "Fitness for Your Face" this NuFace method helps clients achieve noticeable results by infusing anti-aging serums with micro current technology that aims to improve your face's contour and tone, while also bringing energy and youthfulness to eye and lip areas as well (AKA those tiny little lines that seem to appear in a da.) Skin Spa also offers a Photolight / Limelight facial that uses their Intense Pulsed Light treatment to target sun damage and hyperpigmentation, to ensure you'll have that extra-special glow on your wedding day.

**Your pampering doesn't end here! Find dozens of other local bridal beauty experts on our [New York City Beauty page!](#)**