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APRIL 2021

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SPECIAL



OUTSIDE IN: LOVE

Great skin is a non-negotiable when it comes to weddings.

With all eyes – and cameras – on the happy couple, the numbers of people seeking out skin specialists remains high.

Dr Barbara Sturm, who recently opened her first London clinic on Mount Street, is experienced in treating wedding skin.

“The most common question I get asked is, “how do I get a glow”?”

Her Instant Glow Facial is a hit with brides-to-be, using a combination of her signature products.

She explains: “It is unique and was created around my skincare philosophy – to deliver hydration, boost skin barrier function, soothe signs of irritation and improve the overall skin health and skin matrix.”

However, there is one thing all brides dread before a big day – breakouts.

“Breakouts are multifactorial, caused by hormones, excess sebum, bacteria, blocked pores and inflammation,” says Dr Barbara.

“So, inflammation triggers like allergens, pollution, UVA/UVB, HEV rays from digital screens, stress and nutrition can play a detrimental role.

“The first step is to remove and address the various factors; if someone has acne-prone or blemished skin, I like them to get their blood checked for lactose intolerance, hormone levels and allergies.

“They should also check all ingredients in their skincare routine and take out any products containing aggressive ingredients that are pro-inflammatory.”

Consultant dermatologist Dr Hiva Fassihi – one of the doctors consulting at OneWelbeck dermatology clinic – is an advocate of planning ahead. She says: “I am regularly surprised by brides and grooms who neglect their skin and only start thinking about this just before the big day.

“Visiting a dermatologist for specialist advice and a targeted skin care plan, which may include prescription creams, tablets and lasers, can make a big difference, reducing anxiety and psychological distress before the wedding.

“However, it is important to note that improvements can take



The stress leading up to a wedding can play havoc with your skin but, thankfully, there are ways to ensure you look glowing on the big day. The experts tell us how

WORDS SOPHIA CHARALAMBOUS

many months, especially in those who are blemish prone so advice from a dermatologist should be sought well in advance, as long as nine to 12 months before the wedding day.”

Dermatology differs from facialists as they help to diagnose and manage skin diseases. Dr Hiva notes the most common conditions that affect men and women are acne, rosacea and women, particularly, experience pigmentation and melasma.

She adds: “Keratosis pilaris (bumps on the upper arms) is very common and can be distressing for brides wearing gowns exposing the arms.

“Almost all skin conditions can flare with increased stress and anxiety before a big event such as a wedding and, therefore, dealing with these conditions well in advance of the wedding is strongly recommended.”

Diet is intrinsically linked to skin, and is key to controlling inflammation. Dr Barbara suggests avoiding inflammatory

YOUR SKIN



LEFT: DR BARBARA STURM
THIS IMAGE,
ONEWELBECK
DERMATOLOGY CLINIC
BELOW: DR HIVA
FASSIHI

foods like alcohol, sugar, flour, salt and fried food and eating anti-inflammatories such as cherries, blueberries, blackberries, greens, beans, seeds, nuts, olive oil and fatty fish.

Taking supplements is also a good way to boost your vitamin intake; Dr Barbara has also created her own line to help with skin issues.

She also adds: “Avoid makeup where you can, aggressive skincare products and harsh treatments; allow your skin to heal and have full skin-barrier functions to protect from stressors outside; heal and protect your skin and it will glow.”

According to the Office of National Statistics, 32 is now the average age women marry in the UK. With this in mind, skincare requirements will have changed compared to brides and grooms in their 20s.

Harley Street’s Dr Pradnya Apte

suggests starting six months prior to the wedding day, using glycolic acid and retinol at night. “This starts to increase cellular turnover and starts to smooth skin,” she says.

Depending on the skin issue, there are a number of key treatments Dr Pradnya believes to be the most effective. For pitted, acne scarring, she suggests the Intensif treatment from Endymed – micro-needling combined with radiofrequency to stimulate collagen, which requires three treatments over three months, and Endymed for skin tightening, especially if over 35.

However, she believes Profhilo is the ultimate wedding day skin preparation – two treatments one month apart – to remodel the skin using Ultrapure hyaluronic acid.

While treatments are highly desirable, Dr Barbara offers one

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key piece of advice about new skincare – and that’s not to test anything new just before the wedding.

“When you zig and zag in between products and brands, self-curating your skincare, the ingredients may work at cross purposes,” she says.

“Plus, using quick-fix anti-aging approaches like acid peels and harsh lasers can cause inflammation and harm rather than heal your skin.”

With the global men’s skincare market on the rise, there are more men seeking out healthy skin, and even more so with grooms-to-be.

When it comes to men’s skin, Dr Barbara notes: “It’s more about looking clean, polished and fresh.”

If a skincare routine isn’t already set up, now might be a good time.

Dr Barbara adds: “My hyaluronic serum should be the ‘white t-shirt’ of a man’s skincare routine. It binds up to 1,000 times its weight in water, drenching dry skin with ultra-hydration, boosting the natural skin



barrier function and bringing anti-inflammatory active ingredients into deeper skin layers.”

However, the whole process of weddings creates an environment of high stress, and this can aggravate the skin even if we are looking after the skin properly.

Award-winning hypnotherapist Mal minder Gill has teamed up with the Dr David Jack clinic on Harley Street to create the Mindful Facial – claimed to be the world’s first fully-immersive holistic skin treatment.

Mal minder says: “I’ve known Dr David Jack for years now and we both advocate a holistic approach to wellness: maintaining a healthy mind is as important as the way we maintain radiant skin and a healthy body.

“Considering how stressful it can be to organise a wedding – especially this year when many couples have been forced to postpone or reschedule the event at the last second – maintaining a positive attitude and avoiding overthinking about what is not in our powers to control is utterly important for a future bride.”

The treatment involves a live hypnosis during the facial – and there is a consultation with the client prior to the treatment that addresses their personal issues.

Mal minder adds: “Marriage represents a major change in one’s life and, like any change, it provokes a range of different (and sometimes conflicting) emotions, from excitement to fear.

“This combination of emotions – when not acknowledged or addressed – could turn into a stressor and a burden.

“The Mindful Facial is curated for leaving clients glowing, relaxed and rid of emotional burdens.”

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Mal minder Gill

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SUPPLEMENTARY BENEFITS



AETERNA GOLD

These gold collagen beauty capsules contain a winning combination of ingredients for super plump, healthy-looking skin.

Selfridges 400 Oxford Street, £34.99 for 90 capsules



EQUI LONDON

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LUMITY

These morning and night capsules deliver the highest-quality aminos, vitamins, omegas and nutrients to work in tandem with the circadian rhythm at a cellular level. Skin, hair and nails are significantly improved.

Audley Pharmacy, 36 South Audley Street, £65 per month