



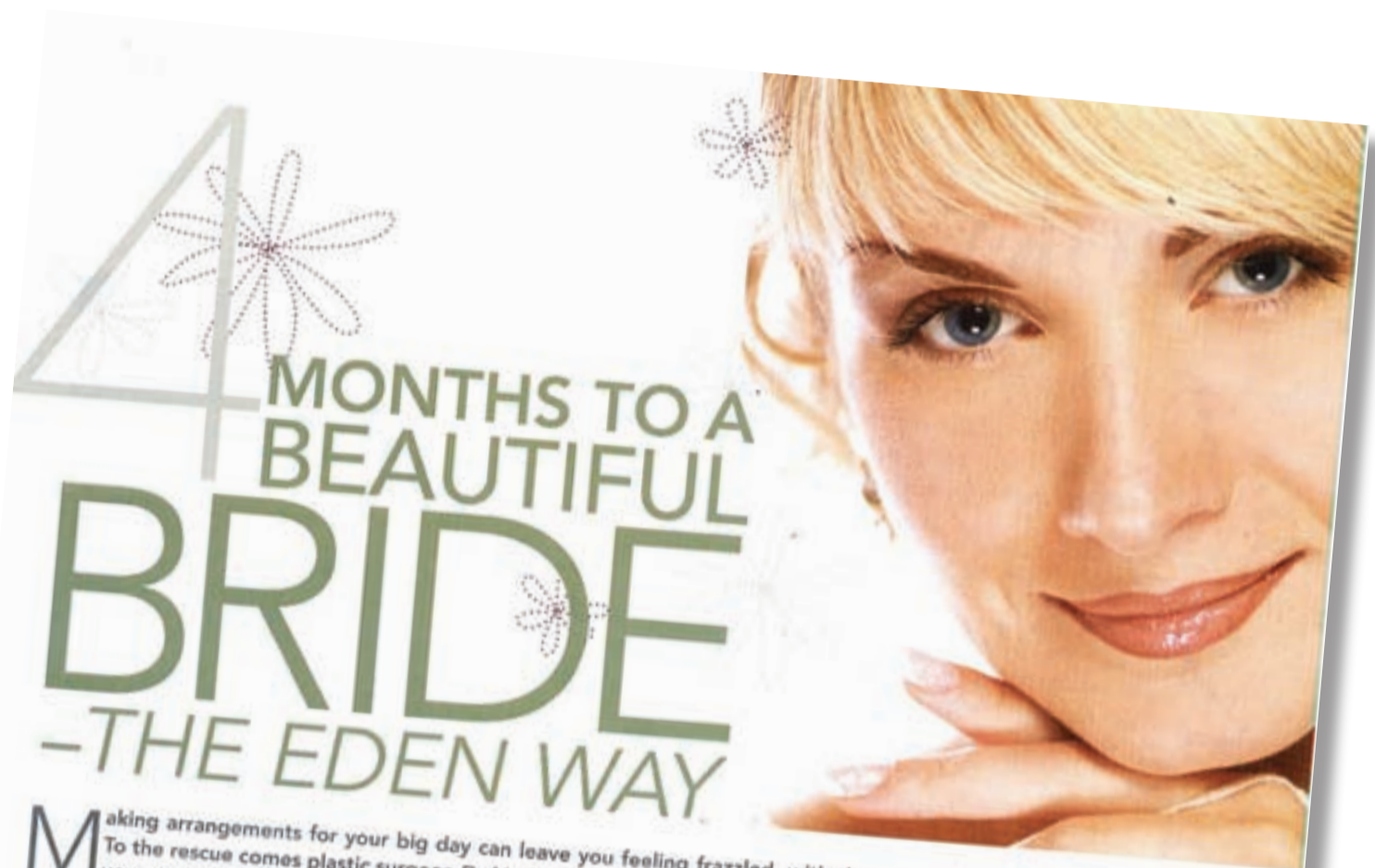
Plastic surgeon Dr Mark Edinburg, vows to help brides look their beautiful best as they walk up the aisle.

### 1 Medical-grade laser

This non-invasive, laser treatment uses the latest technology in pulsed light to improve skin's look and texture. The laser works on a number of levels, penetrating deep beneath the surface of the skin to improve the appearance of fine lines and wrinkles around the eyes, forehead and mouth. Laser treatments can also improve the appearance of acne scars, facial veins and other skin conditions. As our face is closely linked to our sense of identity, The Eden Institute's Dr Mark Edinburg believes this is why facial rejuvenation is often the first stop for women after setting a date for their wedding. The fact that very little down time is involved is also a bonus. A series of treatments are required over several weeks to achieve the ultimate improvement in skin texture and clarity. See [edeninstitute.com.au](http://edeninstitute.com.au)

### 12 Medifacials

Being exposed to UV rays and free radicals in daily life, it's not surprising most of us are deficient in vitamins. While taking vitamins is beneficial, infusing skin topically with vitamins A and C can help restore skin, leaving it dewy, hydrated and full of vitality. This is the premise behind a medifacial – a skin rejuvenation facial with medical-strength results. For example, The Eden Institute's Benefit Peel uses medical-grade vitamin A and anti-oxidants for a powerful peel. Vital nutrients are infused deep into skin layers, while the healing benefits of vitamin C helps calm skin. Suitable for all skin types, some treatments may require a 10- to 30-day program. This means you are given a take-home skin care pack tailored to your needs that preps the skin for the medifacial or peel. A package deal is the most cost effective as a series of three treatments is usually advised. See [edeninstitute.com.au](http://edeninstitute.com.au)



Making arrangements for your big day can leave you feeling frazzled, with the strain often showing on your face. To the rescue comes plastic surgeon Dr Mark Edinburg, of the Eden Institute of Plastic and Cosmetic Surgery, who vows to help brides look their beautiful best as they walk up the aisle.

#### SKIN REJUVENATION WITHOUT SURGERY

Not all plastic surgery involves going under the knife, and today there's a virtual smorgasbord of treatments to choose from. From an instant lift with a new generation filler to laser treatments that diminish pigment, the busy bride can now pick and choose from a plethora of skin rejuvenation treatments that are quick, safe and effective. The first step is a consultation to assess your skin type and requirements, followed by a customised treatment plan drawn up just for you. At the Eden Institute you can get your very own mix and match treatment plan according to your skin type and budget.

#### COUNTDOWN TO THE BIG DAY

##### 3-4 Months Prior

To improve your complexion, commence a course of medical grade facials using Results RX, a physician-only cosmeceutical using chirally correct vitamins A and C to plump and tone the skin. For best results Dr Edinburg recommends three treatments over three months. Now is also the time to start treatment with medical grade Sciton BBL and ND: Yag laser to improve skin tone, tighten pores and reduce pigmentation. If you have rosacea, laser treatment can bring a marked improvement.

For fine lines, Dr Edinburg says muscle-relaxing injectables are the way to go to treat crows feet around the eyes and eliminate frown lines between the eyebrows. The injectable diminishes the movement around the eye area giving a pleasing smooth appearance.

Don't forget to treat your neck and décolletage area with the Sciton BBL and ND: Yag laser if you have unsightly pigmentation or sun spots.

##### 2 Months Prior

Time to focus on the lips. Plump up your pout with a filler for natural looking fullness. If you have vertical lines around the mouth, Dr Edinburg may suggest a muscle relaxant to prevent the muscle contraction which causes unsightly lipstick bleed lines.

You may want to consider laser hair removal for your legs and bikini line. Depending on skin tone, only two to four treatments are required to leave you fuzz-free.

##### 1 Month Prior

Now is the perfect time to treat those naso-labial lines with an injectable wrinkle filler. The effects can last for up to 12 months. Schedule your final medi-facial a week out, for an infusion of vitamins and antioxidants to have you glowing on your special day. Treat your hands to a combined medi-peel and laser treatment to reverse any telltale signs of ageing.

And finally, you could even persuade your mum to come along with you. The Eden Institute also offers treatments for mother of the bride. Naturally, as a specialist plastic surgeon, Dr Edinburg also performs a range of surgical procedures such as breast lifts and augmentation, tummy tucks, chin tightening and facial surgery.



One week after treatment. (This photograph represents one person's experience and there is no guarantee that any other patient will experience similar results).

FOR MORE INFORMATION  
[www.edeninstitute.com.au](http://www.edeninstitute.com.au) :: T 02 8814 5800 :: CHATSWOOD • BAULKHAM HILLS