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## Commit to a Beautiful Bridal Complexion with Skincare Tips from Control Corrective Skincare Systems® *Founder and skincare expert Ellen Clark shares tips for amazing skin at the altar*



IRVINE, CA (October 29, 2015) – You may have said yes to the dress, the shoes and the hair stylist, but a picture-perfect wedding day appearance isn't possible without making a commitment to your skin.

According to [Ellen Clark](#), skincare expert and founder of clinical-based skincare brand [Control Corrective Skincare Systems](#), you should vow to love, cherish and protect your skin for a lifetime – but especially in the weeks leading up to “I do.”

“Even the best bridal makeup artist can't mimic the glowing radiance of healthy, cared-for skin,” she said. “Just like all things wedding-related, a ‘fairytale complexion’ at the altar requires a fair amount of planning. But with the right pairing of professional treatments and at-home care, your skin will perform on the big day, and hopefully happily ever after.”

Clark advises the following skincare checklist to secure the best skin for one of the best days of a lifetime:

- ✓ **See an esthetician at least six weeks prior.** If you're serious about looking your best on your wedding day, a fly-by-the-seat-of-your-pants skincare plan simply won't do. Depending on your skin profile, it is advised that you make an appointment with an esthetician at least six weeks before the big day, so she can provide a skin consult and assign the best treatment and timing of the series. If you desire a peel, plan to book even earlier, since certain peels, such as the Jessner, need to be performed *at least* two months prior to the wedding.
- ✓ **Power hydrate.** Achieving that dewy bridal complexion you desire is dependent on ample hydration. Make sure you're using a moisturizer designed for your skin type, and always apply a serum first, which boosts hydration and most effectively penetrates the skin. [Control Corrective's Crystal C Serum](#) (MSRP: \$66) is a great pick, as it actually brightens and brings forth a glow. Additionally, you can amp up moisture levels by applying a deep-concentrated hydrating mask, like [Control Corrective's Balancing Thermogel Mask](#) (MSRP: \$33), every night for a week before wedding day.
- ✓ **Break up with the sun.** Like your string of ex-boyfriends, you'll need to cut ties with the sun in the weeks leading up to the big day – or at least seriously limit contact. Be a blushing (not beet red) bride by wearing sunscreen every day, reapplying often and wearing a hat in times of exposure. [Control Corrective's Oil-Free Sunscreen SPF 30](#) (MSRP: \$33) brings micro-fine zinc for broad-spectrum sun protection, doubles as a light moisturizer and won't leave skin feeling greasy.
- ✓ **Avoid the pre-party.** Once you get the ring, there will be many opportunities to celebrate, but try to limit your champagne toasts as you get closer to tying the knot. Alcohol and other party fare are serious dehydrators that not only keep skin from looking fresh and plump, but can also cause

puffiness, redness and irritation. Instead, stick to a healthy diet, lots of water and a good sleep schedule. And while that countdown-to-the-dress cardio program may be tough, rest assured it is also benefiting your complexion, as exercise can actually help boost collagen.

Control Corrective Skincare Systems products are available through skincare professionals nationwide and at [www.controlcorrective.com](http://www.controlcorrective.com). For more wedding day prep skincare tips from Ellen Clark or additional information, editorial media can contact Stacey at On the Horizon Communications at (805) 773-1000 or [stacey@thepressroom.com](mailto:stacey@thepressroom.com).

*Control Corrective Skincare Systems puts the power of beautiful skin into your hands.* A clinical-based skincare brand since 1997, Control Corrective Skincare Systems offers comprehensive, collection-based skincare for both the professional seeking to offer superior professional solutions or the consumer looking for a user-friendly home care regimen. Available at finer salons and spas nationwide, the line offers a full range of skin care products that utilize the highest quality ingredients along with natural extracts, vitamins and essential oils. [www.controlcorrective.com](http://www.controlcorrective.com).

