

# BRIDES

## The Best Ways to Get Smooth, Stubble-Free Skin Before Your Wedding Day

Want **silky, touchable, hairless skin** under your **wedding dress**? Of course you do! New York City dermatologist **Paul Jarrod Frank** breaks down the top **ways to get smooth** for the big day.

### Shaving

To get the **closest shave possible**, do it in a hot shower (the steam opens your pores), and use a brand-new razor and plenty of moisturizing shaving cream. Finish with a moisturizing body cream just after you get out of the shower, for maximum absorption. (We like **Aveeno Skin Relief Moisturizing Cream**.)

### Waxing

If you've never waxed before, the day before your wedding is *not* the time to start, Dr. Frank says. (You never know how your body will react, especially if you have **sensitive skin**.) Instead, give waxing a trial run at least a month before the wedding. Then, go back a few days prior to the big day for a follow-up appointment.

### Depilatories

The number-one mistake women make with depilatories? Leaving the product on for too long, says Dr. Frank. Letting it chill on your legs for a few extra minutes will not make the product more effective, and it can also lead to burns. Carefully read and follow the instructions on the package, and if you're a depilatory newbie, be sure to practice a few months before the wedding. (One of our favorites? **Nair Moroccan Argan Oil Shower Power Max**.) And — unless you're really secure in your depilatory skills — we don't recommend using one on your upper lip right before the big day. If something goes wrong, it will show up in all your photos. Instead, let a pro take care of any pre-wedding facial hair situations.

### Lasers

New technology means **going under the laser** is easier than ever. Bikini-line or underarm hair removal now takes only a few minutes per session, and removing the hair on both legs takes around 40 minutes. Everyone's experience will differ, but expect around five to six sessions to see full results — results that should last for several years. To be safe, only book your appointments with a dermatologist or a reputable spa that specializes in laser hair removal — they'll know best how to administer the laser safely and effectively. The cost varies by city (and body part!), but expect to pay around \$1,000 to \$1,500 total.