



ROCKY MOUNTAIN  
**BRIDE**  
BEAUTY GUIDE



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## *Meet Jennifer*

Jennifer Saupe has worked in the beauty industry for more than 20 years, and has been a licensed esthetician since 2003. She began as a makeup artist for weddings and other special events, and gradually shifted to skin care in order to help women feel more confident-even without makeup. Although she loves all facets of skin care, her passion is clearing people of acne and providing education for them to empower them in staying clear. She currently works at Wisp Salon & Spa as manager of the esthetics department and acne specialist, and lives in Parker with her husband, their 2 crazy boys, and their dog, Cooper.

# *table of contents*

05

THE ULTIMATE  
COUNTDOWN TO  
YOUR WEDDING

08

ESTHETIC TREATMENTS

06

DERMATOLOGIST OR  
ESTHETICIAN?

09

INGREDIENTS TO AVOID

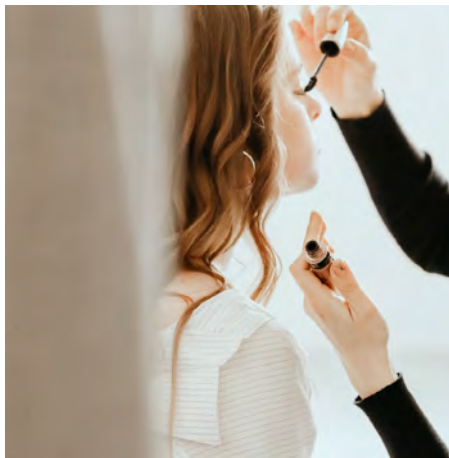
07

THE BEST SKINCARE  
INGREDIENTS

10

SKINCARE TIPS





Taking care of your skin is always important—it's the largest organ in the human body and provides the first line of defense against cell damage and disease. Along with this, the aesthetic benefits of having a good skin care routine include smooth, clear skin that acts as a great canvas for makeup, helping boost that glow in your wedding photos!

The earlier you start a good skincare routine, the better. Short-term, this will allow your skin time to acclimate to active ingredients and start to see real results for your wedding. Long-term, following an effective routine will help save money and time on more invasive treatments. Preventing damage is so much easier and cost-effective than reversing damage!

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## TIMELINE LEADING UP TO YOUR WEDDING DAY

### *12 months out:*

If you have major concerns you want to address (think acne, melasma, or photo-damaged skin), now is the time to interview estheticians and dermatologists and decide who you trust in working with you to meet your goals.

Once you've chosen a skin care professional, set up a timeline with them on what needs to be done to help you feel your best on your wedding day.

### *9 months out:*

Consider your eyebrows! Services such as tweezing, waxing, and threading can help define brows, while tinting, powders, gels, and even brow laminating can help make brows appear more full and groomed. This is the ideal time to begin these treatments to establish how you want your brows to look, especially if they've been over-tweezed and need some TLC.

### *6 months out:*

This is a good time to choose your esthetician if you are working on more minor skin concerns, such as fine lines, decreasing the appearance of pores, and minor breakouts. This would also be the ideal time to get a solid skin care home regimen in place.

And follow that routine-no cutting corners!

### *3 months out:*

This is the point we start doing different treatments (every 2-4 weeks) so you can decide which you like best. Light peels, hydrodermabrasion, and dermaplane are the most popular treatments among my brides. Try scheduling your facial a few days before any makeup trials. This will help prevent breakouts caused from putting makeup on freshly exfoliated skin, but still give you a good idea of how your makeup looks after specific treatments.

### *1-5 days out:*

**GLOW TIME!** Now is the time to perfect that photo-ready look! Since you'll be working with your esthetician months before, you'll have a good idea of how your skin will respond and when it looks it's best post-treatment. Generally speaking, I recommend getting a dermaplane 3-5 days before a big event, whereas hydrodermabrasion or light peels (lactic or light glycolic) can be done the day before.





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## *Dermatologist or Esthetician:*

Oftentimes, you will find estheticians working within a dermatology practice, so you're able to work with both professionals depending on your needs. If this is not the case for you, however, here is an idea of what to expect from each.

Generally speaking, if you're concerned with skin disease, such as eczema, dermatitis, or any other questionable conditions, it's best to start with a dermatologist. They are medical doctors and can diagnose and treat these issues medically. Estheticians are great in helping work towards the esthetic appearance of the skin, and are also likely to provide education, and options, regarding skin care ingredients and routine. With regard to acne, specifically, both dermatologists and estheticians have effective methods of treatment and therefore deciding whom to choose depends mostly on your preference.



# The Best Skincare Ingredients

The beauty industry offers a multitude of promises in terms of products claiming to change your skin and improve your life. I want to remind everyone that skincare, like most things, is not a “one-size-fits-all,” and the best way to find the right products for you is in working with a professional who can customize your regiment. With that said, there are some general ingredients that I personally recommend for the majority of my clients, in order of preference:

## HYALURONIC ACID:

Bachelorette parties and late-night wedding prep can lead to dehydration within the skin. If this is the case, Hyaluronic Acid will be your new best friend. It can attract approximately 1000 times its molecular weight in water, which means it helps increase and retain moisture in the skin.



## BROAD-SPECTRUM SPF 30:

What many people don't realize is how much we are exposed to UV rays just going about our daily activities. To add insult to injury, living (or visiting) the Rocky Mountain region makes you even more susceptible to sun damage due to altitude! There are many different SPF options, just make sure it provides broad-spectrum coverage with a minimum SPF 30.

## WATER:

Please drink it. Often.



## VITAMIN C:

Vitamin C (I recommend Vitamin A at night and C during the day) has its own ability to stimulate collagen production and brighten the skin. As

Vitamin C is somewhat fragile, and prone to oxidation which renders it useless, it's important to find a high-quality product from an authorized retailer-no bargain shopping on this one.



## VITAMIN A:

Have you heard of Retinol, Retinoid, Retin-A, or Retinol Palmitate? This is Vitamin A, and I'm a little obsessed with it. It increases your cellular turnover, which, in turn, helps reduce the appearance of fine lines and pores, fades dark spots, and gives the skin a more “dewy” appearance.

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# Esthetic Treatments

The terms can become a little confusing, so here is a glossary of esthetic terms for the most popular pre-wedding treatments you may be considering.

## LASH LIFTS:

Similar solutions as used in brow lamination are used to do the same thing to lashes, but in this case the lashes are pressed onto a rod to help achieve a curl or bend to the lashes. This gives the appearance of longer lashes.

## CHEMICAL PEEL:

The application of specially formulated acid(s) to the surface of the skin, causing mild to extensive exfoliation and stimulating collagen production. There are many types and varying depths of peels, and generally something for all skin types and conditions, although these should **ONLY** be performed by a licensed and certified professional.

No DIY on this one!

## HYDRODERMABRASION:

This treatment involves the use of a wand with an exfoliating tip, attached to suction. Your skin will be cleansed, exfoliated, and deeply hydrated along with receiving extractions to remove congestion in your pores. The benefit of this treatment is it penetrates deeper in the skin, which allows the results to last longer than traditional facials. There are different brand names for this treatment-a common one being HydraFacial.

## IPL OR BBL:

Intense Pulsed Light (IPL) and Broad Band Light (BBL) are both popular and effective treatments to remove brown spots and red spots/vessels as well as ruddy undertones in the skin. While all the previously mentioned treatments in this glossary carry some risk, if you are considering treatments like IPL or BBL, or any laser treatments, make sure to do your homework and ensure the technician is a licensed/certified technician working under a medical doctor. Seeing a portfolio of their work and looking at reviews are also important, as these are serious treatments that (although very effective) can cause serious damage if done by someone with little to no real experience.

## MICROCURRENT:

Using a hand-held device to send small, gentle waves into the deeper layers of the skin to temporarily enhance facial contouring and improve facial tone. This is typically not a stand-alone treatment and can be added on to most facials.

## DERMAPLANE:

Using a medical blade to remove the outer most layers of dead skin cells on the face, while also removing vellous hair (aka "peach fuzz").



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# Ingredients to Avoid



## HARSH SCRUBS

If you are looking for exfoliation in an over-the-counter product, do not choose a product with salt as the scrubbing agent, or anything made of walnut shells or apricot pits.

These scrubs have jagged edges, which create microscopic tears in the skin, allowing bacteria in and water out, making the skin more prone to dehydration, infection, and breakouts.



## MANUALLY EXFOLIATING BRUSHES OR SPONGES

In the Rocky Mountain region, we generally have a much drier climate and the use of brushes for additional cleansing is unnecessary. Along with this, they are very difficult to fully clean and therefore risk bacterial growth. Stick with using just your hands, or a washcloth if you tend to wear a lot of makeup.

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## SKINCARE TIPS



Always wash your face! Late nights can make it tempting to skip the nighttime skin routine, but this can lead to dull, irritated skin and breakouts. Commit to your skincare and make it a habit-you will not regret it.

Don't forget your groom! According to Men's Health Magazine, men now make up 47% of spa-goers. Facial treatments can greatly benefit men's oilier skin type and helps provide a healthy glow while removing dirt and oil from the pores. Treating them to a spa day with a men's grooming specialist is a great way to relax and help them polish their look, too.

Waxing! If you're new to this method of hair removal, it's important to understand a few things:

You will see regrowth, especially in larger or more intimate areas, within 1-2 weeks the first few times you are waxed. Eventually you will be able to stretch sessions every 4-6 weeks, but this can take several months before the hair is in the same growth cycle. Plan accordingly.

Use the prep and after-care products your waxing specialist recommends. This will prevent unsightly ingrown hair and protect the integrity of the skin when getting waxed.

Don't believe everything you see online! It's shocking the amount of dangerous treatments and products available for purchase online by the general public. Skin care treatments require the hand, and supervision, of a trained professional. Find a professional, ensure they are properly licensed, and leave the treatments and product recommendations to them. You can find information on licensing through your state's Department of Regulatory Agencies website under "Search for a License."





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