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LEARN HOW TO BE A PERFECT BRIDE

by **Loreen Berlin**

Special to the News-Enterprise

Angela Gould, of Cypress, is a soon-to-be bride who is working with her wedding coordinator sister, Renee Sawyer, and other specialists to be the “perfect bride” on her wedding day in August.

Some helpful hints of “Must Do” and “Must Not Do” items offered by Sophia Buenfil, manager of A Time for Elegance in Los Alamitos, include: Make sure to sleep the night before the wedding and snack during the day of your wedding; you need to order your gown six months before the wedding and you will want comfortable shoes for the reception.

Don'ts include: Do not base your gown on “I will lose weight,” and never get a new hairstyle if you haven't already tried it.

Angela started six months in advance to look her best on her wedding day, and used Buenfil's suggestion of purchasing her gown six months in advance.

Then, she started working with Dr. Lorraine Urbina, D.C., Registered Trigenics Physician and Licensed Aesthetician and owner of Suddenly Younger and Slimmer in Los Alamitos to get her body in shape by trying a body wrap.

“I didn't really expect that much from a body wrap, but I was excited about it and thought it would be relaxing,” Angela said. “I didn't expect the great results I got.”

She concentrated on her arms because her dress is strapless. “I even cheated by pulling my hands out of the wrap a little bit and still got good results.”

After her body wrap at Suddenly Younger and Slimmer, Angela said she wore tank tops for the next three days, “because my arms were so great looking and my skin was so soft – even my fiancé said how soft my arms felt.”

Angela said she originally thought body wraps were just to lose inches and weight, “but I enjoyed the body wrap as it was painless and easy and I got good results – so I definitely have



Photo by Loreen Berlin

(l-r) Angela Gould, Cypress, is preparing to be a “perfect bride.” Pictured with Dr. Lorraine Urbina, D.C., Registered Trigenics Physician and Licensed Aesthetician in Los Alamitos, Angela is seen here in a body wrap to lose inches before her wedding date in August.

to do the wrap before my wedding. We are going to Las Vegas, which will have bathing suit weather.”

Angela said. Oxygen Infusion Facials are what “Madonna” has before her big performances. Because Angela said she had tiny dry patches of skin on her face, Urbina suggested she try the Oxygen Infusion Facial, “and now all the dry places are smooth,” Angela said. “It looks really nice and feels like my skin is open to the air, and there's no pain – just very relaxing with good results.”

Bridal consultant Carol Gatus, Especially For You Designs, says, “Must Do” tips include: Set a budget, Shop around for vendors and get references; make decisions and move on.

Prevent burnout – interview the top two photographers and don't overshoot; try not to do everything yourself – your personal assistant for the day is your wedding co-coordinator – that way there is only one person who has to make sure all of the vendors and food are in order.

Some wedding specialists say what you eat everyday, and especially on your wedding day, can make a big difference in how you feel, and that not all foods are the same. Eating a

substantial breakfast of eggs, toast, juice, yogurt, cereal, a muffin, or fresh fruit will digest easily and give you the strength and energy you need for the fast-paced day.

Later in the day you may want to nibble on some chicken, and a roll, and be sure to drink water so you won't dehydrate. Fit small snacks in while you're getting ready for the wedding to avoid upsetting your stomach or feeling bloated.

Then, eat something after the ceremony and only eat what feels comfortable – avoid alcohol before eating, as alcohol on an empty stomach can make it difficult to control your emotions.

Urbina said in terms of Air-Brushed Tans, “I always suggest we practice well in advance of the wedding, so the bride knows what color she will be immediately after the tan, as well as two days after the tan – since we don't want bronzer on the dress – but an Air-Brushed tan two days in advance of the wedding works well,” she said.

“Brides who are working six months to one year- in advance to create their ideal figure are the happiest with their results; this includes dieting, body wraps, exercise and Meso-Therapy.”

“Plan way in advance for weight loss, body sculpting goals, and laser-hair removal – areas of skin recently lasered are more sensitive to sun exposure, so keep that in mind for the Hawaiian/Maui honeymoon and be sure to use proper sun screen protection” Urbina said.

“Your last Meso-Therapy should be one month before the wedding for the body and two weeks for the face,” said Urbina.

Oxygen Infusion Facials and body wraps can be done right up to the day of the wedding, “but be sure to make your appointments in advance – otherwise you may end up disappointed at not being able to get an appointment time,” Urbina said.

And never have a Chemical Peel right before your wedding unless you want the veil down throughout the ceremony and the reception, Urbina said. Four to six weeks should be the last Chemical Peel before the wedding date.

Urbina said the most important thing is for the bride to relax and enjoy her day and to be fully present in the moment and to consider the viewpoint that, “everything is going perfectly as planned despite the unexpected.”

Dr. Lorraine Urbina is a Doctor of Chiropractic, Registered Trigenics Physician, and a Licensed Aesthetician.

Urbina has been in practice for more than 20 years – with a specialty in Anti-Aging and Slenderizing in her Medical/Wellness Laser Center, 4152 Katella Ave., Ste. 102, Los Alamitos. Her specialties are non-surgical face-lifts, body sculpting, functional neurology, and pain control with Trigenics. The medical team performs anti-aging and aesthetic medicine with Titan, Fractional Laser, Laser Hair Removal, Photo Facial, Meso-Therapy, Fillers, and most recently the Meso-Pellet, natural bio-identical Hormone Therapy.

She enjoys teaching “Happiness” and behavioral “Life Skills” management to teenagers and young women through “Smart Girls Guide to Happiness,” in Buena Park and Los Alamitos. For information, call (562) 596-1019.