

FOR IMMEDIATE  
RELEASE

FOR THE BRIDE: MARILYN OR OPRAH? BEAUTY SECRETS  
FROM AROUND THE WORLD

Mary Thé, (pronounced Tay), San Francisco's leading aesthetician for nearly three decades and founder of the Mary Thé Skin Care salon on chic Maiden Lane, takes a truly global and mindful approach to skin and body care, especially for brides. Born in Indonesia on the island of Java, educated at the finest European skin-care schools, Mary travels extensively searching for the safest and most effective beauty products and treatments from around the world. She offers these words of wisdom along with some of her favorite products for both younger and older women who seek glowing reviews on their wedding day...and beyond.

**#1 - Marilyn Monroe or Oprah? Beauty with Integrity**  
Mary believes that projecting a sense of overall well-being is any bride's best beauty secret. To avoid becoming the next beauty-obsessed "bridezilla," Mary tells clients to remember these three words: beauty with integrity. An ancient Javanese expression represents Mary's lifelong philosophy: "real beauty is a balance between the inner and outer self, that which is visible and that which lies within." External skin is the physical reflection of everything that happens in our lives—the way we live, eat, and breathe, as well as our thoughts, emotions, and desires. The latter can wreak havoc on our looks in the stressful months prior to the wedding.

To drive home her message, Mary asks clients, "Who would you rather be for a lifetime: Marilyn Monroe or Oprah?" While drawn to the physical beauty of Marilyn, ultimately, the vast majority would rather be Oprah, despite her weight problems! Although Marilyn oozed outer beauty, she lacked an inner well-being. While Oprah is by no means your stereotypical beauty queen, her inner beauty – confidence, self-awareness, compassion for others, love of life – drives and enhances her outer beauty. Mary believes this kind of beauty both endears and endures on one's wedding day and beyond.

**#2 - In Preparation For The Big Day: Go Beyond "Beauty Moments"**

The best skin care strategy begins at least three months before the wedding. Rather than thinking of skin and body care as simply a "beauty moment," consider it your first step in an on-going program of self-care. Good skin care takes commitment and education, and an early start allows time to resolve unforeseen problems, such as allergic reactions or breakouts, especially with sensitive skin.

**#3 - Avoid "One Size Fits All" Skin Care**

With the deluge of skin care products and treatments on the market today, look for a licensed therapist specifically trained in skin care, who will customize a program for you. Request a free consultation – don't underestimate the importance of establishing a good rapport and probing the therapist's knowledge. (Mary Thé offers consultations specifically geared for brides and grooms.)



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Lastly, Mary offers these unique products and treatments from around the world:

**FIVE “MAKE IT MEMORABLE” PRODUCTS:**

**A Great Base: Coup d’eclat Natural Face Ampoule from Monaco**

This serum instantly adds a smooth invisible layer to skin and is an excellent foundation for makeup. It maintains the freshness of makeup for 12 hours, insuring daylong, picture perfect beauty.

**A Facial Revitalizer For Older Brides: MC110 from France**

This gem works wonders on perking and plumping up facial skin. MC110 is a liquid containing minerals from the Dead Sea, a body of water with the most concentrated and varied mineral deposits in the world. Mary, 49, uses it daily.

**Avoid Emotions Getting The Best of You: Kiss Me Cream from Japan and LipChic from Europe**

For a water-resistant, non-smear mascara, Kiss Me Cream is Mary’s tried and true favorite. Unlike traditional mascaras, Kiss Me coats lashes with tiny tubes of color around each lash. The tubes are imperceptible until removed – they slide right off with lukewarm water and cleanser. And, to keep lipstick smears off wedding wear, try 100% botanical LipChic, Europe’s #1 lipstick sealant for 60 years.

**Bag Those Bags: Save My Face Pillow from Canada**

Even the best treatments can’t un-do puffy eyes on “your day” after a restless night in anticipation of a new life. To minimize them, avoid liquids after 5 p.m. the night before. Ideally, sleep on your back with your head elevated, as opposed to on your side, which “squeezes” your face, causing puffiness. “Save My Face,” an anti-wrinkle-and-face-squeeze pillow, has a special design that supports the head and elevates the face. You’ll not only sleep like a baby, but also awaken looking beautiful.

**TWO STRESS-BUSTING TREATMENTS:**

Renaissance de Souplesse Treatment (RST) from France Ideal for older brides, this highly effective anti-aging treatment immediately alleviates facial “stress traffic jams” making skin feel and look younger. An alternative to plastic surgery or Botox, or as complementary treatment to help preserve the results of those procedures, RST supports skin with advanced biotechnology serums and Micro-current.

**A Balinese Tradition: Lulur Body Rejuvenation With A European Accent**

Keeping with the Indonesian tradition of preparing the bride for her wedding night, this full-body rejuvenating and exfoliation treatment completely relaxes, improves circulation, and promotes detoxification. With blended European oils – Lavender, Melissa, Valerian, and Petitgrain – your body will feel silky smooth for that special night and many more to come!

Products and treatments available at Mary Thé Skin Care,

153 Maiden Lane, San Francisco, 94108.

For information or to order, visit [www.MaryThe.com](http://www.MaryThe.com) or call toll free, 888-MaryThé, or 415-788-8431.

Email: [marythe@marythe.com](mailto:marythe@marythe.com)



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