

These Are the Best Noninvasive Treatments to Make Your Face Glow

There are plenty of noninvasive options out there for a fresher looking face before your wedding day—here are our faves.

by Katie Kortebein

Microneedling

It may sound scary, but trust us, microneedling is basically like sticking your face in one of those [pin art toys](#) we were all obsessed with as kids. “Microneedling is a minimally invasive procedure in which multiple tiny needles prick your skin, opening the skin barrier so vitamins, peptides, growth factors and hyaluronic acid can more efficiently be absorbed by the skin,” says [Melissa Doft](#), MD, a plastic surgeon. It also prompts collagen and elastin growth, which improves fine lines. Collagen (a protein) production declines as we age, resulting in looser skin, so improving development helps your face bounce back (literally) so you look even younger. Expect to be in your doctor’s office for close to an hour for the procedure. “Topical numbing cream is applied for 20 minutes, then the procedure takes another 20 minutes,” Doft says. As for the recovery, there’s no need to worry. “Your skin will be red that evening, but most or all will dissipate by morning. If you have any residual redness, you can easily cover it with powder.” Your skin will look brighter the next day and will continue to improve over the next four to six weeks. Some people will have a treatment every three to six months, while others may choose to have it monthly. As for any possible risks, “I would not have it done if you have an active infection or outbreak of acne. One or two pimples are fine and easily avoided,” Doft says. (To learn more, check out our beauty editor’s microneedling experience right [here](#).)