



Beauty Tips for your Wedding Day

-HOW TO FEEL GREAT ON YOUR BIG DAY

On the day before your wedding make an appointment with your maid of honor or all of your attendants for a spa day. This should include a facial, haircut (nothing drastic), manicure, pedicure and body massage. You will shine the next day and look like the most relaxed person in the room.

-LOOKING BEAUTIFUL ON YOUR WEDDING DAY

The best beauty tips for your upcoming wedding are to start long before the wedding. You should be investing in good skin healthcare months and months before the wedding. From facials occasionally to day-to-day maintenance of your skin, the best way to do this is to establish a proper skin care plan based on your skin type.

While it may sound like you hear this all the time, good eating habits and regular exercise are as important to your skin health as they are to your overall body health. So once you make the investment in proper skin care, how do you achieve the look you want for your wedding? Hire a professional.

-HAIR HEADACHES

When you have your hair styled for your wedding, don't let your stylist pull it back so tightly that it hurts. You may think you'll get used to the tugging feeling on your scalp, but more likely you'll end up with a headache.

-MEN ARE BEAUTIFUL, TOO

Be sure that the groom has had a recent haircut and that he also has a smooth, clean shave for the wedding day. It is recommended to shave four hours before a facial. If he has a problem getting a good shave, consider having a professional shave at a salon.

-OUTDOOR BEAUTY

Getting married outdoors under the sun? Don't forget to apply the sunscreen before you put on your makeup---a burnt bride doesn't look good!

-KEEP NAILS MAN-FREE

Every bride wants to look perfect on her wedding day this includes the hands. Not only will everyone want to look at your wedding and engagement rings, but your hands will be photographed holding flowers, champagne glasses and other items. You'll definitely want your nails to look your best!

When going to have your professional wedding manicure, be sure to take someone with you. The other person can assist with the little things that can ruin finger nails such as taking money out of your wallet and opening doors. You may even want the other person to drive you to your next destination so you don't scrape your nail polish on the steering wheel.

It takes at least 30 minutes for fingernails to dry completely, so don't skip this necessary precaution.

Beauty Time Line for your Wedding Day

-BEAUTY TIME LINE 4-6 MONTHS PRIOR

Now is the time to start experimenting with your hair. How do you see yourself on your wedding day? Should you be growing your hair, or getting it cut into a specific style? Schedule an appointment with your stylist; take your headpiece and magazine clippings of hair styles. Work with your stylist to get the right look for you.

-BEAUTY TIME LINE 3 MONTHS PRIOR

Get a manicure and pedicure. Your hands are going to be well photographed on wedding day so start getting them in shape.

Establish a skin care routine. You don't want to start with a new product just prior to your big day and find out that it gives you hives, or worse, blemishes. If you are one of those women with perfect skin and have never used a moisturizer, now would be a good time to start. One day you will have to use these products so this is a good time to start the practice.

-BEAUTY TIME LINE 1-2 MONTHS PRIOR

Have a make-up artist do a trial run. It's wise to start this early and plan it on a day when you have another special function to attend. Not only will you look great for the event, but you will also be able to test drive the products that they applied.

-BEAUTY TIME LINE 1 MONTH PRIOR

Practice your hairstyle with your headpiece, practice your make-up, get another professional manicure. During this manicure you should choose your nail polish color and treat yourself to a paraffin wax treatment.

-BEAUTY TIME LINE 2 WEEKS PRIOR

- Have your final dress fitting. Take along your headpiece, shoes, lingerie, jewelry and accessories so that you can get the full picture.
- Break in your wedding shoes at home.
- Have a facial.
- Schedule a mini spa day and let a professional pamper you.
- If you color your hair, now is the time to refresh your color.

-BEAUTY TIME LINE, ON THE WEDDING DAY

- Have a massage in the morning. This will give you time to relax and reflect before your big event.
- Take a long bath.
- Eat at least one small meal; you don't want to pass out at the altar.
- Have your hair and make-up done a few hours before the ceremony.
- Start dressing one to two hours before the ceremony and do any necessary make-up touches.
- Take deep breaths and enjoy the moment! All of the planning is over; it's time to enjoy the blessed event!