

Beauty

THE BEAUTIFUL BRIDE

YOUR BEAUTY REGIMEN

1 If you're not a regular gym-goer, picking up a routine is the first step to becoming one. Whether you're wanting to drop a few pounds, reduce your dress size or just wanting to tone up a little, the first place to start is exercising. Bring your hubby-to-be along, it can be a bonding time you spend together that can be carried into your married life.

2 Make sure you're getting a balanced diet and plenty of sleep. These two things are important for keeping your energy levels high. You'll need plenty of energy during the planning stages of your wedding because it can be overwhelming!

3 Start a skin regimen. If you have troubled skin, consult a dermatologist or aesthetician to get a beauty plan. Get regular facials to reduce impurities and give your skin a healthy glow. Keep your skin clean, and moisturized on a daily basis.

4 Decide on your overall "look" for your big day. Do you want to go natural, glamorous, or classic? If you aren't a make-up pro, consult a professional make-up artist who can try out different looks and go through "test-runs" with you.

5 Address your tresses. Get regular trims from your favorite stylist to keep your hair healthy. Decide how you want your hair to look on your wedding day, and do at least one "test-run" to be sure.

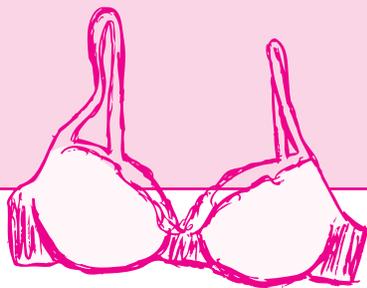
6 Wear waterproof mascara! Most brides tear up at some point during their wedding day. But even if you aren't much of a crier, it's better to be safe than sorry.

7 Less is not always more. While you don't want to look over-done, you will most likely want to apply a little more makeup than usual, as photos can make you look washed out.

8 Don't try a new look on your wedding day. You want to look like yourself, and you want to be comfortable in your skin.

9 While you want a healthy glow, you don't want a sunburn, tan lines, or an orange hue. Try out any tanning options that you are thinking about far in advance of the big day. And *DON'T* overdo it!

10 Love yourself and your body. Your husband is marrying you because he loves who you are and how you look... inside and out. Be confident in your own skin!



The first decision is whether to use a professional make-up artist, hair stylist or both. From the convenience of on-location service, to the reassurance that all of the bridal attendants will look their very best, enlisting the help of an expert is one simple way to shorten the list of wedding day worries.

MAKEUP ARTIST



- A true artist will know trade secrets for not only fashioning a longer lasting look, but for accentuating your best features.
- Set up a consultation a few weeks before your wedding. Have the make-up artist do a "test-run" to ensure that you will get the results that you want on your wedding day.
- You don't want to look overdone. Keep makeup natural, allowing it to accentuate your existing features.

HAIR STYLIST

- An initial consultation is generally recommended four to six months prior to the wedding. This gives the stylist an opportunity to discern what the bride is envisioning and to create a look that complements her facial features as well as the headpiece or veil.
- Necessary items for this visit are the headpiece or veil and a digital camera. Have photos taken from

several angles to assist the stylist in re-creating the same look on your wedding day.

- Speak up if you don't like what the hairstylist has created. You don't want to be unhappy with your pictures later and wish you had spoken up.

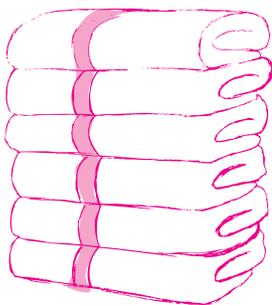


FITNESS

Whether your goal is to trim down, tone up, or just simply get fit, we have some simple tips that if you follow, and mold to your lifestyle you should be a healthy, happy bride on your wedding day!

An apple a day!

The first step to getting a healthy body is paying attention to your diet, and by diet, we mean eating lifestyle. Now is the time to change the way you eat, but not the time to follow some crazy fad diet. Your body runs on fuel, and that fuel comes from food. You need a well balanced diet to have all the energy planning a wedding will take!



Hydrate your body

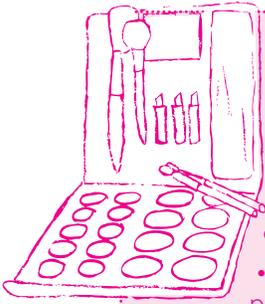
Water is one of the biggest secrets for staying healthy and losing weight. Drinking plenty of water each day will keep your hair and skin looking fabulous, give you more energy and keep you healthy. Keep an eye on your alcohol consumption during all pre-wedding festivities! Alcohol can leave you dehydrated and tired.

Put on your running shoes

With your hectic days between planning a wedding, and continuing your everyday life, finding time to hit the gym may be an impossible task. Hiring a personal trainer is a great investment in making over your body. This will also help you maximize the few times a week that you manage to make it to the gym. If a gym membership is not in your budget – there are plenty of other ways to get in shape before your wedding. Simple everyday things such as parking in the back of the parking lot will help add a few steps to your day. Instead of spending down time with your fiancé watching TV, get out of the house and go for a bike ride or a hike. Better yet, sign up for dancing lessons to help prepare you for your first dance!

BEAUTY TIPS

If you choose to do your own make-up there are many tricks that will help you accentuate your best features, as well as create a long lasting look. Visit your favorite make-up counter for a free make-over. Have the make-up artist chart how she did your make-up and what colors she used, then purchase the items she used so you can re-create the look at home.



Lasting Lips

- Select a lipstick rather than a gloss in a color you are comfortable wearing.
- Although you may not typically use a lip liner, your wedding day is the one day you will want to. Liner helps for precise lipstick application as well as a lasting lip color.
- Once the liner and color have been applied pull apart a two-ply tissue and place one layer over your lips. With a soft, fluffy makeup brush dust over the tissue with face powder to set.

Perfect Brows

- After applying eye shadow, fill in your eyebrows with a shadow that matches your brow or hair color. You should consider having your eyebrows professionally shaped especially if you pluck your brows regularly.
- Brows should not extend beyond the inner corner of the eyes (near the bridge of your nose), and the eyebrow arch looks best when it is just past the center of the eye.

Gorgeous Hair

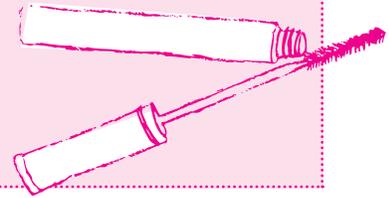
- The most common wedding hairstyles are still classic up-dos, such as the French twist or chignon. If you prefer to wear your hair down, loose curls are simple and elegant.
- Hot rollers are a great way to create voluminous, long lasting curls.

Accentuated Eyes

- To really accentuate the eyes use an eyelash curler and several applications of mascara, allowing your lashes to dry between each application. Also, be sure to gently separate eyelashes between each application.
- Use a highlighter shadow on your brow bone and the inner corners of your eyes to open them up.
- For added allure and definition, experiment with liquid eyeliners and pencils. When using a liner, be sure to gently smudge it for a softer more refined look.
- For longer lasting eye color swipe a light foundation over your lids before applying your shadow. You may also want to try a cream shadow instead of a powder as they tend to stay on longer.
- Finishing touch: Experiment with false lashes to really make your eyes stand out.

Blushable Cheeks

- For blush, use two closely related shades to create a warm, natural effect.
- As with your shadow, a cream blush will have a longer lasting effect.



DAY-OF EMERGENCY KIT

On the "BIG" day, you will have lots of details to keep track of! Make your day-of beauty schedule easy. Get your packing list in order ahead of time and you'll have nothing to worry about when the big day arrives!

Hairbrush	Blush or Bronzer	Sewing Kit	Antacids
Comb	Make-up Brushes	Safety Pins	Breath mints
Hairspray	Toothbrush & Toothpaste	Panty Hose	Tampons and pads
Make-up Kit	Dental Floss	Shoe Polish	Band Aids
Foundation	Mouthwash	Strapless Bra	Double Sided tape
Cover Up	Tweezers	Nude Bra with Straps	Lint Roller
Mascara	Curling Iron/Straightener	Thong	Snacks
Eyeliners	Shampoo & Conditioner	Spanx	Earring Backs
Eyeshadow	Clear Nail Polish	Pain Reliever	Corsage Pins
Lipstick & Matching Lipliner	Bottled Water & Straws	Deodorant	Eye-drops/contact lens solution
Lip Gloss	Tissues	Baby Wipes	
Chapstick	Bobby Pins	To-go fabric stain removers	