

# PLANNER

## Beauty Countdown

three, two, one ... gorgeous!

Every bride wants to look her best on her wedding day, so take some time now to evaluate which beauty treatments you are going to need before the big day. Here's a beauty countdown to help you determine your specific needs:

### 6 months before

- Get serious about skin care: Start a good cleansing program. Consider consulting a dermatologist to discuss any basic skin care issues that you may have, peels or microdermabrasion treatments, hair removal or any other concerns.
- Start your workout program, even if it is only walking 30 minutes every day. Spend those 30 minutes not thinking about wedding plans.
- Search for a hair stylist if you aren't using your regular one. Bring along pictures of hairstyles you like and your veil and headpiece, if you have them.
- Experiment with haircut styles and color.
- Begin deep conditioning your hair regularly.
- Make appointments with makeup artists. Take pictures of your made-up face and see whose work you like best.
- Begin a stress-relief regimen. Make a date with yourself one night a week for some non-wedding fun or quiet time to regroup.

### 4 months before

- Work out areas of your body that will be prominently displayed in your dress — chest, arms and waist.
- To improve your complexion, consider monthly facials.

### 3 months before

- Book your makeup artist and hair stylist for the wedding date. Discuss a wedding-day schedule.
- Begin to have your hair trimmed every four to six weeks.
- Make an appointment for a teeth cleaning for one to two weeks before the wedding day.

- Consider having your eyebrows shaped professionally. Get them waxed or tweezed monthly.
- If you are having a peel or microdermabrasion, start now.
- Focus on your nutrition. Increase your intake of fruits and vegetables, especially berries. Eat less red meat and white food: sugar, bread, pasta, potatoes. Restrict your fat intake.
- Drink plenty of water — six to eight glasses per day — and green tea, which increases metabolism.

### 2 months before

- Schedule hair color touch up.
- Test-run your makeup and hair. Mimic the wedding day. Use the same cosmetics; wear your veil and headpiece.
- Schedule a Spa Day for you and your entire bridal party filled with indulgent beauty services, delicious fare and intense pampering.

### 1 month before

- Get your teeth professionally whitened, if you can afford it.
- Want a little healthy color on your wedding day? Consider a spray tan or bronzer. Now is the time to experiment with various brands and levels of color to find the shade that's right for you.

### 2 weeks before

- Get your final haircut or coloring. That way, the cut and color will have time to adjust.
- Start getting enough sleep.
- Get teeth cleaned by your dentist.
- Confirm big-day beauty appointments.

### 1 week before

- Go to the spa for a full body scrub.
- Have a long, relaxing massage.
- Get a bikini wax and final eyebrow shaping.
- Get your final facial if you've been having them regularly. Don't wait until the day before to do this. (Your face may need a day or two to adjust.)
- Avoid overindulging in salty foods and alcohol at those pre-wedding parties, which can promote bloating, puffy eyes or other conditions.

### 1-2 days before

- Have your final manicure and pedicure so you look great from head to toe.
- Get your skin in gear. Exfoliate and moisturize. Be sure to use products you've already used before.
- Drink lots of water to help detoxify the skin, and give you a glow.
- Go for a walk or do some light yoga to help ease any pre-wedding-day stress.
- If you get last-minute breakouts, an injection of cortisone or the application of cortisone cream by a local nurse or doctor could reduce the swelling and redness of a blemish, an allergic skin reaction or an insect bite in a matter of hours.

### wedding day

- Start your day with a good breakfast for energy.
- Consider a massage to help you relax.
- Get your hair and makeup done. Wear a robe or button-down shirt so you don't ruin your face or hair.
- Touch up your makeup after you take pre-wedding photos, and appoint someone to be your beauty touch-up reminder person during the wedding day.
- Relax and smile — you know you look fabulous!