

Now That You've Got
Your Dress, Here are Hair
and Makeup Secrets to

Look and Feel Gorgeous on Your Big Day

by Mary Marr



On your wedding day, there is likely nothing more important to you than the way you'll look and feel. As you contemplate what you want and prepare to look your bridal best, remember that the big secret to wedding day beauty is to get prepared early. Prepare with deep conditioning treatments, facials, manicures, and trial hair sessions all done several months before your wedding day. Be sure to experiment with many different ideas before you settle on a final look. These tips will help you look picture perfect on your big day.

Hair:

Great hair is the result of time, effort and care.

- Include foods with Vitamin B in your diet as it has been shown to increase your natural hair color's shine.
- Now that you have your gown, you can think about and choose your hairstyle. Find a hairstyle that is consistent with your overall image, and is simple, comfortable and compatible.
- Pick a hairstylist and/or makeup artist that you like and trust. Use pictures of styles you've seen as you talk about what you've just imagined. Have an open mind as your stylist will likely have quite a few ideas. If you want to experiment with ideas for color and style, begin at least six months before. This is also the time to begin a haircut routine and use products that will help improve the health of your hair.
- Get a revitalizing scalp massage and deep conditioning treatment. It will help stimulate growth and add more body to your hair.
- Once you've picked your style, have a trial session to preview your wedding hairdo. Find out how much time it is going to take to do your hair. Then, schedule extra time on your wedding day. It may not be necessary, but it is better to have more time as opposed to having enough time.



- Get your hair cut two weeks before your wedding. If you've got color or highlights, get it done as close to your wedding day as possible.

Makeup:

Makeup trends tend to change just as often as fashion does, so think carefully about how you will do your makeup on your wedding day. If you follow a fad or trendy style, you may regret it later when you look back on your pictures. Your makeup should be a distinct

reflection of you—stronger and heavier than usual, but don't overdo it. Here are several makeup tips to help you have glowing skin, luscious lips and eyes that sparkle:

- Find out your skin type and begin a skin care routine that will bring more life into your complexion. If you have any skin problems, you might consider scheduling an appointment with a dermatologist to see if there are options to help. If you begin a new regimen, make sure you do so at least six months before your wedding so your skin

and your body can adjust to the new products or medications you'll be using.

- The genuine secret to great, vibrant skin is to drink lots of water before and especially on the day of your wedding (at least eight glasses per day).
- Consult with a makeup artist on what foundation, makeup, eyeliner and lipstick is best for your complexion. Your makeup needs to last about ten hours with minimal touchups so apply yours in layers.
- On your wedding day, wear a pretty shade of blush—pink if you're fair skinned or more rose colored if you're

dark. Powder blush tends to wear off quickly, so apply a cream blusher first and then set the color with a light dusting of powder blush.

- Use waterproof mascara or a clear waterproofing formula over your regular mascara. Waterproof mascara lasts longer and will withstand tears, but it goes on thicker than standard mascara so you may want to experiment with several to find the one you like best. If you're really concerned about being emotional and its result on your makeup, just apply mascara to your top lashes.

Wedding Day Beauty and Emergency Kit:

Make sure to pack these accessories in a small bag and have it nearby at all times on your wedding day. You may want to consult with your hairstylist or makeup artist for particular items for your lips or hair that will help maintain your look.

- Lipstick and lipliner
- Lip gloss or lip balm
- Mascara
- Makeup for touchups
- Nail polish
- Perfume
- Toothbrush and toothpaste
- Breath mints
- Hand lotion
- Hair brush
- Hair spray
- Tissues, cotton balls and cotton swabs
- Bobby pins
- Safety pins
- Bottled water



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Mary Marr

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