

Your Bridal Best

Tips for looking sensational on your wedding day.

BY TIKI BARBER

All brides want to look their best on their wedding day. Bridal makeup should be as individual as the bride herself, so a one-type-fits-all approach to cosmetics won't work. Your personal style, your skin tone and the features you want to emphasize are all important guidelines. Here are some makeup do's and don'ts to help you look pretty and polished all day long.



Appropriate, understated and glamorous

Pay attention to balance and detail. Eye, cheek and lip color should complement one another, not stand out.

Wear false eyelashes. They are an absolute essential for an elegant look.

Use lip gloss; it's subtle and – even better – low-maintenance.

Don't wear too much powder, which can dull the complexion and appear cakey in photos.



Bold, modern and very clean

Wear a smoky eye on your wedding day. It's a bold, modern statement perfect for a contemporary bride.

Choose a metallic gray or brown eye shadow. Shimmer is very effective and gives your eye extra oomph.

Try a foundation with light-reflective pigments; it helps wipe out imperfections and creates a slightly dewy finish.

Don't overemphasize your lips; your eyes should be the focus. Bright lip color creates an imbalance and actually detracts from your overall look.



Beautiful but never trendy

Wear a red lipstick that is complementary to your skin tone. Red lips have always been a classic and glamorous choice.

Wear enough blush. It's highly underestimated but gives your face a healthy glow.

Create a well-defined brow with brow color and brow gel.

Don't overemphasize eye makeup when lips are the focus.

Countdown to Beauty

A wedding-day timeline to get your skin looking its best.

BY DR. MELISSA SCHWARZSCHILD

You plan your ceremony, reception, honeymoon and rehearsal dinner months in advance -- and you can take the same approach to skin care. On your wedding day, photos will be taken and the day's events will be recorded, so all eyes will be on you. Here's a timeline of treatments to get your skin looking picture-perfect.

ONE YEAR TO SIX MONTHS BEFORE. If you have sun damage, intense pulsed light (IPL) can be used on your face, neck and chest to treat brown spots, uneven pigment, facial redness and broken blood vessels. This process requires four to five treatments performed three or four weeks apart. After each session, you can expect to have some crusting-over that lasts several days. The end result is rejuvenated skin and a more even skin tone.

Laser hair removal, which is extremely effective when performed correctly, requires multiple treatment sessions with no downtime. Popular treatment areas are the upper lip, bikini area, underarms and legs.

TWO TO THREE MONTHS BEFORE. Facial peels and microdermabrasion are exfoliative treatments that brighten your complexion. For the best results, you'll want to have four to six treatments, performed about two weeks apart. Downtime is negligible. After the treatments, your skin tone will be brighter and more even, and you can expect mild lightening of dark spots as well.

SIX WEEKS BEFORE. Schedule a makeup consultation. Let a professional help you choose colors that flatter your skin tone and match your foundation to your skin color.

ONE MONTH BEFORE. Try Botox injections for frown lines. Botox relaxes the muscles that cause frown lines and helps prevent those same lines from settling permanently into your skin. The procedure takes just a few minutes to perform. Lines begin to disappear in a few days; at two weeks, Botox has taken full effect.

ONE WEEK BEFORE. Drink plenty of water and get enough sleep. It may sound trite, but your skin will thank you.

ON THE BIG DAY. Relax. Your skin is healthy and glowing, and you look and feel beautiful!

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