

# Back-to-basic beauty tips for bride-to-be

As the wedding day approaches, most brides-to-be have three worries: Will it rain? Will I be on time? And, most importantly, how will I look? While most of us have no control over the weather or the traffic on the way to the church, there are simple ways to ensure you look your very best as you walk down the aisle.

According to the experts at L'Oréal, the secret to wedding day beauty is to focus on the basics — proper skin and nail care. As the center of attention, you'll pose for hundreds of photos and will be asked just as many times for a glimpse of your new wedding band. Without a doubt, your facial skin and nails are the areas to focus on as you make your wedding plans.

"Brides-to-be should analyze their skin and nail care routines well before the wedding day to allow time for changes and improvements," according to Dr. Paul Fehn, VP of Research and Development at L'Oréal. "While make-up is obviously important, no amount of makeup can compensate for unhealthy skin. Likewise, nail polish cannot camouflage poorly groomed nails."

## Back to basics cleansing

Proper facial cleansing is the first and most important step to a healthy complexion, says Dr. Fehn. Unfortunately, most women over-cleanse their face, scrubbing away moisture and leaving their skin dull and lifeless.

Dr. Fehn recommends the moisture-protective cleansers from Plénitude, France's number-one skincare line that's now available in drugstores nationwide. These new cleansers are enriched with lipo-protein and pro-vitamins to provide thorough cleansing and protect the skin's natural moisture balance. Available in cleansing bars, gel or cream, Plénitude cleansers offer sophisticated formulas, according to Dr. Fehn, and are affordably priced for brides on a budget.

To remove deeply embedded impurities, consider using a gentle facial scrub several times a week. The best formulas are fortified with nourishing ingredients to replenish the skin's own moisture and should be gentle enough for daily use.

Ideally, you should start your new cleansing routine a couple of months before the wedding to ensure a healthy, glowing complexion for your special day — and the rest of your life.

## Choosing the right moisturizer

The next step in basic skincare, according to Dr. Fehn, is to select a moisturizer to complement your new cleansing system. Try a formula with the advanced technology of liposomes to permeate the skin and provide moisture to the areas where it's needed most.

If you're planning a wedding or honeymoon in warm-weather areas, you may want to select a light, oil-free moisturizer. This type of formula works well under makeup and will not add unattractive shine to your face.

## Back-to-basics nail care

Well-manicured nails do not happen overnight. Strong, healthy nails take time to grow, so begin cultivating your nails at least two months before the wedding. If you have nail problems, Dr. Fehn recommends you look for L'Oréal treatment products that are tailored to your specific needs. Grow Stronger! is fortified with keratin to fortify weak, brittle nails in just 10 days. Grow Thicker! is body-building base coat that's enriched with panthenol and vitamin E. Don't forget your cuticles — a cuticle conditioner will help replenish essential moisture

to keep cuticles smooth and neat.

For daily nail protection, use a nail reinforcer that will protect your nails from drying, splitting or peeling. L'Oréal's Mega Hard is the only formula with Kevlar, a patented ingredient used on speedboats and spacecraft for its strength and durability. And, for honeymoons in the sun, remember to pack a top coat with ultra-violet protecting finish and sunscreen to protect your manicure from fading and yellowing in the sun.

## After the basics: foundation and color

Once you've mastered the basics of skin and nail care, you can focus on makeup and colors. Start with foundation. Even if you don't normally wear a foundation every day, you may want to use one on your wedding day. Dr. Fehn notes that the right foundation can make a difference in refining your complexion and covering last-minute blemishes (from nerves?). A soft matte finish photographs best.

Try a range of shades using the testers at drugstores, and select the one closest to your natural color.

## Focus on the eyes

When you gaze into your new hus-

band's eyes for the first time, you'll want to be confident yours look their best. Choose a mascara that will give your lashes volume and thickness without clumping or heaviness. L'Oréal's brand new Voluminous Dramatically Thick Mascara promises the drama of a lot of lashes, not a lot of mascara. If you're the emotional type, safeguard your eyes with waterproof mascara so you can cry tears of joy without worrying about running and smudging.

Experiment with a range of eye shadow colors several weeks before the wedding. Soft, muted colors that complement your natural eye color are generally the best choice with "wedding white."

## Kissable lips

To prepare for a long day in the spotlight, select a long-wearable lipstick. Make a dramatic statement with bright red lipstick or go for a natural look with a soft rose or peach tone. A light powder applied under your lipstick will help it stay on longer. For extra shine, apply a light coat of clear gloss to the center of your lips.

## Enjoy the day

Once you've mastered the basics of

skin and nail care, and selected your favorite makeup, you can be confident that you'll look absolutely beautiful! Just smile and enjoy your day.

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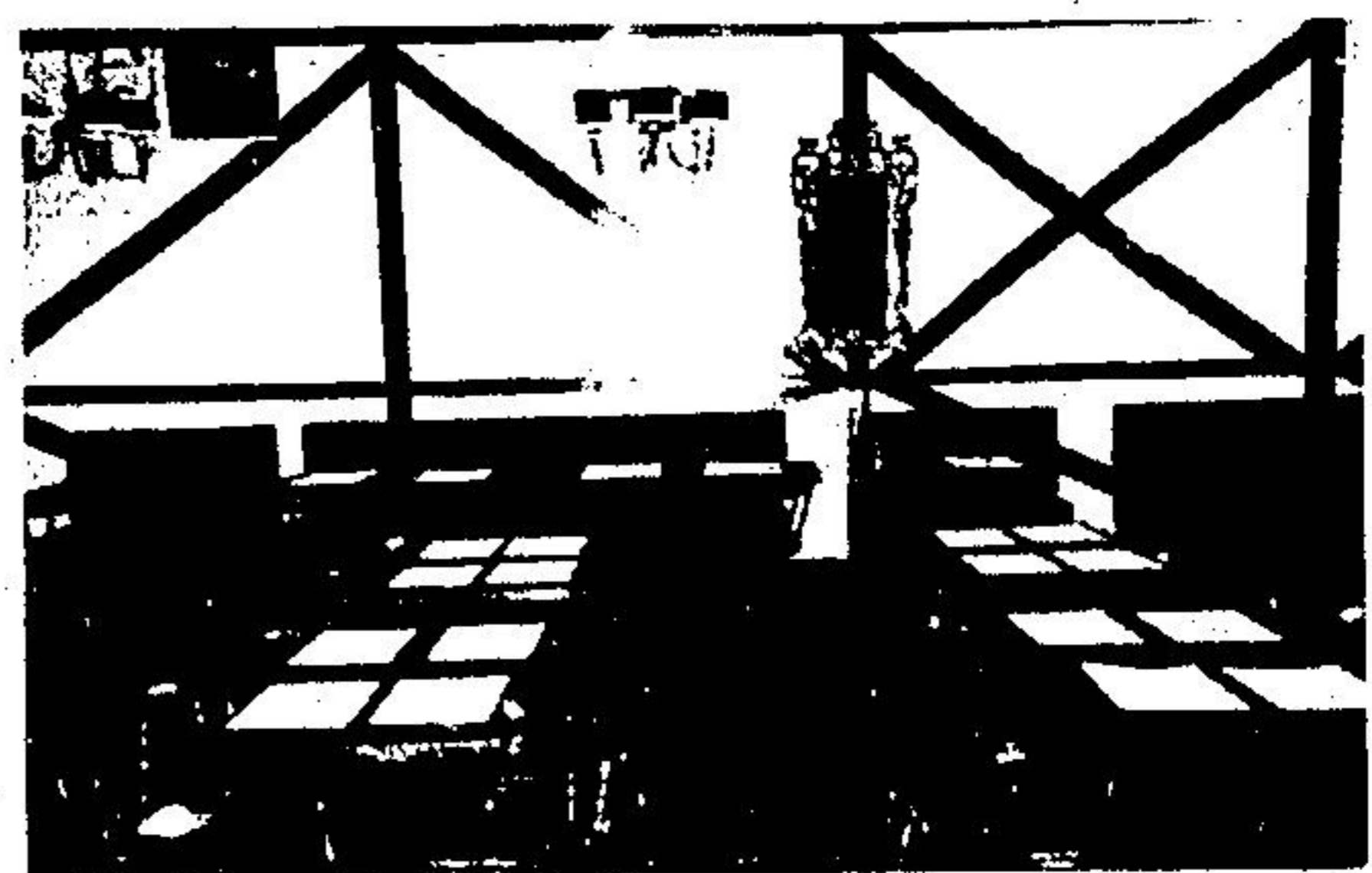
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