

Brides 2000

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Beautiful Face, Beautiful Body

Beautiful Face

A clear, smooth, glowing complexion is every bride's dream and it is achievable if you start early enough.

Skin renews itself once every 28 days, so if you start your regime a year before the wedding that gives you 12 new skins to improve on!

Start by drinking more water—it's next to impossible to drink too much and it will

help clear your complexion. Good basic skin care is also a must, so make sure you cleanse, tone and moisturize morning and night. Facial exfoliators will help to make skin more radiant so use one at least once a week.

Treat yourself to a monthly facial, especially if you've got lingering skin ailments that home treatment won't clear up. For serious skin complaints, ask your doctor to refer you to a dermatologist.

Now is the time to think about your make-up. If you are not entirely confident about applying it yourself, give yourself plenty of time to find a professional make-up artist in your area or have a make-up lesson. If you're planning to do your own

make-up for the big day, it's best to keep your colours fairly neutral.

It's always nice to have new make-up to wear on the day, so treat yourself to new eye-shadow, mascara, eyeliner, blusher and lipstick, choosing shades that have similar tones.

At least a month before the wedding have a complete run through of your make-up from start to finish so that you can gauge exactly how much time you will need to allow on the day. If, at this stage you know it's taking too long, you've got time to simplify the process.

The day before make sure you've got everything you're going to need for the wedding day so there are no last minute panics.

On your special day don't deviate from the make-up you have already chosen and rehearsed, as unplanned changes rarely work and you won't have time to rectify mistakes.

Ask your mother or maid of honor to carry your powder compact and lipstick so you can touch-up during the day.

Beautiful Body

Not many brides are one hundred percent happy with the shape of their body, plan on a full year in advance to throw yourself into doing something about it—with a goal as important as looking completely gorgeous in your gown, you're bound to be successful. Whether you want to lose a lot of weight, just a little or simply tone up, you should take a look at your diet. Weight loss is only permanent when it's slow and, to lose weight slowly you need

to eat healthy. Crash diets simply don't work when you most need energy. Exercise is the key to both weight loss and firming up, so introduce a simple regimen that you will stick to and enjoy.

Get into good body habits by using a body brush or scrub at least once a week to slough away dead skin cells. Start at your feet and work up the body in small circular motions, always moving towards your heart. To make sure your skin stays extra smooth, after every bath or shower, smooth yourself with a good body moisturizer.

With only a month to go now's the time to consider hair removal. If you want to remain smooth and hair-free through your honeymoon, waxing is your best option. However, to wax successfully hair needs to be a certain length and needs to be left to grow for at least a month. Other hair removal methods, like depilatory creams and shaving, need not be considered until nearer the day.

If you are very pale and would like a little healthy colour as you walk down the aisle, consider the self tanning option. It takes practice, which is why you should give it a go now. It's best to apply straight after body lotion so that its absorbed smoothly and evenly. Once you've mastered the art, you can either keep applying it until the big day (each application lasts about four days) or leave it until a few days before the wedding.

Have a professional manicure, especially if your nails need a lot of work, if not give

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