

Looking Beautiful

Looking picture perfect on your wedding day is guaranteed with a little preparation. Follow these simple guidelines and you're sure to avoid wedding day disasters—and be a beautiful bride.

By Lisa Arcella

Do take some time in advance of the big day to think about how you'd like to wear your hair. Your dress and your veil will influence your decision. Will you need a haircut?

DO get your hair cut three weeks before the wedding so your style will be in tip-top shape. Will you want your hair styled and makeup done professionally on your wedding day?

DO arrange a trial run of your wedding day hairstyle (including your veil) and makeup three weeks before the wedding—with your stylist if you're using one.

DO book an appointment with your wedding day hair and make-up artist at least five weeks before the nuptials to guarantee an appointment.

DO colouring or highlighting about a week before the wedding and get a perm about a month ahead so that it will have time to relax.

DON'T have a facial any closer to your wedding date than two weeks before. Facials often cause breakouts.

DON'T hesitate to see a dermatologist if you have any recurring skin concerns. An initial appointment at least six months before the wedding will give treatments a chance to work.

DON'T use self-tanners. Unless you are an expert, you risk making a blotchy orange mistake. Save the tanning for the honeymoon.

DO consider how your make-up will photograph. Matte is best. Even if you don't ordinarily use it, apply powder, since flash photography can make you look shiny. Avoid concealer that's too light and lipstick that's too dark. Heavy blush is also a no-no.



DO take extra care when making up your eyes. Use waterproof mascara to insure that if there are any tears you won't look like a wild panda. A bit of white highlighter under the brow bone creates nice definition, but avoid frosted eye shadows. And if you wear glasses, be sure the lenses are glare proof.

DO get a simple manicure. Wedding day nails look best when they are not too long or short and are polished in a pale colour.

DON'T try to shape your own eyebrows. Have them styled by a professional at least six weeks before the wedding. Then have them tidied up a day or two before the wedding so that any redness is gone by the big day.

DON'T forget to pack a little "emergency" bag with make-up, hair products and tissues for touch-ups (and tears) during the course of the day—and ask one of your attendants to be in charge of it.

DO take a warm, relaxing bath and try sprinkling a few drops of lavender oil on your pillow to help you get some rest the night before the big day.

DO apply perfume, giving the scent a chance to develop, before getting into your dress—and be careful not to get perfume—or hairspray!—on pearls.

DO RELAX! You're prepared—and confident and it will translate directly into beauty and that lovely bridal glow.