



# Ultimate Bridal Beauty

Looking beautiful on the big day  
- By Cathy Heaton

Your wedding day is one filled with so many different emotions. We all dream of the perfect wedding with the Cinderella dress and knight in shining armour. So much time and effort is put into planning each and every detail of the flowers, gifts, dresses, invitations, thank-you notes and the list goes on. But how many brides actually get enough sleep, drink enough water and stop smoking before their wedding day?

These are just a few of the things that lead to tired, dehydrated looking skin that make-up artists struggle to make beautiful. Your beauty routine should have already begun – but if it hasn't, here's what to do ....

## Water, water everywhere ...

Drink at least 6 – 8 glasses of water a day. Flush out impurities in your skin and see how your skin looks fresher, younger and more radiant.

## Don't Squeeze!

I know this is terribly tempting, but if you develop pimples before the wedding, don't squeeze them. You will only make them worse, and covering a bump as opposed to a scab is so much easier when it comes to make-up. Be kind to your skin.

## Stop Smoking ...

A smokin' bride is very low down on the list when it comes to bridal elegance. Not only does it look tacky, but smoking dehydrates your skin, emphasising fine lines and wrinkles – and your lips will look dry.

## No drinking please ...

Alcohol the night before a wedding day will leave your skin dehydrated and drab. It can also cause redness and blotchiness on your face – not to mention emotional hangovers!

## It's my wedding and I'll cry if I want to ...

Weddings can be very emotional but they should also be a lot of fun. Try to focus on the fun aspects of your wedding. Say your

thank-you speeches to your parents the day before so as to avoid the tearful thank-you's the day of the wedding. You don't want a Rudolph nose in all your photos. But if you do cry, try to catch your tear before it runs down your cheek or fills the crease of your eye – and use waterproof mascara! Remember that waterproof mascara will prevent black streaks down your face, but it cannot be expected to survive a waterfall – try to keep composed at all times.

## Calm down ...

Remember that whilst a few homeopathic drops can take the edge off the emotions on the day, always bear in mind the high content of alcohol in the drops. Mixed with two or three glasses of champagne and we are doing make-up lying down!

## Your Pearly whites ...

Visit your oral hygienist for a scale and polish. Yellow teeth will spoil any look a make-up artist creates and the photographs of your wedding.

## Sleep, glorious sleep ...

Dark circles under the eyes can be covered with concealer, but at a cost. Concealer under the eye can make your fine lines appear deeper and more pronounced. So getting to bed at 2am the morning of your wedding is not a good idea! Try to get a good night's rest.

## Look like yourself ...

So many brides arrive for their trials with pictures of supermodels and tell me that they would like to 'look like that!' Whilst clippings of different make up styles are appreciated, I will always advise the bride to choose the most suitable style for her. Never try to change your look for the wedding day. Remember that your fiancé is marrying you for you. Look like yourself but BETTER!

## Don't stress ...

The best advice I received when planning my wedding was – "If something goes awry, don't tell me, just fix it!" Everyone else is capable of sorting a problem out without upsetting you because the buttonholes are red instead of pink!

Remember that your wedding day will go by in a flash. A calm and relaxed bride makes a beautiful bride with happy memories. Take care of yourself and don't forget your beauty routine!

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