

## ‘Another Bride, Another Groom...’

Nowadays weddings take place all year round, however this is their traditional time, so I hope this article will be useful to any brides-to-be, bridal party or wedding guests.

### The Bride

As the Bride, you want to look and feel your best on the big day. The lead up to the wedding can be stressful with skin breakouts or nails weakening. To avoid this, I recommend having a facial once a month for six to nine months beforehand, making sure the last one is no closer than two weeks to your wedding, just in case you have any breakouts! It's also good to have the same skincare range to use at home for maximum results. Drinking eight glasses of water a day will keep your skin clear and bright.

For a relaxed wedding day, I highly recommend having your make-up completed professionally, so it will last all day and look good for your photos. It is important to have a full make-up rehearsal two to four weeks beforehand to ensure you get the right look. Also having your brows shaped professionally will give your face a lift and show off those beautiful eyes. Lastly, hands are important, particularly the left one, everyone will want to see the ring! Well-manicured hands and nails can be obtained by regular manicures and homecare treatment. On the day there is nothing better than natural nails painted with French manicure, it looks very elegant.



### Another Sunny Honeymoon

Other treatments I recommend are waxing so you can then relax on your honeymoon, hair free the whole time you are away. A lash-tint is also great as you don't always have to worry about mascara on the beach. A pedicure will get your feet looking beautiful and if you are wearing sling-backs on your wedding day you don't want cracked heels showing! Your pedicure will sort that out. Some brides go for blue polish on their toes for their 'something blue'!

### The Bridal Party

This is a perfect time to update your make-up kit; either have a complementary lesson at the cosmetic counters or use Beauticians like myself. At The Beauty Room, I am trained to do bridal make-up; available at your home or venue.

I will ask you to bring your make-up bag with you so as to make sure you know how to get the best from your colours and how to achieve a make-up that lasts. Here are a few tricks. Use a light dusting of powder over foundation to stop shiny noses. If you don't like wearing foundation, use a tinted moisturiser. A lip pencil, applied all over the lip area before your lipstick, will help it last. A waterproof mascara is a good idea for those tears and don't forget tissues in your bag!

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