

ONE YEAR TO GO:

Set your goals

If you're opting for intensive body treatments, you need to prepare in advance. 'I recommend visiting a practitioner a year before to begin the consultation process, discussing what you can realistically achieve,' says skin-rejuvenation expert Dr Sarah Shah.

Body-contouring procedures such as Coolsculpting can be used on stubborn areas including the knees or tops of the arms. 'Coolaser is also a brilliant treatment for stretch marks and for improving the general condition of the skin,' says Dr Shah. 'I recommend monthly treatments for three to four months preceding the wedding.' SR

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TWO YEARS TO GO:
Perfect your smile

'Plan any dental treatment from the minute you get engaged,' says the cosmetic dentist Dr Uchenna Okoye. 'Straightening can take up to two years. Other "tweakments", including bonding, crowns and re-contouring, can have a huge effect on your smile.'

'If you simply want to whiten, having trays created by a dentist will offer the longest-lasting result. As far as whitening strips go, Oral-B's are the best,' says Dr Okoye. 'Check that they cover the entire smile, and consult your dentist before using them. Top up two weeks before the big day - everyone tends to wait until the last minute, which doesn't insure against sensitivity.' KY

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TIME OF
YOUR LIFE

Calling all prospective brides:
our definitive guide is here, no matter
when you start your preparations

By KATY YOUNG, SIÂN RANSOMBE
& BECKI MURRAY

Vinoper



Vitamin Nectar
Vibrancy-Boosting
Face Mask, £52
Fresh



Liquid Gold
with Glycolic
Acid, £33.90
Alpha H



Absolve Rose
Drop Night
Paving
Concentrate,
£85 each
Lancôme



Viva Floral Rich
Cream, £24
Bioderma



Cleanse & Polish,
£23.50
Liz Earle



ELEMIS
DYNAMIC RESURFACING
DAY CREAM SPF 30,
£82
Elemis



Daily
Microfoliant,
£48
Dermologica



Vinoperfect
Concentrated
Brightening
Essence, £20
Caudale

NINE MONTHS TO GO:
Prep your skin

'Start having facials months before to get skin in the best possible condition,' says the facialist and Decolour skincare expert Nicholas Joss. Adjust your schedule to your needs - allow at least three months for correcting pigmentation or scarring, one month to address hydration and tone, and a week for contour and texture. At home, give yourself a facial massage each night. 'Begin from the centre of your face, moving outwards and upwards,' says Joss. 'Feel for tension points and use pressure to work out pre-wedding stress.'

Brides can also book a Decléor Face Boost, a 15-minute treatment carried out in front of a digital mirror, which records a therapist's movements, allowing brides to download the footage and recreate the treatment themselves. SR

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Hairbrush,
£74
Nason
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Hair stick, £6
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Miss Dior
Nourishing Rose
Hand Cream,
£36.50
Dior



Le Verres in
Blanc White,
£22
Chanel



Damage
Remedy Daily
Hair Repair,
£24.50
Aveda

EIGHT MONTHS TO GO:
Choose your length

'Most brides want longer hair, so the first thing to do is see your stylist,' says the hairstylist Adam Reed. 'You'll get a better idea of both how long you can go, and how to keep hair in good condition while you do so. If you're going to use extensions, it's important that you (and your partner) get used to them first - in my experience, 95 per cent of brides wish they hadn't worn them.'

As for style, Reed recommends a trial a month before. 'Take your veil, flowers or any accessories that you want to wear in your hair to practise,' he advises. 'In the final week, get your last trim and treatment.' KY

SEVEN MONTHS TO GO:
Get your hands ready

Margaret Dabbs London offers the Laser Rejuvenating Hand Lift (from £150 for one 50-minute treatment), which targets thinning skin on the hands, reduces wrinkles, tightens skin and evens tone. Dabbs recommends a course of six treatments undertaken three to four weeks apart, with the end result achieved two months after the final session.

Keep hands in otherwise good condition by wearing SPF every day. Your pre-wedding manicure should be booked after your spray tan, to avoid staining the nails. SR

SIX MONTHS TO GO:
See a specialist

'Consult a reputable cosmetic doctor about your options a good six months in advance, as some aesthetic treatments need a course as opposed to a one-off,' says Dr Anne Mendelovics at the Dr Sehagh Clinic. Mesotherapy is a popular pre-nuptial treatment for its plumping and glow-boosting properties - book three sessions two months before the big day, 15 days apart. 'Botox is also popular one month before, but just a light sprinkling combined with an ultrasound treatment to open the eyes and tighten the contours of the face,' says Dr Mendelovics. SR

FOUR MONTHS TO GO:
Select your hair colour

'The key to the perfect shade is to stick to the same professional throughout,' says Nicola Clarke, the hair colourist at Cate Blanchett, Kate Moss and Kate Winslet. 'I like my clients to tell me a bit about their wedding plans - where they're getting married, their style and even where they are going on honeymoon - to find their best tone. It also helps if brides start to take vitamins and supplements, as well as booking moisturising treatments, to improve the condition of the hair. One week before the wedding, have your colour retouched with a clear gloss treatment.' KY

BEAUTY BAZAAR



Dior Prestige Le
Cushion Teint de
Rose, £72
Dior

Gloss Interdit
Vinyl Lipstick
Pump, £29.50
Grenchy

Bad Gal Bang! Volumizing
Mascara, £21.50
Benefit

Touché Éclat Blur
Primer, £29.50
YSL

Secret Brightening
Powder, £22
Laura
Mercier at Space NK

Prep +
Prime
Flaw, £39
MAC

Everyday
Pre-Shower
Tanning
Mousse,
£14.50
St Tropez

TWO MONTHS TO GO:
Experiment with
your make-up

Try to book in a make-up lesson a few months beforehand. 'I love a bride to look completely fresh and glowing,' says the make-up artist Mary Greenwell, 'but make-up should be an accessory to the dress, definitely not the focus.' Try boosting your complexion with Laura Mercier Secret Brightening Powder over tinted moisturiser or a light-reflecting foundation. For lips, Greenwell suggests a colour that won't transfer, meaning moisturising formulas, rather than light pigments. Where mascara is concerned, wedding photographs may require a high-definition formula such as Benefit Bad Gal Bang!. 'But stick to what you do best,' advises Greenwell. 'Don't walk down the aisle looking any different to the woman your partner wants to marry.' SR

TWO DAYS TO GO:
Get your final glow

'Forty-eight hours after your treatment, when the guide colour has washed off, is the best day of any self-tan,' explains the tanning expert James Harknett. 'Do your research and test your tans first. The trick is to mimic the way your skin browns naturally, so it may take a few sessions to perfect your colour. In the lead-up to the wedding, book make-up trials two days after a treatment to ensure that you are dealing with your true wedding-day complexion.' KY