

# Looking Beautiful On Your Wedding Day

The best beauty tips for your upcoming wedding are to start long before the wedding. You should be investing in good skin healthcare months and months before the wedding. From occasional facials to day-to-day maintenance of your skin, the best way to do this is to establish a proper skin care plan based on your skin type.

While it may sound like you hear this all the time, good eating habits and regular exercise are as important to your skin health as they are to your overall body health. So invest in proper skin, hair and teeth care.

## Bridal Health & Beauty

### For your health and beauty on your special day:

- Drink plenty of water! At least 8 ounces with every meal. Up to 2 liters a day.
- Get lots of sleep! AT LEAST 8 hours a night. It will pay off on your wedding day. There is nothing worse than being tired on your big day!
- Eat right! § If you're in a need to lose weight, Do NOT starve yourself. Eat your fruits and vegetables. Stay away from too much sugar and carbs.

### Tips for the hair:

Always use conditioner.

- **Dull Hair Solutions.**
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- **Lemon juice** – mix it with water and rinse your hair with it, adds shine and bounce to your hair.
- **Beer-** (Yes beer) after you shampoo, also adds body and shine.
- **Oily Hair Solutions:**
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- **Baking soda-** mixed with your shampoo eliminates dirt and grease. \
- **Carrots** – boil and mash them, then scrub in hair, and let it sit for 15 minutes then rinsing eliminates the grease.
- **Aloe and lemon juice** – mix a ½ teaspoon of aloe with 1 tablespoon of lemon juice with your shampoo. Wash and rinse to eliminating grease.
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- **For Dry Frizzy Hair Solutions - Deep Conditioning,**
- Let any of the following household items sit in your hair for 20 minutes. Wash and rinse; This will make your hair shine and feel silky in no time:
- Mayonnaise, or
- Olive oil, baby oil, or coconut oil, or
- Egg yolk, or
- Mashed avocado or banana

# Skin beauty tips:

You can be glowing and beautiful without leaving your house.

- **Oily Skin and Acne? No Problem!**

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- Create your own mask or spa treatment with these household items:
- Garlic – press into a paste and apply on acne. You don't want to use this on your wedding day.
- You may prefer.
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- **Honey and apples –**

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- mashed up together and apply to pimples.
- Tomato pastes-apply to whole face, let dry, then rinse.
- Cooked oatmeal – apply to face, let dry, then rinse.
- Egg yolk not only good for your hair but your skin to – apply, let dry, and rinse.

- **Dry Skin? No Problem**

- Softly apply the following to the skin:
- Olive or almond oil –use before foundation or as a night moisturizer.
- Mayonnaise or Banana- mash and apply to face, let it sit for 20 minutes, then rinse.

- **Exfoliating Solutions, Take off those dead skin cells with the following.**

- The simplest and easiest solution is the clean your face with a microfiber wash cloth. Just run it under warm water, wring it and apply it to your face.
- Coffee – mix a ¼ cup with a tablespoon of salt; rub on face, then rinse.
- Pineapple – pure pineapple, apply to skin, let it sit for 20 minutes, then rinse.

- **To Whiten your teeth, mix any of the following and use to brush your teeth.**

- Strawberries and baking soda or baking powder.
- Lemon juice and salt
- Apple cider vinegar and baking soda
- Orange peel and bay leaves

## For your health,

### Pattern to follow and will make it easy.

- 12 months until the wedding day.
- Slowly give up junk food and start eating healthy.
- Begin to drink more and more water.(If you already drink enough, then keep it up)
- Start exercising.
- Do not get too stressed when planning for the big day. This planning guide should make it easy to enjoy the whole process.

## **About 6 months until the wedding day.**

- Start getting full night sleep,
- Try to exfoliate your skin once or twice a week.
- Cleanse twice a day.
- Use white strips or consider getting your teeth their whitest.
- You may consider testing different spray tans or tanning lotion to see what shade you like best for the big day.
- Plan and start experimenting to decide upon your entire look with makeup and hair.

## **With only 3 months until the wedding day. OPTIONAL**

- Treat yourself to a day spa.
- Get a facial, pedicure and a manicure.
- Moisturize your hands every day.
- Get your eyebrows done.

## **1-2 months prior to your wedding day OPTIONAL**

Have a make-up artist do a trial run. It's wise to start this early and plan it on a day when you have another special function to attend. Not only will you look great for the event, but you will also be able to test drive the products that they applied. Many department store cosmetic counters offer this service free with the hope that you will buy some of their products.

If you plan on doing your own make-up on your wedding day, we suggest that you take your maid-of-honor with you for your makeover so that she can help you recreate the look. With one month left, you should schedule your final fittings for your dress.

### **• The night before.**

- Don't indulge during the rehearsal dinner
- Soak in a hot bubble bath, this will not only relax you but it will feel nice.
- Light some aromatherapy candles. These will sooth you and help you sleep.
- Polish your nails,
- Pack an emergency kit.

### **On your Wedding day.**

- Eat a well-balanced breakfast.
- Give yourself ,time.
- Relax and smile.
- Go get that makeover, you have been dreaming of!

## **How to feel great on your wedding day**

On the day before your wedding make an appointment with your maid of honor or all of your attendants for a spa day. This should include a facial, haircut (nothing drastic), manicure, pedicure and body massage. You will shine the next day and look like the most relaxed person in the room.