

vogue BEAUTY

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Blooming BEAUTY

The *Vogue Brides* health and beauty countdown; SECRETS to *flawless* skin; inspired hair and make-up; the most wedding-worthy TREATS and how to get an aisle-ready SMILE.

The beauty CALENDAR

Now that you're ENGAGED, you have carte blanche to go beauty- and fitness-crazy. Here's what to *schedule* and when in the lead-up to your *BIG* day.

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12 MONTHS TO GO

CUE CROWNING GLORY

For long, thick hair for your wedding, look at your diet. Up your protein and omega-3 intake (think salmon, eggs and walnuts) and try follicle boosting supplements like Viviscal Maximum Strength, \$90. You can also try topical treatments like Nioxin's three-part system, \$57.

WALK, DON'T RUN

Personal trainer and raw food chef Ricardo Riskalla, who has whittled some of Australia's highest-profile brides, says women often make the mistake of going too hard, too early with excessive cardio exercise, which can have the opposite of the desired effect. "Cortisol, the stress hormone, can be your enemy against weight loss and glowing skin," he says. Start off with regular walking and learn how to meditate.

BECOME A PANTRY PEDANT

Now's the time to start following some better eating principles. By the time the wedding rolls around it will be habitual. Get rid of as many processed foods from your cupboards and fridge. Anything with ingredients you don't understand or can't pronounce should be binned. Try to make as much food from scratch as possible.

MASTER YOUR MAKE-UP

Between your engagement party, hen's and kitchen tea, you've got plenty of reasons to learn the art of application. M.A.C stores and counters offer in-depth make-up lessons where you can get foundation colour-matched, find out the eye shades that make your eyes pop and learn pro tips. The best bit? The cost is usually redeemable when you buy the products.

OR GET SOMEONE ELSE

Not the DIY type? Start trying out make-up artists for your big day. If you admired a friend's make-up, beg them for their little black book, or ask your photographer who they recommend. Otherwise Napoleon Perdis stores and counters offer the Rules of Engagement service, starting at \$89, which is redeemable when you buy product on the day.

Napoleon Perdis
Cosmetics DeVine
Goddess Lipstick in
Lianna, \$24.

HAVE YOUR SKIN DIAGNOSED

Suffering from acne or redness? Have annoying pigment you want to blitz? Find a serious skin clinic to devise a treatment plan and start on strong medical-grade skincare. Clear Complexions Clinics and Clear Skincare Clinics both photograph your skin using diagnostic software and re-evaluate your skin at regular intervals so you can see the improvements as you go. If you want to get IPL to lighten pigment, start now as you need to stagger the treatments at least four weeks apart.

6 MONTHS BEFORE

STREAMLINE YOUR BEAUTY ROUTINE

Go through your beauty cabinet and toss out any products you haven't used recently or anything that looks past its best. Generally speaking you should toss any creams or liquids if they have separated or changed in the way they smell or look. Skincare products now have little symbols on the packaging that tell you how long they last. Follow them.

BOLSTER YOUR BROWS

If your arches are looking a little lacklustre, make an appointment with a brow stylist and make a plan to tackle those arches. If you need to bulk them up, step away from the tweezers. You can also try painting Regaine (yes, for men's hair loss, available from the chemist) onto the area with a cotton tip. In the meantime, fill them in with brow powder.

STOCK UP ON SKINCARE

After your clean-up, add some targeted, active skincare to your arsenal, such as a gentle cleanser, an SPF, an antioxidant serum, peptides or retinol if ageing is a concern, and an exfoliating serum containing enzymes and AHAs. Good medical grade skincare ranges include Rationale, Obagi, Ultracuticals and Cosmedix. Rationale Enzyme Reactivator LA 10%, \$142.

SCHEDULE MANICURES

"The bride's hands are always on show so it's vital to get your nails looking flawless before your big day," says celebrity manicurist Jocelyn Petroni, who looks after Megan Gale and Delta Goodrem's hands. Petroni recommends fortnightly manicures with traditional nail polish, not gels (she likes Chanel Le Vernis nail

colour), as she says this will allow the nail plate to "breathe". "And don't forget to massage in cuticle oil every night and reapply top coat a couple of days after your manicure to protect the polish.



Chanel Le Vernis in Coup de Coeur or Rose Caché, \$39. Dior Vernis Couture Gel Effet in Muguet, \$37.

UP THE ANTE

Take your fitness up a notch. "The focus should be on toning up your muscles, especially arms, waist and hips," says Riskalla. Include 30 full push-ups every second day in your exercise routine and try to do at least 60 minutes of walking a day. If you find it hard to motivate yourself, consider finding a fun class that will distract you from the fact you are exercising. Try Barre Body, which is yoga and pilates done at a ballet barre (www.barrebody.com.au), or Hip Hop Yoga (www.yoga213.com.au).

HYDRATE YOUR HAIR

Moisturise parched strands with regular overnight treatments to keep them shiny. For extra TLC, try a Shu Uemura salon treatment; the scalp massage alone is worth the trip.



Sachajuan Over Night Hair Repair, \$57.

3 MONTHS BEFORE

DIAL UP YOUR SMILE

If you're looking to brighten your grin, take your pick of the options on offer and add a whitening toothpaste to your arsenal. See our guide to teeth whitening, "Great whites", in this section.

PEACE OUT

Avoid any Bridezilla comparisons by keeping a Zen-like repose. Stay happy and healthy with meditation or regular yoga classes and get plenty of shut-eye.

STEP UP THE CARDIO

Embrace your cardio and increase the toning exercises. The easiest way? Old-fashioned push-ups and chin-ups. "Increase

your push-ups to 60 every second day, alternating them with 10 assisted chin-ups. Stop the walks and start running for 30 minutes every second day," says Riskalla.

BRIGHTEN UP

If you've been seeing a skin clinician ask them about resurfacing treatments such as light chemical peels (but proceed with caution if you have sensitive skin) or try the "mini-fraxel" treatment, Clear + Brilliant. "This is a wonderful treatment for brides as your skin looks incredibly radiant," says Suzie Hoytink of Clear Complexions Clinics. "It also shrinks pores and increases collagen production so you get the anti-ageing effects as well."

2 MONTHS BEFORE

DECIDE ON YOUR LOOK

Time to nut out your hair and make-up for the big day. Get inspiration by turning to our "Beauty & the bride" story and take some references to your hairdresser and make-up artist.

THE FAST WAY

Start cutting out those dermal enemies: alcohol, caffeine and sugar. Juice fasts work for some people but a more achievable solution (where you still get to chew) is the delivered detox. Eat Fit Food (www.eatfitfood.com.au) and Dietlicious (dietlicious.com.au) both do five- and 10-day cleanses and deliver the whole thing to you so all you have to do is heat it up and eat it.

GET POLISHED

Sticking to your skin regimen prescribed by a skin clinician? Good. Now up the gleam factor with a daily cleanse with a sonic skin brush. You can also add in some Omnilux light treatments at the clinic – two a week is perfect, says Hoytink.

Clarisonic Mia skin-cleansing brush, \$139.

1 MONTH BEFORE

PUMP SOME IRON

If you want to tone those biceps, you need to put the effort in, says Riskalla. "Increase your push-ups to 90 every second day (try a block of 30 repetitions with 30 in the morning, 30 at lunch time and 30 in the evening), alternating them with 30 assisted chin-ups. Alternate walks for 60 minutes on one day with 50 minutes of running on the other."



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GET A SNIP

Ask your hairdresser to only take off a centimetre or two to neaten up the ends and give your hair a full, blunt edge – this is essential if you're planning on wearing your hair down. If you are looking for a little more volume consider tape-in extensions from HairTalk (www.hairtalk.com.au). They can be applied swiftly and are moved up every six weeks.

BUFF UP

If you're wearing a strapless gown start getting your body in smooth shape. The secret? Get buffing every second day with a sisal cloth and a body wash spiked with blemish-blasting salicylic acid.

2 WEEKS BEFORE

GET YOUR BEAUTY SLEEP

Make it non-negotiable. Research has shown the body's circadian rhythms respond best to regular bed times and at least 7.5 hours' sleep. You have every excuse to be all princessy and swap your pillowcase for a silk one to protect your hair from tangling and skin from creasing. Try a Slip Pillowcase, \$70.

GO FOR YOUR CLINICAL SKIN TREATMENT

Your skin needs time to rest after all this TLC. After this treatment (gentle peels and microhydrabrasion are both safe options), stop with all the actives and go back to your regular products.

1 WEEK BEFORE

CUE BRONZE

The best way to do a faux glow is to apply several layers of gradual tanner in the week leading up to your wedding – every second day is a safe bet. Get someone to apply it for you. If you are set on getting a spray tan, the safest time is a day and a half before your wedding to give it just enough time to settle but not enough time to rub off.

Clarins Radiance-Plus Golden Glow Booster, \$32.



CRUNCH TIME

For your final week of Operation Buff Bride, Riskalla recommends you run 60 minutes every day followed by a 30-minute meditation to keep the fat-attracting stress



hormones at bay. For added glow, throw superfoods into the mix. A good way is to have them in your green smoothie. Try having one with dinner – it will stop you from eating as much.

TOUGHEN UP YOUR MANI

Two days before your wedding get a gel or Shellac manicure, says Petroni. "This will ensure it doesn't chip and will last throughout your honeymoon, too," she says. Her pick? CND Shellac Romantique is a soft, subtle pink. "Keep nails short, in a soft square shape with rounded corners – it's the classic look for weddings."

LASH OUT

Lash extensions are a great option for your wedding day and honeymoon, as they mean you can skip the mascara and sob all you like down the aisle while still keeping

your eye make-up perfectly intact. During the treatment the therapist glues silk or mink extensions on each lash with a super strong glue. They last two to three weeks – just long enough to take you to Tahiti and back.

BATHING BEAUTY

If you are wearing your hair up, wash your hair the day before. Draw yourself a bath with something luxurious (for a serious spoil, buy the matching bath products for your fragrance and you can layer your scent), slip into the warmth and bask in your bridal glory.

Chanel Coco Mademoiselle Scented Foam Bath, \$164 for 400ml.

