

Beauty Countdown

12 to 18 months ahead

- Consult a dermatologist. He/she will help create a skin-care strategy.
- Eat well. Nutritious foods like fruits and vegetables help to contribute to great-looking skin.
- Decide on your hair length. If you have short hair and want it long for the wedding, start growing it now.
- Examine your home hair regime. Invest in a quality shampoo and conditioner tailored to your hair type.
- Investigate hair removal. If you're considering laser hair removal, book now as you'll likely need a series of three or more sessions, with a four-to-six-week wait in between.
- Visit a foot doctor. A podiatrist can help you address issues like calluses and ingrown toenails.
- Start a regular exercise program. As little as 20 minutes a day can help you tone up, release stress and burn fat.

9 months ahead

- Get into facials. Treatments can help remove toxins as well as purify, moisturize and cleanse the skin.
- Schedule regular hair appointments. Have your tresses trimmed every six weeks to keep ends healthy and your style in shape.
- Skip the blow-dryer. Constant heat and styling can take a toll on your hair, so let your locks air-dry at least once a week.
- Look after your nails. Start regular manicures; if that's not possible invest in a good cuticle cream, moisturize hands daily and avoid buffing and filing too much, as it makes the nail thin and weak.
- Tend to your tootsies. Start a proper foot-care regime. Moisturize, elevate feet when resting and make sure your shoes fit properly.

6 months ahead

- Decide on your makeup. Are you doing it yourself, going to the salon or hiring a makeup artist? Research the best salons and ask friends for recommendations.
- Keep your hair clean. Wash hair

weekly with a clarifying shampoo to remove excess product and residue from your locks.

- Get conditioning. Do a deep-conditioning treatment at home once every two weeks.
- Book a hair trial. Don't forget to bring your tiara, veil and any visual references for your stylist.
- Keep up with facials. Book one every six weeks to get glowing skin.
- Get a massage. A 30-minute monthly massage is the minimum you need to release stress and bring your body back to life.
- Take time to relax and de-stress.

3 months ahead

- Control breakouts. Look for blemish creams that contain retinol, salicylic acid or antibacterial benzoyl peroxide to combat clogged pores efficiently.
- Groom your brows. Make an appointment with a pro to create the perfect set for you. Book follow-up sessions every four weeks to keep your arches clean.
- Get makeup advice. If you're doing it yourself, take advantage of free advice from your favourite makeup counter.
- Schedule a makeup trial. Now's the time to collect any inspiration photos. While you're at it book your wedding-day appointment, too.
- Settle on your hairstyle. Have one last trial with your stylist to ensure you're happy with your look.
- Book your hairstylist. Now's the time to book for your wedding day.
- Experiment with self-tanner. Try a lotion or mist-on tan at home to give yourself adequate time to find the right glow.
- Get bikini-ready. If you're a waxing virgin, see an esthetician for a trial run weeks before the big day. While allergic reactions are rare you don't want to be part of the one percent who responds adversely.
- Book your mani & pedi. This will ensure you get an optimum time slot (especially if your bridal party are coming, too).

1 month ahead

- Indulge in a wedding-day fragrance. Try it for a day to make sure you love it. It's better to find out now that it doesn't smell nice on your skin or worse; you're allergic to it.
- Stick to your schedule. If you've been cheating on your beauty regime, stop. Clean, tone and moisturize twice daily and never sleep in your makeup.
- Try a back facial. This is especially great if you're wearing a strapless dress.
- Have your trial makeup done. Discuss what you love and what you don't. Get your look down for the big day.
- Do a makeup dress rehearsal. If you're doing it yourself, practice it again to make sure you've got the techniques down.

1 week ahead

- Have your final facial. This is the absolute latest it should be done. Ask for an eye treatment, too—it's great for adding hydration and de-puffing.
- Touch up your colour. Do it three to four days before the big day so your hair looks picture-perfect.
- Book a massage. Have one last relaxing rub-down.
- Get your spray-on. About two days before the wedding is enough time for the product to settle, leaving you with a natural-looking tan.
- Remove unwanted hair. Book two to three days before the wedding for a full waxing treatment.
- Groom brows. Do any last-minute waxing for perfect arches.
- Lightly exercise. You don't want to pull any muscles.
- Hit the sack early all week. Your body will thank you for it.

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