

Beauty

/ COUNTDOWN /

Your
step-by-step
guide
to big-day
beauty

one year to gorgeous!

You're engaged—congrats! Now it's time to start beautifying for the wedding and all those great parties (and pictures!) along the way. We've got the skinny on the prettiest hair and makeup, *ever*.

PLUS: Sexy scents, the secret to flawless skin, and the best bridal boot camps from east to west

the beauty list

Your GET-GORGEOUS TO-DO CALENDAR

From left:
Glo Brilliant
Personal teeth-
whitening
device, \$275.
Go Smile
On-the-Go
teeth-whitening
pen, \$33.



START
HERE

**12
MONTHS
BEFORE**

GROW YOUR HAIR—THE GOOD OLD-FASHIONED WAY

If you want long locks for your big day, start with a sound diet (lots of protein!) and a follicle booster like Viviscal Extra Strength (\$50 for 60 tablets). Look for B-complex vitamins (e.g., biotin) as key ingredients.

KICK OFF YOUR SHAPE-UP

Whether you want to lose weight, chisel your biceps, or both, you'll want to map out a well-rounded fitness plan. Include a mix of strength training, cardio, and stretching. (Yup, stretching. It builds balance and flexibility, and makes muscles leaner.)

ACE YOUR MAKEUP

BETWEEN YOUR ENGAGEMENT PARTY, SHOWER, AND BACHELORETTE BASH, YOU'VE GOT A YEAR OF FUN FESTIVITIES IN FRONT OF YOU. WHY NOT LEARN TO DO YOUR MAKEUP LIKE A PRO? ENROLL IN A CLASS AND START PAINTING!

VISIT A SKIN MAGICIAN

Worried about acne? Redness? Locate a skin doc at the American Academy of Dermatology (aad.org).



BECOME A
LONG, LEAN
STRETCHING
MACHINE.



MUD (Make-Up-Designory) makeup. For MUD lessons in NYC and L.A., visit makeup.school.com.

**6
MONTHS
BEFORE**

DECLUTTER YOUR MEDICINE CABINET

Grab a Hefty bag and toss out all those old half-used jars, tubes, and bottles.

GO BEAUTY-SHOPPING!

Post-purge, stock up on a set of dermatologist-approved staples: cleanser, SPF, daytime moisturizer, night-time anti-ager. You'll be amazed how quickly you see results!

PERFECT THOSE BROWS

If you're prone to overplucking, meet with a pro and start working toward a lush big-day look. For DIY types, Anastasia Beverly Hills graduated stencils (shown, below) will keep you in line.



Anastasia
Beverly Hills
stencils, \$20
for five.

GET HOT. REALLY HOT

TAKE THE FITNESS THING UP A NOTCH: GRAB YOUR BEST FRIEND AND HEAD TO BRIDAL BOOT CAMP—[SEE PAGE 136](#).

KEEP YOUR HAIR HAPPY

Moisturize your locks with regular deep conditioning. For extra TLC, try a Shu Uemura salon treatment (shuuemuraartofhair-usa.com); the scalp massage alone is worth the trip.



Shu Uemura
Art of Hair
conditioners,
from \$58
each.

**3
MONTHS
BEFORE**

AMP UP THAT SMILE!

Chances are, you'll want to lighten up for your big day. (Hello, photos!) You can try either an in-office laser procedure, such as Philips Zoom (zoomwhitening.com), or a less pricey over-the-counter brightener.

BRING ON THE CARDIO

PILATES AND PUSH-UPS ARE GREAT FOR SPOT-TONING, BUT BE SURE TO HIT THE RUNNING TRACK OR ELLIPTICAL, TOO. TO BURN EXTRA CALORIES, DO INTERVALS: SPEED UP, SLOW DOWN, REPEAT!



CHILL OUT

Stay calm, cheerful, and stress-free by practicing deep breathing, popping in a yoga DVD, or tuning in with a guided-meditation CD. Insta-bliss!

2 MONTHS BEFORE

ENLIST THE EXPERTS

If your budget allows, hire separate hair and makeup pros for your wedding. Or head to your favorite makeup counter for pointers (and a few beauty goodies, too!).



Clarisonic Mia Sonic skin-cleansing brush, \$119.

GET POLISHED

Sticking to your basic skin-care regimen? Perfect. Now boost the glow factor with an over-the-counter microdermabrasion kit or a Clarisonic skin brush and a grainy buffing scrub.

CONSIDER THE CLEANSE

IF YOU CAN STAND IT, CUT OUT THE BEAUTY ZAPPERS: ALCOHOL, CAFFEINE, AND SUGAR. IF YOU'RE HARD-CORE, A JUICE CLEANSE WILL MAKE YOUR SKIN LOOK UN-FREAKING-BELIEVABLE. FOR MORE DETOX TIPS, [SEE PAGE 142](#).



1 MONTH BEFORE

GET A MICRO-TRIM

C'mon, a quarter of an inch won't kill you! Once you've parted company with those fried ends, you'll wonder why you waited so long.

PUMP IT UP

If you want a little extra volume, try short-term extensions. Tape-in options like Hotheads (hotheads hairwear.com) are inexpensive and super-lightweight, and can be attached in the blink of an eye.



Ricky's sisal bath towel, \$1.99.

GET POLISHED (PART II)

Maybe you're wearing a shoulder-baring gown; maybe you want to be bikini-beautiful for your honeymoon. Either way, start buffing your bod now. Your secret weapons? A sisal cloth and a scrub laced with blemish-blasting salicylic acid.



OPI Chamomile Mint scrub, \$9.95.

2 WEEKS BEFORE

LOVE YOUR HANDS

Time to pay attention to those digits—everyone else is (when they check out your ring!). Supplement your usual mani-pedi by hosting a girls' spa night with an at-home scrub, soak, mega-moisturizer—and, of course, margaritas. (Just one, though!)



zzzzzz...

SLEEP!

THERE IS NO BETTER BEAUTIFIER (OR STRESS BLASTER!) ON THE PLANET.

GO FOR YOUR FINAL FACIAL, PEEL, OR OTHER PRO SKIN TREATMENT

Your skin needs time to calm down in order to look its absolute best on your wedding day. So after this, stop with all the extras; revert to your gentle, basics-only game plan; and start noticing how great you look!

Sabon Lavender bath foam, \$17.



Dr. Dennis Gross Skincare Alpha Beta Glow Pad, \$32 for 20.



1 WEEK BEFORE

CUE THE SUN

If you want a flawlessly streak-free rosy glow on your big day, start applying gradual self-tanner at least one week out. That way, missed spots will be a nonissue. You'll be golden-delicious.

LASH OUT!

The happy medium between eyelash extensions and classic mascara, **CryBaby** lash fibers are applied professionally and last for weeks. And they're waterproof—a massive plus for teary brides.

TO FIND A CRY-BABY LASH PRO NEAR YOU, VISIT [CRYBABY MASCARA.COM](#).

BASK IN YOUR BRIDAL GLORY

Slip into a tub filled to the brim with a lavender-spiked bath brew. While you're toweling off, gaze in the mirror and marvel at how fantastic you look. Channel that mind-set on your big day. Gorgeous!

FLIP HERE FOR YOUR ONE-YEAR WEDDING-BEAUTY PLAN: HAIR, MAKEUP, NAILS, FITNESS & MORE!



10 months
skin

dream skin

Youthful, dewy, virtually poreless. Start now with one of these **GENTLE RESURFACERS** and you're on your way to a flawless complexion

IF THERE'S EVER A TIME for incredible skin, it's your march down the aisle—the ultimate all-eyes-are-on-you moment. To get yours in tip-top shape, dive into the ever-growing array of at-home peels, masks, and scrubs designed to smooth sun-induced roughness, tighten pores, and soften fine lines. Just be careful to bypass potential irritation by skipping the fast-acting “extra-strength” formulas with sky-high levels of active ingredients. “People often think stronger means better,” says Beverly Hills dermatologist Harold Lancer. “Not so.”

Happily, there's a fresh crop of low-key plant-based resurfacers that yield fantastic results slowly, after months of steady use. “Our skin is a living organism,” says beauty expert Tata Harper. “It needs to be nourished every day.”



▶ **Tata Harper Resurfacing Mask, \$55.** Newly reformulated, this gentle potion now features extra white-willow bark, a natural beta-hydroxy acid.



▶ **Lancôme Visionnaire Advanced Skin Corrector, \$84.** This light serum erases fine lines and pores by mimicking the way plants repair damage to stems and leaves.



▶ **REN Glycol Lactic Radiance Renewal Mask, \$55.** Ideal for blemish-prone skin, this mask contains papain, a deflaker derived from papaya.



▶ **EmerginC Facial Peel & Clarifying Kit, \$90.** You get two kinds of pads here: peel pads steeped in tea-tree oil, and soothing-clarifying pads for afterward.



▶ **Glow by Dr. Brandt Overnight Resurfacing Serum, \$85.** Infused with retinol, this is strong enough to effect change without irritation.



▶ **Garnier Skin Renew Clinical Dark Spot Overnight Peel, \$17.** Dab it on before you hit the hay and, over time, you'll wake up with fewer sun spots. —Dana Wood

PHOTOS: MICHAEL THOMPSON/JED ROOT (MODEL); TODD HUFFMAN (STILL-LIFES); PROP STYLIST: MARIANA VERA FOR HALLEY RESOURCES.

6 weeks
tips

star secrets

Steal a little pixie dust for your wedding with tips from the experts who coif, polish, and paint a galaxy of **RED-CARPET** regulars

WITH A CLIENT list that reads like the sidewalk in front of Grauman's Chinese Theatre (think Reese Witherspoon and the Olsen twins), it's hardly a shocker that über-hairstylist Harry Josh thinks brides should take their beauty cues from high-wattage Hollywood awards shows. "Whether it's the Oscars, Globes, or Grammys," he says, "if you want to keep it modern, look to the red carpet. That's where the greatest inspiration comes from."

HAIR

PLAY MOUSSE MIXOLOGIST

RED-CARPET RECON "When I'm doing anyone for an awards show, I style her from wet to dry with a ton of product," says Josh. "That locks the style in."

BIG-DAY TAKEAWAY For brides, "the foundation of any great style starts with mousse and volumizer. That goes for every hair type—fine, medium, thick."

John Frieda Luxurious Volume thickening mousse and Blow-Dry Lotion Root Booster, \$6.50 each.



Jennifer Aniston and her pitch-perfect highlights

HIGHLIGHT YOUR UPDO

RED-CARPET RECON Years of blonding Jennifer Aniston have made salon owner Michael Canale a master of sun-kissed tresses. His advice? If you're wearing your hair up for your wedding, get targeted highlights to brighten lower layers and perfect your overall look.

BIG-DAY TAKEAWAY Book your colorist for one week out, and bring a picture from your trial. "With an updo," says Canale, "you want sweeping movements." Not bold stripes.

GET ROLLING

RED-CARPET RECON Even when his star clients want pin-straight locks, Josh talks them into laying the groundwork with rollers first. "It reiterates root lift," he says.

BIG-DAY TAKEAWAY Because they aren't clipped, "Velcro rollers are ideal," he says. "They give roots a nice puff." *Velcro Industries rollers, \$4.89 for four large or six small.*

Pantene spokesgal Zooey Deschanel's flawless ends



HEAD TO THE KITCHEN

RED-CARPET RECON Twinkle, twinkle, little star. "Shine is so important for the hair when you're being photographed," says celebrity colorist Kyle White. "And that's all about light reflection."

BIG-DAY TAKEAWAY To get glossy, White recommends removing product buildup with clarifying apple-cider vinegar. A few days before your wedding, rinse with it, then shampoo.

Bragg organic apple-cider vinegar, \$3.49.



SCRAGGLY ENDS? SEAL THE DEAL

RED-CARPET RECON While hair extensions are rampant in Hollywood, some stars still grow their own long locks. And that can mean skipping regular trims—and lots of raggedy ends.

BIG-DAY TAKEAWAY "A lot of women won't cut their hair before their wedding," says Josh. "So a good way to really mask those ends is with a repairing treatment."

Nexxus ProMend Split End Binding Overnight Treatment Crème, \$15.

(cont. p. 144)



(cont. from p. 142)

MAKEUP

▼ SPARKLE SOFTLY

RED-CARPET RECON “Shimmer on the eyes is great,” says Carol Shaw, Nicole Kidman’s long-time makeup artist. “But I’m talking about subtlety here.”

BIG-DAY TAKEAWAY Though they’re sometimes pretty, skip the loose sparkles and stick to the more manageable pan shadows with built-in shimmer. And apply them only in the crease—not all over the lid.



▼ FOLLOW LIZ’S LEAD

RED-CARPET RECON As far as brow expert Anastasia Soare is concerned, Taylor, Ava Gardner, and Sophia Loren did it best. “They had beautiful, bold eyebrows,” she says. “Arched but still thick.”

BIG-DAY TAKEAWAY Have a brow consultation, and create an arched-but-thick plan. Overplucked? Try a growth stimulator, like Anastasia’s Brow Enhancing Serum Advanced (\$45).



▼ PICK THE RIGHT RED

RED-CARPET RECON Flashing cameras might be blinding, but they have a dazzling effect on smiles. “All those lights make teeth look brighter than they actually are,” says celebrity dentist Gregg Lituchy.

BIG-DAY TAKEAWAY For a similar brightening effect, Lituchy advises his bride clients to opt for lipstick shades in the blue-red (not coral) family. “Those, plus bronzer, really make teeth pop,” he says.

SKIN



Gwyneth Paltrow, the patron saint of cleansing

▼ CLEAN UP YOUR ACT

RED-CARPET RECON Before mega-events, facialist whiz Sonya Dakar puts star clients like Gwyneth Paltrow on a strict regimen. “They cut out white flour, sugar, and yeast,” she says. “And I’m a big fan of cleanses.”

BIG-DAY TAKEAWAY Along with tons of sleep and reduced caffeine and alcohol, Dakar recommends brides do some type of juice or protein-shake cleanse. (She offers her own Ultima Power shakes at sonyadakarclinic.com.) But try it at least a month out: “You don’t want to lose too much weight,” she notes. “Your dress won’t fit.”

▼ TAKE YOUR PRETTY PILLS

RED-CARPET RECON Not even private chefs can whip up every nutrient stars need to look incredible. Sometimes they have to pop a few pills.

BIG-DAY TAKEAWAY Dakar suggests that brides take a daily probiotic—a healthy bacteria supplement that aids digestion and “helps clear the skin.”

PHOTOS: SUPERSTOCK (TAYLOR); GETTY IMAGES (PALTROW); PROP STYLIST: ELIZABETH PRESS.

final touch
perfume

scents & sensibility

These **WEDDING-WORTHY FRAGRANCES** are fashioned from flowers, spices, and the essence of a scrumptious Italian dessert

1 / A lighter version of Paris-based designer Elie Saab's original perfume, this pretty floral number is laced with orange blossom, gardenia, and vetiver. *Elie Saab Le Parfum eau de toilette*, \$75.

2 / Growing up in the English countryside, designer Stella McCartney became smitten with lily of the valley, the major player in her latest olfactory creation. *Stella McCartney L.I.L.Y. eau de parfum*, \$100.

3 / Sandalwood and musk anchor a fresh, vibrant blend of kiwi, orange zest, and freesia. *Victoria's Secret Beauty Love Is Heavenly eau de parfum*, \$42.

4 / Five flowers—including tuberose, gardenia, and rose centifolia—inform this new scent, underscored by a dash of raspberry. *Michael Kors Gold Rose Edition eau de parfum*, \$98.

5 / This "floriental fruity" scent is a mix of jasmine, patchouli, and panna cotta—with a little pink pepper to spice things up. *Salvatore Ferragamo Signorina eau de parfum*, \$74. —Dana Wood



Snap here for a chance to win 1 of 20 Love Is Heavenly fragrances!

Haven't downloaded our free new app? Go to brides.com/weloveit to get started. See page 270 for giveaway rules.