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For the Bride

Skin Care ~What to look for

Dry, itchy, flaky skin? Red and blotchy? Pores resemble an orange peel? Face shine like the top of the Chrysler building?

These are a few of the many concerns from women about their skin. Most of the time, it's not genetics playing the role in their skin woes. 9 times out of 10 the issues are due to

hormones and the products that they are using on their skin.

Our skin is our largest organ and has many functions. It is

designed to protect our complex internal environment, absorb nutrients and release toxins.

What we put on our skin is just as important as what we put into

our bodies.

Mineral Oil is a cheap,

petroleum-based ingredient used in many cosmetic and beauty products. It is NOT a

moisturizer. It is occlusive.

Meaning, it sits on the surface, which interferes with the skin's natural function of absorbing nutrients and releasing toxins. Instead of using products that contain mineral oil, look for natural ingredients such as

botanical oils and plant extracts.

Whether you're getting married or simply getting your skin into shape, using high-quality

products that are designed to fit your skin's needs, and your budget, are essential! Your skin is usually the first thing

people see and you want it to look flawless!

I recommend Arbonne. They have a full line of skin care products to fit your skin's needs and your budget.



Look for products that are water-based and contain natural ingredients.

Skin Care Tips

Every skin type needs hydration. Choose products that are water-based and try to drink the recommended 8 glasses of water per day.

Did you know that 60-90% of aging is caused by sun damage?

Always wear a sunscreen with at least an SPF 8. There's a saying that goes "UVA's cause aging and UVB's cause burning", so make sure your sunscreen is a UVA/UVB protectant.

Before the big day:

- I advise starting a skin care regimen at least 6 weeks before your wedding day instead of getting a facial 3 days before your wedding. Facials are meant to detoxify and deep-clean the skin. This process will bring impurities to the surface and the last thing you want to see in your wedding photo is a zit the size of Texas!
- Choose a professional makeup artist. A makeup artist should offer a complimentary consultation and a run-through. Don't be afraid to ask for references or before and after photos.
- A manicure and pedicure are essential if you will be taking photos of the bride and groom's rings and if you will be wearing open-toed shoes.
- Have a person in charge of your needs on your wedding day (an assistant). He/she should carry a bottle of water with a straw, a makeup touch-up kit with your lipstick, powder, oil-blotting papers, a small sewing kit, Advil, Kleenex and tampons (according to your calendar).
- Try to get plenty of rest.
- Limit alcohol intake, which can lead to puffy and dehydrated skin, and of course headaches!
- Relax! Breathe in deep through your nose and gently out of your mouth.
- Have Fun and cherish your day!

Makeup Tips

Look Timeless

Bridal makeup is a *clean, flawless and enhanced* makeup. Bridal makeup is *not a trendy, party, dramatic or glamorous makeup*. Neutral colors are always an excellent choice to achieve an enhanced, natural look for a sophisticated and sexy bride.

What to bring to your makeup consultation:

*Tear sheets from magazines, of makeup you like and don't like.

*A picture of your wedding dress (Polaroid, jpg. file, magazine). This will help me to get a feel for the look you want to achieve. Is it romantic? Dramatic? Elegant?

The shade of lipstick that you'd like to wear. You may bring yours. Of course, I will have my kit and can provide you with a sample for your makeup touch-up kit on the day of your wedding.

*Your favorite waterproof mascara. If it's your brand, you do not have to worry about watery eyes, redness, allergies, etc. False eyelashes are an option too.

Remember, your makeup run-through is the time to play, try different ideas, colors, etc. Don't be afraid to say you don't like something. Makeup is easy to take off and reapply. When we have completed the run-through I will make a list of the colors I used.

*Touch-up kits start at \$10.



Holiday 2007 Color Collection, Arbonne