

time'n style

Beauty

Bridal Special

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Your wedding checklist

IT IS IMPORTANT TO LOOK AND FEEL BEAUTIFUL ON YOUR WEDDING DAY. TIME 'N STYLE BEAUTY BRINGS YOU A FOOLPROOF BEAUTY AND SKINCARE CHECKLIST BY WEDDING PLANNER CANDICE PEREIRA



PAMPER YOURSELF

- ✓ Now's the time to pamper yourself without any guilt. So, indulge in weekly manicures and pedicures, or do them at home.
- ✓ Don't forget to keep your hands and feet well moisturised.
- ✓ Check if your nail polish colour suits your overall look. If you end up picking a colour from the salon, buy a bottle of the same to take care of last-minute smudges or emergencies.

Wedding-ready skin

- Visit your skincare specialist and work out a plan leading up to your wedding. Schedule your final facial at least one week before the final day, so you have enough time to get rid of sudden breakouts.
- **Don't forget:** Cleanse, tone and moisturise daily!
- Choose your products based on your skin type and don't make any drastic brand switch-overs close to your wedding day.
- While tending to your face, don't forget about your body. Regular massages are a great stress-buster and make your skin look and feel rejuvenated. At home, add a good scrub to your shelf. Finish with a body butter from The Body Shop.
- Most importantly, drink lots of water to hydrate your skin, get plenty of sleep to avoid those dark circles, and, of course, exercise.

Remember to enjoy planning the wedding and also take some time out and relax; enjoy a spa day, a movie with friends or a dinner date. All this is crucial to look and feel your best on your big day.

Hair care

Think about your wedding day look as early as possible and decide on the colour, length and style of your hair. Many brides decide to colour or change their hairstyle drastically before the big day. Just remember—do it all way in advance, so you have enough time to make any further changes and get used to it. It is also a good idea to pamper yourself with deep conditioning hair treatments; this will ensure healthy and shiny hair. And remember, always wash and dry your hair the night before, so that it sits well on your big day.



Long-lasting fragrance

Your wedding fragrance is very important—go all out and get yourself that perfume you desire. Even better, get a body wash and lotion from the same collection, to ensure that the scent lingers on. Once you have confirmed your hair and makeup artist, prepare yourself with clippings from magazines of the looks you want, at your meeting with him/her, prior to your wedding. This will allow your stylist to understand your preferences, and hence come up with ideas for the look. Most importantly, smile and enjoy the day! As Audrey Hepburn said "Happy girls are the prettiest girls."

AN EMERGENCY KIT FOR YOUR BIG DAY!

Be sure to include:

- ✓ Hair spray
- ✓ Extra hair pins and safety pins
- ✓ Blotting paper (to remove that excess shine in your wedding photographs)
- ✓ Double-sided tape
- ✓ Dental floss
- ✓ Band-aids
- ✓ Nail polish
- ✓ Lipstick
- ✓ Breath mints
- ✓ Tissues and cotton balls
- ✓ Hand cream



—As told to Ruchika Fyas