



Skin Care Tips

Tips to ensure the perfect skin on your wedding day

Starting to take care of your skin early is key. You must first determine your skin type, which will help you to establish a proper skin care regimen. This combined with good eating habits and regular exercise will ensure that you will be radiant on your big day.

The best time to apply skin care products is after you are fresh out of a warm shower or bath because not only is your skin clean but it is also thoroughly moist and should better absorb whatever you apply to it.

CLEANSING

Cleansing will remove old makeup and the grime and grease that have been accumulated during the day. Remove mascara with a cotton bud dipped in eye-cleansing lotion. Remove the eye shadow by gently wiping it off with a pad of clean cotton wool moistened with eye-cleansing lotion.

EXFOLIATE

Exfoliating helps to rub off the dead skin cell from the surface and increase skin's blood circulation. Exfoliate once or twice a week to ensure a smoother more natural look when applying foundation. Exfoliate your lips with a soft toothbrush and moisturizer.

NOTE: Exfoliating your legs before you shave keeps the razor from getting clogged with dead skin thus, giving you a much better shave and shinny, silky legs too!

MASK

Apply the mask over a clean, exfoliated skin, avoiding the eye area. Leave the cream on the skin for at least 10 minutes and let the skin absorb as much of the cream as possible. Rinse the face mask off thoroughly with tepid or warm water.

TONERS

Toners remove all traces of dirt, makeup or cleanser that remain after cleansing.

MOISTURISING

Moisturising on your face and neck will make it smooth and supple. Use upward and outward strokes to apply moisturizer.

AVOID BOOKING ANY OF THE FOLLOWING TOO CLOSE TO YOUR WEDDING DAY

- **Facials**
- **Tanning** - *Go easy as too much tanning looks artificial and harsh in photos*
- **Waxing**

Always keep in mind that you will be looking at your wedding pictures years from now. Pick a hair style that will always look good!!

- **Haircut or hair colour** *should be arranged 1-3 weeks before your wedding so you have some time to change or grow out what you may not like.*
- **Perming your hair** - *DO have this done at least 1 month before your wedding.*
- **Deep conditioning your hair** - *DO have this done more than 4 days before the wedding. Overly conditioned hair is harder to style.*
- **Take a few days off** from makeup before the wedding to give your skin a rest.

Well before your wedding, start working on your brows. Their ultimate shape, length and density will be the key to how you look. Eyebrows should be shaped 5-7 days before the wedding. Be sure not to pluck on your wedding day because you could land up with unattractive red bumps that are difficult to cover.

Get plenty of sleep! Sleep is when your body will rejuvenate itself. Sleep is another key to healthy skin for while you are sleeping (during the hrs of 10pm to 2 pm), the cells in your body are repairing and replenishing themselves.

Exercising can improve the quality of your skin namely the skin's elasticity, strength, and firmness. It also improves your skin tone by stimulating your blood circulation, which results in a healthy glow.

Drink 6-8 glasses of water a day to keep your skin hydrated. It is best to spread the consumption of water in small amounts over the course of the day to be sure it is properly absorbed. A glass of hot water with lemon will also help to detoxify your entire system. We need water because about 75% of our muscle, 92% of blood, and 90% of brain is comprised of water.

Although the Sun is a great source of Vitamin D, overexposure to the sun can cause prematurely aged skin, wrinkles, age-spotting, and skin cancer.

Wear sunscreen every day.



Advice from your local professional Isabel