



YOUR BIG-DAY BEAUTY REGIME

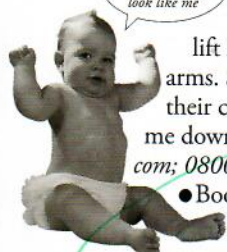
Start early – you won't regret it. By Francesca White

ONCE ENGAGED

- Wax your fingers. Immediately. There will be Instagramming (see previous page), and you don't want to be scaring people.

SIX MONTHS BEFORE

- Start a personal-training programme with Louise Parker, who will make you look ballerina lean, not bulky. Otherwise, repeatedly lift heavy things to tone upper arms. Small children are ideal with their considerate 'pick me up/put me down' regimes. louiseparker.uk.com; 0800 084 2828



- Book a course of facials – you should be aiming for one every six weeks – with Caroline Farr at 23MD, so your skin doesn't freak out as the big day draws near. 23md.co.uk; 020 7078 0302

THREE MONTHS BEFORE

- All that frowning over invitation fonts and napkins needs to be dealt with. See Tracy Mountford, who will tell you if Botox can help – and do a thrillingly natural job if it can. cosmeticskinclinic.com; 01753 646660

- Get your teeth whitened. You're aiming for pearly not nuclear. Dr Rhona Eskander at Chelsea Dental Clinic is your girl. drrhoaeskander.co.uk; 020 7349 8889
- Book a make-up trial. This is very important. You don't want to discover you've been transformed into a Svetlana vamp or under-made-up like a dewy wood sprite without prior permission.
- Have a hair trial. Also crucial. No unplanned Princess Royal, please.



ONE MONTH BEFORE

- Spend a day in your bridal underwear. Are the knickers riding up? Is the underwiring digging into your armpits and giving you trashy-bride cleavage?
- Start wearing your wedding shoes, even if you're just wandering around the house in your PJs or heading out to the shops – you've got to break in those bad boys before the big day. And practise walking so you don't look like you've got a stick up your arse.
- To combat excessive sweating, get Botox in your armpits – Dr Jean-Louis Sebahg is the man to see. drsebahg.com; 020 7637 0548

TWO WEEKS BEFORE

- Practise with sedatives: do trial runs with various sleep aids. You want to make sure you sleep the night before, but you don't want to be so knocked out that you have a sedation hangover (red eyes, dry mouth, feeling like you've been shot with a tranquiliser dart) and slur your vows. Aim to be relaxed but mentally present. Yoga or meditation might help you breathe your way to bridal calm.
- What's your camera face? There will be a lot of photos – so know thy good side.
- Start popping Imedeen skincare capsules (to prevent you burning as soon as you hit the Maldives) – and up your intake of vitamin B12 to prevent bites.



THE WEEK BEFORE

- Book a 'bacial' (a facial for your back) with Nataliya Robinson – and banish bridal bacne. nataliyarobinson.co.uk; 020 7349 0038

THE DAY BEFORE

- Steroid shot with Dr Susan Mayou – it will kill bacteria and take down inflammation in any emergency spots. If a whopper is going to erupt, this is probably the day it will happen. cadoganclinic.com; 0808 278 4160
- Lash extensions at Blink Brow Bar – so your mascara won't run if you get overemotional. Result. blinkbrowbar.com; 020 7486 2835
- Shellac mani/pedi (so you're still chip-free on your honeymoon). Book Maria Shirashi at Daniel Hersheson in Conduit Street. hershesons.com; 020 7434 1747
- Have a spray tan – Amanda Harrington, at In Parlour, contours arms, décolleté and shoulders to make you look magically toned. inparlour.co.uk; 020 3713 9365

THE MORNING OF

- Have a massage. Tomoko Burgess comes to your house. It might help you feel less hysterical. 07951 032343
- A few drops of Bach Rescue Remedy. Or a hip flask of brandy. May also help you feel less hysterical.
- Pack your bridal bag: floss, lipstick, deodorant, emergency Tampax.
- Don't down a bottle of champagne at breakfast. You won't have eaten for about six months, so it will go straight to your brain like a bullet train.
- Equally, don't drink too much water. You don't want to need a wee seconds before you walk down the aisle.

