

# Your 12-month *beauty countdown*

Your big-day glow is all about the prep! Here's how you can get a fresh, healthy, and seriously glowing complexion in time for your wedding



## 10-12 months to go: *See a skin expert*

You know your skin best – but visiting a dermatologist or facialist is the best way to assess your needs. “Talking lifestyle and environmental concerns, nutrition, products and treatment advice with an expert will also you determine what – if anything – needs to change and how to get the best, long-term results in time for the big day,” suggests medical facialist Renée Lapino. Remember, it can take up to 90 days to see noticeable results, so starting a proper regime a year before allows you enough time to see the full effect. “Prep your skin adequately with regular treatments throughout the year – plan these for a Friday so you can hide away for any potential downtime and binge-watch *Say Yes to the Dress*,” adds Renée.

## 8-9 months to go: *Get to know retinol*

Retinol is the only drug clinically proven to heal the nucleus of a cell – which means it's capable of treating almost any kind of skin issue. “Retinol – a chemical name for vitamin A – will increase your cellular turnover rate which can help to improve skin's firmness and tone, diminish the look of fine lines and decrease breakouts and blemishes,” adds Renée. “I recommend retinol newbies start by using a product that contains it twice a week for two weeks initially, moving up to three times a week for a further two weeks, then four times a week for four weeks until your skin has become used to it and you can apply every night – but always check with your specialist first.

“It's also best used in the evening, as your skin repairs itself more overnight. ▶



# Flaw givers

Beauty heroes, assemble!  
Here are some pre-wedding  
bathroom cabinet essentials

## FOR TIREDNESS

Apply this retinol boosting solution between your serum and moisturiser to brighten skin. **The Ordinary Granactive Retinoid 2% in Squalane**, £7.80, [feelunique.com](http://feelunique.com)



## FOR THE GOOD HAIR

Restore lacklustre locks while you get your beauty sleep with this miracle leave-in treatment. **Perfectly Perfecting Wonder Overnight Recovery**, £20, [percycandreed.com](http://percycandreed.com)



## FOR RADIANCE

Enhance your natural beauty with this SPF-protected cream's light coverage. **Radiance Tinted Moisturiser**, £45, [cosmeticsalacarte.com](http://cosmeticsalacarte.com)

## FOR SENSITIVE SKIN

A solution to uneven skin tone, dark spots and fine lines, this elixir is for those who experience irritation when using retinol-based treatments. **La Roche-Posay Redermic Anti-Ageing Concentrate**, £29.50, [feelunique.com](http://feelunique.com)



## FOR LONG DAYS

Apply this waterproof foundation for a base that goes the distance. A big-day contender? Perhaps. **Water Resistant Foundation**, £25.24, [delfycosmetics.com](http://delfycosmetics.com)



SPF is also absolutely critical for protecting those fresh new skin cells, so don't forget to cover up!"

## 6-7 months to go: Understanding nutrition

A qualified nutritionist will help you on your way to choosing the best foods for your body and help you simplify food prep – just what we all need when planning a wedding, right? “Holistic nutritionist Emily Clarke, founder of Busy Bee Well ([busybeewell.com](http://busybeewell.com)), offers a six-month bride-to-be programme which teaches women how to look after their nutritional health, with plenty of meal ideas for two,” suggests Renée.

## 4-5 months to go: Book in with your hair stylist

Want shimmering, shiny locks? Of course you do. A mask or treatment is the best way to get yourself into the glossy posse. Ask your stylist to start applying conditioning treatments around five months before – plus a flattering new cut is the perfect way to show off that gorgeous skin. Start with the deep conditioning treatments now and, if you get your hair coloured, refresh it two weeks ahead of the big day. A final trim is best around this time, too.

## 2-3 months to go: Trial time

With your dress in mind, now is the best time to book your hair and make-up trials, and it should be an enjoyable and exciting experience! “Your skin will be feeling its best right now, creating a smooth blank canvas for your make-up,” adds Renée. “A good make-up artist will be able to advise on the right products and colours for your skin tone, and you should feel confident after your trial that this is exactly how you want to look on your wedding day.”

## 1 month to go: Have a final facial

The perfect pre-wedding treat to enjoy with your maids or mum, “a deep-cleansing, hydrating facial a month before will boost your bridal glow and support your skin through all those champagne toasts you're facing on a daily basis,” says Renée.

## One week to go: The finishing touches

Spray tans, waxing, brow shaping, another hair treatment – this week should be all about those final touches. And, of course, relaxing. Why not throw in a massage if you have time? If you can't a week before your wedding, then when can you... [wi](http://wi)

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