

Wedding

VENUES & SERVICES

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10 top beauty tips

Be pampered and enjoy being a beautiful bride



1 Hands Together

As well as having beautifully manicured nails, your hands must feel soft and smooth. Each time you exfoliate use some of the scrub on the backs of your hands and then hydrate with a hand cream. For a more intensive moisturizing treatment, slather your hands with a rich cream or oil, then wrap in cling film and place under a hot water bottle for 10 minutes.

Treated: Exotic Hand Ritual (£40) at the Elemis day spa and selected salons, gently exfoliates, cleanses and uses warmed mitts to help the absorption of the Skin Nourishing Milk Bath.

Contact: Elemis (01278 727 830, www.elemis.com).

2 With this ring...

All eyes are going to be on your wedding ring on the big day, so treat your hands to regular manicures as they need to look and feel good. Keep cuticles

pushed back using an orange stick and get into the twice-daily routine of massaging a hand cream or oil into your nails and around the cuticles.

Treated: Jessica Deluxe Manicure (from £27) includes the LeRemedi by Jessica Hand Treatment to get hands and nails in tip top condition with a cleanse, exfoliation and stimulating mask.

Contact: Jessica (020 8381 7793, www.jessicacosmetics.co.uk).



3 Sweet creams

Easily neglected in the rush and excitement of wedding planning, your skin deserves a luxurious moisturizer to give you added radiance on the day.

For total indulgence, the new SK-II Ultimate Revival Cream combines the legendary ingredient, Pitera derived from Japanese sake, with Centifloria Rose Absolute, made from 100 petals of the first roses of the season from Grasse in France.

Treated: Inhale the calming rose fragrance of SK-II Ultimate Revival Cream (£180) at the same time as smoothing over skin.

Contact: SK-II (08000 721 771, www.sk2.co.uk).



4 Pearly whites

Every bride should have the whitest smile possible and needs to decide on a course of action. Dr Uchenna Okoye, one of only 3 female cosmetic dentists in the UK, says 'it is just a question of how white you want to go. Laser whitening can make teeth up to twelve shades lighter while a professional hygiene clean removes stains and lightens teeth by a shade'. To maintain a white smile use an electric toothbrush such as Philips Sonicare (£129.99).

Treated: Zoom2! (£835) is a new one-hour laser whitening technique.

Contact: Goodge Street Dental Practice (020 7636 7616, www.goodgestreetdental.co.uk).

