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BRIDE

AUSTRALIA Spring 2014

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Big-day body plan*

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From runway to aisle, BAZAAR's pick of the dresses

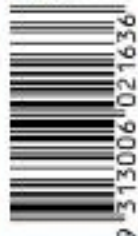
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BESPOKE

Create the perfect tailored wedding

BRIDE

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CALENDAR GIRL

Here's your beauty-prep guide for the big day.
Get set, gorgeous. By SARA McLEAN

HAIR: JEFFREY WESTBROOK/STUDIO D

6 MONTHS BEFORE

START A SKIN PLAN

For flawless wedding-day skin, Melanie Grant from Sydney's Double Bay Clinic recommends creating a complexion plan half a year ahead, working with a professional on the timing of treatments. Heavier procedures, such as Fraxel resurfacing, shouldn't be used less than six months out. "Fraxel lasers are fantastic for diminishing deeper pigmentation and retexturing the skin, but require ample downtime, so should be done well in advance," she says.

Another popular bride-to-be treatment is Gwyneth Paltrow's favourite, Thermage. "It uses radiofrequency to denature collagen, forcing it to break down and remodel," explains Grant. "As it rebuilds, it will contract slightly, so you get a subtle lift." Only one session is needed, but results don't show their full effect until up to six months later, so it's worth planning ahead.

TIP Needle novices take note: your wedding day isn't a time to experiment with fillers and other injectables. "First-timers should book in at least six months before to see how it settles or if it even suits you," Grant warns. "Top up as needed but don't go too hard — frozen faces never look chic in wedding photos."

STEP UP YOUR SPF

There's no sugar-coating it: the sun assaults your skin every day. Fight back by layering one teaspoon of quality high-protection sunscreen, such as La Roche-Posay Anthelios XL Extreme Fluid SPF 50+ (1), \$27.95, across your face every morning. Choosing a strapless dress? Tan lines are hard to even out despite the most tactical application of bronzer, so take your SPF right down your chest and shun the sun.

THICKEN UP YOUR HAIR

Regular colour treatments, stress or a new diet and exercise regimen can lead to finer hair, but starting early with a hair-thickening treatment can help enhance your tresses for your big day. Anti-hair-loss supplement Viviscal (3), from \$89.95, is a celebrity and model cult secret in the States. The hair-boosting blend of amino acids, biotin, zinc and vitamin C nourishes from within, with clinical tests showing it helps create longer, shinier and, yes, thicker hair after six months to a year. At-home program Kérastase Densifique (2), from \$150, blends patented complex stemoxydine with vitamins B3, B5 and B6, helping reawaken hair follicles and spur new growth.

BOOK YOUR BROWS

Wedding-day pictures last a lifetime, so don't delay shaping your arches. "I recommend my bride-to-be clients come in six months prior to have a detailed discussion about the direction they want to take, whether it's just neatening them up, growing them out or going further," says brow expert Amy Jean Linnehan, who uses micro-feathering to fill in gappy brows. "A final wax two days out will freshen them up and boost radiance along the brow bone."

SCHEDULE SHUT-EYE

Skimping on sleep is an obvious ager; think dark circles, dull skin and puffiness, not to mention lowered energy levels, meaning you're less likely to attend that 6am bridal workout and more likely to reach for the Kit Kat come 3pm. So get into good habits early and reap the rewards when you're walking down the aisle.

TIP The electronic light from your phone or tablet can disrupt sleep, so make that "centrepiece ideas" Pinterest board tomorrow instead.

INSIDE JOB

A flawless face starts on the inside, says Carla Oates, health expert and founder of The Beauty Chef. "Internal inflammation causes all sorts of skin problems such as dryness, pimples and loss of tone — it literally breaks down collagen," she says. Fill your plate with these skin-winning ingredients.

SILICA

Trace mineral found in green beans, rice, oats, kelp and buckwheat.

"Silica is a serious skin-saver, helping to ward off inflammation and improve elasticity," Oates says. **TIP** Soak rice and oats before cooking to make them easier for your digestive system to process.

ANTIOXIDANTS

Found in berries.

"They're rich in ellagic acid and anthocyanins, which help protect collagen and microvessels from damage," Oates says.

ZINC

Found in oysters and pepitas.

"Essential for skin health, zinc repairs and builds the complexion as well as being an anti-inflammatory, which makes it especially great for anyone prone to oiliness or breakouts."

VITAMIN C

Found in broccoli, capsicum, kiwifruit, papaya and greens.

"It's important for collagen production and helps battle dryness," she says.

VITAMIN A

Found in sweet potatoes, carrots and dark leafy greens.

"It helps to smooth the skin, ridding it of roughness and dead surface cells," Oates says.

TIP Vitamin A can help alleviate keratosis pilaris ("chicken skin" on the upper arms and legs).



4

MONTHS BEFORE

TREAT YOUR TRESSSES

“Hairpieces can be worked into most wedding styles to give volume and length, but it’s still important to keep your natural hair healthy with regular trims and treatments, or it won’t look natural,” says hair-stylist Anthony Nader, who recommends protein-rich and moisturising deep treatments a few months out. “Protein treatments rebuild and strengthen strands, while a hydrating formula douses hair in moisture and makes it shine. Alternate the two.”



John Frieda Frizz Ease Miraculous Recovery Intensive Masque, \$16.90; Moroccanoil Restorative Hair Mask, \$49.50.

STAY HYDRATED

From aiding metabolism to hydrating skin, the benefits of drinking plenty of water are bountiful. “Water cleans out the system and therefore cleans the skin,” says The Beauty Chef’s Carla Oates. Drink a glass on rising; you’re more likely to get through two to three litres if you’re hydrated from the get-go. **TIP** Swap caffeine for teas. “Green tea is rich in skin-boosting antioxidants and is an anti-inflammatory, and dandelion tea is a great skin cleanser,” Oates adds.

FOCUS ON BODYWORK

Backless, strapless, sweetheart — it’s not just your face that’s on show at the altar, so start exfoliating twice weekly, switch your soaps for hydrating formulas and lock in moisture with a souped-up body oil. Suffering from sunspots? “IPL is simple but very effective at fading light freckles on the chest and back,” says Grant. And other spots? “Professional salicylic or lactic peels are great for body acne and can be used at home with a cleanser containing AHAs and BHAs such as glycolic and lactic acid.” Look for these same ingredients in a cream to slough away patches of keratosis pilaris from your upper arms.



SkinMedica AHA/BHA Cream, \$48.40.

STEP IT UP

Now is the time to get serious about a skin plan. “I say go hard for eight weeks, then back off, allowing any irritation to totally subside by your wedding day,” Grant says.

AT THE CLINIC “I believe in bespoke skin treatments, but generally I’ll put a bride-to-be on a course of Omnilux light therapy interspersed with a light fruit-acid peel or microdermabrasion on every fourth visit,” Grant says. “This helps refine pores and fine lines, even out texture, fade acne scarring and rejuvenate skin for a flawless complexion.”

AT HOME Vitamin A derivative retinol is still the gold standard in anti-ageing, helping to smooth skin, clean pores, plump fine lines and reduce wrinkles. Grant asks clients to ease off on retinols one month before the big day.

3

MONTHS BEFORE

PUT IN FACE TIME

Makeup maestro Napoleon Perdis says perfect wedding makeup comes down to preparation. “A bride should start thinking about her makeup about three months before,” he says. “Discuss the style and theme you want on the day with your artist. Think about your dress, your bridesmaids’ dresses, your hairstyle and accessories — everything that may affect the overall style.” Here are his other top tips to be prepared.

LOCATION, LOCATION

“Consider the setting when planning your bridal makeup. Where is your wedding, indoors or outdoors? What will the season be? Depending when, where and what time of day your wedding is, you may need to look at different colours, intensity and texture choices for your look.”

ACE YOUR BASE

“A flawless base is every bride’s dream. Whether matt or radiant, creating a beautiful base is one of the most important elements of perfect makeup.”

DON’T TAKE TOO MANY RISKS

“Your wedding day is not the right time to change your style or experiment with new looks. You want to look like you, but better! Don’t go too OTT; keep your look fresh and simple — think luxe skin, couture contours, full lashes and either a bold or neutral lip, depending on your style.”

DON’T FORGET YOUR BRIDESMAIDS

“You can tweak makeup looks between your bridal party by changing texture, intensities or hues. You may go for a softer version of the makeup look on the bridesmaids or a different lip colour. Often the bridesmaids have completely different style: some are used to wearing lots of makeup, others rarely wear it. They need to feel confident in how they look, so customise the look of each bridesmaid.”

BRING SUPPLIES

“Be as prepared as you can. Pack a small makeup touch-up kit with lip products, powder, tissues, cotton buds and eye drops. Your makeup artist can help you.”

6-8

WEEKS BEFORE

DIARY-DATE A DETOX

Limit alcohol, processed carbs and sugar two months before your wedding, says Oates, then you can take it up a notch. “If you want to do a thorough detox, incorporate green juices and liver-cleansing herbs and foods, such as milk thistle and broccoli sprouts,” she says. But do ease off as the day gets closer. “Breakouts are a normal part of the detoxing process, and for most they only last a month, so stop detoxing one to two weeks before your wedding day,” she says.

WATCH THE HEAT

“Lay off hot tools two months before your wedding and you will notice a huge difference in the health of your hair,” says Nader. Can’t go a day without your curler? Switch to a styler with an adjustable heat setting and go easy. “Once in a while is fine, but daily doses of heat kill shine and make hair look brittle.”



From left: Sally Hansen Cuticle Rehab, \$12.95; The Beauty Chef Detox Inner Glow Powder, \$69.95; ghd Curve tongs, from \$200 each; Clarisonic Aria, \$245; Sanctuary Spa 5 Day Moisture Creamy Body Oil, \$13.

HELP YOUR HANDS

For hands ready to show off the ring, YSL nail ambassador Frances Catsaros recommends fortnightly manicures starting six weeks before the wedding. “I don’t believe in trimming cuticles as it can cause an infection and damage the nail bed,” Catsaros says. “Instead, regular manicures will work at getting the cuticle to sit back and look neat.” Maintain your hands at home by stashing a balm by your bed and slathering it on before sleeping.

CLEANSE CORRECTLY

A not-so-nice side effect of your pre-wedding workouts? Clogged pores and pimples. “Sweat mixed with makeup and pollution can cause breakouts, but that can be prevented with proper cleansing,” says Grant, who stresses the benefits of a powerful facial cleansing brush. “It works wonders.”



1

MONTH BEFORE

HYDRATE AND GET HEALTHY

Hold off on harsher products and ingredients in favour of gentle, skin-hydrating formulas. “All the grunt work has been done in the months prior, so just keep skin hydrated and away from anything that could cause sensitivity,” says Grant.

The same goes for your body, especially with a fake tan. “The more hydrated your skin is in the lead-up to a spray or at-home tan, the better it will look and the longer it will last into your honeymoon,” says St. Tropez skin finishing expert Michael Brown.

“Keep skin hydrated and away from anything that could cause sensitivity.”

THE WEEK BEFORE

BAZAAR BRIDE’S FINAL-DAYS CHECKLIST

MAKE THE FINAL CUT

“For the freshest hair on the day, slot in your final salon visit a week before,” Nader advises.

DE-FUZZ WITHOUT FUSS

“Tan can clump in open pores from shaving and waxing, so schedule all hair removal for at least one or two days before the tan,” Brown says.

TAKE TIME TO TAN

By spraying too close to the day of the wedding, your risk disaster striking. “Have a spray tan two days before your wedding day,” Brown suggests. “That way you have time to fade if it went on a bit strong. And if it’s too light, you can adjust with gradual tanners or instant bronzers on the day.”

MANAGE YOUR MANICURE

Have your last manicure the day before, but if you’ve had a tan, tell your therapist to skip the scrub. “Creamy pinks and nudes are still the most flattering polishes for wedding day hands,” says Catsaros. “But more brides are picking brighter polishes for their pedicures to take them through the honeymoon.”



From top: Sally Hansen Miracle Gel in Get Mod, \$16.95; YSL La Laque Couture in Rose Abstrait, \$42; Dior Vernis Nail Polish in Grège, \$39.

STILL LIFE: YLVA EREVALL/STUDIO D; RICHARD PERCE; JEFFREY WESTBROOK/STUDIO D