

A SPECIAL ISSUE FOR THE BRIDE

Weddings

nStyle

Great Dresses for your figure

Beauty Guide: Look Your Best Ever

Head to Toe for Under \$1000

Invitations 101

It's Your Day!

150

new ways to make it special



Jessica Simpson's Texas Wedding



BODY

ALLOVER GLOW

THE BASICS

- **Exfoliate and moisturize your body once a week.**

Spa guru Susan Ciminelli has an inexpensive and luxurious do-it-yourself formula that takes care of both tasks at once: Mix two cups of coarse Epsom salt with one cup of rose oil (at health-food stores) to form a paste, and rub on damp skin before showering. "Your body will glisten," she promises. (Never shave beforehand, since salt can irritate newly shaved skin.) Or try a body scrub such as Laboratoire Remède Sweep Body (\$65; 888-243-8825).

... AND BEYOND

- **Go to a spa for a body treatment a few days before the wedding.** You can feel more relaxed and have smoother skin after a spa treatment, whether you choose a body wrap, which Ciminelli says would make you feel less bloated; a body polish, during which a technician exfoliates and moisturizes you from neck to toes; or a lymphatic drainage massage, which aims to flush toxins from your system.

FACE

A SMOOTH, RADIANT COMPLEXION

THE BASICS

- **Find a skin-care routine and stick to it.** "To have perfect skin for your wedding, it's best to plan six months in advance," says Ling, owner of Ling Skin Care in N.Y.C. and facialist to Meg Ryan and Gisele Bündchen. "That gives you enough time to test a regimen and make changes." Ling suggests consulting a facialist to decide on a five-product system that consists of cleanser, scrub, toner, moisturizer and sunscreen. If you already have a routine that works well, don't change it, says Seth Matarasso, associate clinical professor of dermatology at University of California, San Francisco: "This includes medications like the birth control pill. If you've been on the pill, don't go off it before your wedding. The hormonal change could cause a major breakout."

- **Build a shield against stress.** "Brides-to-be need to keep themselves centered and relaxed," says Susan Ciminelli, who tends to the complexions of Jennifer Lopez and Naomi Campbell. Ciminelli suggests doing this Pranayama yoga breathing exercise for a few minutes the first thing every morning: Sit in a comfortable position. Open your chest by pulling your shoulder blades together. Let your chest expand as you inhale slowly through your nose, and let it flatten out naturally as you exhale through your mouth. "It's very relaxing," Ciminelli says, "and oxygen definitely makes the skin look better." Lydia Sarfati, founder and CEO of the Repêchage skin-care line (Clandia Schiffer is a fan of her products), suggests that you follow your breathing exercises with a morning bath. For maximum relaxation, try an aromatherapy soak such as Origins Peace of Mind Tension-Releasing vapor bath (\$22.50; 800-674-4467). Since stress can show up in the face in the form of dryness or breakouts, "a daily stress-reducing routine is so important," Sarfati says.
- **Cut back on guilty pleasures.** "Avoid smoking, alcohol and sweets," Ling says. Drinking alcohol leads to puffiness, smoking leaves skin grayish, and eating sweets can cause breakouts, she says. According to Ciminelli, soda—diet or otherwise—is the single most important thing to refrain from. "I've never seen a soda drinker with pretty skin," she says.