

## TOP BEAUTY TIPS FOR BRIDES

### AT THE OUTSET:

#### The Wedding Colours

Thinking about colour at the very start of the wedding planning is very important! What shade of wedding dress best suits the bride's complexion and natural colouring? What is the colouring of each of the bridesmaids and therefore which tones and shades both in clothes and makeup will best suit them best? Picking an overall wedding colour scheme which encompasses flowers, grooms ties, table decorations etc can also be done to best emphasise the colouring of the bride and make her glow even more on her special day. These are often things that brides don't know about and therefore don't consider when they start to plan their wedding colour schemes.

#### Setting the Bride Apart

Also think about how to make the bride stand out from the bridesmaids, this can be done by giving the bridesmaids a totally different look with their makeup or by ensuring that if the bride has her hair up the bridesmaids have their hair down (or vice versa).

#### Makeup

An important point about bridal makeup is that it should enhance your best features and make you glow. It shouldn't be overpowering or full of too much colour as this can detract from highlighting your best features or end up looking like the makeup is wearing you as opposed to you wearing the makeup! In years to come the lasting memory of the wedding day will be captured in your photographs which is why when you do your makeup trial it's helpful to have the looks recorded on camera rather than making a decision based on how you look in a mirror. Look into the new Airbase Airbrush foundations that are silicone based to give a flawless complexion, feel light on the skin and last all day without needing touch ups. They are also sweat and tear resistant. Very few makeup artists currently offer this product range.

#### Colour Analysis

Think about having an in-depth colour analysis done on yourself and the bridesmaids (and even the mother of the bride/groom) before you choose your colour schemes so that they work well for you and your photographs. Using the right colours, tones and shades, will brighten your complexion, make your eyes sparkle and your skin glow. Having the wrong shades and tones around you will drain the colour from your skin, show lines and imperfections as well as minor blemishes and mean that your photographer and makeup artist will have to work much harder to get the best results from how they make you look in your photographs. Think about setting the scene with the right colours as early as you possibly can, if possible even before you look at wedding dresses.

### AT LEAST SIX MONTHS PRIOR TO THE WEDDING

- Get into a regular skin care routine of cleansing, toning and moisturising night and morning
- Exfoliate once a week for normal to dry skin and twice for normal to oily. Ensure the exfoliator you use has spherical granules otherwise it will be too harsh on your skin
- Exfoliate your lips weekly using petroleum jelly and a soft toothbrush
- Buy some clear nipple cream (not the white versions) and moisturise your lips with it night and morning
- Condition your eyelashes every night with petroleum jelly
- Start having traditional manicures at least monthly to get your hands and nails into good condition. Look for manicures with heated masks to add extra moisture to your hands
- Have a monthly facial with a beauty therapist to keep blemishes at bay

### THREE MONTHS PRIOR TO THE WEDDING

- Have your makeup consultation and trial. Make sure you try at least two completely different looks and even consider enhancing the one you choose into an evening look. Ask your makeup artist what they advise for makeup based on the light at the time of day that the wedding takes place and what other advice and guidance they can give you about wedding makeup, including what they recommend that works best with your natural colouring and the undertone of your skin (which will be either cool or warm) – when it comes to makeup... it's all about the photographs.
- Take photographs on your makeup trial and look at them later on a bigger screen because makeup looks completely different on camera.
- Take a friend with you to the makeup trial to get a second opinion. Ideally the friend can be someone who would be good at topping up your makeup or reminding you to do so on the day eg a bridesmaid.
- If you don't already do this, start having your eyebrows shaped and possibly tinted to for added definition. Well shaped brows mirror and emphasise the bone structure around the cheekbones which can give the effect of an instant facelift. Ask your therapist about the various options they provide to enhance your eyebrows.
- Buy your makeup "top up" kit. This should be done in discussion with your makeup artist and include items such as powder, blusher, lip pencils, lipstick and gloss for touch ups on the day its often worth buying two of the lip products so that you can keep one in the grooms pocket.

### THE WEEK OF THE WEDDING – 2 or 3 days before

- Have your waxing done (include the upper lip as makeup tends to clog here, even on the finest lip hair)
- Have your lashes tinted and eyebrows tinted and shaped
- Have your eyelash extensions done
- Have your manicure and pedicure done

### ON THE WEDDING DAY

- Assign a member of the wedding party either a bridesmaid or a good friend to keep your makeup topped up for the photographs (or at least remind you to do it). You may even want to delegate the carrying of the makeup bag to them. Make sure you keep "shine" to a minimum as it looks even shinier on camera and that your lip and cheek colours haven't worn off as this will make you look pale in photographs

NB The camera tends to dilute the look of makeup which is why you may need a slightly stronger foundation, or more definition on and around the eyes than you would use day to day. It's also why eyebrow tinting is a good idea as the eyebrows can be dulled down under your wedding makeup.

### AND FINALLY.....

This factsheet is produced by Holistic Eyes. Lynn Davidson, Creative Director was trained in makeup by Louise Young (internationally acclaimed film and TV makeup artist) and also by the Louise Page Academy, lead makeup artists on The Britts, X Factor, The Voice and many more. We have a wide range of experience with brides and weddings so feel free to look at our website and sign up to our facebook page to get free beauty hints and tip. You can use this factsheet to help you select a makeup artist who can really add value to your big day from the very early planning stages. Feel free to call us for a chat.