

BRIDAL

The countdown is on to your big day...

Timeline

6 MONTHS TO GO

BOOK HAIR AND MAKE-UP

'Book early, particularly if your wedding is during the popular spring and summer months,' says make-up artist Nicola Burford (nicolaburfordmakeup.com.au). 'Recommendations from other brides is the best way to source someone.'

REGULAR TRIMS

Healthy hair starts now! 'In six months, we're generally able to fix any damage and split ends,' says Erika Soos, stylist at Dessange Paddington (dessange.com.au). 'To maintain healthy hair, it is advisable to have it trimmed every six weeks.'

3 MONTHS TO GO

SHAPE UP

'Boxing is a fabulous work-out for brides as it tones the arms, without bulking up, while burning truckloads of fat,' says health and fitness coach Amelia Burton (amelia Burton.com.au). For best all-over results, team with HYPOXI (hypoxi.com.au), which combines exercise with compression therapy to help shed centimetres from areas like your stomach, hips, buttocks and thighs - a 12-session course, three times a week is ideal.



LIGHT THERAPY

Marissa Martin, National Trainer for True Solutions International, recommends a course of 10 treatments of Omnilux light therapy for glowing skin. If you're on a budget, active skincare is the answer. 'You'll need an exfoliant, a hydrating serum and sunscreen,' she says.



FIRST-TIME FILLERS

If you haven't tried facial enhancement procedures before but are looking at getting them for your wedding, now's the time to start. 'Find a reputable provider who understands what you want,' advises Dr Angelo Lazaris (sydneycosmeticdentist.com.au). 'Start off with smaller doses and build up slowly.'

2 WEEKS TO GO



TEETH CLEAN

'Having a professional clean brightens your smile,' says Dr Angelo, adding, 'Whitened teeth generally look their best about two weeks after whitening.'



LAST-MINUTE

'Scrub your skin with a loofah or body brush and moisturise the body well to stimulate circulation and ensure the skin shines,' says Nicola Burford. She also recommends applying a hydrating mask before the make-up artist arrives.

HAIR COLOUR



'Hair colour and balayage should be done between three and 10 days prior to the wedding,' advises Justine Lesveque, colourist at Dessange Paddington.

THE BIG DAY!

EAT BREKKIE

Factor in time for breakfast, even if you're not hungry. 'A homemade protein shake with frozen berries is palatable even for the most nervous of brides,' Amelia Burton says.

YOUR CLUTCH ESSENTIALS

- Blotting paper
- Your lipstick shade
- Concealer
- Bobby pins
- Tissues
- Roll-on perfume
- Band-Aids
- Party Feet
 - Mints
- Cotton buds

MANI/PEDI

'Have a pamper session with your bridesmaids,' says OPI's Karon McKendrick-Taylor, who recommends a gel application, such as OPI GelColor. 'Your manicure will last. Also, brides who have a tendency to bite their nails when nervous won't damage their manicures!'

24 HOURS TO GO

LASH EXTENSIONS

It's a good idea to get lash extensions as close to the day as possible. 'They'll be at their best symmetry and fullness then,' says brow and lash guru Amy Jean (amyjean.com.au). Tweeze brows now so they look 'clean and crisp'.



STAY HYDRATED

'Water is great for the skin,' advises Nicola. 'Try to avoid alcohol, especially wine or Champagne, as the preservatives can make you a little puffy the next day.'