

MAKEUP TIPS TO LOOK YOUR BEST FOR THE BIG DAY

Fit for a Bride

MODEL: Sandra PICTURE: Angelina / Michael Francis Photography
MAKEUP/HAIR (For all models pictured): Featuring... You Spa & Salon

A classic updo is paired with classic makeup to coordinate with the traditional gown. Neutral makeup colours were used to create this timeless look.

by Mary Orlando

EVEN if you have perfect skin and never wear any makeup, your wedding day is the one time you simply must break that rule. Your skin should look as perfect as possible. For most of us, that means wearing more makeup than usual. Here are five variables that will influence/affect the amount of makeup you wear:

1. The condition of your skin. Clear, healthy skin not only requires less makeup but also holds the makeup longer. Your skin changes according to the weather, environment, diet, stress, age and hormones.

Here are some good skin care habits to maintain:

Never go to bed with makeup on. It can clog your pores and slow down your skin's natural regeneration process.

Choose mild cleansers. You don't have to strip away every bit of oil to be clean. Scouring yourself causes irritation and slickness. When you strip your natural oils, your skin produces extra to compensate... it's a vicious cycle.

Maintain a hands-off policy. You may be anxiously touching your face, which could make breakouts worse. Any picking can lead to scarring. If you experience a severe blemish just before your big

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day, call your dermatologist for a quick-fix remedy like a cortisone shot.

Stay loyal to your skin care products.

Changing brands constantly is taxing on skin. Products are designed to work together and have cumulative benefits. Since your skin changes over time, you should slowly introduce products to meet your skin's evolving needs.

The best products in the world will do nothing for you if they are not appropriate for your skin. If you've been using the same day/night cream for over two years, it's time to consider a professional skin consultation/analysis. Most spas offer a complimentary skin analysis using a skin scanner machine. A skin scan provides an in-depth analysis which reveals what's going on underneath your skin. You can actu-

BELOW LEFT: Only a touch of concealer followed by the sheerest application of foundation gives the bride's skin a soft glow. Her smokey eyes become the focus of this makeup look. Her hair is pulled off her face in an updo that accentuates her soft glowing skin and simply beautiful gown. RIGHT... Highlighting and contouring techniques were used to "sculpt" this bride's face. The makeup is kept neutral so as not to compete with the sculptured hairstyle which coordinates with the bride's sculptured gown.

state-of-the-art Hydra Plus Treatment which stimulate circulation, nourish, oxygenate and moisturize. Both are great for all skin types. These types of treatments can be booked the week of your wedding... you'll not only reap both the physical and emotional benefits, they'll give you radiant, glowing skin.

For spa-worthy do-it-yourself results, use professional exfoliators and masks or try using natural ingredients that have been proven effective for your skin type. Dry skin responds well to home-made masks containing honey and glycerin, while sensitive skin can be treated with chamomile or green tea masks. Oily skin can benefit from clay masks.

Put on a Happy Face. A positive attitude is important for general health, including your skin.

2. Your desired look. Soft and natural or strong and dramatic? Your makeup should coordinate with your gown, hairstyle and overall wedding theme. A soft-flowing chiffon gown requires soft-flowing hair and blended, more natural-looking makeup. A more structured couture gown needs some makeup and hair drama. It's all about balance. If you pair an au naturel makeup/hair look with a dramatic gown, the gown will overpower you!

3. The time of your wedding. Choose your makeup depending on the time of the wedding because different light sources (daylight or artificial lighting) emit different coloured rays. Keep daytime makeup softer and more blended. Brighter, whiter, natural daylight is less forgiving. Incandescent lighting or candlelight for evening weddings requires a more defined and dramatic makeup. Use bolder colours and add some shimmer dust for interest.

4. The weather. It can be difficult to predict what the weather will be like from the start of the event to the end, so be prepared – carry some translucent powder, lipstick and blush for touch-ups. Wearing today's new high-tech mineral foundations on your wedding day will ensure your makeup stays put no matter what the weather. They are clinically engineered to multi-task as a foundation and sunscreen. Micronized minerals act as a chemical-free sun-block, naturally shielding skin against UV light.

5. The type of photography. Not all makeup looks great across colour, black & white and sepia photographs. Speak to a professional makeup artist about the type of photography you will be having so they can work accordingly.

Use these five tips and you will look your best on the most important day of your life. **W**

• Mary Orlando operates Featuring...You Spa & Salon in Toronto, the official makeup and hair company for the National Bridal Show. For more information, call 416.783.7793 or 416.783.2970.

MODEL: Mary. PICTURE: Doug McMillan / DJM/Photo



MODEL: Chantal. PICTURE: Jason Raposo

ally see areas of dehydration, sun damage, future breakouts etc. If, for example, your scan reveals white areas on the sides of your mouth, it could indicate dehydration. Make sure you don't forget those areas when moisturizing.

Exercise. Working out will increase circulation and help shake off stressful energy.

Get a good night's sleep. Your skin is busy repairing and rebuilding itself while you sleep. All that work consumes 40% of your skin's moisture, making night cream an absolute necessity. If your body is sleep deprived, it produces more stress hormones that damage skin and speed up the aging process.

Use a gentle approach. The single most important beauty ritual besides rest is the facial. Go easy on aggressive chemical facial peels – they can cause inflammation. Peels, or damage-reverser type facials should be performed months prior to your wedding. Instead, try facials like the latest 24K Gold Facial or the

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