

# Countdown to Beautiful

Every bride should feel gorgeous on her wedding day. Follow these expert-approved regimens for shiny hair, a healthy body, and glowing skin.

by CAROLINE CUNNINGHAM



THE EXPERT	MONTH OF	WEEK OF	DAY OF
 <p><b>HAIR</b> <b>LUIGI PARASMO</b> <i>Stylist/Co-Owner, Luigi Parasmio Salon and Spa luigiparasmosalon.com</i></p>	<p>Schedule a trial run with your wedding-day hairstylist. Bring your veil and any hairpieces to help visualize the final look. Your last haircut should be two months before your wedding.</p>	<p>Color and highlight your hair—the color will soften and fade lightly after a couple of shampoos. If you're wearing your hair up, avoid cutting or trimming it; even half an inch can make a difference in updo manageability.</p>	<p>Head to a salon for a hair glaze and blowout the night before. The glaze will help keep hair shiny and the blowout can be worn at the rehearsal dinner. Do not wash your hair the morning of your wedding. Freshly washed strands can be slippery, which means you'll need more bobby pins and hairspray to maintain your look.</p>
 <p><b>BODY</b> <b>CARLENE THOMAS</b> <i>Author, The Wedding Wellness Workbook healthfullyeverafter.co</i></p>	<p>It's crunch time. Opt for whole grains, which are packed with fiber and B vitamins. Add spinach to sandwiches and smoothies, use olive oil as salad dressing, and swap out mayo for avocado. Reach for beauty foods such as berries, salmon, and nuts for other meals and snacks.</p>	<p>Make healthy options automatic during a hectic time by preparing or purchasing foods the weekend before. Hydrate with dandelion and green teas, which reduce bloating and rev your metabolism.</p> 	<p>Remember to eat no matter how busy (or nervous) you get. Opt for a protein-packed breakfast (veggie omelette with salmon, fruit-and-nut yogurt parfait) to avoid bloating and maintain energy. Ask someone in the bridal party to make sure you have food in your dressing room.</p>
 <p><b>SKIN</b> <b>DR. SHERRY MARAGH</b> <i>Founder, Northern Virginia Dermatology, Vein &amp; Surgery Center; northernvirginiadermatology.com</i></p>	<p>This is the deadline for considering wrinkle fillers or Botox. Avoid aggressive skin treatments like chemical peels and lasers from now until after the wedding; a hydrofacial by a licensed technician will lift dead cells, clean pores, and leave skin looking radiant.</p>	<p>Schedule facial waxing and threading this week so any redness has a few days to resolve. Decrease the use of any products containing retinol or glycolic acid; these can cause redness or increase sun sensitivity on the wedding day.</p>	<p>Get plenty of rest the night before, and stay hydrated. Resist the temptation to squeeze any "stress" pimples; instead, apply an acne spot treatment and cover with makeup. Apply primer before makeup to control natural oils and prevent shine, and bring along rice-paper blotters for between photos.</p> 

PHOTOGRAPH OF PARASMO BY JOY ASICO/ASICO PHOTO; THOMAS BY ABBY JUJ; MARAGH BY FLM PHOTOGRAPHY