



When planning your look, take into account the setting and the season of your celebration: Think loose waves and a floral headpiece for a garden party, or a chic crop, a blusher veil, and bold earrings for an urban affair.

Beauty

The Get-Ready Guide

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LARA JADE/TRUNK ARCHIVE

Of all the to-dos on your list, taking care of yourself is a top priority. Making healthy choices for your mind and body, treating your skin and hair with the right goods, and locking in a dream day-of beauty team will guarantee glowing results. (And if you want to do your own hair and makeup, we have pointers for that, too.) Follow this simple get-gorgeous timeline to stay on track without stressing, and find the big-day essentials, from face masks to faux lashes, that our experts swear by.

9 to 12 Months

STEP UP YOUR SKIN CARE

Active ingredients take time to work, so ease them into your routine now. New York dermatologist Marnie Nussbaum suggests using a vitamin C serum in the morning to fight wrinkle-causing free radicals; her favorite is **Skinceuticals C E Ferulic** (\$166, skinceuticals.com). Follow it with a layer of sunscreen (SPF 30, minimum). Every other evening, apply a retinol, which helps stimulate cell turnover and soften fine lines, but can be irritating at first. Build up to putting it on nightly. **Neutrogena Rapid Wrinkle Repair Regenerating cream** also hydrates dry skin (\$29, neutrogena.com).

CONSIDER AN IN-OFFICE OPTION

If you want to try a derm procedure, do so at least nine months prior to your day. In baby doses, Botox smooths wrinkles (and helps prevent them): "Ask for a minimal amount that will highlight your features without taking away too much movement," says Nussbaum. She also likes ultrasound treatments like Ultherapy for brides 35 and over; it's a non-invasive treatment that helps build collagen to plump lines and lift features. Gals and guys can benefit from a laser treatment like Clear + Brilliant, which resurfaces skin to even the tone with little downtime.

BOOK THE TALENT

Reserve your makeup artist and hairstylist up to a year in advance, suggests New Jersey makeup pro Lauren D'Amelio. Ask friends and family, or your photographer or planner, for local recommendations. Los Angeles makeup artist Amber Amos also suggests scrolling through social media. Start with your venue's feed; it may link to experts from previous weddings.

EYE OPENERS

"**ISDIN K-Ox Eyes** targets dark circles, puffiness, and fine lines," says NYC dermatologist Jennifer Chwalek (\$93, isdin.com). For night, NYC dermatologist Joshua Zeichner likes **Burt's Bees Renewal Firming eye cream** (\$20, burtsbees.com): "It has firming bakuchiol, which stimulates collagen production without irritation."



Origins Ginzing Refreshing Eye Cream to Brighten and Depuff has caffeine to reduce dark circles. \$33, origins.com.

MEGA MOISTURE

"**La Roche-Posay Toleriane Double Repair face moisturizer** feels light, but is rich in ceramides, niacinamide, and glycerin, which helps the skin hold onto hydration," says Chwalek (\$20, laroche-posay.us). Zeichner likes **iNNBeauty Project Next Level No BS moisturizer**; the plant-based gel-cream formula is airy on all skin types (\$28, innbeautyproject.com).

SUPREME SUNSCREEN

EltaMD UV Daily Broad-Spectrum SPF 40 earned raves from multiple experts; the antioxidant-rich, tinted mineral formula disappears instantly into any skin tone (\$30, dermstore.com).



6 Months

MAKE TIME FOR WELLNESS

Scrap the extreme workouts and crash diets. "Slow and steady wins the race," says Los Angeles health-and-wellness coach Jessica Schatz. "Add a daily walk to your routine for mental clarity, or try mind-body exercises like yoga or Pilates." Joan Ifland, PhD, a Seattle researcher in food addiction, advises swapping processed foods (which trigger cravings, bloating, and brain fog) for proteins, healthy fats, and nutrient-rich fruits and vegetables.

CONSIDER YOUR LOOK

You can find inspiration aplenty on these pages and online, from real weddings to red-carpet pics. Then schedule hair and makeup trials before events like your shower or an engagement shoot. Bring any reference images (and hair-accessory contenders) with you. "This way, you'll see how the look photographs and how the makeup lasts throughout the day," D'Amelio says. If you envision a big change in hair color or length, float it now—your stylist can do a subtler version that gives you wiggle room for redyeing and regrowth should you change your mind.

2 to 3 Months

FINE-TUNE SKIN TREATMENTS

Add an eye cream to your regimen to soften crow's-feet and dark circles (see our recommendations, opposite). If your dress shows off your décolletage, start to apply a firming neck cream, like **PRAI Ageless Throat and Neck Creme**, twice a day (\$31, prabeauty.com). And continue to moisturize well: Nussbaum suggests a product with hyaluronic acid; **Olay Regenerist Max Hydration serum** packs a high concentration (\$44, olay.com).

SLOUGH IT OFF

Facial exfoliation does wonders for every skin type: It brightens by bringing fresh cells to the surface, clears the way for serums and creams to penetrate more deeply, and helps makeup go on smoothly. NYC dermatologist Dhaval Bhanusali suggests washing with **SkinMedica AHA/BHA exfoliating cleanser**; the acids gently dissolve dullness (\$47, skinmedica.com). If you're oily, reach for something more potent once or twice a week, like **Dr. Dennis Gross Alpha Beta Universal daily peel** (\$88, drdennissgross.com).

MAGICAL MASKS

Indulge weekly over the three months prenuptials. "I absolutely love the **Anne Semonin exfoliating mask**," says Chwalek. "It contains red seaweed—which is known to improve moisture, smoothness, and elasticity—and rice powder. It's gentle enough for dry, sensitive skin" (\$62, net-a-porter.com). For lit-from-within radiance, slather on **Sahajan's Brightening mask** (below), inspired by the Indian *haldi* ceremony, in which a bride applies an antioxidant-rich turmeric paste for good luck. It's packed with the spice, plus nourishing hempseed oil and fruit-based acids to help dissolve dead cells in 15 minutes (\$64, sahajan.com).



Cream blush lasts, and makes cheeks luminous. We love these warm shades by (clockwise from top left): **RMS Beauty**, **Westman Atelier**, **Smith & Cult**, and **Nars Cosmetics**.

BEST BASES

"**MAC Studio face and body foundation** is great for a natural look—it's sheer, buildable, and long-wearing," says D'Amelio (in 11 shades; from \$40, maccosmetics.com). Amos loves **Milk Makeup's Flex foundation stick**; the fuller coverage formula doubles as concealer (in 34 shades; \$36, milkmakeup.com).

FRESH FLUSHES

Every **Nars Cosmetics blush** shade packs a beautiful punch, but "Orgasm is iconic; it always gets compliments," says Los Angeles makeup artist Adam Burrell (\$30, narscosmetics.com). **Tower 28 BeachPlease Luminous tinted balm** is Los Angeles makeup artist Katie Danza's pick. The balm formula "is easy to apply, universally flattering, and gives a perfect bridal glow" (\$20, tower28beauty.com).

1 Month

KEEP YOUR COMPLEXION CALM

"Nothing new should touch your face," says Nussbaum. Introducing an unfamiliar ingredient could trigger inflammation, which leads to redness—or worse, acne.

GIVE YOUR BODY A GLOW

Gently exfoliate your arms and legs two to three times a week during this last stretch. Chwalek likes **Shea Moisture Coconut & Hibiscus Illuminating hand and body scrub**, which contains coconut, olive, and jojoba oils to instantly hydrate renewed skin (\$10, sheamoisture.com). Afterward, smooth on **Neutrogena body oil** while skin is still damp, says Bhanusali (from \$10, neutrogena.com). If you have keratosis pilaris (red bumps on the backs of your arms or legs), soothe it away with **Am-lactin Daily Moisturizing Body Lotion**, Nussbaum says (\$16, amazon.com).

TREAT HAIR RIGHT

Go for your final color about three weeks out, says NYC hairstylist Lucy Garcia Planck, and add a weekly mask to improve shine and texture. NYC stylist Michelle Cleveland likes **Olaplex No. 3 Hair Perfector**, which strengthens strands from the inside out (\$28, sephora.com). Distribute it through damp hair with a wide-toothed comb, let it sink in for 10 minutes, then shampoo and condition. It's particularly helpful for keeping dyed hair from getting dry and brittle.



SUREFIRE SHADOWS

The right shade will enhance your eyes in photos but not look overdone in person. NYC makeup artist Sheika Daley prefers a smoky light brown for the job, no matter your skin tone. **Laura Mercier Caviar Stick eye color** comes in 39 shades, but we're partial to Sugarfrost, Khaki, and Caramel (\$29 each, lauramercier.com). For some shimmer, try **Kosas 10-Second eye shadow** (right): You shake the tube, dab it onto your lids, then pat it in place for a crease-resistant wash of color (\$28, kosas.com). And if you want a subtler effect, smooth face highlighter onto your lids. "It makes your eyes appear bigger and adds warmth and sparkle," says NYC makeup artist Gita Bass. We like **Makeup by Mario's Master Crystal Reflector highlighter**, which you can easily build up for bigger impact (\$24, makeupbymario.com).



10 Days

KEEP INFLAMMATION AT BAY

To prevent puffiness, avoid fried and processed foods and drink plenty of water (aim for 9 to 10 glasses a day). And be wary of dairy if you're prone to cystic acne around your jawline. "Yogurt, milk, and cheese are common triggers," says Austin, Texas, aesthetician Renee Rouleau. Schatz recommends sipping dandelion tea; it acts as a diuretic to help reduce bloating.

PREP YOUR LIPS

"Keeping them smooth and hydrated will help makeup go on seamlessly," says Nussbaum. She suggests a homemade scrub of brown sugar and a dot of coconut oil, or you can massage in **Kopari Coconut Lip Scrubby** (\$16, sephora.com). Follow with an emollient balm or gloss immediately afterward to prevent them from drying out.

STAY COVERED

It's no biggie to conceal a blemish or broken capillary, but a swath of sun-burned skin is a lot harder to camouflage. Wear long sleeves when you're

outdoors, and apply SPF on exposed skin. Amos likes **Supergoop! Glow Oil SPF 50**, which leaves a light, dewy finish (from \$15, supergoop.com).

SPOT-TREAT SPOTS

Yes, you may be feeling high-strung. But no, you don't want to worry about acne—which, unfortunately, can be triggered by stress. For hormonal acne (painful bumps that haven't surfaced yet), head to your dermatologist for a preemptive cortisone injection. If you can't get to your derm, Nussbaum advises applying a bit of salicylic acid directly onto the offender (don't overdo it, or you could experience redness and flaking). **Peter Thomas Roth's Acne-Clear Invisible Dots** take out the guesswork; just pop them on before bed for an overnight dose (\$32, peterthomasroth.com). And if you have an all-over breakout, your doc can prescribe antibiotics for a few days to calm it down.

DO YOUR OWN LOOK LIKE A PRO

If you prefer not to be in close quarters with your glam team (or want to save money), ask for a tutorial instead. "I'm a big fan of virtual consultations," Los Angeles makeup artist Molly R. Stern says, because they empower you to perfect your own hair and makeup, and you'll have the skills for life. (Another upside: This format also frees you up to work with anyone, anywhere.) Stern suggests positioning your computer in good natural light and jotting down products and tricks as you go. Pricing can range from \$25 up to \$1,000 per hour, depending on the expert's experience.

HAIR HEROES

Amplify fine hair with Planck's pick, **Kerastase Mousse Bouffante hair mousse**, or smooth frizz with **MK Professional Majestic Fast Blow Dry spray**, which Cleveland calls "a keratin treatment in a bottle" (\$29, kerastase-usa.com; from \$14, mkprofessional.com). **L'Oréal Paris Elnett Satin Hairspray Extra Strong** is a classic for a reason; NYC hair stylist Nunzio Saviano swears it won't dull or weigh down a 'do (\$15, lorealparisusa.com).

LIP LEADERS

"I gravitate toward natural pinks or nudes on the mouth, so brides look like the best version of themselves," says Danza, who's a fan of **Charlotte Tilbury Pillowtalk lipstick** (\$34, charlottetilbury.com). For ceremony-to-send-off wear time, Amos calls on creamy **Maybelline Stay Matte Ink liquid lipstick** (\$10, maybelline.com).



Highly pigmented **MAC Cosmetics lipsticks** come in six finishes. \$16 each, maccosmetics.com.

LASTING LOOKS

A dash of a satiny **Pixi Endless Silky eye pen** instantly defines; they come in 23 colors, ranging from Bronze to Matte Black (\$12 each, pixibeauty.com). "Waterproof mascara is a must," says Burrell. He likes the jet-black **Bobbi Brown No Smudge mascara** (\$32, bobbibrowncosmetics.com). For extra oomph, NYC makeup artist Brittany Whitfield carries featherweight **Elite Cosmetics individual lashes**, which you can buy in a range of lengths (\$4 a pair, elitecosmetics.net).



CoverGirl Exhibitionist Uncensored mascara delivers serious volume. \$12, walgreens.com.

3, 2, 1!

DO YOUR DIGITS

Your left hand will be getting loads of attention. Go for a gel manicure three days out; it'll last about two weeks. Choose a natural color that complements your bouquet (like warm peach for tropical florals, or cool pink for an all-white arrangement), or go bold with classic red or fuchsia. Keep your toes neutral.

STAY FUELED

Be a happy bride, not a hangry one. Ifland suggests protein-rich meals in the final 48 hours to keep your energy level steady. On the day of, make sure to have a well-rounded breakfast (like chicken sausage and berries) and don't forget lunch—her go-to is four ounces of protein, steamed vegetables, and half an avocado for healthy fats that'll keep you satiated but not stuffed.

RISE AND SHINE

The night before, pop two clean spoons in the freezer, and press them under your eyes to depuff when you wake up the next morning. Then apply eye cream and gently rub it in small circular motions to flush excess fluid, says Rouleau.

PACK A BAG

You'll want to touch up before portraits (or after tears of joy), so keep a few essentials at the ready. Stash cotton swabs to clean up mascara, concealer for quick camo, bobby pins to refasten an updo, and lipstick or gloss.