

A close-up photograph of a bride's hands holding a bouquet of white orchids and greenery. The bride is wearing a white dress with a large bow at the waist and a silver bracelet. The bouquet is wrapped in white paper and features several white orchids with yellow centers and greenery. The background is a soft, out-of-focus white.

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# Bridal Beauty

BY NADIA ALBANO



Photo by Leanne Pedersen

**Y**ou want to look your loveliest on your wedding day, the perfect image of a glowing bride that will be recorded in your memories and albums for posterity. But preparation for your wedding day beauty should begin long before the day of your nuptials.

## Glowing Skin from the Inside Out:

- Drink plenty of water—eight glasses a day.
- Eat a balanced diet and select fresh fruits and vegetables that are high in antioxidants (such as kale, spinach, berries, pomegranate, legumes, walnuts, sunflower seeds).
- Take your vitamins! Multi-vitamins, zinc for acne prone skin, omega fatty acid for dry skin, and vitamin C to combat free radical damage.
- Cut back on caffeine and alcohol as these can dehydrate the skin.
- Avoid sodium as it causes water retention and puffiness.

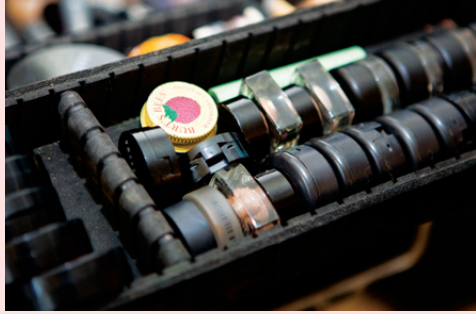
## Do Your Homework:

Before visiting your makeup artist:

- Determine your personal style: What does your regular make up routine consist of? For your wedding, you'll want to present a more polished version of yourself.
- Do research: Bring magazine clippings of looks that are attractive to you.
- Determine the overall style of your wedding: romantic, traditional, casual, etc. This will help the artist create a complementary look.
- Venue & Time: The time and location of your event will influence the look you want. Your makeup artist can create a soft day shimmer or a sophisticated evening look to complement the overall style and feel of the wedding.

## Inspire Your Makeup Artist

Describe the colour and style of your wedding dress, the bridesmaid dresses and bouquets. If you have photos or swatches, bring them along to your consultation.



## Day-Of Must-Haves

On the day of your wedding, make sure to have these items on hand for on-the-go touch-ups.

- **Facial cleansing cloths.** These will help when you want to freshen up your lipstick. Remove your daytime lipstick and re-apply your evening lip colour on freshly clean lips.
- **Lipstick and lipgloss.** You always want to look your freshest for close-ups.
- **Blush/bronzer.** As the day goes by a quick touch up of blush or bronzer just before the reception will renew your healthy glow.
- **Compact powder.** This helps reduce shine. For women with an oily t-zone, use a tissue to remove any excess oil and follow with pressed powder.
- **Hydrating or energizing facial mist.** There are many cosmetic companies that make this product and it really helps re-energize and hydrate your skin.

Photo by Scott Johnson



## Questions to Ask A Makeup Artist:

When you're looking for a makeup artist, it's important to know you'll feel comfortable and confident in their hands. Ask these questions to help determine if a makeup artist is the right one for you.

- What's your favourite thing about doing bridal makeup?
- How long have you been in the industry?
- Do you have a portfolio?
- Do you offer a consultation/trial before the wedding?
- Are your services mobile?
- Do you work alone or have a team?
- Do you offer touch-ups or an all-day service?
- Do you airbrush?
- How long does it take to complete bridal and attendant makeup?
- Which products and brands do you use?
- What are your rates and do you have a minimum charge?

## Bridal Hair

### How to Choose a Style

- Choose a hairstylist with experience in bridal hair—referrals are a great way to start.
- Bring photos or magazine clippings of hair styles you like to the consultation.
- Always do a hair trial before the wedding day; sometimes the style that you have your heart set on may not work with the texture, weight or length of your hair. Have a Plan B.
- Select a hairstyle that complements your personal style, the style of your dress, and the overall style of your wedding.

### How Much Time Does it Take?

It usually takes 40 minutes to one hour each for hair and makeup. It's best to have hair and makeup completed at least an hour before the ceremony.

- If you have a small bridal party (one to three attendants) there is the option of hiring a hair and makeup artist in one.

- For a larger group, it's more efficient to hire a separate hairstylist and makeup artist. They can then work simultaneously.
- If you choose to go to a salon to have your hair done and wish to have your makeup artist with you, be sure to ask the salon's permission. Some hair salons provide makeup services and may not appreciate an outside artist in the salon.
- Having your makeup and hair done at home or in the hotel room is an option. Many mobile services exist, bringing everything to your door.



Photo by Kim Mallory

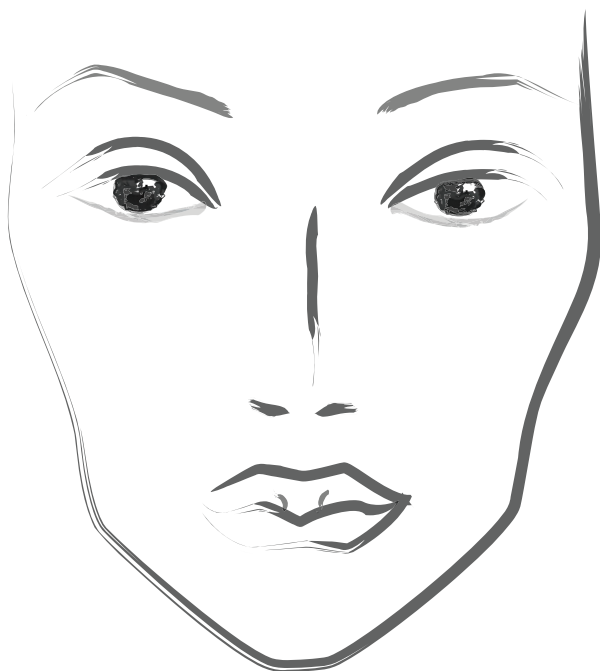
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# Your Face Chart



If a makeup artist is prepping you for the big day, he or she may fill in a face chart like this one to record your colours and products.

## Base

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MOISTURIZER

---

FOUNDATION

---

CONCEALER

## Brows

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BROW

---

BROW HIGHLIGHT

---

EYELID

---

CREASE

---

LINER

---

MASCARA

## Powder

---

BLUSH

---

POWDER

## Lips

---

PENCIL

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LIPSTICK

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**Date of Consultation**

---

**Date of Appointment**

---

**Location**

---

**Artist**

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**Phone #**

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**Email**