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## BRIDAL BEAUTY: SECRETS TO BEING A BLUSHING BRIDE

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When it comes to the location, the dress, the food and the flowers, everything is complicated. Your beauty regimen shouldn't be. Bella Schneider, celebrity esthetician and owner of LaBelle Day Spas & Salon, makes sure your beauty regimen is perfect for the big day.

Bella offers these five bridal tips, which will help make your day and your look flawless.

**Facial Facts.** Bella advises that every bride-to-be start treating her skin to monthly facial treatments four to six months prior to her wedding (but no facials within a week of the wedding). Your facial should best fit your skin conditions (clarifying, detoxifying, antiaging, etc.) in order to receive the benefits of the treatment. Your skin should be glowing the day of your wedding. Start this process early and all eyes will be on you.

**Sun Safety.** Every bridal beauty rule of thumb is to protect your skin. Bella suggests the bride always wear her sunscreen with SPF 30 or higher, especially two weeks prior to walking down the aisle. We've all experienced the painful burns and damage the sun inflicts. Don't let the rays affect your day in the spotlight.

**Rehearsal Ritual.** Before the big day, while there's a rehearsal dinner and rehearsal ceremony, Bella also recommends a rehearsal hair and makeup run-through. Make sure your hair is exactly to your liking, as well as your makeup so that there aren't any surprises. This run-through will fix last-minute quirks and make the experience as painless as possible.

**Hydration Station.** This should already be part of your daily skin care ritual, but before your wedding, Bella suggests the bride-to-be especially hydrates her skin and undereyes with antioxidant-rich night cream (to prevent undereye bags) and vitamins to boost the look of skin, hair and nails. Your skin should be fresh and exuberant before your wedding day.

**Perfect Shade of Tan.** If you're looking for that shimmering faux wedding-day glow before your big day, Bella recommends finding your perfect spray tan shade at least four months before to prevent streaky or uneven color. The best time to get a spray tan is two days before the wedding. We all have our spray tan horror stories; your wedding day is not the day for such a story. Make sure to plan ahead, and find your shade of choice so that your day and your shade are just right.

