

Bridal Beauty Countdown

You've got enough planning to do. Let us guide you to **gorgeousness from head to toe!** BY JOLENE EDGAR

6
months before

SCOUT TALENT

Get referrals from friends and local beauty blogs, then begin interviewing wedding hairstylists and makeup artists. (This may take several appointments.) Once you decide on your specialists, book them for the big day.



Cetaphil daily facial cleanser, \$11; at drugstores. Vichy Normaderm Deep Cleansing gel, \$16; vichyusa.com. Pan Oxyl acne cleansing bar, \$7; stiefelchc.com for stores.

GIVE SKIN SOME TLC

Have skin concerns? Make an appointment with your dermatologist, stat. "Starting the problem-solving in advance gives products and procedures sufficient time to make a real difference," says Ranella Hirsch, a Boston dermatologist. Unless your doctor says otherwise, start this skin regimen at home: Wash your face twice a day with a mild to deep cleanser, depending on skin type; slough twice a week with a fruit-enzyme exfoliant; use a brightening serum and a high-SPF sunscreen daily; and apply a hydrating cream with gentle anti-agers, like peptides, soy, and hyaluronic acid, every night. Treat body acne with medicated cleansers—use in place of your body wash and "let the suds sink into your skin for five minutes before rinsing," says Hirsch. Lightly scrubbing the affected areas with a clean washcloth or a back brush can help too.

SCHEDULE A SERIES OF FACIALS

If your skin is in good shape and doesn't require a doctor's care, Renée Rouleau, a Dallas aesthetician who has cared for Jessica Simpson's skin, recommends a facial every four to six weeks, starting six months before the wedding. Early on, experiment with different kinds—a brightening antioxidant facial one time, a rejuvenating light-emitting diode (LED) facial the next—to see what your skin responds to best. As the wedding approaches, stick with the one that works for you.