



# Perfect Prep

Rachel Eve talks to us this month about prepping your skin for your big day

Every bride wants to look and feel her best on her wedding day, but do you know the essential steps you should be taking to achieve the best results? Rachel has put together some of her best tips for you to start doing 6 months prior to ensure you're looking radiant.

The venue, your dress, the food, the entertainment, the photographer and just about everything else has been organised but have you started to think about taking care of your skin? Radiant, healthy skin is often overlooked on the run up to your big day as most brides think a good make-up artist can work wonders, but a thick layer of foundation isn't an ideal solution. By investing a little time and money into your skin, you can give it a much better chance of looking its best.

## 1 VISIT A SKIN SPECIALIST.

Booking an appointment to see a skin specialist is a good opportunity for you to discuss any skincare concerns you may have. A good clinic will be able to tailor a treatment programme within your budget and time frame. I would suggest having regular facials at least 6 months prior in order to see a real improvement.

## HERE ARE SOME COMMON CONCERNS AND TYPICAL TREATMENTS WHICH CAN HELP.

- **Problematic/breakout prone skin**  
Have a look at light therapy like DermaLux or a gentle skin peel like Environ's 'Cool Peel'.
- **Pigmented/uneven skin tone**  
Try Vitamic C facials which will help to lighten and brighten your complexion.
- **Dehydrated skin**  
Try a hyaluronic acid facial which might help dry, tight or dull skin.
- **Ageing skin**  
A Micro-current facial like Caci helps to tighten and improve muscle tone.



- **Wrinkles or scarring**

For deeper set lines or scarring, try medical needling which causes a micro-trauma to stimulate collagen through a natural wound healing process.

## 2 START TO LOOK AT YOUR DIET AND DRINK MORE WATER.

This can help your skin without much time and effort. Our diet is often hugely overlooked when it comes to skin health but it can make a dramatic difference. I would recommend taking a good multivitamin with high levels of Zinc to keep any stress-led breakouts at bay. Advanced Nutrition Programme have some fantastic skin supplements.



## 3 BOOK AN HD BROW APPOINTMENT.

Perfectly defined brows can make a significant change to your overall face and an HD brow specialist will help to discuss your requirements and re-shaping journey if necessary.

## 4 DECIDE ON YOUR MAKE-UP LOOK.

If you're hiring a professional make-up artist, book a trial a few months before so you can determine what it will look like on the day. If you're doing it yourself, have a few practice runs so you are not stressed on the morning. If possible, ask for your photographer to take some test shots. Top tip: some foundations can be heavy in talc which will give a white reflection in photographers. Try and avoid these if possible.

## 5 FIND A GOOD NAIL TECHNICIAN.

Once you do, rebook every 2/3 weeks in the run up. It can be tempting to leave your nails until the week before and book a one-off manicure, but if you have brittle or short nails this is not ideal. Speak to your technician about the health of your nails and start a plan to get them stronger. OPI's Nail Envy is great for strengthening and encouraging nail growth and Jessica's GELeration Phenomen Oil is great for improving dryness.



If you have any skincare questions, you can email Rachel via her blog - [www.racheleve.co.uk](http://www.racheleve.co.uk) or find her on Instagram - @racheleveskin

## 6 TO TAN OR NOT TO TAN?

Whether you're opting for a spray tan or at-home self-tan, be sure to try both. The last thing you want is a patchy or orangey looking tan. If you're opting for a DIY job, start perfecting the application to avoid streaks. My favourite at-home tan is St Tropez's oil as it keeps skin super hydrated. I would recommend applying it with a mitt to get an even application and using a water-based barrier cream on dry areas first.



undertake a course of teeth whitening. Myself and my husband used the Philips Zoom Treatment which made a noticeable difference without any sensitizing. Crest Whitening Strips are also a good at-home treatment.

## 8 BOOK FOR LASH EXTENSIONS.

Eyelash extensions have come a long way over the last few years, so much so, it's impossible to tell good extensions from real lashes if you don't go over the top. They will last between 2-3 weeks before needing infills so they will last for your honeymoon too.

## 7 BRIGHTEN YOUR SMILE.

As you'll be smiling from ear to ear on the day, it's a good idea to

If you would like further information on any of the above, contact Rachel via [www.racheleve.co.uk](http://www.racheleve.co.uk)

