

GET READY FOR THE BIG DAY WITH A FEW MUST-DOS BEFORE THE “I DOS”

Want to create a memorable look for the big day? The key can be as simple as some advance planning. Set aside enough time in the weeks and months before the wedding to consult with beauty experts and try new products and services to achieve the level of glam you want. According to the team at Mario Tricoci Hair Salons & Day Spas, every phase of pre-wedding beauty prep has its own timetable:

<p>FACE</p> <p>One month before the wedding, enlist the expertise of a professional makeup artist to decide how to play up your best features. And consider trying this hot trend – airbrush makeup, a new favorite because it provides light, yet flawless coverage that lasts for up to 18 hours. If you want to indulge in a facial or peel, schedule it a week before the wedding. Mario Tricoci’s White Diamond & Organic Flower Microdermabrasion, a 30-minute soothing exfoliation treatment, is a popular choice because it doesn’t require any down time.</p>	<p>BODY</p> <p>Every bride wants radiant, glowing skin, especially if she’s trading in a wedding dress for a bathing suit on her honeymoon. Getting a professional body scrub treatment a few weeks before the wedding can help combat any lingering winter skin woes. The combination of sugar, salt, and moisturizing oils will keep skin hydrated, and using a rich body moisturizer consistently leading up to the wedding will help to ensure a soft feel.</p>
<p>HAIR</p> <p>At least a month before the wedding, work with your stylist to find a hairstyle that looks best with your face shape, your veil or headpiece, and your dress. For the test run, bring in photos of styles you love and any hair accessories you plan to wear on the big day. A professional can help you decide on the perfect look, whether it’s a traditional up-do or a looser, modern twist. And a note to brides who color their hair – schedule a touch-up about a week before the wedding.</p>	<p>NAILS</p> <p>Gorgeous nails are the perfect accessories for a wedding dress, whether you plan to show off a vibrant pink hue or leave nails au-natural. Scheduling weekly manicures leading up to the wedding will help strengthen weak nails over time. You can also avoid a last-minute nail crisis with a No Chip Manicure, which keeps nails chip-free for up to 14 days, so you don’t have to wait until the big day to schedule an appointment.</p>

Once you’ve got your beauty schedule set, don’t forget to provide a little guidance for your man. After all, brides aren’t the only ones who need pampering leading up to the wedding. Grooms should keep in mind that neatly manicured nails and hair trimmed one week before the wedding day (to avoid that “just cut” look) will go far to complement his beautiful bride.

Mario Tricoci sources:

- Dan Johnson, director of the color department
- John Gialluisi, creative director
- Cheryl Santucci, director of beauty

For more information on this topic or to get in touch with a Mario Tricoci expert, contact Christie Zielinski at czielinski@cushmanamberg.com or 312-263-2500.