



Preen QUEEN

There's *NOTHING* like a wedding to justify hours spent in the salon. We asked the country's *TOP GROOMING gurus* for their advice on what to schedule and when.

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1. PERFECT NAILS

Start having regular manicures six months before the wedding, says beauty therapist and nail guru Jocelyn Petroni (www.jocelynpetroni.com). "It takes six months for the nail to grow from root to tip, so you need that long to repair and strengthen the nail plate. Fortnightly manicures condition the nails as well as reshape and smooth the cuticle line," says Petroni, who recommends Shellac for the big day. This long-lasting hybrid gel-polish that is set under UV lights is shinier than regular polish and will remain chip-free for up to two weeks.

2. A HEALTHY GLOW

Katrina Brown of The Bronzing Boutique says it shouldn't look like you've had a tan on your wedding day. "You don't want to

look at your wedding photos and think: 'Look at my spray tan!' You should only notice how beautiful your skin looks," she says. Brown recommends a trial at least a month before to find the right shade – she likes St. Tropez for a believable bronze. Get sprayed two days before the wedding, moisturise twice a day, keep showers short and avoid chlorine, soap and exercise. Go to www.thebronzingboutique.com.au.

3. A BRIGHTER SMILE

Brides should book teeth whitening at least a month before the wedding, says Dr Mark Levi from Sydney's The Smile Shop. "The latest technology is photodynamic lightening and Smartbleach. It takes an hour in the chair and then we give you maintenance trays to upkeep the brightness," says Levi, adding that it's

imperative to seek out a dentist who does a lot of whitening – not a beautician. "If you see someone who isn't trained properly you risk getting soft tissue burns." Levi says that for most people it's painless but around 10 per cent of us will experience a zinging sensation, which will calm down after 48 hours. Smartbleach treatments start at \$1,050. Go to www.smartbleach.com.au or www.smileshop.com.au.

4. WIDE OPEN EYES

While lash extensions are popular for weddings, Amy Jean of Amy Jean Eye Couture (www.amyjean.com.au) offers a new technique, the Lash Lift, to enhance eyes. "Imagine a root lift that makes lashes fan up towards your brows. We tint them first, and the effect lasts up to eight weeks," she explains. If you do go for lash extensions, get them done a day or two before the wedding and request a believable length placed sparsely for soft, youthful eyes. "Lashes that appear to 'hang' off the lids appear heavy and age and droop the eye area," she warns. Any brow waxing should be done a day or two before the wedding: "This will ensure a beaming glow off the freshly waxed brow bone."

5. FLAWLESS SKIN

"Your skin plays such an important role in ensuring you are radiant, so give yourself plenty of time to address any concerns," says Clearskincare Clinics' Dr Philippa McCaffery, who advises blitzing sun spots with a course of laser pigmentation removal at least two months before the wedding, as well as microdermabrasion and vitamin infusions to refine the complexion. If you suffer acne or a single recurring spot, try Clearskincare Clinic's Sebaceous Gland Ablation (SGA) treatment. A fine probe is inserted into the skin to heat and destroy the overactive sebaceous gland and prevent the pimple returning. Go to www.clearskincareclinics.com.au.

6. FOUNTAIN OF YOUTH

"Botox is excellent for fine dynamic lines, but it's essential not to overdo it on your wedding day," says cosmetic surgeon Dr William Mooney of Face Plus Medispa. There are, he adds, other treatments that can defy age just as well without paralysing muscles, such as the "liquid facelift" [fillers such as Restylane, which define cheeks, lips and plump out eye bags] and Thread Lifts, which require minimal downtime and involve surgical threads being inserted beneath the skin to lift and define cheekbones and sagging jowls. Go to www.rhinoplastysydney.com.au/faceplus. ■