

Counting Down To Wedding Day Beauty

by *Ernie McCraw*

(NAPSA)—On your wedding day, you want everything to be perfect right down to your fingertips. After all, it's the day when all eyes are on you.

However, the perfect look actually begins months before your wedding day. It's a great idea to consult with professionals early, to get on a beauty routine perfectly suited for your needs. That way, by the time your wedding day rolls around, you'll be looking great.

Start with a hairstylist. Schedule a consultation and take along your headpiece, as well as pictures of the look you want. The stylist can tell you what's possible and help create a look just for you. You can also do a few practice runs to make sure there will be no surprises on the big day.

Your stylist can recommend treatments to improve your hair before the wedding. For example, if dry, flyaway hair is a problem, begin using Beyond the Zone Last Call Hair Masque to repair damage and restore moisture. For thin, limp hair, Ion Vitalizing Fortifying Treatment will help add body and strength.

If you want to add color or highlights to your hair, schedule an appointment well in advance of the wedding. To keep the color looking vibrant, replace your normal shampoo and conditioner with something specifically formulated for color-treated hair. Ion Color Defense has a complete line to help extend and protect hair color.

If you have problem skin, check in with a dermatologist to establish a treatment specifically for your skin. Even if you don't have problem skin, it's a good idea to begin a skin care regimen at home. Make sure to remove all of your makeup every night before bed. Correctionist Purifying Milky Cleanser is designed to gently remove all traces of makeup, dirt and other impurities.



Schedule regular manicures and pedicures to get your hands and feet in tip-top shape. To improve nails and cuticles, use Nail Life Treatment Revitalizer for Nails. It will strengthen weak nails, promote growth and help prevent splitting and peeling.

Make your appointment for hair, nails and makeup far in advance and be sure to allow for plenty of time for each appointment. You don't want to be rushed before the wedding.

Finally, get plenty of rest before the big day. You may have a strenuous round of parties, as well as a lot of preparations, but don't let that get in the way of your rest. Puffy eyes and a tired-looking hairdo can ruin the best beauty look.

Ernie McCraw is a licensed cosmetologist and director of beauty education for Sally Beauty Supply, the world's largest distributor of professional beauty products. With more than 25 years in the beauty industry, Ernie has expertise in all phases of cosmetology. If you have a beauty question, please e-mail Ernie at asksally@sallybeauty.com. To find a Sally Beauty store near you, call 800-ASK-SALLY or go to www.sallybeauty.com.