

# Guides For Brides

## On A Day For Smiles, Say "I Do" To Bright Teeth

(NAPS)—Your wedding day may be a once-upon-a-time romantic fantasy, but preparing to look your best can start months in advance and require a detailed plan. Here are some tips from the experts:

### Six months in advance.

Discuss the cut and color of your hair with your hairdresser. Consider what type of headpiece you will wear.

If you decide to change your hairstyle, color or perm it, do it now so you have plenty of time to grow it out, if you change your mind.

Begin a fitness regime now so you will be in great shape for the wedding. Start exercising slowly.

Start a nail strengthening treatment and a skin care regimen. Consult a dermatologist if there is an ongoing problem, such as acne.

Consider makeup. If you are applying your own makeup, visit a makeup counter to get some tips and insight.

### Six Months

Take a good look at your smile. You may want to consider having your teeth professionally whitened. According to the American Academy of Cosmetic Dentistry (AACD), tooth whitening has grown by more than 300 percent in the past five years.

### Four to Six Weeks

Take a trial run with makeup and hair to see if you are satisfied.

Maintain -or brighten-your smile by flossing with Johnson & Johnson REACH® Whitening Floss, which has been clinically



**It's always a bright idea to take a good look at your smile.**

proven to remove stains from between the teeth where 70 percent of stains start. In a consumer test, teeth became whiter and brighter within four weeks when this specially coated floss was used just once a day.

### One Week

Have hair trimmed and get a deep conditioning hair treatment.

Get a leg and bikini waxing.

Get a pedicure.

Have a mini-facial.

### The Day Before

Have a manicure and a conditioning hand treatment.

Get a massage.

Get plenty of rest.

### On The Day of the Wedding

Eat a light, healthy breakfast and remember to smile. Thanks to your beauty plan, you will look your very best.