



From:



Bridal Skincare, Beauty, and Workout Tips

Before you walk down the aisle, learn the best ways to improve your skin, update your makeup, and freshen your workout routine. Prepare to look cool, calm, and perfected.

Expert Skin-Care Solutions

Whether you want to clear your complexion, soothe it, or smooth it, there's a regimen for you. Pick one and stick to it.

Banish Blemishes

The Approach: Use -- but don't overuse -- acne-fighting products. "Cleaning or treating spots more than twice a day strips skin of its natural oils and can make

matters worse," says Jenny Kim, a dermatologist in Los Angeles. Also eye your habits. If you have hairline breakouts, reconsider your styling products. Get pimples on your cheeks? Wipe your cell phone with an antibacterial cloth at least once a week.

Morning Routine: Employ a face wash that contains 2 percent salicylic acid, which "unclogs pores and dissolves blackheads," says Amy Derick, a dermatologist in Barrington, Illinois. Try **Neutrogena Naturals Purifying Facial Cleanser** (\$8 at drugstores). Next, apply an oil-free lotion with SPF, like **EltaMD UV Clear SPF 46** (dermstore.com), to balance and protect skin.

Evening Routine: Cleanse, then treat blemishes with a cream such as **La Roche-Posay Effaclar AI Intensive Acne Spot Treatment** (laroche-posay.us), which has 5.5 percent benzoyl peroxide. "This ingredient kills acne-causing bacteria," says Alicia Barba, a Miami dermatologist. As it's drying, too, smooth on moisturizer.

Good to Know: For cystic acne, which may not respond to at-home care, see a doctor.

Calm Redness

The Approach: Be gentle. Avoid skin, hair, and makeup products that contain irritating fragrances and dyes. If you're always flushed (and get breakouts), you could have rosacea -- and it may be time to consult a dermatologist.

Morning Routine: Use a mild wash, like **Aveeno Ultra-Calming Moisturizing Cream Cleanser** (drugstore.com), which cleans and treats skin with the flower feverfew. Another great natural soother? Rose extract. "It helps move blood away from skin's surface to reduce ruddiness," says Joanna Vargas, owner of the Joanna Vargas Salon, Skincare Sanctuary in New York City. Then smooth on a hypoallergenic lotion, such as **Eau Thermale Avene Tolerance Extreme Cream** (aveneusa.com), to hydrate skin. "This cream has only nine ingredients for minimal irritation, and an airtight tube to keep the product sterile," Barba says. Top with a chemical-free sunscreen, like **SkinCeuticals Physical UV Defense SPF 30** (skinceuticals.com).

Evening Routine: Another step could anger your skin. Instead, repeat your morning methods.

Good to Know: Spicy foods, vinegars, and alcohol can dilate your blood vessels, making your face appear redder.

Even Tone

The Approach: Diligence is everything. When getting rid of dark spots, treating them and wearing sunscreen is essential. Sun exposure is the culprit, and as little as 30 minutes can make old patches pop up again.

Morning Routine: Massage your skin with a gentle scrub, like **Philosophy The Micro-delivery Exfoliating Wash** (philosophy.com). "This removes dead cells so brightening ingredients can penetrate more deeply," says Vargas. Then apply a pigment-lightening serum onto any discoloration. **Clinique Even Better Clinical Dark Spot Corrector** (clinique.com) contains vitamin C plus yeast and mushroom extracts to fade hyperpigmentation. Last, cover up with a lotion that contains SPF 30 or higher to maintain results and prevent damage.

Evening Routine: Repeat your morning steps, but swap in a hydrating face cream for the sunscreen. If you're really dry, apply the spot corrector over moisturizer, or use it every other night.

Good to Know: "A weekly at-home glycolic-acid peel can help lessen brown spots and increase skin's clarity," says Susan Weinkle, a dermatologist in Bradenton, Florida. Try the **Brazilian Peel by AHA** (sephora.com).

Smooth Lines

The Approach: Seek out the best anti-aging ingredients, slather on sunscreen religiously, and remember that it takes time to reduce lines. You won't see results in a week, but be patient and keep with this routine.

Morning Routine: Turn to a moisturizing cleanser to wash and hydrate skin. Next, rub a rich treatment, like **Olay Professional Pro-X Wrinkle Smoothing Cream** (find it at drugstores), over your face and neck. "It's full of effective wrinkle-fighting peptides and niacinamide," says Weinkle. Sweep on a quarter-size amount of SPF 30 sunscreen to protect collagen and elastin (they keep skin supple). When outside, wear sunglasses to prevent the squinting that leads to lines.

Evening Routine: Wash, then press a dime-size dab of **Peter Thomas Roth Retinol Fusion PM** (sephora.com) into your skin with your fingers. This supercharged treatment contains retinol -- the gold standard for smoothing skin -- plus vitamins C and E, to help diminish lines and improve texture. Reapply moisturizer.

Good to Know: Retinol can be irritating. Apply it every other night in the beginning, then nightly as your skin gets used to it. Mild flaking may occur.



Easy Ways to Unwind: Soothing Multitaskers

You have a lot of wedding planning on your plate -- and little time for a relaxing spa day. To reboot your mind and body, lean on beauty products with fragrances proven to help dim stress and brighten mood.

- 1. Davines Authentic Nourishing Oil.** Moisturize split ends or patches of dry skin with this flower oil-rich salve. Its tropical neroli smell also helps reduce anxiety (davines.com).
- 2. Love, Chloe Eau de Parfum.** This pretty, soft scent has a top note of vanilla, which has been shown to aid in decreasing stress (saks.com).
- 3. Liz Earle Naturally Active Skincare Energising Body Lotion.** Quench extremely parched skin with this luxe hydrator, while taking in its uplifting peppermint fragrance (lizearle.com).
- 4. Lollia Wish Shea Butter Soap.** The emollient bar makes skin feel supple and leaves behind a whiff of sweet (and tension-taming) ylang-ylang (lollialife.com).
- 5. Bobbi Brown Extra Soothing Balm.** Apply it to cuticles, lips, and even elbows to moisturize skin. Its geranium notes are heavenly (bobbibrown.com).
- 6. Tata Harper Aromatic Stress Treatment.** If the wedding frenzy has you frazzled, enlist its relaxing linden blossom and frankincense (tataharper.com).

7. Banana Republic WildBloom Eau de Parfum. One spray of its light floral-patchouli blend can help calm nerves (bananarepublic.com).

8. TokyoMilk Honey & the Moon Bon Bon Shea Butter Lotion. The thick whip smooths rough hands and has a nice sandalwood aroma (tokyo-milk.com).

9. Fresh Brown Sugar Bath & Shower Gel. Clean up with its rich lather and cheery lemon scent (fresh.com).



Your New Go-To Goods

We asked top makeup artists to spill the prized contents of their kits. Here, the seven stellar cosmetics they think every bride should own.

1. Dior Diorshow Extase Mascara. Makeup pros praise this wavy wand, which strategically places more mascara on some lashes than others. The end result? A beautiful wide-eyed look that won't smudge (dior.com).

2. Maybelline New York Fit Me! Concealer. "Creamy and never cakey, this formula covers red spots and dark shadows flawlessly," says Charlotte Willer, a makeup artist in New York City (find it at drugstores).

3. Lancome Le Crayon Khol. "Liners can be too hard or too soft, but this one is just right," says Denise Markey, a New York City makeup artist. Sharpen it to a point for a thin line, or go dull for a smoky look (lancome-usa.com).

4. CoverGirl NatureLuxe Silk Foundation. Pat McGrath, global creative design director for P&G Beauty, relies on this amazing fluid, which hydrates naturally with cucumber water and "offers great coverage," she says (find it at drugstores).

5. Yves Saint Laurent Rouge Pur Couture Lipstick. Experts love that each one of its 19 glossy colors glides on evenly and moisturizes without migrating or clinging to dry spots (yslbeautyus.com).

6. Chanel Soft Pressed Powder in Peche Tendre. "Swept over the cheekbones and the bridge of your nose, this highlighter gives skin the perfect dose of sunshine," says Jenna Menard, a makeup artist in New York City (chanel.com).

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Workout Upgrades

Classic exercises never lose their efficacy, but doing the same old moves every time gets tiring (and boring!). Wake up your routine with these fresh ideas.

If you're already doing: Squats

Try: Heel-click plies. "They're quick, tiny movements, but they sculpt killer curves," says Kacy Duke, a New York City trainer.

How to do them: Stand with your legs shoulder-width apart and your feet turned out. Clasp hands in front of chest with arms straight out. Bend at the knees, then spring off the floor. Extend legs and quickly click heels together before landing in your starting position.

If you're already doing: Tricep dips

Try: Chair extensions, which "work your core and upper arms," says Kathy Kaehler, a trainer in Los Angeles.

How to do them: Sitting in a straight-back chair, hold on to the front lip and scoot your tush forward



until it's just off the seat. Stretch your right arm and left leg straight out in front of you. Hold for 20 seconds, then alternate to your left arm and right leg.

If you're already doing: Crunches

Try: Two-part curls. "Unlike crunches, these activate your lower abs, too," says Kaehler.

How to do them: Get in a crunch position. Lift legs to a 90-degree angle (shown below). With your hands behind your head, raise your upper body toward your thighs for one crunch. Then bring your torso back down to the mat. Extend your legs up to the ceiling and lift your hips off the floor.

If you're already doing: Push-ups

Try: Dumbbell dips. "They tone the area between your chest and shoulders, where extra weight swells over strapless dresses," says Duke.

How to do to them: Hold a set of 8-lb weights, which helps to isolate muscles, and get into plank position. Keeping elbows close to your body, lower down and push up using your triceps.

If you're already doing: Lunges

Try: Backstep squeezes. "To get firmer glutes and legs, nothing beats them," Duke says.

How to do them: Standing with an 8-lb dumbbell in each hand, step back with your left leg. Bend your right knee down until the thigh is parallel to the floor. Lean forward at the hips with your back straight, and lower the weights to either side of your right foot. Squeeze your glutes, and raise up to starting position. Switch legs.

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