

# Fact vs. Fiction

When it comes to achieving the ideal look for your wedding, the myths are endless. To set the record straight, we polled the pros so you'll be stunning on your big day. BY CARA KAGAN

YOU'VE UNDOUBTEDLY heard a million rules—either passed down through generations or issued authoritatively by well-meaning friends—that govern how a bride can look her best. As with all absolute truths, many of these aren't. Here our experts dispel the myths.

## SKIN

**MYTH:** *A last-minute dermatologist visit will solve your skin-care problems*

**TRUTH:** "People with chronic acne or other skin conditions need to get on a program at least four months before the wedding," says Audrey Kunin, a Kansas

City, Missouri, dermatologist and the founder of [dermadocor.com](http://dermadocor.com). "Many brides come to me with major concerns about their skin a week before, when there is not a lot I can do for them."

**MYTH:** *It's best to get Botox right before the big day*

**TRUTH:** In addition to restricting your facial expressions, Botox injections can cause bruising that takes up to two weeks to heal. Ask for a trial run six months before your wedding in case you have an adverse reaction to the injection. Then have a follow-up treatment about a month beforehand if

you require it. For less intensive wrinkle smoothing, try Freeze 24-7 Anti-Wrinkle Cream (\$115).

**MYTH:** *Injectable fillers provide instant gratification*

**TRUTH:** Subcutaneous fillers, such as collagen and Restylane, can also cause bruising, plus they can make your face puffy. And if they're injected improperly, you may not get the look you want at all. "I had a woman come to me on her wedding day who'd just had her lips filled, and she looked like she'd been stung by a bee," says Joe Costa, makeup artist for Yves Saint Laurent Beauté.

## FACE

**MYTH:** *One makeup trial is all you need*

**TRUTH:** Costa urges brides to schedule a minimum of two run-throughs. "Have your makeup done when you're in different frames of mind," he suggests. "If you're happy with the result every time, you'll be less likely to be disappointed on your wedding day, when your emotions are intense."

**MYTH:** *Lash extensions are a must*

**TRUTH:** "They can get matted or fall out unevenly," says Dior makeup artist Ricky Wilson. "I much prefer applying individual false lashes, which look completely natural." But be sure to use waterproof mascara and even waterproof eyeliner. "Eyeliner can run just as much as mascara," Wilson points out. Try Dior Crayon Eyeliner Waterproof (\$23) and Lancôme Hypnôse Waterproof Custom Volume Mascara (\$22).

**MYTH:** *For an even complexion, apply foundation all over*

**TRUTH:** Australian makeup artist Napoleon Perdis advises omitting the forehead. "Foundation will just settle into lines and wrinkles, instantly aging you," he says. To perfect your forehead, he suggests, apply a pore minimizer with a matte finish, such as Napoleon Perdis Auto Pilot Pore Minimizer and Mattifier (\$70) or Shiseido

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