

ALEX SEPKUS®
NEW YORKFor The Nearest
Retailer Call

212 391 8466

www.alexsepkus.com
tinfo@alexsepkus.com

MADE IN AMERICA

Photo by A. Kulkarni

"You know that you are really going to love the way your hair looks, so there is no last-minute tension," he says.

It may seem logical to show up with squeaky-clean hair on the morning of your wedding, but that's actually the fastest route to frizz and flyaways, which photos tend to emphasize. Also, slightly dirty hair is easier to put up and will stay in place better than hair that is freshly washed. The experts recommend shampooing the night before.

To keep hair smooth and shiny, suggests Melville, make a trip to the salon the day of your rehearsal dinner for a glaze and a professional blowout. "The gloss will keep hair looking its radiant best, and the blowout will smooth any frizz and flyaways plus lay a strong foundation for any style you're having created the next day," Melville says.

"A rule of thumb: The more elaborate your dress, the more effortless looking your hair," says Melville. "If your dress is very sleek, you can dress up the hair a bit more, but you still want to keep it classic and feminine."

SKIN

"As soon as the engagement ring is on your finger, it's time to get serious about your skin," says Regina Viotto, spa director at New York's Paul Lahrecque Spa & Salon. "There's no such thing as last-minute miracles." Consult with a professional to create a skin-care regimen tailored to your needs.

Ahnert advises against receiving any skin-care treatment in the week leading up to your wedding, not even with a trusted facialist. "Your skin can act up at any time, especially when you're under stress," she notes.

Now's the time to give your makeup brushes a thorough washing; repeat the process every few weeks. "Makeup brushes are notorious for harboring blemish-causing bacteria," Viotto says.

It is understandably tempting to burst

a blemish, but this is definitely a temptation you must resist. "When a dermatologist or facialist drains a pimple, she applies downward pressure perpendicular to the skin's surface," explains New York dermatologist Dennis Gross. "When people try to do it themselves, they usually squeeze it from the sides, which causes just as much infection to go down deeper into the pore as is released outward. This may permanently enlarge pores and worsen infections." Meanwhile, the pressure from nails can cause broken blood vessels, tiny holes and even permanent scarring.

BODY

For extra-smooth and evenly toned skin, Viotto suggests, have a series of professional body scrubs one month apart, the first one at least three months before you slip into your gown. To maintain these results, she says, use body lotions with exfoliating acids daily, or gentle scrubs or at-home multi-acid peels, like Dermadoctor KP Duty (\$36), several times weekly, depending on the condition of your skin.

Don't forget your décolletage: it's a complete record of all the sunbathing sins of your past. If you aren't already doing so, start treating it with a regimen of antiaging products with such ingredients as antioxidants, acids to exfoliate, vitamin C or retinol to firm and, of course, sunscreen.

If you decide to go with a faux tan applied with an airbrush at a salon, wear a tight white T-shirt to your trial-run application and for another two days afterward, recommends Barshop, so you can see how the color responds to the weather and perspiration and whether your white fabric is safe. For the most natural-looking color, she likes to spray on two light "rans" (the first one four days before the wedding and the second two days before) instead of a single intense one. ✕