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Prepare Your Skin For A Wedding

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A highly experienced facial therapist Amanda Elias, the brains behind a very effective yet affordable skincare brand, Bravura London, is sharing some useful tips how to look at your best when it really matters

Memories and photos from your wedding day will stay with you forever. It is worth investing some time and effort to make sure that you look and feel like a real princess.

The 8 magical tips:

- ✔ Don't try any new products, skincare, hair care, make-up, even washing powder 3 weeks before your wedding, any kind of a reaction could take a couple of weeks to calm down and that's the last thing you need before your big day!
- ✔ Don't leave it until the last minute to think about your skin, the longer you have to correct any skin issues, the better! Using products that contain AHA's will help to remove dead skin which tends to leave our skin looking dull and lifeless, removing this dead layer will leave your skin looking fresher and more vibrant.
- ✔ If you're getting married abroad, make sure you wear SPF 50 as soon as you arrive and re-apply regularly. Don't risk sunbathing, you don't want to get married looking like a lobster! Don't forget your face, legs, and the back of your neck!

[Prepare Your Skin For A Wedding](#)*Posted on Aug 9, 2013*[Marcus Wareing At The Berkeley](#)*Posted on Aug 8, 2013*[St James's Concours of Elegance, London](#)*Posted on Aug 5, 2013*



- ✔ If you suffer with blackheads or hormonal spots on your chin, try using a salicylic acid product daily. This will help to exfoliate the skin and clear out the pores, salicylic acid also has an anti-inflammatory effect so it's great for spots that can also become inflamed.
- ✔ If you have a lot of redness left over from acne, speak to your doctor or pharmacist about a short course of hydrocortisone which can dramatically help to reduce the discolouration.
- ✔ There's going to be a lot of focus on your hands on your big day, to keep your hands and nails in peak condition, massage sweet almond oil in to your hands and nails daily, a month before the wedding. By your big day your nails will be stronger and your hands will be super soft. If your hands tend to be flaky, mix a little olive oil and sugar, gently massage in to your hands, wash away and then apply your sweet almond oil.
- ✔ Don't forget your lips, wear a good quality lip balm and re-apply regularly throughout the day, especially before bed. Do this for at least a week before your wedding and your lips will be super soft and kiss ready.

Visit [website](#) for more inspiration and products.

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