

THE UK'S NO.1 BEST-SELLING BRIDAL MAGAZINE

CONDÉ NAST

# BRIDES

FROM THE

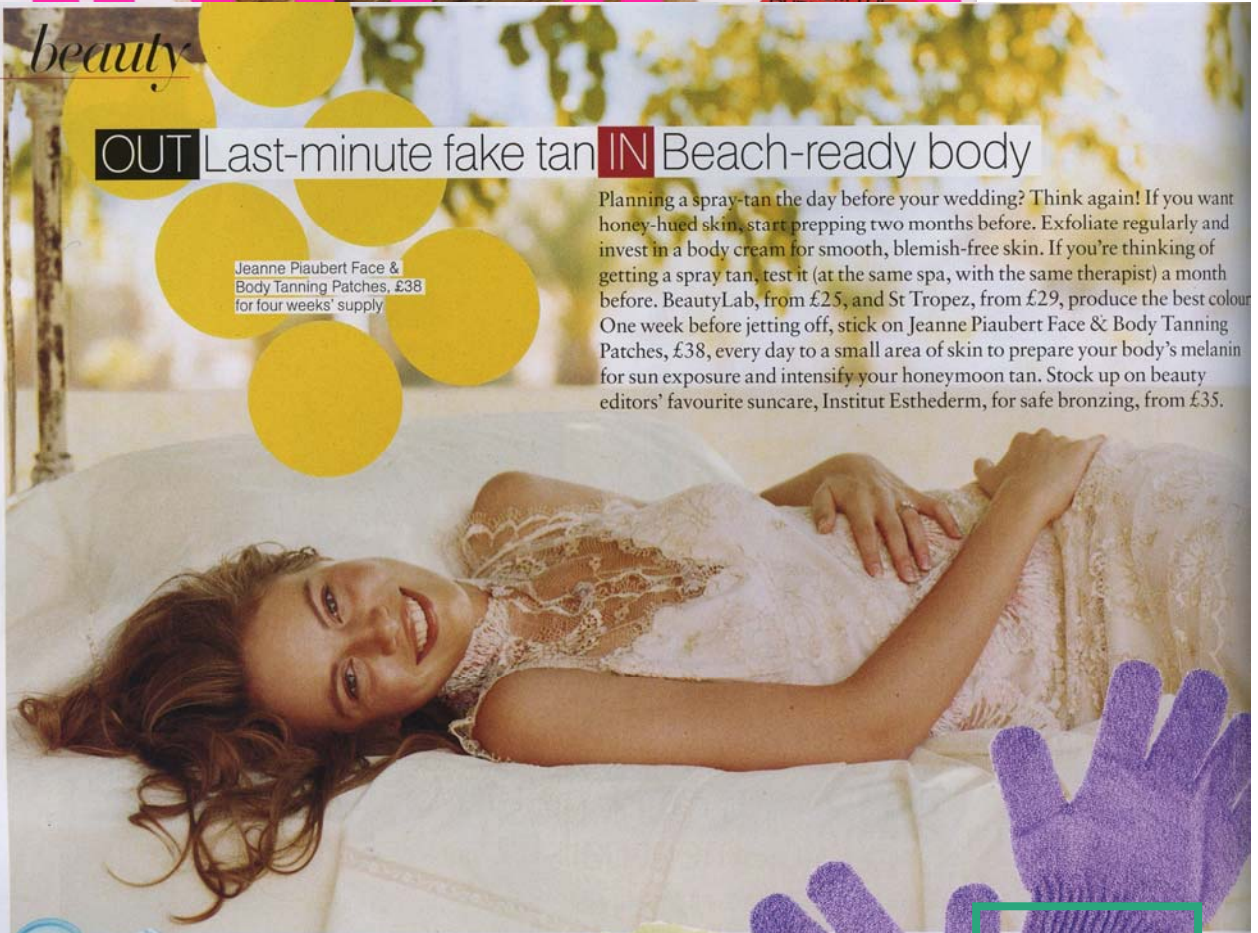
beauty

JANUAR

**OUT** Last-minute fake tan **IN** Beach-ready body

Planning a spray-tan the day before your wedding? Think again! If you want honey-hued skin, start prepping two months before. Exfoliate regularly and invest in a body cream for smooth, blemish-free skin. If you're thinking of getting a spray tan, test it (at the same spa, with the same therapist) a month before. BeautyLab, from £25, and St Tropez, from £29, produce the best colour. One week before jetting off, stick on Jeanne Piaubert Face & Body Tanning Patches, £38, every day to a small area of skin to prepare your body's melanin for sun exposure and intensify your honeymoon tan. Stock up on beauty editors' favourite suncare, Institut Esthederm, for safe bronzing, from £35.

Jeanne Piaubert Face & Body Tanning Patches, £38 for four weeks' supply



La Roche-Posay Toleriane Monodose Eye Make-Up Remover, £12

The Sanctuary Salt Scrub, £8.95

Boots exfoliating gloves, £2.50

**OUT** Luxury moisturisers **IN** Simple skincare that really works

Yes, you *can* get perfect wedding-day skin, thanks to a recent wave of products that really make a difference. Invest in a few essential daily items (cleanser, serum, day and night moisturisers and eye cream), and support this with a salon facial every two months for a professional deep-cleanse and radiance boost.

Super sensitive skin? New to the UK is La Roche-Posay, a French pharmacy brand for highly reactive skins. (It's a favourite with models backstage to soothe their skin between make-up changes.) Products cost from £5.50 to £23.50. Team this with Elemis'

Oxygen SkinCalm facial, from £50 for 75 minutes.

Congested and pimple-prone? Alpha-H is a true miracle worker, using safe, gently exfoliating glycolic acid to transform skin within days. From £8 to £55; the one-hour signature facial costs £67. Visit [fernskinclinic.co.uk](http://fernskinclinic.co.uk).

Dry and ageing skin? Aromatherapy skincare is making a comeback. Decleor's new Excellence range, from £46, contains scientifically proven natural ingredients to protect and boost collagen, minimise pigmentation and prevent dryness. The Excellence facial starts from £40 for one hour. **B**

