



Guide For Brides



Skin-Pampering Tips For The Beautiful Bride-To-Be

(NAPSA)—Being a radiant bride can be a piece of (wedding) cake—especially if you start pampering your skin as soon as you've set the date. Now is the time to get into a routine of cleansing, toning and moisturizing your skin every day.

Be sure to drink eight glasses of water daily to hydrate your skin and plan on getting plenty of beauty sleep. Take the time to lightly exfoliate your skin at least once a week.

Get into the habit of having a full facial to rid your skin of impurities. Don't try a new facial or get anything waxed just before the wedding, as you might irritate your skin. Give your skin at least a week for recovery before the big day.

Most wedding gowns are designed to show plenty of skin, and it would be a shame to have to cover up because of a birthmark, scar or tattoo.

"If you have an imperfection that you can't remove or a tattoo you'd like to conceal, you may want to consider a product that can hide and expertly cover skin imperfections for the big day," said Kim Heintzman, makeup artist.

In fact, the Journal of the American Academy of Dermatology reports that 24 percent of Americans between 18 and 50 are tattooed. While you might love showing off your tattoo on a daily basis, your wedding day might be a different story.

Heintzman's favorite cover-ups include CoverBlend by Exuviance Concealing Treatment Makeup SPF 20 and Multi-Function Concealer SPF 15. The opaque treatment creme was developed to conceal, treat and protect the skin.



Concealing makeup cremes can cover up scars, tattoos and other imperfections on your wedding day.

"It's formulated to provide superior moisturization and antioxidants, while evening skin tone and reducing the appearance of fine lines and wrinkles," said Heintzman.

A good smudge-resistant concealer corrects, covers and treats all skin imperfections including blemishes, scars, age spots, birthmarks and uneven skin tone.

"When applying any concealer to your face, use your fingertip or a sponge to blend the edges," said Heintzman. "To conceal more serious flaws, apply in a dab/pat motion and build until you have desired coverage."

Once you use the concealer for the wedding day, pack it along for the honeymoon. Water-resistant concealers can be used at the pool or beach.

For more information, visit www.neostrata.com or call (800) 225-9411.