



Guides For Brides

Smile, It's Your Wedding Day!

(NAPS)—Every detail counts when planning a wedding—from the dress to the flowers, right down to your smile. Taking advantage of expert advice whenever possible can help ease the pressure of preparation.

Carley Roney, co-founder and editor-in-chief of *The Knot* (www.theknot.com) has been hailed by *Vogue* magazine as “cyberland’s Martha Stewart” and is a frequent guest on NBC’s “Today Show.” Here she shares some helpful beauty tips to get you ready for your big day:

- **Eye “do.”** Late nights and teary moments can take their toll on your eyes. If you’re greeted by swollen, puffy lids and redness on the morning of your wedding, cover your eyes with hot tea bags and elevate your feet—this curbs the blood flow.

- **Lip service.** Prep your pucker: Start by smoothing away cracks and creases with a moisturizing lip balm (containing vitamin E). You can also exfoliate lips with a warm toothbrush or fine-grained scrub. Keep in mind that certain shades of lipstick can accentuate stained or yellow teeth, so stick to soft pinks or natural-looking reds to make your teeth look whiter.

- **Smile secrets.** Your wedding day is a smile marathon, so your teeth should be ready to go. To get them a gleaming white that matches your dress, try Crest Whitestrips—the ultimate bridal beauty secret—and have a noticeably whiter smile in just two weeks. How it works is simple: the system uses clear, flexible strips coated with a whitening gel that sticks to your teeth. They are worn twice a day for 30 minutes at a time and can help whiten smiles as you put the finishing touches on your wedding. They’re so easy to



Achieving a brilliant smile for your wedding day is easy and affordable with Crest Whitestrips. Use them during the final two weeks leading up to your big day, and say “I do” with confidence and a noticeably whiter smile.

use, you can even wear them during fittings and appointments.

- **Hair “do’s.”** Consult a professional and choose a hairstyle that complements the shape of your face. Try it with your headpiece or veil in advance, and remember that your wedding day is *not* the time for a radical change.

- **Balancing act.** Your face shape and veil must work together for your overall look. To balance the two, a good rule of thumb is “opposites attract.” For example, if your face is oblong, complement it with a bit of width by choosing a fuller veil paired with a wide tiara. Likewise, you can help to narrow a rounder face by going with a veil that falls along the side of the face.

- **Don’t forget...**to take special care during the week prior to your wedding. Eat right, drink plenty of water, avoid trying new products and cosmetic procedures, and get plenty of rest!

It’s important to plan ahead and stay relaxed, and if you’re feeling stressed, “just smile,” says Roney. “That’s right—smiling produces a natural high.”