

the handsome COUPLE

Ultimate Pre-Wedding Grooming Ideas

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Every bride wants to look her best on her big day, but some are taking their preparations beyond the usual exercise, hair, and makeup. Grooms are also going the extra mile to look gorgeous for their wedding. Whether you're looking for a small indulgence or a complete makeover; salons, spas, and even doctors are now catering to the bride and groom who want to sparkle and shine as they walk down the aisle.

Stunning Smile

With cameras and flashes following your every step, photos will capture your love and happiness, and especially your smiles. Brides and grooms alike are heading off to their dentists for pre-wedding procedures. Depending on the amount of time you have before the big day, your dentist can offer a variety of services that will get your smile into top shape.

The most popular pre-wedding dental treatment, tooth whitening is a relatively simple process that can transform your smile. There are several whitening techniques that can be done in your dentist's office in a single visit. Although whitening is typically pain free, most treatments contain peroxide, which can cause sensitivity for some people. So it's

important to schedule appointments in advance to be sure you are not left with any lingering discomfort on your wedding day.

Beyond whitening, your dentist can help you achieve the smile you're looking for through a variety of different procedures. Many couples use their wedding as a motivation to get cosmetic treatment, such as porcelain caps and veneers. In just two weeks, your dentist can make over your grin.

And some dentists are now offering free teeth whitening sessions as a wedding gift to brides and grooms when they go in for cosmetic treatments, complete with a bottle of champagne to celebrate their new lives

together, and of course, their new smiles.

Spa Day Together

With all the planning that goes into a wedding, stress and anxiety can easily wipe that pretty smile off your face. Many brides and grooms today are taking time to relax together with their entire bridal party by receiving luxurious spa treatments before the big day. Bridal spa parties have become a popular pre-wedding event. "A day at the spa is an unforgettable gift that you can give yourselves and share with your wedding party," says Milana Knowles, vice president of day spas for Spa Finder.

Milana suggests that couples look for a location that will help them create the exact experience they are looking for. Because spa days are growing in popularity among those planning a wedding, many spas will cater to what you are looking for. Consider whether you would like a full or half day, if lunch is offered to you and your attendants, and what is and isn't included in spa packages.

Although it may be tempting to sign up for every luxurious treatment on the spa menu, it is important to consider what your groom and your bridal party would enjoy. Manicures and massages, and even pedicures will please everyone in your group, and

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The advertisement features a dark blue background with a large, glowing full moon in the upper left corner. Below the moon, the text "Blue Moon Photography" is written in a large, white, serif font, followed by "One Special Day..." in a smaller, white, cursive font. A collage of six wedding photographs is arranged in the center: a couple embracing on a rocky beach, a bride and groom at an altar with a crucifix, a bride holding a bouquet, a couple kissing, a bride and groom on a pier, and a groom holding a small dog. At the bottom, the phrase "A thousand precious moments..." is written in a white cursive font, followed by the contact information "631.859.9424 • 560 MAIN STREET #6 • ISLIP, NEW YORK 11751" in a white sans-serif font.

they are essential grooming treatments for you and your groom for the wedding day. Some spas offer hairstyling and makeup consultations for the bride and her attendants. Save the special spa treatments for you and your fiancé, such as body wraps and scrubs, and don't forget the couple's massage.

Sculpted Body

You've been exercising and dieting for months to get ready for your big day, but you still want to do a little more to get that perfect body. Why not try what many models and fitness experts hold as their secret weapon to a slimmer and trimmer figure? Lipomassage (Endermologie) is a French-developed, noninvasive cellulite-reducing treatment that tones and tightens your body, and helps reduce inches. Lipomassage targets "problem" spots, such as your stomach, thighs, hips, arms, and buttocks by massaging away-localized fat and cellulite with a vacuum-like machine. This treatment requires you suiting up in a special white bodysuit, and a technician at a doctor's office or spa uses machine-assisted deep tissue massage to distribute fat and smooth away cellulite. The results? A reshaped, sculpted, and curvy body. Plus, it's not only great for your aesthetics; it also improves your circulation, which is why the results are long lasting after a series of recommended sessions.

Smooth Skin

The last thing you want to worry about on your honeymoon is unwanted

body hair when you're trying to pull off that new bikini. Today, more brides are giving up the tedious shaving or painful waxing and investing in laser hair removal. Laser hair removal has quickly become a favorite hair removal option with brides because it offers long-lasting results for getting skin ready for the beach or that strapless wedding dress.

The painless procedure uses laser or an intense pulsed light targeting the hair follicles, so it doesn't cause bumps or ingrown hair. Customized for each person, this hi-tech hair removal process is typically done in about six sessions and usually requires very few touch up treatments.

Because sessions are scheduled within four to six weeks of each other, be sure to plan ahead. You and your groom will both love your smooth skin.

Perfect Nails

For some brides, it's not enough to have their meticulously manicured nails; they want custom-colored polish, as well. Custom-blended nail color, by Custom Nail Design, is created with powdered pigments and liquid instead of traditional nail polish. The nail tech mixes various pigments to get the exact shade the bride desires, such as her wedding color, the shade of her bridesmaids dresses, a pale pink natural hue, or even a French manicure. These custom-blended nail colors give a super-resilient, super-shiny coating; and your manicure will remain fresh for three to four weeks without chipping, cracking, or peeling.

Enviably Lashes

For an extra special touch of glamour, brides are giving their eyes the star treatment. Out of all the current bridal beauty services, eye lash extensions, in particular the Xtreme Lashes application, has become one of the most popular because it transforms your face by giving you a bright-eyed, captivating stare – even when you're not wearing makeup.

To get the goddess-like look, polysynthetic extensions are applied lash by lash to give a natural and semi-permanent result. Brides can choose the style, length, and even color of their lashes to match their personality or wedding theme.

"When you look in the mirror, most of your beauty comes from your eyes," says Skyy Hadley, owner of *As "U" Wish Nail Spa* in New Jersey and whose client list includes actresses Liv Tyler and Uma Thurman. "Eye lash extensions will help you enhance your beauty for your big day and honeymoon."

When choosing a technician or salon, be sure to choose one who is certified in eyelash extension application. Now go ahead: flirt with and bat your eyes at your groom.

Getting married is perhaps the biggest reason why you'll want to go the extra mile to look fabulous; however, it shouldn't be hard work. Prepping for your big day should be fun, so pick an ultimate beauty treatment that you'll enjoy and will leave you looking stunning for your wedding day – and night. ■