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15 page wedding guide



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Healthy living

Health writer and nutritional therapist **Susan Perry** suggests a few ways to looking beautiful on your wedding day

Hen Tranquillity at Urban Essence

Based at Brighton's buzzing LA Fitness Gym and open to non-members Urban Essence provides fabulous Hen Party Pampering Services. An Urban Essence massage will brush away those stresses and strains generated from months of wedding planning, leaving you totally stress free for your special day. I also recommend Urban Essence for pre-wedding waxing, facials, pedicures and manicures. For more info call 01273 279170

You are what you eat!

If you have been following Gillian McKeith's TV show 'You What You Eat' then you will understand that paying particular attention to your diet in the months leading up to your wedding is of great importance. In fact the best way to focus on food is to have a session with a Nutritional Therapist. The first main concern for brides-to-be is their figure. For sensible and safe advice and motivation for weight loss contact Smart Nutrition on 01273 239431. Smart Nutrition can also provide a personalised nutrition programme to help improve your skin and overcome bloating. Nutritionists consider poor digestion, imbalance of female hormones, stress and anxiety or poor dietary combinations to be strong triggers for bloating. A personalised dietary, lifestyle and supplements plan is a great way to get in shape before the big day

Beautiful skin

If you suffer from problem skin then you will be pleased to know that there are lots of quick tips to get your skin looking clear for your wedding day.



There are just hundreds of topical lotions and potions to choose from but be careful not to go overboard and aggravate already sensitive skin by trying out too many new products. I love Dr Hauschka's Rejuvenating Mask designed to give your skin a natural healthy glow. Active ingredients include quince seed extract and essential oils of rose, lavender, and lemon. Use this product once a week after toning and before moisturising and watch your blemishes wash away. Start at least 1-2 months before your wedding day

Wedding Make up fit for a Movie Star

Make up expert Sharon Willmore says that wedding make up is essential for good photographs. Your make up should enhance your natural beauty. Don't go for brightly coloured eye shadows or lipsticks, aim for tones that enhance your natural colourings. Choose matt foundations and avoid shiny lip glosses as anything shiny will pick up the flash from a camera and detract from a natural look in your photos. Sharon is a make up artist to the film and music industry and knows all the tricks of the trade to make you look like a movie star! Sharon is available for pre-wedding make up consultations or can be available at venues in the Sussex area for bespoke 'on-the-day' styling. For appointments call 07771 527725

1. Replace tea and coffee and drink at least 3 pints of water a day
2. Avoid cheese and red meat which are high in saturated fat and enhance skin inflammation
3. Snack on dried apricots which are rich in the skin boosting nutrient beta-carotene
4. Sprinkle pumpkin seeds over salads to increase your intake of zinc, essential for skin health
5. Eat oily fish (salmon, mackerel, tuna, sardines) at least 3 times a week, these oils will leave your skin silky smooth