

Bridal BEAUTY PLANNER

You've arranged for your venue, dress and flowers—not to mention your groom—but don't forget to organize all of your pre-wedding beauty rituals! Keep our enhancement beauty planner ready and make sure everything gets done in a timely manner. BY ASHLEY KOWALEWSKI

When it comes to enhancement procedures and consultations, you need to give yourself time to heal and plan around all of your pre-wedding events, such as your engagement photos, dress fittings and bridal shower. We spoke with some of the pros to help you plan your treatments, procedures and beauty consultations, too.

1 YEAR BEFORE

If you're considering serious plastic surgery, such as liposuction (\$3,000 to \$8,000) or breast augmentation (\$7,500 to \$8,500), Dr. Ron Wallman, MD, FRCSC, a plastic surgeon at the Markham Institute of Cosmetic Plastic Surgery who specializes in hand, reconstructive and cosmetic surgery, suggests that, even though it may only take two to three months to heal, you should factor in timing for other pre-wedding events. "The healing process may differ, depending on the surgery, but it generally includes swelling and bruising for the first two weeks," says Dr. Wallman. "And it's important to abstain from exercise for the first month post-surgery," so if you're hoping to tone a bit more before the big day, you'll need to consider time for your dress fitting, too!

Facial surgeries, such as rhinoplasty (\$8,500), can require a lot of downtime. Dr. Jack Kolenda, MD, FRCSC, medical director of Verso Surgery Centre, explains that "postoperative swelling takes a full year to resolve," so if you're contemplating rhinoplasty, you should plan ahead, giving yourself more than enough time to heal for photos and events.



love this!



blushing bride!

3-6 MONTHS BEFORE

Get rejuvenated skin for your big day with facial peels, such as the signature Miracle 10 Peel (\$125, or \$374 for four treatments), which aim to "restore skin's natural radiance." Ann Marie MacDonald, president of Miracle 10 Cosmetics, says, "Try a treatment three months prior to your wedding day to experience the treatment and determine what is best for your skin type, then schedule a series of peels leading up to your wedding date and follow with an effective and high quality skin-care regimen."

For brides who are looking to lose that extra inch or two in problem areas, such as outer thighs or love handles, especially for those curve-hugging dresses, CoolSculpting (\$750 to \$900 per treatment) provides body contouring without any downtime. Dr. Frank Lista, MD, FRCSC, founder and medical director of The Plastic Surgery Clinic, explains, "Your initial results will appear within three months, but if [you choose to have] more than one session per treatment area, you might want to allow for six months' time."

1-2 MONTHS BEFORE

Facial fillers, such as Revanesse, are a popular choice for pre-wedding enhancement because they can refresh and rejuvenate your face. Amy Tseng, RN and national clinical trainer for Prolenium Medical Technologies, and an advanced nurse injector for Faces MD Medical Aesthetics, explains that Revanesse has two different grades of facial fillers: "The Ultra (\$600) lasts nine to 12 months, and the Contour (\$750) lasts 12 to 18 months. You should give yourself one to two months before your wedding for the bruising and swelling to go down."



PHOTOS: THINKSTOCK

crunch-time FIXES hair

When getting your hair done for your wedding day, Heather Mercer, a senior stylist for The Loft in Toronto, recommends coming in for your colour (starting at \$95) at least two weeks prior: "It's enough time for the colour to look a bit more natural but still fresh." For your style, she recommends consulting (\$100 for a trial run) with your bridal stylist at least four weeks in advance.



make hair appointment

tip Time your hair trial to coincide with your bridal shower or another important pre-wedding event so you can make the most of your updo.



tip Make sure that you've seriously considered and researched any procedures and surgeries and you're not doing them solely for your big day. You'll be beautiful no matter what and, as the bride, all eyes will be on you anyway!

tan

Sometimes you want that faux glow for your big day. Alyson Hogg, CEO and founder of Vita Liberata, recommends the Vita Liberata Luxury Tan (starting at \$90), which is "an invisible formula," so there is no transfer on your white dress and it lasts up to 10 days. "Consider having a pre-wedding test treatment a few months in advance, then go for your actual treatment 24 to 48 hours before [you want your glow]."

makeup

"It's not uncommon for a bride to seek out her beauty team about eight to 10 months before her wedding," explains Stephanie Anne Daga, founder and creative director for BlushPretty: Makeup + Hair Artistry in Toronto, she recommends doing a trial run (\$80 for a trial run and \$140 for the day of) closer to your wedding date (within six months) so "you have a true sense of your wedding theme and style."

tip Looking for a classic bridal hue for your "You may kiss the bride" moment? Daga loves M.A.C Cosmetics Lipstick in Twig (\$19, maccosmetics.com) for a fun yet timeless shade. ☺

perfect shade!

