

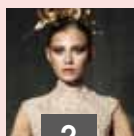
# WEDDING INSPIRATION

{ YOUR LOCAL GUIDE TO THE BIG DAY }



IMAGE: YOLAN CRIS

INSIDE



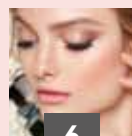
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to looking your best

# DREAM DRESSES

*The most beautiful wedding gown shapes and styles for 2016*

Words MADELEINE HOWELL

## *New romantic*

You'll be floating on air in this strapless, A-line Deneb dress designed exclusively for Teokath by Lusan Mandongus. We love the dispersed lace design and the scalloped hem - be sure to make an entrance in the embroidered bodice and flowing tulle train.

Prices from \$1,500; Teokath; 16 The Broadway; Wimbledon SW19 1RF; 020 8971 2000; [teokath.co.uk](http://teokath.co.uk)

## *Embellishment*

Spanish design house Yolán Cris is synonymous with beautifully detailed ornamentation. The Entenza dress from the Orchid Couture collection has golden lace adorned with hand-sewn flowers, a demure neckline and sweeping skirt. The golden floral crown is also by Yolán Cris.

Prices from £2,300 at London Bride Couture; [londonbridecouture.com](http://londonbridecouture.com)





### *Sheath*

Sheath dresses skim the figure to create a soft, feminine silhouette. The 'Una' dress, pictured, is from a collection for Luella's Boudoir on Wimbledon High Street. Rose-coloured French beaded lace was used for the sleeves, while the boho-style hair accessory was chosen from a selection by St Erasmus.

Prices from £2,500; Luella's Boudoir; 78A High Street Wimbledon; London SW19 5EG; 020 8879 7744; [luellas.co.uk](http://luellas.co.uk)



# WEDDING HAIR STYLING

*Top off your perfect day with gorgeous hair courtesy of Anthony Laban*

Your wedding hair is a crucial part of your wedding day to get right, and your relationship with a salon is hugely important. We encourage you to make several consultations, and to bring in lots of pictures, including images of your dress.



PICTURE CREDIT GOFF PHOTOS

## Hair Planner

### 2 MONTHS TO GO:

Initial consultation with your wedding stylist

### 1 MONTH TO GO:

Complete rehearsal of hair

### 2 WEEKS TO GO:

Hair coloured if needed and conditioning treatment to ensure healthy hair

### 1 WEEK TO GO:

Haircut with conditioning treatment and final dress rehearsal for hair

We recommend allowing wedding day appointment should be booked for at least 4 hours before your wedding ceremony commences

We can open out of salon hours to accommodate early weddings and encourage that you invite your photographer to take pictures of your preparation

For out of town weddings we offer a trial that includes hair ideas with a full set of photographs to show your stylist

On your wedding day bring your veil, flowers or tiara to your appointment, and don't forget to wear a top that doesn't have to go over your head

Most importantly of all, please allow plenty of time to relax and let us do the rest

# BEAUTIFUL NEW YOU

*It's the biggest day of your life, so make sure you look the best you can*



## 3 to 6 months to go

If you want to shape up before your big day, now's the time to start. Celebrity fitness expert Cornel Chin recommends you stick to a three-times-a-week exercise regime over this period. 'This should include a minimum of 30 minutes cardio work, combined with a total body resistance programme, performing 2-3 sets per major body part. The cardio work should preferably be low or non-impact to reduce the risk of injury. If you're trying to get in shape at the eleventh hour, starving yourself is a definite no-no. Instead do small amounts of exercise daily a little and often so as not to tax your body while reaping the benefits.' Check out Clapham-based Sarah O'Neill for bridal bootcamps in London and Spain, fitness parties and nutrition tips.



## 1 to 2 months to go

Set up your beauty trial once you've chosen your dress, flowers and colour scheme. 'Perfecting your look for your wedding day is vital to ensure you select products that will last the distance and enhance your features,' says make up artist Lisa Prostamo, who offers a bridal service through [rockitbeauty.com](http://rockitbeauty.com). 'It's worth taking photos in different light to see whether adjustments are needed.' Consider weekly facials from now, too: 'Good skin equals a better base and allows your natural radiance to shine through,' she adds. Check out Michelle Louise salons in Balham and Wandsworth or Tara Ramsay's All About the Girl in Battersea.

*Good skin is a better base for makeup and allows your natural radiance to shine through*

## 1 to 4 weeks to go

'Don't cut your hair too close to the big day,' says top stylist Richard Ward, whose team looked after the Duchess of Cambridge on her wedding day. 'Have a trim around 3-4 weeks before the wedding to give it time to settle. Any extensions should be fitted 2-3 weeks before as they are always a bit sore at first.' Locally, consult Edward James London in Putney and Battersea or Anthony Laban in Wandsworth.



## The day before

Have a manicure and pedicure. A gel polish such as Shellac (available at Anesis in Clapham) or Gelish (offered at Fine Beauty in Fulham) will guard against chips. Try to get an early night too so that you look your rested best in the morning. If you think you'll have trouble drifting off, keep a sleep aid like Potter's Nodoff Plus Mixture to hand.



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