

THE LUXE HAIR LOWDOWN

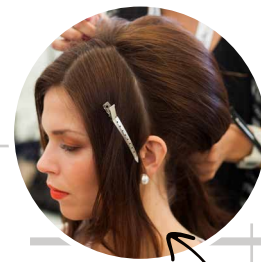


Haircare secrets | Tried-and-tested products | Hairstyle gallery

ONE YEAR

Hair growth

If you have your heart set on having long, flowing locks for your nuptials, or if you have a style that you're hoping to grow out, you need to remember that it may take a while. Give yourself a year to maximise hair growth, and book yourself in for regular trims. These eliminate split ends, which will move up the hair shaft if not chopped off, and keep your hair healthy to fast-track any progress.



THREE MONTHS

Hair trial

Get as much inspiration from magazines and websites as possible, and then whittle them down to three of your favourite looks. Take them to your hairstylist so they can talk you through which one will work best. "Don't buy your headdress until you have discussed your styles to try for the actual day," advises Yesmin O'Brien from Seanhanna. "It may not suit the actual hairstyle you eventually choose."

Hair colour

If you want to try out a new fabulous shade, take the plunge three months before your wedding – that way you'll have enough time to rectify the colour if you're not totally happy with it.

Hair cut

Going for a change of 'do before the big day isn't a problem, but leave enough time between a drastic overhaul and w-day just to cover your back for any potential hair disasters.

The HAIRCARE countdown

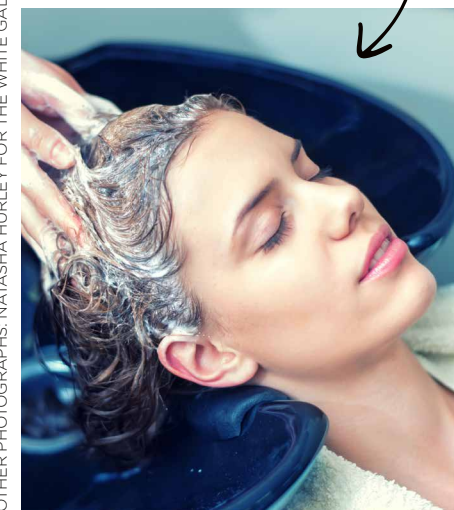
Follow our timeline to get your hair properly prepped, whatever your type or how you're wearing it



FOUR WEEKS

Relaxing treatment

Are you prone to particularly frizzy hair? If you want it smoothed out for the big day, and well into the honeymoon, you'll need to schedule in a suitable treatment (a keratin treatment, such as a Brazilian blow-dry) a month ahead of the big day to guarantee sassy, sleek locks you'll love.



TWO WEEKS

Hair colour touch-up

Once you've got a trusted shade, set a date two weeks before your wedding to spruce up your hair hue, and banish any dull tones from your photos.

Hair trim

You'll want your locks to be free of straggly ends, especially if you're wearing your hair down, so book in at your local salon for a simple trim two to three weeks before your "I do".



ONE WEEK

Conditioning treatment

With one week to go, you'll have your colour and perfect cut sorted, and will just need a few final touches. To make sure your hair is looking as fabulous and in as tip-top shape as it can be, you need to make sure the condition is impeccable. A moisturising hair mask is your saviour here. These are easy to do yourself at home, and will conceal any split ends, smooth out the strands and add shine.

24 HOURS

Hair wash

It's the big hair-prep question that every bride needs the answer to: when should we wash our hair? Lloyd Court, the colour director at Skyler London, advises that, "If your hair is too clean and soft, your style will be much harder to achieve and maintain throughout the day... You should wash your hair the night before your wedding". This will ensure there's a little bit of grit to hold your bridal style in place.

WORDS BY RACHEL AVERY
MAIN PHOTOGRAPH: JASON MOORE, HAIR AND MAKE-UP BY SALLY KVALHEIM
OTHER PHOTOGRAPHS: NATASHA HURLEY FOR THE WHITE GALLERY, GETTY