

# *The Bride's Beauty Bible*

**BY KAYLEIGH BAKER BEAUTY**

On your big day you want to feel and look your best. While makeup is amazing, it's the preparation before that can make all the difference to your skin (and your confidence!). During my years as a beauty journalist and makeup artist, I've learned lots of great little tips, hints and advice that are just too good not to share with my beautiful brides, so, I've created this little guide especially for you. Its packed full of beauty gems you'd otherwise be googling for hours! Find out how to get your skin looking its best in the lead up to your wedding, as well as tips for whiter teeth, an at-home facial routine and my top product picks.

So, make yourself a cuppa, sit back and learn how to get the glow...

# 9 Months to the most radiant you

A timeline for beautifying yourself ahead of the Big Day

9 MONTHS BEFORE	<ul style="list-style-type: none"><li>• Get into a regular cleansing, moisturising, exfoliating skincare routine. If you've had some skin issues, quash your problems once and for all by booking a dermatologist appointment.</li><li>• Considering having laser hair removal treatments? Start these sessions now.</li><li>• Ditch the tweezers and book a HD Brow appointment to start working towards your perfect brow shape ahead of the big day.</li></ul>
6 MONTHS BEFORE	<ul style="list-style-type: none"><li>• Start having monthly facials specifically for your skin type. On a tight budget? Read my tips on performing an at-home facial below.</li><li>• Resist the urge to pluck &amp; maintain your HD brow appointments.</li><li>• Start using hand cream and cuticle oil daily (ready for that all-important shot of your wedding rings!)</li></ul>
3 MONTHS BEFORE	<ul style="list-style-type: none"><li>• Healthy skin is well-hydrated skin; aim for 8 glasses of water a day.</li><li>• Start whitening teeth using my top tips on page 7.</li><li>• Get a professional manicure and maintain the results at home by filing nails and pushing back cuticles. Use my quiz to find out what type of manicure suits you best and book a manicurist in for the big day.</li><li>• Having a fake tan for your wedding day? Try a treatment now to test out the shade and finish. Doing a DIY tan? Start practicing your application now.</li></ul>
1 MONTH BEFORE	<ul style="list-style-type: none"><li>• Aim for 8 hours sleep each night.</li><li>• It's nearly over so take some time to enjoy the process.</li><li>• Follow your skincare routine religiously.</li></ul>
2 WEEKS BEFORE	<ul style="list-style-type: none"><li>• Have your final facial.</li><li>• Use a luxurious body scrub in the shower twice a week from now until you start applying your tan.</li></ul>
1 WEEK BEFORE	<ul style="list-style-type: none"><li>• Cut out sugary and carb-heavy foods to minimise puffiness!</li><li>• Have your final HD Brows appointment and any other waxing (including facial waxing). If you tend to get spots after a wax, schedule your wax 7 days before your wedding to minimise irritation &amp; bumps.</li></ul>
2 DAYS BEFORE	<ul style="list-style-type: none"><li>• Have your spray tan/DIY tan done.</li><li>• Depending on the nail treatment you choose (gel polish/nail varnish) book this in one to two days before the wedding. Let your manicurist know you've had a spray tan and they will avoid soaking/scrubbing hands.</li></ul>

# An Easy Skincare Routine

The key to good skin is consistency. When you treat skin with care every single day, you'll get quicker, more visible results. Here's how to create an easy, basic skincare routine...

## Cleanse

- When:** Morning & evening
- Products:** Garnier Micellar Cleansing Water, £4.99ish (suitable for all skin types)  
Decleor Aroma Cleanse Essential Cleansing Milk, £23ish (suitable for all skin types)
- Top Tip:** Consider double cleansing (cleansing twice) in the evening, first with a micellar water and then with a cleaning milk to remove all traces or makeup. Ditch face wipes in favour of a cleanser and cotton pads

## Tone

- When:** Great for oily skin, a toner helps shrink the appearance of pores and removes excess oil. Tone in the morning and evening, after cleansing.
- Products:** The Body Shop Aloe Calming Toner, £8 (suitable for sensitive skin)  
Pixi Glow Tonic, £18 (suitable for all skin types)

## Serum

- When:** Morning and evening
- Products:** Serum is skin food – choose one based on your skin's specific needs. For an affordable option, pick up one from The Ordinary. Estee Lauder's Advanced Night Repair or Clarins Double Serum are pricier, but worth it.
- Top tip:** Pat, don't rub them into the skin for maximum absorption

## Moisturise

- When:** Morning and evening
- Products:** Choose a day moisturiser based on your skin type (oily, dry, sensitive) and ensure it has a high SPF. For night, oily skin may benefit from a gel based moisturiser, or oil drops, while dry skin will drink in a rich, nourishing cream.
- Top Tip:** Skin repairs itself most between the hours of 11pm and 4am so try to moisturise every evening. A mini face massage increases blood flow and aids lymphatic drainage – helping alleviate puffiness!

## Exfoliate

- When:** 2 to 3 times a week, after cleansing, before moisturising
- Products:** Glossier Exfoliating Skin Perfector, £19 (hypoallergenic, for all skin types)  
Lush Cup O Coffee, £8ish (suitable for most skin types)
- Top Tip:** Want plumper, naturally soft lips? Using a toothbrush, gently buff your lips to get rid of dead skin cells before applying your favourite lip balm. Lush also do a great range of lip scrubs in flavours like bubblegum and chocolate – yum!

# Skincare Saviours

If you've already got your skincare routine down, consider adding some other products into the mix to boost results or improve certain skin concerns. These small tweaks can make a massive difference to the way your skin feels and looks. I've also popped some general skincare tips I've gleaned over the years below to help you get that all important glow...

## DEHYDRATED SKIN

Dehydrated skin lacks water, dry skin lacks oil. If your skin feel tight and looks dull, with tiny fine lines, it's a likely your skin is lacking water. Hyaluronic acid is a great ingredient to combat dehydrated skin. Try The Ordinary's Hyaluronic Acid 2% + B5 Serum

## SPOT TREATMENT

It's worth having Mario Badescue's Drying Lotion Plastic 29ml on hand even if you haven't got a wedding coming up. Simply dab the treatment onto spots overnight for a quick way to clear up blemishes.

## PUFFY SKIN

If your skin is unusually puffy, there's nothing like a good face massage. Work in a sweeping outward motion from the centre of the face to encourage lymphatic drainage and improve circulation. I also swear by my jade roller and will often use it on clients as a nice way to start each makeup application. It's naturally cooling and can be rolled over the face to promote detoxification and soothe skin.

## TEXTURE

Try Kiehl's Rare Earth Pore Minimising Lotion. It's a toner that helps remove impurities and refine the look of pores for smooth-looking skin.

## SIGNS OF AGEING

Retinols are one of the best ways to make a visible difference to ageing skin. It's best to start with weaker retinols before working your way up to higher strength treatments (consult a dermatologist if you have sensitive skin). Plus, if you're using a retinol, make sure you avoid direct exposure to sunlight/sunbeds. The Ordinary has affordable retinol serums starting at 0.2%, up to 2%, whilst other products worth exploring include RoC's Deep Wrinkle Night Cream, La Roche Posay's Redermic R and Paula's Choice Resist 1% Retinol Booster.

## UNDER EYE BAGS

Fake a full 8 hours sleep with Nip + Fab's No Needle Fix Eye Masks. They're one of the best undereye masks I've tried, with potent ingredients to revive the eye area. If you don't have any on hand, stick two spoons in the fridge for 30 minutes and press around the eye area for an instant wide-awake feel.

## CLEARER SKIN

Blow the budget and get yourself a Clarisonic. I love this gadget, it's worth every penny and one of the easiest ways to improve skin fast. It cleanses skin with a sonic frequency that can reduce the appearance of pores and leaves skin looking more radiant

# How To: At Home Facial



Although nothing beats laying on a facialist's couch as they give you that oh-so-amazing head massage, an at-home facial is a great way to improve your skin on a tight budget. Here's how to create your very own spa-like experience in the lead up to your big day:

1. Create a relaxing atmosphere with scented candles, dim lights and serene music
2. Remove makeup and cleanse skin by dampening cotton pads with your favourite cleanser
3. Complete a second cleanse using a foaming or oil cleanser. Remove with a muslin cloth soaked in warm water.
4. Steam. If you don't have a steamer, run a hot tap until steaming, fill the sink and bend your head over it (be careful not to place your face in the hot water). Pull a towel over your head to trap the steam and let the warm moisture open pores.
5. Exfoliate your skin using a facial scrub. This will gently slough away dead skin cells and refine skin's texture. Use gentle circular motions on the cheeks, forehead and chin, avoiding the delicate eye area. Wash off thoroughly. Splash face with cold water.
6. Apply a face mask. Use your favourite glowy face mask. Avoid face masks that give you breakouts too close to the wedding. Instead, use something that's ultra-nourishing and glowy (Garnier Sheet Masks are ideal).
7. Moisturise. Give yourself a facial massage as you work in your moisturiser. YouTube has lots of facial massage videos you can follow to perfect your technique.

\* Do this regularly in the lead up to your big day. If you tend to get breakouts following facials, avoid having a facial in the two - three weeks leading up to your wedding.

# Beautiful brows



Great brows should accentuate your eyes, lift your face and complement your skin tone. If you've overplucked in previous years, or simply don't know where to start, consider having a professional treatment.

A HD brow stylist will not only advise you on the best shape for your face but create a brow colour specifically tailored to you. With brows, the earlier you start a maintenance or re-growth programme, the better. This will help you grow in areas that are sparse and work towards a beautiful shape in time for your big day.

## A HD Brows treatment includes

- Consultation to discuss your perfect brow
- Brow mapping: creating the perfect shape tailored to your face
- Bespoke brow tint
- Brow wax
- Threading
- Trim and plucking to refine shape
- Brow makeup application
- Aftercare advice

To enquire or book an official HD Brows treatment, email me on [kayleighbakerbeauty@gmail.com](mailto:kayleighbakerbeauty@gmail.com)

# Top tips for teeth Whitening



Want ultra-pearly whites? Me too. In fact, it's something I think makes a real difference in photographs and in person. Now, I'm not suggesting you book yourself into a Harley Street dentist. Far from it. There's plenty of great (and safe) options you can use at home. Here's what you need to know...

## Toothpaste

If you've got reasonably white teeth, boost your brightness with BLANX toothpaste. I've been using this for a while and absolutely swear by it - the best whitening toothpaste on the market in my humble opinion! (£6ish)

- + Affordable
- + Good results
- + Minimal effort
- Won't work on dark stains/yellow teeth
- Must continue using to maintain results
- Teeth must be already reasonably white for best results

## Charcoal

Activated charcoal is a natural way to help remove stains. It also helps to fight bacteria and inflammation and is great if you suffer from sensitive teeth and gums as it's all natural. Results can vary, but it's a great option if you prefer to keep your beauty routine natural.

- + All-natural
- + Easy to use
- + Affordable
- Not as effective as other formulas
- Must use every day for results

## Whitening Strips

When finding an at-home whitening kit, only shop from a reputable site and always check the ingredients (if you see anything containing **chlorine dioxide**, steer clear). Crest White Strips have been a favourite of mine for years now, although they can cause slight sensitivity after you use them.

- + Good results
- + Affordable
- + Long-lasting (top up every 6 months)
- Can cause teeth sensitivity
- Can feel weird/uncomfortable during use

## Professional Teeth Whitening

You'll be paying anything from £500 upwards for a Hollywood-worthy dentist whitening, BUT the results will last years. Years people!

- + Long-lasting results
- + Professional results & experience
- Expensive

# Choosing a nail treatment



Getting a professional manicure ahead of your wedding day can not only guarantee a perfect set of nails for the wedding photos, but also gives you an excuse to escape and relax for an hour or so (heaven!). If you have to set up your venue, book your manicure slot after any set-up to keep your nails looking fresh.

If you're not a salon regular, choosing a nail treatment can be confusing. I've broken down what each treatment means, so you can choose what works for you...

## **Standard Manicure** (30min – 1hr)

This often includes cuticle work, a nail trim, file and perfectly applied polish. It's a good idea to have this done the day before the wedding to avoid chips/cracks, as polish won't remain perfect for long (3-4 days). Try not to book in anything after your manicure and have your purse out ready to pay at the start to avoid smudges.

Tip: Choose your polish colour ahead of time and take to the salon in case they don't stock it. It's also handy to have around on the wedding morning in case you need to do any last minute touch-ups.

## **Gel Manicure/ Shellac** (30min – 1hr)

Gel polish can last up to two weeks and is harder wearing than normal polish. It must be cured under a UV/LED lamp, which means it dries instantly. It's ideal for most nail types and needs to be soaked off with acetone (10 – 15 minutes) to remove. I'd also recommend having this treatment 1-2 days before the wedding to keep it looking its best.

## **Gel Overlays/enhancements** (1-1.30hrs)

Gel overlays is a coating of hard-wearing gel over the natural nail to provide strength, colour and length. They're ideal for brides who want their nails to last a long time, or are heading off to get married abroad, as they last for weeks and can be infilled to maintain the look. To cure the gel, a manicurist will use a UV/LED light, after which, they dry instantly. Gel enhancements use a similar technique to overlays but will also lengthen the nail by applying a tip on the end or sculpting bespoke enhancements.

## **Acrylic overlays/enhancements** (1-1.30hrs)

Acrylic (often called L&P) uses a combination of liquid and powder to craft strong, hard nails. You can choose between acrylic overlays (which keeps them the same length but offers strength/colour/design) or enhancements (which adds tips before overlaying L&P to make the nail appear longer). They're ideal for brides heading straight off on a honeymoon as they remain looking perfect for a longer time. Much like gel, they require professional removal and can also be infilled to maintain the look.

# Wellbeing



With so much to organise ahead of your big day, it's likely your feeling more stressed than normal which can play havoc with your skin. Stress causes a chemical response in the body, aggravating conditions such as eczema and psoriasis, and causing breakouts.

Instead of treating the symptoms of stressed out skin, try and alleviate the cause. Try to reduce stress levels by focussing on your wellbeing. What will be will be, so try not to sweat the small stuff and enjoy the journey!

Here are some things that really help when I'm feeling ultra-stressed and my skin is in crisis:

- Walking. Getting outside and enjoying some fresh air.
- Aromatherapy. Get your full 8-hours of sleep with the help of some essential oils. I burn lavender oil in an oil burner and have a water-vapour air diffuser which I use almost every night, but putting a few drops of oil on your pillow before bed works just as well. Alternatively, try This Work's Sleep Spray. Not keen on lavender? Go to Holland & Barret and select an oil that fills you with calm.
- Guided meditation. If you find it hard to sleep and find your thoughts drift, do a guided meditation. I swear by these. Simply go onto YouTube, plug in your headphones and drift off. My favourite YouTube guided meditations are by Michael Sealey and The Honest Guys.

Other lifestyle tips for visibly improving skin:

- Drink more water (it sounds basic but drinking more water really does create more plump, youthful looking skin.) Aim for 8 glasses a day.
- Eat foods that are rich in healthy fats and omega fatty acids such as salmon, avocado and walnuts. Find my avo & eggs recipe on the next page – filled with skin-loving ingredients & ideal for a wedding morning breakfast!
- Introduce Iced Green Tea into your routine. It's anti-inflammatory properties can help calm red, irritated skin from the inside out and de-bloat your tummy! Find the recipe on the next page >

## Iced green tea recipe



- Boil 4 cups of water and in a large saucepan.
- Add a green tea teabag and allow to infuse for 5 minutes.
- Once cool, place in a bottle/jug and refrigerate to use throughout the week.
- To drink, pour into a cup, add ice and a few torn mint leaves/squirt of fresh orange

## Avo and eggs



Fuel yourself for the Big Day with delicious eggs & avo – filled with protein and healthy fats that stabilises blood sugar levels, supports healthy skin and keep you feeling comfortably full – not bloated.

- Boil two eggs for 6 – 7 minutes
- Whilst the eggs cook, pop two slices of sourdough bread in the toaster
- Scoop out the flesh of ½ avocado, slice & squeeze over the juice of ½ lime
- Once cooked, peel & slice the eggs in half. Place the avocado & eggs on the toast. Season with salt, pepper & chilli flakes. Sprinkle with pine nuts & enjoy!

# Wedding day checklist



If you're heading off to a hotel or friend's house before the big day, here's a few ideas on what to pack for your wedding day morning...

- Cleanser & toner
  - Lip balm
  - Moisturiser
  - Body lotion
- Toothpaste & toothbrush
- Shower gel/shampoo etc
  - Razor
  - Paracetamol
- Nail varnish for any touch-ups you may need

#### **To calm nerves:**

- Essential oils (lavender is ideal for calming nerves)
  - Travel candle
  - Rescue Remedy
- Camomile/herbal tea bags

Thanks for reading lovely. I hope you found Bridal Beauty Bible useful - If you have any questions, please do get in touch! I can't wait to get you ready on your wedding morning...

*Kayleigh x*