

The Bridal Grooming Planner

With a wedding around the corner, our Grooming Planner makes life easy!

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Experts Panel:

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Hair: Dr. Rajesh Rajput

MakeUp: Virginia Holmes

Happiness boosts everyone's 'beauty quotient'.....especially in the case of a bride or groom - to - be! But to have that healthy, radiant look on your wedding day, it needs more than that flush of happiness. And as you reach the final countdown there are many things you can do to look absolutely stunning on your biggest day. A well planned, personalized regimen for skin, hair, and fitness is the best way to build that divine look.

And our panel of experts, **Dilip Heble, Dr. Apratim Goel, Dr Rajesh Rajput** and **Virginia Holmes**, help you plan your entire grooming regime from 6 months, 3 months, as well as 1 month prior to the grand event with this Grooming Planner!



Time is still on your side, but it's time to get serious about skincare, hair and fitness and embark on a more strict beauty regime now.

Fitness - Here, the couple can get to cross-train -?? of the 6 months, perhaps, they could try Aerobics and Pilates, in place of gym and cardio, for a while. Swimming will be a great form exercise and hobby to learn. The to-be-married couples can work out together - a great way to get to know each other better! With 6 months to go, you have ample time to work on medical or physical conditions - stabilizing high blood pressure, working on posture or gait or flexibility, etc.

Hair - When you have 6 months to go for your wedding, you still have options to treat your hair problems and get lustrous and shiny hair. For hair loss or thinning hair problem one can go for a hair transplant where 1mm to 2mm hair growth can be seen after 4 months, post which 1mm to 1.5mm growth can be seen every month. Therefore, end of 6 months one can see up to 3 to 4cm hair growth in the transplant area.

Also it is a good time span to improve the health and growth of your hair with regular medication resulting in countering hair loss and increase in density of hair post 2 months. Improvements can be seen within 2 months of medication and continuing the same will show good results in 4 months (4 months being the natural hair growth cycle) and excellent results in 6 months. Medication is also available for dandruff prone and dry or lifeless hair.

Skin - A basic skin care routine must include at least 4 elements: (1) cleansing; (2) toning; (3) sunscreen and (4) moisturizing. Additional steps might include steaming, exfoliating and masking. Apart from the general skin care, we also have to supplement our skin with oral intake of the right minerals and vitamins because a daily dosage of all these vitamins and minerals in our diet is difficult. There are lots of vitamins and minerals and each have to do a specific function in our body. So consult your doctor to get the right list.

If you are plagued with mild acne, consider beginning regular acne cleanups with a skilled esthetician on a regular basis. If the problem is a more severe one, consult a dermatologist. Acne treatment should be started at least 6 months prior to the D-day. ACNE IS 100% CURABLE. Apart



from the medications and the skin care, there are lasers and peels which speed up the resolution of acne lesions

is another important step to maintain your skin because you spend most of the time outside so pollution affects your skin so toning keeps your face clear and firm. Astringents and toners with glycolic or alpha hydroxy acids work best. These acids actually reduce the pore size and help avoid ingrown hair.

Other than this you can go for a clean up once in a month to maintain your skin and get a glowing effect. Take a course of de-worming every 6 months and lot of dietary fibers if you suffer from constipation. For any skin related problem like dandruff, pigmentation, acne or scars, consult a dermatologist. Consider Laser hair removal and forget about packing the razor on your honeymoon. Several treatment sessions are needed for long term hair reduction, but just one treatment done a few weeks before the wedding will leave you hair-free for few months.

MakeUp - Find that make-up artist who will give you the look that you want on the day! Start collecting bridal reference pictures - internet, magazines - so you can try out different looks, it's amazing how many different styles there are every bride is different. Getting your base right is key to your special day - MAC has a wide selection of foundations in lots of textures, go see them and have a play around.





It's time to start thinking about the kind of look you want to wear.

Fitness - 3 months is a more reasonable time which gives the couple to sit with a fitness consultant and determine the "problem areas" and fitness goals. The approach will be three-pronged - Diet Plan will entail having six to seven small meals - every 3 hours as far as possible. Remember an apple by itself is a meal. If the bride/groom has no excess fat, they can continue to have regular meals keeping in mind however that they have only rice for lunch and any other cereal for dinner. Also a multi-vitamin-multi-mineral supplement every morning after breakfast is recommended.

Exercise should be a combination of weights and cardio. Weights will enable some muscle tone and lead to a better figure. Cardio will enable fat loss. A 3-month period can easily be split into two or three training cycles so that the trainer has the opportunity to work on the entire body including the problem areas. 30 minutes of cardio and another 30 minutes of weights 4 days a week is ideal. The other 2 days can be visits to a Spa.

3 months is a reasonable time to increase the intensity of exercise too. It is important to remember that exercise means applying a level of effort and intensity which is higher than what we usually exert in daily life.

Hair - Part correction with medicine and hair filler is what one can go for in case of balding. Hair fillers like Hairouse or Toppik or Nanogen are very popular amongst models and celebrities and serve as an ideal option for adding volume to the hair in seconds. They are perfectly safe to use since they do not have any chemicals components. The average cost of a pack of Hairouse/Toppik/Nanogen ranges from Rs.1200 - Rs.2000 can be used 10 - 12 times.

Skin - Fillers make beautiful plump lips and fills fine lines. The hyaluronic acid is injected into the unwanted lines (for example, laugh lines) or the lips smoothing and plumping them out for several months.



Every 2-4 weeks, Microdermabrasion (Skin Polishing) and light chemical peels can help recover your shiny, taut facial skin, making it a perfect palate for makeup with no nasty nooks and crannies, and a more even skin tone with diminished lines and wrinkles. Don't forget the neck, chest and back areas if your dress is low-cut. Peels can do wonders for spotty, rough skin.

Treat yourself with regular manicure, pedicure and hair treatments. Consult a doctor for excessive hair fall.

MakeUp - Pick out your shadows and foundations early, and practice with

are going to get a make-up artist, have a practice run-through to make sure you like it.

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Keep up with your strict grooming regime! It's a good idea to keep a facial mist atop your desk or handy in your handbag to sooth, hydrate and refresh tired, thirsty skin throughout the day - especially if you work in an air-conditioned office. Even if you're starting to feel stressed or nervous, keep your alcohol intake to a minimum as it's terribly dehydrating for both your skin and hair.

Fitness - Not much time really to go for a figure sculpting regime! In this situation, the bride/groom should focus on these issues: Get onto a sensible diet at once. These six steps will be effective in flushing out excess fluids and fat. Remember, it is fat which matters - not what one's weight is!

- 1) Give up wheat and all other cereals and products - e.g. biscuits, cornflakes, idlis, etc.
- 2) Give up milk, butter and cheese.
- 3) Go easy on desserts and sweets.
- 4) Have lots of fruit in the mornings - until 12 noon.
- 5) Have lots of vegetables and pulses.
- 6) Give up non-vegetarian food for the month-long period.
- 7) Drink about 2 liters of water daily.

On the exercise front, do about 30-40 mins of cardio at least thrice weekly. Walk at a speed which makes you slightly breathless - we burn fat only after we deplete oxygen on our body. If the bride/groom is not used to intense exercise, there is no point in joining a gym this late. It is advisable to do this "cardio" in the mornings on a light stomach - one tends to burn more calories in the mornings.

Two weekly Spa sessions are recommended - the massage preceded and followed by a short stint in the steam room. This is great for toning the skin and helping add sheen to the skin.

A detailed medical check-up by both the bride and the groom at this stage is important. Medical conditions will decide the diet as well as exercise and in the Spa.

Hair - Dandruff can still be treated at this stage. As for thinning hair start using a voluminising shampoo and hair fillers are the only option. Colour hair in case they are graying. It would also add a dash of glamour! For frizzy hair one can opt for temporary straightening but remember weak and frizzy hair tends to break easily.

Skin - With all the stress, do you look like you're frowning when you're not? Botox can be put into those "Number 11" lines between your brows and the crows feet at the side of your eyes, 2 weeks before the event so you'll look totally relaxed for the wedding and photos. It can also be used to relax smile lines around the eyes and furrows on the forehead.

If you decide not to go the long term route with Laser Hair Removal, have a professional esthetician wax your arms, legs, bikini line and underarms.

And finally, the key is to relax and just enjoy everything around... it's finally the inner happiness which will actually make your skin glow on the final day!

MakeUp - You will have had your make-up trial - make sure you have all the necessary cosmetics, products bought or that your make-up artist has them ready for your big day. Make a little emergency kit bag for your big day - eye liner, lipstick/gloss and compact should be enough for a quick touch - assign this duty to a friend who will be there with you or if your make-up artist is there all day. Get yourself a manicure and pedicure and choose a colour that will go with your outfit. Not only will this relax you but will give you a chance to try out the nail look that you are happy with. You may need a little help with Gel nails, so now is the time to get them on.

And finally, the key is to relax and just enjoy everything around it's finally the inner happiness which will actually make your skin glow on the final day! **SS**

Top 10 must haves in the bride's bag:

1. Waterproof mascara
2. Eyeline Gel for definition and staying power.
3. Lashes - individual or full to open the eyes.
4. HighBeam for instant highlighting.
5. 4-8 hour Cream to keep the lips smooth.
6. Woodwinked Eye Shadow, applied alone or in colour combination.
7. Creme Blush in Pinks and Bronzes.
8. Colour Stay Lipstick
9. Brow Fix to keep brows in place.
10. Concealer Pot.
11. Blot Powder for all important touch ups - in medium, dark and deep dark.

