



WEDDING BELLES

From floral hair accessories to spa-inspired stag-do's, this is what the brides and grooms of 2018 need to know.

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**IF BRIDES DO WANT
HAIR GLITZ SUGGEST A
SMATTERING OF SPARKLE
WITH PEARL PINS OR
A SUBTLE STREAK OF
GLITTER UNDERNEATH
THE HAIRLINE**

Modern romance is the order of the 'big' day right now... pearls, sleek sleeves, muted-coloured suits and Boomerang-ready embellishments are all set to glide down the aisles this wedding season. But what about the hair and make-up? We reveal the beauty and grooming trends all couples will be wooed by in 2018.

COUTURE COMPLEXION

Taking inspiration from the bridal couture shows, make-up is going back to basics; think fresh skin, flushes of blush, touches of taupe sculpting and just enough glow. Contouring has a time and a place but it's not the aisle as it's a trend the experts agree has a high risk factor of looking dated. That doesn't mean bland and boring make-up, though. At Amsale, wearable, low maintenance semi-matte berry lip stains were showcased while at designer Oleg Cassini, fluffy brows took centre stage. Eyeliner never goes out of fashion and this season it's fine and subtle rather than flashy flicks. Think refined not retro.

SAY I DO TO A 'DO

Traditional buns and tight curls are making way for textured chignons a la Lela Rose and loose, natural waves thanks to Marchesa Notte. And when it comes to enhancing these hair looks it's all about mini florals (the smaller the prettier) and romantic ribbons, rather than flashy diamantes. If brides do want glitz suggest a smattering of sparkle with pearl pins or a subtle streak of glitter underneath the hairline that glints in the light.



Treatment time

Even the most low-key clients will be tempted to step up their self-maintenance regime prior to the big day and these are the new treatments they should be trying...

GLOW TO GO

Crystal Clear H2O Glow Facial

(from £75 for 60 minutes, crystalclear.co.uk)

Delivering a concentrated boost of freezing cold oxygen to the skin to rejuvenate and invigorate skin cells while a micro roller creates hundreds of tiny channels in the skin, the moisturising hyaluronic acid based skin infusion reaches deep down into the epidermis. Instant radiance ensues.

STRESS LESS SKIN

ESPA Skin Radiance Facial

(from £90 for 90mins, espa.co.uk)

Stress causes flare-ups and breakouts which is every bride's nightmare. This relaxing but effective facial uses oils packed with antioxidant microalgae cell extract to smooth, white truffle extract to help boost elasticity and coconut oils to strengthen the skin.

FUSS-FREE, FUZZ-FREE

SmoothSkin Bare

(device from £199, smoothskin.com)

One of the fastest IPL devices on the market this offers unlimited flashes and can treat the whole body in just 10 minutes. To be used once a week, in a month brides will have smooth, fuzz-free limbs that are crying out for a beach honeymoon.

LASH LOVE IN

Lash Perfect Semi-permanent Lash Extensions

(from £45, lashperfect.co.uk)

False lashes are every bride (and make-up artist's) best friend. Adding volume, length or both, this iconic treatment has longevity, a natural finish and appeals to women of all ages.

TAILORED TANNING

Sienna X Bridal Tan/Man Tan

(from £17, sienna-x.co.uk)

Tans give every couple a confidence boost and Sienna X have launched a Man Tan solution specifically for guys who want to look as glowing as their plus one.



LET'S HEAR IT FOR THE BOYS

Beards are still trending but for 2018 grooms need to ensure they look dapper not disheveled by keeping their facial hair neat and well manicured. Cover-up and concealers are no longer taboo and unruly eyebrows are being tidied up with a barbershop trim and gent-friendly brow waxes and gels from brands like Tom Ford.

Men are also wising up to the importance of pre-wedding prep. Facials, fake tans and manicures are all becoming more appealing to the style-savvy man so make sure you have male-friendly options on your menu. There's even a growth in spa-inspired stag-do's. At Drakes of London (drakesoflondon.com), men can book in for the Chill Out Package, that includes a 30-minute massage followed by a one hour Drakes' signature facial, with bespoke grooming for every stag.

MEN ARE ALSO WISING UP TO THE IMPORTANCE OF PRE-WEDDING PREP

Here comes the (royal) bride

As well as the catwalks, couples getting hitched this year will be itching to see what unfolds at the Royal Wedding in May when Prince Harry marries Meghan Markle. At this stage it's just hearsay but it's been widely reported that the bride-to-be is a big fan of facial massage so she'll no doubt be booking in for a course of glow-inducing treatments leading up to her big day. Danielle Collins of Face Yoga, (faceyogaexpert.com), likes using The Owl technique on brides as it contours the whole face minus the make-up.

"Make a big C shape with your thumb and index fingers," she says. "Place your index finger just above and parallel to your eyebrows and your thumbs on your cheeks. Start to pull down with the index fingers while

trying to raise your eyebrows and making the eyes wide. Hold for two seconds, relax and repeat again. Do this three more times, before holding this position for ten seconds to finish."

Despite becoming a princess, there's nothing regal or ceremonial about Meghan's hairstyles. "Meghan's first royal engagement of 2018 saw her rocking an effortlessly chic bun tied at the nape of her neck with some loose tendrils round her face," says Jay Birmingham, Celebrity Stylist and Owner of Jay Birmingham Hair. "I think this sense of undone opulence is definitely something we can expect, she may even add an edgy diamond hair-piece."