



ROCHELLE HUMES

Rochelle's cinched in waist for her big day was the result of good old exercise. 'Rochelle has often been quoted as not being a fan of crash dieting, so you can bet she got her enviable waistline from hard work and serious dedication,' says David Jordan, founder and personal trainer at The Fitting Rooms. 'I'd expect she did mixture of HIIT – high intensity interval training – weights and cardio, paying specific attention to the core. Brides can still get great Rochelle-style results at home with exercises like planks, leg raises and oblique crunches. For maximum wow-factor, try working in circuits with 45 seconds on each set, resting for 20 seconds between each exercise.'

SERENA WILLIAMS

Tennis ace, Serena said 'I do' last November in a lavish £2.6million wedding dress. But what the fashionistas commented on most were her fabulously shaped eyebrows. 'After openly sharing her journey of growing out her brows for a whole year, Serena's new thicker, shaped brows looked a true knockout on her wedding day,' says celebrity brow shaper, Samantha Trace. 'If you need to grow out your old shape, aloe vera works wonders as it contains aloenin which promotes hair growth. Or try techniques such as microblading, which uses tiny micro needles to mimic real hairs and create that bold brow look instantly,' says Samantha. Invest in a good pair of tweezers like Tweezerman Expertweeze, £30, which have an LED light for super-precision and pluck only where needed.



Face Time

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