



MENU: 6 DAYS TO GO

Breakfast Eggs on toast spread with yeast extract, a bowl of natural yogurt with honey, a glass of orange juice and ginger tea. Today's menu is the perfect pick-me-up if you're starting to feel run down after months of preparations or if you've been out for a drink the night before (in which case, add more fruit juice).

Lunch Hummus sandwich with a watercress and tomato salad.

Dinner Lamb chops or vegetarian grill served with brown rice, cabbage, red onions and chopped mint.

Snacks Fruit salad of orange, kiwi fruit, strawberries and melon. An apple or pear.

Before bed Toast and honey.

Drinks Drink lots of water and fruit juice throughout the day.

Above Take time over your facial tonight. It's the last one you'll have before your wedding day, so make it a luxurious ritual. Bask in the fragrance of rose petals and the stimulating freshness of herbs.

Left After your facial and the rare luxury of a full-body bridal mask, take time for a relaxing bath before going to bed. Warm is better than hot, as it promotes restful sleep.

final beauty check & corrections

- Has your skin tone changed since your wedding make-up practice session? Even without a tan, your skin is likely to have a warmer colour in the summer, whereas winter skin is pale and cool. Check now to see whether you need to adjust your make-up.
- Has the shape of your face changed - for example, has weight loss made your cheekbones more visible? You may require subtly different contouring.
- Do you tend to blush or go pale with emotion? Use a little colour-corrective make-up or blusher. Also take into account your reaction to heat, if the venue full of friends and relatives is likely to be hot.
- If you're marrying in an exotic location, take account of the different climate and conditions.
- If you need to use camouflage make-up, for a scar or a tattoo, have you had a trial run?
- Has sunny weather left tan lines on your chest or shoulders? If you exfoliate thoroughly and stay covered up, they may fade before the wedding. Meanwhile, practise with foundation and powder.
- Are your nails in good shape to be shown off? If not, don't risk trying false nails now if you haven't tried them before. Just smooth off the nails, use lots of hand cream and paint them with clear polish instead of coloured.
- Is your hair the right length for the hairstyle you've chosen? If you need a trim, do it now so that it's settled down before the day. But if you were expecting it to have grown more than it has, now is the time to practise an alternative style.