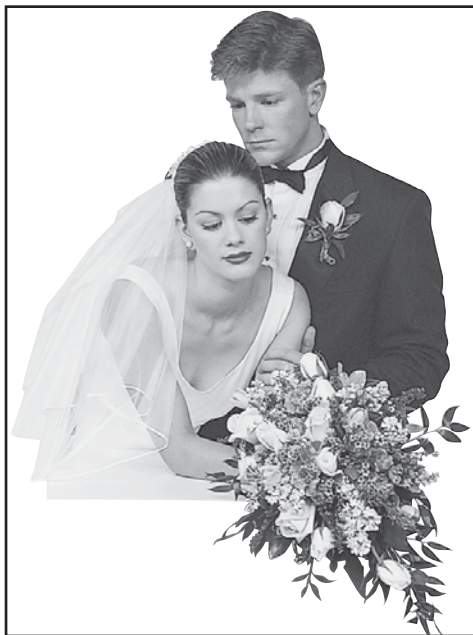


BRIDAL BEAUTY COUNTDOWN:

Start early to perfect your wedding day



BEGIN A PERSONAL BEAUTY countdown as you start planning your nuptials to ensure you'll look your wedding day best.

(MS) — So much to do, so little time. If you thought you were busy before, just wait until you start planning your wedding. With so many choices to make, it's a small wonder most brides-to-be begin planning their nuptials 12 to 18 months before their special day.

And while making all those big decisions may seem like a full-time job in itself, it's important not to forget that the best way to ensure that you'll look your most radiant for your walk down the aisle is to start a personal beauty countdown at the same time. Here are some ideas to help get you started:

Skin — By preparing for your wedding day far in advance, you'll also have ample time to address skin imperfections

like acne marks and scars.

Now there's no need to worry about these flaws spoiling your wedding photos. Raised or discolored scars can appear flatter, softer, smoother and closer to your skin's natural texture and color by using a product like Sudden Change Scar Zone. Available at most drug, food and discount stores, it's formulated with both moisture-retaining liquid silicone and SPF 15 sunscreen. A unique, plastic surgeon-tested topical vanishing creme, it helps soften and smooth when massaged into the scar daily. Its SPF 15 sunscreen helps prevent the discoloration and redness that exposure to the sun can inflict on sensitive skin.

HEALTH

Hair — Consult with your hairdresser six months in advance about styles you're considering. At three months prior, have an in-depth discussion with your stylist about options that best suit your dress and headpiece. Finalize the look with a "test run" six weeks before the big day. Schedule color, perm or relaxing touch-up appointments for two weeks prior.

Face — For a clear, glowing wedding day complexion, begin monthly facials. Six weeks prior to the wedding, increase the frequency to weekly. To further improve the appearance of your skin, increase the amount of water you drink every day and remember to cleanse, tone and moisturize twice daily.

You might even try a weekly exfoliant or skin-refining facial. Three months before the wedding, consult with a professional makeup artist to determine which products and looks will work best for you. "Test run" your makeup one month before the special day.

Hands & Nails — Beautify and strengthen your nails with weekly manicures up to a day or two prior to the wedding. Use a nourishing nail formula like Nutra Nail 5 to 7 Day Growth to help stimulate growth and condition nails. Pamper your hands with exfoliating treatments, and a week prior to the wedding, try a conditioning hot oil or paraffin treatment. With advance planning, it's easy to transform your skin, hair and nails into their wedding day best.

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