

# Beauty tips for the bride

By **KAREN CALDWELL**  
Copley News Service

The hall has been reserved, the flowers ordered, gowns fitted and limos rented. The last thing for the bride to do is make an appointment to have her hair done on the morning of the wedding. Right?

Wrong, according to New York hair-stylist Charles Nicholas. Just as all of the other arrangements that must be made in advance of the wedding day, a bride must prepare early to look and feel her most beautiful and confident.

"The biggest mistake a bride can make is to wait until the last minute to decide on her wedding day hairdo, and then end up with a style radically different from her everyday look," Nicholas said. "For instance, if a girl has straight bangs and hair all one length, she shouldn't suddenly have a mass of curls on her wedding day. People won't recognize her. It's more important that she be herself than an actress wearing a wedding gown."

No matter what the style, it's essential to have healthy hair to make it look its

best. But creating healthy hair takes time.

"Two months before the wedding I would start to get my hair in shape," said Nicholas, who has styled American and European brides for 20 years. "The first step is to select a particularly good shampoo and conditioner system.

Then arrange a consultation with a hairdresser. Have one or two cuts by this person so that the two of you can gauge exactly when you should have your last cut. Notice how soon after a perm, chemical straightening or cut you like your hair best, then time your final visit accordingly."

Another beauty preparation that should begin long before the wedding day is appropriate lip care. After all, a wedding can be a kissing marathon, so it's important for a bride to get her lips into condition. Dry, chapped lips will not make for beautiful photos - or for a happy husband.

"Your wedding day may well be the most important day of your life to look your best but, because of increased stress, herpes simplex blisters could

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# Rings

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available in engagement rings, diamonds are the most popular. The American Gem Society lists four basic considerations to help select the best diamond for your intended: cut, color, clarity, and carat weight.

- **CUT.** Even the biggest diamond will have less value if it's cut incorrectly. If the stone is cut at the wrong angle, light will not be reflected properly and the diamond will not sparkle.

- **COLOR.** While there are rare diamonds that are very valuable because they have an unusual color, absence of color, is what makes most diamonds valuable.

- **CLARITY.** This term refers to any marks, bubbles, clouds or scratches inside or on the surfaces of the diamonds. Any flaw will have some impact on the value and beauty of the stone, but the impact depends on the size of the imper-

fection.

- **CARAT WEIGHT.** The price of a diamond is determined not so much by carat weight but by its cut, color, and clarity. A smaller, higher quality stone, will be worth much more than a larger, badly cut or yellow-hued diamond.

- If there is no engagement ring, get stylish with the wedding band. Patterns and diamonds are good choices when the focus is on the wedding ring only. This is a very popular choice for second marriages, Fleming said.

- Two bands can be better than one. Two narrow wedding bands on either side of an engagement ring look beautiful and balanced.

"A wedding ring is not like costume jewelry," Fleming said. "You wear it every day for years. Make sure you trust your jeweler and that you make a selection you can live with."

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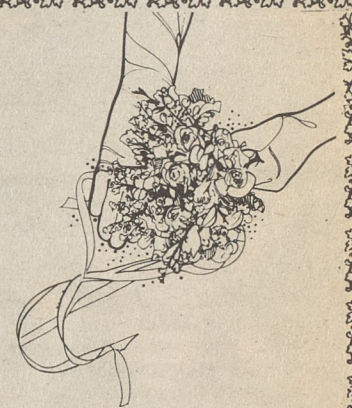
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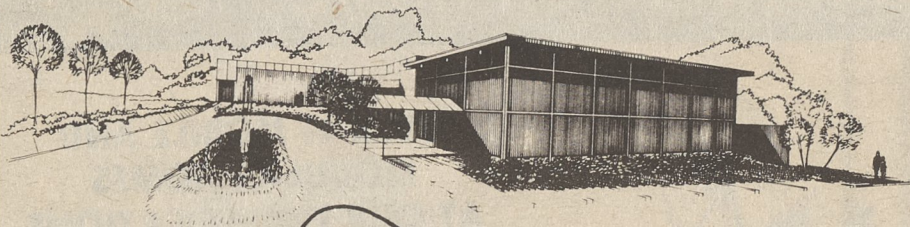
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