

Cosmetics and diet before wedding

The fact that the bride wants to look beautiful on your wedding is a matter of course. So how to avoid situations in which the wake of time on the reaction hypersensitisation, and our bare arms and décolletage dress is covered in red spots?

Cosmetics before wedding

A large number of women getting ready for the wedding decided to use the aid . Contracting for wedding make-up date for the exercise, it is necessary to find a stylist to whether she is working on their cosmetics, and cosmetics clients. If the stylist is working on its own hardware, you may arrange a make-up trial, which will not only test the proper make-up, but will also see the reaction of the skin. Even the best cosmetics can cause allergies. Once the stylist make-up trial, it is better not to come and rinse it with him all day - only then can we assess whether they can be properly kept and that there are no ill effects on our complexion.

Similar care should be taken for individual performance of makeup and body care treatments. New balms, creams and shower gels, even better to leave for a period of postnuptial, or try them on at least one month before the planned wedding.

Diet before wedding

For a period of approximately two weeks before wedding not to make any diet changes. Of course, if you eat less concerned with the problems and fasten dresses, but try not to test any new food products - trust in brands you know and buy for years. One new bar combined with a tendency to allergies and reduced stress resistance by the organism may lead to allergy reactions, the treatment can be lengthy and will introduce an additional voltage to the already each Miss Young.