



Red Carpet Radiance

on your wedding day

What bride doesn't dream of flaunting flawless skin on her wedding day? After all, it's the biggest event of your life. Trina Renea, owner of Facial Bungalow in West Hollywood and L.A.'s go-to skincare specialist for celebs getting red-carpet ready, compares this very special occasion to the Oscars. "You're the center of attention, and so you want to look and feel your absolute best," she says. "And if your skin doesn't look good, you don't feel good." So how do you lay the foundation for a gorgeous big-day glow? Take cue from Renea's bridal beauty dos and don'ts. By Isabelle Gullö

DO get on a serious routine of monthly facials at least six months before your event and stay consistent with a daily home-care routine of exfoliation and hydration to ensure clear skin.

DON'T skimp on your skincare budget. Set aside between \$1,000 and \$3,000. It's worth the results.

DO drink 4 to 8 cups of water a day. Flavor it with fresh cucumber to tempt your taste buds, or better yet, eat the cucumber itself. At 96 percent water and packed with nutritious minerals, it will give your skin a boost from the inside out.

DON'T switch products. It can upset your skin and undo the progress you have made.

DO exfoliate, cleanse and moisturize your skin every night before bed.

DON'T stress. It weighs on your skin. Try yoga, meditation, massage—anything that lowers cortisol levels.

DO grind up or muddle a cucumber and apply it as a mask. Rich in vitamin C and caffeic acid, it soothes skin and eases puffiness.

DON'T forget to wear sunscreen every day. It will protect your skin from sun damage and dark spots and keep it evenly toned.

DO use serums. They penetrate deep into your skin, providing hydration and nutrients. Use hydrating gel masks to keep your complexion soft and dewy.

DON'T do a cleanse or detox within six months of your wedding day. It can make you break out.

DO the facials and prep your skin in your hometown, not at the wedding destination. Remember, the therapist doesn't know your complexion. Get your last treatment before you go, and take products with you.

DON'T try anything new, like waxing your face close to your wedding day. You can tear your skin or cause a breakout.

DO wash your face the night before, using your creams as usual. The day of the event, wash your face with only water, then towel dry, put on your serums, moisturizer and sunscreen.

DON'T hire a makeup (or hair) person without a trial first. Sometimes it takes a few practice runs to get it right where you like it.

DO Use a primer before adding makeup to ensure a flawless finish. Avoid creases on your eyelids by applying powder prior to putting on eyeliner or eye shadow.

Trina Renea's Beauty Bag



Colorescience's Skin Bronzing Primer SPF 20 – Wild to Mild (\$45, colorescience.com) gives a smooth, flawless finish before you apply makeup and feels velvety on the skin. The primer is made with zinc and titanium as well as antioxidant-rich chamomile, grape seed and green tea, which help calm the skin.

Jan Marini Antioxidant Daily Face Protectant SPF 30

(\$48, janmarini.com) protects against UVA and UVB rays and packs powerful antioxidants. It offers cutting-edge microscopic sponge encapsulation technology so you don't look greasy and a superb hydrating complex for extraordinary skin protection and rejuvenation. A great moisturizer and sunscreen in one.



Trina Renea Skin Care's Bye Bye Dry Serum (\$40; facialbungalow.com) is made of pure olive oil, which mimics our skin's natural oil and makes the skin accept it as its own. It repairs dry skin in seconds and will never break you out.



Royal Treatment

Want to know how Hollywood's leading ladies look so fabulous walking down the red carpet? It's called the Skin Maestro. This one-of-a-kind machine from Europe makes your skin look tight, plumped and dewy without a nip, tuck or shot. It uses ultrasonic vibration for exfoliation and deep hydration, minimizes hyperpigmentation and stimulates blood flow and lymphatic drainage. Its microcurrent lifts, tightens and builds collagen and elastin. Plus, an electric current with LED lights helps plump fine lines and wrinkles. "Many clients get this treatment before a big event," says Renea, who offers various Skin Maestro programs at her Facial Bungalow (facialbungalow.com). "If a bride has an unlimited budget, I'd start monthly treatments one year in advance." Why so early? "You have a lot of gatherings to look good for, from the engagement party and bachelorette party to your wedding day," explains the skincare pro, adding, "You'll see an unbelievable transformation that will last at least 12 months after your big day. If you continue to maintain with follow-ups, you will not need a facelift for 10 to 15 years."

"Your skin shows how you feel inside. Take 10 silent minutes to yourself before the ceremony to relieve stress."

—Trina Renea, owner of Facial Bungalow

PRETTY IN BLINC

Imagine a mascara that lasts all day without reapplication and won't smudge, clump or flake—even if you cry or rub your eyes. Blinc could be a bride's best friend (\$26, blincinc.com).

