

MARTHA STEWART

YOU'RE ENGAGED!

weddings

YOUR ULTIMATE PLANNER

Bright ideas for every
detail from **RINGS**
to the **RECEPTION** and
HONEYMOON

\$5.95 USA (CAN \$6.95)



WINTER 2011
marthastewartweddings.com



GET READY GUIDE

Beauty tips for the big day—and beyond

You're altar bound! There's no better time to get your hair in top condition, score glowing skin, and start feeling fantastic—from head to toe. On these pages, learn how to look your best.

TEXT BY *Cara Sullivan*

STILL-LIFE PHOTOGRAPHS BY *Raymond Hom*

SHINY, HAPPY HAIR A week before your wedding, visit a salon for a clear gloss treatment, says Giselle, a colorist at the Susan Ciminelli Day Spa and Salon in New York City. "It smooths hair and gives it an incredible luster that looks great in pictures."



TRIED AND TRUE: FACE WASHES

Moisturizers may get all the attention, but an effective skin-care routine starts with a good cleanser. The wrong formula will dry out your complexion, while the right one will leave it balanced and primed for the next step. Consider these dermatologists' top picks.

BEST FOR DRY TO NORMAL



La Roche-Posay Physiological Cleansing Gel. The no-foam wash contains

poloxamer, an ingredient so mild it's often used in contact-lens solutions. "It doesn't strip the necessary fats from skin," says Leslie Baumann, a dermatologist in Miami. If your face is really dehydrated, cleanse at night when skin is dirtiest, and just rinse in the morning (\$19, laroche-posay.us).

BEST FOR OILY



Neutrogena Oil-Free Acne Wash. Blemishes, beware! This stand-out (the choice

of every dermatologist we interviewed) utilizes 2-percent salicylic acid to treat and prevent breakouts, as well as remove dirt and makeup. "It soothes irritation and clears clogged pores without over-drying your skin," says Debra Jaliman, a dermatologist in New York City. And it can be used twice a day (\$6.50 at drugstores).

BEST FOR SENSITIVE



Olay Foaming Face Wash for Sensitive Skin. Fragrance- and oil-free, this

fluid works up into a soft lather and reduces redness with a blend of glycerin and citric acid. "These gentle ingredients also draw moisture to the skin," says Jallman. To keep skin smooth and soothed, use this wash only at night, and just splash your face with water when you wake up (\$4.50 at drugstores).

BEST FOR ALL



Skyn Iceland Glacial Cleansing Cloths. For those nights when you're too

tired to even stand at the sink, these moistened wipes are a real skin saver. "They remove makeup and exfoliate—all without water," says Anne Chapas, a New York City-based dermatologist. They're also great to stash in your gym bag for pre and post workout (\$15, sephora.com).

