



14.00

Bride versus Groom

The hours leading up to your wedding will be much different for you as the bride compared to your groom. **Sigourney Cantelo** compares her own pre-aisle regime to that of her husband.



09.10



14.10

Sigourney's Wedding Day

8.00 Wake up. I can't believe the big day has finally arrived! I hang my dress in the bathroom so the steam can work on any creases and jump in the shower. I'm careful not to wet my hair - my hairstylist recommended I wash it last night (with Herbal Essences Body Envy RRP, \$5.99 1800 028 280) because sleeping on it will give it the perfect amount of 'grip' to hold my style. I shave my legs and lather up a storm with my favourite fragrance, Narciso Rodriguez for Her Bath and Shower Gel (RRP \$69, 02 9695 5678) - I bought all the products in the range so I can layer my scent. Then, I quickly jump out, I don't want to wash all of my fake tan down the drain.

8.10 I dry off, then follow with the Narciso Rodriguez for Her Eau De Toilette (RRP \$116),

Body Cream (RRP \$97) and Deodorant Spray (RRP, \$78). I feel so totally indulgent!

8.15 My three bridesmaids arrive and we head to the hotel restaurant for breakfast. Even though I've been pretty carb-strict for the last month, I splash out and have some toast with Vegemite to try and settle the butterflies. It tastes amazing - I'm never giving up toast again. Everyone's St Tropez spray tans (1800 358 999) came up beautifully and I'm impressed that none of us have managed to chip yesterday's manicure.

9.00 Hair stylist Lores Giglio from Sydney's Brad Ngata Hair Direction (02 9281 1220), make-up artist Claire Thomson (from Network Agency 02 9698 2299) and their assistants arrive toting suitcases full of lust-worthy cosmetics, which are going to make us all beautiful. Can't wait!

9.10 We sit down with Lores and talk through the look again. I'm having a half up, half down style with soft curls, plenty of body and height in the crown and eight real human hair wefts (Lores is using Original Diva Hair Inserts, RRP \$10.95 each, www.originaldiva.com.au) for added volume. I've decided I want to change my hair from going straight back (which can look severe in photos) to a part on the side. Lores agrees that it will be softer for my face and we talk through the bridesmaids hair. I love the idea of a polished ponytail, so Lores comes up with a 'full and flirty 50s pony' with a section of hair wrapped around the elastic to dress it up. My half up do needs something at the back and somehow I've forgotten to buy any kind of hair accessory for my own

hair. Luckily, I bought three bejeweled hair slides for the girls thinking they may have up-dos, so we decide to use two of them in my hair instead. Crisis averted.

9.30 My maid of honour and I are first to get our hair set while the other girls jump in the make-up chairs. Lores sprays my hair generously with Fudge Membrane Gas (RRP, \$17.95, 1300 764 437) and sets it in several hot rollers. She explains that because my hair is fine this will add texture, volume and 'dirty it up'.

10.30 As Lores finishes my hair, I fight the urge to call Damien and see how he's doing. I have a cup of tea and some fruit with yoghurt. My stomach is going nuts.

10.50 Claire gives me an SK-II Facial Treatment Mask, (RRP \$25, 1800 012 169) to put on for 10 minutes - she says it will give me an added burst of hydration, plump up my skin and prep it so that the make-up will glide on effortlessly.

11.00 My turn for make-up. Claire applies Laura Mercier Primer (RRP \$62, 02 9663 4277) to make sure my make-up will last the day,

"One hour to go and the countdown is on. I go back to make-up for another touch-up."

then she applies Giorgio Armani Luminous Silk Foundation, \$86 (02 9888 7711) which gives the most gorgeous radiant glow. She powders my face with Laura Mercier Loose Powder (RRP \$60, 02 9663 4277) to absorb oil and make it last as long as possible. Then she follows with a dab of Laura Mercier Secret Concealer (RRP \$40) under my eyes. Next a bit of bronzer - Benefit Hoola Bronzer (RRP \$49, 02 9695 4800) is perfect as it doesn't contain any gold shimmer, which can look like a sweaty sheen in photos. Finally a dusting of Bobbi Brown Blush in apricot (RRP \$55, 1800 061 326) onto the apples of my cheeks and then to give my skin that luminescent quality, Claire adds a dab of Becca Shimmering Skin Perfector 'Pearl' (RRP \$66, 02 8399 1274) along the tops of my cheekbones.

11.30 Onto the eyes... Claire starts with M.A.C. Paint in architecture over the lid, (RRP \$35, 03 9825 0101) then contours the eye with M.A.C. eyeshadow in mystery (RRP



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\$32). She lines my eye with Becca Compact Eyeliner with Waterproof Sealer Cakeliner in Barbarella (RRP \$46) and curls my lashes. She applies some individual false lashes to the outer thirds of my lashline which opens up my eyes without looking fake. Finally she applies several layers of Maybelline Full 'n Soft Mascara Waterproof (RRP \$16.50 1300 369 327) to protect against those inevitable tears of happiness.

12pm We break for lunch. I've ordered a bunch of salads from room service and open a bottle of Moët. A glass of bubbles calms me down.

13.00 Time to finish my hair (this is a full scale production!). I jump back in the chair and Lores takes my rollers out and clips in the hair wefts, which she has pre-curved

and sprayed in advance to save time. She sprays sections with White Sands Liquid Texture Firm Hold (RRP \$29.95 available from Hairhouse Warehouse, 03 9234 2200) and hot-tongs them for more curl and body, pinning each curl up and leaving it to cool. Once cool, she takes them out, backcombs sections all along the top of my head to add more height and volume, then parts my hair on the side at the front and pins it the half-up style, finishing with Fudge Skyscraper Hairspray (RRP \$10.95, 1300 764 437).

14.00 One hour to go and the countdown is on. I go back to make-up for another touch-up before I get into my dress. Claire goes over my eyes and we choose a lipstick - Chanel Rouge Allure in fabulous (RRP \$48 02 9900 2944) which she gives to my bridesmaid for touch-ups. We're all ready. The girls look so amazing I tear up. Claire tells me to tilt my head back and blink when this happens.

14.15 The girls help me get into my dress (breathe in!) and Lores pins my veil in. Shoes on and we're almost there.

14.30 As I pose for photos with the bridesmaids, Claire and Lores are on hand to keep every hair and lash in place. Now I know why celebrities always look so perfect - having a pamper posse makes a huge difference!

14.45 Dad arrives and things get even more emotional. Blot eyes carefully with tissues and sip some more champagne.

14.55 We do final touch-ups and head off into the sunshine to make the big entrance! I've never felt more beautiful.

Damien's Wedding Day

8.00 Sleep...

9.00 Still sleeping...

10.00 Wake up, remember that I'm getting married today. Text Sigourney to tell her I love her - it is her day after all.

10.10 Have a shower. No need to wash the hair (I did it a few days before, to avoid the fluffy 'just washed' look).

10.20 Shave VERY carefully, not going for the Norman Gunsten look today. Rub on some Pevonia Botanica Soothing After Shave Balm (RRP \$91, 1800 069 116) to avoid razor burn.

10.40 Apply Gucci Pour Homme cologne (EDT 50ml RRP \$87, 02 9695 5678) and matching deodorant (RRP \$38) - Sig's favourite.

10.45 Towel-dry my hair then put on some

BRIDE'S BEAUTY PREP

It's likely that as a bride, you'll do most of your beauty preparation before the big day. Here's a breakdown on which treatments to schedule when...

One day before: Manicure and pedicure. Choose a super pale pink hard-wearing polish like Essie 'Ballet Slipper' or O.P.I 'Bubblebath' and make sure your nail technician applies a top coat.

Two days before: Spray tan. Do it in the evening and wear it overnight. This will give it time to fade a little but not so much that it gets patchy. St Tropez gives a natural colour, go for two coats if you want to look bronzed.

Three days before: Brow shape and hair colour. Giving your colour a few days to 'settle' is a wise decision, this will also leave enough time if you need to fix it. Avoid drastic changes this close to the wedding.

Four days before: Microdermabrasion. A deep exfoliation like this will ensure that any clogged pores are clear to stop blemishes from forming and your complexion is radiant for the big day.

Five days before: Hair cut and second hair trial. Have your hair cut and then make sure your stylist knows what they're working with to avoid any surprises on the day.



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hair product - I always use Sebastian Crude Clay because it doesn't feel waxy or greasy.

11.00 The boys arrive and we exchange gifts - I've bought them Orotan cufflinks to thank them for all their hard work.

12pm We head to the local pub to meet the rest of the boys for lunch. I go easy on the beers - I've got a long day ahead.

14.00 Head back to the hotel to get suited up. I put my shoes on before my shirt to avoid crushing it while tying up the shoes. I use a Windsor knot for that extra classy look. Re-apply the Gucci after shave and check my hair is looking sharp.

14.30 Have a bottle of Veuve with the boys while we finish getting ready. Check my hair again - all good - and we're ready for the main event.

