

# Flawless and bright skin on D-day!

Who doesn't want a flawless glowing skin all year through? The intensity of the desire magnifies ten times, when it is the bride herself. Of course, there is the makeup artist who can work her magic but then again there is almost no alternative to good skin. The makeup needs to be washed off sometime, even if it's the next day, then what? So, for the ever intelligent it is better to take care when there is still time.

## GET ON THE SKINCARE BANDWAGON AS EARLY AS POSSIBLE

Get appointment with an aesthetician or a dermatologist to address any skin issues that you have been facing including acne, hyperpigmentation or fine lines – ideally six months in advance. The doctor will help in customising a month-by-month regimen to help attain the perfect skin goals.

## HOME SKINCARE ROUTINE MUST BE ADDRESSED

While the doctor will definitely take care of particular skin issues, it is also necessary to take special care at home helping to achieve great results. Skin experts swear by the term hydration. Most of them state that water is a huge contributing factor behind healthy skin. Apart of this common factor,

another major factor is maintaining a strict hygiene and skin care routine including a face wash, toning and moisturising.

## WHAT YOU EAT IS VERY IMPORTANT

Superfoods like bananas, avocados and blueberries do tons of good to the body as well as the skin. What we consume directly affects our hormones and affects inflammatory conditions like acne. So healthy eating and clean lifestyle is definitely a must before the wedding day.

## GETTING REGULAR FACIALS

Face massages are really important getting the blood flow to move where you want it. Massages help enhance the delivery of oxygen and nutrients to your skin cells increasing in collagen production and creasing the amount of fluid retention in one's face.

## Masks for that WEDDING GLOW

### HONEY FACE MASK

Best suited for all skin types, the naturally moisturising honey mask helps lighten skin tone and cleans the pores, leaving you glowing.

### PREPARATION AND APPLICATION

Rinse face with lukewarm water and apply honey all over for twenty minutes. Remove it with a wet towel or sponge soaked in warm water. Then wash with cold water as it helps close open pores of skin.

### TURMERIC AND SANDALWOOD FACE MASK

An easy and fast way to get a long-lasting and instant glow, this face mask helps to cure pimples and acne.

### PREPARATION AND APPLICATION

Mix one tablespoon sandalwood powder with one tablespoon turmeric powder and three tablespoons rose water, wash after 20 minutes of application.

### OATMEAL FACE MASK

An oatmeal mask has a drying effect on skin and absorbs extra oil from the pores and also cures itchiness on the skin and several other skin problems.

### PREPARATION AND APPLICATION

Blend oatmeal and add hot water to it, the paste thickens in a few minutes. Add a teaspoon of honey, a tablespoon of lemon juice and two teaspoons of yoghurt.

Apply this paste evenly on your face, when the facial mask completely dries and tightens around your skin.

Rinse it with lukewarm water.

There are tons of masks like the above, that can be used for that perfect flawless skin. When you don't have to worry about skin conditions then you can definitely concentrate on more important issues like the fun photography and enjoyment with friends.

**By Fashion Police**

**Facial mask recipes: Collected**

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