

BEAUTIFICATION: THE ABRIDGED VERSION A SIX-MONTH SCHEDULE TO MAKE THE PRETTY EVEN PRETTIER

BY AJA MANGUM

FEW OCCASIONS IN YOUR life will provoke quite the same exacting pursuit of beauty as your wedding. It's impossible to avoid the limelight—from the walk down the aisle to the final spin around the dance floor, you're the star of this show—so cast modesty aside and embrace it. But why spend an entire year putting yourself through stringent diets and workout routines? Expedite your transformation. Below is a countdown that's half as long, half as daunting as most, yet still sure to address your most pressing needs: clear skin; shiny hair; lean, graceful limbs. In New York, mecca of beauty and fitness influentials, a bride can get prettier, quicker.



6 MONTHS BEFORE

⦿ Overtweezing is the most common brow ailment, so allow brows enough time to grow in completely—it's essential to correcting previous mistakes. Once you've done so, **visit Ramy Gafni, grooming guru, to reshape brows according to your bone structure and facial shape** (from \$35; discounts for bridal parties of four or more). 39 E. 31st St.; 212-684-9500

⦿ According to dermatologist Dennis Gross the top complaints among brides are face and chest breakouts, dull complexion, sun damage, and hyperpigmentation. **To reduce the appearance of enlarged pores, scars, fine lines, and rosacea, try a monthly alpha-beta peel** (\$225 per fifteen-minute face treatment). 105 E. 37th St.; 212-725-4555

⦿ While many gyms offer gimmicky wedding workouts, to truly get your

body into shape **enlist a reputable personal trainer like Peak Performance Fitness' Dominique Hall.** The USA Weightlifting Club coach pushes bridal clients to the limit with a combination cardiovascular and weight-training program (\$120 per hour). 54 W. 21st St.; 212-229-3670

⦿ Supplement your workout regime with three weekly sessions at Erika Bloom Pilates Plus. **Bloom offers private apparatus sessions (\$90) and group yoga classes (\$22) to give brides a long, lean look, relax their mind and body, and improve their posture.** "A bride's posture affects the way she looks as much as all other things," says Bloom. "Standing tall with open shoulders and a long neck makes a bride look more fit." 795 Madison Ave.; 212-288-3410

⦿ Hillary Baron Irwin, a registered dietitian, works as a wellness coach at Exhale Spa, but she also has

a private side business, Simply Beautiful Bride, that caters exclusively to brides. Clients love her results-oriented approach and patient, supportive personality. **Irwin creates personalized plans that factor in your favorite foods;** if giving up pizza is out of the question, she'll find you the healthiest slice in the city. An initial consultation is \$195; 60-minute follow-up sessions start at \$150. Sessions can also be done by telephone if you're too busy picking out floral arrangements to meet with Irwin in person. 917-439-8328; simplybeautifulbride.com

4 MONTHS BEFORE

⦿ To minimize cellulite ripples and dimples, skip the creams and lotions in favor of non-needle mesotherapy sessions at Smooth Synergy, one of the few med-spas in the city that offers this treatment. To start,

Beth Parker will exfoliate your skin with microdermabrasion and then use a Transderm machine, rather than a needle, to penetrate skin. The treatment lasts fifteen minutes, and the only discomfort you may experience is a slight pinching (\$400). 686 Lexington Ave.; 212-397-0111

⦿ For small areas, like your chin or upper lip, hair can be removed by laser in four to six sessions, with two weeks in between each treatment. However, depending on the area and your hair and skin type, now is the time to set up **an appointment with Dr. Stephen Bracci to discuss which of his four types of laser treatment will deliver the best results** (from \$199 per session). 216 E. 50th St.; 212-888-3003

3 MONTHS BEFORE

⦿ Consultations at the Ted Gibson salon are free unless they're with Gibson himself (\$150).

KEY TO SYMBOLS: **⦿** hair **⦿** skin **⦿** teeth **⦿** makeup **⦿** body **⦿** hair removal