



## TERRIFIC TOOTSIES

Take your pick from **SANCTUARY** spas (sanctuary.com) in London's Covent Garden, Richmond, Bristol or Cambridge and book in for the totally luxurious Perfectly Polished Pedicure, £45 for 55 minutes. For feet sporting strappy sandals on the big day, the hard-skin-busting exfoliation will reveal the soft and silky heels of a teenager, while attention to nails and cuticles, along with a final application of varnish,

will leave toes beautifully polished. **Keep up the good work:** Make sure you pick up Sanctuary's Moisture Rich Foot Butter, £5.25, and Luxury Foot Polish, £5.10, while you're there to keep you feeling beautifully polished for longer.



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## FUZZ FREE

If you're looking to get yourself polished to perfection, but need to do it on a budget, log on to **proskinclinics.com**. There are eight clinics around the country and prices for waxing start at just £15, while facials start at around £49. Laser hair removal is good here too, as the clinic uses cynosure elite laser heads so all skin colours can be treated. A half-leg is £129, and you'll notice the difference after just one session. A course of six sessions is recommended to remove fuzz for good.

**Keep up the good work:** Skin can be sensitive to sunlight after the use of lasers, so apply cream with a high SPF when you jet off on honeymoon.

# 10 TOP-TO-TOE BRIDAL BEAUTY TREATMENTS

*Whatever your bridal beauty bug bear, rest assured there's a treatment to zap it into oblivion. Here are a few of our favourites*

Compiled by Vic Black

## Complexion Perfection

Anyone who knows a thing or two about beauty will have heard of, or perhaps even regularly books into, **SARAH CHAPMAN's** clinic for a rejuvenating facial (sarahchapman.net). The how-long Skinesis Bespoke Facial, £140 for the first visit and £125 thereafter, uses all Sarah's advanced cosmeceutical products, along with her trademark massage techniques, to create one of the most luxurious and sought-after treatments in London. **Keep up the good work:** Don't leave the clinic without Sarah Chapman Overnight Facial, £45, and Sarah Chapman Facialift, £25.



Skinesis Overnight Facial, £45. SARAH CHAPMAN



## NON-SURGICAL FACELIFT

Not for the squeamish, but booking a session of **BEAUTY ACUPUNCTURE**, £225 for an hour, with John Tsagaris (john-tsagaris.co.uk), and having lots of micro-fine needles inserted into your face, creates the look of a facelift even after just one treatment. Each insertion is dealt with as a tiny wound by the body, which does all it can to heal the areas. This heightened activity within the skin will instantly plump up your complexion and give you a youthful glow. It also helps to increase the production of collagen so there are long-term benefits too. If you have sensitive skin, there can be some bruising afterwards, so make sure you have this done at least two or three days before you get married.

**Keep up the good work:** Nelson's Arnica cream, £6.99, will help heal your skin after the treatment.

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