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Extreme Bridal Beauty

A little mani, pedi and makeup and you're all set to get married, right? When it comes to looking perfect on the wedding day, some brides go to extremes, but treatments from microdermabrasion to cellulite massages are becoming more popular pre-wedding rituals. Even tattoo removal (especially of the name of a man other than the groom) is a popular pre-wedding procedure, says New York - based dermatologist Neal Schultz, founder of DermTV.com. or, The bride may also book appointments with her bridesmaids or mother to get facials or injectables, as a group bonding activity that beautifies, says Dr. Johnny Salomon of Miami.

Whether you want lush lashes or sun-kissed skin, get the rundown on what you need to know before you book an appointment.

Teeth Whitening



A good dentist can help your pearly whites to sparkle even more on the big day. Any complex dental issues should be addressed as soon as possible, but see your dentist for professional teeth whitening three weeks before the wedding, says Dr. Timothy Chase in New York.

Many in-office systems use a laser to activate a gel that gently penetrates the teeth to remove stains, leaving your teeth six to ten shades whiter. Follow up the treatment with an at-home treatment for the next two weeks (your dentist can help you choose the best fit), then schedule a professional polish the week of the wedding. To keep your new smile bright, choose white wine over red at the reception.