

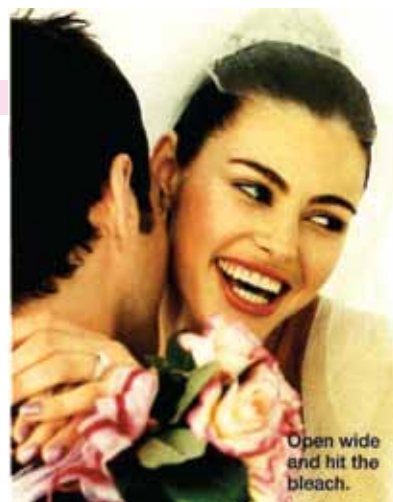
beauty q&a



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My teeth look grayish. How can I get them whiter for my wedding?

Try bleaching. Make a dental appointment a month before the big day to determine what method is appropriate; depending on the technique, most hour-long office procedures cost \$300 to \$1,500. "Treatments can make teeth up to ten shades lighter and the results will last three to five years," explains Lana Rozenberg, D.D.S., of

Rozenberg Dental Day Spa in New York. On a budget? Try an over-the-counter whitener, which yields results in two to three weeks. We like Rembrandt Plus Superior Whitening Kit and Crest Whitestrips (both about \$30) and Colgate Simply White Advanced Whitening Toothpaste (\$3.99).

I want to start coloring my hair on my own, but I'm afraid I'll mess it up. How do I choose the right shade?

Don't do anything drastic, advises Giselle, a Clairol spokesperson and a hair colorist at Pierre Michel Salon in New York. "Instead, enhance your hair with a color that brings out its highlights." Look for a semipermanent formula that is within two shades of your natural color. Hue hints: Fairer faces should try ash tones, while warmer golden or reddish tints look great on women with medium and darker complexions.

I've never had a bikini wax and I want to get one before my honeymoon. Any advice?

"First, go to a salon for a test run a couple of months before your wedding," recommends Dana Minkin, owner of Gloss Day Spa in New York. "If all goes well, return a week or so before the honeymoon." Make sure your aesthetician uses wax made for sensitive skin, and avoid sessions in the week before your period—your skin is more tender then. Since there is a slight but distinct ouch-factor (the discomfort lasts about two seconds per each wax strip), Minkin recommends taking ibuprofen about 30 minutes beforehand.

What do I need to bring with me on my wedding day for makeup touch-ups?

Sandi Hwang Adam, makeup artist and founder of Maven Cosmetics in Chicago, encourages brides to pack blotting papers, a small plastic bag filled with loose-powder-coated cotton balls to combat shine, and cotton swabs to remove mascara residue. Keep your lipstick and a clear gloss handy too, and last but not least: tissues. --By Heather Leo



Save face—and space. Estée Lauder's mini Photo Perfect Powder Duo in Natural, \$30, and Pocket Color Kit in Glamorous, \$25; from the Beautiful Bride Collection.