

Great Tips For Radiant Wedding Day Skin

You finally chose the dress, decided on the location, booked the florist, music, and caterer, and agreed on the guest list. Before you breathe a sigh of relief that all of the details are tended to, think again.

The most important — and often overlooked — detail of achieving wedding day perfection is the bride's complexion. Dull, blotchy skin, unsightly blemishes and dark under-eye circles are enough to make any girl cry — let alone a bride!

Since your wedding album will last forever, it's equally important to look beautiful in person and have camera-ready skin. Follow these simple steps for a radiant, glowing complexion:

Get Glowing: Every bride wants radiant skin but can't always afford costly facial treatments. Achieve

similar results with an at-home product like Vita-K Solution At Home Microdermabrasion Kit.

It includes a Resurfacing Cream containing the powerful Vitamin K and C Complex that works together with the Derma Brush to gently resurface the skin. Replenish lost collagen while infusing essential vitamins and nutrients to moisturize, soothe and protect.

The result is firmer, smoother, younger-looking skin.

Protection is Mandatory: The most important thing any bride can do for her skin is to apply a broad-spectrum UVA/UVB sunscreen everyday, rain or shine.

When preparing for the big day, the last thing any bride needs is a sunburn, uneven skin tone, or dull, dehydrated skin caused by the damaging effects of the sun.

Fight Back: If you're prone to blotchy skin you can actually treat the problem rather than cover it up. Reach for an effective remedy that will eliminate the appearance of blotchy uneven skin tone, acne marks and facial discoloration.

Try Vita-K Solution for Blotchy Skin, which helps to fade them away, and with continued use, keeps them away. Its unique, rich cream formula contains Super Vitamin K, which penetrates deep and begins to work the instant you put it on.

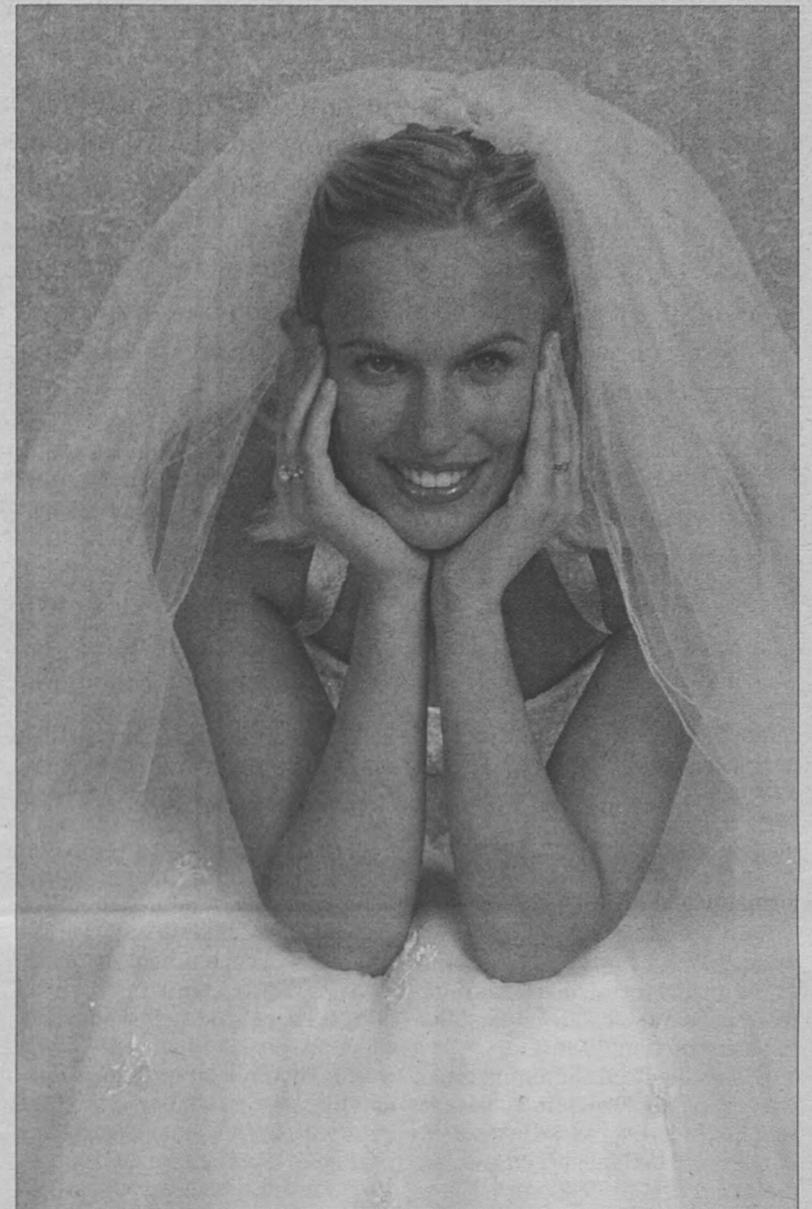
Plan Ahead for Radiant Eyes: If you're one of the many women who suffer from serious under-eye dark circles and/or chronic under-eye puffiness, start a regimen at least one month before the big day.

Look for an effective, yet affordable, product such as Vita-K Solution Dark Circles for Under Eyes and you will begin to see a reduction in the appearance of dark circles and puffiness within two weeks of first application. Optimum results usually occur in one month so make sure to time it before your wedding day.

Take a Deep Breath: Brides are notorious for suffering from anxiety. Make sure you tend to all the details for the big day, but don't forget to take care of yourself — or it will show through your skin.

Drink 8 to 10 glasses of water a day; cut back on fatty and salty foods; get as much sleep as possible; and engage in a stress-relieving activity at least once a day.

If you take care of your body and your mind, your skin will benefit!



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How Much Will Your Wedding Cost?

According to The Knot, an online resource for all things nuptial, the average cost of a wedding is \$22,000.

However, depending on the region of country, the bride and groom can expect to spend far more or even a lot less than that.

Some interesting tidbits gathered in a survey of bridal consultants across the country conducted by The Knot:

Those living in regions where the cost of living is highest can expect to spend more than the average.

These regions include the Northeast, where a high-end reception site, such as an estate or museum, will fetch a minimum of \$3,000, according to Meg Holland of Newton, Massachusetts-based

Events Unlimited, Inc.

In comparison, Ann Marie Kjelland, of Weddings by Ann Marie, in Plymouth, Minnesota notes that a similar site in that region will likely charge in the neighborhood of \$1,000.

Throughout much of the country, the cost to feed the guests is roughly the same.

A more upscale meal in the Northeast can expect to fetch \$120-200 per plate.

A similar meal in the Midwest is not all that less expensive, typically between \$120-140 per plate, while the price is similar in the South as well.

Some regions, however, are especially cost-effective. Judy Lehbeck, of Judy Lehbeck Bridal and Parties in Oklahoma

City, reports a high-end meal in that region is likely to cost between \$50-100 per plate, far less than one might expect.

One area that seemed to have the most uniformity was the cost of floral arrangements.

Regardless of where the wedding is taking place, a middle-of-the-road floral arrangement will cost in the neighborhood of \$2,000 pretty much anywhere.

Such an arrangement typically includes in-season flowers and elaborate bouquets.

While most consultants put such arrangements between \$1,500 and \$2,000, the Midwest, perhaps surprisingly, reported the cost to be far more than that, as Kjelland reported a couple can expect such a floral tab to be \$3,000.