

Wedding Beauty REVIEW

ONE SKIN in Riverdell Village in Maldon is a beautiful spa and the perfect place to make final preparations before the big day, writes Holly Eells. This month I was encouraged by Noele Hammett, beautician and owner at Riverdell Village, to come down and have a health, lifestyle and skincare consultation. It was a great opportunity to seek help with my skin, which can be affected by stress. After discussing and answering various questions, Noelle advised me to have a skin nutrition face treatment by One Skin

for sensitive and stressed skin. The treatment began with a preparation cleanse with skin diagnosis, followed by a deep cleanse with sonic brushes and ph balanced skin cleanser and a rejuvenating skin exfoliation with gentle corn cob meal scrub, which felt amazing. I was then treated to a muscle release face, neck and shoulder massage to dissolve muscular tension, which aids relaxation to the nervous system, increases circulation to improve blood flow, feeding the skin and heightening drainage to the lymphatic system to remove unwanted toxins and improve blocked sinuses. The facial was followed with a multi vitamin repairing mask packed with vitamins to fight free radicals. Finishing with the application of anti-inflammatory skin repairing serum, a

protective shield and UV cover. I personally loved the treatment, as I felt fairly run down, but my skin felt instantly refreshed and gave me an extra boost of confidence for the day ahead. It is evident Noelle is passionate about helping each individual to improve their skin care regime and to make sure it adapts to their particular lifestyle. After my treatment was over, she prepared a treatment plan and home care routine for me to maximise results over the next few months.

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www.rivendellvillage.co.uk

Step by step...

TEXTURED WAVE



- First of all prep the damp hair with the appropriate styling product to suit your hair type.
- Using a large round boar bristle hair brush, blowdry the hair focusing on lifting at the root and smooth finish through mid-lengths and ends.
- Blowdry the crown and top area of the hair back away from the face to achieve superior body through the root.

- To finish the hairstyle, use a shine enhancing cream to dress out the mid-lengths and ends of the hair. This will accentuate the texture and give hold for a long-lasting look.
- Using a Mason & Pearson, brush to smooth the hair to the preferred side and then secure into the nape of the neck using kirby grips to achieve this elegant finish.

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Step by step...

THE PERFECT LOOK

- To keep your skin looking radiant, it is important to stay hydrated. Along with this, maintain a regular skin care routine for a healthy glow on the big day.
- Before applying your base, use a small amount of primer. This will help for a smoother application and longer lasting finish.
- It is important to get the correct shade of foundation for your skin, use a light liquid or consider using a tinted moisturiser. Conceal any blemishes and then set your base with a translucent powder to increase longevity and diminish unwanted shine. Finish off with a subtle blusher to add warmth to the skin.
- Line the lid with a soft pencil. Pick two neutral tones that complement each other using the lighter colour on the inner corner of the eye blending into a slightly darker shade to add dimension. To finish of the eye, gently curl the lashes and apply waterproof mascara.
- Make sure you book in your brow appointment a couple of days before the wedding, as they are essential to frame the face. Define the brow by following the natural arch using a brow pencil or eye shadow in soft neutral tones.
- Pick your favourite colour that will complement the rest of the make-up and line your lips to add fullness and definition. Choose a lipstick that is long-lasting with a satin finish to form an overall refined look.



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Product of the Month

EVERY BRIDE wants to look gorgeous and at her glowing best, but the last-minute planning and pre-wedding nerves can take it out on your skin. But you can get your complexion into beautiful shape for your big day and beyond with the help of Spa Technologies Bride Essential Trio. The three vegan friendly products are formulated with a complex blend of sea minerals, essential oils and plant extracts that work in complete harmony with the skin to keep it healthy, luminous hydrated and simply gorgeous.

Marine Serum

Perfect for pre and post wedding skincare, this light gel serum blends aromatherapy with a complex of marine algae ingredients to nourish and re-mineralise tired, stressed skin. Used regularly this serum will help strengthen the skin's connective tissue, keeping it plump and firm while helping to control blemishes.

Vitamin C Mist

This deeply hydrating mist is fortified with hyaluronic acid to attract and retain moisture to the skin as well a potent antioxidant blend to restore lost minerals and vital elements – essential when you are busy with last-minute wedding planning!

Spot Cure

Just what's needed for party skin breakout, the active ingredients in this product work to decongest pores and impurities while gently exfoliating the surface and improving skin texture.



For further information on the Spa Technologies party essential kit, visit www.spatechnologiesuk.com