

7 months before

START BOTOX

"Wrinkle-busters should be used at least twice before the wedding, particularly for novice users," says Dr Caswell. "The first treatment is to determine the bride's 'look' and dosage requirements and whether she likes the treatment. This should be done seven months prior and, if she's happy with the results, repeated one month before so any bruising will be gone by the big day and the treatment will have time to take full effect."

ROAD-TEST SPRAY TANS

"A bride should start trying out tans almost the minute she's engaged," says Ina Clow from leading Sydney salon, Ciao Bella (www.ciaobellaonline.com.au). Each brand of tan offers a different depth and tone and finding an experienced operator is a must.

6 months before

CONSULT A BEAUTY THERAPIST

Many brides choose to undergo facial treatments in the lead up to their wedding. "If she has problem skin, a series of facials may be recommended," says Ina Clow. "Or sometimes we suggest specific treatments in the week before the wedding." A qualified and reputable therapist can determine your individual skin requirements.

SORT YOUR NAIL NEEDS

If you wish to wear acrylic nails and don't normally, you should start trialling a technician now. "Look for someone who is well trained and provides a natural looking result," says Cherie Pollard from Creative Nail Design. "This allows time to build a relationship so you feel comfortable and at ease with your enhancements."

BOOST YOUR TRAINING REGIME

Wayne Dart from Everybody Fitness (www.everybodyfitness.com.au) says weight loss of one kilogram a week is ideal and achievable. "Ignore the massive kilo losses you see on reality shows," he advises. If you've got more than 15kg to lose focus on exercise at the 12-month point, but for most brides the six-month mark is a realistic and workable start date to tone wobbly bits.

To tone up, you need to give yourself at least three months of training, two to three times a week. "If you're already at or around your ideal weight, a resistance program of four to eight weeks will tone you up nicely," Wayne says. For brides-to-be, he likes interval training to boost the metabolism and core strength exercises to improve posture so you'll stand taller and slimmer. Regularly performing the plank or doing wall sit ups will do the trick.

3 months before

WHITEN YOUR TEETH

Whitening your teeth is something you can tick off the list before bridal beauty rush hour hits in the final weeks. A one-off procedure in a dental surgery like Brite Smile (www.britesmile.com.au) will set you back around \$1000. Do-at-home kits like Go Smile (www.gosmilebeauty.com.au) take longer - around two to four weeks - but cost between \$100 to \$300.

6 weeks before

CONSULT WITH YOUR HAIR STYLIST

If you haven't already, the six-week mark is the suggested time to consult with your hair stylist, says 2007 Hairdresser of the Year, Brad Ngata (www.bradngata.com.au). "Depending on what the bride has in mind, she may need longer," Brad says. You should also book appointments now for your pre-wedding cut, colour and hair trial.

1 month before

GET YOUR HAIRCUT

"You should always allow a little time for cuts and colour to settle," advises Brad Ngata. He recommends you make a note in your planning diary to have your hair cut at least one month before your wedding day.

Have you considered these pre-wedding treatments?

TEETH STRAIGHTENING

Takes... Four months. Invisalign are like braces for adults - clear plastic mouthguard-like aligners that straighten teeth. (www.invisalign.com.au)

CELLULITE REDUCTION

Takes... Six months. Endermologie is an anti-cellulite and body contouring treatment - a bit like a high-tech massage for your wobbly bits. Around 12 to 14 treatments are recommended. Cost is \$120 to \$150 per treatment. (www.endermologie.com.au)

LASER HAIR REMOVAL

Takes... Eight months. Treatments like Total Body Elos usually require six to eight treatments, spaced four weeks apart. The bikini line is \$90 per treatment. (www.totalbody.com.au)

