

Winter-Proof

When bone-chilling temps and bitter winds set in, so do dry, fragile skin and hair. That simply won't do for your walk down the aisle. But with a few tweaks to your beauty routine—and a couple of moisture-rich products—you'll be well hydrated from head to toe by the time your Big Day rolls around. —A.L.



FACE:
Says Danuta Mieloch, of Rittenhouse's Rescue Spa: "Become more objective about your regimen: Use a gentle cleanser, then follow with a pH-balancing toner, like Biologique Recherche's P50 1970." Target concerns with serums and masks. (Try the purifying **Masque Vivant**.) Moisturize—and don't forget SPF.

BODY:
"Along with weekly exfoliation, the key to keeping rough winter skin at bay is to make moisturizing, especially post-shower, a priority," says aesthetician Natalie Solem-Giberson, of Joseph Anthony Retreat Spa and Salon in Glen Mills. She recommends a thick body butter or a hydrating oil, like one from **Cures by Avancé**.

HAIR:
"How we treat our hair on a daily basis at home is just as important as getting a great treatment done at the salon," says local stylist Laurentius Purnama, of the Italian Market's Laurentius Salon. Stick with a nourishing shampoo and conditioner (he likes the **Davines NouNou** line), and always spritz on a **sun-protection spray** (his eponymous one is at top).

ASK THE EXPERT



Q: My fiancé and I have chosen our flower girl and ring bearer for our wedding, but we have a few other tots we'd like to involve, too. What are some jobs they can do? Giving younger guests small assignments on your wedding day is a meaningful way to include them in the celebration, says Renee Patrone, of Manayunk's Renee Patrone Events. Here are a few suggestions: Have the kiddos greet guests at the ceremony by handing out programs or passing around bubbles or lavender to toss as the two of you make your grand exit. Little ones can also encourage friends and family to sign the guest book, and distribute flip-flops for the ladies tossing off their heels or fun props during the reception to help keep the party going.

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