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A bride wants to put on her best look on the day of her wedding. After all, it is her dream-come-true. The eventful day can be transformed into nothing short of a fairy tale wedding if she follows a few essential parameters to wear the best look. The tips can be followed by men too. While many couples spend a good amount of time choosing their wedding dress, they should not forget to spend time on their face. To obtain a perfect bridal glow on your special day, here are a few suggestions:

Lots of sleep: It is crucial to obtain plenty of sleep, although this seems hardest to accomplish when you cannot put your mind off the numerous minutiae that are still pending in your checklist. However, it is very important to avoid those recurring dark circles that spread like crowâ€™s feet around your eyes.

Hydrate your skin: Staying hydrated is an important requirement. The simplest way through which this can be done is by drinking a minimum of 8 glasses of water each day. In fact, you can develop the habit of carrying a water bottle with you wherever you go. Additionally, try and reduce your intake of aerated drinks.

Exercise your way to good health: Maintaining a fitness schedule is important for men as well as women of all ages. An exercise regimen helps tone your body and accomplishes the perfect shape right before your wedding day. It is best to go for workout sessions and yoga thrice a week to pamper your body and give your skin a great look.

Sunscreen lotions: Ultra violet light is not good for your skin and can mar your overall look. The sunscreens help protect your skin from the burning rays of the sun. You should protect your skin every time you go out in the sun. Do not forget your umbrella.

Protect your eyes: The eyes are a very important organ of the body, if not the most integral. This is why you should always use under eye cream especially if you are looking to attain the best look on your wedding day. If the long nights and dark circles cannot be avoided at any rate, they should be treated with medicated cream.

Clear all makeup before bed: It is best to eliminate the makeup on your face before going to bed. If the makeup stays on, it clogs your pores unnecessarily and leads to infection and eruptions.

Happy feet: Your feet are important. While you may go for manicures and pedicures, you can also visit the spa to apply other soothing solutions. A foot moisturizer can be applied every night, after which you go to sleep wearing socks.

Hands and lips: Moisturize your hands and lips to make them look soft and great.

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