

THE ESSENTIAL GUIDE FOR THE BRIDE

**NEW!**

WEDDINGBELLS

# beauty

## Getting Gorgeous On Your Wedding Day & Beyond

- Glowing Skin
- Shiny Hair
- Flawless Makeup
- Perfect Nails
- Whiter Teeth
- Fuller Lips

## Flaunt It!

Find the absolute  
best wedding  
dress for  
**your body**

## The Ultimate Fitness Plan page 63

Tone and trim  
in time to  
say "I do"

### PLUS:

8 energy  
superfoods

De-stressing  
strategies  
that work

Romantic  
scents

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