



CROWN YOUR CAKE WITH A TELLING TOPPER THAT'S SO YOU.

# TAKE the CAKE

by HOLLY V. KAPHERR



CLOCKWISE FROM TOP LEFT: 1. Two lovebirds bedeck the top tier of this cake in STANTON, California. 2. Put the finishing touch on your fairy tale with a classic ending, like at this PUERTO VALLARTA party. 3. The wooden topper at this SAN RAFAEL, California, reception was customized to look like the bride and groom. 4. A sweet reminder of the couple's promise says it all at this KONA COAST soiree on Hawaii, the Big Island. 5. At this NORTH SHORE, Oahu, fete, custom cutouts were a perfect way to portray the couple's pup. 6. Sugar or gum-paste flowers (available from various Etsy artists) make for an easy, elegant accent, like this perfect peony in CHICAGO. 7. The groom's favorite superhero, the Dark Knight, makes a guest appearance at this SAN DIEGO celebration. 8. Nothing says "Let's celebrate!" quite like bunting, as this Just Married banner did at a beachfront bash in HONOLULU.

CLOCKWISE FROM TOP LEFT: JOSH ELLIOTT PHOTOGRAPHY; LESHIELLOTTUDOS.COM; PHOTO BY NICOLE LENNOY OF NICOLE LENNOY CREATIVE; STYLING BY DENETRA BURNETT OF SAVVY EVENTS, LLC; MATT MILLER/DIA MOHO EYES (WEAREDIAMOHODES.COM); REBECCA ARTHURS (REBECCA-ARTHURS.COM); CHRISTIE PHAM PHOTOGRAPHY; JASON + ANNA PHOTOGRAPHY (2); CHRISTIE PHAM PHOTOGRAPHY; OPPOSITE: BEN SASSO



### the experts

**SKIN**  
Arielle Fierman is a certified health coach and founder of Be Well With Arielle.

**HAIR**  
Andeen Rose is a celeb hairstylist and owner of The Style Lounge at The LINQ in Las Vegas.

**BODY**  
Alex Glasscock owns fitness resorts The Ranch at Live Oak Malibu and Ranch 4.0 in California.

**MAKEUP**  
Linsey Snyder Wachter owns Face Time Beauty in New York, Florida and California.

# Wedding-Day Wellness

OUR EXPERT PANEL DISHES ON TOP WAYS TO BE FIT AND FAB FOR YOUR BIG DAY. by BROOKE SHOWELL

**SKIN**

### Gorgeous Glow

Want skinny arms, glowing skin and boundless wedding-day energy? "Water is detoxifying — it literally flushes toxins out of your body," says Fierman. "You'll feel different within one day of drinking the right amount." Aim for half your body weight in ounces: A 150-pound bride should drink 75 ounces (just over half a gallon) per day. During the big day, drink a glass of water for each glass of alcohol. "Adding water will help you stay focused and relaxed." **top tip** ➤ Take a probiotic. The healthy bacteria will ease digestion, prevent bloat and help clear up skin during jam-packed days of travel and wedding activities.

**HAIR**

### Lovely Locks

"Pictures speak volumes," says Rose. *Beachy* or *chic* may not mean the same to both you and your stylist, especially if you're working with someone you've never met in another country. Start a Pinterest board for bridal hairstyles, and share it with your hairstylist beforehand so there are no surprises. "Set up a trial run and try variations on a few different styles to solidify the vision," she says. Find inspiration in runway shows and red-carpet looks. **top tip** ➤ Choose your wedding dress and veil or hair accessory before you decide on a hairstyle. "If you choose a style first and then fall in love with a veil, they may not work together," Rose says.

**BODY**

### Bodacious Bod

Focus on movement, says Glasscock. About a month before the wedding, aim to walk at least 2,000 steps per day, and gradually increase to 10,000 steps (roughly five miles) and then 30,000. Everything counts: "You can be taking steps in your office on a phone call," Glasscock says. **top tip** ➤ Feel the burn at a prewedding boot camp. Signing up for a short (but intense) program can help you shed up to about 5 percent of your total body weight (if you start prepping with workouts and healthy food 30 days out). Bring along your bridesmaids for a healthy spin on a bachelorette weekend. It's girl bonding *and* fat burning.

**MAKEUP**

### Fetching Face

"Let the atmosphere of wherever you wed inspire your look," says Wachter. "If you're getting married on a beach, don't go with a ballroom look of matte red lipstick." To keep skin soft and smooth, using a gentle exfoliant a few times a week does the trick. Combine pineapple and papaya juice with a tablespoon of dry oatmeal and honey. Massage into your face using circular motions for five minutes; then rinse with lukewarm water. **top tip** ➤ Considering a DIY look? Have a professional trial in your home city, and ask the makeup artist to write down the steps and products she uses. Take photos so you can replicate the look on your own.