

SEATTLE METROPOLITAN

Bride & Groom

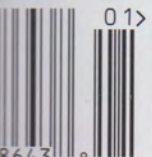
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Now *and* Forever

*95 Ways to
Make the Day
Your Own*

*Plus: 22 Pages
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Real Weddings*

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March 1, 2011



Ten Most Wanted

Seattle's best health, beauty, and grooming secrets for the big day

SHEER GENIUS >>

Effortless, relaxed, beautiful. If that's how you envision yourself on your wedding day, start with your lips. We love the sheer shades, natural look, and easy, low-key maintenance of **Lipstick Queen's** translucent Saint collection. \$18 at **Mario's**, 1513 Sixth Ave, Seattle, 206-223-1461; marios.com

FACE TIME

Facial Rejuvenation is a technique that brightens and tightens skin noninvasively, and is usually achieved over eight to twelve sessions. Seattle acupuncturist **Katia Durand** says you can expect to see droopy eyelids improve and fine aging lines fade, and you might even feel a renewed sense of inner balance. \$80–225 per hour at **Bodhicitta Healing Center**, 704 Warren Avenue N, Seattle, 206-547-3387; bodhicittahealingcenter.com

SEALED WITH A KISS

Guys, you want to go in for the big moment with confidence. And softness. The apothecary gurus at **Blackbird in Ballard** say **Malin + Goetz's Lip Moisturizer** restores and repairs rough kissers, and the minimalist packaging and lack of fragrance and color mean there's no shame in nourishing throughout the day. \$12 at **Blackbird Ballard**, 5410 22nd Ave NW, Seattle, 206-547-2524; blackbirdballard.com

EYE CONTACT >>

Love the beige-y, nude, and barely pink tones in fashion this year? **Bare Minerals' "Celestine"** eye color allows for a very pretty hint of them. Use it just under your eyebrow or near the corners of your eyes for natural-looking highlights. \$13 at nordstrom.com

COWBOY UP >>

Let 'er Buck, the official cologne of Pendleton Round-Up's 100-year anniversary, doesn't have much to do with actual rodeo smells (thankfully), but its spicy, warm, woody top notes and musky amber and sandalwood base capture the most romantic of outdoor spirits. \$69 at **Redmond Work and Western Wear**, 7829 Leary Way NE, Redmond, 425-883-3484; workandwesternwear.com



AU NATUREL

Calm your spirits and moisturize your skin—from head to toe—with **Woo + Co's** locally made soaps and scrubs. We love the luxurious essential oils, rich shea butters, and natural botanicals in the line, which includes scented as well as fragrance-free goodies. If the Northwest products seem too sweet to keep, pass some along to hardworking helpers. Prices vary at **Carmilia's Boutique**, 4528 California Ave SW, Seattle, 206-935-1329; wooandco.com

CAMERA READY <<

Like a great marriage, a good cosmetic application depends on an excellent foundation. Use **Smashbox's Photo Finish Color Correcting Balance** cream under your makeup to brighten skin tone, reduce the appearance of fine lines, and maximize the longevity and wear of your coverage. \$38 at sephora.com

HEAD UP

Achieve the poise and lean lines of a ballerina without the tedium of walking around with a book on your head. **Pure Barre** owner **Sami Sweeney** says the combination of ballet, Pilates, and weights at her dance studio and fitness center helps brides-to-be and others stand taller and look and feel more confident. First month unlimited classes: \$100 at **Pure Barre**, 5001 25th Ave NE, Ste 102, Seattle and 909 112th Ave NE, Ste 107, Bellevue; 206-935-7873; purebarre.com

GREEN LIVING <<

Beauty isn't just skin deep; give yourself an inner boost with **Sencha** premium green tea. The specialists at **Kobo** in the International District say it can help prevent bad breath, increase energy, and even burn fat. So go ahead: Kiss with abandon, dance the night away, and feel your best while you're at it. \$16 at **Kobo at Higo**, 602–608 S Jackson St, Seattle, 206-381-3000; koboseattle.com

EYES HAVE IT

For lashes that really stand out, we like **Smashbox's Layer Lash Primer**. A quick coat of the panthenol-loaded stuff before mascara conditions and preps. \$16 at sephora.com