

# Q&A

## Beauty

From wonder products to age-old cures, our experts offer you some timeless advice to look bridal beautiful for your big day

Meet the experts



Gemma Bates  
Make-up artist



Jessica Psaila  
Beauty blogger



Nicola Connell  
Make-up artist

### Sleepless in Kent

**Q** I've been having sleepless nights in the build-up to my big day and it's left me with dark circles and a dull complexion. Are there any suitable products available that don't look too heavy?

**A** *Nicola says:* A dull complexion can leave you looking and feeling washed-out. So I'd recommend you use a hydrating moisturiser as soon as you wake up on your big day, as well as an eye cream. Clinique All About Eyes feels amazing and should reduce any puffiness – you can even keep it in the fridge overnight for an extra cooling effect. When you're ready to apply your make-up, I'd recommend using a radiance-boosting primer under your foundation. MAC Prep & Prime Natural Radiance or L'Oreal Lumi Magique Pure Light primer both create a beautiful illuminated effect on your skin. I'd also use MAC Pro Longwear Concealer to hide any dark circles.



### Conceal appeal

**Q** I have some acne scarring on my face that's stayed with me since my teenage years. What products would you recommend I use to conceal them?

**A** *Jessica says:* I'd highly recommend using Secret Camouflage concealer by Laura Mercier to cover up your acne scarring – I used it on a model that had quite noticeable scars and it worked wonders. This is a bit expensive but it's such a good make-up kit you'll feel confident knowing you look amazing on your special day. However, for a long-term solution I'd use Refine & Polish Miracle Balm by Aurelia Probiotic Skincare to stimulate cell turnover, even the skintone, improve radiance and smoothness. Cell Repair Night Oil from the same range is also amazing. Just use it three times a week and the vitamin E from the mongongo is key to reducing the appearance of scars, while the essential fatty acids from the botanicals help to regenerate and restructure the skin. Finally, don't forget to use a primer before you apply your foundation and concealer to act as a make-up magnet. I love the Instant Smooth Perfecting Touch by Clarins.



### BEAUTIFUL STRANGER

**Q** I'm a total beauty novice and feel so confused by all the products on the market at the moment. What's the difference between a moisturiser and a serum, and which do I need to use?

**A** *Gemma says:* Both a serum and moisturiser are designed to work with each other, never on their own – so the real question is which pair are going to work best together to suit your needs.

A quick tip to remember is serums are generally oil-based, highly concentrated and tend to penetrate deeper into the skin. They also contain active ingredients that work at repairing damage and reversing complaints to help slow down the signs of aging. So think of serums as a daily treatment.

Moisturisers are also vital to your regime, working on the surface layers to brighten, tighten and control the effects of any damage. If you get stuck, remember the clue is in the name, this product regulates levels and keeps you hydrated. If you apply this after your serum you'll lock all the nutrients in. For this reason, I'd recommend you opt for natural ingredients and minimal alcohol to avoid dehydration.

#### Contact our experts

Gemma Bates [www.makeupbygem.co.uk](http://www.makeupbygem.co.uk)

Jessica Psaila [www.jrpbeauty.com](http://www.jrpbeauty.com)

Nicola Connell [www.kentbridalmakeup.co.uk](http://www.kentbridalmakeup.co.uk)