



Heavenly Hair

6-12 months before:

See your hairdresser and discuss ideas for your wedding-day style—be sure to bring your headpiece to make sure it works with the one you choose. If you plan to change your color, now's the time to experiment to make sure you find just the right shade in time, says London-based stylist Charles Worthington.

2-3 months before:

Begin weekly intensive conditioning treatments to help restore hair's natural moisture and repair split ends. Try Ojon's Restorative Hair Treatment.

1 month before:

Having a last-minute craving for long locks? Try clip-in hair extensions made of real hair, which, unlike synthetic extensions, can be colored and heat-styled at will. One to try: Easixtend, available at easihair.com.

Sexy Smile

2 weeks before:

If you want to get your teeth laser whitened—and can pay the \$500 to \$1,500 it typically costs—see your dentist now. The latest technology gets you in and out within 20 minutes, and gets teeth up to 12 shades whiter, says Pia Lieb, D.D.S., a cosmetic dentist in New York City. For a more budget-friendly option, try a whitening treatment available at your local drugstore. We love Crest Whitestrips Premium Plus.

1 week before:

Veneers are the easiest way to get a picture-perfect smile, but they can take a big chunk out of your wedding budget. Instead, try temporary veneers, called "Trial-A-Smile," suggests Lana Rozenberg, D.D.S., of New York City's Dental Day Spa. Made of acrylic, they perfect your smile and will stay on just long enough to get you through your rehearsal dinner and your big day. And at an average cost of \$400 and up, they're much easier on the wallet than real veneers.