



REFRESHING FACIAL

If your skin is feeling a little dull, sallow and in need of some TLC, but you don't want to apply any harsh skincare products so close to your big day, then LPG endermologie's all-new facial is for you. Using a patented motorised treatment head (which is a bit like a small vacuum) it sends intense, but pleasant, micro-pulsations over the surface of the face and neck. This helps to stimulate cellular activity to leave you with a refreshed, all-natural glow. The recommended treatment plan is a course of six one-hour sessions (£775 at Beauty and Bloom, Mayfair, London), with the last one just a few days before your wedding. For an extra dewy glow, try a peeling collagen mask on your last treatment.

beautyandbloom.com

Want to pamper yourself in the run up to your wedding? Here are six of our favourite ways to treat yourself

NIGHT AWAY

With some time set to relax and unwind before your wedding? Then take a mini break! Book a stay at the Lake District has everything you need for an idyllic escape. There are beautiful bedrooms, incredible food and breathtaking views. You're overlooking Lake Windermere, where there are plenty of scenic walks to enjoy, and you can take with the boat to explore a private lake cruise in a elegant luxury motor cruiser. The hotel is set in history, the Georgian mansion house was built in the 1750s and retains many elements of the original architecture. Pure William Wordsworth once stayed at the hall and famously named 'Daffodils' in the dining room. This is the perfect place for a romantic getaway or for a relaxing time with friends. starsaf.com



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