



Wedding tresses

"Don't wash your hair on the day of your wedding, especially if you are wearing it up, as it will be too 'soft' and difficult to style," advises red-carpet veteran Adam Reed, who did Sophie Dahl's hair on her big day. "Better to wash it 24 hours beforehand as this will give enough time to get some natural body into the hair."

If you normally wear your hair down, it's tempting to go for an up-do, but Adam says it's sensible to avoid anything too complicated or overly formal. "Modern styles are far more relaxed, and something that is modern, flattering and comfortable is best."

Alternatively, he recommends a classic style like a 1950s-inspired chignon, but with a contemporary twist.

Here are Adam's must-have tools for wedding day hair:

Geisha Pin, £13.50 "My favourite pins for creating a modern up-do." From Banbury Postiche; visit banburypostiche.co.uk.



Shu Uemura Paddle Brush, £39 Tel: 0800-633 5021.



Elnett hairspray, £3.56

Scentimental occasion

"The perfect scent should create an aura around the bride which lasts all day, as the memory of the scent will last a lifetime," says Roja Dove, fragrance expert and founder of Haute Parfumerie at Urban Retreat, Harrods. "A photograph is cold, two-dimensional and in time will fade; a perfume brings back moments in our lives in vivid, glorious Technicolor. A single drop can take us from the mundane to a world of fantasy and escapism," he enthuses. When Roja helps a bride-to-be choose her perfect scent, he then forwards her a list of the main ingredients – that way, her florist can create a beautiful bouquet to complement her chosen perfume.

And his favourite wedding day scents? Clive Christian No.1, as worn by Katie Holmes when she married Tom Cruise, and Betrothal, the new scent from Grossmith (both pictured, right).

Grossmith Betrothal, from £195 Visit grossmithlondon.com.



Clive Christian No.1 Perfume Spray, from £430 From Roja Dove Haute Parfumerie at Harrods, tel: 020-7893 8797.



Vera Wang Anniversary, £54 The new floral fragrance from the creator of wedding gowns for Victoria Beckham, Chelsea Clinton and Ivanka Trump. Tel: 0800-652 7661.

As the bride, your hands will naturally be a focus of attention as your guests gather round to admire the ring. Make sure they are up to scratch with an expert manicure

A polished performance

When the groom slips that wedding band on your finger, the last thing you want is less-than-perfect nails. Kate is a fan of neat and neutral manicures, but if you opt for a long-lasting gel mani, your nails will not only look good on the day but for the duration of your honeymoon, too.

David Barton, the nail technician responsible for the digital enhancement of Diane Kruger, Sophie Dahl and Dannii Minogue, offers Shellac at Percy & Reed.

"It is ideal for brides as it ensures an

Essie Wedding Collection Nail Polishes, £9.50 each Shades include Borrowed and Blue, Made to Honor (left), Better Together and First Dance. Visit nailsbymail.co.uk.

