

## BEAUTY COUNTDOWN: 3 MONTHS BEFORE THE WEDDING

### TARGET AREAS

If your gown bares your shoulders, arms, or décolletage, do two sets of ten to twelve push-ups every other day to define these areas, says Christi Masi, a personal trainer and the author of *The Healthy Bride Guide* (Sasquatch, 2006).

### SHAPE YOUR BROWS

Visit a specialist, especially if you want to reshape your brows, says Shobha Tummala, founder of Shobha spa in New York. Overplucked brows will need time to grow in. Try threading (hairs are wrapped with thread and pulled), or find an esthetician who pairs waxing with tweezing to shape brows better. Go for follow-ups every three weeks.