

SUMMER 2017

the Knot

THE BEAUTY ISSUE

OUR 2017 BEAUTY
AWARD WINNERS

4 TASTEMAKERS
ROCK BRIDAL BEAUTY

+ YOUR BEST
BODY EVER

312
UNIQUE
IDEAS

*To Personalize
Your Celebration*

HIGH-TECH
REGISTRY
TRENDS

SPA HONEYMOONS
Where to Unwind Right Now
and Mini-Moons

HOT TOPIC

WHO GETS
A PLUS-ONE?

HAVE
DRESS
WILL
TRAVEL
DESTINATION
WEDDING LOOKS
WE LOVE

the best
BLOOMS
BY SEASON
FOR EVERY BUDGET





Eat Beautiful, \$30.
Amazon.com



15 MINUTES WITH

Wendy Rowe

THE INTERNATIONAL MAKEUP ARTIST
AND AUTHOR OF *EAT BEAUTIFUL* GIVES HER
EXPERT TIPS ON GETTING GORGEOUS—BOTH
INSIDE AND OUT—FOR YOUR WEDDING DAY.

What foods should brides pay special attention to before their wedding day?
Include plenty of fresh produce in your diet. Look for vegetables with bright colors like beetroot, carrot, kale and spinach. These contain all of the nutrients you need. It's important to choose seasonal, organic produce that hasn't been processed. It doesn't have to be difficult either—all of the recipes in *Eat Beautiful* are quick, easy and totally achievable as a part of everyday life.

Are there foods brides should avoid?
It depends on your individual concerns, but I'd recommend cutting out sugar leading up to the wedding. It breaks down collagen in the skin and can be aging over time. In my personal experience, avoiding dairy can also help sensitive or acne-prone skin.

What are your prewedding beauty tips?
Try to give your skin a boost whenever possible. I love Skinade's collagen drink. It's sourced from freshwater fish and leaves my skin feeling refreshed. Pay attention to your daily routine too. If you're dry or irritated, try incorporating Decléor's Aromessence Nérolis serum. It is extremely hydrating and has a soothing botanical

fragrance excellent for aromatherapy purposes as well. It's a good way to relax, which is always important while planning a wedding. Make sure you're getting a healthy amount of exercise too—not only will it help you tone up, it's also great for managing stress, sleeping better and giving you a naturally beautiful glow.

What's the secret to applying flawless bridal makeup?

One of the key things to remember is you want to look like the most gorgeous version of yourself on your wedding day—it's not the time to try out anything new or super edgy. For me, true bridal beauty is all about amazing skin. On the day of your wedding, prep with Joëlle Ciocco's Oxyclear serum, which brightens skin and helps your makeup last for hours. Follow with Burberry's Fresh Glow primer. It gives the skin a smooth, dewy finish. You can also use it on your arms, legs and décolletage to create an overall flawless look. And avoid using glittery or shimmery products on your eyes, lips and skin, as they can make you appear shiny and draw attention to pores, fine lines and blemishes in photos.
@wendyrowe

"Eat seasonal, organic produce that hasn't been processed."

"This serum is excellent for aromatherapy."
Aromessence Nérolis hydrating oil serum, \$73 for .5 oz., Decléor USA.com



Prewedding Breakfast Wrap

Start the day strong with one of Rowe's fave protein-packed recipes from *Eat Beautiful*.

INSTRUCTIONS:

- Whisk together 3 **eggs**, 1 Tbl. **almond milk**, and a pinch each of **sea salt** and **cayenne pepper**.
- Melt ½ tsp. **raw coconut oil** in a medium skillet on medium heat.
- Pour egg mixture into pan and cook until golden brown on the bottom before flipping to cook the other side.
- Transfer to plate; add 1 **avocado**, chopped, and 1 handful of **arugula**, chopped, in a line down the middle.
- Top with 3 slices **smoked salmon**, 1 Tbl. **flat-leaf parsley**, chopped, and 1 squeeze **lemon juice**, then roll up and cut in half to serve.

Serves 1; 260 calories per serving