

Don't let nervousness spoil your ceremony

The date has been set, you've been planning for months, your gown is ready, your big day is almost here. A day you've dreamed about — your wedding day.

Unfortunately, when the important day arrives, excitement and nervousness may take over, causing you to perspire more heavily than usual.

Perspiration plays an important role in maintaining body temperature, but excessive perspiration can be a problem.

Controlling perspiration

However, perspiration can be controlled to some extent with a combination of the right antiperspirant or deodorant and good personal hygiene, reports the Aerosol Packaging Council. Here are some suggestions:

- Use antiperspirant sprays that contain aluminum compounds. These inhibit bacterial growth, which causes the odor that often accompanies perspiration.

- Shower often. In warm weather especially, wash underarms several times a day.

- Remove underarm hair to enable antiperspirants to reach

the skin and to cut down on bacteria.

In rare instances, people troubled by excessive perspiration may have to take more serious measures. If you think you have a problem, see your doctor for further treatment.

Expert advice

The best advice, however, is to shower often with an antibacterial soap to cool the body and wash away perspiration. Then repeat application of your antiperspirant/deodorant. Be sure to follow label directions carefully to ensure the best results from your antiperspirants.

For more information on this subject, the Aerosol Packaging Council has a booklet called "Perspiration and Your Skin," which can be obtained by sending a stamped, self-addressed envelope to: APC, 592 Fifth Avenue, 9th floor, New York, NY 10036.

A last word on the subject

Remember, when the big day finally arrives, try to relax and stay calm and cool. Enjoy your day!

Revolutionary system

Nail down the polished look

A bride's preparation for her wedding day is truly a head-to-toe procedure, and one that takes place over a period of months — from the day the gown and veil are chosen to right before the wedding, when the bride's hair is arranged, her make-up is applied and her nails are done.

Many brides are uncertain as to what look they want to achieve. Most experts recommend that a bride not change her look too drastically for her wedding, but heighten it instead.

She should look herself, only more so. The coiffure she chooses should, of course, work with her headpiece, but it's important that it not be very different from her everyday hairstyle.

If she doesn't ordinarily polish her nails, she may prefer to let them go "au naturel" — beautifully manicured and buffed to a high gloss. And, that's where "Satin Buff" comes in.

A revolutionary all-in-one buffing system from Flowery Manicure Products Corp., "Satin Buff" smooths, cleans and polishes nails naturally.

About the same size as an

emery board, it eliminates the need for bulky buffers, buffing creams, special nail smoothers and nail polishes.

It gives nails a healthy natural luster in about one minute's time: a boon for the busy bride, as well as for anyone concerned about her — or his — nails, but with little time to spare to take care of them.

The "Satin Buff" system, which makes buffing nails as easy as using an emery board, has three steps.

First, the black buff smooths ridges and removes stains from the nail surface with an easy stroking motion across the nail.

Next to the black surface is a white surface which is used to give nails a velvet matte finish, which is very important for the final shine.

The grey buff, on the opposite side of the "Satin Buff" stick, gives the nails a final sheen after only a few seconds of stroking.

As the manufacturer suggests repeating this process on a weekly basis to ensure a beautiful shine, as well as to condition the nail surface and the surrounding cuticles, the prospective bride would be



BEAUTIFUL HANDS are as important to a bride on her special day as a beautiful gown or as carefully-applied make-up. And, now, thanks to "Satin Buff," they're easier than ever to attain. About the size of an emery board, this revolutionary, all-in-one buffing system smooths, cleans and polishes nails naturally. Above, the grey buff side of the "Satin Buff" stick is being used to give nails a final sheen with only a few seconds of stroking.

advised to start using "Satin Buff" in advance of the wedding day, so her hands will be

at their loveliest when the groom slips the wedding ring on her finger.

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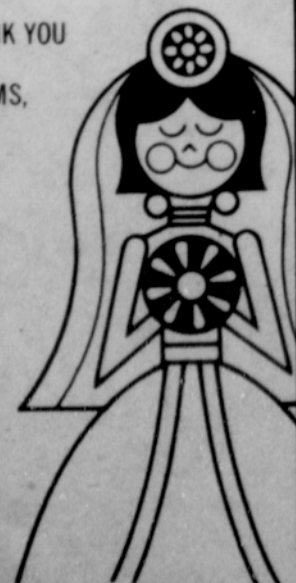
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