

# Au Naturale



**E**very bride wants to look her very best on her wedding day. While some elements of appearance are more controllable than others — such as hair and nails — achieving a clear and bright complexion is a much more formidable task.

Some of the best tools at your disposal exist not in your bathroom or high-end beauty counters but in your kitchen. Mother Nature, lovely as she is, has given us plenty to create a pre-wedding beauty regimen.

**Concern:** Dry and dull hair  
**Try:** Olive oil

Use olive oil in place of your conditioner after using your usual shampoo. It is simple as that. Olive oil is packed with great fatty acids that nourish and moisturize your locks. Looking for a deep conditioning treatment? Instead of rinsing out right away, apply and wrap your hair in a towel for 15 minutes, then rinse.

**Concern:** Uneven skin tone  
**Try:** Coconut oil

The great thing about this treatment is that it triple-tasks as makeup remover, cleanser and moisturizer. Best done at night, rub roughly a tablespoon of coconut oil all over your face, messaging the skin for several minutes. Remove with a warm, damp washcloth first by holding the cloth to your face and allowing the steam to open your pores, and then slowly messaging the oil off. Rinse the cloth as needed.

**Concern:** Puffy eyes  
**Try:** Tea bags

Soak two tea bags in warm water before chilling in the refrigerator for about 10 minutes. Place each tea bag over one eye and let rest for five minutes. The caffeine in the tea will reduce most swelling for a dramatic, immediate difference.

**Concern:** Weak and slow-growing nails

**Try:** Milk and lemon juice  
Soaking your nails in this mixture for 10 or so minutes will help promote strong and healthy nails. You should start to notice a difference after a couple of treatments. Really want to pamper your hands? Follow up by messaging a natural oil, such as olive or coconut, into your nail beds to soften cuticles and the surrounding skin.

— Green Shoot Media