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**FACE** Your new healthy lifestyle will help with your face, too. So now that you are on your way to a fabulous figure, what about the face? Ariane Turner, owner of Atlanta-based Pretty Girl Inc., [prettygirlgroup.com](http://prettygirlgroup.com), says, "Preparation is key! You can't expect your makeup artist to come in and work a miracle on your wedding day; you must do your part. That means make sure you're drinking enough water, even eliminating all juice and soda thirty days before the ceremony; and getting as much rest as possible. Sugar, stress, a poor diet and lack of sleep can wreak havoc on our skin." Once you've cut out all the "crap," then enlist the aid of a professional to complete the new you. Face to Face Los Angeles, [facetofacela.com](http://facetofacela.com), offers an Infusion Polish Facial that will remove

all the excess damage you've built up on the skin so that you can start anew. "It's the most natural exfoliation process available in the skin care industry. This polish increases cell renewal at a more rapid rate, which brings about a plumper and tighter top layer of skin without removing the protective layers you so badly need to protect against free radicals." And the Infusion Polish accelerates cell turnover without any further damage. "The skin will look younger and healthier than ever," explains co-owner Marianne Kehoe.