



# THE WEDDING PLANNER

CANDICE PEREIRA, CREATIVE HEAD, MARRY ME, MAKES SURE THE BRIDE IS STRESS-FREE TAKING ON THE FULL RESPONSIBILITY OF ARRANGING A DREAM WEDDING. DESPITE HER HECTIC SCHEDULE AND ROUND THE CLOCK COMMITMENTS, THIS ENTREPRENEUR MAKES A PRETTY PICTURE AT WORK. APARNA GUPTA FINDS OUT HER GROOMING SECRETS...

### What's your best advice to a bride-to-be?

Rest, rest, rest! Enjoy some time from the wedding planning—go to a spa with your girlfriends.

### What is beauty to you?

Beauty comes from within. A woman's confidence that makes her beautiful. It is definitely important to look and feel your best at work. If you feel confident, it shows and you can walk into meetings with a positive all together.

### Give us a peek into your skin care regimen...

One product I use a lot is a moisturiser since my skin is very dry. At any time, I have around five different brands of moisturisers in my bathroom. I also use rose

water (as a toner) and sunscreen everyday! And of course, drink lots of water!

### List skin care and make-up products you truly believe in...

Clarins Beauty Flash Balm: wakes up my skin in an instant.  
 Benefit Benetint: gives a natural blushed look that lasts all day.  
 Fresh Sugar Lip Treatment SPF 15: tastes as good as it smells.  
 Cetaphil moisturiser: Unbelievable product!  
 Shining Starbloom by Molton Brown: conditions and smooths out tangled hair, smells yummy too.

### Handbag beauty essentials...

You will always find in my handbag: Bath & Body Works Hand cream and sanitiser, Elizabeth Arden Eight Hour cream skin pro-

ductant, Fresh Sugar lipbalm, black eyeliner, M.A.C lipgloss, Dior mascara and M.A.C bronzer. For everyday, I use just lipgloss and bronzer. But one product that can make a big difference is the mascara.

### How do you ensure good hair days?

I try and get regular cuts to keep my hair more manageable. I go in for wash-n-go haircut as I am always on the run. A blow dry is an instant pick-me-up though. I also go in for (oil) head massages at least once a week.

### What relaxes you after a day's hard work?

A nice long bath with lovely indulgent scrubs and shower gels. I also love to pamper myself at the spa! A foot massage just instantly lifts up my spirits.

### What fragrances adorn your closet?

Narciso Rodriguez and Coco Mademoiselle by Chanel are perfect for a night out. Day favourites are Vera Wang Bouquet, Sarah Jessica Parker Lovely, Tresor by Lancome and Romance by Ralph La-

### Think your BOSS is no good but also good too

Ever wondered why the late nights and client pitches affect the glow on your boss' face? Your missing sneak in his/her resume future, and e-mail us at [hrbeauty@gr](mailto:hrbeauty@gr). Your boss will get featured in this space with an exciting gift hamper. Anonymous on request!