

Grooming

How to get groomed for a royal wedding

The expert guide to getting your face, body and soul (maybe) in shape for your big day. Take note your Royal Highness...



BY TEO VAN DEN BROEKE
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CREDIT: GETTY IMAGES

Time was, it was only the bride who would spend the months, weeks and days before her [wedding](#) preening, plumping and sweating her way to the perfect wedding body, face and hair style (phev).

These days, however, the tables have turned (a bit) with grooms and groomsmen becoming increasingly concerned about the way they're going to look on the big day. And why not? Men feature in the photos too.

Here, in honour of [Prince Harry's](#) forthcoming nuptials, and in anticipation of the impending summer wedding season, is the expert's guide to pre-wedding grooming for, well, grooms.

You've still got a week, your Royal Highness...

On the morning of the wedding

The manicure

"Manicures are becoming increasingly popular for men. Having good looking hands at your wedding is essential, after all. You can synchronise the treatment with your haircut or even synchronise it with your shave on the actual morning of your wedding."

"Don't worry about walking out with any fancy colours or acrylics. It purely restores the health of nails and cuticles whilst giving a nice buffed finish. Worthy enough to compliment any watch or cufflinks."

Anthony Mayes, barbering director, [The Refinery](#)



CREDIT: ISTOCK

The night before the wedding

The face mask

"I would definitely recommend using Aromatherapy Associate's Anti-Ageing Overnight Repair Mask the night before the wedding. It contains rice germ and millet to nourish the skin and rose and frankincense essential oils to rejuvenate and plump the [complexion](#)."

Evelyna Lamptey-Okine, therapist, [The Refinery](#)

Two - four days before the wedding

The exfoliation

"The Hydraglow is a gentle exfoliating platform, which aims to renew skin cells by infusing customised cocktails of hyaluronic acid, vitamins, peptides and antioxidants. The treatment is ideal for men who have oily, congested skin and desire a smoother complexion for the big day."

Costas Papageorgiou, MD FACS oculofacial plastic surgeon and the UK medical director for New York Dermatology Group (NYDG)

Hydraglow therapy is available from the [Harrods Wellness Clinic](#); harrods.com

Three - six days before the wedding

The facial

"Men's skin has a different structure to women's. Generally speaking, the collagen content in men is greater than that in women and the signs of [ageing](#) begin to appear later because of this. But when the process does begin, change can occur more rapidly. Men also produce more sebum, which can result in skin looking slightly oily and/or shiny.

"Of course, without question, I'd recommend that the groom-to-be attend a complimentary skin consultation in order to create a programme which is right for his skin type and concerns. However, one treatment which I would generally always recommend is the Power-Lift Facial. This is a results-driven facial utilising galvanic and micro-current technology in order to increase the effectiveness of the active products used and to stimulate the skin. The results; a tone, plump and rejuvenated complexion."

Evelyna Lamptey-Okine, therapist at [The Refinery](#)



CREDIT: ISTOCK

The shave

"For the stubbled-look, book yourself in for an appointment one to two days before your pre-wedding facial. If you're wanting a wet-shave, this must be booked in a day after your facial. I'd highly recommend booking yourself in for a complimentary consultation to discuss your hair, [shave](#) and skincare treatment plan a few weeks before the big day to ensure you achieve your desired look."

"For your aftercare, I'd recommend using The Refinery's Post Shave Balm which soothes, hydrates and comforts the skin. If you'd like a fresh sensation upon application, try storing this product in the fridge. For the fuller-beards, using a small amount of The Refinery's Shave Oil to condition the beard, giving it a healthy look."

Parsa Rad, barbering director at [The Refinery](#)

One week before the wedding

The fragrance

"Choosing a fragrance for one of the most important day of your life is not an easy thing, as you have to take into consideration how you will be dressed; the theme of your wedding; and, of course, the timing of the year. Consider your [fragrance](#) as the final touch to your outfit - a wrongly chosen fragrance can ruin all your efforts."

"For the big day, I suggest wearing a fresh fragrance like Cologne 352 with Italian lemon and orange blossom to give you self-confidence and the extra boost you will need. If you wear a Tuxedo or formal wear during spring and summer, you will need the extra comfort and freshness of neroli during the day and switch to something warmer with sandalwood, white pepper or Iris in the evening. As your wedding day is a memorable and special one, I would recommend getting personalised fragrances [a week or so before] for you and your bride to wear from Ex Nihilo."

Benoît Verdier, cofounder of [Ex Nihilo](#)

One month before the wedding

The face firmer

"Brotax, by NYDG, is a gentle touch of botulin toxin droplets to relax frown lines and lift heavy eyebrows. It can be combined with the E-lift to address dark circles and loss of volume in the lower eyelid. This treatment results in a rested and fresh appearance."

Costas Papageorgiou, MD FACS oculofacial plastic surgeon and the UK medical director for New York Dermatology Group (NYDG)



CREDIT: ISTOCK

NYDG treatments are available at [The Harrods Wellness Clinic](#); harrods.com

Three to six months before the wedding

The haircut

"Though this sounds like a very long time, I would suggest visiting an experienced Barber about six months before your wedding. This may mean ditching your regular [barber](#); the one that has giving you a short back and sides for the last 10 years. The reason why I recommend visiting a Master Barber many months before the big day is to give more options maybe a bit more length all over will maybe suit you better. Pay the money, it'll be worth it. You'll need around five to six haircuts to really get the best style for for your big day.

"If you're wearing a traditional morning suit, then the classic side parting is always a winner, make sure it's not too sleek and rigid. You want to notice the hair texture and slight movement. Use a hairdryer will make your hair last longer and in shape. On dry hair use Redken Rough Clay 20. Or, on wet hair, use Redken Wind Blown 05 (Dry Finishing Spray).

"For less traditional suits keep your hairstyle casual and smart without the side parting. It's preferable to use a matte product: nobody wants greased-up pics reflecting the flash in the wedding photos. If your hair is thinning, then keep it short. If you have grey hair blend it in subtly. If thinning hair is a concern then opt for a hair transplant - you only get married once. Hopefully."

Carmelo Guastella is the master barber at [Gielly Green](#) at the Four Seasons Trinity square.