

Style Tips for All-Day Special Occasions

5 ways to rules to look perfect from dawn until dusk - and beyond

By Tina Koenig

How do you stay refreshed and raring to go at the wedding, weekend party or other holiday event? With smart personal self-care and must-have items you can feel good and look great 24/7.

First of all, prepare your body and mind to keep going all day and night. Something we do without thinking is breathing. Fresh air is essential to well-being, so take deep breaths to get oxygen to the brain and maintain stamina. Secondly, as you pass the buffet table, remember that eating properly is essential throughout the day. Otherwise we risk a drop in blood sugar, become tired and worn-out looking. Choose foods that contain protein for long-lasting energy. Avoid sweets and sugary drinks which provide a quick boost but lead to an eventual crash. Hydrate with plain water.

For added traction, try these strategies:

1) Prepare the Night Before and Carry a Touch-Up Stick

Celebrities and models swear by this trick for keeping skin fresh all day. Begin the night before by applying a tablespoon of organic honey to the face. Honey keeps the skin moisturized all day long. In the morning, use a good quality primer that creates a smooth canvas for your foundation. Next, apply a long lasting lip stain, heavy eyeliner and waterproof mascara. Avoid touching your face for the rest of the day.

- **Your Must Have Accessory: Whether it's to hide a blemish or minimize blotchiness, a small concealer, such as Max Factor Pan Stick, on hand to fix flaws like dark circles or spots is indispensable.**

2) Blot It Out With Towelettes

Keep oily skin from getting out of control with blotting papers or wipes that can do double-duty for makeup smudges is your second indispensable item. Towelettes also come in handy for small clean-ups and battling perspiration if the event is hosted in a hot venue or in warm weather.

- **Your Must Have Accessory: Blotting tissues that remove oil and shine or make-up towelettes for touching up running mascara and lip stain smudges as well as replenishing the skin's moisture during a long day.**

3) Dress Comfortably But Stylish

If you will be attending an all-day event it is important that you are comfortable from morning to evening. Uncomfortable shoes or too tight clothing is fine for one hour but not for eight or more. You'll regret your choice of fashion-over-function in the wee hours of the night if your feet get blistered. Soft cotton moleskin pads with adhesive backing can also be wrapped around toes and feet so protect against rubbing shoes.

- **Your Must Have Fashion Accessory: soft pads to provide a layer of cushioning for feet inside shoes - and keep you smiling.**

4) Antiperspirant for Hot, Hot, Hot Venues

For some women, one swipe of deodorant and antiperspirant in the morning just won't do. Keep a small backup in your bag especially if you're attending a dance party or an affair outdoors in the heat. You and other guests will be grateful you brought it along.

- **Your Must Have Accessory: a roll on travel-size deodorant and antiperspirant.**

5) Serum for Hairy Situations

Women with curly hair have a tougher time maintaining their look than those with straight hair. Curly haired women should wash and style hair on the Big Day then apply a leave-in conditioner during the blow out phase.

- **Your Must Have Fashion Accessory: A small container of hair serum or silicon applied as-needed to keep hair looking smooth all day.**