

TELL TRINNY



CONTRIBUTING EDITOR TRINNY WOODALL IS HERE TO HELP

I don't want his wife to outshine me

My daughter is getting married next month. I'm happy for her but dreading the day itself, as my ex-husband – her father – has a new, younger wife. I'm worried I'll be overshadowed by her as she's very stylish. My daughter is also asking for advice about the wedding but I don't know how to help.

Mel, Hampshire

First, while this woman might be your husband's partner, you are your daughter's mother – and when girls get married they look to their mums. This is a time for you to talk to her about the happiness you had in your marriage, no matter how things later evolved. Open up your photo albums and show her pictures from your wedding to her father. Talk about the day, the make-up you chose and the dress. Discuss what you were happy with and what you would have done differently. Do you have anything from your wedding day to give to your daughter for her something old, new, borrowed or blue? I've shared some tips and products below that your glam counterpart might not know about.

On the day itself, you obviously need to dress to feel good. This isn't an occasion to take mad risks; it's a time to flatter your body shape. Wear a dress that shows off your figure, in a colour that's soft and pretty. I like this pink blush dress from

The Fold with its clean lines and unusual sleeve shape. Accentuate it with a beautiful hat and add some individuality with a corsage of fresh flowers on your wrist (more elegant than a diamond bracelet). A pair of elegant heels will ensure you can see everyone in the room.

As you won't have a husband by your side, consider an alternative 'walker'. Ask a brother, uncle or nephew to stay with you during the day – tell them that you need them for emotional support. You'll feel more relaxed knowing that there's someone looking out for you. And when you do chat to your ex's wife, kill with kindness: be so gracious that she would feel embarrassed being anything other than charming to you.

Most of all, don't forget that there will be friends and family everywhere you look on the day – you'll be surrounded by goodwill. So go with the flow, don't let anything stress you... and enjoy yourself.



Dress, £325, thefoldlondon.com. Clutch, £89, kurtgeiger.com. Hat, £139, hostiehats.co.uk. Slingbacks, £49.99, zara.com

MY ESSENTIAL PRE-WEDDING BOOSTERS

FACE MASK

Nannette de Gaspé's Restorative Techstile Masque is activated by massaging into the skin. Its dewy finish looks great under make-up and it has a blurring quality that diminishes lines. Better than a facial.



£85, selfridges.com

FOOD SUPPLEMENT

I've been taking Rejuva Radiance Platinum powder for the past few weeks and can already see it in my skin. The antioxidant-rich powder contains collagen and has a very clean formula. Amazing stuff.



£49.95, vivienetalsmat.com

SHAPEWEAR

Heist does incredibly clever shapewear that holds you in while also letting you breathe. It uses the heat of your body to mould to the right shape for you – while also taking up to 5cm off your waist.



From £55, heist-studios.com

LED THERAPY

A noninvasive way to get an unbelievable facial glow. LED therapy calms areas of irritation and brightens the skin by using light to trigger the body's natural cell-repair processes. Great for restoring radiance.



Sessions from £40, dermaluxled.com

FACIAL OIL

With frankincense and organic rose otto, this fabulous facial oil from Affinity Organics will soothe even the most stressed skin – perfect for both the bride and her mother before the big day.



£65, affinityorganics.co.uk

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