

BRIDAL BEAUTY TIMELINE*

6-9 Months

- Start a Pinterest Board to collect inspiration
- Create an exercise and nutrition plan
- Start eating a balanced diet
- Decide on some bridal looks and Book your Hair and Makeup Artists!
- Start taking your vitamins
- Start a daily skincare regimen based on your skin-type

2-4 Months

- Book your final Bridal Trial
- Test drive any new skin or body treatments
- See a dermatologist for any skin concerns
- See your dentist for any treatments
- Check in on your diet and exercise plan and modify/tweak
- Test out body tanners
- Choose your hair color

1 Month Before

- Pack your Beauty Bridal Kit with the essentials you may need for touch-ups
- Get your Teeth Whitening
- Get your Advanced Facial Treatment done such as microdermabrasion

2- Weeks Before

- Get your hydrating/glowing skincare facial
- Get your final hair cut/trim and color
- Touch up your roots
- Get a full body massage
- Finalize your bridal timeline with your beauty team
- Pre-pay your bridal vendors

1- Week Before

- Pamper and Primp!
- Confirm all beauty timelines
 - Manicure + pedicure
 - Eyelash extensions
 - Eyebrow threading/shaping
 - Get your body waxing
 - Have your spray tan done
 - Final prep, pack your bags, makeup kit and etc. for your Big Day!
 - Plan a spa day with your friends

1 Day Before

- Take a zen moment, and relax
- Go over Final checklist for wedding day
- Eat a balanced diet
- Hydrate and drink plenty of water
- Shave, exfoliate, moisturize!
- Wash your hair
- Apply a brightening face sheet mask before bed
- Get a good night's sleep!

Wedding Day

- Meditate- Take 10 min and set your intentions for the day
- Drink plenty of water
- Moisturize your body after your shower
- Breathe, today is all about you!
- Get ready for a beautiful day ahead!