

WEDDING BEAUTY PREP

12 MONTH TIMELINE

9 - 12 MONTHS

- **BUDGET:** Establish your beauty budget - It adds up fast!
- **FITNESS:** Start thinking about your fitness routine and incorporate fun activities. Consider joining a rec sport team in your area. It will help with wedding stress too!

6 - 9 MONTHS

- **HAIR:** Start growing out your hair. If you'd like to make a color change, start now.
- **SCHEDULE:** Book your hair and makeup artists ASAP.
- **EYEBROWS:** Microblading or start growing out your brows.

3 - 6 MONTHS

- **FACIALS:** Schedule a facial every 4-6 wks from now until wedding.
- **FITNESS:** Now is NOT the time to kick your fitness into overdrive. It will drive you and your seamstress crazy as she tries to maintain the integrity of your dress.

1 - 3 MONTHS

- **SMILE:** Start whitening strips or professional whitening.
- **EYELASHES:** Schedule first eyelash extension for 4 wks before your wedding so you can just get a fill the week of your wedding.
- **TRIALS:** Hair, makeup & spray tan.

1 WEEK

- **WAX:** Eyebrow & bikini wax.
- **GLOW:** Start gradual self tanner.
- **TOUCH UP:** Color touch up.

2 DAYS

- **BRONZE:** Get spray tan so you can wash it off before rehearsal dinner.
- **FILL:** Lash fill & gentle facial.

DAY BEFORE

- **WASH:** Wash your hair.
- **NAILS:** Gel manicure & pedicure.

WEDDING DAY

- **EAT BREAKFAST &** take a bath.
- Use a moisturizing sheet mask.
- Relax & have fun!