



## *Pre-Wedding Check List*

### **6 Months Before**

Start a skin care regime. Schedule your first facial with an esthetician to get on a skin care plan that may include peels and/or microdermabrasion.

Now is the time to experiment with different cuts and colors. Once you find a look that you are comfortable with begin a hair care routine that includes regular deep conditioning treatments and trims every 4–6 weeks.

### **5 Months Before**

If your nails are short, begin growing them out or consider nail enhancements such as acrylics, gel or fiberglass tips. If you plan on having natural nails, begin monthly manicures and pedicures. This will ensure your nails are strong and look flawless for your wedding as well as serve as a nice break from all that wedding planning!

### **4 Months Before**

Make your hair and make-up appointments for your trial and wedding day.

Make hair and make-up appointments for your bridesmaids and relatives as well.

### **2–3 Months Before**

Continue skin care plan.

Research different hair and make-up styles you would like to try on your trial.

### **1 Month Before**

Get your trial hair and make-up completed together. This allows enough time before the wedding if you want to try a new style but is close enough to keep your look fresh in your service provider's mind.

Receive your final skin peel/microdermabrasion.

### **2 Weeks Before**

Get your final hair trim and deep conditioning treatment.

Touch up your color and/or highlights.

Receive your final facial.

### **1 Week Before**

Receive any waxing services such as brow, lip, legs, etc. Also keep in mind getting a bikini wax – especially if you're going somewhere tropical for your honeymoon. For the best results, waxing services should be performed on 3–4 weeks of hair growth. If you do not usually get waxed, begin a few months before your wedding day to avoid an adverse reaction to the wax.

Get a couples massage with your mate. Chances are it will be a nice relaxing break from all that last minute wedding planning!

Get a VersaSpa™ Sunless Tan by MagicTan® to bronze your skin. This allows enough time before the wedding for your tan to fade if you feel it's too dark. You can tan again the day before your wedding if you like the bronzed look.

### **1–2 Days Before**

Get a body polish to gently exfoliate your skin. It gives brides that "glowing look". If you have nail enhancements, get a fill. If you have natural nails, get a manicure, and consider adding a gel topcoat to prevent a break or chipping.

Receive a spa pedicure. Many brides opt for French polish on their toes to finish off their overall bridal look.

Get a VersaSpa™ Sunless Tan by MagicTan® to bronze your skin. If you prefer, use a lighter or darker shade based on your tan the week prior.

### **Day of**

Receive your hair and make-up services. It is recommended that these be the only services you receive on your actual wedding day.

*enjoy sweet bliss!*