

SOFIA LEIGH

Husband 

12 months

- ✂ Begin/solidify skincare routine
- ✂ Start Weekly exfoliation and masks for face at home
- ✂ Consider hairstyle and Facial hair for the wedding. Will you grow anything out or in etc. Have a chat with your hairdresser/barber about a plan

9 months

- ✂ Book in any laser hair removal
- ✂ Complete any of the more invasive skin or spa treatments such as peels etc, as guided by a dermatologist or beauty therapist
- ✂ Consider a Hair and Makeup artist for Grooming on your wedding day. Do your research and book this month.
- ✂ Book bachelor party

6 months

- ✂ Any cosmetic procedures should be booked in and completed this month. Baby Botox/fillers etc.
- ✂ Make appointment with the dentist
- ✂ Look at creating your signature drink for the wedding

2 months

- ✂ Trim at the barbers/hairdresser
- ✂ Optional facial
- ✂ Start applying hand cream every other day
- ✂ Consider fragrance
- ✂ Trial fake tan if applicable

Week of

- ✂ Moisturise hands and trim nails
- ✂ Full body massage (or anything relaxing!)
- ✂ If getting a spray tan, application is the day before
- ✂ Day before/day of – hair trim, beard and facial hair grooming/shave

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