

Bridal Beauty Checklist



- 12 months**
- ♥ Start/solidify a skincare regime
 - ♥ Consider hair style and growth
 - ♥ Start research on Hair and Makeup Artists, create a pinterest board.

- 9 months**
- ♥ Trial masks at home that you can do weekly. Target your skin concern, ie hydrating masks for dehydrated skin etc.
 - ♥ Do regular hair treatments/masks
 - ♥ Look after your sleep
 - ♥ Eat as well as you can/want to.
 - ♥ Book Hair and Makeup Artist

- 6 months**
- ♥ Trial Hair and Makeup artist. Take images with you.
 - ♥ Trial fake tan if you wish to have one
 - ♥ Exfoliate your body and moisturize every other day.
 - ♥ Put hand cream on and massage cuticles nightly

- 2 months**
- ♥ Finalise hair and makeup looks
 - ♥ Start yoga/meditation/breathing practice at home to help manage any stress
 - ♥ Continue hair and skin masks

- 2 weeks**
- ♥ Hair cut and colour refresh with hairdresser.

- Week of**
- ♥ 2 days before - manicure
 - ♥ Day before - apply fake tan

