



## *prepping for the wedding!* beauty service timeline

---

the only thing that I truly recommend all of my clients practice is good skincare and good hydration. the rest of this list is simply a collection of popular services and when I recommend you have them done, if you're ever so inclined.

---

# <sup>3-6</sup> months before

professional teeth whitening- start 3-6 months prior, last appointment should be 6 to 8 weeks before

---

corrective facial treatments- start 6+ months prior, with your last facial being 1-2 weeks before the wedding

---

botox injections - first appointment should be 3-6 months before

---

non invasive facial treatments- start 3 - 6 months before, with your last facial being 5-7 days before the wedding

---

waxing- 3+ months before, with your last wax 4-7 days before the wedding

---

at home facial routine- start 3 to 6 months prior to the wedding ideally, but 2-8 weeks prior is still beneficial. you can schedule a consultation when you book your trial.

---

at home teeth whitening- start 2 to 3 months before the wedding to allow for multiple round

# <sup>1-4+</sup> weeks before

drink at least 64 oz of water a day- hydrated skin responds better to makeup

---

moisturize and wear daily SPF

---

don't go tanning at least 7 days prior incase of peeling and burning

---

fake tan at least 7 days before

---

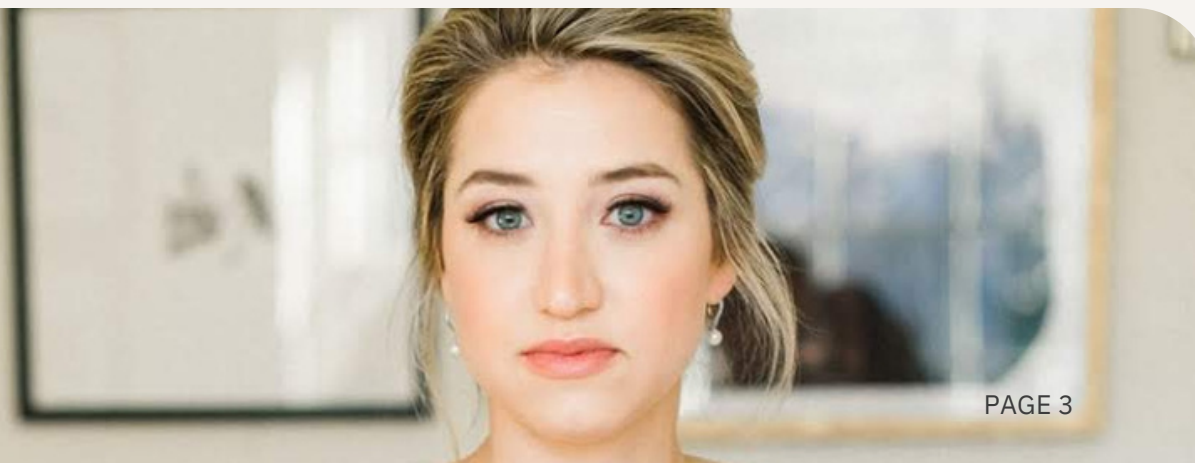
if you regularly wax/thread, do so far 4-7 days before incase of breakouts

---

if you regularly get facials, do so 5-7 days before

---

if you're getting your hair cut or colored, do so about 1-2 weeks before your wedding



## *the night before*

drink water! water, water water! Avoid excessive amounts of alcohol- the less, the better.

if you use a facial mask, use a hydrating one vs a charcoal/pore cleansing mask

exfoliate and moisturize your body, particularly areas that will be exposed

## *the day of*

to exfoliate the lips, brush your lips when you brush your teeth

cleanse your skin well: make sure you have no leftover makeup on

take a nice long bath or relaxing shower to ease any muscle tension

if any photos will be taken outside, wear a lightweight SPF

eat a filling, nutritious breakfast: carbs, protein, and berries packed with antioxidants



# a note on *beauty services*

I'm a licensed esthetician as well as a makeup artist. Need help determining your skintype? What about your perfect brow shape? Do you need a skincare overhaul?

Every bride can schedule a free skincare and beauty service consultation at the 3-6 month mark before her wedding! We can also schedule this with your hairstylist to ask about cut/color suggestions for your ideal hairstyle.



*need help establishing  
a skincare routine?*

CALL for a  
complimentary beauty  
consultation!

I'm a licensed esthetician  
who would love to help you  
out, or refer you to  
someone who can!

SCHEDULE A FREE  
PHONE CONSULT