

PAMPERING CHECKLIST

5-6 MONTHS BEFORE

- o Want to grow your hair out or try a new color? Talk to your stylist and start experimenting.
- o Analyze your nutrition and fitness routines.
- o If you haven't already, start a good skin care routine. Consider consulting a dermatologist or scheduling monthly facials.

3-4 MONTHS BEFORE

- o Make consultation appointments with your hairdresser and makeup artist. Bring along potential hair styles, and wedding day makeup ideas.
- o If you are potentially using a self tanner on your wedding day, now is the time to experiment how the product reacts with your skin.

1-2 MONTHS BEFORE

- o Trial run with your makeup artist. If you are going to do your own makeup, get a makeover at a department store, and purchase anything you need. This gives you time to practice.
- o Meet with your hairstylist for a trial run of potential hair styles. Bring along your veil or any hair accessories you plan to wear.
- o Schedule your hair stylist and makeup artist for your wedding day, and possibly for your wedding attendants and family.
- o If you have considered a new eyebrow shape, try it now.
- o Get a facial, or use an at home mask.
- o Whiten teeth if needed. Cut back on coffee and red wine for a sparkling smile.

2 WEEKS BEFORE

- o Final haircut or trim, and color touch up.
- o Remember to eat right, and drink plenty of water.
- o Exfoliate and moisturize, remember your elbows, hands, and feet.
- o Confirm your wedding day appointments.
- o Have your significant other schedule a final trim.

1 WEEK BEFORE

- o Avoid overindulging in salty snacks and alcohol at the pre-wedding parties.
- o Bikini wax, and final eyebrow shaping.
- o Enjoy a relaxing massage, from a professional or your significant other.
- o Final facial, only using products your skin is used to.
- o If you plan to spray tan 1-2 days before the wedding, make sure to complete your pedicure/manicure, massage, waxing, and facial 24 hours prior to your sunless tan appointment.

1 DAY BEFORE

- o Pedicure and manicure appointment. You could enjoy this with your attendants.
- o Drink lots of water!
- o Pack your emergency bridal kit.
- o Exfoliate and moisturize with products your skin is used to.

ON YOUR WEDDING DAY

- o Wear a button down shirt or robe so you don't mess up your hair and makeup transitioning to your gown.