

# Wedding Beauty Checklist

## • 10-12 months to go •

- Start Pinterest inspiration boards for themes, colors, and ideas.
- Make a beauty budget.
- Want to grow out your hair or try a new color or cut? Talk to your stylist and start experimenting now.
- Talk to your stylist to see if they do wedding hair and/or research salons that offer wedding hair and request price lists.
- Get serious about skin care: start a good cleansing, toning and moisturizing regimen. Consider consulting an esthetician for making monthly facial appointments.
- Start using eye cream and serum nightly. Begin weekly scrub and mask routines.

## • 7-9 months to go •

- Start exercising. A few sessions with a trainer will help jump-start a bridal routine.
- If you'd like to lose weight before your wedding, consult a specialist to develop a nutrition and fitness plan.
- Set a weight-loss goal and meet it before your dress fittings begin.

## • 5-6 months to go •

- Once fittings are underway, you'll need to maintain your weight.
- Begin a stress-relief regimen. Reserve at least one night a week for some non-wedding fun or quiet time to regroup.
- Research makeup artists that offer wedding makeup and get price lists.
- Choose your bridal party attire, shoes and accessories.
- Choose your bridal party makeup and hair options
- Choose a "Day-of" Coordinator

## • 3-4 months to go •

- Make consultation appointments with potential hair stylist candidates. Discuss the fee for trials and tip them for their time.
- Bring along pictures of hairstyles you like, even a picture of your veil and headpiece. For updos, discuss how long it will take to grow out your hair so it's the right length for your desired look
- Make consultation appointments with potential makeup artists. Discuss the fee for trials and tip them for their time.
- Decide on a makeup artist and book them for your wedding date. Set up a day-of-wedding schedule.
- Decide on a hair stylist and book them for your wedding date. Set up a day-of-wedding schedule.

## • 2 months to go •

- Have your eyebrows professionally shaped.
- Continue with weekly scrub and mask.
- Meet with your makeup artist for a trial run. Discuss the fee for trials and tip them for their time.
- Meet with your hair stylist and bring your veil for trial runs. Discuss the fee for trials and tip them for their time.
- Start cutting down on tea and coffee and use whitening toothpaste. Try oil pulling with coconut oil for natural whitening 20 minutes per day.
- Remember to eat right. Load up on fruits and veggies for energy. Drink lots of water to help keep your skin clear and glowing.
- Exfoliate and moisturize. Soft and silky elbows, hands, and feet are marriage musts.
- Keep up the exercise, exercise, exercise, for your body and soul.

## • 1 month to go •

- Drink lots of water to help keep your skin clear and glowing.
- Get your final haircut or trim. Touch up your hair color. No experimenting here, just stick to the look you love.

## • 1-2 weeks to go •

- Confirm big-day beauty appointments. Remind your man to get his final trim if he hasn't already done so.
- Get your final facial to ensure gorgeous healthy skin.
- Get a bikini wax and a final eyebrow shaping.

## • Day Before •

- Schedule manicure and pedicure the day before.
- Take a long, relaxing bath. Exfoliate your skin with a favorite product.

## • Wedding Day •

- Be sure to eat something and drink plenty of water. This is not a day to operate on an empty stomach.
- Set up an area for the makeup artist and hair stylist. Have plenty of chairs for yourself and the bridesmaids.
- Wear a robe or button-down that can be easily removed.
- Have hair accessories and flowers laid out for the stylist.
- Iron and hang your veil for the stylist and photo opportunity.
- Have a bridesmaid pack a touch up face kit.
- Have payments ready for makeup, hair, and any other vendors