

wedding beauty | checklist

6-12 months out

- Professional Skin Treatments** | Find an esthetician you trust + start getting your skin regime in order.
- Injectables (Filler + Tox)** | Visit your injector to assess your injectable goals.
- De-Stress / Health + Wellness** | When you feel good, you look good!
- Choose Beauty Services** | Decide what beauty services you want and begin booking.
- Body Care** | Exfoliate and moisturize daily to make sure your skin is radiant.
- Hair Color/Extensions** | Visit your stylist and chat about your goals, timeline, and budget.
- Microblading** | Find a brow artist near you and begin the process.
- Teeth** | Visit your dentist and talk smile goals.

3 months out

- Dial-In Your At-Home Skin Routine** | Stick to your regime so your skin will be glowing for your big day!
- If Spray Tanning, Trial Tan(s)** | Experiment with colors/tones to decide what tan is best for you.
- Brows** | Chat with your brow artist about microblading touch-ups and other services you'll need closer to your wedding, like tinting, waxing, and lamination.
- Lashes** | Find a lash artist you trust and decide if you'll be getting extensions or a lift/tint.
- Filler Touch-Up** | Your injector will touch-up any filler if necessary.
- Nail Maintenance** | Begin visiting a nail artist regularly to make sure your nails and hands look perfect.

1 month out

- Hair/Makeup Trial** | Test the hair and makeup you'll be wearing during the ceremony and reception, and make sure you're in love with the look.
- Teeth Whitening** | Begin teeth whitening sessions at one month out.
- Botox** | Schedule your botox appointment around 4 weeks out—that's when the toxins will have really kicked in and your movement will be virtually gone.
- Reduce Alcohol/Sugar Intake** | Alcohol and sugar are inflammatory substances, meaning they're more likely to cause breakouts and bloat.

2 weeks out

- Dental Cleaning** | Schedule a dental cleaning two weeks out so your teeth look and feel pristine.

1 week out

- Wax** | Schedule a wax for any areas where you need hair removal one week out from your wedding. This gives ample time for any post-inflammatory swelling and/or redness to dissipate.
- Hair Color/Extension Refresh** | Book with your stylist at about one week out so your color and extensions are fresh.
- Facial** | A facial will provide gentle cleansing and exfoliation.

1-3 days out

- Fresh Lashes** | Final lash appointment.
- Nails** | Nails and pedi.
- Spray Tan** | Final spray.
- Teeth** | Final whitening session.

night before

- Gentle Skincare** | Use a gentle cleanser and moisturizer the night prior.
- De-Stress** | Pause, breathe, and feel gratitude for the amazing celebration of love you're about to be a part of! ♡