



BRIDAL *beauty* *care* ESSENTIALS

The ultimate bridal beauty journey starts with skincare. Join me as we delve into the art of skincare & aesthetics tailored specifically for brides-to-be.

Embarking on the journey of wedding planning is both exhilarating and time-intensive. Amidst the whirlwind of tasks, it's crucial not to neglect your beauty preparations. Begin the process twelve months in advance to maximize your chances of achieving radiant skin on your special day while also adopting lifelong skincare habits.

I've curated this checklist and timeline drawing on my decade of intricate experience in the bridal industry, aiming to navigate you through the complexities of skin preparation. This ensures you're both confident and relaxed on your big day. Serving as an extensive guide, it has supported hundreds of brides in achieving their perfect look for their wedding. With this wealth of industry insight, it could be a transformative asset for you too!

THE BRIDAL

Skincare Timeline

AM

PM



Step One

Cleanse

Use a gentle cleanser in the morning. Nothing stripping or active needed



Step Two

Antioxidant

Vitamin C helps protect the skin from free-radicals and pollutants. An essential step!



Step Three

Moisturize

Keeping the skin hydrated is vital. During the day, a quick-absorbing moisturizer is key



Step Four

Protect

SPF of at least 30. I opt for 50. Finish up with an ice roll for optimal results



Step One

Cleanse

Double cleanse if you wore makeup during the day. PM is okay for a more active cleanser



Step Two

Exfoliate

A toning pad, retinol, or a gentle exfoliator is key. Talk to your skincare provider for specifics



Step Three

Serum

Hydrate with an HA serum, retinol serum, or any other potion to prep for cell turnover



Step Four

Moisturize

Here we want to use an intense hydrator. Opt for the rich moisturizer!

Always patch test before using new products. Consult with a skincare professional for treatments and products

5 STEP

SKIN GUIDE

01

KEEP YOUR SKIN PROTECTED

FROM VITAMIN C, TO SPF, TO MOISTURIZER; KEEPING YOUR SKIN PROTECTED IS KEY TO FLAWLESS SKIN ON YOUR WEDDING DAY. JUST KEEP IN MIND TO COME TO YOUR WEDDING MAKEUP APPOINTMENT WITH CLEAN SKIN.

02

FIND A SKINCARE PRO

CONNECT WITH AN ESTHETICIAN AND TALK ABOUT YOUR SKINCARE GOALS. MINIMUM 6 MONTHS PRIOR TO YOUR WEDDING, BUT THE EARLIER THE BETTER! RACK UP A GREAT AM/PM SKINCARE WITH THEM AND A TREATMENT TIMELINE.

03

AESTHETICS

IF YOU'RE WANTING TO GET AESTHETIC INJECTABLES, PLEASE CONSIDER ENOUGH TIME IN ADVANCE FOR PRODUCT WEAR. DO NOT GET NEURTOXINS FOR THE FIRST TIME 3 MONTHS BEFORE YOUR WEDDING. FIND A TRUSTED PROVIDER AND DEVELOP A RELATIONSHIP AND A GAME PLAN EARLY ON

04

ICE ROLL DAILY

ICE ROLLING IS A GAME CHANGER. KEEP YOUR ROLLER IN THE FREEZER, AND START YOUR DAY WITH IT. GUASHA IS ALSO A GRET OPTION. YOU WILL SEE RESULTS IN JUST A FEW DAYS!

05

SPRAY TANS

FROM A GET-AWAY TAN TO A NATURAL GLOW, A SPRAY TAN ENHANCES A WARMTH BEAUTIFUL FOR YOUR SPECIAL DAY. I RECOMMEND GETTING A TRIAL A FEW MONTHS BEOFRE THE DATE, THEN TWO DAYS BEFORE THE BIG DAY.

