

Love: YOUR WEDDING

The Bridal Beauty Checklist

• 12-10 months to go •

- ☐ Make a beauty budget
- ☐ Make a (realistic) fitness plan
- ☐ Start pinning hair, makeup, and dress inspirations (or keep it old school with magazines and a bulletin board)
- ☐ Schedule regular facials leading up to the wedding
- ☐ Apply nail strengthener once or twice a week
- ☐ Start a nightly routine of moisturizing your hands and cuticles
- ☐ Research hair stylists and makeup artists and request price lists

• 9-7 months to go •

- ☐ Decide on your wedding dress and schedule fittings
- ☐ Begin thinking about accessories: jewelry, veil, headpiece
- ☐ Get or give yourself regular manicures and experiment with different wedding day nail colors
- ☐ Doing your own makeup? Try out longwear products and looks
- ☐ Schedule regular trims to keep your hair healthy

• 6-5 months to go •

- ☐ Schedule trial runs with hair and makeup artists
- ☐ Visit an eyebrow specialist
- ☐ Eat healthy, antioxidant-rich food and drink lots of water each day (your skin will thank you)
- ☐ Deep condition your hair as needed

• 4 months to go •

- ☐ Buy your wedding shoes and wear them around the house to break them in—consider an extra pair of flats for the reception
- ☐ Book day-of hair and makeup appointments for you and/or your bridesmaids
- ☐ Test out any skin or body treatments to avoid allergic reactions
- ☐ Test out any spray tan or self-tanner to perfect the look you want
- ☐ Regularly exfoliate your face, body, hands, and lips
- ☐ Continue with daily applications of cuticle serum and hand crème

• 3 months to go •

- ☐ Choose wedding dress undergarments and wedding night attire
- ☐ Schedule spa treatments leading up to the big day for you and/or your bridesmaids
- ☐ Begin any at-home teeth whitening treatments

• 2 months to go •

- ☐ Have tons of fun at your bachelorette party
- ☐ Decide on your “something old, new, borrowed, and blue”
- ☐ Pick your wedding day fragrance (pretty bottle = great photo opp)

• 1 month to go •

- ☐ Lock down your wedding look at your hair and makeup trials
- ☐ Buy your own lip color if you're having your makeup professionally done—you'll need it for touch-ups
- ☐ Talk hair and makeup options with your bridesmaids
- ☐ If you're getting eyelash extensions, make an appointment for a few days before the wedding
- ☐ Go to your final dress fitting
- ☐ Treat your feet to a professional pedicure, focusing on clean-up
- ☐ Enjoy time with friends and family at your bridal shower

• 2 weeks to go •

- ☐ Get a final haircut and color touch-up
- ☐ Go to the dentist and get your teeth cleaned
- ☐ Keep your skincare consistent: no new products or treatments
- ☐ Drink lots (and lots and lots) of water!

• 1 week to go •

- ☐ Reconfirm day-of schedule with hair and makeup artists
- ☐ Prepare your wedding day emergency kit
- ☐ Delegate bridesmaid duties: Who will carry your things?
- ☐ Pick up dress or arrange delivery
- ☐ Take care of any brow shaping and waxing/threading/sugaring needs
- ☐ Take lots of deep breaths and remember to rest

• 2 days to go •

- ☐ If you're going to get a spray tan, do it now (exfoliate first)
- ☐ Woke up with a big zit? Don't panic—call a dermatologist for an emergency cortisone shot.

• 1 day to go •

- ☐ Final manicure and pedicure (note: if you got a spray tan yesterday, avoid soaking your feet in water)
- ☐ Get a relaxing massage
- ☐ Pack any last minute bridal suite essentials
- ☐ Have fun at your rehearsal and rehearsal dinner
- ☐ Go easy on caffeine and alcohol
- ☐ Drink lots of water before you go to bed
- ☐ Get a good night's sleep

• It's the big day! •

- ☐ Eat a healthy breakfast
- ☐ Allow yourself plenty of time to get ready
- ☐ Have so much fun!