



wedding
FORWARD

BEAUTY TIMELINE
beauty

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4-6 MONTHS BEFORE

- Make a dermatologist appointment
- Book a session or two with a trainer to jump start your fitness routine
- If you want to try a new hairstyle or color, this is the time for it
- Make a nutrition plan
- Make appointments with your hairdresser
- Schedule an appointment with your make-up artist
- Visit a dentist
- Start taking care of your skin, if you don't already
- Start experiment with self tanners and/or spray tans

1-3 MONTHS BEFORE

- It is time to think about regular manicures and pedicures
- Do your wedding hair and make-up trials
- Shape and tint your eyebrows
- Stick to your workout plan
- Do not experiment with your hair anymore
- Exfoliate your skin, making sure to get those rough areas on your elbows!
- Eat veggies and fruit for energy and
- remove salt and fat from your diet

A WEEK BEFORE

- Get yourself waxed and shaped for your wedding night
- Take a long bath or get a massage
- Do your final facial
- Have a full manicure and pedicure
- Pack an emergency beauty kit
- Get a final brow shaping
- Get your spray tan

THE DAY BEFORE

- Wash your hair
- Soften your lips
- Take a long, relaxing bath
- Get 8-10 hours of sleep
- Eat a high-protein breakfast and a light lunch
- Allow plenty of time to get ready
- Take a few moments for yourself
- Have fun!

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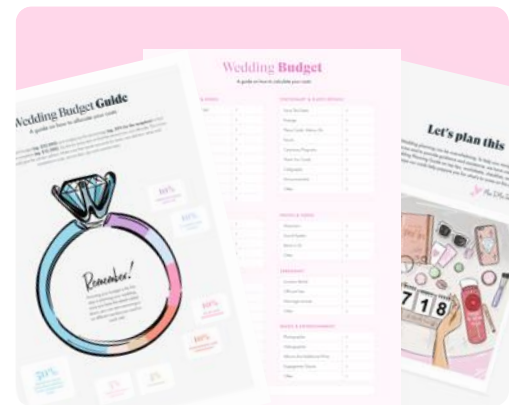
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