

BRIDAL *beauty* PREP GUIDE

BECAUSE THE JOURNEY TO
FLAWLESS WEDDING DAY HAIR &
MAKE UP STARTED BEFORE YOU
EVEN FOUND THIS GUIDE

but don't freak out, we've found each other just in time! In the pages to follow, I've compiled all of my best tips & tricks to help you feel like the very best version of yourself on your big day. Of course, absolutely none of this is required of you for you to feel stunningly beautiful on your wedding day... after all, as a fellow bride, I know you have 1,001 things on your plate... but I can't tell you how many women wish they'd had a list of simple practices to incorporate into their daily routine to help improve the overall health and appearance of their hair & skin before their wedding day.

So lucky you **wink** that list is just a scroll away!

xoxo. brielle

getting your *skin* wedding-day ready



DRINK PLENTY OF WATER

The longevity & appearance of makeup is 1000x better on hydrated skin versus on dry skin & hydrating your skin starts from within. Set a goal to drink half of your body weight (in ounces) of water every day for at least a month leading up to your big day.

USE WHAT YOU KNOW

Implement a solid skincare routine at 3-4 months out from your date and avoid trying new skincare and/or makeup once you're within the 1 month mark from the big day. Hydrafacials are incredible for your skin overall and create a hydrated base for makeup. I suggest scheduling a hydrafacial around 1-2 months before the big day, and if all goes well, schedule your next hydrafacial for 2-3 days before the wedding day. This combined with dermaplaning - GAME. CHANGER. You won't regret it!

CONSIDERING A SPRAY TAN?

Even a light spray tan can be the perfect touch to achieve a bridal glow from head to toe, but I prefer for my clients to avoid spraying their face. The spray tan pigments can make your foundation look discolored, ashy, & dull. Bring the tan up to the jawline & stop there. If you plan to spray tan for your big day, you should also spray tan before your bridal trial/practice session so you know what to expect for the tone of your makeup.

MOISTURIZE, MOISTURIZE, MOISTURIZE...

Use a facial moisturizer every morning and every night for at least 2-3 months before the big day. Avoid skin care products that contain high concentrations of alcohol, as it can be drying and irritating to the skin. Remember: makeup DOES NOT like dry skin!

DERMAPLANING...

Dermaplaning eliminates the thin layer of peach fuzz & dead skin cells on your face and creates a smooth canvas for makeup application. Do your research and try dermaplaning 1-2 months before your big day to see how your skin reacts. Dermaplaning treatments can be booked with a professional esthetician, or you can try it at home. If your skin responds well to dermaplaning, I recommend doing it 3-4 days before the big day.

perfect *hair* preparation



PROTECT YOUR HAIR

Minimize the amount of heat you apply to your hair (blow drying, curling, straightening, etc.) & incorporate a heat protectant into your hair care routine to help reduce heat damage & improve your hair's texture leading up to the big day. My recommendation: check out Kenra and Olaplex!

HYDRATE YOUR HAIR

Similar to dry skin not holding makeup, dry and damaged hair does not style as well as healthy hair does, Frizz is a result of dry/dehydrated hair and cannot be "fixed" in one treatment. Start incorporating hair masks & hair treatments 1-2 months before your big day to revive your hair and enhance its health & texture. (Olaplex & Amica are my favorite!)

TREATING BUILD UP & INCREASING VOLUME

If you struggle with roots that are quick to get oily or want to achieve a hair style with lots of volume– use a clarifying shampoo leading up to your big day. Clarifying shampoos help the hair achieve more volume by ridding your scalp of built-up oils and hair product that not all shampoos will remove.

ARRIVE STYLE-READY

I ask my clients to be sure their hair is 1000% dry and oil/grease-free for the bridal trial/practice session and the big day. We're out of the olden days when your hair needed to be dirty in order to hold a style. They make texturizing products that will give your hair the grit it needs to style without worrying about oily roots and dirty hair.

REGULAR MAINTENANCE

In the months & weeks leading up to your big day, I recommend getting regular trims to the ends of your hair. Even if you're wanting to keep your hair long, its important for your hair to also be healthy in order to achieve a polished bridal style.