

Planning Checklist

2 MONTHS BEFORE

START TO PREP

- START SHOPPING FOR WELL-FITTING AND FLATTERING LINGERIE!
- SCHEDULE YOUR WAX APPOINTMENT FOR 3-5 DAYS BEFORE YOUR SESSION
- DRINK WATER! TRUST ME, YOUR SKIN WILL THANK YOU!

2 WEEKS BEFORE

KEEP UP THE PREP

- TRY ON OUTFITS & NARROW IT DOWN TO YOUR FAV 5-7 OUTFITS
- SCHEDULE YOUR NAIL APPOINTMENT FOR 1-3 DAYS BEFORE YOUR SESSION
- KEEP CHUGGING YOUR WATER!

3-5 DAYS BEFORE

SELF CARE

- ENJOY THOSE PAMPERING APPOINTMENTS!
- EXFOLIATE & KEEP YOUR ENTIRE BODY MOISTUREIZED WITH LOTION!
- CHUG THAT WATER!

THE DAY BEFORE

FINAL TOUCH UPS

- PACK YOUR BAG WITH YOUR OUTFITS, SHOES & ANYTHING ELSE YOU WANT
- GO TO BED EARLY AND GET A GOOD NIGHT SLEEP
- AVOID BOOZE AND DRINK WATER - YES YOUR SKIN WILL NOTICE!

THE DAY OF

TIME FOR YOUR SESSION!

- USE CLEAR DEODERANT & WEAR LOOSE CLOTHING TO AVOID LINES ON YOU!
- EAT SOMETHING LIGHT, BUT FILLING - NO ONE WANTS YOU HANGRY!
- LEAVE A BIT EARLY SO YOU DON'T STRESS ABOUT TRAFFIC OR BEING LATE!