

# CAITLYN MEYER

*Luxury Bridal Beauty*



Tips & tricks for a smooth and relaxed  
wedding day beauty experience

The morning of a wedding day always has the potential to become quite hectic, and a huge part of your beauty professional's job is to keep everything organized and on track so you don't have to sacrifice precious time with your loved ones or your photographer. Please read on for tips and tricks to help your glam squad avoid the risk of running late and allow the morning to remain as fun and relaxed as possible.

xoxo

Caitlyn & Co

# Making the most of your morning

It's very important that, as services are being provided, the person in the chair remain relaxed and undistracted. This is your time to relax and be pampered, and limiting distractions not only helps your artist do their job, but maximizes your experience as well. A few time-saving tips to help you make the most of your morning:



- **Pre-plan.** Be sure to pre-plan ordering any breakfast/lunch, as well as coffee time and showering schedule if needed etc. This is especially important for larger groups and those who have earlier appointments.
- **Delegate.** The bride should aim to delegate in advance wherever possible, so she's able to sit, relax, and enjoy the morning. Make sure to have all your details (veil, jewelry, and any other details you want your photographer to shoot) ready in one place prior to sitting down for services. All bridal party members should have any hair accessories, extensions, and inspiration photos with them when sitting down for their appointment.



- **Ask in advance.** Anyone with special requests such as extensions, excessively long or thick hair, skin conditions, crème contour requests etc, should notify the artist in advance, as all of these situations could potentially require additional time, and/or incur additional cost. Our artists will refuse a request if they feel it would jeopardize the overall schedule, so if you have any questions or special needs, definitely bring them up to your artist in advance!
- **Sit back and relax!** No seriously, try to avoid being distracted while in the chair. Cell phone use, eating (unless during hair services and the artist is okay with it), and excessive sidebar conversations tend to be distracting and/or lead to a lot of back and forth with the head and face that not only make the artists job more difficult, but can cause things to run behind.



# How to prepare for your makeup appointment



- **Always arrive with your face clean of any makeup**, and be mindful to avoid any items over SPF 15-20. Moisturizers are best if applied at least 1 hour prior, to allow the skin time to absorb and cut back on oil production.
- **Avoid any aggressive facial treatments or procedures before your session.** While we fully support/encourage regular facials, peels, and microneedling etc, aggressive treatments or products that are too active may result in uneven skin tone, texture and/or dryness that will interfere with your makeup's performance and appearance. Typically, it'll take about 10-14 days for skin to get back to its optimum texture after any sort of facial treatment for an even, beautiful makeup application.

- **Do not have your brows waxed less than three days prior to the wedding.** We love a fluffy natural brow, but if you plan on having them waxed or threaded, we suggest making your appointment no less than three days before the wedding so your skin is without any residual redness or irritation and in the best possible condition for your makeup application.
- **We highly encourage inspiration photos.** From Instagram to Pinterest, we have the luxury of having access to seemingly endless inspiration, and even if the look can't be exactly replicated on you, it helps your artist understand your vision, your aesthetic, and your overall vibe. Having a visual reference also minimizes the consultation time and, as long as expectations are realistic, they can be super helpful!

# How to prepare for your hair appointment



- **To clean, or not to clean?** Every stylist is different, but for us, hair is best clean and completely dry. For thick and/or curly hair types, it is often best to wash hair and blowout the hair a day or two before the wedding to avoid any timing setbacks the morning of the big day. We suggest reaching out to your stylist in advance with any specific concerns or requests.
  - **Use minimal product after washing and avoid flat ironing/curling hair the day of.** Day two curls/product is fine. If you use any Argan oil or deep conditioning products, it's best not to use them at least one wash prior to the wedding. They tend to leave a build up on the hair, weighing it down and causing it to become limp - which will hinder select styling options and cause curls to fall faster.
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- **No collars, please!** Cute matching jammies may be all the rage right now, but collars are the main culprit for destroying hairstyles prematurely. Try to wear a silky robe or really wide neck top for your services to preserve your hair and transition safely into your dress.
  - **Again, I highly encourage inspiration photos.** From Instagram to Pinterest, we have the luxury of having access to seemingly endless inspiration, and even if the look can't be exactly replicated on you, it helps your artist understand your vision, your aesthetic, and your overall vibe. Having a visual reference also minimizes the consultation time and, as long as expectations are realistic, they can be super helpful!

# Additional Things to Consider

- **Avoid strap indents/marks** on your chest/back by wearing a strapless bra, or even no bra at all. Same goes for sock marks, for those wearing anything that may expose the ankle!
- **Don't forget your body!** Remember to exfoliate in the days leading up to the wedding (especially if you're getting a spray tan) and moisturize your body well on the day of, particularly hands, feet, knees and elbows since they are often in images.
- **Allow your beauty to shine from the inside out.** Drinking ample water will help promote a healthy glow to the skin, while limiting sugar and salt at least one week prior to the wedding, and cutting dairy intake completely at least two weeks prior to the wedding, will help keep breakouts and bloating to a minimum.
- **Allergy sufferers:** Be sure to take something for them in the morning when you get up (non-drowsy of course) and if you wear contacts, a back up pair of disposables is always good to have just in case due to irritation and/or dust, dirt, pollen, sand etc. that can often get blown around while out doing pictures throughout the day.
- **Know your limits.** We totally get it, the rehearsal dinner is intoxicatingly fun - literally. Alternate each alcoholic beverage with a glass of water to stay hydrated, and try to get enough sleep/rest, as these are often the main culprit behind puffy eyes and dark circles!
- **GET YOUR BEAUTY REST.** Most brides have trouble sleeping the night prior to their wedding, and we cannot drive this home enough. We suggest taking a small dose of Melatonin or CBD after dinner, and after an hour or so of enjoying time with your loved ones, you'll be ready to cash in on some beauty sleep! You will definitely want to give yourself six to eight hours to sleep it off, but you'll sleep sound throughout the night, and wake up looking and feeling well rested without being too dozed.

