

# BRIDAL *Beauty* PREP

Your journey to flawless wedding hair and makeup started long before you landed here—but don't worry, you're right on time!

I've put together my top tips to help you look and feel your absolute best on your big day. Of course, none of this is a must—you're already stunning.

So many brides have told me they wish they had a simple routine to enhance their hair and skin before the big day. Lucky for you, everything you need is just a click away!

*XoXo,*

*Rana*

## Get Your *Skin* Wedding Ready

Flawless wedding day makeup starts with healthy, glowing skin! Here's how to prep your skin leading up to your big day:

### *Stick to What You Know*

Start a consistent skincare routine about 3-4 months before your wedding, and avoid introducing new products or treatments in the final

month. If you're considering professional treatments, Hydrafacials are a game-changer! They deeply hydrate the skin, creating the perfect base for makeup. Try one 1-2 months before your wedding, and if your skin loves it, schedule another 2-3 days before the big day. Pairing it with dermaplaning? Total glow-up!

### *Hydration is Key*

Your makeup will look and last so much better on hydrated skin! Aim to drink half your body weight in ounces of water daily for at least a month before your wedding.

### *Be Cautious with New Treatments*

Always consult a dermatologist before trying invasive skincare treatments. If testing new skincare products, patch test first and give your skin plenty of time to adjust before the big day.

### *Thinking About a Spray Tan?*

A subtle spray tan can give you a beautiful bridal glow, but I recommend skipping the face to avoid discoloration in your makeup. Instead, bring the tan up to your jawline and blend with bronzer for a seamless look. Planning to spray tan? Do a trial run before your bridal makeup trial to ensure the color works with your makeup.

### *Moisturize, Moisturize, Moisturize!*

Keep your skin soft and supple by applying moisturizer morning and night for at least 2-3 months before your wedding. Avoid products with high alcohol content, as they can dry out your skin—remember, makeup and dry skin don't mix!

### *The Magic of Dermaplaning*

Dermaplaning removes peach fuzz and dead skin cells, creating a smooth, flawless base for makeup. Try it 1-2 months before your wedding to see how your skin reacts. If all goes well, schedule a session 3-4 days before the big day for that airbrushed finish!

By following these steps, you'll be on your way to a healthy, radiant bridal glow. Your skin (and makeup) will thank you!

# Get Your *Hair* Wedding Ready

Your hair's health plays a big role in how well it styles! Here's how to prep your hair for the perfect bridal look:

## *Hydrate & Nourish*

Just like dry skin affects makeup, dry or damaged hair doesn't hold styles as well. Frizz is often caused by dehydration and can't be fixed overnight. Start using deep-conditioning treatments and hair masks at least 1-2 months before your wedding to restore moisture and improve texture. (Favorites: Olaplex & Amika!)

## *Protect Your Hair*

Limit heat styling (blow drying, curling, straightening) in the months leading up to your big day, and always use a heat protectant to minimize damage and keep your hair healthy. My top picks: Kenra & Olaplex.

## *Clarify for Volume & Freshness*

If your roots tend to get oily quickly or you want extra volume, use a clarifying shampoo in the weeks leading up to your wedding. This removes product buildup and excess oils, helping your hair feel lighter and more voluminous.

## *Come with Clean, Dry Hair*

For both your bridal trial and wedding day, make sure your hair is completely dry and free of excess oil. Wash your hair the night before for the best results. Conditioning only the ends.

## *Hair Extensions*

Hair extensions aren't just for adding length, they give volume, hold styles longer, and keep your hair looking flawless all day and night. Even if you have thick hair, extensions can provide extra support to maintain your curls and prevent them from falling as you dance the night away!

For the best quality and value, I recommend Bellami Hair Extensions—they offer high-quality, natural-looking hair that blends seamlessly and gives you the most bang for your buck. Trust me, you won't regret adding them to your bridal look!

## *Veil*

Bringing your veil to your bridal trial helps us perfect your final look and ensures a seamless fit on the big day. Make sure your veil has a metal comb instead of plastic—metal grips better, stays secure, and holds up through all the dancing and celebrating. A secure veil means one less thing to worry about!

## Preparing for your *Preview*

### How to Get the Most Out of Your Trial

Your bridal preview is the perfect time to refine your hair and makeup look before the big day! Here's how to prepare:

#### *Before Your Preview:*

1. **Gather Inspiration** – Create a mood board with hair and makeup looks you love. Try to choose photos with features similar to yours (hair color, eye shape, skin tone) for a more realistic idea of how styles will look on you.
2. **Bring Your Accessories** – If you're wearing a veil, headpiece, or special earrings, bring them so we can incorporate them into your look. Ensure your veil has a metal comb for better grip.
3. **Wear White** – A white top or dress helps you visualize how your makeup and hair will look with your wedding gown.
4. **Hydrate & Prep Your Skin** – Drink plenty of water and maintain a good skincare routine leading up to the trial. If getting a facial, schedule it 2-3 weeks before to avoid irritation.
5. **Wash & Prep Your Hair** – Wash your hair the night before and avoid heavy conditioners or leave-in products that could weigh it down.

#### *During & After Your Trial:*

- **Speak Up!** Your feedback is essential. Be honest about what you love and if there's anything you'd like to adjust. We want you to feel 100% confident in your look.
- **Test It Out** – Wear your makeup and hair for the day to see how it holds up. Noticing any changes? Let us know! Your feedback helps us perfect the look for your big day.

I can't wait to bring your vision to life!

