

## Resources

### WEDDING & SPECIAL EVENT PREP

Makeup applies and adheres best to clean, healthy, hydrated skin. With this in mind, it is important to begin a daily skincare regimen 6 months prior to your special event. Here is my recommended timeline for beauty treatments to prep for weddings & events:

#### 6 Months Out

- Begin booking **facials** every 6 weeks leading up to the event date. When performed by a medical aesthetician, facials are like a “workout” for your face— and are highly effective in renewing the skin and giving you a clear/hydrated complexion. Extractions are performed if needed and your aesthetician will analyze your skin and make recommendations for a home-care regimen(based on your budget) to get your skin ready and glowing for the big day!
- Try **Botox** for the first time! (Lasts an average of 3 months) Botox causes temporary weakening of muscle movement to any area applied. It is most commonly injected into the forehead muscles and “crows feet” area to prevent wrinkling. Botox also causes temporary weakening of facial sweat glands, making it perfect for anyone getting married in hot/humid climates.
- Ask your esthetician about **bikini waxing** if interested, as you need to start 2-3 months before your special event so your hair follicles can get used to the waxing cycle.
- If you’re considering **micro-blading** for your eyebrows, now is the best time!

#### 2 Months Out

- Facial hair removal is essential for long-wear makeup application. I recommend **dermaplaning** as an add-on to any facial. This procedure involves scraping the top layers of dead skin cells and vellous hair from the surface of the skin. Medical aestheticians use a medical-grade scalpel for this treatment to get the most precise “shave” with little to no irritation/redness.
- Book your first **spray tan** so you can see how the color wears, and your spray tech can make adjustments to the formula/application style leading up to your special event.
- It is best to book your **makeup trial** appointment a few days after dermaplaning and spray tanning, so you can see how your makeup will wear for the wedding day.

#### 1 Month Out

- Begin the process of **whitening your teeth** if desired. I recommend Crest Whitestrips, and using a whitening toothpaste. Ask your dentist for professional whitening recommendations, and use a sensitivity toothpaste if your teeth are sensitive to whitening agents in strips/toothpaste.
- Have your final **Botox** appointment so it has time to kick in.
- **Do not use any new at-home ace or body products within 1 month of the event date to avoid the risk of allergic reaction before your special event.**

## Resources

### 2 Weeks Out

- Get your final **facial & dermaplaning** appointment in.
- Groom your brows! This will brighten your eye area and be essential for makeup application. **eyebrow waxing or threading** are my favorite options, and I recommend having any waxing done 2 weeks before your event.
- Do any final **hair-cutting or coloring** at least 2 weeks prior to the event in case something needs to be fixed/tweaked before the event.
- **Create a playlist** of your favorite upbeat songs for the event date. Ask your friends/attendants to submit their favorite songs for the playlist as well!

### 1 Week Out

- **Exfoliate** your body well, and book your final **spray tanning** appointment.
- After your tan appointment, be sure to **moisturize well** with a tan-safe body lotion (my fave is 'Hempz' brand lotion) to maintain your spray tan leading up to the event.
- Continue using your **home skincare regimen**(a good aesthetician should be on call in case of a stress-breakout!)
- Purchase **Lumify Eye Drops** for your wedding day. These were created for models on photoshoots to brighten the whites of their eyes and shrink any veins/redness in the eye area for 12 hours. I cannot recommend these enough for wedding days(brides, moms/grandmothers, attendants) and they really make a difference in up-close professional photography.
- Inform attendants that they'll need to bring their favorite **lipstick/gloss** shade on the wedding day to touch-up after they each finish their makeup appointment.
- Drink plenty of water and **stay hydrated!**
- Have your **nails** manicured and ready for your special day.

### The Night Before

- **Cleanse** your skin and gently **exfoliate** with a wet washcloth. Do not use any retinol products. **Moisturize** your face well.
- Apply **Aquaphor** to the lips as a lip mask before bed.
- **Watch your salt/sodium intake** at the rehearsal dinner(for example) as this causes puffiness/inflammation in the face & body the next day.

### The Morning Of

- Gently **Cleanse & Moisturize** your face, and please avoid any skincare product containing SPF as this will "flashback" and look gray in photos— even under your makeup.
- Turn on your **playlist**, pour a coffee(or mimosa), and get ready to relax and be pampered during your beauty services! It's going to be the **best day ever**.