

Bridal Beauty Checklist

By Sherry M. Lewis

- ☐ Hair
 - ☐ Decide on the length, shape and style of your wedding day hairstyle.
 - ☐ Give your hairdresser enough time to create the desired look.
 - ☐ Book weekly deep conditioning treatments for your hair.
 - ☐ Consult with your hairdresser to schedule your final cut before your wedding day.
- ☐ Make-Up
 - ☐ Consult a professional well before the event.
 - ☐ Schedule a trial session to ensure you and your make-up artist are happy with the result.
 - ☐ Purchase the same lipstick and powder used by your make-up artist.
 - ☐ Stick to the make-up brands that best suit your skin type.
- ☐ Face
 - ☐ Consult a skincare professional and work out a routine which best suits your skin.
 - ☐ Cleanse, tone and moisturise your skin morning and night.
 - ☐ Schedule an appointment for a facial at least 2 weeks before the wedding day.
 - ☐ Make an appointment to have your brows professionally shaped.
- ☐ Teeth
 - ☐ Schedule a professional cleaning at your dentist at least two weeks before your wedding day.
 - ☐ Whiten your teeth.
 - ☐ Get into the habit of flossing everyday.
 - ☐ Brush your teeth twice a day.
- ☐ Hands and Feet
 - ☐ Schedule a weekly manicure and pedicure.
 - ☐ Keep your hands moisturised at all times.
 - ☐ Decide on the nail polish colour for your big day.
 - ☐ If you are having acrylic or gel tips applied, make sure they are short enough for you to still use your hands.