

# 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.