

# Bride Checklist

By Sherry M. Lewis

- 3-6 Months Before the Wedding
  - Select your bridal dress.
  - Have fittings for wedding gown.
  - Purchase headpiece, veil, shoes, jewelry, and other accessories.
  - Make an appointment with a consultant at beauty salon to schedule bridal services.
  - Begin skincare treatment.
  - Begin hair removal treatment.
  - If you're thinking of changing your hair style or color, discuss it with your hair stylist.
  - Begin conditioning treatments on damaged hair.
- 1-2 Month Before the Weeding
  - Have a final fitting for your dress.
  - Make appointment with your hairstylist and have your hair cut and designed (if style is longer).
  - Start your natural nail care.
  - Have a pedicure.
  - Have a trial make-up lesson.
  - Have a trial hair styling (bring your veil and/or hair adornments).
  - Complete all physical or dental appointments.
  - Begin the teeth-whitening process if you plan to do so.
  - Begin shopping for a trousseau.
  - Prepare wedding vows.
  - Plan a bachelorette party.
  - Eat healthy and take care of yourself with exercise and plenty of sleep.
- 1-2 Weeks Before the Wedding
  - Have your hair cut and designed (if style is mid-length or shorter).
  - If you have artificial nails, receive acrylic balance.
  - Have a relaxing massage.
  - Go for a color retouch.
  - Have a hair removal treatment.

- 1-2 Days Before the Wedding
  - Receive manicure and pedicure, along with members of the bridal party.
  - For the wedding day be sure to have a button-down shirt to preserve your finished look.
- Wedding Day
  - Eat something.
  - Take a nice relaxing bath.
  - Fix hair or have it done at least three to four hours before the ceremony.
  - Allow plenty of time for make-up.
  - Start dressing one to one-and-a-half hours before ceremony.
  - Enjoy!