



Wedding Beauty Checklist

Six months or more before your wedding day

- Schedule your skin care consultation.
- Begin pampering your hands daily.

Three or four months before your wedding day

- Pay attention to how you care for your skin.
- Check your skin for blemishes, redness, dryness, and any obvious flaws.
- If possible, seek advice from an esthetician.
- Try your first facial, which can make you look and feel clean and glowing. (Keep in mind that extractions can leave your skin blotchy for up to two days.)
- Start experimenting with bangs if you've never had them. This will give you plenty of time to grow them out if you don't like them.
- Have a color consultation with a professional makeup artist.
- Schedule time for your bridesmaids to get a wedding makeover, too.
- Start taking special care of your eyes.

A few months before your wedding day

- Start looking for a professional makeup artist.
- Wait a few months between coloring your hair and having a permanent.

One or two months before your wedding day

- Choose a wedding fragrance.
- Think about gifts for your bridal party.
- From now on, once a week, exfoliate your skins, concentrating on elbows, knees, and feet.

Six weeks before your wedding day

- If your nails are yellow or discolored and show through your polish, try taking a break from polish.
- If your problem is fragile, brittle, or peeling nails, begin to keep your cuticles in shape with regular cuticle treatments.

A month before your wedding day

- ❑ If you have never had a waxing, try one to see if you have any adverse effects.
- ❑ Try applying your wedding makeup to see how long it stays on and fresh looking.
- ❑ Be aware of any reactions you may be having to any of the products you're wearing.

Three weeks before your wedding day

- ❑ Get your last haircut, so your hair has time to settle down. A fresh cut can put your hair in shock.
- ❑ Experiment with highlights or color in your hair.
- ❑ Don't color and perm your hair at the same time. In fact, it's best to wait a month in between.

One week before your wedding day

- ❑ Wax your eyebrows and upper lip, if necessary, before you tan.
- ❑ Schedule a full leg and bikini wax.
- ❑ Avoid facials, new skin products or treatments, anything you think may cause an allergic reaction, overexposure to the sun, a strong glycolic peel, self-tanner, and spray-tanning booths.

The day before your wedding day

- ❑ Pamper yourself in whatever way makes you feel most beautiful.
- ❑ Get plenty of rest and drink plenty of water so your eyes are bright and your skin will look radiant.

Select tips in this bridal beauty checklist courtesy of Mary Kay consultant Karen Irwin:
<http://www.marykay.com/kirwin>

For more wedding makeup, hair, nails and beauty advice, visit
<http://www.MyOnlineWeddingHelp.com/bride/beauty>