

CAPTIVATE *Beauty*

1 *year before*

- Book your hair stylist & makeup artists
- Start growing your hair or try a new color

5-6 *months before*

- Start a good skin regimen
- Cut down on junk food
- Incorporate exercise into your day

3-4 *months before*

- Make appointments for hair & makeup trials
- Shop for hair accessories
- Consider hair extensions
- Book an eyebrow wax
- Start the process of teeth whitening
- Schedule any major skin treatments

1-2 *months before*

- Set up a day of wedding schedule
- Go to hair and makeup trials
- Buy any needed beauty supplies for wedding day
- Plan and trial your spray tan

1-2 *weeks before*

- Go for a final hair appointment (trim/touch-up)
- Drink plenty of water daily
- Moisturize daily (especially dry areas)
- Confirm your day-of appointments
- Avoid too much salt or alcohol
- Get a bikini & leg wax
- Have a final (gentle) facial
- Deep condition your hair
- Get a massage
- Go in for a spray tan (2 days before)
- Get lash extension patch test (if using this method)

1-2 *day before*

- Get a mani/pedi
- Drink plenty of water
- Get 8-10 hours of sleep