

YOUR JOURNEY TO "MRS."

a beauty timeline

YOU'RE ENGAGED...
congrats!

6-8 MONTHS

BEGIN LASER,
MICRONEEDLING, PEELS,
INJECTABLES, ETC
BEGIN TEETH WHITENING
TREATMENTS

2 MONTHS

COMPLETE BRIDAL TRIALS
ORDER HAIR EXTENSIONS
AVOID EXTREME SUN
EXPOSURE (TAN LINES)
CHOOSE BRIDAL JEWELRY

1.5-2 WEEKS

DEEP CONDITION HAIR
DO HYDRATION FACE MASK
SCHEDULE NAIL
APPOINTMENT

2-3 DAYS

GET SPRAY TAN
GO TO NAIL APPOINTMENT
DO FINAL FACE/EYE MYASKS
LIGHTLY EXFOLIATE & FULLY
MOISTURIZE BODY

12 MONTHS

BOOK HAIR & MAKEUP TEAM
CULTIVATE A RELATIONSHIP
WITH YOUR SKINCARE
PROFESSIONAL

3 MONTHS

SCHEDULE BRIDAL TRIALS
GATHER HAIR & MAKEUP
INSPO
FINALIZE HAIR COLOR &
LENGTH

1 MONTH

STOP ALL INTENSE SKIN
MEDS/TREATMENTS
TEST OUT SPRAY TAN
GET FINAL INJECTABLES
TRIM HAIR & DO COLOR
TOUCHUPS
KEEP SKIN EXFOLIATED &
HYDRATED

1 WEEK

REMOVE FACIAL HAIR
STAY HYDRATED
GET LYMPHATIC MASSAGE
DO ANY HAIR MASKS/OILS AT
LEAST 4 DAYS PRIOR TO
WEDDING DAY