

Pre-wedding Beauty Prep



- ☐ Half a year before your "Big Day," check in with a dermatologist
- ☐ 3 months in advance, begin a fitness program
- ☐ 2 months before, consider adding vitamins into your health regime
- ☐ 1 month out, treat yourself to a deep conditioning treatment for your hair
- ☐ 2 weeks before, haircut time!
- ☐ 1 week until "I do," enjoy a facial treatment
- ☐ 3 days to go, wax those eyebrows
- ☐ 2 days before, go for an easy airbrush tan
- ☐ 1 day before, sit back and relax with the works - a manicure, pedicure, AND massage