

Bride Guide - Preparing Yourself for Your Dream Day

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In the midst of dresses, flowers, decorations and caterers there is one important wedding detail that is often overlooked, The Bride to Be! When you have so many other preparations to handle, it can be hard to know how to prepare yourself for the big day. We've created this list to help ease some of the stress and help you take the steps needed to look your best.



Six Months Before Your Wedding:

- Book your trial appointments with me. It's best to do this during a time when you have a special occasion, so you can get an accurate feel for the style of hair and makeup. Feel free to schedule more than one trial appointment if your vision changes.
- Exchange contact information with your hair/makeup stylists.
- Talk with your photographer to get a general idea of when you should set your makeup/hair appointment.
- It's helpful to have an idea of what look you're going for, so keep an inspiration book with pictures, colors, etc.
- Review your wedding look with the stylists to make sure that it will look good in your venues lighting and in wedding photographs.
- Start the journey of making those small life changes such as a healthier diet or an exercise routine to make sure you are at your healthiest.

Six Weeks Before Your Wedding:

- Now is the time to start doing trial runs on your wedding hair and makeup. This makes it easier to make those small changes and really perfect your wedding look.
- Take lots of pictures from the trial run to evaluate your look and get second opinions.
- This is also the time to touch up your hair's length or layers, as it gives your hair time to grow in the event of a mishap.
- It's optimal to begin tanning and teeth whitening at this stage, to give the treatments time to work.
- Give your wedding party a general idea of the look that you're wanting them to sport and ask for any product allergies, etc. It's also important to speak with your stylist about what look they have in mind for your wedding party.



Two Weeks Before Your Wedding:

- Touch up your hair color or get a clear glaze coating to make sure your hair looks it's most vibrant.
- You'll want to get your facial at this time in case of any bad reactions to products.
- If you're planning on sporting a spray tan, start any exfoliating/moisturizing treatments to ensure your prettiest glow.
- Start looking at manicure/pedicure colors/styles.



One Week Before Your Wedding:

- Get any problem areas waxed. (Underarm, bikini line, facial hair, etc.)
- Prepare your beauty bag with any products that you'll need to touch up your beauty look at the site of the wedding. It's a good idea to bring things such as mints, deodorant, and perfume.
- Confirm any beauty appointments with your wedding party to make sure everyone is on the same page.
- If you're serving refreshments during those beauty appointments, now is the time to confirm them with your service provider or purchase them if you're serving them yourself.





1-2 Days Before Your Wedding:

- Get your manicure/pedicure done and purchase the color used to touch up any chips.
- Ask your stylist what they want you to do to prepare your hair. (Washing, conditioning, etc.)
- If you have a favorite at home face mask or deep moisturizing treatment, now is the time to apply it.
- Start your self-tanning treatment if that's the route you're going.
- If you're feeling extra tense, you can book a massage during this time.
- Confirm all hair/makeup appointments the evening before your big day.



On Your Wedding Day:

- Shower a few hours before your appointment time to make sure you're clean and fresh.
- Make sure your body is properly moisturized, especially your hands and any areas of skin that your dress doesn't cover.
- Make sure your face and lips are properly cleansed and moisturized.
- Arrive at all appointments a few minutes early to convey any changes or ideas to your stylists.
- Let the professionals handle your look, but don't be afraid to share your input. It is, after all, your day!
- After your appointments are finished, make sure that you bring your beauty emergency bag.
- Wear a robe or button down shirt, so it will be easy to change without messing up hair and makeup.



Now That We've Covered What To Do, Let's Look At What Not To Do:

- Don't stress out. This just makes your skin break out, your hair fall out, and makes the process a drag.
- Don't be a Bridezilla! This is the happiest time in your life, not one that you'll want to look on with regret. State what you want to whoever you need to, but do it with class and tact.
- Don't procrastinate. Keep a clear idea of what needs to be done and when.
- Do your best to keep take care of your mani/pedi before your big day. You can touch it up yourself, but it always looks better when it's done by a professional.
- Don't try to do something that a professional should be doing, whether that's cutting your hair or applying self-tanner.
- After a teeth whitening treatment, do your best to drink all dark colored liquids through a straw.
- Don't make any major changes close to your wedding day! This includes new skin care items, hair care, etc.

"Planning my wedding
was really easy and
stress-free!"
- Said no bride ever.



**Most important, don't forget to have fun!
Congratulations on your big day!**

