6 Months

Start a skin care regime. Schedule your first facial with an esthetician to get on a skin care plan that may include peels and/or microdermabrasion.

Now is the time to experiment with different cuts and colors. Once you find a look that you are comfortable with begin a hair care routine that includes regular deep conditioning treatments and trims every 4-6 weeks.

5 Months

If your nails are short, begin growing them out or consider nail enhancements such as acrylics, gel or fiberglass tips. If you plan on having natural nails begin monthly manicures and pedicures. This will ensure your nails are strong and look flawless for your wedding as well as serve as a nice break from all that wedding planning!

4 Months

Make your hair and makeup appointments for your trial and wedding day.
Make hair and makeup appointments for your bridesmaids and relatives as well.

2-3 Months

Continue skin care plan.

Research different hair and makeup styles you would like to try on your day of.

Being teeth whitening.

1 Month

Get your trial hair and makeup completed together. This allows enough time before the wedding if you want to try a new style but is close enough to keep your look fresh in your service providers mind.

Receive your final skin peel/microdermabrasion.

2 Weeks

Get your final hair trim and deep conditioning treatment.

Touch up your color and/or highlights.

Receive your final facial.

1 Week Before

Receive any waxing services such as brow, lip, leg. Also, keep in mind getting a bikini wax, especially if your going somewhere tropical for your honeymoon. For the best results waxing services should be preformed on 3-4 weeks of hair growth. If you do not usually get waxed, begin a few months before your wedding day to avoid an adverse reaction to the wax.

Get a couples massage with your mate. Chances are it will be a nice relaxing break from all that last minute wedding planning!

One to Two Days Before

Get a body polish to gently exfoliate your skin. It will give brides that "glowing look"

If you have nail enhancements get a fill. If you have natural nails get a manicure and consider adding a gel topcoat to prevent a break or chipping.

Receive a spa pedicure. Many brides opt for French polish on their toes to finish off their overall bridal look.

Day Of

Receive your hair and makeup services. It is recommended that these be the only services you receive on your actual wedding day.