

# PRE-WEDDING BEAUTY TREATMENTS SCHEDULE

From Rock My Wedding

## 12 MONTHS BEFORE THE WEDDING

- SKINCARE:** Speak to a dermatologist or skincare professional about a bespoke skincare routine, facials and advanced treatments.
- HAIRCARE:** Start a hair care routine that works on your hair goals using hair masks and leave-in treatments.
- INVISALIGN:** Fixing crooked teeth can take as long as 18 months and as quick as 2 months. Every treatment plan is different.

## 12-6 MONTHS BEFORE THE WEDDING

- AESTHETIC INJECTABLES:** If wanted, experiment with Botox and dermal fillers to allow time for healing and swelling. You can slowly build to the desired look.
- ADVANCED TREATMENTS:** Start intensive treatments such as SkinPen Micro-needling or Morpheus8 every 4-6 weeks to boost collagen and elastin production.
- LASER HAIR REMOVAL:** Since laser hair removal requires 6-8 sessions for most people, start this around 8 months before the wedding.
- HAIR STYLISTS & MAKEUP ARTISTS:** Start researching hair and makeup artists or look up inspiration and experiment with products/styles if doing this yourself.
- NAILS:** Start regular manicures and pedicures to start nail growth and shape journey.

## 3-4 MONTHS BEFORE THE WEDDING

- DRY BRUSHING & MOISTURISING:** Two essential steps in body care, you'll notice smooth skin with exfoliation and moisturising.
- BODY AESTHETIC TREATMENTS:** If opting for body sculpting or body skin treatments, you should aim to book appointments 4 months out.
- HAIR & MAKEUP TRIAL:** At this point, you should have trials or have nailed down the final bridal look.
- MICROBLADING:** Microblading should be done three months prior to the wedding to allow for healing to take place.

## 1-2 MONTHS BEFORE THE WEDDING

- TOUCH-UPS:** Top up or adjust any aesthetic treatments such as botox, dermal fillers or polynucleotide treatments before the wedding.
- HAIR STYLING:** Your haircut, colour and/or extensions should be completed anywhere from 1 to 4 weeks before the wedding.
- TEETH:** Schedule a hygienist cleaning and teeth whitening 1 to 2 months before the wedding.
- DIET & HYDRATION:** Maintain a balanced diet and high water intake for optimal skin glow.

## 1 WEEK BEFORE THE WEDDING

- FACIAL:** Receive a final facial for hydration and radiance a week prior.
- TAN:** Self-tan or spray tan 2 to 3 days before to allow for the tan to fully develop.
- LASHES:** Lash extensions or an LVL lash lift and tint should be done a week before the wedding.
- BROWS:** If not microblading, traditional brow maintenance such as plucking, waxing, threading and tinting should be done 1 week prior to the wedding.
- NAILS:** The day before the wedding is the best time to get your nails and toes done.

## THE DAY OF THE WEDDING

- HAIR & MAKEUP:** All the prep work should be done, all you need to do is relax and get pampered for the big day!

