

# 12 MONTH SKINCARE GUIDE FOR BRIDES

From Rock My Wedding

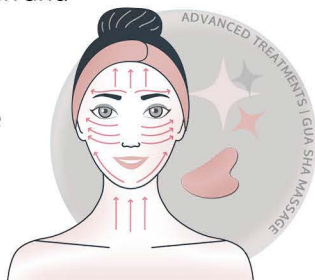
## 12 MONTHS BEFORE THE WEDDING

- ❑ **CONSULTATION:** Schedule a consultation to develop a personalised skincare and treatment plan, including lifestyle assessments, nutritional guidance and supplement recommendations.
- ❑ **MONTHLY SIGNATURE FACIALS:** Begin monthly facials to achieve a clear, healthy complexion.



## 12-6 MONTHS BEFORE THE WEDDING

- ❑ **ADVANCED TREATMENTS:** Start intensive treatments such as SkinPen Micro-needling or Morpheus8 every 4-6 weeks to boost collagen and elastin production.
- ❑ **GUA SHA MASSAGE:** Learn to perform Gua Sha massages at home with guidance from your skin specialist to enhance circulation, reduce puffiness and improve product absorption.



## 3-4 MONTHS BEFORE THE WEDDING

- ❑ **BYONIK:** Add regular Byonik sessions to improve skin hydration, repair, and stress reduction, mitigating stress-related breakouts.
- ❑ **CACI:** Commence weekly CACI Lift treatments to firm facial muscles and enhance contouring.
- ❑ **ADJUST PLAN:** Refine treatments and supplement intake based on skin response.
- ❑ **GUA SHA:** Perform Gua Sha 2-3 times a week to maintain results and relax facial muscles.



## 1-2 MONTHS BEFORE THE WEDDING

- ❑ **FORMA:** Schedule bi-weekly Forma sessions for optimal skin tightening.
- ❑ **BACK FACIALS:** Include treatments for the back and décolleté, especially if wearing a backless dress.
- ❑ **SUPPLEMENTS:** Continue with recommended supplements and consider additional ones for stress reduction and skin support.
- ❑ **GUA SHA:** Use Gua Sha daily to improve lymphatic drainage and maintain skin appearance.



## 1 WEEK BEFORE THE WEDDING

- ❑ **FINAL SIGNATURE FACIAL:** Receive a final facial for hydration and radiance.
- ❑ **BYONIK SESSION:** Opt for a Byonik session to alleviate pre-wedding stress and reduce inflammation.
- ❑ **DIET & HYDRATION:** Maintain a balanced diet and high water intake for optimal skin glow.
- ❑ **GUA SHA:** Use Gua Sha daily to keep skin calm and smooth.



## THE DAY OF THE WEDDING

- ❑ **HYDRATE:** Apply a light hydrating serum and moisturiser.
- ❑ **PROTECT:** Use sunscreen to protect against incidental sun exposure and apply a serum primer to ensure flawless makeup longevity throughout your special day.
- ❑ **RELAX:** Enjoy your day knowing you've prepared thoroughly for your special occasion.



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