

Bride's Time Line for a Beautiful Face

In many cultures it is traditional that the bride takes many months to prepare for her wedding day. Preparing the skin is essential, so invest a little more time in your skin than you usually do. You will definitely see the benefits!

The time line below begins six months before your wedding day but you can begin at any point on the timeline.

6 Months Before (and continue until the day of your wedding)

- ✓ Start a good day and evening skin care regimen
- ✓ Begin getting enough sleep, 8 to 10 hours
- ✓ Begin drinking plenty of water
- ✓ Restrict alcohol intake
- ✓ Use sunscreen with an SPF of 15 or higher every day
- ✓ Have brows professionally shaped and maintain them according to your estheticians recommendations

3 Months Before

- ✓ Find an example of the makeup look you are going for

2 Months Before

- ✓ Try out the look with your makeup artist
- ✓ Get a professional facial

2 Days Before

- ✓ Get your final brow shaping for the wedding

Day Before Your Wedding

- ✓ Exfoliate and apply moisturizer before bed

Day of Your Wedding

- ✓ Cleanse in the am, apply moisturizer and relax!

*The preceding are only recommendations for m Canvas Makeup Artistry. Canvas Makeup Artistry will not be help responsible for any of the outcomes, positive or negative from following the above guideline.