



ANGELA MOBILE MAKEUP

YOUR PERSONAL MAKEUP ARTIST

12 MONTHS BEFORE...

Hair: If you would like to try a dramatically different hairstyle, now is the time. Whether you're going from mid-length to a bob or from brunette to blonde, it's wise to give yourself time to adjust to the change. Worst case scenario, you have enough time to switch back to your previous look.

Fitness: Create an exercise plan for yourself. As your wedding approaches, you will feel confident knowing that you have a healthy routine.

6 MONTHS...

Healthy Skin: If you're experiencing skin issues, now is the time to book an appointment with a dermatologist. It is also the perfect time to speak with an esthetician about a skin care plan leading up to your wedding. They will explain what treatments are best for your skin along with products you can use at home to maintain results.

Bridal Trial: If you haven't already, now is the time to book your makeup and hair trial. Most artists are booked a year in advance which means you should be booking at least 6-12 months before your wedding date. It's also great to book early so that you have them on speed dial for all of the special occasions leading up to your wedding, like your shower, bachelorette party and rehearsal dinner.

Spray Tan Trial: It is essential to book a spray tan trial to find your custom shade that looks the most natural and sun-kissed. It is recommended to book your spray tan trial a day or two before your makeup trial so that you and the artist have an idea of the completed look.

2 MONTHS

Teeth whitening: Save yourself \$500+ and use an at-home whitening kit to brighten and maintain your pearly whites. The last thing you want to worry about on your wedding day is sensitive teeth, luckily Smile Brilliant offers a sensitive kit. With a 45 day money back guarantee, what do you have to lose other than years of coffee and tea stains? Be sure to read about my personal experience with their custom trays and whitening system.

2 WEEKS...

Cut and Color: Now is the time to get your hair trimmed and highlights refreshed. If you color your hair for gray coverage, book that appointment closer to your wedding date.

Facial: If you need extractions, now is the time to do them to allow time for your skin to settle down. This should be your last "deep facial" prior to the big day.

Exfoliate: Start exfoliating your entire body at least two to three times a week. Try a gentle body scrub to slough off dead skin cells without stripping your skin of moisture.

1 WEEK...

Fuel your body: Avoid overindulging in salty snacks and alcohol at those fab pre-wedding parties. Swap out sodium dense foods for fruits and veggies. It doesn't sound fun, but you'll be thankful later when your wedding photos are a bloat free zone.

Gentle facial: A week before your wedding, go in for a soothing, hydrating facial. This will allow for a bit of relaxation and also provide your artist an ideal canvas for a flawless makeup application.

Be prepared: Pack a beauty kit filled with essentials for your wedding day.



ANGELA MOBILE MAKEUP

YOUR PERSONAL MAKEUP ARTIST

3 DAYS....

Wax: your legs, bikini area, and upper lip. Scheduling this 3 days before, allows time for bumps to settle. Go to your regular waxer, now is not the time to be experimental.

Brows: Get your brows waxed, threaded, or shaped. Tweeze any stray hairs at least one day before your wedding to avoid redness.

Hair Mask: Get your ends prepped and ready for flawless staying. Treat your hair to a mask, but be sure to focus only on the ends. Applying the mask any higher will result in flat, weighed down hair.

2 DAYS...

Manicure/Pedicure: Request a gel polish to avoid any chips and cracks on your big day. Pink and neutral shades like Essie Nail Polish in Romper Room are popular, but wear whatever makes you feel most beautiful.

Spray tan: Get your spray tan two days before your wedding—the extra time will allow the tan to fade in and look more natural.

1 DAY...

Massage: You don't want to be that bride walking around aching and bruised so no deep tissue. Book yourself a relaxing massage to destress pre-wedding.

Hydrate: Drink plenty of water the day before to ensure you and your skin are hydrated.

Moisture Mask and Eye Cream: If you have a moisturizing face mask that you know works with your skin, now is the time to slather it on. Having your skin moisturized will assist with a flawless makeup application the following day.

Beauty sleep: The best thing you can do at this point is to get some shut-eye—you've done your work, now take some time to relax (or at least try to). Your goal is to get at least 8 hours of sleep.

THE DAY OF...

Brides are on cloud 9 with excitement and rarely have time to think about food (cue awesome bridesmaids whose duty it is to keep you fed and hydrated) Be sure to eat a healthy and sustainable meal before having your makeup and hair done. This will keep you energized for the long day ahead. Once you're glammed, relax and smile it's all about you today beautiful -xo!