Wedding beauty countdown

A timeline of treatments to help you look your best on your big day

How long to go?	Beauty to-do	Add extra treatments here as need
12 MONTHS TO GO	Start looking for a hair stylist.	
	Start looking for a make-up artist.	
	Book consultations for major cosmetic adjustments, such as laser hair removal, dermal fillers, or Botox.	
	Start teeth straightening.	
11 MONTHS TO GO	Start taking diet supplements for skin, hair, and nails.	
	Incorporate retinols into your skincare regime (if you don't already use them).	
10 MONTHS TO GO	Book an appointment with a dermatologist and create a skincare routine to address any concerns.	
	Start getting professional facials once a month.	
	Speak to your hairdresser about your wedding hair goals, including length, style, and colour.	
	Begin dermal fillers, Botox, or other cosmetic adjustments.	
9 MONTHS TO GO	After finding your wedding outfit, work with your chosen make-up artist and hair stylist to design your perfect look.	
8 MONTHS TO GO	Start laser hair removal.	
	Make any dramatic changes to your hair colour now — remember that lightening hair can take several months.	
	Book an appointment with a brow technician to start planning your wedding brows, as it can take months to shape or grow out brows naturally.	
6 MONTHS TO GO	Supercharge your skincare routine, making sure to cleanse, tone, moisturise, and apply serum daily.	
	Have your first make-up trial.	
	Begin treating your nails with oils and strengthening treatments.	
4 MONTHS TO GO	Once you've found a veil and hair accessories, work with your stylist to design your wedding hairstyle.	
	Increase frequency of facials to once every two weeks.	

created by **The Organic Pharmacy**
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Wedding beauty countdown p2

How long to go?	Beauty to-do	Add extra treatments here as need
3 MONTHS TO GO	☐ Start exfoliating and moisturising your body once or twice a week. ☐ Attend your first wedding outfit fitting. Be sure to try on with your chosen shoes, accessories, and veil to make sure you like the finished look. ☐ Have your final Botox or dermal filler injections now. This will allow any swelling or inflammation to go down and ensure a natural look. ☐ Make time for self-care to help reduce wedding planning stress. Try to get plenty of sleep.	
2 MONTHS TO GO	☐ Limit sugar and alcohol intake to reduce bloating and boost energy. ☐ Test out your fake tan or spray tan to make sure your chosen shade looks exactly how you want. ☐ Pick your wedding nail colour. ☐ Have your final wedding haircut. This will give your hair time to "settle" before the big day. Remember, if you decide to drastically change the length, it may affect your chosen wedding hairstyle, so always discuss your plans with your wedding hair stylist first.	
6 WEEKS TO GO	☐ Start deeply conditioning your hair when washing at home. ☐ Remove false nails or gels to give your natural nails time to recover.	
4 WEEKS TO GO	☐ Final make-up rehearsal. Take photographs to see how your chosen products and colours will look on camera. ☐ Make sure to wear a high-factor SPF everyday over the coming weeks — you don't want to be sunburnt on your big day!	
2 WEEKS TO GO	☐ Final hair trim, minor colour adjustments and toning, and one last deep-conditioning treatment. It's best not to make any drastic changes to the colour or cut at this stage. ☐ Apply bonded hair extensions (if part of your wedding style).	
10 DAYS TO GO	☐ Final wedding outfit fitting. This leaves time for last-minute adjustments. Remember to try it on with your wedding underwear to make sure it's a perfect fit. ☐ Final dermatologist appointment/facial. Avoid harsh peels or anything that could cause irritation.	

Wedding beauty countdown p3

How long to go?	Beauty to-do	Add extra treatments here as need
7 DAYS TO GO	☐ Get your wedding lash extensions applied now. ☐ Cut out foods or drinks you know trigger bloating, inflammation, or breakouts. ☐ Avoid trying new treatments or products after today to ensure you don't suffer an adverse skin reaction. ☐ Stop using retinols now to prevent any redness or irritation.	
5 DAYS TO GO	☐ Professional waxing/hair removal. This will give the skin time to heal before your wedding. ☐ Get your brows waxed, threaded, and tinted. ☐ Stop exfoliating/using abrasive products and peels on the face.	
3 DAYS TO GO	☐ Get your spray tan or apply fake tan now. Don't exfoliate your skin afterwards as this could ruin the look. ☐ Get your lash extension infills applied (if needed). ☐ Tweeze any stray brow hairs now to allow bumps and redness to go down in time for your wedding. ☐ Drink plenty of water and eat well, but don't detox or crash-diet now — you'll only make yourself feel sluggish and stressed. ☐ Get your wedding manicure and pedicure. Go for gel nails if possible to prevent chipping.	
THE DAY BEFORE	☐ Wash your hair (if your hair stylist won't be doing this for you on the day of your wedding). ☐ Shave legs and underarms (if you've not had a professional wax). ☐ Moisturise your body thoroughly. ☐ Use a face mask for a final dose of deep hydration (but stick to products you know and love). ☐ Relax and enjoy the moment! All the planning and preparation is sorted, so sit back and take it all in. Make sure you get a good night's sleep.	