



Beauty Timeline Checklist

4-6 months before

- ☐ Make a dermatologist appointment
- ☐ Book a session or two with a trainer to jump start your fitness routine
- ☐ If you want to try a new hairstyle or color, this is the time for it
- ☐ Make a nutrition plan
- ☐ Make appointments with your hairdresser
- ☐ Schedule an appointment with your make-up artist
- ☐ Visit a dentist
- ☐ Start taking care of your skin, if you don't already
- ☐ Start experiment with self tanners and/or spray tans

1-3 months before

- ☐ It is time to think about regular manicures and pedicures
- ☐ Do your wedding hair and make-up trials
- ☐ Shape and tint your eyebrows
- ☐ Stick to your workout plan
- ☐ Do not experiment with your hair anymore
- ☐ Exfoliate your skin, making sure to get those rough areas on your elbows!
- ☐ Eat veggies and fruit for energy and remove salt and fat from your diet

A week before

- ☐ Get yourself waxed and shaped for your wedding night
- ☐ Take a long bath or get a massage
- ☐ Do your final facial
- ☐ Pack an emergency beauty kit
- ☐ Get a final brow shaping
- ☐ Get your spray tan
- ☐ Have a full manicure and pedicure

The day before

- ☐ Wash your hair
- ☐ Soften your lips
- ☐ Take a long, relaxing bath
- ☐ Get 8-10 hours of sleep
- ☐ Eat a high-protein breakfast and a light lunch
- ☐ Allow plenty of time to get ready
- ☐ Take a few moments for yourself
- ☐ Have fun!