Beauty Prep Guide
for face and hair

Four Weeks Prior

Start to drink more water and eat healthy, try staying away from sugar, lots of sodium and processed foods.

Face:

Start to apply sunscreen daily before going outdoors, and don’t forget to apply lip balm.

Schedule a facial appointment tailored to your skin type (moisturizing for dry skin, clarifying for oily or acne-prone skin).

Start to avoid using any new products for hair and skin, including shampoos, skin care, and makeup. Because you won’t know if it will cause any irritation for your hair and skin.

Two Weeks Prior

Face:

Schedule another facial appointment tailored to your skin type (moisturizing for dry skin, clarifying for oily or acne-prone skin). Book the **last** facial two weeks before the wedding so there's time for any red marks from extractions to settle down. (Only book the one you've been doing regularly and you know will not cause irritation.)

Facial hair removal if need, please have it in licensed Beauty salon or Skin care clinic, and the one you have done before. (If you don’t have facial hair removal

before, then I don't suggest to have it in two weeks prior because the first time facial hair removal may cause allergic or irritation for your skin.)

One Week Prior

Hair:

Get your final color one week before your big day, not a few days before. This means that it will give your hair the time it needs to settle and also gives you enough time to make any changes if needed.

Your hair stylist should give your hair a final trim, taking away all the split ends without compromising the length.

The Night Before

Face:

Use gentle exfoliate on your skin and lips and put on hydrating moisturizer skincare.

Hair:

Please wash your hair without conditioner, and do not use any products in the hair, e.g. Serums, smoothing creams, argon/ Moroccan oil etc.

Blow dry your hair as smooth as possible ,and do not using a straightening iron.

Others:

Remember to eat healthier, try staying away from sugar, lots of sodium and processed foods.

Please don't drink alcohol, sleep early and rest well.

Preparation for Event day

Face:

In the morning, gently wash your face with a gentle face cleanser and warm water and you can apply a light moisturizer, and without sunscreen.

If you don't have anything you think is suitable, do not apply anything and I will moisturize, prep and prime your skin for you before applying your makeup.

Make sure your face has no makeup, and clean, and put contact lenses on before your start time.

Hair:

I suggest to wash your hair the night before but if you decide to wash in the event day, please make sure your hair is completely Dry and Clean before the service start.

And please wash your hair without conditioner, and do not use any products in the hair, e.g. Serums, smoothing creams, argon/ Moroccan oil etc.

Blow dry your hair as smooth as possible ,and do not using a straightening iron.

Others:

On the day wear a loose cotton button up shirt or cotton robe so your hairstyle is not affected when you change into your dress.

If you want the makeup artist to use your products, please have the products ready.

If you have any *cosmetics allergies*, please let the makeup artist know before it starts. And it is recommended to provide your own makeup product instead.

If you are planning to use accessories during your days, such as a hairpiece, tiara, necklace, earring, or veil. Please have all the accessories ready before the service start.

Last, to make sure everything goes smoothly on your day, please come on time.

Thank you and I am excited to work with you.