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MAKEUP AND HAIR ARTIST

Your Bridal Beauty

COUNTDOWN CHECKLIST

The Ultimate Bridal Beauty Guide
in the Lead Up to Your Wedding Day

MAKEUP & HAIR ARTISTRY BY LAUREN

WELCOME



That's where this guide comes in. I've seen a few of these around over the years, but they all seemed somehow a little... outdated shall we say. So I got to work creating an easy to follow, uncomplicated countdown checklist based on modern, up to date advice and techniques. Using this guide you'll be safe in the knowledge that you're doing all the right things in the run up to the wedding, to get the best possible results and feel your most beautiful self.

*Love,
Lauren x*

Planning a wedding can be overwhelming enough as it is, with lists coming out of your ears of all the things you need to do, decide on, choose, and communicate. It's no wonder brides feel frazzled and drained, leaving very little brain space for the things they can be doing to really maximise their bridal hair and makeup experience.

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**WEDDING BEAUTY
COUNTDOWN
CHECKLIST**

Start your Wedding Beauty Journey Here

Whether you have a year or just a week to go before your wedding, here are some actionable steps you can take towards that head-turning bridal glow.

1 YEAR TO GO

- ☐ If you haven't already done so, book your hair and makeup team.
- ☐ If your budget allows, start having monthly tailored facials with a knowledgeable esthetician. If not, ask your makeup artist for their advice on your current routine.

10 MONTHS TO GO

- ☐ Contact your hair and makeup artist(s) to book your trial. An appointment 3–6 months ahead is ideal.
- ☐ Start to collect makeup and hair inspiration photos ready for your trial.

6 MONTHS TO GO

- ☐ Drink 2–3 litres of water per day if you don't already, and try to eat a balanced, healthy diet at least 80% of the time.
- ☐ Start looking for any hair accessories you may want to wear.
- ☐ Talk to your hair stylist about whether extensions are required for your chosen style.
- ☐ If you colour your hair, ensure the colour from now on is the one you want for the wedding day.

3 MONTHS TO GO

- ☐ From this point on, avoid making any changes to your skincare unless absolutely necessary.
- ☐ Consider the colour/design you might want for your wedding day nails, and book your appointment.
- ☐ Schedule your final hair cut and/or colour appointment with your hairdresser.

1 MONTH TO GO

- ☐ If you plan on getting a spray tan for the wedding day, test this out now to determine which salon, brand and colour you prefer.
- ☐ On the day of your final dress fitting, try to wear your hair and makeup in a similar style to how it will be on the day.
- ☐ Take care to avoid getting sunburnt from now on.

1 WEEK TO GO

- ☐ Have your final appointment with your hairdresser, not forgetting to cut to the correct length any face-framing pieces or hair extensions.
- ☐ Have your final appointment for your wedding day manicure and pedicure.
- ☐ Don't forget how important your water intake is this week.

THE NIGHT BEFORE

- ☐ Stick to your usual skin and hair care routine.
- ☐ Lay out ready any hair extensions, hair accessories, shoes and jewellery.
- ☐ Try to get an early night and a good night's sleep if you can.

THE WEDDING MORNING

- ☐ Wash and dry your hair, unless you've been advised otherwise by your bridal hair stylist.
- ☐ Follow your usual skincare routine.
- ☐ Put on your favourite playlist and relax in the knowledge that you are going to feel your most beautiful self today.

BONUS ACTIVITY

Design Your Perfect Bridal Look

Now that you've begun your wedding beauty countdown, here are a few useful things to think about to help you design your perfect bridal look. Use this exercise to write a few notes in answer to each question.

Who are you as a person? Are you usually relaxed and carefree, or usually polished and perfected?

What is the style and vibe of your dress and venue? Does this sit in harmony with the hair and makeup inspiration images you have?

When looking for hair and makeup inspiration images, are you saving looks demonstrated on similar hair, skin and eye colour to your own?

Consider how the weather is likely to be on your wedding day — will a 'down' hairstyle be appropriate, or will you likely be hot and bothered?

When choosing makeup inspiration, take care to see past the face and look at the makeup itself. Do you like the makeup, or is the person in the image just pretty?

How do you usually wear your hair and makeup, and will making drastic changes to this on the day make you feel uncomfortable or not like yourself?

Notes

I am usually...

THANK YOU

If you got this far...

...then you will hopefully have a much clearer idea, not only of the right steps to take towards bridal beauty perfection, but also of your bridal look itself.



For all the latest insider information and advice on both bridal and everyday beauty, be sure to follow me on social media, where I post regular tutorials, tips and tricks.

*Love,
Lauren x*

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