Pre-wedding Beauty Prep



- [ ] Half a year before your "Big Day," check in with a dermatologist
- [ ] 3 months in advance, begin a fitness program
- [ ] 2 months before, consider adding vitamins into your health regime
- [ ] 1 month out, treat yourself to a deep conditioning treatment for your hair
- [ ] 2 weeks before, haircut time!
- [ ] 1 week until "I do," enjoy a facial treatment
- [ ] 3 days to go, wax those eyebrows
- [ ] 2 days before, go for an easy airbrush tan
- [ ] 1 day before, sit back and relax with the works - a manicure, pedicure, AND message

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