



WEDDING PREP

*a tipsy*

INSTIL*Beauty*

# PREP *week*

MONDAY

CONFIRM TIMELINE WITH MAKEUP & HAIR

TUESDAY

MANICURE + PEDICURE

WEDNESDAY

SHAVE + EXFOLIATE + MOISTURISE

THURSDAY

TANNING DAY

START WEARING STRAPLESS BRAS UNTIL  
EVENT.

FRIDAY

MOISTURISE BODY, SCRUB LIPS  
EXFOLIATE FACE + HYDRATING MASK,  
SERUMS, EYECREAM

ADVISE VENDORS ROOM NUMBER IF  
APPLICABLE

SATURDAY

EVENT DAY

MOISTURISE YOUR SKIN INCLUDING YOUR  
FACE IN THE MORNING. APPLY EYE MASK +  
LIPBALM

*You are ready to say 'i do!'*

# WEDDING PREP

## *Tips*

---

- TAN 2 DAYS BEFORE YOUR SPECIAL EVENT. SEE MY 'TANNING GUIDE' FOR ALL MY TANNING ADVICE
- AVOID WAXING ANY PART OF YOUR BODY THE WEEK OF THE WEDDING - THIS IS ENSURE THE TAN AND MAKEUP APPLIES EVENLY ON THE AREAS, AS WELL AS ALLOWING HEALING TIME SHOULD YOUR SKIN LIFT OR HAVE ANY REACTIONS.
- NO LASH LIFTS! THEY DON'T ALLOW STRIP OR INDIVIDUAL LASHES TO SIT PROPERLY ON THEM, AND CAN MAKE THEM LOOK UNEVEN.
- PRINT OFF A TIMELINE FOR MAKEUP, HAIR, WHAT TIME THE PHOTOGRAPHER IS ARRIVING, WHAT TIME YOUR FLOWERS ARE ARRIVING AND SO ON. YOU WILL BE ASKED THIS BY ALL OF YOUR BRIDAL PARTY SEVERAL TIMES SO TO REDUCE YOUR STRESS ON THE DAY, THEY CAN REFERENCE THIS.
- IF YOU ARE AN ANXIOUS BRIDE, HAVE A DIFFUSER WITH LAVENDAR ON DURING THE MORNING - IT'S A NICE CALMING TOUCH!

# WEDDING PREP

## *Tips*

---

- SKIN FIRST, MAKEUP SECOND. NO AMOUNT OF MAKEUP WILL BE ABLE TO COMBAT YEARS OF SKIN-NEGLECT. A COURSE OF LED LIGHT THERAPY DONE WEEKLY WILL HELP ENHANCE SKIN RESULTS
- AVOID USING ANY NEW SKINCARE IN THE WEEK LEAD UP TO THE WEDDING AS YOU DON'T WANT ANY REACTIONS OR BREAKOUT
- START FORTNIGHTLY OR MONTHLY FACIALS IDEALLY 6-12 MONTHS IN THE LEAD UP THE WEDDING TO GET YOUR SKIN LOOKING THE BEST FOR THE DAY. IF THIS ISN'T FEASIBLE, 3 MONTHS PRIOR WILL SUFFICE, OR USING GOOD QUALITY SKINCARE ONLY WILL MAKE AN IMPACT.
- MUSIC. ALWAYS HAVE MUSIC. IT SETS THE TONE FOR THE DAY
- ARRANGE YOUR TRIAL 4-6 WEEKS PRIOR TO YOUR WEDDING DATE. HAVE YOUR HAIR + MAKEUP DONE ON THE SAME DAY IF POSSIBLE SO YOU CAN SEE THE ENTIRE LOOK. IF THAT ISN'T POSSIBLE, STYLE YOUR HAIR YOURSELF ROUGHLY SO YOU CAN GET A BETTER IDEA

# WEDDING PREP

## *Tips*

---

- ASK YOUR MAKEUP ARTIST AND HAIRDRESSER TO SEND YOU A TIMELINE - IT MAKES IT EASY FOR YOU AS IT'S ONE LESS THING TO THINK ABOUT, AND IT ENSURES THEY HAVE ENOUGH TIME TO WORK THROUGH THE BRIDAL PARTY
- ALWAYS MAKE SURE THE MAKEUP ARTIST AND HAIRDRESSER ARE COMPLETED OR NEAR COMPLETED THE BRIDAL PARTY BY THE TIME THE PHOTOGRAPHER ARRIVES. THIS ENSURES THE DAY ISN'T RUSHED OR STRESSFUL, AND YOUR PHOTOGRAPHER CAN CAPTURE THE PHOTOS THEY NEED TOO WITHOUT US HAVING TO PULL PEOPLE AWAY
- BRIDE SHOULD NEVER GO LAST FOR MAKEUP - THIS IS TO ENSURE THAT IF THERE HAS BEEN ANY UNFORSEEN DELAYS, WE AREN'T RUSHING ON THE BRIDE!
- ASK YOUR MAKEUP ARTIST IF THEY HAVE LIPSTICKS THAT THEY USED ON YOU FOR THE TRIAL THAT YOU CAN PURCHASE FOR THE DAY
- HAVE INSPO PHOTOS READY TO SHOW YOUR MAKEUP ARTIST - MAKE SURE YOU HAVE IMAGES OF THEIR OWN WORK AS WELL AS YOU BOOKED THEM FOR THEIR STYLE

# WEDDING PREP

## Product Recommendations

### Eye area

- O COSMEDICS NO BAGGAGE UNDER EYE MASKS 5PK
- O COSMEDICS EYEFUSION



### Face

- DRNC MICROPEEL PADS
- O COSMEDICS HYDRAPLUS SLEEP IN MASK



### Lips

- DERMAL THERAPY LIP BALM (SOLD IN COLES & CHEMISTS)



DRNC + O COSMEDICS PRODUCTS SOLD AT INSTIL BEAUTY

INSTIL *Beauty*



WWW.INSTILBEAUTY.COM

0413 691 143

@INSTILBEAUTY

INSTIL*Beauty*