

12 Things to Do Before You Get Married

Lucky Cat Beauty WEDDINGS

12 MONTHS PRE WEDDING CHECKLIST



AWARD WINNING
BRIDAL BEAUTY
AIRBRUSH
BOUDOIR
MAKEUP LESSONS
GROOMING

ON SITE OR
DESTINATION
SERVICES

CUSTOM
BRIDESMAIDS GIFTS

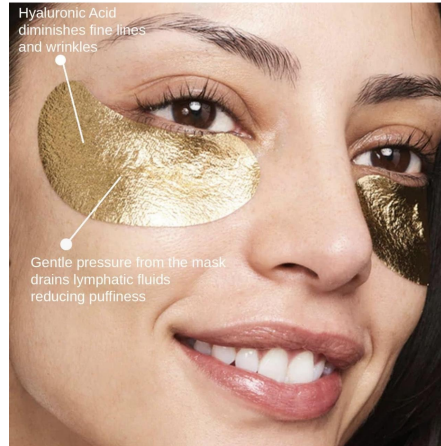
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WEDDINGS

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AS SEEN IN
VOGUE BAZAAR **allure** VANITY FAIR ELLE



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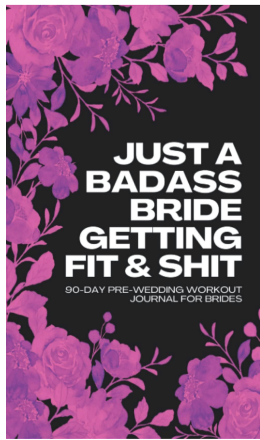


1. **START NOW-** As soon as you get engaged it's time to start a good skin care regimen. See a dermatologist or facialist and get

your game plan together. Identify your problem areas and start treating them now. If you suffer from dark circles, start using weekly eye patches like our favorite and best-sellers from WANDER BEAUTY's [Baggage Claim Gold Eye Masks, set of 6 \\$25](#)

[list](#) of recommended professionals in our area





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2. **HEALTHY EATING**-start with the book, *JUST A BADASS BRIDE GETTING FIT & SHIT* by [FitWedStudio](#). **\$9.99** on [Amazon](#) It's a 90-Day Journal and planner to well, get fit and shit before your wedding! According to nutritionists, to get glowing skin you need to start eating the right nutrients. (We love former bride, Dr. Kristi King Houston TX) after consulting a doctor or registered dietitian, get a realistic & healthy game plan together and stick to all year long! It works for me to avoid inflammatory foods such as gluten. It takes the bloating and swelling down too!



3. **ROUTINE STEPS**- The Best way to get results is to use a consistent skincare routine. We love [Drunk Elephant The Littles 3.0 Kit](#). Travel Skin Care Essentials Bundle w/Bag (Jelly Cleanser, SPF 30 Sunscreen, 3 Day & Night Serums, Facial Oil, Multivitamin Eye Cream, and Peptide Cream) is a super cute travel size kit you can try many of the products including the sunscreen!

4. **LAYER IT ON-** Add serums and toners. We love prepping the skin right. Quick results with the expert-level [Peter Thomas-Roth Skincare- PRO Strength Retinol Peptide Serum \\$125](#) concentrations of 10% Granactive Retinoid and 5% Hexapeptide Complex in an advanced leave-on anti-aging treatment serum that works to reduce the look of fine lines and wrinkles.

5. **PLAN AHEAD-** Cosmetic Treatments After consulting a professional, make sure you have enough time to see results. Any fillers need about 2 months. Any chemical peels, micro-needling, and lasers need about 4-6 weeks before the wedding. Facials and botox need to be at least 2 weeks before the wedding. Teeth Whitening is so important and starting right after your engagement is perfect even for those important bridal portraits and events leading up to the wedding. You can use invisible braces for straighter teeth in as little as 4 months with [SmileDirectClub](#). I recommend Facial plastic surgeon [Sanaz Harirchand MD](#) for my botox and fillers in Houston Texas

6. **FACETIME-** You have to have amazing skin before applying makeup. Sheet masks are an amazing quick fix for those late nights or post bachelorette parties for parched skin. Try [Tatcha Luminous Deep Hydration Lifting Mask - 20 ml / 0.68 oz \\$23](#)



7. **ON BASE-**Pick a foundation that works with your skin type. The BEST ever foundation is the [ELLIS FAAS SKIN VEIL \\$90](#) Ellis Faas is also available at luckycatbeauty.com

8. **BALANCING ACT-** Practice runs with your makeup artist to see what parts of the face need more or less enhancing for photos and definition. Upgrade your skills with a professional and affordable set of makeup brushes [Bdellium Golden Triangle Set](#). The rose gold ferrules and ergonomic brush handles are the ones I currently use! These are the BEST pro tools and I love the price!

9. **GET CHEEKY-** The best way to bring out the bone structure and add a healthy "Bonne Mine" a term we used at Laura Mercier Cosmetics. Balmy cream cheek colors in corals can never go wrong. Use cream cheek colors with a foundation brush and set with a powder blush for long wear. New innovative "face gloss" can be applied around the orbital bone and decollete for an instant pick me up. Try the new [Kevyn Aucoin Unique Glass Glow Face and Body Gloss - Prism Rose - 1oz \(30ml\) \\$30](#)

10. **COMBO DEAL-** Many people might have dry and oily patches to the skin. YOU can use a mattifying foundation but add a [setting balm](#) to the high points of the face. Instead of highlighter to get a glow, You can also use a tiny bit of clear foundation

primer on fingertips and lightly pat around the eye area to smooth setting powder where it might look drier around the eyes.

11. SUN KISSED- We love a subtle glow with a light organic airbrush tan and Before self tanning, always use an exfoliator like [dr. brandt Microdermabrasion Skin Exfoliant, 2 fl. oz. \\$44](#) and follow with the incredible professional grade [St. Tropez Self Tanner \\$44](#)

12. SPRITZER- If your skin gets a little thirsty, use a makeup setting spray like [ALL Nighter form Urban Decay \\$40](#) has different setting sprays for different skin types. Evian Sprays can comtimes dehydrate the skin so we prefer the waterless Bamboo moisture hydrating spray based skin spray by [Amore Pacific \\$35](#) available at Neiman Marcus Houston.

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