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The Ultimate Bridal Beauty Schedule

Your walk down the aisle is not far off, and you want it nothing short of dazzling. What's more important than the flowers, the cake, and the decorations? YOU! For a wedding look that is as well orchestrated as your ceremony, put yourself in the hands of some of the beauty industry's best at **THE CLIP SHOP**. Use the Ultimate Bridal Beauty Schedule as a guide – not all treatments are mandatory, but all can make a difference between **OK** and **EXTRAORDINARY!**

Six Month Schedule to be followed by the bride

Six Months Before:

If you want to color your hair, but you've never done so before, this is the time. Pay special attention to when you think the results look best ~ immediately after the treatment (when the color is most vibrant) or a week later (when the tint has mellowed) ~ so that you can schedule your last pre-wedding coloring accordingly.

Start discussing your bridal look with your hairstylist.

Consult with one of our skin-care professionals. Let him/her know when and where your wedding will be and how much skin you'll be showing. Consider getting monthly body scrubs and wraps, or a back facial.

Book an intensive 90-minute 10-Step Four-Layer Facial for deep cleansing and hydrating of your skin. Let your aesthetician put you on a skin-care regimen. Your skin will look its best in six months.

Begin your exercise regimen: Walk for half an hour two times a week (on a treadmill or around your neighborhood with your fiancé; this is a great time to talk through wedding and honeymoon plans). Work out with light weights twice a week; add a weekly yoga or pilates class for flexibility, grace and inner calm.

Implement smart eating strategies.

Five Months Before:

Plan regular manicures to pamper your hands and show off your engagement ring. Perhaps start protein strengthening treatments so you can have your own longer nails and won't need acrylic or gels.

Schedule your pre-wedding cleaning with your dentist.

Three Months Before:

This is a good time to have your eyebrows professionally shaped or to fix any mistakes, such as over-tweezed or no-arch brows.

Never waxed before? Begin now so you won't need to shave on your honeymoon.

Add monthly Body Treatments for your overall well-being.

Two Months Before:

Meet with your hairstylist for a trim and get a deep-conditioning treatment. Try out the final style (with and without your veil); go out to dinner and dancing to see how your hair will move.

Get a pedicure and make an appointment for another one the day before the wedding. Perhaps your friends and family would love to join you, so make appointments for them too.

How do your nails look? If you want to get artificial nails, now is the time to do it so you can get used to them. Keep getting them filled, and have your last fill appointment one week before the wedding.

One Month Before:

By now your skin should be looking its best. Switch to the Four-Layer Facial for just hydration and refinement. Set up a session with a makeup artist. Tell her about your dress so that she can tailor your look (sophisticated, romantic, and princess). Wear a white t-shirt and take a photograph to see how you appear on film.

If you are doing your own makeup, make an appointment for a makeup lesson. This way, you have a month to practice and you can get all the right products you'll need. Remember, don't be too heavy-handed, and be sure to blend.

Schedule simultaneous hair and makeup run-throughs; then have your photographer take a portrait from the neck up.

Ten to Seven Days Before:

Do all your necessary waxing.

Refresh your hair color. If you're planning to wear your hair in an updo, ask your colorist to pay special attention to the hair at the nape of your neck. Give your hair a rest and stop the deep-conditioning treatments; they can weigh it down. Get a final trim.

So your skin will glow, book a Four-Layer Facial. Traditional facials are too aggressive to undergo this close to the wedding.

The Week Before:

Make time for a body treatment.

Go for a final eyebrow shaping.

Prepare your bridal kit, which should include hard candy, breath mints, a handkerchief, cotton swabs to blot your eyes, lipstick, lip liner and gloss, powder and a small purse mirror.

In case of a stress-induced breakout, have your aesthetician zap it with an antibacterial tool.

To avoid any bloating, steer clear of simple carbohydrates (cookies, white flour) and stick to complex carbohydrates such as green vegetables.

The Day Before:

Have a manicure and pedicure.

Getting emotional? Calm puffy eyes with Repechage Eye Rescue Pads while lying down with your feet up, of course.

Shampoo your hair without conditioner and arrive the following day with clean dry hair.

Do not sleep with your makeup on, no matter how late your rehearsal dinner ends.

The Day:

Take a deep breath – you really look beautiful.

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10 Days Before Package - \$360 (a \$454 value)

Manicure of choice, Spa Pedicure, Pre-trial Updo and Photography Makeup, Four-Layer Facial, Body Treatment of your choice, Wedding Day Updo and Photography Makeup.

10 Days Before Plus Package - \$480 (a \$600 value)

Manicure of choice, Spa Pedicure, Pre-trial Updo and Photography Makeup, Four-Layer Facial, Body Treatment of your choice, Eyebrow Shaping, Leg and regular Bikini Hair Removal, Cellophane with Haircut, Deep Hair Conditioning Treatment, and Wedding Day Updo and Photography Makeup.

Also includes a Wedding Day Makeup Touchup Kit. Your professional makeup artists will select, with you, the perfect color lipstick, lip pencil and your choice of either a pressed powder or foundation with an application sponge, depending on skin type.

The Groom's Package - \$87 (a \$97 value)

Sport Manicure, Sport Pedicure and a Haircut.



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