

# j. walker

## SALON

### YOUR ESSENTIAL WEDDING BEAUTY TIMELINE

#### 6 MONTHS

##### Skin

Snag 2 specific time slots with your favorite esthetician; one for right now, and another for the day prior to the wedding. Sleep soundly knowing you've got her/him at the ready to remedy any last minute skin emergencies.

*\*Stress-induced breakouts are never fun, so take time each day to center yourself.*

##### Brows

Arches, fullness, tinting...brow architecture takes time, so start scheduling yourself for some regular maintenance right away.

*\*No more tweezers in the car mirror.*

##### Nutrition & Training

If a diet and exercise regimen is something you're contemplating, this is the time to get going! Kick up the protein and veggies, and say a sweet sayonara to sugary foods.

*\*That includes wine...we know, we know.*

##### Hair & Makeup Consultations

Book these appointments for the same day, and get a glimpse of how both facets shine together. Load up your phone or tablet with pictures of EVERYTHING, and unleash all of your inspirations on your stylist and makeup artist.

*\*We love a good Pinterest board.*

##### Cut & Color

Say no to "drastic", and resist the urge for a big chop or intense color change. Talk with your stylist about what works, and make a plan together. Consider grabbing a high-quality deep conditioning treatment for weekly at-home sessions, or splurge and allow us the honor of professionally softening those tresses for you.

*\*This is bad time to experiment with cutting your own bangs.*

#### 5 MONTHS

##### Hair Appointments

Time to book! Color and trim (8 week intervals), that final trial run (12 weeks before the wedding bells ring), and (of course) BOOK THE BIG DAY!

*\*Book your favorite stylists earlier if you can. Trust us.*

##### Makeup Appointments

Aside from the day of, you'll need a final makeup run-thru 30 days prior. Grab those spots now.

#### 3 MONTHS

##### Manicure & Pedicure

Starting now, aim for weekly manicures, and once every 3 weeks for your toes.

##### Facial

Banish dryness, calm redness, or get that oil under control. Discuss a treatment plan to addresses your specific skin struggles, and then book the same treatment again 2 weeks before your wedding day.

*\*Super sensitive skin? Skip the second facial to avoid redness.*

##### Hair Trial Run

Load up your phone or tablet with inspiration, and take plenty of photos of your completed look(s). Rock your chosen hair for the rest of the day, and pay attention to how it holds up.

*\*Choose an alternative style suitable for a rainy day, too.*

##### Color Touch-Up & Trim

Freshen your hue. Drop those split ends.

##### Brows

Yes, brows again. Come visit us, or take a few careful moments to handle any stragglers yourself.

##### Work Out

Consider kicking up the cardio.

#### 2 MONTHS

##### Spray Tan

Book now, give it a try, and if the color (and technician) works for you, book another for 2 days prior to the wedding.

*\*Your tan will look best on a supple canvas, so get in the habit of moisturizing...a lot.*

##### Manicure & Pedicure

Ditch the bright colors to avoid staining your nail beds, and avoid acrylics or gels. Clean, trimmed, strong nails are the name of the game.

*\*Leave those cuticles alone.*

##### Work Out

We know. We feel you.

#### 1 MONTH

##### Final Makeup Trial

Take lots and lots of photos. Note the lipstick color, and pick up a tube to have on hand for touchups.

*\*Continue your typical skin-care routine, but don't put on any products before your trial. A clean face will hold makeup better.*

##### Brows

Constant vigilance. Keep an eye on them, but avoid doing any restructuring yourself.

*\*Your commitment will pay off, we promise.*

##### Work Out

If you're aiming for lean, reduce your weights a touch, and kick up your repetitions.

*\*Treat these sessions as place you can escape from the day-to-day drama of wedding planning. Have fun, bring friends, and then get out of there!*

# j.walker

SALON

## YOUR ESSENTIAL WEDDING BEAUTY TIMELINE

### 2 WEEKS

#### Color

Your hue will look its best after being "lived in", so schedule this final refresher for 2 weeks prior.

#### Facial

This is your last chance to tackle extractions, especially if you have super sensitive skin. Exercise caution, and give your skin ample time to drop any redness before your walk down the aisle.

#### Teeth

Whether you see a professional, or tackle this at home, results take roughly 14 days to show.

### 1 WEEK

#### Eating Habits

Keep bloat at bay by banishing dairy, sugar, salt, and booze.

#### Emergency Kit

Breath mints, Band-Aids, bobby pins, deodorant, toothpicks, oil blotting papers, lipstick, q-tips, powder, and hairspray.

### 3 DAYS

#### Brows

This is it! Your final shaping. Come see us for this.

*\*Easy sailing from here!*

#### Scrub

Spend a few moments in the shower with your favorite full body exfoliant, or book a treatment and let us get you glowing.

*\*Avoid your face & neck.*

### 2 DAYS

#### Manicure and Pedicure

Schedule these before your last spray tan so your manicurist doesn't inadvertently scrub off your fresh glow.

#### Spray Tan

Avoid tan lines by tackling this in the buff. Stay that way as long as you can afterwards. Rinse at the 8 hour mark.

*\*We don't recommend driving home in the nude.*

### 1 DAY

#### Shampoo & Style

You're likely partaking in some kind of celebrations today, but be sure to take it easy on the conditioner.

*\*Check in with your stylist about shampooing again before seeing him/her, since some styles work best with second day hair.*

#### Massage

You may be exhausted (possibly from all the attention you've been giving your brows for the last 6 months). Relax and enjoy.

### NIGHT BEFORE

#### Quit the Caffeine

#### Avoid Alcohol

#### Dim (or Ditch) the Electronics

#### Write Down a List of To-Dos

Out of your head and on to the paper means less worries to keep you awake.

### DAY OF THE WEDDING

#### Hair (Beginning)

Get started 3 or 4 hours prior to the event, and remember to wear a robe (or button down shirt) to avoid tousling your strands. Once your hair has been prepped and set, let work begin on your bridesmaids.

*\*Remember to have fun. This is a great day!*

#### Food

Kick up your protein at breakfast, and be sure to eat a light lunch.

*\*Brides often miss out on eating dinner later.*

#### Makeup

Three hours before.

#### Hair (End)

Finish this 2 hours before.

#### Headpiece

If you've got one, now's the time.

#### Last Call

15 minutes left to go, so pop a mint and double check your makeup.

#### Go

Walk towards love, and live happily ever after. You're going to do great.

### CONTACT US

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