



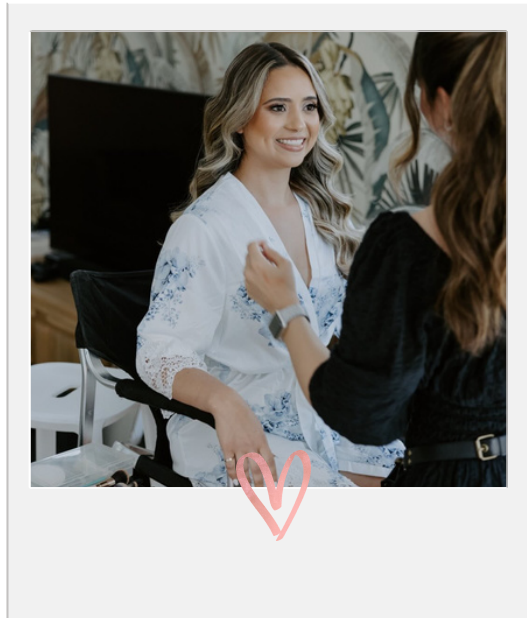
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VANESSA BARATELLA

HAIR AND MAKEUP TEAM

The Wedding Beauty
Prep Book



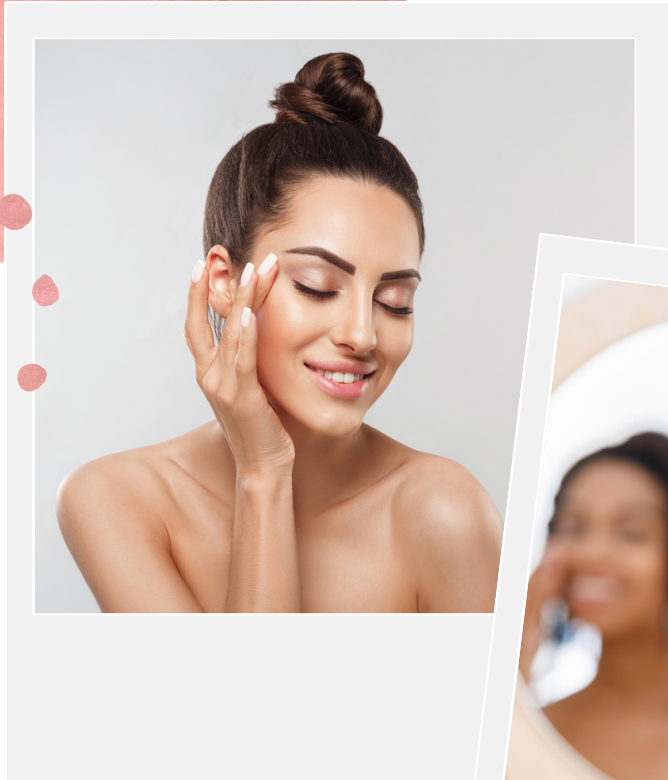


1 MONTH BEFORE THE WEDDING

DRINK LOTS OF WATER
FROM NOW ON. THIS
WILL HELP YOUR SKIN
TO LOOK HYDRATED ON
THE DAY AND THE
MAKEUP WILL LOOK
FLAWLESS.



ALSO, MOISTURISE DAILY SO
WE CAN GET PERFECT
RESULTS ON THE DAY



GET A LIGHT TRIM—JUST AN
INCH OR TWO TO LOSE SPLIT
ENDS.

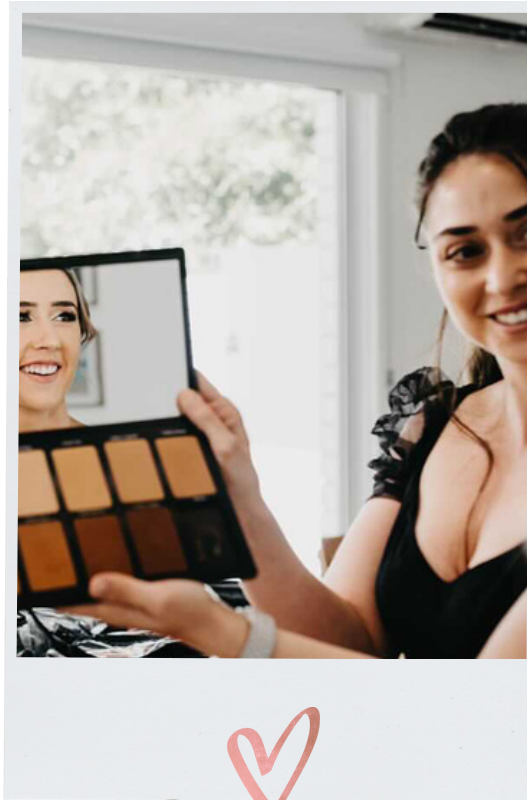




GROOM YOUR BROWS
WITH A PROFESSIONAL



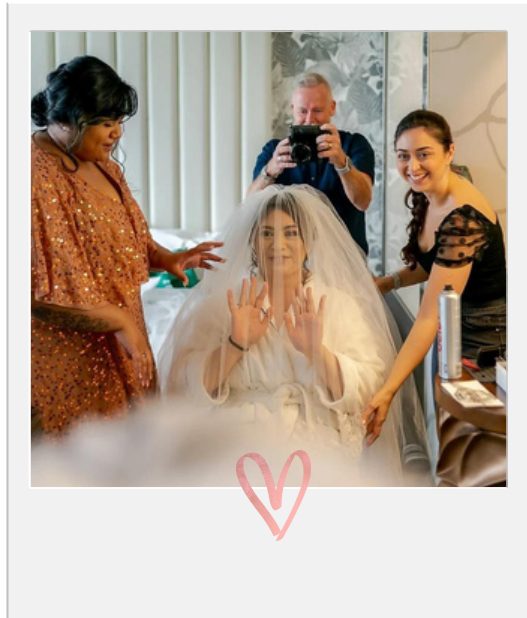
GET A SPRAY TAN TRIAL
IF YOU WISH. IT'S BEST TO
HAVE YOUR MAKEUP TRIAL
WITH THE SPRAY TAN YOU
WISH FOR YOUR WEDDING
DAY.



HAVE YOUR HAIR AND MAKEUP
TRIAL



IF YOU HAVENT GOT IT
ALREADY, (IF NEEDED
AFTER CONSULTING AT
YOUR HAIR TRIAL) GET
YOUR HAIR EXTENSIONS.
(ZALA IS RECOMMENDED
FOR CLIP INS)



1 TO 2 WEEKS BEFORE THE WEDDING



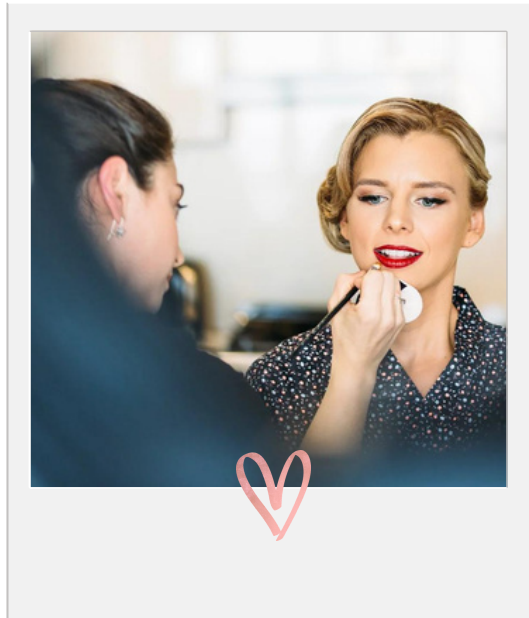
GET A FINAL HAIR-COLOR TOUCH-UP. COLOR ALWAYS LOOKS BEST WHEN IT'S BEEN A LITTLE LIVED IN AND SETTLES DOWN. TWO WEEKS IS THE SWEET SPOT.

GET YOUR LAST FACIAL. IF YOU
NEED EXTRACTIONS, MAKE SURE
YOU DO THEM 15 DAYS BEFORE
THE WEDDING TO ALLOW TIME
FOR YOUR SKIN TO SETTLE
DOWN.



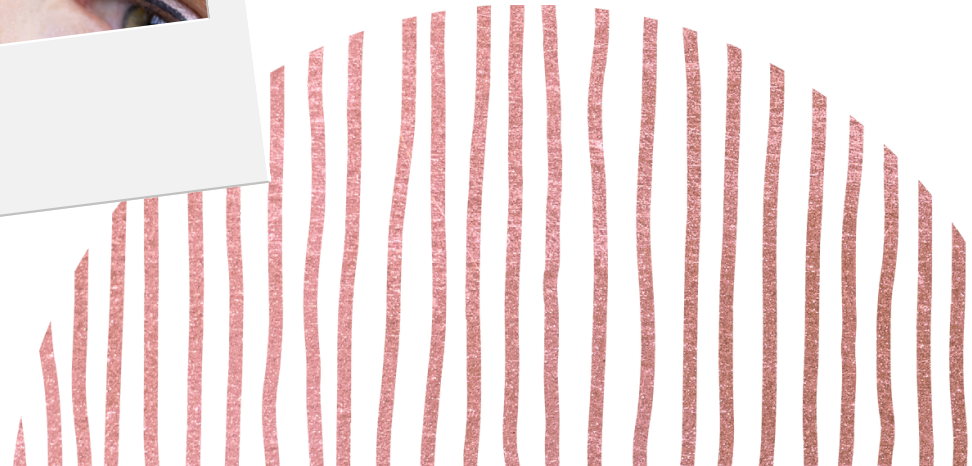


WHITEN YOUR TEETH,
EITHER PROFESSIONALLY
OR WITH AN AT-HOME
WHITENING KIT.



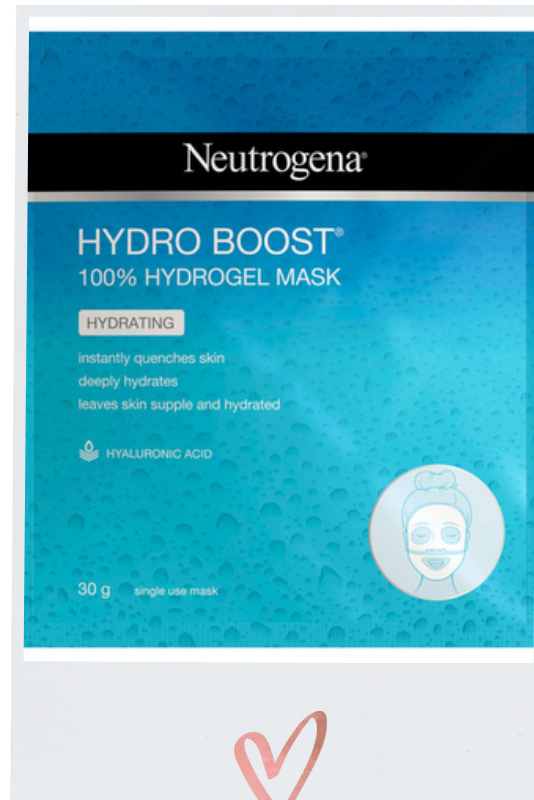
3 DAYS TO THE WEDDING DAY

HAVE YOUR FINAL BROW
SHAPING.

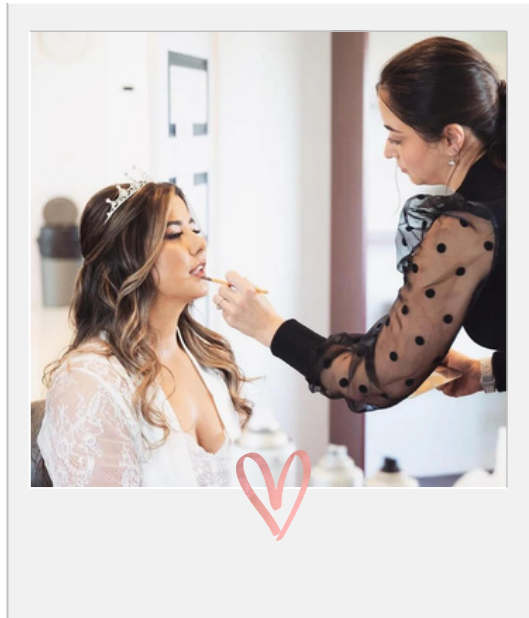




WAX YOUR UPPER LIP,
ALLOWING TIME FOR
BUMPS TO SETTLE. GO TO
YOUR REGULAR WAXER—
NO MATTER HOW FANCY A
NEW SPA OR LIFEBOOKER
DEAL SOUNDS.



HYDRATE YOUR SKIN. YOU CAN
USE MASKS SUCH AS
NEUTROGENA HYDRO BOOST.



2 DAYS BEFORE THE WEDDING

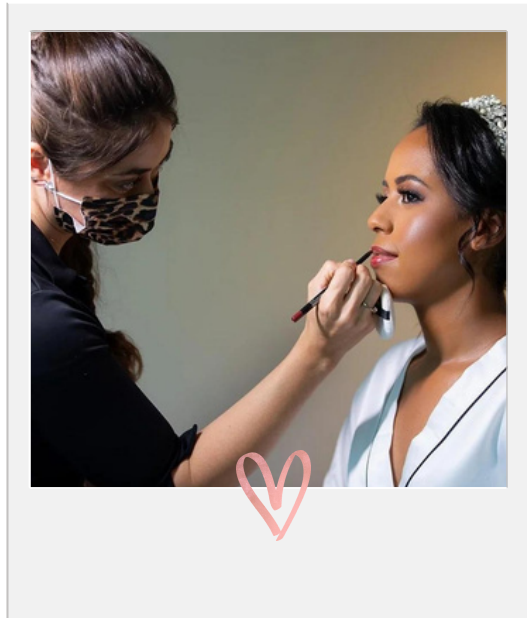


GET A SPRAY TAN (IF
YOU WANT TO).

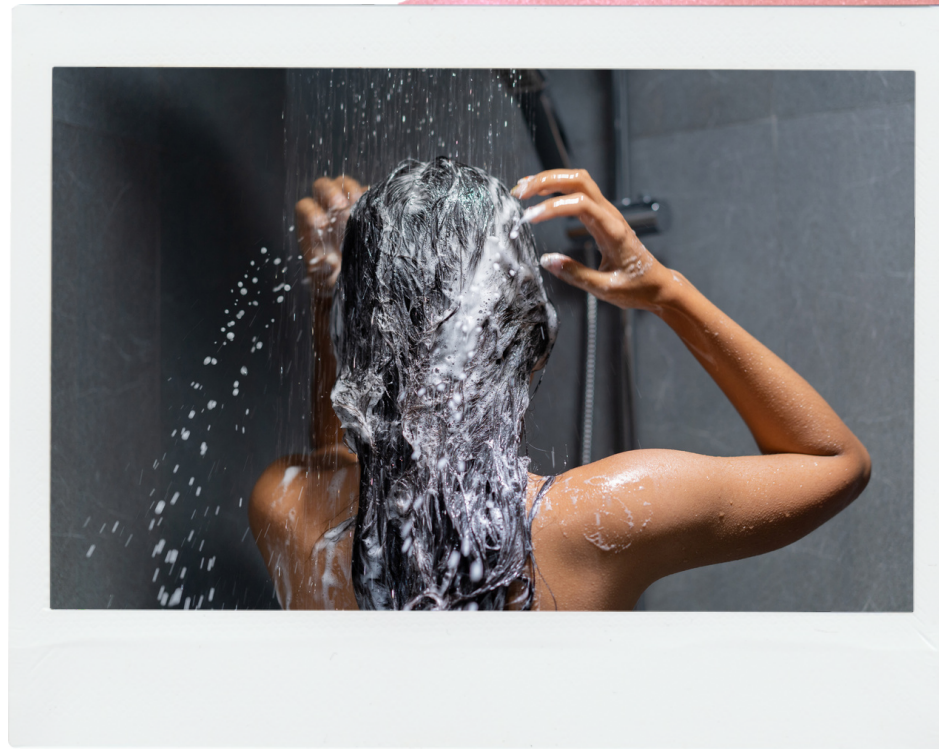




GET A MANICURE
AND PEDICURE



1 DAY BEFORE THE WEDDING



EVERYONE NEEDS TO WASH THEIR HAIR THE NIGHT BEFORE. PLEASE DON'T SLEEP IN WET HAIR AS THIS PRODUCES OIL.

BLOW DRYING HAIR WILL PUT IT IN THE BEST CONDITION FOR STYLING. IF ANYONE DOES NOT OWN A BLOWDRYER, WASH IT EARLIER AND LET IT DRY NATURALLY.

CLEAN HAIR IS A MUST.

- CURLY HAIR: WASH IT THE DAY BEFORE WITH SHAMPOO AND CONDITIONER AND RINSE IT WELL. PLEASE DO NOT APPLY ANY CREAMS, LEAVE INS. WE WILL PREPARE YOUR HAIR WITH PRODUCTS

THAT SUITS THE HAIRSTYLE THAT WAS CHOSEN. LET IT DRY NATURALLY.



EXFOLIATE THE SKIN THE NIGHT BEFORE TO REMOVE ANY DRY SKIN. IF POSSIBLE, DO ALSO A HYDRATING MASK (YOU CAN USE MASKS SUCH AS NEUTROGENA HYDRO BOOST.) THE NIGHT BEFORE TO KEEP SKIN HYDRATED FOR THE DAY AND/OR HAVING A FACIAL SOME DAYS BEFORE.

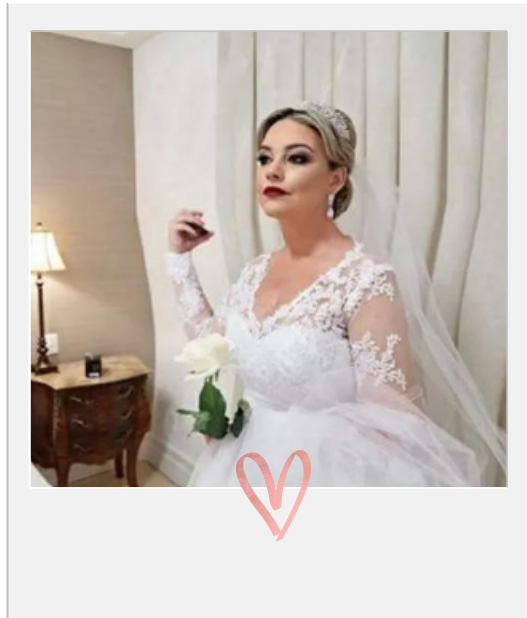




STEAM DRESSES IF POSSIBLE..

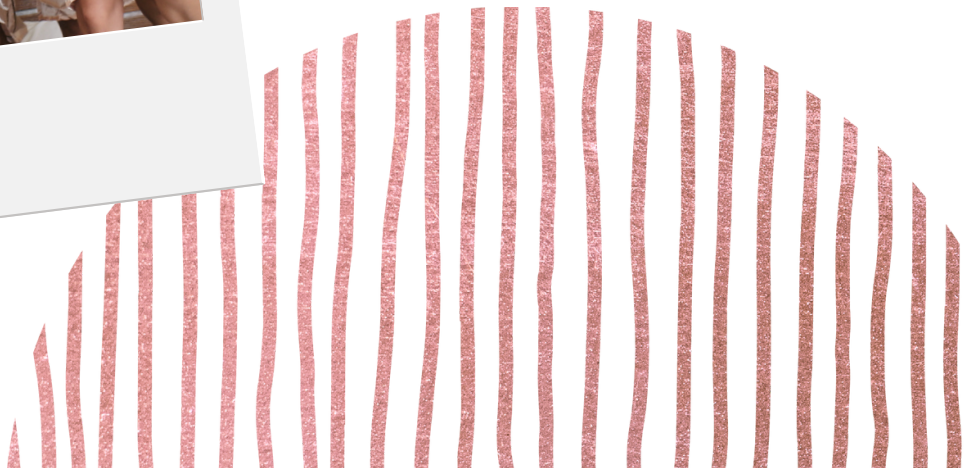
GET 8 HOURS OF SLEEP





WEDDING DAY

WEAR A ROBE OR A BUTTON-DOWN SHIRT.

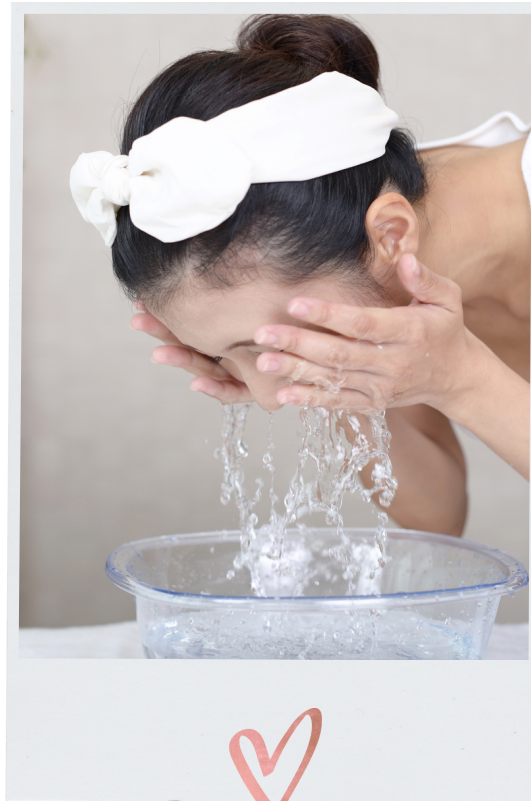




PLEASE HAVE ANY PHOTOS OF
HAIR AND MAKEUP READY FOR
YOUR APPT.



HAIR MUST BE DRY ON
THE DAY AS WE DON'T
ALLOCATE TIME TO
BLOW DRY UNLESS
REQUESTED PRIOR.



CLEAN BARE FACE IS REQUIRED
ON THE DAY. APPLYING
MOISTURISER IN THE MORNING IS
RECOMMENDED.



IF DRESSES ARE NOT
STEAMED GET SOMEONE
WHO HAVEN'T HAD THE
HAIR AND MAKEUP DONE
TO DO IT.



EAT A HIGH-PROTEIN
BREAKFAST AND A LIGHT
LUNCH—AND DON'T BANK
ON EATING DINNER LATER.



IF ANYONE HAS
ALLERGIES OR
SENSITIVE SKIN PLEASE
ADVISE PRIOR TO THE
DAY. IF POSSIBLE LIST
ANY KNOWN PRODUCTS
TO CAUSE PROBLEMS SO
WE CAN AVOID THESE
PRODUCTS ON THE DAY.

ON THE DAY, WE WORK BACK TO
BACK WITH NO BREAKS IN
BETWEEN LADIES SO PLEASE
MAKE SURE SHOWERS ETC ARE
DONE PRIOR.



HAVING NIBBLES,
DRINKS AND MUSIC IS A
GOOD WAY TO MAKE
THE MORNING FUN!





AFTER HAIR AND MAKEUP DONE,
DON'T FORGET ALL THE
ACCESSORIES. DRESS IT UP AND
BE READY TO WALK OUT THERE.
AND KNOCK 'EM DEAD.

THANKS FOR CHOOSING US FOR YOUR SPECIAL DAY

XOXO

Vanessa Baratella and Team 