

The Bridal Glow Guide

BEAUTIFUL MOMENTS BEGIN LONG BEFORE YOU WALK DOWN THE AISLE.

9 MONTHS OUT- CREATE YOUR BEAUTY PLAN

- ❑ **Meet with an esthetician** to create a personalized skincare plan. Monthly facials help keep your treatments aligned with your skin's changing needs.
- ❑ **Meet with your hairstylist** to create a plan for achieving your hair goals, including color, length, fullness and overall hair health.
- ❑ If you're considering **clip-in extensions**, schedule a consultation for the perfect color match.
- ❑ Begin a regular waxing routine to help reduce hair growth over time.
- ❑ Refresh your makeup bag with products that support healthy skin, including a daily SPF.

6 MONTHS OUT- STAY ON TRACK

- ❑ If your nails are damaged or brittle, **schedule an appointment with a nail technician** to strengthen and restore your natural nails.
- ❑ If you're growing your hair longer for the wedding, avoid unnecessary trims and focus on treatments that strengthen and protect your hair.
- ❑ Continue following your personalized beauty plan with regular hair appointments, monthly facials and home care.
- ❑ Follow your stylist's and esthetician's at-home product recommendations to support your progress between visits.
- ❑ If you're considering a spray tan, schedule a trial now.
- ❑ Schedule your **Special Occasion Hair** and **Makeup** preview appointments.

3 MONTHS OUT- REFINING YOUR LOOK

- ❑ Finalize your hair color and discuss any last adjustments needed before your wedding.
- ❑ Attend **Special Occasion Hair** and **Makeup** Preview (Bring inspiration photos, your veil or hair accessories, and a photo of your dress to help your beauty team personalize your look.)
- ❑ Continue your skincare routine and prioritize hydration.



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1 MONTH OUT- PERFECT THE DETAILS

- ❑ Refresh your haircut and color.
- ❑ Book your final beauty appointments, including your facial, waxing, spray tan, manicure and pedicure.
- ❑ Transition to treatments that focus on hydration, calming the skin and enhancing your natural glow.

2 WEEKS OUT- MAINTAIN YOUR GLOW

- ❑ Avoid introducing new skincare, haircare, or cosmetic products.
- ❑ Enjoy your final facial approximately 7-10 days before your wedding. Focus on hydration and radiance rather than corrective treatments.

2-3 DAYS BEFORE- FINAL TOUCHES

- ❑ Complete any waxing appointments 2-3 days before your wedding.
- ❑ Schedule your spray tan about 3 days before your wedding for the most natural-looking glow.
- ❑ Finish with your manicure and pedicure 2-3 days before so your nails are fresh for every photo.

READY TO BEGIN? FINAL TOUCHES

From your first consultation to your final touch-up, our team is here to help you create a beauty plan that feels uniquely you. Whether you're looking for healthy, radiant skin, dimensional color, clip-in extensions, bridal hair and makeup, waxing, nails, or customized facials, we'll personalize every step of the journey. Visit our Spa Bar at TruePointe for Glow & Go, Brighten + Illuminate, Clarify + Clear, Lift + Contour, Dermaplane, and Express HydraFacial treatments. Spa Bar services are also available at our Polaris location.

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