

# say i do to amazing skin!

## 6 months before

- Jumpstart your skin's health with a Face Mapping® Skin Analysis
- Double cleanse and exfoliate daily to help remove impurities from your skin.

## 5 to 4 months before

- Set up monthly professional skin treatments that will target any specific skin concerns.
- Maximize your results by using targeted treatment products (serums, etc.) at home.

## 3 to 2 months before

- Focus on de-stressing yourself, and your skin, with a refreshing, hydrating treatment.
- Start using a masque 2–3 times a week for intensive TLC.

## 1 month before

- Schedule your last skin treatment at least 3 days before your wedding. Avoid extreme treatments.
- The night before your wedding, use a hydrating masque and get plenty of sleep.

## the big day!

- Prep and prime your skin to create a flawless canvas for make-up application.
- Keep touch-up products such as lip balm on you or with your bridal party.