

**the**  
*Bridal*  
*Countdown*  
**Guide**

We know wedding planning can be extremely overwhelming with hundreds of things to do and so many details to consider. In the midst of planning for your big day, we don't want you to overlook any of your beauty needs - since after all, the bride is the star of the show and needs to look and feel her best!

GLOW's Bridal and beauty experts have condensed all things beauty into a simple 12 month Beauty Bridal Countdown Guide so you can look your best on your most photographed and memorable day. We are here to help guide you every step of the way, until your walk down the aisle!

Call, email, or visit our website for more details about any of the services listed below.

Congratulations to the beautiful bride & happy wedding planning!

Xo,

*Glow Beauty Bar*

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## 12 Months

The clock has started to tick and it's time to begin your beauty regimen to get the best results! Book a consultation with your medical esthetician to discuss your overall skin-care and beauty goals and decide on a budget that works for you.

GLOW Beauty Bar offers complimentary consultations with skin imaging to effectively track your progression in achieving healthy, clear, glowing skin.

## 11 Months

*Look your absolute best in your dream wedding dress by kickstarting your health and fitness journey.* If you have a weight loss goal, give yourself 11 months to achieve your desired results.

Implement a workout routine and meal plan to your weekly schedule to ensure you are on track with your healthy eating and daily exercise.

It is important to be smart about the foods you are eating for the benefit of both your body and skin. Adapt your eating habits to incorporate healthier food options to fuel your body and nourish your skin.

Need help kickstarting your health and fitness journey? Book an appointment with a naturopath and personal trainer to put together a custom plan to achieve your health and fitness goals. Looking for a naturopath or gym to join? Just ask!



## 10 Months

*Enhance your health and fitness journey by incorporating the necessary vitamins and supplements you need to keep yourself and your skin healthy.*

With Advanced Nutrition Programme (now available at GLOW) we can assist you in nourishing your body and achieving your perfect skin from the inside, out with the right supplements and vitamins.

For more information on how you can boost your journey to achieve healthy, clear skin, check out our "Get the Glow" acne e-book! This e-book will provide you with information on what foods and supplements are best for your skin and body, along with various other lifestyle tips and tricks to get your health and skin on track! Send us an email to receive your free copy of "Get the Glow."

## 9 Months

*Do you want to be hair-free for your wedding day? Then now is the time to book your laser hair removal consultation at GLOW Beauty Bar and get your laser treatments started.*

Laser is the perfect method of hair removal to achieve silky smooth legs and clean underarms while avoiding razor bumps, irritation and ingrowns. Our laser services are also available for any facial hair removal such as the upper lip or chin areas.

It takes approximately 8 to 14 months (depending on the area) to complete an 8 treatment laser package to achieve hairless results, with each laser treatment being 4 to 8 weeks apart. Contact us to book your laser consultation for more information on our laser package details and quotes.



## 8 Months

*Perfect skin doesn't happen overnight! Getting a headstart on your at-home skincare routine is vital to achieve the skincare goals and results you want to see on your wedding day. It can take 4+ months to see changes in your skin, therefore we want to ensure you have ample time to get clear, healthy, glowing skin in time for your most photographed day.*

It is important to invest in skincare products that will work best for you -products that are best suited to your skin type and ones that will be effective in treating your specific skin concerns. After your thorough consultation at GLOW Beauty Bar, our esthetician will be able to help you put together a daily and nightly skincare prescription perfect for you.

## 7 Months

*For the most effective skincare results, in addition to an at-home skincare regimen, we highly recommend coming in for monthly facial treatments at GLOW.*

If you are struggling with acne, hyperpigmentation, or are dealing with any other skin concern, a monthly facial visit will allow you to effectively treat you skin conditions to achieve the best results! One facial will not magically fix your skin, it takes time and multiple visits (paired with homecare) to achieve desired results.

At GLOW Beauty Bar we offer various facial treatment packages, such as a series of 3 microneedling treatments or a package of 6 dermalinfusion facials -these packages are a perfect way to get the results you are looking for while saving some money.

You may also be interested in our affordable monthly GLOW Membership Program which gives you access to non-invasive medical grade treatments that we customize to create your personal wellness program. You will be able to come in for monthly facial visits, with complimentary LED Light Therapy sessions, free Knesko masking, and a scalp massage added to every facial, for only \$200 a month. In addition to your monthly facials, you will receive free products and samples, as well as 10% off all retail products and other services.

Learn more about our Membership Program, it's additional perks and how you can sign up by visiting our website.

## 6 Months

Time to start thinking about your hair and makeup! Do you want to keep your hair down and loose or out of your face in an updo? Are you looking to go for a more full glam look or something more natural?



*It is important to pre plan and envision how you want your hair and makeup to look on your special day to ensure the look and style is well suited for your hair type and facial features. You want to ensure you still look like yourself and have a timeless look that you won't regret looking back at photos in the future.*

Pinterest, bridal magazines, and Bridal Fashion Week photos are great places to start when looking for bridal inspiration that is trendy, yet classic.

Start a pinterest board with makeup and hair looks that you love!

## 5 Months

*Going along with the theme of hair and makeup, you will want to consider any additional accessories you may want to include as part of your look.*

Will you be using hair extensions as part of your hairstyle? Or will you want to wear a hair piece such as a tiara or headband, a sparkly beret, or a floral vine?

What type of jewelry will you pair to complete your look? Necklace, earrings, bracelets?

GLOW Beauty Bar carries a collection of minimal jewelry pieces, by Faire De La Mode, perfect for your wedding day. Stop by in-stores to shop the collection at GLOW.

You may also consider upgrading your lash game to enhance your makeup look! We carry multi-use, strip lashes in a variety of styles, whether you are looking for a flirty, natural lash or more of a full, glam lash set.

These are all the little details you need to consider before finalizing your makeup and hair looks. And be sure to purchase all of these things in advance to be able to bring to your bridal makeup and hair trial to see your bridal look in full effect.

## 4 Months

*After putting thorough thought into your dream bridal hair and makeup looks it is time to book your hair and makeup trial with GLOW Beauty Bar.*

With a team of talented GLOW On the Go hairstylists and makeup artists, we will ensure you look your absolute best on your wedding day. After a consultation with the hairstylist and makeup artist your bridal trial glam will begin!

Whether you are looking to come and get ready in-studio at GLOW Beauty Bar or prefer to get your makeup and hair done off site, our GLOW On the Go mobile team will be able to accomodate you for both your bridal trial and on your wedding day.





### 3 Months

Once you have completed your bridal hair and makeup trials and finalized your look, *ensure your wedding-day hair and makeup will stay all night long with a bridal touch-up kit!*

Having a lipstick, to touch up your lips after many kisses, and a powder, to ensure your skin stays matte for a full night of dancing, are two beauty staples every bride needs on hand.

GLOW Beauty Bar provides two touch-up kit options available for purchase for our brides -the Classy Bride kit includes a full size powder and lipstick and the Blushing Bride kit includes a full size powder, blush, a mini kabuki brush, lip liner, lipstick, and lipgloss. Kits can be customized for you at your trial.

### 2 Months

With your bridal hair and makeup looking on point, you may want a bronzed and glowing complexion to go with your look.

GLOW's spray tanning service is very popular amongst our brides.

Spray tanning provides a smooth, streak-free, even application for a healthy, natural, golden glow on your wedding day. It doesn't just tan, but also minimizes the appearance of skin imperfections. We will customize your tanning colour to your specific skin tone and colour preference.

At GLOW we use Sjolie Spray Tan Solution, which is 100% organic DHA, made with naturally derived ingredients, and vegan approved by PETA.

Invest in a trial spray tan, a couple months prior to your wedding date, to ensure we are able to perfect your bronzed colour and application, just the way you want it.



**1 Month**

*Officially a month till the big day!*



## 4 Weeks

If you are planning to host your bridal party at GLOW Beauty Bar, make sure to ask us about our in-house catering services. We offer catering packages for bridal parties that want to snack, drink, and relax while we take care of all the work.

Some of our delicious catering options, by The Fix + Co., include breakfast wraps, fruit platters, smoothies, fresh pressed juices and many other yummy goodies that will fuel you for your big day

## 3 Weeks

We know wedding planning days can get long and require multiple cups of coffee to keep you going. *Thankfully, GLOW Beauty Bar is host to Absolute Whitening Studio offering discounted teeth whitening to all of our brides!*

You'll be able to continue drinking your coffee but still have your smile ready and sparkling white for bridal photos. This service is popular amongst grooms as well so book your couples appointment and mention GLOW for your discount.

## 2 Weeks

With 2 weeks left until the wedding day, you are likely feeling very overwhelmed and anxious. *Take things easy this week and give yourself time to relax.*

Keeping stress low is important for your health and especially your skin! Get plenty of rest, drink tons of water, and go for a massage.

# 1 Week

**The final week to prepare and do all things beauty!**

## 7 Days

With so much planning and preparation for the wedding, the stress may start to wreak havoc on your skin. Keep your skin rejuvenated and clear by booking a facial a week before the big day!

GLOW Beauty Bar is sure to customize facial services for each clients needs, targeting any specific skin concerns you may still want to address before the wedding. Take this as a pamper day to get your skin in check while relaxing before the busy week ahead.

## 6 Days

*With your bridal spray tan around the corner, it is highly recommended to start exfoliating and moisturizing your body to prep your skin for a flawless spray tan.*

When exfoliating, pay special attention to dry areas of your body such as hands, elbows, knees and feet.

Incorporate this as part of your nightly routine, exfoliating in the shower and moisturizing from head to toe everyday before bed to ensure soft, smooth skin.

## 5 Days

*Get your beauty sleep and wake up in a timely manner for the next few days leading up to your wedding day in order to avoid puffy, sleepless eyes.*

Stay on top of your skincare routine and ensure to be generous with your eye cream! Apply your eye cream morning and night, and try putting ice packs over your eyes (and ice any little friends that may have popped up) for 10-15 minutes to aid in depuffing.

The more sleep you are able to get, the more refreshed you will look on your special day!

## 4 Days

*If you are looking to get any waxing or threading done, whether that be waxing your legs or threading your eyebrows, we recommend doing this 4 days before the wedding! This will ensure your skin has enough time to calm down after any irritation.*

It is also crucial that you get any waxing, shaving or threading done before your spray tan so that application is smooth and flawless. Never wax, shave or thread after a spray tan as it will remove your colour.

## 3 Days

Time for nails!

We also recommend getting your nails done before your spray tan to ensure your hands match the rest of your body.

*Book your bridal mani and pedi 3 days before the wedding to ensure your nails are looking fresh and pretty.*



## 2 Days

*Let's get that bronzed glow! Today is the day for your spray tan.*

Before being sprayed, skin should be clean, dry and free from moisturizers, deodorants, antiperspirants, oils, self tan, perfume and makeup.

After colour matching your perfect bronze shade at your trial, you will be walking out of GLOW Beauty Bar as a bronzed goddess ready to go down the aisle!

## **1 Day**

The happiest day of your life is 24 hours away!

*Make sure to have a nice shower, rinsing off any leftover spray tan solution to reveal your bronzed, glowy skin! Also be sure to wash your hair tonight so that it is clean and ready for styling the next morning.*

And of course, be sure to get your beauty sleep tonight -you'll need it for the long wedding day and night ahead.

## **Wedding Day**

Today is the big wedding day!

It's time to get your makeup and hair done by the GLOW On the Go team.

When getting your makeup applied, the decollete area tends to get left out. *If you have a strapless dress or a dress with a wider neckline, it is important your decollete gets some love in order for your makeup application to look completely seamless and perfect.*

A special service we offer to our brides is the Bronze & Glow add-on. This add-on service includes the application of a Knesko mask across your neck and decollete area, followed by an airbrushed bronze and shimmer application down the chest. Discuss this with your GLOW On the Go makeup artist as an option to add-on to your wedding day get ready.

Now sit back and relax, indulge in some snacks and drinks while being pampered and glammed to perfection. Your walk down the aisle is only a couple hours away.



*Congratulations*  
*to the beautiful bride on your special day!*

**Xo,**

*Glow Beauty Bar*