



5 STEPS TO
SKIN PREP
FOR YOUR
WEDDING DAY

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ACHIEVING RADIANT SKIN

Your special day is coming soon . You probably have a lot of questions about how to look great on your wedding day. Here are some important tips to guide you in the right direction. How to prepare and create a foolproof skin care routine to guarantee fresh, glowing complexion on your wedding day.

KNOWING YOUR SKIN

Most important, identify any skin issues that you may have. Sensitivity to ingredients (and food allergies), acne, combination skin, dehydrated skin, etc. You may want to talk to an esthetician if you need help. Find the right products that are compatible for your skin. Everyone's skin is different so you'll have to try samples and see what your skin loves. Cleanse your skin with a cleanser that is ph balanced. This will prevent your skin from over drying. Rinsing with cool water is best to increase circulation, depuff and brighten your complexion!

EXFOLIATE

(2-3 times a week) You can have your esthetician do it for you or do it at home. I like products with glycolic acid, lactic acid (for sensitive skin), BHA (for oily skin). They will effectively remove dead skin cells, unclog pores, increase circulation, and reveal a more radiant complexion. Another bonus is that exfoliating helps serums penetrate deeper into your skin. (Don't forget to include your arms and hands.)

TREATMENT

After your skin has been exfoliated, apply a rejuvenating/hydrating serum filled with vitamins, antioxidants, and peptides. If you need extra moisture, tap on Jojoba oil to penetrate and seal it in.

EYE CREAM

Eye cream can be amazing to moisturize, depuff and brighten dark circles over time. Choose one that is not too greasy for day time to prevent concealer from creasing. Can use a heavier formula for night time. Some have a cooling rollerball attached to apply and can feel so amazing!


SUNSCREEN

Protecting your skin from UV rays can save your skin from multiple issues: dry skin, fine lines, wrinkles, age spots, and the most severe - actinic keratoses (pre-cancerous skin growth). There are many wonderful formulas on the market now that are multifunctional, contain vitamins, antioxidants, sheer and can work well under makeup. Some are tinted to help even out your skin tone.

BONUS: WHAT DO TO ABOUT BLEMISHES

Use rose (sensitive/normal skin) or green tea (oily skin) clay masks to spot treat emerging blemishes. Let it heal by itself. Do your best not to touch your face without sanitized hands. At home devices with microcurrent can help kill bacteria and give your skin a deep clean.





Learn more about how to conquer your
skincare and beauty regimen

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More tips, product recommendations, find me here:

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