



BEAUTY & DELIGHT
FREE BRIDAL RESOURCES

5 STEPS TO STRESS-FREE BRIDAL BEAUTY PREP GUIDE

BY BEAUTY AND DELIGHT STUDIO



Hi! My name is Dee and I'm the founder of [Beauty and Delight Studio](#), providing bridal makeup, facial and lash lift services to clients in Metro Vancouver. I've been working in the beauty industry for over a decade and I've learned a lot of tips and tricks of the trade.

Below are the 5 essentials that I tell all my brides to create the most stress-free experience for glowing skin and a beautiful canvas on their wedding day. (Hint: it starts long before the actual day and the earlier you start prepping, the better! And it's easier than you think.)

Dee, [@beautyanddelightstudio](#)



1. STAY HYDRATED DAILY!



Yes, please drink plenty of water. You should already be doing this! Every single minute of the day you are losing water through breathing, sweating, and going to the washroom.

Staying hydrated will keep your skin (the largest organ you own) healthy and hydrated! Health experts recommend drinking at least 6 to 8 glasses of H₂O every day to replenish what you lost.

Tip: Fill your water bottle to the top to keep you accountable for finishing it. I recommend the **YETI rambler**s that go up to 46 oz or you can get the half gallon size. They come in a variety of cute colors and sizes AND they are dishwasher safe!

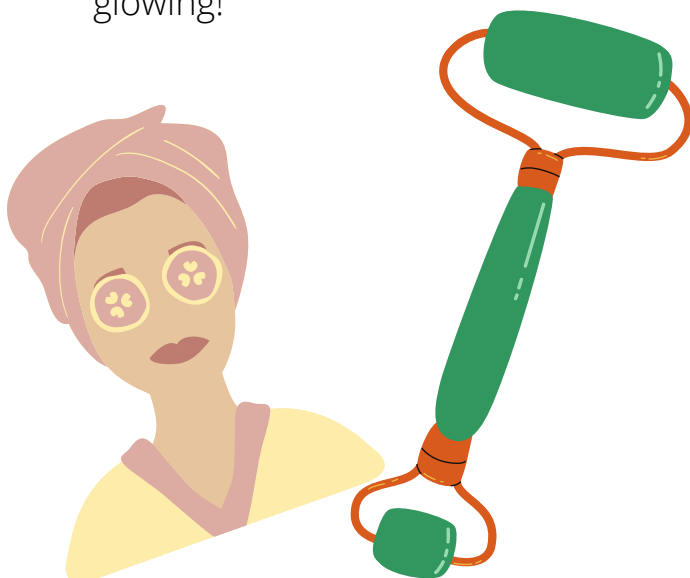
Timeline: ASAP



2. GET A FACIAL(S)

I cannot stress this enough! Your skin needs some extra TLC leading up to your big day! Facials will help prepare your skin to have that perfect canvas for your makeup on the day.

I recommend a nice exfoliating treatment to get rid of any dead skin and leave your skin glowing! A dermaplaning facial is the safest exfoliation method especially if you have sensitive skin or are scared to get microdermabrasion or any sort of chemical peel. The method used in dermaplaning scrapes off your dead skin and vellus (baby) hairs to leave your skin baby soft and glowing!



It is recommended to get this treatment every month as your skin does regenerate dead skin every 4 weeks or so, and to start a few months in advance (you never want to do a facial for the first time right before your wedding.)

My **dermaplaning facials** come with a customized mask depending on your skin care needs and a relaxing facial massage. The whole treatment lasts 1.5 hours and is completely pain free!

Timeline: Once a month starting 3 months before your wedding day

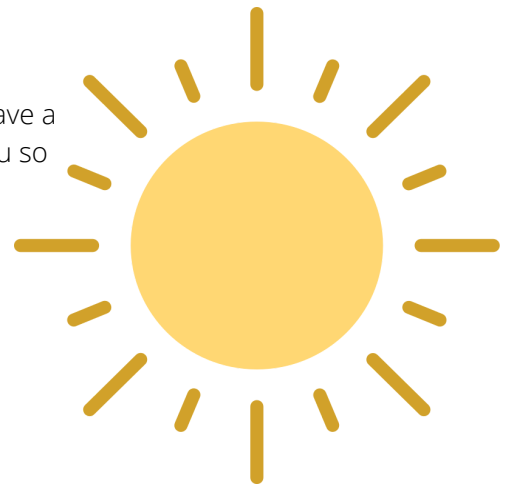
BOOK HERE

3. PROTECT YOUR SKIN FROM THE SUN

The sun causes a lot of skin problems, especially if you plan on bathing in the sun at the beach! The sun is the cause of premature aging, hyperpigmentation, dry and dehydrated skin, sensitivity, and of course skin cancer. Please always wear your SPF (my favourite Sephora brand is the [Supergoop Unseen Sunscreen SPF 40](#) for the face) or if you are looking for a Professional Grade one, the Glymed Plus Photo-Age SPF 30 is recommended as it is a chemical and physical barrier in one--DM to pre order!

Here is a list of my other favourite sunscreen products that do not leave a white cast: <https://shoplist.us/collections/11739>. I made it easy for you so you can order the products directly from my link!

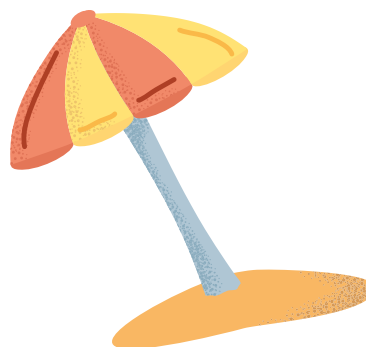
[SHOP NOW](#)



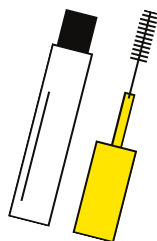
A common misconception is that you do not tan when you wear SPF---NO-- you can still actually get a nice tan while properly protecting your skin from the harmful UVA and UVB rays.

Use a self-tanner (I recommend the [St. Tropez Self Tanning Express Mousse](#)--don't forget the mitt) if you want that summer glow!

Timeline: Always and asap



4. GET A LASH LIFT



Why get a lash lift when you will most likely be wearing false lashes on your wedding day? I actually recommend the lash lift during your engagement so you can have nice lashes for engagement shoots, bridal parties, and etc. You'll be able to have effortless curled lashes without having to think about whether or not your mascara has run.

What is a lash lift? A lash lift is a procedure that changes the bonds of your lashes to leave a beautiful semi-permanent curl without damaging your natural lashes. A lash lift generally lasts between 6 to 12 weeks, depending on your lash cycle. It's great for anyone who does not want the maintenance of lash extensions, because you can actually wash your eyes with oil cleansers and apply mascara after your lash lift has settled! The lift comes with a tint and a keratin treatment to condition and strengthen your lashes.

These are still really great for the day of because your lashes will blend in with the false lashes much nicer, especially if your lash lift is nice and fresh! The lash lift also provides your lashes with a keratin treatment that you can opt to purchase for daily use to grow and strengthen your lashes.

BOOK HERE

Timeline: Every 6 to 12 weeks

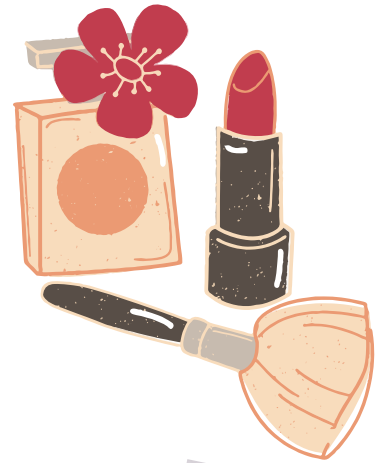


5. BOOK YOUR MAKEUP ARTIST AND HAIR STYLIST!

As a bride, there is so much to do on your wedding day- you do not want to be worrying about having enough time to do your makeup, let alone your bridesmaids. A makeup artist will help leave your morning stress free while you get pampered as the bride! At Beauty and Delight, we offer so many customized packages for brides, as well as an option to have us follow you for the entire day for touch ups and makeup changes.

If you're on the hunt for a makeup artist, **feel free to fill out this [Bridal Questionnaire](#)** and we will get back to you as soon as possible!

Timeline: 9 months to 12 months before wedding date- the sooner the better as Makeup artists and hair stylists generally book up really fast during peak season!



**GET YOUR
BRIDAL QUOTE**

CONTACT US



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