

WEDDING DAY COUNTDOWN

The perfect wedding day can take years of planning, every detail thought through. Your gown may be your main focus, but it's your skin, make-up, hair and nails that add the finishing touches and make you truly beautiful. During the pre-wedding rush, many brides are so busy that they neglect to take care of themselves.

6-12 MONTHS PRIOR

- Refresh your skincare routine. We recommend a facial every 4-6 weeks and use of homecare products to enforce the facial results and maintain them. Facials are beneficial because they deeply cleanse the skin, boost circulation, are hydrating and help to bring skin to its natural balance. It is advisable to begin having treatments six to 12 months before your wedding date.
- Eat healthy and get plenty of exercise and sleep. This will help keep your skin healthy and your body shape toned! Make sure you have a good skincare regime, especially in the weeks prior to your wedding day. An effective skincare routine should make your skin look and feel healthy. If you are thinking of trying new skincare products, ensure you test them way before your wedding in case they don't suit your skin.
- Begin a nailcare routine. Grow your own naturally - regular manicures will begin to get your nails looking healthy and strong. Hands in particular are a focal point of your wedding day and you will want them to look good in any close-up photos of your rings. Manicures and pedicures are deeply hydrating and can improve skin and nail condition. Remember your toes as you'll have that honeymoon to be jetting off to after the wedding. Your final manicure or pedicure treatment should be done a day or two before your big day, but remember to apply cuticle oil daily to keep nails hydrated. If you can't get you natural nails right then you can always go for the gel or acrylic, but remember your skin still needs conditioning.

- Perfect brows will emphasise your features, providing the perfect frame for your eyes. Ideally, brow shaping should be done on a regular basis (every four to six weeks), but if you have never had your brows professionally shaped, you need to see us around three to six months before your wedding to ensure you achieve the ideal brow shape in time for your wedding. Your final brow shape or 'brow tidy' appointment should be done about five to seven days before your wedding to make sure any redness or irritation has cleared.

2-3 MONTHS PRIOR

- Book your practice make-up. Schedule your hair appointment and possibly dress fitting for the same day so you get the full picture.
- Figure out the perfect timing for your pre-wedding wax. Start your countdown. Get your eyebrows in order.
- Enjoy regular massage... Massage helps to calm you and it eases stress, which is ideal in the build-up to your wedding day. A stress-free mind not only brings peace to your day, but also brings out the best in you and your skin.
- If you are thinking of a tanning treatment then try it out now to see if it is for you. Exfoliating your skin regularly is one of the best things you can do before tanning treatments, as it smoothes and moisturises the skin. It is also good for your complexion as it encourages new cell regeneration, which results in brighter looking skin. Exfoliation should be done twice a week.
- If you have not had time or money to keep up with a regular facial or too then CACI is our Non Surgical Facial, it is perfect as a pre wedding one off facial. It uses microcurrent to lift, tone and re educate the facial muscles, which is a great opportunity for you to look your very best. Mention this to the mother of the bride, we do CACI courses to achieve the ultimate results in anti ageing.

You deserve it!

BRIDAL SERVICE

Through consultation we can devise a pre-wedding programme tailored to the individual, our experienced therapists are on hand to help.

PRE WEDDING PREP

3 hours 15 minutes

This package gives you relaxation time and takes care of the essentials needed for you to look perfect in every way on your big day! To include Comfort Zone Facial, Pedicure, Jessica Manicure, Eyelash Tint and Eye Brow Shape.

BRIDAL MAKE UP

Total 2 hours

Consultation, rehearsal of make up prior to wedding, on the day make up.

GROOM

2 hours

1 hour massage, energising facial and nail tidy.

All up to date prices are available on our website, where you can also download our brochure of services.

If your wedding is booked at Charnock Farm, we can provide the luxury service of having your bridal make-up done in the privacy of your hotel room. Please state at the time of booking, as extra time is required. An extra charge is applied for this service.

**lavender
barn**

01772 431706

www.lavenderbarnbeauty.co.uk



GIFT CARD

Available to any value or for specific treatments.

These make wonderful 'thank you' gifts for you to give to members of your wedding party who have helped along the way.

Delight someone special with a truly indulgent gift, the time to relax and unwind from the stress of life. A gift card from Lavender Barn is just perfect and always gratefully received. Beautifully gift wrapped and valid for three months.

Our experienced beauty therapists are on hand to help with ideas, why not pop in, call 01772 431706 or book online at

www.lavenderbarnbeauty.co.uk



lavenderbarnbeauty

Within Charnock Farm Estate, Wigan Road,
Buckshaw, Leyland PR25 5DA