

Wedding Preparation Guide

Congratulations on your engagement! You must be so excited for your big day!

CJ
HAIR & MAKEUP



Enjoy your day and forget the rest!

As exciting as planning your wedding is, there's a lot to consider, it can feel very overwhelming – we get that! Once you've secured your venue and found your dream dress, the next step is creating your perfect wedding day look. You know that you want to look and feel your very best but perhaps you're not sure which hair or makeup style would suit you? Here we list some guides to help you prepare for your big day!



HELPFUL TIPS

DRINK WATER

Get in the habit of drinking around 4 litres of water daily. It may sound a lot but start small and increase your water intake slowly. You can keep bottles of water in multiple rooms of your home (your bag, the car, the office!) to not only remind you when you see them, but also to make it easy for you to pick up and drink!

What's the big deal about water?

It does far more wonderful things for our bodies than any lotion or potion could... and it's free!

Not only does it push all nutrients and oxygen to your cells and keep your organs healthy - which makes this very important for that fresh and flawless makeup finish - but the more water you drink, the more you flush out sodium that causes bloating and any nasty bacteria. Water also fills you up which stops you from over-consuming, and it aids digestion of the good things that you do eat. Speaking of which...

EAT CLEANER AND SMARTER

Water, as mentioned previously, does wonders for flushing out the system and avoiding water retention that can make your face and body puffy (never a good look!) but getting more protein into your diet will keep you fuller for longer, curb food cravings, and build your strength to keep your body functioning at it's best - both physically and mentally.

Green leafy vegetables have lots of vitamins and nutrients to support your skin, and fish oils are brilliant for hair, skin, and nails too. You can also supplement your diet with fish oil capsules which are great for making your skin glow, but you can also get good amounts of omega from fatty fish like salmon or mackerel.



Of course, you've got to enjoy life, just be mindful to keep processed foods to a minimum in your diet as there can be many things hidden in them (like sugar and salt) which can wreak havoc with your body and cause bloating and skin breakouts. And on that note...



FIND A SKINCARE ROUTINE AND STICK TO IT

Chopping and changing skincare products can really upset the balance in our skin. If you have a specific problem area then it is advisable to seek professional guidance from a dermatologist.. but otherwise, don't mess around with it too much. If you're fuelling your body internally with enough water and the right nutrients it should show on the outside.

At a basic level you want to cleanse your face daily to remove built-up dirt and unclog your pores. A light exfoliator will help with this, and ensure you follow up with a moisturiser or serum to rehydrate.

Exfoliating your whole body once or twice a week and following with moisturiser will help remove dead skin cells and improve radiance, it will also give a much better canvas should you wish to use fake tan for your wedding day.

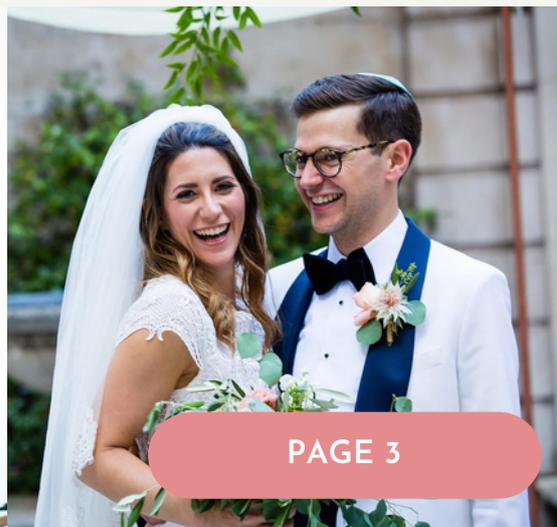
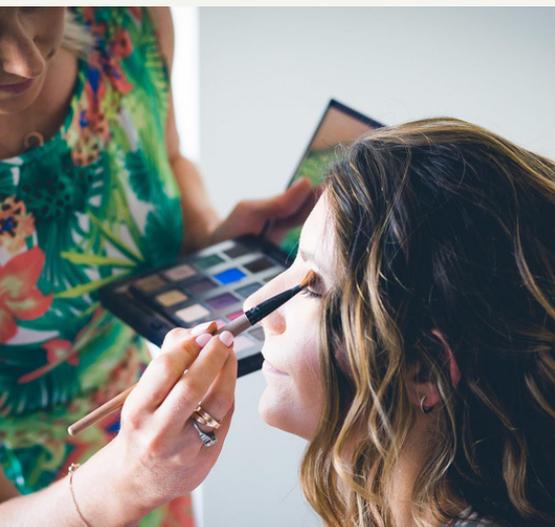
If you want to start having facials or other treatments then start doing this early on and not right before the wedding day as this can upset the skin and cause breakouts. In fact, whatever you plan to do differently, start doing it long before the big day to allow your skin to adjust and give you time to stop using products that are irritating you.

HAIR MANAGEMENT

And finally hair care! There are a plethora of hair treatments available at salons, and products to buy in shops (or online) that can be pricy, so taking care of the basics should be step 1 before you branch out to try any of those.

Water and good nutrition will support hair growth and overall health, as will regular cuts. Using a leave-in conditioner once or twice a week can do a fabulous job at keeping hair healthy and shiny without the hefty price tag of in-salon treatments.

Avoid colouring your hair unnecessarily which may cause it to dry out, but of course, if you are considering a new hair dye or some high/low lights for your wedding day then it's advisable to give that a test run first.





HAIR & MAKEUP



IS IT NECESSARY TO HAVE A HAIR AND/OR MAKEUP TRIAL BEFORE MY WEDDING?

It is not mandatory, however it is recommended. The aim of the trial is to try out a few different hair and/or makeup styles so that you make the right choice for your wedding day and feel completely comfortable and like the very best version of yourself!

Even if you know exactly what look you want then at the very least it's a good test run for you to know exactly how things will go on day of the wedding, and make sure that you are 100% happy with the look so there are no surprises!



HOW SOON SHOULD I BOOK MY HAIR OR MAKEUP TRIAL?

We recommend trials anywhere from 1-3 months prior to your wedding day.

This time frame usually ensures that you know what you will be wearing on the day which may sway hairstyling decisions in particular. It also allows you time to think about what hair and/or makeup styles you would like and considered the addition of any hair accessories.

If you have your trial too far in advance then you may change your mind which could result in additional costs and a re-trial.

HOW SOON SHOULD I BOOK MY WEDDING HAIR AND/OR MAKEUP ARTIST

Ideally, as soon as you are ready to!

Hair and makeup artists can get booked up a year or 2 in advance so it's worth securing your artist or stylist for the day as early as possible. Furthermore, the earlier you book, the more likely you are to secure the lowest rate.



I AM NOT SURE HOW I WANT MY HAIR OR MAKEUP, WHAT CAN I DO?

The best thing you can do is have a google around, or set yourself up a Pinterest board. You can also have a look at our social media or [artist portfolios on the website](#).

[Instagram](#) is a great search tool for images. Just remember to be realistic in your search and find pictures of hairstyles that have similar tones and texture to your own hair.

Be mindful of heavily airbrushed and retouched makeup images, as these will be a lot heavier when recreated in real life.

I HAVE SENSITIVE SKIN/PROBLEM AREAS, WILL MAKEUP BE SUITABLE FOR ME

Most makeup artists are not affiliated with one brand and have lots of different products in their makeup armory. A good range of ingredients and formulas, along with a few professional tricks can do wonders at combatting problem areas, and this is where it really pays off to hire a pro.

If you have any allergies, or particular products or ingredients that you know do not agree with you, then speak with your makeup artist or agency when enquiring so that you can discuss your options and ensure your needs can be met before booking.



IS HAIR OR MAKEUP DONE FIRST ON THE WEDDING DAY?

If your hair is being washed for a blow-dry then your hair will need to be done first, otherwise, makeup should be applied first so as not to ruin any styling or disturb fringe placement by moving the hair to apply makeup. Most hair and makeup artists can be flexible with this though, it's not set in stone!



DO YOU OFFER COSULTATIONS?

Yes! And they are FREE!

We have been looking after brides and their bridal parties for over 12 years, working with them for as long as it takes to find their perfect look - it's what we love most and why we do what we do!

Our [free 30-minute video consultations](#) are the perfect opportunity for you to meet us, get your questions answered, and check that we are the right team to look after you for your very special day..

We want to ensure that we can bring out the very best version of you which makes you feel the most confident. We pride ourselves on not just making your look your most beautiful on the outside, but making you feel your very best on the inside too!

Get in touch with us via email hello@cjchairandmakeup.com or book straight in for a video consultation by [clicking here](#).



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📍 Covering London and the South East



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