



Bridal Countdown Checklist by Tanvi KG

For All Brides To Be

The Wedding is 30 days away. Here is a checklist of the things that you ABSOLUTELY need to do to look your best!

A MONTH TO 2 WEEKS BEFORE THE D-DAY

- ▶ Detox your body and consult a dietician to follow a diet that de-bloats your body and detoxifies your system.
DO NOT CRASH DIET.
- ▶ Start drinking 3-4 litres of water. Make sure you drink water in regular intervals.
- ▶ Go for 1-2 body massage and body scrubs. Choose Swedish massage over thai massage as Swedish massage is more relaxing.
- ▶ Go for 1-2 sessions of head massage or hair spa.
- ▶ Devote 10 minutes everyday to meditate and balance your mind, body and soul.

2 WEEKS TO 5 DAYS BEFORE THE D-DAY

- ▶ Finish up all your last minute clothes and accessory shopping.
- ▶ Devote 10 minutes everyday to meditate and balance your mind, body and soul.
- ▶ Last week before the wedding needs to be devoted to salon visits for your waxing, bleach, manicure, pedicure etc. Do not undergo any other beauty treatment on the skin immediately after your waxing and bleach done.
- ▶ Facial should be done 5-6 days prior to the wedding.
- ▶ Continue your Detox diet and Hydrate yourself.

LAST 5 DAYS

- ▶ Waxing and other hair removal procedures should be done 4-5 days prior to the wedding. Finish up all your Salon visits.
- ▶ Spend quality time with each person who is important to you. It brings a sense of happiness and calmness.
- ▶ Try to stay as calm as possible, Happy Brides make the prettiest Brides.
- ▶ Organise your clothes, shoes and accessories for all the main ceremonies. Last minute changes create panic.
- ▶ ENJOY YOUR WEDDING...CREATE MEMORIES...LAUGH A LOT!

ISTYLE MAKEOVERS WISHES YOU A BLISSFUL LIFE!