



Pre Bridal Services Recommendations for ISTYLE BRIDES

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- ✓ Head Massage/ Hair spa
- ✓ Body Massage
- ✓ Body Scrub
- ✓ A Daily Skin Care routine

Weekly head and body massages & body scrubs are a great way to pamper oneself. A weekly head massage improves blood circulation and results in hydrated and lustrous tresses. A Hair spa session conditions the hair well and gives them strength.

Body massage will tone and hydrate the skin. You can opt for an at home full body scrub to add to your weekly routine and you will find a lot of difference in the smoothness and texture of the skin.

All of these beauty rituals do not necessarily have to be done in a salon. You could ask any family member for a hot oil head massage and spend time with them instead of at a salon. Body massage and scrubs can be done by our famous "maalish wali aunty."

A daily skin care routine is of utmost importance at this point. So, if you don't already follow it, I suggest taking a session on skin and hair care and get started with it.

2-4 weeks before the wedding

- ✓ Facial Treatments
- ✓ Dental Cleanup
- ✓ Hand & foot Care

Going for facial treatments at an Aesthetic Clinic is a better option because one can be sure of results without getting any unwanted rashes and breakouts. Facial Treatments like Lactic Acid Peels, Microdermabrasion, RF Lazer Facials, Hydra Facials etc are extremely effective in giving you the dream skin without the fuss. Another great reason to go for them is that the effect lasts much longer and each session doesn't take more than 45 minutes-1 hour.

You cannot look your best if your teeth are pale. Make dental cleaning and checkup a priority over all other pre-bridal services because this investment will go a long way to build your confidence and your looks on the D-day.

Manicures and Pedicures can be taken twice before the wedding. The first session can be taken a month before the wedding and followed by home care throughout this month. Keep your hands and feet clean and make sure that you apply a hand & foot care night cream every night.

1 week before the wedding

Indulge in a relaxing Spa day and pamper yourself to a luxurious spa experience comprising of Body massage, Body Scrub, Hamaam Bath and anything else that your heart desires. Give this day to yourself as a wedding gift and turn your mind off from all that is going around you. Check in to a day spa and just Chill !

Get your Hair Removal services sorted on the 2nd day of this week. No hair removal services should be undertaken 4-5 days before the wedding. Waxing, Threading, Bleaching, laser hair removal etc. need to be done NOW!

At home Face pack and scrub will do just fine to make you glow. I recommend overnight hydrating masks for the best results.

A Last visit to the salon for your Manicure,, Pedicure and Nail Art or extensions should be done 3 days prior.

YOU ARE SET !

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