


**YOUR GUIDE TO**

*glowing*

**BRIDAL BEAUTY & WEDDING  
ESSENTIALS**

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# Welcome

*Unveiling the Best-Kept Wedding Preparation Secrets to get the Glow on your Wedding Day*

Welcome to Your Guide to Glowing: Bridal Beauty & Wedding Essentials, your ultimate resource for achieving radiant beauty on your special day! Whether you're a blushing bride-to-be, a bridal party member, or simply someone seeking to enhance their natural beauty, this guide is here to accompany you every step of the way.



Our mission is to empower and inspire brides to embrace their individuality, radiate confidence, and shine from within. With years of expertise in the beauty industry, we have curated a comprehensive guide that covers everything you need to know about bridal beauty, from pre-wedding skincare routines to troubleshooting common hair and skin concerns.

In Your Guide to Glowing, we delve deep into the world of bridal beauty, providing you with valuable insights, professional tips, and 12-months worth of appointments to schedule.

Within the pages of this e-book, you'll find a treasure trove of knowledge and pro-tips on skincare, haircare, selfcare and all things wedding.

We invite you to embark on this exciting journey with us as we unveil the secrets to achieving a radiant and confident bridal glow. Let **Your Guide to Glowing: Bridal Beauty & Wedding Essentials** be your trusted companion, helping you in preparation to transform into the most beautiful version of yourself on your wedding day and beyond. Prepare to shine, dazzle, and create memories that will last a lifetime!



# Book Now or Later?

Unsure of when to secure your wedding vendors? Don't waste any of your precious planning time! Use these tips to work smarter, not harder.

01

## PREPARATION IS KEY

Leaving your hair and beauty consultations closer to the wedding date is not ideal. Most recommended regimens can require months of repeated use to produce desired results. We recommend 8-12 months of pre-booked appointments to achieve the best possible outcome for your skin, hair and nails.

02

## BOOK WITH THE BEST

Many wedding vendors book out months, and sometimes years, in advance. Once your wedding date is booked or even considered, there is little room for flexibility. Many Brides book their wedding around the availability of their must-have Bridal vendor. Vendors prices will also increase with time, so lock-in that cheaper price early if possible!

03

## USE NETWORKING TO SAVE TIME

All experienced wedding vendors will have a little black book of industry contacts that they have worked with on weddings before. Makeup & Hair work closely together so use their real-wedding experiences to save your time finding suppliers to book.

04

## BOOK A WELL-TIMED TRIAL

It can be a good idea to book your Hair, Makeup & Tan trial to coincide with your engagement party or pre-wedding photoshoot to test the longevity, style and comfort while making the most of being all glammed up. However keep in mind that this may not work well due to time constraints - We want to take our time with your trial to get your look just right!





# Glam Team Checklist

Here are some important questions to ask your vendors before booking and a checklist to keep track of who you are booking with.

- What are their qualifications & experience in Bridal - Especially for Hair & Makeup as Bridal is exceptionally different to regular glamour makeup
- Are they a registered business and do they have current Public Liability Insurance?
- Read and research recent reviews to hear what other Brides have to say about their experience.
- Do they have a contingency plan if they can't provide booked services due to illness or emergency?
- What sort of support can you expect leading up to the wedding day?

**BEAUTY THERAPIST**

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**HAIRDRESSER**

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**MAKEUP ARTIST**

*Jessica Vegas Professional Hair & Makeup Artist*

.....

**HAIRSTYLIST**

*Jessica Vegas Professional Hair & Makeup Artist*

.....

**TAN ARTIST**

*Jessica Vegas Professional Hair & Makeup Artist*

.....

**NAIL ARTIST**

.....

**BROW ARTIST**

.....






## DID YOU KNOW?

Your nails should be done before your spray tan to avoid the chemicals stripping the tan from your fingers



# The Best Hair Day

Your best hair day is all about preparation. Cutting, colouring and nourishing can take months to see results and give you the desired effect.

- ASAP** **NUTRIENTS**  Your hair reflects your health! Drinking water and eating vitamin-rich foods are a must for healthy hair & skin.
- EVERY 1-2 MONTHS** **1" TRIMS**  See your hairdresser every 4-6 weeks for regular trims to keep your hair healthy, split-end free and help promote hair growth.
- 6 MONTHS BEFORE WEDDING** **COLOUR**  Discuss colour options with your hairdresser. Having highlights can help add dimension, show movement in your hair and can help it hold style for longer on the day. (You may need a colour touch up closer to the day)
- 3 MONTHS BEFORE WEDDING** **TRIAL**  Come to your trial prepared with at least 2 different styles. Not every style will work for your hair type. Discuss with your stylist if hair extensions are required to make your dream look come to life! Just like an Instagram filter on a picture of makeup, extensions are used frequently in inspiration pictures
- WEDDING DAY** **IT'S HERE!**  Wash your hair the day before your wedding and follow the product prep instructions given to you by your stylist at the trial!

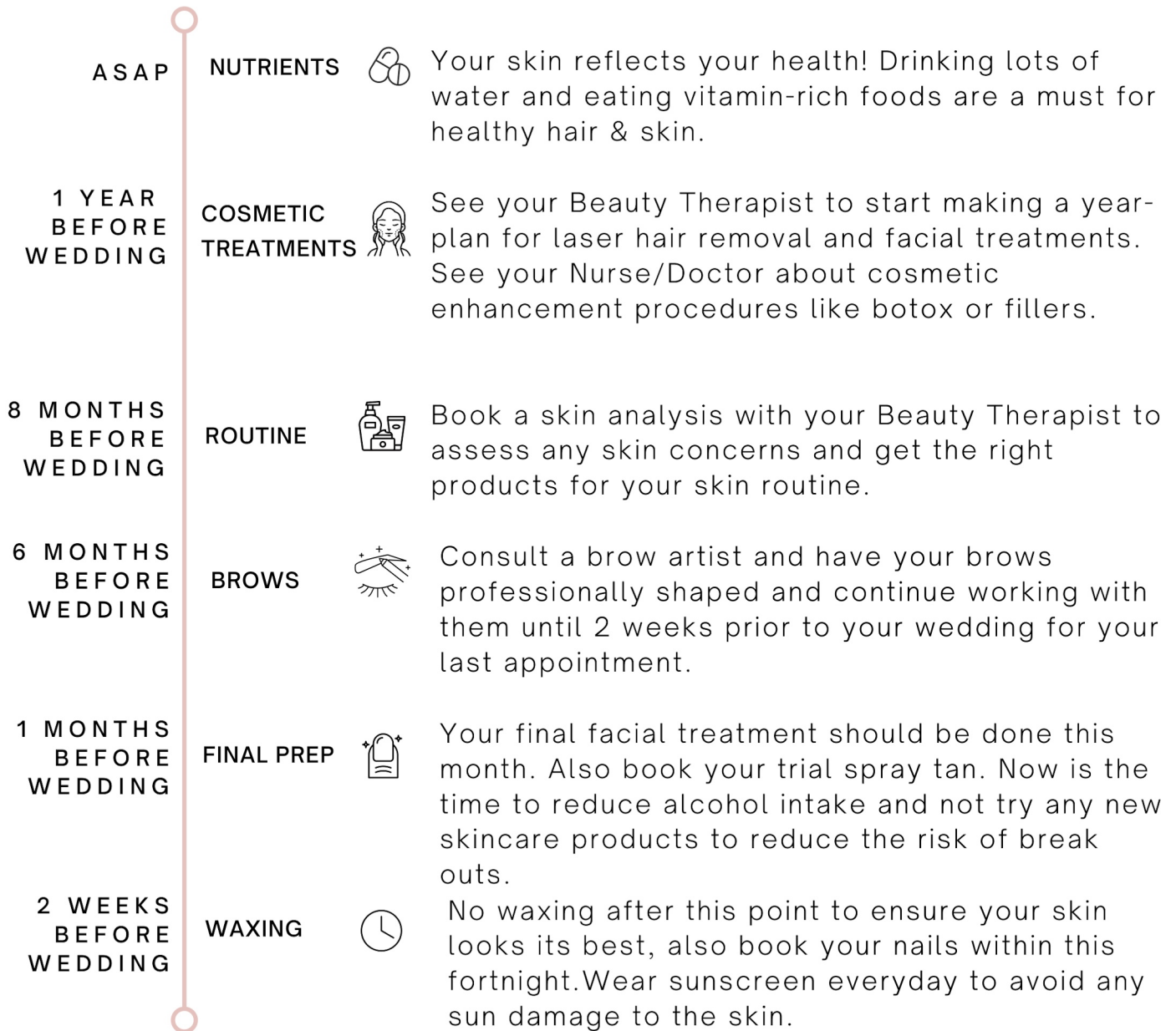


*Although you are more than deserving of quite a few glasses of champagne on your Wedding Day, keep in mind that drinking alcohol may hinder hair growth by dehydrating the hair, making it brittle and prone to breakage. Try to limit alcohol consumption in the months leading up to your big day to ensure long, luscious and strong locks of hair!*



# Love Your Skin

Your flawless makeup starts with perfectly prepared skin. Consistency is key when it comes to beautiful skin!



*Although you are more than deserving of quite a few glasses of champagne on your Wedding Day, keep in mind that drinking alcohol can cause dehydration in your skin and lead to signs of premature ageing. So drink sparingly leading up to the big day and always have plenty of water and anti-oxidant rich foods to compensate!*



# Wedding Countdown - 5 to 12 Months

Planning made easy! Here's 12 months worth of appointments to book with your beauty vendors leading up to your wedding.

12

- Initial consultation with Beauty Therapist
- Initial consultation with Hairdresser
- Initial consultation with Cosmetic Nurse

08

- Monthly facial treatment with Beauty Therapist
- Bimonthly haircut & treatment with Hairdresser

11

- Monthly facial treatment with Beauty Therapist

07

- Monthly facial treatment with Beauty Therapist

10

- Monthly facial treatment with Beauty Therapist
- Bimonthly haircut & treatment with Hairdresser

06

- Monthly facial treatment & Brow Shaping with Beauty Therapist or Brow Artist
- Colour preparations, treatments and haircut with Hairdresser
- Follow-up consultation with Cosmetic Nurse

09

- Monthly facial treatment with Beauty Therapist
- Follow-up consultation with Cosmetic Nurse

05

- Monthly facial treatment with Beauty Therapist

## PRO TIP:

Ask your hair or beauty salon if they will give you a discount for pre-paying when you book your 12 months worth of salon appointments.



# Wedding Countdown - 1 to 4 Months

*The next 4 months are critical to ensuring your skin and hair perform their best for your big day! You've put in all the hard work, don't slow down now!*

04

- Your Beauty Therapist may suggest a cosmetic peel or micro-dermabrasion for your next couple treatments
- Your Hairdresser may suggest to add some highlights over your next 2 appointments to help give your hair dimension
- Consult with your Hairstylist about extensions and order them now so they arrive in time for the trial and for you to take to your hairdresser to colour-match

02

- Last haircut & treatment with Hairdresser
- Last pre-wedding appointment with Cosmetic Nurse
- Touch base with Hair & Makeup Artist to advise of any changes from Hair & Makeup Trial

03

- Hair & Makeup Trial - Ensure you leave a 2 week buffer between any facial treatments or waxing before this appointment for an ideal makeup application
- Tan & Nail trial
- Monthly facial treatment with Beauty Therapist

01

- Last colour session Hairdresser. If using extensions, ensure your colour is matched. Trim facial framing pieces if needed
- Last facial waxing must be done with a 1-2 week buffer before the wedding
- Last facial treatment with Beauty Therapist

# Bridal Beauty Busters

Your troubleshooting guide for our most commonly heard beauty complaints and frustrations

## HAIR DOESN'T HOLD CURL & LOOKS FLAT

Are you buying your shampoo & conditioner at the supermarket? Stop now! Salon quality products are key to nourishing your hair and ensuring less build up on the hair. When hair has mineral or silicone build up, it can be extremely difficult to style with heat.

Try **Paul Mitchell Extra Body Shampoo** to fully cleanse any build up and give you lift at the root. Available at [jessicavegas.com](http://jessicavegas.com)

For extra stubborn hair, some foil highlights at your next salon appointment can help dry the hair out and make it a little more cooperative in holding style and body.



## LASHES HAVE IRRITATED IN THE PAST

Have you had difficulty tolerating lashes in the past? Do you have a latex sensitivity or allergy? A lot of lash glues on the market are latex-based and this can cause irritation to the eye, even once the glue is dry. Make sure to mention to your artist if this has happened previously.

All of our artists carry Latex-free glue to accommodate all client needs. Our favourite latex-free lash glue is **ModelRock**, which Jessica stocks



## EYES WATER ALL DAY

Did you know that watery eyes can be a sign of dry eye? If you stare at a screen all day for work, you may not be blinking as effectively or often as you think you are. It can also be a sign of irritation from product with SPF getting into your eye throughout the day.

For temporary relief, try some eye drops from your optometrist. My favourite are **Systane Ultra** fresh out of the fridge for extra relief.



## PINTREST-WORTHY HAIR

Ever noticed how influencers and those inspo pictures you've found all look like they have the most incredible hair? The secret is extensions. 9/10 the model is wearing extensions in pictures brides show me of how they want their hair. A lot more affordable and easier to maintain than traditional weft or tape, clip-in extensions are a fabulous option for your big day.

We recommend **Zala Extensions** - ask Jessica about her discount code to save at the checkout!







*I have more questions?*

[I would like to enquire about booking with Jessica Vegas for my Wedding](#)

[Where do you travel to for Weddings?](#)

[Where can I follow for more Hair & Makeup tips?](#)

For any other enquiries, please contact our team at [hello@jessicavegas.com](mailto:hello@jessicavegas.com)

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