



## BEAUTY PREP GUIDE

*by Nicole Saxton*

# 3-6 MONTHS BEFORE YOUR DAY

## Begin Your Skincare Regimen



### Product

#### Recommendations:

Annemarie Borlind Rosentau  
Cleanser (Community Natural Foods)

Bioderma Micellar Cleansing Water  
(Amazon, Shopper's, London Drugs)

Paula's Choice BHA Exfoliant  
(Sephora, Amazon)

FirstAid Beauty Ultra Repair Cream  
(Sephora)

LaRoche Posay Ultra Fluid SPF  
(Amazon, Shopper's, London Drugs)

Dr Jart Hydra Masks (Amazon,  
Sephora)

**Recommendations available on Amazon  
are linked on my Storefront  
[NicoleDoesMakeup Storefront](#)**

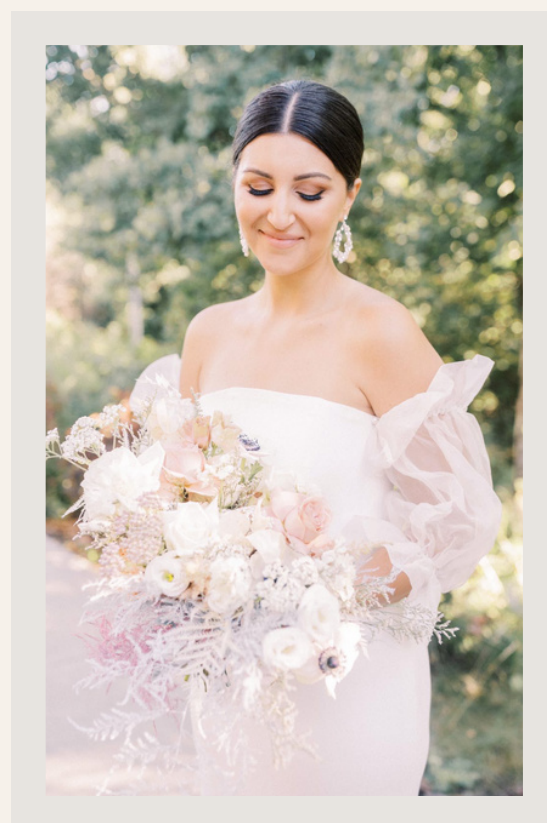
### DRY - NORMAL SKIN

If you're prone to dryness and flakiness, I recommend cleansing with a hydrating cleanser in the AM and PM.

After cleansing, using a light chemical exfoliant will help to gradually get rid of dry skin, prevent flakiness, and allow for the skin to glow. It may also help in the aid and prevention of blackheads, sebaceous filaments, and acne.  
Use in AM and PM.

For optimal hydration, I recommend using a fast-absorbing, rich moisturizer full of skin soothing and calming ingredients. Use in AM and PM. Pair it with a lightweight SPF in the AM.

Using a face mask once per week can add extra hydration into the skin. I like ones that have ingredients such as oatmeal, manuka honey, aloe, or other soothing properties. Be cautious of anything that claims to "brighten"- the active ingredients may cause irritation to dry skin.



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### OILY OR ACNE PRONE SKIN

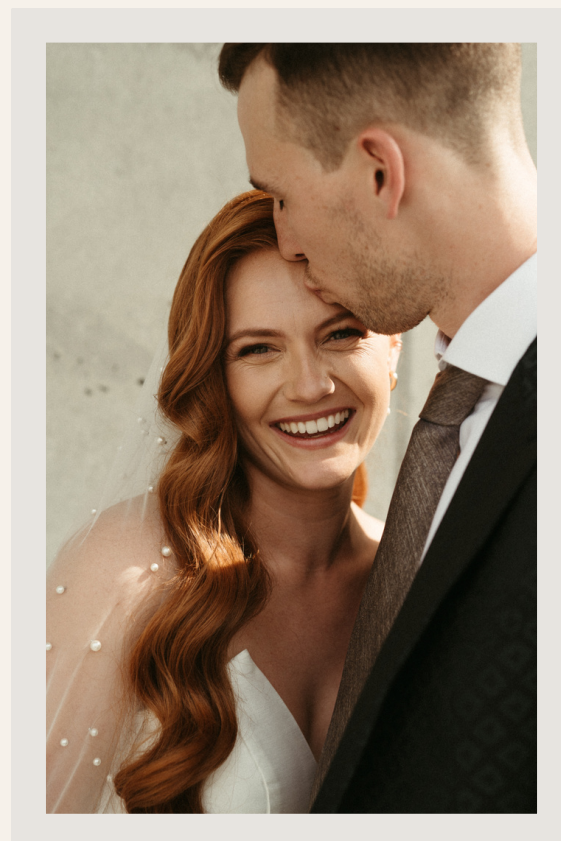
If you're oily or acne prone, look for a gentle cleanser that claims to be non-comedogenic (non-acne causing). Cleanse in the AM and PM.

Following cleansing, using a mild toner will help to control oil and breakouts, and get rid of any lingering oil and makeup on the face - further preventing clogged pores and acne. Use in AM and PM.

If you have specific skincare concerns beyond oil control, applying spot treatments and serums will be beneficial at this step.

Still use a moisturizer even if you feel like your skin may be "too oily". Choose one that is lightweight, fast-absorbing, and free of ingredients containing oils or shea butter. Use in both AM and PM. Apply SPF in AM.

Using a clay mask biweekly may help control oil production. Avoid any that feel oily or extra watery.



### Product Recommendations:

CeraVe Acne Foaming Cleanser  
(Amazon, Shopper's, London Drugs)

Cetaphil Oily Skin Cleanser  
(Amazon, Shopper's, London Drugs)

Inkey List Glycolic Acid Toner  
(Sephora)

FirstAid Beauty Ultra Repair  
Oil Control Cream  
(Sephora)

Inkey List Omega Water Cream  
(Sephora)

Caudalie Vinopure Purifying  
Clay Mask  
(Sephora)

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# 1-3 MONTHS BEFORE YOUR DAY



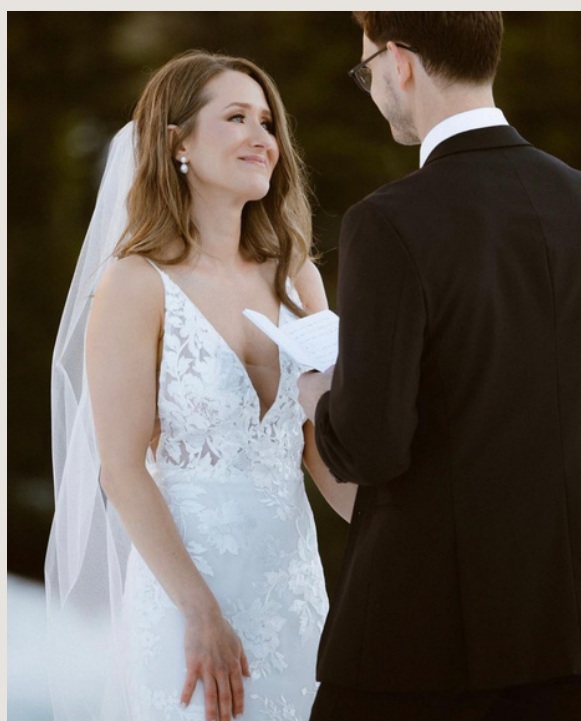
For your best skin possible, I recommend beginning light aesthetic treatments that focus on specific skin concerns or goals 1-3 months before your day. This will allow your skin to respond appropriately to your chosen treatments.

**It's best to discuss with your aesthetician what will work for you,** but a few of my personal favourite treatments are:



***Dermaplaning:*** a light exfoliation using a specialized tool to remove peach fuzz, and dead cells from the top layer of your skin. The result is a buttery smooth finish that allows makeup to glide on seamlessly with minimal dry patches. Ideally, doing this multiple times over the span of a few months will give you a beautiful glow. You can also do this 1-2 weeks before your wedding for best results.

***Hydrafacial:*** Great for all skin types and many skin concerns / target areas. It improves the overall skin health and can treat skin brightness, hyperpigmentation, dry or oily areas, acne, and lots more.



***Lymphatic Massage:*** a light massage that moves lymph fluid throughout the body which can help de-puff the face and other areas, and let go of excess water. Find a provider who focuses on the lymph system, and ask for treatment on the face and neck.

## **Recommended Providers**

Arina, Illume Skin & Laser - (403) 910-1823

Alicia, Natology - (403) 764-3600

Lindsey, Lymphatic Drainage Specialist -  
(403) 660-3198

# 1 MONTH BEFORE YOUR DAY

Now is not the best time to try anything new and potentially irritating. Stick to what you know has been working.

**If you are using retinol, I recommend stopping use around this time. This will prevent the “purge” phase from appearing around your wedding day.**

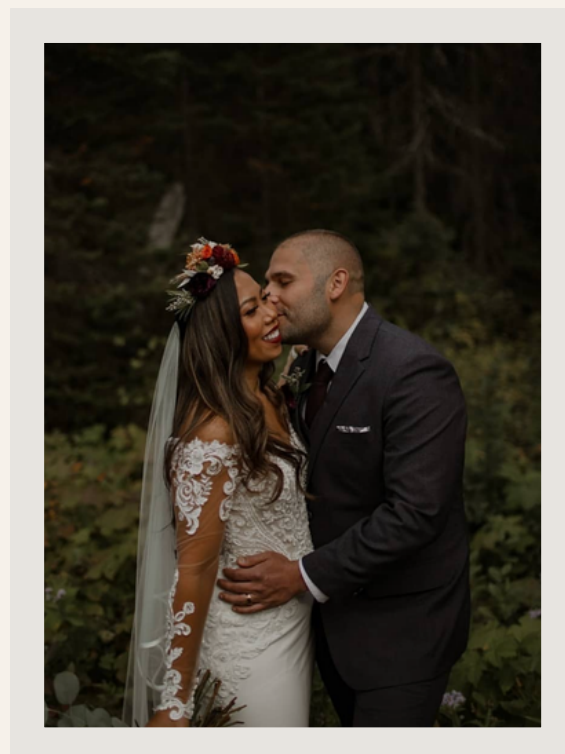
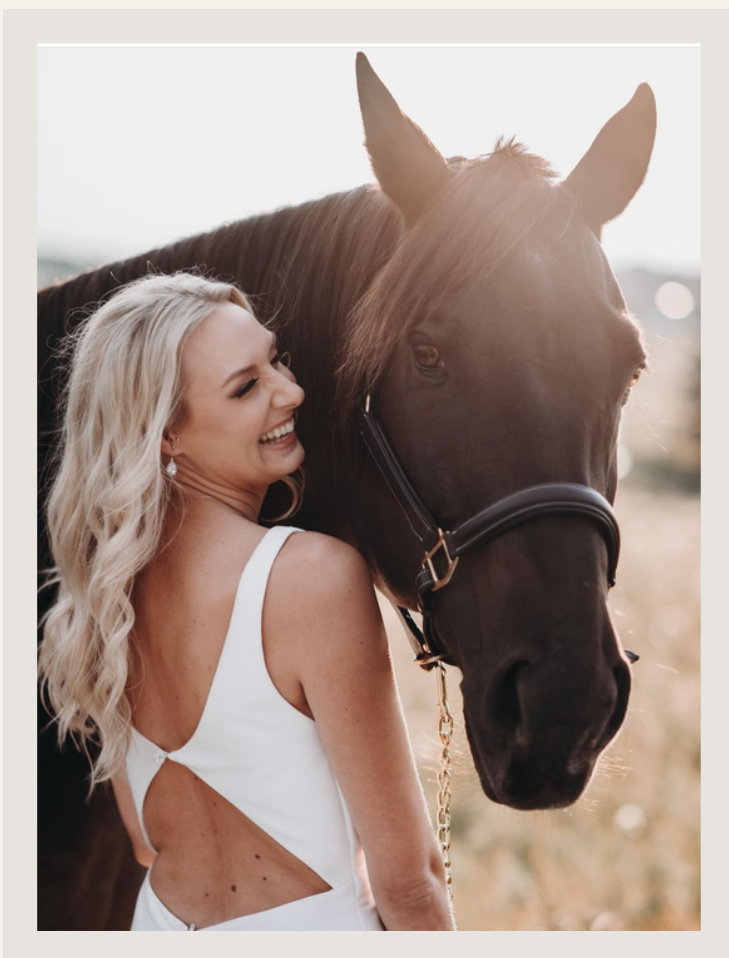
**Moisturizing:** Put extra emphasis on your skincare regimen by adding in extra hydration. Using your moisturizer 2-3x a day is key.

**Final Aesthetic Treatments:** Avoid any harsh peels at this time. Have your final facials, or dermaplaning 1-2 weeks before your day.

**Masks:** Use a mask designed for your skin goals 2x a week.

**Drink Lots of Water:** More Water = Glow Skin. Self explanatory!

**Continue your lymph massages if you are doing those!**



# WEDDING DAY EVE

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## THE BIG DAY

It's here!

Try and get lots of sleep/rest the evening before your wedding day.

If you have any new acne (or *think* you may be getting a blemish), applying an acne patch on the area the night before and leaving it on until you sit in the makeup chair is ideal to reduce its appearance. (My faves are in my Amazon Storefront)

Drink water, use a gua sha tool, and apply lots of lip balm before going to sleep.

***The morning of your wedding, if possible, I recommend not wearing a bra or any tight straps. This will prevent any indentation on the shoulders. Wearing a robe is ideal if you are choosing to have your décolletage included in your makeup appointment.***



If you wake up with puffy or sore eyes, use ice to soothe the area and promote a decrease in inflammation.

In the morning, feel free to do your normal skincare regimen. Please do not use any facial oils. Oils on the body are fine, but make sure they are applied well in advance of getting your dress on.

If you have opted in for a mini skin treatment, or body makeup, no need to do any of your skincare unless you are feeling exceptionally dry. Do apply lots of lip balm in the morning.

A mini skin treatment also includes your arms and hands. No need to moisturize unless you feel it necessary.

# Other Beauty Items to Consider

**For Extremely Dry Lips** - the Flexitol Lip Balm has been my holy grail. With consistent use, you'll notice a major difference in dryness and flakiness.

**For Your Best Brows and Lashes** - A specifically formulated lash serum, or castor oil can be used on both the lashes and brows to improve their length, texture and strength. Apply on the roots of the lashes and brows for best results. Avoid prolonged use with any lash serum that contains Prostaglandins including Prostaglandin or Bimatoprost.

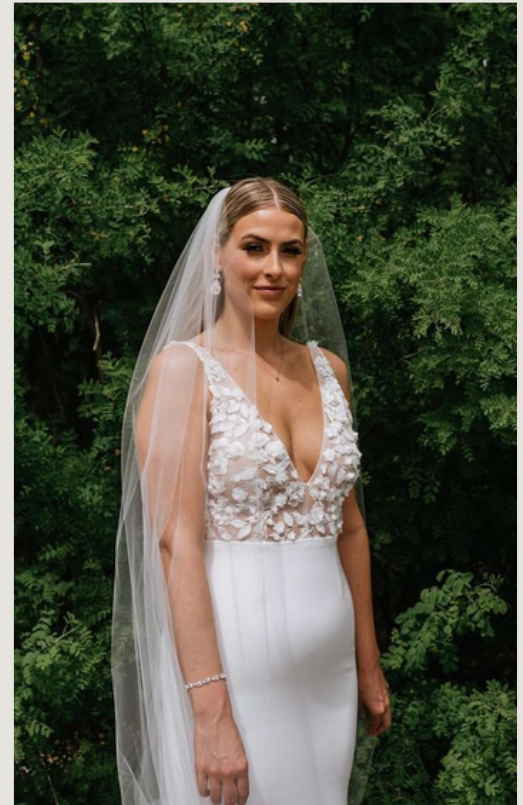
**For Your Healthiest Skin** - Using disposable cloths instead of traditional face towels will prevent bacteria build up

**For Heavier Makeup Days** - using a cleanser that is designed to take off makeup first is ideal if you are an everyday full makeup wearer (or if you wear waterproof products daily). These are often in the form of an oil cleanser or balm. It is recommended to use this first, then clean the face again with a traditional cleanser.

**To Prevent Facial Fluid Build Up** - Using a gua sha tool nightly after moisturizer will improve lymph fluid movement. You'll notice a decrease in puffiness with nightly use.

**For Bright Teeth** - At home whitening tools that I have used in the past include the Vie Beauti Whitening Pens, and charcoal toothpaste. I use the charcoal toothpaste 1-2x a week in addition to daily use with traditional toothpaste.

Images by: Lindsey Nickel, Carly Hill, Wolf and Willow, Film and Forest, Nicole Sarah, Jackie Kalch, Bray and Nat, Kadie Hummel, Corinna Walker, Zoe Snooks, Revel Photography, Blair Inkster, Rita Labib



## Product Recommendations:

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