

Bridal Timeline

How you look on your wedding day is important to us here at Changes, and we want to do our best to help you look and feel your best. Below is a suggested guideline designed to help you reach those desired goals; we can help customize this to better fit your individual needs.

6 Months – 1 Year prior to Wedding

- *Skin Care Evaluation and Treatment.* During a 30 minute courtesy consultation, your esthetician will recommend a facial series to balance, deep cleanse or rejuvenate your skin. This can include face, décolleté and back. At this time you will be prescribed a customized Professional Treatment Plan, and if needed start an at-home skin care regime to assist with acne, anti-aging and hydrating the skin.

3 Months prior to Wedding

- Micro-Dermabrasion for deep exfoliation and glowing skin
- Schedule Bridal Hair and Make Up for Wedding day and Trial
- Begin body waxing services. For best results, allow 2 to 3 sessions for all hair growth to coincide.
- Great Lengths Consultation for interest in hair extensions

1 – 2 Months prior to Wedding

- Bridal Hair Consultation and Trial run through including veil and hair piece fitting (Great day to schedule Bridal Portraits!)
- Make Up Trial run through
- Great Lengths Extensions application

2 – 3 Weeks prior to Wedding

- Bridal Hair Cut and Color
- Rejuvenol Keratin Treatments to smooth frizz and reduce curl, decreasing styling time with results lasting several months
- Follow up recommended skin care treatments

1 Week prior - Week of Wedding

- Final waxing services, along with eyebrow shaping
- Lash and Eyebrow Tint
- Groom Hair Cut
- Couples Massage to enjoy stress free time together

Day Before Wedding

- Massage and Bamboo Body Scrub for soft, silky skin. We recommend the Mini Body Retreat!
- Oxygen Spritz for instantly glowing facial skin
- Spa Pedicure and Manicure
- Bridal Luncheon to include varied services for your Wedding Party. This makes a wonderful Thank You gift!

Wedding Day

- Bridal Make Up application, Hair Styling and veil fitting
- Groomsmen Gathering at Jake's Place for Hot Lather Shaves and Collar Trims. Groomsmen can enjoy a pampering experience in a "Guys Only" atmosphere before heading to the wedding location. Also a great Thank You gift!
- Enjoy your special day!