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WEDDING BEAUTY TIMELINE

BY CLARITA SMIT

DEAR BRIDE

Thank you for selecting me for your wedding day.

Your choice is truly fantastic! I'm not your typical makeup artist; consider me your new skincare companion, lash expert, and bridal makeup confidante. With a background in Somatology, skincare is my top priority to ensure your skin looks its absolute best. Your eyes are the windows to your soul, and I'll create the perfect lash map to enhance them. By choosing me, you're not just getting a makeup artist – I'll guide you toward the ideal hair and makeup look tailored to your skin type, tone, face shape, and the mood of your wedding. I'm thrilled to be part of your magical night.

BRIDAL EDITION 2024

Editor-in-Chief

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HAIR STYLIST

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LASH EXTENSIONS THERAPIST

Clarita Smit

THE LAST FLING BEFORE THE RING

THE BIG DAY, THE ANTICIPATION,
FINALLY FOUND THE PERSON
BEYOND MY WILDEST
IMAGINATION.

GUESTS AND FLOWERS, RIBBONS
AND LACE, THE LOOK OF LOVE
UPON OUR FACE.

OUR HAPPY HEARTS ARE HARD TO
HIDE, THIS BABE IS SOON TO
BECOME A BLUSHING BRIDE.
TODAY A BRIDE, TOMORROW A
WIFE, THE BIGGEST ADVENTURE
THEY'LL TAKE ON IN LIFE.

WE TOOK OUR VOWS, EXCITED TO
START A LIFE TOGETHER,
IF WE KEEP OUR PROMISES,
THERE'S NO DOUBT THIS LOVE
WILL LAST FOREVER.

THEY STOLE MY HEART SO I'M
TAKING THEIR NAME

-P.LOUISE-

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HEY, DEAR BRIDE



For years, I've had the privilege of immersing myself in the world of bridal makeup and beauty. This journey has not only honed my skills but provided me with insights that extend beyond the art of makeup application. I've witnessed firsthand the transformation in my brides' skin and hair, especially when they follow tailored advice and care.

Your wedding day is a culmination of dreams and emotions, and I understand the pressures that come with it, especially when it comes to maintaining your skin and hair health amidst the whirlwind of planning. It's this realization that inspired me to expand my role beyond being your makeup and hair stylist, but also give you a few extra tips here and there to make things a little easier.

Clarita Smit

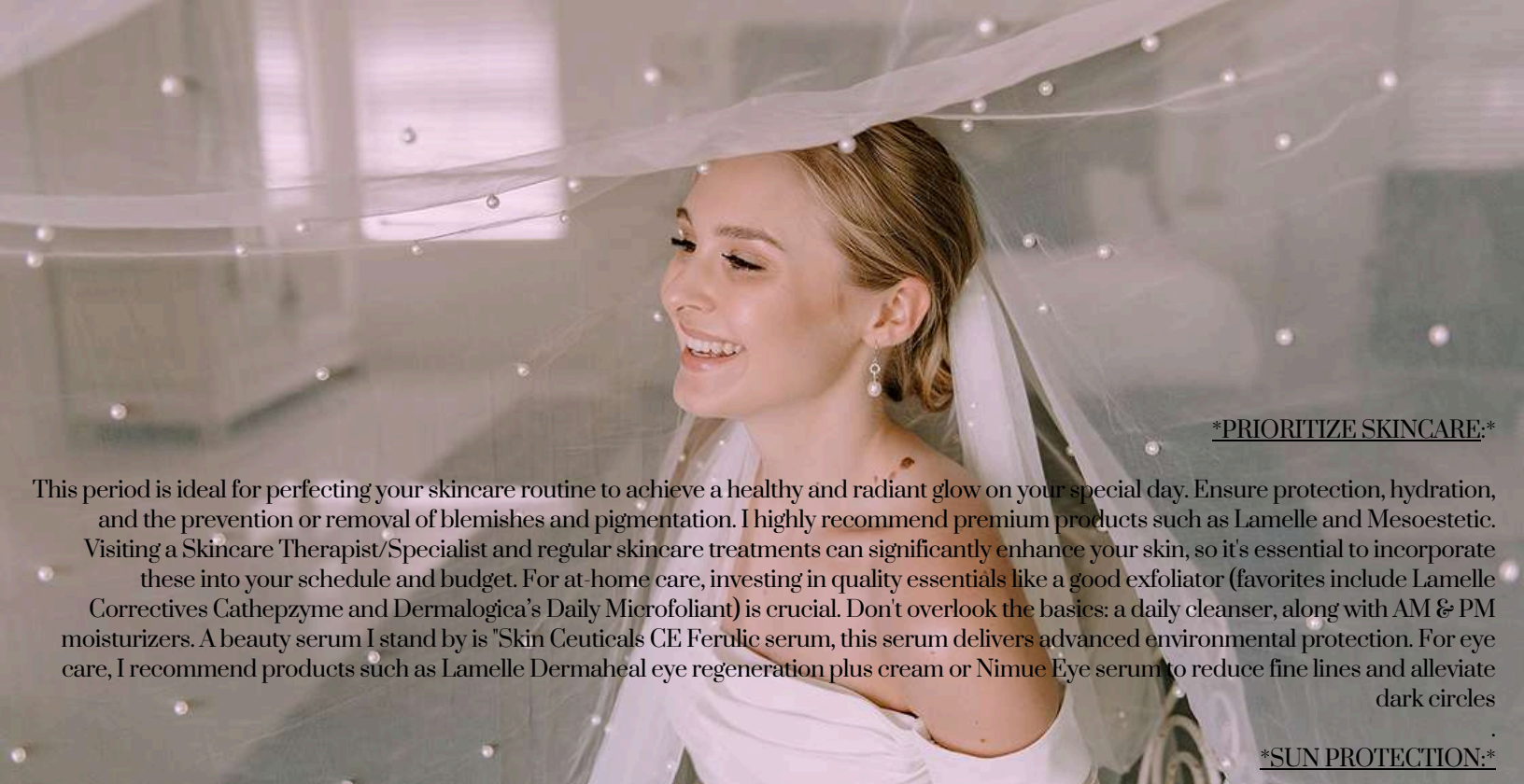
Your Bridal Hair, MUA and Lash
extension artist

A woman with dark hair styled in a bun, wearing a white off-the-shoulder wedding dress with a large bow at the back. She is holding a small perfume bottle in her right hand and looking over her shoulder towards the camera. The background is a blurred indoor setting with a brick wall and a bed.

6 MONTHS BEFORE THE WEDDING

BY CLARITA SMIT

6 MONTHS BEFORE THE WEDDING



PRIORITIZE SKINCARE:

This period is ideal for perfecting your skincare routine to achieve a healthy and radiant glow on your special day. Ensure protection, hydration, and the prevention or removal of blemishes and pigmentation. I highly recommend premium products such as Lamelle and Mesoestetic. Visiting a Skincare Therapist/Specialist and regular skincare treatments can significantly enhance your skin, so it's essential to incorporate these into your schedule and budget. For at-home care, investing in quality essentials like a good exfoliator (favorites include Lamelle Correctives Cathepzyme and Dermalogica's Daily Microfoliant) is crucial. Don't overlook the basics: a daily cleanser, along with AM & PM moisturizers. A beauty serum I stand by is "Skin Ceuticals CE Ferulic serum, this serum delivers advanced environmental protection. For eye care, I recommend products such as Lamelle Dermaheal eye regeneration plus cream or Nimue Eye serum to reduce fine lines and alleviate dark circles

SUN PROTECTION:

To achieve a sun-kissed look while prioritizing safety, opt for sunblocks like Heliocare SPF50 and Bioderma's sun care products. I generally advocate self-tanning over sunbeds or tan-cans. Ensure you test the products well in advance to avoid skin reactions and color discrepancies. A recommended self-tan brand is Skinny Tan

CONSIDERATIONS FOR BOTOX/SCULPTING AND FACIAL BOOSTERS:

If considering Botox, plan strategically as it takes three to four months to wear off. It's advisable to schedule the first treatment at least four months before your wedding. Although the results can be stunning when done right, be mindful that it might affect facial expressions, particularly smiling.

HEALTH AND WELL-BEING:

Prioritize your health with regular intake of vitamins and minerals. Consider incorporating Collagen for skin health—personally, I endorse Onutrica Collagen. Probiotics and Vital's hair, skin, and nails vitamin products are excellent additions to promote overall wellness. Cultivate the habit of drinking Vita Thion daily for hydration, healthy skin, and sustained energy. This meticulous routine is designed to ensure you radiate confidence and beauty on your wedding day. Begin this beauty regimen early to witness the best results and relish in the glow of a healthy, glowing complexion. (KIKO natural products, their Gut Health is also amazing) Optimizing your Bridal Beauty Routine. Reduce sugar intake - this will prevent skin-breakouts, low-energy levels and ofcours weight-gain. Drink plenty of water to stay hydrated (your skin will show)

GREEN POWDER MAGIC:

One of my personal favorites, the Green Powder, is a remarkable product with multifaceted benefits. It acts as a detoxifier, cleanser, breakout preventer, powerful antioxidant, and combats free radicals that accelerate skin aging.

VITAMIN ESSENTIALS:

A good vitamin B-complex supports sustained energy levels. Additionally, incorporating Flaxseed oil is beneficial for radiance and addressing joint discomfort. Consider supplements like omega-3 fatty acids, biotin and Vitamins A,C and E. But consult a healthcare provider first.

BRIDAL BODY BEAUTIFUL:

Commence an exercise program early on to maintain high energy levels, manage stress, and keep your skin fresh and vibrant. Regular steam baths or saunas aid in eliminating toxins. For body exfoliation, I highly recommend Annique Skin Care's yellow skin buff.

3 MONTHS BEFORE THE WEDDING

BY CLARITA SMT

3 MONTHS BEFORE THE WEDDING



INTENSIFY SKINCARE

Refine your routine : Continue with your established skincare routine, but consider incorporating more targeted treatments like serums for brightening, anti-aging or hydration.

Focus on problem areas: If you are still dealing with skin concerns, consider stronger treatments like chemical peels or prescription-strength products under guidance of a dermatologist.

Hydrating Mask: Start using hydrating and soothing masks weekly to keep your skin plump and glowing

HAIR PREPARATION:

Commence hair treatments 2-3 months before your wedding, ideally color your hair a week prior, and consider indulging in a Brazilian or micro keratin treatment, especially beneficial for ethnic hair. Employing a hydrating mask will further enhance hair health. Identifying your hair type ensures you opt for the right treatments and products tailored to your specific needs. Oily, dry, or normal hair requires distinct care approaches.

If you are thinking of “Old hollywood waves” for your wedding day, I recommend Clip-in hair extensions. Not only will this give the Volume you want but they also assist in holding a curl perfectly.

BODY CARE

Exfoliate regular: Use a gentle body scrub 2-3 times a week to keep skin smooth and ready for self-tanners/bronzing products.

Moisturize: Keep your body well-moisturized, focusing on any areas that tend to get dry like, elbows, knees and feet.



2 WEEKS BEFORE THE WEDDING



FINAL PREPARATIONS:

With the big day approaching, finalize your arrangements. Opt for eyelash extensions two weeks before your wedding to acclimate to the full set application and anticipate any potential allergic reactions to the adhesive. Should an allergic reaction occur, we'll swiftly pivot to an alternative.

FINAL FACIAL: opt for a gentle, hydrating and calming treatment to avoid any irritations and breakouts (don't try something new) Additionally, consider a Dermaplane session 1-2 weeks before your wedding day for an immaculate canvas, ensuring your bridal makeup appears flawless. This meticulous routine is aimed at guaranteeing you radiate confidence and beauty on your wedding day. Starting these preparations early is key to achieving the best results and relishing in a healthy, glowing complexion on your special day.

FINAL BEAUTY TREATMENTS

Schedule waxing (bikini, brows/lips) and eyebrow tinting.

Spray-tan,

Teeth-whitening,

Nail care



Classical lash extensions, also known as classic eyelash extensions, refer to the traditional method of applying individual extensions to each natural lash. In this technique, a single extension fiber is glued onto a single natural lash, adding length and thickness. The result is a more natural and subtle enhancement compared to other lash extension styles. Classical lash extensions are ideal for those seeking a simple, elegant, and understated look, providing a defined yet natural appearance to the lashes. The process involves meticulous application by a certified technician to ensure precision and a customized look that complements the client's natural lashes and eye shape.

The hybrid style aims to offer the best of both worlds by combining the natural and fuller-look aspects of classical and volume lash extensions, respectively. The result is a more textured and layered effect, providing a mix of single lash extensions and handmade fans, offering both length and volume while maintaining a more natural look compared to a full volume set. This style can cater to those looking for a slightly more dramatic look than the classical technique but not as intense as a full volume set.

Volume lash extensions and Mega volume lash extensions are advanced techniques that involve applying multiple lighter and thinner lash extensions to a single natural lash.

Volume Lash Extensions

In the volume technique, technicians create handmade fans of 2-6 extremely lightweight lash extensions and place them onto one natural lash. This results in a fuller, fluffier, and more voluminous appearance compared to classical lash extensions. Despite adding multiple lashes to a single natural lash, the extensions used are finer and lighter, ensuring that the natural lashes aren't overly weighed down. Volume lashes are customizable and can be adjusted to achieve different levels of fullness.

BY CLARITA SMIT

I WEEK BEFORE



THE WEDDING

FINAL WEEK BEFORE THE WEDDING:

Homestretch Preparations

As the big day approaches, focus on these last-minute preparations to ensure you're glowing and stress-free on your special day:

1. SKINCARE

- **No New Products:** Avoid introducing any new skincare products or treatments. Stick to your trusted routine to avoid any last-minute skin reactions.
- **Hydrate:** Use hydrating masks and serums to keep your skin plump and glowing.
- **Spot Treatments:** If you notice any blemishes, use a targeted spot treatment to reduce them without over-drying your skin.

2. HAIR

- **Final Hair Prep:** Wash and deep condition your hair a few days before the wedding. If your hair tends to be oily, consider washing it the day before rather than on the wedding day.
- **Hair Removal:** If you prefer, do any final hair removal (like shaving) a couple of days before the wedding to avoid irritation.

3. NAILS

- **Final Manicure and Pedicure:** Get your final manicure and pedicure a day or two before the wedding to ensure your nails are fresh and chip-free.

4. BODY CARE

- **Body Scrub:** Do a gentle body scrub a few days before the wedding to ensure smooth skin, especially if you'll be using self-tanner or bronzer.
- **Moisturize:** Keep your body well-moisturized, especially focusing on dry areas like elbows, knees, and feet.

5. SLEEP AND RELAXATION

- **Prioritize Rest:** Aim for 7-8 hours of sleep each night to ensure you're well-rested and your skin is rejuvenated.
- **Relaxation:** In the final days, focus on relaxation. Consider a light massage or a calming bath to ease any pre-wedding nerves.

6. FINAL PREPARATIONS

- **Pack Your Essentials:** Pack a small bag with beauty essentials for touch-ups on the wedding day, including blotting papers, lipstick, powder, and any emergency items like safety pins or pain relievers.
- **Confirm Appointments:** Double-check all your beauty appointments and ensure your schedule is set for the big day.

7. STAY HYDRATED AND EAT WELL

- **Hydration:** Continue drinking plenty of water to keep your skin and body hydrated.
- **Balanced Diet:** Stick to a healthy, balanced diet, avoiding foods that might cause bloating or breakouts. Focus on whole foods rich in vitamins and antioxidants.

FOR BRIDES SEEKING LUXURIOUS AND HYDRATING BODY PRODUCTS, HERE ARE SOME HIGHLY RECOMMENDED OPTIONS THAT CAN HELP ENSURE YOUR SKIN IS SOFT, SMOOTH, AND RADIANT FOR YOUR BIG DAY:

1. BODY WASHES AND SHOWER OILS

- L'Occitane Almond Shower Oil: This luxurious shower oil transforms into a milky lather upon contact with water. It cleanses gently while leaving the skin feeling soft and nourished.
- Jo Malone Peony & Blush Suede Shower Oil: Infused with nourishing ingredients, this shower oil leaves the skin silky smooth and delicately scented.

2. BODY SCRUBS

- Fresh Brown Sugar Body Polish: This sugar-based scrub exfoliates and hydrates the skin with natural oils, leaving it smooth and glowing.
- Herbivore Botanicals Coco Rose Coconut Oil Body Polish: Made with Moroccan rose and virgin coconut oil, this scrub gently exfoliates while providing deep hydration.

3. BODY LOTIONS AND CREAMS

- La Mer The Body Crème: This ultra-rich body cream is infused with the brand's signature Miracle Broth™, providing intense hydration and leaving the skin soft and luminous.
- Jo Malone Vitamin E Body Balm: A rich, hydrating balm that soothes and protects the skin, perfect for leaving a lasting glow.
- Kiehl's Crème de Corps: A classic body moisturizer that is luxuriously rich, providing long-lasting hydration and leaving the skin smooth and soft.

4. BODY OILS

- Nécessaire The Body Oil: A fast-absorbing body oil that delivers intense hydration without feeling greasy. It's packed with nourishing oils like marula, cacay, and meadowfoam.
- Rodin Olio Lusso Luxury Body Oil* A blend of eleven essential oils, this luxury body oil hydrates the skin while leaving a subtle, elegant scent.
- Tom Ford Soleil Blanc Shimmering Body Oil: For a touch of luxury and glamour, this body oil hydrates the skin while leaving it with a radiant, golden shimmer.

5. HAND AND FOOT CREAMS

- Dior Crème Abricot Fortifying Cream for Nails: This nourishing cream strengthens and hydrates cuticles and nails, making it perfect for pre-wedding nail prep.
- L'Occitane Shea Butter Hand: This cult-favorite hand cream is rich in shea butter and hydrates deeply, leaving hands soft and smooth without a greasy feel.
- La Mer The Hand Treatment: A luxurious hand cream that hydrates, soothes, and protects the skin. It's infused with La Mer's Miracle Broth™ for ultimate nourishment.
- Margaret Dabbs Intensive Hydrating Foot Lotion: Perfect for keeping your feet soft and smooth, this lotion is enriched with emu oil to provide intense hydration and soothe dry, cracked skin.

6. BODY SERUMS

- African Botanicals Stretchmark Botanical Body Oil: This luxurious oil-serum is designed to deeply hydrate and improve skin elasticity, reducing the appearance of stretch marks and leaving skin smooth and supple.
- Susanne Kaufmann Restorative Toning Body Cream: A rich body cream that acts like a serum, it's formulated with active ingredients that hydrate, firm, and tone the skin.

7. BATH SOAKS

- Jo Malone Red Roses Bath Oil: This indulgent bath oil hydrates the skin while enveloping you in the romantic scent of red roses. Perfect for a relaxing pre-wedding bath.
- Aromatherapy Associates Deep Relax Bath & Shower Oil: A luxurious bath oil that deeply hydrates the skin while calming the mind and body with its soothing essential oils.
- Herbivore Botanicals Coconut Milk Bath Soak: A deeply hydrating and luxurious bath soak made with coconut milk powder that softens the skin while leaving it delicately scented.

8. SPECIAL TREATMENTS

- Omorovicza Gold Shimmer Oil: A luxurious body oil infused with gold particles that leave your skin glowing with a subtle shimmer. It hydrates and gives a luminous, silky finish.
- Augustinus Bader The Body Cream: A scientifically advanced body cream that deeply nourishes and repairs the skin, improving texture, tone, and hydration.

9. FRAGRANCE LAYERING

- Chanel Coco Mademoiselle Velvet Body Oil: A lightly scented body oil that hydrates while layering your favorite fragrance for a lasting, sophisticated scent.
- Diptyque L'Ombre dans l'Eau Body Balm: This rich body balm hydrates while leaving behind the beautiful scent of Diptyque's iconic L'Ombre dans l'Eau fragrance.

These luxurious products will help ensure that your skin feels soft, nourished, and radiant as you prepare for your wedding day. Using a combination of these treatments leading up to your special day will leave your skin in its best possible condition, ready to glow in your dress!



FOR BRIDES LOOKING TO ACHIEVE LUXURIOUS AND HYDRATED HAIR AND SKIN, HERE ARE SOME TOP-TIER PRODUCTS THAT CAN HELP YOU LOOK YOUR BEST ON YOUR WEDDING DAY:

HAIR CARE

1. Shampoos and Conditioners

- Oribe Gold Lust Repair & Restore Shampoo and Conditioner: This duo is designed to rejuvenate and restore damaged hair, providing deep hydration while leaving hair soft, shiny, and manageable.
- Kérastase Chronologiste Shampoo and Conditioner: A luxurious treatment that revitalizes the hair, delivering intense moisture and a youthful shine.

2. Hair Masks

- Olaplex No. 8 Bond Intense Moisture Mask: This mask provides intense moisture, shine, and smoothness, helping to repair and strengthen hair, making it a great choice for brides.
- Christophe Robin Regenerating Mask with Prickly Pear Seed Oil: A deeply nourishing mask that revitalizes and strengthens hair, leaving it soft, shiny, and smooth.
- Leonor Greyl Masque Quintessence: An ultra-nourishing mask that is perfect for very dry or damaged hair, it leaves the hair feeling silky and looking radiant.

3. HAIR OILS AND SERUMS

- Moroccanoil Treatment: A versatile and luxurious oil that hydrates, smooths, and adds shine to the hair, perfect for taming frizz and prepping hair for styling.
- Kerastase Elixir Ultime L'Huile Originale Hair Oil: This iconic oil hydrates and nourishes hair, adding a radiant shine while protecting it from damage.
- Gisou Honey Infused Hair Oil: A luxurious oil infused with honey that deeply nourishes and hydrates, leaving hair soft, shiny, and healthy-looking.

4. LEAVE-IN CONDITIONERS AND HEAT PROTECTANTS

- Oribe Supershine Moisturizing Cream: A leave-in conditioner that adds moisture, shine, and softness, perfect for prepping hair before styling.
- Bumble and bumble Hairdresser's Invisible Oil Heat/UV Protective Primer: This multi-tasking primer hydrates, detangles, and protects hair from heat and UV damage, making it a must-have for any bridal beauty routine.

SKIN CARE

1. Cleansers

- La Mer The Cleansing Foam: A luxurious, gentle cleanser that removes impurities without stripping the skin, leaving it soft and hydrated.
- Tatcha The Rice Wash Skin-Softening Cleanser: A creamy, gentle cleanser that uses Japanese rice powder to soften and hydrate the skin while cleansing.

2. Serums

- Estée Lauder Advanced Night Repair Synchronized Multi-Recovery Complex: A cult-favorite serum that hydrates, repairs, and boosts the skin's natural renewal process for a radiant complexion.
- Dr. Barbara Sturm Hyaluronic Serum: A deeply hydrating serum that plumps the skin with moisture, leaving it smooth, firm, and glowing.
- SkinCeuticals C E Ferulic: This antioxidant-rich serum helps to protect the skin, improve texture, and boost radiance, making it perfect for pre-wedding skincare.

3. Moisturizers

- La Mer Crème de la Mer: An iconic moisturizer that delivers deep hydration and soothes the skin, leaving it soft, smooth, and radiant.
- Augustinus Bader The Rich Cream: A luxurious cream that hydrates, nourishes, and rejuvenates the skin, promoting a youthful and glowing complexion.
- Charlotte Tilbury Magic Cream: A rich, hydrating moisturizer that plumps and smooths the skin, creating a perfect canvas for makeup.

4. FACE MASKS

- Sisley Paris Black Rose Cream Mask: A luxurious, hydrating mask that instantly plumps and revitalizes the skin, giving it a radiant, youthful glow.
- Fresh Rose Face Mask: This soothing gel mask hydrates and tones the complexion, leaving the skin soft, smooth, and refreshed.
- Tatcha Luminous Dewy Skin Mask: A sheet mask infused with a blend of hydrating botanicals and oils that leaves the skin with a luminous, dewy finish.

5. EYE CREAMS

- La Prairie Skin Caviar Luxe Eye Lift Cream: A rich, hydrating eye cream that firms, lifts, and brightens the delicate eye area, perfect for reducing any pre-wedding puffiness or dark circles.
- Tata Harper Restorative Eye Crème: A luxurious eye cream that hydrates, depuffs, and brightens, leaving the eye area smooth and refreshed.

6. SUNSCREENS

- EltaMD UV Clear Broad-Spectrum SPF 46: A lightweight, hydrating sunscreen that protects the skin without clogging pores or leaving a greasy finish.
- La Roche-Posay Anthélios Melt-in Milk Sunscreen SPF 100: This luxurious sunscreen provides high protection while moisturizing the skin, making it perfect for daily use leading up to the wedding.

These luxurious hair and skincare products will help ensure that your hair is glossy and your skin is radiant and hydrated as you approach your wedding day, allowing you to feel confident and beautiful.



FOR BRIDES ON A BUDGET, ACHIEVING A STUNNING BRIDAL GLOW FOR HAIR, SKIN, AND BODY IS ABSOLUTELY POSSIBLE WITHOUT BREAKING THE BANK. HERE ARE SOME AFFORDABLE YET EFFECTIVE PRODUCTS TO HELP YOU LOOK RADIANT ON YOUR BIG DAY:

HAIR CARE

1. Shampoos and Conditioners

- OGX Renewing + Argan Oil of Morocco Shampoo and Conditioner: These are great for nourishing and softening your hair, leaving it smooth and shiny without the high price tag.
- L'Oréal Paris Elvive Total Repair 5 Repairing Shampoo and Conditioner: This duo helps to strengthen and repair damaged hair, giving it a healthy and glossy finish.

2. HAIR MASKS

- Garnier Fructis Smoothing Treat 1 Minute Hair Mask: An affordable, quick hair mask that hydrates and smooths the hair, perfect for a pre-wedding treatment.
- Aussie 3 Minute Miracle Moist Deep Conditioner: This deep conditioner is budget-friendly and works wonders in just three minutes, leaving your hair soft and hydrated.

3. HAIR OILS AND SERUMS

- Heritage Store Castor Oil: Castor oil is a great budget option for promoting hair growth and adding shine. Apply it as a treatment a few times a week.
- John Frieda Frizz Ease Extra Strength Serum: An affordable serum that tames frizz, adds shine, and protects against humidity.

SKIN CARE

1. Cleansers

- CeraVe Hydrating Facial Cleanser: This gentle, non-foaming cleanser is great for keeping the skin hydrated and clean, without stripping its natural oils.
- Neutrogena Hydro Boost Hydrating Cleansing Gel: A lightweight, gel cleanser that effectively cleanses while hydrating, leaving the skin fresh and supple.

2. SERUMS

- The Ordinary Hyaluronic Acid 2% + B5: This affordable serum is great for hydrating and plumping the skin, giving you a dewy, glowing complexion.
- L'Oréal Paris Revitalift 10% Pure Vitamin C Serum: A budget-friendly vitamin C serum that brightens and smooths the skin, perfect for achieving a radiant glow.

3. MOISTURIZERS

- Neutrogena Hydro Boost Water Gel: A lightweight, gel-based moisturizer that provides intense hydration, leaving the skin smooth and glowing.
- Cetaphil Daily Hydrating Lotion: This simple, effective moisturizer hydrates the skin without clogging pores, making it perfect for all skin types.

4. FACE MASKS

- Freeman Feeling Beautiful Facial Masks: These affordable masks come in a variety of options, from clay to peel-off, and help to detox, brighten, and hydrate the skin.
- The Ordinary AHA 30% + BHA 2% Peeling Solution: A powerful exfoliating mask that helps to resurface the skin, improving texture and radiance (use with caution and follow directions carefully).

5. EYE CREAMS

- The Inkey List Caffeine Eye Cream: An affordable eye cream that helps to reduce puffiness and dark circles, perfect for brightening up tired eyes.
- e.l.f. Illuminating Eye Cream: This budget-friendly eye cream hydrates and brightens the under-eye area, giving you a refreshed look.

6. SUNSCREENS

- Neutrogena Ultra Sheer Dry-Touch Sunscreen SPF 55: A lightweight, non-greasy sunscreen that provides high protection while keeping your skin smooth and matte.
- Biore UV Aqua Rich Watery Essence SPF 50+: A budget-friendly, lightweight sunscreen with a watery texture that hydrates and protects the skin without leaving a white cast.

*BODY CARE

1. Body Washes

- Dove Deep Moisture Body Wash: This body wash is incredibly hydrating, leaving the skin soft and smooth after every shower.
- Aveeno Daily Moisturizing Body Wash: An affordable option that gently cleanses and moisturizes the skin, perfect for daily use.

2. Body Scrubs

- Tree Hut Shea Sugar Scrub: A budget-friendly scrub that exfoliates and hydrates the skin, leaving it smooth and glowing. It comes in a variety of scents.
- Dove Exfoliating Body Polish: This gentle scrub is both exfoliating and moisturizing, leaving your skin soft and radiant.

3. BODY LOTIONS

- NIVEA Essentially Enriched Body Lotion: A rich, hydrating body lotion that deeply nourishes the skin, leaving it soft and glowing.
- Palmer's Cocoa Butter Formula Moisturizing Lotion: Known for its ability to deeply hydrate and improve skin texture, this lotion is a great budget-friendly option.

4. BODY OILS

- Bio-Oil Skincare Oil: An affordable, multi-purpose oil that hydrates the skin and helps improve the appearance of scars and stretch marks.
- Palmer's Cocoa Butter Formula Skin Therapy Oil: This budget-friendly body oil deeply hydrates and leaves the skin with a subtle, healthy glow.

5. BATH SOAKS

- Dr Teal's Epsom Salt Soaking Solution* An affordable and relaxing bath soak that helps to soothe tired muscles and leaves the skin feeling soft and rejuvenated.
- Aveeno Soothing Bath Treatment: This oatmeal-based bath soak is perfect for soothing and hydrating dry or sensitive skin.

6. HAND AND FOOT CREAMS

- Eucerin Advanced Repair Hand Cream: A budget-friendly hand cream that provides intense hydration and repair for dry hands.
- O'Keeffe's Healthy Feet Foot Cream: This affordable foot cream is excellent for moisturizing and softening rough, dry feet.

These budget-friendly products are excellent choices to help you achieve a glowing, radiant look for your wedding day without breaking the bank. Combining these with a consistent routine will ensure you look and feel your best when you walk down the aisle!

