

The background features a light-colored wooden surface with several dried, brown leaves scattered across it. In the bottom right corner, a portion of a grey, textured notebook and a gold pen are visible. A large, semi-transparent white rectangle is centered on the page, containing the main text.

YOUR LITTLE GUIDE TO

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Wedding Day Beauty

Tips to feel confident and look your best on the big day!

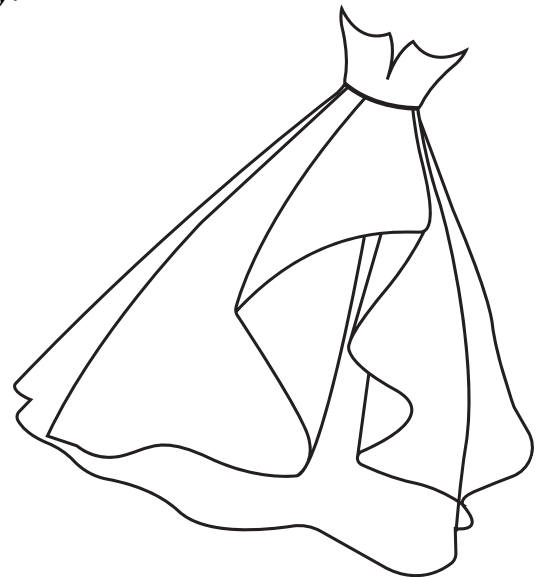
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Just Browsing
MICROBLADING



Wedding Day Beauty!

Congratulations on your engagement! As a microblading studio owner and former wedding planner, I understand the importance of looking and feeling your best on your wedding day (and the potential stress that sometimes causes!). Confidence, peace, and happiness - that's all you need. Set yourself up for success by getting enough rest, staying hydrated, eating well, choosing the right makeup, selecting the right dress, planning the short term and longterm beauty details, reducing stress, and having fun to ensure you feel (and look!) your best on the big day.



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Step 1: Rest and Relax

Getting enough rest is always important, but absolutely essential before the biggest day of your life. Here are some tips to help you get the rest you need:

- Aim for 7-9 hours of sleep each night for several weeks before the event
- Stick to a regular sleep schedule leading up to your wedding day
- Try relaxation techniques like deep breathing, yoga, or meditation to reduce stress and promote restful sleep
- Consider taking a warm bath or using essential oils to help you relax before bed

Step 2: Hydrate and Eat

Drinking plenty of water and eating a healthy diet is crucial for your mental health and self-confidence, and also for healthy skin, hair, and nails. Here's how to stay hydrated and well-nourished in the days leading up to your wedding:

- Aim to drink at least 8-10 glasses of water each day
- Eat foods with high water content, like fruits and vegetables
- Remember and make time to actually eat!
- Avoid processed foods and sugary snacks and any food that makes you feel crappy

Step 3: Face & Makeup

Choosing the right makeup and keeping a couple of beauty hacks in mind can make a big difference in how you look and feel on your wedding day. Here are some tips to help you nail your look:

- To avoid or combat puffiness, use cold compresses under the eyes and sleep with your head slightly raised
- Avoid sun damage
- If you have allergies or skin sensitivities/conditions, ensure you are taking your medications and following your specialist's directions
- Invest in high quality skincare specific to your unique needs (and early on so there are no surprises!)
- Consider hiring a makeup artist for the big day, and doing a trial run several weeks beforehand
- Choose makeup that complements your skin tone and features
- Consider using waterproof mascara and eyeliner to prevent smudging or running
- Don't forget to touch up your makeup throughout the day (give your makeup to a bridesmaid and have her remind you!)



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Step 4: Say Yes to the Dress

Choosing the right dress is one of the most important parts of exuding confidence and joy on your wedding day. Here's what to focus on:

- Choose a dress that you feel confident in and excited about
- Ensure your dress fits well and is comfortable to wear
- When selecting a dress, think about your personal style and wedding theme/colours/season
- Don't forget to choose the right undergarments and accessories to complete your look and ensure you stay comfortable (flip flops or Converse for later?)

Step 6: Plan the temporary beauty details, and make appointments if necessary

- Think about the things that will be photographed (and ogled) throughout the day. Whether they're DIY or professionally done, many brides opt for details like painted nails and teeth whitening
- If you're thinking about getting lash extensions, hair extensions, a spray tan, a facial, or any other services that aren't part of your regular routine, ensure you have a trial run and also book your services before the wedding day

Step 5: Invest in longterm beauty priorities, and make appointments

Many women choose this time to invest in themselves and prioritize some longterm beauty procedures such as laser hair removal, Botox/fillers, and eyebrow tattooing. These often have to be scheduled within certain timeframes of each other, so plan ahead!

Eyebrows are often a big concern on wedding day, which is why I've had the pleasure of working with so many brides-to-be in recent years. Smudged penciled-in brows are the things wedding nightmares are made of! Microblading is a popular cosmetic procedure that can help you achieve the perfect full, symmetrical, waterproof brows for your wedding day (and it lasts over a year). Here's what you need to know:

- Microblading is a semi-permanent eyebrow tattoo that uses a small blade to create hair-like strokes which is why it's so hyper realistic
- Book your microblading appointment at least a month before your wedding day to allow time for healing
- Choose a reputable, certified microblading artist with experience in creating natural-looking brows
- Follow your artist's aftercare instructions carefully to ensure the best results



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Step 7: Reduce Stress & Keep Perspective

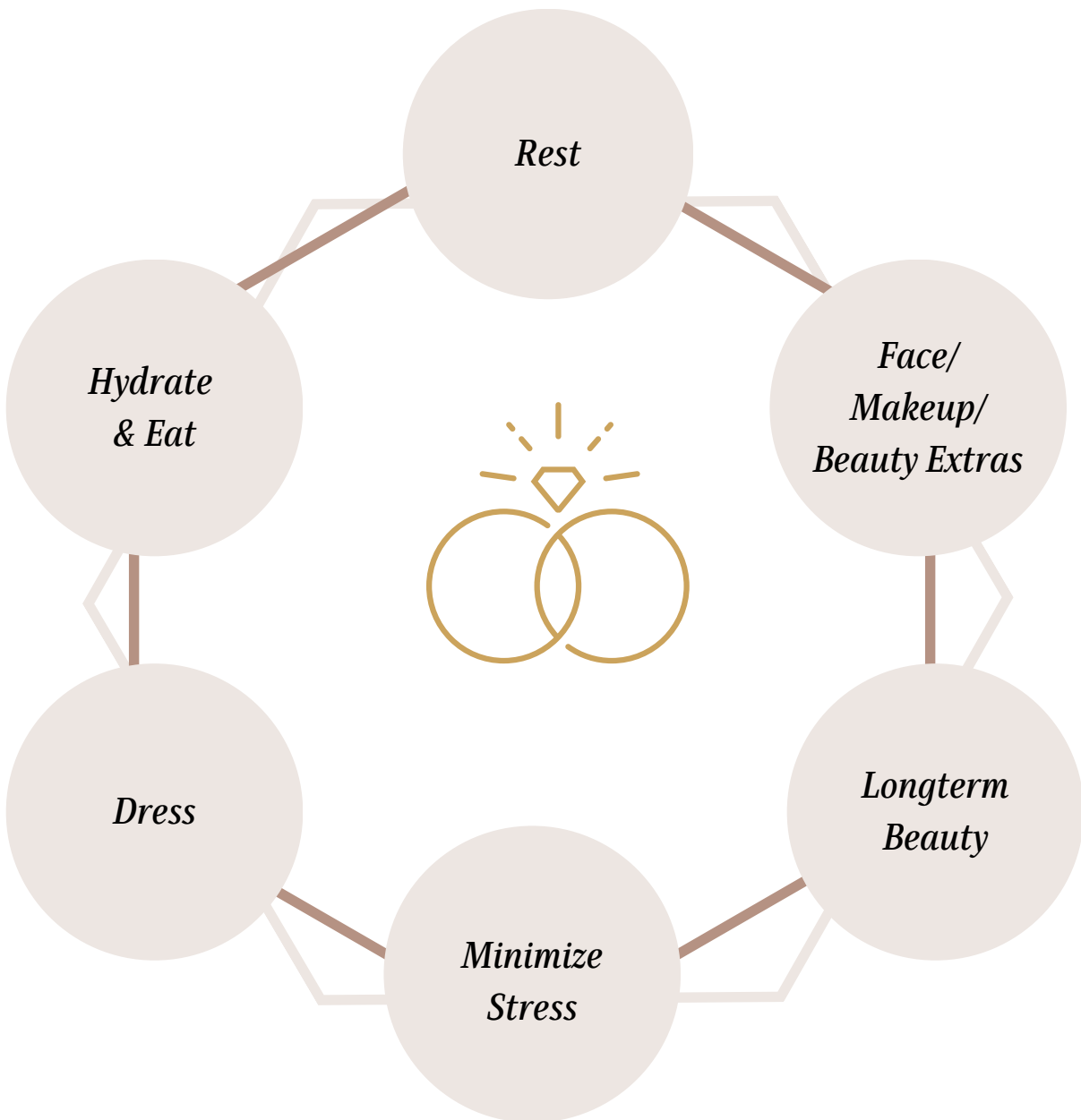
OK this is hard because I know what goes into planning a wedding and how high the stakes are... but reducing stress and keeping some good perspective is imperative for feeling at peace and looking your best on the big day (not to mention keeping your sanity). Here are some tips:

- Start planning early! Make schedules, budgets, and checklists to keep yourself organized (or better yet, hire a wedding planner and put the details & logistics in someone else's hands!)
- Consider delegating tasks to family members or friends
- Take breaks throughout the day to relax and recharge
- Consider incorporating stress-reducing practices like yoga, meditation, and/or breathing techniques into your general routine
- Make sure you plan some "fun" into the day
- Remember that nobody else will ever look at all of those tiny details the same way you do, and that your guests won't remember things like whether you chose periwinkle or lavender
- If things don't go as planned, try to remember what the day is truly about <3

Remember, your wedding day is all about celebrating love. That's it. It's a love party. By taking care of yourself leading up to the big day and being intentional about the details and plans, you'll be able to relax and enjoy every moment. Congratulations again, and best of luck on your journey together!



You've Got This, Bride-to-be!



Hey! I'm Brit!

I own a microblading studio in Ottawa, Canada and love that my career allows me to connect with women from different walks of life.

Prior to entering the beauty industry, I was a wedding planner and floral designer in NYC, and I also served as Director of Engagement and Success for a national coaching firm. I love details, I love planning, I love finding and creating beauty, and I love people.

If you have questions about microblading (or even wedding planning), send me a message!



LET'S KEEP IN TOUCH

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A handwritten signature in black ink, appearing to read 'Brit', written in a cursive style.

