

# BRIDAL BEAUTY

*guide*



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MAKEUP ARTISTRY



# WELCOME TO YOUR BRIDAL BEAUTY JOURNEY!

Congratulations on your engagement! How long have you imagined your wedding day- since you were little, or have you just started thinking of it? Either way, you most likely look like the most beautiful version of yourself in that vision.

This guide is here to support you in creating a beauty routine that makes you feel amazing, confident, and, most importantly, you.

Think of this as a friendly roadmap filled with options and ideas – not a to-do list. There's no “one way” to be a beautiful bride, and every recommendation here is purely a suggestion. Take what resonates, leave what doesn't, and embrace what feels fun and aligned with your style. From facials to makeup previews to self-care rituals, this guide is here to inspire you along the way.

Above all, your beauty routine should feel joyful and personal, not forced or stressful. As you move through these steps, trust yourself, relax, and enjoy the journey. This is about celebrating who you are as you prepare for an incredible new chapter. So take your time, explore what excites you, and let your natural glow shine through every step of the way.

Cheers to a year of self-care, beauty, and celebrating you!

*Sandy*



## MEET, SANDY

### **Mindful Beauty. Art. Inspiration. Color. Health. Joy. Love.**

These are the elements I seek and expect to bring to my work (& life) every day. My sincere desire to enhance your most memorable moments transcends the work & artistry itself.

I began my career as a Makeup Artist for M.A.C Cosmetics in 2002. As a Mid-West Regional Trainer of Education for M.A.C Cosmetics and Estee Lauder Companies for over 12 years, I have trained hundreds of makeup artists on artistry skills. I have also taught communication & people skills, instructed on the arts of color theory, facial features, Hi-Definition, airbrushing body painting, and understanding moods & tones.

In my 20 years as a makeup artist, I've worked at New York Fashion Week, on many production sets, with hundreds of brides, and glammed the likes of Lady Gaga, Cyndi Lauper, and Jared Leto to name a few. To this day, my most enjoyable moments are the special occasions when I watch people look in the mirror and see their eyes well up with tears of joy.

In recent years I've become keenly focused on Clean Beauty, and how critical it is to know what we are putting on & in our bodies, as it relates to our health & holistic beauty. Clean Beauty is and will always be at the forefront of my work. In 2020 I started my **beauty + wellness coaching practice, Beauty Flow**. I help women align their inner and outer beauty with daily wellness routines and conscious beauty practices.



AWARDED 2022-2026



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# BEAUTY PREP

*Timeline*

# 12 MONTHS OUT

## **DECIDE ON HAIRCUT AND LENGTH:**

Work with your hairstylist on a plan that can prepare you for healthier hair and a length that can be the best for the bridal hairstyles you are attracted to.

## **CONSULT A DENTIST ON ANY TREATMENTS:**

If you are looking for straighter, whiter teeth on the wedding day, ask your dentist about Invisalign or a teeth whitening protocol.

## **GET CONSULTATION ON LASER HAIR REMOVAL:**

Consider if hair removal feels like something you want. Now is the time to find a provider and learn about what the process looks like for you.

## **PURCHASE A STRAPLESS BATHING SUIT:**

For the next year, opt for strapless tops to avoid tan lines when in the sun, especially for swimwear.

# 8-10 MONTHS OUT

## BOOK YOUR HAIR AND MAKEUP TEAM:

After finding a glam team that feels aligned with your vision, lock them in with a contract and deposit.

## BEGIN INVISALIGN OR TEETH WHITENING TREATMENTS:

Begin the journey to straighter, whiter teeth!

## CONSULT A DERM OR ESTHETICIAN ON TREATMENTS:

If you are considering any injectables, find a provider and book your consultation to understand what facial balancing suits you the best.

## START AN AT-HOME SKINCARE ROUTINE:

Start a consistent routine that you can commit to for healthier skin. At minimum include:

- Oil cleanser for makeup removal
- Face cleanser
- Vit. C serum
- AHA or BHA exfoliation serum
- Retinol serum
- Moisturizer
- SPF

If needed, you can set up a virtual beauty strategy session [with me here](#).

Or [tap here](#) for product recommendations.

# 6-7 MONTHS OUT

## **BOTOX TRIAL RUN:**

If you are interested in Botox, do a trial now so that it wears off in time for a fresh injection before the wedding.

## **BE MINDFUL OF WATCH TAN LINES:**

If you wear a watch on a daily basis, take a break when outside so that you don't get a tan line on your wrist, especially in the Summer leading up to the wedding.

## **TEND TO YOUR INNER BEAUTY:**

A glowing complexion is a by-product of a balanced microbiome + gut, and a regulated nervous system. Shop from a list of supportive beauty foods here: [Download my FREE Beauty Flow Grocery Guide.](#)

## **BEGIN WITH A HEALTH COACH OR NUTRITIONIST:**

Sometimes you need extra guidance on how to nourish yourself to feel confident on your wedding day. Work with a professional or check out my signature beauty + wellness program, [The Beauty Flow Method.](#)

## **START A SUPPLEMENT PROTOCOL:**

Consult your doctor or derm on the specific supplements your body needs to feel at peak performance and to support your skin health.

## **DEVISE A WORKOUT PLAN:**

Find a personal trainer, classes, or at-home workout programs to keep you consistently moving and feeling confident in your body. Opt for a mix of strength training, cardio, and workouts to increase flexibility and balance.

# 4-5 MONTHS OUT

## ● **BOOK YOUR HAIR AND MAKEUP PREVIEWS:**

Gather your hair and makeup inspo images and bring them to your preview. Complete a run-through of your hair and makeup. Aim to land 90% of both looks at this time.

## ● **SCHEDULE YOUR WAX TRIALS:**

If body waxing is new to you, find an aesthetician to work with and try out the best hair removal for you.

## ● **EXPLORE BROW SHAPING AND/OR MICROBLADING:**

Consider what shape, tone, and opacity you want for your brows. This is the time to do a run-through. If you microblade your brows, touch them up at this time.

## ● **FINALIZE AT-HOME SKINCARE REGIMEN:**

If needed, you can set up a virtual beauty strategy session [with me here.](#)

## ● **TRIAL RUN FACIALS OR SKINCARE TREATMENTS:**

With the help of your aesthetician or derm, begin any facial treatments to help you look radiant and clear. I highly suggest regular HydraFacials.

## ● **DAILY WARM LEMON WATER BEFORE COFFEE:**

Clear, radiant skin begins with the gut! For better digestion, start every morning with a cup of warm lemon water before you consume anything else.

# 1 MONTH OUT

## ● **DISCONTINUE ANY ADVANCED SKINCARE TREATMENTS:**

To avoid any irritation on the wedding day, stop any advanced, aggressive, or active skincare treatments.

## ● **LAST CALL FOR TRYING ANY "NEW" SKINCARE:**

If you want to try any new products or facials, this is the time when you want to do that so you don't have any unfavorable skin reactions on the big day.

## ● **FINAL BOTOX TOUCHUP:**

If you are doing this, timing is everything. If you do this now, it will look the best on the wedding day.

## ● **DOUBLE DOWN ON GUT HEALTH:**

If you want the best skin of your life, consider limiting or even eliminating gluten, dairy, sugar, and alcohol until your wedding festivities begin. They can wreak havoc on your gut and microbiome, and can even cause your nervous system to activate, causing breakouts.

# 2 WEEKS OUT

## ● **REFRESH YOUR HAIR:**

Get a haircut, touch up your colour and refresh extensions if you have them.

## ● **LAST CALL FOR ANY LASERS:**

You will want ample time to heal for the wedding day.

## ● **LAST CALL FOR ANY FACIALS:**

Get your final facial, including your final HydraFacial.

## ● **PROTECT YOUR SLEEP:**

Beauty sleep is a REAL THING. Start sleeping 7+ hours a night. Delegate the small tasks and projects so that you burn out.

## ● **LIMIT GLUTEN, DAIRY, SUGAR, AND ALCOHOL:**

If you didn't do it 2 weeks ago, now is the time to try it. Your beauty is a by-product of your inner world, and the way you nourish yourself will either support your beauty or take you a few steps backward.

# 2-5 DAYS OUT

## ● LAST TEETH CLEANING AND WHITENING:

Prepare for the best smile you've ever had!

## ● GET A MASSAGE:

If you can sneak in some relaxation, do it. Massages are good to get before the rest of your beauty treatments for the week.

## ● BODY AND BROW WAX:

Ideally this happens 4 days before the wedding day.

## ● GET YOUR NAILS DONE:

Get your manicure and pedicure 3 days before the wedding or at least the day before your spray tan if you're getting one.

## ● SPRAY TAN:

Book a [spray tan with me here](#) the day before your rehearsal dinner. Make sure to shower, shave, and exfoliate the night before your tan. Don't shower or add lotion the day of your spray tan.

## ● GET A BLOW OUT:

This is the last beauty stop of the week. It's ideal to get this the morning of your rehearsal dinner. The next day your hair is at it's optimal for your wedding hair style.

# WEDDING DAY

## ● TAKE A MINDFUL MOMENT:

Schedule some time to meditate, do breathwork, or be in silence. It's important to regulate your nervous system before the overstimulation of the day.

## ● STRETCH OUT OR GET IN SOME LIGHT MOVEMENT:

A light workout or even a good stretch will bring ease to the body and help you release any tension.

## ● FLOSS YOUR TEETH:

It seems small, but it will help you feel more comfortable smiling all day.

## ● EAT NOURISHING MEALS:

Intentionally plan time to eat a nutrient-dense breakfast and/or lunch. To keep up energy, aim for meals that are packed with protein, fiber, fat, and greens.

## ● LET PROFESSIONALS WORK THEIR MAGIC:

You've made it to the finish line. Sit back and relax, and let your glam team turn you into the bride you have been dreaming of. Don't forget to pack your beauty touch up kit.

# BEAUTY PREP SUMMARY:

A quick and easy reference for beauty prep.

	TIME FRAME	INSTRUCTION
○	12 MONTHS OUT	<ul style="list-style-type: none"><li>• Schedule all initial consultations for hair removal, dental work, and hair styling.</li><li>• Purchase clothing that will help you avoid tan lines.</li></ul>
○	8-10 MONTHS OUT	<ul style="list-style-type: none"><li>• Book your hair and makeup team.</li><li>• Consult a dermatologist or aesthetician and start a skincare routine.</li></ul>
○	6-7 MONTHS OUT	<ul style="list-style-type: none"><li>• Do a Botox trial run if you choose to do it.</li><li>• Be mindful of tan lines.</li><li>• Begin wellness routines and make lifestyle adjustments to nourish your mind and nervous system.</li></ul>
○	4-5 MONTHS OUT	<ul style="list-style-type: none"><li>• Complete your wedding day hair and makeup preview.</li><li>• Do a run-through of brow shaping and body hair removal.</li><li>• Trial run facials and finalise skincare routines.</li><li>• Focus on digestion.</li></ul>
○	1 MONTH OUT	<ul style="list-style-type: none"><li>• Final call for new skin treatments and products.</li><li>• Final Botox touch-up.</li><li>• Double down on gut health.</li></ul>
○	2 WEEKS OUT	<ul style="list-style-type: none"><li>• Refresh your hair.</li><li>• Last call for lasers and facials.</li><li>• Protect your sleep, and how you nourish your body.</li></ul>
○	2-5 DAYS OUT	<ul style="list-style-type: none"><li>• Get final dental and body treatments.</li><li>• Get your nails done and a spray tan.</li><li>• Get a blow out.</li></ul>
○	WEDDING DAY	<ul style="list-style-type: none"><li>• Schedule time for light movement and a mindfulness practice.</li><li>• Eat well.</li><li>• Pack a makeup and hair touch up kit.</li></ul>

A close-up photograph of several liquid droplets on a textured, light-colored surface. The droplets are in various stages of spreading and merging, with some showing small bubbles. The lighting is soft, creating gentle highlights and shadows. The overall color palette is warm and neutral, dominated by shades of beige and light brown.

# BRIDAL BEAUTY

*toolkit*



# IT'S ALL IN THE DETAILS

Your wedding day beauty journey doesn't end with your hair and makeup appointment. From trusted vendors to curated products, this section is designed to be your all-in-one resource for elevating your bridal beauty experience.

Whether you need a touchup checklist, guidance on selecting top-tier beauty services, or product recommendations to enhance your glow, you'll find everything you need to feel radiant and confident from morning preparations to the last dance.

Explore these thoughtfully chosen tools and experts to make your wedding day's beauty unforgettable.

## START HERE:

[Tap here](#) for my beauty favorite products that will support you throughout your wedding events. Whether it's your engagement photos, bachelorette party, or wedding shower, these are my favorite skincare and makeup items to consider in helping you look like the best version of yourself.

Browse and purchase everything you need to feel you need to add to your beauty routine.



# WEDDING DAY TOUCHUPS

While we will create a long-lasting look, touchups throughout the day will ensure you stay flawless. This guide covers the essentials for maintaining your bridal glow to feel confident in every candid and posed moment.

## WHY MAKEUP TOUCHUPS ARE IMPORTANT:

Even with the best products and techniques, factors like happy tears, hugs, and hours of celebrating can shift your makeup. A quick touchup is all you need to refresh your look and maintain its radiance.

## ESSENTIAL WEDDING DAY TOUCHUP ITEMS:

Here's a curated list of must-have products to keep your makeup fresh and photo-ready:

### 1. Blotting Papers or Powder

- Absorb excess oil without disrupting your makeup.
- Opt for translucent powder to avoid flashback in photos.

### 2. Lipliner and Lipstick or Lip Gloss

- Reapply your lip color after meals, kisses, and sips.

### 3. Q-tips and Mini Makeup Sponges

- It cleans up smudges or blends any areas that need attention.

### 4. Compact Mirror

- Essential for quick checks throughout the day.

### 5. Breath Mints

- While not makeup-related, fresh breath is a bridal must!

## MAKE IT EASY:

To simplify your touchup routine, I've compiled a collection of my [favorite bridal touchup products here](#). Browse and purchase everything you need to ensure you stay radiant all day.

# CHICAGO BEAUTY VENDOR DIRECTORY

To help you prepare for your wedding day, I've compiled a directory of trusted Chicago beauty vendors who offer exceptional services to ensure you look and feel your best. Reach out to these professionals to elevate your bridal beauty.

## SKINCARE SPECIALISTS

- **Fulcrum Aesthetics** – Services: Facials, peels, skincare treatments, medical-grade skincare, Botox, fillers.  
*1457 W Belmont Ave., Chicago, (773)-598-7003*
- **Dr. Carqueville, Derm Institute of Chicago** – Services: Dermatology, medical-grade skincare, Botox, fillers.  
*737 North Michigan Avenue, Suite 720 Chicago, (312) 319-1978*

## NAIL TECHNICIANS

- **Honey Nail Salon** – Services: Manicures, pedicures, and nail art.  
*1621 W North Ave, Chicago, (773) 746-2450*
- **Bilancia Nail Spa** – Services: Manicures, pedicures, and nail art.  
*70 W Huron St, Chicago, (312) 280-9888*

## SPRAY TAN

- **Glamour Girl Tan** – Services: Natural, streak-free spray tans.  
*1 East Delaware Pl. Suite 215, Chicago, (312) 787-8677*

## LASH AND BROW SPECIALISTS

- **Esthetic Haus** – Services: Brow shaping, lamination, tinting, microblading, body + facial waxing, and lash lifts.  
*829 N California Ave, Chicago, (773) 799-8834*

## BODY CONTOURING AND WELLNESS PRACTITIONERS

- **Freeze & Float Spa** – Services: Body sculpting, lymphatic drainage massage, full body work.  
*371 W Ontario St, Chicago, (312) 809-7008*

# CHICAGO BEAUTY VENDOR DIRECTORY

## TEETH WHITENING SPECIALISTS

- **Water Tower Dental Care** – Services: Professional teeth whitening, Invisalign and dentistry.  
*845 N Michigan Ave #951W, Chicago, (312) 787-2131*

## MASSAGE THERAPISTS

- **Allyu Spa** – Services: Relaxation and stress relief massages.  
*600 W Chicago Ave, Chicago, (312) 755-1313*
- **Urban Oasis** – Services: Relaxation, deep tissue, stress relief, lymphatic drainage, reflexology massages, and Ashiatsu therapy.  
*939 W North Ave, Chicago, (312) 640-0001*

## HOLISTIC WELLNESS PROVIDERS

- **Sandy Thinner Beauty Flow** – Services: Face yoga, gua sha lessons, mindfulness and health coaching for beauty and well-aging.
- **SolFlo Life** – Services: Aromatherapy, relaxation techniques, energy healing, and sound therapy.  
*1834 W North Ave Floor #2, Chicago, (773) 383-6237*
- **Copper Wellness** – Services: Acupuncture, Cupping, and Integrative Health.  
*1654 W North Ave, Chicago, (872) 267-1717*

Use this directory as your go-to resource to build your dream bridal beauty team. Each vendor has been carefully chosen to ensure you receive the best possible care for your big day!