

RADIANT PREP GUIDE - MakeoversByHarsha

Created	@August 2, 2025 1:18 PM
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The Ultimate Beauty To-Do List for Brides-to-Be

Curated by your Makeup Artist (MakeoversByHarsha) to ensure your glow is timeless.

6-12 Months before the Wedding

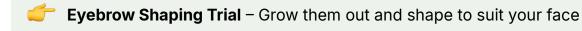


Start a Consistent Skincare Routine (with cleanser, exfoliation, hydration, SPF) (Always better use skincare suggested by Dermatologist. Do not pick up the over the counter available skin care products)

- Consult a Dermatologist or Skin Specialist (for acne, pigmentation, or other concerns)
- Book your Makeup Artist Lock in your MUA early, especially for peak wedding season!
- Begin Regular Facials Monthly hydra facials or clean-ups (Avoid over massages to the face. Lymphatic Drainage massage is a great option for the inner glow and detoxification)
- Stay Hydrated & Eat Clean Glow starts from the gut!
- Consider Supplements Collagen, biotin, omega-3 (only after professional consultation) (Increase the intake of green leafy vegetables, cucumbers, Tomatoes and Citric Fruits; they increase the iron levels which helps in healthy glowing skin.)

Hydrate, Hydrate, Hydrate!

3-6 Months Before

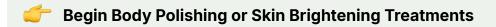


Schedule Hair & Makeup Trials – Try multiple bridal looks if needed (Pinterest reference looks to have a fair idea of your likings and disliking's) this way it would be easier for you MUA to understand the requirement)



Get Professional Teeth Cleaning or Whitening

Laser Hair Reduction (optional) - Start early for best results (If the hair is fine, then it is not recommended. Avoid waxing and threading. Rather just do the dermaplaning or use the facial razors designed for women.)



Plan Haircare Treatments – Deep conditioning, oil massages, trimming damaged ends. (Avoid fringes, bangs and short haircuts.)

Hydrate, Hydrate, Hydrate!

1-2 Months Before



Finalize Your Bridal Look with MUA - Share references, outfits, jewelry



Book Waxing & Threading Appointments

- **Avoid Trying New Products or Treatments** Stick to what your skin knows
- ▼ Start Meditation or Yoga (Optional) Reduce stress for that inner glow!
- **▼ Do a Tanning Trial (if planning one)** See how your skin reacts

Hydrate, Hydrate!

2 Weeks Before



Do a Final Facial – Opt for something mild & hydrating



Hair Coloring or Touch-up (if needed)

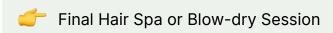
- Stay Sun-Safe Avoid direct sunlight & tanning
- Sort & Pack Bridal Emergency Kit Blotting paper, mini perfume, lip color, safety pins, etc.

Hydrate, Hydrate, Hydrate!

3-5 Days Before



Get Waxing & Full Body Care Done



Manicure & Pedicure

Avoid Excess Salt & Sugar – Keep bloat away

Sleep 8 Hours Daily – Essential for bright, tight skin!

Hydrate, Hydrate, Hydrate!

1Day Before

Hydrate, Hydrate, Hydrate!

Sheet Mask or Ice Facial at Home – Only if your skin is used to it

Minimal Screen Time - Rest your eyes

Pack Your Essentials - Makeup touch-up kit, tissues, mints



Sleep Early – Beauty sleep is real!

Wedding Day



Wear a Button-down or Zip-up Top - So makeup & hair stay intact, Carry a pair of shorts / Bathrobe

- Eat Light but Don't Skip Meals
- ▼ Trust Your MUA & Relax Today's your day to SHINE!

Pro Tips from Your Makeup Artist:



Communicate clearly with your artist -Share skin concerns, dislikes, inspirations.



No facial or harsh treatments last-minute -Redness or breakouts aren't worth it.



Glow is a combination of skin, sleep, and spirit. Nourish all three.