



It's the Bridal Countdown

You spent a childhood dreaming of your fairy-tale wedding to a handsome prince charming; so don't skimp on your beauty needs when you need it most. Just like the months of planning devoted to the big day, your skin, hair and nails need time to prepare for the performance of a lifetime. Tackle all of your beauty demands with this girl's guide from the experts at Mario Tricoci Hair Salons & Day Spas.

<p>Six months Now is the time to book skin and hair consultations as you prepare for the big day. Develop a strategy to achieve glowing, picture-perfect skin and talk with your aesthetician about the most appropriate facial treatments for you. For best results, schedule treatments every four to six weeks.</p>	<p>Four months Everyone has been ogling your hand since you announced your engagement, but the sparkle spies will be staked out as you attend bridal showers and other pre-wedding parties. This is the time to start a weekly manicure routine. It provides ample time to strengthen nails, condition skin, and try new shapes and polish colors.</p>
<p>Two months Eyebrows are like a picture frame, the right style will make the image pop. Eight weeks before your wedding, meet with a waxing specialist to find the most appropriate shape for your face and eyes. Also confirm all hair, nail and makeup appointments for the wedding at this time.</p>	<p>1 month Get into a playful spirit by doing trial runs of your wedding hair and makeup to find the right look to match your dress and your day. Bring sample images as well as pictures of your dress and any hair accessories. Once you've settled on your make up choices, purchase touch-up cosmetics such as blush and lipstick.</p>
<p>1 week Meet with your hair colorist about a week before the wedding to have your roots touched up or highlights refreshed. To avoid game day redness, make sure to have all of your waxing needs addressed well before the big day. Your skin should be in great shape from your regular facials, but give it one last shot of moisture with a pampering and hydrating facial that will leave skin looking fresh and dewy. Your weary mind will thank you.</p>	<p>1 day With all the hard work behind you and a big day ahead, cut yourself a break and book a couples massage to work out those jitters. Also indulge in a manicure and pedicure for pampering purposes as well as fresh looking polish.</p>

A side note for the guys

Okay boys, all this beauty preparation isn't strictly reserved for your bride. Book a haircut the week of the wedding to avoid that "just cut" look and get in to see a waxing specialist to tame unruly brows. All eyes will be on your left hand, too so get in for a manicure the day before the wedding to have your nails shaped and trimmed. Sit back and relax, you just might like all the attention.

For more information on this topic or to get in touch with a Mario Tricoci expert, contact Kate Cox at kcox@cushmanberg.com or 312-263-2500.