



The Joya Planner... It's all about YOU!

You have planned all the details of your wedding: the venue, the photographer and your dress. Now it's time to plan for your own beauty needs to make your walk down the aisle as beautiful and healthy as you can be! Here is a suggested timeline and treatments to help you make sure you look and feel your best on your wedding day. Don't forget that as a Joya bride you get a 10% discount on the services that I provide here at the Joya studio and treatment room. It is *your* day to shine after all!

Six months prior to Wedding Day- Step One: Skin care plan consultation

Together we will work out a skin care routine that best suits your skin and schedule. It is important to cleanse, tone, and moisturize your skin morning and night. A facial and/or a series of skin care treatments, such as microdermabrasion or brightening and smoothing treatments may be just what you need. Include a Bioxidea special event mask and take one home to do before your rehearsal dinner.

One to two months prior to Wedding Day- Step Two: Makeup design appointment

This appointment gets scheduled as close to the wedding day as possible and preferably at the same time of day as when you will be photographed pre-ceremony/ceremony time. Designing your makeup in similar light will ensure those close up shots are perfect! Design appointments are scheduled on Monday through Thursdays only.

One week before the Big Day - Step Three: Final preparations

At this point you need help relaxing during this hectic week... a Vitamin C treatment with a Bioxidea mask, including a relaxing facial, will make your skin glow and look smooth. The facial massage, included with the Vitamin C treatment, will reduce puffy skin caused by lack of sleep, salty foods, and late night parties and preparations. We will also do a complimentary brow shaping – the final touch to your wedding day look!

Beauty Essentials

For Your Skin:

- Exfoliate your skin. Concentrate on areas such as elbows, knees, and feet once or twice per week. Follow with a deep moisturizer.
- Consider professional laser hair removal. Research the best providers in your area. These appointments need to be two months apart and may take up to three treatments to be permanent.
- Many brides choose to tan before their wedding day. We recommend using a professional spray tan application over conventional tanning beds. Spray tanning is sanitary and you are not exposing yourself to harmful UV rays. If you are using a self- tanner, remember to experiment well in advance of your wedding day to determine the correct color and how it will “wear off”. If you are using a professional tanning studio, it is recommended to have an application well before the event. There are risks of unnatural color, uneven spotting color transferring onto your dress and allergic reactions with these chemical processes.

For Your Hair:

- Decide on the length, shape and style of your wedding day hairstyle with your stylist early enough so you can make sure it is what you want. Make sure to bring your headpiece/veil to complete your look. It’s important to give your hair stylist enough time to create your desired look with highlights/color. We suggest allowing four months to create the desired look. This avoids color “surprises”...
- Schedule a deep conditioning treatment for healthy, shiny hair.

For Your Smile:

- Many brides choose to whiten their teeth for the wedding; teeth whitening products are available at the drugstore, but you’ll get the best results from your dentist. Schedule a professional cleaning at your dentist at least two weeks before your wedding day.

- Get into the habit of flossing every day and brushing at least twice per day. This will help achieve a beautiful smile and improve your oral health.

For Your Nails:

- Schedule regular manicures and pedicures either at a nail salon or home. This will allow you to have beautiful hands and feet on your wedding day, and help you relax and pamper yourself during this busy time.
- Moisturize your hands. Keep a small bottle of moisturizer in your handbag.
- Decide on the nail polish color for your big day. Purchase a bottle of the color for any chips on the big day or honeymoon.
- If you are having acrylic or gel tips applied, make sure they are short enough for you to still use your hands. If this is the first time having them applied, it's a good idea to have them put on at least a week before the wedding day to get used to the length.

For YOU:

- Treat yourself to your favorite fragrance. Apply to your pulse points (ears, wrists, knees) and in your hair. Purchase matching body was and body spray to ensure a long lasting scent.
- Consult your Doctor to discuss whether or not your body needs any extra boosts such as vitamin supplements and antioxidants. This will help your body to look and feel it's best for the big day.
- Drink eight to ten glasses of water each day. This will boost your energy and leave your skin glowing.
- Exercise. Commit to a routine that best suits the results you want to achieve. You look and feel better with regular exercise and your energy levels will improve and stress levels will drop. If you desire to lose weight to fit into your dream gown or to improve your health, contact your Doctor to lose the weight safely.
- Rest. It is healthy to get eight hours of sleep per day. Your skin will love you for it!

Suggestions for the Moms:

Don't forget to treat your Mother and future Mother in Law to a manicure and pedicure and a *Joya beauty* Bioxidea mask skincare treatment that will minimize fine lines.

Suggestions for the Groom:

Convince your future Mr. to get a professional shave, brow clean up and a manicure for the big day.