

Welcome!



Tallahassee Association
of Wedding Professionals

2011 TAWP Bridal Expo

Beauty



Preparing for your Big Day



The stress of wedding planning can take a lot out of a girl; regardless of the stage you're at in your wedding preparations, you can improve how radiant you look on your big day

Beauty Tips For Brides

- Nails
- Waxing
- Skin Care





Your Nails

- ~ Not only will everyone want to look at your wedding and engagement rings, but your hands will be photographed holding flowers, champagne flutes and other items. You'll definitely want your nails to look your best!
 - Start getting weekly manicures about three months before your wedding date to get your hands in top form
 - Before you have the first fitting for your dress, paint your nails the shade you think you want to wear to see how it looks against your dress
 - Be conscious of Tanning and how it affects your nails

Artificial vs. Natural Nails

- Pink & White
- Silk
- Gel
- Solar
- Acrylic
- Natural





Waxing

- **Prepping**
 - Hair must be at least $\frac{1}{4}$ inch long (approx. 3 wks. of growth)
 - Gently exfoliate area before & continue to do so after to cut down on ingrown hairs
 - Apply Numbing Cream
 - Take ibuprofen or aspirin 45 min. prior to appointment
 - Schedule appt. at least 2 days before wedding



Waxing

- Avoid
 - Sun exposure for 48 hrs. before & after
 - Do not wax if you have present skin conditions or are using prescriptions such as Retinol or Acutance (if unsure consult your physician)
 - Pregnancy & Menstrual Cycle will cause more sensitivity

Waxing

~Be Specific: Know what you are asking for

- Bikini
- Hollywood Strip
- Brazilian





Skin Care

- If your skin is in good condition, schedule a facial one week before your wedding (let technician know you are getting married in a week so that she knows not to use anything overly abrasive)
- If you have skin issues/conditions you want to address, plan a consultation and begin a skin care regimen about 3 months in advance.



Skin Care

- Advance Treatment Options
 - Photo Light Therapy
 - Microdermabrasion
 - Chemical Peels
 - Routine Facials

Happily Ever After



Thank you for attending!



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