



BEAUTIFUL BRIDE

A SIMPLE GUIDE
FOR LOOKING AND
FEELING AMAZING ON
YOUR BIG DAY

A close-up photograph of a woman with long brown hair and green eyes, wearing a crown of small pink and white flowers. She is looking over her left shoulder towards the camera. The background is a soft-focus outdoor scene with green foliage and a blurred red object. The text "HELLO BEAUTIFUL!" is overlaid on the right side of the image.

HELLO
BEAUTIFUL!

First things first: congratulations! There's nothing more exciting than planning a life with the person of your dreams. Unfortunately, there's also few things more stressful than planning the first day of that life together - your wedding.

As you approach your own big day it can be easy to get carried away, to go for a hugely elaborate hairdo, ditch your glasses for contacts or instruct your make-up artist to cover up every single perceived flaw. You end up not looking like you at all. Which is a shame, because you're absolutely gorgeous! Just imagine how different things would have been had Meghan Markle covered up her lovely freckles. It's things like that that make you who you are, which is beautiful. And the person waiting for you at the end of that aisle thinks so too.

So, our wedding prep book is all about helping you look and feel like the best version of you in time for your big day - to let your true beauty and happiness shine through for the world (or at least your wedding guests) to see.

Let's get started!

Jennie



I'M WILLING TO BET THAT YOUR FUTURE SPOUSE WON'T GIVE A MONKEY'S IF YOU WALK DOWN THE AISLE WITH A PIMPLE SO BIG IT REQUIRES ITS OWN PASSPORT. THEY'RE JUST RELIEVED THAT YOU TURNED UP! AND THEY'RE RIDICULOUSLY HAPPY THAT YOU'RE MAKING THIS JOURNEY TOGETHER.

That said, you'll never again be photographed so much in a single day and unless you're used to having all eyes on you, it's understandable that you might feel more confident if your skin is in tip top condition.

Your skin takes four weeks to regenerate, so it's important not to leave any skincare prep until the last minute. Now is the time to develop a great cleansing routine, morning and evening - we recommend using a water-based cleanser (Vitage products are awesome!) and scrubbing your skin twice before bed to make sure your face is as clean and fresh as possible. (The first time takes off the makeup, the second time cleanses your skin.)

Do make sure that if you're planning to use any new skin care or beauty products as part of your bridal beauty prep, you do so well in advance. If you're using good quality, natural skincare, it's unlikely that you'll have to worry about an allergic reaction but in the event that you do have a dodgy reaction to a new product, you don't want it happening too close to the big day itself!

We recommend:

Vitage is our favourite cleanser - it's soft and gentle on your skin, and works like a dream. We especially love using a combination of their Revitalising Daily Cleanser and Skin Defence to keep your skin looking fresh and supple day in and day out. And make sure you put a monthly facial on the books for the six months leading up to your big day for flawless skin!





Remember too, that luminous skin starts from within. We'd recommend that you include lots of fresh fruit and veg in your diet anyway but it's especially important if you want your skin to look its best, as the vitamins from all of that lovely produce can boost your natural glow.

And don't forget to hydrate; aim for at least two litres of water a day, more if you're regularly working up a good sweat at the gym. If you've ever had a hangover, you know that dehydration can show up on your face alarmingly quickly, leaving it looking a bit dull and emphasising any fine lines you may have. Water served with a few slices of fruit or a cup of herbal are ideal for keeping your skin supple and your energy levels up.

Our top tip for glowing skin:

Book yourself in for a luxurious facial, 2-4 weeks before your wedding. Not only will your skin glow for weeks afterwards but I guarantee a couple of hours of relaxation will be exactly what you need if the stress of all that planning has you feeling a bit worn out.



NAILS



DON'T UNDERESTIMATE JUST HOW MUCH SCRUTINY YOUR HANDS WILL BE UNDER ON THE BIG DAY.

The photographer will likely want to take a few shots of your hands in various poses: holding your bouquet, clutching your first glass of bubbly as your make-up artist works her magic, the happy couple's fingers entwined as you both leave the venue sporting your shiny new wedding rings. And a good few of your guests will grab your hand as you greet them to inspect your new metalwork - it's tradition!

So, just how do you get your hands and nails in great form in time for those all-important photos? As with your skin, your nails can be a reflection of your overall health, so it's vital that you nourish them from inside. Again it's all about a balanced diet with lots of fresh fruit and veggies and plenty of water.

The last thing you want is a broken nail right before the big day so it's worth working on strengthening well in advance - 6 months or so before your wedding is the ideal time to start. Start using a strengthening product well beforehand and try to protect your nails from everyday damage. Wear protective gloves whenever you're washing the dishes or using chemical cleaning products and moisturise frequently, particularly after washing your hands. For an extra boost of moisture, you could even slather your hands and nails in a good conditioning cream before you pop on your Marigolds.

And we're not forgetting the groom here - his hands will be given almost as much attention as the bride's, particularly when it comes to the photos. Even just some unscented hand cream and a cuticle oil used for a couple of weeks before the wedding, followed by a basic manicure the day before will make all the difference. After all, when the bride's hands are lily soft after all this prep, we don't want the groom feeling left out!

Top tip for top tips:

Gel nails are fab choice for brides - you can have them done a few days before the wedding without the risk of any chips (leaving the day before free for running around picking up flowers and checking centrepieces, or just chilling out if you're super organised!) and they'll look gorgeous throughout your honeymoon too. One thing to note though is that they can lift if exposed to strong mosquito repellent so make sure you protect them if you're jetting off somewhere exotic afterwards.

HAIR

BETWEEN DAILY STYLING, HEATED TOOLS, DYES, CHLORINE, SWEAT AND POLLUTION, OUR HAIR GOES THROUGH A LOT! IT'S NO WONDER THAT SOMETIMES IT CAN FEEL A BIT TIRED.

A good trim and a deep-conditioning treatment can give your hair a bit of a boost but for strong, shiny hair, there's no quick fix so this is another case of not leaving things to the last minute. Start a healthy hair plan as soon as you can.

One of the best things you can do for your hair is to protect it from external damage. Even if you're trying to grow your hair longer in preparation for your bridal updo you should still have a regular trim to deal with split ends and it can be a good idea to ease off the heated tongs or straighteners for a few months before the big day. Or if you can't live without your styling tools, remember to use a protecting product before you blast your hair with heat.

Happily, if you've already vowed to overhaul your nutrition in the quest for glowing skin and strong nails, your hair will benefit too. As ever, adequate hydration and a balanced diet are the keys to maintaining your crowning glory. A lack of iron and zinc can affect your hair health so make sure you're getting plenty of those minerals in your daily diet and it might be worth investigating a biotin supplement - another of the building blocks of strong hair.

Top tip for stunning hair:

You can't beat a good head massage. Regularly massaging your scalp can do wonders for your hair as your fingers encourage blood flow to the hair follicles (it's also an amazing way to deal with any tension you may be feeling as you contemplate your growing wedding planning to-do list). Essential oils, such as ylang ylang, rosemary and lavender have even been reported to stimulate hair growth, ideal if you're trying to increase your length or you're worried about thinning hair.



We recommend:

We're particularly fond of Lola's Apothecary Oils. They have a wonderful range of organic, hand-blended massage oils that can take your scalp massage to the next level of luxury, plus they're eco-friendly and local!

WAXING & BROWS

NOW YOUR 'DO IS SORTED, IT'S TIME TO THINK ABOUT OTHER HAIR-RELATED ISSUES.

If you're a fan of keeping things smooth, you need to make sure you've added waxing to your wedding prep list.

Since the effects can last up to four weeks, waxing is the ideal choice for hair removal before your big day, especially if you're heading for a honeymoon or mini-moon shortly afterwards. After all, who wants to waste time shaving your legs while you could be lying by the pool?

Don't make your appointment too close to the big day though - we'd recommend that you get it done about a week ahead of time to let your skin settle down and get back to normal afterwards. And remember that if you're planning to sport a golden glow for your wedding, you'll need to avoid any tanning (including fake tan application) for at least 24 hours after waxing.





WAXING DO'S

1

Get the timing right - about a week ahead of whenever you want to be showing off your newly smooth skin is best.

2

Exfoliate the area for 2 - 3 days before your wax.

3

Drink plenty of water before your appointment, and give your skin a treat with an oil-free lotion. Well hydrated skin is easier to wax!

1

Shave in between waxes. It messes with the way your hair grows back, and undoes all your waxer's hard work!

2

Do anything up close and personal with your newly waxed skin for at least 24 hours. This includes swimming, sunbathing, hot tubs, hot baths (warm ones are OK), saunas, tanning, sport, or sexy times.

3

Don't get a wax around your time of the month, if you can help it. It makes everything more sensitive.

WAXING DON'TS



BROWS & EYELASHES

EYEBROWS & EYELASHES ARE ANOTHER PIECE OF PREP THAT YOU WANT TIMED TO PERFECTION!

“ One of my treatments was an eyelash lift and tint and the number of comments and compliments I received in the weeks following have been remarkable.

Friends and colleagues stopped me, stared into my eyes and commented on my “amazing eyelashes”, several of them presumed I was wearing false eyelashes!

Not bad considering I am approaching my 60th birthday! ”

Sue

If you like to have your 'brows waxed or tinted, it's best to do so a couple of days before your wedding to allow any redness to fade and for the colour to settle. If this isn't a regular part of your beauty routine, you'll need to factor in an additional couple of days for the salon to do a quick patch test to make sure you won't have any reactions to the dye.

We'd recommend that you have a couple of trial runs at least four weeks in advance of the big day to make sure you're happy with the shape and shade.

Our top tips for fluttery eyelashes: I know we're all about natural beauty here, but one of the best ways to enhance your look without looking overdone is eyelash extensions.

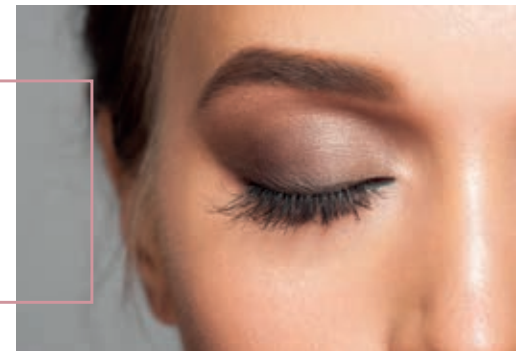
They're also amazing for longevity. Just imagine waking up every day of your honeymoon with lashes so luscious they create a breeze every time you blink!

For a natural but dramatic look you can opt for a full lash or if you're leaning towards something more subtle, a few extra lashes at the outer corners of your eyes can really make your eyes pop in the wedding pics.

Want to go all natural? Make sure you're using an eyelash conditioner like Revitalash to keep your lashes looking lush!

Remember:

You absolutely have to have a patch test 48 hours before getting your brows tinted, otherwise you could end up with nasty chemical burns!



STRESS

OKAY, SO IF ALL OF THAT HAS YOU HYPERVENTILATING AT JUST HOW MUCH YOU HAVE TO DO BETWEEN NOW AND THE BIG DAY, DON'T WORRY! WE'VE GOT YOU COVERED THERE TOO.

It's inevitable that all but the most chilled bride (or groom!) will feel the pressure mount as the date draws near so the first thing to remember is that pre-wedding stress is totally normal and doesn't mean that you don't have everything under control.

Here are a few of our tried and tested tips to help you deal with any bridal angst:

/ If your friends and family are lining up with offers of help, let them. They'll be honoured to be part of the prep for your big day and you'll have one less thing to worry about.

/ Lists are your friend! Make a list of everything you need to do and when it should be done then set reminders for yourself so that your brain isn't constantly whirring trying to remember the various deadlines.

/ Number all of your invites and RSVPs so you can just tick off numbers instead of trying to find names on a list - this can be a huge time saver.

/ Install a water app on your phone to remind you to stay hydrated.

/ Remember to wear a button-down shirt on the big day so that you don't ruin your hair or make-up by having to pull a t-shirt over your head.

/ Don't forget to make time for your usual relaxation techniques. If you're a fan of yoga, meditation, a good long walk or a massage for busting stress, now is the time to double up, even though you're super busy. Just taking the time to concentrate on your breathing when you feel the tension creeping up on you can make a world of difference.

The most important thing to remember is that no one is coming to your wedding to ooh and aah at centrepieces or to judge your bouquet - they're there because they want to celebrate your marriage with you. Don't forget the bigger picture.

Your wedding is amazingly important and will be one of the most unforgettable days of your life, but your marriage is what it's all about.



GOOD
VIBES
ONLY

YOUR AT-A-GLANCE WEDDING PREP CHECKLIST

NOW:

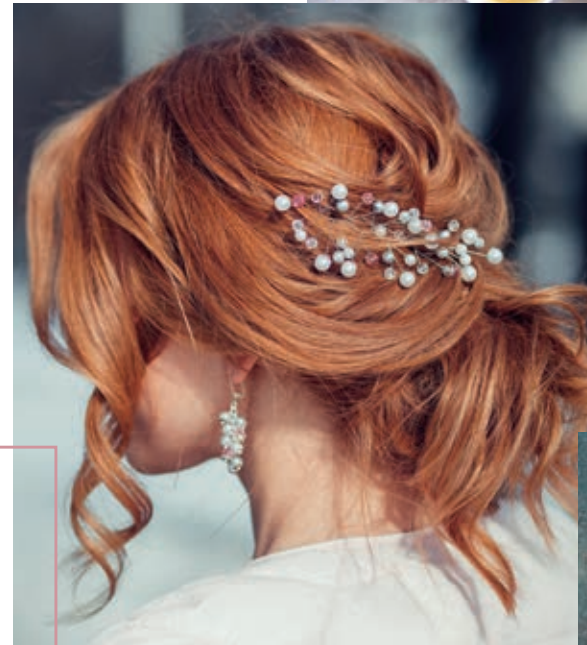
- Consider ways to improve your diet and load up on nutrient packed fruit and veg.
- Make a hydration plan.
- Establish a skin cleansing routine.
- Make a to-do list and decide what you can delegate.
- Invest in a great hand cream - and some Marigolds.
- Add a regular essential oil head massage to your beauty routine.
- Book your monthly facials to make your skin look amazing.

TWO MONTHS BEFORE:

- Have a wedding hair trial run.
- Have an eyebrow/eyelash trial run.
- Book any pre-wedding appointments (waxing, tanning, nails etc.)

Our top tip:

Have regular massage in the months leading up to your wedding. It's not only one of the best ways to offset the stresses of wedding prep; it's also good for you: massage soothes your body, boosts your immunity and restores your energy, and even helps your skin look its best through its effects on your lymph system.



ONE MONTH BEFORE:

- Pop into the salon for a relaxing facial.
- Consider inviting your bridesmaids, mum, or mother-in-law along for some pre-wedding bonding time.

ONE WEEK BEFORE:

- It's waxing time!
- Remember to find some time to relax and de-stress.

A FEW DAYS BEFORE:

- Get those gel nails sorted (get the groom booked in for a manicure too!)
- Get your eyelash extensions.
- Keep going with your nutrition and hydration plan, you're nearly there!

THE NIGHT BEFORE:

- Do a moisturising face mask.
- Give yourself a little bit of a head massage. It's been a long haul, and you're almost there.
- Light a candle and take a few minutes to focus on gratitude.
- This is an amazing time in your life, don't let it slip by without noticing the good bits.



THE BIG DAY

Relax and enjoy - you look absolutely stunning!

WE'RE HERE FOR YOU!

We love - I mean, really, really love - taking care of brides and their entourages here at Mimosa. If you'd like a little bit of extra care as you work towards the big day, book in!

Want us to take it all off your hands? We've got you covered there too. We love creating bespoke Pre-Wedding Indulgence Packages that can cater to your every pre-wedding beauty need.

Call in, and we'll set up a time to chat about what you want and how we can help.

We're so thrilled for you beautiful and can't wait to see you soon.

Jennie

We'd love to show you just how beautiful you are.

142 New London Road, Chelmsford, CM2 0AW

hello@mimosabeauty.co.uk

Or give us a call on **01245 290334** or **07719 305574**



“ I knew that the basis to looking amazing on any big occasion is a great base. I spoke to Jennie about eight months before I was due to get married and she sat me down for a consultation about my skin. The stress of planning the wedding and work was already starting to take it's toll on my skin. My skin was dry but blemish-prone, it had uneven texture and looked tired and dull. She told me that the best way to get great skin was to have regular facials. I purchased a course of 5 facials, plus one free! This meant that I could have evenly spaced facials over a suitable period of time to tackle my stressed-out skin.

Visiting Mimosa Beauty is always a treat, a bit of me-time to enjoy, but having these facials was extra special. With the strain of planning the wedding, working and all manner of other things that come your way, having time to relax and focus on me as a person was invaluable.

I had alternative sessions of enzyme peels and Crystal free diamondtome dermabrasion. This allowed my skin to be refreshed and revitalised from deep within the skin and on the surface. Including the de-stressing shoulder and scalp massage on the one hour treatments was also incredible to easing the tensions around which canapes to order and whether to sit Auntie Doris near Great Uncle Clive following what happened at “that” party!

By the time my wedding arrived I felt like I had new skin! It was smooth, even-toned and radiant. I stopped wearing foundation or BB creams for about 2 months before the wedding and people would regularly comment on how great my skin looked. On the big day, I set out all my products to spend time carefully applying my make-up. my mother and sister commented on my dressing table, asking where my base products were. I replied that I am just going to wear a tiny amount of light coverage foundation on places I know get a bit red when I am nervous and some powder to control shine, and that is all I wore!

If you had said to me at the consultation with Jenny eight months before my wedding that I would wear that little on my face I would have laughed at you, but from spending the time on the lead up to the wedding, focusing on my skin, I didn't want or need to cover it up!

Whatever style wedding you are having, bohemian bliss, classic chic or seaside sunshine, make sure that you are radiant and confident in the skin that you are in! ”

WHAT TO EXPECT

WHAT CAN YOU EXPECT ON A MIMOSA WEDDING PREP DAY? WE'LL LET ONE OF OUR HAPPY BRIDES-TO-BE TELL YOU!



Nat



CONGRATULATIONS!