

Your Wedding Glow Guide: 6 Months to the Big Day

Six months is enough time to arrive at your wedding with a dress that fits beautifully, a flat and calm stomach, glowing skin, shiny hair and real energy. You won't need anything drastic. The results come from steady daily habits, a trusted team, and saving the finishing touches for the final weeks.

Daily foundations (every day, all six months)

- **Walk every day.** It tones the legs, burns fat and clears the mind.
- **Eat clean and high in vegetables.** Build meals around vegetables, lean protein and healthy fats.
- **Avoid what bloats you.** For many people that means cruciferous vegetables (broccoli, cauliflower, cabbage, Brussels sprouts), carbonation, excess salt and alcohol. Learn your own triggers early.
- **Lemon daily.** Start the morning with lemon in warm water.
- **Bone broth.** Have a daily cup of chicken bone broth with added collagen and protein.
- **Green drink.** Have an anti-inflammatory green drink each day.
- **Vitamins.** Take a multivitamin, plus support such as zinc, vitamin C, NAC and NMN. Review all supplements with your physician first.
- **Sleep.** Aim for 7–9 hours. This is where radiance comes from.
- **Hydrate inside and out.** Drink plenty of water. Moisturize your face, body, lips and hands morning and night.
- **Healthy sun.** Get brief morning sun for mood and vitamin D, and wear SPF on your face.

6 months out: set your vision and your team

This month is about deciding how you want to look and feel, then booking the people who will get you there.

- ☐ **Define your vision.** Write down how you want to look and feel on the day, e.g. radiant, calm, confident. Save photos of the hair, makeup and overall look you love.

- ☐ **Brides: choose and order your dress.** Wedding gowns usually take several months to arrive and need alterations, so select yours by now and book your fitting schedule.
- ☐ **Book your makeup artist.** Choose someone who knows your face, ideally someone you've worked with before.
- ☐ **Book your brow artist.** Choose someone who understands and loves your natural brows. Stop tweezing now so they have plenty to shape.
- ☐ **Start monthly facials** with a facialist you trust.
- ☐ **Start monthly lymphatic drainage** to reduce puffiness and support circulation.
- ☐ **Start a weekly massage** for stress, recovery and circulation.
- ☐ **Start the daily foundations** above: walking, clean eating, bone broth, green drink, lemon, vitamins and sleep.
- ☐ **Start at-home light therapy if you'd like to.** An LED or low-level laser device used consistently builds results over months.
- ☐ **Book a teeth cleaning**, and switch to a whitening toothpaste.
- ☐ **See your dermatologist or physician** if you're considering in-office skin treatments such as radiofrequency, microneedling or peels. These need time for a full series and recovery, so plan them now.

5 to 3 months out: build and refine

Keep your routines consistent during these months. This is when your body, skin and hair visibly change.

- ☐ **Keep your monthly facials, monthly lymphatic drainage and weekly massage.**
- ☐ **Stay with the daily walks**, and add strength or Pilates work for arms, back and core if your dress shows them.
- ☐ **Work on posture.** Practice standing tall with your shoulders back. Some clients use light corset training for posture, a little at a time.
- ☐ **Fine-tune your eating.** Notice which foods leave you bloated or puffy, and cut them out.
- ☐ **Hair care.** Get regular trims, use weekly deep conditioning masks, and go easy on heat styling. Settle on your final color plan with your stylist.

- ☐ **Continue any in-office skin series** your doctor recommended. Finish aggressive treatments by the 3-month mark.
- ☐ **Mothers of the bride or groom: choose your dress and book fittings.** Brides: go to your first fittings. With your routine now steady, alterations can be made to the body you'll have on the day.

2 months out: tighten and test

This is the time to tighten everything up and do your trial runs, so nothing is new on the day.

- ☐ **Makeup and hair trial.** Wear the look for a full day and photograph it in daylight and with flash.
- ☐ **Spray tan test run**, if you want a tan. This is especially worth doing if your wedding isn't in summer. Check the color and how it wears.
- ☐ **Tighten your eating.** Hold steady on clean, high-vegetable, non-bloating meals.
- ☐ **Brow shaping session** so your brow artist can refine the shape ahead of the final appointment.
- ☐ **Stop starting new things.** No new skincare activities, treatments or hair color changes from here on.

1 month out: lock it in

From here you're maintaining what you've built, not changing it.

- ☐ **Last regular facial.** Keep it gentle, with no extractions or peels.
- ☐ **Book everything for wedding week:** red carpet facial, brows, manicure, pedicure, body scrub, lymphatic drainage, massage and spray tan.
- ☐ **Final hair cut and color** 2–4 weeks before, so it looks natural rather than freshly done.
- ☐ **Teeth cleaning** if you're due, and keep using whitening toothpaste.
- ☐ **Keep the daily foundations going.** Prioritize sleep, even when planning gets busy.
- ☐ **Final dress fitting.** Bring your wedding-day shoes and undergarments.

2 weeks out

- ☐ **Go strict on de-bloating.** No cruciferous vegetables or other trigger foods, and keep salt, alcohol and sugar low.
- ☐ **Increase your hydration.** Drink more water and keep up the daily lemon, bone broth and green drink.
- ☐ **Last lymphatic drainage session** before the wedding.
- ☐ **Keep walking**, but skip any new or intense workouts that could leave you sore or injured.
- ☐ **Pamper your lips and hands.** Use nightly lip masks and rich hand cream.

Wedding week

The finishing touches go here, spaced so every result is at its peak on the day.

When	What	Why
5–7 days before	Red carpet facial (microcurrent, deep hydration, lymphatic drainage)	Lifts, plumps and de-puffs, with time for any redness to settle
5–7 days before	Brows with your trusted artist	Any redness settles and the shape looks natural
3–4 days before	Korean body scrub	Smooth skin that's ready for a tan
3–4 days before	Final massage	Relaxes you and releases tension
2 days before	Manicure and pedicure	Fresh, chip-free nails
1–2 days before	Spray tan	Color that has fully developed by the day

- **Spray tan care:** Shave and exfoliate before the appointment, not after. Wear loose, dark clothing afterward, and let the color fully set before showering or sweating.
- **Sleep and calm come first.** Delegate the last-minute tasks.

The day before

- Eat simple, familiar, non-bloating meals, and keep dinner early and light.
- Drink plenty of water, but skip alcohol and salty food.
- Apply a hydrating face mask, a lip mask and a rich hand cream.
- Lay out everything you need: dress, shoes, jewelry, touch-up kit.
- Go to bed early.

The wedding day

- **Morning:** Have lemon water, then a protein-rich breakfast and bone broth. Don't skip eating.
- **Walk and breathe:** Take a short, gentle walk or stretch to wake up your body and settle your nerves.
- **Skin prep:** Cleanse gently, then apply a hydrating serum, moisturizer and lip balm before your makeup artist arrives.
- **Keep a touch-up kit:** Pack lipstick, blotting papers, pressed powder, lip balm and water.
- **Snack through the day:** Eat small, simple bites so your energy stays steady.
- **Stand tall:** Keep your shoulders back and chin level.
- **Enjoy it:** You've done the work. Be present and let yourself glow.