

Mukhaye

THE FLAGSHIP BRIDAL PREP GUIDE · PRINTABLE COMPANION

The 12-Month Bridal Prep Plan

Check the box, do the thing. Pin this to the fridge or hand it to your maid of honour.

12 Months BUILD THE FOUNDATION

- ☐ Book a dermatologist or trusted skin professional
- ☐ Identify top 3 skin goals; AM/PM routine + daily tinted SPF with iron oxides; evening gua sha
- ☐ Start body routine: dry brush, exfoliate 1–2x/wk, body butter on damp skin + oil to seal
- ☐ Take an honest hair inventory — moisture, wash frequency, products that layer well; add bond repair + rosemary oil
- ☐ Decide your engagement-season hair and do the honeymoon test. Skip routines not built for your texture
- ☐ Walk most days (try weighted walking or cycle syncing); strength train 3–5x/wk
- ☐ Weight goal? Aim for 1–2 lb/week with protein + strength training; loop in a doctor or dietitian
- ☐ Prioritise sleep: 7+ hours, phone out of the bedroom; check your magnesium dose
- ☐ Add fibre daily (chia or psyllium) + water; consider a daily collagen supplement
- ☐ Begin sampling fragrance; start a bridal journal

9 Months CHOOSE YOUR TEAM

- ☐ Book: makeup artist, hairstylist, derm/aesthetician, brow + lash, nails, trainer, dentist, lymphatic/massage
- ☐ Assign a budget % to each pillar: Face, Hair, Body, Ritual, Kit
- ☐ Discuss lasers, peels, microneedling, injectables, or body contouring (CoolSculpting, EmSculpt) now — not the month before
- ☐ Start the dress-body conversation with your silhouette in mind

6 Months THE PLAN BECOMES A SYSTEM

- ☐ Refine skincare; add a retinoid if you haven't; try skin cycling. Optional: LED mask, ice roller
- ☐ Body skin gets serious — start laser hair removal if it's part of the plan
- ☐ Finalise hair direction; schedule any colour changes now
- ☐ Build phase: heavier strength 3–4x/wk with progressive overload; Pilates for posture
- ☐ Narrow fragrance to 5–7 scents you're seriously testing

3 Months REFINE, DON'T REINVENT

- ☐ Book the makeup trial — bring photos, dress neckline, skin notes
- ☐ Book the hair trial — test hairline, veil, movement, dancing
- ☐ Narrow the fragrance wardrobe: ceremony, reception, honeymoon
- ☐ Keep face + fitness steady — no new actives, no new products

8 Weeks THE BODY GLOW ERA

- ☐ Daily body moisture + weekly exfoliation
- ☐ Test brow lamination, lash extensions, or a lash lift now
- ☐ Schedule a dental cleaning; ask about whitening timing
- ☐ Nightly hand + foot care begins; consider press-ons if nails need a break

4 Weeks LOCK THE LOOK

- ☐ Confirm every appointment, hair delivery, and vendor
- ☐ Order the wedding fragrance now — full size + travel decant
- ☐ Lock hair, makeup, scent, and nails — nothing new from here
- ☐ Make a backup plan for humidity, sweat, rain, or dancing

2 Weeks POLISH, DON'T PANIC

- ☐ Final trim, colour, brow, or facial — only if already familiar
- ☐ Confirm every vendor's arrival time, address, and payment terms
- ☐ Pack the beauty bag
- ☐ No new peels, lasers, brow artists, waxers, or perfumes. No bangs.

Final Week PROTECT THE WORK YOU'VE DONE

- ☐ Gentle, familiar products only — nothing new
- ☐ Finalise pedicure and hair removal
- ☐ Pack robe, slippers, and getting-ready outfit
- ☐ Prioritise sleep and hydration over everything else

Morning Of THE BRIDE ARRIVES

- ☐ Eat real food: protein, a little carbohydrate, enough salt
- ☐ Perfume at pulse points; pack a travel atomiser for later
- ☐ Take one private, quiet moment before the room fills

The Emergency Kit

Lip product · blotting papers · pressed powder · mini perfume · deodorant · safety pins · fashion tape · lash glue · pain reliever · antacid · bandages · blister pads · mints · mini sewing kit · stain remover pen · hand cream · hair pins · edge brush · mini hairspray · oil-absorbing sheets · phone charger · snacks · water · a copy of this schedule

A Starting Budget Split

The Bridal Face	30%
The Bridal Hair	25%
The Bridal Body	20%
The Bridal Ritual	15%
Wedding Week Kit	10%