

BRIDAL TIMELINE

10-12 MONTHS OUT

- Schedule Consults with Just Cuz Beauty & Symmetry Medical Aesthetics, to get your own customized plan for the year counting down to your wedding date. All perfectly planned and scheduled by us! We do the work, all you need to do is show up and relax!
- Begin Health and Fitness Routine!
- Get yourself a planner just for bridal related items to keep yourself relaxed, organized and most importantly excited about all that's to come
- Start your skincare regimen, medical grade products daily use creating a good routine for your skin.

6-9 MONTHS OUT

- Receive your first appointments for any Botox, Filler or Skin Treatment you have previously scheduled. Change to Schedule first botox if doing a series
- Filler treatment perfect to do 4-5 months out.
- Appointment for Custom Hair Extensions to be color matched, and get them ordered. This goes for
- Clip in hair extensions also!
- Appointment for Eyelash Extensions, so you get used to them (and to determine in you will like them for your bridal day)
- Purchase any Professional Hair Care and/or Skincare Products and start to formulate a routine. (*we will advise on how to do this)
- Appointment for first Deep Conditioning Treatment (Luxe Bridal Package)
- Install hair extensions that were previously ordered. (6 month mark)

3-5 MONTHS OUT

- Schedule Hair and Makeup Trials *Remember to have purchased any hair accessories and veil to bring to this appt
- Schedule your Spray Tan Trial (Luxe Bridal Package)
- Receive your SkinPen Microneedling will take 6-8 weeks to see results
- Receive Filler allows full recovery time and ideal length to enhance natural features
- Skinvive Microdroplet Injection, 3 months prior to allow for product integration
- Teeth Whitening
- Appointment for second Deep Conditioning Treatment (Luxe Bridal Package)

4-8 WEEKS OUT

- Skincare Maintenance - NO new skincare items at this time.
- Receive Vitamin B12 and/or Lipo injections can be done weekly
- Spray Tan for your Bridal Shower or Bachelorette Party (Luxe Bridal Package)
- Move up appt for your hair extensions if you have Hand-Tied or Tape in Extensions in *between 4-8 weeks, depending on growth
- Chemical Peel- 4- 5 weeks prior allowing for downtime and healing
- Final Botox injection prior to wedding - 5-6 weeks prior to date allowing for settling

1-2 WEEKS OUT

- Receive your third Deep Conditioning Treatment (Luxe Bridal Package)
- Receive a haircut and light trim to maximize styling and condition of your hair
- Receive any body waxing and eyebrow shaping
- Receive Vitamin B12 Injection
- Hydrate, hydrate, hydrate and REST!

2-3 DAYS BEFORE

- Receive your Bridal Spray Tan *2 days before your Wedding Date (Luxe Bridal Package)
- Depending on recommendation of stylist: final hair wash before your wedding day
- Mani / Pedi
- HYDRATE
- GOOD REST this week- no exceptions!



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BEAUTY



SYMMETRY