

beauty & health



You want to look and feel your best on your wedding day, so consider professional services for hair, makeup, diet, exercise, and overall health. Don't do any last-minute plans or quick weight loss remedies as you want to look your best, yet be yourself, and you also don't want any surprises with the fit of your wedding day attire. Consider wedding party hair, makeup, or spa treatments as gifts, or a day at the spa for a fun wedding shower alternative.

BEAUTY TIPS

- Find out how far in advance you will need to book your pre-trial and wedding day hair & makeup.
- Find out how many people the salon can accommodate, or do you want someone on-site?
- Ask if they have any samples of their work or ideas based on your gown style.
- Be sure to choose a hair style and makeup that is comfortable for you and matches your personality.
- Don't make any drastic changes right before the wedding.
- Wear a button-down shirt to the hair appointment, or possibly a robe if on-site.
- Don't forget to bring your head-piece, veil or hair clips to trial and final appointments.
- Don't forget waterproof mascara and other makeup that will endure wedding day perspiration and tears. Consider adding some lashes for a full glam look.
- Don't forget to purchase and bring the lipstick used in the initial application to reapply throughout the day.
- Get a manicure and pedicure for the wedding day, as well as for the honeymoon.
- Don't get any waxing done too close to the wedding.
- Don't forget to take some time to relax and treat yourself to some spa services.

TIMING

9-12 MONTHS BEFORE:

Book your hair and makeup salon professional to ensure the preferred date and time.

6 MONTHS BEFORE:

Implement diet and exercise program.

3-6 WEEKS BEFORE:

Do a trial run with hair and makeup. Not only will you preview the look, but also check for allergies and compatibility.

1-2 WEEKS BEFORE:

Haircut and coloring appointment for sun-kissed highlights or a clear color glaze to add shine to your natural hair color (two weeks prior for new stylist; one week prior for a hairstylist with whom you have an ongoing relationship)

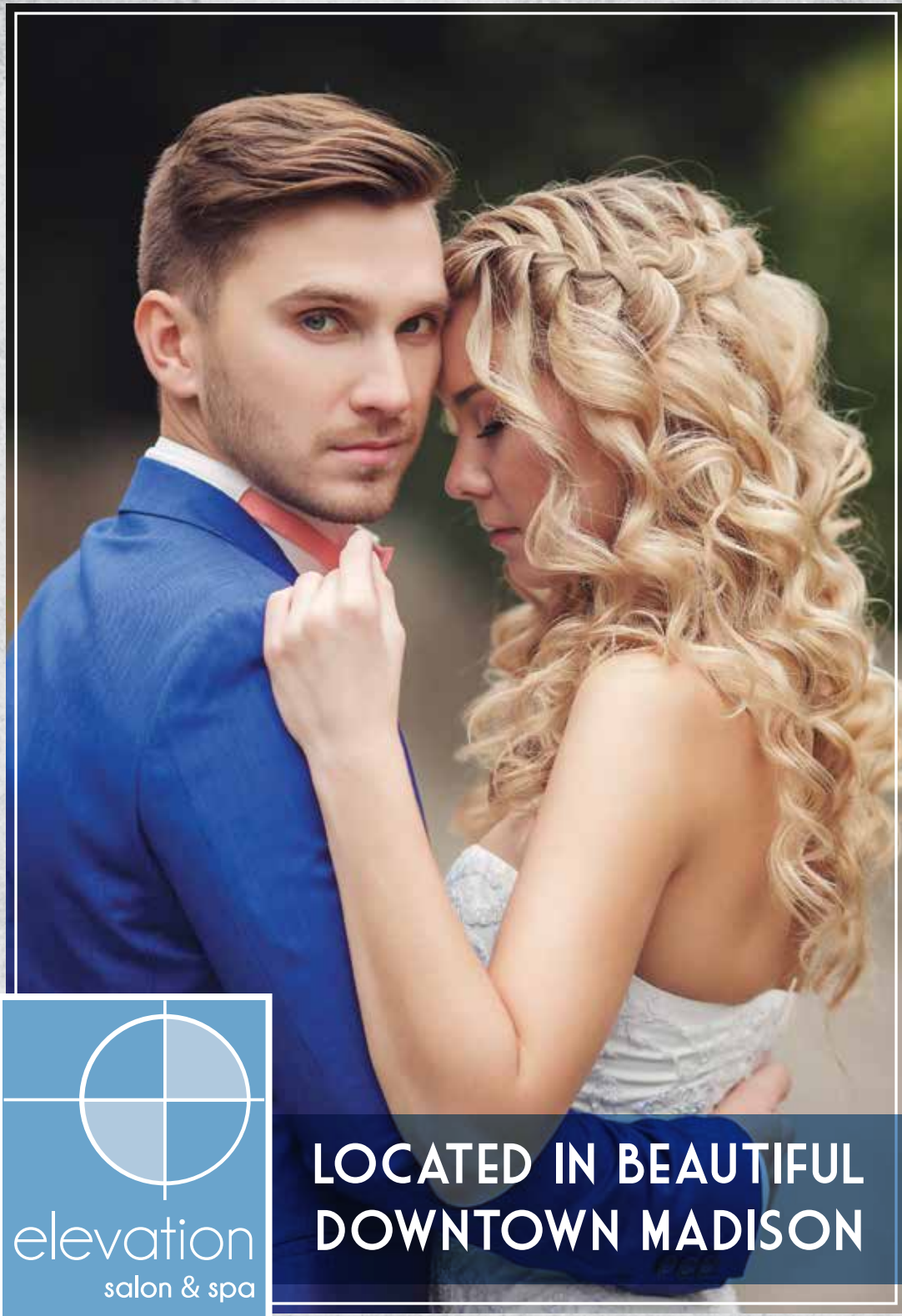
Eyebrow or body waxing should be done so irritations will have plenty of time to subside.

1 DAY BEFORE:

Men may consider returning for a final shampoo and hair trim (beard and mustache included).

Get a manicure and pedicure. Polish takes three to four hours to dry completely, so don't schedule the appointment amidst a flurry of last-minute activities. Instead, after your appointment, go home to get ready for the rehearsal dinner.





elevation
salon & spa

**LOCATED IN BEAUTIFUL
DOWNTOWN MADISON**

SERVICES

- Hair Cuts, Color/Highlights and Styling
- Makeup Application
- Facials
- Manicures/Pedicures
- Body & Facial Waxing
- Spray Tanning
- Massage Therapy
- PLUS a Full Menu of Men's Services



15 N. Butler Street, Madison, WI
608-661-3636 | elevationspa.net
info@elevationspa.net



*Fall in love and
be amazed.*

ANIUONLINE.COM/BRIDES

EVENTS@ANIUONLINE.COM (608) 833-2898



A N i U

SALON - SPA



BE BEAUTIFUL.

BEINSPIREDSALON.COM



VISIT OUR WEBSITE TO RESERVE YOUR COMPLIMENTARY BRIDAL CONSULTATION!

Be Inspired
SALON

Madison, Wisconsin



**WEDDINGWIRE—COUPLE'S
CHOICE AWARDS WINNER**

WeddingWire.com
(2015, 2016, 2017)



**BEST OF WEDDINGS—HAIR,
MAKEUP AND WELLNESS**

TheKnot.com
(2012, 2013, 2015, 2016)



**BEST SALON FOR WEDDING HAIR
& MAKEUP - WISCONSIN**

BRIDES Magazine
(2014)

DO IT FOR THE *Dress.*

Get your booty in shape with
Harbor Wellness Studio's Booty Barre
classes and so much more!

HOT YOGA, TRX, PILATES, TAI CHI, GRIT & MORE

Nutrition is an important part of
feeling your best for your wedding.
Take advantage of healthy and fresh
meal plans and cleanses from
Fit Fresh Cuisine right at Harbor!

JOIN US AT HARBOR ATHLETIC

Bring in ad to try a class for free & when
you purchase a class pass or membership
get a free bridal survival bag!

HarborWellnessStudios
yoga · pilates · tai chi

WWW.HARBORATHLETIC.COM

2529 Allen Blvd. Middleton, WI 53562 • 608.831.6500





escapade salon

Your Destination For Beauty

Conveniently located on Madison's east side



- Bridal Parties
- Hair & Makeup
- Massage
- Facials
- Manicures
- Pedicures



4102 Lien Rd., Madison | 608.241.1966 | www.escapadesalon.com



WEDDING DAY ACHES & PAINS? CHIROPRACTIC MAY BE ABLE TO HELP!

**COMPLETE CHIROPRACTIC
CARE FOR ALL AGES
SPORT, WORK OR AUTO INJURIES**



(608)839-3108

536 SOUTHING GRANGE ROAD IN COTTAGE GROVE
20 MINS FROM WEST TOWNE, 10 MINS FROM EAST TOWNE
INSURANCE ACCEPTED • VISA/MC
FLEXIBLE PAYMENT PLANS



Genesis Hair & Day Spa is a full service salon & day spa offering the highest quality in services.

- Hair Cut & Coloring
- Hair Extensions
- Private Wig Consults
- Facials
- Mineral & Airbrush Makeup
- Shellac Manicures
- Pedicures
- Body & Facial Waxing
- Massage

Genesis has been family owned and operated since 1979! Find out more by visiting our website & Facebook page.



(608) 846-5797 | GENESISHAIRANDDAYSPA.COM

148 MARKET STREET, DEFOREST, WI 53532

LOCATED IN THE HEART OF DEFOREST, WI
JUST MINUTES NORTH OF MADISON!

irresistible modern style

- Wedding Styles
- Airbrush Makeup
- Nail Services

Let the Wedding experts at Temptd Salon & Spa help fulfill your vision on your special day.

Temptd
Salon & Spa

Charlene Champion Photography

Monona, WI | 608-819-6400 | temptdsalon.com | temptdsalon@gmail.com

