



Wedding
WELLNESS & BEAUTY
Guide

www.alluringage.com

Dear Couple,

Congratulations on your upcoming journey together! At Alluring Age, we're here to support both of you every step of the way, taking care of your wellness and beauty needs as you prepare for your special day. From addressing chronic health concerns and anxiety to personalized weight loss plans, our expert team is dedicated to enhancing your well-being from the inside out.

We've crafted an all-inclusive plan tailored to both of you, designed to help you look and feel your absolute best from head to toe over the next few months. Let us make this beautiful chapter radiant and unforgettable for you both!

Warm regards,
The Alluring Age Team 🌸

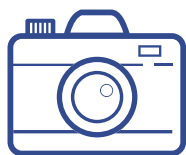
6 Months Skin Care

Prior The Wedding



Set Up a Consultation/Skin Analysis

Consultation should be done as its own visit. Review current skincare routines and make necessary adjustments. New clients should bring their skincare products for evaluation. Whether a new or existing client, a pre-wedding skin



Be sure to take baseline photos to document progress so you can document your starting point and compare them to future photos prior to the wedding.



Is time to answer all the important questions. When is the wedding? Where is the wedding (consider climate effects on the skin)? What are your primary skin concerns? What are your wedding skin goals? Do you need body treatments (e.g., back, chest, or hands)?



Starter Skincare Routine

Here's a thoughtfully curated skincare starter kit for a bride-to-be, featuring products from PCA Skin and EltaMD to achieve radiant, flawless skin for the big day:

Cleanser
Eye Care
Exfoliation
Hydration
Moisturizer
Sun Protection

6 Months Wellness

Prior The Wedding



Blood Work:

Schedule a full panel to assess nutrient levels, hormones, and any deficiencies. Optimize results under professional guidance.



Set Up Consultation:

Consult a healthcare provider to introduce multivitamins, probiotics, or omega-3s if needed to support overall health.



Healthy Eating:

Focus on a balanced diet rich in lean proteins, vegetables, whole grains, and healthy fats. Start minimizing processed foods, sugar, and alcohol.



A woman with dark hair pulled back is shown from the chest up. She is applying a white cream to her cheek with her right hand. In her left hand, she holds a small glass jar of white cream. The background is a soft, out-of-focus grey.

3 tips for clean skin

01

Consistent Cleansing Routine

Wash your face twice a day with a gentle cleanser to remove dirt and oil without over-drying.

02

Exfoliate Regularly

Exfoliate 2—3 times a week to clear away dead skin cells and prevent clogged pores.

03

Stay Hydrated and Moisturize

Drink plenty of water and use a hydrating moisturizer to keep your skin balanced and healthy.

6 Months Skin Care

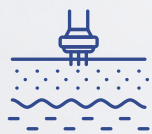
Prior The Wedding

Congratulations on your upcoming wedding! As your special day approaches, we want to ensure your skin looks its absolute best. To help you achieve a radiant and flawless complexion, we recommend scheduling a skincare consultation six months before your wedding date.



Laser Resurfacing

- Uses laser technology to remove the outermost layers of the skin.
- Helps improve skin texture, tone, and reduce imperfections like fine lines, wrinkles, and pigmentation



Micro-Needling

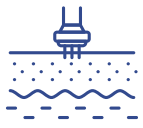
- Uses fine needles to create micro-injuries in the skin, stimulating collagen production.
- Can improve skin texture, reduce scars, and enhance overall skin appearance.



Collagen Stimulation

- Natural Healing Process: Collagen stimulation treatments, such as microneedling and laser therapy, create controlled micro-injuries in the skin. This triggers the body's natural healing process, leading to increased collagen production
- Enhanced Skin Texture: By promoting collagen growth, these treatments can improve skin texture, reduce the appearance of fine lines and wrinkles, and enhance overall skin firmness

Two to five months prior to the wedding



Microneedling Treatments

Start a series of microneedling sessions every 30 days to boost collagen, address acne scars and reduce other imperfections.



Discontinue harsh exfoliants;

(AHAs, BHAs, Retinols, Vitamin A) one week before each microneedling treatment.



Laser Enhancement

Indulge in laser lip plumping, wrinkle reduction , tight sculpting , hair removal,. Laser treatment a natural process of collagen building.



Meal Planning:

Incorporate antioxidant-rich foods like berries, leafy greens, and nuts to support glowing skin and energy.



Fitness Routine:

Adopt regular physical activity tailored to your goals—cardio for endurance or strength training for toning.



Two to Five months prior to the wedding



Laser Peel

If hyperpigmentation is a concern, these treatments should be performed before starting the microneedling protocol.



Body Skincare

If body skin concerns exist (e.g., acne, stretch marks, hyperpigmentation), incorporate microneedling on the body or other treatments like laser peels, hair restoration, hair removal or LED therapy. Body microneedling treatments can often be scheduled alongside the facial microneedling treatments every 30 days..



Injectables & Fillers

Neurotoxin injections (Dysport, Jeuveau, Daxxify) Best scheduled 6-8 weeks before the wedding.

Dermal fillers: Should be completed at least 6-8 weeks before the wedding to allow time for settling and touch-ups if needed.



Skin care steps



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Month Prior to the Wedding

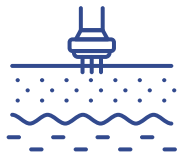
As the wedding day approaches, it's time to focus on refining and maintaining all the hard work that has gone into achieving glowing skin.

These final steps will ensure the skin looks its absolute best, with no last-minute surprises or irritations.



Stop Retinols, AHAs, and harsh exfoliants during the last month!

Hydration Boost - Increase use of hydrating products like Pure HA Serum and Copper + HA Mist.



Last Microneedling Treatment

Perform the final session two - three weeks before the wedding.



Ensure SPF Protection

Daily sunscreen application is non-negotiable.



Skin & Hydration:

Prioritize hydration (at least 8 glasses daily) and include collagen-boosting foods like bone broth or citrus fruits.



Stress Management

Practice mindfulness or yoga to maintain mental well-being during this busy period.

Month Prior to the Wedding

In the final days leading up to the wedding, these glow-boosting treatments will ensure skin looks luminous, fresh, and flawless. Gentle, non-invasive procedures will enhance the complexion while avoiding irritation or downtime.



Refine (Nano) Microneedling Facial

Enhances skin radiance without downtime



Eyebrow and Lash Appointments

Ensure perfectly shaped brows and lashes.



Body Treatments

Massages, body wraps, and waxing should be completed at least 3 days prior.



Spray Tan

If needed, schedule this after all skincare treatments.



Tips for Beauty

Keep your skin clean:

It's important to wash your face twice a day, morning and night, to remove dirt, oil, and makeup. Use a gentle cleanser that's suitable for your skin type, and avoid harsh scrubbing that can damage your skin.

Hydrate your skin:

Moisturizing is key to keeping your skin healthy and glowing. Choose a moisturizer that suits your skin type and apply it after washing your face, while your skin is still damp. For an extra hydration boost, consider using a facial oil or serum

Protect your skin from the sun:

Sun exposure can cause premature aging, wrinkles, and even skin cancer. Make sure to apply sunscreen with at least SPF 30 every day, even on cloudy days. Wear a wide-brimmed hat and sunglasses when you're outside, and avoid direct sunlight during peak hours.