

The Ultimate Bridal Beauty Guide

Step By Step Skincare Guide

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Nicola Louise Makeup

As you start to plan for your wedding now is the perfect time to start looking at your current beauty routine and see where you can make any minor or big changes to get you wedding ready.

When it comes to your skin, good skin does not always happen by accident. Sometimes we need to put some extra effort in especially if you want your makeup to look amazing and last all day and night.

Believe it or not, great makeup starts with good skin prep.

Its never too early to start looking at your current skincare routine and making changes that will make a big difference in the long run.

You can easily create a fantastic routine yourself to do at home, but why not treat yourself and book in for a facial and talk to your beautician about the best products to use.



Its very important to be cleansing morning and night, but its even more important to double cleanse in the evening. You will see a huge improvement to your skin by cleansing twice. The first cleanse will remove makeup and daily build-up of impurities the second cleanse will give your skin a really good clean and help to clear any blocked pores.

I recommend doing a 60 second cleanse for each application.

Cleansing balms and oils will be your best friend for dissolving makeup and getting rid of that stubborn mascara, cream cleansers are amazing at removing any excess residue and to give the skin a thorough clean.



EXFOLIATING

I highly recommend that you exfoliate 1-2 times a week, start that now!

Not only will you remove the build up of dead skin it will help your face to stay smooth, radiant and full of life plus any products you put on top will absorb better and your makeup will also look better when applied.

SKIN TYPES

When choosing a cleanser you want to be mindful of your skin type, different products treat the skin differently.

Normal Skin - Well balanced, neither too oily or too dry.

Common signs - Skin has fine pores, a good blood circulation, a velvety, soft and smooth texture. No blemishes.

Combination Skin - Variances between the T-Zone and cheeks.

Common signs - Skin has an oily T-zone (forehead, chin and nose), enlarged pores in this area perhaps with some impurities. Normal to dry cheeks.



Oily Skin - Has a glossy shine and visible pores

Common signs - The skin has a shiny or greasy appearance, very large or obvious pores. Skin that looks thick or rough with occasional or persistent pimples. Clogged pores and blackheads.

Dry Skin - Can feel tight and rough, it can look dull

Common signs - Skin feels tight especially after hot baths and showers, it can look and feel rough, there can be some itching, not all but some dry skins can flake and have visible dry patches, the skin can look dull and lack lustre.

Sensitive Skin - Sensitivity occurs when the skins protective barrier function is compromised.

Common signs - feels tight and uncomfortable, sometimes sore or sensitive to touch, needs extra hydration in Winter, flushes easily after a spicy meal or drinking alcohol, has patches of redness that may not fade, has areas of uneven texture, dryness and flakiness, reacts to skincare, becomes blotchy or develops a rash, turns red or dry after a hot bath or shower.



Eye creams are a must if you want to help tired looking eyes.

Not only do creams help with puffiness and dark circles they also gently hydrate the area which will in turn assist with dehydration lines. Not all lines are from wrinkles some are just a result of being dehydrated.



SERUM

Face serums are a great addition to your routine you will see an improvement in your skin texture, tone and suppleness by adding one in. Serums come in all shapes and sizes for different skin concerns so find one which is relevant to your skin needs.

Hyaluronic acid is an amazing addition as it will add a bucket load of hydration and will make a huge difference to the look and feel of your skin.

MOISTURISER

Moisturising day and night is definitely key to maintaining a soft complexion and keeping yourself hydrated from the outside. Night creams work differently to day creams as our skin works to repair itself as we sleep so we need to use one specifically designed for night time use.

If face creams feel too rich for you there are lotions available for a lighter application or facial oils.

Getting a good staple skincare routine in place as soon as you can before your wedding day will not only have your skin thanking you but will go a long way with how your wedding makeup applies and lasts.

"I am a big believer in that if you focus on good skincare you really won't need a lot of makeup"

Demi Moore



EXTRA TREATS

Adding in a weekly face mask will do wonders for your skin.

I would always recommend a hydrating face mask to give you some extra moisture. Depending on your skin type a deep cleansing mask would be great to clear pores.

FACIALS

Regular monthly facials are a perfect treat to help you feeling less stressed and pampered but will also help to maintain clear skin and keep those pores unclogged. If your skin is not in the best condition this would be the perfect time to get a professional to help you get on top of it and help transform it completely.

BODY

If you have not thought about the skin on your body, now would be the time to start doing a weekly all over exfoliation and also swapping out your usual shower and bath products to something more hydrating.

Moisturise your body as much as you can to keep your skin soft and looking healthy, remember most brides have their arms and decolletage on show so you want to look smooth and hydrated as no one wants to look back at photos of dry dull looking skin.



ABOUT NICOLA

Nicola began her journey as a Makeup Artist in 2015. She trained in bridal makeup and instantly fell in love with helping brides to feel amazing on their special day and watching their confidence grow.

Nicola has always been a firm believer that you should not hide behind makeup, it should be used to enhance your natural beauty. Beauty begins with you as an individual and of course your skincare.

In Nicola's words

"I absolutely love getting Brides and her Bridal party ready for one of the most important days of her life it brings me a lot of joy helping you to feel beautiful and happy on your amazing day. I truly believe that every one of my clients deserves to look and feel breathtakingly beautiful!"

Are You Ready To Book Your Makeup Artist For Your Wedding?



Let me help you and your bridal party look and feel amazing!

I truly believe that every one of my clients deserves to look and feel breathtakingly beautiful!

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