



JKGLAM STUDIO · BRIDE'S EDITION

The Bridal Glow Guide

*Your skin, hair & makeup prep,
month by month*

Everything I tell my brides in the months before their wedding, in one place. Save it, print it, and tick things off as you go.

Justyna Kropman

Bridal makeup artist & educator · Barrie, Ontario
jkglam.com · @justynakropman

Hi, beautiful bride.

Great wedding makeup starts long before the morning of. When your skin is hydrated, calm and prepped, makeup sits better, lasts longer and photographs beautifully. When your hair is healthy and your look is planned, the morning feels calm instead of rushed.

This guide walks you through what to do and when. You don't need to do everything. Pick what fits your skin, your budget and your timeline, and reach out if you have questions along the way.

With love, Justyna

- **6+ months before**

Build your skin routine, plan your hair, book your beauty team

- **3–4 months before**

Facials, hair and makeup trials, brows and lashes

- **1–2 months before**

Final colour plans, test tanning and waxing, lock in your products

- **The last 2 weeks**

No new products, gentle care, nails, tan, rest

- **The day before & the morning of**

Simple prep, what to wear, your touch-up kit

6+ months before

This is your foundation. Skin takes about a month to renew itself, so the habits you start now are the ones you'll see on your wedding day.

SKIN

- ☐ Start a simple routine and stick to it: gentle cleanser, hydrating serum, moisturizer, SPF every morning
- ☐ Wear SPF daily, even in winter, to prevent new spots and uneven tone
- ☐ Have skin concerns like acne or pigmentation? See a dermatologist or esthetician now. Treatments need time to work
- ☐ Drink water, sleep, and take your makeup off every night

HAIR

- ☐ Book a consultation with your stylist: length, colour and the style you dream of
- ☐ Growing it out? Trim the ends every 8–10 weeks to keep it healthy
- ☐ Thinking about extensions? Decide now so they can be colour-matched
- ☐ Start a weekly hair mask, and use heat protectant every time you style

MAKEUP & BROWS

- ☐ Book your makeup artist. Wedding season dates fill up fast
- ☐ Save inspiration photos: looks you love and looks you don't
- ☐ Stop tweezing your brows so they can grow in fully
- ☐ Thinking about ombré brows? Book them at least 2–3 months before for full healing

Justyna's tip Now is the time to try new skincare, not the month before. If something irritates you, there's plenty of time for your skin to settle.

3-4 months before

Time for trials. This is where your look comes together, so bring photos, your dress details and an open mind.

SKIN

- ☐ Book monthly facials with the same esthetician so she gets to know your skin
- ☐ Any stronger treatments (peels, lasers, microneedling) should happen now, not later
- ☐ Notice what your skin does in different weather and around your cycle

HAIR

- ☐ Hair trial with your stylist. Bring your veil or accessories if you can
- ☐ Test any colour changes now so there's time to adjust
- ☐ Take photos of the trial from the front, back and sides

MAKEUP

- ☐ Book your makeup trial. Wear a white or light top so we can see your look like the dress
- ☐ Try your look in daylight, indoors and with a camera flash
- ☐ Test false lashes and lash extensions if you want them
- ☐ Brow shaping or tint to define your shape

Justyna's tip Plan your hair and makeup trials on the same day. You'll see the full look together, and it's the perfect excuse for a date night or engagement photos.

1–2 months before

Lock it in. From here on, it's about consistency, not change.

SKIN

- ☐ Stop starting new products. Stick with what your skin already loves
- ☐ Book your final facial for 1–2 weeks before the wedding, with no extractions or peels
- ☐ Test self-tan or spray tan now to find your shade
- ☐ Teeth whitening? Start now, as it can cause sensitivity

HAIR

- ☐ Book your final colour for 1–2 weeks before the wedding
- ☐ Book a trim for 2–4 weeks before, never the week of
- ☐ Confirm your morning-of timeline with your stylist

BODY & MORE

- ☐ Waxing for the first time? Do a test session now to see how your skin reacts
- ☐ Choose your nail colour and book your appointment
- ☐ Buy your touch-up lipstick to match your wedding lip
- ☐ Break in your wedding shoes at home

Justyna's tip Patch test anything new, even a product you've used before in a different version. A reaction a month before is stressful. A reaction a week before is a crisis.

The last 2 weeks

Be gentle with yourself and your skin. Nothing new, nothing harsh, lots of water and as much sleep as you can get.

2 weeks before

- ☐ Final facial (gentle and hydrating)
- ☐ Final hair colour and gloss
- ☐ No new skincare from this point on
- ☐ Confirm times with your hair and makeup team

1 week before

- ☐ Pause retinol and strong acids (about 5–7 days before) to avoid irritation
- ☐ Sheet masks and hydrating masks are your best friend
- ☐ Waxing 3–5 days before so redness has time to calm
- ☐ Brow tidy and tint 3–5 days before

2–3 days before

- ☐ Spray tan 2–3 days before, so it settles and the first rinse is done
- ☐ Gentle exfoliation for smooth skin (no scrubs on the face)
- ☐ Lash extensions 2–3 days before, if you're getting them

1–2 days before

- ☐ Manicure and pedicure
- ☐ Limit salt and alcohol to avoid puffiness
- ☐ Pack your bag for the morning (see the next page)

Justyna's tip Got a breakout? Don't pick it. A dot of spot treatment and a cold compress, then leave it to me. A smooth spot is easy to cover; a picked one isn't.

The day before & the morning of

You've done the work. Now relax, hydrate and let your team take care of you.

The day before

- ☐ Wash your hair when your stylist recommends (often the day before; second-day hair holds curls better)
- ☐ A hydrating mask and a light night cream
- ☐ Eat a good dinner and drink plenty of water
- ☐ Lay out your outfit and getting-ready robe
- ☐ Early night. Sleep is the best skincare there is

The morning of

- ☐ Arrive with a clean face: gentle cleanser and light moisturizer only
- ☐ Skip heavy SPF under makeup if you'll be photographed with flash; I'll prep your skin for photos
- ☐ Wear a button-up or zip-front top so you don't pull anything over your hair and makeup
- ☐ Eat breakfast and keep water with a straw nearby

Your touch-up kit

- ☐ Your wedding lipstick or gloss
- ☐ Blotting papers
- ☐ Pressed powder and a small brush
- ☐ Tissues and cotton buds
- ☐ Eye drops
- ☐ Bobby pins and a small hairspray
- ☐ Mints
- ☐ Plasters for your shoes

Give the kit to your maid of honour so it's always close by, especially before photos and the first dance.

LET'S MAKE IT BEAUTIFUL

I can't wait to be part of your day.

If you haven't booked your bridal makeup yet, or you have questions about your skin, your trial or your timeline, I'd love to hear from you.

Book your bridal makeup

Bridal makeup, trials, bridal party and mothers of the bride, on location and destination.

jkglam.com

Get in touch

jkglamstudio@gmail.com

Instagram @justynakropman

This guide shares general beauty tips. Everyone's skin is different. If you have a skin condition, allergies or are using prescription skincare, check with your dermatologist before changing your routine, and always patch test new products.