

*Kat Sykes*

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HAIR & MAKEUP ARTIST



*My guide for*

**GETTING THE MOST OUT OF**

**YOUR WEDDING DAY**

*hair & makeup*

# The trial prep

ONCE YOU'VE CHOSEN AN ARTIST WHO MATCHES YOUR STYLE (HOPEFULLY ME!) IT'S TIME TO START PREPARING FOR YOUR TRIAL.

WE'LL GO OVER SKIN CARE AT THE TRIAL BUT TO GIVE YOURSELF A HEAD START YOU CAN START DOING A FEW THINGS NOW...

- STAY HYDRATED & NOURISHED WITH PLENTY OF WATER & FOOD RICH IN ANTIOXIDANTS.
- REGULAR GENTLE EXFOLIATION
- MOISTURISING & USING AN EYE CREAM DAY & NIGHT & ALWAYS WEARING SPF IN THE DAY TIME.
- IF YOU'RE CONSIDERING A PROFESSIONAL FACIAL IT'S A GOOD IDEA TO DO A PRACTICE RUN. MY FAVOURITE BRAND ARE HYDRAFACIAL.

START LOOKING FOR INSPIRATION. PICKING IMAGES WHERE THE MODEL HAS SIMILAR HAIR, COMPLEXION & FEATURES TO YOU WILL HELP TO CREATE A REALISTIC IMAGE. A GREAT PLACE TO START IS YOUR ARTIST'S INSTAGRAM & PORTFOLIO. PINTEREST IS ALSO A GREAT TOOL!



# The trial

I RECOMMEND TO HAVE YOUR TRIAL 2-3 MONTHS BEFORE YOUR WEDDING DAY, BUT ONLY WHEN YOU HAVE CHOSEN WHAT YOU'LL BE WEARING SO THAT WE CAN CREATE SOMETHING TO COMPLIMENT IT. I'LL SEND YOU A LINK TO MY CALENDAR AROUND 6 MONTHS BEFORE YOUR WEDDING DAY SO THAT YOU CAN CHOSE A DATE THAT SUITS YOU.

MY TRIALS FOR BRIDES TAKE AROUND 3.5 - 4 HOURS, IF YOU WOULD LIKE TO BRING ALONG A FRIEND OR RELATIVE I'M HAPPY FOR YOU TO BUT I DO ASK WE KEEP IT TO JUST ONE PERSON.

I'LL ASK YOU TO NARROW DOWN YOUR INSPIRATION IMAGES TO 3 FOR HAIR & 3 FOR MAKEUP SO THAT WE HAVE A CLEAR IDEA OF THE LOOK YOU'RE AFTER. IT'S ALSO A GOOD IDEA TO SHOW ME SOME PHOTOS OF HOW YOU WOULD USUALLY WEAR YOUR HAIR/MAKEUP SO THAT WE CAN COME UP WITH A LOOK THAT FEELS LIKE YOU.

DON'T WORRY IF YOU'RE NOT FULLY CLEAR ON THE LOOK YOU WANT, WE CAN TRY OUT A COUPLE OF STYLES & I'LL TAKE PLENTY OF PHOTOS SO THAT YOU CAN GO AWAY & THINK ABOUT IT.

IF YOU CAN, WEAR A TONE SIMILAR TO WHAT YOU'LL BE WEARING ON THE DAY WITH A SIMILAR NECKLINE. THIS REALLY HELPS WHEN PICTURING EVERYTHING TOGETHER. IF YOU HAVE CHOSEN YOUR VEIL/HAIR ACCESSORIES/JEWELLERY PLEASE BRING THEM ALONG SO THAT THEY CAN BE INCORPORTATED INTO YOUR LOOK.



# Wedding day prep

IF THERE ARE A FEW OF YOU IN YOUR BRIDAL PARTY I ALWAYS RECOMMEND STARTING A WHATSAPP GROUP WITH MYSELF AROUND 3 WEEKS BEFORE THE DAY. I'LL ASK EVERYONE TO SEND OVER A RECENT PIC & ANY INSPIRATION IMAGES THEY MIGHT HAVE & ALSO GIVE THEM ANY INFO ON HOW TO PREPARE FOR THE DAY.

I'LL FINALISE THE WEDDING MORNING TIMELINE & SEND OVER FOR YOUR APPROVAL, MAKE SURE TO CHECK WITH YOUR PHOTOGRAPHER WHAT TIME THEY WOULD LIKE TO YOU TO BE READY FOR PHOTOS (IF YOU WANT SOME POSED BEFORE THE CEREMONY) SO THAT WE CAN FACTOR THIS IN.

IF THERE ARE ANY CHANGES YOU'D LIKE TO MAKE TO YOUR LOOK AFTER THE TRIAL, PLEASE BE SURE TO LET ME KNOW AHEAD OF THE DAY SO THAT I CAN BE PREPARED FOR YOU.

BE SURE TO KEEP WEARING SPF, ESPECIALLY IN THE SUMMER MONTHS. SUN BURN/ STRAP MARKS ARE REALLY HARD TO COVER UP!

IF YOU'RE PLANNING ON GETTING A SPRAY TAN, CONSIDER ADDING A FEW DROPS OF FACE TANNING OIL TO YOUR MOISTURISER IN THE WEEKS BEFORE TO GIVE YOUR FACE A NATURAL GLOW & AVOID ME HAVING TO USE A LOT OF FOUNDATION TO MATCH YOUR FACE TO YOUR BODY ON THE DAY. I LIKE THESE ONES FROM TAN LUXE.





# The wedding day!

## The night before...

DEPENDING ON YOUR HAIR TYPE YOU'LL WANT TO WASH YOUR HAIR THE NIGHT BEFORE OR MORNING OF YOUR WEDDING DAY, SHAMPOO TWICE & MAKE SURE THAT ANY CONDITIONER IS FULLY WASHED OUT. DON'T USE ANY HAIR SERUMS OR OILS JUST FOR THIS WASH TO AVOID TOO MUCH WEIGHT ONCE I ADD MY PRODUCTS.

STEAM & HANG YOUR DRESS & VEIL (ALONG WITH THE BRIDAL PARTIES). STEAMING ON THE MORNING CAN MAKE THE ROOM HUMID & MELT HAIR & MAKEUP!

## On the morning...

USING A SHEET FACE MASK STRAIGHT OUT OF THE FRIDGE ONCE YOU'VE SHOWERED IS A GREAT WAY TO PREP YOUR SKIN READY FOR MAKEUP & HELP REDUCE ANY MORNING PUFFINESS.

HAVE A SHIRT OR ROBE THAT'S EASY TO TAKE OFF AROUND YOUR HAIR & AVOID WEARING A BRA WHERE YOUR SHOULDERS WILL BE VISIBLE TO AVOID STRAP MARKS.

I'LL NEED A WORK SPACE WITH GOOD NATURAL LIGHT & A GOOD AMOUNT OF TABLE SPACE, A CHAIR & ACCESS TO A PLUG SOCKET.

I LIKE TO HAVE YOU READY AT LEAST AN HOUR BEFORE YOU NEED TO LEAVE SO THAT YOU HAVE PLENTY OF TIME TO GET DRESSED ETC & DON'T FEEL RUSHED. I'LL WORK TO THE PRE ARRANGED SCHEDULE SO THAT YOU CAN **REALX & ENJOY EVERY MOMENT OF YOUR MORNING!**

