



makeup by **alissa**

write: alissa2112@gmail.com

call: 0415 889 484

visit: makeupbyalissa.com.au

facebook: [makeupbyalissa](https://www.facebook.com/makeupbyalissa)

twitter: [@alissarn](https://twitter.com/alissarn)

do's & don'ts for the big day

{the week before...}

- get a gentle facial or massage
- have your eyebrows professionally shaped
- get a massage
- take your vitamins
- don't change your skincare regimen (an allergic reaction is the last thing you want!)
- avoid staying in the sun

{the day before... }

- get a manicure and pedicure
- get eight hours of sleep
- don't drink too much
- avoid overly salty foods
- don't over-exfoliate
- don't try out a new tan or laser treatment (do this a month in advance!)

{on the day... }

- drink lots of water
- wear a fragrance
- take along a touch up kit with powder, lipstick, blush, eyedrops, q-tips and tissues
- wear SPF
- wear a button-down shirt the colour of your dress while getting makeup done (or something easy to change out of)

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