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MARIE LE

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*Bridal Tips*  
Checklist



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SELF  
CARE

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# TIPS FOR SELF-CARE

## TAKE TIME FOR YOURSELF

01

The first step to feeling your best on your wedding day is making sure you're taking care of yourself. Even if it's just a few minutes of alone time, set aside some time each week to practice self-care activities like taking a relaxing bath, reading a book or going for a walk. This is especially important if you have been busy planning the wedding and haven't had much time for yourself. You want to make sure that when it comes down to it, you're ready for everything that comes with being married!

02

## EAT WELL

A healthy diet will help you look and feel your best on your wedding day. Incorporate plenty of fruits and vegetables, whole grains, and lean proteins into your diet. Avoid processed foods, sugar, caffeine as much as possible. You can still indulge in a treat here or there (like chocolate cake), but keep it to a minimum so that you don't sabotage all the hard work that went into prepping for the big day!

03

## GET ENOUGH SLEEP

Getting enough sleep is one of the most important things you can do for yourself leading up to your wedding day. Your body needs time to rest and recover, so make sure that you're getting at least eight hours of sleep each night leading up to your big day. This will help ensure that you feel refreshed on your wedding day, which will allow for better overall health and energy levels throughout the day's festivities.





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EVERY MOMENT IS  
PART OF YOUR  
JOURNEY AND MAKE IT  
WORTH!

# TIPS FOR SELF-CARE

04

## EXERCISE REGULARLY

Regular exercise will help you look and feel your best on your wedding day. Try to get at least 30 minutes of exercise each day, whether it's walking, running or yoga. Your body will thank you for it!

05

## PRACTICE RELAXATION TECHNIQUES

One of the most important things you can do for yourself is practice relaxation techniques. This can be as simple as deep breathing or meditation.

06

## PAMPER YOURSELF

It's essential to take some time for yourself before your big day. Take a bath, get a massage, or even do something as simple as getting your nails done. This will help you feel relaxed and refreshed so that you can enjoy the rest of your wedding planning process!

07

## SPEND TIME WITH FRIENDS AND FAMILY

Spending time with friends and family is one of the best ways to reduce stress and get support. They can help you stay grounded and focused on the big day. If you don't have a lot of time, consider scheduling a date night with your partner or going out for dinner with your bridal party.

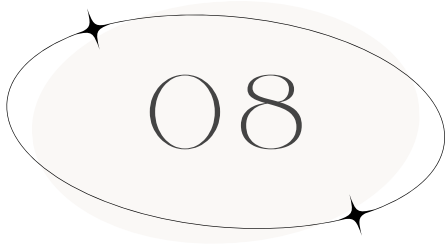




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“TO LOVE ONESELF  
IS THE BEGINNING  
OF A LIFELONG  
ROMANCE.”

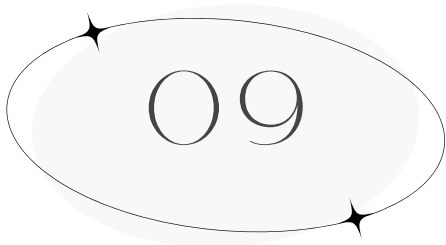
# TIPS FOR SELF-CARE



## HAVE FUN

Have some fun!

The wedding planning process can be stressful, but it's important to remember to take some time for yourself. You don't have to do everything on your own and you don't need to be perfect. Take a break from the stress and enjoy being engaged with your partner, friends and family members.



## GET IN TOUCH WITH YOUR MAKEUP ARTIST

If you're planning a wedding, it's important to find a good makeup and hair artist. A skilled professional can help you look your best on your big day and make sure that your makeup lasts through all the tears of joy and dancing that will happen throughout the night ; and that is why we are here for! You don't have to hire someone else for every single appointment; just get in touch with us to do your hair and/or makeup for each event leading up to the wedding day (such as engagement photos; hens night; bridal shower) so we can create each look flawlessly for you.



## ENJOY THE MOMENT

As the day approaches, it's important to take care of yourself and do what you can to ensure that you are at your best. As a makeup artist, I have seen many brides who are stressed out on their wedding day. The stress can get to them and they may not enjoy their special moment as much as they should because they are too busy worrying about everything else. I recommend that brides-to-be take a few moments before the ceremony begins in order to enjoy themselves and savor this experience which will be over before they know it!





# SKIN CARE

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## UNDERSTAND YOUR

# SKIN TYPE

UNDERSTANDING YOUR SKIN WELL WILL HELP YOU CHOOSE THE RIGHT PRODUCTS AND ROUTINES FOR YOUR SKIN. MOREOVER, THIS WILL ALSO HELP US TO GET THE RIGHT MAKEUP PRODUCTS AND TECHNIQUES FOR YOU ON THE TRIAL AND THE WEDDING DAY!

# D

### DRY SKIN

Hydrating and Rich in moisture products is suitable

It is generally characterized by a feeling of tightness and roughness. It may also acquire an ashy gray color, with occurrence of desquamation, itching, redness and small cracks. Cracked skin is usually observed in very dry skin and presents small cracks, which, in more serious cases, may be deeper and even bleed.

# O

### OILY SKIN

Mattifying with hydrating function products is suitable

Oily skin has a porous, humid and bright appearance. It is caused by excessive fat production by sebaceous glands, and usually determined by genetic and/or hormonal causes.

# C

### COMBINATION SKIN

Most moisturiser range products.

Combination skin presents characteristics of both dry and oily skin since the distribution of sebaceous and sweat glands is not homogeneous. The area with more oil is usually the T- zone (forehead, nose, and chin), while the skin on the cheeks is normal or dry.

# S

### SENSITIVE SKIN

Skincare products dedicated for Sensitive skin.

Sensitive skin is more prone to react to stimuli to which normal skin has no reaction. It is a fragile skin, usually accompanied by feelings of discomfort, such as heat, tightness, redness or itching. . Sometimes, it is referred to as irritated skin instead of sensitive, but these terms are synonymous and there are no dermatological differences between them.



# SKINCARE PROCESS



*Toner*



*Essence  
(optional)*



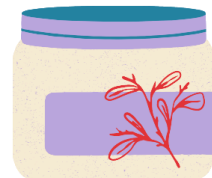
*Serum*



*Lip balm*

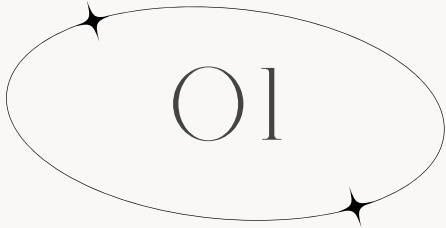


*Sunscreen*



*Moisturiser*

# TIPS FOR SKINCARE



## STAY HYDRATED

Drinking enough water is the best way to keep yourself hydrated and beneficial to your health such as water can help maximize physical performance; flush out toxins and waste products from the body and especially improved skin health, as it helps keep the skin hydrated and reduces the risk of dryness and wrinkles.



## HEALTHY DIET

A healthy diet will help you look and feel your best on your wedding day. Incorporate plenty of fruits and vegetables, whole grains, and lean proteins into your diet. Avoid processed foods, sugar, caffeine as much as possible. You can still indulge in a treat here or there (like chocolate cake), but keep it to a minimum so that you don't sabotage all the hard work that went into prepping for the big day!



## GET ENOUGH SLEEP

Getting enough sleep is one of the most important things you can do for yourself leading up to your wedding day. Your body needs time to rest and recover, so make sure that you're getting at least eight hours of sleep each night leading up to your big day. This will help ensure that you feel refreshed on your wedding day, which will allow for better overall health and energy levels throughout the day's festivities.



# TIPS FOR SKINCARE

04

## KEEP UP TO YOUR SKINCARE ROUTINE

Avoid changing skincare products too often leading up to the big day to avoid any unknown allergies or reactions.

Maintaining your skincare routine including deep cleanse (to remove makeup and dirt), exfoliate (no more than 2 times per week), moisturiser and sunscreen.

Remember, consistency is key when it comes to skincare. Developing a regular skincare routine and sticking to it will yield the best results over time.

05

## SUNSCREEN

Always apply enough amount of sunscreen for your skincare and makeup routine to protect your skin from the harsh sun even on cloudy days.

06

## KEEP YOUR SKIN CLEAN

Remove makeup before bed: Sleeping with makeup on can clog pores and cause skin issues. Deep Cleanse your face thoroughly before going to sleep.

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# MAKEUP RESEARCH

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M O O D B O A R D

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# Wedding Inspiration

Our Wedding Inspiration board is created to give you and your bridal party have a better ideas of the tones, style of makeup and hair they will get on the day.

Please feel free to pass this along to your bridal party so they can narrow down what they like or don't like on the day xx



# MAKEUP STYLE



MINIMAL

SOFT GLAM

FULL GLAM

For Wedding, it is recommended to go with Soft Glam style as it is created to enhance your features the most without the look of heaviness.



STRIPLASH

Strip Lash adds more darkness to your eyes making them to pop out, while

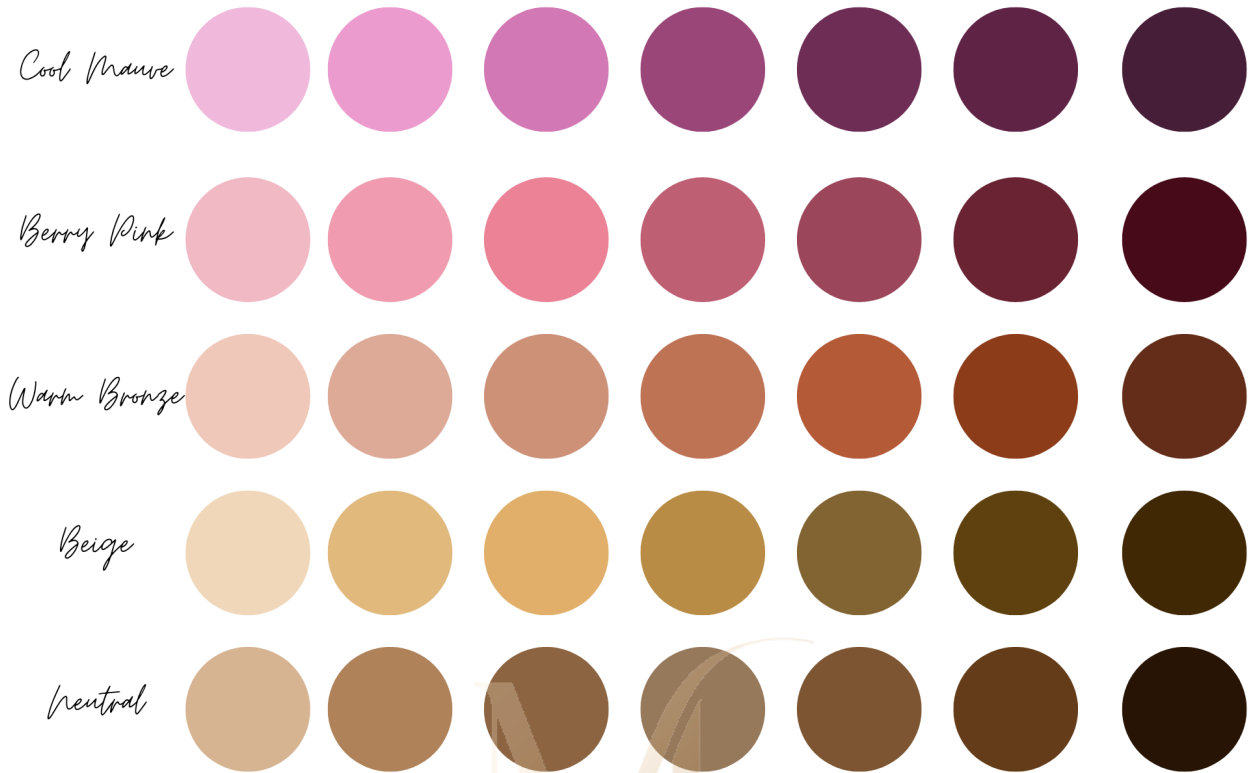
Individual Lash gives a softer look to your eyes



INDIVIDUAL LASH



# COLOR TONES



The main color tones chosen for your makeup will be likely to go well your the color of your outfit and jewelry, please let our artist knows the color of your outfit and jewelry



# 4 BEST

TIPS ON CHOOSING A HAIR  
AND MAKEUP ARTIST FOR  
YOUR WEDDING



[WWW.MARIELEMUA.SITE](http://WWW.MARIELEMUA.SITE)

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# 1

## DO A HAIR AND MAKEUP TRIAL

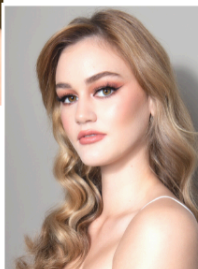
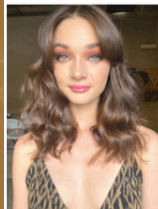
Yes, a makeup trial exists! This is to ensure that the artists you've chosen are suitable for you. You can work with your artists to create various looks until you're satisfied and ready to choose.



# 2

## WHEN YOU START BOOKING YOUR HAIR AND MAKEUP TRIAL

As soon as you decide on your wedding themes such as the color scheme of the venue, the color scheme of the flower, and your wedding dress. Besides, always book your appointment ahead of time to avoid disappointment from losing out on your favorite artists doing your wedding hair and makeup.



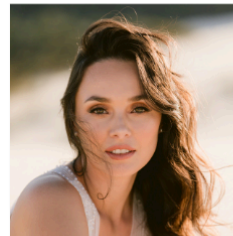
You can use images from magazines or social media to help steer conversations with your artist and improve the effectiveness of your makeup trial. Therefore, you will figure out what kind of looks will best suit your personal style

## HAVE A VISION

# 3



# 4



## COMMUNICATE

Don't be afraid to communicate with the artist you've chosen. This involves telling them about your skin insecurities or imperfections, such as pimples, acne, pigmentations, etc. This will help your artist know where to focus, which areas to accentuate, and which areas to conceal.



# Bridal *Hair and Makeup* Planning Checklist

- Learn about you and your vision***  
What style of wedding or wedding look that you are drawn into. Start thinking about the whole vision of the wedding will help you having a clear direction for deciding each element of the wedding such as the dress, the flowers, the makeup and hair, the decoration, etc.
  
- Look into skincare routine***  
if you don't have one yet, having a proper skincare routine will help improving and prepare your skin as having a good skin means having a good canvas for makeup
  
- Do your research on the Makeup and Hair Artist***  
Remember that each artist has their own style and aesthetic, go with someone that their showcased works match your style, aesthetic and the work done on someone has similar features as yours.

# Bridal *Hair and Makeup* Planning Checklist



- Get in touch and lock in your date***  
Don't wait til it's too late to secure your spot with your chosen artist. Getting in touch with the artist you want to work with on your wedding day to be able to get an accurate quote, booking procedures and be able to secure your date.
  
- Have your Makeup and Hair Trial***  
It is extremely important to get your Bridal Makeup and Hair Trial done, this will allow you to see your vision clearer and to have chances to make adjustment on the look, while testing the longevity of the look as well.
  
- Finalise your details***  
Details such as get ready time, location, special requirements or timeline between you and your photographer/ videographer and/or wedding planner, need to be finalised and informed your artist within a timely manner so your artist can give you the appropriate start time. Remember that artists need to be informed of any changes of your start time/ready by time so that they can plan their timeline accordingly.

# Bridal *Hair and Makeup* Planning Checklist



***Sending your inspiration moodboard to your bridal party***

If you have a specific look and vibe you would like your bridal party to have, make sure to pass on the details and discuss with your bridal party so everyone is aware of what makeup and hair that they are getting.

***Sending details and start time to bridal party***

Make sure everyone in your bridal party is informed of the final details such as start time of their makeup and hair session, preparation, location, car parks, etc.

***Informing your allergies***

If you and your bridal party have allergies or special requirements for the makeup and hair, make sure to inform and communicate with your artist to avoid any reactions or disappointment

## ABOUT US

*Embrace & Enhance is our mission in creating a Makeup & Hair look for you that suits your features the most to create the best version of you.*

At Marie Le - Hair & Makeup Artist, we have an experienced team of artists led by our head artist ready to provide the best service for any size bridal party.

Our goal is straightforward: help every bride look her absolute best and ensure that everyone in the bridal party feels beautiful too!

We take care of everything from stress-free consultations during trials all the way up until final touches are made before walking down the aisle – no stone will be left unturned when it comes to making sure each individual looks their very best.

With our signature Bridal look, we'll work with natural features while adding a radiant glow plus lightly sculpted touches which guarantee effortless beauty both through photos as well as actual viewing throughout your special celebration.

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# OUR PACKAGES

WEDDING MAKEUP & HAIR

WEDDING PRICE LIST

WEDDING ENQUIRY FORM



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