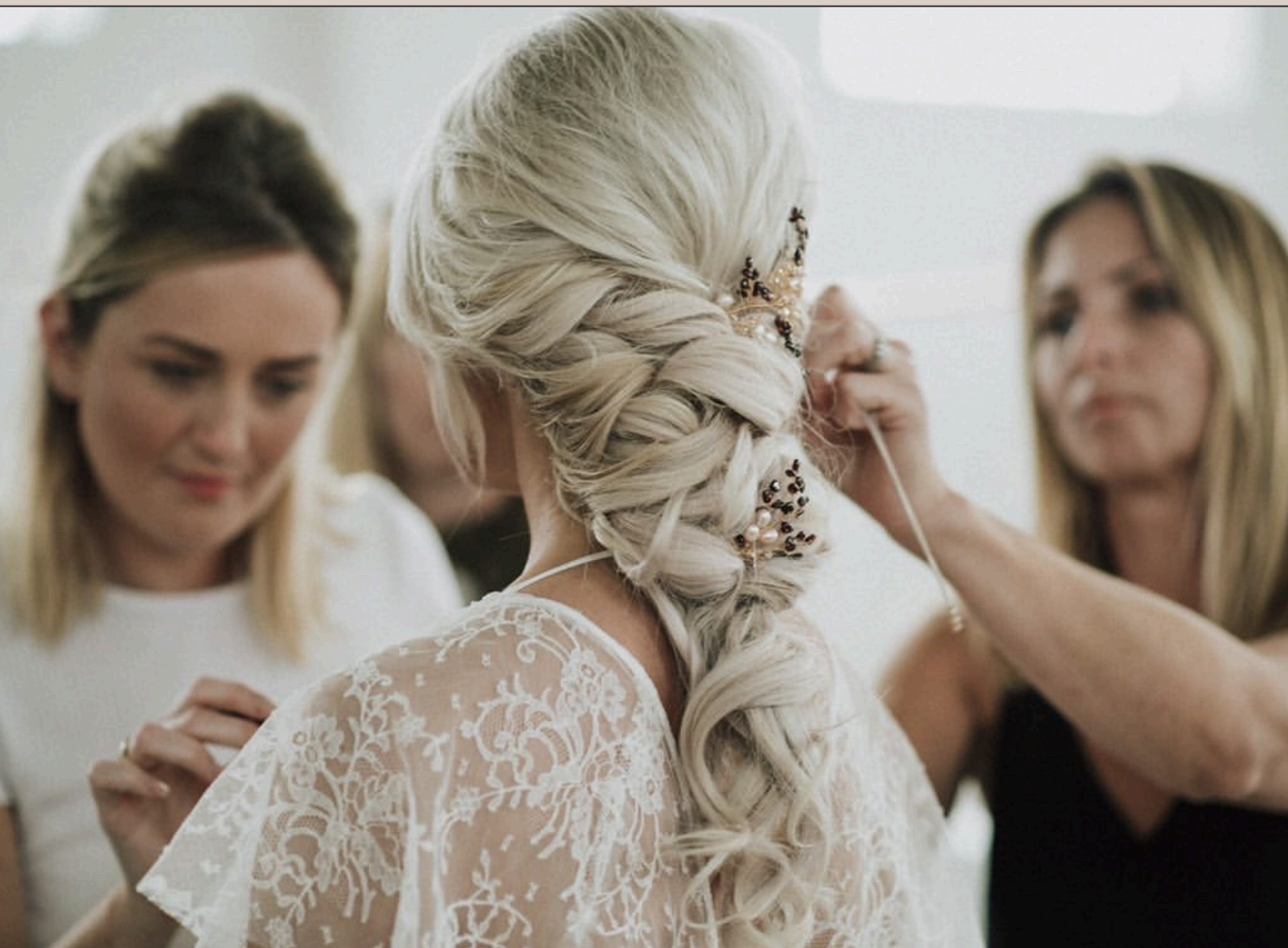


BEFORE the VEIL

A SERIES OF GUIDES FOR BRIDES TO BE

Bridal Hair Prep: Your Timeline to Perfect Wedding Day Hair



Hello & Welcome

Your wedding day is one of the most unforgettable moments of your life, and every detail matters — especially your hair. As you prepare for this special day, it's important to start thinking about how to achieve the perfect hairstyle that will last from the "I do's" to the final dance. In this guide, we'll walk you through everything you need to do in the months leading up to your wedding to ensure your hair is in its best shape and ready to shine. From nourishing treatments and maintenance tips to choosing the right style that complements your dress and personality, I'll provide you with the expert advice you need to have gorgeous, healthy hair on your big day. Let's get started on making your wedding hair dreams come true!

Claire Hartley

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THE EARLIER YOU START, THE BETTER! THIS IS THE PERFECT TIME TO BEGIN LAYING THE FOUNDATION FOR YOUR WEDDING-DAY HAIR GOALS.

6-12 Months Before the Wedding

1. Start a Hair Care Routine

Begin using high-quality hair care products tailored to your hair type and target any hair or scalp concerns. You want to ensure your hair is healthy and in top condition long before your wedding day. Consider switching to sulfate-free shampoos, deep conditioning treatments, and nourishing oils. If you're unsure of the best products, ask your stylist for recommendations. Also, invest in a satin/silk pillowcase! A joy to sleep on and so much kinder on your skin and hair.

2. Schedule a Trim

Regular trims are essential for healthy hair. Aim for a trim every 6-8 weeks to get rid of split ends and encourage hair growth. If you're growing your hair out, stay on top of trimming to keep it looking fresh and healthy.

3. Consider Colour Changes

If you're planning to change your hair colour, this is the time to start. Going lighter or darker? Trying a new shade altogether? The months leading up to the wedding are the best time to experiment with colour or highlights. Doing so early allows for adjustments and ensures you're completely happy with the result before the big day.

4. Time to look at your diet

Your diet plays a significant role in the health of your hair, as it provides the essential nutrients your body needs for hair growth and strength. A balanced, nutrient-rich diet helps ensure that your hair follicles are getting the vitamins and minerals they need, which can reduce breakage, promote shine, and support overall hair health. Sometimes, even with a healthy diet, it can be hard to get enough of these nutrients solely from food. In that case, supplements can help fill in the gaps and ensure that your hair is getting everything it needs to thrive.

Some key nutrients that are important for hair health include:

- **Protein:** Hair is made of keratin, a type of protein, so ensuring you get enough protein in your diet is crucial for strong, healthy hair.
- **Biotin:** A vital B vitamin that promotes hair growth and helps maintain hair strength.
- **Iron:** Essential for oxygen transport in the blood, which supports hair follicle function.
- **Vitamin D:** Plays a role in hair follicle cycling and growth.
- **Omega-3 Fatty Acids:** Help nourish hair and promote healthy scalp conditions.



AS THE BIG DAY APPROACHES, NOW IS THE TIME TO FOCUS ON PREPARING YOUR HAIR FOR THE FINAL STEPS TOWARD PERFECTION.

3-6 Months Before the Wedding

5. Reduce washing so frequently

Sometimes we are the ones causing heavy roots! The more stimulation your scalp is getting the more sebum is produced. It is hard for those used to washing every day but gradually lengthen the time between washes and watch your hair adjust, less faff washing and less oily hair! What's not to like?

6. Deep Conditioning & Nourishment

Introduce deep conditioning treatments into your routine. Aim for a deep treatment or hair mask once a week to restore moisture, repair damage, and boost shine. If your hair is feeling dry or fragile, consider adding protein treatments or strengthening serums to your routine.

7. Experiment with Hairstyles

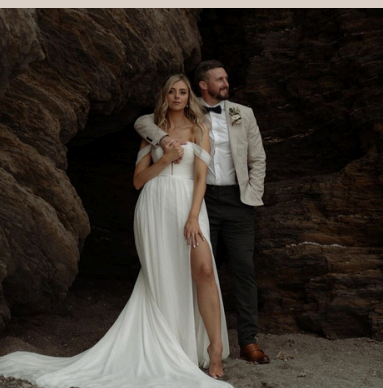
If you haven't already, now is the time to start playing around with your hairstyle. Pinterest boards and wedding magazines can give you some ideas, but remember to choose a style that complements your dress, personality, and wedding theme. If you are torn between styles, loosely try them when you next have your dress fitting and take a few photos ie. one with hair down then tie it half up and then with a low bun. You may not be a hairstylist but it will give you an idea of how each will look with your dress.

8. Your Bridal Hair Preview

Previews are generally done around 12 weeks before your wedding date and is an exciting time dedicated to trying out ideas and perfecting your wedding hairstyle. For more information on how to prepare for your bridal hair preview and what to expect check out my ["Bridal Hair Preview Guide"](#)

9. Hair Extensions & Accessories

If you're considering hair extensions for added volume or length I am able to colour match at your preview appointment. We will be able to test out a set in my studio to ensure they look natural and feel comfortable before you commit to buying some yourself. Once you have had your preview you will also be able to shop for any accessories like tiaras, combs, or hairpins. For more on this check out my ["Guide to Bridal Accessories"](#).



THE FINAL MONTHS ARE ALL ABOUT FINE-TUNING AND ENSURING EVERYTHING IS SET FOR THE BIG DAY.

1-2 Months Before the Wedding

10. Finalising Your Wedding Hairstyle

By this point, you should have a good idea of the hairstyle you want for your wedding day. If you are wanting to make any changes then contact me and I can add the changes to your notes.

11. Plan for Wedding-Day Hair Touch-Ups

If you're worried about keeping your hair looking perfect all day long, consider adding my touch-up service for after the ceremony. I will stay discreetly by your side to ensure your hair stays flawless for your photos, during the reception and throughout the festivities. Feel free to contact me for more information.

12. Have your last salon visit booked in

Ensure you are in your regular stylists diary for a trim and colour refresh. No new salons, no new stylist and definitely no drastic colour changes! Trim those ends and refresh your current colour so it has time to settle before your big day. If there are any hair or scalp concerns perhaps think about adding on an in salon treatment. While you're there, consider whether you need your clip in extensions trimmed. Sometimes they don't need it and blend seamlessly as they are but it is certainly something that you may have to consider if you are wearing them for your big day.



THE FINISH LINE IS IN SIGHT, AND IT'S TIME TO GIVE YOUR HAIR A LITTLE EXTRA TLC.

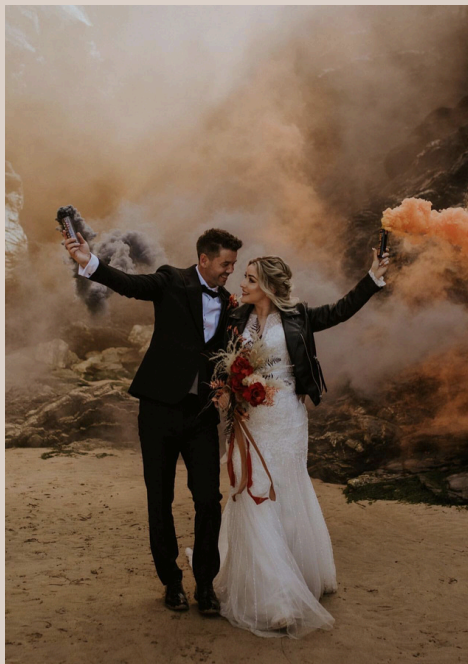
1-2 Weeks Before the Wedding

13. No heavy products

Please don't weigh your hair down with heavy products like oils and serums and avoid heavy treatment/conditioning masks. If you must use conditioner use a light one and apply to the mid-lengths to ends only.

14. How often are you washing?

Hopefully frequency of washing has been minimised so hair is producing less sebum. This means the root area will be less "heavy" and more voluminous making it easier for me to style. A good Clarifying Shampoo is great to use in the weeks running up to your wedding day, this will remove any product build up, excess oils and impurities which will give me a squeaky clean canvas to work on.



WILL YOU BE WEARING CLIP IN EXTENSIONS? THEY NEED PREPPING TOO!

Prep your clip-in Extensions

Fresh out of the box, extensions are often coated with a silicone layer that makes them shiny but slippery. Washing removes this, allowing for better grip and style hold.

How to wash:

1. Use a sulfate-free clarifying shampoo to remove silicone layer or any product buildup.
2. Gently lather in cool to lukewarm water—never scrub.
3. Rinse well and apply a lightweight low pH conditioner through lengths and ends.
4. Pat dry with a towel—don't wring, rub or twist.
5. Apply a small amount of heat protectant.
6. Gently brush extensions to remove any tangle or knots
7. Air-dry on a hanger or lay flat on a towel. Do not blow dry unless necessary.
8. Ensure extensions are 100% dry before storing ideally in a silk bag or box to reduce friction damage and frizz. Some people prefer to roll or wrap extensions into a ring or coil shape before placing them in a storage box or bag. This can help prevent further tangles and keep them compact.

Do this at least 2–3 days before your wedding or hair trial so they have time to dry and set.



FINALLY, THE BIG DAY IS JUST AROUND THE CORNER!

The Day Before the Wedding

15. Prep Your Hair for Styling

Make sure to wash your hair the night before your wedding with a Clarifying Shampoo. Ideally do not wash the morning of, as freshly washed hair can sometimes be too slippery for the best hold. A day-old wash allows for better styling and easier volume.

If you can get away without using a conditioner then this would be ideal. However, if your hair type needs the moisture injection then feel free to use it but please make sure it is a light conditioner and that it is only applied to the mid-lengths and ends. Not the roots!

If your hair is heavy and silky it can really help if you add some mousse for an added layer of texture before you dry. This gives a good base and a solid foundation for me to style with. Similarly if you have fine, limp hair a Volumising Spray would be an ideal product pre blow-dry to add in that essential texture I need. Ensure in both cases it is applied from roots to mid-lengths so work your way through the head and apply section by section. Lastly, for those with dry, dull and damaged hair you may want to use a Hydrating Smoothing Cream from mid-lengths through to ends, this will help nourish the hair, tame frizz and add shine.

When drying use a brush and a hairdryer and dry your hair in sections. You will need to create tension with the hair using your brush and angle the hairdryer so that the airflow is pointing down the hair shaft. This will smooth the cuticle and smooth out any kinks. Try and correct any cowlicks, double crowns or any areas with strong growth patterns by blowdrying the root the opposite way to where it naturally falls. Anyone with these issues are generally practiced at doing this and will know what makes these problem areas behave.

Please **DO NOT USE HEAVY PRODUCTS LIKE SERUMS, OILS & HEAVY CONDITIONERS** and **DO NOT USE STRAIGHTENERS!** It is incredibly hard to get volume and shape into hair that has been straightened or been weighed down with products.

If you must wash your hair on the day please try to ensure hair is fully dry approx 2hrs before styling.

Please also do not tie your hair back. If you can't avoid it then please do so loosely, in a low ponytail with a silk scrunchie to reduce the impact on the hair. Kinks created by hair bands make me want to cry.

**PLEASE FORWARD THIS INFORMATION ON TO ANYONE
HAVING THEIR HAIR STYLED BY ME ON YOUR WEDDING
MORNING**



Recommended Products



1. Bumble and Bumble Sunday Shampoo

This is a great Clarifying Shampoo that removes build-up, excess oils and impurities. Wash with this and it gives me a lovely clean canvas to work on. Great for all hair types!



2. Bumble and bumble Hairdresser's Invisible Oil Shampoo

Specially formulated for dry, coarse or brittle hair, Bumble and bumble's Hairdresser's Invisible Oil **Sulfate Free** Shampoo will gently cleanse away impurities, whilst softening, detangling and reducing frizz to leave your hair feeling smooth and manageable.



3. Redken Volume Injection Conditioner

Boost hair's lift and body with Redken's High Rise Volume Lifting Conditioner, a volumising formula that works to lift fine, flat, lifeless hair.



4. L'Oreal Absolute Repair Shampoo & Conditioner

A protein-rich haircare duo that delivers exclusive hydrating ingredients to lengths. Perfect for those that need a moisture injection.



5. L'Oreal Absolute Repair Mask

For those with dry, damaged hair this mask is amazing. A resurfacing treatment that transforms damaged and chemically-treated hair to reveal a sleek, soft strands. It may be too heavy for your roots so apply from mid-lengths to ends.



6. Matrix High Amplify Spray

A volumising root lifter spray that adds extra volume to limp locks for a salon-style finish. Great for fine, limp hair to add texture and volume



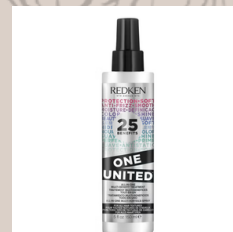
7. Color Wow Xtra Large Bombshell Volumizer

A volumising hair foam that adds visible fullness, texture and hold, suitable for natural and colour-treated hair types. Great for heavy, silky hair for that extra texture needed for styling.



8.Redken One United Multi-Benefit Treatment Spray

A deep-conditioning treatment that delivers 25 benefits to the hair. Lightweight and deeply conditioning, the spray works to reduce dryness and enhance the caring properties of other products, softening the texture of styling treatments for smooth and nourished results. Hair will be softer, stronger and easier to manage with added shine and improved frizz control.



9. Moroccanoil Hydrating Styling Cream

A leave-in styling cream that creates a soft, natural feel. Moroccanoil® Hydrating Styling Cream conditions, hydrates and fights frizz. Its nourishing, argan oil-infused formula adds shine and definition with a soft hold. Perfect for blow-drying, taming flyaways and refreshing day-old styles.

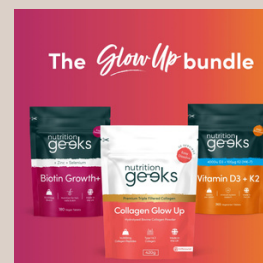


10.Nutrition Geeks Glow Up Bundle

Highly recommended to all brides-to-be!!

What's In The Box

- 1 x Collagen Glow Up (1 month supply) for skin firmness and elasticity as well as supporting healthy joints (not suitable for vegans or vegetarians)
- 1 x Biotin Growth+ (3 months supply) to support your hair, skin and nails
- 1 x Vitamin D3 + K2 (12 months supply) to boost your immunity and improve your mood



11. Kitch Satin Pillowcase

Elevate your beauty sleep with the Kitch Satin Pillowcase, a silky-soft pillowcase designed to be gentle on your hair and skin as you slumber. Crafted with soft satin fabric, the pillowcase offers enhanced slip to resist tugging or pulling on your hair. The nighttime accessory arrives in an array of colours and designs, from rosy blush to leopard-print.



12. Slip Silk Pillowcase

Enhance your beauty routine with the Slip Silk Pillowcase - Queen, a pure silk pillowcase that has been specially designed to be gentle on hair and skin. The highest grade (6A) long fibre mulberry silk with a 22 momme thickness has been utilised to create a luxurious night-time experience that is delicate on skin and hair. The SlipSilk™ pillowcase has been refined over ten years to provide the ultimate in shine, thickness, softness and durability, while featuring a unique envelope closure.



CONCLUSION

Gorgeous Hair, Effortless Beauty

Preparing your hair for your wedding day doesn't have to be stressful—it's all about starting early and following a well-planned timeline. By giving yourself plenty of time to nurture your hair, experiment with styles, and work closely with your stylist, you'll ensure that your hair is in its healthiest, most beautiful condition for the big day. With the right care and attention, you can walk down the aisle feeling confident that your hair will look as flawless as your wedding day dreams.

Start today, and let your hair shine as brightly as you do on your special day!



LET'S WORK TOGETHER
AND CREATE SOMETHING BEAUTIFUL

Ready to start preparing your hair for your big day?

IF YOU HAVE ANY QUESTIONS PLEASE EMAIL ME AT

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