



Plum Pretty Sugar cotton robe with flutter sleeves, Chick Invitations & Design hanger, 158 N. Third St., chickinvitations.com.

COUNTDOWN TO THE BIG DAY

There is no better time to experience the ultimate in self-care than during the months between “yes” and “I do.” In addition to taking some time to pamper yourself, you’ll also want to make sure you look and feel your best—not just for the wedding, but your shower and bachelorette party too. That’s why we rounded up the must-have beauty treatments leading up to the big day from some of Philadelphia’s most reputable places. From CoolSculpting sessions to finding the perfect makeup to the moment you arrive at your final fitting, here’s a timeline for getting picture perfect.

By Christa Protano



I COOLSCULPTING

CLAYTOR NOONE

CoolSculpting is a noninvasive procedure that freezes and eliminates fat cells over time. It can take a few appointments and up to 90 days to see results, so start here first.

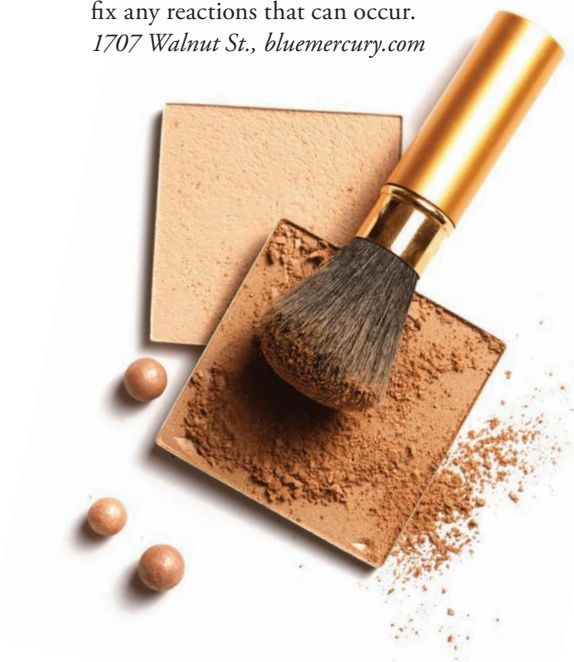
135 S. Bryn Mawr Ave., Ste. 300, Bryn Mawr, cnplasticsurgery.com

2 SKIN CONSULTATION

BLU MERCURY

It can take up to three months to see the benefits of a new skincare routine, and you’ll want to build in time to fix any reactions that can occur.

1707 Walnut St., bluemercury.com



ROBE PHOTO BY ALISON CONKLIN; BLU MERCURY PHOTO COURTESY OF BRAND; COOLSCULPTING PHOTO BY PEOPLEAGES/ISTOCK.COM



HAIR COLOR

THE COLOR ROOM

Start scheduling your color appointments just as often as your dress fittings. Try to stay traditional and not too trendy with the color because you don't want any regrets when you look back at photos. 201 S. 22nd St., thecolorroom.com



SOMETHING YOU ONSITE BEAUTY

A brow artist can determine the right brow shape for your facial structure and a maintenance timeline. Also consider a lash growth serum to strengthen and condition your lashes prior to any extension or lifting service. 220 Sugartown Road, Ste. 5, Wayne, or at location of your choice, somethingyousite.com

FINAL DRESS FITTING

VAN CLEVE BRIDAL

The alterations process is complete and now is the time to see yourself in your gown with all the accessories. It's also important that someone accompanies you to learn how to bustle the dress. 1604 E. Lancaster Ave., Paoli, vanclevebridal.com



LASER HAIR REMOVAL

CLAYTOR NOONE

Laser hair removal stops unwanted dark hair in the active growth phase. At least six treatments are needed, scheduled four-to-eight weeks apart. For best results, avoid sun exposure post procedure. 135 S. Bryn Mawr Ave., Ste. 300, Bryn Mawr, cnplasticsurgery.com



TANNING

BAKED

A subtle spray tan will achieve the perfect sun-kissed glow. Schedule your treatment before the rehearsal dinner and be sure to shower, shave and exfoliate at least two hours before your appointment. 740 S. Fourth St., bakedtanning.com

