

MASSAGE AND SPA

Planning a wedding is big task which usually requires collaborative effort. Reward yourself and your helpers with a spa party. Whether you are celebrating a bachelorette party, girls' night out or a date with your fiancé, a massage and spa offers a relaxing and memorable time that will be appreciated by all! Pamper yourselves with deep tissue massage, hot stone massage or facials. Regular therapeutic massage offers many health benefits. You may appreciate the stress and pain relief, reduced heart rate, improved range of motion and flexibility, and an improved sense of well-being during planning time. Combine aromatherapy for enhanced results.

Research your local spas, many offer special packages to serve all your wedding needs. Consult with a massage therapist. Ask about group rates or if they offer a private room for your party to gather in while enjoying food and drinks between services. A massage and spa is a unique intimate experience perfect for rejuvenating and bonding before your big day....and after!

THE PERFECT TAN

Just think of the photos that will be with you for the rest of your life. It's a very important time and tanning is one of the easiest and most effective ways to look and feel beautiful. Remember, you only get married once and this is your time to splurge on the perfect tan.

INDOOR TANNING

For indoor tanning, buy some quality indoor tanning lotion and a cute pair of goggles. Read the bottle of tanning lotion and follow the instructions. Talk to the experts at the salon on how to start and tan to your perfect color. Once you reach your optimum skin tone, you want to maintain it. Tan once a week until your wedding day, or see what your salon recommends for your skin tone. You will be ready for your big day and honeymoon!

SPRAY TANNING

If you prefer spray tanning, follow these tips. The night before spray tanning, shower, exfoliate and shave. Skip the moisturizer after your shower. Once at the salon, the attendant will explain the 4-5 minute process, which involves moving through a series of positions to ensure seamless coverage. Spray tan one month before your wedding to see how your skin responds. Follow the professional's instructions regarding how often to spray tan before your wedding day. After your session, don't shave or use abrasive products for a few days to preserve your color. Chlorinated pools and hot tubs can fade your tan. Avoid razorback sports bras between your final spray tan and your wedding day. Follow these tips and your spray tan will give you that gorgeous glow!

Research the two options, you will enjoy your tan skin in your wedding portraits for the rest of your life. You also will be honeymoon ready if you are going somewhere tropical!