

Wedding Party Checklist

- Clean Eating**-In the days leading up to the wedding make sure to eat non-greasy foods, foods that won't break you out, or foods you have skin or stomach reactions to.
- Water**-In the the 4-5 days leading up to the wedding, drink plenty of water. This will help your skin to have a nicer glow and appear better all around. If you drink 2 liters upon waking up every morning this well help to clear your body of toxins.
- Skin and Lips**-In the 4-5 days prior to the wedding, remember your facial moisturizer and a nice thick lotion for the rest of your body. If your lips are prone to drying, keep them moisturized for the week prior.
- Nails**-Trim your nails the day prior to the wedding. If you are femaie, have them polished and ready for the next day.
- Hair**-Men if you are going to have your hair cut, do so about 4 days before the wedding Women, if you are going for a trim-then a week before is fine. If you are going for a whole new look, then 2 to 3 weeks before the wedding would be best. If something happens to go wrong, then you have some growth to offset that.
- Make-up**-If your make up is not going to be done by a stylist, then try a photofinish foundation. Make sure to conceal all blemishes with concealor first, but don't go too heavy on your make-up. Ask the bride if she has a preferance on make up style. Practice your wedding make-up a few days in advance, so you can be set to put it on well the day of the wedding.
- Alcohol**-Do not drink excessively the night prior to the wedding. Alcohol dehydrates your body-this is visible mostly in the skin and eyes. Don't forget visine if you have a problem with redness around the eyes. Don't drink prior to the wedding-wait until after the formals have been taken.
- Punctuality**-Be on time! Know where you need to be and when. Many times pictures are done before the ceremony. For the day to run smoothly everyone needs to be present and on time.
- Dissappearing**-Don't dissappear for any reason after the ceremony or whenever all of the formals are scheduled. Get your pee/smoke breaks out of the way prior to these. When people can't be found it puts the day behind and stresses the bride and groom.
- Speak up**-If you are doing something weird with your mouth accidentally, or you blinked, or you just feel like you were making a weird face, SPEAK UP! A Wedding Photographer will not just magically know that cousin Bubba blinked when they are concentrating on a party of 15 people.

