

AMPPA SKIN & HAIR CLINIC

The Bridal Beauty Playbook

Your skin & hair countdown to the big day

A practical, no-panic guide to planning your pre-wedding beauty journey.

Chat on WhatsApp to book · +91 7200 400 387

Your Wedding Countdown

Start early, stay consistent, and keep it simple as the date gets closer.

6 Months Before — Build Your Foundation

- Identify your top 2-3 skin & hair concerns
- Book a professional consultation
- Start daily sun protection
- Establish a regular hair-care routine

3 Months Before — Start Your Plan

- Begin any recommended treatments
- Track how your skin responds
- Stay consistent with home care

Your Wedding Countdown, continued

1 Month Before — Refine & Maintain

- Continue your established routine
- Follow your treatment schedule
- Avoid unnecessary experimentation
- Confirm your styling appointments

2 Weeks Before — Keep It Simple

- No new products or DIY experiments
- Stick to what your skin already tolerates
- Follow your professional's after-care instructions

Wedding Day — Enjoy the Moment

- Your prep is done — rest well and stay hydrated
- Let your routine do the work
- Smile and celebrate

Treatments Our Brides Ask About

Always recommended only after a professional assessment.

Q-Switch Laser

Often used to address pigmentation, tan and uneven tone. Session planning and suitability are decided during your consultation.

Acne & Acne Marks

Breakouts before the wedding aren't unusual. Understand the cause first, rather than switching products constantly.

Skin Lightening

A supervised approach for visibly clearer, more even-toned skin, planned around your wedding timeline.

Pigmentation

Different causes need different approaches. A consultation helps identify the concern and the right plan for it.

Skin Brightening

A guided approach to improving radiance and evening out facial skin tone over a planned course of sessions.

Full Body Lightening

A full-body treatment plan aimed at brighter, more even-toned skin — timed around your wedding countdown.

Also treated at AMPPA: dullness & tan, hair fall & thinning, and scalp health.

Individual results and treatment suitability may vary. A consultation is recommended before starting any treatment.

WEDDING SEASON

Bridal packages, made for your countdown

We put together season packages for brides and grooms, combining consultations and treatments around your wedding date.

Offers change with the season, so the current ones are best shared directly on WhatsApp.

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Keep Your Prep Simple

More brides run into trouble from doing too much, too late — not too little, too early.

Do

- + Stay consistent with a routine you can actually keep up
- + Protect your skin from sun exposure daily
- + Follow your professional's after-care instructions
- + Plan your hair styling trial well in advance

Avoid

- × Trying a brand-new product right before the wedding
- × Random DIY treatments or viral hacks
- × Picking or squeezing breakouts
- × Waiting until the last week to start

**Your wedding day is one day.
Your preparation starts today.**

Chat with us to plan your bridal skin & hair consultation.

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