

* Skin Script RX *

Your Bridal Glow Countdown

A week-by-week guide to getting your skin wedding-ready — from first facial to the big day.

YOUR SKIN GOALS

Radiance and Glow Even tone, luminous texture, camera-ready clarity

Acne Control Clear breakouts, minimize pores, reduce congestion

Anti-Aging Smooth fine lines, firm and lift, improve elasticity

Pigmentation Fade dark spots, melasma, and sun damage

Hydration Plump, dewy skin that holds makeup flawlessly

WEEK-BY-WEEK TIMELINE

**16 - 12
Weeks**

THE FOUNDATION PHASE

Assess, Correct, and Build

Book your first consultation and professional facial. This is when deeper corrective work happens — chemical peels and enzyme treatments can be introduced safely, with enough recovery time before the event. Target hyperpigmentation, acne, and texture concerns now. Begin a consistent home-care regimen and introduce actives gradually.

Products: Fruit Enzyme Facials (in-office) | Glycolic and Retinol Pads | Advanced Renewal Serum | Glycolic or Lactic Peel Series | Sheer Protection SPF 30

**10 - 8
Weeks**

THE CORRECTION PHASE

Target Your Top Concerns

Continue your peel series (spaced 3-4 weeks apart for best results). For pigmentation: Glycolic and Retinol Pads twice daily on dark spots. For acne: add Blemish Control Spot Treatment. For aging: Passionfruit or Raspberry Peach enzyme facials to boost circulation and firmness. Vitamin C serum should be a daily staple.

Products: Vitamin C / Green Tea Serum | Blemish Control Spot Treatment | Pumpkin or Pomegranate Enzyme | Peptide Eye Serum | Retinol 2% Exfoliating Scrub

6 - 4 Weeks

THE REFINING PHASE

Smooth, Brighten, and Lock In Results

Shift focus to hydration and texture refinement. This is the final window for a professional chemical peel — complete no later than 4 weeks out. Your last enzyme facial can happen around week 4. Begin a full moisture-barrier routine daily to prepare skin for makeup application.

Products: Cucumber Hydration Toner | Goji Berry Yogurt Mask | Coconut / Papaya Enzyme | Acai Berry Moisturizer | Golden Honey Nourishing Mask

3 - 2 Weeks

THE CALMING PHASE

Nourish and Protect

Wind down active exfoliation. Discontinue retinol 5-7 days before any remaining treatments. Focus on barrier support and hydration. Gentle Coconut/Papaya enzyme options are still fine for a glow boost. Stick to your proven routine — no new products. Do a makeup trial now.

Products: Light Aloe Moisturizer | Seaweed Mask | Cucumber Hydration Toner | Sheer Protection SPF 30

1 Week

THE PRE-WEDDING PHASE

Glow and Go

No actives, no new treatments, no exfoliation. Focus entirely on hydration and soothing. A gentle Coconut/Papaya enzyme facial is acceptable if your esthetician recommends it and your skin is well-adjusted. Keep stress low, drink plenty of water, and rest well.

Products: Coconut / Papaya Enzyme (optional) | Acai Berry Moisturizer | Peptide Eye Serum

Day Of

WEDDING DAY

Simple, Hydrating, Camera-Ready

Cleanse gently, tone with Cucumber Hydration Toner, apply moisturizer and SPF. That is it. Your skin has been prepared for months — let it shine. Avoid anything new the morning of the event.

Products: Green Tea Citrus Cleanser | Cucumber Hydration Toner | Moisturizer + SPF

WHAT TO AVOID AND WHEN

● **Chemical Peels - Stop 4 Weeks Before**

Peels require recovery time. Redness, flaking, or sensitivity can linger 1-2 weeks. A series of 4+ peels spaced 3-4 weeks apart works best when started 12+ weeks out.

● **Retinol - Stop 5-7 Days Before Any Treatment**

Discontinue all retinoids (including Retin-A and Advanced Renewal Serum) 5-7 days before enzyme or peel treatments to prevent over-sensitivity and irritation.

● **Accutane - Must Stop 6-12 Months Prior**

Anyone on Accutane must stop treatment at least 6 months — ideally one year — before professional treatments. Physician clearance is required.

● **New Products - Freeze Your Routine at 3 Weeks Out**

Introducing new products close to the wedding risks unexpected reactions or purging. Stick to your established routine and resist trying anything new right before the big day.

● **Strong Exfoliants - Ease Off at 2 Weeks Out**

Glycolic, salicylic, and mandelic acids do the heavy lifting early. Reduce frequency at the 2-week mark and stop entirely in the final week to keep your skin barrier intact.

● **Sun Exposure - Protect All the Way Through**

Daily SPF (Sheer Protection SPF 30) is non-negotiable throughout bridal prep — especially when using actives that increase photosensitivity.

PRO TIPS FOR BRIDAL PREP SUCCESS

- Start 16 weeks out minimum — real skin transformation takes consistent time, not a last-minute sprint.

- A series of at least 4 professional treatments (enzyme facials or peels) spaced 3-4 weeks apart delivers the best cumulative results.

- Pair in-office treatments with Skin Script's home-care line — professional and retail products are designed to work together.

- Schedule a 'trial facial' at 4 weeks out using the exact products and routine you will use wedding week — no surprises.

- Hydration is the final-week secret weapon. Well-hydrated skin holds makeup better and photographs more evenly.

- Skin Script RX is clinical grade — stronger than over-the-counter, gentler than prescription — ideal for brides who want results without downtime risk.