

Wedding Day
HAIR PREP
& PRODUCT GUIDE

— BY —

REFINED BRIDE

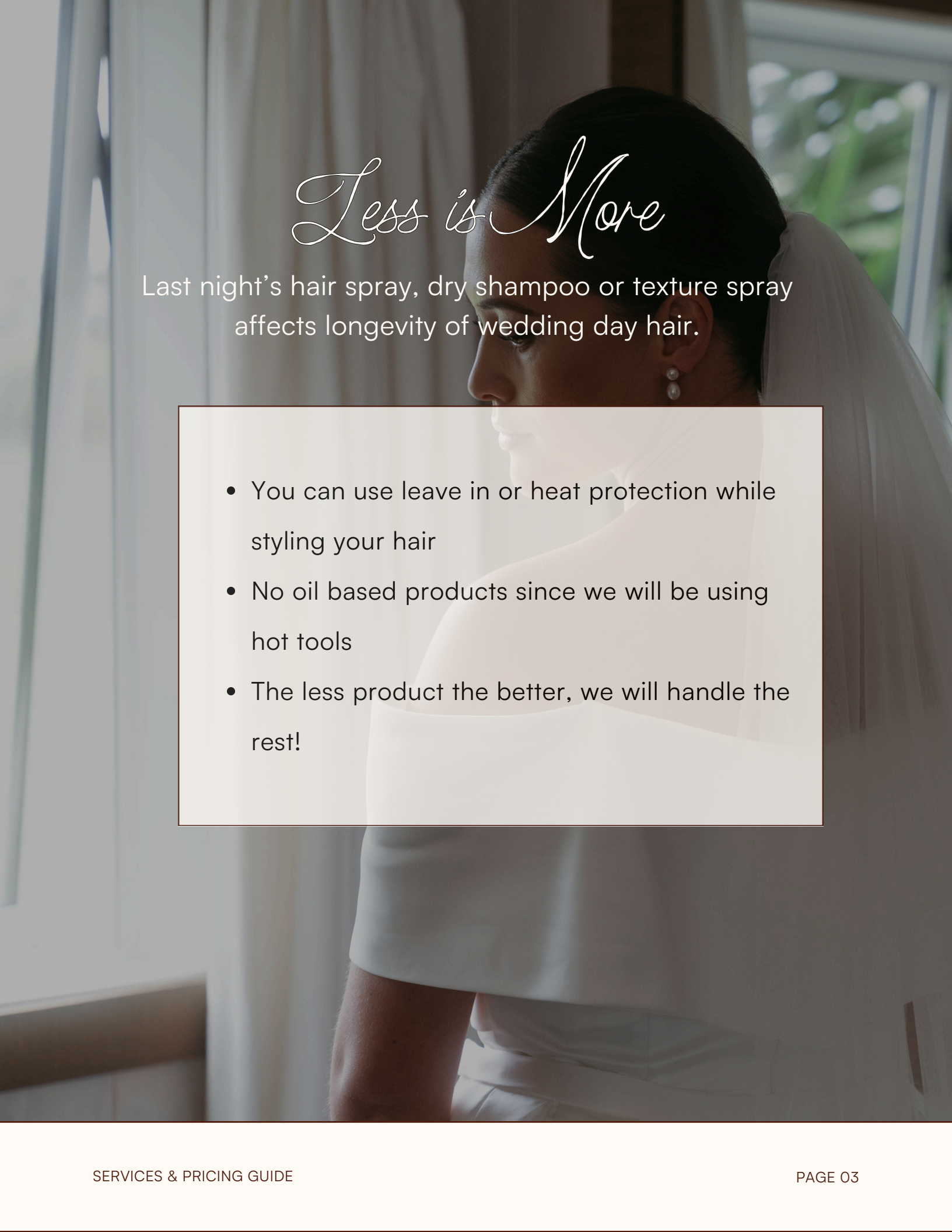
WWW.PHILLIPASHAIRRETREAT/BRIDAL-HAIR

A woman with blonde hair in a bun, wearing glasses and a white wedding dress, is seen from the back, looking out at the ocean under a blue sky. The text 'Wash & Blowdry' is written in a white script font at the top.

Wash & Blowdry

Dirty hair does not style better.

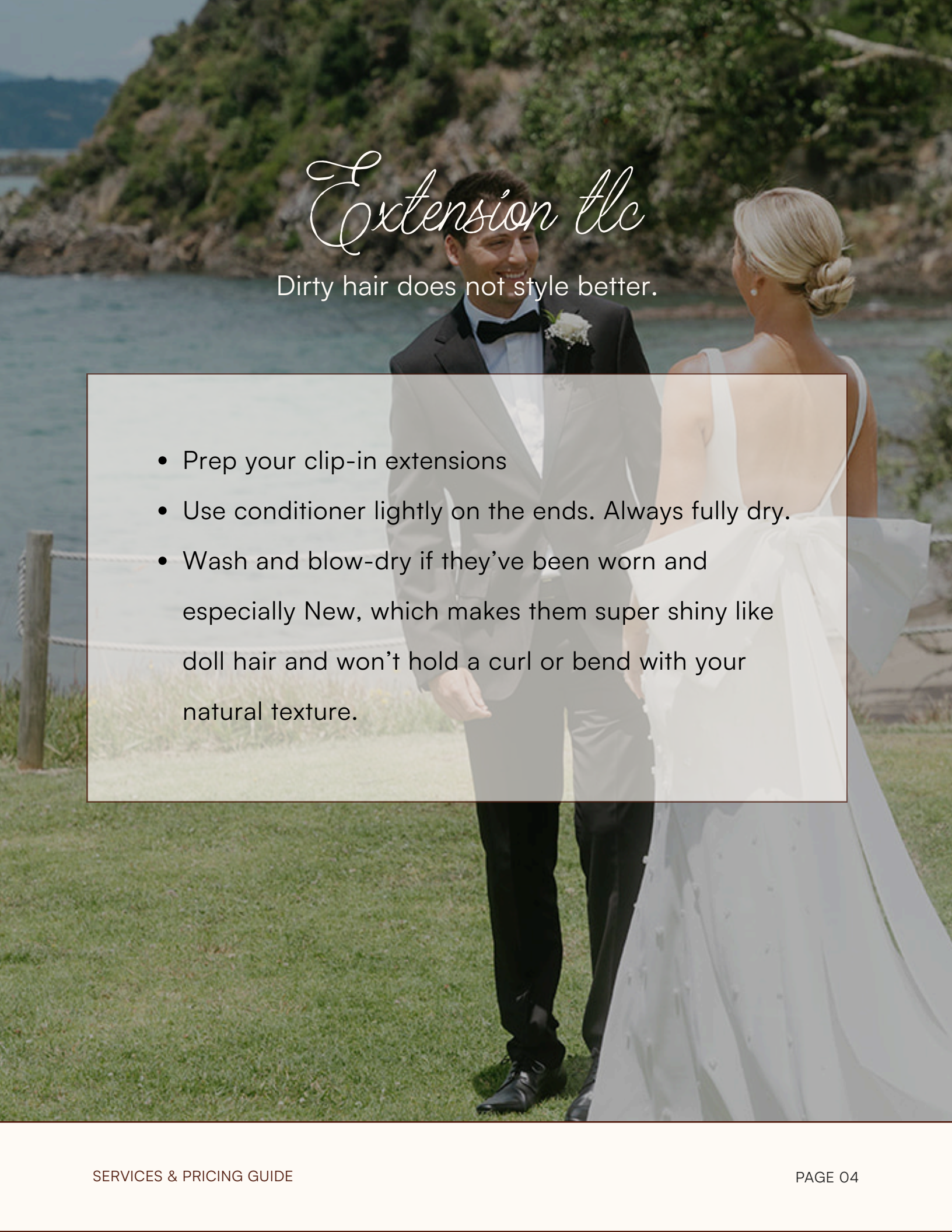
- The day/night before wedding.
- Shampoo 2x & lightly conditioner on the ends.
- Blow dry. DO NOT AIR DRY!
- It dries flat to the head, you lose volume & gets oilier faster.
- A professional blowout is best for wavy, curly or frizzy hair.
- No flat ironing or showing up with wet hair.



Less is More

Last night's hair spray, dry shampoo or texture spray affects longevity of wedding day hair.

- You can use leave in or heat protection while styling your hair
- No oil based products since we will be using hot tools
- The less product the better, we will handle the rest!



Extension tlc

Dirty hair does not style better.

- Prep your clip-in extensions
- Use conditioner lightly on the ends. Always fully dry.
- Wash and blow-dry if they've been worn and especially New, which makes them super shiny like doll hair and won't hold a curl or bend with your natural texture.



Protect Your Prep

Fun fact: Wet hair in a messy bun won't fully dry the next morning.

- Don't put your hair in a messy bun after washed and blown dried.
- Ponytails only, use scrunchies or elastics that don't dent the hair.



Protect Your Glam

Don't steam in the same room as hair & makeup!

- Steam dresses night before
- Yes, this is part of your hair prep, because it affects your hair's longevity and frizz factor!
- Steaming after a fresh blowout on wedding morning isn't the best idea, it can cause frizz.
- If it has to be morning of, always steam BEFORE hair and makeup!



FOR BUSINESS

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