



Wedding Skin Planner
GET YOUR CLIENTS READY!

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MICRODERMAL NEEDLING



Congratulations!

Your client is trusting you to help them look their best for a very important day, and **MDPen Microneedling and Skin Care** is here to help you get them ready. The following is a complete six-month guide to giving your brides, grooms, bridal party members, and other guests the best wedding skin of their life.



Listen to our WeddingSkinReady Podcast! 16:12 mins

Six months prior to the wedding



Set Up a Consultation/Skin Analysis

Whether a new or existing client, a pre-wedding skin consultation should be done as its own visit. Review current skincare routines and make necessary adjustments. New clients should bring their skincare products for evaluation.



Be sure to take baseline photos to document progress so you can document your starting point and compare them to future photos prior to the wedding.



As you analyze the client's makeup-free skin, this is the time to **ask all important questions**: When is the wedding? Where is the wedding (consider climate effects on the skin)? What are your primary skin concerns? What are your wedding skin goals? Do you need body treatments (e.g., back, chest, or hands)?



Starter Skincare Routine

MDPen's Minimalist Kit is the perfect daily regimen to begin skin prep:

Hydrating Cleanser – Gentle pH-balancing cleanser

C+E Brightening Serum – Antioxidant-rich serum for skin radiance

Broad Spectrum SPF 30 Moisturizer – Essential sun protection

Revita Peptide Moisture Crème – Anti-aging moisturizer

Radiant Retinol Balancing Complex 0.5% or 1% – Skin renewal and balancing treatment



👉 Shop MDPen Minimalist Kit for the latest product updates.

Six months prior to the wedding



Start with a Facial

Begin the wedding skincare journey with a deep-cleansing facial to get a clean slate. Consider treatments like:

- Hydrodermabrasion
- Oxygen Facials
- Cryotherapy Facials
- Infusion Therapy

Examine the skin after the facial and decide how many microneedling treatments will be needed to meet the goals.



Two to five months prior to the wedding



Microneedling Treatments

Start a series of microneedling sessions every 30 days to boost collagen, address acne scars and reduce other imperfections.



Discontinue harsh exfoliants (AHAs, BHAs, Retinols, Vitamin A) one week before each microneedling treatment.



Dermaplane Facials can be done every two weeks between microneedling sessions for enhanced skin smoothness.



Chemical Peels or Photofacials – If hyperpigmentation is a concern, these treatments should be performed before starting the microneedling protocol.



Body Skincare

If body skin concerns exist (e.g., acne, stretch marks, hyperpigmentation), incorporate microneedling on the body or other treatments like chemical peels, or LED therapy. Body microneedling treatments can often be scheduled alongside the facial microneedling treatments every 30 days.



Injectables & Fillers

- Neurotoxin injections (Botox, Dysport, Xeomin): Best scheduled 6-8 weeks before the wedding.
- Dermal fillers: Should be completed at least 6-8 weeks before the wedding to allow time for settling and touch-ups if needed.

One month prior to the wedding

As the wedding day approaches, it's time to focus on refining and maintaining all the hard work that has gone into achieving glowing skin. These final steps will ensure the skin looks its absolute best, with no last-minute surprises or irritations.



Last Microneedling Treatment – Perform the final session two weeks before the wedding.



Stop Retinols, AHAs, and harsh exfoliants during the last month.'



Hydration Boost – Increase use of hydrating products like Pure HA Serum and Copper + HA Mist.



Ensure SPF Protection – Daily sunscreen application is non-negotiable.



Two to four days prior to the wedding

In the final days leading up to the wedding, these glow-boosting treatments will ensure skin looks luminous, fresh, and flawless. Gentle, non-invasive procedures will enhance the complexion while avoiding irritation or downtime.



MDPen Refine (Nano) Microneedling Facial – Enhances skin radiance without downtime.



Eyebrow and Lash Appointments – Ensure perfectly shaped brows and lashes.



Body Treatments – Massages, body wraps, and waxing should be completed at least 3 days prior.



Spray Tan – If needed, schedule this after all skincare treatments.



Two to four days prior to the wedding

Final Wedding Skin Prep Tips:

- **Stay hydrated!** Drinking plenty of water throughout the day helps keep skin plump and radiant. Proper hydration supports skin elasticity and prevents dryness, ensuring a fresh, dewy complexion on the wedding day.
- **Get plenty of sleep.** Aim for at least 7-9 hours of restful sleep each night. Quality sleep promotes cell regeneration, reduces under-eye puffiness, and enhances overall skin health, giving the face a natural glow.
- **Avoid new skincare or makeup products** to prevent reactions.
- **Use a silk pillowcase** to reduce friction and help maintain skin hydration.
- **Reduce sodium intake** to prevent puffiness before the big day.
- **Practice stress management** techniques like meditation or light yoga to keep skin looking its best.

Now Your Client is
#WeddingSkinReady!



We'd love to hear from you!

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LET'S CONNECT

