



# Best Things to Do the Week of Your Wedding

To make sure you've checked off every last item on your list (including the glass!), we've created a handy wedding week checklist. It's the final countdown: There's only one week left until your wedding. Take care of the butterflies because this is an extremely exciting time, but there are a few final things on your wedding planning checklist to keep in mind before you head down the aisle, from the major responsibilities to the little details.

It can all seem a bit overwhelming, so don't be afraid to ask for help in the days leading up to your wedding – your friends and family will probably be happy to lighten your load! Take the next few days to get ready with our wedding week checklist.

If you hire The [Best Bridal Makeup Artist in Pune](#) then don't worry about your makeup look just enjoy your time before-wedding. The makeup artist will give you the best outstanding flawless look at all your wedding functions.



## How should I Spend the Week Leading up to My Wedding?

Below you'll find your wedding week checklist to help you keep track of all those little details. In addition to checking off all those items, don't forget to relax and have fun. Yes, it can feel stressful at times, but this is supposed to be a happy and exciting time in your life.

## 1. Get a Good Night's Sleep

Although it can be tempting to stay up until 2 am, getting enough Zzzs will ensure you shine in your wedding photos and have the energy to dance the wedding night away. In order to ensure that you leave the event to rest, we suggest that you set a departure time and gather a friend or family member.

## 2. Appointment

Confirm your hair and beauty appointments during morning hours with your [Best Hair and Makeup Artists in Pune](#) and your wedding transportation company.

## 3. Take Good Care of Yourself

Eat healthy, balanced meals, and don't skimp; after all, you will need every ounce of energy you have. "It's no fun being or being around a 'hungry' bride!" Just get relaxed and Get away from the hustle and bustle of everything, just take a yoga class, read a book, or do other decompression activities.

## 4. Beauty Treatments

If you are going to have any additional beauty treatments like manicures and pedicures, the week of the wedding is the time to do it. For treatments like wedding eyelash extensions, we recommend having them done at the beginning of the week, to give yourself enough time to adjust to your new addition. Oh, and while you're here, it might be worth taking a look at the beauty treatments to avoid before the big day.

## 5. Drink Lots of Water

Drinking plenty of water will not only keep your complexion vibrant, glowing, and photo-ready but staying hydrated will ensure you stay alert and focused. Vital when you're running last-minute errands!

## **6. Mindfulness and Meditation**

Mindfulness and meditation should become part of your routine as soon as your wedding planning begins. With so much stress, pressure and drama, you need to keep a clear head and these two practices can help with the same. Also, we don't think it's necessary to give you reasons for how stress and anxiety can get in the way of your wedding health and beauty goals.