

# Spa Treatment Ideas For Brides & Their Bridal Parties

Weddings are a special time that require more than just your run of the mill treatments. If you are a bride to be, or if you are helping out as a bridesmaid or maid of honor, it's a good idea to start planning your wedding party spa and salon treatments ahead of time. What's great about these ideas is that you can turn them into festive events that are fun and celebratory while you are getting pampered and prepped.

Here are some great ideas to get you started:

## 1. Body Scrubs And Wraps

Get your skin ready for strapless dresses and honeymoon bikinis with an indulgent body scrub. This treatment will slough off dead skin, boost circulation and leave your skin silky smooth and glowing. Wraps come in all types, and often involve seaweed and algae. These treatments are great for detoxing and ridding yourself of unwanted bloat.

## 2. Facials

Getting a facial before the big day is not only a relaxing, pampering treatment, it also helps you look and feel your best. Remember, if you are getting any type of microdermabrasion or similar treatment, do it several days before the wedding. You don't want any dryness or redness to be an issue. For best results, schedule a few of them leading up to the big day.

## 3. Lash Extensions

This is a great treatment for the whole bridal party. Lash extensions give your look that wow factor. They will help your eyes really pop in photographs and leave you feeling red-carpet fabulous!

## 4. Manicure And Pedicure

Of course these two go without saying. Again, mani-pedi's are a great group treatment that can bring you together while you get your nails and toes looking beautiful. Be sure to select a salon with a good reputation and reviews. Get nails that match your flowers or dresses, have fun and relax!

## 5. Updo's

Updo's aren't just for the big day. They can also be for bridal showers and rehearsal dinners. Why settle for your regular style? A professional updo will have you looking and feeling glamorous. It's also a good idea to test out a style before you settle on it for the big day. One word of caution, though. Avoid a major style or color change too close to the wedding. If you want to try a new haircut or color, plan to do this a few months before the wedding, so that you have time to let it grow out or repair any damage that is done. Updo's are great, because they are a temporary style

change, not a permanent one.

These are just a few ideas for your bridal party spa treatments. Spa and salon treatments are also great for showers and parties. In some cases, the spa and salon can come to you. Think pretty invitations, champagne and strawberries and lots of laughs, fun and memories.