

The
CALM BRIDE
GUIDE

HAIR UPS

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HELLO *and* WELCOME



"After styling hundreds of brides, I've seen exactly what creates a calm wedding morning and what causes unnecessary stress.

This guide shares my top tips to help you enjoy every moment."

Mandy



Secret #1:

BUILD YOUR TIMELINE BACKWARDS

The biggest cause of wedding morning stress is not allowing enough time.

Build Your Timeline Backwards Start with your ceremony time and work backwards. Include travel, getting dressed, photos, hair and makeup, and a little buffer time for unexpected delays.

Giving yourself extra time means you can relax, enjoy the morning, and stay fully present instead of feeling rushed.

Bridal Pro Tip 💍

Add 30 minutes of "just in case" time. Every relaxed bride I've worked with has had extra time built into her schedule.

Example:

2:00 PM Ceremony

- ↑ Leave venue – 1:30 PM
- ↑ Bridal portraits – 1:00 PM
- ↑ Get dressed – 12:30 AM
- ↑ Bridal hair & makeup complete – 12:00 PM
- ↑ Hair & makeup begins – 9:00 AM

SECRET #2: CHOOSE YOUR MORNING CREW

The people you spend your wedding morning with can have a huge impact on how you feel.



01

Invite People Who
Are:

- ✓ Supportive
- ✓ Positive
- ✓ Organised
- ✓ Encouraging
- ✓ Genuinely happy for you

02

Avoid Anyone Who:

- ✗ Brings drama
- ✗ Creates negativity
- ✗ Is always running late
- ✗ Needs constant attention
- ✗ Adds stress to your day

03

Bridal Pro Tip 💍

It's perfectly okay to keep your wedding morning group small. The fewer people in the room, the calmer and more relaxed the atmosphere usually feels.

Surround yourself with people who make you feel calm, supported, and excited. Your wedding morning should be filled with laughter, happy memories, and positive energy, not unnecessary stress.

A photograph of four bridesmaids in long, light pink dresses standing in a row. They are all reacting with surprise and joy, with their hands near their faces. The woman on the far right is covering her mouth with both hands. The woman next to her is clapping. The woman next to her is also clapping. The woman on the far left is smiling with her hands near her face. In the foreground, there is a large bouquet of pink and white flowers. The background is a simple indoor setting with a door and a wall.

"Spend your morning with the people who
make you feel like the best version of
yourself."

Mandy



Secret #3: Eat, Hydrate & Delegate

Your wedding morning will feel so much calmer when your basic needs are taken care of.

It sounds simple, but many brides forget to eat, don't drink enough water, and try to do everything themselves.

Looking after you first means you'll feel more present, energised, and able to enjoy every moment of your morning.

Bridal Pro Tip 💍

"Your job on the wedding morning is not to solve problems — it's to be present and enjoy your day."

Focus on these 3 things:

✓ Eat breakfast

Even if you feel nervous, have something light and nourishing. You'll need energy for the day ahead.

✓ Keep water nearby

Sip regularly throughout the morning to stay hydrated and avoid feeling faint or tired.

✓ Delegate tasks

You do not need to do everything. Give small jobs to your bridal party so you can stay relaxed.

Secret #4

Prepare Everything the Night Before

One of the biggest reasons wedding mornings feel stressful is last-minute rushing.



Prepare:

The more you prepare the night before, the calmer, smoother, and more enjoyable your morning will feel.

Think of it as setting your future self up for complete relaxation.

Bridal Pro Tip 💍

"If it can be done the night before, do it. Your wedding morning should be about enjoying the moment, not searching for things."



Your Night Before Checklist

Make sure everything is ready and in one place:

- ✓ Wedding dress (steamed and ready to go)
- ✓ Veil & accessories
- ✓ Shoes
- ✓ Jewellery
- ✓ Perfume
- ✓ Rings (with someone you trust)
- ✓ Vows or readings
- ✓ Emergency kit
- ✓ Wedding schedule / timings

SECRET #5: TRUST YOUR SUPPLIERS

You've chosen your dream team for a reason. Trust them to do what they do best.



01

Hair stylist

Creates your bridal look and keeps timings on track



02

Makeup artist

Enhances your natural beauty and ensures a flawless finish



03

Photographer

Captures the story of your morning without needing direction

Trying to control every detail on the morning can create unnecessary stress. The calmest brides are the ones who allow their suppliers to guide the process.

MY ULTIMATE BRIDAL MORNING CHECKLIST

YOUR SIMPLE, STRESS-FREE WEDDING MORNING GUIDE

Morning Essentials:

- ☐ Pre-Session Consultation
- Makeup & Hair
- ☐ Eat breakfast
- ☐ Drink water
- ☐ Hair & makeup on schedule
- ☐ Bridesmaids ready
- ☐ Photographer updated on timings
- ☐ Music/playlist set
- ☐ Calm environment created

Getting Ready:

- ☐ Dress steamed and ready
- ☐ Veil prepared
- ☐ Jewellery laid out
- ☐ Shoes ready
- ☐ Perfume
- ☐ Emergency kit nearby

Emotional Check:

- ☐ Take a moment to pause
- ☐ Breathe and soak it in
- ☐ Be present

USE THIS AS YOUR FINAL "AM I READY?" CHECKLIST.



*“Today is not about perfection — it’s
about presence.”*

Mandy



BONUS

WEDDING MORNING MUST-HAVES

The small items that make a big difference on the day
Keep these close by so you're never searching for
essentials.

Bridal Pro Tip 💍

Add 30 minutes of "just in case" time. Every relaxed
bride I've worked with has had extra time built into her
schedule.

Your Tick List

- ✓ Water bottle
- ✓ Lip balm
- ✓ Phone charger
- ✓ Tissues
- ✓ Mints
- ✓ Powder / touch-up makeup
- ✓ Deodorant

A woman with long, dark hair is sitting on a light-colored, tufted sofa. She is wearing a white sleeveless top and light blue jeans. She is smiling and looking towards the camera. Her hands are clasped in her lap. Behind her is a large window with white frames, showing a view of a building outside. The overall atmosphere is bright and cheerful.

About Hair Ups

With over 10 years' experience in bridal hairstyling, I specialise in creating long-lasting, effortless bridal looks that stay perfect from morning to night. My goal isn't just beautiful hair, it's a calm, enjoyable bridal experience where you feel completely at ease.

Mandy

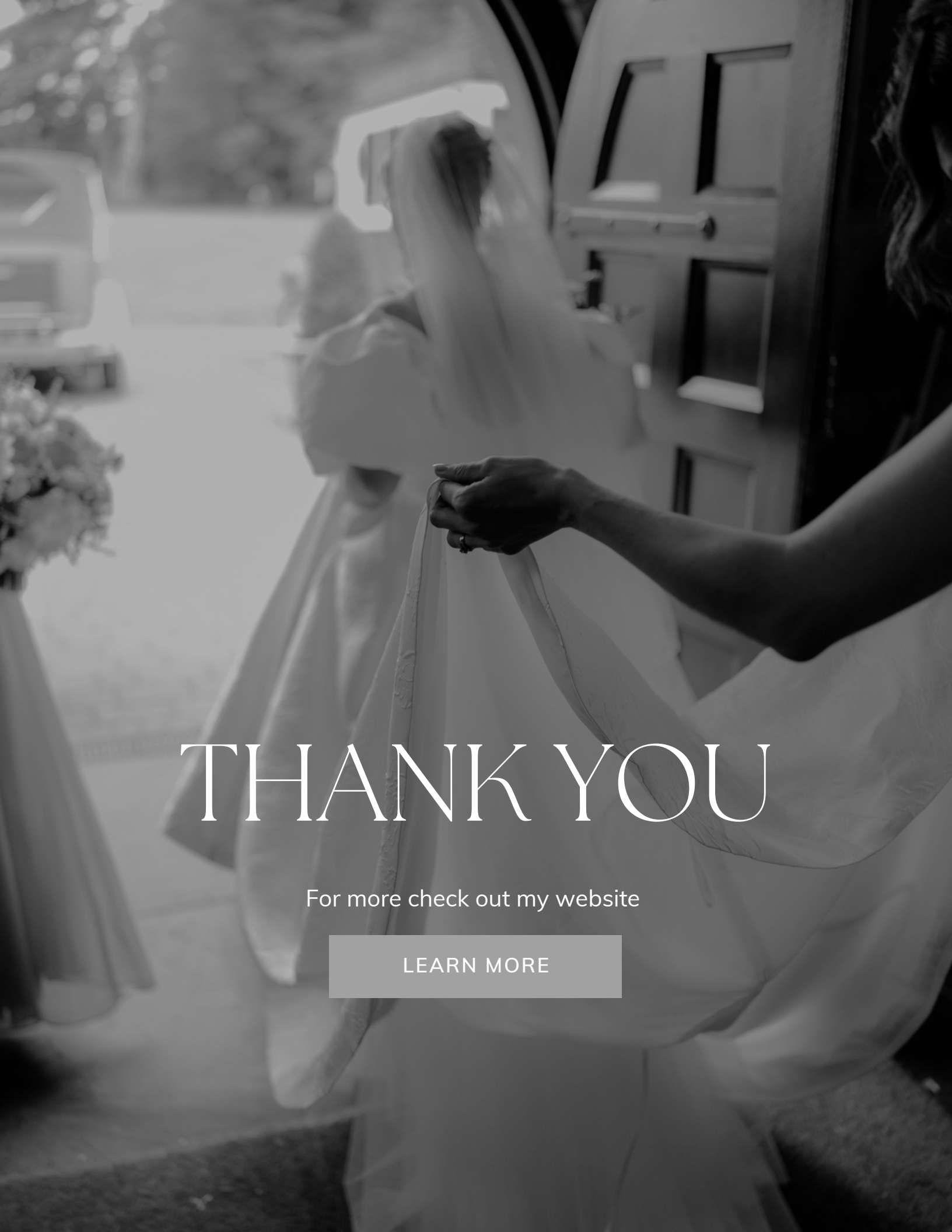


READY FOR A CALM, LUXURY BRIDAL HAIR EXPERIENCE?

Lets create a morning where you feel relaxed, confident,
and fully present.

Click the link below to check your date. The moment you
hit submit, you will receive my Complete Bridal Experience
Guide so you can see exactly how I bring luxury to your
wedding.

CHECK DATE



THANK YOU

For more check out my website

LEARN MORE



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