



The Boujee Blonde
AESTHETICS

YOUR FREE BEAUTY PLANNING GUIDE

The Boujee Beauty Timing Guide

Your 30 / 60 / 90-day plan for looking refreshed before weddings, vacations, photoshoots & big events.

BOTOX · FILLER · LASER · MICRONEEDLING · WEIGHT LOSS

With **Marissa Hartman, FNP-C** · Slidell, LA · theboujeeblondeaesthetics.com



The biggest *mistake.*

Don't book beauty treatments at the last minute.

Most treatments need time to settle, soften, heal, or build.

Botox takes up to two weeks to fully show. Filler can swell before it settles. Laser and microneedling work best as a series. The single best thing you can do for your results is simply to **plan ahead**.

This guide is your shortcut. In the next few pages you'll learn:

- **What to consider** for each concern — lines, lips, texture, weight, energy.
- **How far ahead to book** so you peak on the day that matters.
- **What to avoid** before and after each treatment to skip the bruising and downtime.
- **A fill-in planner** to map your own timeline to your event date.

"At The Boujee Blonde, it's one patient at a time — calm, private, and built around your goals. This guide is how we'd start the conversation."

02

Quick treatment *matchmaker.*

Not sure where to start? Find your main concern on the left.

IF YOUR CONCERN IS...	CONSIDER
<i>Forehead lines, 11s, crow's feet</i>	Botox / wrinkle relaxers
<i>Thin lips, volume loss, facial balance</i>	Lip & dermal filler
<i>Texture, acne, pores, pigmentation</i>	Laser or microneedling
<i>Dullness & overall skin quality</i>	Laser or microneedling
<i>Weight management support</i>	GLP-1 medical weight loss consult
<i>Low energy & metabolism support</i>	Vitamin B12 injection
<i>Honestly? Not sure.</i>	Complimentary private consultation

One body, many goals.

Most patients combine two or three of these over time — a little Botox, a filler refresh, a skin series before summer. The timeline on the next pages shows how to sequence them so nothing overlaps with downtime you can't afford.



03

The event *timeline.*

Counting backward from your big day. Part one — the long game.



THE WEDDING COUNTDOWN — EVERY TREATMENT HAS A SETTLE-BY DATE

90+

DAYS BEFORE



Plan the big stuff

Best window to start a GLP-1 medical weight-loss consult, plan a laser or microneedling series, and get on professional skincare. These build gradually — give them runway.

60

DAYS BEFORE



Transform your skin

Ideal for laser or microneedling aimed at texture, acne, redness, pigmentation, and



03

The home stretch.

The final weeks — when less is more.



THE HOME STRETCH — GLOWING, SETTLED, CAMERA-READY

2–3

WEEKS BEFORE

● Botox touch-up window

Botox is usually noticeable in 2–7 days and fully set around 14 days — so this is the last comfortable window to tweak. Filler placed earlier is settling beautifully now. Light, no-downtime glow facials are welcome.

I

WEEK BEFORE

● Maintenance only

Keep it gentle. Final skincare prep, hydration, and rest. This is not the week to try



04

Before your *appointment.*

Small choices in the days before make a big difference in bruising and downtime.

- ☐ **Skip makeup** to injectable appointments — come with clean skin.
- ☐ **No alcohol for 24 hours** before neurotoxins or filler — it thins the blood and raises bruising risk.
- ☐ **Pause retinoids** (Retin-A, tretinoin) for a few days before neurotoxins.
- ☐ **Avoid blood-thinning supplements** — NSAIDs, fish oil, high-dose vitamin E — before filler if advised, to reduce bruising.
- ☐ **Hydrate and eat** beforehand so you feel your best in the chair.
- ☐ **Schedule injectables at least 2 weeks out** from any important event.

Pregnant or nursing?

Neurotoxin and filler treatments aren't offered during pregnancy or breastfeeding. There's still plenty we can plan for — just let us know.

Always follow the specific pre-care instructions Marissa gives you — they take priority over any general guide.

05

Aftercare *cheat sheet.*

Save this. The first 24–48 hours protect your investment.

After neurotoxins (Botox)

- ☐ Stay upright for 4 hours.
- ☐ No makeup right away.
- ☐ No exercise for 24 hours.
- ☐ Don't massage the treated area.
- ☐ Skip facials for about a week.

After filler

- ☐ Some swelling & tenderness is normal.
- ☐ No facials or massage on the area for 2 weeks.
- ☐ For lips: skip straws, smoking, and heavy kissing for 2 weeks.
- ☐ Ice gently if needed; arnica can help.

After laser & microneedling

Expect mild redness or warmth that settles quickly. Makeup is usually fine after about 48 hours. Stay out of direct sun and wear SPF daily — protecting fresh skin is what locks in the glow.



06

The Boujee Blonde *event planner.*

Fill this in, then bring it to your consultation — we'll build the rest together.



YOUR EVENT, PLANNED BACKWARDS FROM THE BIG DAY

MY EVENT DATE IS

MY BIGGEST CONCERN IS



LET'S BUILD YOUR TIMELINE

Want Marissa to *plan it with you?*

Every new patient starts with a complimentary private consultation — no pressure, no rushing. We'll talk through your goals, your event, and the exact order to do things in.

BOOK AT [THEBOUJEEBLONDEAESTHETICS.COM](https://theboujeeblondeaesthetics.com)

The Boujee Blonde Aesthetics

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This guide is for general education only and is not medical advice. Treatment suitability, timing, results, and aftercare vary by individual and are determined during a consultation with a licensed provider. Neurotoxin and dermal filler treatments are not performed during pregnancy or breastfeeding.