

THE SCOUT GUIDE

— CAPTURING THE BEST OF LOCAL —

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WEDDING WEEK: THE WORKOUT AND THE HAIR

There's no doubt that looking your best on your wedding day is very important. You'll probably have more photos taken of yourself that day than any other day in your life...so why not do what you can to look your best?!



For a **SCULPTED BODY**...and added confidence on your big day...head to [THE HILLIARD STUDIO METHOD](#). Liz Hilliard and Clary Hilliard Gray can help you achieve the results you're looking for...in a short amount of time. This results-driven workout elongates the body, improving overall strength, flexibility and posture. Expect to see flatter abdominals, a lifted seat, leaner thighs and greater definition in the arms and back. Who doesn't want all of that on their wedding day (and always)?!



For a beautiful chignon and great looking **HAIR** throughout your engagement and on your big day, call Rodger and Amy at **8 THE SALON** (704.366.0858). Rodger and Amy can cut, color and style your hair any way that you wish.



Wings of South Park
4810 Sharon Road Charlotte, NC 28278 | 704.366.0858



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The Salon



Who we are...
Passionate artists in pursuit of being our best every day.

What we do...
Interpret the silent language of your face shape, bone structure and skin tone into a haircut and color that suits you.

What we believe...
Fashion's a fad, style is Eternal.