

The Beautymaxxing *Checklist*

Ground zero beautymaxxing. The affordable, budget friendly basics nobody told you to do, so you can find what actually works for you.

Start with the **START HERE** items. They are cheap, high impact, and the ones most people skip. Work outward from there. This is a menu, not a rulebook, so take what is yours and leave the rest. 46 things to tick off.

Teeth & Smile

The fastest read on whether someone looks put together. Mostly maintenance, not surgery, and the maintenance is what counts.

- See your dentist for a check up twice a year. No excuses.

START HERE £25 TO £60 TWICE A YEAR PRO

- Book a hygienist scale and polish four times a year. It removes the tartar brushing can't reach.

START HERE £70 TO £150 4X A YEAR PRO

- Use an electric toothbrush and floss or interdental brushes daily.

START HERE £30 TO £80 DAILY DIY

- Get your teeth whitened professionally. Shop kits barely shift the shade.

£175 TO £800 LASTS 1 TO 3 YRS PRO

- For chips, get composite bonding done properly. Never cheap out, bad bonding is obvious and stains fast.

FROM £250 A TOOTH LASTS ABOUT 5 YRS PRO

- Straighten your teeth with Invisalign or braces if alignment bothers you.

£2,500 TO £5,500 6 TO 18 MONTHS PRO

Skin

Skin is the canvas. Get this right and everything else needs less effort.

- Wear SPF 30 to 50 every single day, rain or shine. The biggest thing you can do against ageing.

START HERE £10 TO £30 DAILY DIY

- Build a basic routine. Cleanser, moisturiser and SPF in the morning, then cleanser, treatment and moisturiser at night.

START HERE £30 TO £60 DAILY DIY

- Add a retinoid at night two or three times a week and build up. It helps texture, tone and fine lines.

£15 TO £40 MOST NIGHTS DIY

- Add vitamin C in the morning for brightness and protection.

£15 TO £40 DAILY DIY

- Book a microneedling course of two to six sessions. A genuine game changer for texture, scarring and pores.

£150 TO £350 A SESSION COURSE OF 2 TO 6 PRO

- Book facials or a HydraFacial for a deeper reset between bigger treatments.

£60 TO £180 A SESSION MONTHLY PRO

- Add facial lymphatic drainage, a pro massage or gua sha at home, to reduce puffiness and sculpt.

£45 TO £90 PRO, FREE DIY WEEKLY DIY / PRO

- See a GP or dermatologist for persistent acne, melasma or rosacea. Don't try to DIY a medical issue.

GP FREE, £150 TO £250 PRIVATE AS NEEDED PRO

Aesthetics & Tweakments

The smallest and most debated category. The whole game here is restraint. The goal is great skin and good bones, never to look like you've had work done.

Non negotiable safety. Only ever go to a qualified medical practitioner, a doctor, dentist or nurse prescriber registered with the GMC, GDC or NMC. Ask to see the sealed, CE marked product and proof of insurance. Walk away from cash only deals, home visits, or prices that look too cheap. England is rolling out mandatory injector licensing in 2026, so check for it.

- Sort your skin first. No tweakment fixes what good skincare, sleep and SPF should be doing.

START HERE FIRST MINDSET

- Anti wrinkle (Botox) for lines that have set in, once skincare isn't enough. Start light, you can always add.

£150 TO £350 AN AREA EVERY 3 TO 4 MONTHS PRO

- Masseter Botox can slim a wide jaw and stop clenching or grinding, but it isn't right for everyone, so get properly assessed first.

£200 TO £450 EVERY 4 TO 6 MONTHS PRO

- Lip filler. Go subtle and build slowly over time. Undetectable beats overfilled, every time.

£150 TO £350 A ML LASTS 6 TO 12 MONTHS PRO

- Facial balancing filler for the chin, cheeks or jaw, in proportion and never to transform the face.

£200 TO £500 A ML LASTS 6 TO 18 MONTHS PRO

Hair

Healthy, well coloured, well cut hair reads as expensive before you have spent a penny on clothes.

- Get your undertone analysed so you dye to the right shade. Warm versus cool changes everything.

START HERE £95 TO £395 ONCE PRO

- Always use heat protection before styling, and keep your tools around 180 degrees C.

START HERE £10 TO £20 PER USE DIY

- Cut to your face shape and the impression you want. Layers around the face read soft and feminine, a blunt bob or lob reads sharp and editorial, long and glossy reads classic and expensive.

£40 TO £120 CUT EVERY 8 TO 12 WEEKS PRO

-
- Book a gloss or glaze to kill brassiness and add shine between colours.

£30 TO £70 EVERY 6 TO 8 WEEKS PRO

- Use a weekly bond builder if you colour or heat style. Condition reads as money.

£20 TO £35 WEEKLY DIY

- Sort body and facial hair. Laser for permanent reduction, waxing or threading for upkeep.

LASER £60 TO £120 A SESSION COURSE PRO

Brows & Lashes

The frame around your face. Small treatments here change the whole picture.

- Get your brows professionally mapped to your face once, then maintain the shape yourself.

START HERE £15 TO £30 ONCE, THEN UPKEEP PRO

- Book a lash lift and tint instead of daily mascara and curling.

£45 TO £70 EVERY 6 TO 8 WEEKS PRO

- Fill sparse brows with pencil or pomade a shade lighter than your hair, not darker.

£8 TO £20 DAILY DIY

- Consider microblading or powder brows only if your brows are genuinely sparse.

£200 TO £600 LASTS 1 TO 3 YRS PRO

Face & Features

Not more makeup. Understanding the face you have, so every choice flatters it.

Colour seasons, quickly. Analysis sorts you into Spring (warm and light), Summer (cool and soft), Autumn (warm and deep) or Winter (cool and bright), the family of shades that makes your skin look lit up instead of washed out. Knowing yours is what makes dressing within your season actually mean something.

- Get a colour analysis to learn your season, the colours that make you look lit from within.

START HERE £95 TO £395 ONCE PRO

- Learn your face shape and where to place blush, bronzer and highlight for your features.

START HERE FREE LEARN ONCE DIY

- Prioritise sleep and water. Nothing fakes a rested, hydrated face.

START HERE FREE DAILY DIY

Makeup

Not more makeup. The right makeup, matched to your actual face. The maxxng move is getting matched properly, then keeping it intentional.

- Get matched by a pro. Book a makeup artist or go to Sephora or a counter to find your perfect foundation shade, blush colour and formulas.

START HERE FREE TO £60 ONCE PRO

- Let one feature lead, a lip, a liner or a lash, never all three at once.

START HERE DAILY DIY

- Keep lashes natural. Choose individual or cluster lashes over heavy strips, and never overfill, overdone lashes look scary. Styles to know: natural, wispy, hybrid, cat eye, doll.

£5 TO £15 STRIPS, £60 TO £150 EXTENSIONS AS NEEDED DIY / PRO

- Make it last. Primer where you crease, setting spray to finish.

£10 TO £25 AS NEEDED DIY

Body & Grooming

The close up details people clock without realising. Hands, nails, posture, scent.

- Nails any shape or length, just keep them done. Neutral tones or a french tip suit everyone.

START HERE £0 TO £35 EVERY 2 TO 3 WEEKS DIY / PRO

- Work on posture. Stand tall. It changes how every single outfit sits on you.

START HERE FREE DAILY DIY

- Exfoliate and moisturise body skin, and take SPF onto your hands, chest and neck.

£10 TO £30 WEEKLY AND DAILY DIY

- Pick one signature fragrance and layer it, wash then lotion then scent, so it lasts.

VARIES DAILY DIY

Style & What to Wear

Fit and colour do more than any logo. This is where maxxng becomes visible head to toe.

- Learn your body shape and the silhouettes that flatter it. Fit beats size, always.

START HERE FREE LEARN ONCE DIY

- Pick gold or silver to match your undertone, then keep your metals consistent.

START HERE ALWAYS DIY

Dress within your colour season (see above). The right colours near your face read as glowing.

ALWAYS DIY

Get your staples tailored. Even high street looks expensive when it actually fits.

£10 TO £30 AN ITEM AS NEEDED PRO

Build a neutral base wardrobe first, then add colour with intention, not impulse.

ONGOING DIY

Build two or three repeatable outfit formulas that always work, your uniform, so you always look intentional without overthinking it.

ONGOING DIY

Prices are typical UK 2026 ranges and vary by clinic and location. This is general guidance, not medical, dental or cosmetic advice. See a qualified, registered professional for anything clinical.