

# Hot Summer Weddings



*Seema Ladwa*

2009 is forecast to have one of the hottest summers that we have seen in a long time. Asian weddings are usually during the summer months so it is important to be able to still look cool, calm and fabulous during your big summer wedding. Maintaining a look can be difficult, so here are some tips to help you whether you are the bride, groom or are a guest at a summer wedding.

Asian weddings are always very bright and colourful but unfortunately not ideal for the hot weather. Our clothes are usually heavily embroidered. This along with the jewellery can make for a very uncomfortable day. This also applies to the men. These days even the men have to dress up in heavy outfits and even jewellery and sometimes even make up. Yes I know that's a bit of a shocker but it's true.

However the good news is that you can make sure that even in the heat you can keep your cool whilst still looking good.

## TOP TIPS

1. Make sure that your outfit fits well and if possible is slightly loose. This will allow your body to move without too much restriction and allow you to breathe. (some people's bodies get a little swollen in the heat)
2. Make sure that you choose a good antiperspirant and deodorant. (nobody wants a smelly bride or bridegroom)
3. Try the outfit and jewellery on a few days prior to the big day to make sure that there are no bits that are irritating the skin. If you find that there are bits that are irritating you may wish to sew some material or plaster where it does irritate your skin. (red patchy and itchy skin is the last thing you want to deal with on your wedding day)

4. Ensure that your make up artist can apply the make up and waterproof it. Waterproof mascara is a good idea. The top layer of the make up should be a loose powder. This will absorb any moisture.
5. Carry a loose powder compact to touch up any parts of the face that begins to shine.
6. Drink plenty of water. The heat will dehydrate you and your skin will lose its natural elasticity.
7. If you suffer from hay fever take an antihistamine on the morning of the wedding day. This will help prevent watery eyes and red noses. (nothing worse than a bride with red eyes and runny nose)
8. Keep a fan in the room whilst getting ready. This will prevent your skin from sweating during the bridal makeover.
9. Allow plenty of time to get ready.
10. Try not to lose your temper. Sometimes there are things that happen on the wedding day that are beyond your control. Remember others can deal with it. (Nothing worse than a bride who is on the phone during her make over) Switch your mobile off and delegate. After all it is your big day. Enjoy it.

So as you can see there are plenty of ways to help you through the heat wave summer that has been predicted. Whether you are the bride or the groom or if you are a guest all the tips can help you still look fantastic.

*So look cool,  
calm & collected  
on your big day!*



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