

Stress free wedding day

By Seema Ladwa (Silk)

Having been in the bridal business now for so many years I know how stressful the wedding day can be. The stress of organizing the wedding itself can have a disastrous effect on your health and well-being. I usually see the bride at her consultation 6-12 months before her wedding day. At the initial consultation the bride will be relaxed and have fairly good skin. This is because the stress has not quite kicked in yet. From the time of the consultation to the wedding day her health and skin have changed so much that she is not well and her skin is so dehydrated that the make up will have to be altered in order to cover spots, blemishes and the dark circles under her eyes. In this article, I am going to give some tips so that this does not happen to you. These tips will enable you to make sure that the wedding day runs as smoothly as possible and make sure that you look the best that you can. The next tips should be followed from at least 6 months before the wedding day.

Tip 1. Drink plenty of water.

Drink at least 8 glasses a day. This can include squash and herbal teas (try to avoid tea and coffee as they can make you irritable). This will enable your body to fight any viruses and also detoxify your system.

Tip 2. Make sure you are getting enough sleep.

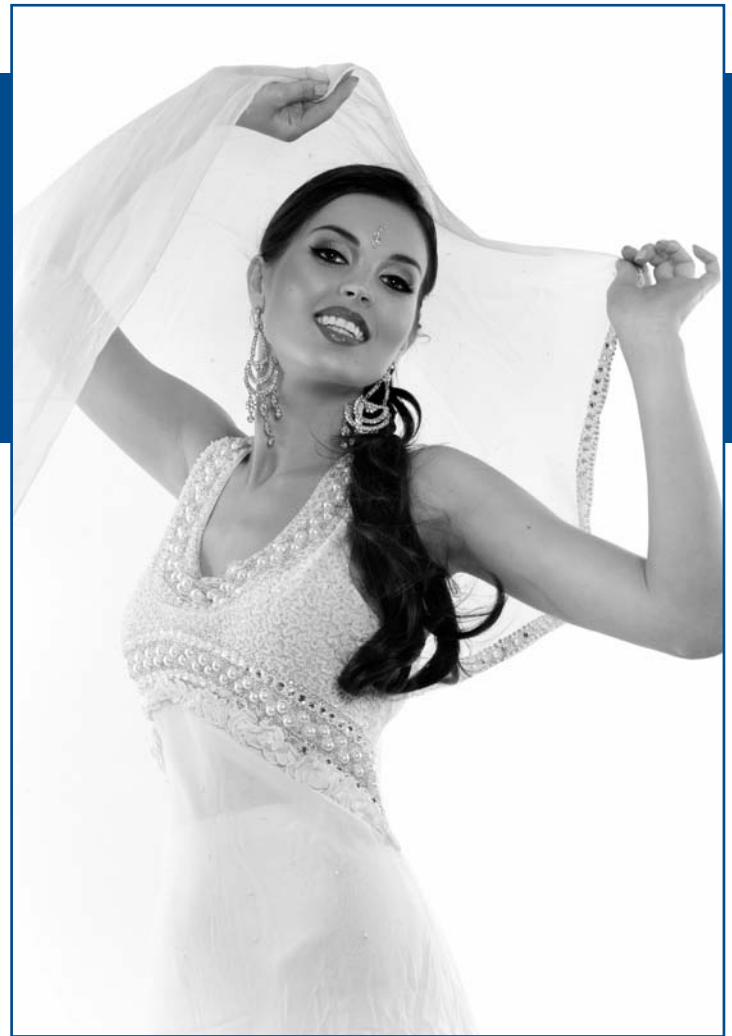
Lack of sleep can make you irritable and stressed more quickly. It is also the major cause of dark circles under the eyes and can give you lifeless and dull skin.

Tip 3. Eat well.

Include at least 5 portions of fruit and vegetables a day. Do not skip meals. It is important that your energy levels are high when you are out shopping for the wedding day or going to see caterers.

Tip 4. Try on your wedding outfit a week before the big day.

That gorgeous made to measure outfit that fitted you so perfectly 6 months ago may be too big for you now. All brides in my experience lose weight during the organizing of the wedding whether they want to or not. If any alterations need to be made they can be done well before the day.



Tip 5. Have a massage and facial at least once a month leading up to the wedding day.

This will give you a little time to relax and allow to have some quality time on your own. The facial will stimulate the skin and allow your face to have a natural glow.

Tip 6. Make all beauty appointments well in advance of the wedding.

Manicures, pedicures, facials, waxing, threading. These should all be done one or two days before the wedding day. Do not book any of these treatments for the wedding day as you will need time for your hair and make up to be perfect.

Tip 7. Finally the biggest tip of all.

The biggest cause of stress for the bride on the wedding day will be timing. I have seen brides turn from princess to monster because someone is late delivering the flowers or the caterers are a little late. Always give all the people involved on your wedding day a time which is at least an hour before you actually need them. This way only you can avoid any unnecessary confrontations and you can enjoy the whole day and keep smiling.

 <p>Silk BRIDAL HAIR, MAKE UP, MEHNDI</p>	<p><i>Specialist in</i> BRIDAL HAIR • MAKE UP • MEHNDI Tel: 020 8656 0512 ☼ Mob: 07939 257 845 Email: silkbyseema@yahoo.co.uk Web: www.silkbyseema.co.uk</p>
---	--