



## **Wedding Day Tips: 5 Easy and Practical Wedding Day Tips For The Bride**

Every bride has lots of things to think about when she's planning her wedding, but so many tend to forget about taking care of themselves on the day of their wedding. And it's important that those small, but mighty, details not escape even the most well prepared bride!

What should be at the TOP of every bride's list on the day of her wedding is to relax and enjoy it! Whether you've been working with a wedding consultant or have done all the planning and preparation on your own, it's now the big day and you deserve to have at least as much fun as any of your guests.

Here are 5 simple, but practical tips to help pave the way to truly enjoying your wedding day:

### **1. Making Up is (not) Hard to Do – Create a Wedding Day Make-Up Bag**

Two weeks before the wedding, do a complete test of your wedding-day look (make-up, hairdo and shoes) – for as long as you expect to have it together that day so you'll know if it will "go the distance." Put together a little make-up bag for touch ups that you can take along with you the day of the wedding to keep you looking your best. And on the big day, have a friend, bridesmaid or family member hang on to it or stash it somewhere handy so you can get to it when you need it. Be sure to use waterproof mascara, and don't forget to pack the hairspray!

Hint: When purchasing your make-up, see if you can persuade the sales gal at the cosmetic counter into giving you samples of everything you're buying (they've got 'em, you know they do) They won't take up much room and it will be more than enough for the day!

## **2. Wedding Day “Emergency” Kit – Create an Emergency Kit For Those Unexpected Emergencies**

Just like the back-up, make-up bag for touch ups (say that three times fast!), consider an “emergency kit” filled with items you may need on your wedding day. Fill a small bag with items such as a travel size sewing kit (you'd be amazed at the magic tricks just one safety pin can perform), clear nail polish (for panty hose/stocking runs), an extra set of panty hose or stockings, throat lozenges and aspirin. Other ideas for the “emergency kit” include tissues, breath mints, tampons, hand cream and band-aids.

Hint: Most of these items can be found in the travel size bins in your local drug store.

## **3. Food for Thought – Start Your Wedding Day With Healthy & Filling Nourishment**

Since most brides don't get to enjoy the meal served at the reception, you really should consider having something to eat before the wedding, no matter how worried you are about how the dress fits!

While food may be the last thing on your mind on your wedding day, it's nonetheless important that you start the day with some healthy and filling nourishment. It's going to be a long (and wonderful) day and you'll want to have plenty of energy so you can keep dancing and socializing for hours!

Hint #1: Stash a power bar snack in your purse or “emergency kit”

Hint #2: Pre-arrange for there to be something to eat at your honeymoon hotel (believe it or not, most couples are starving after the wedding day festivities and will want to re-fuel before the wedding night festivities!)

## **4. If the Shoe Fits – Kick Off The Heels & Settle Into a More Comfortable Shoe**

You know those stunning, sexy, strappy, ultra-high heels that work perfectly with your wedding gown? They'll be great for the ceremony and for the formal pictures, but if you're planning to kick up your heels at the reception, you'll be better off kicking off the heels and settling into something more comfortable. So get a pretty, more practical pair of shoes that you can change into to keep your dogs from “barking” the entire week after the wedding!

Hint #1: It's not a bad idea to practice walking in the shoes you'll be wearing during the ceremony. Take a test run in the shoes AND the wedding gown and get used to both.

Hint #2: Kenneth Cole Reaction makes a snappy little flat, beaded thong that is heavenly comfy, inexpensive and just fancy enough to go with your gown. I've got a pair in bronze and black (and they come in white as well) that I carry with me everywhere. Not a bad gift for your bridesmaids either!

### **5. Point It Out To A “Point Person” – Keep Track of Time With An Itinerary & a Point Person**

Whether you've worked with a wedding consultant or carefully planned everything yourself, you should have an itinerary for the big day. Make copies, give them to a few good friends and/or close family members, then choose someone to be the “point person” who will make sure things are running smoothly and reasonably on time. You will be able to rest easily knowing at least one of your deputies will keep track of the time while you're busy greeting those out-of-town guests and brand new in-laws whose names you can't quite remember!

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#### About Author

Lesley Mattos, Founder of Adesso Albums helps people all over the world capture the Now in life's most important moments. Of all the ways to capture your wedding memories, the Adesso Instant Wedding Photo Guest Book is the only guest book alternative that provides an instant memory of your wedding event in both pictures and words. Buy the complete kit today at: <http://www.adessoalbums.com/begin-polaroids-p-30.html>.

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