



Beautiful Wedding Tips

TIPS AND ADVICE FOR PLANNING THE PERFECT WEDDING

Looking Your Best On The Big Day



(NAPSI)-About 175 guests attend the average wedding, which means 350 eyes are locked on the bride as she walks down the aisle. That's 350 reasons-352, if you count the groom-for wanting to look your best on the big day.

"It all comes down to three things," says Tina Johnson, editor-in-chief of Women's Health magazine. "Exercise, eat well and get plenty of sleep before the wedding." The magazine's new fitness DVD, "Women's Health: The Wedding Workout," offers these bridal tips:

PRE-WEDDING MENU

Eating and avoiding certain foods the weeks before your wedding can help change the way you look and feel.

- Eat salmon for its protein and essential fatty acids to give your skin a healthy glow.
- Eat nuts and seeds to prevent blackheads and whiteheads.
- Eat oysters, turkey and crab to benefit from their high zinc content, which protects against wrinkles and acne.
- Cut the salt to cut the bloat. Avoid packaged foods with more than 400 mg of sodium per serving during the week before the big day.

- Eat less carbs. You'll actually shed some water weight by reducing your carb intake.

SLEEP ON IT

Make sure your pillowcase is newly laundered the night before you wed to keep your skin clean. If you wake up with puffiness around your eyes, place some chamomile tea bags in boiled water, let them cool, then place them on your lids.

WALK THE WALK

Mastering your high-heeled walk down the aisle is crucial:

- Posture: Pull everything up nice and tall. Resist the forward hunch.
- The Walk: Cross the feet very gently in front of each other with each step so the hips sway naturally.
- The Workout: Squats, calf raises and lunges in the weeks prior will strengthen the muscles and joints that will help you walk gracefully.

Speaking of working out, exercising regularly is one of the most important things you can do to look and feel good at your wedding. "Women's Health: The Wedding Workout" DVD has more great advice and results-oriented routines. To make your special day a great one, the DVD is available at stores where videos are sold and at www.womenshealth dvds.com.





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Wedding Planning: Getting Started



The first steps of planning the wedding and the special day is to know the colors you want to incorporate for the day. If you do not have any ideas to the colors to use, there are some times to consider. It is important to include your partner in this decision since it is a day for both of you, so make a joint decision for your special day together.

Think about the time of year you are getting married. Typically, summer weddings use pastels for the colors where winter weddings use the rich bright colors. Spring and fall weddings use the same designs for the colors with pastels then bright colors of the season.

Think of where you became engaged for the possible theme of the wedding and reception. You may enjoy the country setting so you incorporate the lace or cowboy boots and hats for the theme and decorations. If you were engaged at the beach, you may use the seashells, water, and waves for the decorations. This could be the theme you use on the invitations and for the decorations.

Decide if you want a formal or informal wedding. Where is the reception to be held? What kind of meal will you be serving? All of this is part of creating your special day. The wedding and reception does not have to be huge to be something everyone will enjoy. The point of the day is to share the new beginning of the joining of the couple. Friends and family will be happy to share the day with you anyway you decide to have your day.

When you select the theme, you will create the mood of anticipation for the day with your wedding invitation. The invitation uses the theme you have selected within the print and design of the invitation. It is your first contact with your guests stating how the day will designed and how you will be celebrating your new beginnings.



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Traditional weddings include champagne but you can still have a different type of wedding with the champagne. You can use the champagne for the main toasts then have other alcohol served keeping with the traditional toasts serving the drink of etiquette. Most weddings will have the champagne with wine or an open bar for the guests. Based on your budget you may opt for the bar for your guests.

Use the theme of the day for your cake. You want to incorporate the theme into the cake as a stylish fashion statement. Use real flowers around to the cake carrying the theme of the bouquets make a very nice touch to the cake table. For the beach theme wedding, adding seashells and sand spread on the cake table provides the feeling of being at the beach.

If you like roses or lilies then use them in the wedding, as decorations at the reception, and on the invitations. The flowers are beautiful and refreshing providing an added touch to everything you will use them with for your special day. Use place cards on the guest tables at the reception hall with the flowers as an added touch of decoration.

The wedding dress the only article of clothing everyone will really notice the day of the wedding. The wedding dress is the one area the clothing selected for the day needs careful consideration. Use the same theme of the wedding for your dress. Use the dress as a main focal point to announce the theme and have it incorporate the theme with style and grace.

You will be happy with the results of the day when you feel you have made everything right into place so take time to go over every little detail to make your wedding the one you have dreamed of since childhood.

Unique Ideas For Your Wedding



Having a wedding that everyone remembers is one of the main goals of every couple. They want to have a wedding everyone will enjoy as well as talk about for a long time. They go to great measures to have the best possible wedding and reception they're capable of.



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Planning the perfect wedding and reception is easy as well as possible for any budget. Whether you want a formal or informal wedding, you can make the wedding of your dreams affordable with sticking to a budget and planning early for the special day.

For the wedding invitations, make a beautiful home printed design filled with your imagination by using your computer, your printer, and colored ink. At most stores are card stock or decorative invitations you can customize with your message and theme of the wedding. Save money on the printing fees by using the homemade invitations you create.

To have a unique wedding, purchase an antique style dress from a consignment shop. Get all of the bridal party together and change the current design of the dress to fall into the theme you have selected. Buy the embellishments at the craft store such as lace, floral appliques, and sequins. Add the new decals to the dress. Change the hemline and sleeves to be the dress of your dreams. If you remove any material from the dress, use the extra material for a head piece that matches the dress. Use fabric glue to adhere the decals onto the dress.

Disposable digital cameras set on the reception tables are a great way to get candid shots during the reception. Save the costs of the professional photographer by letting all the guests take the pictures on the special day. They will have fun and make a point of taking different pictures throughout the time of the reception. That is something a professional would charge a large price to do. Save money and allow all your friends and family help make the memories last a lifetime with the photos they will take.

For the reception decorations, place potted artificial flowers in pots on the tables wrapped with a strand of pearls and lace. Use the same color for the flowers that are used in the bridal bouquets. The same type of flowers will not matter as much as the colors. Place the potted creations on the different tables. Leave little pads of paper on the tables for the guests to write their good wishes to the new couple. Decorate the cover of the pads with white lace and material. Add the words "things you remember the most about xxxx and xxxx." This little keepsake will be cherished when the new couple reads the different memories of the friends and family.

Wedding Themes By The Season

Most brides have an idea of what they want to do for their wedding theme while others have a harder time deciding. Here are the standard month-by-month wedding themes and colors to help decide the right colors for your wedding.

September, October and November is a wonderful time for the spring wedding with the new spring colors and flowers. Lilies of the Valley and Shasta daisies, daffodils, and tulips are the spring flowers. Pastel colors of purple, yellow, pink, and light blue are the colors used including light greens and peach colors.

Some of the popular themes include Cherry Blossom, butterfly, and dragonflies. Light and springy items of the springtime are the general type of themes. Other themes include St. Patrick's Day or something Irish.



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December, January, and February are the summer wedding associated with the gardens, beaches, and countryside or parks. The colors are brighter using fuchsia, hot pink, orange, green with contrasts of black, chocolate, gray, or aqua. The themes include Gardens, Daisies, Victorian Gardens, beaches, starfish, Hawaiian Luau, Nautical, Poolside, Patriot, fairy tales, country, and south of the border. The color themes incorporate all shades of green, cornflower blue, orange, fuchsia, aqua blue, teal green, and aubergine.

March, April and May are the autumn weddings. The darker colors such as pumpkin orange, cinnamon, dark purple, dark blue, hunter green, burgundy, mocha, chocolate brown, rust, and gold.

June, July and August are the winter months associated with the bright vibrant winter colors of red, gold, green, white, silver, and blue as anything metallic or shiny. Adding the black color to any of the main colors create a wonder and attractive style for the wedding.

The themes are associated with the holidays of Christmas, New Years, and Valentine's Day, Winter Wonderland, as well as crystal and diamond themes. Adding the dark purples, the combination of black and white, white and red, and blue and gold are also associated with this time of the year.

As with all suggested colors and themes for weddings, the final decision for the themes and colors are up to the wedding couple. They can make any theme and colors look just beautiful for their wedding during any month they are getting married. The concept of this list is to offer assistance for wedding color and theme ideas. The true test of the right colors and themes is how comfortable the bridal pair is with their decision



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Wedding Planning: A Fun Reception



The wedding reception is the time to celebrate the wedding vows. It is a chance for the new couple to share their joy with family and friends. To make the reception a unique celebration, plan it with your guests in mind to provide them with the time of their lives.

Avoid making the reception a stiff, formal affair. Make a point of planning a fun event to entertain everyone so they will have a great time. Depending on the location of the reception you have many options for planning a reception that everyone will always remember.

The setup of the reception should be easy and simple. If you are going to have decorations make them in places out of the way of the guests and their views of the room or area. It is frustrating for a guest to miss a special moment like the cutting of the cake or a decoration or a pillar in the reception hall blocks the wedding toast since their view.

Choosing Your Wedding Cake

Selecting the perfect wedding cake is important and exciting. This is one of the wedding tasks that you will be able to have fun with. After all, it's your wedding and when you are searching for the perfect wedding cake, you can choose anything that you want to have. Most of the weddings have a theme or special color to them. This theme can be incorporated into the wedding cake. The cake should fall into the theme and become one of the most important focal points of the day.

The first tip is to choose a wedding cake that is going to coincide with your wedding theme. Think about the location of the wedding and what is important to you. This is the one thing that you can have a great amount of control over and it is going to be one that everyone gets to judge when they see and taste it.

You can have your cake be any flavor that you want it to be. For the design, you can use anything that you want. You will be surprised at the amount of things they can use for the decorations and the designs that are used on your wedding cake. Great cake decorators will be



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able to add some great decorations as well as add some great props to the icing to make it exactly what you want it to be.

You can get as creative as you would like to be with your wedding cake. There are many people that have so many great ideas for their cake and make it really stand out at their wedding. Many of the cake decorators that you consult with know how to add some props in the right way and have the appropriate amount of icing on the cake as well. You may even find that you can get some different flavors of icing and some creative decorative work done to your wedding cake too.

The one thing that you do not have to have at your wedding is a boring cake. You can add just about anything to your wedding cake and make it the one that will stand out among all the weddings. You will be so surprised when you see how much attention your wedding cake actually gets and how you can make your entire wedding theme come together with your cake.

Do not forget about the flavor of your cake. This is going to be just as important as the way the cake looks. No one wants to have a dull tasting cake. You will want to make sure that your wedding cake is moist and fluffy. You can have your wedding cake done in many different flavors. There is white, chocolate, yellow and even other creative flavors that you can get into as well.

Finding a great wedding cake is not always easy. You do not want to just pick the first one that you test. You should taste test a few different samples of cakes from different cake suppliers before you choose the one that you want. This will help you get a better idea of what is available and what you like the most for your special wedding day cake.



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Choosing Centerpieces For Your Wedding



To use centerpieces for the wedding tables is to create a romantic feeling for the guests. Bowls of water with floating flowers or candles lit provide the romantic mood while being easy and affordable for the bridal couple. Incorporate the wedding colors for the candles and flower to carry the theme onto the centerpieces. Place the bowl in the center of the table so all the guests can feel the atmosphere the floating sensation produces.

Some money saving centerpieces for the wedding tables include plastic punch bowls etched in frosted glass or plastic. Place flowers in the bowl and around the bottom edges for a custom effect. Decorate it with doves, hearts, bells, and tulle.

Paper mache boxes in the colors of the wedding in different shapes make a classical touch. Use heart shaped boxes with tulle and white flowers to add to the charm of the boxes. Clay potted flowers draped with pearls and tulle. Set the flowers in the middle of the table in a color doily enhancing the flowers and drawing the eyes to the center of the table. Use flowers matching the colors of the wedding flowers. The flowers do not have to be the same flowers as the rest of the wedding since the purpose of the centerpiece flowers is to continue the colors of the wedding theme.

Candles set in pillars decorated with a chain of pearls gently wrapped around the base of the pillar. Add tulle to the lower part of the pillar for a romantic effect. Candles in the shapes of hearts, bells, or doves gently floating in a low bowl with confetti placed on the bottom of the bowl set in the middle of the table creates a beautiful addition. As the evening advances, light the candles setting a romantic mood for the evening.

All of the table centerpieces can be purchased inexpensively from dollar stores, craft stores, and department stores months prior to the big day for a less expensive method to decorate the tables with style, elegance, and grace.



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To add to the selections for the centerpieces use the online discount stores that has so many more accessories for decorating the reception. Visit the sites to see the discounted items you can use for the centerpieces for the tables. Many sites will even have clearance items that will be inexpensive to add to your centerpieces.

Craft stores have discount areas where you can find great items to use for the centerpieces. There are floral pieces, pearls, lace, and ribbons that will be parts of the centerpieces for the tables at a discounted price saving you money with each attractive creation you make. You can save a lot of money when using the discounted items for your centerpieces.

How To Choose Wine For Your Wedding



Weddings usually serve an alcoholic beverage. Serving wine has become something many couples add to the list since it is a classy beverage that is enjoyed by all age groups and crowds. Add to the appearance of the wine bottle by using some unique methods making a lasting impression on the guests.

Wine stoppers in the theme of the wedding are a nice touch. The stoppers are available in hearts, starfish, wedding bells, and so many other designs to match any wedding theme. The stoppers add personality to every bottle especially if the bottles are set on the individual tables in a basket filled with ice.

Use wine charms with the bottles. The charms added to either the bottles or the wine glasses. They are available in the same cute and classy designs of hearts, wedding bells, bows, as well as custom designs to match your wedding theme including boots for the country wedding for example.

Elegant little bottles of wine are a nice touch to the wine lovers on the guest list. The bottles do not have to be wine since they are also available in sparkling cider for the younger guests. They are also great keepsakes that provide lasting memories.



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Another classy touch is having your own wine in a bottle with the names of the bride and groom with the wedding date on the labels. Add a nice picture to the label for more personal touch to the customized wine bottle.

Create your own champagne jelly, which is fast and easy. It will go with any meal you are serving as well as the wedding cake. To make the jelly offers the tastes of champagne as part of the dessert you serve with the meal.

Use champagne flutes as a wedding favor for the reception. This is a nice gift for all the guests. Fill the flutes with candy in the colors of the wedding theme and sit them on the tables for added decoration. The guests always love little personalized touches at receptions and this will be a nice gift they can take home with them.

There are other wine favors you can use at the reception such as grape coasters and wine bottle serving platters you set the bottles of wine on for the wine lovers on the guest list. They will find this touch classy and stylish. Wine bottle shaped candles can be placed on the tables for an evening wedding to provide the candlelit reception adding the atmosphere of romance centered around the wine theme of the reception.

For the wine lovers that are getting married or the guests of the reception, using the wine favors and decorations will make a lasting impression on everyone sharing your special day.

Wedding Shoes For The Bride



Many brides have such a hard time selecting the right color for their wedding. They have a color in mind yet all the dresses they see just are not the right ones. So instead of beating your head against the wall looking at dresses change to looking at shoes.



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Using shoes to make the right decision will really help you out since you will be able to envision the dress to match the shoes. The shoes will more or less help you with the dress since there are so many different styles for different styles of weddings and times of year.

Think of it this way, you see this really cute pair of shoes. The girls in the wedding fall in love with them too. Now you take the shoes to the dress shop. You show the clerk the shoes and she will be able to direct you to the dresses that will go with the shoes. This solves the endless dilemma of viewing dresses after dresses that none of the girls seems to agree on for the wedding.

Many brides have used this method for finding their attendant's dresses. They state if they would have discovered the method they would have saved valuable time in the past. They state they discovered the "buy the shoes first" system after mentioning to the dress clerks about how they are becoming frustrated with not finding the right dress.

When you shop for shoes, you will look for the style and the comfortable shoe. The attendants will be wearing the shoe for more than four or five hours so the shoes need to be very comfortable for them. The shoe needs to be stylish as well as functional for the day and most of the evening. Select shoes with comfort inserts.

Forget the pointed toe shoes. They are uncomfortable. If you must have that style, allow your attendants to have a spare pair of shoes for the reception. Just as you will be on your feet for several hours and need the comfortable shoe, so does your attendants. After so many hours in the pointed toe shoe they will be sore and that will not be any fun for them at all.

You can add to the shoe that is plain accessories to the toe areas such as clips with jewels to add to the appearance of the shoe. This can turn a plain shoe into a work of art that has the appeal of the higher priced shoes. The clip can be removed at the reception and worn in the hair if desired.

To find the clip accessories, check with the wedding dress shop, shoe stores or online for the accessories. There are wide varieties to select from to really change the appearance of the shoe



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How To Hold Your Bouquet



Think about all the weddings you have attended and you will realize there are several ways to hold the bouquet. Depending on the design of the bouquet, there are specific ways to hold them. You have seen at some weddings the attendants holding their flowers in different manners instead of all the same way. It looks strange when comparing the rest of the details of the wedding plans that were done with such care.

It is important how the flowers are held. The guests will notice if an attendant is hugging the flowers as if they are uncomfortable. This detracts from the rest of the beauty of the wedding. Having an attendant hold the flowers with poise and confidence will make all the differences in the world.

Think about the planning and cost of the flowers for the wedding. Any bride will agree that she wants the flowers to be displayed in a certain manner. The bride knows how she wants the flowers displayed just as she knows how she wants the girls to walk down the aisle and how to stand during the ceremony.

Here are some ideas for the wedding flowers. Avoid designing the flowers so they are too heavy. The lighter designs will be better for the attendants when having to hold the flowers for the pictures and the ceremony.

Hold the flowers at the belly level when carrying them. The elbows are slightly bent and relaxed. This creates a more comfortable level for the attendants and it will present a uniform appearance if everyone uses the same level for the flowers. It is also a great way to hide any shaking hands from the extremely nervous time of being on display.

Hold the blooms of the flowers towards the guests. Allow the guests to see the beautiful flowers you have taken the time to design and select for your special day.



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If the designs of the bouquets are a sheaf of flowers, rest the bouquets in the elbow area of the arm such as cradling a baby. This is easier for the long time the attendants will be holding the flowers. This is how pageant members carry their flowers if you need another example.

During the ceremony if the flowers are too heavy or in the way, have large sturdy vase set near the front of the area of the ceremony to place the flowers. This helps to avoid thinking too much about the flowers instead of enjoying ceremony. If this is not something the bride wants to use, have the attendants pass the flowers from one to another with the maid of honor holding the brides flowers. The attendant on the end of the line can place her bouquet on a chair until the ceremony is over and the flowers will be returned to the right attendants.

Make a point to be prepared with ideas regarding the bouquets so all of the hard work and planning for the wedding includes the right displays of the beautiful bouquets.

Save Money On Wedding



Buying inexpensive wedding favors for the reception is possible when taking the time to use your imagination. After all of the other costs associated with the wedding you will be so happy to save money with the little party favors you want to have for the reception.

Guests love candy. You can buy candy they can munch on during the reception until the food and cake is served. The candy can be any selection that is very inexpensive so you can buy a great deal. Buy the candy in bulk to really save money at stores such as Sam's Club or Costco.

Add to the charm of the candy by using colorful clear wrap to wrap the candies in or little gift boxes that are sold in bulk that you can decorate to coordinate with the theme of the wedding. Place the candy on the tables and in a basket allowing the guests to get more when they run out.

Some candy ideas include Jelly Bellies in your wedding colors, salt-water taffy, heart shaped candies such as the kind for Valentine's Day, and gummy bears. These are all favorites of all



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ages. The kids will love the candy and the older sweet tooth will appreciate the sweet munchies you provide. Other ideas include M&M, chocolate kisses, peppermints, and licorice sticks. Get a variety of candy to meet the tastes of everyone.

Some of the online stores that have candy in bulk and discounted prices are Oriental Trading Company, CandyDirect.com, and Candy You Ate as a Kid. The more you purchase the more you will save when using the online stores. If you plan far enough in advance you can take advantage of the free shipping for the longer delivery times.

Consider buying little boxes, bags, jars, or tins as wedding favors. You can package the candies or other items including spices and tea bags inside. This makes a really neat favor for all your guests. Add a few items in the containers and make a huge impression with each gift for all the guests.

The wedding favors you have at your reception are as unlimited as your imagination. Do not think because the items are inexpensive they will not be appreciated. The people coming to your wedding and reception realize you have already spent a great deal of money on the rest of the wedding. They will appreciate anything you give them at the reception. They know you have taken the time to make a special gift for them, which is all that really matters to many guests.

Since many of the people coming to your wedding and reception are friends and family, they know you are providing little gifts to them to say you are glad they shared the day with you. They are not attending for the gifts you are giving but the bonus of the inexpensive wedding favors will be appreciated when you personalize them

Money Tips For Soon To the Newlyweds



Many couples do not talk about their personal finances before they get married. They are caught up in the moment of becoming engaged, the planning the wedding, followed by being adjusted to living together, and joining all of their finances. It is at this point many discover financial secrets or issues their partner failed to mention before getting married.



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The biggest mistake anyone can make is to fail to disclose their true financial situation with their partner. This can lead to trust issues since the other party will wonder why you failed to mention a debt when there were times in the past money was discussed. It is always best to talk about all the debts and true financial status before getting married so both parties know about any possible issues or problems.

Not having a budget is one thing many newlyweds fail to establish from the beginning. They need to merge all their assets and debts so using a budget to maintain the savings and proper spending habits is required. Naturally there will more bills and expenses yet there is now another income to pay for the new bills and expenses. Do not panic when seeing the joint bills, it can be worked out with using a budget to plan how the bills will be paid and how the savings will be added to with each payday.

Deciding who will be in charge of paying all the bills and creating a savings plan. The two of you are now married so it is time to allow someone take over the position of the head bill payer unless you can reach an agreement with both sharing the responsibilities. If you decide to share the responsibility, and then make a date where the two of you sit down together, pay the bills, and keep the budget on track. Remember to merge all the accounts so each person has access to the money in the savings and checking accounts. Also if there is a 401K, add the new spouse as a person who will get the account if something happens resulting in death or other accidents, this includes the car titles and house title if one owned a home prior to the marriage.

Once you have married the debts such as credit cards and car payments should remain the original owners name on the titles. This is to avoid having the partner's credit damaged if in the past the debt was delinquent or late at any times. Determine the spending habits so both are aware of excessive spending that may affect the goals of savings and paying the required bills and expenses.

The most important thing to remember is marriage is about compromise. Let the small things slide such as he leaves the toilet seat up, and she squeezes the toothpaste from the middle of the tube without pushing it down and wrapping the used end upwards. The small things are not worth fighting over. What matters is to reach a common stand on issues and money is one of the common issues to have within the marriage.

Finding common ground means learning to save and spend money together. When you go shopping for groceries, learn to talk about the items you both want to buy. Realize she might be a stickler for a name brand while he likes the generic brands. Reach a common point of agreement for the groceries you purchase. Sit down before going to the grocery store and discuss the buying habits and preferences.

The final issue for married couples is failing to plan for emergencies. You are so busy trying to pay the bills and enjoying your new life together that you fail to have a cash reserve for emergencies. Make a point of making a savings account for emergencies providing for financial security as well as the cash needed for future car repairs and vacations.



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Toasts & Speeches

Anyone who has ever had to make a speech will probably admit it was one of the most daunting experiences. But speeches, however brief, are an integral part of a wedding reception.

Three or four speeches are usually sufficient, even at a very formal wedding. Toast and speeches follow immediately before the cutting of the cake. The Order of Speeches is listed below but is only an indication.

- **The Bride's father**, or a close friend or relative of the bride's family, is the first to speak. He usually says a few words about the wedding, and then asks the guests to raise their glasses to the happiness of the couple.
- **The Bridegroom** then replies to the toast on behalf of himself and his new wife. He thanks the speaker for being there, thanks his own parents and his new parents in law for the wedding. Finally, he proposes the health of the bridesmaids.
- **The Best Man** replies on behalf of the attendants. If the bride's father has not spoken at this stage, the best man or family friend can propose a toast to the bride's parents, and the bride's father responds. .
- **An optional toast** is to the parents of the bridegroom, to which the bridegroom's father responds. The essence of his speech is to welcome his new daughter-in-law to the family.

Guidelines for speakers

Each speech should take five minutes and most people speak clearly at the rate of 180 words a minute, so plan a speech of about 1000 words. Speakers should make a list of everyone they must thank, and what to thank them for.

It's a good idea to write out the speech in full, and learn the opening and closing paragraphs by heart. Write the key points of the speech on cards, and refer to them when necessary.

Speakers should remember that a wedding is a happy occasion. The audience is not feeling critical, so there is really no need to be nervous.