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Be a blissed-out bride-to-be!

Is planning leaving you feeling more 'argh!' than 'aaah'? Helen Webster has these top tips...

Step 1: Treat yourself

It might seem like an indulgence when you're saving every penny to pay for those sparkly, strappy Gina heels, but we all know feeling good starts from within, so splashing out on an amazing beauty or spa treatment could be just what you need to get your wedding planning mojo back!

To get the most from your treat think about what you want to achieve for your wedding-day look — for instance, top hair guru Errol Douglas (erroldouglas.com) offers a Blissed Out Bride treatment (£75 for 60 minutes) which is designed to massage away tension and leave your hair looking amazing! Brides-to-be looking for an extra bit of me time should check out the English Rose Signature Treatment at

The Spa InterContinental (spaintercontinental.com) which includes an exotic rose petal foot bath, hot stone massage and Elemis facial (book us in now!). Finally, time-pressed brides-to-be should visit dovespa.co.uk to find out more about the Time For Me package. Available in 25 locations nationwide, this two-hour treat includes a facial, massage and mani/pedicure. Amazing!



Treat your feet to a rose petal foot bath

Bridal Beauty

Step 2:

Learn to relax

Life before W-day can be a frenzy of phone calls from venues and caterers as well as battling off the mother-in-law's requests for you to wear a Princess Di-style meringue. Take some time out! Yoga and Pilates are a great way to de-stress and relax. Personal trainer Jackie Diss says:



Of course, we can all do this, no problem (ahem!)

Correct posture can make you look inches taller and help to strengthen and create a slimline silhouette. Pilates will help tone your stomach muscles as well as allow you to hold the correct posture. For a taster, visit ikewomen.com and sign up for the Nike Training Club to build your own programme.



Check out manduka.com for yoga mats



Carole Caplin (lifesmart.co.uk) shows how it's done!

Step 3:

Move your body

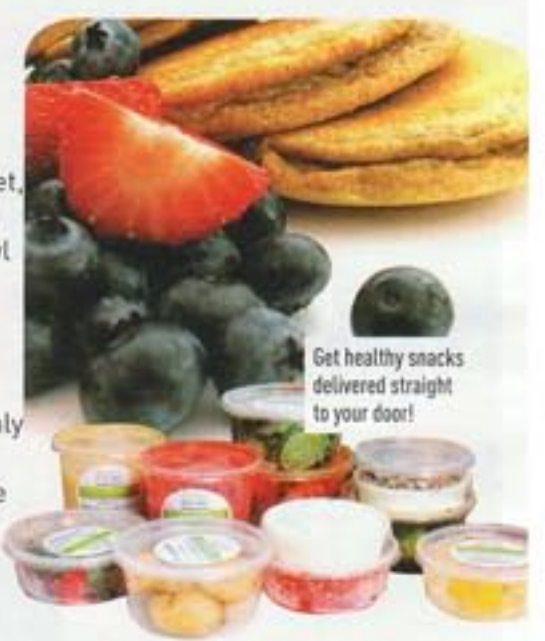
Although this feature is about finding ways to relax, one of the best tension-busters is exercise. You might find that getting your heart pumping and feel-good endorphins flowing works better than anything else, leaving you feeling relaxed and energised.

"Some women really relax through doing hard competitive training, collapsing into the steam room when they're through!" (Carole Caplin)

Step 4: Ditch the junk food!

We all know how it is — we mean to stick to a healthy diet, but at the first sign of stress the apples get left in the bowl and a bar of Galaxy the size of a house brick is the only thing that'll get you through the day. When you're feeling stressed, eating badly will only send your blood sugar on a rollercoaster which will leave you feeling even more tired and frazzled.

To combat this, try to eat a balanced diet with protein with every meal (proven to keep you full and discourage snacking), good carbs for energy (wholegrain bread and pasta, not doughnuts — sorry!) and plenty of fruit and vegetables (great for energy, plus the vitamins will help get your hair and skin glowing in time for the big day). For brides-to-be struggling to stick to a healthy eating plan, giving someone else



Get healthy snacks delivered straight to your door!

the responsibility could be an option. We tried out Soulmate Food, a home food delivery service (soulmatelifestyle.com) which aims to make it easy for you to eat healthy food based on your preferences and goals (for example to lose weight or feel more energised). Costing from £25 a day it isn't cheap, but this is a bespoke service that delivers three meals plus snacks straight to your door!