

Top 5 Wedding Day Tips for Brides

It's the day you've probably been dreaming about since you were a little girl ... or at least for as long as you've had the engagement ring on your finger!

LA, CA - CALIFORNIA, USA, August 8, 2016 /EINPresswire.com/ -- No doubt you have thousands of thoughts going through your head: is your dress going to fit, is it going to rain, are the cars going to arrive on time (just to name a few). Your day doesn't have to be stressful though, and it can be a whole lot easier if you follow these 5 tips from Aotearoa Beauty

1. Start the day right. Get a good night's sleep before the wedding (and don't drink too much champagne), and eat a hearty breakfast that is high in carbohydrates and protein. You'll need as much energy as possible to get through the day.
2. Be photo ready. That means prepping and primping. From unwanted [hair removal](#), including shaving your legs and waxing your eyebrows, right through to using a [nose hair trimmer](#); to reaping the benefits of a [blackhead remover](#) kit for a flawless complexion.
3. Ask for help. Don't be afraid to call out to your mum or bridesmaids to help you. Whether it's something as simple as getting you a drink so you can put your feet up for a few minutes, or holding up your dress so you can make a last minute dash to the toilet – just ask.
4. Turn off your phone. The last thing you want when you're in the middle of getting your hair done (or walking down the aisle) is your phone going off with Facebook messages or phone calls. Turn off your phone first thing in the morning. You'll be surprised at how much more relaxing it is.
5. Don't forget to breathe. It's all very overwhelming but remember, the day is about marrying the person you are going to spend your life with. It's a special day, so just relax and let love work its magic.



Wedding Day Guidelines for Bridesmaids



Top 5 Wedding Day Tips for Brides

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Top 5 Wedding Day Tips for Brides and grooms

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