

bridal treats

Celebrate

Grab a nice bottle of bubbly and settle in for an evening of celebration with your girlfriends. They will be full of words of wisdom, but if you need some outside advice, try the must-have *Bride's Guide to Unique Weddings*, which has loads of tips for a memorable wedding day. Another must is a hen night, so gather the girls – but forget Mr & Mrs quizzes – pick up Confetti's paper puzzle game and test their knowledge instead!



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Sleep soundly

It's crucial to get your beauty sleep in the run up to the big day. Splash out and get all the right accessories: from a glamorous eye mask to this beautiful hot water bottle and luxurious cashmere socks set from Johnstons Cashmere at Harrods. Totally indulgent and no cold feet in sight.



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Plan away

Whether or not you are a natural born organiser, a wedding planning book is a great way to collect all your ideas, cuttings and notes.



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a bride's treats

The SWD has been shopping for you and we've found all the bits and pieces a bride shouldn't be without, from essential reading, to indulgent bath goodies and beauty quick fixes

in the run up...



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Look great

There's a lot to be done to look great for the big day. Remember to do any masks a week before to give any redness time to disappear – for facials no later than a month ahead to prevent wedding day break-outs. Why not do it yourself with the Bliss Triple Oxygen mask? It mimics the effects of the spa's famous Triple Oxygen Treatment facial in seconds and instantly brightens the complexion.

For a holiday glow try Elegant Touch's Fakeover range, a fabulous new fake tanning collection that guarantees a gorgeous caramel glow. For perfect shimmering skin, indulge in a regular slathering of the wonderful Bohème body lustre from Scottish Fine Soaps.



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Be mellow

Getting the pre-wedding jitters is part of the deal, but to make sure you are as relaxed as possible, treat yourself to a few extras. Try Jo Malone's gorgeously fragrant Travel Candles range, or relax with a long bath in E.Coudray's foaming bath cream, scented with rose berry, bergamot, freesia, caramel and white musk. Delicious and perfect to put you in a mellow mood.

- 1 Taittinger champagne, £25.95 www.thedrinkshop.com
- 2 Bride's Guide £6.39, www.piatkus.com
- 3 Lavender Eye Mask Holistic Silk, £32.50, www.notonthehighstreet.com
- 4 Cashmere hottie & socks £79.95, www.harrods.com
- 5 Wedding Bible planner £30, www.weddingbible.co.uk

- 6 Bohème body lustre £7.99, www.scottishfinesoaps.com
- 7 Fakeover Pre-Tan Body Buffer, 50ml £4.99, Cool Crackle Gradual Self Tanner £8.99, All Over Shimmer Soufflé £9.99, www.tesco.com
- 8 E.Coudray Espreys Perfumed Foam Bath Mousse £20.50, www.fortnumandmason.com

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Be beautiful

Slip into something comfortable such as a kimono to get ready for the big day. Then get a glowing complexion in seconds thanks to Express Radiance Ice Cubes by Anne Sémonin. They act as a drastic pick me up for your skin. Even more essential is long-lasting make-up, such as the brand new Prescriptives waterproof 24-hour mascara, shine control tissues like Barbara Daly's in their sleek black case, and lasting fruity lip gloss. Don't neglect your hands either, banish dry skin with l'Occitane's sample size shea butter.



Glamorous touch

All eyes will be on you, so it's the perfect excuse to shine. If your dress is simple, indulge in glam accessories like Dorothy Perkins' sparkling clutch, chic chandelier earrings or a dazzling gem cuff. For extra sparkle, try the Body Shop's Golden Sparkle make-up, and add a drop of bewitching scent like Chopard's Happy Spirit.

a bride's
treats
on the
big day...

Bride's basics

Beautiful white lingerie is crucial for your wedding night. Passionata's Java push up bra is great for a little cleavage, or try the racier Java white basque with removable shoulder and suspender straps, perfect for classic strapless bustiere dresses. Delicately embroidered lace with cheeky sheer side panels makes for the perfect naughty but nice combination.

Something blue?

Something blue can be tricky. Why not add sleek blue leather gloves to your outfit or these wild sparkling Jasper Conran shoes? For something more discreet, why not pin on a blue butterfly?

Keep cool

To keep nerves at bay, have your favourite tunes playlisted for any wobbly moments. The new silver iPod Nano lets you watch up to five hours of TV shows, films and podcasts and is just 6.5mm wide, so it will slip into even the tiniest bag. What's more it'll match your wedding outfit, and you can store 7,000 photos – ideal for the honeymoon pics!

- 1 Next lip gloss, five for £5, www.next.co.uk
- 2 Embroidered kimono, £34.95, www.theoriginalgift.co.uk
- 3 Happy Spirit, £27, www.harrods.com
- 4 Metallic Eye & Cheek Palette, £15, www.bodyshop.co.uk
- 5 Chandelier earrings, £18, www.asos.com
- 6 Gem cuff, £12, www.monsoon.co.uk
- 7 Clutch, £15, www.dorothyperkins.co.uk
- 8 Blue butterfly, £4, www.pier.co.uk
- 9 Blue shoes, £35, www.debenhams.com
- 10 White Java push up bra, £29, French knickers, £19, Stockists **01483 300880**
- 11 White Java basque, £55, Stockists **01483 300880**
- 12 iPod Nano, 4GB – £99, www.johnlewis.com