

10 Wedding Day Don'ts

1. Don't eat or drink food and beverages that stain your teeth on your wedding day.

Avoid any teeth staining food and drinks such as red wine and red berries. You don't want the stains ruining your pearly whites on your wedding day photos.

2. Don't tan or spray tan.

Although many of us love a sun kissed glow to our face and body, having a very dark tan can look unnatural on wedding photos. Even worse is burnt or post burnt peeling skin or unsightly white strap marks.

Spray tans are also a very precarious arena to enter into for a wedding day look. Of course it all depends on your taste, but remember, a spray tan gone wrong is very hard to fix.

If you're looking for that all over face and body glow, why not try daily body moisturizers with subtle gradual self-tanners such as Dove.

3. Don't change your skin-care program, medication routine or washing detergent etc; less than 8 weeks before the wedding.

You don't know how your skin is going to react to new treatments, so avoid any type of changes to your body routine in the months leading up to the big day.

4. Don't have any beauty treatments within 1 week before the wedding.

Eye brow waxing, facials, teeth whitening, haircuts or colors and any other similar beauty treatments should all be done at least 1 week before the wedding to give you time to correct any minor mishaps.

5. Don't ingest salt (sodium) in the days before the wedding.

Sodium holds 50 times its weight in water so avoid foods with lots of sodium such as salty meats, dressings or sauces at least

7 days before the wedding. Also avoid adding salt to your food. You could drop around 1 to 2 kilos with this small change in your diet.

6. Don't wear a bra with straps the morning of your wedding.

Avoid the pink indents on your skin by wearing loose clothing and a strapless bra or even no bra at all, the morning of the wedding.

7. Don't forget to drink lots of water!

Drinks lots of water weeks before the big day to keep your skin clear and glowing. On the day, ensure that you drink lots of water between each alcoholic drink to avoid getting too tipsy!

8. Don't forget your beauty SOS kit.

Ensure you have to hand while you're getting ready some double-sided sticky tape, different sized safety pins, packet of tissues, a small sewing kit, small scissors, a bleach pen, blotting papers, chewing gum or mints, razor, plasters, tampons, deodorant, nail polish remover, hair spray, nail clipper, emery board, clear nail polish, makeup remover wipes, gel foot cushions, and anything else you feel you may need on the day.

You probably have most of what you need at home, but buy in what you don't. It won't go to waste even if you don't use it on the day and it may even save a wedding day disaster and the stress which goes along with it.

9. Don't forget to touch up your make-up.

Let your hair down and have a great time by all means, but don't forget to take moments out for yourself to head to the bathroom and touch up your make-up. There will be lots of pictures taken of you all day and way on into the evening and you want to look your best.

10. Don't forget to practice how to wipe away those tear correctly!

Avoid the tears from running down your face and washing away your beautiful make up by pressing a tissue into the tear duct of each eye and let the tears roll into it.

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