

**6** Try to avoid eating spicy foods laced with onion and garlic the day before. You'll be greeting a lot of people the next day!

**7** Often overlooked – make sure you organise someone to look after your pets! Maybe a trusted friend or neighbour could do this for you?

**8** Cut off all the tags and labels from your jewellery, dresses and underwear that you'll be wearing on the day.

**9** Plan who's going to be with you on the day. Surround yourself with calm people and their relaxed state of mind will transfer to others and contribute to everyone enjoying the day with you.

**10** Relax and enjoy a small drink and try to get as much sleep as you can. Tomorrow is going to be a busy day!

THE BEST WAY TO ENSURE YOU HAVE A STRESS-FREE WEDDING IS TO PLAN

**100 TIPS FOR A STRESS-FREE WEDDING MORNING**

HELEN TOZER

# 10 top tips for the day before...

**1** Get all your ironing done the day before. Hang it all up and ready to go for the next day. Make sure everyone in the wedding party has theirs done, too.

**2** Don't forget to remove any labels that may be on the bottom of your shoes or you'll have a harsh reminder when you get your wedding photos back!

**3** Remember to pack your overnight bag with all the essentials, ready for your big day.

**4** Have a manicure and a pedicure the day before. This will allow the polish to set hard. Of course, you won't be able to do anything afterwards – what a spot of luck!

**5** Have all your cheques or cash ready in envelopes to pay suppliers on the day – your hairdresser, make-up artist, florist and so on.

**B2BS' TOP TIPS**  
COME AND SHARE YOUR TOP TIPS FOR DE-STRESSING ON THE WEDDING IDEAS FORUM!



## FIND OUT MORE

These tips were taken from *100 tips for a Stress-Free Wedding Morning* by Helen Tozer, a professional hairstylist based in the South West. To get first-hand advice, visit Helen at the Earls Court National Wedding Show (stand A23) between 1st and 3rd October 2010 or visit [bridalhairstylisthelen.co.uk](http://bridalhairstylisthelen.co.uk). Pick up your copy of the book from Amazon UK today!

