

# Diamonds and Pearls - My Cinderella Story



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*This file is dedicated firstly to God and His grace, secondly my gorgeous husband and my wonderful parents. Thank you for your support, love, hard work and guidance. May our love grow and prosper for all eternity. Hope springs eternal.*



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## *I ntroduction* – petals of love

Diamonds and Pearls, your Cinderella Story is a step by step wedding planning file to guide you through each gorgeous moment of your planning experience. This is not a file to push venues or designers but rather a guide to illustrate ALL your options. My best friend Katherine and friend Corné and I decided that we could help all those beautiful brides-to-be create their own magical moments. We are wedding planners with a difference. I cannot promise a bump free journey but I can help you along the way to make this experience as memorable as possible.

Your wedding day is the most precious day carrying with it the most perfect memories.



### *Advice about:*

- Setting the date
- Budget and budgeting
- Planning calendar – your step by step overview
  - To-do lists
  - Hen and stag parties
    - Beauty
    - Attire
  - Stationary & Gifts
  - Cakes and desserts
  - Flowers & Décor
- Seating plans & Hall layout
- Capturing those stolen kisses
  - Who plays what role?
    - Legal matters
    - Good ideas!



Wedding planning can be great fun but a little scary too, so if at any time you need advice or help we will be at your disposal.

For I can do anything through Christ who strengthens me

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# Diamonds and Pearls - My Cinderella Story Marriage - the blissful truth

## Marriage – the blissful truth

When I began this endeavour to help future brides to plan their day, I never imagined how much information people would ask for.

Upon interviewing married friends, engaged friends and dating friends the consensus was for me to discuss what is marriage truly and how can we make it last?

The role models in my life are my parents. They have been married for 34 years on 21<sup>st</sup> of December 2008 and their love grows deeper each year. So I began to ask family and friends for advice.

### *Advice from my mum and dad:*

1. Love deeply, forever, honestly, true – raw passion
2. Complement each other daily
3. Tell your spouse you love them
4. Be faithful, never let the passion die
5. Be honest
6. Listen always
7. Support one another, hold hands and kiss
8. Compromise and value each other's opinions
9. Ask for help, do not feel vulnerable, they love you
10. Be best friends – open, genuine, faithful

Our good friends Brent and Natalie van Rooyen believe marriage is based on:

- ♥ Honesty
- ♥ Openness
- ♥ Effort to listen
- ♥ Love unconditionally

Advice from me and my husband, Gareth:

- ♥ Love always
- ♥ Be true, honest and supportive
- ♥ Spend time together
- ♥ Learn, listen, help
- ♥ Take each day and deal with it

In society there has been general consensus of what a marriage should be.

The heritage foundation explains that marriage is the building block of a family and society and that it brings stability to human relationships and provides a moral loving basis for children and raising children.

In 1891 Black's Law Dictionary defined marriage as: "Marriage.... is the civil status of one man and one woman united in law for life, for the discharge to each other and the community of the duties legally incumbent on those whose association is founded on the distinction of sex."

Remember, regardless of religion, culture or tradition, societies have always agreed on the nature of marriage (Heritage Foundation, 2008).



## General consensus:

- ♥ Understanding
- ♥ Listens
- ♥ Cares
- ♥ Loves unconditionally
- ♥ Willing to compromise
- ♥ Open
- ♥ Honest
- ♥ Supportive
  
- ♥ Aspiring to be the right mate
- ♥ Accept habits
- ♥ Show your flaws
- ♥ Constantly communicate
- ♥ Share feelings and emotions
  
- ♥ Talk calmly
- ♥ Never go to bed angry
- ♥ Compliment them
- ♥ Share your dreams
  
- ♥ Be empathetic
- ♥ Small things must stay small
  
- ♥ Have date night once a week. NEVER cancel
- ♥ When you are wrong, admit it and apologise, kiss and make up
- ♥ Passion is your primary priority – keep it up!
  
- ♥ Effort from both sides goes miles
- ♥ Best sex secret:  
Husbands, wives love massages  
Wives, take control once in a while and initiate sex!
- ♥ Surround yourself with love and honesty and supportive friends
- ♥ Make conscious sacrifices
- ♥ Surprises are good!
- ♥ Pick your battles
  
- ♥ The past is the past!
- ♥ Do not discuss personal problems with family, but choose a honest, committed friend
- ♥ Support your spouse's outside interests full heartedly
- ♥ Be specific and answer all questions asked
- ♥ Continue to date
- ♥ Never interrupt your spouse, listen and add
- ♥ Never take each other for granted
- ♥ Present a united front
- ♥ Be proud of your partner and their work
- ♥ Comfort one another

## *The perfect partner:*

- ♥ Your type of attractive
- ♥ Puts in 110%
- ♥ Mentally compatible
- ♥ Accept your spouse as they are
- ♥ Constant commitment
- ♥ Helps around the house
- ♥ Be true from the beginning
- ♥ Be powerful and truthful, not overbearing and opposed to listening
- ♥ Kiss your spouse 'hello' and 'goodbye'
- ♥ Be attentive
- ♥ Build your dreams together
- ♥ Make major decisions together
- ♥ Do not be afraid to agree / disagree but be open to listening
- ♥ Do not try to change them, embrace them!
- ♥ Do not let your ego control your thoughts
- ♥ Focus 30 minutes each day on each other
- ♥ Deal with conflict, Do not ignore it, but be calm and logical
- ♥ Have a laugh night – make jokes and have fun
- ♥ Have a 'who is responsible for what' list and complete those with love and jest!
- ♥ Think before you speak
- ♥ Do not compare your spouse, find the reasons that are unique and love them for it
- ♥ Allow them to destress for a few minutes or 30 minutes each day after a stressful work day
- ♥ Plan weekly sex nights and be dedicated to them!
- ♥ Do not blame
  
- ♥ Laugh together
  
- ♥ Cry together
- ♥ Focus on each other
- ♥ Never casually talk about divorce, talk about growing old together
- ♥ Keep your individuality
- ♥ Ask for their advice
  
- ♥ Remember your vows
- ♥ Never criticise your spouse's family and friends
- ♥ Share responsibilities
- ♥ Make love, do not just have sex
- ♥ Forgive each other
- ♥ Friends first, lovers second
- ♥ Do not neglect your appearance
- ♥ Be confident in who you are as a person and be confident in your spouse's confidence

*Wake up each morning remembering how lucky you are to have your loving partner!*

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Work hard at your marriage, friendship and love and your marriage will be solid. Yes, you will have those blissful days and those that need more effort, but remember why you fell in love and keep your memories alive!

*Love unconditionally!*



*Each man must  
love his wife as he  
loves himself, and the  
wife must respect her  
husband.*

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## Setting the date

### Setting the date

Planning your wedding will be one of the most exciting times of any woman's life. There will be moments of excitement, love, joy, and a couple of instances of tears. Speaking from experience, I know how stressful planning your own wedding can be.

The first thing you should do is sit down with your handsome husband to be and openly discuss the following questions. For each question I will provide you with bullet points that you should consider.

Questions:

Describe your dream wedding day

- ♥ Essentials
  - Venue
  - Dress
  - Flowers
  
- ♥ Optional
  - Limos
  - Helicopter
  - Chocolate fountain
  - Horse drawn carriage

**Let you and your fiancé make these lists separately and over a candle lit dinner discuss your personal choices.**

What type of ceremony do you want?

- ♥ Religious (important to discuss if from different backgrounds)
- ♥ Civil
  - ♥ It's all about Rands and cents, what is your budget?
    - How are you paying for the wedding?
    - Is anyone contributing to your wedding?
    - How much can you save up during your blissful engagement?
    - Will you need to take out a loan?
    - How many guests do you want to invite?
    - Formal or casual reception?
    - A local wedding or an international wedding?
  
  - ♥ It's all about timing, what date did you have in mind?
    - Do you want a short or a long engagement?
    - What is your favourite season?
    - Are there any important family occasions that can cause scheduling problems?



Five important factors will affect the date of your wedding:

Chosen venue  
Available days  
Special days  
Season  
Price

*Notes*

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*Good planning  
and hard work lead  
to prosperity*

## Three main types of weddings

### Types of weddings

<i>Traditional</i>	<i>Informal</i>	<i>Wedding weekend</i>
<ul style="list-style-type: none"> <li>• Most popular</li> <li>• Religious or civil ceremony followed by:                             <ul style="list-style-type: none"> <li>• Drinks and snacks</li> <li>• A seated meal</li> <li>• A party</li> </ul> </li> <li>• Usually afternoon or early evening weddings.</li> <li>• Most expensive</li> </ul>	<ul style="list-style-type: none"> <li>• Least expensive</li> <li>• A civil ceremony</li> <li>• A casual reception, usually buffet style or cocktail party</li> <li>• Guests can depart late afternoon</li> <li>• This wedding is for those who do not like to fuss and are on a tight budget</li> </ul>	<ul style="list-style-type: none"> <li>• Popularity growing daily</li> <li>• For those who want to splash out and entertain a small number of guests over a weekend</li> <li>• It occurs usually from a Friday to a Sunday</li> <li>• Friday night dinner with guests</li> <li>• Saturday wedding proceedings</li> <li>• Sunday breakfast and well wishes</li> </ul>

Seasons are going to impact various things:

- Colour of dress
- Time of day
- Photo shoot
- Hair styles
- Flowers
- Length of bridesmaids dresses
- Colour scheme of reception
- Indoor or outdoor wedding
- Venue or tent

## Budget – the only way to plan your wedding

### Budget

<p>Who is paying?</p> <ul style="list-style-type: none"> <li>○ Traditionally, the bride's father paid for the wedding</li> <li>○ In today's day and age it has become a family affair in which the bride, the groom and both sets of parents contribute to one wedding fund.</li> </ul> <p><b>Just remember to make sure that everyone who contributes financially, anyone outside the couple, should not dictate what you can do with the money.</b></p>
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Ways to pay for your Cinderella story:

- Budget planning
- Save 10 to 20% of your monthly income during your engagement
- Open a bank account and name it my wedding account
- Seek financial advice
- Lastly, wedding planner vs. doing it yourself.

Split your budget as follows:

### Suggested budget split

Reception (Including food and drink)	40 %	R
Venue or ceremony or musicians	15 %	R
Outfits	10 %	R
Flowers, entertainment, transport	10 %	R
Photography or video	7 %	R
Stationary	3 %	R
Honeymoon	10 %	R
Unexpected extras	5 %	R
<b>Total budget</b>	<b>100 %</b>	R

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## My Wedding at a glance



### Wedding planning at a glance

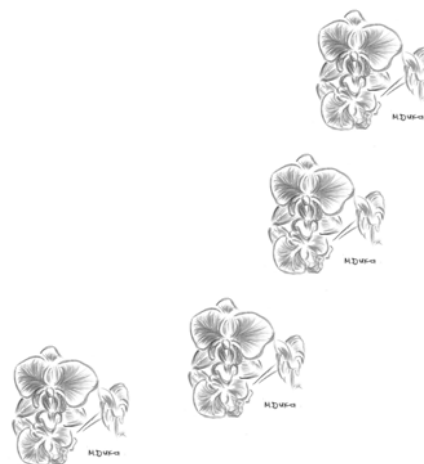
This checklist will help you plan the perfect wedding. Use it as a guideline for the busy months ahead. You can adapt it where necessary to suit the style of your wedding. Enter all the major events into your year planner for easy cross-reference. We clearly set out what needs to be done from 6 months till the day your big day arrives!



## Checklist

### Wedding day check list

The smallest forgotten detail can often create the biggest headache. Make sure you have all these elements two weeks before your big day!



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## Your attendant's details

Tip: Give your maid of honour & hubby-to-be a copy

### To do list – quick overview

#### To-do-list

To-do list with suppliers and dates of meetings – the worksheet below this will provide you with enough space to write all your suppliers details, addresses, details etc. The worksheet below is for a summary of meeting dates to give you a nice overview. If you would like you can copy this page for your bridesmaid or mum. **If you decide to have a Brazilian / Hollywood bikini wax please have your first one months before! The pain can be worse than expected and we do not want your honeymoon to be ruined!**



I have also left you space to list anything else you might think of as well. **Before completing this list below I have left you two pages at the end to write all your possible choices for suppliers so you can meet as many as you like before deciding the final lot.**

### Guests – The life of the party!

#### Guests – the life of the party

TIPS:

- ♥ How big is your budget?
- ♥ The mood of the wedding?
- ♥ The size of the venue?
- ♥ Size of your family?



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## Wedding invitations

### Wedding invitations

When it comes to a large expense your invitations can cause a bit of a problem. Remember you have the world at your feet and can either have them made for you or enjoy a moment with your mom and girl friends and make them yourself. I truly enjoyed spending the weekend with my family and we all had our specific duty, like ribbon cutting, pasting, folding etc.

With loads of chocolate and wet-wipes for the grubby fingers, we had FUN!

Below I am going to describe the different types of invites you can request, whether you make them or have them made. These are only suggestions and you can ask the invitation place for new ideas or options as well or just be creative on your own!

### *Types of invitations*

Type of invitation	Description
Card	Wording is on the front of the invitation; card is not folded
Card with wrap	Non folding card with the invite is wrapped with vellum or differently coloured card (names and wedding date may be printed on the front folds)
Side fold	Wording printed on front, opens like a card, can insert loose directions etc)
Top fold	Wording printed on front, card opens upwards, can insert loose information
French fold	Folded twice to create a side fold. The wedding date is printed on the inside and may include names, date and/or a verse on the front. Square in appearance
Horizontal Z-fold	Think of an A4 folded into three and unfolding itself in a Z-shape. Your wording is printed in the centre panel and may include your names, date or verse on separate panels.
Tri-fold	Three equal folds but the top two folds fold outwards in opposite directions.
Gate fold	Your wording is printed in the centre pane and may include your names, date or verse on separate panels. The centre panel is wider than the two smaller folds that close it in.
Double gate fold	Same as the above, but the covering folds are folded double.
Stacked card	Layered invitations are printed on the top and/or second layer and may be held together with ribbons, clips or other fasteners
Seal and send	Seal-n-Sends include your invitation wording along with a respond card. Your response card can be detached and returned to you.

### *Writing styles*

Blind embossing	The raised embossed image is the same colour as the paper
Calligraphy	Handwritten invitations in a beautifully artistic font
Embossing	A3 dimensional image is created on paper through heat and pressure
Engraving	On one side of the invite they look raised, on the other side embedded
Letterpress	The letters look as if they have been stamped into the paper and rich in colour
Off-set printing	Everyday printing of letterheads etc, great on textured papers, not so great on plain papers
Thermography	The fusing of ink and powder for a raised lettering effect that compares to engraving, however the letters appear shiny

My wedding invitation





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*My favourite flowers*

Paste samples of your chosen blooms



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## Cakes and yummy desserts

### Cakes and yummy desserts

The most wonderful, scrumptious, decadent part of any celebration is the cake! The wedding cake traditionally symbolises fertility, the first meal the couple share together. It should be cut just before the dinner or luncheon reception.

So I began doing my homework for you! Katherine my best friend and pastry chef has given me GREAT ideas for cakes and what you should know about your options. (katherpillar@gmail.com)

- ♥ Flavours
- ♥ Types of cakes
- ♥ Types of icing
- ♥ Hen and Stag cakes
- ♥ Wedding biscuits

*Flavours - nothing is impossible!*

Please remember these are only ideas, you can request almost ANYTHING!

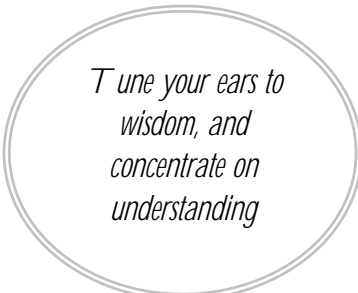
- ♥ Vanilla
- ♥ Butter pecan
- ♥ Cherry vanilla almond
- ♥ Fresh banana walnut
- ♥ Apple pecan
- ♥ Lemon cake
- ♥ Orange sponge cake
- ♥ Orange and coconut
- ♥ Banana cream pie
- ♥ Choc chip mocha butter cream
- ♥ Cinnamon swirl
- ♥ Cookies and cream
- ♥ THE LIST IS ENDLESS! ASK AND YOU SHALL RECEIVE

A great tip from Katherine is organise a tasting of two or three small cakes so you can invite some friends over and have a tasting.

*Icing*

You can have any type and colour of icing you crave! Here are some ideas:

- ♥ Chocolate butter cream
- ♥ Chocolate cream cheese
- ♥ Chocolate fudge
- ♥ Cream cheese
- ♥ Fluffy cocoa
- ♥ Orange frosting
- ♥ Peppermint cream cheese



*Tune your ears to  
wisdom, and  
concentrate on  
understanding*

Katherine says that butter creams can be made in ANY flavour you desire as well as coloured in any colour you want!

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*Types of tier cakes available*

- ♥ Oval
- ♥ Round
- ♥ Petal shaped
- ♥ Mad hatter
- ♥ Hexagon
- ♥ Heart shaped
- ♥ Square

Research your various options and choices and in the space provided paste your choices and write the flavours you desire to have.

### My cake choices / dessert options

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## Capturing those stolen kisses

### Capturing those stolen kisses

Photographs are essential for any festivity! Below we will provide a suggested list that you could give your photographer and ensure they cover the basics!

Always meet your photographer before the booking or the wedding! You need to “click” with them and feel comfortable. Ensure it is not your photographer’s spouse birthday or child’s birthday etc so you can be the focus of the wedding day and they can concentrate on you!

Another great idea is to either provide disposable cameras to each table or ask your friends to bring their cameras and then give you a disk with all the pictures they took!

### *Traditional checklist*

- ♥ Bride getting ready for ceremony
- ♥ Veil / tiara being put on
- ♥ Full length of bride
- ♥ Full length bridal party
- ♥ Bride with her parents
- ♥ Bride with entourage
- ♥ Bride with siblings
- ♥ Bride with maid of honour
- ♥ Bride with bridesmaids
- ♥ Bride with flower girls and ring bearer
- ♥ Bride with groom’s parents
- ♥ Groom getting ready for ceremony
- ♥ Full length of groom
- ♥ Groom with parents
- ♥ Groom with siblings
- ♥ Groom with best man
- ♥ Groom with attendants
- ♥ Groom with bride’s parents



## Diamonds and Pearls - My Cinderella Story Music and DJ

### Music and DJ

Most DJ's or music companies have loads of suggestions for you as to what music to use for what part of the wedding. It is very important to choose a company that you "click" with. After all they have to keep the party going and read the guest's moods and desires to keep them rocking on!

Tips from our site are:

- ♥ A dynamic, enthusiastic, fun and funny DJ will get your party moving!
- ♥ Interview at least two or three DJ's to get a feel for who you are comfortable with
- ♥ Ensure you and your groom are part of the process of choosing all your songs and ensure that the DJ has the music before you leave the meeting or follows up within a few days stating in writing that they have the music
- ♥ Just because they are expensive does not mean they are the best!
- ♥ Ask your DJ for a disk containing your ceremony music and main event music so you can lend it to the DVD person to add the original music

Below we have researched the favourite songs used at weddings for the various important events. These are only the favourite so feel free to explore as many as you like! Ask the DJ to make suggestions as well. SAMPLE OF LIST BELOW

<i>Bouquet Toss</i>	<i>Wedding Dinner Music</i>
<ul style="list-style-type: none"> <li>♥ Girls just want to have fun – Cyndi Lauper</li> <li>♥ This one is for the girls – Martina McBride</li> <li>♥ It's raining men – The Weather Girls</li> <li>♥ I feel like a woman – Shania Twain</li> <li>♥ Just a girl – No Doubt</li> <li>♥ Diamonds are a girl's best friend – Marilyn Monroe</li> <li>♥ Another one bites the dust – Queen</li> <li>♥ Wishin' and Hopin' - My Best Friend's Wedding Soundtrack</li> <li>♥ Hey Ladies - The Beastie Boys</li> <li>♥ Going to the Chapel - Yellowman</li> <li>♥ Hit Me With Your Best Shot - Pat Benatar</li> <li>♥ Ladies Night - Kool &amp; The Gang</li> <li>♥ Can't Hold Us Down - Christina Aguilera</li> <li>♥ One way or another - Blondie</li> </ul>	<ul style="list-style-type: none"> <li>♥ Shower me with your love – Surface</li> <li>♥ Heaven – Bryan Adams</li> <li>♥ Unbroken – Tim McGraw</li> <li>♥ The wedding song – Bob Dylan</li> <li>♥ Fallen – Lauren Wood</li> <li>♥ All the way (Frank Sinatra)</li> <li>♥ Angel in Disguise – Brandy</li> <li>♥ Autumn Leaves – Nat King Cole</li> <li>♥ Summer Wind - Frank Sinatra</li> <li>♥ Pictures - Kid Rock and Sheryl Crow</li> <li>♥ Be our Guest - Beauty and the Beast soundtrack</li> <li>♥ Underneath it All - No Doubt</li> <li>♥ Eternal flame - Bangles</li> <li>♥ Sweet Happy Life - Peggy lee</li> <li>♥ I would walk 500 miles - Proclaimers</li> </ul>

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## Menus

There are so many variations and differences from venue to venue and caterer to caterer that I would have an endless amount of pages. My suggestion to you is that you ask your venue for all the options they can offer (both plated and buffet) or if you are not using a venue but having your wedding in a Botanical garden or Park and are using a caterer, ask for their suggestions.

Remember food depends on seasons, time of day and preferences so ask the venue and caterer how flexible they are to changes. Below I have provided you with space to write your final menu choice or paste your final menu choice. You can even paste a sample of the menu that will be placed on the tables for your guests so you can keep it as a memory.

Ask for tastings for you and your fiancé and maybe your parents? This is a great bonding experience and can be a fun afternoon out.

Keep the same colour theme for your menus as you have for your invites, it's a nice touch. Something that I saw at a restaurant was the menu printed onto a large sticker and pasted around an empty wine bottle. It is different and fun, so be creative!

## The reception



### The reception

Every bride wants their day to run to clock work! You have the perfect plan and everything must work to a strict time code. Here are some tips about the order the reception should happen in so you can capture all the pictures and everything on DVD before the lights are switched off and the boogying begins!

### The general running order for the reception is as follows:

- 1 The guests arrive at the reception and enjoy drinks and hors d'oeuvres (the couple's photos are being taken, usually an hour)
- 2 The bridal party arrives and has a few quick photos before freshening up
- 3 The guests are seated
- 4 The bride and groom are announced and enter, followed by the bridal party
- 5 The MC greets the guests and says grace
- 6 Dinner is served
- 7 Toasts and speeches
- 8 The best man reads emails and messages
- 9 Cutting of the cake, dessert
- 10 The bride and groom mingle with each table
- 11 Throwing of the bride's bouquet and garter
- 12 First Dance
- 13 Father and Bride; Mother and groom dance
- 14 Dancing / partying
- 15 Farewells

You can order and plan your wedding in any order! These are suggestions to help you plan and to enjoy every moment of your gorgeous day!

### *Seating plan*

This is one of the most stressful parts of planning! You need to remember who likes who and who will keep the table alive and laughing. Once again, this was the most stressful part of my wedding day! Always do a rough draft (on computer as it is easy to cut and paste) before you finalise your seating's in the space provided. I have provided this electronically for you to make life a little easier.

## Diamonds and Pearls - My Cinderella Story

A great way to get people to interact is to mix tables up with friends from the groom and bride (keeping them with their dates that is). A traditional seating plan finds the bridal party placed at a long head table facing the guests. The bride and groom sit in the centre with the bridesmaids to the side of the bride and the groomsmen to the side of the groom. The bride's parents usually sit on the groom's side and vice versa. Contemporary weddings can also see the bridal party coupled at the head table. Honour tables comprise a mix of your immediate families; alternatively, you can have two — one for each family.

I wanted the day to be all about me and my husband so we sat at our own two seater table and let our family and entourage sit with their dates and friends. I also decided to assign guests to tables, however at the table they could choose their spot. If you prefer you can make little name tags and assign seats to guests.

In the space below you can draw your hall layout and how you would like your tables to be set out. Most venues provide you with the basic format so you can paste it in the space below or re-draw it.

Space has been created for you to place your guests.

## Hall / Tent layout





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## Gorgeously dressed

### Gorgeously dressed

The most treasured part of your Cinderella day (other than marrying your true love) is when you slip that perfect dress on.

Tips for dress shopping!

1. Shop early: give yourself the time you need without rushing
2. Great service is a must!
3. Keep your mind open. Think about all your options
4. Keep your budget at hand
5. Take your closest friends and mum with you (accept their opinions, but you decide)
6. Get all details in writing!



All the moments spent planning and shopping are all worth your while – in an instant.

The feel of the material caressing your skin and draping over your gorgeous curves.

To enhance each beautiful body type let's have a look at the different body shapes and the dress styles that will suit your gorgeous body!

These tips are from dress makers and dress designers so that you can feel like a princess. We will look at body shapes first and what suits each one, then by dress style and body description.



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## *B*ody shapes

- ♥ Pear shaped:
  - Most common body shape
  - Curvaceous hips
  - Narrower shoulders
  - Beautifully defined waist
- ♥ Rectangle shape:
  - Hips and shoulder equally sized
  - Waistline not too defined
- ♥ Triangle shape:
  - Narrower hips
  - Broader shoulders
  - Model's figure
- ♥ Hourglass:
  - Hips & shoulders are equal in width
  - Curvaceous, nipped in waist



A detailed comparison of body shapes and dress styles are given to you

## *N*ecklines

Generally determined by your bust size. Remember it is always about enhancing your best assets!

E



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Every bride is beautiful, so choose the style you love!

*Dresses I like* (paste your options below)



*My favourite dress* (paste your final choice below)

*My samples of material / fabric*



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### *Dresses - No tears, no fuss, just Bliss*

Tips for your gorgeous dress:

- Planning ahead  
Always have an idea of what you are looking for!

Very important!  
What is my budget?  
R \_\_\_\_\_?



#### ♥ Shop! Shop! Shop!

Try on as many dresses as you like! Every style should be put on so you can see and feel it. Remember our tables are only a guide based on dress makers' and designers' viewpoints. Give yourself time: 9 – 12 months are good.

#### ♥ Be comfortable!

Be comfortable in your chosen dress. The moment you feel comfortable you already stand straighter, shoulders are back and you radiate unsurpassed confidence.

#### ♥ A dress that fits your body!

Body shape & dress style are important. Accentuate the bits you love, hide the bits that come a close second. We have designed some tables to help you out.

#### ♥ Saving money...

Find a picture of your designer dress and go to a dress maker who can replicate it at a fraction of the cost!

You may want to rent it instead of buying it.

#### ♥ Plus sized brides

##### 1. Know your shape

Embrace your body. Have a look at our previous tables and you will spot the dress that can accentuate, hide and envelope your curves.

##### 2. Know where to shop

Visit all the big bridal shops and go wild! Try them all on until you find the one. It is all about being comfortable!

##### 3. Get it tailored

One last thing to remember:  
Seasons can influence styles!

Your dress is the expression of your  
personality – let your imagination run  
wild.



*Whoever pursues  
righteousness and  
unfailing love will find  
life, righteousness and  
honour.*

## Weight management

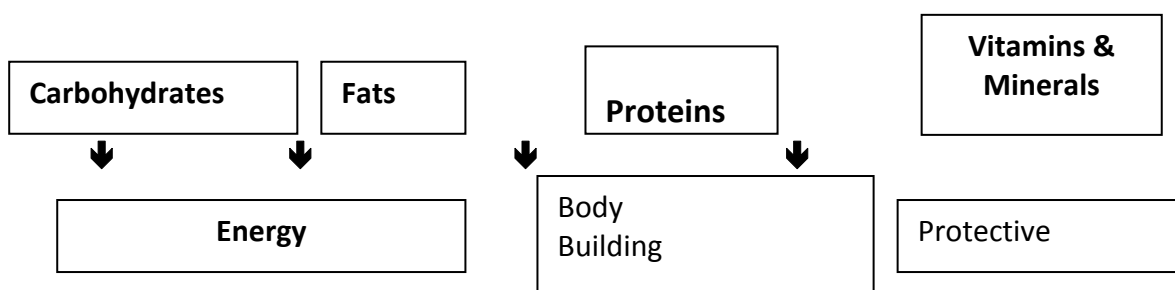
### Prudent diet guidelines

It is important to understand that food is not just another routine in life, but a major source for living. Food is there for cell growth, energy supply to muscles and brain, and to help the body protect itself against disease. The moment we deprive our bodies from food we take away the body's ability to function optimally.

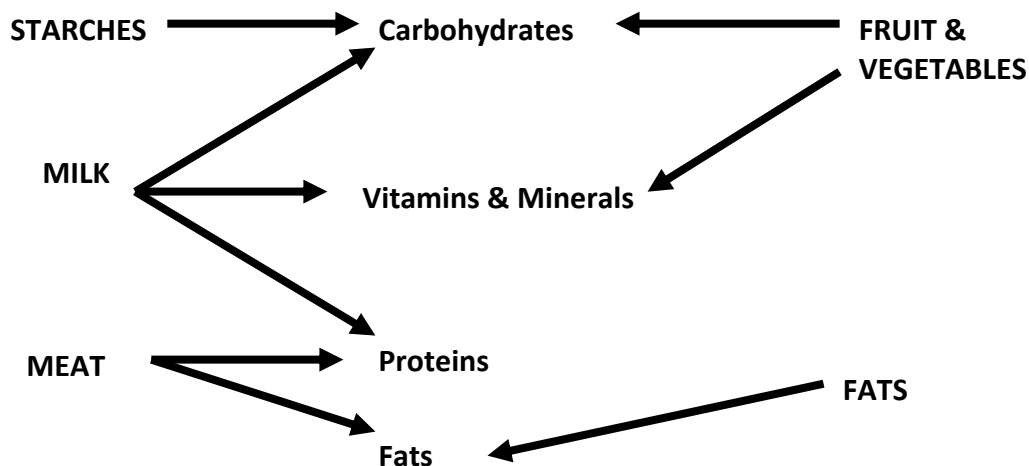
Before you start dieting, you must understand some basic nutritional concepts and learn some skills.

### Nutrients

There are 4 basic substances (nutrients) found in almost all food and these substances have specific functions in the body.



These 4 substances are grouped in 6 food groups.



Good nutritional status is when the intake of all of the above mentioned food groups, are balanced in terms of nutrients and energy requirements.

*Energy balance*

When trying to loose weight or maintain your weight, it is necessary to understand energy balance. As already mentioned, food provides energy to the body. Your energy requirements are individual and

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specific to you. Energy requirements differ according to gender and level of activity. A dietician can work out your individual energy requirement. Energy is measured in kilojoules (kJ).

### Helpful hints

1. If you feel very hungry in between meals, drink water or hot Rooibos tea. If this still doesn't help, eat a healthy snack like fruit, vegetables, or a whole-wheat biscuit, instead of fatty foods like nuts, chips, pastries, sweets, or chocolate.
2. Never skip meals. Eating regularly ensures that your body uses more energy than what it stores. If small meals are eaten regularly the body is never starved and the blood-glucose levels stay more stable and therefore you will be less inclined to over eat.
3. Portion control is very important. It is not only what you eat but also how much you eat.
4. Train yourself rather self-discipline than willpower. This means you may still treat yourself now and again, but be strict on how often you do. The occasional piece of cake will not make you gain too much weight, but that second piece of cake or a whole slab of chocolate will.
5. Try to be as active as possible. When doing cardiovascular exercise, your body burns more energy and you tend to lose fat faster.
  - ♥ Take the stairs instead of using the lift.
  - ♥ Walk wherever you can instead of using a car.
  - ♥ Take a fast 20minute walk around your neighborhood every day.
  - ♥ If you have a skipping rope, skip for 10 minutes every day.
  - ♥ If you have a bicycle, ride for 20minutes every day.
  - ♥ If you have a swimming pool, swim as many lengths as you can every day.

If you feel like giving up on healthy eating, remember that weight problems do not vanish overnight. It takes self-discipline to lose weight and then to maintain your ideal body weight. You must train yourself to think of it **not** as a diet, but as a new way of life. You must follow this pattern of eating for the rest of your life. The only thing that is going to change when you reach your ideal weight is that you will be able to eat more as long as you follow the guidelines of the prudent diet.

### Tips when eating out

- ♥ Drink water, soda water or mineral water before and during a meal.
- ♥ Limit alcohol intake to one drink, preferably only dry white wine.
- ♥ Whole wheat bread or rolls may be eaten before the meal.
- ♥ Order a salad as a starter - without dressing, cheese or olives.
- ♥ Eat chicken or fish rather than red meat.
- ♥ Food should be simply prepared e.g. roasted without extra sauces.
- ♥ Order a baked potato or rice instead of chips.
- ♥ Ask for plain yoghurt with your potato instead of butter/ sour cream.
- ♥ Avoid vegetables with sauces and butter. Ask for simply prepared vegetables e.g. steamed or boiled.
- ♥ Avoid dessert or order fruit salad without cream or ice-cream.
- ♥ Do not add extra salt to your food.
- ♥ Eat slowly and enjoy your meal.
- ♥ When you go out for a meal, go out with the correct attitude. That is to socialize and not primarily to eat.

### *My desired weight*

This for me was the most challenging feat of all! Weight loss is a very touchy subject, but if done correctly you can look amazing, feel confident and best of all keep those kilos OFF!

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Step 1:

My current BMI (Body Mass Index)

Weight in kilograms divided by your height in metres squared.

e.g.  $65\text{kg} / (1.64) \times (1.64)$

=  $65/2.6896$

= 24 BMI

This means I am at a healthy BMI for my height. However, it is also dependent on your age, height and frame (bone size). Aim for the BMI range of between 20 and 25.

### *The History of Endermologie®*

Endermologie® is recognised worldwide as the 'Rolls Royce' of cellulite and body contouring treatments. This revolutionary French technique has been available in South Africa since 1997 and has become the treatment of choice for the majority of women. The term 'Endermologie®' is from the French term, meaning 'through the dermis'. This scientifically proven treatment works through the skin to mobilize the underlying tissues and to cause positive change therein.

Endermologie® was developed in 1985 by a French engineer, Louis-Paul Guitay. M. Guitay had suffered extensive tissue damage in a car accident and was undergoing four hours of rolling manual massage per day, carried out by four different therapists, in an attempt to loosen and elasticize the scars. He found that these manual massages were so varied in quality that he designed a machine that would deliver a quality rolling massage, together with aspiration to nourish the area. This technique was used to treat burn scars with great success. Later the technique was adapted to treat healthy tissue, resulting in reduced cellulite, improved skin tone and body re-contouring. The company, LPG Systems, is now recognised as the world leader in connective tissue manipulation.

Endermologie® is a scientific approach utilizing the principle of negative pressure massage.