

Wedding

QUESTION + ANSWER

Q I'm hoping you can help me. When my fiancé proposed about eight months ago, I was so excited I ran right out and bought my wedding gown. I was so determined to get into shape before the wedding that I bought a dress a size too small. I was certain I could lose enough weight in 11 months to look fabulous in this dress - but now that the wedding is three months away I don't think I'll actually fit into it. What should I do?

A Oh dear...you are certainly not alone in the "it will fit!" attitude to your wedding dress. However, now you need a realistic plan of attack to make sure you actually have something to wear. You'd be hard pressed to find a bridal magazine or website without copious amounts of information about fitness or weight-loss programs aimed at whipping you into shape for the big day. It seems to be the norm that engagement equates to frenzied fitness and beauty regimens - for the bride anyway. Just as most brides have a long-held fairy tale vision of what their wedding will look like, they have an equally long-held vision of what they'll look like walking down the aisle. A reputable bridal shop shouldn't have let you out the door with a dress that "might fit." So, unless you bought off the rack, and they didn't know the dress did not fit you, you should enlist the store for help. You should also start asking everyone you know for the name of a seamstress.

I know you want to look your absolute best in the wedding photos - but remember that your fiancé proposed to you, as you are - not some ideal you may or may not achieve by the wedding day. What I'm sure will make him happiest is that you're actually enjoying yourself at the wedding. For that you need to feel comfortable - in your dress and with yourself. I suggest you run, don't walk, to the nearest skilled seamstress to see what can be done with your dress. Then take a deep breath, know that you will look beautiful and radiant on your wedding day!

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Wedding Jewelry

Finding bridal jewelry to complete your look for the big day can sometimes be a difficult task. You may find that in your searching you see a pair of earrings you like and a necklace, but there is no bracelet. Likewise, you may also find your bridal earrings and bridal necklace but together, the two pieces do not match well. This is where the suggestion of pulling your jewelry accessory look together by purchasing your bridal jewelry and your bridesmaids jewelry from one merchant or jewelry designer will give you a more consistent and complete look.

Keep in mind the overall look and feel you want to have for your special day, this will be reflected in what you wear, as you are the center of attention for the day. By purchasing a bridal jewelry set, your look will be congruent and gorgeously pieced together. Sit back and take in your day and all of the wonderful compliments.