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Take Five Wedding Tips

Sonya Yeung, creative director of luxury destination wedding coordinating service, Bliss Creations, gives brides her top reminders to avoid disaster on your wedding day.

1. All brides want to lose weight before their wedding day, but make sure you don't overdo it at the last minute—you don't want your dress falling down!
2. Make sure to eat before the ceremony, as you'll not have much chance throughout the day.
3. Make the day before the wedding a relaxed day for yourself rather than running around doing lots of preparation or having your hen party.
4. Get lots of sleep in the days before the event, as you probably won't sleep much for the few days before.
5. Don't sunburn yourself before the wedding—there's nothing worse than a bride with unsightly tan lines!

For more information visit www.blisscreations.net

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