

Do's and Don'ts for the Night Before Your Wedding

1. DON'T drink a lot of alcohol at the rehearsal dinner. Limit yourself to a glass of wine or champagne for toasting at dinner. Instead, drink plenty of water – it will make you feel and look good for your wedding day.
2. DO eat a good dinner. Don't just nibble – you'll need plenty of energy for the day ahead. Stay away from spicy foods or rich, heavy desserts. They may give you indigestion and stop you from getting a good night's sleep.
3. DON'T go out after the rehearsal dinner. There will be lots of friends, relatives and out-of-town guests that will want to see you – but resist the temptation and go home directly after the rehearsal dinner.
4. After the rehearsal dinner, DO spend time with people that are close to you... your parents, your bridesmaids or your fiancé. Try not to be around people that can be annoying or cause you any stress.
5. In addition, DO spend some quiet time alone to meditate or visualize your wedding day. Try taking an aromatherapy bath with fragrant candles and soft music and just relax! Use this time to really visualize your wedding day. Picture it clearly (with details) in your mind – everything flowing perfectly!
6. DON'T over do it! The night before the wedding is not the time to be putting together your favors or to begin packing for the honeymoon. Make sure you plan accordingly and have everything done before the rehearsal dinner – if not, ask for help!!
7. DO go to sleep early. This may be difficult with all of the excitement. Allow yourself some time to wind down after the rehearsal dinner and before you climb under the covers. Do something you enjoy that relaxes you, such as reading a book or listening to soothing music. The bath may help you get drowsy!