

Gals Only Information!

He's finally popped the question and you've said "yes"...what now?

*Well, lot's of things big and small that will need your attention in the next year or so...But relax, we've got some expert tips just for you, **the woman**, that will help you enjoy the most exciting party you'll ever plan!*

The Bachelorette Party

Who says the boys are the only ones who get to have fun? Bachelorette parties are fast becoming the girl's night-out equivalent...Your Bachelorette party style will say much about your personality and those of your friends...so have fun...

The tradition of bachelor parties reportedly began with ancient Spartan soldiers who hosted lively parties to say goodbye to their bachelorhood.

The tradition of Bachelorette parties has grown throughout the 20th Century. Nowadays, more and more brides are saying goodbye to the single life with a party.

Typically, the Maid/Matron of Honor is responsible for organizing and hosting the Bachelorette Party. At many parties, each guest pays a standard amount to cover accommodations and entertainment.

Let your Maid/Matron of Honor know what type of party you're envisioning...wild and wooly or mild and mellow?

Keep control of your guest list for the party. Try not to invite people you barely know or barely tolerate. It's your night and you shouldn't have to worry about being "politically correct" if you don't want to be.

In the eastern half of the United States, Atlantic City has long been a popular choice for bachelorette parties.

For the western half, Las Vegas has hosted its fair share of bachelorette parties.

A Road trip with the guys has long been a bachelor party tradition. It's now becoming a new tradition for the ladies. Sometimes, the journey along the way is even more fun than the destination. Go to a desert spa or resort hotel to pamper yourselves and get away from the guys for a couple of days.

A recent trend is the coordination of the Bachelor and Bachelorette Parties. Couples schedule their parties for the same weekend at the same destination. This is great because

it gives your Bridal Party a chance to get to know each other and everyone can have a great time.

It is usually not a great idea to have your bachelorette party the night before your wedding. There's nothing worse than nursing a hangover on the most important day of your life. Try to schedule yours at least two days before...a week before is even better.

Relaxation Techniques

The stress is mounting and you need to "get away"...here are some tips to keep the anxiety-level at a minimum...

Try a professional massage from a quality spa. You can usually choose from a variety of styles like Swedish, Thai, Shiatsu, and Reflexology. Be sure to drink lots of water before and after, as your body will release toxins ready to be washed away.

Or better yet, get a spa package which can include hair care, manicures and pedicures, and massage. Many salons will offer special bridal packages.

Yoga is a wonderfully natural way to increase your body's ability to control your breathing and tone your muscles.

Acupressure and Acupuncture are two techniques that focus on your body's interconnected "highways and byways" of nerves, muscles, and pressure points. A qualified acupressurist or acupuncturist will be able to identify the regions of your stress and then attend to them.

Meditation is a great way to put the world out of reach for a bit. Concentrate on relaxing each part of your body starting with your toes and moving up to your ankles, etc.

Draw up a nice hot, steamy bath. Get some new bath gels, oils, and bubbles to try out. And don't forget your rubber ducky!

Relax in a spa or Jacuzzi.

Go on a road trip with some great friends. Depending on your mood, it could be a trip out to nature or a chance to paint the town red.

Dive into that book you've been meaning to read or even better, read something about your honeymoon destination.

Call friends and family, even ones you'll be seeing shortly on your wedding day. You'll appreciate having someone to listen to you and they'll be pleased that you've called even when you're so busy.

If you're creative, try free-form, stream-of-consciousness writing or painting on paper or canvas. Who knows, you may end up with the perfect gift for your spouse-to-be or maybe your parents.

Checklist

Okay, here's checklist that's broken down into a timeline...just keep track of the months and the tasks and it should be smooth sailing for you down the aisle and beyond...

12 months, or as early as possible, before your wedding:

- ✓ Help select your engagement ring, if necessary.
- ✓ Select your wedding time and date.
- ✓ Create a rough draft budget.
- ✓ Select the style and theme of your wedding.
- ✓ Select your color scheme.
- ✓ Set a limit to your guest list size.
- ✓ Begin amassing names and addresses for the guest list.
- ✓ Pick your Maid/Matron of Honor and Bridal Attendants, keeping in mind that the count should balance the Groomsmen count.
- ✓ Begin the planning and decision-making process as detailed in these information forms. Keep in mind this is the biggest party the two of you may throw. And since it's probably been a dream day for you since you were a little girl, your vision is possibly clearer than your fiancée's. So patience is paramount!
- ✓ Send Engagement Announcement to the newspaper.

4 months before your wedding:

- ✓ Follow the time-lines detailed in these information forms.
- ✓ Consider adding the services of a professional Make-Over Artist to ease the stress on your wedding day. You may want to include your bridal party. Be sure to have sample make-overs done prior to your wedding to insure everyone will look the way they want!
- ✓ Coordinate with each mother to select their dresses for the wedding.
- ✓ Begin to register at various bridal registries.
- ✓ Finalize your guest list.
- ✓ Research Marriage License requirements like a blood test and when to apply.
- ✓ Get a physical exam from your doctor.
- ✓ Start shopping for your trousseau.
- ✓ Determine where you will live after you return from your honeymoon.
- ✓ Set up accommodations for your guests from out-of-town.

2 months before your wedding:

- ✓ Check all final details with vendors like the florist, caterer, photographer, venue coordinators, musicians, etc. This is all detailed for you in the specific Segments of this Wedding Planner Assistance Forms.
- ✓ Set up your wedding rehearsal.
- ✓ Begin planning your Rehearsal Dinner.
- ✓ Begin planning your Bridesmaids' Luncheon.
- ✓ Visit your hairdresser to discuss possible looks for your wedding day.

1 month before your wedding:

- ✓ Check in with the time-lines that are detailed in each of the Information Segments of the Wedding Planner Assistance Forms.
- ✓ Get your blood test, if necessary
- ✓ Apply for your Marriage License.
- ✓ Buy gifts for your Bridal Attendants
- ✓ Buy a wedding gift for your fiancé, *if you both plan to exchange gifts.*
- ✓ Keep track of the gifts you have received and send out thank you notes immediately, that way, it doesn't become a bear of a task.
- ✓ Confirm you have traditional accessories like the ring pillow, toasting goblets, garter, etc.
- ✓ Determine who will handle the guest book.

2 weeks before your wedding:

- ✓ Get change of name forms for the Social Security Administration, the Department of Motor Vehicles, your bank, and health plans.
- ✓ Write/rewrite a will.
- ✓ Create a wedding announcement to be sent to the newspaper after your wedding.
- ✓ Double-check the lodging accommodations for your out-of-town guests.
- ✓ Make arrangements to have your personal items and gifts moved to the address you will be living at after you return from your honeymoon.
- ✓ If you've added the services of a Make-Over Artist to your wedding day plans,
 - schedule the sample make-over to insure they'll give you and your bridesmaids the look everyone wants.
- ✓ Address wedding announcements that will be mailed on your wedding day.

1 week before your wedding:

- ✓ In the case of guests who have not responded, call them up to confirm their attendance so you can give final counts to the caterer or venue coordinators.
- ✓ Confirm all dates, times, and orders with each of your wedding vendors.

Worksheet

Are you ready to learn about fondant versus butter-cream?...

What about doilies?

Relax...Sure, there's lots to consider being a bride-to-be but we've made it easier with this handy worksheet...Use it to help organize your team and keep time on your side.

All the details are addressed more thoroughly in their respective Information Sections. You can refer to each of them as needed.

Bride's Honor Attendant/Maid of Honor/Matron of Honor

Pre-Wedding

- Assist Bride with gown selection
- Assist Bride with Bridesmaids' gown selection
- Assist with Wedding Planning Tasks
- Promote Bridal Registry
- Oversee Bridesmaids' gown order
- Oversee Bridesmaids' gown payment
- Oversee Bridesmaids' gown fittings
- Oversee Bridesmaids' gown dressing
- Attend Couple's Shower
- Assist with Bachelorette Party Planning
- Attend Bachelorette Party
- Assist with Bridesmaids' travel and lodging arrangements
- Attend Rehearsal Dinner

Ceremony

- Precede the Bride in the Processional
- Stand in line at the altar
- Adjust Bridal Train
- Hold Bridal Bouquet during vows
- Hold Groom's Wedding Ring during vows
- Walk with Best Man in the Recessional
- Sign Marriage License as Witness

Reception

- Stand in Receiving Line
- Bustle Bridal Gown
- Sit Next to Groom at Bridal Table
- Make Toast
- Dance with Best Man during First Dance
- Assist Vendors as needed
- Assist Bride with gown selection

- Attend Bridesmaids' gown selection
- Attend Bridesmaids' gown fitting and alteration
- Promote Bridal Registry
- Assist with Wedding Planning Tasks

Bridesmaids

Pre-Wedding

- Assist with Bridal Shower Planning
- Assist with Bridal Luncheon Planning
- Attend Couple's Shower
- Assist with Bachelorette Party Planning
- Attend Bachelorette Party
- Attend Rehearsal Dinner

Ceremony

- Walk single file down the aisle during the Processional
- Stand in line at the altar
- Walk with a Groomsman in the Recessional

Reception

- Sit at Bridal Table
- Dance with a Groomsman during First Dance
- Assist Vendors as needed

Post-Wedding

- Assist Organizing Post-reception Party
- Attend Post-reception Party
- Attend Post-Wedding Brunch
- Take care of gifts
- Take Bridal Gown to dry cleaner

Flower Girl

Pre-Wedding

- Attend Bridal Shower with Mother
- Attend Couple's Shower with Mother
- Attend Rehearsal Dinner with Mother

Ceremony

- Walk in Processional right before the Bride
- Scatter Flower Petals down the aisle
- Sit with Parents during ceremony

Reception

- Sit with Parents during reception

Mother-of-the-Bride

Pre-Wedding

- Host first Engagement Party
- Attend second Engagement Party
- Contribute to Wedding Budget
- Assist with Venue Selection
- Assist Bride with gown selection
- Assist Bride with Bridesmaids' gown selection
- Assist in big planning decisions
- Compile Guest List
- Choose Wedding Day Gown
- Promote Bridal Registry
- Attend Couple's Shower
- Accompany Bride and Husband to the Ceremony
- Assist Bride with getting dressed on the Wedding Day
- Attend Rehearsal Dinner

Ceremony

- Escorted by Usher, Son, or Husband to Seat during Processional (Christian)
- Walk with Bride and Husband in Processional (Jewish)
- Escorted out by Usher, Son or Husband in Recessional (Christian)
- Walk with Husband in Recessional (Jewish)

Reception

- Stand in Receiving Line
- Be announced with Husband
- Sit at Parents' Table
- Assist with Vendor Coordination

Post-Wedding

- Attend Post-reception Party
- Attend Post-Wedding Brunch

Mother-of-the-Groom

Pre-Wedding

- Attend first Engagement Party
- Host second Engagement Party
- Contribute to Wedding Budget
- Assist in Venue Selection
- Assist in big planning decisions
- Compile Guest List
- Choose Wedding Day Gown
- Attend Couple's Shower
- Plan Rehearsal Dinner
- Host Rehearsal Dinner
- Attend Rehearsal Dinner

Ceremony

- Escorted by Usher, Son, or Husband to Seat during Processional (Christian)
- Walk with Bride and Husband in Processional (Jewish)
- Escorted out by Usher, Son or Husband in Recessional (Christian)
- Walk with Husband in Recessional (Jewish)

Reception

- Stand in Receiving Line
- Be announced with Husband
- Sit at Parents' Table
- Assist with Vendor Coordination

Post-Wedding

- Attend Post-reception Party
- Attend Post-Wedding Brunch

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