

15 things...

not to do the night before the wedding



1 Eat garlic. Rein in your cravings for pungent foodstuffs; the groom recoiling as he leans in to kiss the bride is not going to be a great snap for the wedding album.

2 Dye your hair. Get the colour right at least a week in advance of the wedding – if you hate it, the evening before is a little late to change it.

3 Confess to your mother-in-law-to-be how you really feel about her hat/shepherd's pie/personality. You don't need her looking daggers at you as you walk down the aisle.

4 Go AWOL. You might need a little time on your own but it's probably a good idea to let someone know where you're going in case they tell your groom you've disappeared.

5 Get your legs waxed. Or anywhere else for that matter. It might be best to arrange your hair removal session for a few days before your nuptials, in case it leaves you a bit... sensitive.

6 A strenuous workout. If it helps you feel good, then by all means do a little light exercise, but save the new routines or 20-mile runs for another time. You want to feel energised, not exorcised.

7 Get drunk. A celebratory glass of fizz is fine, but don't overdo it – hungover bride is not a good look.

8 Stay up all night. If there are still a billion little things to do, delegate. Get your dad tying ribbons, your bridesmaids finishing off decorations and your brother packing up orders of service. Brides need beauty sleep.

9 Forget to hang up your dress; standing in a closed bathroom full of steam might help the creases fall out, but it won't do anything for your stress levels.

10 Put on that new face mask. Yes, it sounds relaxing, a nice bath, a glass of wine, a mud pack smeared all over. Not so much when it's brought out an enormous zit in the middle of your forehead.

11 Skip a meal. Don't be tempted not to eat because you think you'll look better in the dress. It'll definitely ruin the vibe if you collapse in a heap at the altar.

12 Apply fake tan. A healthy glow may look lovely, but not on your wedding dress.

13 Keep going with coffee. Caffeine's a stimulant, so it'll wake you up – but it's also an irritant, so it will make you jittery. If your hands are shaking it might be tricky to put a ring on it.

14 Fall out with your bridesmaids. Now is not the time to bring up the day your best friend stole your primary school boyfriend. Or mention that, actually, you didn't really enjoy the stripper your sister organised for your hen night.

15 Panic. It might seem there's lots to worry about, but relax. Your loved ones are coming together to celebrate your union, they won't care if the canapés aren't what you ordered, or the flowers aren't quite the right colour. It'll be lovely, honestly.