

### Wedding Day Rituals To Calm, Pamper And Prepare

(NAPSA)—Whether you are a young bride, marrying at an older age or walking down the aisle for the second time, every woman wants her wedding day to be perfect.

To help you enjoy the day of your dreams, wedding planner Kiyoko Horvath, owner of Absolute Wedding, New York, NY, offers tips to help you relax, rejuvenate and get ready.

“The key to a perfect wedding day is to be calm, relaxed and prepared,” explains Horvath. “Be sure to leave plenty of time for each activity so that you can enjoy every minute.”

Here are some tips from Horvath to help the bride get through her wedding day from start to finish:

- Begin the day with some light exercise. A brisk walk or yoga workout will clear your mind, calm your nerves and get your juices flowing.

- Eat a healthy breakfast. You don't want to feel faint during the ceremony, so be sure to eat something substantial to get you through the day.

- Take a warm shower or bath to help jump-start your mind and energize your body. Olay Complete Body Wash, available in a variety of refreshing scents, offers an ideal combination of cleansing and moisturizing with a clean rinse leaving skin feeling clean—not sticky.

- Follow a relaxing shower with a full body moisturizer to soften and condition skin. Olay Total Effects Body Moisturizer not only softens skin, but also contains a unique light diffusion system for chest, shoulders, arms—any skin that will show—to glow.



**Enhancing your manicure can help show off your new ring on your wedding day.**

- Be sure to wear a button-down blouse when having hair and make-up done so you don't flatten your hair or smear your make-up when getting dressed.

- Pack an emergency bag to take to the ceremony. Include items such as another pair of pantyhose, a needle and thread, safety pins, hairspray, breath mints, water and crackers.

- Enhance your manicure to showcase your new ring. Olay Total Effects Cuticle & Nail Moisture Treatment goes on neatly to minimize the appearance of cuticles, reduce hangnails and give nails a natural luster. (This is also a great item to bring along on your honeymoon to keep nails looking great.)

- Between hand-holding and hugging, your hands will get quite a workout on your wedding day. Use a moisturizer like Olay Total Effects Hand Moisturizer to give hands a soft and smooth texture.