

AUSTRALIA

BRIDE

YOUR ULTIMATE WEDDING GUIDE

BRIDETOBE.COM.AU

350
PAGES OF
INSPIRATION

CREATE A DREAM
DAY - MINUS
THE STRESS

**TRICKS
OF THE
TRADE**

*halve your
flower bill*

**BEAUTY
FIXES**

REAL BRIDES'
MAKE-UP &
HOW TO GET
YOUR IDEAL
FAUX GLOW

**BONUS
GOWN
BOOK**

40 FLATTERING
NEW STYLES
& THE LATEST
FASHION TRENDS

**2009
HOT LIST**

THE TOP 20
THEME AND
STYLING IDEAS

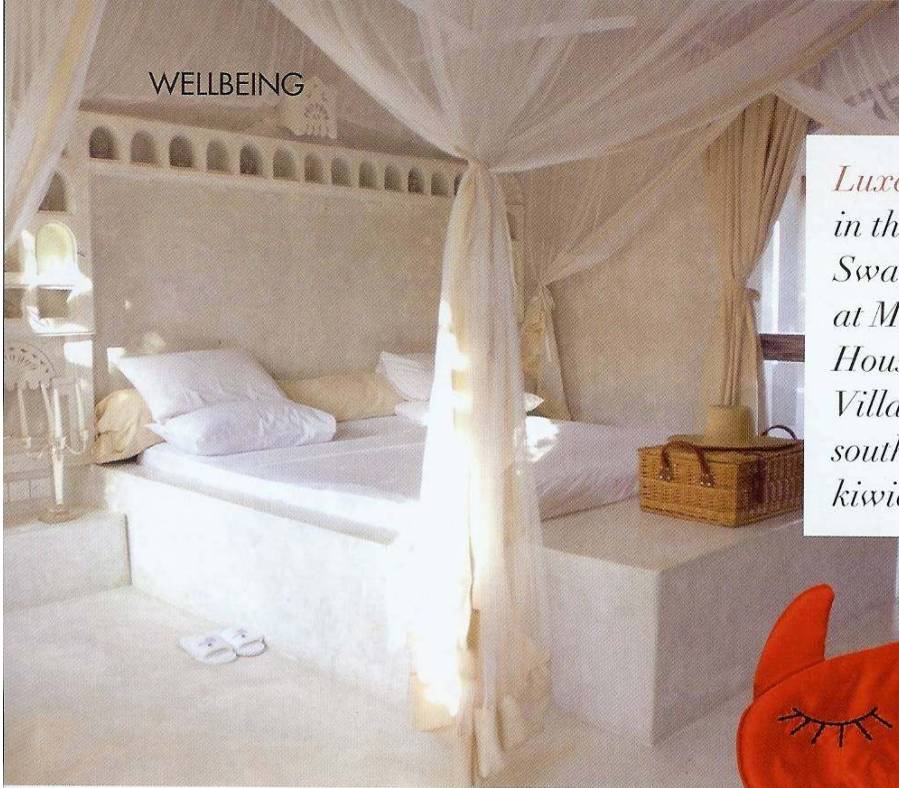
**PERFECT
HAIRSTYLES**

*...easy looks
that last all day*

*Pure
glamour*

NOV-JAN 2008/09 \$15.95; NZ \$16.95 (inc. GST)





Luxe living Drink in the dreamy Swahili decor (left) at Msambweni House & Private Villas on Kenya's south coast. See kiwicollection.com

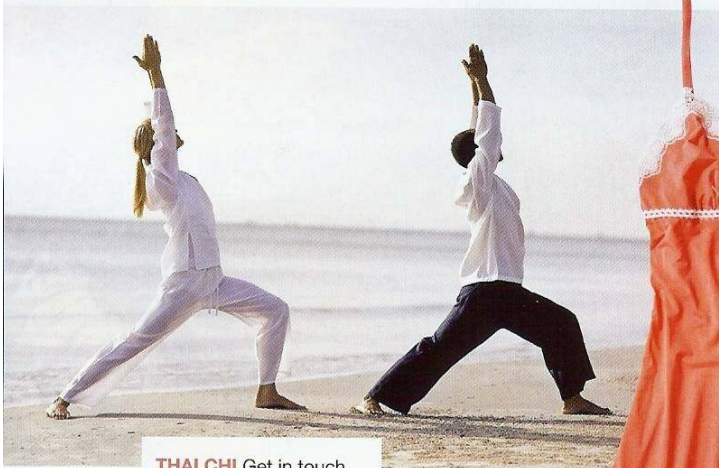


PUNCH N JUDY Left hook! Right jab! Don't be shy girls – get fighting fit and train like a pro at Tony Mundine's gym in Sydney's Redfern. Call (02) 9319 0316. **DEVIL INSIDE** Sleep just like an angel in this devilish eye mask, \$12.95. Call Annabel Trends, (07) 5593 4755.



body & soul mates

Your pre-wedding mind, body and relationship checklist



THAI CHI Get in touch with the inner you at Chiva-Som Thailand's Holistic Health Retreat. The five-night package includes accommodation, meals and a range of holistic treatments. See traveltheworld.com.au



FUNKY FEET Hit the pavement in style with these fun Le Coq Sportif metallic sneakers, \$159.95. Call (02) 9256 8450. **SWEET DREAMS** Slip into something a little more comfortable, like this Little Minx watermelon chemise, \$44.95. See littleminxlingerie.com.au



CAN TOO ATTITUDE Most brides-to-be are eager to de-stress or, as Jenn (right) did, tone up problem areas. Can Too offers fitness programs (running or swimming) for beginners that raise funds for cancer research while you shape up. See cantoo.org.au **TIME WARP** Pevonia Botanica's Ligne Tropicale range of body products – balm, mist and saltmousse – repair skin damage with ingredients like collagen and shea butter. See pevoniacom.au

