

AUSTRALIA

# BRIDE TO BE

YOUR ULTIMATE WEDDING GUIDE

FROM THE PUBLISHERS OF **InStyle**

**340+**  
PAGES OF  
**AISLE STYLE**

DREAM DRESSES  
RECEPTION THEMES  
INVITES & VENUES

**HOT HAIR  
LOOKS**

**REAL BRIDES'  
PRE-NUPTIAL  
PROCEDURES**  
BOTOX & BEYOND

**YOU'RE  
ENGAGED!**  
PLAN A STYLISH  
WEDDING ON  
ANY BUDGET

**FLOWERS  
& CAKES**  
DELICIOUS DETAILS  
BOUQUET TRENDS

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POCKET MAGAZINE



**SWEET INSPIRAT**  
REAL WEDDINGS WITH PERSONAL TOUCHES

## Bride To Be February – April 2008



### feel the vibration

If wedding-day planning is eating into your workout time, check out Power Plate and tone up faster and smarter. The accelerated training works with a vibrating plate that sends vibrations through the body, activating multiple muscle groups simultaneously. It's the equivalent of a full gym workout in a fraction of the time. See [powerplate.com.au](http://powerplate.com.au)

WELLBEING



### bedroom antics

Slip into something a little more comfortable like this soxy Hello Dolly chemise \$79.90. If this isn't enough to get his heart racing, pull out the big guns – Hello Dolly's riding crop, \$39.90, pink blindfold, \$24.90 and Desirable Dice, \$12.90. See [helloworldlyinto](http://helloworldlyinto.com)



## body & soulmates

Tips for a healthy mind, body & relationship before and after saying 'I do'



**BEAUTY BLITZ** Kosmea Rescue Balm, \$24.95, with healing rose hip butter calms your skin. See [kosmea.com.au](http://kosmea.com.au).

Smell sexy with solid fragrance sticks, \$28. See [crazybellife.com](http://crazybellife.com)

**FIT N FUNKY** Pound the pavement in style with Running Bare piped easy fit jazz pant, \$70 and piped crop top, \$45. Call 1800 814 469.

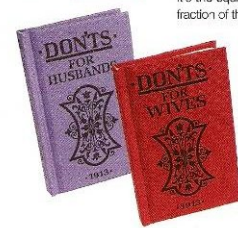


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Drink in Queenstown's beauty at the luxurious Matakauri Lodge. Soak up the indulgence at the brand new organic spa too! See [Matakauri.co.nz](http://Matakauri.co.nz)



**WISE WORDS** Written in 1913, these kitsch books will make you chuckle at marriage advice from yesteryear. "Don't forget to buy your wife a pair of gloves occasionally" – wise words, indeed. *Don'ts for Husbands and Wives*, \$7.95 each. See [allenandunwin.com](http://allenandunwin.com)