

7 fail-proof fitness tips for brides-to-be

By guest blogger and editor of [Wedded Wonderland](#), Heather Anschau

Leading up to the wedding, most brides have a light-bulb moment when they realise they need to overhaul their lifestyle in order to squeeze into their gown, which has generally been ordered two sizes too small.

The biggest mistake brides make is starving themselves in the fortnight leading up to the wedding. Yes, you'll drop a few kilos, but you'll also turn into a hungry angry mess.



Save yourself the 'bridezilla' title and start implementing these tips

1. Turn to the Bridal Party

Working out is always more fun when you have a friend. Make a pact with your Maid-of-Honour to eat well and train together in the months leading up to the wedding, send each other motivational text messages and encourage each other to share food diaries. Making yourself accountable to someone increases your chance of success ten-fold.

1. Weigh Up

So many brides make the mistake of ditching the weights in favour of cardio, because they believe that this will lead to the most weight loss. Rookie error, ladies. Using weights burns more fat than cardio and it also increases your metabolism, meaning you'll continue the fat burn process long after you've left the gym. If you're wearing a strapless gown, the trick for perfect arms is to use smaller weights, but increase your reps.

1. Pilates

There's a reason why all the Insta-famous startlets are seen taking reformer Pilates classes. This workout is the real deal; it strengthens and tones, making you look and feel longer and leaner. Many a supermodel has credited Pilates with completely changing their body and with the method renowned for improving posture and flexibility, it's a must-do before you walk down the aisle.

1. Get Meaty

If you're trying to lose weight before the wedding, you need to make protein your new best friend. Protein keeps you feeling full and satisfied for longer, meaning you're less likely to snack on sugary treats. Proteins like red meat, eggs and green veges take longer for your body to process, so it ends up burning calories while you digest!

1. Embrace Science

Most women have issues getting rid of stubborn fat on the hips, thighs and butt and if you're concerned about this, you must try [Hypoxi](#). Hypoxi is a low-impact exercise that uses vacuums and compression to target specific areas of fat. Generally brides book a course of 18 sessions and start six weeks before the wedding and most girls lose about 20cm from their lower body. This is a real life-saver for brides who are healthy, but can't drop those final few kilos.

1. Swap Sugars

There's no excuses for grabbing the mid-afternoon chocolate bar with so many nourishing alternatives made from nuts, dates and coconut oil available. Make it a weekend routine to prepare a batch of cacao [bliss balls](#) that are filled with healthy fats (great for the skin!) and whenever you feel your body craving chocolate, reach for one of these delicious treats instead.

1. Banish Bloat

In the two-weeks leading up to the wedding, start cutting out on foods that cause bloating like dairy and wheat and replace them with meals that are fibre-rich. There's nothing worse than feeling puffy and gassy on the big day.

MUST-VISIT: Held on October 1 at Dockside Darling Harbour, [The Bridal Bazaar](#) will bring the most recognised Australian bridal couturiers, celebrities and suppliers together for one never-before-seen event. Brides will be pampered, inspired and educated by the likes of Kate Waterhouse, Steven Khalil, Catriona Rowntree, Donny Galella and the Bobbi Brown makeup team, while sipping champagne, watching the designer runway and indulging in canapés and desserts. For more details, visit [here](#).

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9 of the world's most relaxing honeymoon hotspots

By guest blogger and editor of [Wedded Wonderland](#), Heather Anschau

Some [destinations](#) are all about adventure and exploration, whereas others are just made for relaxation and romance. We've traipsed the globe to find the most swoon-worthy, secluded and utterly relaxing [destinations](#) so that you and your new hubby can continue the post-wedding passion well into the honeymoon.

9 of the world's most relaxing honeymoon hotspots



1. Denarau Island

Fiji's Denarau Island has all the elements a honeymooner needs to relax – sun, sand and spas. [The Sofitel Fiji Resort and Spa](#) combines colourful Fijian culture with all the luxury mod cons of an international resort. Pack your bikini and be prepared to sip cocktails by the pool. For the super savvy brides, check out [Scoopon](#) for amazing deals.



2. Johannesburg

Over the past fifteen years, Johannesburg has been reborn into a modern metropolis filled with culture, great food and incredible history. [The Four Seasons Hotel The Westcliff](#) specialises in honeymoons, offering in-room candlelit dinners, couples' massages and daily champagne breakfast in bed.



3. Iceland

If you want magic, look no further than Iceland for your honeymoon. Between October and April, Iceland is home to the spectacular *aurora borealis*, or the Northern Lights. The best viewpoint is from the new [ION Luxury Adventure Hotel](#). Don't let the name fool you, adventure is totally optional. The ION spa is the perfect place to get a massage as the sun sets.



4. The Maldives

If you're after privacy, a trip to [Club Med's Finolhu Villas](#) in The Maldives is a must. With only 52 villas on the entire island, your own private plunge pool and ocean access, honeymooners can spend days without seeing a soul.



5. Vienna

If your idea of a perfect honeymoon involves hot chocolate, opera and fine dining, look no further than Vienna. For the contemporary couple, the [Altstadt Vienna](#) is the perfect spot to stay. Think: walls decked out in Andy Warhol art, open fireplaces and organic juices.



6. Marrakech

Marrakech combines all the exoticism of North Africa with a hint of French romance. From the snake charmers and belly dancers to the tajines and cous cous, Morocco will ignite passion. The [Ksar Char Bagh](#), Marrakech is a palace fit for royalty and with suites that offer private gardens and their own swimming pool, there's no need to leave the privacy of your own room.





7. Hayman Island

No need to update your passport to have a world-class honeymoon. [One&Only Hayman Island](#) boasts some of the best views over the Whitsundays. A visit to this luxury resort is not complete without experiencing the Ngaro Massage – two hours of total bliss.



8. Saffire

Those who visit Tasmania refer to it as Australia's hidden gem and it's not hard to see why this southern island is on our list. Saffire overlooks the Great Oyster Bay, a thoroughfare for dolphins and

whales and is situated at the foot of Hazard's Mountains. [Saffire Freycinet](#) is our pick for accommodation with the architecturally-built resort taking advantage of the rolling hills, deep blue water and incredible mountain range.



9. Mendoza

This Argentinian city is home to hundreds of vineyards, but the real drawcard is luxury resort [Entre Cielos](#). Entre Cielos is home to the only *hamman* of its type in Argentina, as well as a steam room, solarium, oriental baths and beauty parlour.

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