



Above left to right: Make-up, Chapel Spa, Ooh la la catering, Laureleigh Hairdressing, For the autumn/winter bride, a stunning trailing wrist design created with intricately twisted silver wire threaded with lime green beads and steel grass makes a dramatic statement. Created by Frances Fenwick at Flowercube.

A word from the experts

Following the highly successful Wedding Dress Designer Fashion Show at Chapel Spa this summer, we ask the experts from Chapel Spa and Wedding Days for their tips on beauty and fashion for this season's brides...

CHAPEL SPA ANSWERS YOUR QUESTIONS ON HOW TO LOOK YOUR BEST ON YOUR WEDDING DAY

How long before my big day should I start beauty treatments?

We recommend you start your pre-wedding beauty routine six months prior to your big day, but it does depend on your skin concerns, budget and time.

What five treatments should I have in the run-up to my wedding?

We would recommend a mixture of facials, body treatments, spray tans, eye lash tinting, manicure and pedicures but again depends on your priorities. We do a bride beauty consultation which is free and allows you to have expert advice to go through your concerns and put a plan of treatments together which is tailor made to your needs and requirements. Our most popular treatments are: Elemis Visible Brilliance Facial (1hr and 10 mins is £60); Body Sculpting Cellulite and Colon Therapy (1 hr is £65); Elemis Lime and Ginger Salt Glow (40 mins is £34); Jessana Deluxe Manicure (1hr and 10 mins is £45); Zen Spa Deluxe Pedicure (55 mins is £33).

I'd like to have a natural glow – how many tanning treatments should I have and when should I start?

We use Heavenly Bodies spray tan which gives you a really natural colour. We advise you to come in a month before to try out the tan so we can get the shade correct that suits your skin tone and the colour of your dress. We will then schedule one or two tan sessions during the week before your wedding day.



How can I de-stress my wedding party before our big day?

Planning a wedding is very stressful and there are various ways that we can help you all de-stress. Taking a couple of hours out and treating yourself or your mother to a nice facial or relaxing by our candlelit spa will really help you to unwind. For couples, our Arabian rasul is very popular where you apply skin conditioning muds to each other and relax in your own private steam chamber for an hour.

How important is a beauty regime before my big day?

Your wedding day will be one of the most important days of your life and keeping a beauty

regime will make sure that you look and feel your best when you walk down the aisle.

I'd like a sophisticated hen party – what do you suggest?

At Chapel Spa we do a wide range of day spa packages which suit everyone's needs and budget. Half day packages start from £49 per person and full day packages start from £99. You can tailor-make your own packages by purchasing a day spa pass and then adding on the treatments of your choice. Day spa passes start from £30 per person.

I love the ambience of Chapel Spa – can I hold my wedding reception here?

Yes you can. We provide a unique and sophisticated wedding party venue with a top portfolio of caterers, florists and entertainment.

What could I expect holding my wedding reception at Chapel Spa?

All parties will be tailor made to your requirements. Currently, our capacity is 100, but we are looking to increase this.

What do you recommend for the bridegroom?

Don't forget the man in your life, it is important that he looks and feels his best too. A facial and a manicure will make sure that he looks polished on his big day.

Look out for Chapel Spa's next Fashion Show for 2008. Visit their website www.chapelspa.co.uk

HOW TO CHOOSE YOUR PERFECT WEDDING DRESS

We talk to Ros Connolly at designer fashion boutique, Wedding Days of Cheltenham...

What's your best advice for picking the perfect wedding dress?

I would suggest that you only bring one or two very special friends or family members with you when choosing your gown. Too many opinions can be very confusing and upsetting. At the end of the day the choice must be the dress that makes you feel the most special. The one that is comfortable to wear, has the 'wow' factor but in which you still feel you're you – although a very special you!

Will the style of venue determine what type of dress I choose?

Here we can have a dilemma between practicality and dream dress! But we can come to the rescue by offering that fairytale gown in the lightest of fabrics for a beach wedding or a beautiful fur-trimmed cape over a light slinky gown for the Lapland experience.

How do you know what dress will suit my shape?

Start with four or five really different styles but ones with something about them that you like. Your ideas will start to fall into place fairly quickly with the friendly help of our consultants, who may make further suggestions of styles they would like you to try.

Should I choose a dress that is very fashionable?

Beautifully cut classic lines look fabulous, are always in fashion so won't date, but on the other hand, funky, modern or unusual designs can be great fun and very individual. It's the bride's day so she must choose what in her heart of hearts she really wants. We will help to complete the look that complements the groom to ensure all goes really well together.

Is beading or crystals too fussy?

The gowns look so different when you try them on than when you look at them on the hanger. If you like a style but think it's too beady or fussy give it a try. You could be very pleasantly surprised.

How much time should I give before the wedding to order the dress?

Most brides book their wedding one year to 18 months ahead and then start to look for their dress. We require about eight months to be able to order a gown although on request we can sometimes get them more quickly. For more urgent weddings however, we can sell gowns from the rail and we also have a wonderful selection of sale gowns in a range of sizes, instantly available.

How many fittings will I have before the big day? Will I be able to have alterations so the dress fits me perfectly?

Usually two fittings are all that is needed but we will do whatever necessary to ensure a perfect fit.

What's the advantage of coming to a bridal shop like Wedding Days?

We are very proud of Wedding Days and the part we play in our bride's and groom's wedding arrangements. A professional approach is assured from the minute a customer enters the shop. With over 18 years' experience we have a tried and tested structure to deal with timing and attention to detail without losing individual service.

What should brides expect from a visit to Wedding Days?

A very enjoyable experience! We offer a welcoming and relaxed atmosphere with professional and experienced consultants and a wealth of different styles of beautiful gowns of all sizes.

Wedding Days of Cheltenham, tel: 01242 224965 www.weddingdaysofcheltenham.co.uk



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ideas, a fresh attitude. When it comes to your big day remember those three little words can mean so much. Tel: 01386 725495; 07830 365292; www.oohlalacatering.co.uk • Danella Mercatti

Director of leading performing arts school CAMEO, specialists in singing, dancing and acting training. Tel: 01242 701755; www.cameo-stars.co.uk • Laura Leigh Hairdressing – The artistic team

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