

## 3 months to shape up



Above Rings on your fingers, bows on your toes ... this is one day when you can indulge your footwear fantasies without any guilt. Wedding shoes don't even have to pretend to be practical.

Left The soft gleam of pearls against flawless skin is evidence that, when all the elements are perfect, nothing works better than classic simplicity.

If your dress covers your shoulders, you have a much wider range of options. For the best fit and shape, have yourself measured by a specialist at a department store or bra shop. Take a few bras to try on during dress fittings, to get an idea what will work best. Take time to check that the shape of your underwear doesn't show through delicate fabric and straps don't creep into view as you move around. If you're wearing a fitted dress, get a friend to check from behind that there's no 'visible pantie line' even when you kneel or move.

Material girl The fabric of your lingerie makes a difference, too:

- Synthetic underwear can make your dress hang badly and cling in all the wrong places. It can even build up static electricity and shock anyone who touches you!

Cotton lets your skin breathe, but may not provide a smooth enough surface for the dress to drape over.

Silk is a classic choice, and lets your dress hang perfectly. A silk slip makes a smooth foundation for any dress and is indispensable if you're wearing something fitted.

### jewellery

Wearing heirloom jewellery makes a beautiful link with family tradition, and you may need to organize some of your outfit around it. Long earrings or a necklace, for example, need space to hang without bumping into a collar. Conversely, small stud earrings look best with either a high neckline, a necklace or long hair. To show spectacular jewellery to its best advantage, any other accessories should be kept simple.

New pieces for the day give you more leeway with your head-dress and neckline, as you can choose the jewellery to match.

### shoes

Your shoes may not be visible most of the time, but you'll want them to look as gorgeous as your dress. Practise wearing heels the same height as your wedding shoes till you move with a graceful sashay. Walk as slowly as you need to, and remember to keep your back straight and your head up.

You're buying these shoes for their looks, but remember that they have to be comfortable, too. Don't condemn yourself to a day of intense pain or you won't be able to dance at your own wedding. Oh, and check that you (and your fiancé) have taken the labels off your soles, or everyone will see them when you're kneeling at the altar!

Put the balls of your feet down first for an elegant glide when you're walking in high heels.