

## The dress

from 2

However, when shopping for their gowns, brides may prioritize beauty over comfort, even though it's entirely possible to find a gown that's both stunning and comfortable. When staff and friends or family who have come along to offer advice start to gush over wedding gowns, brides-to-be may feel pressured to downplay any discomfort they feel.

To make sure brides look flawless and elegant but are still comfortable in their wedding gowns, consider the following tips.

- Know what to highlight and what to cover up. No two body

types are the same, and many women feel certain parts of their bodies are their best assets while they want to downplay others. Try on gowns that play up your best features. If you have

shapely legs, consider a dramatic gown with a slit to show them off. Certain gowns can enhance the decollete or show off an hourglass shape.

- Remember, many gowns can be modified so that you feel secure and confident. Sleeves can be added or fabric placed to cover up any perceived flaws. Confidence and pride are important parts of the comfort factor.

- Get sized correctly. Bridal gown sizes do not coincide with street sizes. Depending on the manufacturer, brides may have to select gowns that

**“And love is love is love is love is love is love is love is love, cannot be killed or swept aside. ... Now fill the world with music, love, and pride.”**

— LIN-MANUEL MIRANDA

are several sizes larger than they would normally wear. This should not be a cause for alarm. Brides should go by their

measurements. Attempting to squeeze into a dress that is too small will only lead to discomfort on the wedding day.

- Purchase the right undergarments.

Improperly fitting bras, shapewear and other undergarments can lead to discomfort as well. Some seamstresses can sew in supportive cups to remove the need for separate bras. Brides can explore various options to reduce the visibility of certain accoutrements.

- Move around in the gown. Brides should not just stand in front of the mirror and smile when trying on gowns. Put them through their paces. Try sitting, bending and even a little dancing. Make sure the dress is comfortable to move around in.

- Try different options. The gown brides have in mind may not be the one they ultimately go home with. Explore different styles and materials. Choose cooler, breezier fabrics and lightweight gowns, like crêpe, georgette or organza, for summer weddings. Heavier fabrics, such as brocade, may be more comfortable in the winter.

Wedding gowns can be both beautiful and comfortable for those who know how to shop. — *Metro*

## Casual weddings

from 4

Look for eclectic fabrics to use as gift tags or napkin holders. Hand-painted signs or a hodge-podge of picture frames can display pertinent information, such as itineraries or seating arrangements. Encourage friends or family to contribute a favorite menu item to the food offerings. A home-baked dessert can be delicious and budget-friendly.

### WARDROBE

Clothing often indicates the formality of an occasion. Everyone from the wedding party to the guests can dress down. Sundresses can replace taffeta bridesmaids' gowns. Guys can opt for tailored sports coats with jeans. Guests may feel comfortable in less formal attire that facilitates dancing and mingling.

Casual weddings are becoming more popular as many couples are playing down the party for various reasons. — *Metro*



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