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You're about to have a brilliantly inspiring wedding experience. We have fallen head over heels for this issue's style inspiration.

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His mentor and guide was the renowned French "couturier" Guy Meiliet, a disciple of Christian Dior.

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There's nothing we love more than a handsome man in a suit. Brides are always telling us that one of their favorite moments of the day is locking eyes on their husband-to-be for the first time.





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Located along the scenic Intracoastal Waterway in Fort Lauderdale, Grateful Palate Catering & Events offers a truly unique setting to celebrate your wedding ceremony & reception. Our 4,000 square foot venue offers impeccable service and exceptional food alongside breathtaking waterfront views. We invite you to contact us to discuss how we may be of service for your next special occasion. With only one event at a time, our attention is devoted exclusively to your special day!





Valkyrie Issue

Letter from the Editor:

Valkyrie, The Bird Goddess

Welcome to our "Valkyrie" edition.

The Bird Goddess is one of the most ancient goddesses, both a life-giving creator and a goddess of death and regeneration. For ancient people death was part of a cyclical process leading again to rebirth; black was a positive color, a symbol of fertility and abundance. The Valkyrie represents that part of us that is unafraid of the dark places; she can lead us into and through them. She reminds us that seeds germinate in the darkness, and that sometimes we need darkness in order to grow.

And Grow, we are with wonderful new vendors and pages of Real Weddings to help you get inspired for your wedding day. You will find an array of ideas from opulent to fun-loving. Check out the hot off the runway bridal dresses from New York Bridal Fashion Week as well as your dream wedding dress from wonderful designers and bridal shops. Discover the world of Lace and headpieces with Sposa Bella.

We are thrilled to have Fashion Designer Georgina Chapman on our cover! Florida Bride Magazine attended the Marchesa bridal gown show in New York at Canoe Studios, and it did not fail to overwhelm us with it's ethereal opulence! Whether you are just beginning to plan your special day or will be saying your vows this season, we encourage you to read the interview with Georgina Chapman and Karen Craig, the creators of the Marchesa brand, and gather helpful expert advice for choosing the perfect gown.

We are also very excited to introduce to you our latest print and online publication New York Bride Magazine!

Our little elves have been very busy gathering bundles of tips and tricks. You will discover the latest in bridal products, and an array of ideas for your upcoming nuptials!

Our Best Wishes go out to all of you for a Happy, Healthy and Full of Love Holiday!

Your Editor,

Grace Crompton

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The following professionals have contributed their talent to bring you the wonderful pictorials inside this issue.

MAR JENNINGS

Emmy-nominated TV Host, Lifestyle Expert and best selling author Mar Jennings, is a master at creating a casual luxury lifestyle made simple and SMART.



COLIN COWIE

The party planner of choice for celebrities like Jennifer Aniston, Tom Cruise, Jennifer Lopez, and Oprah Winfrey, what sets Colin apart is his experiential approach to design.



RANDY FENOLI

As the most trusted source in the Bridal Industry, Randy Fenoli is proud to announce the launch of his namesake Bridal collection, Randy Fenoli Bridal.



ANA VENTO

Ana's extraordinary drive, attention to detail and ability to think out of the box, has earned her the respect from her clients. She takes pride in providing luxurious event planning.



GEORGINA CHAPMAN

British born Georgina Chapman has built Marchesa, a fashion empire defined by elegant eveningwear and one of a kind couture designs.



RON BEN-ISRAEL

Ron's wedding creations are consistently featured in national periodicals, Florida Bride Magazine and New York Magazine.



MARK ZUNINO

Mark Zunino is recognized as a leading designer for international celebrities and Hollywood's elite including Sofia Vergara, Angelina Jolie, Beyoncé, Katy Perry, Mariah Carey, Britney Spears and many more.



OSCAR LOPEZ

Lifetime's Project Runway Under the Gunn winner Oscar Lopez. "The most important thing is to stay true to the person that you are."



FL/NY Bride

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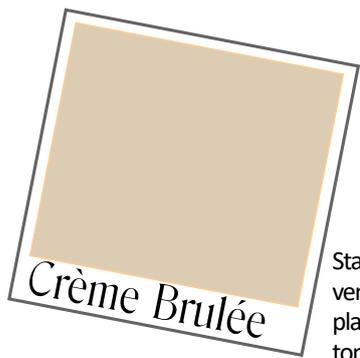
Randy Fenoli
Style Director

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Peaches & Crème

Color of the Year..



Your wedding color scheme will set the tone for the entire day. Darker hues are more formal and can be considered more refined and stylish, while lighter tones are more playful and romantic. By mixing and matching different shades of the rainbow, you can achieve all sorts of different tones and settings to help set the mood for your wedding.

Start with a unique color palette. Draw inspiration from the big details, like the venue and season, then think about the mood you're trying to set. Do you want playful and fun (bright and vibrant hues)? Or lavish and intimate (moody jewel tones and luxe textures)? Keep in mind that your color combo will inform other design elements down the road, like bridesmaid dresses and flowers. Your base color should be Crème Brulée. This soft tone can be matched with almost any color in the spectrum.

Let your space inspire the décor aesthetic. For an unique look, outfit your tables in a chic blanket of Crème Brulée tablecloths and sequined runners. For a ballroom, arrange garlands of greenery and white florals for an elegant, romantic feel.



1. Vanilla bean pastry cream meets white butter cake in this take on the French classic Crème Brulée cake.



2. Let's not forget the makeup. Revlon makes a Crème Brulée lipstick that's sure to go with this natural pure color scheme.



3. Rich Crème Brulée colored wedding shoes are always a hit. This subtle color can be paired with a white or cream colored dress. Let's face it, it's all about the shoes!



4. Yes! Even your transportation can adorn the Classic Vintage Crème Brulée look!



quick tip!
Blue with Crème Brulée will give a vibrant pop of color!

your seasonal palette

5.

The wedding bouquet is perfect to show off your Creme Brulee color base. Pair this fabulous color with pastel pinks, light greens and even purples for an instant pop of color. Let's not forget to rap the base in a rich Creme Brulee tone ribbon.



6.

The Monique Lhuillier Creme Brulee is a gorgeous and elegant gown that is unbelievably lightweight and comfortable. Reminiscent of the Candy, the modern corset top is flattering and the A-line tulle skirt will make you feel like a princess.

One of the most beautiful parts of this dress is the intricate beading, it makes the gown sparkle.

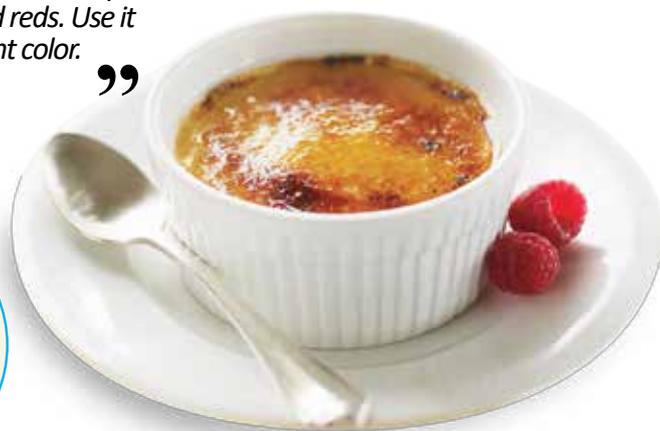


7.

The rule of thumb with alternative wedding cakes is that if you want it, go ahead and have it. This cake made entirely of crème brûlée is the perfect example of that mentality. The culinary world is your oyster (or wedding cake, we suppose).

“Crème Brûlée goes with many colors such as deep blues, golds and reds. Use it as an accent color.”

quick tip!
Crème Brûlée pairs well with yellow or gold tones!





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R Hot off the unway 2018

MARK ZUNINO

With nearly a quarter of a century of success in the industry, it was a natural progression for Zunino to expand into the bridal space with an eponymous collection. He drew inspiration from his international travel combined with his experience of working with women from all around the world and in Hollywood.



“The Mark Zunino bride is forward-thinking and independent. She embodies femininity by being bold and outspoken but combines it with a touch of delicacy,” stated Mark Zunino, CEO and Designer.

“From country to country the message seemed clear. The modern bride dreams for unique fabrications that form well on every silhouette, and marries a timeless tradition with progressive sensuality.”

Mark Zunino is recognized as a leading designer for international celebrities and Hollywood’s elite including Sofia Vergara, Angelina Jolie, Beyoncé, Katy Perry, Mariah Carey, Britney Spears and many more. Zunino is known for his talent of combining meticulous construction with eye-catching designs that accentuate a woman’s favorite feature.

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SOUTHERN INSPIRATION

try ↗

Bridal hat and gloves:

Typically worn by southern belles demonstrating their unique charm and class. If a wedding is held outside, which most are, then a hat and gloves protect the brides skin.

try ↗

Parasols:

The south can get particularly hot in the summer, while most weddings are held in the summer and outside a parasol is a perfect way to provide shade.



try

Accessories:

Let's not forget the accessories. A vintage handheld mirror is a must. For him, try a traditional top hat adorned with the groom's boutonniere.



try

Invites:

Invitations in creams and earthtones with elegant script calligraphy.

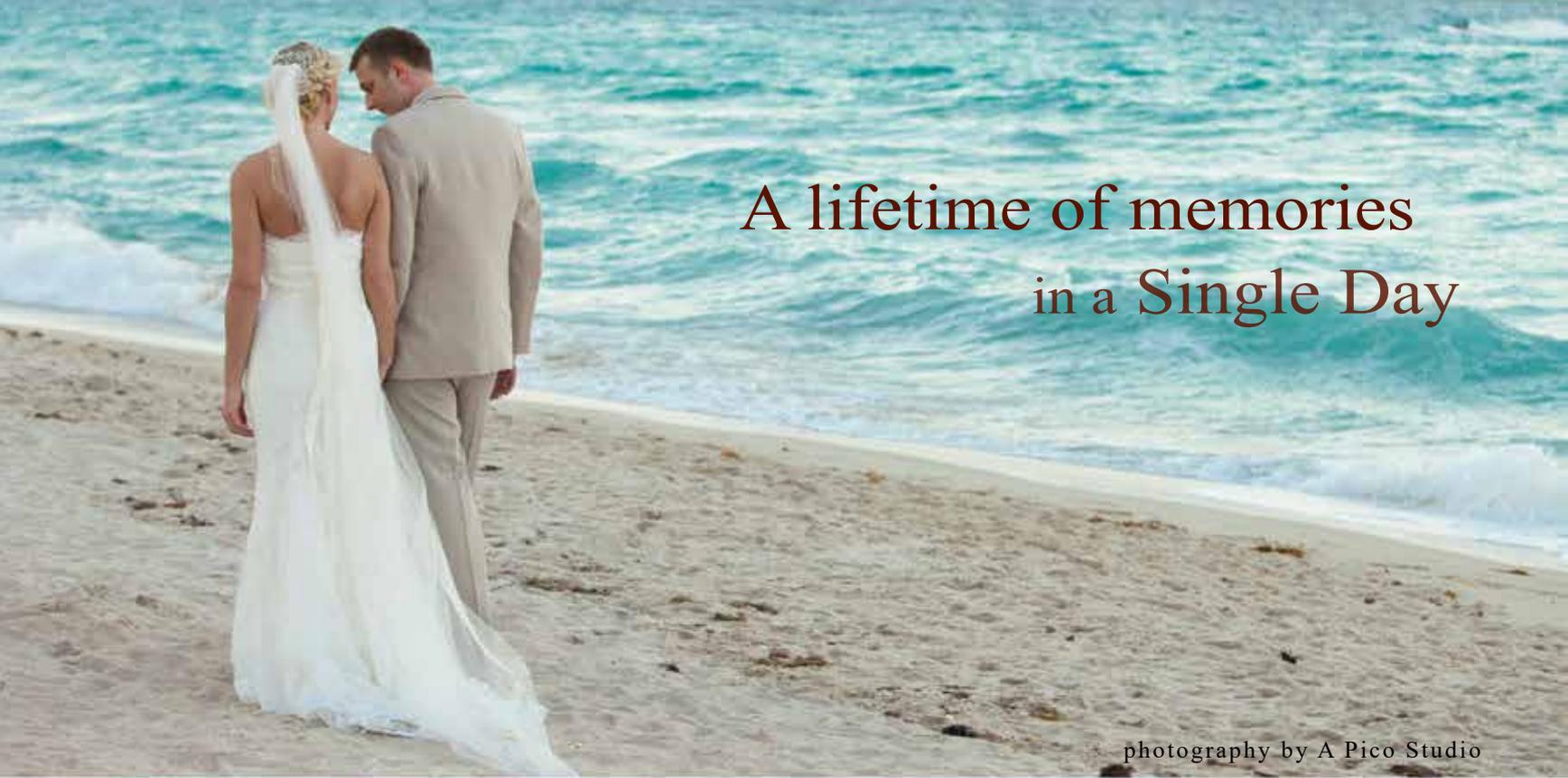


try

Simple Cake:

Keeping the cake simple but elegant with one central bloom as the topper for this Southern Inspired cake.





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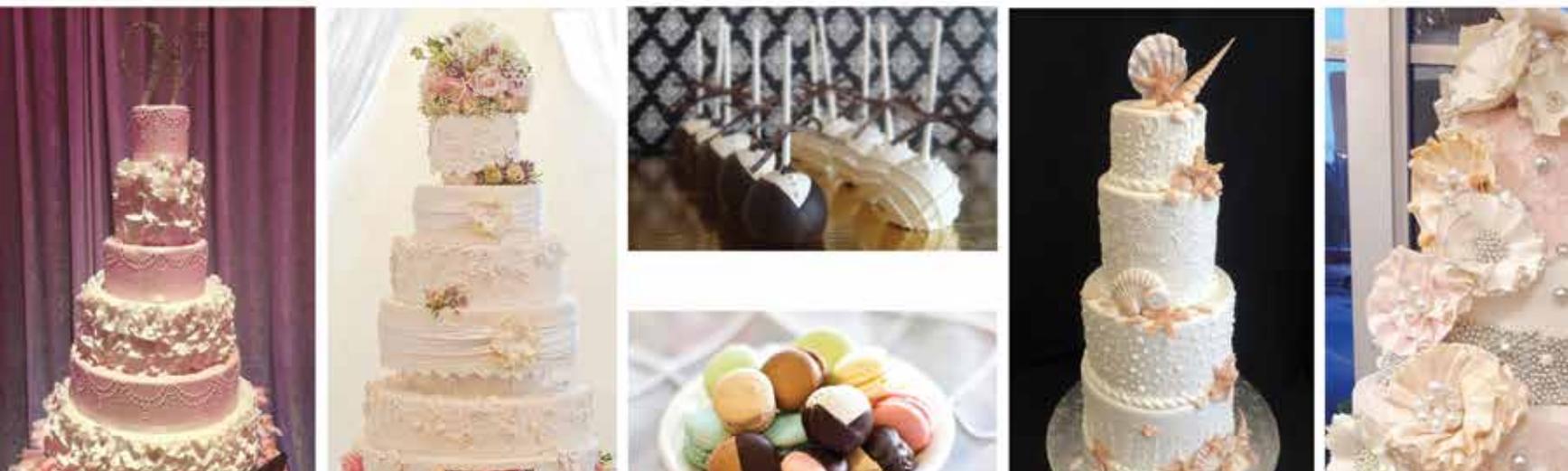
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I've created my Collection for all of the strong, individual brides that inspire me each and every day. The incredible women that wear my dresses have always driven all of my emotions, originality, and passion. Every detail of these gowns, from the embroidery designs to the lace patterns and special beading, is with you in mind. The beauty of a powerful woman transforms into the perfect gown. For all that these heroines of today have dared to be, I dare to be too with each of these designs.

XO Madeline Gardner



WINE bottle GIFTING

Gift time can leave the cleverest of us at a loss for something new and unique to present. Need a good, safe, always appreciated gift? Just about everyone loves to receive a fabulous bottle of wine or champagne during the holidays. The problem is how do you make that perfect bottle stand out and look special?

Too often your nice bottle, as a Holiday gift or host/hostess gift, just gets lost in the mix. It can look like any other bottle of wine. In fact, if not careful, the host or hostess can end up losing that gift when distracted by entering guests or setting up for the party. Many times the host or hostess may have never seen your special gift at all!

This week's sMART tip is all about making sure that special bottle gets the attention it deserves.

It is really quite easy to make a standout gift bottle. The sMART tip? Simply write a short personal message right on the label. It's an unexpected touch that ensures the recipient knows who to thank for that special gift. Even if the recipient is too busy to take notice right away, when they go to open the bottle they will be reminded of you by your note. And for those of you who hate your gifts being re-gifted, this guarantees that your bottle will never get mixed into that pile. (Devilish, I know.)

So, this year when everyone is eating, drinking and being merry, you can feel confident that the special bottle you purchased will no doubt be enjoyed — along with your sentiments!



quick
tip!

Use a wine
gift bag for
presentation!

Naughty or nice?



coal from the North Pole

The Tradition of why you would get a lump of coal in your stocking dates back to Europe. In those days most households used coal in their furnaces. They would also place coal in a pan and place it under their beds to stay warm at night. Coal was a necessity so it had value.

The rich had plenty of goodies, but the poor were lucky to get coal to keep themselves warm on cold wintry nights. So how did coal get to be a symbol of being bad? Stories vary, but supposedly St. Nick would creep down the chimney of poor families homes to give money to the man of the house, so he would have it to use as a dowry for his daughters to get married. The family would place their stocking out by the fire to dry, if a child was being naughty during the year he would take a piece of coal out of their fireplace as a warning to better behave and stick it in their stocking.. (While many people think of fireplaces burning wood logs, coal-fired ones were very common during the 19th and 20th centuries, which is when the American Santa myth was established).

In the United States parents play tricks on their children by placing candies that look like coal in their stocking. There is even candy sold in little burlap sacks that says "Santa's Coal". In Italy they have a candy called Carbone Dolce that resembles coal and parents put it in their children's stockings as a prank.

Santa Claus will be coming to town soon, and you know he is already making his list and checking it twice as to who is "Naughty and Nice". Like a lot of holiday traditions, this one is rooted in history.

Chocolate Coal Lumps

What you need:

¼ cup butter, 1 bag (10 oz) large marshmallows (5 cups), 8 cups Cocoa Puffs™ cereal (from 11.8-oz box), 3 bags (12 oz each) semisweet chocolate chips or 36 oz (from two 24-oz packages) chocolate-flavored candy coating, 3 tablespoons shortening, black sugar and/or black jimmies sprinkles.

How to make it:

Line 13x9-inch pan with foil. Spray with cooking spray. In 4-quart microwavable bowl, microwave butter uncovered on High about 1 minute or until melted. Add marshmallows; toss to coat. Microwave about 2 minutes, stirring after each minute, until marshmallows are completely melted and mixture is well blended.

Add cereal; mix well. Spoon cereal mixture into pan. Spray hands with cooking spray, and press mixture firmly in pan. Cover with waxed paper; press second 13x9-inch pan on top to compress bars. Remove pan and paper. Cool completely, about 1 hour. Remove bars from pan; peel off foil. Using sharp knife, cut bars into 8 rows by 6 rows to make 48 squares. Line cookie sheet with waxed paper.

In 1-quart microwavable bowl, microwave 12 oz of the chocolate and 1 tablespoon of the shortening uncovered on High 1 minute 30 seconds; stir. Continue microwaving and stirring in 15-second intervals until melted and smooth. Using 2 forks, dip and roll each cereal square in coating. Place on cookie sheet. Repeat twice to use up chocolate, shortening and squares. Sprinkle coated squares with black sugar and/or sprinkles. Place in freezer 15 minutes or refrigerator 30 minutes until chocolate is set. Store in airtight container or sealed storage bag.



You Dream It... We Create It!



Nicollette & Brent Hagey
October 15, 2016
Photo by Adam Opitz Photography

“ I couldn't have imagined not having Ana by my side for our wedding day. From early morning until the last guest left, she made sure that absolutely everything from the small details, to the vendors, and everything in between ran smooth and we are forever grateful!”

Jen & Craig Hammitt
Wedding February 4, 2017



Jacquie & Brian Dittman
December 10, 2016
Photo by Flavio and Rosina's Studio



Jen & Craig Hammitt
February 4, 2017
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Simple steps to the best travel

From Travel Editor Terese Ternullo - Hibiscus Travel

of your Lives
Your travel resolutions



People are always talking about taking their “dream vacation” — but largely what people mean when they say this is that every detail of the trip was planned flawlessly, everything went according to plan, and the service and food were stellar. But what if the key to having the best vacations of your life has as much to do with how you approach traveling as it does with where you go and the number of stars on your hotel?

Here are 5 Traveler’s Resolutions you can make right now to make this the best year of travel yet:

1. I resolve to take responsibility for enjoying my vacation. Sounds weird, right? Especially since we often think an enjoyable vacation means that nothing goes wrong. I mean, what if your flight is late? What if they lose your bags? What if the hotel shower has terrible water pressure? What if your passport gets stolen? What if you get seasick — or worse? If you resolve to be the one who decides if you enjoy your time, then you get to decide how you’re going to respond to each situation and what you’re going to make of it. Is it going to be a catastrophe that ruins your trip — or fodder for an exciting story at your next dinner party?
2. I resolve to take myself less seriously. Traveling is an act of vulnerability, especially if you’re headed someplace where the language, food, and culture are vastly different from your own. You don’t have to be an expert; you don’t even really have to know what’s going on. If you make a mistake, the world will not end. The more easily you can laugh at yourself, the easier you’ll be to travel with — and the more fun you’ll have.
3. I resolve to stay curious and humble. The world is full of surprises. Don’t be afraid to ask questions and be amazed by what you discover. Ever wonder why it’s so much fun to see regular everyday “boring” things through the eyes of a kid? They don’t know that they’re supposed to be “cool” and avoid looking silly in front of others — they just experience everything as if it’s the most amazing thing that’s ever happened. And you know what? They’re almost always having way more fun than those of us over 30. As adults, we have the choice to let go of cynicism and embrace wonder.
4. I resolve to trust more and be more generous. Anyone who loves to travel will tell you this: the world is mainly populated by good-hearted people who will extend help and hospitality when and if you need it. While it’s always wise to be aware and educated on potential scams and dangers — the truth is, 99 people out of 100 will gladly help you out of jam and will go out of their way to show you the best spirit of their culture. Open up a little and you’ll be pleasantly surprised by what you find.
5. I resolve to let go of my attachment to The Plan. Perhaps above all, being a great traveler means you have to be flexible. Things don’t always go according to plan and wonderful things can happen as a result. Think of the “wrong” turn you took that brought you to the most breathtaking vineyard you’d ever seen. Or the delayed train that allowed you to have late-afternoon tea with a charming shop owner in a crowded bazaar. In the most significant ways, like the rest of life, the most valuable and memorable parts of traveling can’t be planned. That is the enduring beauty and draw of striking out on a new adventure.



A common thread among these resolutions is the ability to let go of anxiety, relax and enjoy yourself. Hiring a Travel Professional is one of the best ways to avoid the most stressful parts of travel altogether.



Creative ways to IMPRESS YOUR GUESTS

Couples today, want their guests to really notice the effort gone into planning the wedding. It's not just about personalizing the wedding to the couple. It's about who their guests are and what they mean to them. Every year, new ideas and details are created by talented wedding planners, floral designers and wedding vendors of every type. Various details, how to create a rustic look, which foods and desserts guests will be enjoying and some of the interactive experiences and details that guests are sure to notice.

Navy is the new black:

As an alternative to formal black, brides and grooms are opting for dark blue as the neutral shade in their wedding's color palette.



Return to formality:

We are seeing cleaner florals, classic tuxedos, and a hint of sparkle. We're seeing formal with a bit of whimsical, so it's formal but not too stuffy.



New ways to entertain:

Couples are incorporating interactive elements into their wedding to entertain their guests with creative food ideas, music, and photo booths.



Bring on the texture:

Different textures and something different on various elements, such as wax seals on menus, assorted linens on each table, and even three different tabletops for the reception



Hanging flowers:

When deciding on your floral décor, suspended arrangements are in for 2018. “



Go all-out with the desserts:

such as popsicles, custards and ice cream sandwiches.



Unique food:

On the menu for 2018 wedding trends are interactive appetizer stations, including a raw bar or roll your own sushi, using family recipes, farm-to-table dinners, and creative desserts.



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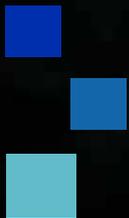
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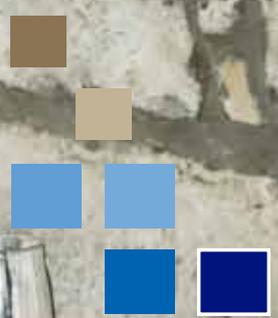


COLOR STORY

look book

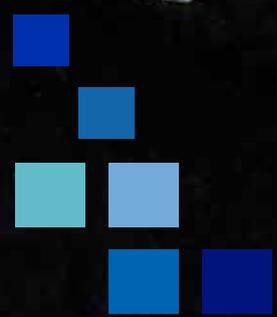


PUT THE *Blue* IN YOUR WEDDING



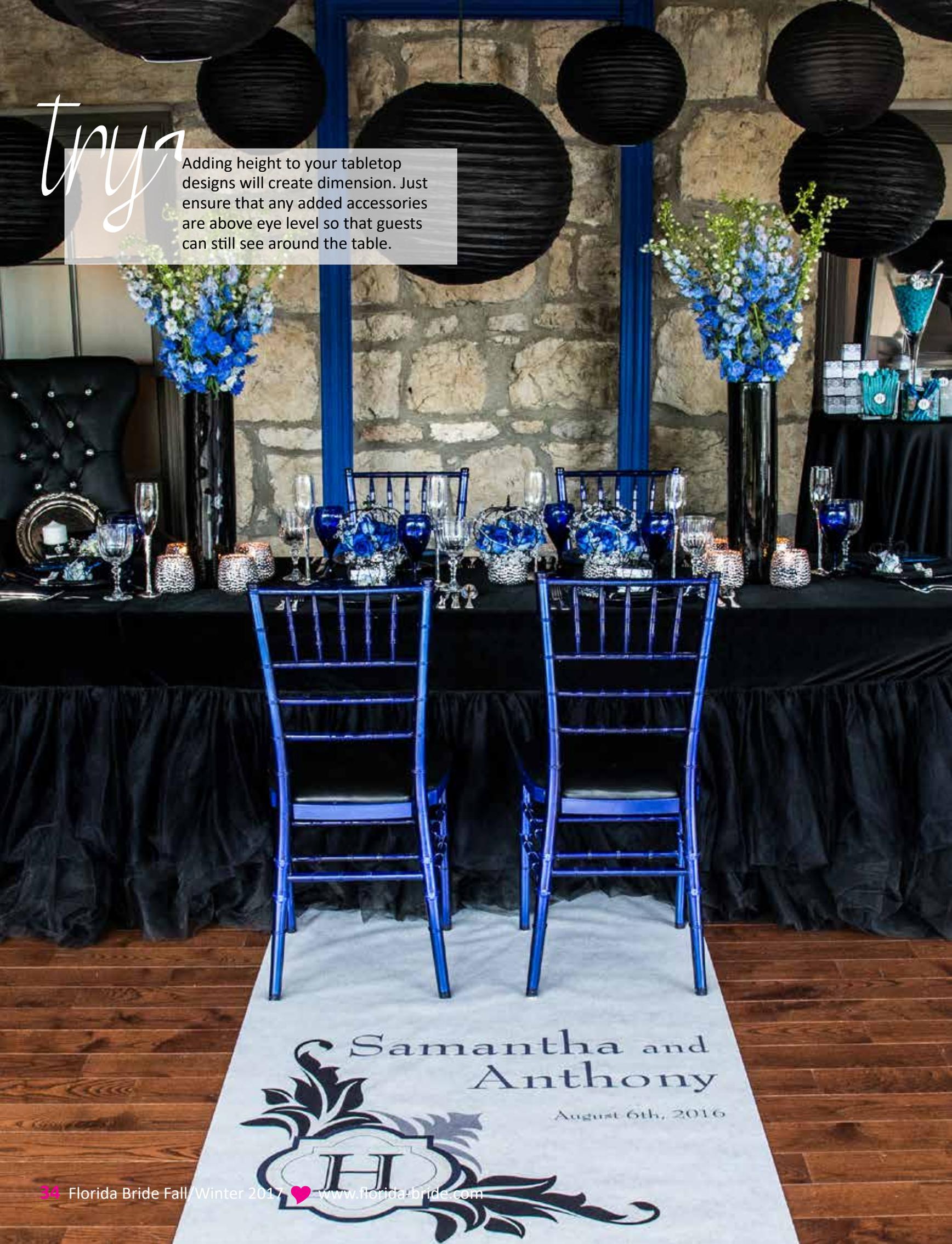
try

Adding that sparkle to your table setting will really make the deep blues pop, and give your reception the look that guests will talk about long after the wedding day.



Try

Adding height to your tabletop designs will create dimension. Just ensure that any added accessories are above eye level so that guests can still see around the table.



try

Adding mirrors and other reflective surfaces under lustrous elements add to their sparkle and elegance.





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CANDY

CANE COCKTAIL



What You Need:

1 shot vanilla rum, 1 shot white chocolate liqueur (recommended: Godiva), 1 shot peppermint schnapps, Candy cane, garnish

How to Make It:

Add all liquid ingredients to cocktail shaker filled with ice. Shake well and strain into martini glass. Garnish with candy cane.

GINGERBREAD

HOT CHOCOLATE



What You Need:

6 cups milk, 1/4 cup Dutch-process cocoa powder, 1/4 cup sugar, 2 tablespoons molasses, 3 teaspoons ground ginger, 2 teaspoons ground cinnamon, 1/2 teaspoon freshly grated nutmeg, 1/4 teaspoon allspice, 7 ounces good quality milk chocolate, chopped, Whipped cream, for serving, Mini marshmallows.

How to Make It:

Combine the milk, cocoa powder, sugar, molasses, ginger, cinnamon nutmeg and allspice in a medium saucepan. Cook over medium heat, stirring occasionally, until the milk is steaming. Whisk in the chopped chocolate a little at a time until smooth.

SNOW

WHITE HOLIDAY



What You Need:

White sugar crystals, preferably coarse, 2 cups store-bought eggnog, chilled, 1/2 cup brandy, 1/2 cup amaretto liqueur, 1 teaspoon ground nutmeg, 2 scoops vanilla ice cream, 4 cinnamon sticks.

How to Make It:

Dampen the rims of 4 martini glasses and then line the rims with sugar crystals. Combine eggnog, brandy, amaretto, nutmeg, and ice cream in a blender; process until smooth. Pour mixture into martini glasses and garnish each glass with a whole cinnamon stick.

BUTTER

RUM



What You Need:

2/3 cup packed dark brown sugar, 1/2 cup (1 stick) unsalted butter, room temperature, 1/4 cup honey, 1/2 teaspoon ground cinnamon, 1/4 teaspoon ground nutmeg, 1/8 teaspoon ground cloves, Pinch salt, 3/4 cup spiced rum, 2 cups boiling water, 4 sticks cinnamon, for garnish.

How to Make It:

Beat the brown sugar, butter, honey, cinnamon, nutmeg, cloves, and salt in a medium bowl until blended and smooth. Add the rum and then 2 cups of boiling water. Stir until the butter mixture dissolves. Divide the buttered rum among 4 mugs.

CHAMPAGNE

COCKTAIL



What You Need:

4 sugar cubes, 1 bottle Angostura bitters, 1 bottle Champagne, very cold, Lemon twists, for garnish, optional.

How to Make It:

Start off by taking a single sugar cube, and while holding it over the opening of a

bottle of Angostura bitters, invert the bottle so that some bitters soak directly into the sugar. Drop the cube into the bottom of a chilled Champagne flute, and then fill the glass with Champagne. Garnish with a lemon twist, if desired.

MULLED

WINE



What You Need:

4 cups apple cider, 1 (750-ml) bottle red wine, such as Cabernet Sauvignon, 1/4 cup honey, 2 cinnamon sticks, 1 orange, zested and juiced, 4 whole cloves, 3 star anise, 4 oranges, peeled, for garnish.

How to Make It:

Combine the cider, wine, honey, cinnamon sticks, zest, juice, cloves and star anise in a large saucepan, bring to a boil and simmer over low heat for 10 minutes. Pour into mugs, add an orange peel to each and serve.

Ginger Snap!

Ingredients:

1 oz. ginger beer, Ice, 1 tsp. ginger juice, 1 1/2 oz. dark rum, 1 tsp. cinnamon schnapps, Pinch of ground cloves, 1 egg white, Cinnamon stick, Crystallized ginger square, Finely ground gingerbread cookie.

Pour enough ginger beer into a saucer to cover and dip a martini glass into the saucer to coat the rim. Dip into a saucer with ground cookie. Scoop ice into shaker. Pour ginger juice, rum and cinnamon schnapps into a shaker.

Add a pinch of ground cloves. Separate an egg and add egg white to shaker. Shake vigorously for at least 20 seconds until drink is frothy and foamy. The longer you shake, the foamier the drink. Add ginger beer and stir slightly. Pour into glass. Garnish with a cinnamon stick and crystallized ginger square, and sprinkle the top with finely ground gingerbread cookie.

Cook's Note: You can substitute brown sugar or cinnamon sugar to rim glass.



How sweet it is!

GREAT *Wedding* DESSERTS

Attention all dessert lovers: bring these treats into your wedding for a fun alternative dessert that isn't the traditional wedding cake. Whether you're a nonconformist or just want to supplement your dessert with other yummy treats, these delicious options will stand out from the wedding cake crowd. From finger foods to mini versions of the classics, here are some dessert alternatives sure to satisfy everyone's sweet tooth.



Lemon Tartlets with Meringue Caps

Thin tuile cookies are baked, then folded into tartlet shells while still warm. Once cooled, each ruffled cup is filled with vibrant, sweet lemon curd and topped with a playful meringue curlicue.

Banana Whoopie Pies

These golden-edged banana cookies stuffed with cream cheese frosting unite two favorites -- whoopie pie and moist banana cake -- in an immensely satisfying revival.



Spring Shower Almond Petits

Each of these pink-and-white petits fours has two layers of extra-moist almond cake filled with cherry preserves, a coating of tinted glaze gives them a hand-painted appearance, and faux cherry blossoms make them even more artful.

Mini Eclairs with Strawberries

For a take on chocolate-covered strawberries, drizzle the eclairs with melted bittersweet chocolate.



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Say “I Do” in Paradise

at Margaritaville Hollywood Beach Resort

Perfectly positioned on the renowned Hollywood Beach Boardwalk in Hollywood, Florida, Margaritaville Hollywood Beach Resort is a AAA Four Diamond-rated destination resort and entertainment complex inspired by the lyrics and lifestyle of singer, songwriter and award-winning author Jimmy Buffett.

When it comes to creating the perfect beachfront wedding, Margaritaville Hollywood Beach Resort is second to none. From the dramatic 10,000 square foot Compass Rose Ballroom to the sands of Hollywood Beach, the resort features on-site venues to fit weddings of all sizes and personalities, as well as pre- and post- wedding celebrations.



The resort offers a variety of ceremonies and receptions for brides to choose from. The License to Chill Rooftop Terrace is a 7,000 square foot outdoor venue, overlooking the Atlantic Ocean. With its pool and License to Chill Bar, it will offer wedding parties a private event venue with the ambiance of the beach level recreation area and the privacy of an exclusive paradise. For brides looking for their ceremony or reception to be even more secluded they have the choice to enjoy a semi-private event in a dedicated area of this rooftop, tropical oasis.

The resort’s One Particular Harbor space is a spectacular 8,800 square foot pre-function space with waterfront views and floor to ceiling windows that would add a breathtaking backdrop to any wedding’s cocktail reception.

Designed to offer an extensive array of amenities combined with a high degree of hospitality, service and attention to detail, this 17-story, 349-room oceanfront resort offers the perfect setting for couples to say “I Do” in paradise. Multiple diverse restaurant concepts feature something for any palate. In addition, the resort boasts a full-service St. Somewhere Spa. The expansive 11,000 square foot spa is the ultimate spot for brides to be pampered and receive pre-wedding makeovers. The spa also has eleven treatment rooms including two couples massage suites. The resort also features a state-of-the-art oceanfront fitness center, an array of shopping outlets, an extensive on-site water recreation area with multiple pools, a FlowRider® Double and three live entertainment venues.

The resort’s dedicated wedding professionals help couples create the setting of their dreams – whether it’s an oceanfront elegant wedding, a sophisticated coastal wedding or a beachside casual wedding. The atmosphere of Margaritaville Hollywood Beach Resort invites everyone to check in, chill out and get ready to celebrate the big day.





FLORID BRIDE MAGAZINE'S



TOP CHEF

Easy, Elegant Holiday Appetizer Recipes

Italian Wedding Soup

Homemade meatballs are the secret to this soup's authentic Italian flavor. Giada uses curly endive for color and texture.

-- Giada De Laurentiis

Ingredients for Meatballs:

1 small onion, grated, 1/3 cup chopped fresh Italian parsley, 1 large egg, 1 teaspoon minced garlic, 1 teaspoon salt, 1 slice fresh white bread, crust trimmed, bread torn into small pieces, 1/2 cup grated Parmesan, 8 ounces ground beef, 8 ounces ground pork, Freshly ground black pepper.

Ingredients for Soup:

12 cups low-sodium chicken broth, 1 pound curly endive, coarsely chopped (1 pound of escarole would be a good substitution), 2 large eggs, 2 tablespoon freshly grated Parmesan, plus extra for garnish, Salt and freshly ground black pepper.



Preparation:

To make the meatballs: Stir the first 6 ingredients in a large bowl to blend. Stir in the cheese, beef and pork. Using 1 1/2 teaspoons for each, shape the meat mixture into 1-inch-diameter meatballs. Place on a baking sheet.

To make the soup: Bring the broth to a boil in a large pot over medium-high heat. Add the meatballs and curly endive and simmer until the meatballs are cooked through and the curly endive is tender, about 8 minutes. Whisk the eggs and cheese in a medium bowl to blend. Stir the soup in a circular motion. Gradually drizzle the egg mixture into the moving broth, stirring gently with a fork to form thin stands of egg, about 1 minute. Season the soup to taste with salt and pepper.

Ladle the soup into bowls and serve. Finish soup with parmesan cheese if desired.



How Sweet it is... Holiday Biscotti

Giada De Laurentiis loves the color of these cookies that are great for the holidays or any time of year.

Line a heavy large baking sheet with parchment paper. Whisk the flour and baking powder in a medium bowl to blend. Using an electric mixer, beat the sugar, butter, lemon zest, and salt in a large bowl to blend. Beat in the eggs 1 at a time. Add the flour mixture and beat just until blended. Stir in the pistachios and cranberries. Form the dough into a 13-inch long, 3-inch wide log on the prepared baking sheet. Bake until light golden, about 40 minutes. Cool for 30 minutes.

Place the log on the cutting board. Using a sharp serrated knife, cut the log on a diagonal into 1/2 to 3/4-inch-thick slices. Arrange the biscotti, cut side down, on the baking sheet. Bake the biscotti until they are pale golden, about 15 minutes. Transfer the biscotti to a rack and cool completely. Stir the chocolate in a bowl, set over a saucepan of simmering water until the chocolate melts. Dip half of the biscotti into the melted chocolate. Gently shake off the excess chocolate. Place the biscotti on the baking sheet for the chocolate to set. Sprinkle with the sugar crystals. Refrigerate until the chocolate is firm, about 35 minutes.



for the love of food...

Hanging around the Reception...

upgrade your wedding tablescape

Suspended centerpieces are just some of the things we couldn't get enough of in the world of whimsical weddings. They are unique, exciting and on the practical side, save space on the tables. So brace yourself folks, because we rounded our favorite, inspiring hanging flower centerpieces to die for!

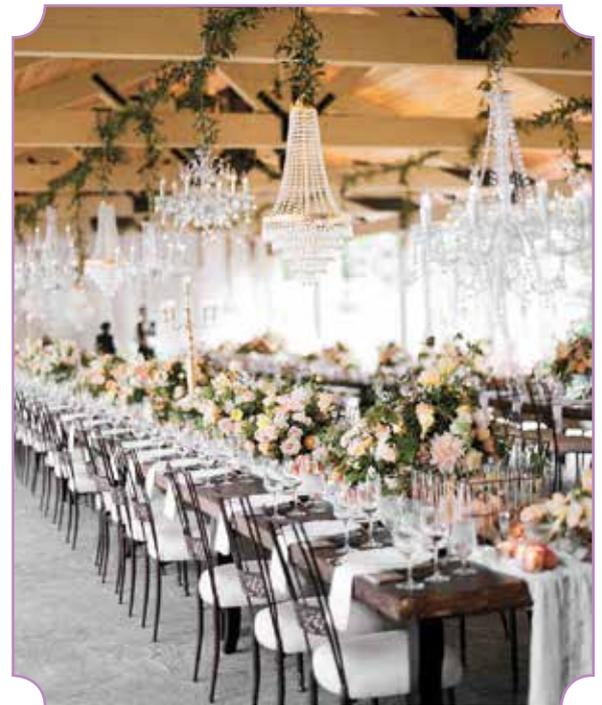
Cascading Florals

Hanging centerpieces are a great way to add elaborate decorations to any wedding table without getting in the way of conversation. By using cascading florals to complement flower vases, this inspiration shoot transformed a traditional tablescape into an ethereal garden.



Floating

Suspended florals don't need to drape closely to your table decor to make a statement. The candles lining this wedding table add a gorgeous glow, but the overgrown greenery and lush flowers hanging directly above bring a garden vibe.



quick tip!

Try mixed colors in your hanging centerpieces.

Refined Flowers

If you like the idea of a garden suspended over your table, but you don't want it to look too overgrown, go with a more polished design. While these hanging flowers would fit right in at a bohemian chic wedding, their synonymous style accommodates a more traditional tablescape.



Sposabella & Lace

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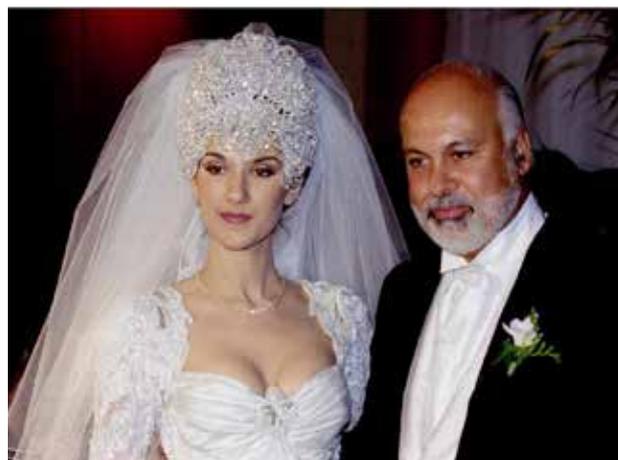
Lace with grace

Frank Sena takes pride in his ability to evolve and stay ahead of fashion world curves such as predicting the color blush would be in vogue well before it began trending. “Back then, this block was the place for fabric,” recalled Mr. Sena. “On a Saturday, it was bedlam here. There was a line to get in.” While Mr. Sena said he has continually reinvented his wholesale and retail business to keep up with fashion and business trends, it is the rapid transformation of the Garment District that has triggered his latest change. Gone are many of the fabric stores that once lined the district’s streets. Over the past decade, many new hotels, bars, restaurants and chic food shops have sprouted nearby. Developers are revamping buildings to attract more technology tenants and national retailers.

For longtime patrons of Sposabella, the store is a historic touchstone. Lace in varying hues from around the world hangs from racks, sits atop display cases and drapes mannequins in the narrow 1,400 square foot store. Jewelry, veils and headpieces iced with Swarovski crystals fill display cabinets. Sposabella’s Alice Sena, Mr. Sena’s former wife, tends to customers. Jean-Ralph Thurin, a luxury bridal designer based in Somerville, N.J., who has patronized the store since his design-school days said, “Part of the charm of the store is that it’s so small. He’s got Frank Sinatra playing and you feel like you’re in another world.” Mr. Sena said that singing is one of his favorite pastimes – whether in the style of Sinatra, Ray Charles or old-time rock ‘n’ roll. If he’s in a good mood, he said he will pull out the karaoke machine he keeps in the store and serenade patrons. Anyone is welcome to join in, he said. Couture designer Randi Rahm, whose gowns have adorned celebrities from Miranda Lambert to Eva Longoria, attributed Sposabella’s staying power to Mr. Sena’s taste and creativity. “He knows the trends, but he picks the finer trends,” Mr. Rahm said, “You can go in there and find something unusual.”

Mr. Sena said he knew nothing about trimming and fabrics when he entered the business, almost by accident, some 40 years ago. A graduate in labor relations from City College of New York, Mr. Sena had quit his job running a printing company in Long Island City and was pondering his next move. A friend who worked on the block at the time told him about the vacant store and suggested he start a business selling accessories or trimmings.

Mr. Sena gradually learned the business from industry veterans who he said were generous with their expertise. His turning point came about a year later, when he paid \$6,000 to purchase a large collection of lace from a man quitting the business. He filled his shop, then only about 300 square feet, with Madeira, Swiss and French laces and hand-embroidered Italian wares.



“I dressed the window well and all of Seventh Avenue was in my store,” Mr. Sena said. Mr. Sena began to develop what he describes as a “palate” and a passion for fashion. He visited manufactures in Europe, and later, Asia often customizing the lace with his own designs. Today the business, which also designs and manufactures veils and headpieces, draws the bulk of its sales from wholesale customers, many from South America.

Over the years, Sposabella has catered to couture designers, Broadway costume designers and a fair number of celebrities. Sposabella made the head piece encrusted with Swarovski crystals that Celine Dion wore on her wedding day. He closed the store a few years ago so Meryl Streep and her daughter could shop for a bridal veil. And he recalled helping several beauty-pageant competitors, including a young Vanessa Williams, then in the running for Miss America, to design lace for a dress. He plans to offer more merchandise and sell more wholesale, while expanding the retail operation to include accessories and wedding gowns. “There’s enough small couture designers that can keep me going,” Mr. Sena said. “And maybe I can keep them going by being inventive and by giving them new styles and concepts.”

We at Florida Bride Magazine had the wonderful opportunity to meet Mr. Sena and visit his fabulous New York store. I was overwhelmed with the beautiful lace and accessories he has. We know that he will continue to bring style to the fashion world. If I had known there was a karaoke machine there, I would have been singing along with him!

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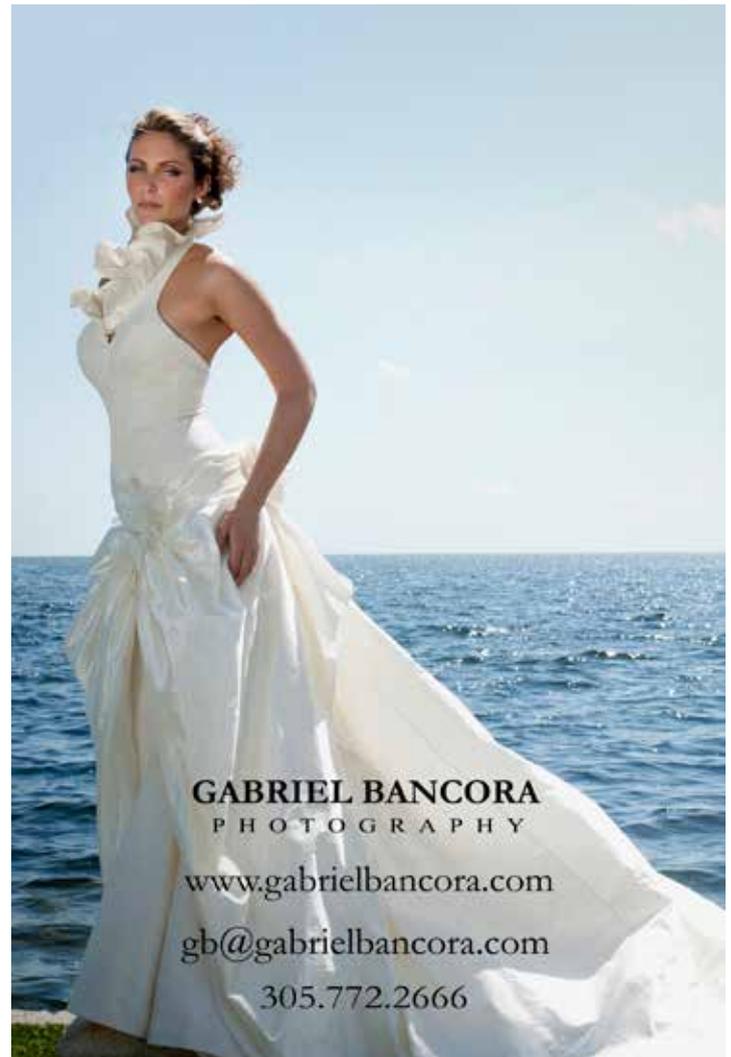
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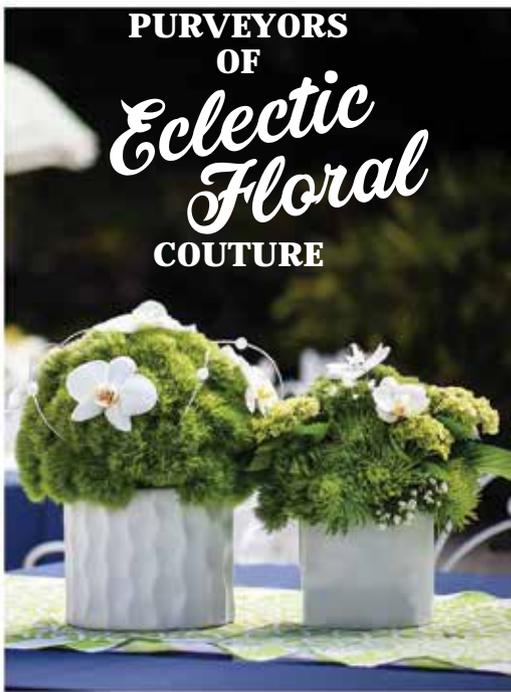


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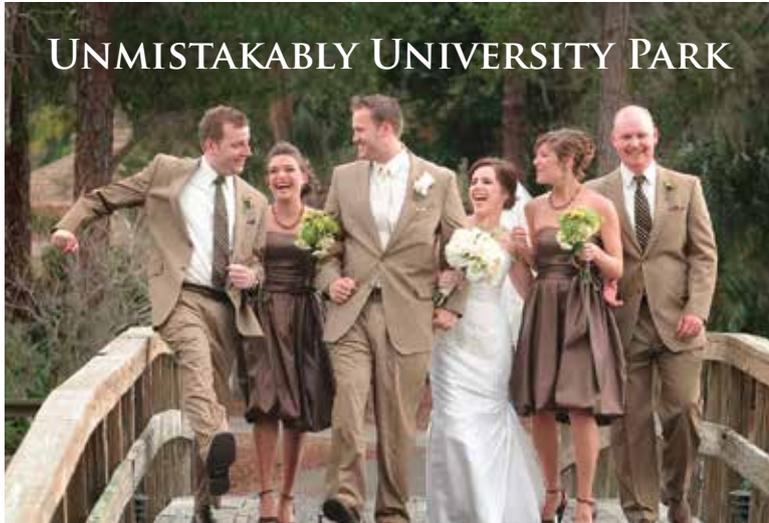


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the right Tulle's for the bridal shower

Space 46 is Los Angeles fashion label specializing in feminine tulle skirts. Designed to be worn from casual to formal occasions, the brand encompasses fun and elegant looks with every tulle style.

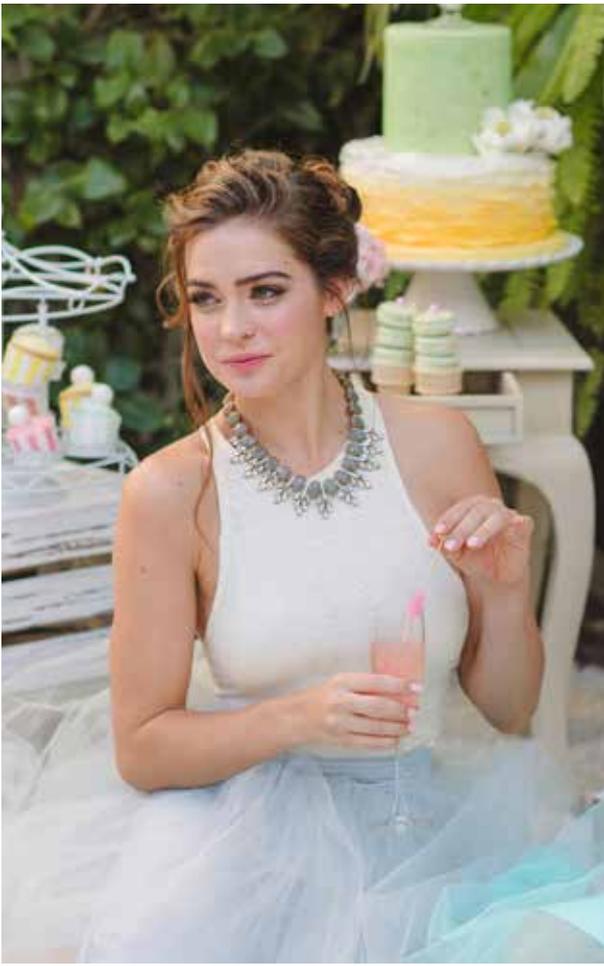
macarons

Delicious macarons in pastel colors topped with pearl edible beads in light pink set on top of ice cream cones. Simply scrumptious!



the best bridal shower

These beautiful tulle dresses are a perfect combination for a fun colorful bridal shower that your maids will talk about for years. Don't forget to have a photographer there to capture all the precious moments.



tea party



jelly beans?
Yes! Jelly bean cocktails served in a martini glass are a perfect combination. Or use real martinis in matching colors.



cotton candy
We just love this idea! Cotton candy towers to look like topiary trees. Creating this magical candyland bridal shower is half the fun. A fuzzy throw rug with pillows will substitute for the furniture and give that picnic feel.

quick tip!
Stick with pastel colors to keep the look!



the cake!

Keep the cake creative in pastels to match the decor. We love this cotton candy cake topper.

decor

Use the creative colors in the tulle dresses as the base for the color inspiration. Cool pastels, candies, cakes and of course sweet drinks, make for a very retro styled bridal shower.



cupcakes

Don't forget the cupcakes adorned with colorful sprinkles for a delicious dessert. Ladies have the bridal shower of your life!

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MARCHESA MAGIC

By: Grace Crompton - Managing Editor

Georgina Chapman and Keren Craig met in London at the Chelsea College of Art and Design. Georgina, a graduate of Wimbledon School of Art in 2001 began her career as a costume designer. Keren graduated from Brighton Art College in 2000 and focused on print and embroidery design. The two of them compliment each other so much with Georgina's expertise in design and draping, and Keren's expertise in embroideries and beadwork.

The Marchesa Brand was established in 2004 and is known for its couture collection as well as a diffusion collection known as Marchesa Notte. Their creativity and love for what they do shows in their collections and I, for one can't wait to see the next one from these two lovely ladies!



Q First, I want to say what a pleasure it is to be speaking with the two of you. I just love the way the two of you have such a wonderful collaboration. Florida Bride Magazine was at NYBFW in April, and your presentation was stunning! Where did the inspiration for it come from?

A The English Rose Garden in particular with it's beautiful gardens and stately homes. We wanted to bring a touch of that feeling to America. We were very inspired by this floral aspect and wanted to reflect the ethereal, romantic, very feminine side of it, and bring avante garde to the Notte!

Q What's it like to dress celebrities?

A Keren and I are very excited when we dress celebrities. We are really excited when we dress anybody! The things that I think has come out of social media is the fact that we get to see so many of our Marchesa brides that we might not have had the chance to see before. We get a lot of posts on social media and Instagram and that brightens my day. When I see a family celebrating their special moment in Marchesa it makes me feel really proud.

Q What advice would you like to give to brides that are having their wedding on the beach in Florida?

A We always think that it is important to consider the venue and the climate. You need to think about that if you are getting married on the beach. Choose something more suitable for warm weather with a little more ethereal in feeling. Perhaps a little less structured than you may wear at a different type of event, but more formal than you would see in a traditional dress. Keren always says this is your moment. I think every girl dreams of the moment of getting married. Although she needs to think of her environment, she needs to think of this as her Big Day! At the end of the day, it is about doing what you want to do.

Q Which of your dresses do you feel would work for a beach wedding?

A All of them! If you want to go for it, then that is exactly what you should do. Don't always impose the traditional rules on your wedding day, but with that said there are certain pretty dresses I was thinking of maybe the Bella from our Notte Collection, then there are those which are very ethereal with textural petals, quite romantic and a very pretty tulle dress that would be gorgeous on the beach. Another dress that we really love is the Dixie, slightly shredded chiffon with a lace underlay, it's strapless and would be good for a sunny hot wedding. Then there's the Luxe dress which is very pretty, it has a very nice fabrication with a satic plunge that would be nice for the beach. Like Georgina said, "If you're in love with the dress and you're getting married on the beach then that's the dress you should wear".



“We always think that it is important to consider the venue and the climate. You need to think about that if you are getting married on the beach.”



MARCHESA MAGIC

Q I'm sure our readers would love to hear advice from you about choosing their gown.

A Keren and I always recommend when you are trying on wedding dresses always take your time, and try on different silhouettes. You may be thinking I want a big dress, and then when you put on a big dress say, "Oh, my Gosh!" that's not for me. You should take a friend along with you, someone you trust. Have them film you at every angle so you get to see how the dress moves, how you feel in it and how you look from every angle.

Q How do you come up with your ideas for your gown collections?

A We always start each collection with an inspiration, then we put together these huge Muse boards all around our office. We start making swatches, and it really is an organic process. From there we start implementing the ideas from the collection on the Muse board. The process takes between 3 and 6 months for each collection, so a lot of time and thought goes into every single dress.

Q Who would you like to style that you haven't yet?

A There are so, so many inspiring people out there. It's just a pleasure anytime someone wears Marchesa. Like Keren and I said before, the real joy is when someone wears one on our dresses and has an emotional attachment to it. That is when our job as designers is truly achieved. We believe in a woman feeling beautiful, empowering them through dressing. When we feel we have achieved that in a woman, then we feel truly happy.

Q You based your brands name, Marchesa on the Italian muse Luisa Marchesa Casati. What was it about her that inspired you to choose that name?

A That's exactly right. There is a book written about her and it was something that Georgina and I were very inspired by when we read it. There was a fierce sense of fashion and a take charge way about her, she didn't care what society thought. She was so daring and dramatic, and considered herself to be a living work of art. She was a very inspiring figure in the beginning for us, and still continues to inspire us today, but there are other inspirations also.

“ We believe in a woman feeling beautiful, empowering them through dressing ”

Q & A

quick tip!
Always try on different silhouettes!



MARCHESA MAGIC

Q
A

Can you give us a bit of insider information on what we can expect to see at the upcoming NYBFW show?

We have just been talking about it. Skirts that we will be experimenting with. I think we are still locking down the collection. We still have NY Bridal Fashion Week coming up with our Runway and Ready to Wear. After that we can really focus on the Bridal Collection and start honing in on it. It's going to be very romantic, ethereal and I hope it will really complement our brand. The first season we will be showing our Notte Bridal, so for us that's very exciting. So many dresses that it will be fun to insert those into the third collection which we're really excited about. Every bride can't afford our higher end, this collection will have a much more achievable price point for lots of people, and that's very exciting for us!



Bohemian Flare

ANDREW & SAMMY



Andrew & Sammy's beautiful tuscan clubhouse wedding was the perfect mix of understated elegance & Anthropologie bohemian flare. The day was spotted with earth tones, lush florals & flowing greenery, mixed metals, cobblestone pathways. The florals and reception decor provided pops of merlot, eucalyptus greens, champagnes, & gold accents. Andrew & Sammy met in high school and were great friends. They reconnected a few years later over their love of cats & incorporated that into their wedding with little gold cats as the place card holders!





Garden Party





Expertly planned by Kelly McWilliams, this seaside wedding perfectly fit Illysa's vision: understated elegance in a secluded venue where she and Matt could return to for years to come. She wanted a natural feel that was romantic and timeless, so that they didn't look back in 20 years and ask themselves "what were we thinking?" Matt chose a Classic Ralph Lauren Tuxedo, and Alyssa's Paloma Blanca gown turned out to be a style that she didn't expect to choose, but it was the only one that made her feel like a bride. The main colors are neutrals: beige, white, blush, sage.



Photographer: Set Free Photography
Tuxedo and Mens Attire: Sam Meyers
Band: The Bay Kings Band
Bakery: Bakery Melange
Fashion Designer: BHLDN
Floral Designer: Floral Artistry
Cinema and Video: Jeffrey Stoner Video
Makeup Artist: Jessica Prestia
Event Planner: Kelly McWilliams Celebrations
Ring Designer: Merkley Kendrick jewelers
Dress Designer: Mikaela Bridal by Paloma Blanca
Invitation Designer: Minted
Equipment Rentals: Niche Event Rentals INC
Officiant: Reverend Dan
Reception Venue: South Seas Island Resort
Makeup Artist: The Spa at Tween Waters Inn
Bakery: Tittles Cake Dots



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GARDEN



SECRET





Stylist/event planner, and friend of the bride and groom, Shari Williams of Pink Wasabi decided to create a secret garden getaway in the heart of Miami. Pinecrest Gardens served as the perfect backdrop for the couple as they celebrated their elopement. The couple enjoyed a desert table for two.



DETAILS
 Photographer: Aurora Creative LLC
 Dress Store: Chic Parisien Bridal
 Bakery: D Bakers LLC
 Floral Designer: Flower Fanatic Miami
 Other Location: Pinecrest Gardens
 Event Designer: Pink Wasabi
 Beauty: Pink Wasabi Brides

Capelets are in!

Runway Trends 2018

We're so obsessed with the trend for bridal capes and we're so excited that the look has made it off the catwalks and onto the stylish shoulders of real brides in the form of gorgeous, wearable cover-ups. Super chic, and oh-so-practical too, check out our picks of beautiful bridal capelets.

After swooning over the gorgeous dresses at this year's New York Bridal fashion week and following the front row musings, it became clear that a few fashion trends definitely reined supreme.

Our favorite trend from this year's catwalks? Capelets. The dramatic cape-like gowns displayed on the runways won us over and we know that the bridal cape is here to stay.



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the Details..

Caroline Castigliano is the connoisseur of luxury bridal and evening wear in the UK. Caroline has dressed some of the world's most stylish women for their weddings and red carpet events. Among her many clients is an enviable list of celebrities, film stars and dignitaries. Caroline's signature is a silhouette, which is unquestionably feminine and effortlessly glamorous. Her unique ability to cut and construct garments, enables her to create a gown that is confident and sexy, yet exudes a deep sense of style. Everything about a Castigliano gown is unique; from the exquisite choice of fabric, to the foundation of the gown, which is created using unique corsetry and undergarment techniques. All wedding gowns are made-to-measure in the UK by their skilled team to ensure the perfect fit. The collections are designed to create impact from the moment you walk into a room.

“ *The collections are designed to create impact from the moment you walk into a room.* ”





quick tip!
Opt for sleeves during colder months!



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Wedding Superstitions and their

ORIGINS

Ever wonder where “something old, something new, something borrowed, something blue” came from? Or why it’s considered bad luck to give knives as a wedding gift? Learn more about popular wedding superstitions and practices—and their origins.



SOMETHING OLD, NEW, BORROWED, AND BLUE

We’ve all heard this rhyme used when someone gets married, but what does it mean? Wearing “something old” represents the bride’s past, while the “something new” symbolizes the couple’s happy future. The bride is supposed to get her “something borrowed” from someone who is happily married in the hope that some of that person’s good fortune rubs off on her. “Something blue” denotes fidelity and love.



WEARING A VEIL

This custom traces its roots back to Rome. Fearing evil spirits were jealous of her happiness, the bride would wear a veil down the aisle to disguise herself from them and avoid any ill will they would bring upon her.



RAIN ON YOUR WEDDING DAY

In some cultures, rain on your wedding day symbolizes fertility and cleansing. This couple’s wedding was interrupted by a torrential downpour, and nine months to the day of the wedding, their daughter was born.



KNIVES AS WEDDING GIFTS

According to folklore, a knife signifies a broken relationship and is bad luck to give as a wedding present. If knives are on your registry, just give the gift giver a penny. That way, it’s considered a purchase.



CARRYING THE BRIDE OVER THE THRESHOLD

This superstition began in medieval Europe, when many believed that a bride was extra vulnerable to evil spirits through the soles of her feet. To avoid bringing in any evil spirits, the groom carried the bride into their new home.



USING YOUR MARRIED NAME BEFORE THE WEDDING

Some think it is tempting fate for the bride to write out her married name or monogram before she’s actually married, and that the wedding will not take place if she does so. If you’re superstitious, save the monogramming for your reception décor and registry items.



THE SUGAR CUBE

According to Greek culture, placing a sugar cube on the bride will sweeten the marriage. For her wedding merging Greek and Canadian traditions, this bride had her florist, Coriander Girl, add them to the stems of her bouquet.



RINGING BELLS

Bells are traditionally chimed at Irish weddings to keep evil spirits away and to ensure a harmonious family life. Some Irish brides even carry small bells in their bouquets as a reminder of their sacred wedding vows, and they are a common gift for newlyweds.

Keeping your *Hem* Spotless & Flawless

Brides want their dress to be perfect when they walk up the aisle! After all, they have spent so much time and money on that perfect dress, and they want everyone to see it looking spotless. They are especially concerned about the hem of their dress if they are having an outdoor wedding. Have no fear, Florida Bride is Here! We have put together a few tips that will help keep your wedding gown hem clean for your Grand Entrance.

1. Wearing a petticoat under your dress will help to lift up the hem. Having an extra inch will make a huge difference when walking around taking photos especially if you are doing a First Look. You can take it off before you walk up the aisle in front of your guests.

2. You can also have a seamstress on-site to steam your gown and make any necessary repairs or clean up spots after photos. This may seem a bit over board for most, but if it's in the budget it is an option.

3. When shooting outside you could have a sheet placed under your gown to protect it from any twigs or seaweed that wants to attach itself. That way you could protect it further.

4. And, last but certainly not least you can use a stain-protecting spray along the bottom hem. But, it is best to have a professional do this prior to your wedding day. You don't want to spray too much on your dress and leave a mark. If you decide to do this yourself, always test it first on a scrap piece of fabric!



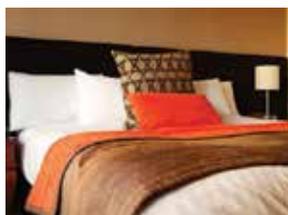
quick tip!
A short dress on the beach will ensure the hem stays clean.



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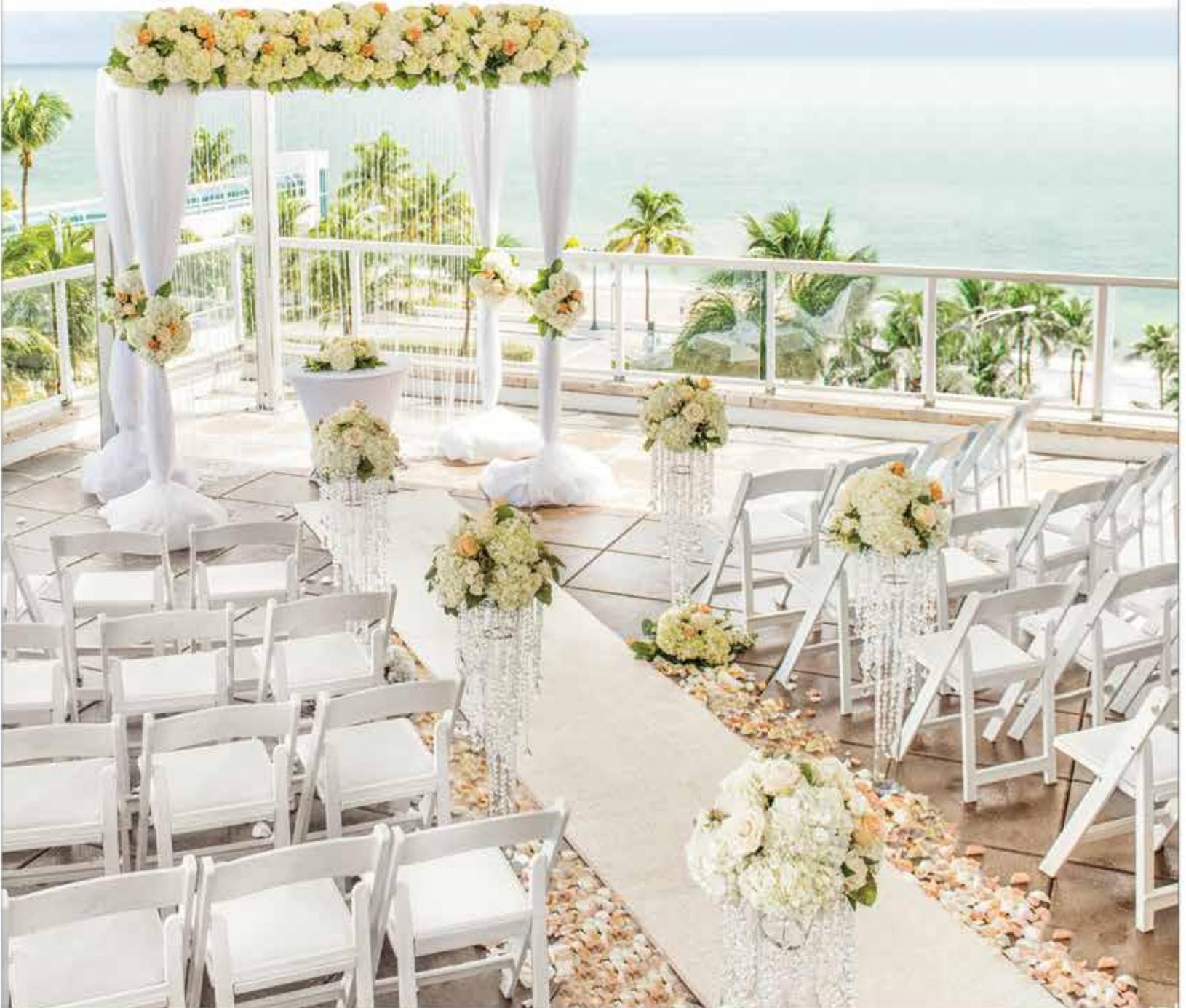


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V I K I N G S



You're about to have a brilliantly inspiring wedding experience. We have fallen head over heels for this issue's style inspiration.

We're about to journey into a world of Viking style, via a shoot which embraces amazing lighting, decor and beauty.

There's a fabulously creative tablescape the like of which we've never seen before: it's simply out of this world.

The first bridal look is our favorite. Those long braids and striking accessories are more than gorgeous – and the dress and accessories work beautifully.



The shoot took place in November at Lowther Castle, a real Gothic castle dating back to 1806, which is soon opening its doors to host its first weddings. The dew was heavy on the ground, with mist shrouding the castle for most of the day. The leaves still bore their Autumn colors, adding to the rich palette and complimenting the grey of the building perfectly. It was a truly atmospheric day.



Photography: Tiree Dawson
Styling and lighting: Typical Type
Concept: Legend Bridal Designs
Venue: Lowther Castle, Penrith
Hair: Duncan Fisher Hair Designer
Makeup: Sonara Parker Makeup Artist
Flowers: Lucy MacNicoll
Cake: Amy Swann Cakes
Illustrated stationery: Amy Swann
Calligraphy: Calligraphy for Weddings
Additional Props: Nina Marika
Videography: MoviArt Films
Models: Sam, Kate and Rachel

All of the vendors came together for the first time on the day of the shoot, and we couldn't believe how well it all blended. The florals, in rich plums, damson, aubergine and peaches, perfectly matched the amazing cake and hand-painted stationery. The brassware, blue-grey slate and dark plates all provided a fabulous feast table, punctuated with wild floral arrangements, candles and lit by a custom made table, complete with hanging Edison lighting.



BE THE UNIQUE *Center* of attention

I love it when I see brides get creative with their wedding centerpieces. The right table decor seamlessly ties together the sincerity of the ceremony with the celebration atmosphere of the reception. Handmade is definitely in while bland, boring flower vase designs are definitely out. Steer away from the standard decor options (mirrors, floating candles, feathers) and opt to share a little bit of your personality with each and every table.



Colorful DIY

These easy DIY centerpieces add so much color to the table. Simple PVC pipe fixtures painted in contrasting colors with florals added. Snow white fruit display perfect for that winter wedding. Party streamers simple yet elegant set inside a vintage jar.



Frozen Center

We love this idea. The centerpiece is so simple yet so fabulous. Place the champagne in the ice bucket with scattered petals. Champagne glasses complete the look. This is not only a great look, but completes the champagne toast for each guest at the table. Be sure to place a cloth under the bucket for condensation.



Mini Cakes

How about having mini cakes instead of the traditional wedding cake. A stand can be placed on each table and when it's time for the cake cutting, your guests can simply reach over and enjoy your delicious centerpiece.



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Naturally Destress with Nature

we tend to reach for all of the wrong foods!



We now realize that stress wreaks havoc on eating patterns, and when we are stressed we tend to reach for all of the wrong foods! But, once we learn how to stop the bad habits and fill our cabinets and fridges with the right food something marvelous happens! Better yet, that something will actually lower our anxiety and its symptoms. Below are a few of the wonderful foods that nature has provided us with, plus they are very tasty too, so you won't feel deprived.

BLUEBERRIES

Their antioxidants counteract the effects of stress hormones like cortisol on your body.



SKIM MILK

Did you know that Skim Milk is very calming? Some say that if you drink four or more servings of lowfat or skim milk each day that you are about half as likely to have stress related PMS symptoms, than people who drink less than one serving a week.



OATMEAL

One of my favorites on a cool day, makes me feel like I'm in the mountains of Colorado. The carbs help to produce serotonin which is a calming hormone that fights anxiety's negative effects, which may be why we crave them while we are stressed out. You can go with the craving of carbs, but choose healthy sources.



WALNUTS

Want to lower your blood pressure? Walnuts have been shown to do just that. Lowering your blood pressure is critical for people whose hearts are working overtime due to high adrenaline levels. Research strongly backs the benefits of walnuts so much that the U.S. Food and Drug Administration actually recommends taking 1 ½ ounces of them each day.

SUNFLOWER SEEDS

Are a great source of folate, which helps your body produce a pleasure-inducing brain chemical called dopamine.



DARK CHOCOLATE

Are you kidding me? Absolutely not, dark chocolate is high in flavonoids which helps us to relax. It also contains phenethylamine, a chemical that enhances your mood. The darker the chocolate, the healthier the substances that you are getting into your diet. Look for chocolate that is 70 percent cacao or higher.



We Nailed It! the key to HEALTHY NAILS



When it comes to nail health, many people have age-old information they were given by the women in their lives. I hate to break the bad news, but a lot of it is probably false. Think your nail needs to breathe between salon appointments or that gels are better than acrylics? We're going to debunk some of the myths you may think are true so your nails can be happier and healthier.

Your nails need to breathe.

Your nails don't need to breathe because the nail bed is already made of dead cells, which don't need oxygen. As long as you are visiting a salon that is safe and sanitary, the only thing that will happen to your nails if you wear a lot of nail polish is yellow staining, which you can easily remove with soapy water and a nail brush.



The white spots on the nail bed are caused by calcium deficiency.

These spots are called leukonychia and are not caused by calcium deficiency. It is actually caused by nail damage from things like poorly taken off gels/acrylics or misusing harsh tools.

Gels are better for your nails than acrylics.

Both are chemicals and neither are good for your nails. It all depends on safe application and removal process by you or your nail tech, so make sure you are well-informed on how to remove gels properly.

Cutting your whole cuticle off makes your nails grow healthier.

Cuticles are a barrier to prevent infection to the nail, so cutting all of it off increases likelihood of infection to the nail bed. Gently pushing back cuticles after applying a specific cuticle remover or oil is enough to care for your cuticles.



TO BE YOURSELVES

TAKING A TIMEOUT



you'll thank us later!

A commonly reported statement about one's wedding day is that it goes by quickly, which makes some sense considering the amount of time spent anticipating the event. Many couples also report not getting to eat during their own reception, but perhaps most troubling is that some newlyweds share they actually didn't spend that much time together during the big day.

Not troubling in the sense that this spells doom for sweethearts that aren't attached at the hip throughout the celebration – but it is nice to have more than a couple memories with your spouse to look back on when reminiscing about the happiest day of your life.

We understand that weddings are also some of the only occasions people get to see friends and family who live far away, and the whole point of the nuptials is to spend the rest of your life with your beloved. However, there are a few moments you should consider carving out to enjoy with your partner:

Consider ducking out for a couple minutes after the ceremony to reflect on the occasion especially if you didn't have a "first look." Yes, you have portraits to take, but this is a brief window of opportunity before you are mobbed by well-meaning loved ones.



It's not an option for everyone, but several couples featured in our real weddings section have revealed that they were able to have dinner alone before the real festivities of the reception started. This way you guarantee some alone time and a full meal.

Show affection freely. This is the one day you won't get anyone complaining about it. Embrace the moments where you kiss because you want to, not due to the photographer's request or the clinking of glasses.

Hit the dance floor beyond just the first dance. Even if your new husband (as is most often the case) isn't super fond of dancing, take at least one song to really take in the party atmosphere and have a blast with your guests – together.

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Disheveled hair, no bouquet, barefoot & fierce...

After graduating from l'École de la Chambre Syndicale de la Haute Couture in Paris, it wasn't long before Rime Arodaky started working as a junior designer in reputable fashion houses such as, Sonia Rykiel and Dice Kayek. In 2010, Rime started sharing her wish lists, inspirations and first creations, as well as her personal perception of weddings and marriage; which quickly made her blog 'Lalovelist' an instant success. 'Lalovelist' shared Rime's vision of the liberated bride who's sexy, edgy, as well as, modern. Rime Arodaky aims at breaking the barrier of what a traditional bridal world is supposed to look like, one creation at a time. She founded the Maison with the help of her team in 2011 in the heart of Paris, her hometown. Rime's campaigns speak to women who challenge the status quo, and believe in the emancipation of the millennial woman. Inspired by icons from the 70s such as Jane Birkin and Romy Schneider, as well as, designers like Yves Saint-Laurent and Azzeddine Alaïa, Rime has always challenged the image of the innocent, offense-less bride and turned hers into a wild femme.

The Rime Arodaky show at NYBFW was truly unique and Florida Bride Magazine was there to bring you this collection.



Disheveled hair, no bouquet, barefoot & fierce... The Rime Arodaky bride is Rock'n'roll yet sophisticated, mixing French savoir-faire and top-notch quality. The Maison rapidly became a household name in the wedding industry, because of its innovation and forward thinking. Since 2015, Maison Rime Arodaky has embarked on a new journey by developing prêt-à-porter collections destined for young women who have a zest for life, and wishing to extend their wedding experience to include honeymoons, rehearsals, brunch... Rime Arodaky prêt-à-porter collections are exclusively sold on the website, and at selected online retailers such as Shopbop and Net-à-Porter.



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PhotoBooth: Santa Barbara Photography
Cake: Robbie E. Custom Cakes
Tuxedo and Mens Attire: Jos A. Bank
Wedding Dress Designer: Couture (Romania)
Reception Venue: The Addison
Accommodations: The Wyndham Deerfield Beach Resort
Rehearsal Dinner: Cafe Med Ristorante @ The Wyndham Deerfield Beach Resort
Print: B Millner Productions
Makeup: Ivy Leez
Hair: Steve A Turner with S' Alain

“ How do you sum up 12 years into a few short words? Well, we didn't even try to. ”

We met in college... at least that's what we'll tell our children. I was 19 years old when I first met Matt, when he was just recently home from boot camp. Matt and "the boys" (see groomsmen) often visited the billiard hall where I worked throughout college and he always caught my eye. When we finally spoke, we laughed the whole time, until I heard a hint of an accent. "I'm from New Jersey", he said. "This won't work", I said. I told him that my entire family (most importantly my father) are die hard Boston Red Sox fans and for me to date a Yankees fan is just not an option. "I love the Sox, I grew up loving them because everyone else hated them", he said.... I should've known then I would marry him.



The years that followed our first date brought us a story that we will cherish forever. There are many love stories, but ours is my favorite. We've traveled together, we've made two homes together (on opposite ends of the east coast), we've had career changes, we've mourned the loss of loved ones together, we've celebrated marriages and births together and most importantly, even through rough patches, have spent every moment as best friends.



They eventually found their dream venue right in their own backyard here in Florida. With so many friends and family members traveling from around the country, we spent a lot of our time in the details of making sure our guests had THE BEST WEEKEND EVER.

It was important for us for the design of our wedding to remain timeless romantic. Soft tones of white, ivory and blush created a romantic ease in our decor while the pops of gray created a posh modern edge.



*Almighty God When You
Created Mankind and Willed That
Husband and Wife Be As One...*



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The Beginning

Oscar Carvallo was born in Caracas, Venezuela. Graduated lawyer before Fashion design. Oscar grew up in his city when it was luxury and chic.

Even Dior himself made beautiful fashion presentations and opened a major boutique. He admired the talents of this French couturier since his fashion looks walked the best parties of Caracas..

Oscar left his country just before the depression that surrounded the oppressive environment of the Venezuelan government.



COUTURE BRIDAL



Techniques in Dress Making

His mentor and guide was the renowned French "couturier" Guy Meliet, a disciple of Christian Dior, who had established an atelier in Caracas. It was under his tutelage that Oscar learned the intricate art and techniques of dressmaking.

During his early years, Carvallo developed collections that reflected the dramatic times in which he lived with the understated elegance and clean lines his clients revered. He became a master of the art of dressmaking and his clients were the most elegant ladies in Caracas and Latin America.

VOYAGE CINÉTIQUE II

In January 2014, they collaborated again to create, Voyage Cinétique II, a collection in which combinations of color and motion dominated this exquisite interpretation of the artist work. Oscar dramatically printed the real opera of Carlos Cruz Diez joined the kinetic universe in an intricate assembly of fabrics and materials resulting in walking works of art. Each costume animated from a variety of ages such as; a medieval suits of armor, futurism, organic shapes, technology and the nostalgia of French lace.

OSCAR CARVALLO

UNITED STATES, MIAMI The Magic City

Oscar was being pulled in 2016 toward the South Florida region because of family and the desire to bring his brand to USA. Pleasantly surprised that Miami posed a unique opportunity to revisit the past but to embark on the future of the region, which is the gateway to North and South America he made the move to open a second atelier.



It is in his atelier in Miami that Oscar Carvallo decided to develop a Ready to Wear line inspired by his Parisienne Haute Couture collections, and established a landmark store in Miami's Design District. He offers haute couture as well as his new universe in Ready to Wear.



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The forecast said there would be thunderstorms, but the clouds split and let a beautiful spring day appear for Jeff + Nadya's wedding at Bella Collina. If you wish you could get married in Italy, trust me this is the next best thing! The tuscany architecture definitely set the tone for this beautiful spring wedding. Everything was perfect and it felt like a fairytale! A fairytale full of many touching moments and pretty details.

Final touches were done and the time for their first look had arrived. Jeff's reaction, hands down, goes down in history as the most touching, funny and endearing reaction in history. He was shocked, he cried, he smiled, he hugged her, he walked around her and took it all in. She definitely wasn't wearing a curtain, even though she could, and she literally took his breath away! She took all of our breaths away!





Photographer: The Hendricks
DJ: Al Dee Productions
Cake Designer: Anna Cakes
Event Venue: Bella Collina
Cinema and Video: Creative Cinema
Floral Designer: Fiora Designs
Event Planner: Pave Weddings by Nicole
Officiant: Sensational Ceremonies, LLC

The Wedding Trends

and Ditch in 2018 to Keep

In the world of wedding trends, things are constantly changing, evolving and starting anew. Want to stay on the pulse of what's new? Curious what not-to-do for next year's weddings? We chatted with celebrity wedding planner extraordinaire David Tutera to uncover what he'd love to see change in the world of weddings, as well as his recommended trends for 2018 brides.

Ditch The After-Party

While you might be bummed to hear this at first, Tutera really believes guests should stay put, and you can bring the "after-party" to the party. "I want guests to stay in one location, and keep the energy escalating and flowing," he explains. The wedding is the main event, so why risk losing the party vibes with a venue change? Tutera suggests couples can, "create movement and energy in one environment with lighting, entertainment, opening up a different bar or dessert station, etc." We love this idea the more "wedding time" the better!



Keep the Modern & Industrial Vibes

Tutera forecasts a mix of metallics and whites to top the palette charts of 2017/2018, but forget the golds and shiny silvers. Softer, brushed metallic popping from bright white accents are a color combo made in heaven, and will totally help to achieve those "contemporary yet city hip vibes" that will be so on-trend. Combine this color palate with industrial and modern touches for a fashionable yet classy look.

Stay Connected

Regardless of what trends, themes, or vibes you're going for, Tutera stresses the importance of remaining connected with your new spouse throughout the wedding day celebrations. "What's been happening is couples separate to their friends and don't hang out with their significant other on their celebration. That's not good. That's something I am trying to force people to understand is incredibly important." Noted!

Ditch Receiving Lines

"I am not a fan of receiving lines," admits Tutera. He adds, "I think it creates a large barrier of etiquette for that celebration — it's too formal." Instead, opt to greet your guests during cocktail hour, and throughout the night. It may not seem like it, but you will have the time.



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Short *with pockets..* *yes we said pockets..*

Meaningful Items to Keep in Your Wedding Dress Pockets

Pockets in wedding dresses might have started as a design trend, but they've also proven to be quite practical. When your bouquet moves to the head table and you've yet to be served a cocktail, empty hands feel less awkward while looking quite sophisticated when placed into pockets. Items like lip gloss and tissues are easily stowed away in a quick grab-and-go pocket. We've narrowed it down to the sentimental items that you can discreetly carry with you on your day.



Heirloom Hankie

Wipe away joyful tears with a vintage hankie passed down from a favorite female family member.



Tissues

For wiping away the tears of joy for both you and your maid of honor.

meaningful items

Love Note

Keep a folded love note from your soon-to-be spouse stowed away in your pocket to read in the hours before your first looks.



pocket essentials

stress free

Worry Stone

Feeling a little nervous on your wedding day is to be expected. Tuck a smooth stone to rub between your fingers whenever you need a touch of stress relief.



Sewing Kit

Let's not forget the compact sewing kit. Every bride knows a sudden zipper or button malfunction can be stressful. Keep this little item with you as a stress reliever.



stay fresh

Mints

Remember what this day is about: opening the door to a new journey together.



Lipgloss - of course

Don't forget the lipgloss for that fast touch up between photos. It is also important to remember if you have an outside ceremony, lip gloss will keep your lips moist throughout the day.

quick tip!

Don't forget to have plenty of tissues on hand!

last minute touch up



New York Fashion Week:

New York Fashion Week Spring 2018: Best Celeb Street Style Looks

While fashion week is all about what's happening on the runways, sometimes the hottest trends can be found off the catwalk. With celebrities, supermodels and industry insiders flocking to New York for all things fashion, you can expect the inspiration to reach new heights—and we just want to get on that level. What kind of heels do we need to reach it? Leave it to the street style stars to answer those kinds of questions .



HAILEY
BALDWIN

That's Hailey Baldwin under the trendy hat and sunglasses. Her fall fashion mantra? Accessorize.



JAIME KING

Jamie King gave her gingham an upgrade in this NYFW-ready ensemble.



SARA SAMPAIO

No pants? No problem. We're feeling Sara Sampaio's oversized knit, especially as we dive deeper into fall.



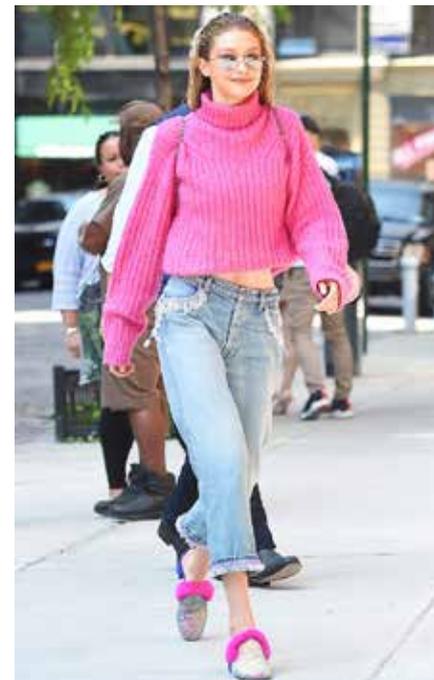
OLIVIA CULPO

Olivia got fashion forward, as she does, with a structured pant and chunky heels.



VICTORIA JUSTICE

Victoria justice breaks the rules in an all-white lace look paired with gold accessories.



GIGI HADID

We love the color of Gigi Hadid's pink sweater almost as much as the fur detailing on her mules.

New York Fashion Week:

New York Fashion Week Spring 2018: Best Celeb Street Style Looks



SHANINA SHAIK

Shanina Shaik's outfit is ultra feminine, with an off the shoulder cut and ankle-strap stilettos.



SUKI WATERHOUSE

Suki's look is all about the accessories, and she aced it.



SELAH MARLEY

Selah Marley is one of our favorite fresh new faces in modeling, and she's got the style to match.



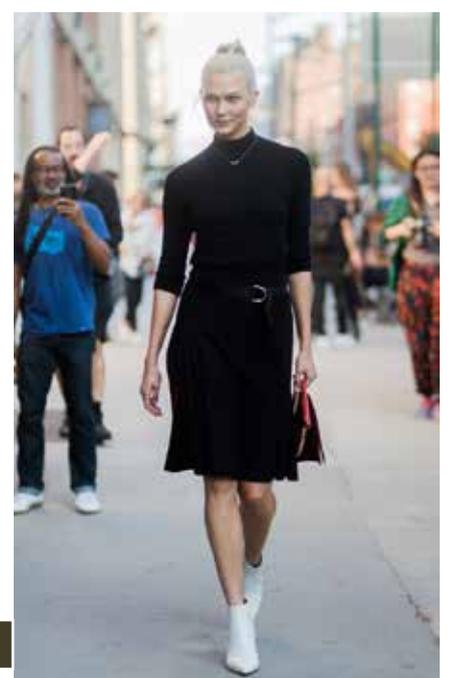
OLIVIA PALERMO

Olivia makes a fashion statement in this red-hot ensemble outside the DVF show.



VICTORIA BECKHAM

Victoria Beckham plays with tailoring and fit for an ensemble that screams high fashion.



KARLIE KLOSS

She may be rocking an all-black street style look, but Karlie never loses that super model strut.

New York Fashion Week:

New York Fashion Week Spring 2018: Best Celeb Street Style Looks



CIARA

The singer took the idea of leather weather to a whole new level with this black mini featuring exaggerated sleeves. Also, those shoes with red ribbon laces look like Christmas came early.



VICTORIA JUSTICE

Half-up top knot? Check. Backside cutout? Check. Chunky heels to walk over the cobblestones? Double check. The actress has got this whole street style thing.



LILY ALDRIDGE

T-shirt. Flared, midi-skirt. Lace-up ankle boots. Consider the veteran model's ensemble our go-to fall uniform.



VANESSA HONG

The statement blogger proves that when it comes to fashion week, you go big (with statement earrings) or go home.



SOFIA RICHIE

The model's oversized jeans just may be the best fall denim trend yet.



LAIS RIBEIRO

The Brazilian model in a high-neck, slinky, black stunner and matching, strappy heels. The off-center bun perfectly tied this edgy look together.



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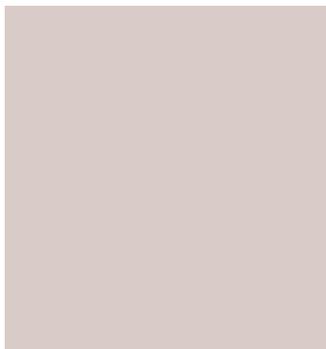


Lena Navarro

Green tea, red lipstick, green smoothie, faith, singing songs out loud, loving people, long deep conversations, against the system, and of course lots of oil paints – that’s pretty much me. I chose art as a main way to communicate with the world and with myself. Sometimes I feel like I haven’t chosen it, but art has chosen me, because it takes over my mind with such a huge power that it is hard to say who is the boss. I’ve been painting since middle school, like all the kids I guess, but I never grew out of it.



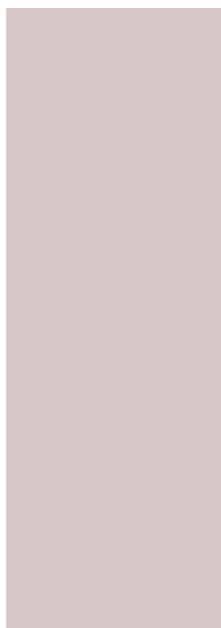
You know when you become an adult you should get serious and face the reality. But I have had a problem with the reality since then. I didn’t feel like other people’s reality was the best way to live my life. Instead, I chose to follow my own dream. I kept learning and improving my skills as an artist first in the art school in Ukraine, where I was born, then I took private lessons, and then I was left on my own to discover new things and experiment. I’ve always been fascinated by masters like Leonardo DaVinci, Michaelangelo, and Caravaggio.



“ I didn’t feel like other people’s reality was the best way to live my life! ”



They all have excellent skills and it is difficult to ever become like them. But I love Van Gogh just as much and he wasn’t that skilled, but something brightens people’s souls when they look at his art. This is the purpose of art – to brighten the soul, to deliver the message, to make a statement. And this is what I do.



SO you're engaged!

but you still have to attend your friends wedding first.

If you and your beloved get married at an age that is average among your friend group, you have probably already gone to several nuptials and will have a few celebrations to attend during your own engagement period.



For some, the privilege to go to a loved one's wedding while you are planning your own is a wonderful way to extend the celebration of love. Yet for others, it is simply more stress or even a distraction as you try to prepare for your own big day. Shy brides-to-be may feel self-conscious about attending someone's wedding while engaged, worried that they will steal focus or people will pepper them with questions about their own proposal and wedding.

Here are some tips about what to do at the first wedding you and your beloved attend as an engaged couple:

Don't bring up your upcoming nuptials:

If someone asks you about your plans, it's okay to share some basics such as the date and location, but don't let it dominate the conversation.

Take mental Notes:

Love their grand exit? Not so fond of the music selection? Now that you're engaged yourself, you are likely viewing weddings in a different light. It's perfectly okay to realize what you like and don't like from someone's big day, and utilize that information when planning your own. Just be sure to not completely copy the entire aesthetic – especially if there is a lot of overlap on your respective guest lists.



Let people have a good time and don't be negative about someone else's celebration.



Don't verbalize your Comparisons:

Maybe you think the bouquet and garter tosses are passé and you definitely won't do that at your own wedding, but do not say this out loud to anyone. Let people have a good time and don't be negative about someone else's celebration. You and your future spouse can exchange thoughts on the way home.



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Island Style your Man & Yourself

Choosing an outfit for a tropical destination wedding is a lot of fun for most women. You're not stuck with a palette of black, black and more black to choose from when you're looking for just the right dress. The possibilities — both in color and fabric selection — are endless. But it's not quite as easy for the guys.

Most single men (but not all, of course!) find themselves slightly stuck when it comes to packing an outfit to wear to a destination wedding reception. Back home it's easy, tuxedo or suit, depending on whether the event is formal or semi-formal. But tropical weddings introduce an entirely different climate and style.

Classic linen, hand-crafted accessories and soft cotton as if it was washed in the sea itself...our friends from Island Company have a collection of men's resort wear unlike any other. Buy a ticket and pack your suitcase with classic the softest linen clothing and other men's resort wear!

We love these classic linen shirts and pants but its the accessories that really make the look. Imagine your man and his guys walking down the aisle in this baby blue linen shirt matched with a linen belt with a washed look. Let's not forget the blue loafers to bring the whole ensemble together. Add a pair of aviators and mix and match the tie colors. The possibilities are endless!



Blue a little to subtle for our bride? We paired this Coral shirt with a gray and white striped linen tie. Added a coral washed linen belt and white loafers. We then finished the look with a classy pair of Marcello vintage sunglasses.

Don't forget to roll the sleeves for that casual yet refined look. You can mix and match your looks. We suggest having the groom in one look and his guys in another island style. After all, he needs to stand out!



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You step off the seaplane. Sand spills between your toes, and a cool breeze dances through the soft fabric of your resort wear for women. Sip frozen drinks on an exclusive beach or dance into the night with the islanders at the local beach bar in our resort wear for women!

Oh Yes! After you finished styling your man it's time for you to embrace the island style. Many beach brides are choosing lighter dresses for the beach experience. Still want that formal wedding gown? We suggest you channel your island style at the reception. After that first dance slip away and become an island goddess. Island styles for her are simple dresses with minimal accessories and please don't forget the canvas beach bag!



Embrace Your Island Style

a little wedding day

Tip to incorporate *grandparents*

Many couples grapple with ways to include Grandparents in the ceremony and Reception. You might be seeking a way to honor your heritage and family traditions, to acknowledge specific loved ones, or merge the new family that is formed by your marriage. The trick is to do this in a way that doesn't make anyone feel pressured, that doesn't make anyone else feel excluded, and that is true to the spirit and the tone of your special day.



A "first look."

The popular ritual is moving beyond the happy couple laying eyes on each other before the ceremony and has extended to brides greeting their fathers. Why not give a beloved grandparent a sneak peek of your bridal look?



Ceremony reading

While it certainly works for secular weddings, given that the older generations are often the more religious members of many families, a reading during your vow exchange in a house of worship may carry special meaning to your grandparents.

honor your
heritage and
family



Wedding pictures

For grandparents who are still together (or were still together at the time of one of their deaths), including a framed portrait from their nuptials will make a wonderful touch to your guest-book table.



Serve as flower girl or ring bearer

We love the recent trend of brides and grooms having their grandparents take the role of flower girl or ring bearer. It fills a ceremony with even more joy than there would already be on such a special day.

Honorary dance

At a time when many people are cynical about marriage, highlighting a couple that has stood the test of time makes for a great feature at your celebration. Honor the 50-plus year marriage of your grandparents by giving them their own special moment on the dance floor.

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Building the Perfect Dress

When it comes to wedding planning, there's nothing quite as panic-inducing for a bride as being unable to find her dream wedding dress. With endless options to choose from, the most overwhelming part of choosing a gown is narrowing down the style that best suits you. Without an idea of what you're looking for, the quest to say yes can result in endless frustration and trying on 100 gowns across a dozen salons is a serious bridal fashion nightmare.

It's important to set the mood and feel of your wedding before you start dress shopping. You don't want your bridal style clashing with your wedding style! This includes choosing the venue, deciding whether you want a daytime or nighttime wedding, and the time of year. Do you want to be a boho goddess in a garden setting or a glam princess in a ballroom?

These factors will affect your purchasing decision! Having a good idea of the vibe will help you choose the perfect dress that matches not only your personal style but also the backdrop.

the headpiece

Accessorize your hair with hairpins. Crystal hairpins can add a subtle sparkle to a simple wedding gown.

the look

The most important accessory you can wear on your wedding day is your radiant smile! No physical accessories will outshine your smile

accessories

Belts make wonderful wedding accessories. These could be embellished with rhinestones and gems that match the color of your dress.

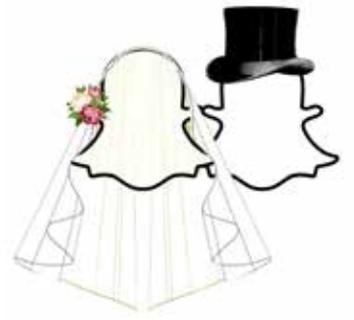
the bling

For white or off white wedding dresses, platinum, silver and pearls pair great. For ivory wedding dresses, gold accessories and jewelry are best!

the shoes

Opt for a kitten heel instead of sky high stilettos. Trust us, your feet will thank you later. Pick a pair that has ankle and toe straps for more security.

Snapchat Just Unveiled "Custom Stories" Here's How to Use Them for All Your Wedding Activities



The New Snapchat Feature for Your Wedding!

If you're reading this, chances are you've heard of Snapchat geofilters by now. Which, if we're being honest, have been the single greatest techie addition to your wedding day. Well, that's about to change. Snapchat just unveiled a whole new feature that's about to take your wedding activity photos to a whole new level. Everything from your bachelorette party to your bridal shower to the big day can be documented collectively with the app's "custom stories" addition.



While there are some couples that like to have a more private wedding, there are other couples that love to share their pictures. For those couples Snapchat has a new feature called "custom stories!" It is what anyone that follows a person on Snapchat can see whenever you upload a picture or short video in a 24-hour period. The new custom story allows a bunch of people, like your wedding guests and bridal party, to share their pics in a collection with all taking part in that particular event. It's fun and interactive and it is great for sharing with those that were not able to attend.

The new feature not only allows you to see what's happening in chronological order and all in one place, but you also have increased privacy options, so you can limit who can view the story – meaning you can share freely without feeling guilty about people who weren't invited.

This app sounds like a good option for your bachelor and bachelorette parties, so you can take part in all the fun and then view all the memories in the morning. If you are having trouble figuring out how to create a custom story update the app first!



Then click the plus button on the "Stories" page, title your custom story, and select who can add to it and who can view it.

“Now have fun and create your own story”



Kimberly & Sean

Kimberly and Sean chose the Morikami Museum for it's one of a kind setting and gorgeous gardens. Guests were serenaded by violin and greeted with champagne upon arrival.



Guests were escorted to the beautiful lakeside ceremony, followed by outdoor cocktail hour. Dinner was inside the museum, which was completely transformed into a white wonderland of crystals and flowers. But true to their fun-side, the Bride and Groom entered the reception to the Florida State Seminoles Fight Song and Tomahawk Chop! Guests enjoyed a delicious meal, followed by a beautiful endless dessert table. The entire day was magical and reflected their love for each other and their personalities.

The Details

Getting Ready - Marriott Delray Beach
Ceremony/Reception - Morikami Museum
Catering - Morkiami Museum
Cake/Dessert Table - Johnson's Custom Cakes
Lighting - Frost Lighting
Ceremony Music - Esther Underhay - The Elegant Harp
Reception Music - Mike Sipe Entertainment
Dress, Shoes, Veil - Pnina Tornai at Kleinfeld
Hair and Make Up - Kiss This Make Up
Photography - Stacey Poirier Photography
Cinemantography - Chad Andreo Studio
Wedding Planning/Coordination - Fabuluxe Events
Florals/Rentals/Chuppah - Floral Designs by Yamir



Grooms Corner

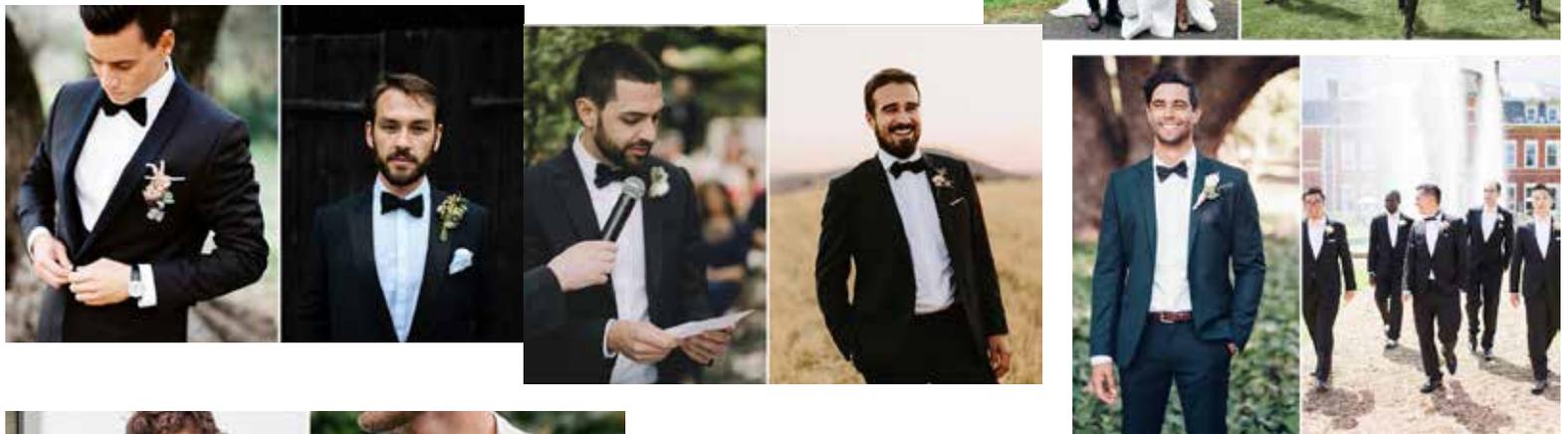
What's trending for him? 2018

Four Trends For Grooms We're Loving Right Now

There's nothing we love more than a handsome man in a suit. You lovely brides are always telling us that one of your favorite moments of the day is locking eyes on your husband-to-be for the first time, suited and booted and waiting for you at the end of the aisle. Whatever your other half wears on a daily basis, his personal style can now be reflected in the wedding day fashion. There are some really amazing tailored and ready to wear options now, perfect for every budget.

BLACK TIE

Not just for cocktail parties and evening soirees, the black tie is having a real moment in the wedding world. We LOVE this look as it kind of means everyone has to dress the part. Think gowns, heels and fascinators. It's suave and sophisticated but also a little bit cheeky – the perfect look if your groom wears a suit most days and wants something a little different. Also perfect if your dress is sleek and sexy – you need the 007 to your Bond Girl...



LIGHT JACKETS

If the vibe of your day is more relaxed and you're steering away from the traditional – then have you considered a light jacket for your groom? Not only are the shades perfect for complimenting soft and romantic color schemes, but these tones are also gorgeous for summer months.



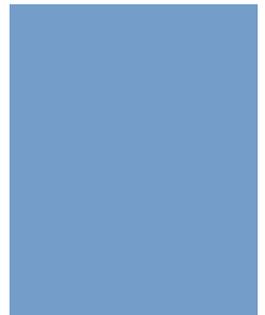
ROYAL BLUE

Navy has been the obvious choice of weddings for a long time, it's classic, elegant and timeless. But right now, we're loving a slightly brighter shade of blue. It just pops a little more, it's a little more fun and definitely feels younger. I think we secretly love it because it calls for a lovely pair of tan brogues – the only type of footwear for men that we actually like.



CHECK MATE

And last but by no means least, possibly the most fun way to dress for your wedding day – checks. We love the vibe a checked suit brings to proceedings, it's casual and just perfect for a rustic wedding. The best thing about this pattern is that it can vary in thickness too – depending on the material. Go light in a checked linen, or opt for the warmth of a tweed. Whenever and where ever your wedding is, there's a checked suit that's perfect for the occasion.





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A BEAUTY LESSON FROM PINK FLAMINGOS

By Dean Draznin

Love is the greatest beautifier, which is why brides are always resplendent. But, while prepping for the most important day of your life, it doesn't hurt to up your beauty game—from the inside out.

According to microbiologist Kiran Krishnan, international expert on the human microbiome, the best beauty hacks are from the body's own internal chemistry set. To give the skin a youthful, healthy glow, the best trick is to create an abundance of carotenoids—the same colorful antioxidants that make apples red and carrots orange. They're also responsible for the rich, bright plumage that attracts pink flamingos to their mates, he explains.

"We all know how important fruits and veggies are for whole-body health," says Krishnan, Chief Scientific Officer at Just Thrive Probiotic. "Specific foods are super-rich in carotenoids. The most common ones found in the standard American diet include alpha-carotene, beta-carotene, lutein, zeaxanthin, and lycopene. These phytonutrients are particularly beneficial to human health because they help reduce inflammation, free radical damage, and even chronic disease."

According to Krishnan, carotenoids are crucial for healthy cell growth, enabling cells to communicate with one another more effectively. "They work in the body as antioxidants to block the formation of damaging free radicals. When free radicals outweigh the protective antioxidants, the imbalance translates as oxidative stress—the primary cause of aging and degeneration," he says. Alpha and beta-carotene found in spinach and most orange-colored vegetables, like pumpkin, squash, sweet potatoes and carrots, can be converted to retinol, the active form of vitamin A. Studies have found that dietary beta-carotene definitely reduces inflammation and even protects against cancer.

Along with active vitamin A, carotenoids can help prevent premature skin damage. Studies show that diets high in carotenoids help prevent skin damage from UV light, which can lead to wrinkles, dryness, scaling and follicular thickening of the skin, and even melanoma. In its active form, vitamin A can help prevent skin keratinization, a process that occurs when epithelial cells in the skin lose their moisture and become dry.

Carotenoids are found in many brightly colored fruits and vegetables including: Winter squash or butternut squash, Carrots and carrot juice, Sweet potato, Tomatoes, Pumpkin, Spinach, Plantains, Kale, Collard/turnip greens, Citrus fruits (grapefruit, oranges and tangerines), Cantaloupe, Red peppers and Papaya

"The only hitch is that carotenoids from food sources and nutritional supplements are often hard to absorb because so many of us have finicky digestion," cautions Krishnan. "The old saying, 'You are what you eat' is more aptly 'You are what you absorb!'" New research published in the World Journal of Gastrointestinal Pathophysiology on the human microbiome has shown that specific spore-forming probiotic bacillus strains uniquely survive stomach acids and set up carotenoid production factories in the intestines—delivering RDA levels of six key carotenoids. "At ground zero for absorption in the gut, these probiotics do double-duty as antioxidants that nourish the entire body—and even reverse symptoms of leaky gut and inflammation," says Krishnan. This is a landmark finding that bodes well for whole-body health and beauty.

The takeaway for beautiful brides: "These carotenoids can actually alter the color and appearance of the skin that is discernible to the eye. Our brains are programmed to interpret these glow-like changes as healthy and more attractive."

So take a lesson from pink flamingos, whose ability to attract a mate depends on the presence of carotenoids that make their feathers look richer and sexier to the opposite sex. "Carotenoids are the vital building blocks of beauty, wellness, and anti-aging," says Krishnan. "You can feel it in your body, and see the results in your glowing, healthful complexion."

Wishing you a beautiful, long and healthy life!





WHERE THE WILD THINGS ARE...

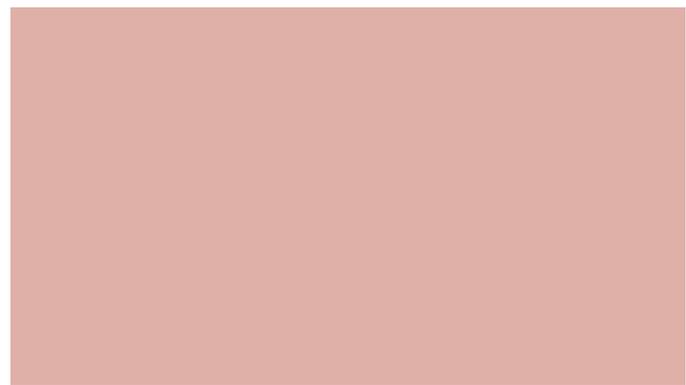
LITTLE GOODALL

Molly's Story

Little Goodall was created by artist and designer Molly Goodall in the fall of 2010. A stay at home mother at the time, Goodall was frustrated when her two year old son refused to wear the hoods on his coats. Searching for a creative solution, she designed and made the original Ferocious Felt Lion coat to inspire him to put his hood up in the cold. Friends commented, orders were placed, and Little Goodall was born! Molly is also the author of the creative sewing book Wild Things to Sew and Wear, published in the fall of 2014.



Molly holds a BFA in Fashion Design from Parsons the New School for Design and has a background in childrenswear, toy design, and fine art. Little Goodall is a family owned business and the line is lovingly made by hand in North Texas.





planning from the heart!

As a Chicago wedding planner, Kristin Anderson has seen her fair share of food go to waste. Anderson is the owner of the Wheaton-based business Weddings and Events by Kristin, which has been around for almost 10 years.

“The amount of food that we throw away at weddings can be so crazy, especially if it is a buffet-style wedding or a family-style wedding,” Anderson said. “The food just goes in the garbage, and there’s people out there who need food who are hungry.”

About a year ago, her company started donating leftover wedding food as well as centerpieces to food pantries, homeless shelters and churches. Their efforts were recently spotlighted in a segment on the television show “Windy City LIVE.” She recently dropped off some leftover food at a homeless shelter in Chicago, and she would like to serve more shelters, churches and food pantries in the suburbs.

“We took the centerpieces to the homeless shelter too, and they were so appreciative of those, because they never get flowers,” Anderson said. “It brightens things up.” The brides in her weddings have been on board with the initiative as well, Anderson said. “They are super excited,” she said. “They paid for the food, so why let it go to waste?”

Anderson said she is happy her efforts are having such an impact. Her ultimate goal is to get as many people as she can donating food, including other wedding planners along with venues and restaurants. “We’ve gotten such good responses, and it feels so good to help homeless people that I want everyone else to try to do it too,” Anderson said.

We love this concept and Florida Bride Magazine would like to encourage all our Brides and Grooms throughout the State. Remember this is a great opportunity, and let your planner know you would like to donate any leftover food or florals to your neighborhood food center. If you don’t know one we are sure your planner can get this set up for you!



YOUR LIST OF “WHAT IF’S” ASKED AND ANSWERED



Who should we hire first ?

After you select your venue and the date for your wedding, I suggest hiring a professional wedding planner. This will make your experience much easier and significantly more enjoyable. They will assist you in selecting your florist, your entertainment, and your photography team, as well as help you decide on the many details that come along with coordinating a celebration. Vendors are usually booked one year prior to the event. To avoid missing out on contracting the people you have your heart set on, make hiring your preferred professionals a top priority.



Who should receive save-the-date cards ?

If you want a high attendance rate at your wedding, visit a stationer or go online to select a custom save-the-date card that reflects your personality and style. The cards should be mailed seven months prior to your wedding. Conversely, if you are worried that your guest list is too large, you might want to instead spread the word with a phone call or email and send your actual invitations out 11 weeks prior to the wedding date.



What if we have to trim the guest list ?

This is the one event where you are likely sharing the guest list with others. If you are sharing the list four ways, for example, the parents of the bride, the parents of the groom, the bride, and the groom, attempt to divide the list fairly. Begin by having everyone create an “A-list” and then a “B-list.” Family and dearest friends first, and then hopefully there will be room for others that you would love to have with you. If one part of the family is hosting the event, they might have a few more guests on their list than the other side. If the families are sharing the costs, it should be divided equally.



What if the groom and I disagree on the style of celebration ?

Going from being a couple in love to planning a wedding is a huge step. This is just the beginning of sharing your ideas and tastes. If your parents are hosting the wedding, they might have their own ideas of how they want to celebrate your day. Share your vision, work together, and enjoy the process. If the bride and groom are hosting the wedding, each party should listen to what is important to their partner. Emotionally, financially, and aesthetically, it will be your first step in working together and appreciating one another’s thoughts. Keep your sense of humor, enjoy being engaged, and remember that your love for each other is more important than worrying about the details!



the Don'ts of Social Media

When Posting Your Nuptials...

Announcing your engagement on social media can be an exciting moment. Even if you aren't fond of attention, being able to read the comments is easier than being swarmed with good wishes and questions when you share the news in person.

Once the wedding occurs, you'll likely want to share a selection of your beautiful photos on your social media profiles. but, what about those moments between your engagement and your vow exchange? It's generally agreed that posting constantly about the planning might perturb those on your friends list – especially if they are not invited to the big day – but it's also about the quality of what you share, not just the quantity.

Below is a list of various moments during your time going from bride-to-be to wife that you should not be posting online... at least not on an account with your name attached to it.

Don't Post your registry information. Though it is completely acceptable to include this on your wedding website, your registry is something that should not be shared unless you are asked. If someone asked online, you should only provide it via private message, not a public post.

Don't Post your dress shopping or a fitting. A post proclaiming you "said yes to the dress" is fine, but you don't want to have any photos of you in your dress online before the big day – especially when it doesn't fit properly yet!

Don't Post any complaints. A vendor not calling you back, your second cousin failing to RSVP, or a bridesmaid not participating in the activities you hoped she would... just because it's about your wedding doesn't mean it is any more acceptable to air your dirty laundry online than it is under normal circumstances. Save your frustrations for venting sessions with your future spouse.

Don't Post your guest list. This should be self-explanatory, but unless you're inviting literally every single person you are friends with or who follows you on social media, you should not be sharing information about the guest list online. In fact, even if you are inviting everyone you know, it's still probably a better idea to leave this unposted.

Don't Post the wedding night. Avoid anything that's TMI. This goes for the honeymoon as well – stick to the travel adventures, not the bedroom ones.





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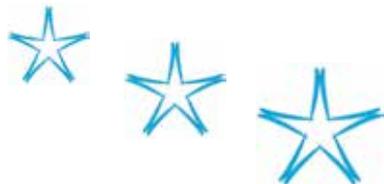
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