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Impair Healthy Healing In People Over The Age Of 30!

27 Tips to a Successful Prom

By Lisa Jay

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Print out this checklist and follow it to ensure that you are ready for the Prom.

Four Months before Prom:

___Set Budget – Find out how much money your parents are willing to contribute to your prom. Start to earn and save money to cover the difference.

___Magazines – Buy a few Prom magazines and look through them to find retailers of dresses and accessories.

___Dress – Start to get ideas of what type of dress you would like to buy. Cut out pictures from magazines and start a scrap book.

___Hairstyles – Clip potential hairstyles from books and websites.

___Skin Care – Time to get your skin looking its best. Drink a lot of water, eat fruit, exercise, and wash your face nightly before going to bed. Make sure that you keep up this regiment until the Prom.

___Schedule Dental Appointment – Make an appointment for two weeks prior to your prom. This way your smile can be it's brightest.

___Get the Guy – Pick out your perfect dream date and make sure that he decides that you are his perfect date as well.

Three Months before Prom:

___Order your Dress – Shopping for a dress can be done on-line or locally. With your ideas already in a scrap book and your magazines listing local retailers you should be ready to find the perfect dress.

___Alterations – Don't put this off. Get your alterations done early. It does not cost a lot and having a perfect fit is worth it!

___Accessories – You've got the dress, but don't stop there. You have to have a knock out pair of earrings, necklace and shoes to complete the look. Make sure that you buy a small handbag to match your dress. You will need something to carry cash, ID, and a phone for emergencies.

___To Limo or not to Limo? – If you are planning to rent a limo then it is time to make reservations. You may be required to make a deposit. Be make sure to get a receipt and note the person that took your

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reservation. If the cost seems to be out of your budget, go together with several other people to minimize the cost.

___Restaurant Reservations – Decide where you will be dining and make your reservations early.

One Month before Prom:

___Prom Tickets – Purchase your tickets or make sure that your date has purchased them.

___Hair and Nails – Make appointment to have your hair and nails done. Find an experienced beautician to do your hair. Ask to see photos of other formal prom hairstyles that he/she has done. If they can't show you photos find someone else.

___Make Final Plans – Make plans with your date or friends for before and after Prom activities. Don't assume that you will be cruising around with your friends. Make a definite plan so there are no

surprises when your friends make alternate plans.

___Tux – Has your date ordered his tux? Make sure that he does.

___Inform Parents of Plans – Give your parents the details of your evening plans. Give them places, times and phone numbers for emergencies.

___Inform Your Date of Your Expectations – Time to have "that" talk with your date. Let him know your expectations so that he will not expect any more.

___Break in your Shoes – You don't want your shoes to ruin your night. Start wearing your prom shoes around the house to break them in. The more comfortable they are, the less you feet will hurt by the end of the evening.

Two weeks before the prom:

___Corsages and Boutonniere – Order matching corsages and boutonnieres.

___Confirm all appointments – You don't need any surprise cancellations to ruin your evening.

___Dental – Have your teeth cleaned.

Prom Day! It is finally here!:

___Boutonniere – Pick up your dates boutonniere

___Hair – Go to the beauty shop to have your hair done in a formal hairstyle.

___Nails – Get a manicure

___Eyebrows – Pluck your eyebrows

Prom Night:

___Pictures!! – Don't forget to have your parents take lots of pictures!

Now, get to the prom and have a blast!!

Lisa Jay is a freelance writer and the jewelry designer behind Lantana Designwear. You can visit her website at www.beaded-gem-stone-jewelry.com Be sure to sign up for her newsletter at www.beaded-gem-stone-jewelry.com/ezine to keep up on the latest fashions, jewelry, and womens issues.

How To Be Stunning In A Black Prom Dress

By Jed Baguio

In ones teenage life, specifically on high school. Prom night is one of the best things to look forward too, in fact some of girls prepare for the magical night for the whole year. During prom night, girls slip in to their best prom dress and hope to leave a best impression.

Prom dress are basically formal party gowns thats long and graceful, well traditionally that is. Prom night comes in customary ball gowns or theme prom nights. Its best that you "dress to the occasion".

Have The Best Prom Dress

Beautiful, gorgeous and comfortable is on you should look for in a prom dress to make it the best prom dress. Its best also if you can find a prom dress that can display an image of innocent, charming sexy and sweet, image of well mannered high school girl image. Some famous prom dress that are always on the hit list includes asymmetrical hem dress, sequined dresses, satin dress, and the classic Cinderella ball gown and black prom dresses.

Picking the perfect prom dress for your needs a little planning and thought. You don't have to spend a fortune for the prom night. You'll discover that there are affordable perfect and great prom dress that leaves the right impression.

May I suggest a black prom dress. You can have a black prom dress either from retail store in your nearest mall or made it designed and tailored just for you. But in my opinion black prom dress that are made to fit for you body measurement leaves the best impact on you prom night buddies. To achieve this, it is vital that you get your perfect measurement, especially in the parts of the bust, hips and waist.

Black prom dress also conveys the image of "sophisticated". Also getting that black prom dress online could be the easiest way to shop. You can save time by walking around shops. Imagine you can browse to hundreds of black prom dress conveniently, quickly and easily. That's what wonder of our modern technology can do.

Now whether you purchase your black prom dress online or your nearest mall. I wish you all the luck and good tidings. Follow this mini guide and may you look stunning and gorgeous on you prom night.

Jed Baguio. For More Prom Dress Tips And Articles Visit



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