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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Japanese Wedding Theme

By Kirsten Hawkins

Japanese weddings, although very expensive are very elegant and serene. If you are choosing a

Japanese theme for your wedding, think about ways to achieve the authentic look at a fraction of the price.

For a Japanese wedding theme begin with the bride's attire. Traditionally, a bride in Japan wears a white silk kimono, which can cost up to twenty five thousand dollars to purchase. With a good seamstress, a kimono can be made from white silk. A groom wears a haori on the top and a hakama on the bottom, all in black. The bride will usually change into different kimonos up to five times during the wedding day. Although not required, some Japanese brides wear wigs as part of the tradition of the kimono wedding dress. The wig is heavily decorated in artificial flowers, gold combs and pearls. The wedding party will also dress in kimono's, usually in a color chosen by the bride.

At the ceremony of a Japanese themed wedding, the bride and groom traditionally enter the ceremony from different sides of the room while drum and flute music are being played. A sacred tree, made from paper streamers is then waved over the couple in belief that it will keep evil spirits away and unite purification. After vows are said, the couple then drinks wine, or sake, and exchanges their glasses nine times to symbolize their bonding.

Some accessories to look for when uniting in a Japanese themed wedding include white fans for the bride and bridesmaids to hold during the ceremony, bonsai trees to display as centerpieces on the reception tables, a decorated parasol for the flower girl to carry, and bowls of bamboo to set around the reception to give a more authentic look of Japanese culture.

When deciding on lighting for a Japanese themed wedding, look for paper lantern lights, which can also be made. Hang them at the reception location and use for lighting rather than candles. You may also think about buying miniature fans to use as place settings for guests to take home as souvenirs. Chop sticks are another great item to add to the theme of the wedding. Whether your guests know how to use them or not, they will have fun trying and taking them home.

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In a new modern era, couples are beginning to incorporate the traditional Japanese wedding with more of a modern Western culture, which makes the wedding more understood by those who are not familiar with Japan's culture.

When planning your Japanese wedding theme, read up on the cultures and traditions of Japan and include all or a few of them in your wedding, using your own style. If you pay attention to the detail of your attire, reception decorations, music and flowers, you will have a beautiful wedding with the feel of Japanese culture.

Kirsten Hawkins is an event planner from Nashville, TN. Visit

<http://www.wedding411.net/>

for more

event planning tips, strategies, and resources.

Every Bride Must Have It

By George Meszaros

Wedding favors are quickly becoming a trendy essential of the wedding celebration. Wedding favors are small gifts that are given to each guest at the wedding reception. It says, "thank you" for coming to our wedding and celebrating this most special day with us.

Wedding favors are becoming an important part of the wedding planning process. Before you make or purchase your wedding favors you have to determine the following:

1. How many people are invited to the wedding?

You need to know how many people are attending the wedding to determine the number of wedding favors needed. Wedding favors are usually bought after the RSVPs to make sure there are enough favors for each guest. Therefore, the favors are usually bought one month or closer to the actual wedding day.

2. What is your budget per guest?

You have to determine the budget for your wedding favors. You can buy some very nice wedding favors for about \$2–\$3. If you are crafty you can make your own favors, but most people leave it to the professionals and buy their favors.

3. What is your theme?

Your theme or wedding location or the time of the year can determine your wedding favors. For example, a beach wedding calls for a beach theme wedding favor such as a dolphin wine stopper, a

seashell candle, or a beach chair candle or cardholder.

Just like the bridal gown, wedding favors are a part of the bride's to do list. The decision on what favors to give to the guest should be made by the bride and groom. You can purchase inexpensive but useful wedding favors that will end up in someone's home not in trash can of your reception venue. An elegant wine stopper, a pretty candle, a shiny bottle opener, a personalized chocolate bar all have the power say to your guest "thank you" with style and elegance.

George Meszaros with

<http://www.sweet-reflections.com>



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