

# RADIANT BRIDE

The Beauty, Diet,  
Fitness, and Fashion Plan  
for Your Big Day

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# Radiant Bride: The Beauty, Diet, Fitness, and Fashion Plan for Your Big Day



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Want to look and feel better than ever on your own wedding day? The reserve includes professional advice on:-Personalized detox and diet plans-Gown-shopping tips to support you in finding the most flattering choices for the body shape and pores and skin tone-Fitness routines designed to target the areas your dress shows off-Hair and make-up guides-Meal plans for beauty from the inside out-Bachelorette tips, so you can party without jeopardizing your goals-When to plan a facial, manicure, haircut, etc.Radiant Bride is usually a holistic guide to beauty, diet, fitness, and fashion made to take you from "Yes"-Packing your wedding-day survival kit-Your honeymoon beauty routine-And much more! I do" (and even to the honeymoon!) at the fitness center, and trying crazy beauty fads and sanely. I'll end counting calories, obsessing more than hours spent (or not really spent! You') gorgeously! Instead, you'll get access to the insider tips author and holistic wellness expert Alexis Wolfer shares with superstars and her clients, which means that your skin radiates, your locks shines, and your gown flatters your physique perfectly. Look no further. to



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Disappointed This book is much too basic. I found everything in this reserve already on the web free of charge. I thought there would be more DIY and recipes and such. Perfect Present! (like me) Certainly recommend this book for engaged friends! That is a must read for not only brides-to-be, but ALL women who want to look and feel their best. I wish We had a book such as this when I was getting married I wish I had a book such as this when I was getting married. Amazing book. Its an ideal gift!! Great Insight, Tips & A great guidebook for the bride-to-be! I wish We had this publication when I was engaged! Having experienced wedding planning, I can tell you that book is extremely useful. It is a very helpful guide to truly get you structured and ready for your wedding day. I recommend this for any bride! After reading Alexis' first book, I couldn't wait to pick that one up! Every woman who's getting or is involved should read this. Very worthwhile read! However now it comes in handy for all my close friends that just got engaged. It is filled with tons of brilliant concepts to assist you to prepare for the big day. For my sake I am hoping they consider Alexis' notes on selecting a bridesmaids dress. Soo useful. And in such a different way compared to the typical bridal guide. By far the very best bridal guide There is This book truly covers EVERYTHING! Heck, I recommend it for just about any woman whether she is getting married or not really! From showing off your ring correctly to planning the perfect bachelorette party (without too much of a hangover) to workout routines based on which kind of dress you are wearing!! I recommend it! She starts from the beginning and gives wedding brides a doable timeline to prepare body, brain, and spirit for the wedding day! I was disappointed. I actually had at least 3 close friends that got engaged over the holidays and Radiant Bride-to-be was an ideal gift. The beauty and diet ideas are so helpful and I swear the masks actually work!! So well crafted. :) I wish I possibly could send the chapter on the subject of Instagramming the ring to everyone on my feed. Her tips are great- must browse even if you are not engaged! We had a few months to program and she really liked reading this reserve and kept it seeing that a keepsake My partner wanted this when we renewed our vows. And all without being cheesy or as well girly (which I find some bridal guides to end up being)! (Jon's wife) Five Stars Just what a great gift to provide for the bride! I was not disappointed. She hits every part of wedding ceremony prep without lacking a defeat. A must-have to get for engaged close friends and brides-to-be. I love how she uses natural and DIY recipes as alternatives to everyday products. A must read! I found this book to be incredibly insightful and I'm not engaged! We'd a few months to plan and she actually liked reading this reserve and kept it as a keepsake. Can't wait to observe what Alexis Wolfer will write about in her next reserve! Beautifully Illustrated I'm a huge lover of Alexis Wolfer after purchasing Recipe for Radiance and was thrilled to discover she wrote another book. This publication is certainly beautifully illustrated and offers great information and ideas. Love, love Love, love, like this book! Huge lover! It's a great present for yourself and for your bride-to-be close friends. I just got it for my very best friend for her bridal shower. It had been a smart choice, perfect gift.! I attempted the "Blemish Busting Face Mask" and it certainly helped to lessen the pimples I had on my face. And yes it was all made of ingredients I already had in my fridge! So easy. You and all your engaged besties will not be disappointed with this book!



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